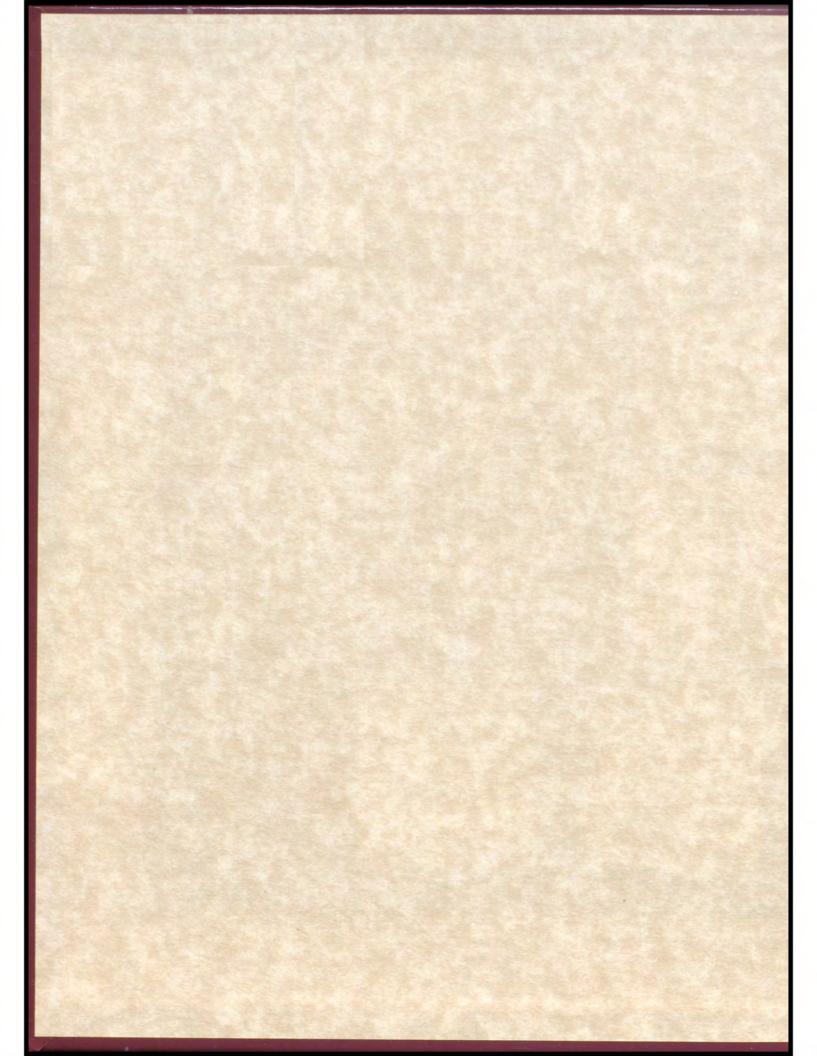
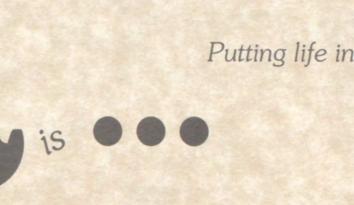


Forester 2007





Sticking to



Making the most of

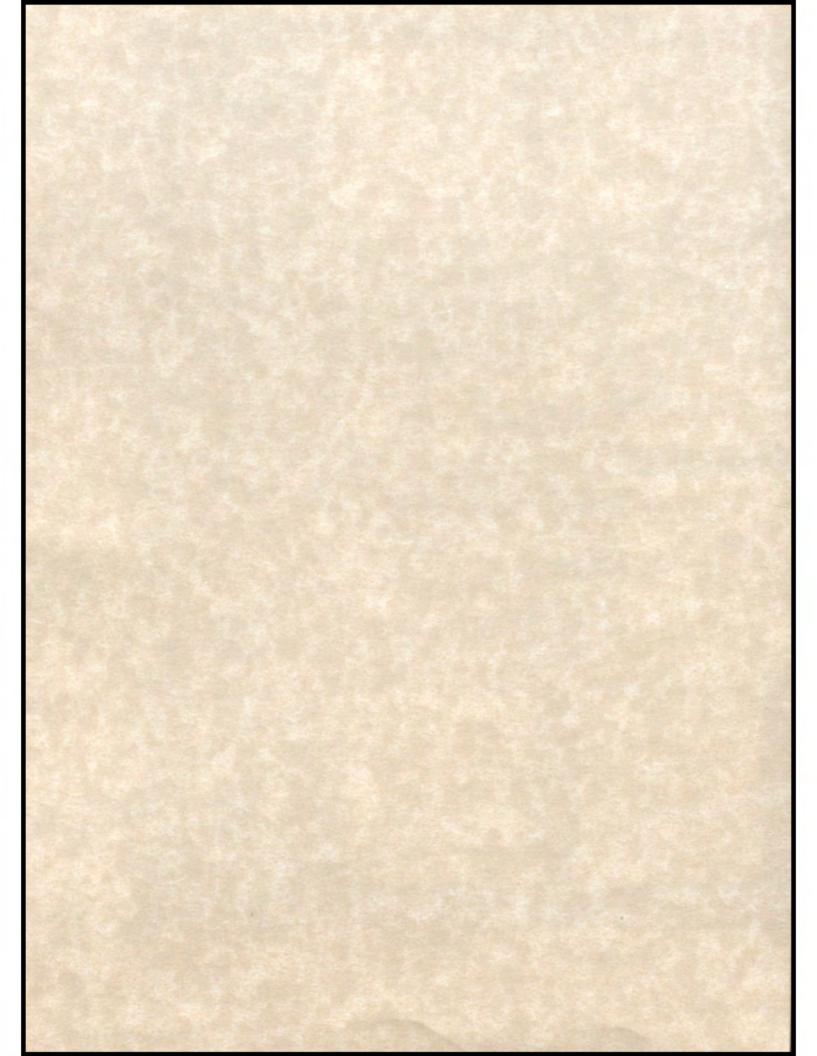


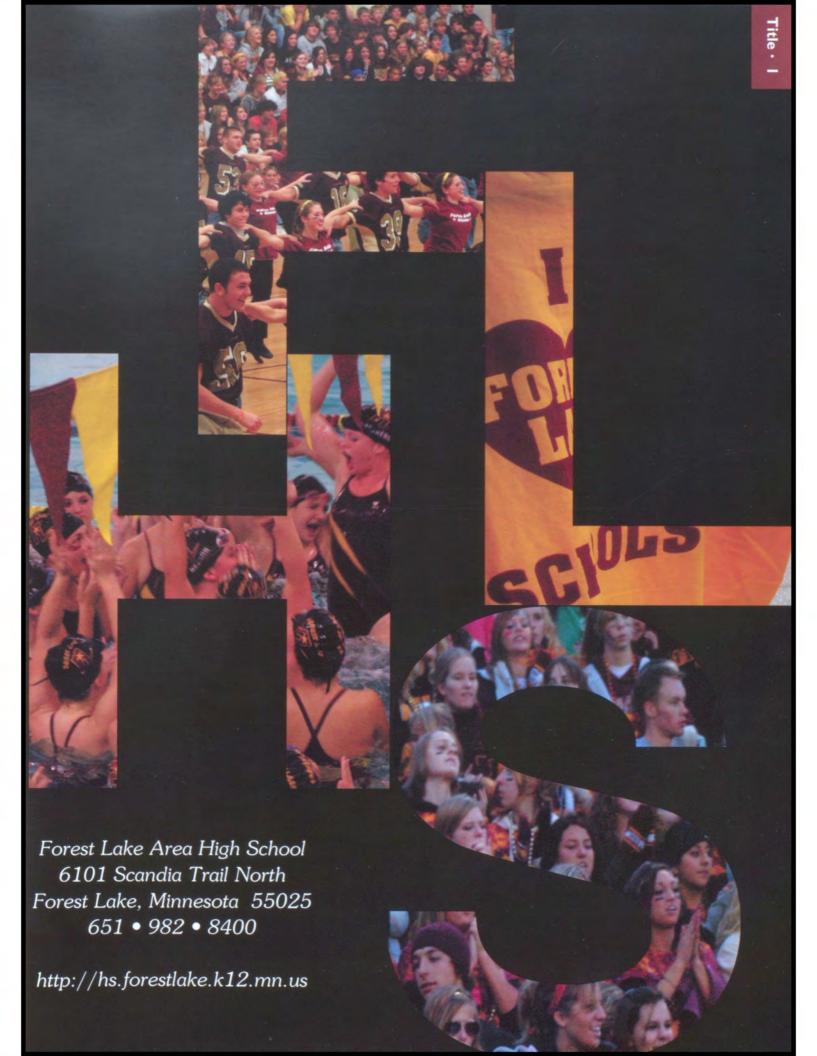
Winning all of



Tracking







Seniors Brittany
Falkers, Sarah
Lindenberg, Andrew
Cremisino, Kate
Haglund, Joshua
Williams and Alisha
Johnson enjoy cake
during lunch. The gang
celebrated Lindenberg's
18th birthday.

Juniors Amanda
Sausen and Yeng
Lor and Sophomores
David Hedberg and
Christopher Corcoran
take notes in Mrs. Jenny
Marshall's Algebra 2
class. "The notes come in
handy, especially on tests,"
commented Sausen.



Dreams • Spirit • Ideas • Passions • Hobbies

"It" can be used to substitute anything and everything, but can also mean something in itself. Anything one can imagine . . . it can be.

" It " can be the test aced,

the game won

the fun had

or the friends made.

For the sophomores, it is the journey that has just begun. Fitting in with a new crowd and navigating through the halls of a bigger school can be a challenge. They learn to face these sit uations as they come.

The juniors are ne ither at the beginning nor the end. With their spir it and common dream, they fight through the endless obstacles together.

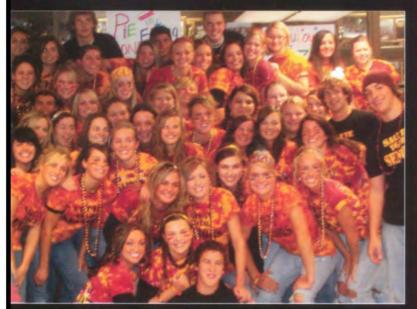
Seniors have finally made it. From nine elementary schools, into three junior highs and then together in one high school, it has been bit tersweet.

These are the critical years for the future. Memories will stay into etern ity.

Live in the moment . . . this is

Homecoming week activities excite the student body

 Spirit week was considered by some to be the most exciting week of the year. It was a week that allowed students to dress outrageously in crazy ensembles. Not only that, it also gave students a chance to show just how much spirit they had. . It started slowly on Monday with Get Up and Go Day, a popular tradition that encouraged students to roll out of bed and arrive at school with their pajamas and slippers still on. "I like this day because I can be comfy all day," exclaimed Junior Dalton Keep. On Tuesday, students put on their favorite concert t-shirt. The only thing missing this day was the concert! This was followed by 80's Workout Wednesday, where students got to delve into their parents' closets to put together an outfit. It was time to get dressy on Formal Thursday. One would think that it was prom judging by the dressy attire. And lastly, a favorite of many, was Maroon and Gold Friday. "It's my favorite day becuase it shows everyone how much spirit we have, and also it's fun to see all the maroon and gold in the bleachers for the pep fest," stated Senior Tina Chamberlin. Students showed off their school spirit throughout the week, and it built up the anticipation for the big game on Friday night. ~Teresa Mitsch



Above: A posse of seniors happily gather during B lunch for a group photo on the Friday of Homecoming. Nearly half of this year's senior class purchased a Homecoming t-shirt, emblazoned with the slogan, 'Salute Your Seniors - Drop and give us 2007!'

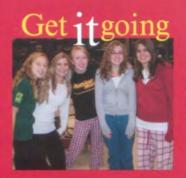
Right: Juniors Danielle Napoli, Kayla Lindstrom, and Caitlin Lehner stuff their faces with cotton candy, provided at lunches by FFA. I liked all the extra activities they had during lunches this year, it made it feel more like Homecoming rather than normal everyday lunches.' explained Napoli.

Right: Sophomore **Andrew Bothman** digs deep into a pie to find the hidden piece of bubble gum. During lunches on Friday, NHS sponsored a pie-eating contest to involve more students in the Homecoming festivities.



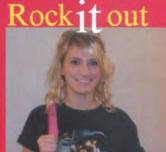


Spirit Days



Seniors Bridget Holmes, Amber Diemert, Jessalyn Johnson, Kimberly DeMars, and Theresa Brenberg sport the pajama look on 'Get Up and Go Day'. 'What's there not to like about Get Up and Go Day,' asked Diemert.

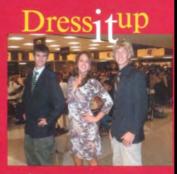
Sophomore Scotti Sampair rocks out with her favorite Tim McGraw concert tee. "I'm glad we had concert t-shirt day so I could show off my Tim McGraw shirt," said Sampair.

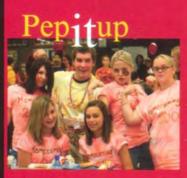


Workitout

Sophomore Saray Morgan shows off her '80's outfit, ready to work out 80's style! 'I like to show my spirit, even if it means dressing up like I'm from the '80's,' stated Morgan.

Junior Brendon Sanders, Senior Jenna Smoczyk, and Junior Christopher Pignato get spiffed up for Formal Day' on Thursday. "I love getting all dressed up, I'm a classic girl," said Smoczyk.





Sophomores show off their homemade Hamecoming t-shirts. Some students used some creativity to make their own shirts, rather than go through their class to order similar ones.

23

Bottles of whipped cream used for pie eating contest

348

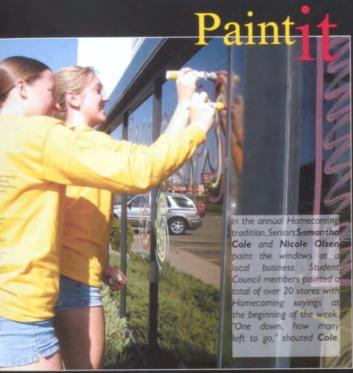
Homecoming shirts sold to the senior class

Paint the town, Spirit Bus involves the community in Homecoming celebration

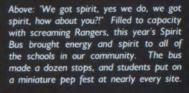
Starting off the Homecoming week, student council went around the town to businesses and painted the windows with FL pride. This was a way we liked to get the whole community involved in Homecoming week. Another event that brought spirit to those outside our school was the Spirit Bus. Many students wanted to go on it, but only a select few were chosen to participate in this exciting opportunity to have an extra day of Ranger spirit. Homecoming royalty candidates, dance team, student council members, and sports captains made up the bulk of the Spirit Bus participants. The bus started out at the junior high schools, then moved on to each of the elementary schools as well as the district office. This was where the Spirit Bus riders claimed to have the most fun. "It's fun getting all the younger kids pumped up for the big game," explained Junior Megan McKenzie. "They get really excited to see big kids and participate as much as they can!"

~Teresa Mitsch



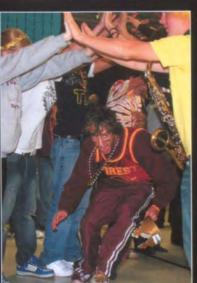






Left: Students yell at the top of their lungs to give the district office employees a taste of Spirit Week. The unexpected stop came at the very end of the day, and administrators were pulled out of a meeting to witness the celebration.

Left: Sophomores Jessica Springer. Ashley Wagner. Allyson Kohler, and Junior Kelley Carroll perform their routine at one of Forest Lake's elementary schools. "The spirit bus is always a major highlight during fall season," stated Senior Captain Jennifer Faust. "It's a lot of dancing in one day but it's worth it," Faust added.





Far Left: Senior Homecoming royalty candidate **Derek Vogel** runs through the spirit tunnel formed by Spirit Bus participants. At every school, royalty candidates were introduced to the excited students and staff.

Left: Senior Homecoming saying, "Salute Your Seniors," was displayed on a senior car in the student parking lot. During Homecoming week, students continued the tradition of painting catchy Homecoming sayings on the windows of their cars.

206Students on the spirit bus

59.9 Miles traveled by the spirit bus

Who says girls can't play 1?

How It Goes Down

Football is a sport that brings many people together from their hometown to support their team. When Homecoming week begins, there are school events to show what school spirit is really about. One of these events was the Powder Puff football game. This was when the tables turned and gave girls a chance to prove they could play football just like the boys. There were two teams for every grade. Any girl who wanted to play signed up, and was then placed on a team in their grade level. It was each team's job to get together to make their own uniforms and to schedule practices. Boys who played football and wanted to be coaches for their grade's team had to sign up, too. The referees were also football players, mostly seniors. This made some people wonder if they favored the senior teams. "I don't think the refs are fair because they want one of the senior teams to win," explained Sophomore Johanna McDowell.

No matter how the plays were called, Powder Puff was a fun activity that many girls liked being a part of. However, there was a competitive side to this event, as well. Each team wanted badly to win, which made the matchups fierce. "It is definitely something that all of the girls are very competitive about and really do try to win," stated Senior Alisha Johnson. A season pass to all activities: \$40.00.One student ticket for the boy's football game: \$4.00. Girls playing football in the mud: Priceless.

~Kelsey Kosman

Senior Team 1, The Senior Knock Outs, squish together to pose for their group picture. They celebrated their victory after winning the Powder Puff game. "We're number one," they shouted.



The sophomore team pose together for a group shot. The turn out was exceptionally good in spite of the fact that they were new to this tradition.





Junior Team 1, Da Buffet, stand on the sidelines as they cheer on their teammates. They played in the championship game against The Senior Knock Outs.



Senior Team 2, The Rangers, take an intimidating stance for their group picture. Hoping to be full of energy and ready to play, the team ate a spaghetti dinner prior to the game. "Let's get ready to rumble," exclaimed the Rangers.



Sophomore Leah Spiess stands her ground as she stops the offense from gaining yards. The game was a challenge for both teams.



Junior coach Troy Garvey gives a tip to one of his players during the game. The junior team put up a good fight against the seniors. "What can I say, I'm just a great coach," explained Garvey.



Sophomore Alisha Colling runs towards the end zone with the help of her blocking teammates. When it came down to the end, the junior team pulled away with the victory.



Senior Jana Bjorlin charges through the defense as Junior Kasey Kolnberger stops her in her path. The juniors fell short to the seniors in a 14-7 loss.



Senior Ellen Nelson prepares to snap the ball to Senior quarterback Alisha Johnson. Awaiting the snap, Senior Leah Balley played tough defense.



Seniors Codey Carlisle and Jacob Hendrickson enjoy the humor of the pep fest fun. Carlisle sported his classy sunglasses. "It was a little bright in the gym so I needed the shades," he



Sophomore Marc Meyerhoff took the position of being this year's new pep fest emcee. This was clearly not his first time talking in front of a large crowd. 'I wasn't nervous at all, it's fun doing this kind of stuff," explained Meyerhoff.

The Seniors overpower the gym with excitement for the Homecoming game. They dominated as a class in the year cheer, shouting * 07-07-0-07!* The gym was shaking with rowdy fans ready to "Ride the Ponies".

Peppe up

The Main Event

Pep fest was an event that brought our school together to support our teams and activities. The gym filled with the hundreds of students and staff who were ready to get rowdy. Having pride in this school was what can made Homecoming at this school so great. The feeling of having so many people behind you is what can really get you pumped up and that is the purpose of having a pep fest. • The gym was packed and ready to "Ride the Ponies". It all started with the new emcee, Sophomore Marc Meyerhoff who showed no fear in speaking in front of over a thousand people. "I thought he did a nice job for his first time being the emcee. He was really enthusiastic and that's what helped pump up the crowd," explained Senior Sarah Lindenburg. After hearing a rousing speech from Principal Dr. Steve Massey, the crowd was full of spirit. The dance team kept the crowd alive with their smooth moves. They added a little comedy by teaching the football players a few of those classy dance steps. • As the pep fest came to an end, the captains of the fall sports teams came down to talk about their season and up coming competition dates. This was a chance for the students to get to know how well their peers had competed so far. The last captains to speak were from the football team. "Hope you all come out and see us "Ride the Ponies tonight," shouted Senior Captain Matthew

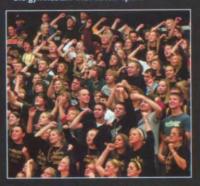
~Kelsey Kosman



Senior **Tyler Kleinhuizen**, Junior **Brian Rivard**, and Senior **Calvin Kerkhoff** take a huge leap over their dance team partners. The football players participated in the annual pep fest dance routine.



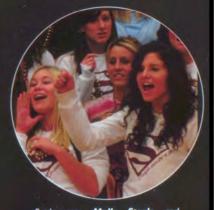
Sophomore **Kaitlyn Bryant** shows her moves at the pep fest. The dance team's performance wowed the crowed and filled the gymnasium with school spirit.



The Juniors chant back to the senior class during the traditional year cheer. They pulled together as a class and made the competition fierce with more enthusiasm.



Seniors Paige Patchin, Ellen Nelson, Megan Becker, and Michelle Medina stand proudly as they talk about their teams success. Nelson spoke for both herself and Becker about the volleyball team, as Becker had lost her voice on the Spirit Bus.



Sophomores **Molly Steele** and **Johanna McDowell** show support for their grade as they participate in the year cheer.



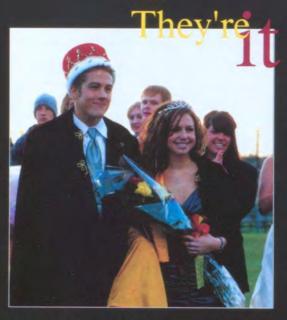
48Rolls of streamers used

8Fall captains introduced



Royalty





Joshua Erickson and Alyssa Carpenter pose for the camera after being crowded 2007 Homecoming king and queen. "My heart started racing," stated Erickson. "I wasn't sure what to do, but I was very happy to be the king!"

Carrying on the tradition

Roaring crowds, gorgeous gowns and royalty candidates were just a few of the sights and sounds that Homecoming coronation brought. With an amazing 1,572 votes cast, this event was again one of our school's strongest traditions. • It all started with seniors nominating candidates in lunches a week prior to the big game. From there it was the lucky ten with the top amount of nominations who went on running for Homecoming royalty. This year those ten candidates were: Joshua Erickson, Michael Wiggins, Derek Vogel, Scott Isaacson, Joshua Peterson, Alyssa Carpenter, Alexandra Jones, Kate Harrison, Samantha Buol and Rebecca Zierke. For the next week these ten tried to convince the student body to vote for them. Everyone waited in excitement for Friday, the big results day! On Friday night at six o'clock, all the royalty members met at the 50 yard line to hear the final results. For the next half hour the anxious crowd heard a little bit about each candidate. "Drum roll please," boomed Mr. Roger Cheyne, the Friday night announcer. • The crowd and the ten candidates waited in suspense, wondering who would be the 2007 King and Queen. This year's Homecoming royalty winners were Joshua Erickson and Alyssa Carpenter. "It was a ton of fun and a true honor," exclaimed Carpenter. Erickson agreed. "I felt really honored!"

~ Bethany Lincoln

Candidates



Joshua Peterson & Samantha Buol



Derek Vogel & Alexandra Jones



Michael Wiggins & Kate Harrison

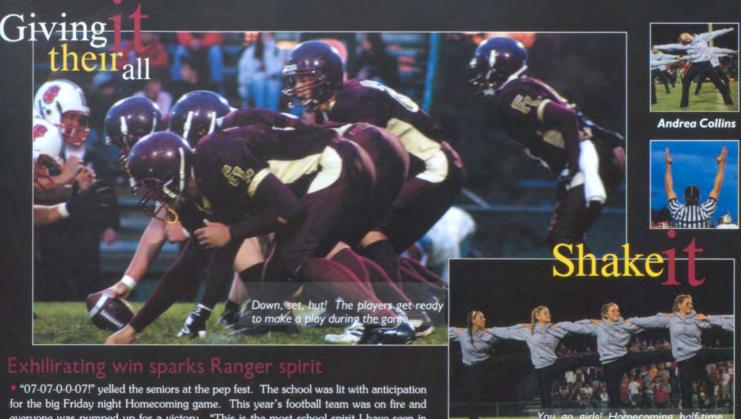


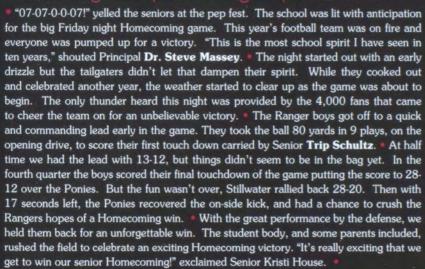
Rebecca Zierke & Scott Isaacson



"It's a good thing the picture was taken that second because one more and we would have fallen," commented **Kate Harrison** after taking the picture. The Homecoming candidates balanced out royalty responsibilities during the busy week.

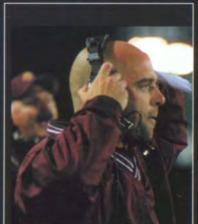
THE GAME

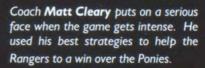




~ Stephanie Sampair







Daaa-da-da HEY! The crowd goes wild for a game cheer to pump up the players and coaches. "It helps keep momentum going, and it's nice to know the crowd is behind you," replied Junior Dillon Grant.



was a hit when the dance team showed

off their best moves.

Alex Lindeberg



Rebecca Hansen



Cori Moore



1,885

Student population

320,000

Square footage of the building

52 & 48

% male & % female students

125

Dollars for a semester parking permit

94

Percent attendance rate

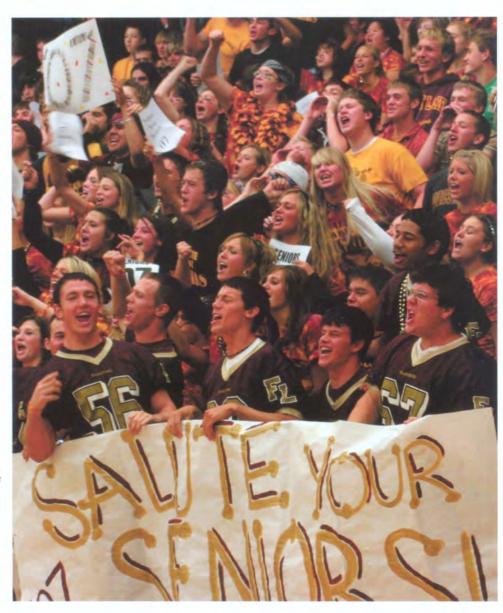


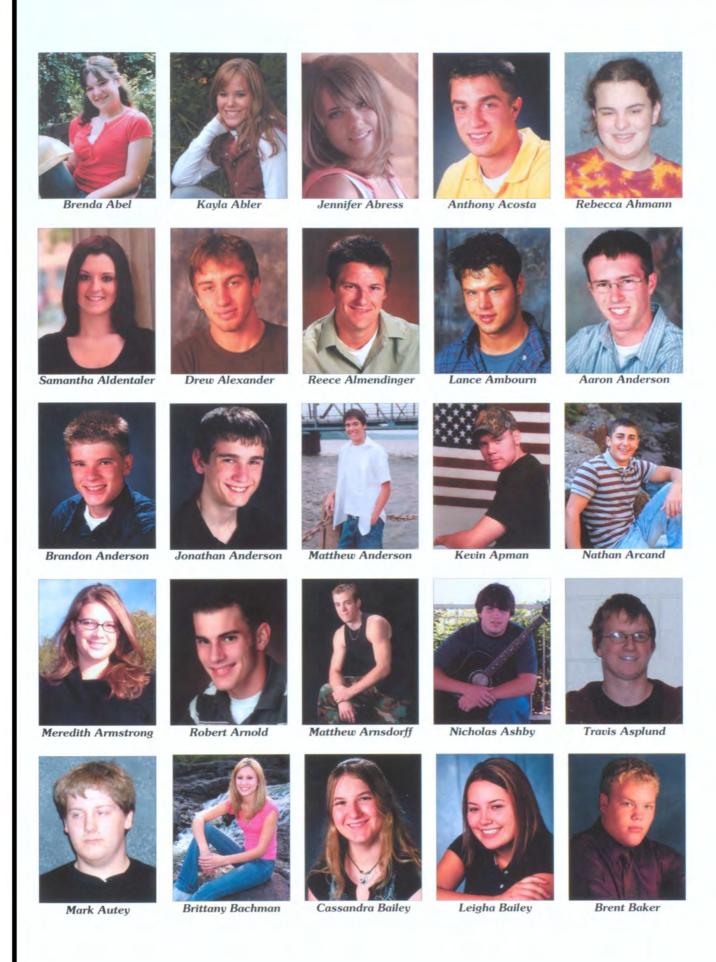
Senior David Faulhaber gets in tune with his studies during class. Yes, it's true, I'm on my way to Yale, Faulhaber wittily commented.

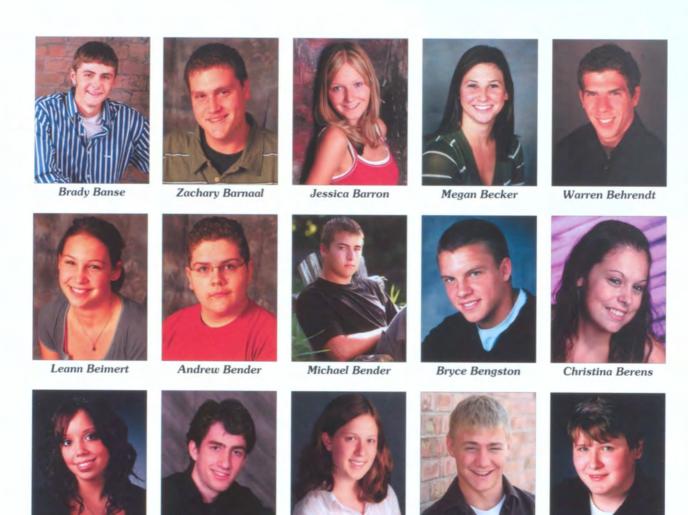
"It" has no meaning without an explanation behind it. A person, place, or experience gives it meaning and makes "it" what it is. As seniors we have put so much meaning behind the word progressively over the past 13 years. Not only the memories we made and the people we have met throughout high school, but all the way back to our elementary years. Elementary school gave us the initial foundation to which we could add upon. Learning the basics necessary to succeed in the future was just the beginning. Gaining social lives and school spirit added numerous memories onto our meaning throughout junior high. At the heart of our memories lie our high school years, not only for us, but for the people around us. Our community will remember the class of 2007 as the group that did it all and took everything to the limit. Representing them by succeeding athletically, as well as filling them with that irresistible Ranger Pride has been an honor. As noticeable leaders in our activities, and showing definite success academically, we have proven to everyone the commitment and pride we have in our school. So as we write the conclusion to our "t" we recall the 13 years of memories that made it up. As we head toward the exit we think to ourselves...we did it.

~Brittni LaFontsee

The class of 2007 partakes in the traditional year cheer, led by a group of enthusiastic senior football players. To emphasize their spirit, the seniors displayed a large banner and held dozens of "07" signs.



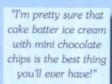




Danna Bergantine



Heather Berg



Laura Zimmerman Favorite Ice Cream Cake Batter



Zachary Berg

"Lean with me..."

Nathan Brodtmann Favorite Radio Station 89.9 "The Current"



Joseph Berger

"I have seen this movie like twenty times!"

Merle Berggren

Heather Berg Favorite Movie "Wedding Crashers"



Brandon Sundberg shows off his school spirit, even on the back of his head! "I thought it would be original," he mentioned.



Jenna Smoczyk laughingly runs into math class. "I swear that bell rings earlier everyday," she exclaimed.



In the greenhouse, Shawn Saxe gives a smirk while watering the plants for Agriculture class.

Kimberly
DeMars, Katelyn
Dobihal, and
Alissa Moberg
show some Ranger
pride decorating
the gym for the
pep fest.



Matthew
Matusiak and
Drew Charles
found themseleves
in a sticky
situation after
the pie eating
contest during
Homecoming day.



Ryan Berken



Angela Bernfeld



Benjamin Berntson



Courtney Birdsall



Shawn Birdsall



Sara Bizzotto



Christopher Bjork



Jana Bjorlin



Timothy Blake



Tyler Block



Lisa Blume



Steven Boerum



Kimberly Bohland



Jeffrey Bohnen



Heidi Bolenbaugh



MOST CHANGED SINCE ELEMENTARY SCHOOL CARRIE PETERSON & NEIL POLGLASE







Brandon Braaten



Brittany Brahs





Christopher Bombeck



Steven Bontjes



Rachel Borglum





Amanda Bosman



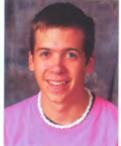
Johannah Bourque



Joshua Branum



Theresa Brenberg



David Bridgeman



Kent Bridgeman



Justine Brodin



Nathan Brodtmann



Andrew Brookman



Kaleigh Brooks



Aaron Brown



Kevin Bruggenthies



Jennica Bruner



Maya Bryn-Nygren



Ross Bucholz



Kristi Buerkle



Samantha Buol



Kelsey Burk

MOST LIKELY TO BE LATE



Igor Burlakov



Matthew Buster







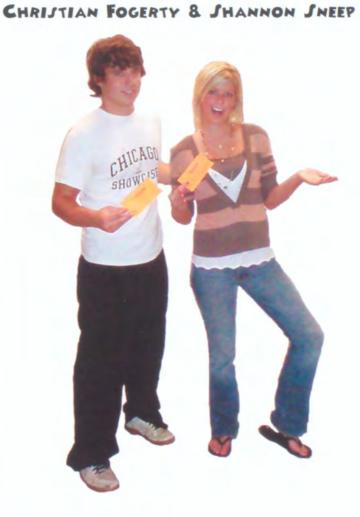


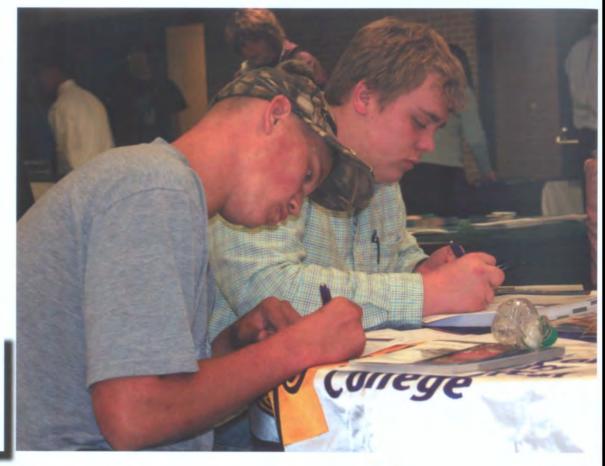
Kevin Bylund

John Cameron



Daniel Carey

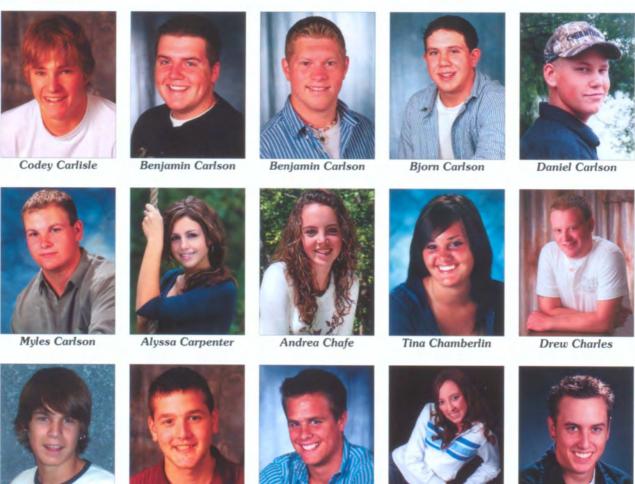




Seniors Daniel
Carlson and Ryan
Haus take some
time to fill out
information about
themselves at the
College Fair hosted
in October.

Kirin Chavez

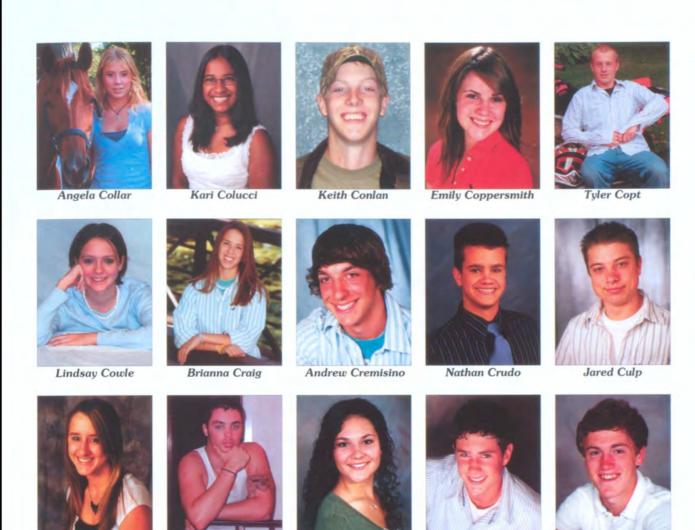
Travis Chouinard



Zachariah Clark

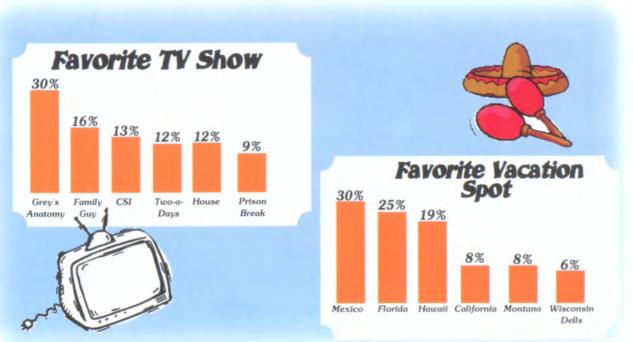
Samantha Cole

Ronald Coleman



Sherri Dahl

Keith Dahle



Chloee Daniels-Miller Reid Danielson

Andrew Davis



MOST GULLIBLE KYLA LINDSTROM & ANDREW HARDY



Stefanie Deal



Ryan Debuhr



Kimberly DeMars



Sean Deneweth



Jamie Denzer



Kevin Determan



Rebecca Devine



Amber Diemert



Nathanial Dilling



Katelyn Dixon



Kelly Jo Dixon



Katelyn Dobihal



Blake Donohue



Nicholas Doten



Jessa Dotson



Janel Duffy



Kylie Dufresne



Shawn Dumoulin



Robert Dykema



Alena Dzubic



Travis East



Frank Eck



Garrett Eischen



Matthew Elden



Sara Ellertson

MOST SCHOOL SPIRIT



Loren Endorf



Lyndsay Engstrom









Erika Enriquez

Bethany Erickson



Joshua Erickson





Power Profile Alena Dzubic

What's one word that described you as a sophomore?

Eccentric!

What did you do with your first paycheck?

I probably bought some food.

What is the one thing you dream of doing that you have not done yet?

Study abroad.

What's your motto?

Even if you're on the right path, you won't get far if you just sit there.



Kirsten Ericson



Nathan Essen



Nils Evenson



Samantha Evgen



Brittany Falkers



Tyler Falkosky



Martin Farr



David Faulhaber



Jennifer Faust



Brent Faymoville



Cory Faymoville



Guillermo Fernandez



Alicia Fick



Richard Fick



Joel Fischer



Chelsea Fitzmorris



Chelsey Flaten



Danielle Flint



Kristal Flom



Christian Fogerty



Kelly Foster



Wylie Freeman



Andrew Fritzinger



Margaret Fritzke



Theresa Gaalaas



Jeffrey Gabrick



Logan Gabriel



Thomas Gabrielson



Candice Gagne



Anthony Gambeski



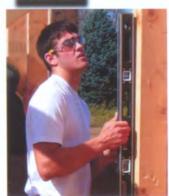
Senior Paajnyag Yang looks up the score of her fantasy football team in Mr. Alan Anderson's Marketing class



Senior Alejandro Garcia-Jaimes plays the bass with his band at Homecoming tailgating. The music was sponsored by FFA



Senior William Montes tunes his violin while preparing to make the music beautiful at the Collage Concert.



Senior William Kichler concentrates on unscrewing the bolts to put in a new alternator.

Senior Brandon Yetter double checks to make sure the beam s level in the arpentry II class





ACCIDENT PRONE JOHANNAH BOURQUE & JONATHON SWANSON



Carrie Geving



Nicholas Giannini



Tanner Gibson



Nicholas Giller



Peter Ginis



James Goehl



Nicole Goldeman



Benjamin Gort





Robert Gavanda



John Gavanda

Andrea Gaytan



Jacob Gearin



Mckenzie Gemeiner



Seamus Glewwe









Lindsey Griffith



Nicholas Griffy



Maja Grisonic



Andrew Grzybowski



Jennifer Guenther



Aaron Guttormson



Benjamin Hager

HEART THROB



Kate Haglund



Stephanie Haider



Merim Halavac





Chelby Hansen

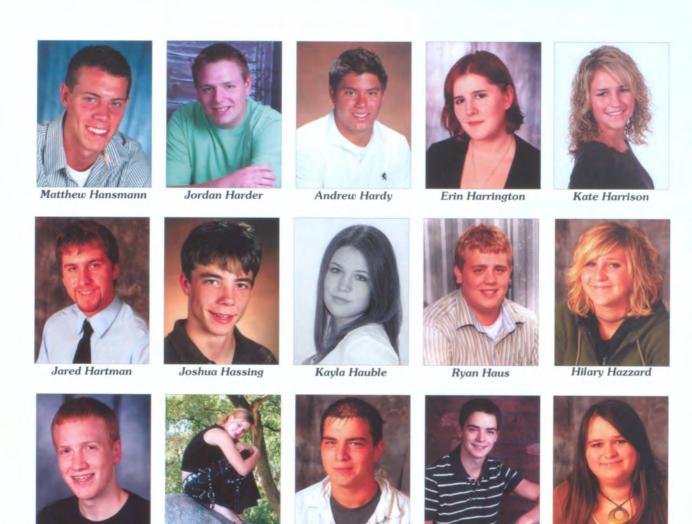


Nicholas Hanna

Eric Hansen



Rebecca Hansen





Nicholas Hecker

"It's my happy place!"

Maya Bryn-Nygren Favorite Store Electric Fetus



Amanda Hedlund

"He is the funniest. He is my alltime favorite comedian."

Kenneth Heffington

Melinda Callahan Favorite Celebrity Robin Williams



Tyler Hegvik

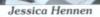
"Summer time and the livin's easy."

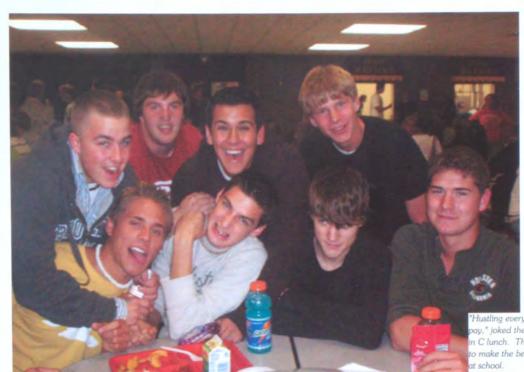
Sonia Helgeson

Lauren Hindi Favorite Musician/Group Sublime









"Hustling everyday to make pay," joked these senior boys in C lunch. They always tried to make the best of their time at school.



Matthew Hentges



Ena Her



Glory Her



Jake Herring



Corey Hilla



Lauren Hindi



Megan Hinrichsen



Catelin Hintzen



Luke Hittner



James Hoffman



Jonathan Hofmann



Robert Holden



Bridget Holmes



Patrick Homyak



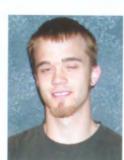
James Houle



MOST ATHLETIC PAIGE PATCHIN & MATTHEW HANSMANN







David Jackman



Aaron Jacobs



Michael Jacobsen



Janessa Jacobsz



Amanda Jarvis



Ashley Jaszczak



Krystal Johannes



Alisha Johnson







Sarajo Hubbard



Kristi House

Mark Hudon



Britny Hukriede



Ann Husfeldt



Scott Isaacson









Amy Johnson



Brett Johnson



Gordon Johnson



James Johnson



Jana Johnson



Jessalyn Johnson



Lindsay Johnson



Stacey Johnson



Alexandra Jones

BEST CAR

KRISTI HOUSE & CALEB WEDGER



Jacob Jones



Shannon Joyce

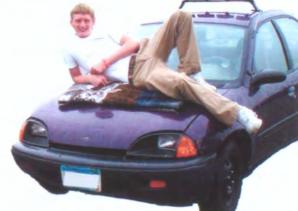






Kirsten Kappeller







Jay Juutilainen

David Kasl



Matthew Keller





William Kichler



Alexander King



Sarah Kirk



Kelly Klassen



Jennifer Klawitter



Tyler Kleinhuizen



Meghan Kline



Zachary Knight



Justine Koch



George Kollar



Joseph Koppy



Jeremy Koshiol



Kelsey Kosman



Shawn Kost

Senior Nicholas Peters warms up as he prepares for his performance in the Collage Concert. Th concert consisted of an array of musical



Seniors Kathryn Larson and Hilary Hazzard enthusiastically take part in the "Ranger dance' during halftime of a football





Senior Sara Bizzotto carefully records experie data for **Mrs. Judy Hill**'s Physics class.
Part of the class fina involved this handson activity.



Seniors Caitlin Sapa and Kelsey Lefto take time out of the day to study outside during Exploring Childhood class.



Things To Do Before Graduation

- Go to as many sporting events
 Eat as much as possible, as as possible
- · Run through a corn field
- Go cliff diving in Taylors Falls
- · Pull an all-nighter
- Meet as many new people as you can
- Talk to Perry Peterson (the custodian)

- often as possible
- · Run through the golf course sprinklers
- · Go to prom
- · Go to the drive-in movie theater
- · Make a complete fool of yourself
- See a great concert

Source: Senior polls, October 2006



Adriane Kraus



Samantha Krebs



Laura Krengel



Tracey Kress



Megan Kroll



Brittany Kruger



Aaron Krzewina



Nathan Krzewina



Aaron Kubes



Luke Kubitschek



Corey Kuefler



Alexander Kulacz



Andrew Labossiere



Ashlev LaDoux



Brittni LaFontsee



BEST FRIENDS ALEX LINDEBERG & LUKE OPJAHL



Nicole LaFountaine



Amy Lalla



Jacob LaMotte



Samantha Langenbach



Kristine LaPlante



Kathryn Larson



Brian Lartch-Buffington



Michael Latawiec



Amanda Lau



Kelsey Lefto



Beth Lesewski



Kelly Lewis



Kyle Lewis



Syressa Lewis



Emma Liljedahl



Alex Lindeberg



Sarah Lindenberg



Brittany Linder





Kyla Lindstrom



Brian Loch



Kathleen Lodge



Nina Lor



Tyann Lovas



Donald Lowe

BEST FRIENDS



Jordan Lutz-Lawlor



Justin Mackey



Anthony Madison



Tyler Majewski



Erik Magnuson

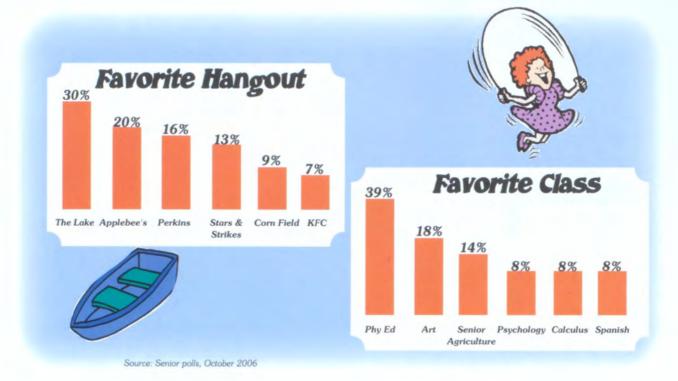


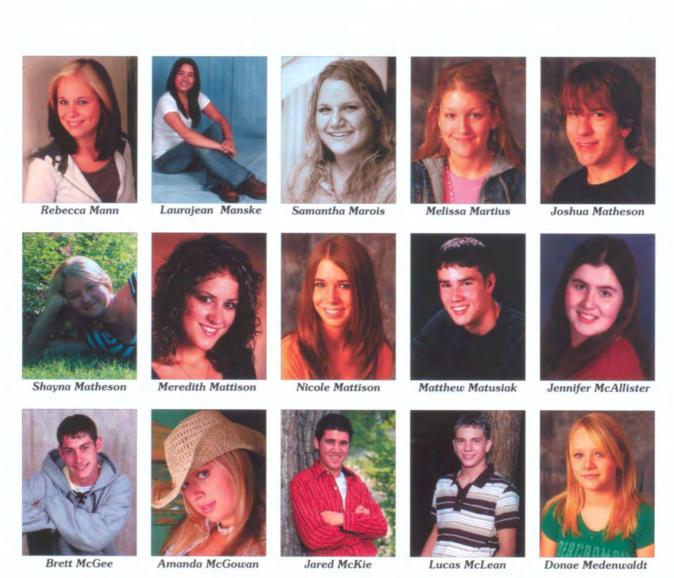
Michael Maloney



Dustin Manderscheid









Michelle Medina



Anthony Mendola



Andrew Meyer



Richard Mickschl



Jessica Mielzarek



Alexandra Mieritz



Ashley Mieritz



Matthew Miesen



Christine Miller



Daniele Miller



Rebecca Miller



Jacob Mitchell



Jeremy Mitchell



Teresa Mitsch



Justin Mittet



Comfortable and happy about it, these senior girls give an award winning smile while during Homecoming dress up



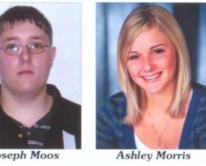
CUTEST COUPLE LOGAN ROBINSON & KRISTI BUERKLE







Joseph Moos







Joseph Montean

Shawn Mouacheupao



Devin Moyer



John Mucciacciaro



Shane Munasinghe



Lucas Munkelwitz





Jessica Mohler



Allison Mollen



Thomas Monahan









Alexa Nelson



Amanda Nelson



Andrew Nelson



Anthony Nelson



Chelsie Nelson



Ellen Nelson



Nicholas Nesgoda



Sarah Nguyen

MOST OPTIMISTIC



Allison Niemczyk



Leif Nordgren











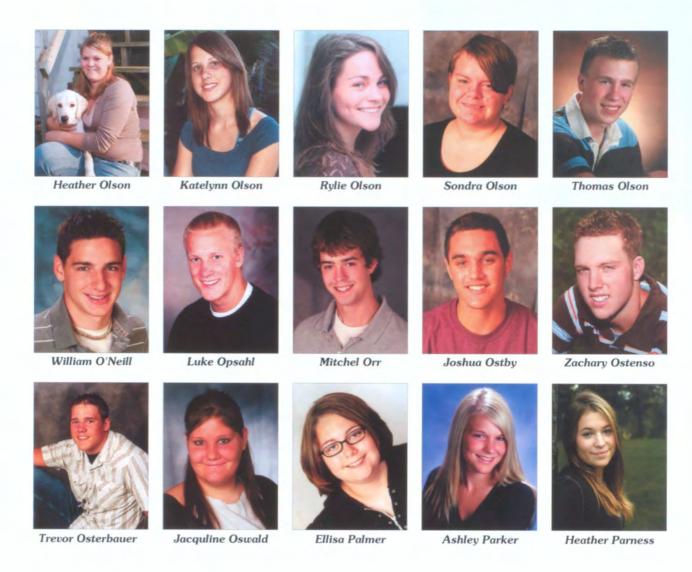
Kierstin Nygaard

Jennifer Ohmann



Dillon Okimosh









Brandon Schiefelbein Favorite Restaurant Buffalo Wild Wings



"He's an awesome teacher and he makes class really fun."

