1997 Panther
Northern University
High School
19th and Campus
Cedar Falls, Iowa
Our life is frittered away by detail. An honest man has hardly need to count more than his ten fingers, or in extreme cases he may add his ten toes, and lump the rest.

Simplicity, Simplicity, Simplicity!

I say let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumbnail.

In the midst of this chopping sea of civilized life, such are the clouds and storms and quicksands and thousand-and-one items be allowed for, that a man has to live, if he would not founder and go to the bottom and not make his port at all, by dead reckoning, and he must be a great calculator indeed who succeeds.

Simplify, simplify...

--Henry David Thoreau

There it goes
Just eating too fast is Senior Nate Loenser. Starting the year off at the fall sports kick-off was a great way for students and teachers alike to not only get to know new students, but to catch up on the past summer.

What Joe?
As Joe Riehle, senior, expounds on some thought, maybe having to do with "The Man", Mike Wilson, another senior, questions delicately the intricacies of the argument.
He is so fine
Traffic was backed up for miles as women lined up for a chance to witness the amazing muscles and charms of the infamous senior, Andrae Rainey. Andrae could be seen flexing all over NU: in every class, at every social function, and at all sporting events. Andrae's facial muscles were used more frequently than his biceps though, because he was always quick with a smile and even quicker with a word or ten.
Bap! Bap! Bap!
Is that the new alternative sound for our generation? No, it's just Sophomore Noah Johnson working the beat for Mr. Upham's Pump 'em Uphams.

Just Chilling
On the front steps of the school, Juniors Lindsay "North" Wood, and Brooke Lynne McCray kick back. Hmm. I think they are waiting for their rides home.

If only the ladies were watching
Dancing the groovy groove with an unidentified character is Senior Stuart Clausen. Steve Wilson, an NU freshman looks on and thinks to himself, "I wish I had those funky moves."
Take it off
Sometimes you make life a little easier just by taking off your clothes and putting on a smile. Sophomore Cross Country runners, Javier Mercado and Nathaniel Parrish, put on their game faces and take off their clothes as they gear up for a big race.

And the crowd goes wild!
Panther fans Mike Kramer, Brian Rogers, Jesse Piehl, Matt McGuire and Lindsey Cooke cheer for the home team in the Dome. NU fans yelled loudly and raised a ruckus for Panther Football in 1996.
The #1 Fan
Sophomore Dan Wilson seems to be focusing on the game, or maybe it's the players, or maybe it's one player. Dan became an avid fan of NU Girls' Basketball during the '96-'97 season.

Memories of Yesterday...
Or maybe last year. Senior Holly Sells looks through last year's leftover yearbook pictures. The camera happy photographers took too many photos, and Holly reaped the benefits.

Craziness is contagious!
Panther fans, John Higby and Eric Olson, celebrate a basket at the NU vs. A-P game. Sporting events gave students a chance to relax and have fun with lots of different people.
Piggin' out for the Panthers
Sarah Cordes and Disa Lubker fill their plates at the Booster Club Kick-off. The two were active in many events and supported the Panthers at every turn.

No Picture, Please!
Faculty celeb and Russian teacher, Jim Sweigert, resists the photographer but the camera can't resist his charm!

I can do this.
Freshman Tal Jones works hard to figure that Math stuff out. Aside from doing homework, Tal showed skills in Speech and Drama.
In Dedication and Loving Memory of Scott Paul Westin

My Disease is like a Butterfly,
It flutters up, and it flutters down.
But this is an unusual Butterfly. It seems it only flutters down. The Butterfly will never return to normal, I think. Some say that it will get better any time now, well it never has.

Scott Paul Westin was born May 10, 1979 and died July 10, 1991. He died of Aplastic Anemia, a disease affecting the bone marrow. Scott meant the world to everyone who met him. He made our class the people we are today and we will remember, miss and love him always. We love you Scott.

"It has been my dream to play football for Iowa, and I know he influenced the Lord in giving me my chance. I hope my determination will be as strong as yours was. I thank you Scott. Go Hawks."

—Shane Rundall

"Scott would always have a smile on his face that would brighten my day and warm my soul."

—Mindy Carbiener

"There is nothing I can say or do to express how much he has meant to me."

—Jake Flanscha

"He was truly the 'World's Greatest Sweetheart'."

—Leah Kamienski

"Scott's life was a very busy one. He seemed to be always on the move doing one thing or another. Even his disease didn't slow him down much. His life taught me to make life fun, you'll never know how long you'll be around. So, while you're around, why not be having fun? Love ya, Pal."

—Michael Wilson
To my class
who tried to be so different
from each other
from everyone
If only we would have realized
how special we really were
how much we were the same
But 10 years from now we will
look back and say,
"I knew them when..." with a
smile across our faces and pride
in our hearts,
Because our class has the
potential to be whoever and
whatever we want to be!
Good luck Class of '97

Kim Knutson
Class of '97

Jamie Berning  Mindy Carbiener  Mikki Carmichael
Stuart Clausen  Jake Flanscha  Alicia Janssen
Audra Johnson  Leah Kamienski  Kim Knutson
Nick Lyons  Matt McLaughlin  Stephanie Potter
Joe Riehle  Bryce Weber  Stacey Wertz  Scott Westin  Mike Wilson
Choir Boy
Nie Moran definitely looks cool as he belts out tunes for the NU Singers. Nie enjoyed sharing his musical talents with audiences throughout the Cedar Valley. He provided leadership to the new group.

Working Hard or Hardly Working
Stuart Clausen and Kim Knutson settle in to Mrs. Robertson's office for a little R&R. Stuart was often seen honing his Shatter ball skills and Kim came in to work on her social skills.

Editors-in-chief
Bryce Weber and Mike Wilson put their heads together on many occasions to come up with ideas for the new yearbook. The two worked many Saturdays to pull "Back to the Basics" into working order.

You Get That From the Library?
Megan Curtis and Katie Baumgardner look through a magazine in the hallway outside the library? The two seniors were (in)famous for the time spent in the library with Mrs. Froyen and gang.

Groovin'
Matt McLaughlin struts his fancy threads at Celebrations to help wrap up the Homecoming week. His trend-setting style was often imitated but never duplicated by others.
The Class of 1997 is a bunch that few will forget or ever want to. They exhibit diversity in times of calm, comfort in times of sadness and toughness in times of adversity. The class is loaded with talent of every shape and size; from writers to singers, musicians to athletes, poets to chefs. Their skills and passions cover a wide range of interests and ideals.

The group shared moments of togetherness, but revelled in the joy of being individuals. They were eager to try new things and unafraid of change and challenge. Their diverse talents and ability to accept each other set them apart from other classes. They are truly magnificent and will be seen in the future doing great things.

1000 Points!
Shane Rundall accepts the game ball from Head Coach Paul Waack, symbolizing Shane’s 1000th point. Shane went on to break the school’s 30 year scoring record later in the season. Congrats!

Sammy Lives!
Sammy the Snowman (middle) puts on his best smile, or at least has it put on by Jake Flanscha and Eric Olson. The two seniors were caught out playing in the snow during lunch one day. Unfortunately, Sammy was murdered the following day by a jealous Freshman.
A new face in the crowd!

"It's like nothing I've experienced before."--Emily Johnson

John Higby
Drew Hilyard
Morgan Hoosman
Jeremy Intemann

Jonathon Intemann
Brad Jacobson
Emily Johnson
Anton Jones
The Juniors speak...

"The thing that concerns me most is getting a date for Prom so my parents won't be asking me daily who I'm going with." — Jason Bachhuber

"The thing that concerns me most is that my mom gets better from her illness." — Josh Mortenson

"The thing that concerns me most is thinking about the future, college, and what not." — Lindsay Wood
Santosh Nadipuram  
Becky Nergaard  
Joe Ostby  
Bonnie Pederson

Chastity Richmond  
Brian Satterlee  
Judd Saul  
Josh Sawyer

Jessica Schachterle  
Tyler Schmidt  
Katie Slinker  
Jake Staebell

Angela Thulstrup  
Adam Timmons  
Mike Williams  
Marta Wittmayer

Not Pictured:  
Randall Burton  
Arashdeep Sangha  
Lindsay Wood

Juniors 21
"Hello, I'm Sara and I'm really glad to come to NU. NU has given me a lot of opportunities with the university's library, internet services and dual enrollment.

I'm also active in sports like swimming and basketball. I feel that the NU Athletic Department is more advanced than my old school." —Sara Cordes

"Me changing schools gave me many mixed feelings... I like the change now. Teachers have time to help you or they make the time. It's different at a larger school when your graduation class is about 400. You get lost in a number like that. Here you're not; people see you. You get more hellos in the halls than you get blank stares. NU's biggest strengths are the size and all the people who are a part of it. I have really enjoyed this year." —Brandy Schell
Sophomores Say It All...

"The most important issue to me in 1997 is freedom of speech!"--Cory Wagner

"The most important issue to me in 1997 is to keep my New Year's resolution and to meet my goals in sports and school."--Lindsay Jackson

"The most important thing to me in 1997 is having as much fun as possible and still doing well in school."--Kendra Kuhn
Class of 2000

Amina Al-Mabuk
Kody Asmus
Ashley Atherton
Jordan Backstrom

Kevin Conner
Lindsey Cooke
Amber East
Jon Finzen

Jennifer Fish
Jeff Fisher
Tom Flaherty
Justin Hahn

Erin Heath
Alexander Henderson
Eli Horstmeier
Justin Jensen

26 Freshman
Some New at NU!

"Everyone knows everyone else and they all say hi."—Amber Johnson

"I really like NU because it feels like a big family and I always feel at home."—Jenny Fish

"I like having a choice about some of the classes I have."—Jesse Fiehl

"The thing I like most about this school is that the school days are shorter."—Jon Finzen

Amber Johnson
Tal Jones
Rachel Koch
Keri Leymaster

Megan Mahan
Nathaniel Marra
Jeremy McAdams
Mindi McClain
A Word From the Freshman...

"The best thing about being in high school is that you have a lot more freedom." --Jeremy McAdams

"The best thing about being in high school is knowing that you are going to have a lot of great experiences by the time it's over." --Megan Mahan

"The best thing about being in high school is it's the only time you will be here... with these people." --Tal Jones
Aster Roberts
Josh Secor
Steve Seufferlein
Samantha Siems

Kate Stater
Terri Thompson
Corey Wagner
Laura Wellnitz

Allison Welsh
Steve Wilson
Chyone Young

Not pictured:
Zach Buck
Teaching the classes

Jim Becker
Connie Bigelow
Anthony Clark
Karen Couch

Don Darrow
Nadene Davidson
Lynn Dykstra
Michael Fanelli

Rosa Maria Findlay
Gail Froyen
Linda Graber
Kathy Hill

Lowell Hoeft
Jana Hunter
Nora Janssen
Tom Keller

30 Faculty
"Having the opportunity to work with the PLS students, faculty and staff has been very rewarding. Getting to know many of the students has been an added benefit and I look forward to the upcoming school year."

- Debby Messerer

"My experience at Price Lab School has been an exciting one. I have been exposed to a unique blend of students and faculty. My exposure to PLS has also opened up opportunities to teach on "The Hill." I have the opportunity to coach again, which is something I thought I would not be able to do this year. Overall, I am proud to be affiliated with PLS and the people that I interact with."

- Chris Graf

Terry Ketter
Dennis Kettner
Rick Knivsland
Roger Kueter

Bob Lee
Jim Maltas
Terri McDonald
Deb Messerer
Why Do We Work With These Kids?

