BY CHUCK VANDENBERG

WEST POINT - Tucked back in the fertile farm-land of rural Lee County is about 40 acres of land owned by Ken and Judy Sanders.

The two dabble in chestnuts and hazelnuts and battle critters and deer for the nuts on their farm just southwest of West Point. They live in St. Paul but work this farm that’s been in Ken’s family since his father purchased it in the late 60s. Now the acreage is home to KJM Berries and Nut Farm.

This couple, well into retirement, spends their mornings, sometimes seven days a week, working the land, but not just for nuts. They sell a few here and there to specific buyers in central Iowa, but the real cash crop is Aronia berries. In 2011, the two heard that the market for the violet-black berries, also known as chokeberries, was going to become a high demand market and planted rows on their property.

Ken said he was selling chestnuts to a customer in the Missouri valley and during the sale he brought up the rise in popularity of the aronia berry and the two planted some as a hobby the next year.

Judy said the berries are native to the United States, but Russia and Poland started growing them wholesale and importing them to the United States. "We were sending Aronia berry juice to the U.S. and say in northwest Iowa I said we should be growing this in this country," in 2011, Kenny and Judy planted some as a hobby and saw how well the fruit produced and heard of the growing market.

In 2012 we planted about 4,000 bushes and about 2,600 of those died due to a really hot June. We didn’t have irrigation then. In 2015 we replaced those and now we have irrigation so we don’t have to worry about dry conditions as much.

Usually in the middle of August is harvest time. "One year we got about 3,000 lbs. by hand," Ken said. "But the next year we rented a harvester and picked them that way. Now we have our own machine and we rent that out to other planters."

Kenny and Judy Sanders stand next to some of the taller aronia bushes on some acreage owned by their son, Mark. The fruit-bearing bushes are almost eight feet tall on that part of the farm.

Judy said the season they picked by hand took them about six weeks picking for about eight hours a day.

Kenny and his father and brother used to do harvesting for area farmers and he spent time working full time with J.J. Nichting in St. Paul.

"Yeah, we used to get up at 4:30 or 5 and he’d go to work and go full time with J.J. Nichting and then we would harvest, get home at about midnight, fall into bed and then do it all over again the next morning," Judy said. Judy is a retired registered nurse who also grew up on a farm.

"We started this as a hobby," Kenny said. "And then we turned it into a business." This year the couple, along with their son Mark, who has 40 acres himself adjacent to his parents’ land, pulled about 30,000 pounds of berries off the bushes. The berries get pulled, sorted into totes and then cooled, before refrigerated trucks come and take them to where they will be sold.

The berries grow on clusters on bushes that grow up to about 8-feet tall. The clusters have 12-15 berries per clusters. The berry has a tart juice off the bush, the tannins can be reduced by freezing. The juice is also dry and resembles a dry fruit wine due to tannins in the berries. They’re becoming more widely sold for their polyphenol characteristics. Polyphenols are micronutrients packed with health benefits.

The berries are sold at area farmers’ markets and

See ARONIA, page 8
Task force busts up drug house

KEOKUK - The Lee County Narcotics Task Force reports the arrest of a Keokuk, Iowa couple.

Dakota Cheyanne Mercer, age 25, of Keokuk, Iowa was arrested on September 18, 2018 on the following charges: possession of drug paraphernalia, possession of methamphetamine, child endangerment and maintaining a drug house all misdemeanors charges. If convicted, Mercer faces up to 4 years and 60 days in a state correctional facility.

The arrest of Mercer stems from an investigation by the of the Department, Department of Human Services and Lee County Narcotics Task Force into allegations that she was involved in the use of illegal drugs with children present. During the investigation and as officers were on scene, they located Michael Astell age 21, hiding in Mercer’s residence. Astell was arrested on an Iowa warrant for violation of his probation.

The Lee County Attorney’s Office, Iowa Division of Narcotics Enforcement, Department of Human Services, Keokuk Police Department, and the Lee County Sheriff’s Office, assisted the Lee County Narcotics Task Force in this investigation.

The defendant is presumed innocent until and unless proven guilty.

