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Iowa Lakes Community College
300 South 18th Street
Estherville, Iowa 51334

Publication of the Journalism Program
At Iowa Lakes Community College

Thursday, February 5, 2009

Volume 46, Issue 4

Wrestling team hosts first ever Laker Open

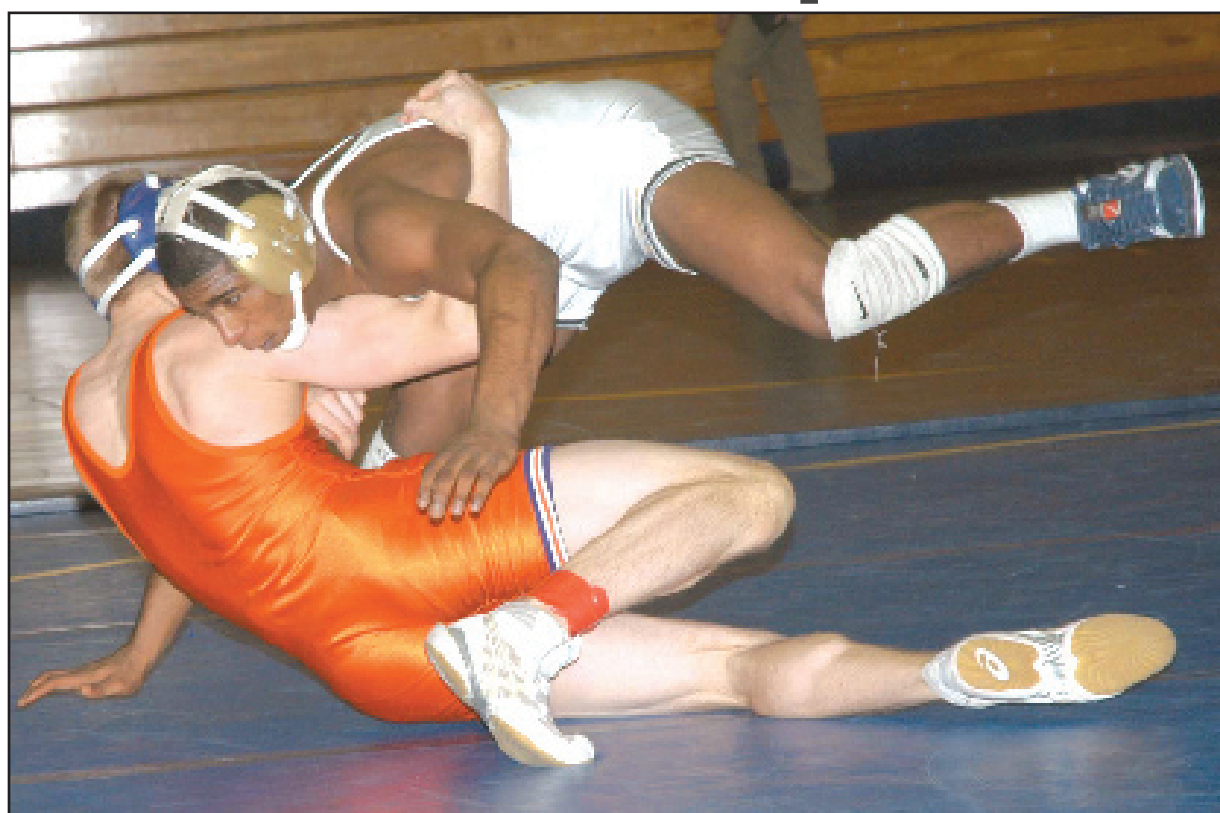


Photo courtesy of The Estherville Daily News

Top Photo: Iowa Lakes' Karon Reid (in white) dominates his opponent en route to a first place finish in the 157 pound class. Bottom Photo: 125 pound champion Brian Moreno (R) plans his next move during a match at the first-ever Laker Open.



Photo courtesy of The Estherville Daily News

By Matt Heinrichs

ESTHERVILLE-The Iowa Lakes Community College Wrestling team hosted the first ever Laker Open wrestling tournament Saturday, Jan. 24, 2009. Teams represented at the tournament included Triton CC, Briar Cliff University, Team Anchor University, Hasting College, Winona State, University of Northern Iowa, Dakota Wesleyan University, William Penn University, University of Sioux Falls, Augustana, Augsburg, York College, St. Cloud State, Minnesota State Mankato and Missouri Valley College.

