



Traveling Along with Laker Mom

By Carolyn Walz

In spite of the cold weather, the basketball season has continued with both home and away games. The road trips included games at Ellsworth Community College, located in Iowa Falls, Iowa. This city is known as a scenic city for the Oak Street Bridge, which spans over the Iowa River. According to the Iowa State Highway Commission, this bridge has the longest arch span either concrete or steel in the state of Iowa. It is 255 foot long and was built in 1928. This trip is always challenging since the Ellsworth Panthers through the years have become one of our rival competitors. On the positive side, it is one of our shorter trips considering we make the venture within three hours with one stop.

The trip to Creston, Iowa, to compete with the Spartans is almost a four-hour trip with one stop. Creston is at the bottom of the state and when we are down that far south, we travel through the rolling hills and get the feeling of the state of Missouri, which would only be another hour and a half from the Creston destination. This becomes a long boring trip, but we are always thankful for some good movies to pass the time as the wheels of the Southwest Tours bus with Darryll at the wheel go round and round for the 490 plus mile round trip.

Another one of the shorter jaunts is the trip to NIACC in Mason City to play the Trojans. This city is noted for being located in an area of rivers and woods and was originally home to the Winnebago and Sioux Indian tribes. The city was first named Masonville and then in 1853 it was renamed Mason City. Since this game for the women was played during the "Think Pink" week being observed in the WBCA in honor of Coach Kay Yow of N.C. State, I did something special. I made each of the Laker women a "Think Pink" ribbon emblem and I dressed in pink and we had our picture taken in the locker room before the game. That seemed to be a positive for the team and they came away with a victory. The schedule for these games is always in the evening and it is nice to only have a two-hour return trip.

The next long trip was almost as many miles as Creston. This would be the annual trek to Cedar Rapids, Iowa, to compete with the Kirkwood Eagles. The community of Cedar Rapids is noted for its five seasons and also a city of many ethnic backgrounds. It was still the "Think Pink" week, so Kirkwood provided all of the Laker women, coaches and my husband and me with "Think Pink" t-shirts. They sold pink cookies. There were many pink ties, pink shirts, and even one of the referees for the women had pink shoe laces and the referees had pink whistles. Unfortunately we returned home with two losses, but considering the talent they recruit the Eagles are probably the toughest opponents we play each season.

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We have spent some time on the home court and at this writing have one more home game with Ellsworth before the season ends. We still have a trip to make to Boone. Then the tournaments will be looming before us and it all depends on our seeding as to where the women will compete. Iowa Lakes Community College will be hosting the men's tournament. All too soon the 2007-08 seasons will be coming to an end.

Nursing Program grows with students' needs

By Angela Pearson

EMMETSBURG- Iowa Lakes Community College Nursing Program offers Practical and Associates Degrees. Students who complete the Practical Nursing Program receive a diploma in Nursing. Those graduates are eligible to take the PN-NLEX exam and become licensed practical nurses. Students who complete the Associate Degree Nursing Program receive an Associate in Applied Science degree in Nursing. Those graduates are eligible to take the RN-NCLEX exam and become registered nurses.

These courses help the students see how nursing really is in a hospital or a community setting. This is a two-year program. All of the courses must be completed with a "C" grade or higher. Iowa Lakes began offering the night and weekend classes in the fall of 2004. Since then it has been a great way for students to attend nursing classes. The school offers class during the week, on the weekends and night classes. They fit around schedules for people who have jobs and a family to take care of at home. The evening and weekend classes are held in Algona and Spencer. The Associate Degree nursing program began in 1971.

