

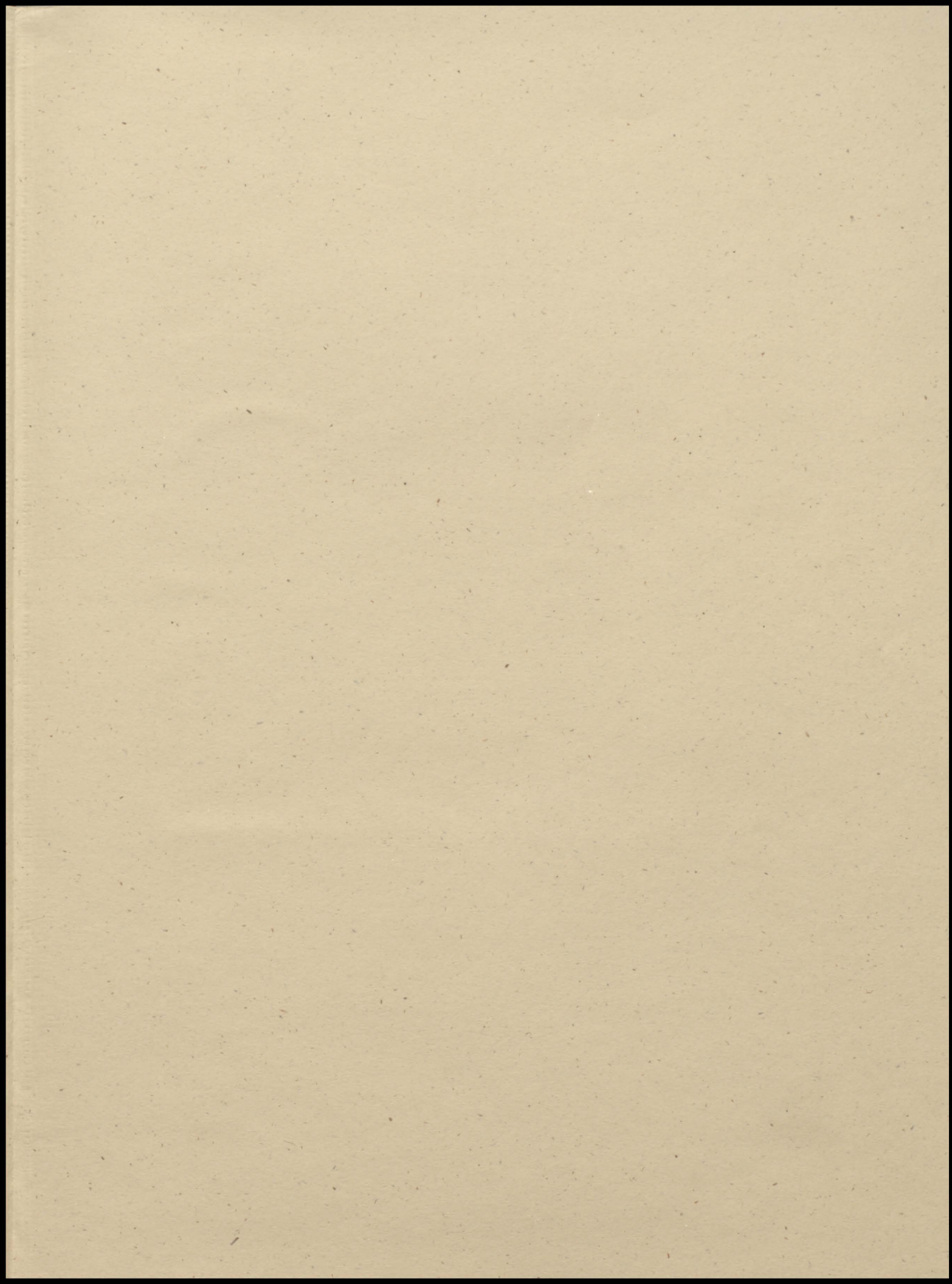
*A Picture
Worth*

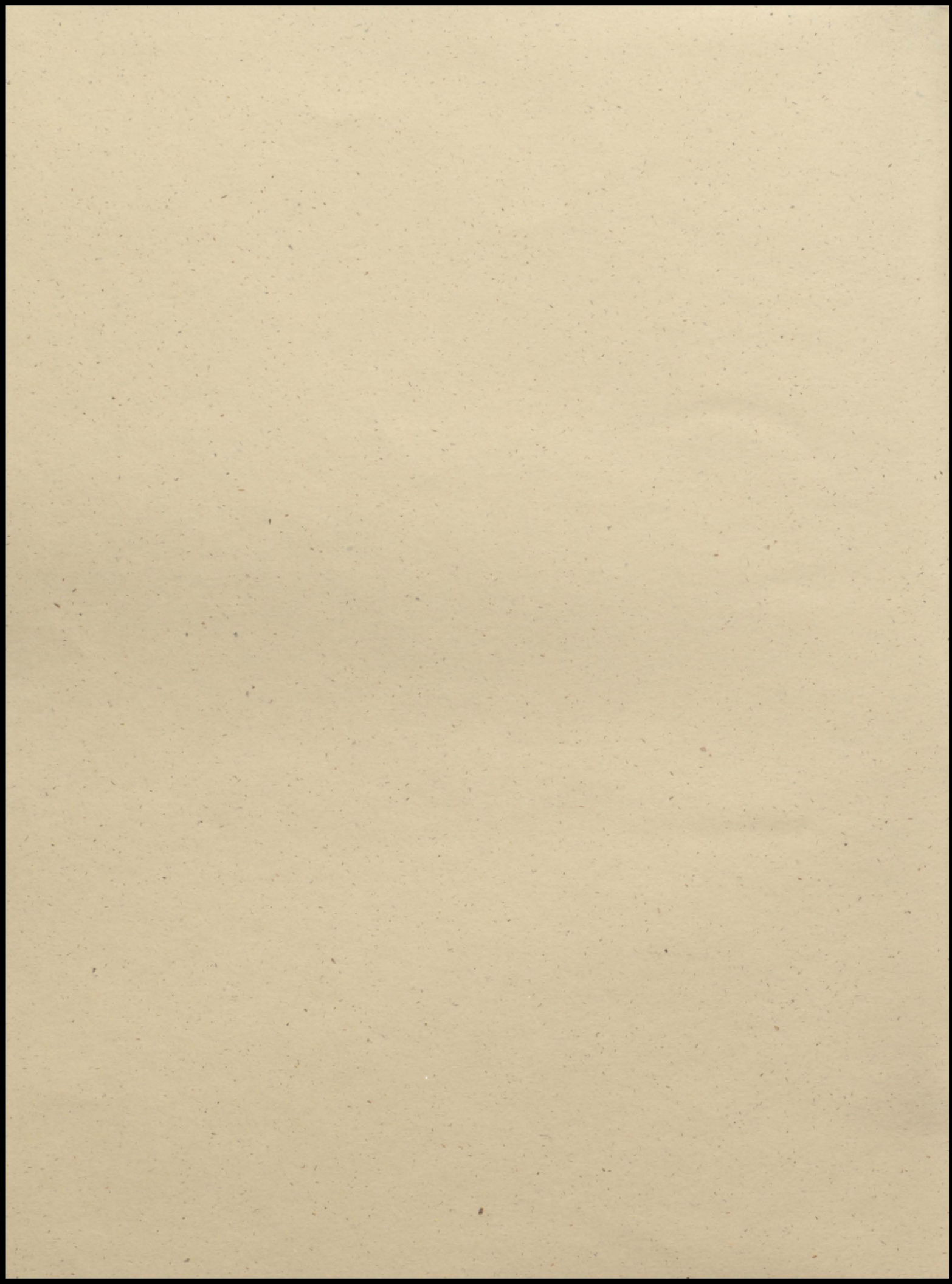


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Forester







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Candid Moments

A Look Through the Lens



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In Focus

Action Shot



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Close Up

Forest Lake Area High School
6101 Scandia Trail North
Forest Lake, Minnesota 55025
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<http://hs.forestlake.k12.mn.us>

The junior girls enjoy sitting with each other at lunch, to catch up on all the good times they have had together. Araianna Tyler (11) stated, "I have enjoyed Forest Lake High School and all the great friends that I have made."

Lindsay Bartlett (10) stated, "Mr. Kunsbier makes getting fit fun". Emily and Lindsay lifting weights and working hard in gym class. Emily Anderson (10) stated, "I really have been enjoying my sophomore year, it is fun meeting new people."



Students celebrate as they get pumped up for the homecoming football game. They were ready to cheer on the Rangers. Lawson stated, "I am excited to graduate and maybe move on to college to play basketball." Wyatt Lawson (12)

Working hard to build a house in carpentry II, to auction off. They take the time to make a nice house for someone to buy one day. Koppy stated, "I have really enjoyed my senior year, and I can't wait to move on and start my life. Lucas Koppy (12)





A Picture Worth 2013 Words

High school is about reminiscing on all the great memories that have been created among people and their friends. These memories will keep us together and help us look back on all the wonderful times we have had together as a school. Although there may be some conflict, we always find a way to work through it. The memories made will keep us connected and show us that our school spirit will always be with us.

Each picture that we snap gives us a good look on all the great times we have had as a student

body. Showing our school pride has filled the hallways with every cheer we have. This helps describe what our school is all about, and how close we come together as Rangers. At the end of it all, we all go our separate ways, but we will always have a piece of our school in our hearts. We will always be linked together through these experiences. This helps give us a close up of the snapshots we have taken of the year, to help create a picture worth 2013 words.

-Jessica Norman



Maggie Jeans (11) stated, "I love coming to school and being with my best friends everyday." Addison and Maggie studying hard to get their biology and prepare for a test. Addison Kenny (11) stated, "I enjoy coming to this class because Biology is my favorite subject."



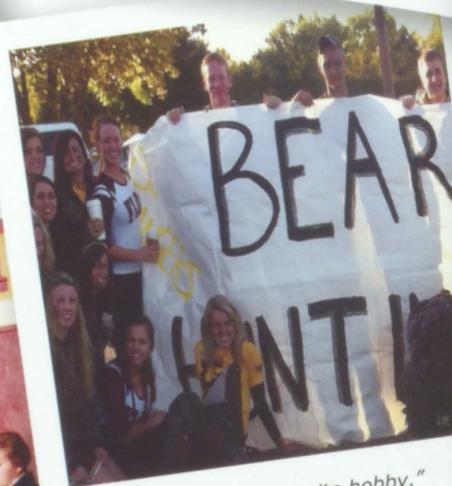
Abigail Pariseau (10), Monica Nguyen (10), Sanita Rouse (10) and Kaelee Schewe (10) work hard in American Literature. Rouse stated, "Sophomore year you learn who your friends are, and aren't."



Give back before giving thanks was the mood on thanksgiving morning for many students who attended the walk to end hunger. **Ryan Sudo (12)** stated, "it was great seeing all the student orginzations come together. I was proud to be a ranger!"



"Homecoming week is the best time of the year in school, because it's filled with lots of excitement." **LINDSEY TILTON (11)**



"Bear hunting is my favorite hobby." **JOHN THILL (12)**



"Pajama day was awesome becuase I got to be comfy and wear boxers to school." **MICKAYLE HANSEN (12)**



"It was an honor to be part of such a meaningful event" **ZACHARY CHRISTENSON (12)**

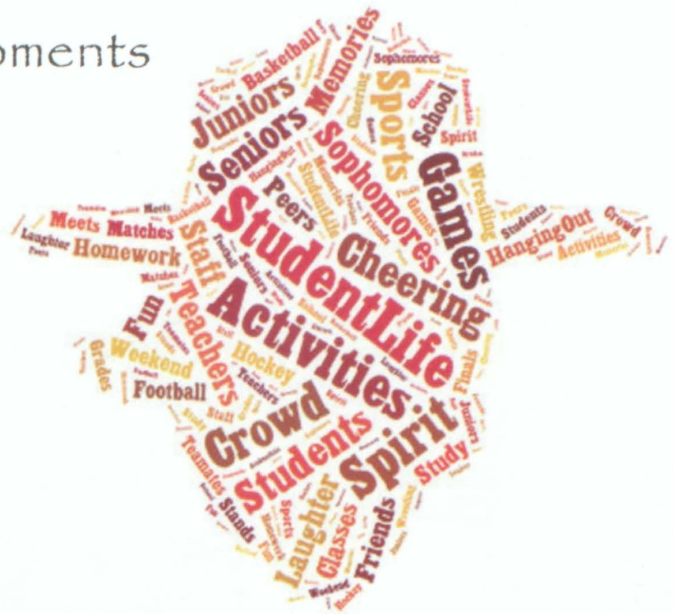


This is the second event the "most of us" campaign has put on. Students pledge not to do things as drink or text and drive, or ride with people intoxicated. Big Apple Bagles donated their products for the cause.

Candid Moments



"Lightning struck twice because we won two years in a row." **KARLYN RISTROM (12)**



Throughout high school we remember many fun, candid moments. High school is all about hanging out with friends, trying new things, and enjoying the last years before adulthood. These are the years you will remember forever, the times you will never want to forget. Friends in high school come and go but there are some people you will meet that will impact your life in ways that you don't realize until later on. Friends, teachers, and coaches you have now will influence decisions you make throughout your entire life. High school experiences are unlike any other. From Homecoming to Graduation there are so many unforgettable, candid moments.

-Elizabeth Thordson and Alyson Clepper



"Dressing tacky was fun because we got to see some interesting styles." MIKAYLA LEE (11)



"I had a great time on the Spirit bus, cheering with the kids and losing my voice." **CODY WALTON (12)**



(left) Abigail Furry (11) and Lauren Riedeman (11) enjoy this particular day lounging in their pajamas. Furry stated, "I got this hot little number for three dollars and now it's my favorite outfit!" Riedeman added, "I wish pajama day was everyday!" Overall this was a fun day for everybody.

(below) On twin day Elizabeth Thordson (12) and Zachary Fuller (12) match from head to toe. Fuller commented, "I loved dressing up with my lady." There were identical twins everywhere.



Crazy hair, crazy looks, crazy spirit all accumulated to the bursting point and exploded during Spirit Week. Everyone came together to celebrate the week in their own style showing off their school spirit. It all started on Monday with Get Up and Go day, where students were able to roll out of bed and head off to school. Tuesday, students and faculty showed off their individuality by wearing their most mismatched clothing possible for Tacky Tuesday. On Wednesday, everywhere you looked you were seeing doubles. Also on this day, team activity captains, dance team, and representatives of school clubs gathered on buses to travel to Forest Lake area junior high and elementary schools to parade through the halls. They were adorning with maroon and gold, waving pom poms and giving high fives. They brought high spirits to all the different schools. Thursday, was a blast from the past, parents helped their children dress how they would have dressed in the 80's. The week wrapped up with Ranger Day. Students went all out with school pride; they dressed from head to toe in maroon and gold. As soon as you walked into the school, you were overwhelmed with all the school spirit. You could really see the seniors come together for their last homecoming.

-Brittany Grant

(left) Groups of students participate in Chubby Bunny during lunches on Ranger Day. It was comical to watch the students shove marshmallows in their mouths. Winner, Hailey Swanson (12), stated, "It hurt at three marshmallows but I got twelve."



Philip Sauer (12) and Amy Enrooth (12) pulled off their casual 80's look with style. Sauer pointed out, "My mommy helped me pick out this outfit because it was when she was in her prime." Enrooth added, "My favorite thing about 80's day is shopping in my parents closet." In all, everyone who participated in 80's day had a grand time.



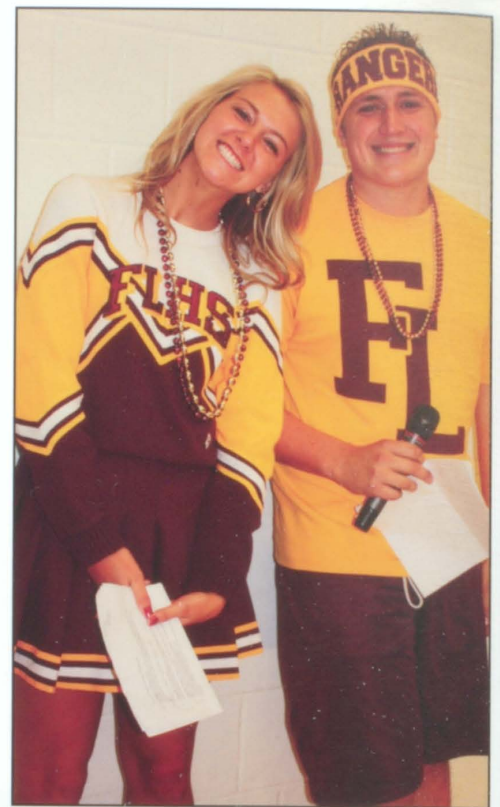
Angela Frericks (12) and Mickalye Hansen (12) are rockin' their vintage attire on 80's day. Frericks stated that her favorite part about 80's day was "Mickalye's leather pants from the woman's section at Good Will." We really got a feel of what it was like to rock and roll in the 80's.



Becky Haven and Laura Livermore go all out on tacky Tuesday. Their attire stood out as one of the best of the day. Haven stated, "nothing like fun self expression" Every year their school spirit really shows.



The two emcee's, Ellen Heidel (12) and Samuel Schminski (12) led an amazing Pep Fest rally with their strong voices and outgoing personalities. "Coming out and just hearing the crowd go nuts. We have a lot of pride for our school. Public speaking has always just come easy to me, I was glad I got to do it," was some of Schminski's favorite things about being a Pep Fest emcee.



Each dance team member got to choose a varsity football player as their dance partner for the partner dance. Tanner Lane (12) quoted, "It was really fun and my favorite part was dancing with Emily Proulx (12)."



Pep Fest was quite the thrill this year while bringing together the students and faculty. Hundreds of students filed into the gymnasium with adrenaline rushing in waiting for the game to start. The dance team shared a dance with the varsity football team to a mash up of different songs. The emcee's: Ellen Heidel (12) and Samuel Schminski (12) led an exciting Pep Fest rally. A vigorous game of ninja was played that claimed an all around winner, Collin Carpenter (10). To wrap things up, our 2012-2013 bleacher captains led some fun cheers to get the spirit going for the later accruing Homecoming game vs. Roseville.



Brianna Curtis (12) and Matthew Tessier (12) faced off in a game of ninja. Tessier was asked how it felt to get beat by Brianna. He replied, "Everything that I loved and hoped had died!"



Royalty

-Elizabeth Thordson

Sophomore Question: How was your first year of coaching?

Sarcastic Sophomores' coach Andrew Erickson replied:
"It was difficult, the girls don't really like to listen and you have to yell sometimes. They like to be sarcastic but a lot of fun came from it."



Hardcore Sophomores' coach, Tyler Ross, said:
"At times it was difficult to coach because all the girls talked a lot. Overall it was a fun time. Game night was exciting because it came down to the last few seconds, but couldn't pull out the win."

Study Sophomores' coach, Joseph Rydel, said:
"I was crushed because we lost to the seniors and we should have won."



Senior Question: What advice would you give future coaches?

(left, wearing red) Slim Shady Seniors' coach, John Thill, replied:
"You need to discipline the players, don't let them get out of hand."

(left, wearing blue) Stormin' Seniors' coach, Reid Larson, responded:
"It takes a lot of dedication. Coaching powder puff is a life style, not a game. No one will ever beat my Dream Team"

(left, wearing black) Stand Up Seniors' coach, Tanner Lane, replied:
"Don't let the girls boss you around, control their attitudes, make sure they listen to your words of wisdom."

Junios' Question: What will you do differently next year to achieve victory?

Jesus Juniors' coach, Daniel Massey, said:
"We will need to teach the girls to be more physical."



Jack-in-the-box Juniors' coach, Randy Rehbein, responded
"Give the girls steroids and wheaties for breakfast and lots of water!"

Junkyard Juniors' coach, Kyle Winberg, said:
"MORE PLAYS!"



Miranda Haug (12) poses with Dawn, for a quick snap shot, at the Homecoming game. Miranda said, "Our school spirit this year is unbelievable. Even though we may be having a rough season our student section always comes through." It was a great time in the bleachers.



A group of seniors gather for a picture while tailgating. Olivia Decheine (12) said, "Hangin' out and tailgating with friends is definitely a highschool memory that I will never forget, not to mention the good food too". All enjoying a great time before the game with friends.



Reid Larson (12), Trevor Thompson (12), Jonathan Schmidt (12), Brandon Hess (12), Cody Rogala (12), Dylan Dresel (12), and Mikensie Johnson (12) all stopped to pose for a picture together while tailgating before the game. "I be chillin with my bummies. High school may be over but those memories will last a lifetime" said Johnson. It was an awesome last time tailgating in high school.

A group of girls stop to get a picture taken, while having a fun time tailgating. Alexis Carpenter (12) said, "It was a lot of fun to get together with everyone before the big game! GO RANGERS!" They looked like they were definitely enjoying their time together.



A group of bleacher captains stop in the midst of their "pep" to pose for a picture. Rayden Ross (12) said, "Bleacher captains is the BEST club in the school and Joel Olson is a saint of a man!" He obviously is having a great time this year.



Whether or not one enjoys watching football, Homecoming is a highschool tradition that everyone enjoys. The night began with great food, great music and fun times with great people. Tailgating continued until the all awaited game started. The stands filled quickly with crazed fans ready to shout out their ranger pride. Though the night ended in a 42 - 14 loss to Roseville, our Ranger spirit was phenomenal. Everyone was dressed in maroon and gold, had faces painted and had cheers completely in sync with the bleacher captains. Homecoming this year was an overall great time.

-Alyson Clepper



Disney

HIGH SCHOOL MUSICAL

ON STAGE!

©Disney



“We need to save our show from people who don't know the difference between a Tony Award and Tony Hawk.”

- Sharpay

Directed by Tim Newcomb

Fall Play Main Characters

Calvin Waddle (12)



"Troy is my character because he's sensational."

Kelsey Sarver (10)



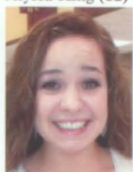
"Taylor is my character and she has my opposite personality."

Molly Boland (12)



"Sharpay is my character since she's mean, sassy and goofy."

Alyssa King (12)



"I play Gabriella and she is different from who I am."

Ryan Sudo (12)



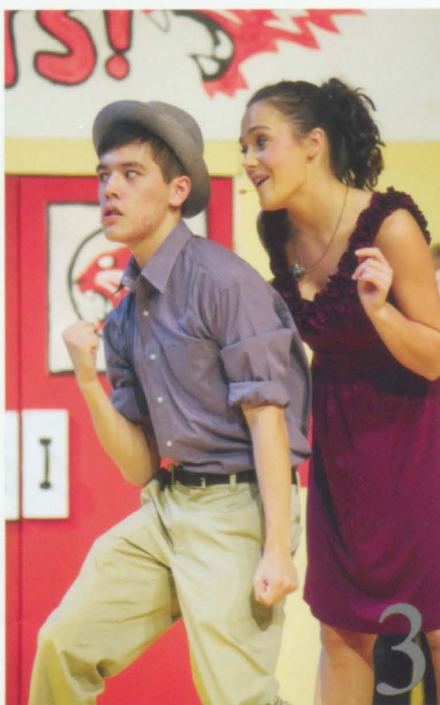
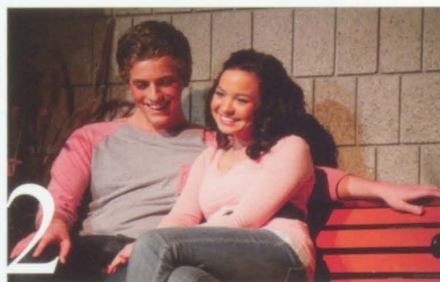
"Ryan is my character and he's super over the top and not like me at all."

Zachary Marleau (10)



"I play Chad and I enjoy his character because he's very cool."

Actors and Actresses Playing Their Parts



1. Sarah Gould (11), "It comes down to the point that we're not just in a play, we're a real team. Go wilcats!" She plays the cheerleader and leads everyone out to the stage performing her skills for the crowd.

3. Molly Boland (12) and Ryan Sudo (12) "This has been a great senior year Fall school musical." Molly, who plays the sassy mean girl, has the desire for Ryan, who's character is super tall and not like him at all.

4. Teresa Mahnke (11) "As student director, it has been an honor and privilege watching the actors risk risk risk! Go Wildcats!"

5. Basketball team "We shoot for greatness as we lead each other to victory! We stand against the other teams and cheer everyone on to play a fair game!" The teams skills have been developing along the way and they improve everyday.

2. Calvin Waddle (12) and Alyssa King (12), "It is a great experience and honor to play Troy Bolton." As Troy and Gabriella intercede with the teacher, Troy takes a stand at singing to Gabriella and together they create a wonderful duet singing with each other.

6. These high schoolers were about to take on a competition between other high schoolers to see who would be the best one and picked to dance for the others.





"Rangers gather together to show their homecoming pride, in front of Student Council made balloon arch. "I had so much fun hanging with all my friends before the game, and learning how to grill for the first time!" **AMY ENROOTH (12)**. The entire tailgating experience was a great success.



The forest lake band plays for the Veterans Day program. The group enjoyed the opportunity to commemorate the day. "It was a tremendous honor to be able to play in the veterans day program and to honor all those who have served or are currently serving," said **REBECCA PIERSDORF (12)**.



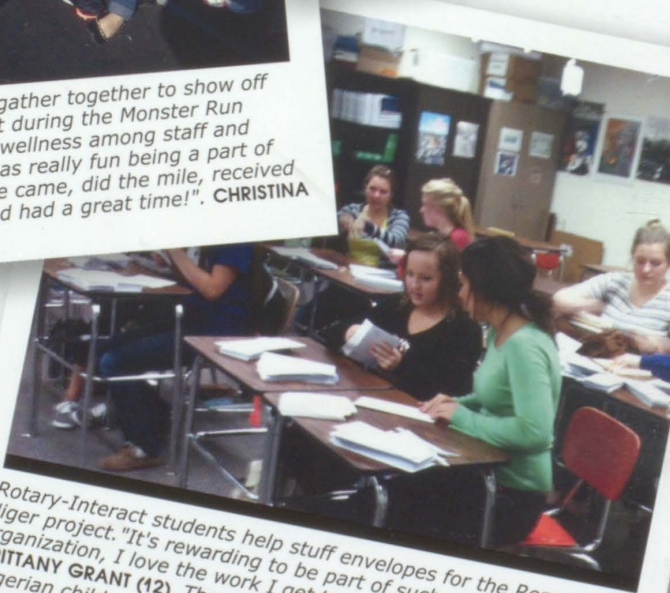
All of the hardworking year book staff hopes to produce a perfect book. "I enjoy helping out make the 2012-2013 Year Book," **CASONDRA SERRES (12)** Stated. The Year Book staff worked hard all year in order to make the book.



A group of students gather together to show off their halloween spirit during the Monster Run in order to promote wellness among staff and students alike. "It was really fun being a part of the monster run. We came, did the mile, received awesome prizes, and had a great time!" **CHRISTINA WITZEL (11)**.



Student council member **HAILEY SWANSON (12)** and Link Leader member **VALERIE FRIEND (12)** enjoy participating in the blood drive. "I love being a part of the behind the scenes planning for the events," said Swanson. The council always puts an enthusiastic attitude towards the work they do.



Rotary-Interact students help stuff envelopes for the Remember Niger project. "It's rewarding to be part of such a big volunteer organization, I love the work I get to be a part of," exclaimed **BRITTANY GRANT (12)**. The mailers were seeking financial aid for Nigerian children's education funding.

A Look Through the Lens



The trick or canning is a huge success every year! This year students dressed up to take donations. "Reid got a little rattled by some kids but overall we were never turned down and got a total 2013 lbs of food!" JEREMY RELLER (12) joked.



At Forest Lake High school we strive to accomplish the impossible. The devoted students in our clubs represent the epitome of dedication. Our school is great due to the behind the scenes work done by the clubs and activities. From the Pep Fests to the school plays the clubs are behind the curtain devoting their time, skills, and creative spirit to keep this school performing at the high standards expected. If one peers through the lense at our school the sight is of the skills learned and honed through long hours and countless school functions that carry through to future endeavors.

Without the dedication of our students and staff to flawlessly put together these activities, we would not have the ability to look back on so many experiences. They say, "high school is three of the best years of your life," however without the determination of the many activities and clubs we wouldn't have the memories to fondly look back on from our time here.

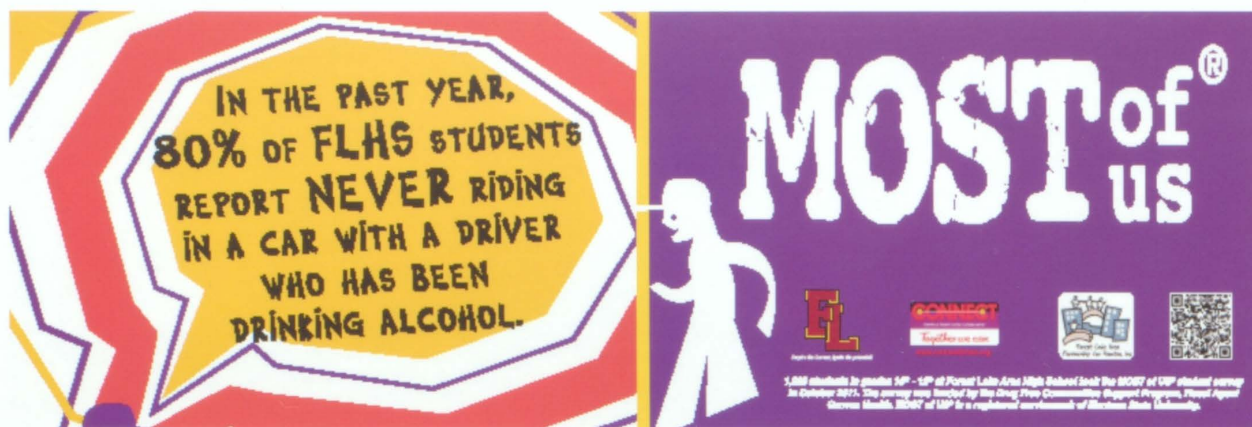
-Hailey Swanson



The Link crew always enjoys meeting the incoming sophomores. This year the Link Leaders welcomed the incoming sophomores with a themed party! "Our group was a fiesta! I love the group I get to work with!" JAKE TAYLOR (12) exclaimed.



The Link Leaders always display enthusiastic school spirit. **LINDSEY TILTON (11)** states, "All of Link Crew had a ton of fun welcoming new sophomores through the tunnel!" Due to all of the positive school spirit the sophomores left feeling confident for their first day at the high school.



Student Leaders of the "Most of Us" campaign, represent our school by proudly wearing their shirts.

Over the past school year, Forest Lake Senior High School's "MOST of Us" campaign has been a very positive influence on the school's atmosphere and population. The results and statistics from the survey were impossible to miss, but what was perhaps more powerful to witness was the interaction among the student body. "MOST of Us" sparked discussion among students about tough issues like drug and alcohol usage, and it manifested positive peer pressure for students to make the right choices. Whether it helped a thousand people or one person to make the right decisions, the "MOST of Us" campaign made a strong impact on FLHS.

-Jeanette Spanjers and Kayla Thole, 2012-2013 FLHS Student Council Presidents



Student leaders who participant in the "Most of Us" campaign hand out bagels from Big Apple Bagel to get others involved. Big Apple donated the food to help launch the Fall campaign.



Andria Flaherty and Ashley Miller from the Youth Service bureau show off statistics from the "Most of Us" campaign at the Homecoming game. Statistics were taken from the kids at Forest Lake High School and are posted around the school, showing that most of us make the right choices.

Rotary Interact

Creating a better school

Rotary Club is a way to get students involved in our Forest Lake area community. Anyone and everyone is welcome to join whenever throughout the school year. The club entails attending meetings and participating in the services. You meet a ton of new people. This club will boost self confidence and develop leadership skills.

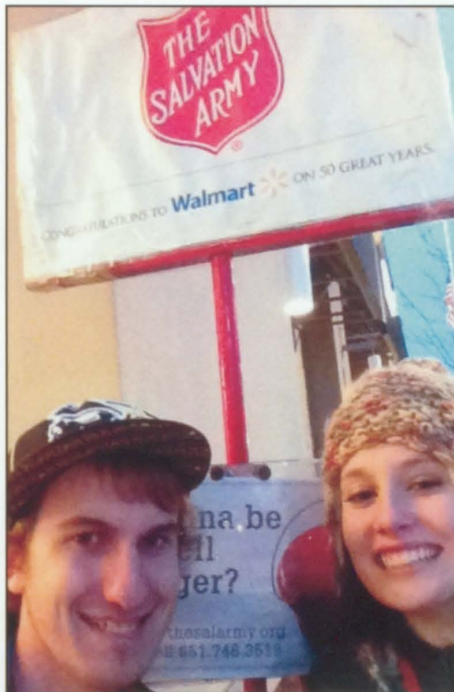
The services that the students provide vary from local to national. Some of the services are working at the food shelf, bell ringing for Salvation Army, Feed my Starving Children, volunteering at Birchwood Nursing Home, making cards for the military and much more. Not only does it benefit our community, it benefits your self.

~ Teddy Washburn

Cory Vanneste (12), Michael Rixe-Carlson (12), and Richard Garcia -Jaimes (12) talk about upcoming Rotary events, like the Polar Plunge, while waiting for the Monday meeting to start. "I enjoy Rotary because it has broadened my view on volunteer work and what I can do to help," stated Vanneste



Haleigh Gulden (12) and Aspen Lofgren (12), presidents of Rotary Club. Being presidents, they would set up volunteer work for the rotary members. "Rotary gives me an opportunity to give back to the community. I believe each student involved in Rotary wants to help in some way. I have had the best three years being involved in the rotary interact club," stated Lofgren.



Cory Vanneste (12) and LeighAnn Hall (12) rang the bell for the Salvation Army at Walmart in Forest Lake around the holidays. "This is a great way to help the community and it was great to see the generosity people had" Hall stated.



Rayden Ross (12) plays Trouble with a resident at Birchwood Nursing Home at one of the Rotary's weekly visits. "I like Rotary because I get to help people who have it worse than me, so I am thankful," said Ross.

S.A.D.D. & Open Minds

The Open Minds Club is centered around making the school more diverse and accepting to everyone. Margaret Neeck (12) stated, "We try to show diversity in the school to help benefit it and make it a better place to be."



Open Minds Club is a club centered around creating diversity in the school. Members of the club meet every Friday morning to discuss what they can do further to make it a more enjoyable place to be for students everyday. Daniel Koch and Angela Nelson are the advisors of the club, they help the students think of new ideas to create equality for everyone. This year, the Open Minds Club participated in the "Help for Haiti" to raise money and supplies for the victims in Haiti affected by the earthquake. Cullen Lillyblad (11) stated, "It's a very welcoming group in which we all get along very well."

SADD members do their best every year to encourage their classmates to make good choices throughout their highschool career and in the future as well. SADD commits a lot of their time to organizing benefits for the school. This year's SADD organized Penny Wars at lunches, Mock Car Crash, the awareness of drunk driving and much more. Britnie Thornell (12) stated, "Being a part of SADD is a good feeling because we get to help all of the students come together. We work hard to achieve our goals and make the school the best it can be."

~Courtney Brihn



The SADD presidents Gabrielle Galvez (11) and Emily Haylock (12) do their best at showing pride and leadership skills. Galves stated, "I like how we all come together for a common good."



SADD students Adam Jungwirth (11), Kaitlin Lutz-lawlor (12) and Emily Haylock (12) volunteer at a sporting event to show their pride for their organization. Haylock stated, "It's nice to have a group of kids working together to achieve one goal."

DECA

Sofia Rappa (10), won first place at Sections. Rappa stated, "DECA was so much fun! I was so surprised when I placed. It was overall a great learning experience."

"The entrepreneur always searches for change, responds to it, and exploits it as an opportunity."
 – Peter F. Drucker

DECA is a business club for students that are interested in the business industry. This was the first year that **Kristen Nellis** has been in charge of the club.

The main focus of the club is to prepare the students for the real world in the business industry and competing in various business competitions.

Just this year, 11 students went to State. **Daniel Mollet (12)** stated, "DECA is a helpful experience to learn business skills. We have more people than ever this year." They will compete amongst other schools in hopes to move to Nationals

in California. **Evan Haas (12)** was among one of the eleven going to State this year. **Haas** stated, "I'm very proud that all of my hard work paid off."

The plans for expanding DECA next year are bigger and better than ever. **Kristen Nellis** has a trip planned of the future DECA students to learn about business in NYC. The students will be learning about sportsmarketing at the Yankee's Stadium, finance at Wall Street, television marketing at NCB Studios and fashion at Soho Boutique.

~Courtney Brihn



DECA has expanded each year and gotten more advanced. **Jesse Petersen (12)** stated, "DECA was a one of a kind experience and it felt wonderful being able to go to State."



This year, DECA has the most people going to State than in any previous years. **James Swanson (12)** and **Daniel Mollet (12)** are going to State. **Swanson** stated, "I am very proud of my accomplishment."

Speech

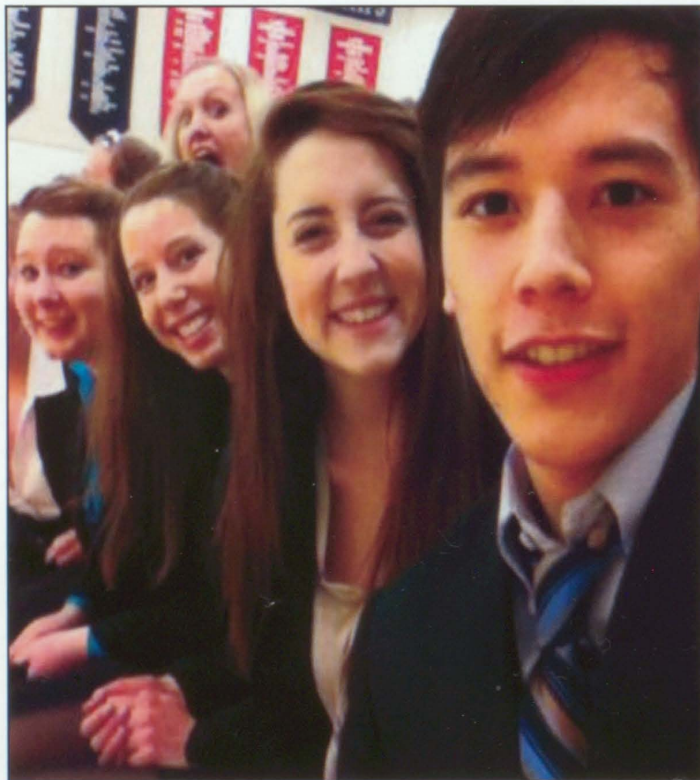
Communicating with passion

This year's speech team has started out strong and bold! With new sophomores, and the returning juniors and seniors, they've had a amazing season thus far.

Along with the great experience you recieve in being on speech team you also have a great time interacting with new people. **Jeanette Spanjers (12)** says "I liked all the new people that joined speech this year. They are lots of fun and great people to hang out with." Speech is a great way to be involved and have a good time! **Jennifer Degennaro (11)** stated, "My favorite part of speech is the acting. It's cool to be able to act as someone else." The speech team has done a tremendous job this year, they really raised the bar!

-Emma Mattheisen and Kayla Nelson

The speech team is getting awards at their tournament. Sarah Gould (11) stated, "I like story telling because it's spontaneous." She finished her tournament at Cenntenial with sixth place.



Allison Koneczny (11), Jeanette Spanjers (12), Erin Weiger (12), Ryan Sudo (12) Smile for a picture takin at an away tournament. Allison took 2nd place in a tournament up in Duluth. They continue to succeed throught their entire season.



N. Stephanie Beja (11) recieves an award for her reading in the tournament beld at the high school. She stated "Im really excited and proud of myself for reciving this award." She made many accomplishments this year.

Debate

Fight to the finish!

Debate finished strong this year, ending by going to State! They had many accomplishments this year from having three team members going to State, to Garret Swanson getting into the top 20 in State.

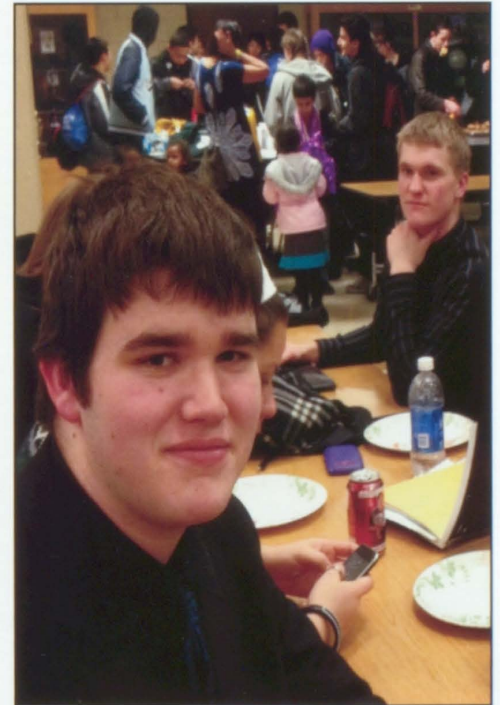
Debate is not just a great way to properly learn to speak your mind freely if it is also a great experience for life. **Garrett Swanson (11)** said, "We need more people to come out for debate. It's a great experience and it looks really good for college applications." The team did amazing this year and hopes to continue this for years to come.

-Emma Mattheisen and Kayla Nelson

Brandon Hilla (12), Jason Shevik (12), Brandon Harshe (12), Garret Swanson (11), Maxwell Hall (12), Jennifer Dylkowski (12), Andrew Menne (12), Rebecca Rierstorf (12), Cella Osterbauer (12).



Maxwell Hall (12), Garret Swanson (11) and Joshua Mester (12) placed this year in Sections. Swanson said "It was awesome going to State this year and also being a junior because it's pretty uncommon for juniors to go. Mester said "The best part of debate is making people look like fools." This year's team was phenomenal.



The team is taking a lunch break between rounds at the Coon Rapids Tournament. Jason Shevik (12) commented, "Being on Debate was the most fun I've had doing an extra-curricular activity." He had a successful season as well.

Student Council

Planning a better future

Student Council members gather in committees to plan out upcoming high school events. "Nothing better than getting to school at 7:20 every Thursday," Tal Swenson (12) joked. The student council members always work their hardest to make every event perfect.



When students make the decision to participate in Student Council they gain the opportunity to become involved in all aspects of the school and student life. Student Council teaches its members leadership skills that they can later apply to real life situations. They gain the experience to work as a team, develop pride in their school, gain responsibility, and ultimately have the opportunity to become leaders within their school community.

Student Council is an important part of the school activities because it allows students to participate in the organization of events. It helps members and non-members alike share their concerns and improvement ideas in order to make the school a more organized and better place. Student Council is a great way to become an active member of the community.

~Hailey Swanson



Presidents Kayla Thole (12), Jeanette Spanjers (12), and vice-president Christina Witzel (11), pose for a picture after a Student Council meeting. Thole stated, "Student council is a great outlet to make an impact on our school and have fun with it."



A group of Student Council members hand out cake and lemonade in celebration of the 2013 Snowball Dance. Katie Lenz (12) stated, "I had a great time in student council this year. The dances were a blast and serving the school taught me so much." The dance this year was an extreme success with all attendees raving about the good, music, food, and friends.

NHS students lining up in the Media Center for staff appreciation! Rachel Huset (11) stated, "I'm glad I am a part of this group, it is a lot of fun!" Many juniors are a part of the group to bring more variety to the activities.



NHS

Working hard for a better place

National Honor Society is a group of students dedicated to enriching the community of Forest Lake. This is an organization centered around character, leadership, and service. Each NHS member completes a certain amount of service hours and volunteer time, through school functions, hospitals, churches, and many other places. Amy Enrooth (12) exclaimed, "My favorite event was trick- or- canning and this year we collected exactly 2,013 lbs of food!" Enrooth concluded, "What are the odds of that?"

A few of the bigger events the NHS students were involved in are the annual Trick-

or- Canning day on Halloween. Collecting hundreds of pounds of canned goods for the food shelf. Students enjoyed dressing up in costumes and running around like kids again. The other big event is in November for The Walk to End Hunger, where classmates, friends, parents, and staff donate money and walk around the Mall of America. But with all the big activities they set up, NHS members are a part of many other groups and volunteer more outside of the group, on their own time.

-Abbigail White



This group picture is of the NHS students getting ready for a tiring day trick-or-canning. Marisa Heiling (12) stated, "It was a good excuse for us to dress up and go trick-or-treating while still doing a good deed!" The group had a fun day all together!"



After a morning meeting the students were showing their jolly side before Christmas break. Angela Frericks (12) laughed, "My favorite part of NHS is all of the free doughnuts and juice we get at the morning meetings!" NHS is a very dedicated group."