Brandon Anderson

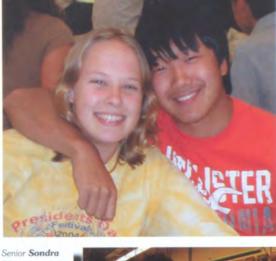


"I'm kind of a big deal."

Nicholas Nesgoda Favorite Line From a Movie



Double checking his work, Senior John Wielinski studies hard in the media center.



Senior **Sondra Olson** gets messy and creative while working on the wheel to make a cup in Ceramics.



Seniors Justine Koch and Tyler Uthe take time out of their day to show of their pearly whites.

Senior Brett
Johnson gave the
camera a glance
while washing the
dishes in Food
Choices class.



Senior Lucas Munkelwitz concentrates extremely hard on making his model house perfect for Carpentry.



Travis Parson



Jake Partyka



Paige Patchin



Nicole Paulson



Nicholas Peters



Aaron Peterson



Amy Peterson



Carrie Peterson



Collin Peterson



Joshua Peterson



Kaitlin Peterson



Kathleen Peterson



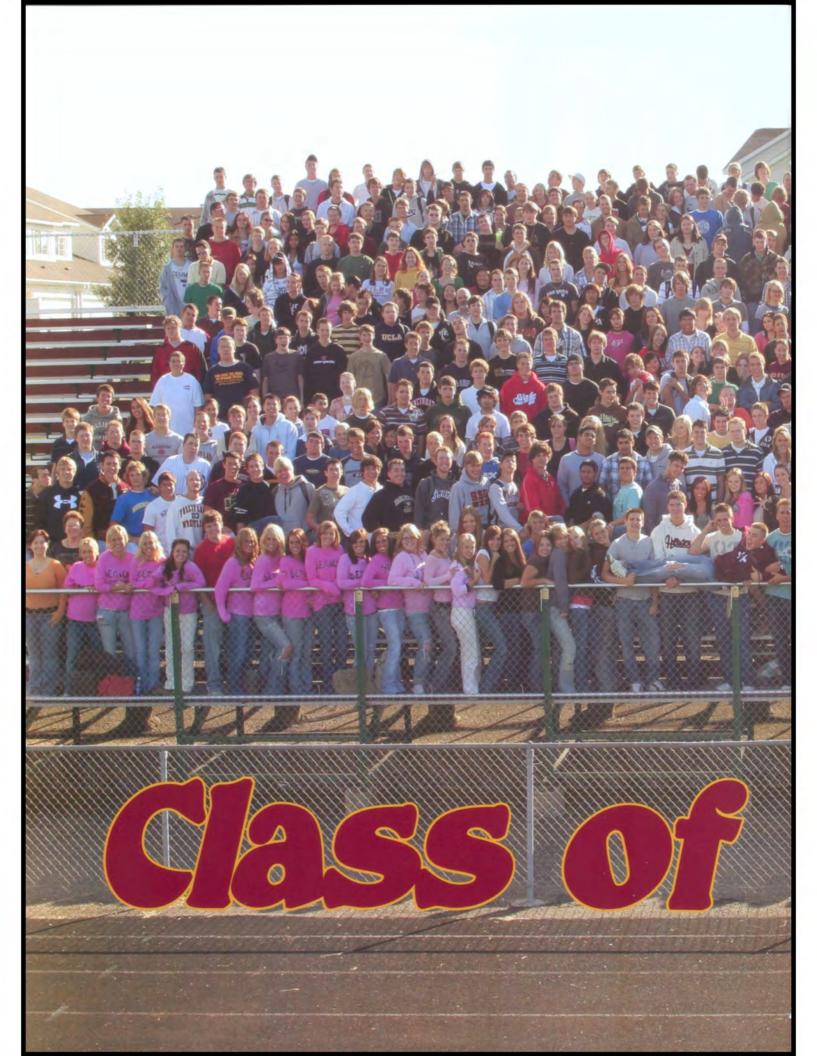
Matthew Peterson

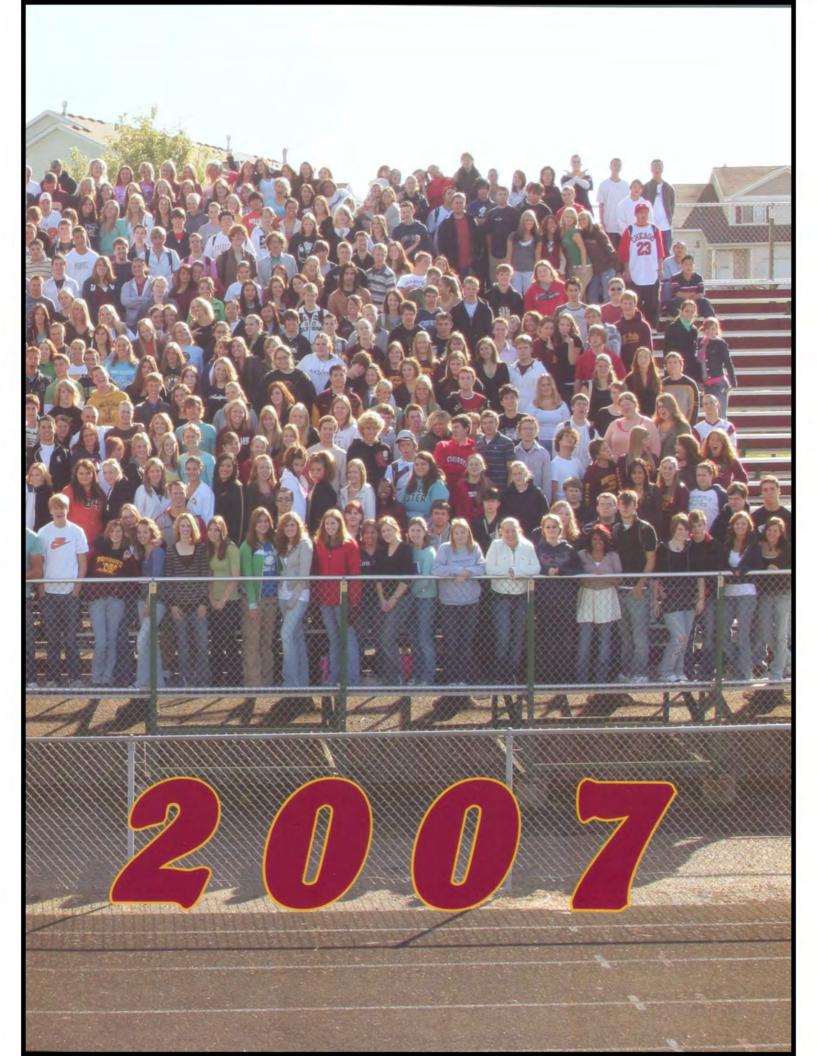


Katie Phelps



Joseph Phillips







MOST ARTISTIC JANA BJORLIN & AARON KRZEWINA



Matthew Pikus



Kevin Pickar





Justin Pimpo



Samantha Pineo



Neil Polglase



Kittivit Prichavudhi



Lindsey Quale



Tyler Quinn



Madalyn Raasch



Kristina Radtke



Kristopher Ralles



Michael Rath



Matthew Rebischke



Sarah Reely



Paula Regnier



Timothy Rehak



Anna Reinertson



Daniel Reinke



Kathryn Repke



Sophia Reyes



Cory Rime



Heather Ristow



Kelsey Robinson



Logan Robinson

MOST OPINIONATED



Jana Rokitzki



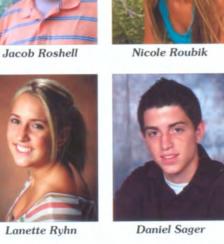
Eric Rolseth



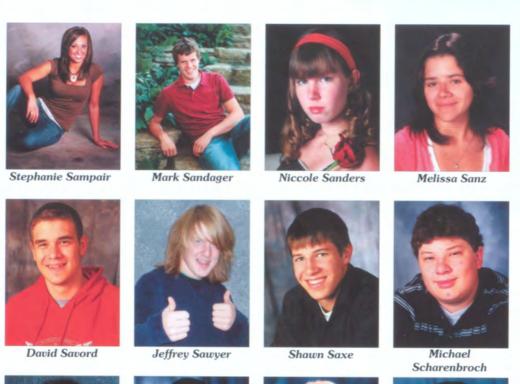
Vincent Rosa













Sven Schauerhammer



Brian Scherrer



Brandon Schiefelbein



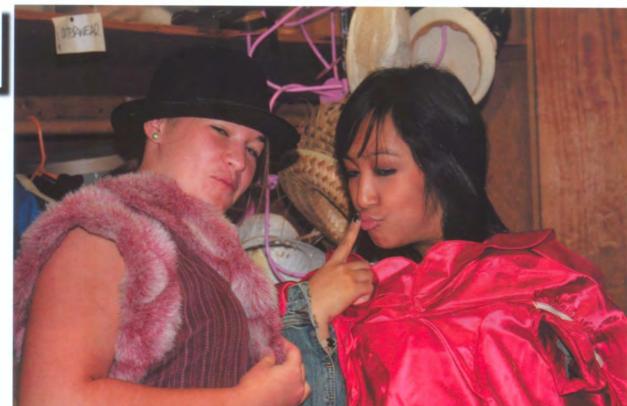
Richard Schmidberger



Ashley Schaub

Caitlin Sapa

Joshua Schreiber



During a visit to the costume loft for Technical Theater, Seniors Heather Parness and Erika Enriquez try on a few unique ensembles.



Power Profile: Ashley Jaszczak

What's one word that described you as a sophomore?

Creative.

What did you do with your first paycheck?

Bought some books.

What's your motto?

What is the one thing you dream of doing that you have not done yet?

I want to act and film.

A flawed diamond is worth more than a perfect brick.

Source: Senior polls, October 2006



Trip Schultz



Thomas Schulz



Matthew Schwartz



Michael Schwartzbauer



Camille Senum



Andrew Setterholm



Mikala Seurer



Chelsey Shaw



Christopher Sherwood-Gabrielson



Sarah Shetka



Bryan Shipley



Sasina Sikahema



Jessica Simmons



Hannah Simon



Ida Skaran



BEST EYES AND SMILE
STEPHANIE SAMPAIR & ANTHONY ACOSTA



Jesse Slipka



Charles Smith



Kaitlin Smith



Jenna Smoczyk



Shannon Sneep



Joseph Snyder



Ben Solheid



Graham Spartz



Ashley Sperle



Tyler Sperry



Katherine Spiess



Penny Spratt



Jeffrey Steele



Shawna Steen



Kristen Steffer



Rebecka Stenberg



Sarah Stifter



Michael Stilwell



Patrick Stiner



Andrew Stokes



Tracy Stolz



Melissa Strege



Andrew Struthers



Brandon Sundberg



Jessica Suonvieri



Daniel Svendsen



Jonathon Swanson









Brandi Sweigart

Nicole Tadych



Shawn Teel

CLASS CLOWN ANN HUJFELDT & JOSHUA PETERSON



Senior Daniel Reinke divides up freshly baked caramel rolls for his cooking group. "Mine were definitely the best," Reinke stated after a bite. Senior Nicholas Griffy puts the finishing touches on his chalk work in Drawing & Painting class. "I love all of it." he stated about the class assignments.



Seniors Christian Fogerty, Shawn Saxe, Jeffrey Bohnen, and Garrett Eischen tackle plants in the Agriculture greenhouse.



The sweet sensation of victory inspires Senior Ellen Nelson at a home football game.





Senior Andrew Labossiere diligently measures angles as he drafts out a cabinet design.



Stephanie Tessling



Nicole Tetrault



Jennifer Thao



Mark Thesenvitz



Jasmine Thieschafer



Danielle Thiry



Andrea Thompson



Kelsey Tietje



Dacia Tomnitz



Sophia Tschida-Reuter



Seth Tveten



Matthew Ulrich



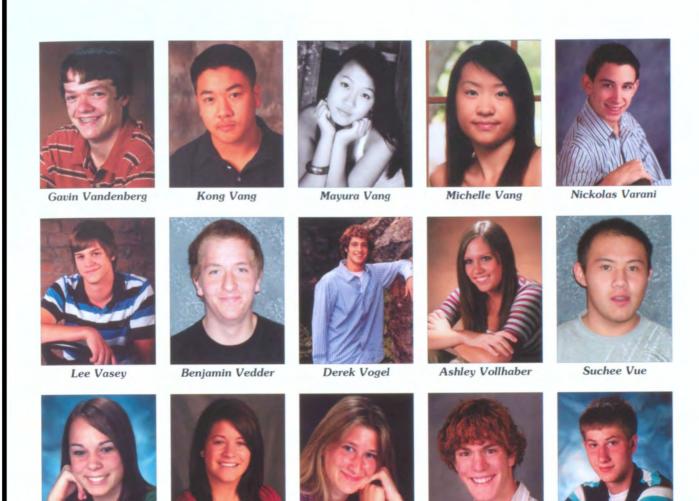
Tyler Uthe



Jeremy Van Keulen



Frances Van Sloun





Kacie Waldoch

"It's the bombest truck in the parking lot!"

Alexandra Waldoch

Broc Grell Favorite Car Mom's truck with bass and 35's



Alexander Warren

"It's a gourmet meal for a buck!"

Rebecca Wappel

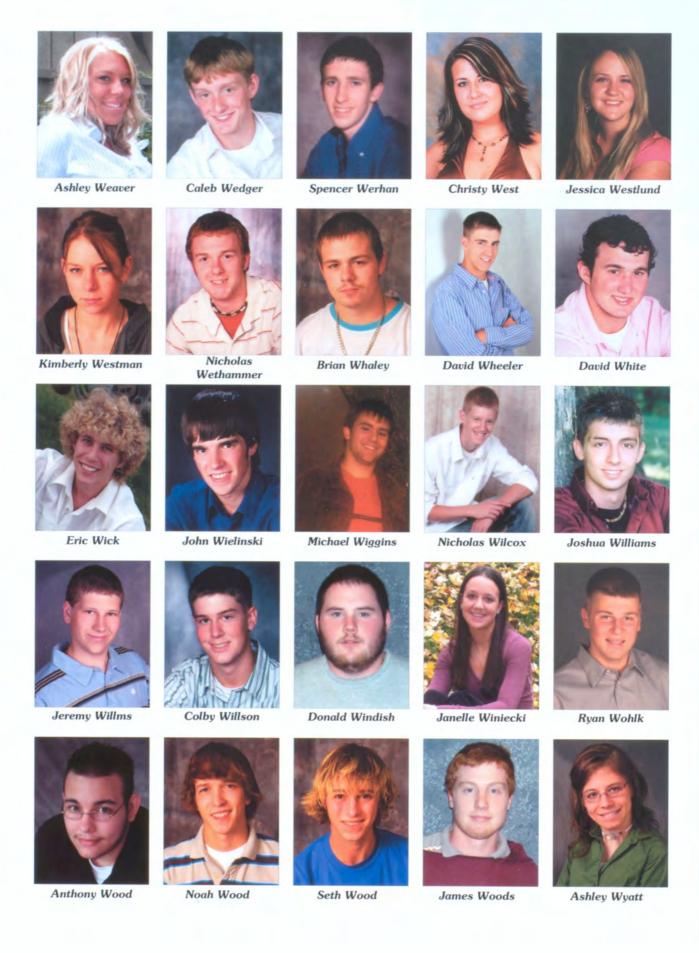
Zachary Barnaal Favorite Item Off The McDonald's Dollar Menu McChicken

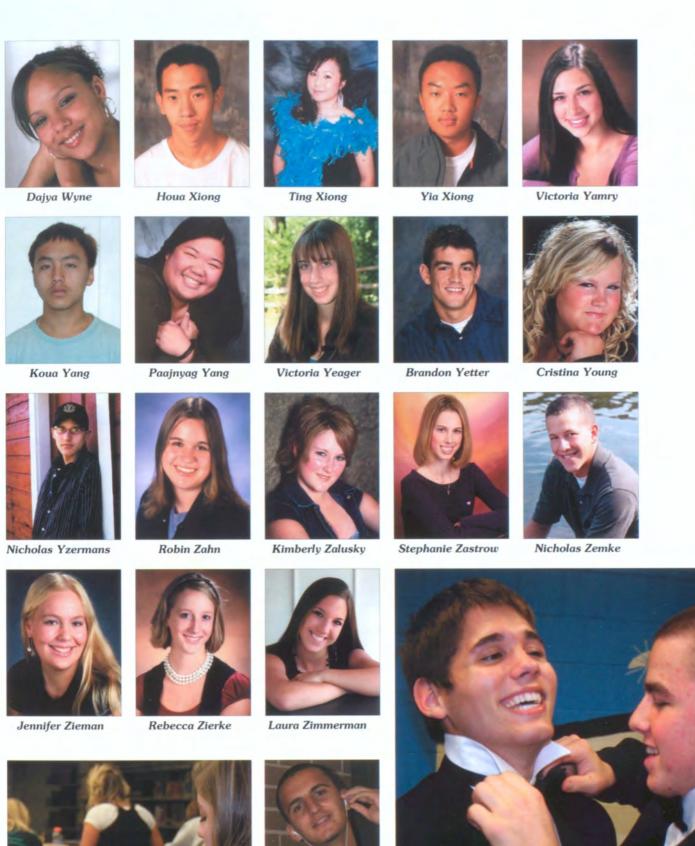


Mark Warzala

"It's a party in my mouth!"

Codey Carlisle Favorite Candy Bar Fast Break









Far Left: Senior
Chelsey Flaten
jots down useful
tips at a "Zap the
ACT" workshop in
October.

Left: Senior

Merim Halavac

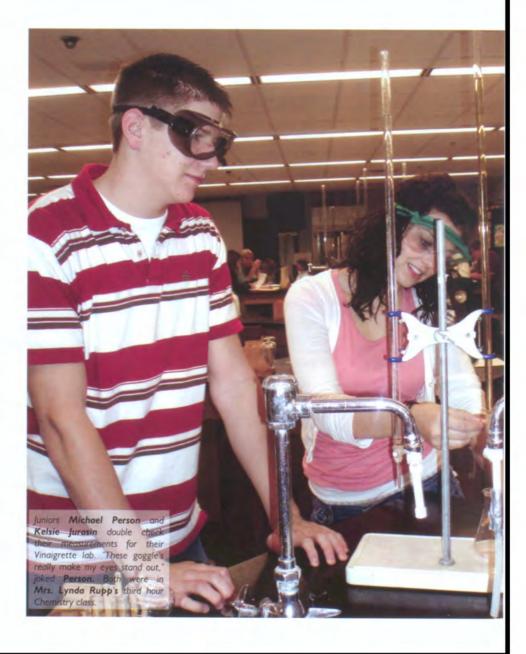
cues up one final
song on his I-pod
as he awaits the
bell to head to
fourth hour.

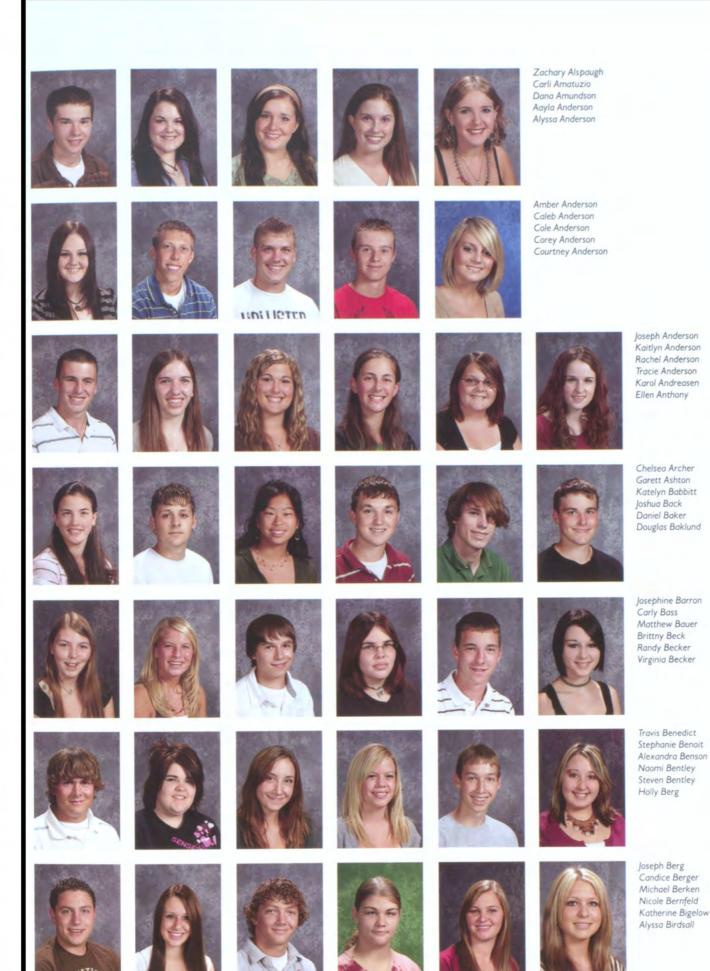
Above: Senior Brandon Sundberg lends fellow classmate James Goehl a hand tying his bowtie at the Collage Concert.



These were the critical years to find ourselves. We had to become more independent and had to increase our productivity as classes became more rigorous. As juniors, we have all gotten rid of our enmity to become what we believe is true. We are now ignited for the next year's power to become more of an individual and to become the senior we always have dreamed of becoming. We all have our own cognitive style to make our class come together as a whole. There is this normality in how we portray the world we see. We seem to always be pundit to whatever or whomever comes to us, but we mean well. So what is "it" to us? We are not sure. We're in the middle of our ride through the high school scene and we don't know where we will end up with our lives. We will figure it out next year when we become the top of the pack, and not the middle. We have had it with being the youngest, the middle, and now are waiting to be considered the oldest. In the large picture as a whole school, we seemed insignificant. But the way we should have looked at it was as if we were building a bridge between the two years. Without us, all others had were the years 2007 and 2009. But we are going to be great in 2008 and we will build a new bridge, one from our high school years into the future.

~Nicole Tetrault







Kyle Morgan When I am shopping and people ask me if I need help.

What's your BIGGEST pet peeve?



Katelyn Kjenstad When people don't have clean teeth."



Brittni Montague When you are standing in the hallway and people walk into your bag.



Elijah Miller When sophomores budge in line.



Heather Kush "When you're walking in the hall and people step in front of you."



Jaimelie Schoonover When people wear clothes that don't match or fit."

Mary Blake Kelsey Blum Micah Boerem Andrew Bohler Anthony Boicourt Danielle Boldenow













Kathryn Bor Amanda Borchardt Erik Borlaug Brent Borowick Brandon Brambilla Nicholas Bredahl













Kevin Brennhofer Matthew Brett Angelina Brill Benjamin Brodin Amanda Brown Jordan Brown











Ryan Brown Elizabeth Broz Brayden Brunberg Melissa Buche Jamie Bucholz Matthew Burger



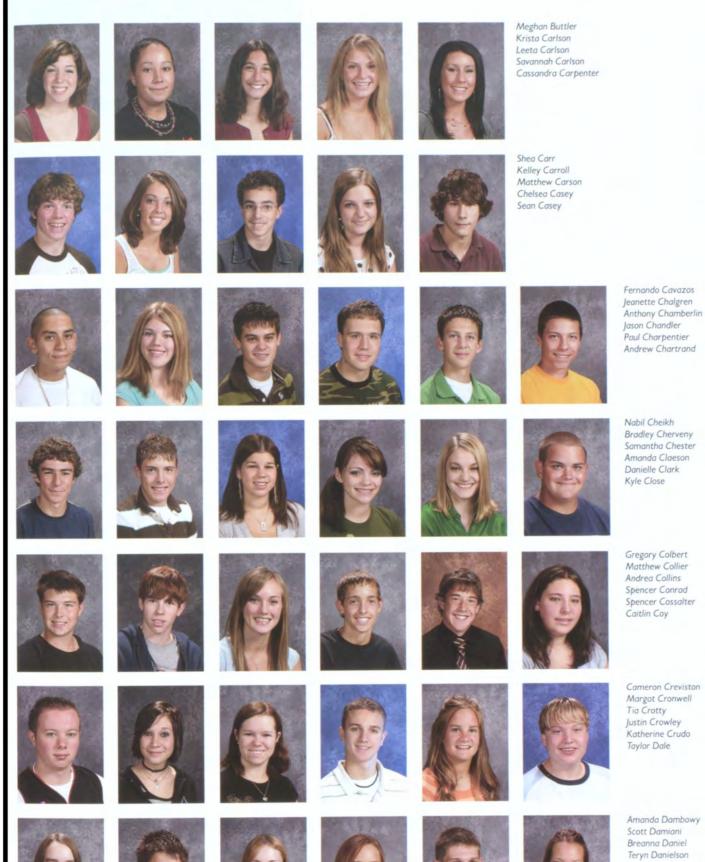








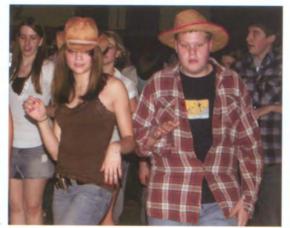




Amanda Dambowy Scott Damiani Breanna Daniel Teryn Danielson Luke Daninger Chelsie Degendorfer

Juniors Amanda Clausen and Micah Riter boogie down at the Sadie Hawkins dance. The two wore cowboy hats to fit the

Juniors Colleen Royce, Michael Berkin, and Amy Taylor hurry to get the right answers.





Junior Thomas Fick reaches to fix his muffler in Basic Auto class. The class taught many necessary and useful auto techniques, and focused on day to day maintenance and repairs.



Jessica Degennaro Annie Dehmlow David Del Rio Joseph Denbeste Brianna Derks Erika DeRoche

Kyle Dietz James Dimmerman Ashlee Dornseif Brian Dougherty Derek Dovolos Andrianna Dreher

> Jessica Duffy Soren Duggan Jakeb Dupont Dillan Edelen Kara Eggers Timothy Endorf

















































Dominick Enger Ronald Erickson Logan Evenson Aimee Falck Tiffany Felde











Thomas Fick Joshua Field Kimberly Fischer Michelle Fischer Mark Fleischhacker













Colton Flores Peter Follese Cortney Forbes Catherine Fordyce Joel Fraley Kimberly Fredrick





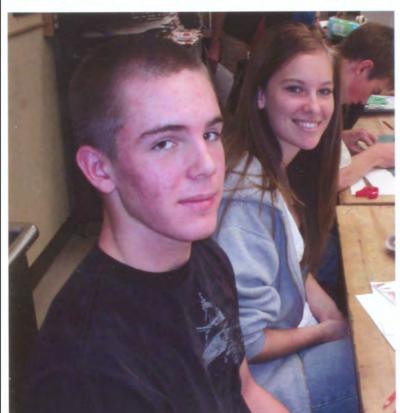


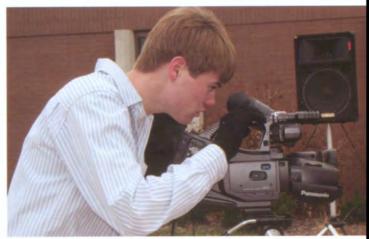






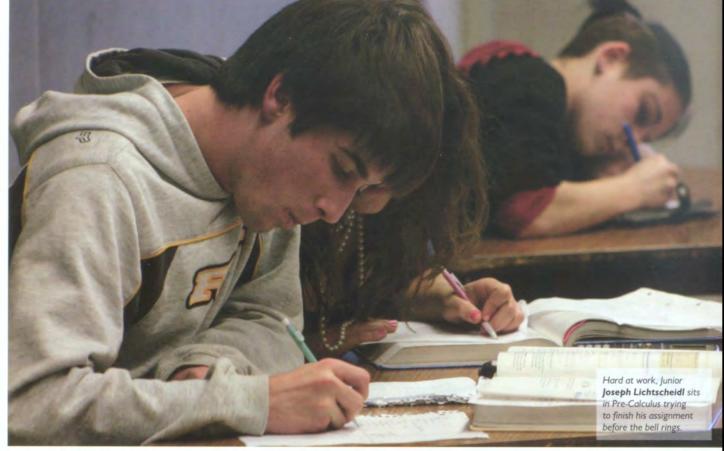
Sean Fredsall Andrew Frost Sarah Frye Carley Galle-Osby Kevin Gamelin Tiernan Garrett-Gifford





Junior **Kevin Gamelin** focuses the video camera in preparation of a live broadcast. The TV and Film class provided the technology to bring the Veteran's Day flag ceremony to the student body.

Juniors Richard Keeney and Courtney Kirchner show off their artistic sides. The two worked on an abstraction project in Fundamentals of Art.



Troy Garvey Bryan Gauerke Justin George Dane Goldeman Cole Goodyear John Goossens













Danielle Goulding Dillon Grant Briana Gray Michael Gray Brandon Green Shannon Grenier













Amanda Griffin David Griffon Andrew Grundhofer Matthew Gustafson Jared Haider Stuart Hanmer













Nathan Harden Heather Hartman Charles Hartshorn Paul Haseltine Adila Hasic Meagan Hauge























Charles Heard Colton Hedin Donald Hedin Bridget Heilman James Henry











Constanze Herrmann Paul Hill Mathew Hitchcock Kayla Hofeld Sheila Holeman













Jordan Hoppe Alexa Ihrke Dylan Irlbeck Ashley Iserman Abigale Iverson Laura Jacob













Lindsey Jacobson Jeremy Jacobsz Raeann Jaeb Kendra Jaeger Joseph Jandrich Katherine Janssen

THE TOP 14 THINGS PARENTS SAY THAT DON'T MAKE A LOT OF SENSE:

- 1. If your friend jumped off a bridge, would you jump too?
- 2. Money doesn't grow on trees.
- 3. Do as I say, not as I do.
- 4. Because I said so.
- 5. When you're the parent, you can make the rules.
- 6. Why can't you be more like your brother?
- 7. If you keep doing that, your face will stick that way.

- 8. How many times have I told you?
- 9. I'm only going to say this once.
- 10. Don't make me come in there.
- 11. Take that out of your mouth, you don't know where that's been.
- 12. Because I'm older than you.
- 13. When I was younger I had to walk to school and back, uphill both ways.
- 14. If you sit too close the T.V. you'll go blind.

James Jara John Jaros Taylor Jeans Caitlin Jensen Diana Jensen





















Elizabeth Johnson Heather Johnson Janelle Johnson Kirsten Johnson Kurt Johnson Madeline Johnson













Tia Johnson Maria Jordan Sebastian Joseph Tory Jung Kelsie Jurasin Richard Keeney













Dalton Keep Alyssa Kelber Andrew Kelly Robert Kelly Cody Kendrick Patrick Kenny













Kelly Kent Brittney Ketchel Adam Kettler Kori Kirberger Courtney Kirchner Dana Kisla













Michael Kissler Katelyn Kjenstad Taylor Klausen Kenneth Klein Eva Kloos Karrie Knops















In January, Junior **Tia Crotty** accepts a student recognition certificate from English teacher Mrs. **Dorothy Sunne**. "She is a mentor for many in Communication Theory and Practice," explained **Sunne**. "And her career goal is to become a language arts teacher!"

Junior Luke Daninger provides essential nutrients for the plants in the greenhouse. The Agriculture Department holds a plant sale open house every spring that not only attracts students and staff, but community members, as well.



Junior Christopher Bohnen measures lines for the cedar chest he will be making for his project. Students in Woods II class chose one main project to create throughout the term, and devoted weeks to the planning and construction of their items.















Mitchell Koenig Jacob Kogler Melissa Kohs Brent Kolbow Kasey Kolnberger Bradley Kopp













Matthew Kozel Laramie Krell Kaitlin Krengel Mikayla Krysinski Eric Kubinski Sophie Kuschnir













Heather Kush Mathew Lacasse James Lallier Eric Lamwers Corey Landry Alysha Larson

Calvin Larson Katie Larson Patrick Larson Wylie Larson Brian Lawman









Allan Lea Joshua Lee Marissa Lee Jamie Lehman Dillon Lehnen











Caitlin Lehner Lauren Lenart Brooke Lesewski Alek Lexvold Bjorn Ley Joseph Lichtscheidl













Kendra Liljeblad Brian Limon Efrain Limon Bethany Lincoln Nathan Lindgren Kayla Lindstrom













BUT IE

Pahoua Vang

- 1. Boat
- 2. Teddy bear
- 3. Photo album



Timothy Schingen
1. Cell Phone

- 2. Chicken
- 3. I-pod

If you were stranded on an island, what three things would you bring?



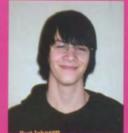
Derek Westemeier 1. Treasure map

- 2. Gun
- 3. Surf board



Jessica DeGennaro

- 1. Ice cream
- 2. Friend
- 3. Music



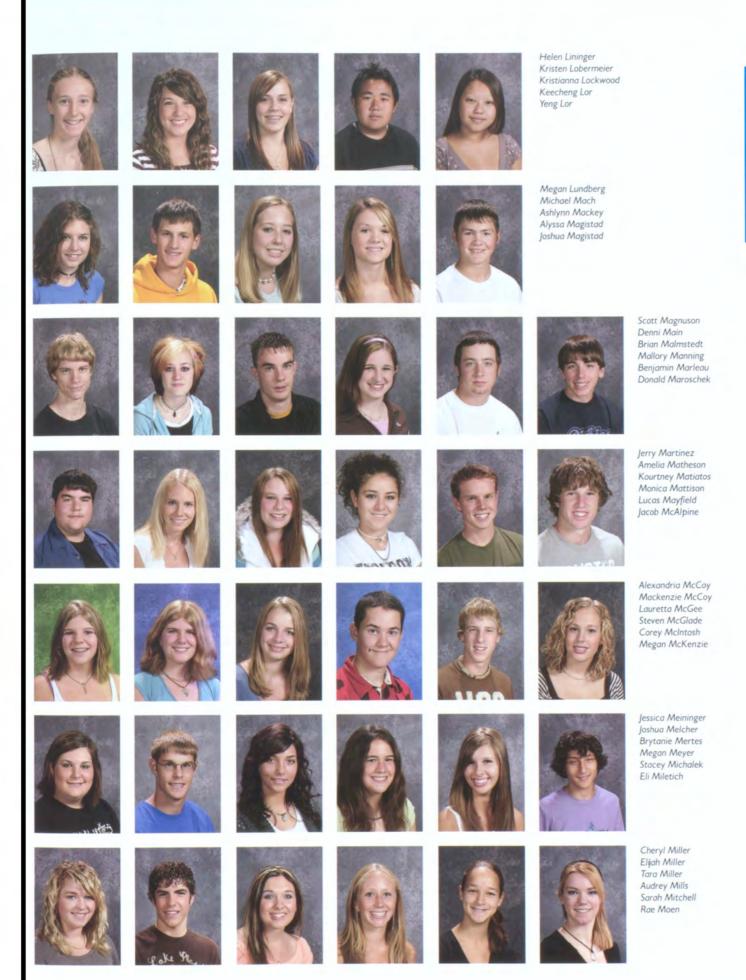
Kurt Johnson

- 1. Twizzlers
- 2. Pillow
- 3. Flash light



Scott Damiani

- 1. Roll out blanket
- 2. Rope
- 3. Flash light



In Food Choices, Junior Charles Hartshorn shows the safest way to take out a hot pan of muffins. "When taking something out of the oven it is important to use the potholders," explained Hartshorn.

Juniors Helen Lininger and Caitlin Jensen practice their speeches before giving them. Practice makes perfect, especially when it comes to not embarrassing yourself,* Lininger commented.



Juniors Kara Eggers, Patrick Larson, and Christina Slowinski enjoy socializing on the way back from lunch. "This is the best part of my day," exclaimed Larson.











































Jorge Morales Breanne Mordorski Kyle Morgan Roman Morris Kimberly Motyka Chong Moua

Beau Molitor Matthew Mollet Ellen Monson Brittni Montague Erik Moody Cori Moore













James Nelson Justin Nelson Miranda Nelson Sean Nelson Steven Nelson











Victoria Nerud Christina Newell Courtney Newkirk Jennifer Noddin Nora Nolden





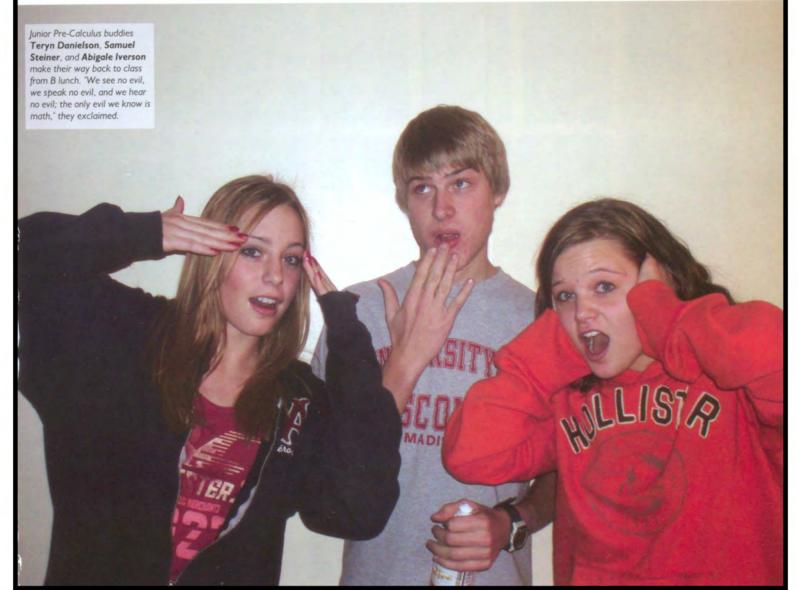








Mary Nora Renee Noren Ethan Norman Eric Nosie Christina Nowicki Lindsay O' Brian



who is at the... Beginning of your grade?



How does it feel to be the first person in your grade?
*I don't like always being first, I hate always having to sit in
the front of the class.

What do you do after school?

*Go home and watch T.V.

What are you looking forward to next year?
*Passing all of my classes and of course graduating.

What kind of music do you listen to?
*Alternative rock

What kind of movies do you like? *Scary movies.

Zachary Alspaugh

Lawrence O' Connell Frank O' Neil Tanya Olesen Kevin Olsen Jacob Olson Michelle Olson

























Abigail Paulson Elliot Peck Joseph Pelton Michael Person Joshua Petersen Alexander Peterson













Bridget Peterson Colleen Peterson Emily Peterson Michael Peterson Stephen Peterson Stacey Petraborg























Michael Petroske Lanimakanamaiak Petrulo Samuel Pfenning Krystle Pflepsen Brandon Phelps











Christopher Pignato Eric Plain Krystal Plouff Felicia Polnau Abigail Pooch













Brittany Prior Daniel Quinlan Kayla Raarup Margaret Raatz Alexander Ralph Nicole Raske













Emily Reed William Reely Alexander Reimer Brittany Richert Adam Richie Stephanie Riehle

Sarah Zopf



*Pretty cool and sometimes annoying always being the last person to be called for attendance.

*Hang out with friends and go driving around.

What are you looking forward to next year?
*Being "Top Dog"!

Do you have any special talents?

*I can play the piano backwards. I go underneath the piano and turn my hands around onto the keys and play it blindly.

What's something people don't know about you?
*My mom's Margie, one of our old lunch ladies.

Who is at the .. End of your grade?

Micah Riter Brian Rivard Jacob Rivet Miekolas Robinette Jesse Robinson









Blake Rod Ryan Roemhild Kyle Rognerud Jana Rokitzki Mark Rolseth











Nicholas Rosenow Joseph Rothmeyer Eric Roush Colleen Royce Nathan Rudi Kayla Running













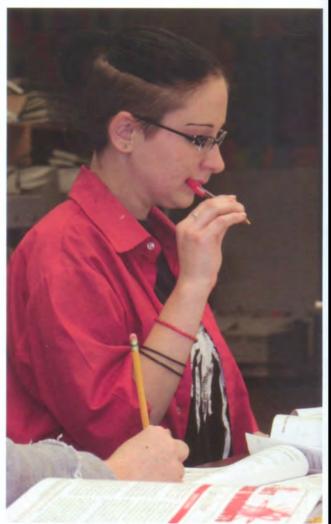


Juniors Courtney Vining, Carli Amatuzio, Alyssa Wick, Lanimakanamaiak Petrulo and Colleen Peterson take time to smile during lunch. "Lunch with these girls was awesome," noted Vining. "Lots of fun conversation," she added.



Foreign exchange student
Kittivit Prichavudhi enjoys the
trip to Mall of America with I
Club in the fall. A charter bus
carried several dozen members
to the Bloomington attraction.

Junior Virginia Becker ponders the next question on the practice ACT exam. She attended an ACT workshop to prepare for taking the important college entrance exam. "This is tough," Becker whispered.





Jesse Ventura

3. 13 original

colonies

George

Washington

4, 50

6. Red

- . Tim Pawlenty . 13 original colonies
- George Washington
- 6. Red
- 8. Washington D.C





Tim Pawlenty 13 original

colonies 4. 50

6. Red

- George Washington
- McKenzie
- 8. Washington D.C



6. Red

Jesse Ventura
 Freedom and

George Washington

9. Washington D.C.

liberty



Calvin Larson



Dalton Keep

8. Washington D.C.

Tim Pawlenty 13 original

Jamie Lehman

- colonies 4. 50
- 5. George Washington
- 6. Green
- 8. Washington D.C.
- Tim Pawlenty
- 3. 13 original colonies
- 4.50
- 5. Abraham Lincoln
- 6. Yellow
- 8. The White House



Randy Becker



Washington

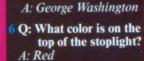
9. Washington D.C.

6. Red

Brown

Efrain Limon

- Tim Pawlenty
- 4.51
- George
- Washington 6. Red
- 9. Washington D.C



President?

Q: How many

A: 7 continents

A: Tim Pawlenty

for?

A: 50

Q: What do the stripes

on our flag stand

A: 13 original colonies

O: How many states

Q: Who was the first

are there?

continents are there?

O: Who is Minnesota's governor?

- Q: How many planets are there?
- A: 8 (Pluto not included as of 8-26-2006)
- 8 Q: What is the capitol of the USA? A: Washington D.C.















Nicholas Running Andrew Rupar Christian Ruswinkle Jeffrey Salin Nathan Sample Peter Sandager

Brendon Sanders Amanda Sanford Matthew Sarff Jamie Sass Abigail Sauer Amanda Sausen









































Randal Schroeder Carlene Schuder Krista Schuhwerck Rebecca Schultz Meagan Seim Hunter Selg















Dana Sell Jacob Serres Eric Sessing Garret Severin Leigh Severson Daphne Shabaiash













Adam Shackett Vincent Shaw Torri Shelafoe James Sieben Siri Simons Jessica Skogen

















Junior Kendra Jaeger walks confidently back to her seat after she gave a speech for her fourth hour Speech class with teacher Ms. Becky Haven. 'I always get nervous before giving speeches, but like **Haven** always says, just shrug your shoulders and you'll get through it," stated Jaeger.

Junior Matthew Collier sits at his computer, glancing up for a quick picture in his fourth hour class, Today's Technology. "I just love writing Santa Claus letters," Collier candidly remarked.



Juniors Rachel Anderson, Emily Peterson and Kristen Lobermeier stop to pose for a quick snapshot in between classes.















Caitlin Slattery Christina Slowinski Matthew Smaker Katie Smith Kevin Snyder Chelsie Sobieck

Angel Soto Amanda Soye Emily Spanjers Ariel Spiess Brian Spiess Marianne Spiess





















Maxwell St Germain Samuel St Germain Corey Stedje Matthew Steele William Stege



Cory Sterns Brett Stolberg Breanna Strandmark Ashley Strantz Todd Strickler Travis Strike













Evan Striker Kylie Sullivan Brianna Tagg Lucio Tapia Amy Taylor Hannah Taylor













Jonathan Taylor Joseph Tener Joshua Tester Jeremy Tetrault Amie Thao Bill Thao













Kevin Thao Sue Thao Jacob Thieschafer Justin Thill Cole Thomas Jacob Thomas























Ashley Thompson Anna Thordson Rebecca Thraen Tyler Tillman Alicia Tomlinson











Alex Torkelson Jacob Traner Corey Triemert Laura Trombley Makayne Tulgren













Ryan Tyler Chrystle Uhl Benjamin Ulrich Lee Underdahl Chelsea Uram Aaron Vadnais

hat is your 序AVORITE extreme sport?

Daniel Baker



skateboarding "It's a sport that takes time and effort... and lots of broken bones!"

James Dimmerman



sky Diving "It's the biggest adrenaline rush anyone could ever get!"

Renee Noren

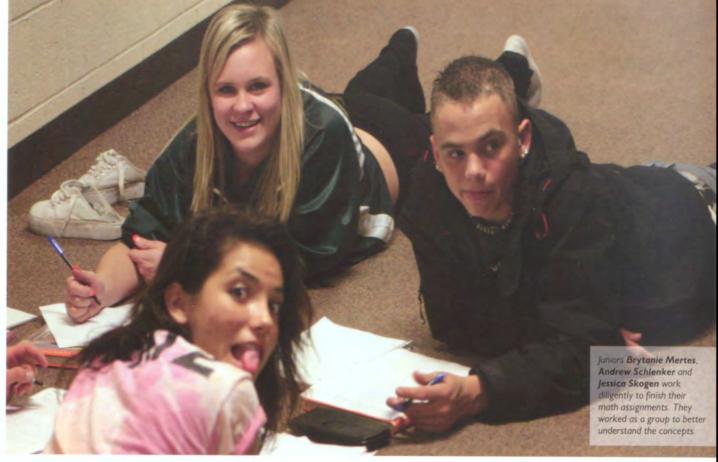


Ultimate Frisbee "...it's how I got my muscles!"

Justin Thill



Bungee Jumping
"It's pretty sweet...lots of hang time!"



Andrew Van Heel Long Vang Muanqys Vang Pahoua Vang Wameng Vang Todd Villafuerte









Courtney Vining Andrew Voelk Hu Chi Vue Ricky Vue Cole Wagner Emily Wagner













Kayla Wagner Micaela Wallace Douglas Wallenstein Mary Walters Keith Walton Keith Ward













Jeffry Waterman Emily Webb Derek Westemeier Jacob White Tyler Wilcox Caitlyn Williams























Benjamin Willms Rachele Willy Nicholas Wilson Emily Wislicenus Casey Wittrock







Paige Wold Shawn Wright Doua Xiong Leng Xiong Noukhiag Xiong













Toua Xiong Tue Xiong Amay Yang Jessica Yang Ling Yang Teng Yang











Erik Zeitz Matthew Zidar Lisa Zimmerman Sarah Zopf



Thomas Yang Savannah Yaritz Matthew York Ryan Yuronich Brittni Zachrison Peter Zastrow















Junior Muanqys Vang dodges an opponent's ball in an intense game of dodgeball. Dodgeball was the favorite game among the students in **Vang's** third hour Weight Training class.

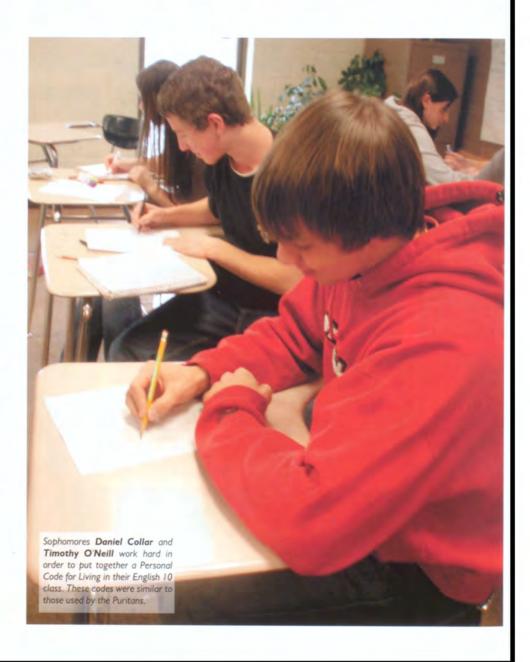


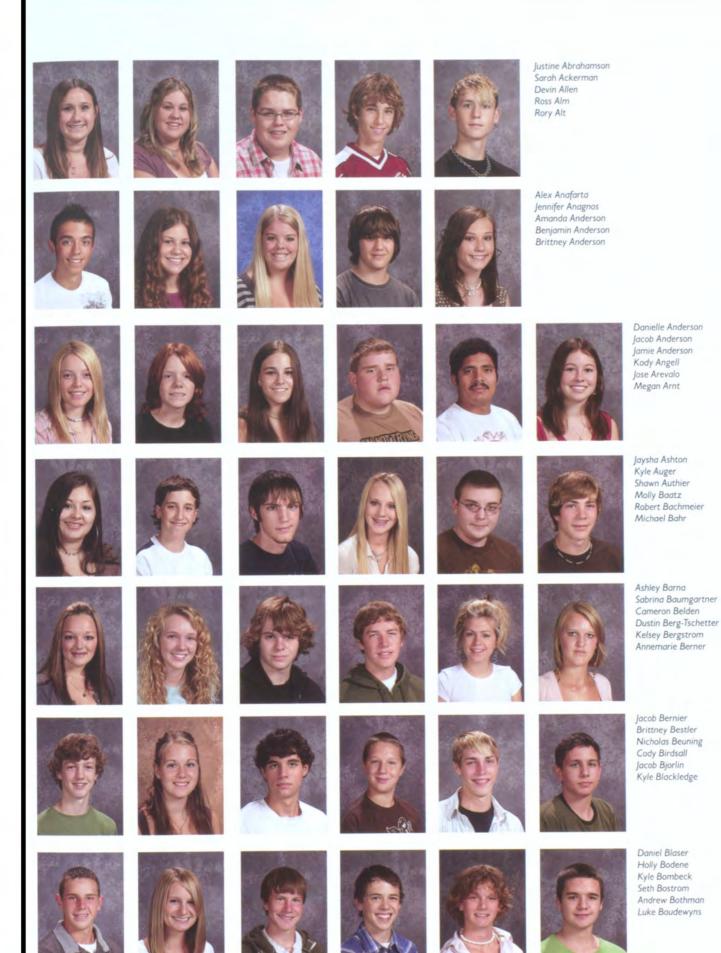
Juniors Melissa Kohs and Lisa Zimmerman complete a class evaluation for Ms. Laura LeVake's Technical Writing class. "The class was hard, but I learned a lot," stated Kohs.

