

3-2005

## Price Lab & NU High Newsletter, v16n5, March 2005

University of Northern Iowa. Malcolm Price Laboratory School

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# Price Lab & NU High Newsletter



March 2005

Volume XVI, No.5

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Spring Break  
March 14th-18th

## Notes from the Office

### Upcoming Conferences

We would like to remind parents of the upcoming conferences which will be held on April 4 and 5. On Monday, April 4, there will be no school for grades 6-12. Conferences will be held in the Nielsen Field House from 11:00-1:00 pm and 4:30-7:30. On Tuesday, April 5, there will be no school for grades 6-8. Conferences will be held as scheduled with parents.

*Dave Smith, Associate Director & 9-12 Principal, [dave.smith@uni.edu](mailto:dave.smith@uni.edu)*

*J.D. Cryer, Elementary and Middle School Principal, [jd.cryer@uni.edu](mailto:jd.cryer@uni.edu)*

## NU Swimmers Contribute to State Swim Title

Congratulations to Ray Holz (senior) and Alex Stone (junior), our two NU students who are members of the merged Cedar Falls Swim Team. They both competed at the state swim meet, where Cedar Falls won the state title by a 70 point margin. Alex and Ray were both on one first place relay team. Alex was also a member of one second place relay team. Ray took fifth place in the 500 free and Alex took sixth place in the 50 free.





Alex Stone

Ray Holz

## It's time to order your yearbooks!!!

Thank you to those of you who have already placed your yearbook orders. For those of you who have not ordered yet, please click on [lynn.dykstra@uni.edu](mailto:lynn.dykstra@uni.edu) and send a message that includes the following information:

Your Name  
Address  
Phone #  
Student's Name  
Student's Grade

To pay for your yearbook, please send a check for \$35 made out to PLS/NU High. (Attn.: Yearbook)

## Parents...Here are some ways you can help support the yearbook!

### Senior Salutes

Parents and family members are invited to include a Salute to their 2005 NU graduate in the yearbook. Help make this a memorable yearbook that your graduate will always remember. If you are interested, please email or send your memorable, congratulatory comment (up to two paragraphs) and a photo to PLS/NU High (Attn: Yearbook). The photo will be returned to you after it is scanned. The cost is \$20 per salute.



### PLS/NU High Mugs for Sale

PLS/NU High mugs with our panther logo imprinted on both sides have arrived. The cost is \$5 for the mug by itself, or \$7.00 filled with candy. Please consider purchasing a mug for yourself, your student, a PLS teacher/staff member, UNI student, or volunteer. They would make a great gift for St. Patrick's Day, Easter, Mother's Day, graduation other special occasions. To order a mug, please email or call Lynn Dykstra at 273-2575. Proceeds will go to support the yearbook! Thank you.

### Yearbook Ads for Sale

We are also asking parents to consider placing an ad for their business in the yearbook. This is an opportunity to get inexpensive advertising for your business with the PLS/NU High audience...AND, it will help us continue to fund the yearbook. If interested, please send your logo or ad information (paper, tif or jpg file) to [Lynn.Dykstra@uni.edu](mailto:Lynn.Dykstra@uni.edu) or drop the materials off in the office:

Your Name  
Business Name  
Business Address  
Business Phone Number  
Email Address

Ad Size  
1/16 of a page - \$30  
1/8 of a page - \$40  
1/4 of a page \$70  
1/2 of a page - \$125  
Full Page - \$200

We will put the ad together and let you approve it before it is printed. Payment may be sent to PLS/NU High (Attn.: Yearbook)

**Many thanks to the following sponsors for their support of last year's yearbook**

MAID-RITE, Cathy's Hallmark, MEDICAP, Michael G. Crall, D.D.S., M.S., (Orthodontist), David D. Zwanziger, D.D.S., P.C., (Orthodontist), Art Store and More, University Book and Supply, The Pump Haus, Diamond Vogel Paints, Mystique Barber Styling, McDonalds (Waterloo, Howard St.), Taylor Veterinary Hospital, Community National Bank, iTech, The Razor's Edge, and The UNI Credit Union.

## Guidance News

### Five Reasons to take challenging courses

As you register for fall classes, here are five good reasons why you should take challenging courses:

1. Colleges look at the high school courses you've taken and want to see that you weren't coasting through.
2. Tough courses give you the knowledge and skills you need to do college work.
3. Students who take challenging courses score higher on the ACT.
4. You'll be less likely to need remedial courses in college, and you may be able to finish college sooner.
5. You will have more options for college and a career.

