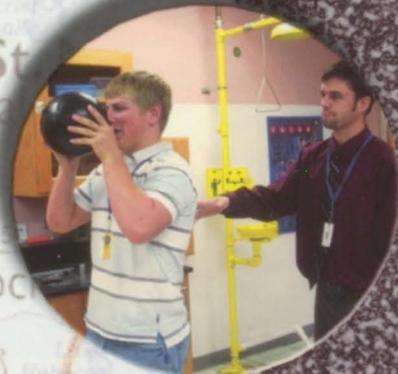
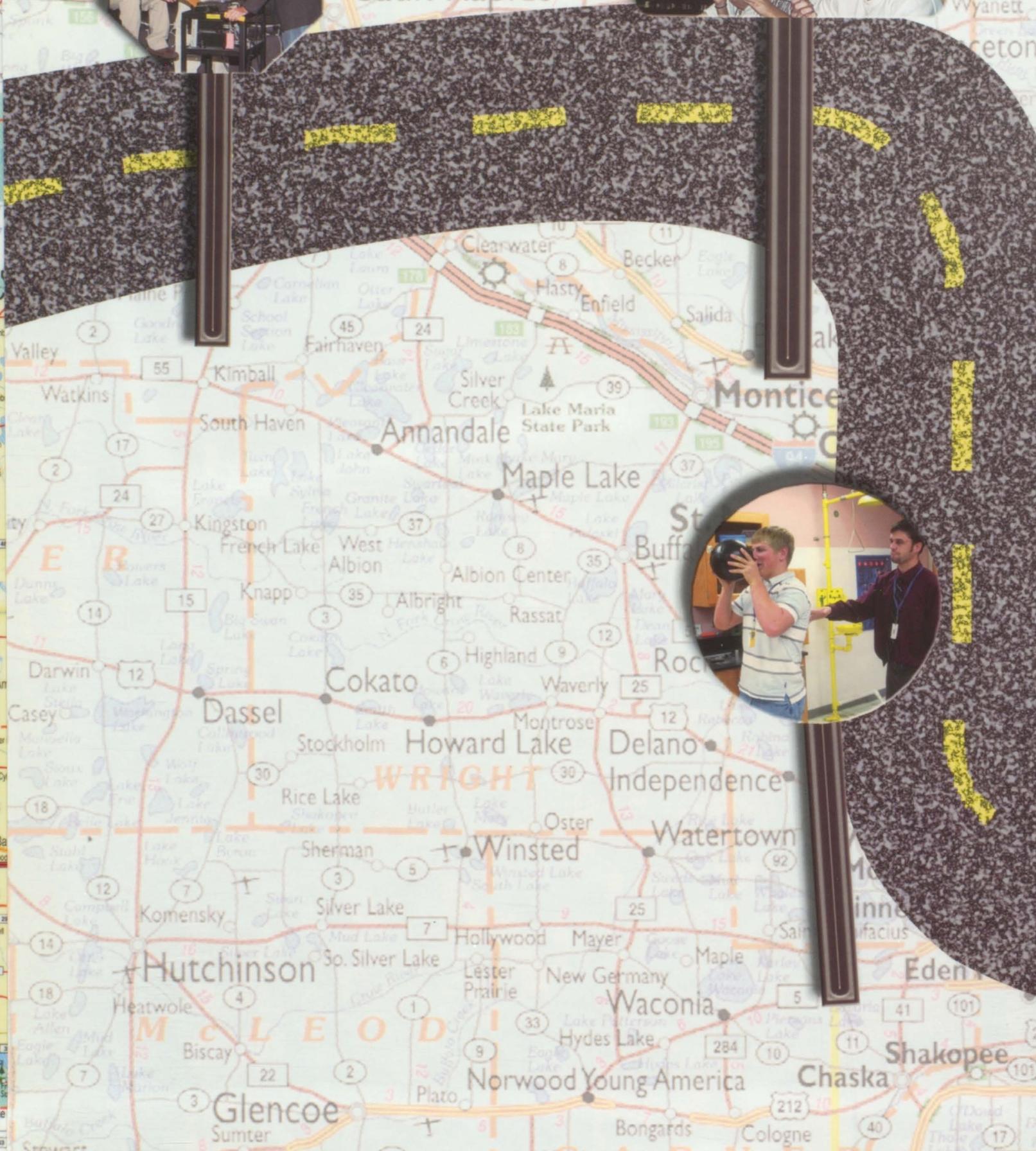
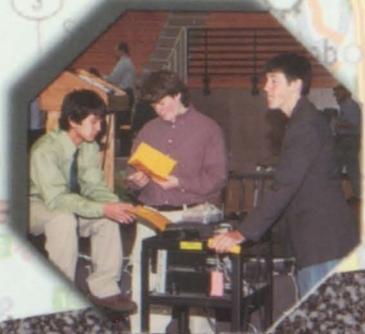
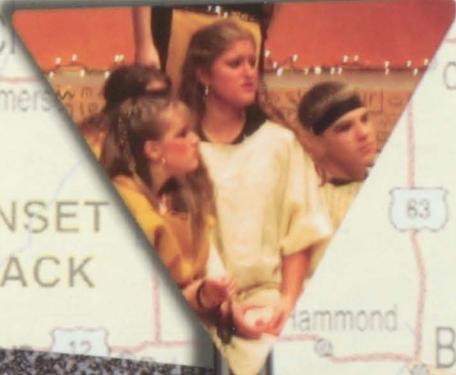
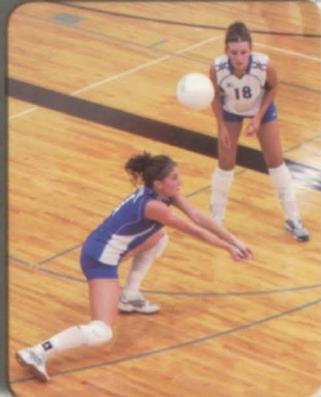
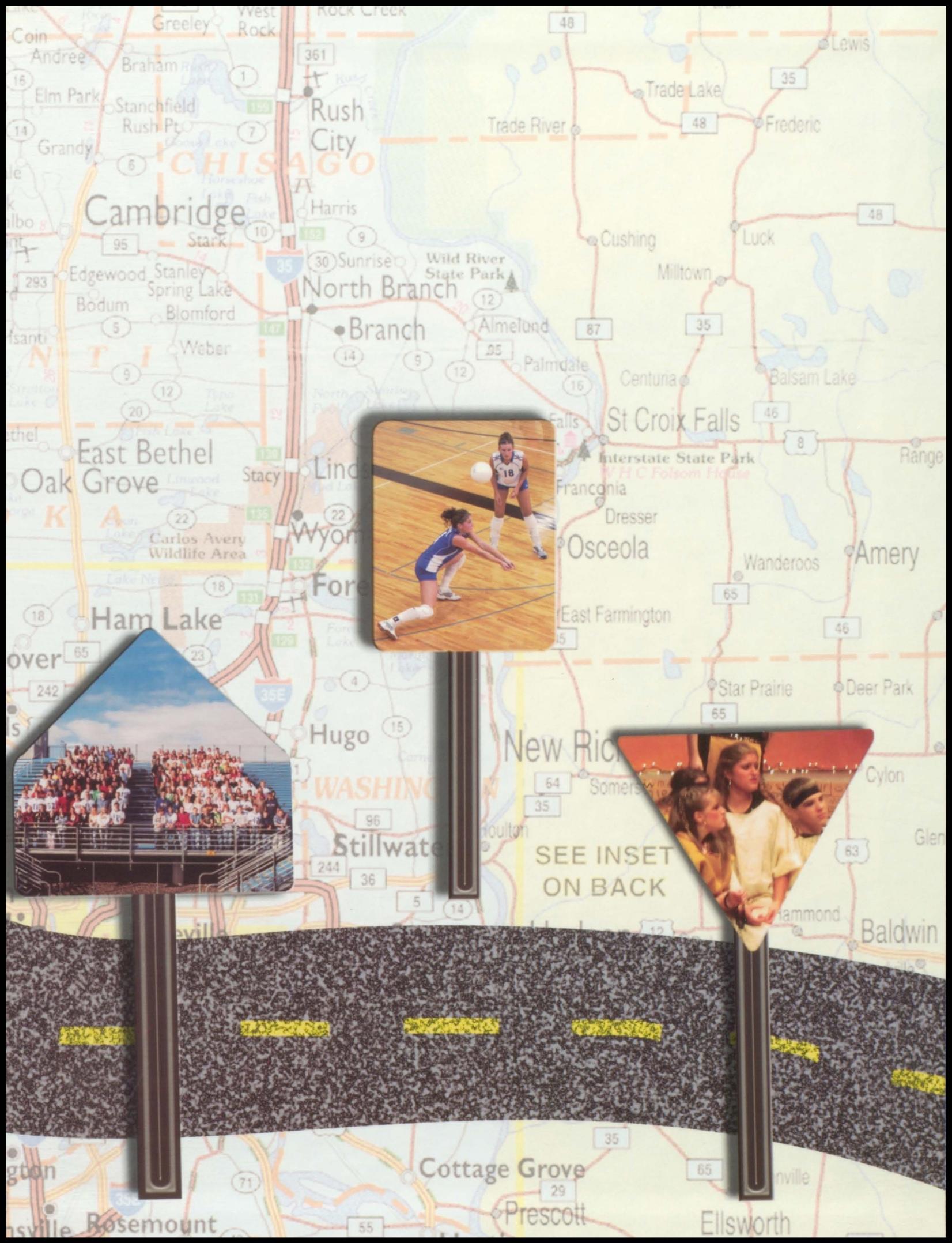


*Life is a Highway!*





SEE INSET  
ON BACK



# Libe is a Highway

## St. Michael-Albertville Senior High School

Student Body: 1,106  
Staff: 139

11343 50th Street NE  
Albertville, MN 55301  
763-497-2192

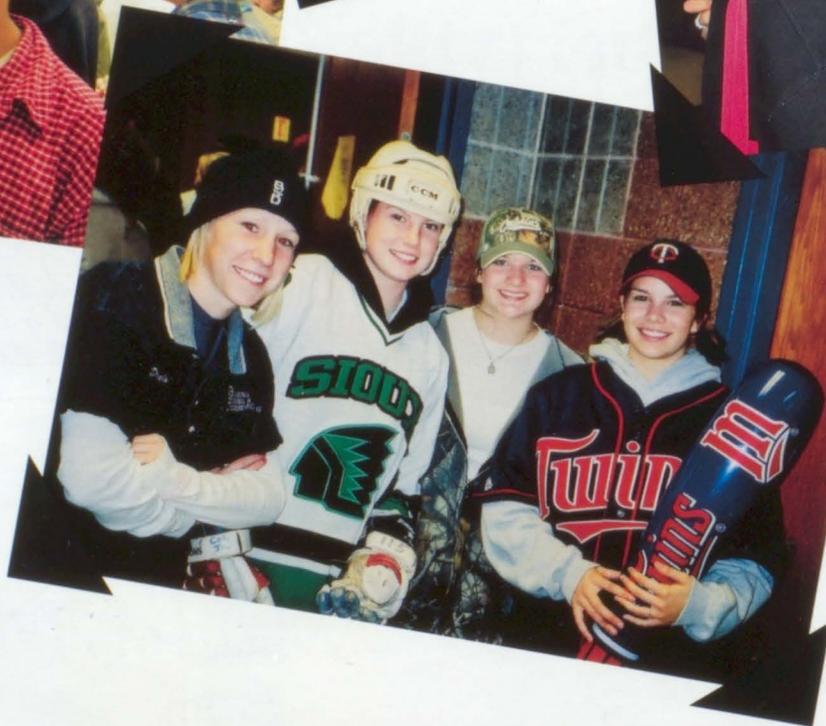
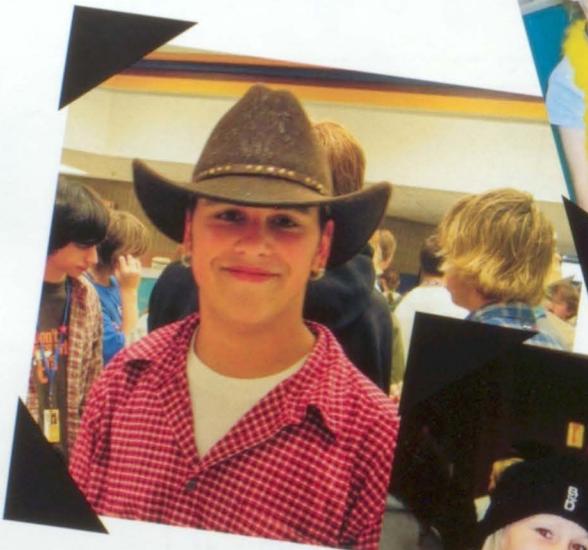


Hit the  
Road  
School begins

Cruisin'  
Thru  
Homecoming

Detour  
Elf Day

Brakin' for  
State  
Tournaments



# Life is a Highway

*Our high school experiences at STMA are a brief wayside stop on our life journey. We arrive having already traveled the expressway through elementary school and the often times bumpy road through middle school. With each passing year we've had the opportunity to choose our routes, although we've all encountered the occasional detour. This book highlights the 2005-2006 stretch of the trip and all of the experiences we share along the way. Upon graduation the journey continues... We know where we've been, our bags are packed with STMA memories, and our destination is unknown.*

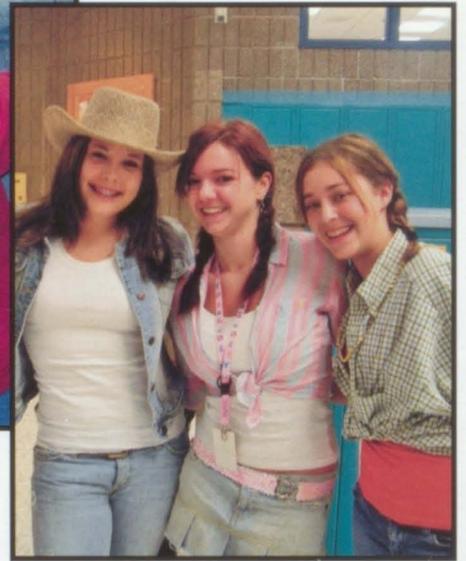
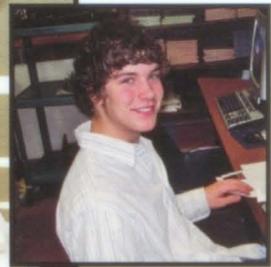
Speed Bump  
ACT Tests

On the way  
to  
Spring Break

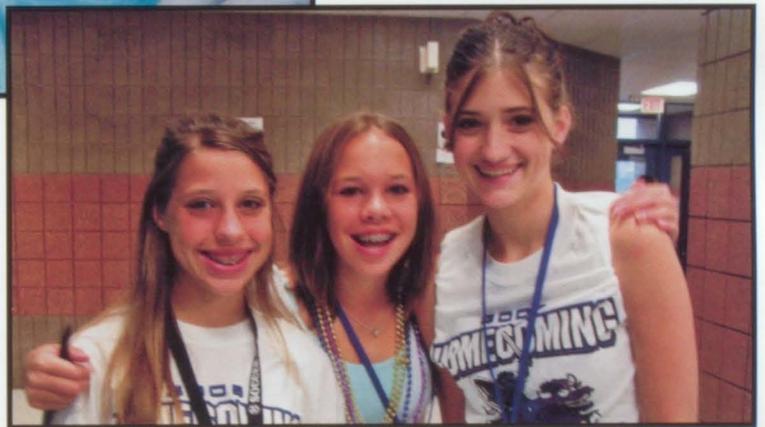
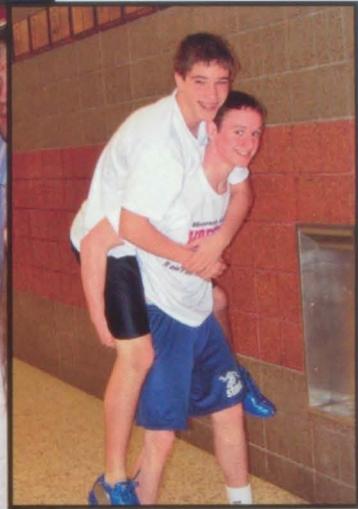
What a trip  
Prom

Exit...  
Graduation





people

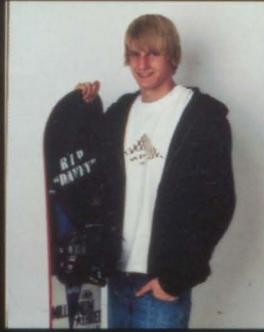


# Seniors



**Carrie Elizabeth  
Abrams**

Some people say you can't get anywhere by dreaming, but others say you can't get anywhere without your dreams.



**Jared Ray Arkulry**



**Marla Jo Arns**

What is meant to be will always find a way.



**Chantal Badtke**

"Traume nicht dein Leben sondern lebe deine Traume! Don't dream your life, live your dreams!"



**Caitlyn Elizabeth  
Bandy**

Our lives are not determined by what happens to us, but by how we react to what happens. Not by what life brings to us, but by the attitude we bring to life.



**Michael Arthur  
Barnard**

Always give 100%; giving more is mathematically impossible.



**Jeffrey Paul  
Barthel**



**Lukas Paul Barthel**

Don't take life too seriously. You'll never get out alive.



**Anthony Marcus  
Bauer**

It is not the length of life that is important, but the depth to which you live it.

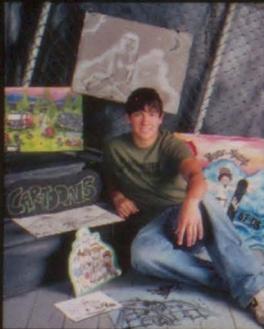


**Blake Andrew  
Beaudry**

Sometimes I get the urge to run around naked, but then I drink some Windex and it keeps me from streaking.

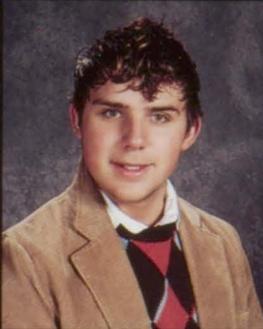


**Nathan John  
Beaudry**



**Drew Martin Bebus**

Remember the Alamo.



**Christopher Paul  
Benjamin**



**Michele Linn  
Benson**

It's better to have a few moments of wonderful than a lifetime of nothing special.



**Kevin Donald  
Berning**

# Class of 2006



**Lara Catherine  
Berning**

What is meant to be will always find a way.



**Derek Luke Billiar**

Don't think of yourself as an ugly person, think of yourself as a beautiful monkey.



**Stacy Mae Black**

Most girls go through life looking for the perfect man, but I'm not looking for the perfect man...he's looking for me.



**Brandon Lee Boese**

The appetite of the lazy craves and gets nothing, while the appetite of the diligent is richly supplied.  
-Proverbs 13:4



**Courtney Fay Brant**



**Jennifer Marie  
Brant**

Never look down on anybody unless you're helping them up.



**Alice Tor Bropleh**

You only live once, but if you work it right, once is enough.  
-Joe E. Lewis



**Travis Andrew  
Brown**

If ignorance is bliss, then why aren't more people happy?



**Ashley Morien  
Budde**

All you have to decide is what to do with the time that is given to you.  
-J.R.R. Tolkien



**William Paul  
Campbell**

Life is a game. I live mine 10 yards at a time.



**Ryan Patrick  
Campion**

Our lives in the future will most likely be a direct result of the choices we are about to make. So take more risks, it'll be more interesting.



**Ashley Michelle  
Carlisle**

When you come to the end of all the light you know, and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: either you will be given something solid to stand on or you will be taught to fly.  
-Edward Teller



**Andrew Rodney  
Carlson**



**Shaylee Dawn  
Carlson**

Live every day as if it were your last...and someday, you'll be right.



**Megan Elizabeth  
Joy Connel**

I made it!! Yeah!





**Holly Marie  
Conwell**

We all start out knowing magic, but then we get the magic educated right out of our souls.  
-Robert McCammon



**Abbie Christine  
Dalbec**

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.  
-Franklin Delano Roosevelt



**Amy Marie Dalbec**

You don't get what you wish for, you get what you work for.



**Steven James  
Daleiden**

Death leaves a heartache no one can heal, love leaves a memory no one can steal.



**Zachary Robert  
Davis**



**Brandon Thomas  
De Roo**

Roaming through the jungle of 'oohs' and 'ahs' searching for a more agreeable noise, I live a life of primitivity with the mind of a child and an unquenchable thirst for sharps and flats.  
-Duke Ellington



**Celeste Joy  
Dehmer**

Woot!!



**Jesse Michael  
Dehmer**

Crap in one hand and dream in the other and tell me which one fills up faster.



**Benjamin John  
Derauf**

The past is told by those who win. What matters is what hasn't been.



**Kristine Marie  
Diers**

Only I can change my life. No one can do it for me.



**Chelsea Lynn  
Domagala**

Sometimes the lights are shining on me and other times I can barely see, lately it occurs to me, what a long strange trip it's been.  
-Grateful Dead



**Stacy Ann Doty**

Live life to the fullest.



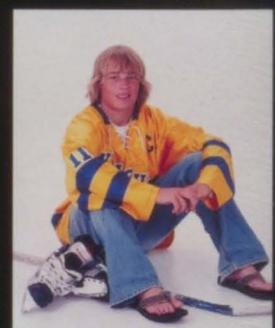
**Daniel Joseph  
Dubel**

The Bible tells us to love our neighbors and also to love our enemies; probably because they are generally the same people.  
-G.K. Chesterton



**Ryan Kevin Dutton**

If I were only a little more humble, I'd be perfect.



**Jonathan Daniel  
Ebert**

I am nobody and nobody is perfect, therefore I am perfect.



**Carly Ann Eggert**

When the world around you looks dark, take off your sunglasses.



**Nicole Cora Enger**

The architect of your destiny is yourself.



**Nicholas Charles Engstrom**



**Angela Marie Erdmann**

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.



**Kali Lynne Erickson**

Procrastinate now, don't put it off.



**Paul Bernard Eull**

Don't let life pass you by, but slow down enough to enjoy it.



**Brandon Arthur Faulk**

Even if you're on the right track, you'll get run over if you just sit there.



**Jessica Marie Ferrian**



**Daniel Joseph Fiecke**



**Christopher Kyle Filzen**

Fresh like uh.



**Brandon Raymond Flaata**



**Megan Suzanne Flegel**



**Aida Flores Hernandez**

This year I have the opportunity to learn about another country and their culture and I'm really glad. I want to do the best. VIVA MEXICO!!!



**Craig Joseph Foster**

Only God can judge me.



**Maria Genoveva Frank**

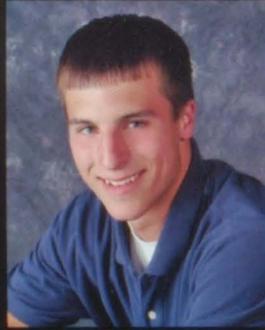
Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'





**Nicholas Scott  
Franzen**

Why God did you take our friend? Isn't there too many angels in heaven?



**Ronald Joseph  
Fricke**

If you don't risk living, you risk not living at all.



**Kassandra Leon  
Fuerstenberg**

We could all take a lesson from crayons. Some are bright, some are dull, some beautiful, some ugly, and some have weird names. As different as they are, they all have to learn to live in the same box.



**Daniel Thomas  
Gallagher**

Come to the dark side...we have cookies.



**Kyle Philip  
Gammell**

The price of anything is the amount of life you exchange for it.



**Andrew James  
Gapinski**



**Samantha Joe  
Gavere**

There's no getting away from risks. There's only recognizing them, managing them, and deciding which ones you can take.  
-Lynn Hopewell



**Kayla Marie  
Gendron**

Time is a companion that goes with us on a journey. It reminds us to cherish each moment, because it will never come again. What we leave behind is not as important as how we have lived.



**Jacob Lee  
Gilbertson**



**Luke Thomas  
Gindele**

In life it's not what you know, it's who you know.



**David Bruce  
Gordon**

Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is there adequate perception of the world.



**Max Thomas  
Greninger**

Get your head z-rayed.  
-Mitch Hedberg



**Andrew Edward  
Hackenmueller**

Every athlete chokes now and then. Champions just choke less.



**Kyle Robert  
Hackenmueller**

What we are is God's gift to us. What we become is our gift to God.



**Megan Marie  
Hackenmueller**

They say best friends are hard to find. That's because the best ones are already mine.



**Stacy Sharon  
Hackenmueller**

**Jacklyn Ellen Haller**

**Luke Edward  
Hanson**

**Preah Rae  
Harsseelaar**

**Joseph Raymond  
Hauer**

Nothing in life is so hard that you can't make it easier by the way you take it.  
-Ellen Glasgow

Life is unpredictable. So seize each day as though it were your last.

A man only needs one thing in life. give him something to love. If you can't give him that, give him something to hope for. If you can't give him that, just give him something to do.

Surround yourself with friends and family who will call you a dork today.

The only thing that is certain is uncertainty. What do you truly know? Runnin' with a hatchet!



**Marcus John  
Hegland**

**Steven Kenneth  
Hegland**

**Matthew Scott  
Heilig**

**Katherine Rose  
Heinen**

**David Jerome  
Heskin**

Country boys can survive.

I'm here to kick butt and chew bubblegum...and I'm all out of bubble gum.

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

Live life to the fullest because it is short.

'Tis better to be silent and be thought a fool, than to speak and remove all doubt.  
-Abraham Lincoln



**Saylor Alexander  
Hiljus**

**Joseph Anthony  
Hlad**

**Drew Wesley  
Holland**

**Derek Charles  
Holm**

**Sean Michael Holm**

Girls come and go but buds are always there.

When you are arguing against Him, you are arguing against the very power that makes you able to argue at all.  
-C.S. Lewis





**Amber Marie Hughes**

Keep smiling. It makes people wonder what you're up to.



**Leah Marie Jacobsen**



**Jennifer Elizabeth Jankord**

Never say more than necessary, always do more than necessary.



**Allison Katherine Janney**

The road to success is always under construction.



**Amanda Marilyn Jespersion**

Dancing like no one is watching, love like you'll never be hurt, sing like no one is listening, and live like it's heaven on Earth.



**Emma Ruby Johanson**

In the same way, you should be a light for other people. Live so that they see the good things you do and will praise your Father in heaven. Matthew 5:16



**Carin Marie Johnson**

Life's too short to buy green bananas.



**Emily Christine Johnson**

Remember your first everything.



**Justin Bruce Johnson**

I got into an argument inside a tent. That's a bad place for an argument. How are you supposed to express your anger? I tried to walk out and slam the flap.



**Nicole Joy Johnson**

Life is full of bumps and bruises. I should know. I've had so many.



**Rachel Joy Karlson**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



**Ashley Marie Kastendick**

A real friend is one who walks in when the rest of the world walks out.



**Joshua Donald Keil**

I did just enough to pass the class, but school was still a blast.



**Samantha Kyle Kelter**



**Adam Joseph Kessler**

Life consists not in holding good cards, but in playing those you hold well.



**Sadie Lynn Kessler**

Never frown when you are sad because you never know when someone is falling in love with your smile.



**Somchay Johnny Khammivong**



**Kristine Marie Kilian**

If I'm not confused then I probably wasn't listening.



**Paul Stephen Kilian**

You only live once.



**Mickey James Kirk**

The fight is won or lost far away from witnesses -- behind the lines, in the gym and out there on the road, long before I dance under those lights.  
- Muhammad Ali



**Chelsea Marie Klinkhammer**

Don't be so open minded your brain will fall out.



**Melissa Anne Koch**

Making cookies is mostly about eating the dough.



**Estee Jaclyn Kolles**

The tragedy of life is not that it ends so soon, but that we wait so long to begin it.  
- W.M. Lewis



**Nathan Thomas Kopp**

The difference between intelligence and education is this: intelligence will make you a good living.



**Raquel Elizabeth Korpi**

To the world you may be one person, but to one person you may be the world.



**Robert David Kramer**

I love to go down to the school yard and watch all the little children jump up and down and run around yelling and screaming. They don't know I'm only using blanks.  
- Erno Phillips



**Dylan West Krueger**

Jesus tapped me on the shoulder and said, Bob, why are you resisting me? I said, I'm not resisting you! He said, you gonna follow me? I said, I've never thought about that before. He said, when you're not following me you're resisting me.  
- Bob Dylan



**Sydney Mae Kuehl**

No man is worth your tears and the one that is won't make you cry.



**Jessica Elizabeth Kuusi**

There's always free cheese in a mousetrap.



**Brendan Joseph LaVallee**

There are three kinds of people in the world. Those that make things happen. Those that watch things happen. And those that wonder what the heck happened.





**Christian Marshall Landefeld**

Trust me. It's going to be paradise.



**Melissa Marie Lannoye**

A lot of things in life will catch your eye, but only a few will catch your heart.

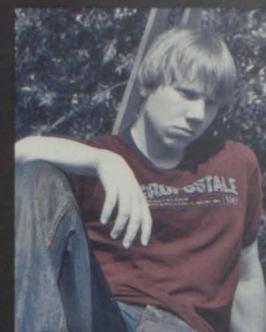


**Xuan Thi-Thanh Le**



**Michael Jeffrey LeDuc**

Whoever said nothing is impossible should try slamming a revolving door.



**Todd Joseph Leadsen**

The most exciting phrase to hear in science, the one that heralds new discoveries, is not 'Eureka!' but 'That's funny...' - Isaac Asimov



**Lindsey Rae Lechner**

I am somebody. I am me. I like being me. And I need nobody to make me somebody.



**Moronard Lee**

If you can imagine it, you can achieve it... If you can dream it, you can become it...



**Molly Ann Lefebvre**

When you get to the end of your rope, tie a knot and hang on.  
-Franklin Delano Roosevelt



**Sarah Ann Legatt**

I suppose I won't see you for a while, so farewell, best of luck, avoid roasted cabbage, don't eat ear wax and look on the bright side of life.  
-Christopher Paolini



**Tegan Allan Lenneman**

If you always do what you always did, you will always get what you always got.



**Amy Terese Lindenfelser**

Life is like riding a bicycle - if you stop pedaling you'll fall off.



**Dayna Luann Lindenfelser**

Have faith in your dreams and someday your rainbow will come smiling through. No matter how your heart is grieving, if you keep on believing, the dream that you wish will come true.  
-Cinderella



**Samuel George Lindenfelser**

I am hoping that I can be known as a great writer or actor someday rather than a sex symbol.



**Vincent Gordon Lindenfelser**

All I ask for is a chance to prove that money doesn't make me happy.



**Chad Sturges Little**

Defeat is worse than death if you have to live with defeat.



**Ashley Carol Malwitz**



**Amber Marie Manders**

Stop the judging and start the loving.



**Benjamin Robert Marquette**

I wanna make the world a better place for our children, but not our children's children because I don't think children should be doing it.



**Anna Jo Marx**

Let's make like a shepherd and get the flock out of here.



**Matthew Steven McCann**

You only live once, but if you work it right, once is enough.



**Daniel Joseph McCarthy**

If when you die you get a choice between regular heaven and muffin heaven, choose muffin heaven. If might be a trick, but if not...mmm boy...



**Karissa Raeann McCullough**

Never look down on anybody unless you're helping them up.



**Jherson Alexander Mendoza**



**Nicole Ann Menzel**

Learn from yesterday, live for today, hope for tomorrow.



**Calvin Michael Meyer**



**Kerry John Mielke**

I've only been wrong once in my life...and that's when I thought I was wrong.



**Jessica Jean Morcomb**

You might find out that your own self-doubt means nothing was ever there. You can't go forcing something if it's just not right.



**Alesha Audrey Mortenson**

There is always free cheese in a mouse trap.



**Melissa Christine Neary**

Your true passion should feel like breathing. It's that natural. Oprah Winfrey



**Miranda Marie Nelson**

Friends are like stars. Even though you might not always see them, you always know they are there.





**Veronica Anne  
Nemec**

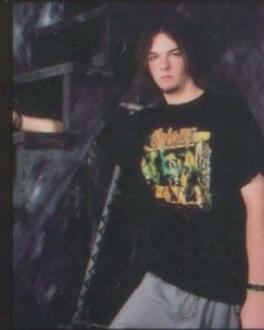
A day without smiling is like a day of being dead. So smile!



**Jennifer Kay  
Nendza**



**Matthew David  
Nerdahl**



**Aaron Michael  
Nielsen**

Fear creates danger and courage dispels it.

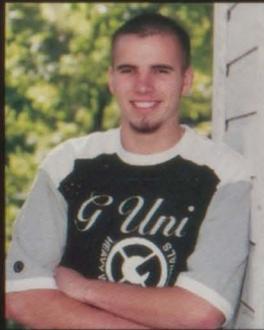


**Jason Daniel  
Nordstrom**



**David Andrew  
Oltman**

As you slide down the banisters of life, may the splinters never point the wrong way.



**Justin Thomas  
Osterbauer**



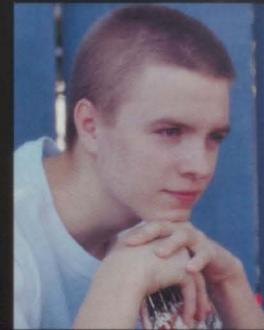
**Michael Richard  
Ostman**

I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.  
-Mahatma Gandhi



**David Allen  
Panning**

This isn't good or bad. It's just the way of things. Nothing stays the same.



**Matthew Davis  
Peloquin**

With one mind and two hands, I will make the world my own.



**Amphaphone  
Phommasak**

We are all custodians of our innocence, and we let it die at our peril.



**Kayla Marie Pietsch**

Women who set a low value on themselves make life harder for all women.



**Nickolas John Pile**

Life is not measured by the breaths we take, but by the moments that take our breath away.



**Jane Aquina  
Polaschek**

Pray, trust and don't worry.  
-St. Padre Pio



**Steve Wesley  
Posthumus**

High explosives are applicable where truth and logic fail.



**Ashlee Ann  
Praught**

I'm reaching up and reaching out.  
I'm reaching for the random or  
whatever will bewilder me. And  
following our will and wind we  
may just go where no one's been.  
We'll ride the spiral to the end.  
-Tool



**Joshua Lee  
Prescott**



**Suwanna  
Promtangtrakul**



**Ryan Walter Reid**  
Never argue with an idiot.  
He'll just drag you down  
to his level and beat you  
with experience.



**Jodi Danielle  
Reinschmidt**

Everything is funny as  
long as it is happening to  
someone else.



**Amanda Marie  
Riddle**

In everyday life, there is more  
than meets the eye. To reach  
the depths of truth we must  
drag the waters.  
-Pantera



**Ashley Ann Robeck**

You cannot change  
someone, but you do have  
the ability to inspire them  
by changing yourself.



**Keith Michael  
Robeck**

You gotta work hard to  
play hard.



**Erin Marie Roden**

Believe that life is worth  
living and your belief will  
help create that fact.



**Kimberly Anne  
Roles**

To the world you may be  
just somebody, but to  
somebody you may just  
be the world.



**Anthony Michael  
Roth**

Sometimes if you want to  
see change for the better,  
you have to take things  
into your own hands.



**Danielle Lynette  
Roth**

I live my life so that only I  
know, those who were  
there, those I saw, and all  
others only talked about.



**Dylan Reed  
Royseth**



**Nicole Marie Salen**

For God so loved the  
world that he gave his  
only Nycol Marie Salen.



**Justin Daniel  
Schafer**

Sure, mom, I settle down  
with a nice girl every  
night. Then I'm free the  
next morning.





**Kyle James Schlieff**

After all these years waiting to be on my own, I realized all this high school stuff is gonna be gone...Sweet.



**Kenneth Lee Schmidt**

Stand up for what you believe in. Have pride in yourself. Don't let others push you around.



**Nicholas Howard Schmittke**

The key to living an immortal life is to first live a life worth remembering.



**Jeffrey Aaron Schneidewent**

Where's the fun in life if you don't take risks?



**Blake Joseph Benjamin Schreder**

Yesterday is history, tomorrow is a mystery. So live for today.



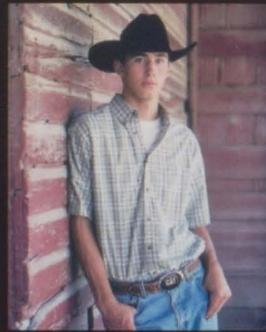
**Benjamin Ross Schroeder**

Live to ride. Ride to live.



**Mark David Schumacher**

Life is too short to look down your nose at anything.



**Kurtis Loren Schumm**

If opportunity doesn't knock, build another door.



**Nicole Lee Schwagel**

Life is not measured by the number of breaths you take, but by the moments that take our breath away.



**Nikkolas Timothy See**

What is jelly? I don't even like jelly. I don't even care. I get hives just thinking about jelly.



**Jason Peter Servaty**

We didn't lose, we just ran out of time.



**Elina Shampan**

Just breathe.



**Paul Joseph Shovelain**

Let your light shine before men so that they may see your good works and glorify your Father in Heaven.

- Matthew 5:16



**Stephen James Sirois**

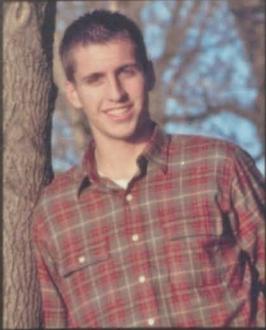
Always leave in a body bag, never in cuffs.



**Cory William Smith**

I'm the one that has to die when it's time for me to die, so let me live my life the way I want to.

- Jimi Hendrix



**Joel Kevin Smith**  
Y.O.L.O. (You only live once!)



**Ashley Marie Sousa**  
Count your age by your friends, not years. Count your life by smiles, not tears.



**Joshua John Stackhouse**



**Tyler Richard Starr**  
Sports do not build character...they reveal it.  
-John Wooden



**Theresa Ann Steffens**  
I can resist everything except temptation.



**Christian Dennis Sucik**  
I don't want to achieve immortality through my work. I want to achieve it through not dying.



**Kevin Michael Sutton**  
A wise man washes his hands after he pees, a wiser man doesn't pee on his hands.



**Meldricka Ivana Taylor**  
Life's not all bad. Look into somebody's eyes and you'll see that they are a person just like you. They also have good and bad feelings and hopes and dreams.



**Alissa Marie Thomas**  
Once the toothpaste comes out of the tube it is hard to get back in.



**Michael John Thorn**  
Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.



**Adriyn James Torguson**  
I'm dreamin' about tomorrow, I'm thinking of yesterday, I'm searching for the answers.  
-Papa Roach



**Nicholas Brad Trane**  
If I had to be a teacher I would teach kindergarten. They are so gullible, I could teach them 2+2 = fish.



**Amanda Louise Trobaugh**

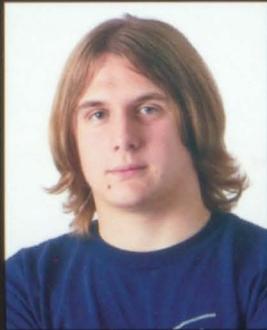


**Tyler Ray Tyssedal**  
If I could become the servant of all, no lower place to fall.



**Brandon Dale Valerius**  
Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.  
-Ralph Waldo Emerson





**Joseph Earl  
Valerius**

Every once in a while we may fall on our face, but we insist on doing what we wanna do.



**Travis Kenneth  
Valerius**

I hope that after I die, people will say of me: "Man, that guy sure owed me a lot of money."



**Yeng Vang**

This isn't a beer gut. It's just a protective layering over my rock hard abs.



**Noelle Elizabeth  
Veaderko**

When it seems that all you have left is the skeletal remains of your life...beLIEve.  
- Dave Drogan



**Mandy Sue  
Veronikas**

High school is full of cliques, drama and more cliques. I thank God it's over and I would never do it again.



**Callista Jolene  
Vetsch**

When you come to the end of your rope, tie a knot and hang on.



**John Troy Vetsch**

Pessimists see the glass as half empty, optimists see the glass as half full, but I just drink it.



**Erika Jo Vogel**

We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.  
-E.M. Forster



**Amy Patrice  
Wacker**

I am retarded sometimes...and we all know this!



**Michael Richard  
Wacker**

A friend will call you in jail, a good friend will visit you in jail, a best friend will be sitting right next to you in jail saying "THAT WAS AWESOME!"



**Nicolas Joseph  
Wacker**

When the game is on the line it is not a matter of life or death. It is more than that!



**William Jerry  
Washatka**

Bart is my hero.



**Stefani Michelle  
Waters**

The purest treasure mortal times afford is spotless reputation...Mine honor is my life, both grow in one: take honor from me and my life is done.  
-William Shakespeare



**Gregory James  
Watts**

Mama always said life was like a box of chocolates. You never know what you're gonna get.



**Jeanna Lorraine  
Weber**

I dig my toes into the sand, the ocean looks like a thousand diamonds strewn across a blue blanket. I lean against the wind, pretend that I am weightless. And in this moment I am happy...happy. I wish you were here.  
-Incubus



**Victoria Virginia Wendell**



**Kristina Marie Wessner**

Walk away. Poisoned hearts will never change... -AFI



**Jennifer Ann Whaley**



**Jennifer Ann Wiese**

To the world you might be one person, but to one person you might be the world.



**Jessica Mae Wiese**

Friends are like four-leaf clovers, hard to find but lucky to have.



**Natasha Marie Wulf**

It is better to be hated for who you are than to be loved for who you're not. - Van Zant



**April Marie Wulff**

Beginnings are scary. Endings are usually sad, but it's the middle that counts the most. -Sandra Bullock 'Hope Floats'



**Mitchele Todd Zachman**

There are no secrets to success. It is the result of preparation, hard work and learning from failure.



**Rose Ann Zachman**

Enough, then, of worrying about tomorrow. Let tomorrow take care of itself. Today has troubles enough of its own. - Matthew 6:34



**Tonia Lynn Zachman**

If you are lost, remember - you have merely taken a detour on the way to your destination.



**Emma Jean Zachmann**



**Timothy George Zahler**



**Brandon Dean Zahnow**

You never know how good you got it -- until it's gone.



**Nikki Jo Zeleny**

I never forget a face, but in your case I'll make an exception.



**David Jay Anderson**

In loving memory.

December 4, 1987-  
January 20, 2005



We returned for our second senior year. Danielle R ran over Danny F. Kristine D got into a fight with Tina W. We were supposed to go to the 50 yard line. We played football during recess at the Elementary School. The food fight in 8th grade. Mickey K got suspended for going in the girls locker room. Ruining Class Color Day many times. Dan G thought he was pregnant from chewing gum. Kristine K showed up to school. Fedel and Tiny Town. "Wait, I don't know what I'm doing." Jes W and Mir N rode with Drew H and Mickey K to a dead end dirt road. Spoons at Nic W's. When Jessi K, Nikk S, Chris B, and Sydney K hit the median doing 3. Jes W and Steve H's car accident. Mike O sprayed himself with Emma J's pepper spray. The rap-off on the bus. Amy L and Jes W tripped on their way to lunch and got trampled. Adam K tripped while trying to trip Sadie K. Stink bombs. Popping milk cartons. Bomb threat in Elementary School. Kayla P's McDonald's morning. Le Duc and Amy L getting suspended for mooning. Dark room, paper thief. Girls night at Estee K's. Lara B got to school on time. Chad L was embarrassed to do an interview. The Wiese twins weren't fighting. We tricked Allison J into thinking she smelled bad and she said, "But I'm wearing Chanel!" Nic W wasn't talking about himself. Ebert Fest. Amanda R biffed at the gas station and rolled right into the arbage can and a lady laughed at her. When Keith R and Vince L would light their farts. When Tonia Z asked, "Why do they call Stubbs 'Stubbs'?" Everyone's cell phones went off in Hoffman's A.P. English class. Spin the bottle. When Kali E saved her lip gloss. When Carrie A didn't take ten years to finish a meal. Whoop whoop! Shadow puppets and the praying hands. Kristine K, Marla A and Sadie K would have locker races. Telling Missy K the "furry leg/hole in stomach" story and she believed it. When Kayla P and All A decided to color Kayla's hair. Jessi K fixed the door at Pizza Man with pepperoni. The trip to the arboretum when we were supposed to "connect with nature," but instead we sat inside and played Catch Phrase. Sam Kelter got hit by the bus and the bus driver kept going. Junior prom on the party bus. "Turn on the lights, I'll tell you if she's lying." Ashley R broke her brother's nose. "Is that you, Starr?" Camping at the river in Hanover and the bonfires. The "playful" fights between Sadie K and Jodi R. Kristine K and Theresa S were going to live in the jungle with all of the animals. When Fricke asked Kristine K if they had Swedish fish at the drug store and she said, "We don't sell fish there." Mr. Frickstad calling people "ferret-faces." Rachel K and Thorn under Rachel's deck. Going to state for softball. Ski club. When people weren't eating at Denny's. The obsession with sharpies. We were introduced to duct tape. Kyle Hack's deer skit. When there weren't cliques. Lara B ate glue for \$ 1 and then found out it was toxic. When Allison J ate a cookie off of the floor. Mrs. Fisher tripped over the overhead cord. Schafer tried to order Wendy's. WA36. Some guys wanted to spend the night in Marla A's tree house. "Operation Butterfly." When Luke G shot an arrow at a house. Amanda J didn't have detention. When Sadie K kicked a field goal and won a box of Coborn's stuff. We paid \$ 7 for a parking permit. Someone else had the same birthday as Anna M at Applebee's. Adam K wasn't in the weight room. Amy W, Jeanna W & Justin J were at the H.S. at midnight with a video camera. When Allison J thought all of the girls got to bud in the lunch line. When Lara B broke 3 blades in 5 minutes, then almost cut off her finger. Tonia Z's water softener. Nicole S hit a parked car in the driveway. When Ashley S and Nate B weren't all over each other. Amber H's horse impressions. Davey H's "lucky van." Exploratory days. The McDonald's diet. When Mr. Rooker made fun of Shay's laugh. Kim R and Nicole were "Chatty Kathy Dolls." When Miranda N's car got trashed in front of Wiese's house. Getting into egg fights. The flamingo report at the zoo for Spanish. "What are we saying?" Sonshine Music Festival, Ben M's recSpecs. Shay doing her, "You're fired!" impression. Mike B & Davey H both wanted Ashley C. Study hall with Mr. Kuhn-good food! Prom at Best Buy, Target & Denny's. When Mrs. Johnson walked in & heard Mr. Dewey calling his physics class retards. Mr. Retka ripping his pants and always wearing the blue sweatshirt. Running around hotels when we were younger. Missy K tricked Carrie A into thinking she had won \$ 20,000. Paul E drank a gallon of milk in 40 minutes. Making Mrs. Loftus cry almost every day at the Parish School. "Peace Shakopee!" Randomly dancing in the street. Hamre's ex in 7th grade. Chris F's bird, Albert. End of the year volleyball tournaments. We roller-discoed for trick or canning. When Kali E cried after breaking Jodi R's cup. FaJa Molding. Goose hunting. Snow tubing. Nikki Z broke her clarinet and glued it back together. When Vince L started shaving. When Kim R and Nicole both went blonde in the same week. Courtney B wore her headgear to school. Not realizing how many headlights are out until playing the game. Jeanna W ran through a dead end in the middle of winter and got stuck. Kali E, Kristine K & Jason S missed the field trip bus. Mickey K's music videos. We got chased by "Papa Zahnow." Carrie A and Mrs. Foucault wore the same A&F sweatshirt. When Carin J burned her forehead during FACS class. "The best day ever." Steve D didn't call himself G-Unit. Osakis. The grindfests during Homecoming. Blaze orange at volleyball. Fogs. Luke G drove the beast. Jesse D wore a tutu in kindergarten. Midnight phone calls. Night games at Tegan L's. Amy D's craziness inside cars. When Mrs. Mayer would mug water from a milk jug. Adam K being the "Ab-Man." The Parish School lunches. Le Duc's seizures. Paul S got torn apart by the old people during inner and bingo. When Jodi R locked Missy K inside of a trunk and her dad had to break her out. Dan G making the Macintosh computer sound, "Eep!" Drew H went down at Krutzig's house. Blake B always singing and dancing. When Budde and John V were nearly killed by the boat during Aida rehearsal. Norm got punched in the face. Cheerleading at recess in the Parish School. Jesse D and Andy H got detention on the first day of senior year. Tube wars. Mike B said Paul S was going into the cemetery instead of seminary in Public Speaking. When Marla A ate a piece of cake when she was sleep-walking. Chris F named himself "Colonel Sanders." Mally playing twister. Vince L had a fro. Rachel K asked how the Statue of Liberty just floats there. Jodi R and Missy K got Carrie A and Allison J in a nerd circle at tennis. Karissa M wasn't wearing heels. When Jeanna W wasn't talking. Halo nights. Estee K peed her pants on Megan P's couch and flipped the cushion over. Java Joint with Ashes & Jessi K. DARE graduation. There were farms. "Kristine, you have a marker on your face." We stole Borschke's heat bag. When Jeanna W broke Ashley's wrist. Zahnow wasn't angry. Sucik's van. Tony B was dancing to the cycle song. Middle School dances. Max G swimming with a man thong at Coburn's. Jason N didn't stop crying in foods. When Sadie K would always get scared. Mr. Johnson would hide behind cars. When Thorn caught Sadie K "Poppin' Her Thing." Rose Z and Caitlyn B were laughing so hard they had to sit down. When Estee K told us she got her first bra. Veggietales. Kayla G, Rachel K & Stacy D were cheerleaders. Drew H ate dog poop. Jess M puked on the vo-tech bus. Le Duc's long hair. When Lara B wasn't talking about or eating food. Nicole M, Sarah, and Celeste D took a bubble bath. Fall musicals. Our all-nighters. When Mickey K was big. Mrs. Thayer, the best sub ever. When Sadie K would get scared when people would say her name. Boy/girl parties at Kayla G's house. The girls basketball team won every tournament when we were younger. When Ojala went down hard. Barbie weddings. Jessi K's ghetto jobbie. Joe H spiked his hair into a mohawk and it stood like a foot tall. The skaters vs. the athletes at Powder Ridge. Dressing up as the Spice Girls. When Tweeks kept going in the hubard in Virginia. The "quack." Mike W tackled Estee K and her shirt came off. Brendan L's mom brought a giant bag of Reese's to school for his b-day and Missy K ate most of them. Anna M was telling us where not to stand on her pond and she fell through the ice. Nicole and Amanda J skipped science 7 days in a row and didn't think they'd get caught. When Marla A and Sadie K tripped Kristine K and she fell flat on her face and lost her black boot. When June missed the bus and went running after it. 6th graders at Parish School went to Deep Portage. When Mr. Wallinger told Melissa L to act normal. When Jamie told Sadie K that she didn't like her. Ebert gave intensity. Dan G wasn't running. Amanda J swore during her presentation. When we weren't THE REAL SENIORS!



