1995 Seeing is Believing

Northern University High School

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A ready-to-attack NU Panther as depicted in an architect's drawing will adorn the east wall of the new field house that gradually became a believable dream in 1995.

**The 1995 Panther**

Northern University High School
19th and Campus
Cedar Falls, Iowa
On the 50-yard line, seniors Clayton Lichty, Jessie West, and Bobbie Sells liven up the Homecoming crowd. NU lost 12-21 to Gladbrook-Reinbeck.

Sophomore Leah Kamienski goes vertical against the Wolverines as senior Tiffani Grimes readies for backup. Dike-NH went on to take state.

Senior athletes Nell Sawyer and Brenda Downing react to cheerleaders' "last will and testament" skit at the end of the fall season.

Dean Switzer, President Curris, Regent Ferguson, and Governor Branstad break ground in September for the field house.

A 70-yard punt return gets Luke Stater praise from Nick Lyons and Chris Hilyard.
To See It

breaking new ground
spirit and energy

YOU CAN

Is To

COUNT ON IT

friendships and loyalty
giving it all you’ve got

Believe It . . .
The doctor is in. One *cat in the hat* meets another. Gabe Mallin checks out the authenticity of his Hippie Day outfit during Homecoming Week.

At the last home meet in November, Coach Ben Myers gets the traditional heave-ho. Myers' swimmin' women placed sixth in state competition.

Newcomer to the stage Matt Janssen steals the show as the disoriented Truffaldino in *Servant of Two Masters*, the fall play.
Or
YOU CAN
Maybe
COUNT ON IT
Not

Surrounded by well-wishers, Dr. Linda Fernandez takes the cake. Faculty and staff surprised PLS' director on her February birthday.

At the Homecoming pep assembly, Stacy Cochran gives Sol Wikert a dead rose. Sol got the royal nod with a few write-ins.
People

unbelievably unpredictable

"Here everybody can be who they want to be. There are people with blue hair, black hair, purple hair, and no hair. Everybody feels free. They can express themselves the way they want."

-Remko Kuling, Dutch International Student, NUHS, Class of 1995

On NU's front lawn, Luke Stater, Mike Koch, and Mike Girsch contemplate the realities of Homecoming. The three juniors pulled out the stops on Hippie Day.
Competing, having fun, moving on

by Tiffani Grimes

Compare the kindergarten pictures to our senior ones. On the outside, some of us haven't changed much. In other respects we haven't either. Take our competitive nature. Whether playing kick ball in elementary or debating industrialization in Middleburg, always we've seized chances to compete.

And always we've liked to have fun. We played house in the kindergarten loft, break danced at recess, spent a weekend in St. Paul, and decorated the halls for Homecoming.

Friendships, priorities, hobbies, and ideologies change, yet always we will share a common identity. The years here have left their mark.
Seniors

1. Tiffani Thimes
2. Stephanie Hanson
3. Alisson L. Boy
4. Scott J. House
5. Arnold L. Brown
6. Daniel J. Kane
7. Natalie Ketten
8. Rancio Kuling
9. Erica Lee
Seniors

Angie Schlichtmann

Jeniffer Reyher

Nick Sawyer

Bobbie Sells

Andrea Willow Spencer

Nick Jeff
Senior Class officers take time out for recess on the PLS playground. Angie Schlichtmann served as secretary, Sol Wikert as vice-president, Mike Steffen as president, and Regan Penaluna as student council representative. Rachel Wilson, student council representative, was hard at work in a UNI class and missed the picture.
Nick Baade
Sam Bailey
Brandon Baker
Stephanie Bastron
Kris Bolhuis

Dan Bolin
Raylesha Burton
James Chung
Kiley Coleman
Caleb Cutwright

Debarshi Das
Adam DeJoode
Janene Doddema
Amy Dow
Justin Downs

Molly Fitzgerald
Mike Girsch
Karen Goyen
Nikki Hahn
Mark Hays

Vicky Higby
Chris Hilyard
Terry Hundley
Shawneequa
Kimbrough
Mike Koch

Mya Kruger
Andy Liao
Robert Mallinger
Ryan McCabe
Aja McClain

Ryan McCray
Michael McGuire
Alicia Mercado
Becca Moon
Seth Nieman

14 Juniors
A crowd-pleaser all season, Heath Fox races toward the basket in the home game against Dike-New Hartford.

Profile: Heath Fox—the ambidextrous Aussie

He's not sure, but Heath Fox thinks his vertical is around 28 to 32 inches. Adding excitement to the basketball season, the Australian native hopes to return to NU in the fall of 1995. Fox sought out information on attending NU as an international student on the recommendation of Michael Obnen, a previous international student at NU. Arriving shortly after school started, Fox moved in with the Sawyer family and quickly got involved in classes and activities, especially basketball.

At home in Wagga Wagga, Australia, Fox plays on two teams. His interest in basketball began when he was five years old, and he credits his mom with encouraging him to play. His biggest fan, Mrs. Fox left the summer weather in Wagga Wagga to travel to wintery Iowa to watch her son play. Calling Iowa “nice and relaxed,” this man of few words and lots of action likes to blow away the competition with his left-handed and right-handed moves.

Glee Nordquist
Lindsay Oleson
Katie Ostby
Leah Ostby
Mindy Pedersen

Brooke Penaluna
Mike Poe
Ryan Smiley
Liz Smith
Kelly Smith

Justin Staker
Luke Stater
Maggie Struck
Adam Wittmayer
Pati Wood

Juniors 15
Profile: Tom Hanks and his candy apple red 'stang

The love of Tom Hanks' life is his 1966, 3-speed, automatic, 6-cylinder, candy apple red Ford Mustang. Restoration work—some chrome pieces, shifters, speakers—has been minor. The beauty came with new interior, new underbody, and a '68 engine. Tom and his dad "know everything about cars up to about 1972" and especially love cars from the 60s. They also own a '63 Ford Fairlane and '66 Corvette.

Tom Hanks takes time out from working on his Mustang to show it off. He bought the beauty in July 1994 at an auction in Davenport.
Jason Bachhuber
Angela Bakula
Ben Buck
Leah Buck
Randall Burton

Porsha Chambers
Leah Christopher
Shayne Cochran
Susan Dalbey
Brandie Davidson

Jared Doddema
Adam Fisher
Jessica Galehouse
Kathy Goyen
Rachel Guthart

John Higby
Drew Hilyard
Amanda Hutchens
Jeremy Intemann
Jonathan Intemann

Brad Jacobson
Vanessa Kettner
Beth Koch
Teresa LaMendola
Ed Liao

Justin Lichty
Emily Lieder
Mike Maxson
Aaron McAdams
Brooke McCray

Matt McGuire
Margaret Mills
Josh Mortensen
Santosh Nadipuram
Nicole Nees
Profile: Ed Liao—the wizard of just about everything

Taking a lunchtime break from the books, Ed Liao plays his favorite card game, Magic: The Gathering.

As an eighth grader, he was the state champ in Mathcounts and Geography Bee state qualifier. As a ninth grader, he was first violin in the All-State Music Festival and state winner of the National French Exam. A two-time Governor’s Scholar, Ed Liao is the wizard of just about everything. Pastimes include playing around on his computer, listening to music, and playing cards. He dislikes public speaking, studying in a noisy environment, and banging his head against a door. His parents are his mentors, and if he could change anything, Ed would “want to be less shy and more outgoing.”
Irina Abramova has been teaching school for 16 years and although she says that "kids are kids everywhere," she finds that students in Russia are "more disciplined." She's delighted that improved relations between the US and Russia led to her opportunity to teach at NU. Third-year Russian student Andrea Spaeth is quick to point out that the veteran teacher is "always laughing and having fun in the classroom."

Sharing a laugh with fellow teacher Jim Sweigert, Irina Abramova prepares to meet the Russian I class of 26 students.
unbelievably unforgettable

"Classmates and friends are what makes Prom special. They are the ones who make it unforgettable."

Rachel Wilson,
1995 Prom Queen

Beneath twinkling lights, silver stars, and white balloons, the Class of '95 gathers on the stage of the Cedar Falls Woman's Club at the close of Prom '95—"Midnight in Paris."
Going for a Homecoming win, Neil Phipps coaches Mike Steffen, his senior co-captain. Freshman Jake Staebell listens too.

Giving her all, Sara Bailey arouses the Homecoming crowd in the UNI Dome before the start of the game with Gladbrook-Reinbeck.

With her proud dad, Tom Penalu-na, at her side, Queen Regan exhorts the Panthers to blast the Rebels of Gladbrook-Reinbeck.

At the Homecoming Pep Assembly, Principal Vickie Robinson contrasts TP-ing skills with good sportsmanship.

Sharing the spotlight during the Homecoming Court Dance at the Commons are Rachel Wilson and her date, Mike Steffen.
Regan Penaluna reigned over an early Homecoming that might have been short on organizational time but long on traditional spirit. At Friday night's game, the front section of the Dome became a blur of black and orange as students and alums cheered on a team that put a two game winning streak on the line. “Orange and Black Attack” began with decorating the halls. Seniors came out on top with panther sound effects and strobe lights. Just before the crowning, contenders Rachel Wilson, Natalie Ketner, Tiffani Grimes, Nell Sawyer, and Regan Penaluna pause.

Cooling off in the library in the Homecoming heat, Hippie meets Holden. Kris Bolhuis became a flower child on Hippie Day.

Up at dawn, junior football players Mike Girsch and Mike Poe whip up some flapjacks at the Homecoming breakfast.

Bursting with excitement on the sidelines, Brooke Penaluna congratulates her sister after Regan's crowning as queen.
It's . . . Alejandro!

Alejandro Palma was the overwhelming choice for king of Sadie Hawkins, the last all-school dance of the year that included the visiting students from Chelles, France, as special guests. Honorary king was Remko Kuling, international student from Holland. Candidate Erik Westin missed all the fun because he was washing dishes at Beaver Hills. The movers and shakers behind the 80s dance featuring music by The New Kids on the Block were the Senior Women led by Wendy Conner and Alison Hoy.

Cheerleaders again sponsored the Winter Formal in the Maucker Union, and the Publicity Crew for A Midsummer Night's Dream devised "Goat Vote II" as a way to drum up enthusiasm for its March dance. Metallica was the big winner in the poll of favorites.


At Sadie Hawkins, Doug Conner and Cy Wilkinson take a break to refuel for Metallica.

After the crowning King Ale and his escort, Mike Wilson, lead off the traditional King's Dance.

Dressed to the teeth, Liz Smith and Lynsey Bolin share a laugh at the second annual Winter Formal sponsored by the cheerleaders.
At the Spring Play Dance, DJ Dave Correll pleases the crowd with a spectacular light show and an incredible variety of MUSIK.

YEE-HAW! Thanks to hours of practice in P.E. classes, these cowboys and cowgirls strut their stuff at Winter Formal.

At Winter Formal, freshmen Judd Saul and Brian Satterlee groove to the tunes on the dance floor at Maucker Union.
After hours of preparation, junior Aja McClain cuts loose.

At the Cedar Falls Woman's Club, Terry Hundley cuts fishline to suspend balloons from the ceiling.

For a change of pace, Nikki Hahn, Liz Smith, Katie Osby, and Stacy Cochran move away from the dance floor to visit.