"For the joy of seeing the light go on when they make a new discovery."
—Gail Froyen

"No matter what happens throughout the day, some student can always say something to make me smile again, and remind me that I love what I do."
—Taunya Robertson

"Because they’re such interesting people and everyday is different."
—Linda Sharp-Renfro
Two Turtledoves
Yes Ladies and gentlemen, it is Kevin Puetz and Santosh Nadipuram singing their hearts out to the Holiday crowd at Crossroads Mall in Waterloo.

Barbershop Boys
Tenors Nic Moran and Stuart Clausen harmonize with the rest of the Barbershop Choir at the Brown Bag Concert.

Pay Attention to the man... behind the curtain. Lighting specialist Jason Kruger perfects the art of lighting effects for the play 0 Town.
You Go, Waack!
Coach Waack had such rhythm?!
We all found out at a Brown Bag Chorus Concert—we'll be looking for him on The Grind.

Performing Arts

We'll Always be Together
NU Singers sing the all-time best medley ever at the Annual PTP Carnival. "Grease is the word... is the word... is the word..."

I Wanna Hold Your Hand
After spending their lifetime together in Our Town, Emily (Margaret Mills) and George (Aaron McAdams) find they are in love with each other.
Mandela speaks
Junior Arash Sangha gives his Nelson Mandela monologue as the cast of *In White America* looks on. The play marked the successes and tragedies of blacks living in a white society.

*My Ol' Missus promised me...*
Senior Bryce Weber sings a selection from Martin B. Duberman's *In White America* in rehearsals. Bryce made many contributions to the NU Drama Dept. during his time at NUHS.

Oh freedom!
Senior Thespians, Hari Rajendran and Megan Curtis helped to make their last fall production a success, with a little help from some talented underclassmen.

Action!
Assistant director Chris Brokaw and senior stage managers Holly Sells and Janessa Uhl-Carper watch as *In White America* takes shape and becomes a powerful production.
The Truth
Sophomore Portia Rainey gives her Sojourner Truth monologue at Monticello High School. The NU Drama Dept. took the show on the road this year, travelling to Mr. Brokaw's home town.

It was my seat!
Rosa Parks talks about how she was vital in beginning the Civil Rights Movement by not forfeiting her seat. Junior Jessica Schachterle was strong as the modern matriarch of Civil Rights.

A powerful speaker
The cast listens intently to the words of Marcus Garvey, portrayed by Anton Jones. Anton's performance was strong and memorable for the audience and the cast.

If I were free...
Junior Santosh Nadipuram as Frederick Law Olmstead interviews a slave, played by Senior Stuart Clausen in a vignette.

What a team!
Director Rick Vanderwall and Asst. Director Chris Brokaw watch a technical rehearsal before the performance at Monticello High School.
The Time of Our Lives
In Our Town

Stage Manager
Mr. Gibbs
Joe Crowell
Howie Newsome
Mrs. Gibbs
Mrs. Webb
George Gibbs
Rebecca Gibbs
Wally Webb
Emily Webb
Professor Willard
Mr. Webb
Woman in balcony
Man in auditorium
Lady in box
Simon Stimson
Mrs. Soames
Constable Warren
Si Crowell
Baseball Players

Bryce Weber
Hari Rajendran
Chris Vanderwall
Ryan Grimes
Emily Lieder
Sarah Buck
Aaron McAdams
Sarah Stambough
Lizzy Schachterle
Margaret Mills
Santosh Nadipuram
Stuart Clausen
Morgan Hoosman
Alex Henderson
Bonnie Pedersen
Noah Johnson
Lindsey Bolin
Arash Sangha
Ben Buck
Joe Ostby, Tal Jones and
Alex Henderson
Joe Ostby
Brian Rogers
Anton Jones
Morgan Hoosman
Alex Henderson
Mary Hanks

Do You...
On a rainy day in July, Emily and George exchange their vows. A simple wedding, but good. Family and town gathered together as the two made public their love.

Our History
Filling the audience in on the history of Grovers Corners, and providing comic relief was Professor Willard of the State University.

Geriatric Hens
Holding true to form in the art of small town gossip Mrs. Webb, Mrs. Soames and Mrs. Gibbs brood over the "greatest scandal ever to hit Grovers Corners... Simon Stimson drinking."
Ravenous Wolves
Gobbling the food and studying for class, Emily and Wally soon get straightened out by Mother Webb. Mrs. Webb also spell checked the newspaper whenever her husband, the editor, was out of town.

11 O'clock
Saying goodnight, the stage Manager wishes the audience well as Grovers Corners goes to sleep for another night.

Growing up
Evening, May 7, 1901. Doctor Gibbs sets his son George down in the kitchen to make sure his wife gets her wood chopped in the mornings.

Becoming an in-law
Editor Webb finds himself at a loss and just rambles "advice" at his son-to-be before the wedding. "First off, give her an order, even if it don't make any sense. Just so she'll learn to obey."
Northern University High School Band

Northern University High School Chamber Orchestra

Rhythm and Spirit
Ben Nadler is not only a talented performer in concert, he can also jam at Pep Assemblies to pump up the crowd—a true Pump’em Upham member!
NU Jazz Band

What an Honor
Brian Rogers and Nathanial Parrish play the prelude to the Honors Assembly. It was appropriate to play classy music at such a classy affair!

Northern University High School Orchestra
Northern University High School Chorus

You're the One that I Want
Sara Buck and Aaron McAdams strut their best moves as Danny and Sandy from the hit musical, *Grease*.

All Decked Out
NU Singers don their best attire to deck the halls during one of their holiday performances.
The Boys of Rydell
Ryan Grimes, Kevin Puetz, Alex Henderson, Stuart Clausen, Tal Jones, Aaron McAdams and Spencer Wikert slick back their hair and go back to the days of fins on cars and (duck)tails in hair!

The Pink Ladies
Leah Christopher, Angie Thulstrup, Sarah Buck, Allison Grote and Vanessa Kettner talk about the hot dates and the cool guys at Rydell High when they perform their favorite number, the Grease Medley

The NU Singers
The coach of the NU Speech Team, Mr. Doug Nichols, had a record year with 21 speeches advancing to the State level and five going all the way to All-State. The members were Lynsey Bolin*, Megan Curtis, Eric Dow*, Allison Grote*, Alex Henderson*, Noah Johnson*, Tal Jones, Beth Koch*, Jason Kruger*, Jeremy McAdams, Nate Mort*, Santosh Nadipuram**, Nathaniel Parrish*, Hari Rajendran**, Chastity Richmond*, Brian Rogers**, Arash Sangha*, Jessica Schachterle*, Terri Thomp­son*, Bryce Weber**, and Spencer Wikert*.

*advanced to State
**All-State Recognition

Brooms of the World—Unite!
Coach Nichols with some of his cronies Lynsey Bolin, Beth Koch, Noah Johnson, and Jason Krueger come together to unite their brooms. Krueger’s speech about broom oppression advanced to the State level.

Bonding
Coach Nichols, Terri Thompson and Nathan Mort hang out together and share special times during speech contest.

Meditating
Thinking sure paid off for Senior Hari Rajendran; he earned All-State Honors this year for two of his speeches.

Eric Dow
What can you say? "Eric Dow" says it all.
Relief:
Allison Grote, Santosh Nadipuram and Nathaniel Parrish unwind after their great performances at District Speech contests. All three advanced to State Speech Contest.

Tired, but ready for more
Jessica Schachterle, fresh from a nap, gets ready to perform her second speech.

Laugh Break
Chastity Richmond takes time out from her grueling rehearsal schedule to laugh a little and enjoy the whole speech experience.

A one-and-a-two-and-a
Allison Grote and Spencer Wikert polka to relieve stress at Districts.

Bushed!
Brian Rogers checks the schedule in anticipation for his radio news announcing. Still time for a nap!
Unforgettable Friends

Looking back at our high school years we will never be able to forget all the good times that we have experienced together. Spending time with our friends and classmates is something we will always treasure. Each individual has become a part of us and has made us the Class of '97. These 27 people were chosen to represent the best parts of who we are.

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

—Anais Nin
Twinkle Toes
Jason Dorris struts his stuff as "Best Dancer." He can break it down during any song.

Smiling Fool
Alicia Janssen has always had a smile on her face and a huge laugh to follow. We'll always remember her as having the "Loudest Laugh."

"Most Likely to Leave."
Our foreigners Claudia, Sigrid, Kim and Juan always knew they would have to leave their new found friends and head for home.

Born to Be Wild
Matt McLaughlin has been destined for stardom since birth; it's in his blood. He is the Class of '97's next "Rock Star."

Bryce of the Jungle
Tree climber Bryce Weber could sing an entire opera while swinging from tree to tree if he wanted to. That's why he is our "Best Singer."
A World at Their Fingertips
Stuart Clausen and David Correll are ready to attack their future after being voted "Most Likely to Succeed."

Never Falling Short
Nathan Loenser and Leah Kamienski have always strived to do their best and they'll be remembered as "Most Ambitious."

Newt Gingrich she is not
Never conforming to other's beliefs, Janessa Uhl-Carper's individual style led her to be chosen as "Most Liberal."

Stars and Stripes Forever
Tom Hanks practices his Inaugural Speech in hopes that his "Most Likely to be President" award will come true.

Say Cheese!
Katy Baumgardner flashes those pearly whites with that contagious "Best Smile" that no one will ever forget.
Social Butterfly
Jamie Phipps always has a warm smile and kind word for everyone. No one could beat Jamie; she is the “Friendliest” in the class.

Future Heisman Winner
Shane Rundall poses to show off his muscles. His efforts and talent earned him a place on the Hawkeye Football team and “Most Athletic.”

Sparklin’ All Over
With those mile-long lashes and green eyes, Charlotte Driver can catch anyone’s attention. She caught ours and has the “Best Eyes” of anyone.

Time for a New Idea?
The man with the “Best Imagination,” Joe Riehle started his own record label. His unique outlook on life has made him a success.
Don't Pull My Chain
The "Most Conservative" guy in the class, Tom Hanks will be remembered for his smart remarks and conservative attitude.

Watch out Marilyn Monroe
Here comes Sarah Buck with her spunk and trendy glasses, definitely the "Most Likely to Become Famous."

Tiggers are for Bouncing
Like Jake Flanscha's favorite Pooh character, Jake bounces from person to person sharing his hugs and showing he has the "Biggest Heart."

VanGogh with two ears
Brad "Best Artist" Kendall has left his mark on the walls of NU and is sure to mark many more in famous museums around the world.

50 Senior Survey
Spiffy Threads
You won't ever miss Nic Moran with his shiny golf shoes and color coordinated outfits. He's the 'Best Dressed' on and of the course.

Heavyweight?
"Class Clown" Mike Wilson can lift weights and your spirits with his funny jokes and crazy ways. He was (in)famous for his jokes and sense of humor.

One Hour Special
Eric Lewis has always been known to show off his Calvin's and his biceps. He is NU's own version of Dan Cortese and the "Next MTV Veejay."

Sydney 2000!
Four time swimming state champion, Stacey Wertz is on her way to gold. Watch out Amy VanDyken, Stacey is "Olympic Bound."

Bicyclin' Babe
"Most Creative" Holly Sells pauses by the pole to show us her creative outlook on life. Holly's talents were seen on display throughout the year.
Stayin' Alive
Junior Bindy Comito kneels over in exhaustion after finishing the 1st leg of the 4 X 800, which went on to take 2nd place at the State Meet.

