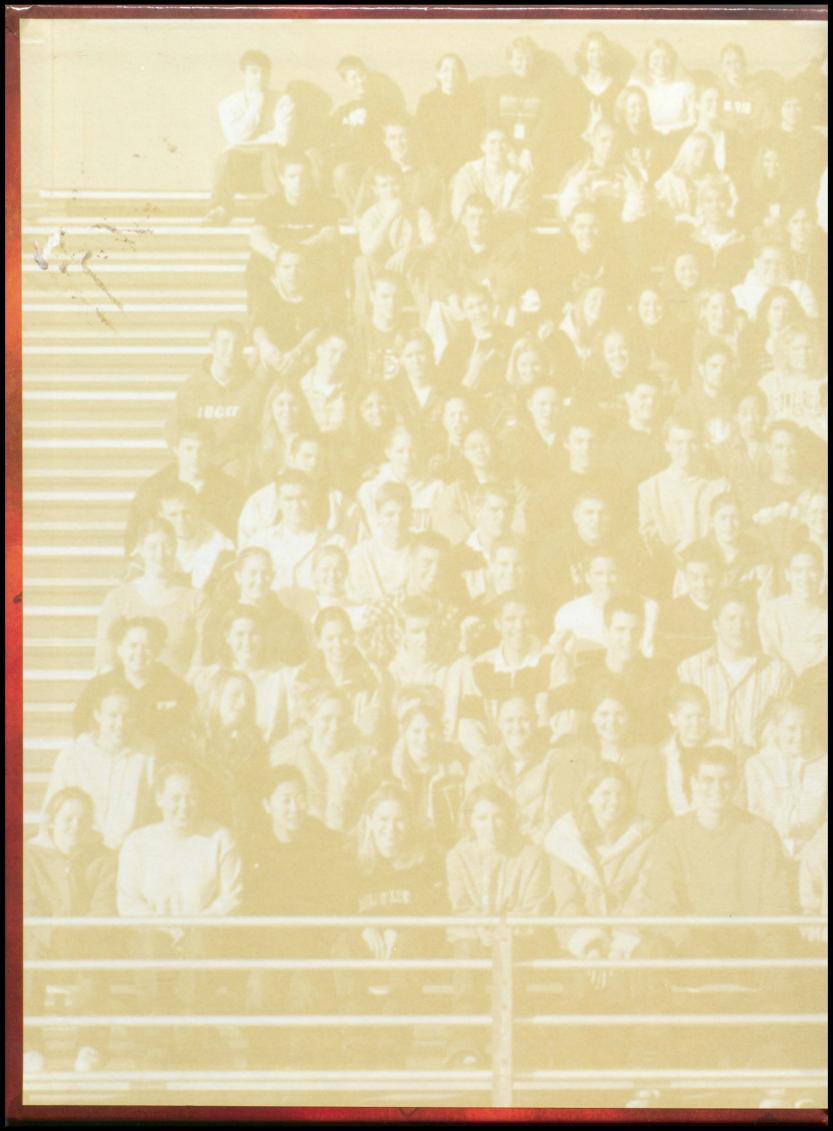
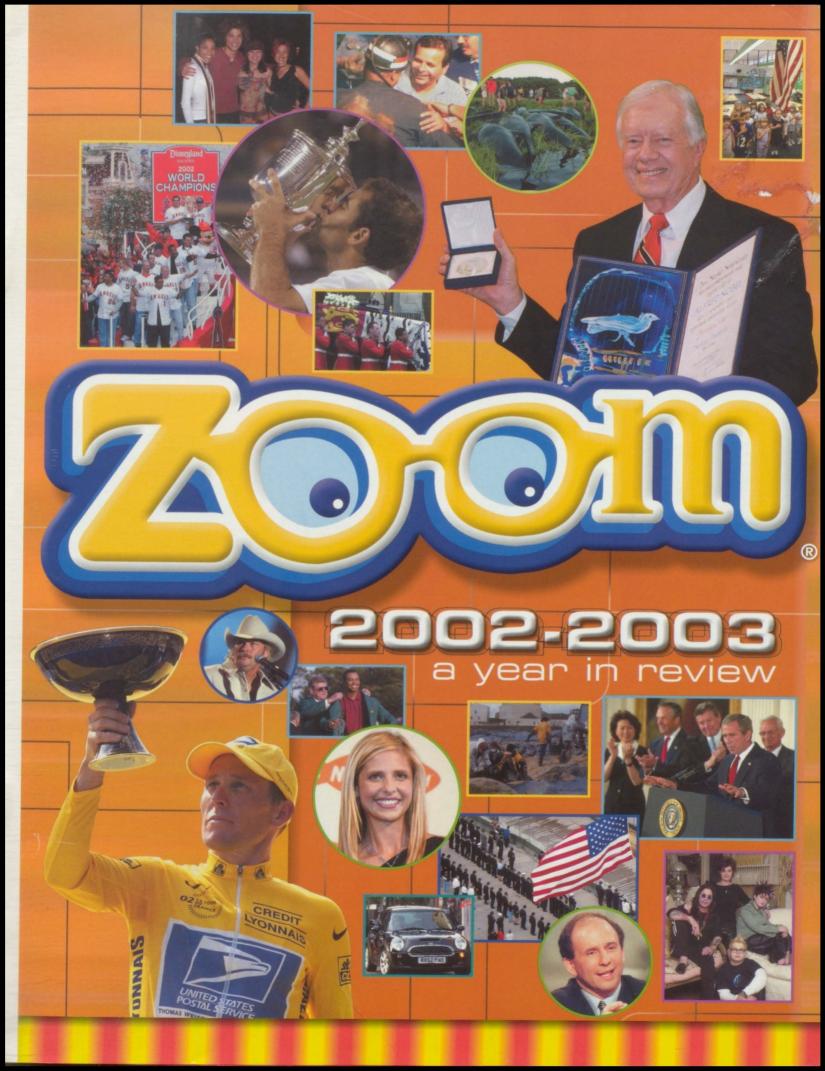
Something Worth Leaving Behind

VALOR 2003





FROM THE NEWS DESK



Former President Wins the Prize for Peace

Former U.S. President Jimmy Carter won the 2002 Nobel Peace Prize for his dedication and tireless work seeking peaceful solutions and promoting social justice. Mr. Carter heads up the Carter Center in Atlanta, Georgia, an organization devoted to global peace.

Whistleblowers Heard **Loud and Clear**

Cynthia Cooper of WorldCom, Coleen Rowley of the FBI, and Sherron Watkins of Enron were chosen Time magazine's "Persons of the Year" for their role in revealing deceit in corporate and federal American institutions.

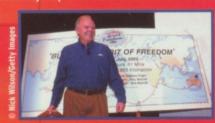


First Lady Tours with Sniper Victim

First Lady Laura Bush visited a hospital in Washington, DC with 13-year-old sniper victim Iran Brown. Ten other victims were killed and another two were wounded.



In the landmark November elections, U.S. Senate control shifted to the Republican party. This marks the first time since Dwight Eisenhower was President that a President's party held a seat majority in both the House and the Senate.



Around the World in 19,250 Miles

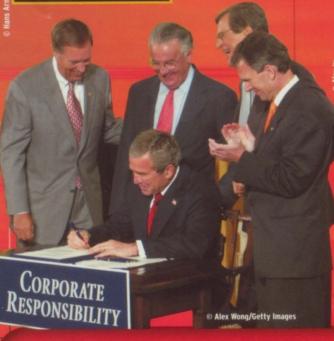
After 6 unsuccessful attempts, balloonist Steve Fossett became the first person to complete a solo journey around the world in a balloon. In addition, Fossett broke the duration record for one person by staying aloft for 14 days and 20 hours

Trailblazers Remembered

The bicentennial of the Lewis and Clark expedition officially kicked off in Virginia. Accompanied by Sacagawea, their



interpreter, Lewis and Clark blazed a trail from St. Louis to the Pacific coast from 1803 to 1806.



Corporate Wrongdoers: Take Note!

U.S. President George Bush signed into law the monumental Accounting Industry Reform Act. This law created a special board to monitor the accounting industry in hopes of preventing foul Senate Majority Shift play in the boardroom.

POPJUIZ

Our British Connection

As the country that once ruled the 13 colonies destined to become the United States, England has had a long and sometimes stormy relationship with the United States for over 200 years. See if you know the answers to these questions about our British neighbors "across the pond."

England still treasures its royalty. Who is the current monarch of England?

- A. Queen Elizabeth II
- B. King George VI
- C. Queen Victoria

John, George, Paul, and Ringo were part of the "British Invasion" as members of what band?

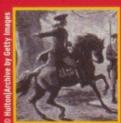
- A. Herman's Hermits
- **B.** The Rolling Stones
- C. The Beatles

Which famous American Patriot said, "The British are coming! The British are coming!"?

- A. Benjamin Franklin
- **B. Thomas Paine**
- C. Paul Revere









Looking for Weapons

In 1991, Iraqi President Saddam Hussein agreed to disarm all weapons of mass destruction but consistently violated that agreement. During U.S. President Bush's 2003 State of the Union address, he stated to the country, "If Saddam Hussein does not fully disarm, for the safety of our people, and for the peace of the world, we will lead a coalition to disarm him."

With Help from Above

After spending 77 hours trapped 240 feet below the surface, 9 Pennsylvania coal miners were brought safely to the surface by heroic rescue workers.



Beloved Brits

Britain's 101-year-old Queen Elizabeth, the Queen Mother of England, died peacefully in her sleep on March 30.



Pledge of Allegiance Silenced

In a 2-1 decision, the 9th U.S. Circuit Court of Appeals ruled that the *Pledge of Allegiance* cannot be recited in public schools due to the potential violation of the constitutional separation of church and state. Opponents plan to appeal the decision.



Ground Zero Remembered

After 9 months of excruciating clean-up efforts, the site of the 9-11 terrorists attacks was cleared. In a May 30 ceremony, officials marked the end of search and rescue efforts and the beginning of a National Memorial to be constructed at the New York site.



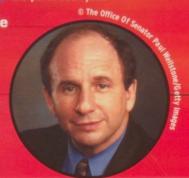
On the Waterfront

U.S. President Bush invoked the Taft-Hartley Act for the first time in 24 years to end a crippling 10-day dock workers' strike on the west coast. More than \$300 billion in goods pass through the ports each year.



Silence in the Senate

Just days before the 2002 Senate election, Minnesota Senator Paul Wellstone died in a tragic airplane crash. All crew and passengers, including Senator Wellstone's wife Sheila and daughter Marcia, perished.



Home of the Chiefs Birthplaces of the Most Presidents Virginia Ohio Chio C



A Tragic Loss

On February 1, 2003 the U.S. space shuttle *Columbia* broke apart while reentering the Earth's atmosphere on its way to Florida for landing, leaving no survivors. The seven-member crew personified the shuttle program's ideal of the modern NASA astronaut.

over Photo Credits: American Idol © Robert Mora/Getty Images, Miners Rescued © Gene J. Puskar-Pool/Getty Images, Whales Stranded © Stephen Rose/Getty Images, Jimmy Carter © Arne Knudsen/Getty Images, Piege of Allegiance © Mark Wilson/Getty Images, naheim Angels © Donald Miralle/Getty Images, Pete Sampras © Ezra Shaw/Getty Images, Dianker Prestige © Morto Dianos (Prestige © Morto Dianos Pety Images, Sarah Michelle Gellar © Frederick M. Brown/Getty Images, Dianker Prestige © Morto Dianos (Pety Images, President Bush © Alex Wong/Getty Images, September 11 Anniversary © Mario Tama/Getty Images, Mini Cooper © UK Press/Getty Images, Dianos (Press/Getty Images, President Bush © Alex Wong/Getty Images, September 11 Anniversary © Mario Tama/Getty Images, Mini Cooper © UK Press/Getty Images, Dianos (Press/Getty Images, President Bush © Alex Wong/Getty Ima

UNDER THE MICROSCOPE

Chipping In

VeriChip, a microchip containing personal identification information, is injected under the skin. Virtually undetectable, the chip may be used for financial and transportation security, building access, as well as military and government security purposes.

Mosquito Bite Turns Deadly

Spread by ticks and mosquitoes, the West Nile Virus outbreak of 2002 killed more than 200 Americans and infected about 3,400 more with viral encephalitis, a deadly disease of the brain.



A New Wrinkle

BOTOX®, a purified form of the toxin that causes botulism, was approved by the Food and Drug Administration as a cosmetic. When injected, BOTOX temporarily reduces wrinkles in the face by paralyzing muscles in the forehead and around the eyes.



Chinese Poised to Take Giant Leap for Mankind

After the successful launch of its fourth unmanned space capsule, China prepares to launch its first person into space. The Chinese Taikonaut would join the ranks of U.S. Astronauts and Russian Cosmonauts.



RNA Has its Day

The huge, newly discovered role of ribonucleic acid (RNA) in determining genetics led to its being named the number one Scientific Breakthrough of the Year by *Science* magazine.



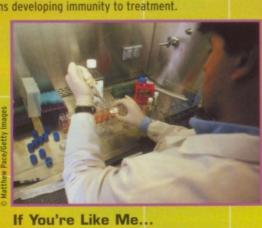
Scram Jet

A revolutionary new jet plane flew above the South Australian Desert at seven times the speed of sound... without using a drop of jet fuel! Powered by oxygen that it scoops out of the air, the HyShot scramjet could some day fly from Tokyo to New York City in just two hours!



Food for Thought

New guidelines were issued to animal drug makers by the Food and Drug Administration addressing concerns that animal antibiotics are being passed to people through food. Scientists fear that through the overuse of antibiotics in animals, bacteria harmful to people could result in humans developing immunity to treatment.



A federal bill banning all forms of human cloning, including efforts used for promising stem cell research, was passed in the House but defeated by Democrats in the Senate.



Another International Space Station Visitor

South African millionaire Mark Shuttleworth became the world's second-paying space passenger when the Russian *Soyuz TM-33* spacecraft landed May 5 near the Kazakh town of Arkalyk.





Dinosaurs from Space?!

Iridium, a mineral plentiful in asteroids, was recently discovered in sediments that are 200 million years old. That's just when the dinosaurs started to evolve rapidly and began to dominate the planet. It makes you wonder if dinosaurs were really from round here.

A Real Lightweight

Used by NASA to trap tiny airborne particles in space, Aerogel (which looks like frozen smoke) has been certified as the lightest solid in the world.



My Ears are Ringing

Two British researchers have developed a prototype "phone tooth" that, when implanted into a molar, translates phone messages into vibrations. These vibrations travel from your tooth to your inner ear where only you can hear them.



Putting the Pedal to the Metal

World's Fastest...

Car

The SuperSonic car reached a speed of 763 mph (at this speed it could travel from San Francisco to New York City in less than four hours)



Boat

The Spirit of Australia averaged 317 mph



Motorcycle

The Suzuki GSX1300R is capable of reaching a maximum speed of 186 mph



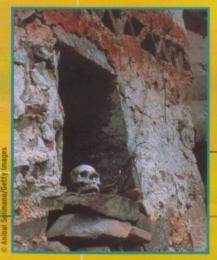
Train

The *Nozomi* train of Japan travels at an average speed of 162 mph



You Don't Look a Day over 5 Million

Displaying ape-like features, an approximately 6 million-year-old fossil found in Africa is now believed to be the oldest human ancestor. The previous record holder, "Lucy," was a mere 3.2 million years old.



Under Wraps

Scientists unearthed more than 2,200 mummies from an ancient Incan cemetery outside of Lima, Peru. This is the largest dig of its kind in Peru from a single time frame. These cultural treasures will ultimately be displayed in a local museum.

PORUIZ

Mummies

Although we usually think of mummies as belonging in the pyramids of Egypt, mummies have been found all over the world. What do you know about these ancient beings that have been preserved in time?

How old are Mummies?

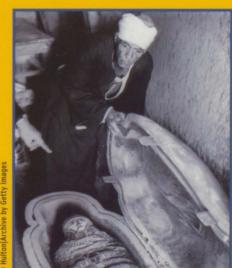
- A. 200 years old
- B. 2,000 years old
- C. 3,500 years old

Who was mummified?

- A. Pharaohs
- B. Nobility
- C. Common people
- D. Cats
- E. All of the above

How much linen was needed to wrap Mummies?

- A. 10 feet
- B. 50 yards
- C. Hundreds of yards



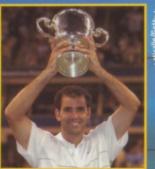
IN THE LOCKER ROOM

Armstrong is "Touriffic"

After beating cancer, American Lance Armstrong beat the world's best cyclists again, coasting across the finish line in Paris to win his 4th consecutive Tour de France and earning Sports Illustrated's Sportsman of the Year award.

Tennis Talk

The Associated Press Female Athlete of the Year, Serena Williams, beat sister Venus at the U.S. Open to become the world's #1 women's tennis player. Pete Sampras defeated longtime rival Andre Agassi in the men's final of the U.S. Open.





Angels are Heavenly in **World Series**

After calling on the Rally Monkey several times, the Anaheim Angels beat Bobby Bonds and the San Francisco Giants in game seven to win their first World Series.

PORJUZ

Speedy Delivery!

Test your knowledge of speed.

The term "World's Fastest Human" generally applies to which race?

- A. 100 Meter Dash
- B. The Mile
- C. 50 Yard Dash

The horse with the fastest time ever for the Kentucky Derby was?

- A. War Emblem
- B. Citation
- C. Secretariat

The lap speed record for the Indianapolis 500 is held by whom?

- A. A.J. Foyt
- **B. Scott Brayton**
- C. Rick Mears





Driven to Succeed

NASCAR predicts its top 10 drivers for

- 1. Tony Stewart
- 2. Jeff Gordon
- Ryan Newman
 Jimmie Johnson
 Dale Earnhardt Jr.
- 6. Matt Kenseth
- 7. Kurt Busch
- 8. Mark Martin
- 9. Bobby Labonte
- 10. Kevin Harvick





Born to Run for the Roses

War Emblem was the winner of the 128th Kentucky Derby in a front-running, wire-towire victory in the first leg of the 2002 Visa Triple Crown.

Buccaneers are Super

The Tampa Bay Buccaneers defeated the Oakland Raiders 48-21 in the Super Bowl. The Bucs' defense returned 3 of 5 interceptions for touchdowns, which led to their first NFL championship in Tampa's 27-year history.



Fastest Human

The World Record for 100 meters was broken by USA's Tim Montgomery, who ran it in 9.78 seconds-a mere .01 record of 9.79 seconds set in 1999



Viva Brazil

Against a surprisingly strong field, including the quarter-finalist American team, Brazil won an beat Germany 2-0 in the finals.



Foreign Draft

The NBA draft saw a record 17 foreignborn players selected, 6 of which were taken in the first round alone. China's 7'5" Yao Ming led the pack as the first selection overall.

Red Wings Run Over Carolina for the Stanley Cup

Led by coach Scotty Bowman and goalie Dominik Hasek, the Detroit Red Wings beat Carolina to win their 10th Stanley Cup. craig Jones/Getty



Otto Greule Jr/Getty Images

Emmitt Rushes to Number 1

Cowboys star Emmitt Smith became the NFL's all-time greatest rusher, passing the late Chicago Bears legend Walter Payton.



Golf Greats

Annika Sorenstam won her 7th LPGA Tour title and 9th worldwide event. Rich Beem, a former cell phone salesman, won the PGA Championship. Green Jacket.



Sports Super eams

Teams with Most Super Bowl Wins



Dallas Cowboys



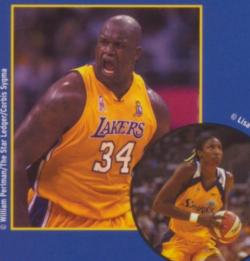
San Francisco 49ers



Pittsburgh Steelers







Lakers Hoop It Up and Leslie **Looms Large**

Series MVP Shaquille O'Neal averaged 26.3 points per game as the Lakers beat New Jersey for the NBA championship. Lisa Leslie led the Los Angeles Sparks over the New York Liberty for the WNBA title.

© Andrew Redington/Getty Images

NATURAL WONDERS



Black Tide of Death

The aging single-hull oil tanker *Prestige* broke in two and sank off the coast of Spain, flooding nearly 200 miles of shoreline with nearly three million gallons of oil. If the leak isn't stopped, it has the potential to be twice the size of the 1989 *Exxon Valdez* disaster.



Planets Line up for Family Get-Together

For the first time in over 60 years, Jupiter, Mars, Saturn, Mercury, and Venus formed what appeared to be a nearly straight line in the night sky of 2002. The next time this happens will be in 2040!



More Monkeys in the Barrel

Two new species of monkeys were discovered in Brazil's Amazon rainforest—the Callicebus bernhardi and the Callicebus stephennashi. The discovery of these kitten-sized creatures brings Brazil's total number of unique primate species to 95, more than any other country.

A Reoccurring Tragedy of Huge Proportions

Dozens of whales repeatedly beached themselves on the sand of Cape Cod where shallow waters and shifting sands are especially treacherous for whales, which use echolocation navigating systems. Many were saved but others weren't so lucky.



Eclipse is Totally Awesome

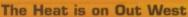
Thousands of spectators descended on Australia and Africa where, for 30 seconds, the moon fully obscured the sun in a dazzling solar eclipse.



© Corbis Images/PictureQuest

Giant Octopus Discovered

New Zealand scientists identified what they say is the largest octopus ever seen. Although not alive, the 13-foot giant weighed between 154 and 165 pounds and was caught at a depth of more than 3,000 feet below the ocean's surface.



letters from her estranged husband.

Monster wildfires raged through the West, destroying huge areas of land and causing hundreds to flee their homes. Ironically, one of the worst fires was started by a woman who worked for the forest service when she burned old love



Rare Dolphins Threatened

From 1997 to 1999, only 33 white-fin dolphins and just 7,489 river dolphins were found in the Yangtze River, the future site of the Three Gorges Dam project in China. The future of these mammals, as well as other groups of fish and animals, is uncertain due to unknown and possibly dangerous new ecological conditions that could result from the river becoming stagnant behind the dam.



In January 2003, while most of the states east of the Rockies saw temperatures well below normal, it



was so cold in Georgia that schools were closed. Even though roads were clear, with temperatures below 10 degrees, parents and teachers didn't want children who are not used to the extreme cold to be outside.

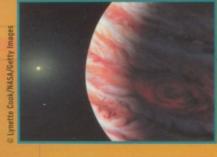


© David McNew/Getty Images



Distant Relatives in Outer Space?

A nearby star and its Jupiter-like planets look an awful lot like home according to scientists. Located about 41 light years away, the star 55 Cancri and its planetary neighbors share many of the same conditions that make life possible on Earth.





Happy 13-Billionth Birthday, Little Star

Scientists now believe that the universe burst into existence with the theoretical "Big Bang" between 13 billion and 14 billion years ago, according to evidence gathered by the Hubble Space Telescope.



Mount Etna Blows its Top

The largest and most active volcano in Europe, Sicily's Mount Etna, erupted and sent a colossal plume of brown smoke over the Mediterranean.

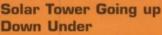


Weather or **Not**

Year-Round Average Temperature







Australia is planning to build a 20,000-acre greenhouse with a tower one kilometer high in the center. Hot air from the greenhouse would rise through the tower, powering turbines and generating enough electricity to provide for 200,000 Australian homes.



Saving Forests in the **Evergreen State**

Environmentalists are using a new weapon in their fight to prevent logging in the Loomis State Forest in North Central Washingtontheir checkbooks. The Loomis Forest Fund gave the state \$16.54 million raised from more than 5,000 individuals to shift the status of over 24,000 acres of land from timber harvesting to conservation.

PORTUIZ

Whales

Although they swim in the ocean, whales are not fish. Like humans, whales are mammals that need to breathe air. When you see a whale surface and blow out air from the hole in its head, it's just getting ready to take another breath. What else do you know about whales?

There are two types of whales. Toothed whales (Odontoceti), such as Killer Whales, are predators that eat seals and other marine wildlife. What do toothless whales (Mysticeti) eat?

- A. Fish Eggs
- B. Seaweed
- C. Plankton

In Herman Melville's famous book, Captain Ahab searched for a whale called?

- A. El Diablo
- B. Moby Dick
- C. Ship Killer

Which of the following is the largest whale?

- A. Blue Whale
- B. Yellow Whale
- C. White Whale



CHART TOPPERS

Latin Grammys Heat Up

The Latin Grammy Awards for Record of the Year and Album of the Year went to Alejandro Sanz for "Y Sólo Se Me Ocurre Amarte." Best Female Pop Vocal Album went to Rosario for "Muchas Flores." Best Male Pop Vocal Album went to Miguel Bosé for "Sereno."

Hollywood Rocks to a Young Beat

Sarah Michelle Gellar and Elijah Wood won the Hottest. Coolest Young Veteran Awards at Movieline's Young Hollywood Awards show.







Rock group Nickelback and jazz sensation Diana Krall came out as the big winners at the 2002 JUNO Awards. Krall won both Best Artist and Best Album for her second and third JUNO Award. Vancouver rock band Nickelback was also a two-time winner earning Best Group and Best Single.



Adele Starr/Getty Images

The Best Singers in the Whole Country

At the Country Music Association Awards, Alan Jackson took home 5 top honors including Male Vocalist of the Year, Album of the Year, Song of the Year, and Entertainer of the Year, Martina McBride won Female Vocalist of the Year, while the Dixie Chicks won Vocal Group of the Year.



Surprise...We'll do it Another Year The top-rated Thursday night show, Friends, won't be breaking up just yet. Chandler, Monica, Phoebe, Joey, Ross, and Rachel agreed to a lucrative offer from NBC to stay on the air for one more season.

PORUZ

Trophy Time

Test your knowledge of the entertainment awards business.

What is the nickname of the trophy given away at the Academy Awards for the motion picture industry?

- A. Goldie
- B. Oscar
- C. Jenny

The Grammy Awards are given out for which category of entertainment?

- A. Top Videos
- B. Old Movies
- C. Music Industry

What is the name of the award given out by the Hollywood Foreign Press for Motion **Pictures and Television?**

- A. Golden Globe
- B. Emmy
- C. Cleo





(A) The Hollywood Foreign Press awards a Golden Globe trophy for top Motion Picture and Television performances. (E) Oscar is the nickname for the trophies given out by the Academy of Motion Picture Arts & Sciences.

Tears Shed for "Left Eye" Lopes

30,000 fans paid their respects in Atlanta to fallen rap star, Lisa "Left Eye" Lopes. The 30-year-old's life was tragically cut short in a Honduras car accident.



Dear Ann is Dearly Departed

Esther Pauline Friedman Lederer, better known as "Ann Landers," died June 22 at the age of 83. As the twin sister of Pauline Phillips ("Dear Abby"), Lederer's newspaper column gave sound advice for nearly half a century.

Long Live the King

August 16 marked the 25th anniversary of Elvis Presley's death. With hits that sold millions of copies like "Jailhouse Rock," "Love me Tender," and "Hound Dog," Elvis was often referred to as the King of Rock 'n' Roll.®





I Want my MTV

Eminem won the Best Video award and Best Male Video for "Without Me." The Best Female Video went to Pink for "Get the Party Started."





Top Selling CDs of 2002

	MIIIIOU2 20
1. "The Eminem Show," Eminem	7.6
2. "Nellyville," Nelly	4.9
3. "Let Go," Avril Lavigne	4.1
4. "Home," Dixie Chicks	3.7
5. "8 Mile," Various	3.5
6. "Missundaztood," Pink	3.1
7. "Ashanti," Ashanti	3.1
8. "Drive," Alan Jackson	3.1
9. "Up!" Shania Twain	2.9
10. "O' Brother, Where Art Thou?" Vario	ous2.7

Dejá View at the Movies!

Comedy and adventure sequels got top billing this year as

Men in Black II, Austin Powers in Goldmember, and Star Wars II raked in
hundreds of millions of dollars at the box office worldwide. Groovy baby, yeah!

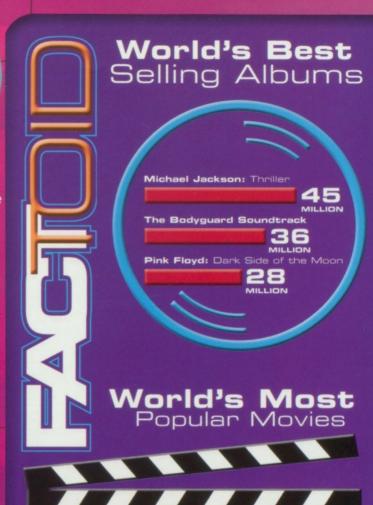
© The Kobal Collection/Columbia/Marvel

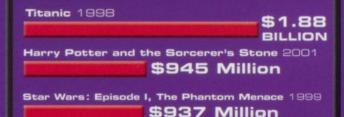




Big Money Making Movies of 2002

	Millions
1. Spider-Man	\$403.7
2. Star Wars: Attack of the Clones	\$310.3
3. Lord of the Rings: The Two Towers	\$261.0
4. Harry Potter & The Chamber of Secrets	\$ 252.0
5. My Big Fat Greek Wedding	
6. Signs	\$ 227.5
7. Austin Powers in Goldmember	
8. Men in Black II	
9. Ice Age	\$ 176.4
10. Die Another Day	\$ 153.7









© Matthew Peyton/Getty Images



TALK OF THE YEAR



Ozzy Plays the White House

Ozzy Osbourne, aging rock musician and patriarch of The Osbournes, MTV's toprated show of all time, visited with U.S. House Correspondents' Association dinner.



Denzel and Halle Bury the **Competition for Oscar**

An emotional Halle Berry accepted the Academy Award for Best Actress for her role in Monster's Ball. On the men's side. Denzel Actor trophy for his role in Training Day.



Purple it Is!

countries, purple beat out aqua and orange, and yellow M&M's.

BlackBerry is just Peachy

BlackBerry, a wireless handheld information exchange system, won InfoWorld Readers' Choice Awards including Product of the Year, Bes Wireless Product, Best Handheld, and Gadget of the Year.



Even Reruns Look Great on this TV!

Samsung announced the creation of a 63" (over 5 feet!) diagonal, widescreen plasma monitor. Featuring a widescreen format with incredible resolution, the slim, lightweight design is the largest monitor of its kind and carries a price tag of \$24,999.



Child's Play Pays Off

The top toys of the year as named by the Toy Industry Association include:

- Boy Toy of the Year: Bionicle
- Girl Toy of the Year: E-Kara (handheld karaoke system)
- · Game of the Year: Cranium

Instant Photo

Smile into your phone. Cell phone-camera combos are here with some "phones" even allowing up to 8 seconds of video. Email images to anyone from just about anywhere. "Look Mom, I'm now at the Statue of Liberty!" can be addictive.



Fill Your Pocket with Listerine!

Now mouthwash fits in your pocket with Listerine PocketPaks, tissue-thin strips that melt in your mouth with a breath-freshening punch. An instant hit, over 100 million packs were sold in 2002!



Musical Jacket

Designed for snowboarders, this jacket has a mini-disc and digital music player sewn right into its fabric. And the touch-sensitive fabric patches are right on the sleeve for hassle-free adjustments.



The Teddy Bear celebrated its 100th birthday this year. Created in Stuttgart, Germany, Richard Steiff's stuffed toy bear came to the United States in 1902. At the same time, inspired by Teddy Roosevelt's refusal to shoot a small bear cub during a hunt, cartoonist Clifford Berryman began placing a "Teddy's Bear" in his political cartoons of Roosevelt. The rest, as they say, is history.



Minis Make a Mighty Debut

Sporting flashy two-tone paint jobs, the super-compact *Mini Cooper* rolled across America, much to the delight of automobile fans everywhere.



They're Golden!

The movie *Chicago* claimed high honors at the 2003 Golden Globe Awards, winning Best Motion Picture-Musical or Comedy, as well as Best Actor (Richard Gere) and Best Actress (Renee Zellweger) in a Motion Picture-Musical or Comedy. Jennifer Aniston won Best Actress in a TV Series-Musical or Comedy.





First There was the Air Guitar...

Now, how about an air computer...with no keyboard. A laser beam projects the outline of a virtual keyboard, then a sensor reads which "key" you are striking by the change in reflection.





