2010

2010 It's Our Time

Northern University High School
Malcolm Price Laboratory School is an integral part of the university's teacher education program and serves three basic functions: it provides a direct experience laboratory for all undergraduate and graduate teacher education students; it operates as a center for research, experimentation, and curriculum development; and it provides leadership to the elementary and secondary schools of Iowa and the nation through publication, consultation, and a variety of in-service programs and activities. A comprehensive instructional program is offered for students in pre-kindergarten through twelfth grade, including programs for special education and talented and gifted students.

Price Laboratory School
University of Northern Iowa
1901 Campus Street, Cedar Falls, Iowa 50613
Tel: 319-273-7658 FAX: 319-273-6457
http://www.pls.unl.edu

Ms. Bridgette Wagoner, Director
319-273-7173
Mr. Jim Stichter, High School Principal
319-273-2232
Dr. JD Cryer, Elementary & Middle School Principal
319-273-2294
Boys Basketball Team Competes at State for 3rd year in a row

Members of the NU High School student section "The Dog Pound" cheering on the boys basketball team at the 2010 boys state basketball competition. Junior Andrew Leonard and James Kapanka, center, served as student leaders for the student section at this year's athletic events.

PLS Programs Receive Recognition

PLS Receives Vision in Action ASCD Whole Child Award

This year Price Laboratory School was selected as the winner of the "Vision in Action: The ASCD Whole Child Award" by the Association of Supervision and Curriculum Development (ASCD). This award recognized Price Lab School as the national model school for educating students in each area of the whole child: Healthy, Safe, Engaged, Supported, and Challenged.

In regard to Price Lab School, ASCD stated, "You know it almost the moment you walk through the door. It's obvious in the way adults and students interact, in the quality of teaching throughout the building, in the seamless flow of leadership from administration to parents to staff to community members. An energy and excitement is present in the hard work, long hours, and challenging conversations. This is the kind of place where they do more than just walk the talk; they breathe it. This is the kind of school you want your own child to attend."

To celebrate this achievement a ceremony was held at Price Laboratory School on Friday, May 14, 2010, from 1:30-2:30 pm in the Nielsen Fieldhouse. During that time our Price Laboratory School community heard from students, parents, and teachers about what this honor signified to each group.

Jim Stichter, Secondary Principal
Recognizing Health and Wellness

Malcolm Price Laboratory School students were treated to a presentation by the National Guard on their last day of school May 28, 2010. A helicopter landing culminated a yearlong health and wellness initiative.
Senior Tally

Voted the Most Likely by the Class of 2010...

Most Flirtatious

Musical Talents
Karen Engels
Dominique Engels

Most Artistic
Haley Burbridge
Spencer Jensen

Record an Album
Jalen Barnes
Rameses Smith
Karen Engels

Become a Model
Cara Harrington
Emmett Fritz

Surprise Everyone at Class Reunion

Become an NU Teacher
Luke Schroeder
Neegan Schneider

Work For Donald Trump
Richard Zaman
Bryan Moran

Be in the Guinness Book of World Records
Spencer Jensen

Best Dance Moves
Karen Engels
Tennae Williams

Live in Cedar Falls
Andy Holstun
Haley Burbridge

Nicole Curran
Jamil Forehand

Kyre Smith-Stevenson

It's Our Time
Become a Millionaire
Richwana Zaman

Have their Kids
Attend NU
Jalen Bergman

Best Couple
Rhyanne Abernathy-Manning

Succeed in their Career
Joshua Eisen

Be a Hot Mom and Dad
Taylor Bond

Achievements in Academics
Emmett Fritz

Rhyanne Abernathy-Manning

Become a Motivational Speaker
Kyra Smith-Stevenson

Make People Smile
Julie Baczek

Become a Pro Athlete
Jawenza Holmes

Marry each Other
Nicole Curray

Rhyanne Abernathy-Manning

Be on a Reality T.V. Show
Karen Engels

Become a Movie Star
Jimmy McKeen

Tanner Cooke

Karen Engels

Keith Henson
Rhyanne Abernathy-Manning
Future Plans:
Attend Iowa and major in social work with a minor in psychology.

Favorite Memory:
Math class with Mr. Kettner and Devon and Kendall.

Jalen Barnes
Future Plans:
Attend Iowa Western to play football.

Favorite Memory:
Beating Mason City-Newman for homecoming senior year.

Jalen Bergman
Future Plans:
Attend Wartburg and major in Engineering.

Favorite Memory:
Winning State Golf in 2008 and being Homecoming King.

Taylor Bond
Future Plans:
Attend Hawkeye Community College.

Favorite Memory:
Volunteer work in New Hartford.

Out of all the stars in the sky we shine the brightest
Seniors 2010

Haley Burbridge
Future Plans:
Attend Hawkeye Community College.

Favorite Memory:
Junior year going to Chile, and hosting Catalina for a month senior year.

Tanner Cooke
Future Plans:
Attend UNI, and possibly play basketball.

Favorite Memory:
Winning the state basketball championship in Des Moines in 2008.

Nicole Curran
Future Plans:
Attend Central College and go into the nursing program.

Favorite Memory:
Being at NU High junior and senior years.

Eddie Diemer
Future Plans:
Attend Wartburg College and play basketball.

Favorite Memory:
Going to State three years straight in basketball.

Joshua Eisen
Future Plans:
Attend Dickinson College and pursue International Business, German and Mathematics.

Favorite Memory:
Orchestra party at Mrs. Grey's house and doing sound for "Play On!" behind stage.
Karen Engels  
Future Plans: 
Attend Iowa State University.

Favorite Memory: 
Too many memories to count, but Mr. Kettner's class was amazing.

Dominique Fagan  
Future Plans: 
Attend Wartburg or Iowa Western and continue to play football. I plan to major in Audio Engineering or Sports Management.

Favorite Memory: 
Going undefeated in the regular season in football and setting the record for number of wins.

Jamil Forehand  
Future Plans: 
Attend Hawkeye Community College to study photography.

Favorite Memory: 
Playing basketball sophomore year.

Emmett Fritz  
Future Plans: 
Attend UNI.

Favorite Memory: 

Out of all the stars in the sky we shine the brightest
J. Keith Hanson
Future Plans: Attend Coe College.
Favorite Memory: Trip to Chile, senior lounge, soccer, theater, and ESPN 8 "The Ocho."

Cara Harrington
Future Plans: Attend the University of Iowa.
Favorite Memory: State Basketball and the trip to Chile.

Johnny Hines
Future Plans: Play football at Iowa Western Community College then onto a university to study film or law.
Favorite Memory: The Newman homecoming game... our bad!!

Jawanza Holmes
Future Plans: Attend Iowa Western or Wartburg to play football.
Favorite Memory: The homecoming game when we came back and beat Mason City-Newman.

Andrew Holstan
Future Plans: Attend Hawkeye Community College and major in Information Technology.
Favorite Memory: Days at the WRC.
Spencer Jensen
Future Plans:
Attend Hawkeye Community College then transfer to UNI.

Favorite Memory:
When I went on the Chile trip my junior year and traveling in Chile, work study with Wilson and Case, and hanging out in the senior lounge.

Bradley (A.J.) Jones
Future Plans:
Attend Iowa State University.

Favorite Memory:
State basketball and state track.

James Kapanka
Future Plans:
Attend Northwestern College to play soccer and major in Sports Management of teaching.

Favorite Memory:
Trip to Chile and math with Maltas.

