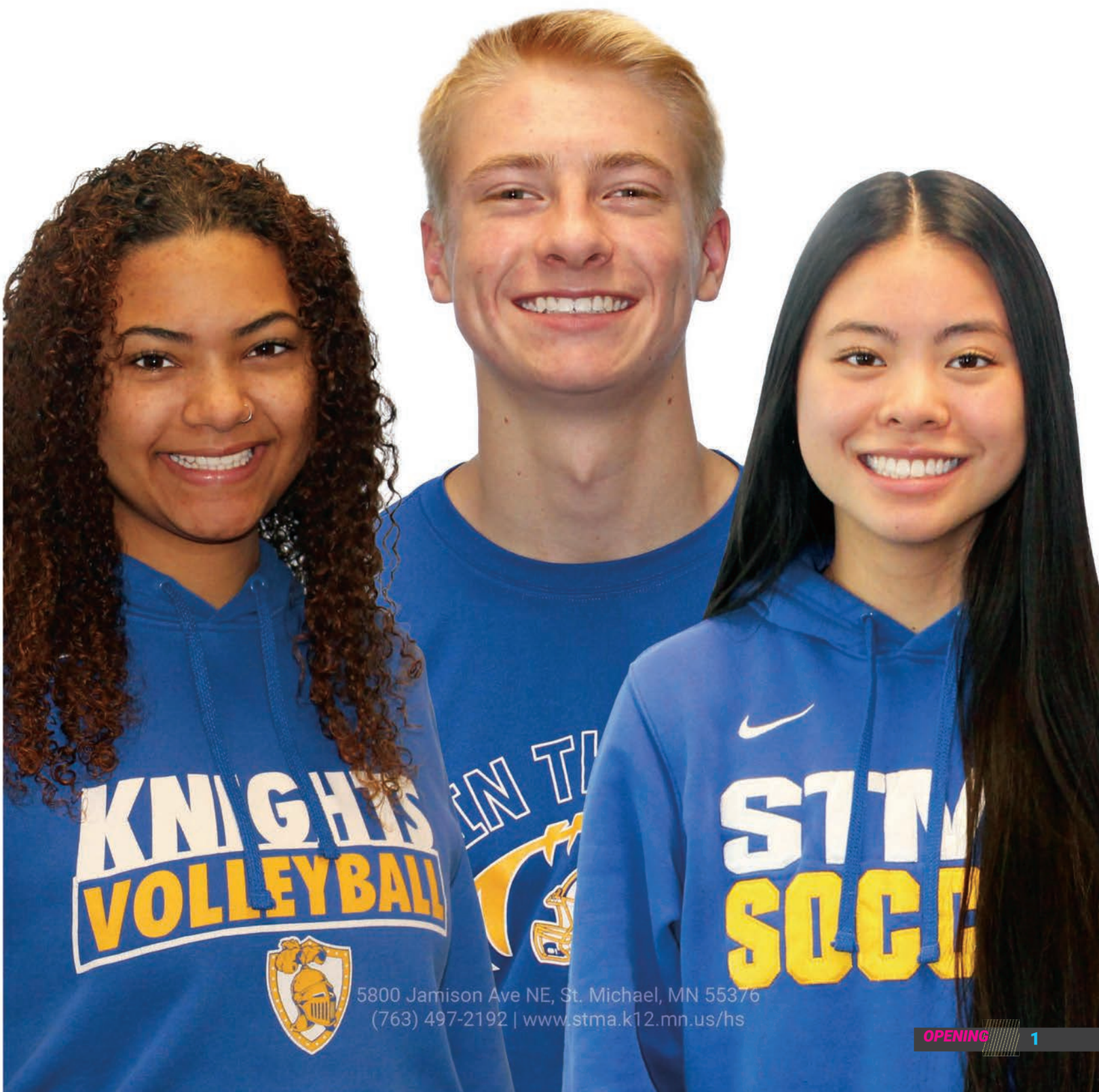
unmasked we're still

STMA



5800 Jamison Ave NE, St. Michael, MN 55376
(763) 497-2192 | www.stma.k12.mn.us/hs

to be determined



during this time,

IT IS IMPORTANT TO STAY POSITIVE.

For many students at STMA the acronym "TBD" is frustrating due to the constant wondering. Many STMA students were involved in activities, and this year, they might not have been able to participate the same way they have in the past.

Some students, however, found this year to be less stressful since everything was online, and some students do better in school that way. But the students that need to be in class learning experienced many challenges.

The uncertainty of when we are going to be able to go back to school like normal is still TBD. During this time, it is important to stay positive. Picking up new hobbies, staying connected, and being hopeful that things will get better are just a few easy ways to stay positive. We have so much time to do the things we've wanted to, but never had time for. It's important for us to make the best out of this situation.

we know who



"My biggest challenge this year was virtual learning. I'm looking forward to engaging with my friends and getting better learning opportunities when we go back."

- Carter Schwartz ('24)
on distant learning

we are

CONTINUED FROM PAGE 3

to be determined



For seniors this year, many didn't get to experience the activities that they waited four years for: such as football games, senior homecoming, and much more that is still "TBD".

Although this was frustrating for some, it provided an opportunity of time to plan for the future. Many senior families were grateful that they are able to spend so much time with their children before they graduated. It also gave us more appreciation for our memories at STMA.