Choice of the People

For the eighth time in the past 12 years, Julia Roberts won the People's Choice Award for Favorite Motion Picture Actress. During her career, she has won an Oscar, 3 Golden Globes, and 1 MTV Award, to name a few. With this kind of popularity, Roberts is definitely the People's Choice!



What we love to eat!

Hot Dogs

Americans eat about 20 billion hot dogs each year, or 60 hot dogs per person.



Donuts

We also love donuts! Dunkin' Donuts sells 6.4 million donuts every day. If you connected all the donuts they serve in one year, it would circle the Earth twice!



Candy

When it comes to having a sweet tooth, Americans top the list. In a typical year Americans consume 7.1 billion pounds of candy.



How We Should Eat

The USDA recommends the following daily servings from each food group: Dairy - 2-3; Meat - 2-3; Veggies - 3-5; Fruits - 2-4; Grains - 6-11 and Fats & Sugars - sparingly.



Don't Burst Your Bubble

Thanks to a new chemical that toughens when it reacts with air, Catch-A-Bubble extends the average lifespan of a soap bubble from a few seconds to about five minutes.



Pepsi Blue and Vanilla Coke

The two major soft drink makers unveiled two new versions of old favorites with Pepsi Blue featuring a berry flavor and Vanilla Coke.

POPUZ

Melts in your Mouth...

M&M's are as American as apple pie...or are they? Take this quiz and see how much you know about these colorful characters.

When were M&M's first produced?

A. 1853

B. 1986

C. 1941

What famous rock band demanded pounds of M&M's for their dressing room with all the brown ones removed?

A. Metallica

B. Van Halen

C. Motley Crue

D. Madonna

Which came first, milk chocolate (plain) or peanut M&M's?

A. Milk Chocolate (plain)

B. Peanut



INSIDE MY WORLD



3 ways to describe me If I were famous, I would be most like:

because:

If I were a car, I would be a:

because:

If I were an animal, I would be a:

because:

MY SOCIAL CALENDAR

Extracurricular activities:

How I spent my birthday:

I traveled to:

Biggest laugh:

Best party:

COMPLISHMEN

My grades this year were:

My biggest influence this year:

Something I did for me:

Something I did for someone else:



SEST FREEDS









Outside of School

Books:

Activities:

TV Show:

Sport:

Song:

Movie:

Celebs:

CD:

Band:

MY FAVORITES

In School

Class:

Teacher:

Program/Event:

Activities/Event:

FIRST PLACE

never want to forget:

MY FAVORITES

Food:

Number:



Myself

Color:

Clothes:

Shoes:



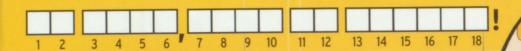


In 10 years, 2012-2013, I want to be





COM RIBBLER



Clues All answers can be found in this issue of ZOOM!

squares at the top of the page to solve the Riddler.
A The first balloonist to fly solo around the world.
The city and country where 2,200 mummies were found.
C The whistleblower from the FBI.
The largest of the whales.
E MTV's winner for Best Female Video.
One of the new flavors of soda pop.
Location of Europe's largest active volcano.
H Canadian Juno Award winner for Best Artist.
Wrinkle remover.
J Bites that turned deadly.
Golden Globe's Best Motion Picture-Musical or Comedy.
The toy that had its 100th birthday.



























St. Michael-Albertville Library Media Center Albertville, MN 55301

12093

baseball



Above: Kyle Shealer throws the pitch.

Left: a hard run and a fast catch turns into a close call in this game.

Baseball is ninety percent mental. The other half is physical.

-Yogi Berra



Above: Mr. Ketel gives a few pointers during the game.

Right: Catcher Ryan Bauman doesn't let anything get past him.



Above: Curt Sahli, Andrew Baldridge and Trenton Kolles keep their eyes on the action.



softball

If you suceed in every game you play, then you know you are a champion.

-Samanth, Lady Warriors

Top: Senior S t e p h B a r t h e l keeps her eye on the ball for the catch.

A b o v e right: A s l i d e t o w a r d s h o m e p r o v e s successful!

9th: 1: Natalie Dick, Celeste Dehmer, Whitney Rathbun, Bridget Kotke. 2: Nicole Menzel, Christine Diers, Allison Janney, Coach Johnson, Rose Zachman, Rachel Knutson, Ashley Robeck .JV: 1: Estee Kolles 2: Melissa Koch, Melissa Croce.3: Rachel

V e Johnson, Shaylee Carlson, Andrea Janney, Amanda Kolles.Back:
A Jennifer Wiese, Sadie Kessler, Coach Barthel, Courtney Brant,
d e Jessica Wiese.





1: Michelle Taylor, Michelle Callahan. 2: Alyssa Dick, Kacie Brant, Brianna Dick. 3: Danielle Kessler, Christina Borchardt.4: Coach Ellsworth, Steph Barthel, Bryanna LaVallee, Valarie Ranwieler, Shanna Kuhn, Katie Goodin, Coach Sukalski.



boy's track £ field





Above: Senior Joe Lefebvre takes off as Junior Josh Arkulary reaches for the handoff. Left: Junior Alex Kessler is up and over the bar during the high jump.

Just fire the gun and let me run...



Above: There's nothing as sweet as success, as Bryan Hegland shows.

Left: Travis Valerius in midlong jump.

Left: Adam Roden has no problem staying ahead of the pack in the 200



1: Dustin Krueger, James Medina, Marcus Hegland, Geoff Berning, David Helfert, Luke Gindele, Mark Peloquin, Tom Roden. 2: Terry Gasser, Carl Packa, Matt Ruter, Joe Lefebvre, Adam Roden, Bryan Hegland, Travis Valerius, Paul Shovelain, Josh Arkulary.3: Coach Steinke, Mike Roschen-Wimmer, Mike Veaderko, Dan Dubel, Kyle Valerius, Tyler Justen, Alex Kessler, Mike Stangler, Charlie Yahnke, Coach Rothweiler.



girl's track £ field

Fast girls have good times.

A b o v e: Senior Mara Erickson gets out of the blocks in the start of the 100.

A b o v e right: Lara B e r n i n g stays strong during her 100 hurdles.



Below: Junior Mandy Karlson kicks it in on the finishing stretch of the 400.

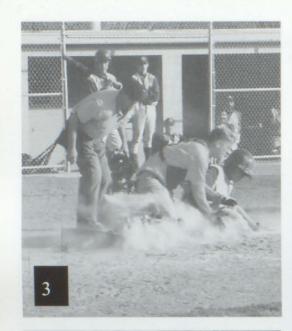
Bottom: Colleen Schumacher watches the result of her discus throw.



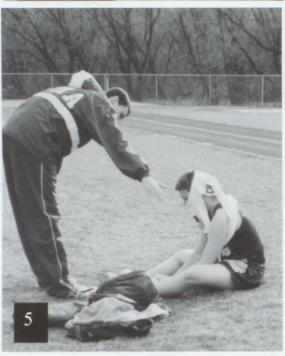


1: Danielle Brumbaugh, Sarah Helfert. 2: Kary Arone, Noelle Veaderko, Karen Rose, Theresa Steffens, Megan Rademacher, Amy VanDusen, Mara Erickson, Ellen Washatka. 3: Molly Lefebvre, Crystal Emerson, Sarah LaLonde, Kelly Lefebvre, Joelle Blais, Laura Berning, Nikki Zeleny, Catharina Altenhuber, Andrea Nelson. 4: Melita Berning, Rachel Heffington, Amanda Hackenmueller, Chantelle Arone, Stacy Hackenmueller, Jessica Heuring, Emily Roden, Nicole Johnson, Jennife: Jankord, Laura Van Drasek. 5: Coach Johnson, Mandy Karlson, Natalie Clem, Carly Eggert, Veronica Nemec, Kristen Stangler, Kari Holvik, Kelly Zachman, Marsha Vollbrecht, Colleen Schumacher, Coach Gohman.





















1. Kary Arone 2. Angie Rausch and Danica Bistodeau 3. Ryan 4. Katie Bauman Goodin 5. Kyle Valerius & Bryan Hegland 6. Danielle Kessler 7. Heather Farr & Sara Demmer 8. Mara Erickson & Colleen Schumacher 9. Shanna Kuhn 10. Mr. Greeno & Ryan Bauman.

*Due to the lack of photos, we were unable to process the boy's tennis and the golf pages. We apologize to those involved in either activity.



















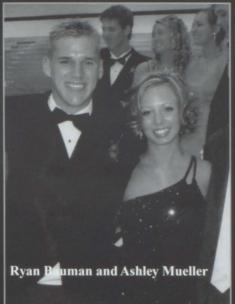








Drew Tumisto and Courtney Madsen



Brooke Steffens, Kalsey Zachman, and Lindsay Mathison

Presented by...

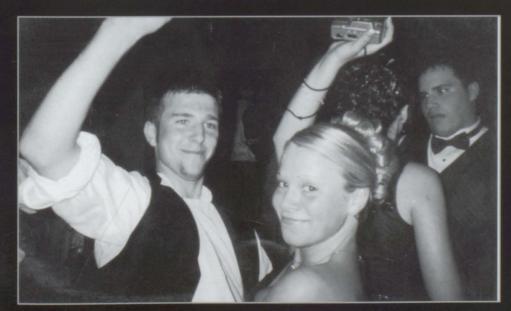
STMA's Class of 2004



Heather Farr and Kacie Brant

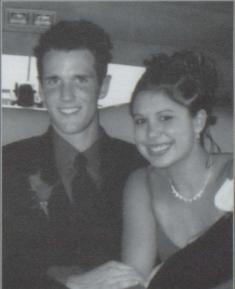


Ryan Becker (on bended knee) and Bryan Hegland.



Ryan Nordlocken and Lauren Wallerius





Kyle Shealer and Liz Cady







GRADUATION



controlled CLASS of

Co-Valedictorians

Anna Dehmer Mara Erickson

<u>Salutatorian</u> Marie Welter

Awarding of Diplomas

Rachel Jossart

President

Lauren Wallerius

Vice-President

Mara Erickson

Secretary

Megan Christensen

Treasurer

Heather Farr

Representative

Eric Weber

Representative

Class Flower Carnation

Class Motto
"No Day But Today"
-Jonathan Larson



Above: Co-valedictorians Anna Dehmer and Mara Erickson share in the post-ceremony excitment.

Above Right: Matt Weber, Travis Kolles, Kalsey Zachman, Dean Wacker, Joe Hensel, and Jake Bjorklund enjoy their new graduate status.

Right: Lauren Wallerius and Cassie Bixler take some pictures before heading off to graduate.

Below: The senior class officers lead the traditional hat toss. L-R: Heather Farr, Megan Christensen, Lauren Wallerius, Rachel Jossart, Eric Weber, and Mara Erickson.







2003

There's **only us**, there's **only this**.

Forget regret, or
life is yours to miss.
No other road. No other way.

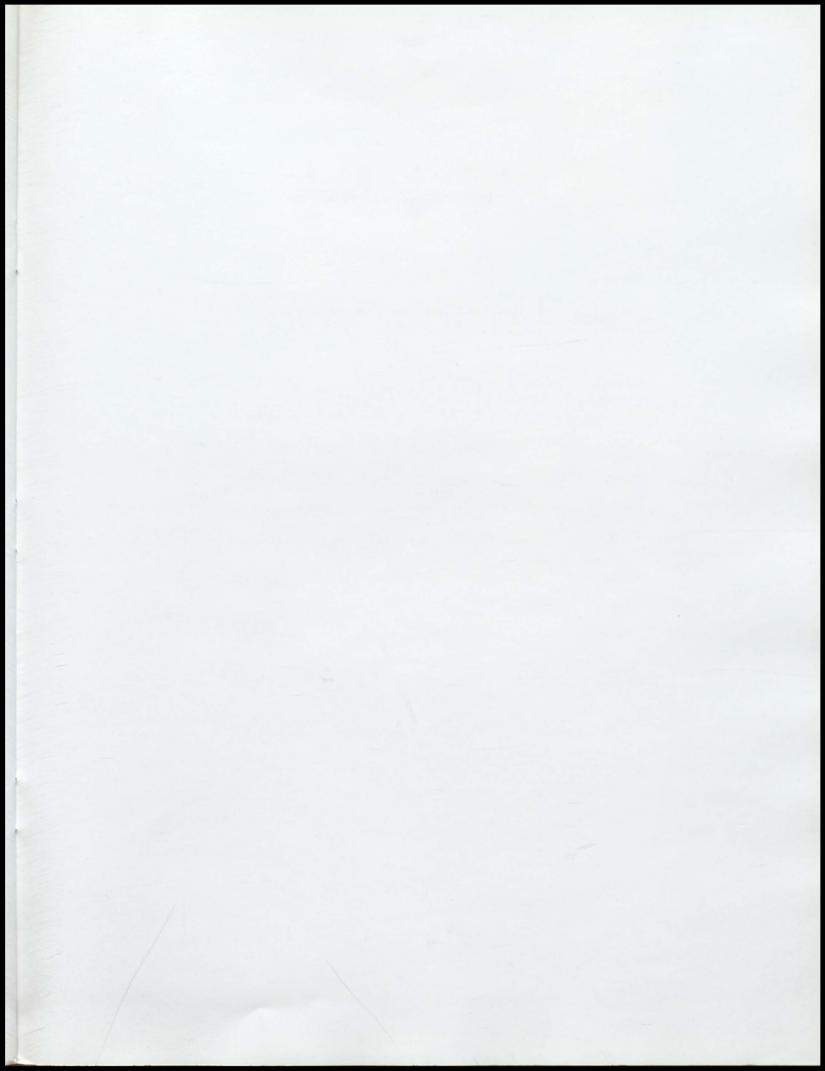
No day but today.

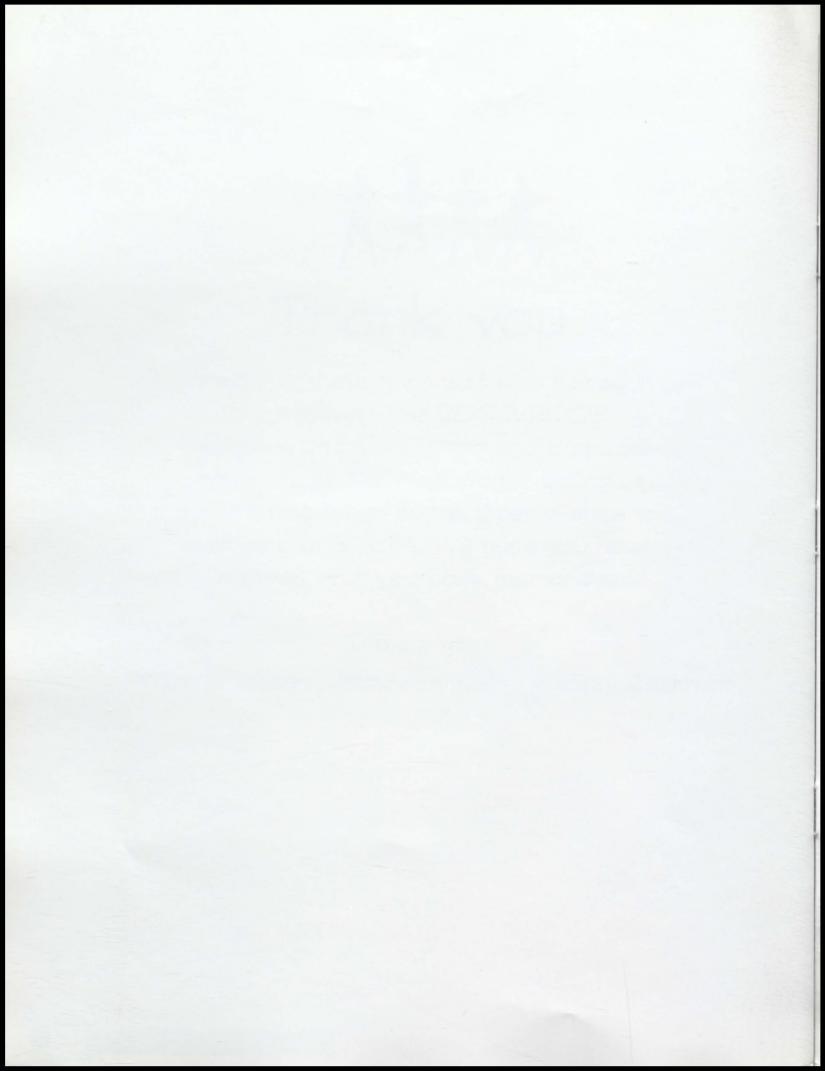


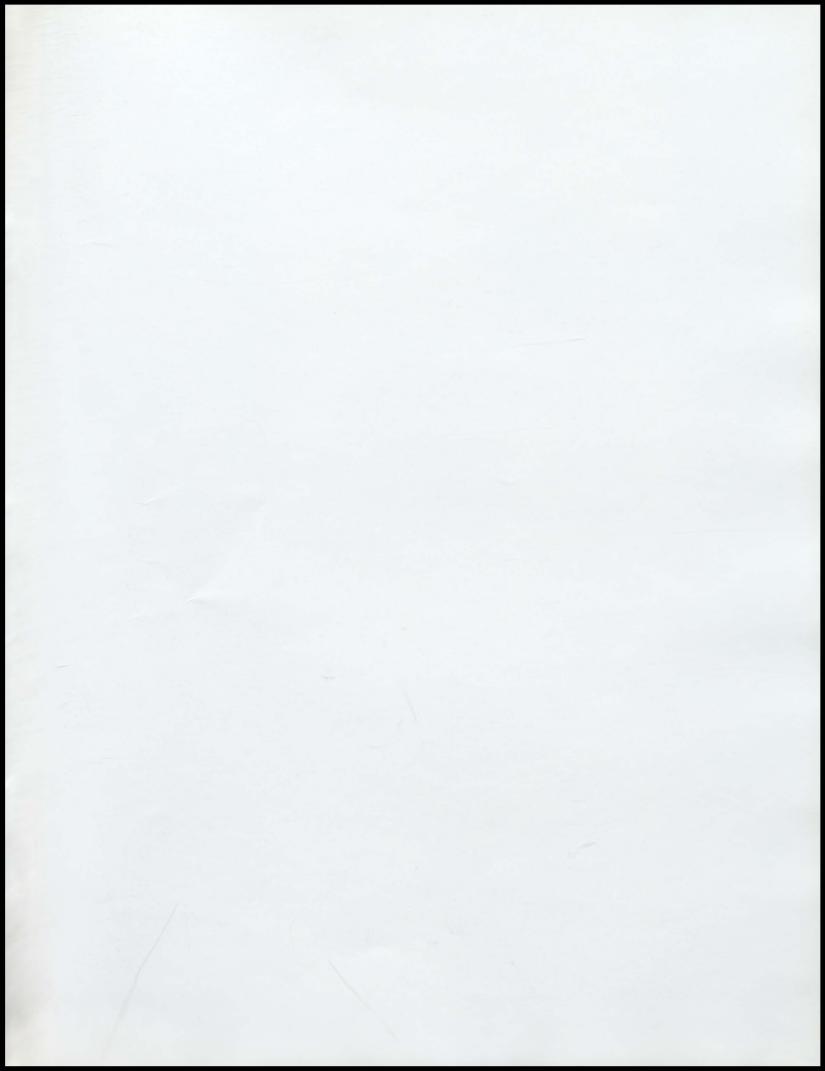
to each and every person who helped in any way with the 2002/2003 yearbook and supplement, and a special thank you to Ms. Hedlund for bailing us out in some tough spots. Best wishes to everyone at STMA. We hope you have enjoyed your yearbook memories.

The editors,

Mara Erickson Maureen Reilly Kalsey Zachman











Something
Worth
Leaving
Behind

St. Michael-Albertville Senior High School

11343 50th Street Northeast Albertville, MN 55301

Valor 2003 Volume 6

people

student life

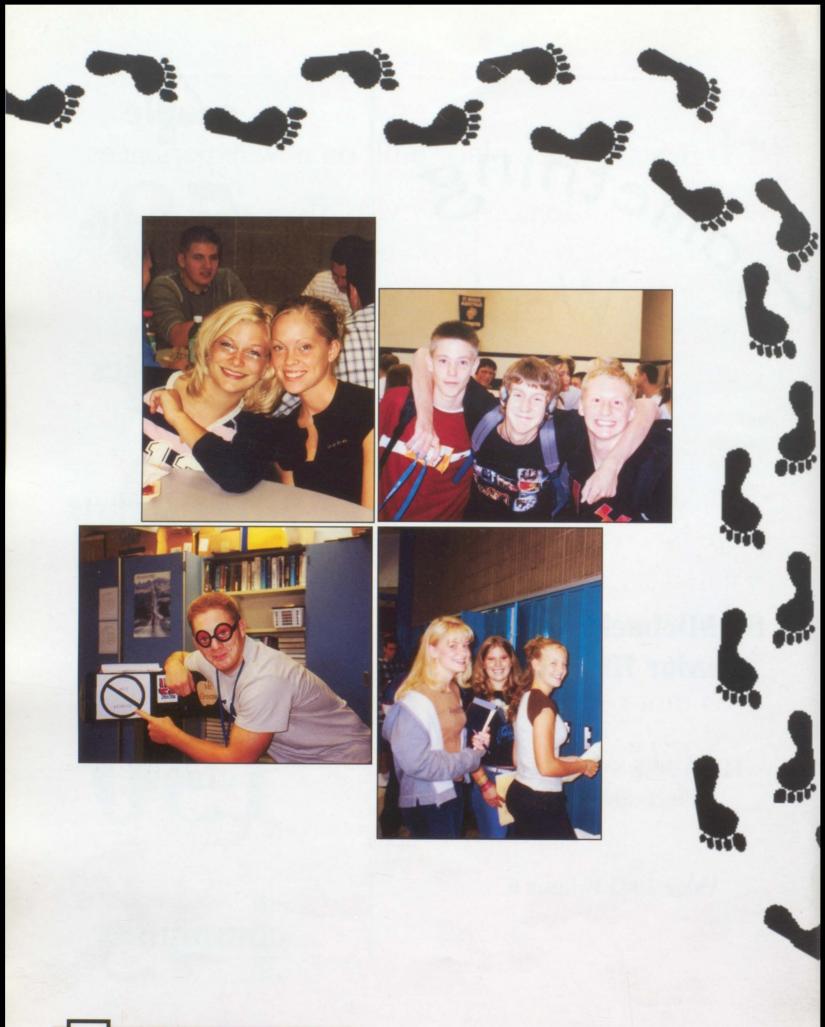
academics

performing arts

sports

clubs

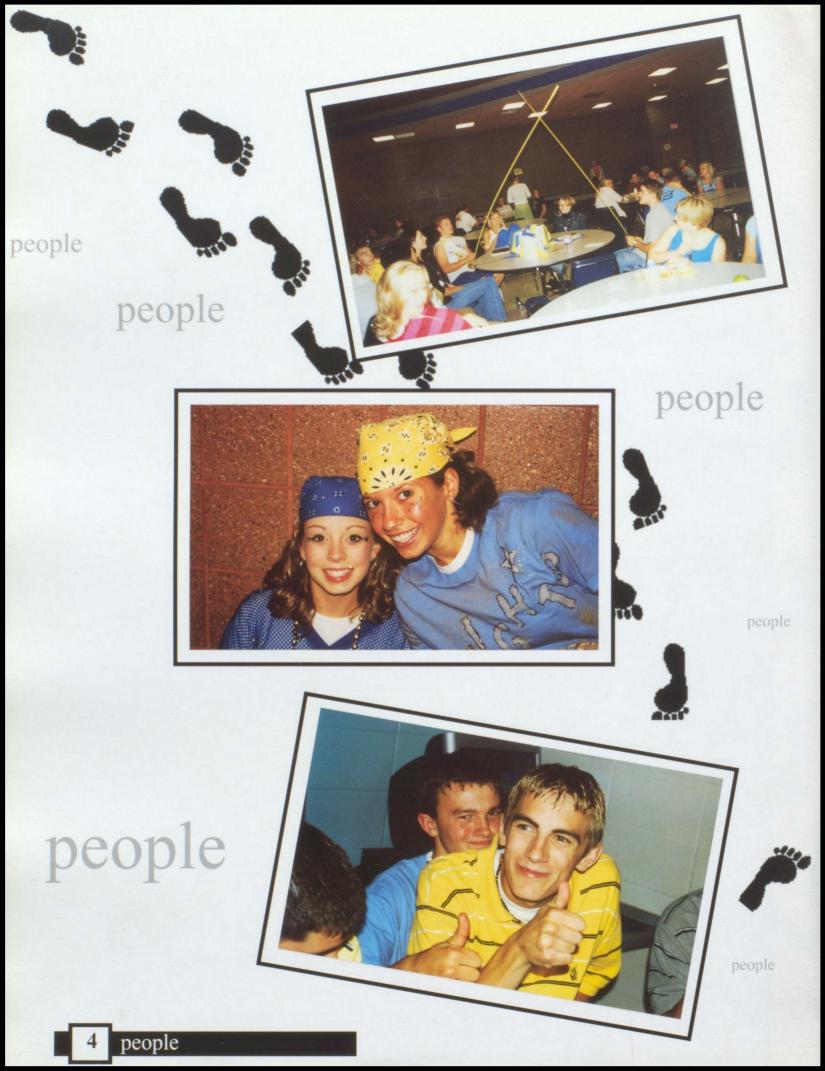
community

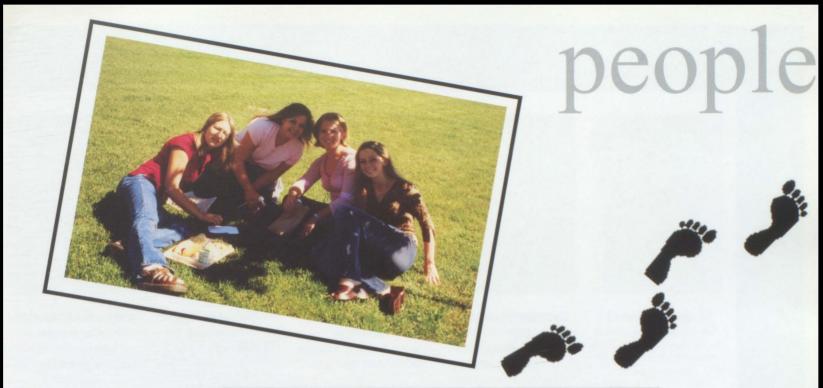


High school is a place built on new experiences and old traditions. At STMA, students have the opportunity to be involved in anything from sports to arts to academics, and add their own unique touch to that activity to make it even better. As each year passes, students leave a little bit of their high school experience behind which paves the way for those who come after them. This book highlights those traditions, and each page is a reminder of the many memories that are created as a result. With the infinite amount of positive additions students contribute to the high school experience, STMA continues to be an even more enjoyable place and that is definitely...

...Something Worth Leaving Behind.



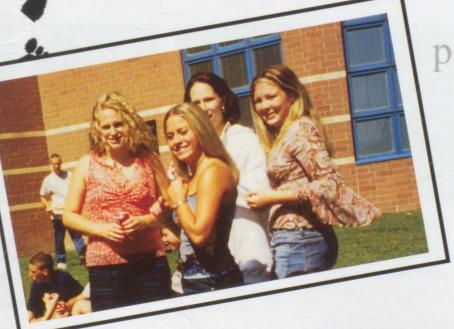




people



people



people

people



Kevin Jon Aalderks
Sometimes life seems like a
dream, especially when I look
down and see that I forgot to
put on my pants.



Ryan David Aaserud It's not enough to be good, if you have the ability to be better.



Angella Renee
Aeshliman
Do you ever stop thinking and forget to start again?



Altendorf
A word for the wise ain't necessary... it's the stupid ones that need the advice.
-Bill Cosby

Robert Joseph



Catharina Altenhuber
Carpe diem
Nutze den Tag
Seize the Day



Kenneth Arthur Anderson I am the ruler of the world. The world just doesn't know it yet.



Alexis Daniel Barboza Nunca juzgues un libro solo por su portada.



Barthel
Some people come into our lives and quickly go, others stay awhile, making footprints in our hearts and we are never ever the same.

Stephanie Marie



Ryan Patrick Bauman
I don't really like
scoreboards. All they ever
do is make fun of the
other team.
-Anonymous



Stacey Lynn Beach Life may not be the party we hoped for, but while we are here we might as well dance.



Darcy Jo Beaudry
If you lose your left arm,
your right arm is left.



Emily Anne Beaudry
A good reason to tell the
truth is that you can
forget what you said.



Angela Claire Bebeau Laugh at yourself first before anyone else can.



Adam Joseph Becker What is the American Dream?



Ryan Henry Becker Opportunity may knock only once, but temptation leans on the doorbell.



Kyle Patrick Beckler
These are the days we
will look back upon as
the ones we want to go
back to.



Afton Marie Benson
I look at the navel of an orange, and I think... that looks nothing like my navel, then I put a little lint in it and I think... well, maybe it does look like my navel... Be yourself and respect everyone-they may be your boss one day.



Claire Regina Benson



James Douglas
Benson
I can't complain, but
sometimes I still do. Life's
been good to me so far.



Roman Hans Betschart



Andrew Joseph John Bible I asked Jesus how much he loved me, he said "This much," and then opened up his arms and died.



Cassandra Marie
Bixler
Whatever you give will
find countless ways back
to you!



Chad A. Bixler



Patrick Daniel Bjork
We did not change as we
grew older, we just
became more clearly
oursleves.



Jacob Bert Bjorklund



Leighann Michelle Bouchard



Anna Marie Braunwarth Trust yourself; you know more than you think you do.



Emilee Gene
Brouillette
People won't remember
you for what you say or
do; but for how you
make them feel.



Maxine Zarah
Brueckner
Hold fast to dreams for
if dreams die, life is a
broken winged bird that
cannot fly.



Danielle Rae Brumbaugh



Brandon Robert
Butkowski
Think Different.



Tabitha Erin Cagle
Be careful how you live;
you may be the only
Bible some people ever
read.



Tessa Eleanor
Campbell
Be prepared! Expect the unexpected. Life throws curved balls.



Katee Campion



Joshua Lawerence Capouch



Luke Vernon Carlson You miss 100% of the shots you never take. -Wayne Gretzky



Stefania Cerutti
The grand essentials to happiness in this life are something to love and something to hope for.



Megan Louise Christensen We each have two pathsthe one we're given, and the one we make. -Robi Yamada



Daniel Michael Christenson Life is a lesson that cannot be taught.



Natalie Ann Clem
Alone we can do so
little, together we can do
so much.



Jenna Colebank



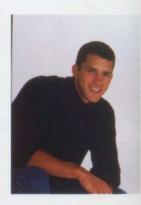
Carrie Ann Coleman



Aaron Ray Conwell
If you're not ready to die
for it, put the word
"freedom" out of your
vocabulary.
-Malcolm X



Sara Jean Cook



Nathaniel Vern Cote
Nothing is too small to
know, and nothing too
big to attempt.
-William Van Horne



Tanner Jay Courrier
Have you ever thought what
life would be like if your
name was Anonymous? You'd
get credit for everything
nobody wanted credit for.
-Anonymous



Robert Patrick Croce



Travis Allan DagenPain is inevitable, suffering is optional...



Anna Danielson



Nathaniel Michael Deroo



Dehmer
Persevere in running the race that lies before us while keeping our eyes fixed on Jesus.
-Hebrews 12:1-2



Miki Jean Demars



David Robert Derus
Follow your big
dreams.
Porque mas grande es
mejor!



Rachel Marie
Deschepper
You can't be brave if
you've only had
wonderful things happen
to you.



Amy Marie Didier
Those who gossip to you will gossip of you.



Jon Edward Dooher



Angela Marie Ebner Me and Chris really are two different people.



Christopher Leon
Ebner
Life is just a mirror and what you see out there you must first see inside of you!



Eric Ward Elliot



Allison Christine
Emerson
It's not our talents that
show who we are, but the
choices we make.



Jennifer Sue
Enderlein
In three words I can sum
up everything I've learned
about life; It goes on.