### An associate's degree may be your path to success

Before you follow all your friends to the four-year state university, make sure you check out your options. If going directly to a four-year college is right for you, great. But community college may be a better choice.

The four-year college is not the only path to success. A community college can help you start a career after two years, training you for some of the fastest growing jobs in the U.S., or it can offer a start to your four-year degree, providing you with half the credits you need to earn a bachelor's degree.

Benefits of attending a community college often include:

- Courses that cover the basics, but also apply principles to the workplace.
- Classes that often are more hands-on than those at a four-year college.
- Saving money in tuition and other expenses, such as room and board. Tuition can be less than half of that at a four-year college and often students save money by living at home.
- Receiving more personal attention from the professors than at a large university.
- Easier decision-making on a major once you've transferred to a four-year college. The focus on occupations and career discovery programs at a community college can help you with the decision.

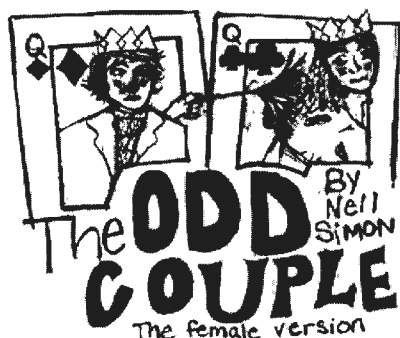
For **Financial Aid Quick Facts** click on [News You Can Use](#) (p. 3)

[jim.stichter@uni.edu](mailto:jim.stichter@uni.edu)

### Spring Play: The Odd Couple

*Female Version*

*By: Neil Simon*





Artwork by Hannah Buck

## Thursday and Friday, March 10 and 11 at 7:00 PM Butzier Auditorium

### Cast:

Sylvie - Brittany Waack  
Mickey - Chondraah Holmes  
Renee - Allison Hardy

Olive Madison - Allison Fryman  
Florence Unger - Mattie Lynch-Dungy  
Manolo - Anson Poe  
Jesus - Kenton Engels

Stage Managers - Hanna Wiesley and Abhay Nadipuram

### Cost:

\$4.00 - Student  
\$5.00 - Adult

You may purchase your tickets at the door.

[jolene.tagtow@uni.edu](mailto:jolene.tagtow@uni.edu)

## NU High Speech Program



*Pictured left to right, front row: Allison Fryman, Mattie Lynch-Dungy, Surbhi Lai, Anson Poe, Abhay Nadipuram, Mae Colburn, Clair Williams, Allyse Fairbanks, Caitlin Tracey, Brittany Waack. Back row, left to right: Hannah Buck and Vanessa Hershberger.*

This fall is Linda and David Schachterle's third year serving as coaches for the NU Speech program. During that time they have scripted and coached large group speech events, assisted with individual speech events, and accompanied the students to state along with Mrs. Tagtow. All the speech groups that went to state received Division I ratings (listed below). In addition, there were two groups that received all-state recognition. We would like to extend our sincere appreciation to Linda and David for their significant contributions in time and talent to the NU Speech program over the past three years. We also commend all our speech students on their outstanding ratings.

Choral Reading - "Death and the King's Horsemen" - Division I at District, Division I at State, All-State Performing Group

Abhay Nadipuram  
Allison Fryman  
Allyse Fairbanks  
Anson Poe  
Brittany Waack  
Caitlin Tracey  
Clair Williams  
Hannah Buck  
Mattie Lynch-Dungy  
Mae Colburn  
Surbhi Lal  
Vanessa Hersberger

Ensemble Acting - "Twelfth Night" - Division I District, Division I State, All-State Nonperformer

Mae Colburn  
Hannah Buck

Group Improvisation - Division I District, Division I State  
Anson Poe  
Brian Bremner  
Caitlin Tracey  
Mattie Lynch-Dungy

Ensemble Acting - "The Gingerbread Lady" - Division I District, Division I State  
Allison Fryman  
Surbhi Lal

[jolene.tagtow@uni.edu](mailto:jolene.tagtow@uni.edu)