The Lee County Narcotics Task Force is funded in part by the U.S. Department of Justice and the funds administered by the Iowa Governor’s Office of Drug Control Policy.
County Sheriff’s deputies arrested John Richard Jones, 27, of Fort Madison, on charges of possession of a controlled substance and possession of drug paraphernalia. He was taken to the Lee County Jail and held. 09/19/18 - 9:05 a.m. - Lee County Sheriff’s deputies arrested Cody Scott Marsh, 47, of Fort Madison, on charges of possession of a controlled substance and possession of drug paraphernalia. She was taken to the Lee County Jail and held. 09/19/18 - 9:38 a.m. - Lee County Sheriff’s deputies responded to a one-vehicle accident on Hwy. 61 near Huy 16. A vehicle driven by Hope Elizabeth Lozano, 27, of Fort Madison was headed northbound on Hwy. 61 and slid in rainy conditions into the east ditch striking a power pole’s support cables. No injuries or citations were reported at the scene. 09/18/18 - 1:34 p.m. - Lee County Sheriff’s deputies arrested Shariel Ann Greik, 56, of Donnellson, at the sheriff’s office on four counts of violation of a no-contact order. She was taken to the Lee County Jail and held. 09/19/18 - 12:10 p.m. - Lee County Sheriff’s deputies responded to a three-vehicle accident on Hwy. 61. According to reports, a vehicle driven by Carrie Lynn Carlson, 62, of Cedar Rapids struck a vehicle driven by Jason Ryan Nelson, 31, of Washington, when Nelson was passing on Carlson’s left. A third vehicle driven by John Robert Emmett, 72, of Fort Madison was struck by debris from the accident. No injuries were reported at the scene, Carlson was ticketed for failure to maintain control. 09/18/18 - 9:05 a.m. - Lee County Sheriff’s deputies arrested Cody Scott Glasgow, 27, of Montrose, at the sheriff’s office on a warrant for a judgment hold. He was taken to the Lee County Jail and held. 09/19/17 - 9:38 a.m. - Lee County Sheriff’s deputies responded to a one-vehicle accident on Hwy. 61 near Hwy 16. A vehicle driven by Hope Elizabeth Lozano, 27, of Fort Madison was headed northbound on Hwy. 61 and slid in rainy conditions into the east ditch striking a power pole’s support cables. No injuries or citations were reported at the scene. 09/18/18 - 1:34 p.m. - Lee County Sheriff’s deputies arrested Shariel Ann Greik, 56, of Donnellson, at the sheriff’s office on four counts of violation of a no-contact order. She was taken to the Lee County Jail and held. 09/19/18 - 8:12 p.m. - Lee County Sheriff’s deputies arrested Derek Alan Miller, 39, of Keokuk in the 2100 block of Hwy. 61. A vehicle driven by Jason Ryan Nelson, 31, of Washington, when Nelson was passing on Carlson’s left. A third vehicle driven by John Robert Emmett, 72, of Fort Madison was struck by debris from the accident. No injuries were reported at the scene, Carlson was ticketed for failure to maintain control. 09/19/18 - 9:05 a.m. - Lee County Sheriff’s deputies arrested Michael Dean Marsh, 47, of Fort Madison, at the sheriff’s office on a warrant for violation of probation. He was taken to the Lee County Jail and held. 09/19/18 - 7:20 p.m. - Lee County Sheriff’s deputies arrested Derek Alan Miller, 24, of Carthage, in the 2100 block of Hwy. 61 in Fort Madison, on charges of possession of a controlled substance and possession of drug paraphernalia. He was taken to the Lee County Jail and held. 09/18/18 - 8:12 p.m. - Lee County Sheriff’s deputies arrested Kelly Rae Miller, 39, of Keokuk in the 2100 block of Hwy. 61 in Fort Madison on charges of possession of a controlled substance and possession of drug paraphernalia. She was taken to the Lee County Jail and held. Those listed above are presumed innocent until proven guilty in a court of law.

Authorities identify body found in Alexandria

Jared Matlock of Montrose found Tuesday near river

BY CHUCK VANDENBERG
PCC EDITOR

MONTROSE - Authorities have identified the body of a man found near the Mississippi River on Tuesday as Jared Matlock, 34, of Montrose.

