



Traveling Along with Laker Mom

By Carolyn Walz

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The Laker Women started the season with two scrimmage games; one at home with Northwestern from Orange City and one on the road with Augustana College in Sioux Falls, South Dakota.

The returning players include #10, Ricca Soper a 5'7" sophomore guard from Estherville; #12, Samantha Boje a 5'5" sophomore guard from Waseca, Minnesota; #14, Hannah Downing, a 5'8" sophomore forward from Elk River, Minnesota; #24, Jazzmine Hall, 5'11" sophomore forward from Milwaukee, Wisconsin; and #40, Jynna Coyle, 5'9" sophomore forward from Belle Foursche, South Dakota. New faces on the court this season are #23, Shanette Stokes, 5'11" sophomore forward from Milwaukee, Wisconsin; Jade Hatchett, 5'9" sophomore guard from Milwaukee, Wisconsin and #45, Danitra Lewis, 6'1" sophomore post from Milwaukee, Wisconsin.

In regard to the history of women's basketball that I reported in the September *Spindrift*, I promised you a continuation. My first article included the beginning date of 1892. By 1893 Mount Holyoke, another Massachusetts team and Sophie Newcomb College from New Orleans, Louisiana, both coached by Clara Gregory Bear were in competition. By the year 1895, the game had spread to colleges across the country, including Wellesley in Wellesley, Massachusetts, Vassar in Poughkeepsie, New York, and Bryn Mawr in Lower Marion Township, Pennsylvania. The first intercollegiate 5-on-5 game was played on February 9, 1895, at Hamline University in Minnesota and the School of Agriculture which was affiliated with the University of Minnesota, with the School of Agriculture winning with a score of 9-3. The first intercollegiate women's game was on April 4, 1896, between Stanford and Berkeley with nine on nine, and ended in a Stanford victory 2 - 1. The six on six player basketball became more common in 1898.

The first book of rules was put out by Spalding in 1901 and later edited by Senda Berenson and continued in use until 1917. At that time in history a female doctor stated that she believed a woman should not be allowed to grab the ball from the opponent. In editing the rules Senda placed a great amount of effort on victory, not the victory of the game, but victory of one's ability to play their best regardless of the outcome of the game. The first process of keeping score was a scorecard form designed in 1923 for the National Championship basketball tournament. The game of basketball grew in popularity through the 1930's and 1940's. By 1950 any basketball game played by females began to attract a crowd of spectators. There have been numerous changes in the rules since the first book was written.

The fondest memories I have of basketball are the days of six player basketball. 1984 the idea of five on five was initiated and schools had the choice of changing at that time because so many states had already made the change and the college level was all five on five. Iowa became famous for its six on six player basketball but in 1994 by a vote of the Iowa Athletic Association was forced to change to the five on five. I have to admit that I still liked the six on six player basketball best. It just seemed more exciting and I

think was less physically stressful for the player. However, like so many sports, time changes and we have to accept the change. The three point shot has become one of the most significant advances as far as the final score in the last decade.

Who knows what changes we might anticipate in the future? To me it is just like my first bus trip. We boarded the old Laker bus, which had very little heat. Conversation among one another was the best past-time for the miles ahead. Now everyone that gets on the bus has the most high tech equipment in hand and very soon their eyes are glued to several televisions on the bus viewing a movie. Basketball suits actually fit and knee guards and high socks were just in style. I probably could write a book about the changes I've seen on the bus and on the basketball court.

Have you heard that ad on T.V. that asks, "Did you stay at a Holiday Inn last night?" Well, on November 1 the women's basketball team traveled to Council Bluffs to play in the Iowa Western Lady Reiver Classic. We lodged at the Holiday Inn. This happened to be the night we could set our clocks back which my husband and I did before we went to bed. All of a sudden at 1:30 a.m. came this terrible alarming sound with tones that became louder and louder. Soon the fire alarm on the wall began to flash more brightly with each flash. This is the first time I've had to rise out of bed with such a scare. In a very short time after opening the door and checking the hallway for other guests, it was obvious that it was a false alarm. Someone had the sense to quickly dial the front desk and learn we could all go back to our rooms. Obviously by then the alarms and flashing lights had also come to a halt. As for me, I still had to spend twenty minutes by the window to make sure the fire trucks didn't show up. In the morning as we boarded the bus I popped the question, "Did you stay at the Holiday Inn last night?" Everyone looked at me with a puzzled face. Well, guess what, John and I were on the second floor while the team was on fourth. Unfortunately we were the victims of someone's prank on second floor.

The next weekend we traveled with the men's team to Norfolk, Nebraska. Needless to say I was glad we had a room on the ground floor and an exit directly to the outside. One doesn't immediately forget an experience like the one at Council Bluffs.

