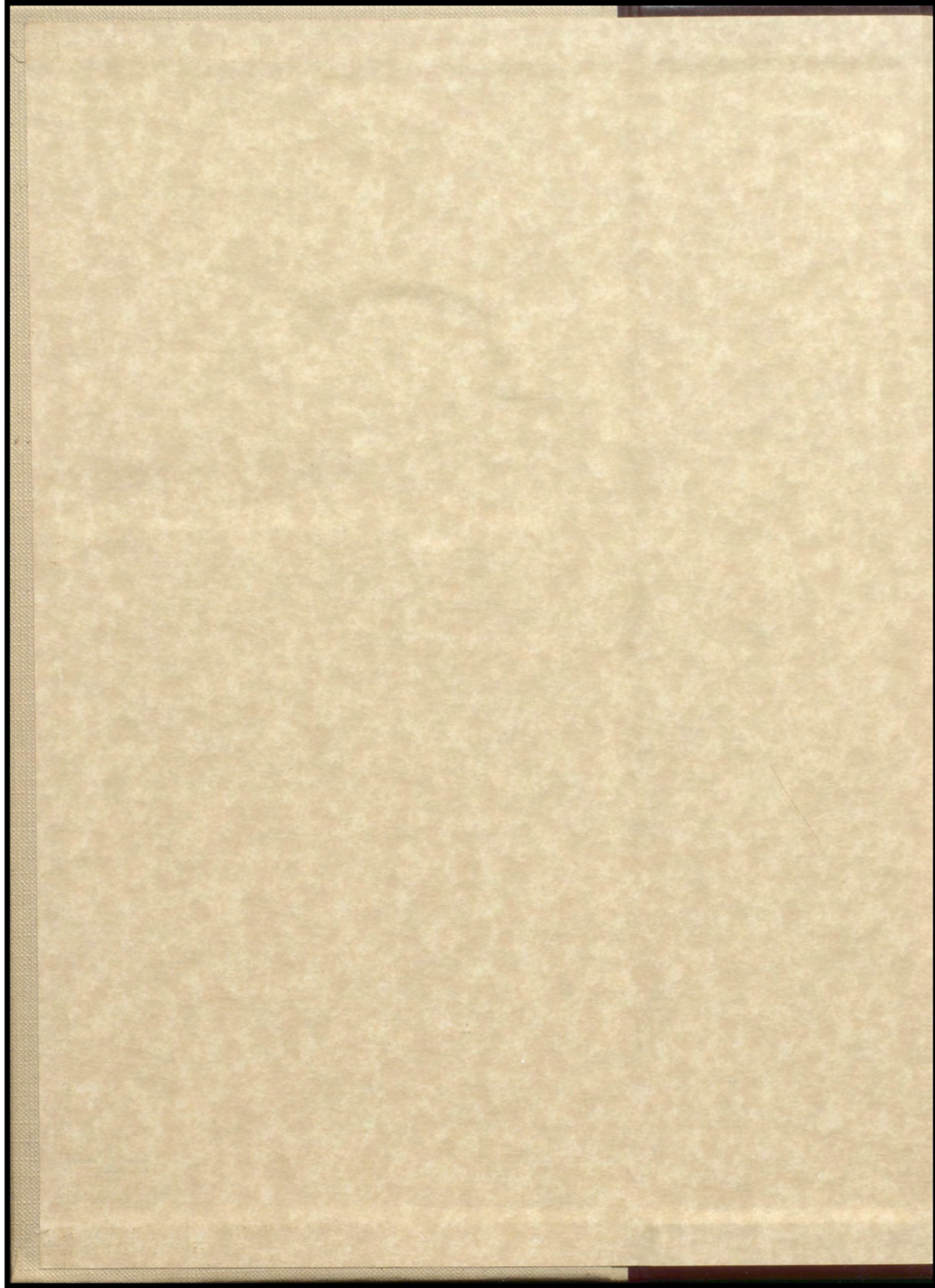
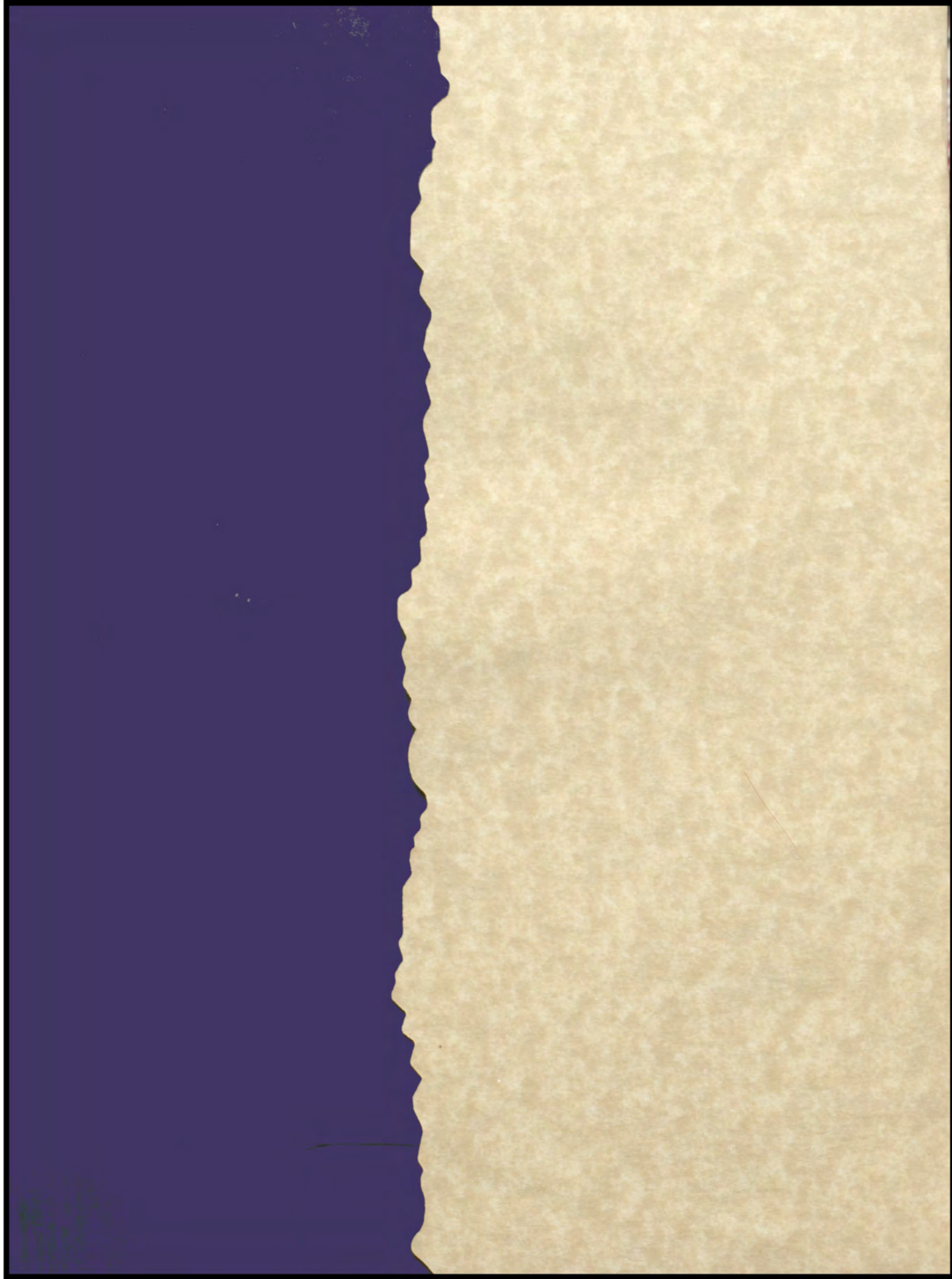


History
in the Making





OPENING 1





Making a Difference **4**



Making the Team **48**



Making Memories **86**

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History in the Making

A group of sophomore girls stand together during Homecoming. This is a memory that will last a life time.

We are the future, but we are also the past. With every piece of knowledge, success, and failure, we make history. With every assignment, reading, project and presentation we create something that not only sticks in our minds, but helps shape our lives. Our past creates us and our future challenges us. We take everything we learn today, and apply it to tomorrow. As we stand here and look around us, we realize that this life isn't forever. High school is only one chapter of our lives, and soon we will begin a new chapter. With every flip of a page and every indent to a new paragraph, we continue on with our lives. Though some say that ending high school is where life begins, life really begins in high school. Each day you are learning about who you are and the person you will become.

The sophomores have their first taste of high school. They have new possibilities coming right at them; they become more independent and if one door shuts, another opens. As they are on the beginning stretch of their high school career, they should remember that it goes by so fast, so they should take everything they can from it and reach for every possibility.

The juniors are so close to being done with high school, yet so far from it. The time will come sooner than they can possibly imagine. They'll wonder how time has passed by so quickly, it is as if they blinked. Every day they change a little; they are finding themselves and becoming their own person. Stride into senior year with big dreams and big goals; high school only comes around once.

The seniors have a long road ahead of them; moving on from making history in small town Forest Lake, to a whole world of opportunities. There are many leaders and many will go on to do talented and amazing things. Each one is going places and will take a step into greatness. For they are the hundredth class to pass through Forest Lake. Everything done here is remembered.

This year we will leave behind: records, challenges, lockers and those fancy new vending machines. But, we will take with us the memories, knowledge and friendships that last a lifetime. High school is where history is made, and history is what makes us who we are. "Nobody can go back and start a new beginning, but anyone can start today and make a new ending," - Maria Robinson.

-Robyn Selby and Amber Grell

Sophomore, Logan Selby explains why he took Architecture I, "I took this class mostly to get more credits, but at the same time it has broadened my interests."



Captain Michael Stickley the Year 2000.

The Varsity Wrestling Cheerleading Team in 1999.



A few 1999 FFA members.

The girls first tennis team in 1967.



Orchestra students play a song in 2004.

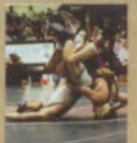


In 2007, art teachers pose for a picture.



2006 Woods class having a laugh break while they work hard.

Forest Lake competing in a match in 2005.



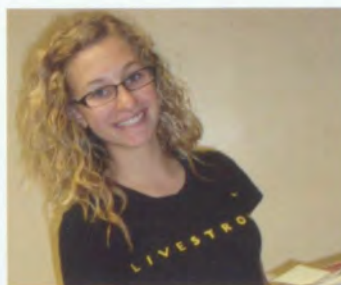


"I took this class because I want to be able to use these skills after high school" sophomore William Thom proclaimed about his fourth hour Welding class.

Senior, Breanna Running, working hard on her Woods I project. "I'm taking Woods I because then I can be a good house wife and fix things."



Seniors, McCall Lemons, Laura Frericks, and Matthew Palo pose for a picture. Laura Frericks's thoughts on this year, "Meeting new people in high school has been really fun and although I'm looking forward to college, I'm going to miss all the fun times we had together."



Ashley Bernklau, senior, as an Office Runner, "Oh, the joys of office running.."

Seniors, Kayla Doherty, Lauren Brink, and Heather Rudenick work on their compare and contrast essays with T.A. Christie Och in Mr. Neidt's College Composition class.



Sophomore Shannon Liljedahl, junior Alyssa Ralph, sophomore Miranda Dunn, and junior Kirsten Sewall play an exciting game of Scurry's Revenge in Mr. Wing's Spanish class.



Homecoming 2010, the Varsity players end the game with the Forest Lake High School fight song.



The mural painted in the mezzanine has been around since February 8, 2007. "O'er the land of the free and the home of the... 'RANGERS!'"



Students prepare for a student council meeting in 1983

1997, the girls huddle up during a volleyball match!



In 2009, a Referee waits and examines the play that was just made.

Our High School in 1966.



Clarinet players from the year 1999.

A brisk run from the Cross Country boys in 1983.



Past two homecoming queen candidates from 1970.

Activities

Making a Difference

We take advantage of the opportunities presented to us here at Forest Lake High School and learn how to apply what we have learned to our future. Our experiences shape who we will be tomorrow and the activities we participate in today will soon make up our history. We all have the chance to make a difference in our future and write our own stories by being involved and active in the school and community. A difference has been made in the history of Forest Lake. There are an innumerable amount of activities and possibilities surrounding us, awaiting students who will step up and seize the day. As each one of us ventures out to discover new chances we learn from each experience, each activity we participate in teaches us little life lessons that will affect our future, and ultimately make up the pages of our past.

~Hannah Carlson~

Mr. Forsythe's Positive Directions class took a trip to a high ropes course where students supported one another as they climbed the post 30 feet up onto the course. Senior Natasha Thorp stated, "That was a once in a lifetime experience, I really enjoyed the class and wish it lasted longer!" This class challenges you to go out of your comfort zone and experience new things.



Junior Luke Granlund, and sophomores Sierra York, Alyssa Frovarp, and Samantha Ingalls put the finishing touches on a quilt that will be donated to Community Helping Hands, an organization funded by residents and businesses of Forest Lake. "It was really fun making the quilt. It was so exciting and colorful," commented Ingalls.

In 1951, for the eighth time, the Forest Breeze was awarded an All-American rating, highest in the nation.



The Debate Club first began in 1963. It was directed by Mr. Neal Nelson.





Seniors James Sandkamp, Elizabeth Neeck, and Stefania Mackiewicz take off running in the 5K Fun Run for Invisible Children on October 30th. Mackiewicz and others donned costumes in the Halloween spirit. "I ended up having to walk the 5K, but it was definitely worth it because I won the costume contest," stated Mackiewicz.

Students competing in Odyssey of the Mind, an academic and problem solving competition, took second place in the world in 1992.



In 2005, the drama department put on *Hello Dolly* for the fall musical.



ACTIVITIES DIVISION

Ranger Spirit

MONDAY

"Most awkward picture EVER!" declared senior Cody Cohoes. Also pictured is classmate junior Madeline Carey, and their teacher Mrs. Livermore. Rocking out in their bedtime PJ's.



"There's nothing like a last minute Target run," said junior Morgan Sperry, pictured with junior Ryan Xiong. Walking around the halls in their comfy Pujamas.



"Just doing homework in our FAVORITE class," exclaimed junior Margaret Forsell. Doing some history homework in Mr. Forsythe's class with fellow junior Ashlee Peterson.



"I wanted to go all out, and make people laugh with this outfit," said senior Sarah Wilke. Emelia Erickson was dressed as Max of Where The Wild Things Are, a unique outfit her mom made herself!



"We ARE the situation," commented junior Nicole Parsons. Alongside juniors Korynn Newville, Brayanna Bergstrom and Samantha Dinerman.

TUESDAY

"We are rockin' the Snooki poof," commented senior Jennifer Scott, along with senior Allison Chapeau. They did a 'Jersey Shore' day, instead of a sport jersey day. They went all out with orange fake tans, and big poofs.



"I was supporting my man, Brett Favre!" stated senior Marisa Webb, along with fellow seniors LeAnn Brihn, Taylor Fedje, and Jade Zeller. Everyone had their own favorite team they were supporting.

"Moss is back!" commented junior Angela Skradde, beside her is junior Samantha Schilling. Both active Vikings fans, dressed from headband to shoes in yellow and purple.



Senior Joseph Joyer painted his entire body maroon and gold for the spirit bus. Joyer stated, "I needed to out-do myself from last year so I painted everything, even my eye lids."



Senior Nathan Vangen exclaimed, "The best part of Spirit Bus was giving the beads and the mini footballs away to the kids". Putting smiles on little kids faces is bound to put a smile on anyones face which is why Spirit Bus is so much fun."

Preparing for the arrival of the Spirit Bus senior Peter Janoski said, "Packing three people to a seat just isn't as easy as it was back in elementary school!"



In 1997, Melissa Marr dressed for generation day.



In 1984, this boy covered his face in maroon and gold for Homecoming.





"Yippie-ki-yay," commented senior Kyle Heiling. He rocked out all his western gear, with a lasso in hand, and was ready to wrangle some broncos.

"I was excited that so many people cheered for me to win against the other fierce competitors," stated senior Krystal Boicourt, she won one of the daily spirit days competitions during lunch.



"It was fun to be on stage for the second time," stated senior Joe Wietinski, who also dressed up on another day, in a banana suit.



"We're sportin' the plows and cows, all the way" said senior Ashley Bernklau, beside senior James Ramberg. Both are active FFA members, and dressed up in all the western gear they have.



"We were the brightest kids around, yet we can't seem to find each other," stated senior Jade Zeller. Zeller and Kathleen Thorp made their own twin shirts with sayings and including a picture of them on the back.



"I got some interesting looks that day," commented sophomore Richard Carr, wearing alien glasses. Sophomores Devin England, Clay Drobnick, and Jordan Bryant also brightened up the hallways.

"We missed twin day, so we wanted to mix it up," commented senior Samantha Chen, with senior twin Samantha Vang. Being twins was a popular look for neon day this year.



"I honestly threw it all together the morning of, and I felt uber crazy walking out of my house," stated senior Allison Chapeau, along with seniors Jessica Lindberg and Angela Klebe.



WEDNESDAY



Seniors Karrine Manning and Ashley Lambert stroll alongside sophomore Weston Hanson to the next elementary school. Lambert exclaimed, "I've been on the Spirit Bus for three years and this year was by far the best one!"

Senior Jillian Napoli competed in the Student Council's "chubby bunny" contest during lunch. Napoli exclaimed, "I fit eleven marshmallows in my mouth! I can't believe I didn't win!"

THURSDAY

Spirit Week, the most anticipated week of the entire year. A chance for all the students to dress outrageously! Starting off Monday, by far the most comfortable day of the week, students all dressed in sweatpants and baggy t-shirts. Next came Jersey Day, many students wearing their Minnesota teams like the Vikings, the Twins and the Wild. Senior Ashley Hagen begged, "Please get a picture of me in my husband's jersey!" referring to Clutterbuck of the Minnesota Wild.

While everyone back at FLHS was getting their Wild Wild West Wednesday on three buses filled with hyped up Rangers headed to the elementary schools. The Royalty showed off their talent, and FLDT danced their hearts out. The day began at Century Junior High the high schoolers were easily pumped up. But by the end of the day each of the fan buses were all sound asleep. Neon Day surely brightened the week even more! The Jersey Junior Powder Puff team all wore their neon yellow shirts. "We planned this color out just for today!" Stated Kayla Sues.

Then for the most anticipated day or the week, Maroon and Gold Day! The classic Goldstone ice cream was sold during lunches where sophomore Dalton Modjeski commented, "mint chocolate chip is the best kind up there," stuffing a spoonful into his mouth. The football boys showed pride in their new jerseys, ready for the big game against White Bear! Numerous class shirts throughout the halls all different in some way, shape, or form but each and everyone was colored in maroon and gold.

-Angela Klebe



Forest Lake Dance Team member senior Hannah Carlson exclaims "It was a bittersweet experience dancing for the last time on the spirit bus. We really wanted to make it count!"

Senior Zachary Greene still managing to stay pumped in the over-crowded bus commented, "I can't believe we made it through the entire 99 Bottles of Beer on the Wall song, plus we even got Mr.Urness to shake his booty! What a day!"



The entrance doors to FLHS during Homecoming Week of 1998 were filled with Ranger pride.



The Spirit bus of 2003 even included the Burger King crowns worn by the Royalty.



SPRIT BUS

ROYALTY & PEPEFEST

Rowdie Ranger Rally

It wasn't long after the 2010 Homecoming royalty nominees were informed of their nominations before word spread around the student body. "We were told to keep it quiet... but it's high school, word gets around fast!" senior nominee Angela Klebe stated. Facebook groups and posters were made as the candidates tried to convince their classmates to vote for them. The Wednesday of Homecoming week, the royalty video was shown school-wide. In the video, the nominees displayed their special talents and explained why they should be named Homecoming King or Queen.

Fully dressed in maroon and gold, the students displayed an abundance of school pride at the Pepfest on Friday. The crowd anxiously anticipated the royalty results. As the crowd waited in suspense, the crowns were presented to Jacob Shields and Abigale Bodene, naming them the 2010 Homecoming King and Queen. Following the results, Jennifer Scott announced the activities that took place such as "Ninja" and "The Donut Game." The Dance Team brought the crowd to life as they did their routine, and as they performed an entertaining dance with the football boys. A member of the Dance Team, senior Hannah Carlson, said "I love doing the dance with the football players and watching them try to kick as high as they can. I was pretty surprised at the skill of my partner [senior] Cody Cohoes," she adds jokingly, "He was almost better than me!" After the Dance Team finished their routine, arranged in the shape of 2011, the students concluded the Pepfest with the competitive Year Cheer.

-Jessica Lindberg

Jacob Shields and Abigale Bodene pose with their crown and flowers after being named 2010 Homecoming King and Queen. "OMG, I was so surprised, it was really amazing to win!" exclaimed Shields.



Senior Matthew Skoglund waves to his classmates as he walks through the crowded gymnasium with senior Angela Klebe. Skoglund jokingly stated, "It was just another day in the life of Matt Skoglund..."



The 2010 senior Homecoming nominees: Mikayla Modjeski, Angela Klebe, Abigale Bodene, Jacob Shields, Matthew Skoglund, and Tyler Colling. They smiled for a picture before they began making the royalty video that would later be shown to the entire school before voting took place. The nominees agreed that making the video was a lot of fun.



Senior Abigale Bodene smiles with excitement as the crown is placed on her head, naming her 2010 Homecoming Queen. "I was seriously about to fall over, I was so excited," Bodene stated.



Seniors Angela Klebe and Matthew Skoglund enjoyed being coupled for the Coronation. "We were a match made in heaven," Klebe stated.

Seniors Tyler Colling and Abigale Bodene enjoyed being nominated and participating in the Spirit Week activities. Colling said, "Congrats to Abbie and Jake. It was a blast being nominated, and what a great start to my senior year!"



Mikayla Modjeski and Jacob Shields were excited to be a part of royalty. "It was a lot of fun and I was honored to be nominated!" Modjeski exclaimed.

1959 - The Homecoming King and Queen are presented to the crowd.



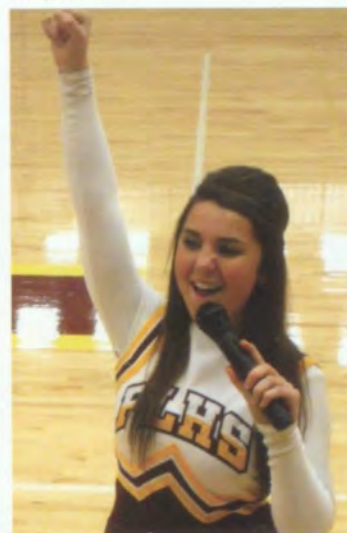
1956 - Two football boys kiss the cheeks of the Homecoming Queen.





The juniors chant "2012" as they compete with the seniors and sophomores in the Year Cheer. Junior Clinston Franklin said, "It's always really fun trying to beat the seniors in the Year Cheer."

Senior Jennifer Scott is dressed in her Bleacher Captain "cheerleading" outfit as she MC's for the pepfest. "Being able to pump up the crowd with Ranger Spirit was an exciting way to end my senior year spirit week," said Scott.



Between senior fall dance captains Amber Smoczyk and Leah Dobihal, senior Jacob Toupal tries to hide his pain as he attempts the splits. Toupal excitedly stated, "I didn't even know I could do that!" The football team joined the dance team in doing an entertaining dance during the Pepfest.

Seniors Ryan Rehbein and Nathan Vangen battle it out in an intense game of "Ninja" during the Pepfest. "It was a solid match," Vangen said.

Seniors Sarina Hannon and Julia Hipp struggle to blindly find the donuts with their mouths. All of the fall captains participated in this activity during the Pepfest. "It was pretty difficult, but a lot of fun!" Hipp stated.

1983 - A student announces the Pepfest activities to his fellow classmates.



1996 - The football players dance with the cheerleaders.





"We may not have won, but we were definitely the best looking out there!" exclaimed senior Emma Haseman; player of the senior Ranger's Angels team.



Senior Alexandra Murdock exclaimed, "Being able to lay out girls and get rewarded for it felt amazing. I felt like Jared Allen! Coach Kendrick and Coach Buck were even joking around about recruiting me for the football team because they say I play like an animal!"



Jersey Junior, Kayla Jensen, was extremely excited when recalling the Powder Puff games. Jensen stated, "We owned! And hurt many people." Jensen loved the game this year and will surely be playing again next year, if they let her.



Junior Marian Spiess of the Joker Junior team exclaimed "The Jersey Juniors were the real joke because, hey, we're in Minnesota remember?"



Sophomore Ellen Heidal said, "Learning all the plays and actually incorporating them in the game made it feel like a real football game!"



Sophomore Logan Opsahl exclaimed, "I will definitely be doing Powder Puff next year! I was really surprised how competitive all the girls are at the game."

FOOTBALL Boys & Girls of Fall

Friday nights, bright lights, cheering crowds, getting rowdy. Just some of the characteristics for a good Friday night football game. The infamous rivals White Bear Lake came on our turf to try to prove that they were even half as good as us. The whole homecoming week, everyone was counting down the minutes to the 7pm Friday night game, til the winning begins.

Friday, October 1st was the day. The real fun began with Ranger Spirit Day where everyone was dressed from head to toe in spirit colors, and went to the tailgating at 4pm right after school. Everyone had their own kind of music they blasted through their cars. Later on, the stands started filling and overwhelming with Ranger spirit. Students decked out in glitter maroon and gold, painted overalls, cowboy hats, and tons of spirit beads.

With 9 minutes left of first quarter, the Rangers got the first touch down of the game. Then with one minute left of first quarter the Rangers got another touchdown, little did they know not even sixty seconds later White Bear got their first touchdown leaving the score to 13-6 with Rangers leading to the win.

Second quarter there was no wins or losses, once it hit 3rd quarter and it was halftime, it started downpouring right away. It continued to rain through out the dance team's great performance. At the end of halftime it completely stopped raining. The crowd continued to show their pride throughout the whole halftime though, dancing and cheering chants in the rain. By the end of third quarter it was a tied game 13-13.

The last intense quarter of the game there was no action until the last three and a half minutes, when the Rangers finished off the game with a 19-13 lead. Yet again the Rangers win another great homecoming. Everyone celebrated with jumping out of the stands and running onto the field to congratulate all the football players and show their support.

~Kathleen Thorp



Senior Coach Steven Pignato said, "The girls worked really hard at practices and went into the game wanting to win, and they did!"



Senior Laura Frericks of the Sarcastic Senior team leaps for the ball. Frericks stated, "That's me running the purple panther play. Powder Puff is always so much fun. Go Sarcastic Seniors!"



Junior Shannon Nelson from the Joker Juniors was asked if she would ever consider professional football? She answered, "I would consider it, but I wouldn't want to make all the boys jealous with all my skills!"

POWDER PUFF

The 1974 Powder Puff game was only between seniors and juniors.



The 1979 powder puff girls practice for the big game against the Senior girls.



Senior Brandon Carlson and senior Captain Hayden Lane storm the field carrying the axe and the flag. Carlson said, "This was a big changing point in our season that pointed us in the direction of success. It not only pumped up the boys, but the stands as well."



Sophomore Glendon Miron crushes the competition down the field. When asked about this epic picture, Miron simply stated, "boys of fall baby."



Senior Lauren Brink of the dance team said, "Dancing in the rain was the perfect way to end our senior year! FLDT!" The girls did amazing, even if the weather didn't permit.



These two mystery men arrived to the game just in time to run the flag for a touch down! One of the mystery boys stated, "It's awesome how no one knew who they were talking to, we got a lot of funny looks."



All the bleacher captains lead the roller coaster, "Click, click, click," all the way up and then screamed as they descended.

Homecoming of 1965 has a man on a real horse as their mascot!



The 1989 Homecoming the cheerleaders made a poster where Joe Toth was the first to burst on the field to take on Anoka.



HOMECOMING GAME

Foreign Exchange

Several organizations contact Forest Lake Senior High School every year about foreign exchange students and no more than twelve are accepted. The only things that our school asks of these students is that they take US History A and B, as well as American Literature A and B. Their own countries have expectations for them as well.

This year we have ten students with us from several countries. While the most common one is Germany, they are also from Czech Republic, Korea, and Venezuela. We are all very pleased to host this wonderful bunch. While they learn from us, we took the time to also learn a little bit about them. Life is all

about experiences. The Foreign Exchange students gained an experience that they will carry with them all through life. Chances to go on the other side of the globe don't come often and it sounds like none of them will regret it.

Some of the questions are a little silly, but it helps for all of us to relate a little bit more. While there are so many differences, at the same time there really isn't. It's amazing what you can find out from one of these students. They are not afraid to speak their minds.

-Robyn Selby



Left to Right: Tim Achstetter, Norca Guerrero Brinceno, Markus Wieser, Lea Wolf, Rafael Capozzi, Mi-Young Jeon, Jan Wasserbaech, Christina Fleckenstein, Vojtech Petros, Iman Kuehn

Tim Achstetter
Munich, Germany



Is there anything in your country you can do legally, and it would be illegal if you did it here?

We can drink at 16 in Germany.

What is a stereotype about the United States, people from other countries have that you have found to be wrong?
I don't see as many fat people as I thought.

What made you want to come here?
It is interesting.

When you get home what is the first thing you are going to tell your family about your experiences here?

I had a lot of fun and it was interesting.

Rafael Capozzi
Caracas, Venezuela



Is there anything in your country you can do legally, and it would be illegal if you did it here?

Go to the night club at 18.

What is a stereotype about the United States, people from other countries have that you have found to be wrong?
Not everyone has blonde hair.

What made you want to come here?
To have a good experience and to improve my english.

When you get home what is the first you are going to tell you family about your experiences here?

They have a Homecoming football game, school colors, and it's cold!



Christina Fleckenstein
Wuppertal, Germany

Is there anything in your country you can do legally, and it would be illegal if you were did it here?
We can drink beer at 16 and can't drive until we're 18.

What is a stereotype about the United States, people from other countries have that you have found to be wrong?
That everyone eats fast food and everyone has a gun.

What made you want to come here?
To learn more about the culture and live in a different way.

When you get home what is the first thing you are going to tell your family about your experiences here?
How I miss them and it was great here.

Norca Guerrero Brinceno
Puerto Ordaz, Venezuela

Is there anything in your country you can do legally, and it would be illegal if you did it here?
You can legally talk on the phone and drive.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
That Americans are all rich.

What made you want to come to our country?
The culture and language.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
I'm going to tell them about winter.



Iman Kuehn
Wustermark, Germany

Is there anything in your country you can do legally and it would be illegal if you did it here?
I can buy alcohol in my country.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
Americans only eat burgers and fast food.

What made you want to come to our country?
To see the real America, get rid of stereotypes, see the culture and people.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
People are friendly. There is so much to experience.

Vojtech Petros
Ostrava, Czech Republic

Is there anything in your country you can do legally, and it would be illegal if you did it here?
The drinking age is 18.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
That they all eat fast food.

What made you want to come to our country?
Better my english, meet new people, and have new experiences.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
The very first week.



Mi-Young Jeon
Seoul, South Korea

Is there anything in your country you can do legally, and it would be illegal if you did it here?
Not fasten seat belts in back seat.

What is a stereotype about the United States, people from other countries have that you have found to be wrong?
Americans all like coke and are crazy at football games.

What made you want to come here?
I wondered what life was like outside of Korea, live by myself not depending on parents.

When you get home what is the first thing you are going to tell your family about your experiences here?
My relationship with my host family.

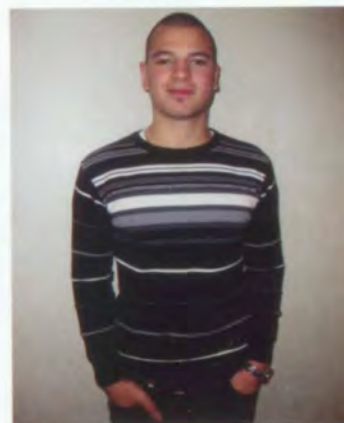
Jan Wasserbaech
Stuttgart, Germany

Is there anything in your country you can do legally, and it would be illegal if you did it here?
Drinking at age 16.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
Americans are the richest in the world.

What made you want to come to our country?
It's cool and the experience.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
It is very cold!



Markus Wieser
Wittenberg, Germany

Is there anything in your country you can do legally, and it would be illegal if you did it here?
Drink beer at 16 years old.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
People are well fed.

What made you want to come to our country?
Learn the language, culture, meet people, and go to school.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
Lots of experience!

Lea Wolf
Heidelberg, Germany

Is there anything in your country you can do legally, and it would be illegal if you did it here?
We can legally drive at age 18.

What is a stereotype about the United States people from other countries have that you have found to be wrong?
Everyone eats fast food and has good fashion.

What made you want to come to our country?
It's a new experience and to gain new friends all over the world.

When you get home what is the first thing you are going to tell your friends and family about your experiences here?
I love my new clothes.



It's All About the Peanuts

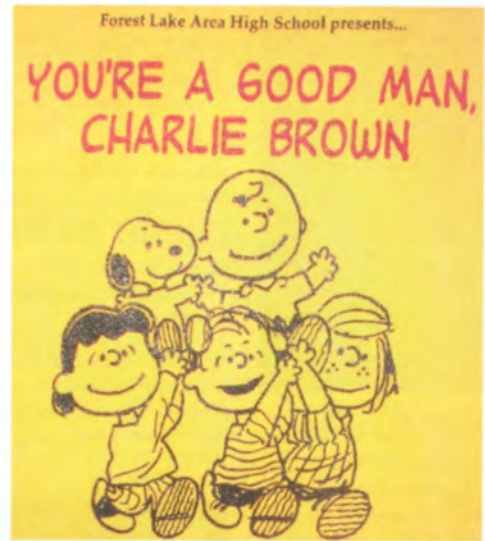
As the new year begins, many talented theatre students are returning to the stage and many new cast members are ready to join the fun in the fall musical. The peanuts cast of "Your a Good Man Charlie Brown" was wonderfully portrayed by our very own cast at FLHS. The main event, Your A Good Man Charlie Brown had its opening act on Friday, November 5th, and left the stage with a roaring audience.

The play is based off of Schultz's original comic strips. It consisted of many scenes and skits to show the audience the real talent of FLHS. Senior Joseph Joyer has been in theater since his sophomore year and he stated, "When

you walk into a room of thirty people you aren't to sure about at auditions to singing the final number at the end of the musical, its like we've all became one big family!"

Some others noticed the talent here as well. A few of the actors and actresses were awarded for an Outstanding Performance Award seniors Vanessa Agnes as Lucy, Jacob Stendahl as Snoopy, and Ian Lexvold as Schroeder all received this award. Stendahl stated, "I'm so excited to receive this award especially as a senior!" Some students were granted with Honorable Mention like Neil Peterson as Charlie Brown, Hannah Theisen as Sally and Garrison Shea as Linus Van Pelt.

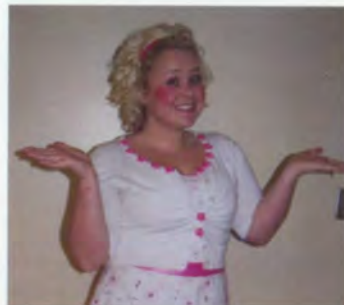
-Angela Klebe & Lauren Hagen



As the play finished its final act the cast joined in a final applause. Junior Neil Peterson as Charlie Brown exclaimed, "We rocked the world!"



Sophomore Ryan Sudo plays Re-run. "Re-run is a curious and imaginative little guy ... at least that's what I like to think," said Sudo.



Junior Hannah Theisen plays Sally. "Sally is Charlie Brown's sister. She is a cute bratty 5-year-old. Always spoutting off about something and wants everyone to love her," said Theisen.



Senior Ian Lexvold plays Schroeder. "Schroeder loves Beethoven, thinks Lucy is annoying and he believes he's the best there is," said Lexvold.



Senior Vanessa Agnes plays Lucy. "Lucy is a very conceited little girl who thinks the world revolves around her. She is crabby and obnoxious to everyone she meets," said Agnes.

The cast of the 1950 junior play posed for a picture.



Nancy Johnson portrays Annie Oakley in the 1976 fall play





Senior Jacob Stendahl as Snoopy is being treated by his fellow cast members. Stendahl said, "After opening night they kept us there an hour later to take hundreds of pictures, it was ridiculous we were all so exhausted!"

Senior Vanessa Agnes and junior Garrison Shea played the perfect brother and sister role. Shea exclaimed, "Vanessa was so much fun to work with especially during this song, and the entire cast made the play really enjoyable as well."



When senior Hayley Westphal preformed in the blanket dance she exclaimed, "I loved all the bright colors on the stage! We are always having so much fun at rehearsals, and I'm going to be really sad once this year is over."

During the intermission sophomore Molly Boland accepted donations for the Linus Project, Boland said, "The Linus Project was a huge plus on top of the play itself. It felt really good to be able to give back to a good cause. It was a really fun experience and I will definitely be doing it again next year!"



Junior Kari Grundmeier, sophomore Saera Jacques, junior Erin Kerrigan, and senior Douglas Kotchen are the organizers of The Linus Project. Kerrigan stated, "There were over \$1,000 in donations and 150 blankets made. I was really surprised how much we got and how generous our audience was!"

The ladies in waiting in the 1997 fall play Once Upon A Mattress, Directed by Mr. Newcomb.



Dolly, played by Rachel Piersdorf in the fall play Hello Dolly!



Sophomore, Angela Frericks, and senior, Laura Taylor, worked the check-in table at the winter blood drive. "We had a lot of fun working at the blood drive! It's great to see so many people volunteer to donate", Taylor exclaimed.



Juniors, Zachary Decker and Daniel Kezar, collect their gifts at the Student Council secret Santa gift exchange. "This year went very well! The group worked great together, combining senior, junior, and sophomore leadership!"



"Homecoming is totally worth the effort we put in. Spirit Bus was amazing!" says senior Danielle Snider. She and senior, Nicholas Jensen, showed their school spirit and pumped up the younger grades for the Homecoming

Seniors, Ariana Forsman and Roni Gross, Student Council Presidents, struggle to keep their eyes open during one of their early morning meetings. "We really love working with this group!" Forsman says. "We have tons of fun and we really enjoy making a difference in the school, as well as planning enjoyable activities." Forsman and Gross were voted into the Student Council president positions by the Student Council last year.



Student Council

Row 1: L. Carpenter, Z. Decker, T. Collings, D. Kezar, R. Yang. Row 2: J. Spanjers, A. Forsman, R. Gross, A. Frericks, K. Pale, K. Close. Row 3: A. Hunt, L. Taylor, A. Stroeing, T. Swenson, L. Frericks, E. Heidel, O. Decheine, J. Shields, L. Hoppe, R. Bostrom, K. Castillo, M. Jeon, S. Thao. Row 4: C. Karstens, C. Burgoyne, J. Fischer, O. Norman, J. Reller, L. Goedeke, A. Rideman, L. Pikala, M. Forsell, A. Brennhofner, M. Hume, A. Mihelich. Not Pictured: C. Boyd, B. Grant, E. Proulx, R. Brockman, E. Kerrigan, J. Ohman, A. White, N. Jensen, T. Kiesow, E. Lichtscheidl, S. Moe, D. Snider.



"I'm never eating another twinkie ever again!" Tyler Colling exclaimed, holding his stomach in pain. Colling competed against junior, Thomas Longfellow, in the Homecoming twinkie eating contest.

In 1979, the Student Council held the 2nd annual blood drive.



In 1984, the Student Council sold candy at sports games to raise money.



Student Council Making a Difference



Ariana Forsman and Laura Frericks show off their dance moves at the Halloween dance! "The Halloween dance was so much fun this year! Everyone's costumes were great and it was awesome to see the Student Council's work pay off", Frericks exclaimed.

Throughout the year, students partake in many fun and interesting activities. During Homecoming week, Rangers show their pride on the Spirit Bus, and at the Homecoming Pep Fest. Girls show their athleticism in the powder puff football game and other students compete in the chubby bunny marshmallow eating contest. In addition, the cooler months bring the Halloween dance, Winter Wonder Week, and the Valentines Day data match. Activities such as these could not be possible without the Student Council.

The goal of the Student Council is to provide students with fun activities throughout the year, as well as to make a difference in the community by putting on fundraising events such as the Toys for Tots fundraiser, and by arranging the fall and spring blood drives.

The finished product of these events turn out to be fantastic; however, many hours of early morning meetings and hard work are put in by the Council in order to make them all happen. "The most difficult part of Student Council is definitely the early morning meetings!" exclaimed sophomore, Olivia Norman. Nearly each and every Tuesday morning, the students are expected to get to school by 7 in the morning in order to organize and plan out all of their events.

Many of the memories made in our years at Forest Lake have been a direct result of the hard work put in by the students. Many of the events have helped bring our student body close together, and have helped make the school year a little better.

~Lauren Varani



Seniors, Alicia Stroeing, Laura Goedeke, and Tanae Swenson sell rootbeer floats during lunch.

In 1993, the Student Council held their meetings in the auditorium.



In 2001, the Student Council washed cars in the Wal-Mart parking lot.



STUDENT COUNCIL

National Blue and Corn Gold

The Forest Lake FFA Chapter has been going strong since 1938, celebrating their 75th Anniversary this year. FFA has been developing students into leaders and educators of agriculture for the future. Their main goal is to promote to all the students in the high school is that FFA is not just for farmers, hunters, and green thumbs. There is a contest and role for everyone.

This year the Forest Lake FFA was nationally ranked as a Gold Chapter. Also holding the title of Minnesota's Premiere Chapter meaning the number one FFA Chapter in Minnesota, Plus holding the title of Region Four Outstanding Chapter means FLHS is #1 FFA Chapter in Region four.

Agriculture truly relates to any field of interest. Anyone can have a good time even if they aren't specifically interested in certain parts of FFA. To finish it off, they won Minnesota's "Land of 10,000 Service Hours."

~ Kathleen Thorp

Juniors Kevin Jolicoeur and Lucille Merila are stylishly riding a camel around the County Fair. "It's not just cows and pigs at the Fair!" exclaimed Merila

Senior Andrew Miron at the Veterans Day ceremony, expressing thanks to our veterans that have served. "I felt very honored and privileged to be a part of something so great," stated Miron.



The FFA booth at the Washington County Fair, displays students projects informing everyone on certain parts of FFA, and types of diseases or illnesses that can occur in animals.

Seniors Phylicia Nguyen and Kaitlyn Teel are at the Waldoch farm for a Family Farm Fest. They were part of a group that was making balloon animals for kids and talking to them about FFA.



In 1938, Forest Lake FFA was established.



In 1987, Cindy Anderson became the first female president for the Forest Lake chapter.



Mr. Mark Gallick of Agstar, an agricultural bank granted \$2500 to Forest Lake Ag for a new green house. "I was very appreciative to receive this grant" said Bob Marzlof, Agriculture teacher.



Ninth grader Mariah Daninger is part of the Forest Lake FFA, and is at the Washington County Fair, cuddling with one of the cows in the barn exhibit.



Seniors Courtney Zebro and Matthew Nelson and juniors Melissa Macky and Cassandra Thobe are playing a marble game to build leadership skills and develop teamwork. "It was fun in youth leadership. We were learning to work together as a team" says senior Courtney Zebro.



Selling malts at the Washington County Fair, seniors Scott Chester, Alex Murdock, and Zach Schneider. "I really enjoyed meeting all the people and loved the fair itself" stated Schneider.



FFA

Row 1: M. Clemons, Z. Schnider, Z. Christianson, E. Yzermans, A. Murdock, S. Worwa, G. Madina, R. Riehbien, T. Kiesow, A. Miller, K. Teel, L. Faffler, A. McCarthy, I. Michaels. Row 2: S. Chester, J. Nymchik, C. Thobe, H. Lindberg, M. Mackey, A. Miron, R. Anderson, C. Hodges, S. Sandstrom, K. Lawrence, K. Wilke, M. Marier, R. Nelson, J. Clauson. Row 3: S. Plasecki, E. Groeneweg, L. Niemczyk, D. Quimby, T. Novak, N. Poeschl, L. Marila, B. Smith, M. Marila, M. Lee, M. Daninger, B. Plautz, N. Daninger. Row 4: A. Beeson, D. Riopil, J. Joyer.



In 2005, FFA went to Churchill Downs in Kentucky, while attending the National Convention.



In 2010, Forest Lake FFA Chapter ranked number one in Minnesota.

"NHS has been an awesome opportunity to help out the community!" says senior NHS student leaders McCall Lemmons Matt Palo and Sarina Hannon.

"We had a really fun time walking around the mall! It's a great workout!" say seniors Taylor Kiesow and Samantha Jorgensen. They cuddle up to the Salvation Army teddy bear at the Mall of America on Thanksgiving morning before the Walk To End Hunger.



"Hunger ain't got nothin' on us!" says senior Nathan Vangen as he takes a break with Zachary Vidlund from raising money at the Walk To End Hunger.

"We enjoy advising NHS and seeing how they truly develop lifelong volunteer skills during their time in the organization." Says NHS advisor Stephanie Ward with other advisor Becky Haven.



National Honor Society

Row 1: B. Brown, D. Snider, S. Hannon, A. Holmes, L. Frericks, A. Forsman, S. Gottsman, M. Forsell, J. Weed, Row 2: A. Hunt, K. Nelson, J. Hamilton, C. Kibbel, M. Wedger, A. Miron, R. Rehbein, N. Peterson, S. Wambold, J. Shields, M. Lemmons, A. Stoering, K. Johnson, K. Gamelin, R. Yang, Row 3: T. Swenson, T. Kiesow, S. Jorgenson, A. Neuman, R. McCormick, S. Moe, A. Iverson, K. Schwister, J. Cheikh, K. Teel, A. Peterson, E. Kerrigan, J. Fischer, E. Peterson, K. Hanson, E. Neeck, A. Mihelich, S. Mackiewicz, L. Hoppe, R. Bostrom, S. Lenz, M. Giorgi Row 4: J. Loughney, C. Royce, N. Vangen, Z. Vidlund, D. Firkus, M. Palo, B. Mondloch, C. Boland, Not Pictured: E. Bildeaux, A. Brennhofner, N. Daninger, L. Faffler, M. Gadbois, R. Gross, C. Herman, N. Hoidal, R. Swedin, N. Jensen, N. Karlsrud, L. Kroska, K. Manning, K. McCleary, J. Niemczyk, J. Ohman.

NHS members show off their Halloween Costumes while Trick-or-Canning in 2007.



2002 NHS members chat with their friends as they wait for a group meeting to begin.





Making a Difference

National Honor Society is an organization within the school that works to better the community. They do community volunteer work, they provide good leadership, and have a national constitution that they must follow in order to maintain their membership. Members of NHS must have a GPA of 3.5 or higher and complete an application to be considered. If the students complete 40 hours of community service as a junior and 50 hours as a senior they are given the reward of wearing cords at their graduation ceremony.

This year NHS has done a lot of volunteer work, some of their activities include Trick or Canning, Walk to End Hunger, after school tutoring, the talent show, Battle of the Bands, Feed my Starving Children, ushering, and clothing drives. During the "Trick or Canning" event this Halloween, they collected 1,400 pounds of food, setting a record for Forest Lake High School! Also, during the Walk to End Hunger, they took third place in the team rankings by fundraising \$3559! The members will maintain their status for life, and there is no doubt about it, that the memories they make, will last a lifetime!

-Lauren Hove



The whole gang woke up early Halloween morning to show their support by running in the Halloween Fun Run! Some of the members even broke out their Halloween Costumes!



"It was too early in the morning, but it was worth waking up to hang out with our friends and making our sweet hats!" says senior Marshall Wedger with senior friends Tanae Swenson, Stefania Mackiewicz, Kristina Johnson, and Jonathon Hamilton.

1999 NHS members work together to make a holiday poster for the Windy Hills Nursing Home.



2005 NHS members support their classmates participating in the hot dog eating contest at the Benjamin Holgren benefit!



NATIONAL HONOR SOCIETY

A Wall's Best Friend!

"It feels natural to talk to lockers," stated sophomore Jeanette Spanjers. Speech is more than just talking to lockers or walls. As senior Brad Mondloch would say, "it's like a second family, you just feel that close to everyone. You make great friends who are very friendly and supportive."

Speech has been going strong, with senior Vanessa Agnes placing second in Drama Honor Finals at Duluth, and senior Jake Stendahl placing third in Varsity Drama Finals at Eden Prairie. Also senior Ryan Brandt and junior Hannah Theisen placed first in the Novice division of Duo Interpretation at Eden Prairie, and Ryan Sudo placing first in Extemp Reading Honor Finals at Duluth. Stendahl exclaimed, "placing third was nerve racking but awesome! I even got this eagle trophy. It's so cool!"

There are 13 different categories, ranging from Storytelling to Persuasive to Informative to Dramatic Duo. The main goal during a competition is to get the lowest score and highest percentage in a round.

In the end it's all about long hours you put in practicing, the competitions and waiting to hear your name called at the awards ceremony. Going into it with a ton of confidence, and even gaining more confidence knowing that your team members are there to support you.

~LeAnn Brihn
& Sarah Hirsch

Juniors Hannah Theisen and Samuel Doten are caught on camera goofing off at a speech tournament. Theisen quotes, "waking up early sucks because I like my sleep, but I try to make the best of everything."



Seniors Bradley Mondloch, Wade Grundmeier, and junior Amy Mihelich gather around to cool down before their speeches. Bradley quotes, "speech is a great way to work on public speaking skills; and it helps you gain confidence in yourself."

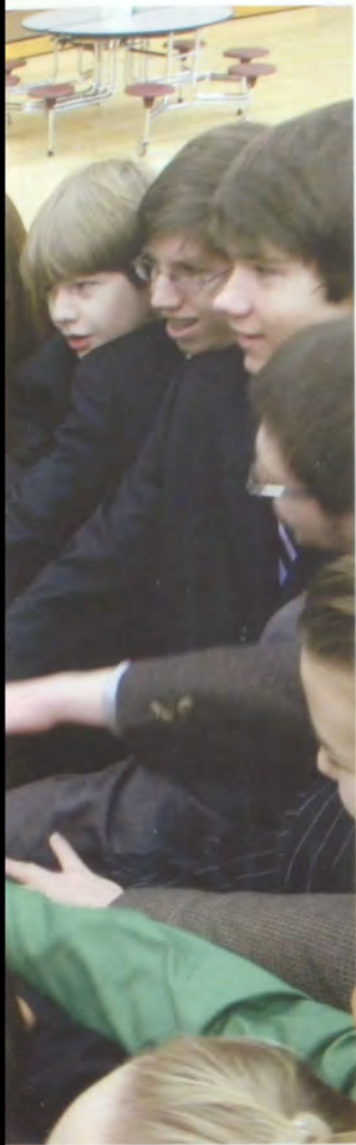
Sophomore Ryan Sudo stands on stage waiting to hear his name to continue onto the next round, during the award ceremony. Sudo says, "award ceremonies are boring to stand through."



In 1991, Forest Lake held a tournament named after a former English teacher, Ralph C. Streeter.



In 1997, there was a total of 62 students involved in the Speech Team.



The speech team huddles together and chants, "Hey Rangers, Go Rangers, Atta Way Atta Way!" Senior Jacob Stendahl quotes, "Before my speeches, I strategize to try and distract the other competitors."



Senior Ryan Brandt, juniors Sarah Lenz, Ryan Lecy and Neil Peterson all hang out during a break in the tournament. Lecy says, "I love dressing up in the suits!"



Junior Alex Iverson, seniors Brad Mondloch and Nick Warren all practice a speech before they have to give it. "I listen to my music and tell myself I'm going to do well before every speech, it helps with the nerves," states Warren.



Speech competitors applaud the others during the award ceremony. Hannon quotes, "award ceremonies are always nerve-racking for me while I'm waiting patiently to hear my name."



Senior captains Sarina Hannon, Vanessa Agnes, and Jake Stendahl. "One of the best parts about being a captain is, I got to design the sweatsuits this year!" stated Agnes.



Speech

S. Lenz, V. Lida, S. Jacques, S. Hannon, J. Spanjers, S. Beja, R. Brandt, K. Grundmeier, N. Warren, E. Weiger, D. Pandey, B. McGraw, V. Agnes, G. O'Gorman, J. Stendahl, A. Mihelich, K. McCleary, H. Theisen, N. Hansen, N. Peterson, S. Gould, W. Grundmeier, B. Mondloch, A. Grossen, A. Iverson, R. Sudo, R. Lecy, T. Weed, S. Doten.



The whole speech team placed 1st out of 28 teams at Duluth Finals in 2003.



The first pancake breakfast fundraiser occurred in 2007.

Leading by Example

The Link Crew is designed to assist incoming sophomore students make the transition to Forest Lake High School. As seniors, Link Leaders act as positive role models, motivators, and mentors. They guide sophomores to discover ways to succeed as they begin their high school career and continue throughout their first year of high school. Link Leaders organize activities scheduled at different points of the school year. During their orientation, sophomores participated in get-to-know-you activities in both a large group and small advisory groups. The Link Crew presents activities to sophomore advisories once a month, and provides additional help with study strategies for finals at the end of each quarter during the Cocoa & Cram.

- Jessica Lindberg

Link Leaders high-five the sophomores as they walk into the gym during their orientation. "Getting to know the sophomores individually helps us be positive influences and leaders," said senior Kaitlyn Teel.



Senior Holly Nyquist stands in the middle of her group of sophomores on their orientation day. Nyquist's favorite part was "being in small groups and doing activities to get to know each other better."



Senior Zachari Mertes, also an unofficial captain of the Link Crew, explains that "Mrs. Heidel just walked up to us one day and taped a big 'C' [for Captain] on our Link shirts!"



Senior Matthew Skoglund, an unofficial captain of the Link Crew, says he enjoys "getting to see the sophomores smile as we walk into their homeroom."



Seniors Hannah Carlson, Lauren Hove, Jessica Lindberg and Nathan Fuerst pose with a group of sophomores. "Link Leaders is a great way to make new friends and improve your leadership skills," said Fuerst.



Link Leaders

Front Row: T. Auger, K. Her, E. Hasemen, A. Klebe, J. Lindberg, L. Hove, A. Smoczyk, H. Carlson, Z. Mertes, M. Skoglund, L. Arrigoni, Z. Vidlund, D. Massey, J. Edelen, N. Jensen. Row 2: S. Gottsman, S. Wilke, A. Miron, C. Kibbel, R. Rehbein, K. Thielke, K. Teal, P. Janoski, J. Olson, L. Geodeke, A. Drehr, S. Mackiewicz, K. Hansen, E. Neeck, K. Manning, N. Karlsrud, D. Kotchen. Row 3: K. Nelson, M. Yang, A. Stroeing, R. McCormick, M. Senum, K. Boicourt, L. Taylor, S. Krell, K. Hodges, K. Johnson, A. Bellows, R. Kohs, M. Swenson, J. Scott, A. Grell, M. Martin, L. Frericks, D. Fircus, H. Nyquist, R. Gross, B. McCullough, C. Eichinger, M. Clemens, A. Peterson, N. Fuerst, T. Swenson, D. Vue. Not Pictured: E. Lichtscheidl, K. Irlbeck, S. Ulrich, H. Lott, E. Wittnebel, A. Holmes, A. Forsman, C. Zebro, P. Hegseth, A. Murrey, M. Morris, T. Kiesow, C. Karstens, M. Anderson, A. Lambert, J. Sandkamp, J. Hutchings, T. Westergren, S. Pignato, S. Krall.



Teachers Leslie Heidel and Angela Nelson take on the responsibility of being the leaders of Link Crew. Heidel and Nelson say they love the positive feedback they receive from other teachers about the Link Leaders.

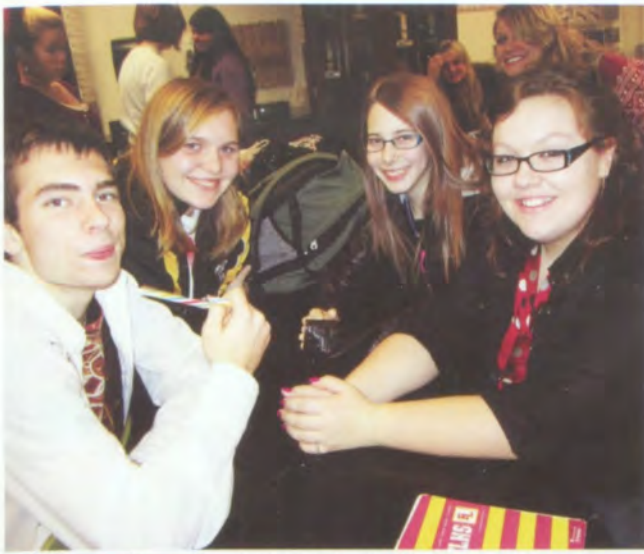


2002 - Link Leaders explain an activity to a group of students.



2006 - Students organize a Mix It Up day to encourage meeting new people at lunch.

Do Something Stop Something



A couple S.A.D.D. members brainstorm ideas during advisory. "We're a productive group and I really feel like we can make a change," said junior Nikolaus Ernst.

Junior Erika Scherrer, and seniors Genna Temte and Danielle DeVange ring Salvation Army Bells outside Bruce's Foods. Temte says her favorite part of being involved in S.A.D.D. is "the opportunity to be with friends and help in activities."

Students Against Destructive Decisions (SADD) is a group of students in grades 10-12 that encourages safe and positive choices throughout life. Members participate in organizing many activities during the year, such as Root Beer Float Fundraisers and the Homecoming Door Decorating Contest. They gather in advisory and have meetings after school to discuss ways of promoting the idea of making better decisions to the students of FLHS.

-Jessica Lindberg



Junior captain Dorothea Olson says her favorite activity in S.A.D.D. is "participating in the Ghost Out!"



"My favorite part is being able to share one of my passions with the school," says senior captain Danielle DeVange.



S.A.D.D.

J. Ambrose, S. Back, A. Barton, B. Brown, M. Campobasso, F. Dean, D. Devange, S. Doten, K. Dudley, R. Dupree, S. Eckdahl, T. Eckdahl, N. Ernst, R. Full, B. Gausman, E. Haylock, M. Haylock, K. Heiling, K. Huynh, T. Laverty, J. Lesnar, V. Lida, K. Lutz-Lawlor, S. Mackiewicz, D. McDowell, B. Mondloch, L. Monson, M. Neeck, D. Olson, J. O'Neill, P. Permick, K. Rieger, A. Robinson, J. Rolbiecki, S. Rondo, E. Snyder, G. Temte, S. Vue, J. Walton.



Seniors Joseph Lesnar, Stefania Mackiewicz, and Bradley Mondloch have their picture taken in their S.A.D.D. advisory the day before Christmas break. "It's fun hanging out with other people that share the same interests," says Mackiewicz.



2007 - A group of S.A.D.D. members brainstorm ideas about encouraging safe decisions.



1999 - A girl participates in the Sophomore Retreat led by S.A.D.D. members.

S.A.D.D

Speak Your Mind

In Debate, these students learned to analyze and configure each and every topic with what is vital information and what is unimportant. They learned to prove to their listeners that every statement and every sentence is supported with valid evidence and a sense of reasoning. Being on the first year Novice Debate team, Sophomore Kaitlin Lutz-Lawlor said, "Since it was my first year I was nervous, but it was so much fun. Madson made it a lot of fun too, I will definitely be doing it next year."

Debate is a contest or perhaps a game where two or more speakers present their arguments with intent to persuade one another to an opposing side. This year's varsity Debate Team consisted of the three leading seniors, Melanie Senum, Luke Bernier and Kyle McCleary that are all looking back on the memories they have created over the years, and looking into their future with a history of public speaking in debate.

-Angie Klebe



Debate

Row 1: Z. Morris, K. Lutz-Lawlor, M. Vue, L. Estes, C. Osterbauer, M. Hall. Row 2: M. Senum, K. McCleary, A. Glenn, A. McCarthy, L. Bernier.



Senior captain Melanie Senum's favorite subject to debate this year was plea bargaining undermining the criminal justice system, which means a criminal pleads guilty and accepts a lesser charge.



Senior captain Kyle McCleary's favorite subject to debate this year was his last debate, juvenile's being charged with violent felonies ought to be treated as adults in the criminal justice system. McCleary placed second in Sections!



Senior Luke Bernier smiles with dignity after his debate on whether the NATO presence is good for the Afghanistan citizens. Bernier stated, "No matter which side of the debate I was on, it was really cool to know what points the other opponent would debate about so I could come up with counter points."

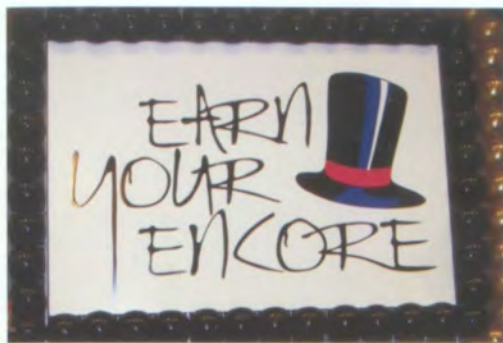
DEBATE



The Debate Club first began in 1963. It was directed by Mr. Neal Nelson.



Students competing in Odyssey of the Mind, an academic and problem solving competition, took second place in the world in 1992.



Head Start in Highschool



DECA, is an association of marketing students brought together by students studying marketing, management and entrepreneurship in business, finance hospitality and marketing sales and service. It teaches students leadership, responsibility, and the standard requirements for business in our society today.

DECA's objective is to support the development of marketing and management skills in career areas. DECA helps students develop skill and competence for many marketing careers, to build self esteem, experience leadership, and to practice community service.

Junior Rachel Drewlo stated it was her first year in the DECA program and she loved it! Her favorite moment was when Daniel Mollet, Jack Juutilainen, and herself were to create a sales pitch to sell a snow blower in an hour and present it to the judges.

This year's participants represented Forest Lake excellently, with four students qualifying for the State Career Conference. Sophomore Lee Kimcheng, juniors Jessica Lindemyer and Anastasia Bergquist, and senior Charlie Smith all qualified. Jessica Lindemyer traveled to represent FLHS in Minneapolis this year over spring break and received first place in her individual series of Retail Merchandising.

-Angie Klebe



Senior Charlie Smith took one for the team dressing up as an attractive young lady. Smith exclaimed, "It was very freeing to be in a dress!"

Junior Anastasia Bergquist participated in a competition that required her to pick up cotton balls with only her nose, covered in vaseline. Bergquist explained, "the first place team cheated by picking up more than one at a time!"



DECA

Row 1: J. Juutilainen, R. Drewlo, A. Bergquist, J. Bullock. Row 2: D. Mollet, C. Smith, L. Kimcheng, J. Lindemyer,

2002-2003 Ms. Jamie Bullock introduced DECA to FLHS and has coached the team ever since.



DECA members qualified for Nationals in the 2007-2008 season to Atlanta Georgia, and the next year in 2008-2009 to Anaheim, California.



