

DEFINE

2009

Pop. 1697

Forest Lake
RANGERS

forester

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... the last of kind of
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... entirely well at that time but
... than myself and would have
... for his home not being able to
... the limestone County beyond
... Diarrhoea which
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... have to eat which is not

DEFINE

2009

Forest Lake High School
(förist.leik.hai.sku:l)

1. An institution of learning whose focus involves creating rich educational opportunities for its students. 2. A building composed of brick, tile and carpet containing a large number of diverse teenagers. 3. Unique, united, underestimated.



contents

1001	people	12
	seniors	
54	juniors	
	sophomores	82
	staff	110
120	academics	
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2009

Homecoming

Right: Students showed their spirit at the Roseville swim meet. Ruby Kolbow (12) and Ethan Prosser (12) cheered their friends on.



Tisa Phinney (11) took the lead to pump up a group of juniors during the Pep Fest on the day of Homecoming.



Right: With fall sports well into their seasons, the locker rooms seem to be buzzing with excitement. Vanessa Yamry (11) stops by hers to prepare for practice. "I'm really excited for dance to start!"



Left: Even sophomores Julia Hipp and Ellysa Newman showed off their Ranger Pride on Homecoming Day.

Below: Face painting is not just for Halloween anymore. Senior Anndi Newman painted her face for Maroon and Gold Day during Homecoming Week.



Right: Senior Bre'Elle Erickson and Junior Kristine Shields are all smiles as they cheer for the girls swim team during a home meet at the Southwest pool.



Right: Sophomores Brandon Vang, Gaogoua Khang, and Der Xiong eagerly awaited for their first high school Pep Fest to begin.



Right: Ranger spirit was wide spread throughout Spirit Week. Senior Scott Glewwe showed his spirit on Ranger Day by painting his face. "It was really itchy," said Glewwe (12).





Left: Everyone enjoyed the activities during lunches on Maroon and Gold Day, including sophomores Dariana Sikahema, Zachary Greene, and Hannah Dowdall. "It was scary because we are sophomores, but it was a lot of fun!" said Dowdall (10).

define / 2009

de•fine (dī-fin') v. -fined, -fining, -fines.

1. To state the precise meaning of.
example: High school defined, by some, as the glory years, by others, a turning point in their lives. Others define these years as the building blocks of their success.
2. To describe the nature or basic qualities of:
explain. example: How will you define the important years in your life? It is you who will decide what the years will do for you. Your future will be defined by what takes place in these desks, in these classrooms, in these hallways.
3. To serve; to distinguish; characterize. example 1. Sophomores; this year will be defined as their first step into a bigger world, a world with more challenges and yet more rewards. It is these first steps that will help define their futures. example 2. Juniors have made these first steps, but are still taking on new obstacles and learning to fight through them together. They are realizing their potential and their strengths which will define their years to come. example 3. Seniors; this year is the end of one road but the start of something much more. It is a network of highways, each one defining a different choice, a different life, but all leading onward into the vast world beyond.
4. To specify distinctly. example: This year, there will be many experiences, many moments and many memories all of which will define...you.

Right: "Get your game face on!" Student Council member Megan Claflin (12) and the Homecoming Royalty Court helped paint faces during lunches for the upcoming football game to pump up the spirit.



Above: Sophomores, being the new kids to the school, were quickly introduced into one of the girls' favorite events during Homecoming Week, the Powderpuff football game.



Week

Right: John Young (12) and Cory Kost (12) show off their signature moves for the week during the Dance-Off competition at the Picnic Lunches. "Coach says I have good footwork," claimed Kost.



Get up and Go Day

Above: Seniors Danielle Goodale, Joseph Loeffler, and Danielle Proulx prefer the more spacious floor of the hallway to continue their classwork. "I felt like I was in bed all day and I never woke up," claimed Loeffler about wearing his pjs to school.



Left: Katelyn Stout (12), Michael Schultz (12) and Luke Ulstad (11) pose to show off their creative trends from the past. "I wish I actually lived in the 1920s" remarked Stout.



Below: The Forest Lake Dance Team showed off their moves for Scandia Elementary students on a spirit bus stop. While the girls were dancing, some brave senior boys attempted to imitate their moves. "Our boys have a hidden talent; they can dance!" stated Dance Captain Allyson Kohler (12).



Above: A group of senior boys take a break from the Spirit Bus to travel back to their childhood on the new Ranger Land Park near Forest Lake Elementary. "I miss recess!" exclaimed Ryan Wright (12)

Wacky Wednesday

Left: "To everyone who asked throughout the day... I used a Gatorade bottle," explained Hannah Lawson (11) about her gravity defying hairstyle. Her wacky attire stood out as one of the best of the day.



Above: "Everyone should participate in Spirit Week... It's like Christmas!" Lindsey Sieber (11) points out as she smiles with fellow ranger Rachel Nelson (11).

Right: McCall Lemmons (10) and Tanae Swenson (10) matched their outfits down to their nails because "Spirit Week is our favorite week of the year!"

Twin Day

Right: "Bury the Ponies!" shouted excited Ranger fans while waving the stuffed horse in the air. This was the phrase used by students throughout the week to get pumped up for the big game.





Above: Senior Cheer Captain Andrew Kolbow leads both spirit bus participants and elementary students in the new Ranger crowd favorite, the Roller Coaster. "Roller Coaster gives me a huge rush and loads of excitement!" stated Kolbow.



Right: Seniors Kyle Young and Corey Manning take a power nap between Spirit Bus stops in an attempt to regain their energy. "The day was really fun but exhausting," reported Manning.



Right: A group of sophomore boys group together to show off their ranger pride in C lunch on the day of the big game. "Me gusta Spirit Week mucho!" noted Jacob Shields (10). The lunchroom was overwhelmed with spirit that day as students prepared for the big game.



Above: Some senior girls formed a new Ranger Cheerleading Squad with hopes to bring back an old tradition for the Friday game. "Our cheerleaders were cuter than theirs," joked cheerleader Erin Eagan (12). The girls entertained the crowd and led them in cheers throughout the game.

Right: Benjamin Lodge (12) comes up for air after participating in the pie eating contest put on by National Honor Society at lunches on Friday. "There was no gum in my pie tin!" later stated Lodge with tears in his eyes. The lunches had many fun activities to keep students entertained during the day.



Right: "Even though cotton candy is a mess it's a lot of fun," said Bailey Schwartz (11), while working the traditional FFA cotton candy stand during Picnic Lunches on Friday. FFA also sold food to hungry fans at tailgating.



Maroon and Gold

Spirit: /spir-it/ n.

Vigorous sense of membership in a group

Memorable events, crazy clothes, and fun traditions are all phrases used to describe the festivities of Spirit Week. It all started on Monday with Get Up and Go Day, where students got the chance to show off their favorite pajamas. On Tuesday, walking through the halls felt like walking out of a time machine, with many fads from the past on display for Decade Day. Wednesday, students showed their crazy sides for Wacky Wednesday with all sorts of eye-catching styles. Identical outfits scattered the crowds on Thursday as groups of friends dressed alike for Twin Day. It all wrapped up on Friday with Maroon and Gold Day, where the entire school was transformed with an overwhelming abundance of school pride. Principal Steve Massey said "the sea of maroon and gold" is the best part of Homecoming Week, and that was exactly the image created that day.

The week wasn't only filled with fun attire, but with a number of fun activities. Thursday was the day that select students were able to travel to all of the other district schools for the annual Spirit Bus. The group was made up of fall sport captains, the Forest Lake Dance Team, senior Student Council members and representatives from other school groups. Special picnic lunches were put on by the National Honor Society on Friday. The lunches included a variety of music, a pie eating contest and face painting by NHS members. After the final bell rang, students met in the parking lot for tailgating. Music was provided by a number of student bands and food was sold by the FFA. Overall the week was filled with many fun opportunities for everyone to show off their school spirit, and was even described by Assistant Principal Kathy Ungerecht as "incredible, the best I've ever seen" for its high energy and involvement among students and staff alike.

~Kaitlin Groeneweg



Left: The court shows off their funky sides on the Columbus Elementary playground. "Being a part of royalty was an amazing experience, I was very lucky to be part of such a crazy, fun and unforgettable group!" exclaimed Shaylene Wodaszewski (12) later that day.



Right: The girls pose for a picture during the lunch put on for them and their parents before the Pep Fest. "It was very fun and the whole experience was unforgettable," pointed out Scotti Sampair (12). The lunch was an opportunity for them to take a much deserved break after such a hectic week.



Right: "It was cool to hear your peers cheering for you," Samuel Kolbow (12) explained after coronation. Here Kolbow poses with Queen Samantha Opsahl shortly after they were crowned.



Royalty

Homecomings

Royalty: /roi-uhl-tee/ n. one having proper or befitting characteristics and qualities of a supreme ruler

The crowns, the spotlights, the cheering fans, all welcomed the Homecoming Royalty Court into the gymnasium during the annual Friday Pep Fest. Seniors Scotti Sampair, Paul Moberg, Samantha Opsahl, John Young, Shaylene Wodaszewski, and Samuel Kolbow were selected earlier in the week by their peers to represent the class of 2009. Being in the court came with many perks but also some risk. Many anonymous seniors participated in the tradition of decorating the Court's houses. "Good effort with the T-Ping, but it wasn't good enough" Moberg (12) later stated. As the court lined up, waiting for the verdict, last year's Homecoming King and Queen, Lucas Mayfield and Kelsie Jurasin, prepared to pass on the crowns. The "Sams" were triumphant. "I was very honored to be chosen and although the week was chaotic, it was a blast! I enjoyed all of the privileges," Opsahl (12) stated later.

After the crowning of this year's Homecoming King and Queen the Pep Fest continued with many activities, including the glowstick dance, fall captain sport updates, the football dance, Rock-Paper-Scissors Tournament, and the traditional Year Cheer.



Above and Below: Opsahl (12) and Kolbow (12) discover they have been selected by their peers to be King and Queen.

Left: The boys line up to find out who the king will be. "It was a lot of fun," noted John Young (12) about his time in the homecoming court.





Pep Fest

Left: Jordan Hedlund (12) keeps the crowd pumped up while he emcees during the Pep Fest along with fellow senior Kyle Young. "Seniors power-owned the juniors and sophomores in the year cheer," he later claimed.



Above: "Being a jump roping captain was... interesting," stated Amanda Anderson (12) about the fall sport updates with fellow senior swim and dive captains Julianna Dahlager and Erin Eagen. The new activity was introduced to make the overviews more interesting.

Right: "09, 09, we are so fine, we are 09," chants Danielle Proulx (12) at the Pep Fest. Students had many fun cheers to display their school spirit like "R-O-W-D-I-E," "Rock the House!," "We got Spirit!" and the favorite "Shake your Booty!"



Below: The football team puts on their dancing shoes to entertain the school at the Pep Fest. The dance is always a favorite among students. "It was challenging, but a lot of fun!" exclaimed Mark Buerkle (12).



Right: Lucas Arrigoni (10) climbs up onto Hayden Lane's (10) shoulders in an attempt to get the sophomores going stated Arrigoni. Each grade came together to show what they had. Technically nobody won, but we all know who the real winner was...



Above: Rock-Paper-Scissors participants battle it out. "It was unexpected, I had no idea I would win!" exclaimed winner Jordan Patrick (10). Patrick won a \$50 gift card to Target for his extreme skills that day. This is the second year of the competition.



Right: The newly formed Pep Band brought an extra dose of spirit to the week. "It's great to have the pep band showing school spirit at events again," stated pep band participant Jacob Matheson (10).
Left: Lucas Kaeding (12) and Kristine Shields (11) announce the court who was escorted down by their parents.



Above: Seniors and juniors go at it during the annual Year Cheer competition. "Wait, there was a 2011?" questioned Dustin Schiefelbein (12) after the sophomores were drowned out.

Powder Puff

2009

Right: Senior Sickness coach, Cory Rost (12) gives his team guidance from the sidelines as they prepare to play the sophomores. "Down with the Sickness!" the team exclaimed after winning the championship game.



Above: "We put THEM in the bag!" exclaims Kristie Miller (12) after defeating the junior "Paper or Plastic" team in the final game of the evening. Miller was a leading scorer of touchdowns during the game.



Left: Members of the junior team "Gridiron Girls" look on as referee Joseph Devore (12) explains a call he made during the game. "I didn't take any bribes," he proudly stated.



Above: Ranger boys support the Powder Puff girls with loud cheers. Below: Allison Chapeau (10) cheers her team on in their first game against the seniors. The sophomores came close to beating the Sickness, but were unable to pull away with the win. "Powder Puff was fun, intense, and a blast!" she stated.



Left: Marshall Wedger (10) intently watches his team from the sidelines during their game. "They only did good because the coaches were amazing," he later noted.

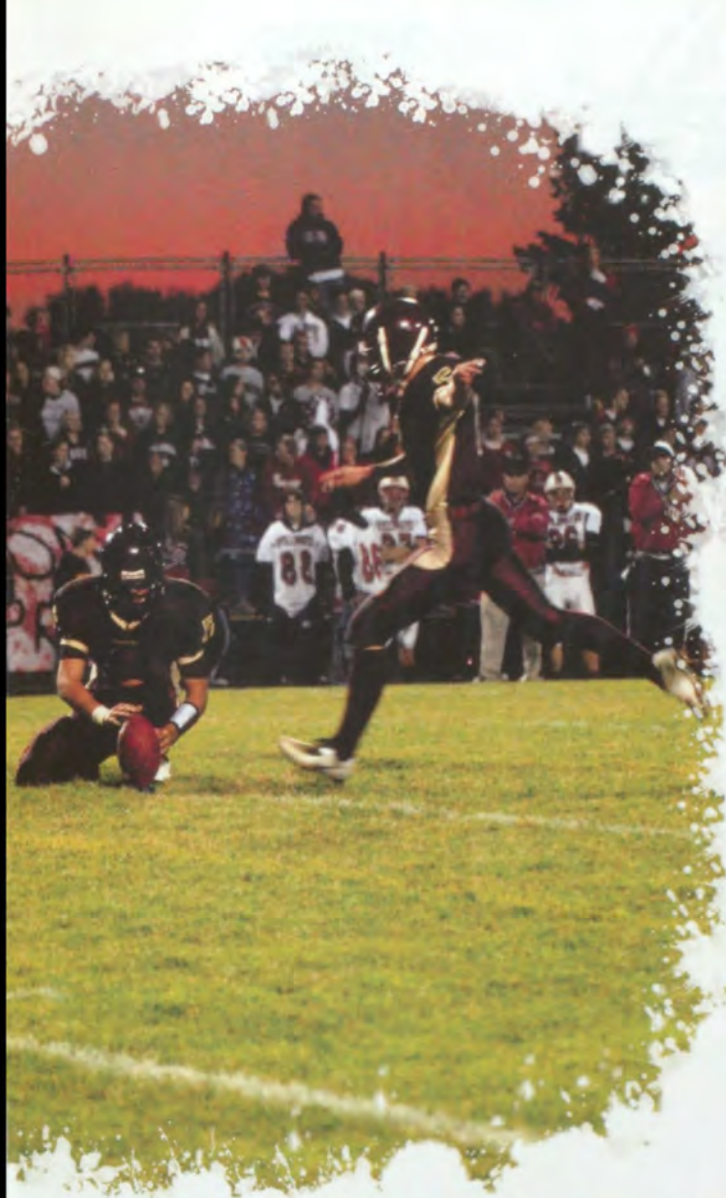


Right: "Not now Chief, I'm in the zone," Camille Gross (12) remarks to her coaches as she prepares for the next big play. The "Senior Cobras" had a creative cheer, but were unable to win in the first round, despite their efforts.



Right: Whitney Fenne (11) narrowly escapes her senior opponents during the semi-final game. "Yeah that's right seniors, we are the class of 2010!" she claimed. Fenne's team went on to win second place overall.





Right: Students demonstrate their excessive school spirit by grouping together at the game. "The Roller Coaster was scary!" exclaimed Robert Kohs (10).

Below: Tony Yang (11) entertains the tailgating fans with some music. "It was like sneezing with your eyes open cause your like... whoa," Yang commented.



Left: Sean-Toni Garry (12) approaches the ball as he prepares to kick for the extra point. During the game, Garry earned 3 extra points and 1 field goal. "Thank God for the wind," he later added.

Right: Ranger Cheer Captains watch the game intently as a play is carried out. The captains were responsible for keeping the crowd under control and energized throughout the evening. "Being on the sidelines feels like being the twelfth man," commented Kyle Jensen (12).



Right: Bradley Ristow (12) sprints by a Stillwater opponent as he goes for a touchdown during the game. "All I could see was the endzone," he exclaimed. Ristow contributed one touchdown to the scoreboard.



Right: Zachary Riedeman (11) winds up for a pass while playing quarterback. Riedeman added to the scoreboard by running for a touchdown during the game. "We rode the Ponies," he later quoted.



Above: Ranger football players sprint through the sign onto the field to begin their warm-ups. The Rangers came out strong and gave the fans something to cheer about throughout the game. "We dominate the banner!" claimed Douglas Sewall (11).



Big Game

Football :/'fʌt-bɒl n. a game played with an oval ball in which two teams try to kick, carry, or propel the ball into each other's goal

Green grass, black sky, bright lights, and a brown, leather ball. The football field is virtually the "place to be" during Homecoming Week, where two exciting events take place. This year, the spirit and competition began with the annual girls Powder Puff games on Saturday night. Touchdowns were made and flags were pulled as the teams played toward the championship round. Football players took the role as coaches to their corresponding grade and hosted practices throughout the preceding week. After all was said and done, the team Senior Sickness took first place after defeating a junior team in the final game. "The interest in Powder Puff skyrocketed this year resulting in the addition of two teams," exclaimed Kaitlin Groeneweg (12). In total, there were eight teams that participated.

A week later, on Friday night, the boys showed their athleticism on the field during the Homecoming game against Stillwater. The energized crowd anticipated the moment when the football team would burst through the sign. Competition was tough throughout the game, but the Rangers came through with a 24-14 victory over the Ponies. The crowd was extremely supportive throughout the game and the student section was loud with cheers that in turn impacted and energized the players. "Homecoming this year was "old-school" in that the fans were loud and there were cheerleaders," stated Ashley Seifert (12).

SECRETIVE

EXCITING

SOPHOMORES

SENIORS

Happiness

HILARIOUS

JUNIORS

EXPRESSION

Friendship

Smart

People

Social

FUNNY

ENTERTAINING

Interesting

Sophisticated

Unique

True

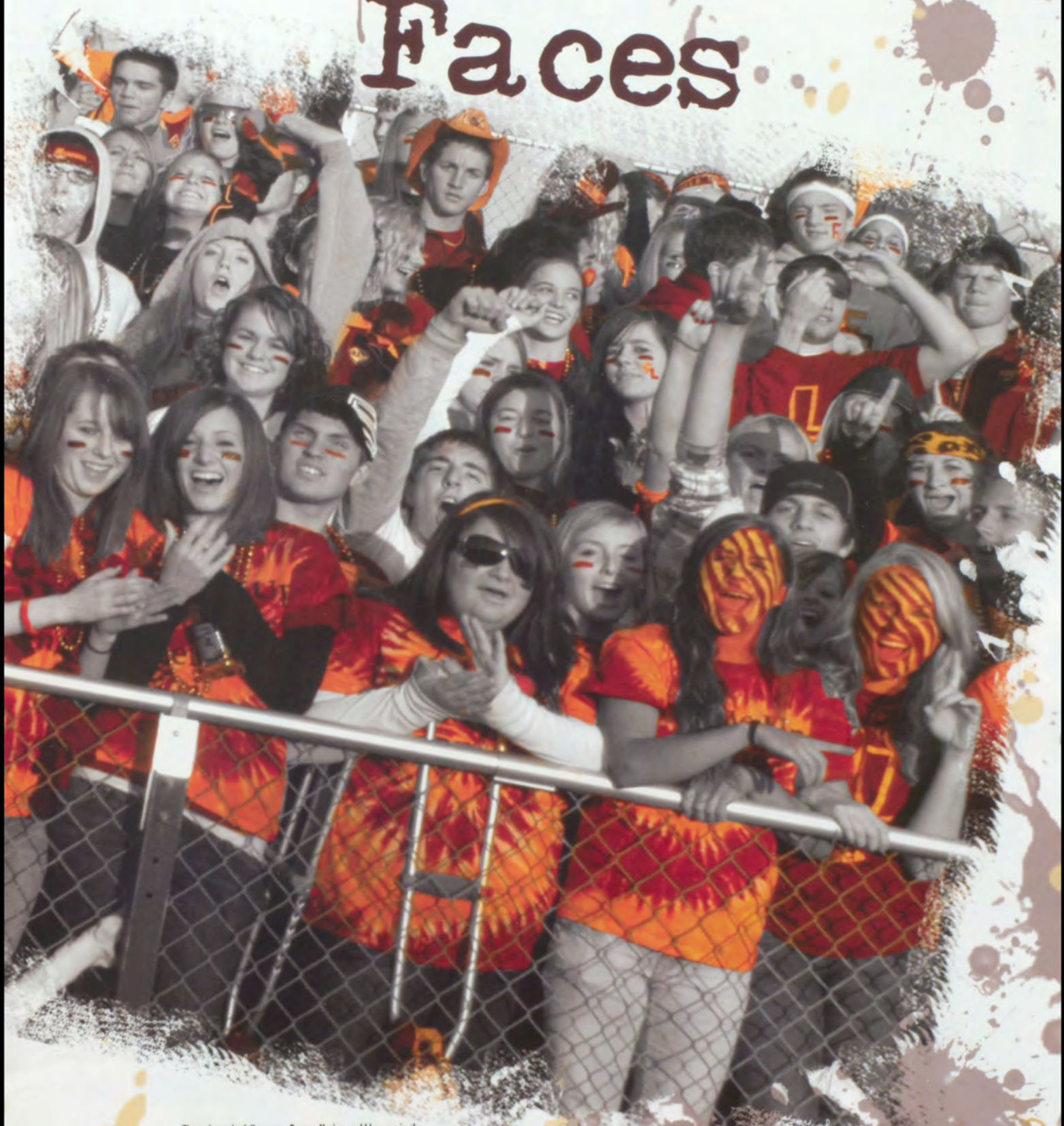
CREATIVE

Crazy

People
(pē-pəl)

1. A body of persons composing a community, tribe, race or nation. 2. The persons belonging to a place, or constituting a particular concourse, congregation, company or class.

Defining The Faces



Throughout the fall season, Ranger Nation could be seen in the stands, as fans screamed, chanted and brought school spirit to the football field.

Seniors

Seniors (sēn'yərs)

1. One that ranks before others in virtue or longer service or tenure of a position; superior to others in standing. 2. Of or pertaining to students in their final year or to their class.

Define the End



Seniors packed in the front row in the home stands, showing their Ranger Pride. Hastings was one of the many home games that the fans cheered our football team on to a victory!



Mohamad Abdulrahman



Justine Abrahamson



Sarah Ackerman



Devin Allen



Ross Alm



Rory Alt



Alex Anafarta



Jennifer Anagnos



Amanda Anderson



Benjamin Anderson



Danielle Anderson



Jacob Anderson



Jamie Anderson



Kody Angell



Megan Arnt



Kyle Auger



Shawn Authier



Molly Baatz



Robert Bachmeier



Ashley Barna



Sabrina Baumgartner



Cameron Belden



Kelsey Bergstrom



Annemarie Berner



Jacob Bernier



Brittney Bestler



Cody Birdsall



Jacob Bjorlin



Kyle Blackledge



Daniel Blaser



Holly Bodene



Kyle Bombeck



Seth Bostrom



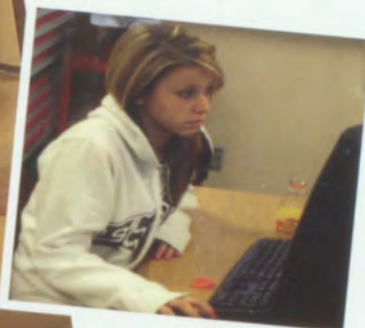
Andrew Bothman



Luke Boudewyns



Left: Robert Mickschl (12) and Johnny Olson (12) give a thumbs up about being pumped for the Ranger football game.



Left: Amanda Sample (12) works hard on the computers while in architecture.



Below: Kelli Cooper (12), Brittney Kirberger (12), and Taylor Sheldrick (12) take a quick picture while at lunch.



Karissa Brandt



Nicholas Brandt



Samantha Branum



Celine Braun



Jacob Bredenbeck



Adam Brix



Amber Brookman



Malcolm Brown



Joshua Browne



Scott Brunjes

If you could be a monster, which one would you be?

The Grinch- Justin Miller (12)
 Mike Wazowski- Amy Miller (12)
 Flying Spaghetti Monster- David Henry (12)
 Cookie Monster- Jessica Sudo (12)



A Cyclops-
 Anndi Newman (12)

The Boogey Man-
 Sean Thao (12)



The one under your bed...
 they are so mysterious!-
 Danielle Goodale (12)



Felicia Bryant



Kaitlyn Bryant



Nathen Bryant



Mark Buerkle



Peter Buol



Ray Buse



Danny Bush



Jeffrey Caine



Cory Capra



Nicholas Carey



Kayla Carlson



Tyler Carpenter



Keylie Carver



Melissa Casey



Gabriele Cecchi



Nicholas Charest



Kayla Chiasson



Megan Claflin



Todd Clark



Mariah Clasen



Kyle Clemmens



Brian Coley



Daniel Collar



Alisha Colling



Jacquelynn Colling



Brian Conley



Nicholas Cooley



Kari Cooper



Kelli Cooper



Rose Cordell



Caleb Corrow



Samantha Cox



Zachary Craig



Tyler Cremisino



Jacob Crew

Whats Your Favorite... Pick Up Line?



"Are you a parking ticket? Because you got FINE all over you?"
- Ashley Barna (12)



"How you doin'?"
-Nathan Moen (12)



"Is your Dad a baker? Because you have nice buns."
- Cory Capra (12)



Evard Crist



Zachary Curtis



Tyler Czeck



Julianna Dahlager



Ashley Dahlberg



Scott Dale-Morrison



Geena Davis



David Dean



Dustin Dekart



Jennifer Deneui



"Are you tired?
Because you have
been running
through my mind
all night."

- Molly Zuzek (12)



"I was blinded by your beauty. I
am going to need your name and
number for insurance reasons."

- Steven Graftsky (12)



"You must be in the
wrong place. The Miss.
Universe contest is over
there."

- Jeremy Sutliff (12)



"Do you have a sunburn,
or are you always this
hot?"

- Brea Kosman (12)



Kathleen Devine



Joseph Devore



Dane Dewall



Douglas Dexter



Kenneth Dick



Erik Diehl



Joseph Dina



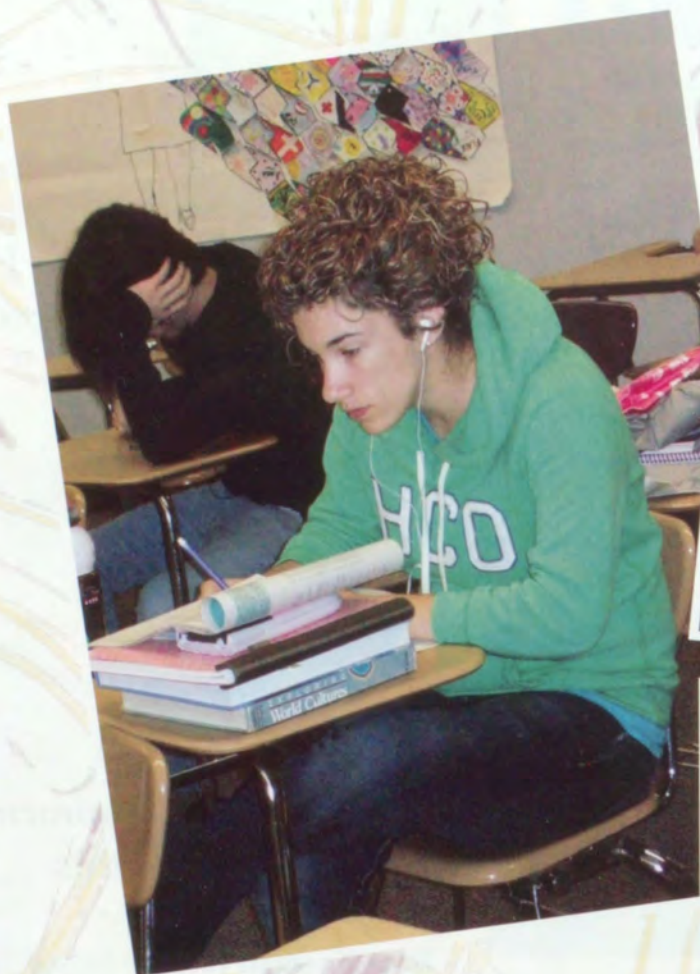
Jake Disanto



William Doncarlos



Tom Douglas



Left: Siri Urquhart (12) cracks down on her homework in study hall while listening to her i-pod.



Left: Shawn Authier (12) Taking a break from his work to answer his phone.

Below: Sabrina Baumgartner (12) and Ashley Grell (12) work hard in the library.



Krystal Dubois



Jenna Dunaway



Neil Dunckel



Trent Dunckel



Alyssa Dunrud



Kathleen Dunsmore



Emily Dupree



Kyle Duraine



Robert Eadie



Erin Eagen



Alyssa Edwards



Jennifer Elsenpeter



Staten Emery



Colin Engberg



Derek Engstrom



Bre'Elle Erickson



Kayla Erickson



Brandon Ervin



Drew Erzar



Travis Evgen



Pagie Faymoville



Parker Fedje



Courtney Fisher



Hannah Fitzmorris



Isaac Flaherty



Richard Fleming



Heather Foner



Tanya Forga



Hannah Forsythe



Cassandra Foster



Cheree Franklin



Angel Franzman



Adam Frenning



Daniel Freudenberg



Donald Freund



Christopher Fritzinger



Michelle Full



Kayla Gambeski



Sean-Tom Garry



Shawn Gault



Taylor Gemeiner



Rachel Geurts



Leyna Gifford



Scott Glewwe



Paul Goedeke



Michelle Gonier



Danielle Goodale



Megan Gooley



Christina Graber



Steven Grafsky



Lauren Gravelle



Tyler Greene



Ashley Grell



Jacob Griffo



Kaitlin Groeneweg



Camille Gross



Samantha Guertin



Chelsey Hagen



Patrick Hagen



Kathryn Haglin

What fashion trend are you embarrassed to say you have been a part of?

"More embarrassed I have not been a part of any!"

Adam Regnier (12)



"Overalls"

Tanya Forga (12)



"The poncho"

Kay Pliasance (12)



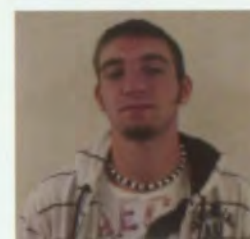
"Stirrup Jeans"

Alexandra Schlaeger (12)



"Wankster"

Nick Brandt (12)



"Skater"

Audrey Schrom (12)



"Tight Pants"

Mathew Nicklason (12)



Jake Hall



Alex Hansen



Ashley Hansen



Hillary Hansen



Derek Hansen



Jasmin Hanson



Ryan Hanson



Isaac Harris



Marie Harris



Derek Harrison

Senior

Best Eyes and Smile

Cory Kost
&
Samantha Opsahl



Funniest Laugh

Alex Anafarta
&
Amy Kieger



Most Unique

Andrew Morrison
&
Anna Mladnick



Class Clown

Anthony Kuefler
&
Camille Gross



Biggest Brain

Benjamin Hoidal
&
Kimberly Pagel



Best Buds

Robert Mickschl
&
Nicholas Carey

Samantha Maki
&
Allyson Kohler



Favorites

Next Pro Athlete

Daniel Blaser
&
Gina Lange

Always on their Phone

Bradley Ristow
&
Tiffany Koivu

Next American Idol

Samuel Kolbow
&
Jessica Pimpo

Most School Spirit

Kyle Young
&
Ashley Grell

Best Personality

Tyler Cremisino
&
Shalene Wodaszewski

Heart Throb

Paul Moberg
&
Rachael Wittnebel

Senior

Television



Restaurant
Buffalo Wild
Wings



HANG OUT
FRIENDS HOUSE



Quinn Hartmann



Nicole Harvey



Tyler Hayden-Veenhuis



Chalamarr Hayes



Colette Hayward



Megan Hechtel



David Hedberg



Jordan Hedlund



Jacob Hefta



Brianna Hennen

RICKS

Sport
Football



CLOTHING STORE
HOLLISTER



MOVIE
DARK
KNIGHT



School Lunch



Spicy
Chicken



David Henry



Britny Hensley



Michael Hentges



Anthony Higgins



James Hoff



Eli Hogan



Benjamin Hoidal



Nicole Holmes



Brett Howe



Jeffrey Isaacson



Derik Iverson



Trevor Jackson



Jeremy Jacobson



Stephen Jacobson



Paul Jankowski



Lauren Janoski



Alisha Jasmer



Kyle Jensen



Tyler Jensen



Lucas Jensen



Amanda Johnson



Kathleen Johnson



Brandon Johnston



Grayson Jones



Melissa Jones



Mercedes Jorgensen



Dylan Jotblad



Victoria Joyner



Lucas Kaeding



Darian Kaiser



Noah Kalhagen



Heidie Kalsnes



Ellen Kassel



Derek Keeney



Alexander Kelley



Left: A group of the senior girls stop and smile while they enjoy their lunch.



Left: Christine Wheeler (12) concentrates hard on the music getting ready for the up coming concert. The violin is a big part of the Sinfonia Orchestra.



Below: Karissa Brant (12) and Laura Oberg-Hauser (12) show off there sewing skills in Creative sewing.



Nicholas Kelley



Amy Kieger



Bailey Kimbel



Alexandra King



Johnathan Kinny



Brittney Kirberger



Courtney Klein



Laura Klein



Cody Klosner



Jade Knisley

What's the best excuse
you've used to get out of a
homework assignment?

We had to rush my
sister to urgent
care!
-Derik Iverson
(12)



I have ADHD,
so I could not
concentrate long
enough to do it!
Lauren Janoski
(12)



My little sister threw it
in the trash!
-Rose Cordell
(12)



I just wanted to get
interviewed for the
yearbook!
Katie Johnson
(12)



Derek Svendsen
ate it!
-Erin Stacco
(12)



Jordan Knoop



Chelsey Koch



Allyson Kohler



Heather Kohler



Tiffany Koivu



Andrew Kolbow



Ruby Kolbow



Samuel Kolbow



Brea Kosman



Cory Kost



Weston Kotoski



Sierra Kraitler



Victoria Krawiec



William Krebs



Anna Kriz



Eleanor Krueger



Clinton Krummi



Nicole Krzywonos



Anthony Kuefler



Rheo Kuha



Nicky Kumerow



Nicole Kuntz



Benjamin Kunzer



Daneil Kyle



Jessica Lafontaine



Kevin Lalla



Gunther Lalli-Stolts



Marcuz Lameyer



Ashley Lancaster



Gina Lange



Misha LaPlante



Richard LaPlante



Allie Larson



Jessica Lathrop



Andrea Lau

If you could be a super hero, which would you be?



I am already a super hero but I would like to be a spy kid.

-Alisha Jasmer (12)



Flash
- Seth Peters
(12)



Invisible Man
-Darren Rice (12)



Elastic Girl
Karlynn Bryantt (12)

One that shoots glitter out of their wrists.

-Ashley Wagner (12)



Dominic Laun



Daniel Lawrence



Jessica Leatherman



Chad Lecy



Kimkhun Lee



Abbey Lefto



Griffin Lentsch



Jacob Lepisto



Evan Linde



Robert Lindeberg

What's your... Biggest Fear?



Needles
Katie Start (12)



Snakes
-Michael Swenson (12)



Heights
-Angelina Masson (12)



Brandon Wojcik
-Nicholas Charest (12)



Dinosaurs
-Alysa Zimmerle (12)

Great White Sharks
-Andrew Bothman (12)



Benjamin Lodge



Joseph Loeffler



Vaughan Lofgren



Jennifer Lombardo



Kyra Long



William Long



Thomas Loude



Abigail Lund



Daniel Lundell



Louis Lundgren

Right: Jacob Crew, (12) Zachary Underdahl, (12) Kenneth Stelter, (12) Samuel Wood, (12) struck a pose during their lunch period.



Right: Andrew Morrison, (12) deep in thought while reading his book during homeroom



Below: A group of the seniors went onto the track during fourth quarter of the Rangers vs Bloomington Kennedy football game to help the FLDT with their kick-a-ton.



Andrea Lundstrom



Nicole Lyons



Joshua Mabry



Zackary Mabry



Anastacia Macallister



Samantha Maki



Christian Maneske



Allison Mangen



Corey Manning



Jacob Marier



William Martin



Johnathon Marusich



Angelina Masson



Rachel Matiatos



Corinne Matti



Chelsey Mays



Lauren McClure



Johanna McDowell



Kristtin McIntosh



Charles McKenzie



Abigail McLean



David Medina



Steven Merino



Heidi Merrier



Patrick Merrill



Mallory Messin



Breeann Metcalf



Samantha Metting



Marc Meyerhoff



Brandon Meyers



Robert Mickschl



Amy Miller



Ashley Miller



Joshua Miller



Justin Miller



Kristie Miller



Krista Milne



Kathleen Miron



Anna Mladnick



Paul Moberg



Nathan Moen



Bridget Mogren



Jeffrey Mondloch



Adrian Montes



Nicholas Moon



Matthew Moravec



Saray Morgan



Andrew Morrison



Sherri Morrison



Nhia Moua



Pa Moua



Annie Mueller



Marcus Myre



Sarah Nase



Charles Nelson



Justine Nelson



Krysta Nelson



Kyle Nelson



Scott Nelson



Thomas Nerud

What Song Best Describes Yourself?



"Head Strong
by Trapt,

because I am hard headed."

-Tyler Greene



"1000 Miles
by Vanessa Carlton,

because I would do anything
for who I care about."

-Shelby Simons



"Canned Heat
by Jamiroquai,

because it is upbeat,
exciting and funky!"

-Samuel Kolbow



"Black or White
by Michael Jackson.

Self Explanatory."

-Camille Gross



"Waiting on the World
to Change
by John Mayer,

because I am an activist."

-Charles Nelson



"Girls Just Want to
Have Fun
by Cyndi Lauper.

I like to have fun with
my friends."

-Johanna McDowell



Garrett Neuman



Anndi Newman



Matthew Nicklason



Samuel Niemann



Amir Noghabaie



Katherine Nolden



Andrew Nordenstrom



Hannah Norwig



Amanda Nyberg-Markling



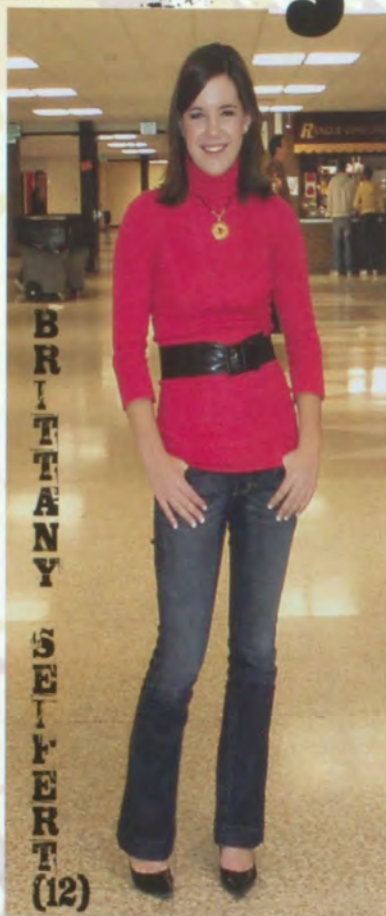
Donovan Nypan

Project



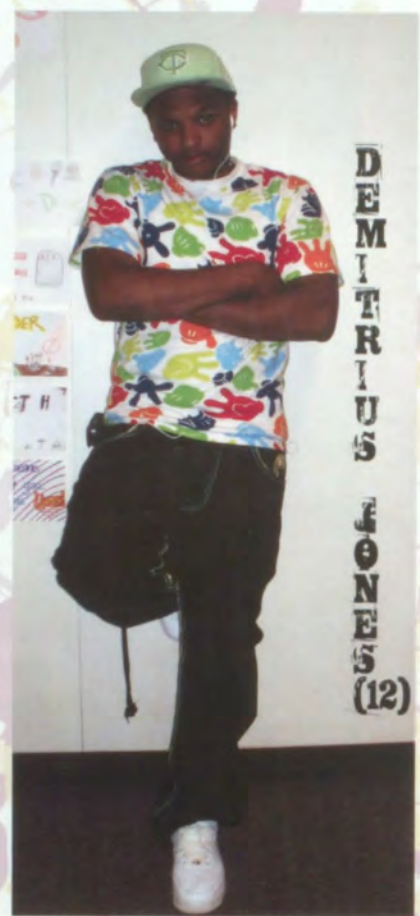
**DOUGLAS
DEXTER
(12)**

Style: It is what it is
Fashion Must: Have to have crazy shoes
Favorite Brand: LRG



**BRITTANY
SEIFERT
(12)**

Style: Sophisticated
Fashion Must: Scarves
Favorite Brand: Charlotte Russe



**DEMETRIUS
JONES
(12)**

Style: My Shugg
Fashion Must: Shoes and Hats
Favorite Brand: Red Monkeys



Laura Oberg-Hauser



Kellie O'Brien



Joseph Odegaard



Michael O'Donnell



Fredrick Ogez



Joel Ohman



Jeremy Olsen



Brandie Olson



Johnny Olson



Karissa Olson

Hamway



ABIGAIL
MCLEAN
(12)

Style: Snowboarder
Fashion Must: Always have jewelry on
Favorite Brand: DC, Volcom



MARK
BUERKLE
(12)

Style: Sporty
Fashion Must: Gym Shorts
Favorite Brand: Nike



JUSTINE
NELSON
(12)

Style: Classy, Dressy
Fashion Must: accessories, clothes
that fit people well
Favorite Brand: Charlotte Russe



Timothy O'Neill



Kayli Opsahl



Samantha Opsahl



Andrew Orth



Maria Orth



Jonathon Osborn



Kimberly Pagel



Cole Pagnac



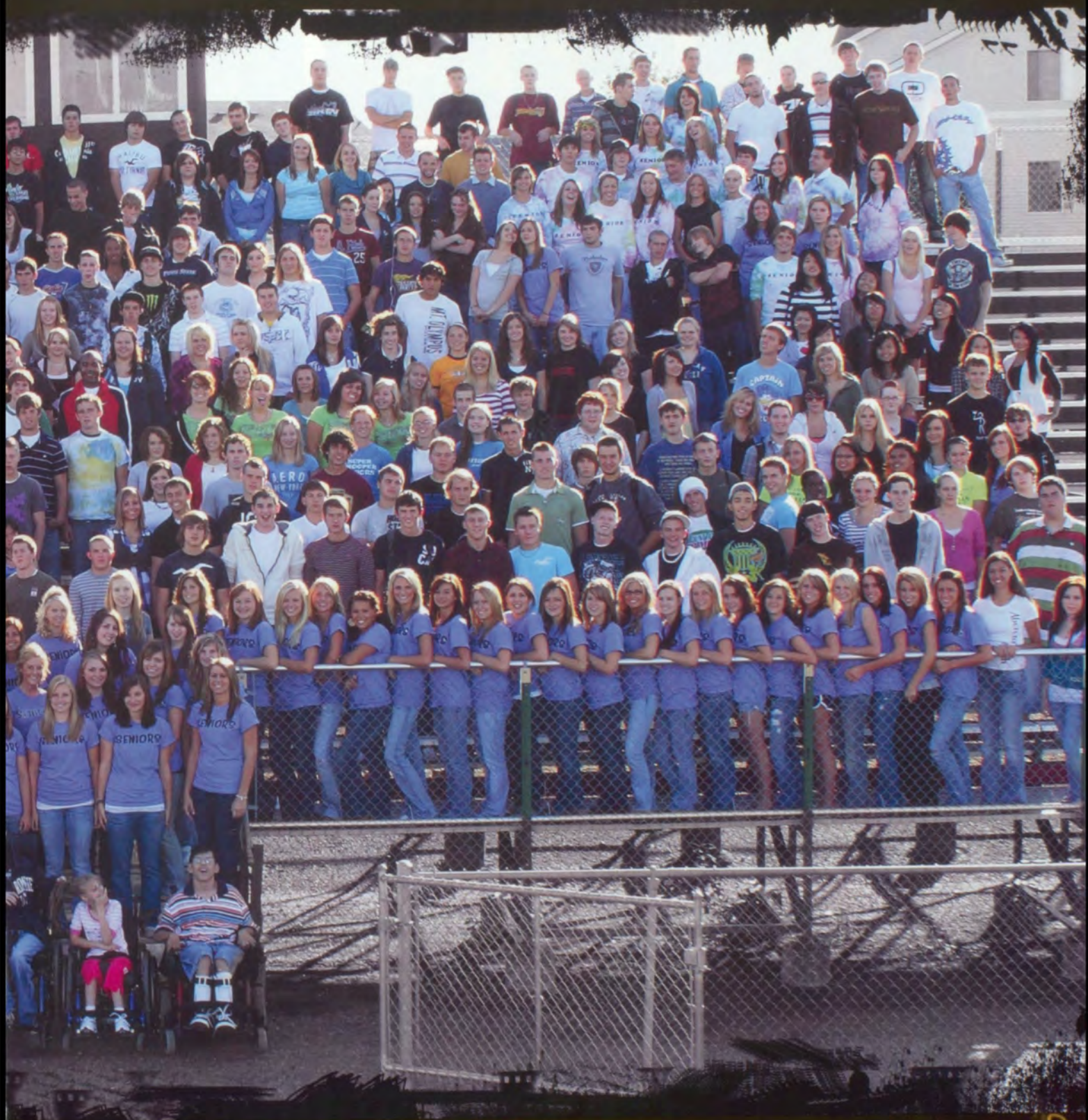
Stephanie Palacheck



Sara Palmer

Class of 2009





Who was your... first elementary school crush?



Audrey Schrom
-Austin White (12)



Amanda Sample
-Joshua Branne (12)



Steve Irwin
-Anna Madnick (12)



Trent Dunkel
-Leah Tetrautt (12)



Cory Capra
-Camille Solheid (12)



Abbey Wright
-Austin Perrin (12)



Quinne Patchin



James Pegelow



Sean Peirson



Austin Perrin



Jacob Perrone



Matthew Peters



Seth Peters



Janelle Peterson



Ruth Phelps



Alec Phillippi



Jessica Phillips



Anthony Piasecki



Ryan Piersdorf



Daniel Pignato



Jessica Pimpo



Dana Plain



James Plain



Kathryn Plaisance



Tracy Plautz



Ethan Prosser



Danielle Proulx



Kathryn Quale



Andrew Rabe



Brittany Radden



Cory Radtke



Joshua Ramsden



Kirsten Ramsden



Kayla Randall



Clinton Rassier



Paige Reeder



Adam Regnier



Joseph Reiner



Joshua Repke



Darren Rice



Justin Richter



Bradley Ristow



Courtney Roatch



Ciara Robinson



Brandon Rod



Tyler Rosdahl



William Rosenthal



Zachary Roubik



Adam Rucker



Samantha Rudisill



Amanda Rue



Cassie Rulli



Antonyo Ruppert



Holly Russell



Joseph Russell



Casey Salverson



Scotti Sampair



Amanda Sample



Anne Samuelson



Derek Sandkamp



Thomas Sarenpa



Laura Saunders



Allison Sawyer



Jacob Saxton



Evan Sazo



Mark Scheierl

Do you have any hidden talents?



"I can flip
my eyeids
out"

Brandon Wojcik (12)



"I can break
dance."

Ryan Jdicoeur (12)



"I can
make
a taco
with my
tounge."