Sophomore Benjamin Anderson concentrates on his music during Orchestra rehearsal. Students prepared an assortment of festive holiday pieces for VIsits to nursing homes.

This was the beginning of a whole new chapter in our lives. We were once again in the situation of being the younger ones in the school and becoming accustomed to new surroundings was a challenge. The same repetitive daily routines from our previous schools were replaced with new surroundings. Changes like the four period day and a larger student population took some getting used to. We were united as one group instead of the different junior high schools and learned to show our spirit as the class of 2009. We were eager to start our high school years and make a name for ourselves by taking every opportunity to shine and show the community what we were all about. Together we made it through the first year of new classes and teachers in order to make a positive impression for ourselves. As the year continued, we began to feel more comfortable with the new normalities in our lives. This was our chance to define what "it" meant to us. Whether it was getting through a tough class or finally being able to make our way around the school, we completed our first year of high school with a lot of memories. Unlike the juniors and seniors, for us, it was only the beginning. With a few more years ahead of us, we look forward to continuing our journey and discovering what "it" means to us.

~Kristi Buerkle





Karissa Brandt Nicholas Brandt Samantha Branum Adam Brix Amanda Broker









Amber Brookman Debbie Brown Joshua Browne Scott Brunjes Felicia Bryant











Kaitlyn Bryant Nathan Bryant







Sophomores Melissa Casey and Christina Graber study the eco system they grew in a glass jar. They used leaves, dirt, bark, and other organic material. By doing this they witnessed natural succession in the classroom.

Sophomore Paige Faymoville throws a pot in her first hour Ceramics class. The pot was fired once, then glazed, and fired again. "My favorite part of Ceramics is playing with the slip in the sink," divulged Faymoville.















Kelsey Cadwallader Jeffrey Caine Cory Capra Cassandra Carey Nicholas Carey









Ethan Carlson Hannah Carlson Kayla Carlson Tyler Carpenter









Keylie Carver Melissa Casey Nicholas Charest Kayla Chiasson









Nick Christians Megan Claflin Miriah Clasen Brian Coley









Daniel Collar Alisha Colling Jacquelynn Colling Brian Conley









Nicholas Cooley Kari Cooper Kelli Cooper Lorette Cooper

Sophomore Lauren McClure applauds a fellow classmate at the student recognition tea. McClure, nominated for Companion Animal Science, was selected by Mr. Marcus Lewton. 'She's very dedicated to her work, Lewton explained.

Christopher Corcoran



Rose Cordell



Caleb Corrow Samantha Cox Zachary Craig Tyler Cremisino **Evard Crist** Zachary Curtis



Tyler Czeck Julianna Dahlager Ashley Dahlberg Scott Dale-Morrison Geena Davis Ryan Davis



David Dean Dustin Dekart Megan Delambo Jennifer DeNeui Kathleen Devine Joseph Devore















































Dane Dewall Douglas Dexter Kenneth Dick Erik Diehl Joseph Dina











Jake Disanto William Doncarlos Tom Douglas Cassandra Droher 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





Bre Elle Erickson Kayla Erickson







Sophomores Krysta Nelson and Gabriel Wiggins are working on a project together Mr. Lewis' fourth hour Meteorology class. weird that people use the planets to tell the future," stated Wiggins.

Brandon Ervin Drew Erzar Crystal Estrin Korielee Evenson Sarah Everett









Travis Evgen Paige Faymoville Parker Fedje Tonicia Ferguson Courtney Fisher











Hannah Fitzmorris Isaac Flaherty Richard Fleming Heather Foner Tanya Forga Brittany Forsblade





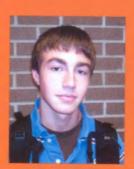








What is your worst habit?



"I'm always right!" Aaron Simmons



"I whine a lot." Erin Stocco



"Eating during cutting weight."

Andrew

Kolbow











Hannah Forsythe Cassandra Foster Cheree Franklin Adam Frenning Daniel Freudenberg











Donald Freund Christopher Fritzinger Michelle Full Falina Gallo Kayla Gambeski













Sean-Tom Garry Shawn Gault Taylor Gemeiner Rachel Geurts Leyna Gifford Taryn Gillespie













Scott Glewwe Paul Goedeke Michelle Gonier Danielle Goodale Megan Gooley Christina Graber



"I don't listen well." Taylor Gemeiner



"I am extremely lazy." **Kyle Young**



"I lock my keys in my car." Rachael Wittnebel



"Chewing my nails and spitting them." **Derek Svendsen**

Steven Grafsky Lauren Gravelle Bryanne Gream Tyler Greene Ashley Grell









Ashley Griffin Jacob Griffy Kaitlin Groeneweg Camille Gross Kelsi Gruber











Samantha Guertin Chelsey Hagen Patrick Hagen Kathryn Haglin Jake Hall Alex Hansen













Ashley Hansen Hillary Hansen Derek Hanson Jasmin Hanson Ryan Hanson Isaac Harris

















Sophomore **Kathryn Plaisance** carefully wraps up a beautiful poinsettia for the FFA holiday sale. The FFA sold the flowers to fundraise money for the Agriculture department.



What T.V. character best describes you?



"Tweety Bird" Looney Tunes Jessica Springer



"Chandler"
Friends

Christopher
Fritzinger



"Fez"
That 70's Show
Alex
Anafarta



"Meredith"
Grey's Anatomy
Abigail
Stroeing



"Kelso"
That 70's Show
Mathew
Wethammer













Marie Harris Derek Harrison Samantha Hartman Quinn Hartmann Nicole Harvey Kerstin Hauble













Tyler Hayden-Veenhuis Chalamarr Hayes Colette Hayward Megan Hechtel David Hedberg Jordan Hedlund











Jacob H Annabe Brianna Brandy David H Michae

Jacob Hefta Annabeth Henderson Brianna Hennen Brandy Henritz David Henry Michael Hentges

Cheng Her Ryan Hermes Anthony Higgins





Joseph Hinrichsen Jeremy Hirdler James Hoff















Brett Howe Andrea Intveld Ashlyn Isaacson Jeffrey Isaacson









Derik Iverson Trevor Jackson Jeremy Jacobson Paul Jankowski

















Lauren Janoski Michael Janu Alisha Jasmer Kyle Jensen Tyler Jensen Lucas Jenson







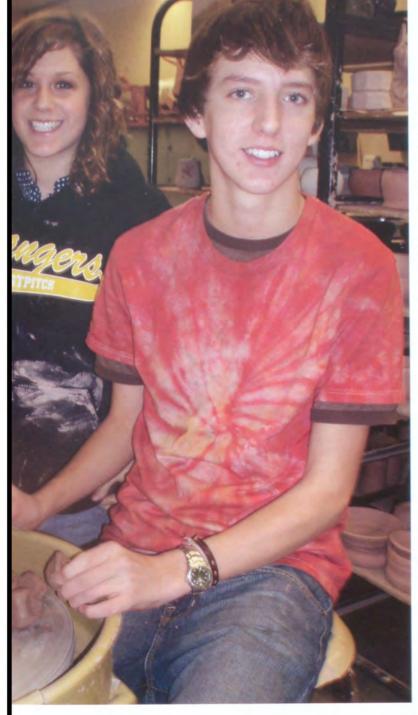






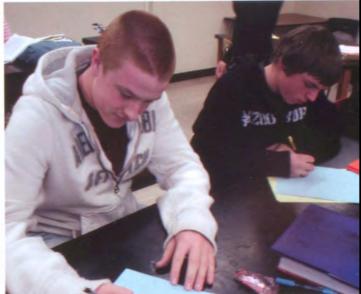
Amanda Johnson Kathleen Johnson Raymond Johnson Brandon Johnston Ryan Jolicoeur Melissa Jones





Sophomores Erin Eagen and Andrew Morrison carefully construct an abstract pot. In Ceramics, students learned to make and glaze pottery to perfection.

Sophomores Michael Swenson and Nathan Wojtysiak instantly get to work on their Biology homework they just recieved. There were many projects throughout the quarter, dealing with various areas of science.







Tanner Jones Mercedes Jorgensen

























Heidie Kalsnes Ellen Kassel Derek Keeney Alexander Kelley Nicholas Kelley Joel Kempenich

Sophomore captains show their good sportsmanship with a quick good luck to one another at the annual Powder Puff game. During Homecoming week students from all grades participated in different festivities.

Brendon Kennedy



Amy Kieger



Samantha Kiff Amanda Kilburn Hye-Mi Kim Bailey Kimbel Alexandra King Courtlyn King



John Kingbird Johnathan Kinny Brittney Kirberger Courtney Klein Laura Klein Cody Klosner



Tina Knefelkamp Jade Knisley Jordan Knoop Micah Knutson Chelsey Koch Maxx Koenig

































































Allyson Kohler Heather Kohler Tiffany Koivu Andrew Kolbow

Ruby Kolbow

Samuel Kolbow Brea Kosman Cory Kost Weston Kotoski James Kottke











Rheo Kuha Nicky Kumerow

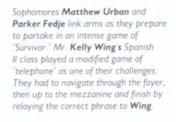
Victoria Krawiec William Krebs Jr. Anna Kriz Eleanor Krueger Clinton Krummi Anthony Kuefler



Kevin Lalla Gunther Lalli-Stolts



Ashley Lancaster Lukas Lane





Gina Lange Chelsey Langerman Misha LaPlante Richard LaPlante Allie Larson









Jessica Lathrop Andrea Lau Dominic Laun Peter Laverty Daniel Lawrence











Jessica Leatherman Chad Lecy Kimkhun Lee Abbey Lefto Griffin Lentsch Jacob Lepisto













If you could have any super hero power, what would it be?



"To never be tired!" Saray Morgan



"To be Superman!" **Drew Erzar**



"To be indestructable!"
Samantha
Opsahl











Daniel Lindahl Robert Lindeberg Benjamin Lodge Vaughan Lofgren Jennifer Lombardo











Kyra Long William Long Michael Longtin Bruno Loredo Thomas Loude













Abigail Lund Daniel Lundell Louis Lundgren Andrea Lundstrom Jennifer Lutz Nicole Lyons













Joshua Mabry Zackary Mabry Anastacia MacAllister William Mahler Samantha Maki Michael Malmstedt



"To be invisible!" **Griffin Lentch**



"To fly!"

Taryn Gillespie



"Teleportation!"
Adrian Montes



"To walk on water!" **Abbey Wright**

Sophomore **Tiffany Koivu** uses a calculator to help her total the sum of an equation in Accounting. Accounting class provided students with the basic learning



Allison Mangen



Corey Manning Merrick Manning Jacob Marier Andrew Marois William Martin Judea Martinez



Johnathon Marusich Angelina Masson Rachel Matiatos Chelsey Mays Lauren McClure Brianna McDonald























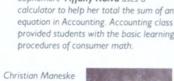
































Amanda Mercado Steven Merino Heidi Merrier Patrick Merrill Mallory Messin











Breeann Metcalf Samantha Mettling Marc Meyerhoff Robert Mickschl Amy Miller













Ashley Miller Joshua Miller Justin Miller Kristie Miller Krista Milne Kathleen Miron













Sean Mitchell Jordan Mittet Anna Mladnick Paul Moberg Nathan Moen Bridget Mogren





Angela Mohler Lyle Molskness







Jeffrey Mondloch Adrian Montes

Sophomore **Ashley Griffin** reads through an Algebra 1 problem as Sophomore classmate **Sarah Mitchell** helps her work it out. They worked meticulously to finish the assignment during class.

Saray Morgan Andrew Morrison Sherri Morrison Nhia Moua Annie Mueller











Katherine Murphy Angilee Murschel Marcus Myre Sarah Nase Charles Nelson











Krysta Nelson Scott Nelson Thomas Nerud Garrett Neuman

Anndi Newman Matthew Nicklason Samuel Niemann

Karl Nord Andrew Nordenstrom Hannah Norwig Amanda Nyberg-Markling

> Donovan Nypan Laura Oberg-Hauser Kellie O'Brien Michael O'Donnell

> > Megan O'Neil Molly O'Neil Sean O'Neil Timothy O'Neill



































Katherine Nolden































Joseph Odegaard Frederick Ogez Joel Ohman Jeremy Olsen Brandie Olson











Johnny Olson Kailey Olson Karissa Olson Kayli Opsahl Samantha Opsahl





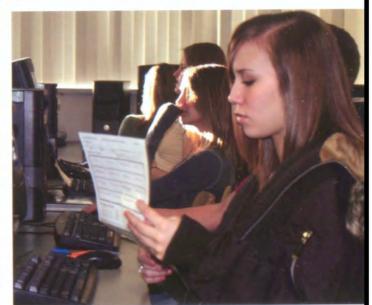
Andrew Orth Jonathon Osborn





Kimberly Pagel Cole Pagnac





A long standing tradition of the sophomore curriculum in Physical Education; the dance unit. 'This has been a popular and fun unit, and has been taught as long as I can remember," commented Mr. Dan Forsythe. Sophomore **Audrey Schrom** consults her written registration form while signing up for classes. The initial slowness of the online registration was maddening to many. 'It's so slow,' **Schrom** exclaimed in frustration.

Sophomore **Krista Vilendrer** transfers a quiz answer to a bubble sheet. While fellow Fashion Images classmates finished their designer portfolios, Vilendrer took the time to finish make-up work. 'I did good on it too,' she later reflected. Stephanie Palacheck





Sara Palmer



Quinne Patchin James Pegelow Sean Peirson Stephanie Pellegrini Austin Perrin Jacob Perrone



Matthew Peters Seth Peters Janelle Peterson Ruth Phelps Alec Philippi Jessica Phillips



Ryan Piersdorf Daniel Pignato Jessica Pimpo Dana Plain James Plain









































Kathryn Plaisance Tracy Plautz Kamille Porter Andrea Pratt 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 Ulysses Reyes Justin Rice Justin Richter Bradley Ristow





Courtney Roatch Ciara Robinson







Brandon Rod Tyler Rosdahl

Sophomore **Kenneth Dick** carefully collects enough algae to conduct an experiment. Students in Biology meticulously learned the right way to use microscope.

William Rosenthal Zachary Roubik Amanda Rue Alexarae Ruiz Cassie Rulli



T







Antonyo Ruppert Holly Russell Joseph Russell Casey Salveson Scotti Sampair











Amanda Sample Anne Samuelson Derek Sandkamp Thomas Sarenpa Laura Saunders Allison Sawyer













What celebrity would you like to marry?



"Jessica Simpson" Scott Nelson



"Brad Pitt" **Nhia Moua**



"Pamela Anderson" Jacob Semo











Jacob Saxton Mark Scheierl Dustin Schiefelbein Alexandra Schlaeger Collette Schmidt











Kevin Schmidt Kyle Schminkey Jayme Schreiber Malisa Schroeder Audrey Schrom













Dale Schultz Michael Schultz Danielle Schuna Ashley Seifert Brittany Seifert Gabrielle Selg













Jacob Semo Shannah Serres Alyssa Shanda Taylor Sheldrick Stephanie Siedow Jeremy Siewert



"Ashton Kutcher" **Bryanne Gream**



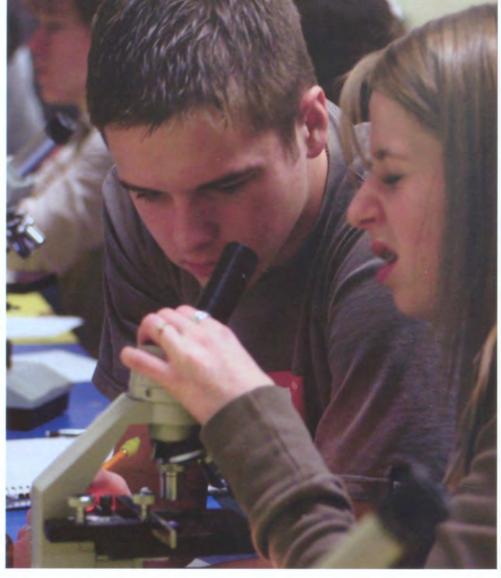
"Jessica Alba" **Tyler Cremisino**



"Chad Michael Murray" **Jessica Lathrop**



"Carmen Electra" Jacob Marier



What is a Protus? Sophomores **Zachary Curtis** and **Geena Davis**pair up together to explore the groups
of Protus in Biology B.

Aaron Simmons



Shelby Simons



Hannah Smith Tyler Smith Caleb Snaza Camille Solheid Joshua Sommer Amanda Soule



Joseph Spanjers Mark Sparrow Alexander Spiess Leah Spiess Shaunna Spjut Jessica Springer



Paige Stanina Molly Steele Kenneth Stelter Benjamin Stenberg Jonathon Sticha Jeremy Stiner







































Erin Stocco Katelyn Stout Abigail Stroeing Camille Strouse Catharine Struss











Jessica Sudo Briana Sullivan Ashlie Sundstrom Jeremy Sutliff Derek Svendsen













Megan Svenkeson Michael Swenson Tasha Szlavich Kelsey Taylor Stacy Taylor Branden Tester













Anne Testin Leah Tetrault Jessica Thacker Anthony Thao Sean Thao Brittany Thies





Joshua Thompson Victoria Thompson







Jacob Thorson Nicholas Thorson

Sophomore **Scott White** cheerfully plays along in a German vocabulary exercise. Students wore pieces of clothing on the wrong body parts to help classmates identify the words for colors and articles of clothing.

Christina Tkach Benjamin Tolzmann Nicole Tomai Timothy Tubbs Christopher Tuller











Jacob Tuomala Jacob Turnbull Brittney Tyler Zachary Underdahl Matthew Urban











Holly Urbis Siri Urquhart Daphanie Vang Gzishia Vang Abigail Vedder Rebecca Vierling













Joanna Vietor James Vilendrer Krista Vilendrer Jennifer Vilgos Jeffrey Villafuerte Bradley Voss













On a cold Saturday in January, Sophomore **Derek Sandkamp** runs through a section of music during a drumline practice. **Sandkamp** practiced the "William Tell Overture" with fellow drumline team members, who increased the beat of the section until they had mastered it at its assigned speed.



If you could have dinner with anyone, who would it be?



"Batman" **Jeffrey Caine**



"Oprah Winfrey" Molly Zuzek



"My mom" Jacob Bjorlin



"Paul Walker" Chelsey Koch



"Tanner Gibson" **Daphanie** Vang

















Kalia Vue Tiffiny Vue Ashley Wagner Chelsee Wahlquist Zachary Waldoch Jacob Walton















Melissa Wappel Jeremy Weed Michael Welch Trevor Welk Timothy Welty Kirsten Werness







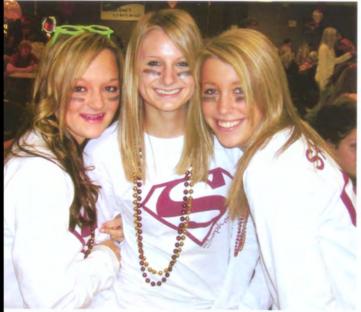




Mathew Wethammer Christine Wheeler Austin White Scott White Sara Whitney Tyler Whittaker

Sophomores **Samantha Opsahl** and **Jessica Springer** work at a steady hand while using burets in Chemistry. Burets helped students measure the amount of gas produced in an experiment.

Sophomores Ashley Barna, Holly Bodene and Amanda Sample take a time out from lunch to show off their "Super Sophomore" shirts. NHS sponsored the lunch to help pump the students up for Homecoming.



Johnathon Wick Harold Wielinski



Gabriel Wiggins Corey Wilcox Stephanie Williams Gerald Wineman Sean Winters Amber Wittibslager



Christina Wittnebel Rachael Wittnebel Shaylene Wodaszewski Brandon Wojcik Nathan Wojtysiak Roy Wold

































Shaina Wolff Samuel Wood Jesse Worley



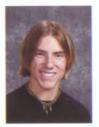




Benjamin Wosika Tyler Woxland Abbey Wright









Devon Wright Ryan Wright Travis Wycislak Long Xiong









Chinu Yang James Yang Xia Yang Erin Yannarelly









John Young Kyle Young Emily Zamzow Justin Zanish













John Zerwas Joshua Zidar Richard Ziegler Alysa Zimmerle Mitchell Zimmerman Molly Zuzek

Empl@yees

 We have seen them monitoring the halls, and heard them say "Get your homework in," or, "Don't be late!" Those sights and sounds come from the people who make the students a priority, they come from the faculty and staff. Together they work to help create many opportunities for the students by keeping the school running smoothly. Getting a student excited to learn can often be a challenge. Igniting our minds with creativity so we are ready to take on the world, is something the faculty and staff strive for. . Teachers are not the only critical members in our school. The custodians keep the school looking great, setting up for events, and making needed repairs. The workers in the kitchen make sure we have the energy to learn. The Deans in the office edit student schedules and make sure seniors are ready to graduate. Working with each other is a neccessity to our school's success. Just as it takes a village to raise a child, it takes a school community to create successful graduates.

~Amanda Bosman & Kaleigh Brooks

What was
your most
embarrassing
moment?

"I think the most
embarrassing moment
was opening a desk drawer
that a student had put a live pigeon
in. When the bird flew, some of my
Navy language returned."

-Paul Karlsson



Front Row: Angela Nelson, Sara Cameron, Sue Stennes-Rogness, Heidi Link. Row 2: Matt Cleary, Daniel Koch, Tom Hipkins, Sandy Teichner, Judy Dittberner, Ron Tungseth, Ken Mikolajczyk. Not Pictured: Rich Elliot.



Front Row: Bruce Leventhal, Ryan Johnson, Jeff Lewis, Brad Ward. Row 2: Cynthia Reisgraf, Rena Benedict, Jenifer Schultz, Linda Rupp, Judy Hill.



Maria Kaiser, Nancy Pechmann, Dana Herman, Elizabeth Slama.

Special Dalication

Front Row: Donald Spears. Row 2: Chad Erichsrud, Rachel Hawkins, Eddie Gibson, Stephanie Person, Lynn Seeley, Diana Greiner. Row 3: Janelle Kendrick, Jennifer Paulson, Theresa Snodie, Joel-Lynn Tinklenberg, Brenda Swanson, Julie Busby, Hannah Stander, Kim Vanneste, Barb Teawaldt.



Front Row: Sue Jarrett, Jim Pearson, Nicolle Ristow, Katie Thunshelle. Row 2: John Buck, Ann Astrup, Bill Olson, Larry Tietje, Larry Matzdorf, Jenny Marshall.



Front Row: Catherine Gooding, Kevin Rivard, Joe Jurasin. Row 2: Lyn Ruetten, Mike Coffee, Kelly Nicholls.

What was your favorite job before teaching?



Brakeman on the railroad -Richard Hahn



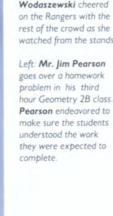
Lifeguard -Matt Cleary

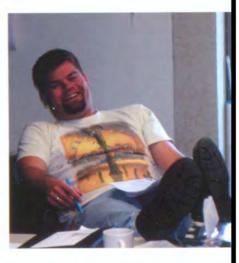


The United
States Army
-Donald
Spears









Above: Mr. Paul
Wieland puts up his
feet after a long hard
day of work. Many of
the teachers put in
extra hours of correcting
homework assignments
and tests before and after
school.





Front Row: Andrew Waldron, Gail Law, Robyn Madsen, Becky Haven. Row 2: Laura Livermore, Paul Wieland, Laura LeVake, Tim Newcomb, Joseph Mueller, Dorothy Sunne, Cynthia Hess. Not Pictured: Heather Guy.

What is your favorite quote or motto?



"The past is the present."
-Ron Tungseth

"He who wants by the yard, but tries by the inch, should be kicked by the foot." -Laura LeVake



"Learning to count is good. Learning what

is better."
-Ann Astrup

counts in life



Marilyn Orlich, Diane Dugas, Barbara Schellinger.



Front Row: Rich Hahn, James Lindstrom. Row 2: Andrew Marrier, Dave Livermore.



Front Row: Tom Newell, Kristen Nellis. Row 2: Al Anderson, Jamie Bullock.

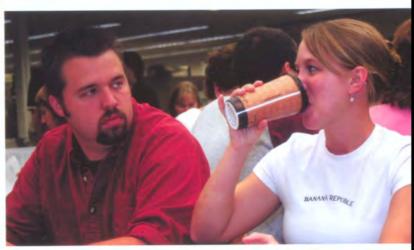


Left: Ms. Corrine
Wald takes a break
from dishing out food on
the evening of parent
conferences. The kitchen
staff catered many events
throughout the year.

Below: Mr. Daniel
Koch and Mrs. Angela
Nelson have some coffee
and chat briefly prior to
an inservice workshop
in August. During the
workshop, teachers
learned about new
teaching methods to use
in their classes.

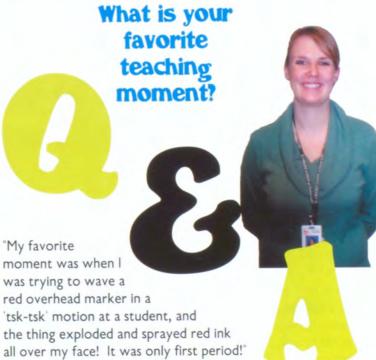


Jeff Wilson, Tony Harris.



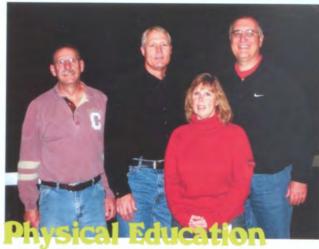


Bob Marzolf, Mike Miron, Veronica Ward, Marcus Lewton.



-Katie Thunshell





Jim Herman, Dan Forsythe, Nancy Ellias, Chuck Gunderson.

What is your most memorable teaching "During my second year of teaching, I was in a former typing room with outlets on the floor, some of them weren't covered. During the time, chewing tobacco was very popular, but not allowed, so students would try to sneak it. Apparently, while I was turned to the board, one student was spitting in the outlet. All of a sudden, a huge flame leaped up from the outlet between his legs and scared the "chew" out of him. Needless to say, he was immediately accompanied to the office."



Paul Karlsson, Sharon Wilson,



Tammy Marshall, Lee Anne Brockman, Kim Peterson, Mary Wightman.

War a Lawara cos

Front Row: Angela Butler, Coleen Colton, Annie Dahl. Row 2: Kelly Wing, Sara Schneider, Megan Espe-Och.



Front Row: DeAnn Danielson, Theresa Gibson, Kelly Meyer, Joelet Riggs. Row 2: Sonja Semi, Connie Carufel, Dian Peterson, Carol Suess. Row 3: Lisa Holleran, Mary Anderson, Erin Casey, Sue Due, Teri Anderson, Kris Kne.



Valerlie Handstad.

What is your most memorable excuse?



"I felt too well to come to class and seeing you would ruin my day, so I stayed home." -Kelly Nicholls



"My stuffed dog ate it and made a big mess." -Barb Teawalt



"I thought it was Sunday." -Joe Jurasin





Above Left: Ms. Heather Karstens goes over some paperwork in the nurse's office. Part of Karstens' job was to keep records of the students who left school ill and to get ahold of their guardians.

Left: Mr. Mike Miron checks his schedule to organize future plans for the FFA. It was important to keep everything organized because the FFA sponsored many events throughout the year.



Above: Mr. Chuck Gunderson sits back and relaxes before the pep fest during Homecoming week. Teachers helped supervise the pep fest to make sure everything went well.



Front Row: Scott Urness, James Caldwell, Ben Fisher. Row 2: Kathy Ungerecht, Don Bosch, Cindy Jones.

Who inspired you to be a teacher?



"I always wanted to be a teacher but my brother inspired me to go into special ed." -Kim Vanneste

Natrient T

'Teaching has been a generational thing in my family, With my love of teenagers and of the subject, teaching seemed to fit me perfectly."

-Barbara Schellinger



"My mom. She

"My mom. She worked in a school when I was a kid and always loved her job."

-Elizabeth Slama



John Olson, Matt Greene, Jeff Widman, Bill Schwartz, June Raykowski, Tim Rabe.



Front Row: David Gay, Lynn Steenblock, Julie Corcoran. Row 2: Dan Kieger, Rob Rapheal, Bill Bresin, Joe Grafft, Eric Langness.



Debbie Kniebush, Vicky Monzel, Ellen Shaal. Not Pictured: Carol Nelson.

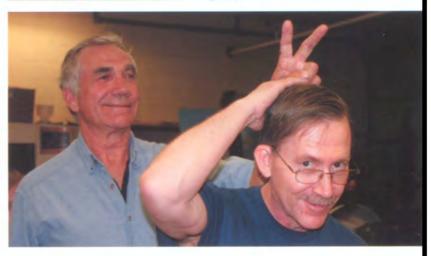


Left: Mr. Ben Fisher recieves a call from the office letting him know a student is in need of his assistance. One of the Dean's jobs is to help out with the well-being of all the students.

Below: Mr. Harry Rudisall and Mr. Perry Peterson decide to sneak in and get some snacks after the FFA parent night. Rudisill and Peterson were working the night shift, so they felt they needed the extra energy boost.



Front Row: Jenny Rohe, Betty Nelson, Diane Lesner. Row 2: Shonda Hartung, Laura Johnson, Judy Peterson, Corrine Wald, Ginger Carney, Louanne Murphy, Maribeth Spreeman, Lisa Mattson. Not Pictured: Ann Chamberlin.



What is your

funniest

teaching

moment?



Kirsten LaFean, Pamela Mercer.

"A student had his dog in for a demonstration speech, and I was told he had just done "his business" outside. The dog must have been excited because he lifted his leg right there on one of the students sitting in the front row!"

-Gail Law



"I love helping to make the best possible environment for students to learn, work, and succeed in." -Lynn Steenblock Superintend

"Three things make this the best job in the school: the people, the sports, and the fine arts."

-Joel Olson

"I love the variety in this job. Every single day is different, and I love helping people."

-Eddie Gibson

"I love all the kids."

-Heather Karstens



your most embarrassing moment? "I had a class of sophomores, and one of the little buggers put their massive backpack in the aisle between desks. Well, I was wearing a pair of heels and handing out packets backwards up the aisle. The bag caught me in the back of the knees and plopped me right on the floor in front of the class. They were still afraid enough to not know if they should laugh or not until I did. Good thing I was wearing pants!"

-Heather Guy

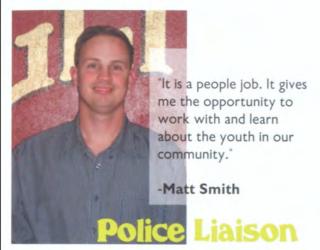




The everyday challenge, creating a dynamic and challenging learning experience for the students."

-Dr. Steve Massey

Principal





"I enjoy the job because I get to work with the students, but I am the cheerleader standing on the sidelines."

Margo Geving



"Hove working with all the kids and seeing the potential the FLHS students have. I also love seeing all the changes the students can make in a short time with the help of their deans, teachers, and families. It's amazing!"

Katie Martinelli

Chemical Health

What do you do during the summer?



"I've always helped hockey players train. I also work at Tanner's Brook Golf Course." -Dan Forsythe



"Barrel race, and work with the High School Rodeo Team." -Veronica Ward



"Sleep in and travel as much as possible." -Andrew Waldron







Above: On your mark, get set, go! Mr. John Olson and Ms. June Raykowski clean up the cafeteria after lunches were over. The custodial staff used machines such as these to keep the floors sparkling.



gets ready to start the day by organizing all the papers he will need for his classes. Teachers often began their day in their offices to put all their materials in order.



Ida Skaran

Q: What is the biggest difference between Norway and the United States?

A: People drive more and spend more time inside.

Norway



Prichavudhi

Kittivit

Q: What is the biggest difference between Thailand and the United States?

A: The school is the most different. The uniforms, and longer days.

Thailand

Andrea Gaytan

Q: What is the most noticeable change between Mexico the United and States?

A: Food is the most different, you have to be selective with your choices.



Mexico

Sven Schauerhammer

Q: What is the best thing and the most noticeable change from Germany to Minnesota?

A: You get to drive at sixteen, and everything is different.



Germani



Bruno Loredo

Q: What do you like best in Forest Lake?

A: The school is more fun, and not always so serious.

Spain



Guillermo **Fernandez**

Q: What are the most noticeable changes between Spain and the United States?

A: The best are the people, they are more open and friendly. The most different is the school times.

Spain

Maja Grisonic

Q: What do you like most about Forest Lake?

A: The sports and activities are awesome. In Italy you have to pay more to participate in such programs.



Italy

Jana

Rokitzki

Q: What is the most noticeable change between Germany and the United States?

A: The food. Fast food versus home cooked meals and the school is much harder.



Germany



Binh Dinh Nam Le

Q: What do you like most about Forest Lake?

A: I have more opportunities in school and I get to improve my English.



Kanykei Kerimkulova

Q: What do you like most about the United States?

A: People are better to be around and the traditions are awesome to participate in.

Kyrgyz Republic

Vietnam

Hospitality

Exchange students bring diversity to FLHS...

"They are better than average. They try harder and I have an easier time teaching them."

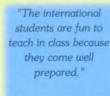
Mrs. Judy Hill





"Their overall attitude and perspective is awesome. They are well behaved and are willing to work hard."

Mr. Ryan Johnson



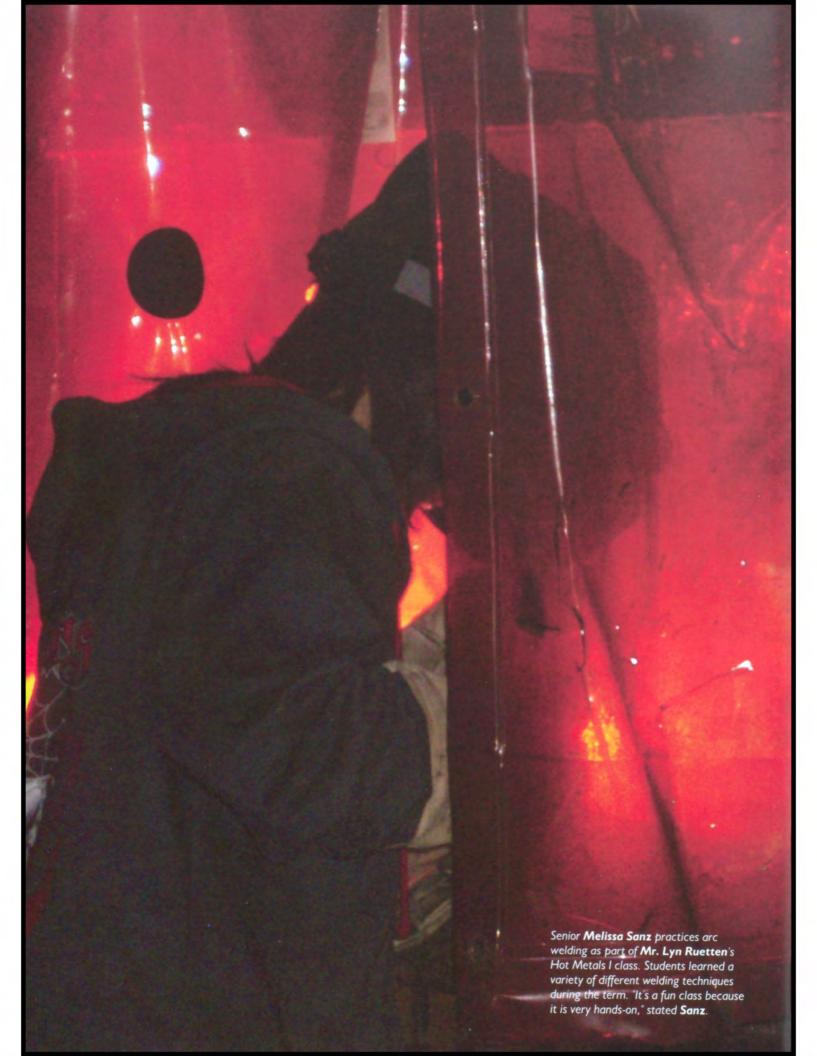
Mr. Paul Wieland





"They are phenomenal human beings."

Mrs. Anne Dahl



2.497

Average GPA of student body

22,880

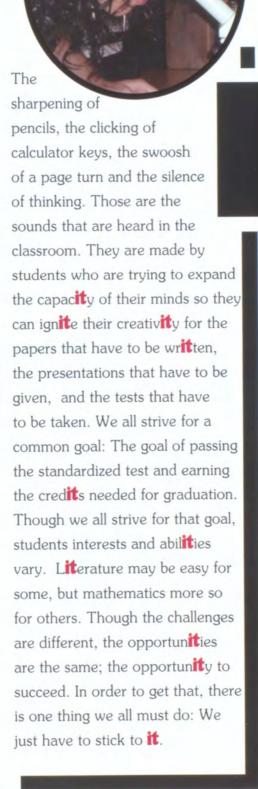
Books in the media center

1,858

Lockers in the school

68,250

Minutes in a school year



sticking to

Create It

We capture the memories

 Yearbook. It is often looked at by other students as an easy "A", but to those students who spent their third hour in room 642, it was much more than that. Yearbook was exciting and fun, yes, but it was also hours upon hours of hard work and stress. Everything that is seen in this book was designed from a blank page. "Deadlines get crazy hard! You can spend several days trying to find one person in the school for one quote or picture," exclaimed Senior Brittany Falkers. Little do students realize how every element of every page, paragraph, sentence and name, has been checked and double checked for the slightest mistakes. • The yearbook class is unlike any other class in the school. Instead of teachers, there are advisors, like bosses. Instead of students, there are staff members, like employees. There is no sitting at a desk reading from a book. Staff members were working away at computers, or scattered around the school gathering information needed for their pages. Each staff member or group of staff members had their own pages to work on for every deadline. Not completing these pages by the deadline would result in very stressed advisors. • To apply for the class, one must write an essay and go through an interview process. "A good staff member really needs to be on top of things. They need to be organized, creative, and a hard worker or they will fall behind and never make it in this class. It's a lot more difficult than is thought by many students." Senior Nicole Tetrault explained. With the staff creating this expensive student publication, it was often a lot of pressure. • Designing the yearbook did not start in September like most classes; it started in June of the previous summer. A few dedicated students spent a weekend at Yearbook Camp at St. John's University, where they created the theme and layouts that will be used. The theme was carried throughout the entire book and created a certain feel for the readers. The Forester yearbook has been nationally recognized and has received awards several times for great design and creativity. It has been featured in the "Yearbook Yearbook", which is a compilation of the best yearbooks across the nation. "It is a great accomplishment and is something the staff should be proud of. We try to uphold that reputation and create a unique book every year," commented Advisor Mrs. Maria Kaiser.

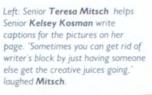


~Kaleigh Brooks

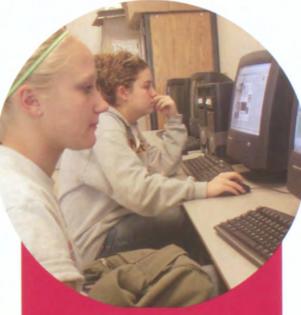


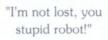
Above: The Forester staff celebrates Christmas at Old Log Cabin. "Being on the staff gives you lots of perks. We got to have deadline parties and go out to eat for special occasions," said Senior Christopher Bombeck. Right: Senior Amanda Bosman gets advice about her page from Advisor Mrs. Maria Kaiser before the third deadline. "It's nice to have the expert advice from our advisors to help with difficult decisions about our pages," stated Bosman.











Senior Alex Lindeberg



"You're not cool unless you're in Yearbook!"

> Senior **Andrew Hardy**

"Fancy seeing you here..."

Senior **Emily Coppersmith**

in the final yearbook," commented

Buerkle.







String It

For perfection

• Pencils are considered the most noticeable part of a classroom, but in Sinfonia Orchestra they sharpened their pencils with the precision, as they did their bows. Glancing down the music wing hallways and into those classrooms, the most noticeable new habit was students taking notes. In Sinfonia Orchestra, notes factored in to a more rigourous way of learning, and was more than just copying from the board. "Do not let the Sinfonia Orchestra be the best kept secret to Forest Lake," exclaimed conductor Mr. Dave Livermore. • In order to participate in Sinfonia Orchestra, a student first had to pass specific auditions. The auditions tested everything that a student has to offer, including playing speed, keeping time, and the difficulty of the compositions played. Sinfonia Orchestra is the top orchestra in our school, which made the auditions even more difficult and sometimes nerve-wracking. Only a selected number of individuals with the experience, skill, and perseverance made it into this elite group of musicians. • The music that was learned by this group of extremely qualified students was difficult, but when pulled together after months of practice, was nothing short of sensational. "The challenge of the music is worth every minute of practice in the end," stated Junior Amy Taylor. To let go within the music, and create an environment that fostered in-depth learning, Sinfonia Orchestra not only played quality music, but studied the backgrounds of the composers of their pieces. Knowing about the composers helped the students understand the time era and meaning behind the pieces. This increase in knowledge lent an air of self-assurance and maturity to the performers. "Always having a positive attitude and confidence in a piece is a big part of being in a large group," Senior Victoria Yamry mentioned. • In addition to the regular slew of concerts and community performances, a new tradition was started last year to involve Sinfonia Orchestra in the community. The Culture Concert was added to have students perform specific pieces of music selected from a continent other than North America. South America was the chosen continent this year, and the performance went on to showcase the music of the completely different culture. Sinfonia Orchestra proved that there is much love and dedication in one of the toughest music courses. .



~Cristina Young



Above: Sophomore Jessica Sudo warms up with precision prior to the fall concert. The whole Sinfonia Orchestra gathered in their classroom to await their turn on stage, and watched their fellow orchestra, band, and choir mates perform via a live television feed.

Right: Senior **Aaron Brown** plucks away diligently for the new piece of music that was set before him. The Sinfonia Orchestra practiced hard each and every day to perfect their skills for themselves and their rhusical audience.





"It's great doing something a lot of people are not capable of doing."

Right: Senior Niccole Sanders,

softly lit by spotlights, plays in a quartet at the Collage Concert.

Sanders was located on a raised

used for performers during the

unique event.

platform in the southeast corner of

the auditorium, one of several stages

Senior **Aaron Anderson**



"It's a strange orchestra, and I am doing my part."

> Sophomore William Long



Below: Junior Brianna Tagg takes a

short break to review her new piece

of music. Each song that the Sinfonia Orchestra performed brought them

group. "The songs are such a great challenge! But at the same time, so much fun," claimed **Tagg**.

to a more advanced level as a

"It's so amazing being a part of a finished ensemble."

> Junior Colleen Royce



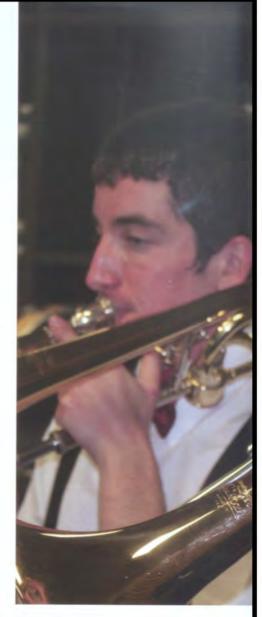


Left: Senior Tyler Majewski prepares one last time before the big fall concert. The Sinfonia Orchestra played extremely well and captivated the hearts of the audience with their performance.

Perfect It

The ones with rhythm

. When walking past the music rooms first hour, we have all heard the calming sounds of the top band in our music department, Symphonic Winds. This band is for the elite, as each student had a one-on-one audition with the teacher. Although they lost a lot of good seniors from the previous year, they came together to form with a very solid performance group. The band used the experience available as well as their natural talent to come together to form one sound. Most of the students have been playing since sixth grade, and obviously have found their rhythm. But with the help of Director Mr. Richard Hahn, they have been driven to develop their skills to be the best they can be. Hahn is joined by an assistant Mr. Andrew Marrier, who was new to the Music Department this year. When asked to describe the best part about teaching, Hahn replied, "The artistic potential.... developing the gift. The trick for all of us is to understand the potential and use the gift." . This year the group of Symphonic Winds students performed very well at all their concerts, upholding a tradition that has lasted several years. The band is involved in many different concerts such as the Collage Concert, Bethel Concert, and SEC. Although the Collage Concert was not a competitive concert, it was a big success in itself. It gave the students a chance to show the community what they could do. Many students reached or even exceeded their musical goals this year. • There has always been a reputation for our music department and it continues to get stronger every year due to the new crop of students coming in and proving their skills. The students practiced hard and set goals for themselves so when they got on that stage they were amazing. • "Even with the loss of Mr. Benjamin Chamberlin, and a lot of seniors, we still are performing well," stated Junior Frank O'Neil. With dedication to the class and a solid work ethic every day, it was all worthwhile for the band when they heard the thundering applause from their concert audiences. This year continued to show that the Symphonic Winds class had not only rhythm, but students with positive attitudes who kept a tradition alive. .

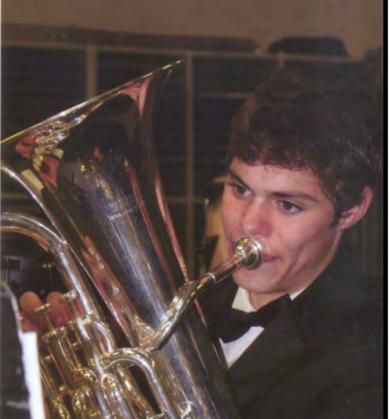


~Andrew Hardy



Above: Senior Zachary Berg and Scott Isaacson discuss the next piece of music that is going to be performed. This year the alto saxophone musicians played a very important role in the Symphonic Winds. This was an instrument that created a wide variety of tones and was great with jazz.

Right: Senior **David Kasl** focuses on his part, being sure not to make a mistake. **Kasl** was one of three euphoniums in the band. **Kasl** stated, "Breathe like an athlete, play like an artist."



Symphonic Winds • 125

Conductors









"I can't sum it all up in one quote."

Senior **Roman Morris**



Below: Junior Emily Wagner helps keep a beat on the bass clarinet. The

Symphonic Winds only took an elite

few who were able to perform at a

higher level.



"Thank God I'm not from East Over-Shoe High School!"

Senior Alissa Moberg



Senior **Matthew Peterson**



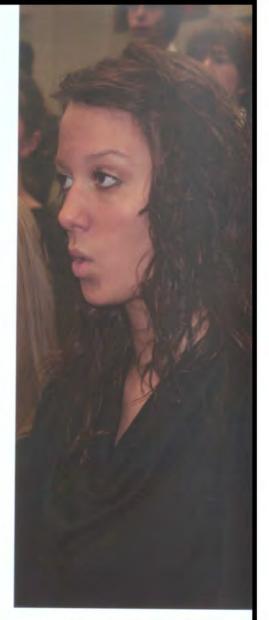


Left: Senior Candice Gagne demonstrates her talent on the E flat contra bass clarinet. Gagne, who has played an instrument since sixth grade, listed her favorite piece of music as American Salute.

Voice It

Hitting the high notes

· 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. For the students of Concert Choir, that was the ultimate goal. Having the audience be blown away with amazement was the best thing the choir could ask for. • With every new year brings many new and returning faces, each member contributed something positive and unique to the whole choir. • Mr. Jim Lindstrom has been a long standing director of the Concert Choir. "Sometimes we sing poorly, but usually we are pretty good." These words of wisdom came from the 37 year veteran of the music education world. He used these words to describe a not-so-good day of singing. He spent every moment of his first hour perfecting every single note of every song. • Some other views of the singing world came from Senior Brandon Sundberg; "Concert Choir is a sweet class because you get to spend an hour and a half just singing. It is not always easy, but it is fun when the whole class sounds good. It makes the everyone feel good when we know the audience enjoyed our singing." It took hours of practice and weeks of preparation to obtain the perfection strived for by the class as well as the director. In the end, the choir hoped to achieve a soothing sound that is pleasing to the ear and easy to listen to as well. Everyone in the choir worked day in and day out to make sure this became possible. Every note needed to be perfect, and when it came down to concerts, everyone needed to be prepared to sing at their fullest potential. \bullet The choir sang at approximately seven concerts or events during the year, and each concert had as many as eight to fourteen songs. Each concert lasted about an hour and a half of pure singing. The Concert Choir participated in many concerts and events, which included The Suburban East Conference Festival, The Pops Concert, and also events held in Mounds View and Bethel. With so many experienced, talented, and dedicated singers in Concert Choir, it is easy to see why the choir was able to flourish and blow away the audience each and every time they opened their mouths. .



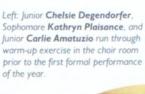
~Alex Lindeberg



Above: The soprano and alto sections watch intently as Mr. Jim Lindstrom leads them through a difficult measure at the SEC Preview Concert. With his 37 years of experience, Lindstrom relied on wisdom, patience, and experience to coax these young singers to excellence.

Right: Seniors James Goehl and Lucas Mayfield match pitches and set the tone for the bass section. After they added all the components they knew a good song was developing. 'I just like to sing,' Mayfield said.









Major minor thirds Junior Anthony Schuegal





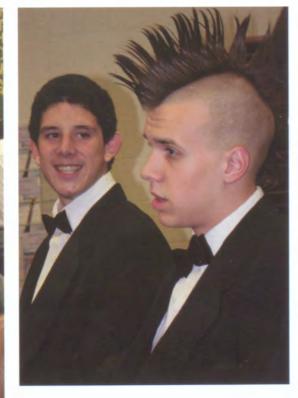
"Momma made me mash my M&M's."

Sophomore Jessica Pimpo

"Many mumbling mice."

> Senior James Goehl





Left: Junior **Colton Flores** casts a quick glance at Senior **Jake Partyka** while warming up prior to a concert. Partyka was a study in diversity in his formal tuxedo and informal hairstyle.