A release from Clark County Sheriff Shawn Webster said the cause of death is still under investigation and extended sympathies to the family. On Tuesday at about 6:10 p.m., the Clark County Sheriff’s Office received a report of a body that had been discovered near the Mississippi River at Alexandria, Missouri. The body was discovered in water and appeared to have been there at least 24 hours.

Officers from the Clark County Sheriff’s Office, Missouri State Highway Patrol with their Water Patrol Division, Keokuk Water Rescue, and a Missouri Conservation Officer were on scene. Lee County Sheriff Stacy Weber said his office was also helping provide information for the investigation, but had no personnel involved.

County task force gets Keokuk woman on felony drug charges

KEOKUK - The Lee County Narcotics Task Force reports the arrest of a Keokuk, Iowa, woman on multiple felony drug charges.

Lindsay Riddle, 32, of Keokuk, Iowa was arrested on September 20, 2018 on felony and misdemeanor drug charges. Riddle is charged with the following: Possession of methamphetamine with intent to deliver in excess of five grams within 1000 feet of a park, second or subsequent offense, class D felony with enhancements, Delivery of methamphetamine in excess of five grams, second or subsequent offense, a class C felony with enhancements, Possession of marijuana with intent to deliver within 1000 feet of a park, second or subsequent offense, class D felony with enhancements, Drug Tax Stamp Violation, class D felony, Possession of drug paraphernalia, a simple misdemeanor. If convicted, Riddle faces up to 15 years in a state correctional facility.

The arrests of Riddle stems from an investigation by the Lee County Narcotics Task Force into allegations that she was involved in the use and distribution of illegal narcotics in the Lee County area.

The Lee County Attorney’s Office, Iowa Division of Narcotics Enforcement, Keokuk Police Department, and Lee County Sheriff’s Office, assisted the Lee County Narcotics Task Force in this investigation.

The defendants are presumed innocent until and unless proven guilty. The Lee County Narcotics Task Force is funded in part by the U.S. Department of Justice and the funds administered by the Iowa Governor’s Office of Drug Control Policy.

For the Record/Area News

Pen City Current - Friday, September 21, 2018 - 3
**Sports**

**HTC moves to 3rd in state with new rankings**

_Crusaders breeze through SEI Superconference tourney pool play; finals set for Saturday_

**BY CHUCK VANDENBERG**

_PCC EDITOR_

DANVILLE - Holy Trinity is going into Saturdays' Southeast Iowa Superconference tournament title with a little bit of revenge on their minds. The 3rd-ranked Class 1A Crusaders blew through pool play Thursday night in Danville knocking off Danville, Lone Tree, Cardinal of Eldon and Pekin with little resistance.

Head Coach Melissa Freesmeier said last year's loss in the conference tournament championship to New London didn't sit well with the girls.

"Finishing second last year, that kind of left a sour taste in our mouths," Freesmeier said after Holy Trinity wrapped up the four-match tournament Thursday night.

In four matches with each match being the best two out of three to 21, the Crusaders missed on just eight serves. Tay-lor Boeding who had a just eight serves. Taylor Boeding was all over the court, serving-wise and defensively. Our defense, with her and Elyse, those two are just there in the back doing their jobs every night," Freesmeier said.

The Crusaders made quick work of Danville 21-11, 21-11 and Lone Tree 21-7, 21-4 before a break in play. Then squared off against Cardinal of Eldon in the third match. HTC raced out to a quick 6-3 lead when senior Eryn Anderson made a kill at the interior front. She then stepped back on the side out and served up an ace. Two Cardinal errors on attacks had the Crusaders up 9-3. It was then a 10-2 run for Holy Trinity that put the first set out of reach.