Nathan Bryant (12)



"I can burp
the abc's"

Chelsey Mays (12)



"I can do
backflips"

Stephen Jacobson (12)



"I can
swallow
my
tounge."

Stephanie Williams (12)



Dustin Schiefelbein



Alexandra Schlaeger



Kevin Schmidt



Kyle Schminkey



Jayme Schreiber



Malisa Schroeder



Audrey Schrom



Dale Schultz



Michael Schultz



Danielle Schuna

What's Your



Amy Kieger
(12)

"Live everyday
to the fullest
because you
never know when
it will end."



Malcolm Braun
(12)

"Winners make
things happen,
losers let things
happen. Which
one are you?"

"Keep smiling
it makes people
wonder what
you've been
up to!"



Taylor Gemeiner
(12)

"I say and I
quote we need a
miracle, and I
say a miracle,
cause this be
hysterical."



Alex Anafarta
(12)



William Rosenthal
(12)

"Don't put it
out with your
boots Ted!"



Sherri Morrison
(12)

"Life's a
garden
dig it!"



Ashley Seifert



Brittany Seifert



Jacob Semo



Shannah Serres



Taylor Sheldrick



Stephanie Siedow



Jeremy Siewert



Shelby Simons



Hannah Smith



Tyler Smith

Favorite Quote?

"15 1/2
Gallons
of pure
heaven"



Dustin Schiefelbein
(12)

"Everything
happens
for a
reason"



Keytie Carver
(12)



Douglas Dexter
(12)

"Don't go to
church with
chicken stains
on your
shirt."



Lauren McClure
(12)

"Don't be sad
about sometime
that once made
you smile."

"Everyday
above grand
is a good
day."



Zachary Underdahl
(12)

"When life
gives you
lemons make
lemonade."



Jake Disanto
(12)



Caleb Snaza



Camille Solheid



Joshua Sommer



Joseph Spanjers



Leah Spiess



Shaunna Spjut



Jessica Springer



Dennis Sprute



Molly Steele



Kenneth Stelter

If you bumped into a car what would you do?



"Leave a note"

-Jeffery
Mondloch
(12)



"Drive away!"

-Jessica
Phillips
(12)



"Hit it again."

-Scott
Brunjes
(12)



Jeremy Stiner



Erin Stocco



Katelyn Stout



Abigail Stroeing



Camille Strouse



Catharine Struss



Jessica Sudo



Ashlie Sundstrom



Jeremy Sutliff



Derek Svendsen



Megan Svenkeson



Michael Swenson



Kelsey Taylor



Branden Tester



Anne Testin



Leah Tetrault



Jessica Thacker



Sean Thao



Joshua Thompson



Jacob Thorson



Christina Tkach



Benjamin Tolzmann



Nicole Tomai



Timothy Tubbs



Zachary Underdahl



Matthew Urban



Holly Urbis



Siri Urquhart



Jan Valosek



Fabian Van Essen



Gzishia Vang



Myamy Vang



Abigail Vedder



Jennifer Vilgos



Bradley Voss



Kalia Vue



Tiffany Vue



Ashley Wagner



Zachary Waldock



Jacob Walton



Melissa Wapple



Jeremy Weed



Michael Welch



Trevor Welk



Matthew Wethammer



Christine Wheeler



Austin White



Scott White



Sara Whitney



Tyler Whittaker



Johnathon Wick



Harold Wielinski



Corey Wilcox



Stephanie Williams



Gerald Wineman



Sean Winters



Christina Wittnebel



Rachael Wittnebel



Shaylene Wodaszewski



Brandon Wojcik

If you could be famous, what would you be famous for?



"For singing"

Annie Miller (12)



"To make an elevator to the moon"

Weston Kotaski (12)



"For sewing"

Andrea Lundstrom (12)



"Creating a cure for cancer"

Matthew Urban (12)



"For dating Hannah Montana"

David Medina (12)



"For being the richest person alive"

Isaac Flaherty (12)



Nathan Wojtysiak



Roy Wold



Shaina Wolff



Samuel Wood



Benjamin Wosika



Tyler Woxland



Devon Wright



Ryan Wright



Travis Wycislak



Kalia Xiong



Mia Xiong



Chinu Yang



Moua Yang



John Young



Kyle Young



Emily Zamzow



Justin Zanish



John Zerwas



Joshua Zidar



Alysa Zimmerle



Mitchell Zimmerman



Molly Zuzek



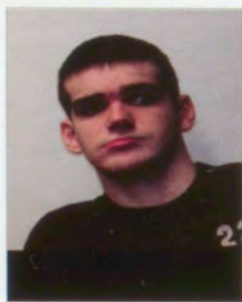
Dustin Berg-Tschetter



Carrie Carlson



Chelsea Collyard



Mark Sneep



Alex Spiess



**Congratulations
Class of
2009**

The Presidential Election of 2008

Who did you vote
for and why?



Barack Obama

John McCain

The presidential election of 2008 is one that will not be forgotten anytime soon. This is because it was the year of many firsts. From the first African-American president, to the oldest candidate running for president elect in history. This year also marked the largest voter turnout from the ages of 18-24. Students all over the nation paid attention to the events leading up to the presidential election. Many students watched debates closely on television in hopes that their favorite candidate would prosper. Students also showed their presidential campaign spirit by sporting election apparel. In the halls you could have seen everything from t-shirts to buttons with candidates on them. Students not old enough to vote are anxious to see what the next election in 2012 will bring.

-Kaitlyn Bryant

If you could run for president what
would your campaign slogan be?

"America's straight fly," I'm Jeremy Stiner and I approve this message.

- Jeremy Stiner (12)

"Vote for me because I'm blonde."

- Holly Bodene (12)

"I'm the best of the best."

- Daniel Blaser (12)

"Kathleen Dunsmore, Born to lead."

-Kathleen Dunsmore (12)



Sabrina Baumgartner (12) I voted for Obama, because I felt that he would offer a positive change to our country.

Daniel Collar (12)

I voted for John McCain because I agree strongly with his policies, and his decisions.



William Long (12)

I voted for Barack Obama because he seems more in touch with young people.

Samantha Naki (12) I voted for John McCain, because he is pro life, and he has military experience.



Juniors

Juniors (jü-nyers)

1. The younger. 2. Of less standing or more recent appointment; of lower position, in a class, rank, profession, etc.

Define the Middle



A group of Junior football players rowdily get up on each others shoulders to "chop" the seniors who are chanting their graduating year, during the Pep-Fest.



Abdulatif Abdulrahman
Adrianne Acosta
Cole Aden
Daniel Alcantara
Timothy Allen



Lexi Alm
Anthony Ammann
Amber Anderson
Jessie Anderson
Kellie Anderson

Kyle Anderson
Lonna Anderson
Ryan Anderson
Shelly Andreason
Kayne Angell



Taylor Antisdell
Kyle Arbuckle
Grant Armstrong
Corey Arnsdorff
Connor Aune



Mary Babcock
Alyssa Bachman
Amanda Bailey
Chad Baker
Mallory Baker



Sarah Ball
Kyla Barnes
Andrew Barsness
Jasmin Batic
Crystal Bean



Vincent Becker
Nicholas Benick
Jacob Benoit
Alex Benson
Lynette Benson



Samantha Benson
Stephanie Benson
Joshua Berg
Alexandra Bergan
Nicolas Bergantine



Constance Berger
Alyssa Bergman
James Berntson
Tyler Bey
Garrett Bielefeld





Martin Biondo
Candice Bissonette
Caitlin Bixby
Laura Bjork
Kelsey Blahowski



Gabrielle Blanchette
Anne Bleninger
Kristyne Boettcher
Benjamin Bogenrief
Lucas Bohnen



Jordan Boniface
Kayla Borgwardt
Jarrod Boston
Carlie Boudreau
Makayla Brahs



Thomas Brenberg
Taylor Brett
Ronald Brinkman
Matthew Brisbois
Anne Brown



Steven Brown
Matthew Bruber
Joshua Bruggenan
Trevor Brunberg
Chandis Bruner



Kelsey Bruner
Gabrielle Buntin
Michael Burger
Ben Buse
Shannon Buys



Joseph Cain Odden
Kiersten Caine
Jeffrey Calkins
Connor Callahan
Dustin Carlson

Project Hamway

Style:
Ghetto

Fashion
Must:
Axe

Favorite
Brand:
South Pole

'Dao Yang (11)



Style:
Dressy

Fashion
Must:
Something Colorful

Favorite
Brand:
H & M

'Constance Berger (11)



Kassandra Carlson
Samantha Carlson
Samuel Carlson
Stephanie Carlson
Veronica Carlson



Blake Carpenter
Quinn Carr
Samantha Carr
Tyler Casey
Jared Charles



Style:
Classy/Dressy

Fashion
Must:
Always wear
underwear

Favorite
Brand:
Forever 21

'Nicki Johnson (11)



Style:
Whatever's in my
closet...

Fashion
Must:
Rock a white T

Favorite
Brand:
Urban

'Gideon Tamfu (11)



Style:
Playa

Fashion
Must:
Boxers

Favorite
Brand:
Nike

'Ryan Anderson (11)



Style:
Casual/Sexy

Fashion
Must:
Cute Shirts!!

Favorite
Brand:
Charlotte Russe

'Lindsey Sieber (11)



Keenan Chavez
Alex Chilson
Travis Clark
Meagan Claudon
Michael Clemens



Allison Cockburn
Hunter Collins
Kyle Connelly
Ivana Cooper
Steven Coozennoy

Jacob Copt
Ryan Cronwell
Leah Crow
Brianna Culp
Shandell Czarnecki



Sammantha Dahlberg
Tyler Dahlstrom
Erin Daninger
Tyler Darwin
Kimberly Davis



Amy Dean
Paige Debeau
Zachary Decosse
Jonathon Dehaven-Bohnen
Dean Determan



Megan Detleisen
Jacques Devange
Molly Dimmerman
Julie Dobihal
Nick Dochniak



Danielle Dresel
Justin Drewlo
Michael Dykema
Christopher Eck
Matthew Eckholm



Benjamin Eckstrom
Cody Edelen
Ryan Egelkraut
Courtney Ellis
Natalie Emholz



Devin Enfield
Branden England
Devon Englund
Dillon Englund
April Enrooth





Mr. Jurasik's 4th hour Woods class is hard at work making their model houses. Dan Kohler (11) states, "the houses are probably going to take awhile to finish, but I have a fun time making them."



Cody Entwistle
Brittany Erdle
Tanya Erhardt
Cody Erickson
Emily Erickson



Kayla Erickson
Baird Erkenbrack
Brianna Ervin
Whitney Fenne
Nathan Ferderer



Daniel Fick
Bradley Finley
Tyler Firkus
Daniel Flaherty
Sarah Flaherty



Connor Florand
Benjamin Follese
Faylan Forbes
Rebecca Fordyce
Cullen Forsythe



Ashley Freer
Stephanie Friend
Samantha Frost
Christian Gaffy
Mercedes Gallmeier

Audriana Gallo
Paul Gasner
Angela Gauerke
Trevor Gehrman
Sean Gervais



If you were a fruit, which would you be and why?



A peach because I'm
fuzzy.
Connor Aune (11)



An apple, then I don't
have to go to the
doctor anymore.
Matthew Reed (11)



A lime because sometimes
I'm sweet and sometimes I'm
sour.
Kyle Hammer (11)



A banana because I'm
soft and mushy on
the inside.
Matthew Wheland (11)



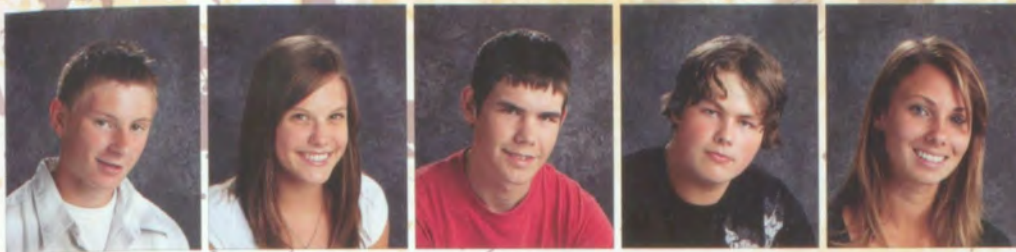
A grape because they're sour.
Mitchell New (11)

Alexander Ginis
Gweir Glewwe
Adrian Goblisch
Sharon Gonier
Nickolas Green



Taylor Greniger
Kyle Gruber
Joleen Guenther
Allison Guindon
Grace Guttormson





Joshua Haggerty
Nicole Haglund
Kyle Hamer
Desmond Hansen
Erica Hanson



A watermelon because
it has a lot of water in
it and it's the best and
so am I.
Cody Edelen (11)



A pineapple so I could
live like spongebob.
Danielle Lardani (11)



A banana because I bruise
easily.
Trevor Waldoch (11)



A peach because they're
delicious.
Brittany Ertle (11)



A strawberry because
they're good with chocolate.
Candice Blesonette (11)



An orange because
they're juicy and
yummy.
Jose Manual (11)



Izaiah Hanson-Michelson
Shane Hart
Cassandra Hartman
Maria Haselbauer
Taylor Hayes

Megan Hayman
William Heiple
Daniel Helmen
Isaac Hendrickson
Shane Herbert

Hannah Hill
Timothy Hill
John Hillyard
Anne Hinrichsen
Mariah Hinz



Jacob Hipp
Samantha Holien
Autum Holycross
Nicole Hovatter
Michael Howe



If you could relive or change one event that happened in your life, what would it be?



I would relive state '08 for Cross Country Skiing.
Steven Cozennoy (11)



I would relive when I went to Hawaii in 9th grade.
Brittney Reed (11)



I would relive buying my Dodge Dakota for \$1500.
Scott Sova (11)



I would change Tennis State '08...and my team would be in it!
Brianna Odegaard (11)

Hannah Hughes
Sarah Hughes
Julia Hurlley
Abby Husfeldt
Anthony Husnick



Constance Hutar
Maria Ingersoll
Savanna Iozzo
Kristin Iverson





Heather Jacobson
Derek Jadwin
Kelsey Jaeb
Esther Jandrich
Johnathon Janke



Charles Janssen
Cheyenne Jaros
Daniel Jeans
Douglas Jeans
Bradley Jellum



I would relive seeing The
Dark Knight!
Lynette Beneon (11)



I would change not
being able to help
my grandma dying.
April Enrooth (11)

I would relive
Rochester Hockey
Tournaments with
Ryan, Alex, and Jenna.
Andrew Nieleen (11)



I would relive watching
Joey get caught
streaking.
Dustin Werner (11)



I would relive Junior
High.
Anthony Manemith (11)



I would change not
playing a sport
when I was younger.
Kristin Iversen (11)



Ke Jensen
Michelle Jensen
Sarah Jensen
Daniel Jereczek
Jessie Jesinski



Corey Johnson
Drew Johnson
Katlin Johnson
Kyle Johnson
Megan Johnson

Nicolette Johnson
Anthony Jones
Calley Jones
Jordan Joselyn
Jolene Kappes



Kevin Karsky
Katherine Kaufmann
Amanda Kelash
Betsy Kelly
Daniel Kelly



If you could be any crayon color, which would you be and why?



Blue, because I look good in it.
- Lucas Bohnen (11)



Turquoise, because I like the sea and swimming.
- Samantha Holien (11)



Red, because of my hair.
- Daniel Jereczek (11)



Green, because it is my favorite color.
- Mercedes Gallmeier

Charise Kendrick
Tara Kettler
Yuepheng Khang
Brandi Kill
Kayla Kirk



Molly Kirkup
Leo Kisl
Megan Klapperich
Dana Knoll
Kevin Knops





Daniel Kohler
Veronica Krawiec
Blake Kriesel
Andrew Kriz
Courtne Krois

Michael Kruger
Zachary Krynski
Quinn Kuechenmeister
Jennifer Kunshier
Daniel La Fontsee

How many bones are in the human body?

206

- Travis Clark (11)



206

- Anne Van Heel (11)



240

- Haley Mills (11)

286

- William Heiple (11)



423

- Joshua Werner (11)



Answer: 206



Dana Laboda
Kaitlin Lacasse
Justin Ladoux
Tyler Ladoux
Stefano Lametti

Samantha Lamwers
Kiya Landry
James Landsberger
Danielle Lardani
Nicole Larson

Ross Larson
Erica Lauderbaugh
Dillon Law
Brandon Lawrence
Hannah Lawson



Richard Leguil
Courtney Lehnen
Yana Lentz
Erin Liljedahl
Robert Lillquist



Matthew Lindeberg
Nicholas Lindemer
John Lindenberg
Kelsea Lindquist
Taylor Lipp



David Loch
Kelsey Lochen
Anne Longfellow
Pahda Lor
Heather Lowe



Brianna Luhman
Travis Lund
Laura Lundstrom
Joseph Lutz
Julia Lutz-Lawlor



Troy Lyles
Alyssa Macalus
Emily Mackey
Matthew Maki
Caryn Malmstedt



Troy Manning
Anthony Mansmith
Janel Marier
Jose Marmol-Vargas
Amelia Maroschek





Erik Martinson
Jacob Martius
Joshua Matheny
Ashleigh Matheson
Miranda Matteson



Rachel Mattison
Alida Matusiak
Nicole Maxwell
Carmen McCollough
Carissa McGlade



Ashley McMillan
Jacob McMillen
Vanessa Melcher
Matthew Melo
Christopher Menne



Alexa Messerli
Lance Mester
Kaley Meyer
Sarah Meyers
Sean Meyers



Angelynn Miller
Brock Miller
Samuel Miller
Thomas Miller
Hailee Mills



Haley Mills
Ayubu Minga
Chloe Miron
Kyle Mitchell
Scott Mitchell



Daniel Mockenhaupt
Patrick Mohar
Jonathan Mollet
Mercedes Monroe
Amanda Montague

What if your cell phone fell in the toilet, what would you do?

"Grab it and dry it off."

-Corey Johnson (11)



"I would go bobbing for my phone."

-Luke Schultz (11)



"Just pick it up."

-Amanda Montague (11)



"I would flush it."

-Trieten Uram (11)

"Grab some tongs and
pull it out."

-Alida Matuselak (11)



"Be a man, use your hand."

-Jake Urbanaki (11)



Chelsie Moore
Kayla Moore
Scott Moore
Eric Moris
Sarah Morris



Victoria Motschenbacher
Ger Moua
Melanie Moua
Thong Moua
Shaun Mowan



What would life be like without your cell phone?



"I would feel disconnected."

- Alysea Bergman (11)



"I feel like I would be cut off from civilization."

- Elizabeth Reed (11)

"It would suck. I would probably die."

- Jake Riehle (11)



"There wouldn't be life."

- Sarah Radden (11)



"Life would just be the same."

- Michael Dykema (11)



"It would be less convenient and more waiting."

- Nick Bergantine (11)



Dylan Mueller
Derrick Mullen
Kevin Munasinghe
Brett Murphy
Gena Nally



Zachariah Nase
Alexandria Nelson
Ashley Nelson
Joseph Nelson
Kevin Nelson

Mollie Nelson
Rachel Nelson
Katie Nenn
Jacob Neumann
Reed Newkirk



Nikolas Newville
Andrew Nielsen
Josephine Niemczyk
Thomas Niemczyk
Maurice Nitti



Jenna Novotny
Katlin Nowicki
Courtney O'Donnell
Brianna Odegaard
Amy Olsen



Andrew Olson
Cassandra Olson
Kirsten Olson
Richard Olson
Shelby Olson



Danielle Orlando
Christian Ortega-Trimble
Blaine Osterbauer
Ashley Padgett
Theresa Padgett



Travis Palme
Bailey Parenteau
Cody Passeretti
Blake Patrick
Amanda Paulson



Brittnie Pearson
Nicholas Pedersen
Laurel Pelton
Calvin Pepin
Michelle Perreault





Erica Peterson
Joel Peterson
Judy Peterson
Lauren Peterson
Ryan Peterson



Vincent Petrulo
Tisa Phinney
Brittany Phipps
Mark Pierce
John Pitt



Katelin Plautz
Michael Plombon
Brittney Pluff
Kate Pogorelce
Samantha Pohlen



Lauren Poindexter
Erika Prachar
Kc Pringle
Danielle Prokosch
George Purvis



Alexandra Raak
Sarah Radden
Taylor Rasch
Brittney Reed
Elizabeth Reed



Matthew Reed
Curtis Reinertson
Michael Reinke
Zackary Remington
Garrett Renn



Tyler Ricci
Melissa Richie
Zachary Riedeman
Jacob Riehle
Andrew Riley

Jessica Rivard
Bianca Rivas
Brett Rock
Logan Romines
Matthew Roshell



Angela Ross
Tyler Rothmeyer
Kathryn Royce
Bryan Rudisill
Ashley Running



How would you define the word *tittle*?



To pick out a specific thing.
Jessica Rivard (11)



Unstable, maybe a little uneasy.
Andrew Riley (11)



A really little person.
Patrick Mohar (11)

Kevin Salmela
Tanner Salverda
Nicholas Sampson
Anthony Sarff
Mitchel Savage



Eric Sazo
Halie Schaubchlager
Christopher Schehr
Alexander Schmidberger
Luke Schultz





Jeffrey Schulz
Bailey Schwartz
Gregor Scott
Koral Seiberlich
Kasey Sell

Zachary Severin
Douglas Sewall
Dominie Shaw
Michael Sheldon
Andrew Sherwood-Gabrielson



My mind being really
confused.
Ben Buse (11)



A small thing to do.
Kyle Anderson (11)



A crazy person.
Brandon Williams (11)



A little bug.
Adri Acosta (11)

Answer: It is the dot on top of the letter i.



Shelby Shevik
Kristine Shields
Abby Shimota
Jessica Shipley
Tyler Shogren

Troy Sibbald
Lindsey Sieber
Jessica Siewert
Joel Simonson
Aaron Sipola

Coleton Skoog
 Brianna Skradde
 Michele Slattery
 Jordan Smoczyk
 Eric Snidarich



Sarah Solheid
 Scott Sovo
 Dylan Sperry
 Matthew Sprauangel
 David Stace



If you could be any animal, what would you be and why?

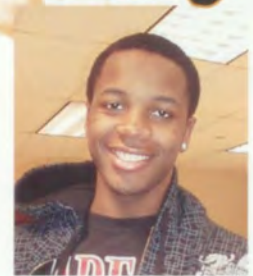
"Sloth, they just sit
 around all day and do
 nothing."

`Jonathan Mollet



"Platypus because they
 are just awesome."

`DJ LaFontsee



"Goat because they can
 mountain climb."

`Calley Jones



"Lion, it's the King of
 the Jungle."

`Gilbert Tamfu

Joshua Star
 Shane Stedje
 Jessica Steffensen
 Neil Steger
 Brogan Stegner



Kathryn Stein
 Kaitlin Steinberg
 Reuben Stenberg
 Georgia Sterns
 Alyssa Sticha





Hannah Stout
Andrew Strega
Logan Strunk
Ryan Suess
Timothy Sullivan



Shaun Summer
Emma Swanson
Michel Swenson
Gideon Tamfu
Gilbert Tamfu

"Cheetah, they are
really fast."
Samantha Tessier



"Chameleon.
Sly.. Just everywhere."
Ryan Peterson



"Shark, because
nobody messes
with a shark."
Jesse Taylor



"Dog because everyone
would be nice to me."
Alexandra Raak



"Ape because they are
sweet."
Nick Dochniak



"Camel so I can have
3 humps."
Kevin Munasinghe



"Dolphin, because they are
graceful and the smartest
creature in the sea."
Jenna Novotny



Jesse Taylor
Jeffrey Tener
Andrew Tessier
Cassandra Tessier
Samantha Tessier



Hailey Tetrault
Nicholas Tetrault
Amanda Thao
Henry Thao
Roger Thao

Aubrey Thole
Tyler Thompson
Katelynn Thompson-Scapple
Jamie Thorson
Alexander Thurnbeck



Katherine Tietje
Alfredo Tinajero
Amber Tolrud
Jaime Tomai
Laurie Tomnitz

If you could meet anyone that is famous, who would it be and why?



Brittney Spears..
"Because she's Toxic"
-Joseph Cain Odden (11)

Jamarlo Moon.. "So I
can put back"
-Zachary Riedeman (11)



Natalie Gulbis..
"Because she's an
amazing golfer"
-Betsey Kelly (11)

Jareth Treat
Cody Tripp
Carrie Turi
Luke Ulstad-Lisiecki
Amy Underwood



Alexandra Unger
Tristen Uram
Jake Urbanski
Derek Vacha
Jeremy Van Andel





Anne Van Heel
Chanleng Vang
Ci Vang
Kao Vang
Lani Vang

Shoua Vang
Xai Vang
Cole Venberg
Mitchell Vollhaber
Breanna Vondelinde



Carrie Underwood..
"Because she is
pretty and can sing
really good"
-Kellie Anderson (11)



Lil' Wayne.. "Because
he is the best rapper
alive"
-Taylor Lipp (11)



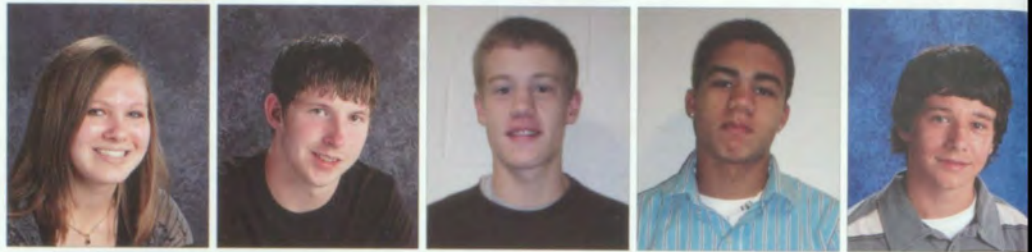
Michael Jordan..
"Because he is cool
and has an amazing
jump shot"
-Matthew Briebole (11)



Benjamin Vos
Mercedes Voulgarakis
Xyahli Vue
Trevor Waldoch
Benjamin Walgrave

Cody Walker
Derek Waller
John Wallner
Justin Walter
Matthew Ward

Jennifer Warwick
Gerald Wathen
Anthony Watson
Mitchell Watson
Justin Weigel



Kaisa Weiss
Dustin Werner
Joshua Werner
Stephanie Wheeler
Matthew Whelan



Richard Whitney
Janet Wiggins
Michael Willey
Brandon Williams
Sarah Williamson



Cordell Wimmergren
Taylor Winkler
Parker Winning
Andrew Witthuhn
Rebecca Wittrock



Heidi Witzel
Mitchell Wohlk
Alyssa Wojcik
Jakeb Wolfbauer
Jacob Wright



Emily Xiong
Soua Xiong
Vanessa Yamry
Dao Yang
Eve Yang



Gaonouchy Yang
Maizong Yang
Tony Touchao Yang
Ying Yang
Cassandra Zemke





Molly Zerwas



Lonna Anderson (11) mixes her batter for her group's fruit pizza in Mrs. Gbolo's 4th hour Food Choices class. "It's essential for life," Lonna jokingly stated.



Mrs. Ellias's Gymnastics class stops to have a little fun while practicing their routines. "Gymnastics is a really fun class, I've learned a lot too," stated Alex Chilson (11).

Sophomores

Sophomores (săf - móərs)

1. A tenth-grade student in a U.S. high school 2. A person in the first year of carrying out an endeavor.

Define the
Beginning



Some of the sophomores join together, showing off their muscles before the homecoming game against Stillwater.



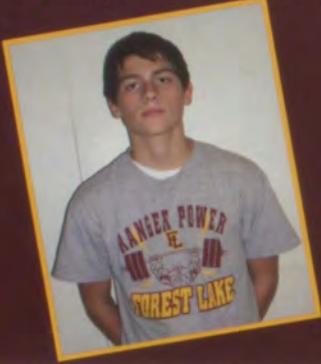
Shawn Ackerman
Vanessa Agnes
Jacob Albee
Annamarie Allen
Kaylie Ambrose

Colin Anderson
Eric Anderson
Haylee Anderson
Megan Anderson
Rebecca Anderson

If you saw someone in public shoe, would

"I would tell them,
then laugh."

~Zachari Mertes (10)



"I would step on it and
then just walk away."

~Taylor Galleberg (10)



"I wouldn't but I'd
feel really bad
for them."

~Katie Kumerow (10)

Robert Anderson
Samantha Anderson
Sean Anderson
Stacy Apman
Dylan Arnsdorff



Karl Arrigoni
Lucas Arrigoni
Danielle Arvin
Alicia Auger
Taylor Auger



Nicholas Axelsen
Nichole Bailey
Kurt Banta
Alyssa Barton
Cory Beach



Amy Bellows
Matthew Benesch
Heather Benick
Joshua Bergan
Jessica Berken



Jordan Berner
David Bernfeld
Luke Bernier
Zachary Bernier
Ashley Bernklau



with toilet paper stuck to their you tell them?

"I would say they have
something on their shoe
and walk away."

~Jordan Webster (10)

"I wouldn't, I'd just
laugh."

~Tyler Sample (10)

"I wouldn't tell them, I
would just laugh."

~Alexandra Lipp (10)



Courtney Betsch
Megan Bidney
Michael Bleninger
Jaysa Bobrowski
Abigale Bodene



Krystal Boicourt
Carl Boland
Calvin Boleen
Mathew Borchardt
Kyle Boulineau



Ryan Brandt
Mark Bredahl
Leann Brihn
Lauren Brink
Mark Brisbois



Austin Brown
Brandon Brown
Brooke Brown
Robert Brown
Alyssa Bruggeman



Tyler Brunjes
Alysha Bryant
Jacob Bucholz
Thomas Buol
Taylor Burmeister

David Bush
Phillip Buys
Adam Bylund
Max Capra
Anthony Carlson



Brandon Carlson
Hannah Carlson
Maranna Carlson
Mary Carlson
Michael Casello



Allison Chapeau
Travis Charais
Sophinieng Chea
Jamila Cheikh
Scott Chester



If you could go without you spend

"I would listen to
music while playing
Gears of War with
my friends."

~ Ryan Brandt (10)



"I would run
through fields."

~Max Capra (10)



"I would listen
to my music."

~Renee Full (10)



Alexis Chiasson
Lindsay Clark
Alexander Claudon
Tylor Clausen
Miranda Clemens



Cody Cohoes
Tyler Colling
Mary Colucci
Colin Connelly
Adrian Cook





Derek Cook
Ryan Corcoran
Taylor Curtis
Jeremiah Cusick
Philip D'Entremont



Megan Daly
Kenneth Darling
Francine Dean
Samantha Demulling
Maria Deneen



Danielle Devange
Leah Dobihal
Kayla Doherty
Leeann Dolan
Mackenzie Dornseif

sleeping, how would your nights?



"I would hang out
with my friends out
on the lake."

~Madeline Sewnson (10)



"I would go swimming!!"

~Emily Lichtscheidl (10)

"I would watch t.v.
or a movie."

~Michael Lenart (10)



Hannah Dowdall
Jacob Dowell
Allyson Dreher
Kyle Dubois
Jacob Duffy



Blake Dunsmore
Matt Ebel
Trinity Eckdahl
Jacob Edelen

Russ Edelman
Jacob Edwards
Calvin Eichinger
Matthew Emery
Ashley Entwistle



Brandon Erickson
Emelia Erickson
Wesley Ericson
Aaron Eurich
Sean Evenson



Weston Everett
Conner Evert
Libby Faffler
Briana Falkosky
Ramsey Faltisek



If you woke up suddenly fire, what three things



"I would grab my
cell phone, my
puppy, and my
teddy bear."
~Angela Klebe (10)

"I would grab my
brother, a picture
of Mitch, and my cell
phone."
~Lucas Arrigoni (10)



"I would grab my kitty,
my cell phone, and my
sister."
~Jillian Napoli (10)



Taylor Fedje
Alexander Fedorchak
Jon Felland
Elizabeth Ferderer
William Fertch



Alyssa Filipkowski
Danielle Firkus
Karina Flaherty
Ariana Forsman
Aaron Franzman



Laura Frericks
Nicole Frogner
Nathan Fuerst
Renee Full
Ashley Fuss

because your house was on would you grab ?

"I would grab a bag of chips, my hockey stuff and my sister."

~Charles Plouff (10)



"I would have to grab a bag of pizza rolls, as much shoes as I can, and my gold rope chain."

~Datiana Sikahema (10)



"I would grab my dogs, my hunting stuff and my football stuff."

~Joshua Wethammer (10)

Taylor Galleberg
Kara Gamelin
Jessica George
Daniel Geving
Dylan Gillespie



Laura Goedeke
Matthew Goossens
Mason Gosiak
Sophie Gottsman
Emily Grahek



If you were given one wish



"To be
Chuck Norris'
best friend,
because he's
awesome!"
~Jordan Berner
(10)



"To be able
to see my
dad in Iraq"
~Ashley Fuss
(10)



"A million bucks!"
~Lauren Varani
(10)

Zachary Greene
Amber Grell
Roni Gross
Wade Grundmeier
Darin Guckeen



Chelsey Gunderson
Dakota Guptill
Ashley Hagen
Lauren Hagen
Audrey Hanmer



Sarina Hannon
Curtis Hansen
Mike Hansmann
Kailey Hanson
Brittany Harrington





Emma Hasegan
Megan Haug
Leah Hause
Stephen Hefta
Steve Hefta

Philip Hegseth
Kyle Heiling
Jonathan Heim
Calvin Hemstad
Kabao Her

what would you wish for?



"A puppy!"
~Lauren Hagen
(10)



"Three more
wishes!"
~Robert
Anderson (10)



"To be able
to play
soccer all
the time."
~Alexander
Fedorchak
(10)



Tswjfw Her
Courtney Herber
Aaron Herdegen
Julia Hipp
Chantel Hirdler

Sarah Hirsch
Jennifer Hitchcock
Katrina Hodges
Natalie Hoidal
Jeremy Holden

Alexander holm
Amy Holmes
Trista Hopkins
Henry Hoppe
Renee Hoppe

Lauren Hove
Aleya Hunt
Jessica Hutchings
Eric Invie
John Ion



Mariah Ireland
Kelsey Irlbeck
Douglas Ison
Shelbee Jaeger
Mark Jankowski



Peter Janoski
Benjamin Jarvis
Erica Jasmer
Rachel Jawish
Nicholas Jensen



Alycia Johnson
Evan Johnson
Kristina Johnson
Nathan Johnston
Destaney Jones



If someone's underwear was



"Yes, it's disgusting"
~Chantel Hirdler (10)



"If it's a guy, yes.
If it's a girl, no."
~Mason Gosiak (10)



"Nah, well maybe it
depends on who it is."
~Ashley Hagen (10)



Samantha Jorgensen
Trevor Jorgensen
Joseph Joyer
Barbara Joyner
Nathaniel Karlsrud



Cody Karstens
Michelle Keith
Nicole Keller
Nicholas Kelly
Chad Kent



Mackenzie Kerrigan
Gaogoua Khang
Corey Kibbel
Taylor Kiesow
Jamison Kinny



Maddison L. Kissner
Angela Klebe
Kevin Knaeble
Lisa Knefelkamp
Isaac Knutson

showing, would you tell them?



"Probably not, I'd
just laugh."
~Devan Solheid (10)



"No, there's no fun in
that =D"
~Mikayla Modjeski (10)



"It depends on
how cool their
underwear is."
~Tyler Stege (10)

Project

Calvin Hemstad (10)



Style: Skateboarder
Fashion Must: Hot
Favorite Brand: DC

Kimberly Russell (10)



Style: Preppy
Fashion Must: Doc
Martens
Favorite Brand: Hollister

Kyle Olson (10)



Style: Laid Back
Fashion Must: Hot
Favorite Brand: Volcom

Timothy Kohler
Robert Kohs
Samuel Kohs
Kyle Koppy
Lucas Koren



Sean Kost
Douglas Kotchen
Sarah Koval
Shannon Krall
Zachary Krebs



Sequoia Krell
Michael Kroll
Luke Kroska
Travis Kroska
Dylan Kuha



Hamway

Abigale Bodene (10)



Style: Girly
Fashion Must: Have my hair styled
Favorite Brand: Hydraulic Jeans

Zachary Vidlund (10)



Style: Preppy
Fashion Must: Silk Boxers
Favorite Brand: American Eagle

Emily Menne (10)



Style: Preppy
Fashion Must: Layers
Favorite Brand: Abercrombie and Fitch



Nicholas Kulacz
Katie Kumerow
Jesse Labore
Lily Lackner
Taylor Lafferty



Nicole Lallier
Ashley Lambert
Hayden Larie
Sarah Langstrom
Casey Langworthy



Scot Larson
Thomas Laverty
McCall Lemmons
Michael Lenart
Jacob Lesewski

Joseph Lesnar
Ian Lexvold
Emily Lichtscheidl
Travis Lichtscheidl
Luke Lidstad



Alex Lieder
Jessica Lindberg
Holly Linell
Alexandra Linz
Alexandra Lipp



Casey Liska
Sunshine Lo
Kelsey Lobermeier
Marissa Loomis
Samantha Lopez



If you saw a robbery

"Yes,
because
that's the
right thing
to do."
~Brandon
Carlson (10)



"No, I'd want
to have a
chance to
beat them
down myself."
~Philip Hegseth
(10)



"Depending on
who it was,
and if I knew
the person."
~Allyson Dreher
(10)



Harley Lott
Jake Loughney
Lucas Lubracki
Benjamin Lunn
Stefania Mackiewicz



Paul Malinskiy
Jacob Mample
Karrine Manning
Klara Manning
Rachel Marier





Joseph Marquardt
Ashley Martin
Marissa Martin
Andrew Massey
Tyler Massey



Jacob Matheson
Dylan Mattson
Kyle McCleary
Daniel McClure
Rachel McCormick



Brooke McCullough
Courtney McGee
Riley McGuiness
Sean McIntosh
Daemon Mecham

would you report it?

"No, because it probably was nothing big, and I wouldn't want to get in trouble by the steeler."

~Alexandra Miller
(10)



"No because I wouldn't want to get involved."

~Christine Och
(10)



"No, I would take half and share with all the little boys and girls who need it."

~Tomas Witte
(10)



Jake Mehsikomer
Emily Menne
Michael Merino
Zachari Mertes
Kyle Messerli



Molly Messin
Nicholas Meyer
Alexandra Miller
Camille Miller
Michael Mills

Andrew Miron
Joshua Mitchell
Mason Modjeski
Mikayla Modjeski
David Moe



Samantha Moe
Michael Moen
Alixandra Mohawk
Bradley Mondloch
Eric Mordorski



Amanda Morris
Elvis Moua
Dameon Moyer
Alexandra Murdock
Alexander Murray



Nicholas Nally
Jillian Napoli
Elizabeth Neeck
Bailey Nelson
Corey Nelson



If you could date any

David Beckham

~Amanda Morris (10)



Jessica Alba

~Andrew Reimer (10)

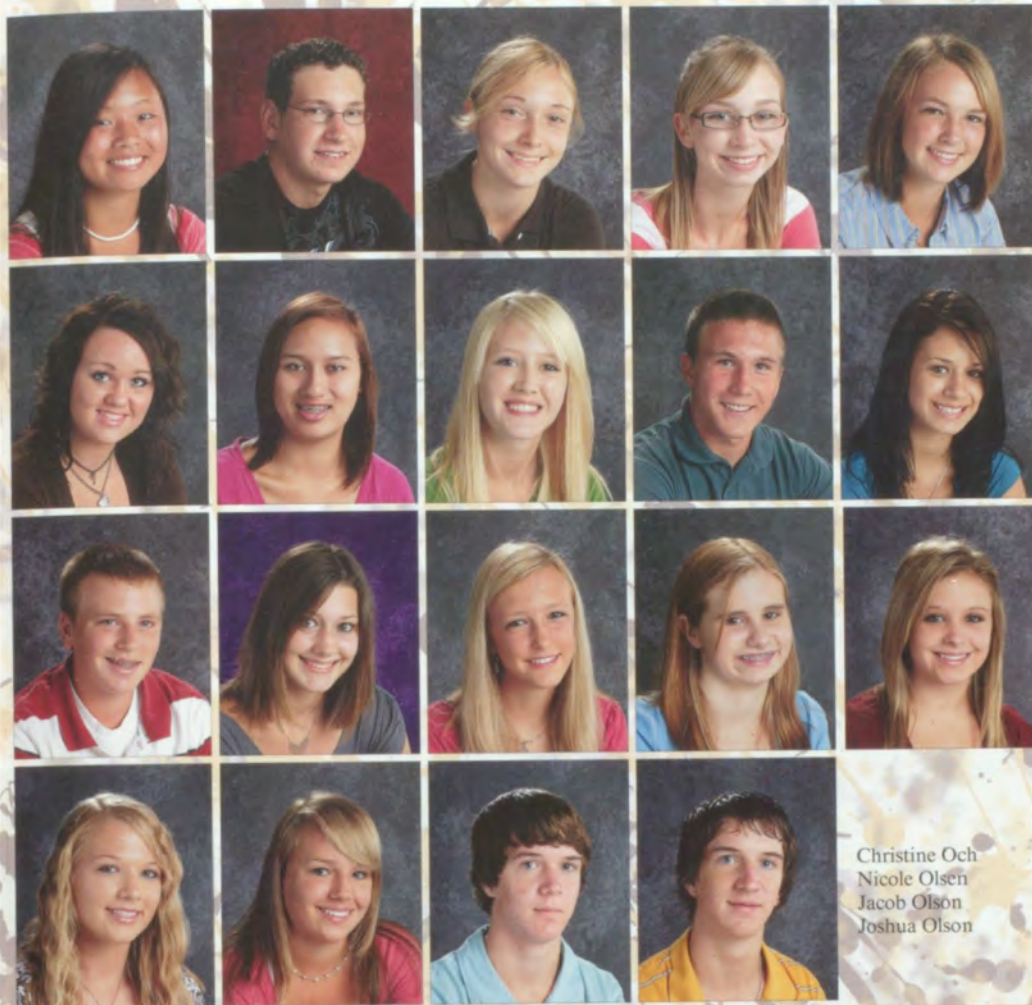
Adam Brodey

Ashley Bernklau (10)



Taylor Swift

~Tyler Colling (10)



Kelsey Nelson
Matthew Nelson
Rosalyn Nelson
Lindsey Nesgoda
Alexandra Neuman

Ellysa Newman
Phylicia Nguyen
Ashley Nichols
John Niemczyk
Mariah Nienow

Benjamin Norling
Holly Nyquist
Shari O'Donnell
Meghan O'Kelly
Amanda O'Neil

Christine Oeh
Nicole Olsen
Jacob Olson
Joshua Olson

celebrity, who would it be?

Brad Pitt

~Erin Wittnebel (10)



Reese
Witherspoon

Kyle Boulineau (10)

Paul Walker

Maddison Kissner (10)



Nick Jonas

~Blair Patchin (10)

Kyle Olson
Caden Oman
Shelia Onasch
Luke Opsahl
Jessica Orth



Derek Ostman
Amanda Owens
Matthew Palo
Erica Parker
Kristi Parson



Aaron Pasch
Blair Patchin
Evan Patterson
Michael Pederson
Caleb Peters



If you were stranded on an island,

Matches, gun,
food

~Dylan Gillespie (10)

Cell phone,
make-up,
mirror.

~Alexis Chiasson
(10)

Food,
water, I
pod

~Natalie Hoidal
(10)

Amanda Peterson
Elizabeth Peterson
Paul Phelps
Steven Pignato
Chloe Pikala



Tyler Pittman
Charles Plante
Charles Plouff
Grace Poynter
Cash Pulczynski





Phillip Quehl
Tyler Raarup
Christine Raatz
James Ramberg
Calley Rueck

Ryan Rehbein
Andrew Reimer
Kathryn Reinitz
Cole Renard
Nicholas Renn

Miranda Rennick
Charity Riesgraf
Benjamin Ristrom
April Robinson
Brian Rolph

what three things would you bring?

Drums, I pod, food

~Benjamin Lunn (10)



Friends,
cell Phone, I
pod

~Nicole Olsen
(10)



Friend,
brush, cell
phone

~Laura Frericks
(10)



Aubree Ronchak
Breanna Ronning
Jordan Ross
Anthony Rossman
Charles Royce

Breanna Running
Darreck Russell
Kimberly Russell
Shane Sampair
Tyler Sample

If you could take a vacation where would

I would go to Australia to see the guys surfing on the ocean.

~Rebecca Anderson (10)



I would fly to Alaska to go snowboarding.

~Kyle Heiling (10)

I would love to go to Paris to see the scenery and go shopping.

~Camille Miller (10)



I would go to Brazil to meet the girls.

Ryan Brandt (10)

James Sandkamp
Jaedan Sarraeco
Cassandra Saxton
Breamia Schewe
Michael Schingen



Matthew Schmidt
Kyle Schoenberger
Jenna Schreiber
Eric Schroeder
Ahren Schuhwerck



James Schulz
Jacob Schwartz
Jennifer Scott
Christopher Searles
Mackenzie Seim



Robyn Solby
Melanie Senum
Raelynn Sether
Jacob Shields
Datiana Sikahema



anywhere in the world, you go and why?

I would love to travel
to Paris, France
because it sounds like
a beautiful, & amazing
place.

~ Ariana Foresman (10)



I have always
wanted to go to
Hawaii to surf and
see the babes.

~Robert Kohs (10)

I would love to
travel to Australia
to see the ocean
and be on an
island.

~Samantha Lopez (10)



I would like to
travel to China
to see the Great
Wall.

~Calvin Boleen (10)



Jenna Simmons
Linnae Simons
Matthew Skogland
Anthony Smith
Breanna M Smith



Charles Smith
Skylar Smith
Amber Smoczyk
Danielle Snijder
Elizabeth Snyder



Devan Solheid
Christian Sprangel
Samantha Starr
Tyler Stege
Jasmine Steinberg



Jacob Stendahl
Shelby Stevens
Alicia Stroeing
Tiffany Swanson
Madeline Swenson

Tanae Swenson
Elsie Taylor
Laura Taylor
Kaitlyn Teel
Genna Temte



Mitchell Tessier
William Tessier
Tyler Tetzlaff
Cy Thao
Jeremiah Thao



If you had to give up your sight or hearing,

My hearing, because to me
my sight is more important.
~Zachary Bernier (10)



My hearing, because I
would rather see.
~Holly Linell (10)



My hearing, because you
can still do a lot.
~Travis Kroska (10)



Moua Thao
Kyle Thielke
Amanda Thigpen
Zachary Thole
Katlyn Thompson



Vince Thompson
Michael Thordson
Katie Thorp
Natasha Thorp
Jacob Toupal



Anthony Tuller
Sarah Ulrich
Joshua Urmann
Matthew Vacinek
Mahalla Valento





Ashley Valley
Zachary Van Buskirk
Betsey Vanelsberg
Brandon Vang
John Vang

Philip Vang
Samantha Vang
Nathan Vangen
Lauren Varani
Gerald Venburg

which one would you lick and why?

My sight, because I could hear
what people where
saying.

~Lauren Brink (10)



My hearing because I
could do sign language.

~Thomas Buol (10)



My hearing, because I could
have hearing aids.

~Audrey Hanmer (10)



Zachary Vidlund
Stephanie Vierling
Vincent Villella
Jade Vinar
Brittany Vondelinde

Devon Vue
Muachiyang Vue
Serena Vue
Austen Waldow
Emily Waldron

Scott Wambold
Andrew Wappel
Nicholas Warren
Kalyn Waterman
Marisa Webb

Jordan Webster
Marshall Wedger
Jacob Wendel
Lindsey Wesselink
Amanda Westemeier



Taylor Westergren
Joshua Wethammer
Melissa Wiedemann
Joseph Wielinski
Justin Wiemer



Amy Wilcox
Sarah Wilke
Andre Wilson
Michael Wiosky
Tomas Witte



Erin Wittnebel
Brenden Woehl
Mitchell Wohlberg
Tracy Wood
Sam Worwn



If you could change one thing about



Less of a
procrastinator.

