Health officials take flu actions

LCHD offers tips on dealing with outbreak

FORT MADISON - Due to influenza cases on the rise in Iowa, Lee County Health Department issued a statement Friday reminding everyone it is not too late to get the flu shot.

Flu shots are still available at LCHD’s immunization clinics held on the 2nd and 4th Thursdays of each month. The next clinics will be at the Trinity United Methodist Church in Keokuk on January 11, 2018 from 12 pm to 4:30 pm and at LCHD’s immunization clinic at #3 John Bennett Drive on January 25, 2018 from 12 pm to 5:30 pm. LCHD will also provide flu shots during scheduled TB clinics held at LCHD’s office on Mondays and Wednesdays from 3-4 pm (except on holidays such as the week of Jan 15th).

Influenza or “Flu” is a highly contagious viral infection that affects mainly the nose, throat, chest and lungs. The flu may cause mild to severe illness, and may even lead to death. In the very young, the elderly, and those with other serious medical conditions, infection can lead to severe complications such as pneumonia. The single best way to prevent the flu is to get vaccinated each year.

Flu viruses mainly spread from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Always remember the three C’s- Cover your cough, Clean your hands, and Contain Germs!

If you get the flu remember to stay home from work or school, get plenty of rest and water, and consult with your doctor especially if you are at high risk of complications and serious disease. If you start on anti-viral medications before you know you are sick, as well as while you are sick. Always remember the three C’s- Cover your cough, Clean your hands, and Contain Germs!

See FLU page 8

Bening Al Pacino may be new family holiday tradition

W

ell the holidays are over and I made my usual trek to so! Well the holidays are over and I made my usual trek to some regional airport, this round Lambert-St. Louis, to drop my daughter off for her flight back to LaGuardia on the waterfront of Bowery Bay in Flushing, N.Y. From there she’ll grab a cab or an Uber and head to, what I’m sure, is a seedy apartment where her share of rent for a two-bedroom is comparable to my mortgage.

Our family time was extended by two days thanks to what’s being called a bombogenesis. That’s a real word... Google it... defined in simple terms as a weather bomb which rapidly intensifying low pressure systems, typically in the winter, reach havoc on places usually along the eastern seaboard, but hypothetically anywhere.

Anyhoo, I love having my 24-year-old home for the holidays. It worries me a bit that she can take two weeks off from work in a city where a single person making $16/hour is in all likelihood living in poverty. But she makes my heart swell. And to make this even better my youngest daughter, too, was home for the holidays. Now a sophomore at the University of Iowa, she made the empty nest, a full nest with mom and pop as proud as peacocks.

(Speaking of peacocks, has anyone else almost run over those beautiful birds on the way back from West Point on J40 right before the new bypass ramp? Cocky birds just strut right out in front of you, with no care in the world that my wife’s FJ Cruiser would make them go pooof!)

The baking ensues and we inevitably end up with a dining room full of cookies, Greek crescents, fudge, krispy treats, and then an all-out battle royale takes place over the strawberry pretzel salad. I’m still on my quest to beef up (see Jason Momoa) so I went easy this year.

Over those beautiful birds on the way back from West Point on J40 there is the world that my wife’s FJ Cruiser would make them go pooof!)

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—Delores S. Pollpeter

Ethel Dean Aldridge

Delores S. Pollpeter

Opinion

P3

Sports

P4

Weather

P8

See PAGINO. page 3

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Alliant gives grants to area groups

CEDAR RAPIDS - Seven area nonprofit organizations are receiving community grants totaling $7,850 from the Alliant Energy Foundation in the second of its two 2017 giving cycles.

“We are proud to support these organizations that are doing such valuable work in our communities,” said Julie Bauer, executive director of the Alliant Energy Foundation. “Our investments support their crucial activities in the areas of Helping Families, Education and the Environment.”

