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INSIDE

FMCH staffers take to the treadmill on the national day of hearts

See page 2

Thursday, Feb. 15, 2018 | 7 pages | Volume 2 • Issue 53

OFP, Parson bring "Misconceptions" to life

Show kicks off this Friday, Saturday starting at 7:30 p.m.

BY CHUCK VANDENBERG PCC FDITOR

FORT MADISON - It makes for ongoing laughs and the premise is as old as time itself. A group conversation goes awry as the true meaning of the issue at hand is riddled with individual misconceptions.

But in the case of the Old Fort Players' "Misconceptions" the misguided conversation surrounds whether a woman is with child or just being a bit.... dramatic.

The two-act play opens Friday night, Feb. 16 with shows beginning at 7:30 p.m. on Friday and Saturday night. There will also be two Sunday afternoon performances on Feb. 18 and 25th beginning at 2 p.m.

Old Fort Players' veteran Carol Parson brings a humorous childhood battle from more quiet days before the interruptions of the digital world into play. The play centers on two sisters - Dora, portrayed by Deanne Niggemeyer, a wise-cracking, instigating, but loving, sister of Claire, portrayed by Erin Thurman. Claire comes off as the long-suffering sibling who personifies the "woe-is-me" youngest child who never lives up to anyone's expectations.

A low-grade feud erupts after a day where Dora attends a wedding and Clair attends a funeral and the



Photo by Chuck Vandenberg/PCC

Dora (Deanna Niggemeyer) forces lipstick onto her sister Claire (Erin Thurman) as part of the antics of "Misconceptions" that hits the stage Friday at the Old Fort Players, 725 Avenue G in Fort Madison.

rivalry is on. Niggemeyer and Thurman capture the sibling, now adult, rivalry with the typical name calling and one-upsmanship that is regularly prevalent in a traditional nuclear family.

Mom, played by Sherry Stice, throws gas on the fire,

as she routinely admonishes the girls for not living up to their potential and, at the same time, accepts blames for it all for not being a good enough mother.

LADY HOUNDS OUSTED IN REGIONALS

Demons send FMHS

home with 49-12 loss

See OFP, page 3

YMCA gets Kempker memorial gift

Fort Madison YMCA Executive Director Ryan Wilson and Barb Kempker, stand with a new Zwift Fitness Cycle that was purchased by



BY CHUCK VANDENBERG PCC EDITOR

FORT MADISON - A donation from the family of Bob and Barb Kempker has given the Fort Madison YMCA a piece of equipment that sets it apart from other fitness centers in Southeast Iowa.

Bob Kempker,, who passed away in 2017, was a big advocate for the Fort Madison YMCA and spent many mornings there working out and enjoying coffee in the lobby. Barb said giving back to the YMCA would be something that her husband would be happy with.

BY CHUCK VANDENBERG PCC EDITOR WASHINGTON - In reality, the season ended for the FMHS girls basketball team about eight minutes into their regional opening 49-12 loss to Washington at

the Bob Kempker Family as a memorial to his membership and support for the Y.

> Photo by Chuck Vandenberg/PCC

"This is something that Bob would

See BOB KEMPKER, page 3

Washington Wednesday night,

After committing 20 first half turnovers trying to navigate a 3/4 zone trap press, the Lady Hounds found themselves in a 33-8 hole going into the half.D

The 6-15 Demons jumped out to a quick 7-0 lead, with all points coming from senior Sarah Nacos, before Hound senior Taylor Shannon hit the back end of two free throws to get Fort Madison on the board. Braxtyn McGyghy scored inside on the next possession down the floor to cut the lead to 3-9. Nacos hit her second

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Health News/Lottery Numbers

FMCH staff takes heart challenge on Valentine's Day

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Submitted article FORT MADISON -Fort Madison Community Hospital employees are walking for Heart Health. A challenge was sent out to all FMCH employees to keep a treadmill in the Main Lobby moving for 24 hours and they stepped up to meet that challenge. Starting at 12 midnight on Valentine's Day, February 14th, the treadmill has been whirling. Sporting red t-shirts, each employee can walk or run at their own pace in fifteen minute increments.