Insisting that his picture be taken, Nick Baade proudly displays the only pair of suspenders at Prom.

Following their coronation, Mike Steffen and Rachel Wilson take the floor in the traditional spotlight dance.
Rachel Wilson and Mike Steffen reigned over "Midnight in Paris" at the Cedar Falls Woman's Club.

Also on the Prom Court were: Erica Lee, Natalie Kettnerr, Wendy Conner, Angie Schlichtmann, Matt Wertz, Erik Westin, Sol Wikert, and Gabe Mallin.

A party at the Cedar Falls Rec Center hosted by Junior Class parents followed Prom. The most popular activities were the auction and drawings for prizes worth over $1,000.

At his first American prom, Heath Fox entertains Brian Francis, Dan Bolin, and Remko Kuling.

On Saturday morning Junior Class President Justin Staker puts finishing touches on table decorations.

In a hat discovered on the mantle in the parlor, Isaiah Schoeman laughs it up with Erik Westin.
Responding to requests at post-Prom, Remko Kuling stuffs the basket.

Seniors on the 1995 Prom Court pose for the official picture.

Friends since nursery-kindergarten, seniors Erica Lee, Rachel Wilson, and Tiffani Grimes enjoy time together at their last high school dance.

Still whistling at 5 a.m., Erik Westin carts away one of the grand prizes at post-Prom. Prizes totaling over $1,000 were given away at the party hosted by Junior Class parents.

Having just planted a kiss on Dan Bolin's cheek, Leah Ostby enjoys the result.
Sitting on the sidelines, Justin Staker, Mike Poe, and Mike Girsch take a breather and watch their friends line-dance.

In the wee hours of the morning, Rachel Wilson, Jessie West, Sol Wikert, and Bobbie Sells try their luck at the roulette table.

Between dances, junior Mike Girsch clowns around with his date Mya Kruger.

In the front parlor of the Woman's Club, Debarshi Das and Damian Bakula listen intently to Tiffani Grime's "hairdo horror story."

On the other side of the camera for a change, Ale Palma tries out weight equipment at the Rec.
Sunrise, sunset

The sun rose and set on the Senior Class as they travelled to Kansas City and back again on the final Monday before Commencement.

Boarding the bus at 4 in the morning, senior Panthers mostly slept as they headed on down the road to the home turf of the Chiefs and the Royals.

At their destination, they toured Arrowhead and Royal Stadiums in the Harry S. Truman Sports Complex before heading to downtown Kansas City to hit the stores at the Plaza.

Class sponsor Neil Phipps organized the spring getaway as a way for seniors to have one last official bonding experience before graduating and going their separate ways.

Stopping by a fountain in the Plaza are Regan Penaluna, Jenny Frost, Erica Lee, Angie Schlictrmann, Rachel Wilson, and Tiffani Grimes. The group took pictures by every fountain in the Plaza as they soaked up the May afternoon sun.

En route to the Plaza, Ale Palma enjoys a pop. Ale also enjoyed the day with friends before taking off for Argentina after graduation.

Instead of touring the Sports Complex shown in the background, Erica Lee and Regan Penaluna decided to climb a hill.

The early A.M. take-off catches up with Dan Kane in the bus. The baseball buff woke up in time for the Royal Stadium tour.
After a full day of shopping and sightseeing, Jennifer Rezabek falls asleep in the back of the bus.

Pausing at the Complex before heading to the Plaza shops are Stephanie Houlson, Alisson Hoy, Tiffani Grimes, Semyya Hart, Kelli Freese, Stacey Cochran, Regan Penaluna, Jennifer Frost, Brenda Downing, and Susie Newsom.

In “a league of her own,” Angie Schlichtmann stands on deck in Royal Stadium.
Performing Arts

unbelievably unflappable

"I have had a most rare vision."

—William Shakespeare, A Midsummer Night's Dream
“Florindo, you are alive?” An exuberant Beatrice (Angie Schlichtmann) calls to her lover (Nick Baade).

A devastated Clarice (Pati Wood) declares that she “feels as though my heart is bursting.”
Some slapstick
Cast takes on challenging comedy and leaves 'em laughing

by Angie Schlichtmann

Slapstick comedy came to the NU stage in November with Servant of Two Masters, a 17th-century Italian piece that featured the debut of senior Matt Janssen as the witty Truffaldino and the final performance of Jennifer Rezabek as the beguiling Brighella.

While the audience responded with delighted laughter, the cast had its own set of amusements, including the infamous poop pudding.

“What the devil is this pudding?” wonders the servant of two masters (Matt Janssen).

Luke Stater made his stage debut too. Joining him as porters were Adam DeJoode, Brandon Baker, Mike Poe, and Mike Girsch.

“Where is your master?” quizzes Silvio (Mike Koch). “But which one do you want?” counters the subservient Truffaldino (Janssen).
“Oh, how I love thee! How I dote on thee!” exclaims Titania, Queen of the Fairies (Emily Lieder) to Bottom, the ass (Nick Baade).

"Flute, you must take Thisby on you," Peter Quince, Carpenter (Seth Nieman) tells the Bellows-Mender (Santosh adipuram).

In the final scene, Quince prepares the audience for the production of the Mechanicals. “Gentles, per chance you wonder at this show.”

Francis Flute (Santosh Nadipuram) and Snug the Joiner (Joe Ostby) listen with their fellow Mechanicals to Peter Quince.
As Titania (Emily Lieder) sleeps, Lysander (Stuart Clausen) wonders at Helena’s (Angie Schlichtmann) doubts of his sincerity.

Egeus (Michael McGuire) complains of Hermia’s desire to marry Lysander when he has already promised her to Demetrius.

"Let not me play a woman. I have a beard coming," insists Flute (Santosh Nadipuram) to Snug (Joe Ostby) and Snout (Nate Mort).

After 14 years, the Bard is back!

Unique union of seminar & stage performance

After a 14-year hiatus, Shakespeare returned to the NU stage. Bottom the Weaver wasn’t the only one with “a most rare vision.” Director Rick Vanderwall envisioned a learning experience that would involve a Shakespeare seminar in combination with a Shakespeare production. His summer work at the prestigious Folger Shakespeare Library in 1993 set Vanderwall’s “midsummer night’s dream” in motion. The result? “This group of students has exceeded all expectations I held for the class and the production. I am very proud of both.”

For the 30 students involved, the semester-long class from 7:10 to 7:50 four mornings a week and evening rehearsals starting right after Christmas were challenging but rewarding requirements.

Vanderwall plans to teach and stage Romeo and Juliet in similar fashion in the fall of 1996.
The Duke of Athens (Nate Fitzgerald) weighs the arguments of father (Michael McGuire) and daughter (Pati Wood) in matters of marriage.

Queen Titania (Emily Lieder) commands Mustard Seed (Stacy Cochran) and Moth (Margaret Mills) to leave her alone with Bottom the Ass (Nick Baade).

Bottom (Nick Baade) appears skeptical as Quince (Seth Nieman) announces plans for "The Most Lamentable Comedy/Most Cruel Death of Pyramus and Thisby."

Seeking his rival Lysander, Demetrius (Eric Cook-Wiens) cries, "Where dost thou hide thy head?" The role of Demetrius marked Cook-Wiens' stage debut.
As his dubious queen (Emily Lieder) looks on, an energetic King Oberon (Bryce Weber) tries to rev up the fairies.

"I cannot truly say how I came here," Lysander (Stuart Clausen) tells Theseus (Nate Fitzgerald) and Hippolyta (Regan Penaluna).

As The Wall (Nate Mort) readies his soliloquy, Botton (Nick Baade) proclaims, "Ooooooooh, grim night!"

Aiming to reassure the audience, Puck (Jessica Schachterle) concludes, "If we spirits have offended, think but this and all is mended."
A familiar face at Set Crew on weekends and after school, Doug Nichols lends a hand as carpenter, painter, and set designer.

Under the watchful eye of Mike McGuire and Kelli Dann, Angie Schlichtmann adjusts her garland at dress rehearsal.

Finding just what he needs in the Scene Shop, senior Matt Maloy prepares to head to the stage on a Saturday morning.

Before Angie Thulstrup's debut in the spring play, Kelli Dann's hands are at work. Angie headed the Props Crew for the fall play.
Indispensable
The shows can't go on without them

by Jessica Galehouse

Doug Nichols, language arts teacher, master carpenter, and scenic painter, sums up the role of production crews this way: “The technical aspects of theater involve many hours by individuals who work together in a corporate fashion. The set as well as the working relationships of the crews evolve during the creative process.”

The set for the spring play, for example, evolved over two months.

A night's show is over but not the work of the stage manager. Senior Stephanie Houlson took on the challenging job for the spring play.

Changing the setting from the court of Athens to a forest, Tyler Schmidt and Matt McGuire make some banner adjustments.

Utilizing advice of Libby Vanderwall, Stacy Cochran works to transform herself into Mustardseed before dress rehearsal.
Enacting a scene from *Spoon River Anthology*, Bryce Weber captures the audience’s attention at the Fine Arts Assembly.

At an after-school session, Lynsey Bolin practices “Adoption Is the Answer to Abortion” in the original oratory category.

Having advanced to state in Public Address, Maggie Struck relaxes on the gym floor at Cresco and waits for her turn to compete.

Trying to calm her nerves, Sara Bailey waits to present her acting piece to judges at state competition.
Creativity, intensity, & energy

Seven performers earn All-State status

On the campus in April. Bryce Weber (Acting), Emily Lieder (Acting), Michael McGuire (Acting), Matt Janssen (Acting), Jessica Schachterle, (Prose), Stacy Cochran (Prose), and Wendy Conner (Literary Program) earned that recognition because at least two of three judges at the state level of competition nominated them as "Outstanding Performers."

Also advancing from district to state competition were: Ed Liao, Maggie Struck, Sara Bailey, Kim Knutson, Lynsey Bolin, Vicky Higby, Debarshi Das, Santosh Nadipuram, and B.K. Fernandez.

Coach Doug Nichols' team also included: Chastity Richmond, Stephanie Houlsen, Nate Mort, Andy Liao, Brad Jacobson, Peter Vanderwall, Angela Thulstrup, and Mike Williams.

by Sara Bailey
Choral and Instrumental Honors

Baade, Nick. Dorian Honor Band Festival (Luther College), Tuba. Iowa High School Music Association (IHSMA) Solo & Ensemble Contest, Division I Ratings, Tympani and Percussion Ensemble.

Cook-Wiens, Eric. Dorian Honor Band Festival; Northeast Iowa Bandmasters Honor Band Festival; NICL Honor Band Festival; IHSMA Solo & Ensemble Contest, Division I Rating, Trumpet.

Cook-Wiens, Galen. NICL Honor Band Festival, Oboe.

Das, Debarshi. IHSMA Solo & Ensemble Contest, Division I Rating, Violin; Northern Iowa Youth Orchestra.

Davidson, Kevin. 1994 Iowa All State Orchestra, Double Bass; U of Wisconsin Young Bassist Conference; Northern Iowa Youth Orchestra.

Driver, Charlotte. Make Me a Star Talent Show Winner, Piano; Northern Iowa Youth Orchestra, Viola.