Cardinal went on a 5-0 run with Junior Rachel Lewman serving. HTC senior Eryn Anderson had a couple of kills go long and an error at the net, but then HTC put the game away on a double hit by Eldon. In the second set, the Comets got a bit offensive minded out of the gate with a back-to-back kills from Maddie Cloke and Madison Guiter, but Boeding ended the threat with a kill at 3-2. HTC would then go on a 12-3 run with Anderson putting up a couple blocks with Katie Denning pairing up at the net. Anderson also had two kills at 10 and 12. Freshman Kassi Randolph reeled off 10 straight service points, including four aces in the run to put the Crusaders up 17-5. Box got kills at 19 and 20 and then a net error by the Comets gave Holy Trinity the match. It was much the same with Pekin when HTC held onto the ball for most of the match with long serving stretches from Anderson and sophomore Bailey Hellweg. Box, who finished with 25 kills on 38-42 hitting on the night, had four kills and a block in the run. Anderson and junior Avery Hopper teamed up for some blocks on the right side to give HTC a comfortable 17-4 lead. Boeding would fire another ace keeping the Panthers off base moving her serve around the court. An attack that went long by Pekin ended the game at 21-7.

HTC sophomore Katie Denning gets in a kill against Cardinal in the Crusaders’ run through SE Iowa Superconference pool play Thursday night. Below left, Elyse Pothitakis keeps things going for Holy Trinity on defense.

The Crusaders pushed to a 10-4 lead in the final set of the night with a couple aces from Hellweg and Boeding, but then Pekin couldn’t get out of their own way committing five errors in a 7-point swing before senior Ellie Ledger found the floor with an attack to cut the lead to 16-6. Anderson and Box would set the tone the rest of the way with four kills over the next five points to end any thought of a Pekin rally.

Freesmeier said the girls were able to keep the energy up throughout the four matches and got the job done.

“We wanted to come out of here as the No. 1 seed and get onto Saturday,” she said. “We needed to keep our energy up and we did a pretty good job that. We did what we were supposed to do tonight.

Anderson was 27-35 with 17 kills and Claire Pothitakis was 28-31 hitting with 10 kills. Randolph led the Crusaders with 34 assists and Hellweg added 29. Elyse Pothitakis had 23 digs on defense. Box and Hopper each had six blocks on the night.

The conference finals start at 5 p.m. Saturday at Southeastern Community College. The Crusaders have yet to drop a set this season and improved one spot in the state rankings with Starmont moving from 3rd in Class 1A to 5th.
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4901 AVE O FT MADISON IOWA 319-246-1401 EVENTS@BOULDERSINFORTMADISON
I. The meeting was called to order by President Wondra at 6:00 p.m. President Wondra, Ross, Hotop, Steffensmeier and Young were present. Also present were Superintendent and Secretary Elmore. Directors Hope and DiPrima were absent.

II. Recognition of guests. President Wondra welcomed DiPrima at 6:02 p.m.

III. Reading of Foundation accounts for the month of September. There were none.

IV. Monthly communications
   A. Student Rep report. Alyse Schmidt gave an update of activities at the High School.
   B. Curriculum Corner. Middle School Accelus overview. Middle School Principal, Todd Dirth, updated the Board on the purpose, implementation and use of the Accelus program at the Middle School.
   C. “Did You Know?” The “Did You Know?” document was accepted as presented.
   D. Superintendent Goal Report. Superintendent Slater reviewed the Indicators of Progress towards the Board’s goals.
   E. District Presentations. There were none.
   F. Approve the agenda. It was moved by DiPrima and seconded by Young to approve the agenda as presented. The motion passed on a 6-0 voice vote.

V. Consent agenda
   A. Consider approval of classifieds/PUBLIC NOTICES

IV. Monthly communications
   A. Student Rep report. Alyse Schmidt gave an update of activities at the High School.
   B. Curriculum Corner. Middle School Accelus overview. Middle School Principal, Todd Dirth, updated the Board on the purpose, implementation and use of the Accelus program at the Middle School.
   C. “Did You Know?” The “Did You Know?” document was accepted as presented.
   D. Superintendent Goal Report. Superintendent Slater reviewed the Indicators of Progress towards the Board’s goals.
   E. District Presentations. There were none.
   F. Approve the agenda. It was moved by DiPrima and seconded by Young to approve the agenda as presented. The motion passed on a 6-0 voice vote.