Mara Elaine Erickson Always follow your heart... unless your head tells you to do something different.



Jessica Dawn Estrada
The first step to failing is
trying to please
everyone.



Heather Nicole Farr Happiness is a perfume. You cannot pour it on others wihout getting a few drops on yourself.



Keaten Danyal Ferguson



Daniel Ryan Filzen Live life for yourself and what you stand for. This will make everything you do worthwhile.



Shawn David Fitzgerald A teacher is someone who talks in my sleep.



Kelly Renee Fry
Work like you don't need
the money, Love like
you've never been hurt,
and Dance like no one's
watching.



Gangner
Remember our name,
remember our face, cuz
there ain't no other that
can take a Ganger's place.

Samantha Marie



Enrique Joaquin
Garcia
The corn is for the chicken... and the chicken is dead.



Shalon Taylor Garcia
People who end up hating each
other are the ones who waited too
long to break up. For we cannot
beg someone to stay if they want to
leave and be with someone else.
We have to admit that love doesn't
give us the license to own a person.



Jacob Allen Gendron Don't treat everything as a life or death situation, you will die many times. Write that down.



Stephanie Connie Gertken Let's be independent together.



Benjamin John Gilbertson



Scott Edward Gillette You can lead a horse to water, but a pencil must be lead.



Lydia Mae Gindele
People are often unreasonable,
illogical, and self centered;
Forgive them anyway.
You see in the final analysis, it
is between you and God.
It was never between you and
them anyway.



Hollie Jean Graczyk
For thou has been my
help, therefore in the
shadow of thy wings will
I rejoice.
-Psalm 63:7



Matthew Thomas
Hackenmueller
You gotta give a little to
get a little.



Tracy Lynne Hanson
To catch me you gotta be
fast; to find me you gotta
be smart; but to BE ME!
DANG! You must be
kidding!



Brandy Louise Heath You are never a failure if you don't give up.



Derek Jon Heckman



Bryan Matthew
Hegland
Our past makes us who
we are, we make us who
we will be.



Kevin James Hegland You know what would make a good story? Something about a clown who makes people happy, but inside he's really sad. Also, he has severe diarrhea.



Joseph Curtis Hensel You tried your best, and failed miserably. The lesson is: Never try.



Andrea Leigh Hill
I am only one, but still I
am one. I cannot do
everything, but still I can
do something.
-Helen Keller



Rachel May Hoeschen
If all else fails, smile!
Cause at least you'll
confuse them.



Kari Anne Holvik
The most lost day of all
is the day on which we
do not laugh.



Chelsea Lee Hosch
You can never consent to
creep when one feels an
impulse to soar.
-Helen Keller



Kristina Ann Ihrke



Shad Lewis Jacobsen



Bradley Jacob Jensen



Ashley Marie Jesser You may say I'm a Dreamer but I'm not the only one!



Scott Christopher Johnson



Rachel Ann Jossart
It doesn't matter what you do,
so long as you change
something from the way it was
before you touched it, into
something that's like you after
you take your hands away.



Michelle Marie Kelly It's time to start living the life you've imagined.



Katie Lynn Kiesner
Only as high as I reach
can I grow,
Only as far as I seek can I go,
Only as deep as I look can I see,
Only as much as I dream
can I be.



Andrew John Kilian



Shawna Marie Kilian
What lies behind us and
what lies before us are
tiny matters compared to
what lies within us.



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



Travis Charles Kolles



Joseph Leonard Kraft
I can picture in my mind a
world without war, a world
without hate. And I can
picture us attacking that
world because they'd never
expect it.



Krueger
I can only please one person per day. Today is not your day. Tomorrow doesn't look good either.

Dustin Duane



Shanna Marie Kuhn
Never part without
loving words because
you may never know
when you'll meet again
in life.



Travis Wayne Laage



Heather Mae Larson
I believe in the sun even if
it isn't shining.
I believe in love even when
I am alone.
I believe in God even when
He is silent.



James Michael Larson



Lydia Layne Lechner
Take care of the face that looks out from the mirror in the morning. Make sure it is a pleasant one. You may not see it again during the day, but others will.



Pangkou Lee
I suport ejukation



Joseph James
Lefebvre
Great victories come, not through ease, but by fighting valiently and meeting hardships bravely.



Jacqueline Marie Lehn If you don't like my apples then don't shake my tree.



Randall Joseph Lenneman Everything happens for a reason, whether it's good or bad.



Kristen Marie Leuer What if the hokey pokey really is what it's all about?



Heather Jo Linder It's amazing how contagious a smile is.



Christian Wenzel Liska Thank God for Matt Hack.



Lombardi
I believe every human has a
finite number of heatbeats. I
don't intend to waste any of
mine running around doing
exercise.

Joseph Anthony



Teresa Marie Lynch
I was normal once. I
didn't like it.



Courtney Daun Madsen Love is patient, Love is kind, Love never ends.



Megan Jo Madson
Time is a wheel in constant
motion always rolling us
along. Tell me who wants to
look back on their years and
wonder where those years
have gone?



Matthew Stephen
Manders
I live to laugh and laugh
to live.



Mathison

If instead of a gem, or even a flower, we should cast the gift of a loving thought into the heart of a friend, that would be giving as the angels give.

-George McDonald

Lindsay Jean



Tarah Elizabeth Maurer Unique is an understatement. I'm just messed up.



McDonald
Don't spend your life
pretending to be something
that you're not. You might
end up being nothing at all.

William John



James Steven Medina
Before you criticize
someone, walk a mile in
their shoes. That way you'll
be a mile from them and
you'll have their shoes.
-Jack Handey



Brian Joseph Merges
I think of myself as an intelligent, sensitive human being with the soul of a clown which always forces me to blow it at the most important moments.



Blake Allen Meyer The wisest mind has something yet to learn. -George Santayana



Amber Ranee Moon
To all the world you may
be just one person, but to
just one person you may
be the world.



Heather Anne Morcomb Just because I have a short attention span doesn't mean I



Morris
Don't walk in front of me, I
may not follw. Don't walk
behind me, I may not lead.
Just walk beside me and be
my friend.

Lindsay Regina



Drew James Mosher



Hector Dario Naranjo
Never let the fear of
striking out stand in your
way.
-Babe Ruth



Nelson
What we look for does not come to pass. God finds a way for what none foresaw.

-Euripides



Ryan Wade Nordlocken Life's short. Party.



Justin Marshall Olson



Sacha Alexandria
Orozco
Good judgement comes
from experience.
Experience comes from
bad judgement.



Ostman

The reasonable man adapts himself to the world; the unreasonable man persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man

Matthew Ralph



Stacy Michelle Pantea
To dream of a person you
want to be is to waste the
person you are.



Carson Boone Partain Now the honeys play close like butta play toast. From the Mississippi down to the East Coast.



Tiffany Ann Paulson



Mark Ivan Peloquin
A man with one watch
knows what time it is. A
man with two is never
quite the same.



Jason Lowell Peterson



Megan Marie
Petrowski
The trouble with
resisting temptation is it
may never come your way
again.



Dana Philavanh Never say die Azn pryde!



Piechocki
There are chords in the hearts
and minds of the most
restless which cannot be
touched without emotion.



Timothy Luke Pouliot Life's a garden, dig it!

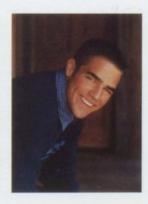


Rathbun
Fear God
tell the truth
and
make money.

Ashley Marie



Joshua Sinclair
Redington
There is nothing wrong with driving a purple car.



Bryan Michael Reed

Worrying is a lot like a rocking chair; it gives you something to do, but it's not going to get you anywhere...There is something wrong when a guy drives a purple car.



Maureen Lyn Reilly
Life's a dance you learn as
you go, Sometimes you lead
and sometimes you follow,
Don't worry 'bout what you
don't know, Life's a dance you
learn as you go.



Reynolds
Play like you've never been played, love like you'll never love agian.

Victoria Violet



Adam Edmund Roden
Never look back...
you might miss something
right in front of you...
and it might hurt.



Andrew Jacob Rogers



Andrew Steven
Rogers
No matter what happens to
us, knowing that someone

cares will always be the

greatest thing to hold in our hearts.



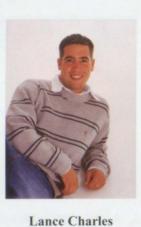
Eric Martin Roles Even if your on the right track, you will get run over if you just sit there.



Luke Alan Ross
I don't suffer from
insanity, I enjoy every
minute of it.



Nathan Donald Rowe
Don't let the sun go
down while you're still
angry.
-Ephesians 4:26



Rudolph
There is one good thing about getting in trouble...
good memories.



Curtis Dominic Sahli
It's easy to want more money.
That's what I like about it; it's
easy. You can just sit there
rocking back and forth
wanting that money.
-Jack Handey



Heather Jo Satrang
The past is all that's gone, the
future is yet to come. This
moment is all our own. We
should live this way, just
building up our day, now is
forever.



Eric James Schmidtke



Matthew Scott Schneidewent



Erin Schoephoerster Life is pain; anyone who say differently is selling soemthing.



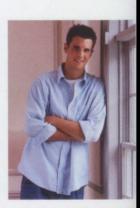
Colleen Dee Schumacher I'm <u>Colleen</u> because I use soap.



Samuel Francis Schumm Life is a race, take it each lap at a time.



Sean Patrick Seide Speak when you are angry and you will make the best speech you will ever regret.



Kyle Timothy Shealer
To succeed it is
necessary to accept the
world as it is and then
rise above it.



Emily Louise Shovelain Never be ashamed to admit you are wrong. It is a way of saying you are wiser today

than you were yesterday.



Lindsay Sun-Lee Sipe
I keep moving forward,
opening new doors, and
doing new things, because
I'm curious and curiosity
keeps leading me down new
paths.



Sarah Marie Sirois
When you have to cope
with a lot of problems,
you are either going to
sink or you will swim. It's
up to you!



Jamie Nicole Slimmer What is meant to be will always find a way.



Brooke Marie Steffens Life has no failures, just challenges, so... take the challenge!



Steffens
We must know that we have been reated for greater things, not just to be number in the world, not just to go for diplomas and degrees, this work and that work. We have been created in order to love and to be loved.

Cassandra Jean



Jayson David Steffens
Out of all the times I
have tried, my intentions
have always been backed
with pride.



Jeremy Peter Steffens You're never ready for what you expect.



Sandra Lee Steffens Reach for the stars, shoot for the moon, never forget your dreams and never forget who you are.



Michael Alan Strand



Benjamin Leroy Swanson



Andrew Isacc Tellefson Fire is our friend



Ashley Marie Theisen Guys are like stars- so many to pick from, but only one can make all your dreams come true.



Jeffery Allen Toombs
Be nice to people on your
way up because you may
meet them on your way
down.
-Jimmy Durante



Andrew Warren Vala God loves you as you are, not as you should be.



Daniel Douglas Valerius

Having a smoking section in a restaurant is like having a peeing section in a pool



Kyle Alfred Valerius Smile. It makes people wonder what you're thinking.



Stephanie Jo Valerius
Every day may not be
good, but there's
something good in
every day.



Sara Sue Vanderveen
Maturity has more to do
with what you've experienced and less to do with
how many birthdays
you've celebrated.



Michael William Veaderko

The best athlete wants his opponent at his best. The best general enters the mind of his enemy.

The best businessman serves the communa good. The best leader follows the will of the people.

-Stephen Mitchell



Shalyn Camille Vetsch

Half the world is composed of people who have something to say and can't, and the other half who have nothing to say and keep saying it. -Robert Frost



Monica Ann Voss
Go confidently in the direction of your dreams. Live the life you have imagined



Dean Randolph Wacker



Erin Wadeland



Lauren Elizabeth Wallerius

There are always two choices, two paths to take. One is easy and the only reward is that it is easy.

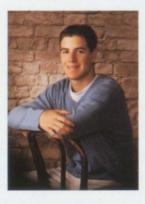


Sabrina Wauker

Die Phantasie ist ein Einhorn, das uns von den irdischen fesseln, die den geist begrenzen, befreit! "The fantasy is a unicorn which frees us from the earthly shackles that limit the mind."



Ashley Lyn Weber
Life is a mystery to be
lived, not a problem to
be solved.



Eric Stephen Weber
The future ain't what it
used to be.



Matthew Frederick Weber

Ash to ash, dust to dust, life is short so party we must.



Shannon Marie Weber

Don't try so hard, the best things come when you least expect them

to.



Marie Elizabeth
Welter
Don't use a big word
where a diminutive one
will suffice.



Kevin Donald Williamson



Amanda Kay Wilmes I think I am, therefore I am...I think.



Kyle Palmer Wulff
There is no greater joy than soaring high on the wings of your dreams, except maybe the joy of watching a dreamer who has nowhere to land but in the ocean of reality.



Christopher Eugene Yahnke



Kalsey Lee Zachman
It'd be nice if we could
forget our troubles as
easily as we forget our
blessings.



Matthew Clements
Zachman
I'm getting closer...all the time.



Matthew Carl Zander
I took cooking classes when
I was younger; girls weren't
interested in me and I
thought I may be alone for
the rest of my life.



Sean Avery Zoellner



































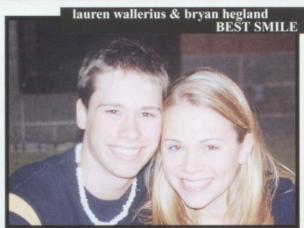


• Shalon wasn't a drama queen • Luke C's cabin, boys, and makeup • Matt W. gave Colleen S. his sister's confirmation necklace for Christmas and had to ask for it back • S.S.S. and sometimes Ralph • Tim P. and Claire B. saw Mr. Rooker's famous door point daily • Cleatis jumped up on the lockers and sang and danced to "Hot Blooded" • Hollie and Megan crashed the car pulling it out of the garage • we always asked for a fork @ Dairy Queen • Shealer had a painful celebration in football • Eric E. was sleeping in Brooke's bathroom • Lombardi shattered the record • Mrs. Herfel wasn't moving around • Michelle K, wasn't analyzing a guy situation • Lauren and Mara's obsession with proper English • walking uptown was "cool" • non-uniform day at the parish school • Megan C. got lost going from St. Michael to Albertville • Shalon, Shalon, you just ran a red light • Ryan Becker knew where he was going • the "fun" 9th grade communication unit • Mr. Metcalf told us about his hemorrhoids • Kelly F. had a bird stuck under the hood of her car • I.D. cards • Mr. Oliphant and the globe • the red slide @ the primary • ski trips w/ Rachel H's church, watching Bob ski • Mr. Barthel said Kyle S. "goes both ways" • Tarah M. wasn't loud • hiding other girls clothes in Jr. High gym • school was fun (kindergarten) V Kalsey Z. wasn't the special driver • Claire B. tripped in 8th grade when receiving the biggest klutz award • usually winning battle of the classes (since 7th grade) • Mara's strange voices lingering throughout the day • Kevin H. wore his tiny little Chuck E Cheese shirt into Applebees • Colleen S. thought peanuts tasted like peanut butter • Mara E, Megan C, Kevin H, and Aaron C. showed up at Brooke's at the right time • Ryan Bauman was drafted by the Lions • your shoes are ugly • Cannibal the musical • Na'ah • road trippin' • Steph G. was uptight • Shasta cream soda • OK soda • Luke C. tripped over the finish line • Rachel D. fainted in Mrs. Nowell's anatomy class • S.S.S. called Joe's house @ 2:21 a.m • we had SNAP everyday • Tanner C's theory of plausible deniability (that meant deny everything) • Nate Coté was the "big bad weapon" of Mock Trial • Heather M. wasn't laughing • the IRS videos in Econ • troll dolls and Polly Pockets • the Olympics @ the primary school during the "Albertville Olympics" • Amy T, Brooke S, and Lindsay M. got duct taped together • Orca (the killer whale the killer whale) • husky • Hollie G. was afraid of a big stuffed bear • sweatpants were cool • we took Long Beach off the map • Ryan Becker and Dan C. loved Michael Jackson • Steph B. broke Mrs. Foltz's window • we played the M.A.S.H. game • a girl on a different team for basketball yelled "I got the big girl" - it was Tiff P. • choir concert solo, "Dude, I forgot!" • the island • Matt W. wasn't "partying like a rock star" • Jason P. and Mike S. played cops at Brooke's • Joey day • the goodwill couch • the guys had fashion show with Kalsey Z's swim suit • Lauren thought cats had nine lives • the locker bay make-out area • Amy T's secret stallion • Lance R. was cleaning his mess and fell in it • Roy liked Jill "man-woman" • Shawna K, Lauren W, and Shalyn V. would ask Mr. Dose what time it was • Megan C. snorted pixie sticks • Sean S. and his good jokes to Mr. Rooker • Rachel H. though James L. was named after his dad, Andrew • baked potatoe • Shawna K. and Brian M. had a date in the bathroom in Jr. High • Tracy H. and Tarah M. wore "meaningful quotes" on their shirts everyday • Claire B. called Courtney M. "Corndog" •Ryan Bauman drank Bryan H's special juice at Heather F's cabin • skinny dipping @ Luke's cabin • Miki was wearing tearaway pants, Shanna ripped them off and she walked onto the bus with only her boxers on • R.V. (remember that Kevin?) • wild STMA parties consisting of video games, pool, and TV • Claire B. didn't know how long a second was • we didn't get S-H-O-T at H-O-D • the ball game invented at Lutsen • hiding food in the Jr. High • Pat, Becker and Fitz ran into an electric barbed wire fence • some weird guy just walked into Steph B's garage and sat down • Ashley R. and Tiffany P. weren't friends • we were going to blow up Rogers, Delano, and Nebraska, except for the cows • late nights at the star spot • Megan C. couldn't say "bootylicious" (or anything, for that matter) • Mrs. Bosiner cried because Nick Lee and Tony Jamison popped her balloon • SNAP in Mr. Metcalf's room • Joe fainted at Fort Snelling • we'd have makeover nights and take pictures • Duluth • Emilee B. gave rides home from swimming • Marie W. wasn't throwing shoes • Joe Lefebvre pushed Brooke S. and her tooth broke • Nate C. and the Fosston girls • Señor Fair dancing in his underwear • sacrificing Milky White • ultimate warm-up was cool at two in the morning in the emergency room • Shawna and Cassan got thirsty in the locker room • Josh R. got depantsed in gym • Amanda W. didn't wear a black hoodie • Joe Lefebvre didn't hate the world • we had a top secret mission plan • everyone was in the 'I'm in need of a guy" club • we would meet to do our hair before dances • singing during ski club was cool • Fitz wasn't tired • intense XBF games • Dr. Scary didn't go crazy at film • Roy slept in the rain with handcuffs • someone, someone, and someone else let out the pheasants in the locker bay • first boy/girl party at Nick Lee's • Teresa L. fell off her chair • 'sup • "stalking" • Pat's comb-over • "high achievers" • Kalsey said a naughty word when Claire B. opened the van door down Main St. • God Squad • Dirty Dancing • late night coffee runs • Curt hid in Nathan's trunk • Joe Lefebvre and Lauren went out, then didn't, then didn't, then didn't, then didn't, then didn't or rubber ducky land • Mrs. Scherber's Literature of War • the chain of insults • Meg C, Meg M, and Maureen lost their way driving home from Elk River and ended up in Blaine • Michelle K. wasn't spazzing when someone else was driving • Surge parties • the "mean side" of Fitz • North Branch Perkins & the gumball machine • the eskimo • Curt S. was an 80's lifeguard • There was a Cubert College • Lauren's Monopoly weekend • Claire B. didn't want to marry Luke C • Megan C. lost her bottoms while tubing • Joe Lefebvre thought "America was a better place because of porn. (from an economic standpoint").







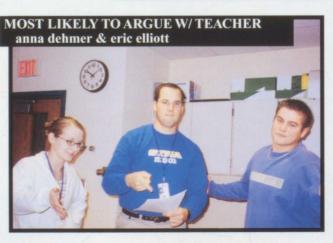






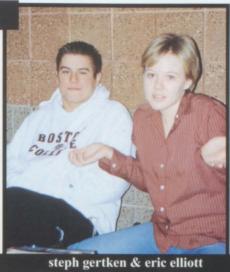
BEST DRESSED





darcy beaudry & nathan rowe **BIGGEST GOSSIP**

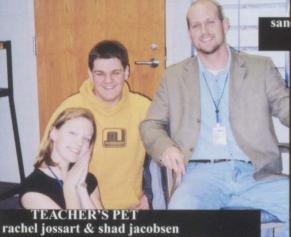




BIGGEST PROCRASTINATORS



2003



sandra steffens & jeremy steffens **DEVIL IN DISGUISE**



BIGGEST FLIRT claire benson & ryan bauman

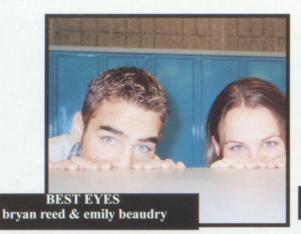
OLD NAVY

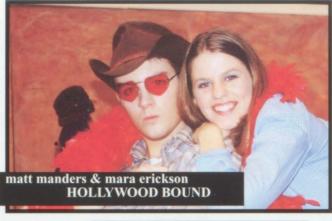


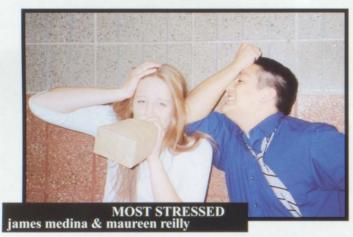
BEST HAIR courtney madsen & nathan jackson

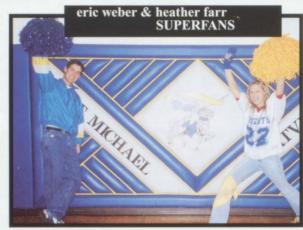


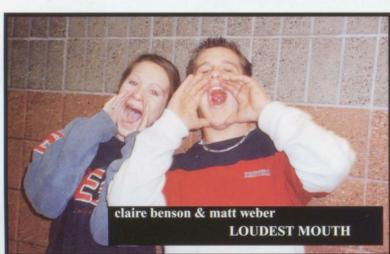
MOST ATHLETIC shannon weber & kevin hegland













CRAZIEST CLOTHES shanna kuhn & brian piechocki

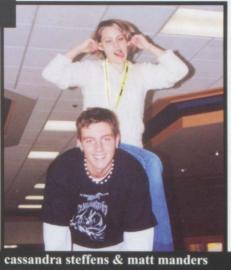




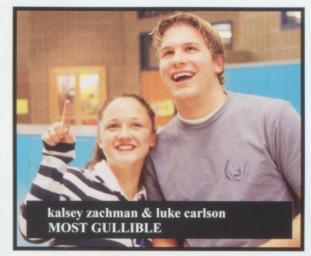


lydia gindele & curt sahli MOST CREATIVE





MOST OUTGOING

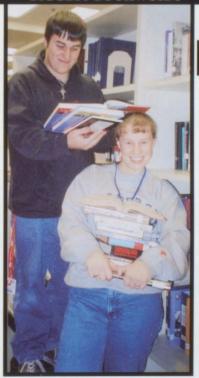


2003





matt ostman & marie welter **BIGGEST BOOKWORM**

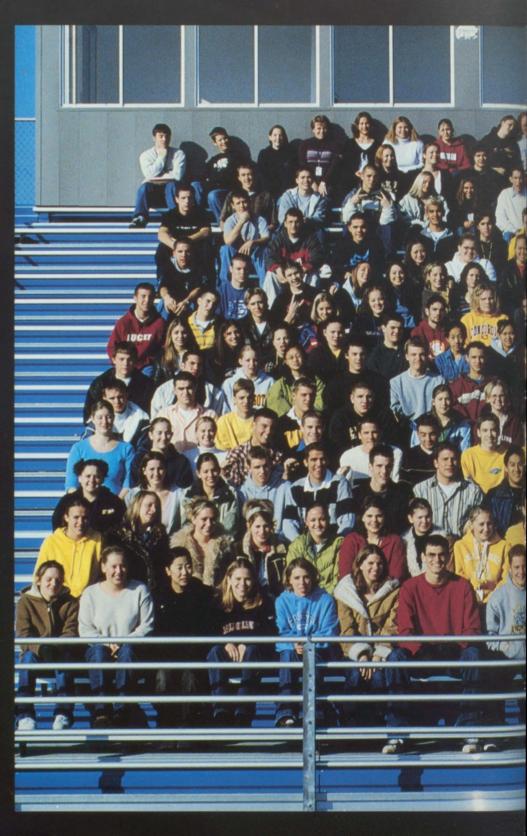


MOST UNORGANIZED lydia lechner & kenny anderson



BIGGEST PARTY ANIMAL matt weber & shawna kilian

ST. MICHAEL-7



SENIOR CLA



ALBERTVILLE







2003 Homecoming Week



The class of 2003 shouts their battle cry.



The Juniors show their muscle's during a game of tug o war.



Ryan Nordelocken and James Medina try to feed each other pudding head to head.

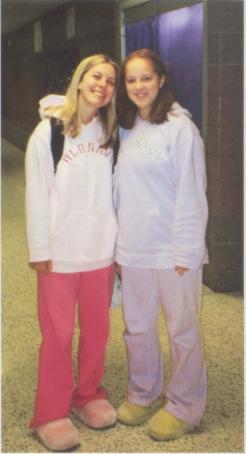


Lindsey Zahler and Bill Kessler make their classes 2004 float.

Left: Senior Ashley Weber and Katie Koch dress for a comfortable day on pajama day.

Below: The Junior and Sophomore class get together for a quick snazzy photo.







Seniors stop in their hallway to take a quick balck picture. Back row, Joe Lombardi, Dan Christenson, Ryan Becker and Kyle Shealer. Front Row, Courtney Madsen, Brooke Steffens, Lindsay Mathison, and Cassandra Steffens.



Above: Kevin Hegland, Dan Christenson, Ryan Becker, Bryan Hegland, Ryan Aaserud, Ryan Bauman, and Luke Carlson dress their best.

Throughout every school year, homecoming is a time we remember most and like to look back on. This year we had pajama day, western day and the traditional class color day. The Freshmen's color was pink, Sophomores were green, the Juniors yellow, and the Seniors were black. We also had dress up day and on Friday we all wore our school colors blue and gold to celebrate for the big game that night. During Friday we also had a pep rally and battle of the classes.



Above: Jeff Barthel (9) takes a stroll in his cowboy boots and all



Above: The freshmen gang get together for a howdy doody good time.



Above: Kyle Gammel went all out for western day. (With an American touch)



Above: Nicole Zahler, Jenna Hackenmueller, Alanna Vetsch, and Samantha Seide smile their blue and gold ways.



Above: The freshmen girls are together having a pink lunch break.

2002 Homecoming Coronation



Shannon Weber and James Medina



Lauren Wallerius and Ryan Nordlocken



Heather Farr and Joe Lefebvre



Rachel Jossart and Andy Tellefson



Cassandra Steffens and Curt Sahli



Maureen Reilly and Matt Manders



Right: Friends Shannon Weber and Maureen Reilly posing for a quick pic.

Below: Casandra Steffons helping her younger sister before the ceramony.







Above: All of the canidates along with junior royality after the log awaited crowning ceramony.



Homecoming week started bright and early on

Monday morning as the 12 candidates were woken up at the crack of dawn. After breakfast at McDonalds (in their pajamas) the candidates were brought to school to start their week as royalty. A few dress up days and battle of the sexes games later, cornation arrived and STMA crowned a new queen, Cassandra Steffens, and king, Andy Tellefson.



I never expected it, I was so surprised! ... Cassandra Steffens

Above Left: Homecoming Queen and King: Canssandra Steffens and Andrew Tellefson



Above: Shad Jacobsen singing



Above: Five of the twelve canidates posing for a fun picture after being nominated



Above: Kacee Chase and Stacy Marzean singing for the audience



All six candidates awaiting the crowning of the new Homecoming queen presented by last years queen Jenna Johanson.



Above: Andy Tellefson being crowned as 2002 Homecoming King.

Juniors



Above: Trenton Kolles and Kyle Rogers smile before a long day of school



Above: Megan and Michelle during the 10 minute break.



Above: Angie and Brittany at the Zoo for Spanish day!!

Right: Mandy, Alicia, Lyndsey, and Jenna having fun during Homecoming week.





Brian Adkins



Arthur Anderson



Kelly Anderson



Joshua Arkulary



Nicholas Arnold



Jaclyn Arns



Bradley Asbury



Andrew Baldridge



Allison Balfanz



Amanda Barthel



Angeline Beck



Jordan Becker



Joshua Becker



Amanda Begin



Ryan Berkner



Geoffrey Berning



Charles Betts



Laura Bishop



Jenelle Black



Joelle Blais



Charity Bongaarts



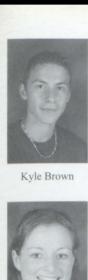
Christina Borchardt



Rachel Bouchard



Kacie Brant





Kyle Butkowski



Elizabeth Cady



Maria Callahan









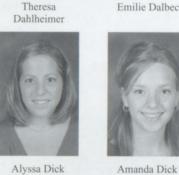
Katherine Chase









































Jesse Fritz





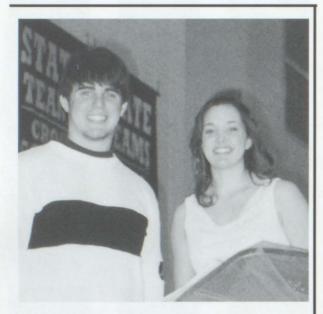








Juniors



Above: Jake Klinkhammer and Kacie Brant showing off their pearly whites!



Above: Mandy Karlson and Joelle Blais in their Chemistry class.



Left: These juniors take time for a pic while working on a group project.





Kristyn Gmach



Andrew Goerdt



Andrea Graham



Elizabeth Gros



John Grygelko



Christopher Guillet



Jeffrey Gutzwiller



Jacob Hackenmueller





Lynn Hackenmueller



Ryan Hanf



Derek Hanson



Jenna Harrington



Tristan Hase



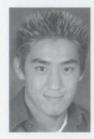
Sarah Hassan



Ryan Haus



Jason Hedlund



David Helfert



Cory Heuring



Patrick Higgins



James Hill



Vincent Hofford



Connie Holland



Eric Horpedahl







Kyle Ingebrigtson



Aaron Johnson

































































juniors

Juniors



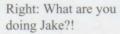
Above: Christina B., Megan R., and Andera N. take time out of class to smile for us!



Above: Connie and Tammy take a quick break for a picture.



Above: Jaclyn Arns and Tyler Carlson being silly before school.







Brandi Mueller



Joseph Nordby



Carl Packa



Christine Pearson





Ryan Pellaton



Jared Petrich



Joseph Pfeil



Kurt Pope



Megan Rademacher



Andrew Raker



Robert Ramey



Valerie Ranweiler



Angela Rausch



Luke Rausch



Tyler Reemts



Britenee Roberts



Zachary Robertson



Aaron Roden



Kali Roden



Kyle Rogers



Michael Roschen-Wimmer





Amanda Salber



Nickolas Satrang



Calista Saville



Brandon Scherber



Andrew Schmidt



Ryan Schoephoerster



Cody Schroeder



Samantha Seide



Laura Servaty



Aaron Sibell



Josh Siwek



Jennifer Smith



Tyler Smith



Matthew Stahlmann-Mosher



Michael Stangler



Lyndsey Stewart



Megan Stewart



Casie Stiras



Melissa Strand



Leslie Sutton



Gavin Swenson



Stanley Swenson



Michelle Taylor



Chelsey Thomas



Jordan Thompson



Debra Tisdale



Matthew Treptau



Daniel Trobaugh



Alexander Tuomisto



Ashley Van Heel



Charles Veillon



Alanna Vetsch



Laura Vetsch



Ger Vue



Tamara Wacker



Ellen Washatka



Derrick Weber



Brady Welch



Jennifer Wellman



Erika Wheelock



Kory Winkelman

Juniors



Above: Becky Zachman and Laura Servaty take time out of watching the game to smile for a picture.



Above: Brandon Zachman and Brian Adkins are working hard on the computers.



Above: Amanda Barthel smiles pretty for the camera!

