

# The Noon News

January 8, 2007

Published by



Waterloo Exchange Club

## Columbus High Students of the Month - Jackie Kugler and the Student



Andrew Mixdorf and Leanne Hotek

of the Month Committee treated us to some fine presentations by Columbus High School Students of the Month Leanne Hotek and Andrew Mixdorf. Columbus Athletic Director Aundra Meeks along with Andrew's parents Dave and Cindy joined us too.

**Leanne's presentation** - Leanne used her experiences in dance lessons and performances to address the assigned theme - *Lighting the Fire Within* - in a unique, interesting a way. Her opening narrative was especially well done. Well, here's Leanne's presentation titled *Dancing to Success: The Adventure is Worth the Cost*.

My hands begin to shake as I reach to adjust the last pin in my hair. I hear a voice behind me whisper "break a leg", and then I am alone again in the darkness. The sweat beads begin to form on my forehead as I lace the pink ribbon against my ankle. My toes are still bleeding from rehearsal the day before, but I block the pain from my mind and concentrate on my breathing. I hear the soft pitter patter of *pointe* shoes approaching me. A hand reaches for mine. In that instance, I forget about the audience and feel perfectly at peace. I am connected to Clara by a bond stronger than words can express. She lets go, the music is cued, and the curtain rises on *The Nutcracker*.

I have taken dance classes and performed in dance productions since I was three years old. I knew after my first ballet class that dancing was the way I wanted to spend most of my free time. "Dance" conjures up many images and diverse meanings in the minds of the general public.

To some, dance is a form of classical ballet that one is forced to watch in a grand theater as a child. To others, dance is obscene gestures that are performed by rowdy teenagers on television. However, to me, dance is an expression of myself that allows me to release my inhibitions, anxieties, worries, and thoughts in order to clear my mind and connect with the music. When I dance, I focus on the moment by connecting the art of music with my mind and body so that they are integrated.

Dance has not only been an outlet for stress and a way to express myself creatively, but it has taught me life skills that will be beneficial in the future. Two of the most important skills I have learned are self discipline and determination. Throughout my 13 years of dance training, I learned to strive for my goals and push myself harder than I ever thought imaginable. For instance, after years of practice I finally found my center and am able to pull up in my *fouetté* turns.

*Cont'd on following page*

## NEXT MEETING LOGISTICS

**Program** : Closed Business Meeting  
**Invocation** : Larry Prohaska  
**Pledge** : Craig Holdiman

## WHAT'S FOR LUNCH

Jan 15 : Beef Stroganoff  
Jan 22 : Pork Medallions  
Jan 29 : Cheeseburger and French Fries  
Feb 05 : Chicken Cordon Bleu  
Feb 12 : BBQ Ribs  
**Order Chef Salad one week in advance**

## PROGRAM SCHEDULE

Jan 15 : Closed Business Meeting  
Jan 22 : ACE Students (2)  
Jan 29 : Open  
Feb 05 : Student of the Month (2)  
Feb 12 : Closed Business Meeting

## BIRTHDAYS

Jan 10 : Kevin Gillett  
Jan 11 : Lori Falk  
Jan 14 : Bob Hoppes

## THOUGHT OF THE WEEK

President Gobeli offered the following quote from Goethe: "Treat people as if they were what they ought to be and you will help them become what they are capable of becoming."

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*Leanne's presentation cont'd -*

These lessons have carried over to my academic work and have taught me how to focus and follow through on even the most challenging course assignment. For example, when confronted with the task of finding the derivative of polynomial functions using the Chain Rule, I did not give up. Instead I spent many hours doing homework and consulting with my teacher and peers until I achieved success.

Right along side of dance, academics have also been a crucial part of my life. At a young age, my parents emphasized the importance of doing my homework on time, studying every day, and making sure I had all of my materials organized. I embraced their teaching and my academic work improved from year to year. Nevertheless, when I entered high school and upper-level math courses, I found myself out of my proverbial comfort zone. Teachers no longer went over the assignments daily in class, and it soon became evident that if I wished to succeed, I was going to have to devote much time and effort. Assignments took me over an hour and a half to complete each night and I spent many mornings before the start of school getting the clarification and explanation I needed.

