



Pen City Current

Sunday, Nov. 10, 2019 | 7 pages | Volume 3 • Issue 236

STATE VOLLEYBALL PREVIEW

Tourney Time - Crusaders pick perfect time to peak

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON – Ten in a row... and counting.

This year's squad of Holy Trinity Crusaders, almost to a person, said at the beginning of the season they didn't know what to expect after losing a group of seniors including Eryn Anderson and Emily Box, who both landed on the



FREESMEIER

libero spot.

But as is the case in most years with HTC volleyball, a season built on a challenging schedule and rigorous southeast Iowa volleyball circuit, has landed the Crusaders at the U.S. Cellular Center for the 10th straight year.

The HTC girls will kick things off Wednesday in Cedar Rapids against the No. 2 seed St. Albert Saintes of Council Bluffs.

Also in the bracket are perennial powerhouses Janesville, Gehlen Catholic, Sidney, North Tama, and Wapsie Valley. Springville jumped in at No. 8 after knocking off 9th-ranked Lisbon in the Region 7 finals 3-1.



HTC's Claire Pothitakis goes up for an attack in the 2019 regional semifinals last week. The Crusaders open Class 1A State Tournament action Wednesday at 6 p.m in Cedar Rapids against No. 2 St. Albert's.

Photo by Chuck Vandenberg/PCC

Head Coach Melissa Freesmeier said this year's squad is a "low key group" and will be taking Wednesday night's contest as they have all year – just another volleyball game.

"We're looking forward to it," Freesmeier said. "It's just another volleyball team I think to them."

St. Albert gave Class 3A 2018 State Champion Kuepper Catholic, of Carroll, its only loss of the year in 2018. But the Saintes were knocked out of the Class 2A Region 3 bracket in the



HOPPER

came from sophomore Allie Petry.

The Saintes moved to Class 1A just this year from 2A where they had gone to state seven of the past nine years. Petry, who had 327 kills in 795 attempts as a sophomore, has put away 424 of 1,021 attacks in 2019.

finals by Treynor 3-2. St. Albert graduated four seniors, but the bulk of the offense

"She's about 5'6" but she can jump out of the gym," said Asst. coach Tom Gendron, who put together the scouting report on the Saintes.

Freesmeier said at this point the Crusaders know what they're capable of and will rely on a season of growing when they take the court Wednesday.

"We're gonna continue to work on the little things in practice, come out aggressive, and go after it," she

See HTC, page 6

LCHD Hospice enters 30th year of support

Celebration set for Thursday at LCHD office in Fort Madison

BY CHUCK VANDENBERG
PCC EDITOR

LEE COUNTY – You'd think after 30 years things would change a lot, but Lee County Health Department's Hospice program has stuck to its core values for three decades.

Former LCHD administrator Julie Schilling said the philosophy of the hospice department has been to provide support to not only those in need, but their caregivers, family members, and significant others.

"We have a philosophy here to provide physical, emotional, and spiritual support to family members and significant others," she said. "It's very much based on family and caregiver needs and support for them."

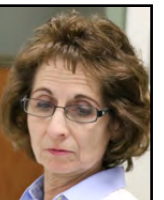
The program started in 1989 under the leadership of Lee County Health Department's Board of Health, Lee County Supervisors, and area doctors.

Schilling said the program was born out of a need for medicare-certified hospice services in the area. She said there were a few other groups in the state looking at doing the same thing, but patients and families were looking for end-of-life support and care in Lee County.

"We had a medicare-certified home care program and we were receiving calls and questions about us being able to provide hospice services," Schilling said from the LCHD offices in Fort Madison Thursday.

People were asking for us to provide that extra care. With our established certified home care program, we were encountering people who would qualify for hospice in the home, but we didn't have a medicare certified program."

