



Pen City Current

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Flight or Fight

Lestina moves Jiu Jitsu studio to Main Street, and wants to bullyproof your kids for the price of some premium coffee

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - Humans have a reaction when an assault seems imminent, it's flight... or fight.

Joe Lestina just moved his Olive Branch Jiu Jitsu out of digs at the Fort Madison YMCA into Fort Madison's Main Street district. As part of his ministry programs, he teaches the former...and then he teaches the latter.

"There's two phases of self-defense. No. 1 is distance, if I can get away and run, I should run, but what happens if you lose the ability to run?" he said Thursday as his new studio was being installed with new ceiling lights.

"You have to be able to defend yourself. If someone grabs you, you have to be able to break the grip. You have to be able to fight to the point of not wearing yourself completely out. You also have to feign compliance to be able to get a tactical advantage, and then unleash everything you possibly can."

Lestina has a full-time job and has a background in military and law enforcement and, at 41, brings a philosophy to his teachings that incorporates faith, awareness, and confidence.

He said the studio is a way for him to give back to the community he grew up in, while at the same time help-



Photo by Chuck Vandenberg/PCC

Joe Lestina, a 41-year-old martial arts instructor with a background in law enforcement and the military, has classes for everyone including youth.

ing people keep themselves out of physical situations, including bullying. All for the price of about three cups of premium coffee a month for the kids and women's classes and about five cups for the men.

"This is a ministry for us and although it is a business we are not seeking financial gain, we give everything back to the club, to include spending more than \$10,000 for the mats. This gives us a platform and opportunity to help people. I like to help people gain confidence and learn to defend themselves and then I talk about Jesus with them."

The studio is a new location, but Olive Branch has been holding classes at the YMCA in Fort Madison for three and half years. Lestina said he started working out of the Lee County Boxing club four a couple months before moving into a space at the Y. He offers classes each day at different times with separate classes for men, women, and children.

He gives instruction in Brazilian Jiu Jitsu as well as

See **BULLYPROOF**, page 8

PZAZZ! hosts electric car Ride & Drive event

Submitted article

BURLINGTON - In the amount of time it takes to gas up and get a bite to eat, a new fast-charging station in Burlington will bring a fully depleted electric vehicle (EV) battery back to full strength. The new level 3 fast-charging station that sits in the parking lot at the PZAZZ! Entertainment Complex in Burlington is the first one in Iowa that can charge any vehicle capable of accepting a fast-charge.

The charging station can fully restore most EV batteries in 45-60 minutes. There is currently no cost to the public to use the charger. The same parking lot also features free level 2 EV chargers. Many EV drivers can choose this option if they just need to "top off" their battery or plan on a longer stay.

"These charging stations will help reduce range anxiety by providing EV drivers what is essentially an

electric gas station," says Gilbert Nunez, manager of business support and development for Alliant Energy. "We believe the ability to plug in and charge away from home gives drivers the freedom to go where they want, when they want and still get home with miles to spare on their batteries."

"The EV charging options we have at the PZAZZ! Entertainment Complex fit every driver's needs," says Megan Bell, director of marketing and advertising for Great River Entertainment. "With more EV models on the way, these charging stations will make our casino and hotel a destination for more and more customers."



Level 2 charger

more and more customers."

See **PZAZZ**, page 3

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Celebrations/Letters to the Editor

Celebrations

EMRIE JANE CHARBONNEAU

FORT MADISON - August and Dillon Charbonneau of Fort Madison are proud to announce the birth of their daughter Emrie Jane Charbonneau on Sept. 10, 2018 at Fort Madison Community Hospital.

Emrie joins Rowan and Azalea Charbonneau at home.

Grandparents are Heather and Mike Blint of West Point; Pearl and Frank

Mueller of Augusta; John and Angie Charbonneau of Fort Madison; and Heidi Mueller of Topeka, Kan.

Great-grandparents are Kitty and Loren Anderson of Burlington; and Roger and Rena Blint of Denmark. Great-great-grandmother is Anna Mae Korschgen of West Point.

Pen City Current congratulates the family on this wonderful news.

CHASE ROBERT GOETZ

KEOKUK - Sharisha and Luke Goetz of Keokuk are proud to announce the birth of their son Chase Robert Goetz on Sept. 10, 2018 at the Fort Madison Community Hospital.

Chase is welcomed home by Riley Hageman and Lincoln Rader.

Grandparents are Shawn and Richard Markell of Keokuk and Margaret and John Goetz of Nauvoo, Ill.