F  
Class  
V  
O  
r  
i  
t  
e  
s

**Actor:**

Adam Sandler

**Color:**

Blue

**Actress:**

Rachel McAdams

**Fast Food:**

Taco Bell

**TV Show:**

The O.C.

**Movie:**

Wedding Crashers

**Song:**

My Humps by  
Black Eyed Peas

**Class:**

Entrepreneurship

**Restaurant:**

Applebee's

**Clothing Store:**

The Buckle

**Teacher:**

Mr. Mallinger

**Snack Food:**

Big Cookie

**Radio Station:**

K102

**Vacation Spot:**

Mexico

**Sport:**

Wrestling

**Music Type:**

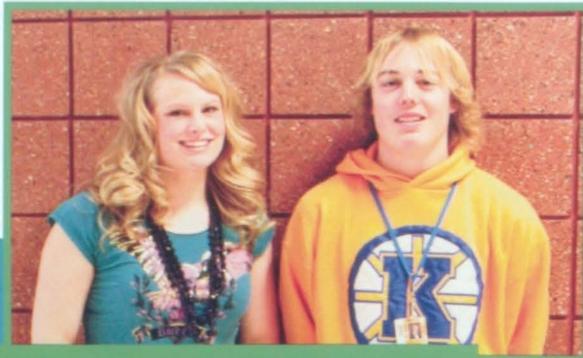
Country

**Band:**

Rascal Flatts



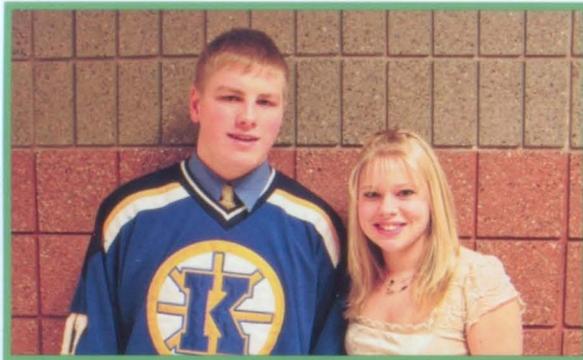
# HALL OF FAME



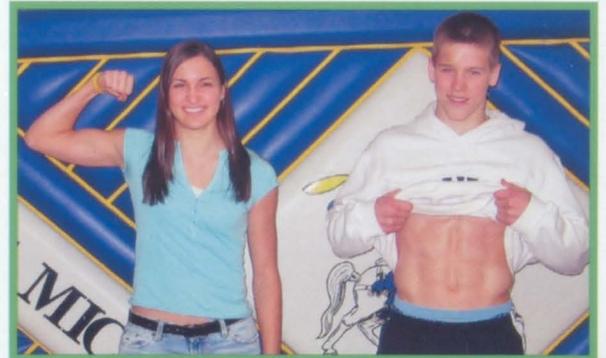
**BEST HAIR**  
Ashley Robeck & Jon Ebert



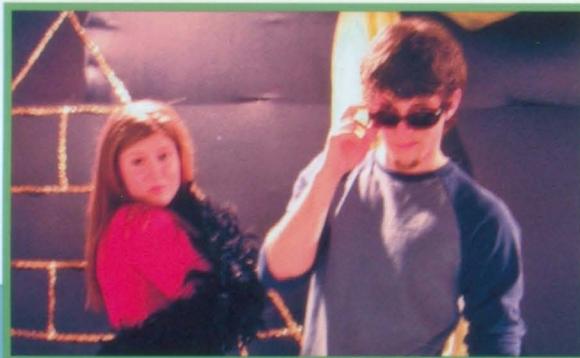
**CLASS CLOWN**  
Melissa Lannoye & Max Greninger



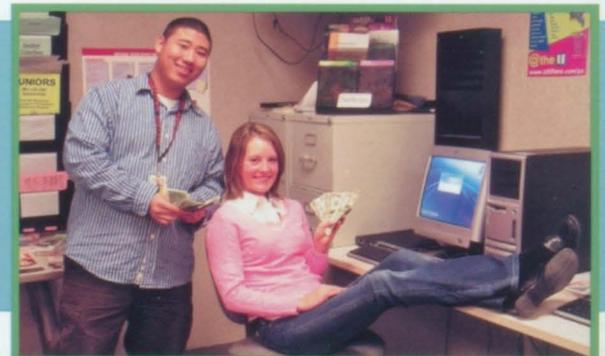
**FUNNIEST WALK**  
Andrew Carlson & Raquel Korpi



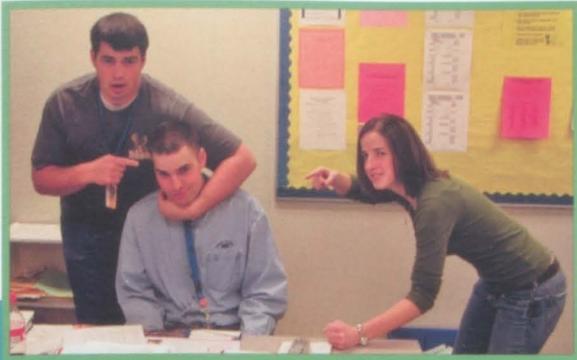
**MOST ATHLETIC**  
Jodi Reinschmidt & Adam Kessler



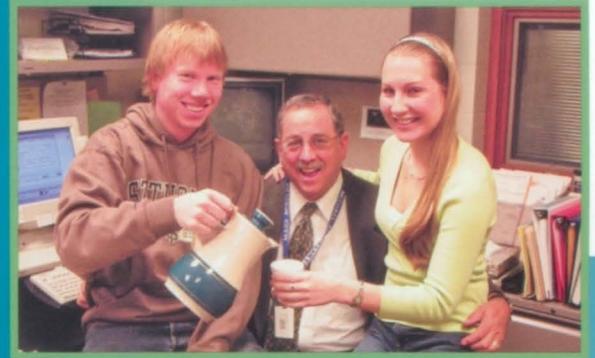
**HOLLYWOOD BOUND**  
Shaylee Carlson & Derek Holm



**MOST LIKELY TO SUCCEED**  
Brandon Boese & Allison Janney



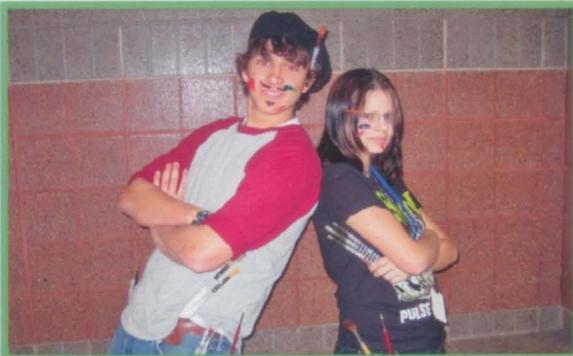
**MOST LIKELY TO ARGUE  
WITH A TEACHER**  
Jesse Dehmer & Melissa Koch



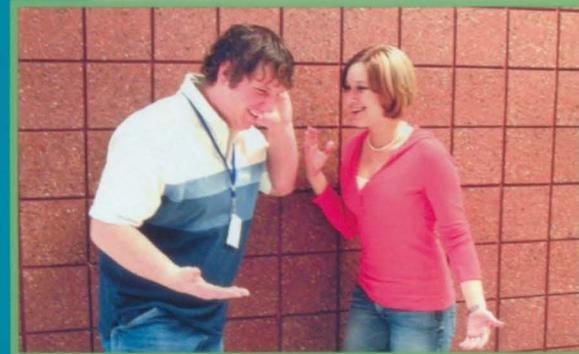
**TEACHER'S PET**  
TJ Leadens & Ashley Budde



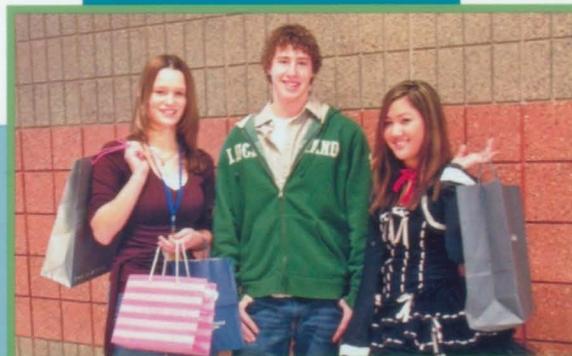
**BEST EYES**  
Mike Barnard & Kali Erickson



**MOST CREATIVE**  
Drew Bebus & Ashley Praught

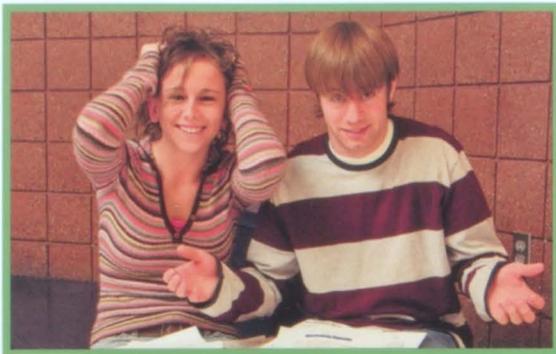


**BIGGEST GOSSIP**  
Keith Robeck & Kayla Pietsch

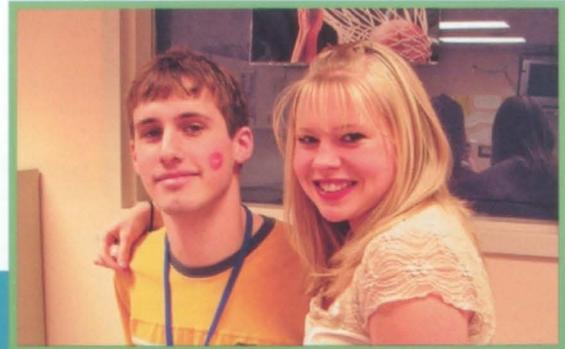


**BEST DRESSED**  
Jes Wise, Brendan LaValle, &  
Amphaphone Phommasak

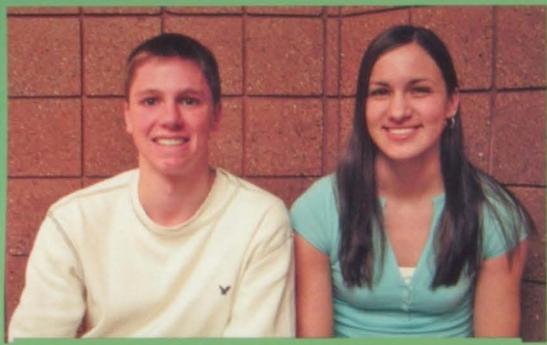




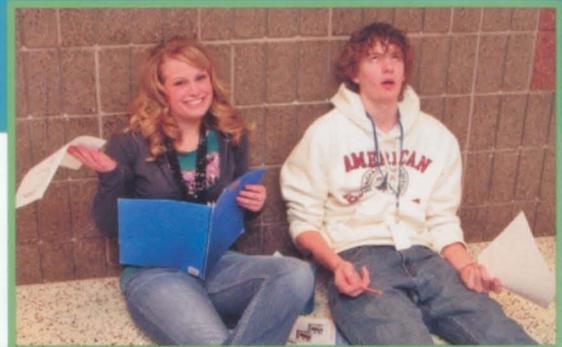
**MOST STRESSED**  
Theresa Steffens & Tyler Starr



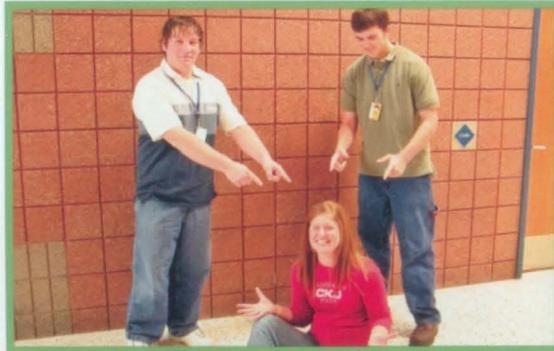
**BIGGEST FLIRT**  
Michael LeDuc & Raquel Korpi



**BEST SMILE**  
Jason Servaty & Jodi Reinschmidt



**BIGGEST PROCRASTINATOR**  
Ashley Robeck & Nathan Kopp



**BEST LAUGH**  
Keith Robeck, Rob Kramer &  
Shaylee Carlson

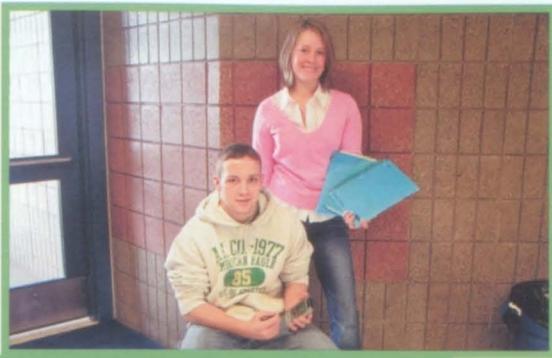


**MOST SHY**  
Chad Little & Stacy Black

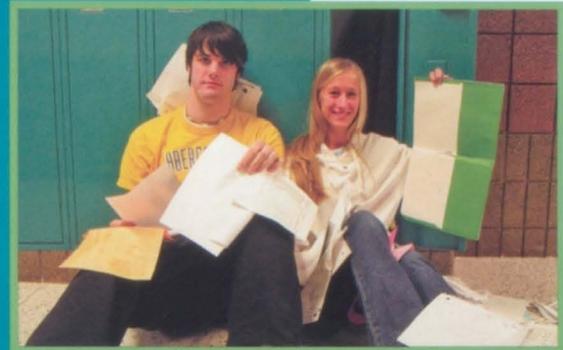


**MOST TALKATIVE**  
Melissa Lannovic & Nic Wacker





**MOST ORGANIZED**  
Mickey Kirk & Allison Janney



**MOST UNORGANIZED**  
Christian Landefeld & Lara Berning



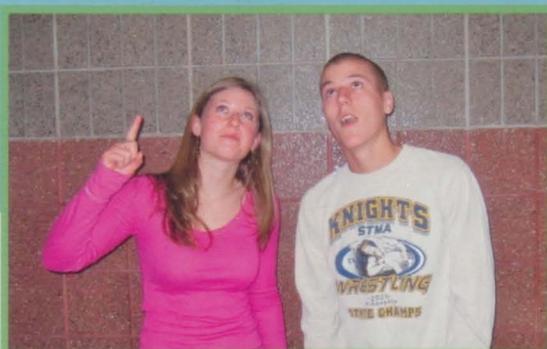
**NEVER IN SCHOOL**  
Kristine Kilian & Chad Little



**BIGGEST THREAT TO PEDESTRIANS**  
Jen & Jes Wiese  
& Luke Gindele



**MOST SCHOOL SPIRIT**  
Kyle Gammel & Estee Kolles



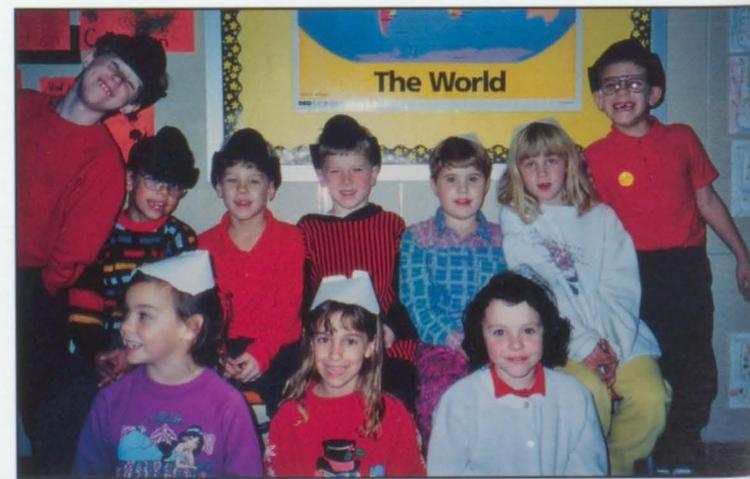
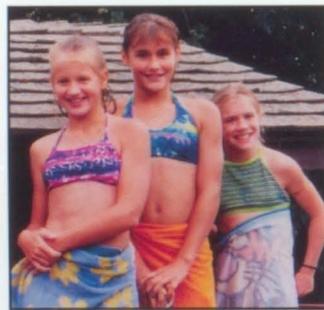
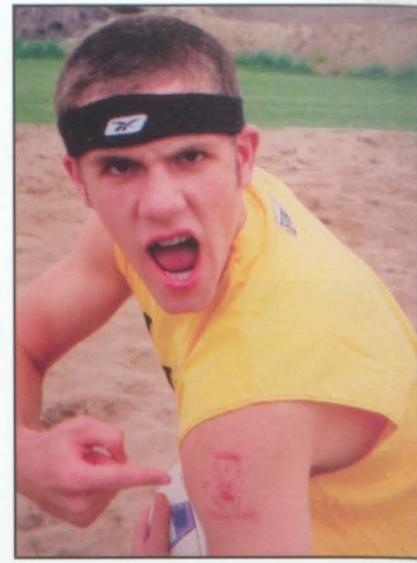
**MOST GULLIBLE**  
Carrie Abrams & Dan Greeno



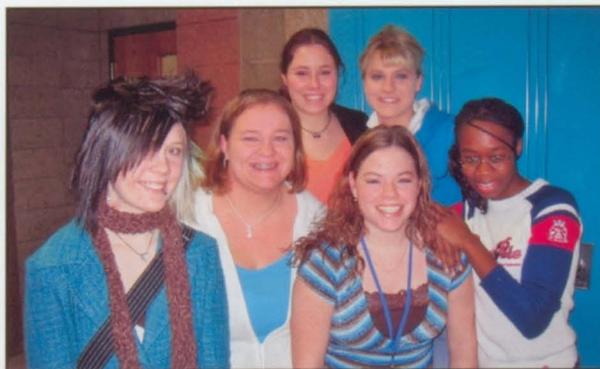
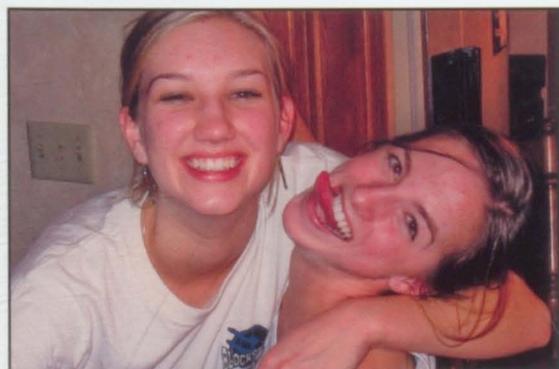
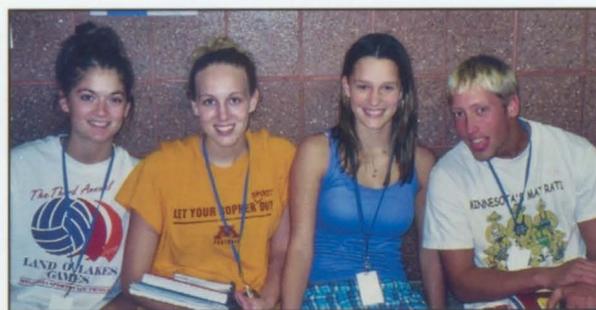
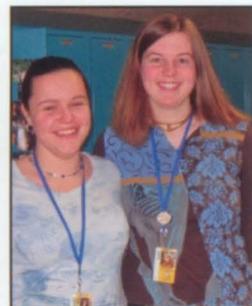
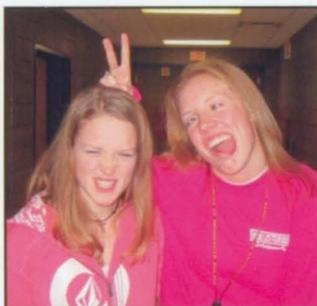
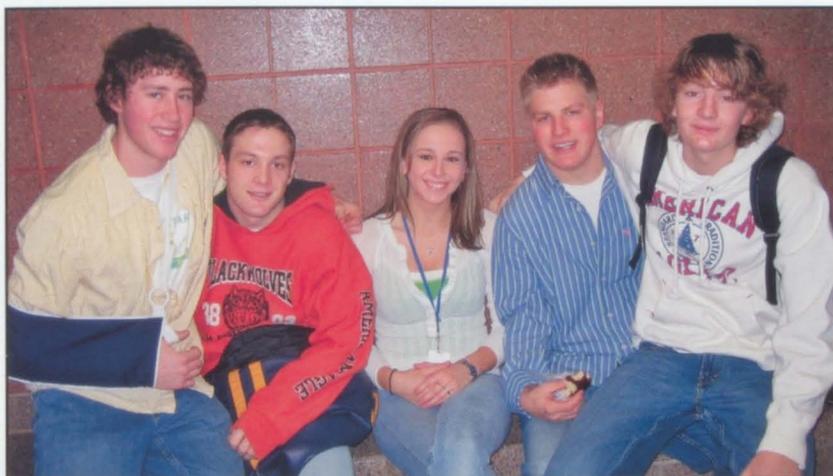
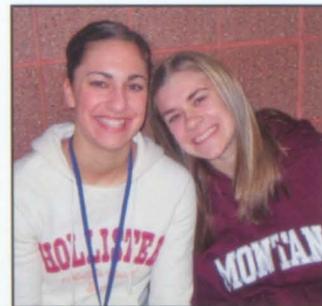
**DEVIL IN DISGUISE**  
Jodi Reinschmidt & Kevin Berning



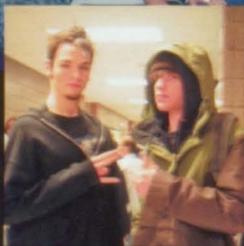
# Then...



# And Now

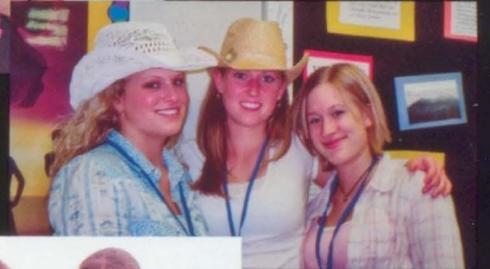
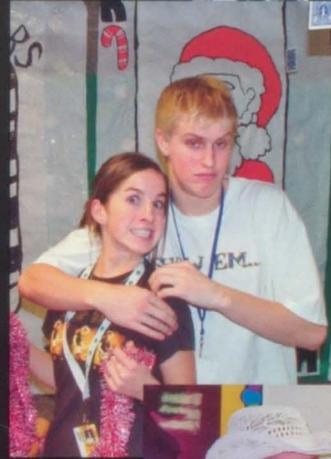
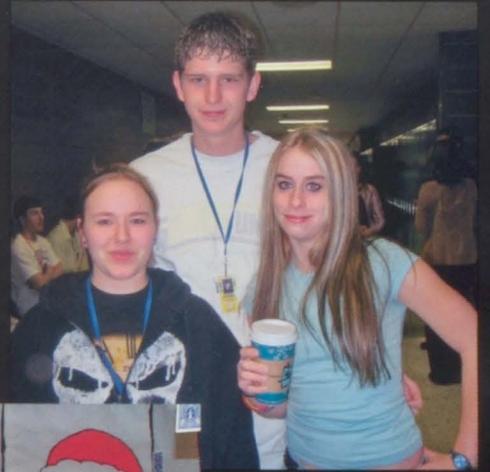


# St. Michael



# Senior Class

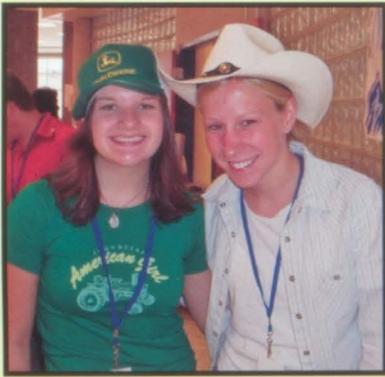
# -Albertville



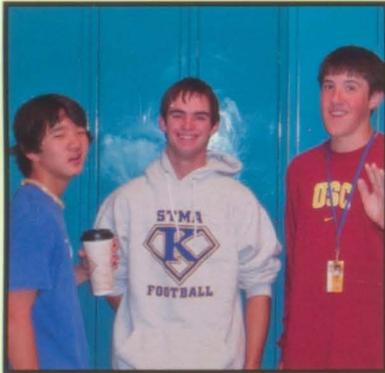
# s of 2006



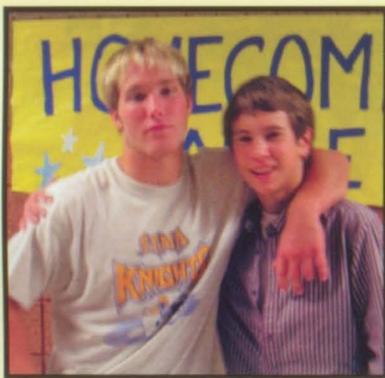
# Juniors



Julie Kasper and Katie Daleiden take on two different country looks: farmer and cowgirl. The girls were taking a short break from selling tickets for NHS's Homecoming dance.



Robert Swansen, Cory Kessler, and Jeremy Kuhn are caught off-guard getting their morning caffeine from the local Coffee Cubby.



Dean Eull and Beau Toutloff look like best buds during Homecoming week.



Adam Aaserud



Joshua Adams



Danielle Adamski



Austin Adamson



Amber Aeshliman



Andrea Altamirano



Alison Anderson



Kate Anderson



Kyle Anderson



Michael Arlt



Charley Bach



Brittney Barr



Kristin Barthel



Christian Bartholomew



Krista Bauman



Mitchell Bebus



Kyle Bechtold



Alex Becker



Christine Becker



Jack Berning

# Class of 2007



Terese Berning



Kate Bienias



Brian Bishop



Keith Bistodeau



Chad Blais



Erik Blomberg



Jessica Bongaarts



Sara Borchardt



Katharine  
Borschke



Britney Briggs



Anthony  
Brouillette



Aaron Brown



Danielle Brown



Nycolle  
Burkstrand



Brianna Bydlon



Tanya Capouch



Lauren Carlson



Alex Cavanaugh



Crystal  
Christensen



Luke Claycomb



Mallory Clem



Venessa Coates



Anthony Coffey



Matthew Coles



Logan Conwell



Rachel Coulter



Katie Daleiden



Emma Danielson



Sara De Lozier



Jason Dearing



Amber Deckert



Rachel Dehmer



Natalie Dick

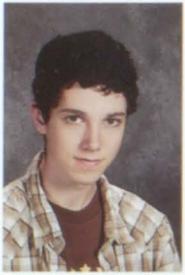


Vanessa Dick



Megan Dingley





Philip Dingmann



Mackenzie Dooley



Shane Dorr



Molly Doty



Heather Drewelow



Stephen Ebner



Kylie Edgren



Kayleen Eggert



Amanda Eid



Angela Ekern



Andrew Ellingson



Mitchel Ende



Amanda Engelhart



Regan Englund



Anthony Engstrom



John Erdmann



Dean Eull



Emily Eull



Andrew Evans



Colin Fecho



Lindsey Fehn



Marlon Fehn



Ashley Fernholz



Caitlin Ferry



Katherine Foster



Erin Fox



Aaron Frank



Travis Freeman



Miles Friendshuh



Jordan Gifford



Misty Gilman



Eric Gimpl



Sarah Gindele



Ashley Girard



Kyle Goeb





Keith Goodin



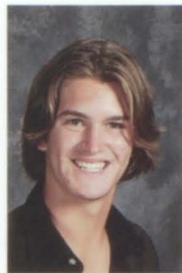
Timothy Goth



Angela Grundman



Joseph Grygelko



Brent Guimont



Daniel Hackbarth



Brianna Hanke



Anthony Hare



Jessica Harren



Kirsten Harrington



Thomas Haskvitz



Anthony Hasler



Tony Hasler



Morgan Hayek



Christian Head



Julie Hedlund



Martin Hernandez



Anna Heuring



Daniel Hill



Timothy Hilten



Jennifer Holm



Thomas Huot



Jacob Isaacson



Dustin Jackson



Raymond Jackson



Melissa Jean



Colin Johnson



Matthew Johnson



Jaclyn Jokinen



Rebekka Jossart



Kayla Kasel



Julie Kasper



Michelle Katchmark



Cory Kessler



Riley Kessler





Carol Khatthavong



Alex Kilian



Thomas Kilian



Alex Kirchberg



Ashley Klatke



Dalenna Klingelhoets



Rachel Knutsen



Tommy Kododo



Nathan Koep



Austin Kolles



Breanna Kolles



Jodi Kolles



Jake Kolling



Kimberly Kolstad



Jeremy Kopp



Britney Kotilinek



Bridget Kottke



Austin Kowes



Krystal Kreger



Kristin Krone



James Krutzig



Brandon Kuhn



Jeremy Kuhn



William Laney



Jonathan Larson



Sarah Larson



Cole Laudenbach



Jonathan Laudner



Matthew Le Claire



Shane Leach



Michael Lee



Ross Lefebvre



Eric Lenneman



Kelsie Lewis



Lucas Lian





Troy Lindenfelser

Peter Lindquist

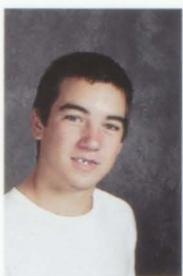
Kelsey Long

Andrea Madison

Ryan Madsen

William Mangan

Andrew Marsh



Alex Maschoff

Joseph Mazzuca

Kalla McEachern

Daniel Merges

Rebecca Michaelson

Brian Michaud

Kayla Miedema



Stephanie Miller

Sameer Mobin

Kelsey Mogren

Dustin Morcomb

Elizabeth Nardini

Jenna Nelson

Geoff Neumann



Elizabeth Newman

Scott Niedzielski

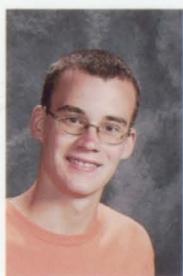
Naomi Nordin

Kennra Norris

Alexis O'Connor

Jaclyn Ohnemus

Justin Oie



Corey Oliver

Emily Olson

Justin Olson

Andrew Osborn

Bruce Oudavanh

Matthew Panuska

Ann Pearson





Michael Peltier



Saengnakhone  
Phaipanya



Cassandra  
Pierson



Jessica Pinska



Lucas Pollock



Samantha Pope



Laura Potter



Derek Potts



Brittany Praught



Alyssa Priem



Alexandra  
Rammer-Bitton



Whitney  
Rathbun



Krissa Reemts



Benjamin Rego



Carissa Reilly



Laura Reimann



Varsanofy  
Reutov



Megan Rich



Marissa Rines



Christine Roberts



Laura Robertus



Andrew Roden



Kirstin Roden



Robert Roden



Christopher  
Roehl



Rachel Rogers



Kari Ross



Daniel Russell



Jessica Ryan



Isaac Saville



Maeghan  
Scherber



Jeffrey Schmidt



Nicol Schmitz



Laura Schreiber



Anna Schutt



Brenda Soledad



Dale Stauffenecker



Joshua Steffens



Ashley Stine



Lynsey Strand



Robert Swansen



Stephanie Swenson



Robin Tellefson



Holly Thao



Courtney Thompson



Jacob Tiedeken



Beau Toutloff



Alicia Traut



Alyson Ulen



Jacklyn Urai



Robyn Van Drasek



Andrew Van Dusen



Sondra Van Hall



Amanda Vance



Keng Vang



Kham Vang



Mai Sheng Vang



Jacob Voss



Kurtis Wacker



Melissa Wacker



Andrew Wagner



Andrew Walker



Stephan Warner



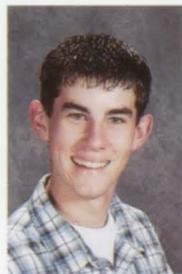
Katherine Washburn



Megan Watters



Clint Weber



Shane Weber



Shane Weber



Eric Welch



Camille Welter





Lindsey Wendroth



Darrick Williams



Andrew Willis



Tiffanie Winkelman



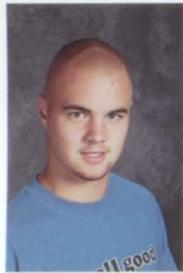
Heidi Winkler



Jennifer Woods



Brian Wurdeman



Nathaniel Wyre



Melissa Yanish



Brian Zachman



Jared Zachman



Katie Zachman



Lowell Zachman



Kyle Zachmann

55%  
Know all the  
words of the  
National Anthem

38%  
prefer pepsi  
62%  
prefer coke

86%  
have a job



Andrew Zahler



Steven Zander



Nina Zeleny



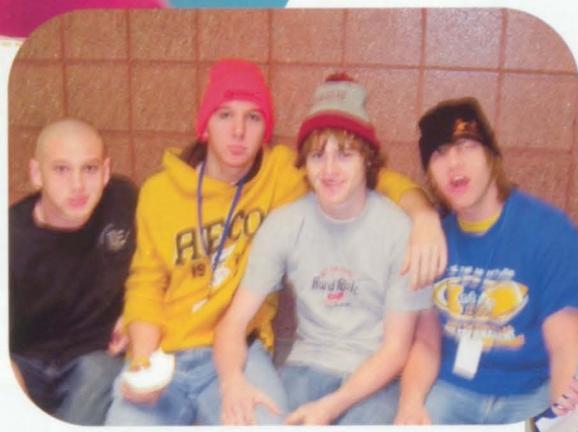
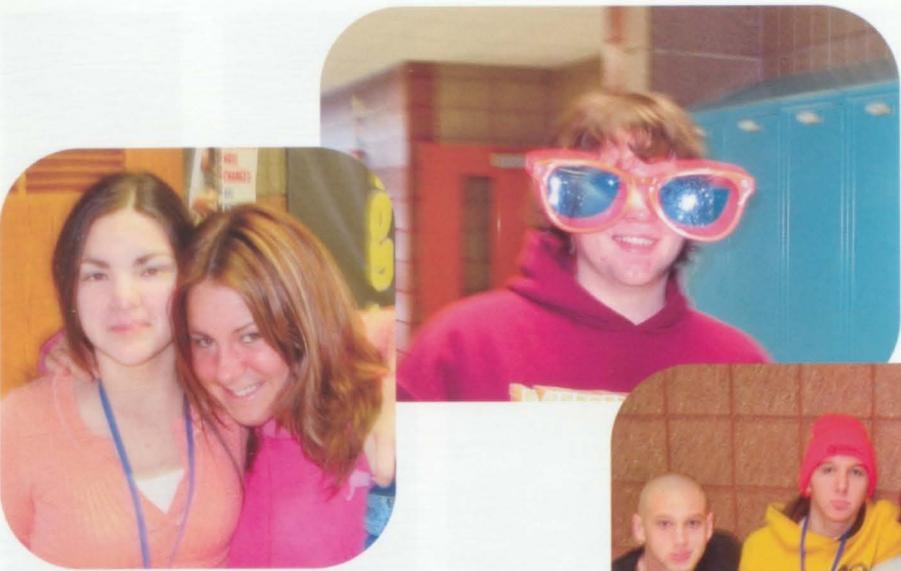
Amanda Zimmer



40  
Juniors

# JUNIORS

- The best part of being a JUNIOR
- 1 There's one year left of school
  - 2 Now we're upperclassmen
  - 3 No responsibility



Favorite Food:  
Pasta

14%  
are left handed

28%  
drive a truck

Favorite Color:  
Blue

# CLASS OF '07

# Sophomores



Alisha Gossett, Cassie Dick, Courtney Gamrath, and Nicole Steffens hang out before assigned SNAP. The 5-minute morning SNAP was designated for taking attendance.



Kody Anderson looks a little bit too friendly with Justin Dollar and Zachary Nordstrom before school.



Cindy Soukhanouong and Angella Nanthavongsa smile for the camera at lunch. There were three lunches this year with everything from sweet potato fries to shrimp poppers.



Brandon Abel



Dakota Adamson



Samantha Ahern



Emily Anderson



Kody Anderson



Thomas Antonelli



John Arns



Kristina Asbury



Habibatou Balde



Kaitlyn Baldridge



Jakob Baltich



Blaine Barthel



Joshua Barthel



Amanda Bauer



Kala Baune



Kyle Beaulieu-Sanders



Kayla Becker



Sarah Becker



Travis Begin



Elizabeth Berkner

# Class of 2008



Laura Billiar



Caitlyn Bistodeau



Andrew Bohn



Joseph Boone



Portia Bradway



Ashley Bratager



Sean Brousseau



Brittany Brown



Megan Brown



Breanna Brozyna



Jason Buck



Devin Butler



Jeremy Capouch



Dane Carlson



Jared Carlson



Cody Caron



James  
Chanthamonty



Jessica Chapple



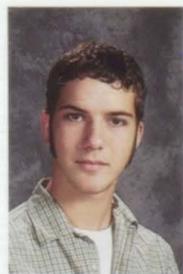
Kristin Chatelle



Samuel Clark



Brady Corcoran



Jeremiah Cote



Tyler Cox



Heather Crocker



Bridget Daleiden



Danica Daleiden



Rachel Daleiden



Kayla Dehmer



Eric Derus



Cassandra Dick



Tonya Dick



John Dickey



Justin Dollar



Elizabeth  
Donaghue



Teresa Dubel





Jessica Duerr



Stephanie Duley



Laura Dwyer



Nathan Dziuk



Matthew Ebert



Michael Ecklund



Kathleen Egbert



Natalie Einerson



Philip Ekern



Angel Erickson



Christian Erickson



Calvin Eull



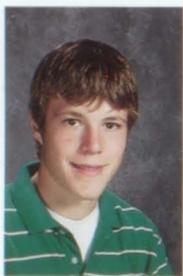
Amber Euteneuer



John Euteneuer



Neil Evavold



Alex Fehn



Michelle Fehn



Chelsey Ferbuyt



Zachary Fernholz



Leah Fiecke



Nicholas Fink



Daniel Fisher



Michael Fleege



Tyler Forness



Matthew Frank



Kimberly Franklin



Alyssa Gallagher



Jennifer Gallagher



Ross Gammell



Courtney Gamrath



Jamie Garnto



Kristina Garrett



Angela Gavere



Danielle Gellerman



Alex Gillach





Jonathan Glasser



Thomas Gleason



Shane Goblirsch



Lindsey Gohde



Alisha Gossett



Kirstie Gottfried-  
Klinkhamme



Brittany Green



Dannielle Green



Samual Grote



Alexandra  
Guardado



Annie Haefner



David Hagen



Derek Hagerty



Michelle Haller



Ashley  
Harrington



Margo Haynes



Stacy Hegland



Ian Heieie



Zachary Heiskary



Daniel Heskin



Megan Hinchliff



Laura Hofford



Lukas Holm



Anthony  
Holsather



Maren Holstad



Allyson Huot



Haris Isic



Brittany Jackson



Daniel Jirak



Nicholas  
Johannes



Anna Johanson



Alexander  
Johnson



Briita Johnson



Kaylee Johnson



Zach Johnson





Sara Johnston



Lynne Kaluwe



Andrew Kari



Derek Kasper



Damara Kautz



Lauren Kessler



Mackenzie Kessler



Todd Kessler



Grant Kinnamon



Daniel Kledzinski



Derek Knuti



Dexter Kolles



Kaitlin Kolstad



Wesley Kotila



Sarah Kraft



Abby Krueger



Tasia Kurry



Daniel Kurth



Bridget La Vallee



Brian Lampert



Jenny Lee



William Lee



Rebecca Legatt



Amanda Lenneman



Theodore Lenneman



Ashley Lewandoski



Kyle Loaney



Brady Logan



Nathan Luhmann



Brandon Lum



Kathryn Mabusth



Cameron Malek



Jonathan Marcks



Nicole Marquette



Alyssa Martinson





Brittany Mauer



Jeffrey Mc Carthy



Ryan Mc Coy



Nicole Mc Donald



Amanda Mc Lain



Caitlin Mc Nelly



Chris Mc Nulty



Chris McMulty



Jennifer Miller



Joshua Miller



Kayla Miller



Tyler Montry



Rachael Muehring



Nicholas Muellerleile



Angelia Nanthavongsa



Deal Naphosaysavath



Reid Nelles



Lucas Nelson



Dana Norby



Andrew Nordby



Zachary Nordstrom



Felicia Norton



Kyle Novotny



Nicholas Nygaard



Anthony Nygren



Stephanie Ohnemus



Jonathan Oltman



Amber Ooley



Megan Osborn



Amy Packa



Kristen Panning



Courtney Parker



Christopher Paulsen-Schmidt



Kyle Paulson



Jessica Peterson





Natasha Peterson



Tyler Peterson-Liu



Michael Phommasak



Virakone Phomtalikhith



Napaporn Phothirath



Jacob Pinska



Brian Pounds



David Prather



Gregory Quenemoen



Katie Raab



Thomas Raker



Danielle Reese



Courtney Reinking



Kyle Robeck



Marina Roberts



Krista Roden



Erik Rostamo



Theodore Rothstein



Isra Salem



Keith Samuelson



Vilaphone Saysithi



Bryant Scannell



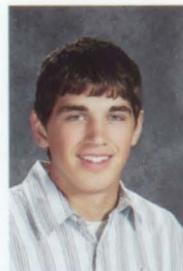
Drew Schirmers



Kaeli Schmidt



Brant Schreder



Kyle Schumm



Travis See



Lisa Servaty



Nicole Sheets



Kadra Sheikmohamed



Zachary Shorter



Jane Simon



Jesse Slimmer



Ryan Slyter



Timothy Snaza





Abigail Solem



Cindy Soukhanouvong



Lek Soun



Nicholas Steffen



Gayle Steffens



Luke Steffens



Nicole Steffens



Samantha Stepp



Justin Stewart



Dustin Strand



Brittany Stumpf



Kara Sturos



Thavani Tamaldeo



Joseph Taylor



Adam Tessmer



Brianna Tharp-Holcombe



Samantha Thomas



Alexis Thompson



Justin Thompson



Amanda Tolin



Hali Toutloff



Marissa Treptau



Jessica Turnquist



Patrick Valentine



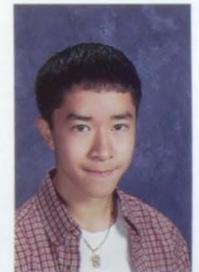
Jayna Valerius



Hue Vang



Bethany Vetsch



Brian Vo



Jonathan Vongsouvanh



Jacob Vorderbruggen



Daniel Wacker



Theodore Wallace



Jesse Wallender



Michael Wallender



Breane Watters





Dustin Watters



Kelsey Weitzel



Ashley Welsh



Shelby Wenz



Alexander Westland



Krysta Willis



Zach Willis



Nicholas Winkelman



Kevin Witt-Edstrom



Aaron Woytcke



Andrew Wruck



Brittney Yunker



Josette Zachman

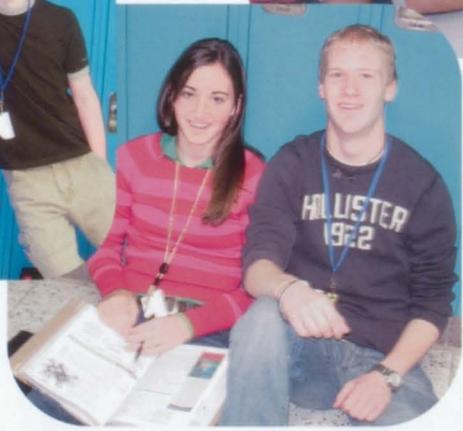
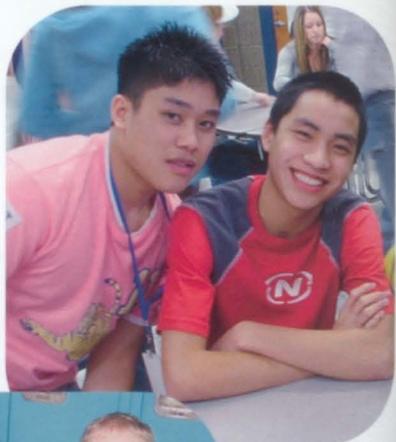


Lauren Zahler

Favorite Sport  
Football

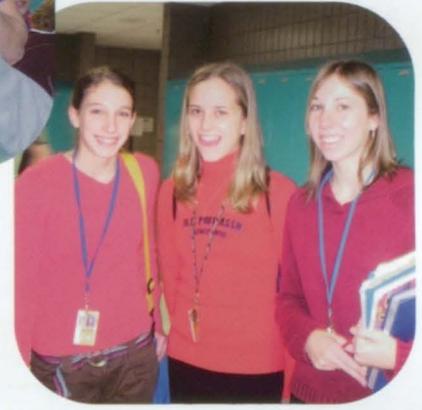
42%  
say blue is their  
Favorite Color

51%  
Know all the  
words of the  
National Anthem



# SOPHOMORES

- The best part of being a Sophomore
- 1 We're not freshmen
  - 2 Getting a driver's license
  - 3 Better classes



84%  
are right  
handed

Favorite teacher  
Mr. Berning

Favorite  
Homecoming day  
Blue and Gold

Average age of  
sophomore vehicles  
8 years

## CLASS OF '08

# Freshmen



Madisson Beecher and Meggan Shustarich went all out in Knight's colors for School Spirit day.