She said the board of health went to work to get the government certification, a process that she said was time consuming. A hospice team was quickly assembled while the certification process proceeded, comprised of medical doctors, social workers, nurs-



SCHILLING

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Local News/Area News

Libraries to host seminar on prohibition

BY PCC STAFF

FORT MADISON – Linda McCann will be speaking at three libraries in Lee County at the end of November about Prohibition in Eastern Iowa and Iowa’s WWII POW Camps. Linda has done extensive research on many different aspects of Iowa history. Linda McCann has visited a number of libraries in Lee County over the past few years speaking about the Civilian Conservation Corp and POW Camps in Iowa.

The 18th Amendment

prohibiting the manufacture, transport, or sale of liquor in the U.S. was ratified on January 16, 1919 and went into effect one year later. It was the law of the land until it was repealed by the 21st Amendment 13 years later. The 18th Amendment is the only amendment to the constitution to be repealed. Iowa was included in this alcohol ban. Why, then, did Iowa farmers turn to using their corn to produce liquor? Linda has spoken with the children of bootleggers and moonshiners. During this presentation, she will share

their memories, including specific instances in, and around, the Fort Madison and Donnellson areas. Learn about Prohibition either Friday, November 22 at 2:00 pm at the Fort Madison Public Library or Saturday, November 23 at 1:00 pm at the Donnellson Public Library.

During WWII, there were about 25,000 German, Italian, and Japanese prisoners of war in Iowa. The main camps were in Algona and Clarinda with approximately 17 branch camps throughout the rest of the state. At the branch camps, the prisoners

helped farmers, worked in canning factories, and took on work that might otherwise have been done by the young Iowans fighting in the war. Without the POWs, it is possible that many people and soldiers would have starved. While writing her book, Linda went straight to the original source, speaking with people who worked with the prisoners, had them work on their farms, or just got to know them. After the war, many POWs brought their families back to Iowa both to see where they had been imprisoned and

to meet the people they had worked with. Learn more about Iowa’s POW Camps on Thursday, November 21 at 2:00 PM at the West Point Public Library.

Linda has published about a dozen books with the Tandem Publishing Group of Des Moines covering a wide array of Iowa history topics. She enjoys researching and writing about little-known subjects in Iowa’s history. She is now researching the Rosie the Riveters from Iowa, and plans to write about that. She is still looking for women who

did this work in order to share their stories. Everyone is invited to attend and Linda will have copies of all her books available for purchase.

For additional information about these programs, contact Sarah Clendinning, (319) 372-5721, SarahClen@fortmadison.lib.ia.us at the Fort Madison Public Library. Dara Sanders, (319) 837-6315, dsanders@westpoint.lib.ia.us at the West Point Public Library. Brenda Knox, (319) 835-5545, bknox@donnellson.lib.ia.us at the Donnellson Public Library.



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SCC hosts U of I poets at Writer’s Series

WEST BURLINGTON — Southeastern Community College’s Culture on Campus Committee will host a Visiting Writers Series event Saturday, November 23, at 8 p.m. on its West Burlington campus. Scheduled to appear are poets Joseph Emanuel and Jorrell Watkins, two writers from the University of Iowa Writers’ Workshop in Iowa City. SCC’s Di Dante Literature & Writing Club will co-host.

SCC English/Creative Writing Pro-

fessor and Di Dante Advisor Charles Burm notes, “Members of SCC’s Culture on Campus Committee feel it is important to provide our students and the greater community with cultural opportunities that otherwise may be difficult to access. It is our honor and pleasure to bring these two distinguished writers to our campus.”

This reading will be held in the Little

See **WRITERS**, page 7



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PUBLIC NOTICE
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1. Call to order
2. Approval of minutes from October 8, 2019, October 22, 2019 (workshop), and October 30, 2019 (workshop).
3. Public Input
 This is the time of the meeting that a citizen may address the Board on any matters pertaining to the Lee County Conservation Board. The Board cannot take formal action at the meeting on matters not included on the regular agenda, but may ask the staff to research the matter or have the matter placed on a subsequent agenda.
4. Approval of Bills
5. Approval of Financial Report
6. Review and Approve Farm Lease Bids for Denning Conservation Area
7. Review and Approve Farm Lease Bids for Turkey Run Wildlife Area
8. Review and Approve Farm Lease Bids for Red Wing
9. Three Rivers Conservation Foundation's "Places to Play" Campaign
10. Review and Approve Online Campground Reservation Policy
11. Resolution-Fish Habitat Grant
12. Review and Approve Septic Pollmiller Bids
13. Review and Approve Pit Toilet Removal Bids
14. Review and Approve Vault Toilet Bids
15. Review and Approve LCCB Bylaws
16. Staff Reports
17. Board Member Comments
18. Adjournment