Great-grandparents are Carol Markell of Argyle; Pete Markell (deceased) of Argyle; Glenwood Nye of Decatur, Ill.; Katherine Nye (deceased) of Keokuk; Muriel and James Barker (deceased) of Jacksonville, Fla.; and Robert Paul Goetz and Ruth Elizabeth Seibert Goetz (deceased) of Carthage, Ill.

Pen City Current congratulates the family on this wonderful news.

LETTER TO THE EDITOR

Food Pantry appreciates new refrigerator

Dear Editor:

A huge thank you to Bob Schierbach and the Fort Madison Community Hospital for the timely donation of a roll-out commercial refrigerator to the North Lee County Food Pantry.

During the summer months the Food Pantry is gifted with a large amount of fresh produce from the United Way garden, "uber" gardeners and local farmers. The Pantry's Board began to dream of a refrigerator that would extend the life of that produce, and then, out of the blue, I received a call

from Bob offering us a refrigerator that they were no longer using. Serendipity! Further, Mohrfeld Electric offered to install it gratis.

I continually am blown away by the generosity of our community. So, a huge thank you to all who make possible the Pantry's mission to serve the impoverished residents of North Lee County by offering healthy food and provide the opportunity for neighbors to help neighbors.

-Lin Cramer, Board president
North Lee County Food Pantry

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For the Record/From the Front

For the Record

Fort Madison Police Report

09/12/18 - 12:36 a.m. - Fort Madison Police responded to a report of a burglary in the 1500 block of Avenue M.
 09/12/18 - 2:57 a.m. - Fort Madison Police responded to a report of a property damage accident at the intersection of 14th Street and Avenue I.
 09/12/18 - 10:15 a.m. - Fort Madison Police responded to a report of a larceny/theft in the 1500 block of 35th Street.
 09/12/18 - 1:55 p.m. - Fort Madison Police responded to a report of a stolen bicycle in the 2000 block of Avenue B.
 09/12/18 - 8:31 p.m. - Fort Madison Police responded to a report of vandalism in the 700 block of Avenue D.
 09/12/18 - 9:43 p.m. - Fort Madison Police responded to a report of a larceny/theft in the 1700 block of Avenue G.
 09/13/18 - 6:27 a.m. - Fort Madison Police responded to a report of a burglary in the 200 block of Crescent Lane.
 09/13/18 - 2:01 a.m. - Fort Madison Police arrested Brett Allen Michael Montgomery, of Fort Madison, in the 3200

block of Avenue H in Fort Madison on a warrant for failure to pay amounts, driving while suspended. He was taken to the Lee County Jail and held.

Lee County Sheriff's Report

09/09/18 - 7:30 a.m. - Lee County Sheriff's deputies responded to a one-vehicle accident. A vehicle driven by Matthew Mark Horn, 37, of Keokuk had allegedly entered the median and struck a sign. Horn left the scene and was found by officers at his residence where he was cited for failure to maintain control. Horn said he swerved to miss a deer and entered the median and then returned to the roadway. According to the report, Horn's vehicle had sustained front end and windshield damage.
 09/13/18 - 12:11 a.m. - Lee County Sheriff's deputies arrested Stephen Michael Waggoner, 36 of Fort Madison at the sheriff's office on a warrant for probation violation. He was taken to the Lee County Jail and held.
 09/13/18 - 1:59 a.m. - Lee County Sheriff's deputies

arrested Alyssa Blair Hardy, 29, of Fort Madison in the 3400 block of Avenue N, on warrants for failure to yield upon a left turn, failure to appear-contempt of court, and driving under suspension. She was also charged with driving under suspension and registration violation. She was taken to the Lee County Jail and held.

Fort Madison Fire & Rescue Report

09/12/18 - Fort Madison Firefighters responded to three medical calls

Rebates offered to help make electric cars more affordable

PZAZZ - Continued from Page 1

Settlement money from the Volkswagen Iowa Environmental Mitigation Trust is expected to expand Iowa's EV charging network. At the moment, there are 247 public charging stations in Iowa. Alliant Energy was a consultant for the project and our community and business EV charger rebate program provided a rebate to PZAZZ! Entertainment. Alliant Energy also offers rebates for purchasing a new or used electric vehicle.

charging station, a free electric vehicle Ride and Drive event will be held from 10 a.m. to 1 p.m. on Saturday, September 15 at the PZAZZ! Entertainment Complex, 3001 Winegard Drive. Burlington, Iowa. Car dealers will have a variety of electric vehicles for you to test drive. Alliant Energy will also be available to discuss rebates that make purchasing an EV more affordable. Visit alliantenergy.com/ev to learn more.