DECA

Marching to a Different Beat

Drumline is the sport of the arts, incorporating marching, musicality, athleticism, and dedication. The team, or line, is divided into two parts, the battery and the pit. Drumline team members, grades 7-12, learn to play one or more of the following percussion instruments: Snare Drum, Bass Drum, Marimba, Vibraphone, Tenor Drums, Bass Guitar, and many other instruments. Forest Lake Drumline performs shows and competes as a team against other drumlines. During a competition, teams are judged on timeliness, accuracy, marching expertise, and overall effect.

Drumline is a large commitment of time as well as mental and physical energy. Members spend numerous hours together during practices and shows. They quickly become family through music performance.

-Jessica Lindberg

Forest Lake Drumline performs their routine of 150 memorized measures of music between 5-6 minutes long. Senior Joshua Bergan said, "Drumline is kind of like a mad bipolar person. It's chaotic but systematic, and random yet uniform."



A few drumline members learn the marching basics at practice. "Members of the drumline become a family that help each other with the goal of becoming the best they can be," said 7th grader Parker Lindberg.



Seniors William Fertch, Joshua Bergan, Ashley Lambert, and Benjamin Lund have thoroughly enjoyed their last year in the drumline and will always value the memories and friendships they have made.

Seniors Bergan, Lambert, Fertch, and Lund pose with their instruments below. "No words can explain my feelings toward drumline and the people involved. Joining drumline was one of the best decisions I have ever made," stated Lambert.



Drumline

J. Bergan, J. Bracht, W. Fertch, D. Flickinger, B. Green, C. Hanton, M. Haylock, D. Ihfe, M. Ison, E. Johnson, A. Jungwirth, A. Lambert, P. Lindberg, B. Lunn, H. Mack, J. Miller, J. O'Neill, M. Oster, N. Oster, J. Otto, K. Peters, D. Rapheal, E. Rapheal, B. Rubio, E. Rubio, M. Steinberg, A. Thiemert, M. Wassman, G. Westphal, E. Zamzow.



2002 - A few drumline members concentrate on the performance with their game faces on.



2005 - The drumline members put on a great performance winning them first in the competition.



Natalie Hoidal hangs posters throughout the hallway in hopes of raising awareness of the Invisible Children Schools for Schools club. "A lot of clubs got involved over the years, and we were able to make Invisible Children into our own club! It was great to see our school participate to raise money", Hoidal exclaims.



Lindsay Clark and Brandon Erickson go over last minute details before the Vannelli's benefit.



The students at the Gulu Secondary School in Uganda walk across the field after class. The Schools for Schools Club was able to raise \$6,000 for the students in Uganda to use towards new school supplies and a new auditorium.

Invisible Children Schools for Schools Club

The Invisible Children Schools for Schools club has been working hard all year to raise money for Gulu Secondary School, the FLHS sister school in Uganda.

The Schools for Schools club has organized many small fundraisers, such as the Change for Change during lunches and first hours, and cookie sales during lunches, and during the fall play. "I like the idea of different schools across America working towards one important cause. I'm proud to be a part of it", exclaims Jen Scott.

A great deal of money was raised from the small fundraisers; however, the biggest fundraiser by far was the Spaghetti Dinner Benefit that was held at Vannelli's by the Lake. The group raised a total of \$1,500 dollars from the benefit, and over \$6,000 total from all of their efforts.

-Lauren Varani



Brandon Erickson, Matthew Benesch, Lindsay Clark, Amy Bellows, Natalie Hoidal, Madeline Swenson, and April Robinson collect money at the benefit held at Vannelli's by the Lake. "The benefit was a lot of work, but in the end it was worth it, with our grand total of \$1,500", says Amy Bellows.

Ryan Lecy, Brandon Erickson, Matthew Benesch, Natalie Hoidal, Madeline Swenson, Lauren Varani April Robinson, Allison Chapeau, Katie Kumerow, Amy Bellows



In 1969, the FFA raised money by selling Christmas trees for the holiday season.



In 2007, the Student Council organized a candy gram fundraiser for Valentines Day.

Seniors Allison Chapeau and Lauren Hagen double check their work as the proof pages for the first yearbook deadline come back.



Seniors Jessica Lindberg, Emma Haseman, Hannah Carlson, Chantel Hirdler, Madeline Swenson, Angela Klebe, and Ashley Entwistle celebrate Angela Klebe's 18th birthday which was also on Homecoming.



Seniors Angela Klebe, Lauren Hove, and Kimberly Russell putting their heads together.



Forester Yearbook

Row 1: M. Swenson, L. Varani, A. Klebe, L. Hove, A. Robinson. Row 2: M. Martin, E. Hasman, J. Lindberg, H. Carlson, A. Entwistle. Row 3: L. Hagen, C. Hirdler, A. Moore, K. Pearson, A. Grell. Row 4: K. Russell, R. Selby, A. Chapeau, L. Brihn, S. Hirsch, K. Thorp



Junior buddies Ashley Moore and Katelynn Pearson just hanging around.



Seniors LeAnn Brihn, Sarah Hirsch, and Kathleen Thorp looking up students names for this years yearbook.



Seniors Marissa Martin and Emma Haseman work hard, but play even harder!

Forest Lake High School's
very first year yearbook
1936



First place
Division A
Taylor Summer
Workshop 1994



What was your favorite moment of Yearbook class?

Lauren Hagen
"Majestically riding my mystical, miniature, unicorn into class."



Hannah Carlson
"Perfectly pedaling my purple unicycle into class."



Marissa Martin
"Verbal communication with all my fellow friends."



Allison Chapeau
"When the halls are made of ice I strap on my figure skates and do a triple sow-cow McTwisty dungeon-dip out of this yellow-bellied yearbook class."



Lauren Varani
"Being able to incorporate my ideas into the 2011 yearbook!"



Seniors Hannah Carlson, Ashley Entwistle, Amber Grell, and junior Ashley Moore showing off their new dance team wear in Yearbook.



Seniors Chantel Hirdler and Robyn Selby looking at past yearbooks.



Preserving History

This year, Forest Lake is celebrating the 100th graduating class. Behind this yearbook was a hard working team that captured every big moment and the various activities throughout the year.

It is not a typical class to do things on your own time and turn things in late for half-credit; it is a class that is treated more like a job. Staff members came together as a team to meet serious deadline requirements. Critical due dates had to be met, interviews had to be scheduled or tracked down, and thorough editing was done before sending back proofs. Students produced a product that everyone will see and remember for decades.

Each year a new staff makes the book unique. This year's edition features a timeline to take a look back into the history of the school's people and activities. Members work together to combine their creative ideas, photography skills, and writing skills, which in the end results in a book of memories of everyone's year 2010-2011 year at Forest Lake High. Putting ideas together and creating the yearbook was a fun job. Seniors, Emma Haseman, Jessica Lindberg and Lauren Hove stated yearbook is "Super-Duper fun, you get to hang out with all your friends." However, it is important that students remain on task and put the effort into their work to complete yet another edition of The Forester.

~Allison Chapeau & April Robinson



Seniors Hannah Carlson and Lauren Hove goofing off after a hard day of Yearbook.



Seniors Madeline Swenson and April Robinson asking questions in the main art room.

First place
Division A
Taylor Summer
Workshop 1995



First place
Division A
Taylor Summer
Workshop 2001



FORESTERYEARBOOK

Go for the Gold

The Special Olympics is an important and exciting organization that encourages students to be competitive in a healthy way. Each individual grows and learns more about themselves as the training progresses. Everyone enjoys the Olympics in so many ways. There are memories made with friends, laughing with one another, working together, growing together, and having a little friendly competition.

Working with a team is a very important "skill" to acquire at some point in life. Being independent is also a very important to be able to do. When one is part of an organization like this, it is more than just doing a sport. It is a learning experience for anyone involved. Each person in this activity has a special experience to carry with them all through out life. Anyone teaching or anyone soaking up the teachings has something to help them in the future.

-Robyn Selby

Enthusiased track athletes pose after a hard day's work of pushing themselves to the limit. An experience well worth the effort.

Aaron Wiese bowling like the champ that he is.



A smiling bowling team gathered at Stars and Strikes! The will to win is what pulled them together as a team. A memory that is sure to be cherished.



Matthew Emery sprints to the finish line during the event of the fifty yard dash.



Jessey Johnson and Garrett Bielefeld sharing a laugh during the bowling activity! Johnson explains, "This experience was a lot of fun! I loved keeping each other's spirits up!"



Samuel Kohs uses his adrenaline to excel in the long jump. Kohs has made it a point saying, "Long jump was my favorite thing to do!"



In the early 1960's was when the first Special Olympics was born.



1968, the Special Olympics was first recognized as the world's biggest organization of sports for children and adults with mental or physical disabilities.

Raising Awareness



Senior, Mi-Young Jeon joined Enviromental Club because she wanted to benefit the enviroment by joining this fun activity.



Junior, Adison Morinville mentions that he would like to give our community a broad understanding of the enviroment.



Sophomore, Elise Zamzow is enjoying the winter enviroment. She has explained as to why she joined the club, "I joined because I care about the enviroment. I want to be able to make a difference."



Advisor and teacher Bruce Leventhal, informs others why he is a teacher and advises the Environmental Club. "I teach and help with Environmental Club because I want to be able to raise awareness not only in humans, but in the environment as well."

Environmental club worked to raise awareness within our district and surrounding community about environmental issues. The participants that were involved in the group aim to educate students and citizens on how to live in an eco-friendly enviroment.

The students in the club learned about the environment by exploring areas of interest. These interests go beyond what is offered in your school curriculum. "For example, the participants have been trying to get coffee from an enviromental friendly organization to sell to Forest Lake citizens to raise money for our school!" stated Devon Vue. In the future, they will still be participating in other environmental safe activites to keep others aware of the current problems in the district and world.

-Marissa Martin



Senior, Natalie Hoidal and junior, Mickey Vue have been focusing on recycling, but now the group is moving on to more advocacy orientated efforts.

Advisor B. Leventhal, D. Vue, M. Jeon, N. Hoidal, E. Zamzow, L. Hoppe, and L. Estes pose for their enviromental club picture. Estes enjoys encouraging others to join, "The people are really nice and it is very easy to work together. I joined later on in the year and they still made me feel welcome."



In 2000 the Environmental Club was founded.



In 2007 the Environmental Club got the opportunity to try stream sampling.

ENVIRONMENTAL CLUB

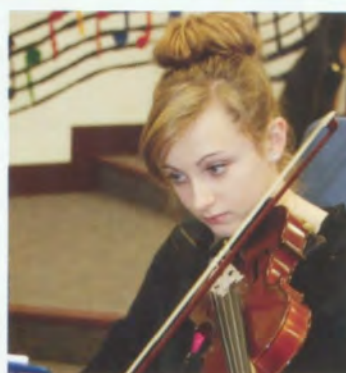
Sophomore, Maxwell Hall plays a classy blue violin. Hall stated the blue violin caught his attention at Music Connections in fourth grade and has been playing ever since. During his year in Forest Lake's string orchestra, Hall has aquired the nick-name "Gramps" along with his fellow violinist Rebecca Piersdorf aquirng "Granny" for how they "argue over who will put the instruments away or flip their sheets of music during songs".



Sophomore, Kellie Welch, has been playing the violin for over ten years. When she was a young child, her and her mother read the "Little House on the Praire" books, and Welch stated she wanted "to be just like the character Pa and play the fiddle". She enjoys playing solos, but loves being able to play with others as a whole. However, Welch stated that it can become difficult finding time to practice when you have other extracurricular activities throughout the year.



Sophomore, Samuel Schminski, has been playing the cello since sixth grade. His favorite memory about being in string orchestra was when both orchestra and band had sub teachers and so Schminski snuck into band and played the tuba for a day.



Sophomore, Danielle Taylor, has been playing the violin for five years. Her grandfather had taught himself to play and sparked her interest just a few years before the opportunity came to play in sixth grade. "Its relaxing and gives me a break from everything else, I just enjoy playing", stated Taylor.



String Orchestra

Row 1: B. Johnson, A. Dempsey, K. Welch, N. Weiss, R. Piersdorf; Row 2: M. Hall, J. Zidar, T. Wilson, D. Taylor, L. Maxwell.
Row 3: R. Beynon, S. Schminski, E. Matti, G. Bidney, Z. Morris, K. Autz, R. Lane; Not Pictured: B. Bergstrom, K. Dudley.



Sophomore, Grant Bidney, plays the cello for string orchestra. "I chose to play cello because its the only one where your guaranteed to sit down", stated Bidney. He stated the best memory was "in 8th grade when a students bridge exploded in class during a song".

The orchestra in 1999.



A good example of excellent posture in 2000.



Melodic Music



Sophomore, Zachary Morris, plays the cello. He has been playing for five years and stated that "I just wanted to try it. I enjoy the fellowship and playing with friends. One time my bridge broke while I was in class," Morris stated. Morris likes the challenges the music brings, and will be continuing throughout the rest of his high school career in String Orchestra.

Junior, Randall Lane, has a good time playing the bass for Strings Orchestra.



Throughout the years these students have been striving for progression in their abilities to play. Many students agree in saying they like orchestra because they get to play with other people and be with their friends. Orchestra allows the students to learn how to work together and play in harmony. Sophomore, Ashley Dempsey, stated that, "it is harder to play slow songs, because you always want to speed up, but you have to keep the tempo slow and stay together." Unison is key to giving String Orchestra its melodic sound.

Usually String Orchestra does about four or five concerts throughout the year. This year's class went out and did an *Outreach Performance* in which they went to several nursing homes and the *Keys* restaurant in Forest Lake to play carols. "It was actually a lot of fun! The elderly people really liked it and were appreciative that we came to play for them," exclaimed junior Brayanna Bergstrom.

The *Fall Festival Concert* was another big success. All of the orchestra classes from elementary to high school performed together. "The highlight is seeing the progression throughout the year. The idea is to encourage the students to build an appreciation for the music, and have fun so that they will continue on with orchestra during their high school years," stated high school String Orchestra teacher David Livermore.

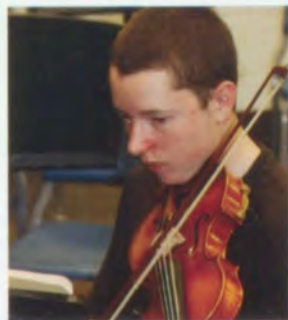
~Allison Chapeau



Junior, Ashley Dempsey, has been in orchestra since sixth grade. She plays the viola, and chose it because it was something she had never heard of before. "I used to be nervous for concerts, but now they are fine," she stated. Dempsey likes the people in class and enjoys Mozart and playing his music. She confesses her most embarrassing memory was in Jr. High while watching the tape with her class of their concert of the night before. The camera caught her drooling, and the whole class saw. "I used to be embarrassed about it, but now its just funny," laughed Dempsey.



Sophomore, Eben Matti, plays the cello for String Orchestra, and has been playing since sixth grade. In sixth grade, Matti's first thought was to play the drums in band. However, he did not want to be in charge with just cymbals, so this swayed his decision to being in orchestra.



Sophomore, Luke Maxwell, has been playing in orchestra for a total of five years. He plays the violin, and had played the viola. Maxwell stated he "did not have the melody part of the song, so I switched instruments". He also commented that it can be difficult once you start new music. "It takes a lot of practice to get it right." Maxwell also stated that concerts were "alright, but you practice for 8 weeks, then it is one big event, then it is over and you never get to touch that music again."

Two violinists in 2001.



Perfecting classical pieces in 2003.



STRING ORCHESTRA

They've Got the World on a String

Every morning the talented students of Sinfonia Orchestra meet for forty-five minutes of hard work and harmonious practice. "It's a fun and refreshing way to start the morning," commented senior Amber Smoczyk. The members of this brilliant orchestral ensemble put forth their best efforts to work as one, and it pays off every year. Each musician is selected through a tryout the previous year and is then able to participate and lend their talents to Mr. Livermore's melodious assembly.

"I have been playing the violin since sixth grade and have enjoyed every year of it. Sinfonia is a great goal to work up to as a musician and I feel privileged to be a part of such a talented group," stated senior Lindsay Clark.

The students play a variety of music through which all of their skills may be developed. This wide variety of songs appeals to all audiences and makes their performances quite interesting.

Sinfonia students have developed a bond with each other through their time spent together, through the love of music, and through the harmonious sounds of a perfect performance filled with dedication and ambition.

- Hannah Carlson

The Sinfonia Orchestra class works very hard every morning. They play a variety of songs that are enjoyed by all audiences tells junior Aaron Hensley.

"Cellos are one of the deeper voices of the orchestra, as well as the bass, which helps keep the beat of the music," explains junior Isaac Maier.



"The cello is an instrument not everyone can play, but everyone can enjoy," comments senior Steven Pignato.



Senior Serena Vue says that concentrating and staying focused on playing her violin has really paid off!



Senior Brooke Brown tells about her experience in sinfonia orchestra, "Orchestra is kind of the reason I get up in the morning. It's a great way to start the day and Mr. Livermore really makes the class fun, whether it be helping us out or telling one of his stories!"



Sinfonia Orchestra appeared first in the yearbook in 2006.



In 2007, Sinfonia participated in the Culture Concert, where their inspiration came from South America.



Senior Matthew Palo says, "Sinfonia Orchestra is the perfect way to start off the day. I really enjoy getting the opportunity to do something fun and creative at the beginning of my day."

Senior Francine Dean tells that she has been playing the violin for six years and enjoys every minute of it!



"We were focusing on playing Schubert's Unfinished Symphony," states senior Amber Smoczyk, accompanied by Sarah Hagen, and Erica Palmer.



Sinfonia Orchestra:

Row 1: A. Tuomala, R. Bostrom, C. Jepsen-Abendroth, K. Anderson, L. Cooley, B. Long, E. Newman, E. Erickson, K. Lutz-Lawlor, M. Rossbach, R. Shaw, K. Close, M. Neeck, S. Vue, N. Wyandt. Row 2: C. Neumann, S. Pignato, I. Maier, L. Kniefelkamp, L. Thomas, P. Pemrick, M. Hume, A. Hensley, A. Mihelich, L. Hoppe, A. Smoczyk, L. Clark, S. Hagen. Row 3: A. Enrooth, B. Brown, J. Stendahl, H. Westphal, M. Palo, A. Domitz, E. Palmer, P. Distler, K. Tagg, C. Renard. Not Pictured: F. Dean.



The violins made up more than half of the ensemble in 2008.



In 2009 the orchestra held activities to raise money for their trip to New York.

SINFONIA ORCHESTRA

Senior tuba players Michael Schingen and Calvin Boleen play in sync with junior tenor saxophone Garrison Shea. "The only way the band works is if they work together," says



Junior, Kathryn Schwister on the clarinet. Schwister states, "Mr. Zumwalde makes the class entertaining!" On the right of Schwister is sophomore Lindsay Monson.

Junior, Rachel Yang, "I like to play the flute because I am able to play almost any song, my favorite to play are Disney themed songs. When playing the flute it is easy to make a song my own!"



Symphonic Winds:

Row 1: D. Nelson, M. Boland, A. King, J. Spanjers, K. Schwister, M. Haug, A. Lambert, A. Stroeing, K. Thole, D. DeVange, T. Dewaele, R. Yang, E. Neeck, M. Kasl, L. Taylor, J. Wallner, Z. Geisen, L. Schuhwerck, S. Furlano, C. Boleen. Row 2: J. Oneill, J. Fischer, K. Manning, B. Lunn, B. Homyak, S. Hammer, T. Yang, A. Beeson, N. Peterson, J. Albee, C. Hansen, K. Sewall, D. Kezar, L. Monson, L. Kroska, M. Schingen. Row 3: M. Spiess, A. Nolden, D. Ison, J. Koenig, B. Lichtscheidl, J. Bergan, R. Brown, G. Shea, S. Chester, J. Ion, R. Perreault, P. Sauer, C. Pierucki, J. Matheson. Not Pictured: C. Hanton, S. Keast, C. Murray, C. Plante, N. Tetrault, S. Zaudtke.

In 1990 instead of being called Symphonic Winds, it was called Wind Ensemble.



In 1963 the FLHS band had established itself as one of the better bands in Minnesota.



Harmonious Party



Mr. Zumwalde conducts his first hour Symphonic Winds class. His thoughts on the class, "I cannot think of a better way to start off the day. The class is a very fun and dedicated group of students."

Sophomore Jeanette Spanjers exclaims, "Band is really fun!" As a sophomore, this is the first year of Spanjer's band experience, and playing the clarinet is a great way for her to begin her day.



The day kicks off first hour with the best band in the school, Symphonic Winds, gearing up for upcoming concerts. In order to get into a band as selective as this, auditions are required. The band only takes the best of the best to sit in on this lesson: you have to have dedication, persistence and talent.

The band would agree that Mr. Zumwalde makes practice worthwhile. "My favorite thing about Symphonic Winds is 'The Bald Man'...he's just crazy," senior Lucas Kroska stated.

"In the summer, before school started, we used power tools in the band room, it was awesome."

The band has really stepped it up this year playing intense music and pushing their talent to the absolute limit. "My favorite memory was playing Nimrod at Bethel; we really played the music as a group and executed it well," said senior Robert Brown. Execution is key, and this band has it.

-Amber Grell



Sophomore, Stella Furlano explains why she plays the flute. "I enjoy playing the flute because it is a challenge. You can always improve your playing. I have been playing for four years."



Senior tenor saxophone Scott Chester enjoys the group's love for music, and that they are playing extremely exciting music. "My favorite memories are all of Zumwalde's quirky jokes and the snowball fight we all had!"

Senior alto saxophone, Jacob Albee says, "Neil Evan Peterson is my favorite part of symphonic winds...just because he's Neil." The alto saxophones and french horns concentrate on the music at hand.

The highlight for band in 1987 was performing at the Twins' World Series Opener.



In 1974 the big event for the band program was performing at the Aquatennial Parade.



SYMPHONIC WINDS

New Voices

A new edition to the Forest Lake Music Department was welcomed this past fall, the Cantorei Choir. The name Cantorei comes from the Latin Scholar Cantorum, which means "school for singing". Participants in this group can expect a continuation of the lessons learned in more challenging music.

The Cantorei Choir replaced Concert Choir, and Concert Choir replaced the formerly known Treble Choir here at the high school. According to Mr. Sletta, "We started Cantorei because we didn't have enough males for an equal balance. When we started Cantorei, we had more people in the choir and enough men to balance it out." Francine Dean told about her first year experience with the choir, "I'm glad Mr. Sletta convinced me to join, it's a great choir, we even got new robes this year. We are the only school who has a robe team in our section. Students organize, repair, and sew the robes to make sure they are perfect. "Our robes are hemmed 6 inches above the ground exactly, thanks to Ahren, Kim, and McKenzie."

It is one of the highest ranking choirs at the school. What makes it one of the most challenging is that students do their music in eight parts compared to concert, which is usually in three parts. To join this prestigious choir, you must audition. Auditions are held toward the last three weeks of the school year, for the upcoming year.

~Madeline Swenson

Why did you decide to join choir your senior year?

"Mr. Sletta convinced me to join, and I wouldn't have sang for anyone else."

-Francine Dean



What is your favorite part about Cantorei?

"When everything comes together and we are all harmonizing on the last note, you feel really accomplished & that you are a part of something really big and cool," senior Vanessa Agnes happily exclaimed.

What do you like about Cantorei?

"I've been singing since kindergarden, it's kinda my thing", junior Emily Groeneweg stated.



Seniors Douglas Kotchen, Nathaniel Karlsrud, Joseph Joyer, Shannon Krall, Mackenzie Dornseif, and junior Emily Groeneweg, show their enthusiasm while singing Gloria at the Winter Concert on Wednesday, December, 22.



Concert Choir, 1997.



Varsity Choir, 2005.

Seniors Nathaniel Karlsrud, Douglas Kotchen, Ahren Schuhwerck, and junior Calvin Leonard, take a break and prepare themselves for the next song at the Winter Concert. "We have a great choir this year and it's a lot of fun", Karlsrud exclaimed.

Every second period, the group rehearses on the musical works. Sophomore Emily Meyer cheerfully sings 'I Got Shoes' for the upcoming preview concert for Sections. "It's really cool when everything comes together after working on it for so long", Meyer stated.



Senior Nathan Fuerst shows his enthusiasm towards choir during second hour. "Choir is an awesome place to learn the finer arts of music and how to sing", Fuerst exclaimed.

Senior Nicholas Jensen cheerfully exclaimed what he enjoys the most about Cantorei Choir, "I like being able to sing and have a break during the day". "I love choir because it's a great time for me to practice my facial expressions", Senior Ian Lexvold explained while smirking.



Cantorei

Row 1: J. Rolbiecki, M. Sheldrick, T. Shackett, C. Tice, S. Krall, M. Kerrigan, K. Her, F. Dean, B. Harrington, S. Behrends, B. Bednarczyk, K. Gamelin, A. Beireis, D. DeVange. Row 2: D. Snider, K. Zidon, C. Larson, E. Anderson, E. Meyer, V. Agnes, S. Seekon, M. Labelle, S. McIntosh, C. Buehler, M. Carlson, H. Theisen, D. Ambourn, A. Gallo, S. Vang. Row 3: A. Schuhwerck, J. Joyer, N. Karlsrud, D. Kotchen, M. Lesnar, A. Mansmith, A. Leatherman, N. Tetrault, N. Berg, Z. Carey, I. Lexvold, N. Fuerst, N. Jensen, T. McEachran, M. Reed, R. Garvey, J. Skoglund, T. Corbin.



Trebel Choir, 2000.



Varsity Choir, 2001.

Sophomores Britnie Thornell, Abigail Meyer, Samantha Ingalls, and Ariana Babcock are warming up their voices before they start singing for the day. "My favorite thing about choir is being able to work as a group and make any song come to life!" exclaimed Meyer.

Students working on a new song, trying to perfect it for their concert. "I like choir because my friends are in there and it is a fun class," stated junior Afton Larson.



Teacher, Travis Sletta, trying to get his students to sing in unison and stay on key. "We had a good group of kids this year and all together it was a good fun class," stated Sletta.



Chamber Choir

Row 1: C. Leonard, A. Schuhwerck, I. Maier, I. Lexvold, N. Jensen, J. Bergan. Row 2: N. Fuerst, N. Karlsrud, D. Kotchen, N. Berg. Row 3: E. Groeneweg, V. Agnes, M. Kerrigan, J. Saenger, F. Dean, S. Macintosh, L. Schuhwerck. Row 4: S. Krall, A. Meyer, H. Westphal, K. Her.



Concert Choir

A. Babcock, M. Bain, J. Berken, A. Bothman, L. Erickson, Z. Fecteau, C. Fleckenstein, S. Fleming, B. Fugkie, R. Gallegos, D. Galvez, A. Hanson, M. Hasic, A. Howard, S. Ingalls, D. Ison, M. Jeon, B. Johanson, C. Kirchner, I. Kuehn, A. Larson, W. Lawson, B. Linnerooth, K. Lockwood, K. Lukkonen, M. Lund, K. Magnuson, M. Mahnke, D. McDowell, D. McKay, A. Meyer, A. Miller, A. Mondry, A. Motz, S. Motz, M. Muellner, M. Neeck, A. Norman, E. Nygaard, J. Orth, C. Pedersen, A. Peltier, G. Philippi, M. Reis, N. Rodriguez, E. Rusinyak, J. Saenger, A. Schuhwerck, S. Smith, D. Sinder, A. Taylor, B. Thornell, D. Vacha, N. Wahlgren, K. Wambold, J. Woinarowicz, L. Yang, J. Zarich



Travis Sletta's choir class doing a warm up exercise before they start singing. Junior Lucas Yang exclaimed "I love the warm-ups we do in choir!"

In 1969, the choir reached a new height with more than 60 members and a new director.



In 1970, Forest Lake got another new choir director.



Do-Re-Mi-Fa-So

If you have ever walked down the hall and heard singing, you could probably assume it was coming from the choir room, warming up for another hard working hour. With 58 very talented concert choir students that consisted of sophomores, juniors and seniors, both a mixture of female and male voices in the choir. The choir has been doing very well this year, with Mr. Sletta as their director.

Choir students have been preparing immensely for their concerts. This year they had four concerts, and as the year goes on the students get more comfortable with each other, so their concerts become better then the last. "I would say we get better throughout the year. We start getting to know each other, so you get more comfortable with all the other students in the room," stated senior Jessica Orth.

Seniors will remember this year as one of expanding knowledge and technique. And will have memories that will not be forgotten.

~Sarah Hirsch

Seniors Jessica Orth and Jessica Berken warming up their voices. "Senior Leaders!" Berken stated. "That's what Sletta calls us!"



Choir students looking over their music sheet before performing a song, making sure they hit every note just right.

Senior Skylar Smith and junior Diamond McKay taking a breath before they start their next song. Smith stated her favorite part of choir is when "the teacher tells his weird entertaining stories."



In 1975, the interest of music in choir increased dramatically.



In 2000, the Concert Choir was asked to sing the National Anthem at the Timber Wolves game.



CONCERT CHOIR

A Passion to Play

For most students, they arrive at school to start the day at eight in the morning. However, Jazz Band walks down the halls to start off the day a bit earlier than everyone else. Two days a week at seven in the morning, they are already practicing.

The band was composed of four sections, the saxophones, trumpets, trombones, and the rhythm section. The rhythm section consists of piano, bass, guitar and drums. This year's band had a total of 32 members of all grades, led by Mr. Zumwalde. They had a total of four concerts consisting of the jazz concert, Mall of America performance, convention, and their spring concert. "This year was a great year because of all the senior leadership in the group," stated Zumwalde.

Something new was created this year, and that was Men's Choir. Sixteen men joined and sophomore Jake Woinarowicz was one of them. "Sletta asked me to join and when I went, they sounded really good and I wanted to be a part of it," stated Woinarowicz.

~Emma Haseman

Senior Scott Chester is filled with holiday spirit while playing the tenor saxophone during the lunch hours. "I chose to play the saxophone because I loved listening to jazz music and wanted to learn to play it," stated Chester.



Junior Daniel Kezar has been playing the baritone saxophone for five years. "I enjoy playing music that people don't usually listen to, and learning new songs while trying to figure out different things to make me better. I started playing because my dad played as well," stated Kezar.

Seniors Corey Kibbel and John Ion have both been playing the trombone since sixth grade. "My favorite time was junior year during the lock down, because nobody knew what was going on," stated Kibbel. One of the best times that was mentioned by Ion was the Bethel concert, where the band members showed off what they have been rehearsing all year, and performed their music to family and friends. "I am excited for next year to play in college, but I will miss playing in high school," stated Ion.



Jazz Band

Row 1: K. Manning, R. Brown, J. Otto, S. Chester, S. Wambold, D. Nelson
Row 2: C. Hanton, C. Boland, J. Matheson, A. Beeson, J. Albee, D. Ison, B. Homyak, J. Ion, C. Kibbel
Row 3: N. Peterson, J. Shields, B. Lunn, J. Hamilton, G. Shea, J. Bergan, C. Pierucki, C. Hansen, D. Kezar
Not Pictured: J. Koenig, A. Lambert, J. Oneill, M. Oster, R. Perreault, K. Sewall, M. Sperry, A. Stenberg

JAZZ BAND



In 2002, trumpet players practice for a future Mexican Band.



In 2005, jazz band members focus intensely towards getting correct rhythms and notes.



Senior Jake Matheson has been playing the tuba since sixth grade, and doesn't plan to stop. "I got the name Tuba Jake because I spend all my time playing the tuba. Also I plan on going to college for Music Education as a tuba major," stated Matheson.



From Boys to Men



Sophomore Tyler Corbin, senior Joshua Bergan, junior Calvin Leonard, seniors Nathan Fuerst, Nathan Karlsrud, and Nicholas Jensen working on their pitches while rehearsing their next song. "Men's Choir is one of my favorite experiences at the high school. To be given the unique opportunity to work on just tenor and bass songs is an awesome experience. The music we sing is varied; from hymns, to Billy Joel, and from classical works to today's most popular songs. We always have something for everyone to enjoy," stated Jensen.

Seniors Doug Kotchen, Ahren Schuhwerck, and sophomore Jake Woinarowicz rehearse the next verse. "Mens choir is one of the best parts of my day, even though it is way too early. We all have so much fun and enjoy our time singing and laughing together. It has brought us all closer, and it has been an awesome experience. I am so glad that this started this year, and hope it continues to go well for others in the future," stated Schuhwerck.



Junior Neil Peterson has been playing the alto saxophone since sixth grade, "one of my favorite times was playing at the Mall of America and performing Christmas music for the shoppers," stated Peterson. Senior Jacob Albee plays the alto saxophone since sixth grade as well, "I like missing as much school as we do for jazz band," stated Albee. Junior Cole Hanton has played jazz band instruments since sixth grade. "One of the quotes I play by is 'You have to play for a long time before you can play like yourself,'" stated Hanton.



Mens Choir

Row 1: J. Ion, T. Corbin, W. Hanson, B. Karlsrud, J. Woinarowicz. Row 2: A. Domitz, N. Fuerst, N. Karlsrud, C. Liska, D. Kotchen. Row 3: C. Leonard, I. Maier, A. Schuhwerck, J. Bergan, B. Fertch, N. Jensen



In 2007, saxophone players showing off their skills during the fall concert.



In 2008, trombone players rehearsing before their next concert.

A line of trumpets all in sync with the rest of the Concert Band. It really is music to our ears. Senior Derek Cook stated, "The hardest thing about the trumpet is staying in tune because it is always changing."



Half the band is playing their parts so the others can become in-sync. Senior Adrian Cook states, "Zumwalde is awesome!!" The class really comes together and has fun.

Students are paying attention to Mr. Zumwalde to see which note they need to hit next. Junior Christine Anderson says "The clarinets sound better this year than they ever have before!"



Concert Band

Row 1 K. Adams, S. Kroska, A. Thaemert, C. Anderson, J. Haseltine, B. Weigel, H. Ament, M. Haylock, S. Matuke, K. Hodges, B. Hoglund, D. Reinertson. Row 2 D. Cook, N. Huset, E. Rierman, K. Erkenbrack, A. Cook, E. Peirson, J. Zahn, A. Johnson, H. Morris, D. Ihfe, M. Cunningham. Row 3 N. Arnevik, I. Christianson, J. Voss, K. Moon, C. Mills, C. Pederson, J. Banta, E. Raphael. Row 4 M. Chalgren, N. Ladwig, J. Otto, B. Green, W. Hanson, K. Lenz, J. Miller, K. Trapp, B. Karlsrud, A. Haider. Not Pictured: D. Blanchard, A. Calhoun, D. Dean, N. Ernst, W. Fertch, L. Johnson, S. Keast, S. Kramer, S. Kutz, M. Oster, K. Peters-Schladweiler, T. Rapson, A. Reed, A. Wahlin, C. Williams



The guest speaker Dr. Douglas Orzolek from the University of St. Thomas, is leading the class in a group warm-up, and helping them learn to play in unison.

In 1976, The Rangers celebrated the 125th anniversary of the first Swedish settlement in Minnesota. They performed in multiple towns.



In 1982, The concert band performed in Michigan for the National Cherry Festival where they were viewed by 250,000 people and 7 state telecasts.



Music to Our Ears!



Juniors Jack Müller, Kyle Trapp and senior Zebulun Koenig, are three of the six trombone players in Concert Band. Müller refers to the trombone as the most 'macho' instrument.

Concert Band consisted of 60 students, varying in grades who all worked together in unison. The heart of each student comes out while playing together and creating a rhythmic sound. Many hours were dedicated before, during, and after school to become the best. Not only was concert band about working hard, and playing hard, but truly having fun, and having passion for their own instrument.

When it came time for performing, the entire band got all dressed up and performed to their utmost ability in front of the community as a whole.

The band's energy and spirit lifted everyone's moods and shone a new light. Even though there may be a slip up during a concert, junior Zeb Koenig stated, "I will admit, during a concert I faked played until I could figure out what note we were on!"

Concert Band was led by Barry Zumwalde, who helped bring out the students true talent and abilities. By simply watching or walking by and hearing them play, you can tell the amount of effort and talent these young people truly do have.

~Kathleen Thorp



Sophomore Isaac Christianson says he chose to play the french horn because it is "the least populated instrument".



Sophomore Benjamin Green is playing the tympony solo for that particular song, but there are also other rotating percussionist players. He states, "I particulary chose the percussion because it grabbed my interest the most".



In 1992 Forest Lake Rangers went to the Rose Bowl Parade in Pasadena, California. The cost of the trip was 350\$ per student.



In 2008 the Forest Lake Concert Band had 68 total students, but were all close friends.



CONCERT BAND

Athletics

Making the Team

*F*orest Lake High School takes pride in its athletics; Ranger Pride. With all the variety of sports, athletics is one of the biggest aspects of our school. The student body comes together, filling the stands with a diverse group of students. Whether you're out playing the game, match, meet, or event, or in the stands cheering on your peers, you're helping others strive toward their goal. Even if the sport is not having the best season, we are still there to cheer them on. Rangers have always made goals and have fought for what they want to achieve. We all have a passion for something, and for some people, it is their game.

~Robyn Selby

Sophomore Glendon Miron sprinting for the finish line. A well known chant about Miron is, "Glen... Glen, Glen, Glen... Glen, Glen, Glen... Glen, Glen, Glen."



Junior Nicole O'Bryan and sophomore Hanna Morris play in a varsity scrimmage. O'Bryan insists that, "Personally, I love being a part of a team, rather than an individual sport. There's so much to learn from everyone!"



The Ranger football field is keeping it classy and full of spirit with our school colors, maroon and gold. Each home game has a boisterous bunch of "ROWDIE" students cheering on their fellow Rangers. They know how to "SHAKE THEIR BOOTIES" and keep "BRINGIN' THE HEAT!"

The 1983 yearbook written to all athletes, "Independence is key to success."



Soccer players from 1999.



ATHLETICS DIVISION

Boys Soccer

Check Yes or No

A new head coach? The Ranger boys voted yes and with that they had a great start to the season. With Matt Koehn leading this season with the new skill level of the team, this year was a restart for the soccer program. From the old style of jump and run to pass and control, the boys took into consideration the latest style of play. Many boys were returning players and had to work just as hard as the rookie players. This year's senior captains had to push the team to their limits and buckle down when it came to game time.

Goals were accomplished from start to finish during this rocky season. Players Steven Pignato and Corey Kibbel added, "We really wanted to beat Anoka and Centennial. They are our biggest rivals. We brought it and we beat them in our first two games out!" Senior Joshua Bergan also said, "our team was aiming for a bigger crowd and sure enough more and more people started coming to games." Unfortunately, the 2010 season did not end the way the boys were hoping. With many lowlights towards the end of the season, Bergan commented, "You can't point a loss at any individual or coach. It's the entire team." This statement is so true and every player should be thinking that way.

Outside of long hours of practicing and scoring goals on the field, the team was as close as a family. Each and every person brings something to the team that pulls them together. Senior Steven Pignato quoted, "I bring great spirit and good fun." The boys like spending time together as a team.

Next year is a new season and the boys hope for a better played, but same family-like season!

~Katie Pearson



Senior Alex Fedorchek, makes a nice hit to the ball during a home game. As athletes, personal goals are always set, and during this year's season he accomplished his. "I'm really happy that I got to be a starter for varsity," added Fedorchek.



Sophomore Matthew Eiden, receives a pass without any opponents around. He is free to do as he wishes, make a pass or shoot a goal.



Junior, Collin McGrath, pushes his opponent out of the way for possession of the ball. McGrath has played on the varsity soccer team for four years. He stated, "I think I bring good leadership to the team."

5-12	
Anoka	[W] 2-1
Centennial	[W] 1-0
N. Branch	[L] 3-5
Hibbing/Chisholm	[W] 3-0
Stillwater Area	[L] 0-5
Park	[L] 1-4
Blaine	[L] 2-3
Hastings	[L] 1-2
Cambridge-Isanti	[W] 3-0
East Ridge	[W] 3-1
Chisago Lakes Area	[L] 0-2
White Bear Lake Area	[L] 0-2
Roseville Area	[L] 0-3
Mounds View	[L] 0-4
Andover	[L] 1-5
Cretin-Derham Hall	[L] 0-3
Woodbury	[L] 1-10



Boys Soccer

Row 1: C. Kibbel, R. Xiong, M. Bleninger, S. Cowing. Row 2: C. McGrath, A. Fedorchek, C. Boland, J. Bucholz, D. Mollet, K. Olson, M. Ebel. Row 3: Coach D. Wasson, Coach M. Koehn, M. Tessier, S. Pignato, J. Bergan, S. Coleman, J. Sandcamp, C. Gaffy, Coach R. Tungseth, Coach C. Conley.



Senior captain Jacob Bucholz, quoted, "My favorite part of playing soccer is scoring goals, it brings energy to the team."



Senior captain, Mitchell Tessier, added, "I make everything fun for the team."



Senior captain, Carl Boland noted, "It was really cool becoming captain because I knew my teammates voted for me."



1980- This year became the fifth year of soccer in Forest Lake.



1994- The team made it into the Final Four, the farthest they had ever gone.



And..... WHACK! Senior goalie, Shane Coleman smacks the ball out of the goal, not letting the opposing team score.

Senior Michael Bleninger, swiftly chases after the ball against an Anoka opponent. This past season was Bleninger's last season, as he is a senior this year. He commented, "I would tell the younger boys to play in the off-season so they are ready and in shape for when the school season rolls around."



Two time varsity player, junior Spencer Cowing, gets tangled in an opponent as the ball is being fought for. The intensity of the games pulls everyone together. Cowing added, "I would say our team is pretty energetic and fun to be around."



Junior Ryan Xiong, gains control of the ball and attempts to make a pass. Over the years, his skills have improved and that's because of his captains. He added, "I look up to our captains because they make us better players."



Junior Cale Gaffy tries to steal the ball and run it to make a pass. During the season, Gaffy didn't normally score goals, but recently this year he made his first. He commented, "My favorite memory from this year would probably be scoring my first goal!"



1995- The boys soccer team made it into the 2nd round of Sectionals.



2006- After a 16 year loss to Stillwater, the Rangers finally had a victory against them.



Goalie, sophomore Amy Enrooth, saves the ball, and kicks it away from the net. "I had a great save against North Branch which won us the game!" she exclaimed. East Ridge was Enrooth's favorite game of the season; it was an intense game which makes it exciting to play.



Sophomore and mid-fielder, Olivia Norman, races down the field with the ball, gliding past her opponents and doing a quick direction change. "Singing songs at our games really pumps me up", Norman said smiling. She has been playing mid-field for ten years and enjoys being with her soccer teammates.



Junior Brittany Hestekin sneakingly steals the ball from her opponent and rushes down the field in the other direction, towards the goal. "My favorite thing is our team prayers after the games; it's really funny!" Hestekin said. Brittney has been on Varsity for four years and felt that the season went extremely well.



Senior Danielle Firkus captures the ball from an opponent and races down the field. "Playing Chisago was by far my favorite game because it was fiesty and we won", laughed Firkus. She had a great season her senior year considering they won a lot of their games.

Senior captain Sarah Ulrich tricks the other team by doing a quick fake out and passing the ball. "Spending time with the team and making up crazy nicknames was always the best part", said Ulrich. She felt the team was like a family and really became extremely close as the season went on.



1993- Girls Soccer starts its first year at Forest Lake High School.



1995- Carol Waldoch made a total of 281 saves that season, breaking the school record.



Girls Soccer

Kickin' It Into Gear



Sophomore Skye Finley, as defense, blocks the ball from getting any closer to the goal using a quick shove. "My favorite game was our game against Chisago because we scored within the first minute," Finley said. She loves playing soccer and was happy they won more games than ever before.

Junior Jessica Rivard guides the ball down the field, making sure to keep it in close contact so the opposing team can't interfere. "Our season started great, then we had a bit of a rocky patch, but we ended strong. Our coaches take our thoughts and feelings into consideration," she stated. Andover was Rivard's personal favorite game of the season.

When asked about her favorite memory of the season, junior Nicole Parsons bursts into laughing and looks at captain, and friend, Lauren Neubauer. She exclaimed, "Going to our game in Duluth was probably my favorite trip!" The girls laughed about the hilarious memory.

The Girls Soccer team kicked off with the greatest season to date. With four new outstanding captains showing leadership and motivation, the team met the first goal of the season. "We went into the season aiming for five wins. By the time we had our fourth win, we took into consideration the teams left and figured we could shoot for eight now," said junior Kendra Eggestein. The girls kicked into gear and scored their fifth win, but fell short of the extended goal of eight. The season hit a bit of a rocky patch for the girls near the middle, but they ended the season strong.

"The coaches make us stay absolutely silent on the way to games. No one can talk, whisper, or even move really," Eggestein goes on to say. This helps the team stay focused on the goal ahead of them, literally. "Each year we keep improving, trying to build on the last year; we definitely kept up with that this year," Coach Rich Elliot said. The program started in 1993, and here it is now: eighteen years later and still improving.

The girls soccer team is like one big family. From learning new tricks to pushing limits, they walk onto the field as a team, and win or lose they walk off as a team. The overall favorite memory of the season was a trip to Duluth that included staying in a hotel. From the bus ride up, to the awesome game and hilarious hotel experience, this away trip made this season memorable.

-Amber Grell



Senior captain Sarah Ulrich is extremely proud of her teammates. "I was honored that my peers and coaches thought I'd be a good leader."



Senior captain Danielle Firkus was honored to receive captain this year. "I was excited for the job of being captain; it's a big deal."



Senior captain Samantha Anderson was surprised when she was awarded captain. "The season went great, it was really fun. Our team played extremely well together."



Junior captain Lauren Neubauer smiles when asked about the past season. "The season went really well; I'm happy to be captain."



Girls Soccer

Row 1: D. Firkus, S. Ulrich, K. Boleen, O. Norman, A. Enrooth, M. Peterson, B. Hestekin, S. Anderson, L. Neubauer. Row 2: Coach Sean, Coach R. Elliot, L. Steinhoff, S. Finley, E. Anderson, J. Rivard, A. White, N. Parsons, K. Eggestein, K. Marchese, Coach N. Kehnke, Coach A. Hansen.

Varsity 6-10		
Centennial	[L]	0-5
North Branch	[W]	2-1
Hibbing/Chisholm	[W]	3-0
Stillwater Area	[L]	1-4
Saint Francis	[W]	3-1
Park	[L]	0-2
Hastings	[W]	2-1
Andover	[L]	0-2
Cambridge-Isanti	[W]	3-0
East Ridge	[L]	1-2
Chisago Lakes Area	[W]	4-2
Roseville Area	[L]	0-4
Mounds View	[L]	0-3
White Bear Lake Area	[L]	0-3
Cretin-Derham Hall	[L]	1-3
Woodbury	[L]	0-3

2006- Girls Soccer began the season with 3 straight shut-outs, using new sophomore goalie, Kayla Raarup, because both senior goalies had graduated.



2008-They achieved a win in a second conference game, which hadn't been done in 3 years.



Boys Cross Country

Going the Distance

This year's Boys Cross Country team has been dedicated to giving it their best, with all the pain and pride that came along with it, and through all the hardships that went with running the 3.2 mile course. They pushed themselves through extremes and learned the harsh reality of their physical and mental limitations. Also, through the weeks of practicing that consisted of a warm-up, stretching, and a six mile run workout which brought the team to where they are at now, including many personal bests and accomplishments.

Coach Deno Johnson encouraged the boys to work hard, which paid off in the end. "We had a slow start to the season, but gradually built up the momentum and we were able to win five meets," said Captain Joe Jackson. But as the season progressed, the team became evident, along with only a few mishaps, with injuries and sicknesses. The boys went into Conference with a positive attitude with Joe Jackson placing 9th, Jacob Jankowski placing 13th, and Eric Herbert placing 19th, which then brought them to Sections where the boys placed first place and made it to State placing 14th, finishing the season incredibly strong.

~Emma Haseman



Sophomore Jacob Jankowski making his way to the front, not even caring that he has a missing shoe because nothing will stop him from using his last ounce of effort towards defeating his next opponent. "I did end up finding my shoe," stated Jankowski.



Senior Philip d'Entremont strides, pushing through water, for success. "Shower sliding before Homecoming is probably one of my favorite things to do," d'Entremont stated. He glides into the finish line, happy with his accomplishments.



The Varsity boys do a warm-up run in preparation at Sections. Defeating all surrounding teams, they took home first place. They enter the race as a team and leave the race as a team, which helps them conquer the win.



Boys Cross Country

Row 1: T. Babcock, B. Allen, Q. Duffy, B. Weigel, B. Long, J. Jackson, M. Hanson, J. Reiling, J. Peterson
Row 2: Coach D. Johnson, A. Richert, B. Nielson, S. Wambold, A. Kelley, E. Herbert, A. Wright, J. Jankowski, N. Merrier, P. d'Entremont, J. O'Neill, D. Long, J. Ebel, L. Hipp.

River Falls	3rd
St. Cloud	4th
Rosemount	4th
St. Francis	1st
Hudson	1st
Mounds View	4th
UofA	27th
Prior Lake	1st
Blaine	9th
Shakopee	1st
Conference	5th
Sections	1st
State	14th

Varsity

Junior captain Joe Jackson said his favorite part of being on the team is the uniform. He states, "I love wearing shorty-shorts because they are comfortable and show off my beautiful legs."

Junior captain Ben Long was running with his teammates and one of them mentioned that there was a dead end ahead, so Ben cleverly said, "there are no dead ends in cross country, only new opportunities."



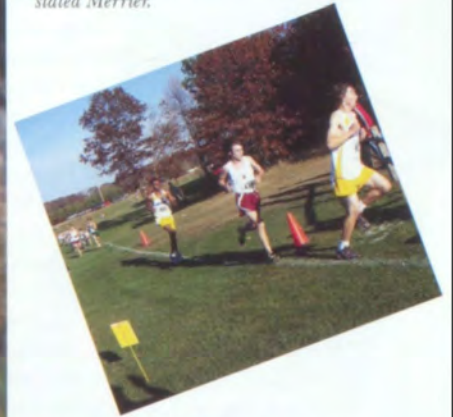
1968- The team easily defeated the other teams for the District #25 title.



1977- Girls were added to the cross country squad for the first time in FLHS history. This year was also the first annual cross country camping trip.



Junior Nathan Merrier going head to head at Sections against his opponent. "One of my favorite memories is one time it was really cold out, and we were all snuggling together, so now it is somewhat of a ritual," stated Merrier.



Senior Scott Wambold is one to never give up, and has enjoyed getting out and running with the team since he was in seventh grade. "The thing I will miss most about Cross Country is getting to listen to Nate and Ben sing 'Digital Love' while running around Century," stated Wambold.



Junior Eric Herbert is making his way to the front, finishing strong along with his teammates, sophomores Jacob Janoski and Jack Ebel. "In Cross Country the only thing that keeps you from unlocking your true potential is your mind," stated Herbert.



Above junior captains Joe Jackson and Ben Long stride together as partners in sync, motivating each other to keep their eyes open for their next victim to pass to bring home that gold medal.

The boys were full of excitement after their "Big W" at Conference, moving them onto State. Joe Jackson, Eric Herbert, and Jacob Jankowski went All-Conference in the top 20, leading the team into the big win.



1984- Crowding doesn't seem to bother Ranger runners. Ranger pedestrians took first at the Purple Hawk.



1998- Placed fourth place in Conference and Sections 7AA Meets.



Junior Cassie Thobe stays focused throughout the race to ensure she places at the top. This year, Thobe set a new record for herself by running the Lefty Wright race in 16 minutes. "I think overall the team did very well this season", stated Thobe.



Senior Elizabeth Peterson races to the finish at the State Meet. "I am so excited we had this many girls qualify for State!" exclaimed Peterson.

The seven girls that qualified for State warm up before the race. Junior Holly Windberg stated, "I love going to the meets and spending time with the girls on the team. They are all so fun and crazy!"



At the start of the State Meet, the girls were focused and determined to finish strong. They finished in 16th place. "I was very proud of the girls," exclaimed Coach Kaluza.



Juniors Andrea Mogren and Shannon Nelson start the race strong as they make their way through the crowd of people. Both Nelson and Mogren have been on Varsity for three years, and agreed, "Our favorite part about being on Cross Country is going to the meets. They are so intense!"



1977 - This was the first year girls were allowed to participate in Cross Country.



1980 - The first girl from Forest Lake qualified for State.



Girls Cross Country

Always Finishing Strong



At the State Meet, Shannon Nelson fights to the finish. "I loved how supportive everyone on the team was of the girls who made it to State. We are like a family," stated Nelson.

Senior Laura Goedeke passed her opponents as she pushed to the finish of a race. "Advice for the girls would be to enjoy the team just as much as you love the sport," Goedeke stated with high hopes for the upcoming Cross Country seasons.

A handful of the seniors pose for a picture. Sophomore Melissa Mackey stated, "They are energetic, bring talent to the team, and are fun to be around."

For most people, running is their worst nightmare, but for this group of girls it's their passion, enjoyment and their sport. They wouldn't have it any other way.

Their intense training for the season starts off in the beginning of the summer running anywhere from 3-6 miles a day. "The practices are tough but we just have to buckle down and make the best of it, because we all know we have to work our butts off in order to be on top," stated sophomore Melissa Mackey, and that is exactly what they did.

The girls had a phenomenal season this year. Junior Mackenzie Galleberg stated, "This year, two of our team goals were to beat Grand Rapids, and to qualify for State... both were accomplished!" The Girls Cross Country team sent seven of their girls to State including senior captain Elizabeth Peterson, juniors Holly Winberg, Cassie Thobe and Shannon Nelson, eighth graders Abigail VanBergen and Heather Lipp and seventh grader Emma Benner. This was a strong finish to the girls' season.

"A team is like a second family," senior Laura Goedeke firmly stated. This is something these girls can agree with and relate to. "No matter what the age is, the girls get along with everyone the same. We enjoy every moment we get to spend with each other," exclaimed Goedeke.

~Ashley Moore



Senior captain Julia Hipp stated, "My favorite part about Cross Country is being able to spend time with the other girls on the team."



Senior captain McCall Lemmons noted, "I love how close the team was this year. We were not just a team, it was like we were all a family."



Senior captain, Elizabeth Peterson stated, "I loved being captain this year. It was a great way to spend my last year on the team."



Girls Cross Country

Row 1: S. Gottsman, J. Scott, A. Bellows, J. Hipp, M. Lemmons, E. Peterson. Row 2: S. Wiegel, A. Hanson, J. Pothen, A. VanBergen, A. Mogren, S. Rouse, C. Bailey, K. Ristrom, M. Mackey, H. Windberg, S. Vukich, E. Benner, B. Parent, S. Nelson. Row 3: Coach E. Kaluza, T. Angelo, M. Anderson, M. Reis, C. Thobe, K. Tietje, M. Mead, J. Spanjers, K. Palo, M. Gallenberg, A. McIntosh, K. Hansen, H. Lipp, C. Giesner (Pedersen), A. Holmes, D. Mogran. Not Pictured: L. Goedeke and R. Wohlk.

Eagan Invite	3rd
Cambridge	2nd
Little Falls	5th
Mounds View Invite	6th
U of M Invite	22nd
Swain	4th
Blaine Invite	5th
Conference Finals	5th
Lefty Wright	8th
Sectional	2nd
State	16th

Varsity

1993 - The girls win the Academic Champions Award for the first time.



1999 - This was the first season that the Cross Country team finished in the top half of the teams at every meet.



Diggin' Up the Season

Volleyball – A sport that always has the ability to round up a wild bunch of Rangers who are ready to get *Rowdie* and *Shake Their Booties* to help cheer on the girls. No matter the situation, the Rangers are always rambunctious and strong supporters of the team. Varsity warms up hard on the court with their heads full of ambition and determination to win the match as the crowd fills the stands. With all the fans at our games, "We get more pumped up! When they're not there it's just dead!" stated junior Nicole O'Bryan showing that the crowd's efforts to rile up the girls truly does work.

Being a team made up of fourteen girls, and only six talented seniors remaining, varsity was dominated by the underclassmen. Varsity's middle hitter, junior Jenna Fischer, has now played up for three seasons including on the Junior Olympic traveling team. Fischer has loved having the privilege of playing with the upperclassmen. She stated, "I've been able to get better in a shorter amount of time with the help from the upperclassmen. Throughout the years they've always been super nice and helpful and they pushed me to be the best I can be." Any of the varsity underclassmen would agree to say that their older team mates have always been very friendly and helpful when they needed it. The younger girls have enjoyed their varsity experience and are also looking forward to their remaining years to come.

Throughout the whole season these determined athletes have kept their game faces on. Despite setbacks, the girls always pushed through and came out as a team. Volleyball is an intense sport that entailed endurance for the long rallies, strong legs for high blocks and big approaches, and numb forearms to make brilliant passes to the setter. The volleyball girls have fought through rough matches but still had great attitudes and enjoyed pushing through their season. With their minds set for the game and their hearts worn on their sleeves ready to dive for the ball, these girls have learned to push through anything and come out strong in the end.

~Allison Chapeau



Senior setter, Gabriella Kramer, saves the ball with a quick jump set for varsity's middle hitter, junior Jenna Fischer. "I love the feeling of getting a nice serve or setting up the ball for the girls to kill!" said Kramer enthusiastically. "I had a good time with all my girls, and wish next year's varsity the best of luck!"

Junior, Samantha Dimmerman, goes up for a big block along side senior captain, Taylor Westergren. Playing varsity is, "more of an intense game; there are a lot more fans, and they get me more pumped up. The best feeling during the game is when I get an amazing block and my hands still have the stinging sensation when I go in with a big approach for the kill!" exclaimed Dimmerman.

Alyssa Johnson, Varsity power hitter, jumps up with a strong approach against Woodbury while the rest of the Ranger girls are low and on their toes for any sudden comebacks. "My favorite memory was our team winning the point after a very rigorous rally against Centennial," stated Johnson.



Senior captain Taylor Westergren, constantly strives to save the ball, and strives to be the best captain for her team by keeping positivity up, and encouraging others through mistakes. Westergren exclaims her funnest part of volleyball is putting her all on the court. She loves "connecting with the girls and making new friends. We're like a volleyball family," she said with a beaming smile on her face.



Senior captain Mikayla Modjeski, stated that to be the best captain takes leadership on and off the court, being a good rolemodel, and good communication with the players. Modjeski's best part of this year was "playing on the new gym floor and having the first victory on it. I loved the team chemistry!"



Volleyball

Row 1: N. O'Bryan, D. Ambourn, M. Modjeski, G. Kramer, T. Westergren, R. Selby, A. Klebe. Row 2: Coach S. Alm, K. Suess, L. Frericks, A. Johnson, J. Fischer, M. Haug, S. Dimmerman, H. Morris, Coach M. Marr.

Anoka	13-25, 19-25, 17-25
Clear Lake	21-25, 20-25, 25-23, 16-25
Centennial	17-25, 18-25, 26-25
Excelsior	13-25, 7-25
Jackson County Central	20-30, 15-25
Rockstar Mayo	14-25, 16-25
Saint Cloud Cathedral	25-24, 22-24
Chicago Lakes Area	25-18, 26-24, 25-15
Mounds View	16-25, 14-25, 23-25
Roseville Area	5-25, 19-25, 23-25
Woodbury	11-25, 15-25, 5-25
East Ridge	23-25, 12-25, 9-25
Park	19-25, 25-13, 19-25, 25-18, 15-12
Duluth East	20-25, 9-25
Cambridge-Isanti	16-25, 28-26, 10-15
Barnum	25-14, 26-24
Grand Rapids	17-25, 21-25
Greenway	22-25, 25-19, 10-15
White Bear	25-19, 26-24, 24-26, 5-25, 15-12
Stillwater Area	14-25, 17-25, 9-25
Hastings	25-21, 18-25, 25-18, 25-16
Cretin-Derham Hall	18-25, 12-25, 19-25
Bloomington Jefferson	6-25, 9-25
Andover	17-25, 14-25
Totino-Grace	21-25, 22-25
Tartan	25-22, 19-25, 17-15
North Branch	23-25, 12-25, 23-25
Saint Francis	13-25, 14-25, 26-24, 19-25

Varsity



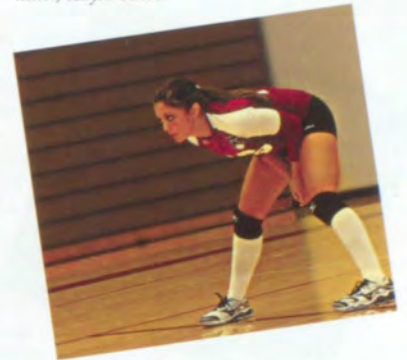
In the year 1997, a skilled back row player specialized in passing, also known as the *libero*, makes a pass to her setter.



2003, Kate Thompson goes for an impressive kill around the block!



The varsity team lines up for the National Anthem before an intense match against Roseville. "My adrenaline gets going thinking about how I'm gonna spike down a volleyball on the opponent's court. Raise Hell by the band Hed PE really sets my mind for the game," stated junior power hitter, Kayla Suess.



Senior Angela Klebe, varsity libero, keeps her momentum intense and focussed during the game. "I love being in the back row, being able to control the court and keeping everyone positive and pumped up!" exclaims Klebe. She believes that positivity on the court can really make a difference for the game.



Varsity's senior setter, Gabriella Kramer, sets the ball up for senior captain and hitter, Mikayla Modjeski. Tinky Winky, formally known as Jacob Toupal, gets the Ranger crowd "Rowdie." "Wearing the costume is exhilarating... I woke up in the middle of the night to a voice whispering to me 'Wear it to the volleyball game.' I was destined to wear it to help cheer on the ladies!" Toupal stated. Needless to say, Tinky Winky's appearance at the game to support the girls filled the crowd with an incredible amount of genuine Ranger Spirit and pride.



Varsity middle hitter, sophomore Miranda Haug, reaches up along side senior captain Taylor Westergren for a block. "Being a sophomore and on Varsity is intimidating, but I gained a lot of experience and learned a lot in the end," reflected Haug. Haug has high hopes bringing her varsity experience to even higher levels in her remaining years to come.

"Senior night really made me look back on all the years us girls were playing together, and it was sad knowing that was coming to an end, but we've had a lot of fun through our many ups and downs," senior Robyn Selby stated.



The 1977 volleyball teams get hyped for warm ups!



Girls from 1969 are ready to start their first season of volleyball.



Junior Clinston Franklin and senior Nathan Vangen tackle White Bear at the Homecoming game. "My goal was to get that kid on the ground with Nathan Vangen's assistance", Franklin stated while smirking as he remembered the moment.



Junior Daniel Johnson fights for the ball at Stillwater against number 40. "One thing kept running through my mind, it was to hold onto the ball, just don't let go", Johnson firmly stated.