Yearbook

Masterminds behind the Forester

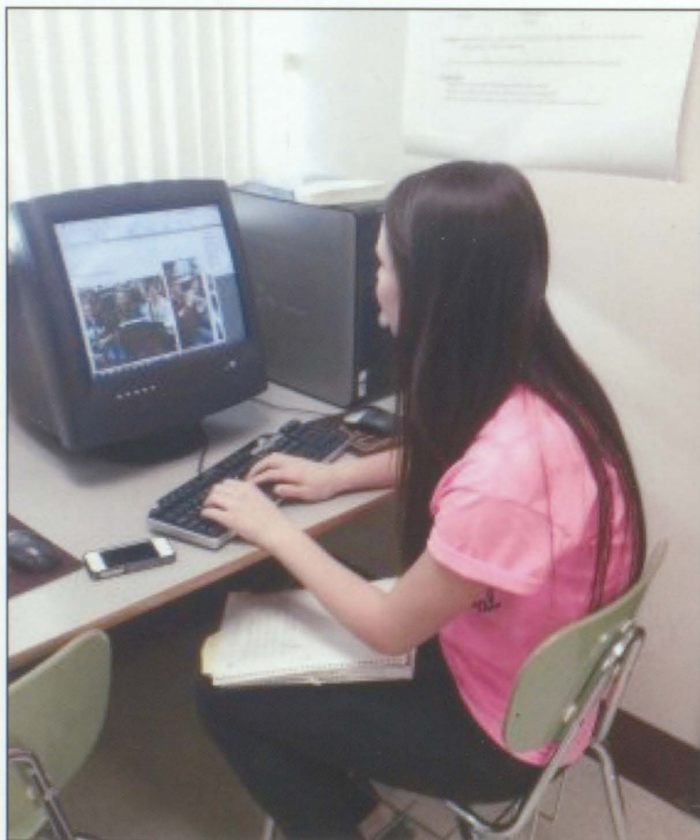
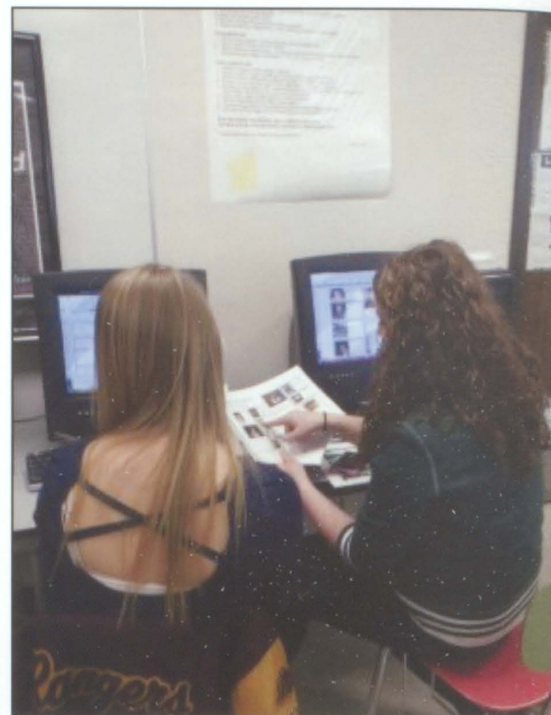
Through out the whole year, a group of students dedicate their time to create the yearbook. They put forth hard work taking pictures, editing, and interviewing to make deadlines. Although all of this work may seem hard at the time, when it's all said and done, the memories that are put forth, last forever.

With a common goal in mind, all of the students in this class bonded together to become one team. New friends were made, and memories were shared. This class is not only about creating a yearbook for our school. It is also about learning how to design pages, take pictures and interview individuals from different friend groups other than

their own. Students in this class have learned a whole new perspective of the school, and had fun in the process of doing it. When the year comes to an end, this book will hold all of the memories that were made, and the pictures to share them all. This one book brings together the entire school.

~Sara Urban

Alyson Clepper (12) and Nicole Huset (12) collaborate with each other, while typing up the "Ads for Grads" pages. "It's fun to look at everybody's baby pictures", stated Nicole.



Shelby Benson (12) works hard on her assigned yearbook page. "I like working in yearbook, even though it is stressful sometimes. It's a good experience", stated Benson.



The girls gathered together for a small group picture during the Yearbook class. "Working as a Yearbook staff member has been really fun throughout the year. I like asking people questions and making them feel awkward," concluded Abbigail White (12).

Drumline

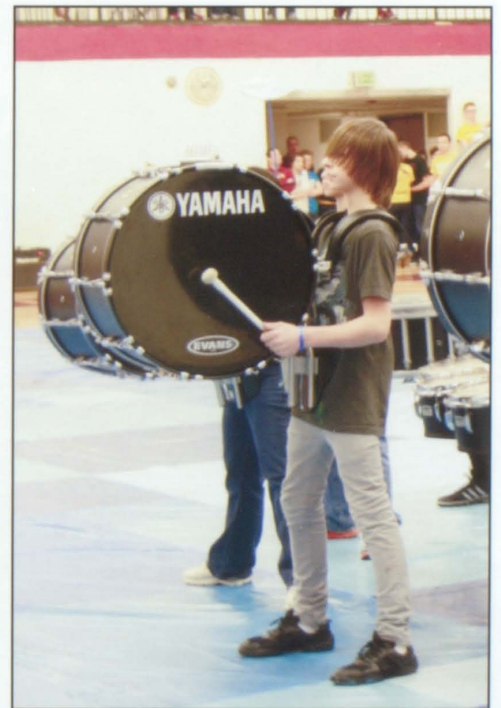
The Deep

Our theme this year is "The Deep." It is supposed to simulate the wonders and dangers of adventuring through the ocean. Drumline consists of the batterie, that marches around with drums and cymbals, while the pit is composed of keyboard instruments and electronics. There are many competitions during the season, where we compete with other drumlines in our Class A Division. We are scored based on our music, visuals, ideas, etc. Every note we play and every step we take is on a specific beat. Everything we do has a purpose and place.

This year the line dominated the Minneapolis Regional Finals with a score of 81.75, taking first place. Out of five midwest states, the team Heads to Dayton Ohio to compete at the WGI Percussion World Championships.

-Jessica Norman

Mackenzie Steinberg (11) "Joining drumline was by far the best decision I've ever made. It stresses me out, yet keeps me sane. We blend art, music, dance, performance, and hours of hard work to create the best show we can every year and I wouldn't change it for anything."



Keagan Larson (9) stated, playing the bass drum, requires a lot of technique and concentration.

Kayla Adams (12) stated, "Drumline challenges people physically and mentally to create strong, well rounded individuals. It inspires us to let go of our egos so that we can become part of something bigger than ourselves. The people you meet aren't friends or even family. They're more like fellow pieces of a whole."

Danielle Stace (10) commented, "I have been playing in band since 6th grade." On the sides of her are Meghan McMahon (10) and Laura Ziegelski (10) who were all practicing before the teacher even started class for the day.



When asked what his favorite part of band is Tanner Egelkraut (10) said, "my favorite part of playing band is having an awesome teacher like Mr. Zumwalde."



Christopher Thurnbeck (12), Kyle Sowers (12) and Mackenzy Matteson (12) loved playing guitar together everyday in class. When asked what he likes the most about playing guitar Thurnbeck said with confidence, "I'm the best, I like being the best."



Mr. Zumwalde conducts the class during one of their practices. The band practices every day at school; working hard to create beautiful sounding music. When asked what her favorite part about being in band is Laura Ziegelski (10) said, "I love getting to play cool instruments and just being in the band."

Bands

Samantha Weigel (10) also commented "the best part of band is the teacher". Everyone in band loves having Barry Zumwalde as a teacher, he makes their time together very enjoyable.



There are many musical groups at FLHS and many opportunities to join them. It may take months or years of practice to get certain parts of playing an instrument down, but it's worth it, if that is what you are working towards.

The bands practice a lot, some even practice early hours in the morning. That shows that they are all dedicated to playing and are working hard everyday to achieve their group and personal goals. All of their hard work goes into their concerts they have throughout the year. The concerts they have are very exciting because they get to show off their musical talent for their friends and family.

Being in a band requires everyone to be working together to create the perfect sounds. Even though everyone plays different instruments, each instrument matters when putting together a song.

Playing the song

For sophomores, being in the band helped them meet new people right away when they started school and it made coming to a new school less scary. **Jack Bernier (10)** said, "I love being in the band, its great. I like playing songs for our home teams." The bands spend so much time together and have fun and make a lot of memories. **Philip Sauer (12)** shared his favorite memory of being in band. "Going to the mall of America with the jazz band my junior year and playing Christmas music and being the MC for our performance was my favorite memory."

Overall the bands at FLHS are hardworking, talented groups that enjoy playing music for others and themselves.

- Shelby Benson



The guitar class poses with their guitars for a picture. The students worked hard in this class everyday to learn how to play and to perfect the songs they knew. When asked what song he liked playing best on guitar **Mackenzzy Matteson (12)** answered, "Red Hot Chili Peppers".



The people in the back of the band keep the whole beat together. They move around playing multiple instruments to create many of the background sounds in the music. "I enjoy having fun with others in the percussion. I love the atmosphere!" commented **Tyler Weed (10)**.

Orchestra

Dedication for music

When walking through the halls of Forest Lake High School you can almost always hear the sound of music. Orchestra, being one of these sounds one will hear when they walk the halls of Forest Lake. The orchestra practices everyday during first and second period throughout the school year to learn and master their songs.

Being a member in the orchestra is a great way to learn the classics, which most of today's music has rooted from. An orchestra member Adam Domitz says, "I love being in orchestra, and have fun playing music and also hanging out with friends in the class." As they work though the year, members strive to achieve the goal of reaching the next level of performance from where they started at the beginning of the year. In addition to achieving this goal, another main goal they

continue working on everyday is teamwork. Teamwork in orchestra is a main component to being on tune when they all come together to play during practices and concerts. The audience notices this hard work and dedication that Orchestra has strived to achieve during their concerts throughout the year. Mr. Zumwalde, and Mr. Livermore appreciate the hard work and dedication they have taught to their students as they have worked as a team to reach these high standards.

~Valerie Friend and
Teddy Washburn

Quinn Duffy (10) and Rowan Hume (10) pose for a picture after the big orchestra concert in January. Duffy stated, "We worked hard at the pieces in this concert, it was great to finally perform."



Orchestra teacher, David Livermore, opens with a memorable speech, introducing his students and shares about the hard work and dedication the students have given in order to perform at their concertS.



Casey Jepsen-Abendroth (12) plays the cello for the choir to sing along in the January concert. Casey enjoys being a part of the orchestra, and has a fun time playing during school concerts. Jepsen-Abendroth stated, "Being a part of the high schools orchestra is something I've enjoyed over the years."

Teacher and conductor, **David Livermore**, holds his baton out to his musical ensemble to enhance and exaggerate specific parts of his, and his students complex musical piece. The orchestra was successful, and the audience cheered as they ended their last note in the piece.



Adam Domitz (12), Arne Woinarowicz(11) and John Hagen (11) patiently wait while watching the band. "Orchestra is awesome because we get to take an hour out of our school day to do what we love," stated **Domitz**.



Orchestra practices every morning during first and second hour throughout the year. An orchestra member, **Miranda Rossbach (12)** stated, "Orchestra is fun because we all know each other and we get to play such a wide variety of music."

"I enjoy being in choir because I love making fantastical music! The singing that we do just clears my mind, and it also relaxes me. Choir is like my hour of relaxation," stated Carli Kirchner (12)

"I enjoy choir because not only do I create lasting relationships with my teachers and peers, but I also get to know all the other students in the music hall as well as create a deeper relationship with music," commented Kellie Wambold (12).



"I feel like we aren't just another class, we're more like a close family. We help each other learn what we need, and often times become the teachers ourselves. It's a much more comfortable place. It doesn't even feel like a classroom," stated Shay Behrends (12).

"I enjoy singing, and it's a good break from my really busy schedule. I've been in choir since the fourth grade and have found it to be a passion of mine. Music is everywhere and having it in school is the greatest opportunity," stated Reagan Distler (11).

Choirs

Stirring up some treble

"I love choir because singing is a great way to express yourself. It's also a great way to hang out with friends, have no homework, and PARTY. Being a bass is awesome because we're always making choir fun for everyone! There's never enough bass!" commented Devin Feidt (11).



The Forest Lake Choir has been through quite a big change this year. This year, the choirs were introduced to a new choir teacher, **Alyssa Wyatt**. She brought in a new style of teaching and directing. Harmony, commitment, focus, dedication, and love of music are all key elements to help develop a sound pleasing to the ear. Music is much more than people think.

Choir is more than a group of people putting pieces of music together. It's a passion: It's performing and practicing for hours. It almost feels like more hours are put into practicing for choir, than sitting in another class. They effect people with their music and that's how they find the beauty of it. Music can make you laugh, cry, smile, so much more than you would expect. Being able to evoke those emotions in their audience is huge.

These student don't take music as a class they can "slack" in. They are there

because they love what they do. This year, **Ms. Wyatt** continues to do individual voice lessons with her students. These lessons help the students work on pieces of music they have chosen. She works with them on how to become better and how to achieve their highest potential. Individual voice lessons teach individual students their strengths and their weaknesses. This can benefit them in many ways.

Overall, the students went through a big change this year, but they are still having a great experience and still love what they are doing.

~Brittany Johanson



"My favorite part of choir is how everyone is so closely connected because we all share a strong love for music. Also, the friendly rivalry between the bass and the tenor sections!" commented Jacob Taylor. (12)

"I love the feeling of finally hitting the note I've been striving to hit for weeks, I love actually feeling my voice strengthen and mature. I just love choir in general because it allows me to become a whole other person in one song," stated Celeste Pereira (12).

Link Leaders doing training for the sophomore orientation in August. **Ala Tyler (11)** stated, "Being a junior Link Leader has been a lot of fun and I hope I can do it again next year!" From the past few years juniors and seniors have been making underclassmen feel welcomed at FLHS.



Two seniors wait on the bleachers for sophomores to come and have a fun day at their first time at high school. **Tal Swenson (12)** exclaimed, "I'm glad I can help the younger students, it was a very fun day!" New friends are created at the biggest event to kick off the school year.



A group of senior leaders cheer in the stands to get the sophomores attention. **Mikensie Johnson (12)** exclaimed, "having fun and helping out incoming sophomores is the best part of being a Link Leader!" The seniors really connected to the sophomores because of their experience when they first came to FLHS.

Link Leaders

Every year juniors and seniors come together for training in the summer to prepare for a day welcoming the new sophomores. The Link Leader crew is dedicated to making Forest Lake High School a friendly atmosphere, so the sophomores feel comfortable as they experience being in a new school. Mr. Koch, one of the organizers and main advisor of the crew stated, "I think we had a very good energetic and dedicated group that worked hard to help the incoming sophomores feel welcomed and make our school a more positive place."

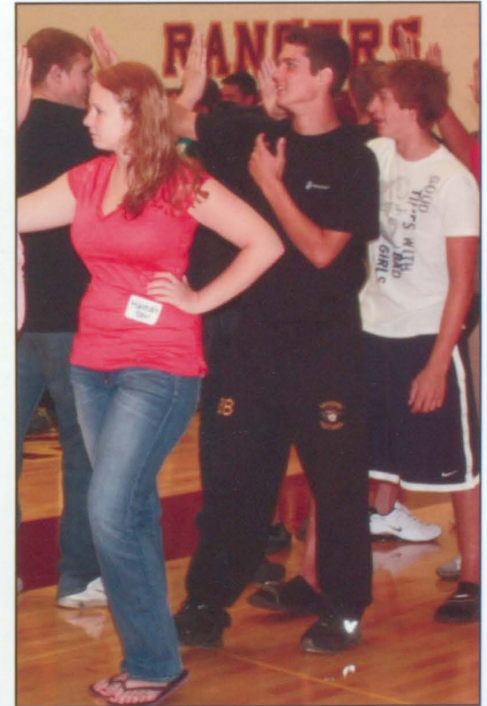
After the first week of Link Leaders helping the sophomores, they break into smaller groups and join the sophomores in their advisories and get more connected with them, playing games and having discussions. Also, Link crew is involved in other school activities, joining the Most of Us campaign as well as welcoming new students into Forest Lake High School. Link is active in all aspects of the school and thrive to make it a friendlier place where everyone is welcome!

-Samantha Anderson &
Abbigail White

After a chaotic day the Link Leaders of 2012-2013 gather together to take a group picture. Brittany Grant (12) exclaimed, "It was fun to watch the sophomores become so independent their first year of high school!" The day was a success and everyone had a fun time!



The Link leaders mixed into the crowd of sophomores to get to know them and make them comfortable with the starting activities. "I enjoy being a role model to the incoming sophomores," David Lafferty (12) said. Lafferty has been really involved with his link students throughout the year.



Pairing up with other link leaders for an activity, the link leaders got to know a few new people themselves. Randy Rehbein (11) said with great excitement, "It was so great being able to help out the new sophomores." After the group activities they met in smaller groups to get to know each other on a more personal level.



19 FFA members attended Crow Wing State Park to participate in the annual Chapter Camp, where they participate in leadership activities, as well as planned for the upcoming year of FFA events. "FFA is an amazing organization" **JOSEPH RAMASTAD** (10) exclaimed. The students had a chance to bond away from school.



MICHAEL GRABER (12) and **ALEXANDER TORGERTSON** (12) do a tune up on Mr. Kendrick's car. "These are skills that you'll use for a lifetime," Torgerson said. Auto shop not only helped students learn, but helped other students with car problems.



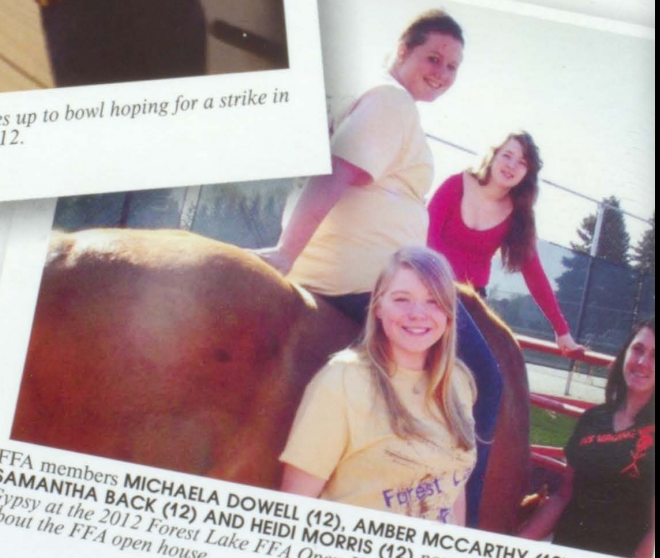
BLAKE AMMANN (12) and **JOHN THILL** (12) work hard doing work in Mrs. Rodewald's advanced functions and statistics in geometry class. "Doing work, what we do best!" commented Thill.



AARON WIESE (11) goes up to bowl hoping for a strike in the Special Olympics 2012.



Mr. Joe Graffi teaches **DANIEL MOLLET** (12) how to apply a sling in Mr. Kendrick's Emergency Medical Reponse class. "I think I could now save a life" Mollet explained. EMR was introduced to FLHS this year; it's a great class to take for future doctors and nurses.



FFA members **MICHAELA DOWELL** (12), **SAMANTHA BACK** (12) and **HEIDI MORRIS** (12) pose with Michaela's horse Gypsy at the 2012 Forest Lake FFA Open House. "Everyone was excited about the FFA open house."

In Focus



CALVIN WADDLE (12) Works quietly in art class. "I love art!" Waddle added. Art gives students a way to express their individual creativity.

Education is the foundation of Forest Lake High School. It is the building blocks to our school. We learn and grow mentally and physically. There is a wide selection of class choices, anywhere from Agriculture classes to Fashion Design. These classes will prepare us for a successful future.

Believe it or not, some of your best memories in high school come from the things you do in class. Everyone will remember playing pre-school in Childhood Development or fixing their first car in Auto Shop. You may have even met one of your best friends in a class. Classes can also be a struggle, like remembering 'mole' equations for chemistry or knowing the exact date for historical events in world history. Everyone strives for all A's, but regardless what grade you receive, it only matters if you stay in focus.

-Teddy Washburn



VALERIE FRIEND (12), AUTUMN DEL VECCHIO (12), SAMUEL SCHMINSKI (12), RICHARD CARR and KARLYNN RISTROM (12) pose in front of a back board at the Scandia Fire Department on the EMR field trip. "It's fun to be able to get up close and know the workings of ambulances and fire trucks" stated Friend. The fieldtrip gave students the opportunity to get hands on learning.



NICO ORTEGA (12) and MICHAEL GRABER (12) work on a transmission flush and brakes on a Corolla. "This class is awesome because it's all work and it feels like you're not even in school," Graber said. Auto Shop was a great way to learn the mechanics and workings of vehicles.

The kids in Woods class each had a difficult project to create. **Brendon Bennett (11)** stated, "My favorite thing to build was an end table." He and **Aaron Brinker (11)** work diligently together.

Industrial Tech

Learning real life skills

Industrial Tech has a wide variety of activity classes including Woods, Carpentry, Electronics, Auto, Power, Metals, and Drafting. At 2:30 every school day except Friday, a team of students work together to build a small engine car. Their goal is to double the amount of gas mileage from last years car. Their hoping to get 300 miles/ gallon with a 3.5 engine. In Woods class, they spend their time creating cabinets, chairs, end tables, ect. **Wolfgang Lalli-Stolts (11)** stated, "My favorite type of wood is cedar." Industrial Tech really showed off the student's talents and passion for their creations. **Dominique Blanchard (12)** and **Austin Morris (12)** said, "We haven't found a hard project yet."

-Kayla Nelson and Emma Mattheisen



Gunnar Ewert (10) is cleaning a small motor. He says, "the hardest thing to do is to fix a lawn motor." After this class they properly know how to take apart, clean, and put back together motors.

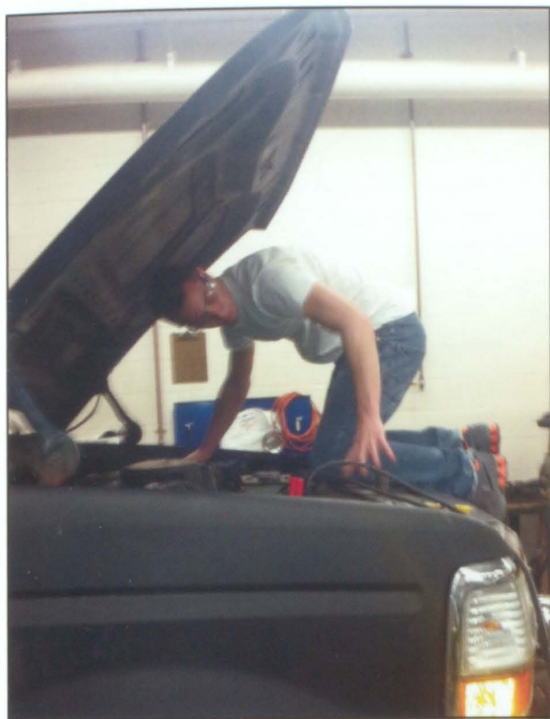


Every year Mr Rivard's Carpentry 2 class builds a house to be sold to someone in the community. Students were very proud of their accomplishment. "It was great learning new things about carpentry, I know it will help me in my architecture career," commented **Elizabeth Thordson (12)**

The class works together to put finishing touches on the roof. They worked very hard and accomplished a lot. Soon they will be working inside.



Working hard to figure out what is wrong with the truck. Trevor Schnider (12) stated, "I enjoy working on cars with my buddies."



Auto

Hands On Learning

Auto Mechanic's has grown to be a big part of the high school. It gives the students a chance to take a class that advances their skills in auto maintenance. This class has become more popular throughout the years. Many staff as well as community members take advantage for free labor while contributing to students learning.

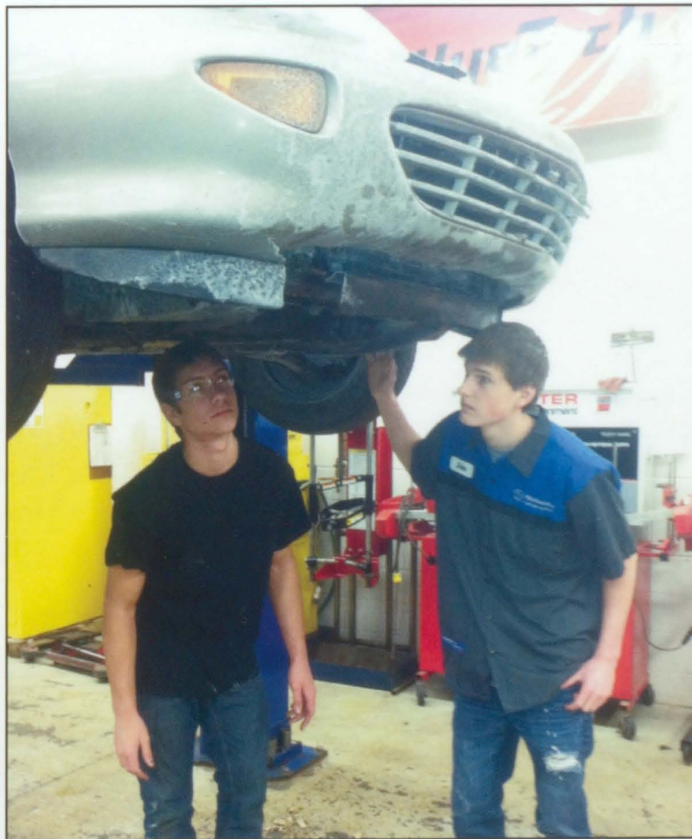
More and more students are finding interest in working on cars and getting hands on help. **Taylor Gullikson (12)** stated, "Being in auto tech is a great experience because we can take what we learned and bring it to the real world. It's the only class that is treated like a job."

Mr. Beukema has been working at the high school as the auto's teacher for about 6 years. He dedicates a lot of his time to teaching the students basic and advanced techniques. **Adam Peterson (12)** stated, "Auto tech is a unique class, which gives students tools to build on, and expand their knowledge in many ways. Mr. Beukema is a great instructor that will go out of his way to help you learn."

~Jessica Norman



Each year the school offers advanced autos for students. **Jacob Lochen (12)** stated, "I enjoy having to face challenges on a daily basis." These students work mostly by themselves to fix cars.



Students look under the car to figure out what is wrong. "Working on cars with friends all hour, for the second half of the day is a good way to end it," stated **John MacCallister (12)**. Many students joined this class knowing something about cars already, others joined because they want to learn how to fix their car.

FFA

An Agricultural Business

FFA is not only a high school club but it is an agricultural organization that gives students, beginning in eighth grade, a chance to become part of a family where they can grow together through agricultural education to develop leadership, personal growth, and career growth.

The FFA's organization is involved in a number of events. These events include; Career Development Events, Supervised Agricultural Experience programs, our annual Agriculture Open House, Horse Shows, Veteran's Day Program, FFA Week, Plant Sales, State and National Conventions,

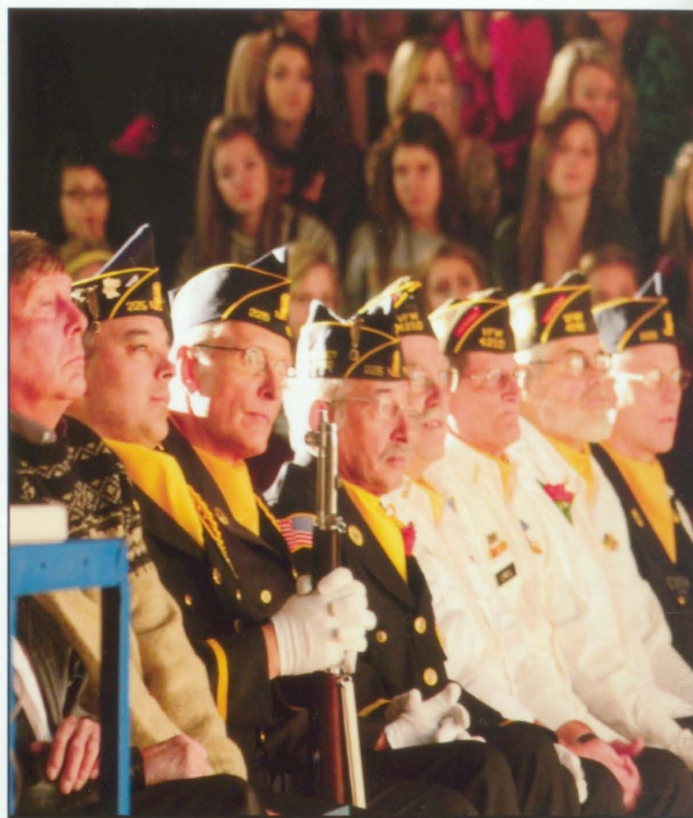
Regional and Chapter Banquets, Leadership Workshops, and Adopt-a-Family Food & Toy Drive. They work hard as a team to organize these events and raise money to support their club. As they work together through the year at these events and meetings, members only grow closer together, and one more step closer in achieving their goals through agricultural education.

-Valerie Friend

A few FFA officers take a picture around one of the tractors shown at the National FFA convention in Indianapolis, Indiana.



Children visiting the fair stand around Hanna Post (12), who holds one of the many ducks of the fair. The duck brings smiles and excitement to the children as the FFA member holds it for the children to touch.

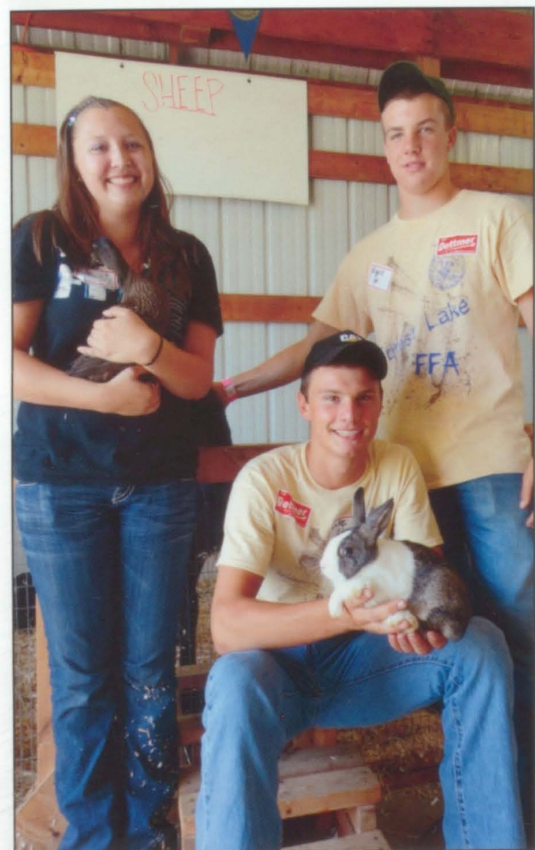


An annual event that the FFA puts on is a Veteran's Day Event at the high school. Veterans from wars attend the assembly to be honored as heroes of our time. All students gather in the gym to watch this one memorable event.

The picture below shows a group of students that are involved in part of the animal science agricultural studies. The students stand in line struggling to keep their lambs in line as well during the annual field trip to the science department at the University of Minnesota.



FFA members; Amanda Stafford (9), Savannah Jeans (10), Sarah Neeck (10), Sofia Rappa (10) gather together to take a picture with their baby cow that they're showing for the week at the fair.



Taken at their agricultural fair, these FFA members; Luke Niemczyk (11), Maddy Marrier (11), and Kyle Winberg (11) show off their rabbits as they come together for the picture. Winberg said as he poses by his cow, "Petting animals is fun!"



FFA Officers: Rachael Huset (11), Erica Daninger (Graduated), Nathan Daninger (Graduated), Benjamin Plautz (11), Sarah Neeck (10), Rachel Anderson (12), Shelby Sandstrom (11), Joseph Ramstad (10), and teacher Mr. Miron stand together representing the FFA organization at the National FFA Convention in Indianapolis. They all agree in saying, "I love being a part of this organization. Being able to lead and watch team members grow and develop as they learn more agricultural skills."

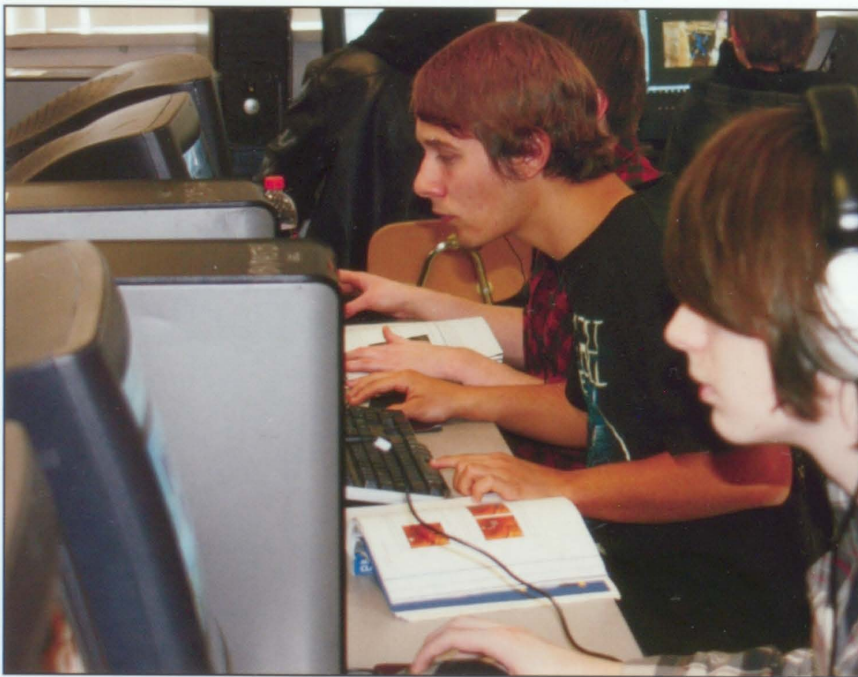
Art

Painting a better picture

The Art Department is one place that many students feel they have the most freedom to express their thoughts, loves, and dreams. Whatever spikes your interest, whether it's working with pottery, basic drawing and painting, or photography, we have it. The art classes range from your basic pre-requisites such as Design Basics and Fundamentals of Art, which focus on the main 'Basics and Fundamentals', then extend into the more challenging courses such as Ceramics, Photography, and Related Arts. One of the most popular courses in the department that many students have been fond of is Ceramics. This class spikes the interest of many students solely because you work at your own pace and you actually get to use your own pottery wheel to make a variety of pots, bowls, decorative vases, etc. Even though the number of students who go into art or design as a major in college isn't as popular as many other majors, the art basics alone can be crucial to most students to have because some people don't realize how much more creation that these courses bring to the mind.

- Sammi Simons

In the Ceramics class, students Teresa Mahnke (11) and Keenan Patterson (11) use the pottery wheels to make different types of clay pots and vases. Another student Jesse Garcia (11) said "I love having Ms. Sonnen as a teacher and she made the class much more enjoyable to be in."



Joshua Banta (12) and Grant Newkirk (11) work on a layout in Photoshop and InDesign. Banta said, "Expanding skills in Photoshop and InDesign is a great educational experience."



Seniors Brandon Gunderson, Taylor Gullikson, and Samantha Hanson work on their paintings in their Fundamentals of Art class. Gullikson said, "I love my art class because it gives me the chance to express how I feel through my work. I think we should have to take even more art classes!"

On Thursday March 7th the FLHS Culinary Team competed in the Minnesota ProStart Invitational. Much to our surprise the team took 1st place! Team members will be headed to Baltimore, MD April 19-21 to compete in the National ProStart Invitational along with 44 other state winning teams. Ramiro Gallegos also won a Knife Skills Award and was presented with a set of knives. Ramiro plans to attend the Art Institute and received a \$3,000 scholarship with the teams win. Kristyn Onasch will be attending Le Cordon Bleu and received a \$6,000 scholarship. There are several other large scholarship options available to the team if they choose to attend those schools. The students will have the privilege to work with top area chefs as they prepare for the national competition.



Above - Team Members
 Ramiro Gallegos (12)
 Kristyn Onasch (12)
 Laura Feyma, (coach)
 Amanda Williams (12)
 Robert Farmer (12)



Right before Christmas, the Intro to Culinary classes began to make their homemade Gingerbread houses with their kitchen groups. The students baked their house pieces and assembled the colorful houses with homemade icing and all kinds of sweets and snacks that were used for decoration.



Tanner Lane (12) and Jennifer Miller (12) work on a team building project in their Exploring Childhood class. Miller said, "I love my Exploring Childhood class because it gives me the opportunity to interact with the students one-on-one outside the classroom and have the ability to bond with the students individually."

FACS

Building up the Framework

The FACS department is made up of many different classes such as Culinary Courses, various amount of Art classes, Sewing, Child Psychology, Exploring Childhood, and Independent Living. This department is focused on certain skills or needs that will help improve or better your life as you begin to move on into the big world by yourself. Many of the Culinary courses focus on the basics of cooking and the skills needed to prepare simple meals.

Recently a new course was added, Advanced Culinary. The course focuses on more advanced and intricate dishes and aspects of cuisine. The students learn how to make meals in a mass amount of form when they take on "Gourmet-To-Go" where the staff around the district can order and pay for the students to make meals for them, and the meals are prepared and delivered to the customers. Students also take on "Cupcake Wars" in their cake decorating unit. They are challenged to make as many cupcakes as they can in a certain amount of time, decorate each cupcake to fit the theme, and make a giant display for all the cupcakes to sit upon. Because this is considered an advanced course, it allows students to further challenge themselves in their culinary skills and broaden their interests in the culinary art itself.

The Child Psychology and Exploring Childhood courses are also a very big interest to many students who think about going into early childhood development or careers that focus on working with kids everyday. Both courses allow students to have one-on-one interaction with kids/students, plan teaching lessons, and have the ability to individually help students develop and learn from a different perspective.

The Independent Living course is mainly focused on learning how to live on your own and manage your finances responsibly. It also highlights the key tools to balance your career, family, and relationships at the same time. Most of the courses offered in the FACS department seem mostly beneficial to life after education but also offer courses to allow you to express yourself and skills of that interest to others.

- Sammi Simons

World Language

French, Spanish, Chinese

Language is the vehicle everyone uses to communicate. An understanding of a foreign language and culture adds a more complete understanding of our own. In addition to understanding a rich foreign culture, students also gain the ability to communicate with people they otherwise wouldn't know. Students who have studied a foreign language develop an openness to, and an appreciation of other cultures. "I love learning the Spanish language, and getting more and more fluent. Senora Espe-och is the best!" exclaimed Spanish Five student **Valerie Friend (12)**. Students gain the ability to better understand people, their culture, values and traditions through taking one of the many foreign language opportunities.

The experience to travel to a different land while still staying in the classroom is an adventure not offered

to all students. Learning a foreign language opens a door to other cultures and helps a child understand and appreciate people from other countries. Learning a new language is an enormously rewarding experience in many ways.

Forest Lake High School offers the opportunity to study French, Spanish, and the newly added this year, Chinese. Many students utilize the opportunity to take language classes all the way to a college level. The benefits of learning a foreign language are immense and varied. The students at Forest Lake have bettered and prepared themselves for the future by gaining a more inclusive understanding of the world around them.

~ Hailey Swanson

A group of students from the newly offered Chinese class work on a project in the hall. (Back row) **Andrew Leffala (10)**, **Joseph Lerum (12)**, **Zack Pierson (12)**, **Clay Drobnick (12)**. (Front row) **Brittney Rangitsch (11)**, and **Erica Rapheal (12)**. Chinese is an important language to learn in this day and age, I really like the class," stated **Rapheal**. Many students this year have taken advantage of studying Chinese, a class that is a new addition to the foreign language curriculum.



Students **Ryan Sudo (12)**, **Emily Larson (11)**, **Alyssa Taylor (11)**, and **Jarod Bowers (11)** gather in Madame Colton's French class to discuss bookwork together. "Being in French Four with a bunch of juniors forced me to make lots of new friends. I ended up having a lot of fun with them, even though they were from the class of 2014!" exclaimed **Sudo**. The experience of taking a language class not only brings people closer together, but furthers their education in a foreign culture.



Senor Wing's Spanish class gets together for a photo. The class was relaxed after the reward of survivor winner was no longer in the running. "I like the class, it was a lot of fun," stated **Nicholas Reller (10)**. Senor Wing contributes a lot of excitement to the class by not only teaching his students the lessons of Spanish three but by also playing the challenging survivor game to keep his students involved.

Foreign Exchange

1. What are you going to miss most?
2. What was your favorite thing about the United States?
3. What was your favorite class?

Germany



Carolin Rieber

1. The people
2. Seeing the different lifestyle
3. Sewing



Poland



**Janina Motylewska
(Janka)**

1. School and how easy it is here
2. The people are open and friendly
3. Floral Design



Russia



Olga Koreneva

1. The friendly people
2. The experience
3. Spanish



Italy



Filippo Pistis

1. My new friends
2. The experience
3. Accounting



Germany



Leon Mueller

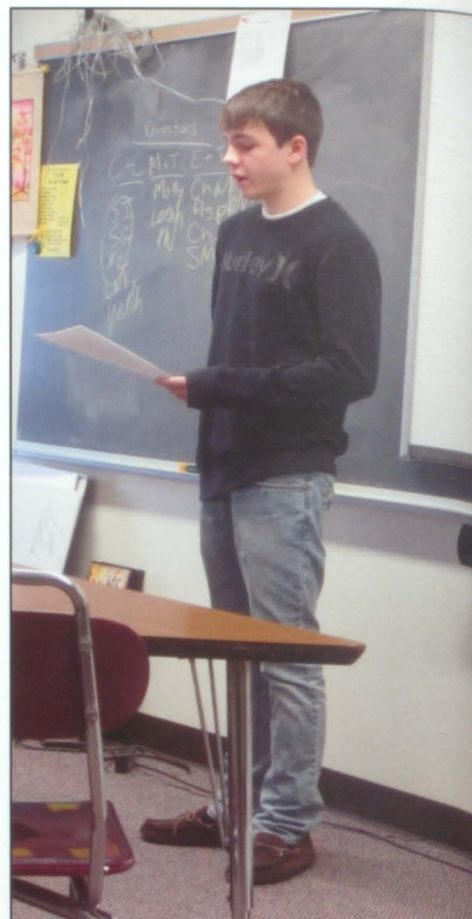
1. The people
2. Hockey games
3. Art



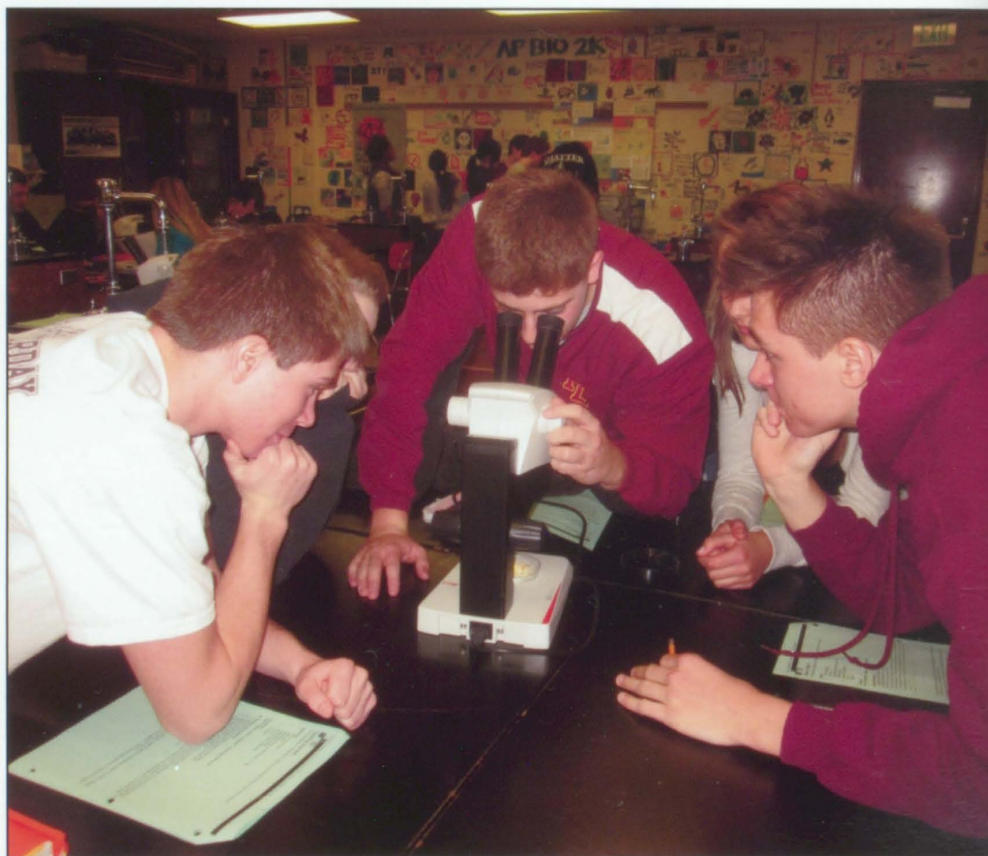
CIS Introduction to Literature students, Kristina Bramley (12), Amanda Motz (12), Leighann Hall (12), and Aaron Stenberg (12) stay after school to work on a project for class. "The class is great, I've learned a lot," Stated, Motz. The class is very reading intensive; students read about 8 college level books over the course of the class.



Thomas Gadbois (11) gives a speech for his classmates about homeschooling. "Everyone should take CIS speech!" exclaimed Erica Nygaard (12). CIS advanced Public Speaking pushes students to research more about their topic. The class taught students how to speak publicly in a proper way.



CIS American History students, Karlyn Ristrom (12) Mariah Daninger (11) and Kelsey Magnuson (12) read excerpts from books that historians have written. The class covered topics from the 1880's to the present. Ristrom commented, "I took this class to prepare myself for college."



AP Biology students Austin Rizzo (12), Austin Reed (11) and, Jacob Taylor (12) observe pill bugs. The class designed their own experiment to understand the behavior of this organism. "This is just one of the many ways Mr. Leventhal helps us understand," commented Taylor.

Amina Cheikh (12) and Jordan Hickie (12) look up from their AP Calculus homework. "I decided to take this rigorous course because it is required for all architecture majors," stated Cheikh. Students have worked hard all year to learn new things and review old information. Calculus combines many different types of math and introduces new ways to solve the problems.



AP and CIS

Excelling in Academics

AP and CIS classes are college classes offered at the high school. AP stands for Advanced Placement and CIS stands for College in the Schools. Select classes are offered to students who qualify. The students who qualify decide whether or not they want to take these college level classes. If students pass the AP national exam, they receive a college credit. CIS students receive a college credit if they pass the class with a C or above.

At most colleges your academic record is very important. Admission advisers like to see that you have taken classes that challenge you. The grade you receive is a reflection of how hard you work and apply yourself. Taking these classes can prepare you for college and help you get ready for years to come. Some students take enough AP and CIS classes to graduate college a semester or even a year early. Taking these classes allows you to explore many different subjects and decide what field you want to go into after high school. It

also frees up space for classes in your first year of college. The students who take these classes work very hard in school.

There is no mathematical equation to know what motivates students to go beyond regular high school classes and take AP or CIS classes. After talking to several AP students I found that most took college classes to get ahead on college credits. Some students liked the teaching style more and others just wanted a challenge. **Ryan Sudo (12)** stated, "Teachers are more engaged and they care about the subject more." AP and CIS students work very hard in and out of school. These students strive to achieve more, and in the end, are rewarded for it. Some students start taking college classes in their sophomore year. Others wait until their junior or senior year to take AP or CIS classes, and some students decide not to take any at all. Whether a student takes 0 or 6 they are working to prepare themselves for life after high school.