"We came up with this idea to promote heart health not only for our patients but for our employees as well. We are very excited that we had such strong support throughout the organization with each of our departments represented," commented Angie Budnik, Community Relations Director at FMCH. "Heart disease affects men and women equally now and has



Photo by Chuck Vandenberg/PCC

FMCH CEO Jeremy Alexander takes his turn on the treadmill at FMCH's Walk for Heart Health challenge on Valentine's Day.



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2/14

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From the Front/Current-Lee

YMCA has area's first Zwift trainer

BOB KEMPKER - Continued from Page 1

have really liked," Barb said Wednesday. "He really enjoyed being here and in the fitness center so the family thought this would be a good way to remember him."

Fort Madison YMCA executive director Ryan Wilson said the new Zwift Training Center is up and running in the fitness center and the Fort Madison YMCA is the only fitness center in southeast Iowa to offer the training system currently.

The bike is a bluetooth-enabled fitness system that incorporates a large monitor. Riders can enter their name and select courses to ride and actually compete or compare themselves to other actual riders around the world, who are animated on the screen and are also working out at the same time on the same selected course.

"We've very thankful to the Kempker family for approving this piece of equipment for the Y," Wilson said. "Bob used to come in most mornings and work out in the fitness center. But when we put the coffee station in the lobby, I think he might've been cutting his workouts a bit short to sit and enjoy the coffee and the membership."

The equipment was purchased from Nick's Cycling in Burlington. He said the YMCA was actually looking at a "smart" spin bike, but the technology wasn't available for about six to eight months in the United States so they went with the Zwift.

Bob Kempker, the patriarch of the Kempker's True Value Rental family franchise died on June 7, 2017. He was 84 years old.

OFP brings humor to the stage

OFP - Continued from Page 1

All the while, a man named Peter, portrayed by OFP vet Michael Randolph, has a longing interest in Claire, but remains aloof as a spat between Dora and Claire reveals a pregnancy. With his unexpected and poorly (or perfectly) timed appearance, Peter gets wrapped up in the dialogue. Mom's excited that a baby may be on the way, and having always wanted a lawyer son-in-law goes over the moon for the newly arrived Peter.

It becomes laughable as the the one conversation sideswipes both Mom and Peter and the hilarity builds from there.

"I really think it's one of the funniest ones we've done in a while," Parson said. "I've done a lot of plays but I just adore this one."

Parson said she read several plays and settled on "Misconceptions" because of the size of cast and the humor in the writing.

"I read several plays and I liked that one the best. There was another one that had a lot more cast and had a lot of guys and sometimes its hard to fill those roles."

Parson said she's been with OFP since 1982 and has directed a play in this slot every year since 1994.

"I've worked with all of them before, but haven't directed them all before. Mike Randolph was in a play called Natalie Needs a Nightie in 2006 and I directed him in that one. It was funny that he was a guy who dressed up as a woman in the part. So I've worked with all of them before."

The play was originally written by Michael Vukadinovich. Vukadinovich was awarded the Reverie Productions 2007 Next Generation Playwriting Award at just 26 years of age.

The play is sponsored by Old Fort Players, located at 725 Avenue G, and Scotts Miracle-Gro Company.

Tickets are \$12 each and students under 18 can watch the production for just \$8. For more information, contact 372-9559.



CURRENT-LEE

Pheasants Forever raffle tickets available now

LEE COUNTY – Raffle tickets for Lee County Pheasants Forever 25 Gun Raffle are available from any club member or at the banquet. Tickets are \$10 each and are limited to 3,000. The raffle will be held during the chapter's annual banquet on February 24, 2018. Proceeds from the raffle are used to support the Tri-State Young Guns and Fort Madison Clay Crushers High School Trap Shooting Teams. For more information about the raffle, go to http://www.leecountypf.org/raffles/.



