New subdivision may get water booster

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - A subdivision being constructed north of Bluff Road will get a new water booster station from the city paying for the station as part of an incentive package, according to City Manager David Varley’s recommendation.

Typical developments of this type have a tax increment financing component included in the development agreements with the governmental bodies, in this case the City of Fort Madison. Chapter 403 of the Iowa code gives cities and counties the authority to create TIF districts.

In a nutshell, TIF is a method of reallocating property tax revenues which are produced as a result of an increase in taxable valuation above a base valuation figure within in the TIF district, which would be the subdivision.

SEE BOOSTER, page 3

Group forms to discuss Ave. G

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - A group of about nine downtown business members representing about five businesses have started the task of looking into recommendations for the city when new sewers will be separated.

The city has to replace and separate the 140-year-old sewer that currently mixes both sanitary and storm sewer systems, requiring those systems to be separated.

The group is looking for downtown business members to contribute to the group as they make recommendations to the city when the streets and sidewalks are replaced.

Skip Young, of Dana Bushong Jewelers, said the group is looking to start the project in the next year or so and to go after dollars from the state’s Economic Development Administration to fund the project.

The group will host Monday meetings at Rocky Ridge, located at 201 S. Ave. G.

SEE MAIN ST., page 6

There IS such a thing as a free lunch

BY CHUCK VANDENBERG
PCC EDITOR

Linda Martinez, the head of the FMCSD Summer Lunch Program, said she would like to see Fort Madison kids have the same opportunities for free meals during the summer as those in the Great Prairie AEA.

“The meals, again, are free to anyone under 18 years of age and anyone can take advantage of the program,” Martinez said.

The programs are funded by the state of Iowa, and students can walk right over to the cafeteria door and get a free lunch.

The meals also come with a choice of white or chocolate milk. Martinez and her assistant, Tracy Glasscock, serves and prepares all of the meals for program.

The Summer Lunch Program is served at the Fort Madison High School cafeteria from 11 a.m. to 12:30 p.m. through Thursday this week. Beginning next week, lunches will be served from noon to 12:30 p.m.

Fort Madison Community Schools and Community Schools and PK-12 special education director at Pekin Community Schools and PK-6 assistant principal of Forest City, high school principal and curriculum director at Manson-NW Webster.

North Wood is currently a regional director at Great PrairieAEA. He has previously held positions as superintendent and elementary principal at Gladebrook-Reinbeck; middle school principal at Forest City; high school principal and curriculum director at Allamakee; and elementary principal and curriculum director at Manson-NW Webster.

Cindy Yelick is currently deputy chief administrator at Pekin Community Schools.

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Sports: Summer Athletic Enhancement program focuses on total performance.

See page 2

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Summer program focuses on multi-sport training

Doherty aims morning workouts at all athletes

BY CHUCK VAN DENBERG  
PCC EDITOR

FORT MADISON - There’s a sense of something happening here.

The Fort Madison High School athletic programs have a tradition like most schools in terms of your sporadic state championships, and the sporadic state champions schools in terms of your athletic enhancement coaches. It’s tough for programs each year, that on Wednesday had roughly sixty boys and girls ranging from incoming seniors to as young as sixth graders. “Well, it was a lot of movement. ”Doherty said after the 90-minute workouts. “We’ll find out in about two weeks who’s committed. It’s tough the first couple of weeks because they get sore, but they need to realize the best thing for soreness is movement.”

Doherty said the program is a compilation of guidance from several nationally known strength trainers including Chris Doyle, the University of Iowa’s Director of Strength and Conditioning, and Chip Morton, the Cincinnati Bengals strength and conditioning coach. The student-athletes work the program in about 15 stations in groups of three to four kids. Each rotation is about one minute and the next person in the group does the station workout. After all in the group have done the station, the whole group runs to the next station. The students work out as a group and run along side each other for encouragement and support. The program runs all summer with three phases out for three phases. We do hypertrophy phases for two weeks, then move to a strength phase for four weeks, and then we go to a power phase leading into the season, and then we go into our in-season phase which is just a strength and power phase,” he said.

“But this isn’t just physical. I think as much as it’s physical, it’s also a huge mental test. I think they did good today, but they’ll get better. We focus on not losing hustle and being able to finish.”

Fort Madison Head Wrestling Coach Ryan Smith was one of about seven coaches at the program manning a station. “I think that AE is such a great opportunity for our student-athletes,” said Smith said Wednesday.

“That those that commit will see tremendous gains in their performance and will be less likely to get injured. It is not just luxury anymore, but a necessity to keep up with the other.

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6 lbs. Center Cut Chops
6 lbs. Iowa Chops
8 lbs. Bacon
10 lbs. Sausage
6 lbs. Pork Roast
6 lbs. Pork Steaks
16 lbs. Ham

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Agreement could include TIF district

BOOSTER - Continued from Page 1

Until the tax increment debt within an area has been repaid, tax revenues produced off the increased valuation of the development are allocated back to the city or county which has established the TIF district.

The city hasn’t created a TIF district for the subdivision yet, but according to Varley that may become part of a development agreement with Mohrfield and the city may be able to recoup the cost of the booster station through those means.

Mark Lair asked if the booster would be large enough to handle further development in the area and Public Works Director Larry Driscoll said it would be.

“In a project like this, generally the contractor is responsible for the infrastructure in the subdivision, which in this case would include the booster station,” Varley said.

“We’re working on a development agreement for this subdivision which we will bring back to the city council. In that agreement, we hope to have a TIF set up to help pay for the infrastructure and provide some incentives like we did in the previous subdivision,” Varley said. “We’re hoping in that agreement to have TIF set up so hopefully we can recoup 100% of the cost.”