Jesse Lankford
Future Plans:
Attend the University of Wisconsin-Stout to play soccer and study Biology focusing on Pre-med/cardiology. After college, I plan on moving to the West Coast to be closer to family and the ocean.

Favorite Memory:
7th Grade trip to Boone, and messing with Mrs. Couch in Physics.

Out of all the stars in the sky we shine the brightest
James A. McClain
Future Plans:
Attend Kirkwood Community College.

Favorite Memory:
Beating Newman.

Brian J. Moran
Future Plans:
Attend Iowa State University.

Favorite Memory:
Beating Newman in the homecoming game.

William Rector
Future Plans:
Attend a four-year college or university.

Favorite Memory:
Pranks on Ms. Couch, math with Mr. Maltas, golf junior year, going undefeated football senior year, watching Eddie’s dunk against Riceville during the district finals senior year.

Meagan Schneider
Future Plans:
Attend the University of Iowa and major in Athletic Training.

Favorite Memory:
State Basketball, State Track and math class with Kettner.

Jude Schroeder
Future Plans:
Attend UNI.

Favorite Memory:
Watching three years of state basketball, being a part of the Dogpound, and doing swimming, cross country and soccer.
Rameses Smith
Future Plans:
Attend Kirkwood Community College for two years, then Iowa State and major in criminology.

Favorite Memory:
Junior year Business in Action class with Mrs. Neuroth.

Kypa Smith-Stevenson
Future Plans:
Attend Iowa State University to major in Bio-chemistry and minor in English.

Favorite Memory:
Watching state basketball, Intro to College Lit., and Physics.

Ta'Mone Williams
Future Plans:
Attend Wartburg College to study graphic design.

Favorite Memory:
Playing football all four years of high school.

Ridwana Zaman
Future Plans:
Attend the University of Iowa and major in Pre-medicine/biology.

Favorite Memory:
University of Iowa trip freshman year.

It's Our Time
Congratulations! You made it. It is amazing you survived, given your challenges. The first thing your Grandpa Salkoff said was, "Look at these hands. Look at those feet." One of your first words was "ball" and you began dribbling incessantly...It drove me nuts! At least it was better than your previous hobby of eating dirt.

As the mother of 4, I didn't realize that you would "break the mold." You have always been your own person, independent and caring. Maintain those traits and you will be successful in whatever you choose to do.

Love, Mommy.

Will Rector

Dear Will:

It's been hard to keep up with your "pedal to the metal" speed, but it's been a joyful ride watching your life change and take direction. Whether you become a paleontologist, professor of history, actor, or NFL historian extraordinare, we can count on seeing the same intensity and determination that has helped you succeed in high school continue with you in college and the rest of your future endeavors. We will miss your one of a kind sense of humor, but are looking forward to regaining access to the TV on Monday nights. We are so proud of you. Congratulations!

Love, Your Family

Ta'Mone Williams

Congratulations! Continue to do your thing. The best is yet to come...Wartburg. We are proud of you. Love, Your Family.

We are so proud of you from that happy little boy playing outside of your Grandparent's house to the fine, handsome young man you have become. We know that this road has not been easy for you and you have encountered a lot of bumps along the way. We know that you are a person with very little words but did not complain about the difficulties you had to encounter each day. You took your journey in stride and kept on going, not knowing if you would overcome them. We know that when God created you, he gave you a kind heart and a good spirit and that through God's grace, and your dedication and determination, he has brought you through this journey. We know that great things await you as you continue on your next journey and that you will accomplish all the things you set out to do. We L.O.V.E you and are so P.R.O.U.D of you.

Love, Mom, Dad, Ahmiko, Ashuan, John III and Grandma Ida Mae

Nicole Curran

You did it! We are so proud of you. Congratulations on your high school graduation.

Love, Mom, Dad & Doug

Dear Nikki,

"I hope your dreams take you...to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known."

With Love, Mom

Out of all the stars in the sky we shine the brightest

Class of 2010
After enduring the first three years of high school, the seniors took advantage of their last year and explored many new areas of academics that they hadn't yet experienced.

When asked what their favorite senior class was and why, here's what some 2010 seniors had to say:

"Math class with Mr. Maltas- arguing with him about infinity!" - James Kapanka

"MSI with Mr. Henriksen- hearing his remarks about Trai and Christian's ridiculous comments, and watching YouTube videos." - Eddie Diemer

"Shop class with Mr. Wilson, 'cause he's my dog." - Jesse Lankford

"Math with Mr. Maltas- arguing with him about the concepts of 0 and infinity, as well as jokes about how he works for the C.I.A." - Jalen Bergman

"Physics with Mrs. Couch- constantly joking with her, and being called Princess." - Haley Burbridge

I really enjoyed the time spent at NU, especially the football experience which was something completely new for me.

- Francesco Gentilini
craft media

language arts

senior lounge

physics
This year was terrific. I couldn't have had a better year.
~Dominique Fagan

My favorite part of senior year was football season.
~Jimmy McClain

This year was tight -- fun trip to Rockford! (Go Regents)
~Ta'Mone Williams
"We've been together since the beginning, and we're going to finish it out even stronger in the end." - Rhyanne Abernathy-Manning
Dominique Fagan, James Kapanka, and Jalen Barnes get together for a photo-op in the senior hallway.

Meagan Schneider hanging out in the doorway of the senior lounge.

Of course Ridwana could be found either studying or reading a good book in the lounge.
PLS Elementary
NU Middle School

PLS "Give Me Five" Guidelines for Success
Respect, Learning, Responsibility, Attitude, & Honesty
This yearbook page has been removed because it contains individual photos with corresponding names of former Malcolm Price Laboratory School students who, as of this date, may still be legal minors under the age of 18.

This page will be added in the future at an appropriate date.
First Grade
Mrs. Stichter’s and
Mrs. Tallakson’s Class

Sophie Andrews
Samara Barnes
Ema Burch
Sofie Peterson
Josie Rose
Matthew Swanson
Connor Woods

"I like school because of reading and having fun and being active."
- Sophie Andrews

Second Grade
Mrs. Stichter’s and
Mrs. Tallakson’s Class

Sydney Burt
David Butler
Madis Dye
Julia Grey
Alexis Klug
Sabine Fabos
Martin
Jada Oltrogge
Treyvon Price
Samuel Thompson-Yezek

Second Grade
Ms. Decker’s Class

Abigail Balong
N Bohnenkamp
J Brohammer
JaShon Combs
Emma Cryer
Leah Dierks
Josephine
Enemuoh
Alyssa Joyce
Sophia Schilling
Milo Simpson
Emma Stanley
Jack Stichter
Abby Wagoner
Jack Wagoner
Zoe Wilkening

"School is fun because you can be with your friends" - Abby Wagoner
A friend is someone who understands your past, believes in your future, and accepts you just the way you are. — Unknown.
About our Middle School

"Northern University Middle School, in order to best serve the educational needs of middle level students, will give equal attention to social development and academic endeavors. NUMS educators will work to meet the individual needs of the whole child and impart skills necessary to achieve success in high school and beyond as life-long learners and contributing citizens. Our school will offer relevant, rigorous and innovative programs that capture the interests of students and encourage them to achieve their full potential. We believe to attain this potential there must be committed engagement from community, administration, faculty, family and student."