Jazz It

Swingin' to a different tune

• For most students, school starts at eight in the morning, but the Jazz Band livened up the hallways a bit earlier than most three days a week. The Jazz Band was composed of four sections; the saxophones, the trumpets, the trombones, and also the rhythm section, which included a piano, bass, guitar and drums. This year's Jazz Band had a total of eighteen members and was led by Mr. Andrew Marrier. It was also Marrier's first year directing at the school. So with the band under new leadership, the students were sure to experience some exciting, yet unknown, changes. • The Jazz Band competed in the annual Essentially Ellington Contest. The contest occurs every year, and this was the Jazz Band's first year entering. The band competed to earn a spot to play at the famous Lincoln Center in New York City. "The Lincoln Center is the most prestigious jazz center in the world, and only the top twelve jazz bands in the nation will earn a spot to perform," explained Senior Loren Endorf. The students recreated a few of Duke Ellington's tunes for the event. The songs included Jumpin' Pumpkins, and Flaming Sword. The Lincoln Center is home to one of the greatest trumpet players of all-time, Wynton Marsalis, who is looked up to by many of the trumpet players of the Jazz Band. • The students also worked on a project piece throughout the whole year. Senior Zachary Berg expanded on the matter; "We worked hard all year on a difficult song, and then showcased it at the Pops Concert in the spring." The Pops Concert is an annual production in which all of the music departments perform pieces worked on all year. • The Jazz Band also participated in the Section Tournament. In the past years, the band has not liked the parameters of the competition, and had purposely disqualified themselves. But with a new director, Jazz took on the challenge of competing against bands at similar levels. "It was a tough choice, but we decided to use the song Channel One Suite," Berg commented. Take a Walk on the Wild Side was a choice as well, but the class thought the first piece would be more suitable for the competition, and allowed them to swing to a whole new tune. .



~Jennifer Faust



Above: Trombone players concentrate intensly while reading their music. Jazz music is amongst the loudest styles of music, so even a few off notes could make a major impact on the performance.

Right: Junior Scott Damiani and Senior Meredith Armstrong combine their musical skills to create a well balanced tone. Though only first year members of the band, they had definite ideas about their talent. "People should listen to Jazz Band more because we are all really terrific musicians," commented Armstrong.



Left: Seniors Zachary Berg and Scott Isaacson and Sophomore Ethan Carlson show off their skills during the fall concert. The Jazz Band took advantage of any and all opportunities to perform and perfect their musical skills.

Below: Senior Loren Endorf and Junior Tracie Anderson play their trumpets with enthusiasm. "I love music, the trumpet and playing loud," stated **Endorf**, "I am going to go to college for music," he added.



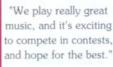
"It's fun to play in a group, and it makes you a stronger musician."

Senior Patrick Homyak



"Jazz is harder than I thought it would be, but the music is really unique."

> Junior **Briana** Gray



Senior Tyler Sperry



Left: Senior Christopher Sherwood-Gabrielson and Sophomore Karl Nord keep the band together. Both band members were part of the rhythm section, which aided in keeping the beat. "I really like Jazz and piano, so this is a really great opportunity to play," stated Sherwood-Gabrielson.



Bow It

All strings attached

• The deep captivating sound of cellos and basses, combined with the beautiful tone of violas and violins came from a room with many unique individuals. The String Orchestra was made up of students who perform with string instruments and came together to deepen their love for classical music. Technique, practice and performance could not begin to describe these amazing students. Despite its small number of members, the full sound that came from the room filled the hallway. "We got a lot of new people this year to help improve our ensemble," Junior Heather Johnson commented. When walking into the orchestra room, concentration on the conductor was unbreakable. The strive for perfection never ended. • Led by their experienced conductor Mr. Dave Livermore, this course provided experienced students with a unique chance to advance their skills and talent in the art of music. • The String Orchestra was open to all grades for anyone who was willing to take on the challenge. The new faces and sophomores came into the class and brought dedication and determination. Throughout the year they practiced to their fullest abilities and improved their talent and their love for music. "I loved playing with this orchestra," Sophomore Sean Peirson said. "I am really excited for what is to come." • Most of the individuals in this group were sophomores and were preparing themselves for the advancement into the higher class of Sinfonia Orchestra. Although they prepared and performed strongly, the class served as a time to grow a strong bond with one another. "My favorite part of String Orchestra was the visible advancements and strides the students took every day to perfect their skills," exclaimed Livermore. The group spent the year rehearsing compositions for their main concerts such as the Band, Orchestra and Choir Concert, and also the fall and winter concert. They played their best and performed strongly to prove the great successes that they had accomplished in the year. The members branched out into the community during visits to Birchwood and Parmly Residences for the elderly. • To create a beautiful piece of music, the String Orchestra had to learn how to cooperate, accept, and enjoy one another. These musicians created a group of very talented individuals, who performed with a high appreciation for music. .

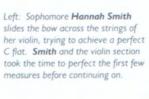
~Cristina Young & McKenzie Gemeiner



Above: Senior **Michael Wiggins** and Junior **Matthew Zidar** concentrate on the music in front of them while trying to play at the same speed as everyone in the class. **Zidar** strived for excellence as he competed for the top speed in a musical piece.

Right: Sophomore Christine
Wheeler sets the pace for the back
row of violin players. "You're going
too fast, guys," she laughingly chided
her neighbors. Mr. Dave Livermore
chimed in, joking, "Are you following
Wiggins?"











Sophomore Louis Lundgren



"Gotta pass, gotta pass, gotta pass,"

Senior Joshua Diebel



Sophomore Adrian Montes





Left: Junior **Daniel Canine** comes in on the cello while warming up for another day in String Orchestra. "Playing an instrument is a great way to express yourself," stated **Canine**.

Tune It

For the perfect pitch

· A squeak and a squawk here, a boom and a bang there. Those are the sounds that many heard in the first few minutes of the second and third hour Concert Band. As awkward as they sounded, those were the most important sounds that the band will ever make. Those first few minutes were spent warming up their instruments as well as their minds. Once the band was warmed up and tuned, they got to work practicing the pieces for the next performance. "A performance is the pay off for all the hard work. It is a good feeling to go out on stage and perform music well that we like," exclaimed Senior Seamus Glewwe. The Concert Band put on many performances during the year with more spirit and personality than one might have expected. They put on two major concerts, one in the fall and one in the spring as well as many other smaller concerts and festivals, such as the Pops on the Green Concert and the solo and ensemble performances. • The success of all those performances took a lot of effort, endurance, and a love for all types of music. Members not only spent eighty minutes a day practicing music but they also took time to learn about the music they were playing; what was the history behind the music and what were the key elements that made the song exciting. The main goal for the Concert Band members was to exit the year with more knowledge and a greater strive for continued progress in their musical careers as well as other aspects of their lives. • Some changes happened to Concert Band this year, the biggest change was getting used to having one director instead of two. "There is definitely less time to prepare, but we are getting by very well. The band has been very corporative." stated Mr. Rich Hahn. In spite of the change the commitment of the musicians still stayed strong. • With all the hard work Concert Band put forth, they still found the time for fun. "The best part about band is how we can be serious but still joke around at the same time," stated Junior Jessica Skogen. Spending time together on something other than music actually helped the band function better as one, so when it came time for a performance they were tuned for the perfect pitch. •

~Amanda Bosman





Above: Sophomore Alyssa Edwards and Junior Caitlin Jensen work hard on a new piece of music. Band members got a few minutes to look over a new piece of music before they took on the challenge of playing the song together as a group. "The time we get to look over new pieces of music is extremley important," stated Jensen.

Right: Sophomore Maxwell St.
Germain is listens intently to the instructions. There were often breaks in the hour where the students would be brought to the attention of the different articulations in the music. "Playing the articulations correctly is a big part of the music. It makes the music more interesting to listen to," said St. Germain.



drum in inches

Length of a French horn in feet

and classmates pack up after a hard day of work. The last five minutes of the class were given to the students to make sure that they had enough time to thoroughly clean their

Below: Sophomore Joseph Dina

instuments.



"I love the challenge that the music presents."

Left: Sophomores Catharine

Struss, Stephanie Palacheck,

and Kimberly Pagel get to work

with the rest of the clarinets. On

occasions different groups took the

time to go over difficult sections of

the music.

Sophomore Jennifer Elsenpeter



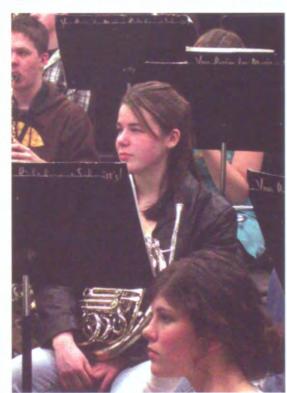
"I enjoy music because it is the way I can express myself."

> Junior William Reely

"It is a class where I know that I will always have a good time."

Senior Jennifer McAllister





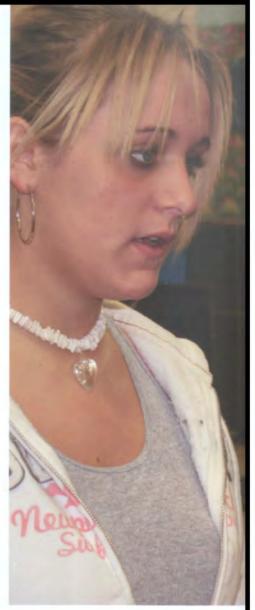


Sing It

From the heart

• Treble Choir, a group of young women who have specially trained their voices in the higher part of the register, created beautiful and elegant sounds once again this year. • The Treble Choir was involved in many performances, notably their fall and spring concerts, the Treble Choir Festival, and the Pops on the Green Concert. The Treble Choir did not just keep their talents in the school. They also got to share them with the community, like when they sang Christmas carols at Dummies for the Chamber of Commerce. "I feel we are giving back to our community, especially for supporting our school through the levy," exclaimed Senior Carrie Geving. Instructor Mr. Jim Lindstrom provided this qualified group with lessons on how to perform at their best. Their close relationship with Lindstrom allowed for a positive environment for these musical artists. Many of the lessons learned by the class were ones that could be used outside of school, as well. Having to articulate and breathe correctly helped them with their overall communication skills. Amidst the lesson learned, the class made time for fun, as well. "A room full of girls, drama, and music," jokingly exclaimed Senior Jennifer Thao. "Why wouldn't you join?" . One thing that came up often was the stereotype that choir was just an easy class that people took to get a good grade; this could not have been further from the truth. Being part of the Treble Choir demanded hard work, dedication, commitment and a willingness to learn to get along with others. Small details were consistently emphasized; for example, on several memorable occasions, the girls asked to sing from a seated position, rather than standing as was traditional. Lindstrom agreed, under the condition that they all maintain perfect posture. As soon as one student crossed her legs or slouched, thus inhibiting her breathing, the entire class was back on its feet. Lindstrom joked, "We'll keep doing this over, and over, and over, and over..." until the class chimed in, "And over again! We get it!" No matter how tedious the tasks, one thing was evident; Lindstrom and the ladies of Treble Choir did everything from the heart - joking, teasing, and of course, singing.







Above: Second alto Junior Tanya Olesen sings the warm-up numbers as directed by Mr. Jim Lindstrom. Olesen credited Lindstrom as the reason she stayed in choir. "He is who he is," she explained.

Right: Sophomore Michelle Gonier, a second soprano, belts out the first warm-up of the day. She enjoyed many of the songs performed by Treble Choir, but as for her favorite, Gonier said, "It would probably be Give Us Hope", performed at the first concert of the year.



Numbers at the Pops Concert

Left: Sophomore Stacy Taylor and Junior Emily Wislicenus harmonize and enunciate carefully. Wislicenus, a first soprano in her first year of Treble Choir, made plans to take it again as a senior. "For sure," she explained, "it's fun! I really like being in a choir with all girls.

Below: Seniors Ida Skaran and Carrie Geving chime in with the second sopranos. Skaran, a Norwegian foreign exchange student, joined the class midway through the year. "I thought it would be fun to take," she noted. "And **Lindstrom** likes Norway!"





"It's been three years of bliss, but it wouldn't have been half as great without Lindstrom!"

Senior Britny Hukriede



"My choir nickname is Blondie!"

Sophomore Sara Palmer



Junior **Heather Hartman**





Left: First soprano Senior Kimberly Westman practices the beginning of Arise, My Love, by Laura Farnell. Westman, a member of choir for four years, envisioned using her singing skills after high school. "I could sing karaoke," she explained. "I could belt out Whiskey Lullaby!"

Count It

Keep the beat

· A drumline is a collection of people that play a variety of percussion instruments and share the gift of rhythm. Drumline produces a unique type of music which distinguishes them from all other musical groups. The theme for the performance this year was based on classical music and art. The team was led by two new coaches, Jordan Cox and Jordan Beim. Both coaches were right out of high school, freshmen at the University of Minnesota and North Western College. They were both first time coaches and able to relate to the drumline students well. Beim stated, "We want to bring a group of fifty percent new kids and fifty percent veterans together into one cohesive line, and to be a formidable line in Class A." The team felt as though this was a rebuilding year and a chance to make the group stronger. • Drumline is not as simple as it may appear to be. It is an activity that is easier said than done. The people who are in the pit, play the mallet instruments, some play with four mallets at a time. "It is a tricky skill to grasp at first and it hurts your hands, but you get used to it," explained Junior Breanne Mordorski. • Drumline is about keeping rhythm, harmonizing with each other and producing a beat in the correct time. It is a complex composition of melody, tempo and keenness. The participants are eager and motivated to creating an improved sound of the group. Drumline also offers a way for kids to meet new people and be in a fun social setting. Pit player Junior Caitlyn Williams pronounced, "I used to be completely shy, Drumline has helped me come out of my shell." When asked, the majority of the percussionists said that it was a great social experience and a wonderful way to meet people. • Being in this activity comes with many hours of practice and commitment. The people are extremely dedicated to it and practice without any complaints. This is the type of hard work that they hope will lead them to a championship each year. Most of the kids don't mind the long hours of practice because in the end, practice does make perfect. "It's challenging but completely worth it," expressed Senior Amanda Hedlund. •



~Emily Coppersmith



Above: Junior Breanne Mordorski listens closely to what Coach Jordan Cox has to say. Mordorski has played percussion for six years, mallet instruments for two years, and has been in Symphonic Winds for two years.

Right: Junior Lindsay O'Brian practices hitting a D flat on the chimes during a pit practice.
O'Brian and the rest of the pit players worked through some challenging measures of their music prior to joining the line in the cafeteria for the remainder of practice.



inches

Left: When playing the pit instruments, Junior Caitlyn Williams uses four mallets during performance. Williams dedicated her time to Drumline in order to gain a better appreciation of the orthodox style of music.





"This is a rebuilding year."

Below: Senior Amanda Hedlund takes a break from her challenging piece in a classical song. "Bass

drumming is like life," Hedlund said.

'You need a good flow to do well, and great teamwork to sound good."

Junior Captain **Andrew Bohler**

"It's a masochist."

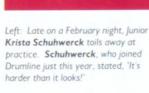
Senior Seamus Glewwe





"Drumline is a great way to meet wonderful people."

Sophomore Vaughan Lofgren





Publish It

Reporting what is important

· Every month a small group of students put together a collaboration of important ideas and facts which was distributed to every classroom about once a month. This would be the journalism class, and it was called The Forest Breeze. It was our school newspaper, and inside of it one would find everything important to the student body. • Putting out several papers a year meant that there were many stories to be uncovered. Staff members had to make sure their articles were complete and well written. Procrastinating was not an option, just as having an empty page in the newspaper was not allowed. Since the newspaper was charged by the page, having an empty space on a page was wasted money. • "Deadlines can be hard to meet. You can't slack off or procrastinate," Senior Chloee Daniels-Miller explained. She also added, "I loved being able to look back on all of the articles that I had done, and all of the stories and issues that I've helped out with. It was also important to have fun at what you were doing." Junior Shea Carr, talking about the staff members, said, "It was cool to see how well everyone worked together. The class had so many people from different "cliques", and yet everyone cooperated and put out a great final product once a month." • Inside of the newspaper, a student could find out what was going on around the school and in our community. "The Breeze is really important to have at our school because it informs students about many important events," noted Carr. It was a way for students to really voice their opinions on what mattered to them. Issues that were important to the staff members and students, including things from sports to parking passes, were brought up and debated in the Breeze. Some articles were quite controversial, including PDA and the dress code that was being enforced this year. • This was the first year that the Breeze's front page was in full color. "Making the front page color was really the students' decision," said Breeze Advisor Ms. Laura LeVake. "It was definitely worth adding color though. It makes the newspaper more attractive and reader friendly," she added. Staff members were proud of their publication and enjoyed seeing it in the hands of students every month. .



~Kaleigh Brooks



Above: Senior **Kacie Waldoch** shows fellow staff member and Senior **Neil Polglase** her opinion on an upcoming spread of the newspaper. Staff members worked together to make the Breeze the best it could be. "Sometimes just having someone else look at my spread was a huge help," **Waldoch** explained. "They often can see mistakes that I have passed up."

Right: Sophomore Bryanne Gream discusses an upcoming article with Advisor Ms. Laura LeVake. "I always choose article topics that are most interesting to me, or that I want to learn more about," Gream commented.



the school year

Left: Junior **Nicole Bernfeld** and Senior **Chloee Daniels-Miller** look through the Minneapolis Star Tribune for layout and article ideas for the newspaper.

Below: Junior Bradley Kopp and Senior Jordan Lutz-Lawlor check their layouts for mistakes before going to the press.



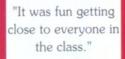
"We deliver the 'papes'."

Senior Kacie Waldoch





Senior Neil Polglase

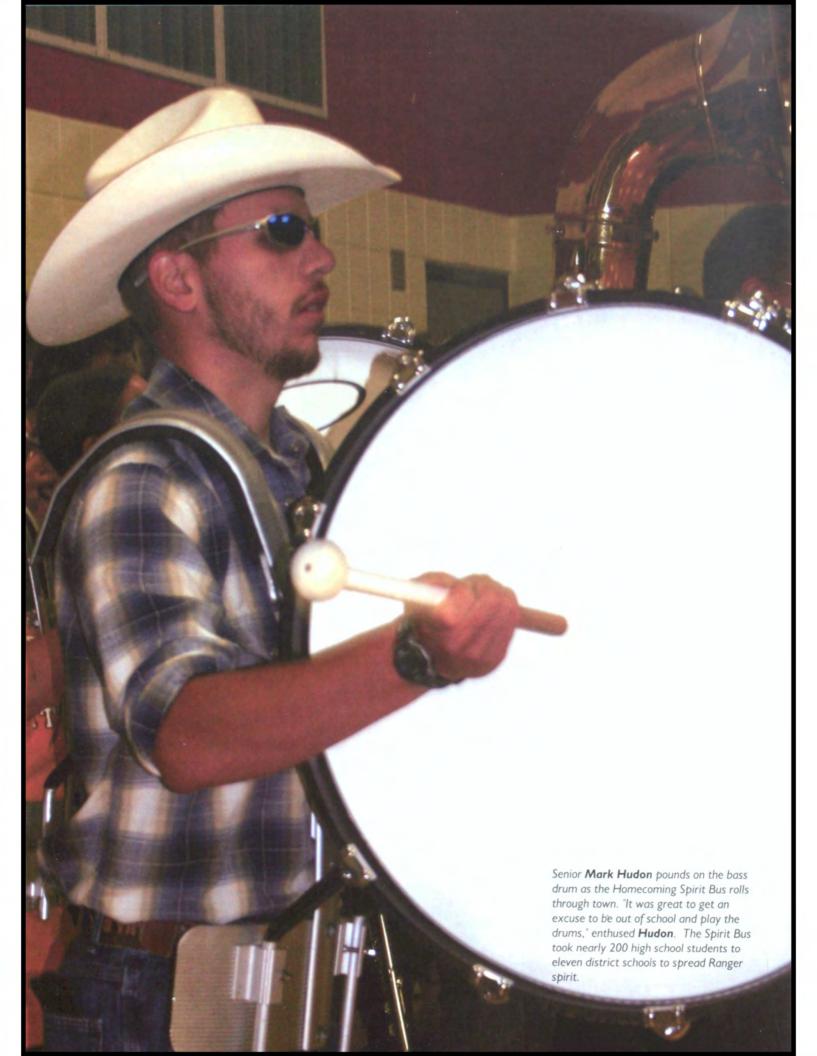


Junior









32

Minutes in a Lincoln Douglas style debate

162

Dollars to participate in Speech

35

Average number of SADD meetings per year

575

Hours spent by Student Council planning for Homecoming

it

king the most The minutes and hours tick inevitably away on the career of a high school student. There is only so much time one can fill before it is all over, and high school is nothing but a distant memory. It is the things done to fill that time, to make the most of it, that defines who we are when we say, "We are the Rangers!" Students have a wealth of opportunities to get involved in the school. Different organizations offer chances to become citizens of the world, ambassadors of business, performers of the arts, monitors of the environment, interpreters of literature, or representatives of spirit. Each group affords its members not only recognition, but in some cases, the ability to achieve the status of champion. And that is what it can mean to be a Ranger, for these students, the ones who makes the most of

Sophomore **Samuel Kolbow** takes it easy while selling bracelets for Student Council at Taco Daze held in Scandia. "It's easy making money while sitting in a chair," **Kolbow** commented on the day.

Activities · 141

Reality Check

Occupational Relations, TV & Film classes offer students an opportunity to taste the real world of work

• It is no secret that many students in high school are anxious to get out into the real world and away from homework and quizzes. Classes like TV & Film Production and Occupational Relations gave students a chance to experience the work force and learn valuable skills to help them later in life. • TV & Film Production class introduced students to the basic principles of television production, including filming, editing, and interviewing. The students spent a lot of time outside of class capturing and editing to create their films. Each week, the students produced a live television broadcast, known as the Ranger News, with stories covering the arts, academics, athletics, and community events that affected the student body. Students also completed other projects that allowed them to express their creativity and demonstrate their skills. Projects included film noir, a silent film, a music video, and even a short documentary. • Likewise, the Occupational Relations program gave real-life skills and knowledge to its students. The class consisted of two sections, a classroom section and the On the Job Training (OJT) section. Classroom topics ranged from career investigation to dealing with taxes, and helped prepare students for the transition from high school to the world of work. This portion was taught from the employer's standpoint and showed students how to be effective workers with strong interview skills proper workplace etiquette. Restaurants, credit unions, banks, and insurance companies are just some of the places students work. During the school week, students must complete a minimum of twenty hours of work. Besides the pay and skills, the experience was rewarding for many students. Senior Jessica Westlund, who worked with preschoolers, exclaimed,"The best part is just coming in, they're so happy to see me. I love it!" .

~Christopher Bombeck



Junior Kelsie Jurasin and Senior Samantha Buol run through their lines before recording their segment of the Ranger News. Students in TV & Film produced these news broadcasts every week.



That's How it Goes

"I like being able to get out of school early and making money."

Senior Lauren Hindi
 OJT





2,000

Cost of each HD camera in the studio 28

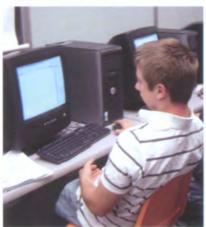
Average hours worked by an OJT student 30

Shows produced by TV & Film 7.25

Average wage earned an hour in OJT 2

Average takes for TV & Film broadcast





Above: Senior Jessica
Westlund calls out
numbers during silent
bingo at St. Peters.
Westlund, who works
with preschoolers, found
the job while looking
through the St. Croix
Valley Peach newspaper.

Left: Senior Jared Culp works on updating his résumé in OJT class. Students worked on many assignments that helped them prepare for job interviews and the work world.



"My co-host
Brittany
Falkers and
I always have
a great time
being goofy
while hosting the
news. We like
to personalize
the scripts to
fit our style and
personalities, to
make the shows fun
for everyone."

- Senior Mitchell Houle





Left: Senior Paula Regnier goes over her lines before hosting the weekly Ranger News. Students practiced their individual segments many times to ensure success. Above: Senior **Chelsie Nelson** breaks from her duties at work to smile for the camera. **Nelson** worked at RUE 21 as part of her OJT class.







Senior Ashley Mieritz makes a pizza while working at Papa Murphy's. Mieritz works 30 hours per week as part of the OJT class. "It's great. I can still go to school and work extra time at my job," she stated.





Lead

Stephanie Williams Child/ JoJo

You can't have a rainbow without a little rain.



Adam Regnier as The Cat in the Hat

There are no small parts, only small actors.



Scott Isaacson as Horton

When all else fails blame the tech crew.



Caitlin Sapa Gertrude McFuzz

"I can throw it down pretty good.



Brittany Falkers Mayzie La Bird

Live and let live.



Paula Regnier Sour Kangaroo

'With any part you play there has to be a little bit of you in it. Otherwise it's not acting, it's lying.





70

Costumes sewn for the show

16

People in the pit orchestra

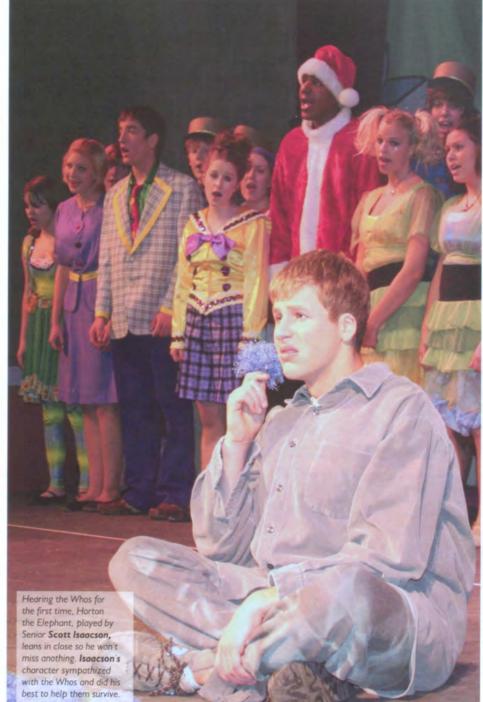
26

Songs in the show 670

Seats in the auditorium

28

Scheduled rehearsals



t's Possible

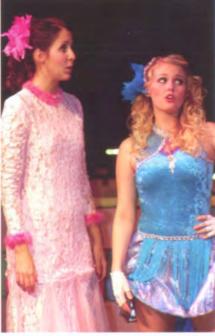
Seussical proves all things are possible

• The lights, stage, and curtain too. All of the things performers love to do. We walked and we talked, and suspended reality for awhile. We put on a musical of Seussical style! • This year the theater crew brought in a lot of new and exciting changes. New actors and singers began their sophomore year, and a new director, Mrs. Cynthia Hess, guided the cast all on her own. Perhaps the biggest change of all was the type of musical that was performed. Seussical was a musical that demanded an enormous amount of imagination, character analysis, and improvisation. The show, consisting of mainly music, elicited mixed feelings from the cast. "It's more difficult, because it's more actual music," explained Sophomore Jessica Pimpo, who played one of the four "Supreme" like Bird girls. Others thought it to be an easy change from musicals in past years, which had an equal amount of speaking lines as well as musical songs. • Seussical was chosen for many reasons, but the main reason was to involve young community members in the world of theater. "Theatre is a wonderful place to grow," said Hess. In that vein, the cast and crew put on 30minute reviews of the play at district elementary schools. The strategy had a positive outcome - the children in the audiences were pumped up and excited to see the actual show. • With an energized talented cast, an upbeat musical arrangement, and a passionate director, this year's show was fun for the whole family. . The curtains close, the lights dim low, the laughter, the characters, the show Go-go-go! •

~Brittany Falkers



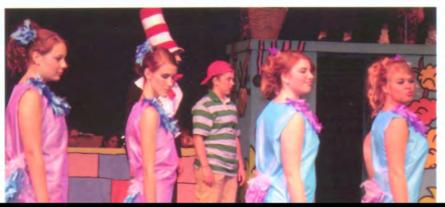




Sophomores Adam Regnier and Stephanie Williams accompany each other in the opening song. The two worked off each other's talents to fit into their roles. 'The cast was really easy to play off of." commented Regnier.

Amazing Mayzie, a sassy manipulator portrayed by Senior Brittany Falkers, informs Gertrude that she needs pills to grow feathers and impress Horton. Senior Caitlin Sapa played the shy, one-feathered Gertrude McFuzz, who longed to get the attention of Horton.

Above: In her diva role as Sour Kangaroo, Senior Paula Regnier showed off very controlled vocals while poking fun at Horton the elephant. Regnier was lifted by the Wickersham brothers as she belted out her final notes.



First soprano Senior Kelsey Burk, second soprano Junior Rebecca Thraen. first alto Sophomore Sara Palmer, and second alto Sophomore Jessica Pimpo harmonize together to tell a story about the "Whos" The girls used their powerful voices and sassy expressions to keep the story moving along.

35 Minute maximum play time

100 Percent of DECA who went to State

Actors in the One Act

300 Professionals served as judges at State DECA

10 Minutes to set up the stage for One Act

Seniors Ashley Jaszczak and Kelsey Robinson act out a scene in which advice is being given. The group was only one point away from earning a trip to Sections this year.



Having a smaller group allowed us to develop better relationships and more depth within our characters."

> - Junior Rebecca Thraen



One Act Play Cast: Junior Nora Nolden, Junior Rebecca Thraen, Senior Ashley Jaszczak. Row 2: Sophomore Ruby Kolbow, Junior Leigh Severson, Sophomore Andrew Morrison, Senior Aaron Brown. Row 3: Mr. Tim Newcomb.

Right: Juniors Nabil Cheikh and Matthew Mollet participate in a volunteer activity during a Decathon."It was a competition to see what team could get the most popcorn stuck to their partner's face, which was covered in peanut butter, explained Mollet.









Senior Jennifer McAllister works on a marketing poster. McAllister's hard work paid off, allowing her to finish in the top eight for Quick Service Roll.



Above: Sophomore Andrew Morrison and Junior Rebecca Thraen work on painting the set for the One Act. "It was really intense, commented Morrison.

Right: Seniors Aaron Brown and Kelsey Robinson act out a scene during their performance. "I was trying to convince her to marry me. described Brown.





The Best Part of It

"Lookin' cute in the suits!"

• Senior

Meredith Mattison

Creativity is Key

DECA and One Act Members use it to their advantage

· Athletics are not the only way to get involved with extra curricular activities and show some school spirit. The DECA and One Act Play organizations demonstrated success this year and brought pride to our school as they performed their way to the top. • DECA is an association of marketing students in which the nationally recognized Competitive Events Program uses tests, role plays and written projects to evaluate the marketing and management skills of a student. "It's a lot of fun to get to meet all the different people at the competitions," mentioned Senior Jennifer McAllister. This year, all five of the members earned a spot the State Conference for various categories of competition. They were just five of the 425 students who were competing for the top spots. • Similar to DECA, the One Act Play organization is an activity that is scored based on the member's performances. This year's play was titled Waving Goodbye. It was a love story in which a man experiences flashbacks to see how his friends and family are dealing with his death. Along with the actors and actresses, there is also a tech crew needed to make the performance a reality. "It was a really cool play," commented Senior Victoria Yeager, who was a member of the tech crew, in charge of the sound effects. The One Act Play placed fourth this year at the Sub-section level, just barely missing a trip to Sections.

 Performing is what these students specialize in, and this year was a successful demonstration of what these students can really do with their talent and hard work.

~Kristi Buerkle



DECA members
Junior Nabil Cheikh,
Senior Meredith
Mattison, Senior
Jennifer McAllister,
Junior Matthew Mollet
and Senior Andrew
Grzybowski show off
their well earned trophies

Talk It Out

Speech team members not only walk the walk, but they talk the talk

· As one walked down the halls of the English department after school one often did a double take to make sure they were really there; the people talking to the walls. Those people were members of the speech team, and do not worry, they were not crazy. They were just putting in some of the hard work that was required to be a successful member. Being a member of the team required an abundance of dedication and a passion for speech. At least two individual practices, one team meeting, and one captain's practice were required each week. In addition to the school practices they were also expected to put in practice time at home. To put all that practice time to use the team got up very early to start a full day of Saturday tournaments while dressed to impress. "Getting up at five on Saturday mornings were hard sometimes but in the end they paid off," said Sophomore Adam Regnier. • Speech is an activity that differs from most. It consisted of thirteen categories which is then broken down in two subcategories; Public Address where students wrote speeches of their choice, and Interpretation, where students were given a script and performed the piece. Some of the members performed up to eight times in a tournament if they were in two categories. Even with all the hard work the team put in they made sure they left room for fun. Once a week there would be a Tuesday nighter where a member of the team would host a get together to hang out and have fun. "Tuesday nights were my favorite," said Junior Laura Jacob. "It allowed us to get to know each other better and form a tighter bond." • One key factor that has always been important factor in the future of the team was the number of sophomores who joined the team. With this year's turnout of underclassmen the outlook for the team is in good hands. Another goal for the future and a key motivational skill for the team was to regain the Section title that was lost by one point last year. • In addition to having fun the team learned valuable lessons that they can use in their futures. The most obvious, of course, was learning how to communicate, but other less obvious ones were learning how to be leaders, how to apply hard work and dedication, and how to support what they said. They not only walked the walk, but they talked the talk. .

~Amanda Bosman





Above: Junior **Nora Nolden** and Sophomore **Jessica Pimpo** practiced their speech in the weekly captain's practice. The duo category is the only category in which two people can perform together. 'Duo is a funcategory to be in, and it helps to relieve the stress of performing by yourself," stated **Nolden**.

Right: Senior Caitlin Sapa gives some helpful advice to one of her teammates. Upperclassmen were very helpful with giving insight to younger members. "I knew it helped me a lot to get advice from the members with more experience when I first joined speech," stated Sapa.



tournament

Below: Senior Chloee Daniels-Miller does some last minute research before her first tournament. The team took an annual overnighter to Duluth to get the season on a roll. "It is one of the funnest things we do, but make no mistake, we also put in a lot of hard work," exclaimed Daniels-Miller





Left: Senior Kaitlin Peterson practices her very persuasive

speech on political aides in her

were required to go to the weekly

improve their skills. "I really enjoy

being in Original Oratory, because

it allows me to voice my opinion on

problems in society and how to fix

captain's practice. Members

captain's practices to further

Senior Rebecca Zierke



"Upon the slitted sheet I sit."

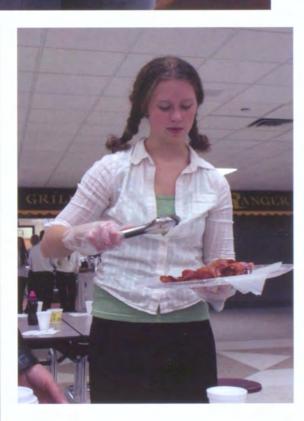
Senior Katherine Monberg







Senior Shannon Joyce



Left: Refills anyone? Senior Leigh Severson refills some plates with new bacon at the team's pancake breakfast fundraiser. This was the first year the team decided to host such an event as a fundraiser.

Political Plays

Debate and Student Congress offer students a strong voice in today's controversial issues

• There are those whose skills in argumentation outpace the average person. In the past few years, Debate and Student Congress have grown into a great showcase for those who like to make a point. . With one of the longest seasons here in the school, Debate began in September and finished around January. At their own home meet this year in December, Flake Stakes. Mayor Stev Stegner was an honorary judge. It could have been the luck of having the mayor present, but that tournament seemed to be one of the most successful events for debaters all around. Junior Soren Duggan took first in the Lincoln Douglas debate, while Juniors Leeta Carlson and Helen Lininger took first in Public Forum. Coach Mrs. Robyn Madson commented on the season, "[It was] wonderful. We had a really strong novice team especially." Senior Captain Shannon Joyce had an excellent run for National Forensics League (NFL) and took fourth, while five fellow teammates reached double octive finalists, including Junior Kurt Johnson, who took first octa finalist. Senior Captains Danna Bergantine, who took fourth in Sections, and Joyce, who took second, went on to State. Joyce explained, "Debating is cool because of the integration of philosophy with politics, because now you can see the ethical side of politics and not just straight up black and white." . As much as people talk about Debate, no one can forget about the coinciding Student Congress. Student Congress had an incredibly short season, a sum of four weeks total. It was fun and easy going, and a very self-disciplined activity with only one after school practice per week and one tournament per week. • Whether the season was four months long or four weeks short, both Student Congress and Debate offered students a voice in projecting their views on some of the most controversial topics in our society. •

~Nicole Tetrault



Sophomores Jennifer Lombardo and Nicole Lyons discuss both sides of the cases to further their knowledge. "It was fun to question other people's cases," Lyons noted.



"It was a great way to end my last season in debate, competing with the best in the state."

Senior Shannon Joyce

Negate It

"There's not a better feeling [than] when you know you got the debate in the bag."

Senior Danna Bergantine



Junior Soren Dugan shakes hands with honorary judge Mayor Stev Stegner while he receives his award. Duggan won the Lincoln Douglas debate in Flake Stakes held on Saturday, December 2nd.

2,000

Competitors in the state

28

Meets

30

Most points awarded

4

Weeks of Student Congress 2

People in a public forum debate





Above: Juniors Corey Stedje and Krista Carlson, two first time debaters, give the home tournament a try. "You've always got to try things once before you label it," Stedje noted.

Left: Sophomore Jared Culp works on his case while the competitors receive a break from the competition. Debaters often used this time to revise their cases and to improve their arguments for the next round.



Debate was a fun learning experience. It was only my first year and now I am planning on doing it until my senior year."

- Sophomore Jordan Hedlund





Left: Junior Leeta
Carlson goes over her
case notes before taking
on her next competitors.
Students often reviewed
their previous cases to
better ensure success in
future debates.

Above: Sophomore
Jordan Hedlund and
Junior Kurt Johnson
engage in a heated
discussion. "Debate gives
you a lot more skills."
Johnson admitted. "It
also helps you become
more efficient to get both
sides of the case."





"It was a very successful day for our team, we had to let loose eventually." Senior Jacob Roshell commented on the tournament and picture. Debate posed for a quick picture after the exciting, eventful day at their home meet, Flake Stakes.





completed per year

Below: Senior **Amanda Nelson** smiles as she completes her challenge of retrieving a piece of bubble gum from a pie tin full of whipped cream. NHS students planned this and many other events for the annual Homecoming picnic.

Right: NHS members in their Halloween costumes pause to show off the food they collected while "Trick-or-Canning." Everything collected was donated to Family Pathways, a local food shelf.





"Don't procrastinate on your hours!"

Senior Victoria Yeager

"Help people gosh darn it!"

Senior Rebecca Hansen





"I like to help!"

Senior

Christopher
SherwoodGabrielson

Right: Seniors Paula Regnier and Kimberly DeMars pause to show off their moves at the NHS sponsored Swing Dance. All proceeds went to help the Traveling Speech Team and fund their trip to Florida.





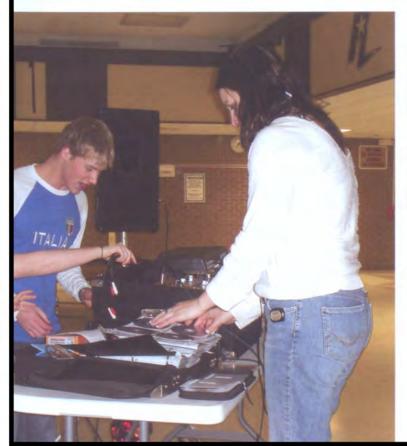


Serve It

Students assist members of the community with generosity

• Service, Character, Scholarship, and Leadership; four traits that are found in all National Honor Society (NHS) members. NHS is a nationally recognized school organization for outstanding students, whose intent is to "Create an enthusiasm for scholarship, stimulate a desire to render service, act as an auxiliary to the Student Council, promote worthy leadership, and encourage development of character in students." Students who were in this prestigious organization were selected by a group of faculty members who looked at the student's academic achievements, positive attitude, and service to others. • Each of the 79 members completed a minimum of 50 community service hours, 25 individually and 25 in groups, throughout the year. Projects ranged from working at the Humane Society and Junior High Youth Nights, to organizing the annual Battle of the Bands competition, where local bands got a chance to go head to head and see who had the most talent. This service work was essential to the success of many events. The money they raised was donated to many worthy causes within the community. • NHS members were all above average students, with a minimum GPA of 3.5. This group of students prided themselves in their studies and worked diligently all year to ensure success later in life. The experiences they had while in NHS will stay with them for many years to come. • Many members are sport captions or presidents of clubs at the school and were all chosen to be part of this organization because they are good role models for other students in the school. "The best part of being an advisor is getting the chance to work with the best group of kids in the school. They are all really great," said Advisor Mrs. Laura Livermore. • Be it collecting canned goods at Trick-or-Canning, singing carols to the elderly, or rocking out at the Battle of the Bands, students worked hard to help others who are less fortunate than themselves. These outstanding individuals came together to make a difference in the community and their hard work does not go unrecognized. .

~Christopher Bombeck





Left: Seniors Lindsey Quale and Scott Isaacson assist Advisor Ms. Heather Guy by selecting the next songs to play at the Dance-a-Ton. Students got pledges for the dance to donate to charities within the community. "It was a lot of fun Swing Dancing with Scott!" said Quale.

Above: Seniors Kathleen Peterson, Syressa Lewis, Danna Bergantine, and Katherine Spiess help direct college representatives at the College Fair held in the school cafeteria. Assistance from NHS members helped make school events like this one run smoothly.

Regional event for the Special Olympics

14

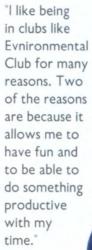
Mph to convert wind into electricity 10

Members in the Special Olympics

260

Pounds of CO2 removed by one tree in a year

Coaches for Special Olympics



-Senior Kalli Swedin





Above: Advisor Mr. **Brad Ward** looks on as Junior Mallory Manning starts planning events for Earth Day, celebrated on April 22nd of each year.

Right: I finished the whole thing! Senior David Goiffon raises his glass after three well played games at the lanes.









Which one of these things does not belong? Freshman Sam Kohs takes a moment to smile for the camera during the bowling game.



Above: Seniors Stefanie Deal and Meredith Armstrong takes a break during deliberate over a vote on a t-shirt color and design. "I say green shirts," stated Deal. "I know it's cliché, but green it is!"

Right: Freshman Andrew Gabrielson the bowling game to cheer on his teammates.





Clean It Up

"It's important to keep the environment clean because it is the only one we have."

> • Senior Theresa Brenberg

Unique Opportunities

Environmental Club and Special Olympics take full advantage of individuality

• There are many activities in the school that provided unique opportunities for students who wished to partake in them. Environmental Club and Special Olympics are good examples of such activities. • Environmental Club was all about finding ways to better the environment and to make people aware of ways they can improve the world around them. This year one activity the club got to try was stream sampling. Stream sampling involved going to nearby streams and testing the water to see how polluted it was. Then the results were sent out to environmental groups in the area and around the state. "It is really fun to do. We get to go on little field trips to help better the environment," stated Junior Colleen Peterson. Other projects the club took on were trying to find ways the school could use more efficient light bulbs, and they researched ways to put a windmill in the back of the school for different energy solutions. "It is a fun club, being able to help out for a good cause," stated Senior Meredith Armstrong. • Instead of trying to find ways to save the earth, the Special Olympics team found ways to have fun in their own unique way. The students who made up the Special Olympics team had enthusiasm and spirit to rival any other team or club in the school. This club gave the kids in our school with disabilities a chance to participate in activities just like the other students. It gave the participants a new environment for learning, and for having some good old-fashioned fun. .

~Amanda Bosman



After a long day of competition, the Special Olympics team pauses for one last photograph. "I enjoy seeing the kids competing and having fun," stated Coach Jennifer Paulson.

A.M. Weekly meeting time

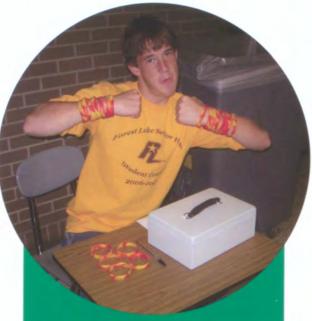
Student Council • 156

43 Members

> I | Z its of blood collected a the fall blood drive

Below: Junior Spencer Cossalter shows off his Ranger Pride while selling Homecoming bracelets at the picnic. Council members did many fundraisers throughout the year to pay for the various events they sponsored.

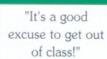
Right: Seniors Alissa Moberg and Carrie Peterson give a thumbs up after donating blood at the fall blood drive. Council members sat and talked with those donating to keep their minds off the needles, and make sure they were feeling okay throughout the process. 'It felt really good to know that my donation could save the lives of three people,' said Peterson.





"The early mornings suck, but you get to boss people around!"

> Senior Cristina Young



Senior Christopher Bombeck



"People don't understand how much work goes into planning Homecoming, but it's worth it!"

Senior
Kimberly DeMars

Right: Junior **Abigail Sauer** practices her Dance Dance Revolution moves before the start of the Winter Wonder Week pep fest. Students from all grades went head to head to see who had the best moves.







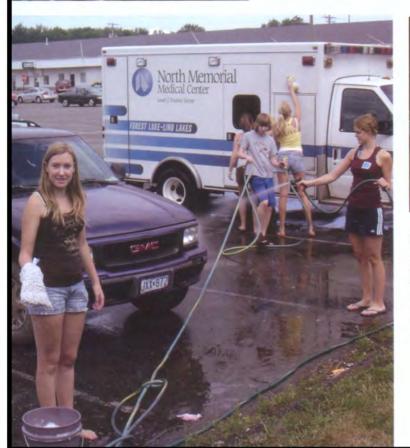


Plan It

Members go the distance

• Ever wonder who is responsible for planning Homecoming events, the school dances, or the Blood Drives? Members of the Student Council began working in mid August when most kids were enjoying the remaining weeks of their summer vacation. To make sure these events, as well as many others are enjoyable for the student body, they spent many hours planning. At their weekly 7:00 A.M. meetings, student representatives from all grades met to discuss events, ranging from dances to extended lunches during Homecoming and Winter Wonder Week. They devoted time to organizing and coordinating the events to ensure they are not only feasible, but also make sure they meet administration requirements for safety, time, and are appropriate for a school setting. "It's hard to come up with things everyone will enjoy, and we try to do a wide variety of things to keep people interested," stated Junior Christopher Pignato. • To fund these events, Student Council members spent a lot of time in the summer doing fundraisers such as car washes and bagging groceries, to get money so they could keep admission fees at the events as minimal as possible. In the spring, they hosted Data Match, which gave students a list of their most compatible friends in the school by matching personality traits, which in turn generated money for Winter Wonder Week and the teacher appreciation breakfast held in the spring. Student Council did not just raise money for school events; in March they sponsored the "Hats On" fundraiser, which allowed students to wear a hat in school for the day, with the intention of helping those who have undergone chemotherapy feel more accepted. Those participating were asked to donate a dollar or more to be donated to cancer research centers within the community. Student Council was also responsible for two blood drives throughout the school year. Faculty and students 17 and older donated their blood throughout the day and in so doing, saved the lives of many people. The Red Cross depended on the assistance of the members to keep donors organized and calm. • Student Council members go the distance to make sure that the school is a fun place for the other students. With their hard work, many enjoyable events were made possible. .

~Christopher Bombeck





Left: Junior Jessica Duffy. Sophomore Jeffrey Mondloch and Senior Heidi Bolenbaugh work on rinsing the suds off the hood of a truck at the Student Council sponsored car wash. Students worked for donations to help fund school events such as Homecoming, Winter Wonder Week, and various

Above: Sophomores Marie Harris and Kathryn Plaisance organize Data Match pamphlets and Valentine's Day Candy Grams. Students had the opportunity to purchase these items at lunches during Winter Wonder Week.

Spirit of Service

SADD and IClub represent diversity and challenge students to take up a cause

· When the bell rings after a long day of learning and tests, most students ran to the parking lot to escape from school. But two clubs staved after to make our school a better place through service to others. Whether it was learning about a new culture, preventing smoking or making blankets for the elderly, S.A.D.D. and IClub did it all. IClub is a newly founded club to our school and was led by Advisor Mrs. Anne Dahl. "The world is changing faster than we can imagine. IClub is an instrument for students to be a part of the change," stated Dahl. IClub was founded by two existing clubs, Interact and International Club. IClub participated in the school and the community by doing service projects, such as helping at the Asian Culture Festival and selling coffee bags. They learned how to respect one another regardless of where they came from or what they looked like. and learned some life lessons along the way. "I wanted to meet people I wouldn't otherwise meet," stated Junior Kaitlin Krengel, "and it's better to do something you can take with you than just sitting around and hanging out." Another club in our school that helped make it a better place was S.A.D.D. S.A.D.D stands for Students Against Destructive Decisions, and was led by Advisors Mr. Chuck Moses and Mrs. Judy Hill. They served as guardian angels for a group of students who discussed student issues. such as drinking and driving, smoking and drugs. From making sure our seat belts were safely secured around us, to teaching us about the effects of drunk driving and showing us how smoking can negatively affect one's health, S.A.D.D. went the distance. "It provides the students with an extra step in their day," exclaimed Junior Paul Goedeke. • The opportunities were plentiful through both S.A.D.D. and IClub, and their dedication was evident in many ways. From the posters in the hallways to the ribbons worn and the friendships made, they captured the spirit of service and shared it with others. .

~Cristina Young



Juniors Chrystle Uhl, Alicia Tomlinson, Alexa Ihrke and Senior Kirin Chavez pose in front of the Rain Forest Cafe. IClub took many field trips to advance the social aspect of learning, including this one to the Mall of America.





2,000

Drunk driving pamphlets handed out 500

Attendees at the Asian Culture Festival 149

Coffee bags sold 3

Community projects sponsored

17

Hours spent putting up posters





Above: S.A.D.D. Members go the extra distance to brainstorm new ideas on how to improve our school. Bullying was a main topic focused on, and efforts were made to bring this issue to light among students.

Left: Senior Rebecca
Ahmann hands out drunk
driving fliers to parents
at registration. Parents
received the information
to help understand the
pressures of alcohol on high
school students.



getting to know the exchange students and the different cultures that they represent throughout our school!"

- Senior Aichon Yang







Left: Junior Christina
Slowinski carefully
constructs a yellow ribbon
from a box of supplies.
S.A.D.D. hung posters and
ribbons throughout the
school to bring awareness
to suicide prevention.

Above: Seniors Alicia Lindgren, Mayura Yang. and Kristen Steffer chuckle at a comment made by Advisor Mrs. Anne Dahl. IClub held meetings to discuss and reinvent fun kinds of community service.



Junior Danielle Goulding carefully folds magazine pages to create a 3-D art project. Goulding was especially excited to attend the Asian Culture Festival at Forest Lake Elementary School. "I just love Asian culture," she exclaimed.







Below: Junior Krista Carlson listens attentively at the monthly FFA meeting. Members discussed details for their various events throughout the year. "It is important to go to the meetings so you can stay caught up on what is going on," Carlson stated.

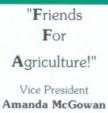
Right: Juniors Kristianna Lockwood, Nora Nolden and Freshman Josie Niemczyk are touring the Niemczyk Greenhouse. They learned about different flowers and how the greenhouse worked. "The flowers were so cool, you touched them and they would close up," said Nolden.