Starting quarterback, junior Joseph Jurasin, and Varsity Coach Cleary, run over plays before the game at Cretin Derham Hall. "We were getting ready for the first game of the season. We were running over plays we practiced all summer", Jurasin said while gleaming.



Senior Nathan Vangen toughly states, "the only thing that was going through my head was one of our team mottoes 'Get Some' while tackling Cretin."

The Rangers line up at Stillwater against the Ponies during the second quarter. In the Line up: Derek Ostman, Nicholas Renn, Scot Larson & Zachary Greene.



In 1988, the Varsity Rangers line up on offense and get ready to hike the ball.



In 1984, the Rangers run with the ball for a touchdown!



FOOTBALL

Ranger Tough



Senior Zachary Greene jumps for the ball against number eight on the White Bear team. "Pickin' up the fumble to save the homecoming game!" Greene stated as he grinned, "that was my favorite memory of the season."

Senior Jacob Shields is in ready position lining up for right wing against White Bear. What was your favorite memory of the season? "Watching Jersey Shore with the team and Coach Cleary because we beat White Bear at homecoming," Shields said while laughing.

The Rangers walk away with smiles on their faces after singing the Forest Lake School song to the crowd with a win against White Bear at homecoming.



Senior Captain Joshua Wethammer expresses his love for football, "I love to play, and it's my favorite sport. On top of that it's a good stress reliever."



My funniest memory was "in 4th grade, I blocked for Brandon Carlson and he ran 95 yards and tripped and fell on the 5 yard line with no one around him," senior captain Hayden Lane said laughing.



Senior captain Charles Royce states his best memory of his nine years playing football was his senior year homecoming for, "beating White Bear!"



Senior captain Scot Larson proudly states the best part about being a football captain would be "running the axe on the field every home game!"



Football

Row 1: H. Lane, C. Royce, S. Larson, J. Wethammer Row 2: J. Hitchcock, J. Jurasin, B. Carlson, N. Renn, E. Invie, J. Shields, A. Maciej, A. Pollard, Z. White, B. Rod. Row 3: J. Venburg, D. Ostman, M. Shultz, J. Wiemer, T. Smith, C. Eggers, K. Dudley, R. Rehbein, M. Kohler, J. McDowell Row 4: S. Mathiesen, A. Schurrer, S. Salokar, A. Eaglekraut N. Vangen, D. Mattson, M. Wedger, A. Mansmith, M. Urban, C. Franklin. Row 5: Z. Greene, C. Cohoes, J. Toupal, M. Gosiak, L. Lennon, B. Bierman, N. Peterson, M. Palo, B. Kinder, S. Stokes. Row 6: R. McGuinness, C. Plouff, M. Capra, D. Johnson, G. Miron, J. Oakvik, M. Murdok, A. Murray, C. Newman, P. Moran. Row 7: N. Daninger, K. Stewart, M. Schingen, C. Brant, J. Lanasa, T. Peterson, T. Tyson, C. Morgan, T. Nelson. Coaches: Row 8: C. Volgel, J. Wilson, L. Matzdorf, P. Kendrick, M. Cleary, J. Jurasin, J. DePoint, G. McGlothin, J. Buck. Row 9: B. Dahmes, B. Porter, J. Schieder, N. Ward, S. Swendiman, C. Fahey.

With the 2010 Ranger season off to an unfortunate slow start, they had their first loss against Cretin Derham Hall away at St. Thomas University field. They finished the season with the opportunity to play Blaine at Conference, with an unfortunate loss at Blaine's home field. Don't let that fool you though, the Rangers received four All- Conference Honorable Mentions. Junior Thomas Tyson received the 5th leading all purpose yards with 1188 in SEC, and the 5th leading individual scorer with 56 points. Junior Clinton Franklin also received honorable mention with 3 leading interceptions. The team received their honors for 2nd leading interceptions in SEC. "Our season went great, we had a rough start but as the season went on we grew stronger together," Senior Brandon Carlson optimistically stated.

"I would say our best game as a team was White Bear at homecoming, but my favorite game was against Hastings when we beat them 28 to 13 on their homecoming. I also rushed for 170 yards that game," Junior Thomas Tyson cheerfully stated. "I was happy with the defense at the Hastings game, we worked well together," Junior Luke Lennon stated. Others on the team talked about things they wished they could take back and improve from if they had the chance. "I wish I could take back the Blaine game and Hastings; those two weren't my best. I'm hoping I'll have the opportunity to play college ball and learn from my past mistakes in high school. I'm excited to be moving forward, but will miss all of the guys. We're not just a team, we're family," senior Brandon Carlson calmly stated.

With the senior boys' last season of Ranger ball being over, the senior boys look forward to a new life and possibly participating on college teams. With the many scout offers made to our Ranger boys, make sure to watch where they go in the future. Someday, Forest Lake will hope to be the hometown to a player in the national football league. "The season overall was a rollercoaster, there isn't just a way to describe the season, that's as close as it gets," Varsity Coach Cleary stated.

~ Madeline Swenson

4-6

Cretin-Derham Hall	[L]	00-40
Roseville	[L]	40-41
Stillwater	[L]	06-34
Woodbury	[L]	20-34
White Bear Lake	[W]	19-13
Hastings	[W]	28-13
Park	[W]	56-28
East Ridge	[L]	28-56
St. Francis	[W]	14-12
Blaine	[L]	23-48

Varsity

In 1969, the Rangers line up for the game.



In 1963, one Ranger catches the ball at practice.



GIRLS TENNIS

You Got Served!

Girls tennis had a very successful season led by their Coach Greg Patchin. The girls placed third in Sections after beating Andover 6-1 in the Section Quarters. The girls prepared for this victory with long hours of practice after school and during their summer break. Many of the girls returned from previous seasons of tennis. They were definitely ready to have a swing at it, to win not just for themselves but for the team. Fellow teammate Alexandra Neuman explained, "we tried improving to be the best we could this season, and overall did a lot better than we expected." Both the girls and their coach were so estatic about their accomplishments. Coach Greg Patchin summed up this season by stating, "It was an awesome season for the girls this year, I was so proud of them when they placed third in Sections, they deserved this because I saw how hard they work at practices for this title of victory."

There were six players that made it to all conference sections; the six players include senior Audrey Hanmer, senior Blair Patchin, senior Jamila Cheikh, junior Jaclyn Unger, freshman Taylor Shortly, and eighth grader Chace Shortly. "All these girls did an incredible job and worked their butts off for this; they all have lots of potential in their future!" quoted Coach Greg Patchin.

For the past couple of years, Forest Lake's biggest rivalry for Sections has been Elk River, and our biggest rivalry for Conference has been Mounds View. The team came to a very close game against Hibbing, and if they would've won that game, they would've been scheduled to play Elk River and gone to State! Even though they lost to Hibbing, the team accomplished a great season and proved to us what kind of a hard hitting game they can serve up on the courts.

~LeAnn Brihn



Senior Kara Gamelin serves the ball straight over the net. "What really helps me in my matches is before I step out onto the court, I just empty my mind of everything; it helps me focus," stated Gamelin.



Senior Audrey Hanmer smacks the ball straight across the court. "I love getting the team pumped up right before our games by chanting, Rangers on three, 1-2-3, Rangers! It gets us pumped everytime!" exclaimed Hanmer.



Senior Jamila Cheikh saves the point for her team. "I'm really gonna miss my doubles partner and her sister this year (Chace Shortley & Taylor Shortley) we had so many good times together" said Cheikh.

11-7

Centennial	[L]	3-4
Cretin-Derham Hall	[L]	2-5
Andover	[W]	4-3
Chisago	[W]	7-0
Stillwater	[W]	5-2
Woodbury	[W]	7-0
White Bear	[L]	3-4
Mounds View	[L]	3-4
Park	[W]	7-0
Red Wing	[T]	0-0
Hastings	[W]	5-2
East Ridge	[W]	5-2
Elk River	[L]	2-5
Hibbing/Chisholm	[W]	4-3
Roseville	[W]	6-1
Cretin-Derham Hall	[L]	3-4
Hibbing/Chisholm	[L]	2-5

Varsity



Girls Tennis

Row 1: K. Gamelin, B. Patchin, J. Cheikh, A. Hanmer, R. Bostrom. Row 2: S. Moe, T. Shortley, C. Shortley, J. Haseltine, E. Riermann, A. Neuman, J. Webster, J. Unger, Coach G. Patchin



Senior captain Jamila Cheikh, "I'll never forget all the fun bus rides from this tennis season."



Senior captain Blair Patchin, "I'm going to miss playing tennis everyday because I've been playing since I was a little girl!"



Senior captain Audrey Hanmer, "I love just being able to be myself on the team, it almost feels like they're my 2nd family."



1967 - The very first year of the girls tennis team. They automatically went to regions because they were the only school in District 25.



1996 - Laura Nicholson, Nicole Obrestad, and Andrea Peltier all made it to round sixteen of the Section 7AA for individuals.



Senior Samantha Moe serves a perfect ace over the net. "I'll never forget all the bus rides when we all would jam out to our ipods and sing out loud to our favorite songs!" announced Moe.



Senior captains Jamila Cheikh, Audrey Hanmer, and Blair Patchin all agreed, "the best part about being captains this year was we got to be the leaders, and to know that we were the ones setting the examples for the younger ones on the team."



Senior captain Blair Patchin is determined to win for the team, "I'd much rather win for the team than just for myself" stated Patchin.

Junior Jaclyn Unger hits a perfect ground stroke. "After every match all of us go home and do the Triple-S!" declared Unger.



Junior Rachel Bostrom is concentrating on every point made in the match. "I thought it was really cool playing indoors at Spring Lake Park this year, it was something different than the usual" stated Bostrom.



1998 - Captain Elizabeth Walcker and Coach Bruce Leventhal helped lead the team to regions.



2006 - German foreign exchange student, Hilary Framke, helped the team rank 9th in state.



Sophomore Emilie Luscomb swimming the free style confessed her favorite memory is, "when Maddy and I peed in every urinal!"



"The best part about going to State is the rush and adrenaline I feel," stated junior Alexandra Bey in the midst on completing her dive.



"Visualizing my race and staying positive really helps me concentrate before a race," admitted junior Heather Reily as she got ready to start the 100 butterfly.



Sophomores Heather Reily and Courtney Zusan, along with junior captain Brooke Ewert, cheer on their teammate, junior Annamarie Brennhof, in a race. Reily stated, "What helps me concentrate during a meet is visualizing my race and staying positive, and then right before my race I zone out and listen to music to pump me up!"

"Before each race there is a ritual the team does. Brooke Ewert and I dance to 'Walk It Out' by UNK. It was passed down from 5 years ago from the top breast stroke. I also listen to 'Cyclone' by Baby Bash," stated junior Annamarie Brennhof.



Girls Swim & Dive

On Your Mark



Junior Marissa Moravec getting ready to dive admitted, "Before each dive the one thing I'm most nervous about is whether or not my feet are positioned correctly on the board. If they aren't, it can really mess up a dive."

"My favorite swim stroke would have to be the butterfly," exclaimed junior Morgan Sperry, here taking a breath after a race.

Junior Anya Waskey, using the free style stroke, exclaimed that "the best part about being in swimming is being able to joke with all the 500 girls."



Senior captain Charity Riesgraf "Car rides are a favorite memory."



Junior captain Teresa Brockman "Stillwater & Park would have to be our strongest competitors."



Junior captain Jessica Ramberg "Visualizing and going through my dives with movements helps me concentrate."



Junior captain Annamarie Brennhofner "Most embarrassing moment would be dropping the 500 counter."



Junior captain Brooke Ewert "The best part of being captain is leading a great group of girls."



Girls Swimming

Row 1: M. Baker, O. Olesiak, A. Bey, M. Moravec, B. Ewert, J. Ramberg, C. Riesgraf, A. Brennhofner, T. Brockman, M. Sperry, K. Anderson, A. McMillen, A. Waskey. Row 2: A. Sievers, C. Zusan, K. Welch, E. Luscomb, S. Blackwell, J. Humble, C. Anderson, G. Philippi, J. Dhaene, E. Weiger, K. Wambold, S. Kroska, B. Curtis, H. Reily. Row 3: M. Humble, C. Lijedahl, A. Pariseau, K. Lawrence, S. Rachel, J. Greely, A. Koneczny, E. Mendoza, M. Gemuenden, M. Tkachuck, B. Rangitsch, A. Olson, A. Cogar, S. Vos, M. Peterson, A. Cully, C. Drobnick, R. Wolk. Row 4: Coach D. Welch, Coach B. Bey, J. Messicomer, J. Whitson, A. Edwards, G. Meyers, A. Dunrud, M. Nolden, E. Dolby, J. Tempton, J. Walker, C. Albright, J. Dison, S. Brenk, J. Hudoba, R. Chatwin, H. Schooner, M. Warner, K. Koenig, E. Stockinger, M. Harris, Coach A. Brett, Coach S. Schuppenhauer, Coach K. Jones

The smell of chlorine and the sight of the smooth water can almost always signify the intense rush that will soon take place. The calm glass-like water will soon ripple with excitement as it is filled with the swim team; eager to start with yet another season of early morning practices.

To begin the season the girls swim team went up against Hastings, and it was a neck and neck race, losing by only 11 points. In the sixth meet of their season they put up good effort and came very close to winning against Stillwater, one of the two major rivalries.

The girls ended their season off on a high note when they beat their biggest rivalry, Park High School, by 22 points. It may have been their only victory, but to the girls this win felt like much more than that.

Furthermore, juniors Olivia Olesiak, Alexandra Bey, and Jessica Ramberg made it to State. Ramberg admitted, "I am confident in my dives, but I am also really nervous!" However, I'm excited to see all the girls there!" Overall Bey placed 29th, Olesiak placed 13th, and Ramberg placed 3rd.

With the swim and dive season over, and the long hours of training and workouts behind them, many memories have been made throughout the year. Junior captain Brooke Ewert said one of her most embarrassing moments was when "I fell into the pool face first while trying to get my shammy." Many moments of the 2010 swim and dive season will not be forgotten.

~Sarah Hirsch

1-9-3

Hastings	[L]	77-88
East Ridge	[L]	72-106
White Bear Lake Invite	[T]	00-00
Cretin-Derham Hall	[L]	74-104
Roseville	[L]	82-99
Stillwater	[L]	86-90
Blaine Invite	[T]	00-00
Woodbury	[L]	73-102
White Bear Lake	[L]	85-101
Blaine Invite	[L]	00-00
Mounds View	[L]	37-63
Coon Rapids	[L]	81.5-102.5
Park	[W]	100-78

Varsity

2004 - Junior Brianna Hubbard & freshman Amanda Nelson made it to state. Hubbard finished 25th and Nelson finished 26th.



2006 - The team as a whole took third in the 7AA Section meet.



Boys Swim & Dive

Ready, Set, Swim!

The boys swim and dive team has made great strides this season in improving their skills and standing up against the competition. The season started off great, with a win against East Ridge, and high scores across the board for all Forest Lake swimmers and divers. The team continued to show off their skills at the Blaine Invite, where Matt Goossens took sixth place in diving. As the season continued on, the boys dominated the score board at the Cretin Invite. The high school athletes have had a great season overall; however, the underclassmen from the junior high schools have put forth their efforts in overall improving the team as well. Freshman, Stefan Albright, has worked hard to benefit the team with his consistent points in the 100 fly. The combination of strong senior high and junior high athletes has proved to be a recipe for success. The team's overall record has improved from last years 2-6 SEC record, giving the swimmers something to be proud of.

The season would not have gone as smoothly without the help from the team captains and coaches. "It's my 21st year of coaching", says head coach, Barbara Vailodash. "I give them such a strong sense of how well we're doing, they just think this is what they're supposed to be doing." Aside from the coaches, the senior captains, Charlie Royce, Dylan Gillespie, Jake Mehnikomer, and Chad Kent used their leadership skills to encourage the other swimmers and divers to do their best. It was that encouragement from coaches and captains that led the team through a successful season, and has set the bar for next year.

-Lauren Varani



The swimmers celebrate after a successful meet. "We had a great season!" says Jake Mehnikomer, senior captain and diver. "Everyone worked hard and it showed!"



Senior, Brendon Woehl, inches past his competition. "My goal for the season is to be the top flyer!" Woehl exclaimed.



Senior captain, Chad Kent, starts his warm up with a few laps. "My favorite part of being captain is being in charge of things, and pumping up the team before a meet", states Kent.

4-3

Conference Relays	6th Place
East Ridge [W]	94-90
Cretin [L]	106-78
Roseville [W]	107.5-73.5
Blaine Invite	5th Place
Stillwater [L]	99-85
TT Sections	2nd Place
Woodbury [W]	96-88
Cambridge Invite	4th Place
MoundsView [L]	60-40
Park [W]	91-85
Hastings [T]	85-85
JV Conference	3rd Place
Conference	4th Place

Varsity



Boys Swim & Dive

Row 1: M. Brisbois, B. Woehl, D. Gillespie, C. Royce, C. Kent, T. Kohler, P. Buys, M. Goossens, J. Mehnikomer. Row 2: D. Thompson, S. Albright, A. Bowes, S. Hanton, K. Boerum, B. Youngquist, G. DeWolfe, T. Brennhofner, G. Maxfield, N. Brenk, A. Kenny, G. Ewert, K. Jones. Row 3: Coach D. Welch, B. Vailodash, N. Burger, E. Herzog, R. Hanton, C. Bahr, C. Jepsen, A. Kelsey, J. Gregerson, C. ParrucciA. Hobson, K. Vanneste, E. Woehl, A. Krummi. Row 4: M. Palo, J. Goossens, J. Stomberg, M. Clayton, T. Brockman, N. Merrier, E. Klein, T. Siebert, B. Fleming.



"The best part of being captain is getting to be an example for the younger swimmers", Charles Royce exclaimed.



"My highest achievement was being swimmer of the section, and going to State", Senior captain Dylan Gillespie exclaimed.



"The best meet of the season was taking third at Cambridge", Senior captain Jake Mehnikomer stated.



"I love being one of the captains of the team because I get to be a part of the decision process", Senior captain Chad Kent explained.



In 2006, the boys swim team won first place at the True Team meet.



In 1998, Christopher Yoch takes a dive in the water at practice.

Sophomore, Evan Woehl, swims the 200 individual medley in the Woodbury meet. The sophomore took third. When asked what his favorite part of swimming was, Woehl replied, "It's just fun!"



Senior, Dylan Gillespie, takes his mark before beginning a race. Gillespie had a great season, and managed to set a new school record for the 500 freestyle!



Junior, Nathan Merrier, swims the 400 freestyle relay as the last leg at the Blaine Invite. "The 400 freestyle is a tough race for me because it's right after my 100 breast stroke. But I still enjoy swimming it!" Marrier exclaims.

Sophomore, Joseph Goossens, takes off in the 200 freestyle race. Goossens took the top 3 places in the race, which helped beat Woodbury. "I had a really good season, and finished very well!" Goossens said.



What do you love about diving the most?

"When your in the air, diving. You feel like a superhero."

-Senior Philip Buys



What is your favorite part of swimming?

"The meets, because I get to compete against other teams."

-Senior Timothy Kohler



What was the biggest swimming accomplishment you've ever made?

"Getting first place in my very first race!"

-Senior Mark Brisbois



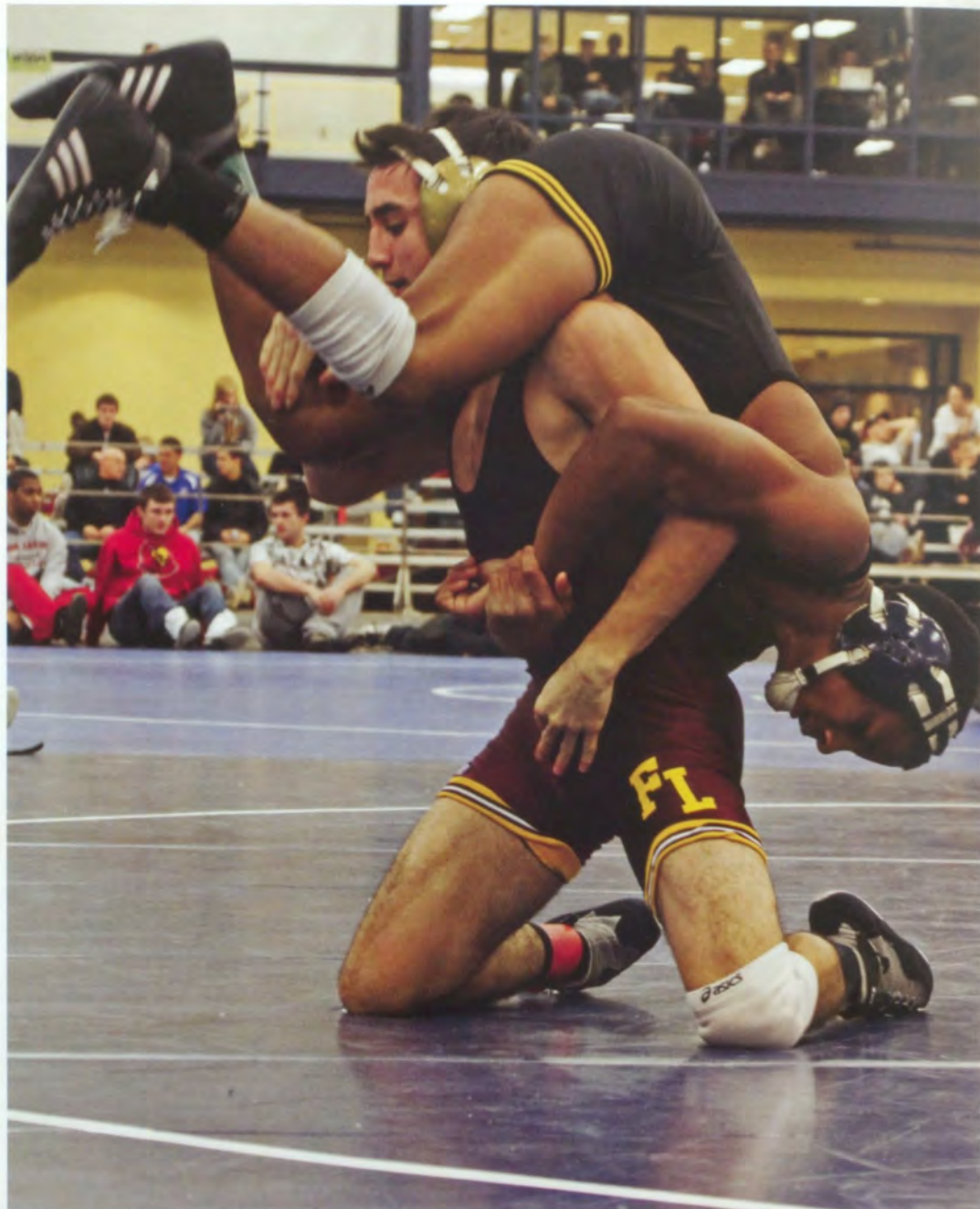
The 1989 Boys Swim Team picture.



1994, they boys find time to goof around at practice.



Junior Michael Urban setting up shot against his opponent. Urban has been wrestling for three years, and has twenty plus wins. "My favorite memory was enjoying times with all my great coaches and fellow wrestlers at the Clash", stated Urban.



Above junior Bernard Morgan wrestling for third place at the Christmas tournament about to flip his opponent over. Morgan has been wrestling since the age of five. "My favorite memory was when Jacob Toupal and James Pleski made it to State. Also my proudest moment was of my team, and I'm glad to be a part of it", stated Morgan.



Sophomore Austin Boniface riding his opponent from Roseville. Boniface has been wrestling for seven years. "My most memorable moment was taking 18th at the Clash and going 4-2 with 4 pins against rated kids", stated Boniface.



Senior Anthony Smith holding opponent in a head lock, attempting to pin him for the win. Smith has been wrestling for fourteen years. "The best time was the bus ride to Scott West, the guys know what I'm talking about", stated Smith.

Senior Joseph Joyer shaking hands with his opponent before his match. Joyer has been wrestling since seventh grade. "My favorite moment was winning my last home match of my career at the Main Event pinning my Hastings kid, I will miss all of my teammates", stated Joyer.



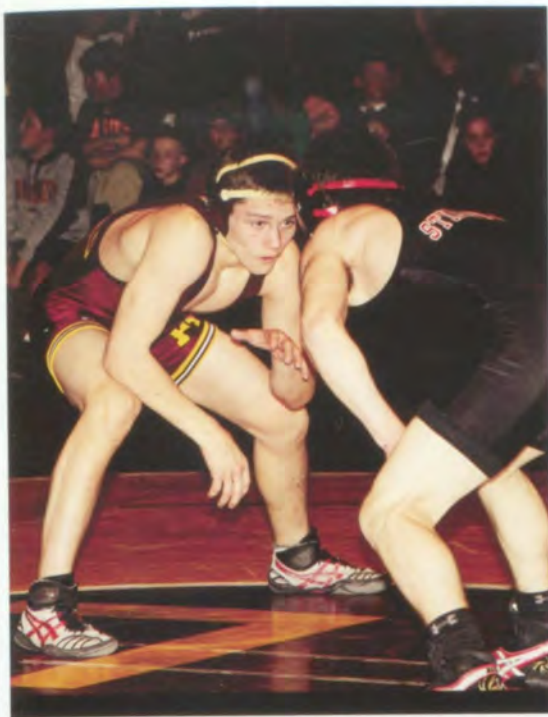
1960, a newly-formed conference was provided for Forest Lakes wrestling team in its 2nd year.



1970, "When you have the whole school depending on you either you make it or else," stated Matman.



Real Men Wear Spandex



Junior Ryder Pagen lifting up his opponent up and bringing him back down onto the mat for a quick pin. Pagen has been in wrestling for 5 years, "my favorite moment was wrestling at the Clash and beating highly ranked teams. Also watching Toupal make it to State was another great moment to top off the season", stated Pagen.



Junior Tyler Isaacson putting in a low stance, strategizing his next move. Isaacson has been in wrestling since he was five years old. "My favorite memory this year was going to Clash with the team, and watching the team wrestle the best they ever have", stated Isaacson.

Senior Jacob Toupal giving his best effort to take down his opponent. Toupal has been wrestling for five years. In the beginning Toupal wanted to cut weight, but the coaches knew he could be an asset at 215 as he moves well for that size. Twenty-two wins later, it appears a wise decision as he made it to State.

"My proudest moment this year was being able to be captain of this team, also my biggest accomplishment was winning the Christmas tournament, stated junior Captain Tyler Isaacson. "I appreciate my team so much for allowing me to be captain this year, also want to thank them for a great season", stated Captain Joseph Joyer. "My biggest accomplishment this year was when I broke the school record for all time career wins", stated Junior Captain Bernard Morgan.



Wrestling

Row 1: T. Isaacson, B. Morgan, J. Joyer. Row 2: A. Charest, S. Urban, S. Hanson, E. Paulson, E. Isaacson, A. Murrey, K. Hudchings, A. Morgan. Row 3: B. Phinney, B. Rod, M. Clemens, M. Aho, J. Toupal, R. Mercado, S. Moody, L. Benick, J. Niemczyk. Row 4: S. Anderso, D. Bag, A. Rizzo, C. Bratsch, C. Niemczyk, M. Pleski, H. Hallstrom, L. McCord. Row 5: M. Urban, L. Niemczyk, T. Longfellow, A. Calhoun, L. Benick, J. McLaughlin, B. Paulson, K. Winberg. Row 6: J. Pleski, L. Arrigoni, A. Meyers, R. Wedger, C. Paggen, R. Paggen, A. Boniface, I. Florell, T. Lillquist, A. Smith. Not Pictured: J. Niemczyk

The Ranger wrestling squad has gone through challenging surprises this year from the loaded 7AAA, all the way to sending five teammates to State at the Xcel Energy Center for the third straight year in a row. This year's crew was one of the most shocking to be sent off to State. Returning State medelest winners juniors Tyler Isaacson, Bernard Morgan, and Michael Pleski did as expected and qualified at the individual sections meet. Although Forest Lake had several other State hopefuls no others qualified. However, out of no where eighth grader James Pleski and senior Jacob Toupal joined the ranks of their accomplished teammates. Towards the beginning of the season, both had to fight to claim their spots for varsity.

Outside the State qualifiers, the meets this season brought some standout performances. Senior Joseph Joyer came within reaching State at 189. "He's finished the season with 24 wins and his leadership has been great as a captain", stated coach Billy Pierce. Also sophomore Austin Boniface season ended as a prior loss which prevented him from wrestling in the second place match.

During State, juniors Tyler Isaacson took fourth place honors at 119 lbs and Benard Morgan took third place honors at 130 lbs. In addition to placing at the State Wrestling Tournament, Isaacson won his 100th career match and Morgan recorded his 197th career win to become Forest Lake's all-time career wins leader. In unofficial team standings, the Ranger Wrestlers finished in tenth place, finishing in the top 10 for the 3rd straight year.

-Emma Haseman

White Bear	[W]	44-21
Certin	[W]	75-06
Irondale	[W]	42-25
Woodbury	[W]	59-15
Tartan	[W]	72-02
Christmas Tournament	7th Place	
Stillwater	[W]	46-15
Minneota	[W]	34-21
East Ridge	[W]	66-08
Park	[W]	55-12
Mora	[W]	44-21
North Branch	[W]	55-15
St. Cloud	[W]	55-21
Cambridge	[L]	22-42
Roseville	[W]	50-11
Sauk Rapids	[W]	46-27
Ellsworth	[L]	21-30
Prior Lake	[L]	25-36
Mounds View	[W]	67-09
Smiley	[L]	24-42
Pine Island Invitational	2nd Place	
Hastings	[L]	24-33

1980, known as one of the most improved teams.



1990, although the whole team didn't make it to State, they sent three individuals, showing their best performance.



Girls Hockey

It's Not Just a Game, It's a Lifestyle

The start of the season was tough with four new captains and a new team of girls. This year began with a hard but unfortunate loss against Cloquet. Shortly after they regained their respect from the fans with a smokin' win of 7-1 against North Branch, boosting up the girls' confidence. From all of the games they played, the girls didn't do as well as they had hoped.

White Bear Lake was the team's biggest rival this season. The game against White Bear resulted in an upsetting loss of 2-5. The group of girls agreed that that game was one of the most challenging they had played all year.

A few words spoken from coach Jeff Neidt, "This year we are not getting all the wins we want, but we are still continuing to work hard and persevering at moving up. Although it hasn't gone as well as we would like, I think everyone would say that this team has had a very beneficial year."

All season, the team had been up and down, from wins to losses and multiple challenging games ending in ties. Everything was made worthwhile in the end. No matter what outcome, achievements and goals the girls have reached, they will always carry the memories because after all, "It's not just a game, it's a lifestyle."

-Ashley Entwistle



In the game against Proctor, junior Sadie Nelson races to the goal while keeping her eye on the puck.



Sophomore Abigail White drops to her knees and prevents a goal attempt by Proctor-Hermantown-Marshall, helping the game to end in a tie.



Senior defense Audrey Hanmer takes a force driven slapshot towards Hastings net, rewarding them the final score to be 2-2.

6-15		
C-E-C	[L]	[1-2]
St. Francis/North Branch	[W]	[7-1]
Proctor/Marshall	[T]	[3-3]
Mounds View	[L]	[2-7]
Woodbury	[W]	[5-1]
Roseville	[L]	[1-5]
Duluth	[L]	[2-3]
Park-Cottage Grove	[W]	[4-1]
Stillwater	[L]	[1-7]
Eastridge	[W]	[6-1]
Cretin-Derham Hall	[L]	[2-3]
Prior Lake	[W]	[4-2]
Andover	[L]	[1-2]
Chaska	[L]	[2-5]
Hastings	[T]	[2-2]
Moundsview	[L]	[2-4]
Woodbury	[W]	[4-3]
Roseville	[L]	[2-5]
Park-Cottage Grove	[T]	[2-2]
White Bear Lake	[L]	[2-5]
Stillwater	[L]	[1-6]
Eastridge	[L]	[1-2]
Cretin-Derham Hall	[L]	[0-5]
Hastings	[L]	[1-5]

Varsity



Girls Hockey

Row 1: K. Magnuson, H. Huberty, R. Skoglund, R. Hartshorn, M. Messin, A. Hanmer, S. Nelson, K. Ristrom, A. Pitts, A. White. Row 2: K. Boleen, S. Vukich, K. Crevor, N. Langer, S. Rappa, E. Anderson, D. Vanneste, A. Bremer, A. Enrooth, A. Taylor, A. Long, M. Muntifering. Row 3: Coach Sauter, Coach Nelson, Coach Coleman, J. Haseltine, B. Neumann, L. Carpenter, A. White, K. Connelly, W. Skoog, K. Collier, B. Fuglie, Coach J. Neidt, Coach Shelafoe



"I got your back!"
Senior captain
Audrey Hanmer



"I think we switch ends, but I'm not sure?"
Senior captain
Molly Messin



"It's ten points for Gryffindor!"
Junior captain
Sadie Nelson



"The team this year has been closer than ever, EXPECTO PATRONUM!"
Junior captain
Rachel Hartshorn



1997- This was the 3rd year the school had a varsity team.



1998- The final record was 15-6-1.



Senior captain Molly Messin keeps the puck to herself, fighting off anyone in her path, while going in for the goal against Hastings. "I love defense this year," explains Messin.



The girls cheer as they make a goal against the teams biggest rival, White Bear Lake. Sophomore Alexis Carpenter. "We played our hardest on and off the ice," says Carpenter.



Junior captain Sadie Nelson on the floor, in the game against Proctor Hermantown Marshall a fight broke out in the third period. Junior Haley Huberty stated, "All I remember was Sadie punching upwards." Supporting teammates come to help her up off the ice.

Piling up at the other teams goal, the girls fight to stay and make an intense goal as the time races by. "Shots all day, every day!" exclaimed Senior captain Audrey Hanmer.



Freshman Rebecca Neumann dives to save the puck in the race to make the final goal against Mounds View.



2001- The team was hopeful for State.



2006- The girls won more games than lost.



Senior Jacob Myers says his favorite part of the season was "the memories, the friends, and perfecting the Dougie and the John Wall."



"My weapon is not my shot, it is ME," brags junior Clinston Franklin when asked about his "superior" skating skills.



After an upsetting last game, sophomore Kyle Parker stated, "We had a good run, but I hope we can get farther next year."



Junior Lucas Kohls goes against Mounds View in a faceoff. "It was a fun season with the guys, but I wish it hadn't ended so quickly," stated Kohls.

Junior Thomas Tyson celebrates a goal on East Ridge. "My favorite moment of the season was getting a hat trick against Park," said Tyson.



Junior Paige Skoog guards the goal against the Stillwater Ponies. "The best part of being a goalie is making big saves!" said Skoog.



Boys Hockey

One Team, One Mission



With only six returning seniors, the Ranger Hockey boys started their season by focusing on coming together and playing as a team. As they figured out their teammates strengths and weaknesses, they began to find an identity. The boys became a family on and off the ice, and were determined to work their hardest during both games and practices. Each player stepped it up and played a role in the team's success.

Senior captain Zachari Mertes stated, "There were plenty of ties and one-goal losses that could have gone our way, we just didn't have the lucky bounces." Although the boys competed strongly with each team, they often came up short. Unfortunately, the boys ended their season with a tough loss to Elk River 0-2 in the Quarter-Finals. "It was a season of ups and downs, and it's too bad it ended so soon. We all miss it already, especially the seniors," said senior Charles Plouff.

The locker room, Dougie/John Wall, and the Duluth Tournament were said to be the team's favorite times during the season. The boys were joined by supportive fans that cheered them along with chants and posters at each game.

With plenty of returning juniors leading the way, the boys should be set for a good season next year. "The moral of the story outside the rink was all about The Flo. To play good, you gotta look good," stated senior Matthew Schmidt, talking about the slicked-back hairstyle they wore on game days.

-Jessica Lindberg



Junior Kyle VanTassel, sophomore Kyle Parker, and senior Zachari Mertes celebrate a goal together. VanTassel says "I enjoy watching [junior] Cody Valley lose in the shoot-out during Saturday morning practices."

Senior Zachari Mertes takes the puck away from Hastings. "My favorite moments of the season were Secret Santa and Techno Tuesdays," explained Mertes.

Junior Thomas Tyson and senior Matthew Schmidt stand with their helmets at their sides during the National Anthem. "We all get focused and mentally prepare ourselves for the game as we stand together in the line," said Schmidt.

"The best part about being captain was having Kyle Parker untie my skates after each practice," jokes Senior Zachari Mertes.

Senior captain Nathan Vangen says he "enjoyed having the opportunity to lead the team, but wishes the season hadn't ended so quickly."

Junior Clinton Franklin is admired by his teammates as a captain. "C.J. Franklin is hockey," they joke.



Forest Lake



Boys Hockey

Row 1: A. Schurrer, W. Marsh, P. Skoog, C. Plouff, N. Vangen, Z. Mertes, M. Schmidt, J. Myers, M. Skoglund, J. Jurasin, C. Franklin Row 2: F. Tyler, C. Scott, C. Rogala, E. Herbert, B. Hess, M. Chenery, T. Tyson, L. Thorson, K. Parker, C. Peterson, K. VanTassel, F. Novotny, C. Pikala Row 3: Coach M. Fenno, B. Leverson, M. Bottila, P. Moran, L. Kohls, M. Meyer, T. Bisbee, C. Valley, J. Schmidt, L. Pikala, Coach J. Loo Back Row: Coach A. Forsythe, Coach J. Johnson, D. Baker, N. Brown, A. Egle, A. Nielson, T. Thompson, A. Langer, Coach D. Forsythe, Coach C. Parrucci.

Grand Rapids	[L]	3-4
Park	[W]	8-5
Mounds View	[T]	2-2
Stillwater	[T]	2-2
Roseville	[L]	1-2
Hastings	[L]	0-0
Andover	[W]	5-2
C-E-C Lumberjacks	[L]	3-6
Rosemount	[W]	2-0
East Ridge	[W]	2-1
Woodbury	[W]	3-1
Duluth Central	[L]	1-4
White Bear Lake	[L]	3-7
Cretin-Derham Hall	[T]	3-3
Park	[W]	5-2
Mounds View	[W]	5-4
Duluth East	[L]	0-5
Hastings	[L]	6-7
Stillwater	[T]	3-3
Woodbury	[W]	3-2
East Ridge	[L]	0-2
Roseville	[L]	0-6
White Bear Lake	[L]	3-4
C-E-C Lumberjacks	[W]	5-3
Cretin-Derham Hall	[L]	3-5
Elk River/Zimmerman	[L]	0-2

Varsity

2005 - A few teammates celebrate a goal.



2007 - The Rangers have each others backs as they race down the ice.



Girls Basketball

She Shoots, She Scores!

"Basketball doesn't build character, it reveals it!" This year's season hasn't been the strongest, but with the amount of effort, dedication, and long hours of practice each one of the girls has put into the season showed a lot of improvement! "The record doesn't represent how hard we've been working this season," quoted junior Micah McGuiness. The team was led by coach Jen Wagner and senior captains, Kelsey Irlbeck, Laura Frericks, & Holly Nyquist. All three captains have kept up the team's spirit and motivation during their long gruesome hours of practice and every Tuesday and Friday night games.

Basketball isn't all about winning, it's about two teams coming together on the court, 5 players from each team and the ultimate goal is to shoot the basketball into the elevated hoop on your opponent's side. It doesn't matter how big you are, it's how big you play. It's not the score that matters most, it's the memories you create along the way. Some of the girls' greatest memories throughout their seasons were the annual Duluth trips; where they would dance and rock out to Nsync & Backstreet Boys! "It's just a time where we can kick back and there's no limit to the amount of fun for the entire weekend," stated Erin Wittnebel.

We can't wait to see what the future seniors have to bring to the court.

~LeAnn Brihn



Senior Amy Holmes drives the ball to the basket and goes in for a layup. "My personal record was 24 points in a game when I was in tenth grade," said Holmes.

Senior Holly Nyquist forces her opponent away from her to stay inbounds with the ball. "I really want to beat Park and Stillwater because they're some of our biggest competition this season," comments Nyquist.

Junior Samantha Anderson shoots for the hoop. She tells us, "I know my nickname, Waffles, will never leave me, I had a scratch on my arm from a Menomonie tournament and apparently it looked like waffles."



Senior Laura Frericks continues to play great offense and quotes, "The most memorable times are the annual trips to Duluth and our dance group that includes me, Erin, Megan, & Holly!"



Senior captain Kelsey Irlbeck explains to us, "my dad pays me for every point I score."



Senior captain Laura Frericks says, "I try my best to be a great role model to the younger players."



Senior captain Holly Nyquist tells us, "I might plan on playing intermurs in college."

7-20	Anoka	[W]	55-46
	Totino-Grace	[L]	43-64
	Tartan	[W]	50-44
	Hastings	[W]	48-34
	Park	[L]	47-67
	Roseville	[L]	48-68
	Mahtomedi	[W]	53-43
	Saint Francis	[L]	38-46
	Rogers	[L]	31-39
	Stillwater	[L]	47-62
	Cretin-Derham Hall	[W]	40-36
	White Bear Lake	[L]	30-56
	Mounds View	[L]	34-49
	Woodbury	[L]	41-70
	Chisago	[L]	48-59
	East Ridge	[W]	53-34
	Hastings	[L]	39-52
	Park	[L]	57-67
	Roseville	[L]	22-56
	Stillwater	[W]	58-54
	Duluth East	[L]	49-65
	Cretin-Derham Hall	[L]	48-50
	White Bear Lake	[L]	42-56
	Mounds View	[L]	35-45
	Woodbury	[L]	40-57
	East Ridge	[L]	65-69
	Blaine	[L]	56-69



Girls Basketball

Row 1: R. Bostrom, S. Winkel, A. King, K. Larson, M. McGuiness, Row 2: Coaches, S. Kubicek, R. Frericks, J. Wagner, R. Keller, C. Rupar, M. Laqua, Row 3: A. Wohlk, K. Palo, A. Eckert, B. Norby, A. Frericks, E. Peters, S. Anderson, Row 4: L. Frericks, M. Anderson, A. Holmes, Manager M. Dornseif, H. Nyquist, E. Wittnebel, K. Irlbeck



The very first girls basketball team was in 1971.



The girls basketball team made its first appearance to State in 1994.



Senior Megan Anderson guards her opponent to get the ball back. "My greatest strength is my speed on defense!" states Anderson.



Senior Kelsey Irlbeck dribbles the ball down the court. "I'm definitely planning on continuing on with basketball by coaching younger teams when I'm older," said Irlbeck.



All the girls line up and face the flag while the National Anthem plays before every game. "We put a lot of hard work and effort into this season so overall, it's been a success," states junior Rachel Bostrom.

Seniors Laura Frericks and Holly Nyquist box out for the free throw shot. "This year the team has been pretty lucky with having no serious injuries," stated junior Savannah Winkel.

All three captains are on their feet and focused for a jump ball. "We've all been playing basketball together since the 3rd grade, I'm going to miss these girls!" quotes senior Laura Frericks.



In the year 2000, we ended up beating Mounds View by sixteen points.



The "Danger Ranger Crew" kept the spirit up at all of the basketball games in the year of 2006.



Senior Taylor Galleberg steps up for a free throw. Galleberg confessed his favorite locker room moment was when senior Luke Opsahl was caught completely undressed after the loss against Roseville during coaches speech, Galleberg admitted it lightened the mood.



Junior Tyler Rosenberger throws up a three. Rosenberger laughed as he said his favorite practice moment was when sophomore Taylor Gullikson jacked up "Vid's" or senior Zachary Vidlund's car during practice.



Sophomore Matthew Hultgren is an aggressive defense man. Hultgren's favorite pregame moment is all the questionably inappropriate things said in the circle.



Senior Philip Hegseth, at the Tartan Tournament exclaimed, "It was a cool honor to be chosen to be in the All Tournament team."

This year's seniors are; Philip Hegseth, Evan Johnson, Zachary Vidlund, Taylor Galleberg, Jordan Berner, Scot Larson, Jacob Edelen, and Luke Opsahl.

Opsahl quoted, "these guys have been my brothers for the last ten years and I'm sure our friendships will be life long."



1998, Pete Hegseth is a big name in the Forest Lake basketball association.



1976 team picture featured Kerry Kellerhuis placed in the hoop.



Boys Basketball

The Ball's In Their Court



Senior Captain Evan Johnson references, "I go hard in the paint." Referencing the area on the court where Johnson usually shoots from.

Senior post Scot Larson quoted, "Set your feet and become the brick wall." Which is exactly what Larson did against East Ridge.

Senior Jordan Berner watches his back on defense. Berner quoted, "I'm as tall as a building as some of my 1st graders would say."



After 100 years of the Forest Lake basketball program they have kept an on going competitive tradition that will surely last for years to come. As the season began they were off to a strong start by working hard at practices, playing smart defense and coming together as a team. Senior Zachary Vidlund commented, "Yeah, practices usually consisted of stretches, shooting, all defensive drills, then clap it up." They proved their efforts by winning five out of the seven consecutive away along with a successful weekend in the Tartan tournament.

The team ended the Conference season in fourth giving them a high seed for Sections. Senior captain Evan Johnson led the team with great defense, many guys on the team would say they are glad to not have to play against Johnson referring to his aggressive, but talented defensive skills. Also contributing to defense were both seniors Scot Larson, and Jordan Berner's rebounds. Junior Tyler Rosenberger and senior Philip Hegseth; always ready and easily counted on to shoot the perimeter. Hegseth also broke both, the 3-point record in a single season and all time in career knocking off none other than his older brother Pete Hegseth.

This team is known for their team chemistry. Sophomore Jackson McDowell commented, "Some of my favorite team moments are the spaghetti dinners the day before each game, the team huddles before the games, and going to Applebee's after every game." These rituals that they had really effected how this team stuck together, they wouldn't let the little things get to them.

-Angela Klebe



Senior Captain Evan Johnson basketball quote to live by is "just play basketball".



Senior Captain Philip Hegseth basketball quote to live by is "shooters keep shooting".



Senior captain Jacob Edelen basketball quote to live by is give everything you got every chance you get.



Boys Basketball

Row 1: H. Smith, J. Rosenberger, R. Kuefler, A. Zentzis, J. McDowell, M. LePlante, A. Tyler, T. Rosenberger, A. Wright, T. Gullikson, M. Hultgren, Row 2: J. Berner, Z. Vidlund, L. Opsahl, E. Johnson, P. Hegseth, T. Galleberg, J. Edelen, S. Larson. Coaches Dan Jacobs, Dan Cremisino, Kale Henry.

14-9	
Coon Rapids [W]	76-71
Centennial [W]	79-59
Cambridge-Isant [W]	72-69
Roseville [L]	68-74
Spring Lake Park [L]	54-62
Elk River [W]	70-56
Stillwater [W]	61-46
Cretin-Derham Hall [W]	80-62
White Bear [L]	47-70
Mounds View [W]	58-46
Blaine [L]	82-51
Woodbury [L]	45-55
East Ridge [W]	70-60
Hastings [W]	67-43
Park of Cottage Grove [W]	71-56
Roseville [L]	68-71
Stillwater [W]	58-52
Cretin-Derham Hall [L]	87-80
Duluth East [L]	64-86
White Bear [L]	50-57
Mounds View [L]	55-67
Woodbury [W]	85-74
East Ridge [L]	66-69
Hastings [W]	77-35
Park of Cottage Grove [W]	78-35

Varsity



The team reaches State Tournament in 2009!



1986 coach Brian Hegseth shows the boys a little something about defense.

Alpine Skiing

Race to the Finish

Alpine skiing had an optimistic view on their 2011 season with five returning seniors, and many other talented underclassmen on the team. The boys had a strong start placing second in their first race, and the girls team was just behind them, placing fifth. Both the boys and girls teams held steady rankings throughout the season.

Leading the boys team as captains were seniors Shane Sampair and Tyler Raarup. Raarup was consistent with being placed within the top fifteen every race. He lead with a good example of hard work and dedication to the sport. Despite Sampair having a rough conference only having won one conference race, he managed to always play a key role encouraging teammates on the slopes and giving pointers to the team. Overall, the boys team ended up second in conference and had high hopes for going to State. During sections the boys were only twenty points behind being able to go to State.

Captains of the girls team, senior Kara Gamelin and junior Krista Kirchner both lead the team very strong with high finishes in conference. Both captains were very motivated and determined throughout their season, and kept pushing their team to be better at every race. Junior Kelli Sova and sophomore Kellie Welch stepped up and really improved their skiing skills this season and pushed the team ahead. With all of the girls putting in their best efforts it was possible for them to keep their team placing with steady rankings.

All the returning skiers are looking forward to another great season next year and are willing to step it up and work their hardest. For the seniors that are leaving, the team wishes them the best of luck and pursues all their dreams.

~Allison Chapeau



Senior Tyler Brunjes races his hardest at the Section meet. Brunjes added, "the sport takes a lot of perfection, and I think that's the hardest part."

Senior Cory Kibbel rushes to the finish in order to earn a decent time. He quoted, "I've been in Alpine Ski since 7th grade, and my favorite part is meeting new friends."

Tyler Raarup, senior, pays close attention to the obstacles along the course. Tyler said, "the hardest thing about Alpine Skiing is putting together two good runs in one night."



RESULTS

	Boys	Girls
Afton Alps	2nd	5th
Wild Invite	15th	13th
Wild Mountain	3rd	5th
Welch Village	3rd	5th
Wild Mountain	4th	5th
Afton Alps	3rd	5th
Centennial Invite	3rd	7th
MN Section	5th	9th
Frostbite Invite	5th/7th	5th
Conf. Standing	3042	2725

Varsity & JV



Senior captain Tyler Raarup commented, "my favorite part is the people on the team and the competition."



Shane Sampair, senior captain, stated, "the hardest thing about Alpine is staying motivated and having a good work ethic."



Junior captain, Krista Kirchner, added, "I have been skiing since age 4 and joined the school team in 7th grade."



Kara Gamelin, senior captain added, "before a race I feel calm with a feeling of anticipation."

Alpine Skiing

J. Alberg, M. Baker, B. Beynon, Z. Boesel, M. Broom, T. Brunjes, J. Bush, C. Eggers, K. Gamelin, M. Gemuenden, K. Goulding, N. Goulding, S. Halley, D. Herman, M. Herman, B. Jeske, C. Kibbel, K. Kirchner, S. Kramer, M. Longsdorf, M. Longsdorf, N. Patterson, N. Peltier, T. Raarup, E. Rodsjo, S. Sampair, R. Schilling, J. Schwanz, K. Sova, M. Stangler, J. Thiele, K. Welch



1995- Boys earned 3rd in Conference



1999- Girls placed 3rd in Regions



Kara Gamelin, senior, has been skiing all her life. She said, "I started racing when I was in 2nd grade, and I love the speed!"



David Herman, junior, concentrates on his course to make it passed the finish line. He stated, "my favorite part of the season was making a snow fort by the ski hill with pine cones!"



Junior, Krista Kirchner, takes her skiing very seriously. She added, "before a race, I get really nervous, my legs shake constantly, and then I calm down and go!"

Senior captain, Shane Sampair, is off to a great start making his way around the flag very quickly. He quoted, "My favorite memory was crashing into the finish at State!"



Sophomore, Kellie Welch skis briskly down the slope to cross the finish line. She added, "This season went really well and I improved a lot!"



2001- The girls individually did well



2004- Boys earned 3rd in State



Vojtech Petros working hard to get the finish line at Sections. "I started Nordic Skiing because my friend that traveled here last year told me it was a great way to make new friends and have fun," says Petros.



Sophomore, Jacob Jankowski, skiing down the run at Conference. "The highlight of this season was that I made it to All Conference," stated Jankowski.



Junior Holly Winberg practicing at Trollhaugen before her race. "For a lot of practice this year my coach made me do skate skiing to have me improve that technique, and it was really exciting. Even though I hated having to skate ski everyday, in the end, it definitely payed off and helped me get All Conference and 20th place in Sections," exclaimed Winberg.



Senior Jennifer Scott at State. How she put her time in nordic was, "when you get into a tight place and everything goes against you, until it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that fate will shift," stated Scott.

Alex Richert, Davis Long, Qinn Duffy, Alex Kelley, Tommy Babcock, Vojtech Petros, senior Joe Jackson, sophomore Jack Ebel, and senior Scott Wambold all horsing around after a tough meet at William O'Brien.



The very first Nordic Ski team was in 1998.

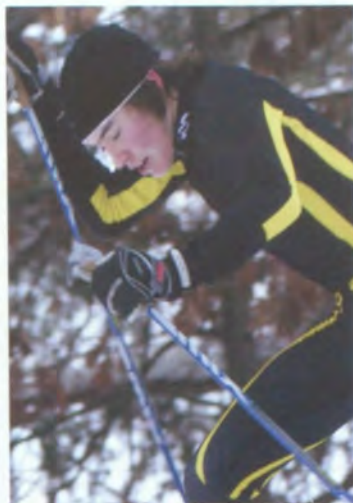


Girls Nordic took third in State in 2005.



NORDIC SKIING

Crossing the Finish Line



Senior Scott Wambold getting the right mind set for starting a race. He said, "skiing is the challenge of your mind keeping your body in check, and your body telling the mind to shut up."



Senior Julia Hipp at this year's Conference. "One of the things I'll miss the most from my years of skiing would have to be the bus rides. It was just fun how we all would sing along with the radio," said Hipp.

Junior Cassandra Thobe and freshman Jessica Greeley after a meet at William O'Brian. Cassandra said, "skiing is like wrestling a gorilla; you don't stop when your tired, you stop when the gorilla is tired!"

The winter season of 2010 was full of snowy hills and nordic skiers. With high hopes, Captains junior Joe Jackson and senoir Elizabeth Peterson are going for the gold; wanting the Forest Lake Nordic Ski team to make it to State.

The team is made up of six seniors, only four juniors, three sophomores, and 11 students from the junior highs. The team may be smaller than other schools, but the Ranger team has sprit. The team practiced five days a week for two hours each. "Nordic is one hard sport, you have to put a lot of your time and effort into it" Jennifer Scott panted after a long day of practice. The girls biggest goal was to make it to State, as well having fun getting there.

Some of the team's favorite memories from the Season were going to State at the 2009-2010 season, and this season's Christmas Camp. "It's been a good year, lots of fun times at Christmas Camps and jamming on the bus rides home! Going to miss those life talks while skiing!" spoken from Peterson.

"This year was really fun as a team, we spent a lot of time training together and having high hopes for Conference!" said senoir Jon Hamilton. One of the best things this season for the boys was the cold weather, Jackson said that the cold weather really focusses him and helps him concentrate on the race ahead.

The Forest Lake nordic ski team comes together as a family during the season and there is a lot of dedication put into their work and achievements. It's no wonder they won Conference and Sections.

-April Robinson

Junior Captain Joe Jackson looked at the season was "if I train hard, I will not only be hard, but I will be more difficult to beat."



Senior Captain Elizabeth Peterson's best memary was "singing black and yellow on the bus rides because our race uniforms are black and yellow."



Valleywood Golf Course
Camp Ripley
Battle Creek Regional Park
Battle Creek Regional Park - West
Camp Ripley
Baker Park Reserve
Giants Ridge
Camp Ripley
Conference
Section
State

Varsity

Nordic Skiing

Row 1: M. Humble, E. Peterson, H. Winberg, J. Scot, J. Greeley, M. Melissa, R. Wohlk, K. Schaaf. Row 2: C. Thobe, M. Andersen, J. Ebel, Q. Duffy, B. Nielsen, S. Wambold, A. Richert, B. Mahonen, T. Babcock, J. Hipp, K. Wambold. Row 3: D. Long, J. Hamilton, J. Jankowski, J. Jackson, V. Petros, A. Kelley.

Boys Nordic took first in State in 2006.



Boys Nordic took first in State in 2009.



Gymnastics

Fighting For The Stick!

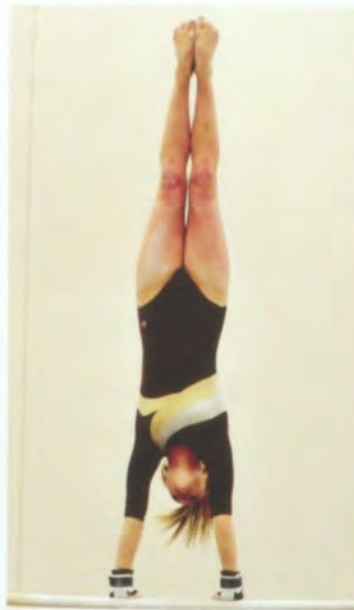
"Fear can hold you back-worry afterwards," informed senior and captain Samantha Jorgenson. The gymnastics team is sure to block out all fear and put their best foot forward while competing this season. Double backs on floor, tucks on vault, and back tucks on beam are not easy tricks to accomplish, but our own Ranger gymnasts perfected these moves in the 2010-2011 season. They understood that they needed to fall a few times before they could get a the success that they wanted. They knew that all of the hard times at practice would pay off at their next meet. Strength, balance, and a positive attitude were key to the gymnasts.

The girls had a tough season to follow but knew that they could do it. They felt that they lost a large group of their biggest contributors but soon proved that they could manage very well without. "We, as a team, did awesome this season and gained a lot of new talent!" says junior Kayla Suess.

The season started off better than expected, with the team competing great in their conference. The team took 8th at the MGGOA invite, 5th at JV conference and 3rd in the Section 7AA meet with a new team high score! The team also had the privilege of winning best team at the Polar Plunge.

The team's achievements were not the only ones this season. Senior captain Samantha Jorgeson placed 9th at JV conference and Sophomore Jessica Dhaene won bars at Sections and went to State placing 16th.

~ Lauren Hove



The team jokester keeps the smiles coming and kids around, "You gotta risk it to get the biscuit!" Merina Lenz has always put a smile on her teammates faces.



"Gymnastics is about overcoming your fears and making hard skills look easy," explained sophomore Brittany Rod. Her words of wisdom were always appreciated by her teammates.

Keeping concentration, sophomore Jessica Dhaene completes a flawless beam routine. Dhaene explains, "I love being able to do the sport you love and showing off the new skills you learn!" She was a large contributor to the team's success this season.

8-5

Mounds View	[W] 129.425-120.5
Roseville	[L] 128.075-138.025
Hastings	[W] 131.275-125.25
Stillwater	[L] 129.4-135.3
MGGOA Invite	[8th] 00-00
White Bear Lake	[L] 131.725-136.6
Park	[L] 134.725-147.375
Pine/Rush City	[W] 134.975-133.675
East Ridge	[W] 133.6-130.675
Cambridge AA Invite	[T] 00-00
Woodbury	[W] 129.275-127.45
Cretin-Derham Hall	[W] 132.525-130.1
Section 7AA	[3rd] 136.775-148.225

Varsity



Gymnastics

Row 1: A. Williamson, Z. Torgerson, M. Lenz, J. Dhaene. Row 2: C. Baker, K. Suess, A. Halverson, J. Frost, A. Richert, K. Dybevik, B. Rod. Row 3: S. Anderson, H. Cohoes, C. Freer, S. Barfield, K. Dison. Row 4: H. Olson, A. Brett, J. Tinklenberg, C. Suess, J. Vinar, K. Manning, S. Jorgensen.



"We had a bloody brilliant season" says senior captain Klara Manning.



Senior captain Samantha Jorgenson "loves giving fun inspirational speeches with Klara before meets and getting to know all of the girls."



2002-Heather Jackson does an aerial dismount on the beam.



2005-Corrine Kettler does a flawless release move.



Senior captain Klara Manning shows of her signature move while marching in on senior night.



"A lot of people don't understand that gymnastics IS a sport and IS very difficult," says junior Kayla Suess.



Freshman Katie Dison salutes to the judges after sticking a great vault.



"The best part of being in Gymnastics is being able to flip in the air and do tons of awesome tricks," says sophomore Amanda Williamson.

"I love being able to dance around in a leotard with my friends," say senior Jade Vinar and junior Katlyn Dybevik as they share a laugh.

Sophomores Brittany Rod, Jessica Dhaene and Merina Lenz goof around at a meet. "I love being able to spend time bonding with my teammates," says Dhaene.



2007- The girls chalk up their hands before a competition.



2010-Seniors smile for the camera as they finish out their last season with the team.



Junior Ashley Moore displays a flawless Russian during a home performance. Moore gives her advice, "It's so important to stay focused during practices. It really pays off through your endurance and flexibility during performances."



During the "Somebody to Love" dance, Junior Angela Nesler performs a beautiful split leap. "Leaps and turns are some of my favorite skills in jazz. When you put all of your energy into a leap you really feel connected with the music," shares Junior Angela Nesler.



"I used the vision of an arrow while I held Taylor in her handstand to think about having something to aim for. The drive of aiming for something made me work harder and better than I ever have before," illustrated junior Hannah Quiggle.



"The 'hip-hop' section was the most fun to perform and gave us a chance to show the crowd something different," junior Jacqueline Ohman said, referring to the above picture taken from the first Conference Meet in Stillwater.

"Beating our rivals, Mounds View, and a frequent state participant, Irondale, was the most amazing moment in the season. The second the announcer called out 'Forest Lake' for fourth place the whole team ran in to hug each other and many of us had tears of joy! That feeling of achieving our goal was irreplaceable," accounted senior Hannah Carlson.



1991 was the first year that Dance Team was a part of the high school. It was then called Danceline, and had started as a club.

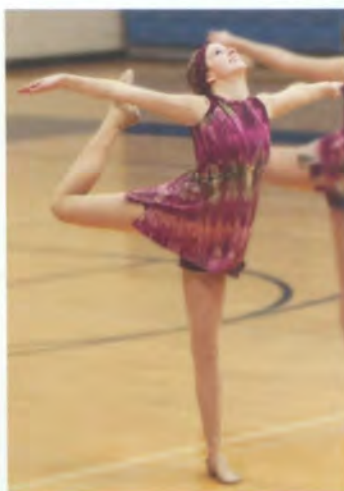


The danceline was very dedicated and spent three and a half hours every night during February to prepare for the State Competition in 1997.



Dance Team

Somebody to Love



"This year's jazz dance was one of my favorite dances I have ever danced. It made me feel so beautiful and I was glad I was chosen as one of the twelve to dance it," says senior Amber Grell. Grell was part of the Choreography team for Varsity this year.

"At the beginning of our jazz dance we each got to choose a pose, which was a great way to show off our skills and really set us apart from other teams," explained senior Lauren Brink.

During Robin Hood, some girls executed a forward roll through the others' high kick line. Sophomore Shelby Benson adds, "The roll through part was scary! I was relieved that I was always a kicker."



The Dance Team worked vigorously everyday at practice, perfecting each movement to achieve a uniform, graceful outcome. Their goal was to perform where they are able make it appear as if simultaneously moving each part of their body to over 500 beats in a single song in an effortless feat. When they strike the last pose and the crowd cheers, they know they have done what they came to do, entertain.

