



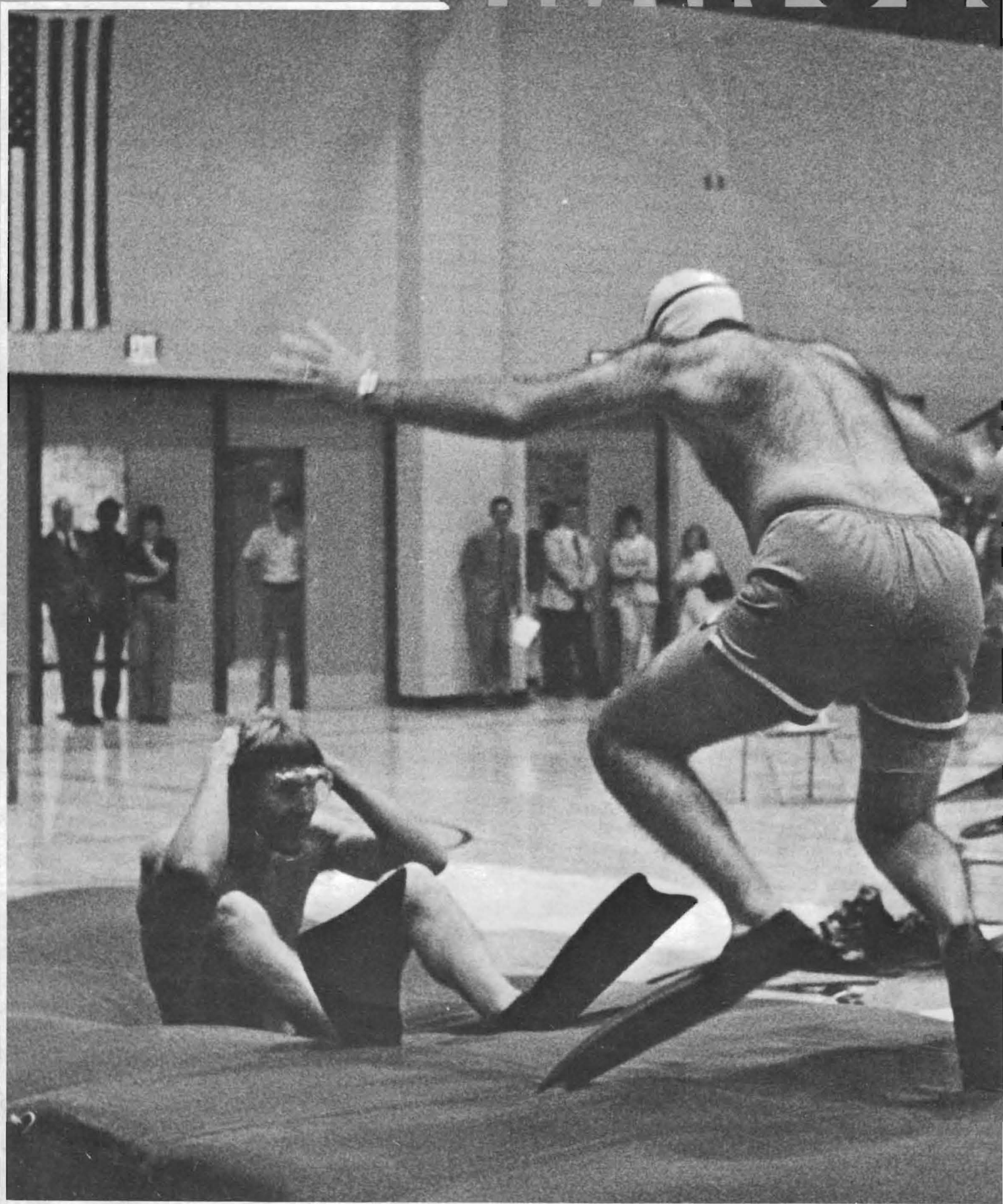
— 1976 ARROW —

# CHANGES

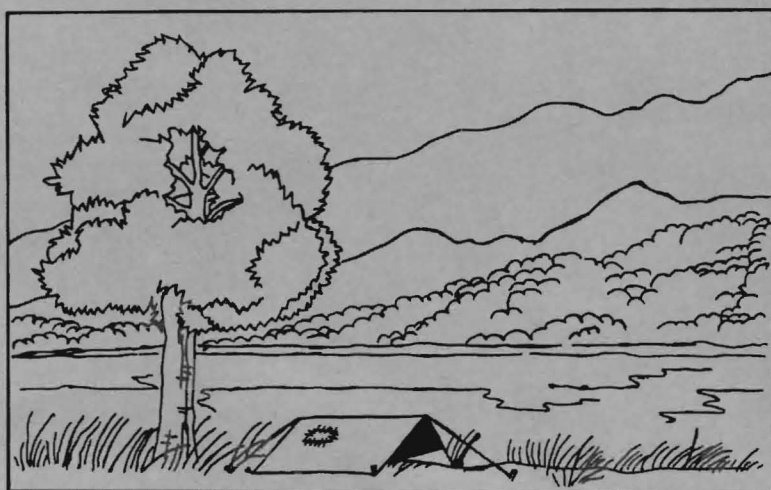


Published By  
East High School  
Sioux City, Iowa

# CHANGE.







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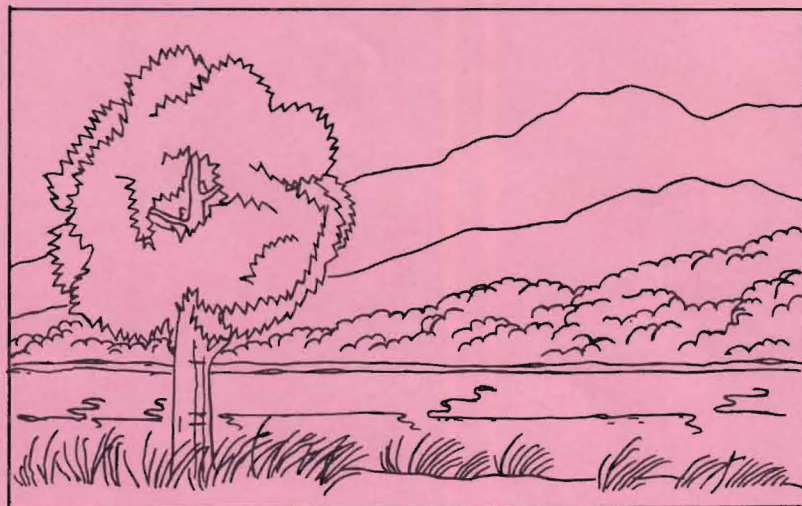


# The EVOLUTION of





# Ideas

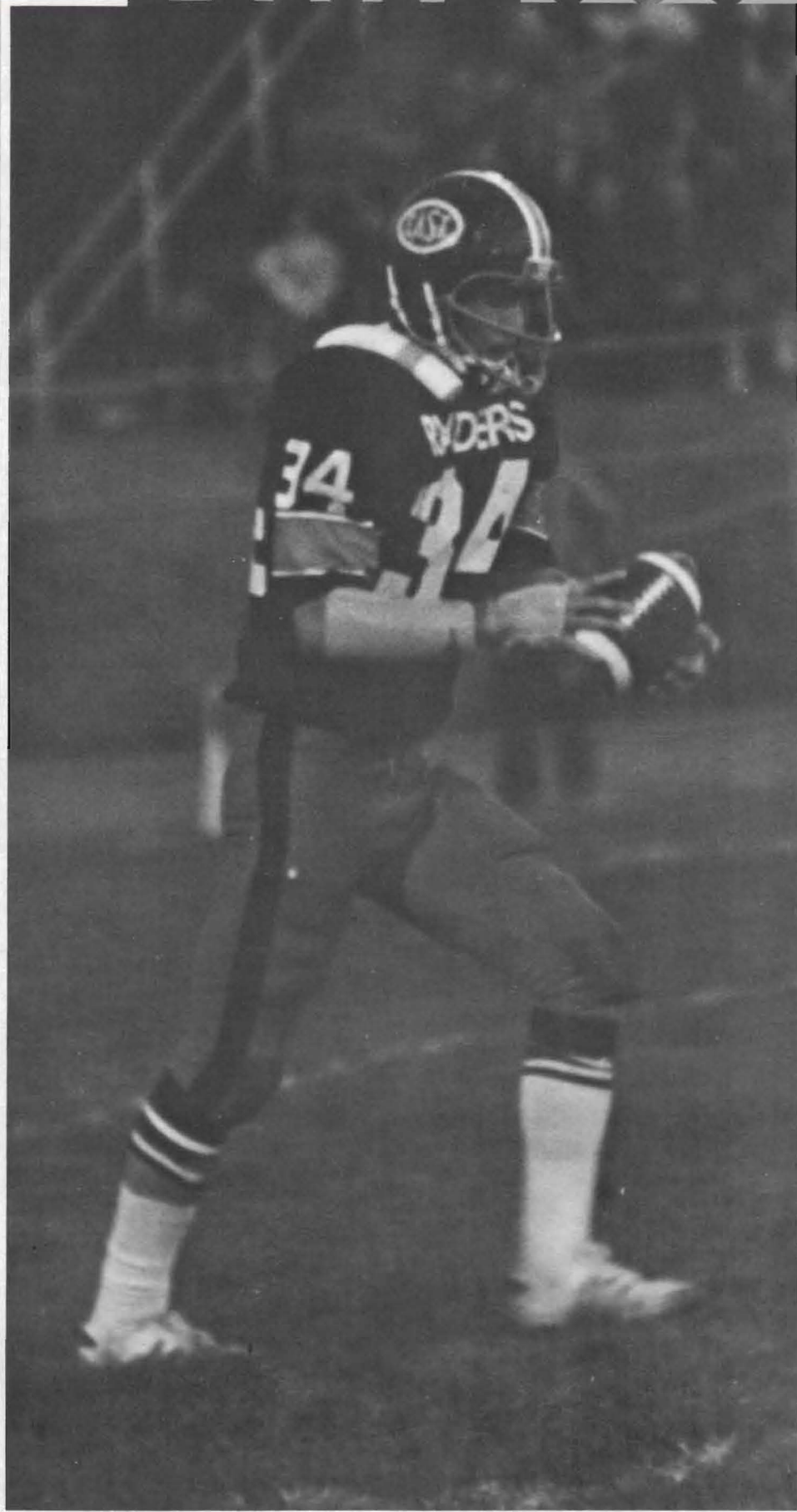
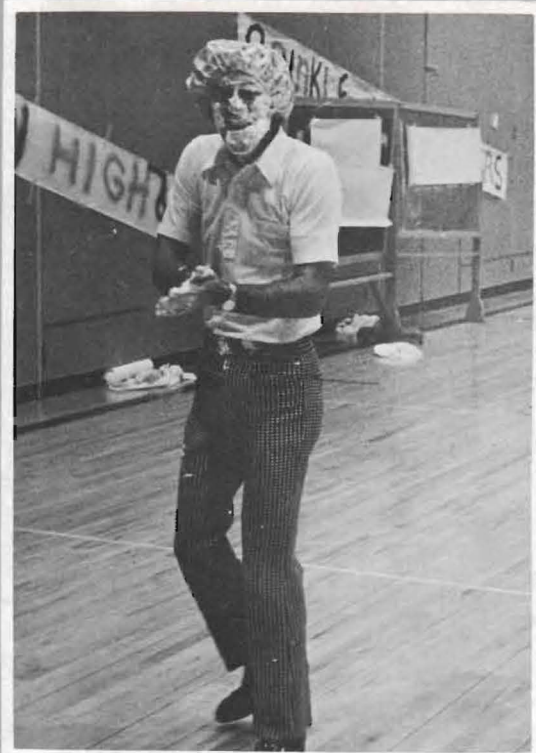