Those earning grants are:
- Friends of the Drake Public Library, Centerville, $2,000 for Drake Public Library Summer Reading Program
- Hoerner TMCA (Young Men’s Christian Association) of Keokuk Iowa Inc., Keokuk, $1,000 for Healthy Kids after school activity
- The Homestead 1839, West Burlington, $1,000 for Organic Agriculture Education for High Risk Youth
- The Arc of Jefferson & Nearby Counties, Fairfield, $1,000 for Camperships for persons with intellectual and/or other developmental disabilities
- Maharishi School, Fairfield, $1,250 for Maharishi School TARC Rocketry Project
- City of What Cheer, $1,000 for Play Ground Equipment Replacement
- Wilson Memorial Library, Keota, $600 for STEM Program in the Making

Things to remember in 2018 when recycling:
- Please do not place plastic bags in recycling bins.
- Rinse & Clean all food jars and cans before placing in recycling bins.
- Flatten boxes for better storage and volume reduction. *Empty all boxes before recycling.
- Place all recyclable products loose in bins.
- Do not recycle wrapping paper.

Properly dispose of all electronics and household hazardous waste. Click Here for more guidance!

For your convenience:
- Convenient Drop-Off Locations in 10 cities
- Curbside Recycling Bins are available at our Ft. Madison and Keokuk locations
- HHW Collection Available by appointment during regular business hours at our Ft. Madison and Keokuk locations

Great River Regional Waste Authority

Ft. Madison Main Office: 2092 303rd Ave
1-319-372-6140

Keokuk Transfer Station: 111 Carbide Lane
Keokuk, IA
1-319-524-6175

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Girls make nest full at holidays

PACINO - Continued from Page 1

girls. To give you a better picture, think of the pride lion with all the other lions impa-
tiently waiting their turn.

The girls watch Christmas movies from 5 a.m. to 9 p.m. on Christmas Eve, always
ending with A Christmas Story. Then we move to the kitchen to decorate sugar cook-
ies for Santa and holiday snacking. When that's done and cleaned up, we set out the
treats for the fat man and the girls rush upstairs (keep in mind - 24 and 18 years old)
and sleep in the same bed, like they have done since we moved into this house 12 years ago.

They wake us up at 7 a.m. This year I was extremely tired and the girls literally
scared me awake staring at me from about three feet away: Even on Christmas...that's creepy.

“GEEZUS!”

A hush falls over the bedroom as I feel for a pulse. They stand shoulder to shoulder
with their hands folded under their chins. They look at me with eyes wide open (again
24 AND 18!) without saying a word, their body language to me says, “Sorry for scaring
you, but there’s like...presents and stuff downstairs...so we can move this along.”

“ummm...merry christmas?” they echoed.

Lee gives me a push. “They’re excited! It’s Christmas.”

The morning follows with coffee and unwrapping presents. The oldest won’t throw
the paper away as we go. She, and this is no exaggeration at all, lets it all pile up around
her because, “I like the way it looks with the color paper all over the place.”

We shower and head to my brothers where breakfast is served and the extended
family presents are opened. Without a fail a niece or nephew will get a gift from an aunt
and uncle that gets a “Why?” look from a brother or sister.

This year was the “one-step further” take on the Pie in the Face game. This one has
a toilet and instead of risking a whipped cream pie in the face you have to take turns
flushing what I like to call a Toy-let and run the risk of getting... well you get the pic-
ture. If you don’t get it, go buy the game.

This year we put a ping pong table together. It took three of us boys two hours to
put that horse together, but we got it done and then my 12-year-old nephew Hayden
handed it to me 6 out of 7 games.

We usually come home around 8 p.m. after a few rounds of Trivia Pursuit, boys vs.
girls, and then an epic crash takes place.

From that moment until Dec. 31 at about 6 p.m., we literally watch movies, this year
a six-day Al Pacino binge. I couldn’t take it. I had to go the YMCA just to get a break
from the craziness. Taylor is constantly on the run in New York City and Kelsey was
running all the time trying to make the Deans List as a Hawkeye, so when they come
home, it’s sofa city sweet heart. Full on couch potatoes.

I watched Panic in Needle Park, a greasy, low budget film where Pacino’s character
and his girlfriend get hooked on smack...yeah, that’s about it. Not my favorite, Author!

Author! was on every night after we went upstairs to bed. We can hear, “Comin’ home
and his girlfriend get hooked on smack...yeah, that’s about it. Not my favorite, Author!

I personally like the new Pacino films. Heat was one of his best ever, but Scent of a
woman is the purist Pacino.

