

A Guest Editorial

Dear Editors:
 In response to the Over the Back Yard Fence question: "How do you feel about the health care plan as talked about by President Obama?" posed in the last Spindrift, I feel compelled to address a number of apparent misconceptions voiced by most of the respondents. Health care in this country is seldom left up to the individual. Most people who have health insurance get it through their employment. But if you lose your job, you also lose your insurance. You should hope this doesn't happen to you. Purchasing reasonably good health insurance for a family costs at least \$1000 per month. And, most low wage jobs provide no health insurance benefit. Government run health care promises to be less intrusive than private insurance is now. Private insurance companies tell you what doctors you can see through Preferred Provider Organizations such as ILCC's own coverage. Government run Medicare does not do that. And private Insurance companies now stand between you and your doctor in deciding what procedures you can have through pre-approval processes. People suffer and die because private insurance companies deny or delay needed care. Private insurance companies have denied coverage because of pre-existing conditions such as varicose veins, acne, and pregnancy. Some companies have denied coverage because of spouse abuse in the past. And, the company can decide to drop your coverage whenever they want, like if you become too expensive or risky for them to cover. Remember, for-profit insurance companies make their money (and lots of it) by maximizing their income (your premiums) and minimizing their expenses (your benefits).

America's current health care system is indeed expensive, about twice as expensive as other developed countries whose citizens enjoy better health outcomes from their care, yet our system leaves tens of millions of Americans with no access to health care. The expense of health care in this country results in 700,000 bankruptcies each year, and in 75% of these cases people had insurance. In countries with universal health care, such as Canada, the number of medically related bankruptcies each year is zero. Recent estimates are that up to 45,000 people die each year in this country due to lack of access to health care. We must not overlook this moral and ethical issue. How do we justify being the only advanced nation that allows so many of its fellow citizens to suffer and die unnecessarily?

And let me be clear about this—the notion of "death panels", that the government wants to "pull the plug on granny," is a scare tactic. The current proposals are for the government to pay for consultation with the physician of your choice to clarify your wishes for end of life care, which can include making every effort to sustain you on life support if that's what you want. Everyone should have this type of end of life directive to spare their loved ones such agonizing decisions under very difficult circumstances.

For people who think government run programs don't work very well, will you turn down Medicare and Social Security when you are eligible? Over 90% of recipients are happy with these programs. Medicare has an administrative cost of under four percent, compared to sixteen percent for private, for-profit insurance companies. People who claim to dislike government run programs are happy to drive to work on a government run highway system, protected by government run military, police and fire departments, attend *or work at*

EDITORIALS

public schools such as ILCC. The government also guarantees your property rights and that the money in your pocket means something. The list goes on and on. By the way, people who disparage the word government seem to forget that in a representative democracy the government is, at least theoretically, us. We are all in this together.

Jim Weipert
 Professor, Social Science
 362-7960

Calendar of Events

Fri., Oct. 16
 Volleyball, Iowa Central Community College Tourney, Fort Dodge

Sat., Oct. 17
 Soccer (W)(M) vs. Iowa Central Community College, Spencer, 2 & 4 p.m.
 Volleyball, Iowa Central Community College Tourney at Fort Dodge

Mon., Oct. 19
 Volleyball vs. Marshalltown Community College, Estherville, 7 p.m.

Wed., Oct. 21
 Laker Life Club, Estherville, Room 74, 12 p.m.
 Soccer (W)(M) vs. Indian Hills Community College, Ottumwa, 2 & 4 p.m.
 Volleyball, Iowa Central Community College, Fort Dodge, 7 p.m.

Sat., Oct. 24
 Basketball, (M) Alumni Clinic/ Game 1 & 3 p.m.
 Soccer (W)(M) vs. Dakota County Community College, Spencer, 2 & 4 p.m.

