St. Michael-Albertville High School

5800 Jamison Avenue NE, St. Michael, MN 55376

Photo taken by Ryan Snyder

Principal: Mr. Bob Driver
www.stma.k12.mn.us

2,125 Students
180 Faculty

Phone: 763-497-2192
Fax: 763-497-6590

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SPRING 240

Photo by Ryan Snyder

Allina Health
ZACHMAN
Albertville
Orthodontics

FUERA DEL PAIS

Twenty seven STMA students took a trip to Spain in June. The students were in Spain from the 11th-22nd. Isabella Heuanphommavong ('20) said, "My favorite place was probably Barcelona. I loved the hiking, going to Parc Guell, and Sagrada Familia." Design by Ashley Ingebrigtson.

SUMMER

1. SISTERS IN SPAIN. Lily Dishneau ('20) and her sister Katrina Dishneau pose together for a picture in front of one of many Cathedrals in Spain. Lily Dishneau said, "The place was beautiful and the design of the building was crazy."

2. COOKING IT UP. Grace Sinkule, Emery Bell ('20), Griffin Roberts ('20), and others attend the Madrid cooking school and learn how to make various amounts of foods. Paella, Tortilla Espanola, and Crema Catalana are only a few unique food they made. "The experience was so much fun and we learned a lot of new things," said Roberts.

3. ADMIRING THE VIEW. Ben Huser ('19) and Collin Brunet ('20) lean against the railing while looking at the view in Ronda, Spain after one of the big traveling days. "The relief was indescribable when we finally stopped and I could finally walk around and get some fresh air," explained Huser.

4. TOGETHER AS ONE. The STMA Knights sit next to each other to take a picture after walking around all day sight seeing Spain. *Photo by Grace Sinkule.*

TRAVEL ADVICE

"Take lots of pictures to remember the moments forever and wear sunscreen."
-Grace Sinkule ('20)

WELL TRAVELLED

Knights head to Spain to *explore* & *learn* the culture

Various STMA students went on a trip to Spain adventuring around different cities trying to improve their Spanish speaking abilities and knowledge about the culture. They went to a variety of cities including Ronda, Madrid, Seville, Barcelona, Granada, and Malaga. While they were there, they visited places like the land of Antonio Gaudí-Barcelona, an old Muslim palace with gardens, the Costa del Sol, a Pablo Picasso museum, and the Cathedral of Sevilla. They did plenty of sightseeing while trying to further their Spanish speaking abilities. *Story by Abby Ascher*.

5. CAPTURING THE MOMENTS. Claire Pelant ('19) and Isabella Youngberg ('20) take a picture together so they have the memory forever.

6. TOURING SPAIN. After walking around touring churches and cathedrals all day, Marcus Linn, ('19) Ethan Rice ('19), Michael Youngberg, Joey Och, and Ben Huser ('19) sit up on one of the ledges of a cathedral to get a picture. Rice said, "It was nice to finally get to sit down after walking around all day."

6 cities
13 days
150 miles walked

What does your future look?

"I have always thought confidence was the best thing about a person. I plan to get my cosmetology license and to open my own salon. As a stylist, I'll be able to give people the confidence I've always admired in others."

-Lauren Anderson

"After attending college at Benedictine University, I hope to start a business. My ultimate goal is to expand my business nationwide and to make a good amount of money off of my company."

-Jace Heibel

"My goal is to become a pediatric nurse that specializes in oncology. I want to attend Colorado State University next fall, and eventually work at a children's hospital once I graduate from school."

-Kenzie Schumm

Q: Why did you choose this college?

A: *"I chose this college because it has an amazing nursing program, which I plan on majoring in, and it also is such a good community on and off campus."*

Q: What do you like about this college?

A: *"I love how beautiful the campus is, and how the professors there make you and your education a priority. I also love all the people I have met so far."*

- Haylee Coulson

What matters to you when looking at a college?

"Having a lot of options for activities and involvement within the school, as well as outside the school, such as jobs and entertainment. It also has to have a pretty campus."
-Connor Vevea

"I want college to be a place where I feel most comfortable. I want a place that has my interest and has a good education."
-Dylan Hanson

the future looks Bright

Seniors spend their summer months touring college campuses looking for the right fit.

Page created by Megan Baldwin.

Q: Why did you choose this college?
A: *"I chose this college because it felt like home, and that's not something I could say about the other colleges I visited."*

Q: What do you like about this college?
A: *"I love everything about this college besides the fact it's going to be a cold winter."*
-Syra Tanchin

& then: class of 2005

"The thing I enjoyed about NDSU might be the same for every school, but really was the opportunity to find a niche within a group to develop friendships and make the college experience fun. This group for me was the football and track & field teams that I was on. This helped me to get to know the other student-athletes in other sports as well (kind of like a fraternity), one of which eventually became my wife."

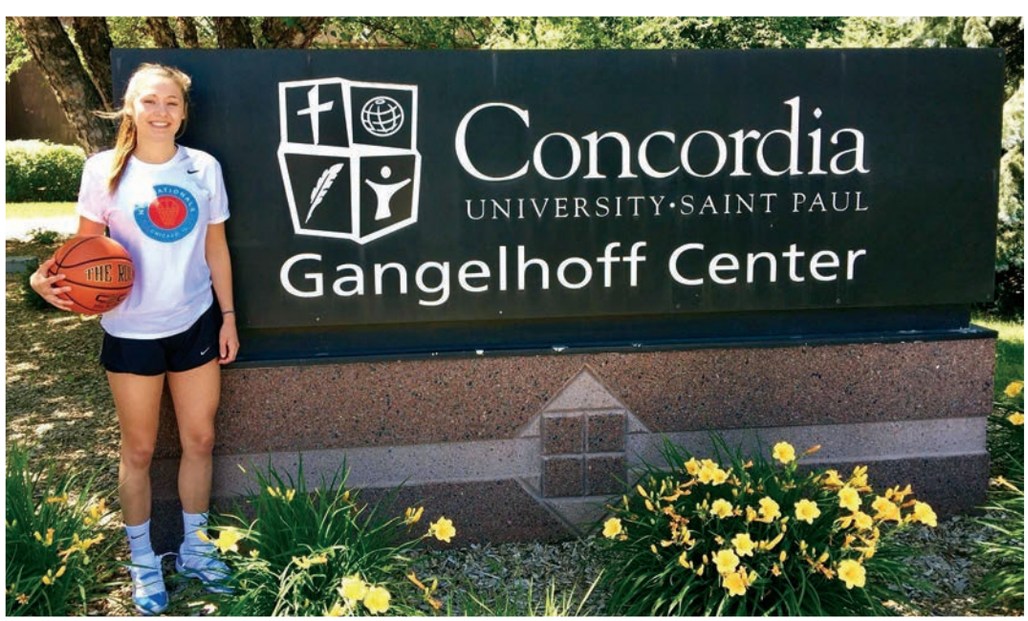
-Mr. Essler

Concordia University St.Paul

Q: Why did you choose this college?
A: *"I chose this college because I like the education it provided for my business major, and it is a good distance from home."*

Q: What do you like about this college?
A: *"I like the academics, location, coaches, and the facilities."*

- Jadyn Hanson



ON THE TOP. Standing at the peak of the podium, Alex Antil ('19) takes first place overall in the State Series Pro AM Standing at the Rum River track located in Isanti, Minnesota. After the long race, he said, "I had no idea I was up for the title, but I pulled off a win at the final and I guess it happened."All of Alex's family members were waiting at the end ready for him to cross that finish line.

LEFT IN THE DUST. Jumping towards the finish, Ashton Antil ('20) takes 2nd place in the St. Michael State Qualifier at the Rec Center in St. Michael. He said, "A win would have been awesome, but I tried my best and he was better, it's as simple as that."

Knights have *extreme* hobbies outside of school

page created by Eddie Krcma

ALMOST TAKING THE HOLESHOT. Longtime dirtbike rider, Brett Abel ('22), starts off his big race as number 44 at the Brainerd Fair Race on August 8th taking 2nd overall in the 125cc class. He said, "I was pushing as hard as I could for the first but just couldn't get it."

> "If everything is **Under Control** you aren't going **FAST ENOUGH**"
>
> -Brett Abel

Left in the DUST

PRACTICE MAKES PERFECT. Riding four days out of the week, Cyrus Linzey('21) is at the Recreational Center in St. Michael to warm up for his races. Linzey said, "BMX has made me feel as if I'm apart of something much larger than myself; a piece of a puzzle in a much larger community, and that feeling gives me a sense of pride and belong."

IN MID AIR. Jumping for first, Alex Antil competes in the STMA State Qualifier on August 8th at the Recreational Center in St. Michael. Antil said excitedly, "Right when that gate dropped I knew it was gonna be a good race."

Queen B's

Senior, Grace Braegelman, shares her insight on what it takes to represent the city of Albertville.

story by Abby Gustafson

saint michael royalty

"I am honored to be Miss St. Michael. I feel very lucky to represent our great community! My favorite part so far has been going all over the state waving in parades and meeting new people. The St. Michael royalty program has impacted me by giving me the the opportunity to reach out to those in my community to help serve the wonderful people of St. Michael that I am able to meet. I am excited about all of the fun activities that are to come throughout the year!" -Megan Copeland ('20).

It's not a beauty contest. Students may not realize the hard work and preparation needed to apply to this scholarship competition. Grace Braegelman recalls the interviewing process: "The formal interview with the judges probably causes the most stress on the candidates, but in reality, it is really not that scary." Judges review a previously submitted written statement and pull candidates one by one to answer a series of questions based on your bio. Grace explains, "Being Miss Albertville has been about meeting new people, exploring new places and ideas and serving others." This year the royalty program has traveled over 3,000 miles to attend about 75 events around the midwest. They attend parades and other community celebrations to spread awareness and represent our beautiful city. "Totaled up, we also spend about 14 days straight volunteering for over 12 different non-profit organizations."

"It is not about smiling, waving, or wearing heels... being Miss Albertville has gifted me with so many service opportunities that I will take with me forever!"

Grace wants people to grasp the big picture surrounding this program. "The overall goal of the Albertville royalty program is to empower women and children and give them opportunities to hold a leadership position within our community."

SHE'S ROYAL. "Through the royalty program I have become more confident in myself and have been able to make new relationships that I would have never made before. Being able to speak and represent my community is such an honor and I am so happy that I have this opportunity!" -Albertville Princess Stella Leuer ('19).

Knights rate the

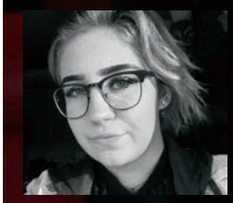
Top 5 Films

of the summer out of

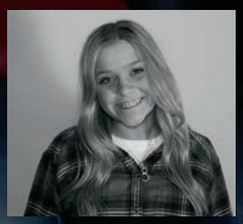
5 Stars

Griffin Roberts '20

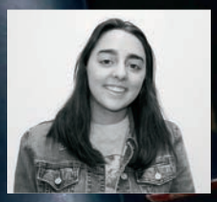
Mary Heil '20



Lizzy Jones '20



Eliana Bunnel '21



Katelyn Jossart '19

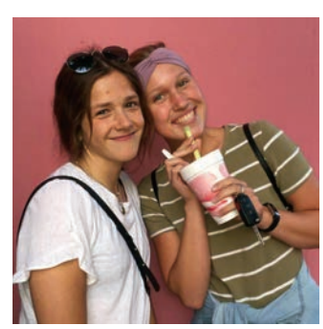
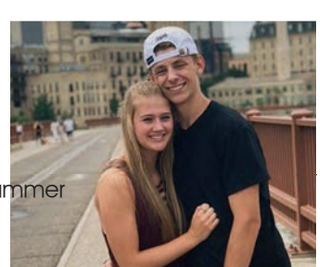
A Night at the Movies

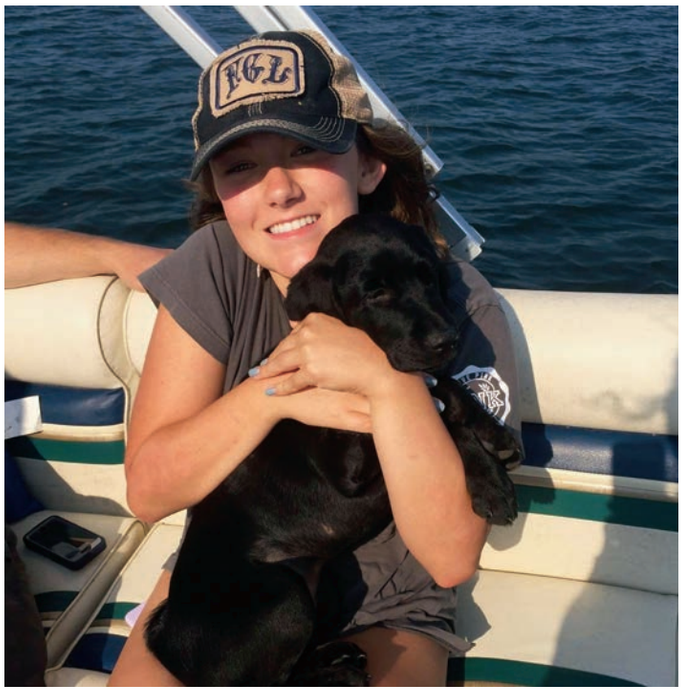
Mixed emotions go through students' minds whether it's happy, scared, confused, or just shoving your face full of popcorn.

Pictured from left to right: Ashley Ingebrigtson, Alyssa Andrescik, Brinna Martin, Ryan Snyder, and Katelyn Jossart. *Page created by Brinna Martin and Kallie Lehman.*

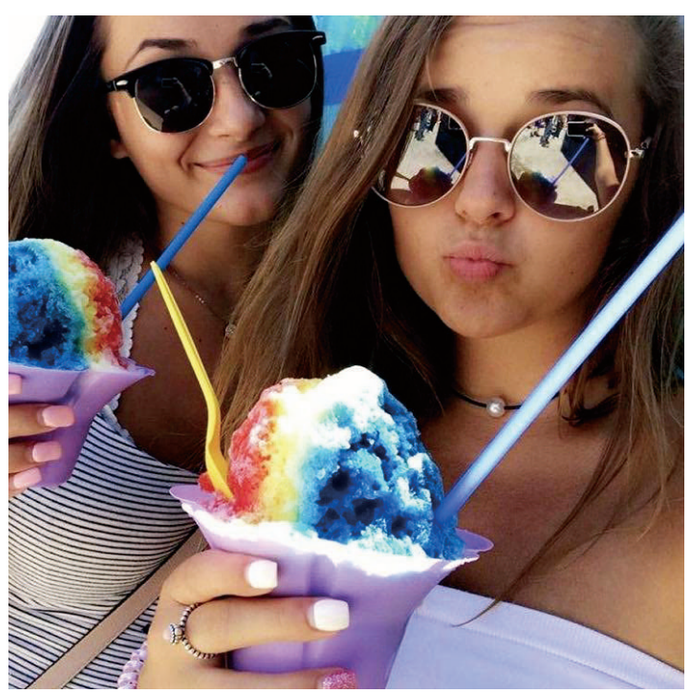
chocolate chip
COOKIES
NOT COFFEE

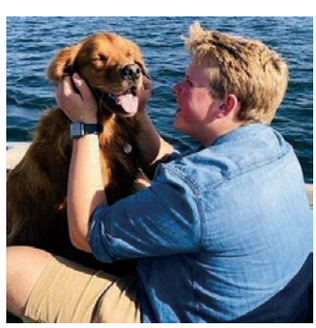
MISSOURI



THESE ARE OUR SUMMER MOMENTS





ANCIENT HISTORY

Hundreds of STMA students showed up to first football game of the season against Mounds View. Even with a loss in the last few seconds of the game, the Knights still showed their pride for our school. "Making the posters is a lot of work and can be stressful, but it always pays off in the end when I get to the game and see all the excited fans," said Abby Gustafson ('19). Design by Ashley Ingebrigtson.

PEOPLE

DON'T CRY BECAUSE IT'S OVER, SMILE BECAUSE IT HAPPENED

The seniors gather at their last homecoming pep fest. As seniors, the moment has come where they finally get to wear black. "It feels like we were just at our freshman pep fest. The years have gone by so fast and it felt so weird to be the oldest grade in the school," said Megan Putnam ('19). Design by Ashley Ingebrigtson.

SENIORS

Christopher Aamodt

Athena Abraham

Claire Adkins

Lucia Ahijado

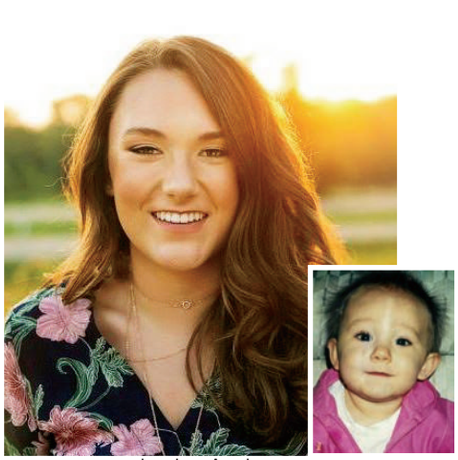
Sydney Albrecht

Yasmin Ali

Payton Allen

Abbie Aman

Giacomo Ancona


Jordyn Anderson

Lauren Anderson

Marley Anderson

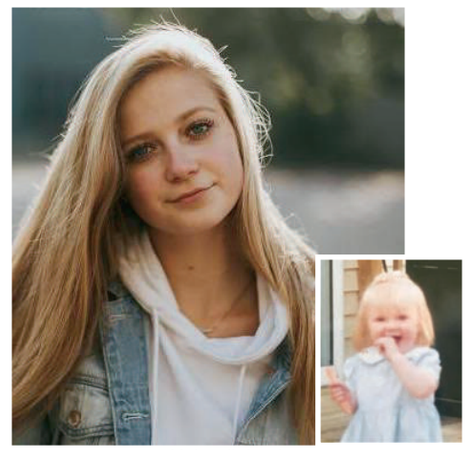
William Anderson

Alyssa Andrescik

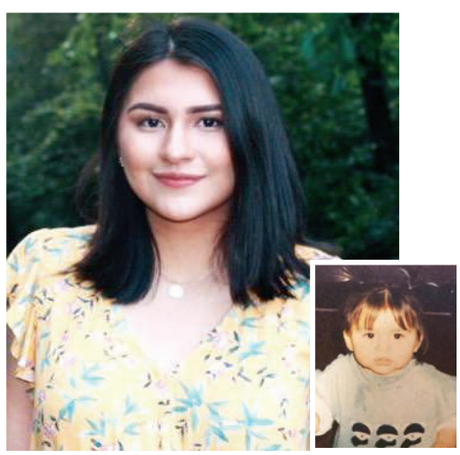
Alexander Antil

Shane Antoine

Aidan Armstrong


Abigail Ascher

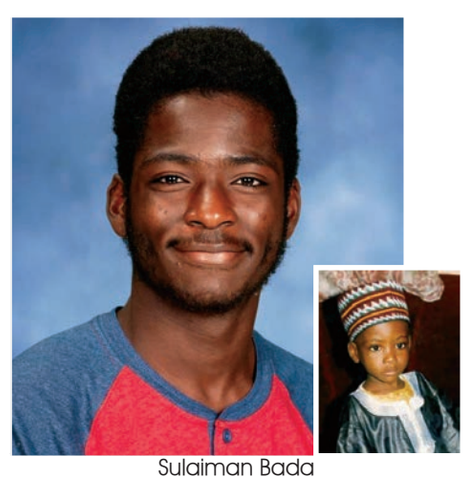
Caroline Atcher


Kimberly Avendano

Darlin Ayala

Ariel Aydt

Alexander Aylor


Sulaiman Bada

Kathryn Bakker

Megan Baldwin

Brett Barbeln

Arinda Barthel

Jordan Barthel

Kayla Barthel

Kylie Bean

Tyler Bechtold Bartholomew

Jenna Becker

Matthew Bedsted

Lily Benedict

Joseph Bennett

Megan Bennett

Marissa Benson

Tristan Benson

Jonathan Benusa

Michael Benusa

Eric Berning

Claire Beutner

Jacob Biller

Joshua Bishop

Courtney Bissen

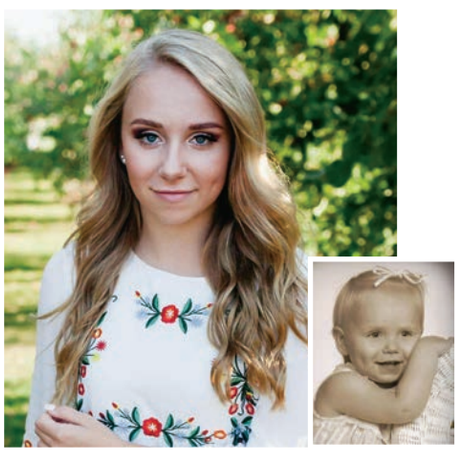
Madisyn Blaeser

Rebekah Bogenholm

Zachary Bohme

Amelia Boldenow

Jacob Borgen

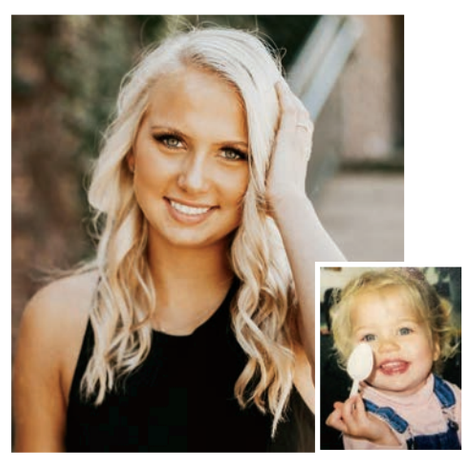

Grace Braegelman

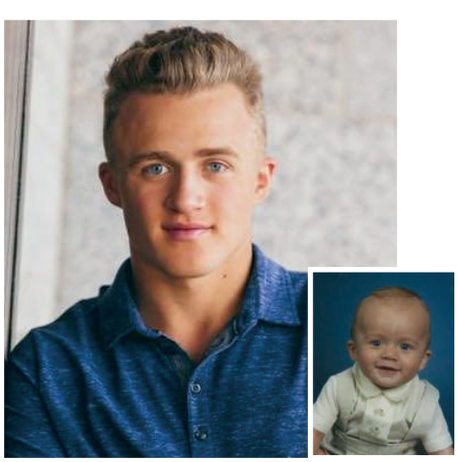
Tyler Braun

Paige Bredesen

Jonah Breuer

Ethan Briggs


Isabel Brown

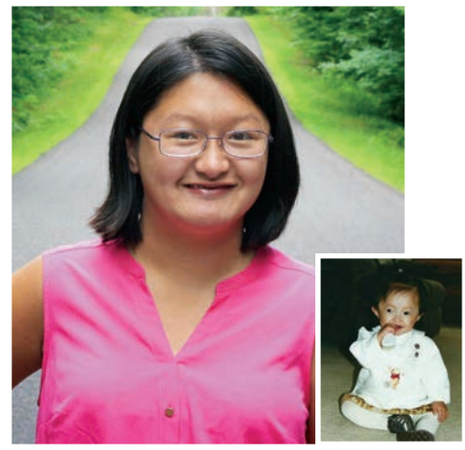

Reed Brown

Genadiy Brutskiy

Amelia Budesky

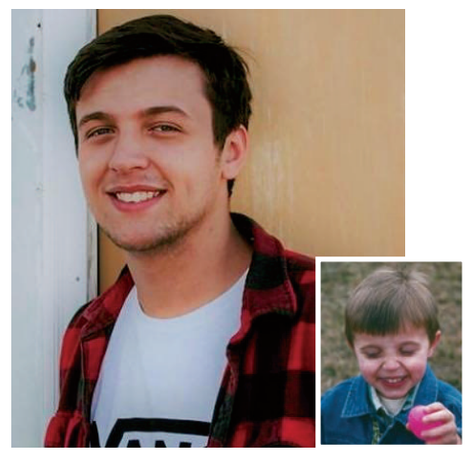
Kiera Burg

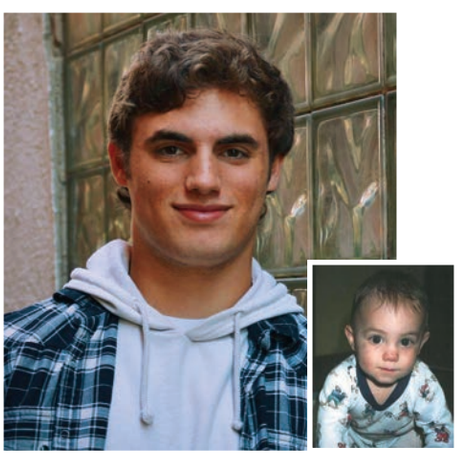
Briana Burke


Mia Camp

Cameron Carbert

Kaylin Carel


Blake Carls


Justin Carlson

Isabella Carpenter

Madison Carpentier

Malia Carriker

Spencer Charlesworth

Judson Chea

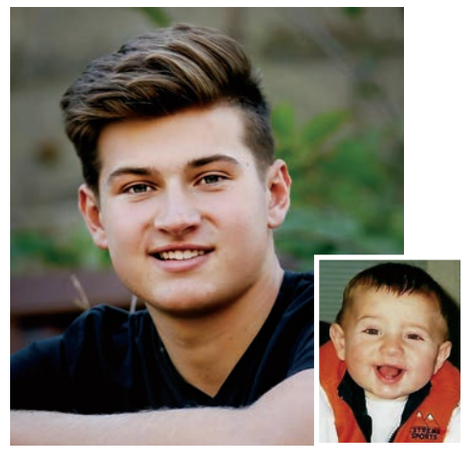
Austin Cherkas

Sydney Chervenak

Kaelyn Christian

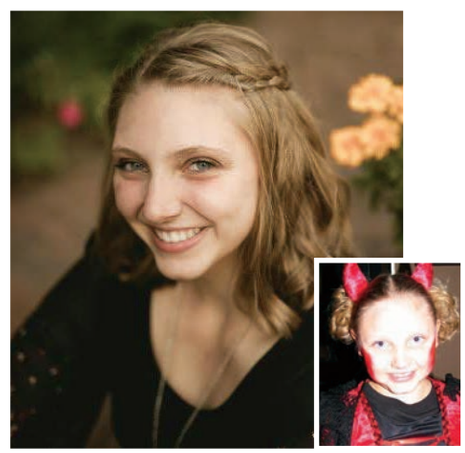
Nolan Christoffer

Kaia Churchill


Jax Clapp

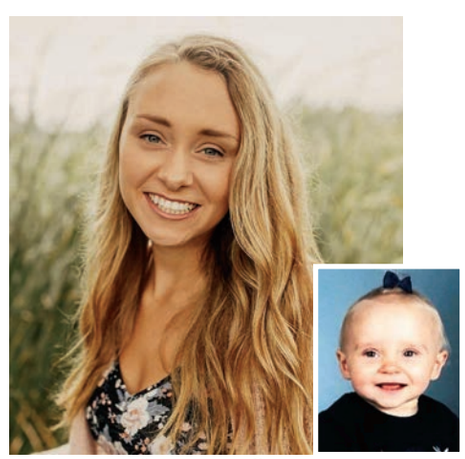
Jack Cloutier

Madeline Cloutier

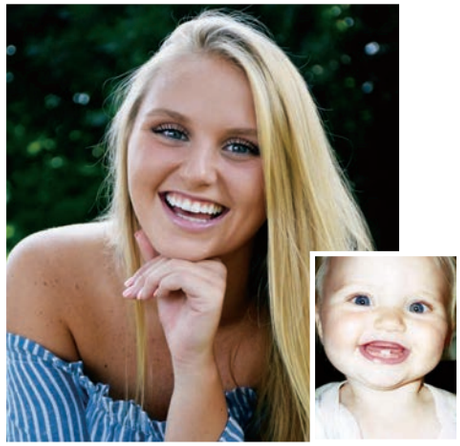

Katelyn Colberg

Not Pictured: Jonathan Correll

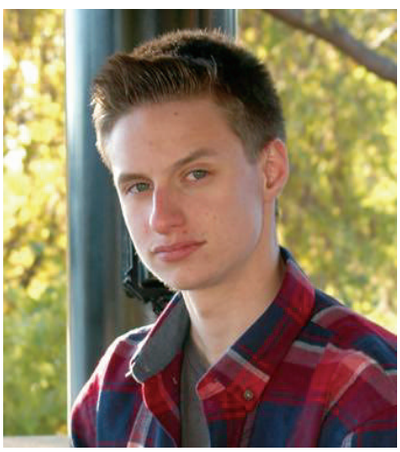
Jason Cook


Stephanie Cook

Haylee Coulson


Camryn Crandall

Haylee Cumpian


Tyler Daleiden

Mason Darsnek

Annalise Davis

Alicia DeAntoni

Chloe Dehmer

Madeleine Derbis

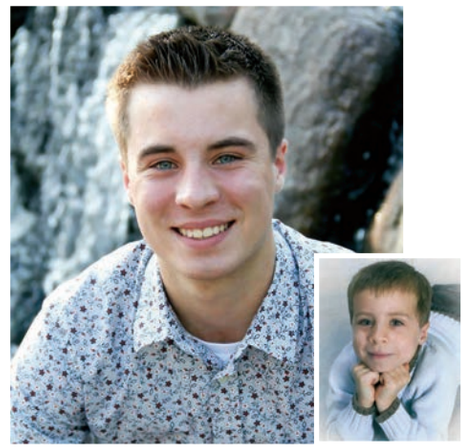
Isabelle Dick

Rhoeshon Dillard

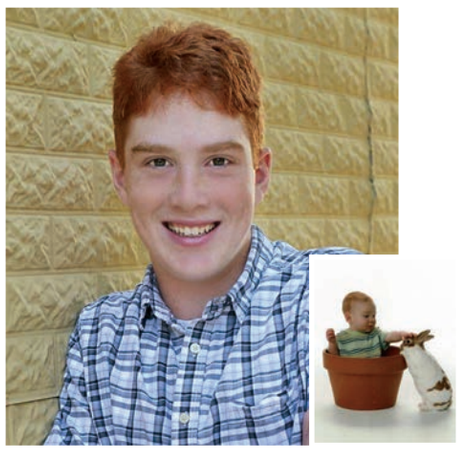
Ethan Dinh

Grace Dircz

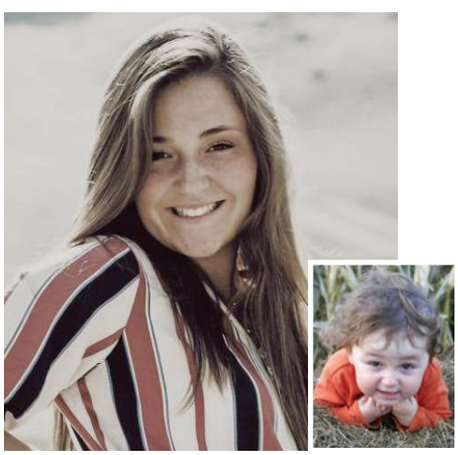
Emily Doboszenski


Kaleb Dombeck

Peri Dombeck


Drew Dorenbush

Jason Doroff


Sydney Driscoll

Jared Duda

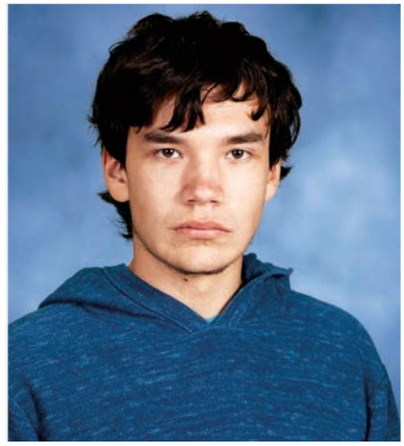
Anthony Duerr

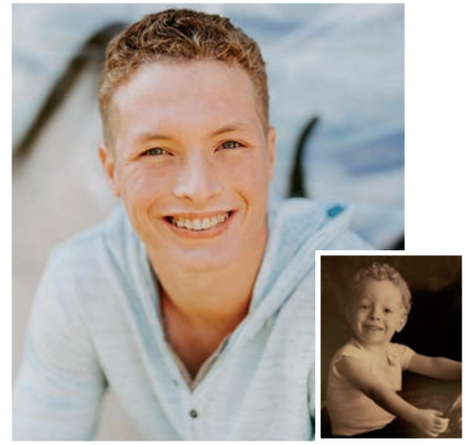
Liam Dupaul

Meghan Durre

Noah Dyer

Dylan Eddy


Derrik Egan


Caleb Eicher

Abigail Eiynck

Megan Ekman

Abigail Emslander

Natalie Engman

Abigail Erickson

Michael Evans Wynne

Justine Farnsworth

Anna Felt

Alexander Fernandez

Trey Fessler

Alayna Fette

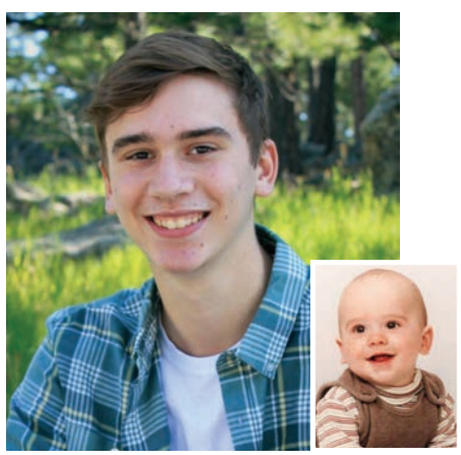
Nolan Fischbach

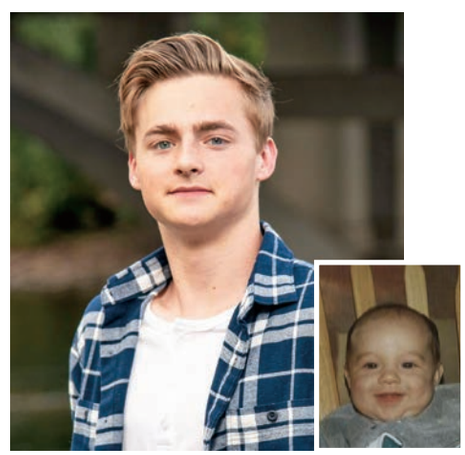
Lauren Flakne

Cole Flan

Allison Flaten

Josy Flores


Isaac Frauendienst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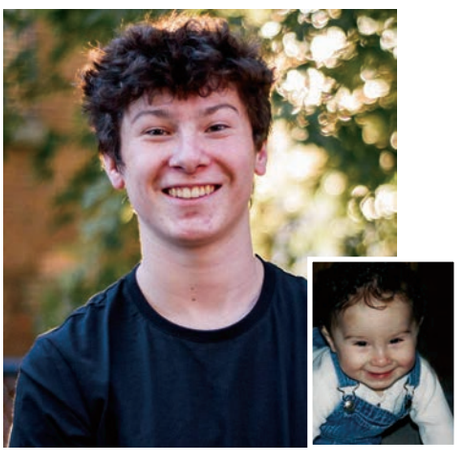
Joshua Gallagher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Abigail Gebell

John Gebert

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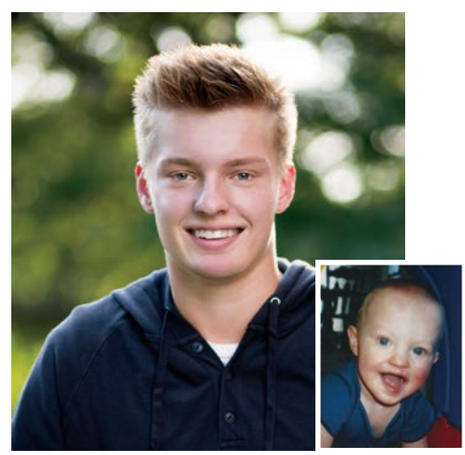
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Kristina Gilsrud

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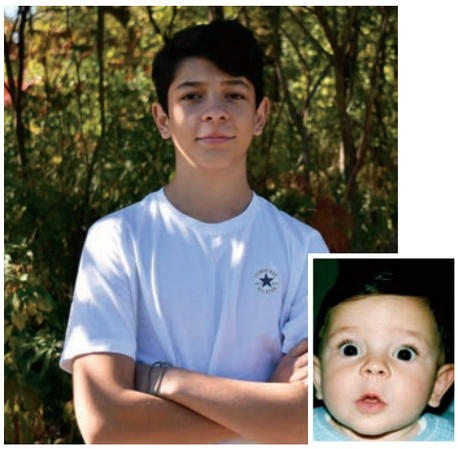
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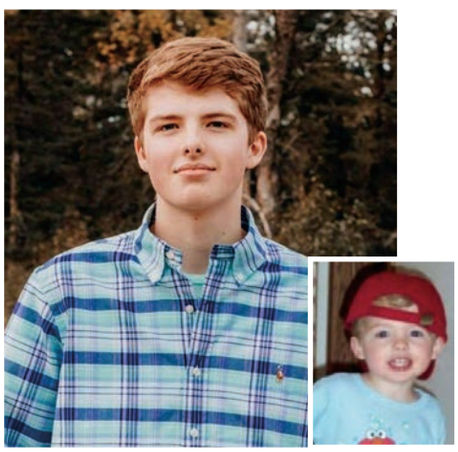
Gavin Greiner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Gunnar Grimsley

Peyton Groves

Karter Gruenwald

Jada Gruwell

Caleb Gundberg

Abby Gustafson

Anthony Guzman

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Alexa Hanson

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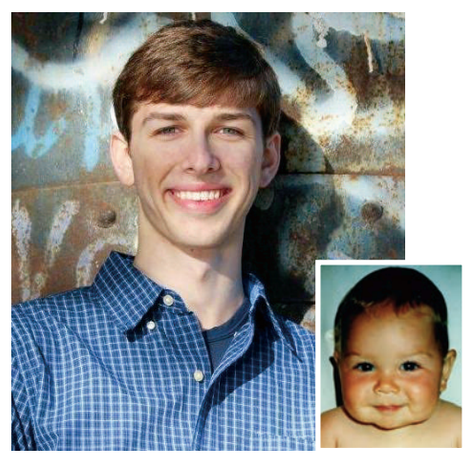
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Samuel Harlan

Evie Harrington

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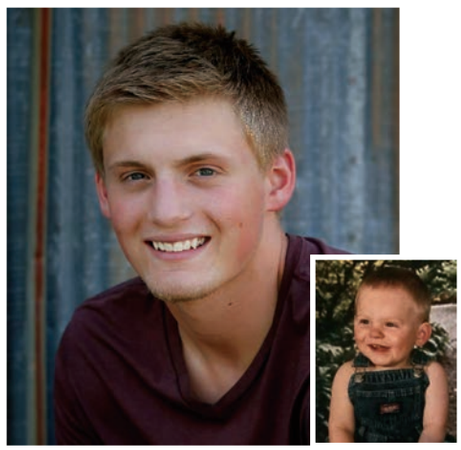
Gianna Haseman

Zachary Hassing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Kennedy Hayden

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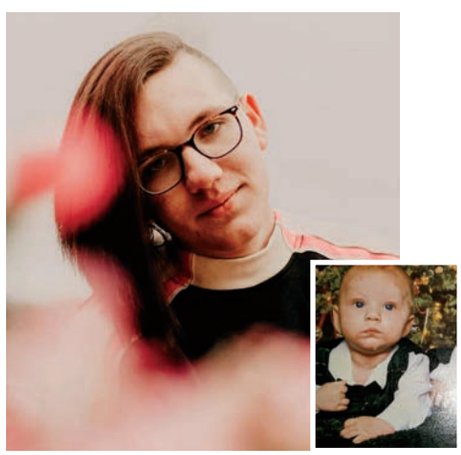
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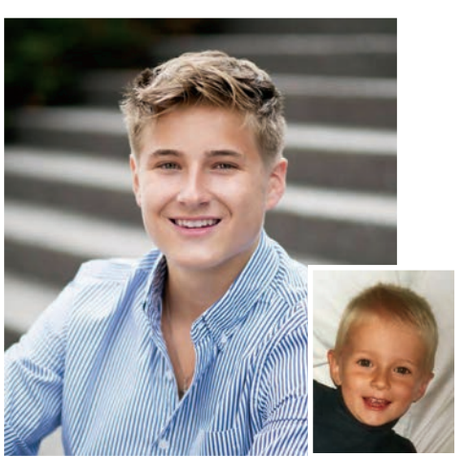
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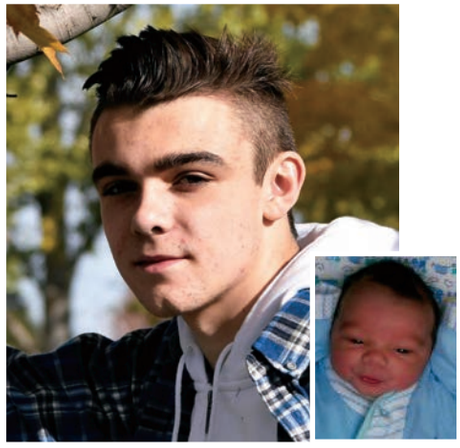
Anneliese Her

Conner Heyerman

Joshua Hill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Allyssa Hirsch

Ashton Hobza

Dylan Hoffman

Kristina Hoffman

Noelle Hofmeister

Tessa Holgate

Hailey Hollister

Phoebe Holt

Steven Huberty

Megan Huetteman

Bryce Hulting

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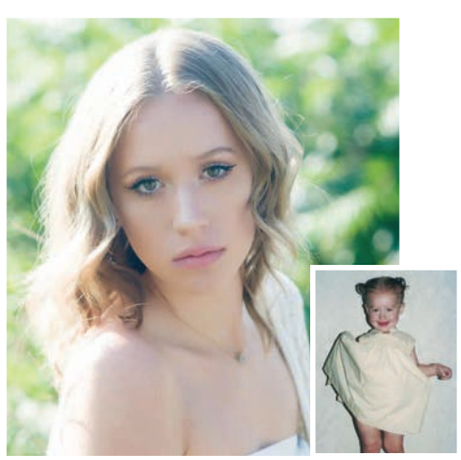
Austin Jentzen

Amelia Jerulle


Jaiden Jeske

Alexander Johnson

Ethan Johnson

Kathryn Johnson

Tucker Johnson

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Lillian Jones

Almudena Joo Rubatto

Erika Jordheim

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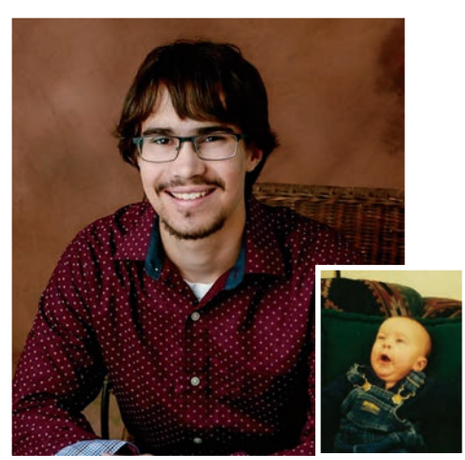
Abigail Kemmetmueller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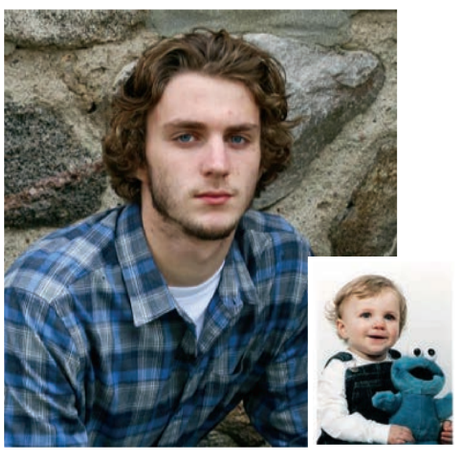
Averi Kessler

Kylie Kiecker

Brian Kiiza


Jonathan Kisch

Jessica Klein

Tailyn Klepsa Orrey

Annabelle Klevann

Carter Knaus

Kendall Kneefe

Anna Kolker

Brianna Kono

Adam Konsor

Michael Kosey

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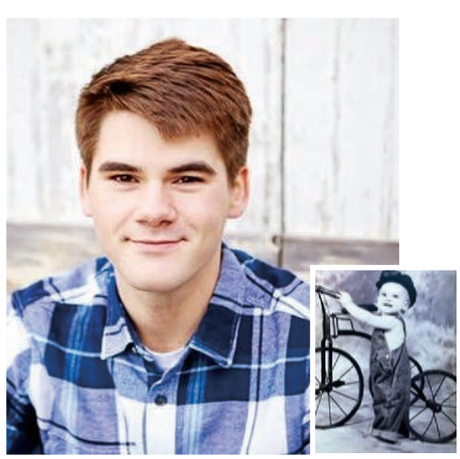
Kyle Kucera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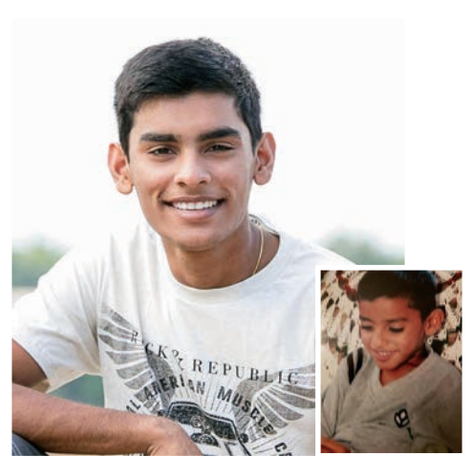
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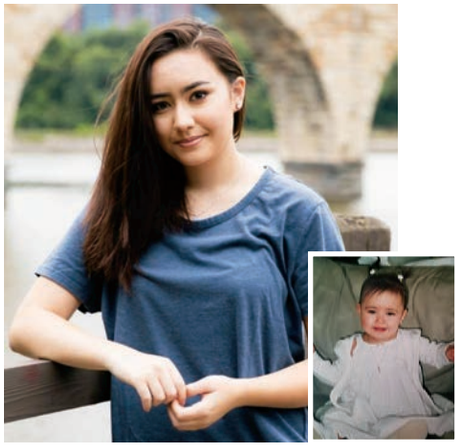
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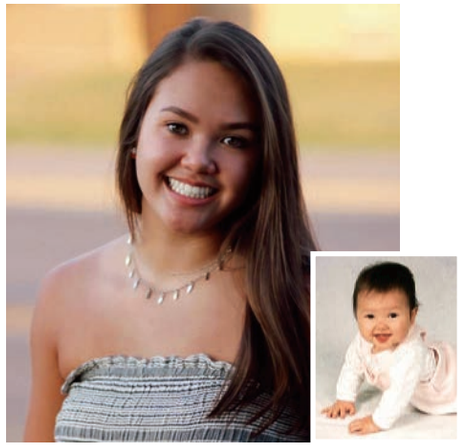
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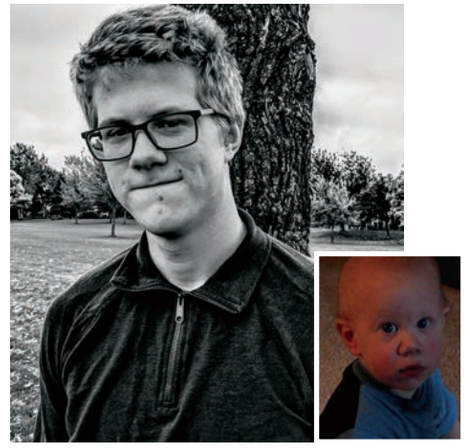
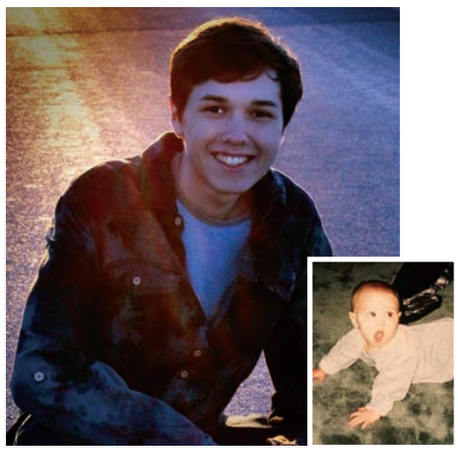

Jay Lacoursiere

Carson Langer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Kyle Larson

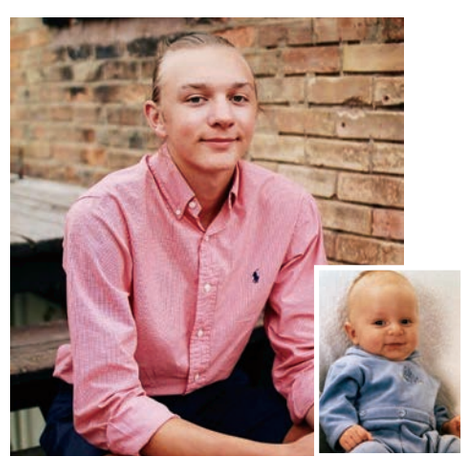
Tannah Lea

Levi Lefebvre

Jacqueline Lehman

Zachary Lembi

Michael Lenneman


John Lentner

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Charles Letellier

Stella Leuer

Emma Lezer

Elizabeth Libbey

Jordan Liddicoat

Chase Liefert

Markus Linn

Jacob Lish

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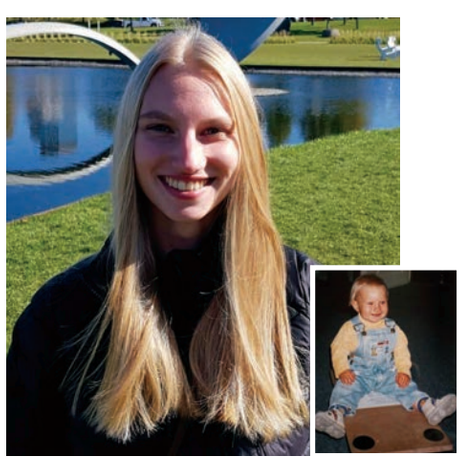
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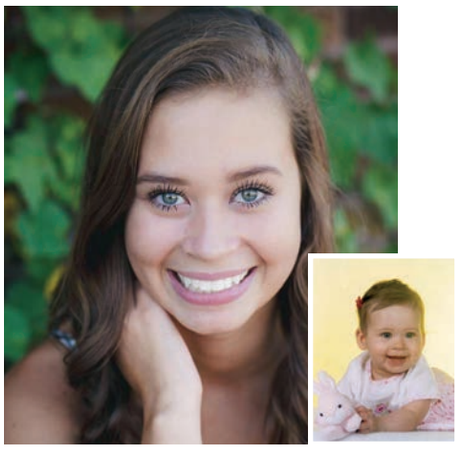
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Kory Lundgren

Caleb Maahs

Peter Macaluso

Trevor Mackie

Sem Mahari

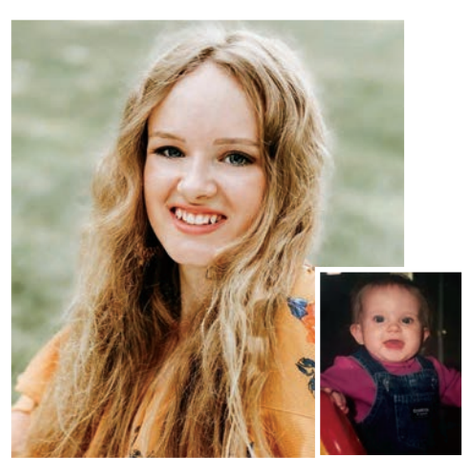
Sophia Mahon

Gretchen Manderfeld

Will Manderfeld

Joseph Marchand

Blake Marhula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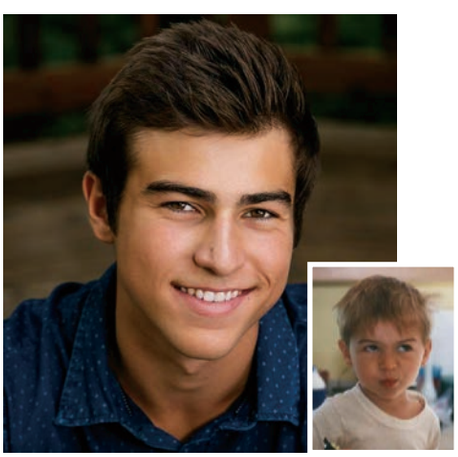
Jaden McClellan