Dr. J.D. Cryer, Elementary/Middle School Principal

Sixth Grade

Geneva Dayton
Tri' Von Fagan
Michaela Fischbacher
Hanna Flack
Nicholas Gasser
Samantha Glasgow
Andrew Hager
Madison Harris

Richard Horton Jr.
Chase Klose
Alex Kreiger
Olivia Martin
Jack Mauer
SeAira Mingo
Caleb O'Connor
Carson Quigley

Justin Stanley
Elizabeth Swanson
Jack Thode
Mason VanArsdale
Makayla Vaughn
Cole Wetzel
Not Pictured: Brody Regelien


Accomplishments
- Attended State Middle School Senate conference
- Hosted a MS Halloween Dance and Valentine's Dance
- Planned and hosted the annual Elementary Core and Shore Carnival
- Sought approval for middle school students to bring and eat a healthy snack to their morning class
- Participated in the 2010 Project Citizen Showcase: Middle School Senate student-leaders
- Went to Des Moines and gave a presentation entitled, "A Cleaner Cedar Falls" as a way to address a public policy through active citizenship.

Senate Members:

Accomplishments
- Attended State Middle School Senate conference - Hosted a MS Halloween Dance and Valentine's Dance - Planned and hosted the annual Elementary Core and Shore Carnival - Sought approval for middle school students to bring and eat a healthy snack to their morning class - Participated in the 2010 Project Citizen Showcase: Middle School Senate student-leaders - Went to Des Moines and gave a presentation entitled, "A Cleaner Cedar Falls" as a way to address a public policy through active citizenship.
"I enjoyed middle school because it was lots of fun and I got to hangout with my friends!"

-Srinu Dhanwada, 8th grade
Kieran Cowden
Brittney Culmore
Douglas Curran
Corbin Dayton
Kyle Denning
Jyothi Dhanwada

Sarah Dietz
Cassie Euchner
Christian Ford
Morgan Granger
Joni Griffith
Rachel Hanson

Jacob Hundley
Leah Joslyn
Dzeneta Jusufovic
Niki Kapanka
Alyssa Kilbourn
Tad Klenske

Andrew Leonard
Peighton MacLeod
Mary Muletta
Nik McCallum
Kendall McDonald
Taryn Moyer

Terry Nielsen
Heather Oelmann
Alex Pircher
Alex Prinsen
Sarah Prophet
Alex Quinones

Devon Shaver
Andrew Stone
Ana Tallakson
Jordan Thomas
Wendell Tsai
Joe Weber

Raquel Williams
Stephan Yoshizawa

Not Pictured:
Elisa Ordaz
Junior Class of 2011

"Kyle Denning flexing a little muscle for the camera."
"Junior year was a blast!! I would not change it for anything." - Alex Quinones

"Junior Class of 2011: We keep it real." - Joe Weber

Local Beat
Junior Year was a great experience in my life; it was hard but also very rewarding! I loved participating in all the activities and watching the football team this year! I don't think senior year can top this!
Sophomore Class of 2012


Thoughts From The Sophomores

Allison Moyer
"I think the year was pretty good, yet it was still challenging. I had a lot of fun participating in sports and I am excited for junior year."

Brianna Gute
"This year has been a lot of fun! Volleyball and basketball were a lot of fun. Classes were harder than last year, but it was a great year overall."

Eric Hines
"The year was pretty good. I had a lot of fun hanging out with my friends and going to my brother's football games. It was also fun having my aunt as a teacher."

Tommy Amlie
"The year was pretty challenging overall. Football was a lot of fun and math and chemistry were hard, but in the end I got through it and had a pretty good sophomore year."
Jordan and Caroline cheering on our 11-0 Panthers!
"It was an exciting, long year. I got to know my classmates more than ever." ~ Darrell Coleman

PANTHERS RULE!

"This year has been pretty excellent so far. I'm psyched!" ~ Tessa Michaelsen
The girls stop in the hall for a group photo before their next class.

Brianna Gute working hard in Spanish class.
They run scared from us... FRESHMEN

Laura Gentilini
Emily Hall
Dominique Harrington

Ha Lanier Holmes
Tristan Holt
Linne Hoofnagle

Dorian Hundley
Kasey Jackson
Michael Jeni
Felicia Jordan

Jakilyn Kapanka
Kiley Lukensmeyer-Baker
Jamal Mermella

Kory Miller
Damien Mohorne
Maranda Moyer
Evan Rector

Andrew Robbins
Drew Shepard
Anna Smith

Shirley Speckerman
Joshua Thompson
Ashley Tiller
Mitchell VanArsdale

Shirann Vaughn
Rachael Weber
Ken Yoshizawa

Atif Zaman

Not Pictured:
Blake Widmann
Class of

Twenty Thirteen
"It's fun coming to school, basically having a party except there is homework."

Felicia Jordan

"I like NU a lot better than any of the other schools I have attended. The people here are great."

Blake Widmann

"This year was the best! I really loved taking French with Mme. Zed. and having a bunch of new kids join our class."

Anna Smith
The Freshmen... Learning, loving, and having fun.
PLS/NU Faculty 2009-10

Megan Balong
Allison Barnes
Kimberly Bigler
Sara Blanco
Shelly Bromwich
Kevin Brown

Bill Callahan
Doug Case
Jennifer Christianson
Rachel Cole
Kathryn Conry
Lyn Countryman
Karen Conant
J.D. Cryer
Frank Durrah

Nadene Davidson
Joan Day
Katie Decker
Lynn Dykstra
Paul Elser
Judy Evans
Joe Frenta
Peter Grau

Mary Grey
Mary Guenther
Becky Hafshamer
Josh Henrikson
Laisha Henrikson
Diane Highnam
Sheri Hoffman
Ashley Jorgensen
Terry Ketler

Deny Ketner
Rick Knivsland
Amy Lockhart
Jim Malats
Shelley McPherson
Kim Miller
Curt Nielsen
Joe Smelins
Aaron Spurr

Jim Stichter
Mary Stichter
Jody Stone
Clare Strick
Annette Swann
Michelle Swanson
Denise Tallaksen
Rick Vanderwaal

Bridgette Wagoner
Lee Weber
Lori Weber
Josh Wilkinson
Nikki Wilkinson
Elizabeth Zwanziger

Not Pictured:
Jacque Blythe-Holmes,
Kelly Braum, Mary Doyle,
Robert Stanley, Laura Walter,
Michael Wilson

National Honor Society 2009

Adviser Mrs. Doyle congratulating Sarah Dietz on becoming a member of the NHS.

Senior Josh Eisen providing words of inspiration to incoming members of the National Honor Society.

Guest speaker Gretta Berghammer, Professor UNI Theatre Department.
Trips Around the Globe!

Hola Chile!

Chile Students: Molly Andersen, Britney Culmore, Peighton MacLeod, Teacher/ Organizer: Mary Doyle and JoAnne Novinger, teacher.

Students at a Chilean Birthday Party.

Group with Chilean trip organizer (Pochy) and Molly’s host brother Carlos.

Group in Peru at an anthropological site, Pucallpa.

Peighton, Molly and Britney in Peru at local cafe.

Group with English teacher and Pochy at a junior college.

Peighton - "In a matter of two weeks everything I thought about anything changed. I now understand how important it is to learn about other cultures! I no longer just imagine myself living and working in the United States but, perhaps in another country with a completely different culture (and language)! Now that I have traveled outside the U.S., it's going to be difficult for me to stay here!"

Britney - "My trip to Chile was so much fun! I loved everything about it, the people, the food and the city (Arica). I definitely want to go back because it is such a fun place. The beach, empanadas, and perfect weather all year long...what could be better."

Molly - "Chile was the experience of a lifetime. I'm so glad I got the opportunity to go. I love all the friends I made and I can't wait to go back!"
Bonjour France!