Frost, Jenny. NICL Honor Band Festival; Senior Gold Award, Flute.

Hays, Mark. U of Iowa Honors Choir Soloist; UNI Honor Choir; IHSMA Solo & Ensemble Contest, Division I Rating, Vocal Quartet; Northern Iowa Youth Orchestra, Double Bass; NICL Honor Band Festival, String Bass.

Higby, Vicky. NICL Honor Band Festival, Trombone; IHSMA Solo & Ensemble Contest, Division I Rating.

Grimes, Tiffani. UNI Festival of Bands, Flute; Northeast Iowa Bandmasters Honor Band Festival; NICL Honor Band Festival; IHSMA Solo & Ensemble Contest, Division I Rating; Senior Gold Award.

Jacobson, Brad. IHSMA Solo & Ensemble Contest, Division I Ratings, Multiple Percussion and Percussion Ensemble.

Lee, Erica. NICL Honor Band Festival; Senior Silver Award, Flute.

Liao, Andy. 1994 Iowa All State Orchestra, First Violin; IHSMA Solo & Ensemble Contest, Division I Rating & Outstanding Contest Center Performance, Violin; Fort Dodge Symphony Young Artist Competition Winner, Piano; Northern Iowa Youth Orchestra, Violin.

Liao, Ed. 1994 Iowa All State Orchestra, First Violin; IHSMA Solo & Ensemble Contest, Division I Rating, Violin; Northern Iowa Youth Orchestra.

Lieder, Chris. Senior Silver Award, Trumpet and French Horn.

Lieder, Emily. IHSMA Solo & Ensemble Contest, Division I Rating, Vocal Quartet.

Lyons, Nick. IHSMA Solo & Ensemble Contest, Division I Rating, Percussion Ensemble.

Kettner, Natalie. IHSMA Solo & Ensemble Contest, Division I Rating, Vocal Solo.

McAdams, Aaron. UNI Festival of Bands, Alto Saxophone; IHSMA Solo & Ensemble Contest, Division I Rating.

McGuire, Michael. U of Iowa Honors Choir; UNI Honor Choir; IHSMA Solo & Ensemble Contest, Division I Rating, Vocal Quartet; NICL Honor Band Festival, Percussion; IHSMA Solo & Ensemble Contest, Division I Rating, Percussion Ensemble.

Nieman, Seth. NICL Honor Band Festival, Percussion; IHSMA Solo & Ensemble Contest, Division I Ratings, Multiple Percussion and Percussion Ensemble.

Nordquist, Glee. IHSMA Solo & Ensemble Contest, Division I Rating, Percussion Ensemble.

Ostby, Katie. NICL Honor Band Festival, Clarinet.

Schachterle, Jessica. U of Iowa Honors Choir; UNI Honor Choir; IHSMA Solo & Ensemble Contest, Division I Rating, Vocal Quartet.


Wood, Pati. U of Iowa Honors Choir.
High School Orchestra


High School Band

unbelievably untamable

"NU athletes are not just athletes. Specializing in one area would be a mistake. The more varied your experiences, the more well-rounded you'll be. That's what education and extracurricular activities are all about."

—Coach Robert E. Lee

And they're off. NU cross country runners Aaron McAdams, Josh Sawyer, Jared Doddema, Mark Hays, Peter Vanderwall, and Erik Westin break away from the pack at Metro.
You're out! Mike Girsch receives the throw from catcher Mike Steffen to cut down another Denver Cyclone base runner. Steffen earned All-Conference Second Team recognition for the season.

Jay Meier slaps a solid line drive to left field (Dinkland), igniting a rally against Aplington-Parkersburg. The Panthers went on to win 8-7 and avenge an earlier 4-7 loss.

Baseball Scoreboard

| NU | 0-8  | Janesville |
| NU | 3-4  | Hubbard-Radcliffe |
| NU | 6-11 | Ackley-Geneva |
| NU | 12-0 | Alden |
| NU | 8-7  | NE Hamilton |
| NU | 7-1  | No. Tama |
| NU | 2-0  | Dike-NH |
| NU | 4-7  | Grundy Center |
| NU | 2-0  | Hudson |
| NU | 4-7  | Aplington-Parkersburg |
| NU | 1-11 | Sumner |
| NU | 10-10| Sumner |
| NU | 5-3  | No. Tama |
| NU | 9-6  | Dike-NH |
| NU | 1-5  | Gladbrook-Reinbeck |
| NU | 0-14 | Gladbrook-Reinbeck |
| NU | 1-11 | Hudson |
| NU | 1-5  | Denver |
| NU | 8-7  | Aplington-Parkersburg |
| NU | 7-9  | Union |
| NU | 12-15| Union |
| NU | 0-5  | Denver |
| NU | 2-8  | Don Bosco |
| NU | 2-7  | Jesup |

Freshman Nic Moran completes a routine play for the NU High Boys of Summer. Moran shared pitching duties with juniors Erik Westin and Damian Bakula.
Adam DeJoode goes on deck while Mike Girsch and Eric Olson wait their turns to go up against the Aplington-Parkersburg pitcher. The players were all smiles as NU rallied to win, finishing the season at 8-15-1.

Erik “Ty” Westin displays perfect pitching technique as he delivers yet another blazing fastball to a Denver Cyclone. Earlier in the season against Alden, Westin threw NU’s first no-hitter in recent memory.

“No longer were we the pushovers of the conference”

As in other years the main thing the team had to overcome was youth and tradition. By the end of the season, teams were paying attention to NU High. No longer were we the pushovers of the conference. We showed this in our dramatic upset of the then No. 6 ranked team in the state, NE Hamilton. This game included the highlight of the season when Cory Warmuth stole home to capture the win and a first place finish in the Hubbard Tournament. Behind the strong arms of Erik Westin and Damian Bakula, NU swept the season series with both Dike-NH and tradition-rich No. Tama. Another highlight was a 2-0 blanking of Hudson. From the frequent chants of “Caesar’s Palace” to the songs of Mikes Wilson and Poe, the summer was full of great laughs.

Good luck next year, and remember, “when baseball was a game....”
“Mighty Mouse’ had another year of explosive pitching”

After the team’s stunning performance in the ’93 Districts, players knew they had a lot of expectations to meet in the summer of ’94. With an 11-23 overall record, the team tied last year’s record for most wins but lost 5-4 to Don Bosco in the first round of Districts.

Senior Susan Hagenow had five homeruns (two in one game) and led the team with a .416 batting average. For her exceptional performance on third base, Susan was named Second Team All-Conference. Holly Maxson went 4 for 4 in a game with Aplington-Parkersburg to take the team to an 8-7 victory. And Larissa Hageman was awarded Honorable Mention status for her outstanding season. Natalie “Mighty Mouse” Kettner had another year of explosive pitching and was named Second Team All-Conference. With six returning letter winners, NU’s talent should take them to the top in ’95.
Third baseman Susan Hagenow is down and ready for whatever Hudson sends her. Hagenow hammered two run-scoring doubles for the Panther victory despite arriving late from a college orientation session.

Natalie Kettner erupts into a pitch for a Hudson batter. Kettner struck out five batters in the 3-2 victory over the 10th-ranked Pirates. She earned All-Conference Second Team recognition for the season.

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<td>NU 0-10 Hubbard-Radcliffe</td>
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<tr>
<td>NU 16-0 Grundy Center</td>
</tr>
<tr>
<td>NU 16-7 Clarksville</td>
</tr>
<tr>
<td>NU 0-10 No. Tama</td>
</tr>
<tr>
<td>NU 2-11 Dike-NH</td>
</tr>
<tr>
<td>NU 0-10 Greene</td>
</tr>
<tr>
<td>NU 1-23 Aplington-Parkersburg</td>
</tr>
<tr>
<td>NU 7-3 Nashua-Plainfield</td>
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<tr>
<td>NU 1-3 Hudson</td>
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<tr>
<td>NU 8-7 Aplington-Parkersburg</td>
</tr>
<tr>
<td>NU 18-6 Grundy Center</td>
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<td>NU 9-14 Union</td>
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<td>NU 2-11 Waverly-Shell Rock</td>
</tr>
<tr>
<td>NU 2-6 No. Tama</td>
</tr>
<tr>
<td>NU 8-4 Gladbrook-Reinbeck</td>
</tr>
<tr>
<td>NU 7-2 Gladbrook-Reinbeck</td>
</tr>
<tr>
<td>NU 3-2 Hudson</td>
</tr>
<tr>
<td>NU 3-4 Aplington-Parkersburg</td>
</tr>
<tr>
<td>NU 1-5 Union</td>
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<td>NU 2-3 Denver</td>
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<td>NU 2-7 Dike-New Hartford</td>
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<td>NU 14-2 Starmont</td>
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<td>NU 3-10 Jesup</td>
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<td>NU 0-3 Cedar Falls</td>
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<td>NU 2-8 No. Fayette</td>
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<tr>
<td>NU 3-6 Don Bosco</td>
</tr>
<tr>
<td>NU 0-10 Jesup</td>
</tr>
<tr>
<td>NU 5-2 Dike-New Hartford</td>
</tr>
<tr>
<td>NU 0-5 Denver</td>
</tr>
<tr>
<td>NU 4-5 Don Bosco</td>
</tr>
</tbody>
</table>

At the top of the final inning against Hudson, infielders Susan Hagenow, Janene Dodema, Lindsey Kane, and Jamie Phipps encourage pitcher Natalie Kettner. The Panther defense went on to ice the victory.
Utilizing dominating running tactics to mentally overpower the competition, Rachel Wilson and Jessica Neavins run strong at the NU Invitational. NU girls finished second of 12 teams.

A two-year veteran of NU’s first girls’ cross country team, Jenny Frost pushes herself to the finish line at the NU Invitational. NU participated in 10 meets over the season and won the NICL Conference Meet.

Girls’ Cross Country Scoreboard

<table>
<thead>
<tr>
<th>Meet</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>NU 2nd of 12</td>
<td></td>
</tr>
<tr>
<td>Eldora Invitational</td>
<td>No Score</td>
</tr>
<tr>
<td>NU No Score</td>
<td></td>
</tr>
<tr>
<td>Waverly Invitational</td>
<td>2nd of 10</td>
</tr>
<tr>
<td>NU 2nd of 10</td>
<td></td>
</tr>
<tr>
<td>South Tama Invitational</td>
<td>3rd of 16</td>
</tr>
<tr>
<td>NU 3rd of 16</td>
<td></td>
</tr>
<tr>
<td>Hudson Invitational</td>
<td>4th of 9</td>
</tr>
<tr>
<td>NU 4th of 9</td>
<td></td>
</tr>
<tr>
<td>Vinton Invitational</td>
<td>2nd of 5</td>
</tr>
<tr>
<td>NU 2nd of 5</td>
<td></td>
</tr>
<tr>
<td>Metro Meet</td>
<td>3rd of 17</td>
</tr>
<tr>
<td>NU 3rd of 17</td>
<td></td>
</tr>
<tr>
<td>Dike Invitational</td>
<td>2nd of 12</td>
</tr>
<tr>
<td>NU 2nd of 12</td>
<td></td>
</tr>
<tr>
<td>NU Invitational</td>
<td>1st of 9</td>
</tr>
<tr>
<td>NU 1st of 9</td>
<td></td>
</tr>
<tr>
<td>NICL Meet</td>
<td>10th of 17</td>
</tr>
<tr>
<td>NU 10th of 17</td>
<td></td>
</tr>
</tbody>
</table>

Pushing their way through the herd, Jessica Neavins, Rachel Wilson, Jenny Frost, and Natalie Kettner head up the course at Metro. Neavins and Kettner earned spots on the All-Metro Team. NU finished second.
In their second Metro Meet, Natalie Kettner and Rachel Wilson warm up on the Byrnes Park course on a perfect fall day for running.