VI. Consent agenda
   A. Consider approval of classifieds/PUBLIC NOTICES

V. Approve the agenda. It was moved by Young and seconded by Ross to approve the consent agenda as presented. The consent agenda consisted of minutes from the August 20, 2018 regular meeting, financial reports from the monthly balance sheet, revenue summary sheet, expenditure report and activity report; accounts payable for the August weekly warrants, September computer warrants, activity warrants and nutrition fund; resignations from Janie Warner, associate at the Middle School, Jean Chestnut as associate at the Middle School, Ruth Applegate as secretary at Central Office, Debbie Augustine as secretary at Central Office, Todd Watts as bus driver, Markia Keran as bus driver, Christy Powell as bus attendant, Norine Eid as bus attendant, and Carol Salladay as bus monitor; employment of Willie Johnson as bus driver, David Richards as the vocational at the Middle School, Debbie Green as key club advisor (1/2), Jason Crooks as assistant football coach, Charles Knipe as 8th grade volleyball coach (1/2), Sharlynn Upton as 7th grade volleyball coach (1/2), Luke Rickelman as assistant football coach (1/3), Derek Doeherty as assistant football coach (1-5), Jason Crooks as assistant football coach (1-5), Justin Menke as assistant football coach (1-5), Casey Yager as assistant football coach (1-5) and Debbie Wiseman as fresh- man class sponsor (1/2), Jennifer Helling as TLS facilitator, Carrie Schneider as TLS facilitator and Liz Polpelt as TLS mentor. The motion passed on a 6-0 voice vote.

VII. Action Item.
   A. Director of Curriculum and Student Services
   B. Superintendent
      1. Consider approval of policy changes.
         a. 700 – Purpose of Instructional and Business Services. The Board reviewed policy #700. It was moved by DiPrima and seconded by Young to approve policy #700 as presented. The motion passed on a 6-0 voice vote.
         b. 704.1 – Local – State – Federal – Miscellaneous and Business Services. The Board reviewed policy #704.1. It was moved by Ross and seconded by Steffensmeier to approve policy #704.1 as presented. The motion passed on a 6-0 voice vote.
   2. Consider approval of lane changes. The Board reviewed the lane changes. It was moved by Young and seconded by DiPrima to approve the lane changes as submitted. The motion passed on a 6-0 voice vote.
   3. Consider approval of the request for travel from Bonnie Skee and the FFA students. The Board reviewed the trip request. It was moved by Hotop and seconded by Steffensmeier to approve the trip request from Bonnie Skee for the

VIII. Selection of temporary chair for organization meeting. Consensus was given for Board Secretary Elmore to perform the duties of temporary chair for the organization meeting. IX. Adjourn. The meeting was adjourned at 6:54 p.m.

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Berries still on hand at the farm for area residents

ARONIA - Continued from Page 1

to Hy-Vee. They are harvested from a picker that’s pulled behind a tractor and a wing on the side of the picker pulls the bush stems in with the help of someone walking along guiding the bush into the wing on the picker. The unit then separates the berries from twigs and leaves and drops them in a tote. The leaves and twigs are blown out a chute on the side of the picker.

“Farmers are planting 100s of acres of bushes. They’re planting that many bushes because they see what the market’s going to be like in 2 to 3 years,” Judy said. “Athletes are using them now as a recovery after workouts.”

Kenny said he puts Aronia in Gatorade and juice. He’s also created an award-winning wine and brandy with some of the berries they keep on the farm.

Judy said the berries are being used to fend off cancer and diabetes and macular degeneration.

Iowa State has an article on how Aronia can be a part of a regimen to prevent breast cancer from recurring. And although Food and Drug Administration hasn’t signed off on any of the health benefits, nutritionists and athletic advisors are recommending the berries for its antioxidant properties.

Since the 2012 plantings, Ken had an irrigation drip line installed along each row to prevent drought conditions from ruining crops.

“We wouldn’t have had any berries last year if we didn’t have the irrigation because of the drought conditions,” Judy said.

There is also black plastic running along the bases of the plants to help keep weeds down. Judy said there’s a machine that puts the plastic down, but the first year they put it on manually.

“We had to go down each row on our hands and knees. We had knee pads because my kids played volleyball, but after that we had a machine do it.”