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FRI 14 Sep

Partly Cloudy
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SAT 15 Sep

Clear Skies
High – 86.2° F | Low – 67.6° F

SUN 16 Sep

Clear Skies
High – 87.9° F | Low – 72.3° F

MON 17 Sep

Clear Skies
High – 76.5° F | Low – 60.5° F

TUE 18 Sep

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High – 85.7° F | Low – 69.5° F

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Sports

Hellige takes 3rd at new-look Lamb Invite

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - They had a couple days to put it together, but the Timm Lamb Invitational Cross Country Meet went off without a hitch after being moved from its usual Rodeo Park grounds earlier this week to the Fort Madison Middle School property.

The Rodeo grounds were still saturated and beaten up from the Tri-State Rodeo this week-end and school officials decided Monday that it wouldn't be a safe place to hold the race and the grounds weren't sufficient for running.

Junior Matt Hellige took advantage of the new course and had the best time of anyone from Fort Madison with his third-place finish in the Boys B race just :50 off the pace with a 17:51.8 to lead Holy Trinity Catholic to a fourth-place finish.

Fort Madison High School freshman Katelyn Dennis took fourth-place in the girls' race with a time of 21:35.7, which she said was a new personal

best for her. Dennis led the Fort Madison girls' squad to a fourth-place finish with 90 points. Mt. Pleasant's Abby Ryon won the event with a time of 19:15.4.

FMHS senior Dayne Cordray was 12th overall in the Boys A Division at 18:09.2. Mt. Pleasant's Cody Mertens won the event with a time of 16:15. Fort Madison finished fourth with 91 points. Muscatine won the meet with 23.

Fort Madison Activities Director Jeremy Swink said the district didn't start even looking at the middle school property for the race until about Monday, but said now that it's all put together, they may move the race to the school.

"We'd like to keep our meet consistent so when runners come back year after year they can compare their times. We don't want to keep bouncing all over the place and being able to showcase our school and have it here on the property is pretty great."

Dennis said she thought the course was one of the hardest she's run.

"It was one of our harder ones," she said. "Probably the fact that there was no shade and the incline and hills were longer than Rodeo made it more difficult. But that's probably why I think I had a personal best because I was running harder."

Ashlynn Haas, who finished 18th overall with a 23:59.4, said she prefers running at Rodeo.

"It was definitely different," she said. We're used to Rodeo, which is flatter, and they threw in some hills here, but Rodeo Park has some shade and I think I prefer to run there."

Other top finishers for the Bloodhound girls included junior Anna Kester at 22.44.4, good for 11th overall. Maddy McVey took 21st with a time of 24.39.0, followed by junior Claire Hellman at 27:58.2.

The Bloodhounds' sophomore Anthony Barnes finished in 19th place at 18:45.6. The other team finishers for the Hounds, which are the top seven from each school, included Hayden Wolf at 18:58.8 (23rd), freshman Austin Miller was 27th with a time of 19:24.3,



Photo by Chuck Vandenberg/PCC

The pack is bunched at the start of the varsity boys run at the Timm Lamb Invite on the Fort Madison Middle School grounds Thursday. Matt Hellige (243) and Dayne Cordray (227) led HTC and FMHS, respectively. Hellige took third place in Class 1A.

Owen Kruse finished 29th at 19:45.5, Will Gager, another freshman, took 33rd place at 19:50.2, and Miguel Trejo wrapped up the Hounds' team scoring with a time of 20:18.3 Other finishers for FMHS included Alex Steffensmeier at 21:15.5 and Matt Hopper at 25:52.3.

Freshman Philip Goldie of HTC had an 18:45.4. Junior Jacob Mohrfeld finished in 20:05.4 and freshman Mitchel Pothitakis crossed the line at 20:16.5. Senior Brant Holtkamp ran in 21:23.2. Chandler Rung's 22:17.4 and Adam Rauenbuehler's 22:31.5 rounded out the

scoring for the Crusaders. Other finishers for Holy Trinity Catholic included Michael Hellman 22:58, Wyatt Hellman 24:19, and Josh Barr with a time of 26:26. Holy Trinity had 88 points for the event, Danville-New London won the B race with 52 points.

Swink said staff was concerned the course wouldn't be challenging enough for the runners, but he relied upon former FMHS track coach Timm Lamb and FMHS Head Coach Brian Mendez to map out a unique course.

"It's always a challenge when you have to set something like this,"

Swink said, "But we just used the brains of Coach Lamb and Coach Mendez - two of the greatest cross country minds around and they were very helpful."