-Elizabeth Thordson



AP Physics students, Jason Shevik (12), Cassandra Giesner (12), Riley Schilling (10), and Megan Gemuenden (10) stop their work to smile for a picture. They were working on converging lens ray diagrams. Giesner explained, "I like learning independently." AP Physics students are allowed to work independently to prepare them for future college classes.



Students study for their AP Psychology final in class by playing Jeopardy. Former AP Psychology students stated that they learned a lot and found the class very interesting. The knowledge gained in class is very applicable to real life situations.

Special Olympics

"Let me win, but if I cannot win, let me be brave in the attempt. "

- Motto of the Special Olympics

The Special Olympics is all about giving the kids the opportunity to get a the chance to become a team and create new friendships. The students work together to be the best possible person they can be.

In the Fall of 2012, students from the high school, the junior high and the transitional program (STEP) got together to form a bowling team. They would practice after school at the local Stars and Strikes Entertainment Center in Wyoming.

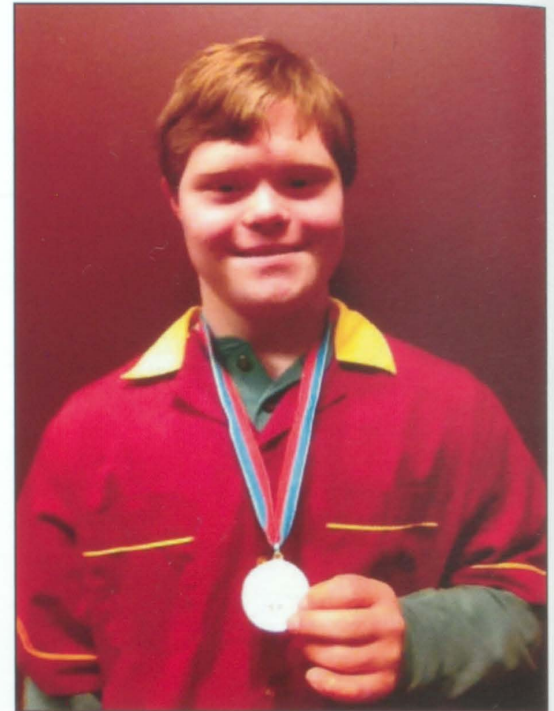
Throughout the years the Special Olympics has been forming teams, and students from the high school volunteer to work with them. **Rachel Huset (11)** stated, " I enjoyed spending time with them and getting to know them better.

I look forward to helping them next year."

The skills and knowledge that the students get from this experience will not only help them in school but in their future as well. **Haliagh Gulden (12)** stated, "Helping coach Special Olympics has been a blast and a highlight of my highschool years. The athletes all come with their best foot forward and ready to do their best and learn!"

~Samantha Anderson & Courtney Brihn

Each year the students get the opportunity to win metals. Aaron Wiese (11) stated, "Getting a metal for first place with the most strikes was exciting."



The Special Olympics bowling team has been going on for years now. Zachary Anderson (10) stated, "Being with my friends was my favorite part of bowling."



Michael Shaw (10) was a part of the bowling team this year. Shaw stated, "Winning a metal for getting 177 points my first game was awesome!"

Certification for Success!

Emergency Medical Technician/Introduction to Healthcare

There are two health courses provided by the school that gives students the opportunity to be certified in two different healthcare fields; pre-hospital, and hospital care. Emergency Medical Responder (EMR), and Emergency Medical Technician (EMT), are two new courses that were introduced this year. These courses inform and teach students the skills needed to work in emergency and ambulance care. After completing the course and passing a state test, students will be certified as an Emergency Medical Technician.

Introduction to Healthcare has been a class offered at the high school for many years. This course informs students how to perform in-hospital care. After completing and passing this course, and the State test, students are certified nursing assistants that are able to work in hospitals and nursing homes.

~ Valerie Friend

(Top Row): Haleigh Gulden, Rachel Shumaker, Katrina Schlumbohm, Brittany Rod
(Middle Row): Mrs. Johnson, Jessica Dhaene, Mary Kasl, Emilie Goblisch, Megan Pepin, Abbi Miller, Brittany Jobanson, Jessica Borgwardt
(Bottom Row): Olivia Decheine, Valerie Friend, Hanna Valento, Alexandra Charest



(Back Row): Jacob Woinarowicz, Zachery Fecteau, Luke Maxwell, James Swanson, Austin Roth, Dylan Berghund, Weston Hanson, Cory Vanneste,
(Middle Row): Allie Bothman, Jacquelyn Hastings, Regan Oman, Abigail Meyer, Karlyn Ristrom, Shannon Lijedahl, Brittany Grant, Tiffany Henry, Kyla Thomas
(Front Row): Mariel Rosauer, Richard Carr, Anthony Rivard, Samantha Dalke



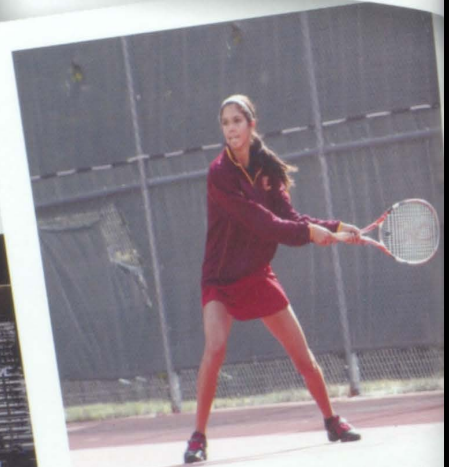
This picture represents a modeled damaged forearm in the EMT class. Joe Graff, a certified expert in many fields, assists Mr. Kendrick in teaching the students how to deal with real life trauma. Joe uses special tools to create a moulage to show students what a real life emergency situation could be like.



"I loved playing with them, because we're more than a team. We're a family." CAITLIN FREER (11)



"This season was amazing and I wish it never ended" EMILY PAULSON (11)



"It was a really great season with the girls. We can't wait to get the Elks next year!" RISA ANDERSON (11)



"It was a very very interesting season." TANNER LANE (12)



"I wish the season wasn't over, it was a good one." DANIEL MOLLET(12)



"We danced our hearts out, I'm sad it's over, I can't wait until winter season starts." EMILY ISAACSON (11)

Action Shot



"We had a really fun season! We worked hard, I'm looking forward to next season." **QUINN DUFFY (10)**

"We are looking for players whose name on the front of the sweater is more important than the one on the back. I look for these players to play hard, to play smart and to represent their country." –Herb Brooks

In Forest Lake we have the heart and determination to always finish and give 110%. We play with the intentions of winning and nothing less. This is our time to show what we can do, and what we love. One day our action shots will mean so much more to us than just another picture hanging on the wall. It will remind us of the hard work, dedication, blood, sweat, and tears we put into our practices and games. Nothing can change what happened in those photos



"It was a good season." **JESSICA WALKER (10)**



"It was an awesome season and looking forward to next year." **DEREK GEISNER (11)**

(Back row) Jon Hogan (12), Matthew Keith (12), Nicholas Ladwig (12), Isaac Christianson (12).

(Front row) Cody Rogala (12), Austin Rizzo (12), Matt Eiden (12), Daniel Mollet (12). Each had a fantastic season. "Our team was very close which allowed us to go far this year, making it to semi-finals of Sectionals," stated Jon Hogan. Having a tight-knit group is key to a successful season.



Paul Litecky (11) and Keenan Patterson (11) slide into Blaine player to avert the course of the ball. "Teamwork is all it takes," said Keenan Patterson. The two juniors worked together throughout the game and for the rest of the season, showing that when you work as a team, the rest comes easily.



What do you like about being captain your senior year of high school?

Captain Austin Rizzo (12):

"It's pretty fun being the cool guy that everyone looks up to."



Captain Daniel Mollet (12):

"Setting an example for the future soccer team."



Captain Matt Eiden (12):

"Guys looking up to me to lead them through games and in the playoffs."



Matt Eiden (12) chased after the ball while simultaneously dodging a Cretin Derham Hall player.

Preston Cowing (16) blocked his way as he made an amazing play for varsity at their home game against White Bear. "I was dodging players from the other team in the midfield. The end result of 2-2 did not reflect how well we played that game." Preston had a great game and an even better season.



SCOREBOARD

vs. Duluth Denfield 4-1	vs. Woodbury 1-8
vs. Duluth East 0-2	vs. Cretin 0-1
vs. Coon Rapids 0-2	vs. Blaine 0-1
vs. St. Francis 2-2	vs. Stillwater 1-3
vs. Mounds View 0-2	vs. Roseville 0-1
vs. Somerset 5-2	vs. White Bear 2-2
vs. East Ridge 0-3	vs. Hastings 3-0
vs. Park 1-0	vs. Blaine 1-5
vs. Andover 2-0	



Back Row Coach M. Koehn, P. Eiden, M. Keith, J. Rappa, K. Patterson, P. Cowing, A. Beecher, Coach R. Tungseth, Coach D. Wasson. Middle Row J. Bush, P. Litecky, R. Taylor, M. Eiden, D. Mollet, J. Hogan, T. Gadbois, G. Peterson. Front Row C. Rogala, A. Rizzo, N. Ladwig, I. Christianson, T. Palomino

Boys Soccer

Shoot To Win



The team's 5-2-10 record during the regular season doesn't even begin to illustrate the amount of hard work put in. When playing to their full potential, they were able to surprise some great teams. Head coach Matt Koehn has been with the team in previous years, which allowed the boys to really connect this year. Koehn did a great job teaching the boys skills that they needed to work together as a team. "This soccer season was definitely my favorite year playing for Forest Lake. With winning our section game in overtime and making it to the semi-finals, I will never forget the effort our team put in. We gave it all we could for the full ninety

minute game" stated senior **David Poyerd (12)**. The team worked well together and kept up their spirit even when the stats didn't look the best.

Despite a hard fought season, the team learned a lot about themselves, their teammates, and the coaching staff. "It was a fun season with a great bunch of guys where everyone got along" said sophomore **Ramsey Taylor (10)**. They also did a tremendous job with team skills. They had a snapshot season that all of them should be extremely proud of.

- Nicole Huset



Row 1: Coach H. Lehrke, L. Kempenich, K. Swanson, E. Mattheisen, S. Jaeb, S. Swanson, A. Steinhoff, Coach A. Hansen, Coach S. Johnson. Row 2: H. Mample, J. Pothen, C. Palomino, M. Mattheisen, E. Paulson, M. Peterson, B. Vogel Row 3: O. Norman, L. Steinhoff, S. Finley

SCOREBOARD

vs. Saint Francis	0-3
vs. Mounds View	0-3
vs. Andover	0-4
vs. East Ridge	1-0
vs. Park	0-3
vs. Coon Rapids	1-1
vs. Woodbury	0-6
vs. Cretin-Derham Hall	2-4
vs. Chisago Lakes	1-0
vs. Stillwater	0-7
vs. Rosevill	0-3
vs. White Bear Lake	2-4
vs. Hastings	5-0

GIRLS SOCCER

Go for the Gold

Soccer is a very intense and fast pace sport. You need to have endurance and coordination. This year we had a lot of new girls on the team because last year most of the girls on team were seniors. The girls worked very hard throughout this year. They had a great start to the season when they went up to Duluth for a team bonding experience and got the chance to play against some Duluth teams. "My most memorable experience during the soccer season was going up to Duluth with the girls." stated **Lara Steinhoff (11)**. Many of the girls have played on the same team for many years. They are all great friends and know each

other very well. "This year it seemed like our team stuck together more and had a closer bond then the past years." Said **Loren Kempenich (11)**. Though this year's soccer girls didn't get the records they wanted, they improved immensely. Most of the girls on the team play soccer year round, getting ready for the varsity season. They ended their season with a heart-rending loss of their goalie due to a broken leg in a game. This season had many struggles but the girls are proud and ready for next years soccer season!

-Emma Mattheisen and Kayla Nelson





Kassity Swanson (9) dribbles the ball away from two defenders. "This was a great season, even though the scores may have not shown, I still had a great time getting to know everyone this year." Many of the younger girls helped significantly during this season.



Captain Olivia Norman (12) makes a fantastic cross to her team mates in front of the net. "My favorite part of the season was the dance at senior night". This game was a great fight to victory.



Everyone runs to Skye Finley (12) after she scored the game winning goal. "The best Part of this season was when I scored this winning goal against East Ridge". The seniors will be greatly missed.

Meghan Mattheisen (10) chases the ball down from a girl against the Hastings team. "My most embarrassing moment was when I was going for the ball and tried to kick it but then I missed and fell." Mattheisen was a key player on defense this year.



Captain Skye Finley (12) "I started playing soccer because I had too much energy as a little kid."



Captain Olivia Norman (12) "Being captain benefitted my life because I get to lead something and it's fun for people to look up to me."



Captain Lara Steinhoff (11) "I prepare for a game by mentally taking pictures of what I'm going to do."

Rilly Schilling (10) and Leo Hipp (10) run neck and neck with Candido Sanchez (8) not far behind at the Princeton course. Schilling said "My favorite meet of the year was the Conference because I did better than I expected I was going to do."

Jacob Jankowski (12), sprints through water at the Extreme Meet. Jankowski stated, "the thing I'm going to miss most about cross country is racing with the boys on the team."



Captain Jacob Jankowski (12), said that his favorite memory was breaking the school record for the 5k. "I ran 15:36, even though they wrote down 15:46..both are



Captain Jack Ebel (12), stated that his favorite memory was his first year going to State for cross country.



Quinn Duffy (10) took 243rd out of more than 400 runners at the Roy Griak Invitational. "Our team had a really good season, we worked hard and are all proud of Jacob Jankowski for making it to State," said Duffy.

The Forest Lake Boys Cross Country Team finish strong at the Blain Invitational. The boys ran the 5k in 1:27:24 and placed 5th out of 15 overall teams.



SCOREBOARD

River Falls Extreme Meet
1st

St.Cloud Apollo Early Bird
7th

St Francis Invite
1st

Hudson Raider Invite
2nd

Roy Griak Invite
36th

Blaine Invite
3rd

Shakopee Invite
3rd

SEC Championships
6th

MSHSL Section 7AA
3rd



D. Johnson, T. Babcock, C. Sanchez, A. Richert, D. Long, N. Smith, M. Henning, J. Jankowski, B. Mahonen, S. Nielsen, Q. Duff, L. Hipp, B. Weigel, M. Smith, A. Stenning, N. Patterson, W. Valentin, J. Ebel, Z. Halley, R. Schilling, R. Hume, J. Reiling, S. Koyts, M. Kelly, R. Mead

Boys Cross Country Crossing The Finish

Cross Country is much more than just having the ability to run, you have to also have determination and perseverance. "To prepare for a big race we have a spaghetti dinner the night before at a team members house and we just try to stay focused" stated **Michael Henning (11)**. When you think of cross country you think of it being an individual sport but it's also a team sport. Each team member runs in hopes of beating their opponents, bettering their time and running fast to help the overall teams time. Many team members agreed that this year was one of the best years they've had so far. Runners bettered their times, made record breaking times and the overall team was strong and placed high. They were not always given the perfect conditions to run in, they faced both hot and cold weather along with rain, but they still pushed through. The team ran

at many different meets and faced many challenges along the way such as the Extreme Meet, in which they had to splash through water. **Jacob Jankowski (12)** ended a five-year streak for Forest Lake for qualifying for State when he won the Section Crown. Although they took third place at the Sections 7AA meet and did not proceed to State, they look forward to trying again next year. **Rowan Hume (10)** said, "The thing I look forward to most next year is making it back to State." This year was a good year for the Forest Lake Boys Cross Country team and each individual. The seniors moving onto college will be missed and the new members of the team will be welcomed. Looking forward to next year, they hope for another good year and making it to State.

-Shannon Liljedahl





Front Row: M. Mackey, D. Mogren, J. Spanjers, K. Palo Row 1: I. Springer, J. Parent, M. Clepper, K. Schaaf, K. Julkowski, C. Giesner, C. Schoessow, J. Greeley, H. Thomas, S. Garber, A. Stenning, M. Niederkorn, V. Mahnke. Row 2: J. Nyquist, B. Schneider, A. VanBergen, E. Benner, A. Bartlett, I. Leiningner, A. Asperheim, L. Bailey, M. Valentin, M. Overland, M. Anderson, L. Wedell, K. Liston. Row 3: A. Richert, Coach Eric Kaluza, M. Devich, J. Birkholz, M. Mead, M. Halley, K. Mahonen, K. Tietje, A. Benner, Assistant Coach Tracy Angelo

SCOREBOARD

River Falls
1st out of 18

Eagan
3rd out of 9

Cambridge
1st out of 7

Apple Jack-Lakeville
4th out of 18

Roy Griak Invite
8th out of 44

Swain
2nd out of 25

Conference
3rd out of 10

Section
1st out of 16

State
4th place

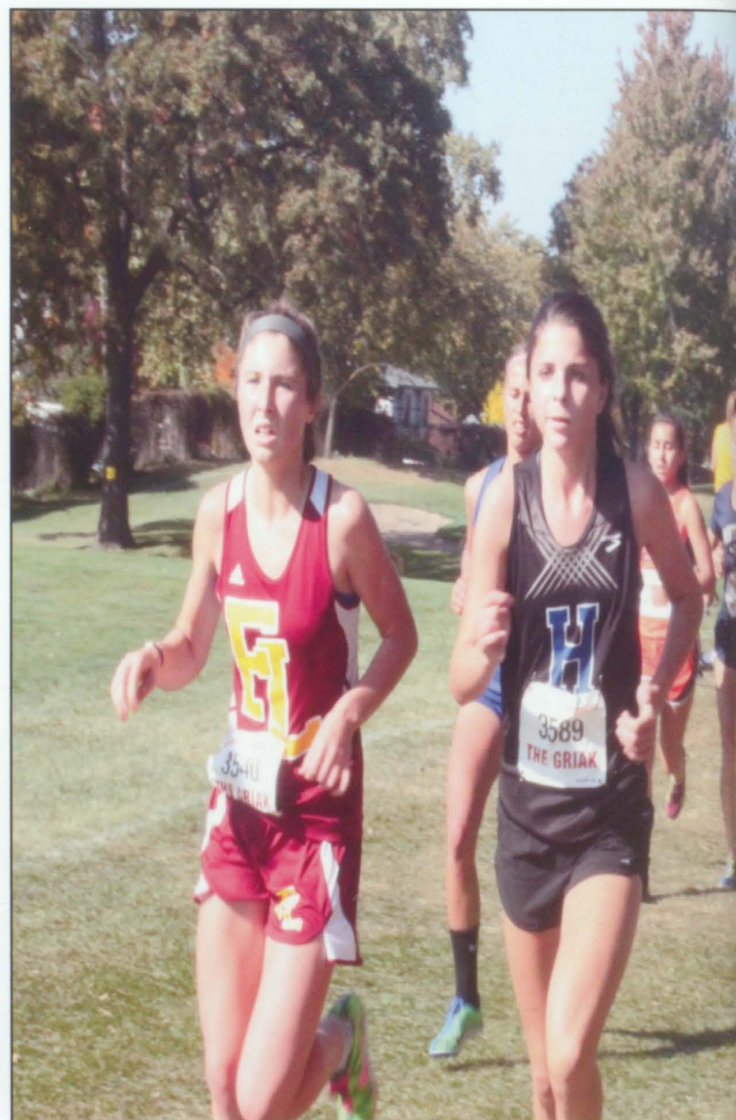
Girls Cross Country

A Team Above All

The Girls Cross Country team this year was one of the best there's ever been. It started this summer with extensive training and hard work months before the real season ever began. The dedication and hard work these girls went through, definitely paid off. With yet another Section championship, they were off to compete at State. Coach Eric Kaluza mentioned a quote from Rudy Tomjanovic, the NBA championship coach for the Houston Rockets, "Never underestimate the heart of a champion." This quote couldn't have been any more true for this team. Although the season started out with a few bumps in the road, the team came through when it was most important. With a fourth place finish at the State tournament, the coaches and team couldn't be more

proud. Captain **Melissa Mackey (12)** stated, "Hard work really pays off." This was a perfect end to a successful season. The 2012 State roster consisted of **Emma Benner (9)**, **Maria Valentin (8)**, **Allison Bartlett (8)**, **Miranda Overland (8)**, **Abigayle Asperheim (8)**, **Caroline Schoessow (7)**, **Isabel Leiningner (8)**, with alternates **Madison Clepper (10)**, and **Ann Benner (12)**. Thanks to the hard work of these girls, the team continued to achieve fourth place at the state tournament. It is quite the achievement to just make it to state, but this year they fought hard as a team and did extremely well. This season over all was quite successful, and it will be quite memorable for years to come.

~Sara Urban





Emma Benner (9), runs independently at the Roy Griak Invite. She continued to help her team take 8th place. Benner was a big component on the varsity roster this season.

The Girls Cross Country varsity roster took first place at the Section Meet. This is the second year in a row. They continued on to place fourth at the State tournament.



Miranda Overland (8), keeps it close with her competition at the Roy Griak Invite. Through her endurance and dedication, she helped her team to a 4th place finish, and continued to get them to State.

Allison Bartlett (8) leads her competition at the Roy Griak Invite. She helped her team achieve an 8th place finish out of 44 teams. This meet got the team off to a great start.



Captain, Katelyn Palo (12) stated, "I love hanging out with the team and having fun on tie-dye tuesdays."



Captain, Jeanette Spanjers (12) stated, "My biggest accomplishment this year was bringing the team to the state tournament. This year has been a blast and it was a great way to end the season!"



Captain, Melissa Mackey (12) added, "My favorite part of the season was the bus rides home because of the music and dance parties we had."

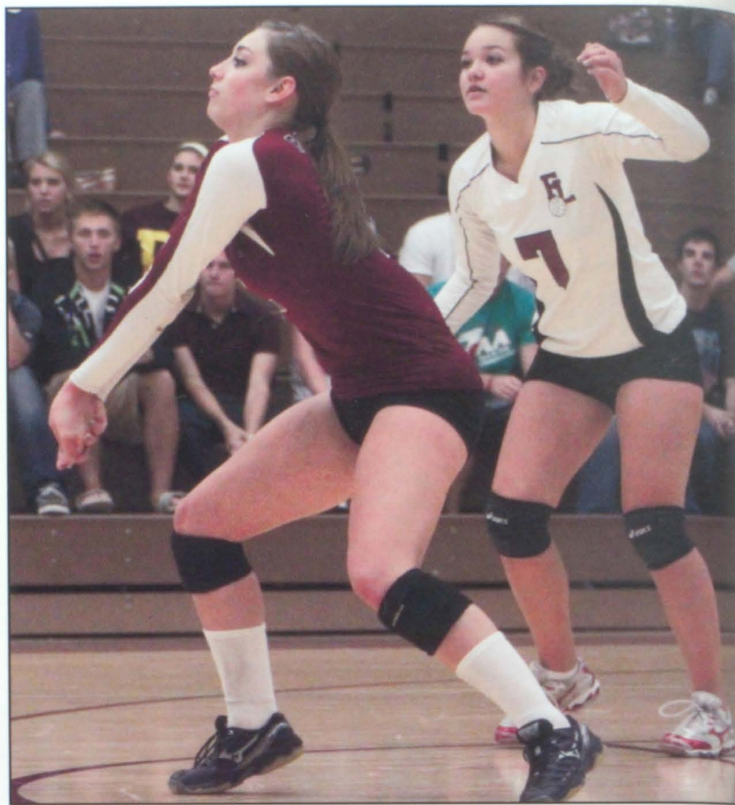


Captain, Dana Mogren (12) stated, "Being captain was a great experience and I learned a lot about leadership."

The girls dance before a home game, to get themselves pumped up and ready to play their hearts out.



Hanna Morris(12) gets ready to bump the ball in hopes of scoring against the other team. While senior Katelin Kruger (12) watches the ball carefully in case she needs to hit it.



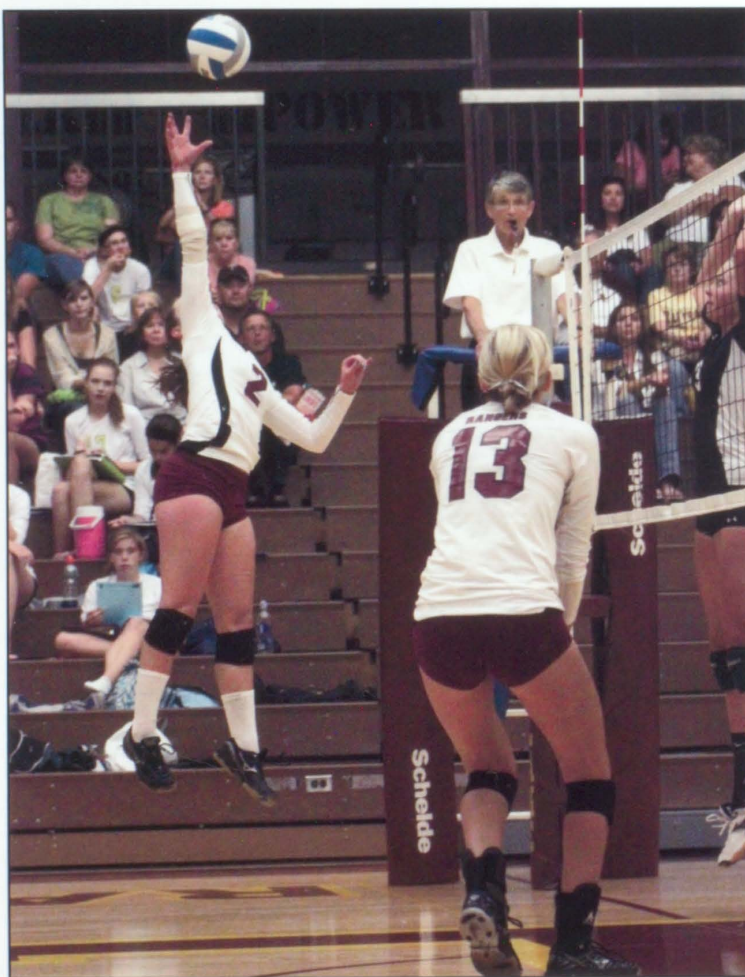
Captain Miranda Haug. (12) "Overall it was a good and fun season. I couldn't ask for better teammates"



Captain Hanna Morris. (12) "We had a good season and we learned to play better as a team."



Captain Danielle Galvez. (12) "It was a good last season. I will miss FLV/B that's for sure."



During a home game Miranda Haug(12) and Hanna Morris(12) are prepared to hit the ball. Morris states "you always know you are up in the air whether it's good or not."

Chelsea Lautigar(12) and Brenna Blake(12) have their eye on the ball while Caitlin Freer(11) jumps in the air in hopes of hitting the ball. "We are more than just a team when we are playing, we are family" Freer commented.



SCOREBOARD

vs. Cambridge-Lions
 25-20, 25-23, 22-25, 19-25, 22-20
 vs. Rochester Mayo
 25-12, 17-25, 16-14
 vs. Shakopee
 25-9, 25-12
 vs. Jackson County Central
 22-25, 18-25
 vs. Anoka
 14-25, 22-25, 22-25, 21-25, 18-25
 vs. Chicago Lakes Area
 25-16, 26-24, 22-25, 25-17
 vs. Stillwater Area
 10-25, 23-25, 20-25
 vs. Centennial
 25-20, 25-17, 17-25, 25-21
 vs. Mounds View
 25-18, 22-25, 19-25, 23-25
 vs. Cretin-Derham Hall
 21-25, 18-25, 21-25
 vs. Elk River
 25-15, 19-25, 19-25, 24-26
 vs. East Ridge
 25-23, 16-25, 13-25, 19-25
 vs. Barnum
 25-14, 25-15
 vs. North Branch
 23-25, 11-25
 vs. Duluth East
 25-22, 19-25, 17-15
 vs. Grand Rapids
 25-21, 21-25, 15-9
 vs. White Bear Lake Area
 25-16, 25-17, 25-17
 vs. Park
 25-14, 25-12, 25-15
 vs. Hastings
 25-19, 25-15, 25-27, 23-25, 15-8
 vs. Roseville Area
 17-25, 16-25, 23-25
 vs. Woodbury
 24-26, 26-24, 22-25, 25-23, 15-5
 vs. Saint Francis
 25-20, 25-23, 20-25, 20-25, 17-15



Back Row: E. Lindstrom C. Lautig M. Daninger C. Bethke L. Riedeman Middle Row: B. Blake H. Morris K. Kruger M. Haug R. Shumaker D. Galvez C. Freer Front Row: E. Nygaard (Manager) C. Kirchner A. King (Manager)

Volleyball Diggin' It

14 girls. 8 seniors, 5 juniors, and 1 sophomore. All together they make one awesome team. They started off their season with a bang by winning their first game, which just so happened to be at home, so it was very exciting!

The student section cheers them on at their games and keeps them motivated. Students make the team signs with their names on it to hold up for them as support. It makes the volleyball games more special having people there who are watching them and cheering for them.

Volleyball is a very intense sport. Everyone sitting in the crowd is kept on their toes when watching it. With constant moving, running, jumping, hitting, and keeping your eye on the ball, it is a lot of hard work.

Their season was filled with many ups and downs. But that never stopped them from trying and continuing to figure out what they needed to work on to get better. The volleyball team has always been told they had a chance to make it to State as long as they work together. It is most important in a team sport that everyone works together.

Lauren Riedeman(11) and Rachel Shumaker(12) explained "We like that it is a team sport and our favorite part is bonding as a team before and after the games"

Bump, set and spike. Those are the key terms in volleyball. Everyone on the team has their strengths and weaknesses when it comes to that. It helps that there are people who are better in one subject and others are better in a different one because then they all come together to make one excellent team.

It's a sad goodbye as the seniors leave their last season of FLVB. But they leave with strong friendships they made, amazing coaches that were always so helpful to them, and knowing they had a great season. The team spends so much time together that they are basically family. "I'm glad I got to play with a great group of girls. With how well this season went.. I can't wait for next year" Abigail Furry(11) commented about the season.

-Shelby Benson





Row 1: Z. Dilling, A. Montean, T. Rabel, J. McLaughlin, G. Miron. Row 2: N. Kane, M. Chenrey, D. Vittori, R. Wedger, C. Lipschultz, J. Bryant, A. Reed, D. Blanchard, Z. Reyes, A. Horbach. Row 3: Z. Freer, T. Lano, C. Pierucki, C. Drobniak, C. Searle, H. Olsen, C. Flemming, M. O'Brien, A. Calhoun. Row 4: D. Koch, K. Evert, Z. Gee, L. Shaw, Z. Voss, Z. Maciej, D. Geisner, J. Carr, C. Mehsikomer, L. Bierman, A. Connelly, B. Porter. Row 5: K. Stark, M. LaCasse, J. Pollard, B. Flemming, A. Murray, W. Rivard, N. McCormick, R. Rehbein, S. Moore, S. Dahlke, S. Swendiman. Row 6: D. Wassman, T. Seuler, J. Steinman, L. Arnevik, Z. Rosenthal, J. Vucinik, M. Lennon, P. Jasmer, J. Schaeferbruck, K. Windberg, B. Robinson. Row 7: A. Barth, B. Asplund, B. Dahmes, J. DePoint, C. Vogel, B. Kirch, N. Ward, B. Pierce, G. McLaughlin, R. Gamble, C. Stufors, J. Hall.

SCOREBOARD

vs. Park
12-47

vs. East Ridge
7-42

vs. White Bear Lake
21-48

vs. Stillwater
0-48

vs. Roseville
14-42

vs. Cretin-Derham Hall
7-48

vs. Mounds View
0-61
21-42

vs. Woodbury
7-54

Football

Rangers Fight Through

"Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it." -Lou Holtz

The boy's football team this year played their hardest for all the games. Through their perseverance they stayed strong and worked their way through it together. The bond between them showed how their hearts were truly dedicated to football. **Russell Wedger (12)** stated, "It was a long tough year, but I love the guys that stuck with it and I'll remember them for the rest of my life."

Their motivation to strive to be better never stopped after the season was over. They worked together in the weight room and continued to help each other out to make their next season better.

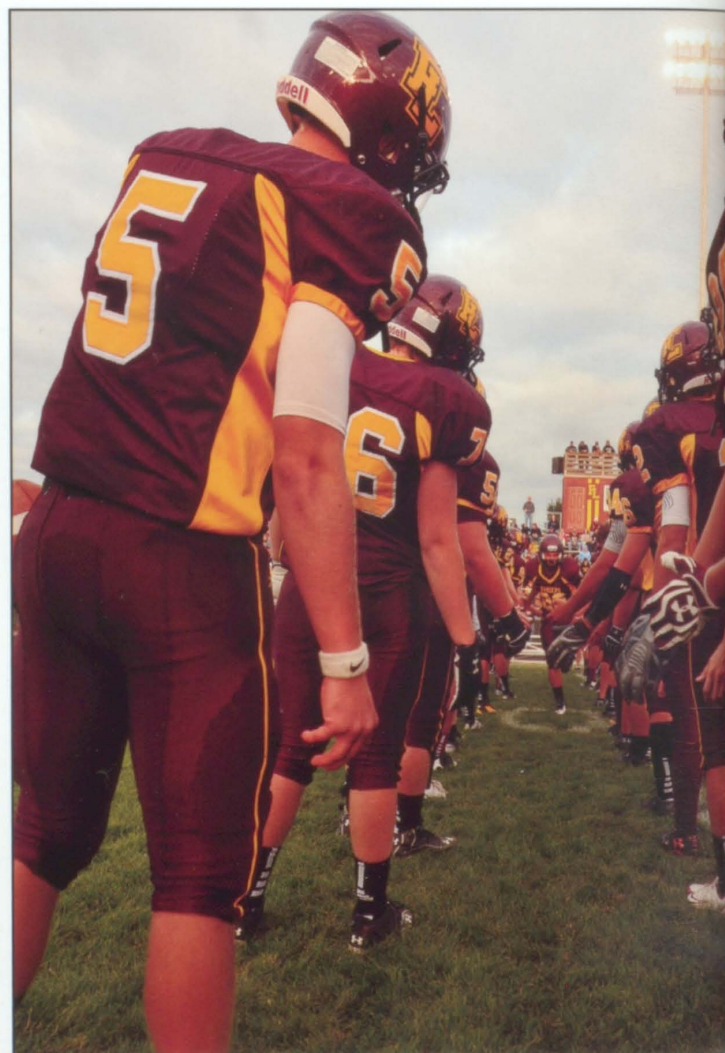
Starting off the year with a new coach was something new for the boys to adapt to. Coach Billy Kirch was looking to bring new things forward to the 2012 team. Kirch added, "Our football program needs to be a culture that kids want to be a part of. I will bring enthusiasm

and excitement to the game, along with care and appreciation for the players." Getting to know his players was something the boys really enjoyed. **Zachary Rosenthal (11)** commented, "Getting to work with a younger coach this year was something I really enjoyed. There was a good connection from the very beginning."

For the seniors on the team, they will be missed. Many have played together since they were little and have become like brothers. The seniors always did their best to teach their younger teammates to overcome their adversity. **Daniel Wassman (11)** stated, "Being with the seniors was fun and taught me leadership."

The 2012 Rangers were a team that never gave up. **Leighton Bierman (11)** commented, "The student cheering section helped motivate and support us. It was nice to see we have good support from them." With seniors moving on and the younger ones moving up. There will still be many more seasons to come for the Ranger football team.

~Courtney Brihn





Tanner Lane (12), dodges his opponent and runs towards the end zone. Lane added, "It was a tough year but the people who played, I enjoyed being with."



Zachary Voss (11) gets his name announced as the starting line up. Voss stated, "I try to lead and set a good example for the younger players."

Mitchell O'Brien (12) protects his teammates by blocking his opponent. O'Brien added, "I try to set the tone every time because it's my last year."

Captain, Trenten Rabel (12) stated, "My best memory was scoring my first touch down pass this year."

Captain, Jeremiah McLaughlin (12) stated, "My best memory was being nominated football captain after practice."

Captain, Glendon Miron (12) added, "My best memory was sophomore homecoming scoring twice and the crowd cheering 'sophomore scoreboard'."

Captain, Zachary Dilling (12) claimed, "My best memory was shooting the breeze with Coach Gamble in the locker room."

Captain, Andrew Montean (12) stated, "My best memory was dancing with Tanner Lane everyday at practice."



Zackery Reyes (12) and Cody Mehnikomer (11) getting pumped up for the game. Mehnikomer added, "Being a starter as a junior was a great experience."

Bailey Norby (11) drives another forehand across the net. Playing a tough round in the Section match against Elk River as number one doubles with Taylor Shortly (11). Norby remarks, "I had a great time playing with her against our rival!"



Risa Anderson (11) adds another win to the season. Finishing off the point with a hard backhand across the net. Anderson stated, "I look forward to matches because I am always ready to win!"



How do you contribute as a captain even though you can't play?
"Still going to practices and being supportive of the team," explained Jade Haseltine (12).



What are you going to miss the most after this season?
"Sing-a-longs to Taylor Swift on the bus and rides in the suburban!" Emily Riermann (12) exclaimed.



What is the best part about being a captain?
"Being the person that younger girls look up to, and teaching the game that I have been taught since I was two years old," stated Taylor Shortly (11).



Lindsey Tilton (11) shutting down Woodbury. Lindsey strokes a forehand down the line to settle the match. Tilton said, "There is never a dull moment on the court!"

Taylor Shortly (11) and Chase Shortly (10) celebrate their continuation of the season as Section Champions and on to compete at State. Shortly excitedly remarked, "We don't just play tennis and we aren't just doubles partners. You are my sister and now a Section Champion!" The sisters will be competing as doubles partners together at State.



SCOREBOARD

vs. Cretin- Derham Hall
4-3
vs. Centennial
6-1
vs. Andover
5-2
vs. Chisago Lakes Area
4-3
vs. Stillwater Area
2-5
vs. Roseville Area
5-2
vs. White Bear Lake Area
4-1
vs. Mounds View
2-5
vs. Park
7-0
vs. Hastings
4-3
vs. East Ridge
4-3
vs. Elk River High School
2-5
vs. Andover
5-2
vs. Hibbing
4-3
vs. Woodbury
7-0
vs. Cretin- Derham Hall
5-2
vs. Princeton
5-2



Front Row: E. Fischer, T. Emly, K. Lagen, A. Bremer, M. Anderson, B. Rubio, L. Tilton, N. Wright, and N. Vierra.
Back Row: Coach Shortly, C. Shortly, T. Angelo, R. Anderson, B. Norby, E. Riermann, R. Baniecek, T. Shortly, and J. Haseltine.

Girls Tennis

Final Set



The Forest Lake Girls Tennis team had many returning players this year, with lots of experience. While many students were spending the last few weeks of summer relaxing and watching TV, the team was getting ready for another successful year on the court. Losing two seniors last year and competing in the hardest conference, the team was preparing to step up their performances. There is nothing but good things to say when you bring up the girls tennis team.

Senior Captains, **Emily Riermann** and **Jade Haseltine** both made incredible contributions to the team. Along with them, the whole team connected together and is continuing to get stronger and better for next year. The team competes outstanding as a whole, but there were some individuals that went the extra mile to prove how much hard work pays off. Teammates, partners, and sisters

Taylor (11) and **Chase (10)** Shortly came out of the season as Section Champions and took it to the next level and played in State. "I'm excited for us seniors to step it up and rule the team!" **Natalie Wright (11)** stated about the team next year. Another contributing player along with Wright and the other upcoming seniors is **Bailey Norby (11)**. For the past few years the biggest rivalry has been Elk River. Norby stated, "We are preparing to take them down next year!"

Through all of the hard work the girls had a remarkable season. Ending the season with the statistics at 14-3 the team pulled it through to the last set and playing outstanding in the Section games. Although another season is done, we can't wait to see the tennis team bring on the competition again next year!

-Abbigail White



K. Aho, C. Albright, G. Baklund, K. Berg, E. Blount, S. Brenk, R. Charwin, A. Cully, A. Denman, C. Dewitt, J. Dhaene, K. Dison, E. Dolby, A. Dreher, A. Dunrud, A. Edwards, K. Eggersluss, S. Fitch, J. Frost, M. Gale, M. Gemuenden, M. Grahek, E. Grams, K. Hawthorne, V. Heald, S. Henderson, L. Holden, J. Hudoba, M. Humble, M. Ihfe, S. Jarosz, C. Jensen, H. Jensen, M. Kelber, E. Kelsey, M. Klein, K. Koenig, S. Kroska, R. Larson, K. Lawrence, C. Liljedahl, E. Luscomb, C. McCollough, M. McMahon, E. Mendoza, G. Meyer, K. Munt, E. Nelson, F. Olson, E. Ostercamp, M. Palmer, V. Patterson, G. Paugel, M. Perkins, M. Peterson, S. Rachel, B. Rangitsch, H. Reily, J. Robinson, E. Roddel, I. Sanders, D. Dardeson, H. Schoonover, A. Sievers, M. Steele, E. Stockinger, K. Stomberg, J. Templeton, M. Ulbricht, G. VanBergem, S. Vos, J. Walker, K. Waskey, E. Weiger, K. Welch, P. Westbrook, A. Whitson, R. Wohlk, C. Zusan

SCOREBOARD

Conference Relays 32 points	Stillwater 77-101
Mounds View 36-63	Truw Team Sections 798 points
Park 94-79	Woodbury 83-95
White Bear Invite (JV) 371 points	White Bear lake 86-100
White Bear Invite (V) 179 points	JV Conference 552 points
Hastings 78-108	7AA Varsity Sections 231
East Ridge Certin 82-99	Woodbury 83-95
Ranger Invite (JV) 2nd	White Bear lake 86-100
Ranger Invite (V) 8th Rooseville 87-97	JV Conference 552 points
	7AA Varsity Sections 231

Girls Swim & Dive

A Season Worth Capturing

Between two-a-days, summer practices, Saturday practices, and 32 meets, the girls had a very busy season. Not to mention, they have one of the longest seasons of all sports at the school. Their season started in August and ended in November. With the State meet following shortly after. **Courtney Zusan (12)** had said, "The bond that you can develop with so many other people in a season is unreal, we love, we fight, yet still swim as a team. It's an unforgettable relationship."

The team was outstandingly large this year with seventy-four swimmers and divers. Well divided up, the team consisted of seventh through twelfth graders.

The swimming capatins

included, **Erin Weiger (12)**, **Heather Reily (12)**, and **Amanda Sievers (12)**. They all stated that being the captain of the swim & dive team has been a wonderful experience.

The Swim and dive team had a good year. The dive team had a won many of their meets against the other teams in their division. All the girls worked very hard and trained every weekday since August. The Swim and Dive team is a great example of a group of hard workers and girls who absolutely loved to spend time together.

- CaSondra Serres





Haley Scoonover (10) pushing her hardest to swim through the water and give her team a winning score. "I was swimming the breathstroke and during that beat I made my personal best for the year."

Jessica Walker(10) putting as much effort as she can while she swims the tail end of her meet to beat out the other team. "This was the 200 yard, I won that beat against Stillwater."



Sarah Kroska (12) swimming the butterfly leg of the 200-Yard Medley Relay. Her relay team took 11th out of 25 in the race.

Sarah Kroska (12) and Caitlyn Liljedahl (10) cheering on the team and getting them riled up before a home meet. Liljedahl stated, "Sarah and I are doing our cheer that we do before relay races to get the team pumped up."

What is your favorite part about being the Swim and Dive Captain?



Erin Weiger (12) My favorite part is being able to boss all the girls around and they all still love me.



Heather Riley (12) My favorite part is being able to lead a group that I love.



Amanda Sievers (12) My favorite part is finally getting to fulfill the spot of being a captain and having the younger girls look up to us.

Adam Krummi (11) stated that "this is my fifth year swimming for the team. I joined the team in seventh grade."



Corey Bahr (10) has been swimming for the high school swim team for four years. "I put a lot of effort into every race that I swim in" he stated.



"I enjoy this sport because it's rough, and I like the workout," noted captain Evan Woehl (12).



"The worst part is chlorine infused with your skin," explained captain Joseph Goossens (12).



Joel Stomberg (10) stated, "My favorite stroke is the freestyle, but I work a little harder to improve the other strokes too."



Swimmer Connor Klein (7) is one of four seventh grade boys swimming for the team. He puts a lot of effort into his strokes as one of the youngest swimmers among many high school aged boys.

Stefan Albright (11) has been part of the team for five years. He stated "My absolute favorite stroke is the butterfly, it is also my best stroke."



SCOREBOARD

vs. Roseville
93-85
vs. Mounds View
34.5-64.5
vs. Stillwater
81-94
vs. Park
94-81
vs. Woodbury
86-84
vs. Cretin-Derham Hall
91-77
vs. Hastings
83-85
vs. White Bear Lake
96-86
vs. East Ridge
64-104
Conference Relays
6th
Blaine Invite
4th
Duluth Invite
1st
True Team Sections
2nd
Cambridge Invite
1st
Red, White, and Blue Invite
2nd



Row 1: M. Clayton, T. Brockman, M. Clayton, M. Palo, B. Fleming, A. Krummi, D. Thompson, A. Kelsey, C. Bahr, E. Herzog, J. Gregerson, R. Bildeaux. Row 2: Coach K. Jones, Coach C. Krummi, A. Sieber, C. Parrucci, T. Brennhofner, G. Maxfield, B. Youngquist, S. Albright, C. Madison, Z. Scholl, D. Johnson, G. Bredemus, R. Wagner, P. Brennhofner, A. Bowes, Coach B. Valiodash, Coach B. Anderson. Row 3: Manager A. Cogar, G. Blair, A. Shaw, N. Landherr, T. Maltby, B. Charwin, J. Roberge, C. Klein, Manager B. Preher, G. Robertson, Manager B. Preher. Row 4: J. Goossens, J. Stomberg, E. Woehl, C. Jepsen

Boys Swim & Dive Diving in!



The boys had a very good season this year. With every new race, they also had the opportunity to improve themselves. Many of the boys this year beat their best times for different strokes. Each of the swimmers had set high goals for themselves so they could achieve success throughout the season.