The Laker Men began their season with scrimmages and the annual alumni event. As of this writing they have competed in six games with a record of 5-1. Competition in the first six games for the women has been very competitive and at this point their record is 2-4.

It looks to be an exciting year for both teams.

financial aid advising, peer mentoring, transfer counseling, and cultural educational enrichment opportunities. Strain-Ahrens said, "We offer daily support with an open ear."

To become a member of the ASPIRES program, first, students have to plan to transfer to a four-year school. Second, students have to fill out their application. Students have to meet one of the three criteria for the program: students have to be a first generation student, pass the income guidelines, or the student has a documented disability. For more information stop by the ASPIRES office in room 9 and ask for Trudy Strain-Ahrens.

Students learn how to get their hands clean

By Candy Rebstock

SPENCER-Iowa Lakes hosted the Annual Allied Health Day at the Spencer campus on Tuesday, Oct. 14. This was a way to let more than 30 high school students take part in the healthy world. The students were involved with mini-sessions throughout the morning. The careers included Massage Therapy, Medical Assistant, Medical Office Technology, Pharmacy Technician and Surgical Technology.

They had the opportunity to get their hands "dirty", but really learned how to keep them clean. After the students experienced the different health fields, some have decided on their major. Melissa Irlbeck, from Manning, Iowa, said, "I'm thinking about the Registered Nurse program."

The Massage Therapy students gathered to give five-minute chair massages. Many high school students have never had a massage from a professional before. Next, the students sat through a presentation of the Massage Therapy profession.

The students rotated to the medical lab where the Medical Assistants showed how to properly wash hands, check blood pressures, and check blood typing. They were able to view a video on the Medical Assistant field.

Any of the students who were interested in the Medical Office Technology had the chance to sit down on the computers and try the medical coding. In the Pharmacy Technology world the students were involved with filling prescriptions with skittles and M&Ms. This was a great way to let the students see the detail that's required.

In the Surgical Technology program the students were shown how to properly gown, glove and scrub themselves. Then they had to volunteer to try it to see how much they learned. Next, they looked at a huge table filled with many surgical tools. The station after that had a mannequin that is used for suturing practice.

The career day was a success once again. The students, who were able to attend, learned a lot about the medical field. They saw things that interested them and now they can make a better decision of what career they would like to choose for the future.

Music Students to perform Elizabethan Madrigal Feaste

By Cassie Kanzenbach

ESTHERVILLE-Iowa Lakes Music students will be presenting an Elizabethan Madrigal Feaste at a new location this year. The five-course meal will be served at the MT Vault in downtown Estherville. The MT Vault is a newly opened building across the street from the Estherville Library at 21 North Sixth St. The performance will be held from 6:30 p.m. until 9:00 p.m..

Iowa Lakes Word Find

F S H Q F Y O J F E A S T S E V R A H
 F I T E O T A T O P C F R N F A A A B
 Q J K U N C O R N U C O P I A K M L C
 H G O O F H S A U Q S U D R G E M O Z
 Q P O F P F R G U H A Z Q C R R L A N
 H Y C I E Y I A N U F T Z I F O A I U
 J T X L J S K N T I R R C I N W X V T
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 L S I W J N K I V G B T M H D L W I Y
 B M E P R C T C M A V C O U H O V V L
 A I E O O I F R X A L J S Z P K M I I
 T R C V O H Q A P J Y J J R Q K A G M
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 G L K O N N B B S H N U L Y D U W K F
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 V P Z H Z M Y R J Q Y U J K W X N A P
 O C W U Z A Q R Z Y R V E L R E B H G
 W B J U H Y C Y Q K F Y Z L R G R T S

America
Autumn
colonist
cook
corn
cornucopia
cranberry
family
feast

festival
freedom
gravy
ham
harvest
Mayflower
pie
pilgrims
potato

pumpkin
squash
stuffing
Thanksgiving
tradition
turkey
vegetables
yams

Collegiate Honor Band performs at Iowa State University

By Cassie Kanzenbach

Two Iowa Lakes students performed with the Honor Band in the Fisher Theater on Saturday, Nov. 22, 2008. The performance at 2:30 p.m. included concert band music such as "The Cowboys", "Americans, We" and "Elegy". The performance was free to attend.

Performers Jenny Lohse and Brandon Minear of Iowa Lakes Community College were two of 106 students in the Honor Band in Iowa. Their visit to Ames, Iowa, Thursday, Nov. 20, through Saturday, Nov. 22, was paid for by the Music Club at Iowa Lakes. The 106 Honor Band performers came from 18 colleges and universities in Iowa.