Taylor Dutton referees this intense arm-wrestling contest between Mr. Dewey and Dustin Steffens. After the dual, the ninth grade science class, of course, got right back to their studies.



These freshmen girls wear lots of beads on Mardi Gras day. NHS added this dress up day out of support for New Orleans after the devastating Hurricane Katrina on August 28th, 2005.



Kaleb Aalderks



Hilary Aarons



Caitlin Abrams



Spencer Adams



Katlin Adamski



Abigail Ahner



Beatriz Altamirano



Sean Amy



Brian Anderson



Jessica Anderson



Kathrine Anderson



Kyle Anderson



Joshua Anfinson



Karly Anonsen



David Arlt



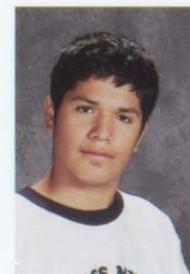
Ernesto Arriaga



Jordan Backhaus



Allison Bandy



Ivan Barrera



Dillon Barron

# Class of 2009



Courtney Barthel



Joseph Barthel



Kasandra Barthel



Cole Bauer



Sammy Baugh



Megan Beaudry



Kayla Bechtold



Madisson  
Beecher



Irene Bell



Elizabeth Benson



Jess Benthin



Brittany Bentley



Tyler Bergstrand



Gage Bergstrom



Troy Bergstrom



Brittany Berning



Lindsay Berning



Maria Berning



Bailey Bertsch



Derrick Besser



Jay Birdsong



Sarah Bivans



Aaron Boese



Melanie Bolson



Gina Bongaarts



David Borhardt



Andrew Boyd



Sebastian Briggs



Wendy Brown



Amy Bruner



Kirsten Brunette



Keyaira Buckley



Madison Bullock  
IV



Anna Burchett



Alycia Bydlon





Amy Cain



Joseph Chatterton



Courtney Childs



David Christenson



Angela Chuba



Brennen Cieslak



Alex Clover



Brandi Cole



Julia Collier



Wesley Connel



Taryn Courier



Katelyn Craft



Gage Cramer



Rebecca Crowe



Cork Cusey



Henry Dalbec



Travis Dalbec



Claire Daleiden



William Daleiden



Dane Dehmer



Jason Dehmer



Jill Des Camps



Adam Deters



Samantha Dick



Kirby Dingmann



Ian Dizick



Cameron Dobson



Blake Doerfler



Matthew Dooley



Jannel Duda



Shawnell Dunbar



Taylor Dutton



Aaron Dwinell



Perry Eggert



Michael Eid





Brian Ende



Cory Erickson



Erin Erickson



Cole Eull



Scott Eull



Kelly Evavold



Maria Fehn



Christine Ferry



Breann  
Fitzgerald



Craig Flaherty



Kyle Fossum



Becky Fox



Tyler Franzen



Ross Fricke



Grant  
Friendshuh



Grant  
Friendshun



Kelly Galvin



Meghann  
Gardner



Vanessa Gindele



Ryan Gleason



Courtney Goeb



Sam Goude



Logan Graham



Jenna Gullickson



Daniel  
Hackenmueller



Emily  
Hackenmueller



Jarek  
Hackenmueller



Nicole  
Hackenmueller



Matthew Hagen



Ryan Hagerty



Christian Halper



Katelyn  
Handberg



Amanda Hansen



Stacey Hare



Jonelle Harren





Erika Heieie



Connie Helgeson



Sarah Helgeson



Matthew  
Henrickson



Caleb Hensel



Andrew Hester



Troy Heuring



Nicholas Hill



Anthony Hilten



Daniel Hlad



Aric Hoeschen



Zachary  
Hollermann



Jacob Horn



Kaitlyn Hukriede



Amelia Johnson



Katherine  
Johnson



Melanie Johnson



Stacie Johnson



Eric Johnston



Kevin Jonell



Danielle Jones



Thomas Jossart



Aaron Kalahar



Ashley Kari



Nicholas  
Kaufman



Sam Keller



Kyle Kelly



Thomas Kessler



Katie Kilian



Kristy Kinlaw



Samantha  
Kirchberg



Sara Kleist



Stephanie Kleist



Meghan Kleven



Kyle Knock



Allison Knutsen



Max Kolles



Briana Kottke



Dustin Kottke



Tyler Kowalczyk



Kayla Kunesh



Becky Kuusi



Christina La Posa



Crystal Lee



Amelia Leuer



Cainon Lewis



Carl Lian



Eric Lindenfelser



Kaitlin Linder



James Lindquist



Daniel Long



Toua Lor



Trever Lucken



Paige Lundeen



Brittany Lynch



Arielle Majors



Taryn Malerich



Harrison  
Markham



Amy Marron



Shelby Martinson



Jacob Maschoff



Samantha Maske



Jonathan Mathis



Lauren Mauer



Cole May



Angela Mazzuca



Melissa Mc Cann



Cameron Mc  
Cullough



Meghan Mc  
Donald



Kelsey Mc  
Kellips





Megan Merkl



Zachary Metz



Karisa Michaud



Cameron Miller



Patrick Miller



Trevin Miller



Razia Mobin



Emily Moritz



Amanda Mozis



Kristen Mozis



Erin Mulcahey



Kevin Nelson



Daniel Nerdahl



Lauren Neumann



Abby Newman



Andrew Nguyen



Joshua  
Nordstrom



Lindsay  
O'Connor



Marie O'Neil



Clare O'Neill



Zachary Otts



Anna Packa



Christopher  
Palermo



Cody Palmer



Justin Paulinski



Chris Pavermo



Kaila Pazen



William Pearson



Alexa Peloquin



Benjamin Peltier



Alexis Peterson



Ashley Pierson



Preston  
Prebonich



Steven Quist



Tayler Rasmusen





Nels Rasmussen



Allesia Rausch



Samantha Reid



Brock Reinschmidt



Kristana Reischel



Joshua Resch



Megan Richardson



Abby Robeck



Demila Rochow



Kayla Roden



Shelby Rogers



Trevor Rogers



Kristina Rohrer



Maria Rosales



Chad Rose



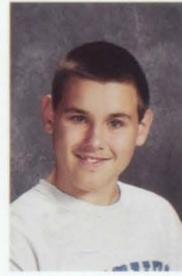
Leah Royseth



Bethany Rynders



Basheer Salem



Carl Salonek



Rebeca Sampson



Nicholas Santrizos



Adriana Saucedo



Jared Schaapveld



Jordan Scherber



Joshua Scherr



Colin Schmidt



Logan Schmidt



Jamie Schoen



Alanna Schoenborn



Shawna Schumm



Hali Scott



Hayley Setzer



Salah Sheik



Meggan Shustarich



Jaclyn Silbernagel





Sarah Simonsen



Joseph Smith



Alejandro Soledad



Gray Soltis



Sara Stackhouse



Victor Stark



Dustin Steffens



Tiffany Steinke



Travis Stott



Kaitlyn Sturos



Brandon Swanson



Nicole Swaser



Cassandra Swenson



Elaine Terry



Judy Thao



Nicole Theisen



Dustin Thelen



David Thorn



Kaylee Thurber



Amanda Thurmes



Andrea Thurmes



Andrew Tilbury



Anthony Trudeau



Nathan Ulen



Victoria Upegui



Anna Valerius



Sarah Valley



John Van Drasek



Kim Van Dusen



Steven Van Vleet



Kathryn Vance



Kou Vang



Peng Vang



Brandon Varness



Samantha Veenhuis



GO Freshmen



Ashley Vongsouvanh



Matthew Walberg



Anthony Wallace



Chelsea Watters



John Weber



Rachel Weidenbacher



Austin Westland



Brittani Wiese



Robin Winkelman



Rebecca Woodis



Miranda Wukawitz



Bradley Wulf



Brandon Wulf



Amy Zachman



Ashley Zachman



Derrick Zachman



Jared Zachman



Jesse Zachman



Kara Zachman



Nicholas Zachman



Vanessa Zachman



Evan Zachmann



Mark Zachmann



Victoria Zaiger



Kathleen Zehowski



Mark Zinken



Travis Zopfi

The best part of being a  
Freshmen:

1

We're not in the middle  
school

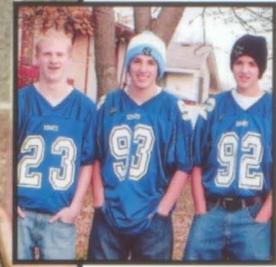
2

Meeting older people

3

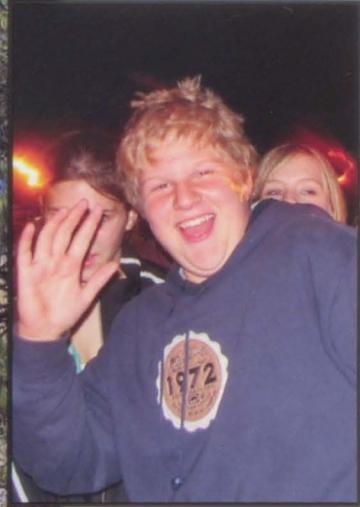
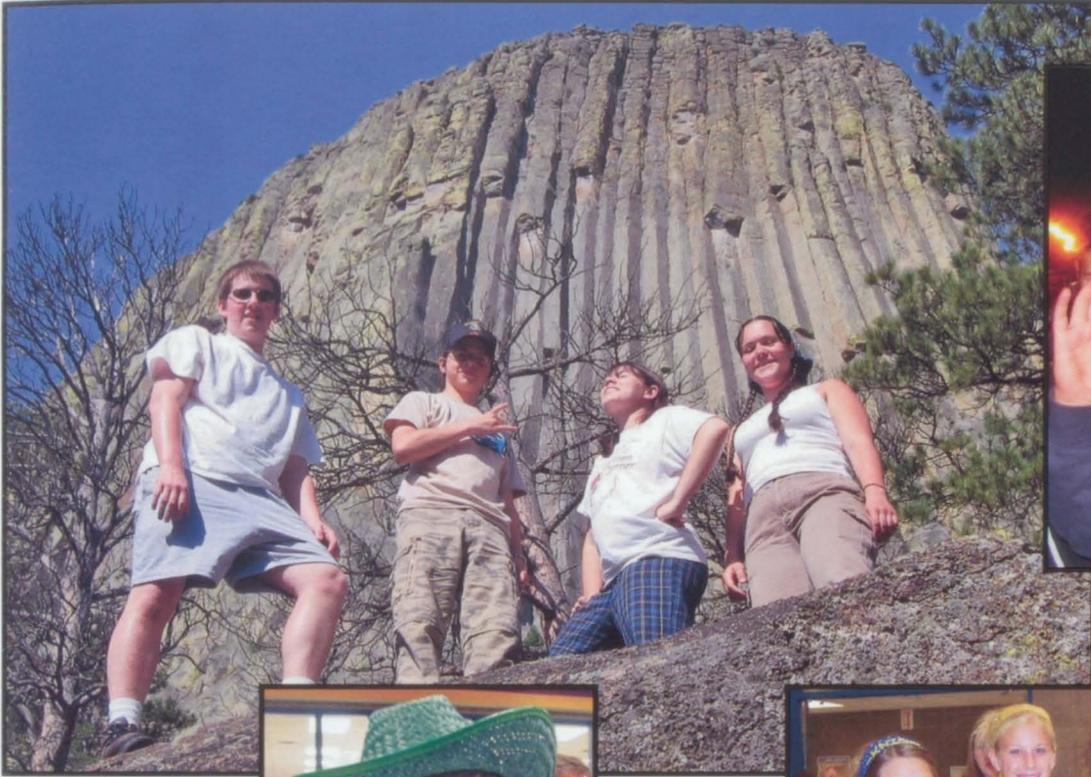
Lower expectations





# Student Life





# SUMMER DAYS

Summer is here - the sun is shining and we've got lots of warm weather to enjoy! It's time to hang at the beach and catch up with friends. Taking road trips and playing summer sports are some of the highlights of vacation. Our goal is to fill long, lazy summer days with as many activities as possible because before we know it, school will be here again.

Top: Paul Eull, Andy Hackenmueller and Tegan Lenneman have fun playing volleyball on the first day of summer. They competed in the second annual volleyball tournament.

Right: Emmy Johnson, Abby Newman and Emily Moritz enjoy the hot and sunny weather. Girls wore tank tops, halter tops and capri pants to keep cool during the summer of 2005.

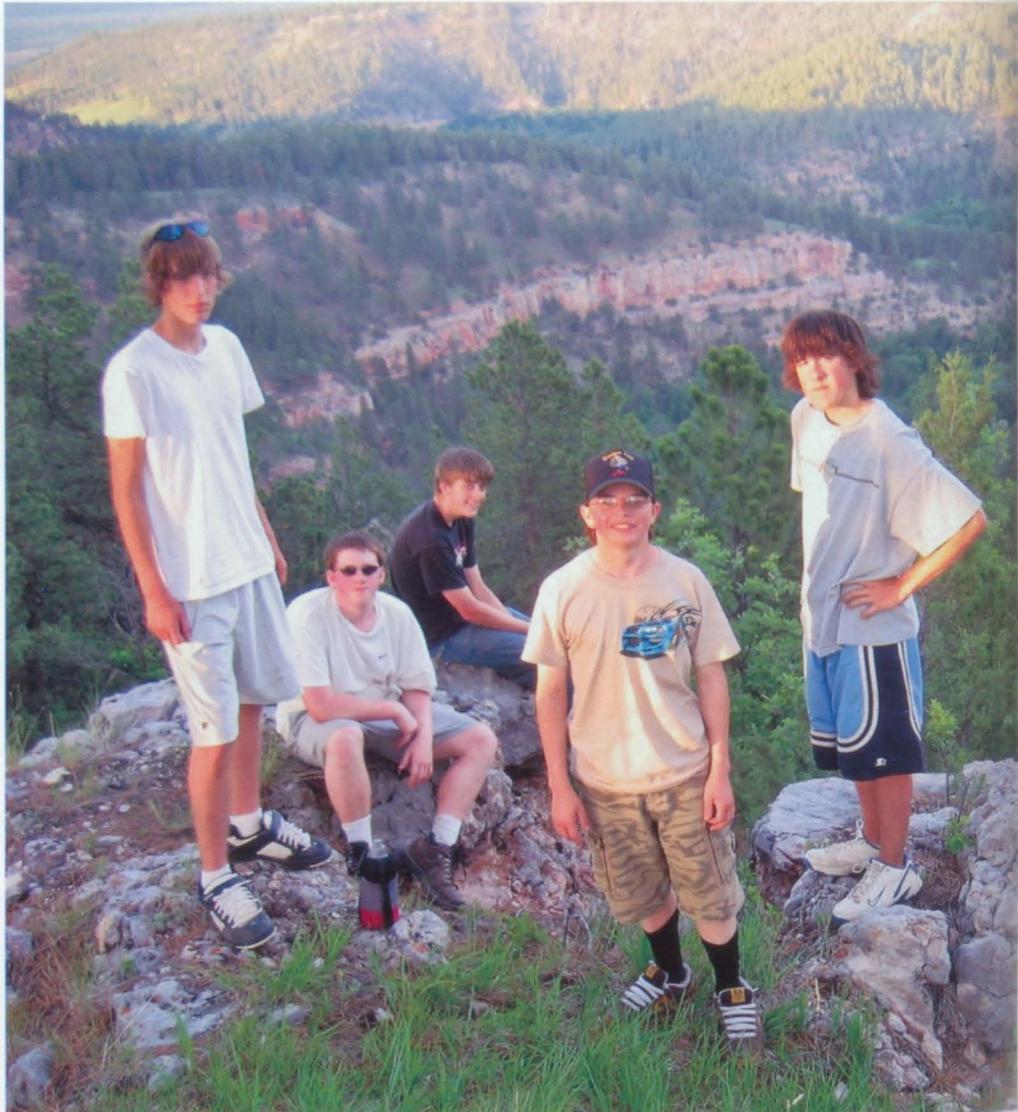


Below: Katie and Claire Daleiden spend the summer playing soccer together. The soccer team started daily 4-hour practices on August 15th.



Above: Theresa Steffens looks extra happy while playing volleyball. Jen Wiese and Rachel Knutsen were the champions of the tournament.

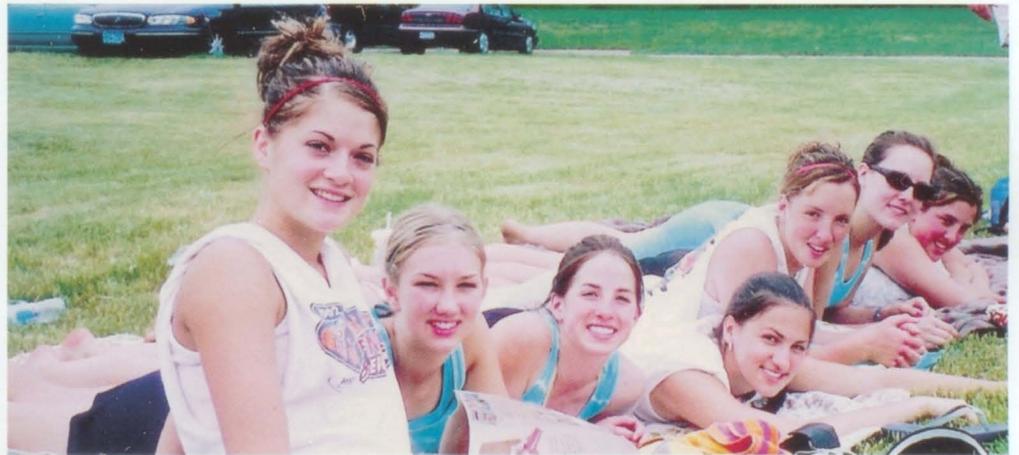
Right: These boys sit atop a cliff in the Black Hills. This is the fifth year STMA students have traveled to South Dakota for the annual Black Hills trip with Mr. Kuhn. Seventeen students participated in the 2005 trip.





Left: The St. Michael-Albertville Marching Knights performed in approximately 10 parades this summer. Their travels led them as far north as Calgary, Canada and down south to Albert Lea, Minnesota.

Below: Ashley Robeck and Kayla Pietsch soak up the sun on a boat at Lake Charlotte while celebrating Kayla's 17th birthday. 40% of students say that being at the beach is their favorite summer activity.



Above: A group of senior girls rest up for their volleyball games. The tournament was double elimination and had two players per team for sand volleyball.

Q:  
What is your favorite summer activity?

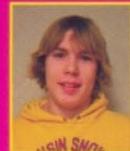
A:



Evan Zachman  
Freshman  
"Making a pyramid on water skis"



Kalla McEackern  
Junior  
"Being at my cabin on the 4th of July"



Davey Heskin  
Senior  
"Racing my sprint car"



Becca Legatt  
Sophomore  
"Watching TV all day"

Above: Shaylee Carlson and Rose Zachman dress up for the formal dinner at Girls State 2005. The convention was held for one week in June and took place at Bethel College. Brandon Boese and Kurt Schumm participated in Boys State at St. John's University.



# FIRST DAY OF SCHOOL

People have smiles on their faces as they reunite after a long summer. Now that summer is over students are back to start the new year. The seniors have bittersweet feelings of excitement and sadness as they start their last year at STMA. The freshmen are anxious as they start their first year at the high school.

Top: Nicole Johnson and Rose Zachman are excited to start their senior year.

Right: These freshmen take a break from a very busy first day of high school. This year the freshman class is the biggest it's ever been with a total of 329 students.



Above: Nick Franzen and Drew Bebus show off their well-earned summer tans. Nick spent a lot of time outside with his friends and Drew got his tan from his summer logging job.

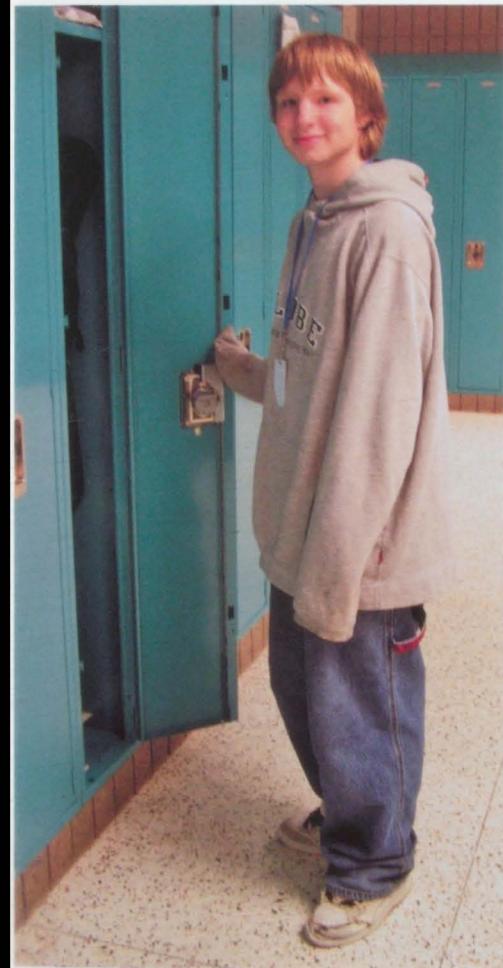
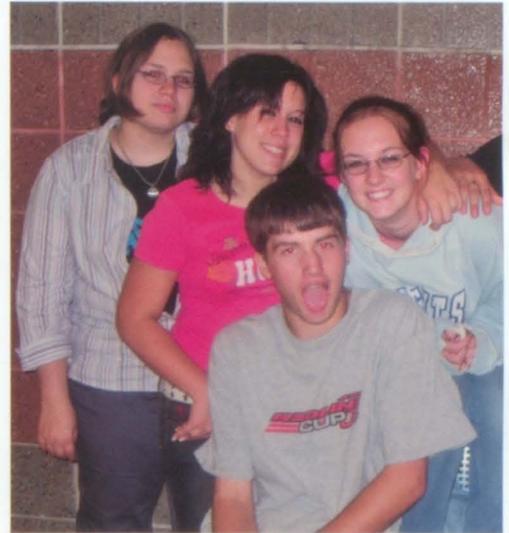
Right: The cheerleaders do a dance to pump up the volume of school spirit during a pep fest. The fall cheerleaders had four new dances this year to get the fall sports fans cheering.





Left: These reunited seniors smile for the camera during lunch. This year you don't see as many seniors in the school hallways because over 50 of them participate in some sort of PSEO or on-the-job program.

Below: These underclassmen are a bit nervous on their first day. They don't want to do anything embarrassing like walk into the wrong classroom.

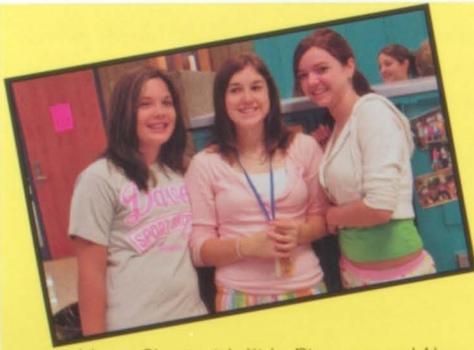


Above: These friends stop and take a quick picture before heading off to their next class.

FRESHMEN	25% Scary 75% Exciting	SCARY OR EXCITING?
SOPHOMORES	6% Scary 94% Exciting	
JUNIORS	0% Scary 100% Exciting	
SENIORS	12% Scary 88% Exciting	

Above: Sophomore Nick Steffen gets ready for his classes by finding his new locker. This year we have a total of 1,358 lockers to accommodate for the school's growing population.

# H O M E C O M I N G



Megan Shustarich, Kirby Dingmann and Alexa Peloquin dress down for Pajama Day on Monday.



Brandon Boese, Caitlyn Bandy, Nicole Johnson and Luke Hanson take a break from working in Mr. Greeno's room on Western Day.



Jes Wiese, Amy Lindenfesler, Kristine Kilian, Sadie Kessler and Miranda Nelson wore their old prom dresses on Dress Up Day. The girls wanted to wear their dresses one more time so they could get their money's worth!!

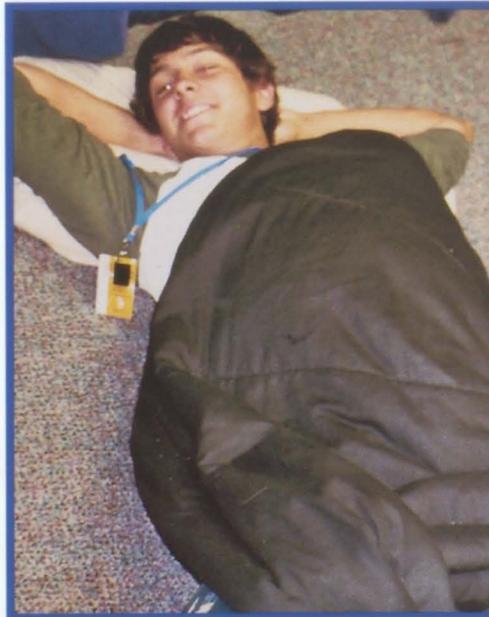


These freshmen boys show their school spirit on their very first Blue and Gold Day at the High School.

Right: Amanda Thurmes, Jaclyn Silbernagle, Hayley Setzer and Sara Simonsen get decked out for Blue and Gold Day. Over 50% of the freshmen agreed that it is their favorite day during Homecoming Week.

Center: The freshmen team line up to begin the obstacle course, an annual competition at the homecoming pepfest.

Below: Drew Bebus takes Pajama Day a little too seriously as he gets comfortable in Mr. Metcalf's room.

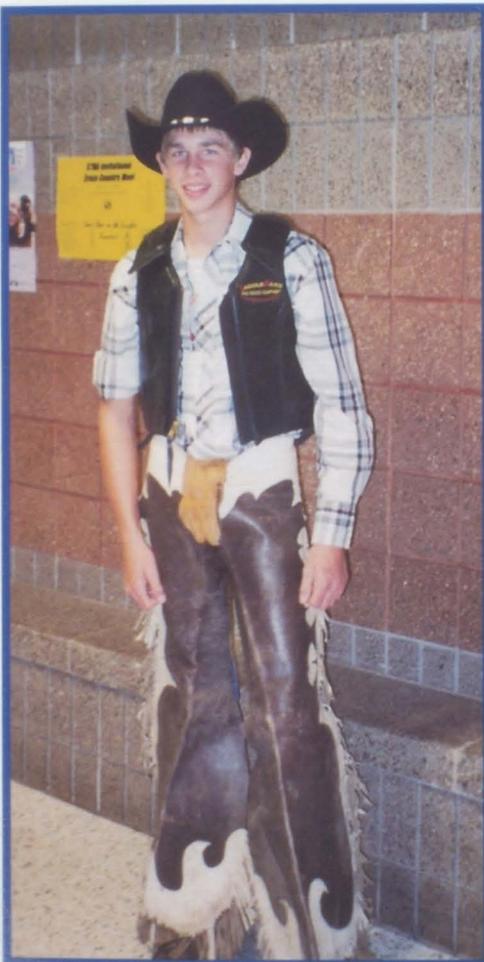
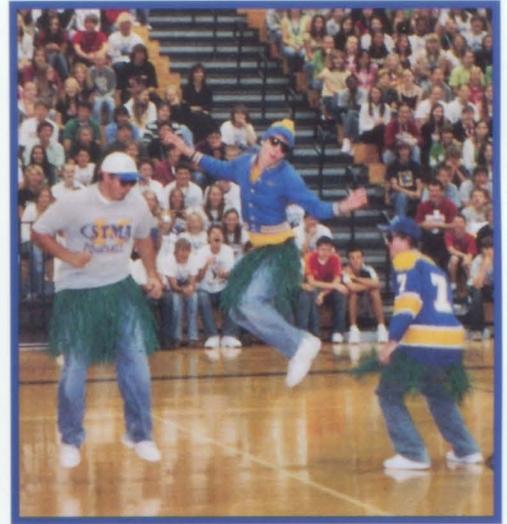


Above: A group of senior football players wear their jerseys on Blue and Gold Day. From Left: Ron Fricke, Jesse Dehmer, Steve Hegland, Tegan Lenneman, and Adam Kessler. The Knight's football team played the Buffalo Bison at 7pm later that night.



Left: Yee-haw! A large group of senior girls turned country for Western Day. Cowboy hats were the accessory of choice for Western Day. Some students were even seen wearing sombreros.

Below: As part of their "Meet the Candidates" skit, Jesse Dehmer, Steve Hegland and Brendan LaVallee jump over an imaginary rope.



Above: Kyle Novotny gets in touch with his southern roots on Western Day. This year Western Day was on Wednesday, which was formerly Class Color Day.



Above: Alesha Mortenson and Ashley Kastendick are very enthusiastic about wearing their comfy pj's.



Above: These sophomore girls take a break from class and try to stay awake on Pajama Day. This year, students wore an array of sleepwear ranging from sweats to flannel to fuzzy slippers.



Above: This group of girls take a break from dancing at the bonfire. This year about 75 students went to the bonfire, which made the event a complete success.

"we've  
got  
spirit!"

2

0

0

5



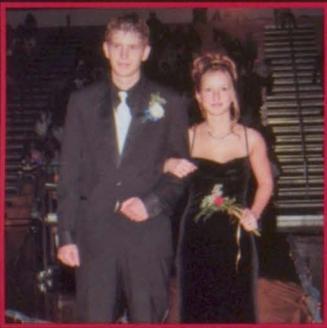
# STMA Royalty



Adam Kessler escorts Raquel Korpi. Adam was involved in football, basketball, baseball and NHS. Raquel's dream vacation was to go to the Virgin Islands.



Steve Hegland escorts Marla Arns. Steve's favorite class was Physics with Mr. Dewey. One of Marla's favorite foods was breakfast cereal.



Steve Daleiden escorts Jessica Morcomb. Steve wanted to go to Austria. Jessica enjoyed snowboarding.



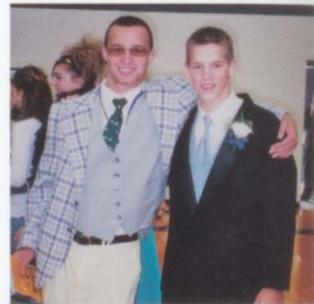
Above: Presenting the St. Michael-Albertville Homecoming Court of 2005. The candidates were first nominated by the senior class and then voted on by the student body. Coronation took place at 10:30 am on October 6th in the gym.



Above: The Junior Royalty Ethan Cornell and Taylor Kessler. Both Ethan and Taylor are six years old. Ethan was not as enthusiastic as Taylor, and said, "I don't wanna hold her hand," just before the ceremony.



Above: This choir quintet performs The Beach Boys hit "I Get Around." From left: Brandon DeRoo, Derek Holm, Jeremy Kuhn, Robert Swanson, and Isaac Saville.



Above: Nic Wacker and Adam Kessler model two different types of tuxes. Nic's was from Goodwill and Adam's was borrowed from Knight's Formal Wear.

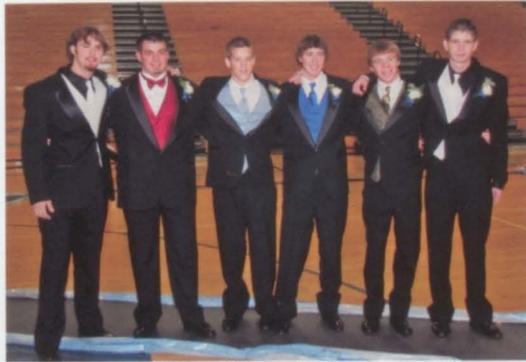


Right: Jesse Dehmer is crowned the St. Michael-Albertville Homecoming King of 2005.

# \*2005\*



Above (from left): Estee Kolles, Raquel Korpi, Marla Arns, Amy Dalbec, Jess Morcomb, and Theresa Steffens. The girls performed a skit and a dance to Michael Jackson's "Thriller" earlier in the week.

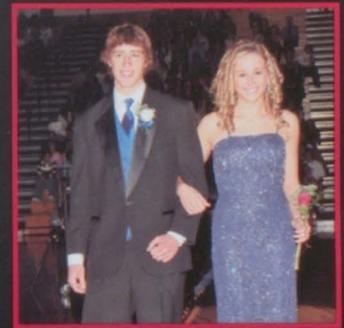


Above: Queen Marla Arns and royalty Amy Dalbec share a post-ceremony picture. The girls did their own hair and said it took about two hours to get ready for coronation.

Left (from left): Max Greninger, Jesse Dehmer, Adam Kessler, Brendan LaVallee, Steve Hegland and Steve Daleiden. A typical tux is rented for \$ 100, but the boys got theirs free, compliments of Knight's Formal Wear.

On Wednesday, September 28th, twelve seniors were roused from a deep sleep at 5:30 a.m. and congratulated on becoming STMA's 2005 Homecoming candidates. As nominees, they had to fill out interviews and perform skits and dances in front of the student body during a "Meet the Candidates" assembly. They had only seven days to find formal clothing for coronation. The royalty enjoyed a dinner at the Millside after rehearsal for coronation. Their final event was on Friday, October 7th, when they walked out onto the football field during halftime of the Homecoming game.

Right: Our Homecoming Queen and King for 2005 are Marla Arns and Jesse Dehmer. Approximately 600 students participated in voting.



Brendan LaVallee escorts Theresa Steffens. Brendan liked to play hockey and go hunting. Theresa was involved in BPA.



Max Greninger escorts Estee Kolles. Max's favorite comedian was Mitch Hedburg. Estee's favorite class was Entrepreneurship.



Jesse Dehmer escorts Amy Dalbec. Jesse was in football, wrestling and baseball. Amy liked to hang out with her friends and play volleyball.



# FALL DAYS

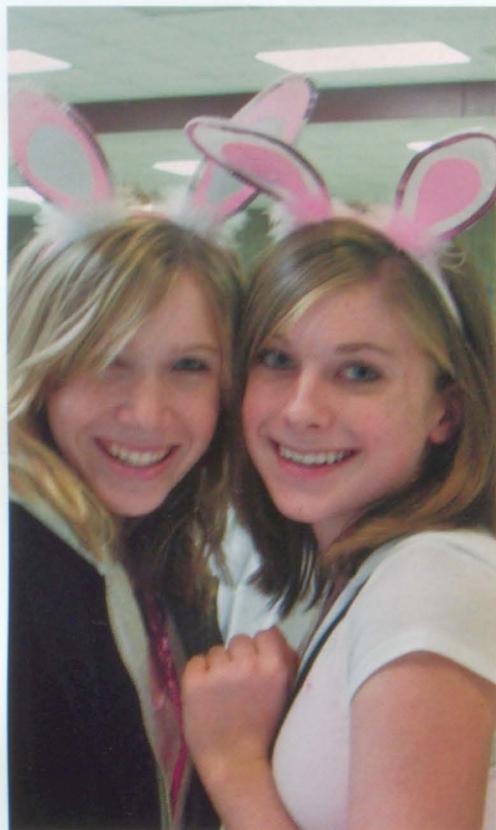
Once the school year starts, St. Michael-Albertville students don't wait long to get busy. Fall is always the time of year when you'll see STMA students involved in many activities. One of our highlights this year was the annual Homecoming Bonfire held after the girls volleyball team defeated Rogers. On Halloween, there were many creative costumes. Students dressed up as everything from a Kissing Booth to Winnie the Pooh and Tigger. In addition, the National Honor Society hosted their annual Trick-or-Treat event which raised about 1,500 canned goods for the Hanover Food Shelf.

Top: These students have a lot of Knights spirit at the Homecoming Bonfire!

Right: Chris Bartholomew and Ashley Budde are keeping the peace this Halloween. Chris is dressed as a character from the popular "Star Wars" movies. Ashley models the hippie look of the 1960's.



Below: Ms. Hanson, STMA's vocal music teacher, looks incredible in her spooky Halloween costume. Don't be scared to take choir, she doesn't always look like this.



Above: Two freshmen, Christina La Posa and Caitlyn Abrams, join in the Halloween festivities.

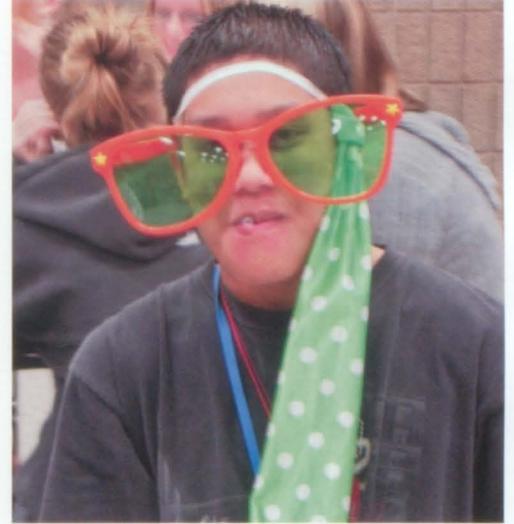
Right: What a lucky guy! Looks like the kissing booth was a success for Drew Bebus as Theresa Steffens helps herself to a kiss. Hey guys: Drew purchased this creative costume from Wal-Mart if any of you are interested in getting one for next year!





Left: After the volleyball game, Student Council hosted the annual Homecoming Bonfire. Theresa Steffens, Amy Lindenfesler, Amy Dalbec and Tonia Zachman stay warm in front of the huge fire. The bonfire this year featured a live DJ and the students enjoyed dancing outside.

Below: It's unclear exactly what Jimmy Phomtalkhith is supposed to be dressed up as, but the big glasses and tie sure look goofy!



Above: Calvin Meyer dressed in authentic Arabian-wear. His brother brought the costume back from the Middle East.



Above: Jen Gallager, Liz Donaghue, Elina Shampun, and Christopher Benjamin wear some of the creative costumes seen around the school on Halloween.



Above: Jesse Dehmer hangs with his friends Paul Eull and Joe Grygelko at the annual bonfire. Jesse was crowned Homecoming King just two days later.

Are ghosts  
real?

58% YES  
42% NO



# WINTER WEEK

The last week before winter break was a fun time around St. Michael-Albertville. The grades competed in "deck the halls," where each class came together to decorate their hallway with a certain theme. Each hallway then got scored by a group of teachers; this year the seniors came in first place with the theme of "Christmas in Las Vegas." Besides deck the halls, Student Council put on the Elf Auction. Seniors volunteered themselves to be bid on and bought by the student body. The auction raised about \$3000 and the proceeds went to the American Cancer Society.

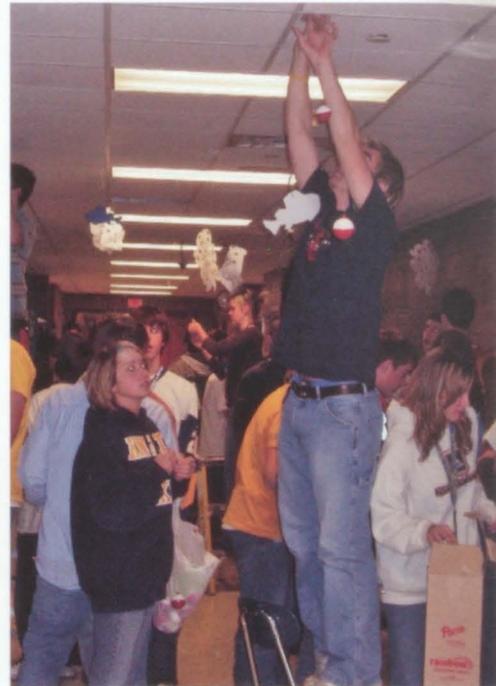
Top: Ashley Budde and Shaylee Carlson help Mr.

Bergstrom conduct the band in the atrium. The band played many Christmas favorites, including "Silent Night."

Right: Paul Shovelain lends a helping hand to Allison Janney as they put up the "Welcome to Vegas" sign in the senior hallway.



Below: Kate Bienias looks on as Tom Huot hangs a fish from the ceiling in the junior hallway. The junior's theme was "Ice Fishing" and included other decorations such as a fish house and worms.



Above: Good friends Rose Zachman and Brandon Boese find humor in their wacky outfits on Elf Day. As for being dressed as a girl, Brandon says, "It was annoying to have makeup all over my face!"

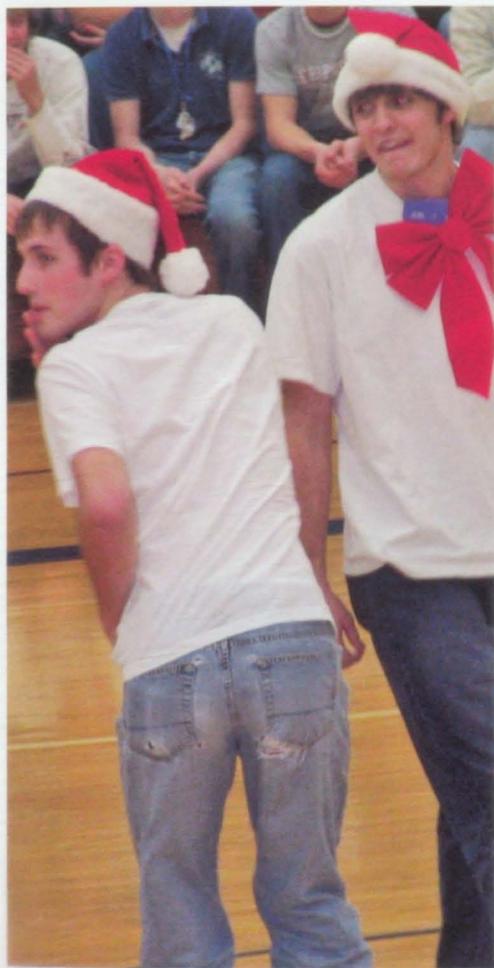
Right: Seniors Amy Wacker, Erika Vogel, Jeanna Weber and Jess Morcomb have some fun with the crowd as they get auctioned off to the highest bidder.





Left: Elves Brendan LaVallee, Andrew Carlson and Christian Landefeld show off their unique outfits that their owners creatively put together.

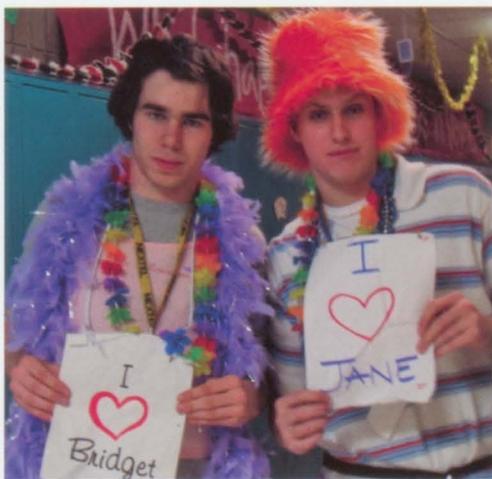
Below: Missy Koch gets some help loading up on tape from Jes Weise and Raquel Korpi as they get ready to decorate their hallway in only 45 minutes!



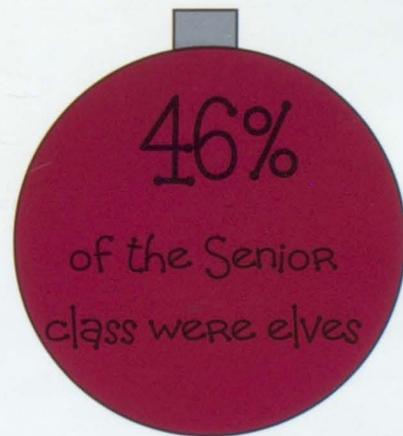
Above: Mike LeDuc shows off his assets to student bidders at the Elf Auction. Mike and his fellow elves, Blake Beaudry, Drew Bebus and Vince Lindenfelser, were bought for \$100.



Above: Mr. Abe's very talented Chemistry class stopped by Mr. Barthel's room to sing Chemistry Carols including "Rudolph the Red Iron Molecule" and "We Wish You a Happy Halogen."

