



NIGHT CUSTODIAL STAFF | Donnie Binegar, Tyrone Benson, Mark Hubbell, Walter VanHeel, Nathan Cole, Lane Hansen, Chuck Sedlacek, Jose Diaz Rosa.



ART & MUSIC | Front: David Haas, Jon Welch, Maggie Yocius, Rich Medd. Back: Luigi Enriquez, Rob Medd, Christian Aanestad. Not Pictured: Diane Miller.



PARA-EDUCATORS | Front: Samina Naz, Nikki Frese, Meg Dancel, Stacie Kauffman, Lisa Milder. Middle: Chris Marks, Kelsey Harland, Farren Kerr, Alex Garcia, Octavious Sullivan, Alice Jones, Kyle Hall. Back: Marlisa Batie, Rody Gessner, Rachelle Grognet, Stephen Breitbach, Mousa Diouf. Not Pictured: Sandra Abbas, Summer Dale, Ally Franz, Josh Kidman, Nate Meints, Calee Te Grotenhuis, Jenzy Vasquez.

"I NOTICED THE RESPECT MY FATHER GOT FROM THE PLAYERS, AND THAT WAS NEAT."

PAUL RUNDQUIST

MEET PAUL RUNDQUIST



His 50-minute commute from Mount Pleasant to Iowa City—"from my driveway to the (West) parking lot"—just might motivate physical education teacher Paul Rundquist to make the move to Iowa City.

"My wife and I really like Iowa City, and we envision ourselves living here," Rundquist said. "There is a bit to do for everyone. It seems to be a very active community. I just like the feel that Iowa City has and the vibe. It's a great place."

Rundquist spends his morning teaching Lifestyle Fitness and P.E. to students in grades nine through twelve. One thing he really likes about his teaching schedule is the opportunity to meet a variety of students.

"One of my goals this year is to build relationships with kids," Rundquist said. "I've been very impressed with how welcoming everyone is."

From the time he was a child, he said he has been influenced by his father, also a coach and a teacher.

"I would hang out at his basketball practices," he said. "It was something I was always around. I noticed the respect my father got from the players, and that was very neat."

Besides teaching P.E. and coaching basketball, Rundquist enjoys travel. He takes an annual fishing trip to Ontario, Canada, with eight to ten other guys, including his father and his son. Those trips create special memories, he said.

"It's really cool," Rundquist said. "We drive up to a camp and we unload all our bags onto a plane, since there are no roads."

The year 2012, when his Mount Pleasant boys basketball team beat Western Dubuque and won the the 3A state championship, represents another fond memory of his.

"(We were) down by three with 11 seconds to go," he said, recalling the close game at Wells Fargo Arena in Des Moines. An All-State point guard, T.J. Lake, had missed two free throws, and then Mount Pleasant hit a three. His team won by four points in double overtime.

Rundquist said he was especially pleased to have his father there to celebrate the victory together. Gordon Rundquist is an assistant coach on West's boys basketball staff, and that night the Trojans were playing in the 4A title game.

"My father was standing behind my bench," he said. "(We) grabbed each other, which was cool!"

—Yearbook Staff

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