The season had a rocky start with a loss to Cretin in Kick at the first Conference Meet. With hard work and the hopes of receiving higher scores then ever, they persevered and came back at Roseville with a 2nd place rank in both Jazz and Kick. At the Rochester invitational, the girls added some more difficult moves, and for the first time in FLDT history, scored a 1st place in Jazz and 3rd place in Kick. As Conference Championships approached, the girls had stepped their game up and were following close behind their rivals, Mounds View.

Soon after the Championships, they went to Mounds View's home invitational with many new changes, ready to take control. They were ecstatic to find out they had beat their rivals, and a consistent State participant, Irondale, with a 4th place ranking. Going into Sections with high hopes, the girls performed two more flawless routines but fell short of the state goal. Overall, it was still an amazing season and history was made. "Our team really strived for success this year, and I think we achieved that goal and all of our personal goals," said senior Kaitlyn Teel.

Adding eighth graders to the team this year was a bold, but beneficial, move for the dance team. Through the ups and the downs, the team bonded and called each other their "family away from home." The season was filled with goals being attained by not only individual dancers, but the team as a whole.

-Hannah Carlson and Amber Grell



"Being a captain is a great honor and an opportunity to be a role model for the girls. I am so proud of the team and how much we have accomplished this season," exclaimed senior captain Taylor Kiesow.



Dance Team:

Row 1: N. Wright, E. Goblich, L. Opsahl, E. Proulx, L. Bartlett, A. Bechner, A. Fechner, L. Theisen, E. Grahek, C. Evgen, C. Boyd, H. Quiggle, K. Teel, S. Bagan, H. Carlson, S. Thompson, M. Jeans, J. Berg, S. Benson, K. Schlumbohm, T. Schmidt, S. Moore. Row 2: Coach Smoczyk, A. Clasen, H. Waldoch, A. Proulx, A. Grell, A. Nesler, R. Rue, J. Ohman, L. Brink, A. Entwistle, A. Smoczyk, T. Kiesow, L. Dobihal, A. Moore, S. Krall, K. Pearson, Coach Corrigan

Conference Meet @ Stillwater	
Kick: 3rd	Jazz: 2nd
Conference Meet @ Roseville	
Kick: 2nd	Jazz: 2nd
Conference Championships	
Kick: 2nd	Jazz: 2nd
Sections @ Bloomington-Kennedy	
Kick: 7th	Jazz: 7th
Rochester Invitational	
Kick: 3rd	Jazz: 1st
Henry-Sibly Invitational	
Kick: 4th	Jazz: 4th
Mounds View Invitational	
Kick: 4th	Jazz: 8th

Varsity

In 2004, Danceline was no longer recognized as a "Fine Arts" activity. It was accepted as a sport in early December and became the Dance Team.



The Dance Team took a great leap forward with their first themed dance in 2009. The "Superhero" theme was their starting block to future successes.



People

Making Memories

People, better known as Forest Lake students and staff, are the ones who make this school all that it has become. We're the ones who together have formed one big family. We help each other and learn from one another's past experiences. We work together to achieve one thing in the end, a Forest Lake High School diploma. We will walk away with much more than that: life long friend, memories, experiences, and knowledge. We've helped each other through the toughest and most influential times of our lives. We are struggling to find our true identities, who we want to become in this world, and as long as we all end, up being just ourselves in the end we've accomplished that.

-Kimberly Russell

As our football players kicked off their season, the stands filled with maroon and gold, as their classmates cheered them on. Sophomores Hayley Waldoch and Emily Proulx watch intently. "We were at the first football game when Glenn Miron made an awesome tackle!" exclaimed Waldoch.



As saw dust fills the air in Mr. Jurasin's Woods I class, we caught senior Shane Sampair in the act of making his night stand. We asked him what purpose this night stand was going to serve for him. "Well, it will help me get up for school in the morning now that my alarm clock will be right next to my ear," replied Sampair.

Cliff Wickman, a graduate of 1970 was the only person in his class to graduate with a 4.0.



Jonathan Proulx and Alica Opsahl won Heart Throb in 2000





Grills, chips, hotdogs, pop and anxious crowds of students is what Rangers fill their parking lot with during tailgating before the Homecoming game on October first. "Homecoming is the best time of the school year, with so much school spirit, tailgating, and the big football game!" said Senior Holly Nyquist.

Floyd W. Cohoes was F.L.H.S principle in 1954, he got his degree from St. Cloud Teachers College .



In a 2006 questionnaire Luke Hittner said Mary Poppins was his biggest fear.



PEOPLE DIVISION

Faculty & Staff



Administration
 Travis Gjernerig Dean Jason Gonnion Dean Kathryn Ungerecht Assistant Principal Dr. Steve Massey Principal James Caldwell Assistant Principal Penny Baker Dean



Activities Director
 Joel Olson



Police Liaison
 Chad Worden



Police Liaison
 Jon Glader



Student Services
 Vicky Monzel Debbie Kniebush



Technology
 Mary Wightman LeeAnne Brockman



Administrative Assistants
 Lisa Larson Kim Peterson



Security Officer
 Dawn Clyne



Registrar
 Karen McCurdy



Occupational Relations
 Bev Warnke



Health Office
 Heather Karstens

Travis Gjernerig - Unity High School, Balson Lake, WI. class of 1994.



Don Spears - Mora High School, class of 1975.





English

Back
 Robyn Madson
 Laura Livermore
 Andrew Waldron
 Joseph Mueller
 Keith Schwartz
 Laura Palke
 Paul Wieland

Front
 Jeff Neidt
 Stephanie Ward
 Tim Newcomb
 Ben Molin
 Becky Haven



World Language

Megan Espe-Och
 Kristin Kvarnlov-Leverty
 Angela Butler
 Coleen Colton
 Kelly Wing



Social Studies

Back
 Daniel Koch
 Sara Cameron
 Matt Cleary
 Aaron Forsythe
 Ron Tungseth

Front:
 Heidi Link
 Angela Nelson
 Rich Elliot
 Sue Stennes-Rogness
 Ken Mikołajczyk

Jeff Neidt - North St.
 Paul, class of 2001.



Judy Hill - Madison
 East High School,
 class of 1979.



Larry Matzdorf -
 Redwood Falls High
 School, class of
 1977.





Audio / Visual

Sharon Wilson Tammy Marshall



Physical Education

Dan Forsythe Jeff Wilson
Nancy Ellias Joe Kunshier Paul Kendrick



Business

Alan Anderson Tony Harris
Kristin Nellis Jamie Bullock



Art

Susan Mitchelson Maria Kaiser
Nancy Sonnen Laura Davison



Family and Consumer Science

Barbara Schellinger Courtney Gbolo Leslie Heidel



Industrial Technology

Kevin Rivard Matt Beukema Mike Coffee
Joe Jurasin Kelly Nicholls

Mary Wightman - Forest Lake
High School, class of 1979.



Dan Forsythe - North
St. Paul High School,
class of 1972.



Courtney Gbolo -
Century High School,
Rochester, class of 2002.



Math

Back

Larry Tietje
Bill Olson
Scott Swendiman
John Buck
Renee Frericks

Front

Larry Matzdorf
Sue Jarrett
Brian Roy
Nicolle Ristow
Ann Astrup

Not Pictured: Jenny Marshall



Science

Back

Kelli Frericks
Lynda Rupp
Rena Benedict
Cynthia Riesgraf
Judy Hill

Front

Adam Wilson
Jeff Lewis
Bruce Leventhal
Brad Ward



Special Education

Back

Stephanie Buffington
Julie Busby
Matt Fenno
Don Spears
Patrick Ellias

Front

Billy Pierce
Deb Hecker
Barb Teawalt
Ben Dahmes
Psychologist:
Kathleen Cornelius

Not Pictured:
Jennifer Paulson



Kathryn Ungerecht -
Parkers Prairie High
School, class of 1975.



Andrew Waldron,
Wausau High School,
class of 1999.



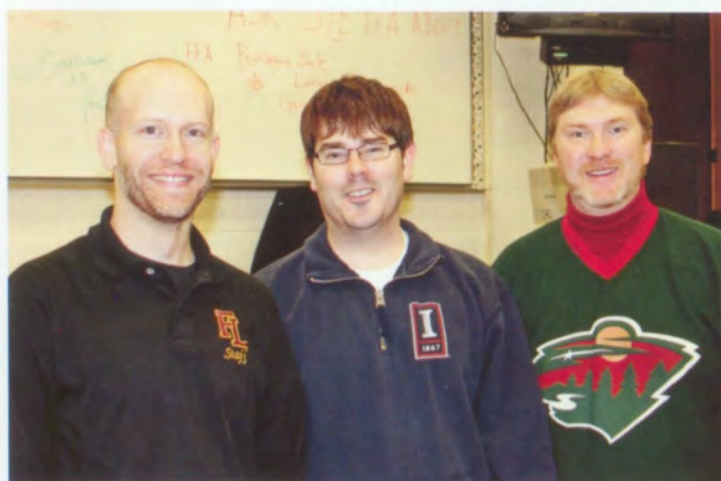
Para Professionals

Back

Charmane Wodaszewski
Theresa Gibson
Kathy Seeberg
Carol Suess
Mary Anderson

Front

Sonya Seim
Connie Carufel
Clare Ritchie



Music

Barry Zumwalde Travis Sletta Dave Livermore

Agricultural Education

Mike Miron Bob Marzolf Veronica Ward

School Board

Back

Dan Kieger
Joe Graft
Superintendant Linda Madsen
Bill Bresin
Rob Rapheal

Front

Karen Morehead
Kathleen Bystrom
Erin Turner



Jenny Marshall -
Forest Lake Senior
High, class of 1992.



Sue Stennes-Rogness -
Minnehaha Academy, class
of 1981.





Food Services

Back

Louanne Murphy
Teri Svendsen
Shonda Hartung
Corrine Wald
Penny Johnson
Sue Cerwinske
Laura Waleshek

Front

Gina Rivard
Ginger Carney
Wendy Maxwell
Ann Chamberlin
Deb Welch
Betty Nelson



Custodial

Bill Schwartz
Ed Ball
Perry Peterson
Terry Benson
Tim Rabe
Tim Tarantino



As a part of the staff holiday party, a food drive and cash donation was held for Community Helping Hands, a local food shelf and emergency fund organization.

Michael Miron -
Forest Lake Senior
High, class of 2000.



Sonja Siem -
Forest Lake Senior
High, class of 1984.



Dan Koch -
Wausau West High
School, WI class of
2000.





"Periwinkle because it's the color of my magical unicorn."
-Logan Opsahl



"Rainbow."
-Brian Levorson



"I would be a rainbow crayon because, I love all the colors!"
-Caitlin Evgen



"Black, because I could be someones shadow!"
-Nicolas Trimble - Ortega

If you were a crayon, what color would you be and why?

Sophomores

As they step through the doors of high school, the sophomore class begin a new journey. From making friends to joining new activities, they learn to progress and face new challenges. The high school offers a plethora of activities and organizations to join giving them plenty of options to try new things and explore different areas of study. Sophomore year is an important year because the decision process about the future begins; from exploring colleges to simply finding hobbies, it is a chance to get a taste of a variety of options. Sophomore year is also the first chance to feel like a real part of Homecoming. As the school splashes with maroon and gold, the sophomores participate in "Spirit Week" and voting for Homecoming Royalty. Even though they attempt, but usually fail, the "Year Cheer", this is the first year they really get to start to battle back the juniors and seniors. This practice helps prepare them for the real battle awaiting them next year. As the year trudges along new friends are made. Looking forward at two more years of high school, the journey really is just beginning. Take time to enjoy the three years, because high school doesn't last forever.

-Amber Grell



Hayley Waldoch and Hailey Swanson are discussing an article in Mr. Mueller's AP English class.



Hannah Abress
Kayla Adams
Jennifer Ambrose
Blake Ammann
Alicia Ammerman



Alisha Ammerman
Christine Anderson
Dale Anderson
Devin Anderson
Dylan Anderson



Miranda Anderson
Nicholas Anderson
Rachael Anderson
Samantha Anderson
Dylan Anderst



Michael Antrim
Angela Arndt
Nicholas Arnevik
Jacob Atwater
Ariana Babcock



Samantha Back
Chrystina Bailey
Megan Bain
Dalton Baker
Jake Ballot



Joshua Banta
Brock Baumgartner
Alexandra Bechner
Carly Beckstrom
Brooke Bednarczyk

Austin Beeson
Ashley Behan
Shay Behrends
Lucas Bellows
Ann Benner



Shelby Benson
Zachary Bergan
Dylan Berglund
Nickolas Bergum
Danielle Bernier



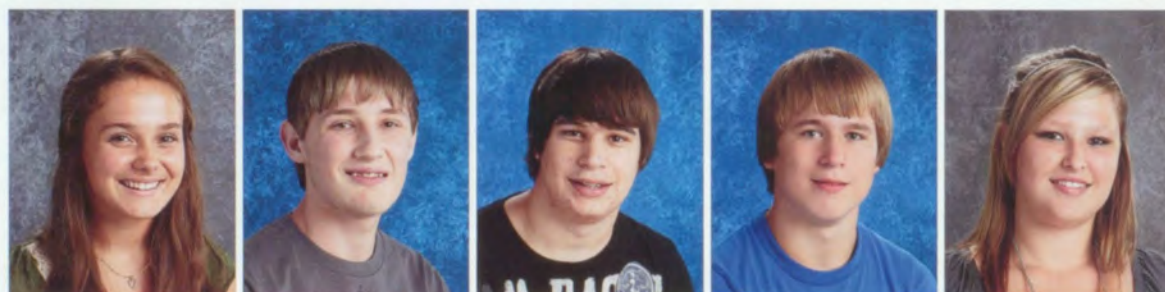
Joshua Bernier
Robert Beynon
Grant Bidney
Michael Bielke
Kari Birkholz



James Blackledge
Sarah Blackwell
Brenna Blake
Dominique Blanchard
Malachai Bly



Molly Boland
Nathan Bollin
Trevor Bollinger
Austin Boniface
Allie Bothman



Chandler Boyd
Kristina Bramley
Mitchell Brandel
Nicholas Brenk
Courtney Brihn





Noah Brown
Matthew Broz
Jordan Bryant



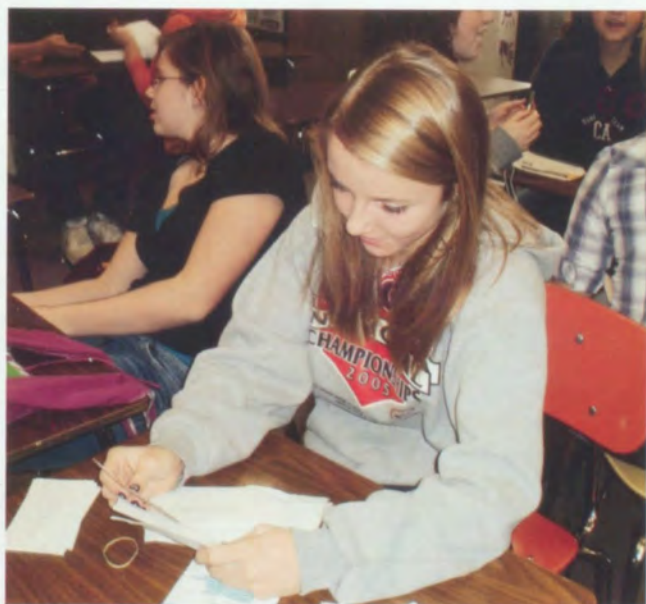
Cassandra Buehler
Zachary Burger
Payton Burkhalter



Aaron Calhoun
Tyler Carlson
Thomas Carney



Alexis Carpenter
Richard Carr
Ryan Carr



In Mr. Mueller's AP English class Olivia Norman looks over her homework.



"I would spend my never ending nights breaking curfew while hanging out with friends!"
- Brandon Jones



"Prank phone calling KFC and video taping myself reenacting Harry Potter scenes."
-Gabriel Philippi

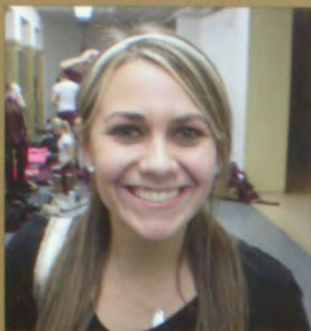


"I'd golf."
-Samuel Schminski



"Isn't it obvious, I'm Cat Women."
-Hayley Waldoch

If you could live perfectly without sleeping, how would you spend your nights?



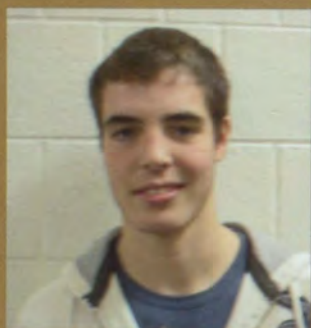
"Mac and cheese."
-Emily Proulx



"Dehydrated icecream."
-Joshua Banta



"Bean sprouts!"
-Emily Stachel



"Papa Murphy's supreme
pizza."
-Aaron Calhoun

If you had to eat one food for the rest of your life, what would it be?

Christian Carson
Ever Castillo
Kelin Castillo



Matthew Chalgren
Alexandra Charest
Coda Chastain



Amina Cheikh
Matthew Chenery
Zachary Christenson



In Mrs. Nelson's class students pay close attention to the information being given.



Isaac Christianson
Taylor Christianson
Alyson Clepper
Chace Coles
Jefferson Coley



Kendra Connelly
Alexander Connolly
Tyler Corbin
Nathan Corcoran
Cailie Craig



Mary Cunningham
Brianna Curtis
Crysta Dahlgren
Samantha Dahlke
Anthony Dahlstrom



Olivia Decheine
Autumn Del Vecchio
Jessica Dhaene
Zachary Dilling
Adam Domitz



Michaela Dowell
Dylan Dresel
Clay Drobnick
Kathryn Dudley
Miranda Dunn



Jennifer Dylkowski
Jack Ebel
Matthew Eggers
Devyn England
Amy Enrooth

Andrew Erickson
Kaitlin Erickson
Leslie Erickson
Caitlin Evgen
Beau Fandel



Robert Farmer
Zachery Fecteau
Daniel Felland
Skye Finley
Tyler Fish



Kezia Flaherty
Austin Fleck
Sarah Fleming
Cedric Flemming
Luke Flint



Angela Frericks
Dilan Friedt
Valerie Friend
Alyssa Frovarp
Bailey Fuglie



Zachary Fuller
Stella Furlano
Shelby Gaebel
Ramiro Gallegos
Danielle Galvez



Richard Garcia-Jaimes
Hannah Gass
Zoe Geisen
Keenen Germundson
Chad Gervais





Sophomores
Jennifer Miller, Alexis
McKinney, Autumn
Del Vecchio, Brianna
Kriesel, Malachai Bly,
and Ashley Behan chat
during passing time.



Brooke Gestson
Alexi Glenn
Emilie Goblisch



Joseph Goossens
Michael Graber
Logan Graham



Brittany Grant
Benjamin Green
Haleigh Gulden



Taylor Gullikson
Brandon Gunderson
Evan Haas



"The Notebook,
because it's amazing!"
-Hannah Star



"Talladega Nights,
because it's hilarious."
-Maxwell Lieder



"Never Back Down, because
the guys are really fine."
-Emilie Goblisch

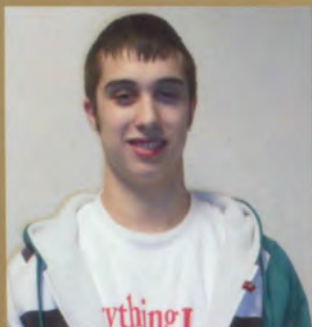


"Step Brothers,
because it is really funny."
-Chace Coles

What is your favorite movie, and why?



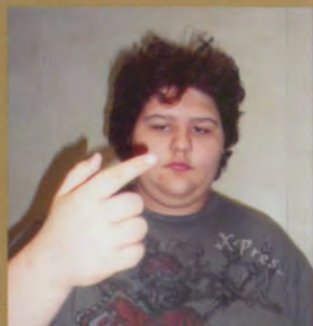
"When I fractured my arm
jumping down the stairs."
-Sara Leuron



"When I broke my wrist,
by rolling a golf cart."
-Mitchell Swanson



"When I broke my wrist
dancing."
-Katrina Schlumbohm



"When I cut off my finger,
playing with a razor when I
was six."
-Alexander Trujillo

What is the worst injury you have ever had?

Raegan Jaeger, Cailie Craig, Jade Mussehl, Teddy Washburn, Brittany Grant, Abbigail White, Hailey Swanson and Logan Opsahl catching up on their gossip during lunch.



Jacob Hafiz
Taylor Hafner
Andrew Haider



Brooke Halbert
Emily Hall
Leighann Hall



Maxwell Hall
Austin Hallberg
Kyle Hallin





Hunter Hallstrom
Benjamin Hamann
Dylan Hamilton
Kasey Hansen
Matthew Hansen



Abbie Hanson
Adele Hanson
Mickayle Hanson
Samantha Hanson
Weston Hanson



Brandon Harshe
Marissa Hart
Jade Haseltine
Jacquelyn Hastings
Miranda Haug



Emily Haylock
Madeline Haylock
Austin Hechtel
Zachary Hecimovich
Ellen Heidel



Derek Heilig
Marisa Heiling
Jacob Heitman
Tiffany Henry
Brianna Herbek



Logan Herber
Brandon Hess
Jordan Hickle
Brandon Hilla
Dustin Hillyard

Nicholas Hirsch
Dalton Hocks
Jon Hogan
Brittney Hogleund
Alesha Horn



Nicholas House
Eric Hovatter
Alexandra Howard
Nicole Huset
Dannielle Ihfe



Maxwell Ingalls
Samantha Ingalls
Alyssa Isaacson
Saera Jacques
Raegan Jaeger



Jacob Jankowski
Adeana Janu
Casey Jepsen-Abendroth
Brittany Johanson
Matthew Johnson



Myranda Johnson
Zachary Johnson
Brandon Jones
Collin Joselyn
Natasha Justin



Erica Kachinske
Benjamin Karlsrud
Mary Kasl
Brandon Kehn
Matthew Keith



Sophomores Beau Phinney, Andrew Wright, and Crysta Dahlgren excited to learn how to make cinnamon rolls for food choices, and look forward to enjoy eating them after.



Maxton Kelly
Nicholas Koecher
Alyssa King



Carli Kirchner
James Koenig
Charlie Kohn



McKenna Konze
Lucas Koppy
Kayla Kotosky



"Fairytale, because it's about a love story, and that's what I feel like I'm in."
-Valerie Friend



"Fifteen, because I'm 15, duh!"
-Benjamin Karlsrud



"Crazier, because I'm psycho."
-Brianna Curtis



"I don't know any Taylor Swift songs, but I think she's kind of hot!"
-Casey Jepsen

What Taylor Swift song best describes you?



"I would want to be a business man with stocks because there is a lot of money involved."
- Dylan Anderson



"I would want to be an inventor and I would invent a human transporter."
- Janessa Schleret



"I would want to be a professional football player because you can make a lot of money!"
- Beau Phinney



"I would be a lawyer because it would be fun and I enjoy learning about law."
- Taylor Moore

If you could do any job in the future, what would it be, and why?

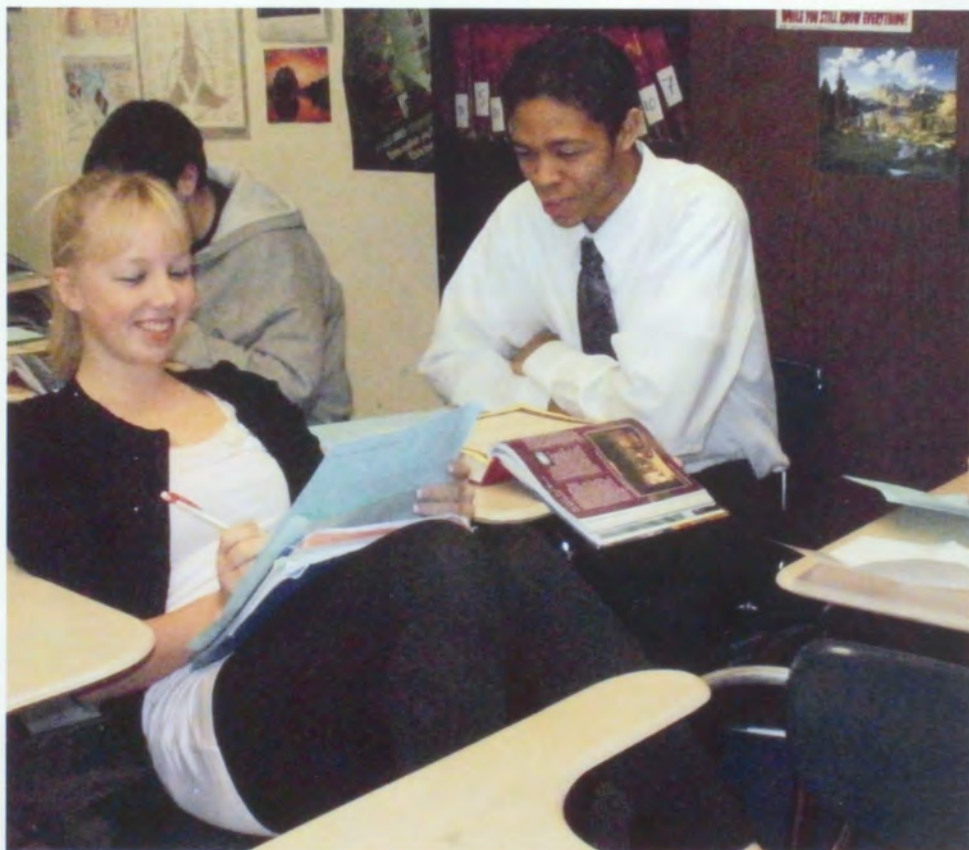
Andrew Kounlabout
Scott Kramer
Brianna Kriesel



Sarah Kroska
Katelin Kruger
Deundra Kubiszewski



Joseph Kuhnert
Michelle Lacasse
Nicholas Ladwig



Karlyn Ristrom and Tyler Anthony are working hard at their group work in Mr. Waldron's American Literature class.



David Lafferty
Tanner Lane
Afton Larson
Cody Larson
Matthew Larson



Reid Larson
Sean Lauderbaugh
Chelsea Lautigar
Wyatt Lawson
Dylan Leavell



Kimcheng Lee
Andrew Lenz
Katie Lenz
Merina Lenz
Samuel Leppala



Joseph Lerum
Sara Lerum
Brian Levorson
Benjamin Lichtscheidl
Maxwell Lieder



Shannon Liljedahl
Bradley Linnerooth
Cory Lipschultz
Jacob Lochen
Kelsea Lockwood



Aspen Lofgren
Kelli Lukkonen
Tyler Lundberg
Emilie Luscomb
Kaitlin Lutz-Lawlor

Melissa Mackey
Kelsey Magnuson
Maria Mahnke
Daniel Marosok
Donavan Marx



Travis Matheson
Mackenzey Matteson
Eben Matti
Samantha Matuke
Luke Maxwell



Amber McCarthy
Dana McDowell
Tyler McEachran
Daniel McIntosh
Diamond McKay



Alexis McKinney
Rachel McKoskey
Jeremiah McLaughlin
Rose Meagher
Gabrielle Medina



Ronnie Melchor
Andrew Menne
Joshua Mester
Abigail Meyer
Emily Meyer



Andrew Meyers
Abbi Miller
Jennifer A. Miller
Jennifer L. Miller
Charles Mills





Matthew Hansen
is working hard
in Drawing and
Painting while having
a little refresher as
he's concentrating on
his school work.



Taylor Mills
Brittany Miron
Glendon Miron



Jeremy Mobeck
Dalton Modjeski
James Moeller



Dana Mogren
Amanda Mohler
Daniel Mollet



Allison Mondry
Lindsay Monson
Andrew Montean



"Forrest Ravinski because
he's always up to something
hilarious."
- Dalton Hocks



"My girlfriend, Alix Pennig
because she's awesome!"
- Daniel McIntosh



"Richard Carr because he's a
class clown."
- Russell Wedger



"Cary Peterson because he's
a goofball!"
- Daniel Felland

Who's one person who always makes you laugh?



"Superman because he's awesome!"
- Zachary Hecimovich



"Peyton Manning because he's amazing at athletics!"
- Andrea Wohlk



"Mariusz Pudzianowski because he's the world's strongest man and he's indestructible!"
- Glen Miron



"Channing Tatum's wife... because then I could be married to the hottest guy ever!"
- Courtney Brihn

If you could be anybody for a day, who would it be?

Travis Olson, Cody Walton, and Andrew Wright all show great teamwork while completing their carpentry projects for Woods class.



Kendall Moon
Joseph Moore
Samera Moore



Taylor Moore
David Morris
Austin Morley



Austin Morris
Hanna Morris
Heidi Morris





Zachary Morris
Nicholas Moser
Amanda Motz
Samantha Motz
Travis Mraz



Michelle Muellner
Sean Murray
Jade Mussehl
Andre Muzzy
Dylan Narow



Joseph Nase
Nathan Nash
Margaret Neeck
Dana Nelson
Daniel Nelson



Cameron Niemczyk
Hannah Nolan
Allison Nolden
Jessica Nordrum
Nicholas Norling



Jessica Norman
Olivia Norman
Erica Nygaard
Mitchell O'Brien
Kayla Ochs



Harrison Olsen
Alyssa Olson
Kyle Olson
Michael Olson
Travis Olson

Regan Oman
Kristyn Onasch
Jacob Oneill
Logan Opsahl
Nicolas Ortega-Trimble



Michael Oster
Cellea Osterbauer
Gabrielle Ostlund
Jacob Otto
Coltin Paddock



Andrew Palmer
Katelyn Palo
Kyle Parker
Amber Parness
Cassandra Pedersen



Cassandra Pederson
Jonathan Pederson
Abigail Peltier
Alix Pennig
Megan Pepin



Jared Perillo
Courtney Peters
Kaitlan Peters-Schladwei
Jesse Petersen
Adam Peterson



Cary Peterson
Colin Peterson
Emily Petrey
Samuel Pham
Gabriel Philippi





Reanna Phillips
Beau Phinney
Samantha Piasecki



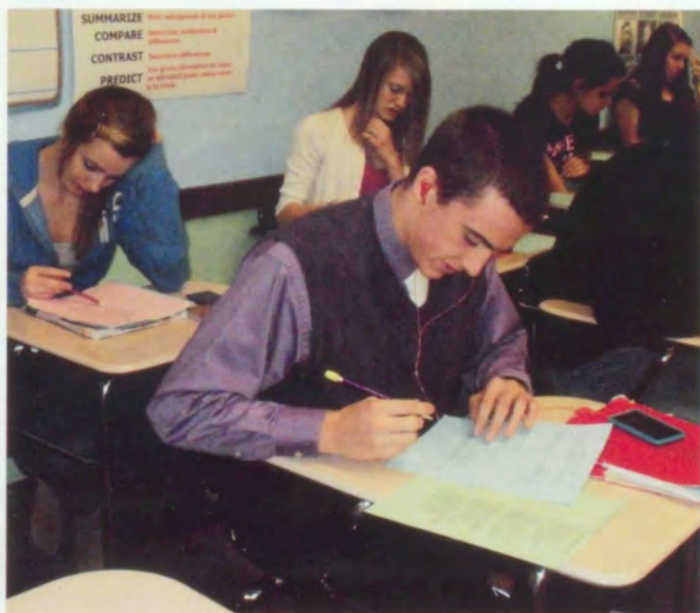
Rebecca Piersdorf
Zack Pierson
Charles Pierucki



Landon Pikala
Ariel Pitts
Tyler Plummer



Hanna Post
Natalie Pothén
David Poyerd



Phil Sauer and fellow classmates
are working hard on a work
sheet in Mr. Waldron's American
Literature class.



"I would only shave my head
for \$100."
-Parker Walker



"Heck no! Well if I got a
million dollars than I would
consider it!"
-Nicholas Hirsch



"No, \$100 doesn't look good
with a shaved head!"
-Kyle Hallin



"Maybe just for the heck of
it.. It would depend on how I
would look."
-Andre Muzzy

Would you ever shave your head? If not, how much would it cost for you to do it?



"I would definitely date Channing Tatum! He's so hot!"
-Samantha Thompson



"Singer John O'Callohan of The Maine. He is hot and amazing!"
-Allie Charest



"Taylor Laughtner, because he's hot!"
-Chrystina Bailey



"Channing Tatum, he's hot!"
-Abbi Miller

If you could date any famous person, who would it be?

Emily Proulx
Kelsey Pulczynski
Daniel Raak



Trenten Rabel
Jessica Ramberg
Mirna Ramirez



Erica Rapheal
Tyler Rapson
Forrest Ravinski



Jessica Norman, Ariel Pitts, Kari Birkholz, Courtney Brihn, Taylor Mills and Samantha Anderson are all gathered together catching up before first hour starts.



Austin Reed
Jonathan Reed
Tori Regino
Jackson Regnier
Heather Reily



Danielle Reinertson
McKenna Reis
Jay Reller
Jeremy Reller
Zackery Reyes



Cory Richardson
Austin Riedeman
Katlyn Rieger
Emily Riermann
Deric Riopel



Karlyn Ristrom
Anthony Rivard
Michael Rixe-Carlson
Austin Rizzo
Brittany Rod



Cody Rogala
Rayden Ross
Miranda Rossbach
Samantha Rosst & Blume
Austin Roth



Jacob Rue
Emeril Rusinyak
Jessica Saenger
Rhonda Salveson
Philip Sauer

Nicholas Saxton
Kaitlyn Schlegel
Janessa Schleret
Katrina Schlumbohm
Jonathan Schmidt



Samuel Schminski
Paige Schmitt
Trevor Schneider
Leeah Schuhwerck
Jacob Schwanz



Zachary Searles
Logan Selby
Casandra Serres
Samantha Shanahan
Ryan Shaub



Jason Shevik
Rachel Shumaker
Amanda Sievers
Sammi Simons
Jason Skoglund



Brianne Smith
Heather Smith
Logan Smith
Brady Snyder-Smith
Kyle Sowers



Jeanette Spanjers
Hannah Spear
Chad Spencer
Emily Stachel
Hannah Star





Alyssa King is working hard on a math assignment in Mr. Matzdorf's Geometry class.



Aaron Stenberg
Nicole Sticha
Ryan Sudo



Kathryn Sullivan
Brandon Summer
Hailey Swanson



James Swanson
Mitchell Swanson
Tai Swenson



Danielle Taylor
Jacob Taylor
Matthew Tessier

If you found a suitcase with 1 million dollars in it, what would you do?



"Spend it on snowboard and sports stuff."
-Zachary Searles



"Go to Europe again to travel through Spain and Italy along the Mediterranean."
-Hanna Post



"Put half of it away to pay for college and a car, then buy new clothes at Pac Sun and Hot Topic. I would also buy an Appulsa horse."
-Paige Schmitt



"Buy a Ferrari then travel to Germany so I can drive on the auto-bons. That way I can drive as fast as I want and not get pulled over!"
-Philip Sauer



"I would watch everyone because I want to know what they do without me there... or sneak into movies for free, obviously."
-Shelby Benson



"I'd rob a bank because it would be impossible to get caught!"
-Charles Mills



"I'd probably pull pranks on people at school...and get away with it."
-Tyler Rapson



"I'd freak out everyone in school- just start messin' with people."
-Dominique Blanchard

If you could be invisible for a day what would you do and why?

Students move their desks into a circle to do group work in Ms. Frericks class.



Ashley Thaemert
Sheena Thao
Jessica Thigpen



John Thill
Kayla Thole
William Thom



Kyla Thomas
Cain Thompson
Evangeline Thompson





Samantha Thompson
Trevor Thompson
Elizabeth Thordson
Britnie Thornell
Christopher Thurnbeck



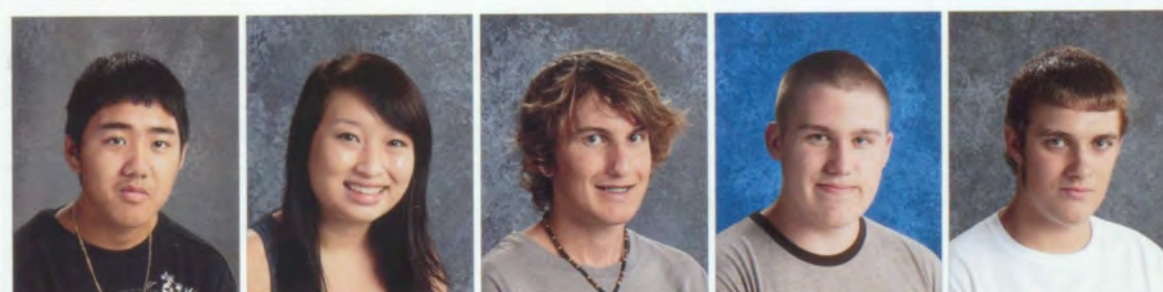
Abby Tomczak
Kathy Tomnitz
Alexander Torgerson
Adam Torkelson
Kyle Trapp



Alyshia Trost
Alexander Trujillo
Blake Tschida
Jeffery Turner
Anthony Tyler



Sara Urban
Collin Valento
Hanna Valento
Grant Vanelsberg
Andre Vang



Isaac Vang
Shelley Vang
Cory Vanneste
Tanner Vass
Matthew Vincent



Dominick Vittori
Jonathan Voss
Calvin Waddle
Colin Waddle
Austin Wagner

Nick Wahlgren
Alexander Wahlin
Hayley Waldoch
Tyler Waldow
Parker Walker



Thomas Walmsley
Cody Walton
Kellie Wambold
Teddy Washburn
Shawna Watters



Russell Wedger
Brandon Weigel
Erin Weiger
Kellie Welch
Kallie Welk



Heather Westemeier
Michelle Whelan
Abbigail White
Amanda Williams
Christopher Williams



Amanda Williamson
Trevor Wilson
Evan Woehl
Madison Wohlberg
Andrea Wohlk



Jake Woinarowicz
Steven Wollan
Scott Wood
Andrew Wright
Kenneth Xiong





Kevin Xiong
Toulee Xiong
Phong Yang



Yeng Yang
Sierra York
Donovan Youness



Jack Zahn
Elise Zamzow
Kayla Zerwas



Jennifer Zidar
Brianna Zupko
Hannah Zupon



Courtney Zusan



"It already has and I grabbed
it really fast...but there was
no pee so it was okay!"
-Courtney Peters



"I'd freak out and call the
janitor and make them get it
for me."
-Ryan Sudo



"I'd cry, scream, then run to
my mom and dad and make
them get it!"
-Danielle Reinertson

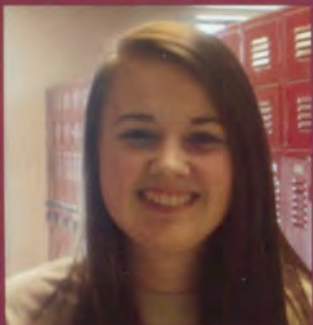


"It depends on if I'd already
gone in it...or if it was clean."
-Hannah Morris

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



"Wear no shoes, worms are disgusting!"
-Angela Nesler



"Definitely wear no shoes, I don't like wearing shoes anyway!"
-Bailey Nelson



"Wear no shoes, because worms are nasty!"
-Kenzie Erickson



"No shoes in the winter, it's not that cold anyway!"
-Mitchell Hunt

Would you rather eat a bowl of real worms or wear no shoes in the winter?

Juniors

Junior year, the toughest year in high school. School work piles up and classes get harder. Many weeks in Advisory are spent trying to plan ahead for college and preparing to choose a college. Students start taking the ACT's and are deciding what they want to do with the rest of their lives. These decisions will have a lasting effect later in life. Along with these difficulties, there are many benefits. This year all junior students are eligible to go to prom. Prom is a memory that will last forever.

The junior class this year is full of hard-working, determined students. Their school spirit level is rising and they are getting the hang of the "Year Cheer". With all the excitement and celebration of the 100th graduating class this year, the junior class can still make history next year, and be the 101st graduating class. The final year of high school next year will make this class the top of the school.

These last two years of high school, the junior class has been growing together and getting to know each other so much more. After high school, everyone will go their separate ways, and begin living their own lives. It is very important to remember the people in high school that have a great impact on us. The best of luck goes out to the juniors this year and go class of 2012!

~Katie Pearson and Ashley Moore

Brenna Achttien
Austen Alm
Desiree Ambourn



Halie Ament
Ashley Anderson
Emily Anderson



Jessica Anderson
Katherine Anderson
Michelle Anderson





Samantha Anderson
Etelvina Arevalo
Tiffany Ashmead
Kayla Autz
Amber Bachman



Shaley Bagan
Aaron Baker
Miranda Baker
Reggie Banken
Alex Bauer



Zachary Baumtrog
Andrew Beauvais
Kassandra Beck
Bridget Becker
Autumn Beireis



Luke Benick
Nicholas Benoit
Erik Bergerson
Breanna Berggren
Anastasia Bergquist



Brayanna Bergstrom
Samuel Berndt
Cullen Bernklau
Alexandra Bey
Bennen Bierman



Erikka Bildeaux
Taylor Bisbee
Dennis Boldenow
Jeremy Boldt
Katie Boleen

Rachel Bostrom
Kristina Bothman
Dustin Boyer
Jonathan Boyer
Annamarie Brennhofer



Teresa Brockman
Britney Brown
Zachary Buckley
Carter Burgoyne
Zachary Bye



Colten Cahanes
Marah Campobasso
Madeline Carey
Zachary Carey
Kayleen Carlson



Chase Chamberlin
Jordan Clauson
Kelsie Close
Hailee Cohoes
Chelsie Coleman

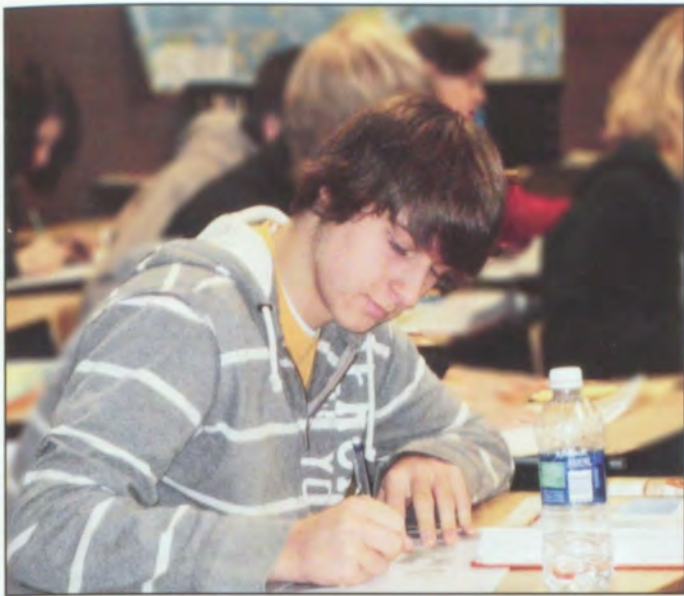


Kathrine Collier
Kayla Connelly
Lauren Cooley
Hollie Cormier
Spencer Cowing



Dylan Czarnecki
Lauren Dandl
Nathan Daninger
Leeann Davis
Thomas Davison





Zachary Buckley is working hard on his own to complete a map in his history class.



Dennis Dean
Zachary Decker
Lauren Degeer



Ashley Dempsey
Kurtus Dhaene
Zachary Dickenson



Samantha Dimmerman
Peyton Distler
Samuel Doten



Sarah Dotseth
Joseph Downs
Nathan Drewlo



"Camel, because it has humps that you can sit on!"
-Samantha Anderson



"Camel, because you can ride camels, they have humps!"
-Rian Wurzer



"Hippo, because they are bigger and have room to put your stuff!"
-Nicole Wyandt

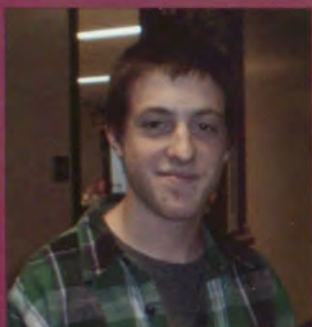


"Hippo, because no one rides hippos, everyone rides camels!"
-Madeline Hume

Would you rather ride a hippo or camel to school, and why?



"A wolf, because they are independent and not noticeable."
-Rebekah Leppanen



"A cat, so I could prowl around."
-Eric Sager



"A green elephant, I could play with my trunk and squirt water out my nostrils."
-Jesse Villafuerte



"Yellow lab, because they are loyal."
-Zachary Bye

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

Rachel Drewlo
Kevan Dudley
Rachel Dupree



Vincent Eck
Seleah Eckdahl
Brian Eckholm



Amanda Edwards
Aaron Egelkraut
Cody Eggers



Tasha Eggert
Kendra Eggestein
Andrew Egle



Amber Tuomala and Catherine Peterson are discussing a work sheet in their AP World History class.





Derrick Eichinger
Lauren Erchul
Kenzie Erickson
Kole Erickson
Kassandra Erkenbrack



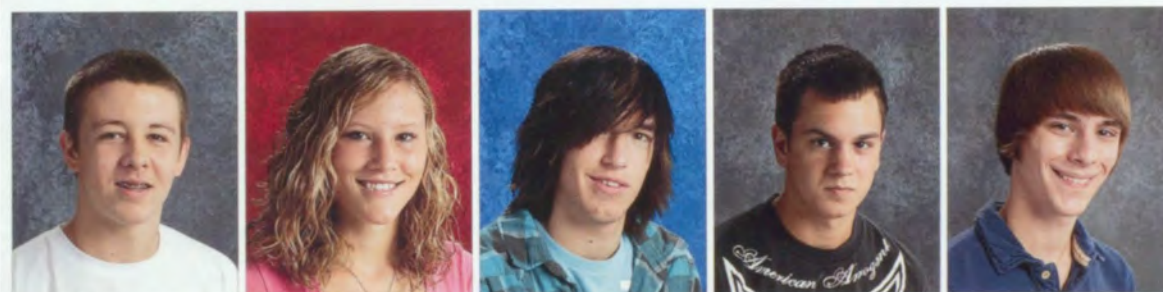
Nikolaus Ernst
Lindsay Estes
Brooke Ewert
Kesley Farmer
Rebecca Feidt



Avery Fenne
Evan Finley
Jenna Fischer
David Flaherty
David Fleming



Jordan Forbord
Margaret Forsell
Clinston Franklin
Magdalen Gadbois
Cale Gaffy



David Gagliardi
Mackenzie Galleberg
Cameron Garber
Matthew Gasner
Brian Gausman



Jacob Gerlach
Joshua Gerlach
Jennifer Germain
Crystal Geving
Maria Giorgi

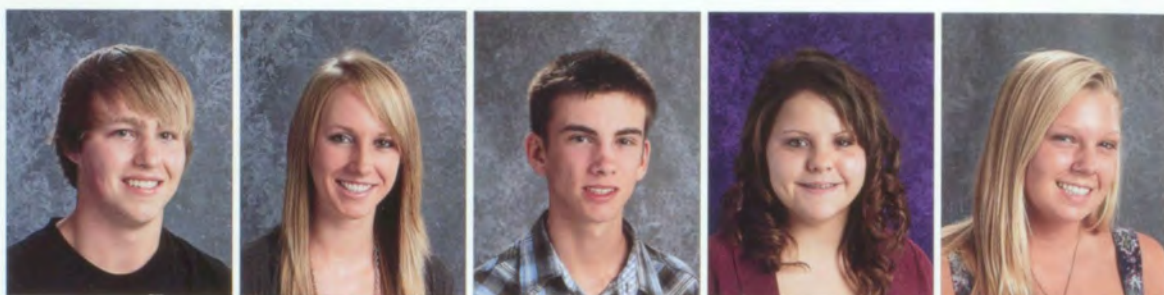
Jesse Goebel
Alyssa Goodpaster
Luke Granlund
Jacob Greeley
Emily Groeneweg



Ryan Groppoli
Mitchell Grosz
Kelly Grundhofer
Kari Grundmeier
Dylan Gunter



Alexander Gustafson
Sarah Hagen
Curtis Haglin
Aleena Haley
Ashley Hallberg



Joshua Haluptzok
Chase Hamernick
Andrew Hannon
Katie Hansen
Michael Hansen



Cole Hanton
Austin Harris
Rachel Hartshorn
Mikel Hastings
Jonathan Haus



Nathan Hause
Thomas Hedin
Dylan Heiple
Tyler Helinsky
Aaron Hensley





Tswjyeej Her
Eric Herbert
Constance Herman



David Herman
Paige Herston
Brittany Hestekin



Timothy Hickerson
Matthew Hill
Jacob Hinrichs



Cory Hoeft
Alexander Holien
Collin Holm



Benjamin Homyak
Jacob Hopkins-Ricci
Hunter Hoppe



Laura Hoppe
Tyler Hubbard
Haley Huberty

What is one thing you don't understand about the opposite gender?



"Why guys never share their emotions."
-Dorothea Olson



"Why girls are so dramatic."
-Zachary Dickenson



"Why girls have to be so confusing."
-Jacob Hinrichs



"How guys don't care about anything at all, girls obsess over everything."
-Emma Snyder



"Mr. Watson by Ke\$ha"
-Ashlee Peterson and
Margaret Forsell



"Teach Me How to Dougie
by Cali Swag District"
- Ryan Kuehler



"We're All in This Together
from High School Musical"
- Madeline Carey



"Hillbilly Deluxe by Brooks
and Dunn"
- Kyle Van Tassel

If you could choose one song to describe high school, what would it be?

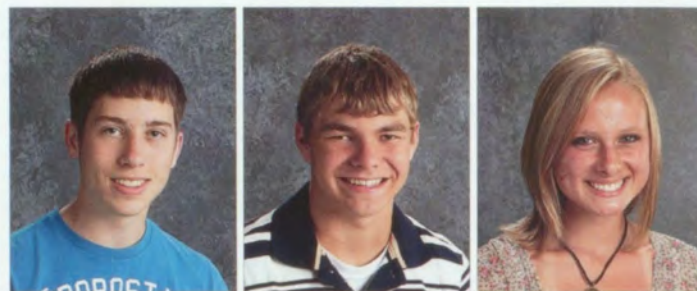
Lucas Kohls and Paige Shoog focus
hard at researching in the media
center for College Prep. Comp.



Blake Hudak
Jacob Huesmann
Karishae Huffman



Robert Hulsebusch
Matthew Hultgren
Madeline Hume



Mitchell Hunt
Raya Hunt
Amanda Hurtley



Karissa Huynh
Tyler Isaacson
Alexander Iverson





Joseph Jackson
Jordon Jeans
Matthew Jellum
Kayla Jensen
Adam Jensen



Alyssa Johnson
Anthony Johnson
Brooke Johnson
Collin Johnson
Colt Johnson



Daniel Johnson
Thomas Johnson
Kevin Jolicoeur
Sarah Jones
Scott Jordan



Joseph Jurasin
Jack Juutilainen
Megan Kaiser
Shaunna Keast
Alexander Kelley



Kyle Kennedy
Erin Kerrigan
Joseph Ketchel
Daniel Kezar
Carly Kiesow



Bryce Kinder
Amanda King
Krista Kirchner
Michael Knyphausen
Mitchell Kohler

Lucas Kohls
Kendra Kohnen
Tyler Koval
Jessica Krois
MacKenzie Kroll



Kyle Krynski
Ryan Kuefler
Amanda Kuhnert
Alaina Kunzer
Alyssa Kurrelmeyer



Samantha Kutz
Morgan Labelle
Justin Lameyer
Jacob LaNasa
Randall Lane



Mistaki LaPlante
Clarissa Larson
Kiersten Larson
Aaron Laun
Samantha Lauth



Andrew Leatherman
Ryan Lecy
Jacob Lee
Quinmill Lei
Luke Lennon



Sarah Lenz
Calvin Leonard
Amber Lepisto
Rebekah Leppanen
Jordan Lesewski





Michael Lesnar
Virginia Lida
Emily Lidberg



Jessica Lindemyer
Michael Lindquist
Taylor Lindquist



Elsa Litecky
Shane Lo
Thomas Loch



Benjamin Long
Thomas Longfellow
Alexis Luckow



Lucas Yang concentrates and stays focused as he studies for one of his classes.



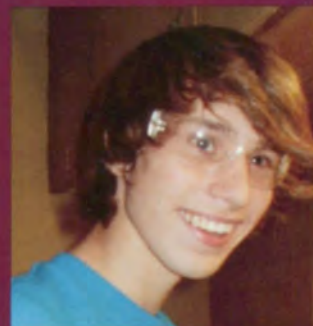
"Year-round because I don't want to get home schooled with my brothers."
-Annamarie Brennhof



"Year-round so I could be with my friends more."
-Jackson McDowell



"Year-round because then I could get out of the house more."
-Korynn Newville



"Year-round because I don't know."
-Michael Siems

Would you rather go to school year-round or be home schooled?



"Chocolate pudding because
it tastes good and stains."
-Alex Bauer



"A ladel so I could scoop a
lot of food and throw it."
-Rachel Yang



"Blue apple sauce, because
it stains."
-Michael Urban



"Spaghetti because it's
messy."
-Kyle Kennedy

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

Kyle Lund
Ryder Lundahl
Samuel Lundstrom



Taylor Lutz
Jacob Lynch
Alex Maciej



Isaac Maier
Noel Mains
Andrew Mansmith



Kayla Marchese
Wesley Marsh
Jacob Martinez



Lauren Martinson
Nicole Marusich
Shane Mattheisen



Natasha Matthews
Jack McDowell
Benjamin McCracken





Collin McGrath
Micah McGuinness
Samantha McIntosh
Andrea McMillen
Cody Megahan



Thane Meier
Lucille Merila
Nathan Merrier
Cynthia Meyer
Matthew Meyer



Spencer Michel
Amy Mihelich
Brandon Mike
Alexandra Miller
Anthony Miller



Christopher Miller
John Miller
Kathryn Miller
Michael Miller
Ronny Miller



Austin Milne
Andrea Mogren
Lauren Moody
Ashley Moore
Patrick Moran



Marissa Moravec
Mitchell Moravec
Bernard Morgan
Chris Morgan
Lucas Morgan

Adison Morinville
Amy Mouacheupao
Justine Moulton
David Moyer
Mason Murdock



Brandon Murphy
Mikenzie Murphy
Collin Murray
Cody Muscha
Emily Myers



Bailey Nelson
Britta Nelson
Dallas Nelson
Joseph Nelson
Maxwell Nelson



Sadie Nelson
Shannon Nelson
Tyler Nelson
Angela Nesler
Christian Neumann

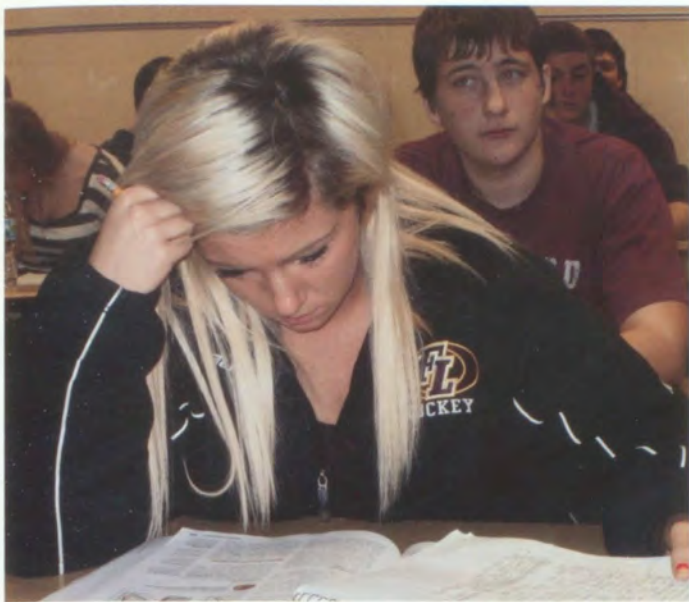


Korynn Newville
Adam Nielsen
Shania Nienow
Anna-Marie Norman
Timothy Novak



Frank Novotny
Kaylin Nypan
Nicole O'Bryan
Gabrielle O'Gorman
Jennifer O'Neil





Brittany Hestekin studiously working away on some math homework.



Jeremy Oakvik
Jacqueline Ohman
Trevor Olesen



Olivia Olesiak
Dorothea Olson
Lisa Olson



Stephanie Olson
Tiffany Owens
Kyle Pagel



Cody Paggen
Ryder Paggen
Erica Palmer

If you
could be
any color
crayon?
What
would
you be?



"I would be blue; because
I am cool, calm, and
collective."
-Cora Plombon

If you
could
date any
celebrity
who
would
you date
and
why?



"Jessica Alba!! Because
she's hot"
-Adam Neilsen

What's
your
recent
song
obsession?



"Brand New Key by Melanie,
it was on an HP camera
commercial with a baby in
traffic, SO FUNNY!"
-Katelyn Wick

If you
could
travel
back in
time,
where
would
you go?



"Travel to medieval Rome! It
would be very interesting."
-Kevin Jolicoeur



If you could spend a day with a celebrity, who would it be and why?

Lil Jon! Yeaah, O-K!!
-Amanda King



If your cell phone fell in the toilet what would you do?

Depends on the toilet, if it was a stall I would grab it out, go home, and boil my arm in a mixture of hot water & bleach.
-Ryan Leey



If you had one wish, what would it be?

To live happily forever.
-Jaclyn Unger



If you could be another person for a day, who would you be?

CADEN OMAN!
Because I want to know what its like to live as a chaotic person.
-Lucas Salin

Mackenzie Parenteau
Lance Pariseau
Nicole Parsons



Brian Paulson
Katelynn Pearson
Eric Peirson



Patricia Pemrick
Adam Perez
Ryan Perreault



Anthony Perrin
Anthony Peterson
Ashlee Peterson



Junior Michael Rivard and Mitchell Zugschwert are working away on a women's rights poster for World History.





Catherine Peterson
Chase Peterson
Kaleisha Peterson
Neil Peterson
Nicholas Peterson



Laura Pierce
Brittney Pierre
Victoria Plaisance
Michael Pleski
Cora Plombon



Nichole Poeschl
Andrew Pollard
David Prachar
Shelby Preston
Sean Purcell



Hannah Quiggle
Dakota Quimby
Joseph Rafferty
Alissa Ralph
Jessica Ramberg



Nicholas Ramsden
Mariana Rasmussen
Randaline Rath
Jesse Reeder
Cassie Reinhardt



Ryan Renard
Blake Richert
Anthony Richie
Nathan Riedeman
Phoebe Rinke

Jessica Rivard
Michael Rivard
Gerardo Rivas
Austin Rock
Bradley Rod



Jessica Rolbiecki
Samantha Rondo
Joshua Rosenberger
Tyler Rosenberger
Cory Rossini



Aaron Rossman
Quincy Rudman
David Rybak
Eric Sager
Lucas Salin



Spencer Salokar
Ashley Sample
Alex Schaab
Jennifer Schaeffer
Paige Schaffan



Jacob Schally
Sydney Schaubsluger
Tanner Schauer
Michael Schehr
Erika Scherrer



Samantha Schilling
Colin Schlaeger
Bradley Schmidt
Anthony Scholten
Mackenzie Schultz





Jaime Schuna
Kathryn Schwister
Cydnie Scott



Dana Scott
Shelby Seekon
Kirsten Sewall



Tessa Shackett
Zoey Shaub
Renee Shaw



Garrison Shea
Michaela Sheldrick
Naleisha-Malia Shook



Isnino Shukri
Phillip Shusta
Michael Siems



Kyle Skar
Paige Skoog
Angela Skradde



"A big bowl of spaghetti!"
-Cullen Votruba



"In the Mall of America!"
-Crystal Geving



"I would hide at the State Fair."
-Lisa Olson



"In the caves of Afghanistan."
-Maxwell Nelson

If you were Waldo, where would you hide?



"Baby by Justin Bieber."
-Andrew Hannon



"Coming Clean by Hilary
Duff."
-Frank Novotny



"Sexy Back by Justin
Timberlake."
-Maria Giorgi



"No Air by Jordan Sparks."
-Ryan Kuefler

What is the most embarrassing song on your iPod?

Juniors Ben Morgan, Kayla Jensen,
and Kendra Eggenstein haul a
room divider to Mrs. Heidel's room.



Brittany Smith
Davanna Smith
Hunter Smith



Jared Snidarich
Emma Snyder
Kelli Sova



Morgan Sperry
Marian Spiess
Sydney Staley-Parks



Emilee Steffensen
Kayla Steger
Kascha Stern





Preston Stevens
Kody Stewart
Kaley Stiles
Samuel Stokes
Kenneth Stoutenburg



Whitney Strouse
Miguel Suero
Kayla Suess
Rachel Swedin
Jonathon Tautant



Shelby Taylor
Benjamin Tenney
Nathan Tetrault
Hannah Theisen
Cassandra Thobe



Jesse Thomas
Lucas Thomas
Megan Thompson
Lucas Thorson
Casey Tice



Tasha Towle
Chase Trowsick-Brant
Austin Tschida
Amber Tuomala
Cassandra Tyler



Felicia Tyler
Thomas Tyson
Jaclyn Unger
Michael Urban
Katherine Urmann

Devin Vacha
Cody Valley
Kyle Van Tassel
Jake Vance
Tsawb Vang



Amanda Vanneste
Justin Vilgos
Jesse Villafuerte
Kaonoukate Vue
Mickey Vue



Julia Wallner
Megan Walsh
Jessica Walton
Anya Waskey
John Watkins



Matthew Weaver
Joshua Weed
Selena Weiland
Mitch Weiss
Nicole Weiss



Magdalena Welty
Alexandria White
Zachary White
Katelyn Wick
Ann Wilke



Lenae Wilson
Holly Winberg
Justin Witzel
Cole Wolff
Joseph Wolff





Rian Wurzer
Nichole Wyandt
Ryan Xiong



Lucas Yang
Rachel Yang
Titus Toubee Yang



John Yankovec
Samantha Zaudtke
Alek Zentzis



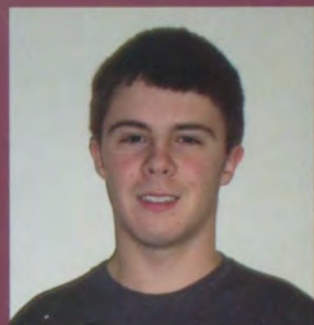
Mitchell Zugschwert



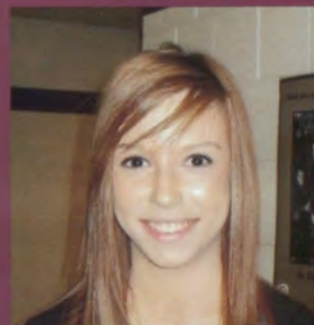
Alex Schaab studies quietly in the hallway.



