

10-1999

## [Price Laboratory School] Newsletter, v10n2, October 1999

University of Northern Iowa. Malcolm Price Laboratory School

*Let us know how access to this document benefits you*

Copyright ©1999 Malcolm Price Laboratory School, University of Northern Iowa

Follow this and additional works at: <https://scholarworks.uni.edu/mpsnews>



Part of the [Education Commons](#)

---

### Recommended Citation

University of Northern Iowa. Malcolm Price Laboratory School, "[Price Laboratory School] Newsletter, v10n2, October 1999" (1999). *Malcolm Price Laboratory School Newsletter*. 30.

<https://scholarworks.uni.edu/mpsnews/30>

This Newsletter is brought to you for free and open access by the Malcolm Price Laboratory School Newsletters at UNI ScholarWorks. It has been accepted for inclusion in Malcolm Price Laboratory School Newsletter by an authorized administrator of UNI ScholarWorks. For more information, please contact [scholarworks@uni.edu](mailto:scholarworks@uni.edu).

**Offensive Materials Statement:** Materials located in UNI ScholarWorks come from a broad range of sources and time periods. Some of these materials may contain offensive stereotypes, ideas, visuals, or language.



## Price Laboratory School Mission —

The Code of Iowa states a "laboratory school shall mean a school operated by an education institution for the purposes of instructing students, training teachers and advancing teaching methods."

## Price Laboratory School fulfills this mission by:

- providing an excellent and innovative education for the Price Laboratory School children it serves from early childhood through grade twelve
- serving as an integral component of the teacher education program of the University of Northern Iowa
- engaging in scholarly work and service directed at advancing teaching practices, resources, and methods for teachers at state, national, and international levels

## Facts About PLS....

PLS has been in existence since 1883 when it was first established as a model school by James C. Gilchrist (first principal of the Iowa State Normal School. Price Laboratory School is the only laboratory school in Iowa; however, PLS is one of approximately a hundred laboratory schools in the U.S., and 43 laboratory school/university partnerships internationally. PLS is one of fifteen Lab Schools in the country with a comprehensive K-12 program.



# October Newsletter

Price Laboratory School • University of Northern Iowa • October 1999, Vol. X, No. 2

## PLS Organizations Host Benefit Auction on November 5

Dear Parents and Supporters,

We are constantly looking for ways to better unite our wide-ranging school community. There are many organizations like the PTP, PAC, EEAC and AFPLS. But, except to those of you who serve on these committees, they are often simply a set of letters. Even those of us who work within these organizations occasionally look at our efforts as isolated within the broader scope of the school. That is why I am excited that the AFPLS (Alumni and Friends of Price Laboratory School) and the PTP (Parents and Teachers in Partnership) have united in a project to bring the entire school together.

On Friday, November 5, these organizations will hold the 12<sup>th</sup> Annual AFPLS Dinner and the 1<sup>st</sup> Annual PTP Benefit Auction. This is an opportunity for families and faculty to come together over a meal, share a good time and bid on some really great donated gifts and services. Where else will you be able to find opportunities ranging from a Condo in the Rocky Mountains for a Week to arranging for your child to serve as "Principal for the Day."

The idea is to bring our school together and to have a good time. The cost is minimal for the dinner and you can bid on items if you elect to do so. The idea is to have fun and it will be a great evening if we get a good turnout. You will receive several mailings with opportunities to register for the evening. We hope to see all of you there.

— Wendell McConnaha, PLS Director

## New Newsletter Design

As you will notice we are experimenting with the redesign of the PLS Newsletter to update it's image and incorporate the PLS logo which was designed by Bev Schomaker of the Communication Center. The PLS logo is identified on other school communications including the PLS web site and printed materials and will be used on the PLS brochure which is currently being updated.

What else would you like to see in the monthly newsletter? We welcome your articles, announcements and ideas.

— Lynn Dykstra, editor





# Announcements

✓ Ever since I arrived at Price Lab School, I have been concerned with the parking and pick-up situation that occurs at the end of the day. I am astounded that someone has not been seriously injured. Despite the efforts of our teacher associates and our safety patrol, the situation has not improved.

I am well aware that we do not have the parking and traffic flow necessary to alleviate this problem, but we cannot use that as an excuse when the safety of our children is at risk. I have contacted both the Cedar Falls Police Department and the University Office of Public Safety to see what can be done about this situation. I am appealing to all of you as well. Initially I ask that you avoid parking close to the intersections where many of our students cross and refrain from double and triple parking. Both of these create a visibility problem that may prevent you from seeing a small child entering the street. I am also interested in any suggestions you may have as well. I do not want to have to respond to a tragedy that we might be able to avoid by pulling together all our resources.

✓ On your yearly calendars the date of October 22 is marked as an early dismissal. This date **has now been changed to an inservice day with no school at Price Lab and N.U. High.** This change was made due to the opportunity for Price Laboratory School to co-host the Regional Laboratory School Conference with Horace Mann School out of Missouri. This is an excellent opportunity for our staff to present and learn from other

laboratory school staff members including our own. Please make the change on your calendars now.

✓ On the evening of October 5, we will be having an Open House at Price Laboratory School. The Open House will start at 6:00 p.m. in the elementary rooms. Starting at 7:00 we will have a brief meeting of the PTP in the auditorium. There we will introduce you to new staff, have a short meeting, and invite all of you to become more involved in your child's school. Immediately following the meeting we will have an Open House of the middle and high school classrooms. We hope you can all attend that evening! Remember – there is no greater indicator of the success of a school than the degree to which the parents are involved and supportive of that school.

✓ Poké mon hits Price Lab School! The recent craze for Poké mon items have caused a real stir in our younger grades. Students, especially in grades 3-6 are bringing trading cards and other items that are creating quite a distraction. In addition to the fact that they disturb our regular classroom routines, some students are trading, selling, and losing cards (and/or have them stolen) and that presents a tremendous distraction. Effective immediately we are asking students to refrain from bringing these items to school. If seen at school by teachers and associates the cards will be confiscated. They will be returned at the end of the day to be taken home **permanently.** If they appear again at school they will be confiscated until the end of the year.

— *John Kumbholz, principal*

## Rosa Maria de Findlay Inducted Into the Iowa Hall of Fame

Congratulations to Señora Rosa Maria de Findlay on her recent induction into the Iowa Women's Hall of Fame. Señora Findlay has been a Spanish teacher at PLS since 1964, teaching every level from nursery through twelfth grade. Rosa Maria has two children – Josie Poppen of Des Moines and Don of Cedar Falls, who both attended PLS. Two of her grandchildren, Alex and Chelsea, currently attend PLS.

Señora de Findlay was honored at the State Historical Society as a life-long advocate for Hispanic/Latino immigrants by the Iowa Commission on the Status of Women. The award for women's significant contributions to society was also shared with Dr. Mary Berg of Iowa City, Helen Stein and the honorable Elaine Szymoriak, both of Des Moines. This is one of the highest honors bestowed upon an Iowa woman. — *Michelle Swanson, elementary music instructor*

## AFPLS/PTP DINNER AND BENEFIT AUCTION

**Friday, November 5**  
**Maucker Union Expansion**  
**on UNI's campus**

**6:00 Social Hour**  
**and Silent Auction**  
**7:00 Dinner and Live**  
**Auction**

### Menu

Mixed Green Salad  
with Gene's Dressing  
Crescent Roll

Entree choices:  
Roast Prime Rib  
(with baked potato), or  
Chicken Breast  
(with Basmati Rice)  
Broccoli  
Walnut Carrot Cake  
Coffee, Hot Tea, Iced Tea

**Dinner is \$18.00 per person**  
**(payable in advance)**

**Please RSVP**  
**by October 29**

Reservation form enclosed. Mail RSVP  
and donation to:

AFPLS  
Malcolm Price Laboratory School  
University of Northern Iowa  
Cedar Falls, IA 50613-3593

## Office Cell Phone



If the PLS phone system is down, please call the office cell phone at 240-8351.