Just When You Thought It Was Safe
... to go back in the water.
Junior Brad Jacobson knifes through the water while competing in the breast stroke.

Top Dog
Senior Eric Olson crosses the finish line first at one of NU's many spring track meets.
There's No "I" in Team
The girls' cross country team gears up for some tough competition at the NU Invitational.

3 Up! 3 Down!
Sophomore Nick Davis charges into the dugout as the NU defense outplayed another opponent.

T-Time
Nick Lyons, senior co-captain, chats with the man in stripes during a break in the action.
Setting records!

At the beginning of the season we weren't sure how good we were going to be because we were missing a few key players: Tyus, Stymie, Zeek, and Dee. We had some guys who stepped up and did a good job, even setting a few new records. Jake Flanscha set the new record for most errors in one game. Eric Olson set a new record for hitting batters; 5 in one game. With the key addition of Shane Rundall to help us along, the little Panthers made it farther than any team has ever gone. This team almost took it to state.

Opera niz part 1 and 2 were the foundation all year long as the battery, and the youngster Nick Davis came through where ever he was needed. The little Panthers have 7 starters returning next year, so we know they'll be great. Go get 'em guys!

Eric "OTIS" Olson

Shopping at the Gap.
Adam Dejoode earned 1st team NICL all conference at 2nd base. He was also honored by his teammates when they named him the MVP.

Rock and Fire
Senior Nic Moran brings his "Good Stuff" to the mound against NICL rival Gladbrook-Reinbeck. Nic earned all-conference honorable mention for his 9-3 record.

Schmoozing
Senior catcher Nick Lyons sucks up to the umpire, trying to get an unfair advantage on the way to winning the Janesville Tournament championship against Dike-New Hartford, 10-7.
Northern University High School Baseball


You're Outta There!
Senior Nate Loenser makes the play at first base. Nate was honored as the Defensive Player of the Year by his teammates for his work at first base, in the outfield and on the mound.

You're Out!
Junior Aaron McAdams, NU second baseman, makes a fundamentally sound play at the bag during the Panther Park game against Gladbrook-Reinbeck.
NORTHERN UNIVERSITY HIGH SCHOOL SOFTBALL

FRONT ROW: LINDSEY KANE, KIM KNUTSON, JAMIE PHIPPS. SECOND ROW: KEELY MOON, AMINA AL-MABUK, RACHEL KOCH, ALICIA JANSSEN, SUSAN DALBEY, NICOLE CORBIN, KATE STATER. BACK ROW: COACH TINA STOCKBERGER, LEAH BUCK, LEAH CHRISTOPHER, RACHEL GUTHART, JULIE KOLAR, VANESSA KETTNER, BINDY COMITO, LINDSAY JACKSON, BONNIE PEDERSON.

Wack!
Junior Vanessa Kettner connects with the ball, as Bindy Comito awaits her turn to defend the NU panther's home plate.

Showing Enthusiasm
Senior Jamie Phipps celebrates after she stops a run at home while the fearless Panther team battles on.
Winning Up for the Pitch
Freshman Lindsay Jackson
released another powerful pitch
during her first season with the
Panthers. Great form Lindsay!

Softball
Lots of Enthusiasm

The theme to our season was Fire Up!
We went into the season with a lot of
unknowns. Not knowing who was
going to play what. So the softball
season was one that you might call
interesting or maybe just a rebuilding
year. But if you would have been a new
fan in the crowd and heard our
enthusiasm, you might have thought we
were undefeated. We were always in
good spirits and our cheers never ceased
to annoy the baseball team.

Our season involved a lot of ups and
downs. We lost people to injuries and
we had to be flexible. But we always
made games and tournaments fun.

WINS didn’t come very often for us.
We had games where we would play to
the best of our ability and others when
we looked like beginners. But the climax
of our season came on July 14, at the Don
Bosco tournament. We had been bribed
with a pizza dinner and free tacos for all.
In other words, if we won we would be
eating well. We traveled to Gilbertville
that morning in high spirits ready for what
was the game of the season. We ended up
beating Tripoli 16-6. But it wasn’t the score
that mattered. Yeah it was in our favor, and
yes we had won. But that didn’t matter. All
that mattered was the fact that we played as
a team. Our infield was the best all season
and our hitting was amazing. We had a
record for how many people could Beat
Bertha in a game. To say the least, I really
don’t think the game ended with nary a dry
eye.

That is what we have to look forward to.
Playing as a team and with everyone back
from last year things are looking good. We
have the overwhelming potential to be the
best. All we have to do is believe in
ourselves. I am extremely excited for this
year’s season and looking forward to a
winning record. Hit it! Rip it! Knock it
around!

Kimberly L. Krance

Softball Scoreboard

<table>
<thead>
<tr>
<th></th>
<th>us</th>
<th>them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janesville</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Hubbard-Radcliffe</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Dike-N.H.</td>
<td>2</td>
<td>16</td>
</tr>
<tr>
<td>Ackley-Geneva</td>
<td>7</td>
<td>15</td>
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And She's Out at 1st!
NU High's all-star catcher Jamie
Phipps drills one to Lindsey Kane
at first base as Leah Christopher
duck below.

Keeping the Spirits High
The panthers take a time out to
huddle with some encouraging
words. Win or lose the lady
panthers never lost their spirit!
Football
The Best Year Ever

Curiosity and expectations ran high at the beginning of the '96 football season. The NU football team was realigned to a new district which brought new challenges from schools such as Wapsie Valley, Riceville, Turkey Valley and Sumner, also our familiar foes Hudson, Dunkerton and North Tama.

On top of the new district the eight seniors of the '96 team wanted to create a name for themselves following a very skilled senior class from the previous year, and did so but unfortunately not to the fullest extent until the last two games.

The season was the tale of three seasons. After a hard-luck loss to Eldora we rebounded for two good victories avenging a loss from a year ago to rival Ackley-Geneva. Then we hit a skid, with injuries and poor luck in the middle of the season but rebounded again with an ugly, yet effective run against Sumner. Then the highlight of the year, beating tradition-filled Riceville to close the year. All year long we wanted to play to our potential, and against Riceville we got a glimpse of the awesome potential that surrounds NUHS.

Next year's seniors will be challenged with the same expectations this year's senior class faced, but with a very talented junior class to help them out. I and the other seniors wish them the best of luck and know they'll succeed.

M. Loenser

BooMetrius
Star running back Demetrius Kimbrough turns up the jets as he races past a defender. Kimbrough led the team in rushing yards and scoring despite being just a sophomore.

Jake Flanscha is the Center
The starting offense lines up, ready to explode into action! The Little Panther's offense averaged 16 points per game.

Football Scoreboard

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<th>us</th>
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Wins Losses

4 5
Looking Good!
Senior leader Nathan 'Larry-Knoll' Loenser shows how "form tackling" is done by taking down the North Tama running back. Loenser received 1st Team All-District Honors.

Ganged-up!
Count 'em. 7 Little Panther defenders are in on the tackle. The Panther defense was a sparkling one, allowing opponents just 25 points per game.
Running in Sync
Senior Melanie Schuller, Junior Margaret Mills and Sophomore Rhonda Bolhuis stride together toward a common goal—a strong team finish. The three ran consistently all season.

Way Out Ahead
Freshman Kate Stater pushes on to establish a bigger lead over her opponents. Kate was the only freshman girl to brave the long practices and tough courses this year as part of the team.
The Seasoned Veteran

Senior Katy Baumgardner sprints to the finish at the Metro Meet. Katy, the first four year girls' team member ever, lead with her strength and experience.

Cross Country

Pulling Together

The 1996 Women's Cross Country team had its biggest team in history. Four Seniors, five juniors, two sophomores, and two freshman made up the team. We were inexperienced (only four of us had ever run a cross country race before) but we pulled together as a strong and positive team that had a very successful season.

Audra Johnson and Vanessa Kettner received All-Metro honors by placing in the top ten at the Metro meet against our metro area schools. Kate Stater was just one off, placing 11th. Vanessa also received 3rd at districts earning her a run at state where she placed 9th.

Two important runners on our team were injured during the season. But their support was greatly appreciated despite the fact that they were unable to run. So I'd like to say "Thanks" to Bindy and Amy from myself and the rest of the team. Michelle and Emily Johnson ran with us everyday, the entire season but couldn't compete because of open enrollment. I'd like to say thanks to them for always being there to cheer us on and make us smile. Also a special "Thanks" to Coach Kettner for starting the team four years ago and always challenging us to do our best!

I'm going to miss you all very much. Thank you for all the memories from the enchanted forest to the quarter day tunnel and all our pre-meet rituals. Cross Country is the best time I've ever had! Good luck next year!

Katy Baumgardner

Girls' Cross Country

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<td>Metro Meet</td>
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<td>8th of 16</td>
<td>132 pts</td>
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<tr>
<td>Conference</td>
<td>9th of 25</td>
<td>132 pts</td>
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And They're Off

The NU Panther girls come out of the chute at the NU Invitational. Kate Stater, Margaret Mills and Melanie Schuller push on in support of each other.

Only 100 Meters to Go!

Junior Vanessa Kettner fights for the finish against a Cedar Falls runner. Vanessa went on to finish the season with a 9th place finish at State.
Cross Country

Run, Run, Run

The mens’ cross country team came into this season with high expectations. After losing only one varsity runner to graduation, the team was returning with a wealth of experience.

As usual, the team could be found practicing in a variety of places, including the UNI driving range, the field by the Towers, or in the streets of Cedar Falls. Seniors Bryce Weber and Stu Clausen filled their positions well, with Bryce making sure we were kept culturally sensitive and Stu keeping the underclassmen in line ("outta my chair!"). Throughout the season, the team continued to show the determination that will continue this team’s tradition of dominance. Next season promises even more for this group of athletes, and I expect no less than the best!

And remember always; Run, Run, Run 'til the bear you become!

S. E. Clausen

Bowling to the Line

Showing respect for the line they serve, Nathaniel Parrish and Javier Mercado warm-up for the Metro C.C. meet. NU went on to beat West High.

6 Pack

The panthers, springing off the line, start another race. The Panthers have created a new running tradition, and it all started at the line.

Boys' Cross Country

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Leader of the Pack
Junior Josh Sawyer runs to All-Metro recognition at Byrnes Park. Sawyer led the team all year long and finished 16th at the state meet.

Using the Corner
Freshman Letterman Zach Buck takes the corner and an opponent at the same time. Zach was the surprise of the season, running on the varsity squad.
THE NORTHERN UNIVERSITY PANTHER GIRLS' SWIMMING TEAM
FRONT ROW: THERESA PRICE, AMY McGUIRE, ANGIE FOELSKE. SECOND ROW: BROOKE ROGGE, SARA CORDES, BINDY COMITO, ERIN REILLY, SIGRID BJARENSTED, EMILY LIEDER, KARINA HANSEN, SHALIAH STANSBERG. DIVING BOARD: RACHEL KOCH, COACH BEN MYERS, AMY BOWLIN, STACEY WERTZ, BONNIE PEDERSON, BETH KOCH, LEXIE PENALUNA, KATE HARKEN.

Catching her breath . . .
Iowa Swimmer of the year Stacey Wertz speeds to another first place finish at the NU invitational. Stacey served as the team captain and competed in the Junior Olympics in February.

Waving to the fans . . .
Sophomore Sara Cordes takes it one stroke at a time in the 100 backstroke. Sara was named All-State and received All-American consideration.

Girls' Swimming
Future Hawkeye
Stacey Wertz commits to Iowa as she signs her letter of intent to swim for the Hawks. Friends and family gathered to celebrate her long awaited decision and to thank her for the exciting career she shared with them.