At the Metro Meet, senior Jenny Thurman waits as Coach Dennis Kettner calculates her improvement. Thurman was one of six seniors on the team. Returning in '95 will be Katy Baumgardner and Jessica Neavins.

**Girls' Cross Country**

"Goals were set early, and one was to place first at NICL"

The 1994 cross country season will always be memorable. NU combined with Aplington-Parkersburg and gained two talented girls: Kelly Jo Cornelius and Jessica Neavins. The team was dominated by a strong group of seniors—Kelly Jo, Brenda Downing, Jennifer Frost, Natalie Kettner, Jenny Thurman, Rachel Wilson—and by two highly motivated sophomores—Katy Baumgardner and Jessica.

Goals were set early in the season and one of them was to place first at NICL. Because of the determination and dedication of the team, the goal was achieved. Never before had a two-year-old NU girls' team captured first in the conference.

Even though the team was small, it was big in heart. The girls will never forget the long O.D.s, the fart-licks, or "the enchanted forest." Special thanks to Coach Kettner for being so supportive.

Jenny Frost
“Freshmen and sophomores showed their ability to step up”

With few upperclassmen, the strong freshmen and sophomores took a lot of responsibility by filling many varsity spots. They showed their ability to step up and improve the team’s potential.

Coach Lee’s patience, tenacity, and good humor inspired the team to set higher goals. Matt Maloy’s 11th trip to the wall proved beneficial to his performance. J Dodd’s eternal smile helped the injury-plagued team through some tough times. Thanks to Joe, the greatly needed Ostby had returned, and the team was once again whole.

With so much potential returning next year, we’re sure the team will be another talented NU running force. Good luck for the future, boys.

Remember, the squirrel shall always simmer in thy blessed crock pot.

At the Metro Meet, team captain Erik Westin a.k.a. “Tiny E” strips down to the bare essentials. His concentration focused on the race and off the ankle, which he injured just a few weeks earlier.

Pack-running around the competition at the NU Invitational, freshman Jared Doddema and sophomore Stu Clausen knock off two more runners. The team finished fourth out of 10 teams.
On the NU Invitational course, freshman Joe Ostby discovers where the soul of running is. Running alone, Ostby pushed to exceed and succeed.

**Boys’ Cross Country Scoreboard**

<table>
<thead>
<tr>
<th>Event</th>
<th>Place</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>NU</td>
<td>2nd</td>
<td>68 pts.</td>
</tr>
<tr>
<td>Eldora Early Bird</td>
<td>4th</td>
<td>69 pts.</td>
</tr>
<tr>
<td>NU</td>
<td>2nd</td>
<td>69 pts.</td>
</tr>
<tr>
<td>Waverly-Shell Rock Invitational</td>
<td>6th</td>
<td>146 pts.</td>
</tr>
<tr>
<td>So. Tama Invitational</td>
<td>4th</td>
<td>93 pts.</td>
</tr>
<tr>
<td>NU</td>
<td>6th</td>
<td>83 pts.</td>
</tr>
<tr>
<td>Hudson Invitational</td>
<td>4th</td>
<td>83 pts.</td>
</tr>
<tr>
<td>NU</td>
<td>8th</td>
<td>199 pts.</td>
</tr>
<tr>
<td>Metro Meet</td>
<td>4th</td>
<td>119 pts.</td>
</tr>
<tr>
<td>NU</td>
<td>3rd</td>
<td>95 pts.</td>
</tr>
<tr>
<td>NICL Conference Meet</td>
<td>8th</td>
<td>223 pts.</td>
</tr>
</tbody>
</table>

At the NU Invitational starting line, Josh Sawyer, Peter Vanderwall, Erik Westin, and Mark "Hard Way" Hays focus on the run. Earlier in the season, Hays earned All-Metro recognition.

One of many outstanding freshmen on the team, Josh Sawyer attacks the course behind the UNI Dome and moves up to help the team. Sawyer was one of four freshman letterwinners.
In overtime against North Tama, the NU faithful anxiously observe a goal line stand by the Panther defense. The Panthers came out on top 18-12.

Scanning for an open receiver in the defensive secondary, quarterback Mike Girsch drops back. Girsch garnered All-District First Team and All-State Honorable Mention honors.

Football Scoreboard

NU 12-8 Dunkerton
NU 50-6 Janesville
NU 12-21 Gladbrook-Reinbeck
NU 0-54 Grundy Center
NU 0-6 Ackley-Geneva
NU 20-42 Eldora-New Providence
NU 18-12 (OT) No. Tama
NU 0-55 Hudson
NU 14-31 BCLUW

In the Homecoming game against the Rebels of Gladbrook-Reinbeck, the NU special teams come oh, so close to blocking a field goal. The Panthers came up short 12-21.
In the Homecoming game, junior running back Luke Stater turns on the afterburners and leaves the Gladbrook-Reinbeck defense in his dust. A knee injury sidelined Stater two weeks later.

After an overtime thriller in the Dome, quarterback Mike Girsch gives a well-deserved hug to his center, B. K. Fernandez. The Panthers gave the fans something to cheer about with only two games left in the season.

"The Panthers are ready to take the next step"

The Panthers came into the season with experience, desire, and determination. We began well, eclipsing last year's record in the first two games. Advancing into conference play capable of making the playoffs for the first time since the days of Alberts and Hillyard, we saw injuries and big plays shatter these hopes. Still we hung together and salvaged one more win, the OT thriller against No. Tama. Our 3-6 record doesn't reflect the hard work and talent we had. Mike Girsch, All-District safety, set passing records; Justin Staker was All-District linebacker; Adam DeJoode set a season receiving record. Next year's team should be the strongest NU has seen in a while. The Panthers are ready to take the next step in turning around the football program. The Class of '95 wishes you the best of luck.
“We had proven we can defeat Dike!”

Although we didn’t quite break the school record for number of wins again this year, our team had a lot to show for the season—our 3A tournament win in Cedar Rapids and the game we took from Dike during our first confrontation. We didn’t win the match, but we had proven we can defeat Dike.

One of our greatest challenges was losing Janene after she sprained her ankle. The team rose to the occasion and showed its depth by creating a new set-up on the court. No matter who was on the court, our communication and team support never faltered. This perhaps was due to our getting along well off the court as well as on. Whether we were eating at Nell’s and watching Saved by the Bell reruns or “studying” at the West Gym, we always had a good time together.

Tiffani Grimes

At home in the West Gym, Tiffani Grimes substitutes in for Nell Sawyer. The two senior letterwinners were co-captains of the 1994 team.

A recipient of First Team All-Conference status, an intense Janene Doddema serves for an ace. A sprained ankle sidelined Doddema later in the season.
With a well-placed tip, Kelly Smith keeps the opposition on its toes. The junior letter-winner earned First Team All-Conference recognition in season play.

Proving that Dike can be beaten, Mindy Pedersen and Kelly Smith take the power from the Wolverines with a forceful block. The one-game victory over Dike was a highlight of the season for NU players.

During a time out, Coach John Verly discusses strategy with the team, and Nell Sawyer, Leah Osby, and Kelly Smith listen. In invitational tournament play, NU took first place in two of three.
State champ Stacey Wertz looks up for her time in the 100 freestyle. At state Wertz, a sophomore, finished first in the 100 freestyle and runner-up in the 200 freestyle.

Stacey Wertz, Erica Lee, Maggie Struck, Regan Penaluna, and Beth Koch shout encouragement to breast stoker Brooke Penaluna. Brooke went on to receive All-State honors.
"The red hot swimmin' women rocked the pool"

The red hot swimmin' women rocked the pool. Except for state champion Cedar Falls, we had an undefeated dual meet record and placed 6th at state out of 56 teams in Iowa.

The team sent to state Brooke Penaluna in the 100-breast and 50-free and Kathryn Kjar in the 100-back. Stacey Wertz ended the season as state champion in the 100-free and runner-up in the 200-free. The 200-free relay team (Regan Penaluna, Nadine Hinkle, Brooke, and Stacey) placed an awesome 2nd right behind CF. The medley relay (Nadine, Brooke, Stacey, Regan) took 4th. For the first time in several years, the 400-free relay qualified with Erica Lee, Kathryn, Nadine, and Regan.

It was the greatest season for us with the wonderful bus dances and fabulous outlet mall stops. Keep the torch burning and don't forget the hubcap!
Boys' Swimming

“’The smallest school in the state turned a few heads’”

The 1994-95 team was a young one. Coach Ben Myers described it as “though certainly not one of the most talented, one of the hardest working, toughest bunch of athletes I’ve ever coached.”

The work paid off in a big way at the end of the season when NU finished runner-up at the District Meet and beat West Waterloo, a season-long goal.

Perhaps the season’s most exciting point was the meet against Vinton, when we narrowly defeated the favored team. Missing one of our state qualifiers, we went as the underdogs. With a slew of personal records and lots of spirit, we managed to come away with a win.

Thanks to hard work and good coaching, the smallest school in the state turned a few heads.

Be the hubcap!

At home against East Waterloo, Galen Cook-Wiens takes off for the 60 freestyle. Cook-Wiens swam the freestyle sprints and was a sophomore letterwinner.

In the final home meet of the season, sophomore Peter Vanderwall swims the breast stroke. Vanderwall was one of four sophomore letterwinners adding depth to the team.
At a pep assembly Coach Ben Myers shows off the infamous hubcap. After sharing the story of the good luck charm with the student body, he had his boys' and girls' teams come front and center for a united cheer.

During a strenuous workout, senior co-captains Eric Cook-Wiens and Nate Fitzgerald take a breather. They set an example all season of positive leadership for a young team.

Providing senior leadership for the team, co-captain Eric Cook-Wiens shows his stuff in the 100-freestyle. Cook-Wiens helped the team to a runner-up finish at Districts and a sweet jump on West Waterloo.

Boys' Swimming Scoreboard

<table>
<thead>
<tr>
<th>School</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newton Invitational</td>
<td>3rd of 6 teams</td>
</tr>
<tr>
<td>Cedar Falls Invitational</td>
<td>5th of 6 teams</td>
</tr>
<tr>
<td>Williamsburg</td>
<td>72-31</td>
</tr>
<tr>
<td>Waterloo Invitational</td>
<td>no team score kept</td>
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<tr>
<td>Vinton</td>
<td>66-60</td>
</tr>
<tr>
<td>Grinnell</td>
<td>81-26</td>
</tr>
<tr>
<td>West Waterloo</td>
<td>82-88</td>
</tr>
<tr>
<td>Cedar Falls</td>
<td>63-95</td>
</tr>
<tr>
<td>Charles City</td>
<td>72-48</td>
</tr>
<tr>
<td>East Waterloo</td>
<td>84-21</td>
</tr>
<tr>
<td>Districts</td>
<td>2nd of 7 teams</td>
</tr>
</tbody>
</table>
Cautiously tasting victory, Kelly Smith and her teammates listen to late game instructions from Coach Lori Vis in first round district play at Parkersburg.