For the Record

Fort Madison Police Report

02/13/18 – 10:35 a.m. – Fort Madison Police responded to a report of personal injury accident in the 1700 block of Avenue B. 02/13/18 – 10:35 a.m. – Fort Madison Police arrested Arthur Wayne Sherwood, 35, of Fort Madison, in the 1700 block of Avenue B on charges of no valid drivers license and failure to maintain control. He was cited and released (accident). 02/13/18 – 11:32 p.m. – Fort Madison Police responded to a report of larceny/theft in the 700 block of Avenue H. 02/14/18 – 12:31 a.m. – Fort Madison Police arrested Thomas Jeremiah Raines, 41, of Fort Madison, in the 2100 block of Avenue G, on warrant services for 5th degree theft and driving under suspension. He was taken to the Lee County Jail and held.

> Lee County Sheriff's Report

02/14/18 – 12:31 a.m. – Lee County sheriff's deputies arrested Thomas Jeremiah Raines, 41, of Fort Madison, in the 2100 block of Avenue G, on a warrant for theft in the 5th degree. He was taken to the Lee County Jail and held, but was later released on bond.

All persons in these listings are presumed innocent until proven guilty in a court of law.

Two heads are better than one.



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Sports

FMHS junior Braxtyn McGhghy tries to score on a fast break for Fort Madison in the third quarter Wednesday night. The Hounds fell 49-12 to the Washington Demons ending the girls season at 1-21. Below, Head Coach Charlie Knipe gives instructions to his troops in the fourth quarter.



Photo by Chuck Vandenberg/PCC



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Photo by Chuck Vandenberg/PCC

The Bloodhounds' Sara Bernhart drives the lane in the third quarter of Wednesday night's loss to the Washington Demons. Bernhart had three points on the night.

Knipe says seniors excelled in other sports, but made a team

HOUNDS - Continued from Page 1

3-ball of the period to extend the lead to 12-3.

Fort Madison committed 13 turnovers in the first quarter alone, trying to get through the Demons press and shot 1-4 in the period to trail 3-15 at the end of the first stanza.

Sara Bernhart hit one of two free throws to start the second period and make it a 4-15 game, but then the Demons went on an 18-4 run led by Hayley Wilson's six points. Fort Madison got buckets from Shannon Taylor and freshman Nadia Guzman before the buzzer.

Fort Madison would not get on the board in the third period, while the Demons got another 3-pointer from Nacos and went 4-of-6 as a team from the free throw line. Fort Madison went 0-7 from the field while committing six more turnovers.

Katie Larson broke the ice for Fort Madison with a bucket at the 7:32 mark in the 4th period and Sara Bernhart scored on the next possession to end Fort Madison's scoring.

Shannon and Bernhart led the Hounds with three points each. Larson, McGhghy, and Boeding all had two points. Kamryn Bailey led Fort Madison with six boards on the night. Larson had three.

Head Coach Charlie Knipe said the game got out of hand quickly.

"We just never got into the flow of the game," he said, "We worked on the press the last three days for over an hour each day. But I give the Washington girls a lot of credit. They were able to hit some three pointers and I think that shook us up a bit."



He said seniors Shannon, Bailey, and Larson, despite the rough season, provided leadership for his squad.

"They're all silent leaders. Basketball isn't not their choice of sport. Shannon could make it to the all-state level in soccer, Kamryn is going to college to play softball, and Katie went to state in tennis. These girls came out and helped us make a team. They played hard all vear." Knipe said the future is going to involve a lot of ball control and shooting drills. "We're gonna take a couple weeks off and then look at getting the girls back in the gym," he said. "We're gonna starting working around things to try and get better and that's gonna involve a lot of ball control and shooting." The Bloodhounds finish the year 1-21. They shot 25% from the field,

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PUBLIC NOTICES

PUBLIC NOTICE FORT MADISON **COMMUNITY SCHOOL** DISTRICT **BOARD OF DIRECTORS REGULAR MEETING** February 20, 2018 6:00 P.M. **Finance: Hotop / Troxel** AGENDA

I. Call meeting to order and determination of a quorum

II. Recognition of guests

III. Reading of Foundation documents

IV. Monthly communications

A. Student Rep Report -Maddie Rashid and Kylie Cashman

B. Curriculum Corner - FMHS Bloodhound TV and student IT helper report (Sebastian Seifert)

C. "Did You Know?" D. Superintendent Goal

Report

- **E.** District Presentations
- V. Approve the agenda VI. Consent Agenda
- A. Minutes