The boys had some great successes this season. Claiming first place at both the Duluth Invite and the Cambridge Invite. They had also received second place in the True Team Sections.

Alexis Cogar (11) believes that the season had gone really well. As one of the managers of the team she believes it's her responsibility to help the boys accomplish their goals. She noted that, "The boys put a lot of effort into this season."

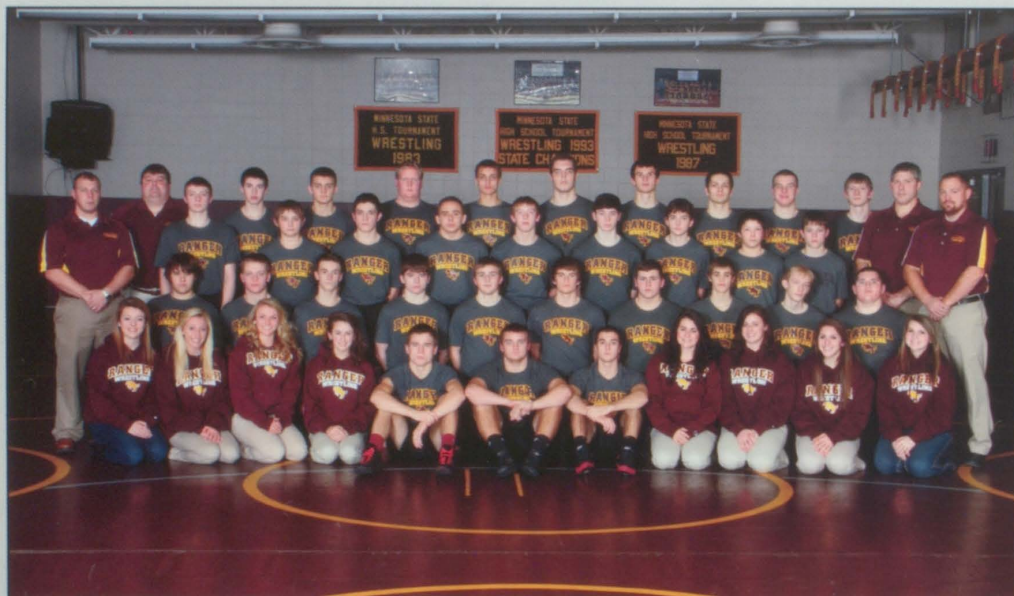
The boys all get along and enjoy the sport. **Corey Bahr (10)** stated "I really enjoy the "bonding aspect" of the team. We all became really close throughout the season." **Adam Krummi (11)**, a five year swimmer, said that, "All the guys are great." He enjoyed being part of the team.

The guys believed that swimming and diving is great exercise, and leaves you feeling stronger afterwards. **Stefan Albright (11)** noted that after each season he felt much stronger, and much better than the last. **Adam Krummi (11)** also commented that swimming is really great exercise and he said that is one of the reasons why he loves the sport.

-Sophie Zupon

SCOREBOARD

vs. East Ridge 42-23	vs. Burnsville 42-34
vs. Stillwater 32-43	vs. Roseville 66-6
vs. White Bear Lake 24-42	vs. Hastings 23-42
vs. Mounds View 30-42	vs. Park 47-20
vs. Tartan 31-36	vs. Cretin- Derham Hall 53-12
vs. Woodbury 35-28	vs. Cambridge Isanti 23-49



Row 1: A. Spears, S. Garber, O. Norman, A. Hanson, A. Boniface, J. McLaughlin, A. Meyers, S. Urban, E. Paulson, E. Mattheisen, S. Muscha. Row 2: L. Janssen, J. Rydel, L. McCord, T. Kolbow, C. Niemczyk, N. Norem, J. Walmsley, G. Brown, M. Gunter. Row 3: B. Dahmes, T. Lillquist, V. Holden, H. Olson, M. Long, J. Pleski, D. Bartz, J. Tusler, T. Pierce, A. Carney, B. Pierce. Row 4: T. Harris, W. Moody, S. Finch, B. Phinney, K. Wagner, A. Calhoun, L. Niemczyk, W. Rivard, K. Winberg, A. Cebulla.

Wrestling Rock Solid

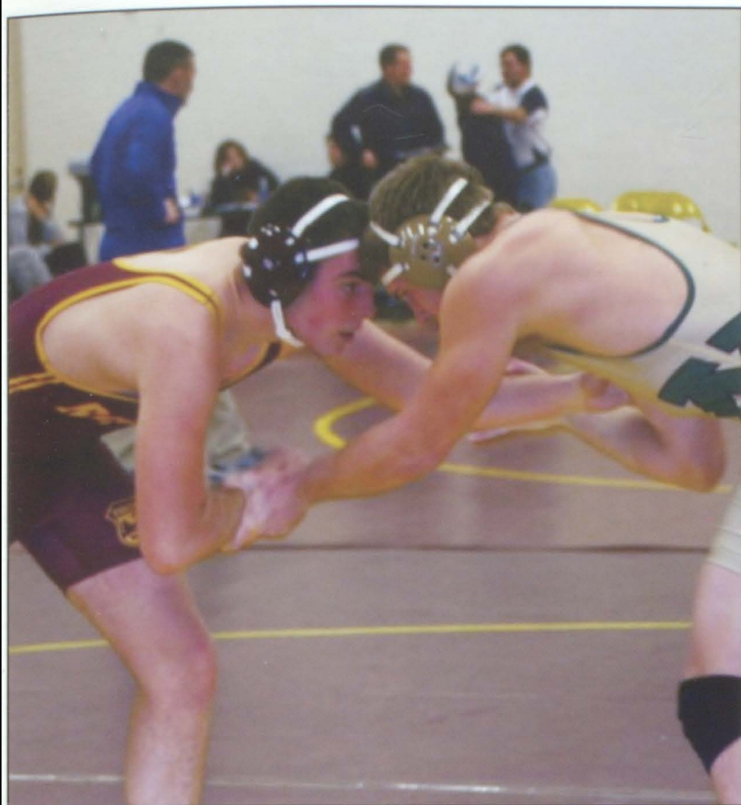
Coach Pierce said, "We knew this was a rebuilding year." This statement couldn't have been more true for the current team after losing a total of nine seniors to graduation last year. Regardless of the fact that they knew they were going to have to work a whole lot harder this year, they were up for the challenge. "We got off to a rough start, but I'm proud of how my guys finished. We go up against the toughest competition in the state, and it's important to have that challenge so they see it and know what we need to work on" stated Coach Pierce. The team looked towards their captains, Seniors **Austin Boniface**, **Andrew Meyers**, and **Jeremy McLaughlin** for support and motivation. The captains rose to the occasion, along with sophomores **Luke McCord** and **James Pleski**, and senior **Aaron Calhoun**. All of these wrestlers stood out over the course of the season, and helped lead their team to victories.

When it came time for individual Sections, three wrestlers achieved a State Tournament birth. Senior **Austin Boniface**, and sophomores **James Pleski**, and **Luke McCord** all won their sections, and headed off to the State Tournament. Although the results weren't what they all had hoped for, all three boys performed their best, and Boniface left with a fifth place title.

Everyone knew this would be a tough season for this wrestling team, but they made the best of what they had. When the season came to a close, the coaches were very happy with how this team performed, and they couldn't ask for anything more.

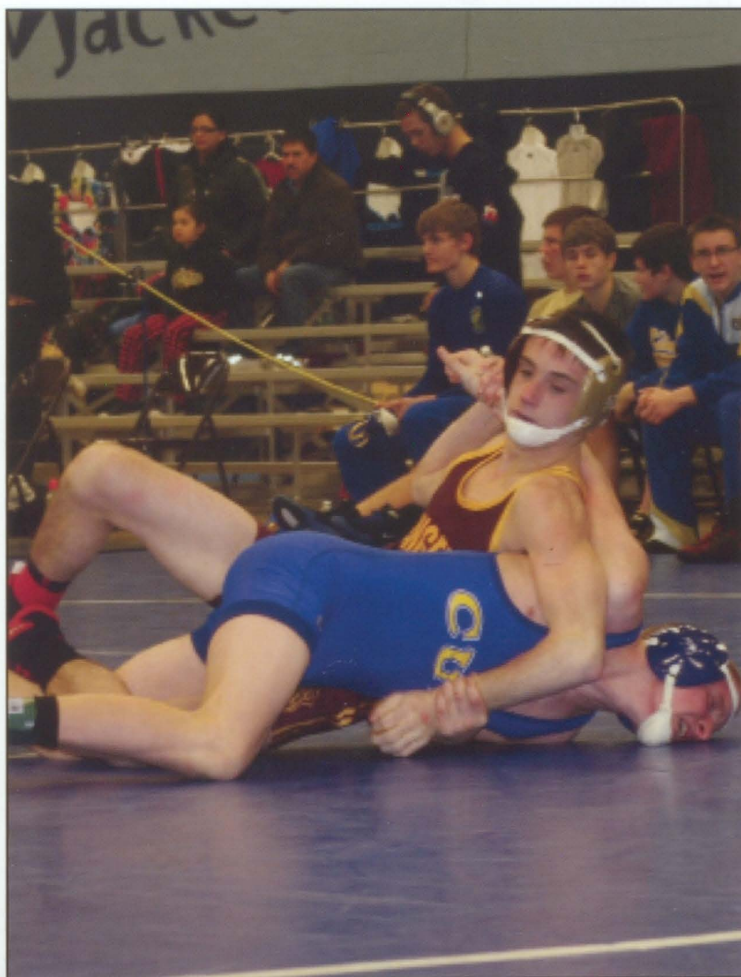
~Sara Urban





Aaron Calhoun (12) squares off with his opponent at the Pine Island tournament. "I'm very proud of how my team competed this year. We used what we had, and made the best of the season," exclaimed Calhoun. He has improved greatly.

The team gathers together before their home meet. "I consider these boys more than just a team. They have become brothers to me," stated **Nicholas Norem (9)**.



James Pleski (10) pins his opponent at the Burnsville tournament. "My proudest moment this season was winning my Section, and making it to State for the third time!" exclaimed Pleski. He is currently ranked third in State.

Luke McCord (10) works towards a pin against his opponent at the Clash Tournament. "My favorite part of this year was beating my St. Michael kid at Sections, and making it to State for the first time!" McCord stated. He is currently ranked seventh.



Captain Austin Boniface (12) "My favorite moment this season was watching **Luke McCord** banana split his opponent at the Clash."

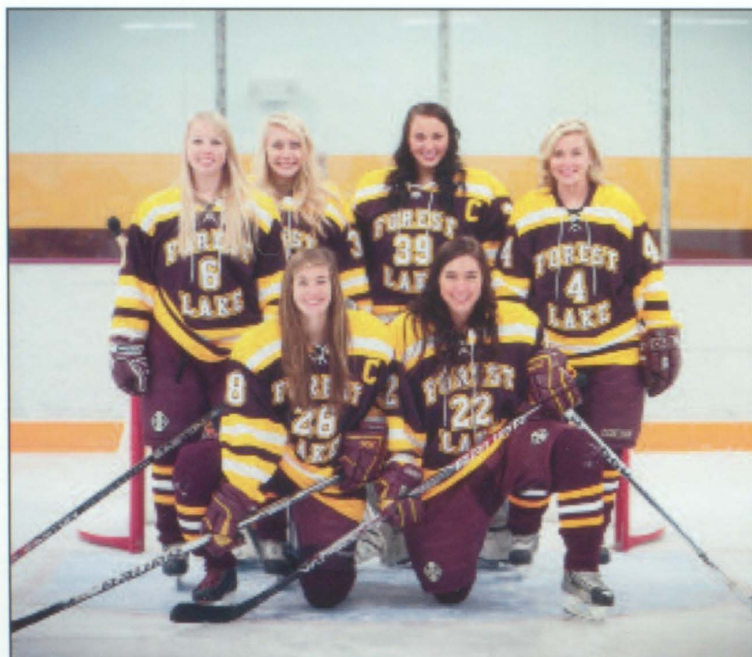


Captain Andrew Meyers (12) "My favorite moment this year was going to the Clash Tournament with my team for the third time!"



Captain Jeremiah McLaughlin (12) "My favorite moment this season was winning my last career match!"

Karlyn Ristrom (12), Kelsey Magnuson (12), Abbigail White (12), Ariel Pitts (12), Amy Enrooth (12), and Alexis Carpenter (12) all pose for a picture together. "Playing high school hockey these last four years has been so fun and rewarding. I love all of the girls that I have played with and I will miss them very much," stated Magnuson. This year was over all a great last year of hockey.



Defenseman Rebecca Neumann (11) taking a far shot from the blue line, talks about the season "This year was great and I am so pleased with how far we've come in just one year. And Bella would so love Hermonie!"



Captain, Abbigail White (12) stated, "It has been a great time getting to know all of the girls and being a part of a great team!"

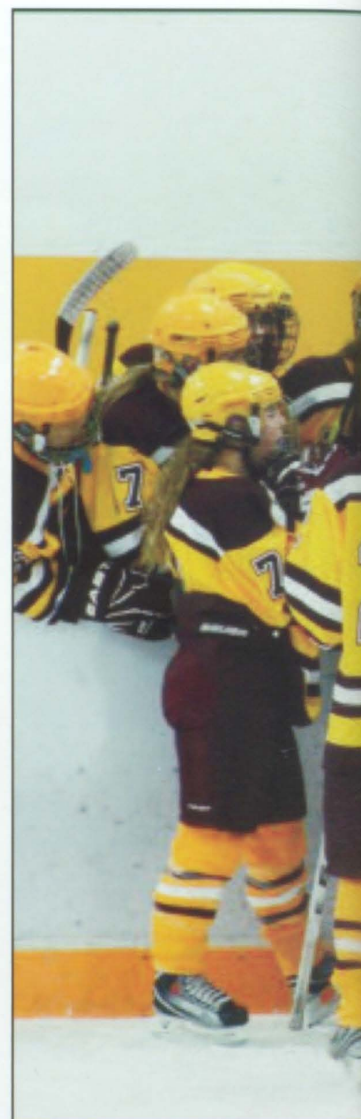


Captain, Amy Enrooth (12) said, "This year has been so much fun leading the team throughout the summer and the actual season. I will never forget all the memories I've made with this family!"



The girls were about to go into overtime and were preparing for the "W". Alexis Carpenter (12) stated, "We work hard as a team, day in and day out. Like Vince Lombardi once said, 'the measure of who we are is what we do with what we have.' We have our minds set on some goals this year that we plan to achieve. Their teamwork is impeccable.

Rachel Skoglund (11), taking control at a game against Cretin. "The Cretin game was fun battling the whole time and getting the overtime win made it even better!" exclaimed Skoglund. It was a very intense game.



SCOREBOARD

vs. C-E-C Lumberjacks 2 - 0	vs. Onalaska 8 - 5
vs. St. Francis/ North Branch 7 - 0	vs. Blaine 3 - 1
vs. Duluth Northern Stars 3 - 3	vs. Woodbury 7 - 1
vs. Cretin - Derham Hall 2 - 3 OT	vs. Creitm - Derham Hall 2 - 1 OT
vs. Hastings 3 - 3 OT	vs. Grand Rapids 2 - 1
vs. Mounds View 0 - 0	vs. Mounds View 0 - 2
vs. Stillwater Area 0 - 6	vs. Stillwater Area 8 - 3
vs. East Ridge 2 - 3	vs. East Ridge 3 - 0
vs. Roseville Area 2 - 4	vs. Roseville Area 1 - 4
vs. White Bear Lake Area 3 - 0	vs. White Bear Lake Area 4 - 2
vs. Park 3 - 4 OT	vs. Park 3 - 0
vs. Hayward 4 - 0	vs. Woodbury 1 - 2



Back row - Coach L. Crow, Coach R. Shelafoe, N. Langer, A. Cron, D. Vanneste, K. Brust, H. Mishler, Z. Lobejko, S. Rappa, S. Vukich, K. VanTassel, M. Munifering, Coach Ryan Sauter, Coach Paul Bailey. Middle row - A. Letch, E. Kipela, K. Liston, K. Jones, K. Kasel, M. Nolan, H. Kohls, A. Long, K. Crever, C. Lutz, E. Slagle, M. Messin, M. Kolbow, K. Berg, K. Reminton. Front row - A. Taylor, A. Bremer, A. Enrooth, A. Carpenter, K. Magnuson, A. White, A. Pitts, K. Ristrom, R. Skoglund, R. Neumann

Girls Hockey

Slap Shot



For the first time in over a decade the team made it to the Minnesota State Girls Hockey Tournament. They are a very young team and they should continue to become stronger and better. The team was placed upon senior **Abbigail White's** back, as she had an amazing run her last year in net as the goaltender. These girls have so much determination and have come so far since last year. When they needed to win they put forth the effort and really strived to reach their goals.

The culture of excellence made the girls understand how to be a champion in every aspect of life. This year the coaches have been teaching many new skills on the ice and also skills that are helpful in life. They had meetings every week about how to be a champion and how to be a better person. This

has changed their perspective on just being average and taking it to the next level of becoming great. Not only have they become closer, they have become a family.

The game of Hockey is all about flow and creativity, which these girls have learned to place together on the ice all at once. You need to have quick feet and soft hands, which is just a couple small details out of many that this game is made of. But at the same time you need to be strong on your feet and have a powerful slap shot if you want to score and keep the game close. The game of hockey is very similar to the game of life, which these girls have learned many helpful skills this season.

~Ariel Pitts



Front Row: J. Garcia, B. Gravelle, C. Rogala, L. Pikala, N. Brown, C. Peterson, J. Schmidt, T. Thompson, B. Hess, A. Langer, A. Murray. Row 1: Manager E. Caldwell, Manager D. Bernier, L. Resler, J. Thompson, B. Wallinga, J. Anderson, R. Herbert, W. Kilpela, J. Peterson, T. Pierre, S. Resler, R. Hume, Manager J. Hickie, Row 2: Coach J. Hipp, Coach M. Fenno, Coach B. Coleman, B. Rodgers, T. Marx, C. Dahly, C. Edstrom, P. Stehr, G. Wohlberg, C. Marsh, J. Kluge, Back Row: A. Skar, I. Swan, J. Suess, C. Huset, J. Foss, Coach A. Forsythe, Coach C. Parrucci, Coach J. Loo.

SCOREBOARD

St. Michael-Albertville 7-2	East Ridge 1-4
Grand Rapids 2-0	Cretin-Derham Hall 5-2
Stillwater 4-3	Stillwater 4-3
Mounds View 6-11	Duluth East 2-5
Saint Francis 6-0	Roseville 3-0
Roseville 2-5	White Bear Lake 0-4
Park 7-4	Woodbury 5-1
Cretin-Derham Hall 2-5	Hastings 5-3
C-E-C Lumberjacks 1-7	Eastridge 0-0
Mounds View 2-5	C-E-C Lumberjacks 2-6
Blake School 11-1	

Boys Hockey

Frozen In Time

There was a great group of kids this year that came out to play for the 2013 season. Every player worked hard for each other, competed every night, and understood the concept of team play. They received a lot of attention for their offensive play and strong team defense. Highlights of the season included a shut-out of Grand Rapids on the season's home opener and finishing the regular season by winning seven of the last nine games. Over 40 years of Ranger hockey, only five other FLHS teams have won more games in the regular season than this team did.

Offensively, the team was led by **Brett Gravelle (11)**, **Cody Rogala (12)**, and **Kyle Parker (12)**. These players also received outstanding defensive play by their other teammates **Jonathan Schmidt (12)** and **Noah Brown (12)**. The boys continuously worked all throughout the season to keep the team effort and leadership growing both on and off the ice. They worked each and every day to confront their weaknesses and worked to improve their new found strengths in the game. Head coach Aaron Forsythe stated that he was extremely proud of the accomplishments that each and every player made throughout

the season and was even more proud at how the team would come together to overcome their challenges not only as a team, but as individuals as well.

Not only did the team have support from their families, but the rink was consistently packed with Ranger fans cheering them on as the season came to a close. There was no doubt that the school was continuously standing behind the team with their Ranger pride. Being at the rink with all the fans made it even more clear how the team bonded with their fellow classmates along with their own teammates as well.

The seniors had an outstanding year and now pass on the duties and responsibilities to the class of 2014 only to expect an even better year of hockey, carrying out the same hard work and determination as this years upperclassmen.

~Sammi Simons





The team prepares themselves for the win as they line up together for the singing of the National Anthem before the game.

Senior Kyle Parker helps get the puck back on the other side of the ice. Parker said, "The win against Grand Rapids this year was one of the best moments and was a great start to the season."



The boys gather around the net after a huge win against Grand Rapids during their home opener. Clayton Dahly (11), was asked how it felt to beat Grand Rapids, one of the teams biggest rivals. Dahly said, "It's a great feeling beating your section rival, especially at the home opener in front of a big crowd and your peers."



Cody Rogala (12), throws out a nice "celly" to the crowd after scoring a goal during the Winter Schwanns Cup Tournament. Rogala received an All Conference award and also won MVP for the 2013 season.



John Suess (10), takes the puck up the ice one-on-one against Roseville player hoping to score another goal for the team. Suess said, "It has been a goal of mine to be on the varsity team as a sophomore and it felt great to accomplish that goal."

Jesse Garcia (11) had a great season goal tending for the varsity team. Garcia was asked what the team could change from this season to improve to make the 2014 season even better and he said, "Overall it was a great season this year and next year we just need to go out there and continue to play better together as a team to have the most success!"



Captain Noah Brown (12) added, "The key to being a successful leader of a team is to never doubt your team's abilities and to always lead by example."



Captain Trevor Thompson (12) stated, "The one thing that stood out about being a captain was that I never expected for people to actually look up to me. It was a great feeling."



Captain Jonathan Schmidt (12) said, "My advice to the underclassmen is to just go out there and give it your all, because it really sucks when it is all over. Make every minute count."



Captain Kyle Parker (12) stated, "My favorite part of being a senior captain was being able to have Brandon Hess (12) as my water boy."

Coach Wagner and Coach Frericks take advantage of the timeout by talking to the girls about the next plays. Coach Frericks stated, "The girls did an amazing job of preparing themselves for this season and maintaining their focus every game."

Andrea Wohlk (12) does everything possible to pivot away from her opponents with the assistance of Emily Peters (11). "This year was a lot of fun with my teammates and it was a good way to end my High School basketball career," stated Wohlk.



Captain Bailey Norby (11) "Being a junior and being chosen as a captain was such an honor. I knew it was going to be a big responsibility, but I was willing to achieve it."



Captain Angela Frericks (12) "Advice I would give to younger girls would be to believe in yourself. You're more talented than you think."



Captain Katelyn Palo (12) "My favorite basketball memory over the years was when I had to go to the Emergency Room for a bloody nose in 9th grade at the State tournament."



Miranda Rice (11) takes a free throw during an away game. Rice stated, "This year was amazing! I'm really going to miss Kallie, K.P., Angie, and Andie. I can't wait for next year and what the season brings."

Kallie Welk (12) escaping her opponents by going in for a layup to score for her team stated, "This was an incredible season and I am truly going to miss every one of my teammates."



SCOREBOARD

vs. Andover 73-48	vs. Stillwater 56-36
vs. Mahtomedi 70-21	vs. Hastings 65-27
vs. Cambridge- Isanti 65-49	vs. Mounds View 75-43
vs. North 61-31	vs. White Bear Lake Area 42-55
vs. Chisago Lakes 59-48	vs. Roseville 48-54
vs. Mounds View 56-58	vs. Cretin- Derham Hall 67-47
vs. White Bear Lake Area 48-38	vs. Duluth East 45-37
vs. Roseville 45-61	vs. Park 59-69
vs. CretinDerham Hall 65-50	vs. East Ridge 59-39
vs. Saint Francis 63-37	vs. Woodbury 56-45
vs. Anoka 60-40	vs. Stillwater 57-50
vs. Park 47-52	vs. Hastings 68-40
vs. East Ridge 55-39	vs. Andover 62-44
vs. Woodbury 60-54	



Back Row: C. Rupar R. Frericks J. Wagner R. Keller M. Laqua Middle Row: C. Shortly H. Knoop A. Moeller M. Tyler A. Eckert B. Norby M. Rice H. Vidlund S. Jaeb H. Lipp A. Davis (Manager) Front Row: L. Tilton T. Shortly A. Wohlk K. Palo A. Frericks K. Welk E. Peters

Girls Basketball In It Together

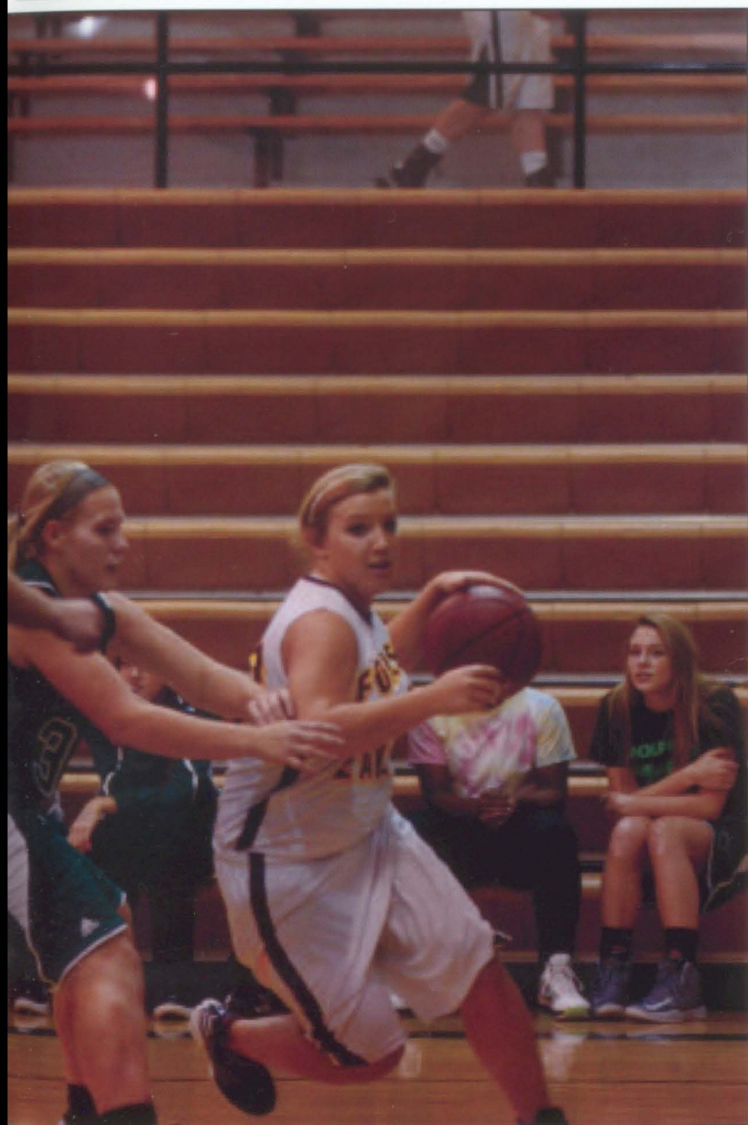
Captains **Katelyn Palo (12)**, **Angela Frericks (12)**, and **Bailey Norby (11)** led the Forest Lake girls with great success in the 2012-2013 basketball season. With their 21-6-0 record, the 18 girls that made up the basketball team worked together and fought hard for what they wanted and what they deserved. Captain **Katelyn Palo (12)** stated, "Our team chemistry is what helped us get as far as we did this year. I am really going to miss everyone that was a part of the Forest Lake Girls Basketball family." Each girl had their own unique personality which made their relationships even stronger because they brought out other sides of each other.

Coach Wagner stated, "Winning 21 games in a season is an incredible accomplishment. The girls worked extremely hard during

the off season as well as during the season. These girls deserve all the success." The team had definitely put a lot of heart into what they did, on and off the court.

These girls have a special bond that no one can break, they all share two really important things; their love for basketball and the friends they have made through the team. As a team they overcame the stress and competition from the sport. This being one of the biggest reasons for their success in the 2012-2013 season.

~Samantha Anderson





Back: Coach Cremisino, Coach Jacobs Middle: M. LaPlante, M. Degendorfer, P. Murphy, S. Winning, C. Knutson, A. Morse, B. Kinder, N. Alm, T. Boyer, J. Colling, J. Lemke Front: N. Huset, R. Shumaker, W. Lawson, T. Gullikson, B. Baumgartner, N. Davis, C. Walton, A. Tyler, A. Wright, P. Sauer, T. Moore, E. Thordson

SCOREBOARD

vs. Blaine	56-61	vs. Certin-Derham Hall	64-65
vs. Cambridge Isanti	61-39	vs. Grand Rapids	73-74
vs. Centennial	64-57	vs. Big Lake	74-60
vs. St. Francis	46-73	vs. Park	75-41
vs. Irondale	65-61	vs. Duluth East	68-58
vs. Roseville	66-80	vs. East Ridge	69-77
vs. Certin-Derham Hall	56-69	vs. Woodbury	78-81
vs. Park	53-33	vs. Stillwater	81-70
vs. East Ridge	59-61	vs. Hastings	72-61
vs. Woodbury	53-86	vs. Mounds View	56-55
vs. Stillwater	61-58	vs. White Bear Lake	76-77
vs. Hastings	63-54	Section Games	
vs. Mounds View	41-65	vs. Cambridge Isanti	83-62
vs. White Bear Lake	66-71	vs. Duluth East	62-37
vs. Roseville	48-73	vs. Andover	37-41

Boys Basketball Taking Care of Business

Basketball has been around for over 100 years and continues to evolve. Every year records are broken and new records are being set. Although things change and evolve over time, one thing has stayed the same; the love of basketball by men and women all over the world. The boys on the Forest Lake basketball team love to play this sport. They look forward to a new season every year and all the adventures that come with it.

Taylor Gullikson (12) stated, "The memories I've made with these guys are outstanding. It's crazy that it's coming to an end so quickly." Many of the guys have been playing together for years. They have created bonds and friendships that will outlast high school and maybe even college. The younger boys are sad to be saying goodbye to the seniors but they also look forward to playing every game at the varsity level.

The Forest Lake basketball

team had a great season this year. The boys on the B Squad, Junior Varsity, and Varsity teams worked very hard during the season to get ready for tough opponents. Although Forest Lake only won six of their eighteen games in the regular season, they played all three Section games.

During the regular season Forest Lake played Duluth East who was last years Section winner. Forest Lake was victorious and celebrated with friends and family at an overnight stay in Duluth. During Sections, Forest Lake played Duluth East again and won by over 25 points which sent Forest Lake to the Section final round. Unfortunately, that game was the last game of the season for Forest Lake. The end of the season was bitter sweet, it all ended in North Branch when Andover got ahead by four points in the last minutes of the game. The team played well but the opponent was too hard to beat.

-Elizabeth Thordson





Noah Davis (12) attempts a three point shot against Irondale. "In junior high I played with a few of their guys so it was fun to play against them," stated Davis. The game against Irondale was won in double overtime.



Brock Baumgartner (12) dribbles down the court with Cretin close behind. Cretin Durham Hall won the game by one point on a buzzer beater. Teammate Philip Sauer (12) exclaimed, "It was the most exciting game of my career! I put all I could emotionally, mentally, physically, and spiritually into that Friday night game."



Anthony Tyler (12) blocks a Cretin player from making a basket. "Welcome to the block party," joked Tyler. The boys played hard but unfortunately could not beat Cretin Durham Hall in the end.

Matt Degendorfer (11) shoots a three in the first half of the game. The boys went on to win the game by four points in double overtime. "It was fun to compete in a double overtime thriller and sneak out of there with a win," commented Degendorfer.



When asked how it feels to be captain, Brock Baumgartner (12) stated, "I feel honored being given the opportunity and being seen as a positive leader for our team."



Captain, Noah Davis (12) commented on being a captain, "It is cool to be a leader of the team."



Captain, Anthony Tyler (12) asserted, "It feels good to be a leader on the team and set an example for the future of the team."

Kellie Welch (12), stated "I was racing at Conference, first girl down the hill, knowing it was tough I pushed to the bottom. Hearing I made it to All-Conference this year after this race filled me with joy."



Jake Schwanz (12) stated, "This was the first race of the season, I place in the top 30. During this season I enjoyed being able to spend time with people who have a bright future in the sport."



Captain Jacob Schwanz (12) "It's been a privilege to coach with such a high potential."



Captain Kallie Welk (12) "I enjoy being able to lead by example and help everyone out because it's great!"



Captain Melissa Mackey (12) "The best thing about being captain is having everyone look up to you, and just having fun with everyone."



Captain Jacob Bush (12), "I enjoy being able to interact with everyone and helping everyone reach their goals and succeed at all that they do."



Melissa Mackey(12) stated, "Racing in the MLK race at Grants Ridge, I placed 11th. One memory I'll save from this season is the Sections car rides with my girls team."

Robert Beynon (12), stated "racing in the conference meet at Wild Mountain and placing 50 out of 100 racers. "The best part of the season is riding the bus to and from races."



SCOREBOARD

Wild Mountain Invite
Girls-8th
Boys-5th

Afton Sections
Girls-4th
Boys-2nd

Wild Mountain
Girls-2nd
Boys-2nd

Afton Alps
Girls-5th
Boys-2nd

MLK Sunrise
Girls-4th
Boys-1st

MLK Sunset
Girls-3rd
Boys-2nd

Willd Mountain
Girls-3rd
Boys-4th

Alpine Sections
Girls-4th
Boys-2nd



Front Row: J. Schwanz, K. Welch, J. Bush, M. Mackey, B. Beynon. Second Row: B. Beynon, M. Broom, M. Longsdorf, A. Jorgenson, S. Norcross. Third Row: S. Kramer, E. Rodsjo, J. Dunaski, C. Wallner, N. Goulding, M. Stangler, R. Schilling, N. Patterson, M. Longsdorf. Top Row: Asst. Coach C. Cassem, J. Alberg Asst. Coach A. Perry, M. Gemuenden, S. Halley, Z. Boesel, J. Full



Alpine Ski

Slippery Slopes

Turning right, turning left, as quick or as slow as they can. As the season is ending and the sun is starting to come out again, the boys and girls Alpine ski team did a great job this year giving it their all and pushing through Minnesota cold winter.

Jake Schwanz (12) stated, "The Alpine ski team this year is doing better then they did last year. With two new coaches bringing an incredible amount of experience and intelligence to the team, the team has been able to work together and win races." Having new coaches has only benifited the team this year. The coaches would give encouragment and make everyone feel important on the team.

The team had to spend time together everyday, becoming more like a family as the season went on. Taking a bus everyday to the home hill at Wild Mountain. They spent many nights together helping eachother out through every obstical that came in their way.

As every race arrived the team had there mind set on doing their best and not giving up. During every race the racers from grades seventh to twelfth gave it their all.

CaSondra Serres



Back row Coach D. Johnson, L. Wedell, K. Mahonen, R. Wolk, Q. Duffy, D. Long, B. Mahonen, S. Nielsen, J. Jankowski, A. Richert, R. Taylor, L. Hipp, M. Mead, O. Koreneva, J. Greeley. Middle row M. Valentin, M. Overland, M. Kelly, W. Valentin, T. Babcock, J. Reiling, J. Ebel, S. Kotys, R. Mead, M. Anderson, K. Schaff. Front row M. Humble, A. Stockenger.

SCOREBOARD

Westra Sprints
Boys 1st, Girls 1st
SEC Conference Skate Race
Boys 1st, Girls 3rd
Ranger Pursuit
Boys 1st, Girls 1st
SEC Conference Classic Sprint Relay
Boys 1st, Girls 2nd
SEC Conference Classic Race
Boys 1st, Girls 4th
Mesabi East Invitational
Boys 6th, Girls 16th
SEC Conference Skate
Boys 1st, Girls 4th
SEC Conference Classic Pursuit
Boys 1st, Girls 4th
Suburban Eat Conference Championships
Boys 1st, Girls 4th
Section Four Championship
Boys 1st, Girls 3rd
Minnesota High School League State Meet
Boys 3rd

Nordic Skiing

Racing to Victory

Nordic Skiing is very different from many other sports. Skiers compete against teammates, other schools, and their own times. It involves a great deal of physical and mental focus. There are many challenging aspects to being a Nordic skier. These athletes train hard to be able to race other skiers at every meet. This sport pushes athletes to perform at their absolute best in bitter cold and harsh winds that come with winter in Minnesota.

Students involved in Nordic skiing are very dedicated. The team itself is like a family, however, at each teammate's race against each other. When teammates aren't racing, they hang out, warm up, and cheer on other members of the team. **Molly Mead (10)** agreed stating, "My favorite part of the

team, is that we are like a family and I am happy I know them! I also enjoy the skiing part of it because it involves both physical and mental focus."

The Forest Lake Nordic ski team had a great season. They did very well at all of their meets. The team took 1st at Sections which sent them to State. The team took 4th at the State meet. Sadly the season ended after that meet but it was a great end to a victorious season. Many of the younger skiers were sad to see the seniors go but they all look forward to next year's season to come.

-Elizabeth Thordson and Hailey Swanson





The nordic ski team always puts forth full effort and commitment to every meet they compete at. "I go out every race just thinking positively and going to have fun," stated **Racquel Wohlk (10)**. Nordic skiing is a very harsh and unforgiving sport, the team members always must use all of their training and skills in order to stay ahead.

Lexis Wedell (9) pushes herself through the bitter cold. She was determined to beat her opponents. Although competing is always difficult **Wedell** plans to participate next year in the high school.



Anna Stockinger (7) pulls ahead of the other competitors during a nordic skiing race. "I really liked the team and plan to compete again next year," **Stockinger** said. This meet was a particularly cold one which made it especially difficult to compete.

Leo Hipp (10) puts forth full effort during a meet this season. "Everything we are given is a privilege, don't lose it," **Hipp** advised his teammates. Through his inspirational words the team went on to finish the meet with success.



Captain Jacob Jankowski (12) stated, "nordic skiing is like wrestling a gorilla. You don't stop when you're tired. You stop when the gorilla is tired."



Captain Jack Ebel (12) stated, "It's fun to be a captain and nice to know I can help kids to be better people."



Captain Jessica Greeley (11) boasted, "There is pride in the Forest Lake racing Nordic program because it's tradition is known State-wide as second to none. It is a racing program of champions."

Captain Amanda Williamson (12) holds her position as she flips off the balance beam during her routine at Sections. She finished the stunt with a solid platform earing berserj and team a high score.



Jessica Dhaene (12) does her beam routine at the State gymnastics meet. Of the seven years that she has been in gymnastics Dhaene has gone to State four times. Dhaene stated, "I was really excited to be competing at State again."



Captain Merina Lenz (12) stated, "Well what I like about being captain is that I know that the girls look up to me that I know we let them see theres potential in each one if them and they love that we are able to be there for them"



Captain Jessica Dhaene (12) said, "I like planning fun events and I love being the leader. I do my best to set a good example for the girls and It's so fun getting to know everyone closeby. I love hearing how they look up to me."



Captain Amanda Williamson (12) shared, "Being able to watch the girls grow up and being able to help them be better gymnasts!"



Cassandra Giesner (12) does a back walkover on the beam. She competed in All Around at the meet. Giesner commented later, "It was a great season for the team, I'm glad I decided to come back to gymnastics after a six year break because the team was like a second family."



SCOREBOARD

11/29/2012 Cretin-Derham Hall
Win: 128.65 - 128.275

12/06/2012 Moundsview
Win: 131.375 - 130.775

12/13/2012 Roseville Area
Lose: 131.325 - 144.725

12/19/2012 Hastings
Win: 129.15 - 122.375

01/10/2013 Stillwater Area
Lose: 132.175 - 138.4

01/17/2013 White Bear Lake Area
Win: 130.575 - 128.25

01/24/2013 Park
Lose: 131.025 - 140.525

01/31/2013 East Ridge
Win: 137 - 130.57

02/02/2012 Sartell-Saint Stephen
Win: 135.575 - 130.975



A. Jungwirth, A. Edwards, A. Williamson, C. Fletcher, C. Rieber, C. Geisner, C. Baker, C. Sloneker, D. Sardson, I. O'Neil, J. Dhaene, J. Rehbein, J. Frost, J. Walton, K. Thomas, K. Anderson, K. Dhaene, K. Dison, L. Foss, L. Anderson, M. Lenz, V. Patterson, Z. Torgerson

Gymnastics Athlete by Nature, Gymnast by Choice

Many people think gymnastics is an easy sport all about doing flips and the splits. Those people are mistaken; gymnasts are strong, courageous, and precise. They have the strength to throw their bodies onto beams, vaults, and bars. They have the courage to flip, fly, and spin through the air. They have the precision to land gracefully on mark most of the time.

Most girls on the high school gymnastics team have been doing gymnastics for years. When students reach 7th grade they can join the high school gymnastics team. Athletes from the Forest Lake team work hard for their personal goals, and for their big goal as a team, which is going to State. This year two girls went to State. **Jessica Dhaene (12)** went to State for vault, bars, floor, and All Around. **Lyndsey Anderson (10)** competed in

bars and All Around. **Anderson** stated, "I had a really fun time with everyone this season. I was so excited that I got to share my first time at State with Jess before she had to leave."

The girls performed at several meets this year. They worked hard to get ready for each one by changing routines and practicing their moves. By the end of the season the girls were at their best. They took second place as a team at Sections. **Dhaene** has gone to State four of the seven years she has been in gymnastics. **Anderson** was excited to go to State for the first time this year. All the girls on the team are great gymnasts and worked very hard to earn their place in each meet.

-Elizabeth Thordson



The Forest Lake gymnastics team poses for a picture after taking second at Sections. The girls worked hard all season long and it paid off. Captain, **Amanda Williamson (12)**, one of the gymnastics captains gives a quote about her last year in gymnastics, "This year was the best year I have had on the team! I got to know all the girls super well and I'm going to miss them all so much!"



Back Row: K. Slowinski, A. Ricci, J. Hunt, K. Sullivan, E. Murphy, S. Fuerst, A. Proulx, K. Zarembinski, P. Ewert, E. Navara, A. Hanson(manager), T. Hudak, A. Perala, E. Hanson, S. Moore, A. Clasen Middle Row: C. Smoczyk(coach), M. Trog, M. Mesenbring, B. Neeser, K. Kluge, E. Isaacson, A. Fechner, L. Bartlett, N. Wright, M. Jeans, T. Schmidt, T. Emly, R. Lasch, H. Moore, A. Bilbrey Front Row: S. Andre, S. Boyd, M. Leeson, C. Boyd, E. Proulx, H. Waldoch, L. Opsahl, S. Benson, K. Lukkonen, C. Evgen, R. Rue, A. Heitman, T. Riel

SCOREBOARD

Conference Meet at Park
Kick: 2nd Jazz: 1st

Invitational at Eastview
Kick: 14th Jazz: 11th

Conference Meet at Woodbury
Kick: 2nd Jazz: 1st

Invitational at Fridley
Kick: 1st Jazz: 1st

Invitational at Blaine
Kick: 7th Jazz: 4th

Invitational at Minnetonka
Kick: 4th Jazz: 4th

Conference Championship at Cretin
Kick: 2nd Jazz: 1st

Invitational at Wayzata
Kick: 12th Jazz: 17th

Invitational at Mounds View
Kick: 6th Jazz: 4th

Sections
Kick: 7th Jazz: 2nd (tied for 1st)

State
Jazz: 12th

Dance Team

A Season Worth 2013 Words

The Forest Lake Dance team had an overall great year. They made history and achieved many of their team goals and personal goals this year.

Their theme for their kick dance this year was very cute and different than ones they had before. The past couple of years they had "boy-ish" themes, but this year it was Marilyn Monroe "Some Like It Hot"; it was a super girly theme and a lot of fun for them to dance to.

There is a lot of things the students and people don't know and understand about the dance team, and that is how much time and work they put into their routines that they do throughout the season. All season long the dancers work to perfect two routines that range from 3 minutes to 3 minutes and 30 seconds. In that time period the dancers are constantly moving and need to have exact placement for every second of that routine. It's a lot of pressure and it's hard work.

With all of their hard work they ended up making history this year with the Varsity Jazz team making

it to State for FLDT's first time ever! "I'm so proud of all the girls. It has been a great year, and I can't wait to come back and watch the team next year make it to state again" **Chandler Boyd (12)** commented about the team. The Varsity Jazz team also got Conference Champs for jazz earlier in the season. They are all super excited about their accomplishments this year.

All of the girls on the team think of each other as a second family and when the season came to an end they were all sad thinking about the seniors not being with them next year. But all of the seniors have so much faith in the team to make it even farther next year. And the seniors can't wait to come back to watch Forest Lake Dance Team as proud alumni in the future.

~ Shelby Benson





The girls work it and kick high during an Invitational at Minnetonka. Natalie Wright (11) commented about the kick dance. "I loved the Marilyn theme. It gave us a chance to be girly and flirty and have personality with fun facial expressions. We had a lot of fun with the dance."

Alyson Proulx (10) talked about how it felt dancing on the State floor at the Target Center for the first time. "It was the biggest competition of my life! The big crowd can really make or break your performance and in that case it made it," stated Proulx. The girls did awesome on their first trip to State.



Maggie Jeans (11) gave a statement about the kick dance, she said, "I always looked forward to dancing to kick because the theme was Marilyn Monroe. So we really got into character and had fun with it."

After tying for 1st place at their Section competition the girls were so excited and happy that they made it to State for the first time ever in Forest Lake Dance Team history! They gathered together and held their Section plaque high. It was a special moment!



Captain Hayley Waldoch (12) "I couldn't have asked for a better senior year and I'm so proud of the team's accomplishments this season."



Captain Emily Proulx (12) "The season was record breaking and I couldn't be more honored and proud to be captain of FLDT."



Captain Maria Leeson (11) "This year FLDT made history. It meant so much being apart of it, especially as a captain. The team continues to improve each year and I can't wait for next season."



Captain Rachel Rue (11) "I'm really proud of how much our team has accomplished this year and I can't wait to see where we go in the future."



"Getting our exercise!" CHRISTIAN GEE (11)



"I like Physics because I enjoy all the hands on projects we get to do." ELISE ZAMZOW (12)



"Outdoor Education is a really fun class to take." KELSEY MAGNUSON (12)



"ANDREW WRIGHT (12) assists JORDAN BERNARD (14) make her plate while HANNAH GULDEBERG smiles for the picture."