Due to the lessons I learned from my dance training and my parents, my academic life was going as planned until a bend in the road occurred the summer going into my junior year. My guidance counselor informed me that two courses I hoped to take, AP Language and Composition and Accelerated Algebra II, were scheduled for the same time block. To my dismay, she also informed me that these two courses were offered only once a day. I immediately experienced intense

cognitive dissonance. Emphatically, I wanted to take the AP Language and Composition course because English has always been my favorite and strongest subject area. Likewise, I wanted to take the Accelerated Algebra II course because I wished to continue taking upper-level math. Obviously, taking both of these courses was not possible. The option offered by my guidance counselor was to entirely skip any level of Algebra II and jump right into Accelerated Pre-Calculus. My cognitive dissonance soon turned into fear. Initially, I convinced myself of failure because I thought there was no way I would successfully survive the class.

After many discussions with my parents and the calculus teacher, I decided to skip any level of Algebra II and enter into Accelerated Pre-Calculus. The motivation I received from the support of those around me helped me to not only survive the course, but receive an A and one of the highest scores in the class. This was a very distinguished accomplishment for me, both academically and personally. I worked harder in that course than any others combined. I spent countless hours on homework, in the classroom receiving extra help, and discussing problems with my peers. This taught me that persistence and diligence do pay off. If not for the lessons that I had learned through my dance training and performance, I would not have been able to make it through the course. My involvement with dance has empowered me through physical strength, musicality, grace, and discipline. Through the years, I have learned that I can reach goals that I set for myself, as long as I am willing to work hard enough for them and persevere through times of doubt and fear of failure.

Finally, and in many ways, most importantly, dance has allowed me to make unforgettable friendships. I have met many diverse people that have had a great impact on my life. One of these people is my dance instructor. She has been a great role model for me because she has all of the characteristics and talents that I one day wish to possess. She has spent countless hours working with me on technique and combinations, but I have received more than just dance training. I have become more confident in myself and my abilities. My dance instructor shows kindness towards everyone and has the best work ethic of anyone I have ever met. I owe her so much for I have gained a passion for dance and have become a stronger person. Furthermore, my fellow dancers have helped to define who I am as a person. This diverse community expresses a culture and sense of belonging, which encourages creativity and allows all to shine as individuals.

I am grateful to my parents and both my dance and calculus teachers for lighting the fire within me, and contributing to my faith that has given me strength to persevere and the chance to push myself harder than ever before. Plato once wrote, "To sing and dance is to be well educated." Plato's notion has certainly proven to be true in my life. I feel that my experience with dance, as well as the motivation I have received from those around me, will help me to continue to challenge myself and be successful in the future.

*Leanne Hotek*

Great job Leanne!

Andrew's presentation is begins on the following page.

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**Andrew's presentation** - Andy also chose to relate a couple of his passions to the theme in such a clever way. It was refreshing to hear a young man Andy's age talking about his feelings in such a relaxed and confident manner. *Editor's note: I think I was at least 45 years old before I was confident enough to talk about my feelings. Of course I've never been able to speak as relaxed and confident as Andy can.*

Andy's simply titled his presentation "Lighting the Fire Within" Here it is.

Pride, fear of letting someone down, carrying your own weight on a team, or even simply because you know it is the right thing to do are all reasons others and myself light our fires within. These are all reasons I do what I do to obtain excellence in the things that I am truly passionate about.

The first and foremost of these things is academics. In achieving the success that I have had in academics is due to the fact that I find pride in receiving high grades, even if it means I have to study a little bit longer than everyone else. Along with the feeling of pride I receive from achieving academic excellence I also receive the ability to choose which college suits me best and not only will I more easily be accepted, but I will also receive scholarships in which, when you think about it, is like getting paid for having good grades, and lets face it, what young adult doesn't like getting paid.