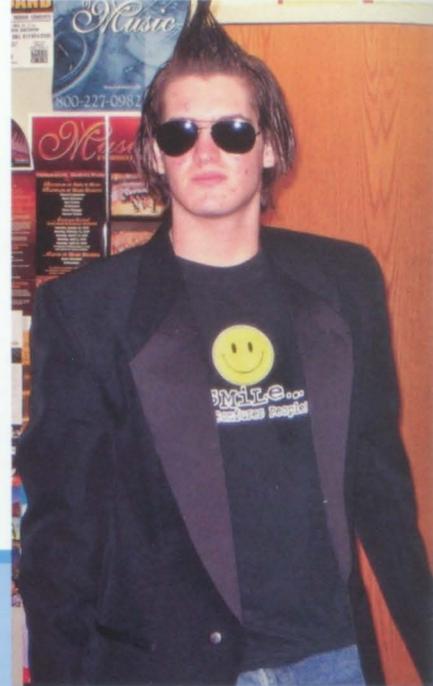
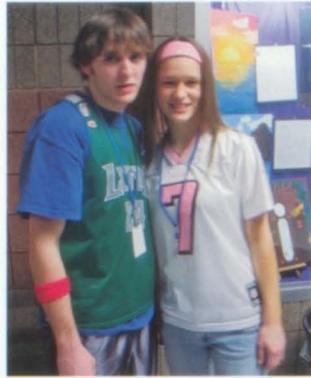


Above: Travis Valerius and Ben Marquette proudly wear their signs of ownership. Nathan Kopp and Derek Billiar were also elves with these boys. They were sold for over \$200.



# Snow Days

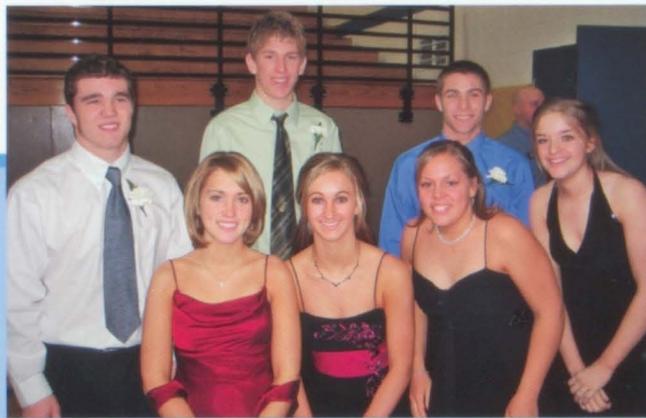
Winter may have been winding down, but there was still plenty for students to do during Snow Week. There were dress-up days, Coronation, and the annual Blizzard Bash put on by NHS. The Blizzard Bash was a successful fundraiser with many attractions such as: ping pong, DDR, movies in the auditorium, and a dance with a D.J.



Above Right: There was a variety of attire on pajama day, with everything from flannel pants to stuffed animals and slippers.

Above Left: Blake Beaudry and Jes Wiese sport their athletic jerseys on sports day. Blake showed his basketball spirit in his Lynx jersey and Jes wore a Falcons Jersey.

Right: The junior candidates get together right before Coronation. However, Tom Haskvitz was missing because he was getting the bike ready for their skit.



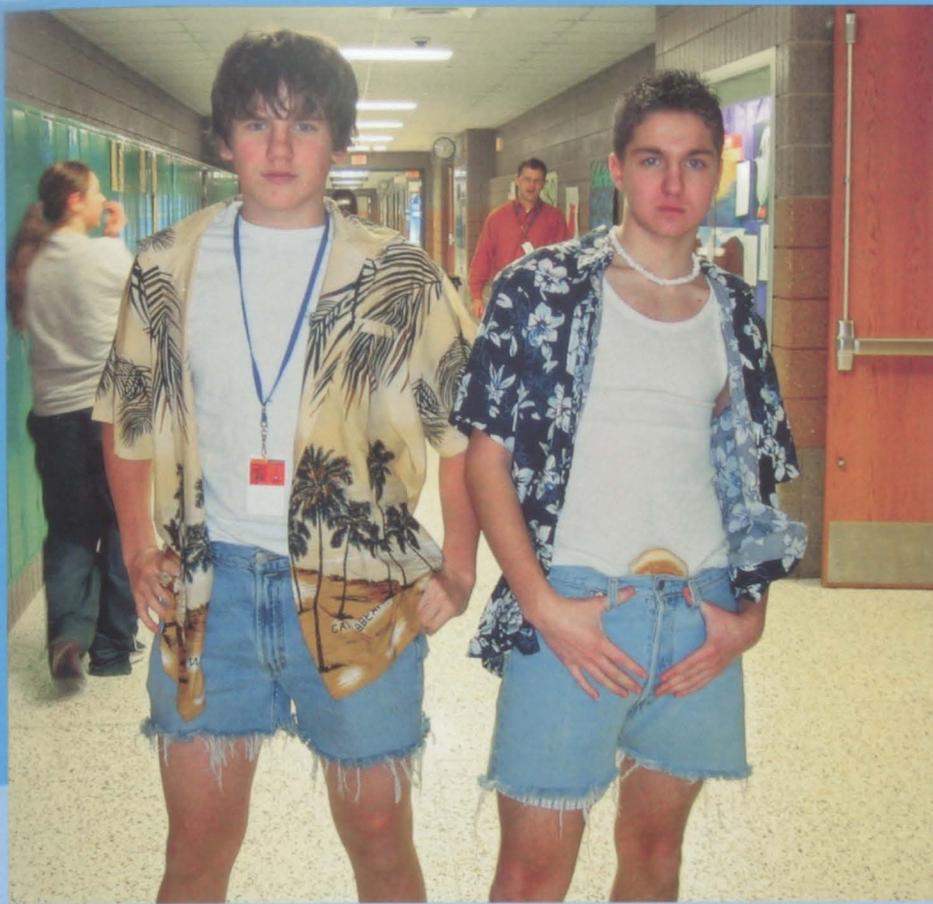
Above: Junior Brent Guimont looks very stylish on dress up day, as he sports a mohawk.



Above: Miranda Nelson watches as a surprised Shaylee Carlson is crowned Snow Week Queen. Shaylee's favorite part of Snow Week was seeing Mr. Johnson teased about his rules.



Above: The 2006 Snow Week Royalty. Jesters: Kasandra Barthel and Grant Friendshuh. Dutchess and Duke: Brittany Green and John Arns. Princess and Prince: Katie Zachman and Lowell Zachman. Queen and King: Shaylee Carlson and Rob Kramer.

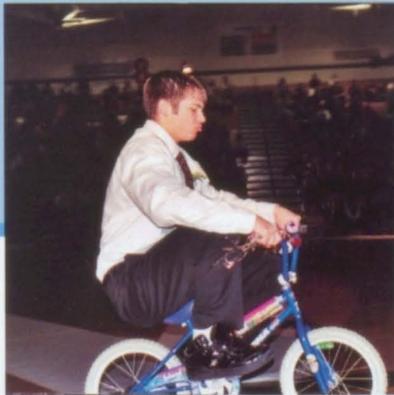


Left: Bill Laney and Mitch Bebus show off their legs in their short shorts on summer day. Mitch spent the day defending his choice of shorts saying, "If you've got it, flaunt it."

Below: Snow Week Queen Shaylee Carlson and King Rob Kramer. Rob's favorite part of Snow Week was random dancing with Thom and Steve at the Blizzard Bash.



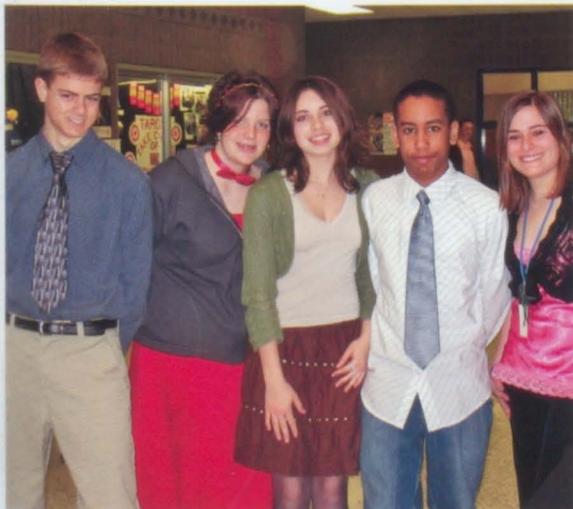
Right: Tom Haskvitz rides a tiny bicycle during the Juniors' skit. Their skit poked fun at school policies like I.D. tags and Mr. Johnson's "Boot."



Middle: Kasandra Barthel gets crowned Snow Week Jester.



Far right: The seniors' skit featured Rob Kramer playing the part of senior Nic Wacker, aka "The Franchise," at the 2010 NFL Draft.



Above: Snow Week at STMA is all about school spirit, hanging out with your friends and classmates, and participating in all the events offered.

Q: What is your favorite winter activity?

A:



Jared Schaapveld  
Freshman  
"Sleeping"



Maren Holstad  
Sophomore  
"Sipping hot cocoa."



Natalie Dick  
Junior  
"Playing basketball."



Mike LeDuc  
Senior  
"Snowball fights."



# FOREIGN

Aida Flores Hernandez  
Mexico



Suwanna Promtangtrakul  
Thailand



Xuan Le  
Vietnam



Jherson Mendoza  
Venezuela



Chantal Badtke  
Germany



Things we love about America:

- \* Fun holidays like Halloween and Thanksgiving
- \* The cold weather
- \* Arby's curly fries
- \* Snowflakes
- \* Big malls
- \* Pro sports
- \* New friends

*Ch. Badtke*

*[Signature]*

Things we laugh about:

- \* Everybody likes sweets and cheese
- \* Elf Day costumes
- \* Large meat portions
- \* You need a locker

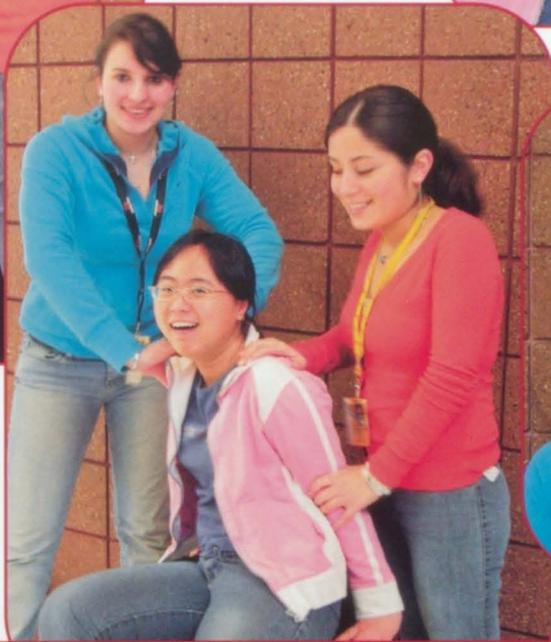
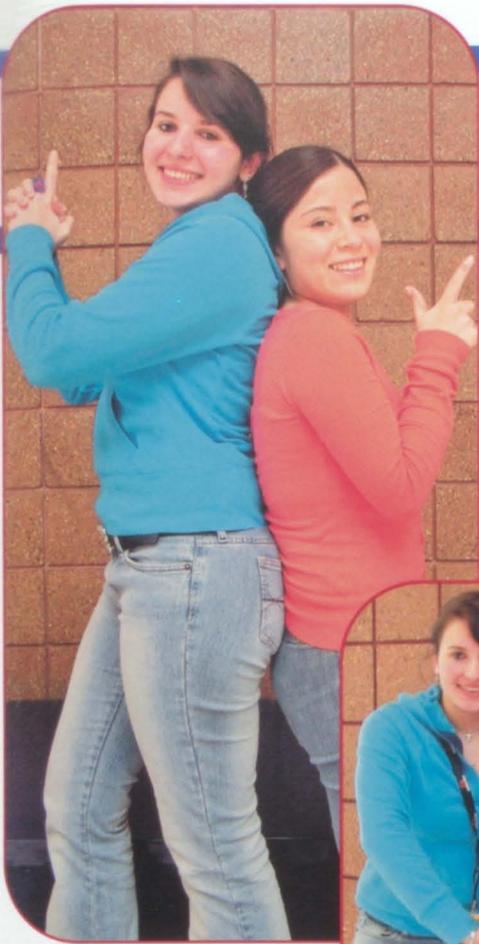
*[Handwritten scribble]*

How STMA is different:

- \* No uniforms
- \* Students run to be to class on time
- \* There are school colors (blue and gold)
- \* Both girls and boys at school
- \* ID tags!!!
- \* Only 1 lunch break

*Jherson Mendoza*

SUWANNA PROMTANGTRAKUL



E  
X  
C  
H  
A  
N  
G  
E



Nicole Salen



#### Dedication Acrostic

Days go by, with you  
Always watching over us. I  
Very often find myself wishing  
I could see you just one more time,  
Doing what you did best...  
Anything. You ran your cars like a  
Nascar champ. You  
Dared gravity, and doctors, with  
Endless stunts and broken arms.  
Regardless of those, you were best at being a  
friend.  
Seldom I hear you making fun  
Of anyone. You will  
Never go forgotten, Always in our hearts.  
- Jordan Gifford

Gayle Steffens



Live everyday as  
if it's your last.  
Put all bad memories  
in your past.  
Look to tomorrow  
and forget your sorrow.  
Throw away all self pity.  
Live, love, and laugh to your  
full capacity.  
Never feel like less than  
you are.  
Reach for your dreams  
they aren't that far.  
Cherish the mombent.  
Absorb  
-Anonymous

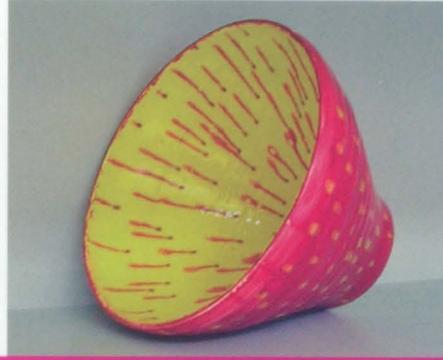
Ashley Robeck



# ARTS & POETRY

## Disturbance

A ripple disturbs the water  
Coming and going so fast  
Offspring of a splash, its daughter  
A ripple disturbs the water  
Like the cut in the hand of a potter  
But why will they never last?  
Ripple disturbs the water  
Coming and going so fast  
-Regan England



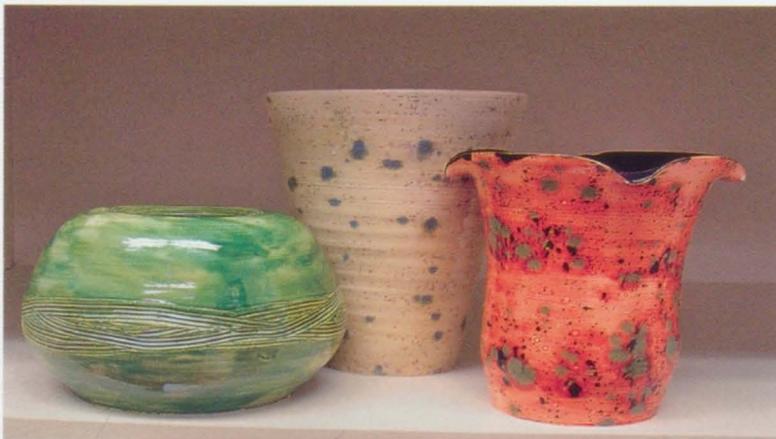
Steve Daleiden



Adam Aaserud

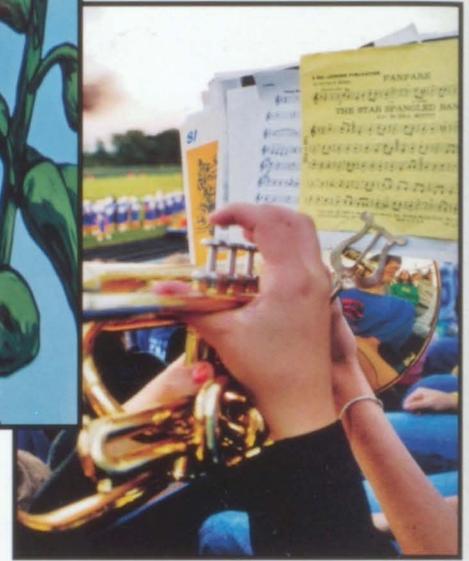


Robert Swansen



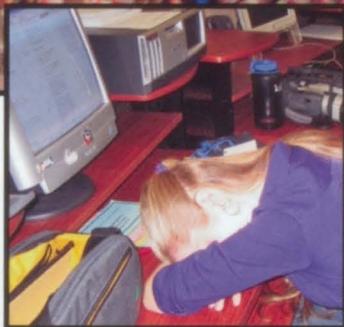
Theresa Steffens





# Academics



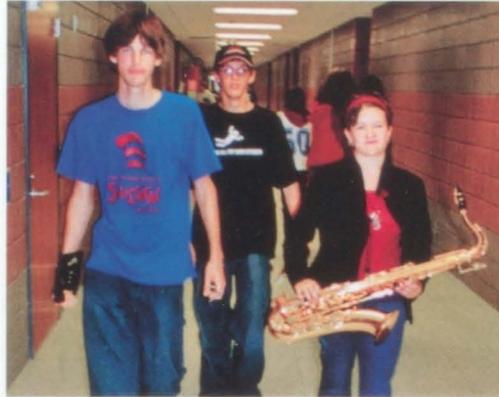


# Music

Right: Dan Gallagher, Sam Keller, and Emily Olsen all head to the band room for practice. Mr. Bergstrom was the band director and has taught at STMA for 8 years.

Far right: CJ Erickson and Alex Johnson play the xylophone during the Christmas performances. The band played classic holiday songs like "Silent Night" and "We Wish You a Merry Christmas."

Below: Members of the Concert Band and Wind Ensemble get together before school on December 21 and 22 to play Christmas carols. Teachers such as Mr. Dewey and Mr. Breeden joined the band with their own musical talent.



Above: Three guys from the Garage Band class perform a rock song at their concert. Students in Garage Band spent all quarter practicing for the last day performance.

Right: The Concert Choir students practice their scales to warm up their voices. Warming up keeps the singers' vocal chords from getting strained during the real songs.



# Art



Left: Nina Zeleny and Kayla Miedema contribute their art skills to the mural. Students in Drawing & Painting 1 & 2 and Studio Art helped make the murals.

Far left: Terese Berning paints the summer mural. The murals were hung outside in the courtyard on December 2nd, 2005.

Below: A group of Studio Art students paint the relief elements to be used on the murals.



Above: Aaron Nielsen works on the ladybug elements for the murals. They called him "The Ladybug Man," because he was the only one who worked on those elements.

Left: Seniors Anna Marx and Drew Bebus carefully add the finishing touches to the summer mural. Mrs. Halker said, "This project found the artist within them."

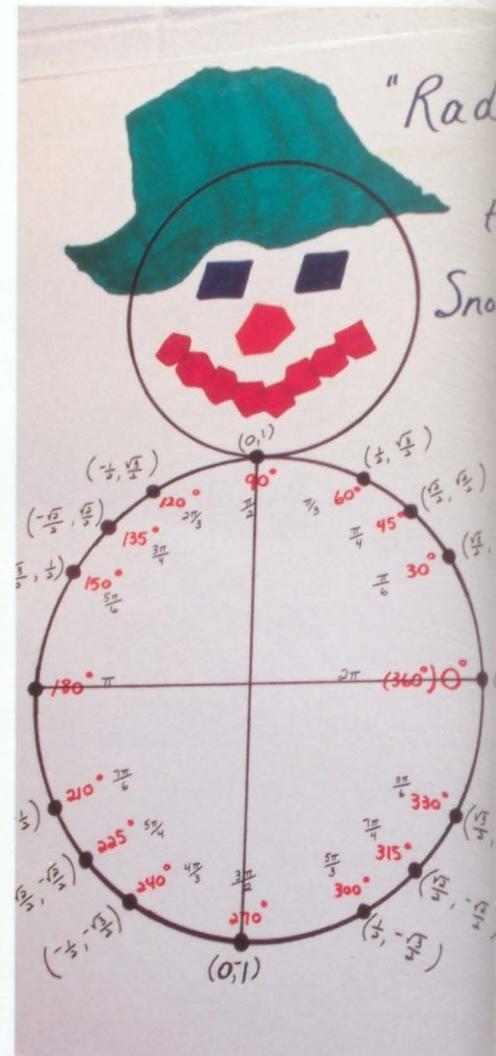


# Math

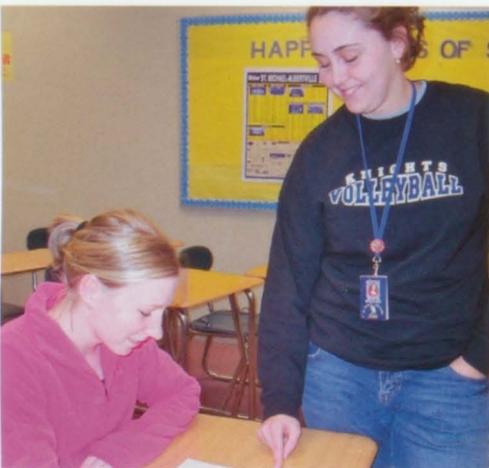
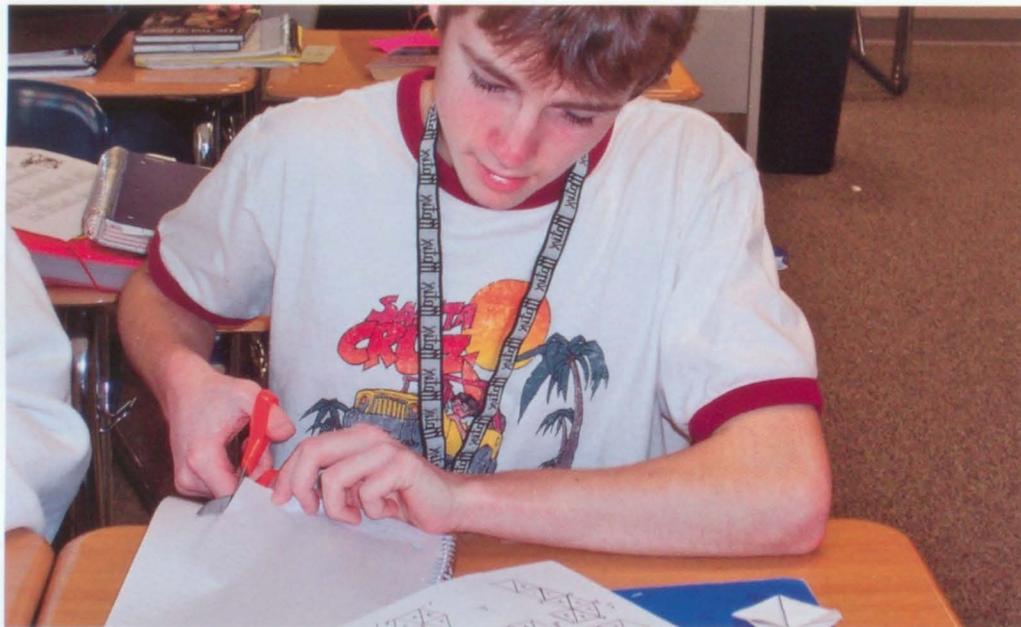
Right: Mr. Breeden teaches his Geometry class about the pathagorean therom. This year he taught all levels of math from basic to calculus. Mr. Breeden also developed and coached the new Math League program.



Far right: This is the "Radian Snowman." He helped the pre-calc students remember the trig. functions in the unit circle.

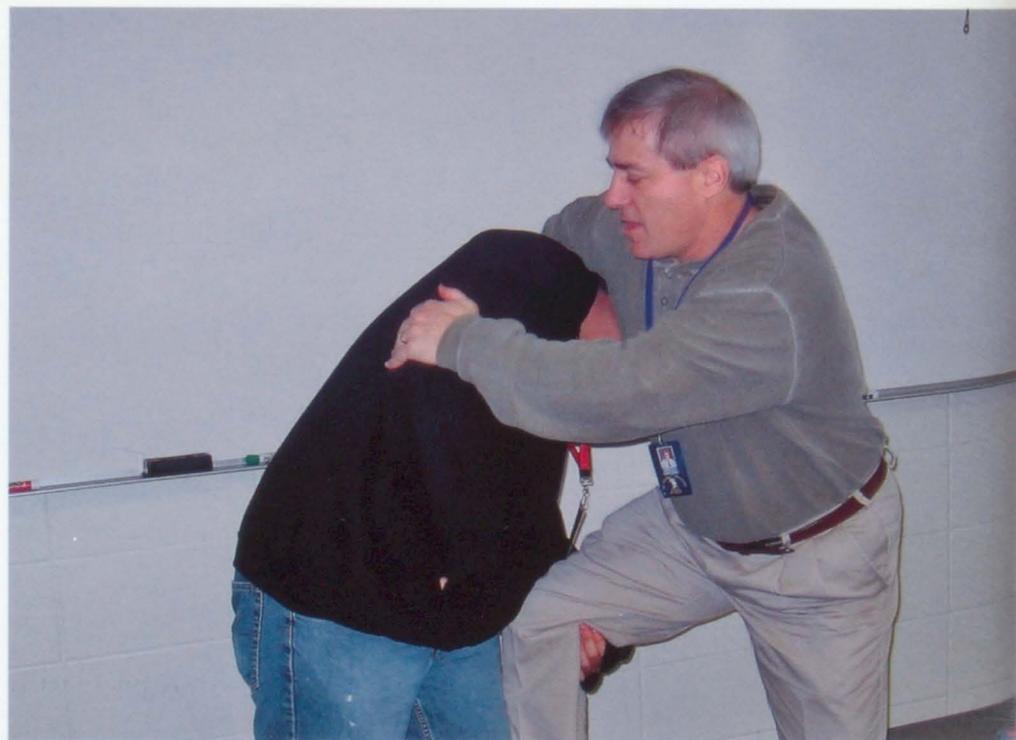


Below: Sophomore Nick Nygaard cuts out different shapes to create a tessellation in Mr. Greeno's Geometry class. Nick said that math always "came easy" to him.



Above: Mrs. Wolford helps junior Katie Daleiden on her homework. Katie was one of the few students who said that math was their favorite subject.

Right: Mr. Greeno demonstrates the DDT wrestling move on Brandon Boese. The calc. students learned how to DDT functions and so Mr. Greeno thought he'd teach a different way to DDT.

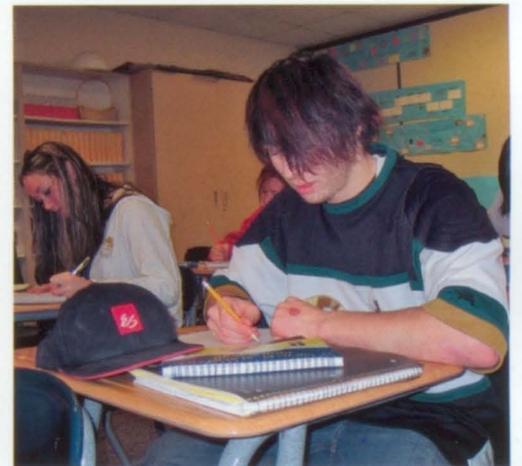
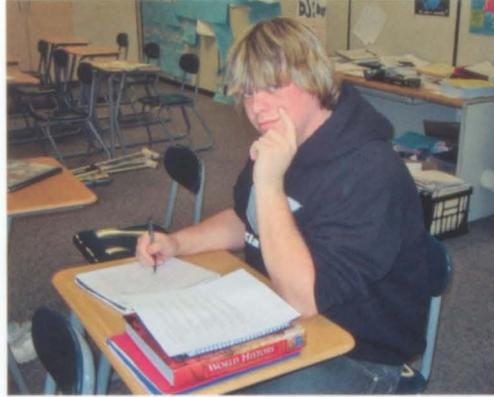
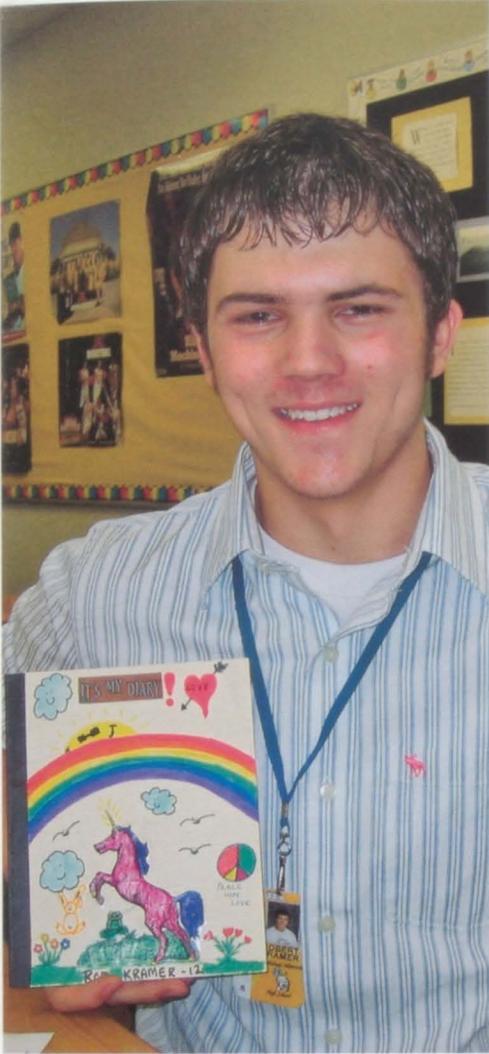


# English

Left: Nikk See looks...creative...as he works on an assignment in his Creative Writing class. Students are required to write a variety of poetry, fiction and non-fiction, as well as read one fiction book in this class.

Far left: Rob Kramer proudly shows off his Hamlet journal for AP English. Rob titled it "It's My Diary" and decorated the cover with creative illustrations including a unicorn named "Jezzabelle".

Below: Sarah Kraft, Zach Heiskary, Sam Clark, Alyssa Gallagher and Eric Derus learn from Mr. Frickstad's 30 years of teaching experience while in his English 10 class. Mr. Frickstad has taught at STMA for 8 of those years.



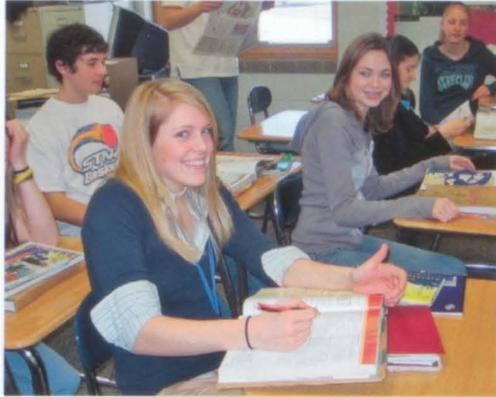
Above: Colin Johnson concentrates on writing while in Ms. Larson's creative writing class.

Left: Ms. Larson assists Andrew Wagner on an assignment. Ms. Larson taught English 10, Women's Issues, Media, Public Speaking and Creative Writing this year.



# Social Studies

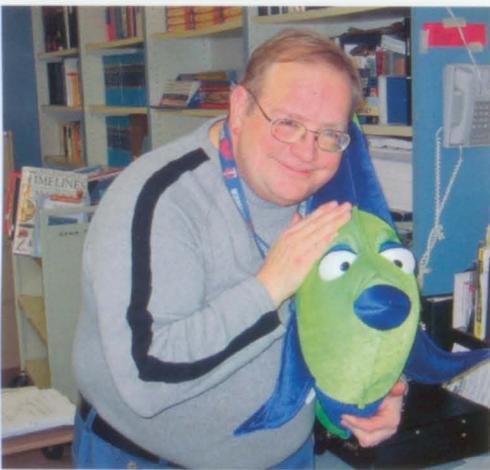
Right: Nicol Schmitz pretends to look happy while reading her Economics book. Nicol was in Mr. Rooker's Economics and each student had to complete their own "Living on My Own" scrapbook.



Far right: Danny Russell takes a break from class to show us his fashionable toga. Each quarter, the Greeks and Romans class had it's annual Toga Day, during which students wore their togas around school for extra credit.



Below: Ms. Kortum smiles as she explains a project to some of her Economics students. This was her first year as a teacher here at STMA and she taught Geography and Economics.



Above: Mr. Skogen takes a break from teaching to pet his fish named, "Short, Fat and Ugly". This fish was given to him in 2005 from the freshmen because it was the only pet he couldn't accidentally kill.

Right: Amanda Englehart and Erin Fox give us a quick refresher in European geography during Economics class.



# Science

Left: Mike Flavin and Spencer Adams try to figure out if the color of water has any effect on the way in which it retains heat.

Far left: Harrison Markham prepares for his lab by balancing the scale in Science 9.

Below: The first quarter Environmental Science class stands on the site of a campus beautification project. During this project, students gained experience working with a landscape architect, going to the school board, approaching local businesses for donations, and asking for funding from community organizations. The project was completed in the spring with the planting of trees, bushes and flowers.



Above: Mr. Kuhn has taught science for six years at STMA. Each summer Mr. Kuhn takes a group of students on a trip to the Black Hills where the educational emphasis is on teamwork, the geology of the area and the Native American aspect. Besides learning, Mr. Kuhn makes sure there is plenty of time for sight seeing, rock climbing and white water rafting.

Left: Crystal Lee heats ice water to observe temperature change in Mr. Kuhn's Science 9 class.

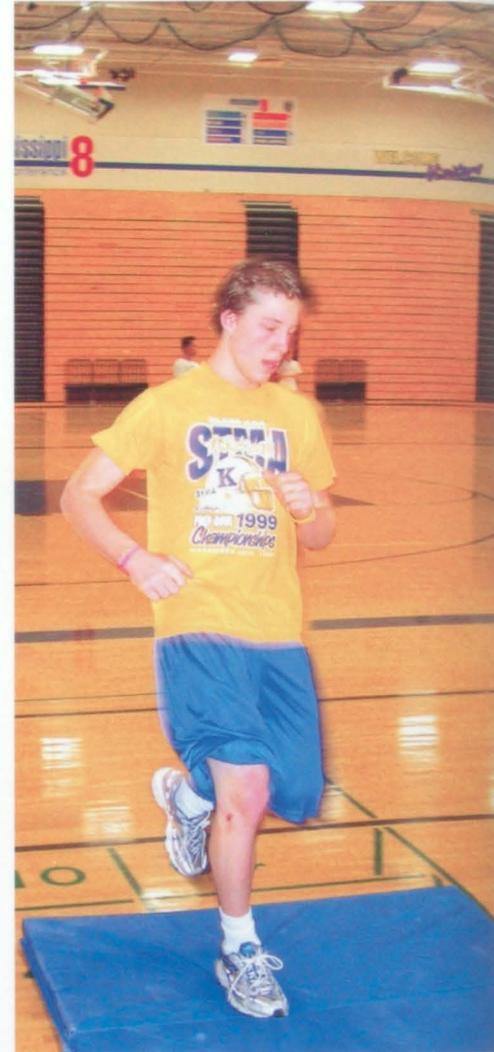


# Physical Education

Right: These girls get in some cardio in the hallways around the weight room. Just 8 more laps for 1 mile!

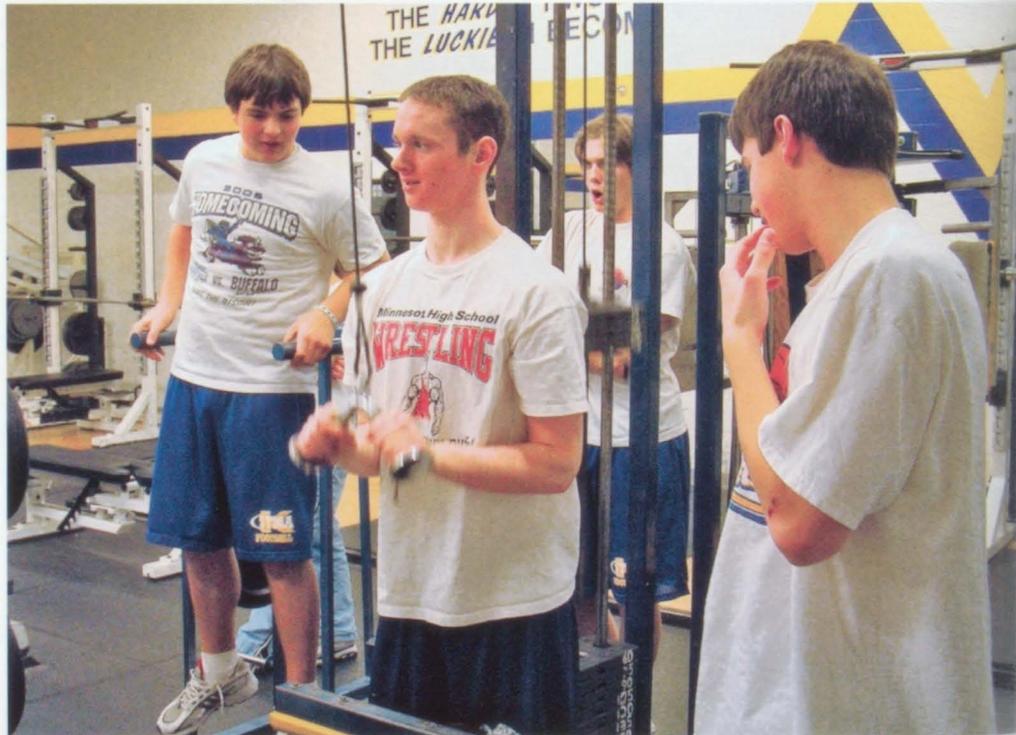
Far right: Austin Kolles rounds the base in big base. The Team Sports class took a break from volleyball to catch up on some classic games. Unfortunately, the game ended in a tie 0-0.

Below: Kyle Paulson and Teddy Wallace work up a sweat while doing bicep curls. The freshmen and sophomore gym classes usually went in the weight room twice a week.

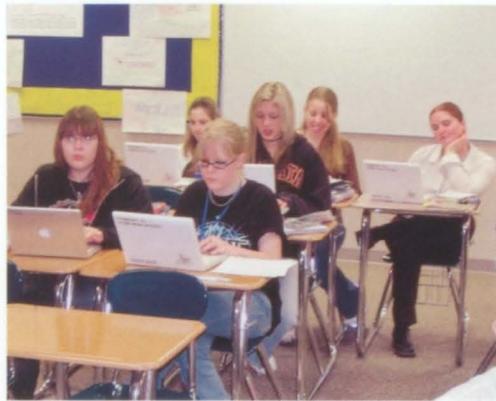
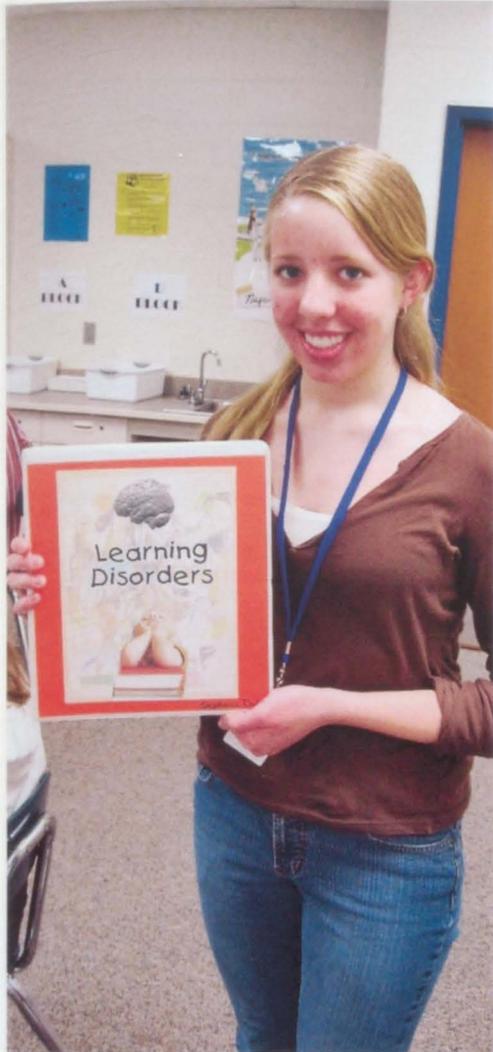


Above: Samantha Thomas shows perfect form while doing upright rows.

Right: Andrew Wruck demonstrates how to properly do tricep pulldowns. It's important to have good form so that you don't hurt your elbows.



# Health

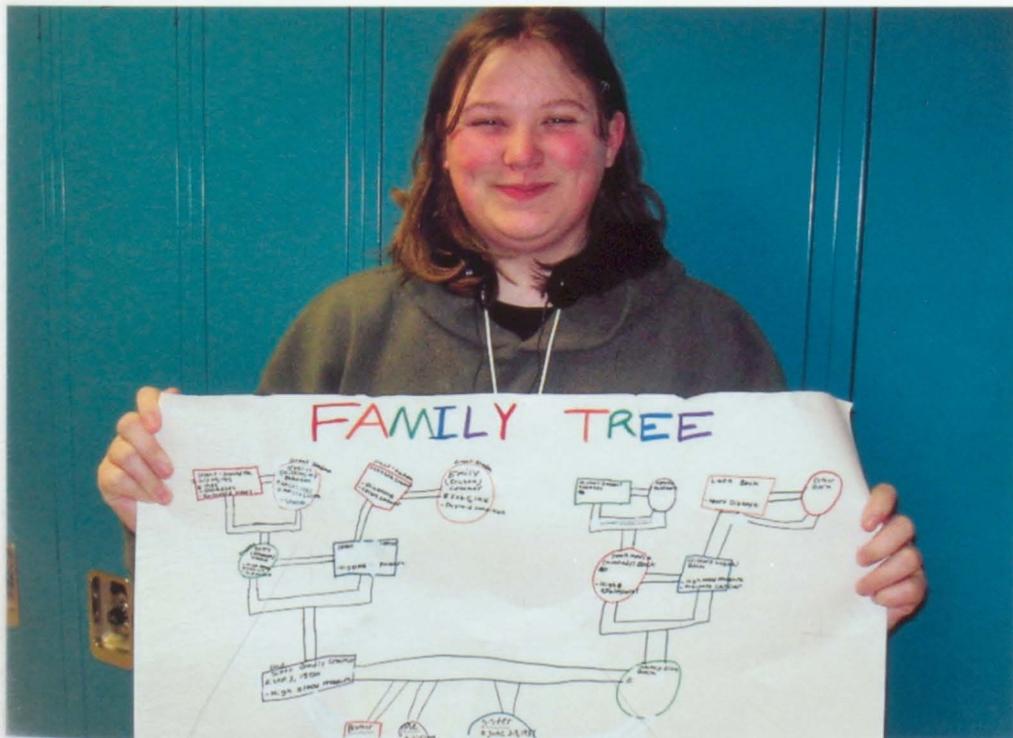


Left: A group of sophomores look up information for their upcoming project on diseases. These students were in Ms. Lahr's Health 10 class, which is a required credit for graduation.

Far left: Stephanie Duley shows off her binder project for Health 10. Each student picked a health topic, for example Duley chose learning disorders, and did an in-depth research project on their topic.



Below: Brandon Kuhn and Tommy Kododo test their lung capacity in Sports Health. A healthy lung had a total capacity of 5,800 milligrams of air.



Above: Kevin Sutton and Justin Schafer walk a mile around the academic hallways for Sports Health. Mr. Harmoning taught the only section of Sports Health this year.

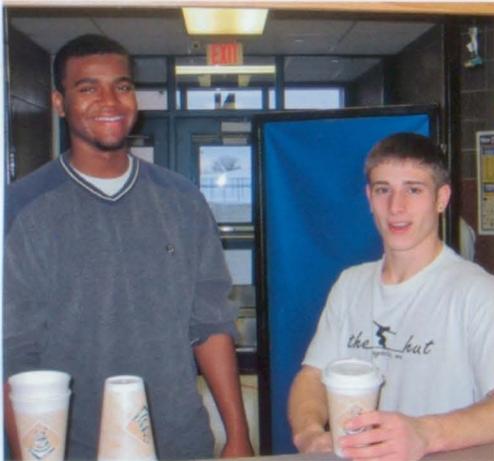
Left: Heather Crocker proudly shows off her family tree poster that she made for Health 10.

# Business

Right: Jason Servaty and Nathan Kopp make smoothies at the Java Joint. The Java Joint has been open full time for the past three years and was run by the Entrepreneurship students.

Far right: Missy Wacker helps out at the Java Joint. On an average day the Java Joint made about \$90, which was then reinvested in other Entrepreneurship products.

Below: Kirstin Roden is busy stacking sweat pants for the Entrepreneurship class. This was their first year selling apparel.



Above: Justin Schafer and Kyle Schleif take a break from working hard at the Java Joint.

Right: Vince Lindenfelser helps a customer at the Java Joint. The business students worked on good communication because it is a necessary skill in the business world.



# Foreign Language



Left: Madisson Beecher and Senora Stange dance to "La Bamba." This song was a favorite of Spanish 1 students.

Far left: Jessica Anderson correctly swats in the fly swatter game. This spanish game helped students practice new vocabulary.

Below: Nick Zachman, Teddy Wallace, and Reid Nelles look tough in their sombreros. Mrs. Stange often had her students wear sombreros on their birthdays.



Above: Students in Senora Stange's Spanish 1 spell new words on the whiteboard. There were eight Spanish 1 classes this year.

Left: Mr. Muellerleile's students are eager to participate in French class. This year there were a total of 87 students enrolled in French classes, levels 1-3.

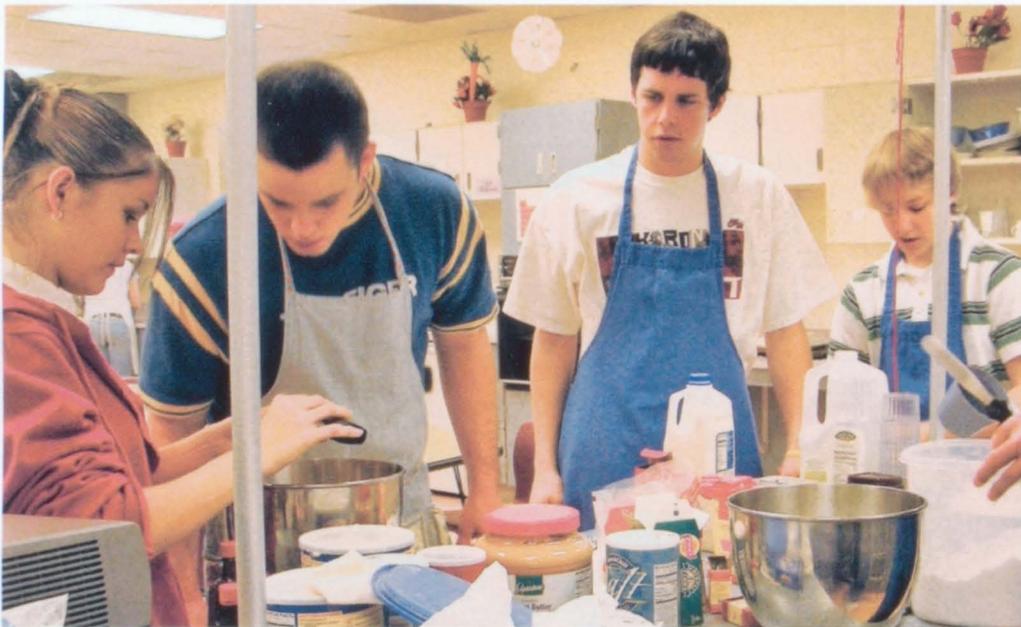


# Family and Consumer Science

Right: Ms. Read demonstrates to her class how to blow out the yolk of their egg babies. After the egg was empty, the students decorated and cared for their "babies".