There were many challenges this year for all students, but it's important that we all look for the silver lining and come together and leave this year with Knights Pride.

during this time,

IT IS IMPORTANT TO STAY POSITIVE.

we know who

"Everything is changing; the only thing staying the same is the constant change."

-Kaitlyn Braun ('21)



we are



JONESSA JONES
KNIGHTS VS. ST.CLOUD
9-8



OLIVIA PEAL
LAKE CONFERENCE
1ST PLACE

SUMMER



ERIC GAO
KNIGHTS VS. ST. LOUIS PARK
11-8



RYAN ADKINS
KNIGHTS VS. ELK RIVER
6-8

JUNE



A Rising Movement. Black Lives Matter protests break out across the nation after George Floyd's death in police custody in Minneapolis. Floyd's death, which followed the deaths of Ahmaud Arbery and Breonna Taylor, sparked national outrage. Controversy arose, however, as some protests turned violent with looting and destruction of businesses. *Photo credit: Newscom*





Fire the Engines. Throughout the month, Americans follow the progress of the SpaceX Falcon 9 rocket on a test flight to the International Space Station. NASA launched the rocket on May 30 from the Kennedy Space Center. It was the first time NASA launched astronauts in a commercially built spacecraft. *Photo credit: Newsccm*







Supreme Ruling. DACA recipients and advocates celebrate after the Supreme Court's landmark decision. The court ruled to protect the DACA program from being dismantled and LGBTQ employees from workplace discrimination. It was a summer full of decisions on a wide range of controversial issues. *Photo credit: Newscom*



Short and Sweet. The COVID-19 pandemic drastically shortens the Major League Baseball season to 60 games. Originally scheduled to start March 26 and last 162 games, MLB agreed in June on safety protocols, like empty stadiums, and a July start date. The wild two-month sprint ended with an expanded 16-game postseason. *Photo credit: Newscom*



timeline of *events*

First Lady
"Chromatica" becomes Lady Gaga's sixth straight No. 1 album.

Full Speed Ahead
NASCAR bans the display of Confederate flags at all events and properties.

Open for Business
States begin allowing businesses to reopen as COVID-19 restrictions ease.

Home Entertainment
Celebrities like Katy Perry and Josh Groban offer virtual concerts.

Honk if You Love Seniors
In-person graduation parties are traded for socially distant drive-by celebrations. *Photo credit: USAG Humphreys*











in a class of their **own**

Families gather to honor their 2020 graduates after an unprecedented and unpredictable senior year. Graduation ceremonies looked different with masks and social distancing but were no less of a celebration. While some schools maintained physical ceremonies, others kept families in their cars as they drove up to receive diplomas. *Photo credits: Phil Roeder*

timeline of *events*

8 **Field Day.** Major League Soccer (MLS) becomes the first pro team sport in the U.S. to return to the field during the COVID-19 pandemic by kicking off its MLS is Back tournament.



24 **Swift Reaction.** Taylor Swift releases her eighth studio album, "Folklore," her first Indie genre album.
Photo credit: Newscom

25 **Check, Please.** The last federal unemployment assistance checks from the CARES Act go out after Congress fails to reach an agreement on an extension.

27 **Spare Change.** News reports indicate fewer people are using cash, causing the U.S. Mint to face a national coin shortage.



31 **Visual Masterpiece.** Beyonce's "Black is King" visual album drops on Disney+, a companion piece to her 2019 album, "The Gift."
Photo credit: Newscom



Just Passing Through. A new comet named NEOWISE passes over Joshua Tree National Park in late July. Astronomers first discovered NEOWISE in the spring. The comet, the brightest since Hale-Bopp in 1997, was visible at night for most of July.
Photo credit: Joshua Tree National Park

RISE UP

Creator, composer and lead actor Lin-Manuel Miranda stands center stage during a performance of his hit Broadway musical *Hamilton*. The musical told the story of Alexander Hamilton, one of America's founding fathers. Thousands of new fans discovered *Hamilton* after a movie version of the show, featuring Miranda and the original cast, was released on the Disney+ channel in July. *Photo credit: Newscom*

JULY



Notable Farewells. Americans said goodbye to some noteworthy figures who passed away in July. Among those was John Lewis, congressman from Georgia and famous civil rights leader. Others included talk-show host Regis Philbin, former "Glee" TV star Naya Rivera, actress Kelly Preston, Rev. C.T. Vivian, former presidential candidate Herman Cain and country music legend Charlie Daniels. *Photo credits: Newscom*





Going Pro. After years of debate, the NFL's Washington, D.C.-based franchise announces on July 13 that it will change its name and temporarily be called the Washington, D.C. Professional Football Team. Increasing pressure to change the team name that many considered offensive led to the decision. The team would work on selecting a permanent name and mascot over the coming months. *Photo credits: C Watts and Newscom*







A Knight to Remember. Queen Elizabeth II knights Captain Sir Thomas Moore at Windsor Castle in gratitude for his efforts for Britain's National Health Service charities. The 100-year-old World War II veteran originally set out to raise about $1,300 by walking 100 laps in his backyard but raised $40 million when his story went viral. The queen arrived after attending a secret wedding ceremony for her granddaughter, Princess Beatrice, and the event marked her first public appearance since the lockdown began. *Photo credit: Newscom*