"During the makeup unit in Technical Theatre, we were suppose to age 50 years. But a bunch of us decided to age a thousand more and this happened!" SHAY BEHREND (12)



"Making the service quilt was 'sew' fun." ADVANCED SEWING CLASS

Close Up



"My locker is actually getting used. Lol."
CHRISTINE ANDERSON (12)



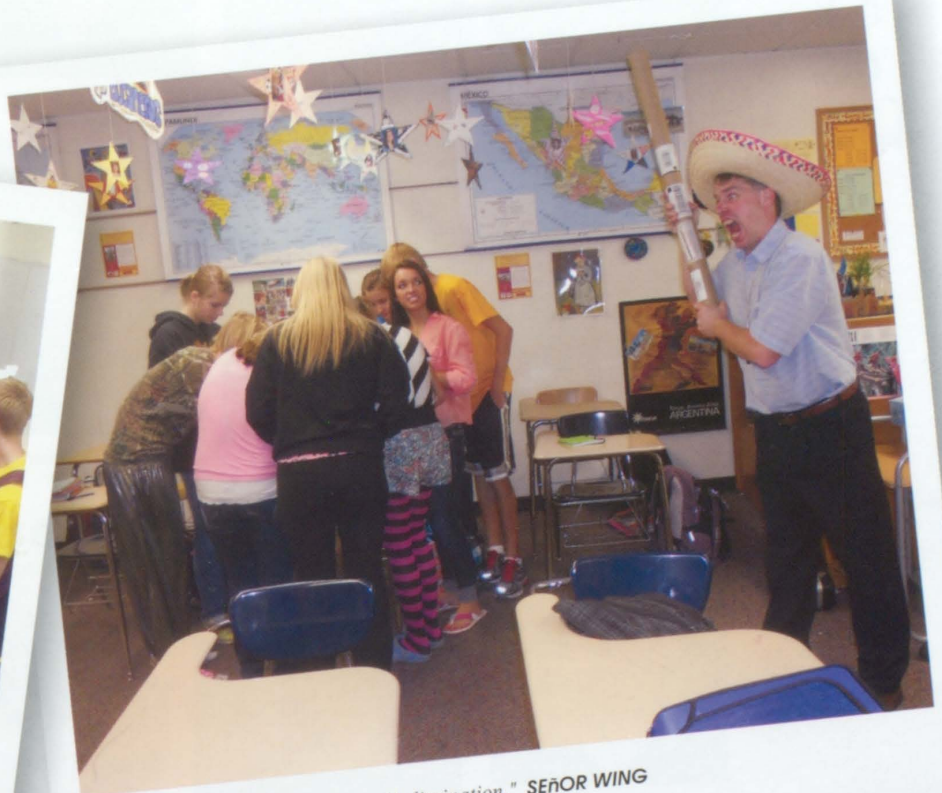
Many people walk through the school doors every day. From teachers ready to teach, students ready to learn, janitors, cooks, parents and other faculty staff members. Seniors just begin to realize that this is their last year being a high school student. Juniors are excited that they only have one more year, and sophomores are nervous for what is about to come, but also thrilled to start a new school.

Students walk through the halls in the morning conversing with friends, while others might sit down to finish last night's homework. Teachers prep their lesson for the day, ready for students to rush in and learn. The cooks prepare for the day's meal, while janitors work to keep the school clean. Everyone who goes here makes the school what it is. Close up, our school is made into a whole.

-Brittany Johanson



"I enjoy studying why humans act the way they do." KATHRYN SULLIVAN (12)



"The Bucaneros tribe fighting to avoid elimination." SEÑOR WING

Faculty & Staff



Alan Anderson
Business



Mary Anderson
Paraprofessional



William Ball
Custodian



Terrance Benson
Custodian



Jodell Berg
Paraprofessional



Matthew Beukema
Industrial Tech



Devon Brecke
Science



Lee Anne Brockman
Media



John Buck
Mathematics



Jamie Bullock
Business



Julie Busby
Special Education



Angela Butler
World Languages - Spanish



James Caldwell
Assistant Principal



Sara Cameron
Social Studies



Virginia Carney
Cafeteria



Connie Carufel
Paraprofessional



Susan Cerwinski
Cafeteria



Ann Chamberlin
Cafeteria



Matthew Clay
Psychologist



Matthew Cleary
Social Studies

What was your favorite class in high school?



Gina Pascuzzi-
Rivard

Scubba diving
at El Torro in
California.



James Caldwell

Various history
classes at
Brainerd in
Minnesota.



Dawn Clyne
Security Guard



Trevor Cole
Social Studies



Coleen Colton
World Languages - French



Katie Corrigan
English



Benjamin Dahmes
Special Education



Fang Deng
World Languages - Chinese



Amy Dickenson
Special Education



Patrick Elias
Special Education



Richard Elliot
Social Studies



Megan Espe-Och
World Languages - Spanish



Laura Feyma
FACS



Anna Fisk
Social Studies



Aaron Forsythe
Social Studies



Daniel Forsythe
Physical Education



Kelli Frericks
Science



Renee Frericks
Mathematics



Tracy Friton
Cafeteria



Courtney Gbolo
FACS



Theresa Gibson
Special Education



Travis Gjerner
Dean

What is the best excuse a student has

"Traffic was bad coming into school this morning"



Scott Swendiman

A student said their dog ate their homework and actually brought it in.



Megan Espe-Och



Jon Glader
Police Liaison Officer

Faculty & Staff



Shonda Hartung
Cafeteria



Elizabeth Haven
English



Leslie Heidel
Dean



Judy Hill
Science



Jim Hipp
Paraprofessional



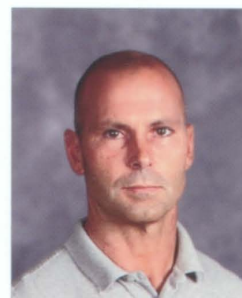
Susan Jarrett
Mathematics



Lynda Johnson
Paraprofessional



Penny Johnson
Cafeteria



Joseph Jurasin
Industrial Tech



Maria Kaiser
Art



Heather Karstens
Health Office



Paul Kendrick
Physical Education



Corrine Kettler
Science



Deborah Kniebush
Attendance



Daniel Koch
Social Studies



Amber Korbal
Custodian



Joseph Kunshier
Physical Education



Bruce Leventhal
Science



Heidi Link
Social Studies



David Livermore
Music

What is your biggest pet peeve about students?



Kristen Nellis

Students who don't participate and have negative attitudes.



Joseph Kunshier

Students who try to text while running warm-up laps or text during gym in general.



Laura Livermore
English



Robyn Madson
English



Valdie Magstadt II
Special Education



Jenny Marshall
Mathematics



Tamara Marshall
Audio/Visual



Steve Massey
Principal



Larry Matzdorf
Mathematics



Karen McCurdy
Registrar



Michael Miron
Agriculture Business



Vicky Monzel
Attendance



Joseph Mueller
English



Louanne Murphy
Cafeteria



Kristen Nellis
Business Education



Angela Nelson
Social Studies



Betty Nelson
Cafeteria



Timothy Newcomb
English



Kelly Nicholls
Industrial Tech



Joel Olson
Activities Director



William Olson
Mathematics



Laura Palke
English

What was the most stylish thing you wore in high school?

Hip hugger
bell
bottoms,
leotard
shirts, chain
belts and
platform
shoes.



Dawn Clyne

Anything
from Gap,
Abercrombie,
or Express.
Denim overalls
and Doc
Martens were
popular.



Stephanie Ward

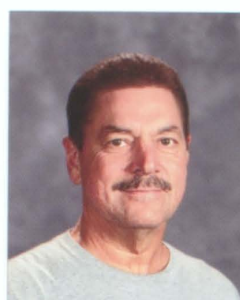
Faculty & Staff



Gina Pascuzzi-Rivard
Cafeteria



Jennifer Paulson
Special Education



Scott Pederson
Custodian



Kimberly Peterson
Activities Director Assistant



Tim Peterson
English



William Pierce
Special Education



Cynthia Riesgraf
Science



Nicole Ristow
Mathematics



Clare Ritchie
Special Education



Kevin Rivard
Industrial Tech



Brittini Rodewald
Mathematics



Dawn Rossman
Paraprofessional



Brian Roy
Mathematics



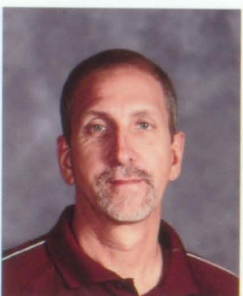
Lynda Rupp
Science



Barbara Schellinger
FACS



Wendy Schroeder
Principal's Administrative Assistant



William Schwartz
Head Custodian



Sonja Seim
Paraprofessional



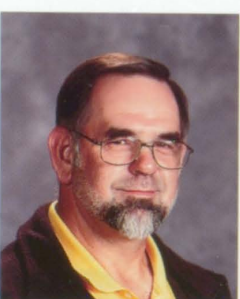
Cathleen Siebert
Special Education



Dawn Soltis
Special Education



Nancy Sonnen
Art



Donald Spears
Special Education



Suzanne Stennes-Rogness
Social Studies



Kathleen Strand
Paraprofessional



Carolyn Suess
Special Education



Teresa Svendsen
Cafeteria



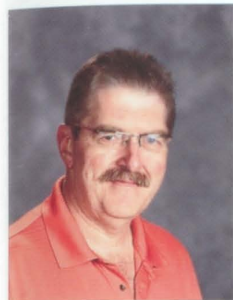
Scott Swendiman
Mathematics



Timothy Tarantino
Custodian



Barbara Teawalt
Special Education



Larry Tietje
Mathematics



Ronald Tungseth
Social Studies



Kathryn Ungerecht
Assistant Principal



Katherine Vasil
Dean



Jennifer Wagner
Physical Education



Corrine Wald
Head Cafeteria



Laura Walesheck
Cafeteria



Bradley Ward
Science



Nicholas Ward
Science



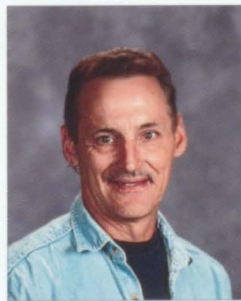
Stephanie Ward
English



Veronica Ward
Argibusiness



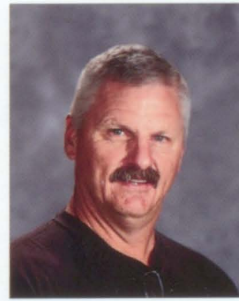
Deborah Welch
Cafeteria



Jeffrey Widman
Food Services Driver



Mary Wightman
Technology Specialist



Jeffrey Wilson
Physical Education



Sharon Wilson
AV



Kelly Wing
World Languages - Spanish



Alyssa Wyatt
Music



Craig Zimanske
English



Barry Zumwalde
Music



Class of 2015

Jessica Abel
Emma Abress
Angela Adams
Kristyn Aho
Caitlin Albright



Faith Allen
Megan Ambrose
Blaine Anderson
Dakota Anderson
Elizaveta Anderson



Emily Anderson
Jackelyn Anderson
Jacob Anderson
Julia Anderson
Stone Anderson



Zachary Anderson
Emilie Antony
Bailey Armstrong
Jacob Ashworth
Drayton Bagan



Corey Bahr
Cassidy Baker
Payton Baker
Jordan Bakke
Ryan Baniecke



Lindsay Bartlett
Michael Barton
Cole Beck
Devin Behrends





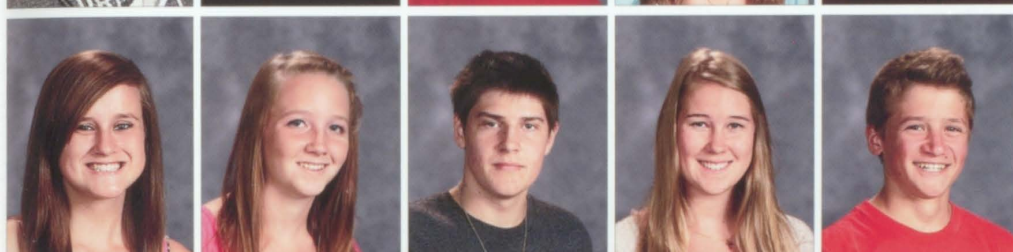
Devon Beimert
Katelin Benhardus
Mikayla Benson
Dylan Bergerson
Marirose Berner



Jack Bernier
Jaret Bernier
Ryan Bildeaux
Bethany Blackmer
Christopher Bloch



Taylor Boerem
Kyle Boerum
Zachary Boesel
Karley Boleen
Devin Bombard



Lyric Bourassa
Kamryn Bracht
Hayden Brehm
Stephanie Brenk
Timothy Brennhof



Alexa Brett Bolin
Nathan Bridgeman
Thomas Brockman
Alexander Brown
Nathan Brown



Riley Brunner
Kayla Brust
Nicholas Burger
Breann Bush
Hannah Byl



Emelie Caldwell
Lucas Calhoun
Parker Campobasso
Collin Carpenter
Kolton Carver

Alyshea Casey
Rachel Chatwin
Caleb Chelstrom
Danny Chen
Kayla Christensen



Rylie Citrowske
Kaley Clark
Alexandra Clasen
Mitchell Clayton
Brendon Cleland-Babcock

Who is the most
intimidating
senior, why?



"Hanna Valento, because she
looks like a beast!"
-Shelby Vukich



"Jacob Jankowski, because
he can run fast!"
-Leo Hipp



Blake Ammann, because he
is big and scary!"
-Kailey Spicer

Madison Clepper
Alexander Clifton
Allison Clover
Carolynn Clover
Clarissa Cochran



Jordan Cooper
Jessica Copt
Mitchell Corbin
Hunter Cottrell
Kennedy Crever





Lindsey Crohn
Allison Cully
Erin Davis
Zoie Decosse
Alexis Demaio



Chandler Denney
Shannon Dickenson
Victoria Dironca
Jessica Dison
Ashley Doherty



"Go streaking!"
-Brandon Taylor



"Anything and everything!"
-Lindsay Bartlett

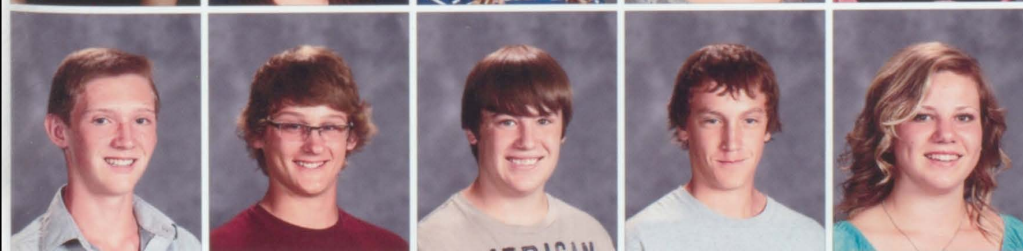


"Nothing, I'd rather eat a
green olive dipped in ranch."
-Stone Anderson

What would you
do for a
Klondike Bar?



Taylor Dohovan
Madalyn Dorrain
Arianne Dreher
Carly Drobnick
Josef Duff

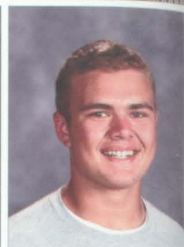


Quinn Duff
Nicholas Dufresne
Andrew Ebsen
Clayton Edstrom
Autumn Edwards

Tanner Egelkraut
Andrew Eggert
Paige Elfering
Andrew Erickson
Dylan Erickson



Jessica Erickson
Tayler Erickson
Kaycee Evanson
Nicholas Evgen
Gunnar Ewert



**"If you were
Batman, who
would be your
Robin?"**



"Sofia Rapa!"
-Kennedy Crever



"Jack Schmidt!"
-Brandon Rogers



"Nick Z."
-Nicholas Reller

Anna Faffler
Blaise Fairbanks
Mark Favreau
Ashley Fechner
Kevin Filipkowski



Faith Fisher
Kadie Flanagan
Alexis Flaten
Michelle Fleischhacker
Dana Flickinger





Andrea Forbord
Antonio Forliti
Alyssa Forsman
Jacob Foss
Andrew Frattalone



Riley Friton
Carmen Fry
Sydney Fuerst
Gunnar Fyksen
Shayla Garber



"Watching Duck Dynasty!"
-Emily Anderson



"Hang out with Austin."
-James Pleski



"I'd play with my cats."
-Dana Larson

How would
you spend your
nights if you
never slept?



Megan Gemuenden
Alex Germain
Zachary Germany
Stephanie Giesbrecht
Daniel Gillespie

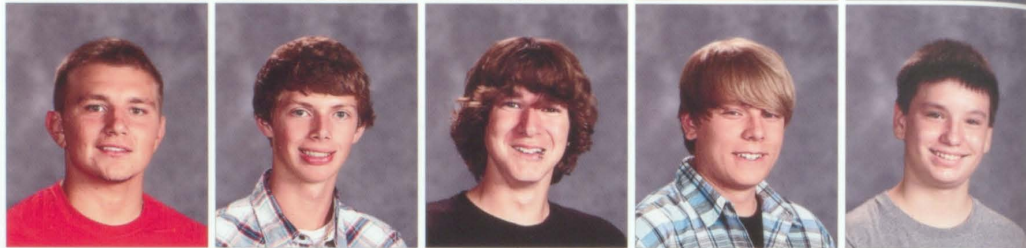


Miranda Gillespie
Brian Gonzalez
Kathryn Goodpaster
Katherine Goulding
Nickolas Goulding

Michayla Grahek
Zannalee Griffitt
Andrew Grundhauser
Summer Gullickson
Quin Haluptzok



Jacob Hansen
Matthew Hanson
Joseph Hanson-Liljedahl
Joseph Harrer
Jordan Harris



Hunter Harshe
Austin Haseltine
Dakota Haseltine
Johanna Haseltine
Kaylie Hausker



Nicholas Hendry
Amanda Hennen
Alexander Her
Ariel Her
Austin Herdina



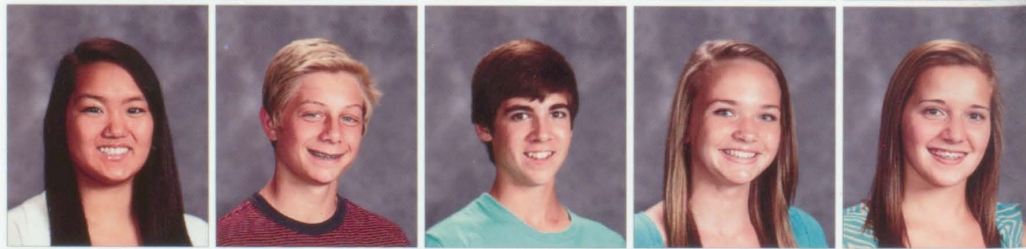
Mark Herman
Hailey Hill
Leo Hipp
Sara Holmberg
Tyler Holzschuh



McKenzie Howe
Hunter Huberty
Taylor Hudak
Josephine Hudoba
Veronica Hughes



Marlee Humble
Rowan Hume
Weston Hunn
Abigail Hunt
Maria Hunt





Alexander Hurtley
Cody Huset
Kody Ihfe
Alyssa Immerfall
Andrew Inwards



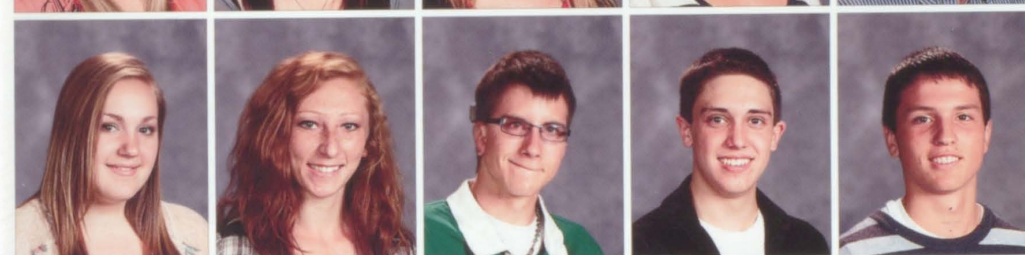
Ryan Jacobs
Eliana Jacobson
Madison Jacobson
Sarah Jaeb
Cameron Janke



Leroy Janke
Anthony Janssen
Savannah Jeans
Jessica Jedlicki
Joshua Jensen



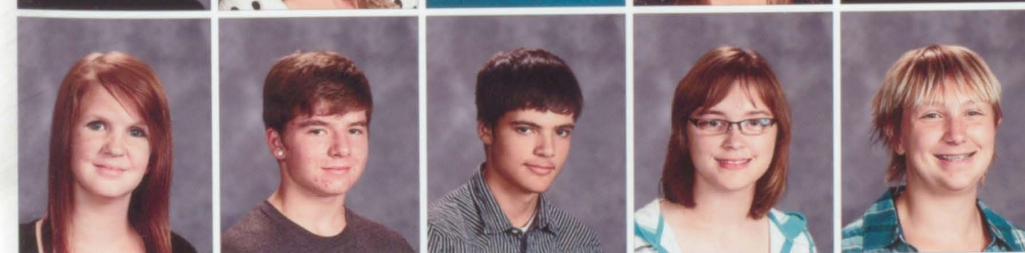
Brandi Jeske
Ashley Johnson
Brooke Johnson
Erynn Johnson
Jacob Johnson



Emma Jorgensen
Kiana Julkowski
Brady Kawlewski
Andrew Klebe
Andrew Kezar



Brent Kinder
Josie Kisch
Brenton Kleinstick
Hailey Knoop
Connor Knutson



Michaela Knutson
Thomas Kolbow
Austin Kosobuski
Claire Kotchen-Stehr
Samantha Kramer

Rachael Krois
Holly Kundel
Alanis Kurrelmeyer
Savannah Lambert
Aimee Lancaster



Alanna Larson
Andrew Larson
Dana Larson
Kalahan Larson
Jordan Lee



**"What event
would you want
to happen during
school, that
never usually
happens?"**



"I would want everyone to
start dancing all at once!"
-Hailey Hill

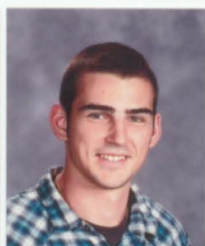


"No homework for a full
day."
-Ryan Murray and Cameron
Janke



"It'd be funny if someone
battered all of the tiled
floors."
-Logan Lund

Andrew Leppala
Senia Leppanen
Anne Marie Leroux
Anthony Lesnar
Cole Letch



Caitlyn Liljedahl
Cullen Lillyblad
Jerrod Lindberg
Emily Lindstrom
Heather Lipp





Austin Littlejohn
Allison Long
Bethany Lor
Michael Loughney
Logan Lund

Benjamin Lundgren
Laura Lutz
Austin Lynch
Alayna Mackiewicz
Miranda Manning



"Taylor Swift, because she is really rich and nice to everyone."
-Monica Nguyen



"The Kardashians, because they can snap their fingers and be anywhere."
-Hope Marleau



"Iron Man, because he's awesome."
-Andrew Ebsen

"If you could be somebody else for a day, who would it be?"



Megan Marks
Hope Marleau
Zachary Marleau
Jose Marmol-Vargas
Kelly Martichuski

Jamie Martin
Rossie Martini
Skyler Masloski
Layne Mathiowetz
Meghan Mattheisen

Anders Matti
Peyton Mattson
Margaret Maurer
Luke McCord
Nicholas McCormick



Kayla McCullough
Abigail McMahon
Meghan McMahon
Molly Mead
Sarina Men



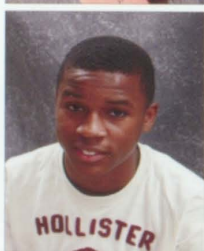
Michael Metheny
Mitchell Miers
Douglas Mihelich
Ariana Miller
Michael Miller



Tierney Miller
Abigail Moeller
Ryan Moen
Anthony Mondry
Christian Montes



Ahmad Montgomery
Natasha Montzka
Conner Moore
Sydney Moore
Kendall Morrison

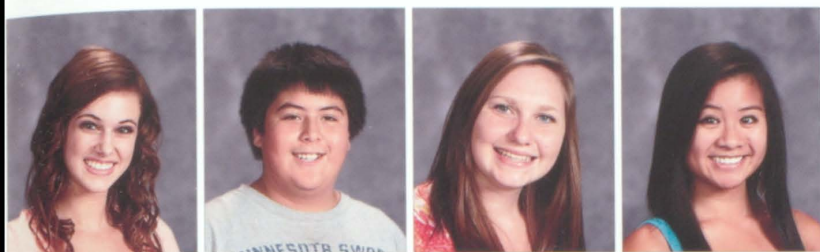


Avery Morse
Gavin Morse
Kendra Mortenson
Madelyn Muntifering
Erin Murphy



Kassandra Murphy
Ryan Murray
Shelby Muscha
Hanna Nase





Emily Navara
Talon Neadeau
Sarah Neeck
Monica Nguyen



Sonja Nord
Nicholas Novak
Abbey Novotny
Daniel O'Connell
Aleta Olesiak



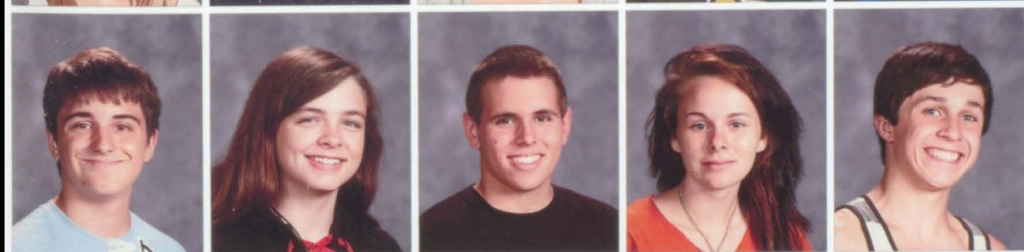
Aries Olson
Caleb Olson
Jonathan Olson
Noah Olson
Riley Olson



Zacary Ortega-Trimble
Hally Osdick
Emma Paape
Michael Palo
Chevelle Palomino



Abigail Pariseau
Cameron Parrucci
Delane Passenheim
Tyler Patrin
Jason Pederson



Nicholas Peltier
Paradise Peltier
Benjamin Pemrick
Hanna Penn
Brenden Perillo



Nicholas Perkins
Trevor Peterfeso
Nicholas Peters
Jordan Petersen
Jake Peterson

Kayla Peterson
Maia Peterson
Megan Peterson
Soren Peterson
Trevor Peterson



Tyler Pierre
Zachary Pierre
Katherine Pierucki
Sam Pitt
James Pleski



Claire Plombon
Jacqueline Pothén
Maria Poyerd
Alyson Proulx
Joseph Ramastad



Sofia Rappa
Raven Rautio
Autum Ray
Cody Ray
Elizabeth Redepénning



Daniel Rehbine
John Reiling
Cory Reller
Nicholas Reller
Mikayla Renard



Anna Ricci
Chelsea Richardson
Alexander Richert
Alisha Richert
Eli Richter



Jacquelyn Rieger
Nicholas Rivard
Alejandra Rivas
Noah Robinette
Jennifer Robinson





Morgan Robnik
Amanda Rodlund
Espen Rodsjo
Brandon Rogers
Tyler Ross



Sanita Rouse
Molly Rushmeyer
Brandon Russell
Joseph Rydel
Emit Salokar



Kelsey Sarver
Isaac Sauve
Emily Scherer
Kaelee Schewe
Riley Schilling



Cassandra Schmidtke
Brooke Schneider
Haley Schoonover
Katherine Schwartz
Erin Schwister



Calvin Scully
Jordan Seim
Justin Seitz
Gina Severson
Kelsey Severson



Kelsey Sewall
Mollie Shappell
Sierra Shaub
Alexandria Shea
Cate Shea



Tyler Shelton
Paige Shepherd
Kelsie Shipley
Chase Shortly
Samuel Shumaker

Adam Sieber
Jaimie Siewert
Alec Skar
Maria Slusarek
Jakob Smith



Jonathan Snyder
David Sopp
Sommer Sova
Ali Sowers
Ashley Soye



Would you
rather be 8 feet
or 3 feet ? why ?



"I would rather be 3 feet tall
becauseYOLO!"
-Taylor Wahlgren



"I'd rather be 3 feet tall
because shorter is cuter than
tall"
-Emily Navara

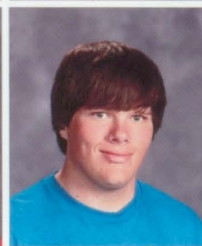


"8 feet tall because I like
being tall and big."
-Cole Whitman

Adriona Spears
Kailey Spicer
Nicholas Spreeman
Madeline Springer
Rachael Springman



Danielle Stace
Samuel Stachel
Logan Starzinski
Madison Starzinski
Jaci Stich





Carolyne Strobel
Nicole Strusinski
John Suess
Isaac Swan
Brandon Taylor



Grant Taylor
Ramsey Taylor
Jordyn Templeton
Logan Thiemert
Lilia Theisen



"I want to be remembered
as the most dedicated FFA
member ever!"
-Joseph Ramstad

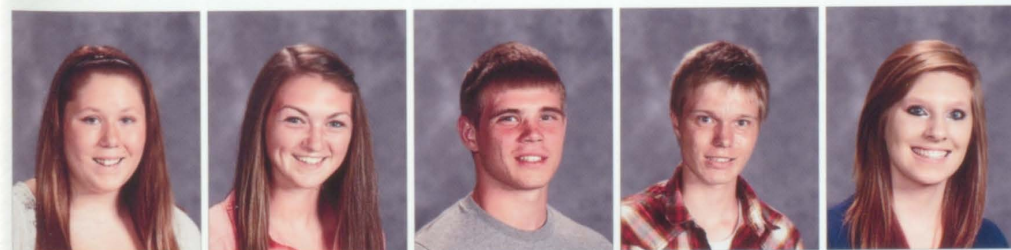


"The class clown!"
-Drew Erikson



"I want to be remembered as
a nice person."
-Autum Ray

20 years from
now, what do
you want to be
remembered as
in high school?



Hailey Thibault
Josephine Thill
Joshua Thill
Quintin Tholen
Brittany Thomas



Hope Thomas
Taylor Thomas
Jonathan Thompson
Joshua Thompson
Christian Thompson-Nylund

Christian Thomsen
Kalynn Tilton
Alexa Toensing
Timothy Tower
Rachael Trapp



Mitchell Trog
Sara Trojanowski
Anna Tuomala
Tiffany Udstuen
Ian Ulvin



Jordan Urman
Talan Vaillancourt
Abigail VanBergen
Katherine Vang
Victor Vang



Christopher Vanneste
Dannielle Vanneste
Elizabeth Vass
Hanna Vidlund
Noel Vierra



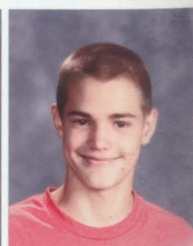
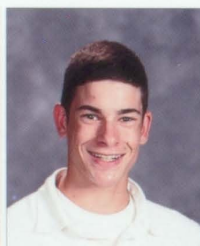
Breanna Vogel
Jake Vondrasek
David Voss
Benjamin Vue
Kasua Vue

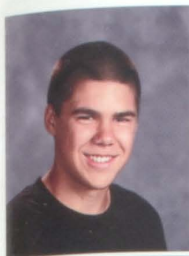


Shelby Vukich
Kelby Wagner
Taylor Wahlgren
Matthew Waldron
Jacob Walgrave



Jessica Walker
Logan Walker
Benjamin Wallinga
Christopher Wallner
Job Walmsley





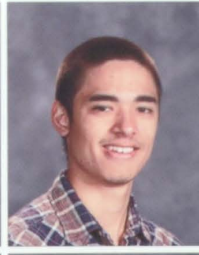
Austin Warner
Jewel Warner
Justin Waterman
Katherine Watson
Anna Wavrin



Tyler Weed
Samantha Weigel
Shalana Weiland
Jacob Weiss
Tyler Welk



Matthew Welty
Benjamin Wensmann
Bailee Westergren
Olivia Westphal
Cole Whitman



Trevor Wiese
Michael Wild
Ruth Wind
Racquel Wohlk
Jessica Wojtysiak



Kaitlyn Wolff
Vangcha Yang
Christina Yost
Calvin Young
Kylynn Young



Nicholas Zarembinski
Taylor Zemke
Dominick Zentic
Catherine Ziegelski
Laura Ziegelski

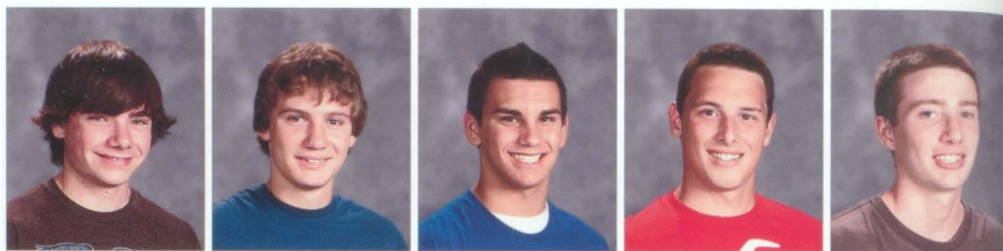


Marie Ziegelski



Class of 2014

Cody Abel
Ryan Ahern
Michael Aho
Stefan Albright
Matthew Allen



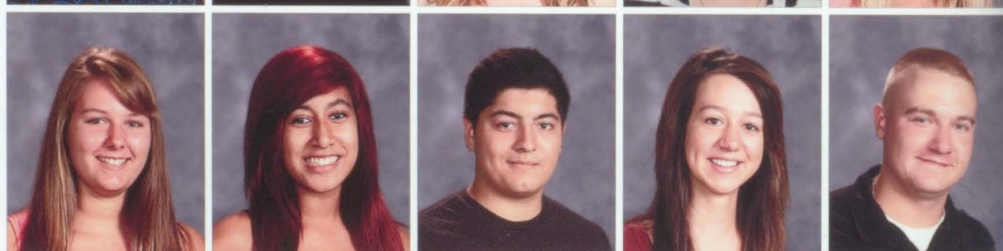
Trevor Anafarta
Mark Anderson
Natasha Anderson
Risa Anderson
Taylor Angelo



Edenilson Arevalo
Lucas Arnevik
Kailyn Avery
Alvera Babcock
Rachel Banieceke



Jennifer Banta
Sierra Barfield
Augustus Barron
Nejra Batic
Andrew Beach



Heather Beard
Austin Beecher
Kaitlyn Beimert
Stephanie Beja
Brendon Bennett



Mackenzie Bennett
Jordan Berg
Hannah Bergan
Samuel Bergman
Samantha Bergum





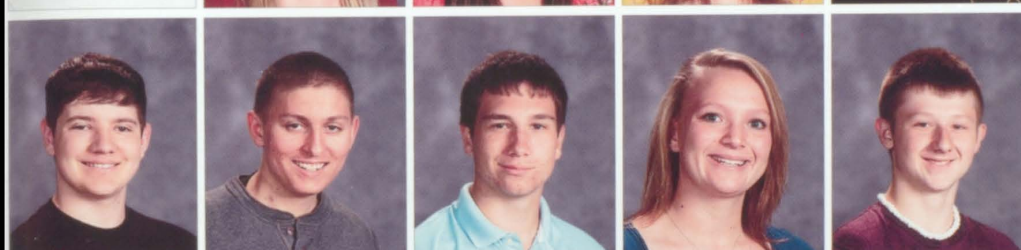
William Berndt
Chelsie Bethke
Emma Betz
Leighton Bierman
Jessica Borgwardt



Jarod Bowers
Andrew Bowes
Tyler Boyce
Jennifer Bracht
Corey Bratsch



Sam Bredenbeck
Margaret Breitbach
Alexa Bremer
Haley Briggs
Aaron Brinker



William Bruner
Blake Brunner
Kyle Bryan
Allison Buelow
Christian Burns



Jacob Bush
Zachary Cady
Trina Calderon
Mariah Campbell
Danielle Carlson

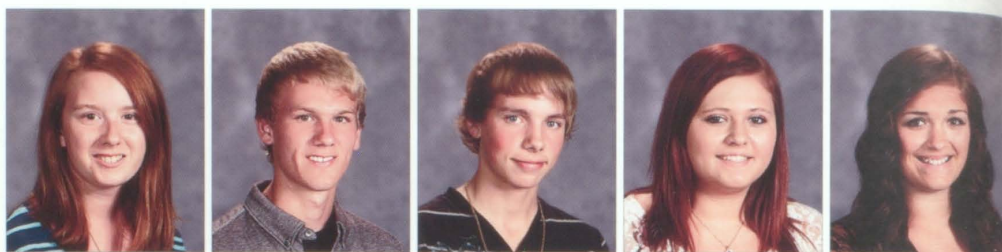


Jordan Carr
Branden Cartier
Tayler Charais
Luke Childers
Amy Christianson



Cougar Christopherson
Corrinne Clark
Mitchell Clemens
Alexis Cogar
Jacob Colling

Mary Cordell
Preston Cowing
Charles Cronwell
Danielle Cusick
Madisyn Czarnecki



Clayton Dahly
Jared Dalluhn
Beza Daniel
Nathan Danielson
Mariah Daninger



Anna Davis
McKenzie Day
Alexa Deford-Mason
Matthew Degendorfer
Jennifer Degennaro



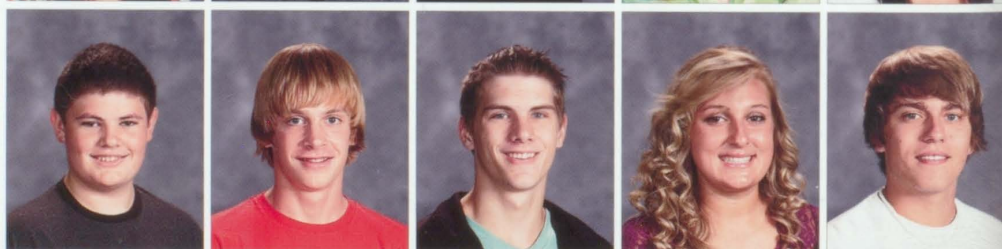
Kristen Dellwo
Steven Dietz
Katherine Dison
Reagan Distler
Eric Downs



Casey Drexler
Carter Drompp
Adnan Dzubic
Mallory Eberspacher
Rianna Eckert

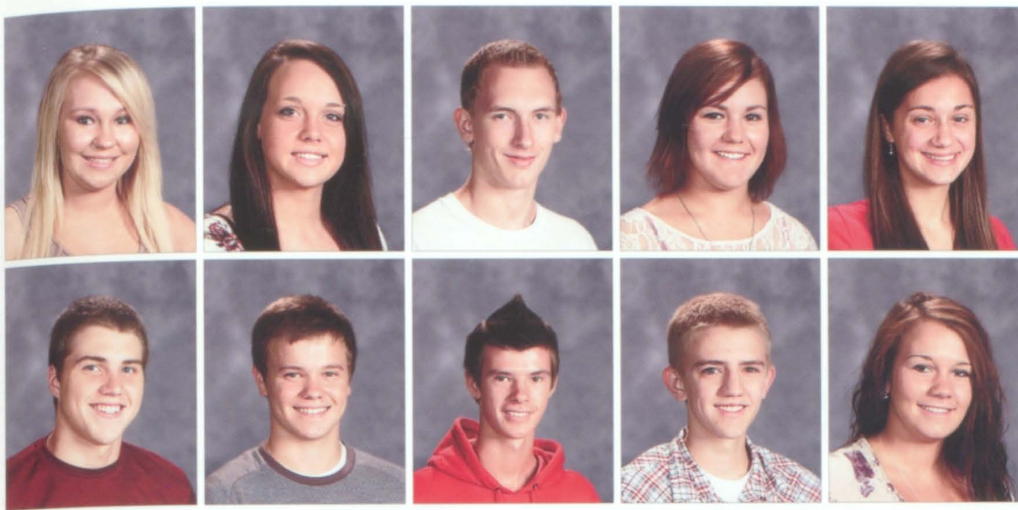


Matthew Edwards
Alex Egle
Christopher Ellefson
Emily Ellefson
Andrew Elliott



April Emery
Taylor Emly
Kathryn Evert
Cody Farver
Devin Feidt





Kayla Filbert
Holly Fink
Anthony Fischer
Ashlyn Fitch
Laura Fleischhacker

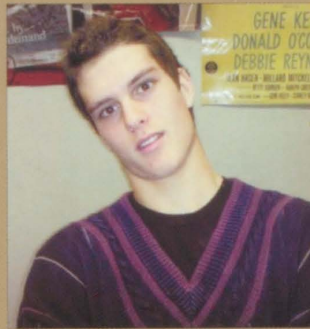
Bryan Fleming
Jack Forsell
Colton Forsythe
Joseph Frank
Cassandra Franson

Hannah Mack



A term used to refer to Ryan Sudo or someone with similar qualities.

Randy Rehbein



This word is a disease. It affects the pancreas and makes you laugh uncontrollably. Not always at the best of times. You will have sudden outbursts, mainly in the worst times possible. Not a funny disease to have.

Brianna Raabe



A word for someone who is really bad at football.

Can you please define the word Floccinaucinihilipilification?

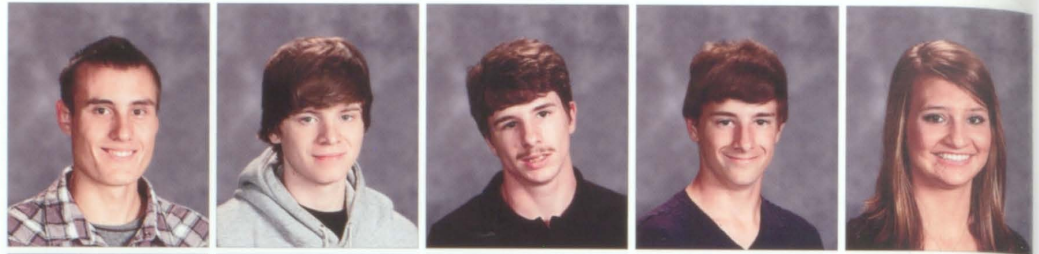
The correct definition is: The estimation of something as valueless.



Caitlin Freer
Sarah Friton
Kaitlyn Froelke
Emily Frost
Abigail Furry

Devan Gabrielson
Sadie Gadberry
Thomas Gadbois
Riley Gallagher
Gabrielle Galvez

Jesse Garcia
Tyler Gard
Christian Gee
Zachary Gee
Madeline Gemuenden



Josie Germundson
Lukas Gilbert
Sarah Giorgi
Kamp Gislason
Danielle Gorrell



Ben Gottsman
Sarah Gould
Cameron Gramse
Brett Gravelle
Jessica Greeley



Conner Green
Jacob Gregerson
Tristen Griffitt
Adam Groppoli
April Gross



Hannah Gulden
John Hagen
Terry Hagle
Sydney Halley
Samuel Hamilton

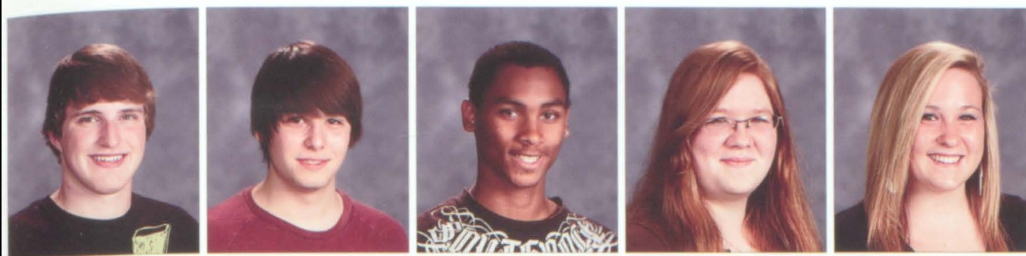


Miranda Hansen
Nicole Hansen
Alexis Hanson
Rachael Harrington
Tiffany Harrington



Jasmine Harris
Sarah Hayden
Michael Henning
Ryan Herbert





Tyler Hess
Aidan Hobson
Makani Hoglund
Kaycee Holt
Kirsten Holzschuh



Jacob Hoppe
Preston Huddleston
Rachel Huset
Tucker Ingalls
Emily Isaacson

Savannah Swanson

Daniel Massey

Araianna Tyler



"Kohls"

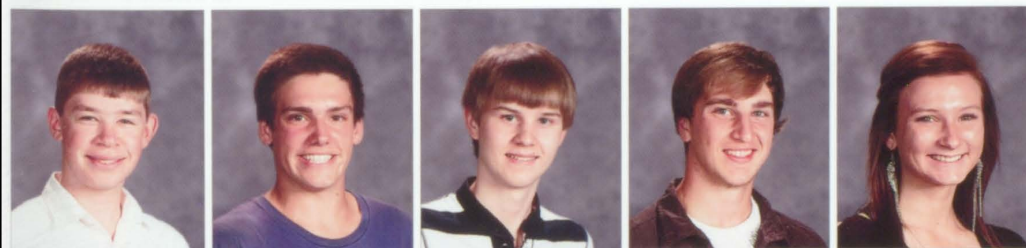


"Spencers"



"Macys"

**If you could
only shop
at one store
for the rest
of your life,
what store
would you
choose?**



Micah Ison
Aaron Janos
David Jaqua
Peter Jasmer
Maggie Jeans



Ashley Jedlicki
Christopher Joelson
Joel Johnson
Larissa Johnson
Adam Jungwirth

Colten Kaiser
 Billy Kasel
 Taylor Kasprzak
 Tyler Kawlewski
 Kallie Keller



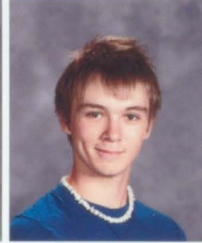
Marcus Kelly
 Loren Kempenich
 Addison Kenny
 Devantay Kilian
 Monique Kilian



Weston Kilpela
 Emily Klapperich
 Karlee Kluge
 Bobbie Koenig
 Jordan Kohs



Allison Koneczny
 Andrew Koppy
 Roger Korby
 Charles Korlath
 Ciera Kost



Chantel Krebs
 Adam Krummi
 Micah Kryzer
 Samuel Kullander
 Katherine Lagen



Wolfgang Lalli-Stolts
 Amanda Lancaster
 Alexander Langer
 Mason LaPlante
 Karina Larsen



Emily Larson
 Jennifer Larson
 Karlee Lawrence
 Mikayla Lee
 Maria Leeson





Jacob Lemke
Matthew Lennon
Storm Lenz
Katrina Leroux
Alexander Letch

Triston Letourneau
Thomas Lillquist
Paul Litecky
Zachary Lobejko
Rory Lofgren

Peter Yang

Kathryn Evert

Storm Lenz



**If you could
hear someone
thinking for a
day, who would
you choose?**

"My lover."