Spring

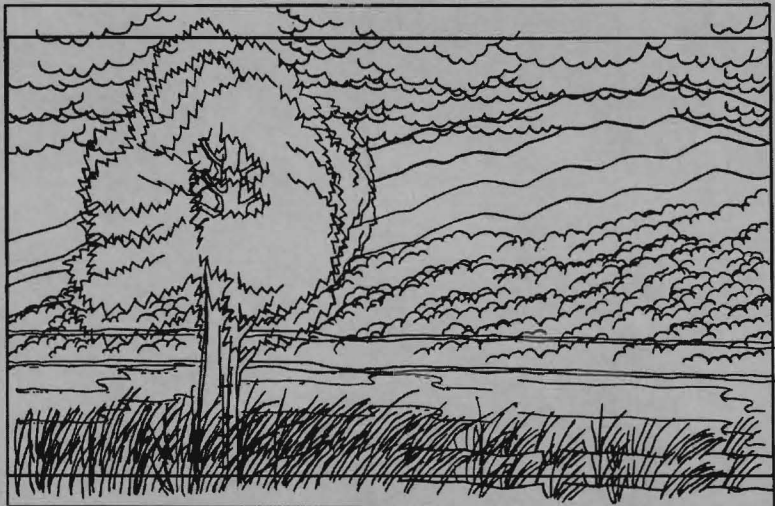




# TIME...







Sunbather



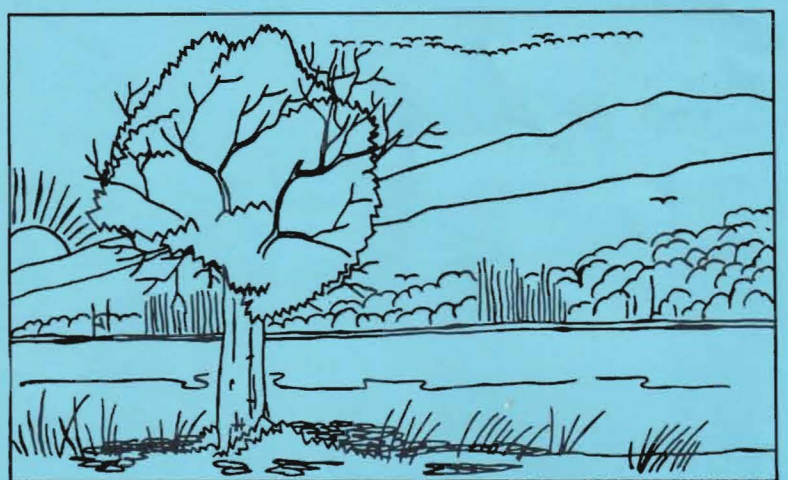


# THE CHANGING





# COLORS



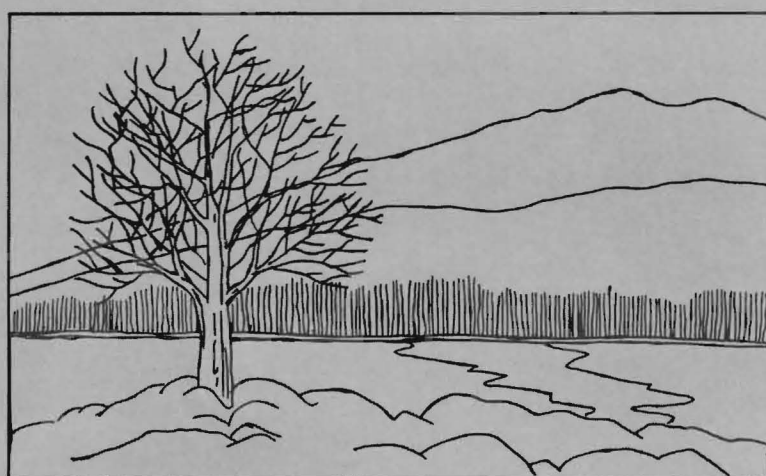
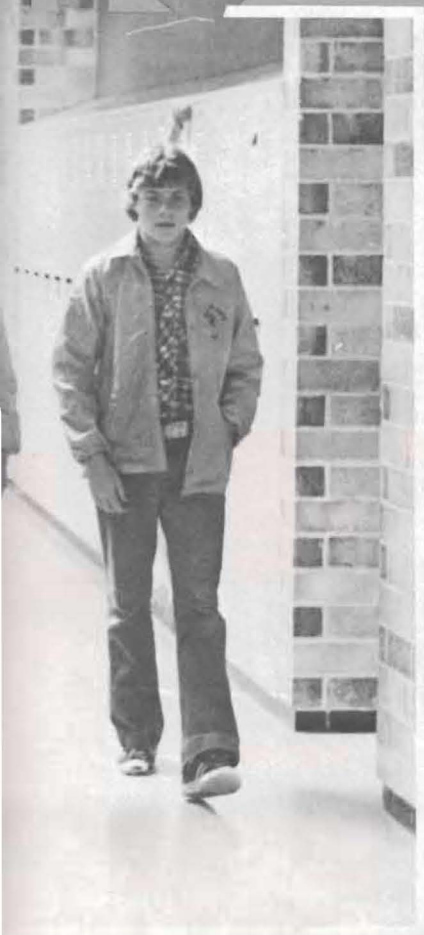
Autumn



# GROW







Winter





# Homecoming

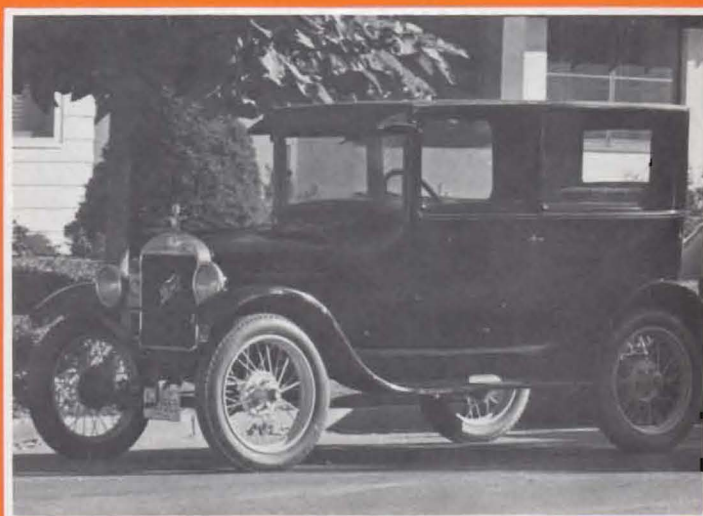


After a questionnaire the year before, that seemed to show that at least most everyone still wanted Homecoming in some form, it was Homecoming once again. The seniors had nominated themselves for royalty and in the middle of the ITED tests marked their final selections in the auditorium. They voted for some people and against others, and the votes piled up and the royalty was formed. The announcements tried to get the floats started early, but most didn't even materialize as a flatbed and location until the final week. Every night students worked to shape tissue and wire into something recognizable, or they goofed around some or didn't come at all. Friday — and after rehearsing for a week, the coronation assembly. Many were excited, and many were not. But it was pretty and the music was good. After two weeks of practicing and getting yelled at, Choir I sang and hummed "On the Banks." The stage was filled with the weekend's royalty, and through it all everyone smiled.





# Ignites Festive Weekend!



Wayne Mercural and Kim Cameron



## EAST HIGH HOMECOMING DANCE

OCTOBER 4, 1975  
East High School Commons

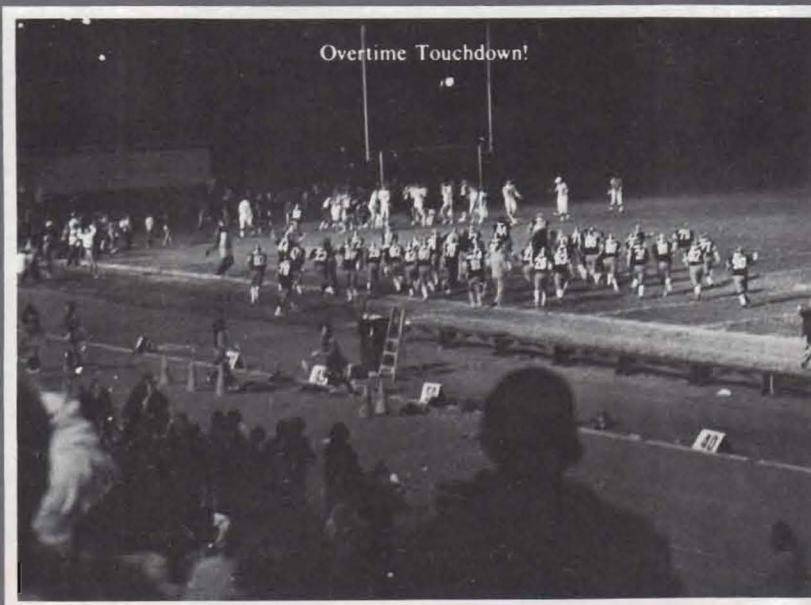
Admission \$2.00    No    198



# Homecoming 1975 . . .



HOMEcomings ATTENDENTS: Sue DeMarest, Ed Sponder, Lynette Blakely, Mark Foreman, Dani Mack, Kent Larson, Mitzi Moore, Tim Wilson, Kathy Barth, Marc Waggoner, Miriam Buhler, Jeff Pietsch, King Wayne Mercural, Queen Kim Cameron, Dave Ludwig, Sandy Milldrum, Bob Youds, Lesa Olson, Gary Benton, Chris Gaston, Doug Harvey, Mary Scott, Kirk Aadland, Kay Behrens.