# ANNUAL PLS GOLF OUTING



*l-r) Sue Watkins, Terri McDonald and (far right) Bev Schomaker of the PLS Communication Center provide Julie Creeden, PTP chair, with funds accrued from the PLS golf outing/fundraiser.*

On September 20<sup>th</sup>, the 2<sup>nd</sup> annual PLS golf outing and PTP fundraiser was held at the Pheasant Ridge golf course in Cedar Falls. There were 28 participants on 7 different teams including PLS faculty, staff and parents and members of the Cedar Falls community. The tournament was a four-person best shot with flag events

for longest drive, closest to the pin, shortest drive and longest putt. Prizes donated by various businesses and cash were awarded to the top three teams, the flag event winners and the team that came in last place. The gold outing was a positive community-building event for participants. A donation generated from entry fees will go to the PTP (Parent Teacher Partnership) to use on school-related projects.

1<sup>st</sup> Place: Lee Weber, John Connor, Terry Ketter, Dave Smith

2<sup>nd</sup> Place: Mary-Sue Bartlett, Vickie Robinson, Merle and Kathy Oakland

3<sup>rd</sup> Place: Bev Schomaker, Sue Smith, Terri McDonald, Doreen Ulrich

We really appreciated the donations given by the following local businesses: ChiChi's, Danny's Diner, Deels, Happy Chef, Red Lobster, Scheels, Nickers, Pappa Johns, Cedar Falls HyVee, Magic Color, Texas Roadhouse, Diamond Daves, University Book and Supply, Iowa Sports, Brummel, Madsen & Associate Insurance, PLS Athletic Department, PLS Communication Center, Things Remembered, Musicland, Spencer's Gifts, Software Etc., Pepper's, Art by Design, College Square Mall, Pheasant Ridge Golf Course, and Pizza Hut.

— *Terri McDonald, instructional technology coordinator*

## Russian Program Announcements

### NUHS—Smolensk #8 Exchange

Last March ten NUHS juniors traveled to Smolensk, Russia, to take part on the American Council of Teachers of Russian (ACTR) Secondary Schools Excellence Program exchange. This month they'll be returning the favor by hosting ten Smolensk students here at PLS. From September 24 until October 18 our friends from Smolensk will attend school here at NUHS, live with the families of NUHS students they've already hosted, and will have numerous cultural/educational excursions in Iowa and the Midwest.

Last year NUHS was one of twenty U.S. schools selected to take part in this prestigious exchange. Dr. Terri McDonald and Lee Weber assisted Russian instructor Jim Sweigert in writing the successful grant application to ACTR. On last spring's trip to Russia, Sweigert was joined by Terri McDonald, who assisted in setting up a two-way Internet-based teleconference between our two schools. This fall Lee Weber will provide considerable help on this side by teaching American government, history and politics to the Smolensk students.

NUHS has taken part in ACTR high school exchange programs since 1994.

Since that time over 140 students and 20 faculty members from both sides have directly participated in these exchanges. NU High is also the only school in the entire U.S. with such a large number of students participating in the ACTR High School Semester Exchange Program. This year our school will be represented by Lewis Colburn, who will travel to Smolensk during spring semester, 2000.

### National Russian Essay Contest

For the third year in a row NUHS students studying Russian will have the opportunity to take part in the National Russian Essay Contest, to take place at NUHS in November, and sponsored by ACTR. The essay contest is open to all students of Russian language in the United States who have studied Russian for at least one year (i.e.—who are in second-year Russian or higher levels). If your daughter/son is in second-, third-, or fourth-year Russian, remind her/him to take part in the contest. Past NUHS participants have been quite successful: 32 out of 50 NUHS students taking part in the essay contest during the past two years were national medalists!

### Olympiada of Spoken Russian

Congratulations again to NUHS, which won its sixth straight state title at the Iowa Olympiada of Spoken Russian

on May 3, 1999. This year we were especially pleased that the advanced-level state winner, Mary Hanks, was able to represent Iowa on the national Olympiada team this summer in Russia. Mary stayed in Vladimir, Russia on a family homestay program, and toured Moscow and the historic Golden Ring north of the city with Olympiada winners from other states.

The Olympiada of Spoken Russian, like the National Russian Essay Contest, is sponsored by ACTR. Iowa is one of only 15 states or regions that have consistently taken part in the Olympiada each year.

The Olympiada of 1999-2000 is tentatively scheduled for April 28, 2000. GO NU High!entire semester at Tyumen'School #34, and found the experience not only demanding, but extremely rewarding. Only ten students from the entire U.S. are chosen annually for this ACTR program. 1997-98 was no different from any other school year: NU made up half of the U.S. allotment, and the students taking part were the only NU students taking part in a continuous extended-stay exchange program NU is one of 65 U.S. schools and the only one in Iowa taking part in ACTR exchanges. Since 1994, over 140 students and teachers from both NU and Tyumen' have taken part in our exchange.

— *Jim Sweigert, Russian instructor*



# Introducing Our New Faculty and Staff:

## Megan Balong, Math



Megan Balong joins the PLS faculty this year as an instructor in the Math Department. She is teaching 7<sup>th</sup> Grade Mathematics and Integrated Math One. Mrs. Balong received her B.A. in mathematics education and M.A. in

mathematics with an emphasis in secondary education through the University of Northern Iowa. She taught high school mathematics for two years at Lewis Central High School in Council Bluffs, Iowa and for two years at West Liberty High School. Outside of watching volleyball and basketball games, Mrs. Balong enjoys biking, going to movies and baking.

## Amy Bower, Fulltime Elementary Substitute



Amy Bower has joined the PLS staff as a full-time substitute for the elementary level. She received her B.A. from UNI and has substituted in the Waterloo School District. For the last two years, she has been a Family Support Worker

at Elk Run Elementary where she enjoyed working with Hispanic and Bosnian families. In her spare time Amy likes reading, cross-stitching, traveling and spending time with her family.

## Suzanne Buckwalter, Math

Suzanne Buckwalter has joined the faculty of Price Laboratory School this year as an instructor in the Mathematics Department. She received her B.A. in Math Education from the University of Northern Iowa and her M.S. in Mathematics from Northwestern

University. She has previously taught math and physics classes at the University of Chicago Laboratory Schools. In her spare time, Ms. Buckwalter enjoys reading mystery novels, solving crossword puzzles, sewing quilts, and spending time with friends and family.

## Kimberly Caster, Modern Languages



Kimberly Caster has joined the faculty of Price Laboratory School this year as an instructor in the Modern Languages Department. She received her B.A. in French and Russian languages from the University of Northern

Iowa in 1994. For five years, Kimberly has taught French and Spanish in the Des Moines Public Schools. Outside of school, Kimberly likes to roller blade, read, travel and is currently working on her M.A. in education.

## Mark Culver, Social Studies



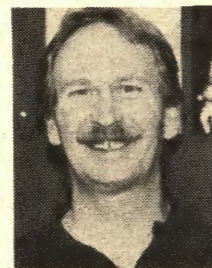
Mark Culver is new to the faculty of Price Laboratory this year as an Adjunct Instructor in the Social Studies Department and the 7<sup>th</sup> and 8<sup>th</sup> grade football coach. He will be working with both middle school and high school students. Mark received his B.A. degree in Social Sciences from the University of Northern Iowa. He did his student teaching at Price Lab this past May, so he is a familiar face in the halls of PLS. In his spare time, Mark enjoys coaching and watching football, attempting to play golf, and spending time with friends and family.

## Kathryn Day-Bobb, Fourth Grade



Kathryn (Kathy) Day-Bobb has joined the faculty of Price Laboratory School this year as a 4<sup>th</sup> grade instructor. She received her B.A. degree from the University of Northern Iowa, and her teaching credential and M.A. from California State University, Los Angeles. She has previously taught grades 1-3 in Compton, CA and was a 3<sup>rd</sup> grade and Title I Reading Teacher in Newark, CA for three years. She taught in the theatre department at the University of Northern Iowa last year. When she is not teaching, she likes to exercise, play in the imagination with her daughter Aubreanna, read, write, and spend time at the beaches and marinas in California.

## Rex Dulin, Custodian



Rex Dulin joins the Price Laboratory staff this year as our new daytime custodian. Rex is from the Waterloo/Cedar Falls area and has been employed with the Cedar Falls Schools for many years prior to coming to UNI. Rex is married

with two children. He currently is in the process of remodeling his house.