On Tuesdays and Thursdays the students have clinicals. Mary Gengerke, the coordinator of the nursing program at the Emmetsburg campus said, "Most nursing courses have a companion clinical course that must be taken concurrently with the classroom course. These clinical courses provide time for nursing students to practice and learn 'hands-on' experience in the patient care setting. Students are assigned patients and provide direct nursing care under the supervision of nursing faculty members. In this setting, students are able to apply the skills that they learn in the classroom setting to real-life situations. The clinical nursing instructor teaches, assesses and evaluates each student's progress throughout the semester in the clinical course. Currently students are assigned to various hospitals and nursing homes throughout the Northwest Iowa and Southwest Minnesota area." Gengerke has worked for Iowa Lakes Community College since 1996.

The Nursing students have to learn how to care for their clients. The students have to learn how to do documentation, evaluation, rehabilitation, treatments and medication administration. Cassie Albertson, a student in the Nursing Program in

Emmetsburg, has wanted to be a nurse since she was a freshman in high school because she was a CNA and it rubbed off on her.

Albertson said her best experience in the Nursing Program was, "Watching surgery and clinicals; it's pretty cool." She lives in Estherville and drives to school. When asked why Albertson chose Iowa Lakes she said, "Because I had my son in high school, so I couldn't leave. My friends said it was good schooling and I think it's the best education at Iowa Lakes." After Albertson graduates she plans to keep working at the hospital in Estherville like she is now and would really like to go to Sioux Falls and work at a hospital there.

When asked what does she enjoy most about being the coordinator, Gengerke responded, "Nursing is a wonderful profession. It has provided me an opportunity to work in various settings from intensive care in hospital settings, to home care, and now to education. My goals are to assure that graduates of Iowa Lakes Community College receive a quality education and are prepared to work in today's healthcare field. Nurses must be not only caring individuals but also they must be well educated and prepared for any emergency. I recently was a patient at a local hospital and was comforted that nurses who graduated from Iowa Lakes Community College were caring for me."

When asked what is the best part about working with the students? Gengerke replied, "I value their enthusiasm and desire to learn."

A few students were asked about their experience with the Nursing Program. Sara Steil, a sophomore at the Emmetsburg campus this year has been enjoying these two years. Steil has wanted to be a nurse since she was in high school. In high school Steil started taking pre-nursing classes. She plans to be an OR nurse. She has a job already in Estherville at the Good Samaritan Center. Steil has always been so interested in being a nurse because her mom and she had a lot of health related problems and wanted to know more about it.

Steil said, "The human body is very interesting." Her best experiences in the program have been to sit in on surgeries. The students have clinicals every week and the sites of the clinicals are in Spencer, Estherville, Spirit Lake, Emmetsburg, Fairmont, Worthington, and Algona. Steil is from Estherville, so the most convenient clinicals for her to go to are Estherville, Spirit Lake, and Worthington.

When asked if she chose Iowa Lakes because it was closer or if she thought the program was good, Steil replied, "I chose Iowa Lakes for both reasons. It is close to home, so I can still work and live at home and I had heard so many good things about the program." Steil is graduating from Iowa Lakes this May and is studying very hard to finish out the year. She plans to work at the Good Samaritan Center for a while and then apply at the Estherville hospital or others in the surrounding areas.

Nationally and In Iowa there is a need for nurses, Gengerke stated, "At the present time there is a national shortage of nurses. In Iowa at the current time, there is not a shortage, however, it is predicted that Iowa will face a shortage in the next four to five years."

Vore to compete in State YMCA Swim Meet

By Angela Pearson

EMMETSBURG-Josh Vore, a Student at the Emmetsburg campus, will be competing at the State YMCA Swim Meet on March 1. Both of Vore's medley and relay teams qualified at the Sectional Meet in Ft Dodge on Feb 10. The results and more of a look into the event will be in the next Spindrift on April 3.



MEMORIES

By Marian Brunsvold

At the time of this writing, what an emotional packed few days and weekend. These days were filled with athletics and fine arts activities. Saturday, February 16, began early with a boys' youth basketball tournament at our Regional Wellness Center in Estherville. Our grandson Casey Jones of Spirit Lake played on the Spirit Lake 8th grade traveling team. He played four games between 9:00 and 11:30 a.m. Included were games with Estherville and Algona. What a fun time as we cheered for our teams. The Bob and Jean Grems family kept everyone well fed at the concessions stand; they were also involved in refereeing, as well as others, and of course did a great job. Bob is the Director of the Wellness Center and a former Iowa Lakes basketball player, Men's Basketball coach and Athletic Director.