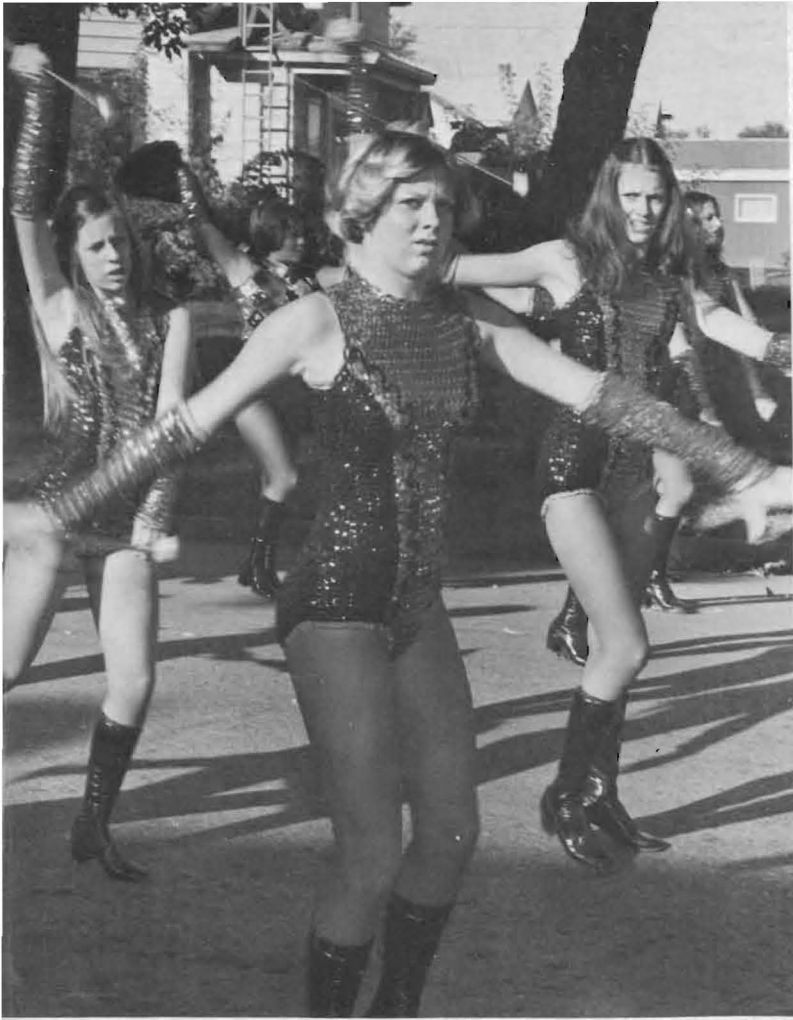
## EAST HIGH HOMECOMING DANCE

OCTOBER 4, 1975  
East High School Commons

Admission \$2.00 No 259







# EAST HIGH HOMECOMING DANCE

OCTOBER 4, 1975

East High School Commons

Admission \$2.00

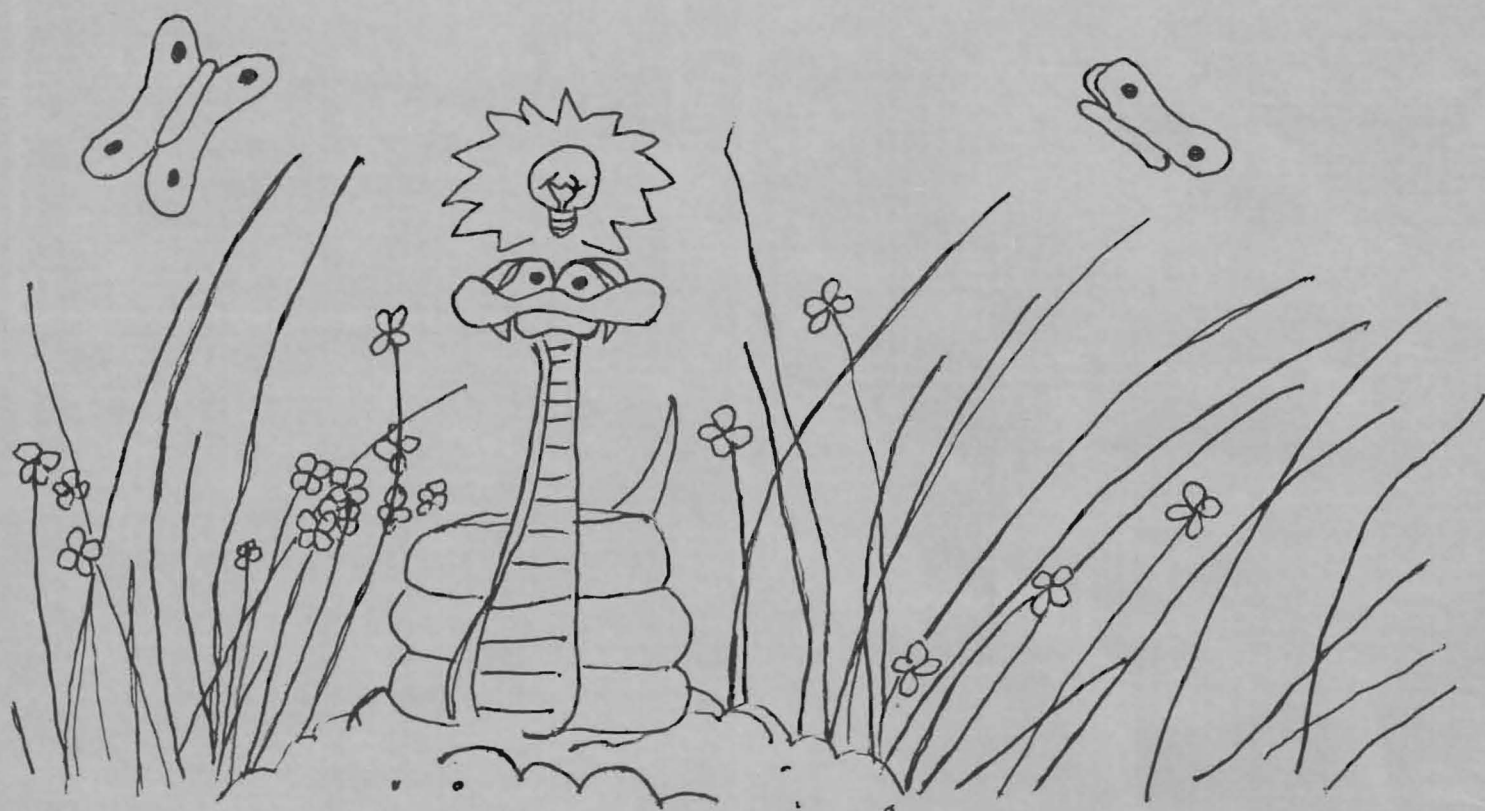
No

258

Friday night — and the cheerleaders brought out the crowds for their pep rally. There weren't as many as they thought, but the pep band blared and the cheerleaders screamed and everyone was ready for the game, to cheer the team on. And everyone returned back unto the floats to try to finish. Saturday morning — and some never were finished. The parade turned out Morningside, or seemed to. Last year's seniors began appearing, to see how things were. The afternoon saw the floats destroyed in one instant of glowing brilliance. And the floats were gone and the damage done, and the charred flatbeds remained. The game came — and for it, the crowd. The Raiders were pitted against someone their own size and struggled through minutes of quarters. Halftime brightened things, the game tied and overtime came — and the joy of winning — and for Washington, the feelings of having lost in those brief minutes of extra time. Cars home and then the dance. The excitement and exhaustion of dancing, trying to find somewhere to sit and trying to hear what someone else was saying. And then afterwards . . . the dull headache, the sleepiness of Sunday morning.