"A nun."

"Jesus."



Mackenzie Lopp
Jocelyn Lourey
Cody Lund
Cynthia Lund
Brianna Lundstrom

William Luscomb
Andrew Lutz
Matthew Maassen
Zachary Maciej
Hannah Mack

Teresa Mahnke
Hayley Mample
Alexander Manske
Jose Marmol-Vargas
Cole Marsh



Taylor Marx
Daniel Massey
Nicole Massey
Emma Mattheisen
Jack Mattson



Thomas Mattson
Alexis Matuke
Cole Mayer
Kaylee McCollough
Brooke McGraw



Angelica McIntosh
Cody Mehsikomer
Savanna Meier
Erin Mendoza
Maxwell Merila



Christopher Michalek
Cody Michals
Ryker Michel
Tyler Mielke
Travis Mike

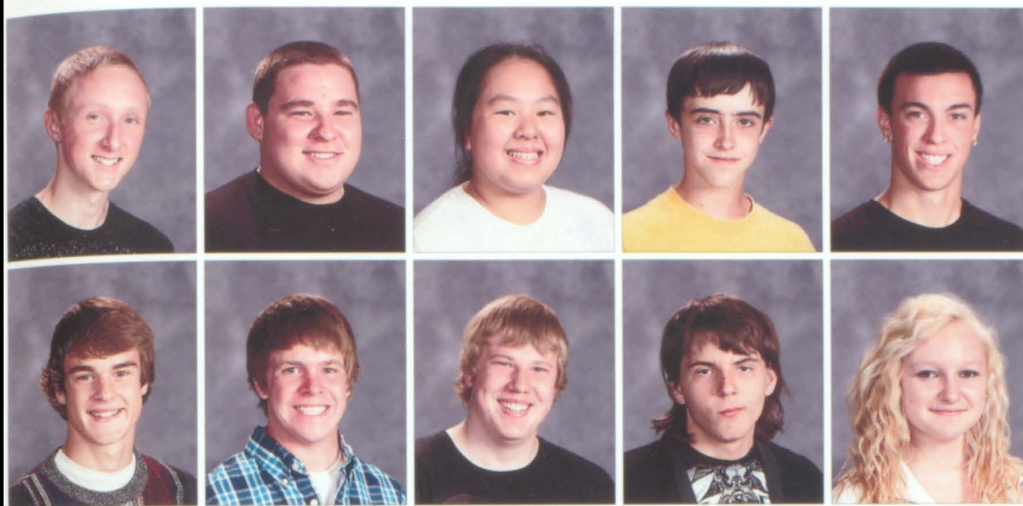


Marley Miron
Briar Mishler
Anna Mockenhaupt
Nicholas Moe
Shane Moody



Shane Moore
Jennifer Moran
Nicole Moreno
Anna Morgan
Shelby Morley





Alexander Morris
Jacob Moryn
La Moua
Ronald Moyer
Dylan Murphy

Patrick Murphy
Andrew Murray
Taylor Myers
Allen Nalipinski
Bailey Neeser

Jessica Meyers

Mark Anderson

Hayley Mample



"I would want to be born in France."



"I would want to stay in America."



"Rome, because I went there this summer."

**If you were given
an opportunity
to be born again,
what country
would you like to
be born in?**



Kayla Nelson
Rebecca Neumann
Grant Newkirk
Kristin Newland
Luke Niemczyk

Bailey Norby
Rachel Nordenstrom
Derek Norling
Timothy O'Brien
Alexis Olson

Korey Olson
McCayla Olson
Elijah Opsahl
Sarah Ostlund
Tana Ostman



Jonathan Palomino
Megan Parenteau
Keenan Patterson
Emily Paulson
Kayla Pepin



Alexandra Perron
Emily Peters
Robert Peters
Garret Petersen
Hannah Peterson



Erik Pham
Benjamin Plautz
Jennifer Pollard
Jonah Poynter
Rylee Prokosch



Brianna Raabe
Kyle Raarup
Skylah Rachel
Emily Ramberg
Brittney Rangitsch



Joseph Rappa
Jessica Reed
Randy Rehbein
Austin Reid
Rebecca Renwick



Luke Resler
Cameron Reynolds
Miranda Rice
Lauren Riedeman
Aryn Ritchie





Shawn Ritchie
William Rivard
Matthew Robidou
Blake Robinson
Miranda Robinson



Genna Rock
Nicole Rodriguez
Jacob Roff
Rachel Rosa
Travis Rosauer

Winter Skye

Joseph Vacinek

Aaron Brinker



**If you were given
a million dollars,
what would you
do with it?**

"I would go to Disney Land."

"Never work again."

"I would buy a sucker."



Zachary Rosenthal
Alisha Rossman
Alexandra Roth
Belen Rubio
Jack Rudman



Rachel Rue
Haeley Rufsholm
Danielle Rybak
Nathan Saari
Bryce Sanderson

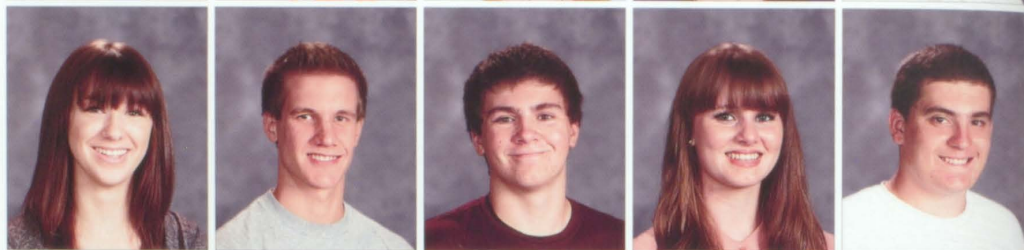
Shelby Sandstrom
Matthew Savage
Ashlie Sawka
Jacob Sayre
Joseph Scharenbroch



Nicholas Scheffer
Alex Schiefelbein
Miranda Schmidt
Taylor Schmidt
Kody Schommer



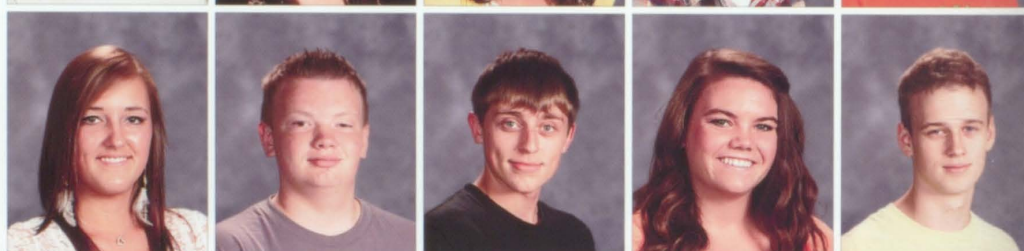
Megan Schroeder
Noah Schultz
Mackinley Schwartz
Sarah Scott
Tate Seeler



Luke Shaw
Tawni Shelton
Taylor Shortly
Timothy Siebert
Jaden Sigstad



Bailey Sivanich
Zackary Skalsky
Dominic Skipon
Rachel Skoglund
Patrick Slattery



Kiersten Sloneker
Kalcie Smith
Andrea Solheid
Ryan Sorrem
Lydia Springer

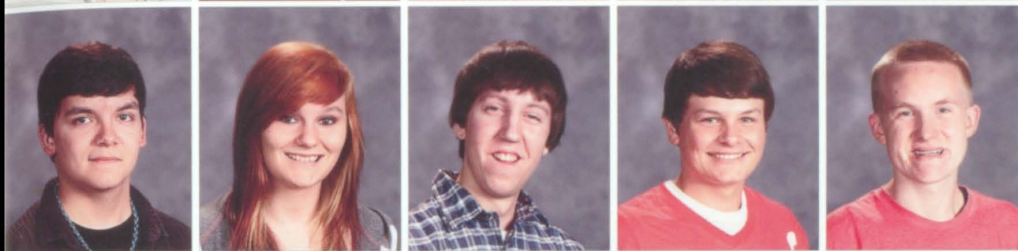


Jonathan Stafford
Hayley Stanina
Joseph Stark
Gabriel Starr
Lea Steele

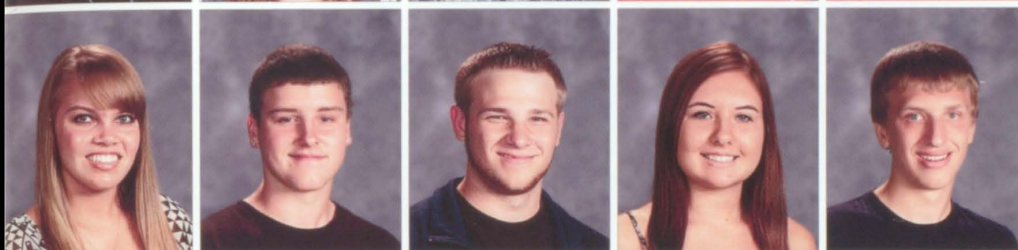




Allison Steenblock
Paul Stehr
Mackenzie Steinberg
Lara Steinhoff
Joseph Steinmann



Sebastian Stephenson
Gina Stiles
Peter Storvick
Grayson Stout
Daniel Stream



Angela Stroeing
Austin Sullivan
Drew Svendsen
Emily Swanson
Garret Swanson



Savannah Swanson
Carl Syverson
Alyssa Taylor
Nichole Tessier
Taylor Tessier



Tyler Thole
Jacob Thomas
Angie Thompson
Dominick Thompson
Jerred Thomson



Lindsey Tilton
Madison Tkachuck
Erik Torgerson
Karissa Tricas
Haley Tripp



Tucker Tschida
Araianna Tyler
Miciala Tyler
Kaitlyn Uhl
Mitchell Umland

Joseph Vacinek
 Mariah Van Heel
 Mackenzie VanBuskirk
 Abbigail Vance
 Jack VanElsberg



Reid VanElsberg
 Richard Vang
 Alex Vangen
 Kevin Vanneste
 Austin Vogland



Stephanie Vos
 Zachary Voss
 Chee Vue
 Breanna Waddell
 Julia Walton



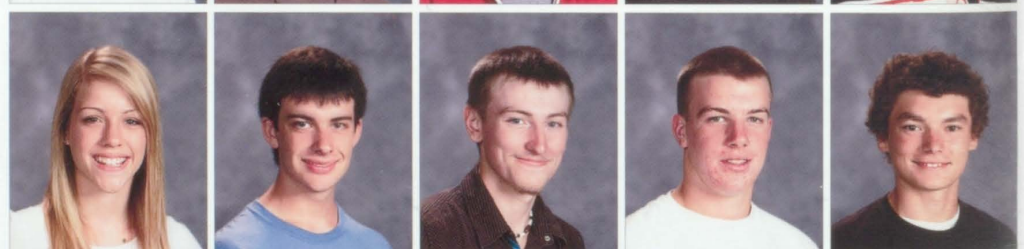
Daniel Wassman
 Michaela Wassman
 Bette Wathen
 Mikayla Watters
 Ashly Westerman



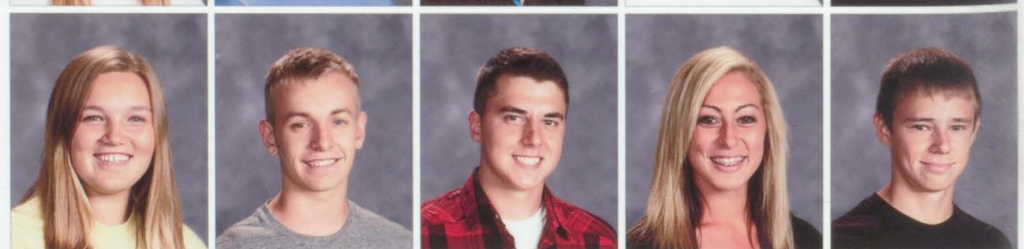
Graham Westphal
 Sebastian Wetterling-Belcher
 Russell Wicklund
 Andrew Wieland
 Aaron Wiese



Katie Wilke
 Samuel Willard
 Ty Williams
 Kyle Winberg
 Skyler Winning



Christina Witzel
 George Wohlberg
 Arne Woinarowicz
 Natalie Wright
 Bryce Wyandt





Geeshia Yang
 Peter Yang
 Yoko Yang
 Timothy Yarithz
 Trysten Zick



Nicholas Zugschwert
 Sophie Zupon

Drew Svendsen



"Tame a tiger and ride it
 through the forest."

Bailey Norby



"I'd listen to everyone's
 thoughts."

Jacob Moryn



"Go skydiving, then drive a
 Prius off a cliff."

**If you were told
 you were going
 to die tomorrow,
 what would you
 do today?**

Favorite Memories of the time at Forest Lake!





Hannah Abress



Kayla Adams



Jennifer Ambrose



Blake Ammann



Alisha Ammerman



Christine Anderson



Dale Anderson



Devin Anderson



Miranda Anderson



Nicholas Anderson

What do you like to do in your free time?



"I love to play guitar,
and work."
- Nicholas House



"I like to draw and
sleep during my
free time."
- Samantha Ingalls



"I like to dance and
play with animals!"
- Kelsey Eckstrom



Rachael Anderson



Samantha Anderson



Dylan Anderst



Angela Arndt



Nicholas Arnevik



Jacob Atwater



Ashley Aune



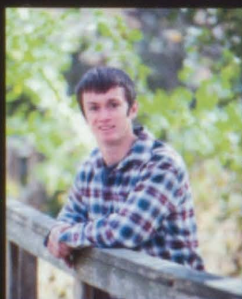
Ariana Babcock



Chrystina Bailey



Megan Bain



Dalton Baker



Jake Ballot



Joshua Banta



Brock Baumgartner



Alexandra
Bechner - Kosobuski



Carly Beckstrom



Austin Beeson



Shay Behrends



Lucas Bellows



Ann Benner



Dominick Benson



Shelby Benson



Zachary Bergan



Dylan Berglund



Nickolas Bergum



Danielle Bernier



Joshua Bernier



Robert Beynon



Grant Bidney



Michael Bielke



Kari Birkholz



Adam Bjoraker



Brenna Blake



Dominique
Blanchard



Molly Boland



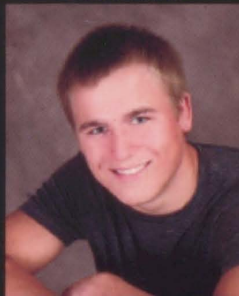
Theodore Boldt



Nathan Bollin



Trevor Bollinger



Austin Boniface



Allie Bothman

**If you could be any Superhero,
who would it be?**



"Pajama Sam"
- Samantha Dahlke



"Iron Man"
- Logan Smith



"Cat Woman"
- Amanda Sievers



Chandler Boyd



Kristina Bramley



Mitchell Brandel



Nicholas Brenk



Courtney Brihn



Noah Brown



Jordan Bryant



Zachary Burger



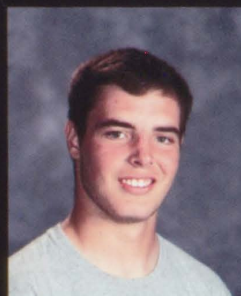
Payton Burkhalter



Autumn Bushinski



Sarah Calderon



Aaron Calhoun



Tyler Carlson



Thomas Carney



Alexis Carpenter

What is your most said phrase?



"Let's eat!"
-Gabriel Phillipi



"I'm over it."
- Taylor Moore



"That's nice!"
-Blake Ammann



Richard Carr



Jose Carrillo



Christian Carson



Ever Castillo



Kelin Castillo



Alexandra Charest



Amina Cheikh



Matthew Chenery



Zachary Christenson



Isaac Christianson



Taylor Christianson



Alyson Clepper



Amber
Cocherell Neudecker



Chace Coles



Jefferson Coley



Kendra Connelly



Alexander Connolly



Tyler Corbin



Nathan Corcoran



Caillie Craig



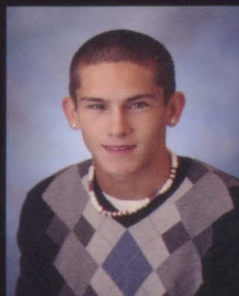
Mary Cunningham



Brianna Curtiss



Samantha Dahlke



Anthony Dahlstrom



Noah Davis



Olivia Decheine



Autumn Del
Vecchio



Jessica Dhaene



Zachary Dilling



Adam Domitz



Cody Dresel



Dylan Dresel



Clay Drobnick



Laura Duerkop



Miranda Dunn



Jennifer Dylkowski



Jack Ebel



Kelsey Eckstrom



Matthew Eggers



Devyn England



Amy Enrooth



Andrew Erickson



Kaitlin Erickson



Caitlin Evgen



Beau Fandel



Robert Farmer



Zachery Fecteau



Daniel Felland



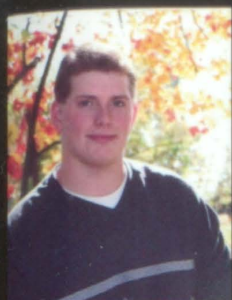
Skye Finley



Tyler Fish



Cedric Flemming



Luke Flint



Zachary Freer



Angela Frericks



Valerie Friend



Alyssa Frovarp



Bailey Fuglie



Zachary Fuller



Stella Furlano



Shelby Gaebel



Ramiro Gallegos



Richard
Garcia - Jaimes



Donald Gard



Zoe Geisen



Keenen
Germundson



Brooke Gestson

Who intimidates you most?



"Me."
-Michael Graber



"Roman"
-Kayla Adams



"Mitch O'Brien"
-Dale Anderson



Cassandra Giesner

Class of



2013





Alexi Glenn



Emilie Goblisch



Joseph Goossens



Michael Graber



Logan Graham



Brittany Grant



Benjamin Green



Haleigh Gulden



Taylor Gullikson



Brandon Gunderson



Evan Haas



Jacob Hafiz



Taylor Hafner



Andrew Haider



Emily Hall

If you were in a food fight, what would be the weapon of your choice?



"My tray."
-Taylor Gullikson



"Mashed potatoes and
gravy."
-Kaitlyn Schlegel



"Spaghetti"
- John Thill



Leighann Hall



Maxwell Hall



Austin
Campbell -Hallberg



Hunter Hallstrom



Benjamin Hamann



Christian Hansen



Matthew Hansen



Abbie Hanson



Adele Hanson



Mickayle Hanson



Samantha Hanson



Weston Hanson



Marissa Hart



Jade Haseltine



Jacquelyn Hastings



Miranda Haug



Emily Haylock



Madeline Haylock



Austin Hechtel



Ellen Heidel



Derek Heilig



Marisa Heiling



Jacob Heitman



Tiffany Henry



Logan Herber



Brandon Hess



Jordan Hickie



Brandon Hilla



Dustin Hillyard



Nicholas Hirsch



Jon Hogan



Jacob Holzhauer



Nicholas House



Alexandra Howard



Jacob Huesmann



Nicole Huset



Dannielle Ihfe



Maxwell Ingalls



Samantha Ingalls



Alyssa Isaacson



Raegan Jaeger



Zachary Jankovich



Jacob Jankowski



Casey
Jepsen-Abendorth



Brittany Johanson



Matthew Johnson



Mikensie Johnson



Zachary Johnson



Sterling
Johnson-Lievers



Collin Joselyn



Natasha Justin



Benjamin Karlsrud



Mary Kasl



Brandon Kehn



Matthew Keith



Maxton Kelly



Jade Kelm



Alyssa King

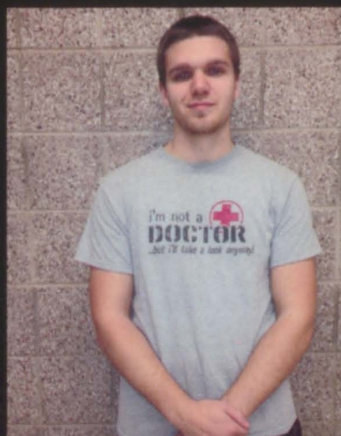


Chatel King



Carli Kirchner

Where do you see yourself in ten years?



"I will see myself as a military
person in ten years."
-Cory Richardson



"I will see myself as a tattoo
artist."
- Scott Wood



"Owning my own business
and being successful."
- Jacob Hafiz



James Koenig



Lucas Koppy



Olga Koreneva



Kayla Kotosky



Scott Kramer



Brianna Kriesel



Sarah Kroska



Katelin Kruger



Deundra
Kubiszewski



Ryan Kunze



Michelle Lacasse



Nicholas Ladwig



David Lafferty



Tanner Lane



Afton Larson

What advice would you give to an underclassman?



"Do your work and show up for school."
-Kahryn Sullivan



"Don't streak at football games, including powder puff."
-Amina Cheikh



"Take AP classes so you don't have to pay for them in college."
-Brandon Summer



Cody Larson



Reid Larson



Sean Lauderbaugh



Chelsea Lautigar



Wyatt Lawson



Dylan Leavell



Kimcheng Lee



Katie Lenz



Merina Lenz



Samuel Leppala



Joseph Lerum



Sara Lerum



Benjamin
Lichtscheidl



Maxwell Lieder



Shannon Lijedahl

What trend or fad are you most embarrassed of?



"Middle bangs and cornrows."
-Nicole Sticha



"Gauchos"
-Alyssa King



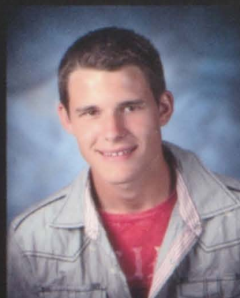
"Ponchos and the middle part"
-Rachael Anderson



Bradley Linnerooth



Cory Lipschultz



Jacob Lochen



Kelsea Lockwood



Aspen Lofgren



Kelli Lukkonen



Tyler Lundberg



Emilie Luscomb



Kaitlin Lutz-Lawlor



John MaCallister



Melissa Mackey



Kelsey Magnuson



Anthony Maidl



Dustin Maki Sample

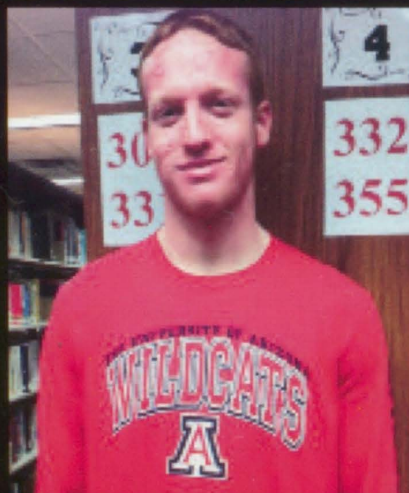


Travis Matheson

Describe yourself in one word..



"Beautiful"
-Trevor Thompson



"Majestic"
-Cody Walton



"There isn't just one word.."
- Jonathan Schmidt



Mackenzy Matteson



Eben Matti



Samantha Matuke



Luke Maxwell



Amber McCarthy



Dana McDowell



Tyler Mceachran



Daniel McIntosh



Rachel McKoskey



Jeremiah
McLaughlin



Rose Meagher



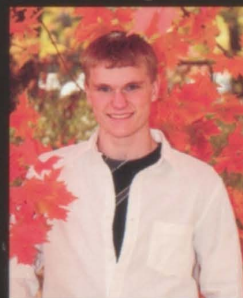
Gabrielle Medina



Ronnie Melchor



Andrew Menne



Joshua Mester



Abigail Meyer



Andrew Meyers



Abbi Miller



Jennifer Miller



Jennifer Miller



Charles Mills



Taylor Mills



Glendon Miron



Jeremy Mobeck



Dalton Modjeski



James Moeller



Dana Mogren



Amanda Mohler



Daniel Mollet



Allison Mondry



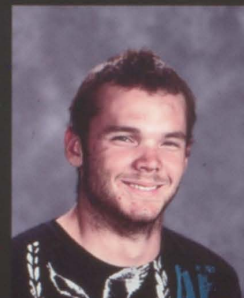
Lindsay Monson



Kendall Moon



Megan Mooney



Joseph Moore



Samera Moore



Taylor Moore



David Moris



Austin Morris



Hanna Morris



Heidi Morris



Nicholas Moser



Janina Motylewska



Amanda Motz



Samantha Motz



Travis Mraz



Leon Mueller



Alexandra Muntean



Sean Murray



Jade Mussehl



Andre Muzzy



Dylan Narow



Joseph Nase



Nathan Nash



Margaret Neeck



Dana Nelson



Daniel Nelson



Cameron Niemczyk



Hannah Nolan



Allison Nolden



Nicholas Norling



Jessica Norman



Olivia Norman



Erica Nygaard



Mitchell O'Brien

Do you have any bad habits that you refuse to change?



"Hit snooze like four times before I get up."
-Christina Bailey



"Doing things at the last minute before it's due."
-Brock Baumgartner



"Chewing my fingernails because it helps with my nerves."
-Andrew Wright



Kayla Ochs



Harrison Olsen



Kyle Olson



Travis Olson



Regan Oman



Kristyn Onasch



Jacob O'Neill



Logan Opsahl



Nicholas
Ortega-Trimble



Michael Oster



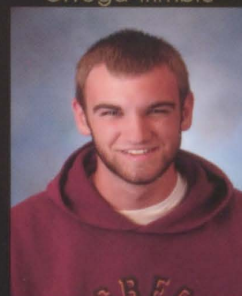
Cella Osterbauer



Gabrielle Ostlund



Jacob Otto



Andrew Palmer

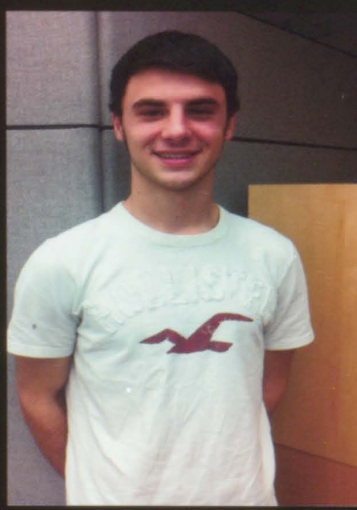


Katelyn Palo

What is the strangest thing in your trunk?



"Rollerskates"
-Amanda Williams



"Toilet bowl cleaner"
- Jacob Woinarowicz



"Bacheloette party items."
-Valerie Friend



Kyle Parker



Amber Parness



Cassandra
Pedersen



Jonathan Pederson



Abigail Peltier



Alix Pennig



Megan Pepin



Celeste Pereira



Courtney Peters



Jesse Petersen



Adam Peterson



Cary Peterson



Colin Peterson



Emily Petrey



A group of senior girls showed their spirit as they gathered for a picture on "a Friday for the football game".



Gabriel Phillipi



Beau Phinney



Samantha Plasecki



Rebecca Piersdorf



Zack Pierson



Charles Pierucki



Landon Pikala



Filippo Pistis



Ariel Pitts



Hanna Post



Natalie Pothén



Emily Proulx



Danielle Raak

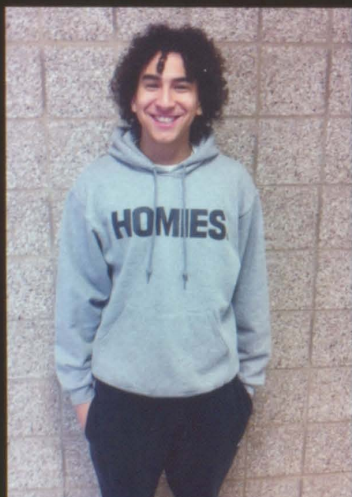


Trenten Rabel



Jessica Ramberg

What is your current obsession?



"The Beatles"
-Rayden Ross



"Pinterest"
-Hannah Abress



"Snowboarding"
-Russell Wedger



Erica Rapheal



Forrest Ravinski



Austin Reed



Jonathan Reed



Jackson Regnier



Heather Reilly



Danielle Reinertson



Mckenna Reis



Jay Reller



Jeremy Reller



Zackery Reyes



Cory Richardson



Carolin Rieber



Austin Riedeman



Emily Riermann



Deric Riopel



Zachary Rippel



Karlyn Ristrom



Anthony Rivard



Liz Rivera



Michael
Rixe-Carlson



Austin Rizzo



Brittany Rod



Chevy Roff



Cody Rogala



Mariel Rosauer



Rayden Ross



Miranda Rossbach



Austin Roth



Jacob Rue



Jessica Saenger



Phillip Sauer



Nicholas Saxton



Kaitlyn Schlegel



Katrina Schlumbohm



Jonathan Schmidt



Samuel Schminski



Paige Schmitt



Trevor Schneider



Leeah Schuhwerck

What is your ideal date?



"McDonalds, it would be funny."
-Maxton Kelly



"Interstate park, go hiking, and
show them the bluffs"
-Lukas Koppy



"Riding horses into the ocean
during sunset."
- Sara Lerum



Jacob Schwanz



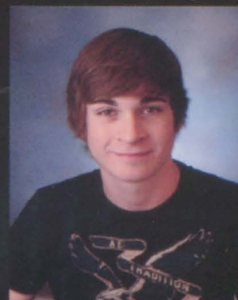
Zachary Searles



Logan Selby



CaSondra Serres



Kyler Severson



Samantha
Shanahan



Ryan Shaub



Jason Shevik



Rachel Shumaker



Amanda Sievers



Sammi Simons



Jason Skoglund



Brianne Smith



Heather Smith



Logan Smith



"Picking flowers in the meadow; and
going on a gondola boat ride."
- Katelin Kruger



"Marine on St. Croix, eating ice
cream."
- Jacob Jankowski



Brady
Snyder - Smith



Kyle Sowers



Jeanette Spanjers



Hannah Spear



Chad Spencer



Emily Stachel



Maxim Stalker



Aaron Stenberg



Nicole Sticha



Ryan Sudo



Kathryn Sullivan



Brandon Summer



Halley Swanson



James Swanson



Mitchell Swanson



Tal Swenson



Danielle Taylor



Jacob Taylor



Matthew Tessier



Ashley Thaemert



John Thill



Kayla Thole



William Thom



Kyla Thomas



Evangeline
Thompson



Samantha Thompson



Trevor Thompson



Elizabeth Thordson



Britnie Thornell



Christopher Thurnbeck



Angela Timm



Kathy Tomnitz



Alexander Torgerson



Adam Torkelson



Kyle Trapp



Alyshia Trost



Blake Tschida



Jeffery Turner



Anthony Tyler

If you were stranded on an island, what are 3 things you would choose to have?



"A boat, food, and a tent."
-- Samantha Piaseck



"A house, a restaurant,
and a yacht."
- Jon Hogan



"Water, a go cart,
and food."
- Dominick Blanchard



Sara Urban



Collin Valento



Hanna Valento



Grant VanElsberg



Andre Vang



Shelley Vang



Cory Vanneste



Tanner Vass



Stephanie
Vazquez Moron



Matthew Vincent



Dominick Vittori



Jonathan Voss



Calvin Waddle



Colin Waddle



Alexander Wahlin

What is a big pet peeve of yours?



"People interrupting while
I'm talking."
-Zachary Christianson



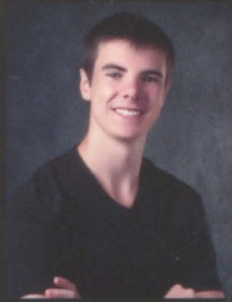
"When people don't take
your advice."
-Parker Walker



"People."
- Stella Furlano



Hayley Waldoch



Parker Walker



Cody Walton



Kellie Wambold



Teddy Washburn



Shawna Watters



Justin Webb



Russell Wedger



Brandon Weigel



Erin Weiger



Kellie Welch



Kallie Welk



Abbigail White



Amanda Williams



Christopher Williams

What song fits your life?



"Gangnam Style."
- Josh Mester



"We are never getting
back together."
- Jordan Hickie



"Alive"
- Corey Vanneste



Amanda Williamson



Evan Woehl



Madison Wohlberg



Andrea Wohlk



Jake Woinarowicz



Steven Wollan



Scott Wood



Andrew Wright



Muajtsim Xiong



Yeng Yang Yang



Donovan Youness



Jack Zahn



Elise Zamzow



Jennifer Zidar



Hannah Zupon



Courtney Zusan

What is your high school
nick name?



"Rook"
-Christopher
Thurnbeck



"Tree"
-Landon Pikala



"Deuce"
-Luke Flint

Senior Favorites!

Best Dressed



Calvin Waddle and
Hailey Swanson

Best Hair



Rayden Ross and
Valerie Friend

Best Car



Joseph Nase and Courtney Zusan

Worst Car



Erica Nygaard and Richard Carr

Best "Best Friends"



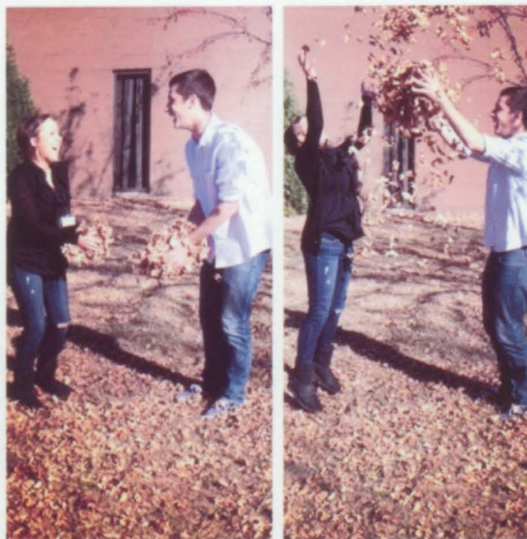
Logan Opsahl
and
Sammi Simmons

Best "Best Friends"



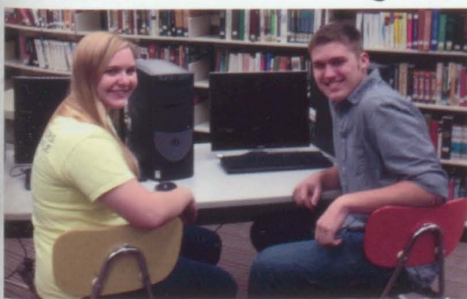
David Lafferty and
Thomas Carney

Best Laugh



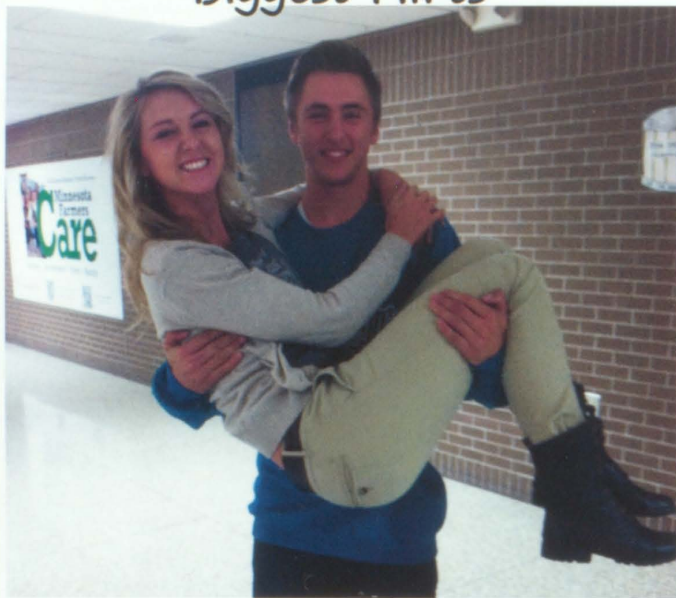
Teddy Washburn and Jay Reller

Most Tech Savvy



Maggie Neeck and Tanner Vass

Biggest Flirts



Tanner Lane and Ellen Heidel

Best Smile



*Reid Larson and
Samantha Hanson*

Social Butterfly



*Adam Domitz and
Haleigh Gulden*

Most Sarcastic



Cailie Craig and Logan Smith

Friendliest



Jacob Taylor and Kayla Thole

Most Artistic



Kyle Park and Chelsea Lautigar

Most Musical



Ryan Sudo and Molly Boland

Most School Spirit

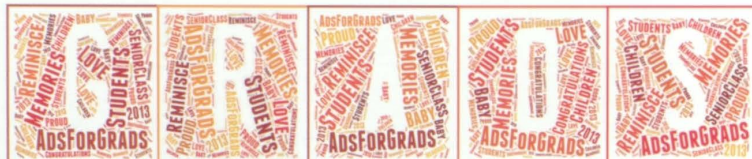
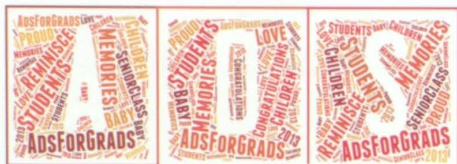


Samuel Schminski and Amy Enrooth

Most likely to be a comedian



Taylor Mills and Joseph Lerum



Class of 2013



Nicole Huset

Nicole- Congratulations! We are very proud of you. You have accomplished so many things in your life already and we are excited for your next journey. New and exciting things are yet to come, so enjoy all of them!

Love, Mom, Dad, and Cody.



Cory Vanneste

Congrats Cory! We are so proud of you and the young man you have become. Stay true to yourself keep your faith first and best of luck to an amazing future! We love you!

Love-Mom and Dad



Jacob Atwater

Jake you have made us so very proud. Good luck in the next chapter in your life. I'm sure you will do great things.

Love you, Mom and Dad



Alyson Clepper

Alyson, we could not be prouder of the young lady you have become. God has even bigger plans for you in the future. Thank you for blessing us with your kindness, love and crazy sense of humor. Good luck on the next journey of your life. We love you and your stupid lion hair.

Love, Dusty, Mom, Madie, Dustin, and Carolyn



Nicholas Anderson

Nick, Congratulations you did it, we are so proud of you!

Love, Mom and Dad



Nicholas Ladwig

Nick, we are so proud of you! We all love you and so happy you are such a special part of our lives. Always remember to make good decisions.

Love always, Dale, Mom, Lincoln, and Brindle



Andrew Meyers

To our "Rising Star" Andrew, What a grand journey your childhood has been. Since the day of your birth, we have watched with the greatest of love, as you have grown, learned, and matured. Now that another chapter is beginning, be assured that as you walk down this new path, your family will always be with you. Andrew, as your father and mother, we could not be more proud of the man you have become and we know you will accomplish your dreams. Congratulations!

All our love, Dad, Mom, Sarah and Logan



Russell Wedger

You have always known how to have fun-Don't forget the importance of laughter. So proud of you and the young man you've become. I look forward to your next stages in life.



Logan Smith

Dear Logan, An exciting time is ahead of you. We know you will follow your dreams, accomplish your goals, and be rewarded with happiness and success. We love you tremendously!

Love, Mom, Dad, and Hunter



Karlyn Ristrom

You are our sweet girl, with the beautiful smile. We are so proud of all you have accomplished in school, athletics, and Youth Government. More than that, we are proud of who you are. Keep doing what you know is right and god will bless your future!

Love, Mom and Dad



Kyle Trapp

Kyle, we are so very proud of you and the person you have become! Your talents and discrimination will serve others well. May all your dreams come true in the years ahead. Congratulations!

Love, Mom, Dad, and Rachael.



Hannah Zupon

Hannah, Congratulations on your high school graduation! We are so proud of your hard work. Continue working hard and doing your best, and you can turn all your dreams into reality. We believe in you.

Love,
Mom and Dad
Sophie, Violet, and Ellen



Kyle Sowers

Kyle, You are an amazing young man and have us being very proud. Being your parents is one of our greatest joys. You have so much determination and perseverance, we know you are destined for great things. We eagerly anticipate seeing where all your journeys take you in life. We love you and will always be here for you.

Love, Mom and Dad



Elise Zamzow

Elise,
Go confidently in the
direction of your dreams.
We are so proud of you.

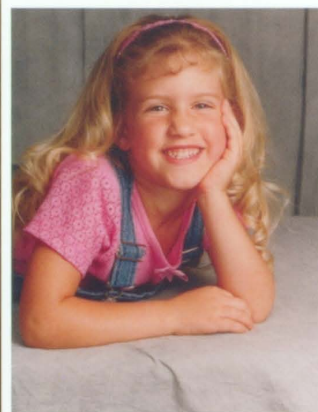
Mom, Dad, and Emily



Celeste Pereira

Remember the tea parties! Celeste, we are very proud of you and your accomplishments. We wish you patience and a life of meaning. May the force be with you.

Love, Mom, Matt, and Amillya



Courtney Brihn

Congratulations Courtney! We are very proud of the beautiful young woman you have become! Trust and believe in yourself and don't give up on your passion and dreams! We wish you happiness and success as you begin your new journey. Continue to share that beautiful smile you have. We will always be here for you and love you very much!

Mom, Dad and LeAnn



Dylan Dresel

Dylan, We are so proud of the man you have become. Your hard work and dedication will bring you so much success. Never lose that big smile and that wonderful sense of humor.

Love, Mom, Dad, Danielle, and Alyssa



Trevor Thompson

Congratulations Trevor! You've given me so many reasons to be proud of you! Continue setting your goals high, and you will succeed in all that you do!

Love you, Mom



Heather Reily

I was blessed with the best daughter ever! Everyday (most days!) you make me smile and brighten my day. I am so proud of your determination and dedication you have shown. There is no doubt in my mind you will be successful at anything you want to be. Your best memories are ahead of you-enjoy your journey. Most of all, don't forget to have fun!

I love you...Mom.



Deundra Kubiszewski

Boo Boo, follow your dreams son! You have become quite the young man, we are very proud of you. As dad would say "win win".

Love Always, Dad, Mom, and Nita



Jordan Hickie

Jordan- We are so proud of you! You are an amazing and confident person. Your future is bright and we hope all your dreams come true. You are a beautiful daughter and a great big sister!

We love you!
Mom, Dad, and Jackson



Abbi Miller

Abbi,
Congratulations! We know you will be successful at whatever you do! You have determination, discipline, and a spirit that shines. Whether you are falling in Forest Lake or off the Cliff of Courage in Mexico, with each fall we know you will rise and rise again with a smile on your face and conviction in your heart. We are so proud of the person you are. Love, Mom and Dad



Courtney Peters

My plan was to turn you into a tomboy and you would start playing basketball at age six. Mom signed you up for dance at age four... Fourteen years of dance later... It's obvious my plan never had a chance... Dad. We love you kiddo!
Congratulations,

Mom, Dad, Seth, Caleb, and George



Amanda Williams

Congratulations Amanda!
We are very proud of you! Looking forward to your next chapter and can't wait to see all the things you will accomplish. We love you!

Love, Mom and Dad



Grant VanElsberg

Dear Grant, You're our sweet little fishermen, all grown up. Just think of the adventures you'll have. Your potential is limitless. You are smart, determined and patient. You know how to balance fun and responsibility. We are thankful to be your family.

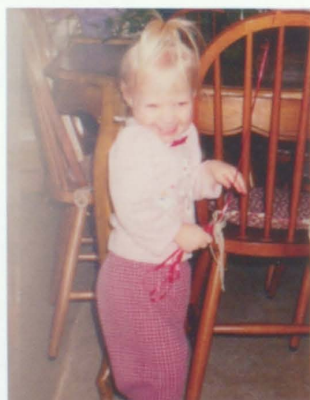
Love you much~ Mom, Dad, and Reid



Adam Peterson

You are the son and brother that every parent and sister dreams of having, and we are very proud of the man you have become. As you move forward in this next phase of your life, please remember that we will always be there for you, congratulations on all your achievements.

With much love,
Mom, Dad, and Amanda



Amanda Mohler

Congratulations Amanda!
We are so proud of you.
We are blessed to have
such a wonderful daughter.

Love, Mom and Dad.



Zachary Dilling

Words cannot describe the pride we feel when we look at you and share time with you! You are a wonderful young man and we are so proud of you! The United States Air Force will be lucky to have you! We want you to carry all of the values we have taught you throughout your adult life and keep laughter and love in your heart and remember how important family is ...FAMILY IS ALL THAT MATTERS!!

WE LOVE YOU SO MUCH! MOM AND DAD



Hannah Spear

Hannah, we are so proud of the lovely and talented woman you have become. Dream big, work hard, and you will achieve amazing goals in life. Congratulations!

Love, Mom and Sophie



Landon Pikala

Thank you for being who you are... Smart, funny, kind, hard working, and true to yourself. Continue on that path and you will find happiness and success wherever life takes you. We love you and are so proud of you.

Mom, Dad, and Chloe.



Emily Proulx

You make us so proud every day. We are so excited for the next phase of your life. The most important thing is to enjoy your life- be happy, it's all that matters.

We love you, Mom, Dad,
Danielle, and Aly.



Carli Kirchner

Carli, you have brought so much joy, love and laughter into our lives. We are so grateful you are part of our lives and proud of the person you have become. Life is an adventure, enjoy the ride.

Love you, Mom and Dad



Natalie Pothén

You are an amazing young woman, with a huge heart, and we are all so proud of you. Congratulations sweets for everything you have accomplished. We wish you great success, as you begin college.

Love you, Dad



Tanner Vass

Tanner,
We are so proud of you.
Every year just gets better watching you grow up.
Keep smiling!

Love,
Mom and Dad



Emily Petrey

Congratulations Emily!
We could not be more proud of you, the beautiful person you are inside and out. Reach high for your dreams and stay true to yourself. Work hard for your goals and have a great time along the way.

We love you very much,
Mom and Dad



Ashley Aune

Ashley,
We are so proud of you! You have worked hard and accomplished so much. Good luck in the next journey of your life.