Our daughter Chrisann and children Charissa and Trey of Brandon, South Dakota, spent the day with us while watching family; nephew, Casey, and nieces, Caila Jones and Briana Brunsvold, cousins play basketball. Pizza was the choice of our noon lunch, of course. They spent the afternoon with our family in the area as they "hung out" before attending the Spirit Lake - Spencer Girls' Basketball Regional Semi-Finals held at Spencer. My afternoon was spent attending a Baby Shower for a precious baby boy. What fun and a blessing to enjoy and witness the miracle of new life.

Wherever I / we went or were that day the conversation included the upcoming Semi-Final that evening. Of course that also included Estherville Lincoln Central Girls playing Algona at Algona; also a Semi-Final. Best wishes for each team were exchanged. Yes, we are all family on and off the court. Well, friendly competitors on the court! Both communities, Spirit Lake and Estherville were hoping for a re-match (3rd) in the finals. As someone from Estherville said to me following our Spirit Lake/Indians loss to E.L.C. Midgettes recently, "Marian, it is a win, win for you, because you know so many of the kids and fans from Estherville (E.H.S. is my Alma Mater)." How true and that made this Grandma feel better.

As I have shared often, an E.L.C. Midgette, Ricca Soper, who is a family member and currently an Iowa Lakes basketball player and golfer, told me at a game when we were playing them, "You need a Tee Shirt with Indians on one side and Midgets on the other!" As I told that to one of our softball coaches, she laughed, "I don't think so Grandma, not when you have a granddaughter playing!" I loved those comments and never have forgotten them.

It was good for me to be kept busy on this day; it kept my mind occupied. You would think I was playing in the Semi-Finals or coaching.

Throughout the week and weekend we listened by the radio waves and cheered on our state wrestlers. One of the play by play announcers was our very own Iowa Lakes Volleyball coach Scott Tschetter; whose son Matt was a participant. Scotty did a great job announcing and he was also former wrestling coach for Spirit Lake. Our talented Sara Hummel, a junior at Spirit Lake and a wrestling cheerleader was chosen to sing the National Anthem at the opening session. As usual, we are confident she did an awesome job and this was truly an honor for Sara.

Back to early Saturday evening February 16... this Grandma and Grampa braved the cold and less than ideal road conditions and headed to Spencer; destination - Spencer Fieldhouse. We arrived half an hour before the doors opened. Wally questioned Grandma standing at the door all that time to get to our chosen spot/seat. A very kind Athletic Director, Roger Johnson, took mercy on me and another Grandpa; no it wasn't Wally, he was still in the car. Roger let us in early. Wally joined me soon, thank God for cell phones. As people were arriving the Tournament atmosphere and excitement grew. There were greetings and best wishes on both sides to players, coaches and fans. That is another plus on arriving early.

Chrisann, Carla, Jeff and their families soon arrived to join us. By the way Chrisann and her kids wore red and black sweat-shirts, showing support for the Indians. They had their mascots names on their shirts, Brandon's school colors are also red and black, but we knew where their heart was that night. Bless you; you were "Back home". Chris disappeared and someone asked where she went. Well, she was visiting as she renewed friendships. My comment, "Suppose she takes after her Mom?" What an added bonus for her and us as we witnessed her re-uniting with her former neighbors, classmates, fans and teachers.

It was time for the "tip off" and the Fieldhouse was rocking! Yes, as someone said, "A mini State Tournament atmosphere." The first half was a see-saw back and forth. What fun to have our Chris by us cheering, giving encouragement and coaching. That Indian spirit and competitiveness has never left her or any of our family as it continues to grow.