Swimming

Top Gun Forever
The season started off great. We had a talented and hard-working group ready to go. We began things with another close win at our own invitational and that got the ball rolling. But sickness and injury slowed that ball down a bit. So, we looked to our underclassmen to step up to the challenge, and they did just that and more. So the ball began to roll again.

At Districts we couldn't have asked for a better showing. We qualified four individuals combining for six individual events and three relays. Coach Myers was named District Coach of the Year for the second year in a row and that set the tone for state.

At State two relays qualified for All-American consideration. These relays consisted of Bonnie Pedersen, Brooke Rogge, Sara Cordes, Beth Koch, and me. All three relays placed in the top four. With strong finishes by Cordes in the 100 back placing third, Rogge in the 100 breast placing forth, and I won the 100 free for the fourth year in a row along with a first place finish in the 200 free, the team placed fourth with the highest point total in the history of the team, and I was honored with the Swimmer of the year award. Best of luck to future teams—always remember to have fun!

Top Gun Forever!!

Girls' Swimming

| 1st of 9 | NU Invitational |
| 121 47 | West Waterloo |
| 1st of 5 | Charles City Inv. |
| 56 24 | Vinton |
| 53 27 | Linn-Mar |
| 3rd of 9 | Cedar Falls Inv. |
| 59 22 | East Waterloo |
| 2nd of 13 | Williamsburg Inv. |
| 75 79 | Charles City |
| 45 64 | Cedar Falls |
| 4th | Districts |
| 4th | State |

Winter Support!
Junior letterwinners, Bindy Comito and Emily Lieder yell encouragement to a fellow teammate at the NU Invitational.

Look at her go!
Junior, Bonnie Pederson pushes herself to the limit in the 100 butterfly. Bonnie was also named All-State and received All-American consideration.
The 1996 Volleyball season was definitely what most would call a rebuilding year. After losing seven seniors we had some big shoes to fill. So with our new coach Pitch and a big group of talented underclassmen, we started rebuilding, slowly. We were not expected to do very well, but from the beginning of the season it was our goal to prove everyone wrong.

Our total season record does not show a whole lot, but like Pitch said from the beginning "our season doesn't start till the first round of districts!"

Team bonding experiences are ones I don't think I will ever forget—stupid games involving pudding, baby pictures of Pitch, and last but certainly not least, Steve Sanders and the PROGRAM!

Keep the tradition alive—Hy-Vee Cola, Bayside and the new one "ROIDS!"

Strong Leaders
Team leaders, Leah Kamienski and Jamie Phipps celebrate another success. The two were named NICL All-Conference Players. Leah First Team and Jamie Second Team.

The New Guy
First year coach "Pitch" gives one of his famous and frequent analogies: "Volleyball is like a job and you can’t punch your time card until you reach 15."

Volleyball Scoreboard

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<td>Don Bosco</td>
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</table>

Up and At 'em Kimmie
Senior Kim Knutson one of the team's leading servers goes for another ace during the controversial game against the NU's long time rival - Dike.
THE NORTHERN UNIVERSITY PANTHER VOLLEYBALL
FRONT ROW: MEGAN MAHAN, BRANDY SCHELL, KATHY GOYEN, KRISTY REIMER. SECOND ROW: MINDI McCLAIN, LAURA WELLNITZ, KENDRA KUHN, JILL OLESON, ASHLEY AthERTON, KEELY MOON. THIRD ROW: PORTIA RAINEY, JULIE KOLAR, LAURIE POTTER, ASST. COACH KRISTI BIXBY, HEAD COACH CRAIG PITCHER, JESSICA GALEHOUSE, NICOLE CORBIN, BRIANNA RICHTER. BACK ROW: FATEEN AL-MABUK, KERI LEYMAlER, JAMIE PHIPPS, LEAH KAMIENSKI, KIM KNUTSON, KIM HAHN, RACHEL GUTHART, LINDSAY JACKSON, CLAUDIA STEHLIN

Touchdown?
Wait isn't this Volleyball? NICL honorable mention setter Julie Kolar lets loose after a great play. Julie is only a sophomore but she sure knew how to yell.

"Roids"
The Varsity team gets pumped up for the Homecoming week game. With tattoos in place they get ready to tackle the 5th ranked team of Dike-NH.
What Faces!
Seniors Sarah and Lindsay try to be dignified as Brandie shows what a clown she can be. The older, more mature cheerleaders learned how to cut loose with younger members as role models.

Building Blocks
Support was the name of the game for the NU Cheerleaders and they did it well. Strong friendships were built during the '96-'97 seasons between old and new members of the squad.
As the newest, bravest member of the NU cheerleading squad, Ashley Atherton shows what a good sport and what good spirit she has as she prepares to eat a pie at the Homecoming Assembly.

As we gained a lot of new girls. Although we didn't always agree, things worked out in the end. Thanks for putting up with us seniors and making our last year awesome.

Good luck to next year's cheerleaders and always remember IT'S GREAT TO BE AN NU HIGH PANTHER!!

Senior Veterans Sarah Bailey, Lindsey Kane, Mikki Carmichael and Steph Potter show rookie newcomer Stacey Wertz how to cheer on the Panthers

One Last Hurrah!
Senior Kim Knutson lets everyone know what a Panther fan she is. The crowd not only heard Kim's spirit, they often saw it on her face as well.

One supercheerleader! Sophomore Brandie Schell made life interesting for the squad. Her abilities ranged from gymnastics to speaking 100 words per minute—she could cheer too!
Basketball

A Bonding Season

We started off with an unexpected guest, he was well loved by everyone. Trevor had many babysitting offers! Our ending record was 8-6 which placed us third in the conference. Beating Denver on their home court was a definite highlight that won’t be forgotten. WWJD, Godfathers, and "Pistol Pete" are just a few of the bonding experiences we had this season. With only two seniors, the NU Girls Basketball future looks bright. Work hard and good luck—I’ll be back next year to cheer you on at Vets!

Concentration
With a great follow through, senior leader Leah Kamienski keeps her focus as she puts one down for the Panthers.

Girls' Basketball

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<td>A-P</td>
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Big D!
MVP and First Team All-Conference choice Bindy Comito plays some aggressive defense against the Falcons of A-P. Comito led the Panthers in scoring this year.

Broken records...
Showing off some moves, Second Team All-Conference pick Vanessa Kettner continues the family success as she broke two assist records held by her sister.
Rodman?
With many leaps and bounds, NU's own Dennis Rodman, Bonnie Pedersen reaches for the board. Pedersen led the Panthers with an impressive 179 rebounds for the year.

Final Farewell
At the line, senior Jamie Phipps enjoys her last season as an NU Panther. Phipps received All-Conference Honorable Mention.
It's Summer time
That's right, it's super Junior Jake Staebell with his masked sidekick, showing his summertime style of B-ball by pulling down a killer board.

Take it to the Hole
Senior Shane Rundall shows off his aggressive style of play. Rundall could be seen all season sticking it in strong challenging defenses. Rundall lead the team in scoring.
Basketball
A Season of Accomplishment

This year's basketball season was one of many accomplishments and many disappointments. We started off kind of slow, playing with a lot of inexperience and youth. But of course nothing that we couldn't handle and make the best of.

Co-captain, Nate Loenser, stepped up as a leader and a player and took control of his senior season. Nate was the strongest competitor on the team and never let anybody down when the ball was in his hand.

As a team we were a little rusty and inconsistent in the early stages of the season, but as the games passed by we improved quite a bit. Beating teams in the second half of the season who had beaten us the first time. We ended with an 11-9 record getting defeated by the #1 ranked Aplington-Parkersburg Falcons in the first round of tournament play.

Accomplishments in the season were many. One of which was when Shane Rundall surpassed a 30 year old record. Another (not necessarily good accomplishment) was when Nic Moran received a shattered nose thanks to a head butt from teammate Brent Knutson. Finally the perfection of Poody's "Catch 'n' Fire" shot. Beautiful!

Shane Rundall received 1st Team All-Conference along with Honorable Mention All-State. Demetrius Kimbrough and Nate Loenser received 2nd Team All-Conference and Josh Mortensen received Honorable Mention All-Conference. Eric Olson we missed you and certainly could have used you!

Best of luck to you guys next year, and remember to always, always RESPECT "the man"—Coach Waack!

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Boy's Basketball Scoreboard

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Point Guard

Actually, no. But it is the Center position player Josh Mortensen dribbling the ball up court in a game against #1 Aplington-Parkersburg.

Rebound. Rebound.

As Jared Doddema, Jake "Summertime" Staebell, and a masked man look on, Junior Josh Mortensen prepares to pull down a rebound.
Swimming

A Strong Showing

Made up by students from Northern University High School, Waverly-Shell Rock, Aplington-Parkersburg and Dike-New Hartford, the NU swim team came together to make a strong showing this season.

The most memorable event this season was our annual carbo-load meal. Instead of having it at a senior’s home, we went to Shooters where everyone got beat at pool by a 12 year-old named Sal.

Although plagued with injuries we still managed wins over Vinton twice, Williamsburg... and came up with a gutsy effort but fell just short against West High.

Everyone swam their hearts out and I am sure made Coach Myers proud.

We were represented by one senior, two juniors and a Freshman at State this year. Those guys, along with a strong group next year, should make NU High a tough team to swim against next season.

Back Stroker

Showing off the correct back stroke form is Junior Tyler Schmidt. I hope he doesn’t choke on all that water.

Cool... Like Always.

After swimming in one of his events, Freshman Brian Olsen takes the time to comb his precious hair before jumping back into the pool for an encore performance.
Northern University Panther Boys' Swimming

It's gotta be the hair
Senior Co-captain Stuart Clausen gets ready for take-off. Clausen's take-offs were his specialties, like a rocket going into outer space.

Huddle of Swimmers
The team gathers for an inspirational speech by Co-captains Stuart Clausen and Nick Lyons before a home swim meet.
Northern University High School Boys' Tennis

Reachin' for the stars
Senior Veteran Jake Flanscha goes for a volley at the net during one of his spectacular matches

Double Take
Junior Josh Mortenson (Blair) and Sophomore Josh Baade (Lyle) were successful doubles partners, finishing 1st at NICL
Boys' Tennis

Moral Victory

We, of the NU Tennis Program entered this season with reluctant optimism. The only certainties were the best practice courts in Iowa and Potts and Scally. When I walked into the tennis meeting, already the new guy was trying to coach and stuff, but we fixed that.

Last year's team was 0 and whatever, but this year if you count the moral victory at A-P and Eldora twice (because they backed out on us) we were .500.

NU Tennis isn't about tennis—it's about people. I will miss Lucas's potty mouth and silent, invisible ya-ya's and in-between set talks with Lyle and Blair (see last year's book for their real names). Most of all I will miss the tradition that is most likely here to stay—Casey's cheese bread, which inspired like no other. Oh you probably want to know how we fared in the post season. The District pairings saw Rock'n'Roll tennis II vs. Decorah's #1 doubles team. Incidentally, Decorah is real good; I'm not telling the score, but we waited longer for the balls than the match took. Nick Flanscha lost in Round #1 to Decorah's #4. Lyle and Blair lost to Oelwein's #1 doubles, Lucas beat a blind Independence kid and lost to Waverly.

In conference, we opened up a can of whoop-ass! seeing Nick and Lucas finish 2nd in singles and Lyle and Blair 1st in doubles. Those mixed in with others who didn't finish last helped NU take 3rd!