~Nichole Bailey (10)



I would stop biting my
nails.

~Samantha Anderson (10)

Hand in my homework and
work on getting my grades up!

~John Vang (10)



I wish I could be taller.

~Andrew Wappel (10)





Christopher Xiong
Der Xiong
Kong Mong Xiong
Dai Yang
Michael Yang



Kaitlynn York
Andrew Youngquist
Alyssa Yuronich
Emily Yzermans
William Zastrow



Cassady Zebro
Courtney Zebro
Jade Zeller
Curtis Zerwas
Jeffrey Zerwas



Kirsten Zidon
Tara Zimmerman

yourself what would you change?



I would like to be taller.

~Philip Hegseth (10)

I would change how tall I am, to be shorter.

~Libby Faffler (10)



I would like to be better at Industrial Tech. and Woods, and Mechanics.

~David Bernfeld (10)

I would change where I work for somewhere more fun.

~Alysha Bryant (10)



If you could live anywhere in the world,



I would live in Colorado to be able to snowboard on the mountains.

~Andrew Youngquist (10)



I would live in Maine to live on the ocean.

~Amy Holmes (10)



I would live in Florida where it is warm.

~Jacob Albee (10)



I would live in Minnesota for the seasons and the lakes.

~Kayla Doherty (10)

In Fundamentals of Art, Elise Taylor (10) and Elizabeth Snyder (10) show their artistic ability by painting their own designs on pots that they made. "I really liked doing it," stated Taylor.



where would you live and why?



I would live in Russia for the snow and I love the culture.

~Adrian Cook (10)



I would live in Minnesota because I like the seasons.

~Miranda Clemens (10)



I would live in France for the skate parks.

~Daniel Geving (10)



I would live in Paris because I have dreamed of going there and I know the language.

~Mary Colucci (10)



Alysha Bryant, (10) Amy Holmes, (10) and Taylor Burmeister (10) are enjoying their free time by playing a game in Psychology of Childhood. "It was really fun!" commented Burmeister.

Faculty Staff

Faculty (fāk'əl - tē)

1. Group of persons with an ability or aptitude, whether natural or acquired, for any special kind of action
2. The entire teaching and administrative force of a university, college or school.
3. A branch or department of knowledge.

Define the
Masses



Some of the staff showed that adults have school spirit too. Many staff wore bold colors and unmatching outfits for "Wacky Wednesday," during Spirit Week.



Principal
Dr. Steve Massey



Assistant Principals
Kathryn Ungerecht, Don Bosch



Activities Director
Joel Olson



Student Services
Front Row: Vicky Monzel, Carol Nelson
Back Row: Debbie Kniebush,
Dustina Ericson



Police Liaison
Chad Worden



Registrar
Margo Geving

Deans



Scott Urness



Cindy Jones



Don Bosch



Christine Glomski



Administrative Assistants
Kim Peterson, Karen McCurdy



Health Specialist
Heather Karstens



Career Resource Center
Val Handstad



Audio Visual
Tammy Marshall, Sharon Wilson



Technology
Mary Wightman, Lee Anne Brockman



Jason Gonnion



Kathryn Ungerecht



SCHOOL PATROLS.
Deans Don Bosch and
Scott Urness keep a close watch
over the students during lunches.

What's the best excuse a student has ever given you?



"The toilet broke, leaked through the ceiling, and ruined my project below."
-Laura Livermore



"They were held at gun point by a crazy guy who thought they were robbers, but they were just trying to pickle their best friend. True story!"
-Heather Guy.



"My sister's guinea pig "violated" it. I guess the thing puked on it."
-Jeffery Neidt.



Media
Martha Charpentir, Paul Karlsson



Custodian
Duane Huschka, Hugh Hehner, Jason Sederholm, Terry Benson, Curt Behm, Bill Schwartz, Tim Rabe, Perry Peterson, Ed Ball



Food Services
Front Row: Gina Rivard, Betty Nelson, Wendy Maxwell.
Back Row: Ann McMahon, Ann Chamberlin, Ginger Carney, Sue Cerwinske, Penny Johnson, Corrine Wald, Shelly Beck, Louanne Murphy, Shonda Hartung.



Industrial Technology

Front Row: Matt Beukema, Jebb Anderson,
Mike Coffee.

Back Row: Kelly Nicholls, Kevin Rivard,
Joe Jurash.



Paraprofessionals

Front Row: Connie Carufel,
Kelly Meyer, Sonja Seim

Middle Row: DeAnn Danielson,
Clare Ritchie, Diane Peterson,
Theresa Gibson, Dawn Rossman,
Mary Anderson.

Back Row: Charmain Wodaszewski,
Cathy Siebert, Sue Doe, Joette Riggs,
Carol Suess, Kris Kne



Business Education

Al Anderson, Kristen Nellis,
Jamie Bullock, Tony Harris.



Social Studies

Front Row: Aaron Forsythe, Matt Cleary,
Ken Mikolajczyk, Tom Hipkins.
Row 2: Daniel Koch, Sue Stennes-Rogness,
Judy Dittberner, Sara Cameron.
Back Row: Rich Elliot,
RonTungseth, Sandra Teichner.



English

Front Row: Becky Haven, Stephanie Ward,
Joseph Mueller, Laura LeVake.
Row 2: Andrew Waldron, Jeff Neidt,
Paul Weiland, Robyn Madson.
Back Row: Shane O'Reilly, Laura Livermore,
Tim Newcomb, Heather Guy.



Music

Front Row: Chuck Dodson,
Jim Lindstrom.
Back Row: Andrew Marrier,
Dave Livermore.
Not pictured: Rich Hahn



English
teacher, Becky
Haven, talks
with some of
her students
she placed in
small groups to
answer
questions.



Yearbook
Assistant,
Andrew Waldron,
carefully
glances at a
dictionary to
find definitions
for this year's
yearbook.



Family Consumer Science

Leslie Heidel, Barb Schellinger,
Courtney Gbolo



Agriculture Business

Mike Miron, Veronica Ward, Bob Marzolf



Art

Front Row: Nancy Pechmann, Elizabeth Slama
Back Row: Maria Kaiser, Laura Davison

What is your favorite high school memory?

"Our math teacher wrote a lot with chalk, but he also had an annoying habit of scratching himself in very private areas. Needless to say, there was always evidence of his ventures..."

-Kelly Wing

"April 2000- I was a junior and all my friends and I hosted German exchange students for a month."

-Jamie Pfeifer

"As the Sophomore Class President for Mora High School, leading our class in a broomball game against the senior class. We lost, but we gave one heck of a battle."

- Donald Spears

"Going to the Bahamas over MEA my senior year with my friends Nancy, Debby, Susie, Jim, and Lowell."

-Suzanne Stennes-Rogness

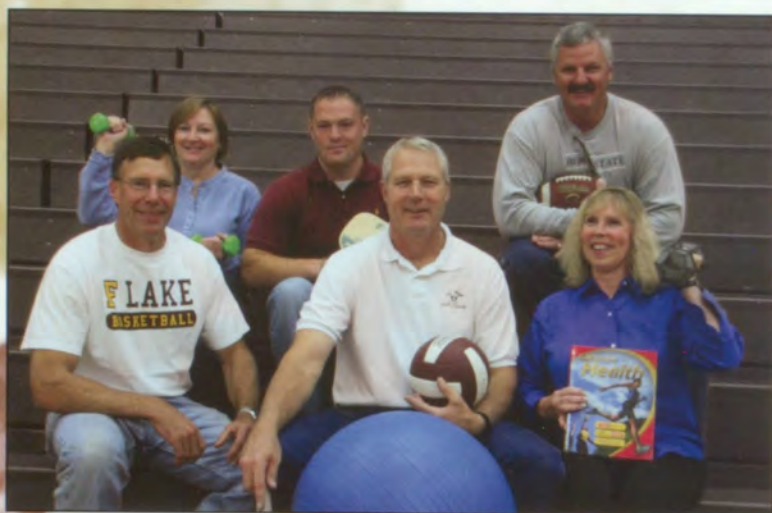


Mathematics

Front Row: Jim Pearson, Jenny Marshall, John Buck.

Row 2: Scott Swediman, Sue Jarrett, Ann Astrup, Nicolle Ristow.

Back Row: Bill Olsen, Larry Matzdorf, Katie Thunshelle, Larry Tietje.



Physical Education

Front Row: Paul Kendrick, Dan Forsythe, Nancy Ellias.

Back Row: Mary Guler, Joe Kunshier, Jeff Wilson.



World Languages

Front Row: Kelly Wing, Coleen Colton.

Back Row: Angela Butler, Amy Kinsman, Megan Espe-Och.

Need a lift?
Phy. Ed teacher, Joe
Kunshier, assists one of
his sophomore students,
Amber Grell (10)
to lift safely.





Science

Front Row: Cynthia Riesgraf,
Rena Benedict, Kelli Frericks,
Linda Rupp.

Back Row: Brad Ward,
Ryan Johnson,
Bruce Leventhal,
Judy Hill, Jeff Lewis.



School Board

Front Row: David Gay,
Julie Corcoran,
Eric Langness.

Back Row: Rob Rapheal,
Bill Bresin, Joe Grafft, Dan
Kieger, Superintendent
Lynn SteenBlock.



Special Education

Front Row: Janelle Kendrick,
Jennifer Paulson, Sue Rogers,
Lydia Juaire, Barb Teawalt.

Back Row: Deb Hecker,
Billy Pierce,
Stephanie Buffington,
Don Spears, Patrick Ellias

*If you could
teach or take
any class you
wanted, what
would it be?*

"I would take Auto
Tech & Carpentry,
because I hate the
fact my wife is
handier than me."
- Aaron Forsythe

"I would take
Electricity... I just
don't understand
that stuff!"
- Andrew Waldron

"I would teach a class
on dramatic
literature."
- Tim Newcomb

"I would teach
History of American
Football!"
- Scott Swediman

"I would take some
of the art courses."
- Kathryn Ungerecht

"I would take a Phy
Ed class so I could
dominate everyone
at a variety of sports!"
- Matt Cleary

WORLD HISTORY

Personal Law

CALCULUS
EMPOWERING

ANIMAL SCIENCE

Motivati...

Academics

PERSISTENCE

BIOLOGY

Intelligence

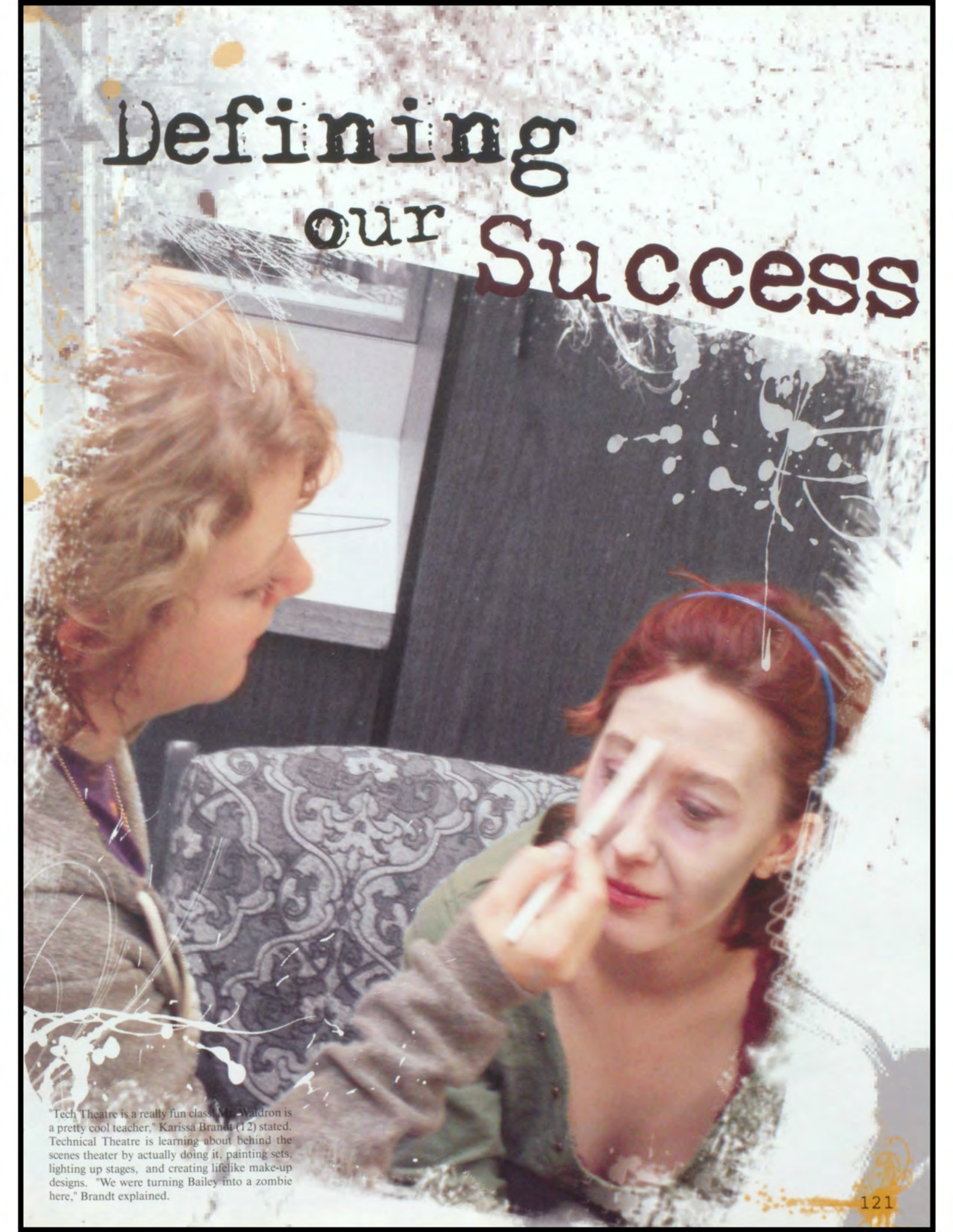
KNOWLEDGE

INTENSITY

Ac•a•dem•ics
(āk'ə-dēm'iks)

1. Of or belonging to an academy or institution for higher learning; hence, collegiate, scholarly. 2. Conforming to set rules, standards, or traditions; conventional.

Defining our Success



"Tech Theatre is a really fun class. Mr. Waldron is a pretty cool teacher," Karissa Brandt (12) stated. Technical Theatre is learning about behind the scenes theater by actually doing it, painting sets, lighting up stages, and creating lifelike make-up designs. "We were turning Bailey into a zombie here," Brandt explained.

What Was Your Biggest Culture Shock?



"Food! It's all over the place!"
—Dennis Sprute (12)



"Driving such long distances on the roads to get to different places."
— Fabian van Essen (12)



"Everything is so spaced out, and each family owns a lot of cars."
—Nicole Krzywonos (12)

International Club

Front Row: S. Rudisill, L. Gifford, N. Lyons, G. Wineman, Back Row: J. Lombardo, S. Gonier, B. Rudisill, J. Leatherman, A. Testin, E. Dean, A. Ross, A. Thole, G. Glewwe, S. Everett

Anne Testin (12) carefully works on a friendship bracelet during a club meeting. "It is a lot of fun to learn about other cultures," explained Testin. The bracelet is just an example of one of the many activities that the club does throughout the year.

The six students gather in a huddle to show off their smiles and demonstrate the close friendships that they have created with one another. "My favorite experience here so far has been meeting new people," Jan Honza Valosek commented. The students have been immersed in American culture by joining various sports teams and hanging out with Forest Lake students on the weekends.



Foreign-Exchange Students

From Left: Gabrielle Cecchi (Italy), Fabian van Essen (Germany), Celine Braun (Germany), Nicole Krzywonos (Germany), Jan Honza Valosek (Czech Republic), Dennis Sprute (Germany)





Uniting Cultures Around the World


Defining International Relationships

International (in-ter-nash-nel) adj. Of, relating to, or constituting a group or association having members reaching beyond national boundaries


Different food, different clothing styles, different school, everything was a huge culture change for the foreign exchange students who accepted the challenge of visiting another country this year. The students traveled from a variety of countries including Germany, Italy, and the Czech Republic. While here, they participated in school sports and activities, experienced the excitement of Homecoming week, and enjoyed Minnesota attractions such as the State Fair. "My favorite thing was Homecoming because I was part of the dance team. The worst experience has been the food!" exclaimed Celine Braun (12).

Forest Lake students also had the opportunity to learn about other cultures through International Club. Once a week, on Thursdays, the club met to learn about and discuss worldly cuisines, traditions, and people. They also helped plan events such as the Festival of Cultures, a community event. Occasionally, the exchange students would attend as well, increasing the members' exposure to lifestyles outside of the United States.

— Alyssa Dunrud



Angela Ross (12), Sarah Everett (12), Aubrey Thole (11), Francine Dean (10), and Gweir Glewwe (11) socialize during the meeting. "International Club is a great way to meet other people and learn about other cultures!" Ross exclaimed.



Jessica Leatherman (12) explains upcoming events to the other members. "The group is noisy and never listens to me!" laughed Leatherman, the club president.

Amber Smoczyk (10) thinks that going to New York was a great experience. The orchestra could play outside of the norm. Before they could board the plane though, they had to do various activities to raise money, as Smoczyk is demonstrating at the Maplewood Mall by holding up this sign to draw shoppers in. "It seemed like everyone was always motivated to go to New York, and before the trip we all had to work really hard towards fundraising," Smoczyk described.



Forte

Sinfonia Orchestra

Sinfonia (sin-fō-nē-ə):

The Italian word for symphony; an orchestra is a musical organization consisting of a group of instrumentalists including string players.

The Sinfonia Orchestra is unlike the other orchestras in many ways. Their original music choices and their unique bond along with seeing each other multiple times outside of the classroom, makes this group special. Connor Callahan (11) agrees, "The orchestra is like a kiwi tree because not only are we growing but we're exotic, unlike anything else."

The Oratorio, is an important concert that is a joint effort with the choir, Symphonic Winds, alumni, and fellow community members. Another challenge is the Suburban East Conference where the orchestras are critiqued by how well they perform. For each concert, the students must work extremely hard. "It was a lot tougher this year in Sinfonia, but I've stuck with it and then it became really fun," explained Abbey Husfeldt (11).

But orchestra wasn't always about performing in concerts or being prepared for rehearsals; there were also plenty of learning to be done. The Circle of Fifths might be new to the sophomores but is mostly review for the seniors. The students use this so they're able to identify which sharps or flats to play in a scale. Mr. David Livermore enjoys teaching the students more than conducting them. "They've learned to energize the dots, exaggerate everything, avoid the downward spiral, and to always remember rule number six," specified Livermore.

~Molly Baatz



With this year's new schedule, the music department was provided with private lessons taught by the music teachers for the first time. Mathew Palo (10) enjoys this new addition. "It's nice to be able to work with Mr. Livermore one on one, because this way he knows how I play outside of the group and he can tell me what I should work on," Palo explained.

This was the second annual all-district concert; which includes all orchestra members from sixth to twelfth grade. Yanna Lentz (11) thinks this concert is very beneficial to all orchestra members. She realized that it is a valuable part of the program. "I was excited to see that there are a lot more sixth graders playing because that means the program is growing," commented Lentz.





Although Kathleen Dunsmore (12) and her fellow violinists are in fifth position, she still enjoys the song Hoe Down by Copland. "People recognize the tune through commercials or movies so it's even more fun to play," explained Dunsmore. The orchestra worked hard to perfect this particular piece, because they had to play it in both the all-district concert, and their first official concert.

Ethan Prosser (12) is playing Serenade composed by Tschaiowsky, one of the many pieces that he enjoys playing from which Mr. Livermore chooses. Prosser began playing cello in the fourth grade, but the one thing he enjoys the most is "...being able to see Will Long play bass everyday".



**Music is a part
of us, & either
enables or degrades
our behavior.
—Boethius**

Amanda Johnson (12) most memorable moment of Sinfonia Orchestra is when they traveled to Chicago her sophomore year. "Mr. Livermore sucked in a helium balloon and said, 'Let's play a D scale everyone!' It was hilarious!" Johnson exclaimed.



"The hardest part of coming to the high school's orchestra from the junior high was how much more we had to learn," Jacob Toupal (10) is referring to things such as The Circle of Fifths, new scales, and the very difficult music.



Derek Waller's (11) favorite type of music to play and listen to is classical, especially Mendelssohn. "I like his style of music because he writes a large variety of emotions, which makes it fun to play," explained Waller.



Working together as stand partners is key if you want to succeed. Whether it's taking out music or learning to move with each other as they play, "It's nice to have someone else there to play certain parts when I'm not very good at them," clarified Christian Ortega-Trimble (11).



Sinfonia Orchestra

Roster: A. Smoczyk, J. Toupal, C. Berger, C. Callahan, M. Palo, K. Carlson, G. Glewwe, A. Husfeldt, Y. Lentz, H. Mills, C. Ortega-Trimble, M. Savage, L. Vang, D. Waller, J. Warwick, E. Yang, T. Yang, B. Anderson, M. Baatz, C. Belden, R. Buse, W. DonCarlos, K. Dunsmore, H. Foner, M. Full, L. Gifford, K. Haglin, A. Johnson, J. Leatherman, W. Long, A. Montes, L. Oberg-Hauser, E. Prosser, G. Selg, J. Springer, J. Sudo, T. Tubbs, C. Wheeler, N. Zielsdorf, L. Clark, L. Knefelkamp.

**It takes no genius
to observe that a
one man band never
gets very big.**

-Charles Garfield



"They have never muted a
woodwind."
-Jacob Lepisto (12)



"Band is fun!"
-Benjamin Vos (11)



"It's unison."
-Bailey Kimbel (12)

Stephanie Palacheck (12) and Michelle Perreault (11) perform a duet during class. "Stephanie was a really great stand partner. I could not have done it without her," commented Perreault. The duo worked tirelessly until this piece was perfected.

Taylor Greniger (11) expresses himself through his music. "Band is a great way to express my emotions," he claimed. Greniger and the rest of the trombone section played a wide variety of music with many different styles throughout the year.

Megan Gooley (12) and Stephanie Williams (12) rehearse for their concert. "A performance is the payoff for all the hard work in class," stated Gooley. The entire band practiced every day in order to be prepared for their concerts and other performances such as the Oratorio, a joint effort with the Concert Choir and Sinfonia Orchestra.



Symphonic Winds

Roster: J. Albee, J. Bergan, L. Faffler, L. Kroska, A. Lambert, K. Manning, J. Matheson, E. Neeck, J. Shields, C. Aden, G. Armstrong, C. Boudreau, B. Buse, Q. Carr, K. Eastey, T. Firkus, C. Florand, B. Follese, T. Greniger, J. Hillyard, L. Lundstrom, J. Lutz, A. Matasiak, L. Pelton, M. Perreault, K. Plautz, A. Riley, D. Sewall, K. Steinberg, C. Venberg, B. Vondelinde, B. Vos, C. Braun, B. Coley, R. Cordell, S. Dale-Morrison, J. Dina, D. Goodale, M. Gooley, J. Hanson, T. Jensen, B. Kimbel, B. Kirberger, J. Lepisto, P. Merrill, C. Pagnac, S. Palacheck, A. Piasecki, T. Plautz, D. Sandkamp, J. Spangiers, B. Tolzmann, S. Williams, G. Wineman.





Joseph Dina (12) and Brian Coley (12) play the alto saxophone with expertise. They really worked hard throughout the year at tuning their instruments so they could play in perfect harmony. According to Dina, "The altos really stepped it up a notch this year."

Rhythm

Symphonic Winds

Symphonic (sim-foh-nik): of or pertaining to symphony or harmony of sounds. **Woodwind (wood-wind):** a musical wind instrument of the group comprising the flutes, clarinets, oboes, bassoons, and occasionally, the saxophones.

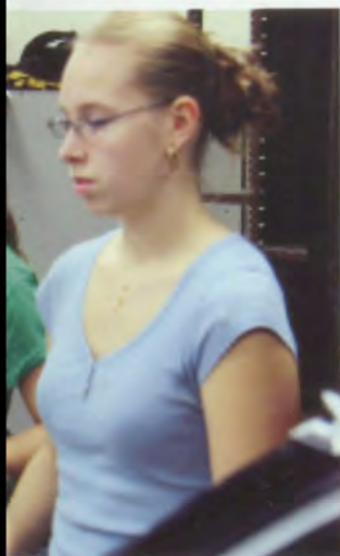
Anyone can put notes and rhythms together to create a song, but it takes hard work, extreme focus and strong dedication to make the music come alive for the audience. To be a member of Symphonic Winds, the top band at the high school, one has to exemplify these traits and many more. It is the only band that required its members to audition for a spot in the class, and the selection was highly competitive. Students had to prepare for their individual evaluation, and only the most prepared were selected. Throughout the year, these dedicated few practiced every day and participated in individual lessons as well. All this practice prepared them for performances and concerts they had during the year. "A goal this year during concerts was to play more confidently and in rhythm together. To create one voice and one melody," according to Tyler Firkus (11). Led by Mr. Richard Hahn, the conductor and director for well over twenty years, the class achieved this goal. "It is an incredible feeling to go out on stage in front of an audience and perform well," stated Jasmin Hanson (12). "It is always fun performing in front of a large audience," agreed Douglas Sewall (11). "It was great to experience the entire band come together as one." This unity exhibited by the members of this elite group is what truly makes this class unique.

—Benjamin Hoidal



Karrine Manning (10), Tracy Plautz (12) and Carlie Boudreau (11) set the pace for the entire band. "Percussion is where it's at! We are the heart of the band," exclaimed Plautz. The percussion section worked at keeping the rest of the band in rhythm all year.

Connor Florand (11) and Breanna Vondalinde (11) warm up before class. The band received about five minutes to warm up before starting each day. "I like to warm up louder than everyone else," acknowledged Florand.



Having a relaxed body is a key element to producing the best sound. As well as vocal warm ups, the choir does back rubs to help release tension. Lindsey Sieber (11) adds, "It's so nice waking up and first thing getting a massage. It even helps throughout the day, I love it!"



Perfection

"I only want one thing, and that's perfection. Do we ever get there? No." - Jim Lindstrom

Choir (kwi-ər)n. An organized group of singers.

Harmony, commitment, focus, dedication; these are all key elements to help develop a sound pleasing to the ear. "This year's choir was quite young, and had a lot of potential. It will only be as good as it wants to be," said director Jim Lindstrom.

For the first time, choir went from one and a half hours of rehearsal time, to just fifty minutes. This made it difficult to have as many concerts within the school year. In previous years, choir preformed an average of one concert a month, as well as various performances on certain holidays and special events. This year there were less, due to the rehearsal time being reduced by almost half. That didn't stop the choir from achieving musical excellence. "I actually think that having less rehearsal time gave the choir incentive to work harder. Just because we had less time in class didn't stop us from being as good as we had been in the past," commented senior Marie Harris.

For the first time, individual voice lessons were given throughout the day by Lindstrom, (pictured right.) Since it was just Concert and Treble choirs, he had extra time to teach students and get to know them on a more personal level. Students were required to sign up for at least two ten minute lessons per quarter, and recieved a purple pass to be excused from class. The lessons really helped the choir as a whole bring each musical piece to perfection.

The choir consisted of many newcomers, so Lindstrom went back to the basics and worked a lot on tone. As he has always said, "Tone is the alpha and omega of each rehearsal." The students were very familiar with this term and is something they strived for each day.

~Jessica Pimpo



This group of boys are proud to say that they are the official 'Men's Quartet'. They put forth extra effort by taking their personal time to rehearse separate musical pieces, apart from the choral music. Some of their music included a rendition of the Star Spangled Banner, and barber shop music.

Senior Samuel Kolbow commented, "I enjoy the technical aspect of the quartet singing, because you can hear the harmonies clearly." Another experienced senior, Adam Regnier said, "It's fun to perform with talented people."

From Left: Adam Regnier (12), Samuel Kolbow (12), Brett Howe (12), and Matthew Sprungel (11).





Talented director Jim Lindstrom, also known by students as "JL", gives his all to help the choir reach their fullest potential. This is Lindstrom's fortieth year teaching, and is extremely experienced in choral music. He tends to pick unique music with a large variety of languages. Some being, Zulu, Russian, Swedish, Italian, German and Swahili just to name a few.

"His music selection offers us more of a challenge, and he is always striving for us to be excellent," said Sabrina Baumgartner (12). There is something special about the choir room as well. Each year as seniors leave, they write a short note saying their good byes. Below is a portrait of JL himself, done by students in previous years.



Seniors Ten At

What will you miss most about choir?

"I'll miss JL's random comments and preparing for concerts two days in advance."
Kathleen Miron (12)



"I'll miss Lindstrom."
Johnathan Olson (12)



"I'm definitely going to miss Lindstrom's funny jokes."
Seth Bostrom (12)



Anne Brown (11) "Next year will be different without all the talented seniors. But like every year, we'll pull through and hopefully come out sounding beautiful!"



Concert Choir

Roster: C. Moore, J. Pimpo, A. Brown, L. Sieber, M. Harris, K. Miron, K. Gamelin, A. King, A. Hamner, S. Gonier, S. Dahlberg, S. MacAllister, M. Richie, K. Manning, K. Plaisance, J. Sarracco, S. Palmer, K. Shields, J. Wiggins, M. Casey, T. Vue, S. Baumgartner, K. Moore, G. Bunten, A. Valley, H. Witzel, K. Kirk, E. Krueger, L. Bjork, A. Schuhwerck, : G. Tamfu, A. Regnier, N. Jensen, D. Freund, S. Glewwe, T. Mansmith, T. Rothmeyer, J. Pitt, D. Massey, M. Kerrigan, D. Snider, J. Olson, M. Spräungel, B. Kohs, T. Vue, J. Lesnar, R. Brandt, B. Howe, B. Rudisill, D. Dewall, D. Enfield, C. Sommers, J. Joyer, S. Kolbow, S. Bostrom, B. Conley, I. Lexyold, B. Erickson, S. Krall, A. Gallo, K. Bruner, Z. Vidlund, X. You, D. Jones, J. Berken, M. Wohlberg, K. Darling, M. Detlefsen, T. Lund, A. Shimota, K. Xiong, J. Wright



What is your favorite piece of music you have ever played and why?



"Channel One Suite because it has a variety of styles."
- Joseph Spanjers (12)
Trombone



"Birdland because it is a really famous song."
- Scott Wambold (10)
Piano



"Sing Sing Sing because it is really loud!"
- Dylan Sperry (11)
Trumpet

Joshua Bergan (10) loosens up after the formal Symphonic Winds concert by ditching his bow-tie for a more jazzy look. "I really enjoy Jazz Band because of the music that we play and the people that I get to spend time with," commented Bergan. The Jazz Band often entertained the audience during the concessions after the concerts.

"It's a great way to start the day!" exclaimed Derek Sandkamp (12), a zero hour student. He played some unifying beats on the drum set during a late night concert for the intently listening audience in the cafeteria.



Zero Hour Jazz Band

J. Albee, J. Bergan, R. Brown, B. Coley, T. Eckdahl, C. Hansen, J. Hillyard, D. Ison, B. Kimbel, D. La Fontsee, J. Lepisto, B. Lunn, J. Matheson, L. Pelton, R. Piersdorf, K. Plautz, D. Sandkamp, J. Shields, J. Spanjers, D. Sperry, B. Vos, S. Wambold



Third Hour Jazz Band

J. Bergan, C. Boland, S. Chester, D. Ison, C. Kibbel, B. Lunn, J. Matheson, M. Biondo, B. Bogenrief, B. Buse, J. Drewlo, N. Green, D. La Fontsee, D. Sperry, D. Stace, B. Vos, B. Coley, D. Goodale, C. Pagnac, R. Piersdorf, T. Plautz, D. Sandkamp, S. Wambold





Carl Boland (10) concentrates on the piece of music in front of him while practicing during third hour. "My favorite part is sight reading the music," Boland stated. Third hour jazz was added to the opportunities in the music department as a result of the schedule change to five periods.

Jazzin' It Up

Defining Style

Jazz (jaz) n. a band specializing in a style of music with syncopated rhythm, polyphonic ensemble playing, and improvisations; consisting typically of trumpets, trombones, clarinets, saxophones, pianos, a double bass, and percussion

Being involved in the Jazz Band allowed students to broaden their musical selection into the unique style known as jazz. The Jazz Band was a more laid back approach to music, with the students often picking which song they wanted to play next at the concerts, but never losing the attention to perfection. This year, the Jazz Band program added to their options for students. Not only is there a Jazz Band that met during zero hour, which started at seven o'clock in the morning three days a week, but also an opportunity to take the class during third hour. This allowed students with varying schedules to have the opportunity to participate. Although the two groups practiced separately each day, they came together on a few occasions for performances. "Everyone simply came together and the kinks were worked out," remarked Jacob Lepisto (12). The success of this integration came from many long hours of practice, student's willingness to work together, and the leadership of their conductor, Andrew Merrier.

~Kim Pagel



Saxophone and trombone students Brian Coley (12), Danielle Goodale (12), Ben Buse (11), and Corey Kibbel (10) diligently play during class to practice for their upcoming concert. "I like third hour because I am the only girl and it is fun to listen to all the boy's stupid remarks!" exclaimed Goodale.

Trombone and saxophone musicians play in the cafeteria. "Jazz Band is fun because we get to play a lot of different styles of music," explained David Stace (11), a trumpet player in the band. The students perform at a variety of concerts throughout the school year.



Courtney Betsch (10) concentrates on the difficult piece of music in front of her. Betsch explained, "I work hard and practice a lot because it's a lot more fun when you know what you're playing." The practice paid off because they had an excellent concert.



Classical

String Orchestra

String Orchestra: /string awr-kuh-struh/ n. an ensemble only consisting of stringed instruments

The orchestra program has been growing rapidly the last few years. Most of the students started as sixth graders, but in the past, as they get older, the students tended to quit. Recently, more students have been sticking with the program. This year there were thirty students in the String Orchestra alone. Mr. David Livermore says, "We have a growing program and besides that, our skills are getting better each year, too."

This was the first year that the class was only fifty minutes long. This time period restricted the group from playing their usual amount of music. The schedule change was also a great opportunity because the students got to participate in private lessons given by Livermore. The students are required to take five lessons each semester. These lessons are only about ten to fifteen minutes long and take place throughout the day. During the lessons the students were instructed one on one. "It has really helped the ability of this group," Livermore explained.

All of the members really enjoyed participating in the class. "It is a very stress free class to be a part of. It is really neat to hear all the different parts come together to make a great sound," Ashleigh Matheson (11) shared. The musicians had five successful concerts. They also participated in a solo and ensemble contest, making our school proud.

~Kathleen Dunsmore



Alexandra Neuman (10) is playing with her stand partner Gaonouchy Yang (11). All year they learned how to play next to each other. "I really enjoy the fast music. It hypes me up!" Neuman said.

Natalie Hoidal (10) stands up to take a break from a serious rehearsal. When Hoidal was in 6th grade she had the choice to pick what instrument she wanted to play. "I wanted to play the cello because I didn't like the viola," Hoidal shared.





Samantha Moe (10) and Ashleigh Matheson (11) are playing at the first concert of the year, the All District Concert. It consisted of all orchestra players grades 6-12. "I really enjoy the music we play, Mr. Livermore, and my stand partner," Moe shared.

Justin Drewlo (11) and Cole Renard (10) are the only bass players in String Orchestra. "I like the dramatic music we play," Drewlo commented. It is Renard's first year at the high school and he says, "It is a lot more fun here because we have more challenging music."



What is your favorite type of music to play and why?

"I like playing fiddle music because it's fast and fun to play, but still challenging"
-Allison Mangen (12)



"Classical, because I love how it flows and the sound of the piece"
-Cassandra Foster (12)



"Irish music, preferably Irish Jigs, because they are a lot of fun to play."
-Sean Peirson (12)



Steven Pignato (10) is working really hard to get the fingering right on his favorite piece of music, Rhosymedre. "I'm really glad to be taking orchestra and am happy to continue in it," Pignato explained. He plans to participate in orchestra through his senior year.



String Orchestra

F. Dean, E. Erickson, N. Hoidal, R. Hoppe, R. McCormick, S. Moe, A. Neuman, E. Newman, S. Pignato, C. Renard, J. Stendahl, G. Temte, K. Thielke, S. Vue, H. Westphal, J. Drewlo, V. Krawiec, A. Matheson, G. Yang, C. Foster, L. Lundgren, A. Mangen, S. Nase, S. Peirson, H. Smith, J. Zidar, M. Benesch, C. Betsch, B. Brown.

If you could play a piece of music from any era, what would it be? Why?



"The 80s, Because it was a really good time for music."
-Caleb Peters (10)



"The Swing dancing era, because it's fast and fun to play."
-Kelsey Jaeb (11)



"The 20's, because of the way that it's played, slow and elegant."
-Shelby Olson (11)

Nicole Olson (10) and Allyson Dreher (10) warm their clarinets up together before class starts. The two enjoyed playing next to each other as well as many other friends. "My favorite part of band is playing with all of my friends," stated Dreher.

Once students practice for weeks, concert band hits the stage and performs a dress rehearsal for their upcoming concert. Adrian Cook (10) performs his best in the auditorium while playing his clarinet. "I like to perform new music, and hearing it played for the first time," noted Cook as he tunes up his clarinet.

While concentrating on the notes and focusing on the conductor, Charles Plante (10) and John Ion (10) play side by side while practicing. Their ability and talent to play trombone are put forth in class practice, concerts and group work. "Performing is best, we work hard for a couple months, then we get to perform," explained Plante.



Symphonic Winds

C. Boleen, R. Brown, A. Cook, D. Copek, J. Cusick, D. Devange, A. Dreher, T. Eckdahl, B. Falkosky, T. Fedje, C. Hansen, M. Haug, K. Hodges, J. Ion, D. Ison, K. Johnson, B. Lunn, S. Mackiewicz, P. Malinskiy, C. Mcgee, K. Nelson, N. Olsen, C. Peters, C. Plante, M. Schingen, A. Stroeing, L. Taylor, S. Ulrich, S. Wambold, B. Woehl, R. Egelkraut, H. Hughes, S. Hughes, K. Jaeb, A. Kriz, K. Lindquist, S. Olson, K. Royce, T. Salverda, J. Shipley, K. Dick, A. Edwards, N. Harvey, S. Rüdissill, T. Woxland.





The snare drum is just one of the many instruments played in the percussion section. Throughout the year, Ben Lunn (10) plays a number of instruments in the percussion category. "You can play many different instruments, and I like them all," expressed Lunn. His hard work and precision gives the entire band a beat.

Precision

Concert Band

Concert Band: (kunn-surt-band) A concert band, also called wind band, symphonic band, symphonic winds, wind orchestra, wind symphony, or wind ensemble, is a performing ensemble consisting of several members of the woodwind, brass and percussion instrument families.

Past all the notes on the sheets of music, all the long hours of practicing to perfection, and all the lessons on how to become a better player, students in concert band define their true passion for playing music. Whether it's the woodwinds, brass, or the percussion instruments being played; each individual shines and puts forth their talent and hard work to create a strong sense of unity within the band. Along with hard work and precision, students also enjoy coming to class each day of the year.

After hours of repeating music and practicing, the group performed their best throughout the year in front of parents, peers and others in the community. "I like performing in front of all the people, I enjoy making people happy with music," stated John Ion (10). While performing, Concert Band puts forth a sense of energy and unity on the stage which in turn creates a mind blowing experience for the audience.

Throughout the entire year, conductors and band members worked together with patience and determination to create an overwhelmingly productive experience. By listening and watching Concert Band, one can realize how significant each and every student is to its success.

~Shaylene Wodaszewski



Tenor saxophone player, Kelsea Lindquist (11) enjoys playing in concert band. "Band is a long standing tradition in my family and it has a strong value in my life," voiced Lindquist. Along with her enthusiasm, the other band members share the same passion.

Playing the xylophone, Scott Wambold (10) also focuses his attention to the conductor making sure he is on beat. "I enjoy playing all of the mallet instruments in percussion, especially xylophone," expressed Wambold.



"Lindstrom kicks chairs when he wants something done right," Amanda Owens (10) laughed, "He is a fun director." Owens, along with Kelsey Lobermeier (10) and Makayla Brahs (11) worked hard in the Alto section to perfect their part.



Unison

Treble Choir

Treble Choir: (treb-ill-ewir) n. The highest of the four principal parts in a band or organized company of singers; 2. The part usually sung by women in a group of musicians, especially one performing for an audience.

Hard work, dedication, focus, and a little bit of vocal projection. These are the main components of the Forest Lake Treble Choir. "They work hard, and strive to have good work ethic," Director James Lindstrom said proudly.

The choir, made up of all women, participated in many contests and performances throughout the year, starting in the fall, with a Treble Choir Festival held in North Branch, and ending the year with the annual Pops Concert at the high school. In between, the choir had many successes and accomplishments. During the winter holiday season, the girls sang Christmas carols at many different places throughout the community. "We sang for The Forest Lake Chamber of Commerce, The Retired Educators Association, and at a Volunteer Appreciation Night for Volunteers at the Fairview Hospital in Wyoming," Mr. Lindstrom explained. The choir competed in many contests throughout the year as well, including a Treble Choir Festival, Solo/Ensemble Contest, and the State/Region Large Group Contest.

Throughout every performance, their hard work, determination, and musical talent shone forth, creating an overall success.

~Alexandra King



Along with the rest of the choir, Samantha Vang (10) comes to choir every day, ready to sing. "I'm not sure what my favorite part about treble choir is. I just really like to sing. It's a passion," Vang explained.

"I think the treble choir this year has as much potential as any treble choir I have directed since I began teaching," Director James Lindstrom commented. The choir rehearsed for fifty minutes, every day of the week, all year long.





"You have got to work hard if you want to be in this choir," Stephanie Siedow (12) explained. "The seniors are really trying to crack down on the juniors and sophomores, so we can really take it seriously and be good this year." Siedow, along with Michelle Lund (10) follow along with warm ups, to start out the hour.

During the first part of the class, the choir sang many different short songs to warm up their vocal chords. "Warm ups help a lot, because it makes it so we are ready to sing," Chelsey Gunderson (10) said. Vanessa Agnes (10), Kirsten Zidon (10), Aubree Ronchak (10) along with Gunderson participate in the warm up song "I Love To Sing Low."



What is your most anticipated performance?

"I am part of a quintet, and we'll be competing in the SEC contest. It is the first time I have ever done something like that, and I'm really excited!"

-Vanessa Agnes (10)



"The spring contest we compete in. It is fun to see how good the choirs from different schools are."

Ashley Nelson (11)



"The competition at North Branch. There are about six different choirs that all compete there. It is a lot of fun."

Ashley Lancaster (12)



"If you have a good attitude, Treble Choir is a lot of fun!" Ashlie Sundstrom (12) exclaimed. "And then Lindstrom isn't mad at you." Sundstrom, with Michelle Gonier (12) and Makayla Brahs (11), sing Soprano 2 in the choir.



Treble Choir.

Roster: V. Agnes, M. Deneen, C. Gunderson, M. Ireland, K. Lobermeier, M. Lund, A. Martin, A. Owens, C. Raatz, A. Ronchak, M. Seim, S. Smith, B. Vanelsberg, S. Vang, J. Vinar, K. Zidon, S. Benson, G. Blanchette, M. Brahs, K. Landry, C. Malmsted, G. Nally, A. Nelson, L. Peterson, B. Phipps, S. Branum, A. Dahlberg, M. Gonier, A. Lancaster, C. Matti, S. Siedow, A. Sundstrom, K. Werness, K. Her.

2008-2009



"My favorite part about yearbook was interviewing students that I didn't know very well and meeting new students," explained Alyssa Dunrud (12).



"Something I learned about yearbook was that it is not as easy as you think to multi-task," explained Alexandra King (12).



"I would have to say the hardest part of being in yearbook would be going around the school and finding students that were willing to answer questions," explained Christina Wittnebel (12).

Checking for errors... Taylor Gemeiner (12), Camille Solheid (12), Ashley Barna (12), and Austin Perrin (12) worked on their computers, editing their pages.

Making their hands hurt from typing so much, Jennifer Vilgos (12) and Anna Kriz (12) put their finishing touches on their pages. The entire staff went through many drafts to complete their pages to meet deadlines, it needs to be perfect.

The Forester Staff celebrates the holidays at Applebees Restaurant. After every deadline they would have deadline parties either ordering food or going out for lunch on special occasions. "It is nice to have deadlines so we can get a head start on our other pages," explained Molly Baatz (12).



Forester Yearbook

Front Row: N. Moua, K. Bryant, K. Dunsmore Row 2: B. Hoidal, A. King, S. Wodaszewski, M. Baatz, J. Novtny, A. Dunrud, K. Pagel, A. Kriz. Row 3: A. Perrin, C. Wittnebel, R. Wittnebel, K. Chassion, B. Kosman, C. Solheid, A. Barna, T. Gemeiner, J. Pimpo, S. Palmer, J. Vilgos, K. Groeneweg





Checking over proofs, Jenna Novotny (11), Kayla Chiasson (12) and Brea Kosman (12) go over their work, double checking for students names to be spelled correctly. They work as a team, looking for errors that they may have overlooked before.

Defining the Moments

Forester Yearbook:

...a school publication that is compiled usually by a graduating class and that serves as a record of the year's activities.

Receiving a yearbook is one of the things that many students look forward to as the year comes to an end. The book contains memories and events that have happened throughout the year.

This year, the book defines the youngest to the oldest and everything in between. Without meeting over the summer, the staff had to design the cover and the theme at the beginning of the school year, which was not an easy task.

The Forester Yearbook Staff decided to have the theme be defining what happens at Forest Lake High School. "The theme went well throughout the book because it really told students what high school means," explained Nhia Moua (12).

During the year, the staff met fourth hour everyday to create the pages which you are now viewing. Making a book over 248 pages does not happen over night. They spent endless hours designing pages, interviewing students and staff, and gathering information to meet deadlines every quarter.

The staff had many challenges, but "that didn't stop them from working hard to get the deadlines in on time. Without the entire class helping each other we couldn't have done it," explained Kayla Chiasson (12).

~Rachael Wittnebel



Benjamin Hoidal (12) asks two other staff members, Kaitlyn Bryant (12) and Kathleen Dunsmore (12), for some feedback on what to change on his page.

Working away on their computers Kaitlin Groeneweg (12), Sara Palmer (12), Jessica Pimpo (12), and Rachael Wittnebel (12) go over their work from previous pages to check for errors.



Elizabeth Brown (12) works hard on her page for the Breeze, as the deadline comes to the end. Throughout the year, Brown showed improvements on all her work. She contributed great ideas to the class and wrote great articles.



The Forest Breeze

Defining the News

a newspaper (news pa per) that is printed and distributed usually daily or weekly that contains news, articles, opinion, features, and advertising

The Breeze incorporates school news, events, and activities. The paper is put together by fourteen journalism students. They put hours into researching and writing articles to make the newspaper the best and most informative for the student body. The students worked extremely hard to create new ideas that students have not read before, providing a full range of articles.

The class was not just about writing articles: it was also about designing pages, interviewing skills and working hard to meet all deadlines. Articles were written out, peer edited, then sent to the press to get published. Throughout the class, new article ideas as well as new layout skills were learned, when they fully designed pages with photographs and clip art.

As students learned more about writing and meeting deadlines, the class also helped each other out when needed.