Girls' Basketball Scoreboard

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>NU 39-23 Janesville</td>
<td></td>
</tr>
<tr>
<td>NU 68-23 Dunkerton</td>
<td></td>
</tr>
<tr>
<td>NU 29-33 Hubbard-Radcliffe</td>
<td></td>
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<tr>
<td>NU 44-36 Ackley-Geneva</td>
<td></td>
</tr>
<tr>
<td>NU 25-58 Aplington-P'burg</td>
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</tr>
<tr>
<td>NU 40-56 Gladbrook-Reinbeck</td>
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<tr>
<td>NU 24-59 Denver</td>
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<tr>
<td>NU 34-29 Union</td>
<td></td>
</tr>
<tr>
<td>NU 52-43 Dike-New Hartford</td>
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<tr>
<td>NU 40-45 Gilbertville</td>
<td></td>
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<tr>
<td>NU 39-42 Hudson</td>
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<tr>
<td>NU 38-45 No. Tama</td>
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</tr>
<tr>
<td>NU 41-56 Aplington-P'burg</td>
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<tr>
<td>NU 36-45 Gladbrook-Reinbeck</td>
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<tr>
<td>NU 36-45 Union</td>
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<tr>
<td>NU 54-58 Dike-New Hartford</td>
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<tr>
<td>NU 37-43 Hudson</td>
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</tr>
<tr>
<td>NU 39-48 No. Tama</td>
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</tr>
<tr>
<td>NU 42-39 Aplington-P'burg</td>
<td></td>
</tr>
<tr>
<td>NU 31-60 Denver</td>
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</tbody>
</table>

The NU defense—Ryan McCray, Mindy Pedersen, Kelly Smith, Bindy Comito, Natalie Kettner—shuts down Aplington-Parkersburg in a thrilling District win. The Panthers went on to face top-ranked Denver.
In District play, Kelly Smith soars above the competition for two. NU defeated the Falcons 42-39 on their home court. Smith, the team's overall top scorer, earned All-Conference Honorable Mention recognition.

In the West Gym, freshman Vanessa Kettner strips the ball from a Dike opponent as the Panthers went on to win 52-43. The squad loses only two seniors and has a nucleus of strong underclassmen.

"The record board in our new gym will reflect this season"

Because of the switch to 5-on-5, the school record board in our new gym will reflect this season. Starting out strong, we gave the then-19th ranked Ackley-Geneva Raiders a jolt when we upset them in the West Gym. After Christmas break, however, we went through a dry spell and lost some close games. But we won our first round of Districts against A-P, the third place team in our tough NICL, and went on to face #1-ranked Denver.

Among the memorable moments was Rachel Wilson swooshing one from 3-point land after emerging from 6-on-6 play with little shooting experience. Ryan McCray demonstrated her fire every game and always a little extra in front of the flannel-clad Dike crowd. Natalie Kettner earned Second Team and Kelly Smith Honorable Mention All-Conference honors.
Boys' Basketball

"Amid disappointments, 'Waackisms' kept spirits high"

The '94-'95 season was another rebuilding one—not only for the team but for the new gym. The season got off to a fast start with a strong win against Hubbard-Radcliffe in Game #2. We didn’t play consistent ball, however, in our first six games. After Christmas we came out strong with wins over Union and Dike to bring our record back to .500 and us back to a winning attitude. Two losses at the end of the season were close.

In a heartbreaker, North Tama hit a last-second shot to win by two.

Amid disappointments, Coach’s “Waackisms” kept spirits high and gave us some laughs in practice. Remember, “Put the racks on the balls” and “Shane, grab the ball with both feet.”

Led by All-Conference players Mike Girsch (1st team), Shane Rundall (2nd team), and Heath Fox (h.m.), next year’s team will be strong.

Before sinking one of his one-handed free throws against the Hudson Pirates, Heath Fox concentrates at the line. Fox earned All-Conference Honorable Mention status in his first season of play for the Panthers.

Over a Dike-New Hartford defender, Luke Stater slides inside to snare a rebound. Stater ranked 11th in the conference in individual rebounds, averaging 5.5 per game.
In the victory over Dike-New Hartford, senior Clayton Lichty pulls up for two. Lichty earned NICL All-Academic honors for the season along with Adam Dejoode and Mike Girsch.

Boys' Basketball Scoreboard

NU 41-71 Decorah
NU 67-52 Hubbard-Radcliffe
NU 65-87 Ackley-Geneva
NU 52-66 Aplington-P'burg
NU 62-50 Gladbrook-Reinbeck
NU 66-90 Denver
NU 69-63 Union
NU 69-66 Dike-New Hartford
NU 54-90 Hudson
NU 73-61 No. Tama
NU 60-76 Aplington-P'burg
NU 80-58 Gladbrook-Reinbeck
NU 76-77 Denver
NU 41-57 Union
NU 64-70 Dike-New Hartford
NU 58-78 Hudson
NU 71-73 No. Tama
NU 94-73 Janesville
NU 52-75 Aplington-P'burg

In a home game against Dike-New Hartford, senior letter winner Matt Wertz eyes the interior for an open teammate. NU handed the Wolverines a 69-66 loss.

In a traditional show of team unity, the Panthers huddle up before starting play in the West Gym, home to the Panthers the last two seasons.
At the NU Invitational, Brooke Penaluna prepares to throw the shot. Sixteen teams competed on a cold Friday at the Cedar Falls track, and NU finished fourth overall.

In the 3000, Rachel Wilson wards off the runner from North Tama at the NU Invitational. Rachel ended up second but broke the school record with a time of 11:33.76.

Girls' Track Scoreboard

NU No Team Scoring Wardburg Inv.
NU No Team Scoring Dickinson Relays
NU Rainout Jesup Inv.
NU Rainout No. Tama Inv.
NU Rainout Dike-NH Inv.
NU 3rd of 6 A-P Inv.
NU 1st if 6 Grundy Inv.
NU 3rd if 12 Ack-Gen. Inv.
NU Rainout E-NP/NU/Denver
NU 4th of 16 NU Inv.
NU 1st of 8 Conference
NU Rainout BCLUW
NU 2nd of 29 District

State Qualifiers

4 x 800: Jenny Frost, Kelly Smith, Vanessa Kettner, Natalie Kettner placed 6th.

400: Bonnie Pedersen

400 Hurdles: Bonnie Pedersen

At State, freshman Bonnie Pedersen stretches before the start of the 400 hurdles. Bonnie got to state by breaking the school record (1:07.11) at District. At State she also broke the school record in the 400 (1:00.77).
With teammate Jenny Frost yelling encouragement, Kelly Smith anchors the 4 x 800 at the NU Invitational. The 4 x 800 went on to qualify for State, where they broke the school record (10:04.33) and placed sixth.

Freshman Vanessa Kettner heads over the bar at the NU Invitational. She later travelled to State with the 4 x 800 team and helped set a school record.

Girls' Track

"A new coach, an old positive attitude, a 3rd NICL win"

We started off the season with a new head coach and an old, positive attitude. Once the rain cleared, we came together as always. And we had a lot of talent. We won conference for the third straight year—something we all worked hard for. We won by placing higher than 3rd in 12 events.

After four years of hard work, senior Rachel Wilson shattered the school record in the 3000 at the NU Invitational. For the 4x8 team, State went well. They broke the school record and placed 6th overall. Also at State freshman Bonnie Pedersen broke her own record in the open 400 and set a school record. At District, she set a school record in the 400 hurdles.

Thanks, coaches. Seniors, make sure we win conference next year! Good luck!

Kelli Furse
"We showed the dominance we've always been known for"

The 1995 NUHS Boys' Track team once again showed the dominance that we have always been known for. We either won or placed very high in most meets even though some of them were against 3A and 4A schools.

At Conference we placed third. We won our District. Luke Stater, Sol Wikert, Eric Olsen, Mike Girsch, and Erik Westin received All-Conference honors.

Wikert set a school record in the discus with a toss of 167"11".

Although we had a disappointing 4-point finish at State, where Stater finished 5th in both the 400 and 200, hopes are high for an ever better season next year. We had a great Freshman Class this year, and hopefully they will keep making great strides to improve.

Good luck, guys! Keep on walkin'!

In 3200 Aldrich Relays competition, freshman Tyler Schmidt rounds the Cedar Falls High School track. Freshmen comprised nearly one-third of the squad.

At District Sol Wikert unleashes the school record throw that topped the runner-up by over 20 feet and sent him to State. Sol was a consistent winner all season, but a state championship wasn't in the cards for the senior.
At the Aldrich Relays, Luke Stater clears the bar at 6 ft. Luke went on to provide the kick that put NU in 3rd place with a 49.9 split in his anchor leg of the 4x400. He finished the season by qualifying for State in 4 events.

Boys' Track Scoreboard

<table>
<thead>
<tr>
<th>NU</th>
<th>Wartburg Indoor</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dickinson Relays</td>
</tr>
<tr>
<td>NU</td>
<td>Clarion Relays</td>
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<tr>
<td>NU</td>
<td>Wahawk Relays</td>
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</tr>
<tr>
<td>NU</td>
<td>Tri-State Relays</td>
</tr>
<tr>
<td>NU</td>
<td>District</td>
</tr>
<tr>
<td>NU</td>
<td>Tied at 33rd</td>
</tr>
<tr>
<td>NU</td>
<td>State</td>
</tr>
</tbody>
</table>

On his way to a 3rd-place finish, Mark Hays competes at NU's Aldrich Relays. Another 3rd-place finish at District with a time of 10:38.6 earned him a trip to Des Moines for state competition.

On a cold, wet afternoon at CF's Collinge Relays, Sam Bailey, Randall Burton, Adam Timmins, Joe Ostby, and Bryce Weber bundle up and wait to compete. Randall finished the season by competing in the 4x4 at State.
Heading to tee off at No. 10, Nate Loenser and Dan Bolin discuss their round on the front 9 at Pheasant Ridge. This was one of the few dry and sunny days to practice before sectional play.

After a home match with North Tama and Walnut Ridge, senior Clayton Lichty fine tunes his putting on the practice green. Clayton and Matt Wertz were the two senior letterwinners on the team.

<table>
<thead>
<tr>
<th>Golf Scoreboard</th>
</tr>
</thead>
<tbody>
<tr>
<td>NU 176-184</td>
</tr>
<tr>
<td>NU 177-164/168</td>
</tr>
<tr>
<td>NU 175-169/189</td>
</tr>
<tr>
<td>NU 174-164</td>
</tr>
<tr>
<td>NU 167-178/197</td>
</tr>
<tr>
<td>NU 174-151</td>
</tr>
<tr>
<td>NU 170-168/178</td>
</tr>
<tr>
<td>NU 5th of 8 (367)</td>
</tr>
<tr>
<td>NU 7th of 10 (180)</td>
</tr>
<tr>
<td>NU 7th of 7 (365)</td>
</tr>
<tr>
<td>NU 4th of 8 (329)</td>
</tr>
</tbody>
</table>

On the ninth green at Pheasant Ridge, freshman Justin Lichty lines up a putt in a match with North Tama and Walnut Ridge. Justin earned a letter and “Most Valuable” status in his first season of high school play.
In a practice round at Pheasant Ridge before sectional play, Dan Bolin finds himself in a prickly situation. Dan was one of three “Most Valuable” members of the team.