P.S. Guys Remember your ABCs and we want a grill.

Jake Flanscha

Nice Shot!
Senior veteran Hari Rajendran shows that his experience in the past has helped him to make those tough shots!

Seeing Red
Double the fun with redheaded sophomores Nick Flanscha and Eric Fruess. The two put together a good doubles team and will be a force to reckon with next year.
Girls' Tennis
Growing and Learning
This year the NU Girls' Tennis team had a lot going for it, but had to work hard for everything. After losing the #1 and #2 players and gaining four rookies, there was a lot of room for growth.
On the first day of practice, Pitch tried to do conditioning again, and surprisingly, this year he stuck to it. The 10 minute run became a daily ritual. Don't let that fool you, though. None of us was concerned about getting in shape. Not with Nicole working at Baskin Robbins and Kathy's mom's famous cookies.
One new thing this year that worked out really well was our assistant coach, Kate. She fit in fine, especially when it was time to give Pitch a hard time.
I wish you good luck next year. Don't worry; I'll be back for conference to give Beth and Keely sunblock and to yell, "Fire up!" and "PMA!"
Go get 'em!
—Megan

Great Coaching
Fateem Al-Mabuk gets some inspiring advice from Coach Craig Pitcher (a.k.a. Pitch). She went on to win. He's a genius.

Teamwork
Juniors Jessica Galehouse and Kathy Goyen played doubles together at tournament time. Will we see them together next season?
Twins
Sophomores Keely Moon and Nicole Corbin played doubles together all year. They were known for their matching outfits.

Girls' Tennis

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Team Districts
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Wins Losses
4 5
NU Girls' Tennis

Smack it!
Senior Megan Curtis concentrates on her serve at a home tennis meet. Megan played #2 individuals and #1 doubles with Beth Koch.

HUSTLE!
Junior Beth Koch reaches for a ball at the district meet. She held the #1 individuals position for the entire season—a good prospect for the '98 season!
Northern University High School Boys' Track Team

Natural Talent
High jumping for the first time of the season is sophomore Demetrius "Boo" Kimbrough. His jump of 6'0" took the NICL title.

Keeping up the pace
Junior Jared Doddema runs the third leg of the 4 x 800 m. relay team at the Conference Meet. Later the team advanced to State.
Boys' Track

Breaking the Barrier
Senior Andrae Rainey broke the 200m barrier and set a new personal record at the NICL Conference Meet.

Boys' Track

Wartburg Indoor
3rd of 12  40 pts.
Dickinson Relays
No Team Score
J-Hawk Relays
1st of 9  90 pts.
WaHawk Relays
9th of 14  10 pts.
Collinge Relays
5th of 8  29 pts.
Wolverine Relays
4th of 7  60 pts.
Viking Relays
9th of 12  26 pts.
Aldrich Relays
2nd of 16  54 pts.
Tri-State Relays
11th of 12  20 pts.
NICL East
1st of 8  97 pts.
1-A District
1st of 24  97 pts.
1-A State
10 pts.

Pass it on
Junior Josh Sawyer takes the baton from 4x800 sophomore teammate Nathaniel Parrish. The two were familiar faces running the relay for the team.

Boys' Track

Warming up
Sophomore Dan Wilson and juniors Josh Sawyer and Adam Timmins get ready for the NICL Meet at CF.

Hurdling as a team
Seniors Bryce Weber (lane 2) and Shane Rundall (lane 3) compete in the 110 High Hurdles at Conference.
Girls' Track
Growing and Learning

Out of the blocks and on to the track, this year's track team has been one of the best. At the beginning of the year we all experienced pain and the inability to get out of bed.

After overcoming these hurdles, we raced on to the State Meet, qualifying nine people in seven events: 3000m run, distance medley, 100m dash, 4 X 800, 400m hurdles, high jump and 800m dash. Michelle Johnson, Rhonda Bolhuis, Bonnie Pedersen and Vanessa Kettner broke a school record in the distance med and placed 5th overall at State. Bindy Comito, Rachel Koch, Audra Johnson and Vanessa Kettner finished 2nd overall in the 4 X 800 relay.

We owe it all to those "buildup backoffs," drills and fun filled workouts. For example, one practice Coach Phipps brought out the football jerseys so we could run in them. A quick game of 500 finished our football careers.

10 pieces of advice we'd like to hand off to you:
10) Never make any Johnson jokes
9) Always wear sunscreen
8) Never ice your shins alone
7) Never run in the UNIDome during baseball practice
6) Never ask "How many more "buildup/backoffs?"
5) Always wear shoes when running
4) Always run fast and turn left
3) Never ask "How many Johnsons are there?"
2) Never drop the baton
1) Never give up.
Top secret formula to follow: Hard Work + Determination + PMA = Success!
P.S. Remember, be racers, not just runners.

I believe I can fly... is the team motto Lexie Penaluna goes by while defying gravity in her area of expertise—the high jump.

Duh, how may more laps? Juniors Margaret Mills and Emily Johnson, 3000m runners extraordinaire, get ready for another fun-filled race.

Girls' Track
North Tama
1st of 6 129 pts
Dike-NH
2nd of 8 110 pts
Ackley-Geneva
2nd of 11 95 pts
Grundy Center
1st of 6 156 pts
Linn Mar
6th of 10 45 pts
NICL
1st of 8 116 pts
A-P
2nd of 12 96 pts
Districts
7th of 23 34 pts

Tag! You're it!
Leah Kamienski hands the baton off to Audra Johnson in the 4 X 800m relay. They went on to claim a medal!
Northern University High School Track Team—Big, Bad and Buff

Wanted Dead or Alive
The string holders, bitter with Michelle Johnson’s victory attempt to put her out of commission... forever. Tune in next week for Michelle vs. the Long Jump Pit.

Leader of the Track, Vroom
Senior State Qualifier, Katy Baumgardner struts her stuff as she approaches the finish line. With a determined stare she comes off the line as the NICL 100m dash Champion.
Northern University High School Golf

Hmm...
Is it just a coincidence or is freshman Jon Michel lining up for a shot at Nic Moran? Do you think he'll yell "Fore"?

Take your time
It's only freezing out here. Nic Moran shows true dedication, golfing in the cold. Mittens and stocking caps aren't typical golfing attire, are they?
Golf
High Hopes

The 1997 Golf Team had high hopes with seven returning players: seniors Eric Lewis, Nic Moran and Mike Wilson and juniors Jason Bachhuber, Ben Buck, Adam Fisher and Joe Ostby. But it was the freshman who helped pull it together for the season, making next year very promising for Coach Weber. The season began with poor conditions with three matches being cancelled because of cold weather. Despite needing stocking hats and gloves, the team showed up regularly for practices and all matches. Coach Weber was excited to see his team win the NICL Championship for the first time with a score of 327. The team made it to Districts, qualifying by "the skin of their teeth" at Sectionals where they placed 3rd. The District Tournament was hosted at Pheasant Ridge with high expectations, but it was not to be with the team finishing in sixth place.

The Most Improved Player Award went to freshman Jon Michel who also received the Mr. Excitement Award for his wonderful smile. Freshman Kody Asmus received the Most Consistent Player Award. All-Conference Honors went to Eric Lewis and Nic Moran. Mike Wilson also earned a Conference All-Academic Award.

Good luck next year and On-to-State in '98!

Eric Lewis

Contemplation
Golf is a game of concentration, and even the craziest people take it seriously. Putting is important business and takes time!

Wouldn't it be nice?
All sorts of cliches fit this picture. . . "Close, but no cigar." or "So close and yet so far." Whichever is preferred, this putt was a frustrating one.
Enjoy the 50s Music
NU Singers Tal Jones, Kevin Puetz and Lindsay Kane show off the fifties look, as well as sing some swinging fifties tunes at the PTP Carnival with their version of Grease.

On the job training
Juniors Brian Satterlee and Shayne Cochran learn about the job skills needed in the UNI Controller’s office. Brian and Shayne are two of many students in the new School to Work Program.

Principal Wilson
In March there was a new acting principal at NU. Dan Wilson was Principal-for-a-day as he and Dr. Robinson switched roles. Dan tried to call Dr. Robinson’s mom that day to discuss tardies.
Reggae Santosh
Junior Santosh Nadipuram sports a new look for the school. Dreadlocks take on a new twist as pipe cleaners adorn the famous locks of NU's most famous hair!

Our Colombian Friend
Foreign exchange student, Juan Henao, shows his Panther spirit at a volley ball game. Juan was very active while at NU.

Hat Judas
Sophomore Ben Judas hates getting his picture taken. This rare shot was taken at the Homecoming Dance by a sneaky photographer.
Wild Women with Wild Flowers

A Haircut and a Shave...
Jared Doddema grins through a Cool Whip beard at the Homecoming assembly. Such school spirit and dedication to the cause.

One Last Wooba
Seniors Jason Dorris, Eric Olson, Shane Rundall, and Nick Lyons take time to cuddle for the camera at the Queens Assembly.

Dance, Dance, Dance...
The celebration of Homecoming just wouldn't be the same without the traditional dance where everyone gets dressed up and goes crazy.
Pass the Scalpel?
Bonnie Pederson puts the final touches on her Crazy Day outfit that added to the Spirit of Homecoming week.

The Man with the Plan
The NU Panthers huddle up for expert advice from Coach Phipps in their big game against the North Tama Red Hawks.

Is Something Missing From This Picture? Should NU Have a King?

"No. We already have a Prom King and a Sadie's King. If you add a Homecoming King the honor of being crowned is diminished."
--Ryan Grimes.

"Yes, because if a Homecoming King were elected it might boost the Homecoming spirit in the student body."
--Mike Williams

"Yes, the queen needs her king."
--Jessica Galehouse

"Yes, so the guys don't feel left out."
--Amber Johnson

"No. I like our current anti-male philosophy better."
--Peter Vanderwall

"No. It's tradition and we should keep it that way."
--Leah Christopher

Pump em' Uphams
Beth Koch, Jessica Galehouse, and Keely Moon belt it out while showing their school spirit in the Pep Band during the Homecoming football game.
Too Hot to Handle
Firewomen Jamie Phipps and Lexie Penaluna are ready for any emergency that comes their way during Crazy Day!

Escorted With Style
NU mascot Ben Buck and his brother Zach escort their sister Sarah out onto the field for the crowning of the Homecoming Queen.

Not Your Average Joe
Joe Riehle lets out an intense cry while he and his band Symphon E play during the Variety Show.

What's Going On?
Senior co-captains Adam Western, Eric Olson, Shane Rundall, and Jake Flanscha look on in amazement during the coin toss.
Squawk, Help!
North Tama cheerleaders come to the rescue of their Red Hawk mascot as the Panther mascot, Ben Buck, sinks his teeth in. Only minor injuries resulted.

Go Team Go!
Lucus Hinke, a serious NU football fan, focuses on the game, while the crowd of crazed NU students cheer on their team against the Red Hawks.

Two Smiles are Better than One
Juniors Disa Lubker and Joe Ostby smile for the camera as they wrap up another great Homecoming week at NUHS.

Sassin' it Up!
Leah Kamenski and Stacey Wertz escort each other across the floor in style during the Homecoming dance.

Caught in the Limelight
Dave Correll gets ready to take the stage with the infamous, hydrofunk band the Royal Crowns.

Two Smiles are Better than One
Juniors Disa Lubker and Joe Ostby smile for the camera as they wrap up another great Homecoming week at NUHS.
Mission... Winter Formal
Pajama girls Lynsey Bolin, Bonnie Pederson, Beth Koch, Megan Curtis and Jessica Galehouse keep in touch at the dance with Walkie-Talkies.