Elmer Dean Aldridge, 87, of Fort Madison, died Friday, January 5, 2018 at The
Madison in Fort Madison, IA.

He was born on January 3, 1931 in Terre Haute, IL the son of Elmer and Hattie
Collis Aldridge.

Elmer was a jack-of-all trades and could do anything he set his mind to. Throughout
the years he had been a hired hand for several farmers and also did carpentry work. He enjoyed tinkering with cars and dancing.

Elmer is survived by two sons, Ernest Aldridge of Fort Madison and Harold Al-
dridge of Missouri, one daughter, Shirley McDaniel of Missouri, nine grandchildren
and two great-grandchildren.

At this time there will be no visitation or services. The Vigen Memorial Home in Keokuk is assisting the family with arrangements. Online condolences may be made to the family at www.vigenmemorialhome.com.

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Pen City Current - Published Sunday through Friday mornings.
2nd quarter dooms HTC boys

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - A 31-4 second quarter blowout by Burlington Notre Dame sent Holy Trinity to their eighth loss of the season as the Nikes downed the Crusaders 62-45 in boys high school basketball action Friday.

The Crusaders led at the end of the first quarter and outscored the visitors 20-12 in the third quarter, but the second quarter shutdown proved too much to overcome for the young HTC squad.

“Sometimes with young teams you get a mental block,” Head Coach John Hellige said. “We took the second quarter off and regrouped at halftime. I continue to be very proud of these boys. We’re basically playing four sophomores, two juniors and a freshman night in and night out. They’re getting better every game, every possession.”

Sophomore Matt Hellige scored 17 points on the night, and a conversion with about two minutes left in the first quarter put the Crusaders up 8-2. But the Nikes’ Jason Osborn converted two free throws and then another bucket in the lane on Notre Dame’s next possession to bring the game within two. Quentin Schneider, who tied his season-high with 10 points on the night, converted the first of two free throws and Hellige scored again inside to give the Crusaders an 11-8 first quarter lead.

Notre Dame shifted defensively in the second quarter and took the lead quickly on a bucket by Jett Tjaden at 13-11. Holy Trinity went through a stretch of about 4:45 where they committed six turnovers and four personal fouls, while Notre Dame methodically pulled away, highlighted by Gavin Kier’s 10 points in the final 3:30 of the first half.

The Nikes were able to keep long distance threat Reed Fehseke at bay in the first half holding him without any points and freshman Jake Eaves, who can hit from the outside was kept scoreless the whole game.

“We have some good shooters and they knew we can get hot from the outside. They’re very well-coached and I think they covered that up pretty well,” Hellige said. “We’re pretty good from the corner normally and they made the right adjustments.”

Schneider set the tone in the third period with three quick baskets working from the left baseline in the opening minutes, before Notre Dame could get on the board. Kies, who led Notre Dame with 18 points, hit a 3-pointer to keep the lead above 20, but then Fehseke was able to get free from the left side as the Crusaders continued to be patient and work the ball inside and out against Notre Dame’s zone defense. Fehseke hit two 3-pointers back-to-back to cut the lead to 17.

Kyle Koenig converted a three-point play after getting fouled by HTC’s Blake Crabtree in the lane to push the lead back to 20. Hellige scored five unanswered points and then Schneider scored again inside to cut the lead to 16 at the end of three. Crabtree opened the fourth with his only bucket of the night to cut the lead to 14, but that’s close as the Crusaders would get as Koenig scored two quick buckets and then added a 3-point play after a Hellige bucket to put the lead back at 20 with just three minutes left in the game.

“What we’ve been really talking about is effort and execution. I told the boys during a timeout our effort is there. We’re diving for the balls, blocking out and playing good defense. But the execution portion wasn’t there. We fumbled some passes and made poor decisions and that’s going to happen with a young team. When we clean up the execution part, I’m pretty confident
FORT MADISON - A scoreless stretch of about 11 minutes by Burlington Notre Dame gave Holy Trinity Catholic their second straight win 69-25 over the Nikes to highlight girls high school basketball action Friday night. Junior Taylor Boeding led the Crusaders with 18 points including eight in the third period. Senior Brett Schneider, who was coming off a career night on Tuesday when she scored a school-record 37 points against New London, fired in 17 points for HTC.