President West? Rapper Kanye West announces via Twitter on the 4th of July that he will run for president as an independent. The controversial musician only made it on the ballot in a handful of states. Most political analysts viewed his campaign as a stunt to promote his music.
Photo credit: Newscom



beyond *convention*

California Senator Kamala Harris makes history as the first woman of color to run for vice president on a major party ticket as she and former Vice President Joe Biden sign ballot paperwork ahead of the Democratic National Convention. The convention was held the week of Aug. 17 as a mostly virtual event due to the COVID-19 pandemic. The Republican National Convention was held the week of Aug. 24 with more in-person events, but it was a scaled down convention with many outdoor events, including President Trump speaking on the White House lawn. *Photo credit: Newscom*

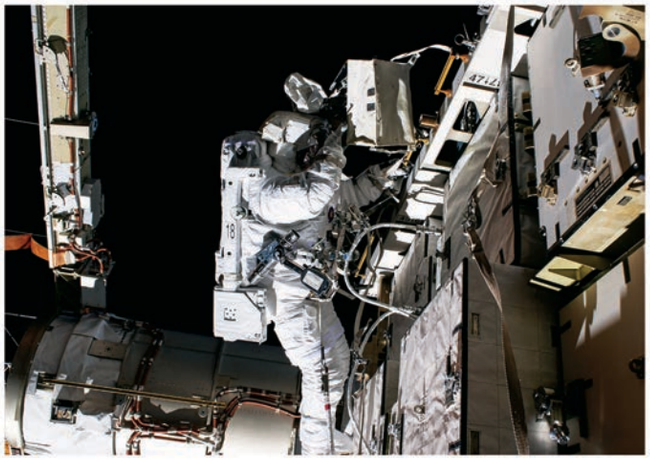








Welcome Home. Astronaut Bob Behnken, seen here during a June spacewalk at the International Space Station (ISS), returns home on Aug. 2 with astronaut Doug Hurley. Behnken and Hurley spent more than two months aboard the ISS. Their mission was noteworthy because they traveled on a spacecraft built by SpaceX – the first time NASA astronauts piloted crafts built by a commercial company. *Photo credit: Newscom*





Baby Daisy. Pop star Katy Perry and actor Orlando Bloom make headlines when Perry gives birth to their first child on Aug. 26. The couple named their daughter Daisy Dove Bloom. Baby gifts and well wishes came pouring in from celebrity friends and the public. *Photo credit: Newscom*

AUGUST



Wakanda Forever. Actor Chadwick Boseman, who became famous for playing the character Black Panther in the popular Marvel Universe movies, dies on Aug. 28 after a four-year battle with colon cancer. The news of his death was a shock to many as Boseman had managed to keep his illness very private. A public outpouring of condolences and positive memories of Boseman followed the news. *Photo credit: Newscom*



sports *return!*



9 **Ahead of the Rest.** 23-year old American golfer Collin Morikawa wins the PGA Championship by two shots over Dustin Johnson and Paul Casey. *Photo credit: Newscom*

14 **Reaching the Goals.** Soccer powerhouse Bayern Munich becomes the first team to ever score eight goals in a UEFA Champions League match, routing Barcelona, 8-2.



25 **Strike That.** Chicago White Sox pitcher Lucas Giolito throws a no-hitter, 4-0, over the Pittsburgh Pirates. He struck out 13 and only gave up one walk. *Photo credit: Newscom*

26 **Wait for It.** NBA playoff games get postponed when all teams involved decide to sit in protest after the Jacob Blake shooting.