In the girls junior high run, FMMS' Emily Steffensmeier took 2nd place on the shorter course with a 14:16.3 behind Burlington's Hadley Augustine. Ellie Schulte, Kay Quittem, Tauren Settles, Paetyn Wiegand, and Madison Huebner, all finished in the top 15 overall.

For the FMMS boys, Emmett Kruse took 5th with a 12:27.2. Tate Settles and Carson Rashid finished in the top 10.

Holy Trinity Catholic knocks off second ranked opponent in four days

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - The Holy Trinity volleyball team battled through a tough 2nd set against 11th-ranked Class 2A Van Buren at Shottenkirk Gym Thursday.

The Crusaders, still ranked #4 in Class 1A with today's new rankings, knocked off the Warriors 25-11, 25-20, 25-14 to improve to 4-0 on the year without yet dropping a set to any opponent. A perfect 12-0 on the year. That run will be put to the test on Saturday and Monday when the Crusaders play in the Keokuk Invitational and then host the Holy Trinity Classic, which is always a wild ride at Shottenkirk Gymnasium, on Monday.

HTC found themselves down to Van Buren in the early going of the first set, but worked back to a 4-4 tie. The two teams would trade points to a 7-7 tie before HTC went on a 6-0 run sparked by a Claire Pothitakis kill to get a side out, which put freshman Kassie Randolph at the service line. Holy Trinity scored right away when Van Buren's Taryn Sheuermann's attack sailed long. Then Randolph plugged three straight aces to push HTC to a 12-7 lead.

Senior Emily Box got a big block at 15-8 to force a Van Buren timeout, but the Crusaders kept the pedal down and pulled away for the 25-11 first set win on a kill by Box.

The second set turned into a marathon with Van Buren going up by as much as 4 in the early going at 3-7. The two teams would tie six times in the set with the last one coming at 14-all. HTC opened up a 21-18 lead on a kill by sophomore Katie Denning, but Van Buren would fight back to within two at 22-20



Photo by Chuck Vandenberg/PCC

Sophomore Avery Hopper (28) and senior Eryn Anderson (25) try to get in front of an attack from Van Buren's Grace Davidson (12).

See **CRUSADERS**, page 7

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Heavy schedule looms for 4th-ranked HTC

CRUSADERS - Continued from Page 4

when senior Eryn Anderson's attack sailed over the back line. Senior Taylor Boeding would pick her up with a kill from the far left side on the next Van Buren service.

The Warriors' Chloe Davidson went long her next attack and a defensive error of Boeding's set point serve gave the game to the Crusaders.

Anderson would go a little crazy in game three with four kills, two of which hit the net, and threw Van Buren's block off as well as a couple blocks of her own to help the Crusaders to the 25-14 win. Randolph would get three more aces on 10-11 serving in the third game to take the wind out of the Warriors' sails.

Randolph sizzled from the service line going 19-20 with eight aces to complement sophomore Bailey Hellweg's 21-of-21 serving night with two aces. Senior Elyse Pothitakis had 24 digs from the back row libero spot on defense.

Box continues to dominate play at the net and routinely ended long rallies with kills throughout the match. Box had 13 kills on 24 of 27 attacks. Junior Taylor Boeding had eight kills on 19-22 hitting.

Head Coach Melissa Freesmeier said the girls get ramped up for the ranked teams.

"That's what we play for," she said.

"After Notre Dame, I didn't think we played very well. We just mentally weren't in it. But tonight the kids were in it. The kids came off the bench to do their job. Everyone on the bench and on the court were in every point, and we need that, especially in a game like this because everyone's out to get us."

Van Buren's junior Salena Sayre, gave the Crusaders some fits with powerful corner attacks that found the floor in the early going and in the second set. Freesmeier said she moved to try and slow her down.

"We just tried to get her blocked in and slow her down and that helped our defense out because I didn't think we did a very good job of that early on. When we moved the block over we started getting touches on her attack and that helped the defense."

With the tournament on Saturday and the classic two days later, Freesmeier said it's definitely a busy schedule.

"This is what we got to do. We haven't played much yet so, the games are the fun part," she said.

"And they'd much rather be in a tournament than practicing with me. I'm just happy with the way we're coming together and it looked like we did that tonight and did some really good things."

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9/12

6 28 48 63 64

Powerball: 24

Power Play: 2



9/12

1 23 24 42 51

Star Ball: 6

All Star Bonus: 2



9/12 MID-DAY

6 9 2

9/12 EVENING

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From the Front

Classes available for men, women, and kids

BULLYPROOF - Continued from Page 1

grappling, judo, and self-defense. With the kids classes, Lestina puts an emphasis on “bullyproofing” the kids.