Hoping for a chance to birdie, Nic Moran checks out his approach shot. Nic was designated “Most Valuable” (one of three) and “Most Improved” (one of two) at the close of the season.

Even though this was the best golf season in the last four years, we were all a little disappointed because we had set our goals to make it to at least the District level of play. Like last year, we ended up last at Conference but then turned it around to shoot a 329 in sectional tournament play. This is the lowest 18 hole score since Lord Weber has been around. Although it didn’t get us to District, we were only 8 strokes away, and it would have won 8 of the 16 sectional tournaments held in Iowa.

Next year the team should be able to win some matches and advance to District.

Congratulations to Dan Bolin, Justin Lichty, and Nic Moran, who were designated “Most Valuable” and to Nic Moran and Jason Bachhuber, who were acknowledged “Most Improved.” Keep the clubs swinging.

“Our 329 is the lowest since Lord Weber has been around”
"A cold, wet spring and no home courts made practice difficult and inconvenient"

Having lost four varsity players to graduation or injury, the 1995 team was young and small in number. In addition, a cold, wet spring and no home courts made practice schedules difficult and inconvenient. Still we had a fun season. Beth Koch will always be remembered for her frequently changing hair color and long matches. None of us will forget the one or two times Molly actually smiled on the court and the day Fateem wore a skirt for good luck. Chastity always had an ample supply of food. Mindy "Gina" Pedersen will never forget the bruise left by an angry opponent or her "DQ" shots. Lastly, the dedication, humor, and friendship of Coach Craig "Pitch" Pitcher are valued. Although the season did not end in a state championship for Mindy and me as planned, I learned a lot and enjoyed every minute. I love you all and will miss you next year. Good luck!

Freshman letterwinner Beth Koch connects in a practice session on the Peet courts. Team members had to scramble for practice courts due to field house construction.

In a match early in the season, Chastity Richmond expresses disappointment at her play, and Molly Fitzgerald lends an ear. Chastity lettered as a freshman and with Beth Koch, played at the #2 position in doubles.
Doubles partners Mindy Pedersen and Nell Sawyer prepare to take on the competition from Union. The #1 pair placed first at NICL but missed going to State, where they placed second in 1994.

At a home meet on the UNI courts, senior Nell Sawyer returns one with her favorite backhand stroke. Nell placed second in conference competition at the #1 position and will play for the U of Rochester in the fall.

Girls’ Tennis Scoreboard

<table>
<thead>
<tr>
<th>Team A</th>
<th>Score</th>
<th>Team B</th>
</tr>
</thead>
<tbody>
<tr>
<td>NU</td>
<td>3-6</td>
<td>Waverly-Shell Rock</td>
</tr>
<tr>
<td>NU</td>
<td>3-6</td>
<td>Grundy Center</td>
</tr>
<tr>
<td>NU</td>
<td>1-8</td>
<td>Hudson</td>
</tr>
<tr>
<td>NU</td>
<td>6-3</td>
<td>Union</td>
</tr>
<tr>
<td>NU</td>
<td>4-5</td>
<td>Eldora-NP</td>
</tr>
<tr>
<td>NU</td>
<td>1-8</td>
<td>West Waterloo</td>
</tr>
<tr>
<td>NU</td>
<td>2-7</td>
<td>Dike-NH</td>
</tr>
<tr>
<td>NU</td>
<td>6-3</td>
<td>Union</td>
</tr>
</tbody>
</table>

Stopping by the courts before track practice, Margaret Mills and Bonnie Pedersen offer support to fellow freshmen Kathy Goyen, Jessica Galehouse, Chastity Richmond, and Beth Koch. The '95 squad was a young one.
Up-and-coming freshman Santosh Nadiparam hustles in practice. Santosh was one of four freshmen on the team.

Sophomore letterman and one of the top six, Hari Rajendran limbers up on the UNI courts.

### Boys' Tennis Scoreboard

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
<th>Opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>NU</td>
<td>8-1</td>
<td>Grundy Center</td>
</tr>
<tr>
<td>NU</td>
<td>3-6</td>
<td>Waverly-SR</td>
</tr>
<tr>
<td>NU</td>
<td>0-9</td>
<td>Aplington-P'burg</td>
</tr>
<tr>
<td>NU</td>
<td>4-5</td>
<td>Hudson</td>
</tr>
<tr>
<td>NU</td>
<td>4-5</td>
<td>Union</td>
</tr>
<tr>
<td>NU</td>
<td>9-0</td>
<td>Eldora-NP</td>
</tr>
<tr>
<td>NU</td>
<td>6-3</td>
<td>Waverly-SR</td>
</tr>
<tr>
<td>NU</td>
<td>5-4</td>
<td>Dike-NH</td>
</tr>
<tr>
<td>NU</td>
<td>1-8</td>
<td>Aplington-P'burg</td>
</tr>
<tr>
<td>NU</td>
<td>3-6</td>
<td>Union</td>
</tr>
</tbody>
</table>

Against Waverly-Shell Rock, senior Damian Bakula zeroes in with intensity. A sweet victory for the senior was the team's first-ever shutout of Eldora.
In a disappointing season opener, Coach Justin Stockdale encourages senior letterman B. K. Fernandez. Fellow senior Damian Bakula described B.K.'s forehand as "fierce-some."

At home on UNI's courts, junior Debarshi Das goes into his serve. Debarshi was among the top six and one of 7 lettermen who will return to the team in 1996.

"We shined with our first-ever shutout over Eldora 9-0"

We went into the season not knowing what to expect. We knew it was going to be a rebuilding year due to the loss of Manny and Arindam and the unexpected departure of Coach Etzen. We missed Etzen but were happy with his replacement, Justin "Stick" Stockdale. He showed us how to hit lobs, and he was more fun to ride with than Etzen. He put that big blue van to the test, and one day one of the brand new tires couldn't handle the pressure. Although rather disappointing, the season was a lot of fun, and we showed promise at times. Highlights were beating Grundy 8-1 and first losing to Waverly's JV 2-7 and then smoking their varsity 6-3. Best of all, we earned our first-ever shutout (9-0) over Eldora.

B.K. and I pass on Arindam’s garbage hat and some advice. Don’t hit the ball out, and Stick has his coaching certificate. Good luck next year.

Boys’ Tennis

Boys’ Tennis 79
We hope with the field house will come renewed NU pride

Starting off the season with ever present money problems, we tried to increase our budget by selling sweet corn for a local farmer. With the profits we bought warm-up pants. Other new activities included marching in the UNI Homecoming Parade with our Panther mascot, Alisson Hoy, and friends sporting orange and black clown costumes. These colorful ensembles were the creative vision of our new sponsor, Chris Carmichael. We wore them again during NU’s Homecoming Week.

To add variety to pep assemblies and half times, we performed dances learned at UCA Cheerleading Camp and Wartburg Dance Camp.

We hope that along with the new field house will come a renewed sense of NU pride.

P.S. We love you, Lloyd!

Stacy Cochran

Wendy Conner

Posing proudly with the Sportsmanship Award are Nikki Hahn, Mikki Carmichael, and Sara Bailey. The trio won the award at the Universal Cheerleading Association’s Cheerleading Camp at UNI in July.

Acting as lawyers, Mikki and Sara read the Last Will and Testament of senior athletes at a fall pep assembly. One of four returning letter winners in the fall, Sara was the only returning letter winner for the winter season.

On a hot August afternoon in between classes and practices, Coach Neil Phipps teaches Sara Bailey and other squad members about plays. Earlier in the summer, cheerleaders attended camps to learn stunts and routines.


At a holiday pep assembly, Wendy Conner waits for her cue to lead the student body in cheers. A newcomer to the squad, Wendy was named captain for the winter season. Stacy Cochran was fall captain.


Boys’ Cross Country


Girls’ Swimming


Boys’ Swimming

**Girls' Basketball**

**Front Row:** Coach Lori Vis, Natalie Kettner, Rachel Wilson, Ass't. Coach Dennis Kettner. **Back Row:** Aja McClain, Becca Moon, Kelly Smith, Mindy Pedersen, Janene Doddema, Leah Kamienski, Jamie Phipps, Ryan McCray.

**Boys' Basketball**

**Left to Right:** Mike Girsch, Luke Stater, Mike Koch, Matt Wertz, Terry Hundley, Clayton Lichty, Brandon Baker, Remko Kuling, Shane Rundall, Dan Bolin, Chris Hilyard, Heath Fox, Justin Staker, Adam DeJoode.

**Cheerleading**

**Front Row:** Lindsey Kane, Sara Bailey. **Second Row:** Nikki Hahn, Alicia Jansson, Mikki Carmichael, Lindsay Oleson. **Back Row:** Wendy Conner, Alisson Hoy (Mascot), Stacy Cochran, Kellie Phipps.

**Girls' Track**

**Front Row:** Ass't. Coach Carrie McDonald, Brooke Penaluna, Maggie Struck, Bindy Comito, Vanessa Kettner, Kelly Smith, Ryan McCray, Ass't. Coach Danice Niemeyer. **Second Row:** Ass't. Coach Sarah Smidt, Rachel Wilson, Nikki Hahn, Margaret Mills, Natalie Kettner, Kelli Freese, Alicia Jansson, Lindsey Kane, Katy Baumgardner, Hillary Barron, Ass't. Coach Tricia Eastman. **Back Row:** Sarah Buck, Tiffani Grimes, Janene Doddema, Jamie Phipps, Leah Ostby, Jenny Frost, Bonnie Pedersen, Leah Kamienski, Audra Johnson, Coach Neil Phipps.

84 Team Photos
Boys' Track


Golf


Girls' Tennis


Boys' Tennis

Holding a job can be like walking a tightrope.

The Balancing Act

By Tiffani Grimes

Any working student will tell you that trying to hold down a job and still keep up in school can be difficult. Jay Meier doesn’t get home from Bolliver T’s until 2 A.M. Melissa McLaughlin had to give up her favorite activity, volleyball, in order to keep working at McDonald’s. An expert at time management, Ryan McCray works hard at Jim’s Video and school while involved in three sports. And Bobbie Sells often finds it difficult to stay motivated to do homework after a busy day of examining fecal and blood samples at DenHerder’s Veterinary Clinic. Why do they do it? For these four, the reasons vary from wanting to move out of the house to making car payments. They’re not the only ones motivated to put in time beyond school hours. Of the 199 NUHS students surveyed, 153 reported that they’ve held at least one job. . . .
Part of the boring routine of Ryan McCray’s job is reshelving videos. Flipping burgers now, Melissa hopes for promotion soon.

Q. Why did you decide to get a job?

Jay: “So I wouldn’t depend on my mom so much and not be a mooch.”

Bobbie: “To save money so I can get out of the house.”