Boys' Night Out
Josh Mortenson and Nick Iverson have a blast at the NU Booster Club Sock-Hop.

Men In White
Bryce, Juan, Dave, Eric, Kevin and Peter strut their stuff at their last Winter Formal dressed in white, just like little angels should be!
Pretty in Pink
Sophomore Portia Rainey boogies down at Winter Formal, held at the John Deere Supervisor's club.

Slow Dancin'
Bindy Comito and Dan Wilson enjoy the Homecoming dance. The slow song gave Bindy a breather from Deejaying.

Black Ties and Bobbie-socks.

Dances at NU High have something for everyone.

In February everyone had on their best—from white tuxes to black formal gowns; the kids really showed the world that glamour is still alive—even in high schools. Winter Formal is a chance for all to get dressed up for a night of dazzle, dancing and fun.

When April rolled around it was time for the kids to let their hair down. The Annual NU Booster Club Sock-Hop gave students and parents alike a chance to rip through attics to find poodle skirts and letter sweaters. The music was hip and the party was a blast.

Whether the dances attire is formal, casual or retro, NU students really know how to have fun. Dances are a part of the NU Tradition and the students keep making those Saturday nights exciting!

King of the Court
Senior Dave Correll gets his "Royal Crown" at the Sadie's Sock-Hop, where his band, The Royal Crowns, played the night away.

Greased Lightning
Stuart Clausen and Jessica Schacterle strike a pose as they relive the 50s with the classic tunes from Grease.
Singing in the Rain
Junior/Senior Prom

Grinding
Seniors Adam "Poody" Western and Andrae Rainey break it down at Prom.

Nightlights
Junior Margaret Mills watches as the fountain changes colors in the Junior Class' rendition of Singing in the Rain. The fountain was just one of the attractions at Prom.

The 1997 Prom Court looked fabulous

The Grand Entrance
The Prom Court lines up to show off their best.

Royal Smiles
King Eric Lewis and Queen Sarah Buck smile for the camera (like always!).
Line Up
At Prom, many students lined up to line dance to the country music. Boot Scootin' didn't last long though, since music from the 80's ruled the night.

The Ladies in Red
It was hard to miss these two. Seniors Kim Knutson and Stacey Wertz shimmered and shined in their red dresses all night long.

Fallin' in love
Josh Sawyer and Jamie Phipps hold on tight as the music to Prom winds down. The two were caught by the camera sharing a special smile or two.

Train Spotting
Come on ride the train—fun was for everyone at Prom '97. All you had to do was jump in and hold on!

Queen Power
The '96 Prom Queen, Sarah Buck and '96 Homecoming Queen, Jamie Phipps show off their royal gowns. Many wondered if NU's royalty shopped at the same store!

A Little Bit Softer Now
Juniors and Seniors alike danced the night away. Beth Koch and Megan Curtis go retro to "Shout!" They really know how to get down!
We are outta here!
Kim Knutson and Sarah Bailey mug for the camera as they pick up their graduation attire! They look excited to be leaving--don't they?

Awarded for Excellence
Senior Andrae Rainey accepts the Brian Smith Memorial Scholarship from Ross A. Nielsen at the Awards Assembly.

Rise and Shine
With Dan Wilson acting as principal for the day, he greets seniors Sara Bailey and Nathan Loenser before classes even started.
Picture Perfect
Sarah Buck and Jared Doddema celebrate together at the National Honor Society Induction Ceremony Reception.

Academics

A job well done.
Lindsey Kane reviews her senior project, a collection of her writings, before the mobs of people come in to sneak a peek.

Who needs to study?
Senior Eric Olsen takes a break from his school work to play a little Tetris in the library. Eric’s dedication to education was incredible.
I'd have to agree with you there. Commentators of most of the NUTV Sports broadcasts, Nathan Mort and Michael Wilson watch the game while they do their thing. Mort and Wilson worked two football games and four basketball games together. They were known amongst their peers as Hacksaw and Jimbo.

The Tech Crew
Director, Dave Correll and Instant Replay Operator, Eric Lewis work at the home basketball game.

Camera Operator
Janessa Uhl-Carper uses her steady hands to guide the camera, following the ball at a home football game. Cedar Falls Cable lent out their equipment at the Homecoming Show.
The morning announcements had never been a very exciting event in the life of an NU student—a blase if informative daily occurrence that took 5 minutes out of our second period class. Often times read quickly and in monotone by a teacher anxious to teach rather than read off an office issued sheet of paper. Because of this, the good intended thought of the day met deaf ears and so the question "What's for lunch?" was asked more times than answered. In 1996 this changed. Mr. Rick Vanderwall had an idea. He envisioned a group of students who would meet every morning at 7:30 and video tape a reading of the morning announcements in a fashion similar to local news.

And so it was done.

The announcements were broadcast school wide and for the first time, a good percentage of the student body heard the valuable words of the administration's collective mouth. All was well, until NUTV (the name Mr. V. had given his announcements team) began to get restless. They had whooped the announcements into shape and now needed a new challenge.

Enter sporting events.

With the cooperation and assistance of Cedar Falls Cable Access, NUTV began broadcasting football games and following that, basketball games.

Again all is well. And so it is today.

Ali Cat
NUTV Coordinator/Supervisor, Rick Vanderwall watches freshman Allison Welsh work her camera magic. The future for NUTV looks bright since most students know the equipment.

Joey Rolley
Joe Riehle, Director at many NUTV broadcasts, watches over the monitors. Joe was a founding member of this year's NUTV staff, joining others in doing the Daily Announcements.

Jensen, no wait, Doug.
Varsity Errand Boy, Justin Jensen relays the message for the director to the Camera Operator, Doug Conner. Jensen was promoted from JV to Varsity Errand Boy.

NUTV 99
Suave
Mr. Lowell Hoeft walks down the streets in the old part of Lyon, looking awesome as always.

Chipmunks in France?
Chip & Dale party down at Euro Disney with sophomores Geoff Spain, Julie Kolar, Keely Moon, Kendra Kuhn and junior Brandie Davidson.

Bon Voyage
Before leaving the Cedar Rapids Airport the group stopped for a quick pose. Front Row: Kendra Kuhn, Julie Kolar, Ben Judas. Back Row: John Higby, Bonnie Pedersen, Angie Thulstrup, Leah Buck, Lowell Hoeft, Keely Moon, Aaron Bertram, Chris Judas, Geoff Spain. Brandie Davidson was taking the picture.

France
All About Being a Frenchie
During their spring break, Mr. Lowell Hoeft and 12 French I, II, III and IV students went to Chelles, France, a suburb of Paris. The students stayed with host families for two weeks, in which they became part of the family. During their stay the group went on three excursions. They traveled by train to Amboise where they visited its famous castle and the home of Leonardo DiVincci. In Lyon they visited the old part of town and walked up a large steep hill to visit a church. In LaRochelle the group visited an old tower which overlooked the ocean and finished the day off by shopping. The students enjoyed their trip so much that many of them are already talking about returning next year.
Breads of Quebec

It's that time of year again when Mr. Hoeft chaperones his French IV Class to Montreal and Quebec. This year's trip was filled with hairwraps, fresh bread, goth clubs, amazing bread, fine restaurants, great bread, mimes, mouth-watering bread, and Kim jumping up and down while squeaking. Our four day trip was almost elongated with the cancellation of our flight back home, which wouldn't have been so horrible except we were missing our ninth classmate, Aaron Bertram. We left Iowa with the expectation of increasing our knowledge of the French language. We returned knowing the difference between the words goat and horse (in French). The experience, though short, left us with great appreciation for our neighboring country and the realization of knowing how important it is to know what a "caleche" is next time in Canada.

Bon Apetit
Megan Curtis and Lynsey Bolin take time out and notice what the French are known for; their fresh bread. The students got a lot of experience with bread while in Quebec.

All Wrapped Up
Kim Knutson stops for a bit to enhance her looks with a hairwrap. The girls all came back with colorful additions to their already lovely locks.
This year on NU High's annual trip to Russia we were witness to many strange things. We saw webbed feet and mangy stray dogs, among others. And, as the sun rotates and my game grows bigger, I'm glad that future students will have the same opportunity to be fascinated, delighted and disgusted. I have a message for the future travelers; cherish every pelmeni, every can of Pepsi "Blue" every bliny—it may be your last. And don't drink the water!
Spring Break '97 was anything but boring for the 12 students who decided to accompany Mr. Vanderwall to New York City.

Sarah Buck, Doug Conner, Ryan Grimes, Mary Hanks, Morgan Hoosman, Noah Johnson, Vanessa Kettner, Santosh Nadipuram, Hari Rajendran, Arash (pronounced "Tom") Sangha, Jessica Schachterle and Terri Thompson were the daring students who took this trip.

Sight-seeing included Central Park, the Empire State Building, the Statue of Liberty and NBC Studios to name just a few of the sights visited. The group saw three Broadway musicals and one off-Broadway production. Unfortunately, to the group's disappointment, they didn't get to see the musical Cats. Ryan Grimes to this day is very upset about that.

Rumors at school are that Mr. Vanderwall may be planning a trip for next year. All students should sign up and have this experience!
Twelve outstanding juniors and seniors were honored at the 1997 National Honor Society Induction Ceremony. They included seniors Michelle Johnson and Dave Correll and juniors Emily Johnson, Morgan Hoosman, Bonnie Pedersen, Beth Koch, Vanessa Kettner, Bindy Comito, Jessica Galehouse, Jared Doddema, Jessica Schachterle and Aaron McAdams. Students were chosen based on their excellence in academics and extra-curricular activities. Faculty members were present to congratulate their advisees on the prestigious honor they received. Dr. Robinson was the Master of Ceremonies, and all of the inductees thought the yellow roses presented at the ceremony were a nice touch—especially Emily Johnson. A reception was held for the inductees and their families after the ceremony in the teacher’s lounge.

Overall it was an excellent evening for the faculty, family and the Best of the Best at Northern University High School.
Good Joke
Junior Bindy Comito and Mr. Doug Nichols were caught laughing amidst the seriousness of the National Honor Society Induction Ceremony. Mr. Nichols supported students in academics, extracurricular activities, too.

Reciting the Pledge
Juniors Morgan Hoosman, Emily Johnson and Senior Michelle Johnson are reading the National Honor Society Pledge with the other 12 inductees.

Congrats to you!
Dr. Jody Stone congratulates junior Jessica Schachterle for her acceptance into National Honor Society.

One Moment in Time
Dr. Don Darrow looks on as Mr. Doug Nichols gives junior Vanessa Kettner a congratulatory hug after her induction.
Senior Honors and Awards

**National Honor Society**
- Sarah Buck
- Leah Kamienski
- Stuart Clausen
- Nathan Loenser
- David Correll
- Nick Lyons
- Audra Johnson
- Jamie Phipps
- Michelle Johnson
- Bryce Weber

**Academic Honors**
- Fateem Al-Mabuk
- Audra Johnson
- Sarah Bailey
- Michelle Johnson
- Sarah Buck
- Leah Kamienski
- Mindy Carbiener
- Nathan Loenser
- Galen Cook-Wiens
- Nick Lyons
- David Correll
- Jamie Phipps
- Megan Curtis
- Hari Rajendran
- Tom Hanks
- Bryce Weber
Scholarships and Awards

Sarah Bailey-EDVC Partners in Covenant, Nazareth Lutheran Church and Wartburg College; Presidential Scholarship, Wartburg College; Iowa Tuition Grant; Iowa Academy of Science - Outstanding Science Student Award; Special Service Award; Kenneth G. Meyerhoff Memorial Scholarship

Aaron Bertram-Cedar Falls Exchange Club Scholarship; Youth of the Month

Sarah Buck-University of Iowa Honors Program; Opportunity at Iowa Scholarship, University of Iowa; (USA) Undergraduate Scholar Assistantship, University of Iowa; Malcolm and Mary Day Price Memorial Scholarship

Mikaela Carmichael-Iowa Society, Daughters of the American Revolution, American Legion Post 137 Scholarship

Stuart Clausen- Conditional Appointment, United States Coast Guard Academy; Honors College, Oregon State University; State Carrier Scholarship, Des Moines Register; S. Florence Warnack Scholarship; Who's Who Among American High School Students; Boy's State Representative, 1996, American Legion; Finalist, Masonic Lodge Scholarship; American Citizenship Award; Special Service Award.