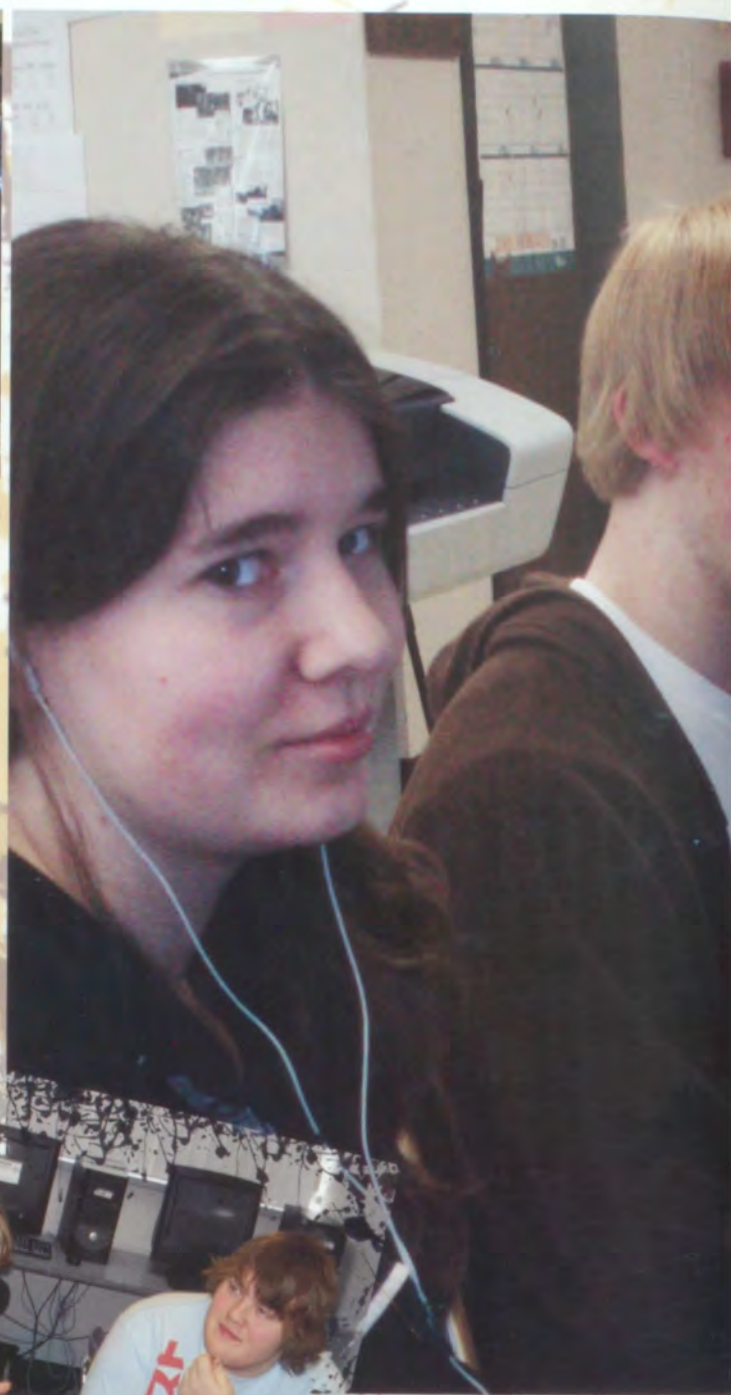
Publishing a newspaper can take a lot of time to complete, but the Journalism class worked extremely hard to distribute the Breeze out to students every month.

~Christina Wittnebel.



Charles Nelson (12) and Daniel Lindahl (12) brain storm new subjects to write about for the next edition. As Nelson and Lindahl came up with a list of subjects, they shared and discussed with the class what their ideas were for the newspaper.

Before publishing, it is very important to edit every page, checking for spelling errors, capitalization and grammar. Megan Daly (10) and Cassidy Zebro (10) take their time editing. It's important to find even the small typing errors.





The students work very hard scrambling to meet all their deadlines. As they all worked hours on creating this newspaper, they all worked hard as a team to make it a whole.

Krysta Nelson (12) reading through the newly printed newspaper, sees that many of her classmates really put a lot of time and effort into interviewing people. She learned about many student's hobbies and Christmas wishes for 2008.



What we all may not know...

"The best part about being a part of the Forest Breeze was getting involved in new school events, and getting to know about new things before other students did", stated Elizabeth Brown (12).



Eric Snidarich (11) said, "The hardest part about making the Breeze was finding students and staff and setting up interview questions that fit into their schedules."



From making the Breeze we all learned how to write a newspaper for younger people, and learned how to come up with a design on the computer that will fit everything, stated Kyle Arbuckle (11).



Miss. LeYake suggested a new way of designing the page to Dennis Sprute (12), so that more articles and photos would fit. In revising rough drafts, it was always helpful getting feedback from peers.



The Breeze
K. Arbuckle, C. Zebro, K. Nelson, K. Johnson, C. Nelson, D. Lindahl, D. Sprute, E. Brown, M. Daly, J. McDowell, E. Snidarich, K. O'Brien

What is your favorite FFA event throughout the year?



"Open house, because it's a chance to really showcase FFA"

-Katie Miron (12)



"National Convention, because you get St. Elmo."

-Logan Romines (11)



"Chapter Camp, because this year the girls' tents blew down and ours stayed up."

-Ryan Rehbein (10)

Erin Daninger (11) gave a speech she wrote at the Veterans Day Program this year. The whole school attended the program, and it was a great way for students to show their appreciation for the veterans. "It was great to see students honoring our veterans and showing such incredible patriotism," Erin said proudly.

Carter Lee (11), and Daniel Lawrence (12) get the job of driving the tractor at Bender's Tree Farm during Christmas Tree Sales. Every year, the group sells Christmas trees during the holiday.



Alexander Ginis (11), Sarah Williamson (11), and Stephanie Siedow (12) spin cotton candy during lunches on Homecoming this year. "The cotton candy gets everywhere! By the time you are done making it, your entire sleeve is full of it!" Williamson exclaimed.



FFA Roster:

A. Allen, J. Anderson, E. Bergerson, L. Bernier, K. Boicourt, S. Branum, A. Bryant, M. Capra, K. Carlson, E. Daninger, M. Daninger, N. Daninger, J. Dunaway, J. Duraine, J. Elsenpeter, K. Erickson, L. Estes, A. Ginis, L. Granlund, J. Guenther, A. Hansen, H. Jacobson, J. Jacobson, T. Jeans, C. Johnson, C. Johnson, N. Johnson, S. Jones, J. Joyer, N. Keller, A. King, K. Kohnen, K. Lalla, N. L'Allier, S. Langstrom, D. Lawrence, C. Lee, A. Lepisto, S. Lo, A. Lund, R. Mattison, C. McCullough, V. Melcher, L. Mehla, A. Miron, C. Miron, K. Miron, A. Murdock, C. Muscha, K. Nelson, R. Nelson, K. Nenn, J. Niemczek, J. Niemczek, K. Nolden, M. Olson, C. Pepin, T. Peterson, K. Plautz, J. Ramberg, M. Reed, R. Rehbein, L. Romines, A. Rossman, B. Rudisill, D. Schuna, B. Schults, B. Smith, S. Solheid, K. Steger, J. Steinberg, T. Sullivan, M. Swenson, E. Taylor, J. Tornai, M. Valento, C. Vining, T. Vuic, M. Weidemann, J. Wieland, S. Williamson, K. Wurzer, E. Yeermans





Krysta Nelson (12), Bailey Schwartz (11), Sarah Williamson (11), Chloe Miron (11) and Kayla Erickson (11) group together for picture at National FFA Convention. "Indiana was an amazing experience, we really bonded as a group and connected with other FFA members. I also learned a lot and finalized my career goal," Nelson commented.

Dedication

FFA

FFA: n. An organization that makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

From taking a trip to the State Capitol on FFA Day On The Hill, to working the Children's Barnyard at the Washington County Fair, FFA is an extremely diverse organization that includes everyone, not just the "farm kids".

The Forest Lake FFA chapter was chartered in 1937, and has been going strong ever since. The members of FFA benefit from many different programs and activities. These included selling Christmas trees during the holiday season, competing in competitions all over the state, and even traveling to Indianapolis for National FFA Convention.

FFA members are working constantly to develop their leadership skills, career success, and personal growth and development. "FFA is a family. Everyone takes care of each other," Sarah Williamson (11) said about FFA.

FFA members throughout the high school feel the same. Through their journeys in FFA, members have been truly influenced and supported in all they have done. FFA has shaped and molded every person in it, into who they are today.

~Alexandra King



Krysta Nelson (12) and Jennifer Eisenpeter (12) were busy in the store room sorting and packing food items that had been collected throughout the week. "I really enjoyed doing it because I knew I was helping people in need," Eisenpeter said.



Andrew Miron lets a little girl pet a sheep at the FFA Children's Barnyard during the Washington County Fair. "It's nice for the kids who don't get to be around animals ever, to get a chance to see, and even hold them there," Miron said.

Time Consuming

INTRICATE

Experience

FFA

TEAMWORK

Teams

ACTIVITIES

Improvement

INTERNATIONAL

OPTIMISTIC

COMPETITIVE

Challenge

FREE

Environmental

Student Council

EXPRESSION

ART

Speech

Debate

Club

Educational

DECA

Ac•ti•v•i•ties (æ k ti vī tis)

1. The state of being active; the exertion of energy, action. 2. The state or quality of being abundantly active; brisk or vigorous action; energy, diligence, nimbleness, liveliness.

Defining our Time



Camping at Maplewood State Park is just one of the many activities that FFA organizes throughout the year. "It started off at the Maplewood State Park and ended up at the Days Inn," Tiffany Vue (12) explained, as she remembered her rained out camping trip. "I'll never forget that camping experience."

It's A Privilege To Pee...



"I am just going to miss doing the show in general. It's was such a crazy, fun and different production. It was like nothing I have ever done before!"

Joe Joyer (10)



"I am going to miss the seniors, A LOT, because I have made some really good friendships with them."

Bailey Parenteau (11)



"It's going to be hard to leave this, because theatre is such a huge part of my life. You spend so much time with these people, you become family. You see each other at their best and worst."

Sara Palmer (12)

Theatre (thē-ət-ər) n.
Dramatic representation as an art.

It was a defining year for cast and crew as they realized this was their chance to show the community their talent. As familiar faces left the stage, new players enter and the theatrical family that formed was one that can never be duplicated. The community learned--not to DEFINE a show by its title. The students learned that everyone is equal no matter your social or economic status and everyone can make a difference. Urinetown had a hard time getting a good reputation, but in the end it shattered the

people's preconceived notions. It is talent, hard work, and that "wow" factor that make good theatre, not the title. The chemistry this theatre family had cultivated in rehearsal came out onstage, and the community learned that though Urinetown may have sounded like a show that wasn't worth seeing, these dedicated thespians meant business. Urinetown helped to make the program the definition of good theatre--never letting the audience know what to expect.

~Sara Palmer



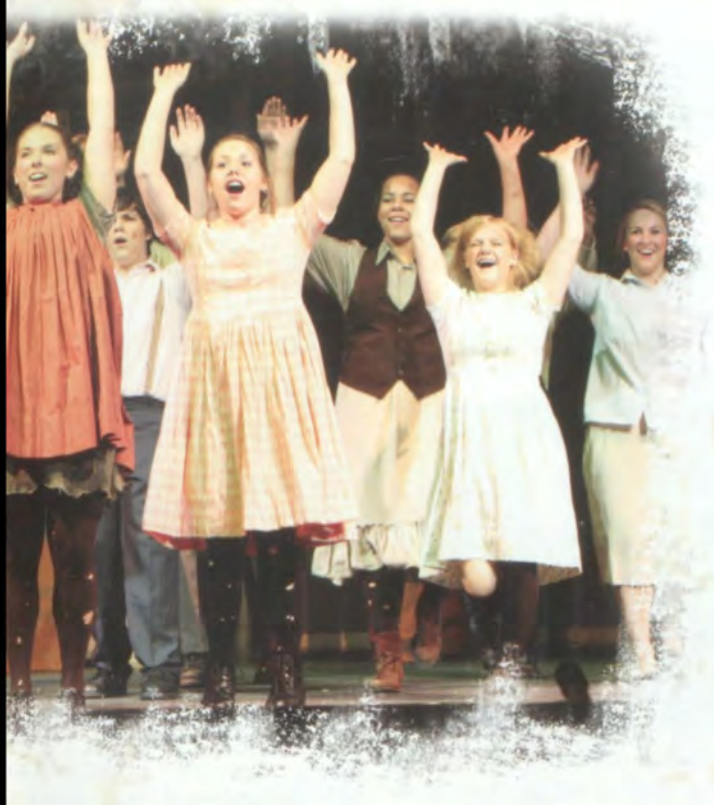
A physically and emotionally tied Jessica Pimpo (12) watches as the rebels joyously plot to kill her in the audience favorite "Snuff That Girl!" The song included "Stomp-like" choreography with plenty of entertaining details, both visually and audibly.

After a long week filled with homework, rehearsals and performances the group liked to unwind at a cast or crew members house after their weekend shows. "I would like to say something funny about cast parties, but it would probably be inappropriate," joked Derek Waller (11) about the strong and longheld traditions of the post show rendezvous.



Urinetown Fact Box

- | | | |
|----------------------------------|--|--------------------------|
| - 26 Cast Members | - 1200 tickets sold | - 70 tech hours |
| - 17 songs | - 8 mics used | - 104 rehearsal hours |
| - 670 seats in the auditorium | - 4 cast parties | - 10 choreographed songs |
| - 8 weeks of practice | - 2 bottles of Febreze used | - 119 light cues |
| - 6 performances | - 5 costumes borrowed from the Guthrie | |
| - 60 batteries used for headsets | | |



The energetic cast, was all smiles as they sang and danced their way through the crowd pleasing, "Run Freedom Run!" "It was one of my favorite songs to perform, exclaims Stephanie Williams (12) it was so much fun bringing all that energy to the audience, and I always got that song stuck in my head!"

An angry Joseph Spanjers (12) teaches his workers about the importance of being on top. "Joe was so intense during the "Don't be the Bunny" scene. It kind of scared me even though I know he isn't that way in real life, he's just so good at playing that part!" recalls Esther Jandrich (11)



Ahren Schuhwreck and Nicholas Jensen (10) and Esther Jandrich (11) hope they've got enough to go because they know, nobody gets in for FREE! "I think Ben makes a really great leader, but I'm terrified of Kristine," dishes Jensen.



Joseph Spanjers and Adam Regnier (12) work together once again onstage. "Working with Adam has been a great experience. We always come up with something crazy to do, and enjoy creating brand new warm ups to bring to energy circle," Says Spanjers.



"I loved playing the part of Pennywise. It was so different than the roles that I have played before. At first it was a little challenging, but it was fun to make some of those faces! It's not like anything I would do in real life!" shares junior Kristine Shields.



Cast and Crew:

Front Row: David Moe, Eve Yang, Sara Palmer, Danielle Arvin, Kaitlin Groeneweg, Ian Lexvold, Richard Ziegler. Row 2: Stephanie Williams, BreElle Erickson, Kristine Shields, Amber Tolrud, Anne Brown, Derik Iverson, Vanessa Agnes, Chloe Miron, Nicholas Jensen, Danielle Snider, Joseph Joyer. Row 3: Gweir Glewwe, Lucas Kaeding, Kathryn Plaisance, Laura Lundstrom, Esther Jandrich, Bailey Parenteau. Row 4: Derek Waller, Jessica Pimpo, Benjamin Tolzmann, Adam Regnier, Joseph Spanjers, Benjamin Vos, Jacob Stendahl, Sarina Hannon, Ahren Shewwreck.

"While the audience enjoys the show from the house, they never know about all the fun antics that go on backstage by cast and crew alike. Those will be the experiences I will never forget!"

Kaitlin Groeneweg (12)



As they listen intently to one another's hearts, seniors Ben Tolzmann and Jessica Pimpo share a heartfelt moment onstage, during the song "Follow Your Heart." "Jessica is an extremely talented actress and an above average kisser" exclaims Ben Tolzmann (12).

"Mind-blowing. It will blow your mind," comments Derik Iverson (12) on the unusual and unique script. Below Jake Stendahl (10) and Iverson step outside the box, and get in touch with their ultra feminine alter-egos."

One Act Play

One odd play....

One Act Play (wEn/akt/plA) a type of play, typically short, not broken up into acts. What do pickles, priests and high school students have in common? All were a part of this year's One Act play, "The Hole" directed by Jill Birk. The script stretched the minds and imaginations of actors and audiences alike. "The best way I can describe the plot of this show is that it is an absurd comedy about the hijinks of a group of very unique characters, as they look into a manhole and see lots of interesting things," states Birk. A group of nine talented students worked daily for five weeks to bring this unusual script to life. This year they were given the challenge of working on a show with so much artistic freedom.

"I think that developing the characters and their relationships to one another was probably the hardest part of the process," recalls Birk. Luckily the cast and crew were able to spend much of their time together, further developing their bond. The group performed three times before taking their final bow, including an overnight trip to Duluth to compete in the subsection tournament. "I am very proud of the show we put on this year, everyone worked very hard and became a family that never judged each other, no matter how crazy our experimenting got," remarks Birk. Hard work, a tight knit group and a strange and unexpected show helped to make this one act, one to remember.

~Sara Palmer



Row One: Sara Palmer, Derik Iverson. Row Two: Bre'Elle Erickson, Jacob Stendahl. Row Three: Richard Ziegler, Gweir Glewwe, Derek Waller, Benjamin Tolzmann. Not pictured: Jill Birk (Director)

"I think that my favorite memory of the show this year, was our first read through when we all realized what a crazy, messed up challenge we had all taken on."
-Ben Tolzmann (12)



Here the cast and crew take a moment at the end of a busy weekend to attempt to capture the unity that was formed during the run of the show. "I love them all! Love just streams from our fingertips," stated Bre'Elle Erickson (12).

"My favorite memory was when Sara said Awkwardo and then it all began!"
-Jake Stendahl (10)



Gilbert Tamfu patiently waits for the awards ceremony to begin. "Awards were always really fun and exciting. I never got nervous about winning though, because it was so much fun!" recalls Tamfu (11).



Off to compete is junior, Vanessa Melcher. "My favorite part of the competitive season is meeting new people at the competitions," exclaims Melcher. At some tournaments there can be as many as 1200 participants!



The students gathered for a group picture at the Radison Hotel and Conference Center in Plymouth, Minnesota. They were there for a full day of competing at their District Level.



Here, some of the team gets together for a picture while waiting for awards to be handed out. "I've had a lot of fun with it, and I am really glad that I could get involved," said an enthusiastic Brittany Radden (12).

"I should have one this for sure! The other guy was swallowing his marshmallows!" claims Joseph Russell (12). The chubby-bunny contest was a highlight of the tournament and a great way to take a break for some comic relief.



DECA

Getting down to Business

Business (biz-nEs) a usually commercial or mercantile activity engaged in as a means of livelihood.

With the incredibly disheartening economy, it is a good thing we have our very talented DECA students, learning and growing in the ever changing world of business. DECA is a group of highly dedicated high school students who solve the problems of our business world and prepare themselves for competitive careers. "It's a really great experience that I can use for the rest of my life," commented Brittany Radden (12). DECA brings all sorts of high school students together with the common goal to further their knowledge and experience in

business situations. "DECA gives you the experience needed to compete and challenge yourself against other students in today's ever changing market. Students gain the knowledge needed through role playing, interviewing, networking and presenting themselves professionally to future employers," says Coach Jamie Bullock. This year the team had an outstanding season with six students qualify for the State Career Development Conference and had four students place in the top ten to secure a place in the state tournament in March.

~Sara Palmer

Speech

All the Right Words

Speech: (spEch) n.

A form of communication in spoken language, made by a speaker before an audience for a given purpose thus expressing ideas and thoughts.

Imagine walking into a building to find yourself surrounded by hundreds of high school students from all around the state dressed up in suits and clicking around in high heels. You get a little closer and hear many of them saying things like "break," "rounds" and "draws" in a context that you've never heard spoken before. Even stranger than that, you hear people saying tongue-twisters to themselves and speaking to the walls throughout the hallways. It may sound like an imaginary place, but this scenario actually occurred almost every Saturday during the winter months. This place is a Speech Tournament, where over 25 dedicated Forest Lake students and their coaches traveled to compete. Even the 6:00 am weekend wakeup call couldn't phase these devoted members, who smiled and laughed their way through the down-time that they had throughout the day.

The dedication of these members wasn't just the weekend tournaments though. Every week they had two practices with their coach, a captain's practice and a full-team meeting. And of course all of this was on

top of at-home practice time that it took to memorize and perfect their pieces. "You have to be committed, because if you slack off you'll be overwhelmed by all of the tough competition when you get the tournaments," explained Eve Yang (11). Many of the members also compete in multiple categories which are divided up into two groups. Public Address speeches include everything from Discussion, where the competitor works together with members of other teams to solve a task, to Informative Speaking

where the student informs the audience on a subject of interest. The other group consists of Interpretation Categories which include speeches like Humorous, Storytelling, and Creative Expression, where the speaker gets to perform their own material.

The speech team isn't just all work though; the team also had a lot of fun together. The group also participates in the Duluth-Denfeld tournament, where they leave school early on Friday and stay overnight.

"Speech allows you to compete on an individual level, but still do fun things together as a team," Derek Waller (11) explained about the team dynamics. All of the hard work and dedication paid off this year, the team did very well at all of their tournaments. The Speech Team has had a long history of success, and with a large and talented group of underclassmen this year, their future still looks bright.

~Kaitlin Groeneweg

"Speech is the beginning of great comedians and actors; the future stars of our entertainment."
Stephanie Williams (12)



Laura Lundstrom (11) and Stacy MacAllister (12) give each other a play-by-play of how each performed during the day. "The best part is when you're standing on stage with the other finalists waiting to see where you ranked. It's nerve racking, but thrilling," explained Lundstrom. The two both spoke very well, and MacAllister would end up taking 5th place in the honor finals of the Great Speeches category.



Matthew Eckholm (11) and Gweir Glewwe (11) stand proud during the awards ceremony at the Duluth-Denfeld tournament. "Duluth is my favorite tournament of the year" stated Eckholm, "We get to stay in an awesome hotel!"

"Speech takes a lot of hard work and dedication, but there is a lot of personal satisfaction when you know you did a good job," said Vanessa Agnes (10) about the activity. Here, she waits to hear what place she would take in Poetry at the Eden Prairie tournament.





Team members Bailey Parenteau (11), Mallory Baker(11), Nick Bergantine (11), and Gweir Glewwe along with Kyle McCleary (10) discuss the finer points in life as they wait for the awards ceremony to begin. The team did very well at the tournament with many of the members giving their best speeches to date.

Captain Bailey
Kimbel (12)



Kimbel looks on as some of her Poetry-speaking teammates stand for awards. "It's worth getting up at 5 am on a Saturday for," she joked, "but it's a lot of fun and a very rewarding experience."

Captain Joseph
Spanjers (12)



Spanjers receives a trophy for his First Place finish in Original Oratory. "The relationships you develop with the teammates and coaches during the season are great," he explained.

Captain Kathryn
Haglin (12)



Haglin lines up to see which place she took in Discussion. She took 1st place that week at Eden Prairie. "I love the tournaments on Saturdays and getting to hang out with the team," she said.



Speech

Front Row: S. MacAllister, N. Hoidal, B. Parenteau, L. Lundstrom, A. Brown, S. Williams, B. Kimbel, S. Hannon. Row 2: M. Baker, V. Agnes, G. Glewwe, K. Haglin, J. Spanjers, J. Stendahl. Row 3: K. McCleary, N. Bergantine, S. Kolbow, B. Howe, D. Waller, M. Brown, M. Eckholm
Not Pictured: B. Falkosky, L. Pelton, E. Yang, A. Forsman



Bailey Parenteau (11) waits to hear what place she took in Storytelling at the R.C. Streater Forest Lake Tournament. The tournament is named after the founder of the Forest Lake Speech program. "Tournament days are very long, so by the end you're completely exhausted," explained Parenteau, "but awards make it all worth while - especially if you place!"



Captain Jeremy Weed (12)

"Having an odd number of public forum speakers, made it difficult to practice with partners. I was often kind of just passed around, working with nearly everyone."



Captain Jordan Hedlund (12)

"My last year went great and I hope our team continues to grow. Madson rocks!"



Captain Kathryn Haglin (12)

"Debate made me a much more critical thinker and a better speaker. It also makes writing papers MUCH easier!"

Debate

Defining Argumentation

Debate v. (di-beyt) a discussion, as of a public question in an assembly, involving opposing viewpoints; a formal contest in which the affirmative and negative sides of a proposition are advocated by opposing speakers; deliberation; consideration

To most people, debate is just a group of people arguing, but if you ask the Debate team, they will tell you that there's much more to it. It's about voicing out your opinion and getting people to agree with you. Using their knowledge, emotion, and strong voices, the Debate Team gets their cases together and argues to win! The team writes cases and make arguments on topics that are decided by the National Forensic League. Topics ranged from social networking to nuclear energy.

The team is coached by Robyn Madson and Shane O'Reilly who agree that debate not only makes you a better arguer and speaker, but a better student as well. Together the team of 23 debaters got on their thinking caps to make it an incredible year of debating! Captain Kathryn Haglin even went to the state competition in the Lincon Douglas category, meaning being a single person debating, finishing in the top eight. Obviously, this was a great year for all competitors and those competing next year cannot wait to see what the future has in store for them.

- Anna Kriz

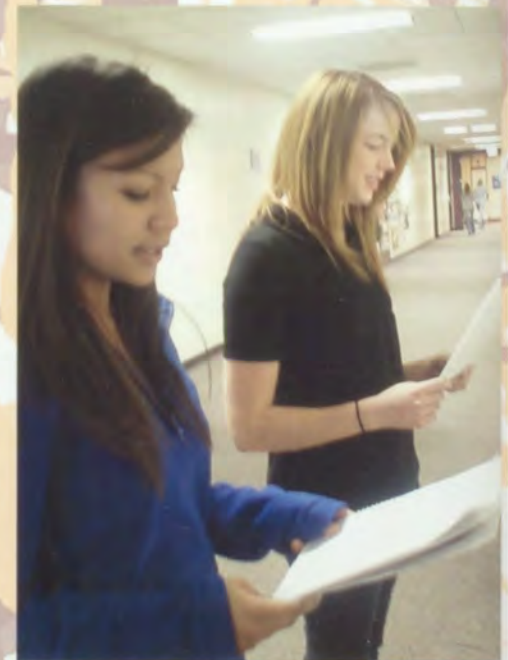


Debate

Front Row: S. Yue, S. Chea, K. Iverson, L. Pelton, N. Hoidal, R. Hoppe. Row 2: J. Mondloch, A. Forsman, R. McCormick, N. Bergantine, A. MacAllister, J. Hedlund. Row 3: A. Bellows, E. Haseman, V. Krawiec, J. Weed, R. Kohs, K. Haglin, K. McCleary. NOT PICTURED: K. Dudley, S. Buys, M. Senum, A. Larsen



Kristen Iverson (11) and Captain Kathryn Haglin (12) prepare the case they will be reading in their upcoming debate. "Apple Valley is definitely the hardest school to compete against," Haglin added.



Sophinieng Chea (10) and Shannon Buys (11) practice speaking for the next competition. The debaters sometimes find talking to wall a helpful tool to prepare them for speaking in front of an audience.

Nicolas Bergantine (11), Laurel Pelton (11), and Natalie Hoidal (10) are all smiles when preparing for an upcoming presentation of their debate.



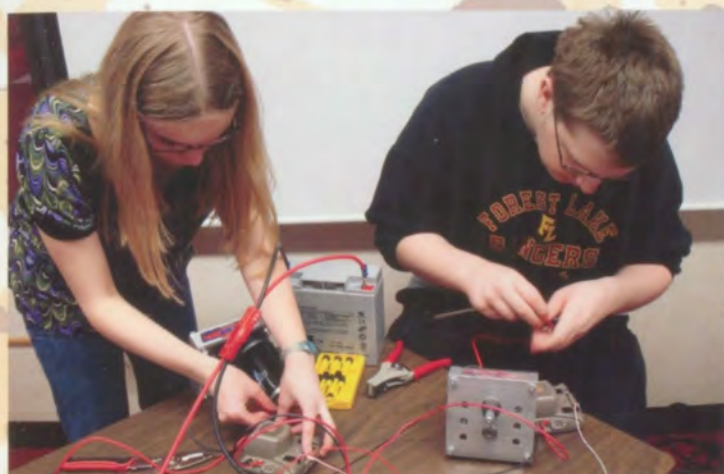
Joseph DeVor (12) helped the Robotics Team design their robot. He also helped fabricate most of it, putting together most of the pieces.



Benjamin Lodge (12) is working in the shop to make pieces for their robot. When asked what his favorite part about Robotics was he replied "Being able to build an actual robot, because they're awesome!"



Aubrey Thole (11) and Bryan Rudisill (11) work together with the electronics of the machinery.



Robotics

Front Row: H. Witzel, M. Klapperich, J. Siewert, D. Hannon Row 2: A. Thole, R. Ziegler, S. Gonier Row 3: A. Running, V. Krawiec, J. Devore, B. Rudisill, E. Snidarich Not Pictured: B. Lodge, S. Meyers, A. Barton.

This was the robot that the team had built. It was controlled by the students to pull a trailer and pick up assigned objects at the competition.



Robotics

Defining Future Technology

robotics n. (roh-bot-iks)

The science or study of the technology associated with the design, fabrication, theory, and application of robots.

Robotics is an international club that encourages students to get the experience of an engineer. This was the second year that we have had a Robotics team and the students involved hoped to do well at the national competition. Sponsored by a grant from St. Jude's Medical, the team has covered the cost of the \$7,000 robot and other expenses. Gary Countryman and Chuck DeVor are professional engineers that came in to mentor the team. Having the engineers there, helped the team out a lot in figuring out how to develop a robot.

Robotics had a national competition that was held at the University of Minnesota and this year's game, or object of robotics, was called Lunacy. The team's job was to design a robot that could pull a trailer on a low friction surface. The team earns points by getting "moon rocks" and "super cells" and get them into the opponents trailer by controlling the robot they have built. Robotics doesn't necessarily have assigned jobs, the team works as one to complete the robot.

-Jennifer Vilgos-

NHS

We'll Lead the Way

National Honor Society: (næʃən'l ðnər səʊsaɪti) an organization whose intent is to recognize middle and high school students who show achievement in scholarship, leadership, service, and character.

The National Honor Society helped in numerous activities throughout the year from the clothing drive to the Battle of the Bands. Although it's an activity involving no competition, members felt a slight competition against themselves to prove they have what it took to be a valuable member of the community while giving back something to society at the same time.

NHS is a group of hand selected students with GPA's of 3.5 or higher and have shown previous leadership throughout their years as high school students or even younger. With over 60 students participating and over 3000 hours of service put in among the students, one can really imagine just how rewarding of a group it is to be in. Whether the students joined to help improve their college application or whether it was for the sheer fun they had volunteering, all of the students contributed with the same amount of dedication and heart.

Throughout the year the students have put in numerous hours at elementary youth nights, played music and did many events to help with the annual

*"NHS is great!
I love working
with my friends
and benefitting
my commu-
nity at the same
time!"*

*-Krysta
Nelson (12)*

Homecoming Week festivities, and collected food while Trick or Canning on Halloween night. A new event brought to the group was volunteering at local Feed My Starving Children locations where the students packaged food for children in need around the country, especially in Haiti. In addition, they helped at the memorable 8th grade retreat at the junior high, NHS also hosted a breakfast with Santa at St. Joseph's church in Lino Lakes. Students committed their time and babysat for

PTA meetings to give parents some space while they helped to make our community a better place as. The Battle of the Bands competition that was held on March 18th proved to be a very big success among the NHS'ers. Many bands came to the auditions to see if they had what it took to be the champions of the battle.

"Working with the National Honor Society students renews my faith in the enormous difference one young person can contribute to making our community an improved whole," advisor Heather Guy

stated. Overall the NHS members had a really successful year, they showed a true reflection of how a good student should act, think, and serve their community, while having fun at the same time.

~Jenna Novotny



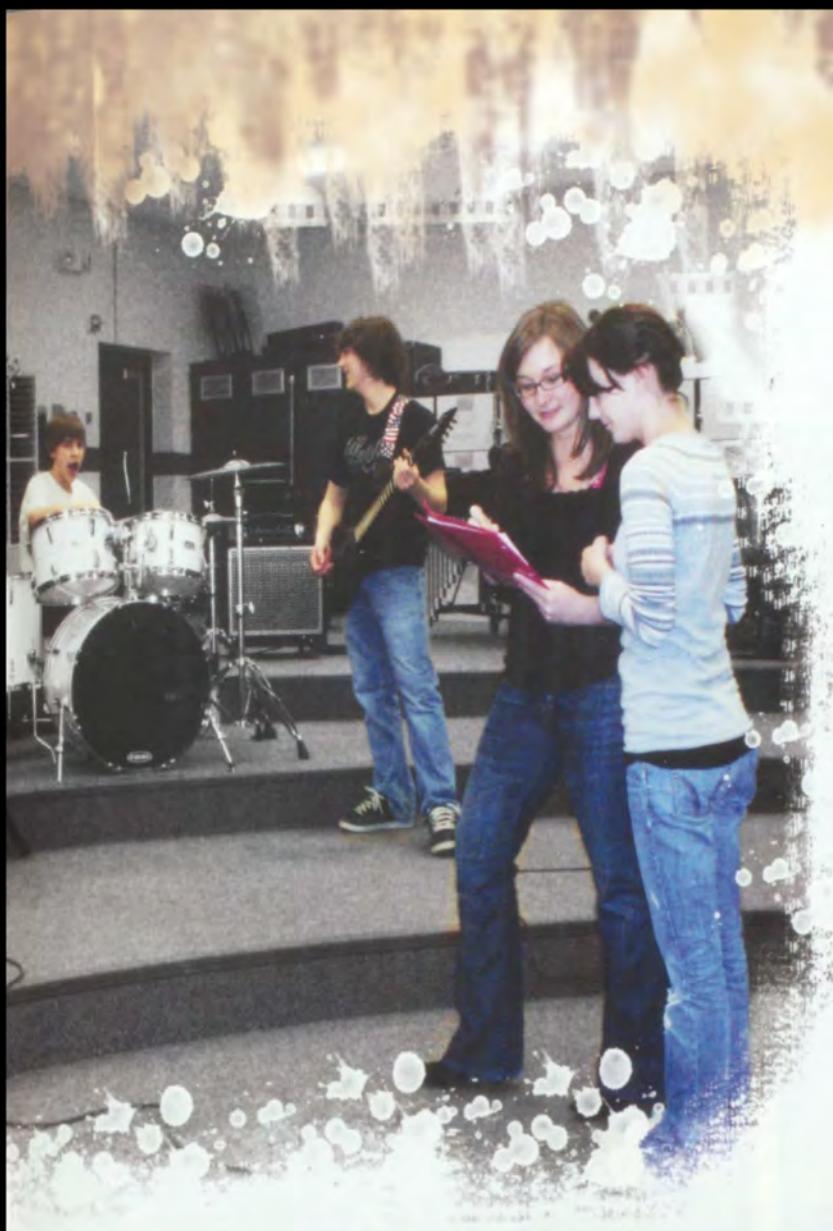
Jessica Springer (12) holds up some toys while shopping for the annual Toys for Tots Drive. "Shopping for the toys was really fun, we got to act like little kids again!" The Toys for Tots drive proved very successful for the group, they collected numerous toys for families in need of a little extra help around the holidays.



The group expresses interest in one of their upcoming events at one of their monthly meetings. Alyssa Dunrud (12) shares her favorite community service activity, "I really enjoy volunteering at the elementary youth nights because, they are unexplainable!" The group did various activities throughout the school year to help out others.

Samantha Maki (12) and Brittany Seifert (12) pose with clothes donated for the NHS clothing drive. "I'm really glad people donate to the clothing drive because it gives kids a chance to get nice clothes at little to no cost," Maki exclaimed.





Kimberly Pagel (12) and Ashley Seifert (12) help to review the bands as they audition to make it into the infamous Battle of the Bands show on March 18th. "The auditions were very enjoyable to watch, there was a variety of bands and people which made it fun," Seifert exclaimed. The auditions went well, there were eight bands that auditioned making it a very successful event for the NHSers



Officer Brittany
Seifert (12)

"I liked doing the non-scary Halloween Party because it was fun to see all of the little kids dressed up."



Officer Jessica
Springer (12)

"My favorite event was doing the Toys for Tots drive because we received so many gifts and filled up a huge box!"



Officer Quinne.
Patchin (12)

"I liked working during Homecoming Week because it was enjoyable to see how much fun the students had."



National Honor Society

Front Row: A. Sawyer, M. Gooley, A. Johnson, A. Testin, C. Manning, B. Ristow, Q. Patchin, B. Seifert, J. Springer, Stephanie Williams, H. Merrier, A. Lefro, A. Stroeing, B. Erickson, L. Oberg-Hauser Row 2: B. Kimbel, A. Dunrud, K. Pagel, A. Seifert, S. Maki, A. Colling, S. Baumgartner, S. Wodaszewski, N. Moen, M. Zuzek, A. Anderson, A. Grell, J. Anagnos, J. Dahlager Row 3: M. Baatz, K. Olson, A. Zimmerle, E. Engen, M. Clafin, N. Holmes, K. Dunsmore, T. Yue, J. Mondloch, P. Goedeke, K. Miron, S. Palacheck, S. Urquhart, M. Full, H. Hansen, B. Tolzmann, K. Alm Row 4: G. Lange, M. Messin, K. Haglin, K. Miller, C. Wheeler, A. Montez, C. Kost, J. Knoop, T. Cremisino, B. Hoidal, M. Hentges, L. Kelding, J. Isaacson, K. Lala, J. Lepisto, J. Spanjers, B. Howe



Mallory Messin (12), Gina Lange (12), and Anne Testin (12) enjoy themselves while volunteering at the Wargo Nature Center. The girls helped out in the arts department of the Winter Festival that the center held. "It was cool to see all of the little kids having fun and it was nice to help them out," Messin stated.

Special Olympics

Defining Determination



This is Andrea Lau's (12) eighth year participating in the Special Olympics. "I have a lot of fun being with my friends" Lau shared. In her 8 years of competition Lau has recieved 2 gold medals, 2 silver medals, and 4 bronze medals.



Hailey Mills (11) sits on the side-lines with her teammates as they watch the other team bowl. "I really enjoy helping with the Special Olympics and making a difference in their lives," Mills commented. She has helped with the Olympics the last couple of years.



Andrea Lau (12), Samuel Kohs (10), Andrew Sherwood-Gabrielson (11), Bridget Mogren (12), and Kristen Johnson (10) all recieved metals in bowling for Forest Lake. "My favorite events of the Olympics are softball, track, and bowling, but I think that bowling is the easiest," shared Mogren.

Olympics (O*lym*pic) an ancient Greek festival consisting of contests in athletics, poetry, and music to honor Zeus.

Special Olympics is a time for young athletes to let their talents shine. This organization has helped many young athletes succeed on and off the field in many ways. It teaches life lessons to go along with the importance of being physically active. The team got together every Tuesday and Thursday during the season to improve their skills by working extremely hard. This past Fall they competed in the bowling tournament and came through, successfully receiving many ribbons. The spring track and field was the main focus of the season. The athletes prepared twice a week for two months to get ready for this prestigious event. They received many metals and awards while having a blast. According to Bridget Mogren (12), "I loved playing the games with my friends." Samuel Kohs (10) agrees stating, "I have been in the Olympics for three years and have loved every minute of it." These events have brought together many student athletes who share a common love of competition.

~Kathleen Dunsmore



Chrys Brown (12), Samuel Kohs (10), and Garrett Bielefeld (12) have a fun time competing. On-going competition such as bowling and track made the Olympics one of the favorite activities during the year. "My favorite part of this year was bowling and getting our ribbons," Kohs commented.



Front Row: K. Jonson, M. Zerwas, A. Lau Row Two: M. Freudenberg, B. Mogren, S. Kohs, M. Horn, B. Jellum, M. Emery, E. Crist, J. Petersen, A. Sherwood-Gabrielson

Misha Laplante (12) and Sean Thao (12) are testing the pH level of the water in the ponds surrounding the school to see how many different chemicals were in the water. "We put in rain gardens which block the chemicals from the rain going into the ponds," Laplante explained.



Bre'Elle Erickson (12) and Allison Sawyer (12) are working together to recycle. "Please do not recycle water bottles half full of water, it's not fun," shared Erickson. The school's recycling rate increased this year due to the club's hard-working efforts.



Front Row: B. Kimbel, S. Thao, A. Sawyer, B. Erickson, T. Vue Row 2: J. Isaacson, A. Zimmerle, V. Krawiec, A. Testin, S. Baumgartner, M. Baatz, K. Groeneweg Row 3: J. Lepisto, S. Kolbow, J. Spanjers, D. Dekart, R. Alm, C. Kost, A. Morrison, B. Tolzmann, B. Howe



Ruby Kolbow (12) and Bre'Elle Erickson (12) met on Tuesdays after school for Environmental Club. Together they went around and picked up all the recycling from the classrooms in school. "I really enjoy Environmental Club and saving the world one water bottle at a time!" shared Kolbow.

Environmental Club

Go Green

Environmental (in-viren-men'tl): adj. of or relating to the complex of physical, chemical, and biotic factors that act upon an organism or an ecological community and ultimately determine its form and survival.

This past year the Environmental Club has been very busy and active to keep our school a cleaner and more environmental friendly place. Every Tuesday they would meet and go around the school to collect recycling from all the classrooms. They also hosted a silent auction fundraiser for the first time. Art students generously donated their art work to be auctioned off and the Environmental Club received about \$600. This money helped the Environmental Club replace the cardboard boxes with new recycling bins.

To spread the news of recycling to younger children, the Environmental Club went to the elementary schools and performed a skit during Earth Week. The skit was written by Dr. Seuss and it taught the children the importance of conserving our natural resources. Another project the Environmental Club completed was putting in rain gardens this last spring. "Rain gardens basically catch the rain water and block all the harmful chemicals. This way only clean water goes to the ponds," explained Andrew Morrison (12). The school's surroundings were kept clean all year thanks to the Environmental Club.

Kathleen Dunsmore

What's one thing people don't know about Environmental Club?

Sabrina Baumgartner (12) shared, "Most people don't know that we are the ones who pour out the milk you didn't drink to recycle the bottle."



"Most people don't know that you can't pour colored liquids down the drain without diluting it first," Ross Alm (12) informed.



"Once a month we go to YEA Minnesota which is a gathering of all the metro Environmental Clubs," Allison Sawyer (12) said.



Student Council

We're Here To Help

Student Council (stōd'nt koun'sl) provides a democratic forum where students can address school-related topics. It maintains communication among students, faculty, and administration. Members plan, conduct, and oversee social functions and community matters that concern students.

This year's council was a big success; from the blood drives to the dances, and the spirit that was raised. The teachers have said our school's pride, spirit, and participation has been brought to another level this year; and I believe that a lot of this started with Student Council," commented advisor LeeAnn Brockman. It seems that junior Erika Prachar (11) agrees, "I like that council is trying to get everyone in the school together. We set up and sponsor events like the Blood Drive, dances, Homecoming and Winter Wonder Week events." Organization was one of the many skills that was a must to learn throughout the year for council. There are folders for anything that has ever been planned, plus checklists to go along with it. At the end of the activity, the committee reviewed them over and modified them for the future so others could build off of it.

But Student Council isn't all about hosting, organizing, and modifying events and activities; there is also an underlying factor known as leadership. Paul Goedeke (12) enjoys council for that reason. "Council benefits me in the way that it's fun to work on leadership skills and plan events for the school. It has also taught me how to interact with

others better," commented Goedeke. Another aspect to remember is that Student Council speaks for the student body, and helps lead them towards the right direction. "It's important to make executive decisions for the rest of the student body, since we are representing them," remarked Jordan Boniface (11).

Determination is a fitting word to describe what Student Council takes to succeed. There was a lot of time that council spent outside of school, from 7:20 a.m. meetings almost every Tuesday and Thursday, to making posters before or after school, and meeting with community members if we need their services. "Council helps put you out there into the real world; learning to deal and compromise with people whom aren't your peers," expressed Alisha Colling (12). Nicholas Jensen (10) is one of the many members that has dedicated time beyond the school walls for something that benefits their committee's event, like making videos to put on the announcements. "Once you see the results, it's worth the work you put in it," noted Jensen. Advisor David Livermore

*"It's not
all about
planning;
it's about
facilitating"*
David
Livermore

believes that everyone this year is truly committed and focused. "It's a focus on developing leadership skills, finding what works and what doesn't and being able to build off of what we've learned," Livermore stated, "It's not all about planning; it's about facilitating."

--Molly Baatz

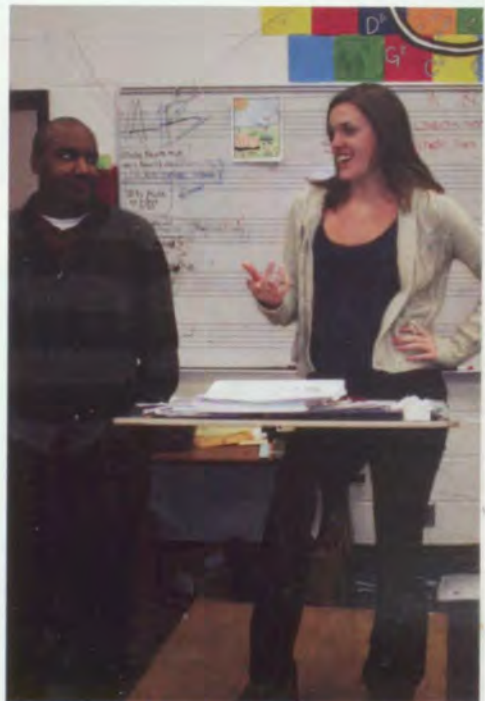


Every summer Student Council holds a camping trip for the members in order to get better acquainted with each other. While they're there, they do various activities such as The Human Knot, a scavenger hunt, The Magic Carpet, and a water balloon toss. All of these games have a theme, working together. "It's really important that you work together in Student Council to solve problems. Even though there are separate committees everyone has to cooperate," expressed Alexandra Neuman (10).



In committees, the goal is to get your assignment done, such as this group who was running the Winter Snowball Dance. When it's time, everyone breaks away from the group and forms a circle with their committee to review things, usually going off of a check list. "I think that getting into our smaller groups is very productive because otherwise with all of the events Council holds, everything would go into chaos," expressed Mallory Messin (12).

"Being the president is a lot of work and it becomes really stressful during weeks of events. Although, it can be really fun and very rewarding," declared Kaitlin Groeneweg (12). There is a lot of responsibility that comes with being a president, you not only have to make sure that all of the committees get everything done, but you have to go through administration about every event you choose to do. "There's much responsibility to handle, but it's awesome to facilitate great activities for the student body," affirmed Samuel Kolbow (12).





Alicia Stroeing (10) works the canteen for the Blood Drive which is where Student Council members bring the participants who donated food and beverages to revive themselves. "I like working the canteen because you get to help people if they're going to faint," quoted Stroeing.



Jeffrey
Mondloch (12)

When asked what Jeffrey Mondloch (12) likes best about Student Council, he replied, "We do many important activities, like the Blood Drive and Pennies for Patients and do a lot to give back to society."



Sarah
Radden (11)

"Student Council is a really good experience, it teaches us how to truly work hard towards things that we need to strive for," quoted Sarah Radden (11).



Student Council

Front Row: T. Swenson, M. Lemmons, H. Hansen, A. Thao, M. Richie, G. Bunten, R. Gross, E. Lichtscheidl, E. Yang, S. Yue, D. Shider.
Row 2: A. Stroeing, J. Mondloch, P. Goedeke, K. Groeneweg, K. Shields, D. Kaiser, T. Yue, L. Frericks, L. Taylor, A. Hunt, C. Boudreau.
Row 3: M. Messin, E. Lichtscheidl, R. Hoppe, A. Neuman, B. Kirberger, T. Kiesow, G. Guttormson, J. Boniface, S. Meyers, E. Prachar, D. Waller.
Row 4: T. Yang, M. Baatz, A. Colling, T. Colling, C. O'Donnell, S. Carlson, S. Kolbow, B. Toltzmann, J. Spanjers, L. Kaeding, N. Jensen.