Next regular meeting will be December 10, 2019

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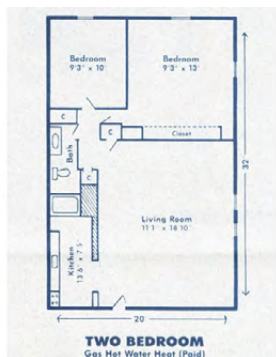
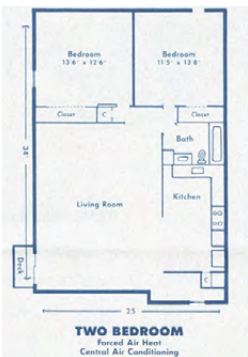
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From the Front

Trust, confidence propelling Crusaders

HTC - Continued from Page 1

said. "We have nothing to lose. These kids know the improvements they've made this year, so I just think they're going to go on that and their confidence."



RAUENUEHLER

"This team is pretty low key. They take the next game and they just want to go in and play volleyball. If we continue to play like we have in the post season, we're gonna have a pretty close match with them."

Senior Avery Hopper is big part of the Crusaders' blocks on defense and said HTC will have to close up blocks on Petry.

"She's a really good hitter. We're gonna have to work harder on our blocks and closing things up. She can jump really high," Hopper said Friday.

Hopper said it was a team goal to make it back to state this year, but she said in the first part of the season, they weren't sure how they would end up.

The Crusader started the year 9-6, but have since gone 19-4 almost knocking off Class 2A then No. 2 ranked Mediapolis, who finished the year 39-2. The Bulldogs were upset in the Class 2A Regional finals by Hudson 3-1.

"At the beginning of the season we weren't very sure how we were going to end up this year," Hopper said.

"Our main goal was to make it to state. We want to make those girls that have come here in the past proud of us. To achieve that goal is pretty awesome."

"If we keep playing our volleyball on our side, and not worry about what they're doing, we'll do well."

Junior Marie Rauenbuehler, who's held down the libero spot this year, said there was a lack of confidence at the beginning of the year, but practice and hard work have overcome that.

"At the beginning of the season, we didn't have a lot of confidence in ourselves and didn't really communicate on the court," she said.



RANDOLPH

"We just came into practice every day and worked hard every single day to get where we are now."

Junior Claire Pothitakis, who leads the Crusaders with 356 kills on 1,005 attacks, said execution will be the key against the Saintes Wednesday. She said having the nine years of recent runs to state serves as motivation.

"I think it motivates us knowing that they've gone every single year so it just seems we're always prepared to be there," she said.

"But we need to do is make sure our block is ready and then execute the things we've been trained to do."

Sophomore Kassi Randolph is following in the footsteps of her older sister Ali, who won a state title in 2014... as a sophomore. That year the Crusaders had senior Mikaela Foecke, who went to wild fame with the Nebraska Cornhuskers and is now playing for Team USA.

"I watched all of that and went to all my sister's games. It calms my nerves to know they could do it and it makes me think we can do it, too," Randolph said.

Randolph, who was an assist specialist last year, had 232 kills on 692 attacks this year, second best behind Pothitakis, said better communication and trust has brought the Crusaders to this point.

"I think Melissa just tells us to be motivated and be confident in yourself. This past few weeks we've been together every day and that's helped us," she said.



SHEERIN

"Communication... talking to each other on and off the court and always being together at school. There's just so much trust there right now."

Rauenbuehler said reaching state 10 years straight is kind of hard to process.

"It's really cool growing up watching all the teams play at the state tournament and now it's our turn," she said. "It's kind of like a surreal moment. It's really exciting but seeing those teams accomplish what they have will give us confidence."