Tues., Oct. 27
 Soccer, (M)(W) ICCAC Playoffs, Round One, Marshalltown, IA, TBA

Thurs., Oct. 29
 Laker Life Club, Estherville, Room, 74, 12 Noon

Fri., Oct. 30
 Volleyball, ICCAC Crossover Tourney, Marshalltown

Sat., Oct. 31
 Cross Country, Super Region Meet, Peoria, IL, 4 p.m.
 Soccer, (M)(W) ICCAC Playoffs, Round Two, Marshalltown Volleyball, ICCAC Crossover Tourney, Marshalltown Wrestling, Fall Clinic, Estherville, 10 a.m.-3 p.m.
 Wrestling, Blue vs. Gold Dual, Estherville, 3 p.m.

Sun., Nov. 1
 Soccer, (M)(W) ICCAC Championship, Marshalltown, TBD

Mon., Nov. 2
 Basketball (M)(W) vs. Dakota Wesleyan JV, Estherville, 5:30 & 7:30 p.m.

Wed., Nov. 4
 Laker Life Club, Estherville, Room 74, 12 p.m.

Back to School
 Adults of all ages turn to education during tough times

By Rebecca Boneschans

ESTHERVILLE-With the many layoffs, career changes and ever revolving lifestyles, many adults are reconsidering what to do with the rest of their lives. Some have changed careers and moved to different towns while others decided that going back to school was the way to go. Non-traditional students, ages 23 and up, are taking action to continue or upgrade their education.

At Iowa Lakes Community College, many of the faces wandering the halls and filling the classrooms aren't that of young and ambitious teens, but rather mature and established adults. The non-traditional student numbers at Iowa Lakes has increased from previous years due to the economic downfall.

SPOTLIGHT ON EMMETSBURG

Kristin Hammen, Agriculture Instructor at Iowa Lakes

By Jenna Shumate

EMMETSBURG-Kristin Hammen is the Agricultural Instructor at Iowa Lakes Community College in Emmetsburg. She has taught at Iowa Lakes for one year. Hammen teaches some of the animal science classes as well as computer classes for freshmen and sophomores. She also works on the farm and nursery located outside of Emmetsburg.



Hammen spends most of her time at school with her students. "In my spare time, I like to work out, go for walks and be outside. I also like to help my boyfriend get his show cattle ready," said Hammen. She was in the two-year agriculture transfer program at ILCC and then transferred to Iowa State. Hammen wanted to become an agricultural education teacher for high school students. When she started college, she became interested in swine production and started working as an intern at Murphy Brown, the world's largest pork producer. In her last year at Iowa State, she switched her major to agricultural studies. From there she moved to Missouri to work for Murphy Brown. Later on when Hammen moved back to northwest Iowa, she applied for the job opening as the agricultural instructor at ILCC, and accepted the position when they offered it to her.

Hammen said, "Being an agriculture instructor is one of the most rewarding jobs I have had." She is a teacher, a mentor, and an advisor, who also learns from her students. "It's very rewarding to see the students achieve their goals and learn new techniques that they didn't know about before."

The Agricultural Department has two programs, the Agribusiness Technology Program and Agriculture Production Technology Program. Recently they combined the classes for the two programs. Hammen said, "It allows the students to get to know each other." If interested in the Agribusiness Technology Program or the Agriculture Production Technology Program, contact Kristin Hammen.

Josh Rockhill, singer and agriculture student

By Jenna Shumate

EMMETSBURG-Josh Rockhill is a sophomore at Iowa Lakes Community College; he's in the Agriculture Production Technology Program. "I chose the program because it teaches me how to raise crops or livestock, and how to properly treat and raise them the right way," said Rockhill.

There are two labs in this program, the cow and calf lab, and the swine lab. Rockhill is in the swine lab.

In this module they have scheduled times to go out to do lab chores. They have to feed the animals and clean out their stalls or pen areas. They have 15 hours of lab chores and 20 hours of off-campus chores to complete for the swine lab.

Last semester he was in the cow and calf lab. They have to do chores at 3:00 in the afternoon, 10:00 at night, and 2:00 in the morning to check to see if any of the cows are calving. Then they start their regular chores in the morning. They have to complete 25 hours for the cow and calf lab.