Right: Ashley VanHeel is enjoying her time as a junior.





Hannah Winkler



Ronald Wozney





Amanda Wright



Dia Yang



Cole Young



Brandon Zachman



Brandon Zachman



Elizabeth Zachman



Kara Zachman



Kevin Zachman



Rebecca Zachman



Karl Zachmann



Brittany Zahler



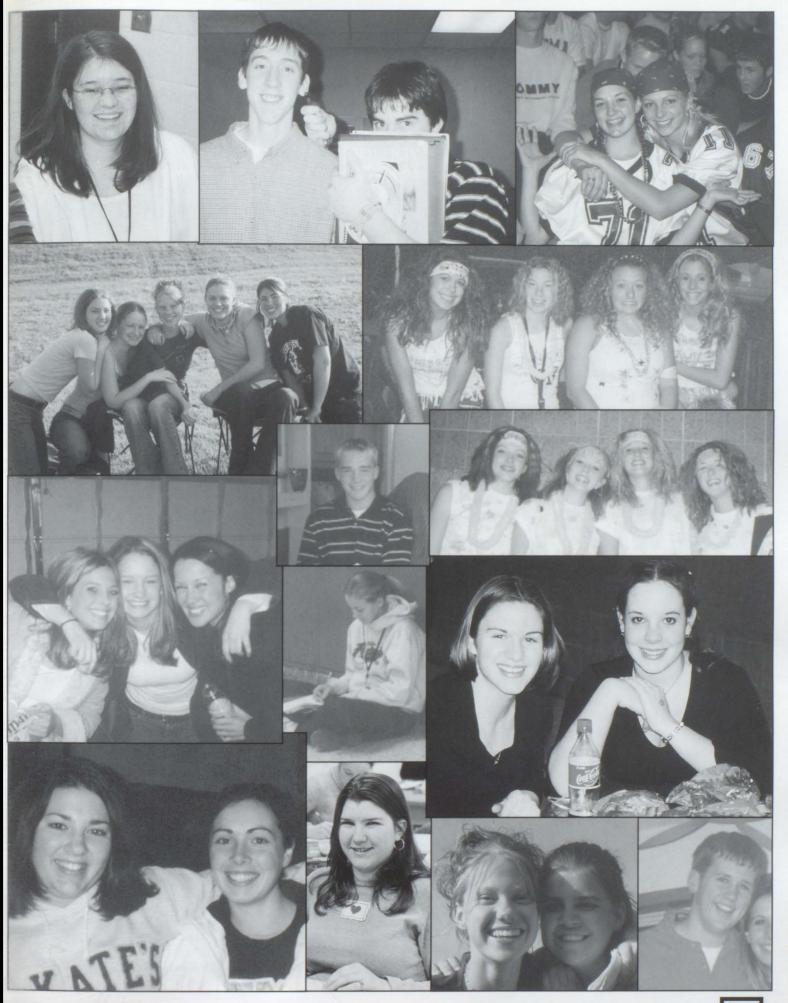
Lindsey Zahler



Nicole Zahler



Robert Zerwas



Sophomores



Above: Deep in thought Kayla Vandal is surprised by the camera, while Amy VanDusen looks on and smiles.



Above: Chris Parker showing how excited he is to be in class.



Above: Jake Engel taking time to smile between classes.

Right: Steph Ebner, Abbie Danielson, and Desirae Swenson pose for the





Kenneth Aalderks



Nicholas Adamski



Jessica Akes



Bart Andersen



Kyle Anderson



Nicole Andrews



Chad Arlt



Kary Arone



Chelsey Bach



Dustin Baker



Seth Bateman



Sam Bauer





Michelle Beaudry



Jacob Bebeau



Benjamin Beck



Karla Becker



Erin Benson



Aaron Berning



Antonia Berning



Melita Berning



Blake Besser



Jarod Besserud



Michael Billstrom







Joseph Bongaarts













Brenda Budhram







Andrew Cellini

















































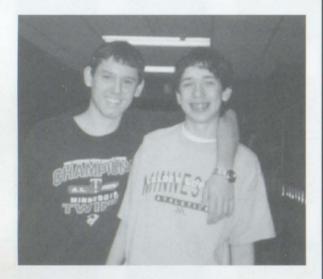
Andrew Engen

Megan Engstrom Mitchell Engstrom

Sophomores



Above: Kayla Lampert skipping out of band to get some shut eye before she goes on with her day.



Above: It's hugs all around for Scott Robish and Adam Valerius.



Above: Grant, Eric, Jarod, and Jeremy haning out by the lockers. Right: Rebecca and Kari

decorating lockers.





Travis Fitzgerald



Joshua Gessell



Mackenzie Flaherty



Claire Friendshuh

Adolfo Gonzalez







Kathryn Goodin



Jaressa Greenprice



Lacy Greninger



Bryana Grotte



Jacob Grygelko



Timothy Hackbarth



Amanda Hackenmueller



Daniel Haller



Tyler Halverson



Jared Hansen



Lindsey Hanson



Ryan Hase



William Haskvitz



Vienna Hastings



Charmain Hayes



Courtney Haynes



Rachel Heffington



Sarah Helfert



Grant Helgeson



Joshua Helland



Jenna Henrickson



Joshua Hensel



Kathryn Herring



Jessica Heuring



Ryan Highberg



Jaimie Hoeschen



Jennifer Hrebal



Christopher Hughes



Pamela Ingebrigtson



Andrea Janney



Brenton Jensen



Rachael Johnson



Jenna Johnston



Megan Jokinen



Kyle Jonell



Erika Jossart



Brianna Julson



Tyler Justen



Joshua Keller



Mikayla Kelly



Anneliese Keosongseng



Sondra Kilian



Christopher Kinnamon



Aaron Klatke



Amanda Kolles



Nicholas Kolles



Casey Kottke



Tyler Krutzig



Taylor Laage



Kayla Lampert



Alexa Landefeld



Emily Laney



Heather Larson



Nathan Larson



Sarah Larson



Kelly Leadens



Nou Lee



Panglee Lee



Rebecca Lefebvre





Jaime Leuer



Alex Lindenfelser



Bradley Lindenfelser



Jason Lindenfelser



Matthew Lindenfelser



Jennifer Linder



Jennifer Long



Andrea Lundeen



Zachariah Maske



Nicole Mattsen



Elizabeth Mc Allister



James Mc Donald



Caleb Mc Eachern



Allison Mosher



Jason Newborg



Andria Niedzielski



Derek Nordhaus



Jesica Nordin



Travis Novotny



Ashley Ojala



Kristi Oliver



Katie Otte



Christopher Parker



Anthony Pfeifer



Sean Pile



Sarah Platzer



Anna Posthumus



Chad Protasiewicz



Breanne Prothero



Joseph Psyk



Justin Ramler



Tara Reardon



Tarah Redington



Megan Reed



Jesse Reinschmidt



Andrew Robinson



Scott Robish



Shannon Roddy



Emily Roden



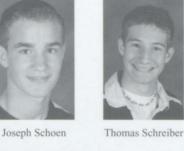
Thomas Roden

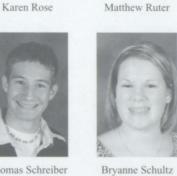


Sara Rogers

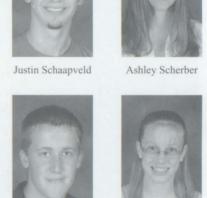
















Carlirea Ronning











Megan Selvig































Luke Vetsch







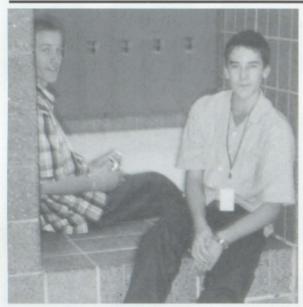






Stephanie Wallerius

Sophomores



Above: Travis Novotny and Travis Fitzgerald lounge between classes.



Above: Kellen Ryan jams away on the drums.



Above: Kelly Zachman flashes a bright smile. Right: Ashley Scherber

helps deck the halls.





Kristien Watts





Bradley Weber



Danielle Weber



Amanda Wellman



Thomas Welsh



Mike Wessner



Jacob Wheeler



Ashley Wilkes



John Winkelman



Ashley Woods



Charles Yahnke



Khou Yang





Alicia Zachman



Andrew Zachman



Kelly Zachman



Stacy Zachman



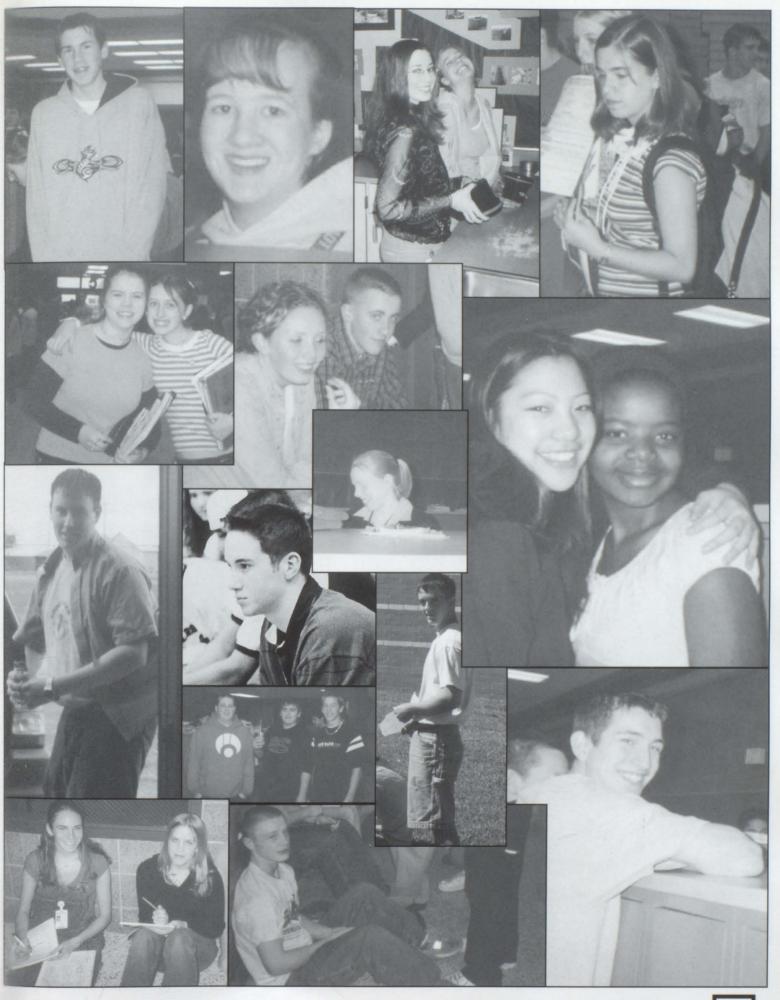
Valerie Zachman



Katrina Zahler



Jessica Zopfi



Freshmen



Above: These freshmen guys give each other friendly hugs.



Above: Freshmen hanging out in the hallways.



Carrie Abrams



Jose Alcala



David Anderson



Ronald Archer



Marla Arns



Caitlyn Bandy



Michael Barnard



Jeffrey Barthel



Lukas Barthel



Anthony Bauer



Blake Beaudry



Nathan Beaudry



Drew Bebus



Joel Beltrand



Kevin Berning



Laura Berning



Derek Billiar



Stacy Black



Brandon Boese



Courtney Brant



Jennifer Brant



Steven Brown



Travis Brown



Ashley Budde







Ryan Campion























































Christopher Filzen









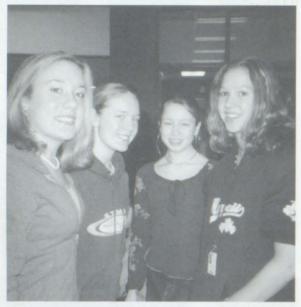




Brandon Flaata

Fuerstenberg

Freshmen



Above: These freshman are talking before it's time for the school day to start.



Above: Drew Holland on the first day of his 4 years in high school.



Above: Lindsay L and Danielle S. during the fall musical.

Right: These girls are awaiting another day of school.





Daniel Gallagher



Kyle Gammell





Samantha Gavere



Kayla Gendron



Jacob Gilbertson



Luke Gindele



David Gordon



Daniel Greeno



Eltedric Greenprice



Max Greninger



Kyle Hackenmueller





Stacy Hackenmueller



Jacklyn Haller



Lindsay Hansen



Luke Hanson



Preah Harsselaar



Joseph Hauer



Marcus Hegland



Steven Hegland



Katherine Heinen



David Heskin



Saylor Hiljus



Joseph Hlad







Derek Holm



Sean Holm











Carin Johnson

























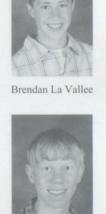






































Lindsey Lechner

freshmen





Samuel Lindenfelser



Vincent Lindenfelser



Chad Little



Ashley Malwitz



Amber Manders



Christopher Marcks



Benjamin Marquette



Anna Marx



Matthew Mc Cann



Daniel Mc Carthy



Nicole Menzel



Dustin Merges



Calvin Meyer



Kerry Mielke



Jessica Morcomb



Melissa Neary



Miranda Nelson



Veronica Nemec



Jennifer Nendza



Matthew Nerdahl



Aaron Nielsen



Joshua Olson



David Oltman



Michael Ostman



David Panning



Matthew Parker



Matthew Peloquin



Kayla Pietsch



Nickolas Pile



Steve Posthumus



Ryan Reid



Jodi Reinschmidt



Amanda Riddle



Ashley Robeck



Keith Robeck



Erin Roden



Kimberly Roles



Nicole Ronquist



Anthony Roth



Danielle Roth



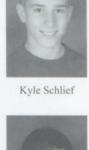
Dylan Royseth





Justin Schafer

Mark Schumacher





Nicole Schwagel



Nicholas Schmidtke



Jeffrey Schneidewent



Blake Schreder



Schroeder



Kurtis Schumm





Nikkolas See



Jason Servaty



Paul Shovelain



Stephen Sirois



Cory Smith



Danielle Smith



Joel Smith



Marissa Sobaskie



Ashley Sousa



Briana Spicer



Tyler Starr



Theresa Steffens



Christian Sucik



Anthony Sullivan



Meldricka Taylor



Shennon Thibodeau



Michael Thorn



Adriyn Torguson



Nicholas Trane



Amanda Trobaugh



Tyler Tyssedal



Brandon Valerius



Joseph Valerius



Travis Valerius



Noelle Veaderko



Mandy Veronikas



Callista Vetsch



John Vetsch



Erika Vogel



Amy Wacker



Michael Wacker

Freshmen



Above: These freshmen are having a blast walking in front of the school as Snow Days Royalty.

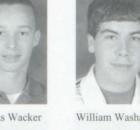


Above: Smile Courtney Brant! Right: These freshmen pose with Santa!





Nicolas Wacker



William Washatka



Stefani Waters



Gregory Watts



Jeanna Weber



Jennifer Whaley



Jennifer Wiese



Jessica Wiese



Rebekah Winge



Anthony Wolf



Natasha Wulf



April Wulff



Mitchele Zachman



Rose Zachman



Tonia Zachman



Emma Zachmann



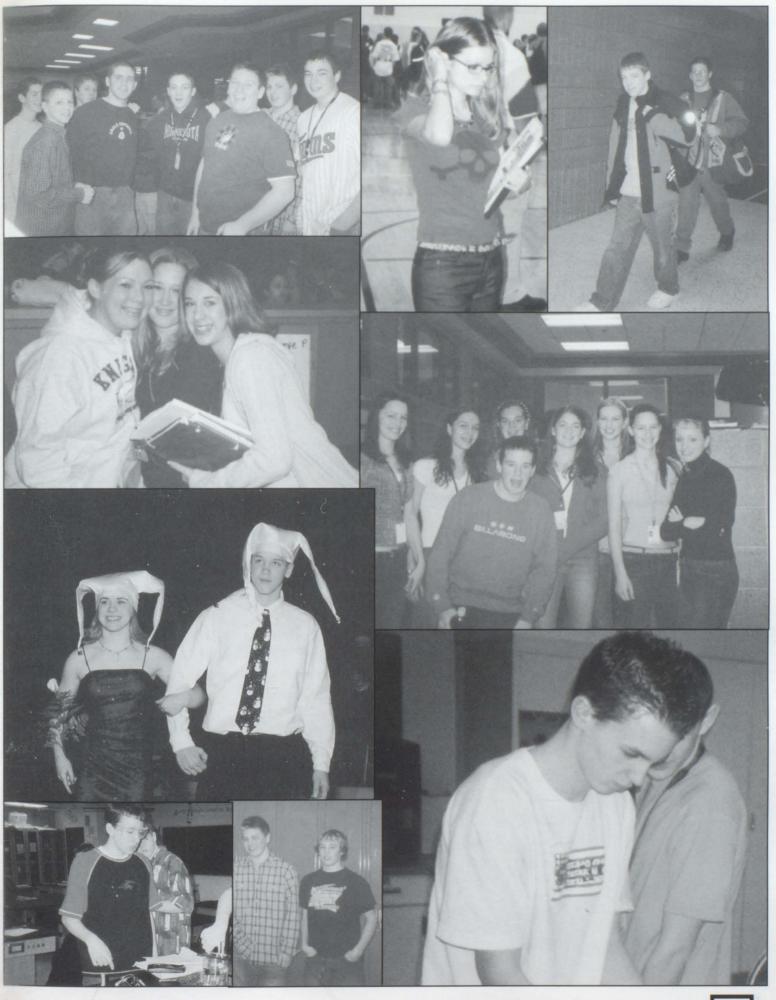
Timothy Zahler



Brandon Zahnow



Nikki Zeleny



foreign exchange

Right: Stefania, Rodrigo, and Sabrina hanging out in the hall before class.





Below: The foreign exchange students for the 2002-2003 school year: Danny Barboza, Christian Liska, Tessa Campbell, Sabrina Wauker, Maxine Brueckner, Rodrigo Cambiaghi, Enrique Garcia, Dario Naranjo

Every year several foreign exchange students come to our high school to experience America. This year we had 10 exchange students from different countries all over the world. They are: Maxine Brueckner, Sabrina Wauker, and Christian Liska from Germany, Roman Betschard from Switzerland, Rodrigo Cambiaghi and Stefania Cerutti from Brazil, Dario from Ecuador, Danny from Costa Rica, Enrique from Spain, and Cathi Altenhuber from Austria. All of them brought a little bit of their own country to St. Michael and gave us an impression of their lives at home. We enjoyed the time with them and had fun learning about their cultures.



Above: Just elfin' around in the halls!



Above: Part of the gang reluctantly poses for a picture. Front: Rodrigo Cambiaghi, Dario Naranjo, Christian Liska. Back: Maxine Brueckner, Sabrina Wauker, Roman Betschart, and Stefania Cerutti.





Maxine Brueckner from Germany



Dario Naranjo from Ecuador



Christian Liska from Germany



Rodrigo Cambiaghi from Brazil





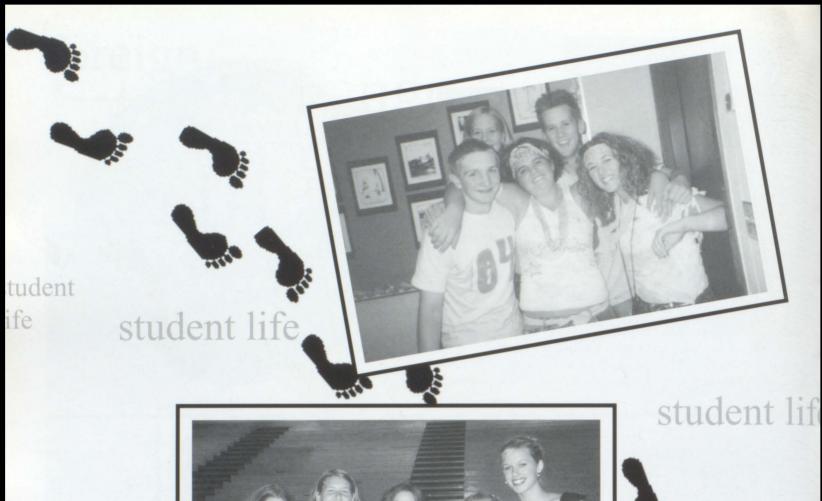
Catharina Altenhuber from Austria Sabrina Wauker from Germany



Roman Betschard from Switzerland



Stefania Cerutti from Brazil



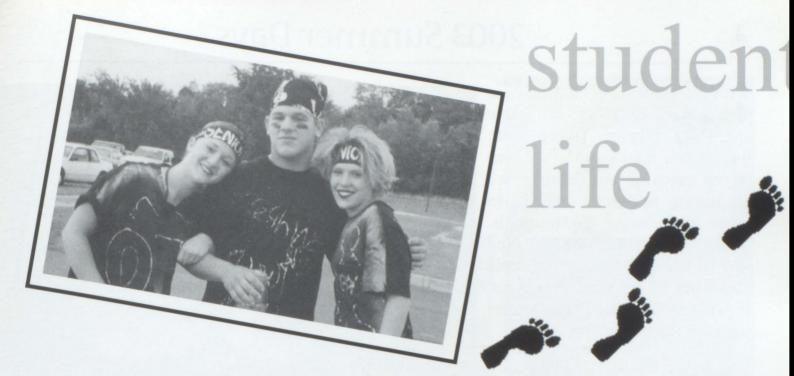


student

student life



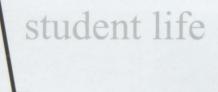
tudent



student life



student life



student life

2003 Summer Days

With the sun shining on us, all our personalities can't help but shine as well. Whether we're with freinds and family, on a vacation or just enjoying our freetime, we are having fun. Some may go to lakes while some go to pools. Many sleep during the day and stay up late with the moon. People also work to get what they want. However eveyone remembers summer as fun, fun, fun!

Left: On a summer day just being with your freinds is the best for these freshmen girls.





Above: Ashley Johnson and Troy Thoombs marsh marshmellows by the campfire.



Above: Maureen Rilley, Megan Madson, and Michelle Kelly enjoy a summer concert.



Above: Ashley Florell and Lyndsey Stewart tubing on a hot summer day.



Group Hug for these senior guys: Left to Right are Curt Sahli, Byran Hegland, Adam Roden and Dan Christenson..



Emily De Lozier, Kelly Zachman, and Megan Selvig keep dry any way possible.



Left: Curt Sahli showing of 80's life guard look.

Below: Becky Zachman and Kyle Ingebrigston racing their turtle at a turtle race in Nisswa.





Lance Rudolph and Matt Weber take a summer nap.



Hey cousin! Jeremy, Sandra, and Brooke Steffens share a family moment.



Seniors Mara Erickson and Eric Weber relax up north.



Jenni Enderlein and Blake Meyers take time out for a pic.



Duluth-goers mourn the absence of James Medina, but use a fill-in to complete the picture. Front: Curt Sahli, Randy Lenneman, Nathan Rowe, Hollie Graczyk. Back: Chelsea Hosch, Kristen Leuer, "James", Steph Gertken, and Anna Dehmer.

First Day of School



Seniors Ben Swanson, Shawn Fitzgerald, Pat Bjork, and Matt Manders enjoy their first day of school lunch.



The Freshmen boys are just chillin during their first lunch at high school.



Freshmen gather together to get their schedules before their first day of high school.



Tersea Lynch and Anna Dehmer stick Lifesavers on Ryan Bauman's face, Yummy!

Right: Even teachers Mrs. Carlson and Mr. Mallinger look excited for the first day of school.

Below: Juniors Theresa Dahlheimer and Sarah Hassan smile for the camera on the first day of school.







Once Freshmen now Sophmores reuniting are: Erica Jossart, Kari Valerius, Clarie Friendshuh, Christina Deroma, Megan Jokinen, Rebecca Lefebvre, Alexa Landefeld and Jessica Diers.



Seniors Colleen Schumacher and Megan Christensen grab buddy Scott Gillette outside during lunch.

The First day of school brings students and teachers stress, sadness, excitement, and happiness. It is a time to reunite with all those friends whom you may have lost touch with. You also recieve a fresh new start on your classes, which may be a good or bad thing. Everyone arrives with a summer tan, and a smile printed on their face whether or not they are ready to start another school year.



Sophomore Jarod Besserud compares his class schedule with his friends.



Juniors Rob Marx, Jacob Klinkhammer, and Brad Kastendick get together and compare schedules.



Andrew Bible (12) gets his class schedule first thing in the morning.



Juniors Allison Balfanz and Calista Saville try out their locker combination with smiles although the day is extremely hectic.



The Cheerleading team gets ready to perform at the first day of school assembly.

Halloween

Right: Mr. Nagengast's math class comes together for a spooky picture. Bottom left corner: John Winklemen, Matt Manders, Daniel Haller, Kim Eiden, Leslie Sutton, and Mr. Nagengast.

Halloween is a time when dressing scary isn't scary and make believing becomes true. It's when ghosts say boo and witches grab their brooms. Princesses sparkle and rockstars rock and everyone wants some candy and pop. When the fun is over and pumpkins go away, the witches will melt while rockstars rock away. Being scared isn't what we remember on this halloween day, but we do always remember the fun that we made.





Ryan Becker, Dan Christenson, and Lance Rudoulph have fun making the school smile and laugh.



Mr. Bovee "dressed" up for Halloween.



This group of students have fun on Halloween even with a bag; or should we say dressed up as a bag.



Maureen Reilly, Megan Christensen, and Mara Erickson dress up cute for their spooky day.



Left: Curt Sahli and Shannon Weber just clowning around.

Below: Having fun dressing up are seniors Hearther Farr, Eric Weber, Megan Christensen, and Lauren Wallerius.





These students are all decked out on Halloween for their night out on the town "Trick- or-Canning."



Mrs. Herfel and Amy Thomas go up in front of the gym on Friday to do some painting.



From the Willie Wonka Factory is Stephanie Gertken, Mr. Metclaf, Matthew Manders and Luke Carlson.



Shawn Fitzgerarld and Heather Morcomb wrap each other in hopes to win the relay.



Let's Go Knights!! These cheerleaders for a day were full of cheer.

Winter Week



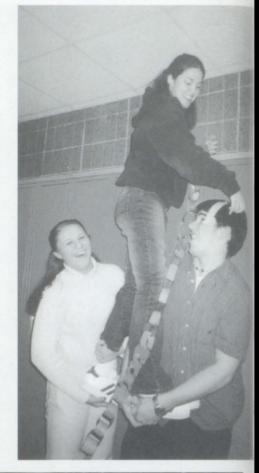
Above: I sure hope Gavin Swansen dosen't fly away.



Above: Stacie Hackenmuller decorates her hall with snowflakes.

Right: Michelle Taylor and Jake Klinkhammer give Allison Balfanz a lift to decorate their hall but she decides to decorate Jake.

Christmas is a time when our school has fun to the very last minute. The activites that stand out are deck the halls, the elf auction, and the teacher talent show. Deck the halls give the grades a chance to come together with a theme a decorate their halls with Christmas spirt. The elf auction is when the seniors get bought buy under classmen. When the seniors are bought they become elves and do what thier owner wants for a day. All the money raised goes to charity. While on the last day of our school's Christmas week we have the school's band play wonderful Christmas music that everyone stops and sees. At the end of the day the teacher's put on a talent show. The talent show gives the students a chance to see thier teaher's other talent's besides thier wonderful talent of teaching.





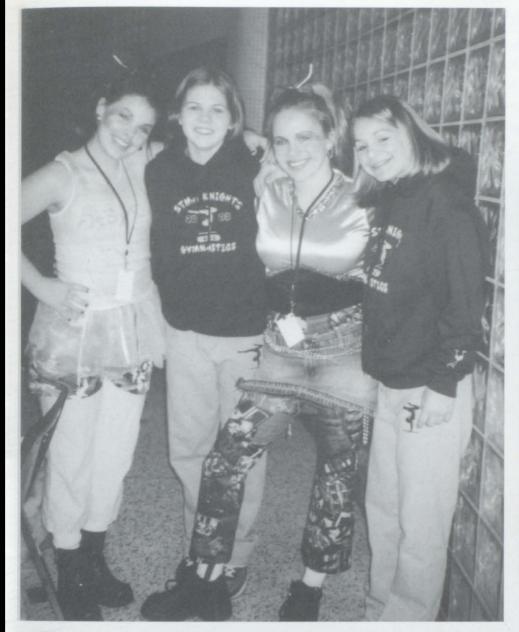
Above: Amanda Dick and Kyle Ingelbrigtson are full of fun and static.



Above: Carlirae Ronning decorates her hall with pop cans for Deck the Halls.



Above: For the elf auction Abby Danielson and Jenny Smith bought Ryan Aasurad, Sean Siede, and Kyle Beckler and turned them into girls.



Left: Megan Christensen and Lauren Wallerius try to smile as their owners try their best to make them look cute.

Below: Chris Connel is getting his work out from his owner Mr. Breeden. Meanwhile Mr. Breeden enjoys every minute.





Above: Kalsey Zachman, Sandra Steffens, and Cassandra Steffens have fun being elves while posing for a picture!



Above: These Junior girls are having so much fun you can see the Christmas cheer in their smiles.

Snow Days

Despite a non-snowy week, our school had a great snow week. With different events all week long everyone was sure to keep busy. The students were givin days to change their attire- from pajama day to dress up day. On day of cornation the the candidates gave a performance to make the whole school smile. At the end of the week there was a blizzard bash dance to give the students a chance to come together and bust a move. Even the school's own Crazy Ray's Cup of Joe was there to help support the dance.



Maxine Brouckner, Racheal Deschepper, Nicole Deschepper, and Sabrina Wauker having fun at the blizzard bash dance..



2003 Snow Days Royalty members are: Freshmen Amy Lindenfelser, Ryan Kessler, Sophomores Michelle Beaudry, Nathan Larson, Juniors Bryanna LaVallee, Mark Kasper, Seniors Sandra Steffens and Andy Kilian.



Left: Sandra Steffens and Andy Kilian are the new Snow King and Queen.

Below: Kelly Lefebvre and Kevin Zachman walk down the runway looking great!





Above: This group of Juniors know how to dance it up at the blizzard bash dance.



Kyle Shealer takes requests from his "fans".



Heather Farr can't help but smile as she works at Crazy Ray's Cup of Joe.

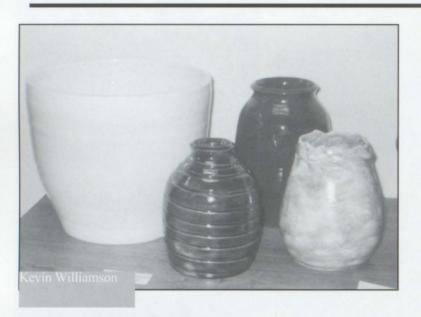


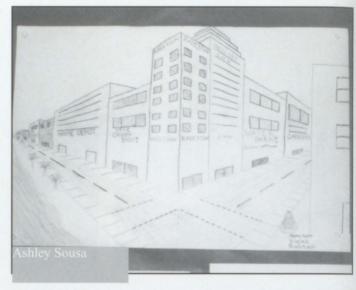
The Freshmen doing their well performed skit.



Michelle Beaudry, Jake Gendren, Ryan Becker and Ryan Baumen have fun goofing around at the dance.

Student Art and Inspiration Pages





A Couple of Moments

I know I shouldn't have had that one little drink. Who knew of the sadness One night of partying could bring?

Before I had left that night Mom told me, "Don't drink, dear!" She made me promise that I wouldn't You would later find I had lied, the outcome far more feared.

I didn't know that just one drink could cause such great turmoil, but here I am, on the side of the road, my head lying in the soil.

I went to a big party
With just a couple of friends.
We decided to go for a ride
where the road always bends.

We were going so fast, we couldn't make the turn. None of us were wearing our belts, I wish we would have learned.

Now I am cold, colder than I can tell. I wish my mom could help me up like always when I fell. I lifted my head to see what I had done. I can't believe this all happened for a moment of fun. Turning my head
I wish I hadn't looked.
I tried to turn away but my brown eyes were hooked.
How dreadful the sight was
That I did see
Three body bags; two full, and one empty, for me.

I wish I could have kept my promise instead of choosing to lie, but we all must deal with consequences, which in my case, I die.