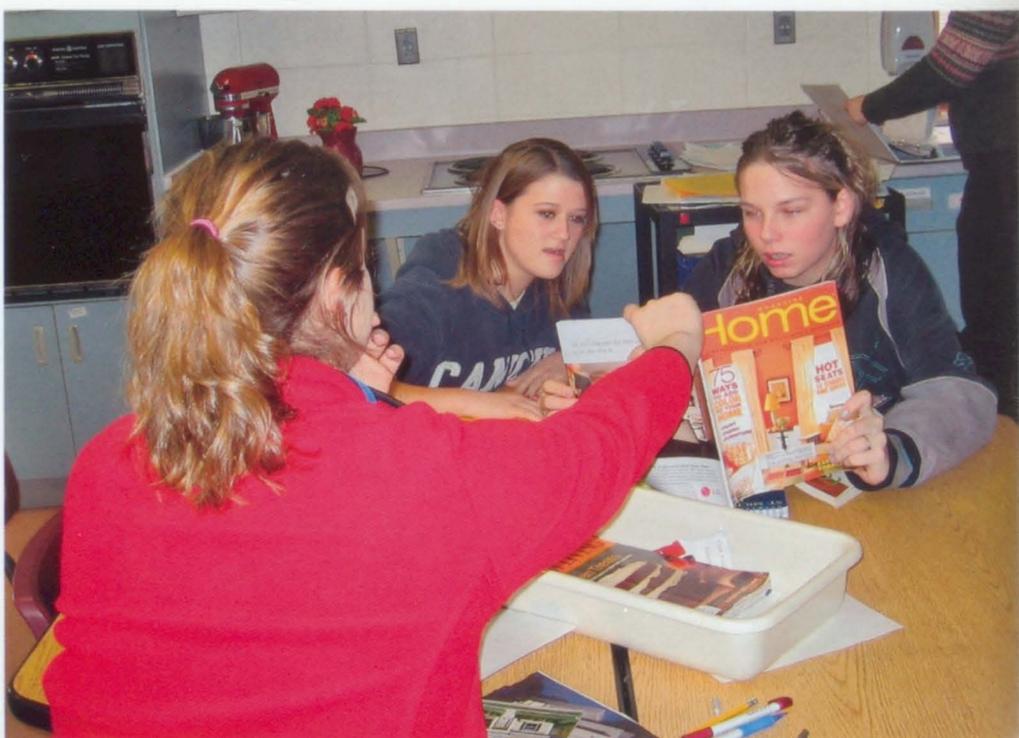
Far right: Steve Daleiden and Chris Filzen concentrate as they frost their sugar cookies. The Foods I class spent the majority of their time baking cookies this year.

Below: Sam Lindenfelser watches to make sure she doesn't put too much vanilla in the dough. Sam thought his Foods class was great because he got to eat all of the time.



Above: Mackenzie Kessler and Marie O'Neil poke holes in their eggs to prepare to blow the yolk out in Ms. Read's Child Development class.

Right: Laura Reimann, Kari Ross, and Lindsey Wendroth are working on their 350 point project. The students had to use magazines for inspiration to decorate their own house for the Housing and Interior Design class.



# Industrial Technology

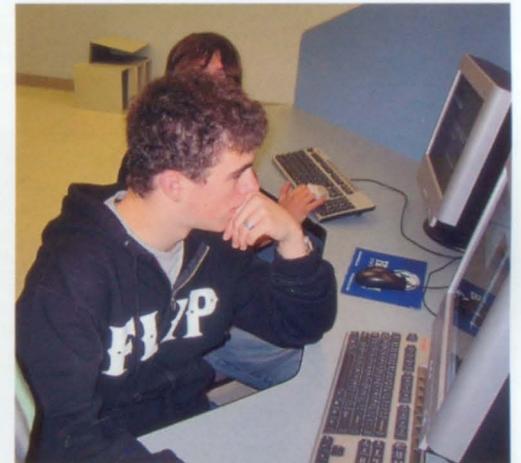


Left: Kyle Novotny finishes sanding his foam project in Mr. Bovee's class.

Far left: Luke Gindele and Kurt Schumm take a break from stripping their log in Advanced Woods. This class had mostly seniors and was taught by Mr. Bauman.



Below: Alex Fehn sands down his project in woods class. This was Alex's first year in woods. He made a dresser for himself and it took him a full quarter to complete the project.



Above: Eric Welch draws up plans for his project using the computers in the Cadd lab. The Cadd lab has been a part of the Industrial Tech curriculum for over 10 years.

Far left: Jesse Slimmer mixes plaster in Mr. Bovee's Technical Systems class. Jesse was making a mold for the fiberglass body of his homemade radio controlled car.



# Staff



Dan Abrahamson



Jillian Anderson



Monica Bachman



Charles Bakker



Dale Barthel



Mary Ellen Barthel



Earl Bauman



Mike Beck



Lisa Becker



Kimberly Benson



Samuel Bergstrom



Scott Berning



Lynn Black



Kelly Bovee



Roger Bovee



William Breeden



Megan Breyer



Jodee Butkowski



Kim Campbell



Julie Campion



Renae Carlson



Meggan Cheney



Sandie Chrobak



Deb Colebank



Lisa Collier



Keith Cornell

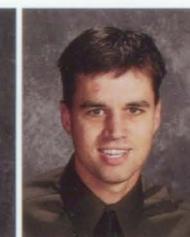
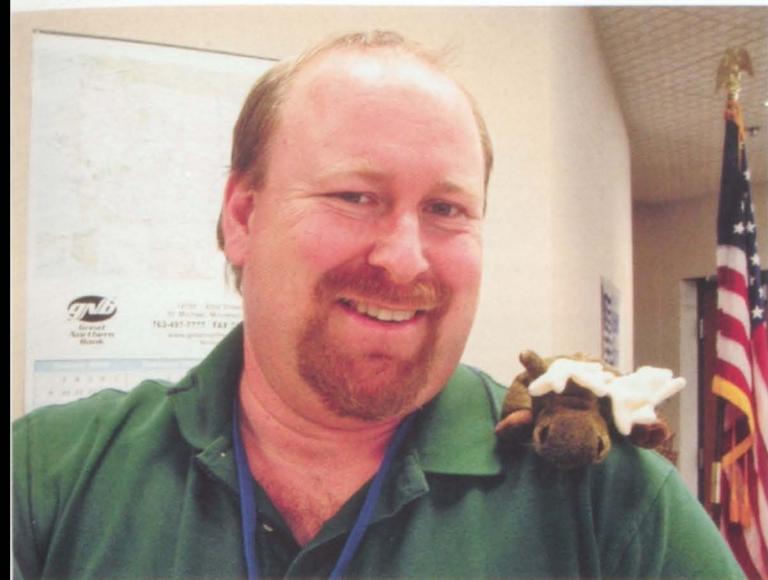


Kevin Crocker



Nancy Crocker





Lynn Dahring

Scott Danielson

Julie Davis

Mattea Decker

Darek Dewey

Vicki Dick

April Erickson



Jessica Fahey

Jeanne Fisher

Michael Frickstad

Joan Gindele

Marla Gmach

Kris Goodin

Robin Grabham



Gregg Greeno

Sharon  
Hackenmueller

Curt Hahn

Kari Halker-  
Saathoff

Mark Hanson

Melissa Hanson

Heidi Hargreaves



Mitchell Harmoning Colleen Harrington

Alice Hedlund

Alice Helfert

Dolores Helgeson

Jolene Herfel

Jeremy Hoffman



Wayne Hoistad



Mary Hollermann



Tina Howland



Patti Jaeb



Nellie Jans



Sonja Jatko



Kristen Jenkins



Brent Johnson



Erica Johnson



Gina Jonas



Clarice Kessler



Sandy Knudson



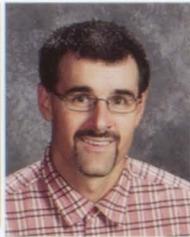
Barb Kolling



Kellie Kortum



Mindy Kragness



Keith Kuhn



Sarah Kuske



Stephanie Lahr



Christie Larson



Sherri Larson



Katherine Lefebvre



Roseann Lekatz



Ryan Lindenfelser



Letitia Lindenfelser  
R N



Jane Lynch



Lisa Maas



Kelly Mallinger



Tony Mallinger



Ellen Marschel



Deborah McLeod



Jox Metcalf



Mark Minkler



Marie Moore



Jon Muellerleile



Tate Nagengast



Alan Nguyen



Kathryn Nowell



Debbie Olek



Nancy Panning



Ryan Panning



Jan Peterson



Meghan Pettis



Julie Read



Brenda Roberts



Matthew Rooker



Ben Rusin



Marilyn Satrang



Steven Scherber



Marcia Schirber



Jean Schreifels



Wendy Shomshak



Emily Shovelain



Darrell Skogen



Angela Slyter



Cari Smiley



Cindi Sovell



Janelle Stange



Karen Steinke



Pat Stenglein



Ginger Stoehr-Fealy



Heather Swan



Angie Swanson



Jennifer Swartzter



Jenny Thompson



Reid Thorpe



Annamaria Todd-Dylla



Rita Valerius



Angela Vanhee



Norma Veenhuis



Virginia Verbrugge



Doug Vetsch



Karen Volkenant



Dana Watters



Kathy Weber



Bea Wicker



Craig Wignes



Sabrina Wixo



Kristin Wolford



Chris Wykle



Mary Zachman



Lorrie Zander

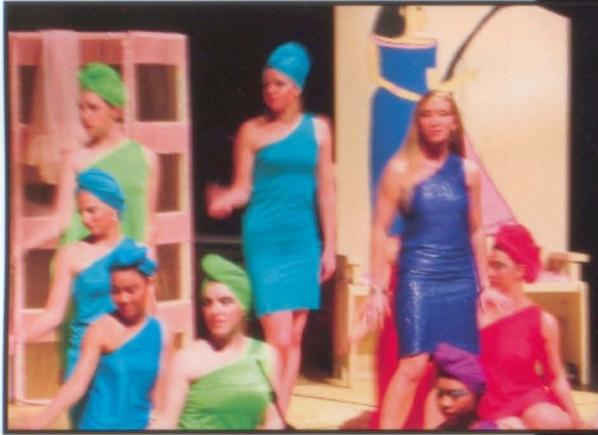


Terry Zerwas



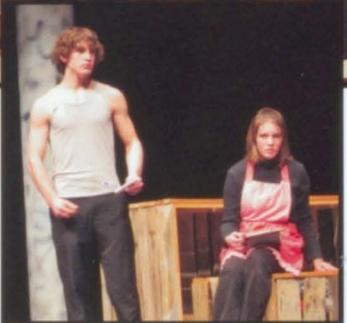
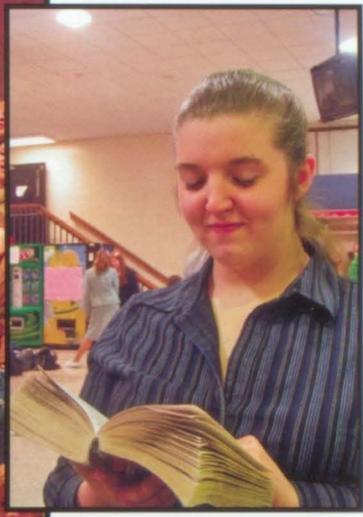
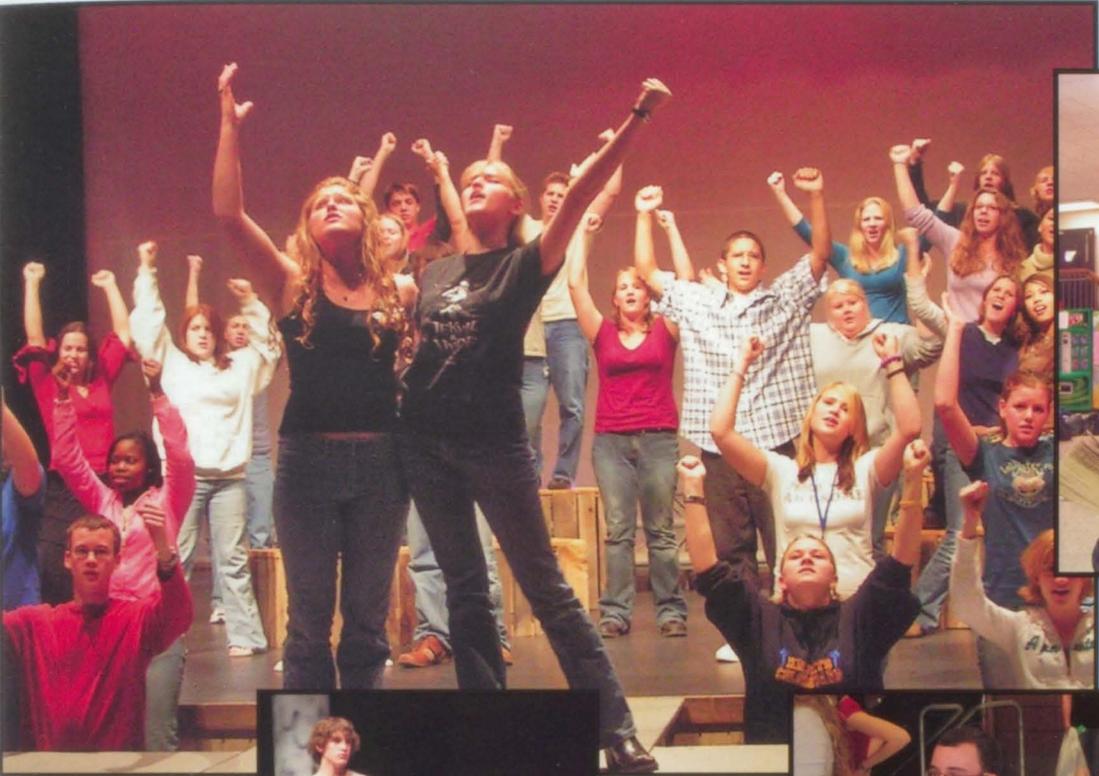
Marcia Ziegler



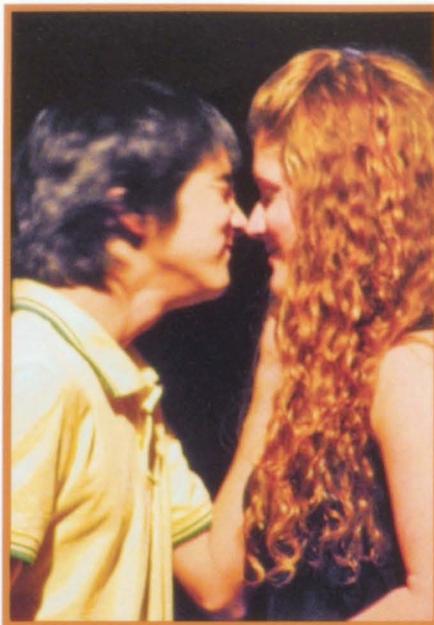


# performing Arts





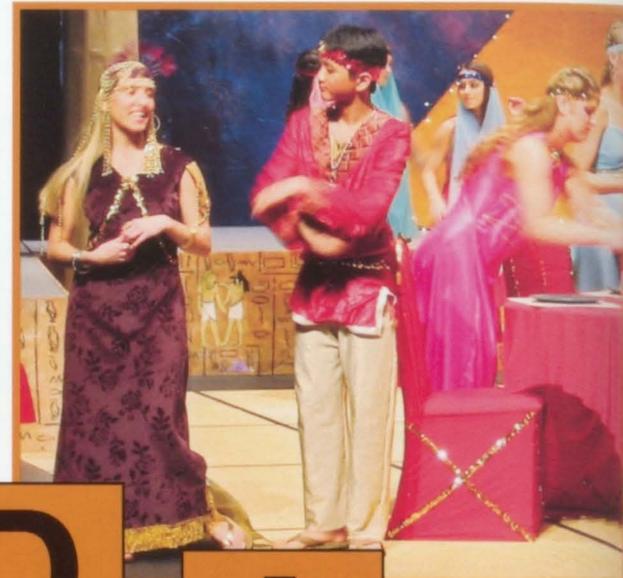
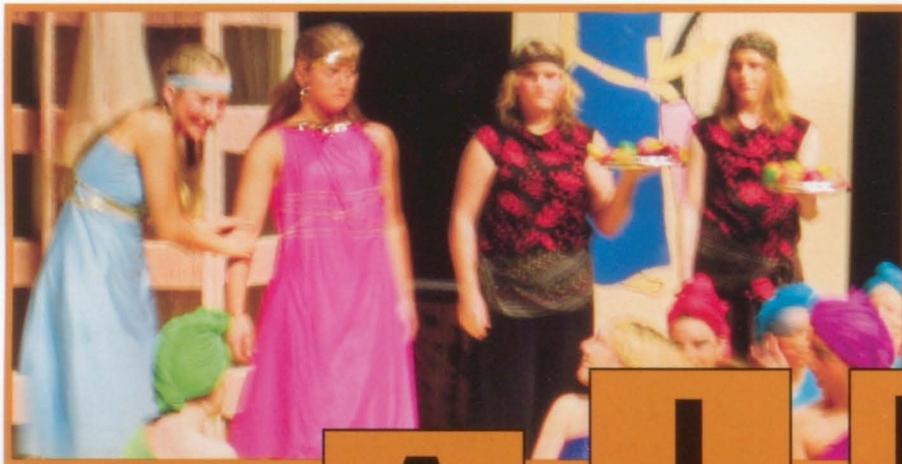
"Aida" is a tragic love story that takes place in ancient Egyptian times. It is a love triangle between an Egyptian princess (Amneris), an Egyptian prince (Radames) and a Nubian princess (Aida). Radames and Aida can never be, but their hearts tell them otherwise. This talented group of students was directed by Mr. Frickstad and Ms. Hanson. The pit orchestra was run by Mr. Bergstrom and stage director Holly Conwell kept everything running smoothly behind the scenes. The musical ran from November 16-19 with a nearly sold out show every night.



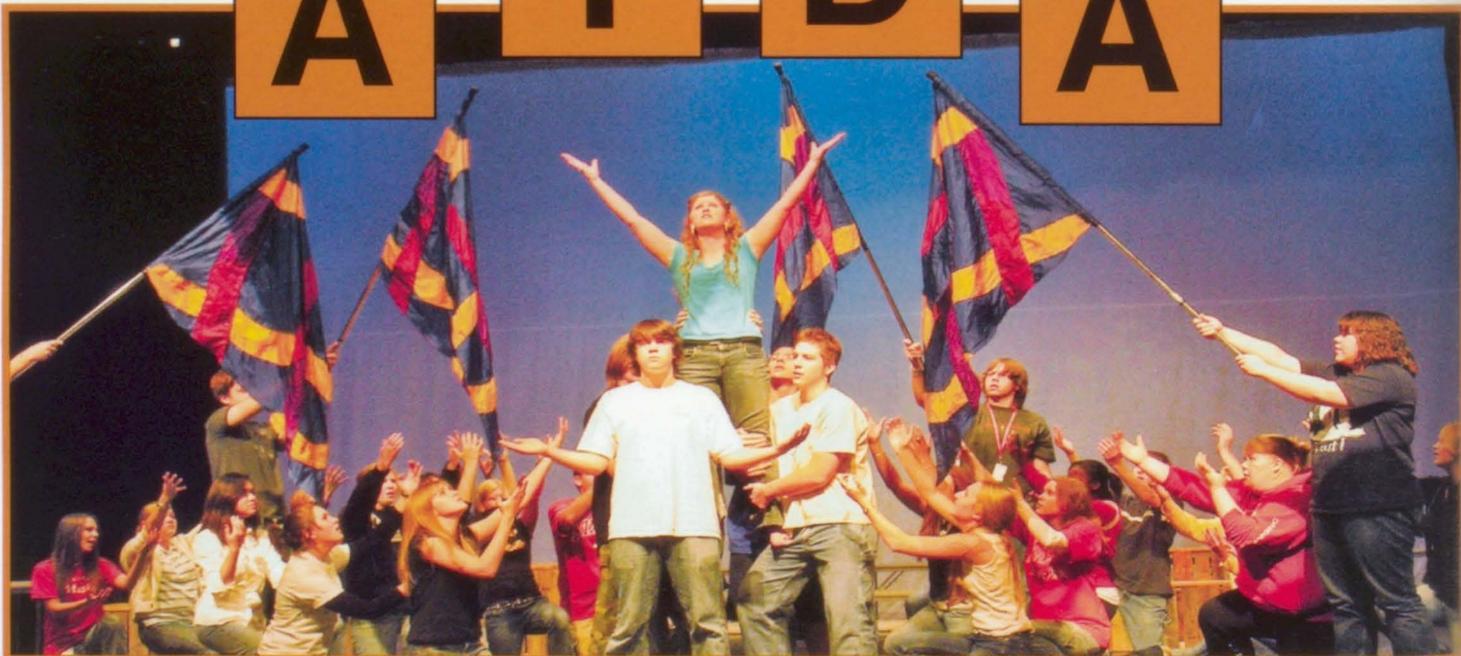
Above: Mr. Frickstad and Ms. Hanson watch intently so that they can give the actors more direction. This was Mr. Frickstad's 5th year co-directing the musical and Ms. Hanson's 8th year.

Below: Sadeh (Ashley Budde) introduces Aida (Shaylee Carlson) to Princess Amneris (Dayna Lindenfelser).

Above: It looks like Radames (Robert Swansen) and Aida (Carlson) are rubbing noses as they prepare for their first on-stage kiss.



# AIDA



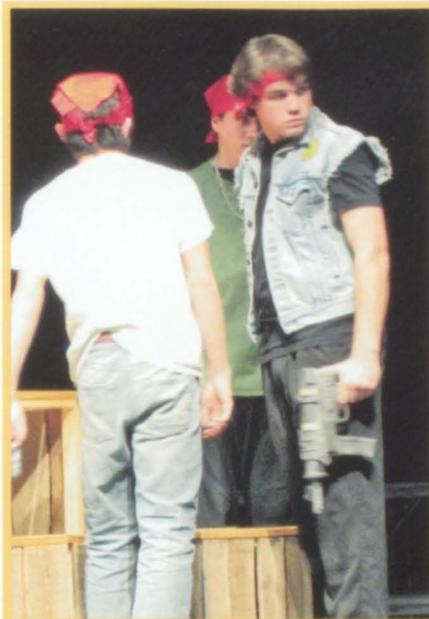
Above: The Nubians lift up their princess (Carlson) during rehearsal. The cast practiced for 9-10 weeks before the opening night to be ready for the full auditorium. Approximately 1,400 people came to see the show throughout their four performances.

Fall Musical





Above: The guardian angel (Budde) kisses the teen (Swansen) goodnight.



The One Act crew had another great year! They performed, "And Flights of Angels," their first pantomime play ever, lasting 27 minutes. The play was written by Nathan Metcalf and directed by Jox Metcalf. All of the hard work that went into this play definitely paid off in the end because they were able to beat out their rival, Buffalo, to advance to State, where they received a star for their performance. The play told the story of an adolescent boy's (Robert Swansen) struggles and his guardian angel (Ashley Budde).

Below: The adolescent (Swansen) reflects on his wrongdoings in life.

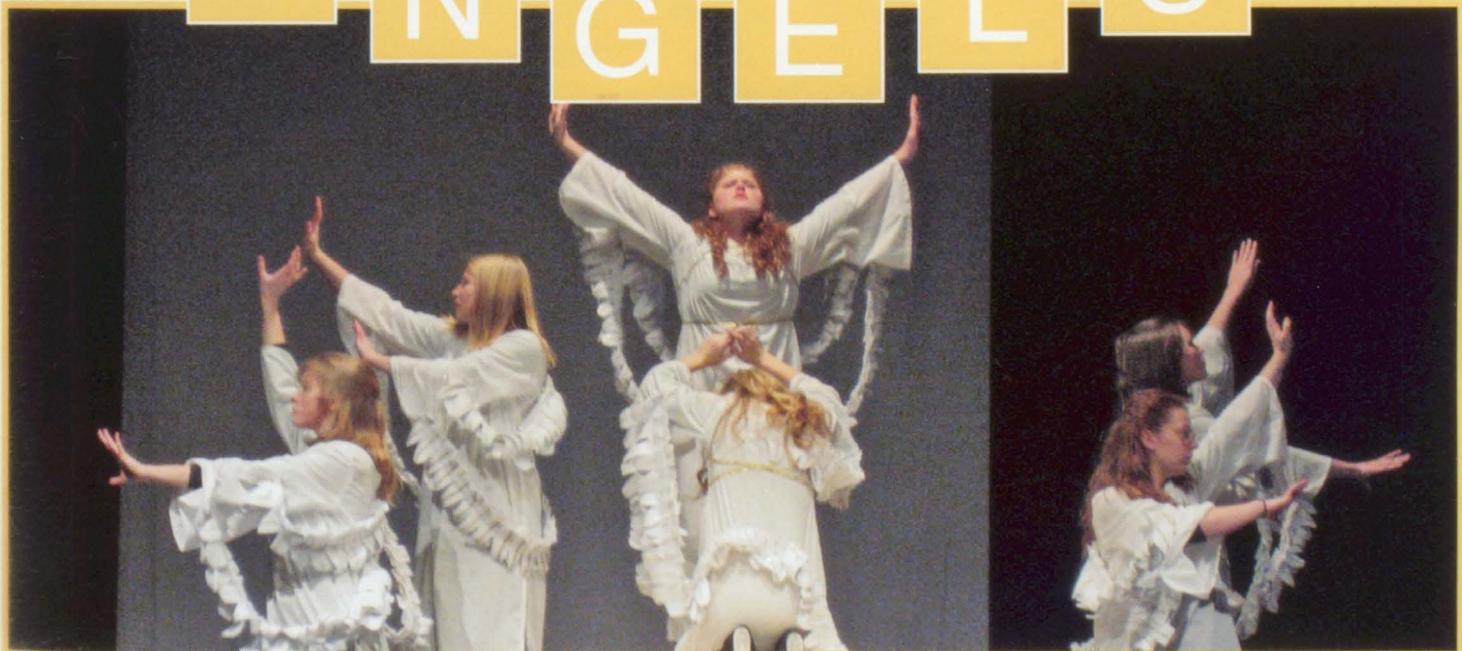


Above: The gang (Swansen, Steven Posthumus, and Isaac Saville) prepares to case a convenience store.

Below: The entire cast and crew get together after one of their public performances.



A N G E L S  
And Flights of



Above: The angel (Budde) gets her wings stripped because she kept interfering with the boy's life; she protected him from facing the consequences of his actions.

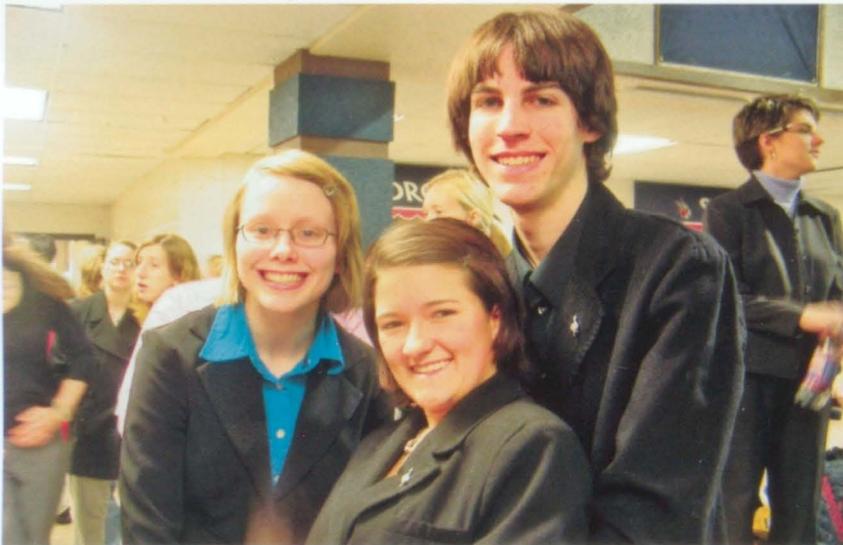
One Act



Above: Katie Kolstad and Nina Zeleny smile as they watch the awards ceremony. At each meet, awards are given to the top six scorers in each of the thirteen categories.



Above: Alex Gillach helps Sarah Larson practice before she heads off to a round of discussion. In the discussion category, students are given a local issue which they must discuss and come up with a solution for.



Above: Amanda Vance, Emily Olson, and Dan Gallagher anxiously wait for the finals to be posted. Sometimes the top scorers of each category perform for a fourth time in a head-to-head to see who comes out on top.

With around 40 students on the team, the Speechers all rocked it up and had another great year. They competed in many different competitions including: Student Congress, NFL National Qualifiers, and several invitationals. The team took home many awards from those various competitions. At STMA's first Conference Meet, 6 speechers placed first in their category. Senior Dan Gallagher was selected for Nationals for the Student Congress. Ashley Budde was selected as the first alternate to NFL nationals.

# Speech



Above: Everyone takes a break and chills out in the commons between rounds. At each competition students compete in three rounds, where they are ranked 1-5 and scored out of 100 by a judge on their performance.



Above: Anna Bydion laughs as she relaxes after first round. She competed in the humorous category, which is where you perform a comical rendition of your choice.

# We Speech the Bestest!



Above: The speech team for 2006. There were over thirty members this season, which were led by Mr. Frickstad and Ms. Larson.



Above: Stefani Waters reads over her selection to refresh her mind before finals.

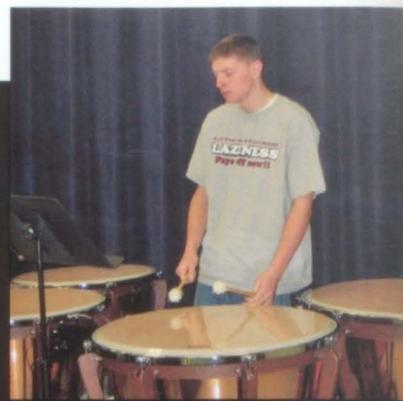


Above: Rob Roden shows Andrew Walker how to get to his assigned room before it's time to compete.



Above: Sarah Borchardt nervously looks through her notes one last time before she heads off to the finals for discussion.





# Band

play that

funky music

Wind Ensemble





Percussion Ensemble



Concert Band

“  
 Music washes away  
 from the soul the  
 Dust of everyday  
 life”  
 -Red Auerbach





# Choir

hits the high notes

Concert Choir



Div@ Choir



Freshmen Choir



“The only thing better than singing is more singing.”  
-Ella Fitzgerald



# JAZZ BAND



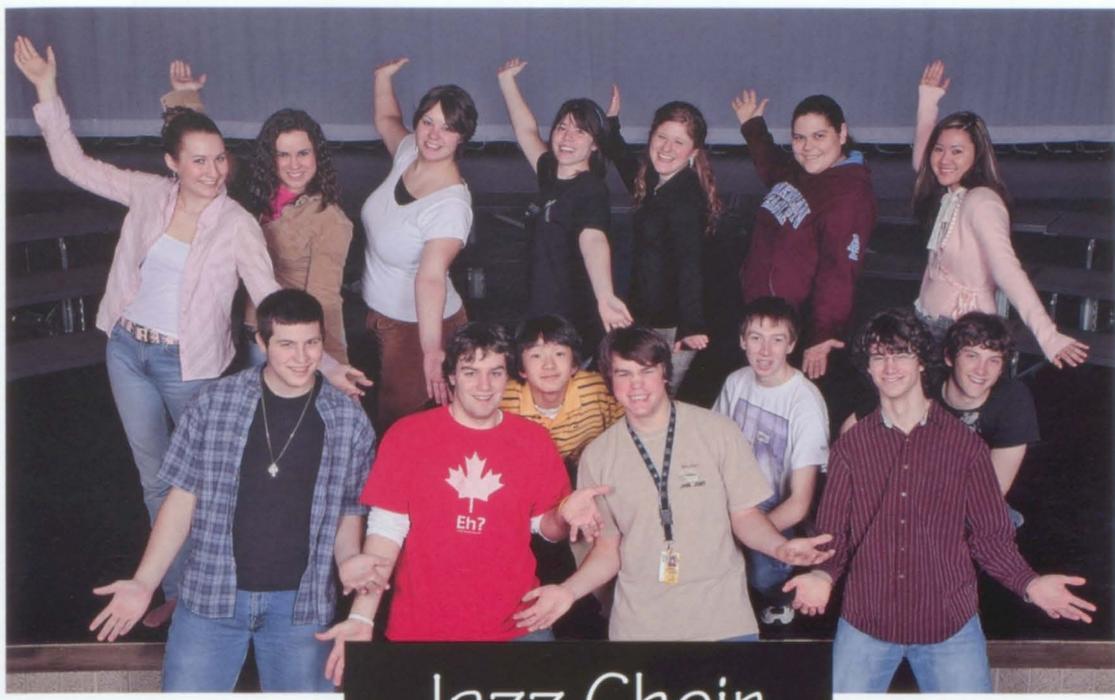
Blue Jazz



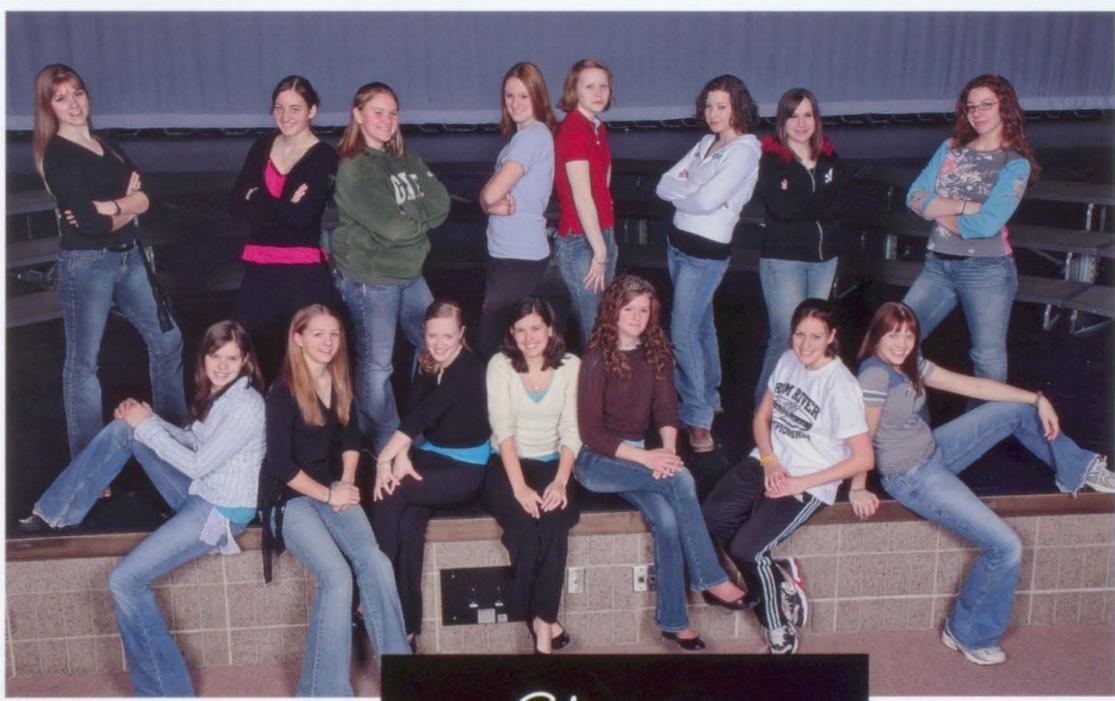
Gold Jazz



# JAZZ CHOIR

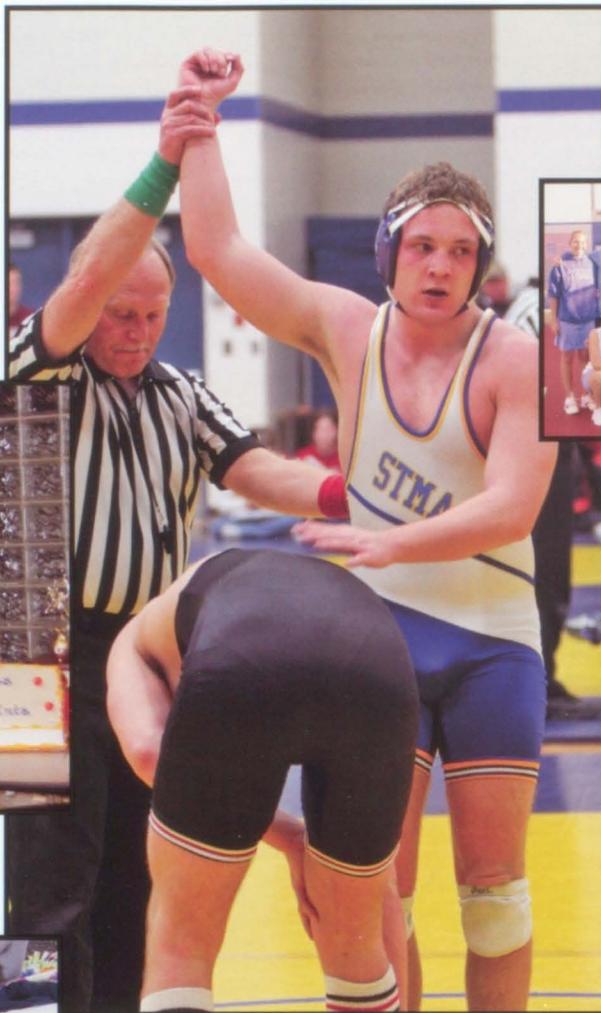


Jazz Choir



Sirens





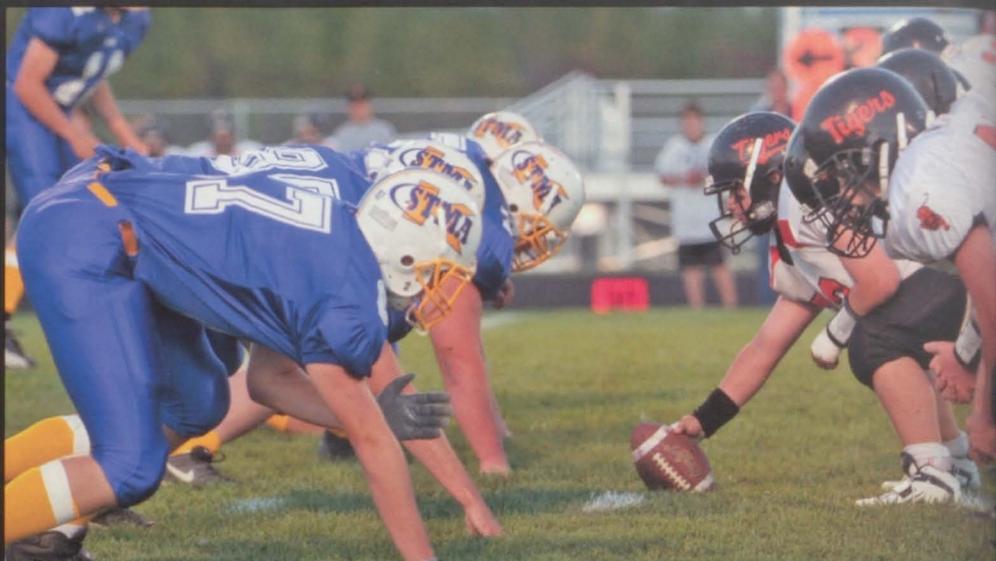
# Sports





Right: The Knights face off against the Princeton Tigers. They ended up winning this game, 54 to 12.

Below: Junior Andrew Marsh tries to avoid a player from Princeton. Andrew's total number of yards achieved this year was 149.



# FRIDAY NIGHT LIGHTS



The 2005 season went very well for our Knights. Starting off in a new conference, Mississippi 8, they lost their first game to New Prague, but came back with a five game winning streak. They made it all the way to the playoffs, where they fell to Totino Grace, 7 to 27. The season ended with an overall record of six wins and four losses.

Right: Coach Hahn discusses game tactics with Coach Bauman. This is Bauman's 25th season coaching and he has led the Knight's to an impressive 159 victories.

Middle: Max Greninger (73) is helped off the field by Pete Lindquist (58) and Paul Shovelain (52).

Far right: Senior quarterback, Steve Hegland, watches in anticipation as the Knights attempt a touchdown. Steve's career passing total is an amazing 1,577 yards.



# Football

Left: Nic Wacker (82) celebrates after scoring a touchdown against the Rogers Royals. Nic ran for a total of 451 yards and scored a total of 20 points this season.

Below: Dane Carlson tries to sidestep the opposing defensive players. This season he led the team in punt and kick-off returns, with nine and sixteen respectively.



Above: Seniors Jesse Dehmer, Ron Fricke, and Steve Hegland take a water break on the sidelines.

Far left: Theo Rothstein flies into the end zone for a touchdown, outleaping the Princeton defender. Rothstein scored 10 touchdowns this season.

Left: Riley Kessler holds the ball as senior Jesse Dehmer punts it. Jesse averaged 36.8 yards per punt and had 994 total yards.

Right: The swimmers kick off their flip-flops at breakfast before the Big Lake Relay meet, which STMA won for the second year in a row, with a score of 278 points.

Below: Senior Abbie Dalbec lays on the boat to practice her skulling for the breaststroke.



# MAKING A SPLASH



The swim team had another great season. They finished with an overall record of 7-3. They went 3-3 in the Mississippi 8 and 4-0 in non-conference. This has been the best season since the beginning of the program. The team's first loss was to Monticello, where they lost 77-98. One of the biggest highlights was junior Carissa Reilly competing in the State Tournament. Reilly was the first swimmer to qualify for State in STMA history. The team was led by five seniors, who will be greatly missed next season.

Right: Carissa Reilly swims the backstroke in the IM. The IM involves swimming all four strokes: the butterfly, backstroke, breaststroke and freestyle. Carissa placed 16th in this event at the State Meet.

Middle: Nicole Johnson, Alicia Traut and Jenna Nelson enjoy a tasty breakfast before the Big Lake Relay meet. Nicole Johnson and Laura Potter placed first in the diver relay at this meet.

Far right: Kelsey Gordon, Jill DesCamps, Vanessa Gindele and Alana Schoenborn take a break before the swim meet.



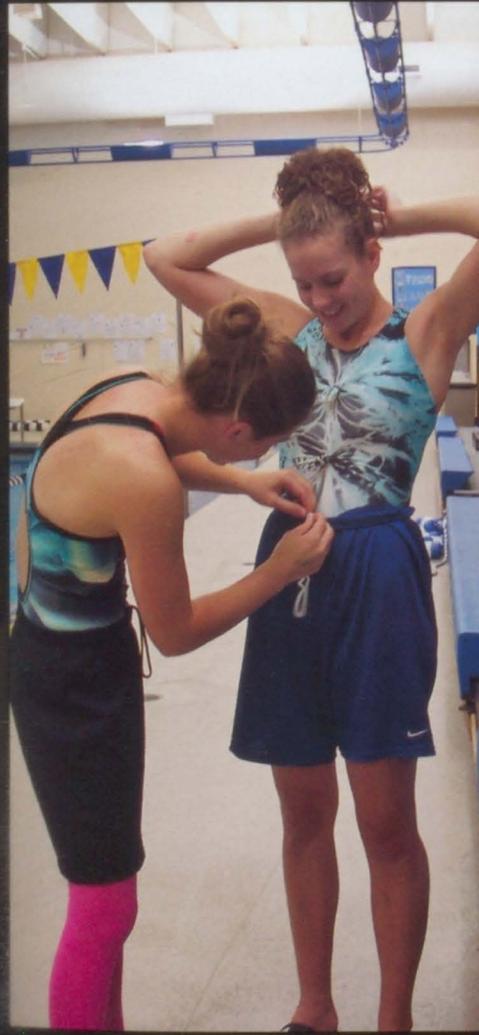


Left: The team does a splash-filled cheer before a meet. The five captains are in the middle and the rest of the team is circled around them. On average, the team does about four cheers per meet.

Below: Nicole Johnson, captain of the diving team, does a back dive. Nicole's average score on this dive was a 5 to a 5.5.



*Swimming and Diving*



Above: Brandi, Kaylee, and Laura take a break from their delicious Olive Garden salad. Every year the team goes to the Olive Garden in St. Cloud before sections, but coaches forbid them from eating any breadsticks.



Far left: Anna Johanson helps Abbie Dalbec tie her shorts. Shorts are worn to help with the breaststroke kick.

Left: Caitlyn Bandy and Emma Johanson make weird faces in front of the camera during the Becker meet. Caitlyn went under 6 minutes at the Section Meet, which was her goal for the season. Her time was 5:59.58.



Right: The tennis team took second place at the Hutchinson Invitational. Number 1 and 2 doubles also took home first place trophies for individuals.

Below: The girls have a bet going to see if they can fit in the lockers...looks like they can. The annual Mora tournament got rained out, so the team had some fun before driving home.



# GAME, SET, MATCH



This year, the Knights tennis team had the best season in recent history. They won the first ever Mississippi 8 Conference Championship, after they beat their rival, Buffalo, 4-3. In a close sub-section match, the team lost to Elk River 3-4. Jodi Reinschmidt and Maren Holstad went as the number one doubles team to individuals in Hibbing. After playing four tough matches, they took third and just missed the opportunity to go to State. There were four STMA players named All Conference: Jodi Reinschmidt, Melissa Koch, Anna Heuring, and Maren Holstad. Lara Berning, Katie Washburn, Stacy Hegland and Kaitlyn Baldrige were given Honorable Mentions. The team finished the season with an 18-4 record.

Right: Lara Berning, one of the senior leaders, is known for her ability to climb pretty much anything. Besides climbing, Lara played number one and two singles for the Knights.

Middle: Sophomore Stacy Hegland and senior Carrie Abrams playfully take out their frustration on each other. Stacy returned for her second year of varsity, while Carrie finished up her career with 19 victories.