Rockhill said, "I really enjoy showing cattle; it has been a long passion of mine." At home he raises club calves, show steers and purebred Herefords. "I enjoy being around livestock," said Rockhill. One of the other things he enjoys is singing, even though his friends pick on him for it. Josh used to be in choir in high school, but now he just sings for himself.

For more information on the Agriculture Production Technology Program, check out www.iowalakes.edu.

Local Area Cuisine

Mineral City Mill and Grill

Pricing: \$\$\$
 Quality: FOUR STARS

By Hevyn Heckes and Rebecca Boneschans

Mineral City is located in Arnolds Park, Iowa, on Highway 71. The restaurant offers a wide variety of menu choices that includes: appetizers, light lunch specials, a variety of salads, daily soup specials, a mixture of sandwiches and dinner entrees, featuring mouth-watering steaks, hearty homemade pastas and fresh seafood. They also offer breakfast on Sundays including all the classics: scrambled eggs, breakfast meats and made-to-order omelets.

When first entering Mineral City, there's a cozy home atmosphere. In the main room, a huge fireplace and large picture windows cover the exterior wall, giving the restaurant a ski-lodge feel. With booths along the wall and matching tables throughout the dining area, it gives the customer a sense of organization while feeling relaxed.

All of the food was made fresh and was served in a timely manner. The server, Katy B., was friendly and knowledgeable and made the experience more enjoyable with her bubbly personality. Within 15 minutes of ordering, our food was served piping hot. The first course was a light salad and Chicken Tortilla soup. The soup was spicy, yet kept you wanting more. The salad greens were crisp and served with your choice of dressing. The main courses included the daily special, a Parmesan-encrusted BLT wrap and a generous helping of Scampiella Parmigiano.

The wrap was everything a BLT was intended to be and more. Dipped in ranch, this cheesy, crispy wrap was just what a hungry lady needed to keep her going. The shrimp pasta was slathered in garlic butter and Parmesan, and tasted like it was fresh out of the oven. The noodles and cheese tied it all together to be an overall excellent experience for one's taste buds.

Mineral City is open year-round Monday through Saturday from 11 a.m. to 11 p.m. and on Sunday from 11 a.m. to 10 p.m.

Smile - You're on Campus Cameras

By Trisha Havlicek

ESTHERVILLE-Cameras were brought into Iowa Lakes Community College three years ago. The Criminal Justice program had a couple of cameras brought in so they could use them for educational purposes. Some students would act out situations in the building, as other students could watch them. They could zoom in and see a close up.

There are a total of 15 cameras on campus now. This past March and April, a couple of cameras were added outside because of previous incidents. There are now cameras in each parking lot and around the outside of the campus buildings. The gym and weight room have each added a camera as well for safety reasons.

All of the cameras are recording 24 hours a day, every day. If an incident happens people can talk to Delaine Hiney, who is in charge of the cameras. The videos can be looked at while the cameras continue recording.

WANTED ALL STUDENTS, FACULTY AND STAFF

Round up your

ART PHOTOS
 SHORT STORIES
 POEMS

For Submission to Iowa Lakes' Literary Publication

The Prairie Smoke

Bring your submissions to:
 Any English instructor on any campus
 Byron Lindell, Estherville Campus
 Pam Buchholz, Estherville Campus

DEADLINE:
FRIDAY, FEBRUARY 19, 2010

The Spindrift

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The Spindrift is the Iowa Lakes Community College student newspaper, sponsored and produced by the Journalism and Photography Program. All Iowa Lakes' students, faculty and staff are invited to submit any opinion pieces, articles or ideas for publication. ALL Letters to the Editor must be signed with a phone number attached.

The Spindrift Staff

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The Spindrift reserves the right to refuse or cancel any advertisement at any time.

THE SPINDRIFT OFFICE IS LOCATED ON THE ESTHERVILLE CAMPUS, ROOM 104B OR CALL (712)362-7954

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