To all of you whom I have hurt I am sorry for what I have done. I can't believe this all happened for a couple moments of fun.

-Sarah Legatt







In the Padded Wall Cell

I stare at the window, I watch the glass flow. Loneliness constricts me, A hindrance I can't pass thro'.

I've been sitting for decades, Or were they just years? Time melts by so slowly When my end never nears.

I let out another sigh, And then I heard a loud crack! A gentleman of blue leaps out of the floor, "Why so glum, chum?" he asks as I step back.

"I'm afraid that I'm lonely," I reply with wide eyes. "But who are you, blue phantom, and why me to surprise?"

"Why I'm Neerik from Teerik, I couldn't say why I'm here. Why don't we chat to pass time, Maybe that'll bring cheer!"

I say, "tell me 'bout Teerik, And why you are blue," "Well, Teerik is cheery And I'm blue 'cause I'm blue."

"So, why are you lonely, And in such a desolate room?" "Alas, I'm immortal. Shunned and entombed,"

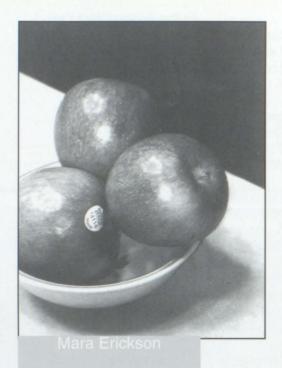
"HA! A most dreadful predicamenmt, I'd become desicated here, Forever wasting away, But I'll get you out, have no fear!"

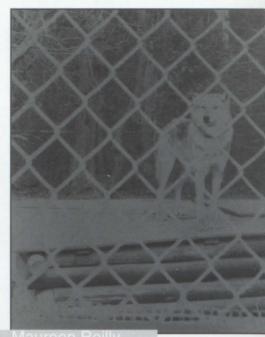
Just say my name thrice, Then you'll be free from this cell." I bellowed his name once, And then rang a bell.

The dead bolt slid out, And in walked my captor. "Who is it this time? A pixie, Mr. Heldaptor?"

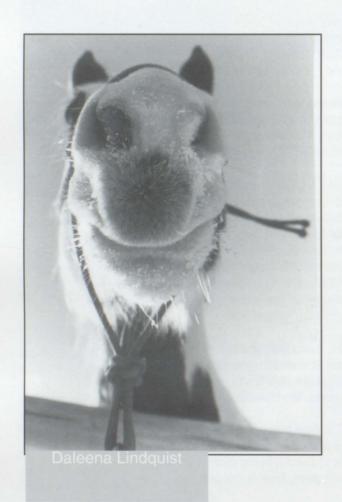
"'Tis time for your medicine," As he pulled out a syringe. He shoved it in my arm, With pain, Neerik cringed.

I stare at the window. I watch the glass flow. Loneliness constricts me. Outside it starts to snow. -Brad Kastendick



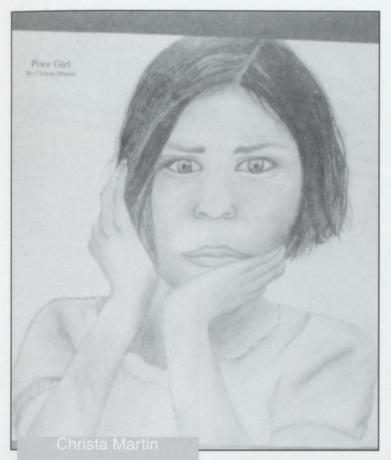


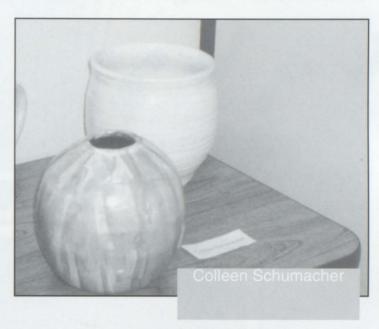
Maureen Reilly





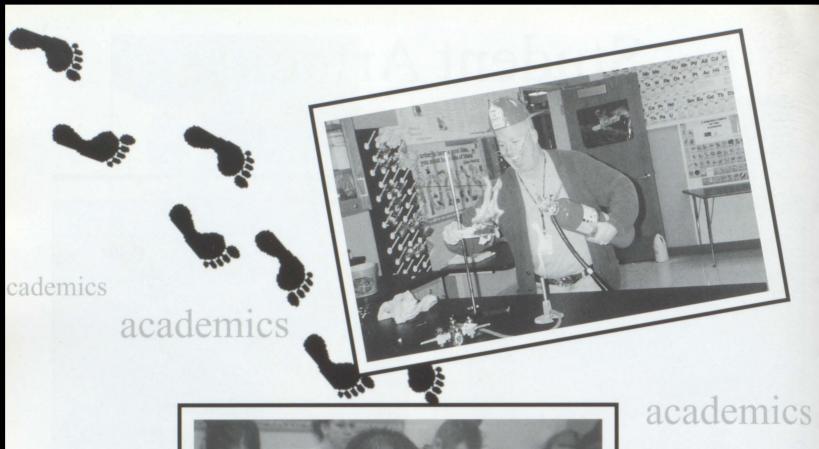
Student Art and Inpiration Pages

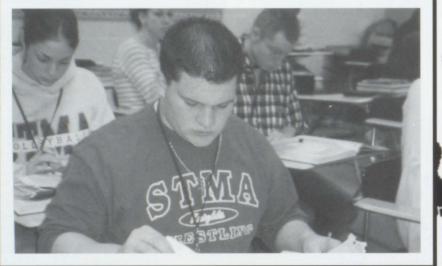






Andrea Hill











ademics



academics



academics



academics

academics



Above: Kyle Hackenmueller working away on his computer.

Middle: Christan Landefeld dosen't take an eye off his computer.

Right: "Hey Emily Beaudrylook up!" "What? Huh?"



Business is a very important part of everyone's life. It grows larger and larger every day. Having business classes in high school helps students prepare for the world beyond the classroom wall. In our school we offer a variety of classes such as basic computer application classes and investigation classes. In a Personal Business and Finance class the students can learn how to manage their own expenses of their life. Many growing occupations are in the business field and classes in this department help students to determine whether it is right for them.

business & computer applications



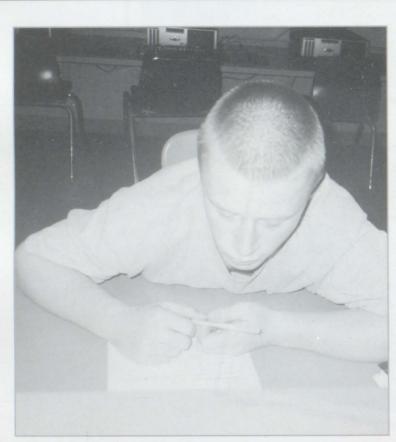
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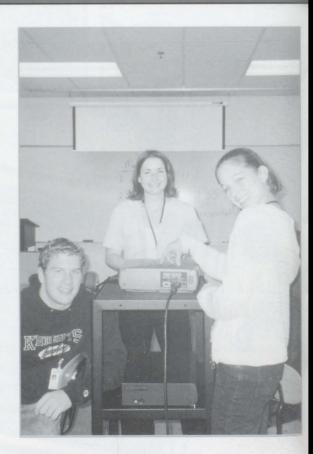
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Left: Jake Grygelko is taking a test, however it looks like he is more interested in his writing utensil.

Right: Luke Carlson, Shannon Weber, and Teresa Lynch take time out before presenting to pose for the camera.





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family & consumer science

The department of Family and Consumer Sciences offers classes that give students a taste of what living independently is like. Students have the opportunity to choose what classes they want to take. In some of the classes the students learn nutrition, sewing, clothing design and how to practice good cooking habits. This includes how to properly wash dishes! We will all need household management skills when we leave our parents' nest, and FACS classes help us to be better at it.



Top: These two students are taking it step by step to create a masterpiece meal.

Left: Jackie Lehn works on her soon to be perfect project.

Center: Kalsey Zachman and Lindsay Sipe show off their Christmas cookies that Mrs. Read is so proud of.

Right: Stephanie Barthel gets ready to serve a wonderful dessert.

Below: Srta. Detloff brushing up on her math skills, even though she's a Spanish teacher.

Center: Jaimie H. and Emily V. dancing to the "Ketchup" song in Spanish class.



Taking a foreign language class at STMA not only teaches students the basics of a new language, it also teaches them about various cultures. Currently students have the opportunities to learn Spanish and French at STMA. These vigorous courses help students learn new vocabulary, how to carry on a conversation, and how to read a new language. Learning a new language opens up many doors for our students. They have the chance to study abroad, invite guest speakers into the classroom, take a variety of field trips, and test their skills in the kitchen. When in doubt, take a foreign language class and see where it takes you!



foreign language



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Above: Stephanie Gertken using her dictionary in Spanish class.

Left: Singing
"Cabeza,
Hombros,
Piernes,
Pies" (Head,
Shoulders,
Knees, and
Toes) in
Spanish
class.



Left: Sean Seide is working hard on his project!

Right: Luke Carlson shows proper saftey when using the machines.



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industrial arts Industrial arts classes here at STMA are great opportunities for hands on learners. It is considered an "art" subject area because students must use their creative juices to make a variety of projects. If one enjoys working on a computer their are classes such as CADD and Architectural Drafting. Perhaps welding is more up your alley? Then you could try Metal Technology. Other classes in this department include Woods, Technical Systems and Aviation. Whatever your forte, your sure to find something to "spark" your intrest in the Industrical Arts Department.



Above: These two boys look interested in something on the computer!
Center: "Oh no what just happend to all my work?"
Left: Randy Lenneman is working hard to get his project just right!

Below: Obviously these guys aren't very interested in their books.

Below Left:Mr. Frickstad's Shakespeare class gets an outdoor experience to learn about stadium seating.



Read a book beyond its cover and you are bound to learn something new. This say also applies to the Language Arts department. Language Arts often follows the misconception of simply "reading books." However, if you have taken a Language Arts course at STMA you soon learn there is a lot more! Interested in Shakespeare? Our students have the opportunity to explore theater! Maybe you need to work on your public speaking skills for that dreaded speech you have coming up- they have a class for that too! Language Arts skills learned in high school pave the way for many of the skills students will need in the future.







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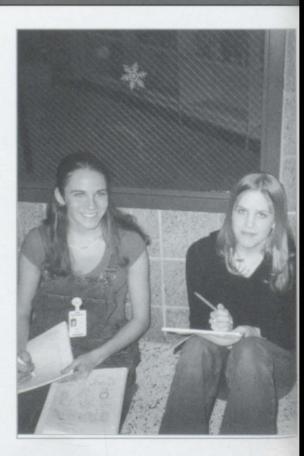
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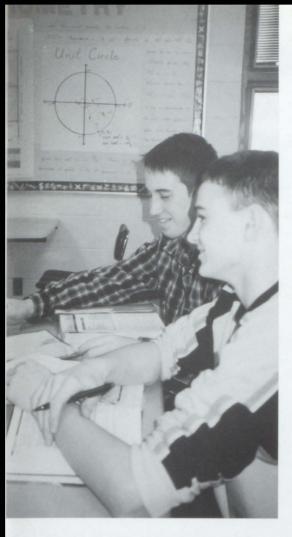


Left: Sarah Hassan and Megan Rademacher posing with their Huck Finn papers

Upper Right:These freshmen English 9 students take turns reading.

Right: Kari Valerius and Claire Friendshuh prefer to write their papers sitting in the hallway.





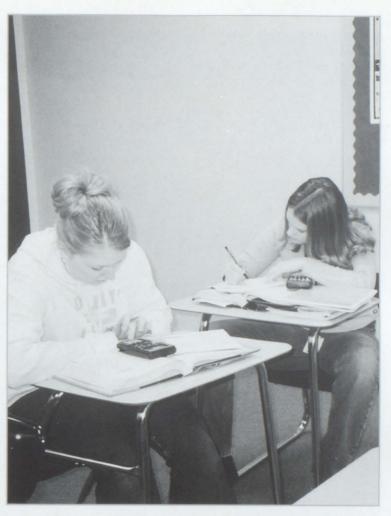
Left: It's all smiles for Tyler Krutzig and Chad Arlt, they look like they are having fun in math class.

Right: Obviously their assignment is due, otherwise they would have looked up!

Middle Left: Aaron Johnson is working hard on his homework.

Middle Center: Kurt Sahli takes time to "think" while Adam Roden, and Klye Valerius keep doing their homework.

Middle right: Heather Linder is hard at work.



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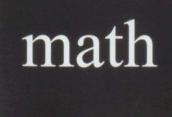
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Below: Mr.Cornell helps Angie Rausch with her homework in Algerbra 2.



One, two, three is easy as ABC. Although math can be a tough class with a little practice, you can make it easy and fun. With the help of eight great math teachers anything is possible for you to achieve. Form the algerbra classes, to geometry or calc classes you can learn so many different equations and work on solving promblems that never end. Some students never want to leave the math room while some students count every minute until math is out. Just think, you couldn't count the minutes left of class with out math.



Below: Holly Conwell practices before the big concert.

Center: Heather Linder, Kelly Fry, and Marie Welter take a breather during pep band.

Right: Steph Gertken, Kate Bridal, Heather Linder and Danielle Legatt sing their hearts out during the choir concert.



Do, re, mi, fa, so, lot's of things going on in the Music Department! Whether you like to perform individually or as part of a group there are opportunities abound at STMA. The commitment is high,

but the effort students put forth is worth all the rewards in the end. If you would like to perfect your shower singing skills, then maybe one of the many choirs is a good option for you. Constantly tapping your pencils on your textbook? Then one of the many bands may be a good place to start exploring your talents. All those composers out there have the option to take a music theory class. Taking a music class definitely calls for a standing ovation!







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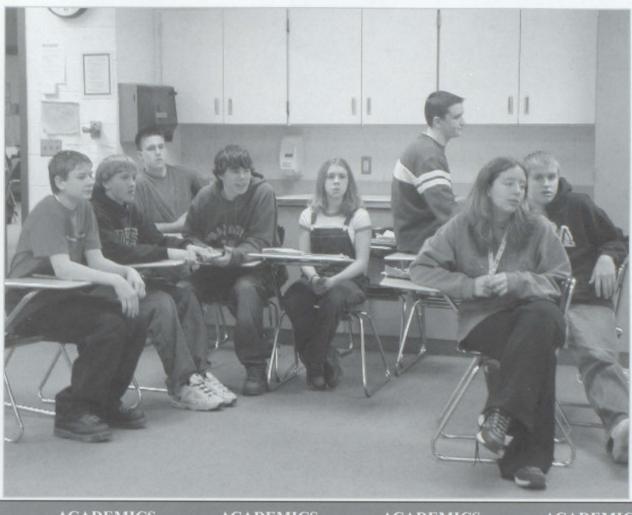
Left: These girls discuss their musical pieces before the concert.

Right: Joe Lombardi and John Grygelco pose in their outfits while thinking about their upcoming concert (or are they really thinking about how handsome they look?).



Right: This group of Health 9 students seem pretty interested in their teacher's presentation.

Below: Martez T. (11) works hard on his Health project.



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physical ed. & health

It's time to get in shape STMA with the help of the Phy. Ed. and Health departments! Physical Education classes are more than just getting tested on how many sit-ups you can do in a minute or how many laps around the school you can run in an hour. Physical Education helps students to find their talents and interests in a variety of recreational activities they will be able to participate in for the rest of their lives. And our Health classes help students to understand that a Mountain Dew for breakfast every morning isn't the best route to an energized day. . . Instead we learn about nutrition and proper health habits to keep our bodies in tip-top shape. Physical Education and Health classes are helping us to take care of ourselves a little bit better day by day and hopefully for many years to come!



Above: This guy looks like he got a good workout during floor hockey day in phy. ed.

Below: Tyler Smith and Ashley Florell taking time away from an experiment for a quick pic.

Center: Smile freshman of Science 9!

Far Right: Ray Veillon working hard to make sure his experiment is accurate.



The science department offers many classes which let us learn about the environment, space, and even ourselves. Chemistry, human biology, general biology, and advanced biology are some of the classes offered at our school. However those are just a few of the classes. In science class we discover something new everyday.







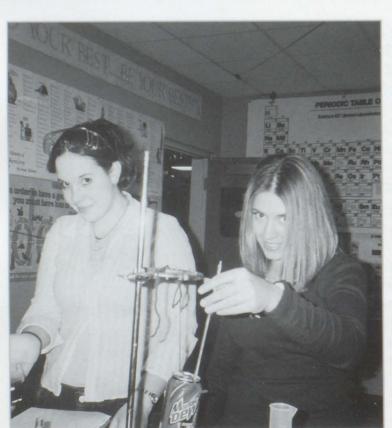
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Left: Smile Stacy Marzean and Jess Johnsonscience experiments are fun!

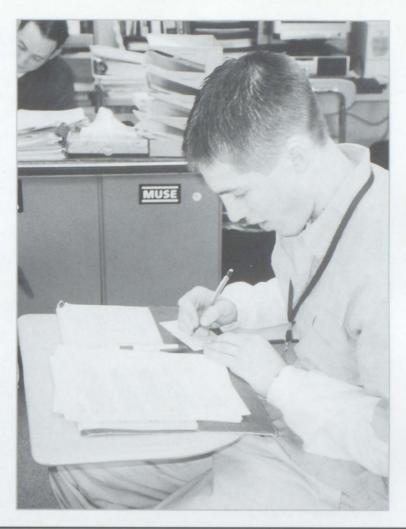
Right: Alex Kessler, Jake Klinkhammer and Emily DeLozier take time from an important lecture to say cheese.





Left: Nicole Madsen works on her history homework.

Right: Kevin Hegland works and works- there is no stopping for him!



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social studies



The Social Studies department consists of many disiplines, however they all have one thing in common; they teach us about ourselves and open our eyes to the world around us. Many think of social studies as just learning about the past by reading old history textbooks. Many of our "current events" stem from events that have happened in the past and which in return have shaped our country. Not a history buff? The social studies department offers many other exciting courses to help us truly understand who we are and answer the important question- why do we do the things we do??



Far Left: Kyle Butkowski and Jake Kilnkhammer doing a special project.

Middle: Kyle Beckler reading the newspaper for his nose for news class.

Above: Jamie Leuer and Mackenzie Flahery spend some good time together to study. Below:Laura Bishop is on the wheel.

Center: Colleen Schumacher smiles for the camera.

Far Right: It is always important to clean up in art class.



There are many "mediums" to express one's creativity in our Visual Arts department.

Studio Art is the forefront for all other classes and teaches students the basics of art before they proceed with their expressions. Photography is an option for those that like to "capture the moment." Like to get messy? Then Ceramics may be the best choice for you. Whatever you choose to do in Visual Arts, remember that if you say it's art- it is, as long as it means something to you.



visual arts



ACADEMICS

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Left: Andrew Robinson is hard at work creating a masterpice.

Right: Andrea Hill is showing her creative side for her awesome project!



Staff and Administration



Mr. Abrahamson



Mr. Barthel



Mr. Bauman



Mr. Beck





Mrs. Benson



Mr. Bergstrom



Mr. Berning



Mr. Bossen



Mr. Bovee



Mrs. Bovee



Mr. Breeden



Ms. Cameron



Mr. Carlson



Mrs. Carlson



Ms. Clark



Ms. Clem



Mrs. Collier



Mr. Cornell



Mr. Crocker



Ms. Dahring



Mr. Danielson



Ms. Detloff



Ms. Dick



Mr. Fox

Making it all come together...

Making it all come together, thats what the job of staff and administration is all about. Often times they are overlooked for all the work they do to make our school run so well. However, sometimes we can't help but to notice them all too often. Especially the troublemakers! Our school is full of talented teachers, secretaries, directors, specialists,

custodians, cooks and many other types of support staff. They are all here for the sake of the students, and help to make the school day a little more productive.



Above: Principal Mr. Minkler on hall patrol.



Above: Mr. Hoffman gets dizzy during Homecoming Week activities.



Above: Mr. Rhoades calculates how many more hours until the last day of school.

Staff & Administration



Mr. Frickstad



Ms. Gabert



Mrs. Gindele



Mrs. Gmach



Mr. Gohman



Mrs. Goodin



Mr. Gramsey



Mr. Greeno



Mrs. Hackenmueller



Ms. Halker



Miss Hanson



Mr. Harmoning



Mrs. Harrington



Miss Hebeisen



Ms. Hedlund



Mrs. Helfert



Mrs. Helgeson



Mrs. Herfel



Ms. Hess



Mr. Hoffman



Mr. Hoistad



Mrs. Hollermann



Mrs. Jenkins



Mr. Johnson



Mrs. Johnson



Ms. Johnson



Ms. Jonas



Ms. Kessler



Mr. Ketel



Mrs. Knudson



Ms. Kolling



Ms. Kragmass



Mr. Kuhn



Ms. Lefebvre



Mrs. Lekatz



Mrs. Lynch



Mr. Mallinger



Mr. Metcalf



Mr. Minkler



Mr. Muellerleile



Mr. Nagengast



Mr. Nero

Staff & Administration



Mrs. Nowell



Ms. Nygaard



Mr. Panning



Ms. Peterson



Ms. Read



Mrs. Reilly



Mr. Rhoades



Mr. Rooker



Mr. Rusin



Ms. Satrang



Mr. Scherber



Mrs. Scherber



Ms. Schirber



Ms. Schluter



Mrs. Schreifels



Ms. Shustarich



Ms. Sovell



Mrs. Stange



Mrs. Stenglein



Mr. Stogen



Ms. Thompson



Mr. Vanmeveren



Ms. Vo



Mrs. Volkenant



Mr. Warne



Mrs. Welty



Ms. Werts



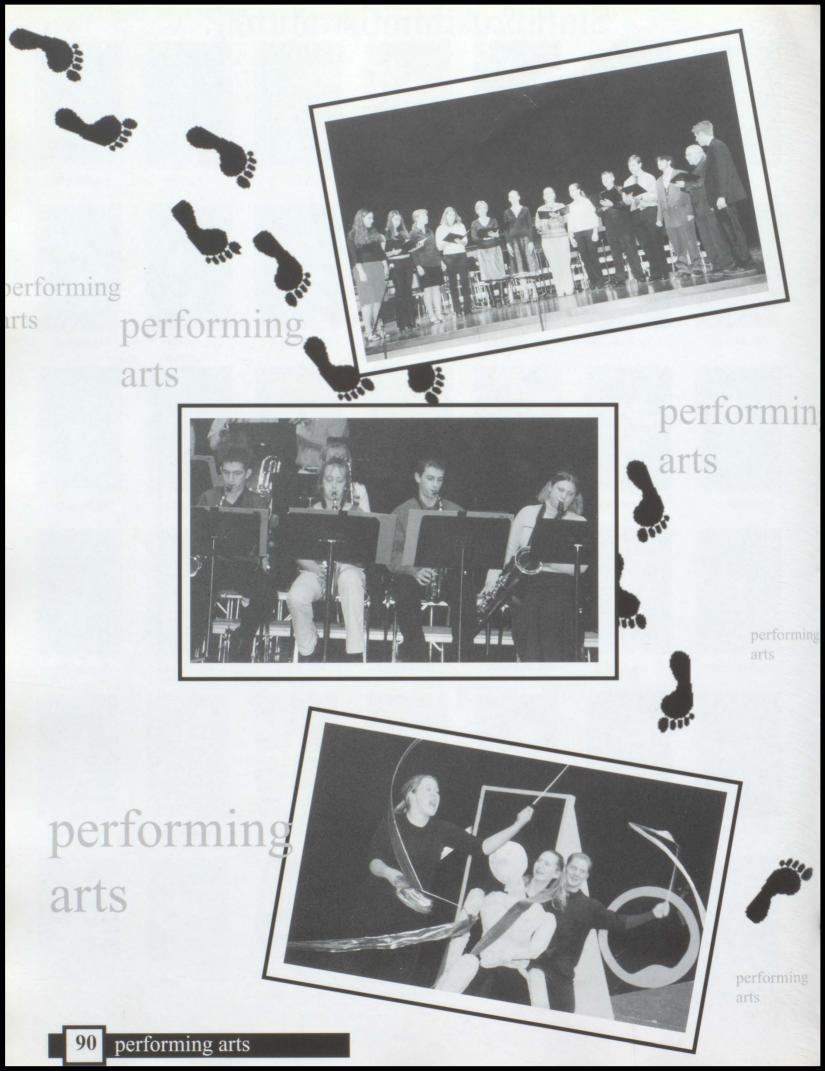
Mrs. Zachman

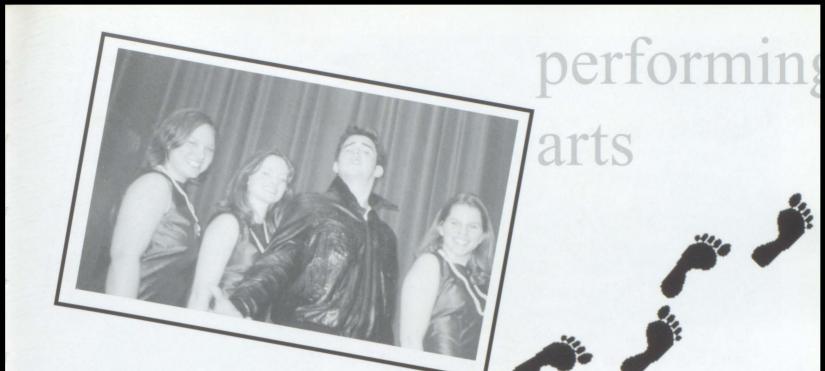


Mr. Zerwas



Mr. Zerwas





performing arts



performing arts



performing arts

performing arts

Take one awkward flower shop worker, one sweet but

naive love interest, a hungry plant, and you get the "Little Shop of Horrors." Seymour is a young man who works in a flower shop. He manages to get his hands on a carnivorous plant that feeds on blood, and gets dragged in the plant's overall plan to take over the world. Jens Rhoades and Jon Nero directed the cast of talented actors and actresses, and stage manager Rachel Jossart kept everything running smoothly behind the scenes. The show ran November 21-23 with great success and proved once again just how much the fine arts program adds to STMA. Oh, and by the way, if a plant ever demands for you to "feed me" - please don't.



NOVEMBER 21-23 2002

OH, THE MEMORIES...

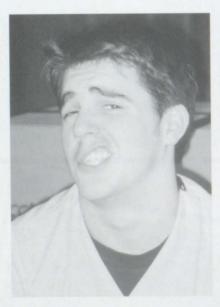


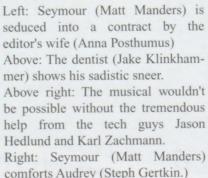
















Kacee Chase puts on a smile as Jamie Slimmer makes sure her hair is perfect for the performance.





Pit orchestra: Mr. Bergstrom, Brian Piechocki, Mat Lenneman, Megan Selvig, Dan Filzen, and Bryanna Lavallee.













The cast: row 1: Chelsea Klinkhammer, Derek Holm, Dan Gallagher, Danielle Legatt, Stacy Marzean, Danielle Smith. row 2: Carin Johnson, Lindsey Lechner, Steve Posthumus, Dayna Lindenfelser, Andrea Graham, Kennith Veillon. row 3: Travis Dooher, Carlirae Ronning, Kacee Chase, Jake Klinkhammer, Heather Linder, Mara Erickson, Amber Manders, Matt Manders, Stephanie Gertkin, James Benson, Ashley Budde, Anna Posthumus, Kate Bridal, Andy Tellefson.

Little Shop of Horrors

The One Act crew had an extraordinary year! This season, the cast performed Mi a Fenebe, written by Jox Metcalf and his brother, Nathan. Directed by Mr.Metcalf and Mrs. Bovee, the group had a rollercoaser of a season. After narrowly making it to Sections, the team easily qualified for State, where their hard work and late night practices certainly paid off with a star rating. Mi a Fenebe was a story about Mojem, a boy who wanted to be big. The play guides the audience along Mojem's journey while being moving and comical all at the same time. Losing seniors Stephanie Gertken, Rachel Jossart, and Curt Sahli will be a great loss, but freshman Ashley Budde was a great addition this year. Also the amazing assistance of Techies Dan Filzen, Shaylee Carlson, Chelsea Klinkhammer, Jason Hedlund, Karl Zachmann, and Nick Gilman really added to the success of the show.

Mi a Fenebe



Top: Stephanie Gertken(12) and Kate Bridal(10) hop around during a perfor-

oh, the memories...







Top: Jake Klinkhammer (11) dances while he plays his role as Big Mojem.



Top: Ron Miller(11) is the wise man who helps Mojem (Ashley Budde(9)) and Rachel Jossart(12) to hear the music.

Right:Curt Sahli (12) gets into his role and shares his part of the story.



Anna Posthumus (10) flaps around as one of the many interesting and exciting charters that she played.





Ashley Budde(9) looks on as David Maurer(11) and Anna Posthumus(10) add a peaceful moment to the play.







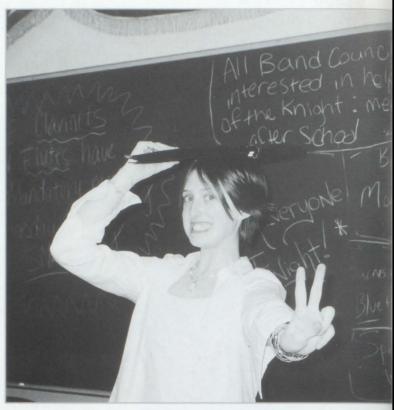
Left: Drawn by Nick Gilman, this illustrates the story of Mojem.





1st row: Dan Filzen(12), Stephanie Gertken(12), Rachel Jossart(12), Curt Sahli(12) Middle Row: Shaylee Carlson(9), Chelsea Klinkhammer(9) Ashley Budde(9), Anna Posthumus(10), Tyler Smith(11), Brad Kastendick(11), Jason Hedlund(11), David Mauer(11). Back Row: Kate Bridal(10), Andrea Graham(11), Karl Zachmann(11), Jake Klinkhammer(11), Nick Gilman(11), Ron Miller(11), Mrs.Bovee, Mr.Metcalf, Nathan Metcalf





Left: Ashley Carlisle, Abbie Dalbec and Emma Johanson pose for a quick shot before the band concert.

Above: Liz McAllister takes a moment to goof off for the camera before performing at the band concert.

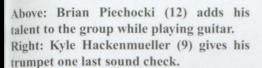


Above: Marching in time... Right: Jake Hackenmueller (11) helps Jared Petrich (11) with his tie before the big show.



Music is the universal language of mankind. --Henry Wadsworth Longfellow















Left: Band council: Ginger Nelson, Emily Delozier, Marie Welter, Kelly Zachman, Joe Lombardi, Karl Zachmann.

Right: Despite someone's effort to silence him, Junior Brad Kastendick keeps on playing.

Below: The pep band braves the chill during one of the football games.





choir







Left: Andrew Tellefson, Rachel jossart, Shannon Weber, Stephanie Gertken, Heather Linder.