"Finding
Friends
Amazing!"

President Trevor Osterbauer



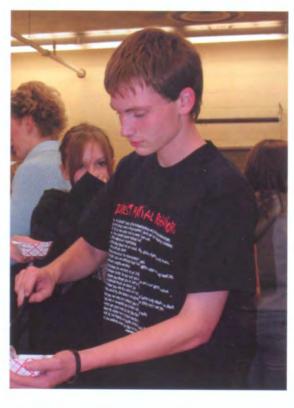


"Fun For All!"

Treasurer Samantha Marois









Milk it

For all it's worth

. When FFA first started, their main objective was to teach the way of the land, but that objective soon changed. FFA began to pride themselves in teaching leadership, community involvement, teamwork and personal growth. "It gives you the opportunity to find your place and to learn how to lead," commented Junior Helen Lininger. Senior Cory Rime agreed. "It is not just about plants and animals. There is much more to it than that," he stated. • FFA members had many opportunities throughout the year to use the skills they have learned. They took on the challenges of events such as plant sales, horse shows, community service projects, county fairs and public speaking competitions. This year, they were able to go to the State Fair and help with the new Miracle of Life birth center and the Little Farm Hands exhibit. At the landscaping booth, members once again put together an outstanding display, this time with a theme of Colorful Foliage. "It was so much fun being able to help with all the baby animals and interacting with new people and telling them about FFA," said Senior Jessica Westlund. In addition to their Fair activities, FFA gathered 750 pounds of nonperishable food for the annual food drive. "This was the best year we have had. I am so excited about how well it went," said Senior Amanda McGowan. • Though FFA members put a lot of hard work into what they do, they also had many fun times. "The best part of FFA is the fact that I'm having fun, always! Oh, and of course, the traveling," exclaimed Rime. FFA members spent a lot of time together in and out of school, forming tight-knit friendships at their many events. One of the most important skills an FFA member walked away with was the ability to work well with others. It also helped students to realize their full potential and to accomplish it. • No matter the event or service project, members lived by the FFA motto: Learning to do, doing to learn, darning to live, and living to serve. The opportunities to get involved were plentiful, and FFA members milked it for all it was worth. .

~Amanda Bosman





Left: Senior **Michelle Medina** makes cotton candy to sell at the Homecoming picnic. FFA sold cotton candy as a fundraiser to raise money to help support other events hosted throughout the year.

Above: Junior Makayne Tulgren and Sophomore Abigail Lund shovel dirt into the landscaping booth at the Minnesota State Fair. Members of FFA spent a day working on putting together the booth. "It is something that we do annually that is a lot of hard work but definitely worth it," commented Tulgren.



26

Sports teams offered

18/26

Varsity coaches who teach in our district

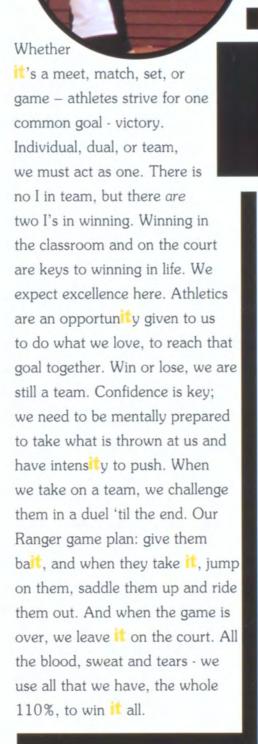
2,600

Capacity of stadium bleachers

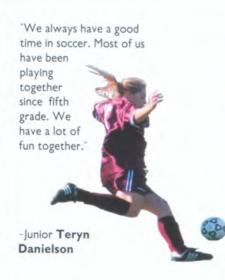
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Fraction of students who participate in athletics

Junior **Chelsie Sobieck** waits for the whistle during a home meet against White Bear Lake. After winning 3-0, **Sobieck** shared her words of wisdom. "Success; don't just wish for it, work for it," she declared.



Winning all





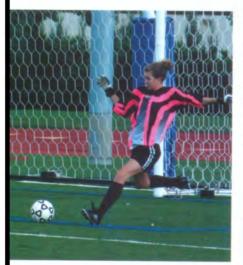
For the love of the game

"Soccer is being able to push yourself."

~Kate Haglund

Knowing what is going on around you is a key skill in soccer. The field echoes with the voice of a coach shouting from the sideline to get the ball into the net. Another skill is seeing the opportunity to advance the ball to one's own teammates that are mixed in with the opposing side. By attending just one game one can see the passion of the players. One can hear the heartbeats and feel the intensity. Soccer is a game that takes a lot of dedication, stamina and endurance. Personal and partner dedication play leading roles in the game of soccer. The girls knew how to excel in each area, as Senior Kate Haglund explained, "We learned the real meaning of playing as a team." • A tough tweaking the girls had to deal with this year was having such a young team. Out of the nineteen players, thirteen of them were underclassmen. The underclassmen all brought separate benefits to the team. Freshman Goalie Whitney Fenne, had twenty five saves in one game. Another talent the girls have is being a tight group on and off the field. They showed working as a team could be done with ease. Senior Sophia Tschida-Reuter pointed out, "We left our attitudes off the field." Assistant Coach Kirsten Lafean recalled, "They showed up and they weren't going to let Woodbury beat them badly. They were prepared first conference game of the season." This team has shown enthusiasm and devotion since the first practice. Summer practice provides a chance for the giris to break out of their summer routine and into a set schedule. It is also a time when the varsity girls get a chance to meet the new players. Summer practice was strenuous for the girls. "It was hard and hot and prepared us for the season," stated Junior Kayla Raarup. During the summer practice the girls must complete a four mile run in under forty minutes. This is the longest and hardest run for the players. *The girls overcame many struggles, they had many ups and downs, and they learned to work as a team. They strengthed their skills and talents and made the best of them by dealing with their dilemmas head on.

~Emily Coppersmith



Junior **Kayla Raarup** blocks the ball from being scored. **Raarup** had 163 saves as goalie this season.



Varsity & JV Soccer

Front Row: W. Fenne, D. Boldenow, M. Medina, K. Raarup. Row 2: A. Johnson, C. Bass, A. Paulson, J. DeGennaro, A. Falck, B. Wappel, B. McDonald, K. Haglund, T. Danielson. Row 3: T. Shelafoe T. Anderson, B. Hukriede, B. Craig, A. Shimota, M. Blake, A. Mills, C. Newell, A. Kraus, L. Krell, K. Swedin, H. Hansen. Row 4: A. Rue, M. Zuzek, C. Robinson, A. Hedlund, C. Gagne, K. Miron, S. Nase, K. Carver, K. McIntosh, Asst. Coach Glen Berg. Row 5: Coach J. Holleran, G. Davis, M. Wappel, C. Hintzen, E. Wislicenus, C. Herrmann, S. Guertin, S. Tschida-Reuter, J. Smoczyk, L. Carlson, K. Christensen



defensive line by heading the ball up the field.

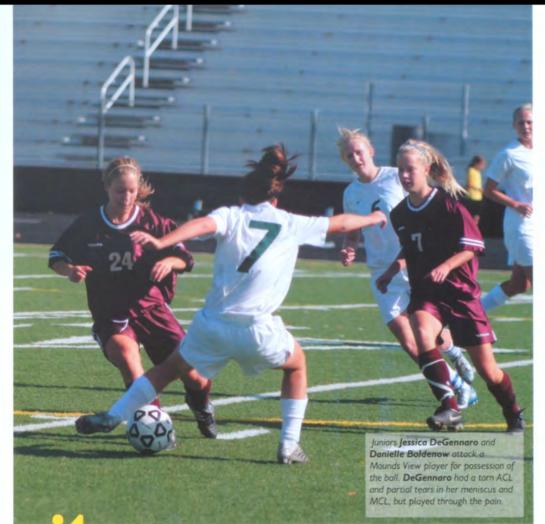
Faces on a soccer ball

9,000Square feet of soccer field

205 Sum of jersey numbers

Total steals

Height of goal post in feet





Senior Captain
Michelle Medina

"It's a lot of fun, an overall good experience and you meet a lot of people."



Junior Captain

Danielle Boldenow

"Just keep kicking, just keep kicking."

Get Straight

Saint Paul Woodbury **Mounds View** Cretin- Derham Roseville Chisago Lakes Hastings Stillwater Irondale White Bear Lake Park Stillwater Roseville Woodbury **Mounds View** Park

White Bear Lake

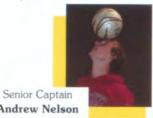




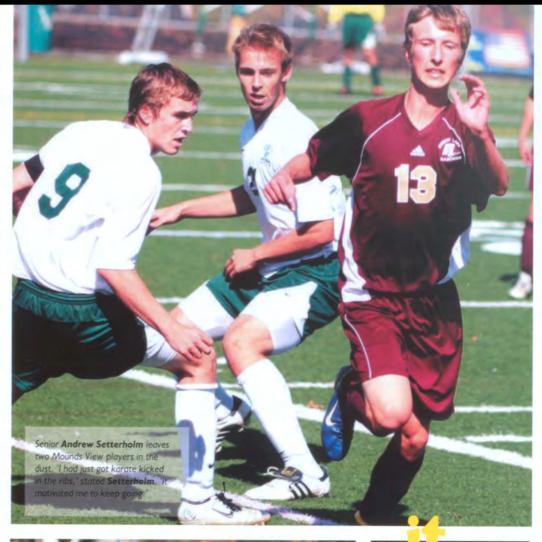
Left: Sophomore Molly Zuzek shields a Mounds View player from kicking the ball. Zuzek was the only sophomore on the varsity soccer team this season.

Below: Junior **Abigail Paulson** fights for the ball down the field. **Paulson** was one of the team's solid defensemen. "I feel much stronger as a player at a defensive position," she stated.





Andrew Nelson "I balanced the ball like I balanced leadership and friendship on the team."









Duluth East Coon Rapids Woodbury Mounds View Irondale Cretin-Derham Hastings Stillwater White Bear Lake Park Stillwater Roseville Woodbury Mounds View White Bear Lake

Right: Sophomore Brian Conley dribbles past the Mounds View defense to set up a goal opportunity. Conley played forward for the Rangers this season.

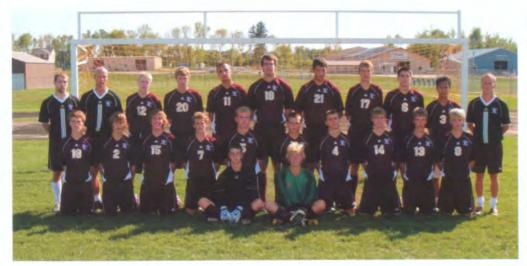
Below: Senior Patrick Stiner. Senior Cory Faymoville, Junior Brett Stolberg and Senior Andrew Setterholm create a wall to block the opposing team's free kick. The wall worked in maroon's favor. "I like to protect the net." Faymoville added.

~Merim Halavac

For the team

The summer was hot and the lake was perfect. While most kids boated or slept in, the soccer field at the high school shook with the weight of a team ready to make their mark. The summer started out by scrimmaging one another and it became clear that this year's boy's soccer team was a growing program. In Referee David Drenchpohl's opinion, we had, "aggressive play and energetic coaching." . The team had obstacles right from the get-go. It seemed like an inpossible task to create a starting lineup since the last year graduated almost the whole defensive lineup. Yet they did come together with ten returning players and ten new members. There was another challenge - Mother Nature. The season's last five games were played in the cold, driving rain. The only way to survive it was to wear under armer and sweatshirts. Finally, the hardest part of the season was to synchronize the playing styles of new and returning players. "Everyone did the best they could with what they had," explained Sophomore Brian Conley. The first game of the season was a tie against Duluth. Senior Jeremy Steiner scored the first point, which was followed by a successful kick executed by Senior Captain Bryce Bengston. The game ended in a tie when Duluth tied the score with five minutes remaining. The meet with Irondale ended in victory, though there was a point in the game where they felt they were loosing consentration. At the end of the first half the regrouped and pulled together as a team and finished the game right. Although there was a no further victories shown on the scoreboard, there was a strong sense of pride and accomplishment at the end of the season. Senior Patrick Stiner reflected on the season when he remarked, "Our coach was motivational. He always had advice for us." Anyone would be able to see what he ment if they attended a game. The score boards looked grim at times, but what this team learned was that the point of the game is not just about winning or loosing. They must have understood this because the remaining ten seniors came away with a positive attitude and a desire to continue their soccer career at college or club competition. .

~Kate Harrison



Front Row: K. Lewis, C. Pignato. Row 2: A. Davis, R.Anderson, J. Peterson, B. Conley, A. Nelson, B. Bengston, J. Stiner, P. Stiner, A. Setterholm, B. Stolberg, Row 3: Coach P. Harnett, R.Tungseth, A.Perrin, R.Tolzman, M. Halavac, J. Ohman, C. Faymoville, K. Pickar, A. Montes, T. Xiong, Coach S. Conley.

> 2,000 Miles Bruno Lorendo traveled to experience

> > America

Tallest player on the team

Feet: Radius of the center circle

'It was a memorable game, some people got red cards and the excitement pushed us all to hustle. Sophomore

Austin

Perrin



Junior Christopher Pignato snatches the ball from the opposing team. Against Mounds View I was a fearless goalie, I saved a P.K. and almost broke my ribs," recalled Pignato. 'It was an eventful game.



for it," Junior Brett Stolberg exclaimed. Stolberg headed the ball up the field to set up an offensive attack.

25 Yards of season's longest throw

Feet from the penalty box to the goal

"The season went really well, everyone improved and we had a strong team bond which also helped us" -Senior **Bridget Holmes**

Taking it in stride

"It was fun getting to know everyone."

~Laura Trombley

• When many teams think of running, it is considered a punishment, but not to these girls. To the Girls Cross Country team running is something they all enjoy and strive to get improve in. They see running as something more than just running but as a way to test their personal strength. Cross country is a sport that takes a lot of endurance and isn't something someone is just good at. Unlike many other sports it is done on varies terrains and they compete outdoors rain or shine. This season the girls even had to race in the snow, but that didn't stop them. Along with physical strength cross country also takes many hours of training, strong will power, a positive mental attitude and a drive to do well. Senior Samantha Buol states " I love the feeling after you complete a race, it's rewarding knowing what you have just accomplished." All of the girl's hard work really paid off this year. They started their season off with four top five finishes, one of which was a first place finish at the Cambridge-Isanti meet. "We all did really well this season, a lot of girls stepped up and provided us with big finishes," added Sophomore Gina Lange, who has been on the team since her eighth grade year. • The team also had a strong bond this season due to the return of many teammates. A lot of these girls have been running with each other for many years and were very close. However this year the girls welcomed some new faces as well. They were very open to the newcomers and made everyone feel like a part of the team right away. " The sport itself was intimidating, but the team made me feel really comfortable." said first year runner Junior Laura Trombley, "It was fun getting to know everyone." • After all of the girls hard work it was time for them to give it all that they had for one last meet. They entered their Section meet at Goodrich with high expectations. Knowing that the competition was going to be the hardest it had been all season meant everyone had to step it up. Even though they did not make it to the State meet this season, the team still did really well and ended with a 9th place finish at their Section meet.

~Janelle Winjecki



Sophomore Gina Lange and Junior Annie Dehmlow work together to pass the opponent. The team placed third at the Willmar Invitational.



Junior Annie Dehmlow leads the pack in stride. Dehmlow finished the Swain meet with a time of 17:45



Varsity Cross Country Front Row: K. Buerkle, K. Robinson. Row 2: M. Lemmons, E. Peterson, B. LaFontsee, B. Holmes, J. Brodin, C. Struss, J. Sudo. Row 3: Coach M. Labossier, L. Trombley, K. Babbitt, A Dehmlow, E. Peterson, E. Wagner, G. Lange, B. Peterson, S. Mitchell, C. Nowicki, J. Hipp, Coach K. Faireman.

13,200

Number of feet in a race

Total miles ran in the season by the team

63,360

Inches in a mile

Total miles ran by the team in one race

Number of miles in a race







Kelsey Robinson
"Cross Country is the best sport ever!"

Get Straight

St. Cloud Apollo 2nd Place
Cambridge-Isanti 1st Place

St. Francis 2nd Place

Willmar 3rd Plce

Blaine 9th Place

3rd Place

Falcon Ridge GC 8th Place

Duluth East

Milaca 9th Place

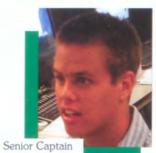
SEC Goodrich 9th Place





Left: Junior Katelyn Babbitt and Sophomore Catharine Struss push towards the finish. They both kept at a good pace which helped them to make strong finishes.

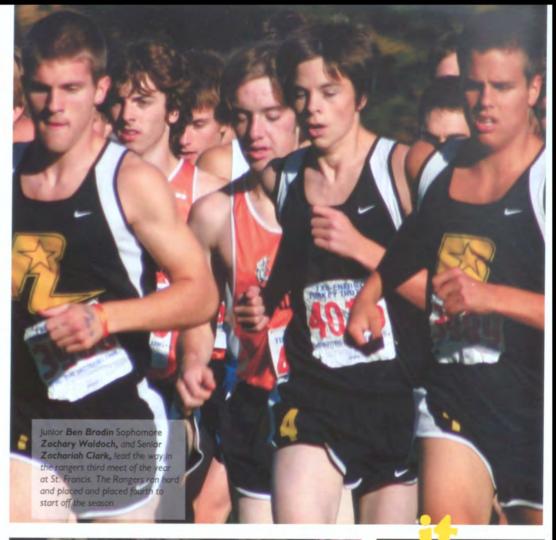
Below: Senior Brittni LaFontsee and Junior Emily Wagner battle out the cold at the Suburban East Conference meet. This was their only home meet of the season. During which temperatures reached as low as 29 degrees.



Zachariah Clark
"Shake and bake!"



Mark Sandager
"If you ain't first
you're last!"







Right: Junior **Shawn Wright** gives everything he has left to finish strong. The Rangers placed fourth in their first meet of the year at St. Cloud Apollo.

Below: Senior Seamus Glewwee and Junior Spencer Cossalter battle to earn points for the team. The Rangers fought hard and earned a top five finish at their meet at Cambridge-Isanti.

St. Cloud Apollo **3rd Place** Cambridge-Isanti 1st Place 4th Place St. Francis Milaca 4th Place Willmar 4th Place **Blaine Invitational** 4th Place **Duluth East** 4th Place SEC Tournament 5th Place

"That just happened!"

Rum it

The complete athletes

~Mark Sandager

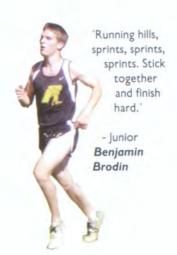
IT consists of 323,136 inches, IT is 26,928 feet long, and IT takes 5,984 strides to complete. What is IT? IT is boys cross country and there are elements and challenges to this sport that the average Joe could not even comprehend. There are many parts of this sport that push the body and the mind; from the training, and the competition, to the elements that can't be controlled like the landscape and weather. • First is the training, "I run anywhere from 4 to 14 miles at least 5 times a week." Sophomore Zachary Waldoch stated. Most people cannot walk 14 miles without getting winded, much less run it. The second obstacle for the Rangers was the competition. The conference was a tough one and the section was even tougher. With teams like Stillwater, Andover and North St. Paul, the team had their work cut out for them. With all of these competitors, the Rangers needed someone to step up and lead the team. That person was Zachariah Clark. With honors like All Conference honorable mention and an All Conference performance his junior year, there were high expectations for Clark in his senior year. And those expectations were more than met, leading the team to a fifth place finish in their section. During one meet in their season it was 28 degrees, proving that there are some things you just can't control, but like always, the rangers perservered and finished strong in 4th place. Junior Benjamin Brodin had this to say about the season, "We had a lot of tough workouts emphasizing sprints and sticking with a core group to gain points. It was hard work but it got us ready for our conference and sections." The Rangers knew they had a lot of work ahead of them but with the strategic coaching and years of experience between **Deno Johnson** and **John Fick** and great leadership between Senior Captains Mark Sandager and Zachariah Clark, the Rangers were ready for whatever came their way. The rangers had a great season starting with four top four finishes, a fifth place finish and a first place finish in their first six meets. They battled hard throughout and finished strong with a victory and a second place finish in their last two meets. They took that momentum into sections where the Rangers battled hard and placed 5th. Although they didn't make it to State this year, their spirits were not hurt. With a young team and a big heart the Rangers met and exceeded all expectations.

~Alex Lindeberg



Varsity Cross Country

Front Row: J. Jackson, W. Long, C. Kendrick, M. Johnson, B. Brodin, D. Lundell, M. Howe, D. Kasl. Row 2: Coach D. Johnson, D. Medina, Z. Clark, L. Nordgren, P. Sandager, T. Rehak, M. Sandager, A. Orth, Z. Waldoch, N. Moen, Coach J. Fick. Row 3: N. Reidman, T. Strike, S. Wright, S. Cassal, N. Kelley, R. Wright, S. Glewwe, R. Lilliquist, S. Coozenoy, B. Long, S. Wambold.





"There is hostility between you and other runners. You want blood." Sophomore **Zachary Waldoch** bears down to dominate the competition.



"One of my goals was to get into the low 17's. I worked my butt off trying to get those times." Junior **Leif Nordgren** digs down deep in the final strides of the race.

196

Beats per minute of average peak heart rate.

14

Miles in an average practice run.

65

Years of team's combined expirience.

9

Percent of bodyweight runners can lose in a single race. 531

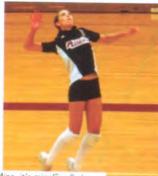
Calories burned in one hour.

"One of the best rules they could have changed... letting a libero serve!"

Senior Nicole **Tetrault**



Junior Caitlin Lehner carefully swipes the ball so it does not hit the pole Lehner was a strong player on the right side with 8 kills against Hastings.



"It's Mine, it's mine!" yelled Junior Chelsie Sobieck. She eagerly called off her teammates in the attempt of achieving the perfect kill.

TO ME

It's what we do best

"Do it to it!"

~Amber Diemert

"Pump it up go 'head, go 'head. Pump it up go 'head, woo!" the Varsity girls cried out in a huddle. The team of seven seniors, five juniors and one freshman, had a chemistry that stood above all, on and off the court. Whether they were laughing, dancing or picking each other up, they stuck together. "They all have been really great friends," exclaimed Junior Chelsie Sobieck, "I learn so much from them everyday. Without them my life would be boring." The girls started the year off with an intense game against North Branch. They pulled through with a 3-2 win and set the tone for the season. Having a strong combined offense and defense the team earned some more victories against Stillwater, Mounds View and Roseville. The team placed second in the Suburban East Conference, one of the toughest in the state. However, the girls overcame their opponents by toughing it out to the last point of every match. • The season started out on a different note than it had in years past. With the 20-6 record, they not only impressed the school, but also the state. With the tallest girl on the team standing at 5'11 the team proved that height was not all it took to win. With every match these girls stood tall and showed everyone up. Sections was a new experience for the ladies. They faced some rough teams and a lot of opportunities were opened. "We really just went out there and said we are going to win," exclaimed Senior Amber Diemert. They defeated Cambridge-Isanti in the first match, St.Francis in the second and then Hermantown for their last game in order to advance into the section 7AAA finals. With the back up of the a spirit bus full of student fans the girls were ready to take on Hibbing. At the finals, they played their hearts out to the last drop of sweat that hit the floor. Although they were defeated by Hibbing they put up the most courageous fight of the season. • Sections was the finale to a great year. With an overall record of 20-6 the team had a lot to be proud of. The ladies not only the talent to succeed but also had the spirit to persevere. "It was an incredible season that I did not want to end," exclaimed Senior Alexandra Jones.

~ Cristina Young



Varsity Volleyball Front Row: M. Becker, E. Nelson. Row 2: A. Diemert, N. Tetrault, A. Jones, S. Cole, M. Gemeiner. Row 3: Coach S. Alm, S. Johnson, C. Young, M. McKenzie, C. Lehner, C. Sobieck, J. Bucholz, L. Alm, A. Sauer, Coach M. Marr, Coach D. Wiess.

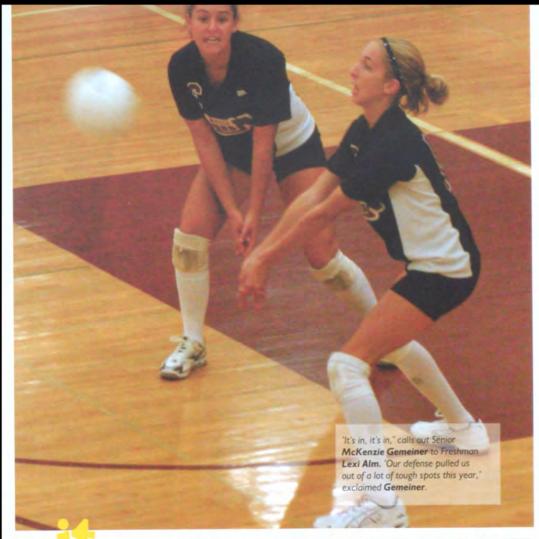
980 Squares in a

4.1-4.4 Pounds of pressure in a legal volleyball volleyball net

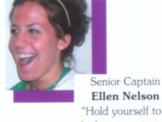
1090 Kills made this season

1800 Square feet on a volleyball court

7'4"& 1/8" Height of a regulation volleyball net







"Hold yourself to a higher expectation than anyone expects from you."

Get Straight

- North Branch 2 Chisago Lakes 0
- Keller Classic d Tournament

0

3

2nd

8th

3

- Anoka 3 Cambridge- Isanti
- Park Cottage Grove
- White Bear Lake
 - Stillwater
 - Hastings 0

0

0

0

- Duluth Invitational
- Cretin-Derham 3
- Mounds View
- Roseville Area
 - Woodbury
- Eastview
 Cambridge- Isanti
 - St. Francis
- Hermantown
- Hibbing





Left: Junior **Megan McKenzie** pumps her team up in hopes of a victory. "Boom, we think we're bad... what we know we're bad," cheered a roaring huddle.

Below: Senior Megan Becker and Junior Megan McKenzie eagerly await a serve. They worked tremendously hard to defend our net from the opponent." Talking every play was key to our team's success," commented McKenzie.





Senior Captain **Matthew Schwartz** " We love our Ranger fans."



Senior Captain Tyler Kleinhuizen " Good, better, best never let it rest till your good is your better and your better is your best."









28 28 White BearLake **Mounds View** Woodbury Stillwater 20 28 **Lakeville South** 38 Cretin 34 26 21 Hastings 26 27 Blaine

FL

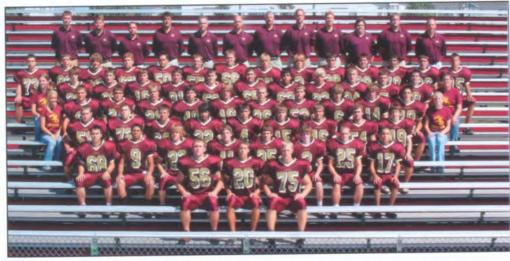
Right: Junior Dalton Keep runs past the White Bear Lake kickoff team. The only thing that went through his mind was " Touchdown baby."

Below: Senior Sasina Sikahema looks up and runs for more open field. Sikahema, a transfer student, was a positive addition to this year's team with 62 yards rushing and 24 yards receiving.

Best season in six years

From start to finish the football team has done nothing but work hard to accomplish their goal of a high seed in section playoffs. To succeed with their goal, the team had to go through many hours of summer practices to try to achieve perfection. Senior Safety Brett Johnson once stated that he gets up for practice because he " Wants to be the best and to keep getting better." All of this practice got them near perfection as they won enough to get themselves recognized by opponents, rather than getting over looked. Also, for the first time since the 00-01 season, the team won the homecoming game. The team showed a lot of hard work and that they would be the team everyone wanter to beat. The reaction at the end of the game was heart stopping or, according to Junior Running Back Dillon Grant, " This is the best day of my life." The game was not as close as the score indicated, and made it seem like homecoming was a dream come true for those seniors, as well for the junior players. What they took from this is that if they keep working hard, nothing was going to stop them from their goal of getting a high seed in the playoffs and the far goal of going to State. The game didn't only get the team thinking about State but also got the student body excited as well as the town. The team was not only winning but winning big. This had been needed here for a long time. The seniors on the team got a good feeling when they looked back at all that they had done. This was with a large variety of seniors that were back for this season and they knew that they would have to give everything they had to grasp a winning season. The team fell a little short of their goal of a high section seed, but still managed to fall in the middle of their section. They worked hard but lost in the first round of section play. Even though they lost, and the dream of advancing to state was gone, they had the school and community behind them. This team made great improvments through out the season and will be looked at as a challenge and not just another team to play.

~Andrew Hardy



Varsity Football

Front Row: M. Schwartz, M. Hansmann, T. Kleinhuizen. Row 2: E. Sanz, S. Sikahema, T. Jung, W. Kichler, M. Koenig, S.Carr, M. Peterson, F. Cavazos Row 3: K. Klein, B. Goss, L. Underdahl, M. Schwartzbauer, D. Keep, B. Ulrich, L. Smith, D. White, J. Rivet. Row 4: K. Buerkle, L. Robinson, B. Yetter, B. Johnson, E. Nosie, T. Garvey, B. Rivard, C. Anderson, R. Bucholz, J. McAlpine, V. Shaw, S. Langenbach. Row 5: K. Nygaard, T. Fick, C. Goodyear, D. Grant, B. Brambilla, J. Rothmeyer, D. Okimosh, K. Ralles, R. Gavanda, J.P. Swanson, J. Haider, J. McAllister. Row 6: S. Birdsall, L. Daninger, L. Munkelwitz, C. Peterson, H. Selg, N. Wilson, A. Mendola, T. Schultz, C. Larson, D. Edelen, G. Colbert, C. Kerkhoff, C. Triemert, B. Gort. Row 7: Coach J. Hall, Coach P. Wieland, Coach G. McLaughlin, Coach P. Miller, Coach L. Matzdorf, Coach M. Cleary, Coach J. Wilson, Coach N. Appleby, Coach R. Johnson, Coach T. Harris, Coach J. Scheider, Coach C. Vogel.

5,413 Sum of all the football jersey numbers

13-15

Average weight in pounds of a football player's equipment

Inches is the width

of a football

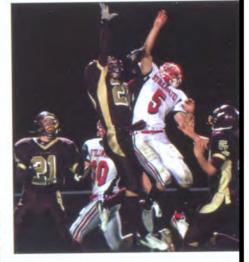
1,742

Average rushing vards during the season

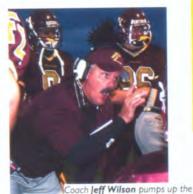
'It was awesome beating the Stillwater Ponies at Homecoming because

they were so big and have a very strong team."

Senior Shawn Birdsall



Senior Matthew Hansmann jumps high to tip the ball as Senior Brett Johnson waits for it to drop. The team worked for excellence on defense this



offense to impact the next drive. Wilson used motivating speeches all season long.

Average height & weight of a Forest Lake football player "You think
we are
wimpy with
no athletic
ability....well,
guess again!"

-Junior
Katherine
Crudo

ACE M

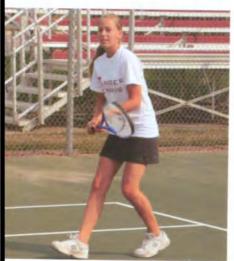
You got served

"Skeet Skeet, see ya!"

~Hilary Hazzard

 After long hours of practicing under the hot summer sun, the girls were back this season swinging better then ever. The team had many returning players, with lots of experience. Winning six conference matches, the girls had one of their best seasons yet, coming out of the Suburban East Conference in second place. The team played a tough match against Blaine in the final conference match to be seeded fifth going into section play. "We had an amazing season! The underclassmen made a huge contribution to our team this year. Playing at a varsity level, they really stepped it up," Junior Katherine Crudo commented. • The girls did a great job with graduating five of their senior players after the 2005 season. Many of which were very helpful to their team. "It was interesting to see how much talent they actually had below them," remarked Sophomore Lauren Gravelle. Although the team played very well as a whole, there were many key players who made it possible to achieve the goals they set for themselves and for their team. The team ended up beating the Stillwater Ponies, one of their toughest rivals, using many different strategies to make it to the semifinals in team sections. Coach Greg Patchin had to make a few adjustments to the doubles and singles teams but it all worked out in the end. Although the team made it this far, two individuals and two doubles teams made it even further. Eighth grader Audrey Hammer made it to sections winning one round against Hill Murray while Sophomore Lauren Gravelle also made it to sections. Both appeared as individuals. Senior Captains Madalyn Raasch and Alexa Nelson went as one of the doubles teams in sections, winning one round against another doubles team from White Bear which was the last game of their season. Senior Captain Paige Patchin and Sophomore Quinne Patchin made it the farthest in sections, winning many rounds and taking third. • Although the main goal of their season was making it to State, the individuals and the team did an amazing job this year.

~McKenzie Gemeiner



Freshman Charise Kendrick is caught relaxing for a moment after a 'clean winning'. An expression used only by Kendrick



varsity Tennis

Front Row: M. Raasch, P. Patchin, A. Nelson Row 2: C. Kendrick, B. Odegaard, C. Miller, H. Hazzard, A. Hammer Row 3: Coach J. Kendrick, S. Holien, L. Gravelle, K. Crudo, B. Patchin, Q. Patchin, C. Carpenter, Coach G. Patchin



Sophomore **Quinne Patchin** slices at the ball while trying to get it to land short on her opponent's side. This technique helped her move on to sections.

5,940 Squares in tennis net

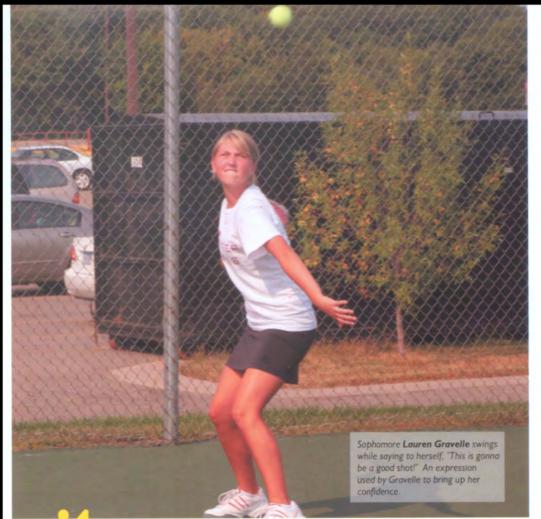
368
Holes in a tennis

1,404

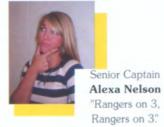
Square feet in a doubles tennis court

7.85Circumference of a tennis ball

height at the center of the net











FL

Stillwater 0
Centennial 0
Chisago Lakes 0
Coon Rapids 1
Hastings 3
Cretin-Derham 2
Roseville 3
Stillwater 4
Woodbury 0
Anoka 2

Mounds View

White Bear Lake

Park

Blaine





Left: Eighth Grader Blair Patchin and Freshman Brianna Odegaard are both fighting for the forecourt shot to win the point. With both talking, no collision occured.

Below: Junior Cassandra Carpenter awaits the serve from her opponent while wondering whether or not it's going in. With a double fault, Carpenter ended up winning the match.

Rip it

Get ready to splash into it

"Rock the block!"

~Julianna Dahlager

"Unity, team spirit, and commitment," are three necessary characteristics of a swimmer or diver, stated Senior Andrea Gaytan. The girls team achieved great success thanks to a group of hard workers! Senior Heather Ristow attributed the success to, "112% at practice every day; it really paid off." Plenty of personal goals were met and even a few pool records were broken. Throughout the season, Senior Captain Amanda Nelson shattered five pool records, including three for Forest Lake. In addition to a lot of young talent, the team graduated 13 outstanding competitors at the end of the season. In honor of their final year, the senior girls all deliberately planned to wear dresses to school, the day of their senior night. The evening was filled with excitement despite a close loss to Hastings by a mere two points. Another season highlight was the achievement of a new team record. During the Hastings meet Junior Mary Walters, Freshman Sarah Williamson, Senior Captain Amanda Nelson and Sophomore Darian Kaiser swam the individual medley relay, which broke the current team record. • In swimming, a low number up on the scoreboard represents success, whereas divers hope for higher scores! The divers also experienced a season of excitement, advancing Senior Captain Janel Duffy to the State Tournament. The divers hope to get a good rip, which is little or no splash, while swimmers hold their breaths eagerly finishing the race. "We race the clock and hope to pass some girls on the way," commented Senior Katherine Monberg. It is clear this sport involves achieving individual goals in addition to team ones. You get what you give and that usually means you don't have teammates to fall back upon. Many of the girls participate in relays which allows for a feel for teamwork, though many of the swimmers compete in individual events. We are proud to have seen all the rising talent and look forward to the seasons to

~Jennifer Faust



"It's always fun to see all the

parents in

the stands

cheering for the 400

free

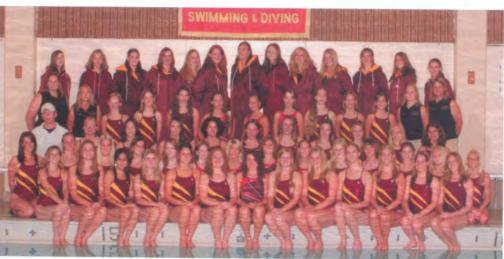
-Sophomore

Darian Kaiser

Sophomore Laura Oberg-Hauser catches a breath before continuing her race. The girls condition many hours throughout the season to ensure success at their meets.



Junior Mary Walters gets a strong push off from the start. Walters was the team's all-star in the backcrawl and a consistently strong competitor.



Varsity Swim & Div

Front Row: B. Sweigart, F. Van Sloun, A. Gaytan, H. Ristow, C. Peterson, A. Husfeldt, J. Duffy, A. Moberg, A. Nelson, R. Zierke, K. Monberg, L. Quale, A. Lalla. Row 2: A. Schmitz, M. Walters, A. Anderson, E. Liljedahl, L. Oberg-Hauser, A. Bay, S. Sampair, E. Eagen, A. Anderson, N. Emholtz, J. Niemczyk, K. Sewall, B. Ewert, G. Bunten. Row 3: M. Elden, C. Royce, S. Williamson, P. Wold, C. Gross, A. Blenninger, D. Proulx, A. Bergan, T. Curtis, K. Forliti, R. Gross. Row 4: Coach L. Davison, Coach D. Welch, A. Brenhoffer, K. Anderson, A. Bergman, A. Faust, K. Sova, W. Anderson, T. Brockman, M. Baker, N. Haglund, Coach R. Mckenzie, Coach A. Brett. Row 5: B. Luhman, M. Sperry, C. Riesgraf, K. Royce, D. Kaiser, P. Faymoville, J. Dahlager, S. Carr, S. Morris, C. McGee, L. Tomnitz, H. Merrier, A. Waskey.

2

Number of times the pool is drained and refilled each year 900 Pool length in inches 84

Average temperature of the pool

155,000 Gallons of water in the bool 130 People is the Southwest pool capacity





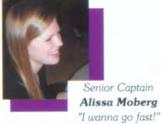


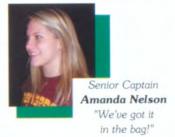




Senior Captain **Ann Husfeldt**"Go, go Power

Rangers."







Left: "The 100 fly is awesome...
until the last 12 yards," stated Senior
Lindsey Quale. The butterfly is
amongst the hardest strokes in
swimming. Quale has been competing
in the event since she was in eighth
grade.

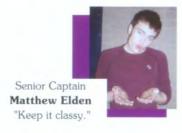
Below: "The best part of the breaststroke is coming up for air and hearing everyone cheering," noted Senior Captain Alissa Moberg. Throughout the season Moberg used the skills she had gained from the breaststroke to achieve success as a sprinter.



Senior Captain **Tyler Sperry** "To be the best, you have to beat the best."



Scott Isaacson "To be the best you have to beat me."





Right: Sophomore **Jeffrey Isaacson** gets ready to execute a challenging dive at the University of Minnesota meet. He prepared to make the difficult dive of a reverse 11/2.

Below: Juniors John Goossens and Frank O'Neil, Senior Scott Isaacson and Sophomore Richard Flemming anxiously await their upcoming events. Isaacson took great leadership as a captain to ensure the teams' younger members stayed focused. "Our captains are a good influence and encourage us to be the best we can be," Goossens stated.







	e <mark>t L</mark> Straig	
FL		
28	Park Cottage Grove	12
0	White BearLake	28
46	Mounds View	7
17	Woodbury	3
28	Stillwater	20
0	Lakeville South	38
7	Cretin Derham Hall	34
21	Hastings	26
26	Blaine	27

Making a splash

The smell of chlorine filled the air, the water in the pool was still, and the boys were poised for battle... until the starter sounded and the swimmers were off! Using breast, fly, free, and back strokes, and complicated diving routines, the boys swimmers and divers strove to beat their best scores and their competitors. This year's team was a confident one, ready to meet their given expectations and rise to new challenges. With above average swimmers in every event, the team could give it their all and see positive results. The Maroon and Gold Invite was a great way to kick off a very productive season. The school's trademark colors on the lane lines and the fans screaming a cheering for their favorite swimmers made it easy for the team to feel supported. A highlight of the event was the new school record set by Senior Captain Mark Sandager, who broke the 100 freestyle record at 49.7 seconds. One notable change was the reintroduction of Speedos this year. The team did not seem to mind the new look. "We're definitely setting some new trends this year," grinned Junior Peter Sandager. The diving team had many fresh young faces this year with a team comprised mostly of seventh graders through sophomores. Although they were young, they endured high intensity dry land practices at Flyaways to make their year as superb as they possible. Coach Barb Vailodash once again used her unyielding tactics to make the team take the necessary extra steps to achieve swimming and diving excellence. This year's team put in a lot of hard work and dedication to achieve their personal and team bests. Sophomore Kevin Lalla summed up the season, "It's been great, it was hard work, but it was all worth it." The extreme focus, dedication, and unbreakable stamina needed in almost any sport were even more necessary for success on this team. However, it seemed that this year's team went out of their way in these categories to make a splash.

~Brittany Falkers

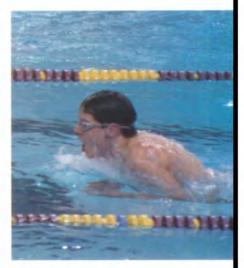


Front Row: Coach D. Welch, Coach K. Smith, Coach B. Vailodash, T. Sperry, M. Sandager, M. Elden, S. Isaacson. Row 2: B. Woehl, C. Florand, J. Duffy, N. Peterson. Row 3: N. Merrier, C. Royace, Z. Curtis, J. Lichtschiele, E. Morris, P. Flowers. Row 4: K. Brenhoffer, E. Miller, J. Gavanda, M. Goossens, A. Peterson, K. Salemla, D. Tankinson, M. Bahr. Row 5: M. Myre, R. Flemming, I. Flaherty, F. O'Neil, T. Johnson, P. Sandager, J. Goossens, J. Strandberg, C. Krummi, K. Lalla.

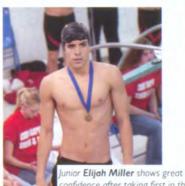


The True Team Meet was great because we won as a team instead of just as individuals. It was fun!"

- Sophomore Jeffrey Isaacson



With great speed Senior Aaron Peterson races in the 100 breast stroke. The competition was fierce at the True Team State meet. "If you have hydrophobia, don't join swimming. advised Peterson



onfidence after taking first in the 200 individual medley at True Team Sections. The team took first at that particular meet. However, Miller explained, "It's all about your personal best."

Events in a meet

Types of strokes

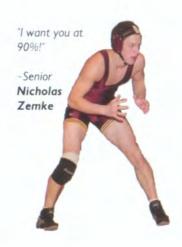
7,000

Average number of yards per practice

10

Percent of body covered by speedo

Managers

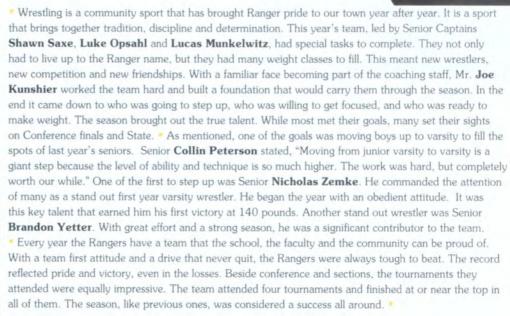


Pm M

Down for the count

"Work hard."

~Trevor Osterbauer



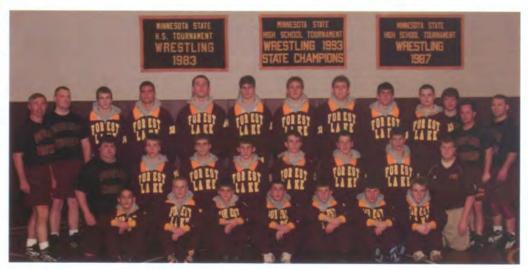
~Alex Lindeberg



Seinor **Kevin Determan** cuts his opponent loose, allowing him to score one point. "The idea is you don't waste energy holding them down. You cut them and take them down," **Determan** explaind.



Sophomore **Andrew Kolbow** controls his opponent and tries to escape. Determined not to be outworked, **Kolbow** came out with a win.



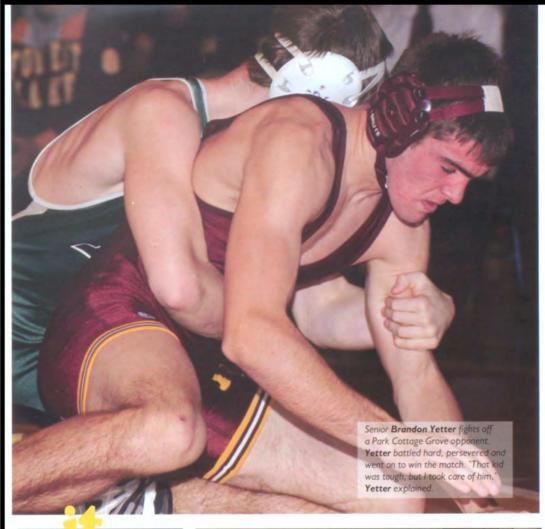
Varsity Wrestling
Front Row: B. Morgan, L. Opsahl, T. Chamberlin, N. Arcand, A. Kolbow, C. Janssen, K. Determan. Row 2: Coach B. Dettmer, Coach T. Harris, C. Corrow, C. Smith, M. Koenig, B. Ulrich, N. Zemke, S. Saxe, M. Riter, Coach G. Berg. Row 3: Coach J. Kunshier, B. Kolbow, L. Robinson, M. Schwartz, L. Munkelwitz, T. Osterbauer, C. Peterson, B. Yetter, J. Mabry, Coach J. Underdahl, Coach R. Elliot.

4 Weight classes Percent average body weight lost by a wrestler

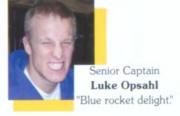
408
Calories burned per hour

1,444 Square footage of a wrestling mat

Points awarded for a takedown









Get Straight

FL 1st

58

63

49

42

21

Chisago Lakes Dual

67 Roseville 6

Ist St. Francis Tourney

Park Cottage Grove 17

2nd Forest Lake Duals

Cambridge 3

Stillwater I

Cretin Derham Hall 0

St. Croix Falls 3

White Bear Lake 22

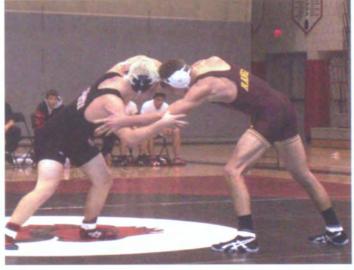
5th Cambridge Tourney

Hastings 39

White Bear Tourney

2nd

Woodbury





Left: Senior Lucas Munkelwitz locks up with a Coon Rapids opponent. Munkelwitz was ranked with the top wrestlers in the state throughout the season.

Below: Senior Matthew Schwartz pins his opponent in his first varsity heavy weight match. Schwartz commented, 'Hearing the referee's hand hit the mat was a beautiful sound!'



Senior Captain

Paige Patchin
"Play hard, play smart,
play together."



Senior **Brianna Craig** charges towards the opposing goal while one of the defenders begins to close in from behind.









Below: Junior **Torri Shelafoe** drives through a hook to get the shot off the net. "Power play, baby," exclaimed **Shelafoe**.



~Kelsey Blum

Slap it

Girls just want to have fun

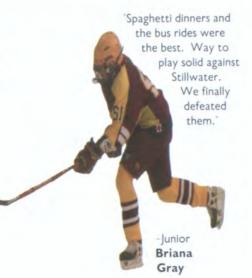
When girls get together, they like to laugh, talk about boys and have fun. But when it came to hockey, our girls got right down to business. Under the coaching of Mr. Dan Forsythe and Mr. Paul Kendrick, the girls hockey team started their season off on the right foot. At the beginning of the season, the girls worked very hard and beat White Bear Lake and Stillwater, two of their biggest rivals. Those two very close games brought up the team morale and kept spirits high for the rest of the season. This year's team was lead by Senior Captains Stephanie Haider, Paige Patchin and Alexa Nelson, all of which had been on the varsity team since they were in eighth grade. The team consisted of only a couple new comers, but also many returning girls who had been playing together for most of their hockey careers. "We are finally putting all our talent together and winning a lot of out games," stated Senior Kyla Lindstrom. The girls had one of the strongest seasons that they have had in a long time. Dedication, hard work, and determination made that possible. The team not only won games, but had a lot of fun while doing it. "We all got along really well," Senior Brianna Craig mentioned, "and the one thing I'm going to miss the most are all the inside jokes we had throughout the entire team." Since the team had been together for several years, many memories had been created. "I'll never forget the game that we beat the Stillwater Ponies," Junior Miranda Nelson exclaimed. "Especially since it was on their own ice. Stillwater always thinks that they are so good, and we beat them!" . Every season must come to an end and the girls felt that they left this season with positive attitudes and no regrets. Through hard work by the team as a whole as well as the individuals, the girls were able to be a part of a memorable season. "It was the season to remember, and don't forget, good is the enemy of great," remarked Junior Kimberly Fredrick.

~McKenzie Gemeiner & Kaleigh Brooks



Varsity Hockey

Front Row: K. Fredrick, C. Kendrick, B. Gray, K. Blum, P. Patchin, S. Haider, B. Craig, L. Crow, M. Nelson, C. Carpenter: Row 2: Coach R. Shelafoe, Coach D. Forsythe, S. Nelson, J. Sudo, S. Solheid, K. Lindstrom, A. Grell, A. Nelson, A. Hanmer, K. Crudo, K. Haglund, T. Shelafoe, Coach P. Kendrick, Coach H. Link.