On the shorter bushes the automated picker doesn’t get close enough to the ground to get all the berries but the taller bushes are picked clean.

Production crews from Merschman Seeds came out and did a video of the farm using a drone that can be located here: https://youtu.be/bB3p8aq3yG8.

With the harvest for 2018 complete, the Sanders have a portion of the harvest in a freezer on the farm and those interested in getting their hands on the fruit can reach out Judy at jds10148@gmail.com or by calling the farm at 319-850-0862.
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Shiffman said poor execution in last two games was key

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turning around with no one between him and the endzone. Kaeli Maestro coughed up the ball at the 5 after the Hounds put together a long drive to start the third quarter, and a holding penalty killed a drive with the Hounds in the redzone. Denning had 103 yards on just five catches including a 31-yard leaping circus catch in front of the Hounds’ fans and sideline.

“If ifs and buts were candy and nuts well all have a wonderful Christmas," Shiffman said. “So have a wonderful Christmas." Shiffman said.

He said the good thing out of the game was that there were no negatives from players after the games. He said quarterback Lennon Barker messaged him and said the team should watch tape on Saturday even though coaches had given them the day off. So the team ran video from the Burlington game for over an hour on Saturday.

He said the Hounds have to be more consistent in their approach to each game. “We’ve gotta be more consistent with our competitiveness. We have to hit adversity back when adversity hits us,” Shiffman said. “This won’t happen overnight. It’s something they’ve got to learn, and they are doing better.”

Barker is 75 of 133 throwing for 902 yards, but only two touchdowns. Senior Dom Frantz has both touchdown receptions and has 17 catches on the year for 259 yards. Shaymour Redd-Donald didn’t play last week due to an injury to his knee but should be in the lineup this week at home. Senior Alex Lauber who plays on the line on offense and defense left Friday’s game with a possible concussion, but has passed protocols and should be in the lineup this week as well.

Mike Mosena leads the Hounds in receptions with 18, usually the beneficiary of bubble screens and throws in the flat from Barker.

Maestro has the lion’s share of carries this year with 40 carries for 167 yards. Lozano has only 14 carries on the year for 111 yards and two scores. Barker has a net -27 yards rushing but has scored four times carrying the ball on read runs and goal-line plunges.

Junior Diego Lozano leads FMHS from his inside linebacker spot with 29 tackles. Including 13 in Friday’s loss at Bracewell Stadium in Burlington. Four of those tackles were for losses on Burlington's Taven Harris who leads the state in rushing. Lozano has nine tackles for a loss on the season. Juniors Quentin Schneider and Romeo Maestro have 21 and 19 tackles, respectively.

Maestro has three sacks on the season. Shiffman said the Hounds just need to execute off the ball on both sides. Solon won’t be doing anything differently than they have in their previous four wins. Most of those wins were lopsided with the exception of a 7-0 overtime win over West Liberty in week 2. “They’re not as big as they were last year, but with a team like Solon that doesn’t matter,” Shiffman said. “They’ll be just as physical, just as well-coached, and just as aggressive as they’ve been in years past. Yeah, it’s a different team, but it’s still a Solon football team.

High school rodeo qualifier this weekend

FORT MADISON - Two qualifying rodeos for the Iowa High School Rodeo Association and the Wrangler Junior High Rodeo Association will be held on Saturday, September 22nd and Sunday, September 23rd, 2018 at the Fort Madison Rodeo Arena. There will be cutting starting at 7:30 a.m. Saturday morning, and Saturday’s performance will start at 11 a.m. Sunday’s performance will start at 8 a.m. There will be over 165 high school and junior high rodeo contestants competing this weekend.

Events: The high school contestants will participate in all the rodeo events such as: breakaway roping, calf roping, steer wrestling, team roping, bull riding, saddle bronc, bareback bronc riding, goat tying, pole bending, and barrel racing.

The junior high contestants will participate in the rodeo events such as: breakaway roping, ribbon roping, calf roping, team roping, bareback steer riding, saddle bronc steer riding, chute dogging, bull riding, goat tying, pole bending, and barrel racing.