Above: Jessica Akes, Jenna Diers, Kristi Oliver, Erika Jossart, Jennifer Linder, Sarah Larson

Not pictured (freshmen's council)

"After silence, that which comes next to expressing the inexpressible is music."-Aldous Huxley



concert



diva

freshmen

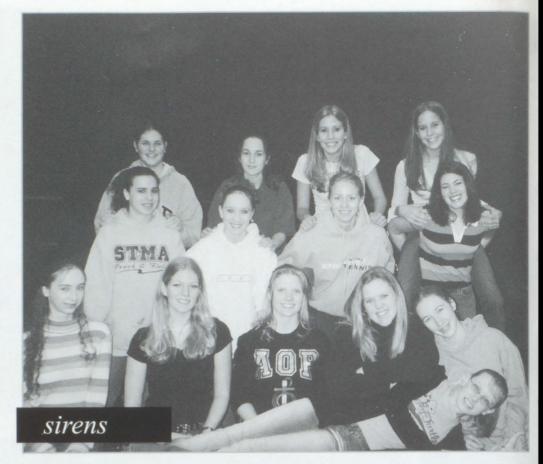


"If you can walk you can dance. If you can talk you can sing." -Zimbabwean Proverb

jazz

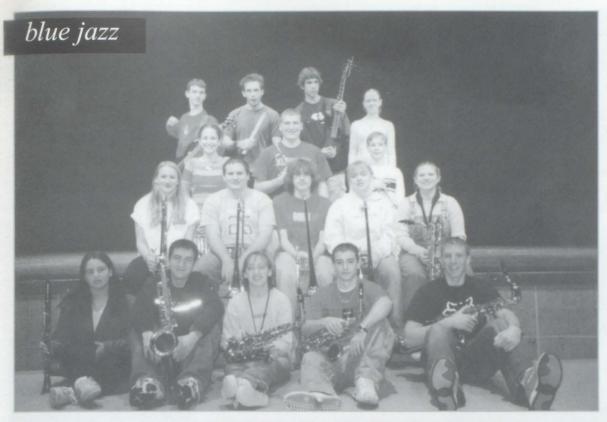
Front: Megan Selvig

2nd: Marissa Sobaskie, Katrina Zahler, Erika Jossart, Andrea Graham, Anna Posthumus. 3rd: Sarah Legatt, Dayna Lindenfelser, Calista Saville, Theresa Dalheimer. 4th: Melissa Croce, Nicole Andrews, Megan Stewart, Lyndsey Stewart.





Front: Danielle Legatt, Liz Cady, Marie Welter, Stephanie Gertken, Rachel Jossart.
Middle: Heather Linder, Stacy Marzean, Kate Bridal, Mara Erickson.
Back: Mitch Engstrom, Andy Tellefson, Andy Bible, Andy Vala, Shad Jacobsen, James Larson.



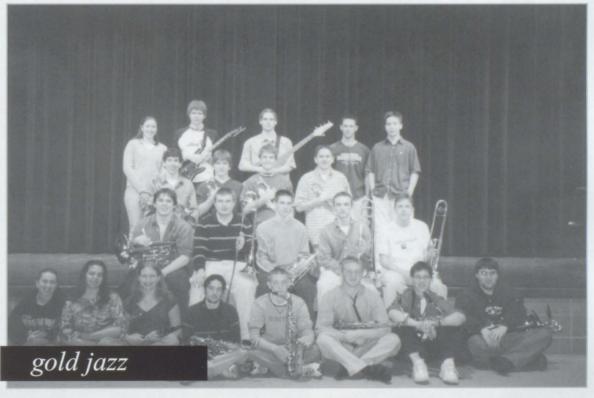
Front: Jessica Akes. Ryan Hase, Jaimie Hoeschen, Josh Hensel, Dan Dubel 2nd: Jessica Heuring, Andrew Engen, Mike LeDuc, Nicole Johnson, Danielle Brumbaugh 3rd: Nicole Andres, Mike Bernard, Kyle Hackenmueller 4th: Brandon DeRoo, Cody Schroeder, Chris Sucik, Megan Selvig.

Front: Ginger Nelson, Emily Delozier, Kelly Zachman, Robert Croce, Jacob Hackenmueller, John Grygelko, Brad Kastendick, Matt Ostman.

2nd: Jake Klinkhammer, Tristan Hase, Kevin Zachman, Andrew Goerdt, Kyle Brown.

3rd: David Maurer, Jason Hedlund, Nick Gilman, Karl Zachmann.

4th: Bryanna LaVallee, Brian Piechocki, Dan Filzen, Joe Hensel, Mat Lenneman





Left: Ryan Hase, Jaimie Hoeschen, Josh Hensel and Daniele Brunbaugh keep the jazzy beat during the concert. Right: The Sirens sing in perfect harmony.











QUOTE TO LIVE BY: DON T BE THE BUNNY



Above: "Tormented Terry" -Terry Gasser (11) The aggressors (clockwise): Andrea Graham (11), Rachel Jossart (12), Rachel Hoeschen (12) and Kate Bridal (10) "Insanity:
Doing the same
thing over and over
again and
expecting different
results"

-Albert Einstein



Above: Andy Tellefson (12) and Emily DeLozier (11) take time to perfect their Dramatic Duo piece before the competition.

First Row: Monica Voss, Terry Gasser Second Row: Emily DeLoizer, Rachel Jossart, Andrea Graham, Breanne Prothero, Nicole Deschepper, Mike Frickstad (advisor) Third Row: Rachel Detloff (advisor), Jessica Akes, Lindsay Morris, Liz McAllister, Anna Posthumus, The Bunny, Kate Bridal, John Winkelman Fourth Row: James Benson, Ron Miller, Andy Tellefson

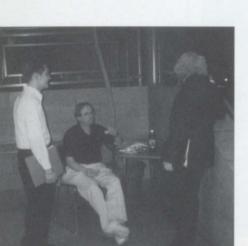


STMA SPEECH TAKIN IT TO THE LIMITS

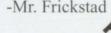
The STMA speech team continues to grow in numbers, activities, and accomplishments. Medals, ribbons, and trophies filled the display case all season long. Events of note included competing for the first time in the NFL Student Congress, winning numerous speaking awards, electing presiding officers, advancing several bills through committee, and being selected as the site of next year's fall congress. In the NFL district national qualifier speech tournament in Grand Rapids, once again we advanced two to the semifinal round. The popularity of the STMA invitational is growing -Mr. Frickstad area-wide, shown by the participation of 28 schools and double the attendance from last year. Results at subsection and section competition were disappointing, but from the experience, speechers learned the msot fundamental rules in competitive speaking: Patience is a virtue, black is boring and don't be the bunny.



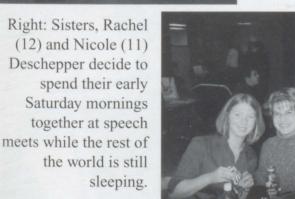
Above: Danielle Smith (9), James Benson (12) and Ashley Carlisle (9) break from the day's routines to play a few relaxing games.



Left: One speech advisor, Mr. Frickstad (center), takes a break from his lunch to speak with James Benson (12) and Andy Tellefson (12) about the day's competitors.



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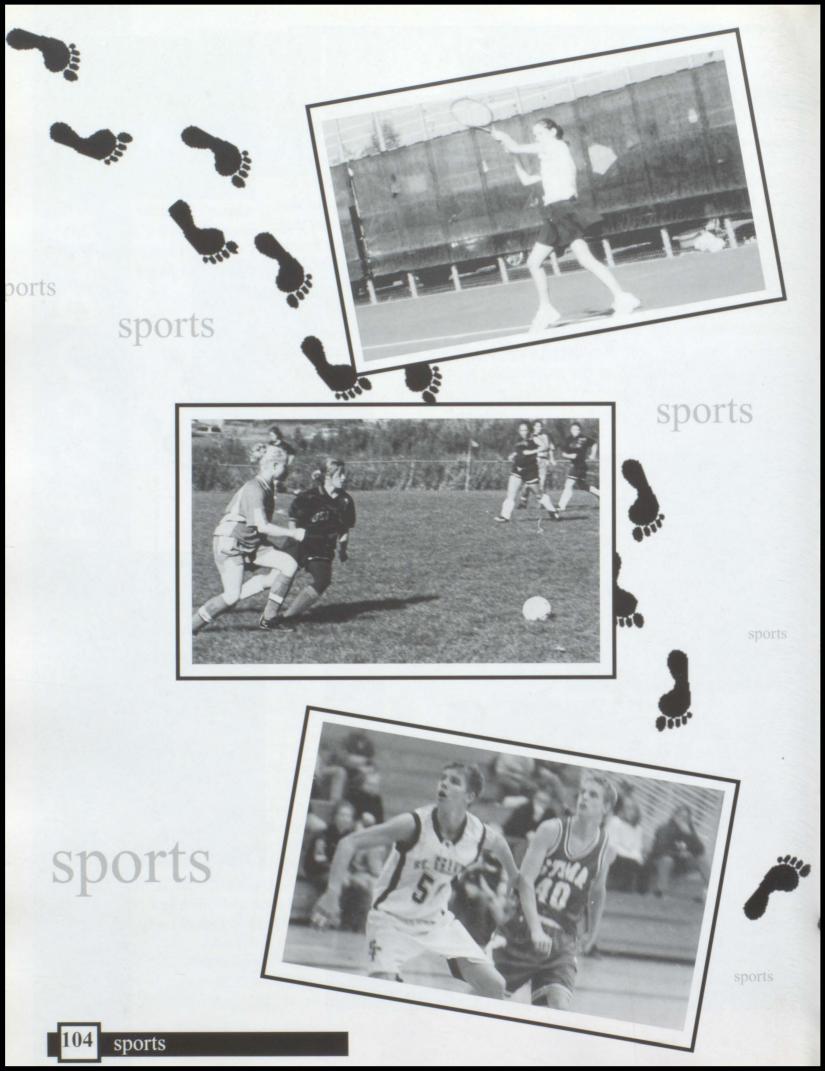


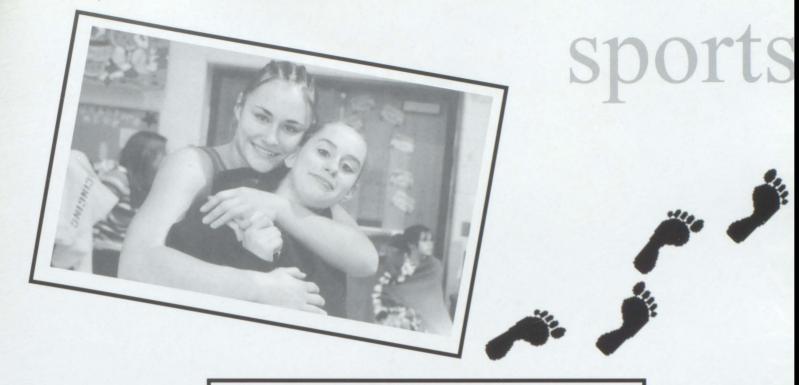
FOR



Above: David Derus (12) takes time to recollect his thoughts before he gives his speech.

ATI ONAL





sports



sports



sports

sports

Run Hard!

The Knights boys'Cross Country potential for the years to come. team worked very hard to finish off with an enjoyable season. Their final record was 27-95. Coach Beck, Assistant Coach Greeno and senior Andy Rogers lead the team with great enthusiasm. Kevin Knock and Dan Greeno each showed great support for their team by each earning and Honorable Mention. With their team being so young, they show fantastic boys



Above: Junior Carl Packa pushing towards the finish



Above: Knights boys leading the way!

Right: Dan Greeno(9) and Kevin Knock (11) side by side to the finish line.





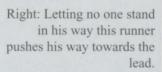
Above: Sophomore Jake Grygelko edging past his competition.





Above: This runner is demonstrating a great finish!

Left: Pulling to the end senior Andy Rogers is almost there.





Scoreboard

Milaca	13/19
Monticello	13/13
Norwood-Young America	
St. Francis	
Glencoe-Silver Lake	5/6
Buffalo Inv	18/20
STMA	10/11
Rum River Conference	7/9
st. Peter	7/9
Section 4AA	

Record: 27-95



Left: Making it to the finish line is tough, but this Knights runner is doing great!



Don't Let Anyone Ever Stand in Your Way The Girls put up a

Great Season!

The Knights girl's cross country team put up a good fight this season with a 10-18 record. The Varsity team included Carly Eggert(9), Kelly Lefebvre(11), Blais(11), Joelle Charity Bongarts(11), Brueckner(12), and Natalie The girls had a great season Clem(12). Middle school runners Dana Norby and Rachel Muehring also helped out the

team. The girls showed a lot of strength with freshmen Carly Eggert recieving an A11-Conference award and her teamates Kelly Lefebvre, Joelle Blais, and Natalie Clem each Maxine recieving Honorable Mentions. filled with a lot of good meets and tons of fun!



Above: Maxine



Above: Carli Eggert(9) and Kelly Lefebyre(11) stop and smile for a picture.

Right: Joelle Blais(11) is congradulated by friend and STMA cheerleader Leslie Sutton after a great run.







Top: Kelly Lefebvre and Joelle Blais are excited after competing in an awesome run.

Above: All the girls pose for a picture

Scoreboard

Milaca	incomplete
Monticello	incomplete
Norrwood-Young America	incomplete
St. Francis	
Glencoe-Silver Lake	incomplete
Buffalo Invitatinal	
STMA	incomplete
Rum River Conference	3/7
St. Peter.	6/8
Section 4AA	12/16

Record: 10-18





Above: Maxine Brueckner is being cheered on to finish hard.

Left: Carly Eggert sprints towards the finish line.

Right: Joelle Blais and Charity Bongarts showing off their new and hard earned medals.





Left: Carly Eggert and Kelly Lefebvre show team work running side by side in a meet.

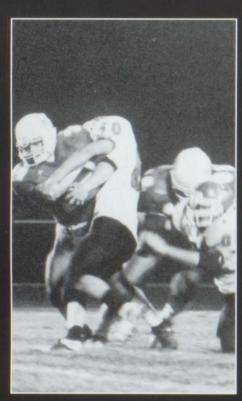
fall and break my leg!

-Joelle Blais

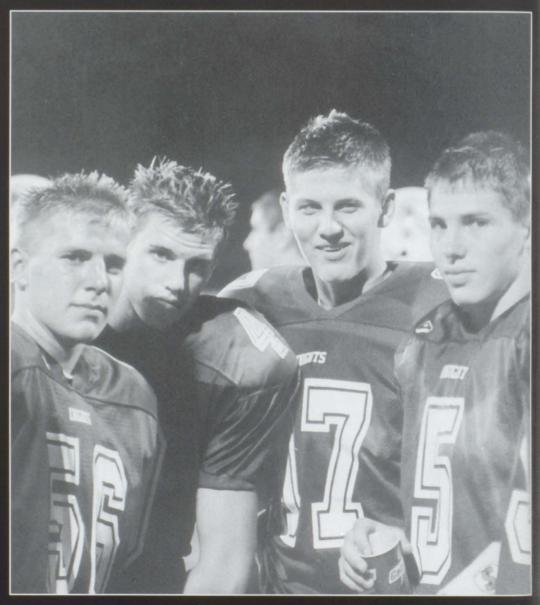
A new conference and a Championship!

couldn't stop the The season started off slow Valentus, with 2 losses, but the team and Curt Sahli. Our school quickly picked it up looks forward to cheering winning 6 straight games for another great year from the conference title! the Knights. lead by seniors Kevin Hegland, Adam Roden, and Curt Sahli. Defense was

Playing in a new section lead by senior Ryan



Above: Knights make some great plays. Right: Ryan Bauman, Ryan Becker, Ryan Aaserud, and Kevin Heglund help lead the knights to another win.

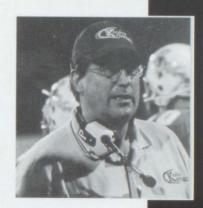




Above: Curt Sahli is ready to play some strong defense.

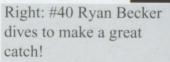
Scoreboard Big Lake......41-18 Chisago Lakes.....39-13 Milaca.....31-6 Monticello.....0-6.....0-21 Mora.....36-14 North Branch.....40-18 Pine City......39-20 Record 6-3

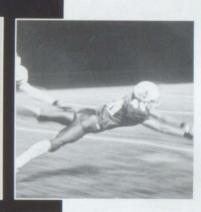




Above: The team gets pumped up for their next game.

Left: Mr. Bauman can feel the next win coming.







Left: Bryan Hegland, Ryan Bauman, Adam Roden, and Curt Sahli are ready to play.

Princeton......7-27 **CC** Playing in a new conference made this year a challenge, and next year we will be better because we will know the teams. -Coach Bauman

The boy's set many

Goals!

The Boy's Soccer team had a great first season. They won quite a few of their games. The team was led by a strong and large group of juniors, two of which were also captains (Kevin Zachman and Drew Goerdt). Five of the STMA's foreign exchange students were also on the team. They include: Rod Cambiaghi, Christian Liska, Enrique Garcia, Dario Naranjo, and Danny Barboza. All of them

had played soccer before they came to the US. David Derus and Johnny Phaipanya were the only seniors on the team this year. Dario Naranjo remembers having to practice in the rain. He said, "It was a little cold for the foreign exchange students though." The team had many fun practices. hard, but Hopefully they will be as successful next season as they were this year!

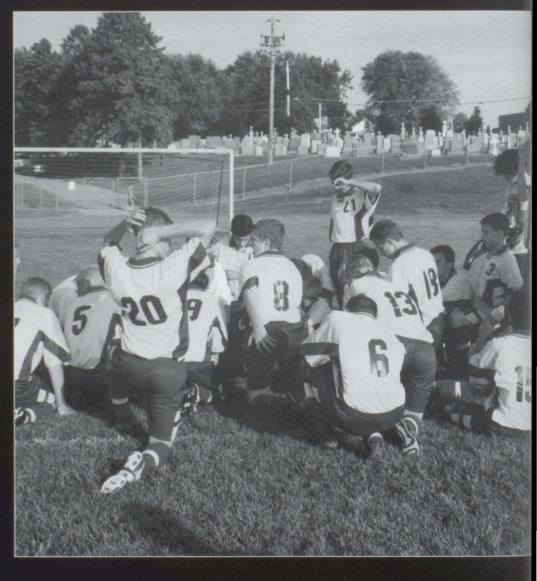


Above: Saengathit "Johnny" Phaipanya (grade 12) is getting ready to get the ball away from the other team.



Above: What a great save by Costa Rica's Danny Barboza. Goalies Drew Geordt (grade 11) and Danny Barboza (grade 12) did an great job at preventing the other teams from scoring on the Knights.

Right: The team gets a pep talk before the game. They are hoping they will be as successful at this game as their previous games.





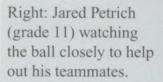
Above: The team in a group huddle discussing the game plan and getting hyped up for the big game ahead of them.





Above: The boys congratulating the other team after a well played game.

Left: At halftime the boys were quite excited that they were ahead.





Scoreboard

Minnewaska	3-1
Waconia	1-1
Glencoe-Silver Lake	0-6
Rockford	3-2
Chisago Lakes	3-0
North Branch	1-1
Glencoe-Silver Lake	1-0
Delano	2-1
Waconia	1-6
Chisago Lakes	1-2



Above: Standing on the sidelines cheering on their teammates.

The Girl's Strive to

"Keep up the Mentality"

The Knights started out their season a little rocky losing their first two games against Monticello and Minnewaska. Then they won their next three games and tied with Chisago Lakes on the sixth game. They won their next two, then had an upsetting lose to Delano 0-3. However, they finished their season strong with a 7-3-1 recored. The senior leaders on were Tiffany team Paulson, Jamie Slimmer, and Emily Beaudry. The fact that it was the first year STMA

had a soccer team, their season went great. "The Lady Knights put on a very nice offensive show."- Coach Heieie

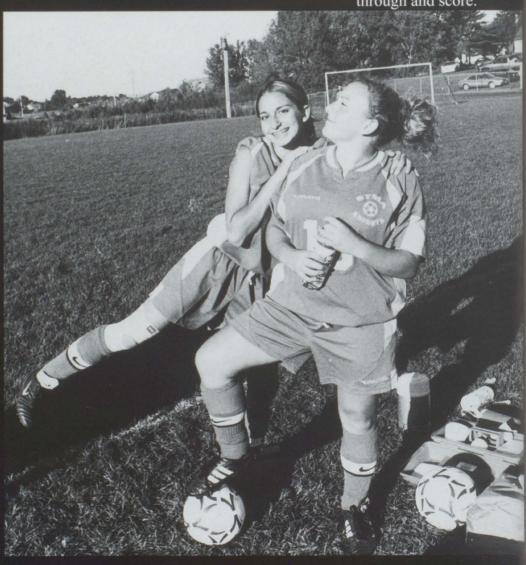


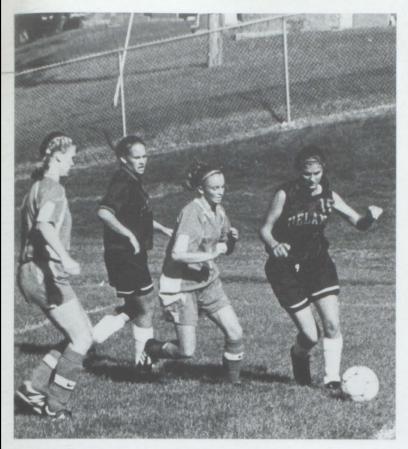
Above: Cassie Frommelt uses her awesome offesive skills to fight through and score.



Above: The team watches with anticipation from the sidelines.

Right: Angie and Sara posing for a picture after a soccer game.





Above: These two teammates try to cut in for a steal.



Above: The Knights work as a team to try to get the ball from the other team.

Below: #12 Laura goes for the ball.

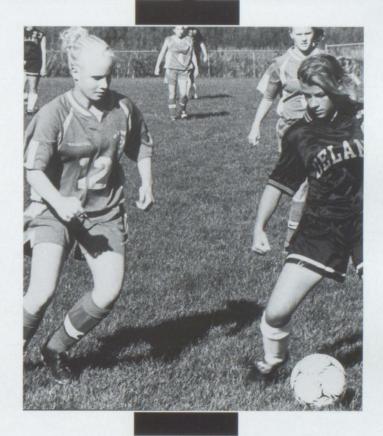
Player Stats

Goals

Ellen Washatka-4, Sarah LaLonde-4, Alicia Krone-3, Kacie Frommelt-3, Deb Tisdale-3, Tara Reardon-2, Michelle Beaudry-2, Angie Rausch-1, Jamie Slimmer-1, Jen Jankord-1

Assists

Fiffany Paulson-3, Angie Rausch-3, Kacie Frommelt-2, Sarah LaLonde-2, Jennifer Jankord-2, Emily Beaudry-1, Ellen Washatka-1, Laura VanDrasek-1



"We had a great soccer season. It was a lot of fun and I'm looking forward to next season"!-Kacie Frommelt

The Girl's splash into a

Great First Year!

The girls swimming and diving team had a great inaugural season. The swim team was led by a strong group of freshmen. At the beginning of the season they thought that they wouldn't be competitive, but the team very soon realized how wrong they were. As the meets went on they kept closing in on the other teams until the varsity won the very last regular season meet. The diving team really added to the score with their excellent dives. Junior Abby Johnson holds the school record for highest score with a 161.15. Sophomores Jaimie Hoeschen and Stephanie Wallerius scored high also, along with Freshmen Raquel Korpi and Amy Lindenfelser. The team will miss the excellent leadership and attitudes of seniors Rachel Hoeschen, Kari Holvik, Ginger Nelson,

Emilee Brouillette, and Amber Moon. They added a lot to the team. The girl's had a fun season and are looking foward to a great season next year.



Above: The Captains for next years Swimming and Diving Team are Jaimie Hoeschen, Vienna Hastings, and Emily De Loizer.



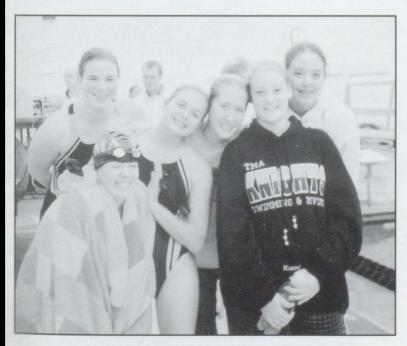
Above: Diver Jaimie Hoeschen mid-dive looking for water.

Right: Emilee Brouillette, Rachel Hoeschen, Kari Holvik, Nicole DeShepper, Ginger Nelson, and Emily DeLoizier take a break from laps to smile and pose.





Section qualifiers: (Front Row) Vienna Hastings, Rebekah Winge, Megan Watters, and Carissa Reily. (Middle Row) Jaimie Hoeschen, Abbie Dalbec, Emma Johanson, Anna Johanson, Brittney Barr, and Emily DeLoizer. (Back Row) Ginger Nelson, Caitlyn Bandy, Kari Holvik, Amanda VanHeel, and Rachel Hoeschen.



Hanging out in the middle of a meet: Laura Reimann, Abbie Dalbec, Rebekah Winge, Vienna Hastings, Jessi Kuusi, and Amanda Troubaugh.



Left: Swimmers hurry out of the pool during their relay to cheer on the rest of their team.



Left: Diver Amy Lindenfelser flying high!







Left: Diver Stephanie Wallerius showing off her good stuff.

Swim Fast, Dive Good

Fire Away!

This year the STMA girl's tennis team encountered many challenges being in a new conference. The team opportunities to prove themselves and to display their talents. Through hard work and dedication, this year's team created a legacy for future teams to follow. The most significant battle for the team was a home match againt Pine City. STMA's very own girl's tennis team became only the third team in the Rum River Conference to ever beat the Pine City Dragons. This was also a milestone in that it was the first time, in the history of STMA girl's tennis, that they beat a state contending team. Later in the year, the team faced another state contending team, Foley.

Everyone played some of their best tennis all season at that match which proved their abilities. It was obvious that the Rum River Conference included a tougher match schedule, but the team kept the fire going all season long landing them the third spot in the conference. The team was lead by captains Colleen Schumacher and Shannon Weber. Other seniors included Michelle Kelly, Heather Larson, Jackie Lehn and Maureen Reilly. Congratulations to all the seniors for their amazing careers and for their contributions to the STMA girl's tennis program. The team looks forward to new leadership next year and a bright future.



Above: Captain and singles player, Shannon Weber (12) is serving up another ace against her opponent.



Above: Singles player Connie Holland (11) takes the stance and prepares the ultimate forehand shot.

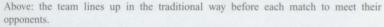
Right: The team takes time for a photo after a long tday at the annual Mora Tournament.

Back Row: Jodi Reinschmidt (9) Jessica Johnson (11) Shannon Weber (12) Calista Saville (11) Kristi Eull (10) Connie Holland (11) Colleen Schumacher (12)

Front Row: Maureen Reilly (12) Michelle Kelly (12) Jackie Lehn (12)







Left to Right: Bryanna LaVallee (11) Katie Chalstrom (11) Jodi Reinschmidt (9)Jessica Johnson (11) Calista Saville (11) Colleen Schumacher (12) Maureen Reilly (12) Michelle Kelly (12) Jackie Lehn (12) Shannon Weber (12)



Above: The girls get a pep talk from Coach Riles before a match.





Above: Playing doubles together, Colleen Schumacher (12) stands ready for anything at the net while Calista Saville (11) begins to move up after her serve.

Left: Kristie Eull (10) prepares herself for a perfectly timed serve.





Above: The doubles team M & M: Michelle Kelly (12) and Maureen Reilly (12) get pumped for their next match by warming up with their opponents.

Left: Captains Shannon Weber (12) and Colleen Schumacher (12) step up to accept the team award for first place at the STMA home tournament.

Girl's Bump, Set, and Spike

To Victory!

The ball went over the net and score! That was the way the games went this year for the girls. Every game they won was well deserved. With three seniors leaving the team they have the chance for another great season next year. With all their hard work they will always have a great year! Good job girls!

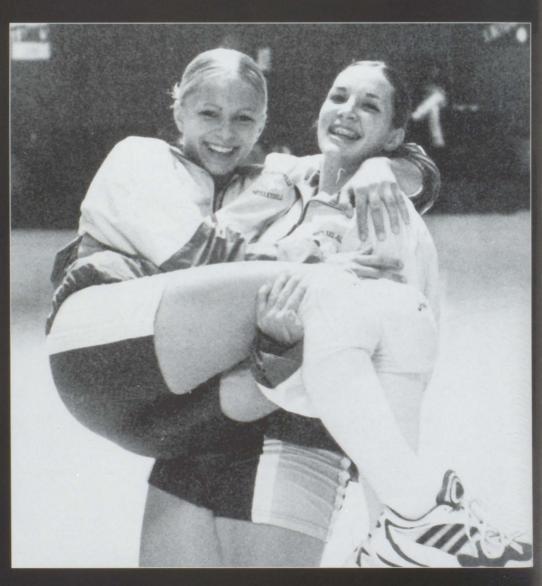


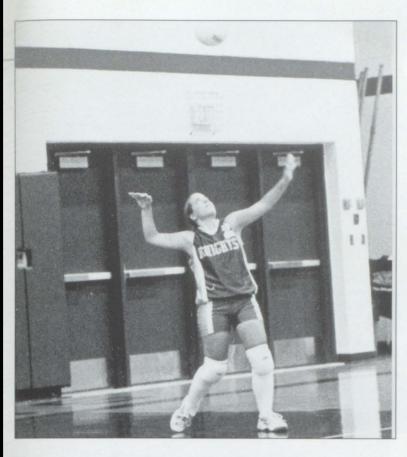
Above- Anna Dehmer gets ready to bump the ball back over the net. Maybe it will be a game winning point!



Above-: The team gets psyched up for their game!

Right-: Juniors Kacie Brant and Kate Luken pose for a quick picture before their game.





Above: She's getting ready to serve the ball over and ace the other team!

Below: This spike is going straight down to the opponent!

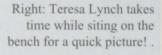






Above: Them team is geting ready for their game and taking a warm up lap.

Left: Jaclyn is jumping up to block the ball.







Left: Danielle Kessler goes for an awesome save!

"

You Dig?

Cheer, Cheer

For STMA!

Cheer, Cheer for STMA...that song never fails to bring the crowd to their feet and it demonstrates just how much school spirit is present in our cheerleaders and fans. At every game, through good times and bad, the teams can always count on the dedication of the fall and winter squads to lead the fans in cheering them on. Throughout the year, sports teams can be sure that there will always be this group of people behind them, rallying them on to another win.





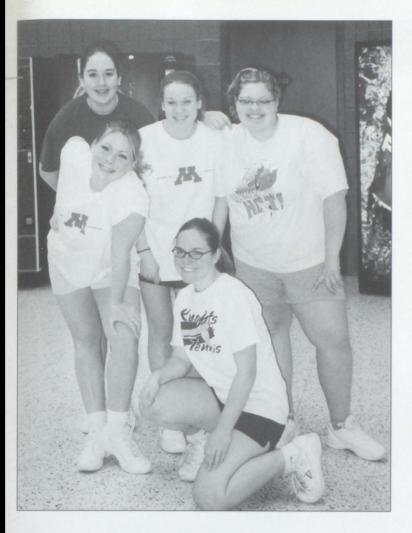




Above: (clockwise from L.) Seniors Maureen Reilly, Michelle Kelly, Shannon Weber, Teresa Lynch, Lydia Gindele and Stacey Beach get ready to cheer the football team on to another win.

Right: Fall Squad (clckwse from L.) Sarah Demmer, Sara Rogers, Roxanne Boone, Kristi Oliver, Monica Voss, Leslie Sutton, Heather Farr, Amanda Salber.





Winter Squad: Amanda Trobaugh, Kayla Gendron, Rachel Carlson, Megan Reed, and Jamie Slimmer

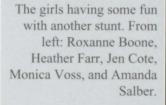


Winter Squad: front: Sarah Demmer, Monica Voss, Roxanne Boone, Brittany Roberts. Middle: Ashley Carlisle, Jen Cote, Melissa Croce, Heather Farr, Kristi Oliver. Back: Amanda





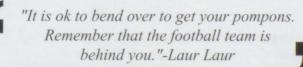
Left: Liz Cady gives cheerleader Amanda Salber a hug at the cross country meet.







Practice makes perfect! Megan Reed, Amanda Trobaugh, Rachel Carlson,and Kayla Gendron work on their cheers.