Julian McClellan

Katelyn McKellips

Jared Mercado

Alfonso Mercado Aragon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Gage Mertes

Jonathon Meyer

Nathan Meyer

Cecelia Miller

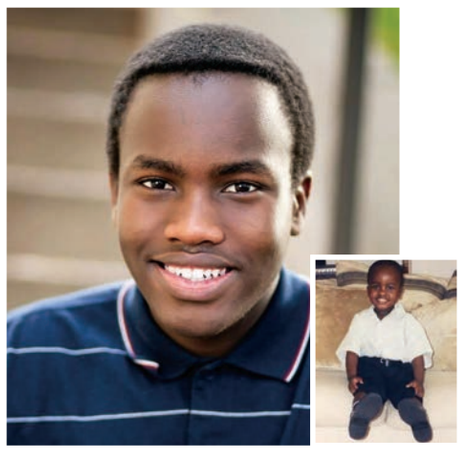
Daisy Miller

Hannah Miller

Taylor Miller

Samuel Mills

Broderick Moehn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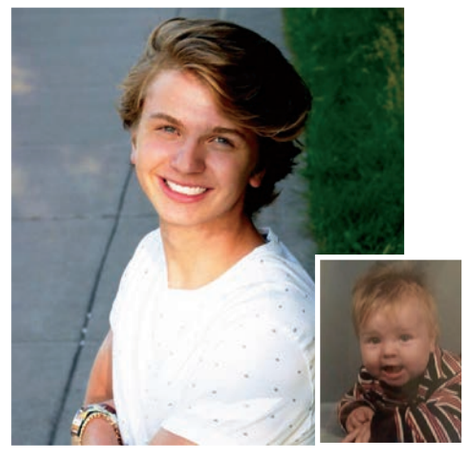
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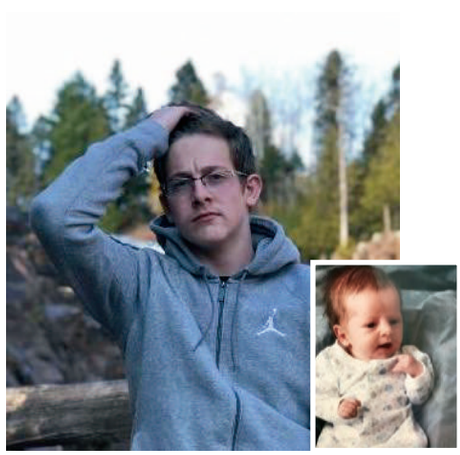
Noah Monte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Mary Moritz

Cody Mosby

Brecken Murkins

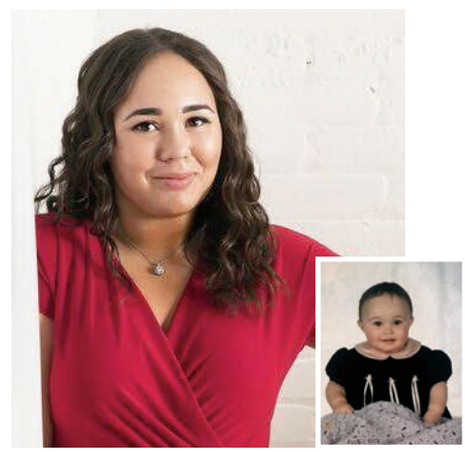
Ethan Murphy

Isabella Nardini

Joshua Nelson

Logan Nelson

Samantha Nelson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Leroy Nyandoro

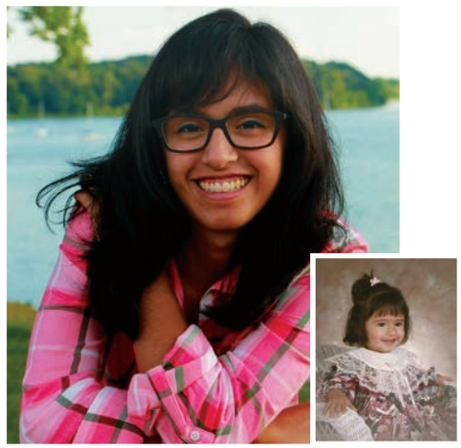
Nathan Nygaard

Zachary Nyhus

Ayodele Ogunlana

Riley Ollhoff

Amanda Olsen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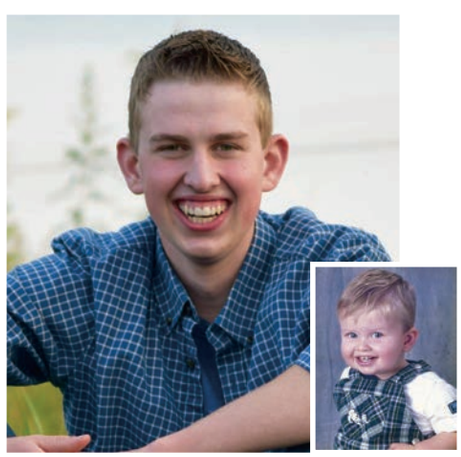
Jack Olson

Morgan Ophoven

Megan Otte

Rachel Ottoson

Laura Panuska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Hailey Pauba

Jaylen Pauly

Ethan Peal

Brennan Pederson

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Zoe Peltoma

Sharda Persaud

Jack Petersen

Mackenzie Petersen

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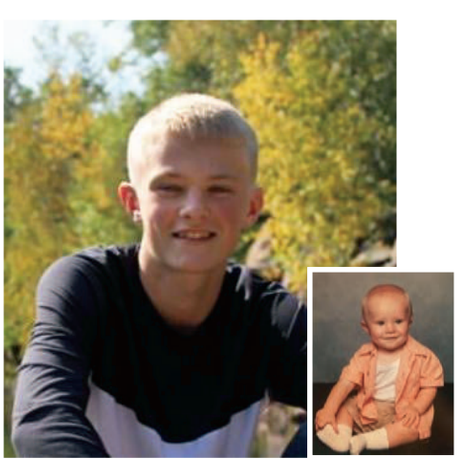
Aaron Phillipps

Desean Phillips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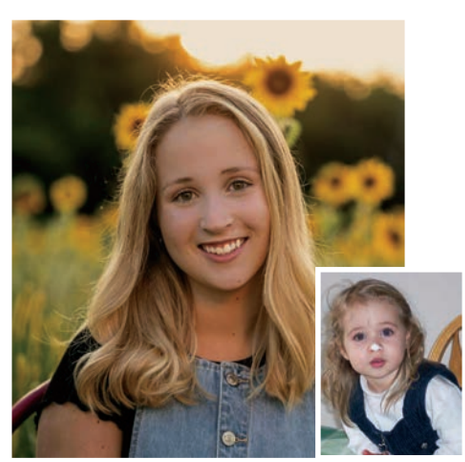
Madison Postuma


Grace Presslein

Veronika Pribikova

Matthew Przybylski

Brandon Psyk

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Abigail Radtke

Abigail Reineke

Ella Reiswig

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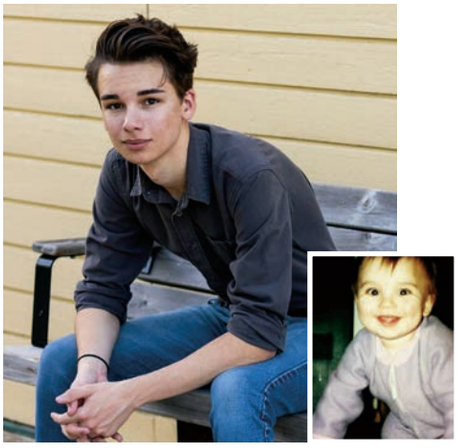
Ethan Rice

Alexa Richardson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Melissa Riddle

Ryan Ridley

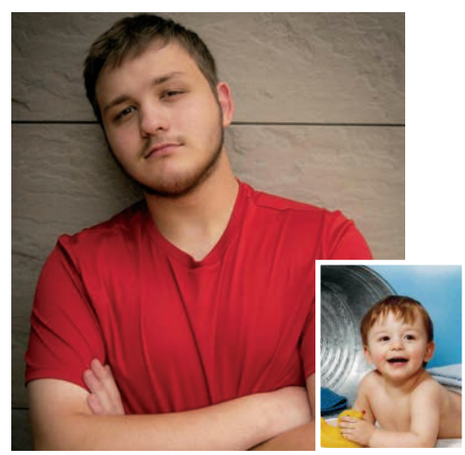
Jude Riley

Hunter Robarge

Alexander Roberts

Angelica Rodriguez

Mackenzie Roemer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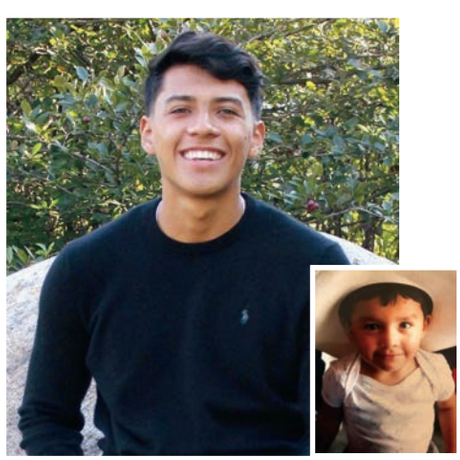
Lindsay Rohr


Alexander Rojas

Lauren Rokala

Marcus Rose

Benjamin Ross

Aubrey Rossi

Spencer Rova

Ellis Rude

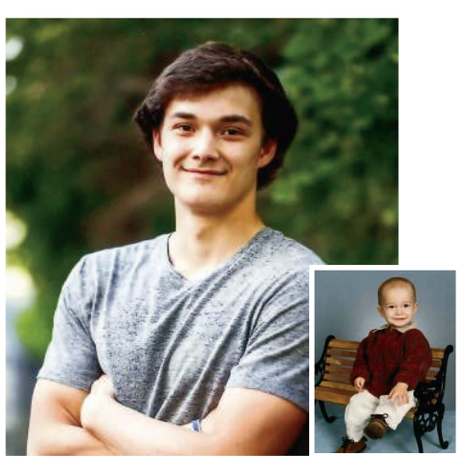
Thomas Ruhland

Lauren Rydberg

Ryan Rysdahl

Mia Salas

Onenee Saloka


Nicholas Saltamachio

Maren Saunders

April Saysithi

Isabella Schallenberger

Claudia Schee

Malerie Schei

Payton Scherber

Grant Schlauderaff

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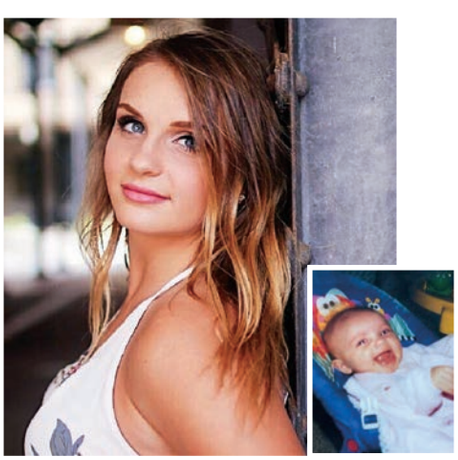
Avery Schoon

Devin Schultz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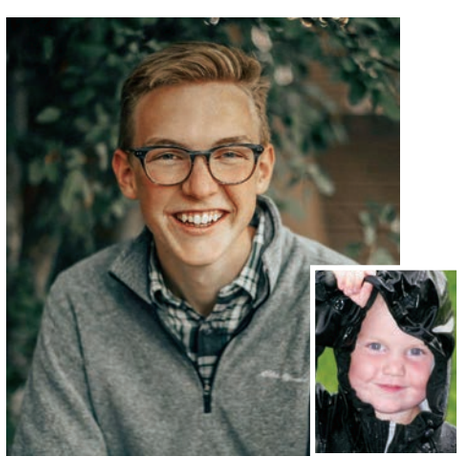
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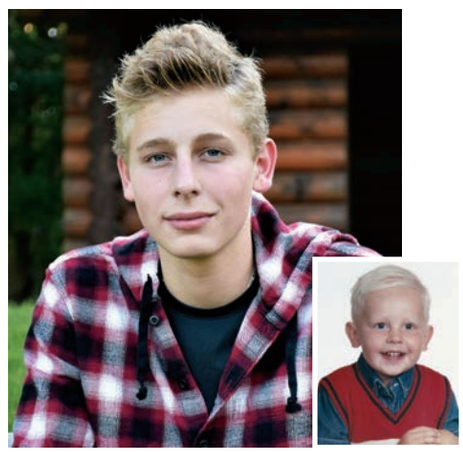
Eric Scriver

Brendan Seaver

Rashaun Simmons

Vitaley Simonovich

Mikayla Sinclair



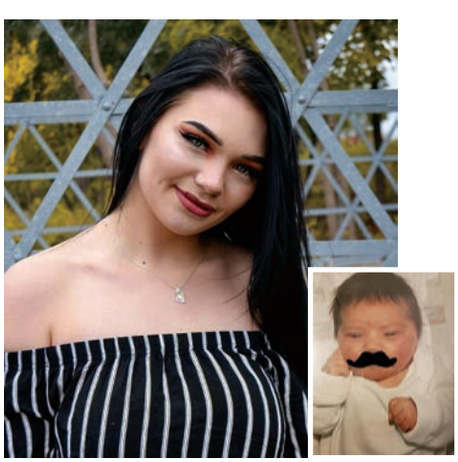
Zachary Sjoberg

Jamie Slaughter

Darien Smith

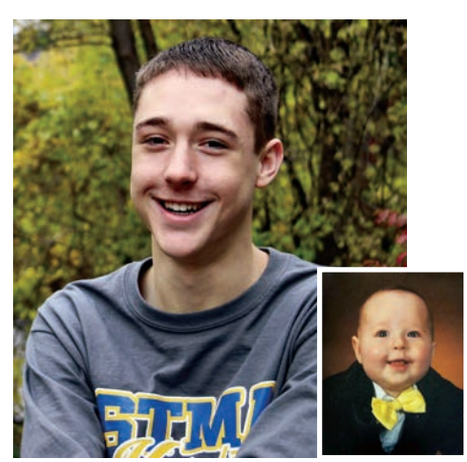
Hailey Smith

Morgan Smith

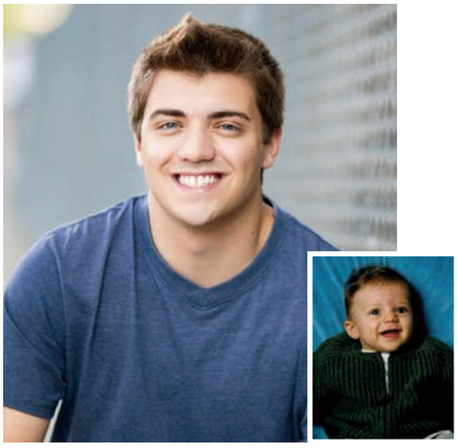


Kaitlyn Snyder

Ryan Snyder



Andrew Sobania


Owen Sorby

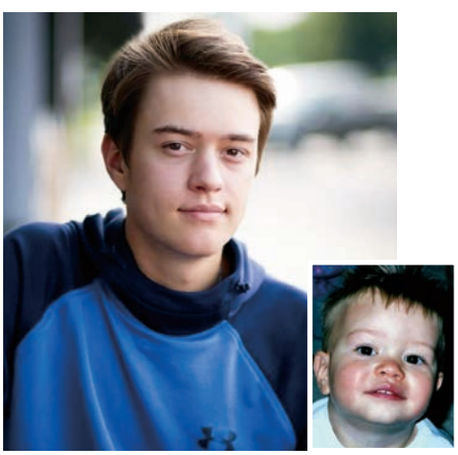
William Sorensen

Sianna Sousa

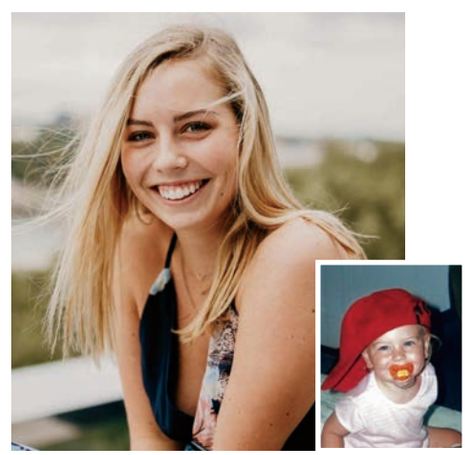
DiMarco Spreiter

Alison Steffens

Tony Steffens


Joseph Steichen

Kalina Stifter


Kaelyn Stolp

Isabelle Stoppelman

Samuel Strege

Connor Strickland

Blake Stuart

Brandon Sukalski

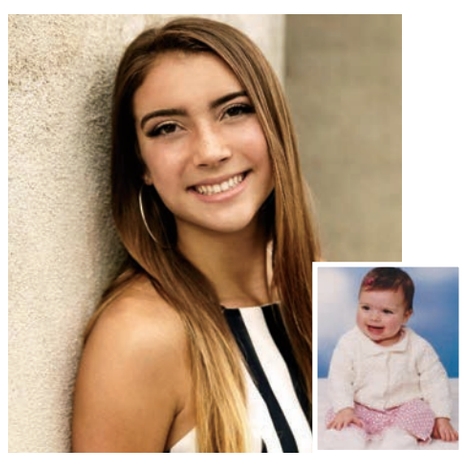
Megan Sullivan

Isabel Sundeen

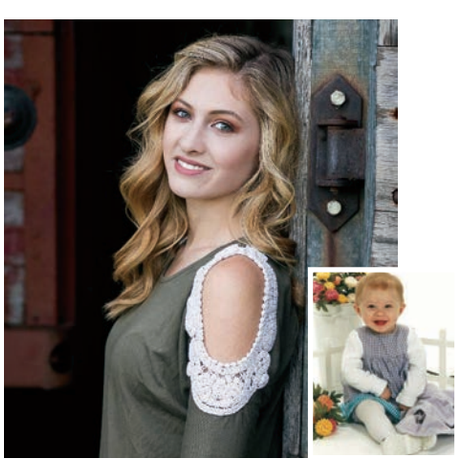
Tanner Sundell

Arnina Sutter

Nathaniel Swenson


Syra Tanchin

Samuel Terwey

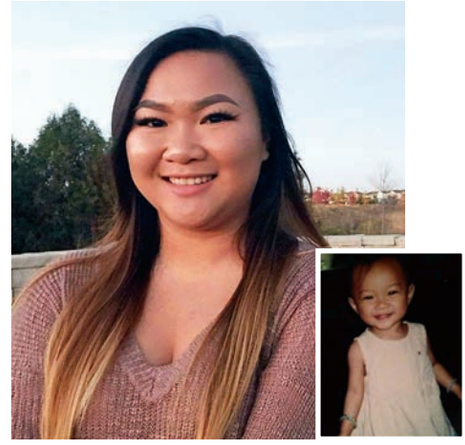

Ellie Thiner

Jacob Thole

Dylan Thompson

Ellie Thompson

Abigail Thompson Witt


Tyra Thongsavanh

Nasir Thorton

Ashley Tindell

Payton Toring

Avery Tovar

Jackson Tracy

Anna Tschida

Laine Tucker

Matilda Turnquist

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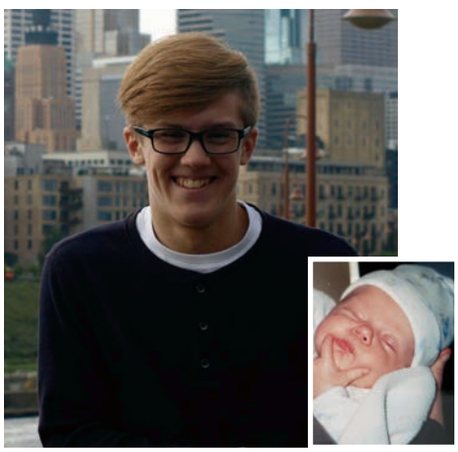
Anthony Urbanski

Andrew Vaerst

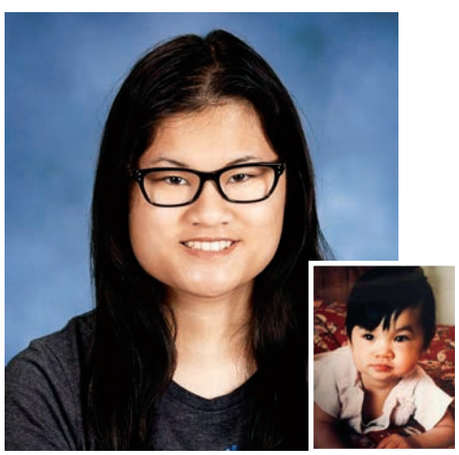
Joseph VanKeuren



John Verhulst

Connor Vevea

Zachary Vieau



Angela Vorarath

Madeline Vrkljan

Michael Vrudny

Not Pictured: Nathan VonArx

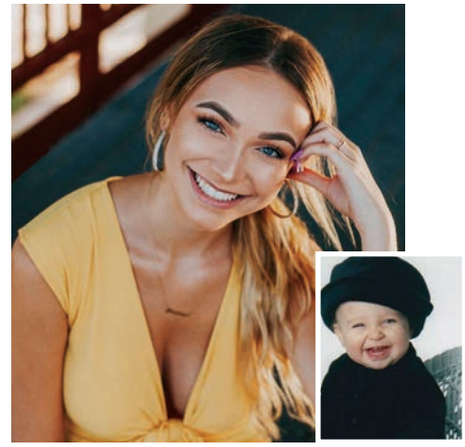
Vivika Wadhawan

Nicole Wahlberg

Page Sponsor
jacki v. seniors | get real.

Jackson Walker

Leah Weber


Courtland Wellnitz

Gavin Wermager

Abigail Westendorp

Tyler Westerlund

Mallory Westland

Victoria Whitsel

Ashley Wiger

Molly Wilde

Isabel Williams

Miah Williams

Corinne Willis

Lucas Willis

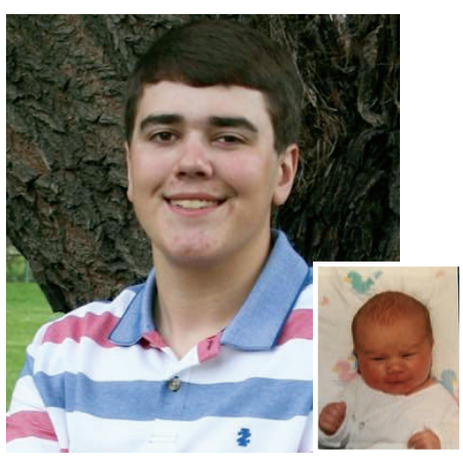
Bettee Wilson

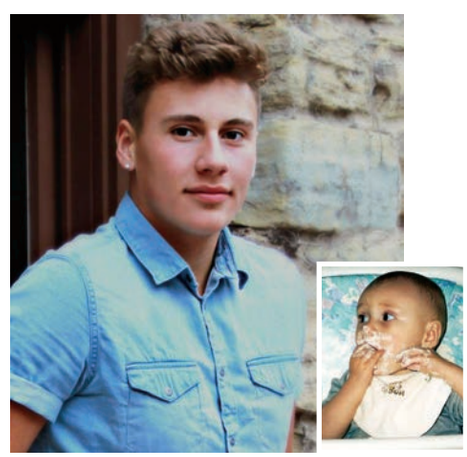
Matthew Winans

Ella Windel

Kyra Winslow

Victoria Winters


Dylan Wittnebel


Cameron Wolfson

Jacob Woolhouse

Yana Yukhimchuk

Nessa Zeleny

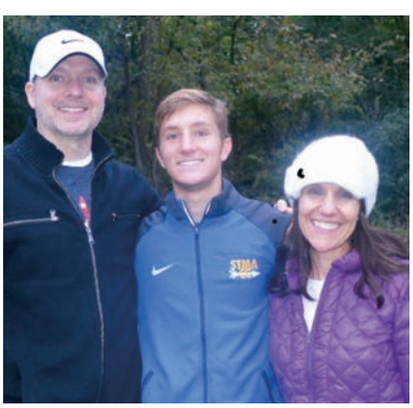
Spencer Charlesworth

FEBRUARY 8, 2001 - NOVEMBER 19, 2018

In memory of a friend gone too soon.

Spencer Ben Charlesworth was everything good in this life. He lived a life that was kind, generous, honest, hardworking and full of love. He was a humble young man who led by a quiet example. He always reached for excellence in his academics. He enjoyed running cross country and pushed himself to be a strong competitor on the STMA Varsity Team. He was a member of the Church of Jesus Christ of Latter Day Saints and was an example of living his beliefs to all around him. He loved music and was an accomplished pianist. He was always willing to go above and beyond and never turned down an opportunity to help another. Spencer was loved and adored by his two brothers (Sam and Alex) and his twin sisters (Grace and Claire). Spencer brought love and goodness into this world and will be deeply missed by everyone who had the pleasure of knowing him.

- Friends and Family of Spencer



SENIOR superlatives

best SINGER

Rhoeshon Dillard & Peri Dombeck

favorite COUPLE

SiAnna Sousa & Jude Riley

most likley to be ID'D at 30

Megan Putnam & Nathan Nygaard

most CONTAGIOUS laugh

Josh Gallagher & Kennedy Hayden

most BOOK SMART

Markus Lynn & Annalise Davis

best HAIR

Kendall Kneefe & Matthew Winans

best EYES

Clayton Krystosek & Claire Pelant

best
DRESSED
Matthew Monseth &
Abby Gustafson

best
BROMANCE
Jackson Tracy &
Gavin Wermager

most
SCHOOL SPIRIT
Cameron Wolfson
& Jaylen Pauly

class
CLOWN
Brecken Murkins
& Erin Gilbert

best
SMILE
Zach Nyhus &
Malerie Schei

most
CHANGED
Dashaun Jones &
Evie Harrington

biggest
KLUTZ
Daisy Miller &
Tucker Johnson

most likely
to be
INTERNET FAMOUS
Courtland Wellnitz
& Jackson Walker

class
MOM & DAD
Owen Sorby &
Katie Johnson

best
NICKNAME
Annie Kolker &
Joey Bennett

most
INSTRUMENTALLY
talented
Isabella Nardini
& Alex Johnson

class
CRUSH
Cole Henschell &
Megan Baldwin

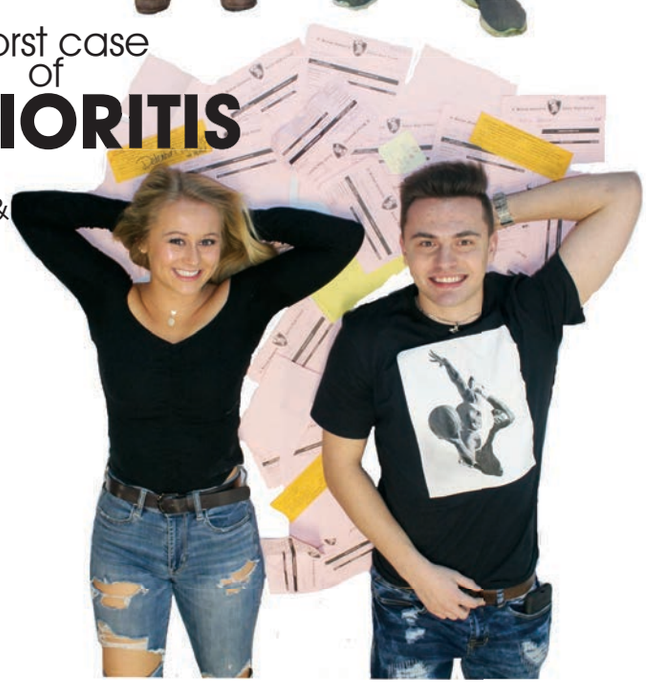
best
DANCER
Jason Cook &
Kylie Kiecker

most
ATHLETIC
Desean Phillips &
Jadyn Hanson

most likely
to be a
CEO
Ethan Rice &
Abby Reineke

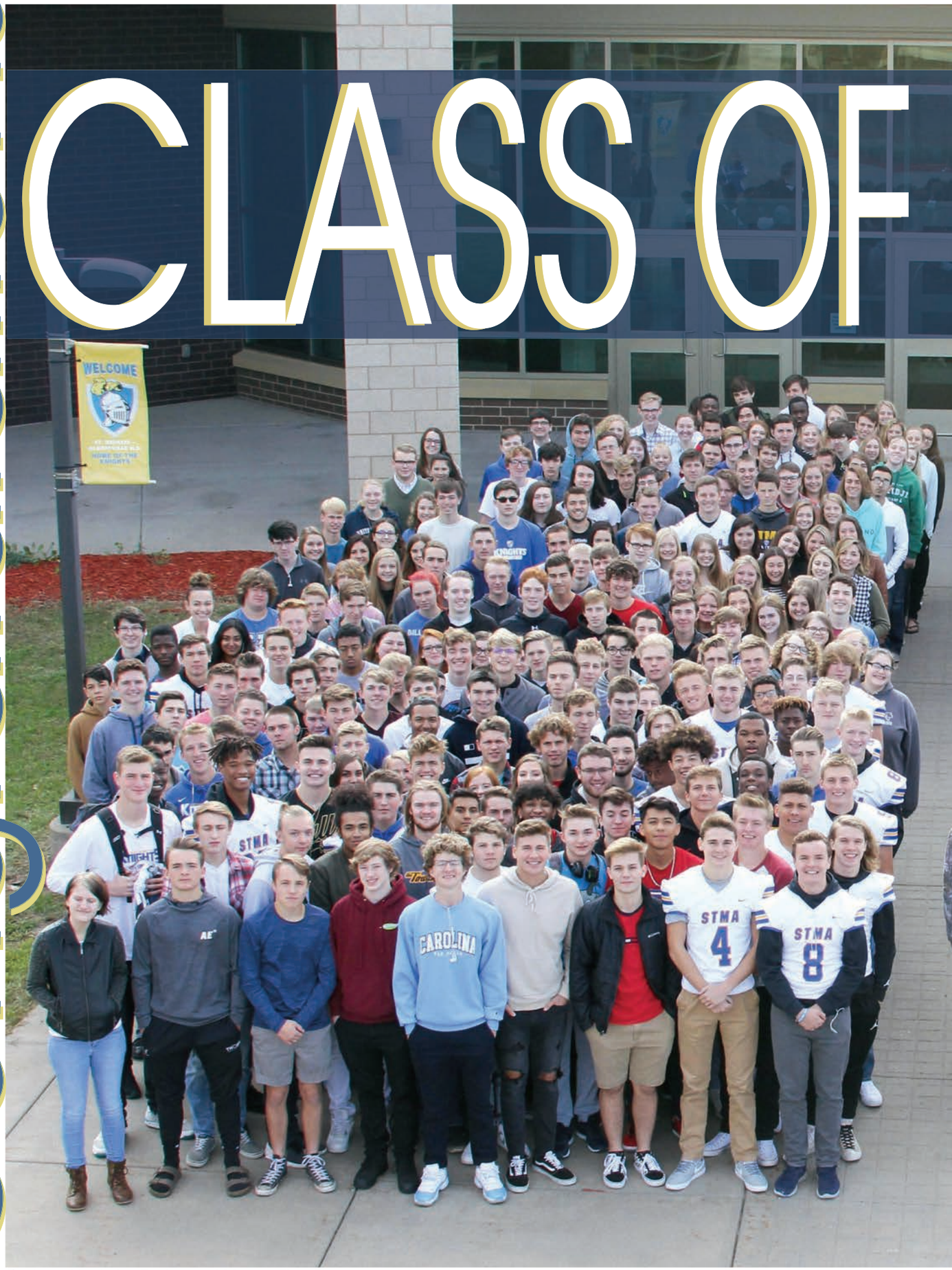
biggest threat
to
PEDESTRIANS
Kyra Winslow &
Jason Harrison

worst case
of
SENIORITIS
Amelia
Boldenow &
Jordan
Liddicoat



most likely
to run
for
OFFICE
Maddie Blaeser &
Austin Cherkas

Congratulations CLASS OF

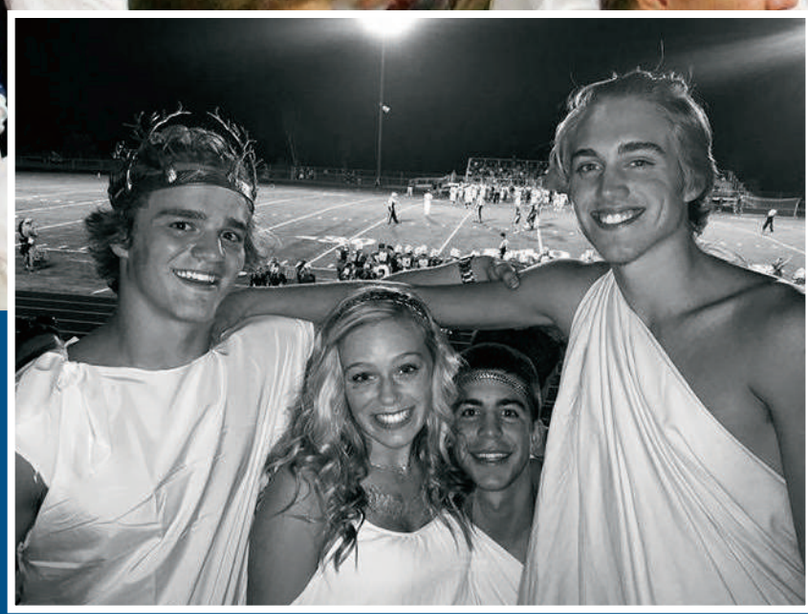


Designed by Laine Tucker and Megan Ekman

2019

ADVENTURE IS OUT THERE

After two years, the class of 2020 finally get to sit on the other side of the gymnasium as upperclassmen. "It's nice finally being a junior and sitting on the side that everybody faces so we can get the full experience of a pep fest," said Raquel Mitchell ('20). Design by Ashley Ingebrigtson.



JUNIORS

Ryan Aberwald
Tanvi Abraham
Gavin Akapo
Nora Al Mutawa
Lillian Albrecht
Ivan Alcaraz

Tarik AlDuri
Vanessa Alexander
Kallyn Amundson
Abby Anderson
Cassidy Anderson
Dylan Anderson

Jacob Anderson
Ashton Antil
Kayla Apelt
Jacob Asleson
Carter Athman
Alex Avery

Lance Aydt
Olivia Aylor
Aidan Badenoch
Isabella Baldwin
Zachary Balken
Philip Bania

Baledi Banzeba
Jessica Barr
Tyler Barta
Jack Batchelor
Gretta Becker
Cade Beckers

John Bedell
Taylor Beeler
Anna Belair
Emery Bell
Cora Benker
Carson Berglund

Kalley Berning
Matthew Berning
Sarah Berscheit
Korebin Beutner
Tatum Birr
Amanda Bissen

Brittney Blaeser
Dylan Blount
Jacob Bluhm
Zachary Bluhm
Rachael Boesen
Daniel Bollin

Grant Bong
Justin Bonner
Jacob Borer
Jordan Bothwell
Tiffany Bounnakhom
Mackenzie Bourgerie

Skyler Boushee
Brieanna Brennan
Evan Bright
Allie Broman
Calvin Bromley
Samantha Brown

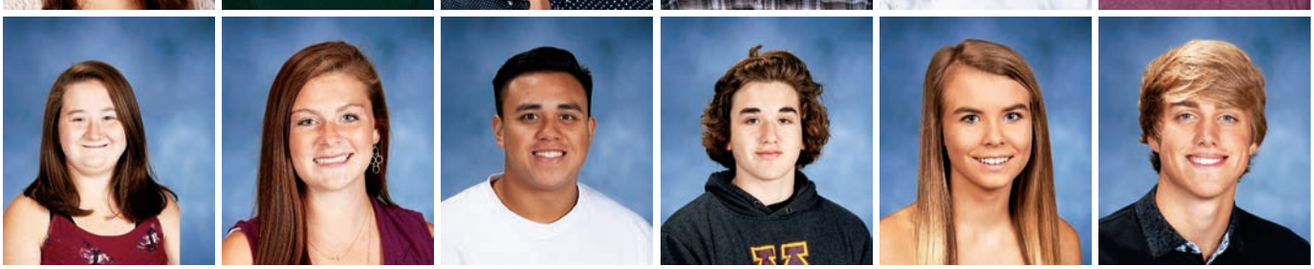
Luke Browning
Collin Brunet
Alinna Brutskaya
Sean Buchanan
Neal Buerman
Jackson Bursch

Matthew Bury
Maxemilion Busch
Thomas Butkowski
Dominik Butler
Madison Callais
Nicholas Camp

Kallie Campbell
Kelli Campbell
Hailey Cantwell
Nicolas Carlson
Jack Carroll
Ellie Cary

Morgan Casey
Carter Cate
Brenna Caza
Cole Chalich
Clare Chambers
Brianna Chatterton

Mariah Christensen
Hannah Christman
Colton Christopherson
Hunter Christopherson
Isaac Clark
Zachary Colemer



Lindsey Cook
Megan Copeland
Tyren Cornillez
Conner Couet
Abigail Cross
Morgan Culhane

Nash Dahlheimer
Terra Dahlman
Joshua Dalluge
Kylie Daly
Grace Davis
Ryan Davis

Anahi De La Cerda
Danay Dehmer
Tobias Dehn
Jared Dick
Mitchell Dickie
Samuel Dierberger

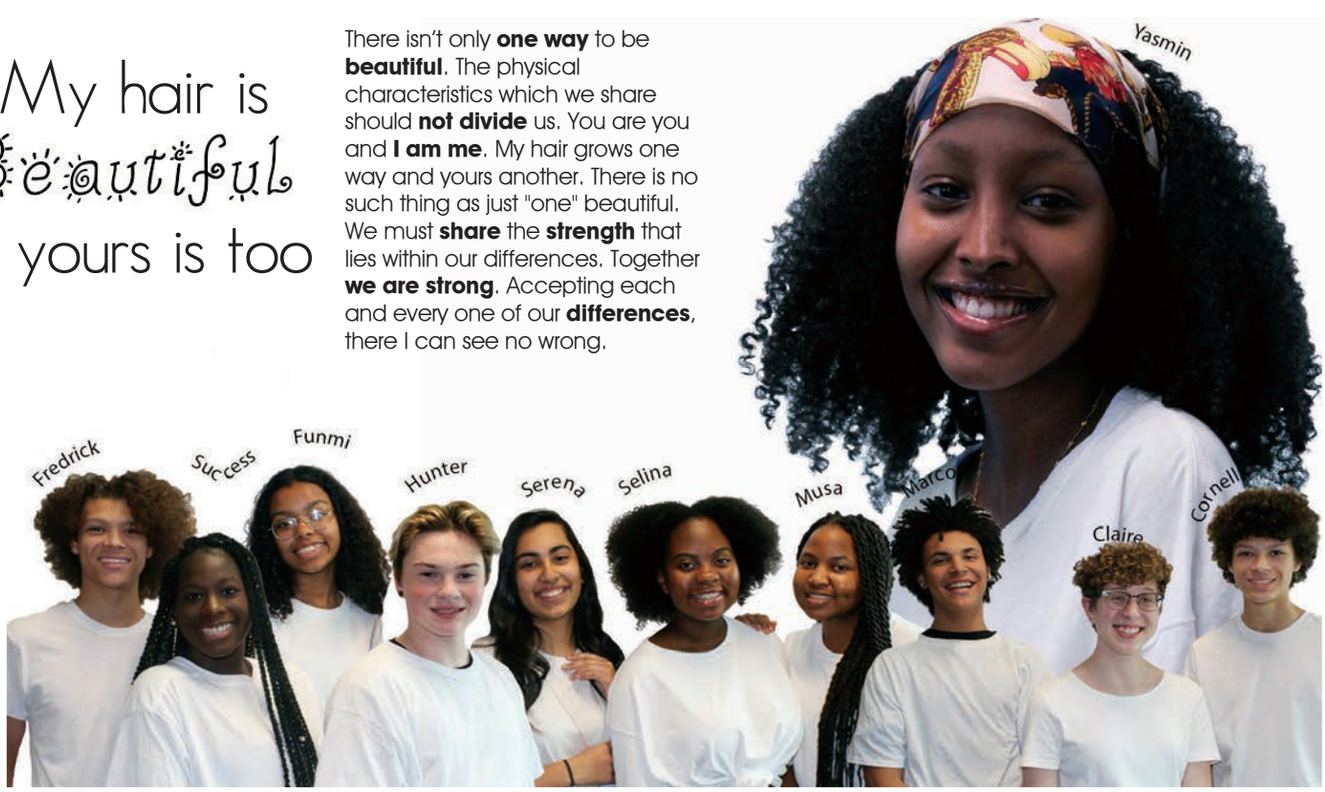
Julia Dinius
Lillian Dishneau
Taylor Dixon
Jack Dodge
Samuel Draeger
Samantha Duerr

Gabriel Dulac
Alice Duncombe
Kelly Dupont
Kendra Durnan
Maryann Earley
Olivia Egbert

Miguel Eguia
Nicholas Eicher
Lauren Ek
Andrew Elsnes
Augustus England
Joseph Ergen

My hair is Beautiful & yours is too

There isn't only **one way** to be **beautiful**. The physical characteristics which we share should **not divide** us. You are you and **I am me**. My hair grows one way and yours another. There is no such thing as just "one" beautiful. We must **share** the **strength** that lies within our differences. Together **we are strong**. Accepting each and every one of our **differences**, there I can see no wrong.



designed by
Ayodele
Ogunlana

Emma Ericksen
Ingrid Erickson
Nicholas Erickson
Christabel Eshun
Olivia Estep
Blake Esterberg

Joshua Eull
Jaeger Evans
Braxton Fair
Kayla Fairburn
Ella Fannon
Grange Farr

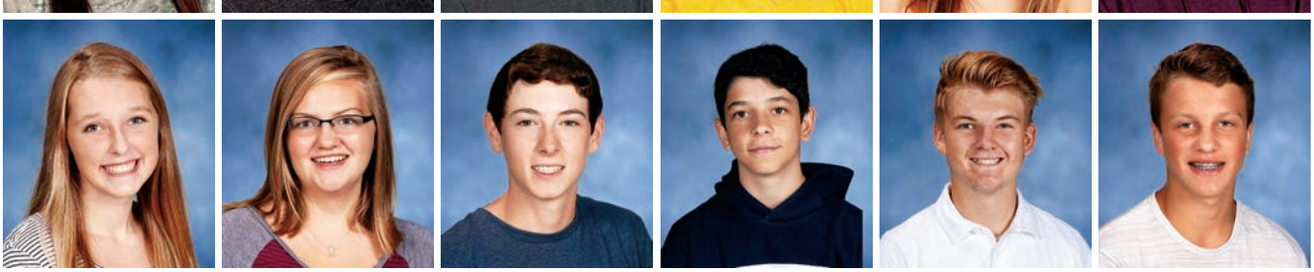
Alyssa Faust
Lauren Feldick
Logan Femrite
Hayden Feuerborn
Ben Fiedler
Morgan Fischer

Bayard Fitzgerald
Adam Flammang
Tyler Fleck
David Flores
Matthew Foltz
Elena Foty

Natalie Francisco
Marina Frandsen
Paige Frank
Gavin Fredrichs
Claire Fredrickson
Sophie Fritz

Jordan Fuchs
Maddie Gagnon
Nicolas Garcia
Kolby Gartner
Madison Gaulrapp
Kyra Geiger

Emma Gelling
John Gerads
Carter Gilleland
Antoria Glass
Abigail Glirbas
Brendan Glirbas



Kailey Glunz
Erin Goepfert
Mitchell Gohl
Ignacio Gonzalez
Brendon Gorynski
Myles Graczyk

Nykayla Greer
Olivia Grochow
Nolan Gustafson
Tyler Guzman
Alexandra Haas
Courtney Hahn

Benjamin Haliburton
Alexis Halvorson
Jordan Hanauska
Allison Hanson
Ashton Hanson
Presilyn Hanson

Iain Harken
Grace Harlan
Phoebe Harmon
Reed Harrington
Jadyn Hassall
Jonah Hayes

Mary Heil
Mikala Henderson
Zachary Hepper
Aaliyah Her
Ella Herbst
Isabella Heuanphommavong

Abigail Hill
Gabriel Hjelle
Kale Hoselton
Landon Huber
Benjamin Hughes
Brooke Hunsley

Sudi Hussein
Brooklyn Illies
Holly Illies
Marco Jackson
Veronica Jacques
Nolan Jaeger

Jaden James
Ryan Jann
Hunter Jans
Zachary Jans
Chloe Jensen
Erin Jensen

Madison Johnshoy
Blaine Johnson
Brandon Johnson
Claudia Johnson
Cole Johnson
Janae Johnson

Madalyn Johnson
Wynter Johnson
Elizabeth Jones
Jeremiah Jordan
Carly Joslyn
Dominic Jurmu

Laurie Juusola
Kristen Kadrlik
Joshua Kainz
Erna Karic
Abbigayle Karolevitz
Calvin Kasper

Finnegan Kastner
Steven Kazouh
Bryan Kelley
Cody Kelly
Sean Kennedy
Teagan Klepsa
Orrey

Benjamin Kloss
Easton Knealing
Caylyn Kobilka
Kelsey Kocon
Eiley Koivisto
Yauheniy Kotau

Clairice Kowalke
Mackenzie Kramer
Edward Krcma
Davis Krueger
Alexander
Krumenauer
Jordan Krupke

Megan Kruschke
Noah Kunz
Valerie Laberge
Christian Labrador
Skyler LaCoursiere
Grace Lamprecht

Brandon Langdok
Zachary Lanners
Michael Lappin
Anna LaRose
Rylee Laugen
Baili LaValle

Luc Laylin
Gavin Layton
Kallie Lehmann
Kali Lekatz
Hayden LeMonds
Aaron Lenarz

Katie Lenneman
Hunter Lenz
Adeline Leon
Michael Leonard
Taylor Leshovsky
Carl Leuer

Lauren Levens
Wyatt Lidberg
Jacob Liddicoat
Anna Lindemann
Ty Lindenfelser
Thomas Litwiller

Patrick Livingston
Benjamin Lock
Luke Logan
Joseph Lombardi
Alyssa Maciey
Michael Malkowiak

Keagan Mann
Brooklyn Marchand
Emily Markgraf
Gavin Markley
Abigail Marsolek
Brinna Martin

Garrik Martin
Jane Martin
Ivan Martinez
Emme Martini
Jeffery Mason
Harmon
Mauersberger

Samuel Maxwell
Alexander McAloon
Paige McAloon
Madison McCann
Cassidy McGee
Johnson
Jacob McIsaac

Jacob McKimmy
Madison McKinley
Peyton McLean
Karly McShane
Marli Meilahn
Mitchell Meilahn

Kiara Mendez
Hunter Meredith
Boston Merila
Kyle Mialkowski
Charles Michaelson
Joseph Miller

Lucy Miller
Raquel Mitchell
Sidney Mitchell
Jennifer Moreno Vizcarra
Jagger Mork
Davis Moseng

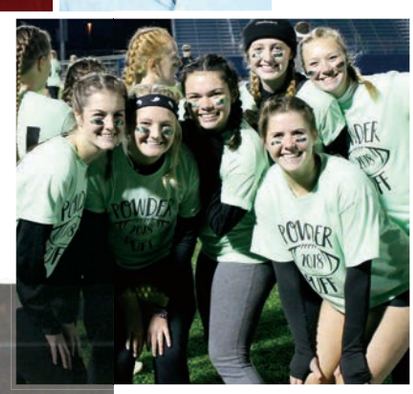
Mitchell Murphy
Jonathon Nagovsky
Ngum Nde
Inomusa Ndlovu
Bryn Nelson
Nathan Nelson

Noah Ness
Dominic Neutgens
Tiffany Nguyen
Andrew Nietfeld
Callie Nordberg
Noah Nordin

Nathan Notch
Thomas Nowak
Christopher Nygard
Luke O'leary
Samantha Och
Jordyn Ohlander

Olufunmilayo Ologunde
Gabriella Olsen
Jazlin Olsen
Chase Olson
Hailey Olson
Micah Olson

GIRL POWER POWDERPUFF



Nicholas Olson
Sydney Ophoven
Benjamin Oscarson
Jacob Pabst
Samantha Palmer
Tessa Palmer

Daniel Paluck
Marissa Papp
Jacob Parker
Molly Parker
Brooks Parkin
Madeline Patterson

Samuel Patton
Christopher Paul
Carter Pauly
Olivia Peltz
Alex Perepechkin
Olga Perepechkin

Deven Perron
Aiden Peters
Ashley Peters
Abigail Peterson
Garrett Peterson
Leo Peterson

Katharine Petit
Nga Phan
Dawson Pink
Isabella Pipenhagen
Nicholas Polfliet
Lauren Pomerleau

Elle Potts
Drisani Prashad
Kyleigh Probst
Thomas Raatz
Claire Rademacher
Tyson Radke

William Rahne
Hailey Rankin
Tierney Ras
Thomas Rathman
Trevor Reedy
Tala Reinbold

Amelia Relopez
Anna Relopez
Jade Resner
Gregory Rice
Bryanna Rieber
Gracelyn Riedel

Dalton Rindahl
Taylor Ripplinger
Jordyn Robeck
Griffin Roberts
Joshua Robetts
Joseph Robinson

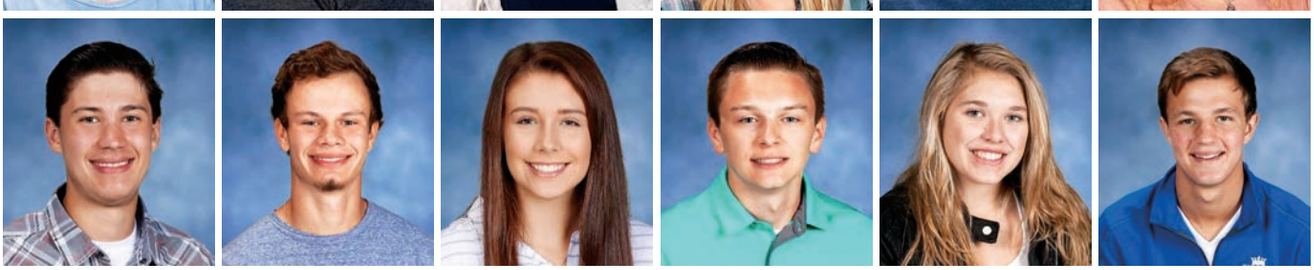
Kyle Robinson
Laura Rohr
Emma Ronyak
Amelia Rooker
Jake Roos
Nolan Ross

Nolan Ross
Indigo Rowland
Seth Ruberto
Mia Ryan
Kallie Salen
Owen Sand

Jack Sander
Kevin Sann
Jenna Sargent
Hunter Sauer
Madalyn Sawyer
Katherine Saxe

Ethan Scheelk
Olivia Schepers
Bailey Schlimme
Grant Schmidt
Valen Schmidt
Jane Schmitz

Colton Schmoyer
Matthew Schneider
John Schoberg
Kassandra Schoen
Marcus Schweisthal
Natalie Seiffert



Nicholas Seurer
Dylan Sexton
Gabrielle Shedlov
Bryce Sherman
Gabrielle Siegle
Drake Siens

Aliyah Simat
Spencer Simon
Colette Sinclair
Grace Sinkule
Graedon Sletten
Stevie Slowiak

healthy mind happy life;

During the second week of October, students eating lunch were approached by other students and were handed a colorful post-it note and were asked to write something that makes them happy or something that makes life worth living. These responses varied from cute dogs to hugging your grandma on Christmas. This was organized by the mental health group. In the past few years, mental health has been a huge focus during the school year. The group is led by senior, **Katie Johnson** and juniors, **Anna Lindeman** and **Eiley Koivisto**. They met Tuesday mornings in the guidance office pod at 7:55 am, they typically met once a month according to co-leader Anna Lindeman. "The mental health group is an amazing way to spread love and positivity throughout the school. I'm so grateful I can be a part of such an amazing thing," said Anna Lindeman. *Story by Kallie Lehman.*

Erik Snyder
Logan Sonenstahl
Ty Songstad
Olivia Sorensen
William Spalding
Boden Sperr

Adam Spetz
Maxwell Strege
Braden Suchy
Rachel Sustacek
Kyle Swenson
Maria Sylvester

Tiffany Talley
Lillian Tennyson
Jilliann Testa
Madison Teters
Koua Thao
Ethan Thomas

Emma Thorp
Annabell Tigue
Luke Tillemans
Abigail Timp
Tyler Torgesen
Cole Torkelson

Emma Turpin
Trevor Ulrick
Huashi Vajhmoob
Annika Vanheel
Ethan Vanvooren
Abbie Vaughan

Jayden Vavrichek
Alison Vetsch
Cody Vetsch
Derek Vetsch
Anthony Volkmann
Christopher Vrudny

Kaifang Vue
Jordan Waldorf
Julia Walters
Madelyn Walters
Faith Walther
Emily Watts

Theodore Weigle
Elise Weinzierl
Madalyn Wenner
Jack Wiczek
Evan Wieker
Anna Williams

Jillian Williams
Sam Williams
Tristan Wilson
Katelyn Windingland
Kassidy Winslow
Kellsey Winslow

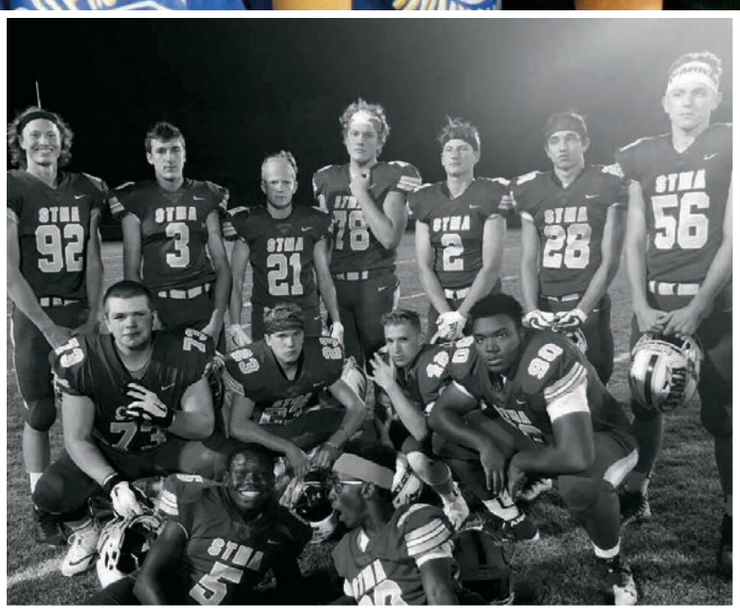
Carter Wise
Tyler Wolkerstorfer
Harrison Wright
Katrina Wright
Jakob Wrobel
Charlie Yang

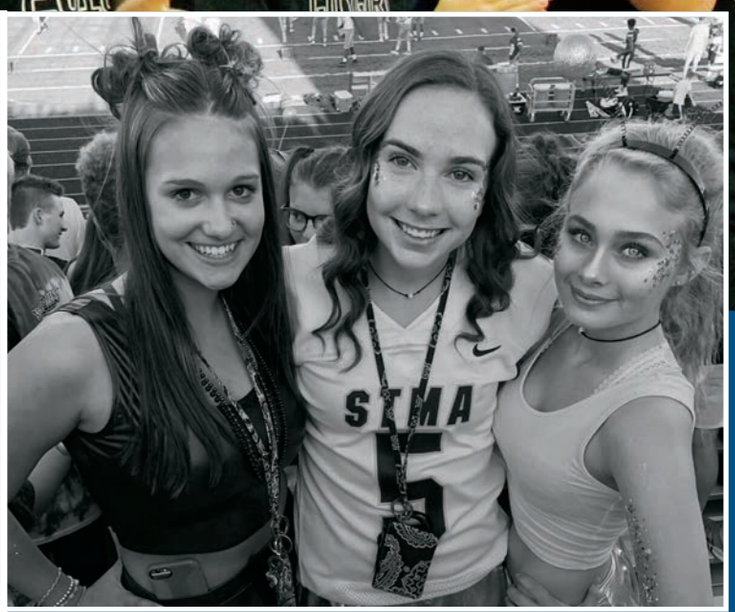
Tsimafei Yermakovich
Isabella Youngberg
Kaytlin Zack
Cody Zenanko
Karis Zezza
Miranda Zitzloff

I'LL BE THERE FOR YOU

Moving up slowly but surely, the sophomores show pride for our school at their second homecoming pep fest. "The pep fest is one of my favorite parts of the week. I love the atmosphere of all the students, but I can't wait to be an upper classman next year," said Nick LaMere ('21). Design by Ashley Ingebrigtson.