Tyler
Colling (10)

Tyler Colling (10) thinks that the meetings every Tuesday and Thursday morning at 7:20 can get a little early. Overall though, he commented that "...it can be really fun and we do a lot of cool activities like sponsoring the boys' volleyball."



Renee Hoppe (10) believes that it was really hard work setting everything up for the Snowball Dance, but it was worth it in the end. "I actually had a lot of fun setting up for the dance, but we always had problems with balloons floating up to the ceiling," commented Hoppe. The dance was successful with it being at Tanners Brook, thanks to the hard work of the committee, plus other members who volunteered.

Drumline

Front Row: Z. Johnson, S. Hanton, E. Rapheal, A. Thaeemert, E. Johnson, H. Mack and C. Boudreau. Row 2: C. Hanton, J. Matheson, K. Sewall, V. Krawiec, A. Hunt, D. Ison, B. Lunn and G. Shea. Row 3: M. Janowski, J. Bergan, K. Angell, W. Fertsch, J. Sommer, A. Lambert. V. Lofgren, A. Riley, J. Oheil and D. Sandkamp.



Hannah Mack (7), Veronica Krawiec (11), and William Fertsch (10) show their Ranger pride by performing at the Pep Fest during Winter Wonder Week. Krawiec said "Drumline takes a lot of work but it is all worth it."

Kirsten Sewall (9), Douglas Ison (10), Derek Sandkamp (12), and Ashley Lambert (10) show off their drums before competition. Lambert said "It's my first year and I can't wait to start."



Joshua Sommer (12), Mark Janowski (10), Jacob Oheil (8), and Spencer Hanton (8) stand proudly by their instruments. "A section is only as strong as its leader" Sommer said.



The performance during Pep Fest kept the attention of the students and faculty and showed all the work the team had done. Joshua Bergan (10) said "This is the best year hands down with all the great kids and musical experience."

Drumline

One Sound

Drumline: (drAmlain)

l. n. A group of percussionists in a marching band. Hard work and determination are said to be key components to success in Drumline. This activity is demanding both physically and mentally and the strength of the 2009 team was tremendous.

With grueling practices throughout the week into the late night and even some early Saturday mornings this group never gave up and always put their best effort forward. Any member of this group will say all the work was well worth it and paid off starting at the first competition. "The rush after marching the first show is my favorite part" Junior Kayne Angell said. All the participants learned many important skills such as teamwork and responsibility. Drumline is broken up into two parts. The marching percussion section called the battery and a mallet keyboarding section called the pit.

The team is directed by Liz Johnson and the captains are Derek

Sankamp and Carlie Boudreau. Each showed great effort and passion and lead their fellow students through a great season. Captain Derek Sandkamp said "Music is the language of inspiration." Competitions were tough but the team improved greatly from last year and scored in the top five in almost all of the competitions. Just about every Saturday the team headed to schools all over and showed off all the hard work they had done. Captain Carlie Boudreau said "We have come a long way, still have a long way to go but I am proud of the efforts my team has made."

Finding Light was the theme of their routine this season and is described of making the transition from dark to light. It reflects the struggles the team has gone through and the journey that lead them to a great season. They showed great dedication and thought outside the box, which separated Forest Lake Drumline from the rest. Their hard work showed the many rewards available to you when you keep pushing and exceed the limits.

~ Kayla Chiasson



President Lucas Kaeding (12) speaks to the members and places them into groups to prepare for SADD Week. "SADD Week was somewhat of a challenge to put together, but I knew that our group could handle it."



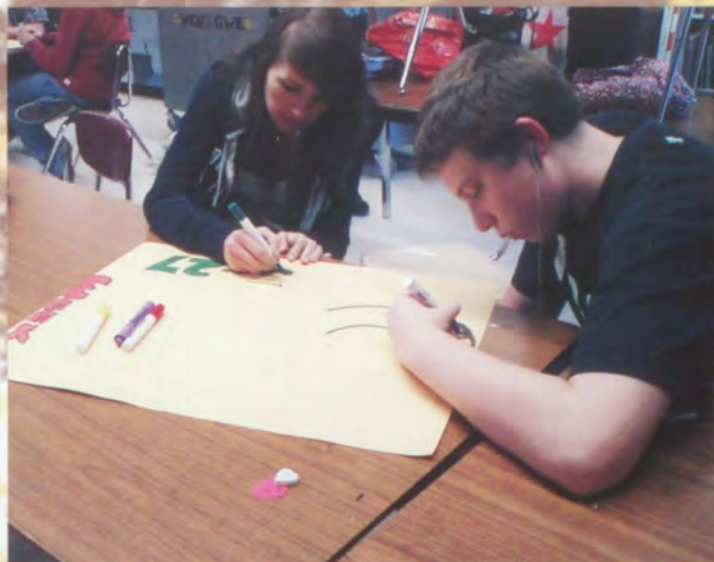
Fredrick Ogez (12) stops for a quick smile to model his SADD shirt. "Kids make destructive decisions and are unaware of the consequences of their actions, and SADD goes against the peer pressure that influences kids to make those wrong decisions."



Nicole Lyons (12) and Dane Dewall (12) present the SADD showcase by the front doors for students to see when they walk through the doors.



Nicole Olsen (10) and Brian Rolph (10) work together to make a poster advertising SADD Week. Before SADD Week, posters could be seen all over school to get kids into the spirit of making positive choices.



SADD

Defining Positive Choices

SADD n. (sad) Students Against Destructive Decisions

Originally, the purpose of SADD was for students to say "No" to drunk driving, but now, *Students Against Destructive Decisions* do a lot for the school to keep students well informed about making positive choices. These choices include: positive peer pressure, being a role model, and using environmental strategies. Together, these positive choices can help set a healthier and safer lifestyle for teens and young adults. It takes a lot of motivation and hard work to keep the student body educated throughout the year. Between the posters found all over school to the mock car crash done in the spring for Seniors, SADD puts their team work skills together to help make their knowledge on destructive decisions spread throughout the school.

During the school year, there is SADD Week where public service announcements are put out about making positive decisions. In spring, usually around prom, the SADD has a White-Out day in which students are selected to become real life examples of what would happen if you were to drink and drive. Students are given a story on how drunk driving effected them, dress in all white and are not allowed to talk. This helps give the best effect to make it seem as if you're really not there. There is also a positive choices pledge where you pledge not to drink and drive and a suicide prevention poster contest. Through all of this, SADD hopes to influence students to make positive choices because not doing so could end someone else's life, or even their own.

-Anna Kriz and Jennifer Vilgos



SADD
Front Row: A. Running, M. Klapperin, J. Siewert, L. Lundstrom, E. Yang, N. Olson. Row 2: J. Lesnar, M. Perreault, K. Steinberg, R. Full, F. Dean, G. Temte, F. Ogez, L. Kaeding. Row 3: J. Patrick, B. Rolph, K. Plautz, C. Aden, J. Leatherman, H. Witzel, P. Goedeke, D. Dewall.



A group of SADD members take a break from planning to pose for a photo. The group meets every Tuesdays after school to help plan their next projects. group meets every Tuesdays after school.

STRENGTH

AGILITY

SPEED

Athletics

HEART RACING

Football

OPPORTUNITY

VOLLEYBALL

flexibility

victory

golf

HOCKEY

DETERMINATION

Ath•let•ics (ā th lēt'iks)

1. Exercises, sports, or games engaged in by athletes.
2. The practice or principles of athletic activities.

Defining your Dedication



"Winning is a passion," Captain Kyle Young (12) said. Throughout the season, the baseball team looked past the struggles and the losses, put forth their best, and finished the season as a team.

Soccer

Kickin' it up

Soccer: A game played on a rectangular field with net goals at either end in which two teams of 11 players each try to drive a ball into the other's goal by kicking, heading, or using any part of the body except the arms and hands.

Many friendships were made throughout each player's high school career. The team created a bond that made them trust each other on and off the field. Lots of inside jokes were formed and laughs to follow them. "Seagull it," stated Sam Guertin (12).

The girls struggled throughout the season, although that never stopped them from giving up. They always worked hard, putting a good effort in at games as well as practices. "Im Out," added Amanda Rue. The team showed great teamwork and outstanding sportsmanship. The younger girls stepped it up as well this year, the coaches brought up seven hard working freshman. They all did an amazing job this season and helped in adding points on the score board. The freshmen girls also did an excellent job of getting along well with everyone.

This season the players were tested with endurance and strength and they managed to overcome that with greatness. The girls never gave up on each other and worked hard until the end.

~Brea Kosman

Forward, Nicole Parsons (9) battles to get the ball from a North St. Paul player.



Sam Anderson (10) is fighting for the ball against her opponent. She over comes it by kicking it to a teammate. "Always work hard," stated Anderson.



Brittany Hestikan (9) winds up to kick the ball. As a freshman, Hestikan had a good season playing varsity and has more seasons to come.



Sarah Ulrich (10) goes to kick the ball while teammates Kristin McIntosh (12) and Abby Shimota follow her. "Time turn man on," claimed Ulrich.

Katie Boleen (9) runs to catch up with her competitors and tries to get the ball back in their favor.



Shelbee Jaeger (10) is trying to get the ball past the White Bear defense. "We got this," added Jaeger.

Lauren Newbauer (9) jumps up to try and prevent her opponent from heading the ball into their goal.



Varsity Soccer.

Fromt Row: K. Marchese, L. Newbauer, J. Rivard, B. Hestikan, K. Boleen, M. Zuzek, I. Cooper, A. Rue, S. Jaeger. Row 2: Asst. Coach R. Elliott, K. McIntosh, N. Parsons, A. White, C. Betsch, W. Fenne, A. Shimota, D. Firsikus, S. Anderson, S. Ulrich.



Among the girls, the joke, "You're off the team!" was often said, laughed Zuzek.

Captain Molly Zuzek (12)

"You're such a girl," claimed McIntosh. Girl was used to replace other words the team called eachother that the coach didnt like.

Captain Kristin McIntosh (12)



Even though the girls struggled they kept their heads up and continued to put their all into games and practices. Fenne kept a good attitude saying, "What doesnt kill you only makes you better."

Captain Whitney Fenne (11)



In order to keep the girls working hard on the field "Harder, faster, more pressure," Shimota said to keep the girls going.

Captain Abby Shimota (11)



Ivana Cooper (11) jumps past her Woodbury opponent to keep the ball going. "Going for the goal," added Cooper.

We.

Perrin points to his team. "Sports do not build character. They reveal it."

Captain Austin Perrin (12)



Run

Stiner controls the ball in the air. "Penetrate when possible."

Captain Jeremy Stiner (12)



This

Conley darts by the defense. "To Fast to be Seen"

Captain Brian Conley (12)



Tyler Rosdahl (12) closes in on the keeper as he uses his speed and dominant left foot to put the ball in the back of the net. Rosdahl was one of the leading scorers for the Rangers this year. "Play till the end," Rosdahl stated.

Dennis Sprute (12) prepares to kick the ball past the goalie, leaving Christian Gaffly (11) with an open net. Gaffly was joyous with the opportunity, and was about to mess it up. "I like America, but I love Jessica Simpson!" Sprute added



Goalie Travis Clark (11) stops the ball from reaching the net as one of Cretin players crashes the goal. Clark helped save the Rangers this year, stopping many penalty kicks and shots. "Elbowing people in the face when going for the ball is definitely my favorite part!" Clark stated.



Varsity Soccer

Front Row: J. Stiner, B. Conley, A. Perrin. Row 2: T. Sarff, C. McGrath, J. Haggerty, T. Allen, T. Shogren, R. Anderson, K. Olson, T. Brunberg. Row 3: JV Coach J. Wolter, Sophomore Coach C. Conley, S. Coleman, M. Zimmerman, T. Rosdahl, R. Tolzmann, T. Clark, R. LaPlante, D. Sprute, R. Alm, J. Bucholz, C. Gaffly, Head Coach A. Tilsen, Assistant Coach C. O'Malley

A change in Pace

Soccer: A form of football played between two teams of 11 players, in which the ball may be advanced by kicking or by bouncing it off any part of the body but the arms and hands, except in the case of the goalkeepers, who may use their hands to catch, carry, throw, or stop the ball.

What is that? A bird? A plane? No it's another win for the Forest Lake Soccer team! This is one of the few seasons where the boys soccer team didn't have a losing record. Coach Aaron Tilsen, shocked many supporters, as they watched the wins rack up game after game. "This year we stood up and took control, no team was better than us!" Jeremy Stiner quotes.

The Rangers ended their season with a record 6-6-6. This is the best record since the state tournament in 1996. For them, this was a year to remember. They gave all they could and it shows. "When we think of our season we can only smile. We have never felt more at home, than we did when we were on the field. Each teammate wasn't just a player, they were our family. We only wish good things to the upcoming players, and we want to thank all of our coaches and players for an awesome year. Couldn't ask for a better group of kids." Captains Perrin, Stiner and Conley concluded.

~Austin Perrin



Tony Sarff runs in on a perfectly placed ball, from the corner kick, heading it with confidence. Many goals this years were from headers for the Rangers
"Be all you can be." Sarff quotes.



Defender Tyler Shogren (11) stops one of White Bears forwards dead in his tracks; leaving him on the ground, and Shogren with an open field.
"It's hard work being this good." Shogren quotes.



Ross Alm (12) was determined to beat out Woodbury, not letting any players past his side on defense. No matter the cost.
"Do Work!" Alm shouted.

A few teammates crowd Richie LaPlante (12) after a game crushing header. His goal was the only goal scored, adding one more win under the team's belt.
"Trust me, you are staring at the wrong person!" LaPlante warns.



"Whoever said, 'It's not whether you win or lose that counts, probably lost.' Allen quotes Martina Navratilova.



Cross Country

Defining Endurance

Cross Country: a sport or competition consisting of a cross-country footrace, from two to six miles, usually between teams of contestants...but according to Elizabeth Peterson (10) "Cross country is three months, two shoes, one family."

This year the Girls Cross Country team has taken it to the next level. They trained hard all summer to prepare for their great season. McCall Lemmons (10) said, "I ran over 200 miles in the summer to prepare for the season." They also worked extremely hard in practices, running, four to seven miles each day. The girl's achieved their ultimate dream by, for the first time in over 30 years, taking second place in the region and sending the varsity team to state at St. Olaf College.

The girls varsity team also had a great opportunity to travel across the country to California. Many activities, filled the three-day adventure. They stayed with a host family for two of the nights and got to experience the Californian life. The varsity team also participated in a race to see how they compete with other high schools across the country. "It was really fun!" shared Megan Gooley (12).

Most athletic activities would consider running a punishment, but cross country is the exception where running is their passion. It takes a lot of endurance and strength to be a part of the Girls Cross Country team.

~Kathleen Dunsmore

Jessica Sudo (12) is finishing a race at the University of Minnesota. Sudo trained all summer to improve her previous race times. "It makes you feel very accomplished when your times drop at your favorite meets," Sudo shared.



This was the first year that the Girls Cross Country made it to state as a team. The girls were very nervous yet excited to run. To prepare herself, McCall Lemmons (10) shared, "I took a DEEP breath, and tripple knotted my shoes."



Mackenzie Galleberg (9) shared, "I'm really glad to be a part of this team, we have a lot of fun!" She was only a freshmen this past year, but she contributed a lot to the varsity team. Currently the team has a lot of young participants that are building up for the years to come.



Taylor Winkel (11) and Calley Jones (11) work together to beat their competitors at the first meet of the season in Eagan. "We always run together!" Jones exclaimed. This was the first year that the girls have started running together.

Stephanie Palacheck (12) and Catharine Struss (12) run together to get the motivation they need to finish a race. Palacheck and Struss had an excellent season. "We are running buddies! It helps to keep us both going," Struss explained.



"This year we are really trying to make it to state," shared Gooley. The Girls Cross Country Team has been working extremely hard all season long. Gooley had a successful time at Duluth East Invitational placing 16th out of 100 runners. Her best time this year was 17:40.

Captain Megan Gooley (12)



Lange sprints out ahead of the pack at the University of Minnesota meet. "It's nice to win a few meets, but we want to go to state!" Lange said excitedly. At all conference Lange placed 16th and tied with her best time from last season with 15:20.

Captain Gina Lange (12)



Elizabeth Peterson (10) victoriously finishes another successful race. She helped her team take home a first place finish at Duluth East Invitational. Peterson stated, "It was my favorite part of the season."

The Forest Lake Cross Country team huddles before every race. "In the huddle we do a ritual cheer," Molly Steele (12) shared. Another competitor Amy Holmes (10) said, "We pray and then pat everyone on the back and say good luck!"



Varsity Cross Country

Front Row: S. Nase, J. Sudo, G. Lange, M. Gooley, S. Palacheck, M. Steele. Row 2: T. Winkel, J. Scott, A. Wilcox, M. Mackey, R. Voss, M. Cunningham. Row 3: C. Thobe, A. Acosta, M. Galleberg, A. Mogren, E. Peterson, M. Lemmons, H. Winberg, S. Nelson. Row 4: Coach Kaluza, J. Hipp, E. Peters, J. Spanjers, D. Mogren, S. Radden, A. Holmes, A. Anderson, C. Jones, Coach Kaluza.



At the University of Minnesota, the girls are off to an excellent start of their three-mile journey. "While in a race I keep a beat in my head that pushes me until I reach the finish line," shared Jennifer Scott (10). This meet was the longest race of the season at 3 miles rather than at the usual 2 1/2 miles.



Zach Waldoch (12) has been running since he was in 7th grade. When asked what the funniest moment of the season was so far, he exclaimed, "When Rob Lilquist sang the song 'Boats and Oats' for the team. 'It was hilarious.'"

Captain Zach Waldoch (12)

Nathan Moen (12) is an excellent asset to the team. He has been very proud of his teammates this season. "We have won the most meets since 1992," Nathan excitedly states.



Captain Nathan Moen (12)



Nathan Moen, Nick Kelley, and Andrew Orth spend time focusing on the track ahead of them as the race is about to begin. Placing 9th overall, not all of the boys were too pleased with the result. I think we could've done a lot better as a team," Nathan Moen disappointedly states.



The boys pose for a goofy picture while at practice. Ryan Wright (12) enjoys practice, but states, "it can be tiring at times. The average amount we run per practice is 5 to 15 miles."

Mitchell Wohlk (11) races gracefully in front of two other competitors at the Roy Griak meet which was held at the University of Minnesota. Mitchell's overall thought about it: "This meet was challenging, I puked!" The team went on to be placed 9th overall.



Varsity Cross Country

Front Row: J. Ebel, J. Jankowski, N. Moen, Z. Waldoch, A. Wright, E. Herbert, B. Boylan Row 2: S. Wambold, S. Coozenoy, N. Riedeman, N. Merrier, B. Long, N. Kelley, R. Lilquist, M. Maki, J. Wiegel Row 3: Coach J. Fick, A. Orth, R. Wright, J. Nielsen, M. Howe, T. Brenberg, M. Wohlk, J. Jackson, D. Medina, W. Long, Coach D. Johnson

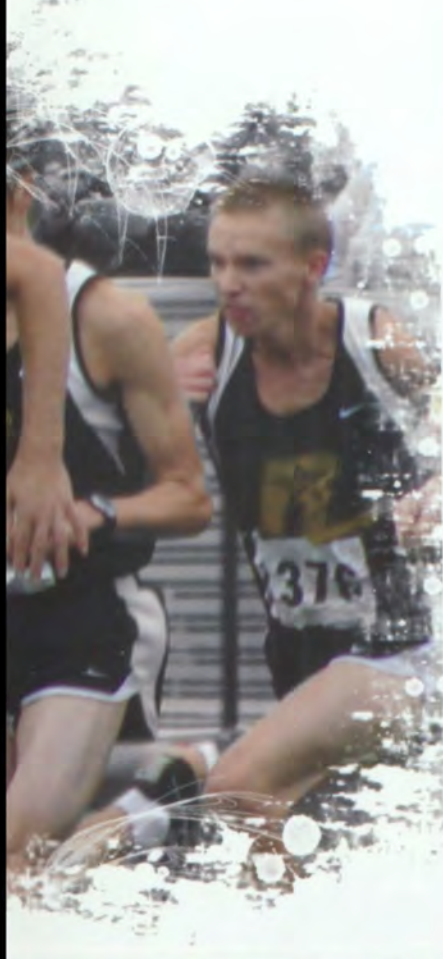
Defining the Finish Line

Cross Country: a sport in which teams of runners compete to complete a course over open or rough terrain faster than other teams.

Fifteen-mile runs on Mondays or "quick jogs" up to the Big Marine Store show how much hard work the boys have put into the team. Practices became tiring after awhile, "We rapped songs and found balls to toss around to help pass the time," Thomas Brenberg (11) reported. Agility, endurance and speed, paved the way for the team's strong runners and spirited abilities. Coaches Deno Johnson and John Fick pushed the boys to their limits, and inspired them along the way. "They taught me how to value hard work," Scott Warnbold (10) stated.

The Roy Griak meet at the University of Minnesota was a race that included many different teams. It was easily ran by the team, getting 9th place overall and placing 3rd out of the Minnesota teams present. The Cambridge meet was easily swept by the boys, taking 1st overall. Placing 2nd at conference, the team qualified: Nathan Moen, Zach Waldoch, Nick Kelley, Matt Maki, and Mike Howe. Alternates included Justin Weigel, and Dave Medina to run in the section meet. The team bolted their way through sections, and made it to state for the 2nd year in a row, taking home 9th place. The 2008 boys team is one of the best the school has seen so far. They have pulled through with numerous high placings and an overall successful year.

~Jenna Novotny



Andrew Orth (12) leads while his fellow teammates, Justin Weigel (11) and Matt Maki (11) follow close behind. The Roy Griak meet proved a success for the team. "The end of the race was intense. I was throwing elbows left and right!" Orth strongly states.



Dave Medina (12) focuses and pays no attention to the cheering crowd at the Roy Griak meet. He enjoyed the race, along with what came with it. "They gave us sweet t-shirts!" Medina excitedly states.



Nick Kelley (12) strides in front of the other competitors while rounding the corner. The meet was held at Cambridge early in the season. "Our team did well. We got first place and dominated the other teams!" He happily stated.

Matt Maki (11) fiercely outruns his other competitors at the Falcon Ridge meet. "We only lost by two points, but we'll be sure to beat White Bear in State," he exclaims with dignity. The boys were placed second overall, close behind White Bear Lake.



Mike Howe (11) is racing in the conference meet at Falcon Ridge Golf Course. "This race was excellent for me, I ended up receiving a spot to race at sections," he exclaims. After the meet the boys were ranked 7th in the state.



Volleyball

Spike That Ball...

Volleyball: a sport in which two teams spike, bump and hit a ball over the net to each other trying to keep it from landing onto the ground. Whoever doesn't let the ball hit the ground the least wins.

Stepping onto the court every game night, starting off with their cheer, "Pump It Up"... Having their excited fans cheering...trying their hardest...and doing their best to win.

The varsity team was off to an excellent start. The girls had their ups and downs throughout the season, but they used each other to pull themselves through and win.

There were teams that challenged them, but they didn't give up, trying their absolute hardest. They pushed to the max, and going into sections, "the girls ranked 5th" explained Taylor Gemeiner (12). The afternoons of practicing, really showed off in the long run. Tying for 3rd at sections with Anoka, brought the girls even closer to each other and ended the year with friendships and more memories to come.

Experience from practice, spiking that ball, and setting ability, led to the Varsity Volleyball team's strong finish of 14 wins and 13 losses.

~Rachael Wittnebel

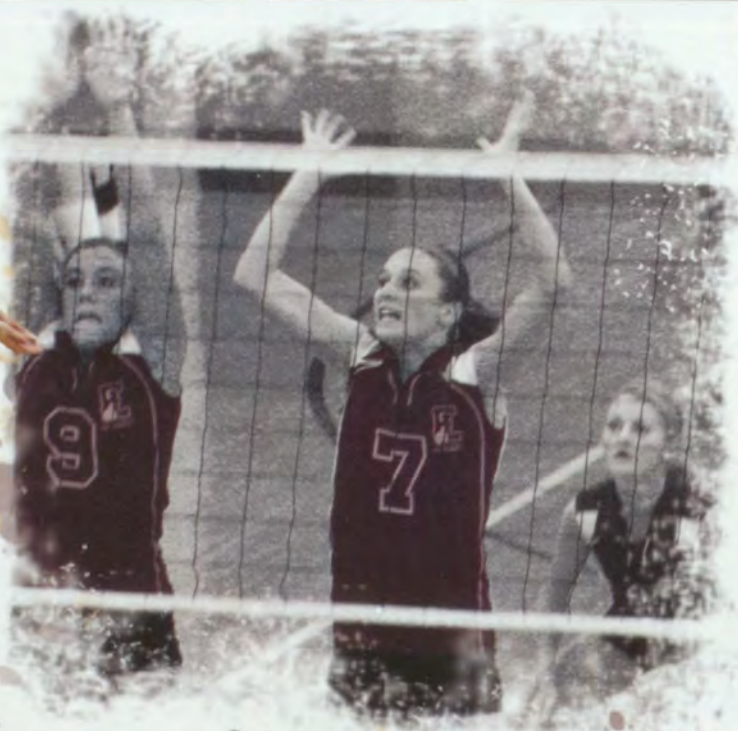
Alexandra Unger (11) jumps in the air calling the ball, "I GOT IT!" While Betsy Kelly (11) is there to cover for her. Unger launched the ball over the net to her opponent, and the ball hit the ground and score a point. "Ouch I broke my ankle," joked Kelly.



The girls come together and get themselves pumped up for their big game against Woodybury. This was their way to demonstrate their passion for volleyball. "Loudness is prouddness" commented Tristen Uram (11)



Johanna McDowell (12) positions her hands and passes the ball to her teammates. "The best game was playing against Park Cottage Grove because they were extremely intense." Despite their efforts they were defeated 1-3.



Taylor Brett (11) and Lynette Benson (11) blocks the volleyball from coming over the net from the Anoka Team. They kept their focus and got the ball back over the net. "We forgot Nicole at Perkins," Benson commented.

The varsity girls line up for their introduction before the start of the game against Isanti. They began each game by going down the line and giving a shout out to one another. "Case Closed," said Michelle Full (12).



Alm spikes the ball over the net to the White Bear team. Alm worked incredibly hard to be the captain of the volleyball team. Overall the girls did a great job this season, with going to sections. "Something that I will miss most about volleyball this year would be the senior girls and practicing everyday." "Finally here, I got to go."

Captain Lexi Alm (11)



After the doctor told Amanda that it is not a good idea to play volleyball after hurting her ACL, she still went out on the court and helped her teammates win the game against White Bear Lake. She worked hard to get every chance she could to go out on the court. "I'll be back."

Captain Amanda Johnson (12)



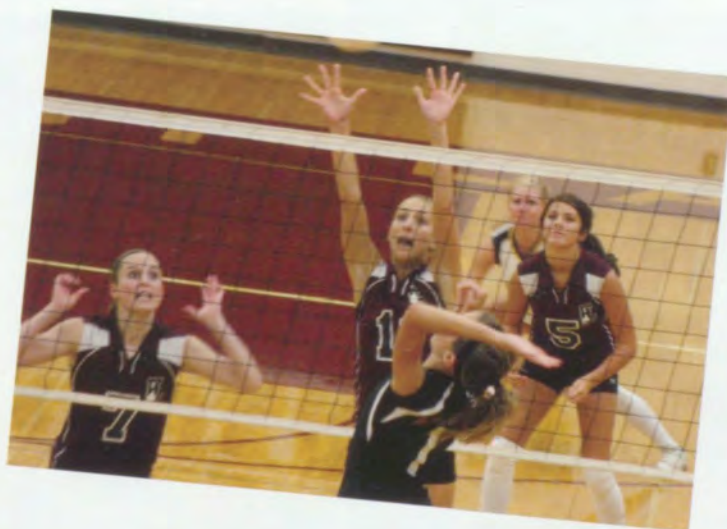
Tristen Uram (11) passes the ball to Cassy Tessier (11) so she can bump it over the net to North Branch. The game ended with a score of 3-0 because the girls showed their team spirit. "Volleyball is exciting, because you never know if your going to win or lose," said Cassy Tessier (11)

The girls' facial expressions show how intense volleyball can be. Throughout the season the girls proved their excellent volleyball ability. "Amanda Johnson is my other half because she subs for me on the court," remarked, Alexandra Unger



Varisty Volleyball

Front Row: T. Brett, K. Anderson, L. Alm. Row 2: T. Uram, L. Benson, T. Gemeiner, N. Holmes, C. Tessier, B. Kelly. Row 3: Coach D. Wyse, Coach C. Lawson, A. Unger, S. Tessier, A. Johnson, J. McDowell, M. Full, P. DeBau, Coach M. Kolbow, Coach S. Alm.



Cassy Tessier (11), Michelle Full (12), Johanna McDowell (12), and Nicole Holmes (12) sit out and cheer their teammates on during the Shakopee tournament. The girls showed their volleyball spirit by getting the fans involved in cheering. "Burning up the court," stated Holmes.

Scoreboard

Crestin-Derham Hall 19-35(L)

Bloomington Kennedy 44-22(W)

Hastings 36-23(W)

John Young (12) enjoys Homecoming as the best part of the season because he likes to see almost the entire city in the stands. When asked for a quote, Young instantly replied with, "We have the best fans in the state!"

Captain John Young (12)



"I will always remember purple Dixie Cups when I think of Coach Harris," stated Michael Shultz (12). When asked why he was Shultz's favorite coach, he responded with, "Because he always has good stories, and he knows how to cure your injuries."

Captain Michael Shultz (12)



"In the locker room at half time, it's either really intense or we're all calm and figure out what we're going to do for the second half," explained Cory Kost (12). When asked to describe what the players are like during halftime, all Kost had to say was, "Be one with the Chi."

Captain Cory Kost (12)



"He pushes me to my limit and always inspires me," clarified Dan Blaser (12). Blaser is talking about his father, Jeff Blaser, who was the one who inspired him to play football. Blaser's mind set overall is, "Champions always do one more." Remembering this encourages him to perform to the best of his ability.

Captain Dan Blaser (12)



Lunch with the guys is one of the factors why Michael Swenson (12) would get up every morning last summer to go to two-a-days. When asked what Swenson thought about, after all of the practices were done, Swenson declared, "The summer over and now the fun begins."

Captain Michael Swenson (12)



All that Cory Capra (12) was worrying about while playing Hastings, was what hospital the quarterback would be going to. After many sacs of the quarterback, his spirit was high. "Ey yo coach!" was what Capra would exclaim when he would run off of the field.



Mark Buerkle (12) is taking down an opponent from Woodbury. "They don't even know!" is all Buerkle had to say, referring to his strength and endurance on the field.



Varsity Football

Front Row: M. Schultz, C. Kost, J. Young, M. Swenson, D. Blaser. Row 2: D. Collar, B. Ristow, M. Buerkle, N. Dochniak, P. Mohr, M. Nelson, T. Douglas, A. Ming, S. Xiong, T. Smith. Row 3: B. Jellum, J. Pitt, R. Egakkratt, K. Johnson, J. Urbanski, A. Schmidberger, J. Werner, I. Hendrickson, D. Shaw, J. Thorson, P. Fiedler, T. Greene. Row 4: C. Riedeman, M. Luellen, M. Plombon, M. Brown, B. Hoidal, M. Kruger, R. Larson, N. Dunckel, S. Garry, G. Tamfu, J. Cain, M. Dykema, S. Miller, K. Milne. Row 5: D. Sewall, W. Karoski, J. Lindenberg, J. Plain, T. Welk, N. Pedersen, M. Clemons, R. Suess, D. Schiefelberg, W. Rosenthal, D. Harrison, C. Corbin, E. Diehl. Row 6: T. Firkus, M. Lane, G. Capra, A. Ratasky, L. Romines, D. Hanson, J. Lepisto, Z. Ginis, C. Edelen, J. Wick, B. Fleming, K. Anderson, G. Anderson, A. Rucker. Row 7: B. Porter, T. Harris, J. Buck, P. Kendrick, J. Scheider, S. Urness, L. Matzdorf, J. Wilson, M. Cleary, J. DePoint, C. Vogel, P. Wieland, D. Eyre, J. Kunshier, S. Swindema, N. Ward, B. Koch.

Defining Contact

Football: Object being to gain possession of the ball and advance it in running or passing plays across the opponent's goal line or kick it through the air between the opponent's goal posts while preventing the opposing team from doing the same.

This year's team was a tight group. Two-a-day practices, pre-game meals, Saturday film reviews, and "Defense Parties" brought them together. "With these gatherings they're closer on the field and they trust each other more," Coach Scott Urness stated. Fans are also a part of the game atmosphere. Senior Sean-Tom Garry (12) declared, "I definitely think that the fans had a huge impact on our home game wins; they rock!"

But it's not always fun and glory on the field. "Everyone always took practice seriously, which made it fun to be around," affirmed Nick Dochniak (11). "They were a goofy bunch of kids, but they still played hard, and were very willing to step-up if there was an injury, even if it wasn't that person's normal position," Coach Matt Cleary explained. Cleary also stated that the team this year never complained about practices and they always had good attitudes; even throughout two-a-days. Despite not making it state, they stuck by each other's side no matter what kind of a rollercoaster ride it was for them.

~Molly Baatz



After the team warms up, they run to a huddle and start a rhythmic clapping. A captain would then scream, are you ready to play? "It helped us get pumped up and it's a lot of fun," declared Cody Edelen (11).



Bloomington Kennedy didn't prove to be a challenge for our team, as Benjamin Hoidal (12) shows with this catch. "I just turned around and saw the ball over my head, so without conscious thought, I leapt up and caught it," Hoidal explained.



"You'll never get this!" William Rosenthal (12) ran the ball down the field on a kick return. "After Bloomington-Kennedy came on our field talking smack, it felt good to shut them up," Rosenthal declared.

Daniel Collar (12) made a powerful tackle against his competitor from Woodbury. "100% is all I have," Daniel declared with a shrug. He has worked consistently at his tackling ability throughout the season.



As a quarterback, Zachary Riedeman (11) doesn't feel pressured, he just wants to make a complete pass. "Even though Hastings wasn't our team's biggest worry, I still had to tell myself to throw hard or to gun it."



Scoreboard

Stillwater 0-0 (T) Centennial 4-3 (W) Totino-Grace 7-0 (W) Red Wing 1-6 (L) Andover 5-2 (W)
White Bear Lake 5-2 (W) Hibbing/Chisholm 6-1 (W) Red Wing 0-0 (T) Mounds View 4-3 (W) Park 7-0 (W)

Causing a Racket:

Tennis: An indoor or outdoor game that is played with rackets and a light elastic ball by two players or pairs of players on a level court divided by a low net.

The Girls Varsity Tennis Team began their season with a rough start but the girls practiced harder, bringing the scores up every meet. As a young team, the girls always gave 100% at all their competition. When the girls were not at meets, every day after school they practiced for a minimum of two hours, which really brought the team together.

The team had a couple of challenging matches, which made the girls try even harder. With 16 powerful girls on the varsity team, it was not hard for them to overcome their fear of losing. At their competitions, "they were very supportive of each other, bringing the Ranger spirit up," commented Katherine Johnson (12).

While the girls were positive all season, and pushed their limits, they finished with 17 wins, 2 ties and 2 losses. Throughout the winning season, the girls headed down victory road, finishing second at sections and sending Quinne Patchin (12) and Brianna Odegaard (11) to state. We could have done better in sections if we drilled more, instead of just playing to get a point, responded Bailey Kimbel (12). With that knowledge in mind and with this great experience behind them the girls are ready to take on state next year.

~Christina Wittnebel

Charise Kendrick (11) sends the ball over the net to her opponent, and scores a point for the team. By the end of the match Kendrick lead the Rangers to a victory over Mounds View. "We love to play Minnesota nasty," stated Kendrick.



Tisa Phinney (11) was very focused on the match, as she was dominating Mounds View. She kept the score up and finished the meet with a win. As Phinney set herself high in playing her best this year, she had a awesome feeling about next year's team.



Alison Sawyer (12) squints into the sunlight, as the ball is coming to her from her fierce opponent. She hit the ball with great force as it went far beyond her competition. Over all, Sawyer ended her season with great success.

"Starting five years ago only knowing Bailey Kimbel, I met many new girls on the team, which I became every close to," commented Sawyer.



Kristi Miller (12) watches the ball as it comes in contact with her racket. She hit the ball with control and sent it sailing towards her opponent. "Racket up," stated Miller.

Brianna Odegaard (11) uses all her power to deliver the ball over the net. White Bear Lake was defenseless against the onslaught. While practicing hard this year Odegaard pushed to her fullest to help her team win every meet. "Get silly," said Odegaard.



Patchin smacks the ball to her teammate as they practice for their big meet. Throughout the season the team of sixteen did very well. "Winning Conference for the first time in Forest Lake history was the best part of this year overall," stated Patchin.

Captain Quinne Patchin(12)



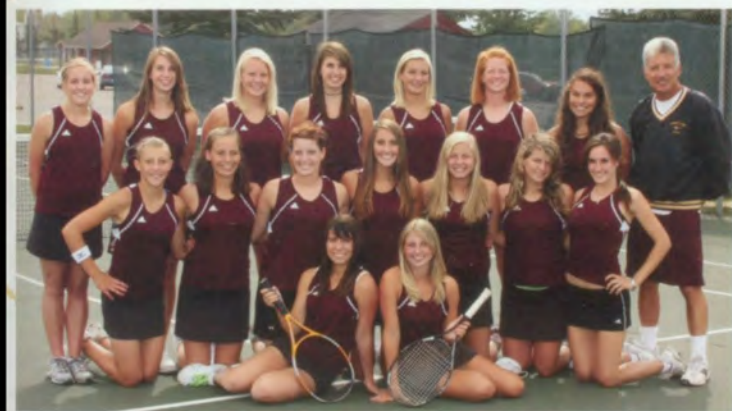
Gravelle works hard at practice by keeping her eye on the ball and swinging through every chance she has. This year's team did great in sections, ranking first and second, and making finals against Elk River. The team ended their season in second place in sections. "We make it rain," stated Gravelle.

Captain: Lauren Gravelle (12)



Competing against Hastings, Blaire Patchin (10) uses her forehand to pull through her swing. Blaire constantly played as hard as she could in the sun, rain, and hard winds. "Slam Bam Thank You Ma'am," stated Patchin.

As Audrey Hanmer (11) played against Mounds View, the game became very intense. She kept her focus and helped the Rangers stay in the lead. "Get the Ball Back," said Hanmer.



Varsity Tennis

Front Row: Q. Patchin, L. Gravelle. Row 2: S. Holien, C. Kendrick, K.J. Johnson, K. Miller, B. Odegaard, B. Patchin, A. Hanmer. Row 3: A. Sawyer, B. Kimbel, T. Phinney, A. J. Asmer, J. Unger, A. Dunrud, J. Cheikh, Coach G. Patchin



When Sammi Holien (11) hit the court, she scored 1 point to help her team overcome their fear of losing to White Bear Lake. As the ball comes to Holien, she plans her next move. "Since 7th grade, I have been inspired by Quinne Patchin," stated Holien.

Scoreboard

Coon Rapids 86-100 (W) White Bear Lake Invite - 6th Place, Cretin-Durham Hall 106-75 (L)
White Bear Lake 81-101 (W) Mounds View 99-86 (L) Section 7AA True Team - 1st Place.

"Have fun, swim fast, and squeeze yours so you can kick theirs!" was the motto used by Anderson throughout her many years on the team. And to all of the underclassmen she says, "I'm so proud of all you girls and I'm going to miss you!"

Captain Amanda Anderson (12)



"Swimming challenges me everyday, physically and mentally - but it always pays off in the end," explained Dahlager of her swimming career. All of the hard work and leadership helped the team achieve a high level of success this season.

Captain Julianna Dahlager (12)



As a second time State participant, Eagen made a splash this year taking second place in the competition. "State was a great experience and is something that everyone should strive to be a part of!"

Captain Erin Eagen (12)



"I'm bossy!" was the song of choice for Laura Oberg-Hauser (12) when she would swim in the 500 meter freestyle event. "It would just keep repeating itself in my head!" said Oberg-Hauser. Many of the girls would choose songs to get themselves pumped up before their races.

Brianna Luhman (11) swims the breaststroke at an away meet. "The best part of the year was definitely winning True Team Sections and going to State!" exclaimed Luhman about her junior season.



"I love swimming because no matter how hard a practice was or how much it sucked, you always feel good afterward," said Charity Riesgraf (10) about her days on the team. The girls spent three hours at practice in and out of the water - six days a week!



Swimming & Diving

Front Row: D. Proulx, D. Kaiser, S. Sampair, J. Dahlager, E. Eagen, A. Anderson, L. Oberg-Hauser, H. Merrier. Row 2: A. Bergman, H. Reily, C. Osterbauer, K. Welch, A. Sievers, A. Cogar, S. Rachel, Luhman, C. Zusan, K. Dison, K. Lawrence, M. Anderson, R. Gross, N. Haglund, A. Brennhof, S. Blackwell, S. Kroska, M. Baker, D. Taylor, A. DeFord-Mason, M. Sperry. Row 3: C. Florand, Coach Brett, B. Curtis, A. Bleninger, J. Ramberg, T. Witzel, E. Luscomb, J. Greely, D. Cusick, A. Koneczny, A. Olson, A. Waskey, J. Marier, E. Anderson, M. Tkachuck, E. Proulx, K. Wambold, J. Hickie, B. Hansen, E. Weiger, M. Emholz, B. Ewert, K. Royce. Row 4: E. Mendoza, T. Brockman, Coach J. Lagerquist, M. Gemuenden, W. Anderson, G. Philippi, A. Bey, O. Olesiak, C. Riesgraf, S. Williamson, C. McGee, K. Caine, T. Moore, A. McMillen, J. Niemczyk, L. Tomnitz, S. Morris, N. Emholz, E. Liljedahl, K. Sewall, A. Howard, K. Anderson, Coach K. Smith, Coach D. Welch



Swim & Dive

Dive Into It

Swim: v. To propel oneself in water by natural means as movements of the limbs, fins, or tail.

"It's like a big family - 4 moms, 65 sisters and 3 brothers - we fight with each other everyday, but we'll fight for each other any day" said Roni Gross (10) about the team. As a group, they participated in many fun traditions such as team sleepovers complete with dance-offs, spaghetti dinners, decorating t-shirts, not shaving their legs until Sections, and many other group outings which helped them achieve their strong bonds.

This year also came with some changes, including a new head coach, Kim Smith. "Having a new coach made things a lot different, but we all learned to cooperate and work together" said Natalie Emholz (11) of the changes. All of the perseverance and teamwork paid off in the end, as the girls celebrated a True Team Section victory, a third place finish at sections and were able to send two of its athletes to the state meet.

~Kaitlin Groeneweg

Before every meet, the team gathers to participate in many cheers to get them pumped up for the night. "Go-Go Power Rangers is my favorite!" exclaimed Nicole Haglund (11) about the pre-meet tradition. Some other cheers include "Dynamite," "Gr-R," and the classic year cheer.



Scotti Sampair (12) does a 'Reverse Summi' at the Cretin-Durham Hall meet early in the season. "It was B-E-A-utiful," said Sampair of not only her dive but the team and season as a whole.



"I always have a lot of fun in the 50 free, it's a nice, short race," said Darian Kaiser (12) about her event. Kaiser would advance to compete at the State level in the 100 meter backstroke to close out her season.

"I look forward to the dual meet verses Stillwater, we already expect them to win, so we swim races that we don't normally participate in, and it's a lot of fun!" explained Courtney McGee (10). Here, she swims the breaststroke at the Section Meet.



"Skadoosh!" was the term used by the girls this year to help get each other ready to go before each dive. Here, Olivia Olesiak (9) prepares to jump off the board for another great dive. Though she is not in the high school yet, she has already made a great contribution to the team.

Swim & Dive

Jump into the water

Swimming: The act of a person or thing that swims.

Diving: To plunge into the water especially headfirst.

The Boy's 2009 Swim Team had a succesful year for various swimmers. Coach Barbra Vailodash states that, "Times for many of the swimmers are faster than last year." All the teams in their section have stepped it up a notch, including Forest Lake. The boy's showed a great amount of improvement this season. Along with new and old swimmers, the team found their momentum in the water. From the swimmer's doing their personal bests; to team winning this year, the boys showed confidence in the pool no matter who their opponent was, always keeping the competetion a step behind.

Dual meets may not have been Forest Lake best contributing factor, but when it came to "The Real Deal" Forest Lake kept their focus on their motivation as great swimmers to achieve their standings in their events. "Our success came from each individual giving everything they had, we inspire each other." Stated Clint Krummi (12) and Zach Curtis (12).

~Austin Perrin

Nathan Merrier (9) keeps his momentum while swimming the breast stroke. The breast stroke is one of Merrier's better performed events. "We will be the ones to survive when the world floods." Stated Merrier.



Joseph Goosens (8), Clint Krummi (12), Brenden Woehl (10) and Eric Moris (11) accept fifth place in the True Team Invitational at Blaine. They competed in the 400 freestyle relay. "You can breathe when you're in heaven." Moris stated.



Matthew Goosens (10) holds on tight but ready to explode as soon as he hears the signal. Goosens swimming abilities has always been vital for the team. "Life is either a daring adventure or nothing." Goosens remarked.



Zach Curtis (12), Kevin Lalla (12), Clint Krummi (12) and Jeff Isaacson (12) Hold the first place trophy at the Cambridge-Isanti invite. Each of them earning majority of the points for the team.

Connor Florand (11) executes another winning dive. Florand was a key diver for the Rangers. "Diving is the best adrenaline rush ever!" Florand explained.



Ricky Fleming (12) performs in the 100 freestyle. He is well ranked in this event among other swimmers. He swims the events 50 & 100 freestyle with all his energy to perfect each stroke to the finish. "Swim fast, die young," Fleming replied.

Eric Morris (11) swims another winning backstroke at sections. Morris was a great help to the team swimming the backstroke and the 200 I.M. "You can breathe when you're in heaven," remarked Morris.



Diver Jeff Isaacson (12) swings his arms and legs in the air as he performs a well prepared dive. Isaacson has a tremendous hang time, for one of his many strengths. "I'm gonna come at you like a spider monkey!" Isaacson declared.

Captain Jeff Isaacson (12)

Swimmer Zach Curtis (12) takes a quick breathe before going under water to another victory. Curtis had a phenomenal year keeping every opponent on their toes. "I'm a good looking fish," Said Curtis.

Captain Zach Curtis (12)



Kevin Lalla (12) keeps going as his goggles slip off his face, nothing will stop Lalla from beating his competition. Lalla was exceptional swimmer having many victories "Oxygen is overrated," Lalla informed.

Captain Kevin Lalla (12)



Swimmer Clint Krummi (12) practices his freestyle in order to get that extra step on the competition. Krummi excelled in the 200 and 500 freestyle winning several first place finishes.

"Don't cry because it's over. Be glad it happened," Krummi declares.

Captain Clint Krummi (12)



Varsity & JV Swimming & Diving

Front Row: C. Krummi, K. Lalla, Z. Curtis, J. Isaacson. Row 2: B. Vos, C. Royce, M. Goosens, C. Kent, E. Moris, C. Florand, J. Goosens, E. Woehl, A. Hobson. Row 3: Coach K. Smith, Coach B. Vailodash, B. Woehl, P. Flowers, C. Jepsen, D. Gillespie, E. Klein, R. Fleming, N. Merrier, B. Fleming, Coach D. Welch. Row 4: R. Lacey, Z. Baumtrog, K. Vanneste, J. Cusick, J. Mehisikomer, J. Stomberg, T. Seibert, J. Duffy, J. Gregerson, P. Buys, S. Albright, Q. Pariseau, A. Krummi, A. Bowes.