Love,
Dad, Mom, and Alexis



Andrew Haider

Andrew,
We are so proud of you!! The world is yours- The sky's the limit!
"I hope you dance"

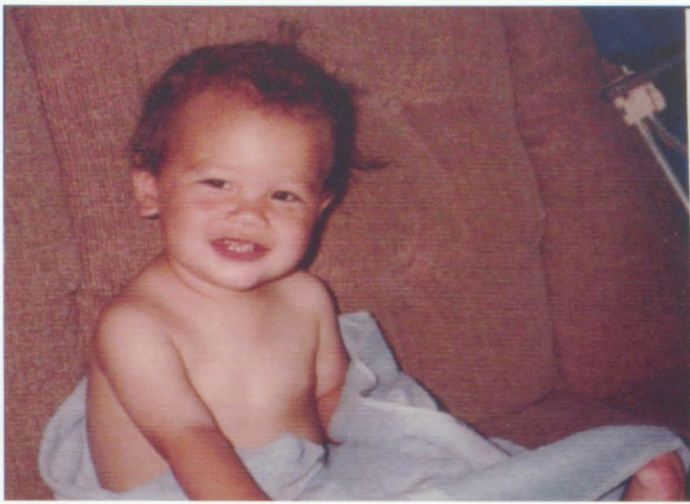
Love, Mom and Dad



Colin Peterson

Colin,
We are so proud of you, and all that you have accomplished. We love you more than words could ever say. We are proud to be your parents.

Love,
Dad and Mom



Ryan Sudo

RYAN!

Reach for the stars.
Your every dream will come true.
Anything is possible.
Never settle for less.

RYAN!

Love Always, Mom xxxooo



Matthew Keith

To our super soccer star
congratulations you did it.
We are proud of you.

We love you, Mom and Dad



Amanda and Samantha Motz

Amanda and Samantha, from the minute you
were born you have brought joy and laughter
to my life. I'm so proud of the amazing women
you have grown up to be. May your future be
filled with excitement and love.

I love you, Mommy



Brandon Weigel

From the little boy who loved
everything about space to the
young man you are, about to
head off to become and aerospace
engineer. You have accomplished
so much and we know for you it
is only the beginning. We are so
proud and will love and support
you on your journey.

Love, Mom and Dad, JJ, Sammi,
and Vanessa



Mikensie Johnson

Kenz- You have always marched to
the beat of your own drum, don't
stop now. Reach for the goals you
have set for yourself.

We love you always! Mom and Dad



John Thill

John, you have grown to be such
a good, strong young man. Your
smile and laughter is always a
bright spot in the day. It's hard
to believe you're graduating. You
will be successful in your future.
Please know that your family and
Jesus are with you on your walk
through life. We are proud to have
you as our son and brother.

Mom, Dad, Josie, Jenny, Jimmy,
and Jack.



Katie Lenz

Katie,
You have brought such joy to all our lives. We are so proud of you and all you have accomplished. Most importantly we are in awe of the amazing person you have become. Your innate "sweetness" and strong work ethic will serve you well. We can't wait to see where life takes you.

We love you!
Mom, Dad, Sarah, and Lucas



Austin Boniface

Austin,
We are proud of you and your many accomplishments. Your hard work, dedication, and kindness will help you succeed at whatever you do. Congratulations.

We love you!!
Mom, Dad, and Jordan



Jacob Taylor

Jake,
It has been our pleasure to watch you grow up to be an intelligent, determined, and talented young man. Best of luck with your next exciting chapter.



Kaitlin Lutz-Lawlor

Kait,
You are creative and insightful, and it has been a joy to watch you grow your classy personality! The day you stop asking "Why?" is the day we start to worry. Shine, daughter!

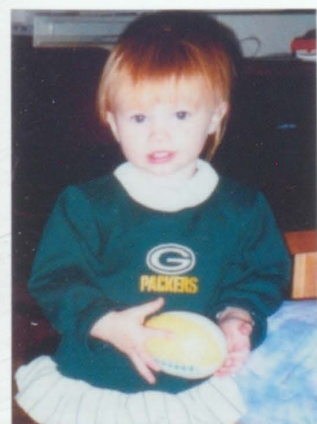
Love you forever,
Mom and Julia



Amanda Williamson

Congratulations Amanda. No matter how old you are, you will always be our little girl. We are proud of you!

Love,
Mom and Dad



Kellie Wambold

Kellie,
We are so proud of you! Wherever you go remember you are smart, you are strong, and you are brave. And cute, too. You can do whatever you set your mind to. Have fun in Wisconsin, and remember...
YOU ARE LOVED!

Dad, Mom, and Scott



Jon Hogan

Jon,
Where have the years gone? You have worked hard for this graduation day and we are very proud of you! Good luck on your next adventure!

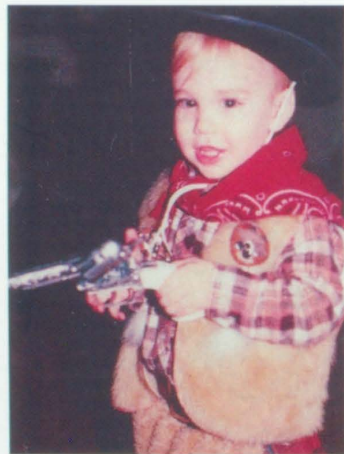
Love, Mom, Dad, and Megan



Kari Birkholz

We are so proud of you and all your accomplishments. You are an amazing young woman. Keep up the hard work and you will be successful in whatever you do. We wish you all the happiness and success in the world.

Love,
Mom, Dad, and Jenny



Zachary Christenson

Congratulations Sunshine!
We are so proud of you.

Love,
Mom, Dad, Allie,
Grandpa, And Grandma



Jeremiah McLaughlin

Jeremy,
It's hard to believe your senior is here and gone! You have grown into such an amazing young man and truly are a blessing in our lives. What a fun journey it has been watching you grow and reach your goals on the field and on the mat! As you begin the next chapter in your life we know that bigger and greater things are in store for you. Remember to reach high in your goals, follow your dreams and to always give more than you get.



Samantha Shanahan

Sam,
I can't believe this day has come. I remember it like it was yesterday, the first second I held you I knew you were perfect. You are such a smart, strong, independent, beautiful girl. We are SO proud of you! Stay true to yourself and always do things that make you happy. Remember, money and things can't make you happy & if you find it hold on tight. It is a beautiful thing. We should know, we have been holding on for 18 years and now it's time to let go. Adulthood welcomes you!



Love you fifty+. Love Daddy-Bobby, Mom, best friend/brother Timmy and your two admiring little sisters, Lissie and Addy.



Taylor Moore

Taylor, you add so much to our lives and we are so proud of you. We are excited for your next journey and we know you will do well.

Love,
Dad, Mom, Shane, Kyle, and Katie



Miranda Dunn

Miranda,
You've turned into such an amazing young woman. We love you and are so proud of you!

Mom, Dad, and Mackenzey



Chandler Boyd

Channie Mae, You are so precious to us, and we are so proud of you! We wish the best for you in the next chapter of life. We will try to remember... not to cry because it's over, but to smile because it happened. Keep smiling Mabel!

We love you,
MaMa, PaPa, Spencer and Reece.



Dominick Vittori

Nick, 17 years ago I was touching your precious little boy hand to your first birthday cake and now I am releasing that hand into your future. My heart is bursting with pride on what you have already achieved and the sky's the limit for you. Look out world here comes my son!

We love you so much,
your family.



Danielle Bernier

Danielle, you've amazed me with what an incredible young lady you've become even with all the obstacles life has put in your path. Go show the world what you're made of.

I love you. Mom



Matthew Johnson

Congratulations Matt! We are so proud of you!

Love,
Mom, Dad, Joe, Jessie,
Becky, and Kristina



Hannah Nolan

Congratulations Hannah!
We wish you only the best.

Love,
Mom, Dad, and Hunter



Mickayle Hanson

"If you can dream it ... you can do it! When you believe in a thing, believe in it all the way, implicitly and unquestionable."
-Walter Elias Disney. Kayle, you have so many special gifts to share. Remember to always follow your dreams. We are proud of you!

Love,
Dad, Mom, and Aaron.



Kelsey Magnuson

Kelsey-
Congratulations! We are so proud of you! It has been a true privilege to watch you grow from a sweet, smiley, blue-eyed cutie, into an amazing, smart, funny, thoughtful, and stunning young woman. As you go through life, remember to keep smiling and striving, keep believing in yourself, keep being true to yourself, and don't let anyone tell you who you are! Dream big honey- you can achieve anything you set your mind to!

Love,
Mom, Dad, and Jacob



Zach Fecteau

We are so proud of you. We have watched you matured into a goal orientated, self driven young man. Congratulations on all of your achievements. We wish you the best future possible.

Love always, Mom and Dad

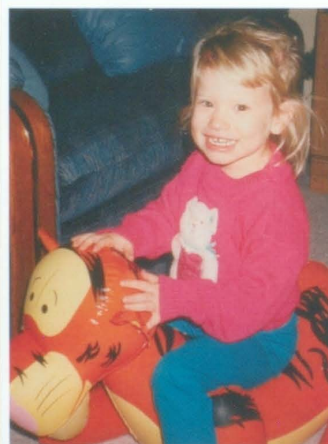


Samantha Dahlke

Samantha,
You are such a blessing to us, and everyone you meet. You have a loving, kind and compassionate heart. Always helping those who are in need of help. You are a hard worker and will succeed in everything you do. We are so proud of you, and love you very much! We are excited for your future and all the new memories to come.

Love you!
Bushels & Peck's

Mom and Dad



Amanda Sievers

Amanda,
We are so very proud of you! You have worked so hard
And have accomplished so much throughout the past 18 years.
You have grown into such a fine young woman.
You always find a way to entertain and inspire us!
Congratulations and good luck in the next journey of your life.

We love you,
Mom, Dad, and Ariel



Sammi Simons

To our Sammi 'Boo Boo'- How proud we are watching you grow into a spirited, independent, confident and determined young woman. A natural people-person, with determination and laughter, you have all the tools to take on life's challenges that lie ahead. We can't wait to what your future holds- and know that wherever you go and whatever you do, your future will shine. Oh, the places you will go!

Love, Mom and Dad



Tal Swenson, Merina Lenz and Katie Lenz

Senior cousins!

How lucky we have been to watch you grow up together and be there for each other over the years! Thanks for the many wonderful memories. We love you guys and are so very proud of you!

Love your moms/ aunties.



Beau Phinney

Congratulations! We are so proud of you. You have grown to be such a nice young man. We love you up to the sky!

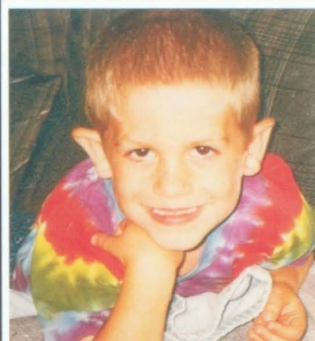
Love,
Mom, Dad, Tony, and Tisa



Brock Baumgartner

Congratulations Brock! We are very proud of you and all your accomplishments. We are excited for you as you enter the next stage of your life. Follow your heart and good things will come your way.

Love you!



Jack Ebel

What a thrill it was to watch you grow up all these years. Your energy, drive and commitment will make you a success in whatever you want to do in life. We are very proud of you.

Love, Mom and Dad.



Anthony Tyler

Anthony, Live the life you have imagined, "If you can imagine it, you can achieve it; if you dream it, you can become it. We hope your dreams take you to the corners of your smiles, to the highest of your hopes, to windows of your opportunities, and to the most special places your heart has ever known."



David Lafferty

I am so honored and proud to be your mom. Your gentle kindness and curiosity for life will take you great places! Enjoy!

I love you, sweetie-heart! :-)



Kristina Bramley

Kristina
Congratulations! You have filled our lives with so much joy and laughter. You've worked hard and we are very proud of you. We love you and wish you happiness and a bright future.

Love,
Mom, Dad, and Emily



Amy Enrooth

It seems for only a moment we held you in our arms. Remember, "with God all things are possible." Matthew 19:26 We are so proud of you and all your accomplishments. You will always have our love and support.

We love you!
Mom, Dad, April, and Austen



Dylan Berglund

Dylan- We are so proud of the man you have become; your character says it all. You have no limits to your potential, and your work ethic and sense of humor will serve you well in pursuit of your goals. Thanks for all you have given back to us- we love you always.

Mom, Dad, and Taylor



Shelby Benson

May all your hopes and dreams come true. We are so very proud of you.

Love,
Mom and Dad



Emilie Luscomb

Emilie, my strong, adventurous, beautiful girl, I am so proud of you. You always brighten the room with your smile and personality. You and your attitude will go far in life and I know you can be what ever you set your mind to be. You will always be my pudding! I love you so much!

Love Mom!



Kayla Thole

Kayla, you have that smile and twinkle in your eyes that makes everyone love you. But your kind-hearted nature and respect for others is what makes you special. We know how hard you work and we are very proud of you!

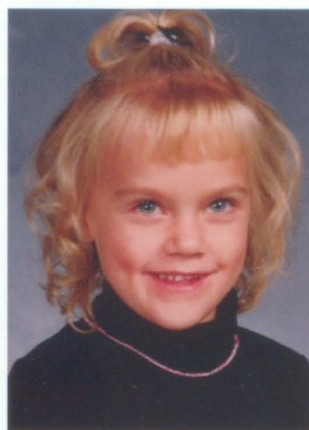
Love you lots! Mom, Dad, and Aubrey



Afton Larson

Congratulations "Scooter"! It seems unimaginable that time could fly this fast. Our little girl is graduating. We are proud of the young woman you've become. We wish you all the best for happiness and success as you start the next chapter...college.

Love,
Mom, Dad, and Brock



Brittany Rod

Brittany, thank you for being such a wonderful daughter and sister. You have given so much laughter and fun to our family. You are amazing and will do many great things in life.

Love, Mom, Dad, Blake, Brandon, and Bradley



Jeremy Reller

JR,
We are so proud of you! Thank you for always being the best that you can be. We know that your drive, passion and hard work will continue to take you far. Listen to your heart and follow your dreams. Congratulations!

We love you LOTS,
Mom, Dad, Cory,
Grandma, and Grandpa



Noah Brown

In the blink of an eye you went from our little boy into a young man. It has been our privilege to be your parents and to watch you grow into a strong, sensible, intelligent person. We know you'll succeed in all you do and we will always be cheering you on!

We love you-
Mom, Dad, Nate, and Nick



Bailey Fuglie

Bailey,
As we have watched you grow into a beautiful woman, we are in awe of what God has done with your life and what he has planned for your future. We are so proud of you and all that you have accomplished! You are courageous and determined; and we have faith you'll succeed in your dreams and goals. As you begin your next step in life's journey, know that God walks with you and that you will always have the love and support of your family.

Love,
Dad, Mom, David, and Jared



Mitchell O'Brien

Mitch, we are so very proud of you and your outstanding accomplishments! You will always be our "little man!"

Love you, honey!
Your entire Family



Jessica Saenger

Jessy,
We are so proud of you! Be true to yourself. You have many special gifts to share with the world. We are excited to see what your future holds!

We love you!
Mom, Dad, and Brooklynn



Danielle Taylor

Danielle,
We are very proud of you and all that you have accomplished. Congratulations on your graduation! We are sure you will be successful in everything you put your heart into.

We love you,
Dad, Mom, and Ramsey



Jeffery Turner

What a great adventure it's been watching you grow up. We are so proud of the young man you've become!

Love you Bubba,
Mom and Missa



Angela Frericks

Angie, Though you may be the last in line of the Frericks' children, you certainly have never been the least. Every moment with you has been extra special as we treasure the gift of you as the baby in our family. Through the years you've had a lot of standards set before you by your siblings, but you have managed to find your own path and grown into your own confident and beautiful, young woman. We are so proud of you and are excited to share the next stage of your life with you!

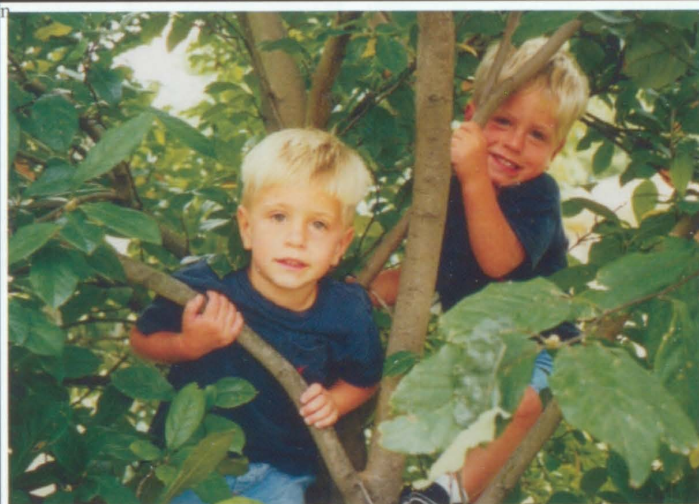
Love you,
Mom and Dad



Brianne Smith

Congratulations Brianne- you did it! We are so proud of you. The stars are the limit and you have the world in the palm of your hand. May you always be happy and know you are greatly loved by your family.

Love.
Mom and Dad



Colin and Calvin Waddle

Calvin/ Vinny- (right) We are so proud of the smart, witty and talented musician you are! Your magnetic personality and love of people is going to take you on an amazing journey in life. Keep God first!

Colin/ Linny- (left) Your energy, drive and passion for life is contagious. You always give 100% of yourself and are looking out for others; we can't wait to see where God takes you!

Love you both- Dad and Mum



Dale Anderson

We are so proud of you!
Follow your dreams ...
Enjoy the journey!

We love you!
Mom, Rebecca, and Emily



Dannielle Ihfe

Congratulations Dannielle!
We are very proud
of you and all your
accomplishments.

Love, Mom, Dad, Kody
and Jamie



Matthew Eggers

Matt,
We are so proud of you.
Congratulations on your
graduation.

Love, Mom and Dad



Adele Hanson

Stand tall Adele, run like the
wind, sing like a Rock Star
and laugh wildly. We are
all proud of you. You have
worked hard and earned your
way.

Love Mom and Dad



Molly Boland

You have always brought so
much light, joy, music, and love
into our lives and to the world.
Thanks Moll!
We are so proud of the
wonderful person you are.

All our love,
Mom, Dad, and Carl



Rachael Anderson

Rachel,
We are so proud of you and
all you've accomplished. Trust
and believe in yourself, know
that you can do anything you
put your heart into.

We love you!
Dad, Mom, Maria, and
Rebecca



Weston Hanson

Weston,
Always full of surprises! We are so proud of all that you
have done for others. You have such a kind heart. You
are not afraid to make your own path. We look forward
to seeing where your new journey will take you. We know
that God has great plans for you! Enjoy each day!

Love you forever,
Mom, Dad, and Kailey



Kallie Welk

Kallie,
You have been our little
entertainer since the day you
were born! We love you very
much, work hard and follow
your dreams, we are proud of
you!

Love, Dad, Mom, Sara and
Trevor



Brittany Johanson

Brittany- We are so proud of you. We know it hasn't always been easy. We thank God everyday that you are here with us. It seems like just yesterday you were our little Britty Boo, now you are graduating. May God Bless you as you make your way out into the world. Congratulations.

Love you, Mom, Dad, Caleb and Logan.



Chelsea Lautigar

Our Daughter: We wish you the strength to face challenges with confidence and wisdom to choose your battles carefully. We wish you the best on your journey. Listen to your heart and follow your dreams. Remember how much you are loved. We are very proud of you.

Mom and Dad



Erica Nygaard

"Courage is not the absence of fear, but rather the judgement that something is more important than fear. The brave may not live forever, but the cautious do not live at all." (From the movie Princess Diaries)

We are so proud of you!!! Go forth with courage!!!

All our love,
Mom and Dad



Samera Moore

Samera,
Dream big and reach for the stars! We are so proud. Keep smiling your beautiful smile.

Love Mom, Dad, Josh, Max, and Muffy



Mariel May Rosauer

We are so proud of you, Mariel! You are not only beautiful on the outside, but on the inside too! You have worked hard and accomplished much. We look forward to the work started in you, completed! We sure love you!

Love, Dad, Mom, Hannah, and Leo



Jake Heitman

Congratulations Jake!
We are so proud of the young man you have become. Keep striving to be your best in this next chapter of your life. We love you!

Love, Mom, Dad, and Ali



Mack Matteson

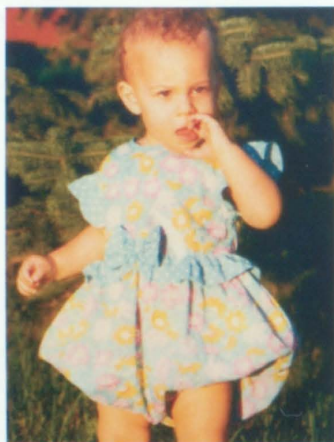
Mack~ Dream big and explore all life has to offer. Take time to enjoy and celebrate the epic journey. We wish you nothing but the best in this chapter of your life. We look forward to all the great stories you will have to share. We love you and support you always~
Dad, Mom, Miranda, and Melanee.



Brandon Summer

Brandon,
The young man you have become makes me very proud. Keep that level head, be patient, and work hard; most of all- be kind. Dad would be so proud of you ...

We love you,
Mom, Logan, Shaun, and Katie



Alexi Glenn

You have truly been blessed with unique talent and abilities. Your positive attitude, your willingness to try new things, your dedication, and your caring ways. Always stay true to yourself. We are so proud of you and all you have accomplished. Opportunity awaits you, never give up your dreams.

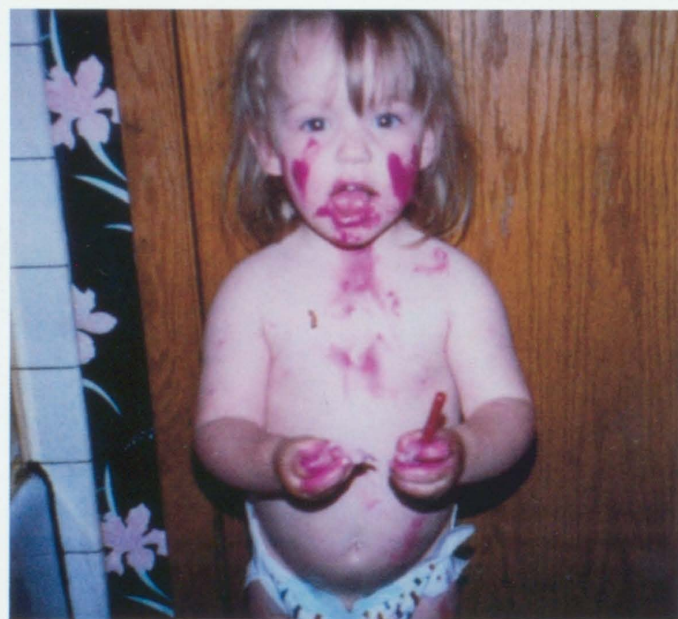
Love,
Mom and Marc



Jacob Lochen

Jake,
We are all so proud of the young man you have become. You work so hard and keep accomplishing so much! We love your sense of humor. Congratulations on your graduation.

We love you,
Mom, Jeff, Dad, Cheryl and all your siblings!



Taylor Mills

From our adorable, precious little toddler- to the beautiful, thoughtful, loving young lady you are today. It's been an absolute joy to watch you grow. Your confidence, creativity and sense of humor will take you far. We are so very proud of you and know you will do well on your college journey. Great things are ahead for you.

With love always,
Mom and Dad



Charles Pierucki

Charlie,
We are so proud of you. We can't wait to see the next chapters of your life.



Merina Lenz

Congratulations Merina, we are so proud of you!

Love,
Mom, Dad, Storm, and Radian



Ellen Heidel

"The desire to reach for the stars is ambitious. The desire to reach hearts is wise." -Maya Angelou

Ellen,
You are an amazing young woman with incredible strength, compassion and determination. We love you dearly and wish you happiness, success and all the best life has to offer.

-Mom, Dad, and Kennedy



Erin Weiger

Erin, we are so proud of you! In every facet of your life, be it academics, sports, activities, church, volunteering, jobs, or relationships with family and friends, you give it your best every day. You are going out into the great wide world already knowing the essentials for success. We have every confidence that you will amaze us in whatever path you choose for yourself, and we're looking forward to seeing what your future holds for you!

We love you! Dad, Steph, Molly, and Kayt



Tal Swenson

Congratulations on all your accomplishments. You have brought so much joy and laughter to our lives. What an outstanding person you turned out to be. We are so proud of you. Love you Tal,

Mom, Dad, and Tanæ



Austin and Hanna Morris

Austin and Hanna,

What an amazing journey so far. Every choice and experience has made you who you are today. It has been such an honor to be your parents. We couldn't be prouder of you. Can't wait to see what the future has in store for you.

Be Good, Have Fun, Do Your BEST! ~ Love Mom

Work Hard, Play Hard! ~ Love Dad.



Gabriel Philippi

No matter where your life adventures take you, we will always be there to cheer you along the way. Godspeed, Sweet Gaby Girl - can't wait to see what the next chapter holds!

With Love and Pride, Mom, Dad, and Alec



Benjamin Karlsrud

We are so proud of the young man you are!! You always have a smile on your face and you can always make us laugh with your goofiness!! Love you lots!! Mom, Dad, and Nathan



Katelin Kruger

We are so very proud of you and all of your accomplishments! We will be here for you as you continue with life's journey! Live - Love - Laugh

Love, Mom and Dad xoxo



Anthony Dahlstrom

Anthony, you have brought so much joy and laughter to our family. We love your outgoing personality and enthusiasm for life. Follow your dreams, we can't wait to see where they take you! Always know we love you very much and are so proud of you!

Mom and Tyler



Samantha Anderson

Samantha, you have grown into a beautiful young woman. We are so proud of you and your accomplishments!! Congratulations sweet pea!

Love, Mom, Dad, and Family



Lucas Bellows

Lucas, to our precious son. You are such a handsome young man. We wish you the best throughout life's journey. May faith, hope, and love guide you. Psalm 139:14 "I will praise thee; for I am fearfully and wonderfully made."

Love, Dad, Mom, and Amy Bug



Valerie Friend

Valerie, From your first smile, first steps to very first words. First friend to first date, first laughter and frowns. You have always amazed us with your grace and your charms. We are so proud of the wonderful person you have grown to be. All our love and congrats!

Mom and Dad



Trenten Rabel

Trent no matter where you go or what you do, dad and I are so very proud of you! Your hard work and dedication will get you anywhere you want. Stay the course and never settle for anything less than you deserve.

Love you,
Mom and Dad



Abby Meyer

Follow your dreams! Believe in yourself! SMILE! You have so much to offer this big world. Be good to yourself and to others. We are so proud of you. We love you! God bless!

Love you always, your family



Elizabeth Thordson

Keep your eye on the heavens and always reach for the stars. Anything is possible. We are so proud of you.

Love, Mom and Dad



Austin Reed

Austin, You have grown into an amazing young man with a heart of gold. We are so proud of you and all that you have accomplished. Believe in yourself and you will do great things. Stay strong in your faith in God will be with you as you go conquer the world and follow your dreams. We will always be your biggest fans, and we'll love and support you every single day of your life. To the moon and back.

All our love, Mom, Dad, Noah, and Savannah

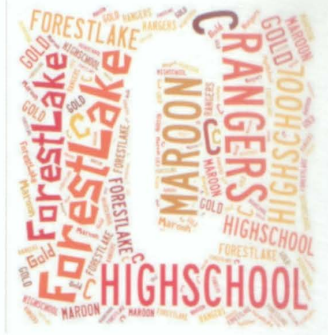
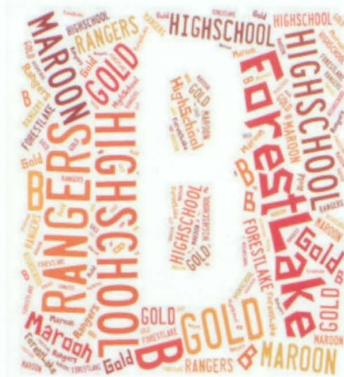
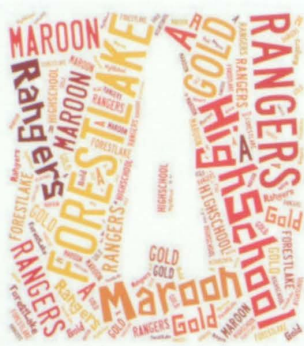


Rose Meagher

Our Rose, our beautiful little flower, you have blossomed into a beautiful young woman. You have brought a bouquet of joy and happiness into our lives. Our Rose, you will always be our beautiful little flower.

Love,
Mom, Dad, Joe, Josh, and James

Congratulations Grads!



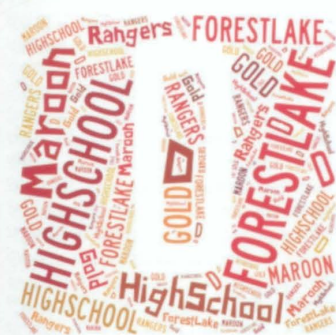
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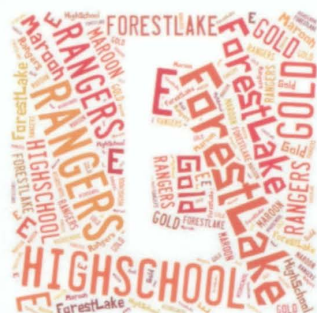
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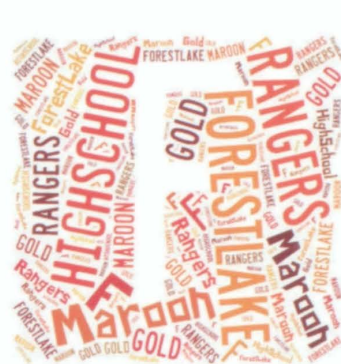


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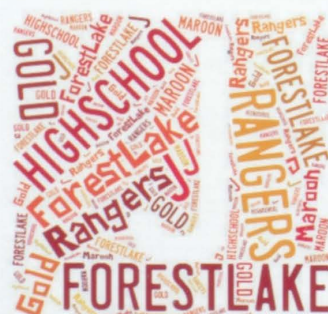


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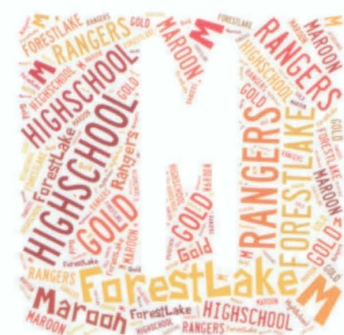
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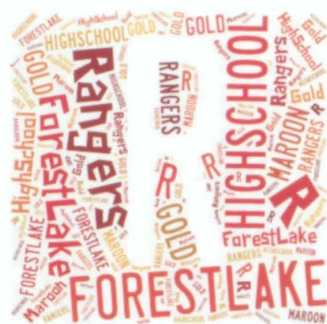
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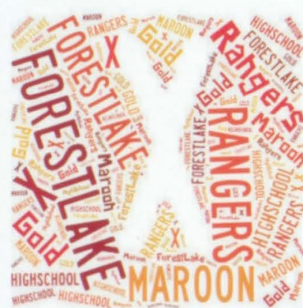
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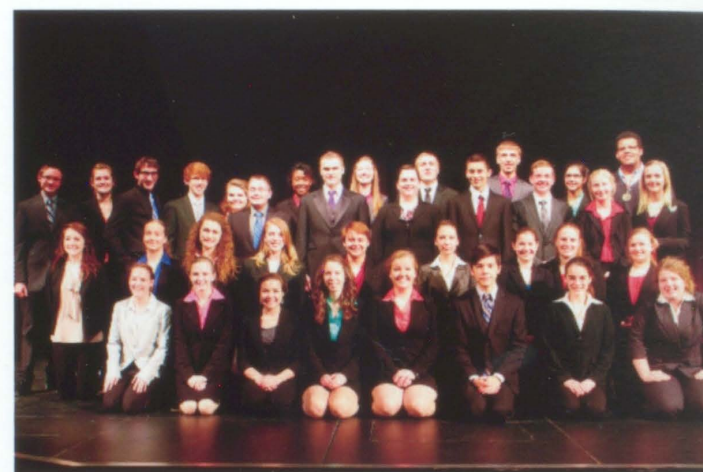


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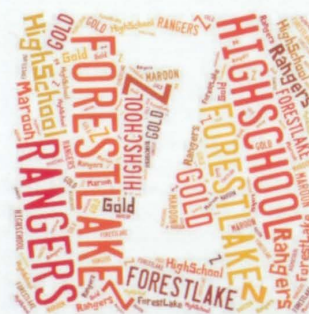
Sophomore Basketball

Row 1: A. Rivas, C. Schmidtke, J. Erickson, H. Osdick, J. Copt. Row 2: Coach R. Keller, A. Forbord, E. Abress, K. Watson, S. Trojanowski.



Speech

Row 1: M. Ziegelski, J. Kisch, A. King, J. Spanjers, H. Mack, R. Sudo, M. Dorrain, Z. Sonke-Anderson. Row 2: E. Weiger, B. Blackmer, B. Flasch, N. Schwensen, C. Usterbauer, B. McGraw, J. Degennaro, K. Wambold, R. Piersdorf. Row 3: D. Mihelich, J. Anderson, Z. Marleau, N. Brown, A. Hennen, J. Ramstad, S. Beja, J. Mester, M. Storkan, S. Meier, S. Schminski, T. Weed, G. Swanson, C. Anderson, R. Anderson, T. Gay, B. Hilla, S. Gould.



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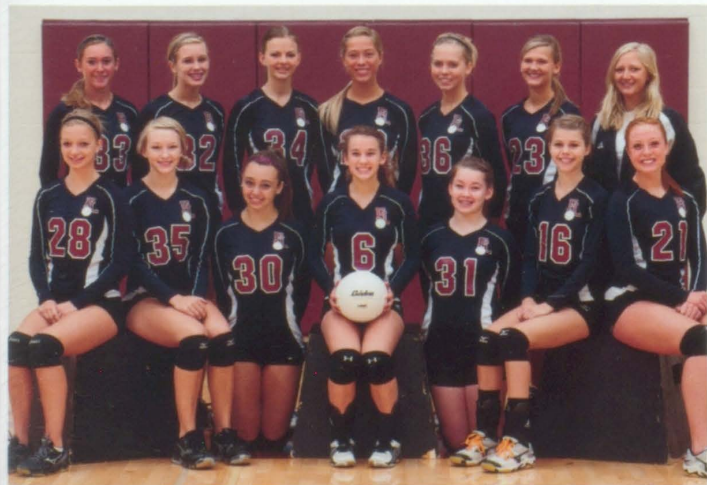
Sophomore Football

Row 1: D. Beimert, B. Kollmer, N. Rivard, J. Rydel, S. Masloski. Row 2: M. Trog, J. Thill, S. Finch, G. Ewert, J. Hursh, B. Anderson. Row 3: K. Wagner, T. Ross, B. Rogers, R. Olson, R. Baniecke, J. Lindberg, Z. Germany. Row 4: T. Egelkraut, D. Bagan, B. Kinder, M. Clayton, A. Herdina, G. Morse, A. Morse. Row 5: Coach A. Horbach, Coach J. Hall, Coach A. Barth, Coach S. Swendiman



B-Squad Soccer

Row 1: A. Janssen, T. Tower, Z. Ortega-Trimble, D. Scarpone, B. Vue. Row 2: C. Gaffy, N. Zarembinski, D. Massey, S. Albright, B. Wallinga, A. Mondry. Row 3: Coach M. Koehn, D. Bush, M. Hanson, C. Marsh, C. Michalek, S. Hamilton, I. Swan, Coach R. Tungseth, Coach D. Wasson.



Sophomore Volleyball

Row 1: D. Larson, B. Westergren, T. Zemke, K. Larson, A. Tuomala, E. Davis, M. Jacobson. Row 2: P. Baker, A. Moeller, C. Strobel, E. Jacobson, K. Tilton, H. Knoop, Coach N. Tetrault.



Sophomore Basketball

Row 1: C. Moore, J. Waterman, C. Bloch, A. Kezar. Row 2: Coach K. Henry, N. Reller, G. Avery, D. Bagen, R. Olson, Coach K. Keto.



B-Squad Soccer

Row 1: C. Bakere, J. Thill. Row 2: A. Olesiak, S. Wigle, S. Vukich, M. Miron, A. Cron, C. Rieber, M. Paliao. Row 3: B. Blackmer, J. Thill, E. Schmidt, C. Lund, M. Storkan, O. Lefto, Coach A. Hanson.



Junior Varsity Volleyball

Row 1: K. Dellwo, S. Dickenson, B. Raabe, M. Gemuenden, C. Freer. Row 2: M. Vanbushirk, A. Furry, K. Holzschuh, D. Carlson, R. Harrington, H. Briggs, Coach M. Marr

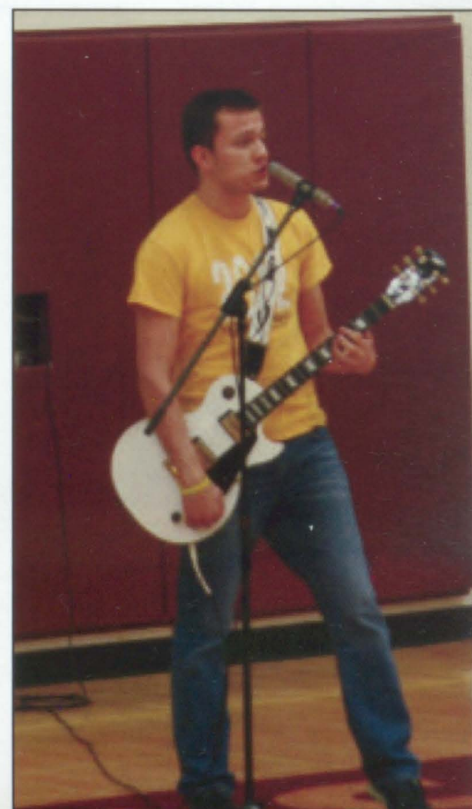
Everyone enjoyed watching the winter Pepfest and cheering their peers on. The juniors cheered loud with excitement in celebration of the last Pepfest of the year. Bailey Norby (11) commented, "The Pepfest was enjoyable watching the captains' race and the performances, being with friends, and showing school spirit."

The band performed during the Pepfest to get the crowd riled up. Anna Faffler (10) said, "I really like playing the fun songs, like some of the older songs that people know really well. It is really fun keeping the game alive. Even if it's boring or the team is losing, you still get the crowd going."



At the Winter Wonder Week Pepfest the Forest Lake Dance Team shows off their kick dance to the school. The dance move called a "Russian" is a difficult jump but it looks very visually effective when it's done in sync.

The winners of the Talent Show had the privilege to perform in front of the whole school at the winter Pepfest for the kids who were not able to make it to the Talent Show. Kyle Trapp (12) stated, "Jake and I had a great time playing in front of everyone. And it was very cool to win first place!"



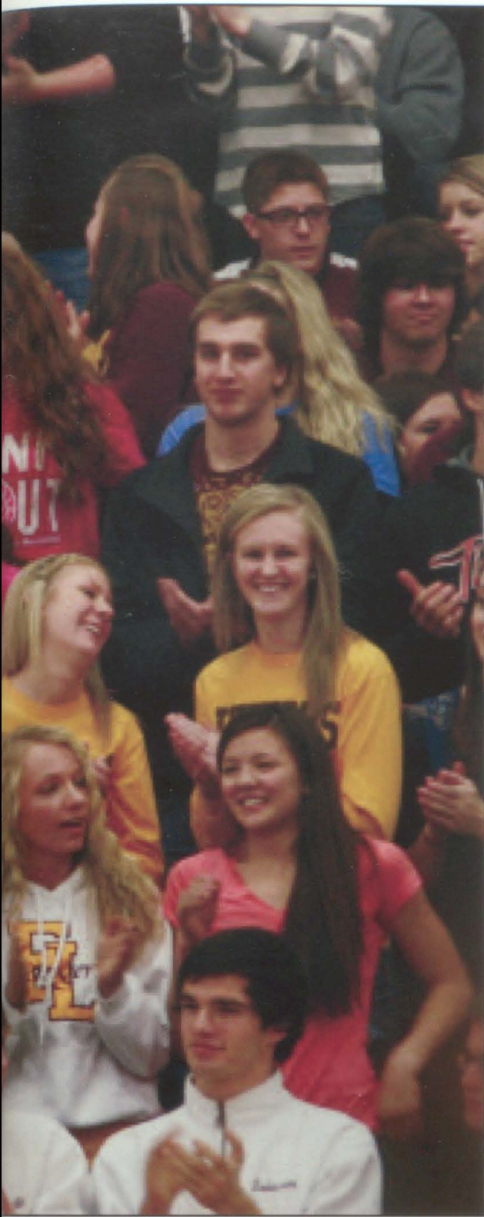
A Picture Worth 2013 Words

High School can be some of the most memorable years of your life. During high school you learn new things; not only about reading, writing, and arithmetic, but about yourself. In high school you start to find yourself and your true friends. High school is the very start of your adult life. As a young adult you start to gain more freedom and with freedom comes trust and responsibility. Trust from parents, friends, and your possible significant other. Parents and teachers expect you to do your best in and out of school, to follow rules, and to use

your best judgment.

As you plan for the future it is always nice to pull out old pictures and take a look at the past. Those pictures are worth 2013 words. At Forest Lake I have seen groups of friends come closer together and learn new things about each other. Friendships grow and change over the years. As individuals, we grow up and mature. As we start to say good bye to the place we have called home for years we say hello to new friends, new experiences, and start a new album of memories.

-Elizabeth Thordson



A group of friends gathered together to take a picture during their lunch hour. Alex Schiefelbein (11) stated, "Lunch is exciting to sit with your cool friends and when they make good meals!" For many students this time is a time to unwind and chat with friends.



The Forest Lake Dance Team does an entertaining dance with boys of their choice at the winter pepfest. "It was really fun dancing with the guys, they got really into it this year. The crowd loved when we started dancing to Gangnam Style." Shelby Benson (12) commented.

We'll exceeding our goal for raising money for the Walk To End Hunger, the administration agreed to have a pie eating contest. While tricking Dr. Massey to get a pie shoved in his face. Joel Olsen stated, "anytime we can help raise money for a good cause like Walk To End Hunger and put a pie in the face of our principal, it's a good thing."

Colophon

Editorial Policy

By virtue of the fact that the yearbook is a student conceived, planned and produced publication, as well as a product of an academic program, there are certain legal and ethical guidelines which Forest Lake yearbook staff members practice. The 2013 Forester and its staff are protected by, and bound to, the principles of the First Amendment and other protections and limitations as afforded by the Constitution and the various court decisions implementing those principles. By not interfering with publication content, school officials are therefore not liable for or responsible for content.

- Journalistic in nature, the yearbook informs and entertains its audience in a broad, fair and accurate manner on all subject that affect readers in the areas of academics, community, groups, sports and student life. The entire student body of 1700+ prospective readers constitutes the book's target audience. Secondary audiences include school personnel, community members and scholastic journalism groups.

- Coverage • Content focuses on coverage which will meet the wants and needs of the majority of these students, so long as those wants and needs are not contradictory to the principles of scholastic journalism.
- The staff encourages constructive criticism of any part of the book, both before and after publication. However, final authority for the content of the yearbook rests solely in the hands of the yearbook students under the guidance of their advisors.
- No material which is libelous, irresponsible and/or an advocate of illegal activity will be published. No material which the advisors deem in poor taste will be printed.
- The content coverage period lasts from the summer before school starts to March, when the yearbook is

completed. Events occurring past this date are impossible to include in the yearbook, and are subsequently covered in the spring supplement.

- The subjects for class features are selected by the staff in trying to represent a diverse group of students who have made significant contributions through academics or organizations.
- While the yearbook staff strives to include all official school sports and organizations as equitably as possible, the ultimate decision for page allocation is decided by the advisors.
- Group photographs for clubs and organizations are taken by official school photographers. All faculty and staff are notified at least two weeks prior to this date. Any groups not photographed at this time are not the responsibility of the yearbook staff.
- Portrait Photography • All underclass students and school personnel must have their portraits taken by official school photographers to be included in the yearbook. All underclass students and school personnel will be afforded at least two opportunities to have their portraits taken or retaken, if the need presents itself. Seniors must submit (or have one submitted) an appropriate traditional photograph from to the yearbook staff no later than the stipulated deadline. Seniors are given the opportunity to have a photograph taken by Picture Place a number of times both at the studio and at the school. Life Touch pictures are used for IDs only. Any student who does not have a photograph taken by the stipulated deadline, may not have a chronological, or other portrait included in the yearbook. It is not the responsibility of the yearbook staff to ensure that seniors get a photograph taken.
- Each student's official grade classification on the first day

of the school year, or the first day the student enrolls at Forest Lake, will be used to determine portrait placement by grade level. A grade level change after the start of school cannot be reflected in the yearbook portrait pages.

- Sensitive Issues • Should a student or school personnel pass away anytime during the current coverage period, the yearbook staff will not allow for special coverage. Family and friends are welcome to purchase an advertisement to honor and remember the life of the person lost, and the advertisement will be included in the designated section of the yearbook as the production schedule allows.
- Advertising • All advertising accepted by the staff must meet the same guidelines as editorial content. Acceptance of advertising does not constitute an endorsement by the Forester staff, Forest Lake High School's administration, faculty, staff, or students, or the Forest Lake Area School District.

- Senior advertisements, ranging in price from \$30 for a twelfth of a page to \$50 for a quarter of a page, are sold from August to December. The Forester staff discourages advertisements which include boyfriends/girlfriends because advertisements cannot be removed or changed after submission. The yearbook staff does not guarantee the safe return of any photos submitted for advertisements.
- Client Satisfaction • Because the yearbook is a student production, complete satisfaction is not guaranteed to the purchaser. Refunds will not be given for minor errors such as poor portrait quality, misspelled names, etc. Books returned for refund must be free of damage or writing. Once returned, the book becomes the property of the Forester staff and can be resold at the current sales price.

The Forester Volume 75 was produced by the yearbook staff at Forest Lake High School in Forest Lake Minnesota. It was printed by Balfour Publishing in Dallas Texas. The account was serviced by customer service executive Jessica Youngpeter and sales representative Reida Lazor.

The cover was designed by Maria Kaiser and is a 9X12 Smythe sewn, rounded and backed casing. Cover material is Lexotone Red 061 with gold foil and a four color tip on.

The book consists of 192 full color pages printed on 100# Enamel paper stock and a 12 page supplement covering spring activities delivered with the book.