Senior Maille Sheerin has been an anchor serving this year with a 94% efficiency and a team-leading 60 aces, said the early losses helped the team gel and was a part of the team's success as the year went on.

"Losing is a good thing sometimes. We needed that to learn that we have to be better and losing some matches at the beginning of the season was good for the team," she said.

She said getting to state was the team's goal, but as a senior she's want it to last as long as possible.

"I want it all," she said.

Freesmeier said it's taken some time this year for the team to realize how good they can be and for cohesiveness to take hold.

It's a different team every year, you have to find out what makes them tick. This team's just a group of individuals that have come together. You see now the emotion on their faces."

Pre-state events include a Meet-and-Greet Pork Loin Sandwich dinner at Aggie's on the Square in West Point from 5 p.m. to 7:30 p.m. The team will be on hand for autographs starting at 5:40. A free will donation is encouraged.

An HTC High School send-off will be Wednesday after mass and an elementary send off will take place following at approximately 10:30 a.m.

Rauenbuehler said the early events help bring energy to the team.

"I think it'll really gets us energized and gets us ready for Wednesday. There are so many people supporting us and we want to make them proud," she said.

"I love it all," said Randolph.

Sheerin said the events leading up to Wednesday are part of the memory of it all.

"I love it. It's so fun. All these things with school and stuff - I love being really busy."

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From the Front/Local News

Volunteers, staff at core of Hospice reputation

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ing staff, chaplains, and volunteers.

Emily Biddenstadt, the LCHD's Community Health Special Projects Manager, said volunteers account for about 80% of the hospice team.

Current LCHD administrator Michelle Ross started as a volunteer and has worked her way up to administrator.

"She's pretty proud of the fact that she started there and was trained by Julie as a hospice volunteer, became a social worker, then community health director, and now administrator," Biddenstadt said.

Schilling said volunteer training is an eight week course and said there was a big interest to volunteer and some of those original volunteers are still with the group.

Becky Worster, a nurse practitioner with LCHD-Hospice, said most of the volunteers with the group are people who have been touched by Hospice services at one point or another in their lives.

"Most of them, in some way, have been touched by hospice and they want to be a part of it, because they've seen how wonderful it is," Worster said.

Technology hasn't made things efficient as far as government regulations, but has reduced the time needed for contact and time of services.

"The people with cellphones are able to respond very quickly, and backup is more readily available," Schilling said.

With the hospice market getting more crowded,

LCHD has been able to continue to be a regional provider in Iowa and Illinois.

Tammy Wilson, the Financial Management Operations program director, credits that to the team's reputation.

"I think it's our wonderful reputation and our nurses. When we were doing this, we added up the number of years of experience that our hospice and home care staff have and it's 285 not including volunteers," she said.

"It takes a very special person to do this stuff. They get close to their clients, knowing they are going to lose them. It takes a toll on them."

Biddenstadt said one of the nurses has been with the group 25 years and two others have been around more than 20 years.

She said the group just started in Lee County, but now also provides services to Des Moines, Henry, Van Buren counties in Iowa, and Hancock and Henderson Counties in Illinois. That also requires staff certifications to hold Iowa and Illinois licenses that are renewed every two years.

Testimonials are not hard to find about the hospice group's services throughout the year.

"Words cannot express the gratitude we have for you three ladies (Margaret, Becky, Jackie) and the Lee County Hospice for being there not only for our mom but also for the family. You helped manage and work through her pain, and being there to comfort

her. Making sure all her needs were met, anything she needed you made sure she had as soon as possible. You helped so much with what time she had left and eventually through to the end. It was a comfort to know each time we called, that you were there for us. Each time you were asked to check on Mom or if the family just wanted to talk, all our needs were met with such compassion." – family of Esther Drollinger

"Thank you for the care you showed our mother and family in her final days. It is greatly appreciated. A special thank you to Patty for helping us through. It put our mind at ease to know she was there for us." – family of Sue Ann Schmitz

"We'd like to express our sincere gratitude for the hospice care that our dad received last week. It was such a blessing to know that he was comfortable during his final days, and that we were able to be with him in a safe and peaceful environment. Jessica was wonderful, and we're so very appreciative of this service." – family of Joseph "Jud" Boyer

A Hospice Open House will be held on Thursday from 3 p.m. to 6 p.m. at the office at #3 John Bennett Drive. At about 4:30 p.m., Schilling will offer a brief history and recognize the staff and board of health members.