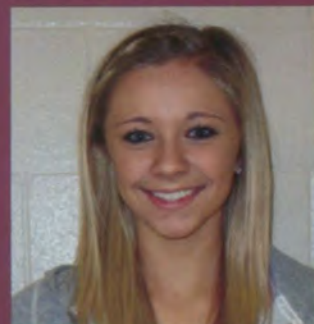
"Taylor Burmeister and I fell in front of the boys from Red Wing 3rd hour and losing both of my shoes."
-Jordan Clauson



"When I dropped my lunch tray on my lap."
-Austin Rock



"When I was walking during passing time and a door flung open and hit me."
-Brenna Achttien



"When I had to take out my extensions and I put them on top of my bag and Mr. Elliot got all creeped out because he thought something was wrong with me."
-Nicole Parsons

What is your most embarrassing moment from this year?



"The 'Year Cheer' because it's fun to compete with other grades."
-Cale Gaffy



"The 'Year Cheer', that's the loudest."
-Kurtus Dohaene



"I didn't even know we had a school cheer."
-Jennifer O'Neil



"The 'Year Cheer', we get to undermine the younger grades."
-Dylan Czarnecki

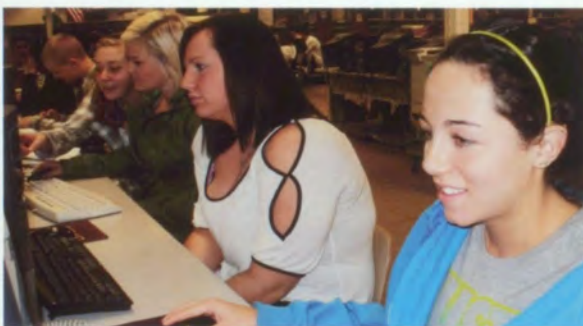
What's your favorite school cheer and why?



Jacob Gerlach and his group work on the "Effect of Temperature on the Volume of Gas" lab in Meteorology.



Bailey Nelson take a break from her 2nd hour T.A. job to study for Economics.



Some Sophomore girls take some time in the library to work on a speech.



Bridget Becker tries to find the german match to "The snow lies deep on the roof of the church" in the Running Game in German III.

Ashley Sample uses her time wisely as she graphs in Algebra II Math.

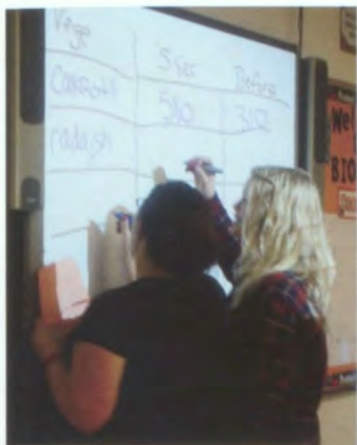


Michelle Anderson and Matthew Jellum use their time well as they work on a lab in Field and Forensic Biology.



"Mr. Lev is a funny teacher which makes this class so much more exciting" Rachel Hartshorn said about Field and Forensic Biology.

Kendra Kohnen and Amber Lepisto put up bacteria counts from their "Swab the school" lab.



Trevor Oleson stops to wet his whistle on a trip down to the deans office.



Randi Rath mixes the dough for their dinner rolls in Food Choices.

Jesse Villafuerte looks into the microscope to get a closer look into a cell.



"Benching is our favorite thing to do in the weight room," says Christopher Thurnbeck and Cody Rogala.



David Farmer said "My favorite part about weight training is being in the weight room."



MacKenzie Kroll stops to talk to Debbie in the office for a pass.

Lauren Newbauer works hard on her Algebra II math test.



Seniors

A Class Worth Waiting For

As the names are called and the students line up to get their diplomas this spring, so many things will be happening. Laughter will be shared, tears will fall, cameras will capture the moments, but ultimately, history will be made. The graduating class of 2011 has finally arrived to celebrate Forest Lake's 100th graduating class. From diapers and pretending to be an astronaut, to diplomas and going on to NASA, our seniors have made huge

leaps and bounds to getting to where they want to be for their future, and it all begins when they toss their cap into the open sky. These seniors know that the choices they make today will continue to pave the path for the rest of their lives. They've made life long bonds and learned the age-old lessons, and fully understand that, the moments shared will soon turn to history, but the memories they've made will last a lifetime.

~Allison Chapeau & Lauren Hove



Tim Achstetter



Shawn Ackerman



Vanessa Agnes



Jacob Albee



AnnaMarie Allen



Kaylie Ambrose



Colin Anderson



Corey Anderson



Eric Anderson



Haylee Anderson



Megan Anderson



Rebecca Anderson



Robert Anderson



Samantha Anderson



Sean Anderson



Victoria Anderson



Stacy Apman



Dylan Arnsdorff



Lucas Arrigoni



Danielle Arvin



Alicia Auger



Taylor Auger



Mason Avery



Emmaculate Awasom



Nichole Bailey



Chad Baker



Andre Banks



Kurt Banta



Alyssa Barton



Cory Beach

Who was your elementary school crush?



"Mrs. Vangen!"
Charles Smith



"Baby Kari"
Amanda O'Neill



"Tyler Stege"
Breanna Smith



Amy Bellows



Matthew Benesch



Heather Benick



Nicolas Berg



Joshua Bergan



Jessica Berken



Jordan Berner



David Bernfeld



Luke Bernier



Zachary Bernier



Ashley Bernklau



Michael Blenninger



Jaysa Bobrowski



Abigale Bodene



Krystal Boicourt

*If you could hear what one person was
thinking for one day, who would you choose?*

"Bob Saget"
Stephanie Vierling



"Old Greg,
because he's pretty
funky"
James Schulz



Carl Boland



Matthew Boldt



Calvin Boleen



Matthew Borchardt



Kyle Boulineau



Ryan Brandt



Mark Bredahl



LeAnn Brihn



Lauren Brink



Mark Brisbois



Austin Brown



Brandon Brown



Brooke Brown



Robert Brown



Alyssa Bruggeman



"Rebecca Anderson"
Kristi Parson



"A caged lion"
Kyle Olson



"Christian
Spraungel,
because he's a
lioness"
Maddison



Tyler Brunjes



Alysha Bryant



Jacob Bucholz



Taylor Burmeister



David Bush



Phillip Buys



Adam Bylund



Nathan Cady



Rafael Capozzi



Max Capra



Anthony Carlson



Brandon Carlson



Hannah Carlson



Maranna Carlson

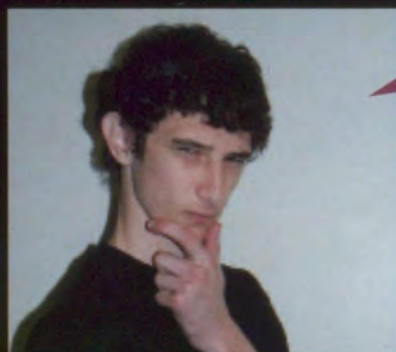


Mary Carlson

"Living in Arizona with my twin, and owning a tanning bed."
Courtney Zebro



A radio DJ, or starting Wappels' Waffles!"
Andrew Wappel



What would you like to be doing in 20 years?

"Teaching and/or traveling Europe."
Brooke Brown





Allison Chapeau



Travis Charais



Alexis Chassion



Samantha Chea



Jamila Cheikh



Scott Chester



Lindsay Clark



Alexander Claudon



Tylor Clausen



Miranda Clemens



Cody Cohoes



Tyler Colling



Mary Colucci

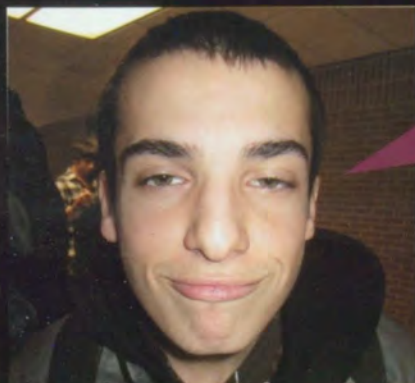


Colin Connelly



Samantha Conroy

*If you could commit any
crime and get away with it,
what would you do?*



"Breaking out of
prison and getting
away with it!"
Conner Evert



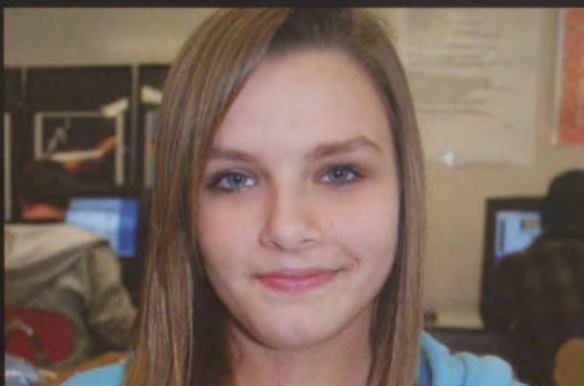
"Rob a kid's orange
juice stand."
Maria Deneen



"Going through
red lights when
nobody's there"
Hannah
Dowdall

What is the strangest talent you have?

"I can put my legs
behind my head"
Ashley Bernklau



"A triple back flip with
one hand"
Alexandra Linz



Adrian Cook



Derek Cook



Ryan Corcoran



Taylor Curtis



Jeremiah Cusick



Megan Daly



Francine Dean



Samantha Demulling



Maria Deneen



Phillip d'Entremont



Danielle Devange



Tessa Dewaele



Leah Dobihal



Kayla Doherty



"I can free style"
Alex Holm



"I can touch my
tongue to my nose"
Alysha Bryant



"I can do a
cartwheel"
Sophinieng
Samantha
Chea



LeeAnn Dolan



Mackenzie Dornseif



Hannah Dowdall



Jacob Dowell



Allyson Dreher



Samantha Drewlo



Kyle Dubois



Blake Dunsmore



Matthew Ebel



Trinity Eckdahl



Jacob Edelen



Russ Edelman



Calvin Eichinger



Matthew Emery



Ashley Entwistle



The Senior Class shows off their pride during Homecoming week.



Senior Colin Connelly works on a car in Auto Tech.



Brandon Erickson



Emelia Erickson



Karlee Erickson



Wesley Erickson



Aaron Eurich



Sean Evenson



Conner Evert



Libby Faffler



Ramsey Faltisek



Taylor Fedje



Alexander Fedorchak



Jon Felland



Elizabeth Ferderer



William Fertch



Alyssa Filipkowski



Seniors Leah Dobihal, Hannah Carlson and Nick Kelly pick up garbage in their Positive Directions class.



Danielle Firkus



Christina Fleckenstei



Ariana Forsman



Laura Frericks



Dylan Frye



Nathan Fuerst



Renee Full



Ashley Fuss



Taylor Galleberg



Kara Gamelin



Paul Gasner



Jessica George



Daniel Geving



Dylan Gillespie



Laura Goedeke



Matthew Goossens



Mason Gosiak



Sophie Gottsman



Emily Grahek



Zachary Greene



Amber Grell



Roni Gross



Wade Grundmeier



Darin Guckeen



Norca Guerrero-Bricen



Ryan Gunderson



Ashley Hagen



Lauren Hagen



Jonathon Hamilton



Audrey Hanmer

*What is your best memory
from high school?*



Attacking
Mr. Kunchier with
dodge balls.
Phillip Buys



Sarina Hannon



Curtis Hansen



Kailey Hanson



Brittany Harrington



Emma Haseman



Megan Haug



Leah Hause



Stephen Hefta



Philip Hegseth



Kyle Heiling



Jonathan Heim



Samantha Helm



Daniel Helmen



Calvin Hemstad



Kimberly Her



"We had a speaker
that talked to us for
an hour about girls."

Brian Rolph

"Not going to school
because of a lock
down."

Krystal Boicourt



"When we had a
lock down last year."

Betsey Grace
VanElsberg





Tswjfwm Her



Courtney Herber



Aaron Herdegen



Julia Hipp



Chantel Hirdler



Sarah Hirsch



Jennifer Hitchcock



Katrina Hodges



Natalie Hoidal



Alexander Holm



Amy Holmes



Trista Hopkins



Henry Hoppe



Lauren Hove



Senior Hannah Dowdall, goofs around in Media Production.



Seniors Marissa Martin, Abigale Bodene, and Jenna Simmons get pumped up before the Powderpuff game.



Aleyna Hunt



Eric Invie



John Ion



Kelsey Irlbeck



Douglas Ison



Dillon Jacobson



Shelbee Jaeger



Mark Jankowski



Peter Janoski



Erica Jasmer



Nicholas Jensen



Mi-Young Jeon



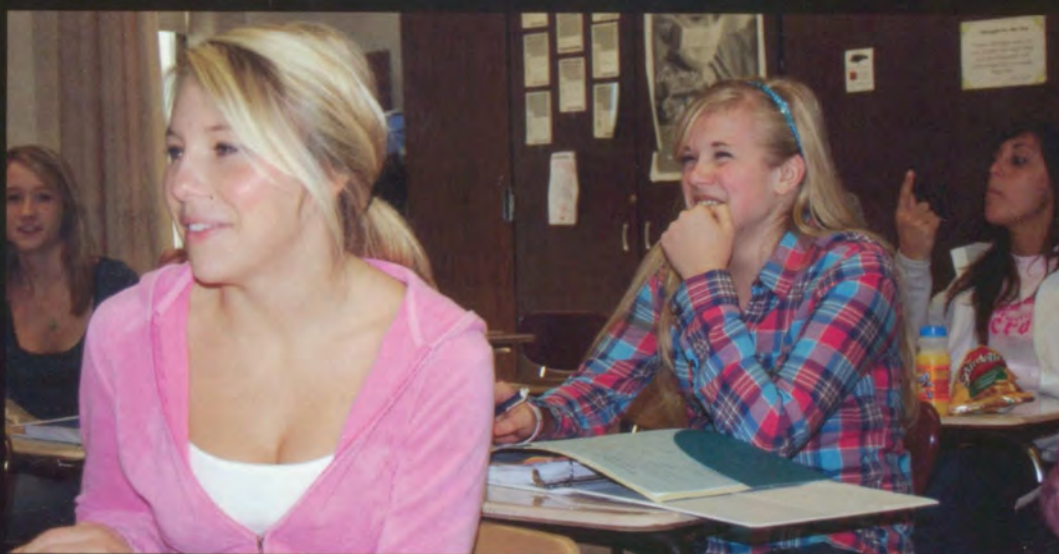
Lauren Jewell



Evan Johnson



Jessey Johnson



Seniors, Betsey Vanelsberg and Danielle Arvin listen contently in their Introduction to Health Care class.

What are your plans after high school?

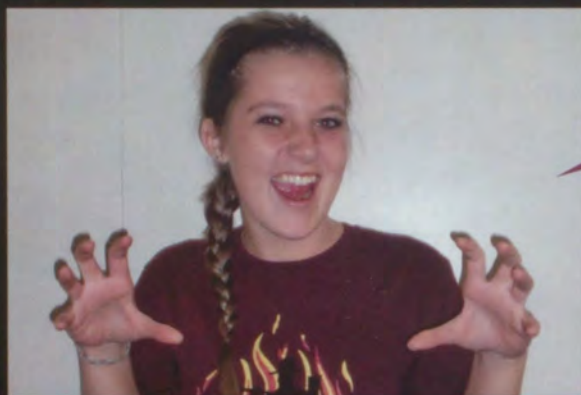
"I plan on going to
UMD, for bio medical
engineering."

Sophie Gottsman



"I plan on attending
the Minnesota
School of Zoology. I
dream of becoming
a zoo-keeper."

Jaysa Bobrowski



Keith Johnson



Kristin Johnson



Nathan Johnston



Samantha Jorgensen



Trevor Jorgensen



Joseph Joyer



Nathaniel Karlsru



Cody Karstens



Daniel Kearn



Michelle Keith



Nicole Keller



Nicholas Kelly



Chad Kent



Mackenzie Kerrigan



Corey Kibbel



"I plan on attending Mankato for four years."

Markie McLaughlin



"Heading off to art school somewhere"

Kelsey Lobermeier



"I plan on attending the U of M for pre-medical."

Ariana Forsman



Taylor Kiesow



Jamison Kinny



Maddison Kissner



Angela Klebe



Lisa Knefelkamp



Zebulun Koenig



Timothy Kohler



Robert Kohs



Samuel Kohs



Kyle Koppy



Lucas Koren



Sean Kost



Douglas Kotchen



Shannon Krall



Gabriella Kramer



Senior Taylor Westergren listens attentively in Intro to Healthcare.



Seniors, Kyle Thielke and Ryan Rehbein goof around in lunch.



Zachary Krebs



Sequoia Krell



Luke Kroska



Travis Kroska



Iman Kuchn



Dylan Kuha



Katie Kumerow



Taylor Lafferty



Nicole Lallier



Ashley Lambert



Hayden Lane



Casey Langworthy



Scot Larson



Thomas Laverty



McCall Lemmons



Amanda Morris makes a swift glance during passing time at the conspicuous Brandon Erickson.



Seniors Joshua Wethammer, Austin Brown, Gabriella Kramer, and Eric Invie having a good time hanging out in the art room.



Michael Lenart



Joseph Lesnar



Ian Lexvold



Emily Lichtscheidl



Travis Lichtscheidl



Luke Lidstad



Alex Lieder



Jessica Lindberg



Holly Linell



Alexandra Linz



Alexandra Lipp



Casey Liska



Kelsey Lobermeier



Marissa Loomis



Samantha Lopez



Harley Lott



Jake Loughney



Michelle Lund



Benjamin Lunn



Stefania Mackiewicz



Jacob Mample



Karrine Manning



Klara Manning



Marissa Martin



Andrew Massey



Tyler Massey



Jacob Matheson



Dylan Mattson



Jalayna Mattson



Kyle McCleary

*What is the single best decision you
have ever made?*



"Finding a successful
career at Dairy Queen,
and
realizing that making
bizzards is my true
passion..."

Ellysa Newman



Daniel McClure



Rachel McCormick



Brooke McCullough



Riley McGuinness



Sean McIntosh



Markie McLaughlin



Jake Mehikomer



Emily Menne



Ricardo Mercado



Michael Merino



Zachari Mertes



Kyle Messerli



Molly Messin



Nicholas Meyer



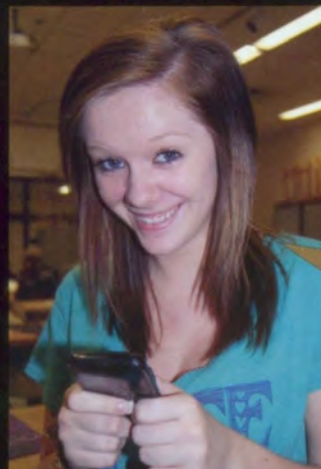
Alexandra Miller



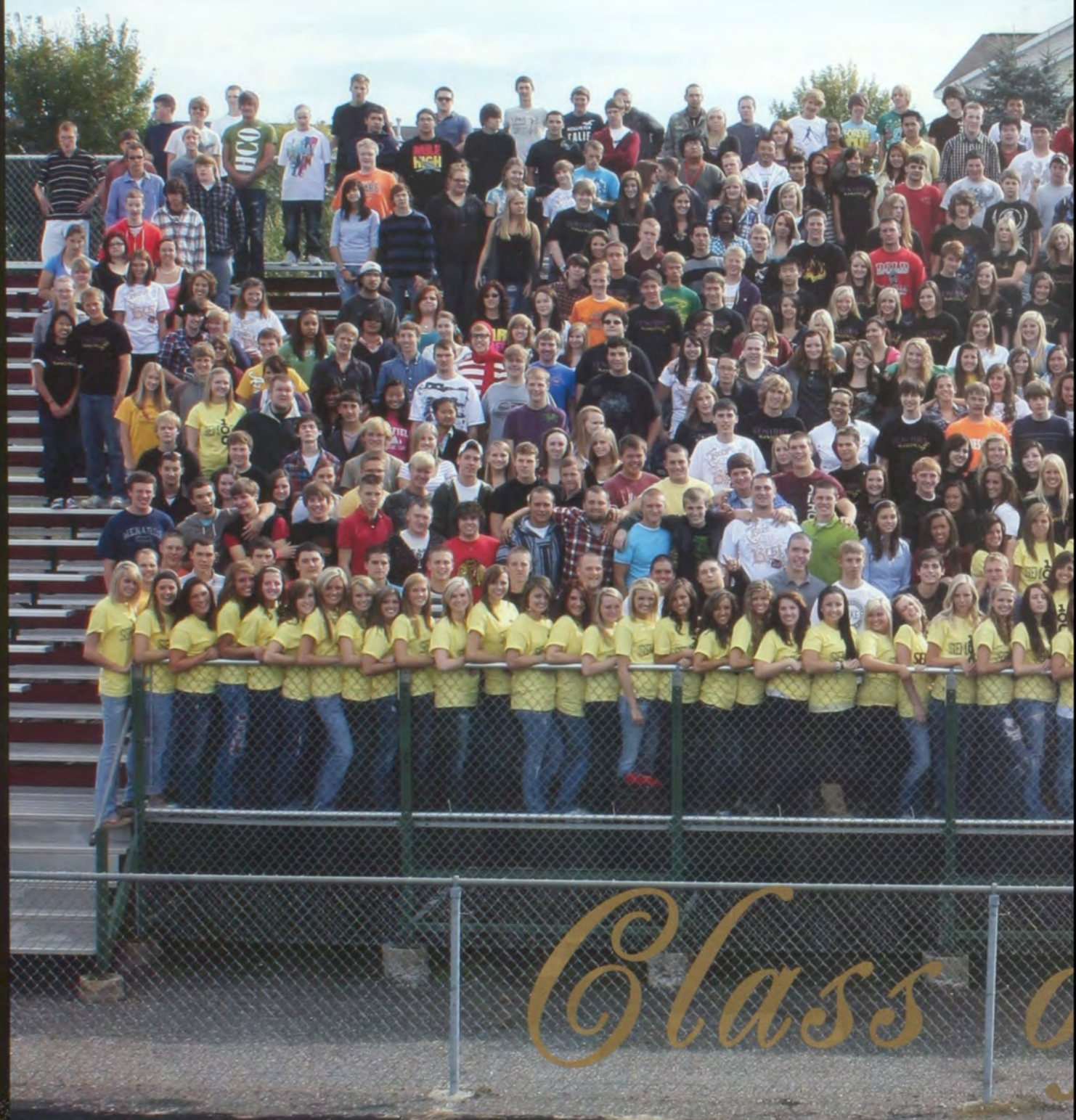
Answering this
question"
Natasha Thorp



"Making sweet
sweet... cookies
with April Robinson"
Emily Menne



"Texting people
off someones
phone, aka
phone
sabotage"
Stacy Apman







Michael Mills



Andrew Miron



Mason Modjeski



Mikayla Modjeski



David Moe



Samantha Moe



Michael Moen



Alixandra Mohawk



Bradley Mondloch



Eric Modorski



Amanda Morris



Elvis Moua



Alexandra Murdock



Alexander Murray



Jacob Myers



Senior Jerry Venburg works on an art project in Design Basics.



Seniors Nichole Bailey and Emelia Erickson enjoy lunch.



Nicholas Nally



Jillian Napoli



Elizabeth Neeck



Bailey Nelson



Corey Nelson



Erienne Nelson



Kelsey Nelson



Matthew Nelson



Rosalyn Nelson



Lindsey Nesgoda



Alexandra Neuman



Ellysa Newman



Phylicia Nguyen



John Niemczyk



Mariah Nienow



Senior Matthew Palo plays an emotional piece in remembrance of those who have lost their lives fighting for our country at the Veteran's Day ceremony.



Seniors Taylor Kiesow and Alexandra Murdock jump for joy during "Spirit Week"!



Bleacher captains April Robinson, Allison Chapeau, Madeline Swenson, Jennifer Scott, Mikayla Modjeski, Angela Klebe and Amy Bellows show off their Bear Huntin' sign as they pump up the crowd for the big game.

Go Rangers! The seniors kick off the football season eagerly cheering for the team.



Abigail Nordby



Benjamin Norling



Holly Nyquist



Christine Och



Sean O'Connell



Meghan O'Kelly



Nichole Olsen



Jacob Olson



Joshua Olson



Kyle Olson



Caden Oman



Shelia Onasch



Amanda O'Neil



Luke Ospahl



Jessica Orth

*What was your
childhood
nickname?*



"Ginger Snap"
Danielle Arvin



"Ginger"
Tyler Massey



"Ginger"
LeeAnn Dolan



Derek Ostman



Travis Palme



Matthew Palo



Dominique Pandy



Kristi Parson



Aaron Pasch



Zachary Passeretti



Blair Patchin



Jordan Patrick



Evan Patterson



Michael Pederson



Caleb Peters



Amanda Peterson



Elizabeth Peterson



Vojtech Petros



Seniors Corey Nelson and Eric Anderson goof off as they finish reassembling their engine in Power Mechanics I.



Seniors Taylor Burmeister and Andrew Youngquist are sure to be punctual to class during their last year here at the high school.



Paul Phelps



Steven Pignato



Chloe Pikala



Tyler Pittman



Charles Plante



Charles Plouff



Grace Poynter



Cash Pulczynski



Tyler Raarup



James Ramberg



Calley Reeck



Ryan Rehbein



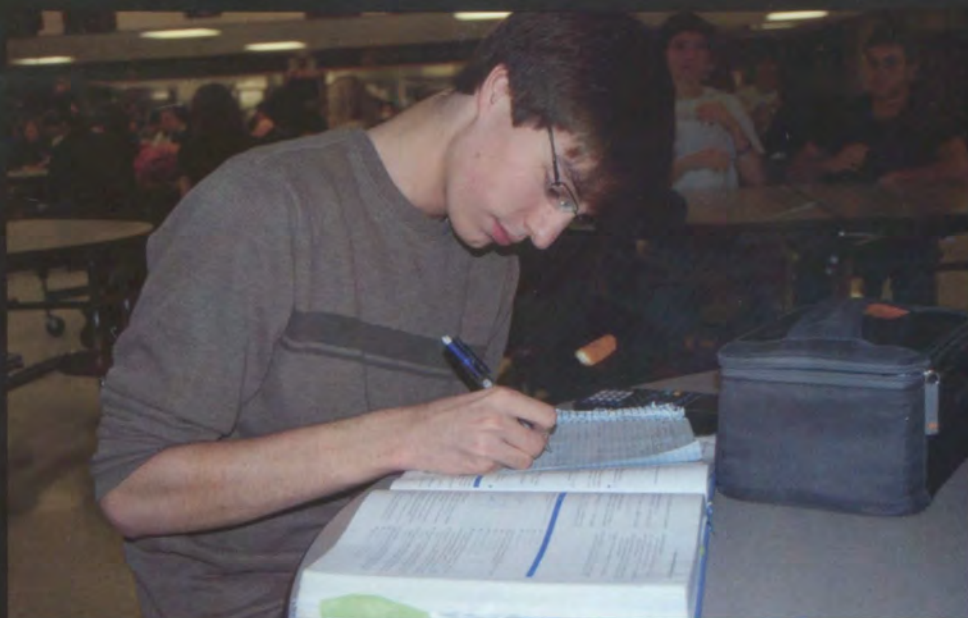
Andrew Reimer



Kathryn Reinitz



Cole Renard



Senior Bradley Mondloch takes advantage of his lunch period to keep up with his AP Calculus.



Garret Renn



Nicholas Renn



Miranda Rennick



Alyssa Riebe



Charity Riesgraf



Benjamin Ristrom



April Robinson



Nick Rodriguez



Brian Rolph



Aubree Ronchak



Jordan Ross



Anthony Rossman



Charles Royce



Heather Rudenick



Breanna Running



Darreck Russell



Kimberly Russell



Shane Sampair



Tyler Sample



James Sandkamp



Jaedan Sarracco



Cassandra Saxton



Breanna Schewe



Michael Schingen



Ariel Schmidt



Matthew Schmidt



Zachary Schneider



Kyle Schoenberger



Jenna Schreiber



Eric Schroeder



"Scrawny and
Flamboyant."
Colin Anderson

"Amazingly
Beautiful"
Samuel Worwa

*How would you
describe yourself?*



"Like a brown
bear"
Lucas Arrigoni



Ahren Schuhwereck



James Schulz



Jacob Schwartz



Jennifer Scott



Christopher Searles II



Mackenzie Seim



Robyn Selby



Melanie Senum



Raelynn Sether



Jacob Shields



Jenna Simmons



Matthew Skoglund



Anthony Smith



Breanna Smith



Charles Smith



"I let my friend
brand my butt."
Kyle Messerli

*What is the
craziest thing you have ever
done?*



"Streaking at
Homecoming."
Travis Kroska



Skylar Smith



Amber Smoczyk



Danielle Snider



Elizabeth Snyder



Devan Solheid



Christian Sprangel



Tyler Stege



Jasmine Steinberg



Jacob Stendahl



Shelby Stevens



Justin Stout



Alicia Stroeing



Madeline Swenson



Tanac Swenson



Alyssa Taylor

"World of
Warcraft"
Amy Bellows

What is your



"Milk :)"
Vanessa Agnes



Elsie Taylor



Justin Taylor



Laura Taylor



Kaitlyn Teel



Genna Temte



Mitchell Tessier



William Tessier



Tyler Tetzlaff



Kyle Thielke



Zachary Thole



Katlyn Thompson



Vincent Thompson



Michael Thordson



Kathleen Thorp



Natasha Thorp

current obsession?



"Snowboarding"
Kyle Heiling



"Halo Reach"
Jeffrey
Zerwas



Senior Nicholas Jensen was caught off guard with an unexpected candid, while sitting at lunch.



Senior Kristi Parson showing her school spirit in a fun fashion.



Jacob Toupal



Anthony Tuller



Sarah Ulrich



Seth Underdahl



Joshua Urmann



Mahalla Valento



Ashley Valley



Zachary Van Buskirk



Betsey Vanelsberg



Samantha Vang



Nathan Vangen



Lauren Varani



Gerald Venburg



Zachary Vidlund



Stephanie Vierling



Seniors Stefania Mackiewicz, Kailey Hanson, Audrey Hanmer Show off their school spirit.



Jade Vinar



Devon Vue



Thomas Vue



Serena Vue



Austen Waldow



Beau Waldron



Emily Waldron



Scott Wambold



Andrew Wappel



Nicholas Warren



Jan Wasserbaech



Marisa Webb



Jordan Webster



Marshall Wedger



Jacob Wendel



Lindsey Wesselink



Taylor Westergren



Hayley Westphal



Joshua Wethammer



Joseph Wielinski



Justin Wiemer



Markus Wieser



Sarah Wilke



Michael Wiosky



Tomas Witte



Erin Wittnebel



Brenden Woehl



Mitchell Wohlberg



Lea Wolf



Samual Worwa



The studious seniors of Mrs. Cameron's CIS Micro-Economics group together for a class photo before doing their activity on supply and demand.



Christopher Xiong



Der Xiong



Matthew Yang



Michael Yang



Kaitlynn York



Andrew Youngquist



Alyssa Yuronich



Emily Yzermans



William Zastrow



Cassady Zebro



Courtney Zebro



Jade Zeller



Jeffrey Zerwas



Kirsten Zidon



Tara Zimmerman



Ryan Brandt gives himself a good laugh as he takes notes.

Senior

Class Clown



Breanna Running, Taylor Fedije, Ryan Brandt, Tyler Stege

Most likely to end up in the White House



Natalie Hoidal, Matthew Palo, Sarina Hannon, Nicholas Jensen

Best Friends



Leah Dobihal, Amber Smoczyk Zachari Mertes, Matthew Skoglund
Marshall Wedger, Alexander Fedorchak Libby Faffler, Jordan Webster

Heart Throb



Nathan Vangen, Abigale Bodene,
Max Capra, Marissa Martin

Favorites

Best
Dressed



Jenna Schreiber, Philip Hegseth,
Brandon Carlson, McCall Lemmons

Most
Original



April Robinson, Alexander Holm,
Christian Sprangel, LeeAnn Dolan

Best
Smile



Zachary Greene, Laura Frericks
Luke Opsahl, Angela Klebe

Sweet Heart



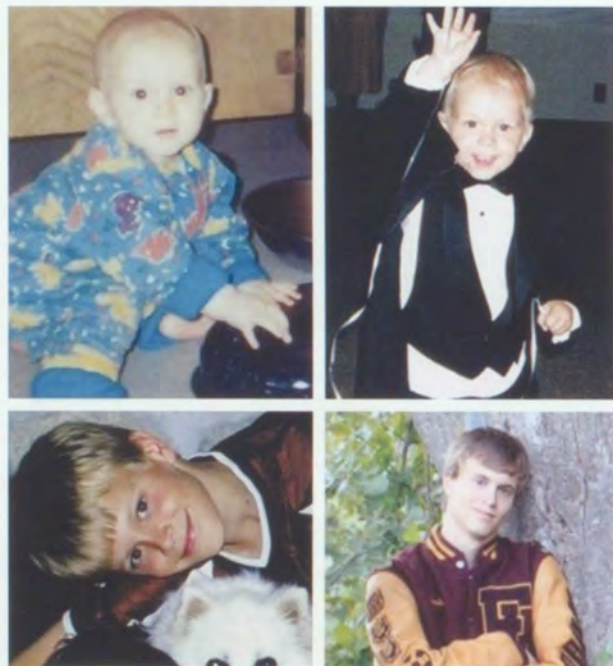
Cassidy Zebro, Joshua Wethammer, Sarah Ulrich, Cody Cohoes

School Spirit



Zachary Schneider, Allison Chapeau, Jennifer Scott, Joseph Joyer

Ads for Grads



Joshua Bergan

We'll always be your biggest fans,
and love you to the moon and back!
Love,
Mom and Dad



Samantha Demulling

We have always been very proud of you.
Truely you're one amazing person. We
can't wait to see what comes next for you.
Love,
Dad and Mom

Darreck Russell

Darreck,
We are so proud of you and the person
you have become. We know you will do
wonderful things with your life. Always
reach for your dreams.
Love,
Mom and Dad



Emily Grahek

Congratulations Emily! We love you so
much and wish you happiness, success,
and all the best life has to offer you.



Tara Zimmerman

Congratulations Tara!

We are so proud of you and all of your accomplishments. You've grown into such a beautiful and talented young woman. Dream big and reach for the stars because your future is bright.

Love,
Mom and Dad



Taylor Auger

Moon Pie,

You are the best thing that ever happened to us. You are beautiful inside and out. We know you will always succeed at everything you do. We are so very proud of you.

We Love you!
Mom and Dad

Molly Messin

Congratulations Molly! We are so proud of you and all you've accomplished. We know how excited you are to start the next journey in your life. Good luck and continue to make us proud.

We love you so much,
Mom, Dad, Mallory, and Maddy



Chuck Plouff

Chuck,

You have such a great personality, sense of humor, and always seem to make people smile. We are so proud of you now and wish you continued happiness and much success in your future. Always be yourself and give your absolute best. Make your dreams happen. Anything really is possible!!

Congratulations!
All Our Love,
Your Family

Mason Modjeski

Mason,

You have worked hard for your accomplishments. We are really proud of you. Keep it up and dream big. We love you.

Mom, Dad, Mikki, and Dalton



Samantha Moe

Congratulations Peanut!

We are so proud of you and all of your accomplishments! It has been a pleasure watching you grow up and become a wonderful young woman. We wish you happiness, success, and all the best in the years ahead. Keep striving for your goals and always know that we love you.

Love,
Mom, Dad, and Nick



Kara Gamelin

Keep a song in your heart, a
smile on your face, and find joy
in all that you do!
Love,
Mom, Dad, and Kevin



Rebecca Anderson

You have always made us very
proud of you. We know you will
be successful in everything you
do. Follow your dreams and
enjoy the journey.
Love,
Mom, Dad, Dale, and Emily



Abbie Bodene

Dear Abbie,
Always follow your heart and
your dreams. You have worked
hard, done your best, and
have accomplished wonderful
things. You are an amazing and
beautiful young lady and we are
so proud of you, and you have
only just begun!
Love,
Mom, Dad, and Holly
XO



Nicholas J. H. Jensen

You have made being parents
so easy, thank you. Your
accomplishments have been so
GREAT! Keep reaching, there
are no limits to what you can do!
We are very proud of you. We
love you with all our hearts.
Mom and Dad



Zachary Krebs

Zach,
You always were a good kid,
and now you're a good man.
Someone we admire, respect,
and love you more each day. As
you continue to grow in your
own unique, wonderful way
always remember that we are
more proud of you than ever
before.
Love,
Mom and Dad



Charity Riesgraf

We are thankful that you have
decided to do "Hard then Easy".
What a privilege it has been to
see you grow up into an amazing
young woman with hopes and
dreams.
Remember Micah 6:8 - Mercy,
Action and Justice.
Love,
Mom, Dad, and Eli

Ashley Bernklau

Dream big Ash, we love you!



Allison Chapeau

Someone once said, "What I want most for my
daughter is that she be able to soar confidently in
her own sky, whatever that may be." It is scary
for parents to let their little girls go out into the
world! What helps us is knowing that what ever
you chose to do, or what ever you chose to be,
you will SHINE. From the time you were little,
your talents seemed to know no limits, and
everything you tried, you accomplished with
ease. We are so, so proud of you. The world is
a better place with you in it, and you have only
just begun!





Markie McLaughlin

Markie,
We cannot believe your senior year is already here and gone! It has been a fun journey watching you grow from a spirited little girl into such an amazing young woman. You are truly a blessing in our lives and have a wonderful heart. Remember to reach high in your goals, follow your dreams, and to always give more than you get. You are a beautiful daughter and a great big sister!

Love,
Mom, Dad, and Jermy



Alyssa Bruggeman

Alyssa,
I am so proud of who you are and all that you've accomplished. You are a blessing to so many and are loved more than you know. You will accomplish much in life, so set the bar high for yourself and go for it! You can do anything!
I love you,
Mom

Miranda Clemens

Miranda,
We can't believe our little girl has grown up. With your persistence and determination you will succeed at anything you want to do. Girl, ride life like you stole it. We love you!
Mom, Dad, Michael, and Mitch



Taylor Klesom

Taylor,
As a little girl you were always happy, smiling, laughing, and dancing. You've always loved life and made it look so easy. You have grown into a beautiful young lady and have accomplished so much. We are so proud of you and can't wait to see what the future has in store for you. Keep smiling, dancing, and follow your dreams. We love you so much!
Mom, Dad, Nick, and Carly



Alex Lieder

Alex,
We're so proud of the person you've become! You are a kind, thoughtful, and generous person. Now that you have accomplished this first major step of your life's journey, anything is possible for you. Always know that we love you and are here to support you in all you do. Best of luck to you!

Love,
Mom, Dad, Max, and Kyle

Nikki Keller

You've studied hard,
You've done your best,
You've done reports,
And passed your tests.
You are an inspiration to us and we love you dearly!
Congratulations Nikki, we are grateful to be your parents, confidants and friends.





Matt Benesch

To my son Matthew,
You are graduating high school!
Congratulations! You have reached
a grand milestone in your life. But
even grander things are to come. I
believe in you and know you are
destined for great things. You have
much to offer. Be kind and treat
the world with dignity and respect
and it will come back at you. Just
remember that life is a journey,
not a destination. God bless you in
your journey and I wish you love,
joy and success in each and every
step.
Love,
Mom



Klara Manning

Klara,
We are very proud of you and your
many accomplishments. Your hard work,
kindness, and good sense of humor will
help you succeed at whatever you do.
With love from your family.



Jake Schwartz

Jake,
We are very proud of you and always
will be.
Love,
Mom, Dad, and Mac

John Jon

Congratulations, John. We knew you
could do it.
Love,
Mom and Dad



Joshua & Jacob Olson

"A brother is a friend God gave you. A friend is a brother your
heart chose for you." Never lose that special friendship you have made.
Remember: Family & your faith is all that matters in life. We are proud of
you both.
Our Love Always,
Mom, Dad, Grandma, Grandpa, Hagedorn's, Tomek's



Alexis Chiasson

Our baby all grown up and moving onto
a new adventure. You have always been
your own person, keep it up. Follow your
dreams, not the crowd. We love you very
much and will always be here for you.
May God bless you always.
Love,
Mom, Dad, and Kayla

Sophie Gottsman

Congratulations Sophie! You've worked
so hard and accomplished so much. I am
very proud of you. You are bright and
beautiful, wise and compassionate. You
will succeed at whatever you put your
mind to. Have fun in all the years to come.
I love you!
Mom



Eric Anderson

Eric,
Congratulations! We are so proud of you!
We love you!
Mom, Dad, and Nick



Emma Josephine Haseman

Emma,
From "Barney" to "Gossip Girl" we've watched our little girl grow up. It seems like only yesterday you were the little girl that would say, "Emma do it"! Though it may seem to you that it's taken forever to reach this point, it happened all too quickly for us. We are so proud of how hard you have worked towards achieving your dreams. Never lose sight of those dreams and never compromise anything to reach them! Congratulations Emma, you made it to the next level.

Love,
Mom, Dad, Cole, and Jake



Lauren Brink

Invent your world. Surround yourself with people, color, sounds, and work that nourish you. - SARK
We are blessed to have you in our life.
Love,
Mom and Dad

Maddy Kissner

Little sis,
We are proud of you!
We can't wait to see what your future holds!
Love,
Rachel, Amanda, and Alex



Ali Stroeling

Ali,
We are so proud of you, and your accomplishments. Stay focused, and keep your faith and God in your life. Remember to look up ahead where your path in life takes you!
We love you!
Mom, Dad, Abby, Angie, and Vinny

Alex Murray

Congratulations Alex, we are very proud of you!
Love,
Mom, Dad, Andrew, and Adam



Kaitley Hanson

There you are with the wind in your hair, a sparkle in your eye, a zest for life & ... always a smile. You've proven that hard work and a kind heart can pay off and will take you far in life. Continue to go after your dreams with your zest and your beautiful smile. We know God has great plans for you and we are truly blessed to have you in our family.
Congratulations Sweet Pea!
We Love You,
Dad, Mom, and Weston



Phillip Buys

Philip Michael George Buys, our "Bonus Buys".
Your smile lights our world and we could not
bemoire proud of you!
Love,
Mom and Dad



Max Capra

Max,
We have had so much fun
seeing you grow up. Your
smile and determination brings
great reward! You are truly
AMAZING! We love you and
are excited for you and your
bright future.
Mom, Dad, Cory, Karlee, and
Elly

Sami Jorgensen

Sami,
We are so proud of your accomplishments
and hard work. You are such a kind and
generous young lady. You have been a
joy to us since the day you were born!
Congratulations, we love you very much!
Mom, Dad, Emma, and Grandma Sue



Chloe Pikala

Creative
Helpful
Loving
Original
Energetic
Pretty
Imaginative
Kind
Assured
Likeable
Always in our hearts
Love,
Mom, Dad, and Landon



Taylor Fedje

Congratulations Taylor! We are very proud of you and know that the future
is yours to take. Work hard to acheive your goals, but don't forget to have
fun along the way to becoming the successful person we know you will
be. Wherever you go and whatever you do you will always bring joy and
laughter to others. We love you very much.
Mom, Dad, and Parker

Kaitlyn Teel

Kaitlyn,
We are so proud of the beautiful young
lady you have become-both inside and
out. You have been strong-willed and
independent since day one, so we have
no doubt that you will be successful at
everything you set your mind on. No
matter what, remember we are here to
support you. Dream big and keep smiling!
Love,
Mom and Dad





Aaron Herdegen

Born to Rock!
Love you Aarzee!
Mom and Dad



Anthony Rossman

Anthony, we are so proud of you! Work hard in the future and enjoy the next chapter in your life. We love you!
Love,
Dad, Mom, Aaron, and Alisha



Lindsey Nesgoda

Lindsey,
"Go out in the world & work like money doesn't matter, sing as if no one is listening, love as if you have never been hurt, dance as if no one is watching." We are so proud of the beautiful person you have grown into! We love you!
Mom, Dad, and Nick



Ashley Hagen

You are my baby all grown up. I am very proud of you. Keep following your dreams. I am here for you always. We love you very much.
Mom, Marcy, and Chelsey



Alex Miller

Alex,
We are so proud of who you are. You have always had the strength to make the difficult decisions and do what is right. On the day you were born we almost lost you but fought for your life. Everyday you grow stronger and we are all better off because of you. Bring peace to those around you, work hard every day and always, always look cool! Congratulations!
Love,
Dad, Mom, and Abbi



Kathryn Reinity

Dear Kate,
Congratulations for all you have accomplished. We have been truly blessed with such a wonderful daughter. We are so proud of you!
Love,
Mom and Dad

Ashley Valley

Ashley,
We thought she was going to be a race car driver. Life in the fast lane. Congratulations!
Love,
Mom and Dad



Jeremiah Castek

Jeremiah,
We have been truly blessed to have you as our son. We are proud of the person you are. Let your faith guide you in your new journey. We wish you happiness and success.
Love,
Mom, Dad, and Danielle





Marshall Wedger

So proud of my perfect green kangaroo in the middle.
You will go far.
Love,
Mom



Andrew Miron

You've grown up to fill even bigger shoes.
Continue to be a leader, work hard, and hold true to your values!



Shelia Onasch

Shelia,
Congratulations! Your mom would be so proud of you as much as I am. Remember when you were a little girl and I told you to pick the brightest star in the sky? That star has always been your mom watching over you. Follow your dreams!
Love ya,
Dad

Ryan Brandt

Your wonderful personality and gifts of humor and wit will serve you well in Mass Communications. As your family, your smile brightens our lives daily. We are so proud of you and wish you a great future. The world awaits the sound of your voice!
Love always,
Mom, Dad, Katie, and Kari



McCall Marie Lemmons

McCall,
You will never know how proud we are of you. Your kindness as a little girl to all of the strength and determination you have shown as an adult woman, you never cease to amaze us. You have worked so hard all of these years knowing you wanted the best for yourself, you are more of a woman that I could ever have hoped to have been and for that I am grateful and blessed. Your dad and I wish you the best on this new adventure in your life. Loving you today, always and forever.
Mom and Dad.



Tyler Raarup

We are so proud of the person you have become. Follow your dreams and enjoy the journey!
Love,
Mom, Dad, Kayla, Kyle, and Buster

Tyler Massey

You did it! Congrats
You are the sunshine in our lives
You make us proud
You are beautiful inside and out
You keep your wings open and fly.
We love you
Mom, Jamie, Nikki, Peanut



Megan Anderson

We are so proud of the person you have become. You are strong-willed, soft hearted, creative, and loving. We know you will be a success.
Love,
Mom, Dad, and Katie



Michael J. Lenart

It's been an interesting journey. May your future be what you wish for.
Luck and Love in whatever you chose.
Love always,
Mom and Dad



Robyn Selby

You have worked hard and
you have accomplished a lot.
We are VERY proud of you.
Your determination and will
has carried you far. Keep it up
and you will accomplish your
dreams.
We love you,
Mom, Dad, and Logan

Shawn Ackerman

Shawn,
You've worked so hard and made it.
Congratulations, we are proud of you and
we love you and will support you in all
that you do.
Love,
Mom, Dad, Sarah, Sabrina, Samantha



Brooke McCullough

Congratulations Brooke! We
are so proud of you. You're
determined and driven and we
know you will do great things
in your life. Nothing is beyond
your reach! You have grown into
an intelligent, respectable young
adult who is beautiful inside
and out! We love you more than
words can say.
Mom, Dad, Kayla

Caleb Peters

Congratulations Caleb! We are so proud
of the wonderful man you have become.
So then I said, "well if he wasn't built
from malfunctioning toasters..." We love
you very much and will always be there
for you. Go Disney-Pixar!



Scott Chester

Way to go Scott! Your drive and determination amazes us all.
You've always been a straight shooter hitting your mark! You are the best
brother Ross could ask for, he and Dad will never forget Mt. Baldy. As an
eagle it's now time for you to spread your wings and fly! "Skies the limit" GJ
and Mimi will always be your biggest fans, nothing beats that Jazz! Ranger
nation and ski club rocks! Walk tall, be proud, and keep JC in your heart,
stay focused and humble. You will have an amazing life, enjoy it! Wishing
you success always!
Your Loving Family



Dylan Mattson

Dylan,
We have always been proud of
everything you do! We love you!
Mom, Dad, Kyle, and Peyton



Breanna Running

Breanna,
The years have gone so fast. As
parents we are very proud of the
choices and accomplishments
you have made. We love you and
wish you happiness and a bright
future.
Love,
Mom and Dad



Jake Stendahl

As the last of four children to
graduate from Forest Lake High
School, we are very proud of
YOU and all your achievements.
Graduation is a time to celebrate
your achievements! The next
chapter in your life is to prepare
for a future of opportunities,
and then embrace the world
of infinite possibilities.
Congratulations & good luck.



Evan Johnson

You have always been striving
for something - to be better, to
be funnier, to be louder, to be
older! Now you really are an
adult and we are proud of the
way you wear your shoes!
Love,
Mom, Dad and Alec



Michael Bleninger

From this active little boy you
have made tremendous strides
in becoming the young man
you are today. We have enjoyed
sharing with you the things in
life that you are so passionate
about. Your determination,
humor and talents will give you
many choices for your future.
We are proud of you & love you.
Mom, Dad, Anne



Emily Lichtscheidl

Emily,
You've accomplished so much
already. You've worked hard and
we are so proud of you. Your
future is bright and we hope all
your dreams come true. You
can make it all happen. And
remember we will always be
there for you. We love you!
Mom, Dad, Joe, and Ben



Tyler Stege

What ever you do, you do it well
with your magnetic smile and
never give up attitude!
We are so proud and excited for
you Ty Ty!
Keep the faith
Love,
Mom, Dad, Billy & Alli

Drew Massey

Drew,
We are so proud of you! Congratulations!
Love,
Mom, Dad, Daniel, and Quinn





Allyson Dreher

Allie Boo,

Your determination and dedication to all you do has been incredible. You will succeed in anything you put your mind to, but always remember to follow your heart. Always remember, life is too short to wake up in the morning with regrets. So love the people who treat you right, forgive the ones who don't and believe everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said it'd be easy, they just promised it would be worth it. Also remember that we will be with you throughout your journey. We Love You!

Mom, Dad, Annie, and Bear



Ashley Entwistle

Ashley,

You have brought so much happiness into our lives. Your smile always brightens our days. We are so proud of you! "When you get the choice to sit it out or dance, I hope you dance".

We love you baby!

Mom, Dad, Cody, and Brianna

Angie Klebe

Congratulations Angie! We're so proud of you and the beautiful person you've become, inside and out. Your positive attitude and great outlook on life will take you far! We love you.

Mom and Dad



Nick Rodriguez

Nick,
Congratulations! You have so much TALENT! use it to make the world sing and dance. You are music to our ears.

Lots of love,
Mom and Dad

Mikki Modjeski

Mikki,
We are proud of you and your accomplishments. Continue to be yourself and follow your heart. We love you.

Mom, Dad, Mason and Dalton



Kristi Parson

Kristi Lynn,

Throughout the years our lives have been filled with joy and laughter because of you. You are strong, beautiful, loving, and so much more. We are proud to call you our daughter. Be a believer in yourself, be true to who you are, work hard and enjoy life! We wish you endless success and happiness. Remember you will always be our little girl and know we are always here for you.

Love you,
Mom, Dad and Travis



Maddison Kissner

Maddison,
You have a kind and gentle
soul, authentic in your ideas
and actions. You're admired
for the qualities you possess.
If the world could live by
your example it would be an
awesome place to exist. No
matter what you believe, what
path you travel, or where you
find yourself. You are deeply
loved in our hearts and mind!
We are honored you have chosen
us as your parents,
Love,
Mom and Dad



Joseph Leenan

Joe,
We love you very much and are proud of
you. You are extremely energetic, your
enthusiasm will take you far in life. May
God bless you in all you do.
Love you always,
Mom and Dad



Carl Boland

Congratulations Carl! We are so proud of
you. You make the world a brighter and
better place.
All our love,
Mom, Dad, and Molly

Leah Dobihal

We are so very proud of you. You have
a bright, beautiful future ahead of you.
Congratulations!



Tanae Swenson

Congratulations Tanae on all your remarkable accomplishments. You have
been nothing but a source of pride and joy for us. We hope you find joy and
happiness with whatever path you go down. Thanks for being such a great
kid! Love you peanut.
Mom, Dad, and Tal



Laura Goedeke

Laura,
The world is a better place because of
you, and we're so proud of you. We love
you!
Mom, Dad, and Paul

Karrine Manning

Congratulations Karrine! We are so proud
of you. Go make beautiful music!
Love,
Mom and Dad



Libby Jaffler

Your smile is the light of your spirit that
radiates to all those around you. What you
carry within is what matters.
Love you Bee,
Mom, Dad, and Anna



Andrew Reimer

Andy has always been the cute and funny kid who likes to play games. Well you finally have graduated and your family couldn't be prouder! Your future looks bright!
Love Mom



Christie Ock

Wow! That was the fastest 18 years. Here you are, our little girl all grown up. We are so excited for you to start your new adventure at college but also feel so lost. We couldn't have asked for a better daughter! Good luck in all you do.

Love,
Mom and Dad

Andrew Wappel

Andrew,
We are very proud of you. You have accomplished and worked hard to achieve your goals. Keep up the good work! Good luck on the next journey of your life.

Love,
Mom, Dad, Becky, and Melissa



Nicole Olsen

You are our sunshine! We are so proud of your hard work and accomplishments. We wish you continued success every step of the way!

Love,
Mom and Dad



Lauren Howe

Lauren,
We are so proud of you! It has been an honor to raise you. The world is at your feet, and the options are limitless (accept for maybe a hair dresser). Follow your dreams and you will never be let down. Good luck in whatever endeavors you take on.

We love you,
Mom, Dad, and Amanda

Danielle Firkus

Congratulations Danni,
We always knew your strong will and determination would bring you far in life. Keep up the good work.
We love you,
Mom, Dad, and Tyler





Riley McGuinness

We're hoping you get some mileage out of your great smile and good looks! You are a kind and generous person. Keep your friends close and always be true to yourself. "Greatness lies not in being strong, but in the right use of strength." -Henry Ward Beecher.

With love and kind thoughts.
Mom, Dad, and Micah



Amanda Peterson

Amanda,
We are very proud of you and your academic achievements as well as your success as a dancer. You have worked hard to spend long hours and endless nights to achieve both. Congratulations and best wishes to you on your next journey in life.

Love,
Mom, Dad, and Adam

Amber Groll

Amazing, that's what you are. I am complete because you were born. Decide on your talent, you have so many. Let nothing stop you from what makes you happy.

Love,
Mom



Lea Wolf

Lea,
It has been a wonderful year having you live with us as our 4th daughter and as a sister. May you keep all your special memories with you as you journey through life as Dr. Seuss quoted, "Don't cry because it's over, smile because it happened."

We love you!
James, Margie, Annie, Allie, and Bear



Amy Bellows

Amy Bug,
To our precious daughter. You are such a beautiful young lady. We wish you the best throughout life's journey. May faith, hope and love guide you. Psalm 139:14 "I will praise thee; for I am fearfully and wonderfully made."

Love
Dad, Mom, and Lucas

Erica Jasmer

Erica,
Good luck on your newest journey. You have the skills to succeed and I know you will.
Love,
Dad





Taylor Westergren

Taylor, "Sweet Pea",
We are so blessed to have you as
our daughter! Congratulations
on all your hard work! May God
bless you as you pursue your
dreams and God's plan for your
life.

We love you!
Dad, Mom, Bailee



Kristina Johnson

You still have the joy and
enthusiasm in your eyes that you
had when you were a little girl.
We are so proud of all you have
accomplished. We are excited to
watch you follow your dreams
where ever they lead you.

Love,
Mom and Dad



Aleyna Hunt

Aleyna,
It has been a joy watching
you grow from a little girl to a
beautiful young woman. You
have an incredible drive and
determination to succeed, and
the awesome desire to have your
life led by the Lord. With the
Lord as your guide, you will
accomplish more than you ever
imagined. We are so proud of
you.

With Love,
Your Family



Phil Hegseth

Phil,
You bring to a close, 2 decades
of Hegseths at FLHS. Thank you
for providing so many unique
Phil-type memories for us to
remember and enjoy. We will
miss #12 on the court, but will
carry you in our hearts and will
watch with pride as you create
your own future. God bless you
Phil.

With much love,
Mom, Dad, Nate, Danielle, Pete,
Sam and Gunner



Jillian Napoli

Jillian,
You have always been such a
joy to us. Your happy nature and
kind heart will serve you well
in life. We are very proud of you
and will always be here for you.
Keep smiling and follow your
dreams.

Love,
Mom, Dad, Sarah, and Danielle



Alicia Auger

Congratulations Alicia! You
have come a long way from our
quiet curly haired little girl. Your
drive and determination will
take you far in life. You have so
many dreams that inspire us to
live big everyday. Go out and
make them come true.

Love,
Mom and Dad



Jennifer Hitchcock

Jenny, we are so proud of you!! You have accomplished so much in your life. You will go far. You are so beautiful and a wonderful daughter. You have brought us such joy. You have grown into such a great person. We wish you every happiness in life.

Love, Mom and Dad



April Robinson

April, We are so proud of you and all that you have achieved. Can't wait to see what your future holds for you!

Love always,
Mom and Dad



Ellysa Newman

Lou, I am so proud of all that you have accomplished! I can't wait to see all the amazing things to come. Your future is as bright as your big blue eyes! I love you sweetie!

Love Mom

Taylor Jane Lafferty

My dear sweet girl, What an exciting adventure you have ahead of you! Your dad and grandma would be so proud of what a strong, smart, and beautiful young woman you've become. Take advantage of all life has to offer, sweetie, and have fun and giggle often! I love you!

Mom



Philip d'Entremont

Philip, you have a great future in front of you! You have accomplished so much and will do even more. We are proud of you and love you so very much!!!

Mom and Dad



Michael Merino

Mike, You bring so much joy and laughter to our lives, and you make us proud each and every day.

Love,
Mom, Dad, and Steve

Mark Brisbois

Mark, You have always been bright and amazing. Continue to do a great job in everything you do. I want to thank you for being as sweet as you are and know you will go far in life. I love you!

Mom



Sean Kost

Sean, Your smile warms our hearts. Your determination gives us hope. We want you to know that we are very proud of you! You have our love and support in whatever you choose to do. We love you!

Dad, Mom, Cory, and Ciera



Blake Dansmore

You are our champion bull rider! You came into this life tough, and tough you remain; always with a big smile. Keep your sense of humor and determination. Believe in yourself! No matter where you go or what you do, we will always be proud of you! We Love You!
Mom, Dad, and Kathleen



Elizabeth Peterson

We are so very proud of you!!! Your smile, sense of humor, and your compassion for people are just a few wonderful things that make you, you. We've shown you the road to unlimited success. You've navigated that road with great skill, endurance and perseverance. You will accomplish many more things as you travel through life's journeys. Trust and believe in yourself, know that you can do anything you put your heart into, and know that we will always be there for you. Don't ever give up on your dreams!
We love you!
Mom, Dad and Emily

Calvin Eichinger

From your 1st day of preschool in Florida to your senior year in Forest Lake. Thanks for being such a responsible and a great kid. You have made us so very proud. We love you!
Mom and Dad



Alexander Fedorchak

We have always been so happy and proud to be your parents. You have always had the ability to light up a room. We know you will continue to light up the world with everything you do and everyone you meet.
Love,
Dad, Mom and Sam



Hayley Westphal

It's been a real trip having you in our lives, the greatest joy. Now go share your beautiful, intelligent, creative self with the world. We'll be watching from the wings, proud as ever. We love you so much, Hay!
Mom and Dad

Katie Kamerow

To our fashion queen with the big heart, the world is yours to conquer!
Love,
Mom and Dad





Cory Beach

Cory-
Always easy going and looking
for the next adventure. We've
had a great journey growing
up. I'll always be proud of you.
Looking forward to seeing
where your next journey takes
you. Know that Dad will always
have your back in spirit and
enjoy your new journey into
your future and live life to its
fullest.
Love you Big Guy-
Mom



Jerry Venberg

Jerry,
We are so proud of you for all of the
accomplishments and choices you have
made in these last 18 years. Don't ever
forget that your family stands behind you
and we love you. May God bless you on
your journey in life.
With all our love,
Mom and Dad



Laura Freticks

Laura,
You started smiling when we brought you
home from the hospital and you haven't
stopped since. You have blessed our
family with your sparkling eyes, big grin,
and sweet disposition. We are so proud
of the beautiful, young lady you have
become.
We love you!

Kelsey Nelson

We are very proud of you and all that
you have accomplished. We wish you
happiness and success in your future. God
bless you always.
Love,
Mom and Dad



Emily Yzerman

From the moment we held you in our arms, to the amazing woman you have
become, you have been our treasure. Always follow your faith and your
passion for the outdoors. God has a tremendous plan for your life and if you
follow your heart you can accomplish anything!
We love you baby girl!
Mom, Dad, and Daddy



Jonathan Helm

We knew you could do it. Just remember,
trust in the Lord with all your heart. Do
not depend on your own understanding.
Seek his will in all you do and he will
show you which path to take.
Pro. 3:5-6

Alexandra Neuman

With the right attitude, everything is
achievable. Keep on smiling Chickee!
Love,
Mom and Dad



Michael Thordson

May you continue into adulthood with
the same perseverance and determination
you have always shown. We are so proud
of you.
Love,
Mom, Dad, Anna, and Elizabeth



Luke Antogni

Luke,
We love you so much and we
are very proud of you! Always
believe in yourself, we do!

Love,
Mom and Suzie

Good job Luke for hanging in
there and good luck and follow
your dreams.

Your bro,
Ryan



Scott Wambold

Scott
Way to go! Keep marching to
your own beat and you will
accomplish all you set out to do.

Love-
Mom, Dad and Kellie



Daniel McClure

We are so proud of all you have
accomplished. We have enjoyed
your caring personality and
adventurous moments growing
up. Continue to follow your
heart and dreams and enjoy the
journey. Congratulations Dan--
Keep on truckin.

We love you!
Mom, Dad and Lauren

Sarah Ulrich

Congratulations Sarah! You have grown
to be such a beautiful young woman both
inside and out. We know you will succeed
at anything you do. We are very proud of
you and love you very much!

Love,
Mom, Dad, Matt, and Ben



Laura Taylor

We are proud beyond
measure of your hard work
and accomplishments. Your
future will surely be exciting!
Remember "Jeremiah 29:11-13
For I know the plans I have
for you..." Your family will be
behind you always! We love you

Lor Lor!
Congratulations!
Love,
Mom, Dad and Alyssa



LeAnn Britton

LeAnn,
We are very proud of the
beautiful young woman you
have become - inside and out!
We wish you happiness, success
and love in your new journey
you are about to begin. Follow
your heart and dreams!
Always know we will be here
for you and we love you very
much!