## Sharon Hansen, Social Studies



Sharon Hansen joins the Social Studies Department and also serves the Modern Language, Business and Physical Education departments as a secretary this year. She received her B.A. from the University of Northern Iowa. Sharon

previously worked for the UNI Classic Upward Bound program; prior to that she managed a publishing company for four years. She has one daughter in college at UNI and one daughter attending Price Lab.

## Amy Hird, Child Development Center



Hi! My name is Amy Hird. I recently joined the staff at the Price Laboratory Child Development Center. I have the wonderful opportunity to work with the 3-5 year-old children in the morning and the toddlers in the

afternoon. I received my B.A. in early childhood and elementary education. I previously had been subbing in the Cedar Valley area. When I am not busy at the Center I enjoy spending time with family and friends. I love watching sporting events, especially the Atlanta Braves!!! Some other things I enjoy doing are sleeping in on the weekends (one can never get enough of that), swimming at the Wellness Center, and playing with my cat Chipper. I am having a great year so far!



———— 12TH ANNUAL ————  
**AFPLS DINNER**  
=====

Friday, November 5, 1999

Maucker Union - UNI Campus

Dinner is \$18.00 per person

Reservation

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Number of persons attending \_\_\_\_\_ Amount enclosed \_\_\_\_\_ Check payable to UNI Foundation: AFPLS Dinner

\_\_\_\_\_ # of Prime Rib \_\_\_\_\_ # of Chicken Breast

\*Please inform us of any special dietary needs (vegetarian, allergies)

Class of \_\_\_\_\_ or friend since \_\_\_\_\_

I cannot attend the dinner, however, enclosed is my donation to AFPLS FUND \$ \_\_\_\_\_

(Check payable to UNI Foundation: AFPLS)

Mail RSVP and/or donation to: AFPLS  
Malcolm Price Laboratory School  
University of Northern Iowa  
Cedar Falls, IA 50613-3593

Please return this RSVP no later than  
OCTOBER 29, 1999!



NU HIGH & PRICE LABORATORY SCHOOL

# \* "W.A.Y. TO GROW"

*\* Wellness And You*

## CELEBRATE GOOD NUTRITION

The Food Guide Pyramid is a visual tool that illustrates the proper proportion of foods needed to maintain a healthy diet. In 1992 it replaced "the basic four food groups". The pyramid is composed of five major groups: Grains, Fruits, Vegetables, Dairy Products and Protein. It begins with the Grain Group at its base to form a strong foundation. The Fruit and Vegetable Groups come next, followed by the Protein and Dairy Groups. The very top of the pyramid represents the

limited need for high fat and sugar foods. Recommended numbers of servings and portion sizes have been established for each food group. So what determines the recommended number of servings? Nutrients. The body needs about 40 different nutrients to maintain maximum performance. The six categories of nutrients are: carbohydrates, protein, fat, vitamins, minerals and water. Each food group provides certain nutrients that our bodies need.

**(REFER TO FOOD GUIDE PYRAMID ON BACK PAGE)**

Follow the "Food Guide Pyramid"  
to find your healthy  
"W.A.Y. to Grow".

  
Sodexho Marriott  
SERVICES





PRICE LABORATORY  
SCHOOL  
LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

# W.A.Y. TO GR CELEBRATE GOOD NUT



**Cheeseburger or Hamburger** 4  
Peas  
Baked Beans  
Applesauce  
Orange Wedges  
Bear Grahams  
White Bread  
**Polish Sausage**  
**Cheese Nachos**

**Sliced Turkey or PB&J Sandwich** 5  
Mashed Potatoes/Gravy  
Apricots  
Roll & Margarine  
Cauliflower  
White Bread/Margarine  
Power Jello  
**Egg Salad in Pita**  
**Hot Hoagie**

**Chicken Patty or Hot Ham & Cheese** 6  
Cold Veggies/Dip  
Mixed Vegetables  
Fresh Pears  
Mixed Fruit  
Sugar Gem Cookie  
Crackers  
**Sausage Pizza**  
**Chef Salad**

**Speedy Gonzales Salad or Hamburger** 11  
Potato Wedges  
Corn  
Peaches  
Grape Juice  
Muffin  
Peanut Butter Cookie  
**Taco Salad**  
**Grilled Cheese & Tomato Soup**

**Spaghetti/Meat Sauce w/Garlic Bread or PB&J Sandwich** 12  
Tossed Salad  
Roll & Margarine  
Carrot Coins  
1/2 Banana  
Canned Pears  
Dirt Dessert  
**Vegetarian Pizza**  
**Turkey & Cheese Sub**

**Chicken Nuggets or Hot Ham & Cheese** 13  
Mashed Potatoes & Gravy  
Mixed Vegetables  
White Bread/Margarine  
Pineapple  
Apricots  
Oatmeal Cookie  
**Hard Shell Tacos**  
**Bacon Cheeseburger**

**Chili Cheese Dog or Hamburger** 18  
Tater Tots  
Fresh Broccoli & Dip  
Applesauce  
Peas  
Wheat Bread/Margarine  
Cherry Pie  
**Pepperoni Pizza**  
**Ham & Cheese Sub**

**BBQ Pork Sandwich or PB&J Sandwich** 19  
Green Beans  
Power Jello  
Pasta Salad  
Bread Stick  
Quick Baked Potato  
Apricots  
**Chili Fritos**  
**Chicken Patty**

**Soft Shell Tacos w/Lettuce/Tomato Cup or Hot Ham & Cheese** 20  
Corn  
Baked Fries  
Apple Juice  
Seasonal Fruit  
Butterscotch Bar  
Crackers  
**Cheese Pizza**  
**Salami & Cheese Sub**

**Sloppy Joe on Bun or Hamburger** 25  
Fruit Cocktail  
Grapes  
Peas  
Carrot Sticks & Dip  
Crackers  
Chocolate Chip Cookie  
**Taco Salad**  
**Turkey Wrap**

**Egg O'Muffin or PB&J Sandwich** 26  
Tri Tater  
Cucumber Slices  
Canned Pears  
Orange Juice  
Bread Stick  
Gingerbread  
**Tony's Pepperoni Pizza**  
**Cheeseburger**

**Noodle Oodle Salad or Hot Ham & Cheese** 27  
Tater Tots  
Fresh Veggie Relishes  
Canned Pineapple  
Mixed Fruit  
Muffin  
Vanilla Pudding  
**Hard Shell Tacos**  
**Bacon Cheeseburger**



# THURSDAY

# FRIDAY

OW"  
ITION

**Soft Shell Chicken Taco 7**  
w/Lettuce & Tomato Cup  
or Italian Sub  
Spanish Rice  
Wheat Bread/Margarine  
Cooked Carrots  
Canned Pears  
Seasonal Fruit  
Rice Krispie  
**Roast Beef Sub**  
**Taco Bar**

**Waffles & Sausage or 14**  
**American Sub**  
Orange Juice  
Potato Coins  
Grapes  
Graham Crackers  
Green Beans  
Pudding  
**Pizza Supreme**  
**Hot Dog Bar**

**Beef Nachos/Cheese 21**  
or Italian Sub  
Veggies & Dip  
Rice  
Lettuce Salad  
Roll & Margarine  
Seasonal Fruit  
Canned Pears  
**BBQ Rib Sandwich**  
**Salad Bar**

**Chicken Nuggets or 28**  
**American Sub**  
Roll & Margarine  
White Bread/Margarine  
Seasonal Fruit  
Tater Tots  
Green Beans  
Bear Grahams  
**Chili Cheese Dog**  
**Baked Potato Bar**

**Macaroni & Cheese or 1**  
**Hot Dog**  
Broccoli Cauliflower Salad  
Baby Carrots  
Apple Wedges  
Potato Wedges  
Chocolate Chip Cookie  
Bread Stick

**Tuna Salad on Bun**  
**Taco Pizza**

**Pepperoni Pizza or 8**  
**Hot Dog**  
Green Beans  
Tater Tots  
Bread Stick  
Grapes  
Fruit Crisp  
Apple Juice

**Fish Sandwich**  
**Taco Wrap**

**Speedy Gonzales 15**  
**Salad & Crackers or**  
**Hot Dog on Bun**  
1/2 Peanut Butter Sandwich  
Carrot Sticks & Dip  
Bread & Margarine  
Peas  
Pears  
Fruit Crisp  
**Chicken Fajita**  
**Cheeseburger**

**NO**  
**SCHOOL**

**Haunted Pizza or 29**  
**Hot Little Doggies**  
Blackbird Nuggets  
Baked Curly Worms  
Lizard Greens  
Bobbin' Apple Wedges  
Goblin Rolls & Margarine  
Ghost Birthday Cake  
**Witches Supreme Nachos**  
**Raven & Cheese Sub**

## PLEASE NOTE:

The last two entree  
choices each day  
are additional  
secondary choices.