“The number one rule is to avoid the fight at all costs. Keep yourself out of situations where you need to use jiu jitsu and, if you can do that, your jiu jitsu will be great because you never have to use it,” he said.

“But if you find you have to use it, rule No. 2 if you’re physically attacked is you have the right to defend yourself. Nobody should have to stand there and let somebody punch them without being able to do something in response to that.”

His response technique doesn’t necessarily involve punching or kicking, but he said he teaches through

jiu jitsu how to control the situation with grappling and de-escalating the situation, allowing a student to remove themselves from a physical situation without throwing kicks or punches.

He also teaches women’s classes and those focus on keeping an awareness of your surroundings first and not allowing yourself to get in a compromised position. He then teaches how to get out of those situations in the event a woman is caught off guard.

“In our adult classes we teach women practical applications of jiu jitsu and self defense. Everything from situational awareness to how to keep yourself out of a bad situation.

If that doesn’t work and you find yourself in a bad situation either due to lack of awareness or someone



Photo by Chuck Vandenberg/PCC

Olive Branch Jiu Jitsu owner Joe Lestina poses with medals he and the club’s competition team have won over the past four years. Lestina moved the studio from the YMCA to 802 Avenue G in Fort Madison’s Main Street District last month.

caught you off guard, then you will be able to at least defend yourself,” Lestina said.

He said sports physiology indicates that true self defense can’t really be

executed until you develop muscle memory, and data shows that it takes about 1,000 repetitions in sports to create muscle memory.

“If you come to one class a week for an entire year, you might have reached that 1,000 repetitions and you’ll have a little proficiency in the sport,” Lestina said. “If you plan on coming in once a week for a month or two, you may have an increase in your awareness so you recognize situations you shouldn’t be in, but you won’t have proficiency in the martial art,” he said.

Another part of the instruction is called “stress inoculation”. Lestina said law enforcement and military personnel are trained to deal with real time stress in the field.

“Law enforcement trains us that we don’t know how we’ll respond when the real stress like bullets flying or bombs going off happens, unless you are trained to react a certain way. We want to help people learn what those reactions should be. It’s getting comfortable

with the uncomfortable-ness. If someone gets you in a choke or is making hard for you to breathe, we can teach you to find a way to deal with that.”

He said his passion grew out of wrestling when he was younger and then realized how martial arts can take that to the next level.

“For me personally, I grew up wrestling and had a passion for grappling. But when physical confrontations end up on the ground, jiu jitsu is where it’s at. Wrestling is the physical aspect of it, it’s like the cat playing with the mouse. In wrestling you grab the mouse, and you hold the mouse, but you don’t finish the mouse. In jiu jitsu you eat the mouse.”

Olive Branch is working in conjunction with the YMCA and has discounted rates for members of the Fort Madison YMCA. Lestina said the two organizations have some of the same visions so its a good partnership. The YMCA is planning on adding gymnastics classes on-site at the downtown location

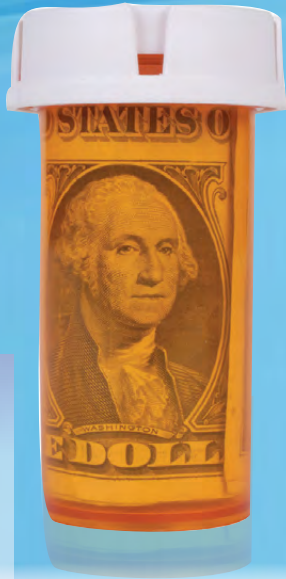
in October.

“The YMCA has the same vision as far as bringing health and wellness to the community and we obviously share that same passion and offer it through martial arts,” Lestina said.

Introduction classes are held Mondays from 4 to 6 p.m. with a ladies class from 6 to 7 p.m. and Teens/Men class from 7 to 8:30 p.m. Tuesday has Teens/Mens classes from 7 to 8:30 p.m. Wednesday is a daytime men’s class from 9 a.m. to 11 a.m. Thursday is a Teens/Mens class from 7 to 8:30 p.m. and Friday starts with 6-8 year olds from 4:30 to 5:10 p.m. 9 to 13 year olds from 5:15 p.m. to 5:55 p.m., a mixed jiu jitsu class from 6 to 7 p.m. and open mat from 7 to 8 p.m.

For more information on the club, Lestina can be reached during business hours at the club, by email at olivebranchjj@gmail.com, and by sending a message to Olive Branch Jiu Jitsu on Facebook <https://www.facebook.com/olivebranchjiujitsu/>

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