Teacher/Sponsor: Dr. Elizabeth Zwanziger

Alyssa Kilbourn - "This has been an experience I probably will never have again. Experiencing this fast-paced yet relaxing area has been a much needed break, however intellectually challenging!"

Sarah Prophet - "Is this heaven? Are you an angel?" "No, this is Paris, and I'm a French person."

Tad Klenske - "I learned that all the people around the world are the same. The only difference is the language and the place."

Devon Shaver - "France is the wind beneath my wings. The days are filled with friends, laughter, and nutella. C'est la vie!"

"Thus began my spring break in France. My two weeks of stilettos, ascots, and boulangeries. An artistic mantra, Paris has shaped my body (thanks, croissants), mind, and soul. Too much of a good thing can make you sick, but not when pertaining to France."
The yearbook staff is responsible for the production of the school's annual yearbook publication, including planning, page design, photography, journalism, marketing and advertising.

"Yearbook has always been fun for me, and Mrs. Dykstra has always been a great teacher. Thank you."

~ Jamil Forehand

2009-2010 Yearbook Staff:
Cyber Defense Team

Cyber Defense Team Returns from State Competition Victorious for the Third Year

This year the NU High Cyber Defense Team had 15 students, comprising two teams, compete in the IT-Adventures Cyber Defense Competition, held in Ames.

For the third year in a row, a first place trophy was brought home by the NUHS Cyber Defense Team! NU's Team #16, having been in second place for a majority of the competition, pulled a last-minute upset to take first place in the IT-Adventures High School Cyber Defense Competition.

Both NU teams did exceptionally well, leading in the scoring for most of the day. But, in the last hour, NU's Team #5 suffered a critical system failure during a mock "fire drill" and was not able to recover. They competed valiantly throughout the competition.

Congratulations to the NU Cyber Defense Team members for another successful competition!


This is my third year on the team. I really enjoy learning about the inner workings of our computers. - Kyle

This is my first time on the team. I am nervous and excited, I have learned a lot. - Wendell

This is my third year on the team, and it still feels like what I know is just the tip of the iceberg. There is always something to learn. - Kieran
The NU High Speech Team

The wonderful Speech Team of 2010 included Jordan Bankston, Kyle Basom, Judy Bleile, Alec Calhoun, Kieran Cowden, Jyothi Dhanwada, Sarah Dietz, Cassie Euchner, Megan Grey, Joni Griffith, Rachel Hanson, Linne Hoofnagle, Alyssa Kilbourn, Tad Klenske, Christine McKenna, Tessa Michaelsen, Sarah Prophet, Caroline Sell, Jordan Thomas, Alex Thompson, and Raquel Williams.

"We had a lot of fun acting out weird situations and our vegetable improv was so much fun to do!" - Rachel Hanson

Congratulations to Judy Bleile and Jordan Thomas for qualifying for All-State Individual Speech!

A million thanks to the wonderful coaches Dave and Linda Schochter! With them, our tushes won't be neither big nor little, and we would know how to be "happy with what we got!" - Jordan Thomas

Improv (above)
Joni Griffith, Rachel Hanson, Sarah Prophet, Raquel Williams

“Big Tush, Little Tush” (left)
Kyle Basom, Judy Bleile, Alec Calhoun, Kieran Cowden, Jyothi Dhanwada, Sarah Dietz, Joni Griffith, Rachel Hanson, Alyssa Kilbourn, Tad Klenske, Jordan Thomas, Raquel Williams

Congratulations to the NU Speech Team for a great showing at contest. All of our participating students should be proud of their work and talents. I am proud of each and every one of them for the effort they gave and the progress they have all made as individuals.

~ Coach Joe Frenna
Grassroots Cafe Staff: James Kapanka, Dominique Fagan, Meagan Schneider, Nik McCallum, and Ta'Mone Williams

The GRASSROOTS CAFE would like to thank our student servers, kitchen helpers, dishwashers, volunteers, and artists for their hard work this year: Ally Bachman, Cassie Euchner, Dominique Fagan, Jamil Forehand, Joni Griffith, Ashleigh Jensen, Spencer Jensen, James Kapanka, Kari Lien, Nik McCallum, Lora Meyers, Charlie Nuhn, Marion Pulse, Samantha Rupe, Meagan Schneider, and Ta'Mone Williams.

Don't forget to eat your veggies!

Rob & Jacque

Nik McCallum serving lunch to the elementary students.
Arsenic & Old Lace

"And just a pinch of cyanide!"
There's something wonderful about theatre; it's the feeling that underneath the characters, the costumes, and the stage lights, there's something bigger and better than we are: a family. 'Arsenic and Old Lace' brought that family back for me. As we say goodbye to our seniors Keith Hanson and Will Rector, we're saying hello to our newest additions: Raquel Williams, Sarah Prophet, Madeleine Hoofnagle, Felicia Jordan, and director Joe Frenna. We're a family; we say goodbye, we say hello, we grow up; but we never forget what brought us together. Thanks, 'Arsenic and Old Lace' for doing that for me.

~ Jordan Thomas
Once Upon A Mattress: an energetic, witty, and charming musical tale - what’s not to love?! From the start of Once Upon A Mattress we vowed that in the spirit of musicals, we would start with a smile, and carry it through no matter how rough the waters got. In the spirit of theatrical productions, something will undoubtedly go wrong - but the cast always pulls everything together just in time! It’s just one of the many wonders of theatre, and we certainly had our share of wonders this musical! Mattress consisted of a stunning concoction of middle school students, high school students and faculty blended together to create the perfect cast in all talents and areas. We never forgot our hilarious debut faculty appearances. Mr. Spurr as the cockroach eating “Spurrect,” and Ms. Grau as the eerily splitting “Nightride” Samskarda.” Rehearsals flew by with songs, lines, jokes and doing a much better job of dancing offstage than on. All too soon, it was opening night, and in the end we weren’t smiling just because we felt it was our duty. You were smiling because every face out in the audience was smiling and applauding right back at us. - Joni Griffith

This play was a different experience. I had lots of fun getting pushed around.
- Safa

Everyone worked really hard to put together a great production! The end result was spectacular!
- Ally

It was a lot of work, but the costumes turned out great, the music was really catchy, and I think everyone had a blast.
- Caroline
First row (l-r): Jordan Thomas, Joni Griffith, Brianna Gute, Jordan Bankston, Devon Shaver, Christine McKenna, Shirann Vaughn, Jakilyn Kapanka, Megan Grey, Margaret Creedon, Sarah Prophet, Judy Bleile, Maddie Backstrom. Second row (l-r): Elizabeth Boody, Jaren Bergman, Emily Hall, Amber Fuller, Allison Moyer, Shirley Speckerman, Rachel Hanson, Taryn Moyer, Alex Piro, Karen Engels, Meagan Schneider, Morgan Granger. Third row: Keith Hanson, Halanier Holmes, Charlie Nuhn, Dipankar Chowdhury, Kyle Basom, Tad Klenske, Brandon Brown, Atif Zaman, James Kapanka, Director Peter Grau.

Chamber Choir
Jordan Bankston, Kyle Basom, Brandon Brown, Dipankar Chowdhury, Megan Grey, Joni Griffith, Rachel Hanson, Christine McKenna, Charlie Nuhn, Alex Piro, Jordan Thomas, Atif Zaman.

All-State
Joni Griffith and Rachel Hanson

NU Choir
"It's fun to be good. Now, do the work to get there!"