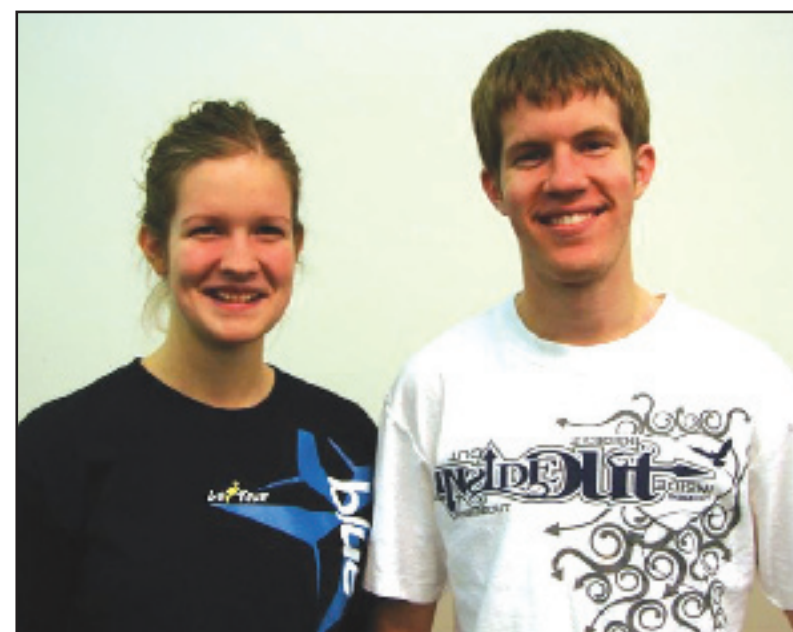
Lohse, 18, and Minear, 18, have been playing for nine years. Lohse said the best thing about being in Honor Band is meeting new people. Lohse plays clarinet, handbells, tenor saxophone, and recorder. Minear plays trombone, bass clarinet, handbells, and recorder.

For \$20, the five-course meal includes wassail, which is hot apple cider; soup; salad; a main course; and Christmas pudding. For an extra fee, ale and wine may also be purchased. Approximately 30 students will be performing from the Music department. The Iowa Lakes Concert Choir will be singing within the tables. The Handbells, Recorders, and Brass Quartet will also be performing.

Everyone is invited to the Madrigal Feaste. "In past years we have sold out," said Iowa Lakes Music Professor Brett Fuelberth. "It is a fun performance for the students to be involved in." Fuelberth said the MT Vault should open up more space for guests. The Madrigal Feaste formerly was held at the Iowa Lakes campus and seated approximately 100 guests.

The Madrigal Feaste will recreate a royal party from 16th Century England. Performers will be dressed in Elizabethan attire. Some students will have lines and acting parts as well as alternate names. Fuelberth said, "I'm excited to see them show off what they have learned this semester." The performers are a mix of both freshmen and sophomores from Iowa Lakes Community College.

Reservations are required for this event. To reserve tickets, students should contact Judy Klunder in the



Jenny Lohse and Brandon Minear

The Honor Band was started in 1993 by Band Directors Carol Ayres of Iowa Lakes Community College, William Carson of Coe College, and Henry Duitman of Dorst College. Performers for the Honor Band are nominated and must audition as well. Members of the Honor Band play with other top performers from other colleges and work with nationally recognized conductor James Curnow. "He's a heavyweight," said Jazz Band Professor Carol Ayres about Curnow. "It's pretty exciting that we get him." Curnow has written more than 400 pieces. He is a composer, conductor, and clinician.

Business Office at 800-242-5106 extension 7972 or 712-362-7972.

Broadcasting Program grows and changes

By Jenna Shumate

ESTHERVILLE-Iowa Lakes has a Broadcasting Media Specialist program.

Dave Nixon started the Broadcasting program in the 1990's. The current Broadcasting instructor is Bob Pritchard. "I have been the Broadcasting instructor for the past four years," said Pritchard. "The program is mostly hands-on, learning how to do digital editing, running the camera and directing for TV programs and radio shows."

This year there are 21 students in the program; there are 8 returning and 13 new students this year. "The ratio of men to women in the past was 4-to-1. This year it is half and half," says Pritchard. He also said the number of students graduating from the program is lower than he would like, and he is hoping to improve it this year.

Last December the Broadcasting program started a web-streaming project. Pritchard said, "Since last December a lot of other colleges are starting to use web-streaming. Web streaming is the running of

sports events play-by-play, the coffee house and music events that are not licensed on the Internet."

Pritchard also said, "I'm glad that the administration is behind the Broadcasting program 100 percent and is allowing the program to move forward."

Iowa Lakes presents Winter Recital

Iowa Lakes Community College will be featuring its many talented soloists at the Winter Recital, Dec. 10, at 2:00 p.m. The recital will be held at the Estherville campus in room 60.

The soloists have been working all semester with guitar, piano and voice lessons and faculty in preparation for the recital.

All students attending Iowa Lakes have the opportunity to receive music lessons from its private music instructors: Nancy Batz, Gary Lambert and Arnie Schilling.

The recital is free and open to the public.

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