# LEARNING

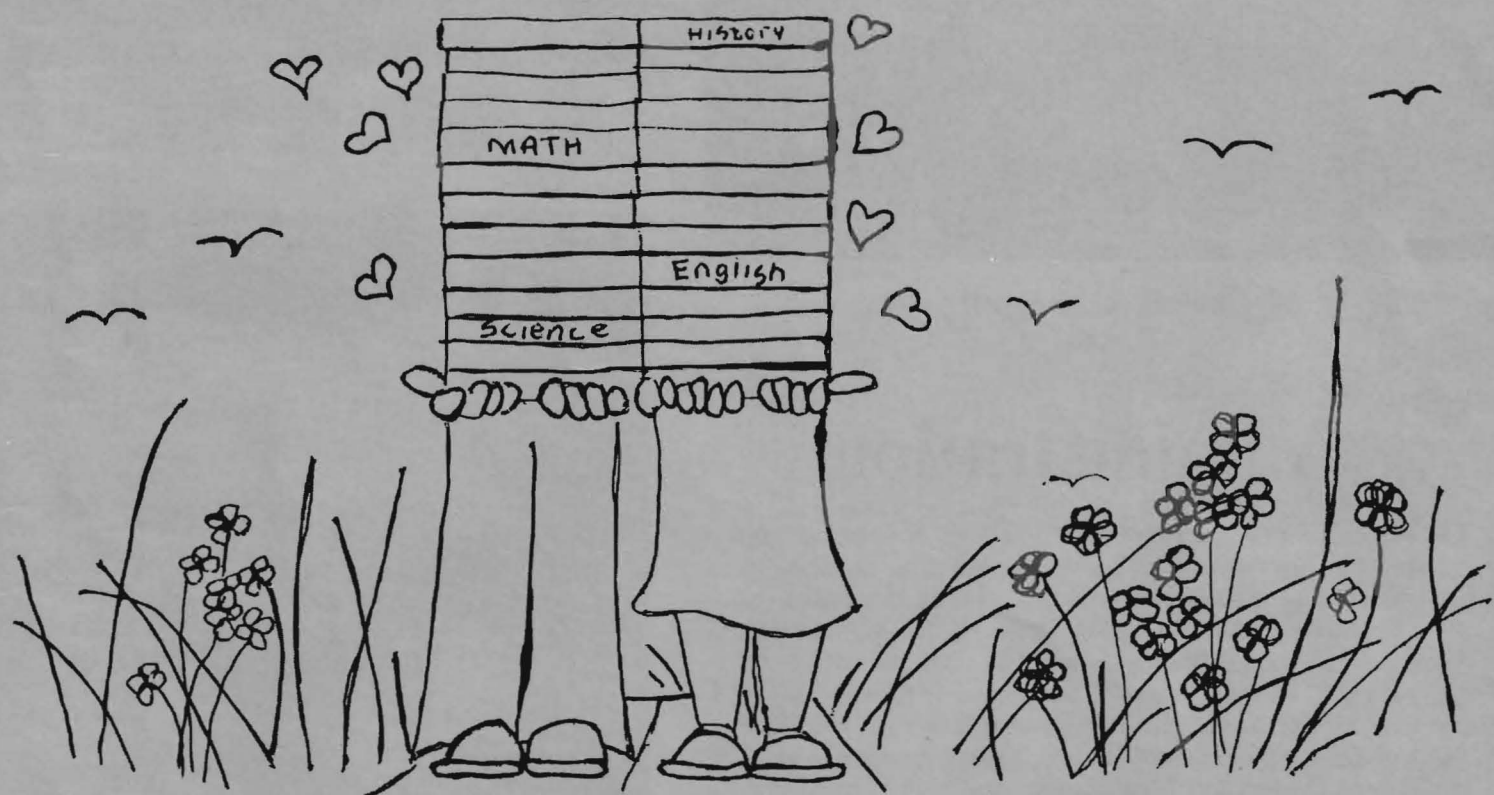


THIRD GRADE, SUNNYSIDE SCHOOL: Row 1: Pam Beaulieu, Joni VanValkenburg, Becky Staben, Kay Roberts, Lee Sencenbaugh, Luann Gowan, Susan Clouston, Susan Godfrey. Row 2: Sid Eckerman, Patti Edwards, Barbara Coon, Carol Bolton, Joan Bumann, Lisa Riediger, Terry Guffy, Clay Culbertson, Kerry Richardson. Row 3: Ted Anderson, Marc Waggoner, DuWayne Oden, Dennis Magden, Kirk Martin, David Shook, David Swanson, Kevin Walz. Row 4: Mrs. Boston, Cindy Huser, Heidi Hindman, Danny Fark, Mark Sorenson, Brenda Wensel, Lori Wertz, Laura Staroski, Greg Calsbeek, Jamie McAlpine, Mr. Menter.





Richard Wagner



# THE EVOLUTION OF IDEAS





Eugene C. Farrell  
Principal



Jim Deignan  
Assistant Principal

## Administration

The Administration — responsibility. Talking. Scheduling. Meeting students. Interviews. Making out the bulletins. Inquiring as to the whereabouts of students. Helping. Listening. Suggesting ideas. Problems in the parking lot. Decisions. Faculty meetings. "Why weren't you in Physical Education fourth period?" Smiling. All right, I'll take care of it. Saying no. If there's anything I can have anyone do for you. Discipline. A long day. The office. Football games. Basketball. Concerts. Taking the time to get things done. Assemblies. Recommendations. Making announcements. Practice fire alarms. Finding out who pulled an unscheduled fire alarm. Worrying. Encouraging. Giving approval. Congratulating. Not understanding the student. I wish there were a window to the outside from this office. Mr. Carlson retiring. Listening to explanations. Signing notes. Tardy slips. People constantly flowing in and out. Planning on next year. Trying to be friendly. Getting frustrated. Smiling.



J. R. Carlson  
Assistant Principal





**Frank Ostapoff**  
Accelerated Algebra II, Modern Geometry,  
Fundamental Algebra II

## Mathematics

Mathematics — the cube root of the square of X. This is what education's all about, people (or is that chemistry?). An assignment. Numbers. Formulas, more formulas. Remembering the wrong formulas. Multiplying the wrong numbers. The wrong answer. A check mark. Testing. Wishing you had done more studying. Smiling. Getting confused. Accelerated trigonometry. Thanksgiving — no assignment. Handing tests back. Retesting over the same chapter. Averaging grades. Learning. Interested. Doing the same problem over and over with different numbers. Giving up. Knowing. A cold room. The teacher smiling at confused students. Helping. Perhaps if the square of Jan's age were only half that of Fred. Max.



**Robert Schlag**  
Algebra II, Practical Math II, Fundamental Geometry,  
Arrow Photography Advisor



**Garrett VanSurksum**  
Accelerated Trigonometry, Applied Math,  
Modern Geometry



**Claire Dirks**  
Trigonometry, Math Analysis, Fundamental Geometry,  
Applied Math, Computer Math

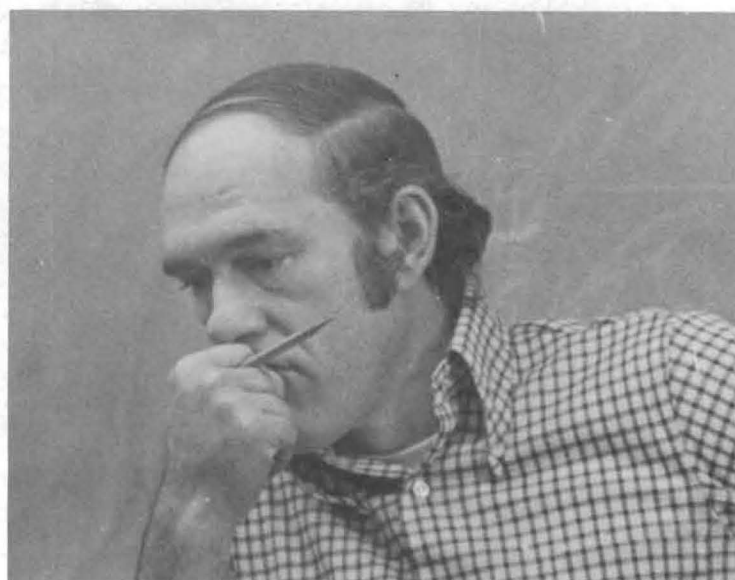




**Shirley Day**  
Humanities, English 10, Guided Individualized Literature



**Dave Huston**  
Dramatics, Play Production, English Literature, Debate Coach  
Guided Individualized Literature, English 10, Play Director



**Terry Hilts**  
English 10, Practical Writing, Guided Individualized Literature,  
Tomahawk Advisor, High Q Bowl Assistant Coach



**Margot Chesebro**  
Language Composition, American Literature, Mini English II,  
English 10, Guided Individualized Literature, High Q Bowl Headcoach

## English English English

English — verbs and past participles. American and foreign authors. Plays. Interpretations. The acting out of pantomimes and plays. If only I could understand poetry. Writing essays and term papers. Footnoting a book by Dylan Thomas. Being creative. More verbs and diagramming sentences. I still don't know what a noun clause is. Reading novels. Steinbeck, Faulkner, Dickinson. Plays by Shakespeare. And nothing is but what is not. To be or not to be. What was the question? Write a theme on life in the Midwest. Is there life after death? If a chicken killed your mother, would you kill the chicken? Great literature. Talking.



**Marie Deck**  
Language Composition, Developmental Reading,  
American Literature Guided Individualized Literature





**Thelma Johnson**  
Language Composition, Advanced Placement English,  
Composition II, English 10 Developmental



**Karleen Waller**  
Language Composition, English 10, Mini English I,  
Mini English II, High Q Bowl Assistant Coach



**Gwen Thompson**  
English 10, Speech I, English 10 Developmental

## Art Art Art

Art — creating the world's masterpieces. Painting trees. Color. Clay. Wood. Making pots. da Vinci's Mona Lisa. Hollowing out a clay head. Arranging the art cases. Flowers. Yellow, green, blue. Carving wooden animals. Batik. Wet clay. Wet paint. Why don't I just draw stick people? The oven. Glazing. India ink. Having fun. Perspective. I always close my eyes when I paint. Being creative — showing talent. "The Thinker." Starting over again. Brushes. Sculpting a person's head. Jewelry. Blue sky. Who drew a boat on my lake? Advise. Dropping a finished clay sculpture. Examining works of art. If you've got talent, use it.



**Jim Goff**  
Art I, Art II, Art III



**Don Goeden**  
Applied Art I, Applied Art II, Applied Art III





**Mike Hogan**  
Assistant Varsity Band Director



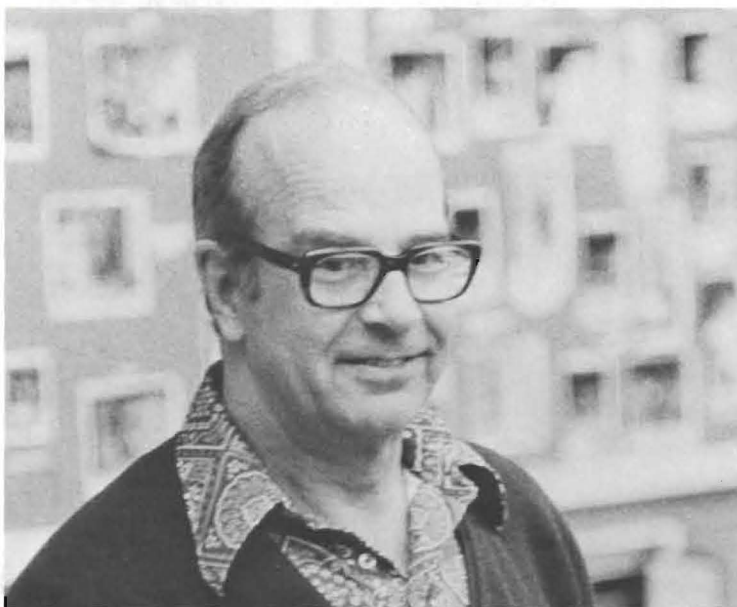
**Jim Boise**  
Varsity Band Director, Sophomore Band Director, Technique,  
Harmony I, Harmony II, Stage Band, Pep Band, Orchestra Director



**Jayne Burnight**  
String Orchestra Director

## Music

Music — early morning rehearsals. Warming up. Practicing. Marching in formation. One day trips. Selling magazines and tickets. Singing. Conducting. Trying to tune. Candy. Assemblies and programs and weekly football games. Trying to learn the right notes. Go in on the stage. The all-city Christmas Festival. The musical Camelot. Singing excerpts. Memorizing. First period. Selling more tickets. Diminished sevenths. Just sitting around. Second period orchestra. Vocal technique. Musical tryouts. Marching in the Homecoming parade. The spring concerts. The Bicentennial half-time. Turning the stadium lights off. Graduation.