1. January 22, 2018, regular meeting

B. Financial reports

1. January Balance Sheet

2. January Revenue Summarv

3. Expenditure Report

4. Student Activity Report

C. Accounts payable

1. January General Ac-

count

2. February General Account

3. Student Activity Ac-

count

4. Nutrition Account D. Consider personnel resignations

1. Lori Webb, Middle School Nurse, effective end of the 2017-2018 school year

2. Lori Webb, Middle School technology building contact, effective end of the 2017-2018 school year

3. Lori Webb, child health fund coord., effective end of the 2017-2018 school year

E. Consider employment of personnel 1. Jessica Sutcliffe, Mid-

2. Jeanne Lettieri, High School associate 3. Mark Kammerer, bus driver 4. Catey Swyter, Bus associate F. Consider contract modifications G. Consider leave of absence H. Consider open enrollment requests I.Other reports Director moved seconded and director the documents submitted in the consent section of the agenda be approved and/or filed as submitted. VII. Action Items A. Director of Curriculum and Student Services - Kim Harmon 1. B. Superintendent – Erin Slater 1. Consider approval of 2018-2019 School Calendar 2. Consider approval of policy changes a. 507.1– Student Health

and Immunization Certification FMCSD + IASB updates

b. 507.2 – Administration of Medication to Students FMCSD + IASB updates c. 507.2-R - Administer-

ing Medicine to Students Delete and move to handbook

d. 507.2-E – Authorization

to Administer Medication to Students Delete and replace with 507.2-E-2

e. 507.2-E-2 – Parental Authorization and Release Form for the Administration of Prescription Medication to Student No Revision renumber to 507.2-E f. 507.3– Communicable

Diseases - Students FMCSD + IASB updates g. 507.4-E-2 – Accident

and First Aid Reports -Delete

h. 507.4-R-1- Student Accident Report Form -Recommend to add and renumber

i. 607.2 – Student Health Services - FMCSD + IASB updates

3. Consider approval of the Farm Lease – Cash Rent contract between the Fort Madison Community School District and RW Hoenig Brothers

4. Consider approval of the Teacher Quality travel request from Clint Kobelt to attend a welding workshop in Vincennes, Indiana, June 5-7, 2018

5. Consider approval of the Teacher Quality travel request from Todd Huckabone and Kelly Knustrom to attend the Shape America convention in Nashville, TN, March 22-24, 2018 6. Consider approval of

the request for travel from the football coaching staff to attend the Glazier Coaching Clinic in St. Louis, MO, March 2-4, 2018

7. Consider approval of the request for travel from the Girls and Boys Soccer teams to travel to Chicago, IL to attend a Chicago Fire Major League Soccer game

8. Consider approval of the request for travel from the High School Music Department requesting permission to perform in Washington, DC, April 7-14, 2019 9. Consider approval of the sharing agreement between FMCSD and Keokuk High School for Girls Swimming for the 2018-2019 school year

10. Consider approval of the sharing agreement between FMCSD and Holy Trinity for Girls Track and Field for the 2018-2019 school year

11. Consider approval of the sharing agreement between FMCSD and Holy Trinity for Boys Track and Field for the 2018-2019 school year

12. Consider approval of the sharing agreement between FMCSD and Holy Trinity for Boys Tennis for the 2018-2019 school year 13. Consider approval

of the sharing agreement

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between FMCSD and Central Lee High School for Wrestling for the 2018-2019 school year

C. Board Secretary/ Business Manager - Sandy Elmore

1. Approval of roofing specifications for summer 2018 roof coating at the Senior High School

VIII. Discussion Items A. Director of Curriculum and Student Services - Kim Harmon

1. B. Superintendent - Erin Slater

1. Schedule March building instructional tour

2. Certified Employee Attendance

3. Board Member Attendance

4. Athletic sharing agreement between FMCSD and Holy Trinity for Girls Cross Country

5. Athletic sharing agreement between FMCSD and Holy Trinity for Girls

Softball

6. Athletic sharing agreement between FMCSD and Holy Trinity for Wrestling C. Board Secretary/

Business Manager - Sandy Elmore

1. Certified Budget

FY2018-2019 discussion IX. Comments from the audience

X. Legislative update XI. Announcements

Next work session, March 5. 2018, 6:00 p.m., Lincoln

Elementary - Guiding Coalition Discussion

Next regular meeting, March 19, 2018, 6:00 p.m.