## TARGET NUTRIENTS

Elementary	Secondary
Calories	644 846
Iron	3.3 mg 4.5 mg
Calcium	267 mg 400 mg
Vit. A	211 RE 300 RE
Vit. C	15 mg 19 mg
Protein	9 g 16 g
Total Fat	<30% <30%
Sat. Fat	<10% <10%







# FOOD GUIDE PYRAMID

## A SERVING IS:

### Breads, Cereals, Rice, Pasta

Bread	1 slice
Rice or Pasta	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 oz.

### Milk, Yogurt, Cheese

Milk	1 cup
Yogurt	1 cup
Cheese	1-1/2 - 2 oz.

### Vegetables

Chopped, raw or cooked	1/2 cup
Leafy, raw	1 cup

### Meat, Poultry, Fish, Dry Beans, Eggs & Nuts

Cooked Lean Meat,  
poultry or fish 2-1/2 - 3 oz.

Count 1/2 cup of cooked beans,  
1 egg or 2 tablespoons of Peanut  
Butter as 1 oz. of lean meat.

1/3 serving

### Fruits

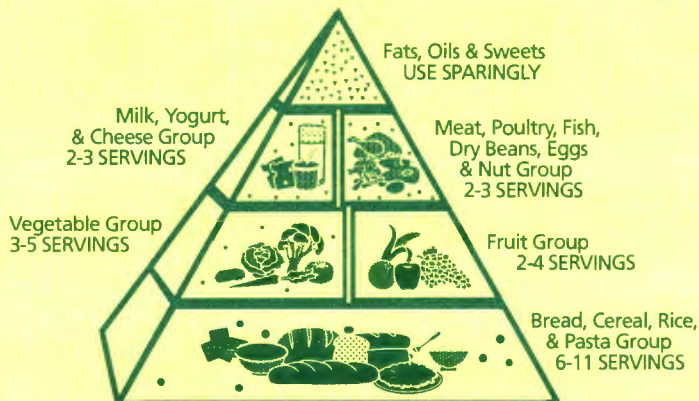
Piece of Fruit or Melon Wedge	1
Juice	3/4 cup
Fruit, canned	1/2 cup
Dried Fruit	1/4 cup

### Fats, Oils, Sweets

LIMITED CALORIES FROM THESE

*NOTE: The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.*

Source:  
USDA/USDHHS



## ENCOURAGE BREAKFAST

Studies have shown that students who eat a nutritious breakfast each day are more attentive in class and absent less often than students who don't eat breakfast. Other studies have shown that students who eat breakfast show increases in math and reading test scores and have fewer behavior problems. Every school day 50 to 70 percent of the students attending school have skipped breakfast or haven't eaten a nutritious one. They may answer "present" to roll call, but their headaches, stomachaches, fatigue, sleepiness and restlessness take their minds elsewhere, affecting their behavior and learning ability. Encourage your child to eat breakfast each and every morning.



# October 1999

## Malcolm Price Laboratory School Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

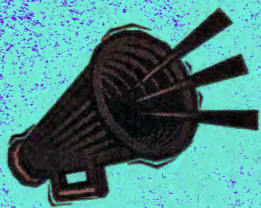
THURSDAY

FRIDAY

SATURDAY

					<b>1</b> No NK-8 Classes ONLY - Inservice Day 7:30p FB @ Lake Mills	<b>2</b> 9:00a MSVB DNH Tour@ NH (7th Gr Only) 9:00a VB NU Invitational 10:00a GSW CF Inv @ Holmes
<b>3</b> 7:00p Close Up Prt Mtg RM 253	<b>4</b> 8:47a -9:32 Homecoming Assembly in Aud 4:15p MSVB vs Dunkerton 4:30p FSFB vs Grundy Center 8:00p NU Singers Reh	<b>5</b> <i>4:00p MSVB vs North Tama</i> <i>4:15p MSFB vs North Tama</i> <i>4:30p CC @ Dike</i> <i>5:00p GSW vs E Waterloo @ Central</i> <i>6:00p VB vs Union</i> <i>6:00p PTP Elementary Open House</i> <i>7:00p PTP Mtg in AUD</i> <i>7:30p MSHS Open House</i>	<b>6</b>	<b>7</b> <i>6:00a -8:00AM Junior Breakfast</i> <i>7:00a Jazz Bd/Ch Orch Reh</i> <i>7:00a -7:30 Math Counts Rm 152</i> <i>3:10p -4PM Math Counts Rm 152</i> <i>4:00p MSVB @ Hudson</i>	<b>8</b> Homecoming 7:30p FB vs Ackley Geneva	<b>9</b> 9:00a MSVB DNH Tour @NH (8th Gr only) 9:00a VB F/S Tour @ NU 8:00p -12:00 Homecoming Dance at "All Occasion"
<b>10</b>	<b>11</b> COLUMBUS DAY <i>4:30p FSFB vs Ackley-Gowra</i> <i>6:00p GSW @ Williamsburg</i> <i>7:00p Booster Club Meeting in Lounge</i> <i>8:00p NU Singers Reh</i>	<b>12</b> 8:00a -Noon PSAT in Library 4:30p CC NU Invitational 6:00p VB @ Jesup	<b>13</b>	<b>14</b> <i>7:00a Jazz Bd/Ch Orch Reh</i> <i>7:00a -7:30 Math Counts Rm 152</i> <i>3:10p -4PM Math Counts Rm 152</i> <i>4:15p MSFB @ New Hartford</i> <i>5:00p GSW vs Charles City</i> <i>7:30p FB vs Rockford</i>	<b>15</b>	<b>16</b> 9:30a CC NICL @ Reinbeck 1:00p GSW NCSC @ Grinnell
<b>17</b>	<b>18</b> 6:00p FSFB @ Garwin 7:00p VB Districts vs Don Bosco @ NU 8:00p NU Singers Reh	<b>19</b> 6:00p GSW vs CF @ Holmes	<b>20</b> 7:00p VB Districts @ NU	<b>21</b> <i>BCC Districts</i> <i>GCC Districts</i> <i>7:00a Jazz Bd/Ch Orch Reh</i> <i>7:00a -7:30 Math Counts Rm 152</i> <i>3:10p -4PM Math Counts Rm 152</i>	<b>22</b> No School 7:30p FB @ North Central Manly	<b>23</b> All-St Auditions @Oelwein HS
<b>24</b>	<b>25</b> 4:30p FSFB vs Hudson 7:00p VB District Finals TBA	<b>26</b>	<b>27</b> VB Regionals TBA	<b>28</b> 7:00a Jazz Bd/Ch Orch Reh 7:00a -7:50 Math Counts Rm 152 3:10p -4PM Math Counts Rm 152	<b>29</b> End of first quarter 7:30p FB @ Riceville	<b>30</b> GCC State @ Fort Dodge BCC State TBA GSW Districts TBA
<b>31</b> DAYLIGHT SAVINGS TIME ENDS HALLOWEEN						





# Homecoming Week Activities

## **Monday, Oct. 4**

Homecoming Week Kick-off Assembly  
8:47-9:32 in Auditorium  
Hall decorations displayed and judged.  
Homecoming Balloon Sale during lunchtime at the Crossroads.  
(From Friday Oct. 1 – Thursday Oct. 7) Special Dress Day – Dress Up day

## **Tuesday Oct. 5.**

Special Dress Day – “Blast from the Past”  
(dress up as a person from any decade)  
Volleyball vs. Union 6:00PM  
Cross Country at Dike  
Elementary Open House 6:00PM  
PTP Meeting at 7:00 PM  
High School Open House 8:00PM

## **Wednesday Oct. 6**

Election for King and Queen candidates.  
Special Dress Day - Hat Day (it's O.K. today!)