The Crusaders jumped out to a quick 17-9 first quarter lead highlighted by Schneider’s seven. Notre Dame held a very early 2-1 lead when sophomore Taylor Ackerman hit for the Nikes. It would be Notre Dame’s only lead of the game. Schneider who scored mostly in transition again, gave the Crusaders the lead with a layup with 4:46 left in the first period. The Nikes committed three straight turnovers before Boeding hit on one of her four 3-pointers on the night to put HTC up 6-2.

“She was due for a good game,” Head Coach Tony Johnson said. “She had been struggling before the break, but it was good to see her break out of that. Hopefully she can continue with that.”

Johnson employed a trap zone press for most of the game to put pressure on the Nikes’ young squad. Notre Dame Head Coach Jim Myers starts four sophomores and one senior. Hayley Blythe, Blythe converted a 3-pointer with :43 left in the first period to cut the lead to 16-9, but the Nikes wouldn’t score again until the 5:46 mark in the third period. The Crusaders forced eight turnovers in the second period in the middle of a 13-0 run that ended when sophomore Hope Ward connected on two free throws following a foul by HTC’s junior Eryn Anderson, to make it 29-11. Schneider and junior Emily Box converted back-to-back buckets for the Crusaders and then Sam Hoenig hit on a three to force the Nikes into a timeout down 38-13. Boeding then scored eight of the next 10 HTC points to push the lead to 48-15 at the end of the third period. Johnson kept the pressure on with the zone full court press, while the Crusaders outscored the Nikes 19-10 in the last period to put the game away.

“She was due for a good game,” Johnson said. “We put in a ton

HTC’s Taylor Boeding (23), right, leads a fastbreak in the Crusaders’ 69-25 win over Burlington Notre Dame Friday night at home. Senior Brett Schneider (2) fills the middle lane on the fast break.

FMHS have little luck vs Fairfield

FAIRFIELD - Fort Madison Senior High School’s girls basketball team lost its 10th game of the season on Friday 65-19 at the hands of Fairfield. The Hounds got four points each from senior Kamryn Bailey and freshman Maddie Rashid, but the 8-2 Trojans got 18 points from Amber Nicole Burch and had two other players in double figures in the win. Fort Madison was within one point with a minute remaining in the first period, but the Trojans went on a 9-0 run to take a 16-6 lead just two minutes into the second quarter. The Hounds would manage only four more points in the period, while Fairfield, which sits atop the Southeast Conference, raced to a 36-10 lead at the end of the first half.

The Hounds then were held scoreless in the third period and Fairfield put up 20 to put the game out of reach. Braxtyn McIggy chipped in with three points for the Hounds. Taylor Shannan, Brandy Walker and Dynell Wondra all had two points for Fort Madison. Anna Kester and Josie Pumphrey each had a point for the Hounds.

Fort Madison (0-10) travels to 6-3 Albia on Saturday before heading to Keokuk on Friday. The girls return home next Saturday when Monmouth comes to the Hound Dome.
The Board received an update on the monthly balance sheet, revenue summary sheet, expenditure report and activity report, accounts payable for the November weekly warrants, December computer warrants, activity warrants and nutrition fund; resignations from Jan Dohman as Richardson teacher effective at the end of the 2017-2018 school year, Christian Boyer as 8th grade boys’ basketball coach; employment of Christine Hatfield as Special Education teacher at Richardson, Ashley Fraise as Elementary nurse assistant and Deva Ross as associate at CLC; contract modifications for Cindy Tillow, Richardson associate, change in assignment and classification. The motion passed on a 7-0 voice vote.

b. Consider approval of policy 501.6 – Student Transfer-In. The Board reviewed policy #501.6. It was moved by Troxel and seconded by DiPrima to approve policy #501.6 as presented. The motion passed on a 7-0 voice vote.

c. Consider approval of policy 501.6a – Admission of Exchange Students. The Board reviewed policy #501.6a. It was moved by Young and seconded by DiPrima to approve policy #501.6a as presented. Young rescinded this motion after discussion so more information may be gathered. The motion to rescind and table the policy was seconded by Hope. The motion passed on a 7-0 vote.