## Music In Our Schools Month

March is designated "National Music In Our Schools Month" by MENC: The National Association for Music Education, the world's largest arts education organization, is the only association that addresses all aspects of music education. Nearly 120,000 members represent all levels of teaching from preschool to graduate school. Since 1907, MENC has worked to ensure that every student has access to a well-balanced, comprehensive, and high-quality program of music instruction taught by qualified teachers. MENC's activities and resources have been largely responsible for the establishment of music education as a profession, for the promotion and guidance of music study as an integral part of the school curriculum, and for the development of the National Standards for Arts Education. Music In Our Schools Month (MIOSM®) began as a single statewide celebration in 1973, and has grown over the decades to encompass a day, then a week, and then in 1985 to become a month long celebration of music in our schools. March has been officially designated by MENC: The National Association for Music Education for the observance of MIOSM, the time of year when music education becomes the focus of schools across the nation. The celebration continues to grow each year, reaching more and more students, teachers, musicians, and music supporters. Schools and communities throughout the country and overseas celebrate MIOSM with concerts and other activities based on the year's theme. Classrooms, concert halls, civic buildings, clubs, parks, libraries, and shopping malls are just some of the arenas in which the public can observe the processes and results of music education.



At PLS/NU we will include information about MIOSM on bulletin boards, in the announcements, and in our websites. Here are a few interesting and important facts about the benefits of music for our students:

- Music is designated a (core academic subject (in the 'No Child Left Behind Act.'

No Child Left Behind Act of 2002, Title IX, Part A, Sec. 9101 (11 )

- The College Board identifies the arts as one of the six basic academic subjects students need in order to succeed in college.

Academic Preparation for College: What Students Need to Know and Be Able to Do, 1983 [still in use], The College Board, New York

- "The arts make better math and science students, enhance spatial intelligence in newborns, and...are a compelling solution to teen violence."

Michael Greene, Recording Academy President and CEO at the 42nd Annual Grammy Awards, February 2000

- In 2001, students participating in music scored higher on the SATs than students with no arts participation.

Scores for students in music performance classes were 57 points higher (Verbal) and 41 points higher (Math).

Scores for students in music appreciation classes were 63 points higher (Verbal) and 44 points higher (Math).

College-Bound Seniors National Report: Profile of SAT Program Test Takers. Princeton, NJ: The College Entrance Examination Board, 2001

- "The musician is constantly adjusting decisions on tempo, tone, style, rhythm, phrasing, and feeling--training the brain to become incredibly good at organizing and conducting numerous activities at once. "

Ratey John J., MD. A User's Guide to the Brain. New York: Pantheon Books, 2001

For more music facts, go to the following

website:<http://www.menc.org/information/advocate/facts.html>

[linda.sharp@uni.edu](mailto:linda.sharp@uni.edu)

## HS Pops Concert Entertains Special Guests

The HS Band, Orchestra, and Choir presented their annual Pops Concert on February 17 for an enthusiastic crowd. Highlights of the evening included an appearance by Mel Gibson during the orchestra's performance of "Braveheart", Disney tunes from the band, and the Beach Boys singing "Barbara Ann". However, special guests, the Red Hatters from Mallard Point, were especially thrilled to see the Women's Chorus appear in red hats and purple scarves to sing "Fair Warning" in their honor – a setting of the poem by Jenny Joseph that began the movement sweeping the nation for women who have reached their "qualifying" birthday. The Red Hatters, and the rest of the audience, thoroughly enjoyed all of the music performed throughout the evening, and were special guests at the reception following the concert.







### March Music Activities

March 5: MS Jazz Band competes in NEIBA Jazz Contest at Hudson HS

March 29: MS Concert - 6:30 p.m. 6th Band, Choir, & Orchestra; 7:30 p.m. 7-8th Band, Choir, & Orchestra

HS Band, Orchestra, and Vocal Students prepare for State Solo and Orchestra competition Saturday, April 2.

UNI Music Education students will be working with our high school students preparing for contest during the month of March.

[linda.sharp@uni.edu](mailto:linda.sharp@uni.edu)

### Elementary Student Performance: Bones







The MPLS elementary students performed their annual winter concert last month entitled BONES. The Pre-K, K and Unit II students all sang songs about the body. The 3rd, 4th and 5th graders performed a musical -- and they were all fabulous!

Congratulations to all of the elementary students for a grand performance!

[michelle.swanson@uni.edu](mailto:michelle.swanson@uni.edu)

## Jump Rope for Heart

Our school is participating in a very special community service program to raise funds for the American Heart Association on March 11, 2005. All students K-8th will be participating in this event! We're joining in the fight against our nation's No. 1 and No. 3 killers — cardiovascular diseases and stroke. Jump Rope for Heart is a nationwide event that helps students learn about the benefits of regular physical activity and heart health while raising funds to fight heart disease and stroke. The money our school raises will fund potentially lifesaving research and will support programs that help people in our community. A portion of the money raised will allow your school to purchase some more PE equipment!