In choir we are working to develop vocal technique and good choral tone. As always, we are continuing to work on basic, necessary music theory, music history, and music reading skills.

This year Joni Griffith and Rachel Hanson were both accepted into the Iowa All-State Choir. They are both in Chamber Choir.

- Director Peter Grau
"Because of our small number, Orchestra is more than a group of students, it's a family! We have varied levels of experience but each person adds to creating great music. You can always expect to have fun in the Orchestra classroom!"

~ Jyothi Dhanwada

Orchestra Honors

* Raquel Williams, Megan Grey, Josh Eisen and Sarah Prophet were all-state participants. Jyothi Dhanwada was an alternate.

* Raquel Williams, Joni Griffith, Jyothi Dhanwada, Megan Grey, & Josh Eisen will be playing "Russian & Ludmilla" Overture by Glinka with the Waterloo Cedar Falls Symphony's "Side by Side" Concert

* Raquel Williams, Joni Griffith, Jyothi Dhanwada, Megan Grey, Dorian Hundley, Josh Eisen, & Anna Smith were chosen to play in the North East Iowa String Teacher's Association Honor Orchestra (NEISTA)

* Jyothi Dhanwada & Raquel Williams were chosen to participate in the Iowa String Teachers Association (ISTA) Honors Orchestra in May 2010

The NUHS Campus band had another great year filled with fun and great music! We pushed ourselves and reached our limits. I’m very proud of the hard work and product we created. Thanks for a great year! – Director Kevin Brown
"One band, one sound!"
~ Dominique Fagan

"We can play anything .. if we put our minds to it!"
~ Ta'Mone Williams
I think that trumpeter Miles Davis said it best: "Do not fear mistakes. There are none." Improvisation is the philosophy of jazz--and of life too, in a way. Everything we do, even just being who we are, is part of an unwritten plan, an improvisation, whether we realize it or not. So I think this year we finally understood how to stop fearing what is outside of what is known, and discovered all sorts of hip things.

"Jazz band was awesome! The only thing I didn't like about it was having to wake up early."

"The NUHS Jazz Panthers continued to serve as a premiere example of jazz in small schools! Another great season filled with exciting music and success. Congrats and thanks for all the great times!"
High School Sports
"This season was more about emotion and making dreams come true"

"It is difficult to try and sum up the 2009 NU HIGH football season with words. To me, this season was more about emotion and making dreams come true. Our journey started the first week in June when former player and recent NU HIGH graduate Devon Turner was laid to rest. The players and coaches from the 2005-2008 teams entered the funeral together, sat together and were one of the last people to see Devon before he was laid to rest. That event lead to our determination to make 2009 a memorable year.

We started out 1-0 with a win over Colo-Nesco for the first time since 1995, beat GMG and Tripoli to go 0 for the first time since 1992, beat Riceville and AGWSR to go 5-0 for the first since 1973 and ranked in the top ten for the first time since 1999. We won our 5th straight homecoming game, which hadn’t happened since the 60s and beat a ranked opponent (Mason City Newman) for the first time since 1988. We beat Rockford and Northwood-Kenett to go 8-0. The Northwood-Kenett game was extra special because the 1988 team, led by NU HIGH legends Trev Alberts and Matt Hilliard, were in attendance for the game and spoke to our team before kick-off. We beat North Butler to go 9-0; breaking the school record for wins in a season and wrapping up a District Championship for the first time since the early 1970s.

We started a playoff run with wins against Lisbon and Central Elkader, the first post-season wins in NU HIGH football history and became the first team ever to win 11 games. Our dream season ended with a loss to Mason City Newman in the State Quarterfinals and we finished up with an 11-1 record. We finished the season ranked #5 in the state.

The individual awards can go on forever; 11 players made the All-Metro team (more than Cedar Falls, Waterloo West/East and Columbus), 11 players made the All-District team, and 5 players were elected All-State (most in NU HIGH Football history). All in all it was a year that I will personally never forget and want to thank the players for all their hard work and hope they realize that if you put your mind to it and do things right, good things will always happen. Just like Matt Hilliard said—‘It ain’t braggin' if you done it.”

You guys done it!” ~ Coach Kody Asmus
"I'm happy I decided to go out for football. It turned out to be a great season."
~ Jalen Barnes

"Football season was fun, and a nice way to go out as a senior."
~ Jimmy McClain
NU HIGH HOMECOMING

"WE RUN THIS TOWN"

King's Court
Jalen Bergman
Eddie Diemer
Dominique Fagan
Johnny Hines
Jawanza Holmes

Queen's Court
Jesse Lankford
Karen Engels
Meagan Schneider
Cara Harrington
Nicole Curran
Homecoming Game vs. Newman

Having won four homecoming games in a row, the 2009 NU HIGH football team faced a daunting task of trying to make it 5 in a row. This year’s homecoming game put the 5-0 and #9 ranked Panthers against Mason City Newman, who was also 5-0 and currently ranked #4 in the state. In addition to the game, the football team decided to take the logos of their helmets, wear their all black practice pants and wear all black jerseys with the letters “DT” on the back of every jersey to remember our fallen teammate, Devon Turner. “Black Out” homecoming shirts we’re made with the simple mission of the football team on the back: “BEAT NEWMAN.”

Mason City Newman came into the game with a high-powered offensive attack that did most of their damage on the ground. Newman raced out to a 14-0 lead early in the 2nd quarter but NU then came battling back with 2nd quarter touchdowns by Andrew Stone and Jalen Barnes. In the 4th quarter, Newman scored again making the score 21-14. Newman got the ball back late in the 4th quarter and decided to go for the win on a 4th and 1 on their own 31 yardline. Johnny Hines and the NU HIGH defense stepped up and made a huge play, resulting in a one-yard loss and a turnover on downs. On the next play, Kyle Denning went deep to Jalen Barnes over the middle of the field and although the pass was tipped, it ended up landing in Andrew Stone’s hands for what seemed to be the game-tying touchdown.

A Newman player jumped off sides on the PAT attempt so we decided to go for 2 points and the win. The famous “Joker Over 44 Q Lead” was called and the rest is history. Following behind the blocks of AJ Jones, Christian Ford, Brian Moran, Emmett Fritz (who knocked a blitzing Newman player’s helmet off on the play), Jawanza Holmes, Jimmy McClain, Joe Weber, Johnny Hines and Alex Quinones; Jalen Barnes squeezed into the end zone for a 22-21 NU HIGH lead. Players, coaches and fans went nuts as the players raced back to the sideline. Newman ended up moving the ball into NU HIGH territory but a 47-yard field goal landed just short and the celebration began on the field and in the stands.

To be honest, it was one of the greatest moments of my life and I could not have imagined drawing it up any better or sharing it with a better group of players and coaches. We didn’t play a perfect game but we did just enough to win and almost everyone who witnessed the game said it was one of the best games they had ever seen. Anytime I think about or watch the replay of the game I still get chills. What a game, what a week! The homecoming streak continues...5-0! - Kody Asmus, Head Football Coach
The 2009 season was filled with many ups and downs. The high note of the season had to be senior night, where we were able to send the seniors out in style and accomplish one of our biggest goals of the year by winning our first conference game in 5 years. It was fun to see all the girls’ hard work pay off and hope that taste of success will only inspire hard work in the off season for a successful 2010.

- Coach Kim Bear


This year we had our first conference win in five years which was a great accomplishment.

- Rhyanne Abernathy-Manning

"It was fun while it lasted, but we will get them next year."

- Morgan Granger

"It doesn't have to be pretty, just get it over."