Q. What’s the best part of your job?

Ryan: “I like working with other people. Jim’s is really nice about working around my schedule.”

Jay: “You don’t have someone standing over you telling you what to do all the time.”

Q. What’s the worst part of your job?

Melissa: “You come home greasy, slimy, and smelly, and customers get really rude and obnoxious if you don’t get their orders right.”

Is it all worth it?

“I’m so tired when I get home, I just want to sleep.”

Standing in front of his new car, Jay claims he got better tips with his “old beater.”
Q. What has having a job taught you?

Bobbie: “I’ve learned to be more aware. Making a mistake costs a life here.”

Ryan: “I’ve learned to budget my time. It’s hard to fit in school, sports, boyfriend, and a job.”

Jay: “Dealing with the time pressure is something I learned. Actually I got better grades and was more responsible after I got my job.”

Melissa: “With car payments to make, you can’t blow all your paycheck. I’ve learned how to manage my money and how to assume responsibility.”
need it

Need it . . . to go to college . . . to stay busy . . . to buy clothes . . . to learn responsibility . . . to live . . . to build character . . . to pay off loans . . . to buy rollerblades . . . to travel . . . to gain experience . . . to put in a private phone line . . . to study abroad . . . to finance a computer . . . to upgrade car . . . to gas up car . . . to get a car . . . to fulfill the love for work . . . just because . . . to pay for hobbies . . . to pay the rent . . . to help out the family.

find it

earn it

Doing what? ... shelving ... coaching ... cleaning carpets ... playing piano ... folding cardboard ... running errands ... wrapping meat ... teaching tennis ... washing dishes ... serving food ... mowing lawns ... watching pets ... babysitting kids ... bussing tables ... sorting mail ... washing cars ... working on construction ... lifeguarding ... telemarketing ...

save it

Been working long? ... 1 week ... 4 years ... 7 summers ... 5 years ... 1 year and 9 months ... 2 1/2 years ... 1 day ... weekends ... too long ... 2 days ... who knows? ...

spend it

Make much an hour? ... minimum ... $20 ... $2.84 plus tips ... $4.70 ... $12 ... $6 ... don’t know ... $5.50 ... not a cent ... $2.74 plus tips ... five dollars and ten cents ... $3.50 ... Editor’s note: The average per hour wage for NU students is $5.90.
unbelievably unstoppable

"In high school in the early 80s, I never dreamed of going to Russia. My students now not only dream but actually visit a partner school in Russia. I see no better way of helping students become true citizens of the world."

Jim Sweigert,
Teacher of Russian

Citizens of Tiumen’ greet the Sweigerts, Andrea Spaeth, Brandon Sears, Justin Downs, Adam Wittmayer, Caleb Cutwright, Mark Hays, and Vicky Higby at the Shrovetide Festival.
In pursuit of politicians and the ideal President

For 14 NU social studies students of Lee Weber, highlights of the school year were the Hoover Library Project and the Close-Up Trip.

"Looking through all those documents, I felt like a Cabinet member."

Susie Newsom

Looking through all those important documents, I felt like a Cabinet member," observed Susie Newsom.

Stephanie Houlson participated in both learning experiences. Joining her in the week-long visit to Washington, D.C. to study politics and current issues with "the movers and shakers" were Tiffani Grimes, Damian Bakula, Aja McClain, Debarshi Das, and Katie Ostby.

During their week in Washington, Katie Ostby, Aja McClain, Damian Bakula, Tiffani Grimes, Debarshi Das, and Steph Houlson await a meeting with Senator Tom Harkin.

Poring over authentic photocopies, Michael McGuire compiles information on Jimmy Carter's term. Pictured in the background are Adlai Griffith and Eric Cook-Wiens.

With direct access to historic documents outlining the Great Society of the 60s, Eric Cook-Wiens studies the domestic policies of Lyndon B. Johnson.
A memorable part of the Close-up trip for Aja McClain was visiting The Wall and the 1984 memorial statue honoring veterans of the Vietnam War.

In the midst of studying Richard Nixon, Mark Hays shares his ideas on the ideal President with Erica Lee on a June morning in West Branch.

At the National Mall Debarshi Das, Katie Ostby, and Aja McClain let loose after lunch. For the second year, Lee Weber arranged for NU students to participate in Close Up.
With hours of travel time behind him, Caleb Cutwright relaxes in the Frankfurt Airport and waits for his flight to Russia and a chance to renew friendships.

In a government building in Tiumen', Ella Sweigert gathers visitors and hosts for a group shot.

Andrea Spaeth poses with her host sister Elena Ifakuna in Tiumen'. This lifelong friendship began four months earlier in Cedar Falls when Elena stayed in Andrea's home.

To the delight of Russian school children, Mark Hays and Caleb Cutwright try to get the small cone from the pole onto the large cone on the opponent's head.
Not a big fan of airplane travel, Adam Wittmayer amuses himself on the flight home. (That's a pillow on his head, not one of the cones pictured at left.)

Justin Downs and Mark Hays greet Russian students arriving at the Waterloo Airport in November. The visitors stayed with NU’s Russian students and attended classes.

Of culture, hospitality, long-distance learning

A month-long trip to Russia strengthened friendship bonds not only between Americans and Russians but also among Americans. Andrea Spaeth summed it up this way. “In a country where so much is unfamiliar, getting along can be hard. The seven of us all seemed to take care of each other.”

Andrea, Justin Downs, Brandon Sears, Caleb Cutwright, Adam Wittmayer, Mark Hays, and Vicky Higby stayed in Tumen’ with host brothers and sisters who had visited NU in November in a unique exchange arranged by Jim Sweigert as part of the Russo-American High School Partnership Program.

Near the end of the March trip, Ella and Jim Sweigert pause on Red Square in Moscow. The Sweigerts had gone to Russia at Christmas to visit with hosts in Tumen’.

“The seven of us seemed to take care of each other.”

Andrea Spaeth
Designers, performers, entrepreneur, and poet

Seven seniors showcased special talents and interests in projects that earned them a semester of credit. Wendy Conner published *Orange Sunshine*, a book of original poetry. Jennifer Rezabek, B.K. Fernandez, and Natalie Kettner presented recitals. Stacy Cochran designed the interior of a house while Wes Platz designed and completed a landscape in the corner of his backyard. Jay Meier assisted the economics class with business ventures including Big Al's Coffee and Doughnuts.

Each student enlisted a faculty advisor and agreed to devote at least 100 hours to the project over the course of the second semester. As Wendy explained in her project proposal, "Some students show off their talents in senior recitals. My talent is my writing. This is my recital on paper."

"This is my recital on paper."

Wendy Conner

Jennifer Rezabek performs an original piece during her recital. She directed a performance that included Stacy Cochran, Mark Hays, and Joe Riehle reading her work.

Wendy Conner holds the hot-off-the-press cover of *Orange Sunshine* for inspection by Sue Smith, printer, in the PLS Communication Center.

At her senior recital in Butzier Auditorium, Natalie Kettner sings a selection from Handel's *Messiah*. Natalie's program culminated years of piano and voice study.
At her open house, Stacy Cochran displays her interior design project that involved choosing wall and floor coverings and furniture.

It’s about money. The economics class credits Jay Meier with the success of their business ventures.

"An evening of Euphoria" B.K. Fernandez performs an interpretive reading. Behind him is the batik he and Matt Janssen created.

Seeing the fruits of his labors, Wes Platz gives some TLC to a spirea bush that is part of his backyard landscaping project.
Senior Honors and Awards

National Honor Society

Eric Cook-Wiens
Jennifer Frost
Tiffani Grimes
Alisson Hoy
Natalie Kettner
Regan Penaluna
Nell Sawyer
Angela Schlichtmann
Mike Steffen
Sol Wikert
Rachel Wilson

Academic High Honors

Eric Cook-Wiens
Tiffani Grimes
Alisson Hoy
Natalie Kettner
Nell Sawyer
Mike Steffen
Rachel Wilson

Academic Honors

Tim Boorom
Stacy Cochran
Brenda Downing
Jennifer Frost
Erica Lee
Melissa McLaughlin
Regan Penaluna
Jennifer Rezabek
Angela Schlichtmann
Andrea Spaeth
Jessica West
Solomon Wikert
Scholarships/Awards

Damian Bakula, Rockford Merit Scholarship/Rockford College; Carthage College Merit Scholarship
Stacy Cochran, Meyerhoff Memorial Scholarship; UNI Residence Scholar Award; Honors Award Scholarship/Stephens College
Wendy Conner, Howard VanderBeek Writing Award; Iowa High School Press Assoc. Award, Literary Magazine, Rotary Club Student of the Month
Eric Cook-Wiens, Ross Nielsen Scholarship; Bethel College Scholarship; Bethel College Music Scholarship; Cedar Falls Exchange Club Honoree
Brenda Downing, Meyerhoff Memorial Scholarship, Honor Award/National Council on Youth Leadership; Iowa Regents Program in Austria; Waterloo Educational Support Personnel Scholarship
Nathan Fitzgerald, Tandy Corp. Recognition; Rotary Club Recognition
Jennifer Frost, NUHS Special Service Award; Essay Award/Veterans of Foreign Wars
Kelli Freese, Family & Consumer Science Dept. Award
Jiffani Grihres, Les Hale Music Award; NUHS Principal’s Leadership Award; National French Contest Winner; Iowa French Concours Oral Winner; Tandy Corp. Recognition; U of Iowa Presidential Scholarship; St. Olaf Regent Scholarship; Sturgis Falls Scholarship; Dwight Curtis Scholarship Award; KWWL Best of Class; State of Iowa Scholarship; Des Moines Register All-Academic
Alisson Hoy, Ross Nielsen Scholarship; National French Contest Winner
Natalie Kettler, Les Hale Music Award; Bernie Saggy Award; Century III Leaders Certificate of Merit; Malcolm and Mary Day Price Scholarship; U of Iowa Tuition Scholarship; Kiwanis Club Academic Achievement; Grinnell Honor Trustee Scholarship; Washington University Scholarship
Erica Lee, Rotary Club Recognition; Iowa State Bar Association American Citizenship Award
Gabriel Mallin, Iowa High School Press Assoc. Award/Literary Magazine
Melissa McLaughlin, Family & Consumer Science Dept. Award; Grand View College Scholarship
Susan Newsom, Family & Consumer Science Dept. Award
Alejandro Palma, NUHS Special Service Award
Regan Penaluna, Academic Scholarship/Agnes Scott College
Jennifer Rezabek, Iowa High School Press Assoc. Award/Literary Magazine
Genelle Sawyer, National Honor Society Certificate of Merit; Malcolm and Mary Day Price Scholarship; Iowa Academy of Science/Outstanding Science Student Award; State of Iowa Scholars; Xerox Scholarship/University of Rochester; Rochester Excellence Scholarship; Presidential Scholarship/George Washington University; Valedictorian Scholarship/George Washington University; Agnes Scott Honors Scholarship; State of Iowa Scholar
Angela Schlichtmann, Kenneth G. Butzier Scholarship; DAR Good Citizenship Award; Youth of the Month/Exchange Club; Resident Scholar Award/UNI; Ferdinand Riechmann Scholarship/UNI; Elsie Sindy Scholarship/UNI
Michael Steffen, Dept. of Teaching Scholarship Award; UNI Science Symposium Full Tuition Scholarship
Jennifer Thurman, NUHS Outstanding Academic Growth Award; Dean’s Scholarship/Westminster College
Matt Wertz, Honors Scholarship/University of Dubuque; VFW Auxiliary Post 1992 Scholarship
Solomon Wikert, Meyerhoff Memorial Scholarship; National French Contest Winner; PTP Scholarship; Donald McKay Biology Scholarship/UNI; UNI Residence Scholarship; Waterloo Elks Scholarship; National Council on Youth Leadership Scholarship; Cedar Falls American Legion Auxiliary 237 Scholarship; Waterloo Education Association Scholarship; Wartburg Regent Scholarship; U of Iowa Tuition Scholarship; VFW “Voice of Democracy” Award; Finalist 1995 Florence Warrocz & Black Hawk Co. Vietnam Veterans’ Scholarship; Masonic Tuition Grant Scholarship
Rachel Wilson, Iowa High School Press Assoc. Award/Literary Magazine; National Honor Society Certificate of Merit Scholarship; Meyerhoff Memorial Scholarship; R.J. McElroy Scholarship; Albert A. Potter Science Award; National French Contest Winner; Sartori Auxiliary Scholarship/Covenant Medical Center Auxiliary Scholarship
At the reception for graduates in Maucker Union, Stacy Cochran, Kelli Freese, Jennifer Re zabek, and Jay Meier find that saying good-bye is not so easy.