Scoreboard

Cretin 49-25(W)

Grand Rapids 33-34(L)

Mounds View 38-32(W)

"It was a good season and my advice to the younger wrestlers is to keep working hard to keep the Forest Lake tradition alive."

Captain Caleb Corrow (12)



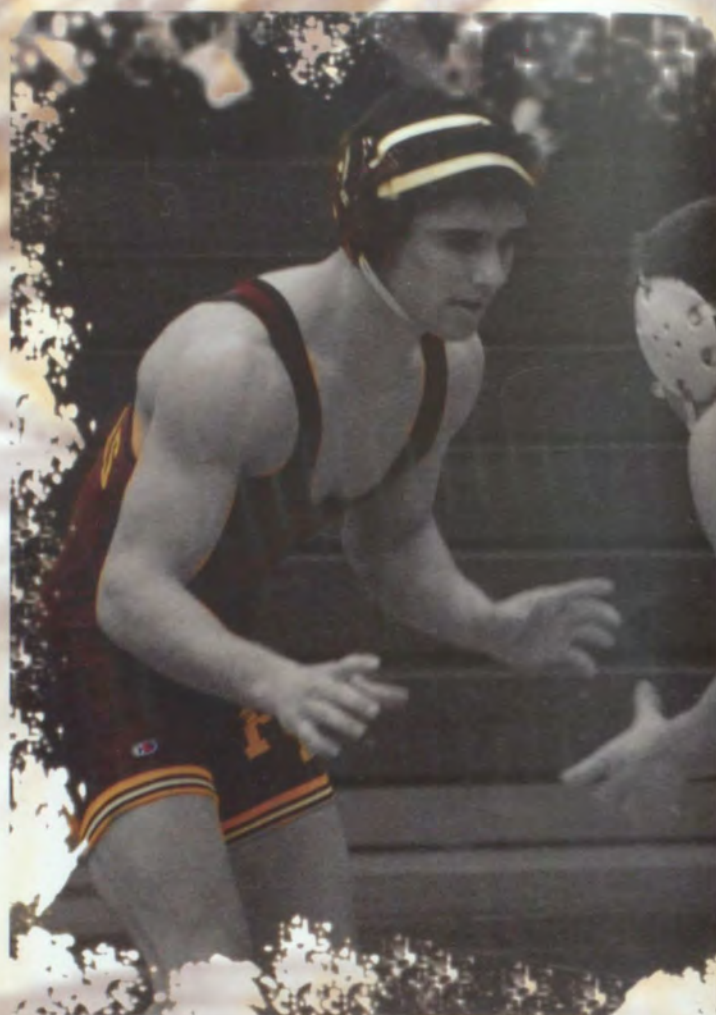
"I would have to say my favorite memory about wrestling was definitely going to the state tournament."

Captain Andrew Kolbow (12)



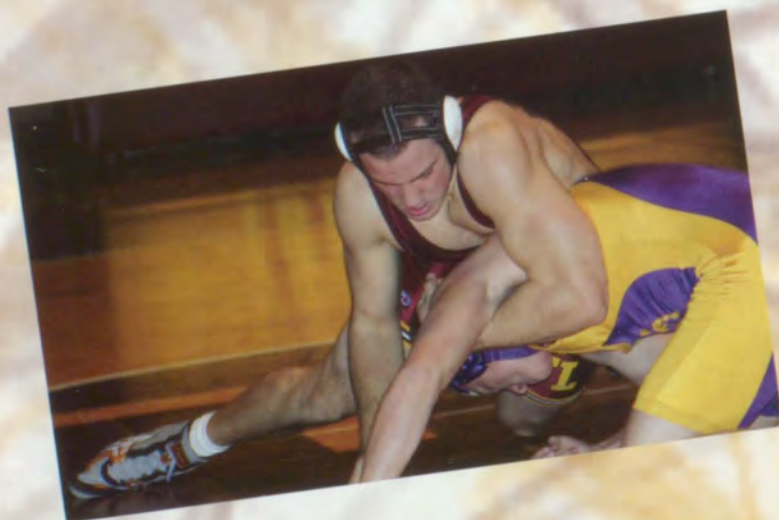
"My advice to the other wrestlers is to continue showing progress and go for your goals."

Captain Charlie Janssen (11)



Josh Warner (11) tries to pin his opponent down. "It was a lot of work but I managed to do well," said Warner. Warner contributed many points to the Ranger scoreboard throughout the season.

Russell Wedger (8) tries to take control of the match against White Bear Lake. "Work hard.. give it all you got, and you'll make it far," stated Wedger. Although Wedger is young, he contributes a lot to the team and has a bright career ahead of him.



David Loch (11) works around his opponent to have a great victory. "He was strong but not strong enough," joked Loch. This was just one of the many victories that the Ranger Wrestling team had this past season.



Wrestling

Front Row: M. Pleski, R. Pagon, L. Bennick, C. Pagon, T. Isaacson, R. Wedger, A. Bonafest, T. Smith, R. Paulson. Row 2: M. Shingan, P. Mohar, J. Toupal, M. Whelan, C. Corrow, C. Janssen, A. Kolbow, D. Blaser, K. Nelson, B. Morgan. Row 3: D. Loch, J. Heim, J. Warner, L. Lennon, C. Edelen, J. Urbanski, A. Ginnis, J. Joyer, J. Niemczyk, N. Johnston, T. Jensen.

Wrestling

Going for the win

Wrestling: a sport or contest in which two unarmed individuals struggle hand to hand with each other attempting to subdue or unbalance the other.

Hard work and dedication. The Senior wrestlers have been in it for a long and will be both happy and sad this season will be over with. They will either continue to wrestle in college or will stop and start their career path. Capt. Andy Kolbow says, "I'll be wrestling in college but I love McDonalds." And Capt. Caleb Corrow added, "I'll just be looking forward to being able to eat whatever I want."

The season went pretty well for the Rangers. Of course they had some ups and downs but they always kept their heads held high. One of the team most favorite things was the food parties after Saturday tournaments. Junior Capt. Charlie Janssen agreed, "I loved them." It came to an end when Kevin Nelson, Ben Morgan, Andy Kolbow, Charlie Janssen and Caleb Corrow all did an outstanding job at state.

~Brea Kosman

Kevin Nelson (11) tries to make a move to take down his opponent. "I always try my hardest until the very end," added Nelson. Nelson showed his skills throughout his great season.



John Niemczyk (10) works towards a win for this match. "Work hard and it pays off in the end," stated Niemczyk. The team works extremely hard in the off-season and everyday at practice to improve their record.



Kenneth Stelter (12) shows off his skills during his first season. He was a great new addition to the team this year. "Caleb what am I ranked?" Stelter jokingly said to Capt. Corrow.

Daniel Blaser (12) works hard to take down his opponent. "Go big or go home!" exclaimed Blaser. Blaser ended his high-school wrestling career with an outstanding performance.



Anthony Smith (10) did an excellent job against White Bear, winning his match. "It was easy but it really showed how far I have come this year," stated Smith.



Scoreboard

Elk River 0-1 (L) Anoka 4-1 (W) Grand Rapids 3-4 (L) White Bear Lake 0-5 Mounds View 2-1 OT (W) Stillwater 1-0 (L) Woodbury 2-2 OT (T) Coon Rapids 5-2 (W) White Bear Lake 1-4 (L) Woodbury 4-3 (W) Duluth East 0-6 (L) Mounds View 2-1 OT (W)

The will to win.

Hockey: Pro. a fast contact sport played on an ice rink between two teams of six skaters, who attempt to drive a small rubber disk (the puck) into the opposing goal with hooked or angled sticks.

The Rangers this year were lead by Captains Paul Moberg (12), Kyle Young (12), and Bradley Ristrow (12). With tough competition the boys knew they had to work hard as a team. Winning our tournament started the team off to a great year. Throughout the struggles, the team pulled through towards the end to show off their true talent. They won their first section game against Andover making it to the second play off game against Duluth East. They became a family and shared many great memories. "The spaghetti dinners and locker room times will be missed greatly," stated Cory Radtke (12).

~Camille Solheid



The team walks proudly with their heads held high. They know that they have a "big game tonight" stated Daniel Frick(11).



Kyle Young(12) cheers as he scores a goal against Mounds View. The team won their game against Mounds View 2-1 in over time.



Derek Harrison (12)
"Never take a game off"



Derek Keeney (12) and Paul Moberg (12) had hard work and dedication in their game against Mounds View. "Never give up, and always play like it's your last game," quoted Keeney.

The team has a real bond as they huddle up and prepare themselves for a big game. Before each game the Rangers took pride with each huddle never leaving a dull moment.

3-2 (L) Andover 2-2 OT (T) Cambridge 6-2 (W) Mounds View 2-1 OT (W) Cretin-Derham Hall 3-0 (L) Roseville 4-5 (L) Park 3-5 (L)
View 5-2 (W) Stillwater 2-0 (W) Hastings 3-4 (L) Cretin-Derham Hall 1-2 OT (L) Roseville 4-5 (L) Park 3-5 (L) Hastings 2-4 (L) Cloquet 2-4 (L)



Paul Moberg (12) says spaghetti dinners were the best memory from this season. When asked for a quote, Moberg instantly replied with, "Hard work beats talent that doesn't work hard."

Captain Paul Moberg (12)

Kyle Young (12) will miss the guys the most. His advice to next year's team is "give it your all, never get out worked, and always have dedication"

Captain Kyle Young (12)



Bradley Ristow (12) advice to next year's team is "work hard" His most missed memory will be the locker room times. When asked for a quote Ristow responded with "Easy Bohnen!"

Captain Bradley Ristow (12)



Shane Herbert (11) and Paul Moberg (12) focused into a tough game. "Give it 100% all the time," quoted Herbert (11).

Cory Capra (12) winds up to hit the puck past the White Bear goalie. Capra was an influence, being a big player. "Work hard, and don't quit," stated Capra.



Varsity & JV Hockey

Front Row: C. Manning, K. Jensen, M. Wethammer, D. Keeney, C. Fritzinger, K. Young, P. Moberg, B. Ristow, C. Gaffy, C. Capra, S. Garry, D. Harrison, C. Radtke. Row 2: B. Jellum, K. Sell, B. Carpenter, J. Wethammer, N. Nally, Z. Mertes, J. Myers, R. Suess, D. Fick, J. Hipp, M. Sprauangel, C. Pluff, T. Kroska, L. Arrigoni, Coach Haider. Row 3: Coach Loo, Coach Parrucci, A. Barsness, N. Vagen, S. Herbert, T. Casey, T. Waldoch, H. Lane, A. Nielsen, M. Plombon, E. Martinson, L. Bohnen, M. Schmidt, Coach D. Forsythe, Coach A. Forsythe



Ryan Suess (11) and Daniel Fick (11) were focused on a tough face off. Both played with tremendous effort. "Always have a mind set that we're going into win," stated Suess.

Scoreboard

Varsity Proctor 01-05 (L)	St. Francis 06-00 (W)	Cambridge-Isanti 01-01 (T)	Chicago
Roseville 01-04 (L)	Mounds View 03-06 (L)	Stillwater 00-08 (L)	Hastings 02-01 (W)
Mounds View 05-06 (L)	Duluth East 00-01 (L)	Stillwater 03-06 (L)	Hastings

Senior Captain Ashley Grell skates hard down the ice trying to out skate a player of the Cloquet team.

Captain Ashley Grell (12)



Junior Charise Kendrick (11) reaches for the puck as she gains control of it before she takes a shot against the St. Francis goalie.

Captain Charise Kendrick (11)

Sophomore Audrey Hanmer (10) grabs the puck away from a Cretin-Derham Hall player, skates it down the ice and goes for the goal!

Captain Audrey Hanmer (10)



The first game of the season was against Proctor. "They came down on a breakaway and what can I say? I pretty much catch everything," stated Lonna Anderson (11).

Audrey Hanmer (11) tries to shoot it past the defender and goalie of Cambridge-Isanti. She shoots, she scores! Hanmer had a total of 28 goals for the team this season.



Jamie Thorson (11) tries to make a goal against Cloquet as she's trying to fight off their defender at the same time. "I will keep the fun in hockey next season for sure" stated Thorson.



Varsity & JV Hockey

Front Row: A. White, L. Anderson, Row 2: K. Boleen, R. Skoglund, S. Williams, L. Erchul, A. Pitts, W. Skoog, K. Lochen, C. Meyers, Row 3: K. Ristrom, R. Hartshorn, A. Gaukerke, S. Preston, S. Solheid, K. Suess, J. Thorson, L. Crow, L. Carpenter, H. Huberty, Row 4: Coach Bush, Coach Neidt, M. Messin, A. Hanmer, A. Grell, A. White, S. Anderson, Coach Seeley, Coach Coleman, Coach Reinicious



Who wants it? We want it.

Hockey: Pro. a game in which two parties of players, armed with sticks curved or hooked at the end, attempt to drive a puck toward opposite goal, involving girls.

This year's hockey team was lead by Captains Ashley Grell (12), Charise Kendrick (11), and Audrey Hanmer (10). The girls not only worked hard but they played and practiced harder. With the coaching of Jeff Neidt, the girl's season got off to an okay start but the younger girls came out with much experience and knowledge.

"Setting an example for the younger players and stepping up to fill the senior's shoes is what I'll be doing next year," stated Kendrick. Not only do the girls play as a team but they play as a family. "After 5 years together we are practically family," quoted Stephanie Williams (12).

~Ashley Barna

The team gathers and listens to the advice that Coach Neidt gives them during a big game, hoping to be able to catch up and win.



They gather as one before the game getting each other pumped up and ready to win their upcoming game. "Who wants it? We want it!" was often shouted in these huddles.



Facing her opponent, Charise Kendrick (11) positions herself to win the faceoff hoping that it will help her team score! Kendrick is one of the strongest players on the team, especially when it comes to face offs.

After scoring a goal some of the teammates skate down to congratulate Alex White (10). This was just one of her many goals this season.



Stephanie Williams, (12) "Never give up when you get the shaft because you will like yourself a lot better if you don't give up. Do your best at what you are doing while you are doing it to succeed." This is a saying that Williams used throughout the season to keep her team strong.



BASKETBALL

Shootin' Hoops

Basketball: court game between two teams of five players each who score by tossing an inflated ball through a raised goal

Twenty unique individuals came together to accomplish one goal... to be successful in their season. The girls put in a rigorous amount of time on the court in and out of season to prepare for a competitive year. Even while working hard, the girls were able to have fun and joke around with one another especially on the annual trip to Duluth. As Sections neared, injury and sickness seemed to plague key players, but everyone stepped up to fulfill their roles and the team prevailed.

Hard work, sweat and tears paid off as the team ended the season with a winning record. "This year was amazing in that the team bonded, worked hard, and won a lot of games," stated Samantha Holien (11).

~Alyssa Dunrud

Molly Steele (12) goes for the three-pointer against Roseville. Steele played guard and was a strong 3-point shooter for the Rangers. "You always miss 100% of the shots you don't take," she later remarked.



AnneMarie Berner (12) demonstrates her skills during a lay-up against Robinsdale Armstrong. "Nothing gets the team more motivated and excited than a made 3-pointer," she stated. Berner contributed many key points to the scoreboard throughout the year.



"It's been a really great season," commented Gina Lange (12).



Nicole Holmes (12) makes a quick pass to teammate AnneMarie Berner (12). Holmes was a leading guard and scorer on this year's team. "Work hard, play smart, have fun!" she exclaimed.

Kristie Miller (12) dribbles past defense and drives to the hoop. "It has been a really fun year and I will miss all of the girls a lot," she later quoted.

58-38(W), 55-41 (W)
44-63 (L), 48-59 (L)
Tartan 51-61 (L)

Park 76-63 (W) Mounds View 46-25 (W), 43-48 (L)
Roseville 45-52 (L), 54-40 (W)
Totino-Grace 55-45 (W)

Robinsdale Armstrong 59-69 (L)

White Bear Lake 47-61 (L), 49-55 (L), 53-70 (L)
Duluth East 67-59 (W)

Andover 75-55(W)
Hopkins 39-61 (W)



"I'll miss seeing everyone at practice everyday."

Captain Gina Lange (12)

"I love these girls and I am so fortunate to have had the chance to be their captain this year."

Captain AnneMarie Berner (12)



Shelby Simons (12) dribbles towards the lane to go for the shot. "Duluth is the best weekend of the season because it is an overnight and a lot of crazy things happen!" exclaimed Simons.

Michele Slattery (11) drives to the hoop for a lay-up against Armstrong. Slattery played guard during the season. "Good shooters don't remember the shots they have missed," she commented.



Varsity & JV Basketball

Front Row: Managers K. Nowicki, A. Matheson, H. Lawson, C. O'Donnell, V. Melcher; Row 2: A. Acosta, M. Steele, A. Colling, K. Miller, G. Lange, A. Berner, N. Holmes, S. Simons, L. Tetrault, T. Winkler; Row 3: Coach Davis, T. Phinney, Coach Steck, W. Fenne, M. Slattery, L. Alm, A. Longfellow, N. Frogner, M. Hayman, S. Radden, S. Holien, E. Parker, Coach Wagner, Coach Biernert



Coach Wagner and the team watch intently from the sidelines. Even while the girls were not playing, they were extremely supportive of their teammates. "I was the baby and it was kind of hard," Erica Parker (10) remarked.

Scoreboard

Como Park 99-85 (W) Centennial 81-70 (W) Andover 83-69 (W) Coon Rapids 72-64 (W) Mounds View 67-72 (L)
 Roseville 65-78 (L) Little Falls 81-72 (W) Hastings 55-41 (W) Park of Cottage Grove 58-50 (W)
 Woodbury 58-68 (L) Park of Cottage Grove 64-50 (W)

"Play together, play for each other."

Captain Anthony Kuefler (12)



"Smartest team in the State"

Captain Griffin Lentsch (12)



"5 sets of links"

Captain Tyler Cremisino (12)



John Young (12) fights for a rebound against a Park of Cottage Grove defender. "It is what it is," proclaimed Young after the game. Young provided a much needed spark for the team throughout the year.

Jordan Knoop (12) follows through on a long range three point shot. Knoop worked constantly during practice to prepare himself for his time on the court. "Kobe!" said Knoop after the shot.



The student section cheers on the seniors on Senior Night. The fans showed excellent spirit all season. According to Melissa Jones (12), "The crowd was amazing this year! Everyone turned out to every game to cheer on our boys and we were always trying to show our Ranger Spirit."



Varsity & JV Basketball

Front Row: D. Werner, B. Hoidal, T. Cronson, B. Bogenfiet, S. Larson, J. Edelen, C. Skoog, D. Sperry, T. Boy, P. Hegarty, Row 2: Coach T. Conley, Coach J. Bran, B. L. Plante, J. Knoop, G. Lentsch, Z. Riedeman, D. Sewall, S. Miller, P. Winnings, J. Young, A. Kuefler, Coach D. Jacobs, Coach D. Cremisino

BASKETBALL

Ballin'

Basketball: Pro. a game played by two teams of five players each on a rectangular court having a raised basket or goal at each end.

The boys basketball team got off to a running start with four straight wins to start the season. The team established some important goals at the beginning of the year and strived to meet them: finished in the top three of the conference and became the number one seed in the section. They achieved these goals, finishing second in the Suburban East Conference and gaining the number one seed.

Everyone worked extremely hard to meet these goals by practicing every day for two hours. Many of these practices consisted of intense workouts and drills. "Everyone worked hard in practices and it paid off during our games," explained Dylan Sperry (11). This dedication made this team one of the elite basketball programs in the state. "It was a unique experience that I will never forget, being a part of this team," commented Philip Hegseth (10).

~Benjamin Hoidal

The team huddles up before the game. Before each game these huddles pumped up the players and got them ready to play. "It motivates us to play with intensity from tip to buzzer," added Samuel Miller (11).



Richard Laplante (12) goes up for a lay up against White Bear Lake at home. "I don't make it rain, I make it downpour!" boasted Laplante. The rangers were almost unbeatable at home going 10-2 on their own court.

Douglas Sewall (11) shoots a jumper against Roseville. Sewall led the team in both rebounds and blocked shots during the year. "It is all about the cardster, Mr. Douglas," joked Sewall.



Benjamin Hoidal dodges his defender as he goes up for two. The team had a high scoring attack this year which resulted in many points scored for the Rangers. "Thank you Sabrina and Jessica for the 'Ben Hoidal' cheer," commented Hoidal.

Griffin Lentsch (12) rises high to dunk the ball. This was a common scene this year, as Lentsch led the team in dunks. "Its only two points but its WAY better than a lay-up," commented Lentsch. afterwards.



Scoreboard

Boys: Roseville 42-13 (W)

Mounds View 32-23 (W)

Hastings 32-23 (W)

Girls: Roseville 41-14 (W)

Mounds View 46-9 (W)

Hastings 28-27 (W)

Alpine Skiing

Downhill to Victory

Alpine Skiing: Pro. a recreational activity and sport involving sliding down snow-covered hills with long skis attached to each foot.

During the cold Minnesota winters many people search to find something to do, and to fill that boredom. The Alpine Ski team had no trouble, they jumped into their snow gear and on to the slopes they went. When asked about the best part about Alpine skiing sophomore Tyler Raarup (10) said, "Race days and chairlift ride!" Throughout the season the team had their ups and downs but over all the team did great this year!

They ended their season with sending teammate Shane Sampair to state. "Our team had great potential this year!" stated Nickey Kumerow (12). So the next time it snows grab you gear and head over to the slopes. You may find yourself having alot of fun!

-Taylor Gemeiner

Kara Gamelin (10) skiing fast to the finish line. Kara coming in third place in between two of her teammates. Gamelin finished with 1:10:46 only two tenth of a second behind Robinson who took second place.



The team stopped to take a picture with their seniors before the last race. "Always try your hardest and get to your full potential!" Senior Kevin Schmidt said to his younger teammates.



Ciara Robinson (12) racing down hill to catch her teammate Nicky Kumerow in the Roseville meet. Robinson crossed the finish line only a few tenths of a second after Kumerow. "It tastes like cabbage and sometimes goes, ding!" quoted Robinson.



The team huddles up wearing their new jackets for one last confidence buster before the big race! "Ski fast or be last!" Tyler Raarup (10)

"Fischer is the only way to go!" stated Scott Brunjes. The ski team only uses the best equipment. They won all thier meets this year but one against Stillwater.

Stillwater 15-40 (L) Crestin Derham-Hall 34-21 (W) White Bear 32-23 (W) Park 31-24 (W) Woodbury 17-38 (L)
 Stillwater 7-48 (L) Crestin Derham-Hall 36-19 (W) White Bear 47-8 (L) Park 50-5 (L) Woodbury 33-22 (W)



"Time for captain fun!"

Captain Nicky Kumerow (12)



"Ski fast, dork quit, because second is the first loser!"

Captain Scott Brunjes (12)



Michael Hentges (12) stop to pose for the camera while drinking hot chocolate to keep warm at the meet. Its Michaels last year skiing with the Forest Lake Alpine Ski Team and his advice for his younger teammates is "Try hard and Keep warm!"

Nicky Kumerow (12) and Shane Sampair (10) won both of the Rangers' first two alpine ski meets against Roseville and Mounds View. "Going fast is one of my favorite things about skiing," quoted Sampair.



Alpine Ski

Front Row: K. Welch, C. Herman, N. Kumerow, C. Robinson, K. Kirchner, M. Baker. Row 2: A. Ke, J. Schwanz, C. Eggers, T. Brunjes, H. Valosek, T. Raarup, C. Kibbel, Row 3: B. Follse, S. Brunjes, S. Sampair, K. Schmidt, Coach K. Oberg.



Some of the Ranger Alpine Ski fans stand around the fire to keep warm while cheering on the Rangers. "Goooo Rangers!" quoted Melissa Jones.

What comes to my mind when I think of nordic is definitely an inside joke...
"Who are we? S.O.S!"

Zach Waldoch (12)



Coaching for 12 years, Johnson spoke about the future of nordic skiing. "If I was going to stay in Forest Lake, we were going to do something special."

Coach Deno Johnson



"It's challenging and fun at the same time, hopefully we'll do as good next year as we've done this year!"

Amber Anderson (11)



The cluster of Rangers throttled toward the finish line, with Mitchell Wohlk (11) leading the pack straight into victory. Throughout each meet, the team constantly showed off their capabilities that exceeded even their own expectations.

Steven Coozenoy (11) hurdled all the way up to sixth place during the classical race at Giants Ridge. During the meet Head Coach Deno Johnson said, "To sum it up, most people want to be the best; these guys need to be the best, and that's what separates them from the others."



At Battle Creek Park the girls gave it their all, ending up finishing fourth place. Elizabeth Peterson (11) also took fourth place, making her the only girl to qualify for state. She also recieved All-Conference honors along with teammate Amber Anderson (11). Coach Deno Johnson commented, "The girls skied pretty well, so we're happy with that."



Nordic Skiing

Front Row: A. Anderson, E. Peterson, J. Scott, J. Hipp, C. Thobe, K. Wambold, J. Greeley, A. Wilcox. Row 2: S. Coozenoy, J. Jackson, S. Wambold, R. Wright, M. Maki, J. Bruggeeman, J. Jankowski. Row 3: Coach D. Johnson, M. Howe, A. Cook, M. Wohlk, D. Lundell, A. Kelley, R. Wright, Z. Waldoch.

Sliding to Success

Nordic Skiing: A winter sport that encompasses all types of skiing where the heel of the boot cannot be fixed to the ski.

"This is a super competitive group on the snow and in the classroom. Their commitment to the goals they have set for themselves is second to none," remarked coach Deno Johnson.

From start to finish last year the nordic skii team brought their all to the slopes. They were well prepared having a combination of physical strength, mental readiness, and a little bit of spandex. They finished their season with a sense of accomplishment and memories to last a lifetime. Deno Johnson said, "It was perfect, they just capped off a perfect season, it was really something."

Their success was due to the constant effort all team members put fourth in order to reach their ultimate goal, making it to state! In the end they did just that by taking the state title once again.

~Jessica Pimpo



During a frigid meet at Battle Creek Park, Steven Coozenoy (11), Michael Howe (11), Mitchell Wohlk (11), and Captain Ryan Wright (12) did their best to squeeze out a smile.



Michael Howe (11) earned his first All-State honor from a lot of hard work and dedication. Head Coach Deno Johnson remarked about him, "Mike has trained since he was a little guy...he's trained his tail off, so that was satisfying to see."



Captain Ryan Wright (12) set the bar high during the competition at Como Park Golf Course. When asked how he prepared for the race he jokingly replied, "I just stare at the sky." He received All-Conference honors and gracefully took third place at sections.

At sections the team had a grand total of 385 points, relieving the section title for the sixth year in a row. Continuing on to state, the boys team concluded their exciting season by maintaining the state title for the fourth time in the past five years. They finished with a total of 380 points.



Sliding her way to victory, Jennifer Scott (10) gave it her all earlier on in the season at the competition at Battle Creek Park.



Stick It...

Gymnastics: A competitive sport in which individuals perform optional and prescribed acrobatic feats mostly on special apparatus in order to demonstrate strength, balance, and body control.

"Gymnastics uses every single part of your body, every little teeny tiny muscle that you never even knew you had." -Anonymous. The gymnastics team used every muscle they have achieve a trip to the State Meet this year. On the way there the girls beat Cambridge-Santi, a team who has gone to state for the past eight years, to guarantee their spot among seven other teams. On a cold, blizzard like day the team trekked down to the University of Minnesota Campus to compete with the best in the state.

The girls finished their amazing season placing sixth at Team State and sending two individuals, Samantha Opsahl (12), and Taylor Brett (11) to compete among the best at the individual State Meet. "I was so proud of how the girls performed this year, it has been a very memorable season."

~Kimberly Pagel

Allie Bey (9) spots her landing after a flawless beam routine. "I like gymnastics because it pushes you close to your breaking point," explained Bey.



Samantha Opsahl (12) shows off her beam skills with a back hand spring. "State was a great experience that i will never forget," stated Opsahl. She placed first on beam at Sections qualifying her to go to State.

"When do the Lunch Ladies eat lunch?"
- Taylor Brett (11)



Scotti Sampair (12) dances over the floor during her routine while teammates Esther Jandrich (11) and Olivia Olesiak (9) watch intently. "I'm going to miss cheering on my teammates!" explained Sampair.

Jennifer Kunshier (11) concentrates as she executes a "half-off onto the vault." "If you like falling, gymnastics is the sport for you!" exclaimed Kunshier after a daily practice.



"It's all about the '___ations!'"

Captain Scotti Sampair (12)

"We had a great season with really great girls and great personalities."

Captain Jordan Boniface (11)



Captain Jordan Boniface (11) executes a flawless flyaway while dismounting on bars. "The seniors were really important to how the season went and we will miss them," explained Boniface.

The team lines up before a home meet to announce names, and get in the zone. "We are like one big family!" explained Samantha Jorgensen (10). The team supported one another throughout the entire season.



Varsity & JV Gymnastics

Front Row: J. Berg, S. Jorgensen, S. Opsahl, S. Barfield Row 2: A. Hurtley, A. O'Neil, J. Kunshier, Coach Brett, A. Bey, J. Boniface, Coach Elias, J. Sampair, C. Reinsch, Coach Johnson, O. Olesiak, J. Hurtley, K. Manning Row 3: Coach Blackstad, Coach Finklenberg, A. Williamson, E. Gobblin, A. Bushinski, B. Ewert, T. Brett, M. Lenz, M. Moravec, A. Fuss, J. Ramberg, E. Jandrich, Coach Suess, Coach Williams



Esther Jandrich (11) leaps through the air executing a perfect switch leap. "Gymnastics is very psychological..." explained Jandrich. She was a strong component to the team's success throughout the season.

Scoreboard

UDA Competition Roseville Conference Meet Eastview Invitational Stillwater Conference

"I'm proud to have been a captain of the highest scoring team in FLDJ history!"

Captain Allyson Kohler (12)



"Our dance team season was the best that it has ever been, and it was because of the talent on our team, and our hard work since fall."

Captain Kaitlyn Bryant (12)



"This season we worked really hard and it paid off. I was proud to be your captain, and I'm glad that I got to be a super hero!"

Captain Kathleen Dunsmore (12)



"The Timberwolves UDA Challenge was the highlight of my season," explained Jennifer Vilgos (12). The girls won a total of five trophies, and got to perform pre-game for a Timberwolves game.

Julie Dobihal (11), "The wonder-woman kicks are the sassiest kicks in our dance, they make us feel like wonder woman!" Throughout the season this kick sequence was the most difficult to perform, because it was in the middle of the dance, before the girls got their second wind.



The team displays their opening kick sequence at a Stillwater conference meet, where they placed 2nd. "Kick is my favorite dance, because the crowd enjoys it more," shared Leah Dobihal(10).



Varsity & JV Dance Team

Front Row: C. Braun, M. Svenkenson, M. Harris, K. Bryant, A. Kohler, K. Dunsmore, S. Morgan, J. Vilgos, C. Strouse Row 2: H. Quiggle, E. Grahek, J. Dobihal, A. Entwistle, A. Peterson, K. Olson, S. Bagan, J. Smoczyk, T. Kiesow, L. Dobihal, A. Smoczyk Row 3: A. Chilson, A. Goblich, S. Frost, A. Olsen, A. Grell, C. Berger, J. Wiggins, K. Davis Row 4: D. Lardani, N. Johnson, H. Hill, K. Jaeb, V. Yamry, L. Brink, K. Teel, S. Jaeger, K. Boettcher, S. Krall.



Dance Team

Bang... Pow... Punch...

Dance Team: to move one's feet or body, rhythmically in patterns or steps, accompanied by music within a number of people associated to a group.

Can you imagine using all your athletic ability, all of your training, and all of your memory in 3 minutes, and 30 seconds? Well that is exactly what FLDT does with a huge smile on their face the entire time. The girls begin their season in mid June, and end it in February, making dance team a 6 month sport. "When I'm not in dance I take special classes to help with my technique, and to stay in shape," explained Marie Harris (12). In the past year FLDT had their largest amount of hard workers, which lead the team to success, receiving 9's out of 10 on choreography. They also received multiple 8's in areas such as performance, technique, execution, and difficulty. The girls are judged on a scale of 1-10 in 10 different categories, making the maximum points equal to 100. The average kick score for the past year was 77, making it the highest average in FLDT history. "Dance is the hardest thing that I've ever done," said Jordan Smozyck (11), "but it also gives the best rewards." FLDT's slogan for this past year was, "No matter what, the super hero's always will come out on top!"

~ Kaitlyn Bryant

"I think that it was really cool that we got new superhero costumes this year, and that we started out the varsity kick dance in the superman shield," said Alex Chilson (11). This was the first year that the dance team had a theme for their varsity kick dance.



Amy Olson (11) performs the varsity jazz dance. It's a wonderful night. "Jazz is fun to perform because we get to show off our technique," said Olson. The team has been practicing their technique since last June to prepare for the winter dance team season.

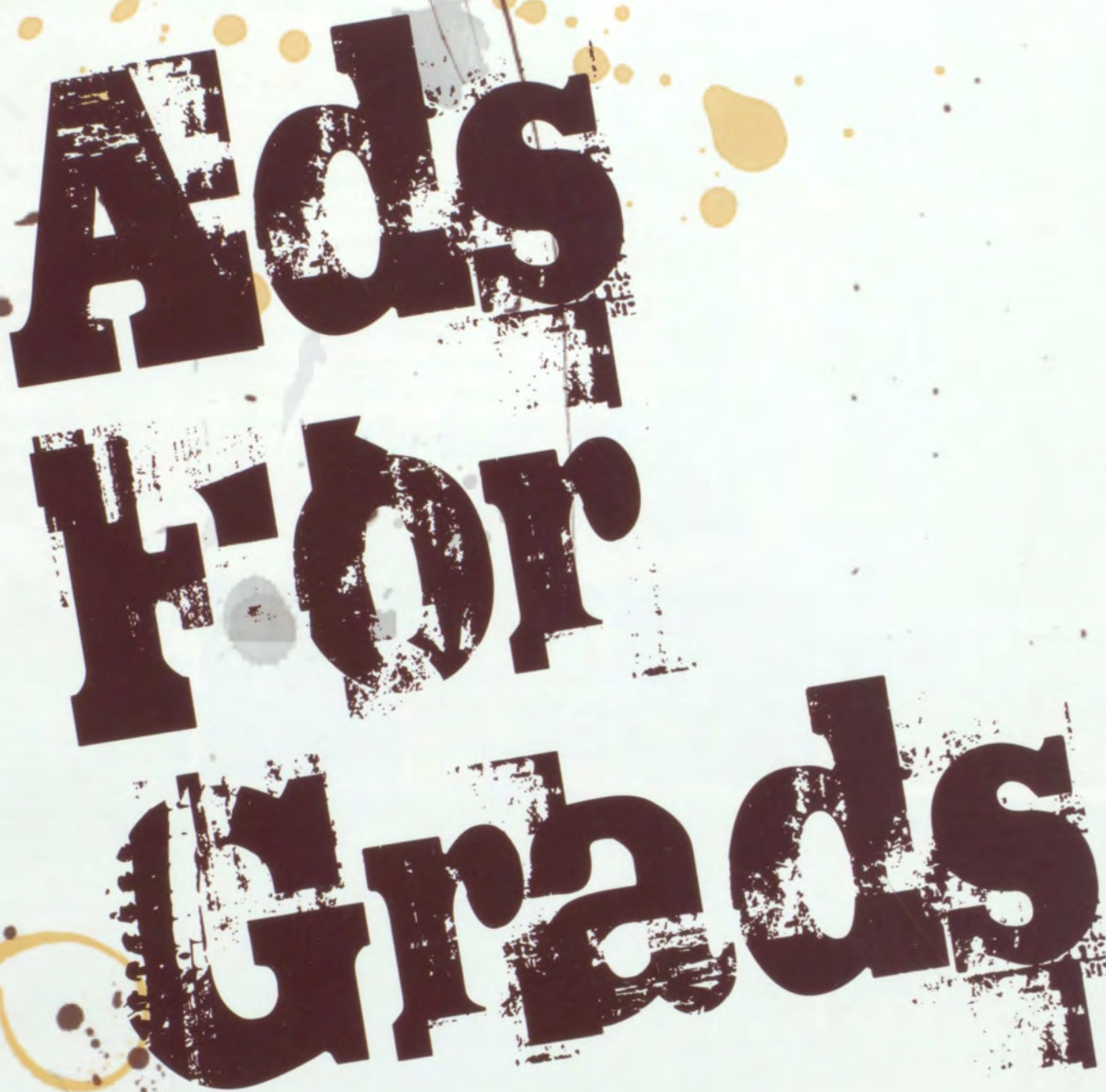
Taylor Kiesow (10) displays her beginning pose of the varsity kick dance, "Super Girl". Kiesow was one of the selected girls who were chose to do a scorpion. To do the move you have to be very flexible, have good balance, and be able to focus.



"Leaps are my favorite dance team move," explained Samantha Frost (11). The dance team had over ten leaps in their varsity jazz dance this season, which helped lead to the best scores the dance team has ever had.

"Going along with the superhero theme, it felt like a must to have Batman featured in FLDT's poster this year," said Saray Morgan (12). It was the coolest picture day that I've ever had, exclaimed Nicolette Johnson (11).





Ads for Grads

Define the
Years



Ashley Lancaster

Congratulations Ashley! We are so proud of you. You have grown to become such a wonderful person, but remember... you will always be our little girl. We love you.

-Dad, Mom, Amanda, and Aimee



Andrew Bothman

Andy, we are so very proud of you! When you learned to walk at 7 months old, it really proved how high of an achiever you are. We're glad you have high expectations and we know that you will succeed in the journey of life.

Congratulations!
Love, Mom and Dad.



Brittney Bestler

Brittney, you've grown from an adorable lively little girl to a beautiful energetic and talented young woman. Not one day passes without appreciating how blessed I am to have you as my daughter. May you achieve many dreams, stretch beyond your comfort zone with courage, and embrace each day with gratitude and wonder.

With Love and Congratulations, Mom

Jessica Springer



Dearest Jessica,
We are so proud of you- Congratulations sweetie! If you keep stretching, you will always be able to reach your rainbows!! Love you tons!

Mom, Dad, and Mitch



Daniel Blaser

You have been a true blessing from God to watch you grow into a young man. The future is yours to be what you want to be. Keep working hard! We are so proud of you! God Bless & Angels on your pillow. Love you. Dad, Mom, Ashley and Amanda



Jake Disanto

Jake,
We are very proud of you and we know you will become a great success. Remember life goes by very fast so make the most of every day given to you.

Congratulations!

We love you,
Mom, Dad, and Laura

Brandie Olson



BRANDIE, we are so proud of you and who you have become as a young woman. Remember; CHARACTER defines you, be who you are and what makes you happy. Good Luck in your journey in life and congratulations. Love you today, tomorrow, forever and always. Mom, Dad, Suzie, Billy Jr., Destiny, Amelia, Lila, Grandpa Terry, Grandma Sam, Grandpa Ray, Grandma Carol, Grandma Darlene, many aunts and uncles, friends, cousins and many relatives.

Samuel Kolbow

Loved and treasured -
that's you!
Mom and Dad



Ruby Kolbow

Loved and cherished -
that's you!
Mom and Dad



Griffin Lentech

You have grown into a strong, kind and thoughtful young man- a son we are very proud of. We look forward to watching you navigate the exciting opportunities ahead of you. We love you and will always be here for you. Love, Mom and Dad



Steven Grafaky

Congratulations Steven! Remember that I will always be there to support you while you make your journey after High School. May all your dreams come true! Love always, Mom



Thomas Loude

From Tommy to Thomas... as a young innocent boy to a determined young man. Throughout the years our lives have been filled with joy and laughter because of you! WE ARE PROUD! Love Michael and Mom



Jessica Phillips

Hey Jess, We are so proud of you. We will never forget the last 18 years we have had together. We love you always, Dad, Mom, and Joe too!





Tom Douglas Jr.

Tom:
Congratulations on your graduation. Your three years at Forest Lake High School have provided you with some very interesting and beneficial experiences-foreign travel, community service, varsity football and many others. These learning experiences are just a small sample of what life has to offer you. Sometimes your experiences have their ups and downs, but through it all, you have proven yourself a true "scout" and, as your parents, we are extremely proud of you and your accomplishments.



Daniel Lawrence

Danny,
Continue your journey by...
Leading with your heart,
your work ethic, and
your smile...

Congratulations!
Love, Mom, Dad and Karlee



Alex Anafarta

Alex,
You have brought us great joy and happiness and we have been truly blessed to have you as our son and brother. We are proud of all your accomplishments and proud of the person you have become.
Keep on being "you".
Love,
Mom, Dad, Tev and Trevor



Shaunna Spjut

Shaunna,
We are all so very proud of the person you have become. Stay focused and know we are there for you always. We love you.
"Your Family"



Paul Goedeke

You have brightened our lives, and we are so proud of you.
We love you.
Mom, Dad, and Laura

Colette Hayward



Seems like just yesterday, we were holding you dancing around, and watching your smile. And now you've grown into a beautiful responsible woman. Wow! Where did the years go? We've shown you the road to unlimited and definitive success. You've navigated that road with great skill, endurance, and perseverance.

You will accomplish many more things with these skills as you travel through life's journeys. Remember to always be you, and true to others and the results will be great for you. Follow your dreams with great determination and dedication and they will come true.

Admiration is only a small word to describe how overpoweringly proud we are of you and all of your accomplishments. So always, shoot for the moon in everything you do and remember who loves you most and believes in you more than the world.

Thanks for being the sunshine in our world.
LOVE,

MOM and DAD



Ben Tolzmann

Ben,
We are proud of you! We love you! Remember to always follow your heart and be true to who you are! And.... "Stay away from dragons!"
Dad, Mom, and Molly



Allyson Kohler

Allyson, you have danced your way into our lives and so many others. We are so proud of the young woman you have become.

Love,
Mom, Dad and Mitchell



Scott White

Congratulations Scott! We are so proud of you. You are such a blessing in our lives. It's time now to get "guard up" for the future. We will always be here for you and know that with your strength and determination, you will accomplish all your goals.

Love, Mom and Dad



Kevin Lalla

Kevin, We are so proud to call you our son. Congratulations on all your hard work and accomplishments. We wish you only the best next year at college. We know you will be successful in anything you do.

Love you always, Mom and Dad



Justine Nelson

Congratulations Justine!! We are so proud of you. You have worked so hard and are so talented in everything you do. Good luck in the next journey of your life.

Love, Mom and Dad



Anna Mladnick

Anna's early years were spent at ball fields watching her brothers play baseball and football. Anna always brought along her own "unique entertainment."



Tyler Jensen

Congratulations Tyler! We are proud of all your accomplishments. You have grown into a fine young man and we know you'll have a bright future! May God bless you on your journeys and always know that we all love you!

Your family



Rick Fleming

Ricky, Congratulations! We are so proud of you, your accomplishments, and the wonderful young man you have become. Your hard work ethic, good attitude and integrity will take you far in life. We wish you much success and happiness in your future. We love you so much!

God bless you.
Love
Mom, Dad, Bryan and Jimmy



Melissa Marie Casey

Melissa, you are growing into a woman of inner strength and beauty, and for such a time as this, the courage to do great things.

Love you,
Mom and Dad



Megan Gooley

We are truly blessed to have such a wonderful daughter. Your future is bright. Shoot for the moon, even if you miss, you will land in the stars.

We love you!
Mom and Dad



Scott Glewwe

My Little Man,

You have the best of all who came before you...you have the most amazing gifts and you are choosing to use them. Proud...I'm bursting! For all that you are and for all that you will be, I will always love to say "that's my son!"

Your biggest fan,
DaMamma

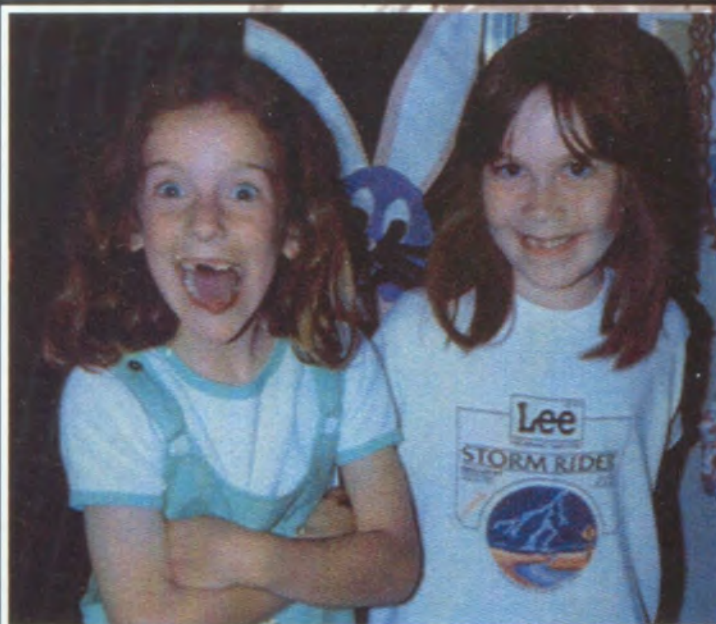


Lucas Kaeding

Lucas, Disciplined and determined has been your mantra since day one! God has blessed you beyond belief! We are very proud of the person you have become as well as your many accomplishments. It will be very exciting to see how the next phases of your life unfold.

"For I know the plans I have for you," declares the Lord, "Plans to prosper you and not to harm you, plans to give you hope and a future." Isaiah 29:11

With much love,
Mom, Dad and Mike



Sherri Morrison & Holly Urbis

We are very proud of our baby girls. You have both made all of us so proud. We will never forget all of your scheming and silliness.

You may have as much fun during your next 18 years.

We love you!!

Your families,
The Morrisons & Urbis'



Erin Eagen

Erin, you are strong, beautiful, kind, loving and so much more. I love you so very much. Congratulations and I am so excited for your future.

Love Mom



Tyler Cremisino

Ty, We love you so much. You've always been such a fun kid. You're always thinking of others. What an exciting time of your life you are entering.

Enjoy every minute.

Love,

Mom, Dad and Drew



Joshua Thompson

Josh, we are so proud to call you our son. You have accomplished so much and given us so much joy. We wish you success on your journey through life!

We love you!

Mom and Stan



Jessica La Fountaine

Jessica,

We can't imagine our lives without you in it, you are such a blessing. Time has gone by so fast and now you've become a selfless, intelligent and beautiful young woman. Work hard, enjoy life and continue caring for others. You are a very special person and always will be.

We love you so very much,
Mom, Dad and Sammy



Benjamin Kunzer

Ben, you are a wonderful son and we are so proud of the young man that you have become, we wish you success and happiness in your future.

Love Mom and Dad



Camille Solheid

Camille, as you begin this next chapter in your life, we wanted to give you 10 words of wisdom.

Relax, take a breath

Explore, be open, something new is waiting for you

Passion, if it's not fun and doesn't spark your passion don't do it

Partnership, work with enthusiasm but without ego

Respect, this is the basic, goes beyond courtesy

Hear, really hearing is way beyond listening

Trust, in yourself- your inner voice will guide you

Distrust, listen to your inner voice, and let your principles be your touchstone

Love, be strong enough to choose it

Serve, you will find your greatest happiness when you serve someone other than yourself

Dreams are possible if you follow and believe in them!

Congratulations, we love you!
Mom, Dad, Devan and Andrea



Kirsten Werness

Believe in yourself and in the power you have to control your own life. You are a GIFT to all you know and we are very proud of you.

Congratulations, you have a bright future filled with opportunities ahead and remember we will always be there for you and with you!