SOPHOMORES





Sydney Aandal
Jude Adams
Ryan Adkins
Darrin Aleckson
Sonia Alfaro
Chloe Altenhofen

Janie Anderson
Justin Anderson
Maxwell Anderson
Noah Anderson
Noah Anderson
Owen Anderson

Isabella Arel
Garrett Augello
Emily Augustine
Tarynn Babcock
Brady Bannick
Zachary Barclay

Aidan Barnes
Nadia Barnes
Tyler Barrett
Mackenzie Barth
Chrystina Barthel
Ian Barthel

Harley Bauer
Chase Baxter
Jalyssa Beaudry
Shaya Bebensee Hansen
Zachariah Becker
Tyler Beckstrom

Jabari Beecham
Tyler Behrens
Cameron Belair
Alisa Beljulji
Dylan Bennett
Chloe Benson

Trygve Berg
Mackenzie Bergen
Isabel Berning
D'von Berry
Brooke Beuning
Benjamin Beyer

Sydney Bice
Wyatt Blakstvedt
Sophia Bloomstrand
Myles Bongaarts Graham
Kendra Bonner
Uriah Book

Cornell Booker
Frederick Booker
Sheryl Bosire
Ryan Boston
Kyle Brandberg
Luke Brandli

Kaitlyn Braun
Caden Brown
Jordan Brown
Alex Brutskiy
Abby Buckmeier
Adam Buckmeier

Ryan Buhl
Eliana Bunnell
Jacob Bunnell
Kendyl Burg
Holden Bursey
Alix Bushard

Jena Cano Ksiazyk
Olivia Carel
Mallory Carls
Holly Carlson
Sydney Carlson
Sam Caron

Liana Carriker
Eric Chartier
James Cheaye
Nate Cheney
Grace Christensen
Samuel Christenson

Lauren Christian
Chase Cichos
Emily Cin
Colin Clair
Kayla Cokley Weigelt
Dayton Colegrove

David Collins
Madison Collins
Dakota Colvin
Madeline Connelly
Kaylee Conrad
Joseph Cornell

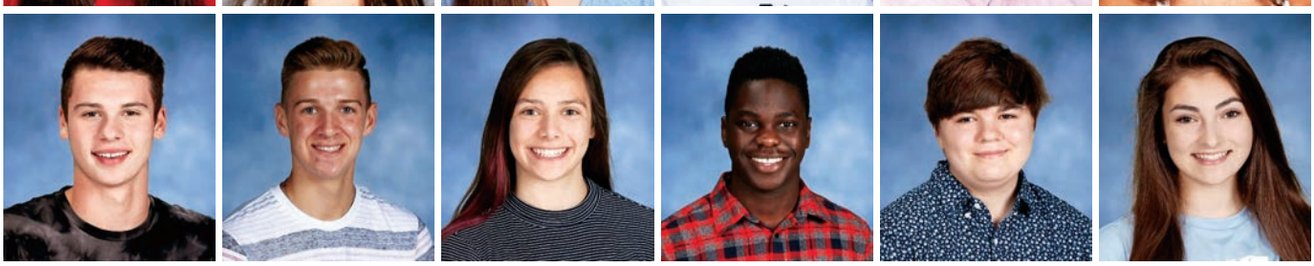
Megan Cornell
Nathaniel Coulson
Ellsie Covert
Paige Cowan
Kendal Cox
Kai Cummings

Ashley Cushman
Cole Dahlheimer
Joshua Damon
Angela Danger
Maia Davidson
Cole Davies

Mackenzie Davis
Molly Davison
Mya Decker
Raya Decker
Alexandra Dehmer
Cayden Dehmer

Selena Delgado
Amelia Delmonico
Madilynn Demo
Jack Denne
Weldon Derocher
Taylor Dewey

Ezra Dickerson
Jacob Dinkel
Livia Dombeck
Tamaraudoubra Donbraye
Paige Dooley
Ginger Downey



Emma Drake
Josiah Driver
Jack Drobinski
Jacob Dumonceaux
Isaac Dupay
Isabelle Durre

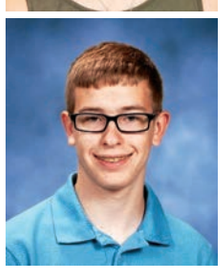
Rylea Edick
Damaris Egan
Kylie Elert
Lydia Ellison
Lynzi Emery
Brennan Engel

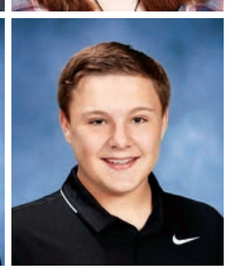
Elijah Ernst
Owen Escher
Savanna Fair
Curtis Ferrin
Natalia Figueroa
Madelyn Fischer

Chloe Fisher
Anah Fitzgerald
Nicholas Flakne
Brockton Florek
Clayton Follett
Aidan Foss

TRENDING NOW

Eric Fouquette
Isaac Fread
Evan Freeland
Elizabeth Frelich
Erin Freund
Gabrielle Fritz





John Fritzke
Eric Gao
Alyssa Gardner
Brandon Gasser
Parker Gast
Taylor Gaunt

Ethan Geray
Brendan Gertzen
Tyler Getty
Ella Gigstead
Alexander Gilbert
Sterling Gjesvold

Tyler Glass
Louis Godlewski
Braydon Goede
Daniel Goede
Thomas Gonsior
Jared Goodin

Emma Gordley
Paige Gorynski
Alan Gower
Mia Grabau
Parker Grant
Hannah Greeno

Chelsey Groves
Madelyn Gundberg
Colten Gustafson
Claire Haakenson
Lexie Haglund
Gabriella Haines

Reynold Hamann
Emma Hamilton
Erin Hamilton
Molly Hanke
Carter Hanson
Madelynn Hanson

Raelyn Hastings
Alycia Haus
Ethan Hawkinson
Tyler Hecksel
Hannah Hedstrom
Bryce Hegge

Adam Hegrenes
Tyler Heibel
Alec Heiber
Aaliyah Heine
Madylin Heitman
Jonathan Helm

Rogan Helm
Zachary Helman
Gavin Hemmer
Ashli Her
Mary Herbst
Jaden Herman

Megan Hester
Logan Heuanphommavong
Amy Highberg
Zachary Hill
Olivia Hirschey
Trevor Hochstedler

Hannah Hodge
Audrey Hoffman
Maiya Hofmeister
Brayden Hoivik
Austin Homstad
Joseph Houwman

Taylor Hove
Jackson Howard
Evan Hoy
Alexandra Hoyt
Hayden Huber
Benjamin Huberty

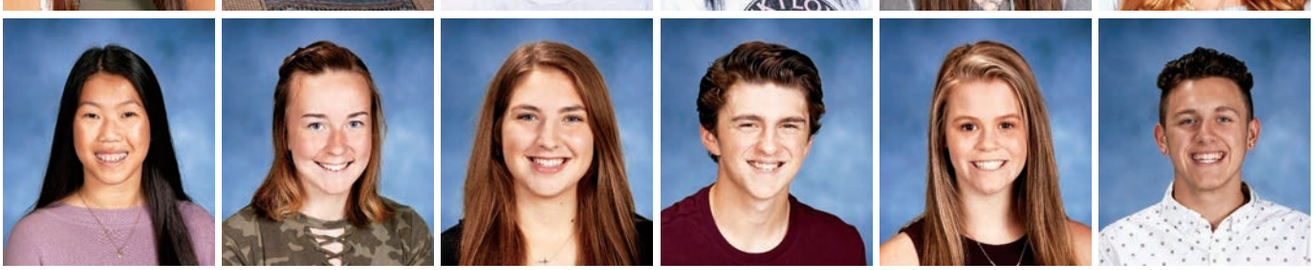
Julia Huetteman
Jack Hulting
Jessica Huser
Sagal Hussein
Kayla Hutton
Jessica Immer

Zachary Ingebrigtson
Justin Inthaly
Brooke Isaacson
Maycee Jahnke
Jenna Jenkins
Lauren Jenniges

Charlie Jerpseth
Casey Johnsen
Alayna Johnson
Bridget Johnson
Brooke Johnson
Emily Johnson

Kennedy Johnson
Khulyn Johnson
Luke Johnson
Oswald Johnson
Grant Johnston
Jonessa Jones

Rachel Jossart
Stephanie Joyce
Matthew Kaiser
Halimatu Kamara
Victoria Kangas
Abigail Karger



Rachel Kasper
Evelyn Kastner
Bailey Kelly
Caden Kelly
Abby Kemmetmueller
Tanner Kemp

Timothy King
Kyler Kitzberger
Taylor Klinkhammer
Parker Kmett
Avery Kneefe
Carlie Kobilka

Jacie Kolehmainen
Seth Kovacs
Alyssa Krueger
Rachel Krueger
Ryan Kucera
Braeden Kummer

Adam Kvant
Meadow Laduke
Ava Laing
Devin Lambert
Nicholas Lamere
Lydia Lamey

Jordyn Lane
Carly Lanners
Gavin Larsen
Elsa Larson
Jacob Larson
Nam Le

Nathan Lee
Benjamin Lefebvre
Anna Leigh
Grace Lemonds
Kyle Lenneman
Hunter Leonard

Leopold Leuer
Celine Lewis
Annika Ley
Jack Lezalla
Jordan Liew
Owen Lindstrom

Cyrus Linzey
Elizabeth Lish
Aaron Loch
Kaden Loebertmann
Morgan Loftus
Andrew Lomen

Jason Lopachuk
Angel Lopez Raygoza
Blake Lorentz
James Lyke
Lucas Maahs
Brian Macaluso

Tanner Mackie
Gabrielle Madore
Abbylee Maeder
Jorge Mancilla
Josh Manovich
Alyson Mapanao

Aliona Martin
Callie Martin
Jack Martin
Dirk Martinez
Sarah Marty
Brode Matheson

Christopher Matheson
Samantha Matheson
Alec May
Mallory Maynard
Mason Maynard
Natalie Mazurek

Maxwell McAlpine
Christina McCabe
Ashlyn McClintock
Tyler McDougall
Megan McDowell
Ian McEachran

Tyler McKenzie
Mackenzie McLellan
Brod McMahon
Maxwell Meilahn
Laura Meline
Adeline Meyer

Kate Meyer
Ella Miller
Regan Miller
Zachary Miller
Alison Milless
Mackenzie Mills

Mikayla Mitchell
Isaiah Mlsna
Jonathan Mlsna
Jordan Mlsna
Brooke Moe
Lincoln Moehn

Zachary Moen
Nolan Montcalm
Kylie Moon
Savanna Mosher
Cassidy Mundahl
Dustin Murray

Michael Muyale
Jacob Myers
Gabriella Nardini
Azah Nde
Lily Negaard
Mara Nehring

Olivia Neros
Fletcher Nesbit
Arik Nesser
Aidan Newman
Jackson Newman
Ava Nickel

Dawson Noska
Alexander Novelli
Matthew Nowell
Elum Nyabando
Jacob Nyhus
Porter O'Brien

Carsten O'Connor
Trent O'Neill
Patrick O'Sullivan
Courtney Olin
Owen Ollhoff
Grace Olson

Ashley Omweri
Meriel Orham
Marisa Ornat
Emma Ostrowski
Nathan Pederson
Adalyn Pederson

Thomas Pederson
Dominic Perez
Lisa Peters
Owen Petersen
Alexander Peterson
Brooke Peterson

Hailey Peterson
Haley Peterson
Jordan Peterson
Kaitlyn Peterson
Rebecca Peterson
Samuel Peterson

Alexis Peyerl
Eryn Pfeifer
Jasmine Phengdouangdeth
Alinase Phiri
Zack Picard
Simon Pierce

Layton Pippin
Colby Pitzenberger
Dominic Pizano
Success Popoola
Avery Poppen
Brock Potthoff

Bennett Pouliot
Claire Presslein
Wesley Proehl
Hailey Pudlick
Jordan Pufahl
Bryce Purrier

Lilly Radintz
Lila Raltchevsky
Leah Renstrom
Avery Resner
Bryan Reynoso
Blake Richie

Anika Rickard
Miikenzie Ricks Wesseh
Adam Riley
Evan Riley
Jakson Ringat
Faye Roberts

Daylon Roelike
Madelyn Roethler
Avery Roisen
Amanda Rokala
Riley Rossner
Autumn Rothweiler

Locke Rowland
Hannah Rupar
Austin Rux Anderson
Mustafa Salem
Paige Sandberg
Hillary Sann

Landon Sauer
Thomas Schaupp
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Mikayla Schmidt
Paul Schmidt

Bethany Schmitz
Emily Schoon
Kaylee Schumacher
Andrew Schuster
Joseph Schwab
Brianna Seaver

Chloe Shaw
Grant Shipman
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Mackenzie Spurbeck
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John Steffens
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Emma Strait
Samuel Struffert
Maxwell Stutelberg
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Everett Sunvold
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Max Sutter
Makenna Swenson
Bryce Swiatkiewicz
Cobin Szymanski

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Emma Thole
Ashley Thompson
Ellie Thompson
Gage Tietz

Maisie Tietz
Tanner Tindell
Eric Torgerson
Preston Toring
Benjamin Trenholm
Tate Trushenski

Tyson Trushenski
Benjamin Tuffour
Zachary Tupper
Michela Tymeson
Faith Valen
Emma Vanheel

Mya Vankuyk
Collin Veenhuis
Gavin Velander
Savannah Vetsch
Charles Vevea
Owen Vike

Kenna Vorgert
Jonah Vrkljan
Charles Wagner
Nellie Wall
Caleb Warren
Jackson Watson

Jacob Watson
Mary Watts
Tyler Weber
Christopher Weidenbach
Paige Weiss
Lauren Welle

Amelia Wester
Olivia Wester
Anne Wettschreck
Bryan Whitsel
Dylan Whitsel
Parker Wiessinger

Brett Wilcox
Megan Williams
Travis Williams
Trevor Wincek
Ava Windel
Cameron Windelspecht

Paige Winters
Jadon Wise
Daniel Wray
David Yukhimchuk
Derek Zahler
Andrew Zattoni

Rheana Hope Zerna
Mason Zingelman
Not pictured: Chris Schaefer

IT'S NOT A RACE, ENJOY IT WHILE IT LAST

A few weeks into the school year, the freshmen experience one of their first big high school events. "My favorite parts about high school are the pep fests and how everyone comes together to cheer on STMA. It is so much fun and it's a chance to see what high school is really about," said Hannah Henschell ('22). Design by Ashley Ingebrigtson.

FRESHMEN

Brett Abel
Jaylen Abraham
Kaleb Aguirre
Esma Ali
Kaden Amundson
Sydney Amundson

Bailey Anderson
Dylan Anderson
Emma Anderson
Evan Anderson
Kiley Anderson
William Anderson

Keagan Andrews
Matthew Andrews
Rachel Andrews
Justin Andrusko
Sarah Antoine
Brock Apold

Austin Aquino
Madeleine Arro
Mason Auseth
Edwin Avendano
Jacob Avery
Nicholas Avery

Jacob Bakke
Dylan Balken
Johann Bando
Reid Barbeln
Helaina Barthel
Owen Barthel

Tatum Barthel
Matthew Bartos
Emily Battleson
Devon Bauer
Kazmer Beaudry
Aria Beaulieu Flolo

Brooke Beck
Cole Becker
Nathan Beeler
Joseph Begin
Luis Antonio Behling
Abram Benker

Emma Bennett
Jarrett Bennett
Yasmin Berganza
Justyss Bichler
Grace Bilicki
Carter Bitzan

Bo Bitzer
Kylie Bjork
Landon Bjork
Aiden Blaeser
Mason Blake
Parker Bluhm

Caitlynn Bock
Avery Boe
Benjamin Boebel
Carter Bolduc
Tirza Book
Charles Borchardt

Rosemary Bosire
Andrew Bot
Dylan Bottolfson
Alexander Bourget
Caleb Boyette
Blake Brabant

John Braegelman
Karlee Brannan
Grady Breen
Ellie Breuer
Jacob Breuer
Emma Briggs

Olivia Brill
Margot Bromley
Augustus Brown
Brooke Brown
Emily Brown
Stevontray Brown

Ai Quynh Bui
Grace Bunnell
Kailey Burnham
Hilary Bursch
Dylan Byer
Isabella Carlson

Layton Carlson
Michael Cartney
Owen Cary
Cade Casey
Allison Cate
Dalton Cate

Jagger Chalich
Ella Chambers
Samuel
Charlesworth
Isabella Christensen
Matthew
Christenson
Robert Cilke

Mckenzie Clark
Emma Cliff
Jackson Collins
Dawson Colvin
Trevor Cormier
Abigail Cornell

Talimailelagi Cornillez
Olivia Correll
Lauren Couture
Gabrielle Cramer
Liam Culhane
Josh Curry

Justin Daher
Matthew Dehmer
Roman Dehmer
Taetum Dehn
Rachel Delong
Sarah Dematteis

Logan Denning
Ethan Desmarais
Max Detlefsen
Nicholas Dewey
Austin Dietrich
Katie Dinius

Brooklyn Dixon
Adam Dodge
Abigail Dolan
Ryan Dornfeld
Luke Doyle
Jeffrey Dubel

Breanna Duerr
Emma Duerr
Montee Dukuly
Porter Duncombe
Jack Dwinnell
David Ebert

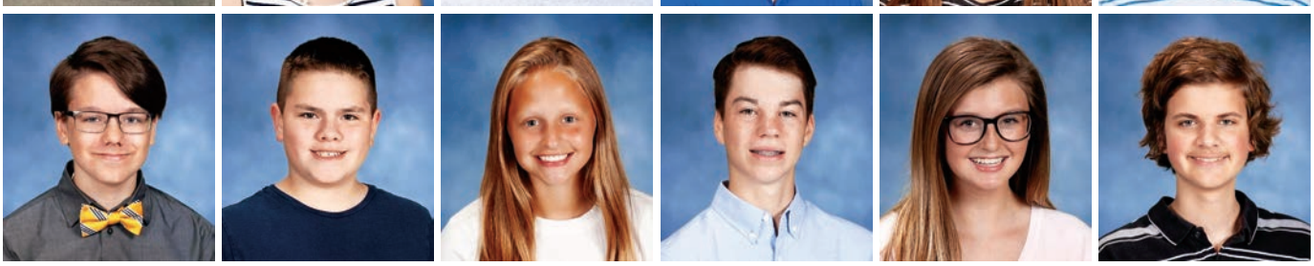
Andrew Egbert
Samuel Eicher
Collin Eide
Emily Ekman
Zooalfokar Elarab
Morgan Elken

Anthony Ellinghuysen
Riley Ellingson
Dylan Elliott
Jenna Ellis
Brayden Emerson
Cassandra Emerson

Jorie Emerson
Jacki Emery
Hendrick England
Hailey Enos
Bryan Erickson
Jack Erickson

Josephine Erickson
Ryan Erickson
Ethan Esnough
Zachary Ewer
Ayman Ezzaid
Alyssa Farden

Lucas Feigum
Cadence Feld
Evan Feldick
Samuel Felling
Sophia Femrite
Jordan Ferry



Ryan Fette
Caleb Fetzer
Chloe Finnerty
Ryan Fischer
Ellie Fisher
Isaac Fladung

Jordan Flan
Olivia Flaten
Gabrielle Florey
Benjamin Ford
Carter Formo
Sawyer Forsberg

Easton Fowler
Charles Fox
Anna Frandsen
Hayden Frank
Kelsey Frederick
Garett Fredrichs

Kenadi Fredrichs
Casey Fredrickson
Mya Fryckman
Rebecca Gapinski
Maia Garcia
Nicholas Gaulke

Ryan Geissler
Mitchell Giese
Alanna Gifford
Ariana Gilles
Autumn Goetsch
Kailey Goins

Jason Goodin
Jade Goth
Eva Grahl
Paige Graziano
Makayla Gruidl
Kristina Gunderson

Amelia Guntren
Ella Gustafson
Hillary Gustafson
Gavin Gutzwiller
Jamie Gweh
Lauren Haas

Levi Hahn
Isabella Hall
Ian Halvorson
Brenna Hamann
Emma Hansen
Ben Harken

Carter Harrison
Ananda Hart
John Hartnett
Zander Hasher
Cadynce Hassall
Parker Hawkinson

Mackenzie Hegg
James Heil
Dominik Heise
Kailey Hemish
Cynphany Henderson
Hannah Henschell

Adam Herbst
Payton Hernandez
Abigail Heuer
Tyler Hildesheim
Michael Hilleren
Megan Hilstrom

Carter Hiltner
Claire Hinrichs
William Hirsch
Zachary Hlinsky
Jacob Hochstatter
Nicholas Hoefener

Ashlyn Hoffman
Hannah Hoglund
Gavin Hoivik
Paige Holm
Micah Holt
Carter Hoyt

Hannah Hughes
Avery Husting
Hanna Hynes
Caleb Iddings
Jack Ingleman
Ryan Ingleman

Julia Intrieri
Madeleine Iverson
Logan Jensen
Paige Jernberg
Lleyton Jocelyn
James Jochim

Isabelle Johnshoy
Abby Johnson
Alex Johnson
Amelia Johnson
Analiyah Johnson
Jace Johnson

Jenna Johnson
Noah Johnson
Theron Jones
Lillian Jugasek
Sophia Juntunen
Dylan Jurmu

Malitta Jusu
Bushra Kadar
Avery Kaliszewski
Thomas Kammann
Benjamin Kanthak
Cameron Karolevitz

Maximus Keefer
Neal Kennedy
Kash Kindgren
Owen Kinney
Shylahana Kirscher
Treyton Klepsa Orrey

Hayden Klevann
Jaricha Klinkner
Blake Koehler
Brinna Koivisto
Thomas Kolker
Megan Kono

Kaisa Korpi
Rebecca Kosey
Karlee Kottke
Catherine Kowalke
Tori Krause
Paige Krueger

Annabella Krueth
Mya Krystosek
Tye Kuechle
Wesley Kuechle
Hayden Kuiper
Margaret Kunzman

Jenna Kyono
Avery Laitinen
Kassandra Lake
Olivia Lange
Liam Langer
Logan Larose

Benjamin Larsen
Jamie Larson
Casy Laylin
Jack Le
Jake Le
Grace Lee

Jamie Lee
Paige Lehrman
Ava Lenneman
Peyton Lenz
Elizabeth Leonard
Michelle Leonard

Savanna Levoir
Brant Lewis
Tate Lidberg
Lila Lindemann
Faith Lindenfelser
Kristy Lindenfelser

Kaelee Lindgren
Allie Lombardi
Maggie Lombardi
Natasha Lozano
Hunter Lucas
Olivia Luebben

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Jonathan Maloney
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Hunter Markley
Andrew Markson
John Marquette
Lenaya Marschel
Abigail Marshall
Maggie Martin

Brooke Mattson
Dylan Maulik
Rylan Maynard
Emma Mcalpine
Kaitlyn Mccormick
Katelyn Mckimmy

Charles Meehan
Angelika Mehes
Isabella Mejorada
Aryn Mercado
Brody Merila
Jacob Mews

Lauren Mialkowski
Michael Michenfelder
Sadie Mickelson
Alexis Mihajlov
Ashton Mihajlov
Emma Miller

Luke Miller
Matthew Miller
Brenna Milless
Brayden Mogard
Samuel Monseth
Casey Moon

Jackson Moorman
Isabel Moormann
Brian Morales
Chase Mork
Lynzie Moseng
Justin Mourning

Blazden Mueller
Marcus Mueller
Olivia Munger
Scott Munson
Adeley Murkins
Alec Myhre

Riley Nelson
Drew Nerison
Owen Neros
Alexander Nesenson
Rowan Nevala
Akilah Nguyen

Niklaus Nielsen
Caden Nordberg
Wyatt Notch
Brooks O'brien
Addison O'rourke
Heidi Odenbrett

Hayden Olson
Johnathan Olson
Ryan Olson
Tyler Olson
Isaac Ophoven
Tessa Opiola

Riley Ortman
Maxwell Otte
Hunter Palmer
Claire Parendo
Eliyonnah Parker
Alaina Pederson

Caitlin Pederson
Christopher Pederson
Robert Peiler
Xavier Peltoma
Aiden Pennoyer
Oscar Peraza

Dylan Perron
Kendall Petersen
Sydney Petersen
Lydia Peterson
Alexis Phillips
Weston Pink

Emily Pipp
Morgan Pokorny
Alexis Polfliet
Ashlyn Pomerleau
Eli Potts
Jaxon Price

Livia Proudlock
Uriah Purcell
Jasmine Purnell
Carson Radke
Trinity Raltchevsky
Lauren Ras

Caleb Reames
Carissa Reine
Austin Remer
Ethan Rens
Madyson Resech
Andrew Ricke

Kally Riley
Ethan Ritter
Gavin Robeck
Andrew Robins
Chad Robinson
Natalia Rodriguez

Alexandra Roemer
Sydney Rogers
Riley Rohrer
Zachary Romans
Kyle Ross
Haley Roth

Ashtin Rux Anderson
Liam Ryan
Maria Rydberg
Megan Salas
Will Sarkinen
Mia Satre

Evan Saunders
Hannah Saxe
Metabelle Schaben
Julia Scheelk
Mason Schepers
Brendan Scheurer

Ellianah Schmitz
Brittney Schoen
William Sederberg
Payton Sellner
Rachael Shedlov
Evan Sherk

Doran Shinder
Ella Shonka
Kevin Shull
Trevor Shull
Ella Shultz
Katie Sigerud

Reven Simat
Tiffany Simon
Rachel Simonovich
Cameron Sims
Cecilia Sipple
Martin Skare

Breanne Sklors
Boston Slettum
Kari Smelter
Lexi Smith
Ryan Smith
Gavin Smithers

Joseph Smyth
Parker Sorensen
Hannah Spalding
Malaina
Spiekermeier
Grace Spitalnick
Jake Springer

Brianna Stacherski
Kenneth Stahl
Max Steffens
Marygrace Steffl
Reagan Steichen
Danielle Steinke

Joseph Stepp
Hunter Sterk
Ashley Stern
Aidan Stevenson
Rosella Stewart
Kemry Stich

Evan Strand
Logan Strickland
Ian Strusz
Tyler Suchla
Raelin Sustacek
Trey Sybrant

Janelle Sylvester
Nathan Talley
Owen Tangen
Lauren Tatro
Johnny Tennyson
Hannah Theissen

Emily Thell
Caleb Thoennes
Eleanor Thompson-Witt
Trevor Thorp
Jackson Thour
Nolan Throndset

Ashley Tillemans
Emma Tobey
Alexa Toensing
Joshua Tourville
Asa Tracewell
Tommie Treptau

Gabriel Trotter
Christopher Tuttle
Mason Ulferts
Jordan Urbanski
Benjamin Vajhmoob
Marah Vanvooren

James Vaughn
Mikayla Verdich
Emma Videen
Emma Vike
Madeline Vitzthum
Erin Vlasak

Lilly Vollmer
Nathan Von Ruden
Abrielle Vonarx
Serena Wadhawan
Hailey Waldman
Halaina Walker

Alec Waller
Brady Wallin
Kylee Walsh
Bjorn Walters
Addison Walz
Julia Weigle

Alexandra Weimer
Jake Wiegers
Cora Williams
Jack Williams
Landen Williams
Valerie Williams

Luke Williamson
Anthony Willis
Joel Wilmot
Mayson Wiome
Jack Woitalla
Megan Woitalla

Mason Woller
Zachary Worms
Kailiah Yang
Ethan Yantes
Pavel Yukhimchuk
Ella Zanetti

Tayler Zingelman
Ava Zoellmer
Natalie Zuidema

Not Pictured:
Michael Foster
James Gabel
Itzel Garcia
Gavin Hoivik
Cameron Jolly
Adela Karic
Tyler Langer
Mylin Lemke
Pricilla Martinez
Karleah Sakpeider
Jesiah Wright

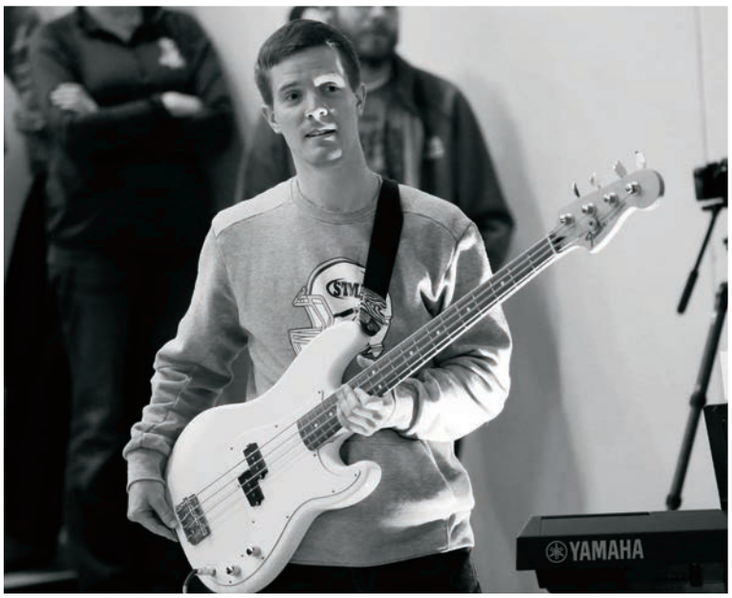
POPULAR SCIENCE

Mr. Dewey's Advanced Physical Science students, Jamie Larson, Maggie Lombardi, Katie McKimmy, and Danielle Steinke, get hands on with science and build a trebuchet (counterweight machine) and track the trajectories of golf balls for their Trebuchet Engineering Project.

COUNSELING AT ITS FINEST

Ms. Pettis, Ms. Poss, Ms. Williams, Ms. Essler, and Ms. Narducci work hard every day to make sure each and every STMA student is on track to not only graduate, but to have a plan for their future. Design by Ashley Ingebrigtson.

STAFF



Deanne Anderson
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Eric Arlien
Joshua Ausman

Debrah Banas
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Lynell Becker
Dianne Bell

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Melissa Betts
Kelly Bovee
Roger Bovee
Jamie Bury

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Katherine Christensen
Robert Christenson
Laurie Collings
Keith Cornell

Tammy Cornillez
Debra Craft
Lynn Dahring
Scott Danielson
Julie Davis
Melanie Devine

Darek Dewey
Robert Driver
Mary Eggert
Amber Einerwold
Matthew Eller
Devonne Erickson

Nathan Erickson
Jared Essler
Kinsey Essler
Jeanne Fisher
Robbin Fitch
Jennifer Fox

Susan Fox
Marisa Fraley
Samantha Frank
Troy Fredrickson
Kris Goodin
Gregg Greeno

Megan Gudmonson
Jesse Hackenmueller
Curtis Hahn
Kari Halker Saathoff
Kaleigh Hamann
Jacob Hamlet

Mitchell Harmoning
Colleen Harrington
Sara Henrikson
Jolene Herfel
Tyler Hett
Jennifer Heuer

Jeremy Hoffman
Karly Holland
Katie Hoppe
Ann Huser
Juliann Iaquinto
Teresa James

Joann Jeffries
Kristen Jenkins
Derek Johnson
Laurel Johnson
Joshua Joriman
Taylor Kainz

Sally Karolevitz
Margo Kauffmann
Jonathan Kemp
Shane Kern
Darlene Kolling
Liva Korf

Melinda Kragness
Mary Kriese
Sara Krogh
Keith Kuhn
Stephanie Lahr
Christie Larson

Sherri Larson
Angela Lauer
Heidi Leland
Teesha Lindenfelser
Ryan Loecken
Renee Lutes

Jane Lynch
Lisa Maas
Joshua Mann
Ellen Marschel
Jason Massmann
Carmen Mccallum

Cailyn Mccauley
Michael Mcgill
Bridget Mcshane
Brandi Merfeld
Jox Metcalf
Kristi Metcalf

Jessica Miller-Johnson
Katie Mitchell
Dan Monett
Michael Mork
Gracious Msuya
Tate Nagengast

Angela Narducci
Kelly Negaard
Paige Nelles
Caroline Ness
Deden
Kate Noetzelman
Kathryn Nowell

Logan Olesen
Marc Olig
Robbyn Olson
Joseph Osowski
Zach Osowski
Katie Oswald

Judy Pearson
Joseph Peatrowsky
Lisa Perbix
Tiffany Peterson
Meghan Pettis
Karen Polaschek

Rick Pool
Mary Poss
Katie Possone
Travis Prokott
Annie Raatz
Julie Read

Karla Rick
Julie Robinson
Matthew Rooker
Kristopher Rue
Carman Russell
Sarah Salo

Gordon Schlangen
Shannon Schulzetenberg
Laura Schuster
Kaitlin Sebens
Mindi Sechser
Eric Selchow

Kellie Shumway
Joseph Siemieniak
Megan Siemieniak
Slade Simpson
Adam Sroka
Janelle Stange

Dana Stanton
Nicholas Steve
Ginger Stoehr Fealy
Angela Swanson
Jed Swensen
Aaron Tepp

Sarah Vadnais
Amy Vander Heiden
Haixia Wang
Jamie Wiitala
Melissa Wildt
Valerie Williams

Paula Wurst
Matthew Young
Shawna Zachman
Anne Zahler
Daniel Zahler
Robert Zahler

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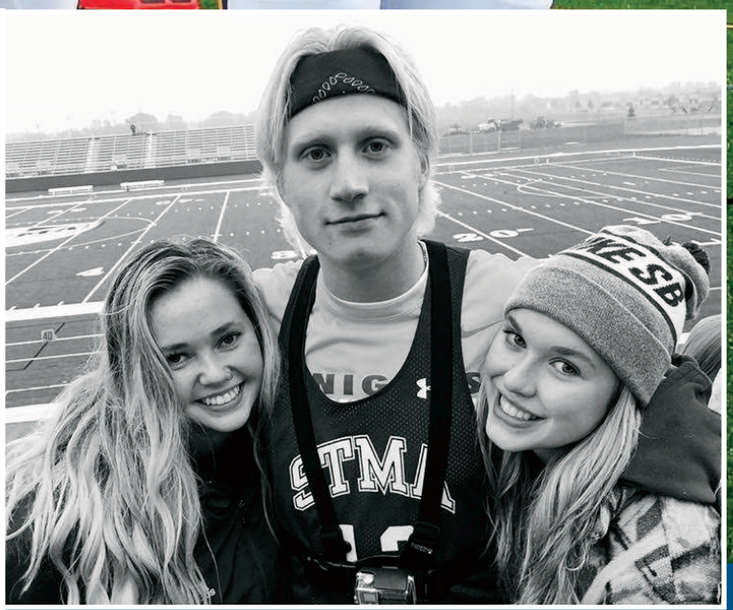
NEW STADIUM, SAME PRIDE

SKOL. The students of STMA were able to enjoy a brand new stadium this football season. Thousands of fans showed up to the first game in the new facility. "The new facilities are amazing and it was a really great experience getting to celebrate our last homecoming game in such a cool environment," said Annie Kolker ('19). *Design by Ashley Ingebrigtson. Photo by Tim Bykowski.*

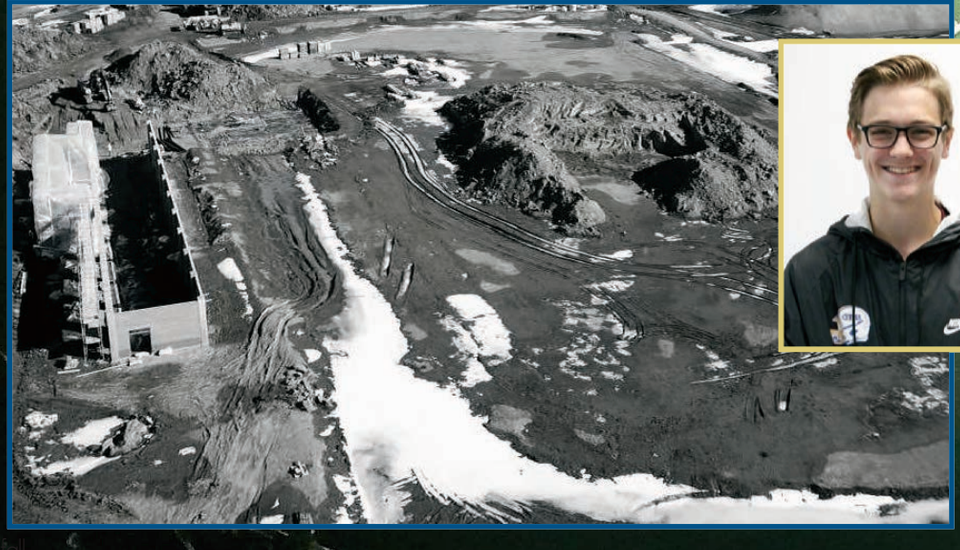
FALL



something OLD, something NEW, something GOLD, something BLUE.

New Facilities

page created by Katelyn Jossart. Drone photos provided by Mr. Bovee



TOUCHDOWN!

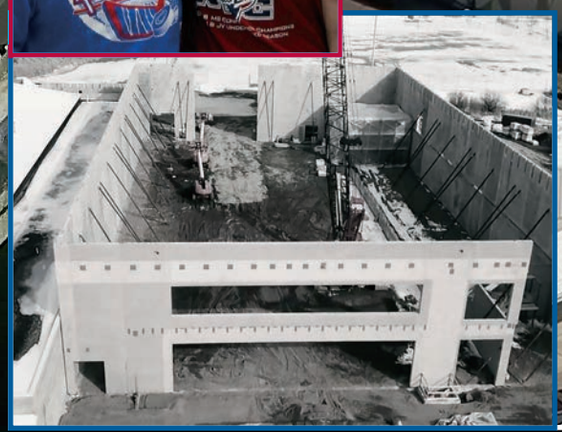
This year all of our new facilities around the school campus are finished! Alec Schee ('21) is a player on the 10th grade football team this year and he is one of many students that are able to use the brand new all purpose facility for their school sport. Schee explained, "The new stadium is a big improvement over the old one at the middle school. There is a lot more seating and it is an all purpose facility that can be used year around for more than football."

IT'S A RACKET!

The tennis teams got upgraded to eight new courts this year! Juniors Kallie Lehmann and Brinna Martin ('20) on the girls' tennis team had the privilege of being the first to play on the new courts for their fall season.Lehmann stated, "It was really nice to be able to play and practice on more courts this year! It was silly at first with all the construction, but once it was finished it looked great."

GOAL!

Anna LaRose ('20) and MacKenzie Petersen ('19) are already to skate! The varsity girls hockey team had their first game on November 8th but they had to wait to skate on their new ice. "It's really exciting to gain another rink in town. I can't wait to play for the first time on the new rink. I'm looking forward to making more team memories," said Petersen. The new hockey rink in Albertville will be finished in November.



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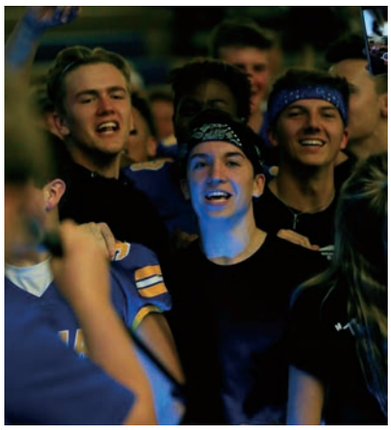
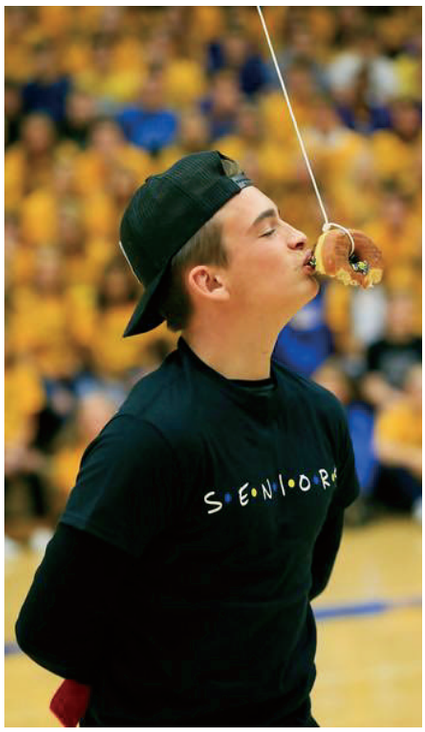
Kremer's
TOY AND HOBBY



MOSH PIT. Payton Gagne class of '19 describes this pepfest as "the year of the mosh pit." *Photo by Tim Bykowski*

JUMPING FOR JOY. Competing against other team captains, senior Austin Cherkas said, "I have never been so excited to sit on a balloon in my life." *Photo by Tim Bykowski*

ROLL KNIGHTS. Sophomore Lynzi Emery poses for a picture with classmates as the pepfest begins. She talks about her experience at homecoming and says,"Knights fever got me good this week." *Photo by Kallie Lehmann*



SNACK TIME. Homecoming candidate Dylan Hanson ('19) eats a donut with his hands behind his back during a pepfest game. He said, "It was pretty funny getting to do this activity in front of the entire school, but all I have to say is... that was a really big donut." *Photo by Tim Bykowski*

dressin' UP

AND THEN. Mr. Arlien throws back to his middle school self sporting his leterman jacket.

Pajama Day. Taylor Leshovsky, Vanessa Alexander, and Erin Jensen ('20)

Tourist Day. Matthew Winans ('19) and Mr. Hett

KNIGHTS *fever*

let's get in the heat of spirit week!

Homecoming week is a time for all students to get involved in activities while also getting to show their school spirit. Senior, Cameron Wolfson, led the "I Believe" cheer at the homecoming pepfest. He described this moment: "I think it's been a really great experience getting to lead the student section in all of the pep fest and game day cheers. It has definitely made my senior year one I'll always remember." Each day of the week, students show their spirit by dressing up. From finding outfits to portray their "middle school selves" to dressing up for pajama day, it's a week the entire student body looks forward to. As each day passes, the excitement builds up as the school prepares for the day of homecoming. Students pack the stands, sing cheers, participate in activities, and even start mosh pits to music sung by the amazing Fighting Grizzlies. Every pep fest is unique, however, Cameron Wolfson definitely made this year's one to remember for the students and faculty, as well as the many members of the student body. *Story by Annie Kolker and Kallie Lehmann. Photo by Megan Putnam.*

"Leading cheers gives me an adrenaline rush I will never forget"

Middle School Self.
Rachel Sustacek, Claire Fredrickson, Sarah Berscheit, and Kallie Salen ('20)

Pink Out.
Ashley Ingebrigtson and Claire Beutner ('19)

Spirit Wear.
Kylie Kiecker, Jackson Tracy, Annie Kolker, and Gavin Wermager ('19)

WE GOT SPIRIT

During the halftime show, Junior Brody Merlia performed with the Danceline team to a Footloose-Maniac mash up. Merlia mentioned, "I practiced every Tuesday and Thursday with the dance team from 3:30-5:30 since the beginning of September up until the actual day." In regards to the weather he also said, "The wet turf wasn't a huge concern, but it made it more impressive." For performing this dance for the first time in front of such a large crowd Merila expressed the reaction of others by saying,"The feedback was really awesome some people came up to me asking for pictures, I got like 2,000 views on a video I had posted, and overall I have just been shown a lot of love and support."

BLUE dominates during homecoming

Despite the weather, our boys in blue take down Anoka in their first homecoming game in the new stadium.

The Knights walked away with a 42-7 victory against the Anoka Tornados in our inaugural homecoming game in the new all purpose facility. Senior, **Desean Philips** (pictured left), shared his thoughts on the defeat of Anoka on October 5. Philips explained, "The atmosphere would just give me chills and the overall experience is indescribable. With the new speakers playing music and the crowd being loud made the environment so much more exciting and energizing. Philips also appreciated the fans stating, "The crowd is amazing at times when its a close game or we're in intense situations. When it's loud and the crowd is chanting it gives us a little extra energy and drive to accomplish the task at hand." Defensive player and senior, **Desean Jones**, added,"It felt really good because we did our job and accomplished our goal and came out on top." Though the boys won, Philips mentioned the obstacles players come across due to the rainy weather saying, "The turf is nice because it reduces the effects of how wet the field is, but don't get me wrong it was still pretty slippery and made cutting, catching, and throwing much harder. It was still better then if we played on grass." *Page created by Megan Baldwin. Photos by Stephanie Striecher.*

"Performing in the new stadium and in front of such a large crowd was kind of scary at first, but I knew we had the routine down which made it more comfortable."

Paige Winters ('21)

BROTHERS IN BLUE

24

"Playing in the new stadium for the homecoming game was indescribable, the energy was unreal."

Davis Mosena

83

"It was a good win. We were doing everything right, executed well, we had our plays down, and we worked hard at practice all week for this win. it felt good"

Kyle Kucera

4

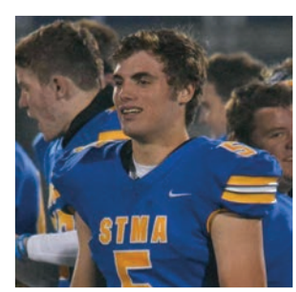
"It was definitely surreal seeing how many fans could fit in the new bleachers and was an awesome atmosphere to play in- overall pretty breathtaking."

Jackson Tracy

5

"I thought before the game that having a big crowd was going to be terrifying, but it honestly helped so much. The energy was crazy during the game and having such close games throughout the season, being able to blow out a team at half, felt very accomplishing."

Justin Carlson



"I WAS HAPPY TO FOLLOW IN MY AUNT'S FOOTSTEPS, WHO WAS THE FIRST HOMECOMING QUEEN *fifty* YEARS AGO."