Iowa Lakes' head wrestling coach, Jason McCloud, thought the meet went exceptionally well. "With the bad weather we had leading up to the weekend and considering all of the injuries that start piling up at this point in the year, we had a really good turnout."

The Lakers finished with five wrestlers earning championships in their respective weight class. Brian Moreno won the 125-pound bracket, Tim Thurston was the champion at 133, Karon Reid took first at 157, James Funk took the 184-pound division and Richard Kokesh won the 197-pound bracket.

"Our guys all performed really well," McCloud said. "We're working on peaking here toward the end of the year and I thought everyone took major strides this weekend."

Tim Thurston finished 3-0 on the day with an 8-6 final round victory over returning All-American and #2 NAIA ranked Julian Gunnels from Briar Cliff University. Thurston was voted the 'Outstanding Wrestler' of the meet for his performance in the final.

Despite facing such a tough opponent in the finals, Thurston kept his game plan simple. "I really just tried to wrestle hard," he said. "We've been practicing hard all year so I just went out and put it all on the mat."

"Winning 'Outstanding Wrestler' at our first tournament at home was great," Thurston added.

Brian Moreno was 4-0 in the tournament, defeating Cody Lensing from Augustana in the finals by a score of 7-4. "Brian had a very good tournament," Coach McCloud said. "He was very dominant throughout the

day and was never really in any close matches. He had early leads and then built on them. He just did an excellent job for us."

Karon Reid went 4-0 in the meet and defeated Brad Perkins from Missouri Valley College in the finals by major decision 15-6. "Karon probably was probably the most dominant wrestler we had at the tournament," McCloud said. "He had four major decisions and in my mind was probably just as deserving of the Outstanding Wrestler award as Tim."

Reid was excited about his performance in front of the home crowd. "I think I wrestled pretty good," he said. "I wrestled some tough kids and wrestled to my potential. I'm very happy with how everything turned out."

James Funk won both of his matches to finish the day 2-0 and won a close match over Josh Geppert from Dakota Wesleyan University 4-3. "James had a good tournament after dealing with some injuries," McCloud said. "He came back and got the tournament win and met up with a real tough kid in the finals, who won the tournament the week before."

Richard Kokesh defeated Karl Spain from William Penn University 4-2 in the finals. "Richard did a great job of controlling his match," McCloud said. "He's starting to wrestle with more control and that's what we want to see from him."

Other Laker wrestlers who placed in the tournament were Mike Brardesco, who placed fourth at 125 pounds, Art Sanchez, who took sixth in the 157 pound class and Jahsua Marsh who placed second in the 285 pound division with a 2-1 record. "Josh did an excellent job in the tournament as well," McCloud said. "He was up 7-2 in the finals against a Division I opponent and ended up getting caught and pinned at the end, but really wrestled well up until that point."

Also competing for Iowa Lakes were Luis Rosalez, who went 0-2 at 125 pounds and Rowan Stander, who went 0-2 at 174 pounds.

Spring credit hours increase at Iowa Lakes

ALL CAMPUSES-More college credit hours are being taken by students at Iowa Lakes Community College this spring.

Credit hours climbed to 32,006 for the spring 2009 semester, an increase of 3.4 percent from a year ago, while the number of students remained stable.

The most significant increase is in the vocational and career options programs where nearly 100 more students than in spring 2008 are completing coursework.

"We are certainly pleased with the increase in credit hours and anticipate that we will continue to see more individuals returning to college to acquire new careers and retraining. In light of the economic downturn, many individuals may view this as an opportunity to acquire new skills," said Mary Mohni, Chief Academic Officer. "We encourage anyone with questions related to programs and services available to contact any of our five Iowa Lakes campuses for assistance."

Iowa Lakes offers more than 100 areas of study at its locations in Algona, Emmetsburg, Estherville, Spencer and Spirit Lake. In addition, the college provides training and retraining to employees of area business and industry as well as continuing education courses.

Iowa Lakes is adding two 3D gaming classes

By Jenna Shumate

ESTHERVILLE-Iowa Lakes is adding two new 3D gaming classes in the Spring 2009 semester. One of the classes is a 3D Modeling and Animation class. The class gives the stu-

dents hands-on experience in modeling and animation.