David Correll-State of Iowa Individual Russian Champion, 1994, 1995, 1997; ACTR Iowa

Megan Curtis-President's Award, Eastern College; Achievement Scholarship, University of St. Thomas

Jason Dorris-McElroy Four Year Academic Tuition Scholarship, Wartburg College, 1997; Antioch Baptist Church Academic Scholarship, 1997; 1st Place Award for Charcoal Pencil Art, NAACP/ACT-SO Program, 1996; 1st Place Award for Art Multi-Media, NAACP/ACT-SO Program, 1995; Who's Who Among American High School Students, 1994/1995; Savings Bond; Club Les Dames Speech Contest for Art Presentation, 1997; Club Les Dames Honorarium; All-State Russian Olympiad of Spoken Language, 1997-1st through 4th Place 1994-1997; Participant in the 1997 Beautillion for Young Senior Men; Black Alliance; Voted Most Likely to Succeed Talent Search, 1992; Trophy for Achievements in Art, Paula Lynne's Fine Arts Academy, 1992; Student of the Month, Cedar Falls Rotary Club, 1996; PTP Scholarship

Thomas William Hanks, Jr.- National Merit Scholarship Finalist, National Merit Corporation; Iowa Scholar; KWWL Best of the Class; Full-Tuition Board Scholarship, Iowa State University

Audra Noel Johnson- Exchange Club Youth of the Month, 1996; Bausch & Lomb Science Award; PTP Scholarship

Leah Marie Kaminski-Iowa State University Academic Scholarship; Albert A. Potter Science Award; Howard VanderBeek Writing Award; Department of Teaching Award

Lindsey Dawn Kane-Waldorf Cheerleading Scholarship, Waldorf College; Waldorf College Grant, Academic

Bradley David James Kendall-Ray Forsberg Art Scholarship, Waterloo Arts Center

Kimberly Ann Knutson-Mother Moon Scholarship for Service; Optimist Youth of the Week

Nathen Larry Loenser-Louis Feinstein-Horatio Alger Humanitarian Award, Feinstein Foundation, Horatio Alger Association; Discover Card Tribute Award, Discover Card; Iowa State University Academic Recognition Scholarship; College of Education Scholarship, Iowa State University; Outstanding Disabled Student Award, Black Hawk Partnership on Disabilities; Endeavor Project Award, UNI Leadership Studies Program and YWCA of Black Hawk County; Who's Who in Sports Scholarship, Who's Who in Sports; Prudential Spirit of Community Certificate of Excellence, Prudential NASSP, Iowa Student Leadership Forum "Faith and Values in Leadership," Governor Branstad, Charles Grassley, Deores Mertz; Bernie Saggau Award; Dwight Curtis Memorial Award


Eric L. Olson-Athletic Scholarship (Baseball), Waldorf College

Jamie Phipps-DAR Citizenship Award; Good Citizenship Award, NUHS; Masonic Black Hawk Lodge Scholarship; HOBY Leadership Award; Bernie Saggau Award; Special Service Award; Ferdinand C. Reichmann Memorial Scholarship

Stephanie Ann Potter-High School Distinction Award; Cornell College

Andrea Rainey-Brian Smith Memorial Scholarship

Harl Rajendran-National Merit Scholarship Finalist, National Merit Corporation; Honors Scholarship, University of Houston

Peter Vanderwall-Resident Scholar Award, State of Iowa; University of Northern Iowa Academic Scholarship

Bryce Weber-Lees Hale Music Scholarship; Kenneth G. Butzier Scholarship; Special Service Award; Mincom and Mary Day Price Memorial Scholarship

Stacey Wertz-Athletic Scholarship, University of Iowa; PTP Scholarship
Looking forward
Senior class escort, Lowell Hoeft looks on with members of the Class of '97 as they think about their futures and new beginnings in their lives.

Stickin' Around
As the seniors said farewell, they made sure they would "stick" in Dr. Victoria Robinson's mind forever by attaching stickers to her robe. The stickers ranged from Winnie the Pooh to Mustard Plug memorabilia.

Is it a bird?
No, it's Tom Hanks, doing what he does best. Tom's whistles could be heard up and down the halls of NUHS during his entire career. Nate Loenser seems to be ignoring the "music," which is what many of Tom's teachers had to learn to do as well.

Sweet Memories
Kim Knutson's tears start to fall as Dick and Julie Westin tell her that the red carnation given to them by the Class of '97 will be placed on Scott's grave.

Tears of joy
Fateem Al-Mabuk cries bittersweet tears as she is congratulated on her graduation. Saying goodbye to high school often means saying good-bye to good friends—the good comes with the bad.
Way to go Sis'!
Leah Buck picks up Sister Sarah in a congratulatory hug! Younger sister Hannah joins in on the fun. Was this a warm-up for the Buck graduations next year?

Aw, Mom!
Deb Lyons lets her son, Nick know how proud she is of him. Nick graduated with honors and was awarded the R.J. McElroy Scholarship.

Life is like a sucker...
Dave Correll lets the Class of '97 know that life is like a sucker—and that the graduates had only just begun to enjoy; they aren't even halfway through the sweetest part of it.

That one word sums up the Class of '97. In seventh grade we were a group of close friends. Everyone seemed to be the same. The years came and went, and they changed us. We started to discover who we were, and then we became different—our own people.

We've made it through four years, and we're leaving with more than the knowledge of how to dissect a shark or how an election is run. We're leaving with what we as individuals decide to take with us. We're leaving with what we each feel is special or important to us.

--Sarah Bailey
Class of '97
"Daddy's Little Girl..."
...has made me very proud!!
Love, Dad

"I think I can, I think I can, I think I can..."
Nathan Loenser, you say it in so many ways!
Best wishes from Mom, Dad, Becky, Michael and Christina
Mikki,
To be a star you must shine your own light, follow your own path and don't worry about the darkness for that is when stars shine brightest.
Love to my star,
Dad

When twilight draws her curtains close
And pins them with a star
Remember me my dear Mikki
No matter where you are.
Love,
Mom

Kimberly,
Whether you are Cinderella, or a Princess... We know that wherever you wave your "Magic Wand."
You will be a success!!
Our best to you...
With all our love...
ALWAYS.
God Bless,
Mom, Dad, Aaron and Brent

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Eric,
You have been such a joy! What a good little guy you were and what a fine young man you are becoming. You have taught both your Mom and Dad so much but I know we have much yet to learn. Right! You’ve had four parents with the two girls being so much older and boy do they ever love you too! We’ve all had so much fun just being together through the years. Just remember your family loves you and will always be there for you. However, we realize it is time for you to begin this new chapter in your life. We will miss you but we know that for you the best years are yet to come.
Mom, Dad, Miekka & Shelli
After 16 years it will be hard to say good bye. THANKS NU!!
It's been fun being your cheerleaders.
God Bless,
Pat & Lloyd

P.S. Aaron, Matt, Leah—Thanks for the memories!

Mike,
The future is unknowable but whatever it holds for you one thing you can count on is I'll always be your dance partner.
Love,
your big sister Rachel
To Michael,
How could we be so lucky ... ducky?
A precious son grown to manhood who brings
great pride and much joy to his family.
Barry & Jane
Aaron & Becky & Cecelia
Matt & Heather
Mark & Rachel & Dan & Steve & Ben

Lady Leah,
I thank God you've always known that
you are "precious and important." Keep your
eyes on the Lord and there is nothing you
can't do!
Love,
Mom and Lloyd

Eric Jonathan,
It's been awesome having you as our son
and brother. The world has been and will be a
better place because of your caring personality,
sense of humor, and talent. We're very proud
of you.
Love,
Mom, Dad and Carrie
Leah,
"Step-by-step" we became sisters—
heart to heart we became friends!
All my love,
Dena

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Jacob,
You have been a joy from the very start. Together we have "built" many memories. We are so proud of the wonderful young man you have grown to be. Always remember your favorite phrase "I can do it by myself!"
Love,
Mom, Dad & Nick

Adam "Poody,"
Congratulations, you are setting out on the next adventure of your journey thru life. We will surely miss having you and "Pooh Bear" around each day. Remember, "To Thine Own Self Be True," and keep your thoughts and focus upwards.
Love,
Mom and Dad

Charlotte Elaine,
We are so proud of the beautiful spirit that shines from within you. You have given us great joy. We will love and cherish you always.
Love
Mom, Dad, Scott and Jeff

Tell us you saw us in the yearbook and get a double student discount!!
We will meet or beat the competition!
Pee Wee
Thanks for all the memories. It's truly been a pleasure.
Love you forever,
Mom and Dad

Sweet Leah,
Hope you've enjoyed "the ride" even half as much as I have!
Love and hugs—forever and always,
Your "wicked Stepmom"

Congratulations,
David!

Carpe Diem!

All our love,
Mom, Dad & Debbi

Stuart—
Wings of the eagle will take you to the depths and heights of your dreams. The words and songs of your heart will echo these dreams.
Go out with our love and God's blessing always.
Dad, Mom, Scott

Dear Uncle Mike,
On the day I was born, you held me in your arms and whispered, "I'm going to teach you to be alternative." I can't wait for you to paint my nails chartreuse and dress me in polyester, but I also hope that I learn to be as sweet, gentle, smart, and funny as you too!
Love,
Cecelia
(and Becky & Aaron)

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Jamie,
These past 18 years have been very special to me. Since the day you were born, you have been such a joy to me. You've always been respectful and trusted my advice and decisions. If I said no, you didn't argue. If there was a rule, you rarely questioned it. We've always been very close, and I know that will not change, but I feel sad that the time has come that I must let go. You have a great future ahead of you, and I want you to know I'm very proud of you.
I love you,
Mom

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I look at this picture from your 1st day at school and find it hard to believe you're graduating. As you end this journey and begin your new adventure, I want you to remember: The hardships we have endured together, for those have made you strong. The joys and laughter we have shared, for those have made you a kind good heart. The love of your family, for they have instilled the values which have given you character. I have been proud of you since the day you were born and I want you to realize how very special you are to all of us.
Congratulations Sweetheart!
Love,
Mom, Scott and Jenny

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Chris,
Congratulations!
We've always learned from each other. As you go forward, be on the watch for new lessons to learn and wisdom to share.
Love,
Ben & Katie
Mom & Dad
To the wild one,
As babes you were Gawa, my baby doll that came to life. As toddlers you followed me everywhere. As children we persevered and with the occasional bruise and my continual grounding we lived through it. Now as we stand, poised to enter the adult world, I can't help but feel a tug at my heart. Just think we probably will never live under the same roof again in this lifetime. What will I do without you to make me clean up my toothpaste globbies? And to think my feet won't stick to the floor from your hairspray. Not to mention that with you gone no one will give me advice on women. Lord knows I'll never get a date now. Sis, I love you. And you'll always be welcome wherever I am.