Future work sessions:

April 9, 2018, 5:00 PM, Central Office - Public

Hearing & Special Meeting - Certified Budget FY2018-2019

April 9, 2018, 6:00 PM, Richardson Elementary -Guiding Coalition Discussion

May 7, 2018, 6:00 PM, High School Guiding Coali-





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Iowa

Public Notices/Classifieds

PUBLIC NOTICES

tion Discussion - HS Library May 7, 2018, 7:00 PM, Middle School Guiding Coalition Discussion - both meetings on this day will be held in the High School Library

XII. Closed Session to conduct Superintendent evaluation as per Section 21.5(1)(i) of the Code of

XIII. Adjourn

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PUBLIC NOTICE NOTICE OF PUBLIC HEARING

Notice is hereby given that a public hearing will be held by the Fort Madison City Council at 5:30 P.M. on Tuesday, February 20, 2018, at the Council Chambers of Fort Madison City Hall at 811 Avenue E, Fort Madison concerning Public Improvement Project 2018-01. Replacement of Avenue I Bridge Over Dry Creek. The purpose of the hearing will consist of approving plans, specifications, contract documents and awarding construction contract for the project.

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You may obtain further information or express your views concerning this issue either in person or through an authorized representative at the public hearing, or prior to the meeting by fax at (319) 372-8661, by telephone at (319) 372-7700 ext. 206, by E-mail at mblind@fortmadison-ia. com or in writing to the Fort Madison City Clerk, P.O. Box 240, 811 Avenue E, Fort Madison, Iowa, 52627 no later than 4:30 PM on February 20, 2018. Melinda L. Blind City Clerk

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HELP WANTED

School Age Care **Program Supervisor** Wanted

Holy Trinity Early Childhood Center has an opening for a School Age Care Program Supervisor. This is a full-time (benefits eligible), year round position that requires the following qualifications:

- ·Associate's Degree in Education or Early Childhood; Bachelor's Degree preferred
- 2+ years experience working in a youth program or education
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- Able to pass a background check and complete training as required by Iowa DHS
- · Enthusiastic and patient in working with children

Holy Trinity Early Childhood Center is also seeking substitute associates for our preschool and childcare programs.

Please contact Stefanie Drollinger at stefanie.drollinger@holytrinityschools.org or 319-372-6428

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Health News/Weather

February is Heart Health Awareness Month

FMCH - Continued from Page 2

no age boundaries. By raising awareness of the positive things you can do to prevent heart disease we hope we can make a difference in the prevalence of this deadly disease."

February is Heart Health Awareness month. According to the Centers for Disease Control (CDC), about 610,000 people die of heart disease in the United States every year. Heart disease is the leading cause of death for both men and women

There are lifestyle changes you can make to decrease your risk of heart disease. The American Heart Association call these 'Life's Simple 7':

Get active - try to get 150 minutes of moderate exercise a week or 75 minutes of vigorous exercise.

• Eat better – eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary drinks (drink more water), fatty or processed food and your salt intake.

Lose weight – maintaining a healthy weight is important for your health. Talk to your health care provider if you have concerns.

Control cholesterol - cholesterol comes from two sources – your body (which makes all of the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can lower your cholesterol.

Manage blood pressure - stress and poor diet have both been linked to high blood pressure.

Reduce blood sugar - blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat – another reason to make smart food choices.

Stop smoking - not smoking is one of the best things you can do for your health. Eating right,

moving more and managing your stress can all help you to stop smoking. Your health care provider can also help guide you in quitting.

Along with adopting these lifestyle changes, scheduling an annual physical with your primary care provider is the first step to managing your heart health. The

most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the hearth and can cause a

heart attack. Knowing the signs of when to seek immediate medical attention is important as well.

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