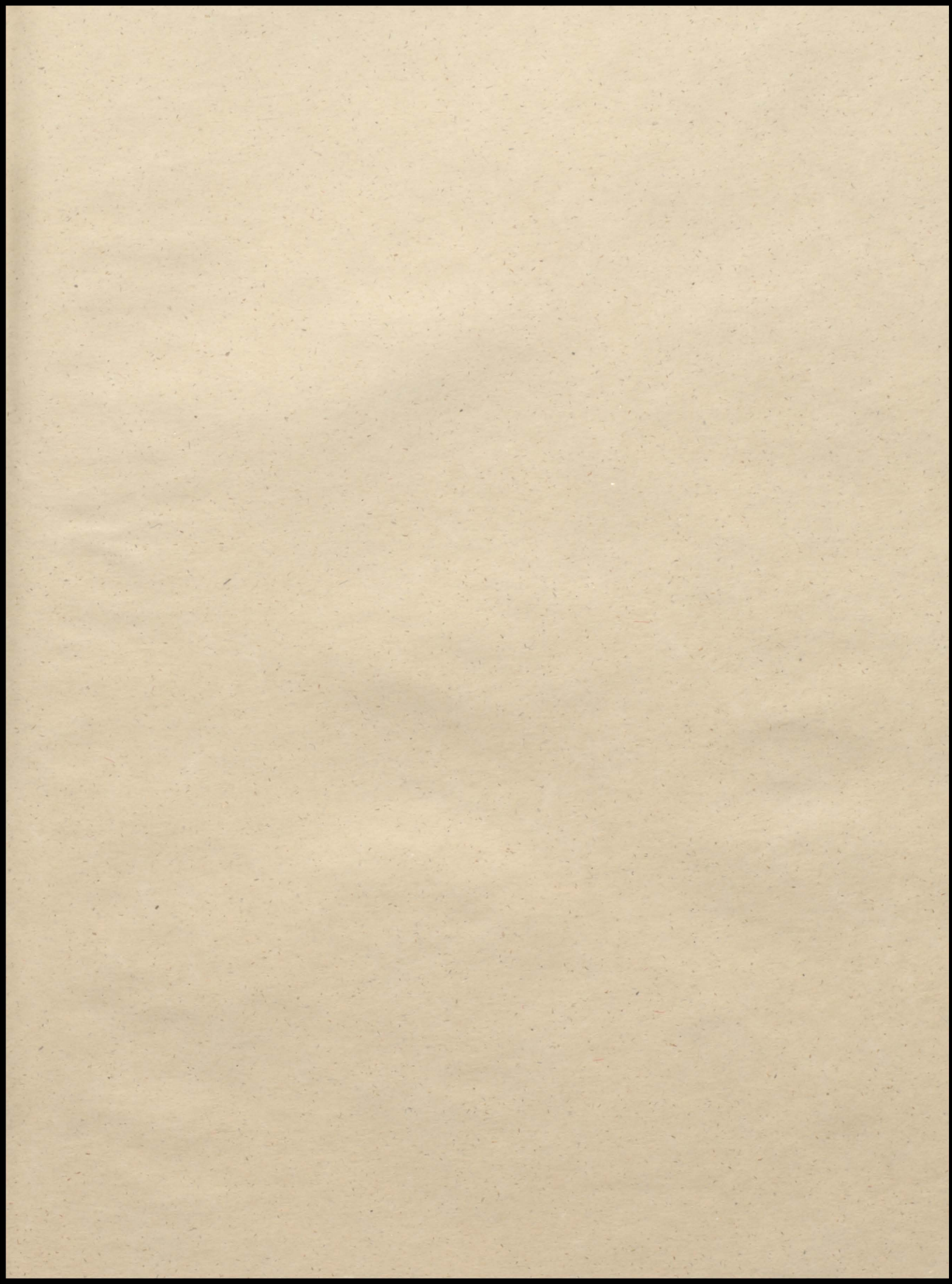
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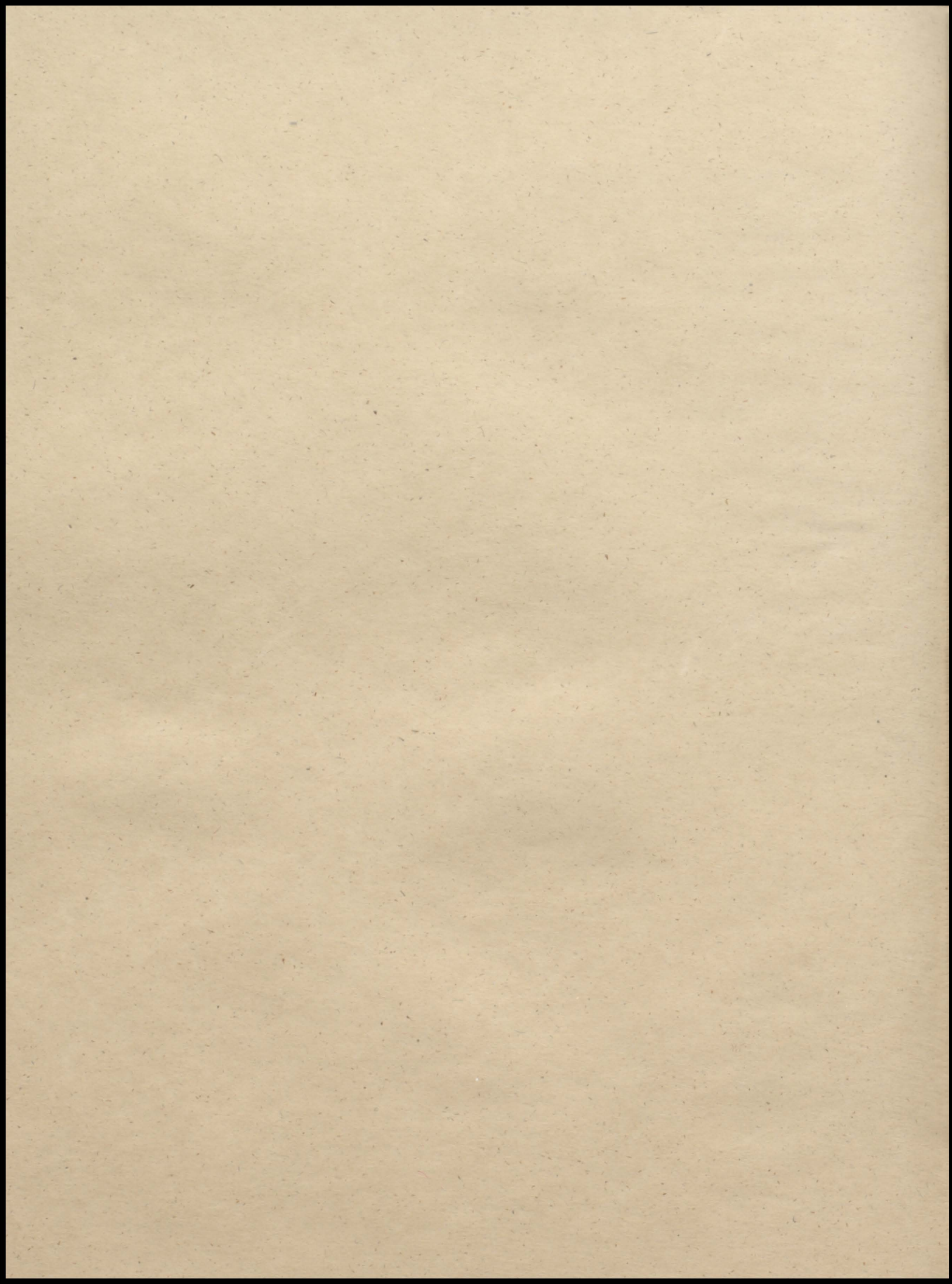
The Forester sold for \$85.00, and 750 copies were produced.

Scan the QR code to watch the 2013 graduation ceremony.



bal4.tv/3d3d794d



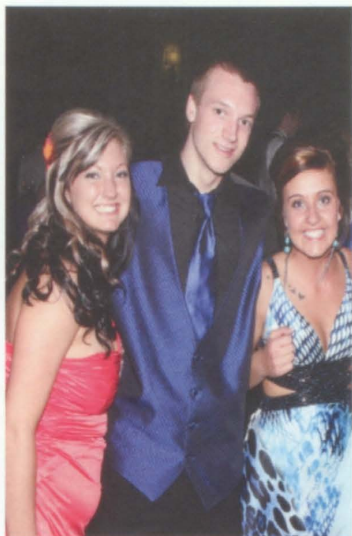


Empire State of Mind

Prom 2013



Tine Witzel (11), Preston Huddleston (11), Randy Rehbein (11), and Emily Stachel (12) posed together for a picture at the Grand March. Stachel mentioned, "I absolutely love prom! It was definitely one of the best moments of my senior year, and I think everyone wants to learn how to swing dance now!"



With Abby Tomczak (12) and Alyssa Frovorp (12) Dale Anderson (12) stated, "Prom was a lot of fun and I had a great time! It was a great way to end my senior year!"



Heather Reily (12), Emily Proulx (12), Sammi Simons (12), and Maggie Jeans (11) take a break from dancing to pose for a picture. Simons commented, "I couldn't have asked for a better group of people to spend my prom with. It was definitely a night to remember!"

Prom is a special occasion where students look forward to getting all dressed up, and spending a memorable night with all of their friends. Prom is something that most girls and guys look forward to all year. It's a special memory that can be added to the other great memories of the High School years.

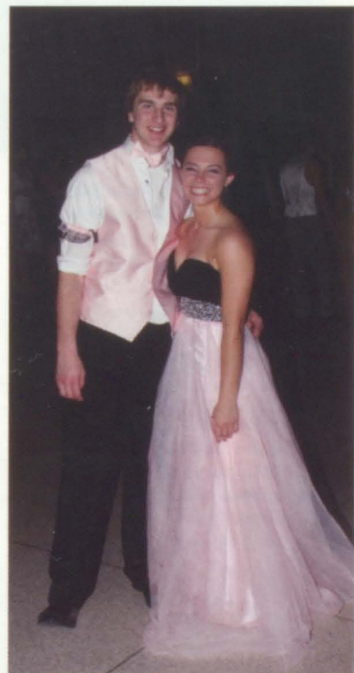
The 2013 prom theme was "The Empire State of Mind," centered around the idea of a New York City look. The prom committee did a wonderful job of planning a great prom for the students that attended, and for seniors, it was a great way to make their last prom special! Teddy Washburn (12) stated, "After going to prom all three years, I'd have to say that I definitely had the most fun this year!"

Next to graduation, senior prom is what most seniors look forward to their whole lives. It is a great way to say goodbye to their senior year, and leave high school on a good note. Forest Lake High School does a great job at making prom so special for all of their students. Prom is where memories are made, and they will be cherished forever.

~Sara Urban



The senior girls gather together for a group picture at the Cathedral. Courtney Brihn (12) stated, "Prom was so much fun this year! I'm glad I got to go with all of my friends. This is definitely one of my best high school memories!"



Taylor Shortley (11) and Peter Jasmer (11) coordinate perfectly. "I had such a great time with all of my friends at the dance. I am so excited to go again next year!" exclaimed Shortley.

Emily Klapperick (11), Emily Ellefson (11), Haley Briggs (11), Jennifer Pollard (11), and Alichia Rossman (11), gather together to take a break from dancing, and pose for a picture. "I was looking forward to going to prom for my first time this year! It was so much fun, I can't wait for next year!" stated Ellefson.

SCOREBOARD

Tanner's Brook Golf Course

North Oaks GC

Highland National GC

Prestwick GC

Stillwater CC

Tanner's Brook Golf Course

Midland Hills Golf Club

Hastings Country Club

Oak Glen

Grand National Golf Club

Coon Rapids - Bunker Hills GC



"Golf is a lot of fun and it's a good way to bond with people from other schools," exclaimed Captain Emily Proulx (12).



"Girls golf is great, our team is dedicated and mentally tough. And I just like hitting balls," stated Captain Katelin Kruger (12).



"Golf is a great sport because you get to be outside and you don't have to run," remarked Captain Madison Wohlberg (12).



M. Breitbach, A. Cully, P. Elfering, A. Fechner, M. Jeans, K. Kruger, A. Mackiewicz, J. Motylewska, E. Proulx, M. Slusarek, M. Wohlberg, Coach A. Brischke, Coach A. Forsythe

Girls Varsity Golf Picture that Birdie

The girls team was faced with the same difficulties as well as the boys team, horrible and long-lasting weather conditions. But the girls kept putting in long hours and perfecting their game, until the time came to play. The trio Seniors and Captains have been a big help for the girls and setting standards for the team. Every day they bring focus, drive, and competitiveness.

"I'm glad I finished out the year with this group of girls," Katelin Kruger (12) stated. The coaching staff always brings great help and success to the team. They all worked together and stayed determined throughout the entire season.

-Abbi White and
Ariel Pitts



Not a desirable place to be, Maggie Jeans (11) chips out of the sand trap and places the ball on the green.

Maggie Jeans (11) starting out her round strong making a big drive. "Golf is a sport that affects you a lot mentally, with all the details that go into the perfect swing", stated Jeans.

Captain Madison Wohlberg (12) concentrating on a long drive. "Even if you're having a bad day always smile and have fun," Wohlberg exclaimed. She is a great leader to look up to on the team.



Captain Emily Proulx (12) hits a perfect shot on her fifth hole. Proulx commented, "That was squishy!" Emily is always looked at for her hard work and competitiveness.



SCOREBOARD

Edinburgh USA GC

Mississippi Dunes GC

Forest Hills GC

Prestwick GC

Detroit Lakes CC - Palm to Pine Course

Southview CC

River Oaks GC

Highland National GC

Tanner's Brook GC

Hastings CC

Northland GC

Indian Hills GC

Grand National GC

Coon Rapids- Bunker Hills GC



"If you're given the chance to be a role model, always take it because you'll never know whos life you can influence," Captain Trevor Thompson (12) stated.



"Golf has made me and shaped me into the person I am today." Captain Maxton Kelly (12) remarked.



J. Bernier, Z. Boesel, C. Drobnick, J. Hoppe, M. Kelly, D. Massey, N. Moe, J. Moeller, J. Morgan, N. Norling, L. Resler, N. Spreeman, L. Starzinski, T. Thompson, C. Wallner, Coach Buck, Coach Wilson



Jake Moryn (11) hitting a perfect shot to land the ball on the green. Moryn stated, "The only time my prayers are never answered, is on the golf course." Moryn had a great season this year.

Maxton Kelly (12) chipping towards the green. "This is a game of misses, the guy who misses the best is going to win," explained Kelly. The team always looks for Kelly to have a standout performance.

Daniel Massey (11) putting on the third hole for par. "Putting is always fun, but just remember to beat the D," pointed out Massey. He always works his hardest on and off the course.

Trevor Thompson (12) swinging his driver down a long fairway. Thompson remarks, "Let er bark!" Thompson always pulls through at the end of his round.

Boys Varsity Golf Frame Down the Fairway

Due to unexpected weather conditions the team has had a slow start. So the expectations going into Tri-State and Conferences right away were set high for the team. They responded well and kept their mental and physical game on high, always giving their best efforts and competing with everything they had.

The coaching staff put in many hours working with the players that made a great impact on the boys. **Nick Norling (12)** stated, "This season has been a competitive and fun way to finish out the year!"

Through all of the obstacles faced this season, the boys never gave up.

- Abbi White and
Ariel Pitts

SCOREBOARD

- vs. Mounds View
- vs. East Ridge
- vs. Park
- vs. Andover
- vs. Woodbury
- vs. Cretin-Derham Hall
- vs. Stillwater
- vs. Roseville
- vs. White Bear
- vs. Hastings
- vs. North St. Paul
- vs. Columbia Heights
- vs. Mahtomedi



Captain Amy Enrooth (12) stated, "I had a blast this season with everyone! From the spaghetti dinners to giggling with Lexi on the bus ride back home."



Captain Jade Haseltine (12) stated, "My coach Krista has shaped me into the lacrosse player I am today."



Captain Alexis Carpenter (12) stated, "My advice to the upcoming players is to give it your best effort."



Captain Karlyn Ristrom (12) stated, "I like watching the younger girls grow and helping them along the way."



Coach T. Lehr, M. Gemuenden, E. Mattheisen, K. Magnuson, B. Neumann, E. Riermann, K. Lund, J. Haseltine, G. Haseltine, J. Thill, M. Mattheisen, E. Mendoza, Coach K. Seipl, R. Lenz, S. Finley, A. Corn, A. Enrooth, A. Carpenter, J. Haseltine, K. Ristrom, S. Neeck, B. Vogal, A. Fitch

Girls Lacrosse In it to win it!

Lacrosse is a fun and aggressive sport. Though it can get confusing at times, it is a very exciting game to watch and play. The girls Lacrosse team continues to improve. They have had a great season thus far and continue to win more and more games each year. **Alexis Carpenter (12)** stated, "I'm so proud of the girls this year. We have really worked hard and showed everyone what we got." The girls are all super close on the team and stick together through thick and thin in games. Learning from each other along the way.

Amy Enrooth (12) said, "My favorite part of the season this year was practicing in the snow." As you watch these girls you see them picking up new techniques. It really shows when you see them in a game from working on switching, to transitioning it down the field quick and on target.

-Emma Mattheisen



Time out for girls lacrosse during the Cretin-Derham Hall game! Coach Seipel reminded the girls that this is the best they've played against this team. Their going to fight to the finish!

Emma Mattheisen (11) scored a goal at a home game. She stated, "It's a great feeling when you score a goal against one of the best teams in the conference." These girls act like a lady and train like a boss.

Jade Haseltine (12) passes the ball to **Amy Enrooth (12)** to take it into shoot. Jade Haseltine stated, "Lacrosse gives me such a thrill." These girls work hard, to play hard!



Amy Enrooth (12) transitions the ball up the field. She stated, "I love being captain because the younger lacrosse players look up to me." The lacrosse girls put their best effort in every game!



SCOREBOARD

vs. Mounds View	vs. Hastings
vs. Irondale	vs. Blaine
vs. East Ridge	vs. Cretin-Derham Hall
vs. Park	vs. Tartan
vs. Andover	vs. North St. Paul
vs. Woodbury	
vs. Cretin	
vs. Stillwater	
vs. Roseville	
vs. White Bear	



Captain Dan Mollet (12) stated, "Give 110%! people will see what your doing."



Captain Colin Peterson (12) stated, "What I like most about being captain is that they all look up to you."



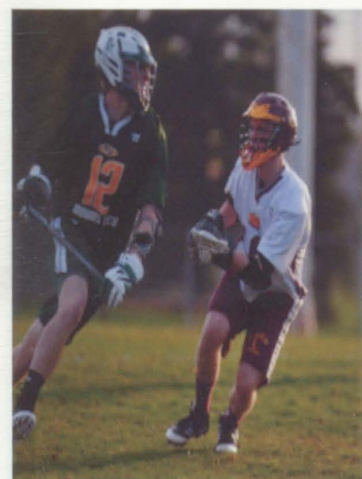
Captain Joshua Mester (12) stated, "My Advice for upcoming players is to keep practicing and commit yourself to the game."



Coach J. Loo, S. Anderson, T. Anderson, M. Aritage, J. Atwater, D. Baker, B. Bartholmy, D. Beeson, A. Beeson, D. Berglund, R. Bildeaux, T. Brennhofner, K. Bryan, D. Bush, C. Carpenter, Z. Christenson, J. Dalluhn, J. Forsell, J. Goossens, D. Hagen, J. Hagen, A. Haider, H. Hamernick, M. Hanson, W. Hanson, W. Hanson, K. Ihfe, L. Jargenson, B. Karlsrud, B. Kleinstick, N. Ladwig, D. Lafferty, C. Letch, J. Lindberg, J. MacAllister, S. Marsh, J. Mester, A. Miller, D. Mollet, A. Mondry, L. Mueller, A. Murray, D. O'Connell, H. Olson, C. Parrucci, N. Peltier, C. Peterson, S. Pitt, Z. Pothen, C. Riermann, J. Roberge, A. Roth, N. Rue, J. Sayre, J. Schminke, J. Schmitz, J. Schwanz, M. Schwartz, L. Shelby, S. Stachel, A. Stehr, D. Stern, B. Summer, C. Syverson, R. Taylor, L. Thiemert, J. Thompson, D. Voss, C. Waddle, C. Waddle, O. Walstrom



The team stands in a line to respect the National Anthem. Andrew Murray (11) stated, "I like the game because of the aggressiveness". The boys hard work really shows.



Joshua Mester (12) is defending against a Mounds View High school player. He stated, "Keep practicing and commit yourself to the game and you'll see results." You can really see the commitment on the field!

All the boys team up before the game to get pumped up! Zachary Christenson (12) stated, "My favorite part of Lacrosse is getting to compete against other schools." The boys team has a difficult conference but there hearts were all in it.

These boys really showed their team work! Dalton Baker (12) commented, "Practice how you play. Let's finish the season strong!"

Boys Lacrosse Bringing home the win!

Boys Lacrosse started the season strong! They practice every day after school, getting prepared to take home the gold! Lacrosse is a great way to make new friends, get exercise, and have a good time doing it! **Zachary Christenson (12)** stated, "My favorite part of this Lacrosse season was playing in two inch snow at Hastings High School on May 1st."

The boys Lacrosse have worked very hard to be where they are now. The boys worked together so well, making the team much better and closer in friendship. They win together, and they lose together. **Daniel Mollet (12)** stated, "I get pumped up before my games by listening to music." Lacrosse is a very aggressive sport. It takes a lot of time and commitment. It takes more than just practice in school. They practice outside of the varsity season to compete with the players on other teams.

-Kayla Nelson

SCOREBOARD

Columbia Heights H.S.

Blm Jeff/Blm Kennedy

Osseo

Grand Rapids/Greenway

Columbia Heights H.S.

Osseo



Kathy Tomnitz (12) stated, "Being a captain has been a great experience! I have been loving every moment of it getting to know all the girls on the team and becoming a role model for them all."



Karlee Lawrence (11) stated, "I like being a captain because I am close with all of the girls."



Sarah Kroska (12) stated, "Being captain has been a huge honor. It has been great, the girls and the sport has changed my life. I set out to help them, and they have, in return, changed me in a positive way forever."



M Anderson, E Blount, S Brenk, B Carr, R Chatwin, A Cogar, L Chron, A Denman, C Dewitt, J Dison, A Dreher, A Dunrud, K Eggergluss, P Ewert, A Faffler, K Hawthorne, G Headley, J Hentges, J Hudoba, A Huset, M Ihfe, S Jarosz, M Klein, K Koenig, S Kroska, G Kunshier, K Lawrence, I Manning, G Meyer, L Meyer, K Munt, S Nutter, F Olson, E Ostercamp, E Palmen, M Palmer, G Paugel, M Perkins, M Peterson, M Peterson, N Peterson, A Pothen, M Rossbach, D Sardeson, H Schoonover, S Schwintek, K Sewall, R Springman, E Stocking, K Stockinger, J Templeton, P Thrunbeck, K Tomnitz, S Vos, J Walker, K Waskey, L Wedell, A Whitson, C Ziegeiski, L Ziegeiski

Synchronized Swimming Champions Through Teamwork

Enthusiasm, grace, endurance, and team work. These are all qualities each member of synchronized swimming team acquires. A combination of strength agility, and timing are what the group of synchro girls strive for in every performance. Synchro swimming is a rigorous combination of swimming, gymnastics and dance, accompanied by music to a lively rhythm. The synchro swim team also requires hard work and dedication for an exciting and challenging season.

Each performance or routine consists of a series of leg and arm movements along with intricate lifts. During routines all swimmers use these motions for support in the water in order to keep their feet off the bottom of the pool. This year, synchro is dedicating their time to perfecting the routines in order to go to State.

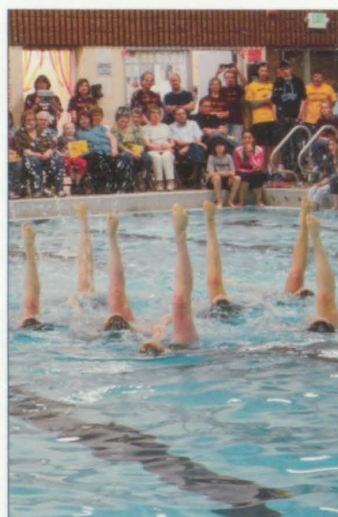
-Valerie Friend, Hailey Swanson



During one routine this season the lights in the aquatic center were all turned off to add a mysterious air to the performance, while the whole team joined in for the end performance.

Synchro swimmers from Extended B Team perform a complicated lift of Alexis Cogar (11) during one of their routines. The lift takes focus, strength, and balance in order to make it successful. The girls band together to use teamwork during their Dirty Dancing routine.

The synchronized swimming routine involved many strength intensive lifts. The girls on the Extended A Team "Hakka" team had to work together in perfect timing for the performance and lift of Andrea Dundera (9).



The Synchronized swimming team uses precision and timing during every routine. The seven girls from the Hakka team pictured use internal timing to the music in order to stay in rhythm and to perform their ballet routine.



SCOREBOARD

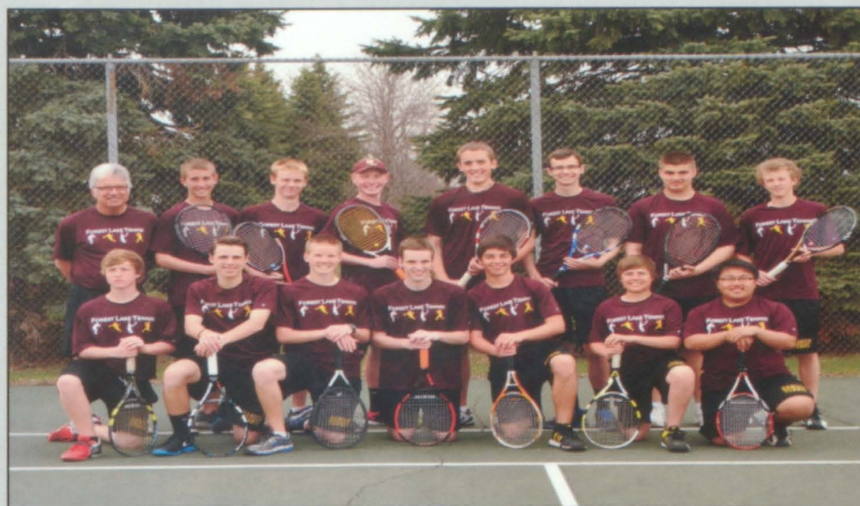
Centennial
Stillwater
Woodbury
White Bear Lake
Mounds View
Park
Elk River
Burnsville
Stillwater
Hastings
East Ridge
St. Paul Harding
Roseville
Cretin-Derham Hall
Andover
Chisago
Cambridge - Isanti



Captain, Austin Morris (12) "My favorite part of being captain was being able to help the younger kids play tennis."



Captain, Austin Riedman (12) "My favorite part of being captain was being able to get to know all the kids."



Back row: Coach Greg Patchin, N. Alm, R. Schultz, A. Morris, J. Koeing, A. Riedman, R. Beynon, T. Boyer
Front row: B. Bowes, S. Bostrom, S. Hamilton, E. Matti, H. Shortley, A. Burk, M. Xiong



Racing to prepare to retrieve the ball. "My favorite memory of playing tennis was last year when I played the longest match of the season with my doubles partner and we ended up winning," stated Austin Morris (12).

Practicing his hit to better improve his skills. **Toby Boyer (10)** explained, "What I like most is that tennis is an individual sport and it's you vs. the world."

Improving his skills for next year to become a good role model. **Samuel Hamilton (11)** commented, "Next year I look forward to being captain and leading the team to State."

Practicing his serve to beat his opponent. "What I will miss the most about tennis is making new memories with the team," stated **Austin Riedman (12)**.

Boys Tennis Rising Shot

Tennis is considered one of the most individual sports there is. Strength, endurance and determination is what got this team through their wins and losses. The boys of this team never gave up. Even through the late snow falls and cold practices, they gave it their all. They encouraged each other and stayed strong in hope of the warm weather.

The team consisted of junior high and high school students. The age differences didn't affect their strong bond and getting along together. **James Koeing (12)** stated, "Being a part of this team is something I have always enjoyed throughout my high school years, I will miss being a part of it." Overall, the team never gave up and had a fun season and looked forward for the years to come.

~Courtney Brihn
and
Shelby Benson

SCOREBOARD

White Bear Lake
Eastridge
Hastings
Mounds View
Stillwater
Cretin-Derham Hall
Roseville
Park
Woodbury
White Bear Lake
Eastridge
Mounds View
Stillwater
Cretin-Derham Hall
Roseville
Hastings
Chisago Lakes



Captain Dylan Dresel (12)
"We had a great group of guys this year! We played this season for Trent."



Captain Beau Fandel (12)
"After all the years with these guys, I don't think we could have asked for a better season to end our time on the field together."



Captain Phil Sauer (12)
"This season will always be one that I remember!"



Back Row: Coach Tal Gravelle, C. Dahly, A. Egle, S. Winning, N. Brown, J. Schmidt, B. Fandel, D. Dresel,
Front Row: R. Larson, P. Sauer, K. Raarup, D. Svendsen, K. Parker, D. Wassman, C. Mehnikomer, B. Gravelle.

Baseball Strike a Pose

The team's morale this year was very high. Most of the boys have been playing baseball since they were young and have waited for these very moments on the varsity field to show just how far they have come. They have been preparing for this season for years and the team was great at using teamwork and motivation. Teamwork comes very easy to these boys because most of them are friends on and off of the field. Their close bonds between each other helped amp up the excitement walking onto the field and the determination to walk off with a win.

This season started off very unusual due to the rare cold and snowy weather which postponed the season longer than past years, but the weather did not stop the players anticipation for a great season and left them even more eager to play. Once the weather started to come around the team could shine whether they won or lost. This season was for Trent.

-Teddy Washburn
& Sammi Simons



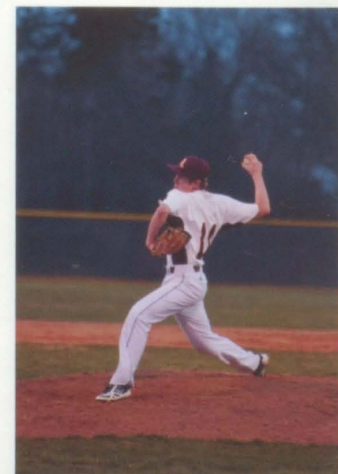
Kyle Parker (12) takes a swing at the home opener at Schumaker Field. **Parker** said, "I couldn't have asked for a better way to end my senior year, especially having the best team to spend it with."

Noah Brown (12) watches over first base. "I like hitting singles, doubles, and triples but homeruns are my favorite," Brown stated.

Jonathan Schmidt (12) gets advice from his coach. "I had fun playing with such a good group of guys," Schmidt said.



Brett Gravelle (11) pitches at the Park game. "This year I couldn't have asked to play with a better group of guys," Gravelle added.



SCOREBOARD

vs. Woodbury	vs. Cretin Derham Hall
vs. East Ridge	vs. Hastings
vs. Cretin Derham Hall	vs. Mounds View
vs. Mounds View	vs. Hastings
vs. Cretin Derham Hall	vs. Park
vs. Park	vs. Roseville
vs. Roseville	vs. Stillwater
vs. Hastings	vs. Hastings
vs. White Bear Lake	vs. White Bear Lake
vs. Woodbury	vs. East Ridge
vs. East Ridge	vs. Hill-Murray
vs. Stillwater	vs. Woodbury
vs. Stillwater	vs. Orno



Captain Jennifer Zidar (12) stated, "I hope to have a great season like we did last year. We need to keep improving to make it to the top!"



Captain Michelle LaCasse (12) stated, "I hope to have a good season and bond with my teammates through it all!"



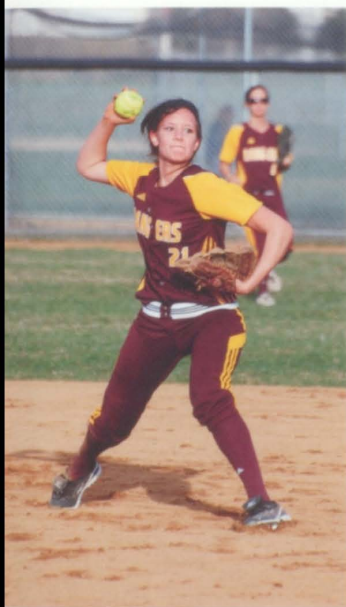
Captain Katelyn Palo (12) exclaimed, "I felt very honored to be a captain this year! This group of girls are unforgettable and it was great to be a part of such a tight-knit team."



Captain Dana Mogren (12) stated, "I hope to achieve our goal of winning State, and I hope to finish our senior year on a high note!"



M. LaCasse, D. Mogren, J. Zidar, K. Palo, N. Wright, T. Emly, M. Watters, T. Shortly, R. Baniecke, R. Harrington, A. Bremer, L. Riedeman, H. Osdick, C. Shortly, E. Antony, K. Tilton



Mikayla Watters (11) sliding into home to score for the Rangers stated, "This is one of the strongest teams we have had in a long time."



Dana Mogren (12) throws the ball to first base to get the runner out. "It was great to know we have the strongest defense we have had in years," stated Mogren.



Hally Osdick (10) pitching for the rangers stated, "So far, this season has been perfect. Our hard work is really paying off."

Softball Swinging Their Way To Success

The Forest Lake High School softball team was made up of 16 dedicated players. They have been working hard to accomplish their yearly goal of playing in the Minnesota State Softball Tournament. Coach Angie Ryan stated, "We have a great softball tradition here in Forest Lake as we have gone to the State Tournament every year since 2008, and 2013 is no exception. We expect once again to be at the State Tournament and also want to repeat as the Suburban East Conference Champions. So far we are off to a great start."

Each player had a certain role when they were out on the field. They worked hard together to make every play. Cheering as loud as they could for each teammate as they stepped into the batters box was important to them. These girls showed great passion for the sport, as well as for their goals.

~Samantha Anderson &
Jessica Norman

SCOREBOARD

Univeristy of Minnesota

River Falls

Stillwater

White Bear Lake

Moundsview

Hamline University

Park

Roseville

Park

Rochester Mayo

White Bear Lake

Stillwater

Stillwater

Conference Prelims at East Ridge

Conference Finals at East Ridge

Section Prelims at UMD

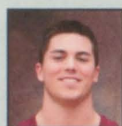
Section Finals at UMD

State Prelims at Hamline University

State Finals at Hamline University



Rich Carr (12) stated, "I love pushing the sprinters beyond their limits so that we all can get faster and achieve."



Glen Miron (12) exclaimed, "I enjoy seeing people reach full potential and watching them in the moment that they accomplish their goals."



Jake Jankowski (12) stated, "I feel like im leading a family because the track boys team is so close. I also enjoy being able to be around all the guys."



David Poyerd (12) stated, "I enjoy helping the coaches out and showing the 9th and 10th graders how they can become better athletes."



Andrew Montean (12) stated, "It's fun helping the younger athletes on the team become better at what they do."

D. Bagan, J. Bryant, A. Calhoun, L. Calhoun, R. Carr, M. Clayton, J. Colling, N. Danielson, C. Delgado, Q. Duffy, T. Egelkraut, G. Ewert, M. Favreau, S. Finch, Z. Freer, C. Goers, M. Henning, L. Hipp, P. Huddleston, R. Hume, J. Jankowski, P. Jasmer, T. Kawlewski, M. Kryzer, E. Landsberger, T. Lane, P. Litecky, A. Montean, D. Moris, G. Morse, A. Morse, P. Murphy, H. Olsen, T. Olson, M. Palo, C. Pierucki, D. Poyerd, J. Reiling, Z. Reyes, A. Richert, B. Robinson, R. Schilling, L. Shaw, J. Thill, C. Thurnbeck, A. Tyler, K. Wagner, C. Walton, B. Weigel, A. Wright

Boys Track and Field Chasing the Gold

In boys track there's been a place for everyone to showcase their abilities and strive to reach their goals as a team. The boys track team is large in size and has many boys that are willing to put forth lots of effort. **Harrison Olsen (12)** stated, "I like how everyone works as a team to achieve their goals. We all work together to do our best."

This season has not been an easy one. Minnesota has had an extra long winter, making practices and meets more difficult. Practices have had to be held indoors, and many meets have been cancelled. Yet they still manage to work as a team and work together to do their best at the up coming meets. They stuck together through the ups and downs and still encouraged one another. **Aaron Calhoun (12)** commented, "What I really enjoy about track is the Camaraderie and the competitiveness of everyone on the team. It makes for a really fun season. But this doesn't dull the fact that this winter has taken away most of our chances to compete and show off our talents."

Brittany Johanson and CaSondra Serres



Cody Walton (12) stated, "At the true meet, I was coming around a turn pushing toward the finish line, crossing the finish in first place."



Patrick Murphy (11) commented, "During the triple jump, I glided through the air. It felt as if I were flying. I knew it was going to be a good meet from the beginning."



Rich Carr (12) stated, "This was at the Hamline Elite Meet, the first meet that had beautiful weather. It was nice to run a good race after all the snow we have had."



Tanner Lane (12), commented "We had a great track team this year, it was a good environment to practice in. We all enjoyed eachothers company and had a lot of fun."

SCOREBOARD

River Falls Invitational
 St. Thomas Invitational
 River Falls
 Mounds View
 Hamline University Eliete Meet
 Hopkins True Team
 Roseville
 True Team at White Bear Lake
 Roseville
 JV Conference at Mounds View
 True Team State at Stillwater
 Conference Prelims at East Ridge
 Conference Finals at East Ridge
 Section Prelims at UMD
 Section Finals at UMD
 State Prelims at Hamline University
 State Finals at Hamline University



F. Allen, J. Anderson, T. Angelo, C. Baker, S. Beja, E. Caldwell, A. Cheikh, M. Clepper, J. DeGennaro, K. Delwo, J. Dhaene, K. Dison, C. Drobnick, C. Freer, S. Fuerst, S. Garber, S. Halley, A. Hanson, J. Hickie, J. Hudoba, M. Humble, E. Jacobson, M. Jacobson, S. Jaeb, K. Julkowski, B. Koenig, D. Larson, M. Lenz, M. Lopp, P. Mattson, M. Miron, K. Moon, T. Moore, J. Moran, B. Norby, O. Norman, C. Palomino, M. Peterson, G. Philippi, M. Poyerd, M. Reis, M. Rice, P. Shepherd, R. Shumaker, A. Sievers, J. Spanjers, E. Thordson, L. Tilton, M. Tyler, A. VanBergen, S. Vulich, A. Westerman, R. Wohlk, Coach Kaluza, Coach Rodewald, Coach Swanberg



The 2013 Track and Field captains Olivia Norman (12), Rachel Shuemaker (12), Merican Lenz (12), Jessica Dhaene (12), McKenna Reis (12) and Janette Spangers (12), pose for a picture before practice. The captains were chosen at the end of the season last year by their teammates. Spangers stated, "Everyone on the team works hard to win but the team is more than that it is like a family."

Taylor Moore (12) sails over the high jump bar at a height of 5 feet. She has jumped all five of the years she has been involved in Track and Field. Moore stated, "It take a good foot plan to get high."

Cassidy Baker (10) pole vaults at the St. Thomas Invitational. She is a natural at pole vault; her second year on the team she went to state. Baker commented, "I tried pole vaulting one day and it just clicked. Going to the state meet was such a rush; I hope more of my teammates get to go this year."

Elizabeth Thordson (12) runs the second leg of the 4x200 meter relay. The Rangers went to Mounds View for a Saturday meet in the snow. "I guess Track and Field is now a winter sport," joked Thordson.

Girls Track and Field

Every time we touch the track it turns into gold

The track season has been interesting to say the least. The snow has continued to fall far into April which has prevented athletes in all sports from practicing outside. Coaches and athletes have never experienced this kind of weather in the spring season. Games, matches, and meets are being cancelled or postponed because of the weird weather patterns.

The Forest Lake girl's Track and Field team was lucky enough to have a few indoor meets at the beginning of the season. Forest Lake is still ahead of most teams in the state with the amount of meets and practices that have been outside.

"The snow has really thrown off the season, we haven't gone to a lot of meets which means we can't see if we are improving", stated Amina Cheikh (12). Many of the girls count on meets to see their improvement. Each girl on the team competes in individual events. Although, many times they compete against their teammates at meets, they all congratulate each other on a good run, throw, or jump.

-Elizabeth Thordson

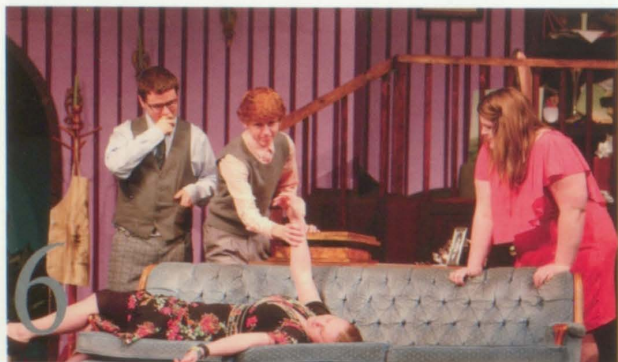
You Can't Take it With You

Spring Play

The Spring Play, "You Can't Take it With You" went really well this year. All of the cast members enjoyed acting in and out of the school. All of the actors can agree that the play was very fun to be in.

The spring play this year was set in the 1930s. "It has timeless humor that is still funny today, it moves at a fast pace that keeps the audience engaged," states Craig Zimanske, the director of this year's play. All the excitement in the play begins when Anthony Kirby brings his family to his fiancée's, Alice Sycamore's, house for dinner on the wrong night. His uptight family and Alice's family do not really get along due to their different backgrounds.

-Sophie Zupon



4. Amanda Hennen (10) enjoys acting because "I get to take on a new character and be someone completely different" She mentions that her character, Penny Sycamore is somewhat like her, but is more crazy. She enjoys taking on fun, exciting characters.

5. The cast of "You Can't Take it With You" gets into costume and gather for a group picture.

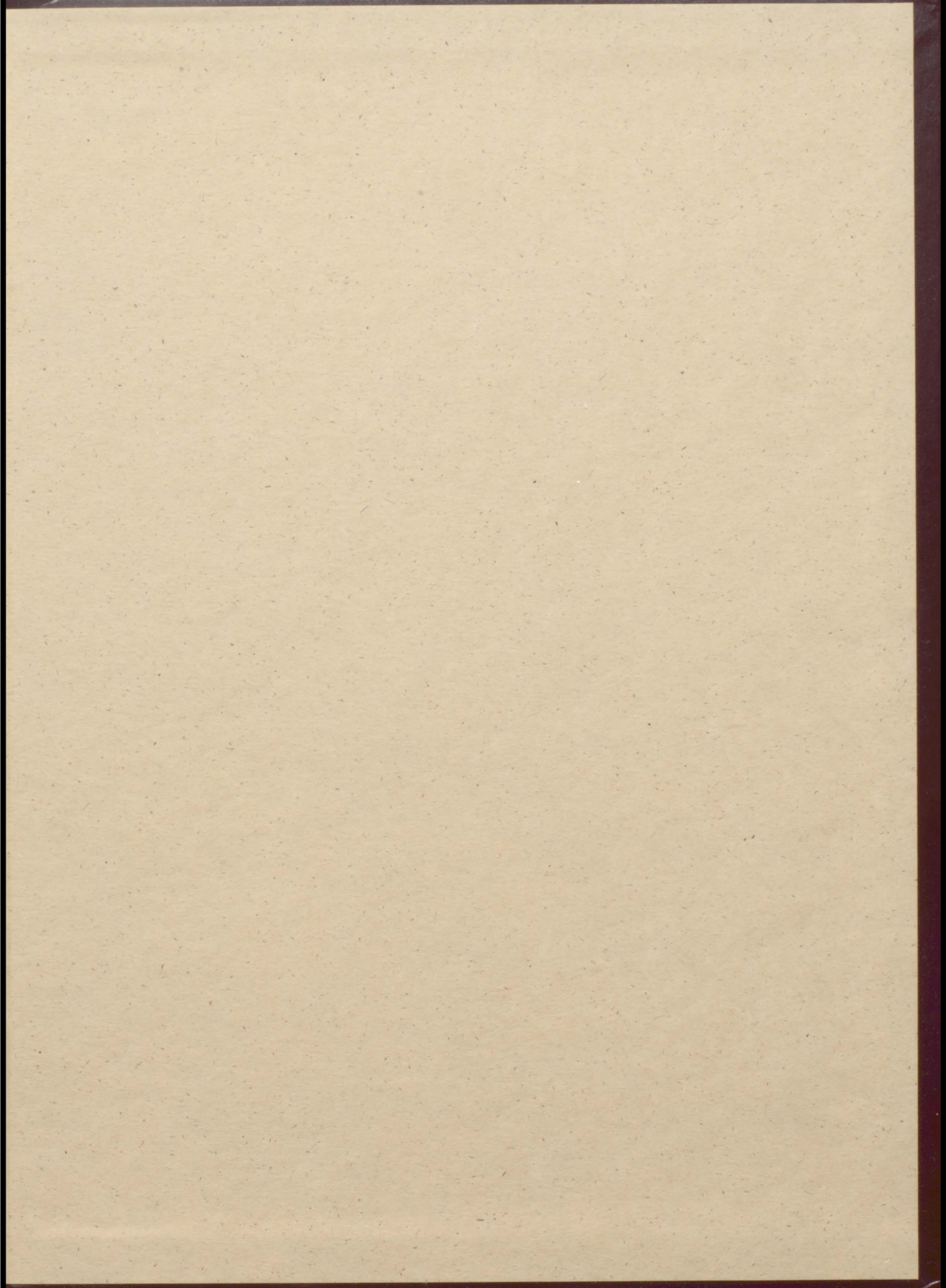
6. Kellie Wambold (12), Nathan Brown (10), Jacob Rue (12), and Amanda Hennen (10) are all hard at work rehearsing their lines for the play. They work hard and have fun at the same time while rehearsing.



1. Aryn Ritchie (11) gets into character to play the part of Essie in the play. She works hard and goes through her lines perfectly.

2. Zachary Marleau (10) plays the part of Martin Vanderhof, the grandfather in the play.

3. Molly Boland (12) and Jarod Bowers (11) play Alice Sycamore and Tony Kirby respectively. They play a couple that have different family backgrounds.



balfour