d. Consider approval of policy #501.8 – Student Attendance Records. The Board reviewed policy #501.8. It was moved by Troxel and seconded by DiPrima to approve policy #501.8 as presented. The motion passed on a 7-0 voice vote.

e. Consider approval of policy 501.10 – Uniform Attendance & Truancy Policy. The Board reviewed policy #501.10. It was moved by Ross and seconded by DiPrima to approve policy #501.10 as presented. The motion passed on a 7-0 voice vote.

f. Consider approval of policy 501.10-R-1 – Truancy – Unexcused Absences Regulation. The Board reviewed policy #501.10-R-1. It was moved by Young and seconded by Ross to approve policy #501.10-R-1 as presented. The motion passed on a 7-0 voice vote.

g. Consider approval of policy 501.11 – Student Re-lease During School Hours. The Board reviewed policy #501.11. It was moved by Young and seconded by Troxel to approve policy #501.11 as presented. The motion passed on a 7-0 voice vote.

h. Consider approval of policy 501.12 – Pregnancy, Parental Leave & Maternity Policy. The Board reviewed policy #501.12. It was moved by Young and seconded by DiPrima to add policy #501.12 as presented. The motion passed on a 7-0 voice vote.

i. Consider approval of policy 501.16 – Homeless Children and Youth. The Board reviewed policy #501.16. It was moved by Young and seconded by Troxel to approve policy #501.16 as presented. The motion passed on a 7-0 voice vote.

j. Consider approval of policy 501.19 – Temporarily Disabled Students. The Board reviewed policy #501.19. It was moved by Young and seconded by DiPrima to delete policy #501.19 as presented. The motion passed on a 7-0 voice vote.
k. Consider approval of policy 502.2 – Care of School Property/Vandalism. The Board reviewed policy #502.2. It was moved by Young and seconded by Hope to approve policy #502.2 as presented. The motion passed on a 7-0 voice vote.

2. Consider approval of request for travel from Kay Petersen and Jessica Gutzman to attend the Learning Disabilities Association National Conference in Atlanta, GA. The Board reviewed the trip request from Kay Petersen and Jessica Gutzman requesting permission to attend the Learning Disabilities Association National Conference in Atlanta, GA, February 26-28, 2018. It was moved by DiPrima and seconded by Ross to approve the travel request as presented. The motion passed on a 7-0 voice vote.

Enter Break 7:06 p.m.

Next work session, January 23, 2018 at 10:00 a.m.

C. Board Secretary/Business Manager

VIII. Discussion Items

A. Director of Curriculum and Student Services

B. Superintendent

1. Review policy #501.3-1 and #502.4 – #503.2. The board reviewed the policies listed. These policies will be brought back at a later meeting for final approval.

2. IASB Convention discussion. Board members shared experiences from the IASB Convention.

3. Schedule January building instructional tour. The Board will tour Richardson Elementary on January 23, 2018 at 10:00 a.m.

4. Certified Employee Attendance. The certified staff attendance report was reviewed and accepted as presented.

5. Board Member Attendance. The Board reviewed and discussed the Board Member Attendance report.

C. Board Secretary/Business Manager

IX. Comments from the audience. There were none.

X. Legislative update. The Board received a legislative update.

XI. Announcements

Next 56th session, January 8, 2018, 6:00 p.m.

Next regular meeting, January 22, 2018, 6:00 p.m.

The February meeting will be held on Tuesday, February 20, 2018, 6:00 p.m.

Future work sessions: February 5, 2018, 6:00 PM, Middle School Library - Guiding Coalition Discussion

March 5, 2018, 6:00 PM, Lincoln Elementary - Guiding Coalition Discussion

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

May 7, 2018, 6:00 PM, High School Library - Guiding Coalition Discussion

XII. Adjourn. The meeting adjourned at 8:16 p.m.

President

Date

Secretary
**FLU** - Continued from Page 1

To protect yourself and family from the flu please remember the following:

- Wash your hands often with soap and water for at least 15-20 seconds. Wash your hands before and after eating, going to the bathroom, touching pets, phones, or keyboards. Use hand sanitizer if soap and water are not available.

Stay home from work or school when you are ill, and encourage others to do the same.