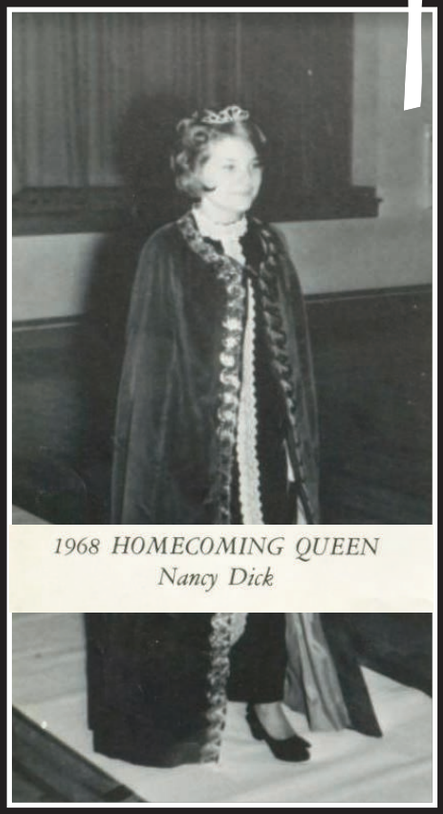
– IZZY DICK

it runs in the family

Homecoming queen, izzy dick, follows in the footsteps of her aunt

Fifty years in the making, senior **Izzy Dick** follows in her aunt's footsteps by being crowned Homecoming Queen on our school's 50th anniversary. Her aunt, Nancy Dick, was also crowned homecoming queen in 1968, our school's 1st year. "Getting voted for homecoming queen will for sure be my favorite high school memory. It was an amazing experience I will never forget," Izzy said. "Sadly, [my aunt] could not make it, but she was very proud of me." Homecoming King **Owen Sorby**, added, "I would like to say it was an honor to be selected out of the hundreds of people in our grade and I was very glad I got to share such a fun experience with all of those guys." Homecoming court candidate, **Abby Gustafson**, recalls her preparation the morning of coronation. "It was quick to get ready and back to school after the school day but it was a very fun and exciting experience," explained Gustafson.

Story by Kallie Lehmann.
Photos by Tim Bykowski.



Lauren Rokala & Will Anderson

Jaylen Pauly & Joey Bennett

Averi Kessler & Dylan Hanson

Abby Gustafson & Owen Sorby

Izzy Dick & Ethan Rice

"There is no other feeling like walking on stage, walking into a new world as an entirely different person."
-Matt Monseth('19)

OH WE'VE GOT TROUBLE

The theater department performs their rendition of *The Music Man*.

The STMA theater department brought back their rendition of The Music Man. Thoughtfulness and purposefulness weighed into the decision of choosing this play. Director, Mr. Mann, explains, "We all look at what show would be the best to showcase our students talents with acting, singing, and dancing." Senior, **Jonathan Haller**, plays traveling con man Harold Hill and tries to convince the locals to purchase musical instruments from him. Suspecting that he's a fraud, librarian Marian Paroo, played by senior **Lindsay Rohr**, begins to investigate the mysterious man. The entire cast put in countless hours preparing themselves for the songs and musical dance numbers. Rohr explained, "I had to memorize four solo songs. They were Goodnight My Someone, My White Knight, Lida Rose/Will I Ever Tell You, and Till There Was You." Senior, **Nina Sutter** who played Ethel Toffelmier stressed the number of hours she practiced preparing. "I would walk around the house singing." Looking back at her four years in the theater program, Sutter added, "It is such a friendly environment. We really are like a big family. I've learned team building skills and now I plan on doing something in the theater world after high school. If you're unsure about wanting to join- just do it!" Haller memorized over 200 lines and 10 songs. "I've done a lot of theater so memorizing lines and music comes easier when you have the tools and experience," Haller recalled. He also mentioned, "After getting my script and music, it took me about five weeks to fully off-book and memorize for the show." All of the cast members put in immense amounts of practice and rehearsal. There was a practice performance for the fourth graders on Wednesday during school. There were also performances Thursday, Friday, and Saturday nights, as well as Sunday afternoon. After all of the hard work put in, there is always an incredible show put on for the community to enjoy. In total about 2,750 people attended the musical this year. *Story by Abby Gustafson. Photos by Tim Bykowski.*

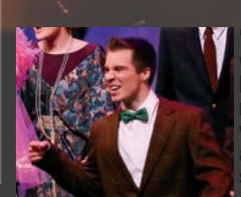
Learning The Part

"I was ecstatic when I found out I got the part of Winthrop, it was the part I wanted. It didn't take too long to memorize my lines, and I already knew my song. I was finished studying my lines before the deadline for memorization."
-Landon Bjork ('22)

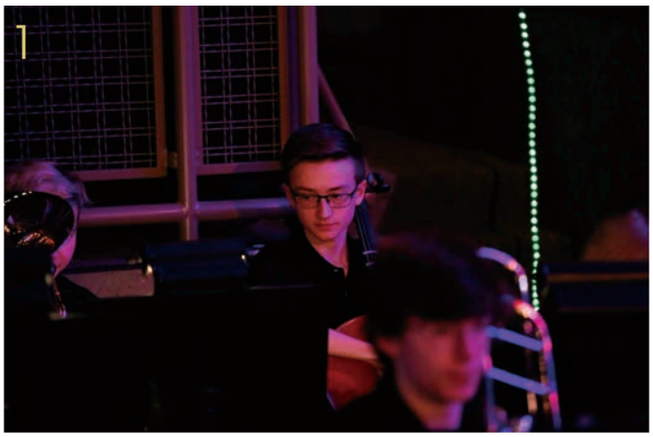
Show Time

"My favorite song was definitely *Wells Fargo Wagon* because I got to use a broom as a microphone."
Josh Kainz ('20)

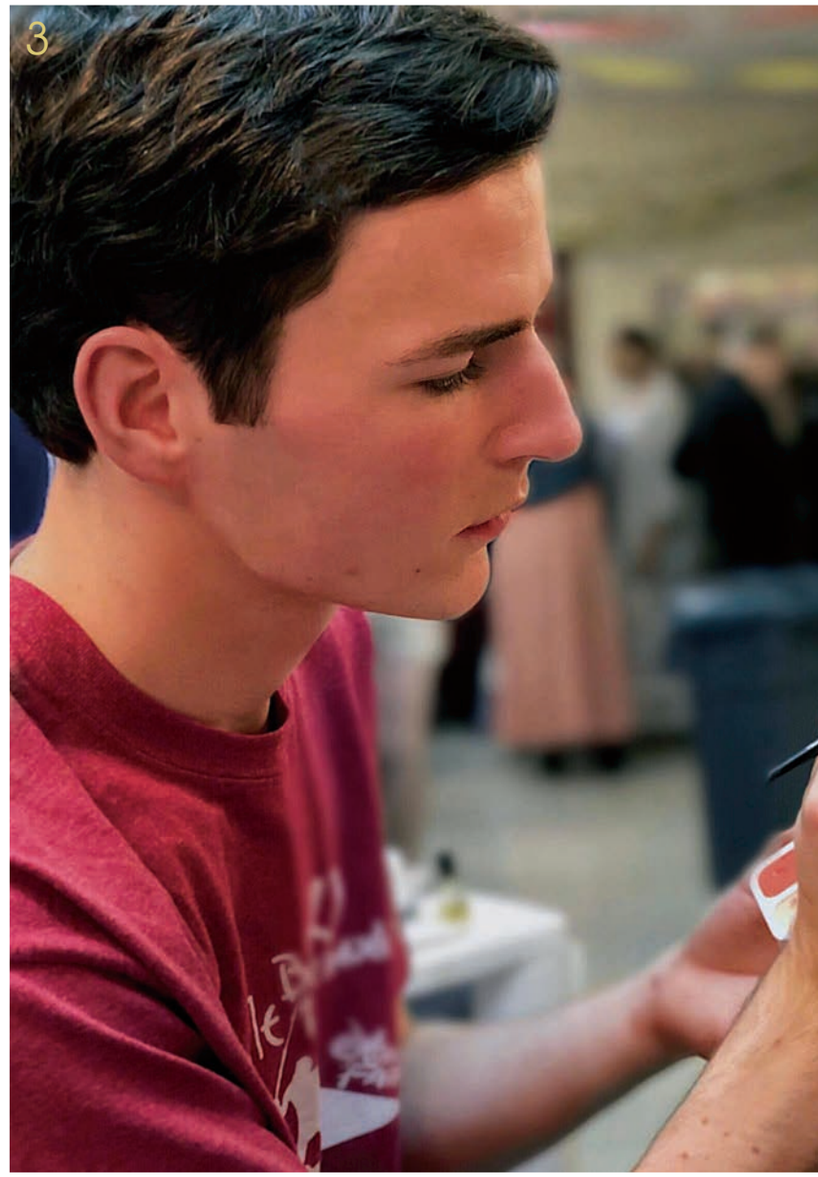
"My favorite song was *The-Sadder-But-Wiser Girl For Me* because it was so much fun to be a part of and it really shows the level of friendship that Harold and Marcellus have."
Noah Dyer ('19)



"My favorite song was *Lida Rose* because it was the moment the quartet was finally together, and it was the last song we sang as a group."
Kaleb Dombeck ('19)



the MUSIC behind the MAN



1. NO STRINGS ATTACHED. Ryan Dornfield ('22), talks about his experience being in pit orchestra as a freshman. "I was nervous walking into the band room on the first day because I didn't know anybody, but everyone was really nice and welcoming," he explained. "As the weeks went on, I got excited to see the songs come together with the cast. The most memorable scene for me was the scene when the pick-a-little ladies did the Grecian Urns. This scene was one of my favorites because the pit would recreate it during intermission right before it was performed onstage and it would make us all laugh." *Photo by Tim Bykowski.*

2. TIME OF OUR LIVES. For many students who have been in a certain activity for a number of years, the last year is the hardest. Kristina Gilsrud ('19) (pictured back) reflects on her favorite part of pit orchestra from the past three years. "I think the best part of pit was being able to use music to tell a story. Seeing the cast get better and better as we rehearsed the show was also very rewarding." Also pictured Erika Jordheim ('19). *Photo by Tim Bykowski.*

3. LOOKING THE PART. Jonathan Haller ('19) applies makeup to Isabella Carpenter's face ('19) in order to make her look older like her character, Mrs. Paroo. Carpenter acknowledged that her eyes were closed most of the time it took to apply the complex make up but was able to review lines and carry on conversations. *Photo by Lauren Flakne.*

4. MIC CHECK. In order to ensure that their microphones didn't move around during the show, Matt Monseth ('19) and Eliah Ricke ('19) secure them with mic tape. *Photo by Megan Eckman.*

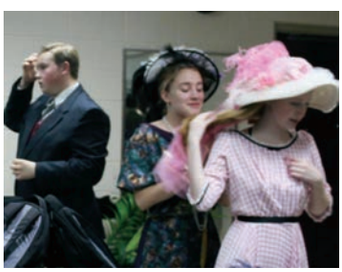
getting the Look

Actors and actresses reveal the strenuous process of how long it takes to get ready behind the scenes.

Most of the time when people go to see a show they don't think about what goes into making the show come to life. As long as two hours before the show even starts, the actors and actresses are backstage working on getting into character. "Doing makeup for the stage is just as vital to the show as costumes and props are. They all add so much to a production and really bring the characters to life," according to Jonathan Haller ('19), "Depending on the complexity of the look, the makeup process can take anywhere from fifteen minutes to two hours." The process of doing hair takes a lot less time, according to seniors Arnina Sutter, Jacqueline Lehman and Phoebe Holt. All three agreed that their hair took about twenty minutes every night before the show, but the amount of time it took to do makeup differed between the three of them due to the difference in the complexity of the look. *Story by Erika Jordheim.*

> ***"Doing** Isabella's old-age **makeup** took about an **hour** every night before the **show**."*

BEST BUDS. Landon Bjork ('22) and Matthew Dehmer ('22) pose for a picture while getting ready backstage.



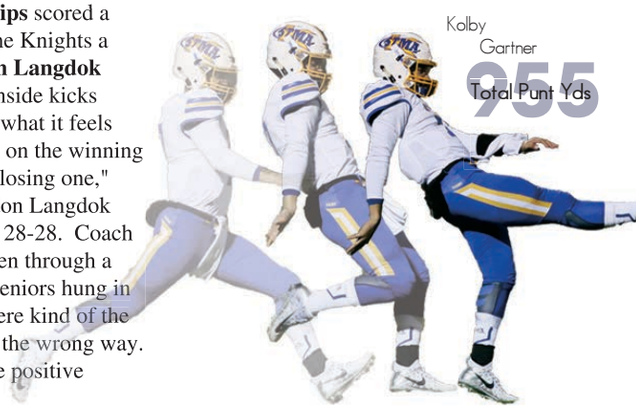
SHOW READY. Cora Benker ('20), Tiffany Talley ('20), and Zach Hassing ('19) finish touching up their hair before going onstage. *Photo by Morgan Smith.*

HUDDLE UP. Musical director Mr. Mann gathers the cast backstage to give them a pre-show pep talk. This was a vital part to the backstage routine, as it helped everybody stay excited about the show. "Every night, Mr. Mann reminded the actors that nobody in the audience was from River City," said Jack Schutz ('19). "It definitely helped us get into character and help bring the show to life." *Photo by Laine Tucker.*

HUSTLE, HIT, & NEVER quit

Knights beat Hornets 29-28.

After a heartbreaking end to last year's season, The Knights redeemed themselves with a win that will resinate in STMA football history. The Knights beat the Edina Hornets on November 2 with a score of 29-28 with the extra point scored by kicker **Gavin Wermager.** "It felt unbelievable; to pull that off was something special. It felt like a dream, I was in shock." The Knights were trailing the Hornets 28-0 until midway through the fourth quarter. With 6:32 left on the clock, senior **Desean Phillips** scored a four-yard touchdown giving the Knights a spark of hope. Junior **Brandon Langdok** recovered three consecutive onside kicks pulling off a miracle. "I know what it feels like to be on both sides. Being on the winning side is a lot more fun than the losing one," said Langdok. Receiver Brandon Langdok caught the ball to tie the game 28-28. Coach Essler said, "Our kids have been through a lot. I'm proud of the way our seniors hung in there because last year they were kind of the laughingstock, it went viral in the wrong way. I'd like for them to have a little positive publicity." The game concluded with excitment and good sportsmanship. The stands emptied onto the field. The Knights ended the evening by inviting the Hornets back onto the field to pray together. This game will definitely be one that goes down in STMA football history and is talked about for years to come. *Story by Aliyah Simat. Photo courtesy of Nick Gerhardt of Northstar Football News.*



Kolby Gartner
955
Total Punt Yds

Receiving Yds: 452	Ruhsing Yds: 288	Rushing Yds: 1,431	Passing Yds: 1,141	Interceptions Yds: 97
Catches: 23	Carries: 64	Carries: 225	Passing TD's: 11	Interceptions: 6
Total TD"s: 7	Total TD's: 2	Total TD's: 18	Interceptions: 5	Total Tackles: 43

STATS

THE COMEBACK GAME. The boys of fall celebrate after a big win against Edina on November 2nd. The Knights came back midway through the game after trailing the Hornets 28-0. They ended the game on top with a score of 29-28. Fans stormed the field to celebrate with the players on a day that will be remembered by many forever. *Photo by Tim Bykowski.*

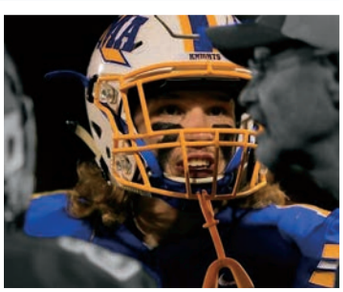
KICKING INTO HISTORY. Gavin Wemager kicks the ball into the uprights to save the Knights time and time again. On 10/17 the Knights took on Osseo. Wermager ended the game with a total of 5 kicking points. The Knights crushed the Orioles 41-21. *Photo by Tim Bykowski.*

KNOCK 'EM DOWN. The first game at our new facility 9/21/18 ended in a win. The Knights took down the Centennial Cougars with a final score of 20-15. Ethan Rice ('19) and TJ Duerr ('19) defended our team like a brick wall. *Photo by Tim Bykowski.*

WHAT GOES THROUGH YOUR MIND WHILE YOU'RE SCORING A TOUCHDOWN?

"While we're scoring a touchdown, I'm already thinking about me and the defense going out again to make another big stop to set up our offense."

–Matthew Winons



"During the game I just **focus** on what play is coming up next. Nothing else **matters**."

–Joey Bennett

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"It was very emotional and some people were still in shock. Everyone's adrenaline was at a max during the game and after, people were still standing there with their minds blown."
-Desean Phillips

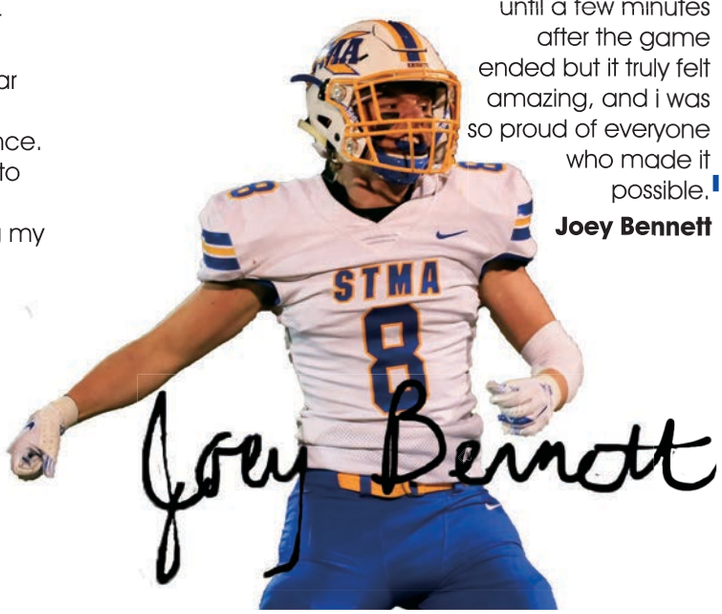
"When the score board expired, it didn't feel real. Half of the team was going nuts and the other half needed more time for something like this to sink in."
-Kolby Gartner

Page created by Erin Gilbert.
Photos by Tim Bykowski

"I think we really were looking forward to something like this. We wanted to win obviously, but none of us expected it to happen within the last 6 minutes. It really showed us though that we should never give up on each other or on a task until we complete our desired goal."
Ethan Briggs

"It took a while for what happened to really set in, but it was really like we were in a movie.. it didn't feel real."
Brandon Langdok

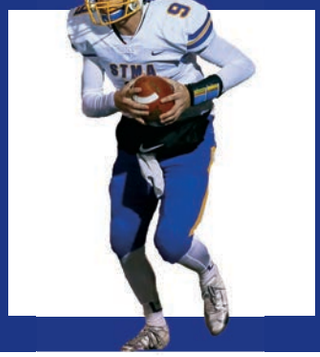
"When the time ran out It felt surreal. No one expected us to come out in such short time, what I thought happened last year was a once in a lifetime experience. but being able to do it this year ended up being my most memorable moment in my football career."
Justin Carlson



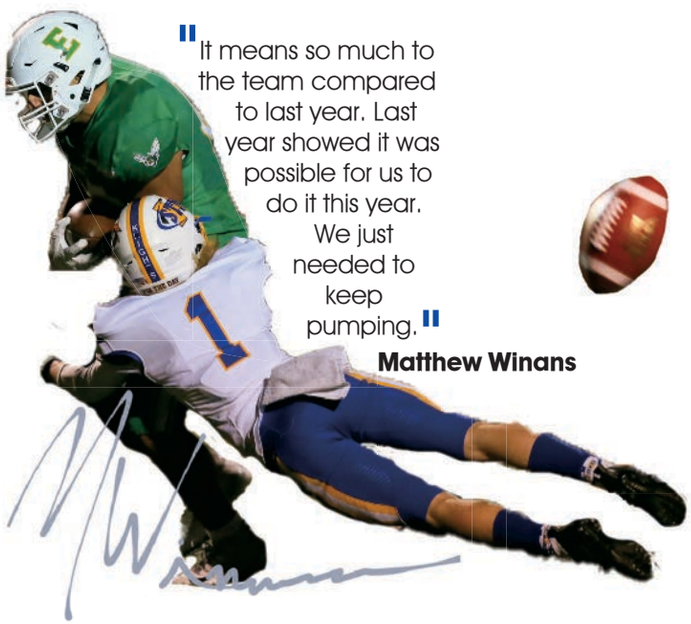
"It really didn't hit me until a few minutes after the game ended but it truly felt amazing, and i was so proud of everyone who made it possible."
Joey Bennett

Knights win 28-27 with a huge comeback against Edina

"It's like redemption, even though it wasn't against Maple Grove. It still felt good to come out on the winning side of a game like that."
-Jared Duda

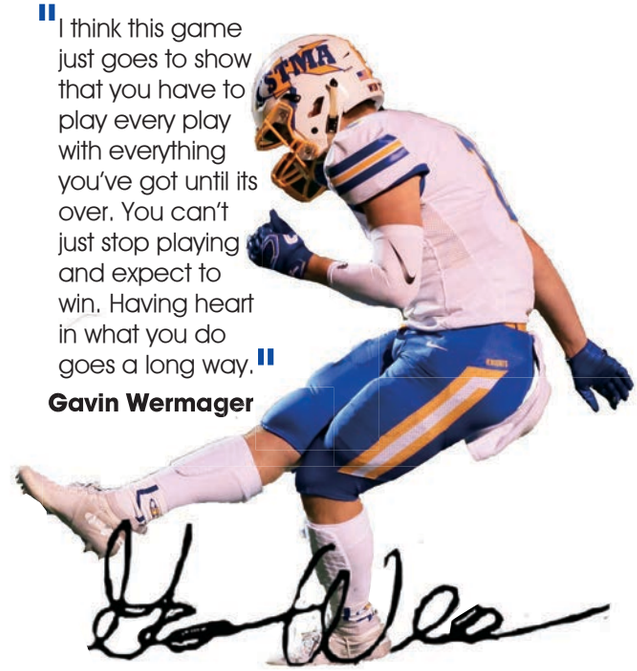


"It means a lot after being on the other side of a crazy game like that. You understand that anything can happen. It was great seeing the team rally even though the odds looked slim."
-Boston Merila

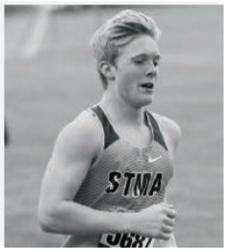


"It means so much to the team compared to last year. Last year showed it was possible for us to do it this year. We just needed to keep pumping."
Matthew Winans

"I think this game just goes to show that you have to play every play with everything you've got until its over. You can't just stop playing and expect to win. Having heart in what you do goes a long way."
Gavin Wermager



10 PERSECTIVES 6 MINUTES 1 COMEBACK STORY



1973

IN STRIDE

Boys' Cross Country fights back against an incredibly challenging conference line up making their second appearance at state in four years.

The boy's cross country team had a valiant effort, but fell short of a conference team title, finishing behind a strong Buffalo team on October 16th at the Princeton Golf Course in Princeton. The Knights took second place and finished ahead of eight other Mississippi-8 Conference teams. The team had seven individuals earn "All-Conference" distinction. Coach Gregg Greeno acknowledged, "We really had a great team effort. All seven of our top 'top 7' runners had either all-time personal best times or their best time of the season. We couldn't ask for more. It was an exciting race." The team then qualified for the State meet after a second place showing at sectionals. The team had an exceptionally strong meet with six runners finishing under 17 minutes. Runners included **Carter Knaus** - 15:35; **Jonah Breuer** - 16:08; **Luke Peterson** - 16:34; **Caden Nordberg** - 16:48; **Kyle Swenson** - 16:53; **Joey Driver** - 16:56; and **Tyler Bartholomew** - 17:04. Breuer said, "The most memorable moment was the state meet this year being a senior and being with the boys. Cross country here was one of the greatest high school experiences." Senior, Carter Knaus, just missed the school record by four seconds. Knaus earned "All-State" distinction by placing 15th at the State Meet. The team finished 9th in the State meet, ahead of numerous teams that were ranked above them all season. *Photos by Bill Halldin and Tim Bykowski. Page created by Ethan Peal.*

SEA OF GOLD. With a strong start off the line, the sectional line up tries to break out from their competition. The team placed second behind the Buffalo Bison.

can't stop us if you

CAN'T CATCH US

NO SENIOR SLACK. Carter Knaus (left), Jonah Breuer (middle), and Luke Peterson (right) at the Mississippi-8 Conference meet.

TYLER BARTHOLOMEW

RACE: SECTIONALS

COURSE TIME: 17:04

PR TIME: 17:04

KYLE SWENSON

RACE: SECTIONALS

COURSE TIME: 17:53

PR TIME: 16:53

JOEY DRIVER

RACE: CONFERENCE

COURSE TIME: 17:19

PR TIME: 16:56

photos by Tim Bykowski

Carly Lanners

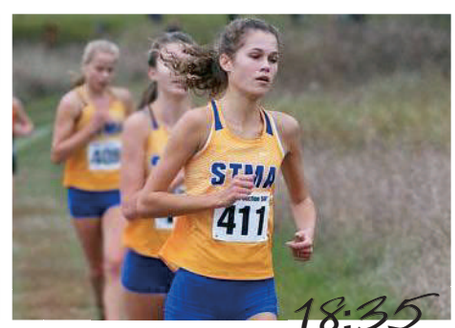
Going the Distance

Girls' cross country win sections with their season's second "perfect score" and go on to win State.

Seven runners represented STMA this year at the 2019 State meet on November 3rd at St. Olaf College. The girls made school history with their extremely successful season. During their regular season, the Knights ran two "Perfect Scores" meaning they placed 1st through 5th in their meet. This was followed by a first place team score at the State meet. The five finished all within a minute of each other. Senior, **Mia Salas** said, "We really focused on running together. Before the meet, I really wanted to motivate the girls to keep together for the higher score." Freshman **Ali Weimer** led the Knights with a 5th place finish with a time of 18:01. Freshman, **Katie Sigerud** took 9th place with the time of 18:19. Salas took 15th with a time of 18:35. Sophomore, **Jessica Immer** took 18th with a time of 18:41. Junior, **Anna Belair** took 23rd with a time of 18:41. **Paige McAlloon** placed 61st with a time of 19:33. **Ashlyn McClintock** placed 71st with a time of 19:47. The girls dethroned Wayzata High School who had won the previous four years. Senior, **Annalaise Davis**, who has was injured early in the season. Davis said, "The hardest part was not being able to contribute to the team- not being able to run with them or hurt with them." Davis still supported the team by giving strong guidance and motivation to her teammates. McClintock said, "I look up to Annalise. She's not only really athletic but also really smart and a great role model." McClintock also hopes to drop her time and podium next year. *Story by Brianna Reynolds. Photos by Tim Bykowski.*

18:01
Ali Weimer

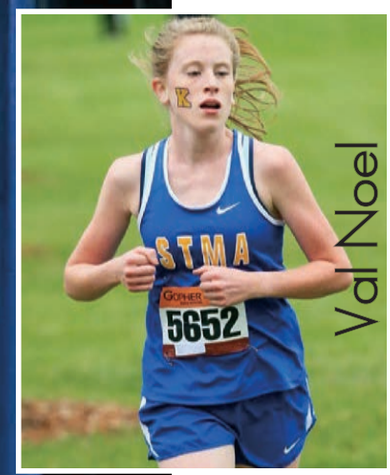
18:19
Katie Sigerud



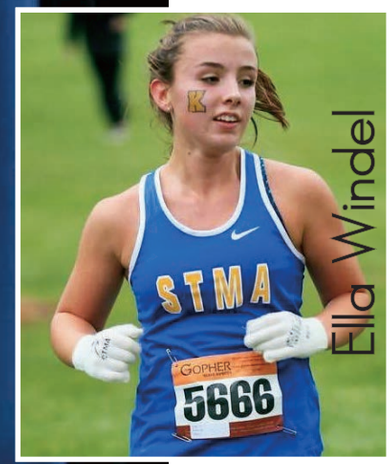
18:35
Mia Salas

18:41
Jessica Immer

18:48
Anna Belair



Val Noel



Ella Windel

Sydney Aandal

& THEN. Girls' Cross Country team in 1979.

PUT YOUR BODY INTO IT

Like many other sports, soccer is a high intensity and highly physical sport. Players practice how to obtain control over the ball by putting their body in front of others in order to gain possession of the ball. Players are not allowed to dip their shoulder, slide tackle, or use elbows to get the ball "Playing the body is the easiest way to get the ball from someone, but you have to make sure they don't flop and get you a penalty. " -Payton Toring ('19)

Sophomores Adam Buckmier, Jack Lezalla. and Owen Lindstrom were all on varsity this year, which is a big accomplishment for such a young age. Buckmier explained, "Hard work got me on varsity and led to a great soccer season. Plus, the team needed someone to carry the equipment." After being told that Lindstrom made varsity he stated "Don't be afraid of being different; be afraid of being the same as everyone else."

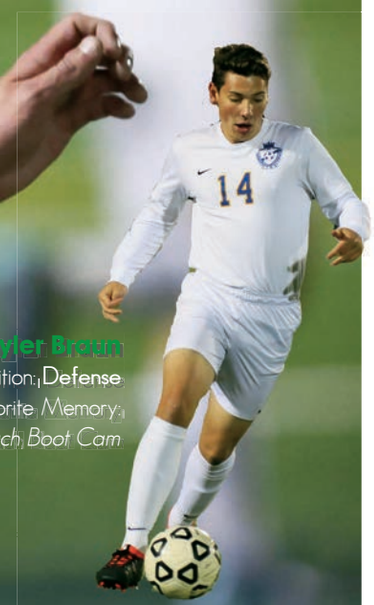
SOPHOMORES STEP IT UP

Getcha Head in the Game

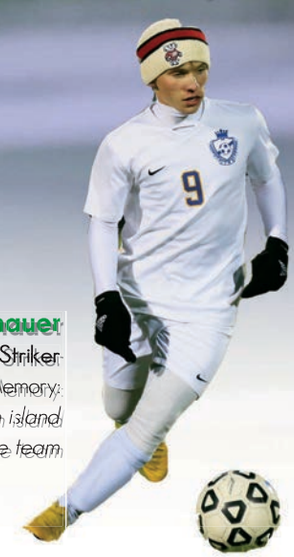
Boys' soccer finishes their first winning season in 6 years with a record of 9-6-1.

The boys' soccer team had a comeback season this year, ending with a 10-7-1 record. They were led by All-State award winner, Alex Krumenauer ('20), who scored 34 goals this season. They also won their first section game in 5 years in dramatic fashion, defeating the Royals of Rogers 2-1 just 9 seconds into overtime. The winning goal was scored by Krumenauer. This was also the program's first year with four teams which will set them up well for their future in the Lake Conference. Coach Hett acknowledged the increase in team interest: "Because of the growing numbers of soccer players at STMA (almost double what the program had a few years ago) there is a bigger talent pool which allows us to have four teams so we can have each player on a team that will match their skill." *Story and page by Ryan Snyder. Photos by Bill Halldin and Tim Bykowski.*

Cole Johnson
Position: Goalie
Favorite Memory:
Soccer banquets at the end of the year



Tyler Braun
Position: Defense
Favorite Memory:
Beach Boot Cam



Alex Kreumenauer
Position: Striker
Favorite Memory:
Staying on an island with the team

Page sponsored by
Techmate

6 Seniors 61 Goals 10 Games 13 Wins

DEFENDERS DETERMINATION. Daisy Miller ('19), dribbles ball up field against Rogers Royals during the Knights regular season. "This season was the best; so many memories and friendships were made, I'm so thankful to have been apart of this team for four years!" exclaimed Miller.

CHECKING HER SHOULDER. Alexis Phillips stays calm while she checks her shoulder to get an eye on her opponent. "I love the feeling of stepping out on the field knowing i'm about to play with some of my best friends," states Alexis.

Bodying the Ball. Katie Johnson ('19), gets low to control the ball and get around Rogers defense. "This season was very successful and I'm glad I was able to experience it!" said Johnson.

Knights beat Moorhead in section finals with dramatic sudden death win taking girls' soccer to the state competition for their first time in five years.

RUNNING down a DREAM

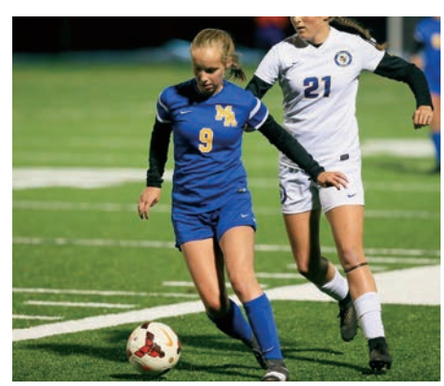
The lady Knights took on Moorhead for the title of the section finals. The two teams played a hard game keeping the score 0-0, and went into 8 rounds of shootouts (also considered four overtime). Goal keeper, **Merial Orham**, had a great game ending in a shutout. She also had an amazing save that kept the Knights in the game. The game took place at the St. Michael Albertville High school stadium at 7p.m. One of the girls that stepped up to the line for the shootout was **Erin Hamilton** ('21). "I was thinking about how hard the team had worked to come to this point, and i was excited to have helped the team reach state," said Hamilton. *Story by Abby Ascher. Photos by Bill Halldin.*

"My mindset was to become the best player I could be from tactical skills & scoring while also being a leader & mentor."

- Kassi Schoen

KEEPING HER COOL. Katie Bakker ('19), keeps her cool while carrying the ball up field looking for her next move. "The key is to try and stay calm and let your opponents make the mistakes," explained Bakker.

TAKING CONTROL. Erin Hamilton ('21) steps in front of Brainard defense getting control of the ball. "We worked really hard this season thinking about our main goal, which was state," explained Hamilton.



WINDING UP. Cecelia Miller ('19), winds up and gets ready to send the ball up field to her other teammates. "We are running down a dream," said Miller. *Photo by Bill Halldin.*

SPEED. Abby Buckmeier ('21), takes the ball up field while keeping ahead of Big Lakes defender. *Photo by Tim Bykowski.*

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SPLASHING to VICTORY

if knights have a lane
no one has a chance

LIFE IN THE FAST LANE

LAST ONE FAST ONE. Starting the junior varsity conference off with a first place finish, the medley team of Taylor Dewey (pictured)('21), Maddie Vitzthum ('22), Marley Anderson ('19), and Lily Radintz ('21). *Photo by Tim Bykowski.*

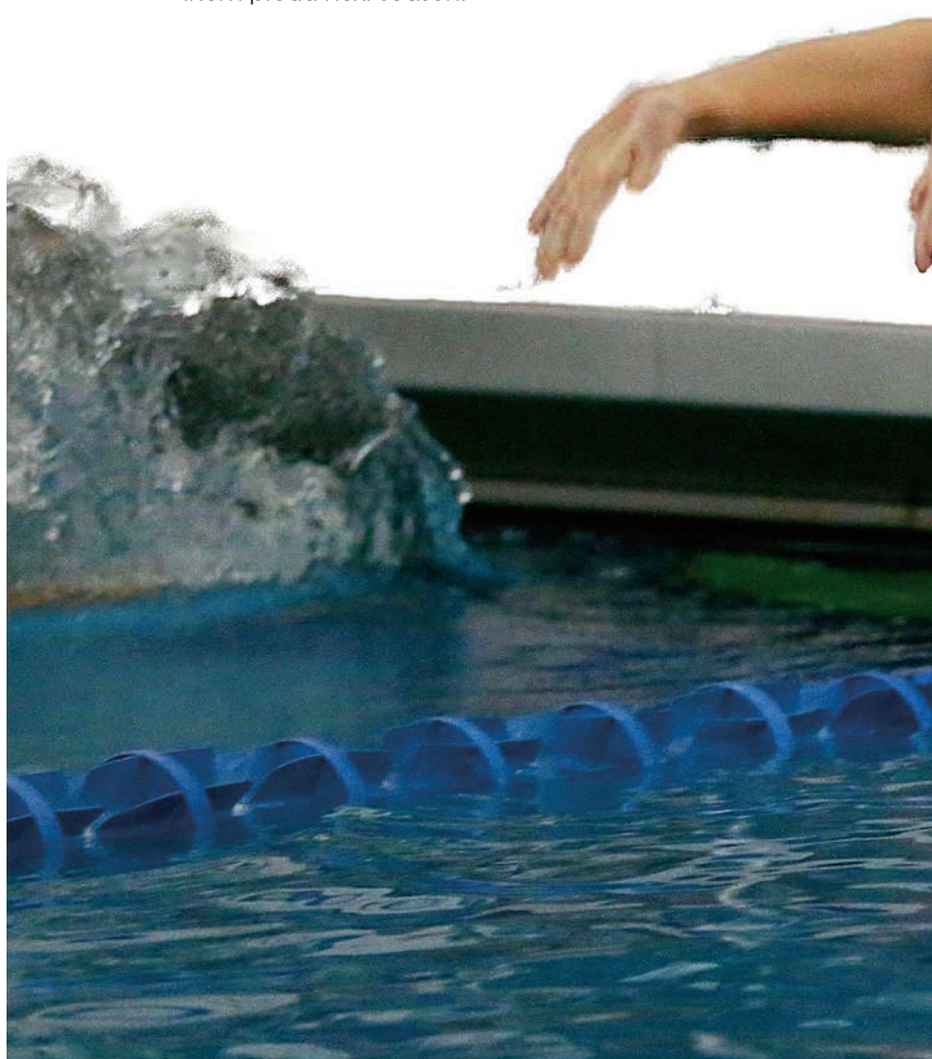
BACK AT IT. Jordyn Anderson ('19) gave it her all to win the 500, while dropping 5 seconds. " I put myself in a good mentality to get those 5 seconds off. It was a nice way to end my high school season," explained Anderson. *Photo by Tim Bykowski.*

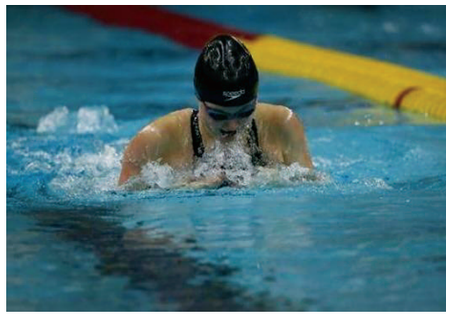
JUST ADD WATER. The 200 Medley relay team of Lilly Radintiz ('21), Abby Karger ('21), Emily Battleson('23) and Carlie Pankonin (pictured) ('23) won the event by over a second. *Photo by Tim Bykowski.*

Don't Stop Until You're Proud

Story by Alyssa Andresick.

The girls' swimming team focused on their team motto to show a successful season this year. Swimming is a competitive sport, but our girls proved their skills. Head Coach Salo believes, "I think this year has been the most positive, hard working team I have ever coached. The girls have really come together as a family this year. They come to practice excited to swim/dive and ready to work hard. We have a lot of freshmen and the upperclassmen have really taken it upon themselves to take the freshmen "under their wing" and make them feel included and supported. The positivity and support is what has carried this team to an amazing season and why we had so many amazing time drops and personal bests this year." Senior, **Emma Lezer**, appeared at State four times over her high school career. "My sophomore year was great because I had the support of the school and staff." After all of Lezer's hard work during high school, she will be swimming at The U of M Twin Cities next year. She also was named Swimmer of the Year. Junior, **Kelsey Kocon** explained, "The seniors taught me how to push and be determined to do my best." Kocon has appeared at state for her 4th time this year. She's learned a lot from her older teammates throughout the years and Kocon is hoping to make them proud next season.





6 State Bound

Making a big splash STMA Girls' swimming sent four swimmers to state this year. Many schools attended this meet, which was held at the U of M Twin Cities. This made the competition tough because of how many teams were there. Our girls did a fantastic job in each of their events. For the 3rd time in a row, Emma Lezer ('19) took 1st in the 100 breaststroke and also placed 3rd in the 100 fly. Lezer couldn't be more proud of ending her season this way, she explained, "I hope to have left a positive impact on STMA sports and the swimming community." In the 200 medley relay of **Emma Lezer, Faye Roberts, Kelsey Kocon** ('22) and **Maggie Lombardi** ('22) took 3rd. Kelsey Kocon ('20) took 9th in the 100 backstroke. Since it was her 4th appearance at State she explained, "I was more prepared versus going blind and not knowing what to expect." **Ashton Hobza** competed in the 200 freestyle. Diver, **Bella Baldwin,** also competed scoring points for the Knights placing 7th.

"I **worked** really **hard** on my underwater and kicking to **perfect** my **backstroke**."

-Kally Riley

What helps pump you up before a race? *Photos by Tim Bykowski*

"Right before we walk into the doors of each meet we play *Take Me Home*. This gets me excited," said Battleson.

Emily Battleson
100 Breast Stoke

"My team mates always know the right things to say to get me hyped," explained Patterson.

Maddie Patterson
100 Butterfly

Back On Board

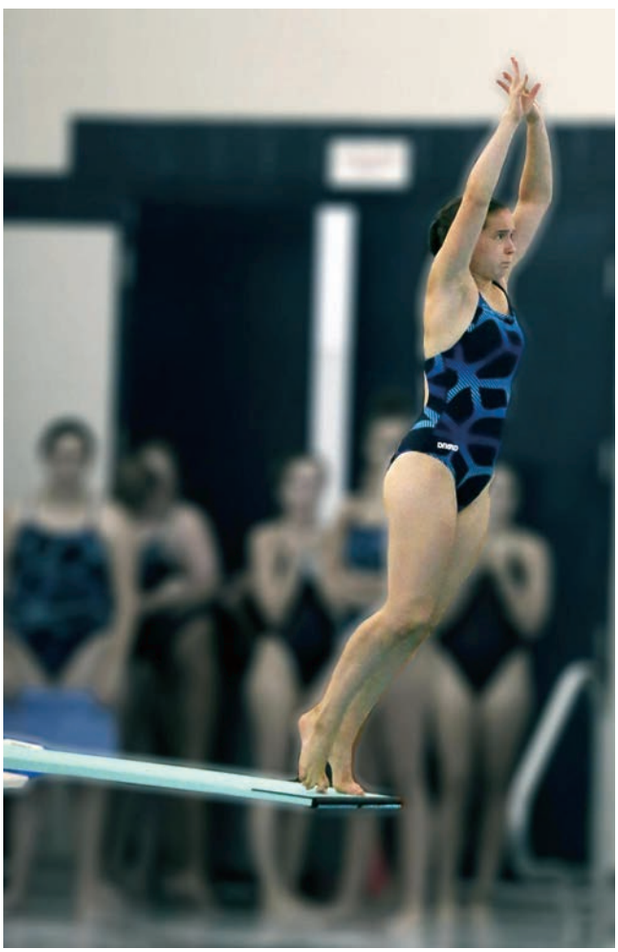
DIVERS OVERCOMING NEW CHALLENGES THIS SEASON

Story by Laine Tucker. Photos by Tim Bykowski.

> "I have gained a lot more height and confidence this season, but there is still lots of room to grow"
>
> **-Becca Kosey**

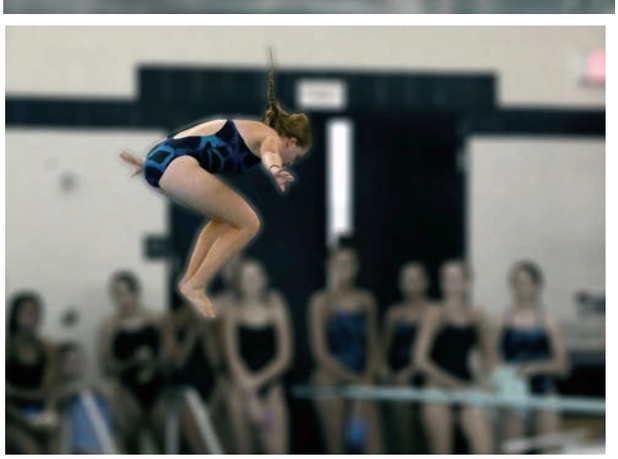
Both the boys' and girls' dive team has had to overcome new situations and challenges this season. The boys' dive coach, Becca Haggerty, said, "So far the boys have done a great job overcoming difficult situations. Their original coach had to leave suddenly in the middle of the season, but that hasn't stopped them from continuing to move forward and work extremely hard." As far as the current boys dive coach knows, a turnover of coaches has never happened before in the history of the dive team. The boys came together and pushed through all of the challenges that were unexpectedly thrown their way. The girls all had goals for themselves that they were working on throughout the whole season. **Kate Meyer** ('21) said, "The goals I had for this season were to get my double and my reverse [dive]. I was able to get my double and perform it well at meets and I am really close to getting my reverse." To achieve their goals they had to work extremely hard. Some girls, like **Anah Fitzgerald** ('21) and **Katelyn McKimmy** ('22), had practiced 12 hours or more each week. Practice is not the only contribution to achieving their goals though, all the support of their team is equally important. **Becca Kosey** ('22) said, "I honestly look up to everyone on the team, but especially Anah Fitzgerald. She never stops working on a dive until she's satisfied with it. She embodies our team's saying this year, 'Don't stop until you're proud'." A positive attitude and motivation helps everyone on the team to achieve their goals. Kosey said, "I gained a lot more height and confidence this season, but there is still lots of room to grow. My goals for next season is to still gain more height and confidence, but I also want to break a total score of 150." **Bella Baldwin** made an impressive showing at State placing 7th out of 32 in the eleven dive competition. Placing 3rd at State was **Tyler Barrett** ('21). Both Baldwin and Barrett have placed the highest at State in school history.

BACK DIVE. Adam Konsor ('19) mid-air doing a back dive in the meet against Cambridge on December 14th.

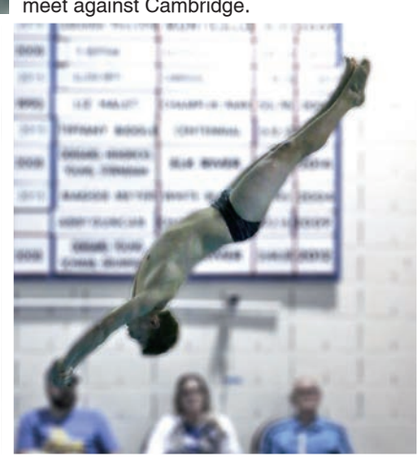


RELAX. FOCUS. DIVE. Anah Fitzgerald ('21) focuses before diving on August 28th in the meet against Breck. "Right before I get on the board, I tell myself to relax," Fitzgerald explained.

INWARD TUCK DIVE. Katie McKimmy ('22) mid-dive at the meet against Breck on August 28th.



BACK DIVE TUCK. Levi Lefebrve ('19) doing a back dive tuck on December 14th in the meet against Cambridge.



MASTERING MOVES

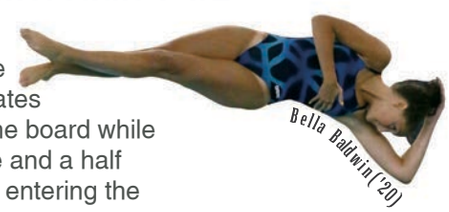
MID AIR

Back Dive Straight

A dive where the diver rotates away from the board with a straight waist and knees.

Back Somersault 1 1/2 Twist

A dive where the diver rotates away from the board while spiraling one and a half times before entering the water.



Front Double

A dive where the diver rotates toward the water while doing two flips in the air before entering the water.

STATE PLACER. Proudly standing on the podium, Tyler Barrett ('21), brought home a 3rd place medal- the highest place in STMA history.

page sponsored by ST. MICHAEL Boutique

Bella Nardini

Hailey Peterson

Madison Postuma

THIS IS MY COURT. Bella Nardini ('19) completed her last year of tennis with STMA with a good ending. "I will cherish all the good times we had together, especially the match where Gabby and I beat Buffalo's one doubles team."

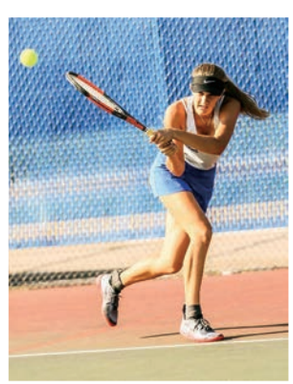
I GOT THIS. Freshman Hailey Peterson plays doubles with Senior Chloe Dehmer. Peterson enjoys playing with her partner because, "If I hit a bad shot, she keeps it positive and then we are ready for the next point. We just get each other."

BACKHAND. Madison Postuma ('19) plays doubles with Mary Moritz ('19). What sets them apart is that they: "Try to be the most positive and encouraging teammates. We are even encouraging to the other team."

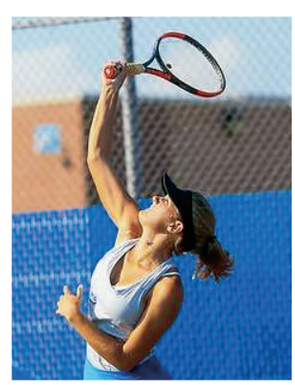
GOT GAME?

photos by Tim Bykowski

Olivia Flaten ('22)



Emma Thole ('21)



Brooke Beck ('22)

QUEENS OF THE COURT

spread by alexa richardson
photos by bill halldin

Tennis players show support for teammates on and off the court.

The composition of a tennis team is unique in the sense that it is made up of both single and double players. Regardless of who is standing on the court, the girls' tennis team has consistently banded together to support each other through all of their challenges. Senior, **Bella Nardini**, expresses "[This team] is a family to me and I will cherish all the good times we had together. It'll be weird leaving them because I watched a lot of them grow up to be strong players." A senior with strong, meaningful advice to underclassmen players is senior **Mary Moritz**, "Try your hardest and enjoy it while it lasts." Moritz added, "What I'm going to miss most about tennis is the people. We were all so close and it was so fun getting to know all of the girls." Pictured left and making the sport look easy is senior, **Chloe Dehmer**. Sophomore, **Izzy Berning**, will help bring up the next level of talent in future years. Berning has been playing for eight years and shared, "I love playing with a great group of girls who all want to have fun together." *Story by Erin Gilbert and Megan Putnam.*

Arms. Strength training is crucial. "In my off season, I lift weights. I prefer free weights to incorporate all of my muscles to get that perfect swing."

Legs. Endurance and conditioning are key. "We run 3-4 laps around the courts before every practice."

Feet. Olsen explains it as "forehand footwork". "We do a lot of cross court running drills while the coach feeds us forehand and backhand shots."

the **complete player**
there's the modern forehand, and then there's the **Gabby Olsen** forehand

photo by Zahler photography

Row 1: Mary Moritz, Abigail Peterson, Emily Watts, Hailey Peterson, Brooke Beck
Row 2: Olivia Flaten, Ellie Breuer, Madison Postuma, Gabriella Olsen, Meadow Laduke, Chloe Dehmer
Row 3: Isabella Nardini, Isabel Berning, Colette Sinclair, Emma Thole

& SEASON STANDING 1979
4 WINS

Page sponsored by Dehmer's

story and design by Aliyah Simat.

bump. set. SPIKE.

Girls' Volleyball finishes season 22-7 with high hopes for next year's young team.