- Morgan Schneider
Boys XC

Respecting the past

Best Times

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Terry Nielsen, State Qualifier

Cross Country Honors

Terry Nielsen 21st at State
Jesse Lankford 22nd at State
Terry Nielsen 4th at Districts
Jesse Lankford 8th at Districts
Joni Griffith 11th at Districts
Terry Nielsen 5th at Conference
Jesse Lankford 13th at Conference
Joni Griffith 20th at Conference
Terry Nielsen 8th at Metro
Jesse Lankford 2nd at Metro
Joni Griffith 3rd at Metro


"We had a very successful cross country season! Many people put in lots miles over the summer and it really paid off this season. Everyone improved a ton from the first meet to the last meet of the season. It was fun to see the growth of our team over the season!" — Terry Nielsen

Just Try To Keep Up
Girls XCountry
and building the future


"Cross country this year was fabulous! Our team was a strong force of runners both old and new, that banded together wonderfully to form a fantastic and dedicated team. Both Jyothi and Christine were unable to run the whole season, but that didn't stop either from coming to practice and helping at meets, which showed great perseverance on their parts. No matter if you were a timer, a runner, a side-line cheerer, or a coach, we can all say it was a great season!"
~ Joni Griffith

Best Times

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Jesse Lankford, State Qualifier

Cross Country Season
This year the NU boys' and girls' runners had another great and successful season. They worked hard everyday at practice. That hard work showed by improving their times each meet. By the end of the season, everyone was running their best times of the year. We had a lot of meets that everyone ran a new personal best.

Coach Reingardt ('09)

Can't Catch Us...
We had a great season and we seniors could not have asked for a better four years of basketball.

~ Coach Elser

"This team was one of the best NU has ever had that did not win a championship."

~ Coach Elser
Wells Fargo Arena, our home away from home...


Girls Basketball

This is it!


The girls had a terrific season in winning nine games and winning a district game for the first time in many years. It was a pleasure to coach such a great group of girls that worked hard every practice and every game. We are looking forward to building on the success in the 2010-2011 season.

~ Head Coach Joe Smeins
Basketball Cheerleading! :)  
LET'S GO, LET'S DO IT, LET'S GO FOR THE PANTHER TEAM!

After starting the year with a new coach and five new recruits, we sure had a fun trip! We learned new cheers, started a dance team, and then headed to state for the third time in a row, cheering our boys into 3rd place!

COACH LISA POWLES

CAROLINE SELL

JORDAN BANGSTON

ALEX THOMPSON

CHRISTINE MCKENNA

LAUREN FORSBERG

ANNA SMITH

JAKI KAPANKA

LAURA GENTILINI

MARGE CREEDEN

ANA TALLAKSON

A LITTLE DANCE IN OUR STEP!
The 2009-10 NU girls tennis team finished with an overall meet record of 3-5 and took 5th place at the NICL meet. But the overall record does not reflect how much the team improved throughout the year.

Next season looks to be a promising one with all the starters returning except for Nicole Curran whose leadership will be missed. I will miss being their coach and wish them the best. Go Panthers!

"Tennis was really fun. We got to experiment with a new coach and a really new varsity line-up. Our team got along great, had fun together, and did pretty good overall. The van rides were a highlight for me!"

-Savannah Campbell

"Tennis was super fun! Our team was amazing and we all had great success throughout the year."

-Christine McKenna

"Tennis was awesome this year. We all improved a lot (both our tennis and singing skills...), and grew closer as a team, which was great!"

-Jyothi Dhanwada
Boys Tennis

The 2009-2010 season was a year of rebuilding. Most of the spring we went to meets short handed, and only had a full squad (of six players) for one meet. We finished with an overall meet record of 2-8. The team ended up 6th at the conference meet, with Tod Klenske earning a 4th place finish at the #3 singles spot for our best individual result.

As a team, we won two of our last three meets and will have the entire team returning for the upcoming year. With the improvements the guys have made, a conference title in 2011 is within their reach.

"This year, the boys' tennis team had an okay season. Although our team consisted of only five players, we fought really hard to win our matches. Next year we plan to have a full team. The freshmen did a fantastic job of playing their seeds."

-Dipankar Chowdhury

"We just tried to win the next point."
-Kory Miller

State Qualifiers - State

Long Jump: Ta'Mone Williams - 6th Place
High Jump: A.J. Jones
400: Dominique Fagan - State Champion
1600: Terry Nielsen
3200: Terry Nielsen - 8th Place
4x200: Ta'Mone Williams, A.J. Jones, Andrew Stone, Dominique Fagan
4x400: Andrew Stone, A.J. Jones, Terry Nielsen
Dominique Fagan - 6th Place
Distance Medley: Andrew Stone, A.J. Jones, Dominique Fagan, Terry Nielsen - 2nd Place

Team Finish - 7th Place
100: Kendall McDonald
4x100: Meagan Schneider, Rhyanne Abernathy-Manning, Kendall McDonald, Cara Harrington
4x200: Kendall McDonald, Morgan Granger, Cara Harrington, Rhyanne Abernathy-Manning - 8th Place
Sprint Medley: Meagan Schneider, Rhyanne Abernathy-Manning, Kendall McDonald, Cara Harrington

NU Boys Soccer

This year's season presented a number of excellent challenges for our young men. As a team we came together and learned how to work as a team. Our matches included a handful of matches against rivals in the area, as well as new teams that we have not faced before. Players on our team filled leadership roles well, and as a group we demonstrated good sportsmanship and character. We competed in a number of thrilling back-and-forth matches that were special to watch and participate in. Our season started off a little rough, with our team competing against a number of larger schools. We played admirably, and our young men held their heads high and worked hard, even in the face of adversity. We consistently displayed the caliber of soccer that we knew we could achieve against a common level of competition. A number of players emerged as solid contributors, and together we began to mesh well and work together. Although the number of wins was not as high as the team would have liked, we are confident that this year's team will make a deep run towards State!

-Head Coach Chris Kolwaski

"We've been doing work for four years on and off the field; this is the year we make that run at State."

-Keith Hanson

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The girls program has come a long way since I joined in 2005. This team has more and more leaders every year, the core is consistently growing and their future has much potential!

As my man Vince Lombardi once stated; "The strength of the group is the strength of the leaders."

"We've come together as a family the past four years and we are only going to keep growing."
- Jesse Lankford

"For us three seniors, we've been playing together since 8th grade so we know this is our last shot at State.
- Karen Engels

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The NU High Panthers Golf Team had a great season in 2010, led by two all-state performers Jalen Bergman and Joe Weber. Bergman finished a stellar four year career for NU in terrific fashion, winning medalist honors at the tough NICL conference tournament, finishing 3rd in the Sectional Tournament, and 3rd in the District to win his third trip to the State tournament, where he tied for 13th place. Jalen was a second team all-state selection. Among Bergman’s career records are the 9th best season scoring average ever and the third highest total ever of top ten finishes in major tournaments (19.)

Junior Joe Weber, meanwhile, had one of the best years in NU History as a sophomore, had an even more stellar 2010 campaign. He was first or second in 5 different major tournaments, including medalist honors at the post season Sectional Tournament. He advanced to the state meet for the 3rd straight year, finishing in 9th place. Weber was a first team all-state selection. Joe is now listed on the top five in every major category in NU records, and finished the season with the second best ever stroke average of 38.35, bettered only by Blake Hibben in 2005. Weber hopes to chase even more of Hibben’s records next year, including maybe a shot at an individual state title.