Far right: Anna Heuring accidentally fell into the garbage at the STMA invitational. She played number two singles and finished with 15 wins.





Left: Number one doubles Maren Holstad and Jodi Reinschmidt win their match, advancing them to the Section Tournament. They finish up their season with an impressive 27-3 record.

Below: Jodi Reinschmidt and Allison Janney fill up on carbs the night before a big match. They ate an entire pan of lasagna between the two of them. Afterwards Allison said, "Ugh, I think I'm going to throw up!"



# Girls Tennis



Above: The girls flip up their collars to show their ghetto tennis style before playing Litchfield. They went on to win the match 4-3.



Far left: Carrie Abrams hits a perfect backhand shot down the line against Cambridge-Isanti. Carrie and Allison won the match 6-2, 6-1 to finish up their regular season.

Left: The girls take a break at sub-sections for individuals. This year, sub-sections were held in St. Cloud at Gold's Gym.



Right: The guys go for a goal while playing Rockford at home. They beat the Rockets with a score of 5-1.

Below: Mitch Bebus and Martin Hernandez try to get the ball down to the other side of the field to score. Mitch and Martin both led the team with 5 goals each this season.



# JUST FOR KICKS



The boys soccer team didn't have the type of season they had hoped for this year, finishing up with a 1-15-1 record. Unfortunately, this was their worst season since the start of the program. However, they did have a 5-1 victory over Rockford early in the season, which gave them some hope for their future games. Despite the rocky season, the Knights set a new team record for assists, with 19. Juniors Mitch Bebus and Martin Hernandez helped achieve that with four apiece. Goalie Mike Ostman was the only player named to the All-Conference team, but there were three STMA players given Honorable Mentions, including Mitch, Martin, and Tim Goth.

Right: Senior Matthew Heilig kicks the ball towards the goal. This was his first season playing for the Knights.

Middle: These girls are decked out for the Homecoming soccer game. Unfortunately, they lost the game 1-5.

Far right: The guys take a time out to go over the game strategy with Mr. Johnson. This was Mr. Johnson's fourth and final year as the Head Coach.





Left: Mike Ostman gets ready to block shots from getting in the goal. His quick reflexes earned him the title of Most Valuable Player.

Below: Mitch Bebus and Tim Goth direct traffic to the car wash. Both the boys and girls soccer teams put on the car wash, earning them over \$ 1,000.



# Boys Soccer



Above: The guys rush towards the net to go for a goal.

Far left: Sophomore Kyle Paulson takes a breather while waiting for the other team to throw the ball back in. Kyle had 2 goals and 1 assist this season.



Left: Head Coach Mr. Johnson and JV Coach Mr. Dewey work on the game plan. This was Mr. Dewey's second year coaching for the Knights.



Right: The girls are lined up and fired up before their big game against Watertown-Mayer. They defeated them 9-0.

Below: Caitlyn Ferry studies the plays during the JV game against Watertown. Caitlyn has played soccer each year of high school and was captain this year as a junior.



# HIGH GOALS



The girls soccer team had a tough start in the beginning of the season, but they came back to overcome their losses. All the players showed improvement and great sportsmanship throughout the season. The team captains, senior Molly Lefebvre and junior Caitlin Ferry, showed great leadership. The season ended with 8 wins and 7 losses and 1 tie. STMA scored 45 goals total. It was the last season for seniors Jen Jankord and Molly Lefebvre, who were the first players to complete all four years of girls soccer since it became a district sport.

Right: Courtney Gamrath puts on her "serious" game face. Courtney led the team in assists this season.

Middle: Kate Benias and Emily Eull wash a dirty car for the soccer fundraiser. This year the soccer team raised over \$ 1000 from the car wash.

Far right: The varsity girls celebrate their win over Rockford on the bus ride home. This is the first time in STMA history that the girls have had a winning season.



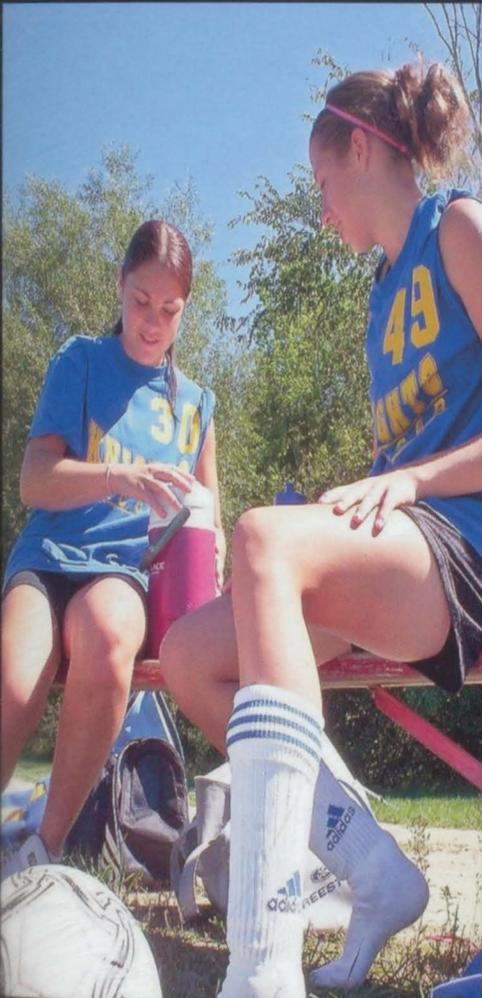


Left: Molly Lefebvre makes a breakaway from her opponent. As one of the captains, Molly scheduled a scrimmage against the boys before the season started.

Below: Hayley Setzer is in ready position as the opponent comes her way. Anna Valerius came over to help keep the ball out of the goal.



# Girls Soccer



Above: Natalie Einerson, Bridget LaVallee, and Molly Lefebvre set up for a corner kick. As part of the defense, it is their job to keep the opposing team from scoring.



Far left: Jessica Ryan and Anna Valerius get ready on the bench for a scrimmage against North Branch.

Left: Christie Roberts and Emmy Johnson take a breather during a summer practice. The team started practice on August 15th.



Right: The girls focus on Coach Heidi, as the team needs to win to advance in the Delano Invitational Tournament.

Below: Kali Erickson, Jen Wiese, and Miranda Nelson are all smiles after a win at Becker that takes them one step closer to the Conference title. The Knights were named the Mississippi 8 Conference Champs at the end of the regular season.



**BUMP, SET, SPIKE IT  
THAT'S THE WAY  
WE LIKE IT**

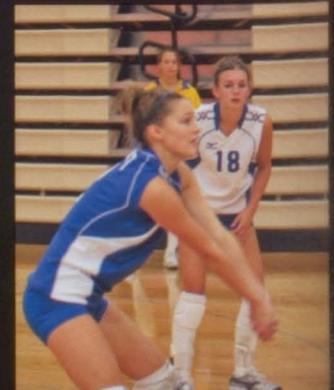


The Knights Volleyball Team had a wonderful season. The girls went 26-3, with 2 tournament wins and placing 2nd in the section finals. The Knights also captured the Mississippi 8 Conference Title. The team was led by seven great seniors. They motivated the team with their senior rap and enthusiasm during the cheers in the locker room. Sadie Kessler, Jen Wiese, and Rachel Knutsen each made the All Conference Team. Estee Kolles, Jes Wiese, and Marla Arns were given Honorable Mentions.

Right: Sadie Kessler spikes the ball hard at Delano. Sadie was voted Most Valuable Player this season by her teammates.

Middle: The senior leaders show their homecoming spirit in the traveling pep fest on homecoming day. This year, the girls did a volleyball rap, which was quite popular with the younger students.

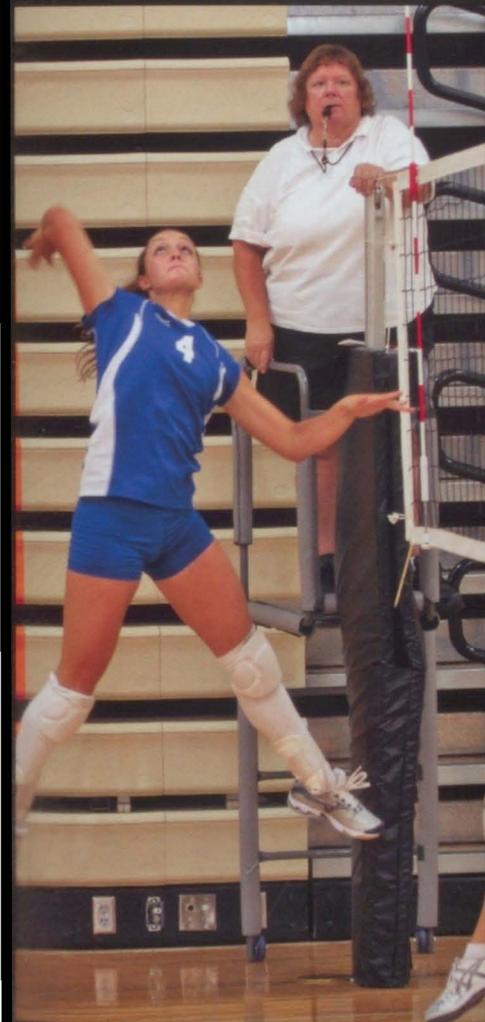
Far Right: Senior Jes Wiese is in position to perform a dig. Jes, along with Rachel Knutsen led the team in digs this season.



Left: Marla Arns bumps the ball back up as Rachel Knutsen stands by ready to help.

Below: The starters prepare for another Knights win. They were seeded #2 in Section 5AAA behind Hopkins.

# Volleyball



Above: Sadie Kessler spikes one over a Becker opponent's attempted block. The Knights went on to beat the Bulldogs 3-0.

Far left: Miranda Nelson puts down one of her many kills that led STMA to a tournament victory. The Knights won 2 of 3 tournaments in which they participated.

Left: The girls listen to Heidi go over the game strategy. This is Heidi Vogt's second year of being the Head Coach and she is assisted by Vicki Dick.



Right: The boys have a great start at Apple Valley, where they place 9th out of 19 teams.

Below: Mike Thorn works hard as he runs the last 400 meters of his race at the Apple Valley meet. Mike had a season best time of 18 minutes and seventeen seconds.



## RUNNING OUT OF THE COMFORT ZONE



The boys cross country team had 21 runners this year. Captains Dan Greeno, Kurt Schumm, and Mike Thorn led the team to a season record of 105-38. They completed the year with two second place wins, including the Mississippi 8 Conference Meet. Dan Greeno had a great season becoming the first male runner in school history to break 16 minutes in the 5K, with a time of 15:55. Dan was named All Conference runner and took 8th in the State Meet. Junior Jeremy Kuhn also had a great season, being named All Conference and taking home 77th in the State Meet. Sophomore Sam Greeno was also named All Conference runner this season.

Right: Sam Greeno runs a great race at sections. He placed 27th out of 114 runners. Sam had the team's third fastest 5K with a personal best of 17:24

Middle: Shane Goblirsch keeps a good pace as he runs at Apple Valley. His best time this season was 18:21.

Far Right: Sophomore Nick Nygaard placed 79th out of 128 runners at the Section 7AA Meet, with a time of 17:36.





Left: Dan Greeno leads the pack at the Section Meet. Dan has been STMA's #1 runner for the past four years.

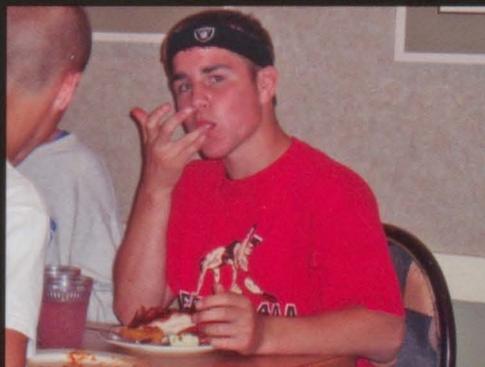
Below: Jeremy Kuhn pushes himself to the limit at the Section Meet. Jeremy was the #2 runner all year for the Knights.



*Boys Cross Country*



Above: The boys team have a great start at the Section Meet, finishing 5th out of 17 teams. Their best effort of the season was at the Mississippi 8 Conference Meet, where they took second place



Far Left: Co-Captain Kurt Schumm strides down a hill at the Apple Valley meet.

Left: Andy Hackenmueller enjoys some finger-lickin' good food at OCB following the Apple Valley meet.



Right: The girls team gets fired up before the start of their race at the Apple Valley Meet.



Below: Sophomore Lexi Thompson runs hard at the Apple Valley meet as she heads in for the finish. She took 53rd out of 145 runners.



# GOTTA RUN...



The Girls Cross Country team had another great season. They finished off with a season record of 90-55. They took 3rd in the Mississippi 8 Conference Meet. There were many new runners, as well as returning runners this year. The girls team had two seniors, Carly Eggert and Courtney Brant. Carly Eggert had been STMA's #1 runner for the past four years, but was unable to run this year because of an injury. Junior Sarah Gindele was named All Conference runner, as well as sophomore Lexi Thompson and 8th grader Emily Nygaard.

Right: Abbie Ahner and Gina Bongaarts work together to pass other girls at the Duluth meet.



Middle: Senior Courtney Brant enjoys her food at OCB after the Apple Valley meet. It was Courtney's first year as a cross country runner.



Far Right (left to right): Anna Packa, Arielle Majors and Abbie Ahner bundle up and brave the cold for the Apple Valley meet.





Left: Lexi Thompson, Sarah Gindele, and Emily Nygaard finish in the top 16 at the Conference Meet and are named All Conference runners.

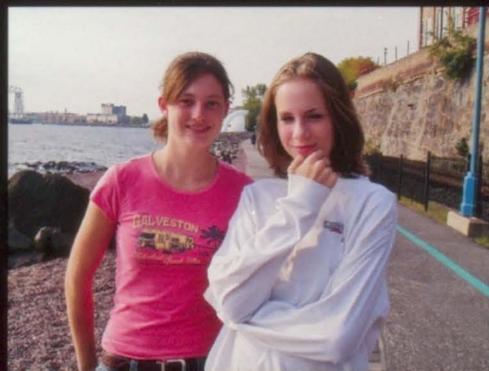
Below: (left to right) Niki Cote, Sarah Gindele, Gina Bongaarts, Robyn Van Drasek, and Carly Eggert smile in front of Grandma's restaurant in Duluth.



*Girls Cross Country*



Above: The girls team starts out strong at the Section Meet, where they placed 8th out of 17 teams.



Far Left: Junior Sarah Gindele works hard during the Section Meet. She placed 46th out of 116 girls.

Left: Girls captains, Carly Eggert and Sarah Gindele, pause for a picture while in Duluth. Unfortunately, Carly was injured for most of the season with a stress fracture.



Right: As they come off the field, the cheerleaders get the crowd ready for the second half of the game against Buffalo. This year the half-time show was choreographed to the song "Rumors" by Lindsay Lohan.

Below: These guys are the "real cheerleaders" for the swim team. They have been to every home meet for the past two seasons.



**HEY FANS!  
LET ME SEE YOU CLAP  
YOUR HANDS!**



For St. Michael-Albertville High School students, it's all about being the biggest fan that you can be. We never have to worry about a lack of fans because so many STMA students like to show their school spirit. The cheerleaders play a big role in motivating us to do our best. At our pep rallies, they always boost STMA spirit and get us charged up for the big game.

Right: Courtney Brant and Amy Dalbec cheer on the Knights football team at an away game. Courtney is wearing Mitch Zachman's jersey and Amy is wearing Jesse Dehmer's.

Middle: For the volleyball section finals against Hopkins, many STMA fans dress in blaze orange to intimidate the opposing team. They drove all the way to Cooper High School in New Hope to show their support.

Far right: Julie Kasper and Natalie Dick wear the jerseys of Brian Zachman (33) and Jake Voss (55) for Homecoming.

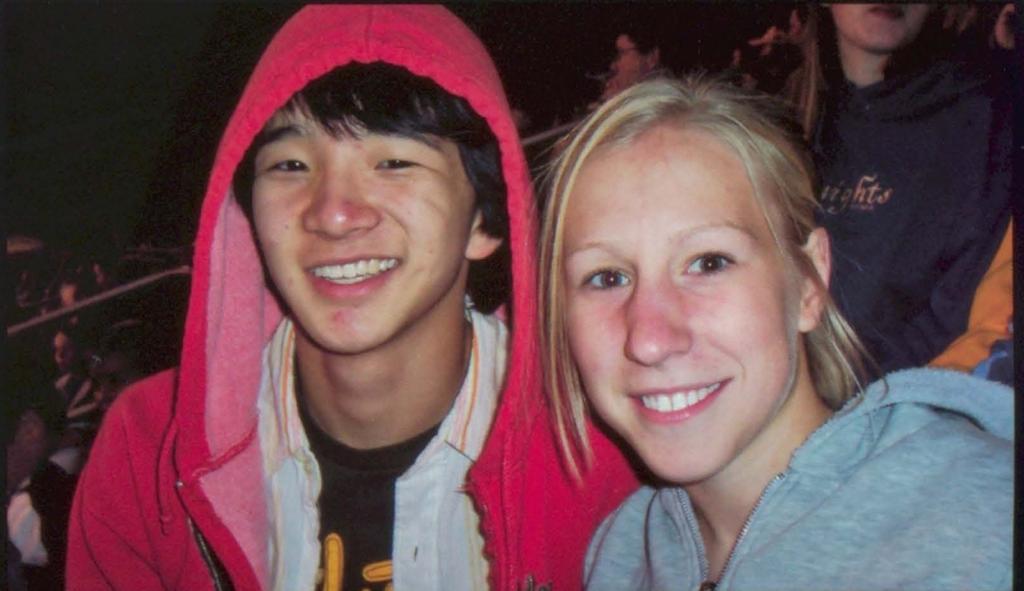


*Cheerleaders & Fans*



Left: Here are our Knights cheerleaders. For every touchdown STMA made, the cheerleaders had to do as many push-ups as the Knights had points.

Below: Dan Greeno and Ryan Dutton watch the Knights defeat Big Lake.



Above: Robert Swanson and Katie Daleiden bundle up for a chilly October game.



Far left: Ashley Carlisle leads the seniors in their 2006 battle cry at a pep fest.

Left: Some of the dedicated fans in the stands cheer on the Knights at Big Lake.



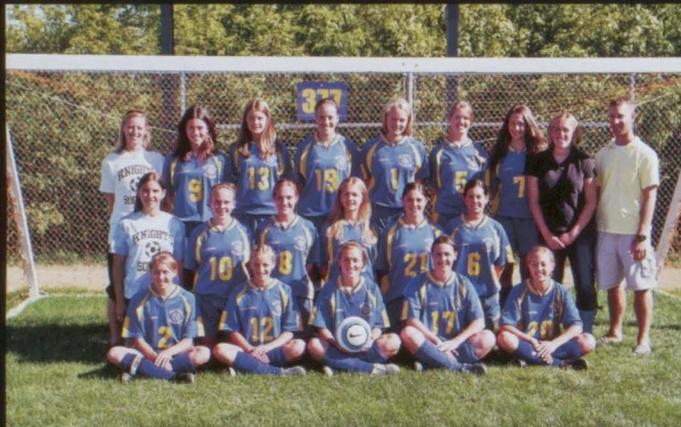
# FALL TEAM SPORTS



Varsity Volleyball: (Front row L-R): Kayla Miedema, Miranda Nelson, Rachel Knutsen, Jen Wiese, Whitney Rathbun (Row 2): Marla Arns, Regan England, Kali Erickson, Estee Kolles, Jes Wiese (Row 3): Coach Heidi Vogt, Coach Jillian Anderson, Sadie Kessler, Lauren Kessler, Coach Kristin Wolford, Coach Vicki Dick



JV Volleyball: (Front row L-R): Natalie Dick, Nicole Steffens, Annie Haefner, Brittani Wiese, Cassi Dick, Samantha Dick (Row 2): Krissa Reemts, Gayle Steffens, Mackenzie Kessler, Coach Vicki Dick, Jessica Turnquist, Nicole Marquette, Maria Berning



Varsity Girls Soccer: (Front row L-R): Molly Lefebvre, Allesia Rausch, Kate Bienias, Bridget LaVallee, Mandy Wurdeman (Row 2): Jen Jankord, Courtney Barthel, Laura Billiar, Amanda McLain, Jessica Ryan (Row 3): Courtney Gamrath, Amber Ooley, Caitlin Ferry, Natalie Einerson, Amelia Johnson, Anna Valerius, Coach Megan Johnson, Coach Jeremiah Johnson



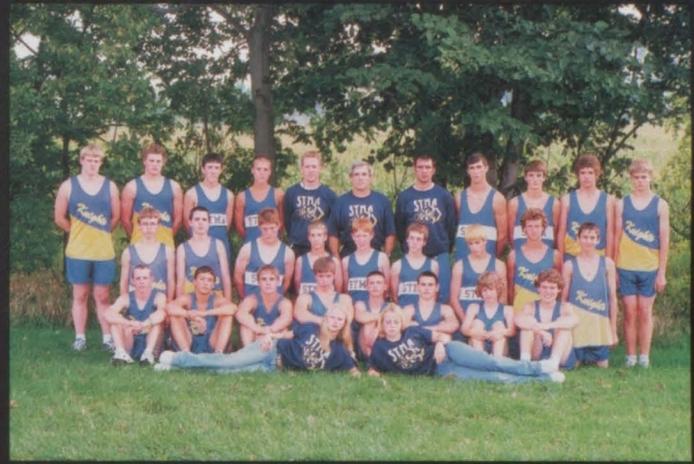
Varsity Boys Soccer: (Front row L-R): Jon Larson, Zach Otte, David Prather, Alex Westlund, Mike Ostman, Aaron Frank, Jon Ebert, Tim Goth, Ryan Madsen (Row 2): Drew Hester, Austin Westlund, Alex Soledad, Aaron Dwinell, Grant Kinnamon, Jon Van Drasek, Cole Laudenbach, Kyle Bechtold (Row 3): Coach Derek Dewey, Kyle Paulson, Nate Kopp, Mitch Bebus, Derek Billiar, Matthew Heilig, Davey Heskin, Ian Heiele, Colin Fecho, Coach Brent Johnson

Varsity Football: (Front row L-R): Kyle Gammell, Paul Shovelain, Brendan LaVallee, Adam Kessler, Steve Hegland, Ron Fricke, Jesse Dehmer, Mickey Kirk, Mitch Zachman, Michael LeDuc, Blake Beaudry, Andrew Carlson (Row 2): Riley Kessler, Matt LeClaire, Mike Barnard, Drew Bebus, Max Greninger, Rob Kramer, Christain Landefeld, Dan Dubel, Nic Wacker, Joey Hlad, Luke Hanson, Tegan Lenneman, Nathan Koep (Row 3): Nathan Wyre, Tanner Krutzig, Dallas Hahn, Coach Anfenson, Coach Berning, Coach Jensen, Coach Bauman, Coach Cornell, Coach Hackett, Coach Hahn, Lucas Hegland, Joe Killian, Andy Goodin, Mike Artl (Row 4): Billy Laney, Lowell Zachman, Brian Zachman, Andrew Marsh, Ross Lefebvre, Aaron Brown, Jacob Voss, Jake Kolling, Miles Friendshuh, Brandon Kuhn, Dean Eull, Tony Engstrom, Cory Kessler, Pete Lindquist (Row 5): Andy Willis, Christian Head, Anthony Hare, Brent Guimont, Josh Adams, Anthony Brouillette, Adam Aaserud, Andy Roden, Andrew Evans, Justin Ole, Austin Kolles, Chad Blais, Shane Pantila (Row 6): Anthony Holsather, Mike Wallender, Kyle Sanders, Dexter Kolles, John Arns, Theodore Wallace, Dustin Watters, Ryan McCoy, Danny Heskin, Brady Logan, Tom Gleason, Ross Gammell (Row 7): Kyle Robeck, Kevin Witt-Edstrom, Brian Founds, Ryan Styter, Jon Marcks, Sam Clark, Dan Kurth, Jeremiah Cote, Theo Lenneman, Reid Nelles, Andrew Norby (Row 8): Blaine Barthel, Todd Kessler, Derek Hagerty, Kyle Schumm, Drew Schimmers, Theo Rothstein, Dane Carlson, Andrew Karl, Andrew Wruck, John Euteneuer, Devin Bütler





Girls Cross Country: (Front row L-R): Manager Bridget Kottke, Manager Jane Simon (Row 2): Abbie Ahner, Anna Packa, Amy Bruner, Megan Beaudry (Row 3): Leah Royseth, Hali Scott, Robyn VanDrasek, Courtney Brant, Arielle Majors (Row 4): Coach Jason Mielke, Lexi Thompson, Gina Bongaarts, Sarah Gindele, Coach Gregg Greeno, Carly Eggert, Emily Nygaard, Niki Cote, Coach Paul Jeffery



Boys Cross Country: (Front row L-R): Manager Bridget Kottke, Manager Jane Simon (Row 2): Jon Laudner, Mark Frank, Andy Hackenmueller, Kyle Hackenmueller, Colin Schmidt, Carl Salonek, Calvin Eull, Brad Corcoran (Row 3): Erik Rostamo, Eric Derus, Joe Grygelko, David Christenson, Sam Greeno, Nick Nygaard, Mike Thorn, Lucas Nelson, David Arit (Row 4): Matt Nerdal, Tom Duncombe, Jeremy Kuhn, Dan Greeno, Coach Paul Jeffery, Coach Gregg Greeno, Coach Jason Mielke, Kurt Schumm, Shane Goblirsch, Alex Johnson, Ben Peliter



Junior Varsity Tennis: (Front row L-R): Nicole Hackenmueller, Samantha Stepp, Breane Watters, Jessica Anderson, Emily Moritz, Wendy Brown (Row 2): Brittany Berning, Cassie Swenson, Robin Winkelman, Bridget Daleiden, Caitlin Abrams, Rebecca Sampson (Row 3): Coach Brian Mashuga, Kate Mabuth, Becky Fox, Katherine Foster, Jonelle Harren, Kayla Buckley, Jennifer Miller, Coach Jim Riles



Varsity Tennis: (Front row L-R): Stacy Hegland, Anna Heuring, Katie Washburn, Kaitlyn Baldrige, Missy Koch (Row 2): Coach Jim Riles, Lara Berning, Maren Holstad, Jodi Reinschmidt, Allison Janney, Carrie Abrams, Coach Brian Mashuga

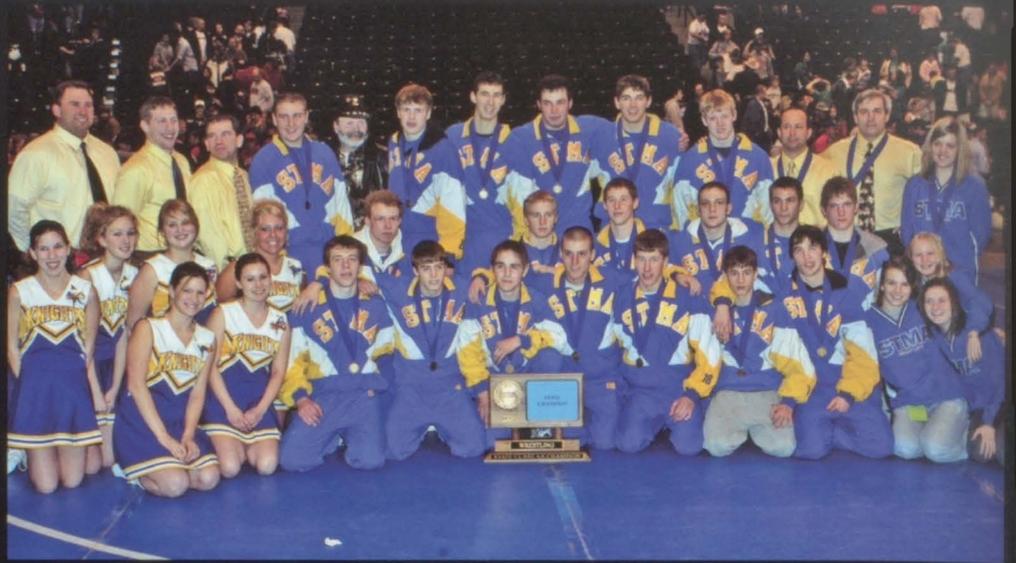
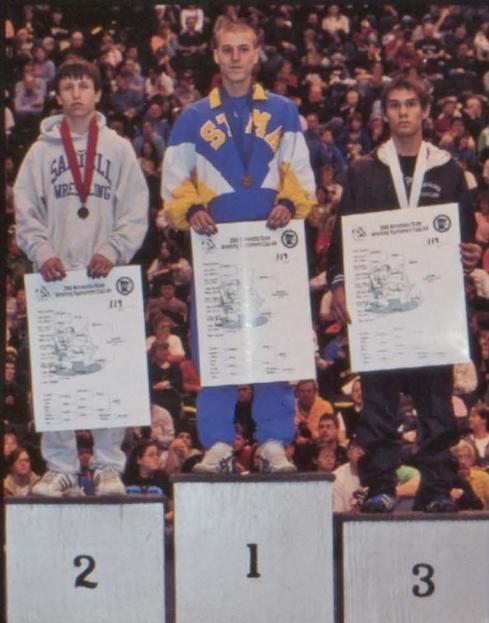


Varsity and Junior Varsity Swim and Dive: (Front L-R): Elizabeth Albers, Tori Henzley, Samantha Kemper, Katie Sladek, Amber Thompson, Renee Hattenberger, Kaitlyn Borge, Mariah Nigles, Jenna Engleman, Amy Van Heel, Leslie Roemer (Row 2): Maddie Seide, Chelsea Gabrelcik, Tiffanie Wiskur, Lauren Ybarra, Kaitlyn Rose, Sarah Lenneman, Kallie Adams, Mackenzie Geyer, Ashley Hanson, Erica Kuecle, Laura Haller, Suzie Panuska (Row 3): Alicia Traut, Kelsey Gordon, Emma Johanson, Maggie Reilly, Emily Senta, Kaitlyn Deporis, Holly Kotilla, Arianna Nelson, Emily Slagle, Rachel Potter, Melissa Yanish, Melanie Bolson, Erin Erickson (Row 4): Coach Jen Patnode, Manager Julie Kasper, Megan Richardson, Brittney Barr, Kaylee Johnson, Laura Potter, Anna Johanson, Jenna Nelson, Caitlin McNelly, Terese Berning, Lisa Servaty, Sara DeLozier, Amanda VanHeel, Coach Travis Hoy (Row 5): Coach Angie Swanson, Kayla Roden, Nicole Johnson, Caitlyn Bandy, Ashley Zachman, Vanessa Gindele, Laura Reimann, Jill DesCamps, Abbie Dalbec, Megan Watters, Carissa Reilly, Kim Franklin, Coach Marie Moore

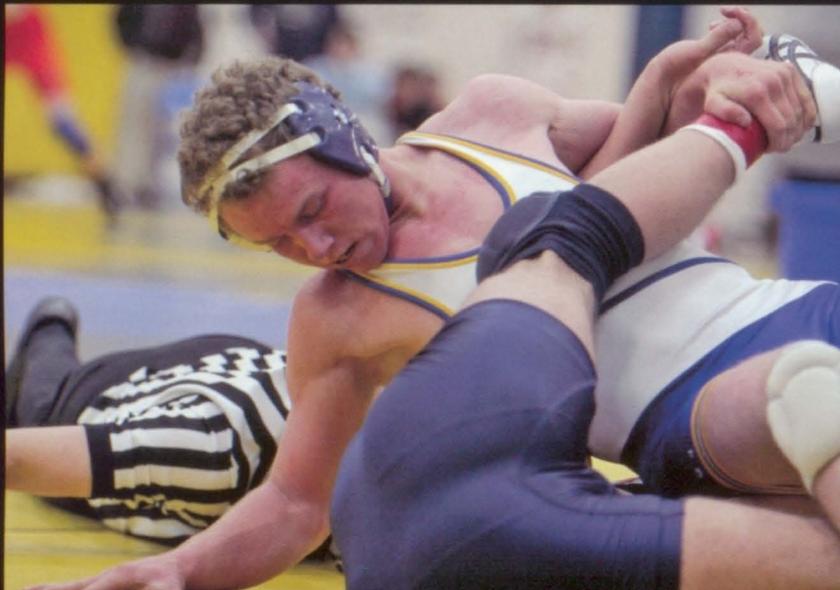


Right: The entire STMA 2005-2006 wrestling squad is all smiles at the Xcel Center after winning the championship. The team ended up with an impressive 173.5 points at State, while Jackson Central had the next highest with only 74.

Below: Senior Dan Greeno stands on top of the first place podium after winning the 119 lbs championship. Dan was voted the Most Exciting player to watch this season.



# SHOW 'EM WHO'S #1

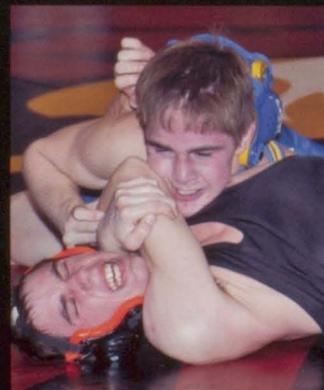


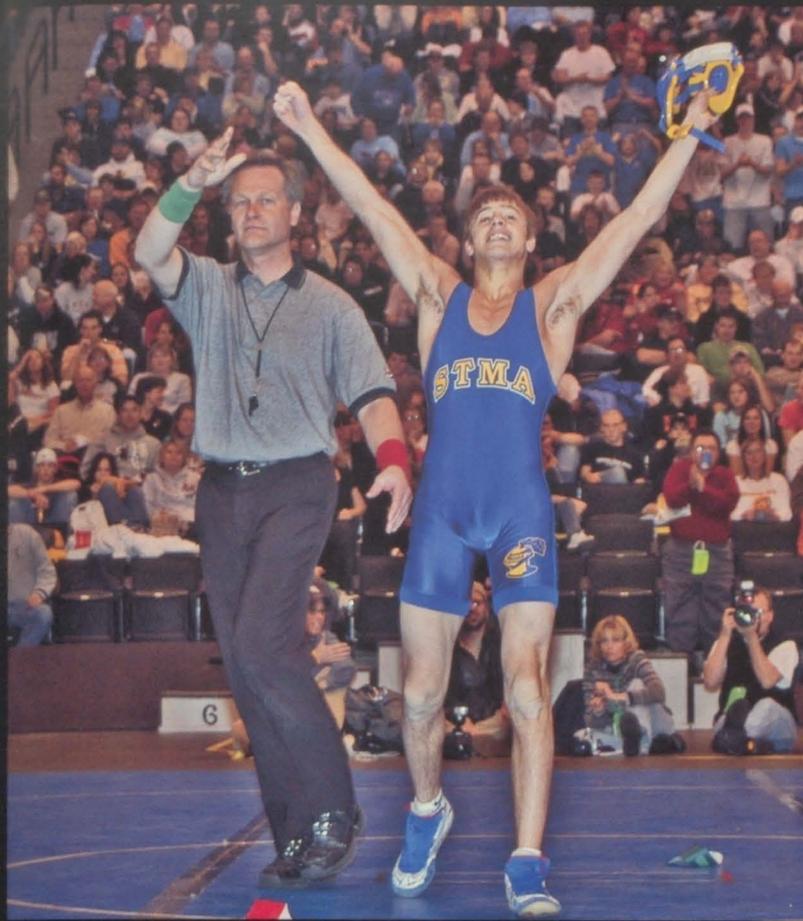
The Knights wrestlers headed into the season looking for a "three-peat" Class AA Championship. After working hard, the team was able to secure first place for the third year in a row. They finished with an overall Dual Meet Record of 32-2. Each of the 14 varsity wrestlers qualified for State and four took home individual championships including David Thorn, Dan Greeno, Mike Thorn and Chad Little. STMA had four other State place winners including Mickey Kirk and Joe Grygelko, who took second. Andy Hackenmueller and Kyle Schumm placed fifth. During the State Tournament, STMA beat Scott West 46-8 and Adrian 48-15. In the final match, they clobbered Milaca with a final score of 50-3.

Right: Some of the boys from the team congratulate each other on their victory over Milaca. It was estimated that over 700 students were excused from school to watch the team compete.

Middle: Andy Hackenmueller's headgear slips as he holds this Princeton opponent to the mat. He finished the season with 39 wins.

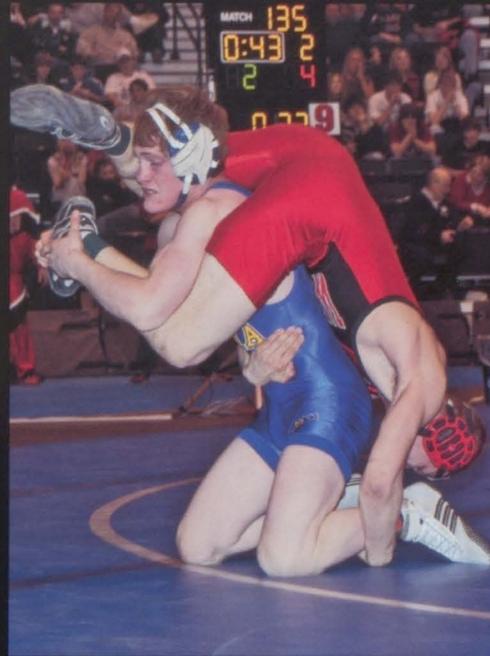
Far right: Senior Chad Little does an interview after the victory at State. Chad led the team with 199 career wins.



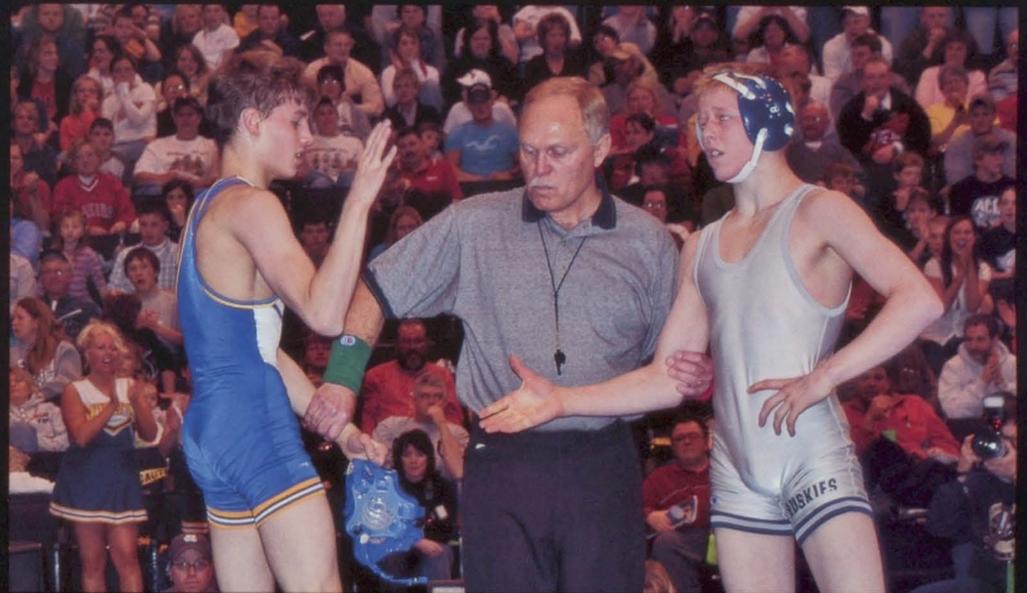
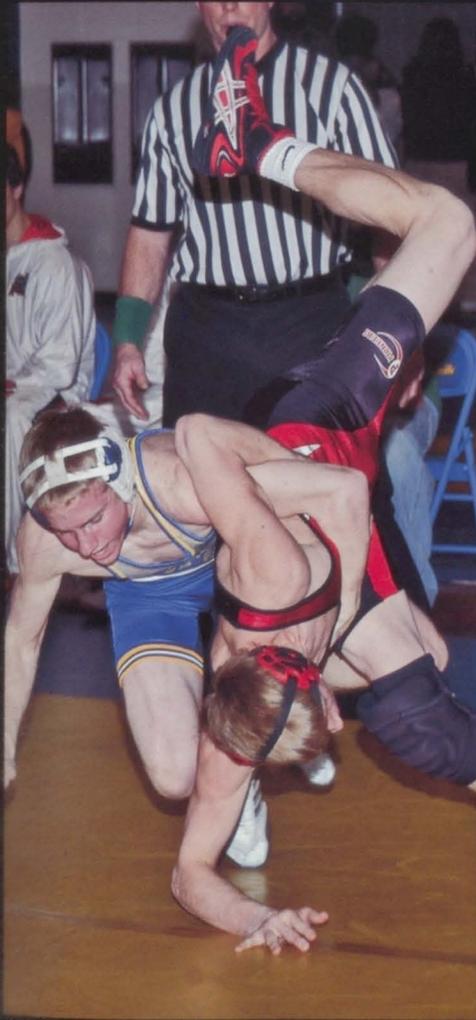


Left: Senior Mike Thorn is pumped after winning his third State Individual Championship. Thorn was featured twice as Kare 11's Athlete of the Week and was named Mr. Minnesota of Wrestling.

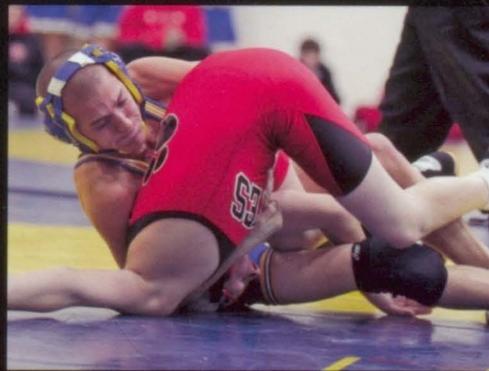
Below: Junior Joe Grygelko finishes a takedown during the final round at the State Tournament. Joe was named Hardest Worker this season and had 213 takedowns.



# Wrestling



Above: Freshman David Thorn shakes hands with the State Runner-up after defeating him to win the 103 lbs individual championship. David's record was 47-2.



Far left: Alex Becker goes for a takedown against a Pierz opponent. Alex wrestled at 130 lbs and had a record of 36-11.

Left: Senior Dan Greeno works hard to win his match. Greeno led the team in Backpoints with 174.



Right: Jenna Nelson, Calli Vetsch, Raquel Korpi, Amy Lindenfelser, Amy Dalbec, Laura Potter, and April Wulff balance on the beam for a team picture.



Below: Team captain Amy Dalbec gets ready for her floor routine at the Big Lake meet. At the end of the season Amy received the hardest worker and most dedicated awards, as well as Honorable Mention in the conference.



# BEND IT FLIP IT STICK IT



The gymnasts flipped and twisted through another great season. Considering the new and tough Mississippi 8 Conference, the Knights gymnastics team had quite a challenge. However, they worked hard and scored a season high of 138.8. The girls finished with an overall record of 5-5 and ended with a fourth place finish at Sections. Representing the Knights at State was Amy Lindenfelser, who qualified in the All-Around competition. The team was filled with seniors who made great contributions to the team's success and will be tough to replace next year!

Right: Senior Calli Vetsch gets ready for her floor routine to the song, "I'm a Believer." Calli competed on floor and bars this season.



Middle: Senior Amy Lindenfelser gives a thumbs up to the camera. Amy received 11th place at the State meet for All-Around, scoring 36.50.



Far right: Senior Raquel Korpi is ready for her floor routine. Raquel has been on varsity for five years. This year she was given Honorable Mention in the conference.





Left: Amy Lindenfelser does a "Giant" on the bars, which is a very difficult move. She was the only one on the team who did this all season. Along with her 5th State appearance, Amy was also named All Conference.

Below: Varsity competitors get cozy for a fun picture while at the Mankato meet.



# Gymnastics



Above: The seniors gather around assistant-coach, Mrs. Metcalf, who has helped with the gymnastics team for three years. Mrs. Metcalf had her first baby on March 10, 2006, naming her Kendall Raine.



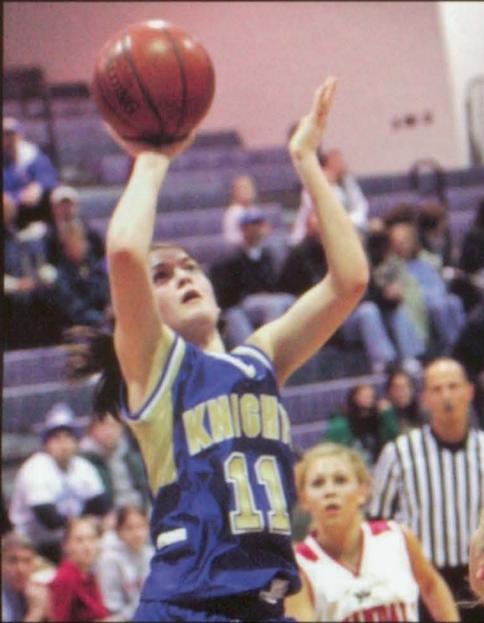
Far left: Junior Laura Potter on beam. This was her second year on varsity. She finished up the season with a personal best of 8.275 on beam.

Left: Seniors Amy Lindenfelser and Amy Dalbec get together for a picture.



Right: Jodi Reinschmidt concentrates hard as she plays against the Titans. Both Jodi and Marla Arns reached the 1,000-point mark this season. Jodi was also voted to the Minnesota Coaches All-State Team.

Below: Marla Arns pulls up for a jump shot. Marla and Jodi were both selected to the All-Tournament Team for their performances at State.



# HOOP IT UP

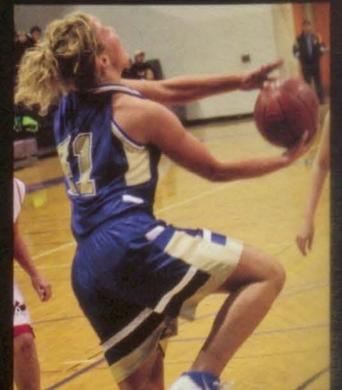
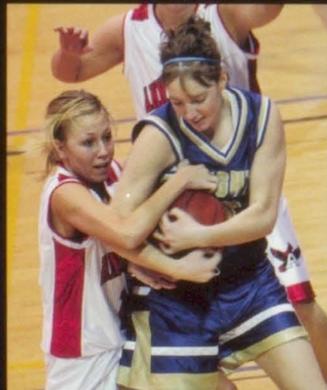


After starting the season 0-3 the Knights went on a 20-3 run to finish the regular season with an impressive 20-6 record. Coach Hamre credits the team's success to the ongoing theme of "TOGETHER." The Knights won the Mississippi 8 Conference Championship and managed to retain the coveted River Rock trophy against the Rogers Royals. They beat Monticello to win the Section 4 AAA Championship to advance to State. After beating Hermantown, they fell to Marshall and DeLaSalle to finish fourth at State. Along with the team success, there were a lot of individual honors. Jodi Reinschmidt, Miranda Nelson, Jennifer Wiese and Marla Arns were selected All-Conference. Estee Kolles was voted Honorable Mention and Marla was also selected as Conference MVP.