Varley said a normal upgrade of this type that benefits the whole city would come from the water fund, but when the city does something as an incentive, this may allow them to to get reimbursed from the TIF revenue that would come back to the city.

“$300K should not come out of water fund, it’s really being done to help the developer with subdivision so that will be worked into the TIF that we will bring back to you for your approval,” he said.

In other action,

• the city heard from Nancy Snaadt of Alliant Energy about grants the energy company has paid to city organizations, consumer rebate programs and a 10% rate increase.

• the city heard from Nancy Snaadt of Alliant Energy about grants the energy company has paid to city organizations, consumer rebate programs and a 10% rate increase that is being proposed on city utility rates. Alliant is currently in an interim rate increase that is being proposed on city utility rates. Alliant is currently in an interim rate increase that is being proposed on city utility rates.

• the council approved the sale of 1301 Avenue I to James R. Andrews after a public hearing was held on the matter.

• approved a construction contract and bond execution of a plan to replace the Blackhawk Heights Sanitary Sewer to Meyers Driveway and Septic Service in the amount of $2.44 million.

For the Record

Fort Madison Police report
06/05/17 - 8:30 a.m. - Fort Madison Police responded to a report of a burglary in the 1700 block of Avenue F.

Lee County Sheriff’s report
06/06/17 - 8:26 a.m. - Lee County Sheriff’s deputies responded to a report of a larceny/theft in the 1100 block of Avenue E.

Lee County Sheriff’s report
06/06/17 - 8:42 a.m. - Lee County Sheriff’s deputies responded to a report of a stolen vehicle in the 3000 block of Avenue H.

AEE finalists well versed in Iowa’s educational systems

FINALISTS - Continued from Page 1

...ministrator at Heartland AEA. She has previously held positions as executive director of instructional services, administrator for Iowa Core Curriculum, executive director of teaching and learning and regional coordinator at Heartland AEA; director of early childhood, assessment, and special education and elementary principal at Ames Community Schools; elementary principal at Des Moines Public Schools; director of McPrep Middle School Academy at Drake University; coordinator of Moultion Professional Development School at Des Moines Public Schools; and assistant administrator at Spring Branch ISD in Houston, Texas.
**Sports**

Program builds physical, mental strength

**WORKOUT** - Continued from Page 2

schools that offer the same opportunities.”

Andy Mitchell, FMHS’ activities director said the program was up and running before he came and not only is good for the student-athletes but also for the coaches.

“This was a program that started before I got here with previous ADs and coaches,” Mitchell said. “We haven’t tried to reinvent the wheel. We’ve encouraged our coaches and they know that every program needs to have kids that are stronger, more flexible and more explosive. Right now this is the type of coaches we have. They understand the benefits of the program.

Coach Doherty is running the program. ‘The really neat thing is it’s not just football training for football, basketball training for basketball, and softball training for softball. Everyone is training for the whole school year. We’re building multi-sport athletes.”

Shiffman said Doherty has created a program that the school should be proud of and it comes from his multi-sport commitment to the school.

“This is his baby and he should be proud of it. You can really tell from this the ones who are believing. The multi-sport girls are really working and they’re showing the results because they’ve bought into it. We’re just trying to get everyone in there and buying into it,” Shiffman said.

“I got a great comment from Coach Doherty that he’s a multi-sport coach. He’s coached track, tennis, soccer, and is coaching wrestling and football.

Coach Smith was out there. Coach Rickelman was out there, Coach Bailey was out there and he was loving every minute of it. These are multi-sport coaches. I think it’s important that we’re out there for our benefit of course, but it’s also important to the kids, seeing that we’re believing in it.”

Kent Bailey, who’s been in the FMHS coaching circles for decades and is the current head volleyball, assistant basketball, and assistant softball coach was also working a station Wednesday.

“Our athletes have talked about wanting to change the culture,” he said. “They are now beginning to realize you have to work for it. It was very encouraging to see the 60-plus kids making a commitment each morning. Twenty-six of those were volleyball players who went to skills training right after athletic enhancement.”

Doherty said he’s sent the program to Doyle at the University and then tweaks the program year-in and year-out to take advantage of new thinking and technology.

“I’ve worked with Doyle, sent them off our program and he’s been in contact. I’ve got a couple others I communicate with. We went and watched the Bengals guy speak and that was really cool because he not only was working with the million dollar athletes but he was also working with his kid’s high school. I’m constantly doing research and trying to stay relevant and give the kids the best program we can.”

Right now the program focuses on lifting Monday and Tuesday, agility and speed on Wednesday and then more lifting on Thursday. Fridays are off days for the program.

Mitchell said the basics of the program are the same.

“The core of it is essentially the same. Our coaches show up, you’ll even see our golf coach out there, but today you saw the football, wrestling, volleyball. Brian Mendez runs a similar program for the track kids, but they get going a bit earlier in the day.”

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Incoming FMHS senior Elijah Barnes runs with resistance bands and a bag weight Wednesday morning during the school’s Athletic Enhancement program.

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Pen City current • Thursday, June 8, 2017 • 5
Summer meal program open to everyone

Martinez said the program served 79 meals Monday in addition to delivered meals in the city.

“We also take sack lunches to HTC child care. And Richardson, for three weeks, will have a summer program that we’ll feed there. So about 70 there and 80 here.

Adults are also welcome to come eat at the school and can get the same meal and drink for $3.50.

We’ve had in previous years a couple adults who came three times a day and paid for lunch and some would just come in and pay and eat with their children or grandchildren,” Martinez said.

“This is, like, the 15th year we’ve done this. It stays pretty much the same. It seems that no matter how much publicity you do, it just doesn’t grow a lot. The meals used to be served at the middle school, but when we moved it here we thought with the pool we would serve more people.”

Martinez said the district changed the hours this year to start at noon which coincides better with the city pool hours.

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