Volunteers will also be on hand with displays showing data on the program and the Hospice Tree of Love will also be on display with a history of that program.

"We're gonna celebrate what we've been able to accomplish over the past 30 years," Biddenstadt said.

SCC writers series looks at U of Iowa's young poets

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Theatre, Room 333, on SCC's West Burlington campus, and it will be followed by a brief question and answer session with the authors. Free refreshments will be provided at the close of the event.

Burm is quick in promoting the talents of the guest poets and the cooperative efforts of multiple organizations to make SCC's Visiting Writers Series successful. "The University of Iowa Writers' Workshop is ranked as one the finest graduate creative writing programs in the nation. SCC's relationship with this program can mean only good things for our students and our community."

Burm continues, "Much credit should go to the Burlington Fine Arts League, the Society of Great River Poets, the SCC Foundation, the Iowa University Arts Share program, and many area businesses and individuals for supporting our Culture on Campus Committee, the Visiting Writers Series, and Di Dante Literature & Writing Club students and projects. Through cooperative institutional and community efforts, we are able to host writers of this caliber."

Joseph Emanuel is an emerging poet working towards his Master of Fine Arts degree at the Iowa Writers' Workshop. He has read in River Styx's Hungry Young Poets Series and at the Witching Hour Festival, both in 2018. Joe divides his time between St. Louis, Missouri, and Iowa City, Iowa.

Jorrell Watkins is an educator and interdisciplinary artist from Richmond, Virginia. From 2014-2017, he served as the Director of the nationally touring Hip-Hop Theater play, Mixed Race Mixtape. Currently, he is a Master of Fine Arts (Poetry) candidate at the Iowa Writer's Workshop.

All Visiting Writers Series events are free and open to the public, but space is limited. Guests are encouraged to arrive and be seated by 7:45 p.m. For more information, contact Charles Burm, cburm@scciaowa.edu or 319-208-5230.

For more news or to learn about Southeastern Community College, visit: https://www.scciaowa.edu/aboutscc/office_mktg_comm/news/archive.aspx

Health Dept. issues baked goods reminder

LEE COUNTY – 'Tis the season for pies, cookies, breads, and cakes! Lee County Health Department would like those who bake holiday goodies to follow the proper guidelines when it comes to selling items.

A Home Bakery License is needed when someone sells baked goods outside of their home; meaning they prepare the items in their home to sell at a market, local establishment, or delivered directly to the customer. Under the Iowa Code 481-30.2, "baked goods" are considered as breads, cakes, doughnuts, pastries, buns, rolls, cookies, biscuits, and pies (except meat pies). Candied items like chocolate or caramels do not fall under this code, and can not be sold under a Home Bakery License. If the purchasers directly go to the home to pick-up items then a Home Bakery License is not needed.

A Home Bakery License cost is \$50, applications can be obtained on the LCHD website, www.leecounty-hd.org, in the Environmental section. There is also a Home Bakery Q&A to answer more questions. Applications and fees must be submitted to LCHD office at #3 John Bennett Drive, PO Box 1426, Fort Madison, Iowa. Applications can take up to 30 days for processing. For food and consumer safety and licensing, LCHD covers Lee, Des Moines, Henry, and Van Buren Counties.

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5-DAY WEATHER FORECAST

SUN 10 Nov Overcast
High– 47.2° F | Low – 33.3° F

MON 11 Nov Snow
High– 26.4° F | Low – 15.0° F

TUE 12 Nov Clear
High– 20.9° F | Low – 19.1° F

WED 13 Nov Light Snow
High– 33.5° F | Low – 32.7° F

THU 14 Nov Clear
High– 35.0° F | Low – 25.1° F

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