FALL SPORT TEAMS

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Ist Row: Sara Jo Larson, Jennifer Jankord, Jamie Slimmer, Kacie Frommelt, Ericka Jossart, Alicia Krone 2nd Row: Sam Gavere, Deb Tisdale, Karen Rose, Michelle Beaudry, Pam Ingebrigston, Sara Lalonde 3rd Row: Ellen Washatka, Dana Philavanh, Amy Sieg, Emily Beaudry, Tiffany Paulson, Coach Heiei, Tara Reardon, Laura VanDrasek, Angie Rausch, Allison Mosher, Sara Helfert

B O Y S S O C C E R



Front: Alexis Barboza, Joe Pfeil, Jason Hedlund, Andrew Goerdt, Kyle Brown, Chris Guilet, Rodrigo Cambiaghi Middle: Matt Lenneman, Kevin Zachman, Karl Zachman, Johnny Phaipanya, Jared Petrich, David Maurer, Nick Gilman Back: Coach Johnson, Hector Naranjo, Enrique Almago, Ben Voss, Chris Kinnamon, Derek Billair, Christian Lieka, David Derus



Ist: Claire Friendshu, Katie Goodin 2nd: Sadie Kessler, Miranda Nelson, Maria Arns, Kari Valerius, Desirae Swenson 3rd Row: Melissa Croce, Kristin Stangler, Amanda Hackenmueller, Jamie Lauer, Jaclyn Arns V
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Row 1: Shaylee Carlson, Rachel Knutson, Estee Kolles, Courtney Brant Row 2: Jennifer Weise, Jessica Weise, Stacy Hackenmueller, Ashley Carlisle, Kali Erickson, Whitney Rathbun



VARSITY VOLLEYBALL

Row 1: Alyssa Dick,
Brianna Dick Row 2:
Kacie Brant, Christa
Martin, Jenna
Harrington, Anna
Dehmer, Michelle
Taylor, Teresa Lynch
Row 3: Kate Luken,
Jaclyn Arns, Danielle
Kessler, Christina
Borchardt, Ashley
Rathbun Row 4: Coach
Gohman, Coach
Ellsworth, Coach Dick



Molly Lefebvre, Rebecca Lefebvre Row Amanda Barthel, Melissa Koch, Lara Berning, Andrea Janney, Kayla Pietsch Row 3: Carrie Abrahams, Sabrina Wauker, Emilee Dalbec, Coach Brian Mashuga, Brittany Zahler, Emma Zachmann, Allison Janney

J T E N S

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First Row: Sam Greeno, Amy Norby, Steve Posthumos, Charity Bongaarts, Kyle Gammel Middle Row: Joelle Blais, Maxine Bruekner, Carly Eggert, Kurt Schumm, Jake Gregylko, Kelly Lefebvre Last Row: Dan Greeno, Luke Gindele, Andy Rogers,

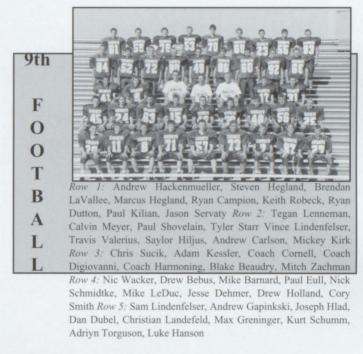
Mike Beck, Greg Greeno, Dylon Royseth, Karl Packa, Kevin Knock

JV & VARSITY FOOTBALL



Row 1: Heather Larson, Connie Holland Row 2: Kristi Eull, Jessica Johnson, Jackie Lehn, Bryanna LaVallee, Katie Chalstrom Row 3: Colleen Schumacher, Maureen Reilly, Michelle Kelly, Jodi Reinschmidt, Calista Saville, Shannon

Weber Row 4: Coach Brian Mashuga, Coach Jim Riles



Ferry, Tyler Krutzig, Cory Dalbec, Jesse Reinschmidt, Joe Schoen

Cheerleaders: Sarah Rogers, Sarah Demmer, Amanda Salber, Heather Farr, Monica Voss, Ashley Jesser, Leslie Sutton, Kristi Oliver 1st Row: Nathan Rowe, James Medina, Curt Sahli, Adam Roden, Joe Lefebyre, Kevin Hegland, Ryan Bauman, Bryan Hegland, Joe Hensel, Eric Weber 2nd Row: Matt Sahli, Pat Bjork, Travis Anderson, Jake bjorklund, Jon Dooher, Ryan Becker, Ryan Aaserud, Kyle Valerius, Kyle \$healer, Nate Cote', Andrew Vala, Chris Yahnke, Mark Kasper 3rd row: Taylor Vetsch, Lucas Hegland, Coach Bovee, Coach Warne, coach Berning, Staci Theisen, Coach Harmoning, Coach Baumen, Coach Cornell, Coach Anferson, Coach Hahn, Coach Digiovanni, Jordan Scherber, Blaine Barthel 4th Rpw: Kory Winkleman, Jd Hill, Bill Kessler, Brad Kastendick, Josh Arkulary, Tristan Hase, Jake Derauf, David Helfert, Geoff Berning, Trenton Kolles, Andrew Baldridge, Josh Eull, Joe Donohue 5th Row: John Grygelko, Jake Klinkhammer, Tom Polascheck, Caled McEachern, Brady Welch, Jeremaiah Keil, Alex Kessler, Mike Strangler, Adam Eliason, Peter Lindenfelser, Kyle Rogers, Kelly Anderson 6th Row: Matt Lindenfelser, Jake Wheeler, Derek Nordhaus, Dusty Baker, Dan Haller, Eric Cagle, Joe Bongaarts, Grant Helgeson, Mike Nelles, Josh Theisen, Josh Hensel, Keith Berning, Joe Psyk 7th Row: Billy Haskvitz, Chad Arlt, Luke Vetsch, Aaron Stubbs, Tom Schreiber, Ryan Hase, Tyler Justen, Travis Novotny, Charles Yahnke, Tom

The Boy's Team had a winning season

With Strong Leadership!

The STMA Boys Basketball team had an excellent season winning 18 games and losing 8. They finished in second place in the Rum River Conference. The season ended with a tough loss to Orono in the section semi's. The team won many close games recording 3 overtime wins. Highlights of the season include beating rival Buffalo and winning the first section game versus the highly regarded Benilde-St. Margaret. The Knights has several players turn in record setting games and season's. Kevin Hegland set 5 different school records including assists

in a game, assists in a season, all time assist leader, most free throws made, and most free throws attempted. Meanwhile Kyle Shealer set two records- most shots made in a game and most shots attempted in a game. The most rewarding part of the team was how they came together as a group. The not only were a fine team, but excellent kids. This success was helped by the fine senior leadership of Ryan Becker, Kyle Valerius, Jake Gendron, Bryan Hegland, Kevin Hegland, Kyle Shealer, and Nathan Rowe. -Coach Anfenson.



Above: Senior Hegland looks for an open player to pass the ball to.



Above: Ryan Becker (12)gets some air while making a drive toward the basket.

Right: Senior Kyle Shealer shows off his moves with a pass.





Above: Decisions, decisions. Bryan Hegland (12) pauses while waiting for the best opportunity to put the ball back into play.

Scoreboard

1. Buffalo	58-47
2. St Francis	48-44
3. ine City	67-54
4. Monticello	55-58
5. Foley	60-48
6. Mound	44-32
7. Breck	45-47
8. Orono	
9. Milaca	61-52
10. Big lake	73-69 OT
12. Mora	71-59
13. Chisago Lakes	65-42
14. North Branch	46-68
15. Orono	73-81
16. Mound	68-47
17. Pine City	62-38
18. Princeton	
19. foley	71-67
20. Big Lake	47-58
21. Milaca	61-45
22. Mora	
23. Chisago Lakes	70-68 OT
24. North Branch.	20 66

Nathan Rowe shoots, he scores!



Senior Jake Gendron keeps the ball under control.



Number 24, Kyle Valerius, executes a shot with perfect form. Swish!



The most rewarding part of this team was how they came together as a group.

-Coach Anfenson

The girl's team finishes high

in Conferences!

The Knights Girls Basketball Cloud Apollo and Fridley to team posted a 16-10 record advance to the championship this year, losing to Orono in game, where we lost to St. the section quarterfinals. Our Cloud Tech. Our captains conference mark was 12-4, finishing third in our first year in the Rum River Conference (behind North Branch and Coach. Chisago Lakes). Probably the biggest highlight of the season was finishing in second place in the Monticello Christmas We beat St. tournament.

were Shannon Weber, Emily Beaudry, and Jaclyn Arns.

-Jeremy Hoffman, Varsity



Above: Getting ready to shoot, Christa Martin (11) tries to raise the score.



Above: Michelle Taylor (11) keeps her eye on the game to plan her next move.

Right: Jump Ball!! Knights girls reaching for the ball.





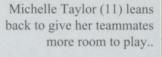
Above: Jaclyn Arns (11) demonstrates a great follow through after a great shot.





Above: Fighting off defenders these girls are going to get the ball in the basket no matter what.

Left: Warming up before a game helps each player perform their best.







Senior Tiffany Paulson is staying focused during the game.

ScoreBoard

~	COLODOUIC	•
Buffalo		40-38
Monticello		33-38
Pine City		82-43
St.Francis		47-48
Princeton		58-53
Foley		59-53
Milaca		53-42
Big Lake		53-31
St.Cloud Apollo		36-34
Fridley		61-50
St.Cloud Tech		31-45
Mora		46-33
		40-43
North Branch		58-50
Orono		39-59
Pine City		41-49
Mound		53-41
Princeton		61-48
Foley		48-43
Milaca		48-44
Big Lake		57-42
Spring Lake Park		65-41
Chisago Lakes		46-57
North Branch		45-47
Orono		38-56
	Won 16 Lost 10	42-57

Shoot for the Stars!

Soar to

—Astonishing Heights!

Wow! What a season the girl's had. Overcoming injury and tougher judging the team did well, finishing third in the Rum River Confrence behind Big Lake and Chisago Lakes. Being part of Section 5A was also a challenge for the girls, for it is the hardest section in the State. Stepping up to this challenge was freshman Amy Lindenfelser qualifying for state on Beam and Vault, making a new school record on vault with a 9.575. At the team banquet many awards were given out including Most Improved, Most Dedicated, and Most

Inspirational. Freshman Jeanna Weber received most Improved, Sophomore captains Jaimie Hoeschen and Stephanie Wallerius received Dedicated. Most Most Inspirational went to Junior Joelle Blais. The captains for the year 2003-2004 were also named, they will be Joelle Blais and Stephanie Wallerius.

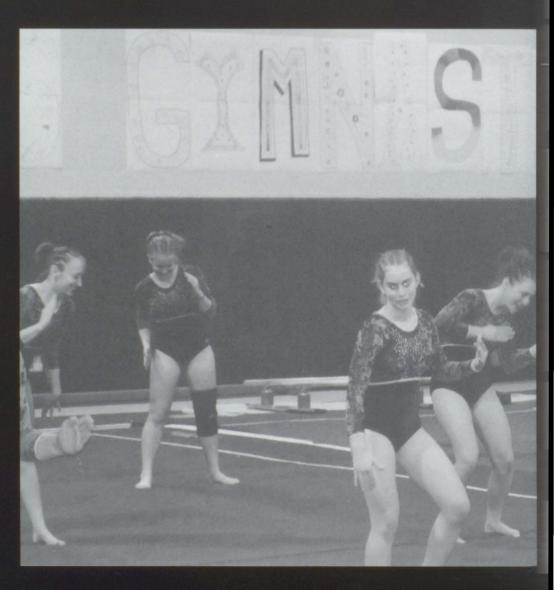


Above: Relaxing in between events Amy Dalbec (9) poses with her flower.



Above: Amy Lindenfelser demostrates a perfect giant.

Right: Jaimie Hoeschen (10), Calli Vetsch (9), Jeanna Weber (9) and Joelle Blais (11) doing their versions of the robot during their parents night dance.





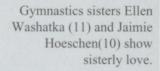
Above: Megan Jokinen(10), Joelle Blais(11) and coach Ms. Hanson sing the National Anthem before a meet.



Christine Deroma (10), Joelle Blais (11) and Raquel Korpi (9) bond before a meet.



Jeanna Weber (9) and Amy Dalbec (9) joke around while cheering on their team mates.





SCORE BOARD

Chisago Lakes 138.3 STMA 134.025
Princeton 112.35 STMA 130.3
Pine City/Rush City 122.15 STMA 130.55
North Branch 112.35 STMA 130.325
Big Lake 143.675 STMA 132.125

RUM RIVER CONFRENCE 3RD PLACE 128.425 SECTION 5A 6TH 132.55



Amy Wacker (9) and Jeanna Weber (9) have a very productive practice.

"

We're not whiners, we're just always right.

"

for the Goal!

"We had a good season and the kids worked hard," states Coach Brian Mashuga. With a season record of 8-15-2 the guys really did work hard. The highlight of their season was at the Little Falls Tourney when they took 2nd. There is hope for next year because there will be many good returning players. But seniors Kyle Beckler, Andy Kilian, Luke Carlson, Robbie Altendorf, Ryan Aaserud, and Roman Betschart will be missed. Next year's captins will be Tyler Carlson and Kyle Rogers taking the place of this years captins Kyle

Beckler, and Andy Kilian. With the school geting larger there will be more and more guys adding to the hockey team to help make them stronger. Maybe next year there will be more games like the game against Long Prairie when we won 14-1! The JV put up a good fight this year ending the season with a record of 10-10-2. Their biggest win was against North Branch with a score of 10-1.



Above: Junior Ryan Pellaton gets ready to go after the puck!



Above: Senior Andy Kilian is working hard to try to help the team add to their victoires.

Right: #22 Ryan Pellaton, #21 Tyler Calson, and #13 Kyle Beckler work as a team to try and score a goal!





Kyle Beckler shows off his skills as he goes for the puck. Kyle Beckler and Tyler Carlson are All -Conference for the 2002-2003 season.

ScoreBoard

Monticello.... 4-3

St.Francis.... 4-2

Litchfield D/C2-2

Delano..... 1-2

Shakopee.... 2-8

River Lakes2-1

Leseuer5-2

Orono..... 2-9

Becker/Big Lake..... 7-4

Long Prairie.... 14-1

Jamestown ND.... 6-2

Little Falls.... 1-9

Mound/Westonka.... 0-4

Pine City..... 3-3

Princeton.... 0-10

Becker/Big Lake5-0

Chisago Lakes.... 1-4

Mora.... 2-8

Pine City..... 2-4

Tri-City..... 6-9

Mora.... 3-6

Minnehaha1-5

Chisago..... 2-5

Shakopee..... 2-9

Right: #21 Tyler Carlson and his teammate wait intently for the puck to come their way.





Senior #7 Luke Carlson is showing his aggressive side as he fights to be the first one to the puck.

Senior # 17 Ryan Aaserud is geting ready for the puck to be passed to him from a teammate so he can go make one of his three goals this year.





Senior captain Andy Kilian waiting for the puck while a member of the opposite team dives into him. Andy Kilian and Kyle Rogers received Honorable Mentions awards.

This year we had a lot of hard working men on the team.
-Coach Brian Mashuga

Another Hard earned trip to the State Championship

WRESTLING

After a tremendously successful 27-4 season, the wrestling team once again made the familiar trip to the state tournament, becoming the runnerups in Class AA. In addition to this accomplishment, the wrestling Knights also claimed three individual state places (Mike Thorn-2nd,

Brandon Dick-5th, Chas Betts-4th) 10 state qualifiers, six All-Conference winners, and five All-Conference Honorable Mentions. Even with the loss of their three seniors, there is no doubt that the Knights have more great seasons to look forward to, complete with many more state tournaments.



All Conference

Mike Thorn (103) Joe Grygelko (112) Brandon Dick (119) Jake Grygelko (135) Chas Betts (160)

John Grygelko (171)

State Qualifiers and Place

Mike Thorn (103)-2ndJ oe Grygelko (112) Brandon Dick (119)-5th Jake Grygelko (135) Mickey Kirk (140) Luke Vetsch (145)

Chas Betts (160)-4th John Grygelko (171) Adam Roden (215) Caleb McEachern (275) All Conference Honorable Mention

Chad Little (125) Mickey Kirk (140)

Josh Becker (145)

Jake Bjorklund (189)

Adam Roden (215)



The group poses with their trophy. Front row: Kristi Oliver, Stacey Beach, Rebecca Lefebvre, Chelsea Hosch, Dan Greeno, Matt Hackenmueller, Brandon Dick, Mike Thorn, Heather Farr, Roxanne Boone. 2nd row: Amanda Salber, Monica Voss, Jacob Wheeler, Mickey Kirk, Joe Grygelko, Jake Grygelko, Chad Little, Sarah Demmer. 3rd row: Josh Becker, Kurt Schumm, Luke Vetsch. 4th row: Dan Lefebvre, Greg Greeno, Caleb McEachern, Dusty Baker, Andy Gapinski, Adam Roden, Jake Bjorklund, Chas Betts, John Grygelko, Mark Kasper, John Ingebritson, Rich Jensen

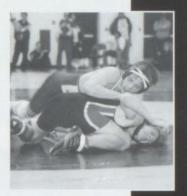


Above: John Grygelko raises his hand in victory.

ScoreBoard

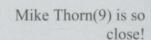
Overall Dual Meet Record: 27-4

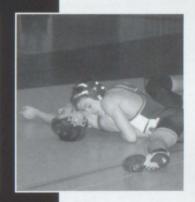




Above: Jake Bjorkland(12) has the pin.

Left: Brandon Dick (11) puts in his all as he struggles to get his opponent on his back.







Chad Little(9) uses his super strength and techniques to get him on his back.

WINTER SPORT TEAMS



Varsity Girls Basketball: Row One: Brianna Dick, Kacie Brant, Alyssa Dick Row Two: Christa Martin, Christina Borchardt, Jackelyn Arns, Shannon Weber, Michelle Taylor Row Three: Coach Hoffman, Danielle Kessler, Emily Beaudry, Alexa Landefeld, Tiffany Paulson, Stefania Cerutti, Kacie Fromelt, Coach Digiovoni



Junior Varsity Girls Basketball: Front Row: Ashley Scherber, Alexa Landefeld, Amy Capps Middle Row: Kristen Stangler, Kari Valerius, Mackenzie Flaherty, Marsha Vollbrecht, Erica Jossart Back Row: Michelle Beaudry, Marla Arns, Karylee Arone, Coach Digiovanni



Junior Varsity Boys Basketball: *Front Row:* Matt Lindenfelser, Tyler Krutzig, Seth Bateman, Chad Arlt, Billy Haskavitz, Chris Parker *Back Row:* Cory Dalbec, Tom Ferry, Alex Lindenfelser, Coach Hahn, Travis Novotny, Adam Elliason, Tom Schreiber

Varsity Boys Basketball:

Front Row: Bryan Hegland, JD Hill

Middle Row: Peter Lindenfelser, Kevin Hegland, Jake Gendron, Bill Kessler

Gendron, Bill Kessler,
Nathan Rowe
Back Row: Coach
Anfenson, Mike Stangler,
Ryan Bauman, Ryan
Becker, Dan Trobough,
Kyle Valerius, Kyle
Shealer, Alex Kessler,
Coach Hahn





JV & Varsity Wrestling: Front Row: Sarah Demmer, Kristi Oliver, Melissia Croce, Ashley Carlisle, Roxanne Boone, Brittany Roberts Second Row: Mike Thorn, Dan Greeno, Jake Wheeler, Brandon Dick, Chas Betts, Josh Becker, Mickey Kirk Third Row: Jon Gregylko, Caleb MacEachern, Adam Roden, Andy Gapinski, Jake Bjorklund, Kurt Schumm, Luke Vetsch, Dusty Baker Fourth Row: Jen Cote, Amanda Salber, Rebecca Lefebvre, Chelsea Hosch, Chad Little, Mark Kasper, Dan Lefebvre, Chris Jensen, John Ingebritson, Greg Greeno, Matt Hackenmueller, Jake Gregylko, Joe Gregylko, Stacey Beach, Heather Farr, Monica Voss Fjith Row: Kyle Hackenmueller, Steven Hegland, Marcus Hegland, Jake Hackenmueller, Luke Gindele, Aaron Berning, Andy Hackenmueller, Kyle Gammel Sixth Row: Mike Nelles, Max Greninger, Nick Schmidtke Joe Schoen, Matt Nerdahl, Jeremiah Keil, Kurt Pope, Joey Hlad



Ninth Grade Wrestling: Row One: Brain Zachman, Kyle Gammell, Andy Hackenmueller, Dan Grenno, Steven Hegland, Kyle Hackenmueller, Ross Lefebvre Row Two: Alex Becker, Keith Bistodeau, Marcus Hegland, Lowell Zachman, Dean Eull, Luke Gindele Row Three: Rich Jenson, Joey Hlad, Adam Aaserud, Max Greingger, Andy Gapinski, Matt Nerdahl, Nick SChmidtke, John Ingebritson



Junior Varsity Hockey: Row 1: Nate Kopp, Andrew Carlson, Chris Kinnamon, Coach Helstrom, Brendan LaValle, Derek Billiar, Jesse Evans Row 2: Nick Smith, Gavin Swenson, Mike Wacker, Jeremy Brant, Tyler Starr, Calvin Meyer, Davey Heskin, Jon Ebert

Varsity Hockey: Row One: Jon Ebert, Tony Rogers, Roman Betschart, Ryan Pellaton, Gavin Swenson, Jarod Besserud Row Two: Brian Adkins, Adam Valerius, Travis Valerius, Jenni Enderlein, Coach Brian Mashuga, Coach Jason Johnson. Emilee Brouilette, Kyle Beckler, Grant Helgeson, Nathan Kopp Row Three: Blake Meyer, Robbie Altendorf, Luke Carlson, Andy Kilian, Ryan Aaserud, Ryan Hanf, Kyle Rogers, Tyler Carlson, Trenton Kolles

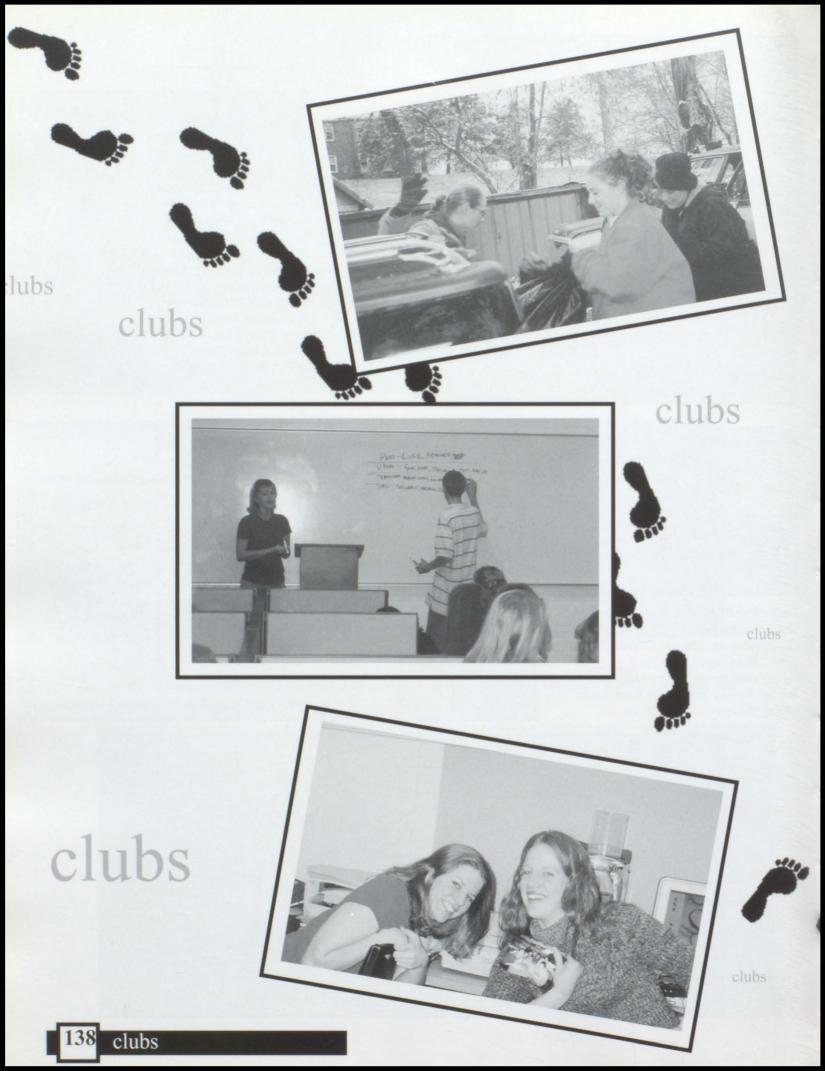


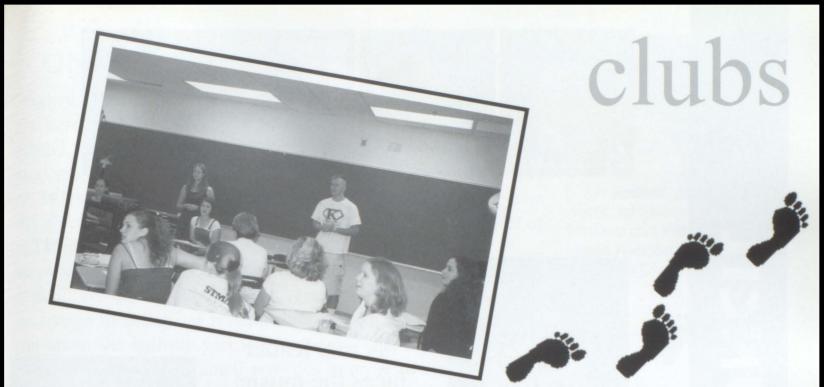


Varsity Gymnastics: Row One: Theresa Steffens Amy Lindenfelser, Amy Wacker, Stephanie Wallerius, Jenna Diers, EllenWasatka, April Wulff Row Two: Jeanna Weber, Megan Jokinen, Raquel Korpi, Amy Dalbec Row Three: Ms.Hanson, Calli Vetsch, Christine Deroma, Jaimie Hoeschen, Stephanie Ebner, Joelle Blais, Todd

Varsity and Junior

Hansen





clubs



clubs



clubs

clubs









STMA S LEADERS

WORKING FOR THE STUDENTS



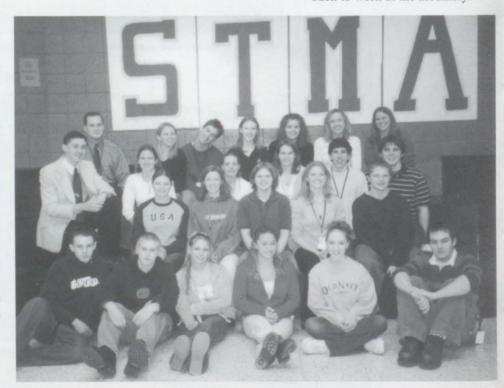
Above: Ron Miller (11) checks out the sound system for the Homecoming festivities in the gym.

"A real leader faces the music, even when he doesn't like the tune."
-Anonymous



Above: Kacie Brant (11) and Stephanie Wallerius (10) take a time out to smile before getting back to work at the assembly.

Front Row: TonyBauer, Benjamin Marquette, Preah Harsselaar, Lindsay Hansen, Dana Lindenfelser, Mike Ostman Second Row: Emily Roden, Andrea, Stephanie Wallerius, Erika Jossart, Dusty Baker Third Row: Junior Reps; Ron Miller, Christina Borchardt, Kacie Brant, Katlyn Mosher, David Maurer, Jake KlinkhammerFourth Row: Advisor Matt Rooker, Senior Reps; Lauren Wallerius, Eric Weber, Rachel Jossart, Megan Christensen, Heather Farr, Mara Erickson



CONTINUED SUCCESS FOR STUD CO

Student Council has always been a prominent group at STMA. Each year they put together activities such as Homecoming and Snow Week coronations, as well as various assemblies for students to enjoy throughout the school year. The group consists of 24 students, or 6 student representatives from each grade, who are elected by their classmates. Their duty is to make the voice of the student heard in the school.

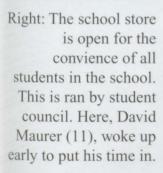
Each year the student council steps out of the box to bring the school something new. This year, the organization ran a campaign to better our school, through posters, to get the word out about the hallway garbage problems. This is an example of the service Student Council provides in order to make STMA a friendlier place to spend your day.



Above: Jake Klinkhammer (11) breaks to chat with friend Megan Rademacher (11) after snow week coronation.



Left: Sophomore Representatives Stephanie Wallerius and Erika Jossart spend time in the student council room working hard:)









"Do what you can, with what you have, where you are."

-Theodore Roosevelt







BE INVOLVED SCHOOL & COMMUNITY



Executive Council: First Row: Photographer; Mara Erickson, Vice President; Maureen Reilly Back Row: President; Ryan Bauman, Secretary; Shannon Weber, Treasurer; Chelsea Hosch

~Quote on Character~

"Our character is what we do when we think no one is looking."
-H. Jackson Brown Jr.



Kristen Leuer (12) and Nicole Deschepper (11) sell hot chocolate to customer Sarah Larson (9). The money earned from sales was donated to a pet shelter.

Front Row: Advisor Jolene Herfel, Heather Satrang, Lydia Gindele, Anna Dehmer, Marie Welter, Megan Madson, Chelsea Hosch, Kristen Leuer, Stephanie Gertken, Michelle Kelly Middle Row: Hannah Winkler, Mara Erickson, Lauren Wallerius, Shannon Weber, Adam Roden, Ryan Bauman, Jon Gregylko, Stacy Marzean, Ron Miller, Maureen Reilly Back Row: Heather Linder, Nicole Deschepper, Christina Borchardt, Kacie Brant, Calista Saville, Curt Sahli, Rachel Jossart, David Maurer

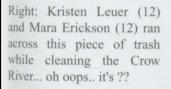


SCHOLARSHIP CHARACTER LEADERSHIP SERVICE

National Honor Society is an organization which has its foundations in four areas of acheivement: scholarship, character, leadership and service. These students are asked to promote school & community activities while representing our school at all times. The STMA NHS chapter is known in the community for its activities such as pie and bingo at the senior citizen's home, car washes to raise money for cystic fibrosis and cleaning the Crow River. Around STMA High School, NHS is noted for its donut sales every Tuesday, inventing the days of the week during Homecoming and for Daffodil Sales. This year, the organization also added another event to its list- Blizzard Bash 2003. The purpose of this event was to provide students with an opportunity to hang out as a school on a Friday night. The night included the movie "Signs", ping pong matches, tasty treats, Prom raffles and



Left: Adam Roden (12) and Curt Sahli (12) take pride in the treasure they found while cleaning the Crow River.

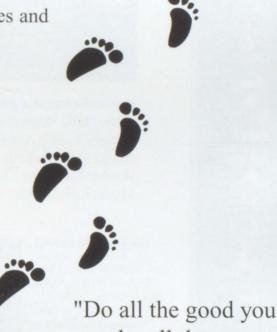








Above: (From Left to Right) Katie Kiesner (12). Kacie Brant (11), Adam Roden (12), Kristen Leuer (12) and Michelle Kelly (12) arrive early one morning to discuss and prepare yet another



can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as longs as you ever can"

-John Wesley







THE BUISNESS MEN & WOMEN

OF TOMORROW



Above: Executive Council: (Front) Kyle Shaler, Luke Carlson, Robbie Altendorf (Back) Michelle Kelly, Heather Farr, Mara Erickson, Megan Rademacher Business Professtionals of America is a fairly new group to our school, but they have certainly made their mark. The club is most famous for the delicious cookie sales each day during the ten minute break; a service everyone enjoys. The money the club earns from these sales benefits their learning experience trips which are taken to a different place each year. Last year the group traveled to Chicago to visit the Commodities Exchange as well as the Board of Options. Of course, the students took plenty of time to have fun on the town and attended a Chicago Cubs game, shopped the Michigan Avenue strip, took a stroll down Navy Pier, ate at the ESPN Zone, watched a dinner theater performance and visited many other true Chicago style places. This year, business club traveled to New York City to visit the ever-famous New York Stock Exchange and various other economical landmarks which are housed in New York.



Left: Luke Carlson (12), Robbie Altendorf (12) and Heather Farr (12 run through their presentation which they created for the BPA competition this year. The fourth presenter was Michelle Kelly (12) and others making it to the competition included Kyle Shaler (12) and Scott Gillette (12)











STATE OF INDEPENDENCE VS. TERRY C. JACKSON

WITH NEGLIGENT HOMICIDE

Lead Lawyers: Marie Welter, Tanner Courier, Brandon Butkowski

Alternate Lawyers: Vienna Hastings, Rachel Heffington Lead Witnesses: Jamie Slimmer, Rachel Hoeschen

Witnesses: Arianna Daleiden, Kenny Schmidt, Kelly Leadens, Todd Leadens, Jessica Zopfi

Right: Lawyers Marie Welter (12), Tanner Courier (12) and Brandon Butkowski (12) get ready for regional compettion This year the team was successful at each competition. The seniors, Marie Welter, Tanner Courier, Brandon Butkowski, Rachel Hoeschen and Jamie Slimmer really lead the way and were great role models for the rest of the team.