Like every other young adult, my passion drives deeper than just academics. I participate in many athletics and am involved in many other extra curricular activities throughout the school year. Currently I am one of the two

senior webmasters for Columbus High School. For the past five years I have devoted countless hours of my time to help start and further improve the Columbus High webpage. Not only do I update the website daily, I also spend time on the many highlight videos we make and in turn sell to the athletes or the people of the community. Along with both of these time consuming tasks, I also help mentor the younger upcoming webmasters. The main reason I spend so much time working up at the web room is because I have a fear of letting my teacher, Mr. Schnieders, down. He has always been a role model to me, and letting him down would be the worst imaginable thing I could do.

Not only have academics and my work on the Columbus webpage given me a reason to light my fire within, but sports have also been a very key role in that aspect of my life. I have participated in two years of cross country, three years of bowling, and am participating in my fourth year of soccer at Columbus this upcoming spring.

To me, soccer is more than just a sport. Soccer is a way of representing myself as an individual, a way of physically pushing myself to the limits, and a way to be a part of a team. Ever since I was six years old soccer has been a huge part of my life. Other than high school soccer, I have played recreational soccer for a total of eight years and competitive soccer for four years. Along with this I have participated in many camps and have even tried the indoor soccer a couple of years.

On every game day, all of us soccer players wore shirts and ties, and as you walked down the hallway between classes you could see it,

the sheer pride that each and every one of us had on our faces when we were set apart from the rest of the student population. I push myself physical because I really like that feeling of pride, and along with getting that great individual feeling, I also realized that I was part of a team, and I have to achieve greatness in the fear of letting that team, nah, that family down.

This last year, our soccer team finished the season with an 18-6-2 record, winning the WaMaC Conference and the Catholic Schools Tournament, and finally finishing up the amazing season by placing third at the State tournament. I can't begin to describe to you the effects this team had on me and the way that I now look not only at the sport, but at my life. Soccer truly has pushed me to light my fire within and strive to be my best.

As you can see, like pretty much every other young adult, the main focuses I have on my life at the moment are academics, service, and sports. The reason I have the passion and motivation in which I light my fire within is the fact that striving to be the best is what I love, because with it I get the greatest sense of pride in myself. Along with feeling good about my accomplishments, I love pushing myself both physically and mentally and without either of these driving forces I would have never gotten to where I am now .

*Andy Mixdorf*

Great job too, Andy.

*Editors note: Thanks to both Leanne and Andy for promptly sending me the files of their presentations. They were both in my email inbox by 5:00 Monday afternoon.*

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**Home Show Alert** - Reece Miller was back describing the need Home Show volunteers for various duties from February 5<sup>TH</sup> through the 12<sup>TH</sup>. For the new members, this is our major fund-raiser and everyone is expected to work an assignment during the event. Spouses can participate in this too. John and Barb from Iowa Show Productions, Inc, the firm that manages the event for us, stopped by and gave us their perspective. Barb described their roles. John is responsible for laying out the show display area and working with the exhibitors to get everything set up and removed. Barb does the marketing and handles the business arrangements with the exhibitors. Barb talked about the importance of working our assigned duties and reporting on time. She also spoke of the importance of adhering to the dress code requirements. Barb went on to say that the event will have a new look this year, as changes have been made to the display areas and exhibitors have change locations. Reece will continue signing up volunteers next week.

**Membership Campaign** - Frank Magsamen gave an update on the Membership Campaign. Frank discussed an innovative project that's being launched that we need some folks to help with. Tammy Schlitter is scanning the newspaper for folks in the news that could be prospective members. These folks are then sent a mailing introducing them to our Club and inviting them to join us for lunch. Tammy needs some folks to work with her with this. Contact her if you can help out.

**New member orientation** - Mark your calendars. There will be an orientation meeting held on Tuesday, January 30<sup>TH</sup> at 5:30 PM, upstairs at Doughy Joey's. Actually this is open to all members and is a great overview of the Club. See you there.

**Guests** - Larry Schollenbarger returned and is going to be joining us. Welcome Larry.

**Jamie & Jim's Kids Auction** - Bernie Moine asked us to support the fund-raiser for Jamie & Jim's Kids on Friday, January 26<sup>TH</sup> - 6:00 at park Place in Cedar Falls.

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