**George Iseminger**  
Choir I, Chorus, Vocal Technique, Musical Director



**Edgar Jackson**  
Health





Tom Peterson  
Environmental Science, Athletic Director

## Science

Science — a cold morning in Raider's Acres. Balancing equations. A man rows across a river at a rate of five kilometers per hour. If the river is flowing at a rate of two kilometers per hour how far . . . Dissecting crayfish. Germinating seeds. The microscope. Methane, ethane, propane, butane. Outlining chapter after chapter. Identifying weeds and plant parts. Protozoa. Chemicals. Experiments and labs. Cleaning test tubes. Timing the acceleration of a cart on an inclined plane. Smells. Reactions. Ionic bonding. Running a mouse through a maze. Theories. Testing. Evolution. Wondering and explaining, not knowing. Formulas. A bird call.



Milo Burnett  
Biology I, Biology II



Lon Zimmerman  
Chemistry, Physics, High Q Bowl Assistant Coach

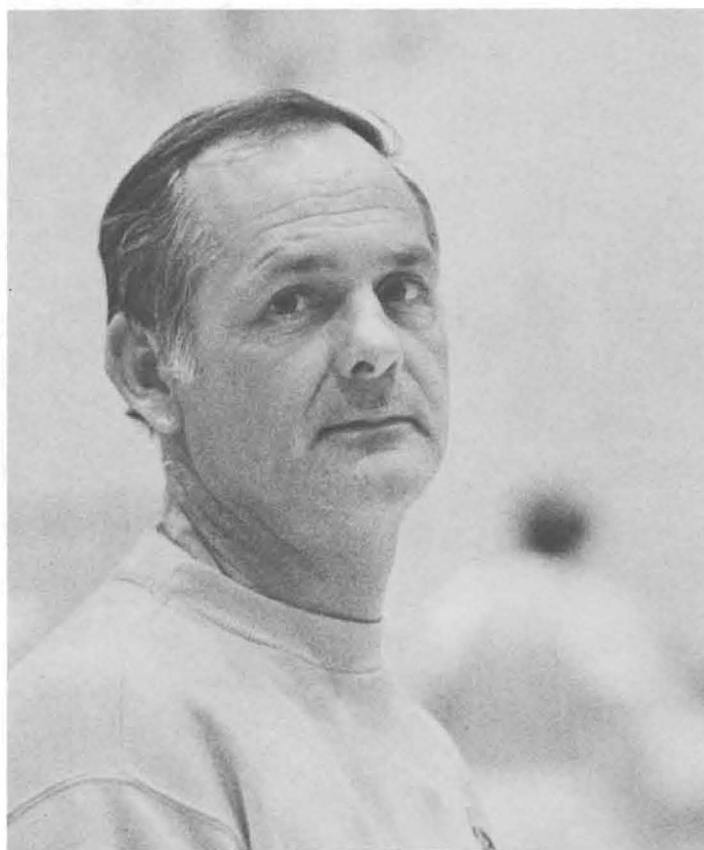


Marvin Smith  
Biology I, Physical Science





**Gary Sandbo**  
American History II, Physical Education,  
Assistant Varsity Football Coach



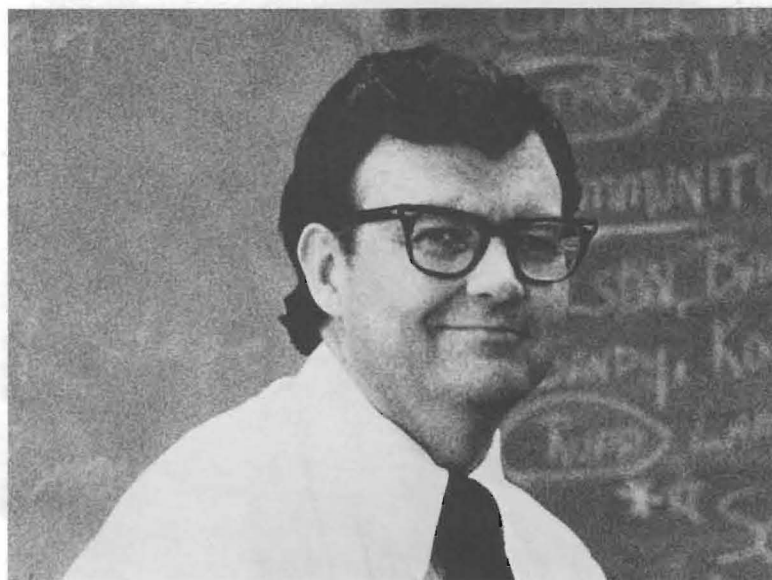
**Jerry Cameron**  
American History II, Assistant Varsity Basketball Coach,  
Sophomore Track Coach



**Bob Guhin**  
American Government, Economics, Boys Track Headcoach,  
Cross-Country Head coach



**Walt Fiege**  
Economics, Health, Physical Education, Sophomore Football Coach, Assistant Track Coach



**Willis Hanson**  
Economics, American Government, Minority Cultures,  
Psychology, Student Council Advisor





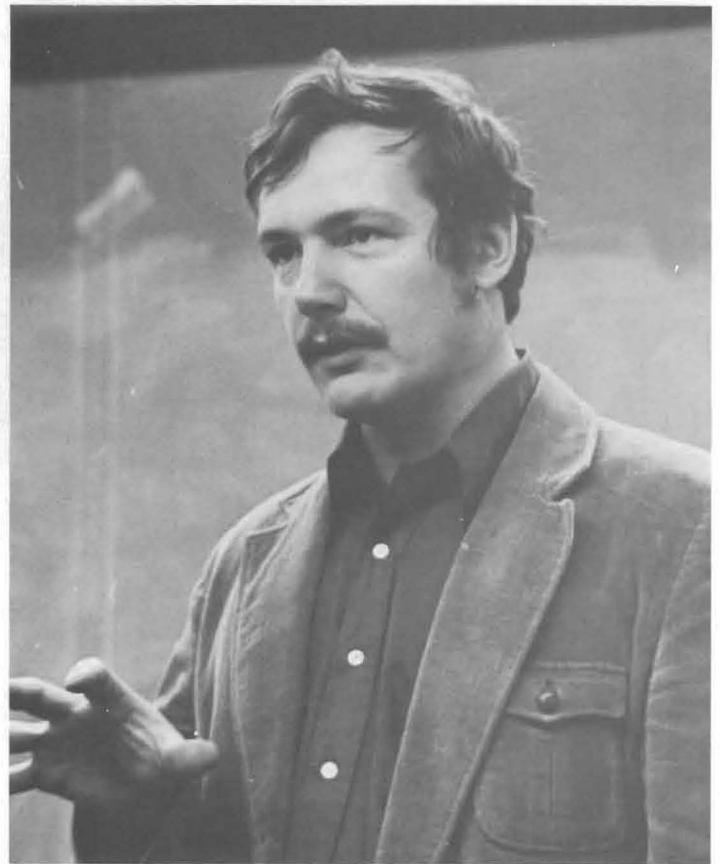
**Stan Wilke**  
World History I, American History II

## Social Studies

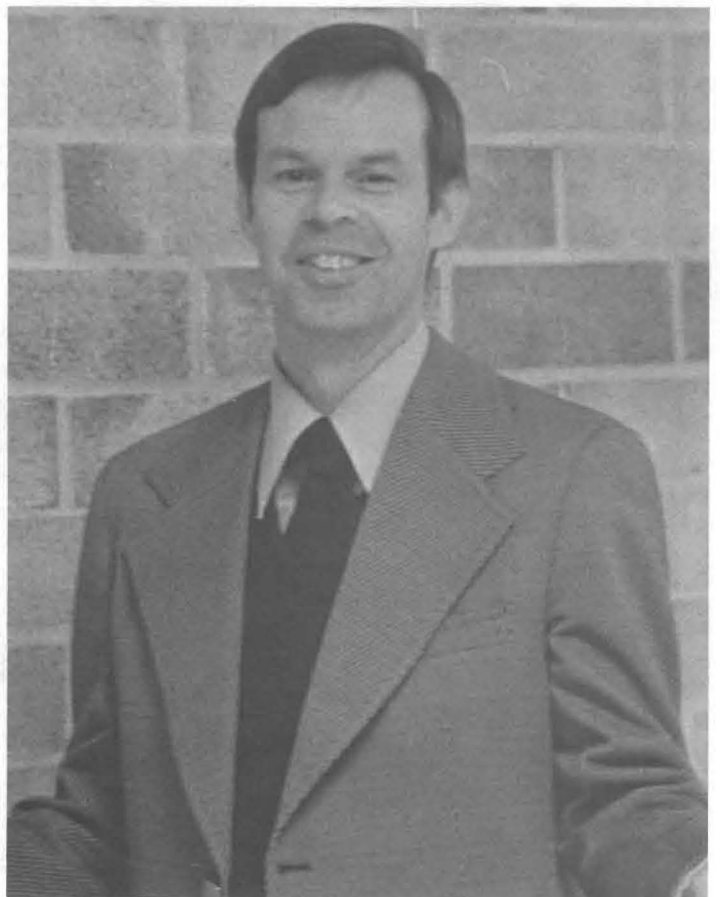
Social Studies — room 206 in stripes of red and yellow paint. The Spanish-American War. Buying stocks and plotting the profit margin. Falling asleep. A sudden outburst of noise from "The Thicket." Discussions of life in America. Discussions of how the track team is doing. Student Council. — stimulus, response, reinforcement? Stimulus, reinforcement, response? A dazed sort of feeling. Sigmund Freud. Woodrow Wilson. King Henry VIII. Tsar Nicholas II. Taking tests. Which amendment gave women the right to vote? Learning. Wondering. Tombstones and inscriptions. Hitler invades Poland. The bell rings, time for lunch.