Freshman Charise Kendrick skates down center ice while her teammate. Senior Captain Stephanie Haider, follows close behind trying to fight off her defender. "The chemistry of this year's team was unexplainable," remarked Haider.



Senior **Kate Haglund** awaits a pass from one of her teammates for the tap-in goal while she fights off a defenseman. The Rangers defeated the Park Wolfpack 4 - I.

650

Pucks to fill the opening of the net

39

Sticks on the team

5'5"

Average height of the team

2.5

Average goals per game

256

Penalty minutes racked up

"Caw caw! Caw caw!"

Alex Lindeberg

Pass, shoot, score

"It's a G-Chord."

~Nicholas Wethammer

Hard work and determination were what this year's hockey team was all about. The team had a lot of experience with fourteen seniors, four juniors, three sophomores and one freshman. They hoped for a promising season. Playing in one of the toughest conferences in state, the boys knew they would face a challenge. • "We trained really hard this summer knowing that we would be facing tough teams this season, but we have all been playing together for so long now that we know what each other is thinking on the ice," explained Senior Aaron Kubes. The boys competed in the Lake Area Holiday Tournament were they dominated their first two games, qualifying them to compete in the championship. The championship game was played against Cambridge who they had previously beaten. Surprisingly, the game was scoreless causing an overtime, and then led them to a shootout. Junior Jacob Kogler stepped up and scored the first and only goal. Sophomore goalie Paul Moberg was a phenom in the net. "I was really nervous about it, but I just thought to myself whatever happens, happens," he exclaimed. Moberg stopped all of Cambridge's 19 shots and all five shooters in the final shootout. With that the Rangers won the first place trophy along with two All-Tournament finalists, Seniors Christian Fogerty and Alex Lindeberg. Coming off of a solid tournament, the boys went on a winning streak of three games, beating number sixteen-ranked Brainerd. The boys dominated over Park, and then had a rematch against Stillwater. The Rangers defeated Stillwater in overtime with goals from Seniors Zachary Knight, Andrew Hardy and Lindeberg. Scoring the game winning goal for the Rangers was Kogler. With the competition the Rangers faced this year, it was easy to see why they were happy with the success of their season. Playing 12 of the top 20 ranked teams in the state was not easy to do. With a few very close losses and some big wins, the Rangers put together a season they could all be proud of. "We had a lot of fun together as a team and really overcame a lot of tough competition," stated Senior Brett McGee. "It has been a year we will never forget!"

~Teresa Mitsch



Senior Aaron Kubes cuts in hard to beat his opponent to the puck. The team was coached to always skate hard to get to the loose bucks.



Senior Timothy Rehak battles in front of the net to protect Sophomore goalie Paul Moberg Rehak, the tallest member on the team, said, "It is nice to be tall, I feel like I have an advantage over other people!"

Percent scoring on power play



562 Shots on goal

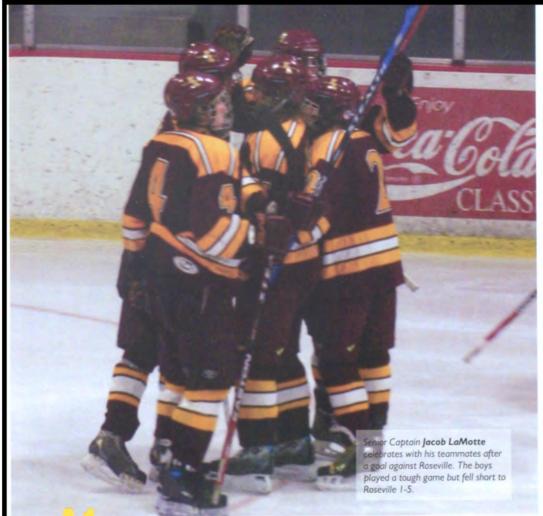
Plexiglass squares surrounding the arena

Shots saved

347 Average number of attendees per game



Front Row: T. Fick, M. Wethammer, D. Fick, K. Morgan, J. Kogler, N. Essen Row 2: P. Moberg, A. Frost, C. Fogerty, C. Carlisle, J. LaMotte, A. Hardy, C. Moore, C. Fritzinger Row 3: Coach J. Drennen, A. Kettler, C. Hawthorn, A. Kubes, N. Wethammer, J. Bohnen, T. Rehak, Coach C. Brandt, A. Lindeberg, J. Woods, B. McGee, A. Fritzinger, Z. Knight, S. Pfenning, S. Casey, Coach J. Loughrey







Ge<mark>t S</mark>traight

Cambridge **Grand Rapids** Park Cottage Grove Stillwater Hastings White Bear Lake Two Harbors Somerset Cambridge Roseville 5 Brainerd Armstrong **Mounds View** Woodbury Park Cottage Grove Stillwater **Duluth East** Hastings White Bear Lake Cloquet Cretin-Derham Hall Roseville **Mounds View** Cretin-Derham Hall

Woodbury





Left: Sophomore goalie **Paul Moberg** and Junior **Thomas Fick**wait to anticipate the next moves of
their opponents. **Moberg** stopped
26 of Park's 29 shots.

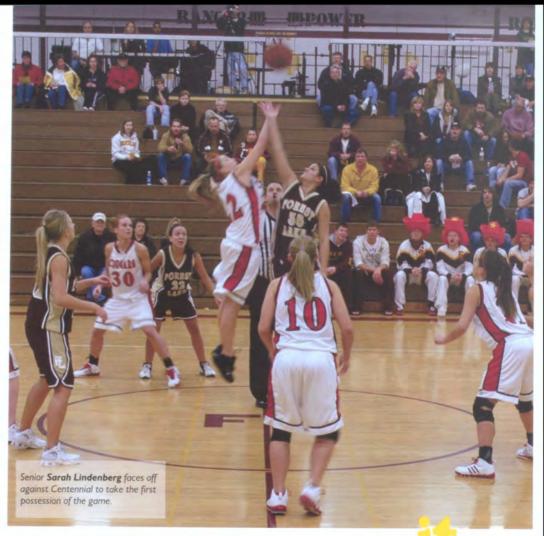
Below: Junior Jacob Kogler and Senior Christian Fogerty skate up the ice to set up a play. The Park defense was no match for the Rangers, who won the game 6-3. "We play well together, we find each other on the ends of the ice, and we like to dangle the opponents," said Fogerty.



"Great memories girls, lots of laughs."



Senior Captain Alisha Johnson "If you're not first, you're last."







Right: Senior Kelsey Kosman drives to the basket against a Mustangs defender. "Take it to 'em," explained Kosman about her offensive mentality.

Below: Juniors **Kasey Kolnberger** and **Abigale Iverson** work together to set a strong trap against a Ponies opponent. "No matter how good your offense is, you can always play good defense," commented Iverson.

FL		
13	Champlin Park	58
70	Chisago Lakes	56
56	North St. Paul	49
88	Centennial	65
9	Stillwater	62
14	Roseville	45
57	Cretin-Durham	66
11	Mounds View	48
29	Minnetonka	50
18	Rogers	43
15	DeLaSalle	53
9	Woodbury	43
6	Hastings	50
I	White Bear Lake	52
8	Cambridge-Isanti	65
8	Park Cottage Grove	72
3	Stillwater	31
1	Roseville	59
2	Cretin-Durham	60
4	Mounds View	46
8	Hastings	61
7	Woodbury	40

Totino-Grace

Duluth East

47

62

34

51

'Great season,

SWISh it

Expect success

For the girls basketball team, practice started far before tryouts. Preparing for the season included early morning summer practices, year-round weight lifting and agility training programs, hosting basketball camps and working with the youth in the community. When it was time for the season to roll around the girls were well prepared and ready for anything. When they had a chance to show their skills they came out ahead by winning two of their first three games. • Going up against one of the toughest conferences in the state was a daunting challenge. Although they lost their first two games in conference play, they were both hard fought. They lost a close one to Stillwater and also another close one against Roseville, which ended in overtime. With the girls spirits down they were eager to get a win. They entered the Rogers Holiday Tournament with high hopes of receiving a first place trophy. After winning their first game, against the home team Rogers, it put them into the championship game and the ladies were very excited. They went up against De LaSalle during the championship game and, despite the loss, they still pulled off great a second place finish to seal off the Holiday Tournament. • The season continued to have its ups and downs but the second time through the conference went much smoother than the first. They started off with two big wins against two of their biggest rivals, Stillwater and Roseville. "I have never been so loud during a game nor have I heard a gym be so loud," mentioned Sophomore Gina Lange after the Roseville game. Both wins were very meaningful because of the close games between the two teams earlier in the season. In the words of Senior Rylie Olson, "That's right, you can't touch the Rangers!" • The girls had a very close bond outside of basketball also, with spaghetti dinners and all the time they spent together every day. One of the largest highlights from the season was the overnight trip to Duluth. Some of the most memorable memories were, "The tradtional dance party and the cop coming to the hotel door," commented Junior Kaitlyn Anderson. Although it was time for the season to come to an end the team has nothing to be ashamed of and everything to be proud of. The girls stuck together, worked really hard and exceeded all expectations in order to have achieved their goal: expecting success.

-Janelle Winiecki



Varsity Basketball

Front Row: M. Olson, K. Eggers. Row 2: K. Kent, A. Iverson, S. Lindenberg, K. Kosman, A. Johnson, A. Thompson, J. Winiecki, R. Olson, C. Slattery, D. Boldenow. Row 3: Coach N. Ziemer, Coach J. Steck, Coach J. Wagner, A. Colling, K. Miller, K. Kolnberger, G. Lange, A. Berner, M. Blake, A. Mills, K. Anderson, S. Simons, Coach J. Hoffner, Coach N. Appleby, Coach J. Beimert.



Junior Audrey Mills blows by a Cambridge opponent to add an easy two points for the Rangers. The girls defeated Cambridge in overtime by three points.



the hoop in the Stillwater game. **Lange** was one of many solid post players for the team.

Diameter of the

8,884 Strips of wood on a court

Down and backs to equal a mile

28.5 Circumference of a women's basketball in inches

Average points scored in a game

"I want stinkin perfection!"
-Senior Joshua Williams

Dunk it

Big guys, big season

"They call me 'Stickman'."

~Richard Michskl

 The boys basketball team came into this season with a lot of experience. Returning with eight seniors, they were ready to succeed. Despite having a deep bench full of talent prepared for any challenge they were in one of the toughest confrences in the state, and knew the season was going to be difficult. Having practiced all through the summer up until the season started, they were determined to meet their goals. The athletes also were role models for young inspired players. The boys and girls basketball teams put together a Saturday basketball camp for younger players in grades fifth through eighth grade. They split the teams up and had a couple of people at each station to work with the children. * This year was a new start for the boys as they got a new coaching staff. Head Coach Dan Cremisino made some positive changes in hopes of having a winning season. "The season has gone really well, Coach Cremisino has given us a fresh start with his new system and coaching philosophy," said Senior Robert Gavanda. Working hard and coming close to perfection was something the boys were looking toward this season. Having practice and games almost six days a week was one of the paths for success. "We really worked hard and it paid off for us," explained Junior Michael Person. The first game against Stillwater was going to be quite a challenge for the boys. They were the underdog going into that game, but they came out with a victory. The boys ran the floor very well and had a balanced amount of scoring from everyone. It was a big win and gave the boys a boost of confidence. "This is a really tough conference and beating Stillwater proved we can play with any team," said Junior Brandon Phelps. After that matchup, the boys came out strong agianst Roseville, finishing the game with over a twenty point lead. This gave the boys their second back-to-back win in their conference. In the end, the boys' strong work ethic and and the mentality of their new coaching staff formed their season into a successful one.

Kelsey Kosman



Senior Captain **Aaron Jacobs** pulls up for a fade away jump shot. Shots like this helped the team in their game against Mounds View.



Senior Robert Gavanda pushes the ball up the court using his dribbling skills. "Shake 'n' bake, baby," added Gavanda.



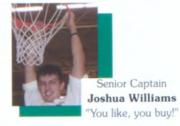
Varsity Basketball
Front Row: T. Jung, T. Cremisino, R. Brown. Row 2: C. Kuefler, T. Garvey, J. Nelson, B. Kopp, A. Cremisino, R. Gavanda, A. Johnson, B. Phelps. Row 3: Coach K. Henry, Coach D. Jacobs, M. Hansmann, J. Williams, A. Jacobs, B. Gort, M. Person, R. Mickschl, Coach, D. Cremisino, Coach T. Conley.

Average height of a FL basketball player Height of a basketball hoop in feet **29.5**The circumference of a men's basketball in inches

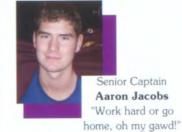
Different colored lines on the court

96 Holes in a basketball net





Senior Captain
Andrew
Cremisino
"Leave it on the court!"



Get Straight

FL		
59	Saint Paul Como	48
56	Champlin Park	49
73	Centennial	63
40	Cretin-Derham Hall	58
50	Mounds View	61
56	Tartan	57
53	Wayzata	78
49	Champlin Park	47
50	Minneapolis South	32
40	Woodbury	53
72	Hastings	60
71	White Bear Lake	61
46	Armstrong	58
61	Park Cottage Grove	66
60	Stillwater	52
73	Roseville	51
58	Cretin-Derham Hall	67
59	Mounds View	52
65	Hastings	57
	100	





Left: Senior Captain Andrew
Cremisino shows his leadership
as he brings the ball up the court.
"Being a point guard is like being the
floor general," said Cremisino.

Below: Junior **Bradley Kopp** goes past his defender as he charges in for a lay-up. 'Hard work in the off season pays off during the regular season," added **Kopp**.



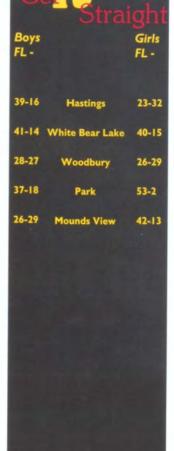
Junior Captain
Carly Bass

Carly Bass
"Ski fast, take chances,
no regrets!"









Right: Night riding Sophomore
Mallory Messin speeds down
the hill gracefully at a home meet.
Messin mentioned with the win that
night, "It hurts to smile while you're
going down the hill."

Below: Warming up on the hills with great form, Junior Brett
Stolberg focuses on the race to come later that night. Commenting on the warmup outfit, Stolberg acknowledged, "The parka, it's so warm!"

Slalom it

It's all or nothing

When one thinks of skiing, one imagines a cold winter, wearing double the layers, and just having fun in the snow at Wild Mountain or Afton Alps. Well, not this year! This winter, one could say, was less than ordinary. Having a warmer start to winter than most of the spring, it didn't bring a whole lot of snow with it until the middle of the season. One thing that was not heard, was this year's Alpine team complaining about the conditions. ""We did the best we could with as little as snow as we had," Senior Jessalyn Johnson commented on the season's weather. Even though the weather could not be altered, it was not the only challenge facing the team. When the snow finally did arrive, another obstacle became clear; over half of the team was still in junior high school. With only 2 seniors, the less experienced team members had to step up to the plate. The 28 members of the team included; 2 seniors, 5 juniors, 7 sophomores, 2 freshman, 6 eighth graders, and 6 seventh graders! "It's pretty crazy how young they are, but how skilled they ski," parents commented on the team. With a wide variety of ages, one would wonder what they all have in common. "We just love to ski. That's all anyone needs in common, just one thing," Senior Matthew Hentges exclaimed about their passion for skiing. • Leading the pack were two junior captains, Carly Bass and Brett Stolberg. "It was a successful season. We gave it all we had," Bass noted on the year. Despite feeling intimidated at times, with two strong veteran leaders and two great coaches, the younger team members had little problem stepping up to fill big shoes that were left behind. Three days a week after school the Alpine team packed up their gear and headed off to the slopes, usually until 8pm. The only time they had for homework is on the bus. The late nights had the team exhausted, but to them, it was worth it. It proved to be not to much for them because the boys finished 5th of 15 teams at sections while the girls team placed 9th of 15. Without the most ideal conditions, the Alpine skiers still pulled through as a team while bonding and having a good time doing it. In the famous pre-race words of Coach Scott Olson, "Ski sweet!" .

~Nicole Tetrault



Varsity & JV Alpine Skiing

Front Row: M. Baker, J. Greely, C. Kibbel, K. Lund, A. Raak. Row 2: C. Robinson, M. Messin, N. Kumerow, J. Johnson, L. Jacobson, T. Brunjes, T. Raarup. Row 3: Coach S. Olson, S. Brujes, K. Schmidt, P. Charpentier, K. Sewall, D. Freund, M. Hentges, B. Stolberg, N. Lindemer, Coach K. Oberg.





Setting up double pins, Sophomore
Ciara Robinson makes sure they are in
deep and steady for the race. "It doesn't
matter what you're doing as long as you
look good doing it," Robinson grinned.



for a tri-meet at Wild Mountain. It takes longer to get dressed than it does to go down the hill, Gamelin complained goodnaturedly.

People race on varsity

30-40 Gates in a run

1,000 Approximate equipment cost in dollars

48 Top MPH reached 4/1000 Skiers seriously injured



Push it

A tradition of dominance

"Look...a big pile of hill!" ~Travis Strike

Excellence. Discipline. Tradition. The cornerstones of Nordic domination for the past decade held true once again. Both the boys' and girls' teams continued to dominate on the course this year. With a young team, having only three seniors between the them, they knew they would have to work hard to achieve the high standards that had been set. With this in mind, the team worked extremely hard in the off season. They practiced five days a week during the summer to get prepared. That was part of coach Deno Johnson's NordicWerks program. From plyometrics for muscle building, to long runs for endurance, to roller skiing to keep form, they made sure to stay in shape and ready for the season. "The practices were really hard and most of the time it was like a billion degrees out," commented Junior Annie Dehmlow, "but I think our hard work really showed in the season." • It definitely did pay off as they dominated in most of their meets. The girls placed top three in five of their meets and top ten in almost all of them. The boys also showed that they were more than capable of meeting their standards, with six first place finishes in the regular season. Although both teams continued to excel as a group, it was also a year for individuals. Senior Captain Leif Nordgren was honored with the chance to ski in Italy as a part of the National team. *The Section meet was yet again a time to show the rest of the state what this team could do. The girls team had an excellent showing, and proved to be very competetive with three girls qualifying for State. Although they fell just short of the section title, eighth grader Elizabeth Peterson, Juniors Katelyn Babbitt and Dehmlow lead the way to a strong second place finish just behind top ranked Roseville. "Even though we qualified as individuals, we were still representing our team and skiing as a team," stated Babbitt. The boys skied their way to victory and another first place trophy when they claimed yet another section title. Nordgren, Juniors Benjamin Brodin, Travis Strike and Shawn Wright and Sophomore Ryan Wright worked together to dominate the meet. "It was completely a team effort," noted Nordgren, "the whole season was." ~Brittni LaFontsee



Senior **Bridget Holmes** uses her arms to assist her while she perserveres through a difficult portion of the course. This was only **Holmes**' second year on the nordic ski team.



While demonstrating her perfect classic ski technique, Junior **Annie Dehmlow** uses her kick wax to boost her up the hill.



Varsity & JV Nordic Skiing

Front Row: E. Peterson, J. Hipp, J. Scott, A. Wilcox Row 2: K. Babbitt, A. Anderson, L. Marosok, M. Gooley, A. Dehmlow, B. Holmes Row 3: M. Howe, S. Wright, A. Kelley, S. Wambold, R. Wright, S. Coozennoy Row 4: Coach D. Johnson, B. Brodin, D. Lundell, M. Wohlk, A. Marosok, S. Schauerhammer, B. Sanders.

90

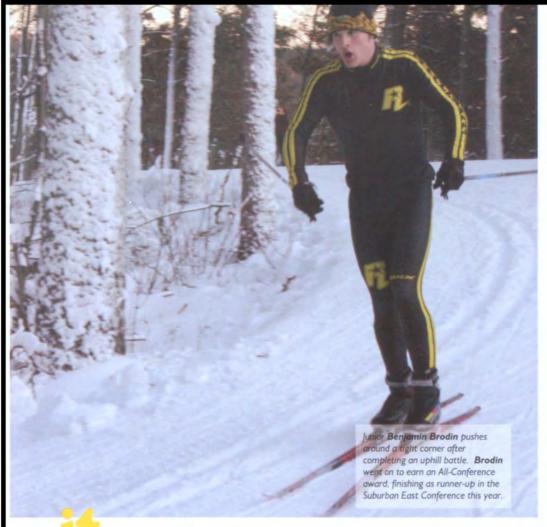
Minutes spent traveling to and from practice each day 8

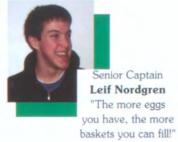
Participants at State Meet this year 12

All-Americans named in program history 67.27

Cost of season nordic ski pass at Trollhaugen **5,000** Length of the

course in meters





Ger Straight

Boys		Girls
lst	FLNT Invite	İst
Ist	Dean Power Double Pursuit	lst
Ist	SEC Team Sprint	3rd
4th	Mesabi East Invitational	13th
Ist	SEC Classic Race	4th
Ist	SEC Freestyle Race	2nd
Ist	SEC Team Sprint	3rd

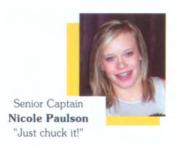




Left: Junior Katelyn Babbitt increases her speed during a flatter part of the course in order to keep up her momentum for the remainder of the race. Babbitt came out with many successful finishes this season.

Below: Junior **Roman Morris** focuses on what is ahead of him on the Trollhaugen race course. The team spent countless hours and competed multiple times at this ski resort.















133.75 Lakeville North 127.325 142.30 144.75 Stillwater Roseville 39.575 150.80 Woodbury 43.425 White Bear Lake 136.175 139.275 Cretin-Derham 141.60 Hall 43.65 **Mounds View** 123.35 45.30 124.00 Hastings 40.075 Park Cottage Grove 130.425 JV Conference Sections

Right: Sophomore Scotti Sampair does her best to stay tight for the judges while competing on her bar routine. "Being judged can be nerve wracking, but by the end of the season you get used to it," stated Sampair.

Below: "Gooo Rangers," yells the team during their pre-meet cheer. 'Group cheers help us come together and get pumped up for a win, claimed Sophomore Courtney Klein.

Stick it

It's flipping great

• If you were to ask any gymnast what they thought about the sport they would tell you that it's the most physically and mentally demanding sport they had ever done. They would also tell you that they have had their share of injuries and set-backs. With hours and hours of hard work in the gym, a lot of determination and the help of their teammates, the gymnasts had a successful season.

At the beginning of the season the girls struggled to get old skills back and learn new ones. "The competition was very intense; we had the hardest conference in the state," commented Coach Nancy Ellias. With the competition at it's toughest, the girls knew they had to step it up. Most of the girls had been competing together since they were very young in club gymnastics, so not only were they a close team but they had a lot of talent from all the years of prior experience. "We've all grown up together, I guess we're a lot like sisters and we know each others' strengths and weaknesses, so we know how to pump each other up and keep everyone going strong," said Junior Chelsea Uram. That was exactly what they did. By mid-season the girls had already reached their top goal of a 145 and were ranked as high as eighth in state. With all the hard work they had put into the season so far, it started to take a tole on their bodies. With the help of the trainer, wrapping up all the ankles and shin splints, and some determination, the girls pulled through to finish of the season well. The Junior Varsity team placed fourth out of nine teams at their Junior Varsity Conference meet, and placed a few girls in the top ten. When it came time for the Varsity competitors to get ready for sections the team was struggling with falls and being consistent with their routines. However, they proved themselves at sections and placed high in the rankings. They also sent a few girls to State: Senior Nicole Paulson and Sophomore Taylor Brett. This year's team was also the highest scoring team at Forest Lake High School in the last ten years. "I really believe we stepped it up this year and gave it all we had, and I think it definitly showed in the end," Senior Chelsea Fitzmorris summed up. .

~ Stephanie Sampair



Varsity and JV Gymnastics

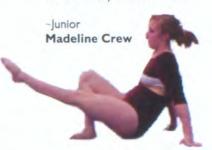
Front Row: Manager M. Mattidon, Coach K. Johnson, Coach J. Tinklenberg, Coach C. Suess, Coach N. Ellias, Coach M. Blackstad. Row 2: M. Crew, A. Kraus, S. Sampair, N. Paulson, C. Fitzmorris, C. Uram. Row 3: S. Sampair, A. Bey, M. Moravec, C. Klein. Row 4: K. Newville, A. Yuronich, A. O'Neil, S. Tonsfeldt. Row 5: T. Brett, K. Pringle, J. Boniface, E. Jandrich.

Width of the beam in inches

84 Length of the vault runway in feet 1,600 Square feet of floor area

87Blocks of chalk used this season

"I think we really stepped it up this year, and showed everyone that we are a very talented team."





Sophomore Courtney Klein twists off the vault as Coach Matt Blackstad watches her performance. Coaches stayed close, to help the girls perfect skills, as well as to add a measure of safety to routines.



Senior Captain Nicole Paulson and Senior Chelsea Fitzmorris chalk up for bars as they get ready to show off their routines. The girls added new and harder skills throughout the year to up the difficulty of their routines.

1,500Ibuprofen tablets taken this season





Senior Captain
Victoria Yamry
"Here's to the season
of chins and smiles,
our first eight and
the FLDT I will
love and remember
always!"

Right: Senior Captain Victoria
Yamry and Sophomores Kathleen
Dunsmore and Allyson Kohler
show off their stable balance during
the Jazz Funk routine. While the girls
confidently kept their chins high, the
dance required many intricate skills
which were perfected throughout the
season.

Winter Varsity Dance Team
Front Row: K. Bigelow, K. Lefto, V.Yamry,
J. Faust, A. Reinertson, S. Simons. Row
2: K. Jaeger, J. Rokitzki, K, Carroll. Row
3: A. Collins, K. Jurasin. Row 4: S. Lewis,
A. Paulson, S. Frost, J. Vilgos, A. Nyberg,
S. Baumgartner, S. Wodaszewski, K.
Dunsmore, A. Kohler, K. Bryant, J.
Springer, Coach C. Smoczyk, Coach A.
Nelson.

Fall Dance Club
Front Row: J. Faust, V. Yamry. Row 2: K.
Lefto, J. Rokitzki, S. Lewis, R. Hansen, A.
Reinertson. Row 3: K. Jaeger, K. Carroll, C.
Uram, S. Simons, B. Schlaeger, J. Duffy, K.
Jurasin, K. Bigelow, A. Collins, A. Kelber,
J. Chalgren, K. Bor. Row 4: A. Mohler,
J. Springer, A. Wright, A. Nyberg, M.
Svenkeson, A. Wagner, S. Wodaszewski, A.
Colling, M. Harris, K. Bryant, K. Dunsmore,
A. Kohler, S. Baumgartner, J. Vilgos, J.
Thacker. Row 5: Coach C. Smoczyk, Coach
T. Johnson, M. Monroe, J. Smoczyk, E.
Mackey, K. Jaeb, V. Yamry, S. Frost, A.
Olsen, A. Paulson, Coach K. Jurasin.









"Dance like nobody's watching and give your all!"

Dancers kick past obstacles for successful season

-Jeanette Chalgren

It was hard to see from the lively expressions on the faces of the dancers, but this year brought struggles to the dance team. From the state capitol to the halls of our own school, changes occured. Despite the loss of two coaches, the girls pushed themselves to succeed throughout the year. Last spring the State passed a law forbidding all Minnesota dance teams from having a competitive fall season, but that did not stop this group of girls from finding a way to get out there and shine. This unfortunate setback transformed the fall Dance Team into Dance Club, an organization which was run by parent volunteers and the captains. "We really look forward to performing at the football half times, so we were really upset when they canceled fall season," admitted Sophomore Kaitlyn Bryant. Dance Club allowed for the team to continue performing at home sporting events and set the record for the largest dance program our school has ever had. The winter competitive season also experienced changes, including an exciting addition to the team. Mrs. Cheryl Smoczyk, a former dance team coach and teacher, came on board to lead the JV team. Assistant Coach Mrs. Angela Nelson stepped up to take the title as head coach. The season ran smoothly with plenty of accomplishments. A consistent third place was held in the SEC throughout the season, which meant placing above team rival Stillwater. Sophomore Kathleen Dunsmore noted, "We didn't defeat Stillwater until the end of the season last year, so it was our goal from the start of the season." Senior Captains Victoria Yamry and Jennifer Faust and Junior Kelsie Jurasin earned All Conference Honorable Mention. It was Jurasin's second year competing for the title."It's an honor to be able to represent the team," she explained. The girls hoped to make it to the

State competition but the season came to an end with a fifth place finish at Sections in the High Kick category and seventh place in Jazz Funk. Junior **Andrea Collins** reflected on the finish, "Each year we

improve more and more so it's always exciting to perform at Sections!" .

~Jennifer Faust



"Dance is a way to
express ourselves...
whether we are happy
or sad we dance,
because we love to!
I've enjoyed being
a part of the FLDT
and performing
with such a
talented, fun
group of girls!"



Junior **Siri Simons** is caught stretching between performances, while the Spirit Bus makes its rounds. "All the elementary school kids watch us in awe and it's exciting to show off all of our hard work," stated **Simons**.



to practice their facials. Having strong expressions was a key to boosting performance scores.

713

Length of the Kickline in inches 389

Price of each costume jacket

65

Kicks in the Varsity routine 135

Practices each year

9

Sporting events performed at per year

Ads F Don't look at me, I didn't do It! Principal Dr. Steve Massey

Brittni LaFontsee

"Come on let's go!"... has just taken on a new meaning! We'll miss you tons but wish you every joy and success. Live Phil 4:13!

Love, Mom, Dad & DI



Rebecca Hansen

THE BECKSTER You have always had your own way of doing things, and have never flown with the rest of the flock. You have grown into a beautiful, talented, caring, funny young women. For you life has never been about winning or losing, but about burning up the floor and pouring your heart into everything you do. We are so proud of you and what you have become. Just remember if your wings get tired we are always here for you to land.

Love, Mom, Dad & Kelly



Kristi Buerkle



Congratulations!!!
We are so proud of the woman you have become.
Stay true to yourself.
Live, love and laugh often.
Thanks for all the smiles and good times. We are so proud to have you as a daughter!

Love, Mom & Dad

Joseph Phillips



Well Joe, you made it from the first day you left to the last day. We have been so proud of you. You have a great future in front of you.

> We love you always. Mom, Dad & Jessica

Brittany Falkers

We're so proud of you Brittany, for all the things that you've done. Thank you for sharing your talents, and making life so much fun! Keep smiling, keep singing. Never stop being funny. Don't ever forget, "The Runaway Bunny." Hold fast to your dreams!





Joshua Erickson



No matter what path you choose the Lord will be there to guide you! Congratulations Josh!! You're an awesome young man!

> We love you! Mom, Jim & Jordy

Kaleigh Brooks

We wish you much happiness and success as you begin this new chapter in your life. We are so proud of you!

Love, Mom, Dad & Kyle



Jennifer Faust



It's wonderful to see the amazing young woman you've become. We couldn't be more proud, we love you rosebud.

Mom & Dad

Rebecca Zierke

Dear Becky, you brought wonder, joy, drama and music to our lives. We are proud of you!

Love, Mom & Dad



Heather Ristow



Our sweet baby girl is all grown up. We are so proud of the wonderful person you have become. Believe in yourself and you can accomplish anything. We love you!

Mom, Dad & Brad

Cristina Young

Cristie, your dad and I are so proud of all of your accomplishments. Especially this year! Keep your goals high. We love you very much!

Love, Mom & Dad



Shawn Saxe



Shawn, who can resist that smile? What an easygoing son you've grown up to be. We are very proud of you and wish you the very best in your future.

Love, Mom, Dad & Kyle

Samantha Buol

Samantha, your mother would be so proud of you for the wonderful job you have done. May God bless you throughout your life.

Love always, Dad



Ads For Grads • 202

Justine Koch

We are so lucky to have been blessed with such a wonderful daughter. We are so very proud of the incredible young woman you have grown to be. Our love for you is immeasurable. We wish you happiness, success and all the best in the years ahead.





Sarah Reely



For 18 years you have been the sunshine in our lives. You will bring sunshine wherever you go. We love you now and we will love you always. You will carry us with you wherever you go. We are so proud of you!

Mom & Dad

Katelyn Dobihal

Katelyn, you have always been so beautiful inside and out. You have so many special gifts to share with the world. Congratulations! We're so proud of you.

Love, Mom & Dad



Daniel Svendsen



Congratulations Dan!

Love, Mom, Dad, Savannah,

Derek & Drew

Rebecca Wappel

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

Love, Mom, Dad, Melissa & Andrew



Kacie Waldoch

You are such a joy! Your drive and enthusiasm has kept us on our toes. You entertain us, and inspire us. And you'll always be our Kacie-Babes.

We love you. Mom, Dad, Ryan & Kelly Jo



Kalli Swedin



Kalli, you have been such a joy to us since the day you were born. We are so very proud of you and the person you have become. Congratulations on all that you have accomplished. Keep striving for your goals and always know that we love you.

Mom, Dad & Rachel

Christopher Bombeck



Chris, your determination and dedication to all you tackle in life is incredible. You will succeed in anything and everything you set your mind to. Be true to yourself and follow your heart. We are so very proud of you.

Love you honey! Mom & Dad

Syressa Lewis

For all you've accomplished and all you are, we are proud of you. Dream, learn, dance, laugh and love. "Hold fast your dreams..." (L. Hughes)

Love, Gram & Gramp



Tyler Sperry

Tyler, be proud of your accomplishments over the years. Keep your determination strong and you'll reach your goals. Congratulations and keep on trying and smiling!

Love, Morgan, Dylan, Mom & Dad



Loren Endorf



Loren, since the day you learned to talk you have always had something to say and strong opinions. We are really proud of all you have accomplished. Let your faith be your guide as you pursue your dreams.

Love, Mom & Dad

Amanda Bosman

That impish grin goes with your spirit of determination.
What a young woman you have become.

Love, Mom & Alicia



Anthony Nelson



Tony, we wish you a happy and successful future. You are a hard worker and can make sure your plans.

Beside our love, your brother Joey is our greatest gift to you, be good to him. He will be there for you when we no longer can.

Love, Mom & Dad

Bridget Holmes

Congratulations Bridget. We are so proud of you, and all you've accomplished.

Love, Mom & Dad



Heidi Bolenbaugh



Congratulations to our CEO Heidi, our cherished youngest. You will always hold that special place in the family. We know your independence, perseverance, creativity, and heart for others will help you follow God's path for your life. We are so proud of you and we love you very very much. Mom & Dad

Nathan Arcand

Nate, you bring so much joy into our lives. You keep us young. We're very proud of you. Follow your dreams and be happy.

With love, Mom & Dad



Kelsey Iverson



Kelsey, may love and laughter dance along your path. May joy and success be with you every step you take towards your future. You are special and I love you!

Mom

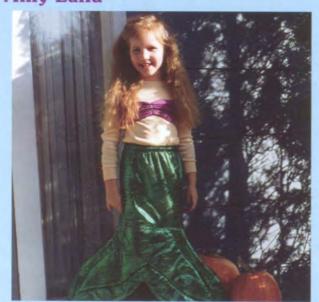
Cory Faymoville

Congratulations to our "Red" Neck!

Love, Mom & Dad



Amy Lalla



Amy, your future is bright and we know you will be successful in whatever you do. We enjoyed watching you compete in sports and listening to all your concerts. Most of all, we were impressed with your academic accomplishments. We are so proud of you. Have tons of fun next year and remember to pick up your clothes and keep your room clean!

Love you always, Mom & Dad

Chloee Daniels-Miller

It has been wonderful to see you blossom into this strong young lady we see today! You have asked a lot of yourself these past few years. Your 'self pride', 'determined spirit' and hard work will also serve you well towards a bright future. May it be yours. Congratulations! And Thank You for making us proud parents.

Love, Mom, Dad, & Camille





Andrew Hardy



You've brought so much happiness to us all. Since the first day you were born, you've had that wonderful smile, don't ever let that go. We're all so proud of you. Follow your dreams.

Love, Mom & Mark, Dad, Grandma, Aunts, Uncles & Cousins

Stephanie Sampair

Stephanie, we are very proud of all your accomplishments. You have everything you need to succeed in life. Now go out and tackle the world!

Love, Mom, Dad, Scotti & Shane



Tyler Kleinhuizen



We pray that God will fill your heart with dreams, and faith gives you the courage to do great things. We're here for you whatever life brings, so let our love give you roots and help you find your wings. We'll have tears as you take off but we'll cheer as you fly! We love you Tyler!

Love, Mom, Dad & Christopher

Derek Vogel

Derek, we are so proud of the person you have become. May God bless you as you begin this new journey of your life. We know you can do anything, so dream BIG! We will always be there for you.

Love, Dad, Mom & Breanna



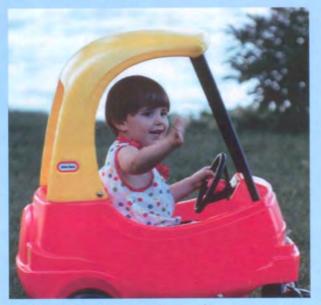
Scott Isaacson

Congratulations Scott! Your self-discipline to work hard, and always do your best, and succeed will ensure that your dreams come true. Smile a lot, laugh often, and may you continue to find success and happiness in your journey through life. We love you and we are so proud of you.

Love Always, Mom & Dad



Erin Harrington



Erin, we've had the great pleasure of knowing you as a little girl-young lady-grown woman ... Musician-scientist-artist...daughter-sister-friend. You have come far and grown well. We are proud of what you've accomplished but more so what you've become. We wish you health, happiness and love along whatever path you follow.

Love, Mom, Dad & Mark

Brett Goss



Congrats Brett! You've come a long way on the road. Keep pedaling to your future dreams!

Mom, Dad, Amy & Joe

Kathleen Peterson

Katie, we are so proud of the young lady you've become. Keep a smile on your face and always remember we love you! Congratulations!

Love, Mom, Dad, Leilaui & Anakin



Mitchell Houle



We are so proud of you and all that you have accomplished. We know that you will succeed at anything you put your mind to. The future holds many great things for you. Keep up the great attitude and may all your dreams come true.

Love Mom, Dad & Derek

Kelsey Kosman



Kelsey, always curious, always an individual climbing to new heights even as a child. The journey you took then is only the beginning of one which is ahead of you. Go and live a life of happiness and fulfillment. We are proud of you and love you.

Love Mom, Dad & Brea

Jennica Bruner

Jennica, You've always had a sense of style. Now go out and show the world. We wish you love and hope you dance.

Mom, Dad & CJ



Tracey Kress



Congratulations Tracey! Life is an adventure. With your spirit and heart you will go far.

> With all our love, Mom & Dad

Tina Chamberlin



Congratulations to our little princess who has grown up to be a smart and beautiful young lady. We are so proud of you, and realize now that we have done our job as parents. You are now ready to take the next step in your life and we will always be there for you!

Love you Baby Girl Mom & Dad

Brandon Yetter

Way to go bro-man!!! We are so proud of you. It has been a joy to watch you in action and always give your best. You have proven that hard work, commitment and dedication does pay off. Stay the course and make the most of your opportunities ahead.

We love you!!! (Y.M.W.F) Mom, Dad & Amy



Matthew Miesen

We are so proud of all your hard work! We all love you and wish you the best at college.

All our love, Brian, Mom, Andrew, Briana, Meghan, Emily, Max & Dad



Grads Ads 4 Grads A

Rylie Olson

RyBeth, what a delight you were as a child and what an awesome young woman you've become. It's been an incredible journey (yes! What passed in the blink of an eye!) and an honor being your mom...you make me proud in everything you do! Thank you, my love, for making all of my dreams come true. I pray that all of your dreams come true too! Don't ever forget I LOVE YOU!!



Mom

Andrea Gaytan

Congratulations! It's been a joy having you as part of our family this school year. We will love you forever. Good luck in your future.

Warren, Lynn, & Dianna



Jonathan Ohman



Your name was well chosen because you've always been a "gift from God." You've blessed our lives and we are so very proud of the fine young man you have become. You stand tall in many ways and we know there are great things in store for you.

Congratulations!

Love always,

Mom & Dad

Amanda Nelson



Caitlin Sapa

Our California Girl, compassionate, focused and determined and always with a smile.

> Believe con cariño, Dad & Mom

Christina Berens

Your final year has arrived, and as we look back on your commitment and accomplishments, it fills our hearts with pride. You and your big brown eyes make a difference in all you do.

We love you! Mom, Candi, Grampa, Grandpa, Hotrod & your whole family



commitment and



"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt. We know your life will be filled with all of the beauty and joy you share with others!

> All of our love, Mom, Dad & Chelsea

Jessica Hennen



Jessica, you are truly a gift from God. You've worked hard and accomplished wonderful things. Continue to do your best and work hard, but remember to enjoy life and all it has to offer. We hope all your dreams come true!

We love you, Your Family

Grads Ads 4 Grads Ads

Logan Robinson



So quiet and reserved, how proud we are of you. Always remember let God be your guide and keep your eyes on the target.

God bless you and we love you. Dad, Mom, Ciara and Blake David

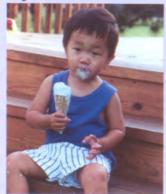
Jeremy Van Keulen

It seems like only yesterday you were born. Now, you stand before us as a graduate! You've given us incredible joy and happiness. We're so very proud of you, and also just a little bit sad. As you move on to this next phase in your life, follow your heart, dream big, and know we are there for you and love you so very much.

Love ya the "Best-est"! Mom & Dad



Tyler Uthe



Tyler, as you face life after high school we know you'll continue to conquer all the challenges that come your way. You're intelligent, hard-working and a genuinely nice person and we couldn't be more proud.

Love, Mom & Dad

David Wheeler

What an awesome smile! You will always be our little boy. We love you infinitely!

Love, Mom & Dad



Chelsea Fitzmorris



"An Irish blessing for you Chelsea." Dance as though no one is watching, Love as though you have never loved before, Sing as though no one can hear you, Live as though heaven is on Earth.

Love, Mom, Dad & Hannah

Megan Hinrichsen



From tiny baby to lovely young lady, we've watched you grow into a good student, great athlete, and most wonderful daughter. We love you so much and couldn't be more proud!

Mom & Dad

Janelle Winiecki



Janelle, you have filled our hearts with joy from the day you were born. We are so very proud of all you have done and the woman you've become. Set your goals high because you have the ability to accomplish them however challenging they may be.

We love you! Mom & Dad

Maja Grisonic

You flew into our family and forever in our hearts!
The future is yours!

Love, Ross, Julie & Leslie



Jasmine Thieschafer



To our favorite daughter. Congratulations! Life is just beginning. Enjoy! We love you little girl!!

Dad, Mom & Jacob

Lindsey Borgwardt

Lindsey, your sweet and kind heart will take you towards your dreams in life. We are very proud of you, Bug'z.

Love, Dad, Mom, Kayla & Jessica.



Jennifer Kaye Zieman



From the beautiful child into a lovely young lady. We're so very proud of the wonderful person you have become. With your beautiful spirit and mind you can do whatever you set your heart on.

Congratulations!

Much Love, Grandma Lana & Grandpa Craig

Alyssa Carpenter



If I had to pick three words to describe you Allie- they would be beautiful, genuine, funny. But there's a really long list left over! God has blessed us with such an incredible daughter! We are so proud of you and everything you've been through! Keep shining your beautiful soul for all to see!

Love, Mom, Dad, Chelsie & Tyler



We hope your dreams take you to the corners of your smile, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.

Love, Mom, Dad & Erica

Christopher Buys



Since the day you were born, you have brought us such joy. Words could not begin to tell you how proud we are of you or how much we love you.

Mom & Dad

Melinda Callahan

Congratulations Mindy!
Great job, determination
and hard work made
you realize your dreams
can come true. You will
become a great nurse.
We're proud of you.

Love, Mom & Mark



Zachariah Clark



Zach, you've been a complete joy to have as our son. Good luck as you move forward in life.

Love, Mom & Dad

Kylie Dufresne



Kylie, remember what matters most.

Love, Mom, Nathan & Brianna

Kevin Pickar

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31. Stay grounded in the Lord and you will find your wings.

With love and pride, Mom & Dad



Anna Reinertson

Anna, we are so proud of you! You are such a wonderful person. You have brought us so much joy. We are so proud of everything you have accomplished now and in the future and just remember to keep reaching for the stars, there is no limit to success.

Love, Mom, Dad, Kamryn, Paige & Connor



Rebecca Devine

When you were three you proudly stated, "Me is a good gore." You will always be our little girl! You are such a blessing to our family and we are so very proud of you. Congratulations Rebecca, and may all of your dreams come true!

Love, Mom, Dad & Katie



Amber Diemert

Amber, Dad and I cannot believe how fast you have grown into a beautiful young woman. We are so proud of you. Congratulation on graduation.

We love you! Mom, Dad & family



Emily Coppersmith



We are so proud of you, Emily. Remember to always have a dream and go after that dream with all your heart. Everything is achievable if you BELIEVE.

Love, Mom & Dad

Luke Hittner



Luke, you have been such a joy in our lives and we have been truly blessed to have you as our son. Thanks for all the laughs and love. We're so proud of you and we know all your dreams will come

Love, Mom & Dad

Alicia Tackes

We love you so very much and are so proud of you. We know you can achieve anything you want to. It's your turn now, FLY!

Love, Dad, Mom & Ashley



Nathan Crudo



Nate, don't ever be afraid to stop, pull over, and enjoy life.

Love you always! Dad & Mom

Chelby Hansen



There's no place you can't go. Nothing you can't achieve. We're behind you all the way. Live large-Love always-Laugh often.

Love you baby-Mom, Tom, Erika, Spike, Dix, Dex, Drake & Dweight

Nicole Goldeman



"Cuddlebug"

One highly motivated, driven, goal oriented, wonderful daughter who has far exceeded all of our expectations. A beautiful young lady inside and out who has always made us, as her parents, very proud. No words can sum up what you mean to us, how proud we are of the choices you have made in the past, or of how much you have already fulfilled many of the dreams we have had for you as parents. We are so proud of you and now pray that your future continues to be fulfilling, and becomes everything you've always wanted. Always choose the right path and you'll find happiness!

Sarah Lindenberg



Thank you Sarah for being the caring and compassionate person that you are. We are so proud of you!

Love, Mom, Dad & J.J

Steven Boerum

Congratulations, we are so proud of you. Steve keep smiling! We will all be supporting you forever.

Love, Mom & all your brothers and sisters



Samantha Cole



Sunshine- I was blessed 18 years ago with a beautiful baby girl. You have grown into an amazing young woman. Don't ever give up on your dreams. Your future is bright! Keep smiling:0)

Love ya, Mom

Nicole LaFountaine



Nikki, you have been such a blessing in all of our lives.
We are so very proud of your accomplishments and the person you have become.
The sky is the limit sweetie.
Don't let nothing hold you back.

We love you! Mom, Dad, Donny & Jessica

Samantha Cole

Samantha, we are so proud of you! Continue to work hard and follow your dreams wherever they may lead you. The world is waiting for you! You are a blessing to us!

> Love always, Grandma & Grandpa



James Goehl

We're so very proud of the wonderful person you are. From yo-yos to dirtbikes, basketball to electric guitars, your pursuit of excellence inspires us all!

Love, Mom, Dad, & Jenna



Lindsey Johnson

You are an incredible young woman- wise beyond your years with a spark that lights up the room! Remember, you are STRONG SMART and SPECIAL. We can't wait to see what your bright future brings.

Love you always, Mom & Dad



Andrew Fritzinger

Andy, we have watched you grow from a shy boy to a funny, hardworking, talented, kind, young man. We are so lucky. Thanks for the many memories of camping, fishing, boating and playing hockeyas well as being a wonderful cousin, grandson, friend, brother, and son. We look forward to your college years and more. What you are is God's gift to us. What you become is your gift to God. Keep your faith and remember we love you.

Mom, Dad, Chris & Meeko



Kate Harrison



~Kate~ Always extraordinary-Exquisitely Beautiful- With a generous heart- Yes- The Moon and the Stars,

> Mom, Dad & Zelda too

Timothy Rehak



Congratulations Tim! We are so proud of you! Your contagious smile, kindness, sense of humor and all of your accomplishments. April Fools Day boy. We are proud of the young man you have grown into. May all your dreams come true.

We love you, Mom, Dad & Jessica

Ellisa Palmer

We're very proud of you! Dream big dreams and follow them! We believe in you and will stand by you.

> Love you always and forever, Dad & Vicki



Alicia Fick



To me you'll always be this little girl, so sweet and full of love. The years pass quickly, time goes by, you've grown into a spectacular person, right before my eyes. My time with you is almost done; your life's journey has just begun. Be true to yourself; strive to be the best you can be. Live life to its fullest; know you mean the world to me. I love you and I am so proud of what you've become, but more important what I know you can be. You can do anything Alicia, I believe in you, I always have and always will.

Shannon Joyce



Shannon, I've always loved your smile, even when you didn't have teeth! I've always been proud of you and I love the young women you have become, and all that you have accomplished. I'm also proud of the choices that you have made over the years, especially with your faith and your academic accomplishments.

Of course, you are my best daughter, with that smile that will take you a mile.

I love you! Dad

Congratulations Teresa!
Looking at this picture makes us say, "Where did the time go? Way too fast!" Once you were this little girl and now you're all grown up. We are so proud of you and know you can become anything you want in life because of your determination and perserverance. Love and God bless, Dad & Mom



Lyndsay Engstrom



Congratulations Lyndsay! We are so proud of you!

We love you. Love, Dad & Mom

Sophia Tschida-Reuter

You will always be our "super girl!"

We love you. Mom & Dad



William Kichler



William, we are proud of what a great man you've become. Never stop dreaming. I know you can do whatever you put your mind to. Don't lose the dream and you'll never lose you.

We love you! Mom & your sisters

Kelly Lewis

We are so proud of you and all you have done. I know you will do well in the years to come.

We love you Kelly!! Love, Mom, Jeff & Amanda



Collin Peterson



Congratulations Collin! You rock Cowboy! All our love as you ride off into a fun rewarding future!

Love, Mom & Dad

Broc Grell



I wish you a world of adventure, experience and serenity. I wish you the strength to face challenges with confidence and always cherish people in your life that are important. You are a good and caring son.

I love you! Mom Grads Ads 4 Grads

Janel Duffy



Congratulations "Beans"!

Janel- We are all so proud of the person you have become.

You have the attitude, the determination, and the ability to achieve all of life's dreams and goals!

We all love you.