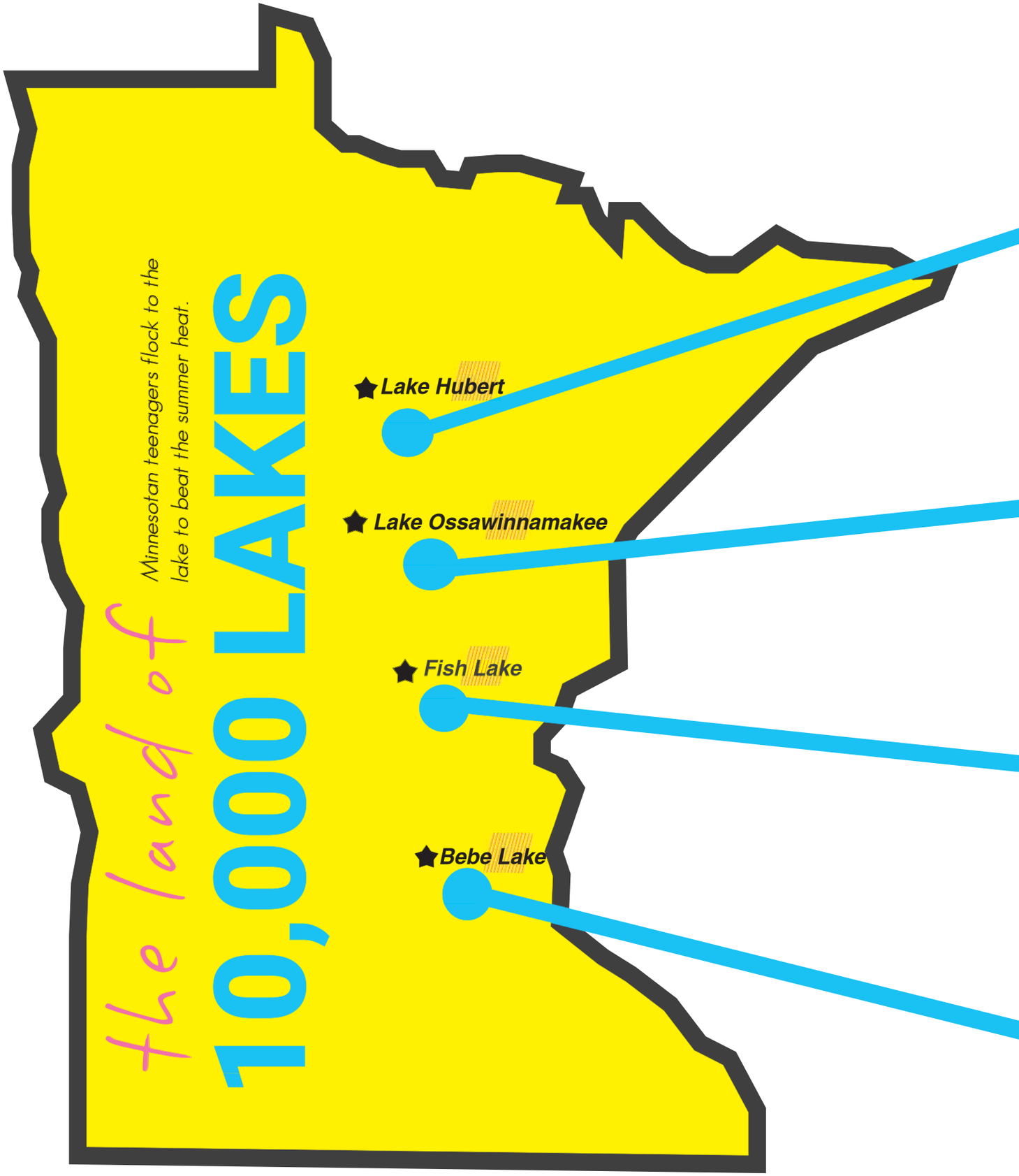




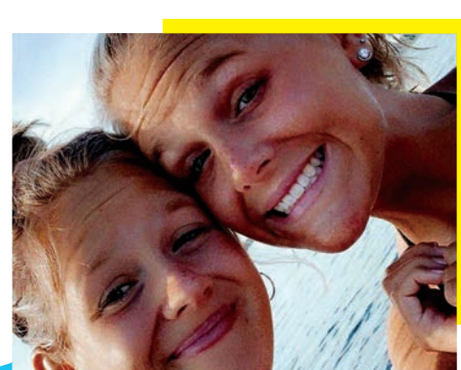
Quite a Night. Canadian pop star The Weeknd, seen here performing during a 2017 concert in Copenhagen, is a big winner at the MTV Video Music Awards on Aug. 31. The Weeknd won Video of the Year for his song "Blinding Lights," his first time winning an MTV Video award after being nominated in four previous years. Lady Gaga and Ariana Grande also performed at the online awards show, both wearing masks. *Photo credit: Newscom*



Blast in Beirut. A warehouse storing large amounts of ammonium nitrate at the port of Beirut, Lebanon, exploded on the afternoon of Aug. 4. The blast resulted in at least 200 deaths and more than 6,500 injured. An investigation revealed the explosive material had possibly been stored unsafely in the warehouse for as long as six years. *Photo credit: Newscom*



Spread by Savanna Mosher



HILLARY GUSTUFSON ('22)

"I love waking up knowing I have a day of relaxing."

Hillary has a cabin on Lake Hubert.
Favorite thing to do: Go on boat rides.



GAVIN HEMMER ('21)

"I've been into surfing since 2016. My favorite part would definitely have to be loud music and hanging with friends. "

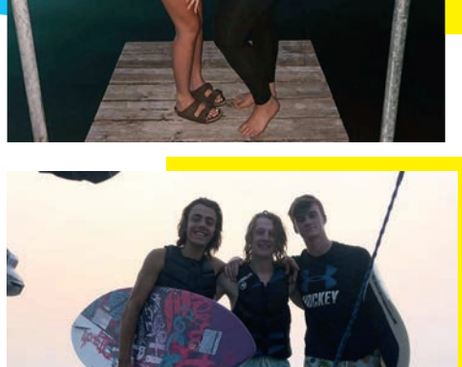
Gavin has a cabin on Lake Ossawinnamakee.
Favorite thing to do: Go wake surfing.



SAVANNA MOSHER ('21)

"I love just spending time at the lake making memories with the fam."

Savanna has a cabin on Fish Lake.
Favorite thing to do: Go tubing and jet-skiing.



TYLER BECKSTROM ('21)

"I like to wake surf and hangout with my friends."

Tyler lives on Beebe Lake.
Favorite thing to do: Go wake surfing

it's all about the

LAKE LIFE

Five facts you should know

There are 949 lakes in the Twin Cities Metro area

Minnestoa is "The land of 10,000 Lakes" however, there are 11,842 lakes.

The most common lake name is Mud Lake. There are 261 Mud Lakes in Minnesota.

Minnesota has more than 90,000 miles of shoreline. More than California, Florida, and Hawaii combined.

Minnesota has the LARGEST lake in the nation. Which is Lake Superior.

TBD summer trips cancelled

SUMMER VACATIONS

Was your summer trip canceled?

YES	NO
46%	54%

Chicago, Illinois

Elli Schmitz: "I was going on a mission trip to Chicago, but it happens every year so I was super bummed."



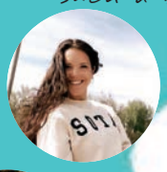


Las Vegas, Nevada

Jed Wester: "I was going to Vegas for wrestling world team trials."