Nam
P.S. Mom showed this to me and it just kind of blends.

"I wish Pooh were here. It's so much more friendly with two."

Sarah,
"The light in the eyes of her whose heart is joyful rejoices the heart of others." Proverbs 15:30
From daisies, to pansies, to wildflower bouquets, Singing and tapping along under a new red umbrella, Opera at the piano, Surprise slumber parties and shaving cream antics, Friends, books, dance, peers, school, cheering, Tributes to Grandpa and tributes to friends, Worktrips, Caravan, L.U.G.S. and P.E.S.H. As your future unfolds, know that you are loved.
Dad, Mom and Grandparents.
Jamie,
We are so very proud of the person you are. You have touched so many lives with your loving and caring ways. Thank you for the beautiful memories.

For God commands the angels to guard you in all your ways.

Love,
Mom, Dad,
Taylor and Kelly

Aaron-
This life is yours. 
Take the power
to choose what you want to do
and do it well.
Take the power
to love what you want in life
and love it honestly.
Take the power
to walk in the forest
and be a part of nature.
Take the power
to control your own life
No one can do it for you.
Take the power
to make your life happy.
Love, Mom

Lindsey,

God truly danced the day you were born. You are very special! Take your talents and soar to the highest. We are so proud of you. Remember you are loved always by your family. We wish you all the best in everything you do.

Love always,
Mom and Dad

Thank You
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Rebecca, Michael,
Christina, and Nathan Loenser
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To my four pound baby boy!
You are truly a miracle! When I watch you pitch or swing a golf club, or listen to you sing with a school group or the Proud Image, or when someone tells me what a nice kid I have, I am so proud it brings tears to my eyes. I have always said grades are important, but it is so much more important to be a good and kind person. And you have never disappointed us.
As you wander down this new pathway into adulthood, remember we love you, but more importantly God loves you. Keep your faith. You can be whatever you choose to be. We are so proud of the young man you have become.

Love,
Mom and Dad

With your sweet spirit, determination and good character you have much to offer. The Lord has blessed us through the years and we are proud. Follow your faith and you will be happy. We love you.

Mom and Dad

Bryce,
You have always had a song in your heart and a smile on your face. God gave you a wonderful gift. You have always shared that song from your heart and put smiles on our faces. With wishes for Life’s best.

Love,
Mom, Dad and Valerie

Megan,
Whatever paths you follow These blessings come your way— Cherished friends and loved ones To brighten everyday...
Work that makes you happy, Rest that makes you strong, A sense of humor to see you through Whenever things go wrong...
The strongest faith, the brightest hopes That heaven can impart, Serenity and wisdom; an understanding heart, An awareness of life’s beauty, An answer to your prayers, And the blessed reassurance That God understands and cares.

Love,
Mom, Dad and Patrick

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Doug,
If ever you feel that life has you backed into a corner, remember to look for a door. Best of luck to you as you pursue your dreams and goals beyond high school. May your life be a great adventure!
Love always,
Dad and Mom

Dear Matt,
You have spent a lot of your time trying to make people laugh. For eighteen years you have made our hearts smile each day.
We love you so much and are very proud of the young man that you have become.
We hope that whatever your future holds for you, it makes you happy!
Love,
Mom and Dad
Rachel and Melissa

Sarah Noel,
You are truly a gift from God.

xxxxxx,
Mom & Dad,
Hannah & Leah,
Zach, Ben,
Micah & Joe

Half Pint,
Having you as a daughter has been a special blessing. You have given us so many great memories to cherish. We love you very much and wish you the very best in all that lies ahead.
Love,
Mom and Dad

Rachel and Melissa

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Leah Buck
Ad Sellers
Dave Correll, Jake Flanscha, Keely Moon
Ryan Grimes, Nick Lyons
Adviser
Taunya Robertson

'97 Panther
A
Ackerson, Mike 18, 59
Al-Mabuk, Amina
26, 42, 56, 71, 83
Al-Mabuk, Fateem 67, 78, 79
Arne, Vanessa 123
Askew, Carla 71
Asmus, Kody 26, 41, 42, 59, 84
Atherton, Ashley 26, 41, 42, 67, 68, 69, 83

B
Baade, Josh 22, 40, 59, 76
Bachhuber, Jason 18, 20, 55, 59, 75, 84
Backstrom, Jordan 26, 42, 74, 75
Badker, Blake 75
Bailey, Sarah 68, 69, 96, 123, 126, 128
Barrios, Gabriel 22, 41, 59
Baumgardner, Katy 16, 42, 48, 60, 61, 83, 94
Becker, Jim 30
Berning, Jamie 9, 42
Berry, Chris 22
Bertram, Aaron 76, 100
Bigelow, Connie 30
Bixby, Kristi 67
Bjarnstrom, Sigrid 42, 47, 64, 88
Bolhuis, Rhonda 22, 60, 71, 83
Bolin, Lynsey 38, 44, 79, 92, 101, 123, 128
Bowlin, Amy 22, 60, 64, 71
Brokaw, Chris 36, 37
Brown, Jenny 60
Buck, Ben 18, 38, 41, 84, 85, 90, 91, 126
Buck, Hannah 109
Buck, Leah 18, 41, 56, 100, 109, 123
Buck, Sarah 38, 41, 42, 43, 50, 78, 88, 94, 95, 97, 103, 109, 126, 128
Buck, Zach 29, 41, 42, 63, 84, 90
Burton, Randall 21

C
Carbiener, Dan 120
Carbiener, Mindy 8, 9, 120, 126
Carmichael, Mikki 9, 42, 68, 69, 111
Chambers, Porsha 18, 103
Christopher, Leah 18, 40, 42, 43, 56, 57, 68, 71, 89
Clark, Anthony 30
Clausen, Stuart 4, 9, 16, 37, 38, 39, 40, 41, 42, 43, 48, 62, 63, 75, 93, 101, 115, 123, 128
Cochran, Shayne 18, 86
Comito, Bindy 18, 34, 52, 56, 60, 64, 65, 70, 71, 83, 93, 104, 105, 123
Conner, Doug 99, 103, 122
Conner, Kevin 26, 41, 59, 76
Cooke, Lindsey 5, 26, 42
Corbin, Nicole 22, 56, 67, 71, 78, 79
Cordes, Sara 7, 22, 23, 64, 71
Correll, Dave 41, 48, 76, 91, 92, 93, 98, 102, 104, 109, 115, 123, 126
Couch, Karen 30
Crawley, Shini 25
Cuf, Sara 18, 40, 42
Curtis, Megan 16, 36, 44, 79, 92, 94, 95, 101, 123, 126, 128

D
Dalbey, Glenn 59, 126
Dalbey, Susan 56
Darrow, Don 30, 105
Davidson, Brandie 18, 100, 123, 128
Davidson, Nadene 30
Davis, Nick 22, 53, 55
Davidson, Kevin 92
Dejoode, Adam 54
Doddema, Jared 18, 40, 41, 63, 72, 80, 88, 97, 104
Dorris, Jason 40, 42, 47, 59, 88, 102, 120, 123
Dow, Eric 22, 44
Driscoll, Ben 75
Driver, Charlotte 40, 41, 49, 114
Dykstra, Lynn 30

E
East, Amber 26

F
Fanelli, Michael 30, 40, 41
Findlay, RosaMaria 30
Finzen, Angela 18
Finzen, Jon 26, 27, 59
Fish, Jennifer 26, 27, 71
Fisher, Adam 18, 40, 42, 59, 75, 84
Fisher, Jeff 26, 40, 42

Colophon/Index 123

Colophon
The 1997 Panther is a 128-page book published by Jostens in Visalia, California. The book is printed on 7 3/4 x 10 1/2 80 pound gloss paper with 13 pages of color. Most copy is 8-point Palatino. The cover is black silk screen with dark gray lettering. The cover was designed by Bryce Weber and the Communications Center, MPLS. The title was created by the Editorial Staff of the book.
My Best Friend
Glenn Dalbey snuggles up to Cookie Monster--later on the bus trip home, the "furball" would be the center of attention.

Sleeping Beauty
Sophomore Nathaniel Parrish takes a break from the busy casino style games during Post­Prom. This is the only photo Nate didn't pose for on Prom Night.

Beauty and the Beast
Terri Thompson hugs the NU Panther (Ben Buck) at the Homecoming game. Can you feel the love?

Together 'til the end
During the Senior Class Trip to Kansas City, everyone battled the cold... but the game must go on. At a KC Royals game, blankets and jackets were out so that the seniors could enjoy their last outing together. Pictured are Chris Judas, Nate Mort, Joe Riehle, Eric Lewis, Megan Curtis, Kim Knutson, Glenn Dalbey, Eric Olson, Hari Rajendran, Dave Correll, Bryce Weber, Sarah Buck, Sarah Bailey, Alicia Janssen, Mindy Carbiener and Stacey Wertz.

MEOW!
Ryan Grimes is desperate for an audition to the Broadway musical *Cats*. Ryan traveled all the way to NY City to try-out and he never even got to see the show!

Color Coordination Queen
Sophomore Liz Kendall puts on her craziest outfit for Crazy Day during Homecoming Week.
How to make an American Quilt
Kim Knutson wears the quilt she made as part of her senior project. Kim spent quite a bit of time on this quilt and displays it with pride.

The lost boy
Tai Jones walks down the hall with a forlorn, puzzled look on his face after an NU Singers performance. He was so good, he seems to have shocked himself!

Arrgh! I'm a pirate!
Senior Joe Riehle gives one last salute to the photographer at his senior recital. The unknown camera operator was quoted as saying, "Arrgh!" in response.

See Ya!
Mike Wilson winds down his senior year with his senior project. Mike worked with Joe Riehle to put together a video and concert to showcase the talents of local alternative bands. The night was a success with a mosh pit and crowd surfing in the audience. Joe was on stage to exhibit his talent as a singer/songwriter and performer. Mike is more of a behind the scenes kind-of-guy.

Pucker up, Buttercup
Demetrius Kimbrough awaits a kiss from the woman of his dreams, who just happens to be his "Cedar Falls Mom," LuAnn McAdams. He thought he was the luckiest guy in the world!

Camera Hogs
Sophomores Dan Wilson and Nathaniel Parrish pose for one of many pictures during Prom. These two actually had their own roll of film. They love the camera and it loves them.
The Basics are Back

As Editor-in-Chief, there are a bunch of people I would like to thank who made this book possible. My original staff fell short a few times but there were a lot of other people who picked up where the original group left off. Bindy Comito, Leah Buck, Sarah Bailey, Sarah Buck, Lynsey Bolin, Ryan Grimes, Julie Kolar, Kendra Kuhn, Jill Oleson, Megan Curtis, Jamie Phipps, Keely Moon, Jake Flanscha, Juan Paulo, Stuart Clausen, Leah Kamienski and Kim Knutson all pulled pages out of their heads and helped put this book together. I'd also like to thank Bryce Weber, my Assistant Editor, Vanessa Arney who is really cool and helped a lot. Lastly, Mrs. Robertson. Without Robertson there would be no book. She did most everything, even took most of the pictures. Good luck to next year's editor, Jill Oleson. Hopefully you will have a good staff next year.

I would like to say the great words of the Angry Cops as I close out my year as Editor: High School, Shut-up and Sit-Down.

—Mike Wilson