**Ivan Trometer**  
American History II, American Government



**Calvin Hansen**  
Urban Geography, Economics, AP European History,  
American Government, Arrow Advisor



**Royce Barnum**  
Sociology, Language Composition, Journalism,  
Advanced Speech, Dramatics, Publicity





**Glenn Hakeman**  
Personal Typing, Business Machines,  
Introduction to Business



**Evelyn Held**  
Accounting I, Accounting II

## Business Education

Business Education — the sounds of learning. Typing two words. Speed. Ten words a minute — twelve mistakes. Balancing books. Adding money. Some of the funds are missing. Embezzling? No, must have added wrong. If only I could type without making mistakes maybe someone could read what I typed. Shorthand. Maybe someone can't read it anyway. Twenty-one words a minute. Messing up someone else's margins in the middle of a time test. Future Secretaries. The business of business is business. I'm confused. I'm not. Where is the "?" on the typewriter # % & ??? Found it. Business law — contracts. I'd rather go to lunch. Profits. Losses. Questions. Forty-eight words per minute — fifty mistakes. Isn't there, but why can't — this adding machine says that  $4 + 2 = 5$ .



**Joan Laros**  
Shorthand I, Shorthand II, Typing I



**Lorene David**  
Accounting I, Personal Typing, Typing I



**Barbara Bielenberg**  
Typing I, Typing II, Business Machines





**Don Haskins**  
Accounting I, Personal Typing, Business Law,  
Data Processing



**Margo Jacob**  
Clothing I, Foods I



**Rita DeJong**  
Family Living, Home Planning,  
Clothing II, Occupations I



**Caye Keith**  
Clothing I, Family Living,  
Foods I, Foods II

## Home Economics

Home Economics — feeding the family and seeing Europe on five dollars a day. Yards of material. Sugar. Ovens and refrigerators. Patterns. Sift together the dry ingredients. Add water, stir. Buttonholing. Marriages. Weddings. If only the hem were straight. Turkey. Is it better for children? Aspirin. Beat to remove lumps. Cutting, pinning. Bake for three hours. Smells. Renting an apartment. Needles. Is that oatmeal on the floor? Something's burning. Boil until tender. Just perfect. Pockets. Colors. You're sitting on my needle. Are you sure you followed the recipe? Let's go to McDonald's.

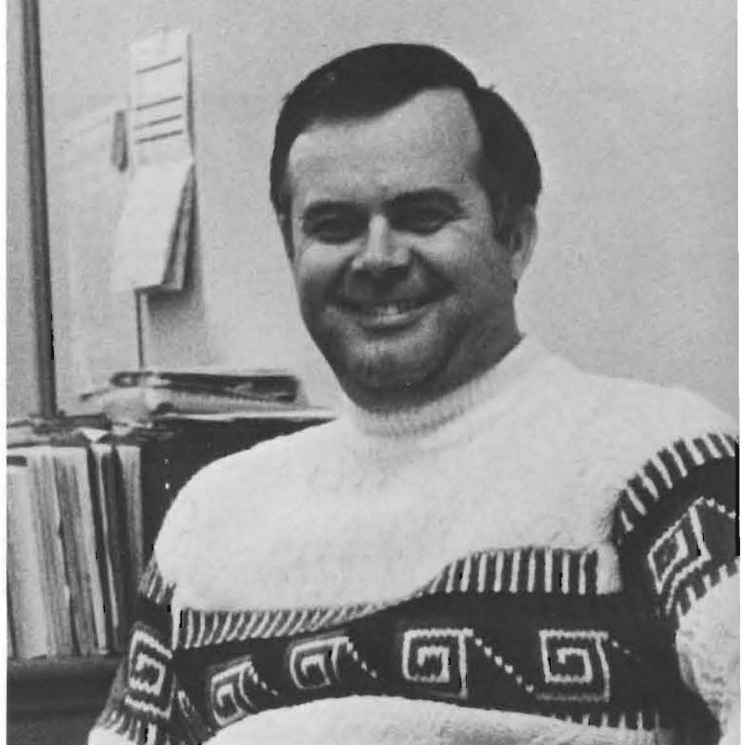


**Rebecca Beschoner**  
Foods I, Foods II, Foods III, Clothing III, Occupations I





Carolyn Donaway  
Spanish I, Spanish II, Spanish III, Spanish IV,  
English 10, Spanish Club Advisor



Gerald Olsen  
German I, German II, German III,  
Language Composition, American Literature



John Nelson  
French II, French III, French IV,  
French Club Advisor

## Foreign Languages

Foreign Languages — France, Spain, Germany. Text books. Verb forms. Trying to pronounce. The French Club. Verb endings. Adjectives. Hat die Kabine eine Nummer? The Spanish Club. Learning customs. Telling stories and conversing. First year. Second year. Talking. Comment tient-il le journal? Foreign foods. Christmas parties. Tests. Verb declension. Kennt, kannte, hat gekannt. El tenedor es para eso. Reading. Understanding. Getting confused. Listening to music. Singing Christmas carols. Translating. Modern languages. Going to France. Wondering what's wrong with English. Qui lui parle? Verbs, nouns, sentences. Was ist das?

## Special Education . . .



Jean Plummer  
Special Education



Keith Rittscher  
Learning Disabilities,  
Assistant Girls Basketball Coach



Jim Gunsolley  
Special Education



Joan Connolly  
Special Education,  
Learning Disabilities





**Robert Knaack**  
Industrial Arts Technology, Metals,  
Metals Technology, Mechanical Drawing



**Don Severson**  
Industrial Arts Technology, Mechanical Drawing Technology,  
Mechanical Drawing, Architectural Drawing, Machine Drawing

## Industrial Arts

Industrial Arts — designing a house. Drawing circuits. Welding. Disassembling a car. Crankshaft and spark plug. Getting dirty and greasy. Rockets. Television sets. Drilling. Drawing gears and joints. Face masks and eye protectors. Wood. Metal. Designing offices. You forgot to put in a staircase to get to the second floor. Testing transistors. Right Angles. Learning. Using your hands as well as your head. How can you draw without a pencil? With another pencil. Lawnmower motors. Electricity. Trying. Radios and licenses. Cars. Batteries. Buildings and buildings of square feet. Metals and projects. Grades.

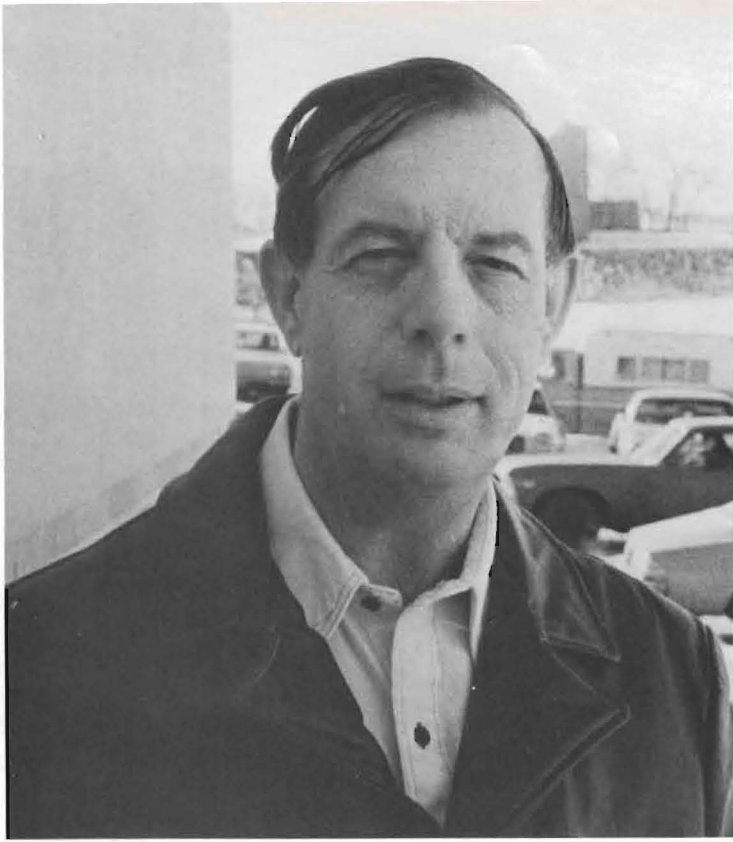


**Melvin Forsling**  
Industrial Arts Technology, Electronics I, Electronics II,  
Electronics Technology, Fundamental Algebra I, Ham Club Advisor

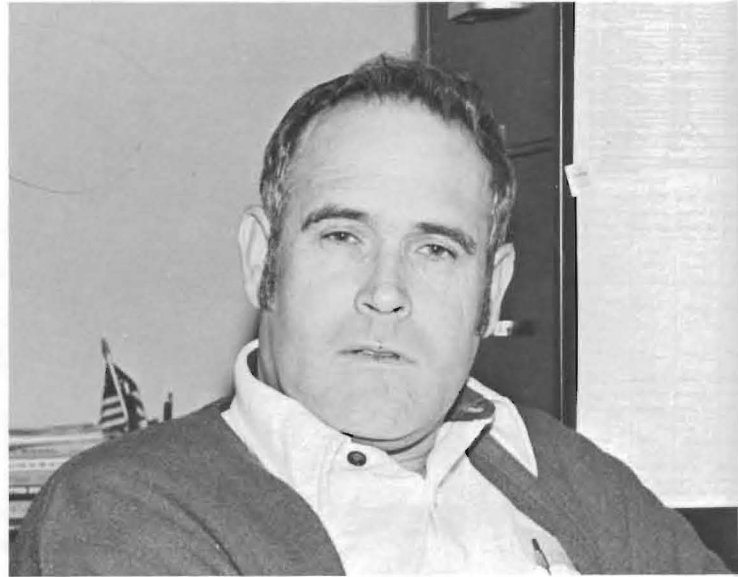


**Jerry Rubis**  
Industrial Arts Technology, Power Mechanics,  
Power Mechanics Technology





Don Etzel  
Driving, Simulators, Traffic Education



Jerry Parks  
Driving, Simulators, Traffic Education

## Traffic Education

Traffic Education — the turning of a key, the starting of an engine. Releasing the brake. Reversing. Forgetting to check your blindspots. A honking horn. Smiling at the teacher. A frown from the teacher. Driving a car in a book. The first snow. Do we have to drive today? Running over the curb on a corner. Listening. Trying to learn. A red light. The teacher's foot on the brake. Simulators — going 50 in a 25mph zone. A dark room. Error lights — too fast, too sharp a turn, running over an old lady. She kept on walking and smiling. The movie's over. On the street again. Doing better. Didn't that sign say stop? I hope not. It did.