Right: Courtney Brant struggles for a loose ball, securing possession for the Knights. In a key game against Rogers, Courtney hit seven straight points to help keep the Knights undefeated in conference play.

Middle: Senior Jen Wiese hits one of her 31 three-pointers. Jen became a complete player, being very dependable on the defensive end.

Far right: Regan Englund goes under the basket for a reverse lay-up. This was her second year on varsity.





Left: The Knights win the section championship trophy. They beat Monticello in a tough game, advancing them to State for the first time since 2001.

Below: Senior forward Jodi Reinschmidt outjumps three Monticello opponents during the section championship game at St. John's. Jodi led the team in scoring, averaging 15 points and 9 rebounds per game.



# Girls Basketball



Above: The Knights get a few pointers from coaches Digiovani and Hamre. This was Mr. Hamre's first year as head coach and said, "Each day in practice and during every game, all 18 girls knew their roles and contributed to the team in their own ways."



Far left: Estee Kolles jumps over her opponent to score an easy 2 points. Estee was often given the other team's best post to defend.

Left: Junior Lynsey Strand drives to the hoop. This was Lynsey's first full year on varsity and she said, "I'm looking forward to another successful season next year."



Right: The Knights basketball team line up at the end of their exciting victory over Big Lake. The final score was 83-50.

Below: Senior guard Jason Servaty looks for an open teammate under the basket. Jason averaged 12.9 points per game and ended with a season total of 349 points.



# SLAM DUNK

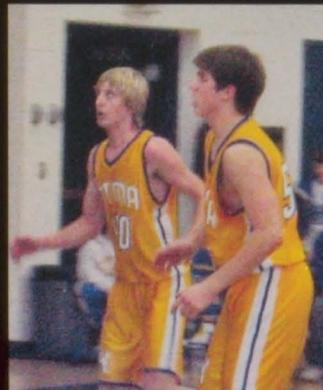


The STMA boys basketball team finished the 2006 season with a 15-12 record qualifying them for a 4th place finish in the Mississippi 8 Conference. The Knights suffered a tough loss in the section semi-finals losing to Sartell 57-56. Several players had outstanding seasons, including sophomore Theo Rothstein who was the seasons highest scorer. Senior Mitch Zachman finished his career with 853 points, and Jason Servaty ended his career with a total of 629 points. Both players received All Conference honors. Coach Anfensen said "It was a great year with many obstacles to overcome. This team represented their school in fine fashion."

Right: Senior center Nic Wacker shoots a free throw. Nic averaged 63% on his free throws. He was also a team captain with Jason Servaty.

Middle: Sophomore Theo Rothstein and Junior Matt LeClaire get ready for the rebound.

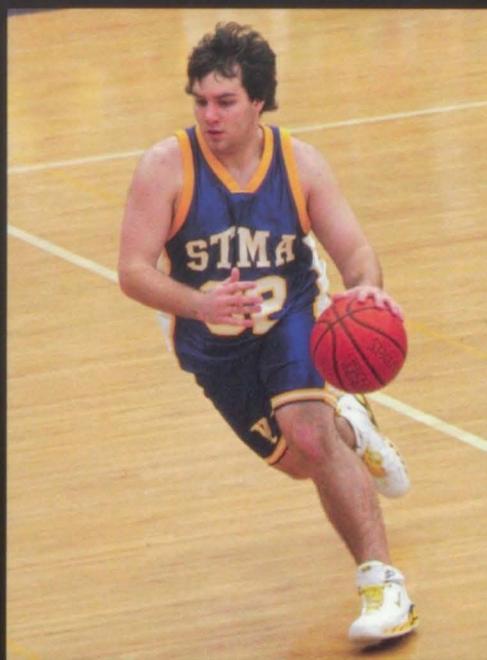
Far right: Mitch Zachman shows perfect form on his jump shot against Princeton, helping to beat the Tigers 69-64. Mitch was the season's second highest scorer with 358 points.



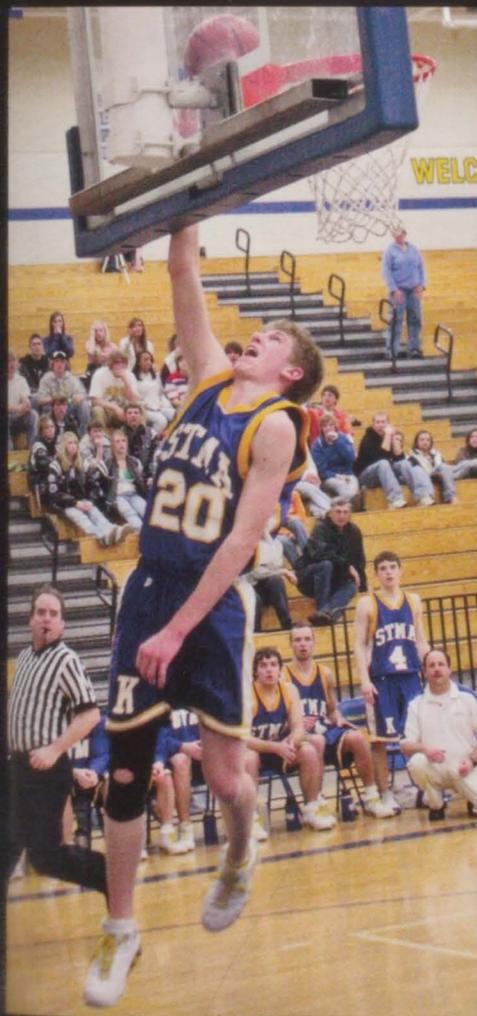


Left: The Knights get ready for a home game against Dassel-Cokato. The Knights battled until the end, but lost a tough one against the Chargers 58-61.

Below: Senior guard Mike Ostman drives in for a layup. Mike was on the varsity team for 2 years.



# Boys Basketball



Above: Sophomore forward Theo Rothstein shoots a free throw against Orono. He helped the team defeat the Spartans 70-56.



Far left: Junior Riley Kessler goes in for a lay-up. This was Riley's third year on varsity and he averaged 15.2 points per game.

Left: The Knights warm up for another home game.



Right: Forward Jake Kolling, #20, faces off against a player from Rogers. Kolling finished the season with 7 goals and 4 assists.

Below: Goalie Nathan Kopp looks ready to defend an oncoming puck. Kopp's save percentage this season was 89%.



# THE PUCK DROPS HERE



The Knights played their best this year and had a season full of exciting games. Their final record was 11-13-1. All the players put in an amazing amount of effort. The top scorers were Zach Johnson and Jon Larson, who both scored a total of 13 goals. The goalies also did an awesome job with 405 saves by senior Nathan Kopp and 82 saves by sophomore Danny Heskin. The team had 9 seniors graduating who will be greatly missed next season.



# Boys Hockey

Left: The team crowds the net to get pumped up before the face-off against Mora. The Knights went on to beat the Mustangs with a score of 7-1.

Below: Jon Larson skates after the puck against Becker/Big Lake. Larson had a great season and made 13 goals and 1 assist.



Above: #14 Ryan McCoy and his teammates get ready to hit the puck in a face-off. McCoy made 1 goal and 8 assists this season.

Far left: Nathan Kopp, one of STMA's goal tenders, stands guard. This was Kopp's 3rd year on the varsity team.

Left: Senior Brendan LaVallee skates after the puck while the Knights play Rogers. The hockey team was coached by Mr. Jerr Johnson and Mr. Brent Johnson.



Right: Jolene Bourgeois tries to snatch the puck as the game starts with a face-off.



Below: STMA's own Kristine Diers gets the puck away from her opponent and skates fast toward the goal. Diers had one goal this season.



# CHICKS WITH STICKS



The North Wright County River Hawks team consisted of Annadale, Monticello, and St. Michael-Albertville school districts. This was the first year for the Hawks as STMA girls formerly played with the Wright County Blades. The Hawks were led by coach Tim Hanson. In their first game ever, they beat Cooper 2-0. They finished the season with an overall record of 13-12-1. Eight girls from STMA played on the team including seniors Celeste Dehmer and Kristine Diers. Sophomore Courtney Gamrath was one of the team's leading scorers with 9 goals.

Right: A Wright County player tries to get the puck from a Rogers Royal opponent. The girls went on to win the game 1-0.



Middle: Brook Maier waits on the bench to go back into the game. Maier was a sophomore forward from Monticello.



Far right: The goalie, Ashley Tenney, waits patiently for the puck to head her way. Tenney had 42 saves this season.





Left: A break away is created by Kristine Diers, #10, as she takes the puck and skates away from her opponent. Kristine was a senior forward from STMA.

Below: Natasha Bame tries to get in position in front of an offenseman to keep her from scoring.



# Girls Hockey



Above: The River Hawks listen to the National Anthem that was played before all of their games.

Far left: Junior Megan Dingley watches the puck stop right in front of her skates. Dingley had a great season with 9 assists.

Left: #3 Alicia Barne goes in for the goal. Barne had one goal and one assist this season.



# WINTER TEAM SPORTS



Boys Basketball: (Front row L-R): Danny Hill, Jason Servaty, Brian Wurdeman, Anthony Hare, Adam Kessler, Mike Ostman (Row 2): Manager Nathan Luhmann, Coach Tim Anfonson, Coach Curtis Hahn (Row 3): Alex Maschoff, Anthony Brouillette, Riley Kessler, Nic Wacker, Theo Rothstein, Matt LeClaire, Ben Marquette, Travis Freeman, Mitch Zachman



Boys JV Basketball: (Front row L-R): Brian Wurdeman, Manager Nathan Luhmann, Coach Curtis Hahn, John Arns (Row 2): Anthony Brouillette, Dane Carlson, Travis Freeman, Alex Maschoff, Anthony Hare



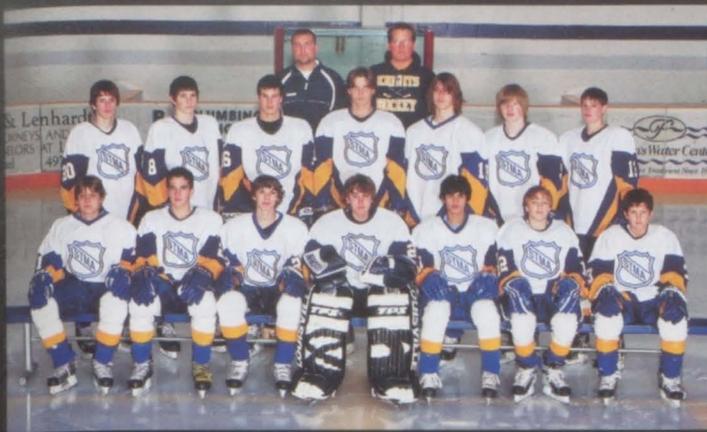
Girls Basketball: (Front row L-R): Lexi Thompson, Natalie Dick, Kaitlyn Baldrige (Row 2): Manager Jes Wiese, Nicole Steffens, Brittani Wiese, Marla Arns, Jen Wiese, Laura Hofford, Alicia Gossett (Row 3): Coach Jeremy Digiovanni, Coach Kent Hamre, Lynsey Strand, Estee Kolles, Miranda Nelson, Jodi Reinschmidt, Courtney Brant, Regan Englund, Coach Stephanie Lahr, Coach Kevin Solum



Girls JV Basketball: (Front row L-R): Kaitlyn Baldrige, Jane Simon, Brittani Wiese, Nicole Steffens, Lexi Thompson, Stacy Hegland (Row 2): Laura Hofford, Natalie Einerson, Lauren Kessler, Coach Stephanie Lahr, Manager Alisha Gossett, Courtney Reinking, Angela Gavere

Wrestling: (Front row L-R): Jon Laudner, Brian Zachman, Alex Becker, David Thorn, Ross Lefebvre, Kyle Gammell, Andy Hackenmueller, Lowell Zachman (Row 2): Matt Nerdahl, Justin Oie, Mike Thorn, Joe Grygelko, Chad Little, Mickey Kirk, Dan Greeno, Austin Kolles (Row 3): Jesse Dehmer, Kurt Schumm, Tom Duncombe, Steve Hegland, Luke Gindele, Andy Gapinski, Kyle Schumm (Row 4): Manager Vanessa Dick, Manager Bridget Kottke, Coach Tony Mallinger, Coach Johnny Barthel, Coach Tony Kenning, Coach Gregg Greeno, Coach Dan Lefebvre, Manager Julie Kasper, Manager Sara DeLozier





JV Hockey: (Front Row l-r): Brian Michaud, Tim Goth, Andrew Osborn, Dusty Thelen, David Prather, Grant Kinnamon, Ross Gammell (Row 2): Chad Blais, Craig Flaherty, Ross Fricke, Kyle Paulson, Danny Russell, Jared Carlson, Danny Wacker (Row 3): Coach Judd Helstrom, Coach Dave Dorholt



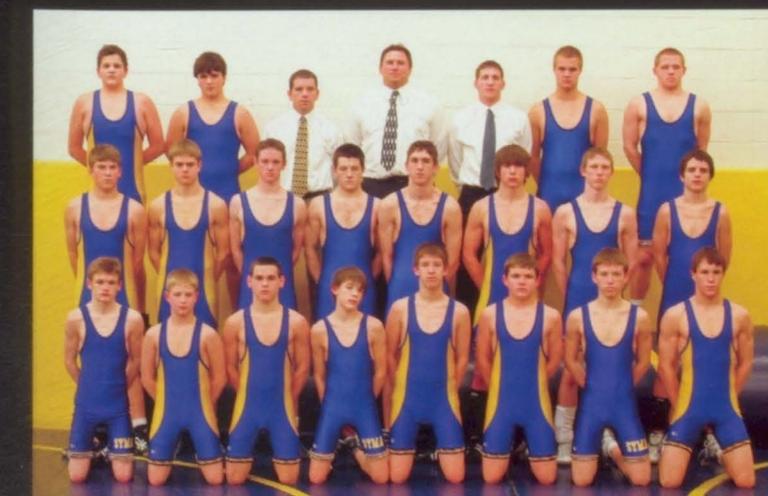
Boys Hockey: (Front Row L-R): Tommy Kessler, Jon Ebert, Zach Johnson, Jake Kolling, Danny Heskin, Nate Kopp, Tyler Starr, Derek Billiar, Ryan McCoy, Jon Larson (Row 2): Jake Isaacson, Andrew VanDusen, Calvin Meyer, Brendan LaVallee, Travis Valerius, Nate Koep, Davey Heskin, Cole Laudenbach, Andrew Carlson (Row 3): Coach Dave Dorholt, Coach Judd Helstrom, Coach Jerr Johnson, Coach Brent Johnson



Girls Hockey: (Front row L-R): Kristina Weber, Jolene Bourguois, Mallory Maurer, Marissa Bame, Katie Blomberg, Natasha Bame, Emily Bourguois, Laurie Barger (Row 2): Amy Bruner, Alicia Bame, Jennifer Miller, Alyssa Bier, Megan Dingley, Steph Bondhus, Shelby Stanger, Courtney Gamrath, Kerry Blomberg (Row 3): Ashley Tenney, Christina Walker, Jessica Ryan, Kendra Christianson, Anna Sombrio, Brook MaierKara Foster, Celeste Dehmer, Kim Franklin, Manager Katie Schienbein (Row 4): Kathrine Foster, Steph Miller, Drea Thurmes, Coach Ashley Lorey, Coach Tim Hanson, Coach Ashleigh Miller, Mandy Thurmes, Kristine Diers

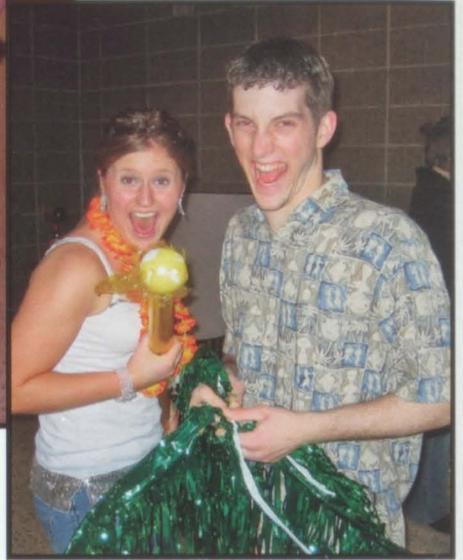
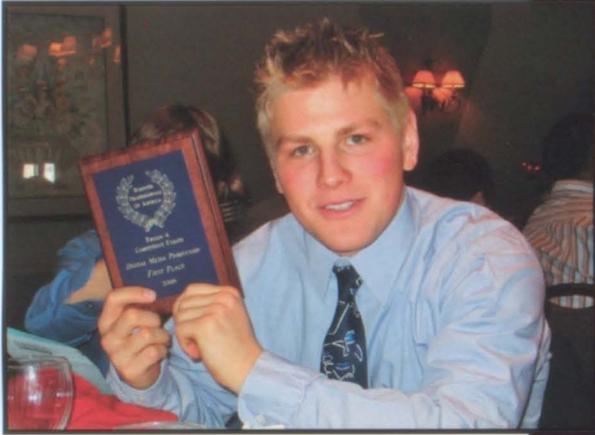


Gymnastics: (Front row L-R): Alicia Traut, Amy Lindenfelser, Amy Dalbec, Raquel Korpi, Jenna Nelson (Row 2): Laura Potter, Calli Vetsch, April Wulff (Row 3): Coach Kristie Metcalf, Jenna Gullickson, Katie Kilian, Kim Van Dusen, Caitlyn Zahler, Kirsten Brunette, Marie O'Neil, Coach Todd Hanson



JV Wrestling: (Front row L-R): Travis Brown, Dustin Kottke, Carl Salonek, Chris Paulsen-Schmidt, Dan Nerdahl, Kyle Anderson, Erik Rostamo, Jake Horn (Row 2): Mark Zachmann, Ben Peltier, Andrew Wruck, John Vetsch, Mike Arlt, Nick Zachman, Kevin Witt-Edstrom, Eric Derus (Row 3): Tony Wallace, Teddy Wallace, Coach Tony Mallinger, Coach Tony Kenning, Coach Johnny Barthel, Nate Wyre, Jon Marcks





# Clubs & Organizations





# National Honor Society



Above: NHS historian, Carrie Abrams, and Shaylee Carlson show off their muscles after hauling a large piece of metal up from the river bank. Every year NHS participates in Clean the River, an event that is focused on cleaning the shores of the Crow River.



Above: The NHS members gather together during a full group meeting. The group met every other Tuesday during SNAP. NHS was at its largest this year with 39 members.



Above: Isaac Saville looks on as Brittany Barr and Carissa Riley show some enthusiasm as they wash dishes after the Dinner and Bingo event.



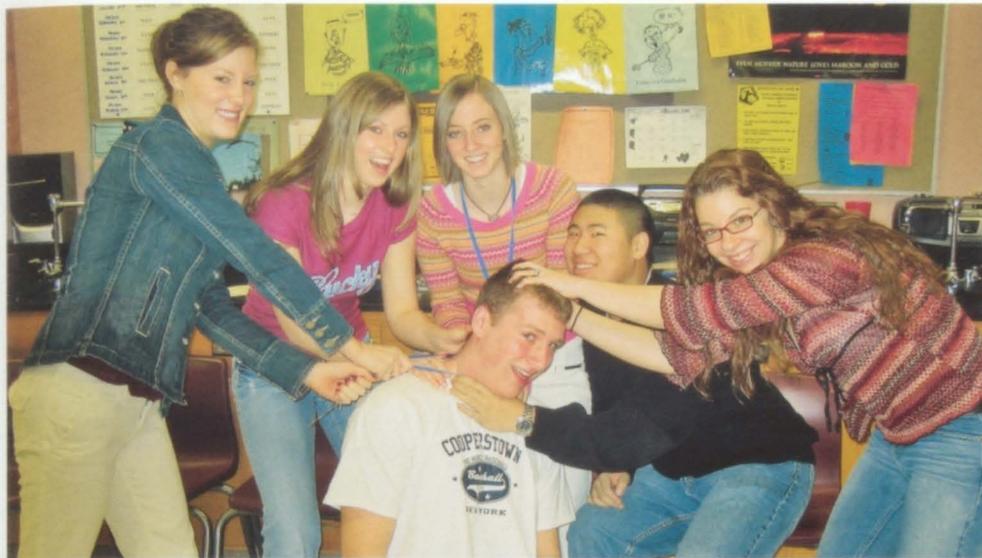
Above: Abbie Dalbec lends a helping hand to Vice-President Brandon Boese after the annual Trick or Can event.



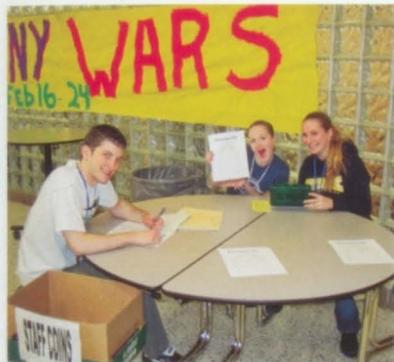
Above: Sarah Legatt and Mike Barnard take a break from playing Bingo. Both Sarah and Mike were members for one year and Mike served as the NHS treasurer.



Above: Mr. Dewey and the Executive Council run an NHS meeting during SNAP. Meetings were run by President Emma Johanson and the agenda covered committee duties.



Above: NHS executive council members Allison Janney, Carrie Abrams, Emma Johanson, Brandon Boese and Camille Welter have some fun choking Mike Barnard. The Executive Council had the responsibilities of running the meetings and overseeing all of the events.



Above: Derek Holm, Ashley Carlisle and Ashley Budde appear excited to work the NHS lunch table, where they sell tickets to big events.



Above: Isaac Saville showing off his amazing dance moves with his um...partner, while setting up for the Blizzard Bash.



Above: Some NHS members and Mr. Dewey take a break from cleaning the river. This was Mr. Dewey's first year as the NHS advisor and he kept all of the meetings fun with his sarcastic jokes.

# NHS



Above: Senior Ryan Dutton hands out a pie to a Bingo winner during the annual Dinner and Bingo. At this event, the NHS members made a Thanksgiving dinner and visited Ridgeview Apartments, where they played Bingo with the residents.



Above: The Trick or Can event inspired a lot of creative costumes from this group of seniors.



# Student Council



Above: President Emma Johanson takes a buddy pic with Camille Welter, Robert Swansen, and Max Graham. Student Council met every Wednesday at 7:15 am for a half an hour meeting.



Above: The Student Council members for the 2005-2006 school year. There were six representatives from each class, which were voted on by the entire grade.



Above: Junior Caitlyn Ferry helps a student at the school store, the Knight's Nook. This store was organized and run by the members of Student Council.



Above: Bridget LaVallee helps out by laying paper down, part of the decorations for the Snow Week Coronation.



Above: Brandon Boese gets tangled in the rope while setting up the Tug of War for the Snow Week assembly. This year, the senior class beat every grade and the staff to become the Champions.

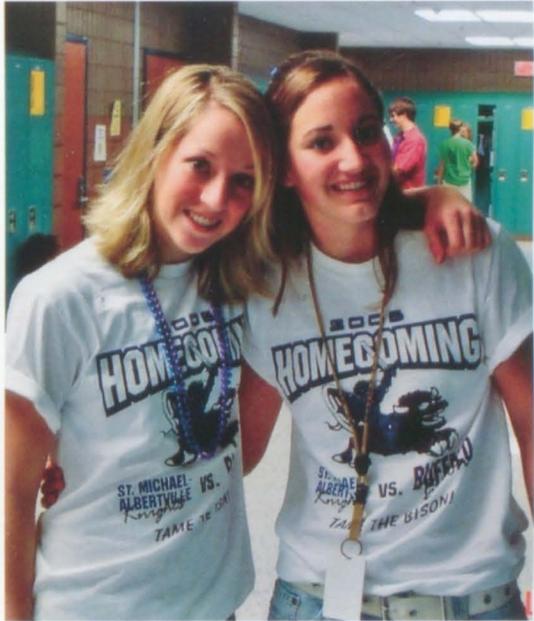


Above: A group of members tape black paper to the floor for the walkway for the Homecoming Coronation. It took about 3 hours for Student Council to set up the night before the assembly.



Above: The Executive Council includes (from left) Allison Janney, Emma Johanson, Camille Welter, and Caitlin Ferry. The executive members were elected by the students on the council to fulfill the positions of President, Vice President, Treasurer, and Secretary.

# Stud. Co.



Above: Lisa Servaty and Anna Johanson take a quick pic on Homecoming T-shirt day. These shirts were sold by Student Council for the first time this year for \$10 each.



Above: Tyler Forness and Brandi Cole set up chairs for the Snow Week royalty. They came in an hour before school to set up for the program



Above: Christina LaPosa paints a sign to advertise Penny Wars. Student Council members became very good at making a variety of signs throughout the year.



Above: The Snow Week assembly committee goofs around while setting up. The assembly featured competitions such as Tug of War and Dodgeball between the grades. Even the teachers got in on the action, but lost to the seniors.



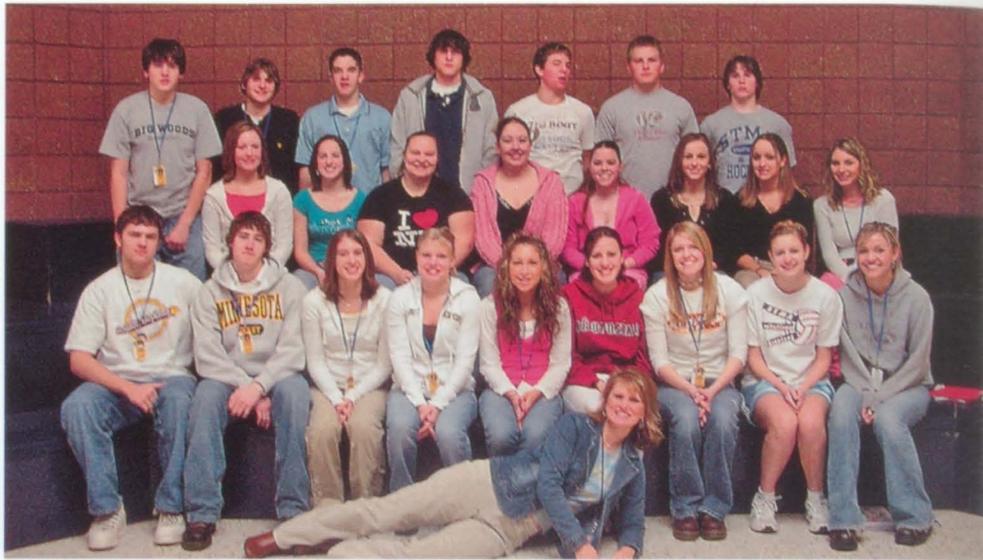
Above: Nicole Johnson, Anna Johanson, and Max Graham carefully hang the gossamer as they decorate for Coronation



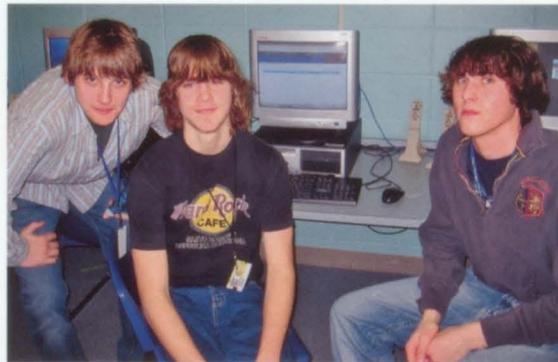
# Business Professionals of America



Above: Alicia Traut, Colin Fecho, and Bekki Jossart smile after receiving their awards in the category of desktop publishing. Alicia and Colin received honorable mentions, while Bekki advanced to the State Competition.



Above: The '05-'06 BPA takes a group photo in the atrium. Business Professionals of America takes a learning experience trip each year. This year the group traveled to Seattle and fundraised throughout the year for the trip.



Above: Brian Michaud, Danny Russell, and Colin Fecho play the stock market game. Everyone was split up into teams to do research and invest in stocks.



Above: Krista Bauman and Nicol Schmitz smile at the awards ceremony at the Regional BPA Contest.

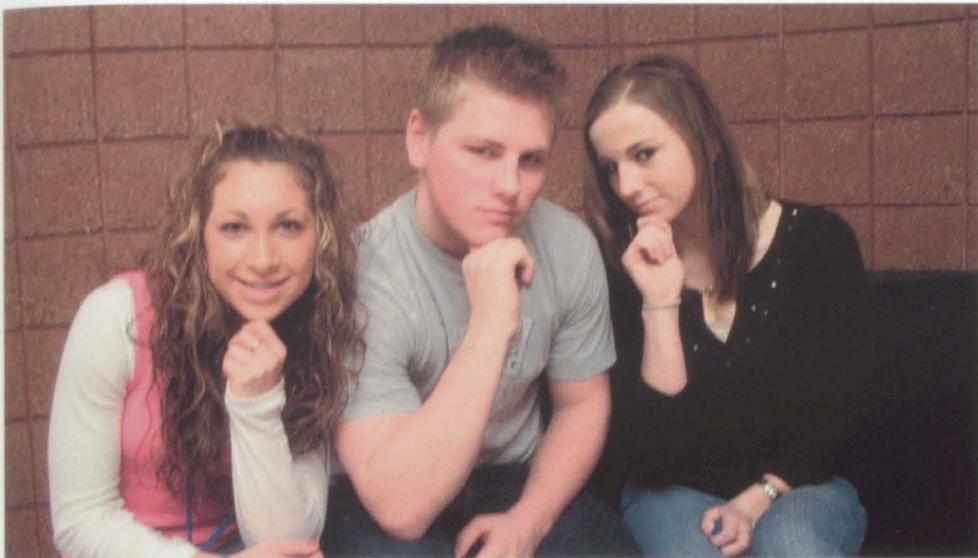


Above: Brendan LaVallee, Nicol Schmitz, and Jon Larson read up on investing strategies.

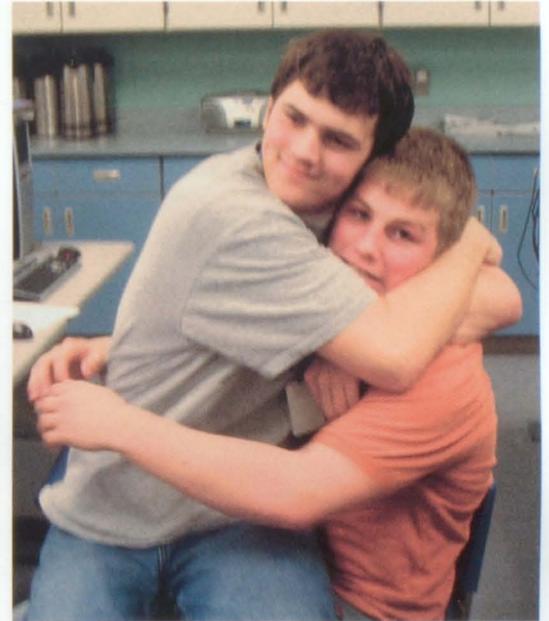


Above: Members of BPA went to Anoka Ramsey Community College to compete in the Regional Work Skills Competition. Each group made a presentation in their area of interest, with many groups that advanced to the State Competition.

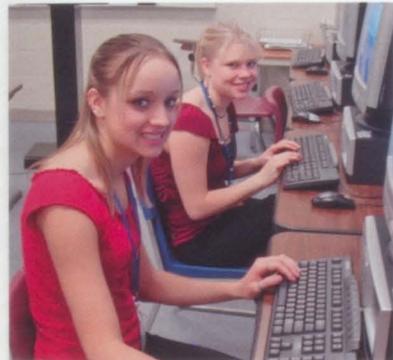
# BPA



Above: Alicia Traut, Andrew Carlson, and Theresa Steffens held positions in the BPA executive council. Alicia was the Secretary, Andrew was the Vice-President, and Theresa was President. Not pictured was the Treasurer, Bekki Jossart.



Above: Rob Kramer and Andrew Carlson are very friendly after they bonded during the Seattle learning experience. While in Seattle, members visited Microsoft, Boeing, and the Fish Market.



Above: Jen Brant and Raquel Korpi are busy e-mailing their mentors, with whom they kept in touch with on a weekly basis.



Above: Theresa Steffens, Alicia Traut, Robert Swansen, and Caitlin Ferry get together after the awards ceremony at Regionals.

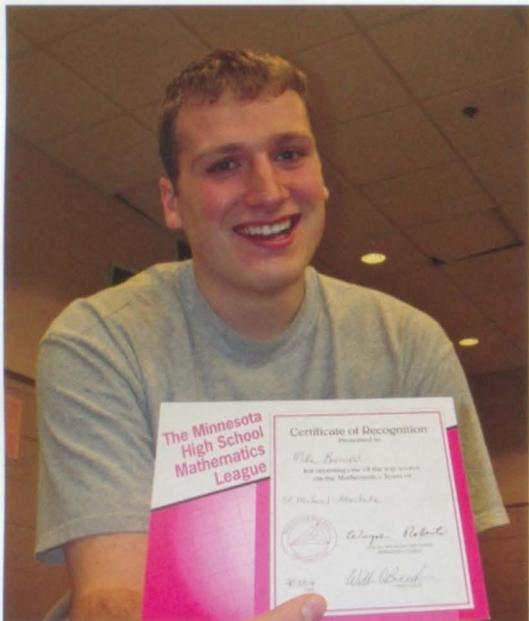


Above: Megan Hackenmueller, Samantha Kelter, and Amanda Trobaugh take a look at their statements for their Seattle trip. They did a lot of fundraising to cut down on the cost of the \$750 trip.



Above: Robert Swansen has a little bit too much fun with Kim Jossart while waiting for awards at the Regional BPA Contest.

# Math League



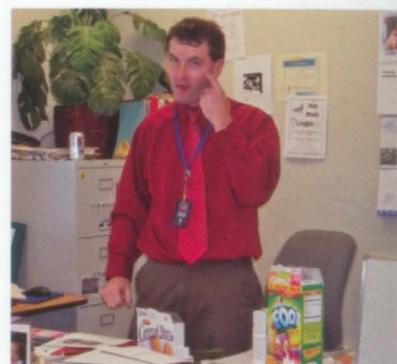
Above: Senior Mike Barnard with his certificate of recognition. Mike led the team in total points this season, followed by Brandon Boese and Keith Bistodeau.



Above: The math league for the 2005-2006 school year. After a long and hard battle by Mr. Breeden, he formed the first math league team here at STMA. The team was made up of four seniors, one junior, and three sophomores.



Above: Seniors Mike Barnard and Brandon Boese enjoy their bribe from Mr. Breeden while preparing for their next meet.



Above: Mr. Breeden gained members for the math league by bribing them with free food.



Above: Keith Bistodeau and Samantha Stepp get ready while on their way to another meet. The team faced tough competition in their conference and finished up sixth in their inaugural season.



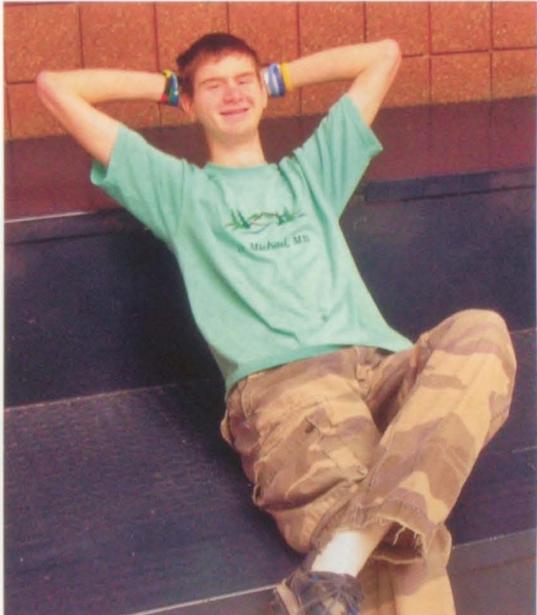
Above: Nicole Johnson, Mr. Breeden, Tyler Forness, Brandon Boese, and Mike Barnard show off their slide rule. This tool was used for computations before calculators were invented.



# Mock Trial



Above: The mock trial members for the 2005-2006 school year. The group was led by Ms. Fisher for the first time this year.



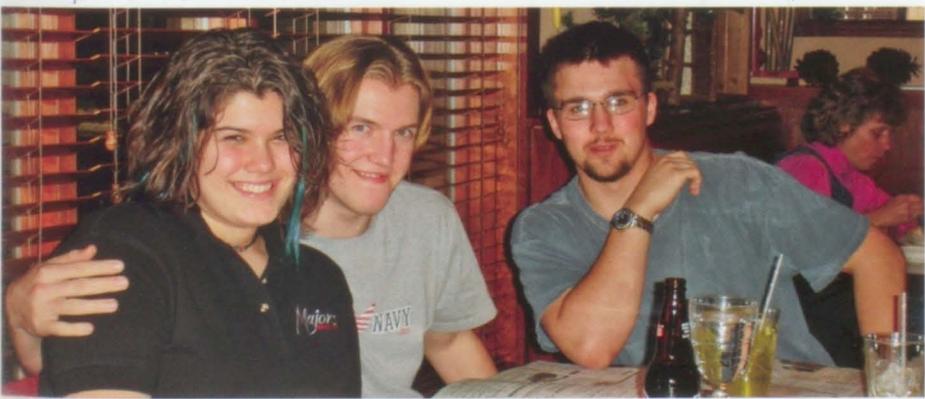
Above: Michael Peltier kicks back after the long mock trial season. They competed at different high schools and had two meets at the Wright County Court House.



Above: Matt Panuska has been in mock trial for three years and this year he played the role of expert witness, Dr. Blake Norman.



Above: The witnesses await their turn to testify. Kelsey Weitzel was Terry Dillion, Matt Panuska was Dr. Blake Norman, and David Oltman was Shannon Spain.



Above: Liz Donahue, David Oltman, and Ryan Reid get cozy at D. Michael B's. The entire mock trial group went out for dinner to celebrate at the end of the season.



Above: Kelsey Weitzel and Jamie Le smile for the camera at Regionals. This was Kelsey's second year in mock trial and Jamie's first year.



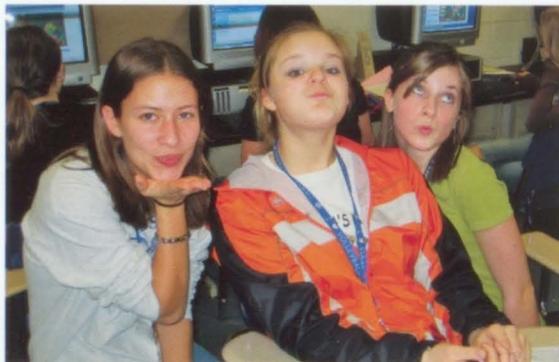
# Yearbook



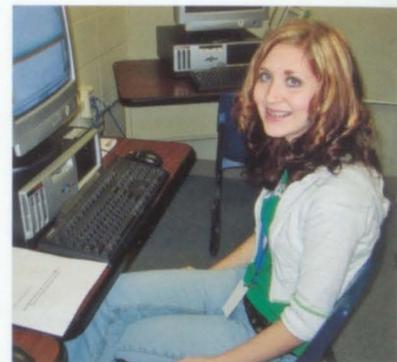
Above: Editors Missy Koch and Allison Janney strain to keep up with the yearbook work load. They were excited to have an all color yearbook for the first time ever.



Above: The many yearbook staffers for the 2005-2006 school year. There were a total of 35 members this year, most of which were underclassmen. This put the yearbook staff in great shape for upcoming years.



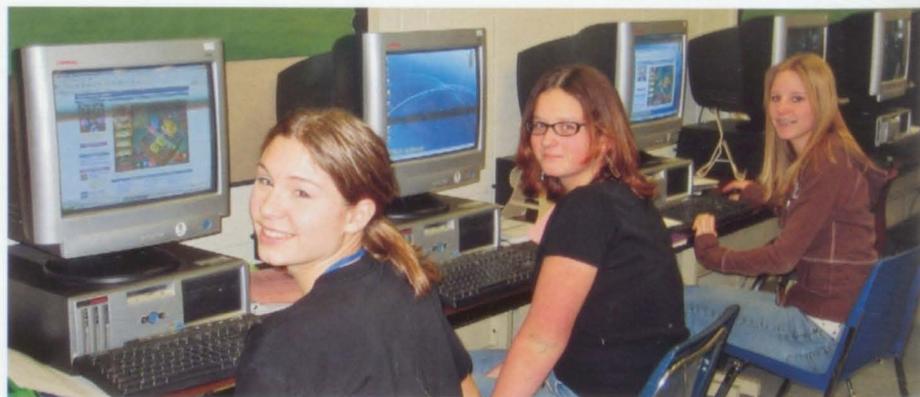
Above: Brittney Berning, Mandi Hansen, and Caitlin Abrams goof around during some downtime at a meeting. The girls contributed to the football and hockey pages this year.



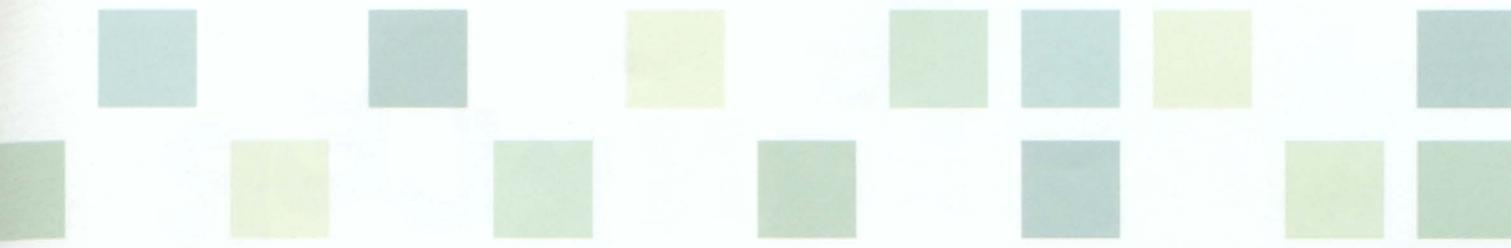
Above: Junior Darrick Williams takes a break from working on the speech page.



Above: Ashley Robeck looks ridiculous as Carrie Abrams quickly snaps her picture. They were 2 of the 4 seniors on the staff.



Above: Clare O'Neill, Nicole Swaser and Cassandra Swenson work on the Volumes website during a meeting. All work for the yearbook was done online, so every picture needed to be scanned in or copied to a computer in order to get it into the book.



**Seniors**, for getting your pictures and quotes in on time. Congratulations and good luck.

**Anne-Marie and the Lifetouch Staff**, for answering all of our urgent questions.

**Lisa**, for putting up with our daily issues and helping with the pages. You did a lot!

**Parents**, for your support with the Ads for Grads. They make our yearbook a little more entertaining.

**Coaches and managers**, for contributing all the important stats and records of the teams.

**Zahler Photography**, for taking great pictures at all of the special events.

**Teachers**, for letting us interrupt your classes to take pictures and collect surveys. The support was really appreciated.  
(Special thanks to Mr. Cornell)

**Rob**, for all your expertise, especially on the sports pages.

**Colleen and Jane**, for helping us find all kinds of odd, useful information. You're the best.

**Gaylen Bicking and Mr. Bykowski**, for taking all the wonderful sports pictures. You both have an amazing talent.

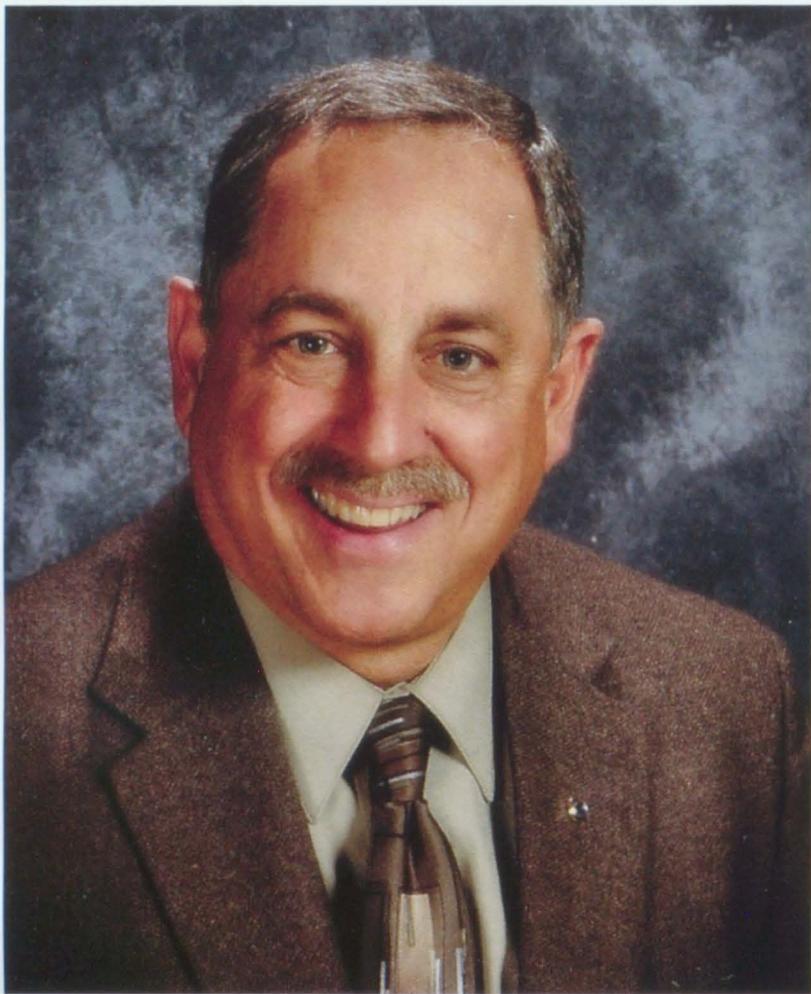


THANK  
YOU!

The editors of the Valor Staff would like to thank these people for their time, energy, and help in producing the 2005-2006 yearbook.