Above: Rachel Hoeschen (12) on the witness stand.



Left to Right: Kenny Schmidt, Arianna Daleiden, Marie Welter, Tanner Courier, Vienna Hastings, Rachel Heffington, Kelly Leadens, Rachel Hoeschen, Jessica Zopfi, Jamie Slimmer. Todd Leadens. Brandon Butkowski. Jill Presseller (Attorney Advisor), Ben Rusin (Advisor)Not Pictured: Pat Michenfelder (Attorney Advisor)







TRAVEL ACROSS THE WORLD

EXPERIENCE THE CULTURE



Above: Spanish club's leading officials include: Tonye Hosch, vice president (11) and Emilee Dalbec, president (11).

This year the Spanish Club has been very busy planning many exciting adventures and opportunities. One of their bigger events is planning a trip to Spain for the upcoming Summer. Students involved in Spanish Club have a love for the language and culture of Spanish speaking people and come together to share those interests with each other.



Above: Angie Rausch (11) shows off a box of Cheerios whose packaging is written in Spanish.

Front Row: Angie
Rausch, Rachel Heffington, Emilee Dalbec,
Hannah Winkler, Brittany
Roberts, Rachel Detloff
Back Row: Alex Kessler,
Karen Rose, Emily
VanBurgen, Jaime
Hoeschen, Jaclyn Leuer,
Amy VanDusen, Heather
Eutenauer, Danielle Roth











ENCOURAGING TEENS

TO LIVE POSITIVELY



Throughout the year, RAK-TARGET take part in various retreats. This one was held at Camp Koinonia in Annandale, a popular retreat destination.

This year RAK and TARGET decided to pool their resources and members together to become one, with the similar goal of encouraging teens to live positively. Throughout the year, this group participated in various activities as well as created some of their own for students to participate in. These activities included highway clean-up, carnation sales during Valentine's Day Youth Jam. various Camp Koinonia retreats, the Husky Challenge and monthly "awareness" activities for students. One of these would be the posters with information on the habit of smoking.



These members take time out of their busy school day to organize the flower distribution.



Bottom Row: Andrew Engen, Mikayla Kelly, Trina Zahler, Jon Muellerleile (advisor), Liz McAllister Top Row: Jessica Akes, Tony Pfeifer, Bart Andersen, Steve Brown, Emily Laney, Sarah Jo Larson, Todd Leadens







MAKING THE BOOK OF YOUR MEMORIES



Above: Maria Callahan (11) and Ashley Florell (11) take a mintue to check out their newest assignments.

"There is no such thing as a long piece of work, except one that you dare not start."

-Charles Baudelaire



Above: Jaime Hoeschen (10) takes time out of her Saturday to come to one of the all too frequent weekend meetings.

LEAVING A LEGACY

Each year seems to present never ending changes and challenges to the staff. This year, the change was an entirely new method for creating the book. With many technological advancements, the staff was actually able to complete this year's book virtually. The entire book was stored online and members could work on their pages from any computer (with DSL:) of course). Every layout, clip art and photograph was posted on the site and any staff member was allowed access to them to complete their pages. Although the new system was completely new, often times confusing, and always challenging, the staff managed, once again, to give you, the students, a creative book full of memories.

The process of creating the book began back in the summer. At this time, editors and members came together to brainstorm ideas for the theme of this year's book. After much brainstorming and digging for ideas, the staff came to a conclusion. The theme for this year's book has been derived from a well known song, sung by country singer LeAnn Womack. It's title is "Something Worth Leaving Behind." The song tells a story of a longing everyone has- to leave something behind so that they may be remembered by those following closely. In the case of students at STMA High School, it refers to the fact that all who have passed through the hallways of this school, have brought a legacy which will remain engraved somewhere in the school's history. Whether it be your academic acheivements, artistic talents, beautiful voice, personality, work ethic, athletic abilities, sense of humor... you have left something behind which has shaped the people you've met and which will be remembered by those following closely. The journey we take as a staff in creating this book each year is tiring, a bit cruel, and full of obstacles, but in the end, when the book arrives, and we see everyone enjoying the memories, we know our work was worthwhile.

This is what we are leaving behind.

I may not go down in history,
I just want someone to remember me...

I'll probably never hold a brush that paints a masterpiece,

I'll probably never find a pen that writes a symphony,

But if I will love then I will find
That I have touched another life
and that's something...

Something Worth Leaving Behind



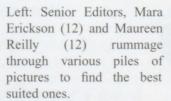
Above: Jennie Koshenina ambitiously took the position of yearbook staff advisor and thanks to her another yearbook was made possible!







Left: Senior Editor, Kalsey Zachman (12) takes a moment to smile while working on her pages.





"Effort only fully releases its reward after a person refuses to quit."
-Napolean Hill





thank you

Ms. Halker, for the use of your computer and helping us with Art & Inspiration to name a few things

thank you

Dave & Lifetouch for your continued patience and time. Thanks for helping us put together our high school memories!



Parents, for continuing to support the book with Ads for Grads.

thank you

Jennie, for taking all this on! It's been a struggle, but it is always worth it. We couldn't have done it without you!

thank you

Coaches and advisors, for giving us sports stats, club info, and anything else we needed.

thank you

Zahler Photography, for the wonderful photographs you provide us with. We appreciate it so much!

thank you

Staff, for helping us out with our photo needs

thank you

Ms. Hedlund, for all of your advice, and use of chemicals.:) Oh yeah, and for letting us use your scanner all of the time.

thank you

Seniors, for getting your pictures and quotes in "on time." Congratulations and good luck in all you do!



In Memory of Justin Kolles Class of 2002



Just Too Soon

God has a time for everyone to go, But Saturday I believe God was wrong, 'cause Justin should not be gone.

He was too young and bold For God to take him away, He was our friend and that's how it will stay.

All the memories and the past
Will run through our heads,
While the thing that stays in our heart
Was how hewas all our friend.

By: Jesse Scherber

The St. Michael Albertville High School will always remember you!

Carrie Anne.

Look at you then and look at you now. Life just flew by in an instant somehow.

I'm proud of your wisdom and all that you are,

With all of your talents I know you'll go far.

What do I hope for you? What do I pray? God's love and His mercy be yours come what may.

Love,

Mom



Carrie Coleman

In a group of your peers or in a pile of sand, in our eyes you're a head above all.

We're very proud of your academic and athletic success as well as the man you're becoming.

Love,

Mom & Dad



Adam Roden

Congratulations Rob with all of your accomplishments throughout the school years! You have given us so many smiles and laughs along the way. You have filled our hearts with pride.

Love,

Dad & Mom



Robbie Altendorf

Anna

You were a beautiful baby and you're a beautiful young woman. I am very proud of you and know that you can do anything you set your mind to. You will always be my baby!

Love ya always,

Mom



Anna Braunworth

Congratulations!

We're very proud of you. You have worked hard to get where you are. Keep up the great work. It will take you far.

We love you,

Mom & Steve



Cassandra Bixler

Congratulations Kalsey!

We are so proud of the person you have become. The future is yours. Wishing you lots of love and happiness in all you do.

We Love You,

Dad, Mom, Becky & Lowell



Kalsey Zachman

Hey Kristen,

You always come along with a smile, Cheering up those in your path.

There's no doubt you'll continue to grow in your faith with an upbeat attitude.

We'll love ya always Kiki,

Mom & Dad



Kristen Leuer

Dear Emily,

Congratulations Emily! We are amazed at how fast the years went as you grew from our little princess into a great young lady. The future is yours. Keep laughing, loving and smiling!

God Bless You.

Mom, Dad & Family



Emily Beaudry



Emilee Brouillette

We are proud of you. Watching you grow has been a joy, so much we'd do it again!We love every inch of you, Mom & Dad, Anthony & Austin



Bryan Hegland

Mom & Dad, Marcus & Lucas

May the coming years be as full of

wonderful adventures as the last 18

Congratulations Graduate! We are

proud of your accomplishments

throughout the years, and wish you

much success and happiness in your

future. Always know we are here for

Bryan.

Love.

years have been!!



S- smart, special, south-paw H- honest, happy, hard worker L- level headed, lovely, loyal E- eager, embracing, enthusiastic Y- youthful, yielding, young I am so proud of you! With your determination, I know you will succeed at whatever you choose to do. Love always, Mom

A- adventurous, awesome, angel



Eric Elliott

Mom & Ken, Kirsten & Tia

We Love you,

To our Eric:



James Benson

You got to be tough When consumed by desire, It's not enough just to Stand outside the fire. Go for it James! Love. Mom, Dad & Michele

Congratulations, Ginger!



Stephanie Barthel

Dear Steph (Boo-Boo), You have grown so fast, we can't believe you will be leaving our home soon. Whatever you choose to do in

your life we will be very proud. We Love You Very Much, Mom & Dad



Ginger Nelson

beginnings! We all are proud of you and all you have accomplished! With love, Mom, Dad, Shawn, Michelle, Abby, Scott, Gina, Michael, Kathryn, Steve, Ann, Tess, and Scott!

This is the first of many new



Heather Linder

Heather,

You've always lived your life with faith, honesty, trust, confidence, hard work and a beautiful smile, which brings out the best in others. Thankyou! We hope all your dreams come true.

We love you bunches, Mom, Dad, Walt & Jen

Our Little Artist

You are like Sunshine to us, always rising to the ocassion. Trust always in God. You make us all very proud.

Love.

Mom, Dad, Luke, Sarah, Vanessa & Eli



Lydia Gindele

You have the greatest laugh, biggest smile and the most tender heart, never change.

We love you so much, Dad & Mom



Colleen Schumacher

"Sha-do"

You've come a long way baby! And your future is shining brightly. We're so proud of the unique and talented young woman that you've become. Follow your dreams and your heart and, "If you get the chance to sit out or dance....DANCE!"

Love you,

Mom, Dad, Amber, Calli & Dalton



Shalyn Vetsch

Ashley,

A beautiful little girl who has grown into an even more beautiful young woman. You couldn't make me any prouder.

I Love You! Mom



Ashley Jesser

POOH BEAR

It is the wise man who realizes at an early age that he is the Golden Child and Master of all he surveys! Rock on Golden Child!

Love Always,

From the family of the Golden Child



Andrew Bible

Congradulations! You've been such a joy. We are very proud of all your accomplishments and the good person you have become. Wishing you success for the future.

Love,

Mom & Dad



Marie Welter

Bobby,

We are so proud of you and all of your accomplishments. You are a very talented young man and have a lot to contribute to the world. Follow your dreams.

We love you.

Mom, Dad & Melissa



Robert Croce

"Reenie"

You've grown up all too quickly-and what an amazing person you have become. We'll watch with pride as you experience new adventures, knowing that your tender heart and bright smile will touch so many on your wonderful journey.

We Love you!

Dad, Mom, Carissa & Maggie



Maureen Reilly



Lauren Wallerius

Dear Lauren.

You are such a wonderful daughter and sister!! We love you!

Dad, Mom, Jacquelyn, Stephanie and



Shannon Weber

Shannon!

The last 18 years have gone by so fast. You will always be our little girl no matter how grown up you are. We love the person that you have become. You are truly a blessing.

Mom, Dad & Brad



Andrea Hill

It is amazing how fast the school years have flown by. With those years we realize that every parent would be proud to have a daughter like you! You provided us with such memories, warmth and love. May you make the most of everyday that is ahead of you. Love.

Mom, Dad, Nick and Abbie



Teresa Lynch

Look at this little girl. She has always told us she does not like to talk on the phone. We are now seeing you overcome that fear. We are so proud of you. We believe you will meet any challenge and succeed at it. We will always be here for you.

Love you,

Mom, Dad, Joe & Elizabeth



Joseph Hensel

Joe-

Well our little champ has grown up all too quickly into the young man we're proud of. Keep laughter in your thoughts, kindness in your words and love in your heart. The future is vours- grab it!

Our love for you is unconditional.

Dad & Mom



Dan Valerius

We are so proud of you! Thank you for being such a wonderful son. We wish you happiness and success in all you do. Always know we are here for you. Be positive and keep Jesus in your heart.

We love you very much! Mom & Dad





Rachel Jossart

Chelle-

Always remember, " I (you) can do everything through Him who gives me (you) strength." Philippians 4:13 To the little girl who has taught us so much- thank you.

Our Love.

Mom & Dad



Tarah Maurer

From a beautiful young child to a beautiful young lady, with many strides and goals in her life.

We wish you the best with all our

Mom, Dad, Dylan, Tiffany and Makayla

Amber,

We really want you to experience the best of what life has to offer, success, happiness and Love. Don't rush each day; it's a gift from God. Always keep your Faith, family and work. True Love will come when you least expect it and stop looking for it.

We Love You!

Mom, Dan, Austin & new baby Cherkas



Amber Moon

Stacy

We are very proud of your accomplishments and we love you very much.

Dad, Mom, Amy, Chrissy and Sean



Stacy Pantea

Ashley,

Keep Dreaming

Keep Believing

Keep Enjoying Life

We are proud of you!

May your future bring you happiness and success.

Love,

Dad, Mom, Brittany, Tyler and Ruby



Ashley Theisen

Dan

We are so proud of you! We have watched you grow up and turn into a wonderful young man.

We love you!

Mom & Dad



Daniel Christenson

Congrats Andy!

You are a bright, honest, independent young man. Continue to follow the path you are on and great things are sure to follow. We will always be here for you and we love you.

Mom & Tim,

Jake, Sondra, Kristine and your biggest fan, Wyatt



Andy Kilian

Rodrigo-

Congratulations and thanks for being such a wonderful "son" to us- we will always remember you in our hearts and hope that you do the same. Our lives are so much better having known you! And make sure to keep those "VIP" passes on hand for us!! Rock on!!

Love,

Julie, Tom, Bailey & Brad



Rodrigo Cambiaghi

Eric,

We were proud of your first accomplishments and we are "very" proud of you now.

Good Luck Always,

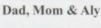
Mom & Chuck, Dad & Cam, Kim, Jason, Cassie, Zach, Brian, Desi and Joe!



Eric Roles

Bud-

Whatever direction your path in life takes you, remember to enjoy yourself and the simple things in life. You've been blessed with an amazing talent for music, from your heart and from above. No matter what, always remember WE LOVE YOU!





Brian Piechocki



Jennifer.

You have touched the hearts of many who know you and they are blessed by your beautiful spirit. Dream Big for the sky is the limit, spread your wings and fly. Celebrate each day of your journey ahead.

xoxo

We Love You.

Dad, Mom, Dylan and Ben

Jennifer Enderlein



Eric Weber

Eric we are very proud of you. Continue to believe in yourself and your dreams will come true.

Love. Mom & Dad



Kari Holvik

Your courage, strength, and perseverance inspire us. Your smile and positive attitude will continue to bring you success. We're so very proud!

All of our Love,

Mom & Dad



Stephanie Gertken

Steph,

You're amazing! You have brought us so much happiness. You're a bright, talented and beautiful young womankeep reaching for the stars and achieving your goals.

We love you Munchkin! Mom, Dad & Mitch

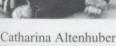


Cathi.

You've always been mobile, climbing this hill, exploring your little world. Your world has become larger, exciting, richer, full of new experiences and friends. Your American stay may help you to understand the variety of life.

Liebe.

Mutter & Vater



Nathan Rowe

Dear Na-na-

Can't believe how the years have flown! Love that smile and as usual, you need a haircut! We're so proud of

Love.

Mom and Dad



Dear Mark.

We shouldn't have been so surprised that you jumped out of your crib at age 4 months and walked at 7 months. You ended up running the 100M dash at State. Your grade 2 autobiography said vou running and were good at math. We're proud of what a fine young man you've become- kind, funny, honest.

Love, Mom, Dad and Jahna



Darcy Beaudry

We are so proud of you! Your faith, determination, sense of humor and caring personality will take you far. Always keep a smile on your face and our love in your heart. We are always here for you!

We love you!

Mom & Dad

Dear Dan. Congratulations on your High School Graduation!! We are proud of you!! Love,



Dan Filzen

You are truly a beautiful gift to your family and others. Always be true to yourself and your beliefs; God will do the rest. Keep the Faith, Hope for eternity with Him, and Love with vour whole heart. God Bless You Always.



Cassandra Steffens

Lindsay,

Mom & Dad

You are our dream come true. We will always be here to help make sure your dreams come true.

We love you, Mom & Dad



Lindsay Sipe

Matt.

We are proud of you. We hope all vour dreams come true. Remember we are always here for you.

Love. Dad & Mom

Dad and Mom



Matthew Ostman

Congratulations Megan! We're so proud of you and we hope all your dreams come true.

We love you,

Mom & Dad



Megan Petrowski

Congratulations Jackie! We love you-Mom & Dad, Crystal, Tony



Jackie Lehn

Dear Lance,

Hope your life is always filled with love, laughter and good memories. You are my sunshine!

Love you always,

Mom



Lance Rudolph

Whoever said having teenagers is no fun, obviously didn't have you around. You've continually amazed me with your insightful good nature. My greatest joy has been watching you grow over these past 18 years. I love you Bryan.

Always, Your Mom



Bryan Reed



Our creative little caboose is getting ready to pull out of the station. We've enjoyed the ride honey with all the stops along the way. The art projects, the many family pets, but most of all your love and compassion for family and friends. Thank you for being vou!

We couldn't be prouder! Love.

Mom and Dad

Megan Madson



Kyle Valerius

Always remember- life WILL toss you some headaches- but you have a family who LOVES you and will always be there to help. Keep smiling! We are very proud of the man you have become.

Love Always, Dad, Mom, Brandon, Kari & Travis



Rachel DeSchepper

Rare Admirable Confident Happy Exemplary Loving

May all your dreams come true. Mom, Dad and Nicole



Congratulations, we're very proud of you! You've given us lots of great memories (Soccer, Baseball, Golf, LaCrosse,...Hockey, Hockey, Hockey). You've been given the tools of life, follow your dreams and find the end of your rainbow.

HAVE FUN!! MAY GOD BLESS. Mom, Dad, Joe, Jen & Marissa





Scott Gillette

We are proud to be your parents. We wish you happiness and success in the future. We are always here for you. Love.

Mom and Dad

Scott-



Ryan Becker

We are proud of you and your many accomplishments and wish you a bright and happy future. Love.

Mom and Dad



Ky Guy-

We are so proud of you and all you have accomplished. We pray you will grow to be a Godly man as you pursue your dreams! We love you lots!

Love,

Dad, Colleen, Mom. Joy and Maureen





Dear Brandon,

You have grown into such a fine young man. We are so very proud of you! You're off to a great start and we know that whatever life brings your way you'll find a way to make it even better. Remember... Think Different. We love you,

Your Family

We look back at this picture now, of when you turned one and our thoughts go to what you have grown up to become. We couldn't be more proud. Remember to always reach for the stars and maybe one day you'll catch the moon.

All our love, Mom, Dad and April



Kyle Wulff

Dear Kevin.

Best of luck to you in whatever path you take in life. We are always here for you.

We love you very much.

Dad, Mom, Matt, Steve and Stacy



Kevin Hegland

Loving daughter **Beloved sister** Committed Christian Beautiful person Congratulations on who you are, and what you are sure to become. Keep dreaming and believing in yourself, the future is yours to create.

Love. Mom, Dad, brother Josh



Heather Larson

Congratulations Ashley! Love.

Dad, Mom and Whitney



Ashley Rathbun

My baby boy is all grown up now (oops, the Dr. said it's a girl)- what a joyous day it was to have another girl. God truly blessed us the day you were born!! Remember- the key to happiness is having dreams- the key to success is making dreams come true. I hope your life is enriched with both.

Love you lots, Mom, Chad, Krishona, Ben and **Tiffany**



Heather Farr

Michelle.

We were so excited the day you were born. You have filled our lives with so much love, happiness and wonderful memories. We are so proud of your outstanding school accomplishments. May your future bring you much happiness and success. God Bless. Love You,

Dad & Mom



MIchelle Kelly

We are very proud of the person you have become and know that you have the knowledge and ability to achieve your dreams. We have enjoyed watching you grow and have been blessed by your humor and intelligence.

We love you very much, Dad & Sue, Mom & Shawn



Joe Lombardi

Dear Courtney,

You have been a blessing to us. You have worked hard and deserve the best that life can give. We are very proud of you! Congratulations!

May God Bless You!

Love,

Mom, Dad, Ryan



Courtney Madsen



You guvs have really come a long way. Good luck to all of you. Congratulations- we're really proud of you all. Russ, Mom, Aunt &

Shawna Kilian, Ashley Weber, Chris Ebner, Angela Ebner



Joseph Lefebvre

To our little "Superman" who has always been a superson. You have truly added to our family with your generous heart, willingness and humor. We know you will be successful, wherever you go whatever you do. We all love you Kokomo, Mom, Dad, Tony, Peter and Aimee

Dear Joseph,



determined daughter. You touched many peoples lives with your smile, compassion enthusiasm for life. We know you will achieve all your dreams! We are very proud of you! Congratulations! You Go Girl!

Practicing for Prom! You have always been a very special, creative and

Friend!

Love,

Mom, Dad, Jason, Jesse and Jon



Rachel Hoeschen

You once dreamed of many places you could go; now you are ready to fulfill your dreams. Your Faith in God, your passion for life, your heart full of compassion and the smile forever on your face will bring you

We Love You Rachel. Mom, Dad, Jaimie and Aric



Ryan Bauman

Son-

I know you are ready to push off into the cold challenging world, but please remember to bring all your clothing. Mom



Andrew Tellefson

Congradulations! We are very proud of you. May all your dreams come true.

Dad, Mom and Robin



Sean Seide

Dear Sean.

Go confidently in the direction of your dreams. Live the life you have imagined.

Love,

Mom and Dad



Jacob Gendron

Adorable, Funny, Cool and Caring. Thanks for always bringing laughter and joy.

WE LOVE YOU,

Dad, Mom and Kayla

"Time For Me To Fly"

Congratulations buddy! You have made us so proud. Keep reaching for the stars and soon you will be soaring with the eagles!

We love you, Jon! Mom and Dad



Jon Dooher

Can't get you into lace and ruffles anymore, but you still have a love for animals. You have grown into a lovely and accomplished woman, and we are very proud of you. We wish you every happiness and success.

You deserve it!

Love.

Mom, Dad and Christine



Mara Erickson

Josh.

We are so very proud of the young man you've become. We wish you much happiness and success in the years ahead. Always know how much we love you.

Love,

Mom, Dad, Nate, Jessica and Tarah



Josh Redington

Hollie,

You have always brought us such joy! You can do great things! And you will. Follow the path of Christ and you will never lose your way.

Love,

Mom and Dad



Hollie Gracyk

Luke,

You have brought us so much happiness the past 18 years. We know you will be successful in whatever you choose to do. You have a positive attitude and great sense of humor. Keep smiling and enjoy life.

Love,

Mom, Dad and Andrew



Luke Carlson

Adam,

We appreciate and love the unique individual that you are. We are proud of you and wish you the best on your journey ahead.

Love and support always, Dad, Mom, Kayla and (Elliot)



Adam Bec

Dear Boloncho.

We love you. We are proud of all the things you have accomplished. Trust in God for the things that will come in your life.



James Medina

Dear Megan,

I knew you would overcome all of your bumps in life.

Love,

The Family



Megan Christensenc



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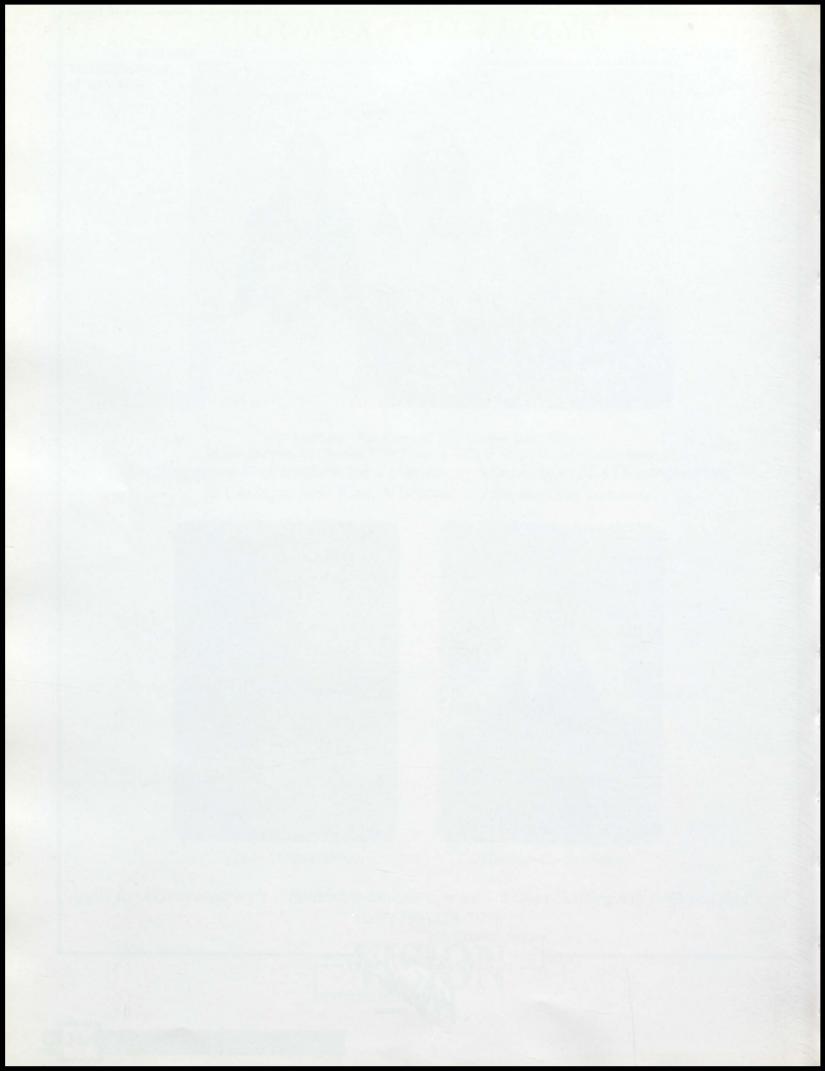


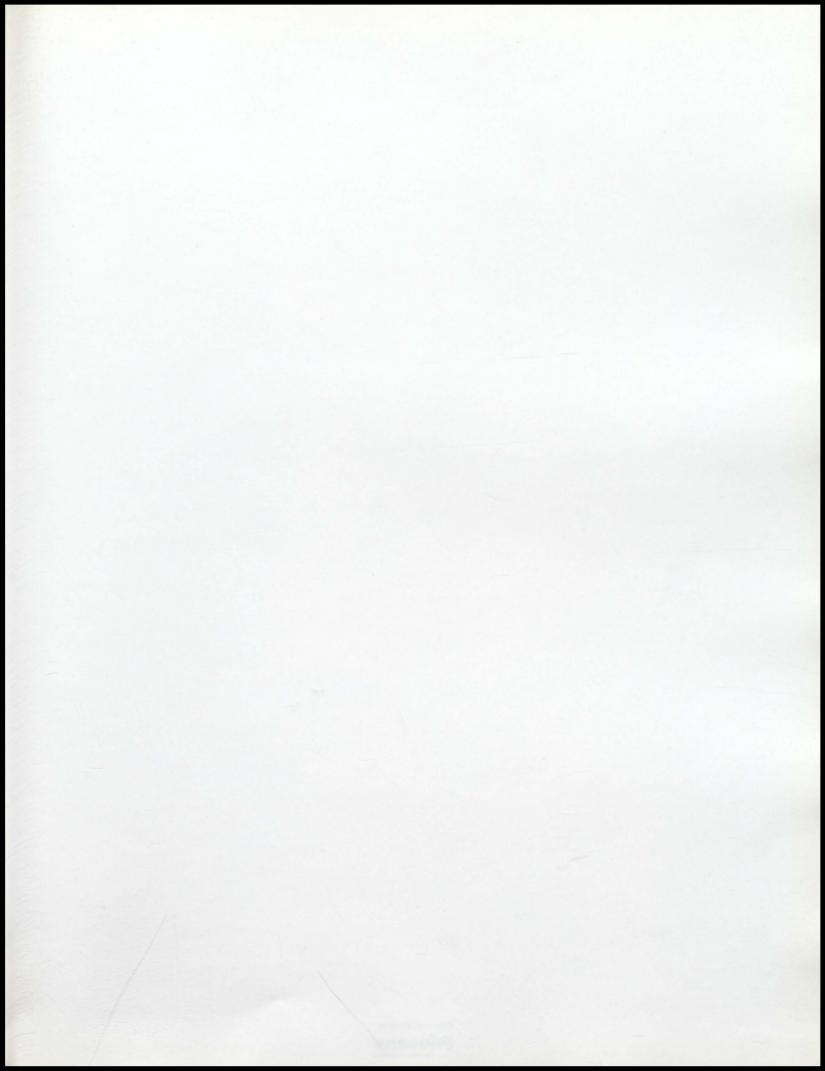
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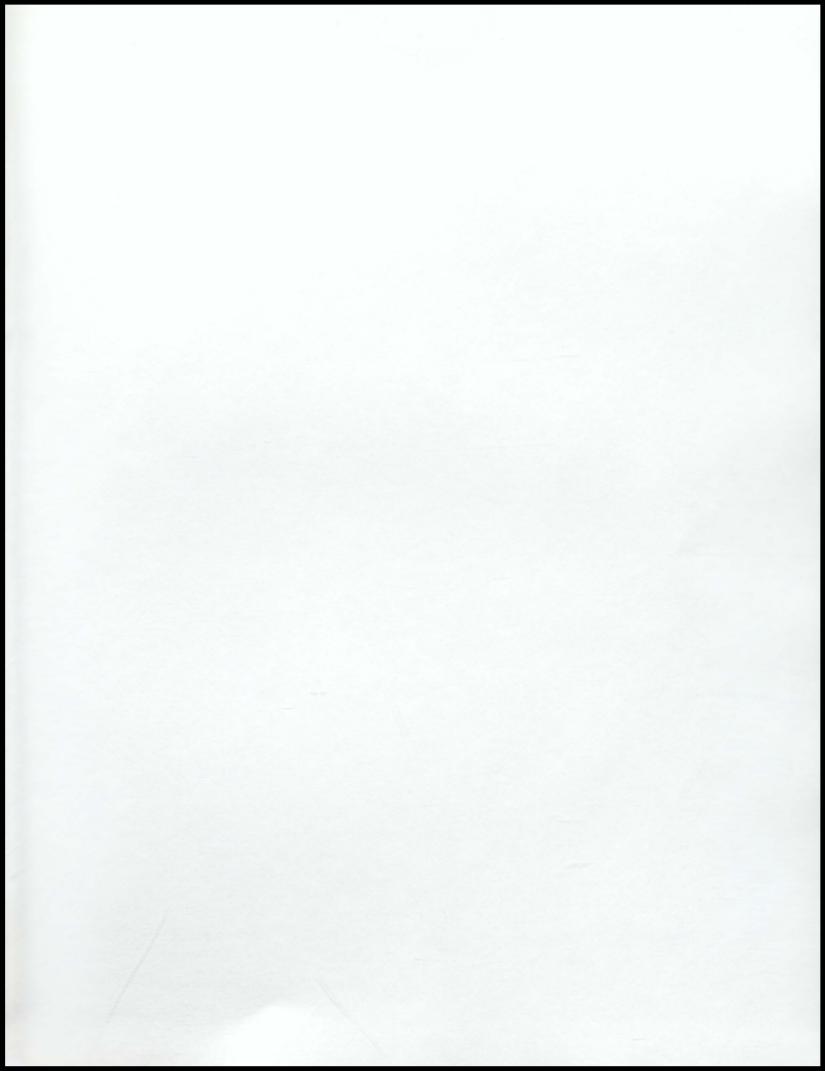


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