Colorado

Jordan Mlsna: "I was so excited to see the mountains and views, and not being able to see that was such a bummer!"





Florida

Joey Torgeson: "It wasn't a big deal to me because I travel often, but I was looking forward to having fun there with my friends and family."



Mexico

Hani Helland: "We were planning for about 5 months and I was really sad and angry when I found out."

GLOBAL HEADLINES

MARCH, 2020

Gov. Tim Walz declares a peacetime state of emergency in Minnesota. President Trump declares a national emergency. Walz restricts all Minnesota bars and restaurants to delivery and carryout, and closes hair salons. Later in March, Gov. Walz issued a stay-at-home order for MN.

APRIL, 2020

Global cases shoot past 1 million as deaths soar in the United States and western Europe. European countries begin to ease restrictions. Spain restarts construction and manufacturing, and Austria and Italy allow certain stores to reopen.

MAY, 2020

Minnesota retailers are allowed to reopen at 50 percent capacity. Places of worship, outdoor recreation activities and drive-in events resume under specified guidelines. Other major countries like South Korea began to reopen schools.

ECUADOR

Some things just don't work out

Mr. Siemieniak had to inform all eight students that because of Covid-19 their educational trip to Ecuador had been canceled. The two week trip to Ecuador in June was planned over the entire school year. There were numerous meetings for the trip figuring out logistics and fundraising through the year.

They also met and learned about Ecuador's culture and Spanish they would need for the trip. Supervisors and chaperones from the company they booked with were also planning on going with Mr. Siemieniak. "I was selling coffee to fundraise for the trip as well as asking friends and family for money towards the trip as gifts on holidays," said **Belle Johnshoy** ('22). In March, Mr. Siemieniak was told that the trip to Ecuador had to be canceled. After he found out the trip was canceled, he had to tell everyone who was going with. Since it was during lockdown he could only email them to inform them of the news.

The students and parents were very understanding and they realized that it was for the best of everyone's health. "I wasn't as upset at first, but when it finally hit me I got sad and still to this day I'm upset about this trip being canceled because it would've been the trip of a lifetime," voiced **Autumn Goetsch** ('22). It was not Mr. Siemieniak's decision to cancel the trip, he was very bummed to let everyone know what was going on.

He was told by the school that it had to be canceled and the company was forced to cancel all of their scheduled trips for safety reasons so they were unable to go to Ecuador. "I was bummed for the seniors and upperclassmen since it was maybe their only chance, but I told them all that they have their whole life to travel and to get out there when they can," explained **Mr. Siemieniak.**

STMA has no current plans to reschedule. Mr. Siemieniak wants to wait to plan a trip until it's safe and can for sure happen. This might not happen for a few years or until 2022."I plan on studying abroad in college, but we'll see if that can still happen with covid and what fits into my plan…I would love to go abroad to a Spanish speaking country wherever I can work towards my future major," said **Alayna Johnson** ('21). Covid-19 has really shown the world that no matter how much you plan, some things just dont work out.

Spread designed by Hillary Gustafson.



"I plan on traveling abroad in the future, definitely in college, and probably somewhere I can speak Spanish"

-Belle Johnshoy ('22)



"I'd love to travel more if I have the opportunity. I'll most likely be going on the Spanish trip in 2022 if possible."

-Jack Erickson ('22)



"I would love to go abroad, I'm still very interested in Ecuadors culture, however I would love to travel all over Europe when I graduate highschool!"

-Autumn Goetsch ('22)

SUMMER ART

STMA students showcase creative art captured throughout the summer of 2020.

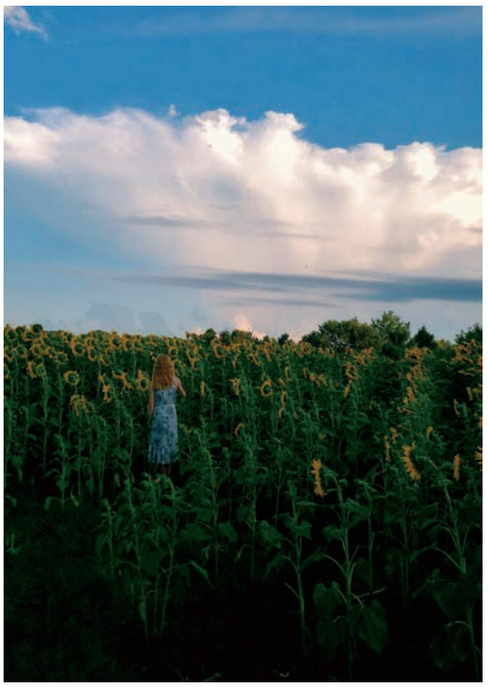


STMA graduate, **Carly Joslyn** submitted this photograph capturing a moment at one of the Black Lives Matter summer protests at the Minnesota Capitol.