Most people don't realize that the roots for cardiovascular disease in adults often begin in childhood from age 10 and even younger. That's why it's important to make changes now to help your children and other family members. Eat healthy foods, stay physically active and live tobacco-free.

Jump Rope For Heart is a fun and effective way to teach heart-healthy living. It emphasizes the importance of physical activity as our children do something they enjoy such as playing sports, jump roping, running and just plain moving! Research shows that jumping can help build bone density in people! The PE teachers have been working with the students in PE classes to educate them on the basics of jumping rope and the benefits of regular exercise!

Our children will receive a number of different prizes based on the amount of money raised. Our goal is to have every child raise at least \$5.00 or more for our event on March 11, 2005! We have many local merchants willing to provide us with prizes for our students. Here at Price Lab School, we would like to extend our appreciation for your efforts by offering even more prizes. For example, we have various food items such as pizzas, meals and ice cream. We have apparel, a bike helmet and a radio. For the students who raise the most money, we have prizes such as a Bike and an Ipod Shuffle (hand-held/head phone device that stores music to download) for a gift! We are looking for more prizes before our big event. Let us know if you know of anyone who would like to support our fund raising efforts by donating other prizes.

The middle school students will do their event during second hour on March 11th. The K-2nd grade students will do their event from 1:00-1:35 and the 3rd-5th grade students will do their event from 2:00-2:35 on March 11th. A special thank you to the parents for allowing their students to participate in this event and to Michelle Swanson for getting the nice donations from our local businesses!

Sincerely,

Lori Smith  
Elementary PE Instructor

[Lori.Smith@uni.edu](mailto:Lori.Smith@uni.edu)



## National French Contest 2005

On March 2, 2005 over 50 students at NUHS in French I, II, III, and IV will take part in the annual National French Contest written competition. These students are among over 97,000 students in the country who compete in the academic competition each year. The National French Contest was created to stimulate interest in the teaching and learning of French and to identify and reward achievement in world language study. Students placing in the state of Iowa and at the national level are eligible for prizes and to continue on to the oral competition later in the spring. This has been a long-standing tradition of excellence at NUHS and we wish the French students the best of luck!

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## Northern University High School French Students to Quebec

Fourteen members of the NUHS French IV class will have the opportunity to travel to Montreal and Quebec City, Canada from April 7 through April 10 for a French-language immersion weekend. The senior French students making the trip are Hannah Buck, Zach Campbell, Mae Colburn, Allison Fryman, Ellen Hills, Chris Mahan, Tim McKenna, Arthur Padget, Anson Poe, Leigha Shanley, Amber Smith, Caitlin Tracey, Brittany Waack, and Catie Wiesley. The group will be chaperoned by NUHS French teacher, Elizabeth Zwanziger.

The students will stay in Montreal for three nights, visiting such sites as Notre Dame of Montreal Cathedral, the Old City of Montreal, the Olympic Stadium, the Latin Quarter, and Chinatown. In Quebec City, the group will experience a day in North America's oldest city with its winding cobblestone streets, art galleries, cafés, and shops as well as visiting the Chateau Frontenac and Notre Dame of Quebec. Bon voyage, seniors! For more information contact [elizabeth.zwanziger@uni.edu](mailto:elizabeth.zwanziger@uni.edu)

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## Middle School Artwork on Display

A variety of elementary and middle school artwork will be on display at AEA 267 in Cedar Falls throughout the month of March. If you are at AEA 267 for any reason, be sure to stop and admire the fabulous artwork created by our very own Price Laboratory artists!

[susan.santee-buenger@uni.edu](mailto:susan.santee-buenger@uni.edu)

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## CiviConnections Project Grant Awarded to Lee Weber and Amy Lockhart

Congratulations to PLS instructors Lee Weber and Amy Lockhart. They have both received 2005 grants from the National Council for the Social Studies in the CiviConnections Project. This national program will train over 100 instructors from across the nation to incorporate national and local history research into community service projects.