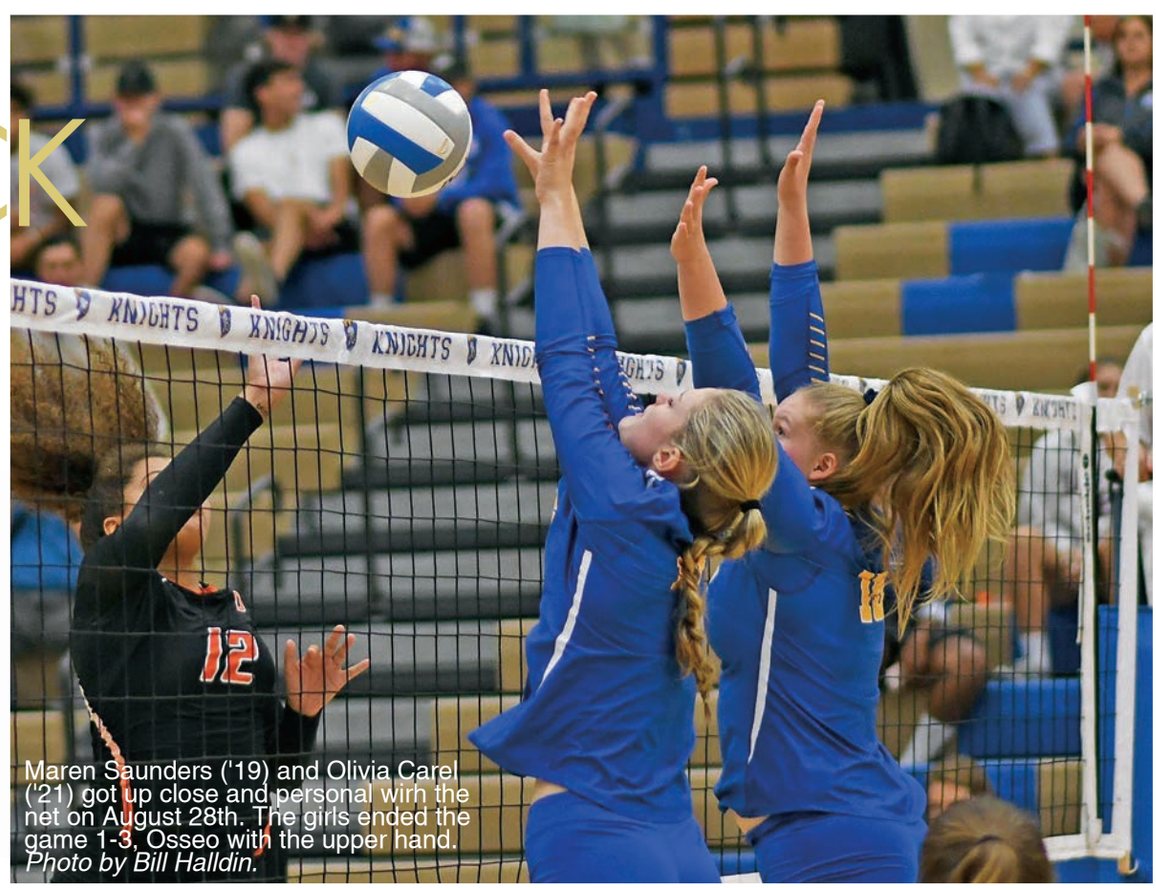
SISTER SISTER. Junior Mikala Henderson and Freshman Cynphony Henderson settle into each of their roles on the Varsity line up.

The Perfect BLOCK

Lady Knights are trained to keep their arms flat, hands angled, & keep their eyes on the hitter.

Olivia **Carel** HT: 6'1" VHT: 115"

Maren **Saunders** HT: 6'0" VHT:114.5"



Maren Saunders ('19) and Olivia Carel ('21) got up close and personal wirh the net on August 28th. The girls ended the game 1-3, Osseo with the upper hand. *Photo by Bill Halldin.*

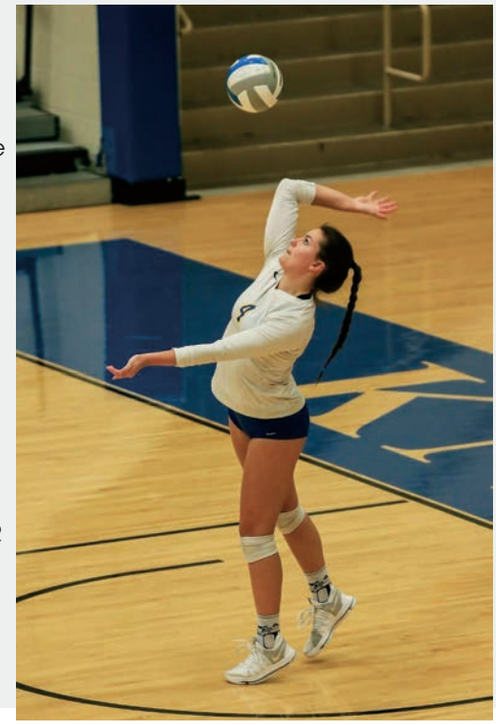
"It's such a satisfying feeling to know everyone has eachothers backs no matter how the play turns out."

-Megan Kruschke

Photo by Raquel Mitchell

on the rise

Evie Harrington ('19) started playing volleyball when she was in second grade because her mom and grandpa wanted her to try it. They were very passionate about her playing because her mom had played in college and her father coached her, her entire career. Evie fell in love with the sport right when she started and she hasn't stopped playing since then. Her favorite part about volleyball is all the friendships she has made over the years. She is very competitive and loves showing that part of her on the court. During her high school career, Evie has had 643 kills, .333 hitting percent, and 282 career blocks. Evie plans on playing volleyball at Concordia St. Paul next year.
Photo by Tim Bykowski.
Story by Megan Putnam.

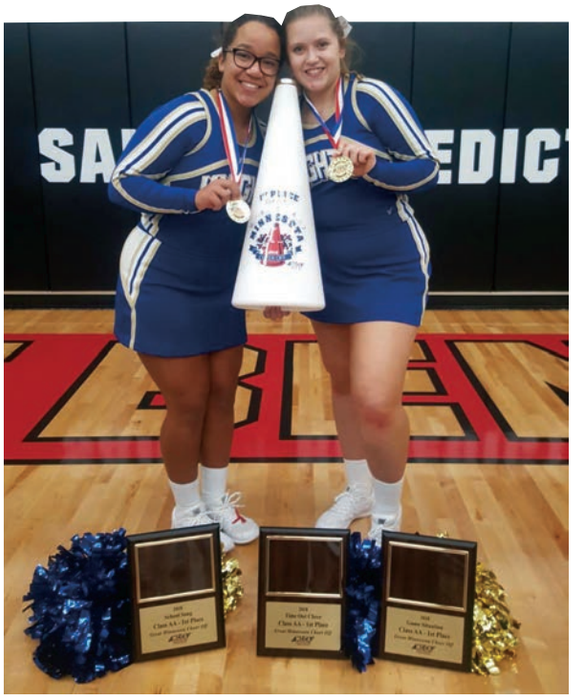


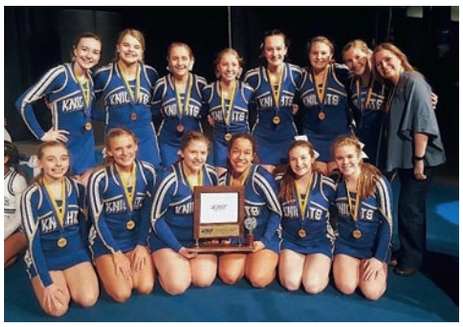
THE BIG 1,000

Outside hitter, Syra Tanchin ('19), got her one thousandth hit on October 16th. The girls faced Big Lake and took the win with a final score of 3-0. "I knew our setter was going to deliver a beautiful set the second it came out of her hands, going after it and watching the ball hit the ground was amazing, it was an unbelievable feeling making history for STMA."
Photo by Alyssa Andrescik.

BRINGING HOME THE *hardware*

ALL WE DO IS WIN. Antoria Glass ('20) (pictured left), "The work ethic of the team is AMAZING! It's a blessing to have such an unreal and successful season, especially coming right off a season that was kinda rough. I love this team with all my heart and have high hopes for our next season!Marissa Benson ('19) shares "Having a successful season and being almost undefeated has been amazing. This team has put in so much work, and this season has been so great because of that!"'





12 FIRST PLACE WINS

111 CHEERS MEMORIZED

15 GAMES ATTENDED

30 AVERAGE BOWS

flippin into nationals

"Performing in front of a big crowd gives me more confidence and energy especially because of our amazing school and fans."
- Abby Kemmentmueller ('21)

NATTY'S.
While in Orlando, Florida for nationals the girls show off their varsity jerseys in front of the ESPN wide world sports globe right before going to the finals.

FOR THE LOVE OF CHEER.
"'It's a lot of fun seeing the crowds reactions to things like stunting and tumbling and overall their reaction to what the cheer team does. I love cheering at football games, it's really the fans that cheer along that make the games fun," Gabby Haines ('21) stated.

Photo by: Goos Photography Page by: Erin Gilbert

Believe in ME, Believe in WE

Page created by Raquel Mitchell and Aliyah Simat. Photos by Stefan Presslein.

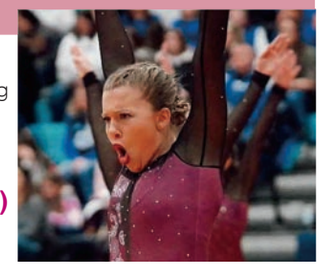
The theme this year correlates to their kick dance; their theme is all about women empowerment.

I AM HERE. The JV jazz team danced their hearts out and placed first at conference championships. "This song became more personal throughout the season. The title "I am Here" represents our team finally being recognized as true competition and proving ourselves as conference champs in our second season as a team." Maddie Gagnon ('20).

"To be **successful** in what you do, you have to be **determined** and have **confidence** in yourself. A performer must learn how important it can be to **believe in yourself**. Our theme "Believe in Me, Believe In We" helps me trust and have **faith** in both **myself** an my **teammates**."

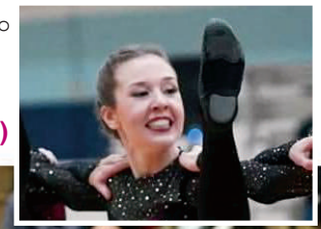
- Brooke Hunsley ('20)

What is going through your head on the dance floor?



"During my kick dance I am constantly thinking about getting my kicks as high as I can and never running out of energy."

- Liv Smith ('21)



"I push myself as hard as I can to get my kicks as high as possible and the sharpest I can be."

- Claire Presslein ('21)

& IN TIME TUNE

The Marching Knights welcomed a new director in 2018.They started off their season with a score of 70 at the St. Francis Pioneer Days parade and ended with a score of 80 at the VikingLand Band Festival in Alexandria. This was the highest score the Marching Knights have ever achieved, making it a crucial part of the band's history. When it comes to performing on the parade route, it's all hands on deck. The very second that the first honor guard member steps into the judging area, the band is being judged on the quality of their marching technique, music and tonality, drumline, color guard and drum majors. Much like other sports, they often compete against bands from other schools of similar size and are given awards based on how well the show was executed.

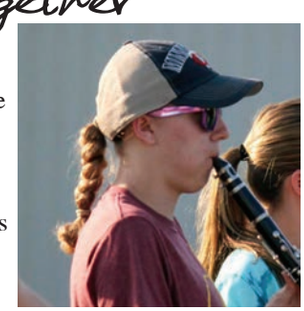
Story by Erika Jordheim. Photos by STMA Marching Knights.

Knights march their way to victory by finishing season with score of 80.0

a sliver of hope

CARRYING THE BANNER. Elizabeth Lish ('21), who had the opportunity to play the role of Pandora during the summer season, runs with the Hope flag during the finale of the show.

Band together



"My favorite memory of these last five years would definitely be traveling out of state. Both trips were a great way to bond with my friends and explore parts of the country where I've never been. These experiences have given me memories I will cherish forever."

Ariel Aydt ('19)

"My favorite part about marching band would definitely be the friends that I've made from it. It feels like me and my marching band friends have a different kind of bond, and I think everyone feels this way; we went through a lot this season, especially training wise. We all have a shared experience and I feel like not a lot of people have that kind of bond."

Maddie Johnson ('20)

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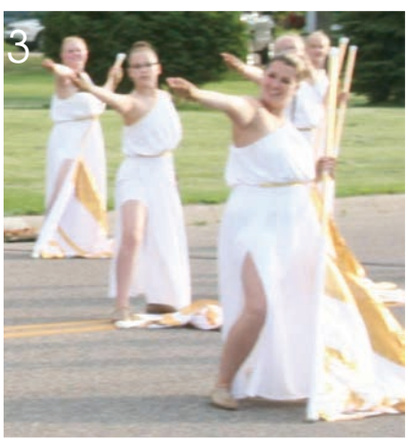
1. TOSS & CATCH. Jorie Emerson ('21) practices her drill moves with her flag before the Albertville Friendly City Days parade in the beginning of June.

2. EYES: WITH PRIDE. Marching band members perform the second half of their show during the homecoming week pep fest. Erika Jordheim ('19) reflects on how she felt the first time she heard about this opportunity. "It was an amazing experience," she said. "I was so excited the first time I heard that this was going to happen. The audience cheered so loudly for us, and I felt like our performance was valued and appreciated."

3. MARK TIME, MARK. Guard members Courtney Bissen ('19), Jorie Emerson ('21) and Kate Meyer ('21) hold their final pose of the second half of the show during a practice run before the Fridley parade.

4. BLAST FROM THE PAST. Julene Becker, class of 1973, plays the trombone during homecoming festivities in 1969.



FRESH, NEW BEATS. Jacob Lish ('19) tells about what went into planning the pep fest performance. "Planning this year's drumline performance took some extra effort this year, but it was worth it in the end. Coming up to the performance we were all nervous because we had no idea how the school would respond. Once we finished, though, we all felt so accomplished of what we had done that all of the nerves and difficulties we had to endure were worth it."

Laine's
TOP TRAINING TIPS

1. Be patient
2. Be consistent
3. End every training session on a good note

"A Balanced Diet"

"6 Legged Race"

Dedicated Dog Owners

Students share their inseparable bonds with their dogs.

a man's best friend

Over 50% of students at STMA own a dog. Dogs can bring happiness after a long day at school. Some students spend more time training their dogs. Agility training, trick training, dock diving, or obedience training can take lots of time. Senior, Laine Tucker was first inspired to train her dog, Teddy, from watching Animal Planet and at the State Fair. The first trick Teddy learned was to roll over. "I was ten when I first started training him. He learned surprisingly quick." She now spends every day trick training her dog Teddy. "The best part is when he finally gets a new trick down," she says, "The current trick Teddy is learning is called a Foot Stall. It's when I lay on my back with my feet up and Teddy jumps and perches on my feet. We've been working on perfecting it for over a year." *Story by Megan Ekman.*

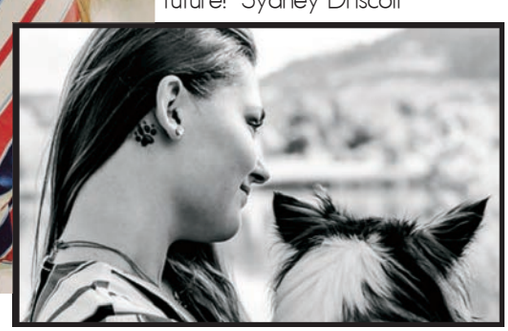
SIT. Sophomore Lucas Maahs sits with his dog for a scenic picture. Lucas says Buck is a fantastic listener and hunter. Buck is a 9 year old pure bread yellow lab. Lucas says "Buck has been hunting for about 8 years and his listening has improved a lot over the years."

FETCH. Eddie Krcma (20') poses for a picture with his hunting dog named Chester. Eddie says Chester is a very intellectual dog and he has been hunting for about 2.5 years. " Chesters fetching skills improve every time we train and hunt" states Eddie.

STAY. Bella, a 9 year old chocolate lab sitting with her and owner Luke Tillemans (20'). Bella is a retired hunting dog because of her age. When she was younger she was a phenomenal hunter according to Luke.

Created by Kallie Lehman.
Photos by Eddie Kcrma.

"I got my tattoo because I love animals, especially dogs! I work at Lucky Pets in town, and I hope to work with animals in my future!" Sydney Driscoll



DEVOTED DOG LOVER

Science Olympiad

"It's like a track

"You don't actually need to know how to science."

EMMA OSTROWSKI

Science Olympiad enters their second year of competition

Spread design and story by Alexa Richardson

Many students are unaware of what actually takes place within Science Olympiad. Mr. Olig explains this club as: "A competition of science topics... Like a track meet. It includes many topics including anatomy, physiology, code busters, astronomy, and many others." Currently, the club is made up of twelve students including one senior, ten sophomores and one freshman. Among those students, senior, **Ben Kremer**, and sophomores, **Emma Ostrowski** and **Raelyn Hastings**, stood out amongst their peers. Ostrowski (pictured left middle) is mainly involved in Fermi Questions, Write it Do it, Mission Possible, and Circuit lab. Her favorite part of the club is: "Probably the meets. They're really fun!" Raelyn's main events include Fermi questions, Forensics, Write it Do it, Mission Possible, and Sounds of Music. Kremer (pictured middle) said, "[Olympiad] is just fun. Everyone is supportive." Hastings (pictured far left) added what she enjoyed most about being a part of the team: "The freedom to do the events I want." The club's season is the longest our school has starting in the fall and competing all the way up to Nationals which takes place on June 1st in New York. Mr. Olig explains his inspiration on starting Science Olympiad at our school: "I did Science Olympiad in high school and I liked it. I also don't think there are enough competitions in science."

meet for science!

ADVISOR OLIG

BEN KREMER

"My favorite thing is all the fun we have and the learning we do."

Page sponsored by Andy's HOMETOWNE PIZZA

In The Kitchen

Students still enjoy 50 year-old electives made modern with flair and skill.

Even back in 1969 the Family and Consumer Science courses had popularity among the STMA stuent body. Ms. Read and Ms. Larson shared their thoughts on the importance of FACS in 2019. Ms. Read said, "I think people need to know the basic home skills. Students will need to know how to cook instead of going out and eating fast food every day". Ms. Larson added, "It will give students skills to be successful living by themselves and in home life. In all areas of life". They also discussed the difference in the in the last 50 years. Ms. Larson said, "It's not just cooking and sewing anymore. FACS classes now consist of money management, resource management, fashion design and interior design." Along with that, they revealed the reasons they think students still return to FACS class. Ms. Read said, "A lot of the students return to a FACS class because they like cooking and hands on classes. They also really like the connections they get in the class and the fact that the stuff they learn in this class will be needed beyond high school". Ms. Larson said, "A lot of the students find the classes fun and like the hands on, practical skills that will be useful for the rest of their lives." *Story by Logan Heuanphommavong. Page created by Raquel Mitchell, Kallyn Amundson, and Logan Heuanphommavong.*

"The biggest difference between then and now is the gender ratio. 50 years ago, a FACS class would consist of almost all girls. Today, the classes are more diverse and some class even have more boys in it. The class still consist of the same principals for the most part but is more current".

-Mrs. Read

Kitchen Mishaps

"A mishap I've seen was my brother exploding an orange juice carton with baking soda and vinegar."

- Chloe Fisher ('21)

"Before this class, I took intro to foods which really helped me in this class"

- Parker Gast ('21)

Photos by Kallyn Amundson

What's for breakfast?

Christina peeled bananas for her group to create a flavor filled fruit smoothie. The group mixed up a banana, strawberry, and raspberry smoothie.

Christina McCabe ('21)

Ben is excited about having the opportunity to gain extra credit and extra practice for making this breakfast burrito.

Ben Huberty ('21)

THEN & NOW

SMOOTH OPERATOR. Blenders have come a long way in the last fifty years, but the skills to create the perfect smoothie have stayed the same. *Photo by Raquel Martin.*

 Page sponsored by NEW HORIZON ACADEMY

WHIP IT UP. Tatum Birr ('20) whipped up some scrambled eggs to top off the perfect breakfast burrito. "I used all of the tips that Mrs. Reed taught me and ended up with a delicious breakfast." *Photo by Raquel Mitchell.*

CHOPPED. Alyssa Kruger ('21) and Ashley Cushman ('21) are chopping the cilantro up for their breakfast burritos. "I enjoy the ability to expand my knowledge of cooking skills in school." Kruger said. *Photo by Raquel Mitchell.*

"I didn't **expect** her to **wake** me up so often during the night. She **woke** me up **at least** 2-3 times per night and it took **30 minutes** to **calm** her down; it was as fun taking **care** of a **baby** as I thought it was going to be."

-Jordan Liew ('21)

Pictured from left to right: Emma Hansen, Jordan Liew, and Taetum Dehn. *Photo by Raquel Martin.*

Boys' Varsity Soccer

Row 1: Adam Buckmeier, Grant Schlauderaff, Thomas Butkowski, Sem Mahari, Griffin Roberts, Alexander Krumenauer. Row 2: Benjamin Lock, Jude Riley, Ellis Rude, Aidan Badenoch, Payton Toring, Alexander Rojas, Sulaiman Bada, Owen Lindstrom. Row 3: Brandon Sukalski, Drake Siens, Cole Johnson, Jack Lezalla, Alexander Gigstead, Tyler Braun.

Boys' Junior Varsity Soccer

Row 1: Jordan Fuchs, Dominic Pizano, Jonathan Mlsna, Jack Batchelor, Riley Rohrer. Row 2: Oscar Peraza, Kazmer Beaudry, Zachary Hepper, Dylan Anderson, Adam Kvant, Evan Anderson. Row 3: Carter Wise, Benjamin Lefebvre, Jonathon Meyer, Gabriel Hjelle, Connor Lorbiecke, Augustus England, Samuel Patton.

Fall Formal Team Photos

Marching Band

Emma Ericksen, Brooke Peterson, Terra Dahlman, Kristina Gilsrud, Samantha Brown, Alexandra Haas, Lauren Haas, Jorie Emerson, Jacob Lish, Hailey Rankin, Gabrielle Fritz, Jade Goth, Daniel Wray, April Saysithi, Elizabeth Lish, Alexa Richardson, Dylan Balken, Aria Beaulieu Flolo, Laura Panuska, Isabella Nardini, Theodore Weigle, Phoebe Harmon, Madison Mckinley, Madeline Patterson, Raelyn Hastings, Kate Meyer, Isaac Fladung, Thomas Pederson, Cory Kragness, Zachary Balken, Reagan Steichen, Ariel Aydt, Christopher Aamodt, Marcus Schweisthal, Brooke Kummer, Carissa Reine, Courtney Bissen, Avery Schoon, Andrew Sobania, Erika Jordheim, Jacob Mckimmy, Alexander Johnson, Thomas Gonsior, Patrick Livingston, Mya Fryckman, Paige Winters, Justin Hallberg, Benjamin Kremer, Liam Dupaul, Garrik Martin

Boys' Soccer Junior Varsity 2

Row 1: Gavin Smithers, Evan Sherk, Angel Lopez Raygoza Row 2: Ryan Ingleman, Dylan Maulik, Maxemilion Busch, Joseph Spitalnick, Ben Harken Row 3: Ryan Snyder, Andrew Bot, Ethan Geray, Dylan Whitsel, Simon Pierce, Jack Ingleman

Boys' Soccer B Squad

Row 1: Dylan Balken, Weston Pink, Nathan Talley. Row 2: Chad Robinson, Austin Cherkas, Maxwell Mcalpine, John Braegelman
Row 3: Baledi Banzeba, Jacob Bakke, Ryan Smith, Hayden Kuiper, Tanner Mackie.

Boys' Cross Country

Row 1: Martin Skare, Gavin Gutzwiller, Cayden Dehmer, Landon Huber, Eric Scriver, Zachary Ingebrigtson, Preston Toring, Zachary Lanners, Kyle Mialkowski, Brennan Engel, Caleb Reames
Row 2: Christopher Nygard, Holden Bursey, Gavin Fredrichs, Gavin Larsen, Leopold Leuer, Owen Sorby, Grant Bong, John Hartnett, Davis Krueger, Seth Ruberto, Jack Cloutier
Row 3: Eli Potts, Lincoln Moehn, Finnegan Kastner, Spencer Charlesworth, Colten Gustafson, Mitchell Meilahn, Adam Herbst, Caden Nordberg, Jackson Collins, Samuel Monseth, Robert Cilke
Row 4: Jonathan Benusa, Micah Holt, Cameron Belair, Aiden Peters, Josiah Driver, Carter Knaus, Jonah Breuer, Kyle Swenson, Tyler Bechtold Bartholomew, Calvin Bromley, Teagan Klepsa Orrey, Jacob Huser
Row 5: Owen Petersen, Tristan Benson, Samuel Dierberger, Thomas Hamilton, Lukas Peterson, James Lyke, Jack Petersen, Alexander Mcaloon, Grant Schmidt, Blake Stuart, Ryan Rysdahl, Jacob Thole

Girls' Cross Country

Row 1: Grace Davis, Celin Lorek, Carly Lanners, Rosella Stewart, Lucia Ahijado, Alix Bushard
Row 2: Natalie Zuidema, Karlee Brannan, Caylyn Kobilka, Paige Cowan, Marissa Papp, Kaitlyn Peterson, Brooke Moe, Jamie Lee, Jade Goth, Claire Pelant, Carlie Kobilka,
Row 3: Rebecca Immer, Ella Windel, Kyra Geiger, Anna Belair, Mia Salas, Paige Mcaloon, Katie Sigerud, Ashlyn Mcclintock, Annalise Davis, Alexandra Weimer, Jessica Immer
Row 4: Jordan Mlsna, Ella Shultz, Lydia Lamey, Madeline Cloutier, Valerie Noel, Alycia Haus, Sarah Antoine, Sydney Aandal, Gretchen Manderfeld, Maria Sylvester, Margaret Kunzman, Ella Herbst, Isabelle Dick
Row 5: Abbie Aman, Abigail Eiynck, Claire Sunsten, Ariel Aydt, Grace Bilicki, Hannah Christman, Sarah Lenz, Rebecca Peterson, Taylor Petersen, Hannah Greeno, Abby Anderson, Kyra Winslow

Girls' Varsity Soccer

Row 1: Liana Carriker, Samantha Och, Meriel Orham, Rheana Zerna, Madison Gaulrapp
Row 2: Cecelia Miller, Daisy Miller, Erin Hamilton, Kassandra Schoen, Abby Buckmeier, Kathryn Bakker, Kristina Hoffman
Row 3: Amanda Rokala, Rachel Sustacek, Kathryn Johnson, Taylor Beeler, Abigail Reineke, Chloe Jensen

Girls' Junior Varsity Soccer

Row 1: Emma Strait, Bridget Johnson, Addison O'rourke, Grace Christensen, Cora Williams
Row 2: Abigail Marsolek, Alexis Phillips, Gabrielle Madore, Chloe Finnerty, Jessica Barr, Kaitlyn Braun
Row 3: Gracelyn Riedel, Isabella Youngberg, Taylor Dixon, Chloe Steinke, Sophia Femrite, Mackenzie Bergen, Hannah Hoglund

Girls' Junior Varsity 2 Soccer

Row 1: Eleanor Thompson Witt, Paige Krueger, Makayla Gruidl, Ava Lenneman, Emma Hamilton
Row 2: Taylor Ripplinger, Casey Fredrickson, Sydney Petersen, Kelly Dupont, Brenna Milless, Samantha Matheson, Ava Zoellmer
Row 3: Emma Duerr, Olivia Peltz, Raelin Sustacek, Kayla Fairburn, Jenna Johnson, Olivia Grochow

Girls' B Squad Soccer

Row 1: Julia Weigle, Emily Brown, Megan Mcdowell, Isabella Christensen, Ashlyn Pomerleau
Row 2: Maria Rydberg, Brinna Koivisto, Ashlyn Hoffman, Lydia Peterson, Lauren Couture, Madeleine Iverson
Row 3: Janelle Sylvester, Adalyn Pederson, Brooklyn Dixon, Sadie Mickelson, Isabel Moormann, Gabrielle Cramer, Ellsie Covert

sponsored by MidWestOne Bank.

Girls' Varsity Volleyball

Row 1: Megan Kruschke, Sophie Fritz, Payton Scherber
Row 2: Kaylin Carel, Samantha Palmer, Mya Krystosek, Mikala Henderson, Cynphany Henderson, Mackenzie Mills
Row 3: Kailey Glunz, Maren Saunders, Olivia Carel, Syra Tanchin, Evie Harrington

Girls' Junior Varsity Volleyball

Row 1: Savannah Vetsch, Khulyn Johnson, Brenna Caza
Row 2: Taylor Leshovsky, Cynphany Henderson, Bailey Kelly, Grace Lemonds
Row 3: Kailey Glunz, Emma Vanheel, Haley Peterson, Lauren Welle

Girls' B-Squad Volleyball

Row 1: Madelynn Hanson, Ashley Thompson
Row 2: Halimatu Kamara, Faith Valen, Avery Kneefe, Sydney Bice
Row 3: Julia Intrieri, Brooke Mattson, Elizabeth Frelich, Paige Holm

Girls' 9A Volleyball

Row 1: Karlee Kottke
Row 2: Talimailelagi Cornillez, Paige Lehrman, Ella Shonka, Brenna Hamann
Row 3: Khendal Johnson, Avery Kaliszewski, Madilyn Gartner, Emma Hansen

Girls' 9B Volleyball

Row 1: Kaitlyn Mccormick, Lynzie Moseng
Row 2: Paige Jernberg, Kaelee Lindgren, Blazden Mueller, Ellianah Schmitz
Row 3: Aryn Mercado, Metabelle Schaben, Olivia Brill, Trinity Raltchevsky

Cheerleading

Row 1: Allie Lombardi, Mckenzie Clark, Marissa Benson, Antoria Glass, Ashley Cushman, Madyson Resech
Row 2: Amanda Olsen, Emily Augustine, Ella Zanetti, Kendyl Burg, Caitlin Pederson, Elizabeth Libbey, Abby Kemmetmueller
Row 3: Kaylee Schumacher, Kiera Burg, Hanna Hynes, Evelyn Kastner, Emma Gordley, Felicia Lutz, Gabriella Haines, Emily Thell, Corinne Willis

Varsity / JV Football

Row 1:Ethan Briggs, Evan Bright, Noah Ness, Gavin Wermager, Jordan Krupke, Nicholas Eicher, Iain Harken, Alexander Fernandez, Trevor Reedy, Rashaun Simmons. Row 2: Garrett Peterson, Peyton Groves, Boden Sperr, Boston Merila, Braden Suchy, Matthew Winans, Jack Sander, Gavin Greiner, Davis Moseng, Ivan Martinez, Tyren Cornillez. Row 3: Dylan Eddy, Tyler Wolkerstorfer, Jacob Borgen, Ben Fiedler, Nicholas Saltamachio, Judson Chea, Joseph Bennett, Harrison Wright, Brian Kiiza, Tyler Yantes, Brandon Langdok. Row 4: Cole Erickson, Brendon Gorynski, Onenee Saloka, Logan Nelson, Anthony Duerr, Thomas Litwiller, Ty Songstad, Ethan Rice, Steven Huberty, Benjamin Oscarson, Desean Phillips, Chase Baxter, Michael Malkowiak. Row 5: Cole Henschell, Jared Duda, Micah Olson, Andrew Nietfeld, Zachary Nyhus, Leo Peterson, Samuel Sovis, Jackson Tracy, Jack Drobinski, Luke Browning, Everett Sunvold, Rhoeshon Dillard, Caleb Warren. Row 6: Da Shaun Jones, Kolby Gartner, Nolan Fischbach, Chase Olson, Kale Hoselton, Ryan Jann, Brecken Murkins, Conner Heyerman, Keagan Mann, Dimarco Spreiter, Eric Foquette, Austin Haus.

9th Grade Football

Row 1: Jacob Mews, Zander Hasher, Carter Formo, Benjamin Larsen, Samuel Eicher, Cade Casey, Ian Strusz, Logan Denning. Row 2: Jaylen Abraham, Tye Kuechle, Carter Bolduc, Bo Bitzer, Jason Goodin, JP Johnson, Jake Springer, Kenneth Stahl, Devon Bauer. Row 3: Levi Hahn, Max Keefer, Owen Neros, Logan Strickland, Dylan Jurmu, Issac Ophoven, Cameron Jolly, Luke Williamson, Kemry Stich, Jarrett Bennet. Row 4: Evan Feldick, Marcus Mueller, Alec Myhre, Will Anderson, Tyler Hildesheim, Ethan Yantes, Reven Simat, Riley Nelson, Robert Peiler, Caleb Boyette, Jordan Flan. Row 5: Uriah Purcell, Carter Hiltner, Rylan Maynard, Treyton Klepsa, Zachary Ewer, Xavier Peltoma, Charlie Meehan, Asa Tracewell, Alex Markgraf, Avery Boe. Row 6: Brooks O'Brien, Nick Nielson, Owen Barthel, Sawyer Forsberg, Michael Hilleren, Johnny Tennyson.

10th Grade Football

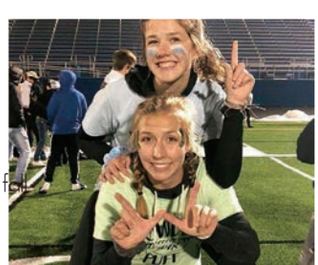
Row 1: Jorge Mancilla, Opie Johnson, Dameon Simmons, Harley Bauer, Ben Huberty, Jacob Larson, David Collins, Josh Manovich. Row 2: Jacob Dinkel, Ryan Buhl, Tyler Getty, Garrett Augello, Andrew Lomen, Justin Anderson, Noah Simon, Bryce Hegge, Reynold Hamann. Row 3: Ian Mceachron, Andrew Zattoni, Eric Fouquette, Jackson Newman, Austin Homstad, Bennett Pouliot, Ryan Supper, Sam Caron, Ian Barthel, Chris Stifter
Row 4: Jack Denne, Alec May, Sam Peterson, Ryan Kucera, Alec Schee, Max Meilahn, Riley Rossner, Zach Moen, Dustin Murray, Eric Chartier, Chase Baxter. Row 5: Mason Maynard, Hayden Huber, Tyler McDougall, Owen Vike, Christopher Weidenbach, Tyler Beckstrom, Devin Lambert, Parker Wiessinger, Lucas Maahs, Grant Shipman, Maxwell Stutelberg, Samuel Sovis. Row 6: Fletcher Nesbit, Kyle Brandberg, Porter O'brien, Charles Wagner, Luke Johnson, Derek Zahler, Tanner Kemp, Jack Hulting, Caleb Warren, Jack Drobinski.

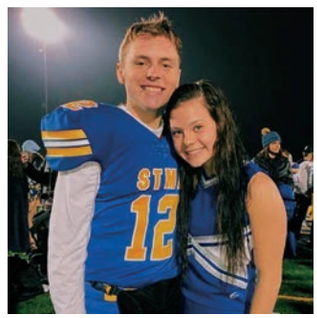
Girls' Junior Varsity Tennis

Row 1: Isabella Heuanphommavong, Alyssa Faust, Jenna Kyono, Jazlin Olsen
Row 2: Abby Johnson, Tiffany Bounnakhom, Sydney Rogers, Maiya Hofmeister, Emily Watts, Mackenzie Petersen
Row 3: Megan Copeland, Elle Potts, Claire Haakenson, Raya Decker, Madalyn Sawyer, Mya Decker

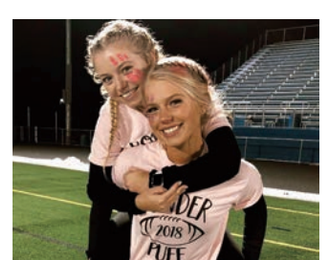
Girls' C-Squad Tennis

Front Row left to right: Savanna LeVoir, Morgan Casey, Mady Heitman, Haley Roth, Mia Ryan, Kallie Lehmann. Middle Row left to right: Olivia Aylor, Anna LaRose, Madison Johnshoy, MacKenzie Bourgerie, Brinna Martin, Lynzi Emery, Erin Jensen.Back Row left to right: Coach Kieffer, Ella Gigstead, Kaytlin Zack, Cecilia Sipple, Tatum Birr, Abby Cornell, Kendall Petersen, Olivia Schepers, Ady Murkins.





THESE ARE OUR FALL MOMENTS



HOCKEY SEASON

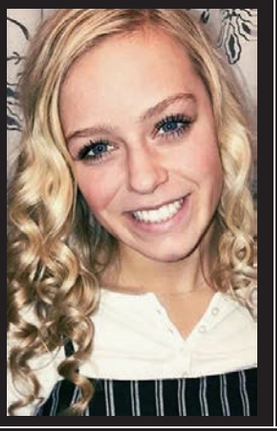
The boys' hockey team had a great season, ending with 13 games won, 9 losses, and 3 ties. Alec Schee ('21) started off the season on JV but worked his way up to play Varsity. "The season had its up and downs, but playing the boys is some of the best high school memories I'll make," Schee said. *Page created by Ashley Ingebrigtson. Photo credits to Ashley Ingebrigtson (black and white photos) and Megan Putnam (main photo).*

WINTER

alexaplay.

Page designed by Brinna Martin

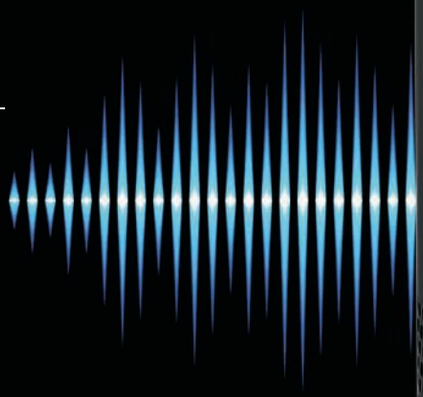
Julia Walters '20



This Way by Khalid

Kyler Kitzberger '21

Mo Bamba by Sheck Wes

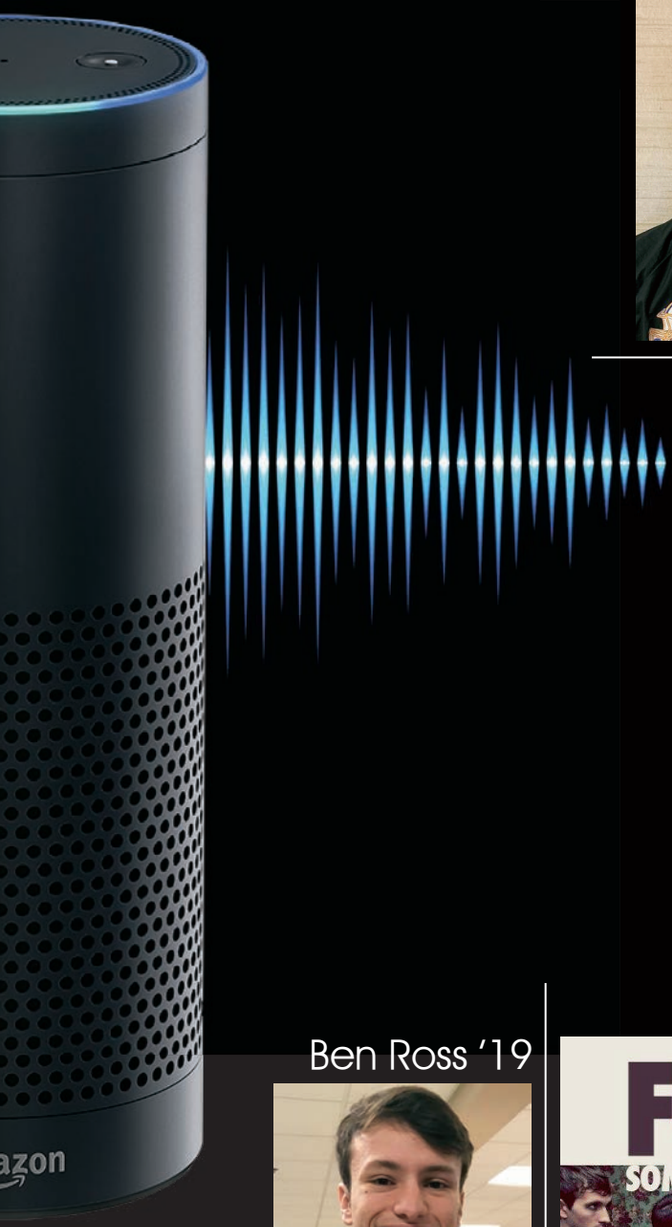


Top 5 Songs of 1968

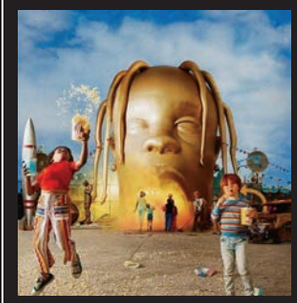
1. *Hey Jude* - The Beatles
2. *Love is Blue* - Paul Maurlat
3. *Honey* - Bobby Goldsboro
4. *(Sittin' on) The Dock of the Bay* - Ottis Redding
5. *People Got to Be Free* - The Rascals

Anna Lindemann '20

Better by Khalid



Bo Bitzer '22

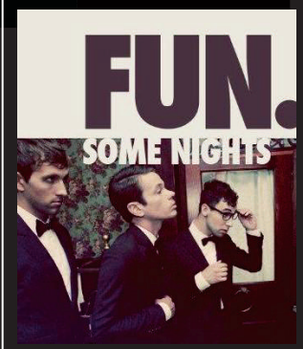


Sicko Mode by Travis Scott ft. Drake

Paige Sandberg '21

Bohemian Rhapsody by Queen

Ben Ross '19



Stars by Fun.

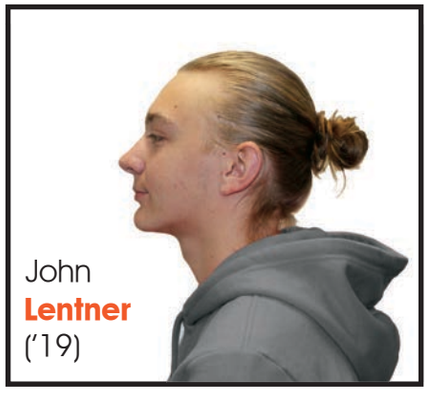
Top 5 Songs of 2018

1. *These Days* - Rudimental ft. Macklemore, Jess Glynne & Dan Caplen
2. *One Kiss* - Dua Lipa & Calvin Harris
3. *God's Plan* - Drake
4. *No Tears Left to Cry* - Ariana Grande
5. *Feel It Still* - Portugal the Man

Page created by Aliyah Simat.

Don't want NONE UNLESS you got BUNS hun

These men are going head-to-head for the "Man Bun of the Year" title.



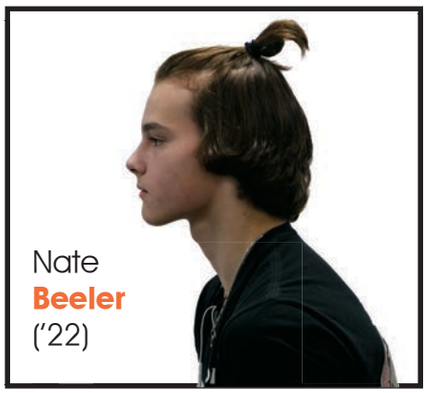
John **Lentner** ('19)

Luke **Johnson** ('21)

Chuck **Wagner** ('21)

Connor **Couet** ('20)

Cole **Erickson** ('20)



Nate **Beeler** ('22)

What does your man bun say about your *personality*?

According to theodysseyonline.com

Low Bun

"I am unsure about my man bun but I am also free-spirited and sort of rebellious."

High Bun

"I wear my bun on top if my head to accentuate my most valued asset: my mind. I constantly ponder life, putting my money where my mouth is."

Messy Bun

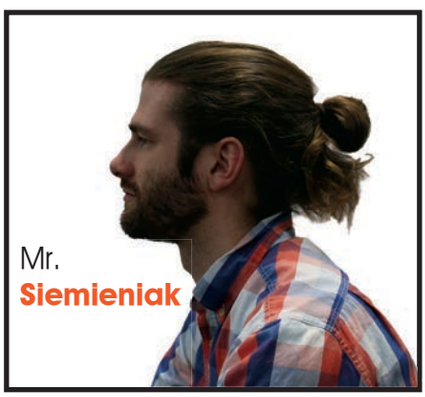
"I wear my bun messy to trick you into thinking I didn't spend much time getting ready this morning. I ponder my thoughts often and love to write poetry."

Half Bun

"I love my bun so much that I probably slept in it. I'm really laid-back and often wear floral patterned shirts."

Baby Bun

"I just really need a haircut but I won't until hockey season is over."



Vote for your **favorite** man bun HERE!

"The **secret** to a good **man bun** is *conditioner* & you have to wash and brush your hair *every day.*"

- Ethan Peal

Chasing A Dream

Designed by Megan Eckman

Brooke Kummer and **Isabella Carpenter** both play music in their free time. "It can be therapeutic," Kummer (pictured right) said.

If you love music, **Bryce Hegge** and **Alex Johnson** have you covered. They both play guitar, and even started their own band. Bryce and Alex spend their time practicing and performing songs in St. Michael and nearby, a great start on their career in music! Alex plays drums and has been making beats since he was just a toddler, and Bryce has played guitar since he was in elementary school They've been friends and shared a love for music, so Bryce decided to put himself out there. He talked to small venues to perform at open mic nights, and then decided he needed more people to have a bigger band. When they become famous one day, we can say we knew him here first!

True Colors

Designed by Ryan Snyder

During High school is a time when young adults can find out who they are and what they want to do in life. By being able to express themselves in their clothing, personality, and hobbies. Finding out what gives you confidence is what you like to do is key to happiness and living a fulfilled life. individuality allows kids to find out what makes them unique.

Life of an AP student

Designed by Erin Gilbert

Being a AP **student** can be pretty **tough** at times. I have very limited time socializing with **friends** due to my **hectic** studying **schedule**. At some points it can feel like I'm drowning in **homework** but it's **worth it** after all this time. -Maddie Jahnke ('19)

"Trust the process and your teacher. And don't let tests stress you out. I study a lot; on a regular night I study about 2-3 hours. And a word of advice is: don't take AP classes just to take them- take them because you love the class."
-Jordyn Anderson ('19)

"My schedule is basically a lot of homework and studying with my other activities thrown in there (choir, one act, ITS, FC, etc.). My basic method for success is doing homework and study guides."
-Emma Erickson ('20)

"Typically I start homework around 7 p.m. and end around 10-11. On test days I spend my morning studying for my 'morning test/quiz' and lunch studying for my 'afternoon test/quiz'."
-Kallyn Amundson ('20)

WOOD WORKING FOR SUCCESS

SHOW AND TELL. Mr. Bovee shows Marcus Rose (left) and Derek Zahler (center) how to attach two pieces of wood together. Zahler is making a box using oak wood. Zahler said, "This class is more entertaining because I learn by hands-on things and not sitting in a desk."

TEACHING TECHNIQUES. In woodshop, Mr. Bovee explains to his class how to screw in the bottom piece to the sofa server the students are making. Mr. Bovee said, "Successful people keep moving, they will make mistakes, but they don't quit."

A Class That Offers Different Opportunities to Students

page created by Abby Ascher & Eddie Kcrma

Working for success, Mr Bovee teaches wood shop to students who are all about building and hands on tasks. You will always find yourself doing something. During this class you create items like a sofa server, a box to hold your belongings, a hot pad, a pen, and a picture frame. Wood shop offers a new experience for students who are tired of sitting in a desk all day and listening to lectures, to get up, move around, and have a little fun. This class also offers opportunities in the future for you to be able to build things around your house and potentionally fix things too. It also has amazing teachers (Mr. Bovee and Mr. Danielson) that teach good problem solving skills, and are easy to approach for advice. *Story written by Abby Ascher.*

6 must have tools for the beginning DIYer

EXACT MEASURES. Measuring for the bottom of the box, Ben Lefebvre has to cut the exact piece to fit the bottom of the box. Lefebvre said, "This class takes my mind off of my other classes because it's so different from what I am used to."

SMOOTHING SIDES. Sliding a piece of wood through the jointer, Jared Dick makes a piece for his Rube Goldberg project in Principles of Engineering (POE). Dick said, "This class makes me think differently than if i was sitting in I desk. I have to put pieces together in my head and with my hands."

RIPPING WOOD. Cutting a piece for a locking box, Ryan Kucera ('20) cuts one of his final pieces to complete his box. Taking this class for first time, Kucera said, "It's something different, it's a new experience and have to learn fast to get things done."

ASKING ADVICE. Jonah Vrkljan ('21) goes to Mr. Bovee for the best advice for his project in this intro to woodworking class. Vrkljan said, "I took a class like this again because Bovee taught me how to solve problems by myself and to know when to ask for help."

cast & crew

THIS IS HOW WE DO IT. KBNG teacher, Mr. Osowski, helps student to improve his knowledge of video editing and production.

TUNE IT UP. Alec May ('21) works with the sound board to adjust pitches and tones in order to bring each broadcast to perfection.

NERVES. When preparing for a live broadcast, Sam Dierberger ('20) says, "There is apprehension beforehand, but if it's something you really enjoy, you feel like you're in your own place and know what you're doing."

Many people know of the hit television show, *The Flash*, but our high school is familiar with the spinoff, *The Phlaash*. It was a goal of Mr. Osowski, the new KBNG teacher this year, to give students a chance to bring out their creative sides. Show co-creator, senior **Joseph Steichen**, said, "We were thinking about a superhero spoof and we were thinking that the flash would be easy to replicate." Each week, the cast would gather together to film and act as characters in the episodes

"I love being able to create projects that relate to my own personal set of skills."

which aired each Friday on the school news. On the show and the KBNG class, Senior **Tyler Haehn**, commented, "I love being able to create projects that relate to my own personal set of skills." Each episode references the original show, however, the students use their own ideas in order to create a unique, action-filled plot line. "Working on a project with friends let's me have a creative outlet," said senior **Zander Roberts.** Students, like senior **Jackson Walker** (pictured far right), have had opportunity to freely create content that they enjoy making. This freedom has drawn students of all different skill sets to the broadcasting classroom. *Story by Ryan Snyder. Page created by Annie Kolker and Ryan Snyder.*

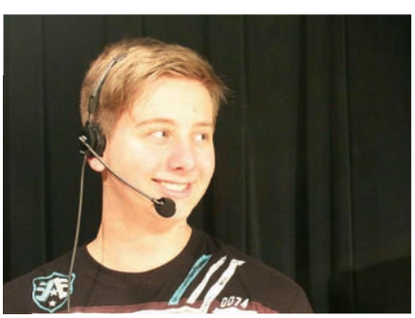
A new FACE BEHIND the scenes

A new addition was made to the knights broadcasting class this school year. Mr. Osowski, a new teacher at St. Michael-Albertville High School, took this years class and made it his own. When asked about the challenges he has faced this year, he says: "There has definitely been a lot of pressure knowing that the entire school sees my student's work. It's totally worth it though." Although there have been challenges, Mr. Osowski adds: "It's so rewarding getting to see how creative and ambitious each student is. I love getting to work with this great group of people and there is nowhere else I would rather be."

Page sponsored by MidWestOne Bank.

the PHLAASH

Seniors think outside the box to create weekly parody of hit show, *The Flash*.



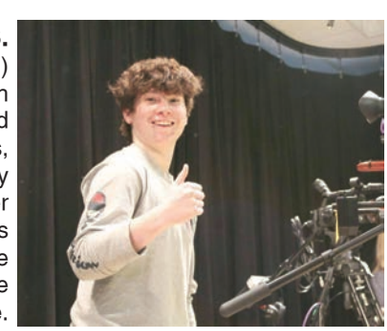
THE FACE BEHIND THE CAMERA. "Every day the anchors come in and they're ready to work, it's a great feeling getting to work with people who are driven to do great things," Noah Anderson ('21) said.