Senior Emmett Fritz played # 3 for NU. While he played in the shadow of Bergman and Weber, as well as Ben Peterson and Thomas Creeden earlier, Emmett was a major contributor to a great era in NUHS golf history, which included the 2008 team state championship. He recorded season bests three times, including a fine 78 in the tough District Tournament in his final outing as a Panther.

Other members of the NU Golf team included senior Will Rector, sophomores Jesse Bankston and Jake Henry, and 9th grader Kasey Jackson.

Coach Lee Weber noted that the season ended on a bittersweet note at the state tournament, where both Joe and Jalen had hopes of medals and all-tournament selections, it was a great year, nonetheless. “We will really miss our seniors who played with great sportsmanship and class the last four years. We are hopeful that we will be able to attract more young athletes to the golf program, as this year’s team was the smallest ever with 7 players.” NU will graduate three seniors leaving major holes to fill next year.
Baseball
2010 Conference Champions
Record: 25-6

Honors: Johnny Hines- First Team All Conference, All District, All Metro, Tanner Cooke- First Team All Conference, All District, All Metro, All State, Kyle Denning- First Team All Conference, All District, All Metro, All State, Andrew Stone- First Team All Conference, All District, All Metro, All State, Alex Quinones- First Team All Conference, All District, All Metro, Tommy Amlie- All District, Eric Hines- Second Team All Conference

Front Row (l-r): Terry Nielsen, Johnny Hines, Kasey Jackson, Alex Quinones, Andrew Stone, Tommy Amlie, Kyle Denning. Middle Row: Riley Garcia, Kyle Wiebers, Ken Yoshizawa, Evan Rector, Kory Miller, Brandon Culmore. Back Row: Manager Matt Carlson, Graduate Assistant Coach Calvin Siebel, Assistant Coach David Nielsen, Tanner Cooke, Eric Hines, Assistant Alex Siebel, Head Coach Brent Denning. Not pictured: Corbin Dayton and Dorian Hundley.

"We had a very successful season. The boys worked hard all year to capture our 2nd consecutive conference championship. We will miss our seniors Johnny and Tanner as they were a big contribution to this year's team, but we have a lot of returning players for next year's team." - Coach Denning
"Our record didn't show how good of a team we truly were, and there were many coaches that came up to me after the games and said so themselves. The girls improved so much as individuals and as a team. It was a tough season and the girls stuck with it, but we had a lot of fun as a team."

~ Coach Andi

2010 Prom Court

King Candidates:
Jalen Barnes, Dominique Fagan,
Johnny Hines, A.J. Jones, Ta'Mone Williams

Queen Candidates:
Nicole Curran, Rhyanne Abernathy-Manning,
Karen Engels, Cara Harrington, Meagan Schneider

King Dominique Fagan
Queen Nicole Curran
Surviving Life After High School
Mr. Kevin Engels, NU Parent

"The most important thing is that you do your best. You will be successful in life, regardless of the outcome of your efforts, if you just do your best. That’s what we’ve been telling you ever since you were in kindergarten, but it applies just as much now. We spend a lot of time talking about things that are outcome-based, but most of those things are games. Contests where there’s a score. In real life, the important things are effort based. You’re going to find out that effort leads, at least most of the time, to good outcomes. So do your best. Put in the effort beforehand and don’t worry about hitting a home run every time up. Once you’re free of the anxiety that comes from the pressure you put on yourself, you’ll find you enjoy things better and that you get better outcomes. It applies in baseball, but it applies even more in life. You don’t have to hit a home run every time up."

The Memories We've Shared
Eddie Diemer

"I’m glad that when I moved to Cedar Falls in pre-school my mom decided to enroll me at NU. I truly have grown up with the kids in my class. I have had so many great memories in the walls of NU that it would literally take me days to list them all. In fact, you could ask any one person in the graduating class and they would be able to go on and on telling you about all the great memories we have shared together. We have all grown up together and today is a little bitter sweet, because I know I will enjoy moving forward to the next step in my life, but leaving behind NU and the class of 2010 is not as easy as I had once thought it would be."

Forever Young
Will Rector

"As our time in high school comes to a close, it is natural to want to leave our own distinct, individual mark behind that will endure forever, and there are many of those who venture to do so with their feats. But the truth is that fame fades, records are meant to be broken, and plaques tarnish over time. What really lasts forever, is the impact that you make on the people around you........We don’t know what the future will hold for us, all we can do is live for today, being the best person we can be, and continue dreaming for a better tomorrow. Although we can’t live forever, by never letting go of the memories that we made during our time at NU, and carrying the experiences we made with us for the rest of our lives, we can live forever young."

Moving Forward Together
Karen Engels

"Together we have done it all. Our days of roaming the halls through NU high were filled with surprises, laughter and success. We are all very different and each bring a unique characteristic to the table which is why when combined we are a group of young men and women who simply can’t be stopped. Each and every one of you holds a special place in my heart. I love you all and wish you the best of luck. Words could not express the thanks I owe you all for making the past 13 years of my life ones I will cherish and never forget... When you find yourself in your dorm room, apartment or wherever it is you will be living next fall, feeling lonely and afraid of what the future holds, know that it is together we have gotten this far and together we will continue to set out and reach our goals."
Acknowledgements

2010 NU High Yearbook

2009-10 Yearbook Staff

High School Staff:

Elementary/Middle School Staff:

2010-11 Yearbook Staff

High School Staff:
Maddie Backstrom, Dipankar Chowdhury, Darrell Coleman, Kaitlyn Eastman, Morgan Granger, Eric Henderson, Dorian Hundley, Kasey Jackson, James Krogh, Heather Oelmann, Amanda Smith, Jordan Thomas.

Faculty/Parents

Faculty/Parents:
Kody Asmus, Jill Bergman, Kelly Brumm, Doug Case, Kathy Conry, JD Cryer, Deonna Fritz, Terry Ketter, Joe Smeins, Jim Stichter, Jody Stone, Clare Struck, Bridgette Wagoner, Michael Wilson, Renell Richter, Richard Williams, Laurie Zepp.

Yearbook Instructor/Adviser: Lynn Dykstra
Published By Josten's Yearbook Company
**NEWS**

**HEALTH CARE**

The United States draws closer to providing health care for all with the passage of reform bills in both the House and the Senate.

**EARTHQUAKE IN HAITI**

Haiti's earthquake – with a magnitude of 7.0 – is declared by the United Nations as the worst disaster it has ever confronted. Aid pours in from the United States and around the world.

**THEN & NOW:**

Price per gallon of gas in 2000: $1.26  
2009: $2.73  
Movie ticket price in 2000: $5.39  
2009: $7.35
In August, Sonia Sotomayor is sworn in as the Supreme Court's first Hispanic justice and only third female member in the top U.S. courts history.

Belgian Prime Minister Herman Van Rompuy is elected the first president of the European Council (EU) under the Treaty of Lisbon.

The H1N1 virus appears to affect teens more than typical flu viruses. Hand sanitizer is a commonplace sight in classrooms and other public spaces.

America honors the lives of 13 innocent victims of a tragic shooting spree at Fort Hood, Texas, in November.

In efforts to make General Motors more economically viable, the company discontinues the Saturn brand and announces plans to phase out its Pontiac division.

Unemployment rate in 2000: 4%
2009: 10%

U.S. population in 2000: 281 million
2009: 305 million

Facebook users 2000: 0
2009: 350 million
The Armed Forces Network broadcasts five NBA games to U.S. troops on Christmas Day. The NBA gives the AFN broadcast rights for free.