## **Thursday Oct. 7**

Junior breakfast 6:30 – 7:30 in cafeteria  
Special Dress Day – Pajama Day  
N.U. Booster Club Lasagna Dinner 5:30 – 7:00PM  
in Field House (\$5.00 per person)  
Coronation of King and Queen 7:30 PM in Auditorium  
Homecoming Bon Fire – 8:30 PM

## **Friday Oct. 8**

Special Dress Day – Orange and Black Spirit Day  
Pep rally at 2:25 in Field House (all grades)  
Homecoming Football Game vs AGWSR 7:30 PM in Dome

## **Saturday Oct. 9**

Homecoming Dance at “All Occasions” 8:00 – Midnight

## **NU High Denim Shirts**

### **— Taking Orders through October 15**

Last year we offered blue denim shirts embroidered with the words N.U. High / Price Lab School and a panther. They were very attractive and we had a lot of interest in them. We will offer them again this year but will only take orders this fall. The cost for a shirt is \$27.50 in sizes S-XL and \$30.00 for XXL. Orders can be sent to the school office until Oct. 15 with checks made out to Price Laboratory School.





# PRICE LABORATORY SCHOOL DIRECTORY

## 1999 - 2000



AV Specialist.....	Com Ctr-143.....	7673.....	
Balong, Megan.....	Math 155C.....	7174.....	Megan.Balong
Barnes, Kathy.....	ECSE-106.....	2262.....	Kathy.Barnes
Barney, T.C.....	Adj Instr-114E.....	2754.....	T.C.Barney
Bigelow, Connie.....	Library-230.....	7772.....	Connie.Bigelow
Bock, Sue.....	Math-155B.....	7713.....	Sue.Bock
Bollwinkel, Carl.....	CEEE-111C.....	2783.....	Carl.Bollwinkel
Brumm, Kelly.....	Grade 1&2-108.....	7658.....	Mary.Brumm
Buckwalter, Suzanne.....	Math 150.....	2066.....	Suzanne.Buckwalter
Burt, Dorothy.....	Dir Office-116.....	7657.....	Dorothy.Burt
Caster, Kim.....	Mod Lang-221.....	2367.....	Kim.Caster
Christensen, David.....	Science-41A.....	2760.....	Christensen
Cooney, Darlene.....	N/K-102.....	7088.....	Darlene.Cooney
Couch, Karen.....	Science-138E.....	6467.....	Karen.Breitbach
Countryman, Lyn.....	Science-135A.....	2614.....	Lyn.Countryman
Cryer, J.D.....	Lang Arts-220C.....	2294.....	JD.Cryer
Culver, Mark.....	Soc St-255D.....	3255.....	Mark.Culver
Darrow, Don.....	Tech Ed-39C.....	3082.....	Donald.Darrow
Davidson, Nadene.....	Fam CS-148A.....	2291.....	Nadene.Davidson
Day, Joan.....	Attendance-122.....	2185.....	Joan.Day
Day-Bobb, Kathryn.....	Grade 4-208.....	2608.....	Kathryn.Day-Bobb
DeVries, Aricia.....	Resources-141.....	5824.....	Aricia.DeVries
Dykstra, Lynn.....	Com Ctr-143.....	2575.....	Lynn.Dykstra
East, Kathie.....	Sup Serv-145.....	6789.....	Kathie.East
Ensworth, Lynne.....	Grade 1&2-107A.....	7235.....	Lynne.Ensworth
Fanelli, Michael.....	Music-130C.....	2027.....	Michael.Fanelli
Findlay, Rosa Maria.....	Mod Lang-209.....	2361.....	Rosa.Findlay
Gabbard, Ruby.....	SEC-509.....	7656.....	Ruby.Gabbard
Gebel, Terri.....	Mod Lang-246.....	6200.....	Terri.Gebel
Graber, Linda.....	Science-138C.....	7712.....	Linda.Grabner
Guenther, Mary.....	Grade 3-202.....	2168.....	Mary.Guenther
Hansen, Sharon.....	Soc St-255.....	2052.....	Sharon.Hansen
Hawbaker, Becky.....	Resources-145.....	7664.....	Becky.Hawbaker
Heitzman, Barbara.....	Cr Drama-38B.....	2087.....	Barbara.Heitzman
Hird, Amy.....	Child Dev Ctr-1.....	2263.....	Amy.Hird
Hoefft, Lowell.....	Mod Lang-221.....	7084.....	Lowell.Hoefft
Hoffman, Sheri.....	N/K-101.....	2172.....	Sheri.Hoffman
Hooks, Gloria.....	15H.....	2629.....	
Horton, Paul.....	Soc St-255B.....	2055.....	Paul.Horton
ICN Room.....	252.....	7266.....	ICN Room

Janssen, Nora.....	SEC-509.....	2806.....	Nora.Janssen
Kennedy, Peg.....	Child Dev Ctr-1.....	7705.....	Peggy.Kennedy
Ketter, Terry.....	Activities-120B.....	7667.....	Terry.Ketter
Kettner, Dennis.....	Math-155A.....	2237.....	Dennis.Kettner
Kischer-Browne, K.....	Sup Ser-145.....	7074.....	Karlene.Kischer-Browne
Knivslund, Rick.....	Art-38A.....	3079.....	Rick.Knivslund
Kroemer, Angela.....	Math-155.....	2548.....	Angela.Kroemer
Krumbholz, John.....	Prin-124A.....	2064.....	John.Krumbholz
Kueter, Roger.....	Dept Hd-SEC-505.....	2203.....	Roger.Kueter
Ledtje, Evelyn.....	Science-138.....	2414.....	Evelyn.Ledtje
Lee, Bob.....	Phys Ed-258.....	2486.....	Robert.Lee
Lemert, Lynne.....	Lang Arts-220.....	6047.....	Lynne.Lemert
Leonhart, Amy.....	Grade 5-210A.....	2209.....	Amy.Leonhart
Loy, Lynda.....	Child Dev Ctr-1.....	7703.....	Lynda.Loy
Ludwig, Sally.....	Resources-141.....	2728.....	Sally.Ludwig
Majerus, Barb.....	ECSE-106.....	2262.....	
Maltas, Jim.....	Math-155B.....	7659.....	James.Maltas
Matthews, Carol.....	Lang Arts-220A.....	7173.....	Carol.Matthews
Maubach, Sherry.....	Mod Lang-246.....	2657.....	Sherry.Maubach
McCarty, Mary.....	Child Dev. Ctr-1.....	7708.....	Mary.McCarty
McClain, Janet.....	MIT-114E.....	2924.....	Janet.McClain
McConnaha, Wendell.....	Director-116.....	6171.....	Wendell.McConnaha
McDonald, Terri.....	Com Ctr-143.....	3076.....	Terri.McDonald
Miller, Kim.....	SupSer/Res-204.....	2233.....	Kim.Miller
Morgan, Sharlene.....	Com Ctr-143.....	2553.....	Sharlene.Morgan
Myers, Ben.....	Phys Ed-256.....	7661.....	Benjamin.Myers
Nelson, Phil.....	Soc St-255A.....	2347.....	Phillip.Nelson
Nordquist, Anne.....	SEC-507.....	6199.....	Anne.Nordquist
Noyes, Stephen.....	In Tech-146.....	7711.....	Stephen.Noyes
Oakland, Kathy.....	SEC-515.....	2591.....	Kathy.Oakland
Oleson, Vicki.....	Math/Sci-216A.....	2032.....	Vicki.Oleson
Olson, Christina.....	Child Dev Ctr-1.....	7703.....	Christina.Olson
Olson, Dody.....	Health-117.....	2348.....	Dorothea.Olson
Pape, Peg.....	Grade 5-210.....	7830.....	Peggy.Pape
Pavelec, Sheryl.....	Child Dev Ctr-1.....	2263.....	Sheryl.Pavelec
Phipps, Neil.....	Std Crd-122A.....	2514.....	Neil.Phipps
Pitcher, Craig.....	Phys Ed-158.....	7663.....	Craig.Pitcher
Podhajsky, Heidi.....	Sup Serv-203.....	2325.....	Heidi.Podhajsky
PLS Pool.....	163.....	2491.....	
Primrose, Dean.....	Business-246.....	2129.....	Dean.Primrose