MORE THAN MEETS THE EYE. Cora Benker ('20) poses for a picture before going on live broadcast. "Being an anchor is a lot of fun. it is really interesting being able to see the behind the scenes of KBNG and being able to operate the teleprompter and anchor."

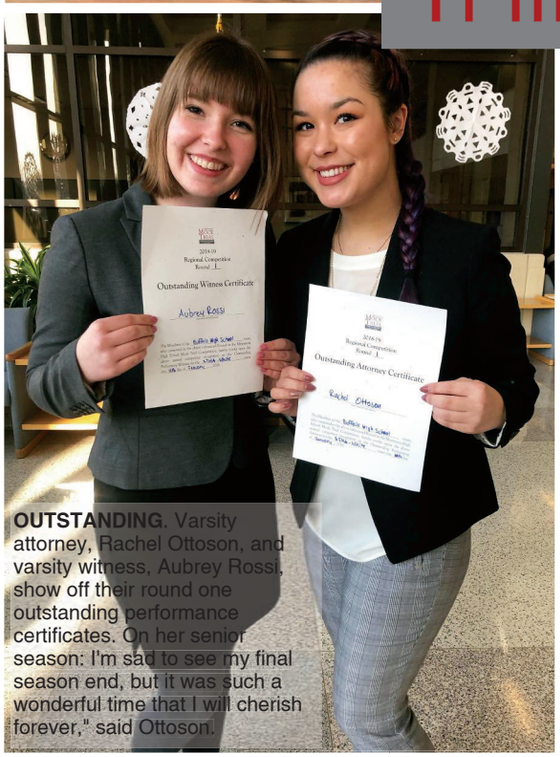
"There is much more goes into it than it seems. everything from the audio levels to the lighting is something we have to pay attention to."
-Cora Benker

LIGHTS, CAMERA, ACTION! On what sets the equipment crew apart, Jack Martin ('21) responded, "We bring something different to the table with our own set of unique skills."

NEW EXPERIENCES. Sam Gallagher ('19) stated, "Going into high school I never planned on taking a video class, but now it's one if my favorite classes I've ever taken. Mr Osowski brings a new energy to the class that makes it more fun and relatable.



Think. Speak. Listen.



OUTSTANDING. Varsity attorney, Rachel Ottoson, and varsity witness, Aubrey Rossi, show off their round one outstanding performance certificates. On her senior season: I'm sad to see my final season end, but it was such a wonderful time that I will cherish forever," said Ottoson.

"Just keep swimming."
-Mrs. Fisher

The Mock Trial teams spent weeks organizing their arguments and preparing their speeches for this year's case of Hayden Brooks v. the Cahill Monitor. Three teams this year argued for and against the defamation of Hayden Brooks. "Mock Trial is a fun, competitive way to gain life experience and courtroom knowledge," said **Olivia Sorensen**. This year's case included a bribe, a jailbird, gambling, fake news and a pipeline.

"Mock Trial was one of the best things I was apart of. I got to meet many new people, whether it be from school or camp, who I now call friends. I am so proud of my teammates and I couldn't ask for a better one. I have seen you all grow so much in a matter of years, I know you all are going to do great things in life." Ryan Rysdahl ('19).

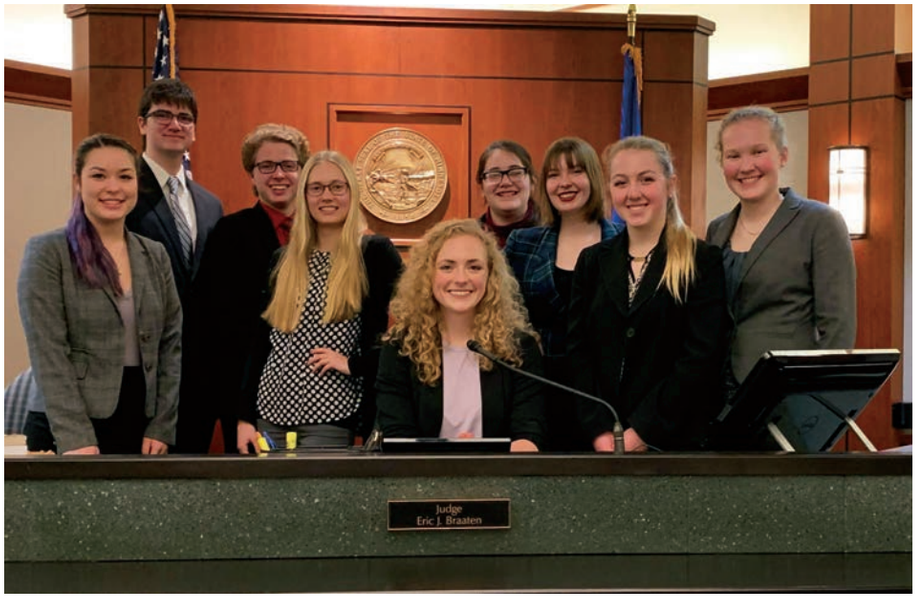
There were three teams, the Saints, the Michaels and the Alberts. "I am very happy that I chose to compete… I have learned how to become confident in my speaking abilities," said **Stella Leuer**.The Saints (varsity team) placed second in the Mississippi Conference. Dennis the Menace showed up like a bad penny. Johannes was never located. The record breaking snows of February cancelled the last region round. Senior **Maddie Blaeser** noted, "This year we grew together as a team and learned important skills for our future careers."

2019 Mock Trial Team

(not in photo order)

Anderson, Abby
Bedsted, Matthew
Behling, Luis Antonio
Benson, Chloe
Bishop, Joshua
Blaeser, Aiden
Blaeser, Madisyn
Bong, Grant
Bromley, Margo
Buckmeier, Adam
Bui, Ai Quynh
Fritz, Gabrielle
Graziano, Paige
Harlan, Grace
Harlan, Samuel
Highberg, Amy
Joo Rubatto, Almudena
Kosey, Becca
Lehman, Jacqueline
Leuer, Stella
Lish, Elizabeth
Nordberg, Callie
Ottoson, Rachel
Renner, Justin
Rossi, Aubrey
Rysdahl, Ryan
Sorensen, Olivia
Spiekermeier, Malaina
Sylvester, Maria
Walters, Bjorn
Wettschreck, Anne

 spread designed by Abby Gufstason & Bryn Nelson



Meet Me In The COURTHOUSE

Varsity Mock Trial team places 2nd in Mississippi 8 Conference defending a newspaper for defamation.

we are Law & Order

Maddie Blaeser ('19)

Years on Mock Trial: 4

Role: Attorney

Luis Antonio Behling ('22)

Years on Mock Trial: 1

Role: Attorney

Callie Norberg ('20)

Years on Mock Trial: 3

Role: Attorney

photo by Zahler Photography

Speech Team (not in picture order): Abraham, Tanvi; Albrecht, Lillian; Ali, Yasmin; Amundson, Sydney; Anderson, Janie; Anderson, Mason; Cherkas, Austin; Collins, Jackson; Davis, Ryan; Durre, Isabelle; Elert, Kylie; Fischer, Maddie; Fritz, Gabby; Gweh, Jamie; Hall, Bella; Hanson, Preilyn; Hastings, Raelyn; Hauxwell, Abby; Hlman, Zachary; Hirschey, Olivia; Hoyt, Carter; Karger, Abby; Kiarie, Neemah; Martin, Garrik; Moon, Casey; Murack-Miller, Teagan; Nde, Azah ;Olson, Ella ;Olson, Grace ;Olson, Tyler ;Peters, Lisa ;Peterson, Becca ;Rich, Dylan ;Rogers, Sydney ;Rude, Colin ;Saloum, Rylie ;Sann, Kevin ;Saysithi, April ;Schmidt, Mikayla ;Sorensen, Talia ;Stewart, Rosella ;Sylvester, Janelle ;Szymanski, Cobin ;Tatro, Lauren ;Vrkljan, Mady ;Wenner, Maddy ;Wettschreck, Anne.

Why is speech unique?

"It allows you to perform in front of others and give you a confidence boost plus you get to meet many different people."

Tanvi Abraham ('20)

"In the eleven categories to choose from, there will be at least one that everyone may want to try out. There are so many avenues to get your point across that I think everyone can find a place in our team."

Mady Vrkljan ('19)

SPEECH

Team Places 2nd at Conference & Advances Two to State

Category: Extemp Speaking

My proudest moment this season was taking third at sections and qualifying to the state tournament.

-Cobin Szymanski ('21)

Category: Humorous

My proudest moment this season was getting 1st at sections and qualifying for state.

-April Saysithi ('19)

BY THE *numbers*

51 PARTICIPANTS

FOUR COACHES | 13 MSHSL CATEGORIES

PRACTICE HOURS **100+**

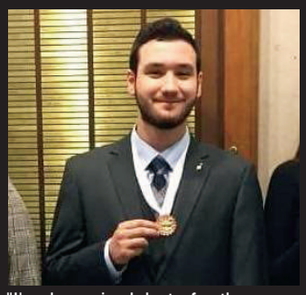
TWO **STATE** QUALIFIERS

4 SENIORS | **5** CAPTAINS

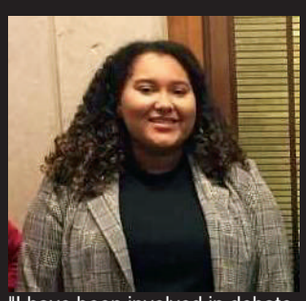
"**Speech** is **unique** because it gives students a chance to **express** themselves **&** **teaches** them **professionalism**."

-Austin Cherkas ('19)

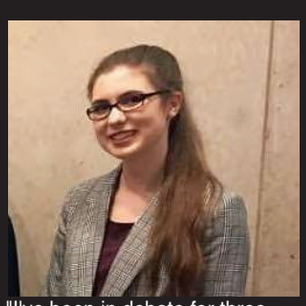
What's The Issue



"I've been in debate for three years. I'm proud to be in debate because I learned how to professionally express an idea and how to listen to other perspectives. I was competing with people who wanted to use their voices for the betterment of society." Austin Cherkas('19)



"I have been involved in debate for three years, and this is my first year as a captain. My favorite thing is the ability to learn about and discuss complicated subjects in an intelligent manner." Ryan Davis('20)



"I've been in debate for three years and it's been one of my best experiences in high school so far. Spending time researching, practicing, and debating at tournaments has given me so many friends and memories that are completely unforgettable." Lillian Alrecht('20)

DEBATE

DEBATE

We Talk, You Listen.

The STMA Debate Team enjoyed its most successful season in team history during the 2018-19 season. For the first time, STMA qualified four students for state in all three major debate event categories. **Cobin Szymanski** and **Lillian Albrecht** competed in 2-person Varsity Public Forum and earned "All-State" honors from the Minnesota Debate Coaches Association as 2 of the top 8 public-forum debaters in the State. During the season, Cobin and Lillian placed 1st at Champlin Park (Oct 27th) and Forest Lake (Nov 10th), and finished 4th at state sectionals qualifying for the state tournament at the University of Minnesota on January 18th and 19th. Cobin and Lillian also finished 1st in the regional national qualifier competition at St. Francis on December 11th and 12th earning a spot at the National Debate Tournament in Dallas in June. Senior **Austin Cherkas** enjoyed a highly competitive season culminating in his 2nd straight appearance at the student congress state championship. Junior **Ryan Davis** finished in 1st place at Robbinsdale in junior varsity 1-person Lincoln-Douglas debate and 4th at state sectionals to earn her first berth at the state tournament.

Throughout the season, a total of twenty-seven students competed in twelve different regional tournaments against local and national competition. Students debated serious public policy issues from all sides of the argument and demonstrated consistent growth in analysis and communication skills throughout the season.

VARSITY LETTER RECEPIENTS

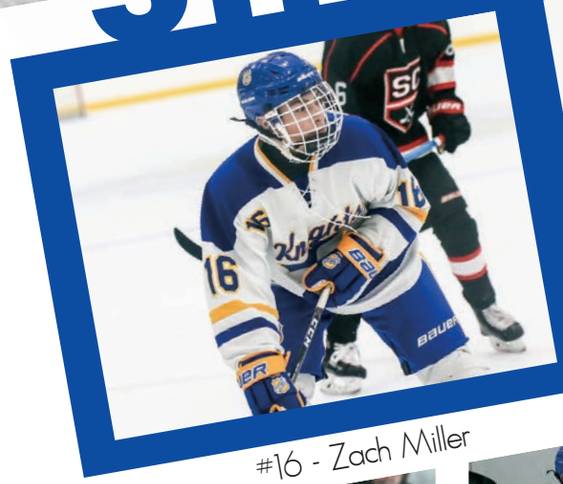
- Tanvi Abraham- 11th
- Lillian Albrecht- 11th
- Tariq Alduri-11th
- Sydney Amundson- 9th
- Alexander Boltz (8th @ MSW)
- Kayla Cornell (8th @ MSE)
- Austin Cherkas- 12th
- Maddy Davis (8th @ MSE)
- Ryan Davis- 11th
- Jack Dodge- 11th
- Eric Gao- 10th
- Raelyn Hastings- 10th
- Zach Hill- 10th
- Audrey Kanu (7th grade at MSE)
- Casey Moon (9th)
- Tyler Olson- 9th
- April Saysithi- 12th
- Kevin Sann- 11th
- Joey Smyth- 9th
- Talia Sorenson (8th gr. @ MSW)
- Cobin Szymanski- 10th
- Hannah Ternus- 10th
- Justice Vollmer- 10th

ADDITIONAL DEBATERS

- Ian McEachern (10)
- Ben Wick (11)
- Maya Garcia (9)
- Colby Pitzenberger (10)

stick it OUT

#3 - Cody Kelly



#16 - Zach Miller

#13 - Nick Lamere

#25 - Brennan Pederson

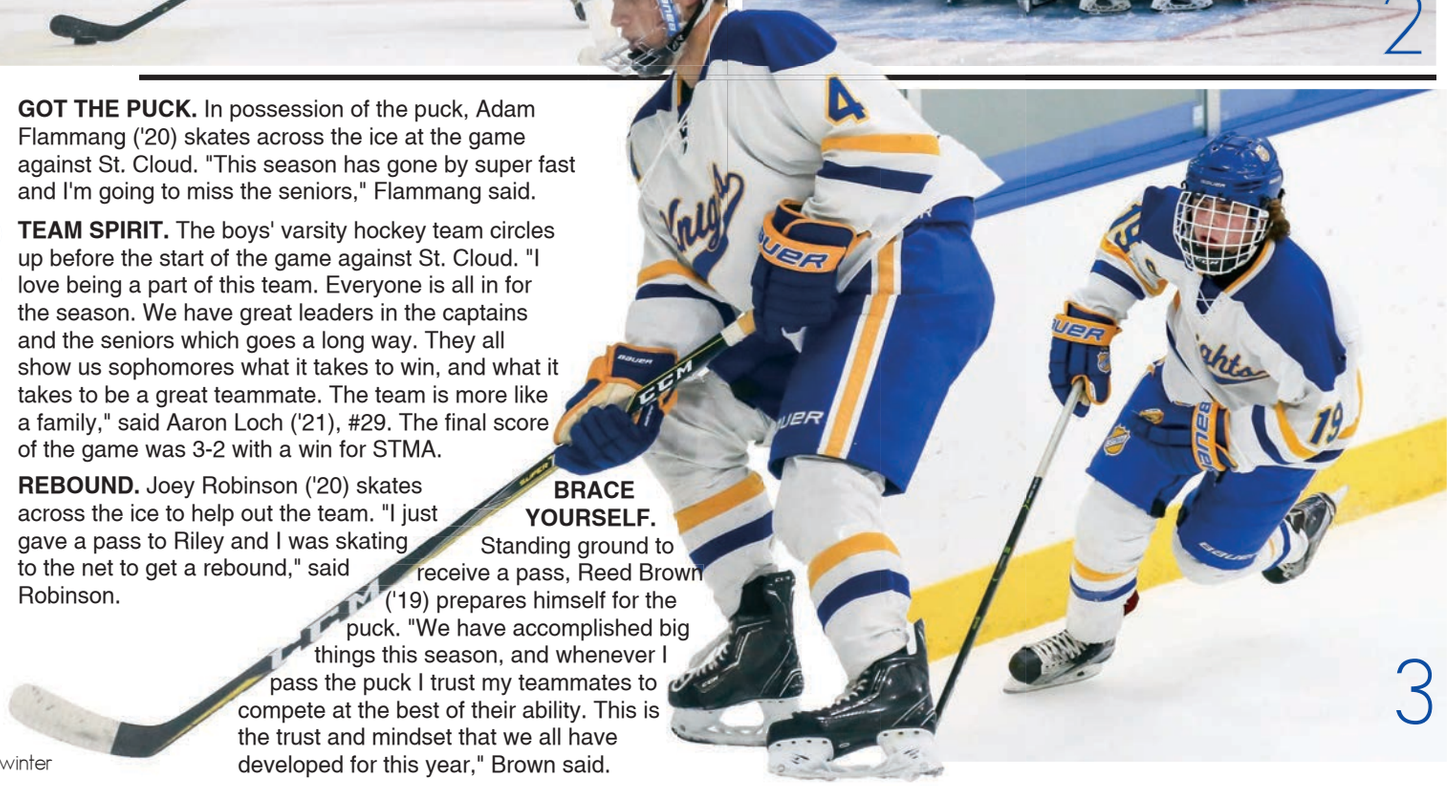
1

2

1 **GOT THE PUCK.** In possession of the puck, Adam Flammang ('20) skates across the ice at the game against St. Cloud. "This season has gone by super fast and I'm going to miss the seniors," Flammang said.

2 **TEAM SPIRIT.** The boys' varsity hockey team circles up before the start of the game against St. Cloud. "I love being a part of this team. Everyone is all in for the season. We have great leaders in the captains and the seniors which goes a long way. They all show us sophomores what it takes to win, and what it takes to be a great teammate. The team is more like a family," said Aaron Loch ('21), #29. The final score of the game was 3-2 with a win for STMA.

3 **REBOUND.** Joey Robinson ('20) skates across the ice to help out the team. "I just gave a pass to Riley and I was skating to the net to get a rebound," said Robinson.



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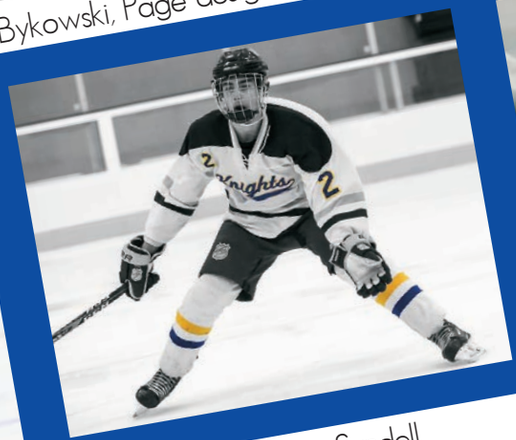
BRACE YOURSELF. Standing ground to receive a pass, Reed Brown ('19) prepares himself for the puck. "We have accomplished big things this season, and whenever I pass the puck I trust my teammates to compete at the best of their ability. This is the trust and mindset that we all have developed for this year," Brown said.

Pictures by Tim Bykowski, Page designed by Ashley Ingebrigtson

#6 - Riley Ollhoff



#2 - Tanner Sundell

#7 - Conner Couet

#22 - Devin Schultz

GUARD THE GOAL. As the puck comes flying, goalie Blake Marhula ('19) makes an excellent save. "I like bring goalie because it's challenging, rewarding, and I can always help the team," Marhula said. "When I make a big save it gives me an adrenaline rush and I get excited."

STOP THE PUCK. Nate Swenson ('19) has control of the puck. "It was a close game all throughout, but we were finally able to break through and win the game in overtime," Swenson said, "It's been a great year with our senior group leading our new underclassmen to get used to the varsity level."

SHOOT. Luc Laylin ('20) prepares to shoot the puck. "Love the game along with cellying with the boys. Closest group of guys I've ever met and we continue to push each other at being better throughout the season," said Laylin.

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WE RISE AS ONE

The Wright County RiverHawks had a successful year securing a Mississippi Conference Championship for the second straight season, putting North Wright County in a great position for a top 3-seed. This was also win No. 20 of the season for head Coach Cailyn McCauley. She also was awarded Coach of the year for class AA. Besides finishing the conference schedule with an 11-1 record, the RiverHawks cleared the gap between them and the second place Cambridge-Isanti/ Mora/Pine City, giving them the conference title.

Sydney Lemke

Julia Walters

JULIA WALTERS

Forward

GOALS: 2 ASSISTS: 1

LAUREN ROKALA

Defense

GOALS: 1 ASSISTS: 3

BRINNA MARTIN

Defense

GOALS: 4 ASSISTS:15

Payton Allen

Mackenzie Bougerie

GOAL.The RiverHawks win 4-0.
The girls celebrate a goal against Saint Cloud.

Semi-Final Win !

Riverhawks vs Roseau

"Our team has been practicing hard to really prepare for the Semi-Final game, but didn't change anything that we have been doing throughout the year to get ready! We kept the routine and performed well!
All I told the girls before the third period started was it was our time. We are only down by one and we have 17 minutes left to prove that this game is ours. When we tied up the game all I said was lets go, we keep rolling now!
The team was ecstatic when the buzzer went off. There was a lot of screaming and a lot of hugging!
It felt great to be moving on to the section finals. The girls have worked hard all season and really deserve this game!"
-Coach McCauley

Anna LaRose #35

"I feel a little pressure, but it never gets to the point where it affects my game. As crazy as it sounds, I actually enjoy when we play tougher teams because that means I am much more involved in the game, and a major component in it too. When it comes to my teammates trusting me, it makes me feel really good to know that no matter what they'll still trust in me to be the player and person I am."

"'**We Not Me**' meant the **game** was **bigger** than just me and we need to **come together** as a team and be **successful**. It ended up bringing **us closer** as a **team** throughout the **season**."

-Kale Hoselton ('20)

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WE NOT ME

Knights take down the Elk's 61 - 46 in first home game.

Senior basketball players started off their final season of their high school career with a victory with a 61-46 win over Elk River. The Knights played a great first half scoring 42 points with **Brandon Sukalski** and **Peyton McLean** providing a scoring spark off the bench. The Elks cut into the Knights lead throughout the 2nd half, but STMA was able to maintain a double digit lead for the entire half. Senior **Austin Jentzen** scored 14 points and **Kale Hoselton**, **Peyton McLean** and **Sean Buchanan** all had 11. **Austin Haus** commented, "This season has been much different than the other years playing basketball. I've played more this year than others and on top of that the crowd is much more involved and hyped up." 1) The Knights finished the season with a record of 20 wins and 8 losses. It was the 9th time in school history a team has won 20 games. *Page created by Erin Gilbert and Ethan Peal. Photos by Tim Bykowski and cutout photo taken by Bill Halldin.*

NOW & THEN

Remaining consistent over the last fifty years is the concept of being a team and sportsmanship. Evan Wieker ('20) (pictured far right) said, "'We win and lose together. Nobody is at fault for a loss. We all are. And we win with everyone doing their part, nobody can do it by themself." Pictured far left is Austin Jensen.

Girls' basketball celebrates Coach Harmre's milestone win and record breaking season.

300 WINS & COUNTING

"It's cool to see such an amazing coach succeeding and having fun getting wins. None of this would be possible without his dedication to this program and our team."
-Jadyn Hanson

The Knights had another win dominating the Park Center Pirates making this Coach Hamre's 300th win! The Knights scored first and then maintained the lead for much of the game. Early in the second half, the Knights built an 8 point lead. It wasn't until just over 6 minutes remaining in the game that the Pirates took their first lead at 52-51. In the closing minutes, there were 4 lead changes. Down 62-58, Tessa Johnson hit her fourth 3-pointer of the game to pull the Knights within one point. On the ensuing possession, Jadyn Hanson was fouled and made good on two free throws to give the Knights a 63-62 lead. The Pirates had one last attempt, but the ball rimmed out as the buzzer sounded to give the Knights the win. Hanson finished the game with 17 points and pulled down 7 rebounds. Kenzie Kramer led the rebounding column with 9. Vanessa Alexander grabbed 8 rebounds and led the steals with 3. *Photo by Tim Bykowski*

Sophomore Kendall Cox drives into the key looking for an open basket.
Photo by Bill Halldin

Senior Kaelyn Christian shoots an open three pointer as Anoka tries closing out on her.
Photo by Bill Halldin

Counting on...
what's next?

"Finish the season **undefeated**, get better everyday, **challenge** ourselves to bring **intensity**, stay healthy, and **win the section**."
-Coach Hamre

Vanessa
Alexander

Junior

#45

Center

Years Played
12

Kenzie
Kramer

Junior

#23

Guard

Years Played
12

Emma
Miller

Freshmen

#5

Guard

Years Played
11

Lily
Tennyson

Junior

#24

Guard

Years Played
11

Page created by: Jadyn Hanson, Erin Gilbert, Megan Baldwin, and Megan Putnam

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Photos by Bill Halldin

PRACTICE like it's SECTIONS

Backstroke. Ezra Dickerson ('21) practices his backstroke as he gets ready for further meets and sections. "When you get up to a race it feels like the whole team was behind you supporting," said Dickerson.

Practice makes perfect. Colten Gustafson ('21) and Kyle Swenson ('20) practice diving into the pool during practice trying to improve their times as they get ready for sections. "There is always room for improvement," said Swenson.

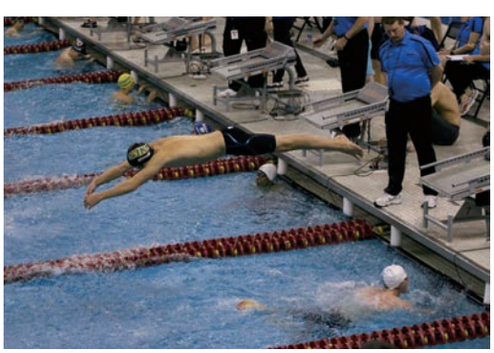
Butterfly set. Elijah Christensen ('21) practices his butterfly stroke during practice, while trying to improve his times for Sections.

Race to the WALL

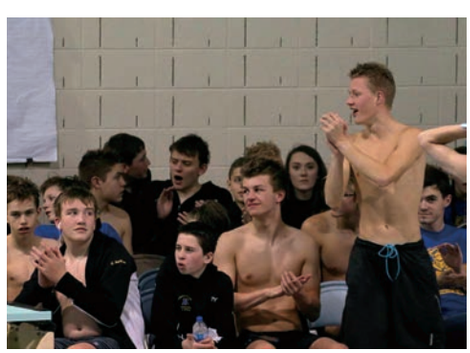
Boys' Swim and Dive Goes Undefeated

The boys' swimming team remained undefeated in all of their dual meets their regular season. The team took the title of conference champions beating the Monticello Magic. In their section meet, the 400 freestyle relay team took 1st in their heat and overall the Knights placed second. **Tristan Benson** also swam his personal best in the 50 free along with teammate **Elijah Christensen** finishing 3rd in the same event. **Josh Dalluge** swam his career best time of 51.88 in the 100 yard freestyle. Qualifying for the state meet included: **Ezra Dickerson, Nate Meyer, Elijah Christensen, Tyler Barrett, Colten Gustafson, Jaden Herman and Blake Stuart**. The Knights saw huge time drops at the State meeting including Ezra Dickerson who swam his season best time in the 200 Individual Medley. To top off the night, the 400 relay team comprised of Elijah Christensen, Jaden Herman, Ezra Dickerson, and Nate Meyer also swam a career best and placed 13th. "It felt amazing to get our personal best time in the relay, it was like all the hard work from the season paid off. It's a little intimidating being the fastest athletes in the state, but we knew we earned our spot there," expressed Herman. *Story by Abby Ascher.*

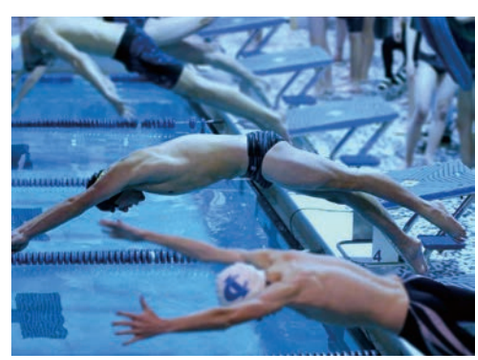
"It was like all the hard work from the season paid off."



WARMING UP. Jaden Herman ('21) participates in State prelims preparing for the actual 400y freestyle event later in the day. "We were preparing for state all season, before the actual race we were just trying to relax our muscles so we were ultimately ready," expressed Herman. *Photo by Chris Sarkenin.*



CHEERING ON TEAMMATES. Joshua Dalluge ('20) and his teammates cheer on the divers as they conquer the first meet of the season at Cambridge-Isanti. "I felt this season was going to be worse than last year, but everyone worked hard this off season, and we ended up winning every meet by a large margin," expressed Dalluge. They won this meet 104-74. *Photo by Bill Halldin.*

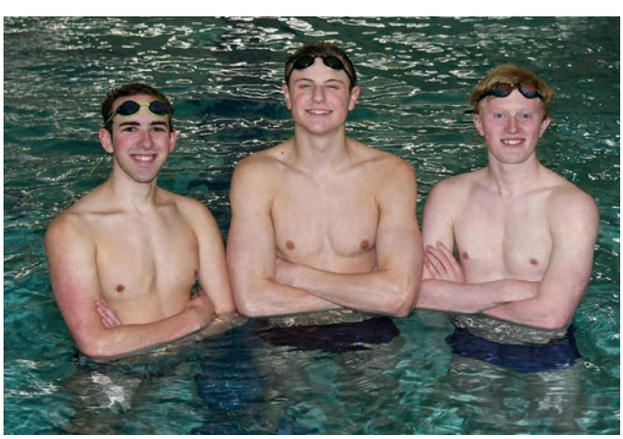


DETERMINATION. Michael Benusa is quick off the blocks for his event against Cambridge- Isanti. "I'm always motivated by going for better, I like when my stroke turns out faster because every second counts," exclaimed Michael. The Knights ended the night with a win 104-74. *Photo by Bill Halldin.*

Scoreboard

Elk River at STMA: **94**-92
STMA Princeton: **124**-62
Duluth East at STMa: **98**-88
Chisago Lakes at STMA: **111**-70
STMA at Buffalo High: **105**-81
Monticello and STMA: **95** to 86
Maroon and Gold Invite: **10th place**
True Team Sections: **1st place**
True Team State: **12th place**
Sections: **2nd place**
MSHSL: **21st place**

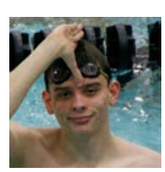
RACE TO THE WALL. Kyle Swenson ('20) dives in as Casey Johnsen comes into the wall during the 200 yard free relay. The relay won the heat against Cambridge-Isanti. "We had so many relays that day, overall was a great meet" said Swenson. *Photo by Bill Halldin.*



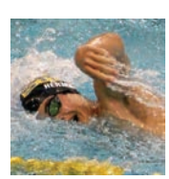
CAPTAIN'S COMMENTS. Senior captains Michael Benusa, Blake Stuart, and Nate Meyer. Stuart said, "This years team worked their hardest at practice, and it paid off. The people on the team are always pushing each other towards our best. Even though we had a slip up at sections, we still took 2nd place, and a bunch of personal records were beat. Overall was the best and most fun season for me!" *Photo by Bill Halldin.*

Socks for State

What motivated each practice leading up to sections?



"I was really trying to perfect my stroke."
Jacob Bluhm ('20)



"I was thinking about and focusing on working hard."
Jaden Herman ('21)

STATE SOCKS. For the first time ever, the boys swimming received socks for making it to state. They wore the socks for good luck for the rest of the season.

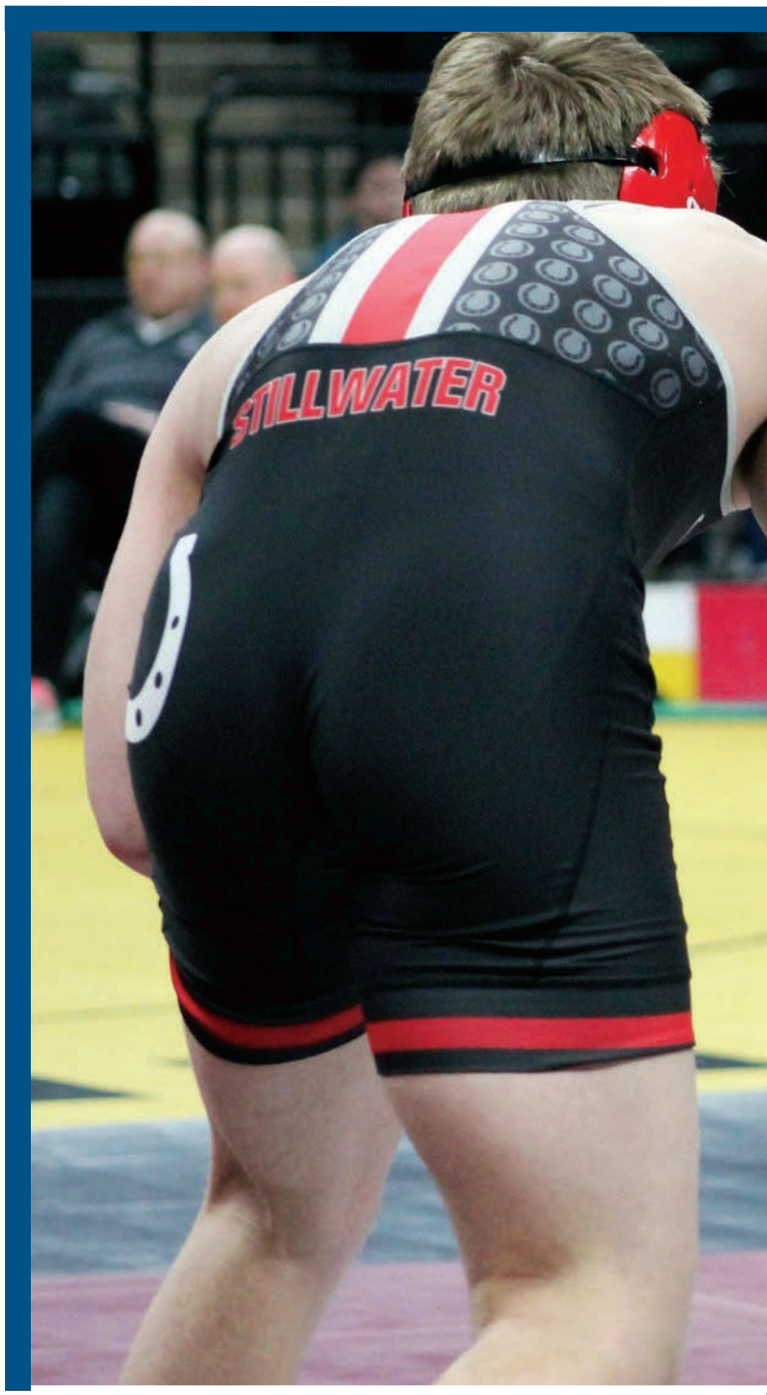
Another Year, Another State Tournament

Knights send 8 individuals to the State Tournament.

Varsity wrestler, Dylan Hanson, wrestles against Stillwater's team. Hanson continued to bring hard fought effort and lost by one point with the final score being 7-6.Hanson said, "This season has been a blast, the whole team wrestled to their best abilities throughout the whole season. We all trusted the process and made the most out of the season. *Photo by Eddie Krcma.*

With many wins in his past, Wyatt Lidberg takes the win against his opponent from Stillwater with a end score of 7-5. Lidberg said, "I feel like I had a lot of success this year. I trusted what my coaches told me and I credit a lot of my success to that." *Photo by Ryan Snyder.*

New to varsity this year, Fletcher Nesbit lost a tough match in overtime against Stillwater. Nesbit said, "Though I did not win all my matches this year, my losses have made me more determined for next season." *Photo by Eddie Krcma.*



Psyk takes 100th win

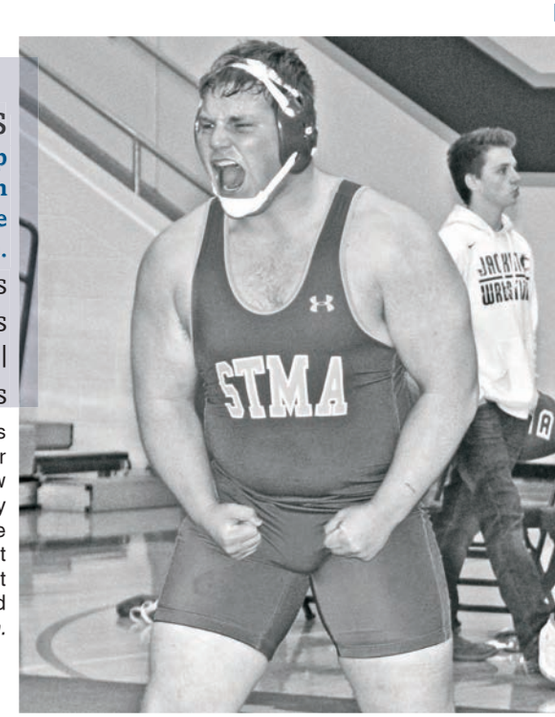
100 DOWN, MORE TO GO. Long time varsity wrestler, Brandon Psyk takes his 100th win against his opponent Branson Beers, from Holmens team at the Christmas tournament. Psyk said, "It is such a big accomplishment because not many kids reach 100 wins in their high school career."

Duerr Dominates

Few athletes can top Duerr in the weight room making him a force to be reckoned with.

Bench | 335 lbs
Squat | 500 lbs
Power Clean | 260 lbs

TJ Duerr added wrestling to his arsenal for his senior year. Duerr started off the season with a few tough losses but eventually rebounded to a winning record by the end of the year capping off his first and only season with a huge win at the state tournament against a ranked opponent. *Photo by Bill Halldin.*



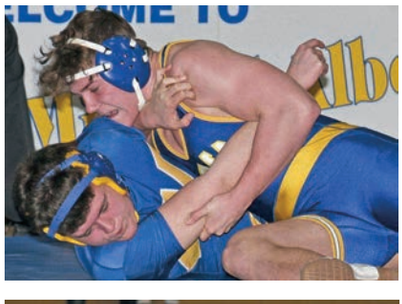
Making History

then & now

TAKE IT TO THE MAT. Carl Leur beats his Stillwater opponent in this individual round at the State competition. Leur finished this season 2nd in Sections and 3rd in State.

Celebrating 50 years of STMA, we also celebrate 50 years of wrestling. Wrestling is one of three original varsity sports that became public in 1968. In those 50 years, we have had 49 winning seasons. Our varsity record over those years is: 931-161-6. That is a winning percentage of 84.8%. This year is our 29th year we have qualified for the state tournament. In those 29 years we have won 8 state championships and 10 runners-up. We also have had 40 individual state champions. Former Coach Dan Lefebvre attributes this program's success to: "Dedicated athletes, coaches, alumni who all share a passion for the sport. Everyone is working together for the common goal of trying to create champions in wrestling and in life." One of those family's is the Leuer family who has had many generations of wrestlers at STMA over the years. "Wrestling has impacted my life in ways nothing else could. Wrestling has brought me so many things that have helped me through my life and I am forever grateful for it," acknowledged Carl Leuer (pictured left). 2019 State placers included Brandon Psyk 3rd, Cole Becker 4th, Carl Leuer 3rd, and Wyatt Lidberg 3rd.

George Marx fights for a pin.



Pictured top left: Harrison Wright
Pictured bottom left: Kaden Amundson
Photos by Bill Halldin.

NYGAARD BY THE *numbers*

75 VARSITY WINS

FOUR TIME LETTER WINNER | 3 state teams

FIFTY-FIVE CAREER PINS

2x INDV. **STATE** ENTRANT

UNDER CONTROL. Senior, Nathan Nygaard (left), is working the arm bar to pin his opponent. Nygaard missed most of his senior season due to an injury but supported the team all season and managed a win at the State meet. *Photo by Bill Halldin.*

Page sponsored by Arcas technology, inc

"Before I **compete** a **vault** I feel nervous but **prepared** and I just **give** it my **all**."

- Sydney Chervanek

STICK IT.
Sydney has been in gymnastics for eight years. On vault she competes a front handspring full. Her best score on vault is a 9.35.

Lauren Pomerleau ('20)

One Team, One Dream

Row 3: Anna Schmeltzer, Sydney Chervanek, Regan Miller, Izzy Dick.
Row 2: Caydence Hassal, Lauren Pomerleau, Jackie Bergereon, Jada Dalheimer, Molly Davison, Anna Tschida, Dakota Colvin.
Row 1: Abby Johnson, Erin Vlasak, Jessica Roth, Gabby Delgado, Gwen Herbst.

ABOVE THE BAR

ABOVE THE BAR. Maintaining focus Izzy Dick ('19) attempts to perfect her routine.

SCORPION. Erin Vlasak ('22) demonstrates her flexibility holding the "scorpion" pose.
"My favorite skill on beam is a front walkover, while on beam, I get an adrenaline rush. My high score is a 7.9", explains Vlasak.

Up in the Air

Jackie Bergereon ('24)

"The **key** to a **perfect aerial** is keeping square to the **beam**."

Regan Miller ('21)

NEW YORK CITY

admiring the lights

LIGHT SHOW. As the students take a break from visiting businesses, they visit the Christmas tree in Times Square. Allison Flaten ('19) said, "It was super cool to see it in person because I have always seen it in movies. Also the atmosphere there around the holidays."

SHOW TIME. When in New York, the students got the chance to see the Rockettes play at the Radio City Music Hall. Julia Walters ('20) explained, "The show was amazing. It was insane how in-sync and coordinated they were and how amazing their dancing and music was."

GRAND CENTRAL STATION. Jilliann Testa ('20), Julia Walters ('20), Bella Youngberg ('20), and Gracelyn Riedel ('20) pose for a picture at Grand Central Station. Testa said, "It was really cool seeing everyone travel from place to place at a fast pace trying to get to their destination."

Investing in our Future

MOTIVATION. As the students travel to different companies and learn more information about each one, Jack Meyer ('19) explains how to keep motivated, "I've always been a kid who works hard for what he wants and I always try to be the best person I can be in the business world." They visited Point72 and they talked about how they develop their people and how they use data to shape their thinking. Abby Gustafson ('19) said, "The speakers were really inspiring because they weren't that much older than us, but very successful."

Slaying the Bronze Beast of Wall Street

Knights take on the Big Apple investigating multi-billion dollar corporations.

Twenty-one Business Professional of America students boarded a plane on November 28th- their destination New York City. Advisor, Mrs. Carlson introduced the students to multi-billion dollar corporations including Point72, Gilbane, and Bank of America. Not knowing what to initially expect, Senior **Zoe Uden** said, "I expected it to be very fast pace not only because New York is generally fast pace, but because of Ms. Carlson as well! I also expected to walk a lot and not get a lot of sleep, which both ended up being true."

"Seeing the Charging Bull helped in a way that made people see what New York is all about... a city focused on business."

Business Professionals of America is used to prepare students for the advancement of the business world and help teach leadership, and technological skills. **Grange Farr** ('20) explained how "Seeing the Charging Bull helped in a way that made people see what New York is all about...a city focused on business. It was also cool to see because it symbolizes that New York is for the bull market of the stocks and it's a city that deals with business." Seeing New York motivates the students to get more into the business world and helped them see how it really works. *Page created by Megan Putnam.*

CHARGING BULL. Also known as the Wall Street Bull or the Bowling Green Bull, it is a bronze sculpture that stands in the Financial District in Manhattan. It is 7,100 pounds and stands 11 feet tall. The oversize sculpture depicts a bull, the symbol of aggressive financial optimism and prosperity, leaning back on its haunches and with its head lowered and if ready to charge. It is known as "one of the most iconic images of New York."

CELEBRITY. Abby Anderson ('20) smiles with Robin Roberts while at *Good Morning America.* Anderson explained, "It was super cool meeting someone that a lot of people see every morning on the news and see how they film the show."

DASHING THROUGH MINNEAPOLIS. The students aren't the only ones having fun at state this year. Jacob Asleson ('20) took this photo of their great advisors Carlson and Sinkule on their way back from exploring the town, Carlson had just recently been given the Advisor of the Year award. Carlson said, "I am grateful to work with these amazing students. I felt very honored to receive this award, as there are many hard-working advisors that make MN BPA successful."

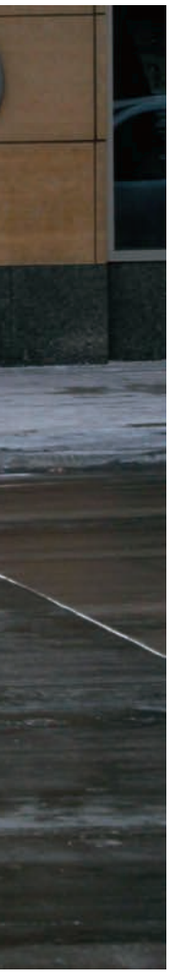
page created by Kallyn Amundson

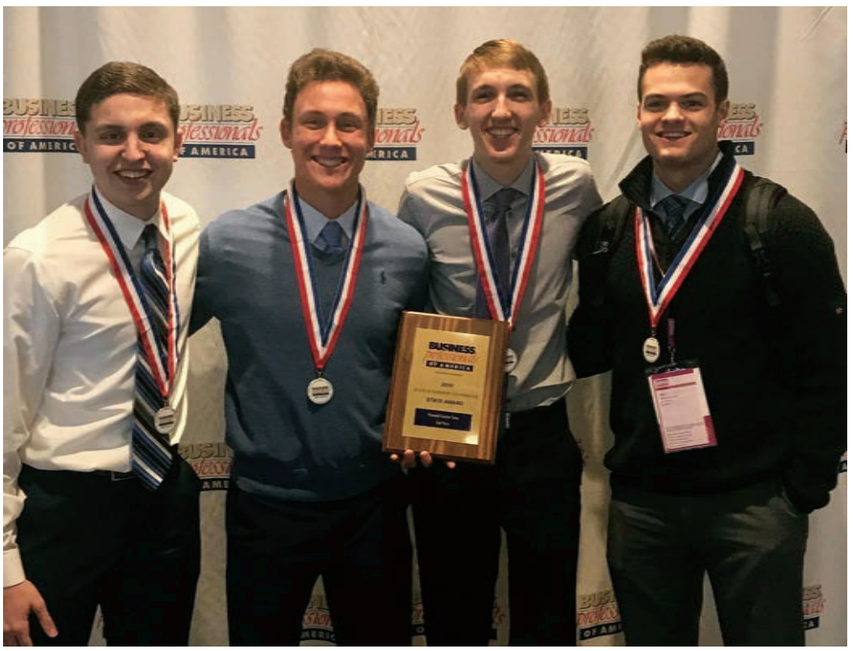
no time for funny business BPA

The STMA division of Business Professionals of America worked hard to develop their business skills all year with the goal of reaching state and possibly nationals. With the help of the club's alumni, 60 out of the 103 that competed at regions reached this goal. With the club being so young this year it was amazing to get over half the members participating in state. "It's cool to see we have so many new faces this year in BPA. The growth helps us to expand our footprint in the school and generate new ideas with the club," said Grange Farr ('20).

BRIGHT FUTURE AHEAD. New members Ava Windel ('21), Lauren Welle ('21), Natalie Mazurek ('21), and Abby Buckmeier ('21) are all smiles to be 4 of the 8 only sophomores to make it to the state competition. "As a first year member, I'm excited to see what I can accomplish in the business world through my experiences in BPA," said Windel.

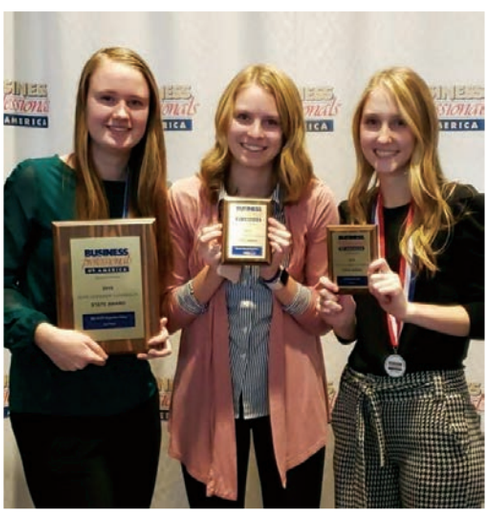
CHINS UP, SMILES ON. Showing off their professionalism, Taylor Ripplinger ('20) and Hannah Christman (20) walk the streets of Minneapolis."This experience is one of a lifetime. The skills I learned will bring me so far in life. It's taught me to keep my face forward and my shadows behind me," said Christman.





the worlds my stage

CALIFORNIA BOUND. Headed off to Nationals, Michael Malkowiak ('20), Grange Farr ('20), Will Spalding ('20), and Kolby Gartner's ('20) group presentation is going to Anaheim . "Our group took a lot of weekends in preparation for our event, even reached out to a mentor. After all the hard work it felt truly amazing to hear our names called at state," said Malkowiak.



RACKING UP THE REWARDS. Bella Youngberg ('20), Jillian Test ('20), and Gracelyn Reidel ('20) walked out of state with some hardware this year. "BPA has given us a the leadership and presentation skills necessary to conquer the business world," said Youngberg.

DRESSING FOR SUCCESS. Maddy Sawyer ('20), Olivia Aylor (20), Kaytlin Zack ('20), Olivia Schepers ('20) show off their coordinating business attire at the state competition. Maddy said "Banana Republic, please sponsor us."

LADIES CONQUER STATE. Placing 2nd, Maddie Blaeser ('19), Abby Reineke ('19), and Aubrey Rossi ('19) took state by storm for their Presentation Management Team and will attended Nationals this year. Reineke said, "After a lot of preparation, we are super excited to have the opportunity to compete in Anaheim.

Success at State

Out of the 60 young business professionals that qualified for State this year, over 20 qualified to represent St. Michael-Albertville at Nationals in Anaheim, California. National qualifier, Kolby Gartner said, "I couldn't believe that we won when they called our names. It took forever to sink in. I felt very appreciative at being given the opportunity to compete at Nationals. We put in so much work, it was fulfilling to see that it paid off."

WORK HARD, PLAY HARD. State competitor, Elise Weinzierl ('20) said, "BPA has been helpful in teaching me time management and more practice with public speaking. When we finally made it to state, I enjoyed exploring downtown and having fun after working so hard to get this far."

1. "Bunce", one of the farmers in Fantastic Mr. Fox, played by Landon Bjork ('22), tiptoes across the stage in the beginning of the show.

2. Placing a reassuring hand on his shoulder, Laura Panuska ('19), Mrs. Fox, tells Mr. Fox, played by Jonathan Haller ('19), and the rest of her family that they are safe from danger now that they have outsmarted the farmers.

3. Jonathan Haller ('19) assures a worried Badger, played by Josh Kainz ('20), that they can outsmart the farmers.

4. Waiting patiently for the next break in the show, Noah Dyer ('19), Isabella Carpenter ('19), Zachary Hassing ('19), and Jacob Lish ('19) chat quietly amongst themselves.

5. Sticking his nose into the cellar, Jonathan Haller ('19) makes sure the coast is clear so that his children, Kelsey Frederick ('22), Nolan Montcalm ('21), Avery Roisen ('21), and Kylie Bjork ('22) can enter.

6. Landon Bjork ('22). Emma Ericksen ('20), and Marli Meilahn ('20), the three farmers, talk about their plan to capture the foxes.

3

4

5

SIMPLY, TRULY, FANTASTIC

STMA's One Act Play advances to State for the first time in over a decade.

& THE WINNER TAKES IT ALL.