The second half was Spencer's. It was a hard fight and exciting game with Spencer Tigers coming out victorious. Following our game we heard Algona had beaten Estherville. As I always have told students, "Work hard, do your best, and have fun," and there four teams truly did that. Plus Spirit Lake and E.L.C. shared the 2008 Lakes Conference title.

Wally had said prior to the game, that he had a gut feeling the Indians would go to State for their 3rd time... but it wasn't to be.

Amidst the finale/post game of tears and joy, those previous words came back to me. "Yes, it is a win, win situation," because one of our Iowa Lakes communities will be going to Wells Fargo Arena.

Update: It is the Spencer Tigers, WAY TO GO!, we are behind you all the way! We wish "the Best" to our Iowa Lakes "Lakers" Men and Women along the Tournament trail, beginning with Regionals, March 1st and 2nd (men) to be played in Estherville; first two games of Women Regionals are March 7th and 8th. To all our Iowa Lakes' family/community athletes and students, you are all winners. We are proud of you. Congratulations, Good Luck and God Bless you wherever your journey leads.

Rewind back to the weekend of February 16 and 17th. No further back. On Super Bowl Sunday February 3rd I auditioned for my / our fifth Iowa Lakes Community College Musical, "Once Upon a Mattress," and ... Once again our directors Carol Ayers and Brett Fuelberth welcomed us warmly and made us feel comfortable and made it fun for all. My chosen vocal audition selection was "Jesus loves me." This Grandma left with a warm spirit and fired up to once again, "Break a leg."

On Sunday, February 10, we joined together as a cast to watch the movie "Once upon a Mattress." What fun, it is a great and funny movie for all ages. I am sure all of us left motivated and determined to do our best, have fun and present a wonderful musical

for you, our audience. We have 50+ cast and production members, including adults, students (Iowa Lakes and high school) and kids of all ages. Ages of the cast range from 8 years to 70 years. Guess who is the oldest? I am not ready to be too old yet and the kids need their adoptive 'Grandma' Marian, right?

Sunday February 17, we had a "read through" of the play. I truly sensed once again a family atmosphere as we gathered in a circle. I got a sneak preview of the wonderful talent we have for this production as we are also making new friendships and renewing old. Wow, this is just the beginning of a great and rewarding experience and awesome production as we prepare for our "Once upon a Mattress" Musical April 3rd, 4th, and 5th, 2008.

I encourage you to attend; I promise, our Queen Jeannene Larson and all of us will **not let you sleep!** From one on stage and the entire cast, we hope to see you in the audience. You will add to our treasury of "Memories" and God Willing, we will add to yours.

During this Lenten Season, may we take time to Reflect and Remember...

"Happy Easter" to you and your loved ones, as we are given the Promise and Assurance of Hope and New Life.

Till we meet again...

Hugs

'Grandma' Marian

Calendar of Events

(cont. from page 1)

Sat. March 22

Lakes Art Center Show
Basketball (M), National Tournament, Danville, IL
Basketball (W), National Tournament, East Peoria, IL

Sun. March 23

Lakes Art Center Show

Mon. March 24

No classes, offices open
Lakes Art Center Show

Tues. March 25

Lakes Art Center Show
Last day to drop a 2nd session course
and receive a 40% refund
Classes resume

Wed. March 26

Lakes Art Center Show

Thurs. March 27

Lakes Art Center Show

Fri. March 28

Lakes Art Center Show

Sat. March 29

Lakes Art Center Show

Sun. March 30

Lakes Art Center Show

Mon. March 31

Lakes Art Center Show
Act now. The deadline to apply for most scholarship this fall is
Tuesday, April 1

Tues. April 1

Deadline for applying for fall 2008 Scholarships

Wed. April 2

CAAP testing, all campuses
Lakes Art Center Show
Tentative date for Business Competition Day, Emmetsburg

Thurs. April 3

Tentative date for Business Competition Day, Emmetsburg