Stay away from others you know are ill. You are less likely to become ill if you stay at least three feet away from someone who is coughing or sneezing.

Vaccination. The first line of defense against influenza is to get your flu shot each year.

Contact your health care provider. If you experience flu-like symptoms contact your doctor. Your doctor may be able to prescribe antiviral medications for you to shorten the duration of the illness and prevent transmission if within 24-48 hours.

Clean frequently and appropriately. Some viruses can live up to two hours on some surfaces. Frequently clean commonly used surfaces, such as door handles, handrails, eating surfaces, toys, and phones. Commercial disinfectants or bleach solutions should be used. The bleach solution can be made by mixing ¼ cup bleach with 1 gallon of water. The bleach solution must be made fresh daily.

For more information about influenza, visit [https://idph.iowa.gov/influenza/faq](https://idph.iowa.gov/influenza/faq).

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**5-DAY WEATHER FORECAST**

**SUN 07 Jan**
- Light snow
- High: 33.8°F | Low: 25.5°F

**MON 08 Jan**
- Clear Skies
- High: 28.0°F | Low: 10.4°F

**TUE 09 Jan**
- Clear Skies
- High: 23.6°F | Low: 19.9°F

**WED 10 Jan**
- Light Rain
- High: 35.7°F | Low: 33.2°F

**THU 11 Jan**
- Light Snow
- High: 17.5°F | Low: (1.5)°F

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**From the Front/Weather**

County health officials still recommending flu shots

Flu virus can be spread prior to, and after symptoms appear

threat of increased exposure has passed.

FMCH team members are following the CDC’s guidelines, as well as internal infection control procedures to help protect patients, employees and hospital visitors.

In addition, the hospital is also requesting that anyone experiencing any of the symptoms of the flu including; fever, cough, sore throat, diarrhea, vomiting, body aches, runny or stuffy nose, refrain from visiting both inpatient and outpatient areas of the hospital.

People who have influenza can be contagious beginning one day before symptoms develop, and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for longer time periods.

The hospital recommends that residents wash hands frequently with soap and water; if soap and water are not available use an alcohol-based hand sanitizer.

Spreading the flu virus can be reduced by covering your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it and then sanitize your hands or cough and sneeze into your elbow if a tissue is not available. Avoid close contact with sick people and void touching your eyes, nose or mouth, as germs spread this way.

If you get sick with influenza, stay home from work or school and limit close contact with others for at least 24 hours after a fever is gone, to help prevent spreading the virus.

A flu shot is also still recommended. **Boening goes for 18, Schneider 17 in HTC win**

**CRUSADES** - Continued from Page 5

of adjustments and we were able to work on those over Christmas so that helped, and everyone got reinvigorated over the break after the volleyball grind.”

Box finished with 10 points for HTC while Ashlyn Haas and Madison Mohrfeld each put in seven. Avery Hopper scored four points and Sam Hoening and Anderson each put in three for the Crusaders.

Johnson said he’s starting to see some of the early season mistakes dwindling for Holy Trinity.

“Our offense is under control now. They’ve figured out that just because the other team wants to speed you up, going faster doesn’t always create better decisions,” Johnson said.

“The ball movement was great tonight. We got it in where we wanted to and then got it back out where we had some shots. There are lot of times where we come down going 100 mph with our hair on fire, and I don’t know what they were going to do the ball.”

HTC is within one game now of .500 at 5-6 on the season and play host to Van Buren on Tuesday night at Shottenkirk gymnasium in Fort Madison.

---

**STOCK UP AND SAVE**

**1/2 of 1/2 Beef**
- 110 oz. - Cut Wrapped & Frozen Chuck Roast, Brisket, Ribeye Steak, Roast, Pork, T-Bone
- 110 oz. - Cut Wrapped & Frozen Beef, Pork, T-Bone, Brisket

**Hind 1/4 Beef**
- 88 oz. - Cut Wrapped & Frozen Hominy, Pork, T-Bone, Sausage, Beef, Pork

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- Homemeade Beef Sausage $15
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- Homemeade Pork Butt $10

**Ad Effective: 1-2-18 thru 1-18**

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319-372-4233
2210 Ave H, Fort Madison, IA 52627
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