The 2019 One Act Play cast of Fantastic Mr. Fox advanced to state after winning the regional competition on Saturday, February 2nd. Director Mr. Siemieniak reflected on his feeling and reactions immediately after the winner was announced. "Being announced the winner was an unforgettable feeling!" he exclaimed. "It was a rush of emotion and I felt so happy for the cast because they were so dedicated and motivated to create an amazing show. They deserved that moment. STMA has been to state a handful of times, the last time being 2006. I went to state as a senior in high school in 2009. This group was perfect for this show; it was like the stars aligned. I am honored that they are a part of STMA history!"

Laura Panuska ('19) reflects on how she felt when the cast list for one act was announced. "I was very surprised when I found out I was Mrs. Fox; this is the largest role I've had so far," she explained.

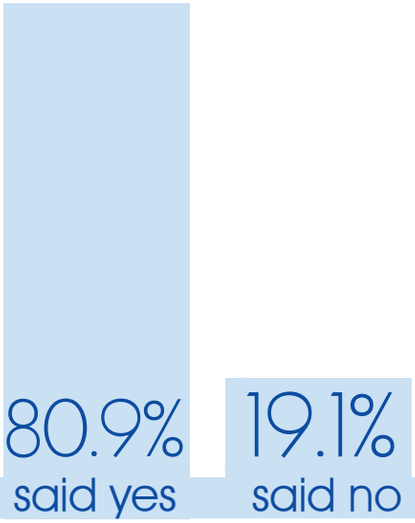
"Going to State was an awesome experience. Being able to share the magic of theatre with so many people is truly remarkable. Going to State has showed me how much I want to continue spreading the joy that theatre can bring."
-Laura Panuska ('19)

6

In the week leading up to their state competition, the Fantastic Mr. Fox crew grew more and more excited about their upcoming performance at St. Katherine's University. According to Mr. Siemieniak, the cast had a normal week of rehearsal, but mixed it up by doing speed-reads and fun runs to make the show stay fresh. "We are just staying positive this week and cherishing every moment of our 'state week'," he said. "Fantastic Mr. Fox has something everyone will enjoy! This is truly a FANTASTIC show!"

All photos taken by Jennifer Haller.
Page designed by Erika Jordheim.

Did you enjoy your snow days?



TALLEST SNOWMAN. The last time we had this much snow was the winter of 1969. STMA students built a 63 foot tall snowman over the course of the week, and they won the Tallest Snowman Contest sponsered by KDWB radio.

winter wonderland

SNOW ANGEL. Brianna Renyolds ('19) makes a snow angel in a fresh coat of snow, recreating childhood memories. Renyolds said, "I hate the snow now, but it was fun to do something I used to do all the time when I was a kid." *Photo taken by Ashley Ingebrigtson.*

MAKE IT WORK. STMA students who drive to school sometimes have to make their own parking spots when the winter months come along. With all the continuous snow on the ground this year, it was difficult to see the lines when parking. Students had to make do with any spot they could find, and even park along the curbs. *Photo taken by Ashley Ingebrigtson.*

SNOWBALL FIGHT. After another fresh coat of snow, Ayodele Ogunlana ('19) aims a snowball at a fellow classmate. "The snows cute until you have to shovel thirteen times a week. I'm ready for summer," Ogunlana said. *Photo taken by Ashley Ingebrigtson*

cabin fever

Pictured above: Amelia Boldenow, Abigail Thompson-Witt, and Syra Tanchin

After not having a proper snow day in many years, STMA students enjoy three late starts and five snow days in the time span of four weeks. Three students share their snow day experiences.

When the temperature felt like -40's, my dogs, Rocky and Jewels, kept getting stuck outside because the snow was so cold on their paws. They would both try and walk to the door, then they would shoot up to stand only on their back paws because it was so cold. The first time, I ran out in socks and a t-shirt to save Jewels, who was stuck under the trampoline. By the second day, Rocky had gotten stuck around the corner of the house. My friend and I decided to try and make homemade boots for them, so I found some old baby socks and grabbed the plastic wrap. We put a sock on a paw, then wrapped the plastic wrap around it, and used a ponytail to try and hold it in place. It didn't work, and I'm sure my dogs are traumatized now, but it was fun to at least try.

- Ashley Ingebrigtson ('19)

Eddie Krcma and I were riding our snowmobiles on Pelican Lake past dark when it was the -50 days. My snowmobile ran out of gas, and Eddie had to go get gas on his snowmobile. He drove to his brothers house to get my truck, and on the way back, he got stuck coming to get me.I waited patiently by myself in the dark for close to an hour. Eddie drove out onto the lake with my truck and rolled past as I hopped in. The snow was so deep we almost got stuck. I put gas in my snowmobile as Eddie drove the truck around in circles so he wouldn't get stuck. My sled wouldn't start and I already had frostbite, so we just left it for morning.

- Luke Tillemans ('20)

My friends and I made plans to hang out the first three days in a row that we had no school. We slept over at one of their houses, and we went to Ridgedale the next morning. Her car was having major issues because of the cold, and we definitely packed the car. If that's not living on the edge I don't know what is. Once we got to the mall, we shopped for a few hours and noticed about halfway through that some weird little bird had somehow found a way in and was flying around trying to get out. It was very intimidating to eat lunch when that bird had his eye on our Chipotle.

- Ellsie Covert ('21)

SNOW STATS

SNOW DAYS :

January 29, 30, and 31, February 4, 20

- On January 30, it was warmer in Antarctica than it was in Minnesota.

LATE STARTS :

January 28, February 8 and 12

Spread designed by Ashley Ingebrigtson.

RELAY RACE. Luc Laylin ('20) races to help his team win in the captain versus captain relay race across the gym.

RACE TO WIN. Snow week candidates, Paige Mcaloon ('20) and Zachary Jans ('20), race to try and win against the other snow week candidates.

DANCE IT OUT. Jonathan Haller ('19) leads the dance in the "Baby Shark" flash mob on February 22nd.

MARCH TO THE BEAT. Isaac Frauendienst ('19), and Evan Hoy ('20) perform in the drum line on February 22nd at the pep fest.

PAJAMA DAY

ATHLETES & MATHLETES

SPIRIT DAY

TOO EASY. Desean Phillips ('19) dives to touch the cone and win the seniors verses teachers tug-of-war match at the pep fest on February 22nd.

Diving into Winter Week

Students beat teachers in battle of tug-a-war.

Seniors TJ Duerr, Katie Johnson, and Molly Wilde give it their all as they pull the rope while Desean Phillips stretches out to the cone for the win, beating the teachers. The student body watches and cheers as the students and teachers battle in a friendly competition. **Molly Wilde** said, "I love doing the tug of war because of the rush. It was super fun and there was a huge rush from everyone cheering us on. It's a way to pull together the whole grade and all root for each other together." **Desean Phillips** added, "I have been apart of the tug of war competition a couple times now and it is always so much fun. Everyone in the gym always gets so hype for it. It's always awesome when you win too!" **Katie Johnson** explained, "It was awesome to go out there and win like we did! I mean we even beat the teachers! I love Winter Week and all we do it is so much fun." Winter Week is such a cheerful and fun time for everyone at the high school. The school spirit that was portrayed during this pep fest was amazing.

Page sponsored by Albertville Plaza Kremer's Toy and Hobby

"I had so much fun getting all dressed up and ready with my friends."

-Hillary Gustafson

A Night at the Movies

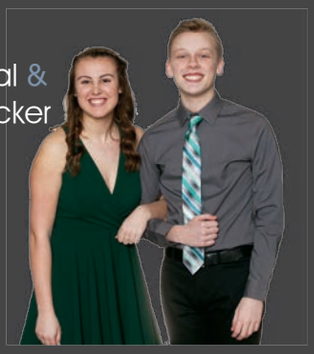
Hillary Gustafson & Hannah Henschell

Maiya Hofmeister & Ian Barthel

Brooke Hunsley, Erin Jensen, & Kallyn Amundson

Annie Kolker, Megan Bennett, Katie Johnson, Miah Williams, & Kyra Winslow

Sydney Aandal & Zachariah Becker



Gabrielle Madore & David Collins

Paige McAloon & Zach Jans

Lucy Miller & Ben Lock

Sarah Lenz & Jack Shutz

Cecilia Miller and Black Marhula

Dancing Queen & King

Organized Chaos

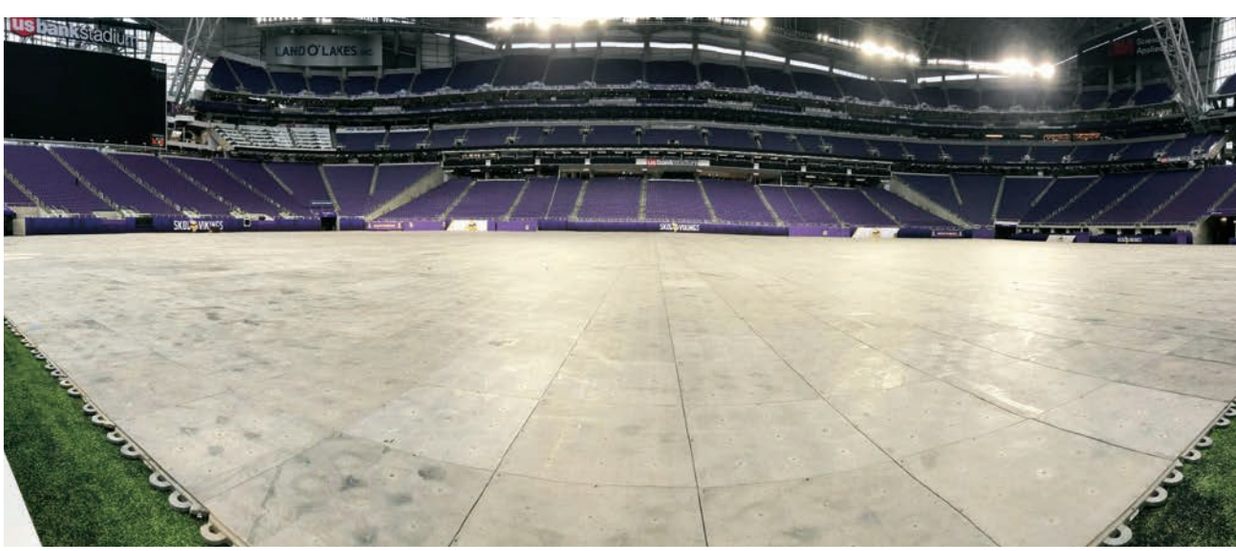
POSE. After the workshop was over, Aliyah Simat ('20), Raquel Miller ('20) and Kallie Lehmann ('20) pose for a picture with the brick background. Lehmann said, " It was such a cool space we thought we might as well take a picture."

SMILE. As we took a break in between sessions, Seniors Ryan Snyder and Ethan Peal pose for a picture in their "crop it like it's hot" yearbook shirts.

VIRTUAL. During the workshop, some of our yearbook students took out their phones and screened the board to see a live yearbook cover. Abby Gustafson ('19) said, "I thought it was super cool how they brought technology into their yearbook to showcase everything that went on with their school and the students that year."

U.S. Bank

TOUR TIME. Yearbook students got to tour the U.S. Bank Stadium. They got to see the locker room with Harrison Smith's equipment set up in it. Eddie Krcma ('20) said, "My favorite part of the locker room was how they put the logo on the ceiling so they never walked across it. The students also got to walk on the field and see the atmosphere from where the players do. Yearbook got to see a lot of artwork around the whole building.



Improving Our Skills

Yearbook students attend downtown workshop to learn modern trends & polish their skills.

Yearbook traveled for a workshop downtown to Day Block Event Center with six other schools to listen to speakers on how to make a yearbook look better and to make it more interesting. The students heard from Mike Taylor who is a yearbook journalist specialist. He talked about how to make a yearbook spread look more clean cut and make the whole yearbook pull together. Intergrating technology into yearbooks is also a hot trend that might become popular in future years. After the workshop, all the schools got the chance to tour the U.S. Bank Stadium. They got to see all the artwork and hear about how the stadium was built and what had to be put into building it. *Page created by Megan Putnam.*

Page sponsored by Zahler Photography

You make the year & we make the book.

Megan Putnam

Eddie Krcma

Alyssa Andrescik

Gavin Wermager

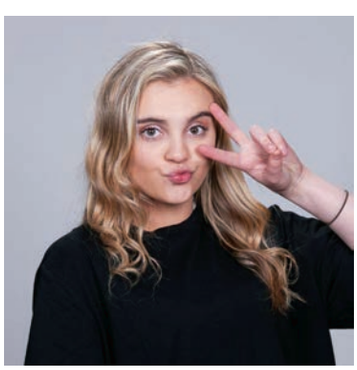
Raquel Mitchell

Brinna Martin

Brianna Reynolds

Erin Gilbert

Annie Kolker


Noelle Hofmeister

Ryan Snyder

Alex Antil

Megan Baldwin

Lane Tucker

Abby Gustafson

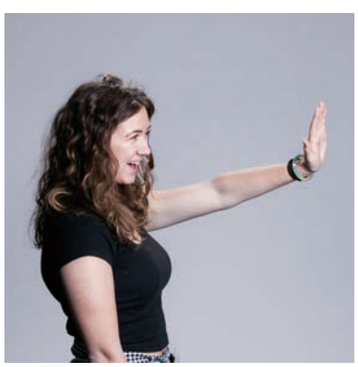
Abigail Ascher

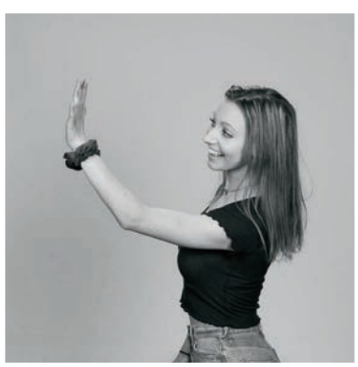
Alexa Richardson

Aliyah Simat

Ethan Peal

Jadyn Hanson

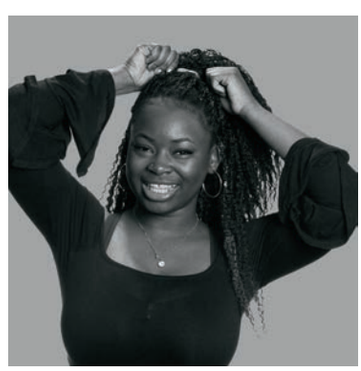

Megan Ekman


Hailey Hollister

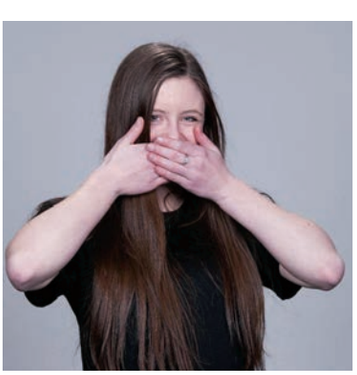
Erika Jordheim

Bryn Nelson

ybk
staff


Ayo Oguniana

Kallyn Amundson


Ashley Ingebrigtson

Kallie Lehmann

Logan Heuanphommavong

Page sponsored by Zahler Photography

1. If you could travel anywhere, where would you go? Maldives Islands because it is home to some of the most luxurious over water bungalows - Olivia Peltz ('20)

2. If you were going to be stranded on an island, what are three things you would bring? A blanket, my phone, and gummy worms - Payton Scherber ('19)

3. What is a hidden talent of yours? I know all the words to *We Didn't Start the Fire* - Owen Sorby ('19)

4. What's something that never fails to make you happy? My dogs or sleeping - Amanda Bissen ('20)

5. What are you most looking forward to in the next ten years? Getting married, moving out, going to college - Olga Perepechkin ('20)

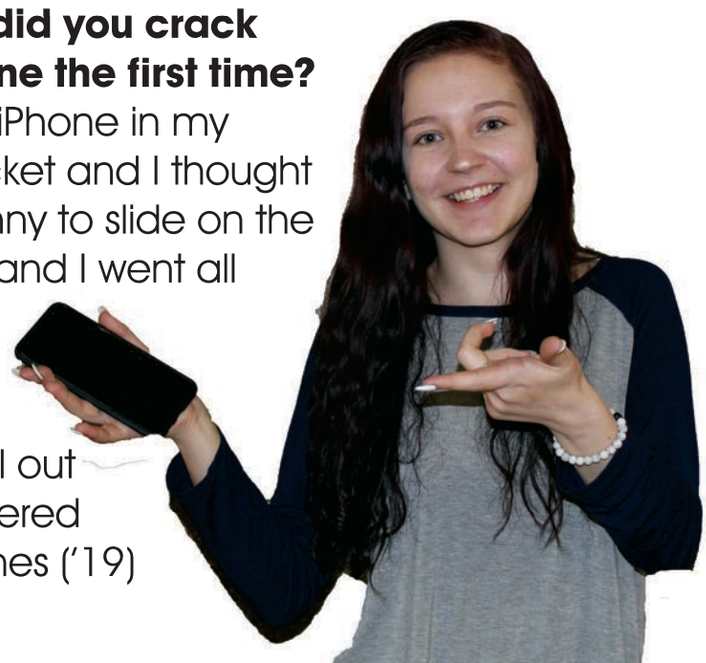
6. What is the number one thing on your bucket list to do before you die? Go skydiving - Claire Beutner ('19)

7. What's one thing you can't live without? Electronics - Hunter Jans ('20)

8. What is the most embarrassing thing you can remember yourself doing? I was in a dance circle at prom last year with my friend. As I was running towards her to meet back up in the middle, my foot got caught with the tail of my dress and I fell on my knees in front of everyone. I tried dancing it off but I couldn't hide my embarrassment - Josie Flores ('19)

9. What is the weirdest injury you've ever had? I cut my chin open on a coconut - Ryan Snyder ('19)

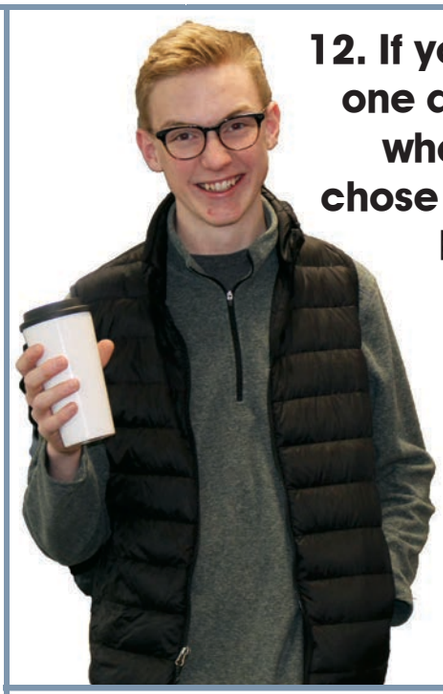
10. How did you crack your phone the first time? I had my iPhone in my back pocket and I thought it'd be funny to slide on the hand rail and I went all the way down and my phone fell out and shattered -Lillian Jones ('19)



LET'S PLAY 20 QUESTIONS

page created by Ashley Ingebrigtson

11. What could you give a forty minute presentation on with absolutely no preparation? I would give a presentation on donuts, and which places have the best and worst donuts - Brianna Renyolds ('19)



12. If you had to choose one age to be forever, what age would you chose and why? I would be 63 because it's during prime retirement ages and I want the opportunity to be able to nap in the middle of the day - Jack Schutz ('19)

13. What job would you be terrible at? Um a cop - Karter Gruenwald ('19)

14. What is something you think everyone should do at least once in their lives? Go out of their way to make someone happy for a day. It makes you feel better and them - Isabella Carpenter ('19)

15. What's a class that you ended up loving? Any ceramics or art class - Miranda Zitzloff ('20)

16. What's your go-to song? *When I Look at You* by Miley Cyrus - Benjamin Oscarson ('20)

17. What is something you wish you could re-experience for the first time? My trip to Europe - Alina Brutskaya ('20)

18. If you were arrested with no explanation, what would your friends and family assume you had done? Tax evasion - Ellis Rude ('19)

19. If your life was being made into a movie, what would the title be? "Let Me Think for a Minute" - Samuel Harlan ('19)

20. What is the most embarrassing thing you have ever worn? I used to wear a furry cheetah coat everywhere I went - Annie Kolker ('19)

Art Scholastic Awards

There are only five American Vision nominations in the state of Minnesota, from across all categories and grades. They are selected from those earning Gold Keys as the 'Best-of-Show' for each regional program and will go on the national awards competition as nominees for the American Vision. There were almost 4000 entries for the Scholastic program from across the state and to have 3 of the 5 nominees from our school is a major accomplishment!

3 American Vision Nominations

Morgan Smith ('19)

Claire Fredrickson ('19)

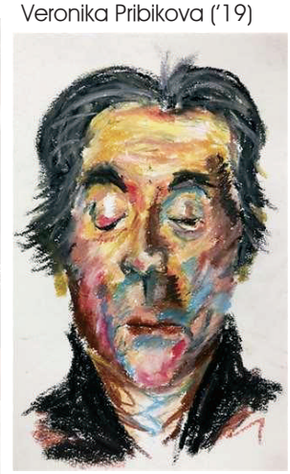
Hannah Miller ('19)

SiAnna Sousa ('19)

Emily Markgraf ('20)

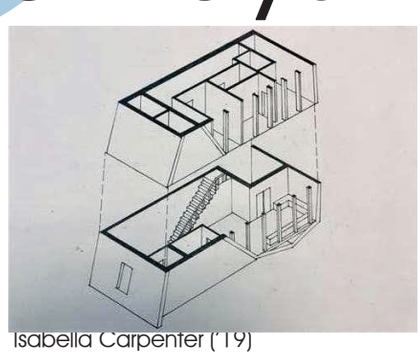
Ayodele Ogunlana ('19)

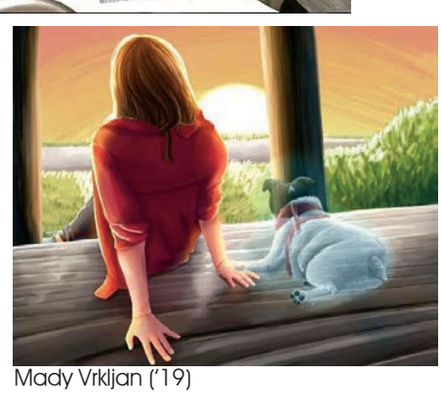
Veronika Pribikova ('19)

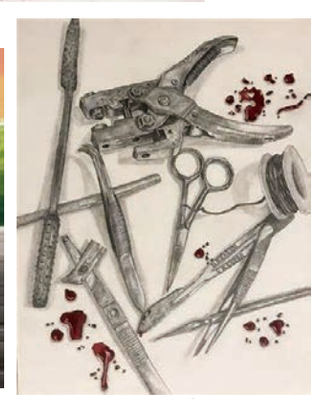


23 Gold Keys

Emma Gordley ('21)


Isabella Carpenter ('19)


Mady Vrkljan ('19)


Hannah Miller ('19)

38 Silver Keys

Nathan Nygaard ('19)

Lauren Welle ('21)

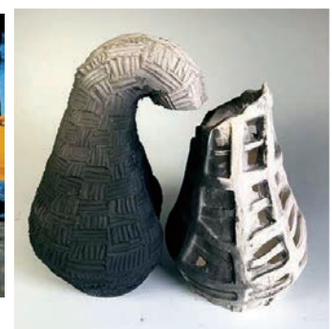
Joshua Eull ('20)

Sarah Lenz ('19)

Nykayla Greer ('20)

Natalie Mazurek ('21)

Danay Dehmer ('20)



Jack Schutz ('19)

73 Honorable Mentions

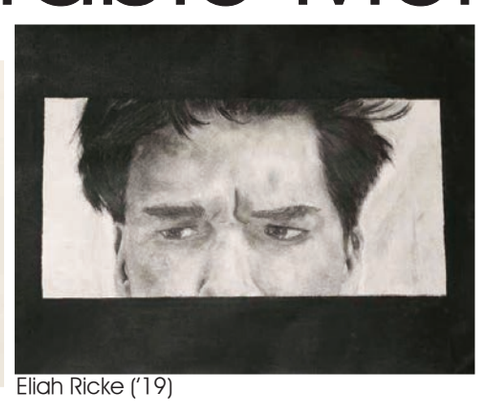
Aaliyah Her ('20)

Maia Garcia ('22)

AQ Bui ('22)

Julian McClellan ('19)

Mia Camp ('19)



Eliah Ricke ('19)

Andrew Vaerst ('19)

Jillian Williams ('20)

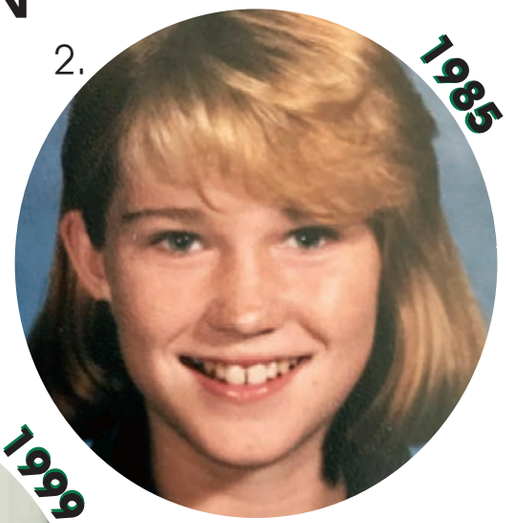
BACK THEN STAFF EDITION

Page created by Erin Gilbert

1.

1978

2.



1985

3.

1999

4.

2012

5.

2008

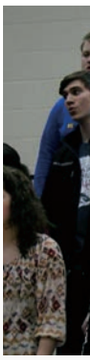
6.

1984

1. Mrs. Metcalf 2. Sra. Negaard 3. Ms. Vander Heiden 4. Mr. Olesen 5. Mr. Siemieniak 6. Ms. Herfel 7. Ms. Hoppe 8. Mr. Greeno 9. Mr. Eller 10. Mr. Olig
11. Mrs. Anderson 12. Mrs. Shumway 13. Mr. Massmann 14. Mr. Driver

Page created by Aliyah Simat

Sing out LOUD



"Choir pushes me to do the best version of myself. My favorite song to sing is "Where your Barefoot Walks" because it sounds cool with the wide range of voices and volume. I joined choir because the teachers are hilarious and I love to sing and hang out with my friends."

-Rachel Sustacek ('20)

AMERICAN EAGLE
FCA

Major & Minors

The band program was built on a foundation of excellence and has done nothing but grow since then. There are three bands at the high school: Concert Band, Symphonic Band, and Wind Ensemble.The Concert Band is made of freshmen, the Symphonic Band is made up of sophomores with a few juniors and seniors, and the Wind Ensemble is an auditioned group comprised of juniors and seniors. Each year, there are many opportunities for band students to get involved in extra-curricular activities outside of school. There are three jazz bands that meet during the week in the mornings and at SNAP. In the fall, students have the opportunity to participate in pit orchestra for the fall musical. This year, flute players in grades 9-12 also had the opportunity to participate in an ensemble specifically for flutes. Another opportunity for band and choir students is a group called music listening, where students memorize information about composers and their works and use their knowledge to compete against other schools.

In addition to those opportunities, all three bands compete against other schools in a large group competition during the spring. Every other year, the Symphonic Band and Wind Ensemble, along with the top two choirs, go on a trip across the country and perform. Last year, they traveled to San Diego and Los Angeles. This year, the Wind Ensemble took a two-day tour to the Twin Cities in March and work with multiple college professors.

There are currently about 300 members in the band program, and the numbers are only expected to grow. Many students look forward to coming to band because of how at home they feel. According to senior **Liam DuPaul**, "My favorite part of band is the sense of community I feel. After I graduate, the part I will miss most about band is getting to play my trombone with this awesome group of people."

Many students in the band program are committed to staying in band all four year of high school because of the impact music has made on their lives. "I have decided to stick with band my whole life because I believe learning an instrument is a very important tool in developing character," said **Ellsie Covert** ('21). "It has helped and continues to help me learn patience, humility, perseverance, and dedication. At the same time, making music with your friends is just really fun! It's not easy to find time for music during such busy high school years, but I have no idea where I would be without it." *Page created by Erika Jordheim.*

BUDDY. Left to right: freshmen Jackson Collins, Tommy Kammann, Sam Monseth, Andrew Ricke, Evan Anderson, Ryan Dornfield and Halaina Walker pose in front of Buddy the Elf statue at the Ordway. *Photo by Kaden Loebertmann.*

ALL THAT JAZZ. The STMA Gold Jazz ensemble performs at the mall of America.

STMA Bands hit all the right notes

Knight's Choir

Concert Choir

Bella Voce

Cantabile

Vivace

Wind Ensemble

Symphonic Band

Concert Band

Blood Drive

HELPFUL HAND. The National Honors Society hosted the Winter Blood Drive with a bang. In the bottom photo, Ameila Boldenow ('19), waits for her blood to get drawn with Mary Heil ('20) who sat and helped make the process more comfortable. Heil said "It was great to see the school come together and help a great cause, and the snacks were even better!"

CUT AND COLOR. Before the beginning of school, Student Council put some work in before the start of school to create the 9th, 10th, 11th, and 12th grade hallway posters. Jaylyn Pauly ('19) works hard to create the Dr. Seuss themed hallway for the seniors.

Student & Council & National Honor Society

Groups that make lasting impacts on the lives of others.

Varsity Boys' Hockey

Row 1: Aaron Loch, Tanner Sundell, Adam Flammang, Cody Kelly, Luc Laylin, Riley Ollhoff, Blake Marhula. Row 2: Blake Esterberg, Zach Miller, Nick LaMere, Joey Robinson. Row 3: AJ Lomen, Hayden Huber, Devin Schultz, Brennan Pederson, Tyler Beckstrom, Connor Couet, Nate Swenson, Reed Brown, Joey Driver.

JV Boys' Hockey

Row 1: Charlie Michaelson, Jadon Wise, Andrew Zattoni, Caden Kelly, Zach Ingebrigtson, Dominic Neutgens, Owen Ollhoff. Row 2: Adam Spetz, Gavin Robeck, Deven Perron, Carter Wise, Jonah Vrklijan, Nate Cheney Row 3: Jake Roos, Dylan Blount, Tyler Beckstrom, Brayden Mogard, Alec Schee.

Winter Formal Team Photos

Wrestling

Row 1: Lauren Couture, Ava Zoellmer, Emma Vike, Carter Ringate,Caleb Thoennes, Roman Dehmer, James Heil, Tyler Suchla, Jonathan Mlsna, Kaden Amundson, Benjamin E Kloss, Tate T Lidberg, Parker Jansen, Alix Bushard, Jordan Mlsna Row 2: Sadie Mickelson, Ashlyn Pomerleau, Thomas C Pederson, Kenneth J Stahl, Sean Kennedy, Luke Williamson, Owen Neros, Opie Johnson, Brandon Psyk, Nathan Nygaard, Isaiah Mlsna, Cole Becker, Tyler Getty, Jake Springer, Dylan Hanson, Megan Cornell, Lynzi Emery Row 3: Kayla Barthel, Preston Toring, T.J. Duerr, Ethan Rice, Elijah Ernest, Luke Browning, Owen Vike, Jonah Hayes, Owen Barthel, Reven Simat, Hayden LeMonds, Leo Leuer, Carl Leuer, Jaxon Price, Chris Vrudny, Laurie Juusola, Amelia Delmonico Row 4:Skyler Boushee, Boden Sperr, Alex Fernandez, Harrison Wright, Sam Peterson, Marcus Mueller, Nolan Gustafson, Ethan Yantes, Sam Draeger, Tyler Wolkerstolfer, Jared Dick, Wyatt Lidberg, Toby Dehn, Anthony Urbanski, Favor Donbraye, Jamie Slaughter.

River Hawks Girls' Hockey

Row 1: Kylee Wirtz, Megan Sullivan, Sarah Lenz, Lauren Rokala, Payton Allen, Lily Johnson, Alicia DeAntoni MacKenzie Petersen. Row 2: Lacey Mader, Maddy Gundberg, Erin Jensen, Anna LaRose, Megan Copeland, Blair Boutet, Lizzy Jones. Row 3: Anna Lindemann, Mary Heil, Clare Chambers, Kallie Lehman, Selena Delgado, Kallie Christianson, Chloe Finnerty, Bailey Hoffman, Hannah Christman, Lila Lindemann. Row 4: Brinna Martin,McKenzie Bourgerie, Kenzie Dunn, Mya Van Kuyk,Julia Walters, Sydney Lemke, McKenna Wilson, Sydney Petersen.

Dance Team

Row 1: Ananda Hart, Maddie Arro, Ava Windel, Alanna Gifford, Emma McAlpine, Kallie Campbell, Stevie Slowiak, Bryanna Rieber, Amanda Bissen, Kaitlyn McCormick, Claire Presslein, Rachel Kasper. Row 2: Gabby Cramer, Katie Windingland, Megan Hester, Alyssa Krueger, Brittney Schoen, Kenna Vorgert, Kailey Goins, Grace Bilicki, Mallory Maynard, Peyton Hernandez, Katie Dinius. Row 3: Grace Lee, Maddie Gagnon, Liv Smith, Kallyn Amundson, Brooke Hunsley, Hailey Pudlick, Sarah Marty, Sophia Bloomstrand, Abby Radtke, Eliana Bunnell.

Varsity Boys' Basketball

Row 1: Joe Miller, Jordan Krupke, Boston Merlia, Sean Buchanan, Zach Jans, Brandon Sukalski, Judson Chea, Nick Olson.
Row 2: Jonah Breuer, Colton Christopherson, Kale Hoselton, Austin Jensen, Mo Culhane, Noah Kunz, Evan Wieker.
Row 3: Johnny Tennyson, Peyton McLean, Austin Haus, Jack Sander, Tyson Radke, Wyatt Blakstvedt, Trey Fessler.

JV Boys' Basketball

Row 1: Nathan Coulson, Mason Maynard, Jack Drobinski, Brady Bannick, Mason Zingelman, Jackson Newman.
Row 2: Dawson Noska, Charles Wagner, Evan Hoy, Luke Johnson, Derek Zahler, Jack Hulting.

9th Grade Boys' Basketball

Row 1:Blake Brabant, Jagger Chalich, Wesely Kuechle, Hayden Frank, Zach Ewer, Trey Sybrant, Joe Stepp, Andrew Bot

Row 2:Riley Purcel, Rylan Maynard, Xavier Peltoma, Mason Woller, Kyle Ross, Carson Radke, Sawyer Forsberg, Robert Peiler, Liam Culhane, Ben Kanthak, Brooks O'brien, Titus Johnson

Varsity Girls' Basketball

Row 1: Emma Miller, Maddie Jonshoy, Jadyn Hanson, Haylee Coulson, Kaelyn Christian, Cecelia Miller, Erin Hamilton, Meriel Orham
Row 2: Lily Tennyson, Elise Weinzierl,Tatum Birr, Vanessa Alexander
Row 3: Mackenzie Kramer, Amanda Rokala, Tessa Johnson, Kendal Cox, Karly Mcshane, Karis Zezza
Managers: Chloe Steinke, Mia Camp, Belle Johnshoy

JV Girls' Basketball

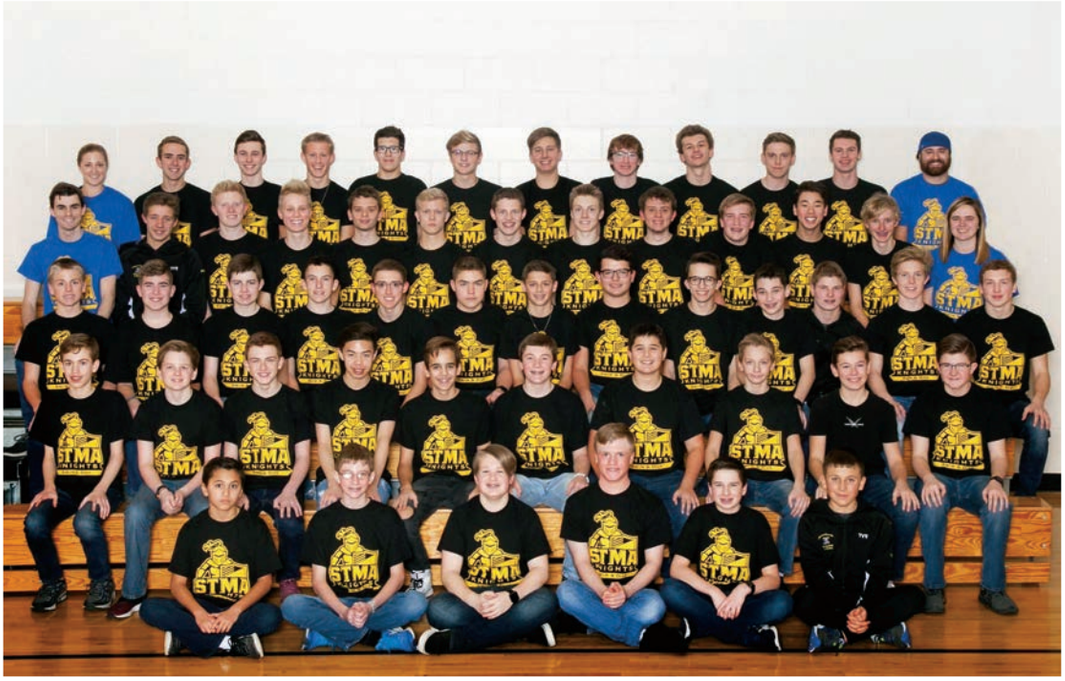
Row 1: Kaitlyn Braun, Jordan Pufahl, Elizabeth Frelich, Grace Sime, Sophie Juntunen
Row 2: Alycia Haus, Taylor Klinkhammer
Row 3: Kaylie Cox, Holly Carlson, Emma Hamilton
Managers: Mia Camp, Olivia Wester, Amelia Wester

9th Grade Girls' Basketball

Row 1: Abby Cornell, Lauren Hoselton, Piper Carlson, Maggie Lindeman, Jasmine Purnell
Row 2: Lynzie Moseng, Morgan Elken, Hailey Enos, Olivia Lange, Eliy Parker
Row 3:Mackenzie Berg, Lucky Kadar, Mikayla Verdich , Gabby Voigt
Manager: Mia Camp

Boys' Swimming

Row 5: Michael Benusa, Cole Davies, Kyle Swensen, Clayton Follett, Blake Stuart, Noah Anderson, Tristan Benson Josh Dalluge, Briac Bean, Ezra Dickerson. Row 4: Kaz Beaudry, Nate Meyer, James Lyke, Jake Bloom, Calvin Bromley, Tommy Gonsior, Elijah Christenson, Zach Bluhm, Cole Sarkinen, Liam Ryan, John Hartnett. Row 3: Caden Nordberg, Matthew Papp, David Ebert, Joe Spitainick, Casey Johnsen, Gavin Meyers, Carter Wurst, Tyler Hecksel, Adam Konsor, Andrew Beack Levi Lefebvre, Colton Gustafson, Tyler Barrett. Row 2: Rocco Amente, Christian Collins, Will Dorfsman, Jordan Liew, Jordan Lyke, Will Sarkinen, Caden Jurkovski , Peyton Turpin, Jack Davies, Jackson Byboth. Row 1: Conner Smith, Hayden Snyder, Daniel Wray, Josh Cooper, Matthew Papp, Conner Reese.



Adapted Floor Hockey

Row 1: Derek Vetsch, Grace Lemprecht, Nathaniel Westphal, Austin Peterson-Lomker,Jordan Ragone.
Row 2: Kyle Kauffman, Calvin Wyse, Justin Garaghty, Mackenzie Davis, Meghan Garaghty, Hannah Strom, Lexi Georges.
Row 3: Coach Brooke Ziwicki, Coach Dale Gilmer, Student manager Justin Bunting, Student manager Rylee Simmang, Student manager Abby Burandt, Coach Ruth Clarke

Not pictured: Brandon Powers

Adapted Soccer

Row 1: Lexi Georges, Mia Camp, Justin Emery, Kyle Kauffman, Brenden Garaghty, Meghan Garaghty. Row 2: Justin Garaghty, Austin Peterson-Lomker, Nathaniel Westphal, Omar Emery, Jordan Ragone, Mackenzie Davis
Coached by Ruth Clarke and Brooke Ziwicki. Student manager – Rylee Simmang

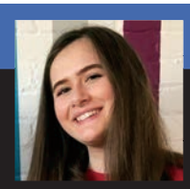
Math League

Row 1: Isabella Youngberg, Gracelyn Riedel, Olivia Sorensen, Ashley Peters, Janelle Sylvester, Jalyssa Beaudry. Row 2: Chase Liefert, Marley Anderson, Amelia Relopez, Zachariah Becker, Jacob Mcisaac, Tyler Glass, Brianna Seaver, Adalyn Pederson. Row 3: Isaac Frauendienst, Mitchell Kowalke, Lauren Welle, Natalie Mazurek

Around the World

Six Foreign Exchange Students traveled over 4,000 miles to experience the life of a STMA student.

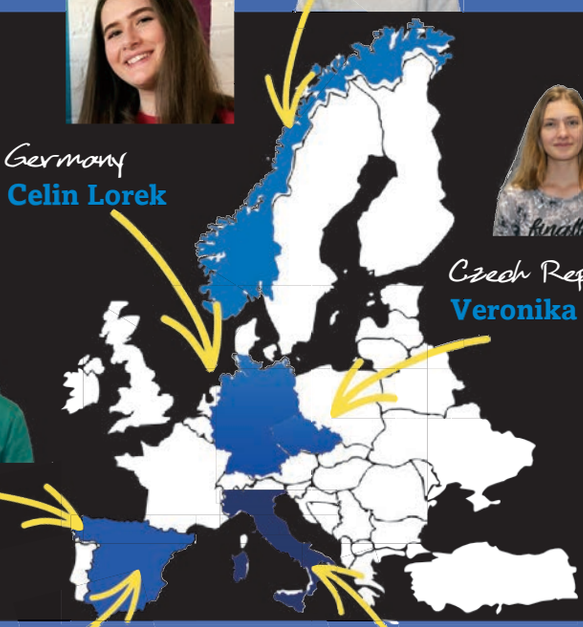
Norway
Amanda Olsen



Germany
Celin Lorek

Czech Republic
Veronika Pribikova

Spain
Ignacio Gonzalez Carrasco



Spain
Lucia Ahijado

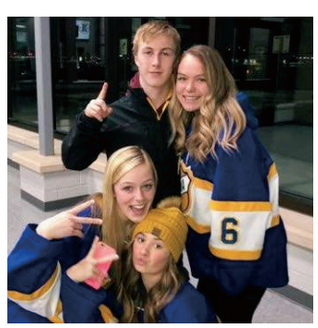
Italy
Giacomo Ancona

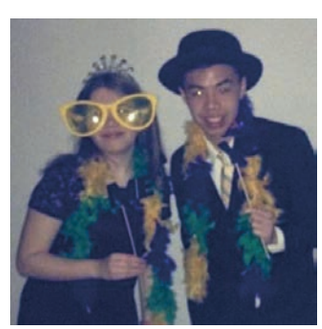
Hitting the SLOPES

High School Alpine Ski Team

Rachel Boisen ('20) and Courtney Olin ('21) hit the slopes for their high school Ski team. "I love competing with all my friends that I have come so close with. My job as a captain is having good sportsman ship and making sure the rest of the team is ready for our races," expressed Rachel.

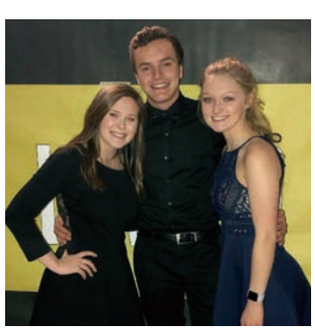
HIGH SCHOOL ALPINE SKI TEAM
CO-OP ANNANDALE, STMA & KIMBALL
VARSITY: Rachael Boesen, Captain (11th grade), Ellie Hunsley (8th grade)
JUNIOR VARSITY: Courtney Olin (10th grade)





STMA
84
MA
7

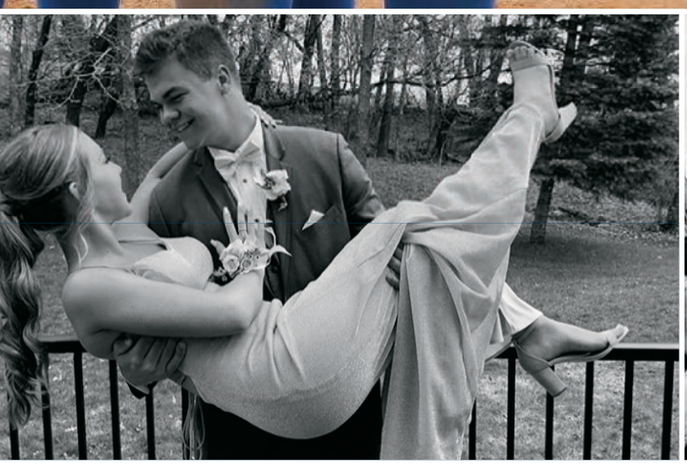
THESE ARE OUR WINTER MOMENTS

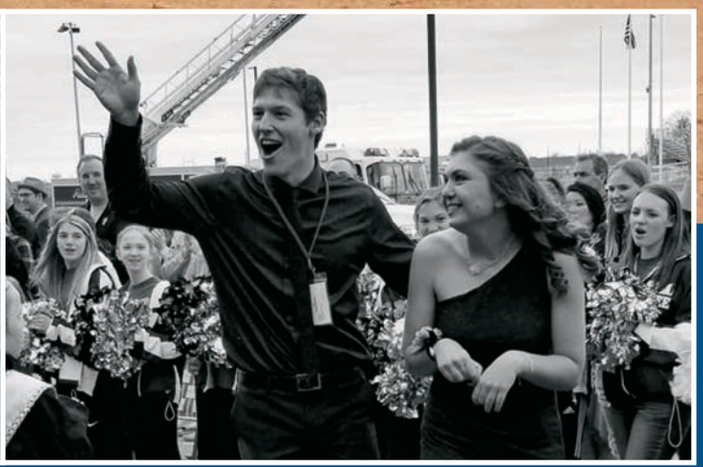


HOME RUN SEASON

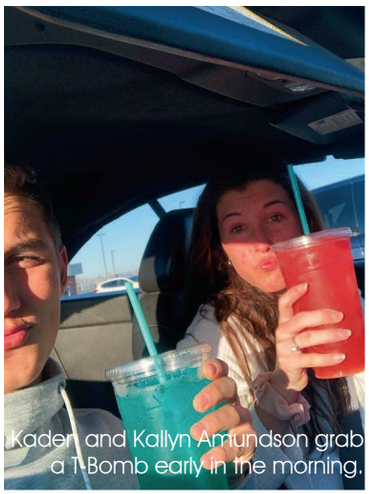
Junior pitcher, Elise Weinzierl stated, "I think the season has been going great. We are getting along really well and that translates onto the field. I think we have the potential to achieve our goals this season." The softball team stood with a record of 15-2 coming to the end of their regular season.
Page created by Megan Putnam and Erin Gilbert.

SPRING

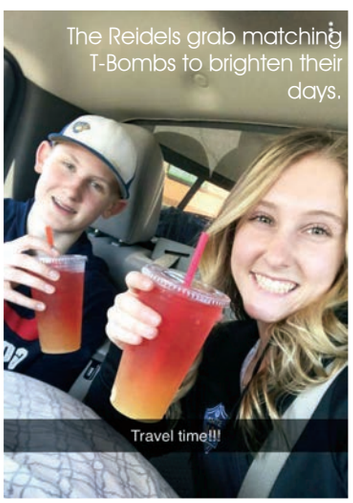




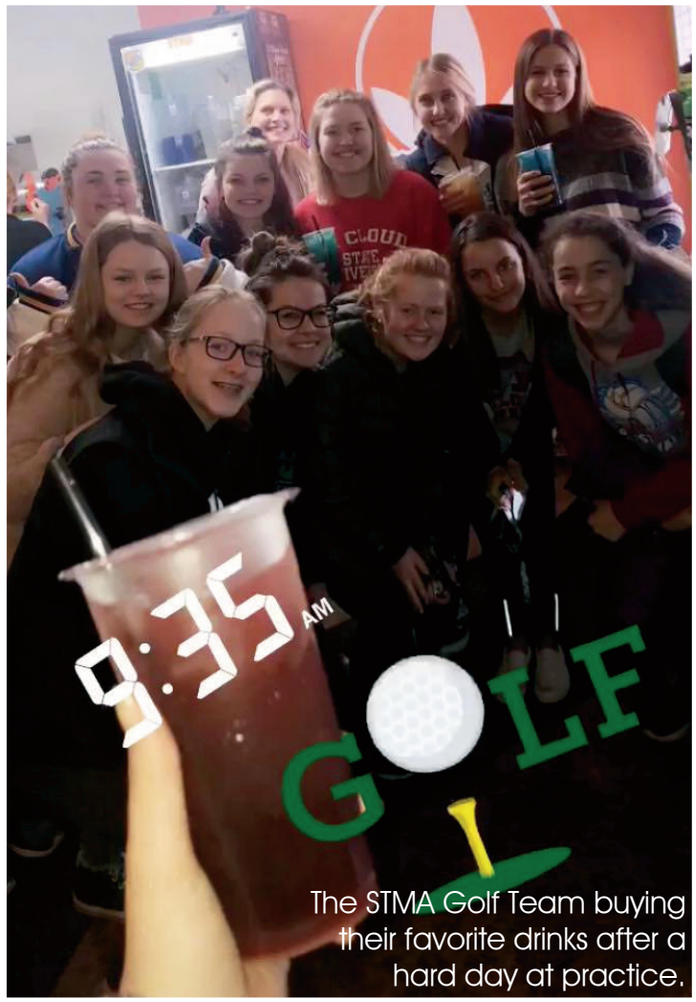
THE BOMB OF YOUR DAY



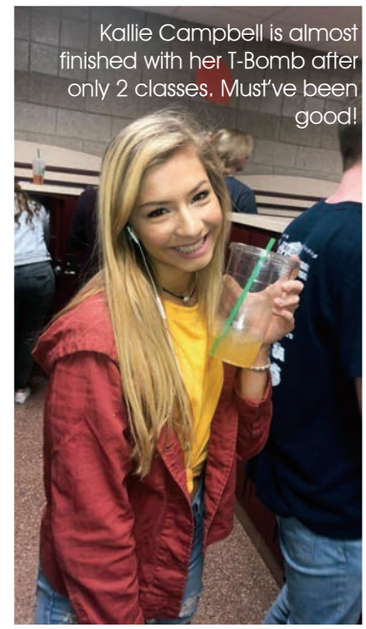
Kaden and Kallyn Amundson grab a T-Bomb early in the morning.



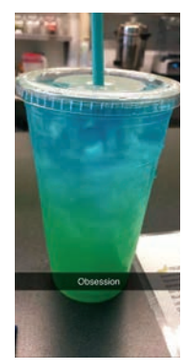
The Reidels grab matching T-Bombs to brighten their days.



The STMA Golf Team buying their favorite drinks after a hard day at practice.