Bob Siminin  
Driving, Simulators, Traffic Education



Richard Vanderloo  
Physical Education, Boys Varsity Basketball Headcoach,  
Assistant Sophomore Football Coach



Cheryl Huisman  
Physical Education, Raiderette Coach,  
Rhythmette Coach, Cheerleader Coach





**Del Hughes**

Physical Education, Introduction to Business, Assistant Wrestling Coach,  
Assistant Sophomore Football Coach, Assistant Girls Track Coach



**Terry Stevens**

Physical Education, Biology, Varsity Football Headcoach,  
Sophomore Basketball Coach, Assistant Varsity Track Coach



**Nancy Hinrich**

Physical Education, Gymnastics Headcoach,  
Pep Club Advisor, Cheerleader Assistant Coach

## Phys. Ed. And Athletics

Physical Education — tiring and strengthening the body while charging the brain. Flag football. Tennis. Why do I have to pay a towel fee when Phys. Ed. is a required course? Trying to run. Cold showers. Gun safety. Volleyball. Basketball. Dribbling. Taking roll. Bicycling? Swimming in the pool. Bowling. Instruction. Having fun. Hating it. The yellow team has a free shot. Table tennis. Skipping. Co-ed gym classes. Practicing. Getting equipment out. Winning. Losing. Not caring. Wrestling. Weight training. Modern dance. I have to dry my hair. Cooling off. After that I'm going to my English class and sleep.



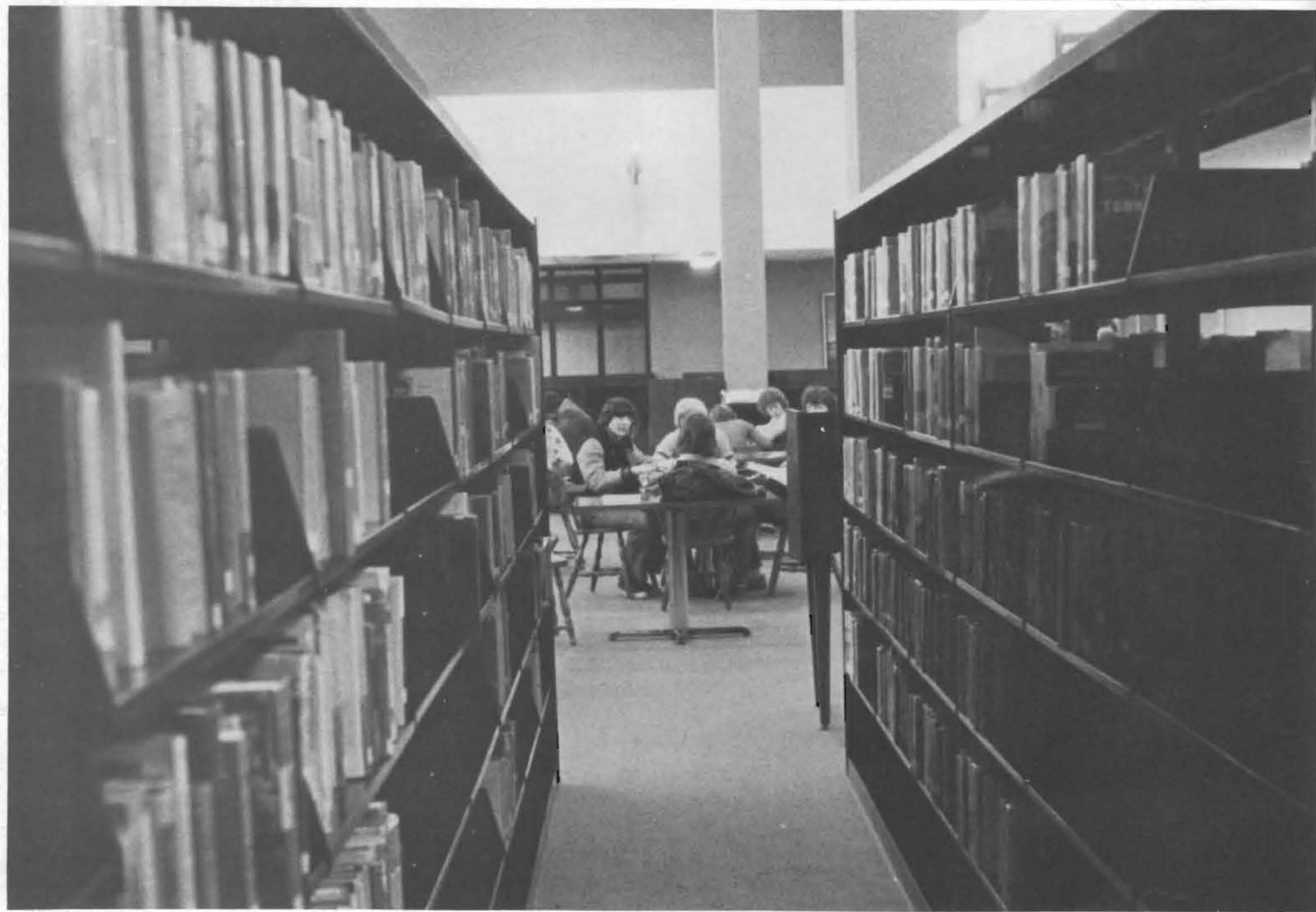
**Don Copas**

Girls Swimming Coach, Boys Swimming Coach,  
Girls Tennis Coach, Boys Tennis Coach



**Don Jorgensen**  
Physical Education, Swimming, Girls Golf Coach, Girls Basketball Headcoach

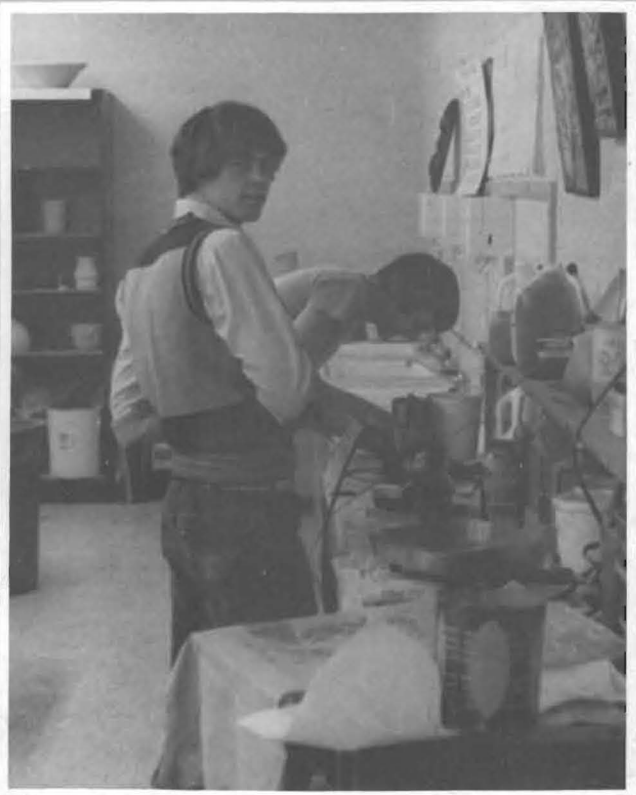
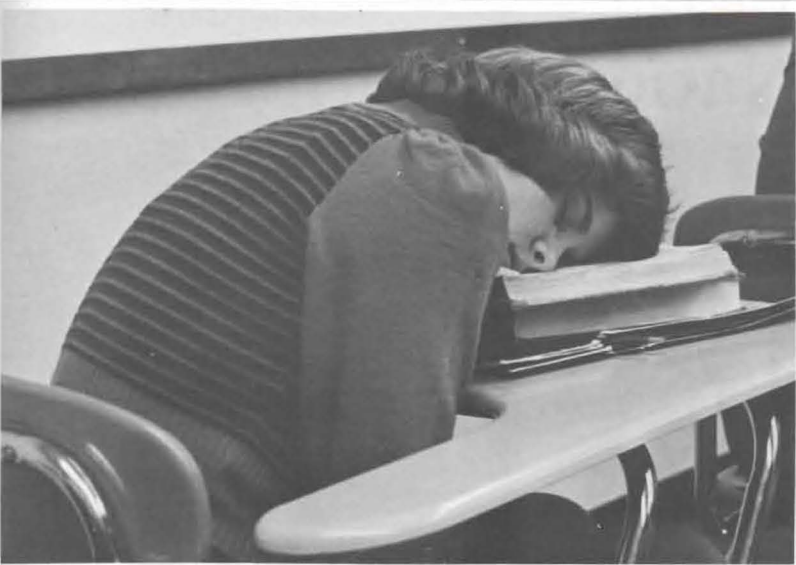




Classes . . . Classes . . . Classes









## National Merit



NATIONAL MERIT FINALISTS: (Up And Down The Stairs, Left To Right): Amy Mongar (Semi-finalist), Eric Sellen, Cheryl Wall (Back To Back With), Kevin Hansel, Mike Blanco, Barb Walton, Myron Erickson (On The Railing).



NATIONAL MERIT COMMENDED STUDENTS: Ken Wells, Jim Lahn, Dan Fark, Rick Rupp, Kevin Walz. Absent: Terri Edwards.