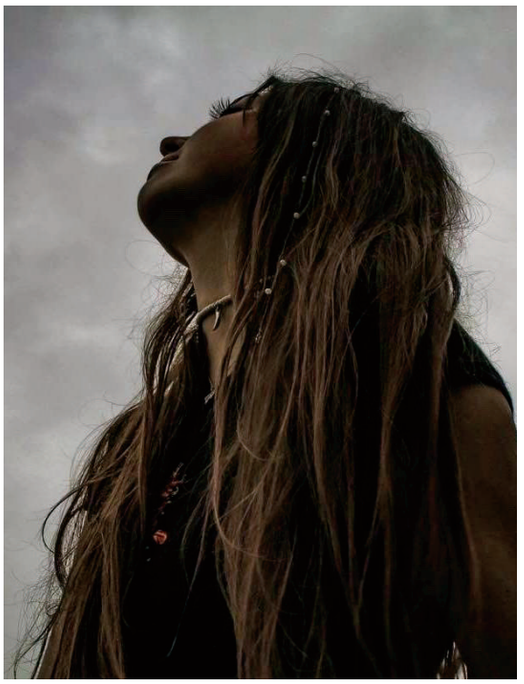
STMA senior, **Nolan Montcalm** took the photo pictured on the right. "The piece is titled 'Fundi' which is a Swahili phrase meaning "person who teaches the next generation." in the photo, we see a massive crowd raising their fists in solidarity with BLM outside the Minneapolis 1st precinct. Though hard to see in the picture, most of those in the photograph is youth; the next generation of America, in this photo, is standing strong and against police brutality and systemic racism in our nation," said Montcalm.



The sunflower piece, pictured (left) was taken by **Emma Cliff**. "The day I took this picture was pretty much a perfect summer day, and the sun was starting to set. I loved the way the sunflowers had tilted that day and they contrast of the yellow and green flowers against the blue sky. To me, it symbolizes the youthful feel of summer," said Cliff.



STMA senior **Kayla Hutton** captures a moment with a close friend on a cloudy summer day. "When I'm out taking pictures I go by what I see in my head and try to recreate my vision in real life. My art style is very real and all of my pictures have a story. I love adding texture in my work to create that real effect. I do that by creating contrast and emphasis to make my work look alive," said Hutton.



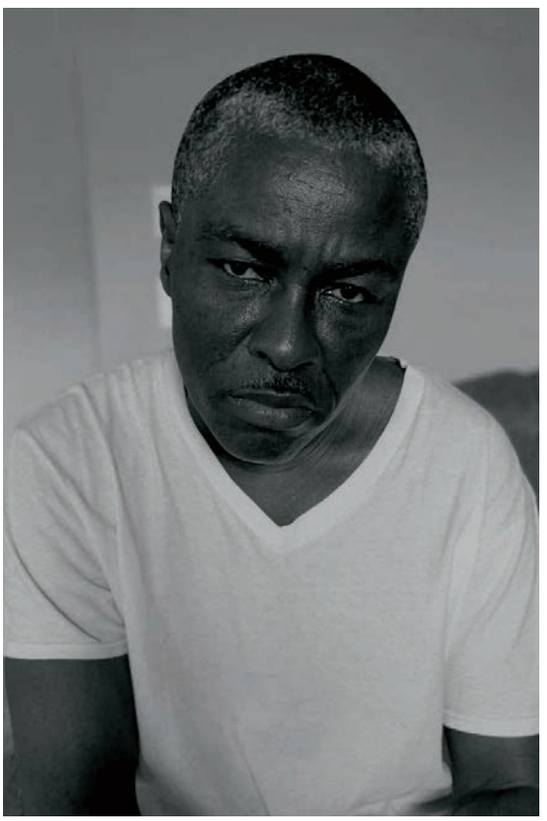


This photo was submitted by **Madeleine Iverson**. "This photo is of my aunt's dog, Murray. I shot it with Kodak Tri-X fillk on my Pentax camera. The picture reminds me of a perfect summer day at my grandparents' house. Murray's expression coupled with the fact that this was a lucky shot on an old film camera makes this photo special to me," said Iverson.



This photo captures a serene sunset at the lake was submitted by **Elizabeth Leonard**. "I was kayaking during sunset at my cabin. While taking in the calming scene, I realized the sunset was reflecting on the paddle, but only for a couple seconds until the water dripped off. I believe it represents how the past can be beautiful, but it shouldn't completely take over our present life," said Leonard.





STMA senior, **Brandy Pierre** shared her incredible artistic abilities with one of her paintings. "The piece took me about 5 hours in the span of two days. I painted it as an imagination piece over the summer and used posca pens and a canvas board. I enjoy using bright pastels and took the opportunity to put them in this piece and draw something I knew I would enjoy creating. I hope the people that look at it see it as something fun and cute," said Pierre.

STMA senior, **Mamifio Kulee** took a classic black and white photo of her father. "This picture of my dad that I took was quite unexpected and honestly there isn't any deep reason on why I took this photo, other than for class, but then I realized it gave off emotion that could be interpreted differently. All in I liked how it turned out," said Kulee.



how drive ins became summer's next best thing

A NIGHT UNDER THE STARS

adventure is **OUT** *there*



SUMMER SERENITY. Resting after a long hike, Sarah Schuster ('23) and Natalie Zuidema ('22) , take in the beauty of Taylors Falls. They visited to find something to do with covid taking summer activities away. *Photo by Natalie Zuidema.*



UP NORTH. Breathtaking views after a long drive up north, Ben Ford ('22), Carson Radke ('22), and Carter Hiltner ('22), explore the great lake. Carter had just bought some brand new shoes from Duluth. *Photo by Ben Ford.*

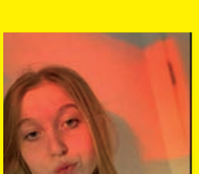


THE FALLS. Junior girls trip up to the North Shore. Jasmine Purnell ('22), Alanna Gifford ('22), Cassandra Emerson ('22), and Camryn Lukkar ('22), watch the pretty falls in front of them. They visited several different places taking in all the pretty views. *Photo by Cassandra Emerson.*