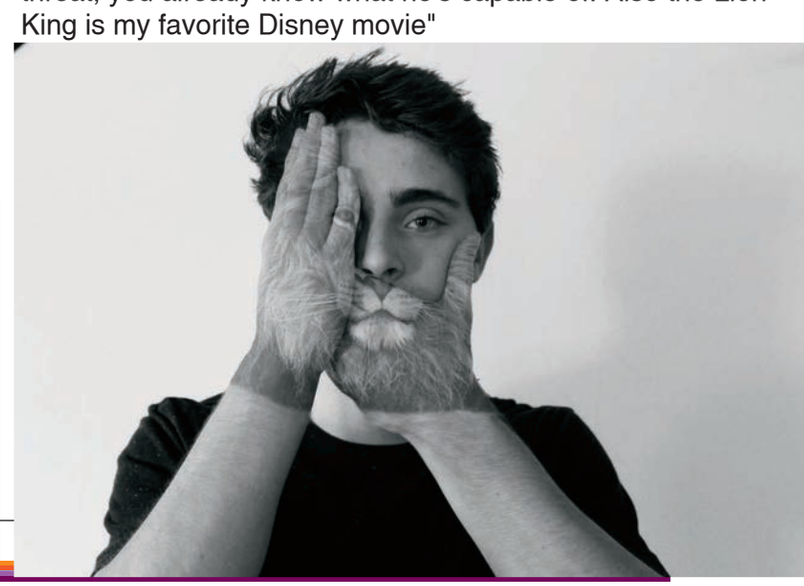
Kallie Campbell is almost finished with her T-Bomb after only 2 classes. Must've been good!



Channeling our inner **spirit animal**

Faith Walther ('20)- Wolf "I chose a wolf because the wolf is a feisty animal that is a close relative to the dog. Wolves stay loyal to their pack and always stay close to family which I see in myself a lot."

Trevor Reedy ('20)- "I chose a lion because a lion is a courageous creature. A lion doesn't have to prove he's a threat, you already know what he's capable of. Also the Lion King is my favorite Disney movie"



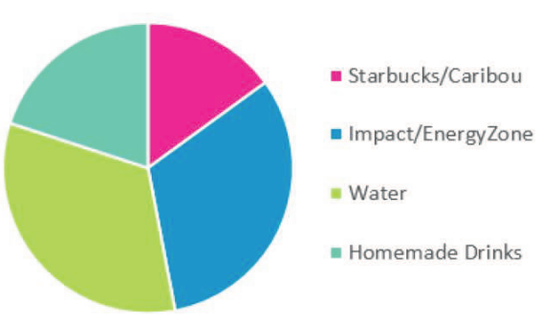
GRAB & GO

This year, when walking around St. Michael High School you can't help but notice all the different types of drinks students walk around with through the day. Kids take time out of their mornings everyday to purchase or make their favorite drink to have enough energy to get through the day. Students' latest drink crazes include T-Bombs purchased at EnergyZone, Impact, and TNT. Starbucks refreshers, and water. Hydration have become a major component in the lives of STMA students who are trying to keep their minds and bodies ready for the day. Student carry around large water-bottles (YETI, HydroFlask, Camelbak, Takeya) to get their daily water intake. They are even used to express their personality! "I purchase stickers everytime I go someplace new to decorate my water-bottle. Every time I look at the sticker I am reminded of the memories I had there." -Raquel Mitchell

"My HydroFlask is easily one of the best purchases I've ever made. It keeps my water cold alll day and is easy to carry around." -Abby Anderson (20)

"I'm obsessed with all the different colors of water bottles this year. I even matched mine to my outfit, hahah." -Josh Kainz

WHAT DO YOU DRINK IN THE MORNING?



Cassidy Anderson (20) enjoys apple juice boxes after lunch and Ashton Antil (20) drinks his trusty water throughout the day to keep himself hydrated. "I typically carry a water bottle around, but after lunch a juice box is just a classic." -Anderson

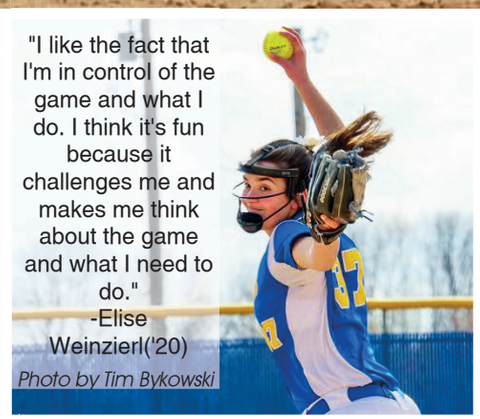
DOMINATING THE DIAMOND

Page created by Erin Gilbert and Megan Putnam
Photos taken by Collen Miller

"When I tag someone out I feel dominant that me and my catcher kept a runner from advancing, and we worked together to make a great play."

-Emma Miller ('22)

VARSITY. Row 1: Hannah Greeno, Elsie Weinzierl, Allison Hanson, Elle Potts, Row 2: Morgan Casey, Erin Gilbert, Emma Miller. Row 3: Maddy McCann, Molly Wilde, Izzy Berning, Paige Holm, Abby Kemmetmueller Managers: Jane Martin, Danay Dehmer.



"I like the fact that I'm in control of the game and what I do. I think it's fun because it challenges me and makes me think about the game and what I need to do."
-Elise Weinzierl('20)
Photo by Tim Bykowski

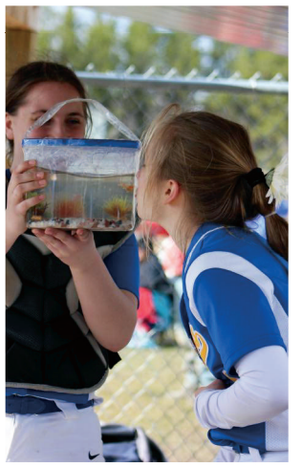
Maddy Mccann

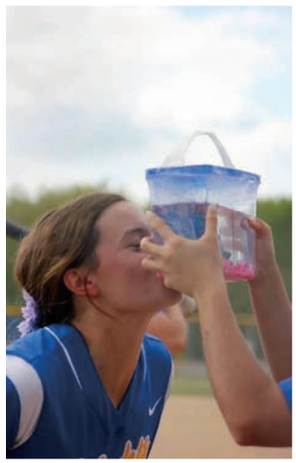
STEPS to achieve the perfect DIVE

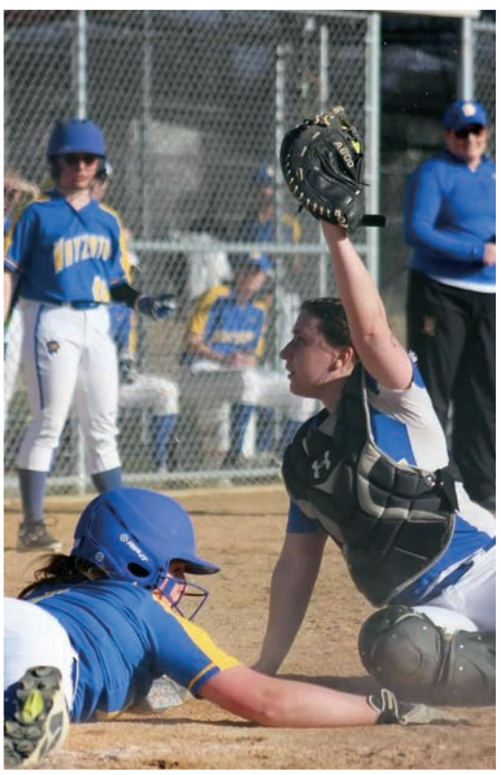
1. track the ball
2. get close to the ground
3. take a chance

KISS DA FISH

The softball team celebrates their home runs with rally fish "Boomer".







Ready to Swing

Elle Potts

"I like hitting because every single pitch is a battle between you and the pitcher, and when you get a good hit it gives you a huge adrenaline rush."
-Izzy Berning ('21)
Photo by Tim Bykowski

"Going up to bat and not knowing what pitch I will get or what will happen is part of the suspense that makes my adrenaline rush."
-Abby Kemmentmuller ('19)

"I love softball because when I'm playing I'm not stressed about anything. Also, I love the bonds that I make with my teammates and the rush of adrenaline I get when I hit the ball well."
-Hannah Greeno ('21)

STEPS to achieve the perfect SWING

1. see the ball
2. drive your hips
3. follow through

Molly Wilde

BRING IT HOME

Dylan Hanson (19)

Jared Duda (19)

Dylan Hoffman (19)

Duda scores the winning run against Rogers. "It was exciting to be able to end the game and take the win over a conference and section rival after a hard fought game."

GOLDEN BOYS

Krupke (20) slides to the bag and is called safe at second.

Laylin (20) keeps runners in check with his quick arm in center field.

Merila (20) shows off his quick feet running to third. When asked about his feeling of the team Merila says " it makes it easy to play hard for each other when your so close. We have become a brotherhood."

"The boys have really come together this year as a brotherhood, great memories and constant laughs is what I will always miss most," -Reed Brown (19)

STEPPING UP TO THE PLATE

Haus (19) swings for the fences his last year as a Knight.

Kelly (20) is cheesing while getting ready to steal third. "I'm honored to be seen as one of many leaders on this team. Its amazing how we all work together to reach our goals."

Krupke (20) reaches for the sky, catching a ball at second. ""If you put in the time the results will come"

FUTURE ALL-STARS

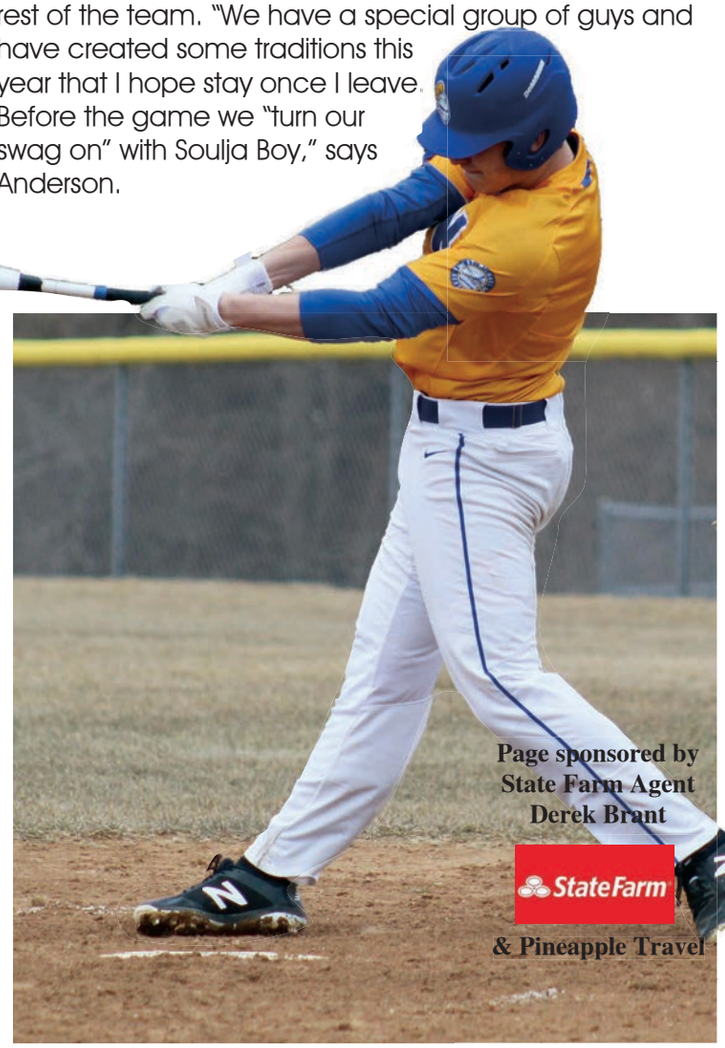
Blast from the Past Knights 1984 pitcher Jimmy Vetch brings the heat his senior year.

VARSITY. Left to Right Top Row: Tommy Hamilton(19), Jake Huser(19), Will Anderson(4), Zach Jans(20), Drake Siens(20), Jared Duda(19).Second Row: Coach Schumm, Coach Krupke, Kolby Gartner(20), Jacob Thole(19), Kale Hoselton(20), Austin Haus(19), Cody Kelly(20), Coach Solum, Coach Cook. Third Row: Dylan Hoffman(19), Jack Sander(20), Spencer Rova(19), Reed Brown(19), Boston Merila(20), Dylan Hanson(19), Jordan Krupke(20). Bottom Row: Luc Laylin(20), Manager Addy Murkins(22), Manager Kallyn Amundson(20), Manager Megan Cornell(21), Tyler Bartholomew(19).

BATTER UP

The St. Michael Albertville Knights baseball team remarkable season so far with 13 wins and only 3 loses overall. The boys compete with a determination and unity that reflects itself in their successes. Will Anderson (19), future pitcher at the University of Minnesota leads the team with the first home run of the season at their season opener in Buffalo. Being a leader for the team, the energy given from his success is contagious for the rest of the team. "We have a special group of guys and have created some traditions this year that I hope stay once I leave. Before the game we "turn our swag on" with Soulja Boy," says Anderson.

STAYING HUMBLE. "Being part of this team and having the opportunity to help the team on the mound is humbling yet remarkable. I enjoy taking control of the game defensively and I have complete confidence in the guys around me. I have a strong belief we will go far this year as well as years to come." - Kolby Gartner (20)



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ATTACKING THE GOAL.. Julia Walters ('20) is going in for a free position shot in her game against St. Cloud. "I really try to focus on the fundamentals of the game, and how I need to contribute to the team and game," exclaimed Julia. *Photo by Tim Bykowski.*

HAVING FUN ON FIELD. Jonessa Jones ('21) looks to pass the ball to a teammate. "My favorite part of lacrosse is when everyone is loud and cheering each other on. It's the energy and intensity that the teammates give each other that makes the game fun," exclaimed Jones. *Photo by Tim Bykowski.*

WORKING THE FIELD.Samantha Palmer and her teammate Megan Copeland pass the ball as they try to make it closer to the net. "As an attack, I always try to set up opportunities for my teammates to score. I also try to find creative ways to get around defenders and get the ball in the net," explained Palmer. *Photo by Tim Bykowski.*

BODYING THE BALL. Gabby Olsen ('20) gets in front of St. clouds player to get possession of the ball."I try my best to play aggressively so our team can have possession of the ball for as long as possible. We are all working really hard this year to get ready for the new conference next year," exclaimed Olsen. *Photo by Tim Bykowski.*

one team. ONE GOAL.

Don't be fooled by the skirts, the girls lacrosse team brings on aggression.

The girls lacrosse team started off their season slow, but kicked it into gear and started to pump out some wins. Not only is lacrosse a very challenging and physical sport, it's also an enjoyable one. One of the team captains Mckenzie Petersen expressed, "I love being apart of the girls lacrosse team, and I'm glad I decided to join the sport three years ago. Being one of the captains this year is an honor, and requires me to set a good example for the rest of my teammates. Our goal as a team is to work hard, keep the wins coming, and try to prepare the underclassman for the new conference next year." Mckenzie will also be furthering her lacrosse career in college at William Paterson University. The girls have won their last three games, and have five left in their regular season. The best is yet to come.Page created by Abby Ascher.

VARSITY TEAM PHOTO. 4th Row: Megan Copeland, Mila Ryan, Abbylee Maeder, Brinna Martin, Molly Ruhland, Anna LaRose. 3rd Row: Samantha Palmer, Piper Carlson, Tatum Birr, Julia Walters, name name. 2nd Row: Maddie Arro, Mary Heil, Jonessa Jones, Kaia Churchill, Sydney Petersen, McKenzie Petersen. 1st Row: Molly Davison, Allie Lombardi, Tala Reinbold, Kallie Lehman, Claire Chambers. *Photo by Zahler Photography.*

DETERMINATION. Molly Davinson ('21) is looking for an opening to get a shot off at the net. "Lacrosse can be very challenging, but it's also so fun trying to find your way around the opposing team," said Molly. *Photo by Tim Bykowski.*

TEAMWORK. Tala Reinbold ('20) passes the ball to teammate Anna Larose ('20) to try and open up space on the field. "I always try to push myself hard and be a positive influence to my team." explained Tala. *Photo by Tim Bykowski.*

LOOKING FOR OPTIONS. Sydney Peterson ('22) is taking the ball up field, looking for a teammate to pass the ball to. ""Being on the lacrosse team has been an amazing time. I was taught a lot of new fundamentals by my teammates, along with how to work as a team," expressed Sydney. *Photo by Tim Bykowski.*

DETERMINED CAPTAINS. The girls 2018-2019 lacrosse captains are Kaia Churchill ('19), Julia Walters ('20), and Mckenzie Petersen. "Being a captain comes with a few responsibilities like setting good examples for the other player, and helping people better themselves as a player," expressed Kaia. *Photo by Lacrosse Teammate*

WHAT IT TAKES TO GET TO **STATE**

"For us to be able to play at state, we need to play and practice at 120% all the time. We have to take it one game at a time and play our best." - Joey Bennett ('19)

"It takes us staying dedicated and focused. We catch ourselves playing down to lower level teams instead of playing to our full potential. We learned we need to take it one game at a time so we don't have an upset like last year." - Cameron Wolfson ('19)

"Everyone needs to play together & playing like we belong in the tournament. We have been taking practices very seriously & use every game as an opportunity to ramp it up to make us stronger for play offs." - Brennan Pederson ('19)

"After 3 straight years of losing in sections, our team has had enough. We have completely changed our mindset, and it comes down to being a team, and more importantly a family." - Jackson Walker ('19)

"In order for us to make it to state, we need to play as a family and go hard in practice because our biggest competitors is ourselves." - Alex Aylor ('19)

Believe in the Dream

The boy's lacrosse team lives by this year's slogan- continuing to believe in the dream the rest of their season.

The boy's lacrosse team adheres to this years slogan, "Believe in the dream". Senior, Gavin Wermager says, "We are just as good as some of the top teams in the state, we just need to really believe that and be confident in our play. This year we have really amped up our intensity in practice and making sure we are prepared for whatever is ahead of us. We truly believe we can make it to state. Preparation is key to fulfilling our dream." Senior Jace Heibel added, " All of us on the team have played with each other for at least 3 years so the chemistry is there. I think we could be the best, but first we have to believe." In STMA history, boys lacrosse has never been to state. This year, Senior Tucker Johnson noted, " We play because we are gifted the opportunity, and without the brotherhood we created this year along with the dedication we have, we wouldn't even have this dream to believe in." Staying level headed and working their hardest are pieces they are dedicated to in order to continue fulfilling their dream. Senior Caleb Eicher stated, "We stay believing in the dream by working together closely and trying our hardest to grind out every obstacle that comes our way." *Page created by Jadyn Hanson. Photos by Brianna Burnahm.*

VARSITY. Row 6: Adam Flammang, Jace Heibel, Devin Schultz, Brennan Pederson, Tucker Johnson, Jordan Liddicoat, Drew Dorenbush, Jack Meyer, Jackson Walker, DaShaun Jones, Desean Phillips Row 5: Maxwell Bedell, Niko Butler, Joey Bennett, Cameron Wolfson, Alex Aylor,Tristan Wilson , Michael Leonard, Ryan Adkins, Caleb Eicher, Gavin Wermager Row 4: Nam Le, Bo Bitzer, Maxemilion Busch, Joey Driver, Josh Tourville, Nate Beeler, Gavin Layton, Ryan Supper, Gabe DuLac, Sam Caron, Owen Ollhoff Row 3: Colin Clair, Alec May, Daniel Paluck, Micah Olson, Luke Browning, Luke Brandli, Cole Torkelson, Grant Shipman, Teagan Klepsa, Trevor Ulrick, Cole Erickson Row 2: Rowan Nevala, Dylan Layton,Tyler McDougall, Tate Trushenski, Brayden Mogard, Treyton Klepsa-Orrey, Nathaniel Cheney, Cameron Brett, Reid Barbeln, Tye Kuechle Row 1: Cameron Karolevitz, Ethan Buskey, Zack Picard, Micah Bunnell, Ryan Erickson Managers: Jaylen Pauly, Alix Bushard, Emily Cin, Kayla Fairburn . *Photo by Zahler Photography.*

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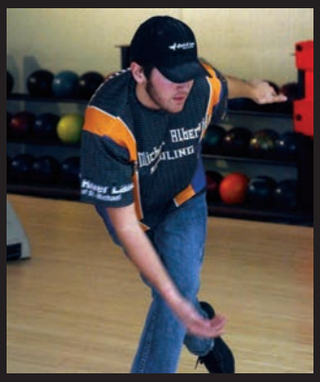
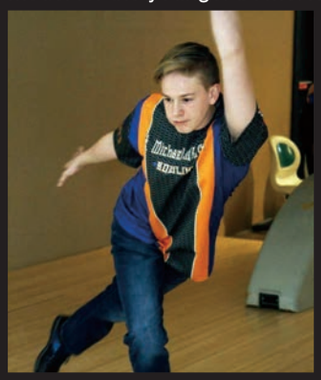
Knights Bowling



Dylan Wittnebel ('19) team captain. Tells us he loves being on the team and being the captain because"I loved being the role model for the younger bowlers."



Joey Schwab ('20) with the perfect form. Just letting go of the ball hoping for strike to give the team a good lead.

Wins & Losses: The STMA Knights Bowling team had a very good season. The varsity team got first place in Wright County with a record of 15-0, with a team average of 186.49 points. They took second in the conference tournament. The team went to MQT (Minnesota Qualifying Tournament) to fight their way to state, the exciting news came that the team was infact going to state. The varsity team made it through the first round into a pool play. They fought through until the very end where their season came to an end. the JV team also made it to MQT and came up just 6 pins shy of going to state. The JV team didn't let that upset them, as they know they had a great season as well. The Knights Bowling team is very excited for next years season, hoping they can dominate. Go Knights!

2019 Bowling. Row 1: Coaching Staff. Row 2: Mitchell Giese, Eli Haakenson, Carson McCann, Belle Aydt, Justin Andrusko, Sam Struffert, Carter Kephart. Row 3: Parker Bluhm, Brady Wallin, Jacob Dumonceaux, Logan LaRose, Trygve Berg, Bryce Sherman, Dylan Wittnebel. Row 4: Solie Isaacson, Adam Hegrenes, Joey Scwab, Ethan Dinh, Lance Aydt, Zach Hlinsky.

Front Row: Ethan DesMarais, Emma Bennet, Amelia Wester, Brock Apold, Nick Hoefener, Mia Camp, Matthew Dehmer, Mackenzie Davis, Cody Vetsch, Peter Roelike, Coach Larson, Manager Laurie Juusola. Back Row: Grace Lamprecht, Joey Lombardi, Jane Schmitz, Justin Daher, Amelia Budesky, Nick Hoefener, Coach Tim. Not pictured: Peyton Libby.

The Rolling Knights

The Rolling Knights is an adapted bowling team. The bowling team creates a cool opportunity for the students to hangout with their friends and just have fun. Brock Apold ('22) said, "I love being apart of the bowling team because I get have fun and spend time with my friends that I don't see very often."

Grace Lamprecht ('20)

Mia Camp ('19) said, "It was fun being on the bowling team, I enjoyed being apart of the team and being in a sport and apart of a team."

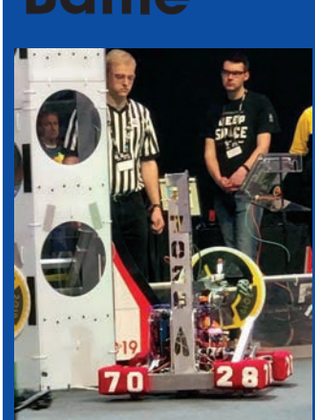
Amelia Wester ('21) shows off her awesome form for when she is trying her hardest to get a higher score for herself and her team.

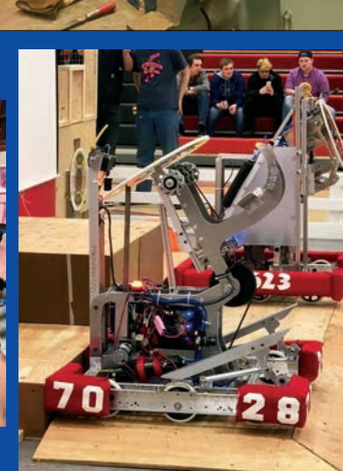
Jane Schmitz ('20) gets super excited when she lets the ball go down the lane. When asked if Jane has a special technique when she bowls, she replied, "I scream and jump when I roll the ball down the lane."

The Dream Machine

The robotics team this year competed in 2 tournaments and won. They also raised $80,766 by busing tables at Pizza Ranch located in Monticello, and part of those funds went to the team."Robotics is a team activity, like any other sport it requires more then one person. The main goal is to build a robot that competes in each years tournament. A different fraction of the team works together, my job as a programmer contributes to the robot even though I'm not directly working on it," said Sulaiman Bada.

Brainstorm, Build, Battle





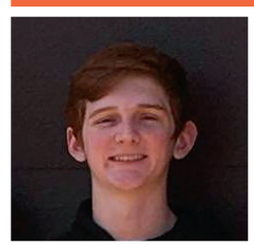
Gretchen Manderfeld ('19) is preparing for a run, she will make two laps around the Brainerd International Speedway track in an attempt to achieve the highest fuel mileage. Her runs last year averaged 432mpg.

Speed is not a factor in Super Milage. There is a fuel bottle on the vehicles that is weighed before and after there 3 miles around the track. There mileage is then determined by the weight difference.

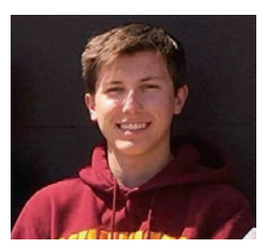
Every Mile Counts

SUPER MILIAGE. Gretchen Manderfeld ('19), Sarah Lenz ('19), Noah Anderson ('21), Wyatt McCarthy ('19), Andrew Schuster ('21), Will Manderfeld ('19), Max Strege ('20)

In one sentence how would you describe Super Milage?



"We design and build 3 wheel cars from scratch that can hold one passenger to get the best gas mileage" Andrew Schuster ("21)



"We design and build small three wheeled vehicles with the goal of getting the best gas mileage possible" Will Manderfeld ("19)

ROBOTICS. Row 1(front): Matt Bartos, Mary Watts, Hunter Jans, Braeden Kummer, Jorge Mancilla, Brandon Gasser. Row 2: Jason Doroff, Tate Kersch, Tailyn Kelpsa-Orrey, Marah VanVooren, Sam Williams. Row 3: Caleb Iddings, Matthew Malkowiak, Trey Dubel, Tyler Glass, Ethan VanVooren. Row 4: Isaac Hanson, Aiden Barnes, Nadia Barnes, Aiden Foss, Ben Beyer. Row 5: Izaac Gieski, Sulaiman Bada, Wyatt McCarthy, Andrew Schuster, Will Manderfeld, Chris Weidenbach.

"When I'm ABOVE THE bar I am focused on my technique."

Kyle **KUCERA**

Photo by bill Halldin.

RISE TO THE TOP

Pole vault is a game of inches. Junior, Nick Eicher, pushes past mental blocks ignoring the laws of gravity.

Pole vaulter, Nick Eicher ('20), vaulted a 13'6" at the Ed Bouralle meet on 4/24. Eicher has been pole vaulting the last four years. "The key to perfect pole vault is you gotta just go for it, if you think too much you'll mess it up. You have to be risky; it's a dangerous event, and you have to be willing to take some risks or get hurt in order to really get better." Pole vaulting is a very mentally tough event to be a part of and takes a lot of risk taking. "I just relax and try to visualize, myself doing the vault, and I also make sure I'm very warmed up and loose so I don't get injured," Eicher added. Pole vaulting is an event that could be for everyone. Senior Sam Gallagher shares how he got started with pole vaulting and what how he struggled with track at the beginning. "Going into freshman year I was 5 feet tall and weighed 90 pounds so I didn't know what what to do. I talked to coach Hahn asking him what he thought I could thrive in and he said "Try everything, but know your limits," and that's what I did. I tried running long jump then landed at pole vault and fell in love. Pole vault is accepting of all people and not many people are in it so it's easier to find a lot of colleges wanting you for pole vaulting." Pictured above: Jack Cloutier ('19). Pictured to the left: Nick Eicher

Photo by Aliyah Simat.

Page created by Aliyah Simat and Alex Antil.

Land In the SAND

On April 16th, Sophia Femrite ('22), triple jumped her personal best 33'4.5". "Before a triple jump I prepare myself by visualizing myself doing the perfect jump."
Photo by Bill Halldin.

David Collins ('21) got a personal record in the triple-jump on 4/0 at this meet. He jumped a 42'9". Collins said, "When I land in the sand it reminds me of when I was a kid playing in the sand."
Photo by Bill Halldin.

At the Big Lake meet on 4/16, Ben Huberty ('21), long jumped a 19'6". Huberty said, "Before each long jump I stretch out and watch film to see what I need to fix in my form."
Photo by Bill Halldin.

GOT IT FROM MY MAMA. Long jump coach, Tiffini Keefer, gives jumping tips to her son Max Keefer ('22) on April 9th at Buffalo. Max says, "Having my mom as a coach is really a cool experience most kids don't have being able to talk to her at home and after practice is very helpful." Max triple jumped a 39'9" at Big Lake on April 16th. "The most helpful jumping tip my mom has given me is to run hard and keep my head up." *Photo by Aliyah Simat.*

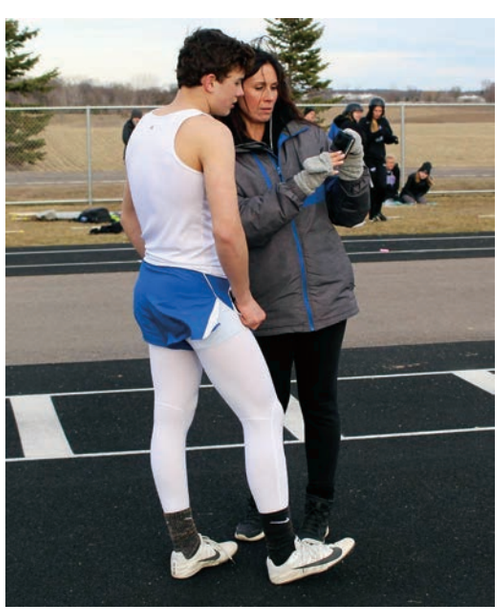


Photo from 1989.

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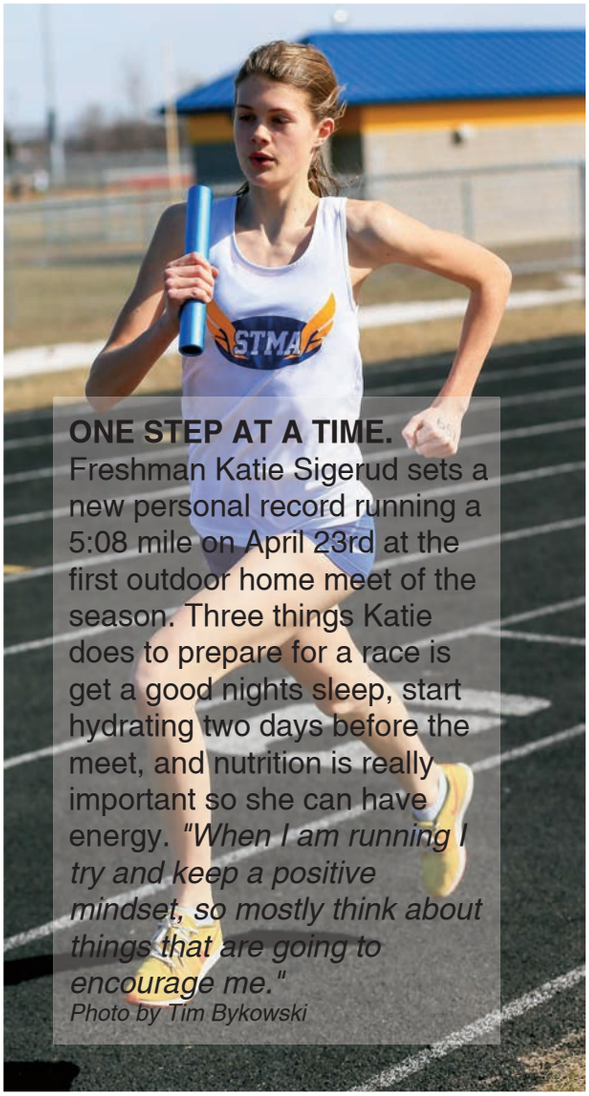
LAZARRE GRAPHICS AND APPAREL

Mile by MILE



ONE STEP AT A TIME. Freshman Katie Sigerud sets a new personal record running a 5:08 mile on April 23rd at the first outdoor home meet of the season. Three things Katie does to prepare for a race is get a good nights sleep, start hydrating two days before the meet, and nutrition is really important so she can have energy. *"When I am running I try and keep a positive mindset, so mostly think about things that are going to encourage me."*

Photo by Tim Bykowski

For information on Track and Field athletes and their future in track, scan below!

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LAZARRE GRAPHICS AND APPAREL
spring

"My favorite part about being in a relay is the team aspect of it and competing with a group of guys that I practice with every day. Before the 4x1 I think about my part of the race. I focus on my part and what we have been practicing. We prepare for the 4x1 by practicing our hand-offs to get the baton around as fast as we can. The key to a perfect hand-off is to know who you're having your exchanges with. For receiving a hand-off I have to know how fast my teammate is and put my mark down at the right spot. My "mark" is the tennis ball before the exchange zone where I watch for my teammate to pass. A relay definitely brings me closer to my teammates because we spend so much time together trying to reach the same goal and through that we build a bond."

-Brandon
LANGDOK ('20)

FAST & FURIOUS

The track team has been dominant all season. Just about every heat is blue and gold out front. The team consisted of dominant uppercla-ssmen and a wide spread of great, young talent. The track side of track and field have a broad variety of athletes including stars from many different fall sports, and stars. With talent, the track to be a for years to season had a year filled records for upperclassm is a year to years to going to be a beat.

"Hurdles are just like life-kinda. They can be really fun when you get the hang of it, and really rewarding! But you always gotta get back up and finish the race. There will always be successes and failures in both life and sports, but what really matters is f you get back up and try again!"

-Daisy Miller ('19)

and winter sole track the young team was on leading force come. This also become with broken the an. This year remember for come and is hard year to

HURDLING OVER THE COMPETITION. On April 16th, Daisy Miller ('19) ran the 100 hurdles and 300 hurdles. She had to pick herself back up after falling at the previous meet while hurdling. "After falling in the 100 hurdles, I was super disappointed and embarrassed. I needed to redeem myself! So I just focused on what I could do better on and kept a positive mindset."

Opie
JOHNSON

Grade: 10

Event: 100m, 200m

PR: 11.74, 24.00

Alex
MCALOON

Grade: 11

Event: 110m Hurdles, 300m Hurdles

PR: 15.58, 42.22

Ethan
PEAL

Grade: 12

Event: 100m, 200m, 400m

PR:10.72, 21.73, 50.23

PUTTING IN

Landon Sauer ('21) practices swinging at the Riverwood National golf course to prepare for his upcoming meet.

Trey Fessler ('19) on perfect swing technique: " I just work on my swing everyday to make it the best I can. There isn't really a secret to it, I just do the best I can to get better."

SET UP
Stage 1

TAKEAWAY
Stage 2

Boys' Golf Varsity

VARSITY. Row 6 - Carter Wise, Christian Labrador, Caleb Gunberg, Josh Hill, Trey Fesler, Ellis Rude, Hunter Sauer. Row 5 - Samuel Peterson, Andrew Zattoni, Jonah Vrkljan, Zachary Ingebrigtson, Zachary Miller, Andrew Lomen, Justin Anderson. Row 4 - Porter O'Brien, Joe Cornell, Jackson Howard, Tyler Glass, Max Mcalpine, Briac Bean, Adam Buckmeier. Row 3 - Derek Zahler, Dylan Bennett, Ryan Kucera, Dominic Perez, Jadom Wise, Landon Sauer, Trevor Wincek. Row 2 - Hunter Lucas, Kazmer Beaudry, Gavin Robeck, Jake Breuer, Jack Cornell, Ian Barthel . Row 1 - Jack Woitalla, Carter Hiltner, JP Johnson, Doran Shinder, Justin Andrusko, Nathan Talley, Garrett Fredricks, Adam Dodge

Girls' Golf Varsity

VARSITY. Row 4: Claire Haakenson, Megan Williams, Holly Carlson, Isabelle Johnshoy, Gracelyn Riedel, Mya Van Kuyk, and Coach John Hertwig. Row 3: Coah Mitch Harmoning, HAnnah Spalding, Olivia Brill, Libby Leonard, Olivia Peltz, Madalyn Sawyer, Kaytlin Zack, Ashton Hobza, and Coach Mike Lindemann. Row 2: Lila Lindemann, Emma Ostrowski, MAdeline Patterson, Rachael Shedlov, Erin Vlasak, Avery Laitnen, Ellie Breuer, and Paige Cowan. Row 1: Kailey Burnham, Annika Ley, Brooke Beck, Anna Lindemann, Raegan Smaagaard, and Anna Williams .

Record Breakers

The girls' varsity golf team set a school record with a team score of 323 in Mississippi 8 action- leading them to a 1st place finish. Ellie Breuer shot a 1 over 73 to also set an individual school record. Maddy Sawyer added in a 77, Anna Lindemann an 83, and Maddie Patterson a 90.

THE WORK

What's your drive?

Ashton Hobza ('19) says, " I stay motivated by looking at the word FORWARD because you can't look at the past hole but only what is ahead of you."

Ashton Hobza
(Captain)

Christian Labrador ('20) "I'm really motivated by trying to be the best and somebody that can represent the team, he said.

Christian Labrador
(Captain)

In Full SWING

Knights Tennis captains shape young team for a bright future

The STMA Boys Tennis team takes on this season with not even a single senior on the varsity roster. This young, but talented team consists of two juniors, ten sophomores, and even an eighth grader. As the youth of this team emerges, so does the leadership. Sophomores Ezra Dickerson and Owen Lindstrom take on the roles of captain and lead their team to success. , Ezra commented, "This year was an uphill battle having so many first year varsity players, but I really feel like it has brought everyone together and only made us more excited about our future". This year the tennis team perseveres through any adversity they face. They have an exceptional amount of hard work and dedication to this team. They ignore the fact that they are so young, and just focus on getting better each day, and build themselves as players for the future.

Page created by Gavin Wermager
Photos by Tim Bykowski

Ezra Dickerson swings for the ball, winning his singles match against Spring Lake Park, 6-3, and 6-2

VICTORY. Simon Pierce winds up for the ball, winning his singles match 6-0, 6-4. Simon is very dedicated to his team and says, "Every point I play, I always to give my heart and my all to get that ball. I never want to let my teammates down. I will always try my best so I can try to ensure the best outcome.

FOCUS. Eric Gao swings at the ball, just falling short in his doubles match 3-6, 3-6. When Eric is in a match he stays positive and thinks, "we got this!".

What does a perfect serve look like?

"The Perfect Serve would be a slice with some speed behind it that lands on the T and kicks into the body of the returner."

- Gabe Hjelle

"I like to psych them out a bit, and toss them a strong, solid, and hard hit. A perfect serve for me is any way as long is it's in and does the job well".

- Zach Bluhm

VARSITY.

Row One (front): Managers Jazlin Olsen, Ayssa Faust, Bella Nardini
Row Two: Leyton Punton (8), Simon Pierce (10), Cobin Szymanski (10), Owen Lindstrom (10)
Row Three: Assistant Coach Mitchell Brandell, Christopher Matheson (10), Gabe Hjelle (11), Jack LeZella (10), Noah Anderson (10), Head Coach Geoff Basham
Row Four (back): Eric Gao (10), Ezra Dickerson (10), Trent O'Neill (10), Patrick O'Sullivan (10), Zach Bluhm (11)

HUSTLE: Patrick O'Sullivan (left) hustles to the ball, just barely falling short in his doubles match with Noah Anderson (middle) 7-6, 2-6 ,4-6. When Patrick and Noah are playing together they really use teamwork and always give their 100%.

REACH: Captain Owen Lindstrom (right) reaches out and swings in a very close loss 5-7, 6-2, 4-6. Owen says, "win or lose, I leave it all on the court and show up ready for anything the next time".

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CURTAIN CALL. After a great performance, the cast and crew return to stage to bow to their audience. **ARE YOU BLIND, MAN.** After taking Proctor's wife, the jailor (played by James Cheaye) tries to impose reasoning. **A DESPERATE MAN.** Mr. Nurse (played by Sully Bada) pleads with the judge to not hang his wife for witchcraft. **STRENGTH IN PRAYER.** Village girls (played by Lauren Tatro, Abby Karger, and Nina Sutter) pray for the soul of Betty Parris after she has fainted. **FINAL SAY.** Judge Danforth (played by Jacob Lish) keeps control of his courtroom from the angry husbands of the accused witches. **FAINTED.** Mr. Parris (played by Austin Cherkas) looks for help after finding his daughter, Betty, in the woods unconcious. *Photos by Tim Bykowski and Jennifer Haller.*

Arthur Miller's

THE CRUCIBLE

STMA theater delivers chilling performance of the 1953 classic.

UNCONSOLABLE. Mary Warren (played Kelsey Fredrick) fears for the 39 women who are accused of witchcraft. Elizabeth Proctor (played by Laura Panuska) comforts Mary. **INTEROGATION.** Rev Hale (played by Nolan Montcalm) drives the devil out of Tituba (played by Lucky Kadar) and Abigail Williams (played by Lauren Flakne) and Betty (played by Jorie Emerson).

IT'S THE DEVIL! Abigail Williams (Flakne) screams because she is frighted by unnatural feelings of coldness accusing Mary Warren of witchcraft and signing with the devil.

MOONLIT MASQUERADE PROM 2019

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Page created by: Megan Putnam, and Erin Gilbert

PHOTOBOOTH

Trapshooting

The STMA trapshooting team had a great season this year, leading the pack with the most points halfway through the season. Will Rahne (left, '20) Has all eyes on him as he takes his shot on the line. Parker Wiessinger (right, '21) turns around after making 23 out of 25 shots. The most popular gun among the trapshooters is the Bt-99, with the most common size being .12 gauge and the .20 gauge. Austin Cherkas (top '19) said, "It's always a good feeling getting a good score and then hearing your teammates cheer for you."
Photos by Eddie Krchma and Tim Bykowski

Row 1: Mitch Kowalke Landen Williams Jack Dwinnell Hailey Olson Alexis Dupont Chrystina Barthel Tarynn Babcock Amy Highberg Brooke Isaacson. **Row 2:** Will Sarkinen Matt Przybylski Dirk Martinez Nicholas Camp Austin Krueger Neal Buerman Tyler Getty AJ Gower Davis Krueger Jim Vaughn. **Row 3:** Eddie Krcma Bryan Kelley Austin Cherkas Gabe Dahlheimer William Rahne Jake Borgen Adam Hegrenes Jordan Barthel Nathan Notch Avery Tovar Nash Dahlheimer Nolan Gustafson. **Row 4:** Joe Savitski (coach) Paul Borgen (coach) Mike Savitski (coach) Kent Rahne (coach) Shawn Olson (coach) Bruce Buerman (coach) Mike Dupont (coach) Dennis Berning (coach) Jaeger Evans Larry Notch (coach). **Row 5:** Aidan Armstrong Luke Tillemans Matthew Berning Trevor Hochstedler Zachary Vieau Cole Sarkinen Parker Wiessinger Cam Belair Niklaus Nielson Brooks O'Brien Charlie Meehan Back Row (L to R) Ryan Jann Tony Steffens Leo Peterson Noah Armstrong Carter Cate Dylan Cate.
Photo by Tim Bykowski

ALBERTVILLE PLAZA
Kremer's
TOY AND HOBBY
Page sponsored by

BOYS' TRACK & FIELD. Front Row (L to R): Opie Johnson, Ethan Briggs, Rashaun Simmons, Harley Bauer, Sam Eicher, Adam Herbst, Dominic Pizano, Dominic Neutgens, Kaleb Dombeck, Jacob Larson, Jeremiah Jordan, Eric Scriver, Gavin Gutzwiller. Row 2: Bryce Hegge, Bobby Cilke, Griffin Roberts, Nick Avery, Logan Femrite, Caden Nordberg, Marcus Rose, Chris Nygard, Noah Simon, Ben Huberty, Colten Gustafson, David Collins, John Verhulst, Nick Eicher. Row 3: Kyle Mialkowski, Brett Barbeln, Mitch Meilahn, Brandon Langdok, Zander Roberts, John Fritzke, Blaine Johnson, Owen Sorby, Kemry Stich, Max Keefer, Jack Cloutier, Ethan Peal, Reynold Hamann, Finnegan Kastner, Landon Huber. Row 4: Favour Donbraye, Andrew Schuster, Dylan Anderson, Max Meilahn, James Lyke, Reed Harrington, Isaiah Johnson, Brendan Seaver, Gus England, Cole Dahlheimer, Ben Lefebvre, Samuel Gallagher, Gavin Fredrichs, Ben Fiedler. Row 5: Isaac Frauendienst, Thomas Litwiller, Caleb Warren, Ty Songstad, Luis Antonio Behling, Joe Gallagher, Owen Barthel, Reven Simat, Mitch Dickie, Andrew Nietfeld, Owen Sand, Devin Lambert, Jonah Breuer.

GIRLS' TRACK & FIELD. Front Row (L to R): Maddie Roethler, Anna Tschida, Mia Rooker, Sadie Strait, Jessica Immer, Lucia Ahijado, Lauren Pomerleau, Ashlyn Pomerleau, Arinda Barthel, Maddie Hanson, Isabella Christensen. Row 2: Hali Kamara, Marisa Ornat, Savannah Vetsch, Natalia Figueroa, Avery O'Rourke, Lydia Peterson, Becca Immer, Ali Weimer, Rosella Stewart, Ella Schultz, Kimberly Avendano, Kristina Hoffman. Row 3: Aaliyah Heine, Hannah Kvant, Cecelia Miller, Daisy Miller, Katie Bakker, Annalise Davis, Rose Kunzman, Lydia Lamey, Ella Windel, Raina Simat, Maria Sylvester, Kari Smelter, Katelyn McKimmy . Row 4: Emma Strait, Sydney Aandal, Kaitlyn Braun, Ariel Aydt, Olivia Peal, Sydney Carlson, Taylor Dixon, Ava Zoellmer, Ashlyn McClintock, Anna Belair, Emma Windingland, Alex Dehmer, Abby Eiynck, Sophia Femrite . Row 5: Coach Simon, Coach Selchow, Coach Kramer, Sam Duerr, Mya Krystosek, Paige McAloon, Casey Fredrickson, Katie Sigerud, Mia Salas, Emma Duerr, Coach Krogh, Coach Massmann, Coach Hahn.

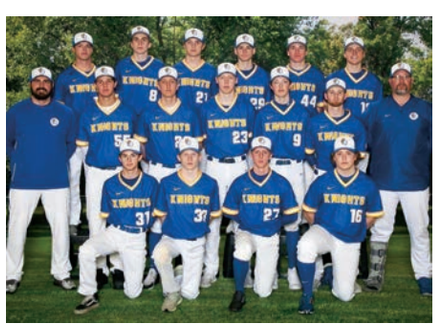
JV Lacrosse. Row 1: Katie Lenneman, Kelly Dupont, Kallie Lehnmann, Baili LaValle
Row 2: Erin Jensen, Claire Neutner, Brittney Blaeser, Lilly Gillespie, Chloe Finnerty
Row 3: Michaela Tymeson, Hannah Christman, Ella Hoy, Lauren Hoselton, Molly Ruhland
Row 4: Annabelle Klevann, Paige Gorynski, Olivia Estep, Michelle Leonard, Mary Heil

B - Squad Lacrosse. Row 1: Eleanor Thompson-Witt, Hannah Augustine, Drew Bushard, Tam Le, Jenna Kyono
Row 2: Ella Hoy Amanda Olsen, Tommie Treptau, Madyson Resech, Grace Lee, Kelly Dupont
Row 3: Sarah Bercheit, Raelin Sustacek, Claire Sunsten, Becca Peterson, Jasmine Purnell, Brooke Brown, Coach Leonard

JV SOFTBALL. Row 1: Khulyn Jonson, Mia Satre, Courtney Olin
Row 2: Erin Goepfert, Khendal Johnson, GK LeMonds, Sophie Juntenen, Kayla Cokley-Weigle, Coach Dewey
Row 3: Natalie Seiffert, Hailey Enos, Ella Gigstead , Paige Holm, Emma Vike
Missing: Megan Salas

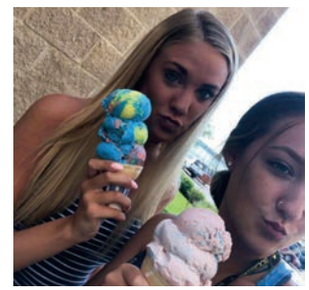
C - SQUAD SOFTBALL. Row 1: Jamie Lee, Cate Kowalke, Camryn Lukkar, Lynzie Moseng, Mara Nehring. Row 2: Ellie Thompson, Justyss Bichler, Autumn Rothweiler, Abby Cornell, Claire Hinrichs, Coach Schlect. Row 3: Sudi Hussein, Faith Lindenfelser, Brenna Hamann, Kayla Hutton, Amelia Guntren

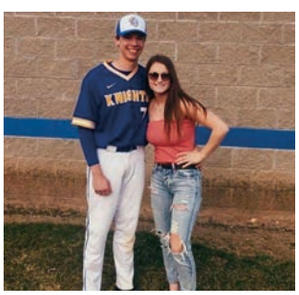
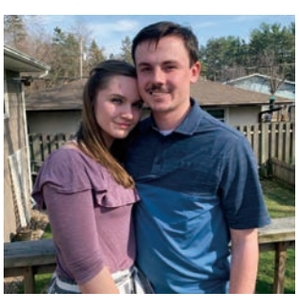
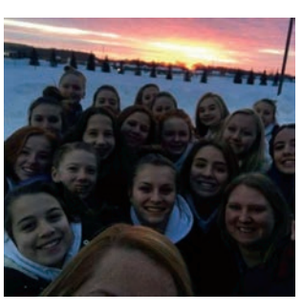
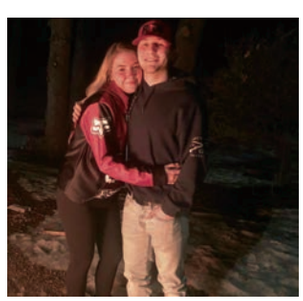
10th Grade Baseball. Row 1: Jack Denne, Bryce Purrier, Tommy Schaupp, Bryce Swiatkiewicz, Charlie Jerpseth
Row 2: Coach Hackenmueller, Max Sutter, Jack Hulting, Tyler Beckstrom, Alec Schee, Coach Dehmer
Row 3: Jacob Dinkel, Caden Kelly, Chase Baxter, Kyler Kitzberger, Aaron Loch



JV Baseball. Row 1: Spencer Rova, Tommy Hamilton, Sam Draeger, Garrett Peterson, Eric Fouquette, Iain Harken
Row 2: Coach Dehmer, Drake Seins, Zach Jans, Jack Carroll, Dylan Blount, Davis Moseng, Coach Kliber
Row 3: Tyler Bartholomew, Easton Kneading, John Gerads, Jack Sander

9th Grade Baseball. Row 1: Drew Egbert, Hayden Frank, Caleb Boyette, Owen Neros, Trey Sybrant, Jaxon Price, Ryan Fischer
Row 2: Coach Barblin, Coach Dehmer, Evan Saunders, Sawyer Foresberg, Zach Romans, Zach Hlinsky, Charlie B, Dylan Byer, Coach Sander
Row 3: Jarrett Bennett, Mason S, Hunter Palmer, Joseph Cook, Hayden Olson, Luke Williamson, Charter B, Kaden Amundson
Row 4: Iain Struss, Tommy K, Owen Tangen, Lleyton Carlson, Ben Boebel, Casey Laylin





THESE ARE OUR SPRING MOMENTS