Mom, Dad and Courtney

Kelsey Lobermeyer

May your creative heart and talented hand
guide you in all your adventures to come.

Love,
Mom, Dad, Jamie, and Kristen



Ariana Forsman

Ariana,
From the moment I held you in
my arms I knew we were blessed
with a wonderful daughter. The
strength of your mind, heart and
spirit is inspiring. Your journey
is just beginning and we know
that whatever path you choose
for yourself you'll be amazing!
But to me you'll always be my
"babyiest girl". We are so proud
of you!

We love you!
Mom, Steve and Alyssa



Sam Koko

Sam, We are very proud of you and all your accomplishments. You are beginning a new and exciting chapter in your life and we know it will be a successful one. Congratulations and we love you!
Love, Mom, Dad, and Jordan



Ashley Lambert

You have brought so much joy to our lives. We are so proud of you. Believe in yourself. Always our sunshine.
Love, Mom and Dad



Corey Kibbel

We are so proud of you and all you've accomplished. You continue to impress us with your ability to live life on your terms. Be original. Be yourself. Be outstanding.
Love, Mom, Dad, and TK



Megan Daly

Congratulations Megan! Our wish for you is that you are able to look back and see how far you have come and then look forward with confidence knowing you can accomplish any goal you set for yourself in the future. We are so proud and blessed to have you for a daughter.
Love you - Mom and Dad



Nathan Vangen

Nathan, You are an amazing young man - gifted to do great things! Keep God at the center and go out and accomplish all that you are destined to do. I am so proud to call you my son. I love you so much.
Love, Mom



Scot Larson

Scot,
We're so proud of the young man you have become. Always remember that it takes the courage to grow up and become who you really are.
Love,
Mom, Dad, and Alysha



Michelle Keith

Michelle-Congratulations! Never change the fun and caring person that you are. We are so proud to have you as our daughter. Always remember we love you and will always be here for you. We wish you lots of luck in your plans for the future.
Love, Mom, Dad and Matthew



Zachary Vidland

"For I know the plans I have for you," declares the lord, "Plans to prosper you and not harm you, plans to give you hope and a future." Jeremiah 29:11 Use all the gifts God's given you. We're so proud of you!
Mom and Dad



Miranda Rennie

"I hope your dreams take you...
to the corners of your smile, to
the highest of your hopes, to the
window of your opportunities,
and to the most special places
your heart has ever known."
Miranda, we are very proud of
you - to success in your next
chapters of life.



Robert Kohn

Rob,
We love you dearly and are so
proud of all that you have done.
Live life to the fullest with no
regrets. We know that you will
achieve great things.
Love,
Mom and Dad



Alex Mardock

We have been so blessed since the day you were born. You are our lil' ray of
sunshine that lights up any room. I'm so proud of you and excited for what
your future holds. Never give up on your dreams. Love you more than air
Pumpkin!
Mom and Mason



Emily Menne

You're as modest now as
you were then, Emily! Your
infectious laugh and bubbly
personality will always bring joy
to those around you, we're so
proud of you! Congratulations!
Love, Mom, Dan, Andy and Jack



Stefania Machkiewicz

Stefania,
We are so proud of you and your
accomplishments. You have
grown up into a strong, creative,
beautiful, young woman and we
can't wait to see you continue on
your journey in life.
We love you!
Mom and Dad



Jacob Bucholz

Jacob, we are so proud of the fine young
man you have become. And we wish you
the best in your future endeavors. You will
always be our super hero.
Love, Mom and Dad, Ross and Jamie



Meghan O'Kelly

Meghan, we are very proud of you. Thank
you for being such a wonderful daughter.
We wish you success and happiness in the
next journey of your life.
Love, Mom, Dad and Heather



***Nathan Karlrud &
Nathan Fuerst***

Congratulations Nathan and Nathan! You guys have grown into wonderful, compassionate young men. We are all very proud of you both, and look forward to seeing what each of you will accomplish in the next few years at college.

Love,
Your families



Mike Schingen

Mike,
Your quiet strength and natural ability will take you far in life. You will succeed in anything you set your mind to. We are so very proud of you!
Love,
Mom and Dad

Elsie Taylor

Elsie,
Keep smiling, laughing, and skipping! Love life, work hard, dream, play, say your prayers, hold someones hand, give a hug, and always remember you are beautiful. We love you!
Dad, Mom, Hannah, and Olivia



Hannah Carlson

Nothing can stop our little girl when she wants something!
Love,
Mom and Dad



Sarah Hirsch

Sarah,
The choices and decisions you have made make who you are. The path you have taken has made us the proudest parents and we wish the very best for you in everything you choose to do. Stay true to your beliefs and you will succeed in all you do!
Love,
Mom and Dad, Nick and Jeanna
XOXO, and Micheal too



Gabriella Kramer

Gabriella,
The day is finally here, and we couldn't be more proud of you! You possess everything it takes to be happy in life: intelligence, integrity, honesty, a calm understanding, and a great sense of humor. Congratulations, we love you!
Mom and Dad



Nathan Fuerst

Nate,
No matter which path you
choose, your charm, confidence,
and intelligence will make you a
success. We are so proud of the
young man you have become!
Love,
Mom and Dad



Natalie Hoidal

We are so proud of the
wonderful young woman you
have become and your passion
for helping others. We have no
doubt you will continue to make
the world a better place.
Love,
Mom and Dad

Kurt Banta

Believe in yourself and in your dreams,
and they will come true! I believe in you
and your ability to succeed in whatever
you set your mind on.
Love your Mom, forever!



Mary Rose Colucci

Mary Rose,
You have always reached for the stars,
and sometimes you've caught them.
Congratulations, we're so proud of you,
keep on reaching.
Love,
Mom, Dad, and Kari



Stephanie Vierling

Stephanie,
You've filled our lives with love
and laughter. Your future is
paved. We love you!
Love,
Mom, Dad, Scottie, and Sam

Lauren Varani

Lauren,
We are so proud of you and all your
accomplishments. We know you'll do
great things. You will always be our little
Puff-a-Lump and favorite daughter!
Love,
Mom and Dad



Cody Karstens

Cody,
You are such a blessing! We are
so proud of who you are. Thank
you for being a wonderful son.
We love you more than we can
express. We know more great
things are heading your way.
Love,
Mom and Dad



Vanessa Agnes

Vanessa,
We are so perfectly proud of you. We
knew from the very beginning that
you had passion for life. With each
year passing you have continued to
blossom into this perfect flower. You
are truly beautiful inside and out.
Your smile brightens the world like
the sunshine. Never lose your joy
and passion for life. As you go off to
college and begin this next chapter of
your life, always be true to yourself
and trust your instincts. Continue to
believe in yourself and work hard and
all your dreams will come true. We
love you with all our hearts.
Love,
Mom and Dad

Index



Abress, Hannah 95
 Achstetter, Tim 12, 148
 Achttien, Brenna 122, 145
 Ackerman, Shawn 148, 195
 Adams, Kayla 46, 95
 Agnes, Vanessa .. 14, 15, 23, 40,
 41, 42, 148, 178, 209
 Albee, Jacob 38, 39, 44, 45,
 148
 Allen, AnnaMarie 148
 Alm, Austen 122
 Alm, Sherri 58
 Ambourn, Desiree 58, 122
 Ambrose, Jennifer 95
 Ambrose, Kaylie 148
 Ament, Halie 46, 122
 Ammann, Blake 95
 Ammerman, Alicia 95
 Ammerman, Alisha 95
 Andersen, Margaret 81
 Anderso, Stone 69
 Anderson, Alan 90
 Anderson, Ashley 122
 Anderson, Christine 46, 95
 Anderson, Colin 148, 176
 Anderson, Corey 148
 Anderson, Dale 95
 Anderson, Devin 95
 Anderson, Dylan 95, 106
 Anderson, Emily 41, 53, 122
 Anderson, Eric .. 148, 174, 190
 Anderson, Haylee 148
 Anderson, Jessica 122
 Anderson, Katherine ... 37, 122
 Anderson, Mary 92
 Anderson, Megan 75, 148, 194
 Anderson, Michelle ... 122, 146
 Anderson, Miranda 95

Anderson, Nicholas 95
 Anderson, Rachael 95, 221
 Anderson, Rebecca 148, 188
 Anderson, Robert 148
 Anderson, Samantha (12) ... 53,
 148
 Anderson, Samantha (11) ... 75,
 123, 125
 Anderson, Samantha (10) ... 95,
 114
 Anderson, Sean 148
 Anderson, Victoria 149
 Anderst, Dylan 95
 Anthoney, Tyler 106
 Antrim, Michael 95
 Apman, Stacy 149, 167
 Arevalo, Etelvina 123
 Arndt, Angela 95
 Arnevik, Nicholas 46, 95
 Arnsdorff, Dylan 149
 Arrigoni, Lucas .. 69, 149, 176,
 205
 Arvin, Danielle .. 149, 161, 173
 Ashmead, Tiffany 123
 Astrup, Ann 91
 Atwater, Jacob 95
 Auger, Alicia 149, 201
 Auger, Taylor 149, 187
 Autz, Kayla 34, 123
 Avery, Mason 149
 Awasom, Emmaculate 149



Babcock, Ariana 42, 95
 Babcock, Tommy 80
 Bachman, Amber 123
 Back, Samantha 95

Bagan, Shaley 85, 123
 Bailey, Chrystina 56, 95, 114
 Bailey, Nichole 149, 170
 Bain, Megan 95
 Baker, Aaron 123
 Baker, Chad 149
 Baker, Dalton 73, 95
 Baker, Miranda 78, 123
 Baker, Penny 88
 Ball, Ed 93
 Ballot, Jake 95
 Banken, Reggie 123
 Banks, Andre 149
 Banta, Joshua 46, 95, 98
 Banta, Kurt 149, 209
 Barton, Alyssa 149
 Bauer, Alex 123, 134
 Baumgartner, Brock 95
 Baumtrog, Zachary 123
 Beach, Cory 149, 204
 Beauvais, Andrew 123
 Bechner, Alexandra 85, 95
 Beck, Cassandra 123
 Becker, Bridget 123, 146
 Beckstrom, Carly 95
 Bednarczyk, Brooke 41, 95
 Beeson, Austin... 19, 38, 44, 96
 Behan, Ashley 96, 101
 Behrends, Shay 41, 96
 Beireis, Autumn 41, 123
 Beja, Stephanie 23
 Bellows, Amy 29, 56, 150, 172,
 178, 200
 Bellows, Lucas 96
 Benedict, Rena 91
 Benesch, Matthew 29, 150, 190
 Benick, Heather 150
 Benick, Luke 69, 123
 Benner, Ann 96
 Benoit, Nicholas 123
 Benson, Shelby 85, 96, 118
 Benson, Terry 93
 Berg, Nicolas 41, 42, 150
 Bergan, Joshua . 28, 38, 42, 44,
 45, 50, 150, 186
 Bergan, Zachary 96
 Bergerson, Erik 123
 Berggren, Breanna 123
 Berglund, Dylan 96
 Bergquist, Anastasia 27, 123

Bergstrom, Brayanna 6, 34,
 123
 Bergum, Nickolas 96
 Berken, Jessica 43, 150
 Berklaui, Ashley 188
 Berndt, Samuel 123
 Berner, Jordan 77, 150
 Bernfeld, David 150
 Bernier, Danielle 96
 Bernier, Joshua 96
 Bernier, Luke 26
 Bernier, Zachary 150
 Bernklau, Ashley 3, 7, 150, 154
 Bernklau, Cullen 123
 Beukema, Matt 90
 Bey, Alexandra 64, 65, 123
 Beynon, Robert 34, 78, 96
 Bidney, Grant 34, 96
 Bielefeld, Garrett 32
 Bielke, Michael 96
 Bierman, Bennen 123
 Bildeaux, Erikka 123
 Birkholz, Kari 96, 114
 Bisbee, Taylor 73, 123
 Blackledge, James 96
 Blackwell, Sarah 65, 96
 Blake, Brenna 96
 Blanchard, Dominique .. 46, 96,
 118
 Bleninger, Michael 51, 150, 196
 Bly, Malachai 96, 101
 Bobrowski, Jaysa 150, 162
 Bodene, Abigale 8, 150, 160,
 184, 188
 Boicourt, Krystal ... 7, 150, 159
 Boland, Carl .. 44, 50, 151, 198
 Boland, Molly 15, 38, 96
 Boldenow, Dennis 123
 Boldt, Jeremy 123
 Boldt, Matthew 151
 Boleen, Calvin 38, 151
 Boleen, Katie 53, 123
 Bollin, Nathan 96
 Bollinger, Trevor 96
 Boniface, Austin 68, 69, 96
 Borchardt, Matthew 151
 Bostrom, Rachel 16, 37, 63, 75,
 124
 Bothman, Allie 96
 Bothman, Kristina 124



Bottila, Martin 73
 Boulineau, Kyle 151
 Boyd, Chandler 85, 96
 Boyer, Dustin 124
 Boyer, Jonathan 124
 Bracht, Jennifer 28
 Bramley, Kristina 96
 Brandel, Mitchell 96
 Brandt, Ryan 23, 151, 183,
 184, 194
 Bredahl, Mark 151
 Brenk, Nicholas 66, 96
 Brennhofer, Annamarie 16, 64,
 65, 124, 133
 Bresin, Bill 92
 Brihn, Courtney .. 96, 110, 114
 Brihn, LeAnn .. 6, 30, 151, 205
 Brink, Lauren... 3, 11, 85, 151,
 191
 Brisbois, Mark 66, 151, 202
 Brockman, LeeAnne 88
 Brockman, Teresa 65, 124
 Brown, Austin 151, 165
 Brown, Brandon 151
 Brown, Britney 124
 Brown, Brooke 36, 151, 152
 Brown, Noah 73, 97
 Brown, Robert 38, 44, 151
 Broz, Matthew 97
 Bruggeman, Alyssa 151, 189
 Brunjes, Tyler 78, 152
 Bryant, Alysha 152, 155
 Bryant, Jordan 7, 97
 Bucholz, Jacob 50, 152, 207
 Buck, John 91
 Buckley, Zachary 124, 125
 Buehler, Cassandra 41, 97
 Buffington, Stephanie 91
 Bullock, Jamie 27, 90
 Burger, Zachary 97
 Burgoyne, Carter 16, 124
 Burkhalter, Payton 97
 Burmeister, Taylor 152, 174
 Busby, Julie 91
 Bush, David 152
 Butler, Angela 89
 Buys, Phillip 152, 158, 192
 Bye, Zachary 124, 126
 Bylund, Adam 152
 Bystrom, Kathleen 92



Cady, Nathan 152
 Cahanes, Colten 124
 Caldwell, James 88
 Calhoun, Aaron. 46, 69, 97, 98
 Cameron, Sara 89
 Campobasso, Marah 124
 Capozzi, Rafael 12, 152
 Capra, Max 152, 184, 192
 Carey, Madeline 6, 124, 130
 Carey, Zachary 41, 124
 Carlson, Anthony 152
 Carlson, Brandon . 11, 61, 152,
 185
 Carlson, Hannah... 7, 8, 24, 30,
 31, 85, 152, 157, 208
 Carlson, Kayleen 124
 Carlson, Marana 152
 Carlson, Mary 41, 152
 Carlson, Tyler 97
 Carney, Ginger 93
 Carney, Thomas 97
 Carpenter, Alexis 16, 97
 Carr, Richard 7, 97, 109
 Carr, Ryan 97
 Carson, Christian 98
 Carufel, Connie 92
 Castillo, Ever 98
 Castillo, Kelin 16, 98
 Cerwinske, Sue 93
 Chalgren, Matthew 46, 98
 Chamberlin, Ann 93
 Chamberlin, Chase 124
 Chapeau, Allison .. 6, 7, 29, 30,

31, 153, 172, 185, 188
 Charais, Travis 153
 Charest, Alexandra 69, 98, 114
 Chassion, Alexis 153
 Chastain, Coda 98
 Chea, Samantha 7, 153, 155
 Cheikh, Amina 98
 Cheikh, Jamila 62, 63, 153
 Chenery, Matthew 73, 98
 Chester, Scott ... 19, 38, 39, 44,
 153
 Chiasson, Alexis 190
 Christenson, Zachary 98
 Christianson, Isaac ... 46, 47, 99
 Christianson, Taylor 99
 Clark, Lindsay 29, 37, 153
 Claudon, Alexander 153
 Clausen, Tylor 153
 Clauson, Jordan 124, 145
 Cleary, Matt 89
 Clemens, Miranda 153, 189
 Clepper, Alyson 99
 Close, Kelsie 16, 37, 124
 Clyne, Dawn 88
 Coffee, Mike 90
 Cohoes, Cody 6, 8, 153
 Cohoes, Hailee 124
 Coleman, Chelsie 124
 Coleman, Shane 51
 Coles, Chace 99, 101
 Coley, Jefferson 99
 Collier, Kathrine 124
 Colling, Tyler 8, 16, 153
 Colton, Coleen 89
 Colucci, Mary 153, 209
 Connelly, Colin 153, 156
 Connelly, Kayla 124
 Connelly, Kendra 99
 Connolly, Alexander 99
 Conroy, Samantha 153
 Cook, Adrian 46, 154
 Cook, Derek 46, 154
 Cooley, Lauren 37, 124
 Corbin, Tyler 41, 45, 99
 Corcoran, Nathan 99
 Corcoran, Ryan 154
 Cormier, Hollie 124
 Cornelius, Kathleen 91
 Cowing, Spencer 51, 124
 Craig, Cailie 99, 102

Cunningham, Mary 46, 99
 Curtis, Brianna 99, 105
 Curtis, Taylor 154
 Cusick, Jeremiah 154, 193
 Czarnecki, Dylan 124, 146



d'Entremont, Philip 54, 154,
 202
 Dahlgren, Crysta 99, 105
 Dahlke, Samantha 99
 Dahlstrom, Anthony 99
 Dahmes, Ben 91
 Daly, Megan 154, 206
 Dandl, Lauren 124
 Daninger, Nathan 19, 124
 Davis, Leeann 124
 Davison, Laura 90
 Davison, Thomas 124
 Dean, Dennis 46, 125
 Dean, Francine . 37, 40, 41, 42,
 154
 Decheine, Olivia 16, 99
 Decker, Zachary 16, 125
 Degeer, Lauren 125
 Del Vecchio, Autumn .. 99, 101
 Dempsey, Ashley 34, 35, 125
 Demulling, Samantha 154, 186
 Deneen, Maria 153, 154
 DeVange, Danielle .. 25, 38, 41,
 154
 Dewaele, Tessa 38, 154
 Dhaene, Jessica 83, 99



Dhaene, Kurtus 125
 Dickenson, Zachary ... 125, 129
 Dilling, Zachary 99
 Dimmerman, Samantha .. 6, 58, 125
 Distler, Peyton 37, 125
 Dobihal, Leah..... 9, 154, 157, 184, 198
 Dohaene, Kurtus 146
 Doherty, Kayla..... 154
 Dolan, LeeAnn.. 155, 173, 185
 Domitz, Adam 37, 99
 Dornseif, Mackenzie 40, 75, 155
 Dorthey, Kayla..... 3
 Doten, Samuel 22, 23, 125
 Dotseth, Sarah 125
 Dowdall, Hannah..... 153, 155, 160
 Dowell, Jacob 155
 Dowell, Michaela 99
 Downs, Joseph 125
 Dreher, Allyson . 155, 197, 221
 Dresel, Dylan..... 99
 Drewlo, Nathan 125
 Drewlo, Rachel..... 27, 126
 Drewlo, Samantha 155
 Drobnick, Clay 7, 99
 Dubois, Kyle 155
 Dudley, Kathryn 34, 99
 Dudley, Kevan 126
 Duffy, Qinn 80
 Dunn, Miranda..... 3, 99
 Dunsmore, Blake 155, 203
 Dupree, Rachel..... 126
 Dylkowski, Jennifer..... 99



Ebel, Jack 55, 80, 99
 Ebel, Matthew 51, 155
 Eck, Vincent 126
 Eckdahl, Seleah 126
 Eckdahl, Trinity..... 155
 Eckholm, Brian..... 126
 Edelen, Jacob..... 77, 155
 Edelman, Russ 155
 Edwards, Amanda 126
 Egelkraut, Aaron 126
 Eggenstein, Kendra 142
 Eggers, Cody 78, 126
 Eggers, Matthew..... 99
 Eggert, Tasha 126
 Eggstein, Kendra 53, 126
 Egle, Andrew 73, 126
 Eichinger, Calvin 155, 203
 Eichinger, Derrick..... 127
 Eiden, Matthew 50
 Ellias, Nancy 90
 Ellias, Patrick..... 91
 Elliot, Rich 89
 Emery, Matthew..... 32
 England, Devyn 7, 99
 Enrooth, Amy ... 37, 52, 53, 99
 Entwistle, Ashley 30, 31, 85, 155, 197
 Erchul, Lauren 127
 Erickson, Andrew 100
 Erickson, Brandon 29, 165
 Erickson, Emelia..... 6, 37, 156, 170
 Erickson, Kaitlin 100
 Erickson, Karlee 156
 Erickson, Kenzie 122, 127
 Erickson, Kole 127

Erickson, Leslie 100
 Erickson, Wesley 156
 Erickson, Brandon 156
 Erkenbrack, Kassandra 46, 127
 Ernst, Jakob..... 28
 Ernst, Nikolaus 25, 46, 127
 Espe-Och, Megan..... 89
 Estes, Lindsay 26, 33, 127
 Eurich, Aaron..... 156
 Evenson, Sean..... 156
 Evert, Conner 153, 156
 Evgen, Caitlin 85, 94, 100
 Ewert, Brooke 64, 65, 127



Faffler, Libby 156, 184, 198, 221
 Faltisek, Ramsey 156
 Fandel, Beau..... 100
 Farmer, David..... 147
 Farmer, Kesley 127
 Farmer, Robert 100
 Fecteau, Zachery..... 100
 Fedje, Taylor 6, 156, 184
 Fedorchak, Alexander 50, 156, 184, 203
 Feidt, Rebecca 127
 Felland, Daniel 100, 109
 Felland, Jon 156
 Fenne, Avery 127
 Fenno, Matt..... 91
 Ferderer, Elizabeth 156
 Fertch, William..... 28, 46, 156
 Filipkowski, Alyssa..... 156
 Finley, Evan 127
 Finley, Skye 53, 100

Firkus, Danielle 52, 53, 157, 199
 Fischer, Jenna .. 16, 38, 58, 127
 Fish, Tyler 100
 Flaherty, David 127
 Flaherty, Kezia..... 100
 Fleck, Austin 100
 Fleckenstein, Christina.. 12, 13, 157
 Fleming, David 127
 Fleming, Sarah 100
 Flemming, Cedric..... 100
 Flint, Luke 100
 Forbord, Jordan..... 127
 Forsell, Margaret 6, 16, 127, 130
 Forsman, Ariana... 16, 17, 157, 163, 205
 Forsythe, Aaron..... 89
 Forsythe, Dan 73, 90
 Franklin, Clinston 9, 60, 61, 72, 73, 127
 Frericks, Angela 16, 75, 100
 Frericks, Laura ... 3, 10, 16, 17, 58, 75, 157, 185, 204, 223
 Frericks, Renee..... 91
 Friedt, Dilan 100
 Friend, Valerie..... 100, 105
 Frovarp, Alyssa..... 4, 100
 Frye, Dylan..... 157
 Fuerst, Nathan.. 24, 41, 42, 45, 157, 208, 209
 Fuglie, Bailey 100
 Full, Renee 157
 Fuller, Zachary..... 100
 Furlano, Stella 38, 39, 100
 Fuss, Ashley 157





Goebel, Jesse 128
 Goedeke, Laura 16, 17, 57,
 157, 198
 Gonnion, Jason 88
 Goodpaster, Alyssa 128
 Goossens, Joseph 61, 101
 Goossens, Matthew 158
 Gosiak, Mason 158
 Gottsman, Sophie 56, 158, 162,
 190

Gould, Sarah 23
 Graber, Michael 101
 Graft, Joe 92
 Graham, Logan 101
 Grahek, Emily 85, 158, 186
 Granlund, Luke 4, 128
 Grant, Brittany 101, 102
 Greeley, Jacob 128
 Greeley, Jessica 81
 Green, Benjamin ... 28, 47, 101
 Greene, Zachary 7, 60, 61, 158,
 185

Grell, Amber . 31, 85, 158, 200
 Groeneweg, Emily . 40, 42, 128
 Groppoli, Ryan 128
 Gross, Roni 16, 158
 Grossen, Andrew 23
 Grosz, Mitchell 128
 Grundhofer, Kelly 128
 Grundmeier, Kari .. 15, 23, 128
 Grundmeier, Wade 22, 23, 158
 Guckeen, Darin 158
 Guerrero Briceno, Norca... 12,
 13, 158
 Gulden, Haleigh 101
 Gullikson, Taylor 77, 101
 Gunderson, Brandon 101
 Gunderson, Ryan 158
 Gunter, Dylan 128
 Gustafson, Alexander 128

Gadbois, Magdalen 127
 Gaebel, Shelby 100
 Gaffy, Cale 51, 127, 146
 Gagliardi, David 127
 Galleberg, Mackenzie .. 56, 127
 Galleberg, Taylor 77, 157
 Gallegos, Ramiro 100
 Gallo, Adriana 41
 Galvez, Danielle 100
 Gamelin, Kara 41, 62, 78, 157,
 188
 Garber, Cameron 127
 Garcia-Jaimes, Richard 100
 Garvey, Robert 41
 Gasner, Matthew 127
 Gasner, Paul 157
 Gass, Hannah 100
 Gausman, Brian 127
 Gbolo, Courtney 90
 Geisen, Zoe 38, 100
 George, Jessica 157
 Gerlach, Jacob 127, 146
 Gerlach, Joshua 127
 Germain, Jennifer 127
 Germundson, Keenen 100
 Gervais, Chad 100
 Gestson, Brooke 101
 Geving, Crystal 127, 141
 Geving, Daniel 157
 Gibson, Theresa 92
 Giesner, Cassandra 56
 Gillespie, Dylan ... 66, 157, 222
 Giorgi, Maria 127, 142
 Gjerner, Travis 88
 Glader, Jon 88
 Glenn, Alexi 26, 101
 Goblisch, Emilie 85, 101



Haas, Evan 101
 Hafiz, Jacob 102
 Hafner, Taylor 102
 Hagen, Ashley 158, 193
 Hagen, Lauren 14, 30, 31, 158
 Hagen, Sarah 37, 128
 Haglin, Curtis 128
 Haider, Andrew 46, 102
 Halbert, Brooke 102
 Haley, Aleena 128
 Hall, Emily 102
 Hall, Leighann 102
 Hall, Maxwell 26, 34, 102
 Hallberg, Ashley 128
 Hallberg, Austin 102
 Hallin, Kyle 102, 113
 Hallstrom, Hunter 69, 103
 Haluptzok, Joshua 128
 Hamann, Benjamin 103
 Hamernick, Chase 128
 Hamilton, Dylan 103
 Hamilton, Jon 81
 Hamilton, Jonathon 21, 44, 158
 Hanmer, Audrey... 62, 63, 158,
 181
 Hannon, Andrew 128, 142
 Hannon, Sarina 9, 20, 23, 159,
 184
 Hansen, Curtis 38, 44, 159
 Hansen, Kasey 56, 103
 Hansen, Katie 128
 Hansen, Matthew 103, 109
 Hansen, Michael 128
 Hansen, Nicole 23
 Hanson, Abbie 103
 Hanson, Adele 56, 103

Hanson, Kailey .. 159, 181, 191
 Hanson, Mickayle 103
 Hanson, Samantha 69, 103
 Hanson, Weston 7, 46, 103
 Hanton, Cole 28, 38, 44, 45,
 128
 Harrington, Brittany 41, 159
 Harris, Austin 128
 Harris, Tony 90
 Harshe, Brandon 103
 Hart, Marissa 103
 Hartshorn, Rachel 128, 146
 Hartung, Shonda 93
 Haseltine, Jade 46, 62, 103
 Haseman, Emma 10, 30, 31,
 159, 191
 Hastings, Jacquelyn 103
 Hastings, Mikel 128
 Haug, Megan 38, 159
 Haug, Miranda 58, 59, 103
 Haus, Jonathan 128
 Hause, Leah 159
 Hause, Nathan 128
 Haven, Becky 20, 89
 Haylock, Emily 103
 Haylock, Madeline . 28, 46, 103
 Hechtel, Austin 103
 Hecimovich, Zachary . 103, 110
 Hecker, Deb 91
 Hedin, Thomas 128
 Hefta, Stephen 159
 Hegseth, Philip... 77, 159, 185,
 201
 Heidel, Ellen 10, 16, 103
 Heidel, Leslie 24, 90
 Heilig, Derek 103
 Heiling, Kyle 7, 159, 179
 Heiling, Marisa 103
 Heim, Jonathan 159, 204
 Heiple, Dylan 128
 Heitman, Jacob 103
 Helinsky, Tyler 128
 Helm, Samantha 159
 Helmen, Daniel 159
 Hemstad, Calvin 159
 Henry, Tiffany 103
 Hensley, Aaron 36, 37, 128
 Her, Kimberly 41, 42, 159
 Her, Tswjfw 160
 Her, Tswjyeej 129



Herbek, Brianna..... 103
 Herber, Courtney 160
 Herber, Logan 103
 Herbert, Eric... 54, 55, 73, 129
 Herdegen, Aaron 160, 193
 Herman, Constance 129
 Herman, David..... 78, 129
 Herston, Paige..... 129
 Hess, Brandon 73, 103
 Hestekin, Brittany 53, 129, 137
 Hickerson, Timothy 129
 Hickle, Jordan 103
 Hill, Judy..... 89
 Hill, Matthew 129
 Hilla, Brandon..... 103
 Hillyard, Dustin..... 103
 Hinrichs, Jacob 129
 Hipp, Julia..... 9, 57, 81, 160
 Hipp, Leo..... 54
 Hirdler, Chantel 30, 31, 160
 Hirsch, Nicholas 104, 113
 Hirsch, Sarah..... 30, 160, 208
 Hitchcock, Jennifer... 160, 202
 Hocks, Dalton..... 104, 109
 Hodges, Katrina 19, 46, 160
 Hoeft, Cory 129
 Hogan, Jon 104
 Hoglund, Brittney 46, 104
 Hoidal, Natalie 29, 33, 160, 184, 209
 Holien, Alexander 129
 Holm, Alexander..... 155, 160, 185
 Holm, Collin 129
 Holmes, Amy 56, 75, 160
 Homyak, Benjamin 38, 44, 129
 Hopkins, Trista..... 160
 Hopkins-Ricci, Jacob..... 129
 Hoppe, Henry 160
 Hoppe, Hunter..... 129
 Hoppe, Laura.. 16, 33, 37, 129
 Horn, Alesha..... 104
 House, Nicholas..... 104
 Hovatter, Eric..... 104
 Hove, Lauren ..24, 30, 31, 160, 199
 Howard, Alexandra 104
 Hubbard, Tyler..... 129

Huberty, Haley 129
 Hudak, Blake 130
 Hudes, Katrina 69
 Huesmann, Jacob..... 130
 Huffman, Karishae 130
 Hulsebusch, Robert 130
 Hultgren, Matthew 77, 130
 Humble, Marlee 81
 Hume, Madeline... 16, 37, 125, 130
 Hunt, Aleya..... 16, 161, 201
 Hunt, Mitchell..... 122, 130
 Hunt, Raya..... 130
 Hurtley, Amanda..... 130
 Huset, Nicole..... 46, 104
 Huynh, Karissa 130



Ihfe, Dannielle..... 28, 46, 104
 Ingalls, Maxwell..... 104
 Ingalls, Samantha 4, 42, 104
 Invie, Eric..... 161, 165
 Ion, John..... 38, 44, 161, 190
 Irlbeck, Kelsey..... 75, 161, 223
 Isaacson, Alyssa 104
 Isaacson, Emily 69
 Isaacson, Tyler 69, 130
 Ison, Douglas..... 38, 44, 161
 Iverson, Alexander 23, 130



Jackson, Joe 54, 81, 131
 Jackson, Joseph..... 54
 Jacobson, Dillon..... 161
 Jacques, Saera..... 15, 23, 104
 Jaeger, Raegan..... 102, 104
 Jaeger, Shelbee 161
 Jankowski, Jacob... 54, 80, 104
 Jankowski, Mark 161
 Janoski, Peter 6, 161
 Janu, Adeana..... 104
 Jarrett, Sue 91
 Jasmer, Erica..... 161, 200
 Jeans, Jordon 131
 Jellum, Matthew 131, 146
 Jensen, Kayla..... 10, 131, 142
 Jensen, Nicholas 16, 41, 42, 45, 161, 180, 184, 188
 Jenson, Adam 131
 Jeon, Mi-Young. 12, 13, 16, 33, 161
 Jepsen-Abendroth, Casey 37, 66, 104
 Jewell, Lauren 161
 Johanson, Brittany 104
 Johnson, Alyssa..... 46, 58, 131
 Johnson, Anthony..... 131
 Johnson, Brooke..... 34, 131
 Johnson, Collin..... 131
 Johnson, Colt..... 131
 Johnson, Daniel 60, 131
 Johnson, Emily 28
 Johnson, Evan..... 161, 196
 Johnson, Jessey 32, 161
 Johnson, Keith..... 162
 Johnson, Kristina . 21, 162, 201
 Johnson, Liana 46
 Johnson, Matthew..... 104

Johnson, Myranda 104
 Johnson, Penny..... 93
 Johnson, Thomas..... 131
 Johnson, Zachary..... 104
 Johnston, Nathan..... 162
 Jolicoeur, Kevin ... 18, 131, 137
 Jones, Brandon 97, 104
 Jones, Sarah..... 131
 Jordan, Scott 131
 Jorgensen, Samantha 20, 83, 162, 192
 Jorgensen, Trevor..... 162
 Joselyn, Collin 104
 Joyer, Joseph. 6, 14, 19, 40, 41, 68, 69, 162, 185
 Jurasin, Joe..... 90
 Jurasin, Joseph..... 60, 73, 131
 Justin, Natasha..... 104
 Juutilainen, Jack 27, 131



Kachinske, Erica 104
 Kaiser, Maria 90
 Kaiser, Megan..... 131
 Karlsrud, Benjamin 46, 104, 105
 Karlsrud, Nathan... 42, 45, 208
 Karlsrud, Nathaniel 40, 41, 162
 Karstens, Cody 16, 162, 209
 Karstens, Heather 88
 Kasl, Mary 38, 104
 Kearn, Daniel 162
 Keast, Shaunna..... 38, 46, 131
 Kehn, Brandon..... 104



Keith, Matthew..... 104
 Keith, Michelle..... 162, 206
 Keller, Nicole..... 162, 189
 Kelley, Alex..... 80
 Kelley, Alexander..... 131
 Kelly, Maxton..... 105
 Kelly, Nicholas..... 157, 162
 Kendrick, Paul..... 90
 Kennedy, Kyle..... 131, 134
 Kent, Chad..... 162
 Keocher, Nicholas..... 105
 Kerrigan, Erin..... 15, 131
 Kerrigan, Mackenzie..... 41, 42, 162
 Ketchel, Joseph..... 131
 Kezar, Daniel... 16, 38, 44, 131
 Kibbel, Corey 44, 50, 78, 162, 206
 Kieger, Dan..... 92
 Kiesow, Carly..... 131
 Kiesow, Taylor 19, 20, 85, 163, 171, 189, 223
 Kimcheng, Lee..... 27
 Kinder, Bryce..... 131
 King, Alyssa..... 38, 105, 117
 King, Amanda..... 75, 131, 138
 Kinny, Jamison..... 163
 Kirchner, Carli..... 105
 Kirchner, Krista..... 78, 131
 Kissner, Maddison..... 151, 163, 191, 198
 Klebe, Angela. 7, 8, 14, 30, 58, 59, 163, 172, 185, 197
 Klein, Erik..... 66
 Knefelkamp, Lisa..... 37, 163
 Kniebush, Debbie..... 88
 Knyphausen, Michael..... 131
 Koch, Dan..... 89, 93
 Koenig, James..... 38, 44, 105
 Koenig, Zebulun..... 47, 163
 Kohler, Mitchell..... 131
 Kohler, Timothy..... 66, 163
 Kohls, Lucas.. 72, 73, 130, 132
 Kohn, Charlie..... 105
 Kohnen, Kendra..... 132, 147
 Kohs, Robert..... 163, 207
 Kohs, Samuel..... 32, 163, 206
 Konze, McKenna..... 105
 Koppy, Kyle..... 163
 Koppy, Lucas..... 105
 Koren, Lucas..... 163
 Kost, Sean..... 163, 202
 Kotchen, Douglas ... 15, 40, 41, 42, 45, 163
 Kotosky, Kayla..... 105
 Kounlabout, Andrew..... 106
 Koval, Tyler..... 132
 Krall, Shannon . 40, 41, 42, 85, 163
 Kramer, Gabriella. 58, 59, 163, 165
 Kramer, Scott..... 46, 106
 Krebs, Zachary..... 164, 188
 Krell, Sequola..... 164
 Kriesel, Brianna..... 101, 106
 Krois, Jessica..... 132
 Kroll, MacKenzie..... 132, 147
 Kroska, Luke..... 38, 164
 Kroska, Sarah..... 46, 65, 106
 Kroska, Travis..... 164, 177
 Kruger, Katelin..... 106
 Krynski, Kyle..... 132
 Kubiszewski, Deundra..... 106
 Kuefler, Ryan..... 77, 130, 132, 142
 Kuehn, Iman..... 12, 13, 164
 Kuha, Dylan..... 164
 Kuhnert, Amanda..... 132
 Kuhnert, Joseph..... 106
 Kumerow, Katie... 29, 164, 203
 Kunshier, Joe..... 90
 Kunzer, Alaina..... 132
 Kurrelmeyer, Alyssa..... 132
 Kutz, Samantha..... 46, 132
 Kvarnlov-Leverty, Kristin..... 89



Labelle, Morgan..... 41, 132
 Lacasse, Michelle..... 106
 Ladwig, Nicholas..... 46, 106
 Lafferty, David..... 107
 Lafferty, Taylor..... 164, 202
 Lallier, Nicole..... 164
 Lambert, Ashley. 7, 28, 38, 44, 164, 206
 Lameyer, Justin..... 132
 LaNasa, Jacob..... 132
 Lane, Hayden..... 11, 61, 164
 Lane, Randall..... 34, 35, 132
 Lane, Tanner..... 107
 Langworthy, Casey..... 164
 LaPlante, Mistaki..... 77, 132
 Larson, Afton..... 42, 107
 Larson, Clarissa..... 41, 132
 Larson, Cody..... 107
 Larson, Kiersten..... 75, 132
 Larson, Lisa..... 88
 Larson, Matthew..... 107
 Larson, Reid..... 107
 Larson, Scot ... 60, 61, 75, 164, 206
 Lauderbaugh, Sean..... 107
 Laun, Aaron..... 132
 Lauth, Samantha..... 132
 Lautigar, Chelsea..... 107
 Laverty, Thomas..... 164
 Lawson, Wyatt..... 107
 Leatherman, Andrew .. 41, 132
 Leavell, Dylan..... 107
 Lecy, Ryan..... 23, 29, 132, 138
 Lee, Jacob..... 132
 Lee, Kimcheng..... 107
 Lei, Quinmill..... 132
 Lemmons, McCall..... 3, 20, 57, 164, 185, 194, 223
 Lenart, Michael..... 165, 195
 Lennon, Luke..... 61, 132
 Lenz, Andrew..... 107
 Lenz, Katie..... 46, 107
 Lenz, Merina..... 107, 221
 Lenz, Sarah..... 23, 132
 Leonard, Calvin..... 41, 42, 45, 132
 Lepisto, Amber..... 132, 147
 Leppala, Samuel..... 107
 Leppanen, Rebekah... 126, 132
 Lerum, Joseph..... 107
 Lerum, Sara..... 107
 Lesewski, Jordan..... 132
 Lesnar, Joseph 25, 165, 198
 Lesnar, Michael..... 41, 133
 Leuron, Sara..... 102
 Leventhal, Bruce..... 33, 91
 Levorson, Brian..... 73, 94, 107
 Lewis, Jeff..... 91
 Lexvold, Ian.... 14, 41, 42, 165
 Lichtscheidl, Benjamin 38, 107
 Lichtscheidl, Emily 165, 196
 Lichtscheidl, Travis..... 165
 Lida, Virginia..... 23, 133
 Lidberg, Emily..... 133
 Lidstad, Luke..... 165
 Lieder, Alex..... 165, 189
 Lieder, Maxwell..... 101, 107
 Liljedahl, Shannon..... 3, 107
 Lindberg, Jessica... 7, 8, 24, 30, 165
 Lindemyer, Jessica..... 27, 133
 Lindquist, Michael..... 133
 Lindquist, Taylor..... 133
 Linell, Holly..... 165
 Link, Heidi..... 89
 Linnerooth, Bradley..... 107
 Linz, Alexandra..... 154, 165
 Lipp, Alexandra..... 165
 Lipschultz, Cory..... 107
 Liska, Casey..... 165
 Litecky, Elsa..... 133
 Livermore, Dave..... 92
 Livermore, Laura..... 89
 Lo, Shane..... 133
 Lobermeier, Kelsey... 163, 165, 205
 Loch, Thomas..... 133
 Lochen, Jacob..... 107
 Lockwood, Kelsea..... 107
 Lofgren, Aspen..... 107
 Long, Benjamin..... 37, 54, 133
 Long, Davis..... 80
 Longfellow, Thomas..... 16, 69, 133
 Loomis, Marissa..... 165
 Lopez, Samantha..... 165



Lott, Harley 166
 Loughney, Jake 166
 Luckow, Alexis 133
 Lukkonen, Kelli 107
 Lund, Kyle 134
 Lund, Michelle 166
 Lundahl, Ryder 134
 Lundberg, Tyler 107
 Lundstrom, Samuel 134
 Lunn, Benjamin 28, 38, 44,
 166
 Luscomb, Emilie 64, 107
 Lutz, Taylor 134
 Lutz-Lawlor, Kaitlin 26, 37,
 107
 Lynch, Jacob 134



Maciej, Alex 134
 Macintosh, Samantha 42
 Mackey, Melissa 57, 81, 108
 Mackiewicz, Stefania 5, 21, 25,
 166, 181, 207
 Macky, Melissa 19
 Madsen, Linda 92
 Madson, Robyn 89
 Magnuson, Kelsey 108
 Mahnke, Maria 108
 Mahonen, Benjamin 81
 Maier, Isaac 36, 37, 42, 134
 Mains, Noel 134
 Mample, Jacob 166
 Manning, Karrine 7, 44, 166,
 198
 Manning, Klara 83, 166, 190
 Mansmith, Andrew 41, 134

Marchese, Kayla 53, 134
 Marosok, Daniel 108
 Marr, Melissa 58
 Marsh, Wesley 73, 134
 Marshall, Jenny 91, 92
 Marshall, Tammy 90
 Martin, Marissa 30, 31, 160,
 166, 184
 Martinez, Jacob 134
 Martinson, Lauren 134
 Marusich, Nicole 134
 Marx, Donavan 108
 Marzlof, Bob 19
 Marzolf, Bob 92
 Massey, Andrew 166, 196
 Massey, Steve 88
 Massey, Tyler 61, 166, 173, 194
 Matheson, Jacob 38, 44, 166
 Matheson, Jake 45
 Matheson, Travis 108
 Matteson, Mackenzy 108
 Mattheisen, Shane 134
 Matthew Ebel 51
 Matthews, Natasha 134
 Matti, Eben 34, 35, 108
 Mattson, Dylan 166, 196
 Mattson, Jalayna 166
 Matuke, Samantha 46, 108
 Matzdorf, Larry 89, 91
 Maxwell, Luke 35, 108
 Maxwell, Wendy 93
 McCarthy, Amber 19, 26, 108
 McCleary, Kyle 23, 26, 166
 McClure, Daniel 167, 205
 McCormick, Rachel 167
 McCracken, Benjamin 134
 McCullough, Brooke 167
 McCurdy, Karen 88
 McDowell, Dana 108
 McDowell, Jackson 77, 133,
 134
 McEachran, Tyler 41, 108
 McGrath, Collin 50, 135
 McGraw, Brooke 23
 McGuiness, Micah 75, 135
 McGuiness, Riley 167, 200
 McIntosh, Daniel 108
 McIntosh, Samantha 41, 135
 McIntosh, Sean 167
 McKay, Diamond 43, 108
 McKinney, Alexis 101, 108
 McKoskey, Rachel 108

McLaughlin, Jeremiah 108
 McLaughlin, Jeremy 69
 McLaughlin, Markie 163, 167,
 189
 McMillen, Andrea 135
 Meagher, Rose 108
 Medina, Gabrielle 19, 108
 Megahan, Cody 135
 Mehikomer, Jake 167
 Meier, Thane 135
 Melchor, Ronnie 108
 Menne, Andrew 108
 Menne, Emily 167, 207
 Mercado, Ricardo 167
 Mercado, Ricky 69
 Merila, Lucille 18, 19, 135
 Merino, Michael 167, 202, 223
 Merrier, Nathan 55, 66, 135
 Mertes, Zachari 24, 73, 167,
 184
 Messerli, Kyle 167, 177
 Messin, Molly 167, 187
 Mester, Joshua 108
 Meyer, Abigail 42, 108
 Meyer, Cynthia 135
 Meyer, Emily 41, 108
 Meyer, Matthew 73, 135
 Meyer, Nicholas 167
 Meyers, Andrew 69, 108
 Michel, Spencer 135
 Mihelich, Amy 16, 22, 23, 37,
 135, 221
 Mike, Brandon 135
 Mikolajczyk, Ken 89
 Miller, Abbi 19, 108, 114
 Miller, Alexandra 135, 167,
 193
 Miller, Anthony 135
 Miller, Christopher 135
 Miller, Jack 47
 Miller, Jennifer A. 108
 Miller, Jennifer L. 101, 108
 Miller, John 28, 46, 135
 Miller, Kathryn 135
 Miller, Michael 135
 Miller, Ronny 135
 Mills, Charles 46, 108, 118
 Mills, Michael 170
 Mills, Taylor 109, 114
 Milne, Austin 135
 Miron, Andrew 18, 19, 170,
 194
 Miron, Brittany 109

Miron, Glendon 11, 48, 109,
 110
 Miron, Mike 92
 Mitchelson, Susan 90
 Mobeck, Jeremy 109
 Modjeski, Dalton 7, 73, 109
 Modjeski, Mason 170, 187
 Modjeski, Mikayla 8, 58, 59,
 170, 172, 197
 Modorski, Eric 170
 Moe, David 170
 Moe, Samantha 63, 170, 187
 Moeller, James 109
 Moen, Michael 170
 Mogren, Andrea 56, 135
 Mogren, Dana 109
 Mohawk, Alixandra 170
 Mohler, Amanda 109
 Molin, Ben 89
 Mollet, Daniel 27, 51, 109
 Mondloch, Bradley 22, 23, 25,
 170, 175
 Mondry, Allison 109
 Monson, Lindsay 38, 109
 Montean, Andrew 109
 Monzel, Vicky 88
 Moody, Lauren 135
 Moon, Kendall 46, 110
 Moore, Ashley 30, 31, 85, 135
 Moore, Joseph 110
 Moore, Samera 110
 Moore, Taylor 106, 110
 Moran, Patrick 73, 135
 Moravec, Marissa 65, 135
 Moravec, Mitchell 135
 Morehead, Karen 92
 Morgan, Bernard 68, 69, 135,
 142
 Morgan, Chris 135
 Morgan, Lucas 135
 Morinville, Adison 33, 136
 Moris, David 110
 Morley, Austin 110
 Morris, Amanda 165, 170
 Morris, Austin 110
 Morris, Hanna 46, 48, 58, 110,
 121
 Morris, Heidi 110
 Morris, Zachary 26, 34, 35, 111
 Moser, Nicholas 111
 Motz, Amanda 111
 Motz, Samantha 111



Moua, Elvis..... 170
Mouacheupao, Amy..... 136
Moulton, Justine..... 136
Moyer, David..... 136
Mraz, Travis..... 111
Mueller, Joseph..... 89
Muellner, Michelle..... 111
Murdock, Alexandra 10, 19,
170, 171, 207
Murdock, Mason..... 136
Murphy, Brandon..... 136
Murphy, Louanne..... 93
Murphy, Mikenzie..... 136
Murray, Alexander 69, 170,
191
Murray, Collin..... 38, 136
Murray, Sean..... 111
Muscha, Cody..... 136
Mussehl, Jade..... 102, 111
Muzzy, Andre..... 111, 113
Myers, Emily..... 136
Myers, Jacob..... 72, 73, 170



Nally, Nicholas..... 171
Napoli, Jillian..... 7, 171, 201
Narow, Dylan..... 111
Nase, Joseph..... 111
Nash, Nathan..... 111
Neeck, Elizabeth..... 5, 38, 171,
221
Neeck, Margaret..... 37, 111
Neidt, Jeff..... 89
Neilsen, Adam..... 137
Nellis, Kristin..... 90
Nelson, Angela..... 24, 89
Nelson, Bailey... 122, 136, 146,
171
Nelson, Betty..... 93
Nelson, Britta..... 136
Nelson, Corey..... 171, 174

Nelson, Dallas..... 136
Nelson, Dana..... 111
Nelson, Daniel..... 38, 44, 111
Nelson, Erienne..... 171
Nelson, Joseph..... 136
Nelson, Kelsey..... 171, 221
Nelson, Matthew..... 19, 171
Nelson, Maxwell..... 136, 141
Nelson, Rosalyn..... 19, 171
Nelson, Sadie..... 136
Nelson, Shannon ... 10, 57, 136
Nelson, Tyler..... 136
Nesgoda, Lindsey..... 171, 193
Nesler, Angela..... 85, 122, 136
Neuman, Alexandra ... 62, 171,
204
Neumann, Christian 37, 136
Newbauer, Lauren..... 53, 147
Newcomb, Tim..... 89
Newman, Ellysa.. 37, 166, 171,
202
Newville, Korynn... 6, 133, 136
Nguyen, Phylcia..... 18, 171
Nicholls, Kelly..... 90
Nielsen, Adam..... 136
Nielsen, Benjamin..... 81
Nielson, Adam..... 73
Niemczyk, Cameron 69, 111
Niemczyk, John..... 69, 171
Nienow, Mariah..... 171
Nienow, Shania..... 136
Nolan, Hannah..... 111
Nolden, Allison ... 38, 111, 221
Nordby, Abigail..... 172
Nordrum, Jessica..... 111
Norling, Benjamin..... 172
Norling, Nicholas..... 111
Norman, Anna-Marie..... 136
Norman, Jessica..... 111, 114
Norman, Olivia 16, 52, 53, 97,
111
Novak, Timothy..... 19, 136
Novotny, Frank.... 73, 136, 142
Nygaard, Erica..... 111
Nypan, Kaylin..... 136
Nyquist, Holly 24, 75, 87, 172



O'Brien, Mitchell..... 111
O'Bryan, Nicole..... 48, 58, 136
O'Connel, Sean..... 172
O'Gorman, Gabrielle .. 23, 136,
221
O'Kelly, Meghan..... 172, 207
O'Neil, Amanda..... 149, 172
O'Neil, Jennifer..... 136, 146
O'Neill, Jacob..... 28
Oakvik, Jeremy..... 137
Och, Christine..... 172, 199
Ochs, Kayla..... 111
Ohman, Jacqueline 85, 137,
223
Olesen, Trevor..... 137
Olesiak, Olivia..... 65, 137
Oleson, Trevor..... 147
Olsen, Harrison..... 111
Olsen, Nicole..... 172, 199
Olson, Alyssa..... 111
Olson, Bill..... 91
Olson, Dorothea .. 25, 129, 137
Olson, Jacob..... 172, 190
Olson, Joel..... 88
Olson, Joshua..... 172, 190
Olson, Kyle.. 51, 111, 151, 172
Olson, Lisa..... 137, 141, 221
Olson, Michael..... 111
Olson, Stephanie..... 137
Olson, Travis..... 110, 111
Oman, Caden..... 172
Oman, Regan..... 112
Onasch, Kristyn..... 112
Onasch, Shelia..... 172, 194
Oneill, Jacob..... 38, 44, 112
Opsahl, Logan 10, 85, 94, 102,
112

Opsahl, Luke..... 77, 185
Ortega-Trimble, Nicolas 112
Orth, Jessica..... 43, 172
Ospahl, Luke..... 172
Oster, Michael . 28, 44, 46, 112
Osterbauer, Cellea..... 26, 112
Ostlund, Gabrielle..... 112
Ostman, Derek..... 60, 173
Otto, Jacob..... 28, 44, 46, 112
Owens, Tiffany..... 137



Paddock, Coltin..... 112
Pagel, Kyle..... 137
Pagen, Ryder..... 69
Paggen, Cody..... 69, 137
Paggen, Ryder..... 137
Palke, Laura..... 89
Palme, Travis..... 173
Palmer, Andrew..... 112
Palmer, Erica..... 37, 137
Palo, Katelyn..... 56, 75, 112
Palo, Matthew .. 3, 20, 37, 171,
173, 184
Pandy, Dominique..... 23, 173
Parenteau, Mackenzie..... 138
Pariseau, Lance..... 138
Parker, Kyle..... 72, 73, 112
Parness, Amber..... 112
Parson, Kristi.... 151, 173, 180,
197
Parsons, Nicole 6, 53, 138, 145
Pasch, Aaron..... 173



Passeretti, Zachary 173
 Patchin, Blair 62, 63, 173
 Patrick, Jordan 173
 Patterson, Evan 173
 Paulson, Brian 69, 138
 Paulson, Emily 69
 Paulson, Jennifer 91
 Pearson, Katelynn 30, 138
 Pedersen, Cassandra 112
 Pederson, Cassandra ... 46, 112
 Pederson, Jonathan 112
 Pederson, Michael 173
 Peirson, Eric 46, 138
 Peltier, Abigail 112
 Pemrick, Patricia 37, 138
 Pennig, Alix 109, 112
 Pepin, Megan 112
 Perez, Adam 138
 Perillo, Jared 112
 Perreault, Ryan 38, 44, 138
 Perrin, Anthony 138
 Perrin-Shurrer, Anthony 73
 Peters, Caleb 173
 Peters, Courtney 112, 121
 Peters, Kaitlan 28
 Peters-Schladweiler, Kaitlan 46, 112
 Petersen, Jesse 112
 Peterson, Adam 112
 Peterson, Amanda 173, 200
 Peterson, Anthony 138
 Peterson, Ashlee ... 6, 130, 138
 Peterson, Cary 109, 112
 Peterson, Catherine ... 126, 139
 Peterson, Chase 139
 Peterson, Colin 73, 112
 Peterson, Elizabeth . 56, 57, 81, 173, 203
 Peterson, Kaleisha 139
 Peterson, Kim 88
 Peterson, Maia 53
 Peterson, Neil... 14, 23, 38, 44, 45, 139
 Peterson, Nicholas 139
 Peterson, Perry 93
 Petrey, Emily 112
 Petros, Vojtech 12, 13, 80, 173
 Pham, Samuel 112
 Phelps, Paul 174
 Philippi, Gabriel 97, 112

Phillips, Reanna 113
 Phinney, Beau 69, 105, 106, 113
 Piasecki, Samantha 19, 113
 Pierce, Billy 91
 Pierce, Laura 139
 Pierre, Brittney 139
 Piersdorf, Rebecca 34, 113
 Pierson, Zack 113
 Pierucki, Charles ... 38, 44, 113
 Pignato, Steven..10, 36, 37, 50, 174
 Pikala, Chloe 73, 174, 192
 Pikala, Landon 16, 73, 113
 Pittman, Tyler 174
 Pitts, Ariel 113, 114
 Plaisance, Victoria 139
 Plante, Charles 38, 174
 Pleski, Michael 69, 139
 Plombon, Cora 137, 139
 Plouff, Charles..... 73, 174, 187
 Plummer, Tyler 113
 Poeschl, Nichole 139
 Pollard, Andrew 139
 Post, Hanna 113, 117
 Pothen, Natalie 113
 Poyerd, David 113
 Poynter, Grace 174
 Prachar, David 139
 Preston, Shelby 139
 Proulx, Emily . 85, 86, 98, 114
 Pulczynski, Cash 174
 Pulczynski, Kelsey 114
 Purcell, Sean 139



Quiggle, Hannah 85, 139
 Quimby, Dakota 19, 139



Raak, Daniel 114
 Raarup, Tyler 78, 174, 194
 Rabe, Tim 93
 Rabel, Trenten 114
 Rafferty, Joseph 139
 Ralph, Alissa 139
 Ramberg, James 7, 174
 Ramberg, Jessica.. 65, 114, 139
 Ramirez, Mirna 114
 Ramsden, Nicholas 139
 Rapheal, Erica 28, 46, 114
 Rapheal, Rob 92
 Rapson, Tyler 46, 114, 118
 Rasmussen, Mariana 139
 Rath, Randaline 139, 147
 Ravinski, Forrest 109, 114
 Reeck, Calley 174
 Reed, Austin 46, 115
 Reed, Jonathan 115
 Reed, Michael 41
 Reeder, Jesse 139
 Regino, Tori 115
 Regnier, Jackson 115
 Rehbein, Ryan. 9, 19, 164, 174
 Reily, Heather 64, 115
 Reimer, Andrew 174, 199
 Reinertson, Danielle 46, 115, 121
 Reinhardt, Cassie 139
 Reinitz, Kathryn 174, 193
 Reis, McKenna 56, 115
 Reller, Jay 115
 Reller, Jeremy 16, 115
 Renard, Cole 37, 174
 Renard, Ryan 139
 Renn, Garret 175
 Renn, Nicholas 60, 175
 Rennick, Miranda 175, 207
 Reyes, Zackery 115
 Richardson, Cory 115

Richert, Alexander 54, 80
 Richert, Blake 139
 Richie, Anthony 139
 Riebe, Alyssa 175
 Riedeman, Austin 115
 Riedeman, Nathan 139
 Rieger, Katlyn 115
 Riermann, Emily ... 46, 62, 115
 Riesgraf, Charity . 65, 175, 188
 Rinke, Phoebe 139
 Riopel, Deric 19, 115
 Ristow, Nicolle 91
 Ristrom, Benjamin 175
 Ristrom, Karlyn ... 56, 106, 115
 Ritchie, Clare 92
 Rivard, Anthony 115
 Rivard, Gina 93
 Rivard, Jessica 53, 140
 Rivard, Kevin 90
 Rivard, Michael 138, 140
 Rivas, Gerardo 140
 Rixe-Carlson, Michael 115
 Rizzo, Austin 69, 115
 Robinson, April 29, 31, 172, 175, 185, 202
 Rock, Austin 140, 145
 Rod, Bradley 69, 140
 Rod, Brittany 83, 115, 221
 Rodriguez, Nick 175, 197
 Rogala, Cody 73, 115, 147
 Rolbiecki, Jessica 41, 140
 Rolph, Brian 159, 175
 Ronchak, Aubree 175
 Rondo, Samantha 140
 Rosenberger, Joshua ... 77, 140
 Rosenberger, Tyler 77, 140, 223
 Ross, Jordan 175
 Ross, Rayden 115
 Rossbach, Miranda 37, 115
 Rossini, Cory 140
 Rossman, Aaron 140
 Rossman, Anthony ... 175, 193
 Rosst & Blume, Samantha.. 115
 Roth, Austin 115
 Roy, Brian 91
 Royce, Charles 61, 66, 175
 Rudenick, Heather 3, 175
 Rudman, Quincy 140
 Rue, Jacob 115
 Running, Breanna 3, 175, 184, 196



Rupp, Lynda..... 91
 Rusinyak, Emeril 115
 Russell, Darreck 176, 186
 Russell, Kimberly..... 30, 176
 Ryan Brandt..... 183
 Rybak, David..... 140



Saenger, Jessica 42, 115
 Sager, Eric 126, 140
 Salin, Lucas..... 138, 140
 Salokar, Spencer..... 140
 Salveson, Rhonda..... 115
 Sampair, Shane 78, 86, 176
 Sample, Ashley..... 140, 146
 Sample, Tyler..... 176
 Sandkamp, James 5, 176
 Sarracco, Jaedan 176
 Sauer, Philip.. 38, 113, 115, 117
 Saxton, Cassandra..... 176
 Saxton, Nicholas 116
 Schaab, Alex 140, 145
 Schaaf, Kate..... 81
 Schaeffer, Jennifer..... 140
 Schaffan, Paige..... 140
 Schally, Jacob..... 140
 Schaub Schlager, Sydney..... 140
 Schauer, Tanner 140
 Schehr, Michael..... 140
 Schellinger, Barbara 90
 Scherrer, Erika 25, 140
 Schewe, Breanna..... 176
 Schilling, Samantha..... 6, 140
 Schingen, Michael. 38, 176, 208
 Schlaeger, Colin..... 140
 Schlegel, Kaitlyn 116
 Schleret, Janessa..... 106, 116

Schlumbohm, Katrina.. 85, 102, 116
 Schmidt, Ariel..... 176
 Schmidt, Bradley..... 140
 Schmidt, Jonathan 73, 116
 Schmidt, Matthew..... 73, 176
 Schminski, Samuel.. 34, 97, 116
 Schmitt, Paige..... 116, 117
 Schneider, Trevor..... 116
 Schneider, Zachary 19, 176, 185
 Schoenberger, Kyle..... 176
 Scholten, Anthony..... 140
 Schreiber, Jenna.. 176, 185, 221
 Schroeder, Eric..... 176
 Schuhwerck, Ahren .. 41, 42, 45, 177
 Schuhwerck, Leeah.. 38, 42, 116
 Schultz, Mackenzie 61, 140
 Schulz, James..... 150, 177
 Schuna, Jaime 141
 Schurrer, A..... 73
 Schwanz, Jacob 78, 116
 Schwartz, Bill 93
 Schwartz, Jacob..... 177, 190
 Schwartz, Keith..... 89
 Schwister, Kathryn..... 38, 141
 Scott, Cydnie..... 73, 141
 Scott, Dana..... 141
 Scott, Jennifer 6, 8, 9, 56, 80, 172, 177, 185
 Searles, Christopher 177
 Searles, Zachary 116, 117
 Seeberg, Kathy 92
 Seekon, Shelby 41, 141
 Seim, Mackenzie 177
 Seim, Sonya 92
 Selby, Logan..... 2, 116
 Selby, Robyn.... 31, 58, 59, 177, 195
 Senum, Melanie 26, 177
 Serres, Casondra 116
 Sether, Raelynn 177
 Sewall, Kirsten 3, 38, 44, 141
 Shackett, Tessa..... 41, 141
 Shanahan, Samantha..... 116
 Shaub, Ryan..... 116
 Shaub, Zoey 141
 Shaw, Renee..... 37, 141
 Shea, Garrison ... 14, 15, 38, 44, 141