Love always,
Mom, Dad, Eric, Lisa and Nicole



Samantha Guertin

Congratulations Sam
We are so proud of you!
Enjoy-
Love,
Mom, Dad and Ty



Amy Miller

Work Hard, play hard,
enjoy life.
I am very proud of you!
Love Mom



Krista Milne

We're proud of who you've
become.
Congratulations.
We love you.



Ryan Wright

You can't put a limit on
anything- the more you
dream, the farther you
get.
Follow your dreams
Ryan!



Chelsey Hagen

Chelsey,
Words cannot say how very proud I am of you. You have grown up
to be such a beautiful young woman. Keep following your dreams. I
will be here for you always. We love you very much.

Mom, Marcy and Ashley



Keylie Carver

Keylie, we are so proud of
you and all that you do. Enjoy
life, and make lots more
memories.

Love,
Mom, Dad, Kolton and
Tyanna



Bill Don Carlos

Bill:

"May the forms of your belonging- in
love, creativity and friendship, be
equal to the grandeur and the call of
your soul."

We are so very proud of the young
man you have become!

Love always,
Mom and Dad



Laura Oberg-Hauser

Smile! It's time to celebrate again. Happy Graduation!

All our love,
Mom and Dad



John Young

Your 1st of many spaghetti dinners! We have thoroughly enjoyed watching you grow up. Thanks for all the great sports memories, thanks for working so hard academically, and finally thanks for always making us laugh!

Love
Mom and Dad



Chelsey Mays

The day you were born was one of the happiest days of my life. You hold a special place in my heart. I love to hear you laugh and see you smile. You are my ray of sunshine.

You have worked so hard and with so much determination. I am extremely proud to call you my daughter.

Love, Mom



Bradley Rietow

From a lovable, funny, energetic little boy, you have grown into a wonderful, talented, caring young man. We are so very proud of the person you have become. Always believe in yourself, trust in your faith, and you can achieve anything you desire. Our wish for you is happiness, love, and success.

Love, Mom, Dad, and Heather



Katie Quale

Katie, you were born during a Georgia tornado and took our hearts by storm! You are truly a blessing to us and others. We are so proud of you. Follow your dreams; you have so much to offer the world. May God always be your guide.

Love, Mom, Dad, and
Lindsey



Isaac Harris

Isaac, determined, dedicated, disciplined and respectful are words that describe you. You are so fun to be around and you make all of us laugh. You're a great guy who has become a fine gentleman.

We love you.

Mom and Dad, Emily and Brodgette

Justin Zanish



Congratulations Justin!
You will have fun and do
well in your next adventures
in life!
Love
Mom, Dad, and Erica

Kayla Erickson



Kayla, you were a cute, silly
little girl and now you have
grown into a beautiful young
lady. You have had a rough
year, you worked very hard
and I am so proud of you.
Congratulations! Enjoy life. I
love you Kayla,
Love Mom

Nicole Holmes



We have loved watching
you grow and follow your
passions, from mission trips
to sports. We are so proud of
you.
Love, Mom and Dad

Alisha Jaerner



Alisha, finally... this day has
come, it has taken so very
long, but you did okay. Please
send me a letter when you
can.
Dad
P.S. Love You!



Jeff Isaacson

Congratulations Jeff!
Your leadership skills and patience for others will carry you far. We
are so proud of you and thank you for always doing your best:
We believe in you!
Love, Mom and Dad

Krysta Nelson



Such a wonderful daughter,
So helpful and smart.
An animal lover, right from the
start.
We wish you success in all that
you do,
No one could be any prouder of
you.
Follow your passion.
Congratulations!! We love you
rosebud,
Dad, Mom, Brett, Mandy, Adam,
Grandma, Anna, Aaron and Aidan.

Katelyn Stout



Little Potato,
You have been an absolute
joy since the moment you
were born. Your energy,
spirit, and lightheartedness
make you one in a million.
We are so proud of you and
couldn't love you more.
Mom and Dad



Michael Swenson

Michael,

Congratulations to you and all of your accomplishments. You have brought such joy to our lives, we are so proud of you. Let your talents shine through your college years and all through your life. You continue to keep a smile on our faces and joy in our hearts. Reach for the stars and always follow your dreams, remember to live life to the fullest, love with all your heart, and laugh out loud.

Love forever,
Mom, Dad and Holly



Tyler Czeck

Tyler,

You are my inspiration! You have the heart of gold, the simple understanding of life, and so much love to give. You're a true friend. You make me so proud to be your mom. From the day you were born you never gave up. You are so strong. You live life to its fullest everyday. Don't let anything get in your way. Be who you want to be. Go out and get all your dreams, I know you can!

We all love you.

P.S. Your Dad would be so proud of you; he is smiling down at you everyday!

Love,
Mom



Kathleen Nicole Devine

Before you were conceived
we wanted you.

Before you were born we
loved you.

Before you were here an
hour, we would die for you
This is the miracle of love.

(poem by Maureen
Hawkins)

Congratulations on your
achievement!



Anndi Newman

Anndi, your beautiful, graceful
spirit has brightened my life
for 17 years! I love you so
much and am so proud of
you! Can't wait to see what
the next 17 years of your life
turns into!

All my love,
Mom



Andy Nordenstrom

Andy, watching you grow
into the young man you are
today, has been an adventure
full of joy and surprises. Keep
believing in yourself- We
always will!

Love Mom, Dad, Erin and
Cait



Courtney Jo Klein

Courtney you have always
been so beautiful inside and
out.

We are so proud of you
You have worked so hard and
accomplished so much.

Always remember...

DANCE like there's nobody
watching. LOVE like you'll
never get hurt.

SING like there's nobody
listening. LIVE like it's heaven
on earth.

We all love you so much! Good
Luck!



Jessica Pimpo

Jessica,

I am so proud of who you are! You
are a light wherever you go! You will
"soar" with the many talents you've
been blessed with! Go sing your song
to the world!

Love always,
Mom

My dearest Jessica,
God has given you many talents and
abilities. You are truly blessed!

Love always,
Your Dad



Jordan Knoop



Jordan,

You always looked good, whether you were all dressed up in a suit or after your sister got done dressing you up just for fun. You will always be the cutest boy we know!!! WE are all so proud of you for all you have accomplished over the years, in school, sports, drama and all the other great things you do. (Ain't a Mountain High Enough- your favorite song- ha ha) You have always been a kind and caring son and brother and we love you for that. Thanks for always making us proud to say- Jordan Knoop is our son or Jordan Knoop is my brother!!!

Love you buddy, Mom, Dad, Alyce and Hailey



Trevor Welk

Trevor, you have filled our lives with so much joy and made us so proud.

We love you.

Mom, Dad, Sara and Kallie



Courtney Roatch

Court-Bort, you have turned into a beautiful young lady, who makes us proud to call daughter, niece, and granddaughter. Boy, has time flown by! You have the potential to be whatever you want to be and go wherever you want to go! Just do it!

Love, Mom, Dad Gramps, and Kath



Alec Phillippi

Alec, whatever you choose to do in life, we know that the sky is the limit for you. Keep following the advice we've been giving you since you were little... work hard, play hard, pray hard!

Love,
Mom and Dad



Brianna Hennen

Brianna, you are truly a gift from God. You've worked hard, done your best and have accomplished wonderful things! We know you'll continue doing your best but always remember to take time to enjoy life and all it has to offer. We hope all your dreams come true!

We love you,
Your Family



Mallory Messin

Mallory, you are our DREAM, we will always BELIEVE in you, you can ACHIEVE anything you set out to do, and you've only just begun.

Love, Mom and Dad



Scott Nelson

Congratulations Scott!

Thank you for being such a wonderful son. You have so much going for yourself. Have fun, work hard and enjoy life. You are very special and have made us so proud.

We love you,
Mom, Dad and Joey



Cory Capra

Cory,
Follow YOUR path! Set
your goals high and dreams
higher. Stay HAPPY!
You have always made us
proud. Continue loving life,
friends and family. KEEP
the faith!

Love,
Dad, Mom, Max, Karleen,
and Elly

Evan Sazo



Evan,
Way to go Bud! You
have such a big heart.
We are all blessed to be
part of your life.
We love you,
Mom and Eric



Lauren Gravelle

You have blessed us in so
many ways. We are so
proud of you. Continue to
be kind and generous as the
next chapter begins.

Love,
Mom, Dad and Brett



Alysa Zimmerle

Alysa, you have such great
spirit and enthusiasm for
life. It shows in all that you
do. You are such a joy and
blessing in our lives.

Love you with all our hearts,
Mom and Dad



Ashley Grell

You inspire me each and every day. Most of all you make me
laugh. You give my life purpose. A parent could not be more
proud. Always be exactly who you are, change for no one. You are
an exceptional person to everyone around you, especially me. I am
truly blessed.

Love, Mom



Nathan Moen

Nathan, remember as you
journey through life the
opportunities are endless.
We are so proud of all your
accomplishments.

Love,
Mom and Dad



Kathleen Miron

Kathleen,

From your dimples to
your opinions, you are
one of a kind. Sing the
song meant for you!

Love, Mom and Dad



Nicole Kuntz

I am so proud of you
and the person you
have become. Live life
to its fullest! Chase
your dreams- stay true
to yourself. Have fun
and laugh a lot!

Love you,
Mom



Jessica Thacker

Congratulations Sweetie on
your accomplishment of the
first big step in your life's
journey. You danced into our
hearts and lives and you're still
dancing. Your next big step is
going to be fun, thrilling and
very challenging and we know
you will take it by the horns
and go all the way. We love
you with all our hearts and
souls.

Mom, Dad, and Nicholas



Siri Urquhart

Siri,

We never realized how wonderful it could be to have children until the day
you were born. Whatever you choose to do in life, we will always be proud of
you, simply because you have the key to our hearts forever. You never cease
to amaze us in everything you do! A daughter is one of the most beautiful
gifts God has to give. We love you "all the way up to the sky and back."

Mom and Dad



Taylor Sheldrick

Follow your dreams and
believe in yourself. We are
very proud of you! "Live,
Laugh, Love" you're an
amazing and beautiful
young lady.

We love you!
Mom and Michaela



Cory Kost

Cory, Your drive and
determination to succeed
in anything you do is
truly incredible. We are so
proud of the way you carry
yourself. Good Luck in the
future! Keep Smiling!

Love,
Mom, Dad, Sean,
and Ciera



Melissa Wappel

Melissa

Senior year! Wow the time has flown.

We are so proud of you.

The next part of your journey begins.
Good luck on the rest of your journey
and remember,
we will always love and support you.

Love,

Mom, Dad, Becky and Andrew



Joshua Miller

Josh, we are so proud of you
and the man you have become.
Congratulations son! Remember your
future is what you make it and always
choose wise council.
We love you so much!
God Bless.

Mom, Dad, Dani and Alex



Johanna McDowell

Johanna, We are so very proud of you, the young woman you've become, the wonderful person you are and all of your accomplishments. We are excited to see you venture off to college in the fall, and eventually make a life for yourself. Your wisdom, kindness, humor and hard work will no doubt serve well for you in all you experience.

Much love always,
Mom, Dad and Jackson



Taylor Gemeiner

Remember when you sat upon
my knee.
No prouder father could I be.

Now that I'm in heaven and
can only watch over you and
see.

The graceful and beautiful
woman you turned out to be.

Promise me that you'll give life
a fighting chance.
And when you get the choice
to sit it out or dance.

I hope you dance.

Love, Daddy



Megan Svenkesson

Congratulations on all you have accomplished, we are so very proud of you!! The incredible experience of raising you has been a constant reminder of God's love in this world. May it fill your life in all things you do as you venture forth. Always know our love will be with you in all you do and may the blessings of the Lord Jesus Christ be upon you.

Love you sweetie!

Mom and Dad



Anndi Newman

I can't believe the time is here,
thank you for the honor of
being your dad. I know your
future is bright,
Love ya!

Congratulations! 09' rocks!



Gabrielle Ann-Marie Selg

Gabrielle Ann-Marie Selg,

You are such a
precious daughter - more
valuable than gold. We are
so proud of you.

May the Lord continue to
bless you and keep you in
his loving arms.

Mom and Dad and Hunter



Cheree Franklin

Our little RéRé,

From day one we knew you were going to be an actress.
You have a beautiful smile and a heart to go with it. We are
very proud of you.

With Love,
Your Family



Michael Hentges

My, how time flies! Our
"baby" is almost grown. We
are so proud of you Mike, and
of the wonderful young man
you've become. God bless
you on life's journey.

Love,
Mom and Dad



Abigail Stroeing

Abby,
We are so proud of you and
all your
accomplishments. Let your
faith guide you into the
world to pursue all of your
dreams, and remember we
will always be there to help
and support you along your
journey.

Love,
Mom and Dad



Emily Zamzow

Emily,
"A daughter is the happy
memories of the past, the
joyful moments of the
present, and the hope and
promise of the future"

We love your laughter, we
love your exuberance, and
we love you!

Mom, Dad and Elise



Abbey Lefto

Dear Abbey,
Your big smile and fun spirit
has always made the people
around you happy. We
are very proud of you and
admire the way you help
others. Follow your dreams!

Love,
Mom and Dad



Melissa Jones

We love you so much. It
seems like in the blink of an
eye you've grown. Always
know that your foundation,
your family, is there for you.
The world is waiting young
woman, go make a
difference, go make us
proud.

Love,
Mom, Dad and Ali



Ashley Miller

Ashley, you've always been
my bright light and I know
that you will continue to
amaze me everyday. I am so
incredibly proud of
everything you've
accomplished and the young
woman you've become. I
can't wait to see what the
future brings.

I love you!
Mom



Megan Claflin

Megan, your love for reading
and learning has been awe-
some to watch. Your desire
to grow and reach for goals is
inspiring. My verse for you
is "I can do all things through
Christ who strengthens me."

We love you,
Mom and Rick



Anthony Higgins

You came from beneath the stars. You are a star and we're blessed to have you shining in our lives. Wherever you go, whatever you do, you'll light the way.

Love always, Mom, Dad, Candice, Emma and Baby



Allison Mangen

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

—Eleanor Roosevelt.

We are all so proud of you, best of luck on your next journey.

With love,
Dad, Angela, Zach and Caitlin



Molly Zuzek

Keep finding those golden eggs, Moll doll.

We love you very much.

Mom, Dad and Hannah



Andrew Rabe

Andrew,
I hope you know how much we love and hope that you will make the right decisions in your life to give you lots of joy & happiness.

Love, Mom, Bill and Samantha



Parker Fedje

Congratulations Parker! It was a long road, but we knew you could do it. Have fun, work hard and enjoy the next chapter of your life. We are proud of you and love you very much.

Mom, Dad, and Taylor



Kathleen Dunsmore

Kathleen,

You are our beautiful, dancing cowgirl! Only you could do both with the patience, persistence, and dedication of a winner. Keep your good heart, laugh a lot, believe in yourself! We will always be proud of you!

All our love,
Mom, Dad, and Blake



Kayla Chlason

It is hard to believe that our little princess is graduating. We are very proud of the young woman that you have become. You are a true blessing to our family and the world. Work hard, never take the path of least resistance and dream big! We know that you will succeed in whatever you choose to do. Live well, laugh often, and love much.

Love, Mom, Dad and Alexis



Stephanie Palacheck

Steph,

You are special and beautiful "through the sky." We are very proud of you!

Love,
Mom, Dad, Ashley and Julie



Derek Engstrom

Oh the places you will go. Rely on your faith, follow your heart and most of all enjoy the journey.

We love you,
Mom, Randy, and Collin



Danielle Proulx

Danielle,

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt
We always believe in your dreams, dream big
Danielle

We love you,
Mom, Dad, Emily, and Aly



Clint Krummi

Congratulations Dinty,
You are a naturally gifted young man. Follow your heart
and your dreams. Believe in yourself, WE DO!

Love,
Mom and Dad



Katie Nolden

Your enthusiasm for life is
an inspiration! We are so
proud of what you have
accomplished and know that
you have a great future ahead.

Congratulations and good
luck.

Dad, Mom, Nora, Ally
and Maggie



Ashlie Sundstrom

Ashlie, you are loved for
the little girl you were...and
the special woman you are
now. Continue to follow your
compassionate heart and
dreams. You will always be
my wonderful daughter.

Love,
Mom



Brandon Rod

Brandon,
We have enjoyed your warm smiles,
caring personality and adventurous
moments. Work hard in the years
to come toward accomplishing your
dreams that will give you joy and
success in your future. You are a
wonderful person. We are so proud
of you!

Love,
Mom, Dad, Blake, Bradley
and Brittany



David Hedberg

Congratulations David!
We are so proud of who
you are and all you've
accomplished. We look
forward to seeing the great
ways you will impact the
world.

Love,
Mom and Dad



Kattlin Groeneweg

Work like you don't need the
money
Love like you've never been hurt
Dance like no one is watching...

Let the music move you,
Let the moment take your hand,
Let it lead you out onto the dance
floor.

Dive off the high board,
Ride with the top down,
Thrive like a wild flower,
And sing with a voice all your own.

I love you,
Mom.



Marie Harris

Marie,
From your very first "wiggle-wiggle" to
your defying heredity to do the splits,
to your beautiful ability to dance now,
dancing has always made you happy.
In life, if you get the chance to sit it
out or dance, I hope you dance! You
are such a talented leader. Use all of
your God given talents to make the
world a better place! I love you!

Love, Mom



Adam Regnier

Life is an incredible journey!
What a blessing it is to see
you in yours. We are very
proud of you, Adam.

Love,
Mom and Dad



Jessica Sudo

Jessica, from the day you were born you have brought so much
joy into our lives. You have worked hard, accomplished much, and
become such a wonderful young person. For that we are so proud.

Your growth has also enriched the lives of those around you and
helped us to find our better selves. For that we love you. Always.

Dad, Mom and Ryan



Megan Arnt

So cute. Way good.

Love
Dad and Felicia



Casey Salvesson

Casey, congratulations!
You deserve the "Best Son"
award. Thank you for
bringing so much happiness
and joy to our lives; we are
so very proud of you. Good
luck on your journey to
success and meeting your
goals.

Love,
Mom, Dad, and Rhonda



Kaitlyn Bryant

Kaitlyn, we have watched you
grow into a wonderful young
woman. We believe in you
and have faith in your ability
to achieve all your dreams.

Congratulations!!

Love always,
Mom and Dad



Jaque Colling

May you smile often, find joy, love passionately, gain wisdom, and sing always! We love you and we've got you covered rain or shine.

Love,
Mom, Dad and Jennifer



Kyle Bombeck

Kyle,
I am so very proud of the incredible young man you've become. You will no doubt succeed at everything you set your mind to. Your smile and infectious laugh brightens my whole world.

Love you honey,
Mom



Sara Palmer

Our beautiful baby girl has grown into a beautiful young woman. We never could have imagined all the joy this one sweet child could bring to us. Sara, you have always made us very proud, and we are excited to watch you; and will always try to be there to help you, as you begin the next phase of your life. If you remain as beautiful inside your heart as you are on the outside, your life will always be full and happy.

We love you so much Sara Bara!
Mom, Dad, and Andy



Sabrina Baumgartner

Sabrina,
You are a blessing to us. We are so proud of you and all of your accomplishments. We will treasure all of the wonderful memories you have made for us. Be happy, keep smiling and follow your dreams. We will be here to love you and support you. Congratulations!

Love,
Mom and Dad



Sadie Jorgenson

Sadie, My poohbear you did it! I'm so proud of you, all your hard work paid off. My little girl is all grown up now into a beautiful young woman. Keep up the great job in your future endeavors.

Love you very much,
Mom!



Jacob Walton

"Go confidently in the direction of your dreams. Live the life you have imagined."

-Henry David Thoreau
Congratulations and good luck in college. We are so proud of you!

Love,
Mom & Dad



Andrea Lundstrom

Congratulations Andrea!
We are so proud of you and the hard work you've done. We wish you the best in your bright future.

Lots of Love,
Mom and Dad



Miriah Clasen

Miriah, watching you grow over the years has been full of many emotions, joy, happiness, elation, and frustration. But, none more than pride. Pride in the girl you were, the young lady you are, and the woman you will become.

We love you!
Dad, Nicole, Ali
and Jacqueline



Chrissy Wheeler

Chrissy, it seems like only yesterday you were our little girl, now you are a successful and beautiful young lady. You are a shining star! Continue to shine as bright as you can and all your hopes and dreams will come true. We love you more than words can say!

Love,
Mom and Dad



Nick Kelley

Nick, congratulations. You've done a great job and worked very hard these past years. Keep working hard and don't be afraid to try new things and take risks. We know you'll accomplish great things in your life. P.S. Make sure you come back and visit!

Love,
Mom and Dad



Kathryn Plaisance

Dear Darling Daughter,

We are so proud of you. We know you will succeed in whatever you do. Just be happy- so much love and respect from your family.

Mom, Dad and Tori
and the rest



Samantha Opsahl

This is a verse that I have had for you since your birth. You have lived up to it well.

Philippians 1:6

"...that he who began a good work in you will carry it to competition until the day of Christ Jesus."

We love you so much,
Mom, Dad and Family



Kimberly Ann Pagel

Kimberly, we are proud of the young woman you have become. Follow your dreams and enjoy the journey.

Love,
Mom, Dad
and Kyle.

Lauren McClure



Dear Lauren,
It's hard to believe you are graduating already. You were a delightful child to raise with countless laughs and many wonderful memories. You always have a big smile for everyone and you brighten the lives of those you touch. We wish only the best for you as you enter the next chapter in your life. We hope that all your dreams are fulfilled and that you find happiness and fulfillment in your life. May God bless you and be with you through all your endeavors.
We love you!
Mom, Dad and Brother Dan McClure

Jordan Hedlund



I am so proud of you, and all your accomplishments.
¡Felicidades!
Pat



Tyler Carpenter

Tyler Joe,
The saying "3rd time's a charm" was so true with you! Finally a little boy! You came into the world with a smile on your face and a heart full of love. You've made it to 18 and now is when your life will really begin. Whatever you end up becoming, we already know that you'll be a success. Always know just how proud we are and how much you are loved!
Love, Mom and Dad, Chelsie and Allie

Megan Hechtel



Congratulations Squirt!
We are so very proud of you!!! We were blessed with a beautiful baby girl... now you have grown into an amazing young lady. Your contagious smile, your sense of humor, and your compassion for people are just a few wonderful things that make you you. As you take your next journey in life, trust and believe in yourself, know that you can do anything you put your heart into, and know that we will always be there for you. Don't ever give up on your dreams!!
Live Well, Laugh Often, and Love Much!!!
Love you with all our heart,
Mom and Dad

Shelby Simons



It seemed just like yesterday when you were chasing after your competition. Now you'll be preparing to chase a new challenge...your dreams. May you charge forward a full throttle and never look back! We'll really miss not having you at home after you leave for college. You're a great girl, Shelby, and you will do well no matter what lies ahead in your future!
All our love,
Mom, Dad and Sammi Jo



Holly Bodene

Holly,
From the day you were born you've touched our lives through pigtails and braces and learning to drive. You're kind and caring and such fun to be around. At dinner you make us laugh because you are such a clown. We look back at the past 18 years and it all seems a haze. But you can bet when you walk up to receive your diploma our eyes will be glazed. We love you with all our hearts.

Love,
Mom and Dad XO



Kelsey Taylor

K.T.

You have always been an original thinker. Continue to do so! Love you snookems!

Big Momma, Leah and Margo



Mark Buerkle

Mark,
We are both so proud of all you have accomplished, the way you have conducted yourself and the decisions you have made. We know that you will be successful in whatever you do.

We love you!

Dad and Mom



Weston Kotoaki

Dear Weston,
We have enjoyed seeing you grow up from head to toes. It was just yesterday when you were building with legos! You have much ambition and desire to be 'on the go'. We hope you take the roads to a future without a woe. Remember to be happy, safe, successful, and never blue. We love you much and wish for all your dreams to come true!

Dad, Mom, and big brother, Kai.



Mitchell Zimmerman

Mitchell:
We are so proud of you. Congratulations on all that you have accomplished. Good luck on the next journey of your life.

We love you!
Love, Mom, Dad, Justin and Laura



Tyler Smith

You have grown from our little wolf boy, as your uncles called you, into a wonderful young man. We are so proud of you. Congratulations!

Love,
Mom and Dad



Justin Richter

Justin,
Make your life something to be proud of, a life you can hang your hat on. Congratulations!!

Love, Mom



Julianna Dahlager

Julianna,
You are an amazing young woman and we are so proud of you and your choices! Keep your competitive attitude and your fun spirit and you will go far in life. Your love for God will lead you in all things. You are a blessing to us and we love you so very much! Colossians 3:17

Love,
Mom, Dad and Tony



Branden Tester

Congratulations Branden!
We are proud of you. Follow your dreams and good luck in all your future endeavors!

Love,
Mom and Josh



Camille Gross

You are strong and beautiful young woman. You can accomplish anything you set your mind to. Stay true to yourself and your life journey will make its own path. I love you more than you know.

Love,
"Slightly Psychotic" Mom (el diablo)



Sarah Ackerman

Sarah,
Congratulations! We are very proud of you. We love you and support all that you do.

Love,
Mom, Dad, Shawn, Sabrina and Samantha



Steven Merino

Steven,
Congratulations on all you
have achieved. All of your
hard work paid off. We
are so proud of you and
look forward to many more
proud moments.

All our Love,
Mom, Dad and Mike



Clara Robinson

You're Amazing!
We thank God for you
everyday. May you always
find peace and joy in whatever
life brings your way.



Danielle Shuna

Danielle,
We are so proud of you. You
have grown up to be such a
caring and giving person. We
wish you happiness and
success in your future.

Love, Mom and Dad



Paul Moberg

We are very proud of all
you've accomplished with
the best yet to come. You
will always have the support
of your family as you ven-
ture off to the follow your
dreams. Keep looking up
as He will direct your paths.

Love, Mom and Dad



Kari Brandt

Cubby,
You have always been our "baby
doll"... adorable on the outside
with a heart full of compassion.
You bring your signature style to
everything you do from a simple
task to a complex project. You
are passionate about your family,
your bands and your zest for life.
You are a blend of beauty, talent
and design. We are so proud of
you and wish you the very best
of all life has to offer. The world
is at your doorstep...the city
awaits.

Our love forever, Mom, Dad,
Katie and Ryan



Kellie O'Brien

Kellie,
You have grown into such
a beautiful young lady, and
we are so very proud of
you! All our love to you
as you pursue your life's
dreams, honey!

Love,
Mom, Ray, Mitch



Samantha Maki

Sam,
Thank you for the joy, love
and laughter you've brought to
those around you. Your talent,
desire and determination will
take you far. Enjoy the ride
and always remember, "dreams
do come true!" We are so
proud!
Love,
Mom, Dad, and Matt (Sketcher
and Monte)



Will Long

Congratulations Will!
Your humor, charm and sense of
persuasion always amaze us.

Love,
Mom, Dad, Ben and Davis



Daniel Lundell

Danny, we are so proud of
the person you have become.
You have and always will be a
wonderful person. Follow your
dreams.
Love,
Mom, Dad, and Erik

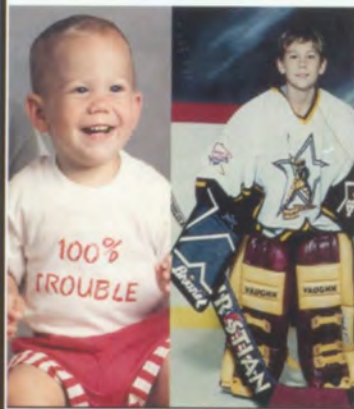


Darian Kaiser

Peanut, Congratulations on all your accomplishments!
Your hard work and dedication in school and swimming
has paid off. You'll have a great time at UWRF.

Best wishes!

Love,
Mom and Dad



Chris Fritzing

Dear Chris-Kiffer-Hulk-
Wow! This came too fast! It has
been a wonderful journey watching
you grow- mostly smooth roads
with some twists and turns but,
then again, what did we expect
from a goalie? You are the ideal
younger brother, fabulous friend,
kind cousin, and wondering son. We
are so proud of you and all of your
accomplishments. As you embark
on a new path in your journey,
college, remember that we are here
for you. The important things in
life are God, Family, Friends, and
Education. Go confidently in the
direction of your dreams. Live the
life you imagine. WE LOVE YOU.
Mom, Dad, Andy, Meeko, and
Sirius.



Benjamin Hoidal

We are proud of the young man you have become and the joy you have brought to our lives. We are excited to see what the future brings.

Love,
Mom and Dad



Alexandra King

We are truly blessed parents Alexandra! You have brought much joy, love and adventure to our lives. And now for your next journey, stop smell the roses (but not for too long), and when you fall - well you know to get back up - and don't forget to call your mother! We are so proud of you and excited to see where you land among the stars.

Love always
Mom and Dad



Rheo Kuha

Rheo, congratulations! May the world find you as talented and loving as we have and may all your achievements continue to be blessed. Don't forget to write!

Love,
Mom and Dad



Shaylene Wodaszewski

Shaylene, one of your strongest assets is the fact you have a huge and caring heart. You are an inspiration to me and all who know you. You have developed into a beautiful, caring young woman.

Love, Dad

Shaylene, you are a beautiful soul! I am so blessed to have you in my life. You bring much joy to the world. You will succeed in anything you aspire to.

Love, Mom



Austin Perrin

Austin, I am so proud of you. Watching you grow into a fine young man is awesome. Congratulations.

Love,
Dad

Geena Davis



Congratulations Geena!
We are so proud of you.
We all love you very
much and wish you all the
happiness and success you
deserve. We will always be
there for you!

Love always,
Mom, Dad, LeeLee and
Erin

Joel Ohman



We are so proud of this "little
man" who is now 6'3", and
Eagle Scout and graduating
with a full year plus of
completed college credits. Life
has some impressive journeys
in store for you, Joel, and we'll
be there forever cheering you
on. Congratulations and God
Bless you always.

Happy Graduation with love,
Mom, Dad, Jonathan and
Jackie

Anna Kriz



Annie, You have grown
up so quickly! As you
turn the page and begin a
new chapter in your life,
remember... Follow your
dreams, Laugh, Enjoy! We
are proud of you.
God Bless!!

Love,
Mom, Dad and Andrew

Heather Foner



Heddy K-
You are my sunshine! You
have grown into such a
beautiful person. We are
so very proud of you. We
know you will excel in
anything you chose to do!

Love,
Mom, Dad and Morgan



Misha LaPlante

Into the world you came
Since then nothing has ever been the same
From time on Daddy's lap
To "Mommy undertrust you"
You have made us happy and proud
You are our girl-look out world!

We love you,
Mom, Dad and MMRil



Molly Baatz

Molly,

You have grown into a lovely, caring and talented young woman. We are very proud of all your successes and accomplishments. Your commitment and determination will take you anywhere you want to go in life. Even though you will soon be in college, you will always be our baby and our sunshine. Our love and support will be with you always and forever.

With love,
Mom, Dad and Maddie



Ashley Barna

Congratulation Ashley Ann!

We are so proud to have a daughter so beautiful and full of life as you! The determination and dedication you have for life will take you to the places you want to go as your new adventure in life begins. Follow your heart, be true to yourself and strive to accomplish your goals. Live each day to the fullest. And remember- I AINT

SETILIN

We Love You!

Mom, Dad and Frankie



Chalamarr Hayes

Congratulations Chal!
We are so proud of you!

Love,
Mom and Jeff



Christian Maneske

From the first day until the last, you made it! Our little soldier boy is all grown up. We are so proud of you and your accomplishments and the man you have become!

All our love forever and ever.

Dad and Mom



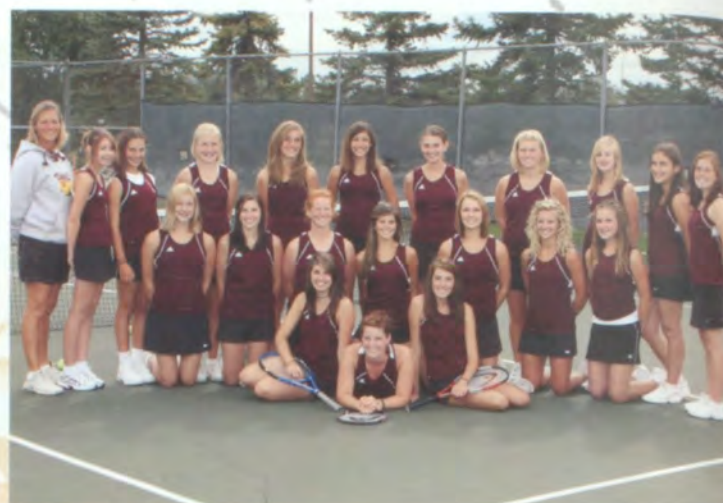
Michael Hentges

My, how time flies! Our "baby" is almost grown. We are so proud of you Mike, and of the wonderful young man you've become. God bless you on life's journey.
Love, Mom and Dad



JV Soccer

Front Row: C. Robinson, B. Smith, N. Kumerow. Row 2: L. Goedeke, A. Miller, T. Fedje, R. Anderson, M. Kissner. Row 3: Coach A. Hansen, K. Miron, K. Newville, S. Guertin, M. Hayman, S. Nelson, C. Bruner.



JV Tennis

Front Row: K. Johnson. Row 2: A. Jasmer, M. Claffin. Row 3: E. Riermann, E. Jasmer, A. Dunrud, K. Stout, A. Newman, S. Opsahl, R. Anderson. Row 4: Coach V. Shortly, J. Schreiber, T. Shortly, J. Haseltine, A. Minelich, H. Carlson, K. Gamelin, S. Moe, N. Hoidal, R. Bostrom.



Sophomore Football

Front Row: T. Brunjes, M. Casello, K. Heiling, R. Rehbein, G. Venburg, T. Smith. Row 2: C. Zerwas, J. Schwartz, J. Toupal, C. Cohoes, N. Renn, T. Massey, M. Wedger, E. Invie, M. Schingen. Row 3: M. Gosiak, W. Fertch, M. Capra, D. Mattson, B. Carlson, Z. Greene, P. Hegseth, C. Royce. Row 4: K. Phillips, R. Corcoran, C. Searles, J. Heim, T. Lichtscheidl, T. Pittman, J. Shields, J. Wiemer, J. Wethammer. Row 5: H. Tessier, S. Larson, R. McGuiness, D. Ostman, Coach J. Scheider, Coach P. Kendrick, Coach J. Buck, J. Edelen, A. Murray, M. Hansmann, M. Palo.



JV Volleyball

Front Row: G. Guttormson. Row 2: S. Jensen, M. Modjeski, K. Pringle, K. Anderson. Row 3: Coach M. Marr, H. Lawson, P. DeBeau, S. Tessier, E. Daninger, A. Unger.



Rotary Club

Front Row: A. Chapeau Row 2: K. Hansen, J. Lindberg, A. Lipp, A. Klebe, K. Keintz, C. Pikala. Row 3: L. Frericks, T. Burmeister, T. Lafferty, R. Selby, T. Westergren, Coach D. Wies.



Student Congress

Front Row: A. Forsman, R. Hoppe, L. Pelton, N. Hoidal, S. Chea, A. MacAllister Row 2: N. Bergantine, R. McCormick, P. Goedeke, J. Mondloch, S. Hannon, K. McCleary Row 3: M. Eckholm, M. Ebel, R. Kohs, M. Hentges, J. Deneui, Q. Harmann, J. Weed



JV Soccer

Front Row: M. Bleninger, J. Sandkamp, C. Kibbel, S. Pignato, M. Abdulrahman, C. Ortega-Trimble Row 2: N. Bergantine, Coach, C. Boland, J. Bergan, A. Fedorchack, M. Hentges, Z. Nase, H. Valosek, T. Dahlstrom, A. Marosok, S. Xiong, F. Van Essen, A. Wappel, M. Tessier, P. D'Entremont



B-Squad Volleyball

Front Row: A. Chapeau Row 2: K. Hansen, J. Lindberg, A. Lipp, A. Klebe, K. Keintz, C. Pikala. Row 3: L. Frericks, T. Burmeister, T. Lafferty, R. Selby, T. Westergren, Coach D. Wies.

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The background of the page is a complex abstract composition. It features a light cream-colored base with various splatters and stains in shades of brown, tan, and grey. In the upper left corner, there are several concentric circles and a spiral drawn in a golden-brown color. A faint, light blue grid pattern is visible across the middle and right portions of the page. The overall aesthetic is artistic and textured.

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Right: After raising \$1,200 for The Pennies for Patients during winter wonder week. Student council members, Samantha Carlon (11) and Melissa Richie (11) had a chance to throw food at Mr. Wing during Peplest.



2009 defined

de•fined

1. To state the precise meaning of.
example: 2009 was the year some defined as the year of spirit, by others a year to find themselves. But everyone defined this year as a year to remember. 2. To describe the nature or basic qualities of: explain.
example: How did you define this year? Was it defined by experiences that can never be replaced? By the knowledge you obtained? Or the life long lessons that you learned? Whichever one you chose, you know that this year was a year that could never be forgotten. 3. To serve; to distinguish; characterize. example 1. Sophomores, this was the year that you took your first step into a bigger world. As you created your own path, you started to define who you were and what will become of your futures. With each step a new challenge was presented, and yet overcome. example 2. Juniors, after fighting through each approaching obstacle together you are one step closer to applying your talents and strengths to the real world. This was the year when you not only created who you were, but whom you were going to become. example 3. Seniors, looking back you remember the moments that define who you are now. These moments, combined with a remarkable year, have defined not only you, but what you will become. 4. To specify distinctly. example: This year, there were many moments and many memories all of which have been defined by...2009.

~Shaylene Wodaszewski & Ben Hoidal

RANGER



Below: Daniel Lindahl (12) and his band, Hit the Ground Running, entertain tailgaters before the Homecoming Game this fall. The band is made up of Lindahl's brothers and Alec Philippi (12) as the drummer.



Left: The Auto Tech students Benjamin Lodge (12) and Joseph Odegard (12), got their hands dirty while working hard to fix one of the cars in the auto shop.

2009 Pep fest



Left: Micheal Swenson (12), and Andrew Kolbow (12) working hard during outdoor education. During this unit the class conducted a contest over who could create the best snow caves.



Above: Students raised money during the Pennies for Patients fundraiser. All the money raised went to cancer victims. To boost school spirit, teachers agreed to dress up in amusing manners for each goal reached.

Left: Practicing and practicing for weeks at a time, the Pep Band performed at Winter Wonder Week's Pepfest and did an amazing job.



Right: Dance off participant Marshall Wedger (10) displays his Russian dance moves at the Winter Pepfest. The boy's dance off has become a tradition at FLHS that is looked forward to throughout the year.



Left: Scotti Sampair (12), and Lonna Anderson (11) create beautiful flower arrangements in one of their favorite Agriculture classes offered, Floral Design.



Left: Ceramic student Kiersten Caine (11) plays Frankenstein with clay, molding her monster work of art. From creating pottery, to firing their own work, ceramic students learn how to turn cold damp mud into everyday objects.



Below: Katelyn Stout (12) and Corey Manning (12) share a moment during the break at Columbus Elementary for lunch on the Spirit Bus day for Homecoming Week.



Left: The seniors had a lot of spirit this year for the boys basketball team during their season. They even showed their support with Kanye West style shades at the Senior Night.



Left: Ann Astrup appointed to supervise students during lunch; serving as a reminder to students to be on their best behavior.

Colophon

The 71st edition of The Forester was created using Adobe InDesign and PhotoShop Cs3. The cover is a matte white lithocote with the 2009 embossed. Paper stock is 100lb enamel. Fonts used are Type- ra, Typewriter, Trashed, Momento, Eric Condensed, My-Type, 1942 Report. Twenty two staff members, 21-seniors, 1-junior, 1060 books sold at the price of \$79.00. Book published by Taylor Publishing in Dallas Texas. Dallas Account Executive, Jessica Youngpeter, Taylor representative Reida Lazer.



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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 2009 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 Picture Place 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 \$25 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.

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year in review



Performers at President Obama's Inaugural Celebrations

Beyoncé
Mary J. Blige
Mariah Carey
Faith Hill
Jay-Z
Alicia Keys
Shakira
Sting
Stevie Wonder

will.i.am
Common
Jack Johnson
Maroon 5
James Taylor
Liquid Pleasure
Union Station
Kanye West
Kid Rock
Fall Out Boy
Marc Anthony
Party on the Moon

The One We'll Tell Our Grandchildren About

Okay, so this past year wasn't perfect. There were a few bumps in the road that may have caused the headlines to be predominately pessimistic. Californians had a little trouble putting out wildfires, and the Gulf Coast got a little soggy during Hurricanes Ike and Gustav. Wall Street and Detroit both needed to borrow a couple of bucks from the government after major banks and the "big three" U.S. automakers threatened to go bankrupt. Even our most beloved bean-counters, Starbucks, were forced to close over 200 locations due to an overwhelming economic downturn.

Yet through it all, we had some wonderful distractions to occupy our time and take us to happier places. The 2008 Olympics gave us athletes to rally around and an opening ceremony that dazzled the world. Superheroes topped the box office while Britney was busy making her comeback. And if ever we did have a problem, there was probably an application in iPhone's App Store that could solve it.

And underneath all of this – the good, the bad, and the ugly – was the constant buzz of the 2008 Presidential race. From the lengthy democratic primary to the overwhelming voter turnout on election day, the race was historic from day one. And in a time when words like "recession" and "bailout" seemed to dominate the nightly news, a man who built his campaign on the words "hope" and "change" became the country's choice to lead us into the next era of America. On January 20th, 2009, the entire globe watched in anticipation as Barack Hussein Obama took the Oath of Office and became the first African-American to be inaugurated as President of the United States of America.

Nope, the past year wasn't perfect; far from it. There were moments that we'd rather forget. But to have lived through it is to have witnessed history being made on some of the highest levels imaginable. And that's worth remembering.

Celebrity Weddings

Mariah Carey & Nick Cannon
Ashlee Simpson & Pete Wentz
Jewel & Ty Murray
Beyoncé Knowles & Jay-Z
Beth Ostrosky & Howard Stern
Jessica Alba & Cash Warren
Jenna Bush & Henry Hager
Brooke Mueller & Charlie Sheen
Monique Idlett & Timbaland
Scarlett Johansson & Ryan Reynolds



Highest-Paid Athletes:

Tiger Woods
Phil Mickelson
LeBron James
Floyd Mayweather, Jr.
Kobe Bryant
Shaquille O'Neal
Alex Rodriguez
Kevin Garnett
Peyton Manning
Derek Jeter
Dale Earnhardt, Jr.
Allen Iverson
Kevin Durant
Jeff Gordon



Top Selling Cars & Trucks

Ford F-Series Pickup
Toyota Camry
Chevy Silverado Pickup
Honda Accord
Honda Civic
Toyota Corolla
Nissan Altima
Chevy Impala
Dodge Ram Pickup
Ford Focus
Chevy Cobalt
Honda CR-V
Toyota Prius
Ford Escape
Chevy Malibu





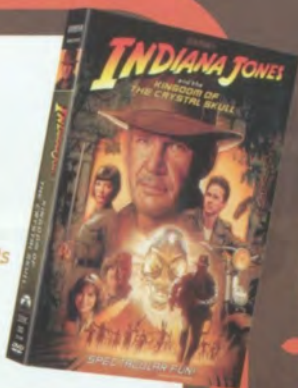
Popular Movies

The Dark Knight
Iron Man
Indiana Jones and the Kingdom of the Crystal Skull
Hancock
Wall-E
Kung Fu Panda
Madagascar: Escape 2 Africa
Dr. Seuss' Horton Hears a Who!
Quantum of Solace



Popular DVDs

Iron Man
I Am Legend
Alvin and the Chipmunks
Enchanted
National Treasure 2: Book of Secrets
Wall-E
Indiana Jones and the Kingdom of the Crystal Skull
Bee Movie
American Gangster



The Dark Knight

The Dark Knight has been nominated for over 150 awards recognizing several aspects of the film, (most notably the performance of Ledger), more than any other film of 2008.

Popular Songs:

Leona Lewis
 "Bleeding Love"
Coldplay
 "Viva la Vida"
Flo Rida
 "Low (feat. T-Pain)"
Rihanna
 "Disturbia"
Chris Brown
 "Forever"
Madonna
 "4 Minutes (feat. Justin Timberlake)"

Jordin Sparks & Chris Brown
 "No Air"

Natasha Beddingfield
 "Pocketful of Sunshine"

Sara Bareilles
 "Love Song"

Miley Cyrus
 "See You Again"

M.I.A.
 "Paper Planes"

One Republic
 "Apologize"



Popular Google Searches

Barack Obama	Arianna Huffington
Facebook	Financial Crisis
iPhone	Angelina Jolie
Fox News	Jessica Alba
Sarah Palin	Megan Fox
Tina Fey	Miley Cyrus
David Cook	Joker
Beijing 2008	Vampire Kisses
John McCain	American Idol
Twilight	Bailout
Heath Ledger	Lehman Brothers
Kim Kardashian	Jennifer Aniston
Lindsay Lohan	John Mayer
Heath Ledger	Dark Knight
Britney Spears	Iron Man
Biggest Loser	Jonas Brothers
Hurricane Ike	Coldplay



Top Paid iPhone Apps

Koi Pond
Texas Hold'em
Moto Chaser
Crash Bandicoot
Super Monkey Ball
Cro-Mag Rally
Enigma
Pocket Guitar
Recorder
Air Hockey



Top Free iPhone Apps

Pandora Radio
Facebook
Tap Tap Revenge
Shazam
Labrynth Lite
Remote
Google Earth
Lightsaber Unleashed
AIM
Urbanspoon
Ebay



Popular TV Shows

<i>American Idol</i> FOX	<i>Smallville</i> THE CW
<i>Dancing with the Stars</i> ABC	<i>The Big Bang Theory</i> CBS
<i>The Mentalist</i> CBS	<i>Heroes</i> NBC
<i>NBC Sunday Night Football</i> NBC	<i>One Tree Hill</i> THE CW
<i>CSI</i> CBS	<i>Grey's Anatomy</i> ABC
<i>NCIS</i> CBS	<i>24</i> FOX
<i>Survivor: Gabon</i> CBS	<i>Bones</i> FOX
<i>Lost</i> ABC	<i>Scrubs</i> ABC
<i>House</i> FOX	<i>Supernatural</i> THE CW
<i>Gossip Girl</i> THE CW	<i>The Office</i> NBC
	<i>How I Met Your Mother</i> CBS

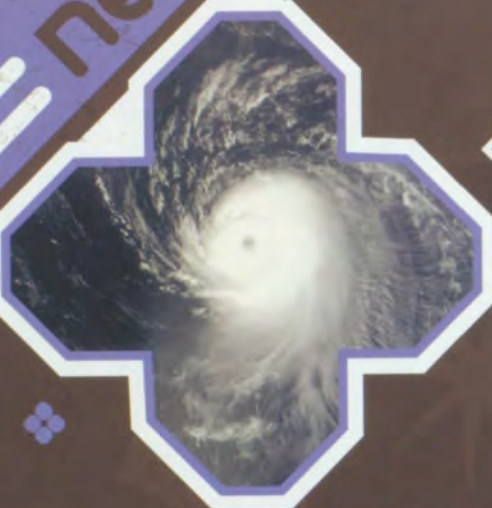
Hero on the Hudson >

U.S. Airways pilot, Chelsey "Sully" Sullenberger, becomes a true hero when he calmly and masterfully performs an emergency water landing of U.S. Airways flight 1549 into the Hudson River, saving the lives of the 150 passengers and five crew members aboard.



< Nobody Likes Ike

The third most destructive hurricane to hit the United States, Hurricane Ike pummels the Gulf of Mexico coastline causing an estimated \$27 billion in damages in the U.S..



Billions Bestowed in Bailout >

In an effort to help stabilize the country's financial system, the U.S. Government approves a \$700 billion rescue plan for financial institutions with an additional \$17.4 billion promised to U.S. auto manufacturers.