The second class is a 3D Level Design class. It gives students hands-on experience in the design process of 3D design. Kevin Grems will be teaching the classes and they will be limited in the number of students who can take the

courses. Both classes can be taken in the same semester and will be starting at 6:30 p.m. at the Estherville campus. 3D Level Design will be on Mondays and 3D Modeling will be on Thursdays. Further information can be found on the web site at iowalakes.edu.



Students Michelle Mahnke, Sondra Marnin, Talia Patton, and Lindsay Magnussen work at the Chili Cook-off in Spirit Lake on Friday, Jan. 23, 2009, kicking off the 29th Annual University of Okoboji Winter Games. Photo by Hannah Hofmann and Angela Pearson

Horizons Unlimited of Palo Alto County, Inc. receives grant from Dollar General Literacy Foundation

EMMETSBURG-Horizons Unlimited of Palo Alto County, Inc. is pleased to announce that it is one of the 2008 Dollar General Literacy Foundation adult grant recipients.

Horizons Unlimited will receive \$9,204.00 for expansion of a program they have been operating in partnership with Iowa Lakes Community College since 1982.

Project Learning, conducted on the Emmetsburg campus of Iowa Lakes Community College, focuses on teaching literacy and job training skills to 67 adults who have developmental, mental and/or physical disabilities.

Project Learning was started in 1974 by Iowa Lakes Community College. For eight years, the college ran the program alone, and then in 1982, Horizon Unlimited's program doubled in size when the college and the sheltered workshop facility joined forces to provide Project Learning.

Project Learning is housed in its own building on Iowa Lakes' campus in Emmetsburg and each school day is broken down into four class periods, five days a week. "Increasing literacy has always been a large part of the Project Learning Program. The expansion called, 'Learn to Read,' takes it one step further."

"With 'Learn to Read,' Horizons will be purchasing new instructional material, computer software and four new computers," said CEO of Horizons Unlimited Ed Hannagan. He further added, "We are thrilled with the grant, and we truly believe that if we teach our individuals how to read better, they will be able to be more independent and this is what our program is all about."

'Learn to Read' will focus on teaching critical thinking, work association, reading and comprehension skills, sight words, functional life skills, work skills and basic math skills. Reading skills necessary for cooking and grocery shopping will also be taught since this is essential for living independently.

The overall goal of 'Learn to Read' will be to increase current reading levels by one grade level for at least 50 percent of our students within a year. Individual literacy goals will also be established for each individual through their IPP (Individual Program Plan). An example of one of the new instructional materials that will be purchased is 'Basic Sight Words Software.' This computer software program utilizes text, pictures and speech to familiarize students with 220 essential sight words.

Lisa Mart, Project Learning Coordinator, said, "We are very excited to receive this grant money. This will give us the opportunity to enhance our program and encourage lifelong learning." Student Wendy Carlsen, had this to say about the existing program, "Project Learning teaches me different everyday life skills."

Horizons Unlimited is a non-profit organization that has been in the Emmetsburg area since 1969 providing residential and vocational services for nearly 90 adults with developmental, mental and/or physical disabilities.

Cross Country starts conditioning

By Angela Pearson

ESTHERVILLE-The Iowa Lakes Cross Country team is beginning spring training. There will not be any competitions during this time. This is so the athletes can begin to get their bodies in shape. The team will have three practices per week which are not required, but they benefit the runners for the fall season. The types of things that the runners will be doing are: cardio-training, running, biking, elliptical, weightlifting and core strengthening. They will be using the Wellness Center for these activities.

Coach Struve said, "It's better getting in shape, than staying in shape." Having spring training helps prevent injuries in the season. Some of the teammates are looking forward to starting the conditioning. Brandon Minear, who will be

a second year runner next fall said, "Since I was out of shape when I started the season, I am excited to see how much time I will be able to drop as a result of my training because I'm starting this spring."

Another athlete who will not be returning to the team, but will condition with the team, Chelsey Gjerde, said, "Well I think it will be nice to get back into working out mode again and exercise is what I need right now. It will be nice to get the team back together again and have another reunion again basically."

Coach Struve recommends that anyone who thinks they want to start running or maybe join the team should talk to her and try it out. For more information on Cross Country at Iowa Lakes, visit the website at www.iowalakes.edu/athletics/cross_country/index.htm, or contact Coach Molly Struve.

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