Sheldrick, Michaela..... 41, 141
 Shevik, Jason 116
 Shields, Jacob..... 8, 16, 44, 61, 177, 223
 Shook, Naleisha-Malia 141
 Shukri, Isnino 141
 Shumaker, Rachel 116
 Shusta, Phillip..... 141
 Siem, Sonja 93
 Siems, Michael..... 133, 141
 Sievers, Amanda 116
 Simmons, Jenna..... 160, 177
 Simons, Sammi..... 116
 Skar, Kyle..... 141
 Skoglund, Jason 41, 116
 Skoglund, Matthew 8, 24, 73, 177, 184
 Skoog, Paige.... 72, 73, 130, 141
 Skradde, Angela 6, 141
 Skye Finley..... 53
 Sletta, Travis..... 42, 92
 Smith, Anthony..... 68, 177
 Smith, Breanna 149, 177
 Smith, Brianne 116
 Smith, Brittany 19, 142
 Smith, Charles..... 27, 149, 177
 Smith, Charlie..... 27
 Smith, Davanna 142
 Smith, Heather..... 116
 Smith, Hunter..... 77, 142
 Smith, Logan..... 116
 Smith, Skylar 43, 178
 Smoczyk, Amber 9, 37, 85, 178, 184
 Snidarich, Jared 142
 Snider, Danielle..... 16, 41, 178
 Snyder, Elizabeth 178
 Snyder, Emma..... 129, 142
 Snyder-Smith, Brady 116
 Solheid, Devan..... 178
 Sonnen, Nancy..... 90
 Sova, Kelli..... 78, 142
 Sowers, Kyle..... 116
 Spanjers, Jeanette..... 16, 23, 38, 39, 56, 116
 Spear, Hannah 116
 Spears, Don..... 88, 91
 Spencer, Chad 116
 Sperry, Morgan ... 6, 44, 65, 142

Spiess, Marian..... 10, 38, 142
 Sprauangel, Christian.... 178, 185
 Stachel, Emily 98, 116
 Staley-Parks, Sydney 142
 Star, Hannah..... 101, 116
 Steffensen, Emilee..... 142
 Stege, Tyler 178, 184
 Steger, Kayla 142
 Steinberg, Jasmine 178
 Steinhoff, Lara 53
 Stenberg, Aaron 44, 117
 Stendahl, Jacob 14, 15, 23, 178, 196
 Stendahl, Jake 37
 Stennes-Rogness, Sue 89, 92
 Stern, Kascha..... 142
 Stevens, Preston 143
 Stevens, Shelby..... 178
 Stewart, Kody 143
 Sticha, Nicole..... 117
 Stiles, Kaley 143
 Stokes, Samuel..... 143
 Stout, Justin 178
 Stoutenburg, Kenneth 143
 Stroeing, Alicia 17, 38, 178, 191
 Strouse, Whitney 143
 Sudo, Ryan 14, 22, 23, 117, 121
 Suero, Miguel..... 143
 Suess, Carol..... 92
 Suess, Kayla .. 7, 58, 83, 59, 143
 Sullivan, Kathryn 117
 Summer, Brandon..... 117
 Svendsen, Teri 93
 Swanson, Hailey.... 94, 102, 117
 Swanson, James 117
 Swanson, Mitchell..... 102, 117
 Swedin, Rachel..... 143
 Swendiman, Scott 91
 Swenson, Madeline .. 29, 30, 31, 172, 178
 Swenson, Tal 117
 Swenson, Tanae 16, 17, 21, 178, 198





Tagg, Kyle 37
 Tarantino, Tim..... 93
 Tautant, Jonathon..... 143
 Taylor, Alyssa..... 178
 Taylor, Danielle..... 34, 117
 Taylor, Elsie 179, 208
 Taylor, Jacob..... 117
 Taylor, Justin 179
 Taylor, Laura... 16, 38, 179, 205
 Taylor, Shelby 143
 Teawalt, Barb..... 91
 Teel, Kaitlyn 18, 19, 24, 85, 179, 192
 Temte, Genna 25, 179
 Tenney, Benjamin..... 143
 Tessier, Matthew 117
 Tessier, Mitchell..... 50, 179
 Tessier, William 179
 Tetrault, Nathan..... 38, 41, 143
 Tetzlaff, Tyler 179
 Thaemert, Ashley 28, 46, 118
 Thao, Sheena 16, 118
 Theisen, Hannah 14, 22, 23, 41, 143
 Thielke, Kyle..... 164, 179
 Thigpen, Jessica 118
 Thill, John..... 118
 Thobe, Cassandra..... 19, 56, 81, 143
 Thole, Kayla 38, 118
 Thole, Zachary..... 179
 Thom, William..... 3, 118
 Thomas, Jesse 143
 Thomas, Kyla..... 118
 Thomas, Lucas..... 37, 143
 Thompson, Cain 118
 Thompson, Evangeline..... 118

Thompson, Katlyn 179
 Thompson, Megan 143
 Thompson, Samantha .. 85, 114, 119
 Thompson, Trevor 73, 119
 Thompson, Vincent..... 179
 Thordson, Elizabeth..... 119
 Thordson, Michael..... 179, 204
 Thornell, Britnie 42, 119
 Thorp, Kathleen.. 7, 10, 30, 179
 Thorp, Natasha..... 4, 167, 179
 Thorson, Lucas 73, 143
 Thurnbeck, Christopher 119, 147
 Tice, Casey..... 41, 143
 Tietje, Larry 91
 Tomczak, Abby 119
 Tomnitz, Kathy..... 119
 Torgerson, Alexander 119
 Torkelson, Adam..... 119
 Toupal, Jacob..... 9, 59, 69, 180
 Towle, Tasha 143
 Trapp, Kyle..... 47, 119
 Trimble - Ortega, Nicolas..... 94
 Trost, Alyshia..... 119
 Troswick-Brant, Chase 143
 Trujillo, Alexander..... 102, 119
 Tschida, Austin..... 143
 Tschida, Blake..... 119
 Tuller, Anthony 180
 Tungseth, Ron..... 51, 89
 Tuomala, Amber... 37, 126, 143
 Turner, Erin 92
 Turner, Jeffery 119
 Tyler, Anthony..... 119
 Tyler, Cassandra 73, 143
 Tyler, Felicia 143
 Tyson, Thomas . 61, 72, 73, 143



Ulrich, Sarah... 52, 53, 180, 205
 Underdahl, Seth 180
 Unger, Jaclyn 63, 138, 143
 Ungerecht, Kathryn 88, 91
 Urban, Michael..... 68, 134, 143
 Urban, Sara..... 69, 119
 Urmann, Joshua..... 180
 Urmann, Katherine..... 143



Vacha, Devin..... 144
 Valento, Collin 119
 Valento, Hanna 119
 Valento, Mahalla 180
 Valley, Ashley 180, 193
 Valley, Cody 73, 144
 Van Buskirk, Zachary 180
 Van Tassel, Kyle 73, 130, 144
 Vance, Jake 144
 VanElsberg, Betsey 159, 161, 180
 VanElsberg, Grant 119
 Vang, Andre 119
 Vang, Isaac 119
 Vang, Samantha 7, 180
 Vang, Shelley 119
 Vang, Tsawb..... 144
 Vangen, Nathan 6, 9, 20, 60, 73, 180, 184, 206
 Vanneste, Amanda 144

Vanneste, Cory 119
 VanTassel, Kyle 73
 Varani, Lauren 29, 31, 180, 209
 Vass, Tanner 119
 Venburg, Gerald.. 170, 180, 204
 Vidlund, Zachary ... 20, 77, 180, 206, 223
 Vierling, Stephanie 150, 180, 209
 Vilgos, Justin..... 144
 Villafuerte, Jesse.. 126, 144, 147
 Vinar, Jade 83, 181
 Vincent, Matthew..... 119
 Vittori, Dominick..... 119
 Voss, Jonathan 46, 119
 Votruba, Cullen 141
 Vue, Devon 33, 181
 Vue, Kaonoukate..... 144
 Vue, Mickey 26, 33, 144
 Vue, Serena 36, 181
 Vue, Thomas 181



Waddle, Calvin..... 119
 Waddle, Colin 119
 Wagner, Austin..... 119
 Wahlgren, Nick 120
 Wahlín, Alexander..... 46, 120
 Wald, Corrine..... 93
 Waldoch, Hayley 85, 86, 94, 97, 120
 Waldow, Austen 181
 Waldow, Tyler..... 120
 Waldron, Andrew 89, 91
 Waldron, Beau 181
 Waldron, Emily 181
 Waleshek, Laura..... 93
 Walker, Parker..... 113, 120
 Wallner, Julia 38, 144
 Walmsley, Thomas 120
 Walsh, Megan..... 144



Walton, Cody 110, 120
 Walton, Jessica 144
 Wambold, Kellie 65, 81, 120
 Wambold, Scott 44, 55, 81, 181, 205
 Wappel, Andrew.. 152, 181, 199
 Ward, Brad..... 91
 Ward, Stephanie 20, 89
 Ward, Veronica..... 92
 Warnke, Bev..... 88
 Warren, Nicholas..... 23, 181
 Washburn, Teddy 102, 120
 Waskey, Anya..... 65, 144
 Wasserbaech, Jan 12, 13, 181
 Wassman, McKenzie 28
 Watkins, John 144
 Watters, Shawna..... 120
 Weaver, Matthew 144
 Webb, Marisa..... 6, 181
 Webster, Jordan 62, 181, 184
 Wedger, Marshall . 21, 181, 184, 194
 Wedger, Russell..... 69, 109, 120
 Weed, Joshua 144
 Weed, Tyler..... 23
 Weigel, Brandon..... 46, 120
 Weiger, Erin 23, 120
 Weiland, Selena..... 144
 Weiss, Mitch 144
 Weiss, Nicole..... 34, 144
 Welch, Deb 93
 Welch, Kellie..... 34, 65, 78, 120
 Welk, Kallie 120
 Welty, Magdalena..... 144
 Wendel, Jacob 181
 Wesselink, Lindsey 182
 Westemeier, Heather 120
 Westergren, Taylor . 58, 59, 164, 182, 201
 Westphal, Hayley 15, 37, 42, 182, 203
 Wethammer, Joshua..... 61, 165, 182
 Whelan, Michelle 120
 White, Abigail..... 102, 120
 White, Alexandria..... 53, 144
 White, Zachary 144
 Wick, Katelyn 19, 137, 144
 Wieland, Paul..... 89

Wielinski, Joseph 182
 Wiemer, Justin 182
 Wiese, Aaron..... 32
 Wieser, Markus 12, 13, 182
 Wightman, Mary..... 88, 90
 Wilke, Ann..... 144
 Wilke, Sarah..... 6, 182
 Williams, Amanda 120
 Williams, Christopher ... 46, 120
 Williamson, Amanda 83, 120
 Wilson, Adam 91
 Wilson, Jeff..... 90
 Wilson, Lenae 144
 Wilson, Sharon..... 90
 Wilson, Trevor..... 34, 120
 Winberg, Holly..... 56, 80, 144
 Wing, Kelly 89
 Wiosky, Michael 182
 Witte, Tomas..... 182
 Wittnebel, Erin..... 75, 182
 Witzel, Justin 144
 Wodaszewski, Charmane..... 92
 Woehl, Brenden..... 66, 182
 Woehl, Evan 66, 120
 Wohlberg, Madison 120
 Wohlberg, Mitchell 182
 Wohlk, Andrea 75, 110, 120
 Wohlk, Racquel 81
 Woinarow, Jake..... 45
 Woinarowicz, Jake 120
 Wolf, Lea..... 12, 13, 182, 200
 Wolff, Cole 144
 Wolff, Joseph..... 144
 Wollan, Steven 120
 Wood, Scott..... 120
 Worden, Chad 88
 Worwa, Samuel 19, 176
 Wright, Andrew ... 77, 105, 110, 120
 Wurzer, Rian..... 125, 145
 Wyandt, Nichole ... 37, 125, 145

Xiong, Christopher 183
 Xiong, Der 183
 Xiong, Kenneth..... 120
 Xiong, Kevin 121
 Xiong, Ryan..... 6, 51, 145
 Xiong, Toulee..... 121



Zahn, Jack..... 46, 121
 Zamzow, Elise..... 28, 33, 121
 Zastrow, William 183
 Zaudtke, Samantha 38, 145
 Zebro, Cassady..... 183
 Zebro, Courtney.... 19, 152, 183
 Zeller, Jade..... 7, 183, 221
 Zentzis, Alek 77, 145
 Zerwas, Jeffrey 179, 183
 Zerwas, Kayla 121
 Zidar, Jennifer..... 34, 121
 Zidon, Kirsten..... 41, 183
 Zimmerman, Tara..... 183, 187
 Zugschwert, Mitchell... 138, 145
 Zumwalde, Barry 92
 Zupko, Brianna 121
 Zupon, Hannah..... 121
 Zusan, Courtney 64, 121

Yang, Lucas..... 42, 133, 145
 Yang, Matthew 183
 Yang, Michael 183
 Yang, Phong..... 121
 Yang, Rachel... 16, 38, 134, 145
 Yang, Titus..... 38, 145
 Yang, Yeng Yang 121
 Yankovec, John 145
 York, Kaitlynn 183
 York, Sierra 4, 121
 Youness, Donovan..... 121
 Youngquist, Andrew.... 174, 183
 Yuronich, Alyssa 183
 Yzermans, Emily... 19, 183, 204



JV Tennis

Row 1: K. Nelson, N. V. Row 2: A. Dreher, M. Lenz, E. Neeck, B. Rod, G. O'Gorman, J. Schreiber, A. Nolden, T. Emily, L. Tilton, N. Wright, Row 3: Coach V. Shortley, R. Anderson, A. Mihelich, R. Juset, L. Faffler, B. Norby, J. Zeller, T. Angelo, R. Banecki, L. Olson



History Has Been Made

As the hundredth graduating class of 2011 finally receive their diploma, history will be made. This year will be remembered as a homecoming game won, a half-time dance team performance through hail, and a domination of maroon and gold spirit. This year will be remembered as a senior run banned, a senior Powder Puff team, Tsunami Seniors, domination, and a new gym floor installed. This year will be remembered as a year filled with heavy snow creating a chaotic parking lot, and exciting winter activities. This year will be remembered as a year where the arts programs excelled creating school excitement. This year will be remembered as a year full of spirit, as the maroon and gold shine through homemade t-shirts, necklaces, banners and glittered faces.

As the year comes to a close, the seniors will be heading off, leaving high school behind and making a future. Along with the ninety-nine preceding graduating classes, they are ready to move forward with their lives. With college or jobs, the seniors move back down to the bottom of the chain as freshman or employees, once again striving to move up. They leave behind three amazing years of memories and friendships.

The juniors will be gearing up in preparation for their senior year, returning back to the maroon and gold. Ready to be the head grade of this school, the juniors will be the leaders of Forest Lake. With one year left, they can strive for success and finish making college or job decisions.

The sophomores will return as, no longer, the youngest of the school, getting ready to out year cheer everyone and ready to move forward in their high school careers. No longer walking into an unfamiliar school, the sophomores can continue their quest for success and rock the maroon and gold making decisions for the future.

This year will be remembered as a year creating history. A year full of unforgettable memories and a year full of life long friends. As we proceed to a new chapter in our lives, high school will always be pages filling our life story. As Walt Disney once said, "We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

-Amber Greff

Although the 2010-2011 school year brought many fond memories, the passing of Senior, Charlie Smith, was not one of them. In early March, Charlie passed after suffering from a brain injury. Because Charlie was an organ donor, he was able to benefit up to 60 different people. On Thursday, March 3rd, students came together to honor Charlie by wearing orange, his favorite color. Students were able to raise money for the family by purchasing bracelets and t-shirts in memory of Charlie. He was a giving, caring, humorous person who extended friendship to all. He will be greatly missed, and never forgotten.

Charlie Smith
February 1993-March 2011



The boy swim captains show their team spirit at pep-fest, wearing their speedos. Captain Dylan Gillespie added "We thought it would make our last pep-fest be memorable."



1983 Motto: If we advance in the direction of our dreams and strive with efforts toward our goals, then surely we are on the road to success.

In 1972, students helped the teachers move into the new high school.



In 1962, the baseball team posts a 10-5 record.

The Debate Team on their way to state in 1988.



1987, Three group members from The Electronics Club.

1976, students collect wood as part of Outdoor Education.



1975 math students work out a tough problem with their teacher.

In 1952 they had a Future Home Makers of America organization..



CLOSING



The original Forest Lake water tower was torn down over ten years ago. A perfect moment in history to remember what not only how this city has grown but Forest Lake High School as well.

Seniors Jacob Shields and McCall Lemmons dress up as twins for Twin Day during Winter Wonder Week. "Girls just wanna have fun!" suggests Shields.



Dance Team senior captain Taylor Kiesow and senior partner Zachary Vidlund dance together for the Boy's Dance at pep-fest. "Teaching boys how to dance is a lot harder then it looks, they come into it thinking it is easy but have a difficult time actually doing it! It was a lot of fun though!" exclaimed Kiesow.



Junior basketball player Tyler Rosenberger takes a jump into the ice cold water during the Polar Plunge. The basketball association raised over \$1,000 dollars in donations! Rosenberger said, "It was my first time doing the plunge and it was the coldest me and my boys have ever been!"



Senior basketball captains Laura Frericks and Kelsey Irlbeck try to dominate in the oreo game at Winter Pep-fest. "Trying to catch an oreo from your forehead into your mouth makes basketball seem easy," exclaimed Frericks.

The section of seniors cheer relentlessly at their final pep-fest of the year! Senior Mahala Valento confessed, "Wow, what a perfect moment for me to completely cover up my face!"



A very camera happy group of Snowball Dancers! The dance had a good turn out and anybody who went had a blast!



Junior Jacqueline Ohman explains her favorite song, "Somebody to Love" by Queen. The song was inspiring to make us reach for a higher goal in jazz! The girls danced both kick and jazz at the Winter pep-fest.



A 1969 Valentines Day themed dance!

In 1962, the school has an annual boat launching when the water opened up!



In 1971, Boys Golf were district champs.

1979, Girls Softball had a record breaking season.



1982 Girls Basketball shoots for success!

1996, the Boys Cross Country had a young team.



In 1985 the science department expanded.

Colophon

Editorial Policy

By virtue of the fact that the yearbook is a student conceived, planned and produced publication, as well as a product of an academic program, there are certain legal and ethical guidelines which Forest Lake yearbook staff members practice. The 2011 Forester and its staff are protected by, and bound to, the principles of the First Amendment and other protections and limitations as afforded by the Constitution and the various court decisions implementing those principles. By not interfering with publication content, school officials are therefore not liable for or responsible for content.

- **Journalistic** in nature, the yearbook informs and entertains its audience in a broad, fair and accurate manner on all subject that affect readers in the areas of academics, community, groups, sports and student life. The entire student body of 1700+ prospective readers constitutes the book's target audience. Secondary audiences include school personnel, community members and scholastic journalism groups.
- **Coverage** • Content focuses on coverage which will meet the wants and needs of the majority of these students, so long as those wants and needs are not contradictory to the principles of scholastic journalism.
- The staff encourages constructive criticism of any part of the book, both before and after publication. However, final authority for the content of the yearbook rests solely in the hands of the yearbook students under the guidance of their advisors.
- **No material** which is libelous, irresponsible and/or an advocate of illegal activity will be published. No material which the advisors deem in poor taste will be printed.
- The content coverage period lasts from the summer before school starts to March, when the yearbook is completed. Events occurring past this date are impossible to include in the yearbook, and are subsequently covered in the spring supplement.
- The subjects for class features are selected by the staff in trying to represent a diverse group of students who have made significant contributions through academics or organizations.
- While the yearbook staff strives to include all official school sports and organizations as equitably as possible, the ultimate decision for page allocation is decided by the advisors.
- **Group photographs** for clubs and organizations are taken by official school photographers. All faculty and staff are notified at least two weeks prior to this date. Any groups not photographed at this time are not the responsibility of the yearbook staff.
- **Portrait Photography** • All underclass students and school

personnel must have their portraits taken by official school photographers to be included in the yearbook. All underclass students and school personnel will be afforded at least two opportunities to have their portraits taken or retaken, if the need presents itself. Seniors must submit (or have one submitted) an appropriate traditional photograph from the yearbook staff no later than the stipulated deadline. Seniors are given the opportunity to have a photograph taken by Picture Place a number of times both at the studio and at the school. Life Touch pictures are used for IDs only. Any student who does not have a photograph taken by the stipulated deadline, may not have a chronological, or other portrait included in the yearbook. It is not the responsibility of the yearbook staff to ensure that seniors get a photograph taken.

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

- **Sensitive Issues** • Should a student or school personnel pass away anytime during the current coverage period, the yearbook staff will not allow for special coverage. Family and friends are welcome to purchase an advertisement to honor and remember the life of the person lost, and the advertisement will be included in the designated section of the yearbook as the production schedule allows.
- **Advertising** • All advertising accepted by the staff must meet the same guidelines as editorial content. Acceptance of advertising does not constitute an endorsement by the Forester staff, Forest Lake High School's administration, faculty, staff, or students, or the Forest Lake Area School District.
- **Senior advertisements**, ranging in price from \$25 for a twelfth of a page to \$50 for a quarter of a page, are sold from August to December. The Forester staff discourages advertisements which include boyfriends/girlfriends because advertisements cannot be removed or changed after submission. The yearbook staff does not guarantee the safe return of any photos submitted for advertisements.
- **Client Satisfaction** • Because the yearbook is a student production, complete satisfaction is not guaranteed to the purchaser. Refunds will not be given for minor errors such as poor portrait quality, misspelled names, etc. Books returned for refund must be free of damage or writing. Once returned, the book becomes the property of the Forester staff and can be resold at the current sales price.

The Forester volume 73 was produced by the yearbook staff at Forest Lake High School in Forest Lake, Minnesota. It was printed by Balfour/Taylor Publishing in Dallas Texas. The account was serviced by representative Jessica Youngpeter and sales representative Reida Lazer.

The cover was designed by Maria Kaiser and incorporated three color design which was silk-screened, embossed, and foil stamped onto the oatmeal background. Cover colors used were red 061 and maroon 806, with a quarter bound stitch. Top mylar stamp was antique gold and embossed. The end sheets are printed on rainbow tan parchment with a 4E torn edge. The book's 248 pages are printed on 100lb enamel paper stock. The 2011 volume includes 248 in full color.

All body copy was set in Seville 10 pt., headlines in Renaissance 120 pt., captions in Seville Italic 8pt., drop cap Renaissance 24 pt., timeline Times 10 pt.. Layouts were created using Adobe InDesign, Adobe Photoshop and Taylor tools and were submitted online.

Professional portraits were taken by LifeTouch and senior portraits by Picture Place in Vadnais Heights. Other images were provided by David Bank Studios, EMC publishing, TLC Images, and Jeff Joyer. The 1000 copies of the Forester were sold for \$80.00.

The newest Hi-Tech application in yearbook coverage!

QR codes (quick response) are the way to make information come alive. Use your smartphone to view a **"YEAR IN REVIEW"**

Download the app. at get.neoreader.com
Snap a pic of the **"tag"** below with your smartphone and **view the video**, for 30 years to come.

Look for these throughout next year's 2012 yearbook!



bal4.tv/stmblite

YE AR Z E



MUSIC



SPORTS



TELEVISION



GADGETS



MOVIES



NEWS

2011

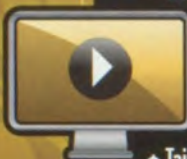
balfour.

Highest Paid Athletes

Tiger Woods: \$90 Million LeBron James: \$45 Million Kobe Bryant: \$33 Million
 Phil Mickelson: \$61 Million Alex Rodriguez: \$37 Million Derek Jeter: \$31 Million
 Floyd Mayweather Jr.: \$60 Million Shaquille O'Neal: \$36 Million Peyton Manning: \$30 Million

Popular Internet Videos

- + Jimmy Kimmel surprises 3 year old Justin Bieber fan
- + OH Go - "This Too Shall Pass"
- + Old Spice - "The Man Your Man Could Smell Like"
- + Annoying Orange "Wazzup"
- + PS22 Chorus "Lisztomania" Phoenix
- + Candidate for Stark County Ohio Treasurer, Phil Davison
- + Taiwanese Lin Yu Chun Sings "I Will Always Love You"
- + Mr. "Trololo" Guy, Eduard Khil



LISTS

Popular Albums

Speak Now, Taylor Swift
Doo-Wops and Hoologans, Bruno Mars
Teenage Dream, Katy Perry
Science and Faith, The Script
Loud, Rihanna
My World 2.0, Justin Bieber
Can't Be Tamed, Miley Cyrus
Goodbye Lullaby, Avril Lavigne
The Beginning, The Black Eyed Peas
Free Wired, Far East Movement
Streets of Gold, 3OH!3



Taylor Swift

Popular Celebrity Twitter Feeds

Justin Bieber	Barack Obama	
Joe Jonas	Ashley Tisdale	
Dalai Lama	Katy Perry	Taylor Swift
Nick Jonas	Ashton Kutcher	Selena Gomez
Conan O'Brien	Oprah Winfrey	Ryan Seacrest

Popular iPhone/iPod Apps

- | | | |
|----------------------|-------------|-------------|
| + Angry Birds | + Hulu Plus | + iMovie |
| + Plants vs. Zombies | + iBooks | + Nike+ GPS |
| + Facebook | + Netflix | + Springpad |
| + Cut the Rope | + Tap Zoo | + Petfinder |
| + Madden NFL '11 | + Bop It! | + Twitter |



Plants vs. Zombies

Popular Athletes

Kobe Bryant
 Peyton Manning
 Shaun White
 Phil Mickelson
 Tom Brady
 Drew Brees
 LeBron James
 Floyd Mayweather, Jr.
 Albert Pujols
 Apolo Anton Ohno
 Lindsey Vonn
 Roger Federer
 Rafael Nadal
 Serena Williams
 David Beckham
 Dwayne Wade

Kobe Bryant

Popular Books

Mockingjay, by Suzanne Collins
The Short Second Life of Bree Tanner, by Stephenie Meyer
Burned, by P.C. Cast
Theodore Boone: Kid Lawyer, by John Grisham
Spirit Bound, by Richelle Mead
Fang: A Maximum Ride Novel, by James Patterson

Popular iTunes Song Downloads

California Gurls, Katy Perry
Nothin' on You, B.o.B
OMG, Usher
Billionaire, Travie McCoy
Waking Up in Vegas, Katy Perry
Hey, Soul Sister, Train
Rude Boy, Rihanna
Cooler Than Me, Mike Posner
Ridin' Solo, Jason Derulo
Break Your Heart, Taio Cruz
My First Kiss, 3OH!3
Need You Now, Lady Antebellum
Imma Be, Black Eyed Peas
Use Somebody, Kings of Leon



UnderCover Boss



TV Series Debuts

Skating With the Stars: ABC
 Conan: TBS
 UnderCover Boss: CBS
 Hawaii Five-0: CBS
 No Ordinary Family: ABC
 School Pride: NBC
 I Used to Be Fat: MTV



Sugarland

Popular Ringtones

Need You Now, Lady Antebellum
 Just the Way You Are, Bruno Mars
 Stuck Like Glue, Sugarland
 Just A Dream, Nelly
 Firework, Katy Perry

Average Price p/Gallon of Gas

\$2.73



Top Grossing DVDs

1. Avatar: \$183,231,512
2. The Twilight Saga: New Moon: \$171,328,918
3. Toy Story 3: \$162,059,004
4. The Twilight Saga: Eclipse: \$128,338,465
5. Iron Man 2: \$113,286,268
6. How to Train Your Dragon: \$105,554,847
7. The Blind Side: \$100,089,006
8. Despicable Me: \$86,837,146
9. Alice in Wonderland: \$74,714,671
10. The Princess and the Frog: \$71,808,291



Popular Google® Searches

iPad	Justin Bieber	Shakira
World Cup	Katy Perry	Netflix
Haiti Earthquake	Twitter	Olympics
BP Oil Spill	Muyar	Selena Gomez
MocoSpace Chat	Glee	Facebook



Moneymaking Movies (U.S. Sales)

Toy Story 3: \$415,004,880
 Alice in Wonderland: \$334,191,110
 Iron Man 2: \$312,433,331
 The Twilight Saga: Eclipse: \$300,531,751
 Harry Potter and the Deathly Hallows Part 1: \$292,387,836



Toy Story 3

Average Ticket Prices

NBA ticket: \$48.08
 NFL ticket: \$76.47
 MLB ticket: \$25.40
 NHL ticket: \$54.25



Top Selling Vehicles in the U.S.

- | | |
|-----------------------------|----------------------|
| 1. Ford F-150 | 6. Toyota Corolla |
| 2. Toyota Camry | 7. Nissan Altima |
| 3. Chevrolet Silverado 1500 | 8. Honda CR-V |
| 4. Honda Accord | 9. Ford Fusion |
| 5. Honda Civic | 10. Chevrolet Malibu |



Ford F-150

Tragedy in Tucson

A mass shooting in Tucson, AZ kills 6 people and injures 13, including Congresswoman Gabrielle Giffords.



Sunny Side Up

The Solar Impulse, a plane fueled only by sunlight, completes a 26-hour flight without using fuel or creating pollution. The Impulse hopes to be the first solar-powered piloted fixed-wing aircraft to circle the earth.



Turns Out You Can Save 6,000 Lives Every Year

Studies surface indicating cell phone use while driving is as dangerous as driving drunk. Many states tighten up their cell phone laws, and Oprah Winfrey launches the "No Phone Zone" campaign.



Indonesia Struck By Tsunami, Volcano

A volcanic eruption and tsunami wreak havoc on Indonesia, destroying villages and claiming hundreds of lives, displacing more than 20,000 people. The subsequent relief effort is hampered by bad weather.



Republicans Dominate Midterms

During the 2010 midterm elections, the Republican party gains 680 state legislative seats and John Boehner (R-Ohio) replaces Nancy Pelosi (D-California) as Speaker of the House.



Mr. Wizard's World

Now muggles from all around the world can experience the excitement of battling a dragon, taming the Hippogriff or being chosen by a wand at The Wizarding World of Harry Potter attraction at Universal Orlando Resort in Florida.



Too Young To Drive? Float.

Fourteen-year-old Laura Dekker hopes to become the youngest person to sail around the world by herself. She sets sail on her yearlong journey from Den Osse in her home country of the Netherlands, and continues on a watery path that will take her around the world.



Prince William and Kate Set a Date

The world watches a fairy tale unfold when Britain's Prince William announces his engagement to his college sweetheart Kate Middleton.



Bring Your Own Bag

Select U.S. cities ban the use of plastic grocery bags in stores in an effort to promote using customers' own canvas bags to eliminate waste and pollution.



This Is One Serious Pledge Drive

Almost 60 billionaires pledge to give at least half of their wealth to charitable organizations of their choice. The effort, named "The Giving Pledge," is led by Warren Buffett and Bill and Melinda Gates with the intention of re-energizing philanthropy in people of all income levels.



The Oil and Gaffe Industry

An oil rig explosion that kills 11 people causes over 206 million barrels of oil to pour into the Gulf of Mexico over five months. The spill's effects on the environment, wildlife and economy last long after the leak is sealed.



Combat Operations Cease in Iraq

After seven years of desert combat for American soldiers, President Barack Obama declares that Operation Iraqi Freedom is over, and all but 50,000 troops return home.



Very Little Tea Is Actually Served

The Tea Party political movement gains popularity at rallies endorsing their stated principles of "fiscal responsibility, adherence to the Constitution, and limited government."



A Zero-Gravity Get-Together

The International Space Station sets the record for the longest human occupation of space. Astronauts from different nations have occupied the space station continuously since November 2, 2000.



NASA Shelves Space Shuttle Program

After almost 30 years and over 130 missions, NASA retires their space shuttle program, designed to carry astronauts and cargo to and from Earth's orbit.



Chilean Miners Buried Alive

Trapped for 69 days 2,300 feet underground, a group of 33 Chilean miners is finally rescued from the collapsed San José copper-gold mine in the Atacama Desert near Copiapó, Chile.

A Drop Like That is Hard on Your Ticker

On May 6, 2010 the Dow Jones Industrial Average plunged about 900 points only to recover those losses within minutes in a stock market anomaly that came to be known as The Flash Crash.

-244.86 -3.44%		7,013.16		COMP 2,319.73	
AXJ	34.16 +0.25	CLM	76.82 -3.15	GOO	1,210.16 +35.60
DIS	1,012.74 -52.23	GOO	1,210.16 +35.60	IBM	1,017.43 -35.67
MSFT	194.76 -7.82	IBM	1,017.43 -35.67	MSFT	286.29 -8.49
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From Super-Bad to Super-Dad

In *Despicable Me*, supervillain Gru has a plan to pull off the greatest heist in history: to steal the moon. But when three adorable orphans enter his life, Gru discovers that the children actually seem to care about him, and a change of heart ensues.

It's Not Ogre 'Til It's Ogre

In *Shrek Forever After*, Shrek longs for the days when ogres terrified the villagers. He is duped into signing a pact with Rumpelstiltskin that lands him in an alternate version of Far Far Away. There, ogres are hunted, Rumpelstiltskin is king and Shrek and Fiona have never met.

Too Busy to Play the Game?

Disney releases *Prince of Persia: The Sands of Time* hoping that gamers will flock to movie theatres to watch Jake Gyllenhaal control the main character.



MOVIES

Decisions, Decisions

Bella is forced to choose between Edward and Jacob in *Twilight Saga: Eclipse*, the third installment in the Twilight film series.



Laughter, Rinse and Repeat

The Disney musical *Tangled* updates the fairy tale of Rapunzel, adding swashbuckling action, hilarious comedy and gallons of shampoo and conditioner.



The Green King of All Media

His meteoric rise to fame from radio in the 1930s, comic books and film serials in the 1940s, network television in the 1960s, to the big screen in 2011 may have taken over seven decades, but *The Green Hornet* finally has a blockbuster Hollywood release to add to his resumé.



The Queen of Mean

Tim Burton's unique slant on *Alice in Wonderland* sees Alice reuniting with her old friends and learning of her true destiny: to end the evil Red Queen's reign of terror.



The Toys Are Back in Town

We've grown up with Pixar's Toy Story movies, so it's through teary eyes that we watch *Toy Story 3* send Andy off to college. As he leaves home, Buzz Lightyear, Woody and the rest of the toys are forced to start a new life in the Sunnyside Daycare Center where untamed toddlers with their sticky little fingers do not play nice.



What's On Your Mind?

The Social Network chronicles the inception, creation and intense legal complications surrounding the one website we seemingly can't live without: Facebook.



Gotta Train the Lizard

In *How to Train Your Dragon*, dragons are hunted by Vikings. But when Hiccup becomes friends with a dragon named Toothless, he finds that there is more to the creatures than he assumed.

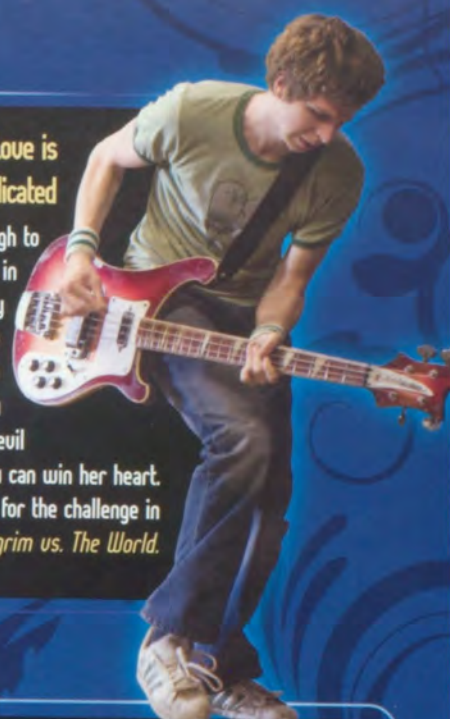
A Day at the Races

Penny Chenery Tweedy guides her precocious stallion *Secretariat* to set the unbeaten record for winning the Triple Crown.



Sometimes Love is Complicated

If you think it's tough to ask out that cutie in chemistry class, try scoring some alone time with a girl who requires that you defeat her "seven evil exes" before you can win her heart. Scott Pilgrim is up for the challenge in *Scott Pilgrim vs. The World*.



Heavy Metal Movie

In *Iron Man 2*, the world now knows that billionaire inventor Tony Stark is Iron Man, which brings pressure from the government, the press, and the public for Stark to share his technology with the American military.



Tron Gets a Graphics Upgrade

Almost 30 years after the original film, Disney re-boots the story of humans doing battle in a digital world with *Tron: Legacy*.

Stay Tuned for Part 2

Even though we already know how the story ends, the two-part release of *Harry Potter and the Deathly Hallows* leaves us hanging on the edge of our seats as we await the final chapter's conclusion to hit theatres in July 2011.



He's Obviously Lonely and Blue

When the supervillain *Megamind* finally achieves his dream of defeating Metroman and conquering Metro City, he finds that his life lacks purpose until he creates another superhero to fight.



Robbing Hollywood of Oscar-Winning Stories

If the epic re-telling of the story of *Robin Hood* looks a little bit like the Oscar magnet *Gladiator*, that's only because they share the same director, leading man, and theme.





For People Who Don't Like Musicals

The 8th season of the CBS crime drama *NCIS* continues to pull incredible ratings, despite being opposite *Glee*. (Thanks, DURI)

Lights Out, Friday Night

The cast of *Friday Night Lights* gives 100 percent out there, but that's not enough to keep the series alive beyond the fifth season. But hey, that's still one season longer than most high school athletes get to play.



Weird to the Bright Red Beard

After stepping down from hosting NBC's *Tonight Show*, Conan O'Brien grows a beard and moves his talk show to cable network TBS.



Nobody Puts Baby in a Corner

Despite landing in the hospital after injuring her back, Jennifer Grey and Derek Hough beat out Bristol Palin and Mark Ballas to win season 11 of *Dancing with the Stars*.



City Codes Are Hilarious

Season three of *Parks and Recreation* sees the Parks Department return to work to discover that the budget crisis still looms and they must work to justify their department's existence.



If You're Happy and You Know It Sing a Song

Glee continues on their path to world domination with performances of Empire State of Mind, the Rocky Horror Picture Show, Michael Jackson's Thriller, and Gwyneth Paltrow performing a little Cee-Lo Green. Next stop for William McKinley High School: the national competition in New York City.



West Beverly Class of 90210

The third season of *90210* welcomes the West Beverly kids to their senior year of high school, which promises to be an unforgettable journey into the lives of those lucky few who call 90210 home.



Coming Soon: Tights and Flights

The end of the beginning starts here. Taking flight in its tenth and final season, *Smallville* brings the modern retelling of a hero's legendary origin to a close as Clark Kent soars toward claiming his birthright - the big red "S" on his bright blue tights.



Penny Tees and Pranks

Nickelodeon's *iCarly* continues to deliver, this year giving us guest appearances by Jack Black and Jane Lynch, and adding Gibby Gibson to the cast of characters.





Life is About Overcoming Obstacles

In *Wipeout*, twenty-four contestants compete against each other and the clock to make it through wild obstacle courses in hopes of winning the \$50,000 prize.

Blades of Glory

Taking the concept of *Dancing With the Stars* and putting it on ice, the ABC network pairs professional figure skaters with celebrities in *Skating With the Stars*.

Judge Harshly, Lest Ye Be Judged

Superstar singers Steven Tyler and Jennifer Lopez try to fill Simon Cowell's snarky shoes as they join Randy Jackson to form *American Idol*'s latest lineup of judges, filling in seats previously occupied by Paula Abdul, Kara DioGuardi and Ellen DeGeneres.



His Is A House of Love

As season seven of *House* begins, House and Cuddy attempt to make a real relationship work and face the question as to whether their new relationship will affect their ability to diagnose patients.



Please, Try This at Home

Minute to Win It features everyday Americans competing in 60-second challenges with household objects for a shot at a million bucks. But as the money increases, so does the level of difficulty of the challenges.



It's Not Polite to Gossip

Season four of *Gossip Girl* opens with a radiant Serena and Blair enjoying their grand and romantic summer in Paris... until Chuck mysteriously arrives in town with a new girlfriend and a new identity.



Sometimes Life Can be Just That

Life Unexpected centers around 16-year-old foster child Lux, who, when reunited with her birth parents, discovers she's from an unlikely family.

Haven't Been This Lost Since "Lost"

Some sci-fi shows are too big to be contained in only one universe, which is exactly why *Fringe* bounces between two different realities. The only thing certain with *Fringe* is uncertainty.



Who's Got All The Right Moves?

So You Think You Can Dance keeps viewers amazed and inspired as talented dancers compete to be named America's Favorite Dancer.





No Popsicle Is Safe

No matter where you are in America, there's nowhere to hide from Katy Perry's popsicle-melting hit song *California Gurls*.



Definitely Train's Most Popular Track

While on its way to becoming the most downloaded song of 2010, Train's *Hey, Soul Sister* is certified quadruple platinum by the RIAA. The song is also used incessantly by Samsung to sell 3-D TVs and silent washing machines. But the true mark of success comes when the song is performed by the cast of *Glee*.



He's Still a Baby, Baby, Baby, Ohhh...

At sixteen years of age, Justin Bieber releases *My World 2.0* and *My Worlds Acoustic* while embarking on his first headlining tour. He is also nominated for two Grammy™ awards, including Best New Artist and Best Pop Vocal Album.

He Wants to Put You in a Song

Put You in a Song is the lead-off single from Keith Urban's newest album *Get Closer*. Urban plays surprise concerts in New York and Philadelphia to promote the album which debuts at No. 2 on the U.S. Billboard Top Country Albums chart.



Music

Taylor Swift is Speak-tacular

Taylor Swift's third album *Speak Now* sells over one million copies in its first week. Eleven tracks from the album appear on Billboard's Hot 100 all at once, giving Taylor the all-time record for most simultaneous songs by a female artist on the chart.



He's Only Gonna Break, Break Your Heart

When it's time to move your body on the dance floor, reach for heartbreaker Taio Cruz's *Rokstarr*, the album that has produced at least three dance floor anthems, *Break Your Heart*, *Higher* and *Dynamite*.



A Little Something for the Soccer Fans

Shakira releases her seventh studio album *Sale el Sol* and her single *Waka Waka (This Time for Africa)* is chosen as the official song for the 2010 FIFA World Cup.



The Award Goes to the Lady

At the 45th American Country Music Awards, country music trio *Lady Antebellum* is awarded Top Vocal Group, Song of the Year, and Single of the Year. The Nashville trio also nabs six Grammy™ nominations.



Beatles for Sale

Since the inception of iTunes, fans of *The Beatles* have pined for their songs to become available, and finally, the wait is over.



Are You Ready For Some Football?

Henny Chesney's ode to high school football, *The Boys of Fall*, reaches the top of the charts the week of October 9, 2010 - the same week many schools observe homecoming. Coincidence?

Always Keep Them Guessing, MGMT

On *Congratulations*, the second studio album from MGMT, the duo departs from the pop music hit singles of their first album and expands their range towards a more psychedelic sound. The video for the first single, *Flash Delirium*, is nominated for an MTV Video Music Award.

Taking it Back to the Beginning

The Black Eyed Peas sell millions of albums, win tons of awards and perform live during the Super Bowl Halftime Show. And according to their latest album title, that's only *The Beginning*.



Carrie Underwood Wed

While touring and releasing hit singles from her album *Play On*, Carrie Underwood still manages to find time to have a sparkly southern wedding with her groom, Nashville Predators hockey star Mike Fisher. The couple tied the knot at the Ritz Carlton Reynolds Plantation in Georgia.



Selena Gomez is a Scene Stealer

In addition to making her theatrical film debut as Beatrice "Beezus" Quimby in *Ramona and Beezus*, Selena Gomez' band Selena Gomez and the Scene release their second album, *A Year Without Rain*, which debuts at No. 4 on the Billboard 200 chart.

Misery Loves Company

Misery is the first single from *Hands All Over*, the third studio album from Los Angeles rockers Maroon 5. The album debuts at number 2 on the Billboard 200.



Keep It Rocking 'Til 6:00 AM

The first single from Jay Sean's album *Freeze Time* is 2012 (*It Ain't the End*) inspiring us to party like there's no tomorrow.

For the Glee on the Go

Sometimes we gotta get places - walk to class, drive a car, ride a bike. But we still want our *Glee* fix. What to do? Oh, that's right - they have soundtrack albums available.





A Perfect Storm Crushes Dream

The women of the **Seattle Storm** win their second WNBA championship, defeating the Atlanta Dream in the first three games of WNBA Finals championship series.

The "G" Stands for "Greatness"

The **Green Bay Packers** and **Pittsburgh Steelers**, two teams with rich histories and deep fan bases, face off in Super Bowl XLV. It's the Packers who emerge victorious, beating the Steelers 31-25.



One-Point Wonders

After scoreless regulation play against Algeria, **Landon Donovan** scores an extra-time goal leading the **USA** to win their World Cup group for the first time since 1930. The World Cup, staged in Johannesburg, South Africa, featured a record 31 one-goal decisions out of 64 matches including Spain's extra-time goal victory over the Netherlands for the FIFA World Cup title.



Back-to-Back B-Ball Champions

The **Los Angeles Lakers** win their second consecutive NBA Championship, defeating the **Boston Celtics** 83-79 in game 7 of the series. The win brings the Lakers to one championship behind Boston's record of 17. These two rival teams have met in 12 NBA Finals, with Boston winning 9 of those battles.



LeBron James Ditches Cleveland, Catches Heat

When his contract is up for grabs, **LeBron James** leaves the **Cleveland Cavaliers** to play basketball for the **Miami Heat**, leaving a lot of unhappy sports fans in Ohio.



The Year of the Pitcher

Major League Baseball sees a surge of pitchers throwing no-hit games, with six during the 2010 season. **Philadelphia Phillies** pitcher **Roy Halladay**, throws two in one season, one of which is a perfect game against the **Florida Marlins**.



Making History Takes Time

John Isner defeats **Nicolas Mahut** 70 games to 68 in the longest match in tennis history. The Wimbledon match lasted a record 11 hours, 5 minutes, spread out over three days.



Giants Rock the Rangers in World Series

The **San Francisco Giants** defeat the **Texas Rangers** 3-1 in Game 5 of the World Series to win the team's first title since the franchise arrived in San Francisco after moving from New York in 1957.



The Girl All the Boys Chase

At age 16, **Elena Myers** becomes the first woman to win an AMA Pro Racing professional motorcycle road race. Meyers won Race 1, Round 4 at Infineon Raceway in Sonoma, CA.



Victory Unfrozen

The **Chicago Blackhawks** win their first Stanley Cup since 1961, beating the **Philadelphia Flyers** 4-3 in sudden death overtime.



Tigers Snack on Ducks

With two minutes left in the game, on the momentum of Michael Dyer's run after other players presumed him down, The **Auburn Tigers** defeat the **Oregon Ducks** 22-19 in the BCS Championship.

SPORTS

White Turns To Gold

After locking in the gold medal during his first halfpipe run at the 2010 Winter Olympics, snowboarder **Shaun White** takes the gold in the Winter X Games as well, executing his infamous Double McTwist 1260.

Climbing Bike's Peak

After winning the 2008 Giro d'Italia, the 2008 Vuelta a España, and the 2009 and 2010 Tour de France, **Alberto Contador** becomes the fifth racer in history to win all three Grand Tours of road cycling.

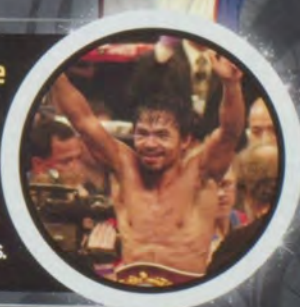
She's Got Mommy's Eyes and Daddy's Lead Foot

Despite speculation that fatherhood would hurt his performance on the track, NASCAR rock star **Jimmie Johnson** becomes the only driver to win five consecutive championships in the Sprint Cup Series after the birth of his baby girl, Genevieve Marie.



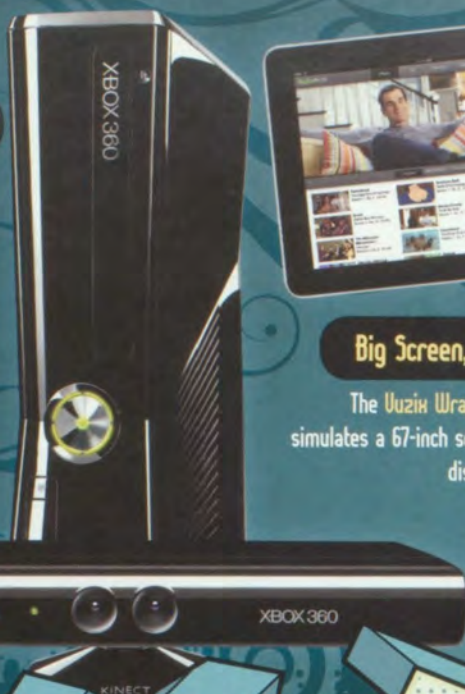
A Champion at Any Size

After defeating Antonio Margarito, **Manny Pacquiao** becomes the first boxer in history to win ten world titles in eight different weight divisions.



You're the Controller

Microsoft changes the way we play video games with the **X-Box Kinect**. The Kinect does away with traditional controllers and instead uses infra-red sensors to detect your body's movements, translating your actions into a truly interactive gaming experience.



From Classic TV to the Latest "Glee"

Hulu lets you watch TV and movies online, and Hulu Plus puts an expanded selection of content right on your iPad, iPhone, Playstation 3 or X-Box.

Big Screen, Little Size

The **Vuzix Wrap 920** video eyewear simulates a 67-inch screen while discreetly disguised as sunglasses.



Loud Alarms Prevent Tardy Slips

Lots of kids use their iPhone as their alarm clock, but docking it to the **UltremeMac Luna SST** increases your alarm's volume and your chances of waking up on time.



GADGETS

Sun, Charge My Smartphone

If you're the kind of person who can talk on the phone all night, hopefully you left your **Scosche SolBat II** in the sun all day. The SolBat is a solar-powered battery backup for your smartphone or USB device.



Netflix Plays The Game

Focused on streaming movies instantly into homes, **Netflix** makes itself available on almost all gaming platforms, including PS3, X-Box and Wii.



Be Ready For That "YouTube Moment"

When whackiness strikes, you've got your trusty **Flip HD** video camera at your side, ready to record up to 16 GB of potential viral video gold.



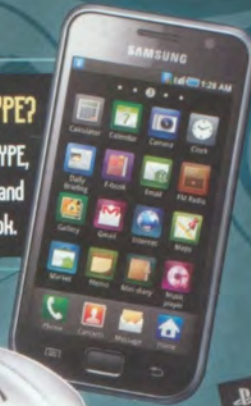
Two is Better than One

For years the iconic iPhone has been carried exclusively by AT&T. After years of speculation, Apple and Verizon announce that the **iPhone 4** is coming to the Verizon network. Now Verizon customers no longer have to stumble through life without knowing the joys of apps like Plants vs. Zombies and Words With Friends.



Why Type When You Can SWIYPE?

Samsung's Galaxy S might have been conceived by teens. The SWIYPE, Write & Go technology is the fastest way to input text messages and update Facebook.



Some Games Are Bigger Than Your Phone

Sure, fiddle around with your little apps between classes, but when it's time for some serious gaming, the big consoles deliver some big titles, including *Final Fantasy XIII* and *Need For Speed: Hot Pursuit*.



"But Daddy, It's Good for the Planet..."

Cross your fingers and hope that Audi's all-electric concept car – the super sleek, super stylish e-tron Spyder – goes into production before your super sweet sixteenth.



Give Your Couch a Rest

Following the success of the Nintendo Wii, Sony releases the PlayStation Move motion video game controller, which translates your physical movements into commands for compatible games.

Never Leave Your Couch Again

Boxee is a media center that scours the internet for the funny video clips, TV shows and movies that you want to see and streams them directly to your television.



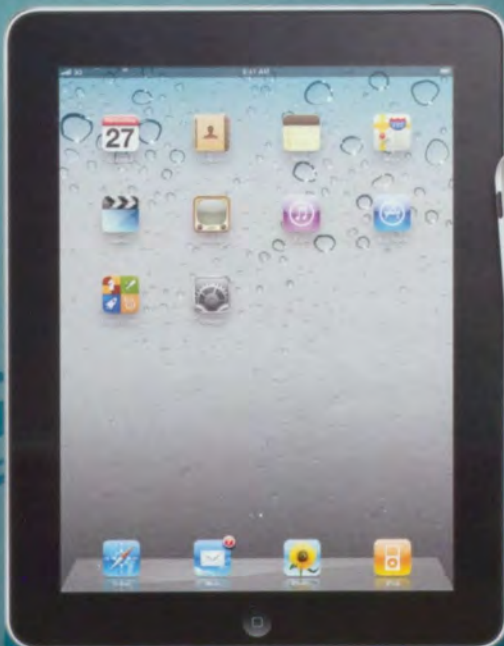
Keeping Young Drivers Safe And Sound

ZOMM is the wireless cell phone leash, panic alarm and hands-free speakerphone that is appearing on the keychains of young drivers everywhere.



No More Pencils, No More Books?

Could this be the beginning of the end of textbooks? As Apple's iPad is the must-have gadget of the year, a handful of high schools issue them to students on the merit of the iPad's potential as an innovative learning tool both inside and outside of the classroom. Once textbook publishers catch onto the potential of the digital education market, we may be able to say goodbye to book-filled backpacks.



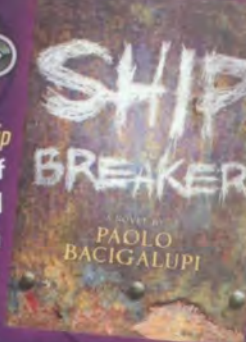
Her Whole Life Has Been Leading Up to This

In Amanda Hocking's *Ascend* - the final chapter in the *Trylle Trilogy* - a war is looming on the horizon and Wendy's fate seems sealed. Everything she sacrifices might be in vain if she can't save the ones she loves.



Not a Book About Pirates

In Paolo Bacigalupi's *Ship Breaker*, Nailer works the Gulf Coast, scavenging grounded oil tankers for parts. But when he discovers an exquisite clipper ship beached during a recent



hurricane, he faces the most important decision of his life: Strip the ship for all it's worth or rescue its lone survivor, a beautiful and wealthy girl who could lead him to a better life.

Bringing an End to Hunger Games

In Suzanne Collins' *Mockingjay*, Katniss has survived the Hunger Games twice, but she's still not safe. The Capitol is angry. The Capitol wants revenge. Who do they think should pay for the unrest? Katniss. And what's worse, President Snow has made it clear that no one else is safe either.



BOOKS

Please Don't Steal Books

Markus Zusak's *The Book Thief* is the story of Liesel, a nine-year-old German girl shortly before World War II who learns first-hand of the ability of books to feed the soul.



You Read The Saga, Now See The Pictures

The must-have *Twilight Saga: Official Illustrated Guide* is the definitive encyclopedic reference to the unforgettable world Stephenie Meyer created in *Twilight*, *New Moon*, *Eclipse*, *Breaking Dawn*, and *The Short Second Life of Bree Tanner*.



Call Us Intrigued

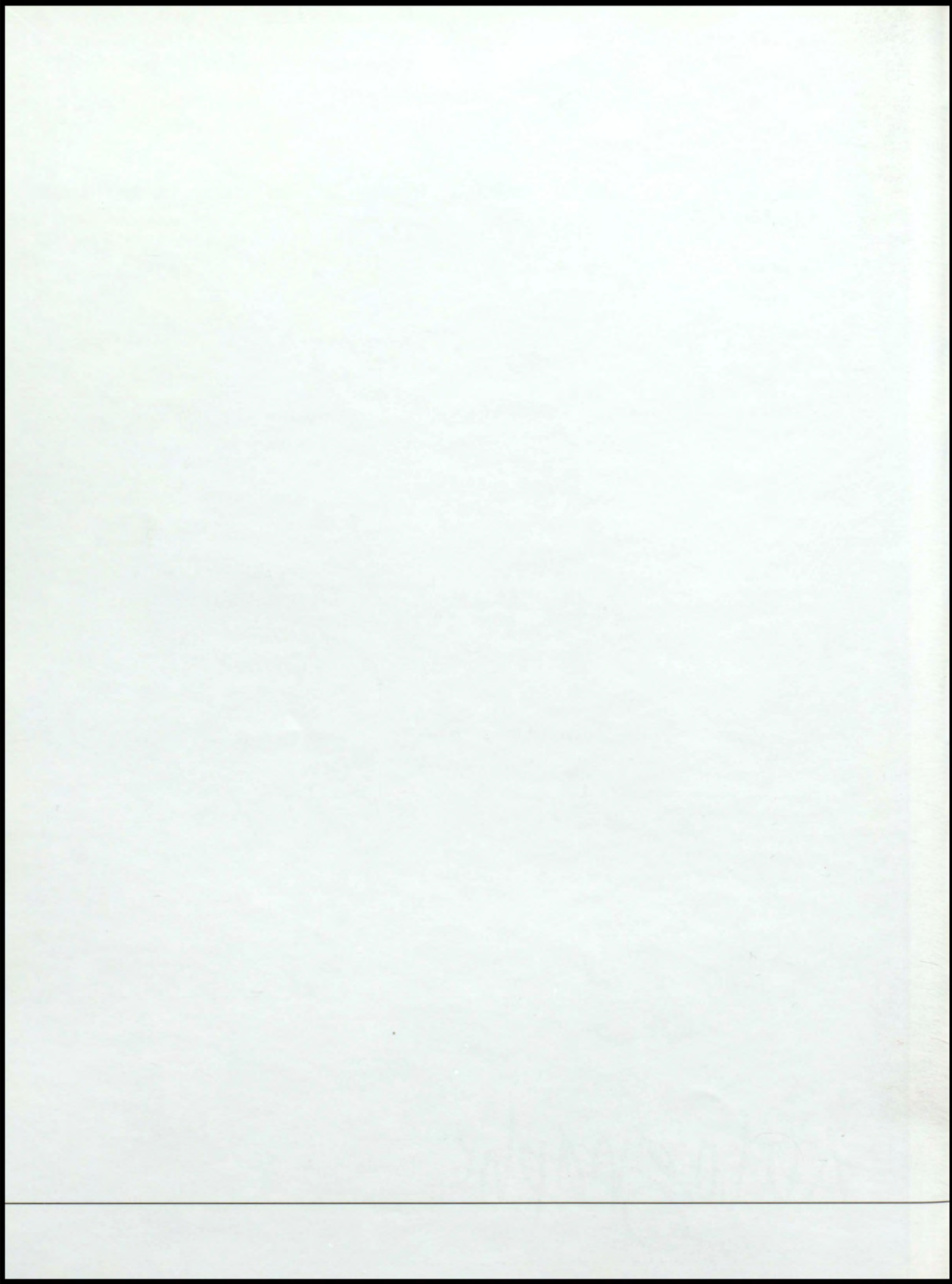
Caught between two worlds: Puerto Rico and New York, Maria does her best to find her place within the unfamiliar culture of the barrio in Judith Ortiz Cofer's *Call Me Maria*.