Covid shuts down movie theaters leaving St. Michael movieless, however, it did create a new opportunity for the cinema to open drive in movies. It was very nostalgic to experience a drive-in movie just like in the movies we watched when we were younger. With indoor movies not being available, drive-ins were their next best option. St. Michael Cinema stuck to showing mostly classic movies this summer because it was very hard to film new movies, some of the movies they had shown were Jurassic Park, Monsters Inc, The Goonies and many more. "I think the drive in was a really good way to spend time with your friends and go see a movie, but remaining socially distanced," explained **Alicia Vosberg** ('23). Being able to experience drive-ins in our own town was something good that came out of all the bad, and really brought our community together. "It's a super cool experience to have with your friends or family, a lot of people go all the way to other drive ins that are an hour or more away, so now that we have one here it's definitely worth it to go and try it out yourself," said **Peyton Lenz** ('22). Drive-in movies brought a very new experience to STMA. Sitting outside is a very new experience. Seeing all of the trucks lined up with their tailgates made into beds, all the suvs with their trunks made into couches, and the small cars with front row seating, all stuffed with pillows and blankets, is something very new and cool to see. "My friends and I brought tons of blankets which was super nice because even if you are wearing sweatpants and a sweatshirt it gets very cold," said **Ashlin Rattansinh** ('24). Our summers were very different than most, but making the best out of what we had did bring us a new way to watch movies and make fun memories.
Page designed by Gabby Cramer.

DRIVE IN ESSENTIALS



reese **JAEGER** '24

"Popcorn is always a movie must have for something yummy to snack on."

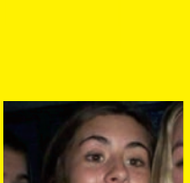




carter **FORMO** '22

"During the movie the bugs won't leave me alone so bug spray is definitely a must."





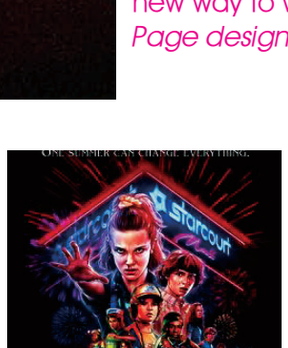
hannah **AUGUSTINE** '23



"Pillows really helped keep cozy, especially in the back of a car."

best NETFLIX shows during QUARANTINE

the 2020 facts



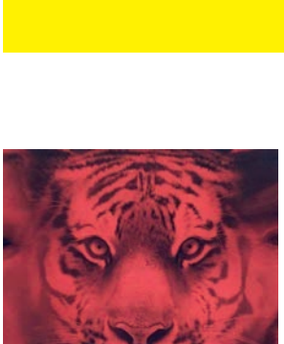
Netflix revealed that it had gained an additional 15.77 million subscribers in the first quarter of 2020.



41% of Netflix users are watching without paying thanks to password and account sharing.



34 million viewers tuned in to watch Tiger King in its first 10 days



As billions of people around the world were forced into quarantine, Netlix was forced to reduce streaming quality in several countires to help reduce strain on bandwidth.

making the most of it with

MUSIC

Pep band brings energy to homecoming week

The band has brought everyone so much joy when it comes to homecoming week. This year it was sadly different but they found a way to surprise us. Some students that are in the band performed while students walked into the main entrance atrium and first floor from the buses. This year was the most changed but it was a great feeling knowing the band was there to bring joy and excitement to that week.

The Marching Knights also felt some challenges during their season. Every Monday they would go onto a google meet and talk about any new developments with doing any parades, but unfortunately they never ended up doing any of the parades.

The Marching Knights found a creative way to perform. Every week they would have to submit a video of them working on their own certain marching technique. " I disliked that everything became so independent," said **Raelyn Hastings** ('21) We are all hoping this year will be different, and hoping there will be more interaction, and being able to march together again. **Paige Sandberg** ('21) said, " What I liked about it was still being able to see my friends virtually, and how I was able to letter in it last year. What I didn't like was not being able to do any parades, but that was understandable." Last year was something that no one was expecting to happen, and we are all hoping that this year the marching knights will be back together in 2021. Band members are all hoping they get to march in their parades again, have more interaction, and do what they love. *Spread created by Avery Husting.*



HOMECOMING WEEK. Band students play music welcoming students walking into school during homecoming week.

Senior Spotlight

Our best memories

Paige Sandberg ('21)



Instrument Played: **Clarinet**

Years in Marching Knights: **4**

Favorite Memory: "My favorite memory from my high school career would be going to New York and being able to march in New Jersey over the 4th of July. "

Tommy Gonsior ('21)



Instrument Played: **Drums**

Years in Marching Knights: **4**

Favorite Memory: "This summer will be my 5th summer in marching band, and my favorite memory would probably have to be scoring over an 80 at the Alexandria parade for our final performance of the season!"

Raelyn Hasting ('21)



Instrument Played: **Color Guard**

Years in Marching Knights: **4**

Favorite Memory: "My favorite memories are when we get to travel. On our travel years we get to go to fun places like New York and Chicago. The people you meet in Marching Band will become your best friends."