Mom, Dad, Jess, Jake & Jordan

Amanda Hedlund



Congratulations Mandy Jo! Hold on as tight to your dreams as you did that fish! Remember that when one door closes, God always opens another - even though it may be hell in the hallway! We are so proud of you, we love you!

Mom & Chuck

Kaitlin Smith

Congratulations Kaitlin! We are so proud of your accomplishments and the wonderful person you are!!

Love, Mom & Dad



Brandi Sweigart



With love's first kiss your dream will always come true. Follow your dreams of being an elementary school teacher and a photographer. You can do anything! We are very proud of you.

Love, Mom and Dad

Kari Colucci

Taking care of business, some things never changed. Including how very proud we are of you.

Love, Mom, Dad & Maryrose



Garrett Eischen



Congratulations, Garrett!
You have a bright future.
Continue to work hard.
We are very proud of you, and very blessed to have you in our family.

We love you! Mom, Dad & Chantel

Bryan Shipley

Congratulations Bryan!
We are so proud of you.
For the person you have become, a great son and brother. Dream big!

Love, Mom, Dad, Candace, Jessica & Kelsie



Dacia Tomnitz

Dacia, we are so proud of you. Continue to work hard, be honest and keep smiling. Hold your head high and reach for your dreams.



Love, Dad, Mom & family

Nicholas Nesgoda



"Live, Love, Laugh" We are so proud of who you are!

We love you! Dad, Mom & Lil

Jana Bjorlin

Jana, you're so talented!
We are very proud of you!
Follow your dreams! Enjoy
your future, and may the
Lord bless all you do.

We all love you! Mom, Dad & family



Nicholas Hecker



Nick, Nicholas, Paul, NP and Tumtum. All of the names I call you, I'm most proud to call you...my brother! Congrats on the graduation and best of luck in your new chapter.

I love you, Your favorite sister Lauren

Andrew Stokes

We are so proud of you, Andrew- grease and all! We always knew you could do it. Congratulations on your graduation!

We love you. Mom, Dad, Jennah & Sam.



Chelsey Flaten



Chelsey, dreams are journeys that take one far from familiar shores, strengthening the heart and conquering the soul.

Always follow your dreams. We are very proud of you.

Love, Mom, Dad, Lexi & Bryon

Amanda McGowan



Amanda, we are so proud of you. No matter where you go or what you do, you will always be our little princess. Over the years your kindness, generosity, intelligence, leadership and independence have become more than admirable. We love you. You are truly beautiful inside and out.

Love Mom, Dad, lake & Mikayla

Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads Ads 4 Grads A

Erika Enriquez

To become what you are now is not that easy. From cutie little girl who gave us headaches but more on joys is now turning to be a smart and hardworking young woman. Your success in the future is our pride and joy. Whatever you want to be, we're here to guide and support you. You're still our little sweetie sweetheart. Wish you all the best!





Alexa Nelson



Congratulations Alexa!
We are so proud of
you. Your zest for life
and your determination
in everything you do is
something we've always
admired. Keep going after
your dreams! "We love
you bigger than space!"

Love, Mom, Dad, Miranda & Sadie

Stephanie Zastrow

Huzzuh! You are our shining star! We are incredibly proud of your accomplishments and you as a person. Work hard, dream, never give up and you will succeed.

Love, Mom & Dad



Brandon Anderson



Congratulations, Brandon! We are so proud of you. I love being your Mom.

Love, Mom & Jim

Megan Becker

Megan, congratulations!
We are so proud of you!
It's been a joy watching
you grow into this amazing
young woman. You will go
on to do great things. We
love you.



Calvin Kerkhoff



Calvin, we are betting that you will make it big someday, remember us when you do! You are a great kid. We are proud of you.

Love, Mom & Dad.

Amy Peterson

"We can't all do everything, so I'll just sit here and have fun." Congratulations Ames!

Love, Mom & Dad



Colby Willson



Congratulations Colby! You have become a young man that we are very proud of.

Keep working hard and your dreams will come true.

We love you, Mom, Dad & Megs

Jessalyn Johnson

Jessalyn Johnson starring Jessie. She keeps us laughing and guessing what's next. We are very proud of you! Look to heaven & follow your dreams.

Love, Mom, Dad & Megan



Brittany Kruger

We are very proud of the person you are and of all your accomplishments. Live well, Laugh often, Love much.

Love, Ken, Deb, Michael & Katelin



Matthew Hentges



Matt, it does not seem like your first day of kindergarten at Columbus was that long ago. Now here you are graduating from FLHS. You have grown into a responsible and caring young man (with a slightly strange sense of humor)! We are very proud of you!

Love, Mom & Dad

Rebecca Ahmann



Becky, we're so proud of you. The years have gone by too fast. It seems like just yesterday when we were sending you off for your first day of school. Stay as caring and willing to help others as you are now.

We Love You! Mom, Dad & Bobby

Benjamin Carlson

We are blessed by the young adult you have become. May God guide you down the right path, as your journey of life has just begun. Many blessings! We love you so much!

Love, Mom, Rich, Jonathan, Rexy & Jake.



Christopher Sherwood-Gabrielson



Congratulations, Chris! You keep the wonder alive for all of us.

Love, Mom, Dad & Andrew

Samantha Langenbach



May your dreams be as deep as the ocean, and your sorrows as light as the foam. Keep working hard to live your dreams. We believe in you.

Love, Mom, Dad, Jeremy & Robbie.

Aaron Guttormson

Aaron, since the day you were born you brought us joy and laughter. Never lose your great sense of humor. We are very proud of you.



Anthony Acosta



There's that smile that has been lighting up the lives of those around you ever since you were born! You have a beautiful, positive and happy spirit Anton.

God bless you always. Love, Mom

Kelsey Lefto

Dear Kelsey, it seems like just yesterday when you were solving your first puzzle! We are so proud of the caring and confident person you have become. Always follow your heart, and keep dancing!

Love, Mom & Dad



Brett McGee



Be happy, be true. We are so proud of the young man you have become. We love you very much.

Love, Mom, Dad & Corey

Kyle Lewis

Kyle, we are so proud of you and your accomplishments.
Keep following your dreams and continue to "drive" toward your goals! We know that you will be successful in whatever you do!

Lots of love always. Mom & Dad



Andrew Cremisino



Drew, we are so proud of you. We love you. We look forward to watching you make more memories. We will always be here for you.

Love, Mom, Dad & Ty

Kelsey Tietje

Kelsey, we are so proud of you! We love you! Good luck in the future, we know you will make it a success.

Love, Mom, Dad, Katie, Kyra, Rose, Shatzi & Friday



Paula Regnier



Surrounded by friends. Surrounded by love. This is our wish for you always. We're proud of you, Paula.

Love, Mom & Dad

Jessica Mohler

Congratulations Jess! We're so proud of you. You're the best. Follow God and may your dreams come true.

Love, Mom & Dad



Victoria Yamry



You've brought so much joy, love and laughter to our lives. Your beautiful smile, amazing talents and witty personality makes every day special. Every memory of your childhood, and school years, will always be treasured. We are truly blessed to have such a wonderful daughter. Your compassion and kind actions make our world shine brighter!

We love you! Mom, Dad & Vanessa

Caleb Wedger



From your 1st day of Kindergarten to your walk on Graduation day, we are proud of you and all of your past and future triumphs.

Love, Mom & Dad

Kate Haglund

We are proud of you Kate! The Future is yours. Have fun. Work hard. Enjoy life!

> Love you! Mom



Mark Sandager



Mark, we've watched you grow from a quiet, little guy to a fine young man! We are so proud of you and wish you the best as you pursue your goals!

Love, Mom & Dad

Amanda Jarvis

We are very proud of you!

May all your wishes and

dreams come true.

Love you! Mom, Dave, Jess, & Mindy



Nicole Tetrault



Where did our "precious" little girl go? She grew up into a wonderful young woman. We are behind you wherever life's roads may take you.

Love, Mom & Dad

Donald Lowe

Congratulations D.J. We are so proud of you.

Love, Mom, Dad & Heather



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Ann Husfeldt





Congratulations Ann! Thanks for all the great memories.

We can't wait to see what you do next!

Love you! Mom & Dad

Lee Vasey



Our Lee, once a stud muffin, always a stud muffin. You were an amazing boy, and you've grown to be an even more amazing man. We are so very proud of who you are, and what you believe in. The world is within your grasp. Reach. You can, and you will. Take God with you.

Love, Mom, Dad, Steve, Rose & Spitfire

McKenzie Gemeiner



From high up above, I've watched you grow into a beautiful young woman. A prouder father I could not be. Love yourself and your life as I do you.

Love Daddy

Camille Senum



Congratulations "Little Baby Angel Face" - We love you so very much!!!

Your Family

Jessica Simmons



Congratulations Jessica! Your wisdom, faith, smile, laughter, strength and kind heart are a blessing to the world! May God give you the courage to dare to do great things! We are proud of you!

Love, Mom & Aaron

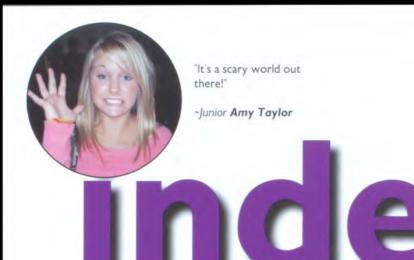
Joshua Williams



We are very proud of the man you are becoming; your strength, your passion, and the courage to be yourself. We look forward to continuing to watch you grow. Congratulations!

Love, Mom, & Dad





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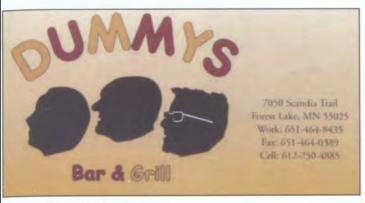
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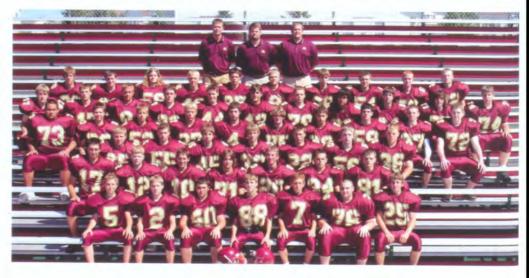
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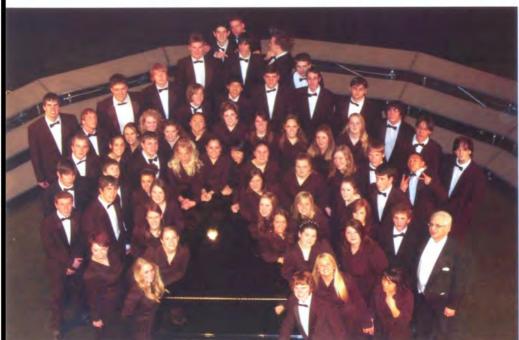
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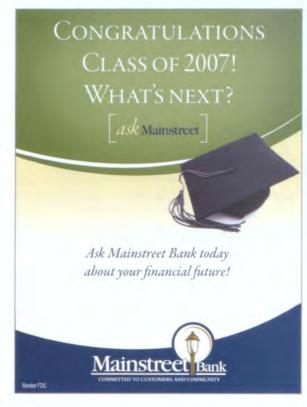
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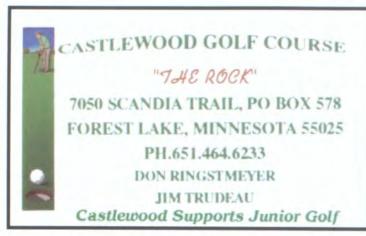
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JV Dance Team

Front Row: M. Svenkeson, K. Jaeb. Row 2: S. Morgan, N. Johnson, V. Yamry, K. Olson. Row 3: C. Berger, K. Boettcher, J. Smoczyk, Coach C. Smoczyk, A. Olson, K. Bor, M. Monroe.

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Symphonic Winds

Front Row: K. Gamelin, M. Armstrong, M. Peterson, S. Deal, A. Moberg, L. Endorf, C. Nowicki, K. Eggers, M. Gooley, C. Peterson, R. Olsen. Row 2: C. Sherwood-Gabrielson, F. Van Sloun, K. Burk, L. McGee, C. Sapa, V. Nerud, K. Swedin, M. Manning, A. Anderson, M. Walters, E. Monson, B. Stolberg, S. Stiner, E. Wagner, T. Anderson, R. Miller, D. Kasl, J. Pelton, A. Hahn, N. Peterson. Row 3: K. Nord, B. Johnson, L. Quale, S. Damiani, B. Gray, A. Mills, P. Moberg, S. Isaacson, A. Johnson, J. Traner, C. Gagne, M. Hendrickson, A. Rupar, J. Lichtscheidl. Row 4: A. Bohler, B. Mordorski, D. Sandkamp, M. Hudon, K. Schuhwerck, C. Williams, Z. Berg, J. Spanjers, A. Peterson, K. Pickar, F. O'neil, T. Endorf, T. Sperry, E. Striker, J. Chalgren, C. Kendrick, R. Morris.



String Orchestra

Front Row: A. Montes, R. Buse, T. Crotty, K. Quale, S. Nase, B. Seifert, M. Wiggins. Row 2: S. Peirson, A. Mangen, J. Diebel, M. Raatz, H. Foner, C. Wheeler. Row 3: B. Anderson, J. Zidar, H. Smith, H. Johnson, M. O'Neil, G. Selg, M. Zidar, D. Canine.



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National Honor Society

Front Row: L. Quale, V. Yeager, J. Koch, S. Langenbach, K. Lefto, A. Johnson, R. Olson, N. Sanders, K. Colucci, K. Peterson, S. Reely, T. Uthe. Row 2: A. Peterson, R. Zierke, C. Miller, V. Yamry, H. Bolenbaugh, T. Brenberg, K. Buerkle, B. LaFontsee, H. Ristow, M. Medina, R. Wappel, A. Lalla, A. Niemcyzk Row 3: H. Hazzard, A. Moberg, B. Holmes, R. Miller, T. Sperry, B. Abel, S. Cole, B. Erickson, K. Lindstrom, P. Regnier, Row 4: P. Patchin, C. Peterson, D Erdle, J. Faust, K. Swedin, S. Isaacson, A. Bosman, C. Bombeck, S. Lewis, K. Spiess, K. DeMars.







Concert Band

A. Bosman, A. Dreher, A. Edwards, J., Elsenpeter, A. Hansen, J. Hanson, C. Jensen, B. Kirberger, J. Knisley, J. McAllister, R. McGregor, H. Merrier, L. O'Brian, C. Peterson, R. Shultz, J. Skogen, K. Stout, C. Strouse, S. Williams, B. Kimbel, A. Anderson, R. Cordell, E. Dupree, T. Garrett-Gifford, A. Kohler, R. Kuha, K. Liljbald, S. Maki, K. Pagel, K. Ramsden, W. Reely, D. Schave, D. Schuna, A. Stroeing, C. Struss, G. Wineman, S. Wolff, J. Bredenbeck, E. Carlson, B. Coley, S. Dale-Morrison, J. Dina, P. Goedeke, D. Goodale, L. Gravelle, N. Harvey, D. Hedberg, M. LaMeyer, P. Merrill, S. Nelson, N. Scheiller, T. Woxland, K. Dick, J. Lepisto, B. Tolzmann, N. Ashby, S. Garry, A. Hansen, P. Jankowski, T. Jensen, C. Manning, C. Pagnac, L. Kaeding, S. Tessling, S. Bostrom, M. Carson, J. Denbestem, S. Glewwe, J. Joyner, A. Orth, S. St. Germain, P. Charpentier, J. Weed, S. Magnuson, T. Schingen, M. St. Germain, A. Johnson, T. Johnson, S. Niemann, K. Nolden, J. Ohman, A. Piasecki, R. Piersdorf, T. Plautz, A. Simmons, C. Wittrock.



Debate

Front Row: J. Lombardo, S. Joyce, D. Bergantine, Coach R. Madson, J. Hedlund, C. Jensen. Row 2: D. Henry, N. Lyons, M. Raatz, C. Daniels-Miller, J. Weed, H. Lininger. Row 3:K. Johnson, J. Olson, J. Roshell, K. Haglin, S. Duggan.



Student Congress

Front Row: R. Borglum, V. Nerud, H. Lininger, S. Duggan, J. Hedlund, S. Joyce, K. Peterson, J. Weed, Coach R. Madson. Row 2: K. Jonhson, J. Mondloch, C. Stedje, C. Daniels-Miller, K. Haglin. Row 3: D. Henry, E. Roush, Q. Hartmann.



Thank you to all the photographers that helped contribute to the publication of the 07 Forester Yearbook!

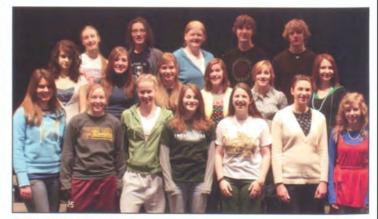






S.A.D.D

Front Row: K. Bor, L. Quale, K. Swedin, K. Eggers, C. Slowinski, A. Yang. Row 2: K. Carver, B. Peterson, S. Michalek, N. Holmes, S. Siedow. Row 3: S. Baumgartner, K. Gambeski, M. Wappel, H. Lininger, M. Full, L. O'Brian. Row 4: P. Goedeke, L. Kaeding, R. Ahmann, J. McAllister, C. Moses, J. Hill.



Environmental Club

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There are so many words for what is now, the end.



last hurrah

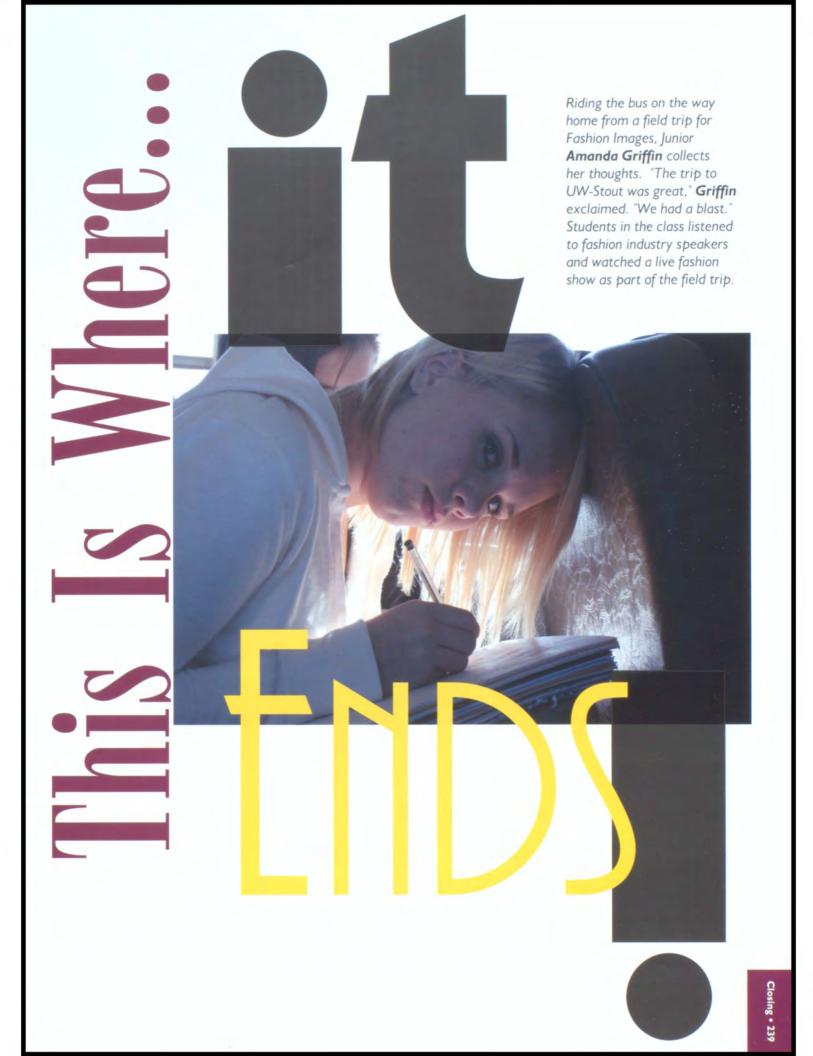
This is the end of what was the beginning and now the beginning for what is to come. Now we can say "it" was the journey we faced. We traveled it together, never realizing the potential we had. We always began it with a goal in mind and lost ourselves on the way. Now the end is here and we find ourselves again. It is now the time that we realize who we are and how we have changed in the past year. We have learned to always follow our hearts and we now understand that everything happens for a reason. Everything we know always has a

beginning and an end, but our dedication will never cease.

We are dedicated to one another, to remember and share the memories that we had this year.

We lived in the moment . . . this was







"Under control..."



...that's how we roll!"

"PDF it, and you can't go wrong!"



"Please: NO more pictures."

Brittni La Fontsee

"People know you for what you've done...'



...not for what you plan to do." Cristina Young

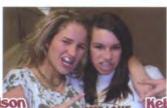
"Yearbook is fly, no lie, and you know this..."



"...BALLIN'!"

Bethany Lincoln

"We're BOSSY in Yearbook..."



"...because we walk it out!"

"To enjoy the cider, you must first peel the apple."



"There's more to the truth than just the facts."

Kate Harrison

Kelsey Kosman

"Get 'er done!"



"What do you mean I need a pass? I'm in Yearbook!"

"We're in Yearbook!"



"Yearbook is

bringing sexy

back."

leigh Brooks McKenzie Gemeine

"The rumors you've heard are true: Yearbook is pretty awesome!"



"Who loves Photoshop? I love Photoshop!"

"Oh freakin'-A. not good!"

Teresa Mitsch Stephanie Sampair

"What goes around comes around."

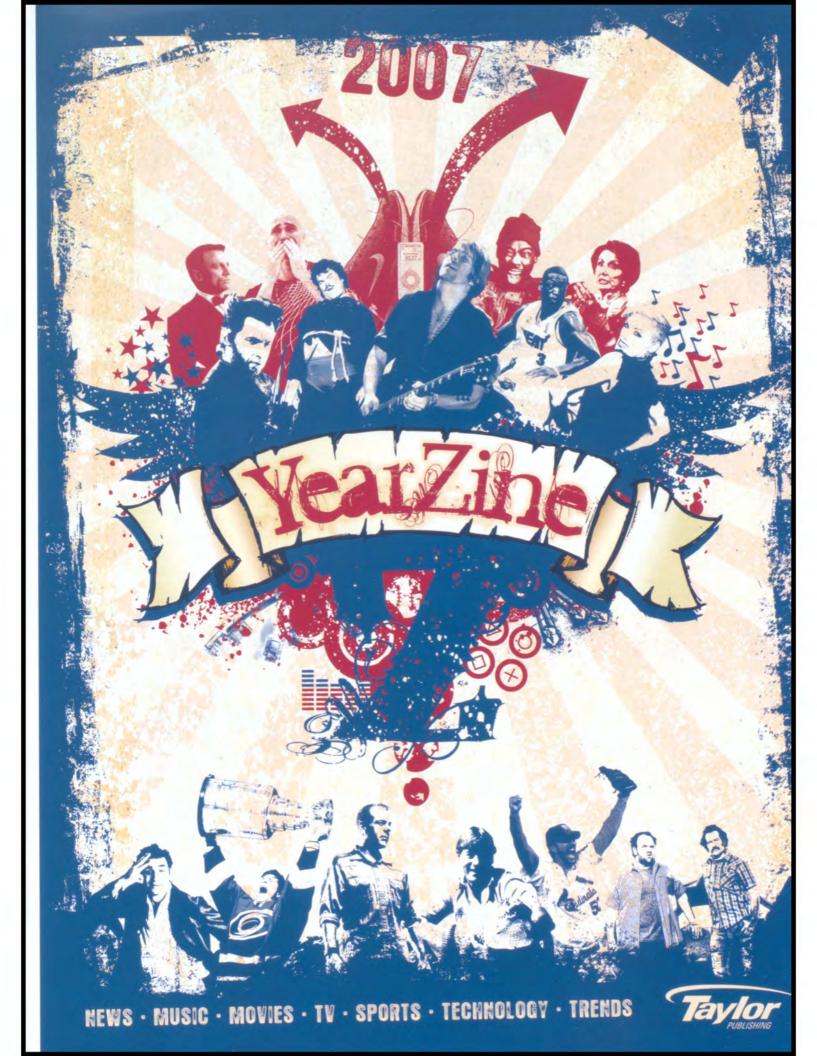
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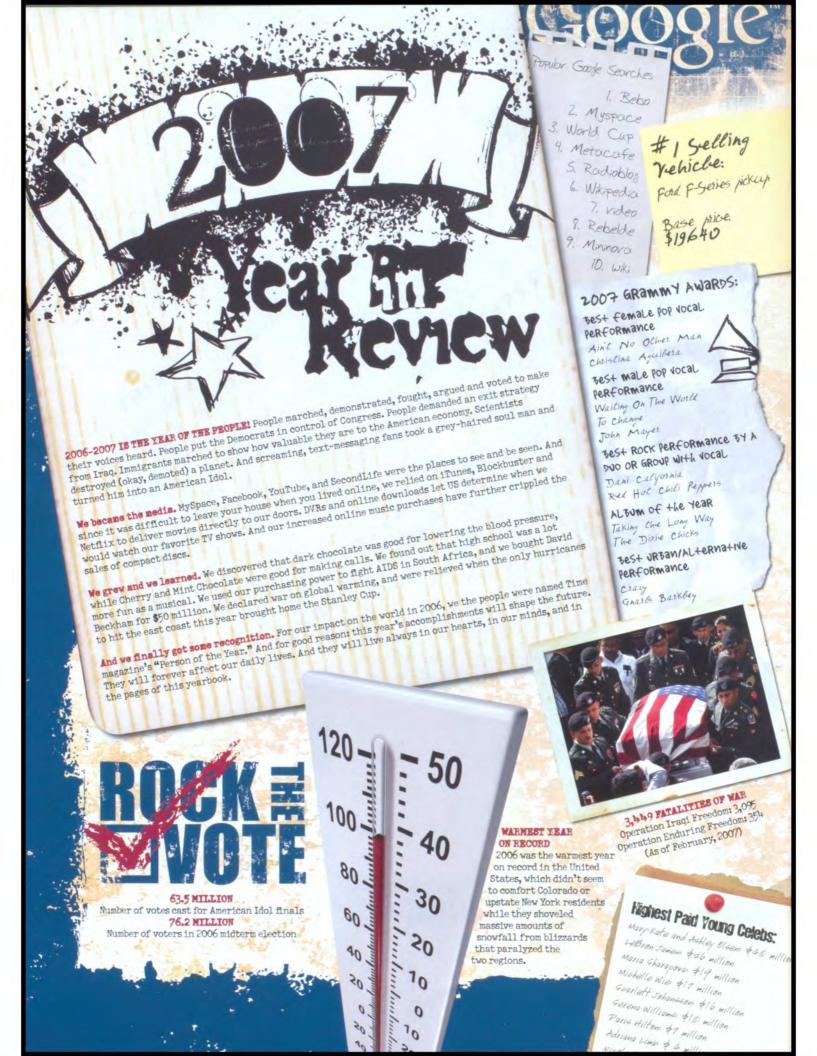
Nicole Tetrault Christopher Bomb

chariah Clark

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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. 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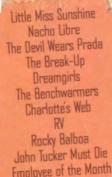
Daniel Craig steps in to play James Bond in Casino Royale, the 21st installment of the 007 series. The film establishes a new timeline in the Bond franchise by playing out Bond's first mission as agent 007.

Pirates of the Caribbean 2 Cars

BOX OFFICE HIT

X-Men: the Last Stand The Da Vinci Code Night at the Museum Superman Returns Ice Age: The Meltdown Casino Royale Talladega Nights: The Ballad of Ricky Bobby

Mission: Impossible III

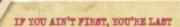


Employee of the Month The Santa Clause 3 Failure to Launch You, Me and Dupree Happy Feet The Pursuit of Happyness

THE BENCHWARMERS

A trio of guys try to make up for missed childhood opportunities by forming a three-player baseball team to compete against standard little league squads. Most of the film's laughs come from David Spade's haircut.





In Talladega Nights: The Ballad of Ricky Bobby, Will Ferrell plays a born-to-be-fast NASCAR champion who has his reputation and dominance challenged by a French Formula One driver. With the help of his estranged father (and a live cougar), Ricky Bobby gets his driving back and re-claims his title.



Loosely based on the true story of Chris Gardner, The Pursuit of Happyness stars Will Smith and his real-life son, and follows Gardner's struggles to break into the stock brokerage business as an intern, despite a rocky financial situation.

THE STUFF DREAMS ARE MADE OF The Tony Award-winning Broadway musical sensation comes to the big screen. Dreamgirls follows the rise of a trio of women who have formed a promising vocal group called



The Man of Steel takes a five-year vacation and returns just in time to find Lex Luthor plotting to take over the world.

TOP DVD SALES

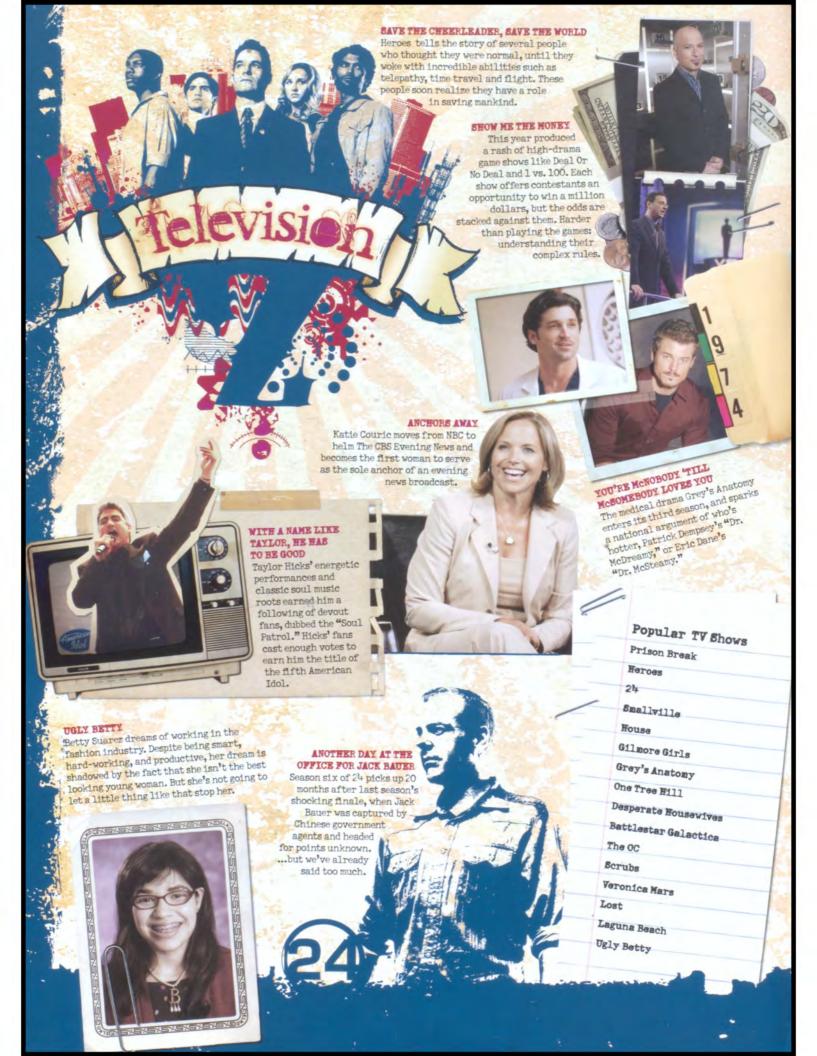
Harry Potter and the Goblet of Fire The Chronicles of Narnia Cars The Wedding Crashers Walk the Line King Kong Over the Hedge Chicken Little X-Men: the Last Stand The Little Mermaid



It's one thing if your remote can control your home theatre, but what if it could control the universe around you? Adam Sandler learns lessons for life and gets one last rewind in Click.











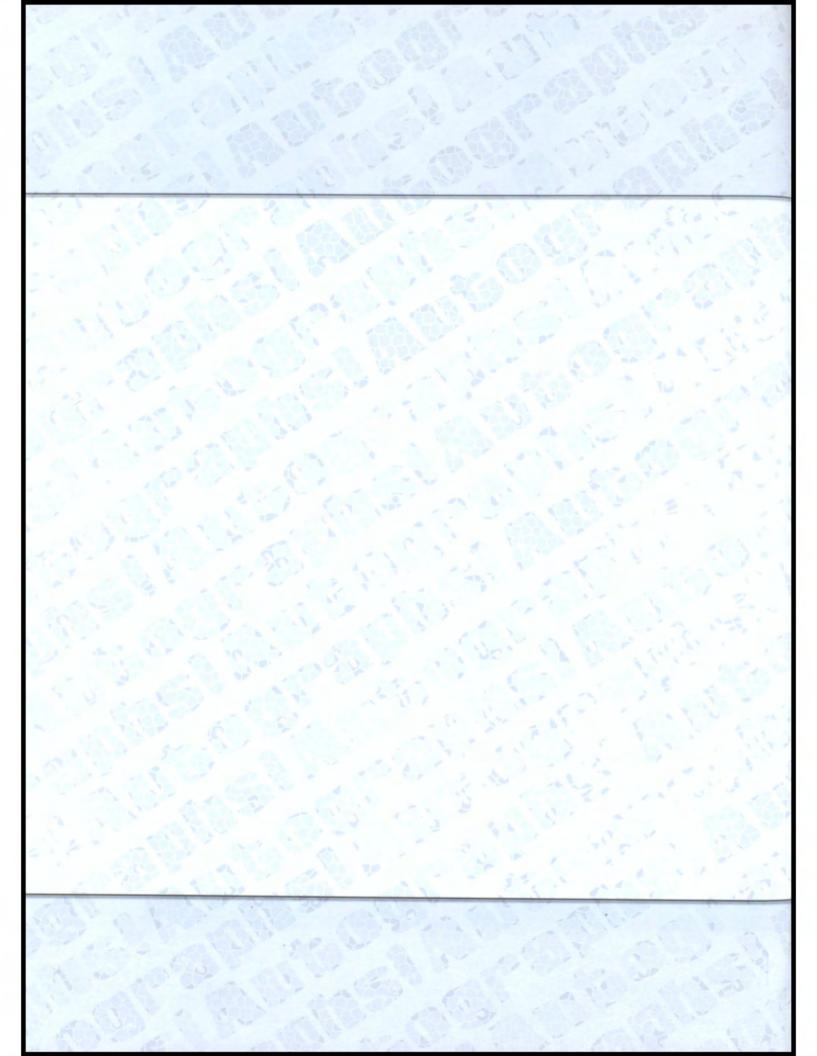


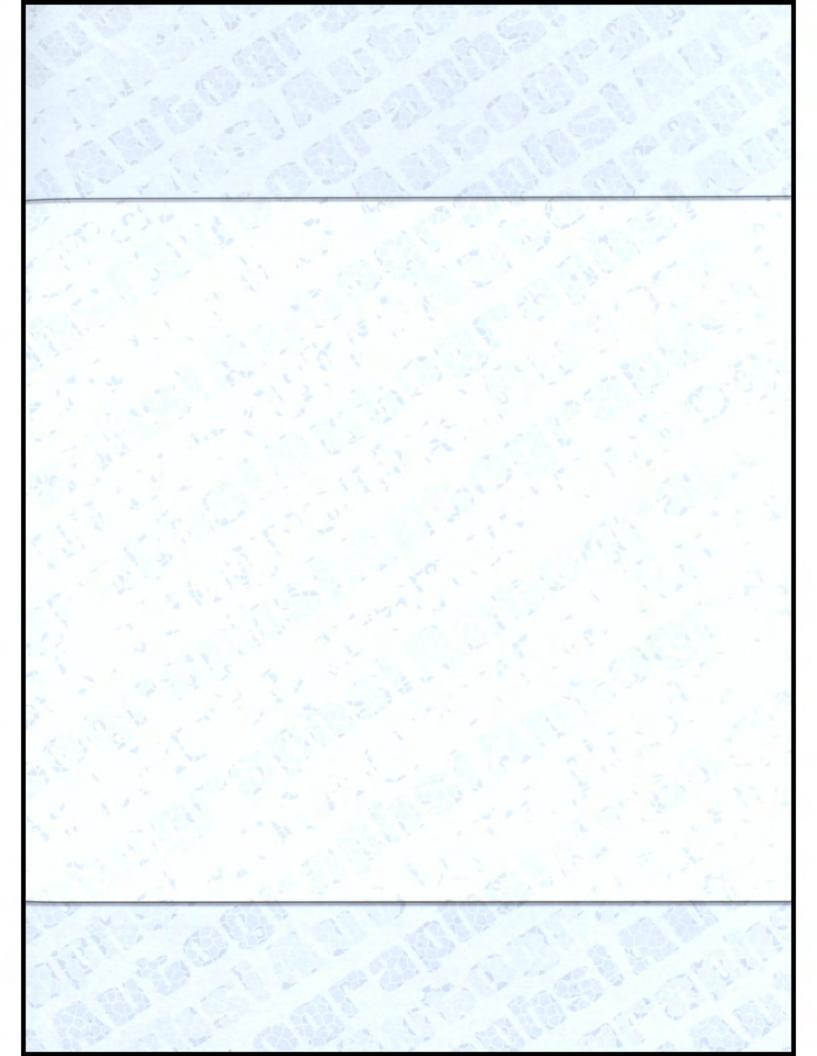


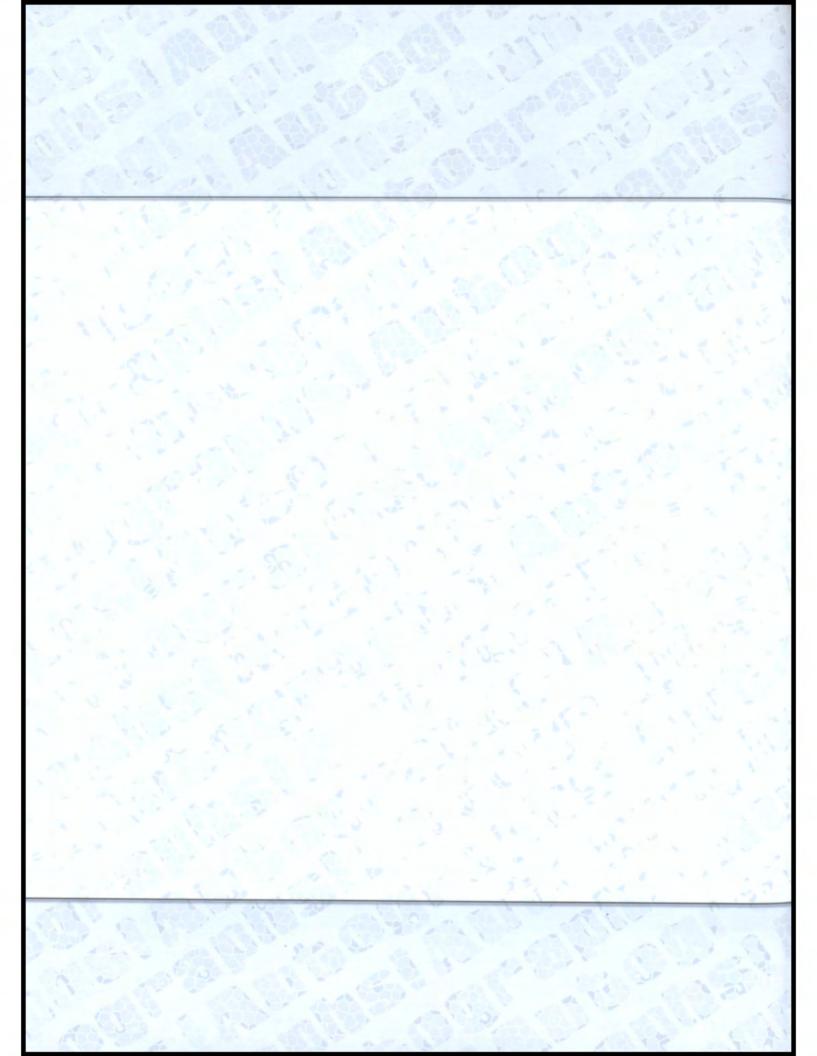


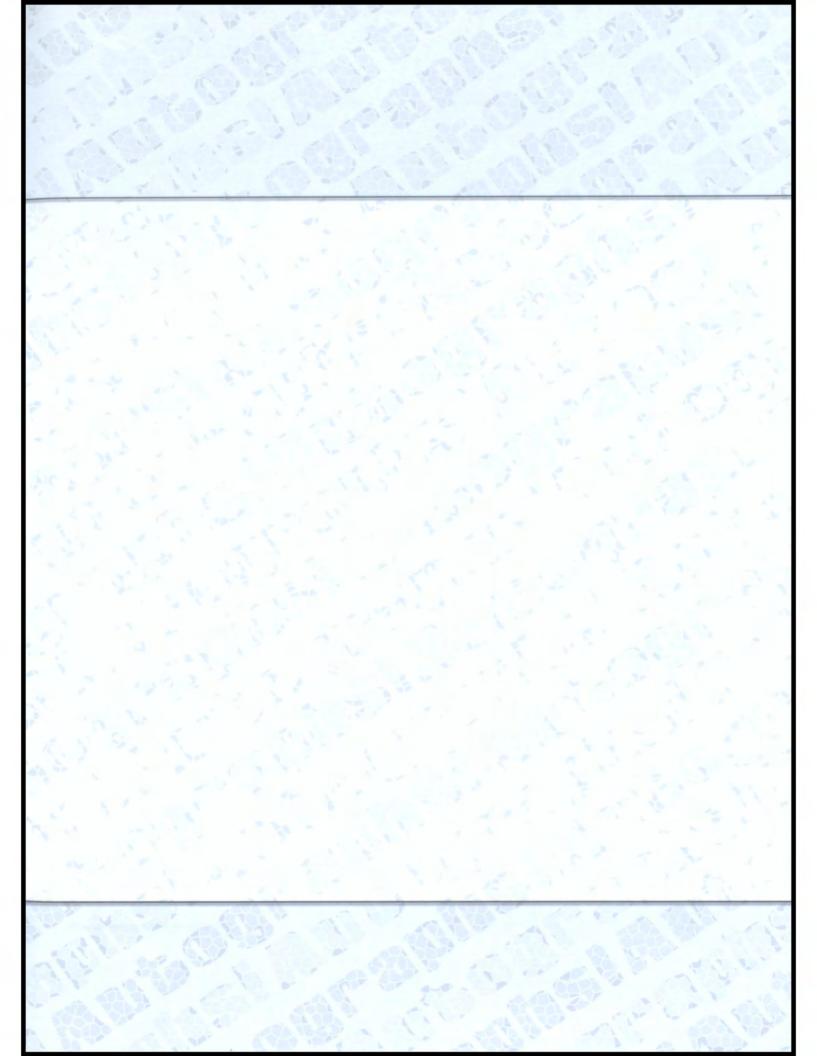


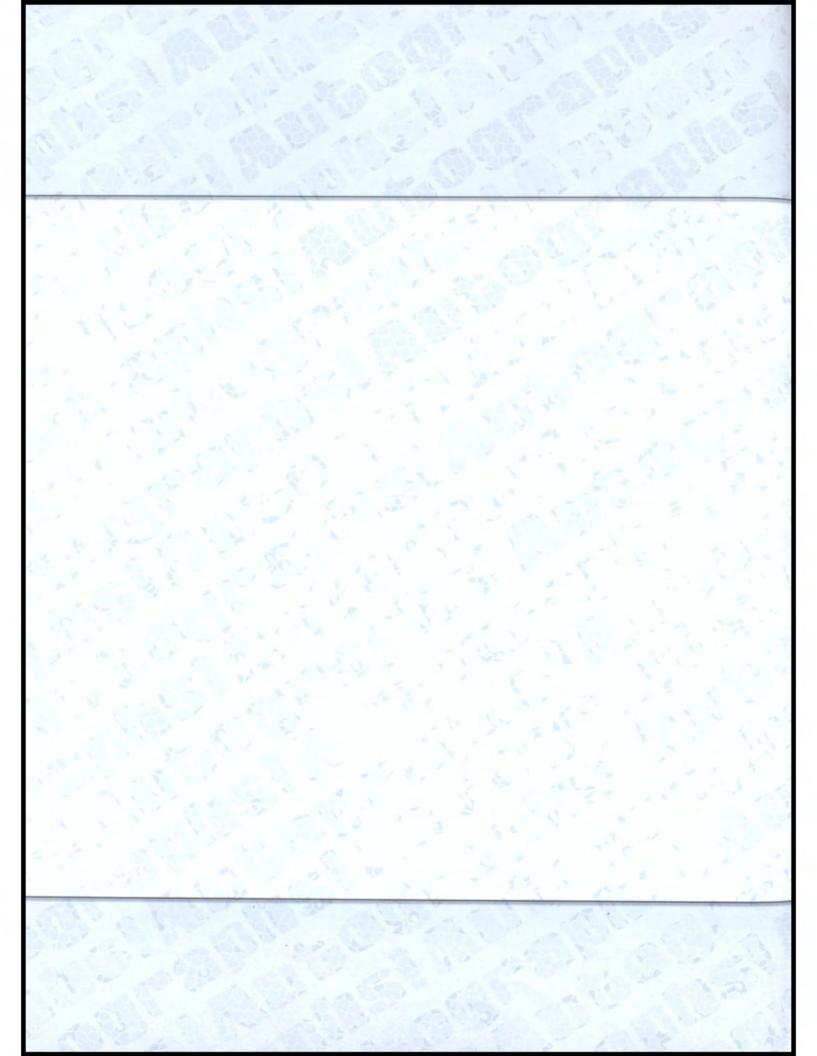
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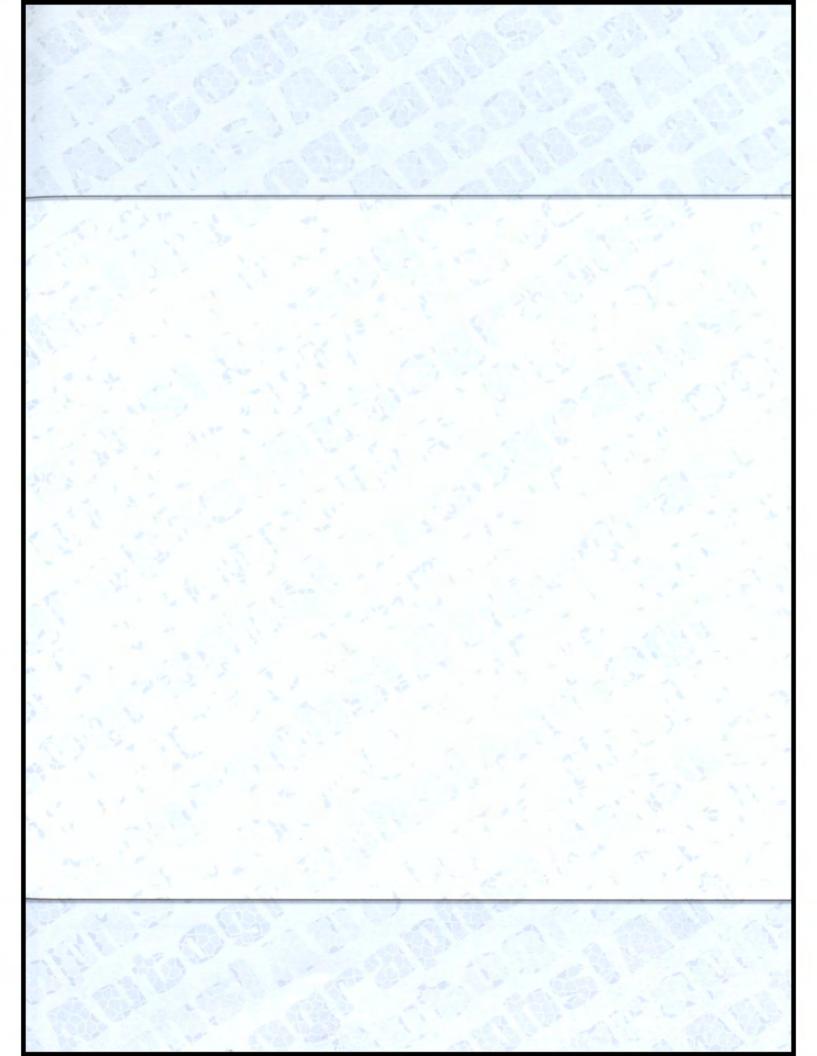


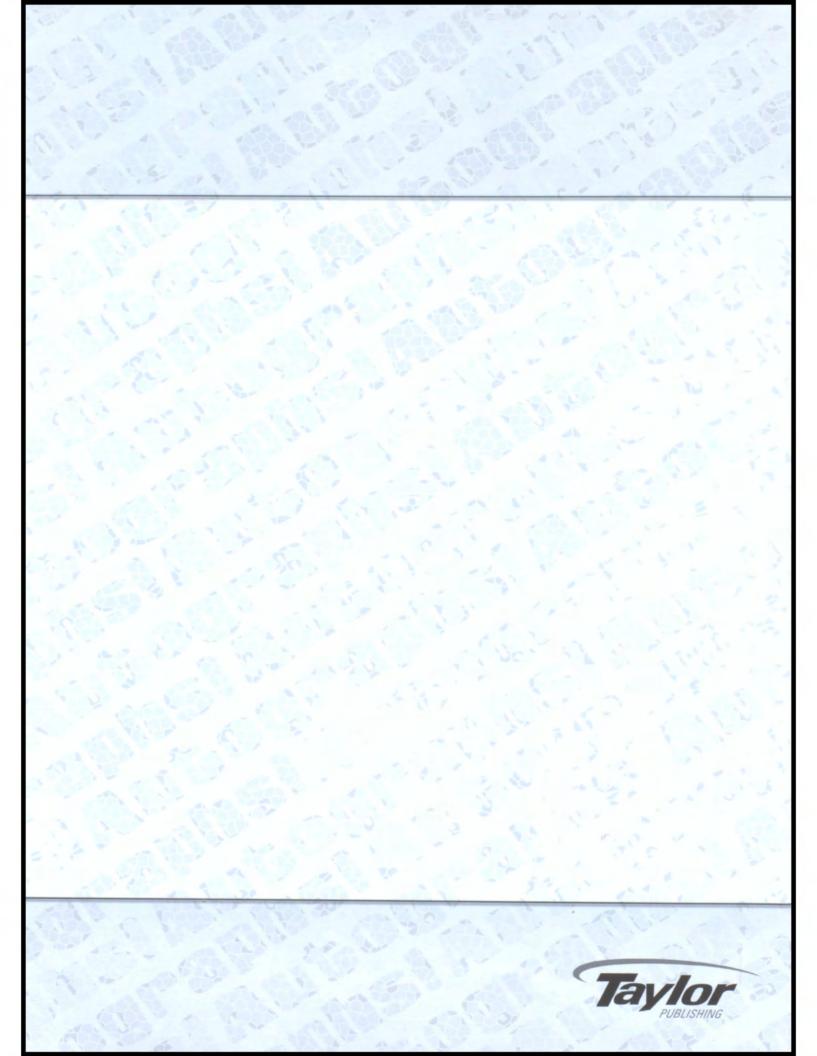


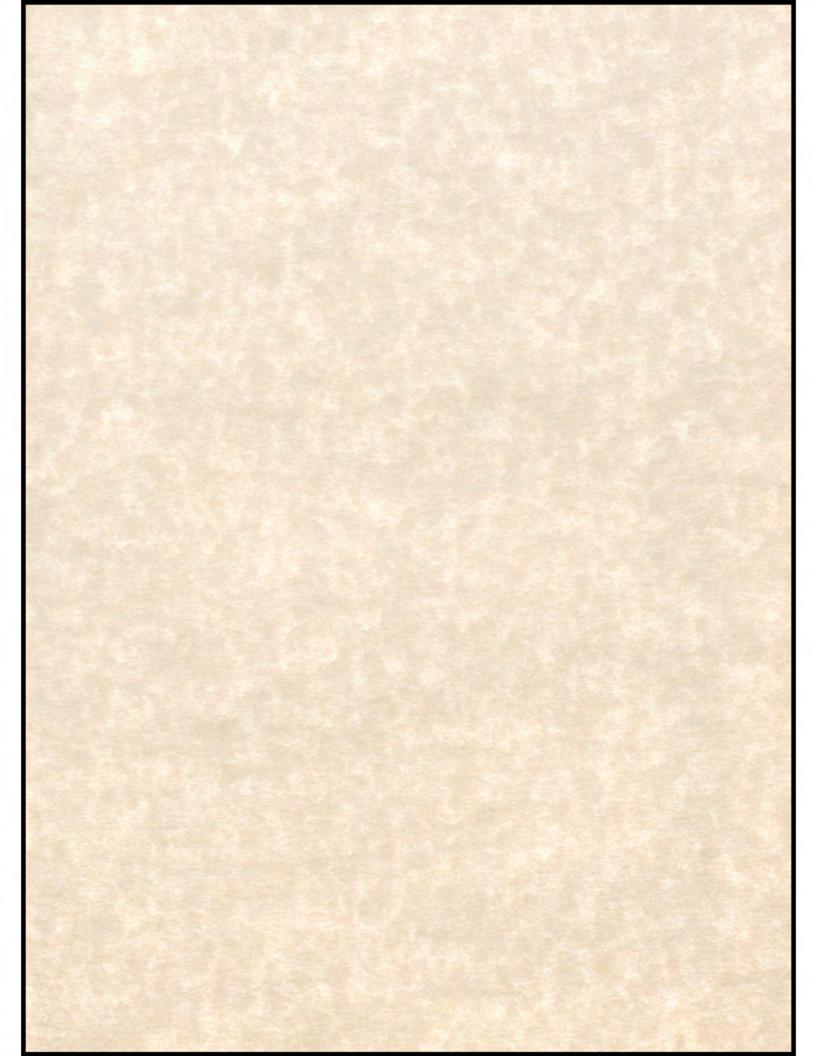


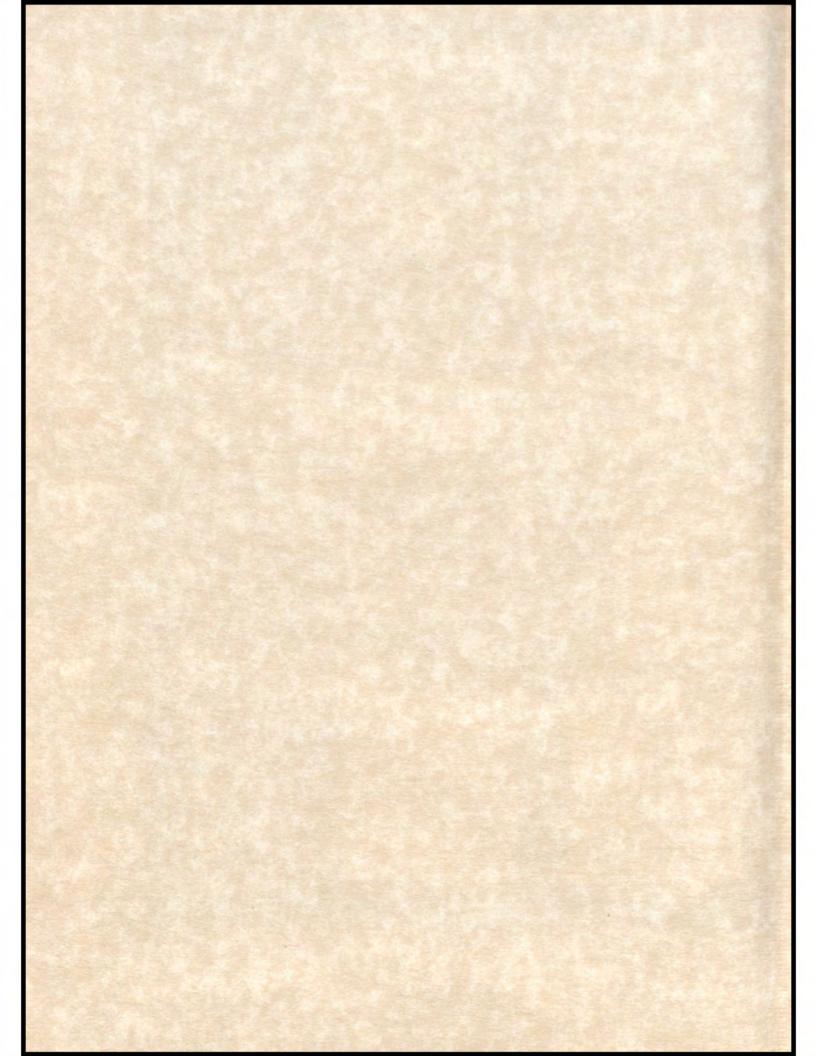


















Above: Juniors Allan
Lea and Nathan
Harden listen as Mr.
Paul Wieland extols
the virtues of a properly
written sentence. Lea
participated in the annual
SADD ghost-out to raise
awareness of the effects
of drunk driving. "I did
it because I thought it
would be fun to get all
the attention, and it
gets people aware of
important issues," stated
Lea.