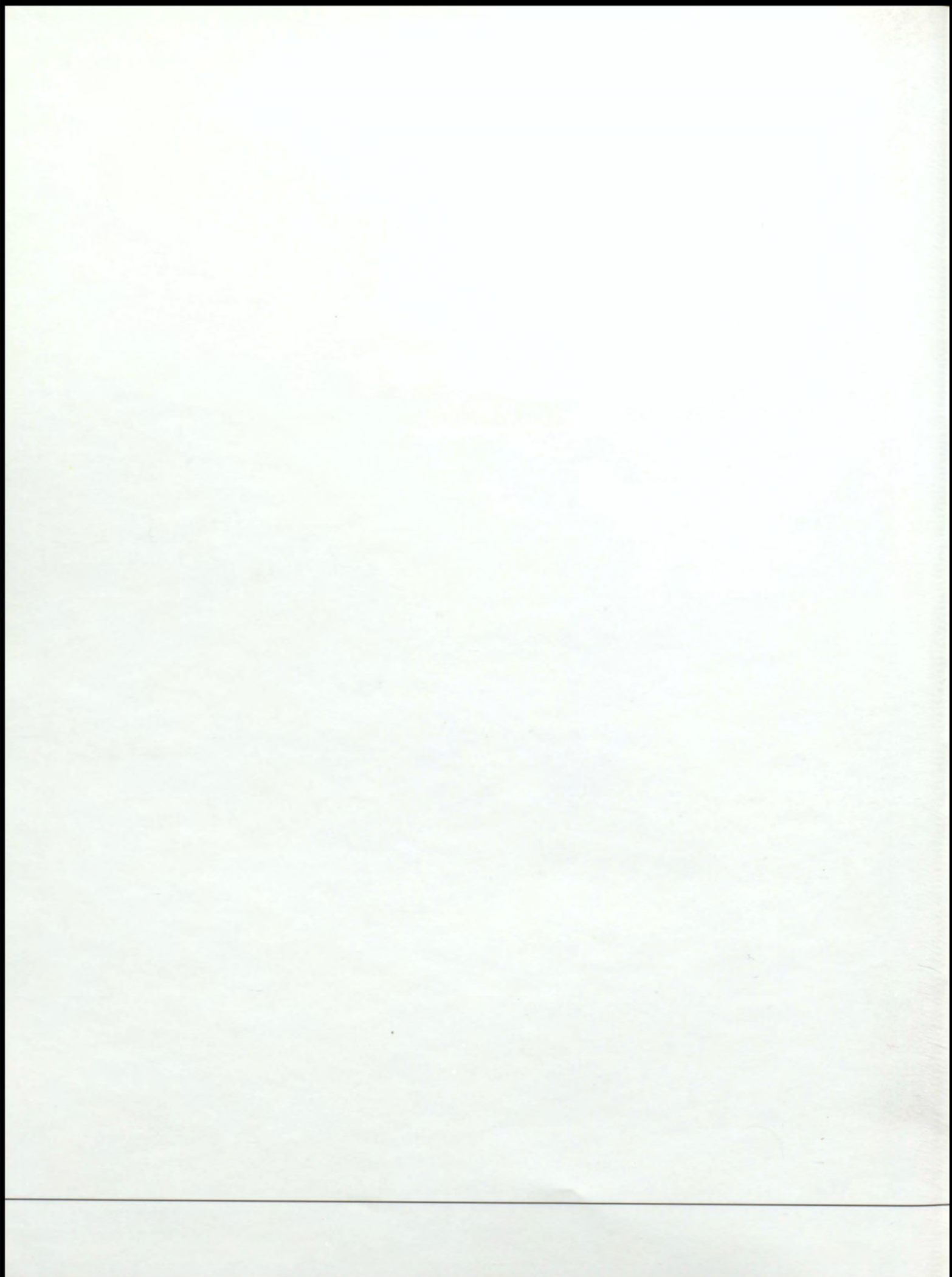
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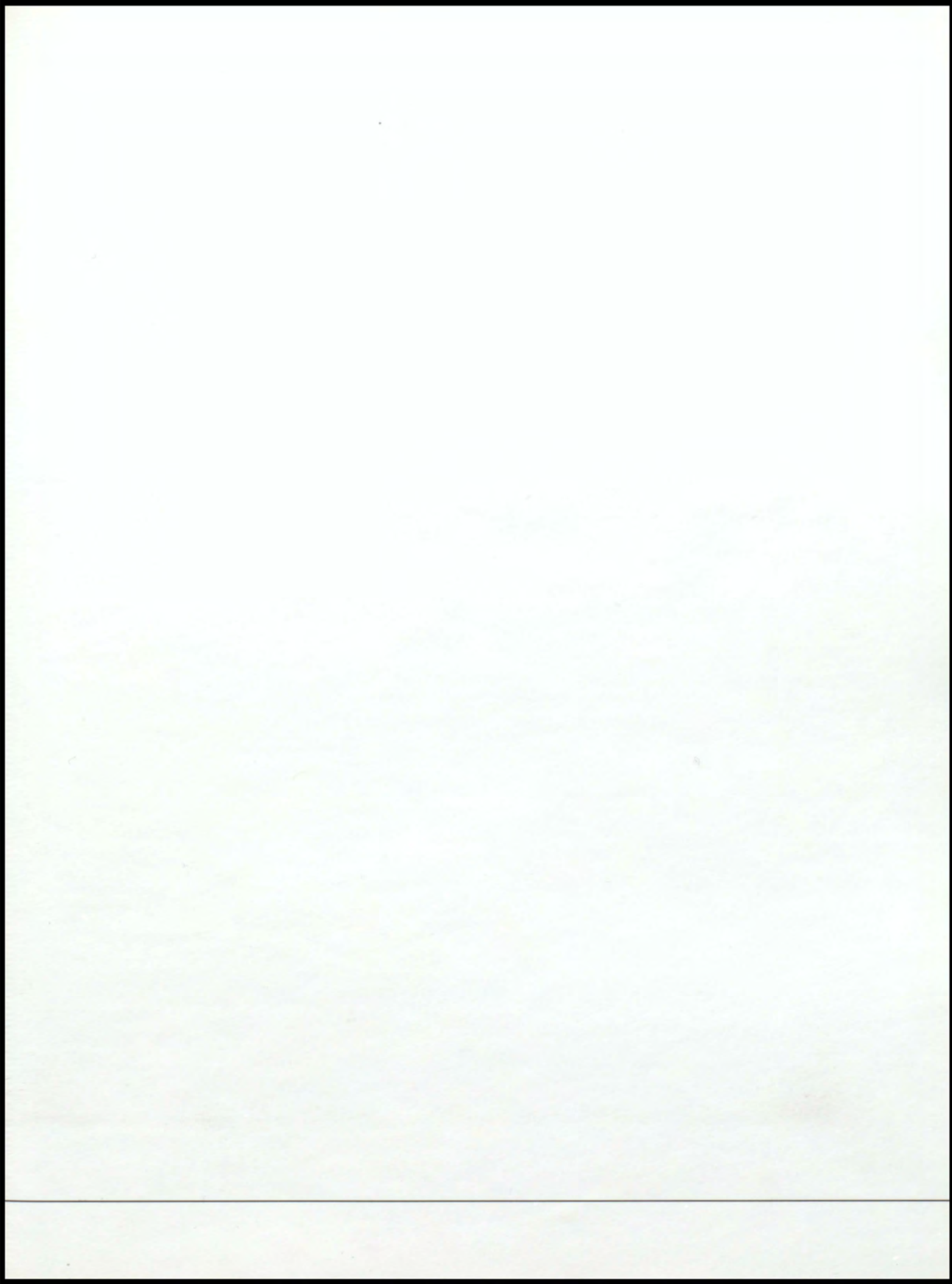
LISTS: Hobe Bryant: McClatchy-Tribune Information Services, Plants vs. Zombies: Disney FamilyFun/MCT, Taylor Swift: BFBF, iPod: Apple, Inc., UnderCover Boss: CBS/Photofest, Sugarland: Jeff Siner/Charlotte Observer/MCT, Gas Prices: iStockPhoto, Avatar DVD Cover: BFBF, Toy Story: Disney/Fox/Photofest, Average Ticket Price (Father and Son): Red Huber/Orlando Sentinel/MCT, Ford F-150: Olivier Douliery/Abaca Press/MCT NEWS: Gabrielle Giffords: MCT, John Boehner: ROGER L. WOLLENBERG/WPV/Newscom, Harry Potter Theme Park: Marjorie Lambert/Miami Herald/MCT, Laura Dekker: MARCEL ANTONISSE/AFP/Getty Images/Newscom, "No Phone Zone": iStockphoto, Indonesia: MCT, Prince William: SUZANNE PLUNHETTI/Reuters/Newscom, Paper Bag: iStockphoto, Warren Buffett: MCMULLAN CO/SIPA/Newscom, Tea Party: Jacob Langston/Orlando Sentinel/MCT, Space Shuttle Program: Red Huber/Orlando Sentinel/MCT, BP Oil Spill: Carolyn Cole/Los Angeles Times/MCT, Barack Obama: Myunggu Han/ABACUSA.COM, International Space Program: Oleg Urusov/Iar-Tass/ABACAPRESS.COM, Chilean Miners: Maza/Hand out/ABACAPRESS.COM, Flash Crash: Dennis Van Tine/ABACUSA.COM MOVIES: Despicable Me: Universal Pictures/Photofest, Prince of Persia: Disney Enterprises/Photofest, Shrek Forever After: Photofest/Paramount Pictures, Twilight: Photofest/Summit Entertainment, Tangled: Disney Enterprises/MCT, Green Hornet: Columbia Pictures, Toy Story 3: Disney Pictures/MCT, Alice in Wonderland: Walt Disney Pictures/Photofest, How to Train Your Dragon: Photofest/Paramount Pictures, Social Network: Columbia Pictures/Photofest, Scott Pilgrim: Universal Pictures, Secretariat: Walt Disney Pictures/Photofest, Iron Man 2: Paramount Pictures/Photofest TV: NCIS: Dancing With the Stars: ABC/Photofest, Friday Night Lights: ABC Universal/Photofest, Conan: ABC Universal/Photofest, Parks and Recreation: ABC Universal/Photofest, Glee: Fox Broadcasting/Photofest, 90210: The CW Network/Photofest, Smallville: The CW Network/Photofest, iCarly: Nickelodeon/Photofest, Wipeout: ABC/Photofest, American Idol: Tony Duran/Courtesy FOX/MCT, House: Fox Broadcasting Co./Photofest, Skating With the Stars: ABC/Photofest, Minute to Win It: ABC Universal, Inc./Photofest, So You Think You Can Dance: Fox Broadcasting Co./Photofest, Gossip Girl: Guerini/ABACUSA.COM, Life Unexpected: The CW/Photofest, Fringe: Fox Broadcasting Co./Photofest, MUSIC: Justin Bieber: Genaro Molina/Los Angeles Times/MCT, Katy Perry: a57/ZUMA Press/Newscom, Train: Nicolas Hhagat/ABACA Press, Keith Urban: Mark Faulkner/Fort Worth Star-Telegram/MCT, Taylor Swift: Jay L. Clendenin/Los Angeles Times/MCT, Taio Cruz: Briquet-Gauthier/ABACAPRESS.COM, Shakira: Gauthier-Gorassini/ABACAPRESS.COM, Lady Antebellum: Crislo/StarlitePics/ABACUSA.COM, Beatles: MCT, MGME: Tim Harrison/RedEye/Chicago Tribune/MCT, Henry Chesney: Gregorio Binuya/ABACUSA.COM, Glee: BFBF, Black Eyed Peas: Lionel Hahn/Abacalusa.com, Carrie Underwood: Robert Dugos/South Florida Sun-Sentinel/MCT, Selena Gomez: Gary Hazanjan/Tresno Bee/MCT, Jay Sean: Fernando Leon/ABACUSA.COM, Maroon 5: Donna Ward/ABACUSA.COM/MCT SPORTS: Seattle Storm: Nyosub Shin/Atlanta Journal-Constitution/MCT, Green Bay Packers: Ron T. Ennis/Fort Worth Star-Telegram/MCT, LeBron James: Michael Laughlin/South Florida Sun Sentinel/MCT, World Cup: Christophe Guibaud/Cameleon/ABACAPRESS.COM, LA Lakers: Robert Gauthier/Los Angeles Times/MCT, Year of the Pitcher: Jose Luis Villegas/Sacramento Bee/MCT, Longest Tennis Match: Corinne Dubreuil/Cameleon/ABACAPRESS.COM, SF Giants: Jose Luis Villegas/Sacramento Bee/MCT, Elena Myers: Jose Carlos Fajardo/Contra Costa Times/MCT, Auburn Tigers: n76/ZUMA Press/Newscom, Chicago Blackhawks: David Maialetti/Philadelphia Inquirer/MCT, Shaun White: Clem Murray/Philadelphia Inquirer/MCT, Alberto Cantador: Giancarlo Gorassini/ABACAPRESS.COM, Manny Pacquiao: Paul Moseley/Fort Worth Star-Telegram/MCT, Jimmie Johnson: Jim Rassol/Sun Sentinel/MCT GADGETS: NBox Hineet: Microsoft/MCT, Hulu Plus: Hulu/MCT, Uziin Wrap 920: Uziin Co., Xtremeflax Luna SSE: McClatchy-Tribune Information Services, Relfine: McClatchy-Tribune Information Services, Scosche SolBat II: Scosche/MCT, Flip HD: Flip Video/MCT, iPhone: Apple, Inc., Samsung Galaxy S: particular/Newscom, e-tron Spyder: MCT, Final Fantasy / Need for Speed: BFBF, Bowee: Bowee, Inc., ZOMM: Zomm/MCT, iPad: Apple, Inc., PlayStation Move: Sony Playstation/MCT BOONIS: Twilight Saga: Official Illustrated: BFBF, Call Me Maria: BFBF, The Book Thief: BFBF, Ascend: BFBF, Ship Breaker: BFBF, Mockingjay: BFBF

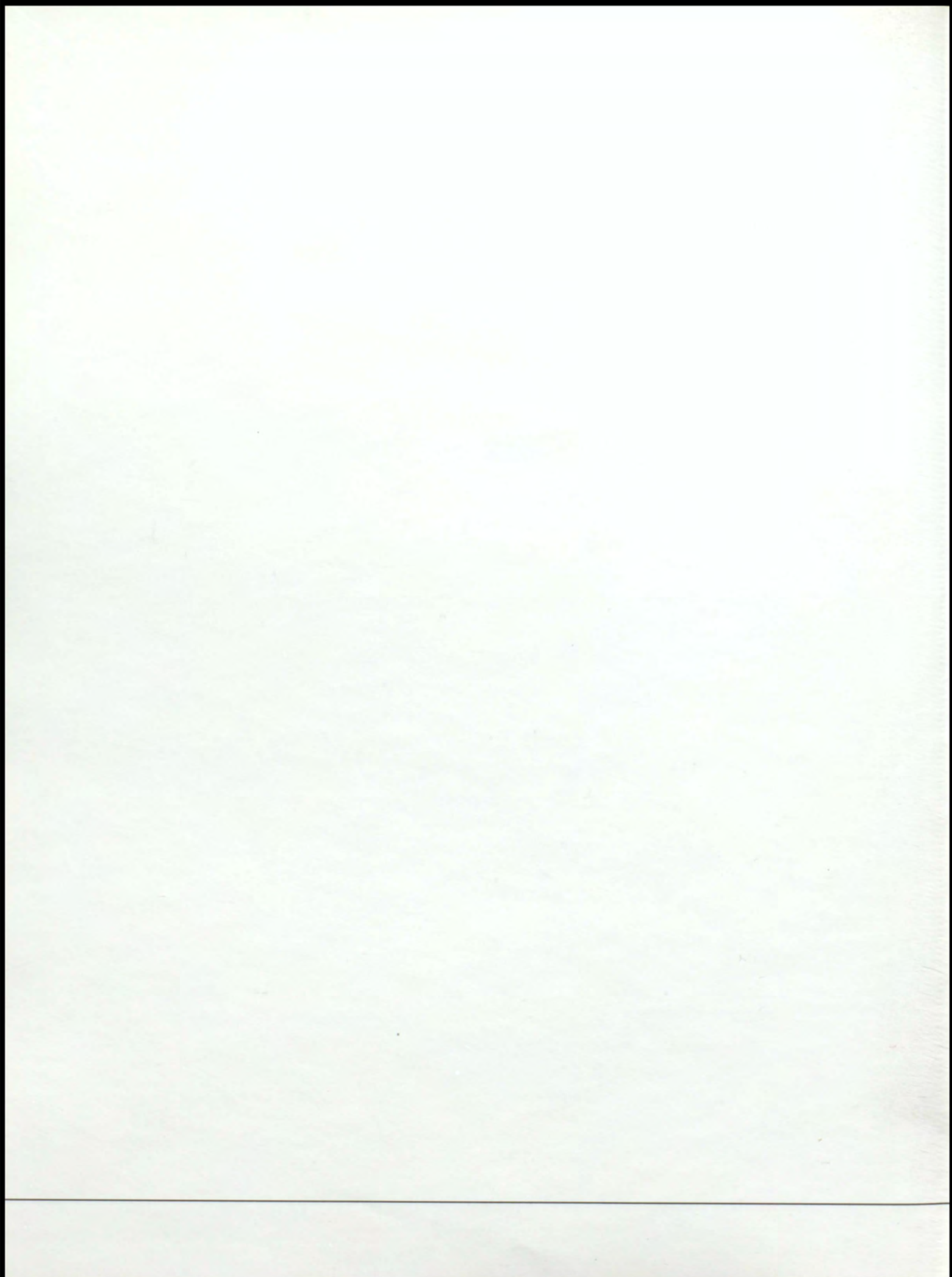
Autographs











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Spring 2011 Supplement



The class of 2011 group together to watch the mock car crash. Senior Luke Lidstad stated, "This is a truly moving experience for high school students to witness!"

Junior Kelli Sova sporting her prize-winning goat at the FFA open house.



Senior Amanda Morris and junior Hunter Hoppe getting ready to give blood at the spring blood drive in honor of Charlie Smith during second hour.



A small group of senior girls showing off their excitement to graduate, by making fake Nike shirts that say "Just did it, Class of 2011".

Prom Starry Night

Whether it was their first, second, or even third time attending prom - students anxiously awaited April 30th. This was the day that all of their previous prom planning would finally come into play. It was all about the perfect dress, hair, and shoes for the girls, as the boys focused on finding the tux to match. Transportation and restaurants were chosen, and plans for the entire day had been made.

Early on the day of prom, everyone began getting ready and making sure they were looking their best before one of the most important parts of the day - pictures. Students lined up with their friends as parents lined up with their cameras, shooting picture after picture.

Shortly after pictures, students crowded into party buses, limos, and cars and were off to Grand March. Couples came down the escalator one after another as parents and friends watched in awe. After each member of their group had been introduced to the crowd, they hurried off to various restaurants including Bucca, Trattoria de Vinci, Ichiban, and Burger Moe's.

As they finished their dinners, students crowded back onto their buses and limos, excited for the main event. The DJ played the crowd's favorites as the students danced along with their dates and friends. The night proved to be a great time for all, with pictures and memories to last a lifetime.

-Jessica Lindberg & Lauren Hove



Seniors Christopher Searles and Dylan Mattson dress up as "Dumb and Dumber" and goof off during Grand March. Mattson explains, "We've been best friends since fourth grade and thought that this would be a fun way to end our senior year!"



Seniors Vanessa Agnes, Sarina Hannon, Stephanie Johnson, and junior Amy Michelich take a short break from the excitement of the dance. "Prom was SO much fun! We did a 'reveal' beforehand, so none of the boys saw their dates and it was a surprise! Everyone looked so beautiful!" exclaimed Agnes. Seniors Hannah Carlson, Emma Haseman, Lauren Hove, Marissa Martin, Jessica Lindberg pose for a picture at Forest Hills Golf Course. "It was a great night to end our senior year!" says Martin.



Dates line up for a picture in front of their party bus before heading off to the Grand March. When asked about the dance, senior Jacob Shields joked, "I should have worn more deoderant... I didn't realize how much I would sweat!"



Senior Taylor Auger ate at Fabulous Ferns with a group of friends. "Yeah, it was pretty fabulous. We had a ton of fun eating there," Auger joked.



Seniors Joseph Joyer, Justin Taylor and junior Jordan Clauson share seats on the way to prom. Joyer explains "We had a great time on the party bus!"



Juniors Miranda Baker, Morgan Sperry and senior Charity Riesgraf pose for a picture at the dance. "Prom was a blast! It's always fun to see all of the gorgeous dresses," says Riesgraf.

2001 - A group of boys take a break from dancing to take a quick picture.



2004 - Dates have a moment while they slow dance together.





Juniors Tyler Rosenberger, Mackenzie Schultz, Chase Chamberlin, Ryan Kuefler, Jackson McDowell, Frank Novotny goof off while on the party bus on the way to the dance. "Prom was an out of body experience both spiritually and physically," says Kuefler.

Senior Dylan Gillespie and junior Alexandra Bey giggle as they go down the escalator during Grand March. "Dylan was a great prom date! We had an awesome time together," says Bey.



Juniors Micah McGuiness, Shannon Nelson, Margaret Forsell, and senior Christine Och take a break from dancing to smile for a picture. "It was a great cherry on top to end our senior year," says Och.

A group of juniors and sophomores had just as much fun on their party bus on the way to prom as they did at the dance itself. Junior Samantha Dimmerman joked, "We were all having a great time until the seniors left early, but they obviously have a bed time, so I suppose I understand."

Seniors Kara Gamelin and Nathan Karlsrud are all smiles while dancing together at prom. "We had a great time! It was such an elegant evening," stated Gamelin.



2005 - A couple, matching in pink, twirl around the dance floor.



2007 - A couple shares a laugh while they slow dance.





Sophomore golfer Emily Proulx throws up a thumbs up while making her way over to the next hole. "Crazy things go on in the burb, many of you wouldn't understand," she chuckles thinking about her funny teammates.



Sophomore Trevor Thompson concentrates hard as he putts the ball directly into the hole. He added "My personal best this year was shooting a 70 at one of my matches."



"Eating at Taco Bell and sitting next to the creepiest guy ever, my team will know what I'm talking about, is the best memory of the season," chuckles Samantha Moe. She wears full rain gear in preparation for the chilly Minnesota weather.



Sophomore Maxton Kelly likes that golf is both an individual and a team sport he added "My favorite memory of this season was when I got my first hole in one!"

Girls Golf
Coach Hall, K. Kruger, E. Proulx,
M. Jeans, M. Carey, K. Wick, S.
Moe, K. Schaaf Coach Mueller



Nicole Rinehart practices her golf swing on the girls golf team in 1993. Six girls participated in the Varsity sport that year.



Boys golf member Paul Nelson concentrates and takes pointers from his coach in 2001.



Golf Straight Down the Middle



Junior Katelyn Wick says, "The hardest thing is your mental game." Wick shot a 43 this season and said it was, so far, her personal best.

Junior Madeline Carey laughs when she tells her favorite memory of the season: "Emily spit her milkshake in Mr. Hall's face." Carey loves all the girls on the team and enjoys all the fun they have together.

Junior Zachary Dickenson gives a lot of concentration while he makes his swing. Dickenson was a great contribution to the team this year.

The teams shiver as they T-off in the midst of the snowfall: welcome to Minnesota. As the snow started to fade the golf teams got back into the swing of things and started to really take off.

The boys team went into the season with a bang, winning conference matches. An exciting moment was bringing home a golden TPC cup they were awarded at Blaine. The season took a slight dip when they had a disappointing placement at conference championships: taking home a second. "We've had some success, but taking second in conference was disappointing. We should have won, we have the potential to do so much better with the talent we have," Coach Buck says. The boys then headed off to sections with high hopes of snagging the road to state. Playing extremely well, the boys were shocked to watch Elk River putt in a 20 foot put to tie the scores. When it came down to a tie breaker, Elk River took the win, devastating the Rangers. After a long, hard season, Shane Sampair and Max Kelly head off to state individually.

The girls golf season began with high hopes, the girls were disappointed when the season started off rough, but the girls never lost their spirit. As the season went on girls became a stronger team, and began to increase their scores. Not only were the teams scores and placements increasing but the friendships grew. They created many memories they will always have with them. At the conference match the girls ranked 5th. With hours of preparation for the upcoming sections match the girls improved their scores and were able to rank 4th. The girls had a great end to the season.

Both teams had a wonderful ending to their seasons. Many personal bests were accomplished, and many friendships and memories were made. These memories and friendships will be something they will be able to treasure for a lifetime.

—Amber Grell and Ashley Moore



Drew Massey was chosen for captain this year representing boys golf. "It's a joy to lead a team of young men into battle," Drew says confidently.



Senior girls golf captain Samantha Moe loves all the girls and being a leader. "It's a lot of pressure being the only senior and the only captain, but I love it."



Shane Sampair was chosen for captain this golf season. "When I was awarded captain I was so happy. I relax the team's nerves and bring great leadership."



Boys Golf

Row 1: L. Resler, M. Vue, N. Moe, J. Moeller, C. Bahr, A. Massey, T. Carney, J. Hoppe, D. Massey, M. Shoglund, J. Moryn Row 2: Coach Willson, A. Kezar, M. Kelly, S. Sampair, C. Edstrom, N. Norling, T. Bisbee, C. Renard, Z. Dickenson, S. Shumaker, E. Mordorski, T. Thompson, B. Rod, Coach Buck

Varsity Golf

Boys
Park Invite @ River Oaks GC
Bunker Hills Invite
Morton Invite
TPC Invite @ Blaine
Hastings Conference
Dellwood Invite
Preserve Invite at Brainerd
Tri-State
Park Conference
Forest Hills Invite
Conference at Prestwick
Detroit Lakes Invite
Forest Hills Conference
Highland National Conference
Duluth Invite
Keller Conference Final
Sections Day 1
Sections Day 2

Girls
Prestwick
Forest Hills
Elk River CC
Forest Lake Invitational
Northfield Invitational Willingers
Hastings CC
Stillwater CC Midseason SEC
Red Wing Invitational Mississippi National
North Oaks
Duluth Ridgeview
Mississippi Dunes
Section 7AAA Grand National
Section 7AAA Grand National

1996 senior Lea Miller shows skill on the green while driving the golf ball.



In 2005 Senior Mark Moberg stands in a perfect stance to work on his fairway shot.



Cradel, Shoot, Score!

Going into our second season of Girls and Boys Lacrosse, the teams kicked off the season with extreme improvement. The boys team had new coaches this year, John Loo, and Greg Sauden. It was Greg's first year coaching lacrosse. John previously coached the Blaine prep team. The girls team gained a new assistant coach this year who is a current teacher here at the high school, Heidi Link. "Coaching was a learning experience, but a lot of fun! I was surrounded by wonderful players, amazing athletes and a terrific coaching staff," Link said. The Varsity coach, Krysta Siepel returned for her second year with the girls.

"The season this year has gone better than our record shows, we have improved so much and now we finally have our first win", senior captain Nathan Fuerst exclaimed about the boys 2011 season. Senior captain Jamilla Sheik described the girls season, "It was phenomenal! The girls are like another family to me, we all became really close this year and it's sad to say goodbye."

Next year with the Boys and Girls Lacrosse team headed into their 3rd season, we can hope to see even more improvement!

~Madeline Swenson



Sophomore, Daniel Mollet, goes in for a check to steal the ball from the opposing team. "This is my fourth year playing lacrosse! I'm really pumped for next season and to be captain!"

Senior captain, Nathan Fuerst, tries to distance himself from his opponent and open up for a pass.



Junior, Chase Hamernick plants his feet, ready to take on the competition. Chase offers some advice to players, stating that "It's all about practice in the off season."

11-7

Boys Lacrosse	
St. Cloud Tech	[L] 2-15
Andover	[L] 2-15
Mahtomedi	[L] 4-3
South Washington	
County	[L] 1-11
Stillwater	[L] 0-16
Mounds View	[L] 4-16
Spring Lake Park	[L] 5-7
Woodbury	[L] 3-16
Rooseville	[L] 6-10
Irondale	[L] 9-10
White Bear Lake	[L] 2-11
Owatonna	[W] 6-4
Hill-Murray	[L] 3-20

Girls Lacrosse	
Andover	[W] 18-16
Blaine	[L] 8-15
Spring Lake Park	[W] 14-13
Cretin-Derham Hall	[L] 3-15
Hill-Murray	[L] 1-8
Park	[L] 7-11
Stillwater	[L] 1-23
Mounds View	[L] 8-18
Roseville	[L] 6-14
South Washington	
County	[L] 8-17
White Bear Lake	[L] 8-12
Mahtomedi	[L] 6-17
Mounds View	[L] 7-16

Boys and Girls Varsity



Boys Varsity Lacrosse

Row 1: C. Waddle, D. Mollet, C. Mills, A. Beeson, M. Baker, R. Rehbein, C. Miller, T. Nelson, Z. Searles. Row 2: D. Baker, C. Waddle, C. Eggers, S. Worwa, L. Morgan, M. Murdock, S. Mattheisen, N. Fuerst, C. Hammernick. Row 3: D. Boldenow, A. Murray, C. Peterson, S. Pignato, T. Lichshidel, M. Tessier, V. Eck, C. Murray



Senior captain Jacob Shields describes his favorite memory, "Getting checked into the opposing teams coach."



Senior captain Nathan Fuerst, "I like watching the team as a whole improve and bring there to help out."



Senior captain Steven Pignato, "I'm really excited about the new coaches and getting the team going. All the players have shown improvement and we have lots of new players."



Girls Varsity Seniors

Row 1: A. Dreher, J. Cheikh, L. Goedeke, M. Lemmons, K. Johnson, T. Swenson.

Row 2: A. Miller, A. Bellows, E. Neek, K. Nelson



Senior captain Jamila Cheikh, "The season started off really good. The girls work really well together and are improving."



Senior captain Laura Goedeke, "I like being someone the girls know they can come to me for help and encouragement!"



"My favorite Lacrosse memory was seeing everyone slip and fall in the snow during the beginning of the season," Senior captain Mccall Lemmons exclaimed.



Sophomore Lexi Carpenter starts out the game with an intense face off against Blaine. "The best part of the season was the spaghetti dinners! Those were awesome!" Carpenter says.



Senior and JV center, Jennifer Scott, fights with the opposing team for the ball. "This is my first year of lacrosse. I would describe it as exhilarating and intense!"



Junior, Chris Miller, guards his opponent in the game against Stillwater High School. "Always guard your guy!" Miller said.

Junior defensive player, Quin Lei, high-fives fellow varsity teammates before a game. "I think this season was the best for me personally, and for our team!" Lei exclaimed. "We were like a family, and I'm looking forward to next season!"



Sophomore Jade Haseltine and Sophomore Emily Riermann focus on the girls game and discuss strategies for the next period. The girls reminisce on the season, stating that "Our favorite night of the season was Senior's Night. We're going to miss them!"



"Although not having much experience at second with the Rangers, I knew Micah would be there to back me up!" exclaimed sophomore Brooke Halbert as she recalled catching a pop fly at second base.



"Mikki, Kailey, and I have a sister-like bond," tells senior captain Taylor Burmeister, "We have shared many tears and laughter together."



Junior Micah McGuinness gets ready to hit, as she high fives her teammates for good luck. "Man was I excited to hustle in and hit! I mean, do you see that smile?" she explains.



The team always shows their support by cheering from the sidelines. "We have tons of different cheers that really encourage the girls on the field," tells freshman Natalie Wright. The team stays interested in the game and doesn't miss a beat as they stand and cheer at the fence.

Senior Kailey Hanson tags the teams biggest rival out at home plate, Stillwater. She states, "The one team I wanted to beat this year was Stillwater and we did! It was definitely one of the highlights of the season for me!"





Junior Shannon Nelson exerts a powerful swing, "All I think about when I'm up to bat is 'hit hard, run fast'."



"The sprint to homebase is always the most adrenalin pumping time of the game, you must keep your eye on the ball and your ear with the base coach" explains Burmeister.



"I play third base and I absolutely love it. I have my sister Andrea at short stop so it's fun to know the Mogren's are taking the left side of the in-field" explained Dana Mogren.

"Being named captain is a big deal to me. It means a lot knowing your team looks up to you and trusts you as their captain and leader," expresses senior captain Taylor Burmeister.



Senior captain Kailey Hanson states, "There are a lot of benefits to being a captain, all of which I love and am very excited to pass down".



Senior captain Mikayla Modjeski explains, "As a captain I feel I have to have a lot of responsibility and leadership. I like being there for others and playing that role, even though games can sometimes be frustrating".



Softball
Row 1: Natalie Wright, Shannon Nelson, Taylor Burmeister, Ariel Schmidt, Kailey Hanson, Maggie Forsell
Row 2: Brooke Halbert, Dana Mogren, Lauren Riedeman, Mikayla Modjeski, Katelyn Palo, Micah McGuiness

Softball

Eyes on the Prize

The start of the softball season is in the end of March, the snow is just beginning to melt and the spring flowers are blooming. The girls are just ending tryouts and are getting ready for another year filled with new goals and new memories.

Many of the girls this year have played on the same team before and that creates wonderful team chemistry. "There is not a game or practice that goes by without one of us telling a story about the past," states junior Micah McGuiness. With all of the team chemistry going on, practices and games become more about enjoying the game than about the final score. Softball is a lifestyle for these girls and they have an incredible amount of dedication, not only to the game, but to the team as well.

This season went pretty well for the team. Senior captain Mikki Modjeski tells about the goals for the season, "This year we are hoping to have a team average GPA of 3.4 and arrive at the state season again." With many other goals for the season, the Ranger Softball team has been kicking it into high gear to reach all of their goals each year.

"Our 2011 season is going great and we are peaking at the right time. We can't wait for the opportunity to represent Forest Lake in a positive way at the section tournament and hopefully get back to state for the fourth year in a row!", coach Angie Ryan stated. Well, the teams hard work paid off; on June 2nd the girls won their game against Anoka and are going to state this year! The team will definitely be showing some of their best work at state this year. They will be working together to achieve their dreams and enjoy the game they love, softball.

— Hannah Carlson and Ashley Entwistle

4-6

Cretin-Derham Hall	[L]	00-40
Roseville	[L]	40-41
Stillwater	[L]	06-34
Woodbury	[L]	20-34
White Bear Lake	[W]	19-13
Hastings	[W]	28-13
Park	[W]	56-28
East Ridge	[L]	28-56
St. Francis	[W]	14-12
Blaine	[L]	23-48

Varsity

In 2003 the team was forced to practice indoors for the first few weeks of the season due to snow!



The 2008 softball team had only four seniors and brought up three freshmen.



SOFTBALL

Baseball America's Favorite Past Time

Baseball, just like all sports, requires hard work and dedication. The majority of these athletes start at a young age by playing in their backyard or a neighbor's. All these boys come together almost every day of the week with one goal in mind, to win. They have grown very close over the season and have good team chemistry. While they can take each other seriously when needed, they also can throw in a few good laughs here and there. Memories like this are ones that will last a life time.

The boys' season has indeed been a strong one; many of the team members would agree that one of their biggest and best accomplishments this year has been beating Stillwater 13-5 in league play.

Senior and third basemen, Ben Norling, has been playing baseball for thirteen years and stated his favorite part about baseball is his teammates. "Everyone encourages one another and we have a good time on the field," he added. 2011 Ranger baseball looks forward to taking on all other competitors in State. They are second in the Suburban East standings just behind Stillwater. They hope to be heading home with blue ribbons.

~ Robyn Selby and Allison Chapeau



Junior, Bryce Kinder, swings hard aiming to hit the ball out of the park!



Sophomore, Beau Fandel, plays as a talented catcher for the Rangers and has a constant go get 'em attitude, exclaims his teammates.



Sophomore, Philip Sauer, enjoys pitching for the varsity team and hopes to continue in his baseball career throughout high school, he has said.

Cretin-Derham Hall	4 - 2 W
Roseville Area	7 - 6 W
Stillwater Area	3 - 13 L
Woodbury	3 - 7 L
White Bear Lake Area	11 - 2 W
Hastings	8 - 0 W
Park	6 - 7 L
East Ridge	4 - 2 W
Mounds View	16 - 3 W
Cretin-Derham Hall	6 - 1 W
Roseville Area	6 - 7 L
Stillwater Area	3 - 0 W
Woodbury	8 - 1 W
White Bear Lake Area	9 - 0 W
Hastings	6 - 0 W
Duluth Central	10 - 9 W
Park	5 - 0 W
East Ridge	7 - 3 W
Mounds View	1 - 4 L
Chisago Lakes Area	11 - 1 W
Princeton	0 - 0 T

Varsity



Varsity Baseball

Row 1: Matthew Jellum, Dylan Dresel, Trenten Rabel, Bryce Kinder, Andrew Miron, Philip Sauer, Ben Norling, Jake Loughney. Row 2: Coach Brian Raabe, Clinton Franklin, Evan Johnson, Alek Zentzis, Carter Burgoyne, Cody Valley, Jack Schmidt, Beau Fandel. Not pictured: Matthew Hultgren.

Senior captain, Evan Johnson, has been playing baseball for thirteen years. He has had much success during his years and makes a great captain because he can always help the younger players and talk to them about anything. "Baseball is the best!" exclaims Johnson.



Senior captain, Matthew "Schmidt" Schmidt, has been playing for twelve years, and stated "I make a good captain because I have an outstanding ability to lead my teammates by good example!"



2001, Rangers run for home!



2004, the Rangers put in awesome effort to tag their opponents out!



Junior, Cody "Tic-Tac" Valley, is a second basemen for Varsity. Valley joined baseball after he enjoyed playing in his neighbors yard ten years ago. His most difficult part of the game is staying focussed the whole time, and he adds that he "likes the color yellow."



Junior, Matthew "J-Spitta" Jellum, has been playing baseball for fourteen years and has been on varsity for two. Jellum loves the entire atmosphere of the sport; everything from the intensity, to encouraging teammates, even down to the aroma of the freshly cut grass. Therefore has no favorite part about it, "As long as I'm on the field, I'm happy!" exclaims Jellum.



Sophomore, Trenten Rabel, plays a mean ball and stays focussed on each single goal of the game at a time. "I love the sport and I plan on sticking through it for high school!" stated Rabel.

Junior, Mattew Hultgren, keeps his focus on the ball as he leads off base waiting for the hit. Hultgren has been pitching since first grade and exclaims, "it's my favorite thing to do!"



Junior, Clinston "Clint" Franklin, recollects one of the toughest moments in baseball was, "sliding into third base because I killed my ankle!"



2007, the Rangers are sure to keep their head in the game.



2008, the Rangers team up before their game!



Junior Joe Jackson runs for a meet. Jackson stated, "Racing and being competitive is the best. I really enjoy it."



Sophomore Cody Walton does the high jump at the White Bear Lake meet. "A lot of my friends were already on the team, so that made track a lot of fun, as well as spending time with my friends and new teammates," Walton said.



Senior Tyler Colling pole vaults for the varsity team. He stated that, "All conference was really fun!" The boys track may have lost a few, but they did win most of thier sections.



Senior Scot Larson is shot putting at an away game and with the strength and agility he has acquired, the ball with go flying. As he always says "Throw big!"



Sophomore Cody Walton strives for a graceful landing after his high jump at the White Bear Lake meet. He said, "I really enjoyed traveling around with the team and meeting new friends."

In 2001, boys track was one of the most dominating sports Forest Lake had to offer.



In 2002, there was 47 students on the track team.



Boys Track & Field

A hop, skip, and a jump away



Freshman Jessie Peterson pole vaulted in a section away game. With the look of determination, his lift is destined to be high and far.



Sophomore Anthony Tyler high jumped for a meet. He stated, "We really worked as a team this year and improved at every meet."

As the weather gets warmer, winter clothes are put away and soon enough come the shorts, tennis shoes, and hurdles. As April approaches, for some that means springtime and almost end of school, but for others— it means their favorite sport is about to begin. The boys track team was coached by Mr. Kendrick and led the team to more wins, than losses.

This 2011 season, the team placed third in sections. Congratulations to the boys track team on their second place finish at the 7AA meet at the beginning of June. Qualifying for the state meet are: junior Joe Jackson in the 800 and 4x800 relay, junior Thomas Tyson in the 100 meter dash and long jump, sophomore Cody Walton in the 300 intermediate hurdle, and senior Tyler Massey in the pole vault who set a brand new school record. "It was incredible to set a new school record, I was suprised but happy that all my work paid off!" Massey exclaimed. Also in state: junior Ben Long in the 4x800 relay, junior Eric Herbert in the 4x800 relay, and Phillip d'Entremont in the 4x800 relay.

The 2011 boys track team had a pretty successful season, and set all new records. The bar was set high from last year but this season they exceeded it. Team work really played a major part in winning, and be able to work together to reach new heights and accomplish each individuals goals.

-Katie Thorp

Senior captain Hayden Lane stated his favorite memory was, "last year when Charlie and I took all conference, me in disk and him in shot put."



Senior captain Charlie Royce said "Conference was fun, Tyler Colling and I were champs!"



Senior Captain Phillip d'Entremont says "It's nice to see everyone make a huge improvement and step up throughout the year."



Senior captain Tyler Massey's motto: "Run, plant, and fly!"



Boys Track Team: Anderson, C. Bierman, L. Bieneninger, M. Breaux, T. Bryant, J. Carlson, B. Childers, L. Colling, J. Colling, T. d'Entremont, P. Dilling, Z. Domitz, A. Dudley, K. Ebel, J. Egelkraut, A. Ernst, N. Feidt, D. Flemming, C. Greene, Z. Hagen, J. Heiling, K. Herbert, E. Huddleston, P. Hunt, M. Invie, E. Jackson, J. Jankowski, J. Jones, B. Jurasin, J. Kasier, C. Kawlewki, T. Kelley, A. Kryzer, M. Lane, T. Lane, H. Larson, S. Litecky, P. Long, B. Maciej, A. Maciej, Z. Mansmith, A. McDowell, J. McIntosh, D. Merrier, N. Milne, A. Miron, G. Montean, A. Moran, P. Morgan, C. Moris, D. Murphy, P. Norling, D. O'Neill, J. Olson, K. Ostman, D. Palo, M. Perreault, R. Petersen, J. Peterson, N. Peterson, T. Pierucki, C. Pollard, A. Rappa, J. Reyes, Z. Robidou, M. Rosenberger, J. Royce, C. Saari, N. Sayre, J. Schultz, N. Schultz, M. Selby, L. Shaw, L. Siebert, T. Smith, T. Torgerson, E. Tyler, A. Tyson, T. Urban, M. Walton, C. Wasserbaech, J. Weigel, B. Wethhammer, J.

Varsity

Cretin-Derham Hall
Roseville
Stillwater
Woodbury
White Bear Lake
Hastings
Park
East Ridge
St. Francis
Blaine

In 2004, the boys track team finished fifth out of eight.



In 2007, the Rangers won section champions for the second year in a row.



Girls Track & Field

Run, Jump, Throw, Repeat.

Girls track got off to a rough start due to unpredictable freezing weather and rain, which led to practices being held inside and track meets getting canceled. However, the team continued to train hard to show off their abilities in the pit, on the track, and in the field. Despite a fairly young team, their squad relied on the leadership of the seven senior athletes. "We're pleased where we are but there is a large learning curve with 105 kids on the team and only seven seniors," stated Coach Kaluza. Four captains were selected to lead the Rangers through competition. Senior Elizabeth Peterson and junior Holly Wingberg guide the distance girls, junior Kayla Suess directs the jumpers, and senior Amy Holmes heads the throwing and discus girls. "Track may be filled with a bunch of different events but this team always pulls together and works like a family. Hugging each other after the completion of an event, the enthusiasm shared as somebody reaches a personal best, and the complaining we all do when we see the workout we need to that day," stated captain Elizabeth Peterson.

The team was a mere twelve points from making it into the State True Team Meet, and ended up placing second, placed 7th in Conference, and 4th in Sections, while Samantha Anderson made it to state for throwing. Overall as a team, the hardest hurdle to jump was to place higher than last seasons team as a whole. Forest Lake has built a tradition of excellence, and will continue throughout the season and into the future. All of the hardwork they put in paid off. The memories we have from this year, we'll have forever. Great season ladies!

-Emma Haseman



Cleared for take off, junior Krista Kirchner triple jumps at the Filly Classic in Stillwater. Kirchner jumps long jump getting 15'6" and triple jump getting 32' for her best scores. "The thing I like most about jumping, is knowing that I can jump over 3 people laying down," states Kirchner.

New to the team this year, Erica Nygaard tries for throwing and succeeds with her best being 84'8". "My favorite memory was on the bus ride home from conference. To the window, to the wall, ahh sheet sheet sheet sheet," stated Nygaard.

Jumping for gold, sophomore Taylor Moore high jumps a 5'1" strong. "What I like most about track is scoping out all the hot men at the meets with Marina. Also this year I accomplished my personal bests, which was really exciting," stated Moore.



Varsity
River Falls Invitational
Chisago Lakes Invitational
Mounds View Invitational
Chisago Lake Invitational
Conf. Meet @ Roseville
White Bear Lake Invitational
St. Francis Invitational
Mounds View Invitational
Park Invitational
Roseville Invitational
Stillwater Invitational
White Bear Lake
Hamline Invitational
Chisago Lakes Invitational
True Team Section @ WBL
Roseville Invitational
True Team State @ Stillwater
Conference Prelims @ East Ridge
Conference Finals @ East Ridge
Section Prelims @ Grand Rapids
Section Finals @ Grand Rapids



Girls Track

R. Wohlk, A. Babcock, C. Baker, S. Rouse, B. Parent, A. Sievers, A. Miller, E. Peterson, H. Winberg, M. Mackey, V. Plaisance, P. Burkhalter, A. Hanson, E. Benner, M. Lenz, A. Williamson, H. Lipp, L. Tilton, E. Litecky, J. Hickie, K. Manning, A. Smoczyk, S. Jorgensen, H. Waldoch, L. Thordson, M. Cheikh, K. Kirchner, K. Suess, O. Olesiak, A. Holmes, N. Huset, S. Furlano, K. Lenz, K. Galleberg, S. Hagen, K. Flaherty, H. Cohoes, C. Thobe, G. Philippi, E. Stachel, T. Moore, T. Ownes, E. Nygaard, M. Miron, C. Pereira, B. Grant, C. Freer, J. Dhaene, A. Motz, S. Motz, A. Howard, J. Hitchcock, J. Ohman, M. Daninger, C. Bailey, S. Anderson, M. Haug, A. Rasmussen, S. Jaeb, S. Zaudtke, A. Waskey, J. Spanjer, R. Schumaker, R. Shaw, M. Reis, E. Haseman, E. Myers, C. Pederson, E. Petry, J. Saegner.



"Track is a great sport and I'm really going to miss these girls, all the laughs we've shared, and all the circles we run everyday," stated senior captain Elizabeth Peterson.



"No one will believe in you, unless you believe in yourself," stated senior captain Amy Holmes.



"My favorite memory was when our 4x800 team got second at conference and broke the school record," stated junior captain Holly Winberg.



"My favorite memory this year was when Hailee, Krista, and I ordered pizza from Easy Ridge, Georgia," stated junior captain Kayla Suess.



1999- Kristine Schally attempts to release the discus while shooting for a new record.



2001-..And she had wings! Jaclyn Larson jumps gracefully leaning toward a winning spot against Forest Lake competitors.



Senior Amber Smoczyk triple jumping at the Filly State Meet in White Bear. "My best jump was 33'3", and placing in section finals in Grand Rapids was my favorite memory," stated Smoczyk.



Junior Hailee Cohoes pole vaults to get her personal best, and she does it! Getting an 8'6" strong. "My favorite memory was at the last practice of the year when we went shower sliding," stated Cohoes.



Above, sophomore Stella Furlano, senior sprinter 400 meter runner, sophomore Amina Cheikh, 200, 100, 4x200, and 4x100 runner, sophomore Elizabeth Thordson, 200, 100, 4x200, and 4x100 runner, senior Emma Haseman, 200, 100, 4x200, and 4x100 runner, sophomore Jessica Dhaene, 300 meter hurdles and 4x200 runner, and sophomore Amanda Sievers 100 and 4x100 runner at Conference.

Junior Holly Winberg, junior Cassie Thobe, senior Elizabeth Peterson, and eighth grader Rocquel Wohlk broke the school record last year for the 4x800 with a time of 9:42, and broke it again this year at 9:40. "Us four girls set out to set a record last year and we did, so this year we worked so hard. Our goal from the start of the year was to rewrite the record book, and guess what... we did," stated Thobe!



As if running isn't hard enough junior Elsa Litecky struts her stuff in the 100 meter hurdles. "My best time this year was 16.98 seconds, just going over the hurdles. I feel so strong, graceful, and free," stated Litecky.



2004- Senior track veteran Kristen Howe shows her younger teammates how it is done.



2008- Audrey Mills was one of the high jumpers that made Forest Lake one of the strongest high jumping teams in the conference.



Morgan Sperry, junior, holds a fierce positioning of her arms. She added, "the hardest thing about synchro is writing a routine that goes well with the music!"



Sophomore, Sarah Kroska sports a beautiful smile during her routine. She commented, "the thing about synchro that interests me most is the combination of the artistic and athletic side of an athlete."



The three captains show what they got in their trio. They all show in their faces that they love what they do! They stated, "We love to encourage our team to be their best and have fun. The seasons go by way to fast!"



The Team Long displays their medals they won at State for placing 3rd. Miranda Rossbach explained, "our team is like a family, I love how close we are!"

The Team Extended looks fiercely at the panel of judges as they work to score their best. Junior Katherine Anderson explained, "My favorite thing about Synchro is the power you have to your own routine by writing a story of your own to your music."



2001-The Synchro girls make it to state after a win at the East Section Meet.



2003- The girls showcased all their routines at a home show.



H.O. Is it in You?



Teresa Brockman sports a fabulous smile for the judges. She laughed, "We scored the best we have ever done on our duet at State. It was really exciting, and a great way to end the year!"



Karlee Lawrence, Rachel Chatwin, and Sarah Kroska perform a ballet leg sequence during their trio to music from Sherlock Holmes.

Alissa Ralph, junior, Kathy Tomnitz and Miranda Rossbach, sophomores, perform a trio and show their energy in their faces. Ralph added, "My favorite memory from this year was the Greenway, Grand Rapids meet. The bus is the best part because we get so much time to bond."

Synchronized swimming, when people hear these words, they assume it is just swimming in a pool. But surprisingly it's not. Synchronized swimming is gymnastics, dance, and swimming combined together to create beautiful under water routines. The routines need to be precise and accurate with the music. Katherine Anderson, junior, quoted, "the most difficult thing about synchro is the mental game that you are playing with yourself, trying to ignore and push past the voice in your head telling you "I can't". The team needs to be extremely focused and always on top of their game.

To begin this year, the team started earlier than usual to polish their routines so they looked their best. They had plenty of time to make changes and drill their personal and group routines. Sophomore Kathy Tomnitz said, "the beginning of the season is always a little rocky because its been a year since we all swam." The team is working their hardest to obtain every athletes dream, going to State. The Greenway Grand Rapids Meet is the very first meet that the girls get to perform in front of an audience and show their routines for the first time. This meet seems to always be everyones favorite. The girls travel to Grand Rapids on a Coach bus and spend the weekend together bonding and becoming closer together as a team and as friends.

As the girls approached Sections, they went into the competition feeling confident and ready. Overall, the team placed 2nd at the Section meet. Along with the group routines, the solo's, duets, and trios did just as well. The captain's trio placed 3rd in their division of Extended Trio. Once again, the Girls' Synchro team placed in the State meet. The two day event took place at the University of Minnesota pool in the cities. The team went in to the competition ready to work their best and give it their all, and of course, it payed off; they placed 6th, 4th, and 3rd.

As senior Charity Riesgraf moves on to college, she added, "Have fun, it goes by too fast to get stressed out and nervous!" The team will miss her dearly but will be ready to kick it into gear next year!

~Katie Pearson

Junior Brooke Ewert stated, "After becoming captain, I already knew what I wanted to change, I wanted to make this the best season yet!"



Senior captain, Charity Riesgraf commented, "Never let the competition get the best of you, have faith in your routines and your strengths!"



Morgan Sperry, junior captain, added, "I bring strength and enthusiasm to the team, and I also make people feel good about themselves!"



Synchronized Swimming

Row 1: M. Sperry, C. Riesgraf, B. Ewert. Row 2: E. Stockinger, A. Ralph, R. Chatwin, J. Templeton, M. Rossbach, S. Voss. Row 3: S. Kroska, M. Peterson, L. Ziegelski, K. Lawrence, R. Springman, C. Ziegelski, M. Brown. Row 4: A. Faffler, H. Schoonover, K. Anderson, J. Walker, E. Dolby, A. Dunrud, K. Tomnitz, T. Brockman, M. Anderson, Coach K. Knutsen, Coach M. Chalberg. Row 5: K. Sewall, J. Dison, L. Crohn, S. Brenk, K. Sewall, J. Hudoba, A. Cogar, A. Dreher, Coach L. Davison, Coach W. Chalberg.

6-1	
Bloomington	[W] 31-8
Itasca	[W] 31-8
Bloomington	[W] 29-18
Osseo Maple Grove	[W] 67-63
Columbia Heights	[W] 70-62
Richfield	[W] 70-59
Stillwater	[L] 10-33
Sections:	
Team Short	2nd
Team Long	2nd
Team Extended	2nd
State: Overall	3rd
Team Short	6th
Team Long	4th
Team Extended	3rd

2005- The Synchro team had 4 wins and only 2 losses.



2008- The team and their personal routines placed top 7 at State.



SYNCHRO

Match Point!

Boys tennis had a very successful season led by their Coach Greg Patchin. By looking at the scoreboard you can see how well the boys team has done, but you can't see the long hours and many practices they put in, to get them to the point they are at now. The tennis team had very intense matches and their hard work paid off. With only two losses, one loss against their biggest competition Mounds View, and placing second at the Andover Invitational, these boys should be very proud of themselves. When asked about the season Coach Patchin exclaimed, "the Ranger tennis boys have had a wonderful season finishing at 17-2, second in the conference and winning the 7AA title for the second year in a row and a trip to the state tournament."

Brothers, junior Nathan Reideman and sophomore Austin Reideman won their first doubles match before falling to the Chisago duo. "It was so nice to win sections! Definitely an accomplishment" stated Nathan Riedeman. The boys ended up winning their sub-section match with a 6-1 victory over Cambridge-Isanti, which advanced them to Hibbing for the section 7AA semi-finals, which they took first place in. The boys representing Forest Lake High School at Hibbing will be, junior Dustin Boyer and Toby Boyer in singles. And junior Zachary Decker and Brett Gravelle in doubles.

The season was filled with many great memories and lots of fun times together. When asked about the season, senior Caleb Peters stated "it went good, a lot better than last year." If you were to ask the boys why you should join tennis you would hear "it's so much fun, probably one of the best sports to join" stated by Peters. Or something like "it's a really good team, you would have lots of fun and make many memories," commented by senior Dan McClure.

~Sarah Hirsch



Senior Caleb Peters rushes towards the ball, making sure the opponents don't score a point. When asked what he's going to miss about tennis he exclaimed, "action poses with Ryan Renard and Thane Meier!"



Toby Boyer has a long reach to stop the ball, but in success he manages to get it back over the net to keep the game in play.



The team gathers together before a game to pump everyone up. "The cheer we do before every game is our 'Get Some' cheer. It helps us believe that we are going to win," stated senior Jake Albee.

14-2

Spring Lake Park	[W]	5-2
Hibbing	[W]	6-1
Elk River	[L]	2-5
Chisago Lakes	[W]	5-2
Stillwater	[W]	5-2
Andover	[W]	7-0
Woodbury	[W]	4-3
White Bear	[W]	5-2
Mounds View	[L]	2-5
Park	[W]	5-2
Centennial	[W]	4-3
Hastings	[W]	5-2
East Ridge	[W]	5-2
Roseville	[W]	4-3
Cambridge-Isanti	[W]	5-2
Cretin-Derham Hall	[W]	4-3

Varsity



Boys Tennis

Row 1: B. Gravelle, T. Meier, C. Eichenger, Z. Buckley, D. McClure, J. Albee

Row 2: Z. Decker, C. Peters, A. Riedeman, N. Riedeman, R. Renard, D. Boyer, T. Boyer, Coach G. Patchin



1993- The first year Greg Patchin took over as coach for the boys tennis team.



2001- Theodore Erickson was named Forest Lake's most winning player ever as a singles player.



Junior Dustin Boyer is using the back-swing method to hit the ball back at his opponent.



Junior Nathan Riedeman is focusing, getting ready to take a swing at the ball, hoping he doesn't miss. "I'm definitely going to play next year, only because all my friends play" joked Riedeman.



For senior Calvin Eichinger this was the first year he has ever played tennis. When asked about his first year he stated, "I started because it was something to do, but in the end I am going to miss all the people. It has been a fun year!"

Senior Jake Albee keeps his eye on the ball, waiting for the perfect moment to swing. "Winning my last match as a senior at home was definitely the highlight of my season" exclaimed Albee.



Coach Greg Patchin talks to the team after a long practice. Coach Patchin explained "I am proud of how hard the boys worked to attain their goals, because everybody knows we hit more balls than any other team during the season."



2005- The boys varsity tennis team was one of the top conferences in the state.



2006 - The team placed fourth in sections and two seniors made it to State.

Shakespeare's "Twelfth Night"

In the Kingdom of Illyria, Viola cross dresses and takes the man's name of Cesario. Viola (Cesario) then falls in love with Orsino. To add to the confusing situation Viola's identical twin, Sebastian arrives on scene. Living in Olivia's household is her uncle, Sir Toby, a merry character. The steward of the household is the arrogant Malvolio. The play illustrates jealousy, mistaken identity, cross-dressing and sword fights and duels.

In the end, Sebastian and Olivia fall in love and marry each other. Orsino realizes that it is Viola that he loves and she agrees to marry him. Sir Toby and Maria also decide to marry each other. Twelfth Night ends and everyone, except Malvolio, is happy and Shakespeare speaks of the madness of love.

All students practiced long hours of rehearsal everyday after school. They would do their daily warm ups before each rehearsal, as junior Kellie Wambold would say, "I love doing warm ups, there so much fun, always funny, and complete chaos!" All of the kids loved being able to be a part of the spring play. The majority of them said their two favorite scenes in the play was when Malvolio, played by sophomore Ryan Sudo, was crawling onto Olivia's lap, played by senior Vanessa Agnes; and any of the three sword fights they got to act out on stage. Senior Joe Joyer quotes, "I'm a tank when it comes to sword fighting!"

When asking all cast members what's the best part about being a part of the play, you'd hear a lot of, "It's so much fun, the casting crew is always a joy to be around and you're guaranteed a good laugh just being around all of them," stated senior Kara Gamelin. Senior Dominique Pandey tells us, "One of the best times from the spring play was the cast parties where we all gather at someone's house and play games, watch movies and pig out on food!" The students did a great job performing Shakespeare's Twelfth Night. Great job to all of you!

-LeAnn Brihn



Erin Kerrigan playing the role of Antonia. Kerrigan quotes, "My favorite scene was sword fighting Neil, he knew what he was doing, but I had no idea what I was doing up there."



Sir Andrew (Ian Lexvold), Sir Toby (Neil Peterson), and Maria (Erika Kachinske) are discussing on stage with one another. Peterson states, "For the sword fighting scene, Joe Joyer and I practiced a lot; one time I accidentally hit his knuckle and cut it open."



Maria (Erika Kachinske) is discussing the fake letter to Sir Andrew (Ian Lexvold) on stage. Lexvold quotes, "One of my favorite scenes was when I had to pick my nose and wipe it on Kara's dress."



Townsperson (Katlyn Rieger) is selling flowers to other townsperson (Kellie Wambold). Rieger states, "I'll never forget the first time Ryan came out in his costume, with tights on and his bright yellow socks!"



Clown (Garrison Shea) tells us, "The wonderful seniors in the cast and crew is what makes the play so much fun to be a part of."



One of the funniest parts of the play was when Malvolio (Ryan Sudo) was expressing his love by crawling on Olivia's (Vanessa Agnes) lap; while Olivia was getting a little freaked out. Agnes quotes, "It was really hard to keep a straight face in this scene."





Sir Toby (Neil Peterson) is making fun of Malvolio (Ryan Sudo) and his big yellow socks, while Malvolio is not enjoying it at all. Sudo exclaimed, "My favorite scene was when I was crawling on Vanessa's lap because we had a hard time keeping straight faces."

The servant (Dominique Pandey) is selling townspeople (Kellie Wambold) some perfumes. Wambold states, "I am definitely going to be back in next year's spring play, it was so much fun!"



Sir Toby (Neil Peterson) is reading the letter out loud that Sir Andrew (Ian Lexvold) wrote. Kara Gamelin declares, "In the scene that Ian wiped his boogers on my dress, I didn't touch that part of my dress the rest of the play; I hope it was dry cleaned!"



Viola (Saera Jacques) is talking about having "her" sister being in love with a boy, but who she's really talking about is herself. With Nicholas Jensen playing the role of Orsino, the boy Viola is truly in love with. Jensen quotes, "I enjoyed being able to act both love struck idiots in the play."



Sir Andrew (Ian Lexvold) is sword fighting Viola (Saera Jacques). Jacques states, "The three sword fighting scenes were so much fun, even though I didn't know what I was supposed to be doing."

In 1997, Forest Lake High School had performed, "Little Shop of Horrors" 6 full times each on a different day.



In 2008, Forest Lake Drama performed their first ever murder mystery, "The Mousetrap."



SPRING PLAY

Graduation 100th Graduating Class!

100 classes and more than 100 great speeches have graced the stage at Forest Lake Area High School's Commencement Ceremony. This year over 600 students joined the ranks as alumni, proud patrons of the strong Ranger educational tradition.

While the weather outside was frightful, the mood inside was delightful. Proud parents, friends and family packed the gymnasium, cafeteria, library, and auditorium to witness the students cross the stage away from their compulsory education and into the world of opportunities.

To commemorate the event, the evening highlighted the words of several student speakers and even a former student.

Our student speakers wowed the crowd with their unique perspectives on high school life. Nicholas Jensen spoke about the similarity between the world of travel and the world of school. As the students depart

for their own unique destinations, they were reminded of the journey and all those great lessons along the way. Abigail Bodene highlighted the past, while focusing the new alumni on the possibility of the future. Ian Lexvold and Vanessa Agnes took their experiences as daily announcers and fused it into a comical, yet poignant message on the power of listening.

Finally, former graduate Karla Hult spoke to the former students about how their futures are there for the taking. She offered a unique perspective on life, which the students really appreciated.

The magical melodies wafted through the air, setting the scene for an evening of accomplishment. Led by Mr. Travis Sletta, the choir patriotically sang "The Battle Hymn of the Republic". The band fought on, led by Mr. Barry Zumwalde, to play an ever-repeating graduation march, not allowing a single student to cross the stage without accompaniment...and into the future.



"The Afternoon Update" duo, Vanessa Agnes and Ian Lexvold, mock the updates for their "The Evening Update" speech. They had the crowd rolling in laughter throughout their entire speech!



A group of senior graduates pose for a final picture before the ceremony! They are full of happiness while they wait patiently for the ceremony. Soon they would be walking into the gym in front of their family and friends to show their accomplishments.



Joshua Wetthammer receives last minute touch-ups from a friend before the graduation ceremony.



Karla Hult, a Kare 11 reporter and graduate of FLHS, shares her story and gives advice to the graduating class of 2011!



Senior, Nick Jensen, is proud to be speaking in front of his class. He spoke kindly about how the school process is like a trip, and the obstacles you may come to.



Abigail Bodene is part of the 100th graduating class and ties in the historical aspects of the high school with her "Three Cheers for a Hundred Years" speech.

1976- Graduate of the Senior Class march around in a train for celebration!



1979- The principal shakes hands as students receive their diplomas!



The school quartet consists of Nathan Karlsrud, Nick Jensen, Ahren Schuhreck, and Joshua Bergan, sing "Bohemian Rhapsody" for the audience. Their voices excelled during this performance.

A view of the senior class as they watch their classmates obtain their diplomas and listen for their own name to be called. The teachers and deans are excited to see their students achieve their goals and walk out the door to their futures!



Tyler Raarup, Charlie Royce, and Nick Renn listen intently with excitement because they are about to receive their highschool diploma. All have worked hard for this day and are proud to be sitting here, graduating with the 100th graduating class of Forest Lake High School!

Forest Lake Area High School
Proudly announces the

One Hundredth Annual
Commencement Exercises

Thursday, June 9, 2011
7:30 in the evening

J. S. Bach, Prelude and Fugue Karrine Manning
Seasons of Love Senior Choir Students
Bohemian Rhapsody Tetradoxin String Quartet
100 Years Senior Choir Students

"Pomp & Circumstance" Elgar Ployar, arr.
Forest Lake Area High School Graduation Band
Barry Zumwalde, Conductor

(please stand)

"Star Spangled Banner" Francis Scott Key
Forest Lake Area High School Cantorei and Concert Choir
Directed by Travis Sletta

..... Dr. Steve Massey
Forest Lake Area High School Principal

"A Decade's Travel Within a Century" Nick Jensen
"The Evening Update" Vanessa Agnes and Ian Lexvold
"Three Cheers for 100 Years" Abbie Bodene
Forest Lake Area High School Seniors

"The Battle Hymn of the Republic" Roy Ringwalde, arr.
Forest Lake Area High School Cantorei and Concert Choir
Karrine Manning and Bill Munson, piano
Directed by Travis Sletta

"A Constant Community, A Changing World" Karla Hult
KARE 11 reporter, 1991 graduate of FLHS

..... Dr. Steve Massey
Forest Lake Area High School Principal

Rob Rapheal Erin Turner
Dan Kieger Karen Morehead
Bill Bresin Kathy Bystrom
Joe Grafft

District #831 School Board Members

1997- The senior class of 1997 lines up outside for the ceremony!



2001- Seniors pose for a picture during the exciting ceremony!