During the past school year Ms. Lockhart's 6th grade students helped create a local hunger project and worked with the Cedar Valley Food Bank. Mr. Michael Hamilton co-directed this project and his 10th grade students worked in the hunger project alongside the 6th graders. Mr. Weber's seniors promoted responsible use of alcohol with a public information display seen at Parent-Teacher Conferences, UNI's Maucker Union and both shopping malls in the area.

These projects were part of the first year of CiviConnections grants, in which teams of three teachers competed for grant monies. After completion of these projects, Ms. Lockhart and Mr. Weber applied to be "Teacher Leaders" to help train a second cadre of teachers for new projects in 2005-06. Both were informed recently that they had been selected as two of 12 winners from over 50 applicants. Ms. Lockhart will travel to Atlantic City, N.J., this month to attend a regional social studies conference for her presentation, while Mr. Weber will make a presentation at next November's national conference of the NCSS in Kansas City, Mo.

Again...Congratulations to Ms. Lockhart and Mr. Weber.

For more information contact [amy.lockhart@uni.edu](mailto:amy.lockhart@uni.edu) or [lee.weber@uni.edu](mailto:lee.weber@uni.edu)

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## Eye Dissection Engages Students in 8th Grade Science

Last week students in NU's 8th science class performed eye dissections on cow and pig eyes. This is one of the signature events in the Light and Sight Unit. In addition to carrying out many experiments related to light, color, reflection and refraction, students studied the structures and functions of the eye. The eye dissection gave students a look at the real thing. While some students were initially grossed out, everyone warmed up to the experience. Several students even requested to dissect extra eyes so they could do a comparison between the cow and pig eyes.



*Kendall and Will getting a close look at their pig eye.*



*Thomas removing fatty tissue from the cow eye.*

[jody.stone@uni.edu](mailto:jody.stone@uni.edu)

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## Invitation to take part in the PLS Radon Study:

Did you know that Iowa has the highest radon levels in the United States? Did you know that radon is a radioactive gas which is difficult to detect because it can't be seen, smelled, or tasted? Did you know that prolonged exposure to radon can cause lung cancer and, in fact, radon is believed to be the leading cause of lung cancer among nonsmokers? Wouldn't you like to find out if your home has high radon levels? You are invited to take part in a radon study, sponsored by Toyota. Students in the PLS Chemistry classes will be collecting data on radon levels in area homes. The grant will cover the cost testing and analysis of many area homes. We would like to invite all PLS parents, teachers and friends to take part in this study at no cost. Here is all you have to do:

1. Pick up a free radon kit in the PLS science department (or have your son or daughter pick it up for you). Place your name and email on the sign up sheet when you get your kit. Also take a Radon Testing Request form to complete.
3. The kit will need to be opened, set in the lowest level of your home, and left there for 4 days. After that, the kit is sealed and immediately mailed into the AirCheck lab. Timing is important, as the kits need to be sent in for analysis within 1 week of the exposure dates.
4. You will be emailed or sent the results, as well as a student-generated summary report of all data collected through this process. Your name & the names of the other test site individuals will remain confidential and will not be used in the summary report.

In addition to any PLS families who wish to have their homes tested, feel free to pick up a test kit for friends and relatives as well. Don't hesitate to contact me if you have any questions.

[jody.stone@uni.edu](mailto:jody.stone@uni.edu)

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## 8th Grade Small Business Projects



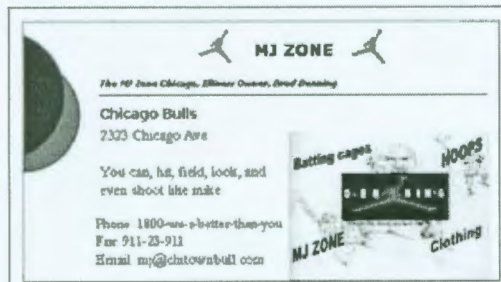
**Business Technology Students  
Create Their Own Small**





## Businesses

The 8th grade students in the business technology class are currently learning about small businesses. They began by researching an idea for a small business on the web and then determined an effective company name. To promote their business each student created a logo design and a slogan along with corresponding business cards (shown below) and a store sign. To conduct their businesses, the students were each issued a checkbook with a balance of \$5,000.00 that they could use to buy merchandise from each other, and a store ledger to keep track of their own business sales. This unit has provided opportunities to utilize several different software programs (PowerPoint, Publisher, and Excel) to learn about small business marketing and accounting techniques.