Consumers have more alternative fuel options as the number of biodiesel stations continues to grow across the United States.

The number of first-time visitors to food shelves surges, as families cope with the economic recession. Food banks report that demand is up 30 percent on average.

During October, Breast Cancer Awareness Month, pink products are everywhere: from printers to power tools, snowboards to golf balls, blow dryers to water bottles.
Turn off the lights when no one’s in the room.
Carry a reusable tote bag when you go shopping.
Bike or walk instead of driving.
Get a reusable metal water bottle.
Unplug and shut down electronic devices when not in use.
Buy music online instead of purchasing CDs.
Use rechargeable batteries instead of disposables.
Replace standard light bulbs with compact fluorescent bulbs.
In winter, turn down the heat and wear more layers.
In summer, set your air conditioner thermostat to 72° or higher.

Students protest the University of California’s 32 percent tuition increase. Average tuition is up 4.4 percent for private four-year colleges and up 6.5 percent for public four-year colleges.

Teens are setting an example for their parents, with 56 percent of teens volunteering to support a charitable cause.
SPORTS

At the Rose Bowl in Pasadena, the top-ranked Alabama Crimson Tide defeats the second-ranked Texas Longhorns to finish the Bowl Championship Series.

Sidney Crosby becomes the youngest captain to hoist the Stanley Cup as he leads the Pittsburgh Penguins to their third championship and first since 1992.

Team USA heads to Vancouver, British Columbia, for the Winter Olympics. More than 200 athletes represent the United States at the XXI Olympic Winter Games.

The New Orleans Saints beat the Indianapolis Colts 31-17 to win Super Bowl XLIV, their first championship title.

The New York Yankees capture their 27th World Series Championship when they beat the Philadelphia Phillies, four games to two.
Brett Favre retires from retirement to lead the Minnesota Vikings. At 40, Favre continues to rewrite the record books, including the most-consecutive regular-season games.

At the 12th IAAF World Championships in Berlin, Jamaican sprinter and three-time Olympic gold medalist Usain Bolt beats his own 100-meter and 200-meter world records.

Shaun White leads a talented roster for the 2010 Olympic Snowboarding Team that also includes fellow gold medalists Kelly Clark, Hannah Teter and Seth Wescott.

Minnesota Twins' Joe Mauer becomes only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote.

TOP GAMES/EVENTS OF THE DECADE

2008 Wimbledon final: Rafael Nadal vs. Roger Federer
2008 Olympics: 100-meter men's butterfly, Michael Phelps
2009 Big East tournament: Syracuse 127, UConn 117 (6 OT)
2008 Super Bowl XLI: Giants 17, Patriots 14
2002 NBA West finals, Game 7: Lakers 112, Kings 106 (OT)
2005 UEFA Champions League final: Liverpool beats AC Milan
After the release of their fifth studio album, the Black Eyed Peas launch The E.N.D. World Tour, with stops in Australia, Japan, Malaysia, New Zealand and Thailand.

Mary Mary's album Praiseworthy reaches No.1 on Billboard's Christian & Gospel Album Charts, No. 2 on the Top R&B/Hip-Hop Chart and No. 7 on the Billboard Top 200.

Paramore takes home the title of Favorite Rock Band at the MTV's People's Choice Awards. Lead singer Hayley Williams kept in touch by Tweeting with fans throughout the awards program.

Taylor Swift has an amazing year with four CMA Awards and the Grammy for Best Album of the Year.

Glee geeks go wild! Volume 1 of the Glee soundtrack features 17 songs from the hit Fox show about a struggling high school glee club.
Fearless, Taylor Swift
I Dreamed a Dream, Susan Boyle
Number Ones, Michael Jackson
The Fame, Lady GaGa
My Christmas, Andrea Bocelli

Hannah Montana: The Movie Soundtrack, Hannah Montana
The E.N.D., Black Eyed Peas
Relapse, Eminem
The Blueprint 3, Jay-Z
Only By the Night, Kings of Leon

Alicia Keys guest stars on Jay-Z’s album, The Blueprint 3. Their joint effort, “Empire State of Mind,” is one of the most successful songs of the year.

Beyoncé broke the record for a female artist at the Grammys with six awards, including Song of the Year and Best Female Pop Vocal Performance.
A new generation discovers the Fab Four: The Beatles: Rock Band is a smash hit among teens, parents and even grandparents.

Tina Fey’s acclaimed NBC comedy 30 Rock receives a record 22 primetime Emmy Award nominations and wins five, including Best Comedy Series and Best Actor in a Comedy Series (Alec Baldwin).

Reality TV shows like CBS’s Survivor and The Amazing Race continue to draw in viewers of all ages.

New Fox hit TV show Glee takes home the Golden Globe for Best Musical or Comedy Television Series over such veteran shows as The Office, 30 Rock and Entourage.

Entertainment
After just seven months, Conan O'Brien receives $45 million to surrender his position as host of The Tonight Show after NBC decides...
After two weeks of limited sold-out shows, 1 million moviegoers submit online requests that cause the nationwide release of Paranormal Activity.

Harry Potter and the Half-Blood Prince raked in the biggest midnight earnings of all time, grossing $22.2 million at the box office.

Alice in Wonderland

Harry Potter and the Half-Blood Prince

Paranormal Activity

Harry Potter

LAUGH

2012

Sandra Bullock wins the Golden Globe for Best Actress in a Motion Picture—Drama for her performance in The Blind Side, based on the true story of Baltimore Ravens football player Michael Oher.
In just 41 days, James Cameron's Avatar overtakes Titanic to become the highest-grossing movie ever worldwide at $1.859 billion.

“Twihards” around the world swoon over the supernatural love triangle in The Twilight Saga: New Moon.

**TOP 10 BOX OFFICE HIT MOVIES**

**2000**

1. How the Grinch Stole Christmas
2. Cast Away
3. Mission: Impossible II
4. Gladiator
5. What Women Want
6. The Perfect Storm
7. Meet the Parents
8. X-Men
9. Scary Movie
10. What Lies Beneath

**2009**

1. Avatar
2. Transformers: Revenge of the Fallen
3. Harry Potter and the Half-Blood Prince
4. The Twilight Saga: New Moon
5. Up
6. The Hangover
7. Star Trek
8. The Blind Side
9. Alvin and the Chipmunks: The Squeakquel
10. Monsters Vs. Aliens
Snuggie, the blanket with sleeves, is a runaway hit. The company introduces versions for kids and pets and features designer styles in a fashion show.
Graphic tees, worn alone or paired with zip-front hoodies, are a comfortable way to make a style statement, promote your favorite band and express your individuality.

**FASHION TRENDS**

1. Skinny jeans
2. Big ’80s shoulders
3. Over-the-knee boots
4. Graphic tees
5. Hoodies
6. Animal prints
7. Rachel Roy bags
8. Ripped jeans
9. ’90s grunge
10. Flared jeans
Quinceañeras, the Latin American culture’s coming-of-age celebration on a girl’s 15th birthday, are becoming larger and more elaborate like Sweet 16 parties.

Now you can carry a whole library in a device the size of a hardcover. Consumers crave readers like Amazon’s Kindle and the Sony Reader.

In January 2010, teen employment rates hit a record low of 26.2 percent due to a lack of entry-level jobs available at the minimum wage.

More than half (55 percent) of Americans ages 12-17 use social networking websites.

Teen Employment

Pass the potatoes, please. Busy families are cutting back on expensive take-out meals and making time to sit down together for healthier, home-cooked family dinners.