Reimer, Janet.....	Unit 1-106.....	2262.....	Janet.Reimer
Saddler, Craig.....	Grade 4-207.....	7863.....	Craig.Saddler
Salzer, Glenda.....	Guidance-114.....	2220.....	Glenda.Salzer
Scene Room.....	142.....	2594.....	
Schneider, Mary.....	Grade 1&2-107A.....	2428.....	Mary.K.Schneider
Schomaker, Bev.....	Com Ctr-143.....	7674.....	Beverly.Schomaker
Sharp, Linda.....	Music-128.....	6236.....	Linda.Sharp
Smith, Dave.....	Phys Ed-260.....	7660.....	David.Smith
Smith, Jacque.....	Grade 3-201.....	6887.....	Jacquelin.Smith
Smith, Lori.....	Phys Ed-158.....	2558.....	Lori.Smith
Spurr, Aaron.....	Science-138B.....	7897.....	Aaron.Spurr
Stichter, Jim.....	Guidance-114F.....	2232.....	Jim.Stichter
Stone, Jody.....	Science-138D.....	6466.....	Jody.Stone
Struck, Clare.....	Guidance-114G.....	6189.....	Clare.Struck
Swann, Annette.....	Art-38A.....	2127.....	Annette.Swann
Swanson, Michelle.....	Music-38D.....	2600.....	Michelle.Swanson
Sweigert, Jim.....	Mod Lang-227.....	7675.....	James.Sweigert
Tagtow, Jolene.....	Lang Arts-223.....	2594.....	Jolene.Tagtow
Talbot, Leesa.....	Lang Arts-223.....	7861.....	Leesa.Talbot
Tallakson, David.....	Library-230.....	7676.....	David.Tallakson
Tallakson, Denise.....	Grade 1&2-108.....	2540.....	Denise.Tallakson
Treiber, Kay.....	Grade 5-214.....	2446.....	Kay.Treiber
TV Studio.....	43.....	5890.....	
Uhlenberg, Jill.....	Child Dev Ctr-1.....	7671.....	Jill.Uhlenberg
Upham, Leonard.....	Music-132.....	2407.....	Leonard.Upham
Vanderwall, Rick.....	Lang Arts-220B.....	2572.....	Richard.Vanderwall
Vowell, Judy.....	Dir Office-114H.....	6136.....	Judy.Vowell
Waack, Kathy.....	N/K-101.....	2172.....	Kathy.Waack
Waack, Paul.....	AD/Safety-120A.....	2533.....	Paul.Waack
Watkins, Sue.....	Com Ctr-143.....	7674.....	Susan.Smith
Weber, Lee.....	Soc St-255C.....	2056.....	Lee.Weber
Weber, Lou.....	Library-230.....	2638.....	Lou.Weber
Weight Room.....	270.....	7670.....	
Williams, Karen.....	Prin Office-124.....	7666.....	Karen.Williams
York, Candi.....	Child Dev Ctr-3.....	7703.....	Candi.York

PLS FAX #.....	319-273-6457
Emergency Cell Phone #.....	240-8351
UNI Public Safety.....	3-2712

— the prefix for all on-campus phone numbers is 3—



## PLS/NUHS PTP MEETING MINUTES - SEPTEMBER 7, 1999

President, Julie Creeden, called the meeting to order at 6:00 P.M. in the Library.

Introductions: Those in attendance each introduced themselves, and had the opportunity to share their interest in PLS/NUHS.

Minutes of May Meeting: Marlene Hills, Secretary, read the minutes of the May, 1999 PTP meeting. The minutes were approved, as read.

Treasurer's Report: Amy Bower, Treasurer, reported that as of this date, the balance in the checkbook is \$5,189.21. Julie will check with the office regarding any balance carried over from last year, in another account.

Correspondence: Julie shared a thank you note that was received from last year's PTP Scholarship recipient, Jill Oelson.

Master Calendar: Discussion on the progress toward a Master Calendar being created, which would include events for the entire school year, instead of receiving the information monthly, as we do now. If initiated, the calendar would be purchased, with proceeds going toward PTP. More information is needed before going ahead with plans. Wendell McConnaha added that the calendar for the next school year is approved in March or April, so any plans for a Master Calendar would need to be in place by that time.

Playground: Wendell advised the group that there has been no new progress toward a new playground at PLS.

Yearbook: NU grad, Christi Marchesani, now a UNI employee, will serve as advisor to the year book this year. Carol Matthews, who was advisor last year, has taken on the responsibility of launching a student newspaper this year.

Disbursement of PTP funds: It was determined that the money in the PTP account needs to be distributed to teachers for enrichment of their programs, rather than saving it toward the playground which is now on hold. Julie will get forms out to faculty, with which they can apply for the "PTP Grant." A committee was formed to go over the applications for funds, so the money can get to the classrooms as soon as possible.

Room Parents: Teresa Findlay, Room Parent Coordinator, distributed a list of Room Parents assigned to each grade. There are a couple of grades that could still use another parent to help out, but the list was pretty much complete.

PLS Family Directory: After discussion, up to \$400 of PTP funds were set aside toward cost of printing a family directory. Gloria Hooks volunteered to work with Joan Day in order to arrange the data in as little space as possible in order to cut down on printing costs. As soon as Gloria gets her information back to Julie, Julie will contact Jim Miller, who said that his company, Pioneer Graphics, may be able to donate the paper for the printing of the directory.



Carnival: Amy Bower informed the group of a need for storage containers for Carnival items. The storage containers would aid in storage, packing and unpacking from year to year. Amy will provide more specific information of what is needed during the next meeting.

American Education Week: A committee was formed to help acknowledge faculty and staff of PLS/NU during AEW.

Business Partner Update: Brown Bottle will have the same representatives as last year. Julie updated the group on business partner, Ireland Technologies. Gary Voss, owner and PLS parent, has initiated Internet Sales of some products. A percentage of internet sales will initially go to our school. Information on this program will go out in a future newsletter.

Banquet/Auction: On Friday, November 5th, at 6:00 p.m., there will be a live and silent auction held at the Maucker Union Expansion in conjunction with the AFPLS/PTP dinner this year. The auctions should prove to be a very popular addition to the dinner, and more information will be sent out on the event, including how to donate items for the auctions.

Registration: Julie thanked the following individuals for helping at the PTP table during the walk-in registration in August: Kim Engels; Teresa Findlay; Brenda Kirkpatrick; Jo Walters and Jean Wiesley.

Additional Fundraising Opportunities: An internet company which sells a variety of merchandise, SchoolPop.com, will donate a percentage of your purchase to the school of your choice. Also, parents with a Target charge card are encouraged to designate our school to receive a percentage of their charge card purchases that Target will donate. If you do not have a Target credit card you can apply at Target.

The next meeting will be held on Tuesday, October 5, in conjunction with the Fall Open House. The elementary open house begins at 6:00, the PTP meeting at 7:00 in the auditorium, and the middle school/high school open house begins at approximately 7:30.

There being no other business, the meeting was adjourned at 7:00 P.M.



## ACT Results for the 1999 Graduating Class

Earlier in the Fall, the ACT results for the Waterloo and Cedar Falls schools were published in the *Courier*. The NU results were not available at that time.

The following article summarizes the test results for our Spring 1999 graduates who took the ACT Assessment on national test dates during the 1996-97, 1997-98 or 1998-99 academic years. We have also included the five year state and national summary for your review.

As you look at these results, you will note that the state and national averages tend to remain constant, moving one or two tenths of a point per year. The NU results tend to show greater swings from year to year. This is a factor of the number and ability range of individuals taking the test. Each year, thousands of students take this examination throughout the State of Iowa and throughout the nation. Over the past five years, we have tested only 42 to 51 students each year. Also, in some schools, only those individuals planning to go on to college take the exam. At NU, we encourage all of our students to participate. These two factors account for the “bouncing” of our scores within the five-year range.