# MR. MINKLER

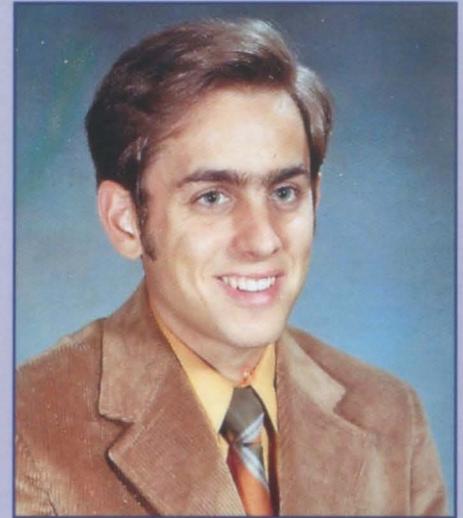


2006

Principal Mark Minkler retires from education after 32 years.

Mr. Minkler started his career at North Junior High in St. Cloud in 1970. In 1976 he transferred to the Buffalo school district, where he worked as the choir director before becoming assistant principal in 1985. In 1993 he became the principal here at St. Michael-Albertville High School. He says that his most embarrassing moment was when he fell out of his chair in front of the entire faculty at a staff meeting in 2005. Mr. Minkler also says that he thinks STMA is a great high school and that he is very proud of the students and staff.

Mr. Minkler has been married to his wife, Louise, for the past 36 years. They have three children together: Paul who is 29 years old, Steven, 27, and Brian, 23. Next year, he says he is looking forward to finding a warm place to spend January and February, as well as the freedom to sleep in.



1970

## FUN FACTS

**Favorite Food:** Pizza

**Favorite Color:** John Deere Green

**Favorite Movie:** "A Few Good Men"

**Hobbies:** woodworking and messing around with tractors

**Favorite time of year:** Graduation!

160

Mr. Minkler



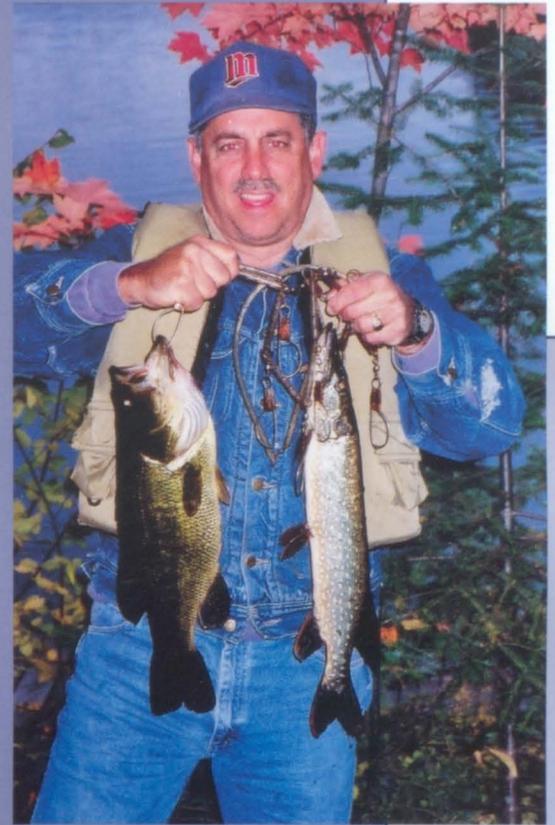
**Favorite Quote:**

*Yesterday is a dream and tomorrow is a vision. Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope!*

*-Sanskrit Writings*



Above: Mr. Minkler served in the U.S. Army from 1971-1973, where he was stationed in the Panama Canal Zone.



Above: Mr. Minkler holds up a bass and a northern that he caught up at his cabin in 2000. He enjoys spending time up north and fishing with his sons.



Above: Mr. Minkler as a sixth-grader at Groveland Elementary. He grew up in Minnetonka with his four siblings.



Right: Mr. Minkler in 1980 preparing the Buffalo High School Choir for a performance in Washington, D.C. Mr. Minkler worked as a music teacher for four years at North Jr. High in St. Cloud and for seven years at Buffalo High School.





Alice Bropleh

We can't believe the years went by so fast. Always remember to pray and trust in God. Follow your dreams.  
Love,  
Mom, Nah-tieh and the rest of the family



Amy Wacker

Congratulations Amy! You are an amazing person. We are so proud of you! Remember we are always here for you as you start your new journey.  
Love,  
Mom and Dad



Ashley Carlisle

Boogie Butt, it was only yesterday you were watching Cinderella with Chris at the Burwell House. Now you are an intelligent and beautiful young woman with so many exciting paths ahead of you. We are so proud and we love you.  
Mom, Dad and Syd



Ashley Malwitz

Thank you for the joy that being your mother has been. I look forward to the joy it will continue to be.  
I love you!  
Mom



Carrie Abrams

Carebear-We love you sooo much! You are a wonderful, caring and giving daughter. We are confident you will succeed in whatever you choose to do. Know that we are always here for you.  
Lots of love,  
Mom and Dad.



Jessica Kuusi

We are very proud of who this little one has become. You are smart, beautiful and strong! Dream big and follow those dreams.  
We love you,  
Mom, Jack and Becky



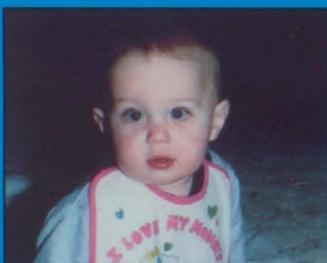
Kevin Berning

Congratulations Kevin! Believe in yourself and you will succeed in whatever you do. Always remember we'll be there for you.  
Love,  
Mom and Dad



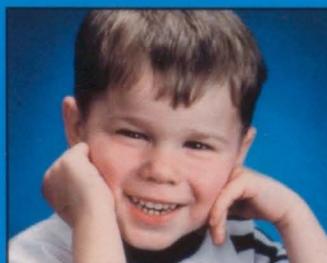
Luke Gindele

Lukey,  
Our little natureboy, never stop exploring the world. We all love you very much! Keep God with you always.  
Love,  
Mom, Dad, Lydia, Sarah, Vanessa and Eli



Tony Bauer

Reach for the stars, Tony. Everything is out there waiting for you.  
Love,  
Mom, Dad, Kevin and Sarah  
XOXO



Travis Valerius

Travis, always remember you can accomplish anything you put your mind to. You are a smart and talented young man. Don't waste it...share it!  
Love always,  
Dad and Mom



Ryan Dutton

Sorry about the mullet years.  
Love always,  
Mom and Dad



Rob Kramer

Congratulations Rob!  
We love you!  
Dad, Mom, Becca and Andrew



Steven Posthumus

Dear Steven,  
Congratulations on all you have  
accomplished! We're so proud of  
you! You'll have to come home  
from college often. We don't know  
how to run the remotes!  
Love,  
Mom, Dad, Anna and Laura



John Vetsch

Gumby - To our little man. Thanks  
for being such a great son.  
We love you,  
Mom and Dad



Amy Dalbec

We are so proud of you and all  
your accomplishments. We wish  
you lots of happiness and  
success in the future. Follow your  
dreams.  
We love you!  
Mom, Dad and Travis



Kali Erickson

Kali (Lala), we are so proud of you!  
May your future be bright and all  
your dreams come true!  
We love you,  
Mom, Dad and Cory



Blake Schreder

Even though you're taller than me,  
you're still my "little boy." But I am  
very proud of the young man  
you've become. Wish you all the  
best and love you lots!  
Love,  
Mom



Chris Filzen

Chris,  
May all your dreams come true.  
We are proud of you!  
Love,  
Mom, Dad and Dan



Chelsea Klinkhammer

Congratulations Chelsea! We are  
so proud of you and know you'll do  
well in whatever you set your mind  
to.  
All our love,  
Mom and Dad



Vince Lindenfelser

Dear Vince,  
We are proud of you. You have made a  
difference in our lives and make the  
world a better place. Keep a song, a  
prayer, and a smile in your heart  
always.  
We love you.  
Dad, Mom, Katie, Jane, Sara and Pete





Dayna Lindenfelser

Congratulations Day Lu!! We're so proud of you and all you've accomplished over the last 18 years. May God guide you, bless you and protect you in all you do. You are "special".

Love,  
Dad, Mom, Keith and Andy



Greg Watts

Congratulations Tork! Class of 2006! We are so proud of you. Much happiness as you follow your dreams. Reach for the stars!



Allison Janney

Allison, you have made us so proud by all that you've accomplished. As your journey begins let the essential invisibles in life of faith, love and compassion be your guide.

All our love,  
Mom, Andrea, David and Ruby



Matt McCann

Matt, we are so proud of you and all that you have accomplished. Let your dreams and your faith guide you on your journey through life.

We love you,  
Mom and Dad



Nicole Johnson

Don't forget to come up for air on occasion!

We love you,  
Dad, Mom and Kaylee



Natasha Wulf

Congratulations Natasha! We are amazed at how fast the years went as you grew from our little "Dolly" into a beautiful young lady. We wish you health, happiness and success in the future. Keep laughing, loving and smiling!

We love you so much,  
Dad, Mom, Bradley and Brandon



Erika Vogel

Erika, my little girl. How proud I am of who you've become. Continue being the understanding, compassionate and beautiful person that you are. I wish you much success and happiness in your future. And remember, I will always be here for you.

I love you!  
Mom



Kim Roles

May the adventures that life brings you be as big and wonderful as your family!

Love,  
Dad, Mom, Chuck, Joe, Desi, Brian, Eric, Jason, Cassie, Zach, Cam and Zander



Ashley Sousa

Congratulations Ashley! You have grown to become a beautiful young woman on the inside and out. Always follow your dreams and be true to yourself. We know you will succeed in anything you do. Ashley, we are so very proud of you and your accomplishments.

We love you,  
Dad, Mom, Marina and SiAnna



Billy Washatka

Billy, we are so proud of the "awesome" person that you've become. Always keep that great smile and adventurous spirit. We love you and remember that we'll always be here for you!

Love,  
Mom, Dad, Ellen and Nick



Brendan LaVallee

Dear Brendan,  
Our sweet little boy has grown up to be such a wonderful young man. We couldn't be more proud of who you are. Thanks for being such a remarkable son and brother. Keep on being you! Brendan, may all your dreams come true. We love you more than words can say.

Your proud family,  
Mom and Dad, Bryanna, Bridget and Brian



Veronica Nemeec

Learning can be hard work and fun at the same time.



Carly Eggert

You have been a great daughter your whole life. All parents should be so lucky. There are great things ahead for you. We love you!  
Mom, Dad and family



DAVID GORDON

David, the last 18 years have gone by way too fast. Keep that great attitude and witty sense of humor. We are so proud of the young man you've become.  
We love you,  
Mom, Sara and Michael



Emma Johanson

Dearest Ruby, what a precious gift you are...  
We are so proud of you and trust God will continue to reveal His plans for you. We love you so much! Congratulations, Sweetie!  
Love,  
Dad, Mom, Jenna, Anna and Ellie



JARED ARKULARY

Congratulations Jared! We are very proud of you. Always remember that whatever you do, we support you. We wish you the best for your future.  
We love you,  
Mom and Dad



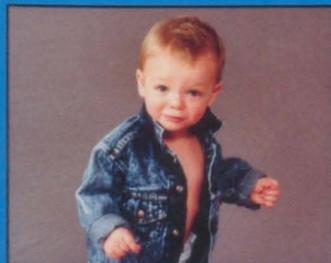
Jennifer Brant

Jennifer, we are very proud of you in all that you have done and in everything that you've accomplished. Follow your dreams, stay true to your heart and know that we are always there for you.  
God Bless.



Mike Ostman

We are proud of you! You've grown into a fine young man with a future full of promise. We are excited for you as you move into the next chapter of your life.  
We love you so much,  
Dad and Mom



Nikk See

Nikk - It's been amazing to watch you grow from the sweet little boy you were into the charming, smart, fun young man you've become. We wish the best life has to offer for you.  
Love,  
Mom, Dad, Eric and the whole



Ryan Reid

Congratulations Ryan!  
You've come a long way!





Steve Daleiden

Steven,  
Remember to have faith in yourself, love in your heart and kindness towards others. Believe in what you want to achieve.  
You're the greatest!  
Love,  
Mom, Dad, Bridget and Curtis



Kevin Sutton

Kevin: It's hard to believe that this little kid is all grown up. We are so very proud of you and your accomplishments.  
Congratulations.  
We love you!  
Dad and Sandy



Mickey Kirk

Congratulations Mickey! May the coming years fill you with as much happiness as you have given all of us these past 18 years. We are very proud of you. Continue to fulfill your dreams.  
Love,  
Dad, Mom, Andrea, Matt and Marty



Sydney Kuehl

Q - you have impressed us, loved us, helped us, learned from us, laughed with us and taught us. For this we are eternally proud of you and love you!  
Love, Dad and Cristal  
  
We will always be here for you - we love you sooooo much!  
Love, Mom, Brent, Tucker and Marshall



Missy Koch

You have always brought us so much joy and happiness. You have so much energy and such a zest for life - you are just like the Energizer Bunny! We are so proud of you.  
Love and congrats,  
Mom and Dad



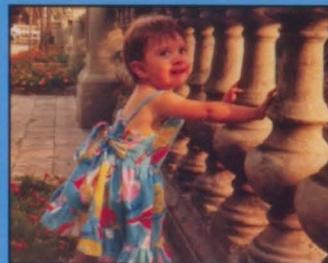
Tyler Starr

Dear Tyler: We are very proud of you and wish you the best of luck in everything your future holds for you.  
"Business in the front - party in the back!"  
We love you,  
Mom and Dad,  
Tanya and Tanner



Lara Berning

Clovers in your hair and toads in your pail; you've always been a "natural" beauty -- inside and out!  
Love you,  
Mom and Pete



Maria Frank

Sail on silver girl -- sail on by  
Your time has come to shine  
All your dreams are on their way.  
Love,  
Mom, Dad and Aaron



Kyle Schleif

Kyle, As you begin your journey through life remember:  
"Surround yourself with only people who are going to lift you higher" (Oprah Winfrey).  
Your mountain is waiting so...get on your way!  
Love, Mom



Nycol Salen

If we were able to hand pick a daughter and all of her qualities, we would not have done half as good a job. With your intelligence, compassion and personality you will achieve all you set out to do.  
Love, Mom and Dad



Noelle Veaderko

Who could be more perfect, more beautiful and more precious...only my little Noelle.

Love you,  
Mom



Nicholas Trane

Congratulations Nick! We are very proud of you and the man you have become. We wish you happiness and success on life's journey. With your determination, anything is possible.

Love,  
Mom, Gary, Taylor and Bailey



Courtney Brant

You were everybody's biggest fan. Now we are all cheering for you! We love you. Best of luck in the future.

Dad, Mom, Derek, Justina, Ashley and Kacie



Ashlee Praught

Ashlee, remember that "life is a beach" - enjoy it! We are proud of you!

Love,  
Mom and Dad



Tegan Lenneman

It hasn't been easy, but you've tackled some of life's challenges and worked hard to achieve your goals. You will succeed at anything you do as long as you continue your journey with your positive, outgoing attitude. What a fine young man you have become. You have made us proud! We love you!

Mom, Dad, Tayva, Tessa and Theo



Theresa Steffens

You are sparkling sunshine and laughter. A joy to have and watch grow. Remember to be who you are and not what others want you to be. You make us proud.

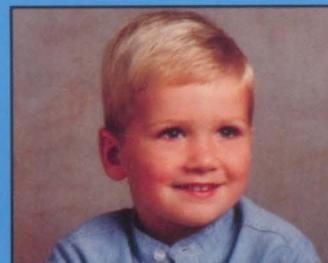
Love you and God Bless,  
Dad and Mom



Mitch Zachman

Mitch, you have grown into a fine young man and we are so very proud. It's been a joy to watch your love of sports grow. May God guide you on your journey in life.

We love you,  
Dad and Mom



Mike Barnard

Mike, time really does fly when you're having fun and we've had a bunch of that! Good luck on all your future endeavors. We see success written all over your face.

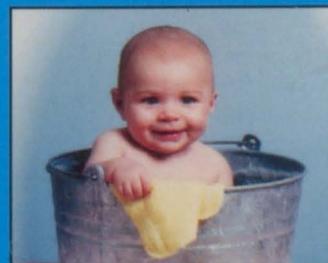
Love,  
Mom and Dad



Holly Conwell

Once you were tiny, we turned around and you're grown. Hold onto the magic, keep believing.

All our love,  
Dad, Mom, Aaron and Logan



Melissa Lannoy

Melissa, you have always been buckets of fun. We wish you success in achieving your goals -- and most of all we wish you happiness.

We love you!  
Mom, Dad and Luke





Ron Fricke

Ron, there'll never be another time in your life like this. Enjoy. Be happy. We're wishing you the best in whatever you do.

Love,  
Dad, Mom, Ross and Miles



Carin Johnson

How do you put a lifetime of feelings into four lines? We are so proud of you and the choices you have made!

We love you!  
Mom, Dad, Leah and Joe



Megan Fleege

To our little Meggie Maye - as your parents we could not be more proud of all your accomplishments. We will always support you as you continue to pursue your dreams.

Congratulations.  
Love,  
Mom and Dad



April Wulff

April showers bring May flowers and each day with you brings us a garden full of lovely smiles. You're blooming into such a beautiful young woman. You'll always be our tulip, buttercup and ladybug.

We love you,  
Mom, Dad and Kyle



Brandon Boese

Dear Brandon, we are so proud of you! Not as much for what you have accomplished but for who you have become.

Love,  
Mom and Dad  
Proverbs 16:3 Commit to the Lord whatever you do, and your plans will succeed.



Billy Campbell

Congratulations! We are very proud of you and wish you the best of luck in the real world.

Love,  
Mom, Dad and Kelli



Emma Zachmann

Em, you are such a unique young lady. We admire your willingness to try new things, challenging yourself, doing everything with great discipline and dignity.

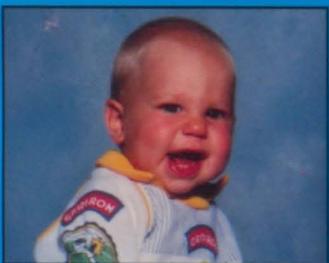
DREAM BIG, WORK HARD...We love you,  
Mom and Dad



Kayla Gendron

So humbled by what a beautiful and faith-filled person you are Kayla Marie! We love you and are so proud of who you are! May God's blessings always be upon you!

Love,  
Dad, Mom and Jacob



Jason Servaty

Jay-Bird: It's finally time to fly away! We are so proud of your accomplishments and of the young man you have become. Always remember we love you. Keep your faith and strong determination in life's journey and you will succeed.

Lots of Love,  
Mom, Dad, Lisa and Laura



Jessica Ferrian

Congratulations Jessical We are so proud of you. We wish you a bright and happy future and success in all that you do.

Love,  
Mom, Dad, Brittney and Amber



Ashley Budde

To our wonderful daughter who has always been a joy and a blessing. We are very proud of you and your accomplishments! Follow your dreams; we believe in you!! God bless you and be with you. We love you a bushel and a peck.  
Dad and Mom



Jeff Barthel

Jeff, you have always lightened up a room with your smile. Now light up the world. We love you very much!  
Mom and Dad



Kyle Gammell

We hope you have gained enough skills to explore what your future has waiting beyond these high school doors. Wishing you the gift of a wonderful life.  
All our love,  
Mom and Dad



Marla Arns

Marla, you have brought so much joy to our lives! We're proud of the fine young woman you've become. May God guide you in all your decisions and bless you always.  
Love,  
Mom and Dad



Max Greninger

Live your dreams baby! You have always made Dad and I very proud.  
As always,  
Mom



Keith Robeck

Keith - In life's great journey make sure you enjoy the ride. We are so proud of the fine young man you have become.  
Love,  
Mom and Dad



Kyle Hackenmueller

Life is full of surprises, enjoy the ride. Aim for the sky and may all your dreams come true, Kyle.  
Love,  
Mom and Dad



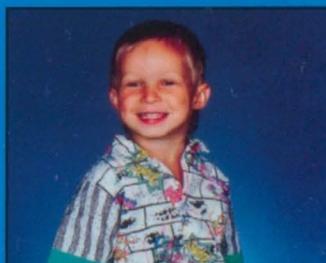
Nicole Menzel

You have grown into a beautiful young lady with a love for people, animals and nature. Stay strong in your beliefs and remember that you can be and do anything you set your mind to.  
We love you,  
Mom, Joe and family



Callista Vetsch

The look in those big blue eyes said "let's keep moving on." You've done it. The best is yet to come. Congratulations.  
Love, Dad



Nic Wacker

Nic - you have brought joy to our lives from the very beginning. Good luck to you with all life has ahead. We love you!  
Mom and Dad





Jesse Dehmer

Jesse, you have brought us so much joy over the past 18 years and we are so proud of the young man you have become. Put your faith and trust in God and everything else in life will fall into place. We love you and will always be there for you.

Mom, Dad, Jason and Jared



Amanda JESPERSON

To our free-spirited Miss Amanda. May your unique and vibrant personality always shine through! Congrats on your graduation - we can't believe you made it. Seriously, we can't believe you graduated.

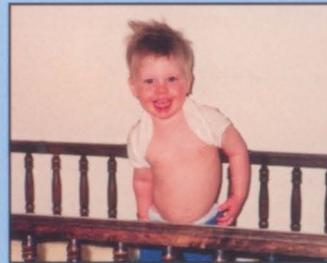
Love,  
Mom and Dad



Raquel Korpi

Peanut, we are so proud of you. You have blessed our lives. May all your hopes and dreams come true. We wish you the best life has to offer.

Love,  
Mom, Dad and Jake



Marcus Hegland

Dear Marcus,  
From the day you were born life has been an adventure! Good luck as the next chapter of your life unfolds!

We love you,  
Mom, Dad, Bryan and Lucas



Nikki Zeleny

Congratulations Favorite Child!

Love,  
Mom and Dad



Davey Heskin

Davey, your smile has gotten you into trouble a few times, but it has gotten you out of more! Don't lose your passion for competition. Most of all, keep caring for others and seeing the good in people as you always have!

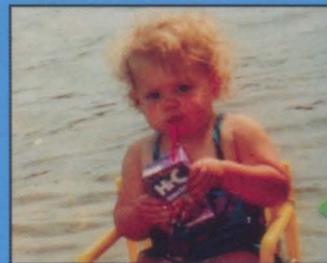
Love,  
Dad, Mom, Danny and Sam



Ashley Kastendick

Fred, we have watched you grow from a bubbly little girl to a wonderful young lady! Your kind heart and wonderful spirit makes us very proud!

We love you,  
Mom, Dad, Brad and Emily



Abbie Dalbec

As you begin a new chapter in your life, let all that you do bring glory to God. May everyone you touch experience the wonderful blessings you have given to our family. We are so very proud of you.

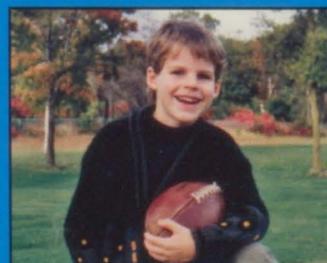
All our love,  
Mom, Dad, Emilie and Hank



Steve Hegland

Best of luck to you as you travel your new journey. We will be here if you need us along the way.

Love,  
Mom, Dad, Matt, Kevin and Stacy



Dan Gallagher

Your integrity has served you well. It's been a joy to have you for a son and brother.

Love,  
Your Family





Nathan Beaudry

We are so thankful that God blessed us with you. You truly are a "gift of God" just as your name means. Always seek God's will and trust in Him and He will lead you on the right road. "May he grant you what is in your heart and fulfill your every plan" Psalm 20:5.  
We love you so much,  
Mom, Dad and Megan



Adam Kessler

You are God's gift to us.  
What you become is your gift to God.  
Always follow your heart as you make your way through life.  
We are so proud of you!!  
We love you,  
Mom and Dad



Andy Hackenmueller

Coach, what do you mean I need to cut weight!  
Andy, your drive and dedication will take you far. You've made us very proud.  
Our Love,  
Mom and Dad



Megan Hackenmueller

Dearest Meggie,  
You're bright and beautiful, with a shining personality...you make us proud.  
All our love,  
Mom and Dad



Ben Derauf

As long as you stay focused there will be no task too big for you to accomplish. No matter where life takes you, we will always be there for you.  
Love,  
Dad, Mom, Jake and Griffey



Ashley Robeck

Ash - I can't believe it's time for our little cotton curls to graduate. It's been a real sweet ride! Always believe in yourself as much as we do and stay true to yourself and your faith.  
Love,  
Mom, Dad, Marianne,  
Kyle and Edgar



Ben Marquette

Congratulations Ben! We are so proud of you. Keep smiling through your journey in life. Remember we are always here for you!  
We love you!  
Dad, Mom and Coley



Brandon Faulk

You have brought us so much happiness in the last 17 years. You have become a young man of integrity, honesty, love of God and family. We know you will be successful in the path you've chosen and we are so proud of you. The world is yours, son. Believe in yourself, the future is yours to create.  
We love you.  
Dad, Mom, Sara, Randy Jr and Elizabeth



Cory Smith

May your music take you to places you've only dreamed of, give it wings and soar. Endless possibilities await you, "Sweet Child O'Mine."  
ENJOY!  
With great pride and love,  
Dad, Mom and Eric



Dan Dubel

Honey, you have filled these shoes and then some! Your giving heart, respectful attitude and special wit will take you far in your life. I thank God for you every day.  
I love you.  
Mom





Blake Beaudry

Blake, it's so hard to believe you are graduating and getting ready to start the next phase of your life. We are so proud of you and we love you so much. You have brought so much laughter into our lives. May your future be filled with happiness and success in everything you do. God bless you always!  
Love, Mom and Dad



Derek Billiar

From the day we first held you in our arms, you have been such a blessing to us. You have given us many years of laughter and joy. Wherever you go, whatever you do, we pray that God will always guide and watch over you.  
We love you always,  
Mom, Dad and Laura



Dylan Krueger

Congratulations! We are so proud to have you for our son. You have always had a competitive nature and an eagerness to do well. This should serve you well in your college years. Remember to always put God first in your life and he will light your path. We are so proud of you Manny!  
Lots of Love,  
Mom, Dad and Abby



Nicole Schwagel

Nicole, you've turned into a lovely young lady who can accomplish great things. We are very proud of you.  
We love you,  
Dad and Mom



Jon Ebert

Congrats Jon! Life is a series of moments - to live each one is to succeed. Your success and happiness lie within you. Follow your dreams!  
Love,  
Mom



Joe Valerius

We hope you find happiness in whatever direction life leads you. Always believe in yourself. We love you!  
Dad and Mom



Estee Kolles

Estee, Congratulations! Remember it's not what you have in your life but who. Turn obstacles into opportunities and chase your dreams with confidence.  
Love,  
Dad, Mom, Trenton and Dexter



Jennifer Jankord

Gweniver, Bonehead, Jenni-O way to go! You have accomplished more than most and now we can boast you did it right and did it your way. So now we have to pray that you will continue that way and succeed in all you set out to do. You have brought us nothing but joy and laughter since the day you were born and we will always love you.  
Mom, Dad and Cassie



Kassie Fuerstenberg

Good, better, best  
Never let it rest  
Until your good is better  
And your better is best  
Love,  
Tony, Mom and family



Miranda Nelson

Miranda, we are very proud of you! Follow your dreams - with your determination they will become reality. Always be happy, enjoy life and know we love you!  
Dad, Mom, Jenna and Kevin



Sadie Kessler

We are very proud of you and all of your accomplishments. We wish you success and happiness in the future. May all your dreams come true!

Love always,  
Mom, Dad, Billy, Tommy and Michael



Kayla Pietsch

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

We love you,  
Mom, Dad and Melissa



Stacy Hackenmueller

Big brown eyes and a beautiful smile - we are so proud and happy for you! May God always be your guide and may all your dreams come true!

XO  
Love, Dad and Mom



Shaylee Carlson

This snapshot shows a bit of how God has gifted you - with the ability fill some big shoes, the capacity to care for others, and the independence to have your own style and be a difference-maker. You're a treasure in our family and we love you!  
Mom and Dad (and the boys, too!)



Tonia Zachman

Dearest Muffin Mouse, You are a bright and shining star. Remember to love and honor thyself...anything of importance will then follow. May you find love and peace in all that you do.

Love,  
Mom, Steve, Dad and Kim



Jen & Jes Wiese

Congratulations Jen and Jes. We are extremely proud of you. "Wherever you go, go with all your heart".

Love,  
Mom, Dad, Brittani and Michael



Matt Peloquin

Congratulations! We love you! We are are so proud of you!  
Mom, Dad and Alexa



Kristine Kilian

Congratulations! Your future is as bright as your smile! You truly are a blessing.

Love,  
Mom



Calli Vetsch

Calli, there is no need to reach high for the stars. They are already within you - just reach deep into yourself!  
Congratulations! We love you!  
XOXOXO

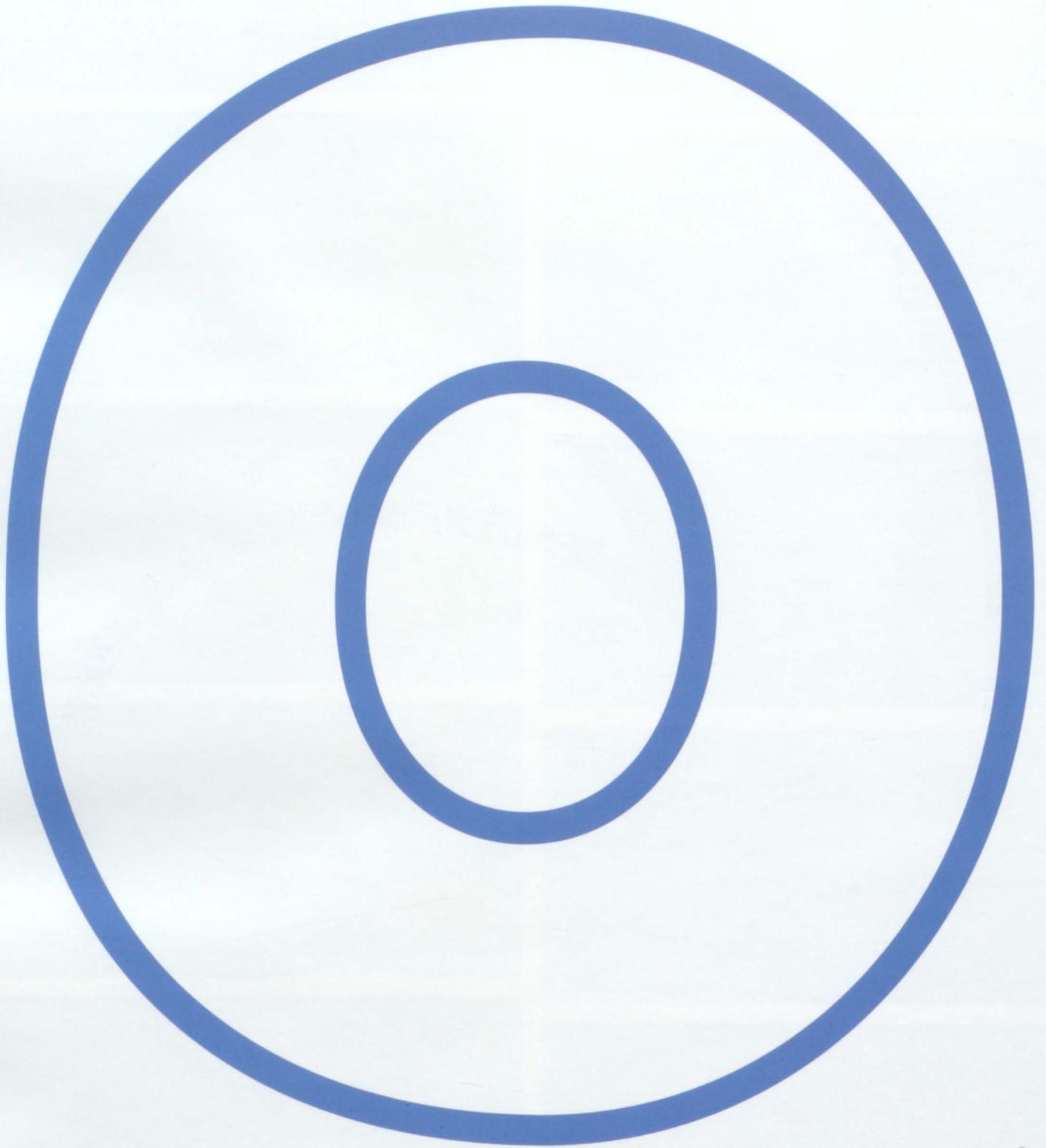


DAVID ANDERSON

Delighted us with your sense of humor, dazzled us with your smile  
Always lived life to the fullest with love, laughter and your unique style  
Valiant in your many pursuits, your victories were beyond measure  
Each and every day you are my gift of love, God's gift to treasure  
God bless you! I love and miss you so much!

Mom







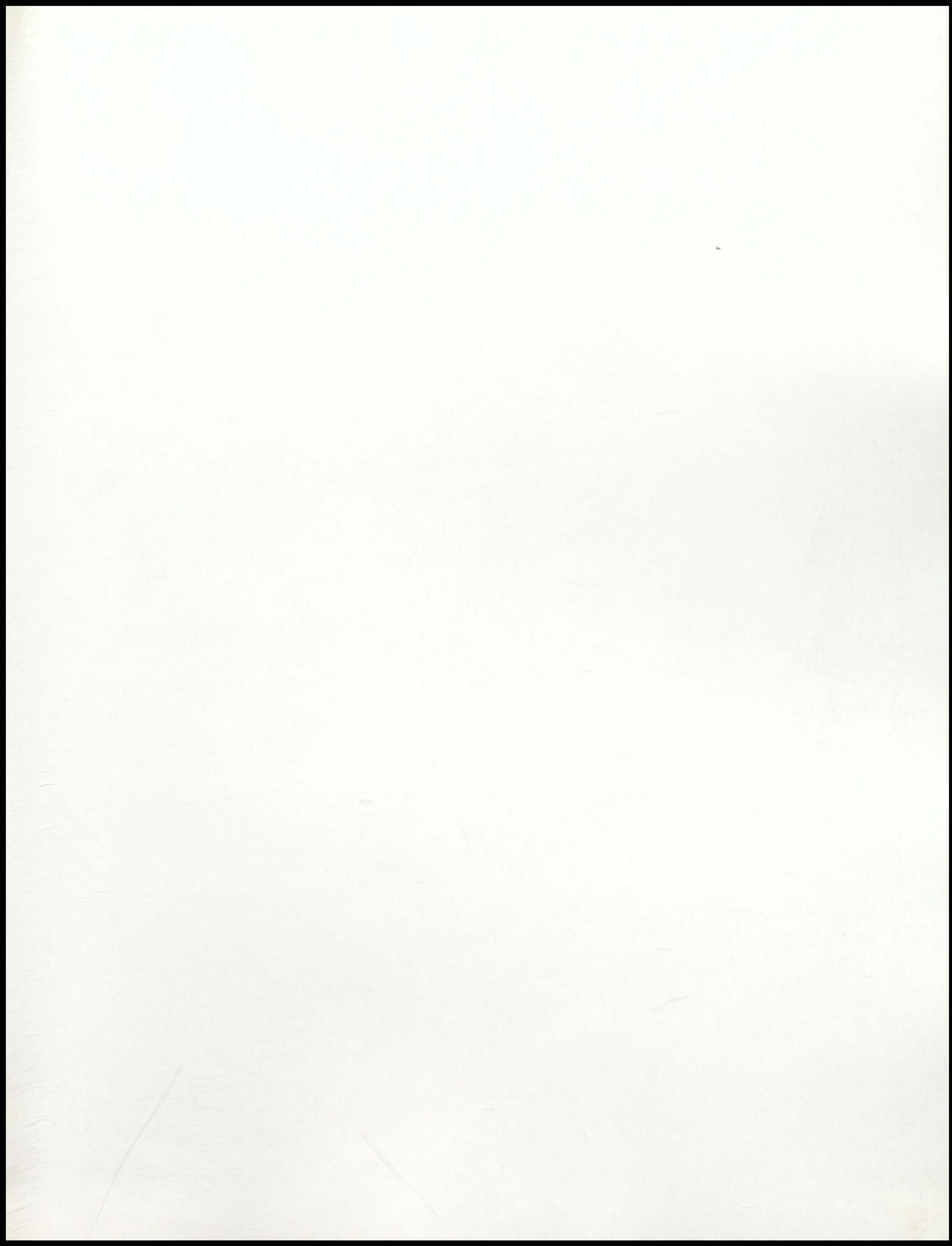
A  
U  
T  
O  
G  
R  
A  
P  
H  
S

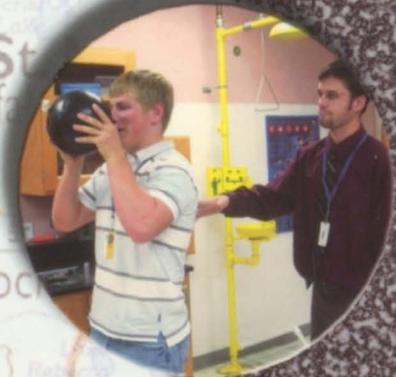
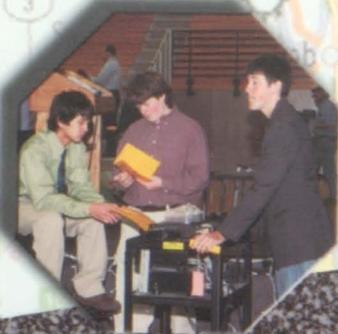
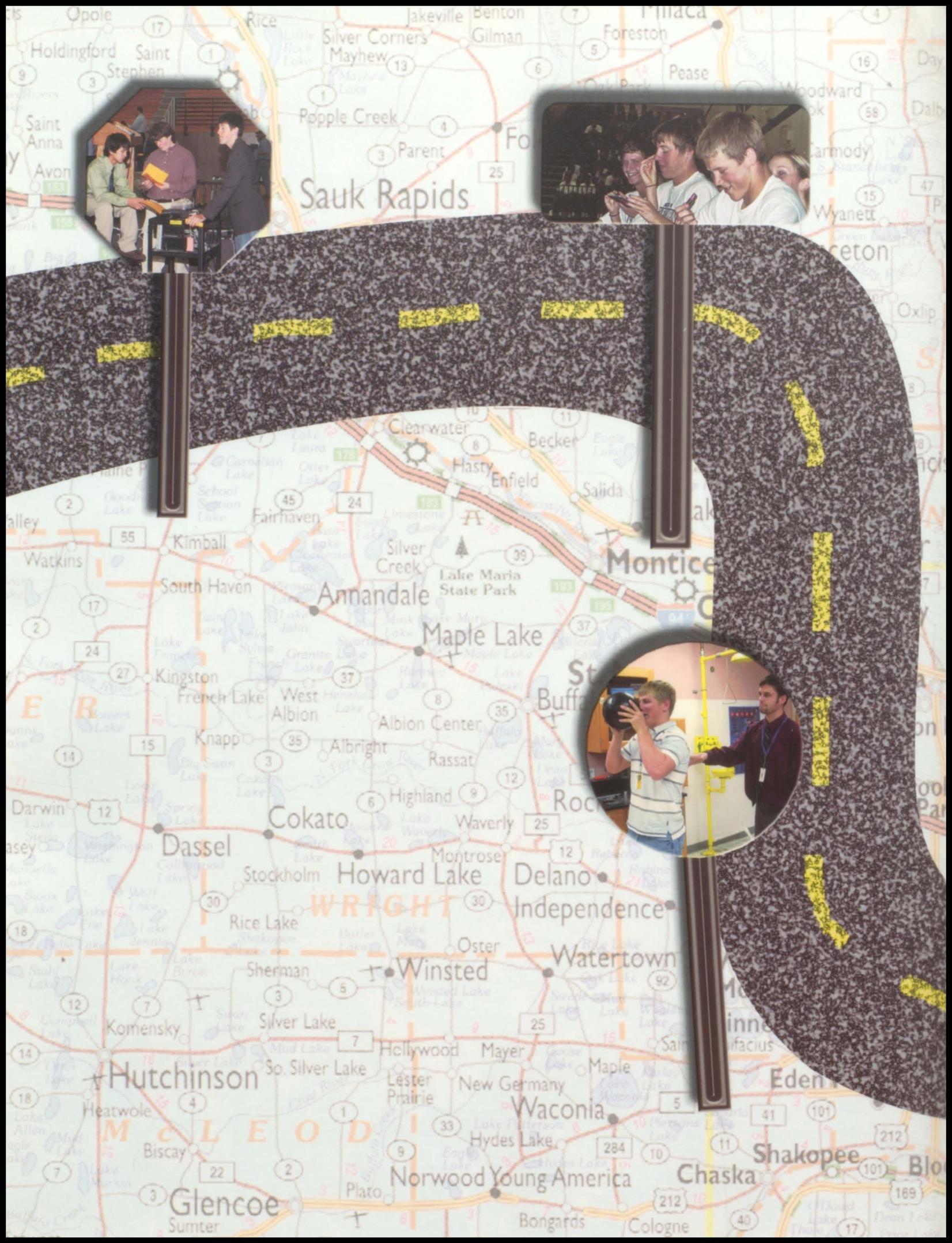
Volume 9 of the Valor is a publication of St. Michael Albertville High School. This book was produced by a 44 member staff, led by Editors Allison Janney and Missy Koch and advised by Lisa Collier. The 2006, 188-page edition had a press run of 1,000 copies and was produced by Lifetouch Publishing. Our local Lifetouch account representative was Anne Marie Hickey. The book was output using 178 lines per inch screening direct to metal plates, printed on a 40" Heidelberg speedmaster CD1032-5L and bound together using the Diamont Bookline from Mueller Martini. The pages were printed on No. 1 grade, 100 lb gloss paper. The cover was designed by the 2006 STMA yearbook staff and bound on a 150-pt. binder board with tight backed Smythe sewn binding.

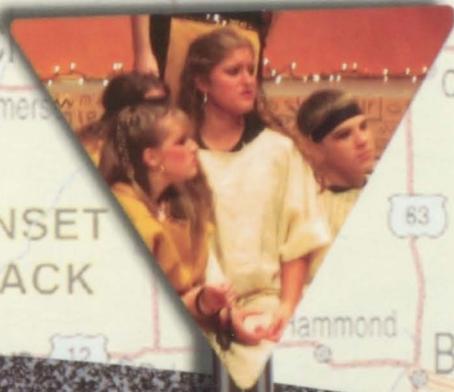
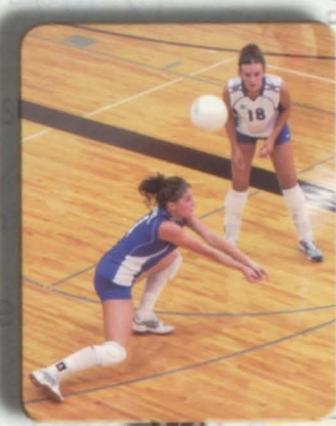
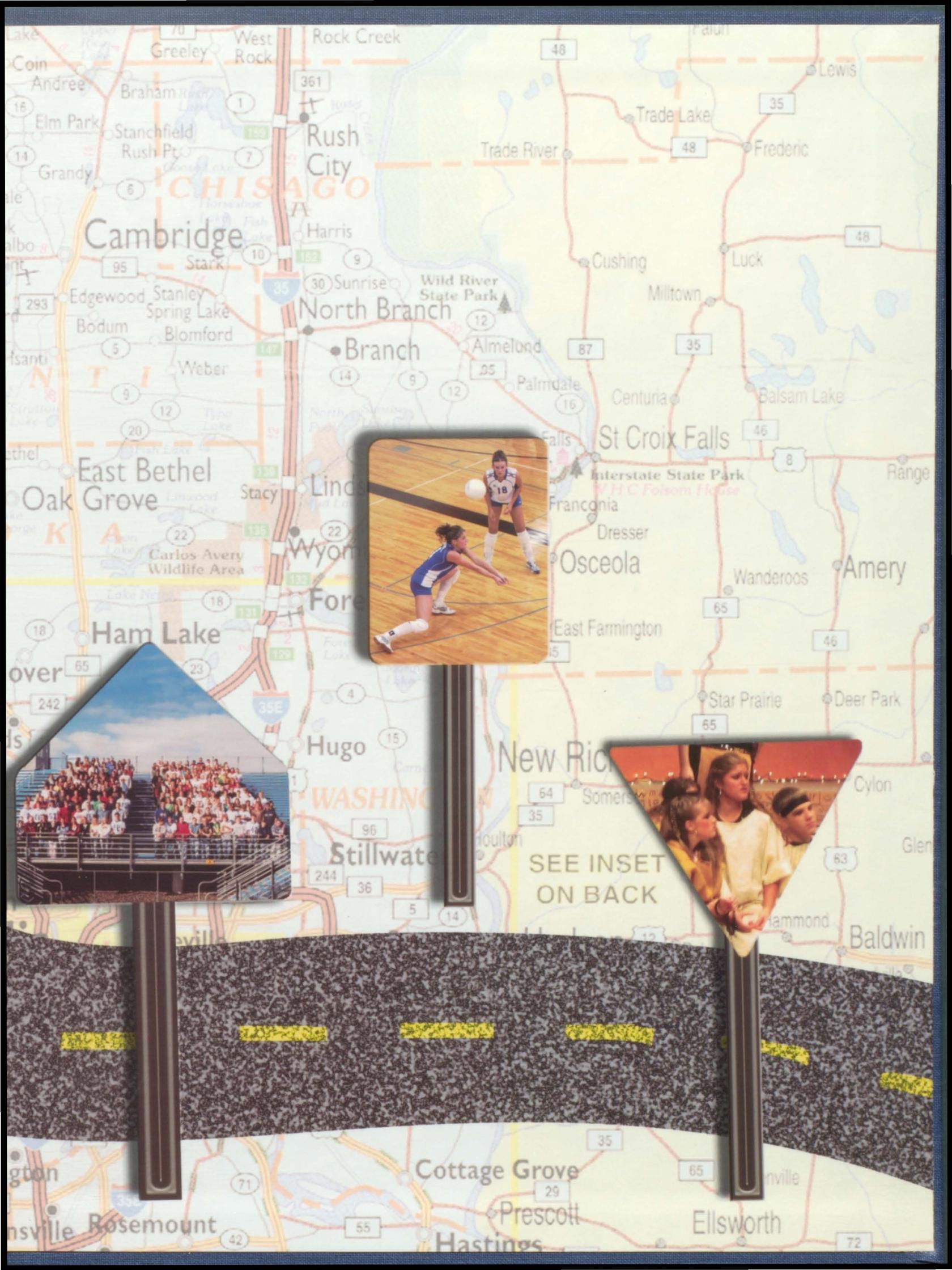


176  
*Autographs*

*Lifetouch*







SEE INSET  
ON BACK

*Life touch*