Kelli Freese and B. K. Fernandez each clasp one hand while holding a water snake in the other. B.K.’s mother, Dr. Linda Fernandez, was the recipient of all those snakes.

In the dressing room just before lining up in the basement of the Old Aud., Stacy Cochran adjusts the tassel for B. K. Fernandez.

Outside the Old Auditorium on the UNI campus, junior Mike Koch congratulates graduate Wendy Conner. In August Wendy headed to Iowa State University.
With diploma in one hand and pink carnation in the other, Semyya Hart leaves the stage. Following tradition, the Junior Class presented each graduate with a flower.

Gathering behind the President's house on the UNI campus, the Class of 1995 offers parents, relatives, and friends the perfect photo opportunity after Commencement.

A favorite grade school teacher keeps a promise

In 1988 when Dr. Mark Yoder taught sixth grade at Price Laboratory School, he told his students that when they graduated, he would tell them his age. He kept his word. At the end of his Commencement speech to the Class of 1995, Dr. Yoder advised the class to "check the speed limit signs on the highway out of Cedar Falls."

In introducing Dr. Yoder, Mike Steffen remarked, "When the Senior Class was challenged with selecting a Commencement speaker, one person seemed to have an overwhelming popularity among the seniors. The way their eyes lit up when they spoke of him told me that he not only had a great influence on them but also was a very special man."

On the sidewalk behind President Curris' home, graduates Natalie Kettner, Nell Sawyer, Jennifer Frost, and Regan Penaluna find each other in the crowd.
Price Laboratory students, teachers and other "dig"nitaries, help to break ground on the new field house. AFPLS was involved in organizing the Brick Fund, which raised money for field house equipment replacement.

JOIN THE ORGANIZATION THAT:
* Hosts picnic and annual meeting during Sturgis Falls
* Hosts fall banquet
* Provides class reunion assistance
* Maintains current address data base
* Publishes two newsletters per year
* Funds curriculum development, research and experimentation, and student activity programs.
* Keeps you in touch and involved in the progress and success of Price Lab.

To become a part of the Alumni and Friends of Price Laboratory School (AFPLS), contact the Price Lab director's office at 273-6136.
Dear Nathan,

We chose your name because it means "a gift from God." We feel truly blessed to have watched you grow up to be the wonderful young man you are today. You've accomplished a great deal and have made us proud. Good luck in all you do and all you strive for.

We love you.  
Dad, Mom and Molly

My Dear Angie,  
My youngest, my last,  
God gave me a treasure  
In you for the past.

Perseverance, sincerity,  
Patience that lasts,  
Thoroughness, neatness  
In all different tasks.

How blessed I am,  
How fortunate I've been  
That you are my daughter  
And also my friend.

Love, Mom
"Two Frisco burgers to go."

Congratulations and good luck, Gabe.

Love, Mom & Dad
DENTAL CENTER

DR. J. DOUGLAS WEBER
D.D.S., F.A.A.P.

Board Certified for INFANTS, CHILDREN, TEENAGERS AND HANDICAPPED

KIDS

K aring
I ndividual
D ental
S ervice

Black Hawk Village
Cedar Falls, Iowa
277-5382
Alison,
When you were born, we wanted a lot for you.
We wanted you to enjoy life
and your laughter and love show you do.
We wanted you to care
and your friends will agree you do.
We wanted you to be the “best you can be”
and you’ve exceeded our expectations.
We wanted you to be independent
and you’ve gone to Europe
and you’re off to Denver.
Through laughter and tears
we’ve enjoyed life together
and there will be a huge void with you gone
and yes, Rabbit, we are proud of you.

Love always,
Mom, Dad, and Tony

Dear Wendy,
You have shown us from the very beginning that
no challenge is too great when your mind is determined.

Thanks for the joy and adventure that you have brought to our lives.

May you find happiness in pursuing your dreams.

Love,
Mom and Dad

Nell,
You’ve given us such great joy.
We are very proud of you and
of all your accomplishments.

Just a little piece of wisdom
as you head into a new phase of life.

You have one body—respect it.
You have one mind—feed it.
You have one life—live and
enjoy it.

Love,
Mom & Dad

Nate, Josh, Drew & Heath

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We love you.
Mom, Papa, & Pookey

Is this cheezy enough for you?

Matt,
We are so very proud of you. From the day you were born (and your Gramps filled the hospital room with blue flowers) to this day, we have been proud to call you our son. You have brought more joy and happiness into our lives than we ever, ever expected. May all your dreams for the future come true. And never forget how very much you are loved.
Mom & Dad

Clayton,
The sparkle in your eyes, The dimples when you smile, Your quietness, thoughtfulness, and sensitivity, Just a few of the traits which make up the special young man you have become.
We love you and are so proud of you. May your future be as bright as the sparkle in your eyes.
Love,
Mom & Dad Justin & Andrew

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Dear Remko,
Seventeen years in the Netherlands and one year in Cedar Falls have made you a person that we are very proud of. From the first earrings you bought for Mam until the last drink we had before you left for America, many moments to share and to think about the good future you shall have, and we wish you all the best.
Mam and Dad

Dear Aaron,
Enjoy your journey!
Love always,
Dad & Mom

"It takes a whole village to educate a child"

OUR THANKS TO THE TEACHERS, STAFF AND ADMINISTRATORS OF PLS/NUHS
1982-1995

VICKI AND GEOF GRIMES

SOLOMON MURRAY WIKERT

I can remember soft, small, pink-tipped fingers clinging to my overwhelming hand.
Barefoot again! Your small feet climbed the stairs slowly.
I envisioned feet grown-hands no longer needing mine.
With a tear in my eye, an attitude of task changed to one of privilege.
Quality in time passing does not come easy.
Grab special moments, or they are lost to regrets.
God has given you many gifts—your creativity, individuality, intelligence, imagination, and your caring heart. Now you have the opportunity to make the most of each day and give a gift back to God. We will love you forever and will always be with you.
DAD AND MOM

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Love,
Mom, Dad & Vanessa

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Steff:
As life has continued to take us on a roller coaster ride, the one thing I can rely on is your enthusiasm and courage to hang in there. I admire your unique way of looking at people and events. Your sharp wit and sparkling sense of humor have entertained us since we heard your first words!
You are one of a kind, and I am truly blessed to have been able to share this life with a child whose eyes twinkle and flash with every thought, question, and daydream that crosses your mind. Keep forging ahead because it's up to your generation to make a difference, and I have no doubt that you will have an important part in creating a change for the better!
Love, M

Melissa,
You have scraped the pavement a few times, but you have always gotten right back up and put on that wonderful smile of yours! We hope your future is full of smiles!
We are so proud of the young woman you have become.
Love,
Mom & Dad & Matt

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Isaiah,
Have a lot o’ livin’ to do—Grandma didn’t tell me. So this is life!
Life is 10% how we make it, 90% how we take it.

“To enjoy your work and to accept your lot in life—that is indeed a gift from God. The person who does that will not need to look back with sorrow on his past, for God gives him joy.”
Eccl. 5:9, 20

Gotta be just me!
Love,
Grandmother

NUHS Faculty & Staff:
Thanks for believing in us!

Class of 1995

Regan,
We’re so proud of you!

Congratulations.
All our love,
Dad & Mom
xoxox

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Erica,
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With love, Mom & Dad

Dear Tiffani,
"I'm convinced that it is of primordial importance to learn more every year than the year before. After all, what is education but a process by which a person begins to learn how to learn?"
~P. Ustinov
We could not be more proud of who you are and what you have become. We hope the next portion of your life journey is full of challenges, joy, pride, love, laughter, and learning!
Love Mom, Dad and Ryan

FOR RACHEL, who has always dared to be strong and to be herself:
Let them be as flowers always watered, fed, guarded, admired, but harnessed to a pot of dirt.
I'd rather be a tall weed, clinging on cliffs, like an eagle wind-wavering above high jagged rocks.
If I could stand alone, strong, and free, I'd rather be a weed.
~by Julio Nobon
We love you, Rachel!
~The Wilsons: Barry, Jane, Becky, Matt, Mark, Mike, Dan, Steve, and Ben

Big sisters are supposed to teach little sisters everything they need to know. But it is you, little sister, who has taught me about conviction, integrity, and tenacity. I am proud of the woman you have chosen to become and confident that you will continue to find strength to make a difference.

But just in case you need a boost or a little support, call on me—(It's what big sisters are for.)
Congratulations, Rachel
Peace & Love, Becky

Colophon
The 1995 Panther, a 120-page book, is published by Walsworth Publishing Co. in Marceline, Missouri. The book is printed on 7 1/4 x 10 1/2 inch, 80-pound enamel paper with 10 pages of color. Most copy is 10-point Palatino.
The cover designed by Erica Lee and Walsworth artists is #701 Permacote with Leather Grain #GR29. Applied colors are #807 Brite Gold Hot Foil and #222 Maroon.
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Reaching out and connecting. After three weeks of April in Iowa, Stephane Rozanes from Chelles, France, says good-bye to Jason Dorris.

Having the last word. The night before their last day of class, some unidentified seniors had one final TP fling.

Moving on but holding on. Graduates hug diplomas and friends.
You've
SOME THINGS
Got To
NEVER CHANGE
Believe

Meeting the challenge. At Aldrich, Mike Poe digs in and takes off.
As editor-in-chief of the 1995 Panther, I have a few people I want to thank for helping our staff put this book together—Bob Kerdus, our Walsworth Publishing Company representative; Alejandro Palma, our multi-talented man with the camera; Sue Ellen Savereide, our faculty adviser, who devoted so much of her time to us and our book. Throughout the year so many people helped our staff create the book we wanted. In the end, however, what makes each yearbook unique are the students who go to this school. This yearbook shows that individuality and openness. You can count on it.