	Number of Students Taking the Test	English	Math	Reading	Sci Reas	Composite
NU High						
1994-95	42	23.2	21.9	23.5	23.1	23.0
1995-96	51	21.9	21.2	23.6	23.2	22.6
1996-97	46	22.2	22.1	22.3	22.8	22.5
1997-98	46	23.2	22.4	23.7	22.4	23.0
1998-99	44	21.8	21.9	22.9	22.8	22.5
Iowa						
1994-95	22,665	21.3	21.2	22.1	22.1	21.8
1995-96	22,662	21.4	21.3	22.2	22.3	21.9
1996-97	23,709	21.4	21.5	22.4	22.4	22.1
1997-98	24,233	21.5	21.9	22.3	22.4	22.1
1998-99	24,829	21.5	21.6	22.2	22.1	22.0
Nation						
1994-95	945,369	20.2	20.2	21.3	21.0	20.8
1995-96	924,663	20.3	20.2	21.3	21.1	20.9
1996-97	959,301	20.3	20.6	21.3	21.1	21.0
1997-98	995,039	20.4	20.8	21.4	21.1	21.0
1998-99	1,019,053	20.5	20.7	21.4	21.0	21.0



### **Sheri Hoffman, Nursery/Kindergarten**



Sheri Hoffman has joined the Price Lab staff this year as a Nursery/Kindergarten teacher. She has previously taught ten years as an elementary teacher in the Cedar Falls School District. In addition, Sheri has been a TAG resource teacher in Madison, Wisconsin and has worked with the National

Diffusion Network conducting workshops based on the Talents Unlimited Model. Early Childhood is certainly not a new area for Sheri, as she worked in the University of Northern Iowa's Child Development Center for the past four years. Sheri completed her master's thesis in 1997. She specialized in curriculum integration and focused on the perspectives of students when using a thematic approach of instruction. Sheri has welcomed the opportunity to be a part of the Nursery/Kindergarten and extends an open invitation for those wishing to visit.

### **Lynne Lemert, Language Arts**



Lynne Lemert has joined the staff at Price Laboratory School this year as the Secretary in the Language Arts Department. She received her Associate of Applied Science degree from Hawkeye Institute of Technology and currently has 55 hours toward her Bachelor's

degree. She has been a stay-at-home Mom for the past eight years, but previously worked as a secretary with General Dynamics Corporation in St. Louis, Cessna Aircraft in Wichita and the John Deere Tractor Works in Waterloo. When away from the office, she likes to spend time with her husband, 5 year-old daughter and 8 year-old son as well as help with her son's soccer team and Scout troop and being the Treasurer for the K.I.D.S. (Keep Improving Denver Schools) group.

### **Amy Leonhart, Fifth Grade**



Amy Leonhart has joined the faculty of Price Laboratory School this year as an instructor in fifth grade. She received her B.A. from Wartburg College in 1991 and her M.A.E. from the University of Northern Iowa in July, 1999. She has previously taught kindergarten and third grade for the last five years in

New Hampton. Prior to that she taught preschool and fifth grade in Washington, Iowa for three years. In her spare time she enjoys walking, cooking, playing piano and watching movies.

### **Sherry Maubach, Modern Languages**



Sherry Maubach has joined the faculty of Price Laboratory School this year as an instructor in the Modern Languages Department. She teaches Spanish in both Middle and High School.

Sherry returns to teach in the same classroom in which she did her O18 experience years ago with Señora. Findlay! Mrs. Maubach received her B.A. in Spanish teaching, K-12 from UNI in 1996 and is currently in the "ABP" (all but paper) stage of her M.A. in TESOL/Spanish. Her previous teaching experience includes subbing for Cedar Falls Schools and two years of teaching Spanish levels I, II and Intermediate as a graduate teaching assistant at UNI. In her spare time, Sherry enjoys playing with her granddaughter and two puppies. She also enjoys quilting, rollerblading, and biking.

### **Sherri Pavelec, Child Development Center**



Sherri Pavelec has joined the staff of the Child Development Center as a teacher in the 2-3 year-old room. She received her early childhood degree from UNI. She has previously taught preschool at HeadStart in

Decorah. Since moving to New Hartford four years ago, she has been substitute teaching. In her free time she loves spending time with her family, reading, and traveling.

### **Craig Saddler, Fourth Grade**



Craig Saddler has joined the faculty of Price Laboratory School this year as a fourth grade instructor. He received his degree from Florida Agricultural and Mechanical

University, located in Tallahassee, Florida. In addition to teaching, he possesses a natural love for music. In his spare time he enjoys playing the piano. He loves children and looks forward to becoming a productive member of the Cedar Falls Community.

### **Jolene Tagtow, Language Arts**



Jolene Tagtow joins the faculty of Price Laboratory School this year as an instructor in the Language Arts Department. She is teaching 9<sup>th</sup> and 10<sup>th</sup> Grade Language Arts, as well as several 11<sup>th</sup> and 12<sup>th</sup> Grade electives. In addition to

teaching these courses, she is also the new theatre director. Jolene received her B.A. in English from the University of Northern Iowa and is currently working to complete her M.A. (this semester) in Communication Education at the University of Northern Iowa. She previously taught English and Speech at Tripoli High School in Tripoli, Iowa for two years, and more recently, at Union High School in LaPorte City for the past sixteen years. Jolene has also been active as a coach and judge for the Iowa High School Speech Association for all of her teaching career. In her spare time, she enjoys biking, reading, traveling, and spending time with her husband and their two sons. Mrs. Tagtow is especially looking forward to directing theatre this year.

### **Leesa Talbot, Language Arts**



Leesa Talbot joins the faculty of PLS this year as the 6<sup>th</sup> grade Language Arts and Social Studies instructor. She received her B.A. and M.A. from UNI, and also spent a year studying at the University College of Wales in Aberystwyth, Wales.

Before joining the PLS faculty, Mrs. Talbot taught for 10 years in the Waterloo schools. Mrs. Talbot enjoys movies, M & M's and participating in community theatre...but she LOVES rubberstamping and her family. The Talbot family (which includes three PLS kids!) recently returned from Wales and England where they traveled and visited family.

### **Lou Weber, Library**



Lou Weber joins the faculty of Price Laboratory School this year as a second Librarian (in addition to Dave Tallakson). She received her B.A. from the University of Maryland and returned to school to become certified to teach both secondary History and

Language Arts. She just recently completed her M.A. at UNI in School Library Media Studies. Lou taught Junior High History and Language Arts before becoming a long-term stay at home mom. Watching her children participate in school activities is her favorite pastime, after reading, of course.



## Resources for Gifted Students...

At PLS, the needs of students who are gifted are served in several ways: through a rich, varied curriculum, through individual adjustments made by the teachers, and sometimes through placement in higher grade level classes.

PLS would also like to keep parents informed of opportunities and resources outside of our school that parents and students may wish to take advantage of during the school year through regular newsletter articles. This article covers resources available during the fall semester.

One resource is the Belin-Blank International Center for Gifted Education and Talent Development at the University of Iowa in Iowa City. The Belin-Blank Center offers talent search testing for elementary and middle school students who have scored above the 95 percentile or above on their core total or subtest scores on the Iowa Tests of Basic Skills. The deadline to register your student for this testing is November 3rd, and the tests are taken in late January or February. The Belin-Blank Center also offers Weekend Institutes for Gifted Students (WINGS) on several Saturdays this fall and spring. There are no formal qualifications required to participate in WINGS, although students should be motivated and prepared for challenge. Topics for the

institutes range from HTML to Acting, and Tornadoes to Legal Education. For more information on the Belin-Blank Center's programming, visit their website at <http://belinctr.education.uiowa.edu/> or call 1-800-336-6463.

Another resource is the Office of Precollegiate Programs for Talented and Gifted Students (OPPTAG) at Iowa State University. OPPTAG offers ACES Saturday institutes, which are taught at the advanced high school level, during the fall and spring. Fall offerings include Computer Aided Design, Computer Science, and Math. To qualify for ACES, students must have a 97 national percentile rank or higher. For more information, visit their website at [http://www.public.iastate.edu/~opptag\\_info/](http://www.public.iastate.edu/~opptag_info/) or call 1-800-262-3810.

## Gifted Services Educational Equity Plan

*Your input is desired –*

PLS is in the process of writing a section on gifted services in our Educational Equity Plan. "We are interested in gathering multiple perspectives to ensure that this plan will serve out students well," remarked Support Services Coordinator Katheryn East.