Crude Swings Cause Mood Swings >

Consumers see gas prices swing from over \$4.11/gallon to under \$1.61/gallon. With gas prices at their highest, school districts around the country are forced to cut bus routes or move to four-day school weeks to help lower fuel costs.



Bill Gates Reboots

Bill Gates retires as the CEO of Microsoft. He and his wife Melinda devote their time, energy and money to their philanthropic Gates Foundation, which seeks improvements in health care and education.



< Vice Presidential Look-alike

While lampooning republican VP candidate Sarah Palin on Saturday Night Live, Tina Fey's line, "I can see Russia from my house," becomes a catchphrase that actually shapes public perception of the candidate, with some voters attributing the quote to Palin herself.

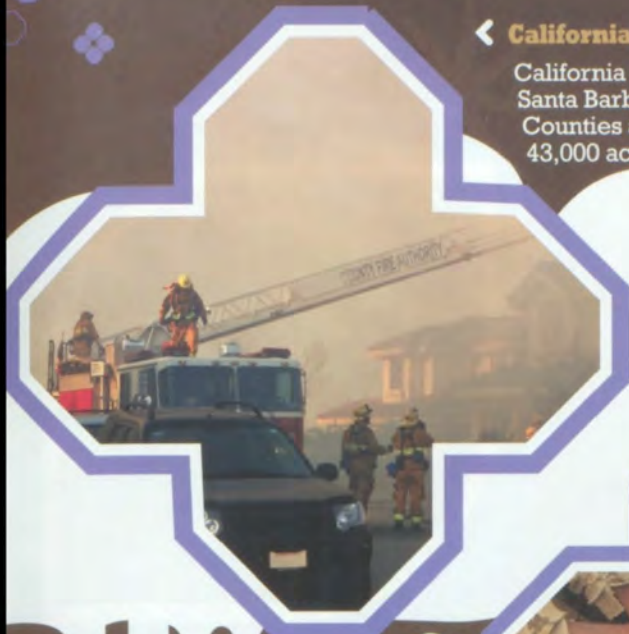
Parks on a Dime

The super-tiny, two-seater European Smart Car finally arrives in the U.S., just in time for rising gas prices and a national backlash against gas-guzzling SUVs.



< California Wildfires

California declares a state of emergency in Santa Barbara, Los Angeles and Orange Counties as wildfires scorch more than 43,000 acres of land, burning through residential areas and destroying at least 900 homes.



> Worldwide Hunger Reaches New Levels

According to the United Nations, rising food prices around the world have plunged an additional 75 million people below the hunger threshold, bringing the estimated number of undernourished people worldwide to almost 1 billion.



< Terrorist Attacks in Mumbai

In November of 2008, at least 173 people were killed and at least 308 were injured in a series of ten coordinated terrorist attacks across Mumbai, India's financial capital and its largest city. The attacks are carried out by a Pakistan-based Islamic terrorist group.

Obama-Nation

On November 4, 2008, millions of voters braved long lines at the polls to elect Barack Obama to become the 44th President of the United States and the first African American to hold the nation's highest office.



< Not Quite the Disney Pirates We're Used to Seeing in the Movies

International shipping is threatened by increased activity of Somali pirates in the Indian Ocean and Gulf of Aden. The pirates hijack merchant ships, oil tankers and cruise liners and demand ransoms.



> We Fear What We Don't Understand

Experiments involving a Large Hadron Collider spark fears among the public that the LHC particle collisions might produce doomsday phenomena, involving the production of stable microscopic black holes or the creation of hypothetical particles called strangelets.



Read the Book, See the Movie >

Girls, choose your perfume carefully. According to "Twilight," your scent could send your hunky vampire boyfriend into an uncontrollable thirst for blood.

Why... So... Serious?

In "The Dark Knight," Batman and new district attorney Harvey Dent team up to rid Gotham City of all its criminals. Meanwhile, a mysterious and psychopathic sadist known only as The Joker surfaces, unleashing a new wave of chaos and testing the limits of Batman's virtues.



< They All Lived Whackily Ever After

Skeeter Bronson's life is changed forever when the fantastical fables he fabricates with his niece and nephew start to mysteriously come true in Disney's "Bedtime Stories."

Just Do Whatever Your Cell Phone Tells You To Do >

In "Eagle Eye," Jerry and Rachel are thrown together by a series of phone calls from a mysterious and highly demanding woman who taps into limitless technologies to push them into dangerous situations and track their every move.



< The Curious Case of Benjamin Button

Benjamin Button is born an 86-year-old man and ages backwards through time, making his life...complicated. Inspired by F. Scott Fitzgerald's short story of the same name, the film earns 13 Academy Award® nominations, including Best Picture, Best Actor (Brad Pitt), and Best Director (David Fincher).

Kung Fu Panda

When Po, the laziest, most lathargic and least-likely of Kung Fu fans becomes "the chosen one" to battle Tai Lung to protect the Dragon Scroll, "panda-monium" ensues.

< Sophie Has Three Daddies

On a quest to find the identity of her father, Sophie brings back three men from her mother's past, one of whom will walk her down the aisle on her wedding day. In "Mamma Mia!" new love blooms, old romances are rekindled and everyone bursts into song and dance.

Amazing Heir Restoration

The Pevensie siblings return to Narnia, where they are enlisted to once again help ward off an evil king and restore the rightful heir to the land's throne in "The Chronicles of Narnia: Prince Caspian."



Fun Cubed

Earth's last trash compactor follows a sleek search robot into space, where he accidentally stumbles upon the key to the planet's future in Pixar's "WALL•E."



< Yes He Can

In "Yes Man," Carl Allen's life is going nowhere until a self-help seminar convinces him to say "yes" for one year to any and every opportunity life puts in his path.

Nobody Likes a Bully

Three socially deficient high school students seek to avoid a bully's reign of terror by hiring a body guard. Their best (and cheapest) candidate is a homeless, down-on-his-luck soldier named "Drillbit Taylor."



< The Archaeologist Becomes the Artifact

The fourth installment of the "Indiana Jones" movies sees our aging archaeology hero and a young whipper-snapper join forces to face the dangers of the jungle, Soviet agents, and... aliens? Nearly 30 years after "Raiders of the Lost Ark," Harrison Ford dusts off his Fedora and bullwhip to bring us "Indiana Jones and the Kingdom of the Crystal Skull."

< It's What's Inside That Counts

"Journey to the Center of the Earth" is the classic Jules Verne novel come to life. An unconventional scientist and his nephew stumble upon a major discovery that drops them into a thrilling journey deep beneath the Earth's surface, where they travel through strange worlds and encounter a variety of unusual creatures.

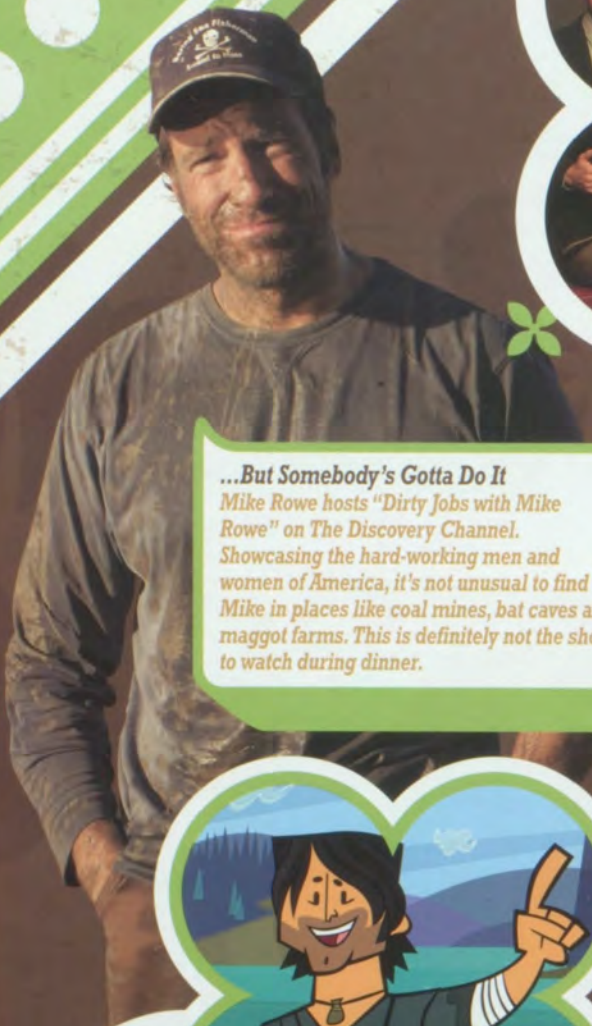


Metal Militia >

What happens when gazillionaire industrialist Tony Stark decides to stop building high-tech weapons and instead build an armored suit that turns him into an army of one? "Iron Man" is born.



tv



...But Somebody's Gotta Do It
Mike Rowe hosts "Dirty Jobs with Mike Rowe" on The Discovery Channel. Showcasing the hard-working men and women of America, it's not unusual to find Mike in places like coal mines, bat caves and maggot farms. This is definitely not the show to watch during dinner.



Reality TV Animated
Twenty-two teens. One summer. Nothing in common. And the cameras animators were there to capture everything! "Total Drama Island" is the most unreal reality show on television.



< It Keeps Us Tuned In

Sure, the intertwined plotlines and eye-candy cast make this North Carolina show worth watching. But with musical guest stars like Jimmy Eat World and Fall Out Boy, it's definitely the soundtrack that keeps "One Tree Hill" at the top of our TiVo.



< Our Dad Tells Long Stories, Too

The story of "How I Met Your Mother" has been going on for four years now. We're starting to think that dad is making it up as he goes along. Luckily, the story is hilarious.



"30 Rock" is on a Roll >

In 2008, Tina Fey's "30 Rock" takes home four Emmy's, three Golden Globes and one Peabody Award while ratings continue to rise.

Diss and Tell >

Based on the popular book series of the same name, "Gossip Girl" gives viewers a peek into the world of privileged teenagers in an elite private school in New York City.



"ER" Flatlines >

After 15 seasons and 120 Emmy nominations, it's time to say goodbye to the staff of Chicago's County General Hospital.



"I'll Be Back...Every Friday at 8:00 on Fox." >

Picking up where The Governor's movies left off, "Terminator: The Sarah Connor Chronicles" sees Sarah and her son John on the run from Terminator robots who were sent from the future to stop John Conner from becoming the leader of the human resistance.

Will The Real Frank Caliendo Please Stand Up?

What do you do with a guy who can impersonate John Madden, Al Pacino, the entire cast of "Seinfeld" and Yoda, to name a few? You give him his own show, call it "Frank TV," and watch to see who he'll impersonate next.

The New Nine-Oh-Two >

New characters, new hairstyles, same famous zip code. "90210" is a re-boot of the popular '90s teen drama "Beverly Hills, 90210." And don't worry gang - after graduation you can re-boot "Melrose Place."

< It's Like Professional Wrestling, But With More Fighting.

"Unscripted, albeit edited to follow a storyline," MTV's "The Hills" follows Lauren Conrad as she moves to L.A. to attend fashion school and intern at Teen Vogue magazine.

"Midwest King" becomes Teen Dream

One week after edging out David Archuleta to become the 7th "American Idol," David Cook rewrote chart history when 11 of his songs debuted on Billboard's Hot 100 — the highest number of new entries in a single week by an artist since the Beatles in 1964.

< Backwards and in High Heels

Celebrity Brooke Burke and her professional dance partner Derek Hough cut rugs well enough to beat out Warren Sapp and Lance Bass, winning the seventh season of ABC's "Dancing with the Stars."

"The Office" Romances and Reunions

Dunder Mifflin's Scranton branch bustles with activity as Jim and Pam get engaged, Michael falls in love with the new HR rep, Andy and Angela call the wedding off, and Ryan and Toby both triumphantly return to Scranton.



music

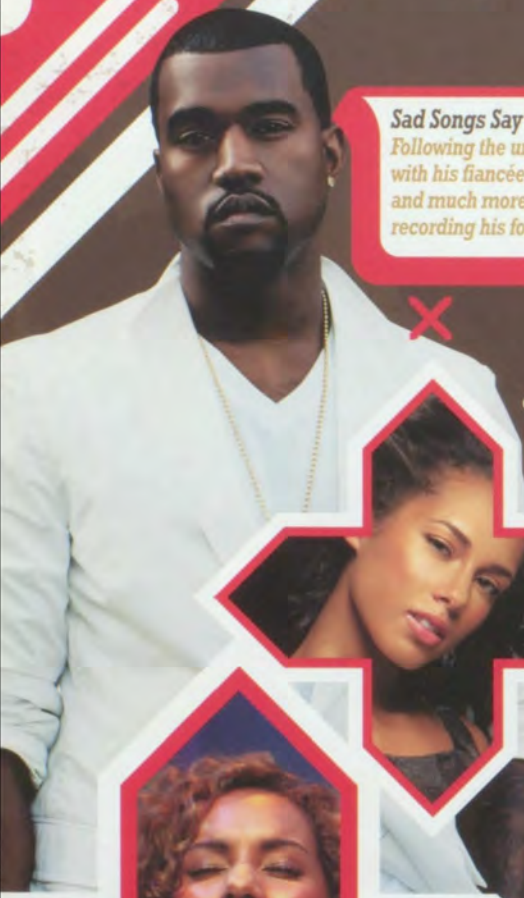
Fangs For The Memories >

Fusing African Pop and New Wave sounds, indie rockers Vampire Weekend release their highly-anticipated debut album to mixed reviews. Tracks like "A-Punk" and "Campus" frequently pop up in TV commercials and movie soundtracks.



Sad Songs Say So Much

Following the untimely death of his mother and breaking up with his fiancée, Kanye West takes a dramatically different and much more introspective approach to writing and recording his fourth studio album, "808s and Heartbreak."



Beyoncé Sings For Kings >

It's always a good year when your album, "I Am... Sasha Fierce", debuts at No. 1. And it's a better year when you get to sing for the President and First Lady's first dance at their Inaugural Ball.



< The Secret Life of Alicia Keys

Alicia Keys stays busy recording duets with Jack White and John Mayer, both of which receive Grammy nominations. Keys also stars in "The Secret Life of Bees" and performs at President Obama's Neighborhood Inaugural Ball.



Marketing Genius or Just Really Good Music? >

Coldplay embraces the digital age by offering their track "Violet Hill" as a free download for one week before their album "Viva la Vida" is released. The album goes on to sell more downloads than any album in digital history.



Swiftly Becoming a Superstar

With two albums in the Top 10 and over four million albums sold, Taylor Swift is country music's best-selling artist of 2008 and Billboard's Top Country Artist and Hot Country Songwriter of 2008.



< If You Keep Bleeding, Maybe You Need Stitches

Leona Lewis' single, "Bleeding Love", is nominated for three Grammy awards and is followed up by the release of singles "I Will Be" and "Better in Time."



Thr33 Ring Circus

After lending his talents to several other artists' singles in 2008, T-Pain releases his third album, "Thr33 Ringz," which features guest appearances by Busta Rhymes, T.I., Lil Wayne, Ludacris, DJ Khaled, Ciara, Chris Brown, Rick Ross, Kanye West and many more.



< Shine On You Crazy Diamond

Hip-hop singer Estelle releases her second album, "Shine," which includes the single "American Boy" featuring Kanye West.

> Good Girl Gone Bad

Rihanna releases a deluxe edition of her album, "Good Girl Gone Bad: Reloaded," which features "Take a Bow," a remix of "If I Never See Your Face Again" with Maroon 5, and the U.S. number-one single "Disturbia."

< Pink's Funhouse

Pink's fifth studio album, "Funhouse", debuts at no. 2 in the US and shows that she still has her rock moves.

You're Too Young to Remember When All of Their Albums Sounded Like This One

Heavy-metal icons Metallica ditch long-time producer Bob Rock in favor of Rick Rubin, who helps them produce their first heavy metal album in over 20 years. Their ninth studio album, "Death Magnetic," debuts at number one on the Billboard 200.

< The Boys are Back, and They Brought Some Friends

For their fifth studio album, "Folie à Deux," Fall Out Boy continues to evolve their musical style while collaborating with Elvis Costello, Lil Wayne, Debbie Harry and Pharrell Williams among many others.

No Small Change

After three years without a studio album, Canadian rock band Nickelback releases "Dark Horse," a follow-up to their multi-platinum "All The Right Reasons."

> We Can Only Endorse Two Out of Three of His Album Title Activities.

Jason Mraz and his song "I'm Yours" receive two Grammy nominations while his album "We Sing. We Dance. We Steal Things" also receives a Grammy nod.

Sports



< Funny Name, Serious Strength

Joe Calzaghe remains unbeaten after 46 fights, the highlight of his year being a 12-round unanimous decision over Roy Jones, Jr. at Madison Square Garden.



Driven To Win >

NASCAR superstar, Jimmie Johnson finishes the 2008 race season 69 points ahead to secure his third consecutive NASCAR Sprint Cup championship. Johnson is the first three-peat champion since Cale Yarborough in 1976-78.

Red Wings Win Stanley Cup

The Detroit Red Wings win their 11th Stanley Cup, defeating the Pittsburgh Penguins 4 games to 2.



Irish Eyes Are Smiling >

The Boston Celtics return to prominence with the acquisition of Kevin Garnett and Ray Allen during the off-season, and win their 17th championship, beating the Los Angeles Lakers 4 games to 2 in the 2008 NBA Finals.



< Bye, Bye Birdies

The Pittsburgh Steelers become the only team to win six Super Bowl titles by defeating the Arizona Cardinals, 27-23, in the final seconds of Super Bowl XLIII. With 35 seconds left in the game, Steelers QB, Ben Rothlisberger, hits Antonio Holmes in the corner of the end zone to win the title.



The Phillies Win the Series >

The Philadelphia Phillies defeat the Tampa Bay Rays 4-3 in game five to win the 2008 World Series.



< He's Got the Heat in Both Feet

Amid rumors of leaving to play for Real Madrid, Cristiano Ronaldo pledges to stay with Manchester United and leads them to a 2008 FIFA Club World Cup victory. He is also named European Footballer of the Year and wins the European Golden Shoe Award for being the leading goalscorer.



Beijing Olympics Golden Boy
Swimmer, Michael Phelps, sets records by winning eight gold medals in the 2008 Olympic Games, the most ever won at a single Olympics. He also holds the record for most career gold medals, with 14 to his name. He also holds seven world records in swimming events, and was named *Sports Illustrated's* "Sportsman of the Year" for 2008.

2008
olympics



◀ One-Legged Woods Gets the Win

Returning to the golf course for the first time since arthroscopic knee surgery, Tiger Woods plays through excruciating pain to win the U.S. Open at Torrey Pines Golf Course in La Jolla, California.



◀ Gators Sink Teeth into Sooners

USC, Florida, Texas and Oklahoma all had one loss during the 2008 season, and there was some controversy over which two teams should play for the BCS National Championship title. Ultimately, Florida and Oklahoma took the field in Miami, with the Gators beating OU 24-14 for the national title.

◀ King of Clay

After 160 weeks of being ranked number 2 behind rival Roger Federer, Rafael Nadal clinches the year-end World No. 1 ranking, and adds "Olympic Gold Medal Winner" to his resumé.

TOP MEDAL WINNERS:

	GOLD	SILVER	BRONZE
China:	51	21	28
USA:	36	38	36
Russia:	23	21	28

U.S. "Redeem Team" Takes Back Gold

After going eight years without winning a gold medal, the U.S. Men's Basketball Team upsets Spain 118-107 to recapture golden Olympic glory.



America Flips Over These Gymnasts

U.S. Gymnasts, Nastia Liukin and Shawn Johnson, become America's darlings after respectively winning both the gold and silver medals in the individual all-around competition.



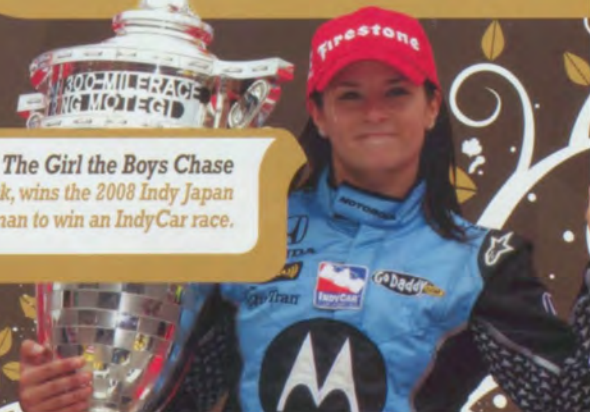
Lightning Bolt

Jamaican sprinter, Usain Bolt, is crowned "The Fastest Man Alive" after setting three world records and taking home three gold medals in the 2008 Summer Olympics.



The Girl the Boys Chase

IndyCar Series racer, Danica Patrick, wins the 2008 Indy Japan 300, becoming the first woman to win an IndyCar race.



Never Leave the Couch Again >

Netflix was the first company to let us skip the trip to the video store by bringing movies to our mailbox. And now their Roku technology allows us to skip the trip to the mailbox. The Roku digital video player instantly streams high quality movies from Netflix and Amazon Video On Demand over the Internet directly to your TV.

< Shaken, Not Shuffled

The updated iPod nano gives you nine bold colors to choose from, a "Genius" feature that turns your iPod into your own super-smart DJ, and a built-in accelerometer that lets you shake your iPod to shuffle songs.

Put a Movie Theater in your Pocket >

Plug Optoma's 4-ounce Pico Pocket Projector into your smartphone, iPod, digital camera, DVD player or any device with an A/V output, and it will project photos and videos up to 60 inches wide.

< Stop Shooting Video With Your Phone

The Flip Mino HD is the world's smallest high-definition camcorder. Weighing only 3.3 ounces and only 4 inches tall, the Mino has a built-in USB connection that directly uploads to YouTube and MySpace, giving everyone the opportunity to achieve their 15 minutes of fame.

The Couch Potato Killer ^

Combining fun interactive games with a touch-sensitive balance board, Nintendo's Wii Fit remains such a popular item throughout the year that it's often sold out in stores.

Time to Cut the Cord >

For audiophiles who don't like being tethered to wires, the Sennheiser MX W1 wireless earphone system gives you amazing sound with minimum bulk.



And the Hits Just Keep On Coming

As though the iPhone and iPod Touch aren't fun enough, Apple launches The App Store, where users can download thousands of games and applications for their favorite gadget.



Game-Changing Performance >

With game systems becoming more and more advanced, the face of video games is beginning to change too. Popular titles like Rock Band and Guitar Hero exploit features like high-speed internet connections to make multi-player games available across the globe. Games like Little Big Planet and BUZZ! Trivia include options for user-created content. Sony's PlayStation, Xbox 360 and Nintendo's Wii also include online stores, where users can download games directly to their console's hard drive, saving the expense of packaging and delivery of thousands of games.



< It's My Party and I'll Fly If I Want To

The BMW M3 once again sets the performance benchmark for its class. After a one-year absence, the M3 returns with a completely new look inside and out and, for the first time ever in a production car, a 414-horsepower V-8 engine. The folding hard-top convertible model is a must-have for your Super Sweet 16th.



< Hold Still... Wait, No... Nevermind

The Nikon D90 is the world's first digital SLR with an HD movie mode, allowing you to record cinematic-quality movie clips in high-definition.



< Move Over, MySpace

Proving that teens will indeed go where no adult has gone before, thousands of youngsters migrate away from MySpace and onto other social networks like Facebook and Twitter. But the grown-ups are starting to infiltrate those communities, too, leaving us to wonder which corner of cyberspace we can hide in next.

twitter

facebook

^ If You Only Read One Book This Year...

The Amazon Kindle probably isn't for you. But if you are an avid bookworm, the wireless electronic reader from Amazon is a must-have. Choose from thousands of titles and store up to 200 books in a device the size of one paperback novel. And the Kindle's built-in WiFi connection makes it possible to download novels wherever you are.



Barack Obama becomes the 44th President of the United States

< Hillary Clinton

The former First Lady and Senator of New York is Obama's formidable opponent during a lengthy Democratic Primary, yet she campaigns for Obama after his nomination is secured. After his election, President Obama names Hillary Clinton as Secretary of State.

< John McCain

Obama's Republican opponent, Arizona Senator John McCain spends 2008 criss-crossing the country campaigning for President, ultimately getting only 46% of the popular vote and 173 electoral votes to Obama's 365.

< Sarah Palin

This little-known governor from Alaska makes a huge splash when announced as John McCain's running mate. The prospect of being the country's first female Vice-President instantly makes the 2008 election historic regardless of its outcome.

2008 election

"Change Has Come to America."

On January 20th, 2009, Barack Hussein Obama became the 44th American to take the Oath of Office, and the first African American elected President of the United States. He delivered his inaugural address before a crowd packed with over 1.5 million people eager to be part of the historic inauguration, and stone silent as President Obama spoke. Grown men and women cheered and wept as they witnessed history being made. The President delivered a very crisp, clear speech addressing all walks of American life and our neighbors around the globe.

"I Stand Here Today Humbled by the Task Before Us."

Barack Obama's election is as historic as the challenges he faces as the country's leader. The man who built his campaign on hope and change addressed the nation with a somber yet optimistic call to duty for all Americans to begin rebuilding a nation that is "bigger than the sum of our individual ambitions; greater than all the differences of birth or wealth or faction."

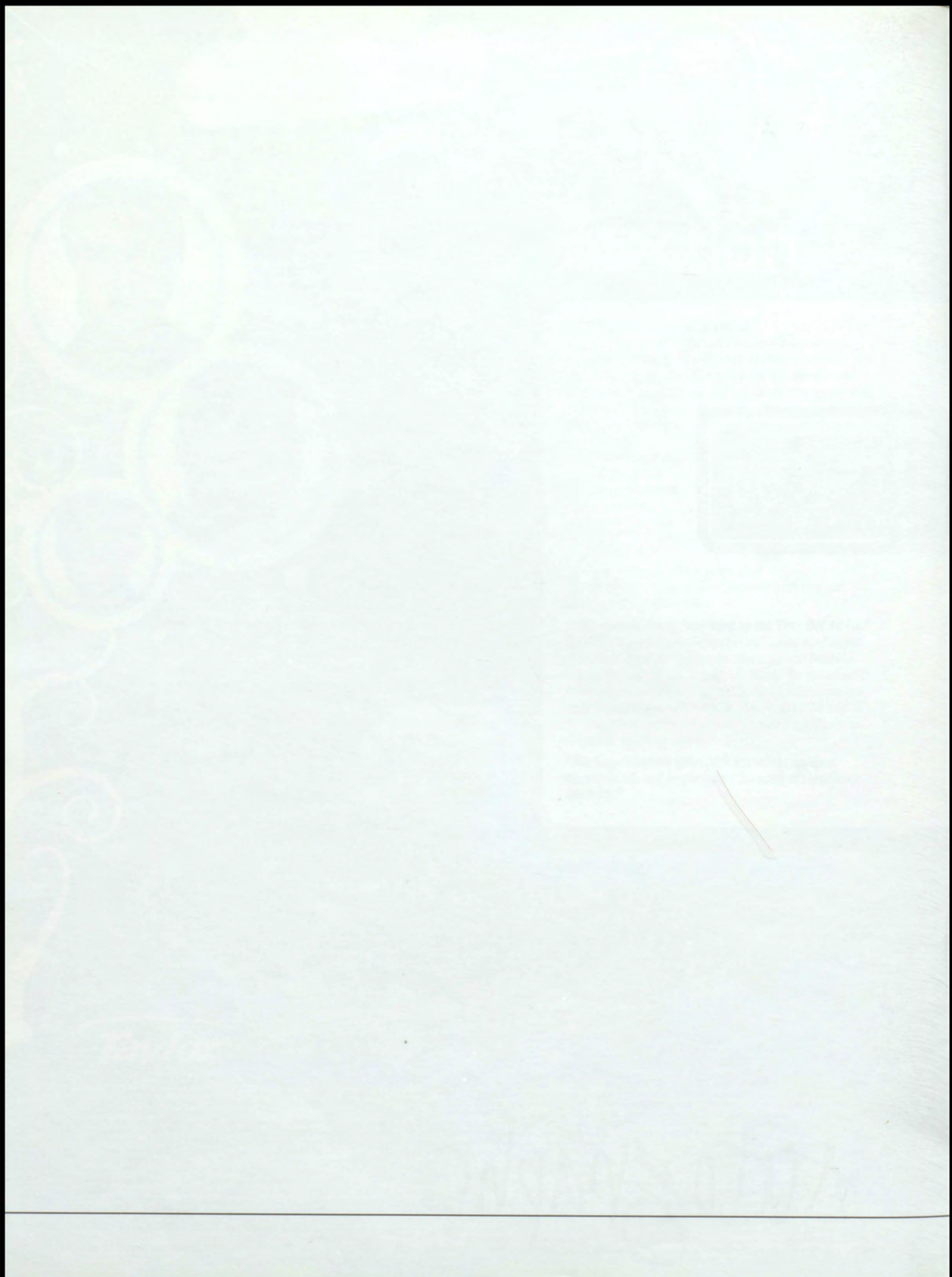
"Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."

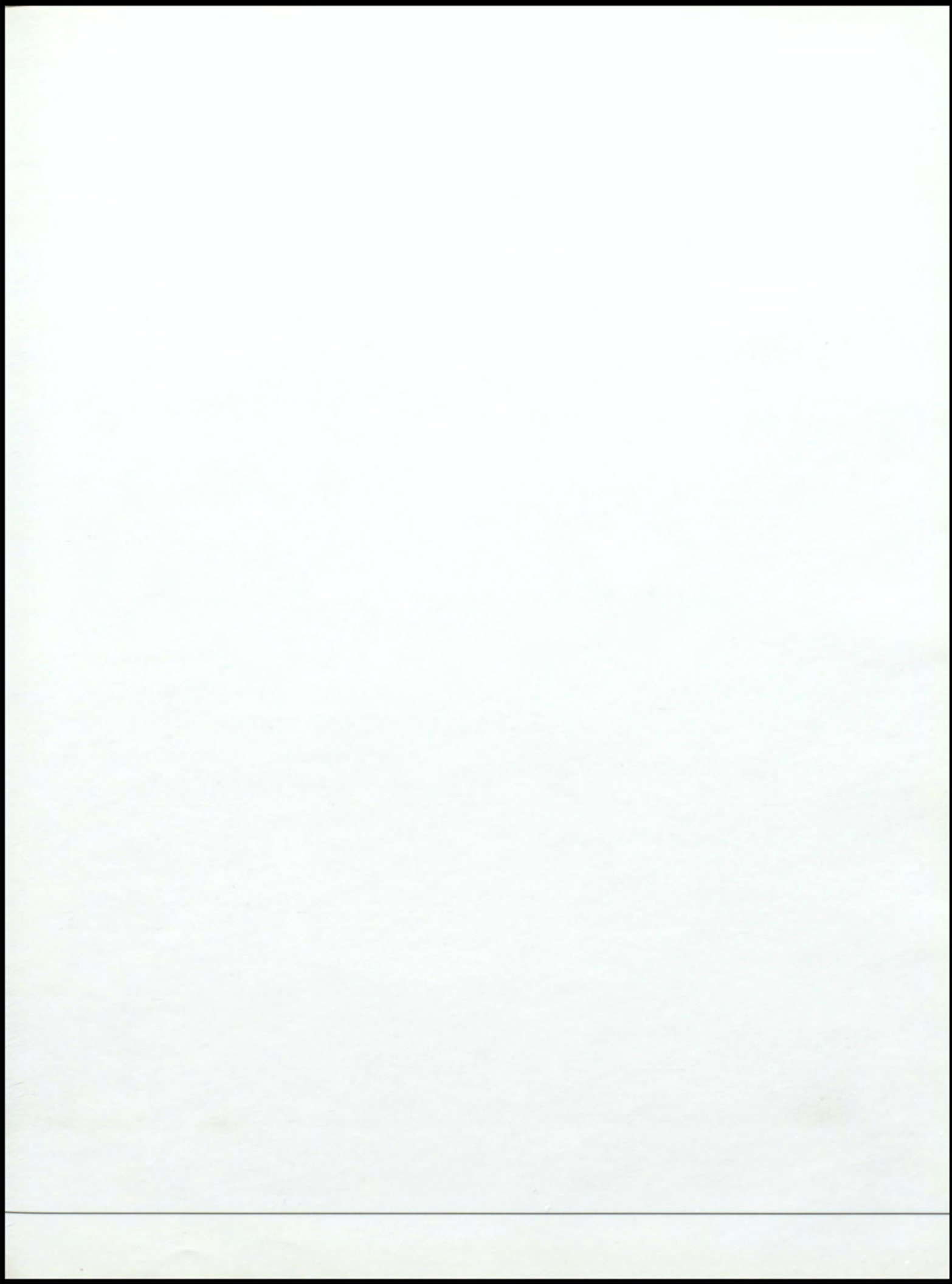


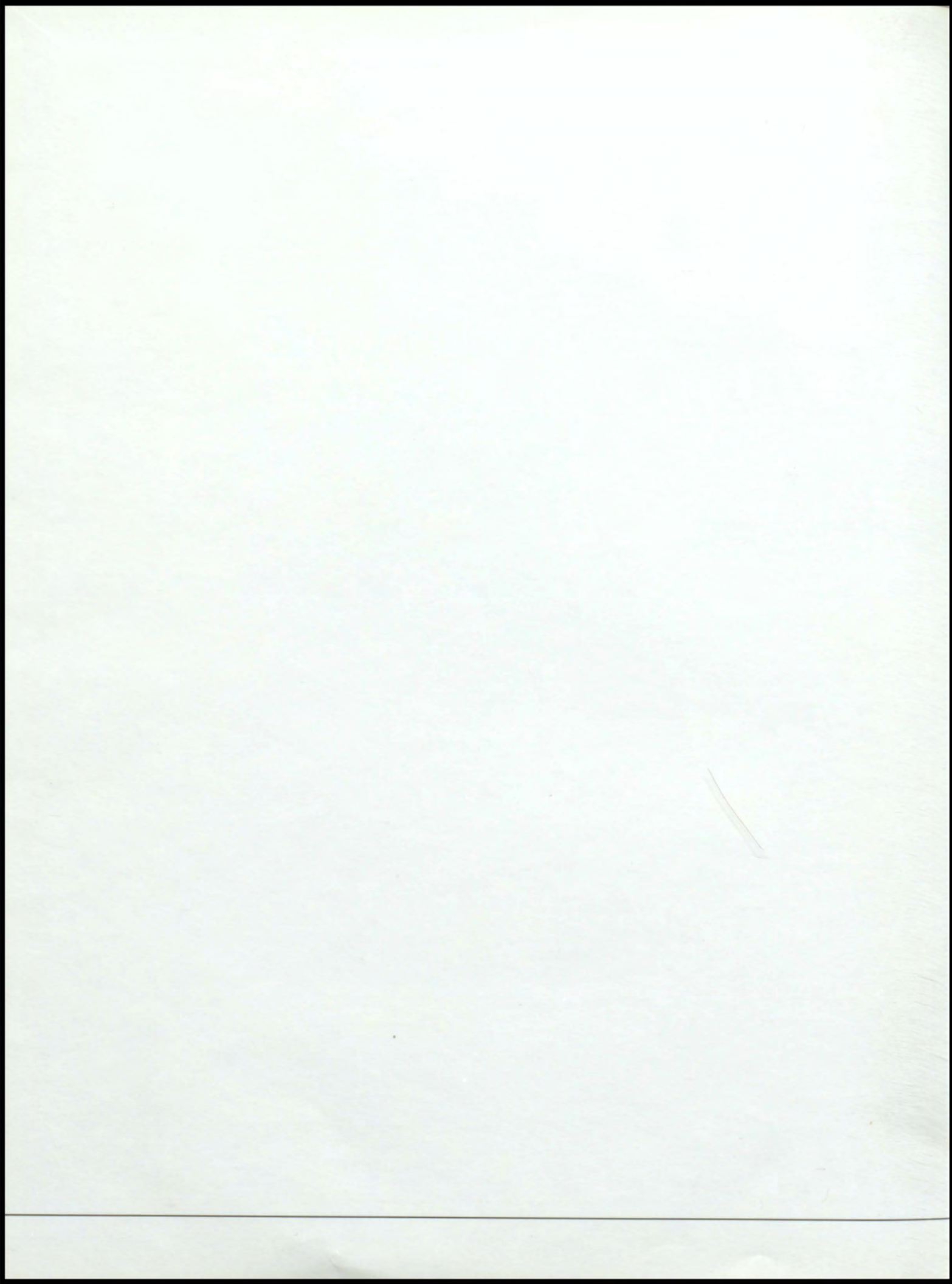
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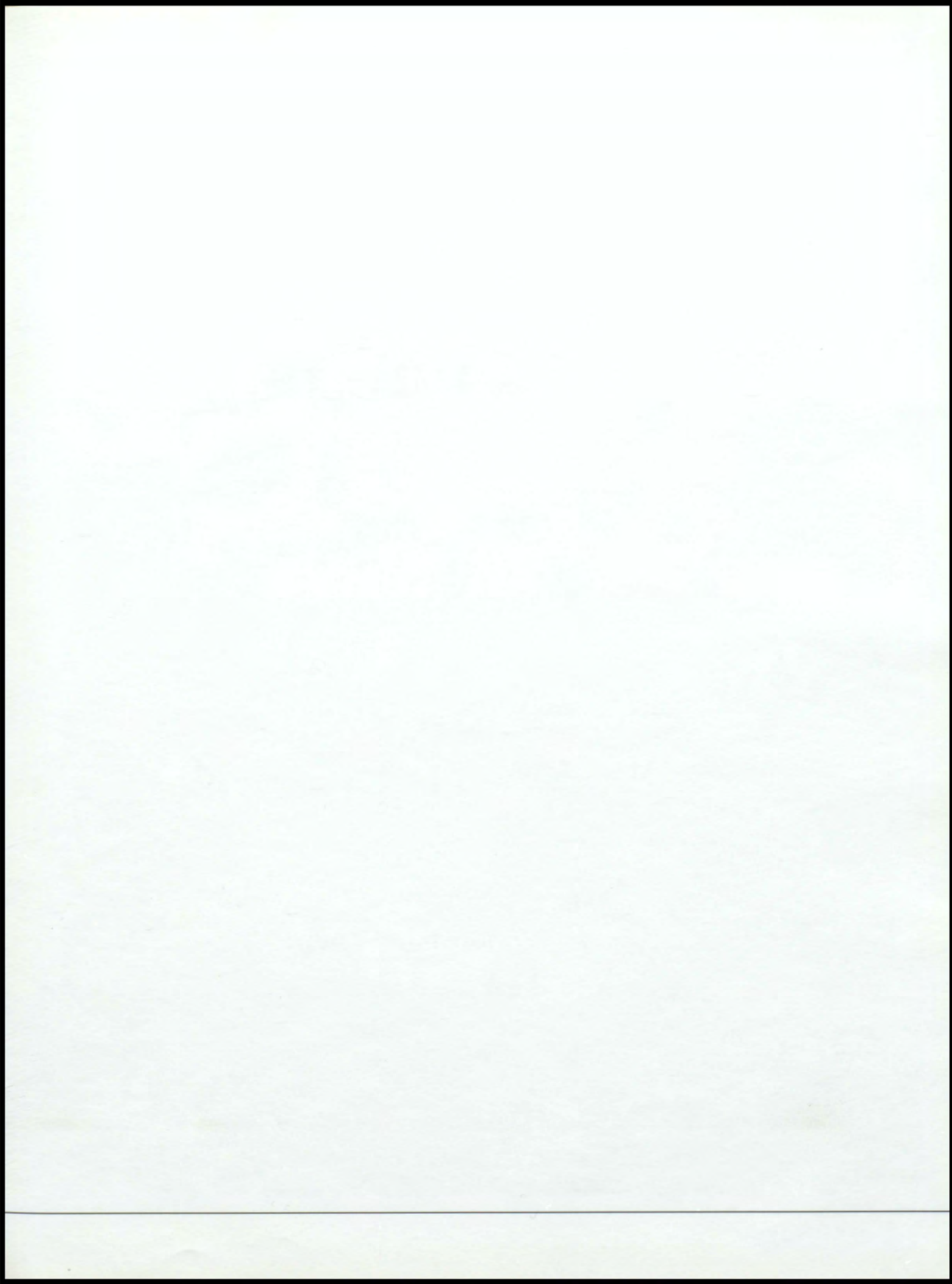
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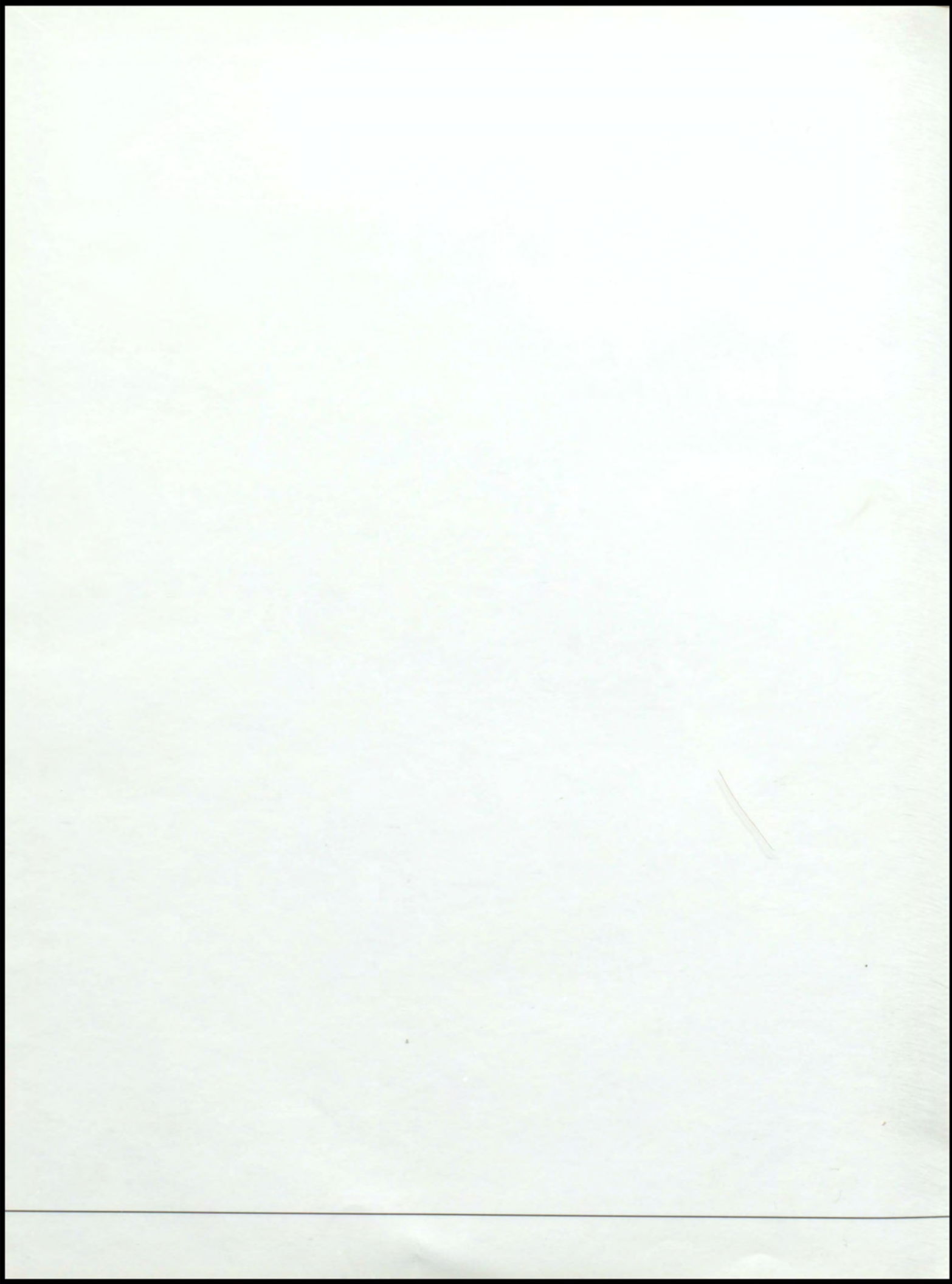
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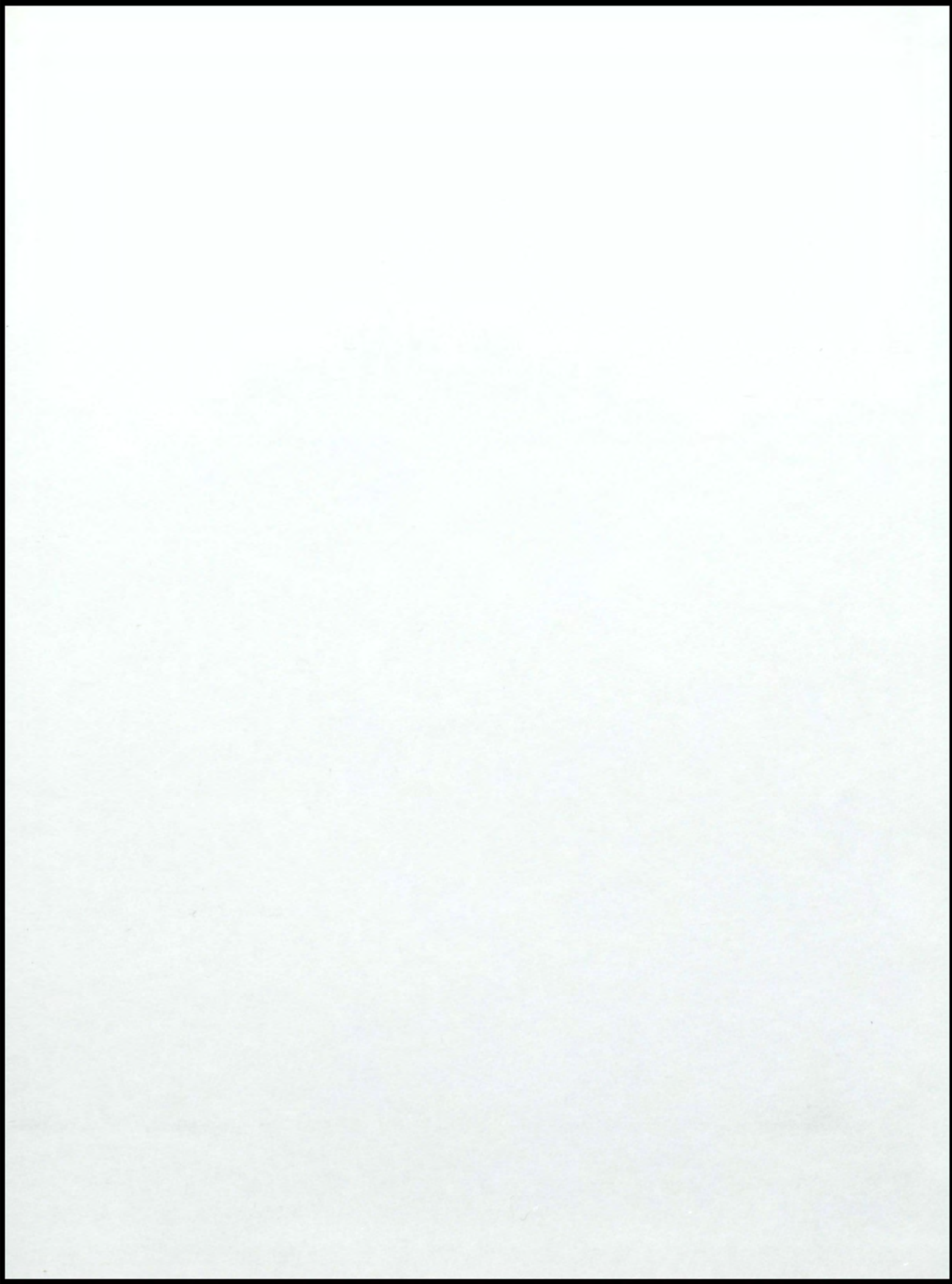








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2009

DEFINED