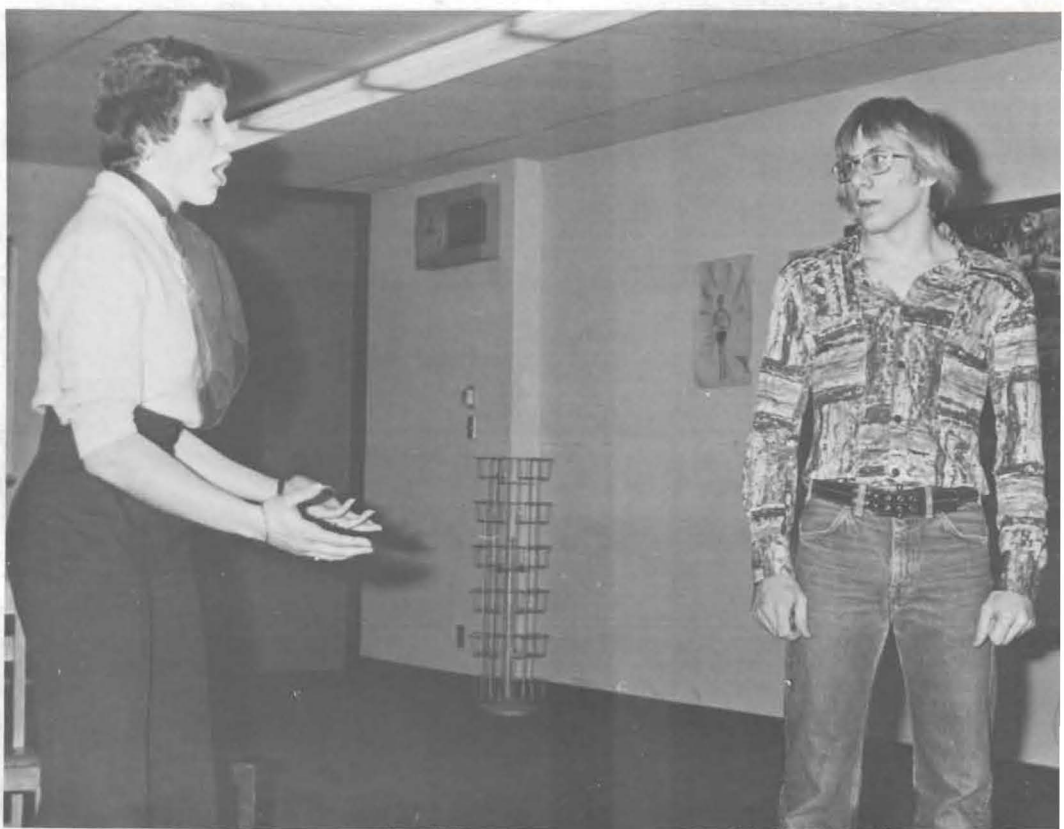
LA SERTOMA WINNER: Kathy Ross

BETTY CROCKER WINNER: Lori Harris



STATE DEBATE: Kevin Walz, Eric Wallin, Steve Thompson, Rick Nashleanas

## Contests, Contests, Contests



DRAMATIC ACTING CONTEST: Shari Brown and Eric Wallin





HIGH Q BOWL: Alternate Amy Mongar, Eric Sellen, Myron Erickson, Mike Blanco, Barb Walton, Coach Margot Chesebro



Lori Harris  
All-State Band  
Northwest Iowa Band



Stage Band I, from which Contest Stage Band was formed





**Jim Ludwigs**  
All-State Orchestra



**Ted Plambeck**  
Northwest Iowa Band



**Marilyn Posey**  
Northwest Iowa Band



**Dave Grindberg**  
All-State Orchestra



**Andy Follett**  
All-State Band



**Sheryl Spencer**  
Northwest Iowa Band



**Carter Burnside**  
All-State Orchestra



**Tangela Sylvester**  
Northwest Iowa Band



**STATE DRAMATIC ACTING: "Aria di Copo":** Lesa Olson, Gregg Williams, Steve Davis, Melanie Bennett, Rick Rupp



**Bob Burgess**  
All-State Orchestra  
Northwest Iowa Band



## A black and white portrait of a woman with short, dark, wavy hair. She is smiling and looking slightly to the right of the camera. She is wearing a dark, high-necked top and a long necklace made of many small, round beads. Her hands are clasped together in front of her. The background is out of focus, showing some indistinct shapes.

The Good Earth  
Tom Sawyer  
The Tower  
ERIC  
Alone

FRANKENSTEIN  
The Scarlet Letter  
The Sea of Cortez  
LITTLE WOMEN  
WEBSTER'S DICTIONARY  
JAWS  
WORLD ATLAS

JANE EYRE  
DEATH WATERS

MALEVIL  
DEUL'S RANUCME  
APRIL MORNING  
INCREDIBLE JOURNAY

CENTENNIAL  
LOST HORIZON  
THE BIRD'S  
The Godfather

TALES OF POE  
Three Blind Mice  
TREASURE ISLAND  
MYSTERIOUS ISLAND  
CATSEYE



A black and white portrait of a woman with short, dark, wavy hair and glasses. She is resting her chin on her hand, looking directly at the camera with a slight smile. She is wearing a light-colored, short-sleeved shirt and a watch on her left wrist. The background is blurred, suggesting an indoor setting.

**Esther Duvall**  
Audio Visual Coordinator



# Media Center

The Media Center — the sound of the buzzing security system. Worth it? Time will tell. Books in rows ready to bring enlightenment to students — used, misused, or not used at all? Check out, check in. Media aides shelving books, sorting magazines, running machines up and down stairs, department to department. Quiet silence, whispers, an occasional outburst. Personnel ready to help any time, but only if the students are willing to be helped. Signing in, counting heads. Being useful. Working hard. Signing out record players, finding a piece of paper. Studying. Reading. Checking the card catalog. Sending reminders on overdue books. Using references. Finding. Silence. Trying to find a missing book. Magazines. Overhead projectors. Books gathering dust. Books being used.



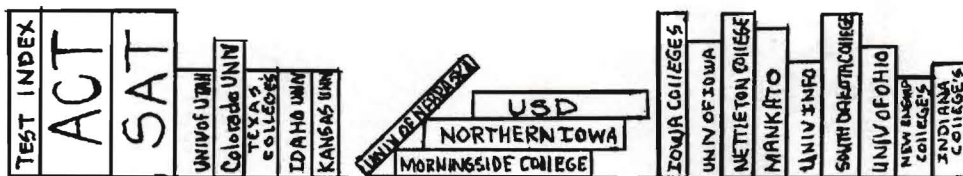
Bettie Peterson  
12th Grade Counselor



Bill Hall  
11th Grade Counselor



Roger Nichols  
Guidance Director



## Guidance

Guidance Office — trying to help get the students through school. Schedules. You have to take four credits each semester. Drop cards. Listening. Recommendations. Meetings. Giving out test scores. Registration. Files. Ask your counselor about November 11. The following college representatives will be here. Careers. Handing out forms. Recommending colleges and Western Iowa Tech. Scholarships. Giving tests. Iowa Tests of Educational Development. Filing cards. Helping with problems. Talking and talking and talking. Not deciding anything. Being busy. Scholastic Achievement Test. Telephone calls. Let's take a look at your schedule. Class rank. But my junior high counselor said that I could take in tenth grade. The headaches. Colleges. If only there were twelve days in a week.



Dick Wiederhold  
10th Grade Counselor  
Wrestling Headcoach, Girls Track Headcoach



Tim Blum  
Liaison Officer



# Secretarial Staff



Jan Ubben  
Office Manager, Registrar  
Second Semester



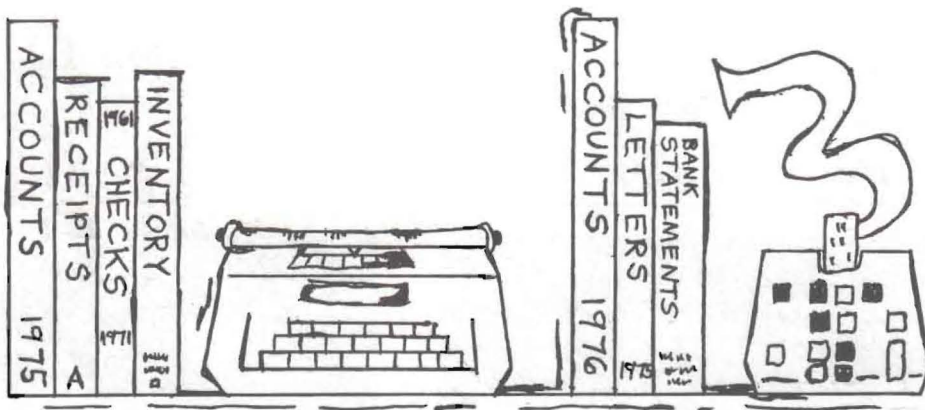
Maxine Stientjes  
Office Manager, Registrar  
First Semester



Beverly Baldwin  
Administrative Secretary



Kay VanOrdstrand  
Bookkeeper, Secretary



LaVonne Ament  
Guidance Secretary



Joyce Davis  
Faculty Secretary



Shirley Barth  
Teachers' Aide





**John Stanek**  
Head Day Custodian



**Don Dunn**  
Night Engineer



**Helen Kull**  
Day Custodian



**Harold Moberg**  
Night Custodian



**Howard Wilkinson**  
Day Engineer



**DuWard Jones**  
Day Custodian



**Al Sturgeon**  
Night Custodian



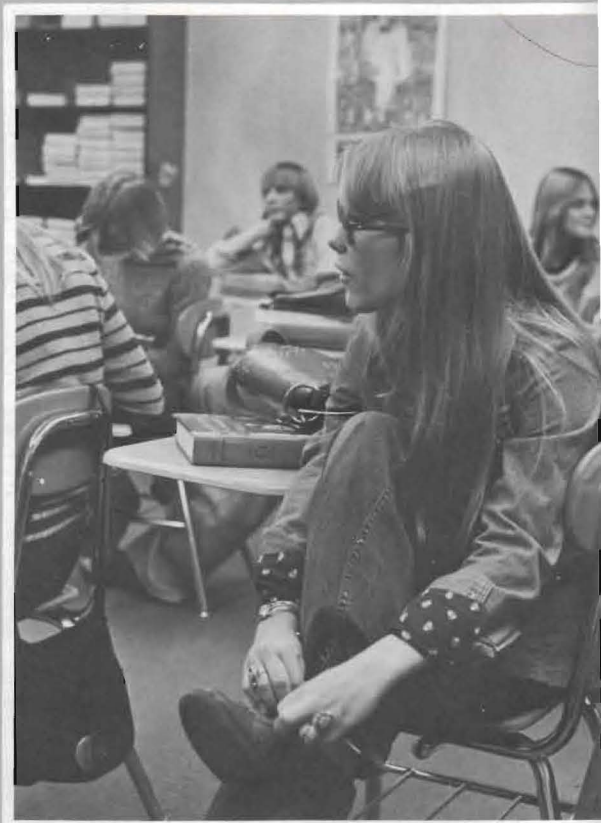
**Bill Harveston**  
Night Custodian



**KITCHEN STAFF:** Del Klingensmith, Jean Collins, Evelyn Carle, Nancy Wagner, Marguerite Dahl, Orpha Smith (Manager)

## Janitors And Kitchen Staff









## Reflections Learning Reflections Learning