Any parent who is interested in participating in the development of this plan should contact Dr. East by email ([katheryn.east@uni.edu](mailto:katheryn.east@uni.edu)) or phone (273-6789)

— *Becky Wilson Hawbaker*  
*middle school special needs/*  
*at-risk instructor*

## Help Price Lab Through Fundraisers!

We currently have three painless fundraisers you can participate in and help Price Lab School at the same time.

### Target Guest Card

The first one is the Target Guest Card. All you need to do is either go to Target or call 1 800-316-6142 to apply for the credit card. When you apply, you need to designate Price Lab School as the school you want donations sent to. Every time you shop at Target and use your card, Target donates 1% of your purchases to Price Lab. Each month special promotions are run in which certain items purchased will earn even more for our school. Checks are issued to the school in November and March.

### HyVee Receipts

For the second fundraiser through HyVee you are asked to save your pink cash register receipts beginning October 4 through the end of May. The receipts may be placed in a collection box in the PLS school lobby or turned in to your child's teacher. For every \$200 spent, HyVee will donate \$1 to Price Lab — up to a total of \$2,000.00! If you turn in a large number of receipts at one time, please paper clip or rubberband them together and write the total amount on them. Last year we collected \$703.87. Ask others to save their HyVee receipts too so we can beat our total from last year!

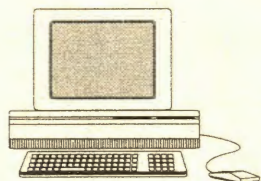
### General Mills Box Tops

The third fundraiser sponsored by General Mills involves cutting the Box Tops for Education off of specified General Mills products. A list of products will be sent home at a later date. There will be a collection box for these in the school lobby as well.

All funds raised are put in the PTP account to be used for improving our school in various ways. Thank you for your participation.

— *Amy Bower, fulltime*  
*elementary substitute*

## The PLS Technology Committee is looking for parent members



Parents interested in serving on the PLS Technology Committee for the remainder of the school year, please contact Terri McDonald at 273-3076 or by email at [Terri.McDonald@uni.edu](mailto:Terri.McDonald@uni.edu). Meetings are held on Thursdays after school (approximately every three weeks).

— *Terri McDonald, instructional*  
*technology coordinator*



## Nursery Kindergarten Students Enjoy "Safety City"



*Nursery/kindergarten students each got to spray the fire hose during their recent trip to "Safety City."*

The nursery/kindergarten classes enjoyed a recent field trip to "Safety City." It was a fun-filled morning of learning activities about safety rules, sponsored by the Cedar Falls Public Safety Department and Cedar Falls Utilities. The nursery/kindergarten students were provided with an "electrifying" demonstration on how to be safe around power lines. They also had the opportunity to practice dialing 911, as well as watch a few of their classmates role-play as they were being helped by paramedics. The students had the opportunity to listen to policemen talk about bicycle and pedestrian safety rules, and actually see what the inside of an ambulance, police car and CFU truck looks like. The grand finale was when each child got to spray the fire hose from the HUGE fire truck—definitely a highlight of the trip. — *Julie Creeden, parent*



## First Concert of the Season – November 9

The Music Department of Price Laboratory School will present the first concert of the season on Tuesday, November 9, beginning at 7:30 pm in the Butzier Auditorium. The performance will include selections from the Northern University High School Concert Choir, Orchestra, and Concert Band. Directors for this concert are Dr. Linda Sharp, Mr. Michael Fanelli, and Dr. Leonard Upham. There is no admission charge for this event.

— *Leonard Upham, music department head*

## Senior Portraits - Submit to Language Arts

Senior Portraits for the Yearbook (vertical, wallet-size pictures) need to be submitted (or ask your photographers to send) to Lynne Lemert in the Language Arts Office (220). Color photos are recommended, please note photographer proofs are not usable. An absolute deadline for yearbook staff to receive senior pictures has not yet been announced, but it has traditionally been in December or early January. — *Carol Matthews, language arts instructor*

## NU Fall Theatre Announces Fall Production Cast

Northern University High School will present Reginald Rose's, *Twelve Angry Jurors* as its fall theatre production. This three act play adapted by Sherman L. Sergel depicts the jury as they deliberate the fate of the defendant in a first degree murder case. Originally written as a television show with an all male cast, this adaptation will feature a cast of both male and female members.

The cast is as follows: Jury Foreman, Brian Perry; Juror #2, Katie Judas; Juror #3, Sean Robinson; Juror #4, Steve Shelton; Juror #5, John Paar; Juror #6, Mary Weber; Juror #7, Katy Lyman; Juror #8, Lewis Colburn; Juror #9, Emily Callahan; Juror #10, Christopher Hardy; Juror #11, Brittany Parsons; Juror #12, Aubrey Huber; Guard, Jeffery Zeitz; Clerk, Amy McGuire; and Judge, Travis Coulter.

*Twelve Angry Jurors* is produced by special arrangement with The Dramatic Publishing Company. The play will be presented November 5 and 6 in Butzier Auditorium of Malcolm Price Laboratory School. Director of the production is Jolene Tagtow.

— *Jolene Tagtow, language arts/theatre instructor*

## Lowell Hoefft

*Receives Gold Star Teaching Award*



The 1999 Gold Star Award for Outstanding Teaching, co-sponsored by the R. J. McElroy Trust and KWWL TV were announced at the close of the 1998-1999 school year. Lowell Hoefft, French instructor and student teacher supervisor at Price Laboratory School, was one of the ten recipients in Black Hawk County.

The ten winners were selected from 478 teachers who were nominated by students, parents and colleagues. A program honoring the teachers was held on May 27 in the Strayer-Wood Theatre on the UNI campus. In addition to a framed certificate, a cash award of \$1000 was presented to each winner.



## Price Laboratory School

19th and Campus Street  
University of Northern Iowa  
Cedar Falls, Iowa 50613



## Guidance — Important Dates ...

### Test Dates

ITBS Test	Week of October 25 through week of November 1
PSAT Test	October 12, NUHS Library
PLAN Test	November 9, NUHS Library
ITED Tests	(This test was given on September 29 & 30 to all ninth & eleventh grade students).

**Financial Aid Night** for juniors, seniors and their parents will be on November 30 at 7:00 p.m. in the ICN room.

**ACT Prep Seminars** initially scheduled for September and October have been postponed to the following dates: November 15, 22, 29, and December 6. Students interested should contact the Guidance office.

### Scholarships Due October:

Horatio Alger Enriching America Scholarship.....	October 25 (sophomores and juniors only)
Coca-Cola Scholarship.....	October 31

### Scholarships Available:

Annika Rodriguez Scholarship for Hispanics  
Skidmore Merit Scholarships-Math & Science  
Washington Crossing Foundation  
American Legion National Oratorical Contest  
USD Theatre Scholarship

— Jim Stichter, guidance counselor

## PLS Parent Teacher Conferences November 11 and 12

On Thursday, November 11, conferences will be held for grades N/K-12 from 12:00-8:00 p.m. with high school conferences in the field house from 4:00-8:00 p.m. On Friday, November 12, conferences will be held for grades N/K-12 with high school conferences in the field house from 9:00 a.m. to noon. N/K-8 students will not have school on either day, while grades 9-12 will have classes on Thursday but not on Friday.

## Spectator Behavior Policy for NU High

Spectator behavior at athletic events is a big concern for the Iowa High School Athletic Association and the Iowa Girls High School Athletic Union. Therefore, this past summer both organizations and the Iowa High School School Board Association adopted a policy regarding this behavior and have asked local school districts to follow suit. The Price Laboratory School Administration, Booster Club, and PAC have adopted the following policy for spectator conduct at Northern University High School.

***Individuals disrupting school district activities will be asked to stop the disruption and may be asked to leave the school district grounds, temporarily or permanently.***

— Paul Waack, athletic director

### PLS Newsletter ■ October 1999

Published by  
PLS Communication Center  
Editor: Lynn Dykstra

Production:  
Sharlene Morgan, Bev Schomaker,  
Sue Watkins

143 Price Laboratory School  
University of Northern Iowa  
Cedar Falls, Iowa  
(319) 273-2575