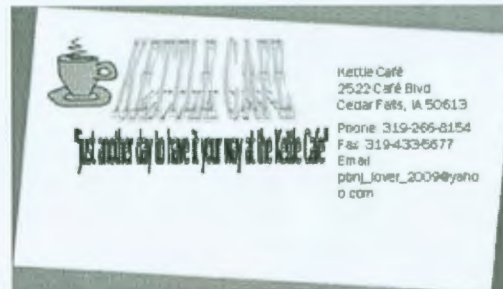
Brad Denning



Jessica Smith



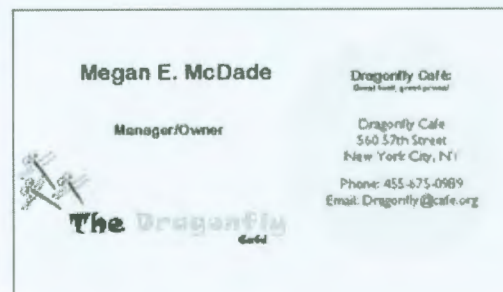
Jordan Walker



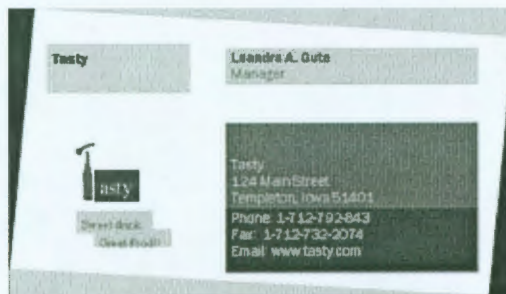
Katie Kelly



Marissa Baskerville



Megan Hardy



Leandra Gute



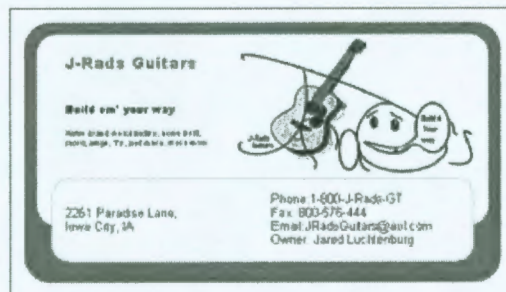
Vijay Iyengar



William Maletta



Jordan Lankford



Jared Luchtenburg



Libby Schultz

[Lynn.Dykstra@uni.edu](mailto:Lynn.Dykstra@uni.edu)

## March Links



## ***Crafts and Activities***

**Kids Stuff** – March <http://www.dltk-kids.com/crafts/patrick/>

This is a very comprehensive list of all possible Saint Patrick's day-related themes, with links to guides for many related activities. It does have some banner ads in the interface, but the quality of the information more than makes up for that.

**Eduplace** – Monthly Themes: March <http://www.eduplace.com/monthlytheme/march/>

This page has links to activities and Internet resources for five March-related themes. It has a very clean layout with no advertisements, and even includes links for help with opening PDF files.

## ***Recipes***

**Radio Weblog** – March Recipes <http://www.dltk-kids.com/crafts/patrick/recipes.htm>

This page has a very clean, straightforward layout with simple directions for somewhat fancy recipes for the season.

**UNI-Dome Home** – Event Calendar <http://www.vpaf.uni.edu/unidome/home/calendar.asp>

The UNI-Dome's online Event Calendar is fairly comprehensive and searchable. They include listings for NU High Football home games and other events that are held there.

**Gallagher-Bluedorn Performing Arts Center** <http://www.uni.edu/gbpac>

The GBPAC's home page offers a listing of upcoming events, and also a link to a calendar for the entire 2004-2005 season. Also worthwhile are the links to events specifically for kids, such as the Kaleidoscope series.

**PLS Master Calendar** [http://spurr.pls.uni.edu/cgi-bin/calendar\\_pls/plans.cgi](http://spurr.pls.uni.edu/cgi-bin/calendar_pls/plans.cgi)

Last, but not least, we have the ever-useful master calendar. All the events for the student body are listed here, and you can look at events in future months in an easy-to-read calendar format. A summary from this calendar for the next five days or so will usually be on the main PLS home page, <http://www.pls.uni.edu>.

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*To submit an article for the online newsletter, please email the information and link to [lynn.dykstra@uni.edu](mailto:lynn.dykstra@uni.edu)*

### ***PLS/NU High Online Newsletter Staff***

*Lynn Dykstra, Editor*

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*Kristen Brown*

*Todd Calfee*

### ***Webmaster***

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