Left: Sophomore Alex Anafarta learns about translations during Mr. Bill Olson's fourth hour Geometry. Anafarta crossed out problems a bit too early, learning later in the period that they might be assigned after all. "I wish I'd known that earlier," Anafarta exclaimed jokingly.



Above: During fourth hour, Mr. Kelly Nicholls supervises Junior Adam Richie in the repair of an engine while Junior Mathew Hitchcock watches intently. Richie inquired, "Like this?" "Yep," replied Nicholls, "You got it."

43

School days in fourth quarter

3

High school teachers retired in 2007

65

Early graduates





Left: Senior Corey Hilla presses his pajama pants in Sewing Design & Production. "It's hard to get it flat so you can iron it," Hilla growled in frustration. Students in the class also made knit shirts and equipment bags during the term.

Above: Senior Amy Johnson tries to remain still as firemen lift her out of the destroyed vehicle during the mock car crash demonstration in front of the school. Every year, senior students get a chance to witness what really happens in the event of a major accident.













FL 25 Osseo 8 Stillwater Columbia Heights 29 0 36 Osseo 18 Stillwater 29 Columbia Heights 10 Sections **Placed Second** State **Placed Fourth**

The Extended Trio performs a leg kick during their routine. The trio consisted of Seniors Alissa Moberg, Kate Harrison and Carrie Peterson. They finished third at the State Meet.

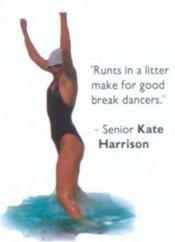
Prior to entering the water at the beginning of their routine, the Short Trio, led by Sophomore Karissa Olsen, strikes a pose along the side of the pool.

"Smile & point your toes." Andrea Collins

Lift it

A group of girls had what it takes to go all the way

When most people think about Synchronized Swimming, they often think about a bunch of girls floating around in the water and kicking their legs in the air every once in a while; very rarely is it thought about as a strenuous sport. The truth is, it is very difficult and takes a lot of talent and determination. The girls compete in four different types of competition; solo, duet, trio and team. Once they pick a three to four minute music compilation, they must choreograph the underwater-dance themselves. Before every meet, the anticipation each girl held was huge. With gelatin smeared, lipstick sealed and smiles plastered, each girl was ready to blow the crowd away. "During the season synchro consumes basically your whole life, but the girls are so fun and at State all the long hours of hard work finally pays off," exclaimed Senior Carrie Peterson. With 36 returning swimmers from years past, this year's team definitely had the talent and determination to go all the way. After sending 39 athletes to the State Meet last year, they were not only determined to do it again, but also to send more girls. The extended A team took fourth at State, and had the best swim all year. Seniors Kate Harrison, Alissa Moberg and Carrie Peterson placed third in the Extended Trio, and made the team proud of their accomplishments. • As it came to the end of the season, the synchronized swimming team proved to be one of the best. ~Brittni LaFontsee & Cristina Young





Seniors Frances VanSloun, Heidi Bolenbaugh and Ann Husfeldt must perform perfectly in synch to receive a good score. The Extended Trio finished in fifth place at State Meet.



Seniors Heather Ristow and Kelsey Lefto compete with the utmost enthusiasm during their long Duet The girls finished strong at the State Meet.



Synchronized Swimming

Front Row: B. Ewert, A. Anderson, L. Oberg-Hauser, J. Dahlager, A. Anderson, K. Olson, A. Bergman, K. Sewall, H. Merrier, M. Sperry, K. Marner. Row 2: H. Bolenbaugh, K. Lefto, A. Gaytan, H. Ristow, K. Harrison, A. Moberg, C. Peterson, A. Husfeldt, L. Quale, K. Kerimkulova, J. Rokitzki, F. Van Sloun. Row 3: K. Shultz, A. Brennhofer, K. Anderson, T. Brockman, K. Forliti, C. Riesgraf, L. Tomnitz, E. McGee, E. Liljedahl, K. Caine, B, Bestler, D. Shave, M. Richie, S. Wilke, C. Manning, M. Thompson. Row 4: Coach A. Pepper, Coach H. McKenzie, N. Wold, K. Jensen, K. Quale, W. Anderson, C. Gross, S. Morris, P. Faymoville, A. Collins, K. Royce, V. Carlson, A. Raak, M. Chalberg, Coach L. Davison, Coach M. Yacht.

2

Ounces of Jell-O put in hair 70

Cost of a suit

3-4

Length of a routine in minutes

50

Yards swam with one breath

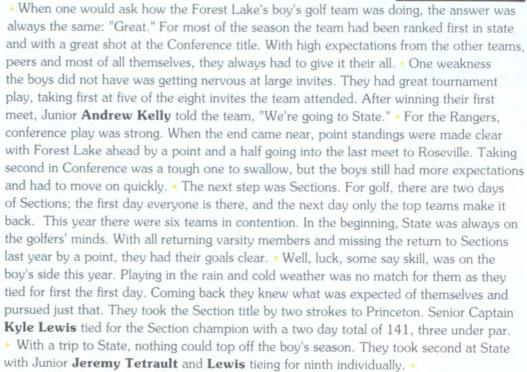
8

Height girls are thrown out of the water in feet nchronized Swim • 243

Drive it

Make it to the green

"We're going to State." ~ Andrew Kelly



~Nicole Tetrault



With all his might, Junior Jeremy Tetrault takes his gap wedge to make it to the green. "It's the most used club for sure," Tetrault mentioned.



Lewis watches his tee shot on the sixth hole at the Forest Hills Invite.



Boys Golf
Front Row: K. Olsen, J. Pelton, J. Tetrault, T. Carpenter. Row 2: A. Kelly, D. Jeans, A. Kuefler, P. Moberg, J. Brenenbeck Row 3: Coach J. Wilson, Coach R. Johnson, N.Cary, K. Lewis, P. Follese, R. Hanson, J. Young, J. Knoop, Coach J. Buck.

3Golfers with holes in one

370 Captain's farthest drive in yards

Average number of spikes in a cleat

Average weight of a golf bag in pounds

3 Average handicap



Senior Captain

Kyle Lewis

"The four P's:

Picture it.

Post it.

Pinch it.

Pork it."

Get Straight

Fairbault Invite Ist Roseville 3rd Park Invite 2nd Bunker Hills Invite 6th Stillwater Ist Brainerd Invite 2nd Grand Rapids Invite 1st Forest Hills Invite Ist Park 4th Blaine TPC Invite Ist Cretin-Derham 2nd Forest Lake Ist **Bellwood Oaks** 3rd Keller Final 5th **Duluth Invite** Ist Sections 7AA Ist State 2nd





Lefty Sophomore **Paul Moberg** takes an iron out for a lengthy par three at the Forest Hills Invite.

Junior **Andrew Kelly** lines up his ball for the putt to make birdie. Putting is one of the most crucial parts to the game of golf, and was a key to the team's success this season.



Nicole Tetrault

"Thanks 'four' a great senior season. Remember to 'Have Fun' and tell Josh not to stress so much! Did I pass the line again?"







Making great contact for a powerful drive, Freshman Betsy Kelly wraps it around for her finish at North Oaks. The Rangers shot a team score of 194, good enough for second. **Kelly** also took third place at the State Meet.

Senior Nicole Tetrault, left handed putter, watches the ball as it reaches the hole. "I'm on the right side of the ball, everyone else is on the wrong side," Tetrault explained about her putting.

Roseville Ist Woodbury Ist Mounds View 2nd Elk River Invite 4th Hastings 2nd Cretin-Derham 3rd Forest Lake Invite 1st Park 2nd Red Wing Invite 4th Stillwater 2nd Hill Murray Invite 3rd White Bear Lake 3rd Forest Lake 2nd Oak Glen Final 2nd Section 7AA Ist

5th

State

"...having fun, literally." Lauren Gravelle

PUGG IG

All you need to do is tap it in

When anyone would ask what the girl's golf team had planned for the year, all answers came out the same; a team trip to State. When their plan came true, one couldn't see more ecstatic faces than of the six girls whose prediction came true. With pressure from only themselves, this year was the year to take it all. • With great team chemistry, personality was not a weakness of the girls. With non-stop talking and loud pounding music in the 'burb', there was always another story to tell. "We couldn't get along anymore," Freshman Laurel Pelton mentioned. "We have so many inside jokes. The season was all about having fun, literally." • One wouldn't think that such a serious game like golf would not be so serious. Well, that was the girls' style and always had been. With five returning varsity players, they were set for a strong year. The sixth spot was open for a junior varsity member who showed vast improvement throughout the season, and Freshman Katie Nowicki stood up to the challenge. - As the Conference started, the girls started off strong. Eventually, Woodbury caught up to the girls and took first at the last three invites, leaving the girls into a solid second place. "It was a little disappointing taking second again, but hey, we're going to State!" Junior **Emily Wislicenus** took it optimistically. • These girls knew they were a stronger 18 hole team and were excited for the section match at Hinckley Grand National. With three girls shooting their lowest round and the team shooting their lowest scores of the season, they had a trip to State in the bag. "I couldn't ask for a better group of girls," Coach Joel Hall said at the end of the year. The team placed fifth at State, a great way to end the season. . ~Nicole Tetrault



Girls Golf
Front Row: A. Seifert, S. Moe, B. Kelly, B. Seifert, L. Pelton. Row 2: M. Carey, T. Lipp, K. Stout, S. Shevik, N. Tetrault, M. Carey, L. Gravelle. Row 3:
Coach J. Mueller, M. Messin, H. Lawson, H. Mills, M. Senum, E. Wislicenus, K. Nowicki, Coach J. Hall.



"We need to beat the Woodticks this year."

> - Sophomore Mallory Messin



Freshman **Katie Nowicki** watches the ball as she holds her follow through. Nowicki filled the sixth spot on Varsity as they headed off to State.



8

Different colored balls used by the team

380-432

Ideal number of dimples on golf ball

200

Average drive of Varsity girls 6

Highest rank in state

322

Lowest team score on 18 holes

Golf • 24

"It is what it is."

SAME IG

Keep an eye out for the right pitch

"Outstanding" ~Charles Smith

 With a triumphant 2006 season, this year's team had high expectations and high standards set for themselves. They were determined to finish the season strong. With ten returning seniors, they had the talent and experience they would need to be a successful team and achieve their goals. Not only did they have the confidence in themselves but they also had the community behind them. The students especially seemed to have a lot of baseball fever, with the games being the place to be on any given night. Having twelve of their twenty-three games held at home, encouraged people to come out to more of the games as well. "There is nothing that works better to get the team riled up than the fans cheering in the stands," stated Senior Charles Smith. Although the season did not start as they had planned, in the end it all worked out for the best. They continued to be strong both at the plate and in the field throughout the season, but when it came to the playoffs they knew it was time to put their game faces on. The team went into the Section playoffs with a strong fourth place seed. They showed what they were capable of with two shut-outs in their first two playoff games, kicking Elk River and Chisago Lakes out of the tournament. "We finally came together and played," explained Senior Christian Fogerty. The team continued to excel as they advanced through Section play, benefiting from the double elimination. Unfortunately, they fell just short to Duluth Central in a 0-3 loss, which prevented them from advancing to the final games. .

~Brittni LaFontsee



Sophomore **Travis Evgen** gives the bench a look for some direction in between pitches. **Evgen** gave the pitcher a sign, determining what to pitch.



Senior Myles Carlson winds up for the pitch. Carlson helped the team out of a number of tough spots when he stepped into the game.



Front Row: Batboy, K. Young, K. Jensen, C. Smith, T. Evgen, B. Kolbow, J. Berger, B. Cherveny, J. Olson. Row 2: Coach B. Raabe, C. Fogerty, T. Schultz, N. Crudo, G. Eischen, M. Schultz, M. Carlson, A. Cremisino, B. Banse, C. Goodyear, Coach T. Gravelle.

2.75 Maximum

Maximum diameter of an aluminum bat .001

bat/ball collision time in seconds 5.25

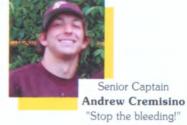
Average weight of a baseball in ounces

42

Maximum length in inches of a bat 108 Stitches on a baseball







FL

Roseville Park Cottage Grove **Mounds View Duluth Central** White Bear Lake 2 Stillwater 8 Woodbury 12 Big Lake Cretin-Derham Hall 12 Hastings Roseville **Park Cottage Grove Mounds View** 0 White Bear Lake Stillwater 10 Woodbury 9 Anoka 3 Cretin-Derham Hall Hastings Chisago Lakes 8 Chisago Lakes Duluth Central 0

St. Francis **Duluth Central**

23

3





The boys listen intently while Coach Brian Raabe gives them a quick pep-talk at the pitcher's mound. The time-outs gave the boys a chance to get their heads back into the game.

Senior third baseman Christian Fogerty has his head in the game, waiting to react to a pitch. His quick reflexes helped to make up a strong













FL White Bear Lake 8 **Mounds View** Park Stillwater Edina **Duluth East Elk River** Hastings 0 Woodbury Roseville 10 Stillwater Park **Apple Valley Mounds View** White Bear Lake 0 Woodbury 9 Anoka Hastings 0 Cretin-Derham Hall 8

Centennial

Spring Lake Park

6

Senior first baseman **Chelsie Nelson** pumps up the infield at the start of a new inning. **Nelson** played solid defense for the Rangers this year, and also swung a strong bat.

Freshman **Sam Holien** hits a line drive to advance the runners. **Holien** was a strong competitor on this year's team.

Prich 16

Keep all eyes on the ball

This year's season for the softball team was a challenge, but with that challenge came much success. This was not a team made up of one woman alstars, but instead a solid team consisting of numerous talents. Their determination showed in every game as they hung in until the very end, never giving up. This team was expected to do well as they had many returning varsity players. With the setback of Senior Captain **Kacie Waldoch** being injured early in the season, the girls really came together and step it up.

With over 90 hours of practice and through hard work and determination the team remained a threat throughout the season, winning decisively over Mounds View, Anoka, and Stillwater. The girls had about 50 hours of win flows situations with helf reins their

and Stillwater. The girls had about 50 hours of win/lose situations, with half going their way. With Sections approaching, the team pulled together to prepare themselves for the upcoming challenge. They knew that they could acomplish great things, because they were a great contender in the State tournament. For Section playoffs, the girls really stepped it up, but in a disappointing loss by one run to Spring Lake Park the season was over. "We would have liked to have gone farther into the Section tournament, but feel proud of the way we went out, fighting the whole way. This was a fun season with a lot of ups and downs, but definitely had more highs than lows," Coach **Angie Ryan** stated to perfectly sum up the season.

~Cristina Young & Stephanie Sampair



Varsity Softball
Front Row: K. Waldoch, K. Crudo, S. Johnson. Row 2: K Plouff, A. Diemert, M. Hinrichsen, A. Lalla, K. Kent 2. Row 3: Coach E. Casey, A. Dunrud, L. Alm, A. Matheson, S. Holien, J. Skogen, Coach A. Berg.

"We really stepped it up this year and made a huge improvement from last year!"

- Sophomore Alyssa Dunrud





Senior third baseman Megan Hinrichsen rocks back to fire the ball to first. Hinrichsen's quick hands contributed to solid Ranger defense at the corners.



at home plate to make a play at third. This was **Skogen's** second year playing catcher

Weight of a softball in ounces

240Feet around all the bases

23Average weight of a bat in ounces

Average speed of a pitch in mph

88Stitches around a softball

Gum 86

Throwers pave the way to State

'Workin' hard or hardly workin'?"

~Logan Robinson

With April usually come thoughts of school coming to a close and antsy students ready to be done, but this was not the case for the athletes just starting their season. Their season had a rocky start with a canceled meet due to a late snow fall, but that was one of the only tough spots they would hit all season. At their indoor meets, designed to get the boys in shape and get them ready for competition, they already started to show the talent that their team possessed. The talent continued to shine through as the season went on and the team dominated at many of their meets. They continued to gain momentum up to the end of the season at the big meets where their game faces had to be on. At the first day of the Conference meet at Stillwater, they showed exactly what they could do, advancing athletes in almost every event to the finals. They continued to be successful in the finals with several athletes placing in the top three of their event and earning All-Conference honors in addition to athletes scoring for the team and earning All-Conference Honorable Mention honors. They took the impetus they gained throughout the meet and carried it with them on the four hour bus ride up to Grand Rapids where their Region meet was held. It appeared to be a case of deja vu on day one at prelims as the team pulled together and once again advanced a number of athletes to the finals. Inside of finals athletes must place in the top two in their event or meet the qualifying standard in order to advance to the State Meet. In relays, they must be top dogs in order to receive the honor of going. After all was said and done, the team was sending eight athletes to Hamline University the following weekend. If that was not enough, the team put the icing on the cake as they captured the title of Section Champions for the second year and a row. The team won the title by a long shot with 141 points over second place Elk River who had 97 points. The State Meet was filled with more success by the athletes apart of this team. In the field, there were a number of good showings with three competing athletes. Two time participants Seniors Tyler Kleinhuizen and Matthew Shwartz were taking care of the throws while sophomore Griffin Lentsch was participating in the triple jump in his first appearance at the State meet. Kleinhuizen was named State Champion in the shot and took seventh in the disc and Schwartz was named State Runner-Up in the discus and sixth in the shot. Although Lentsch didn't have the results he wanted he finished strong and experienced what it was like. The team advanced two relays of juniors Dillion Grant, Dalton Keep and Mitch Koenig and Sophomore Daniel Blaser in the 4x100 and 4x200. The 4x100 placed eighth overall and the 4x200 just missed finals. Grant was also just short of finals in the 100 dash. The final appearance at the meet was a strong finish by Sophomore Zachary Waldoch in the 1600 meter run.

~Brittni LaFontsee



Throwing is

for people

who cant

Dalton Keep

run" -Junior

as he runs the 100 meter dash at Woodbury." I go into the races with a 'go for it' attitude which helps me perform at my highest ability commented **Grant**.



Sophomore **Zachary Waldoch** strides out to the exchange zone in the 4X800 relay at Woodbury, **Waldoch** and his team ran an 8:13 earning a second place spot on the all time honor roll.

Degrees is the sector for the disc

4' Max lane width in feet

Width of start line in cm 1:100 Maximum incline of the track

Calliber pistol round used when starting the race



Track & Field

Front Row: A. Warren, Z. Clark, B. Yetter, T. Kleinhuizen, Row 2: T. Antisdal, J. McAlpine, L. Underdahl, A. Anderson, S. Glewwe, T. Rehak, J. Ohman, M. Schwartz, L. Robinson, C. Peterson, M. Ulrich, B. Loredo, N. Kelley, K. Ward, R. Liliquist. Row 3: B. Rod, Q. Carr, Q. Carr, D. Keep, V. Shaw, D. Backlund, S. Peters, N. Moen, B. Brambilla, D. Medina, A. Orth, D. Grant, B. Carlson, K. Klein, A. Benson, B. Stolberg, Row 4: Coach Saunders, Coach Kendrick, B. Rivard, B. Ulrich, R. Lilliquist, J. Weigel, S. Jemeich, S. Carr, R. Alt, A. Orth, K. Morgan, D. Blaser, M. Koenig, D. Warner M. Maki, T Jensen, Z. Waldoch, B. Brodin, Coach Fick. Row 5: E. Miller, J. Wick, G. Lynch, N. Wilson, L. Daninger, C. McKenzie, J. Chandler, D. Edelen, J. Plain, J. Lepisto, I. Flaherty, M. Howe.



Bethel Invite
Roseville Time Trials
Osceola Invite
Hastings Quad
Pony Classic
Roseville

Hamline Elite

True Team Section

Woodbury

Quadrangular

Conference Prelims
Conference Finals
Section Prelimes

Section Finals
State Tournament









"Track's not that bad."





Junior Mitchell Koenig stays low as he starts the 100 meter dash. "At first I was slow out of the blocks but as the season progressed and a lot of practice, I became one of the fastest ones on the team," exclaimed Koenig.

Senior Matthew Schwartz throws the discus 173'6" earning himself the championship spot at the True Team Section Meet in White Bear. "It was my last throw and I knew it was going to be great as soon as I let go of the disc," commented Schwartz.







Senior Captain
Brittni LaFontsee
"Jump far, run

"Jump far, run fast and kick some booty!"



Kierstin Nygaard

"Those who can't throw...run!"

Sophomore **Kristie Miller** keeps her head down in the wind during the 100 meter dash. **Miller**'s quick feet earned her a spot on the All State 400 meter relay team.

Junior Rae Moen pushes through a rainy start to her 200 meter dash preliminariess at the SEC meet. Although the weather was not cooperating, Moen ran one of her best times of the season, just barely missing finals.









Proof that hard work really does lead to sweet success

With a change in coaching staff and a large group of underclassmen, the girls track and field team did not know what to expect heading into this season. Although they were somewhat walking into a blind season, they were excited and ready to see what it would bring them. After numerous years, Coach Janet Howe resigned her postion as head coach at the end of the 2006 season. New Coach Eric Kaluza walked into the picture with his wife, Coach Karin Kaluza, at his side. With both of them having experience in their events, they were excited and ready for the opportunity to work with a new group of girls. Their excitement continued to grow as the girls continued to impress them and everyone around them, including the teams they were competing against. In past years, the girls had not had the best showings at meets and this was the year they were ready to change that. "We want other teams to be afraid when our bus rolls in," joked Junior Annie Dehmlow. They were finally starting to be known as a threat on the track and in the field after the first few meets. Some of their goals for the season were to have higher finishes at their True Team Section, Conference and Region meets. These goals were all met with higher finishes in all three meets. With athletes like Senior Captains Kristi Buerkle and Kelsey Kosman, Senior Nicole Roubik, Dehmlow, and Freshman rookie Calley Jones, the team lit up the track every time they stepped foot on it. These girls, among many others, brought a huge number of points to the team in open events as well as in the relays. "We have strong groups of girls in the relays," commented sprint Coach Jennifer Wagner confidently. "There is a lot of talent going around the track." The track was not the only place that the girls were excelling. The athletes in the field continued to place highly and earn the team many points in addition to those that were earned on the track. Girls like Juniors Christy Newell in the high jump, Sophomore Ciara Robinson in the triple jump and Senior Captain Kierstin Nygaard in the throws racked up the points, as well as the team's reputation, with a number of top finishes throughout the season. "We love our girls in the field," exclaimed Roubik. Heavy rains were not going to stop the team, at their Region meet held in Grand Rapids, from sending athletes to the state meet. The 4x100 meter relay team of Kosman, Sophomore Kristie Miller, Freshman Adriane Acosta and Buerkle advanced with a strong first place finish. Kosman and Buerkle both qualified in open events as well as Senior Captain Brittni LaFontsee advancing in the long jump. The girls went on to have successful experiences at the meet and represented their community well.

~Brittni LaFontsee



Track & Field

Front Row: K. Tietje, N. Roubik, B. LaFontsee, K. Kosman, K. Buerkle, K. Nygaard, S. Haider, B. Holmes. Row 2: M. Gooley, E. Danninger, K. Tietje, R. Noren, N. Olson, A. Anderson, W. Fenne, A. Sauer, E. Zastrow. Row 3: C. Jones, A. Dehmlow, N. Holvader, K. Babbitt, R. Moen, C. Slattery, B. Gray, T. Phinney, K. Pringle, S. Radden, D. Griffin. Row 3: Coach K. Kaluza, Coach J. McLaughlin, C. Zemke, B. Black, A. Bleninger, A. Acosta, C. Robinson, T. Winkle, J. Springer, S. Nase, E. Peterson. Row 4: Coach E. Kaluza, L. Benson, M. Hayman, A. Longfellow, A. Colling, K. Miller, G. Lange, G. Selg, M. Blake, A. Mills, C. Newell, M. Claflin, C. Kendrick, A. Johnson, Coach N. Appleby, Coach J. Wagner.

"Life's too short not to dance..."

-Sophomore Amanda Johnson



Senior **Nicole Roubik** runs the lead off leg of the 4x400 relay at Roseville. The team averaged a time of 65 seconds per leg.



fights off her competitors in the 4x800 at the True Team Section meet hosted by White Bear Lake.

Times around the track to equal one mile

2.2Weight in pounds of a discus

Yards from starting line to first hurdle **400**Miles of life of a training shoe

Average weight of a pair of track spikes in ounces -Senior Robert Gavanda

Love it

It's all about acing and loving it

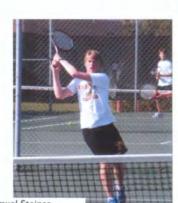
"Be careful with the seventh grader!" -Derek Vogel

 Tennis is a game of strategy. Each player must use their own strengths in order to expose their opponent's weaknesses and win the most points. This year's tennis team was able to do just that. Having a lot of underclassmen on the team showed the great potential and variety of players that the team was made up of. They didn't exactly start out the year with the record they may have hoped for, and staying competitive at the end of the school year wasn't always easy. Putting all other distractions aside, the boys were able to stay focused in order to finish up the season with a record worth recognizing. • "I was very proud of our young team that started out 1-9 and came on to play their best tennis in May and end at 7-11," explained Coach Greg Patchin. This was really a team of boys at all different ages and levels of ability. The youngest teammate, Seventh Grader Dusty Boyer, played a major role in the success, having a strong individual season record. There were also many Seniors competing at different levels and categories. It's not always easy be competitive against some of the tougher teams with a younger group of boys, but they worked through all doubts and had some really successful wins. "We didn't have the depth that we had last year but overall we did better than expected," stated Junior Spencer Conrad.

~Kristi Buerkle



Seventh Grader **Dusty Boyer** uses his backhand technique to return the ball. Boyer was a key player on this year's varsity team.



Junior **Samuel Steiner** approaches the net to return a serve.



Front Row: S. Conrad, B. Mullen, J. Maglstad, D. Boyer, S. Stener, J. Peterson Row Two: P. Hill, J. Isacson, R. Gavanda, M. Hentges, C. Kerkhoff, S. Mouacheupao, S. Garry, Coach G. Patchin.

7

Standard weight of a tennis ball in ounces 121

World record serve

70

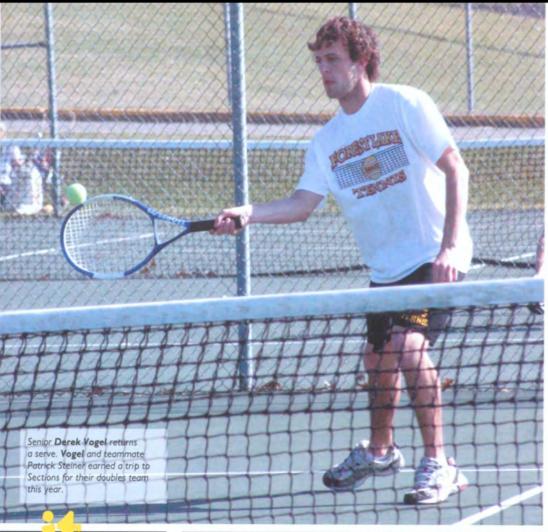
Average cost of a tennis racket in dollars

78

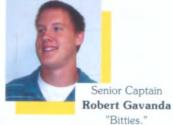
Area of the net in square feet

5

Referees in a professional match







Ge<mark>t Straight</mark>

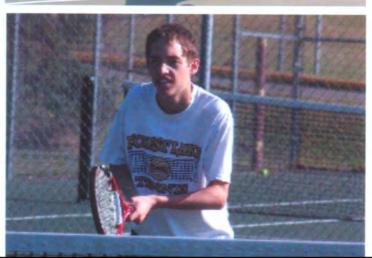
Blaine 6
Hastings 5
Coon Rapids 5
Chisago Lakes 2
Centennial 6
Cretin-Derham 4
Roseville 5
Stillwater 6
Woodbury 4
White Bear Lake 4
Cambridge 0
Mounds View 6
Park 1
Anoka 3
Hibbing 2

-Sections-

St. Francis Anoka Grand Rapids

6





Senior Joshua Peterson demonstrates the backhand technique to strike the ball. Peterson was an important member of the tennis team this season.

Junior **Spencer Conrad** waits for the opposing team to serve. This was **Conrad**'s third year on the varsity tennis team.

Tyler Sperry Company

"Othello loved Desi like Adonis loved Venus, and Desi loved Othello 'cause he had a big...sword."



Scott Isaacson Company

"I fold well."



Derik Iverson Company

"Does it look like I have a sword?"



Rebecca Zierke Company

"You're not okay to walk. I'm gonna take your legs."



Caitlin Sapa Company

"I can't believe they pay me to do this!"



Alexander Kelley Assistant Stage Manager

I fell off the stage once. I was afraid to get back on."



As Romeo and Juliet, Sophomores Adam Regnier and Bre Elle Erickson cling tightly to one another in a pivotal scene. The play opened as a matinee to students and staff prior to public evening performances.



Weeks of rehearsing

1,350

Tickets sold

10

Actors in the performance

37

Shakespearean plays referenced in production

225

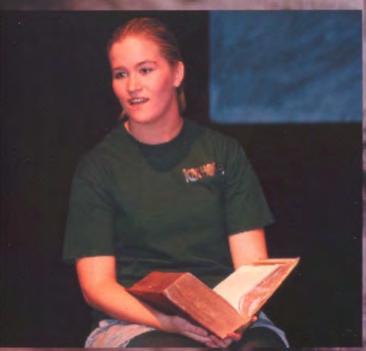
Square footage of stage

"Shake" It

The Complete Works of William Shakespage (Abridged)

· Putting a modern twist on old Shakespearean plays, The Complete Works of William Shakespeare (Abridged) showcased all of Shakespeare's plays and many of his sonnets in a less than two hour long performance. To do this, the works were altered greatly, and often in amusing and unexpected ways. Othello was done as a hip-hop track, Titus Andronicus as a cookery program, and all the Histories were performed as a football game. Beginning with Romeo and Juliet, the cast managed to cover, in varying degrees of detail, thirty-six of the thirty-seven plays before breaking for intermission. After returning from a short break, the audience was treated to many versions of Hamlet, including forwards and backwards editions, and some in fewer than thirty seconds. The corny humor and audience participation had everyone laughing, and the even distribution of lines amongst the cast kept the crowed guessing who would take the spotlight next. . "I wanted to do a physical comedy that had a company and no lead roles," said Director Mr. Andrew Waldron. The similarities between the characters of the different plays allowed the cast members to play multiple characters without losing the audience in the process. • By shaking up some old plays, the cast was able to put on a performance that appealed to everyone. ~Christopher Bombeck









Left: It's finger lickin good! exclaims Sophomore Jessica Pimpo as Titus Andronicus: Cast members each got a chance to play

Left: In the tech booth, Sophomore Richard Zieglen Senior Victoria Yeager, Sophomore Joseph Spanjers, and Sophomore Lucas Kaeding await their individual cues for the lights and sound. The student production crew worked dilgently to make sure the proper effects happened at the correct time. I just bush one button, said Keading, it's easy!

Below: Seniors Beth Lewseski and Kevin Bylund pause while walking into the US Bank Trust Center. "It was all right," commented Bylund, "but it was really expensive!"



Above: Senior **Joseph Koppy** escorts Junior **Monica Mattison** into the dance. Although the majority of students arrived with a date, some opted to go with a group of friends instead.



Below: Enjoying the slow dances, Juniors Anthony Biocourt and Candice Berger take part in the dance. Even juniors attended what is the "senior brom"









"It was so much fun. By the time it was over we were so tired we could barely stand up. Dancing takes a lot more out of you than you would expect!" - Junior Kelsey Blum and Senior James Woods



Above: Junior Eric Kubinski and date Sophomore Rachel Wittnebel discuss what to do with their camera during the dance. Students had the opportunity to checking their suit coats in at the coat check so they would not get lost during the dance.

716

Tickets sold

203.86

Average cost of a dress in dollars

600

Balloons dropped 18,000

Dollars spent to host event



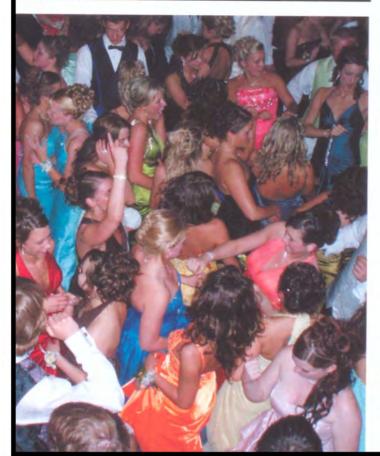
Below: Senior Jessica Westlund looks into the eyes of date Senior Mark Warzala with glee during one of the slow songs of the night. When the music slowed down, the room turned into an ocean of couples floating across the dance floor.

Its Wonderful

Not just a black and white affair, it's all about color

 As the limos rolled in and the party buses pulled up, downtown St. Paul was dazzled by a large array of color. The US Bank Trust Center lit up as the more than 700 students promenaded in wearing only the best. For the girls this year it was all about bright colors, wearing many shades of pinks, purples, greens, oranges and yellows. "Everyone needs a little color in their life," commented Senior Camille Senum, "and the colors let you show off your personality." Making sure their gentlemen looked good was also a major priority for the ladies. It was a big year for perfectly matching the vests and bow ties to their dresses. • Prior to arriving at the dance at 8:30 p.m., students and family members attended the traditional Grand March starting at 6:00 p.m. As the theme song, "Wonderful Tonight", played in the background, couple after couple paraded down the escalator showing off their glam and glitz. After the march, most were off to dinner while the Center was transformed into a ballroom. • With a more popular DJ than in years past, attendees had the rhythm in their feet to dance the night away. As attendees roamed the dance floor they could see many different moves being exhibited. "Everyone was dropping it like it was hot," observed Senior Nicholas Wethammer. Although most people could be found on the dance floor, there were other locations people may have visited. The snack table was a frequent and popular stop for most. Also, an artist was set up in the foyer to do caricatures. For a more formal option, David Banks Studios had a photographer set up throughout the evening, giving attendees the option to take a snapshot with a group of friends or a significant other. • As the night came to an end, everyone left with wonderful memories to last a lifetime. "Being with friends was sweet," reminisced Junior Kurt Johnson. For the seniors it was hard to believe it was over, knowing it would be their last event before graduation. "My boyfriend and my friends made it the most memorable, amazing night ever, "commented Senior Sherri Dahl. It was a wonderful night and one that will be in the hearts of many for many years to

~ Brittni LaFontsee





The trendy DJ spun a mix of popular music throughout the evening, making sure to work in all of the favorites. As students danced to the beats, they showed off the wide variety of style and color in their formal wear.

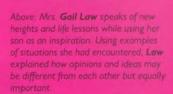
Senior Andrew Davis lends fellow Senior Laura Zimmerman a hand while getting out of the limo. Many students chose to take limos and party buses to avoid complicated downtown parking and give them the full effect of the special night Below: Senior Amanda Bosman presents her well-prepared speech, "Our First Big Bite Out of Life", to her fellow classmates She described how the journey so far, as well as in the future, can be compared to



Above: Senior Paige Patchin catches the crowd's attention with her speech "Dear Old Flaketown". Patchin made

Below: Senior Neil Polglase performs the song he had prepared for the ceremony, titled "Got A Little Sun". He expressed that in life, you must always be aware of what







Senior Benjamin Berntson displays his flashy shades for graduation. Sunglasses were worn by a number of students this year, despite the event being held indoors.



-Highest Honors-

Brenda Abel, Andrew Bender, Danna Bergantine, Heidi Bolenbaugh, Theresa Brenberg, Kevin Bruggenthies, Kelsey Burk, Samantha Cole, Ryan DeBuhr, Kimberly DeMars, Katelyn Dobihal, Sarah Ellertson, Daniel Erdle, Bethany Erickson, Margaret Fritzke, Benjamin Gort, Rebecca Hansen, Bridget Holmes, Scott Isaacson, Michael Jacobsen, Jessalyn Johnson, Tyler Kleinhuizen, Justine Koch, Brittany Kruger, Brittni LaFontsee, Jessayn Johnson, Tyler Kiennutzen, Justine Roch, Brittany Kruger, Brittin Laroniser, Binh Le, Kyle Lewis, Alissa Moberg, Katherine Monberg, William Montes, Andrew Nelson, Jonathan Ohman, Rylic Olson, Paige Patchin, Carrie Peterson, Kathleen Peterson, Joseph Phillips, Jana Rokitzki, Guillermo Romeu Fernandez, Niccole Sanders, Richard Schmidberger, Christopher Sherwood-Gabrielson, Tyler Sperry, Kalli Swedin, Tyler Uthe, Frances Van Sloun, Victoria Yamry, Robin Zahn, Stephanie Zastrow.

-High Honors-

-High HonorsBrandon Anderson, Christina Berens, Sara Bizzotto, Aaron Brown, Kristi Buerkle, Andrew Cremisino, Amber Diemert, Janel Duffy, Loren Endorf, Samantha Evgen, Jennifer Faust, Maja Grisonic, Matthew Hansmann, Hilary Hazzard, Nicholas Hecker, Patrick Homyak, Alisha Johnson, Amy Johnson, Gordon Johnson, Jackylynn Joyner, David Kasl, Kelsey Lefto, Michelle Medina, Shane Munasinghe, Amanda Nelson, Aaron Peterson, Lindsey Quale, Sarah Reely, Heather Ristow, Kelsey Robinson, Matthew Schwartz, Andrew Setterholm, Kristen Steffer, Kacie Waldoch, Ting Xiong, Victoria Yeager, Rebecca Zierke.

-Honors-

Michael Bender, Christopher Bombeck Amanda Bosman, Samantha Buol, Alyssa Carpenter, Kari Colucci, Chloee Daniels-Miller, Andrea Gayton, Erin Harrington, Megan Hinrichsen, Mitchell Houle, Stacey Johnson, Syressa Lewis, Alex Lindeberg, Kyla Lindstrom, Tyann Lovas, Jennifer McAllister, Matthew Miesen, Christine Miller, Pabacon Miller, Miller, Dilacondo Thomas On Christine Miller, Pabacon Miller, Miller, Palacon Miller, Miller, Palacon Miller, Mi Rebecca Miller, Allison Niemczyk, Thomas Olson, Kaitlin Peterson, Paula Regnier, Mark Sandager, Caitlin Sapa, Ida Skaran, Patrick Stiner, Nicole Tetrault, Matthew Ulrich, Alexandra Waldoch, Spencer Werhan, Janelle Winiecki, Brandon Yetter, Cristina Young, Laura Zimmerman.

126

Students who graduated with honors

38

Mph maximum wind speed graduation night 1115

Guests in attendance 22

Minutes the processional was played



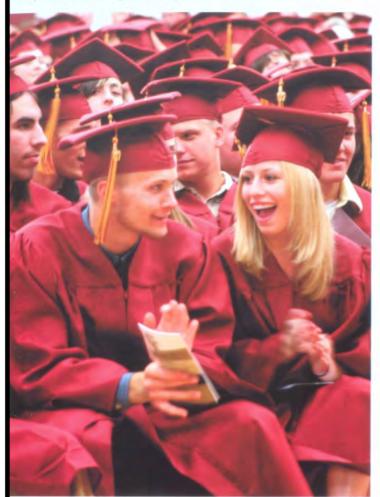
Seniors **Daniel Reinke** and **Kristina Radtke** share a laugh while teacher and speaker Mrs. **Gail Law** prepared her speech. The auditorium was filled with anticipation for what the night would bring.

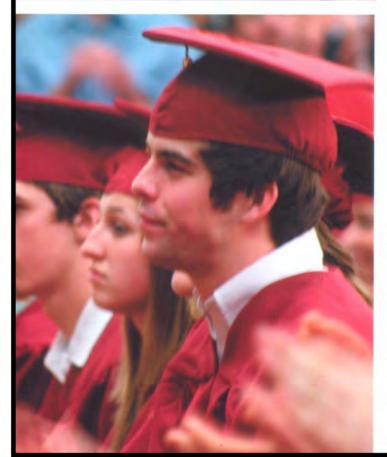
Celebrate It

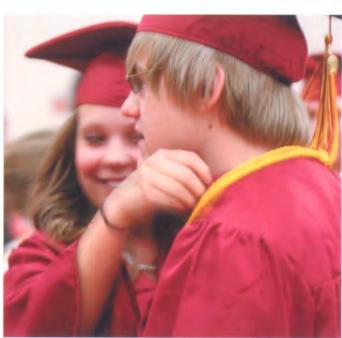
Seniors "Got A Little Sun" despite being indoors

• The Class of 2007 commenced in a fine form on June 7th, despite being forced indoors by inclement weather. For the fourth time in five years, commencement was held in the gymnasium, a hot, crowded affair that lent an air of urgency and gaiety to the celebration. "Once everyone got in and sat down, it wasn't so bad. But walking in...that was something else," stated Senior Christopher Bombeck. The band, directed by Mr. Rich Hahn, played and replayed the timeless Pomp & Circumstance until all the seniors were finally seated. . The anticipation built throughout the ceremony, as student speakers and musical presentations captured the essence of this timehonored tradition. The range of topics covered by the speakers was indicative of the variety and depth held by the members of the class as a whole. In "Our First Big Bite Out of Life", Senior Amanda Bosman likened the process of going through school to an ice cream sundae, with the choices made after high school akin to the toppings one might select. Senior Paige Patchin roasted Forest Lake in her speech, "Dear Old Flaketown," laughingly citing the many reasons we love to hate our fair town. But, in the end, Patchin noted, many who leave Forest Lake eventually return, a connection having been made despite the shortcomings that were once perceived. Senior Neil Polglase chose to orate musically, in a song he wrote entitled, "I Got A Little Sun." Polglase focused on enjoying the simple things in life, such as cool breezes and warm sunshine. The choir, led by Mr. Jim Lindstrom, performed beautifully Andre J. Thomas' Hold Fast to Dreams, a fitting tribute and wish to the seniors. • Finally, student-chosen speaker Mrs. Gail Law gave her tribute to the seniors in a speech entitled, "Leadership, The Natural High". Law drew on her experiences as a mother and teacher to give advice to students one final time. She cautioned the students to be careful of the choices they made, and to make sure they had good company with them upon reaching new heights. Law ended with one final piece of wisdom, gathered from her years of working with students and their families. "Just remember one do and one don't," Law noted. "Do call home. Don't drink and drive." .

Good Luck Graduates!

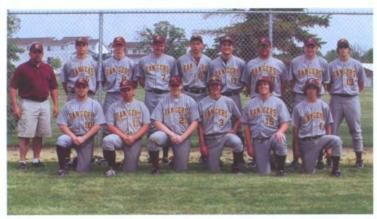






Senior graduates give a round of applause to their fellow classmate and student speaker, Senior **Amanda Bosman**. It is a custom for three select students as well as one admirable teacher to speak at the graduation ceremony.

Senior **Kelsey Burk** helps fellow graduate Senior **Christopher Sherwood-Gabrielson** fix his gown before the ceremony starts. The students arrived at the high school an hour prior to the ceremony.



JV Baseball
Front Row: C. Smith, N. Lindgren, E. Moody, R. Wright, A. Phillipi, R. Alm. Row 2: Coach G. Storm, T.
Welk, T. Fick, A. Johnson, S. Casey, C. Goodyear, S. Bontjes, M. Zadar, P. Larson.



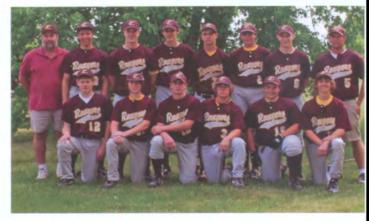
JV Tennis Front Row: J Cusick, N. Varani, P. Goedeke, D. Sperry, A. Rupar, T. Wilcox, C. Callahan, Row 2: D. Dekart, E. Carlson, J. Isaacson, S. Bostrom, G. Fernandez, L. Keading, R. Schreoder, M. Hentges, S. Schaverhammer, M. Goosens, Coach R. Soukop.

550

Graduating Seniors 1061

Final Day Attendance

JV & Sophomore Teams



Sophomore Baseball
Front Row: S. Brunjes, N. Charest, B. Ristow, C. Manning, T. Smith, T. Cremisino. Row 2: Coach D. Hager, B. Rosenthal, M. Swenson, S. Nelson, T. Rosedahl, J. Devore, N. Duncel, Coach K. Henry.



Sophomore Softball
Front Row: C. Koch, L. Janoski. Row 2: M. Baatz, K. Pagel, K. Nolden. Row 3: K. Long, C. Franklin,
Coach L. LeVake, N. Holmes, A. Lefto.

1760

Feet Length of senior run 260

Fact line items in book