STAY TUNED. Kayla Haas ('23), Kylee Walsh ('22), Hailey Rittenbach ('24) smile for a picture after performing the school song in the atrium during homecoming week. The pep band usually performs for the school in the gym during the homecoming pepfest. This year, due to Covid and social distancing safety, the pep band performed in the school's atrium and on the first floor to greet students during Homecoming week. Haas explained, "When we performed in the gym, the entire school was together and full of spirit. Playing in the atrium with less than a fourth of our regular group was just not the same."

Marching band goes online this summer

Marching Band this year has been very different from last year due to Covid and many kids were not able to do what they loved. Students this year have been participating through making their own videos and posting them to their website for everyone to watch and enjoy. Sometimes for practice they would join their Google meet and go through what they would do as if they were in school. For weekly challenges, **Mr. Hilden** would give the students a challenge to do throughout the week and then post a picture or video to their band app. Sometimes the challenges related to drills and playing, other times it was fun things we could do with our family, or around the community while social distancing. **Jade Goth** ('22) said, "The only thing I didn't enjoy about the marching band season was not being able to play together but the weekly challenges were fun and engaging. Mr. Hilden made the best out of the season, keeping everyone interested and involved." Hopefully next year will be different for marching band and get their season back.

we always got the **BEAT**



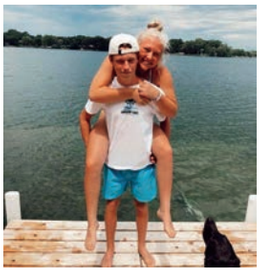
Kari Smelter ('22)

Madison Rankin ('23)













































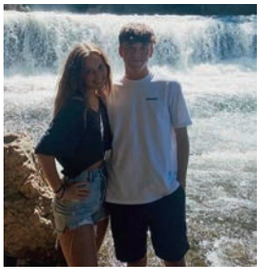
SUMMER

moments



















REN HAMANN
KNIGHTS V. SHOKOPE
29-26



PATRICK O'SULLIVAN
ALICE IN WONDERLAND
The King of Hearts



KYLEE FORMO
KNIGHTS V. SHOKOPE
29-26



EMMA DUERR
KNIGHTS V. EDEN PRAIRIE
2-0

FALL

SEPTEMBER

Reading, 'riting, Remote Learning. A teacher connects with her students through video chat. Continuing concern about the risks of COVID-19 meant districts pushed back their start dates by weeks. Many schools gave the option for remote learning, in-class learning or some combination of the two, while some parents around the U.S. explored the possibility of homeschooling. *Photo credit: Phil Roeder*





Fowl Mouth. An African grey parrot at the Lincolnshire Wildlife Park sounds off – and its words may be inappropriate. The British wildlife sanctuary removed five parrots from the public area of the park after they began swearing at visitors and each other. Billy, Eric, Tyson, Jade and Elsie were adopted in August, then moved away from public earshot in September. *Photo credit: Newscom*





Burning Up. Deadly wildfires sweep through the west coast, destroying homes and businesses, claiming lives and sending smoke as far inland as Michigan. The fires in California, Oregon and Washington claimed at least 35 lives and burned more than four million acres. Due to the poor air quality, the Environmental Protection Agency recommended people use N95 respirators to protect themselves, which were already in short supply due to the COVID-19 pandemic. *Photo credits: Newscom*



Signs of Life. It's possible that the cloudy, hot atmosphere of Venus could harbor life forms. Researchers found the molecule phosphine in the yellow planet's sulfuric acid clouds. This doesn't confirm the existence of life on Venus, but researchers said the only explanation for phosphine is that it's being produced by a living being or generated through a chemical process not yet known to science. *Photo credit: Newscom*





A Clean Sweep. "Schitt's Creek" earns 15 Emmy nominations with nine wins and is the first comedy to sweep all seven major prize categories, including Outstanding Comedy Series. Cast members Eugene Levy, Catherine O'Hara, Dan Levy and Annie Murphy each took home Emmys for their performances. At 24, Zendaya became the youngest person ever to win Outstanding Lead Actress in a Drama Series for her role in HBO's "Euphoria." *Photo credits: Newscom*

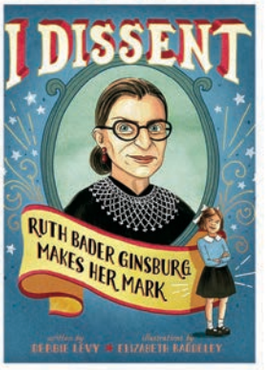


THE NOTORIOUS RBG

The nation mourns Supreme Court Justice Ruth Bader Ginsburg's death on Sept. 18 at the age of 87 from complications due to metastatic pancreatic cancer. Over the course of her prolific legal career, Ginsburg argued many landmark cases relating to gender discrimination and was nominated to the Supreme Court in 1993. Known for her dissenting opinions and the collars she wore with her robes – especially her dissent collar – Ginsburg gained pop-culture fame and was often referred to as "RBG." She was the first woman to lie in state at the U.S. Capitol, and her death raised heated debate over when a new justice should be confirmed with the election so near. *Photo credits: Newscom and Yale Law Library*









Stop and Start. Oklahoma quarterback Spencer Rattler (7) throws a pass against the Kansas State defense during an early season game. Some of the top leagues, such as the Big 10 and Pac 12, originally decided to forgo the season due to the virus, only to later change their minds and start the season late. Almost every school played games in front of sparsely filled stadiums, with fans spaced out for social distancing. *Photo credit: Newscom*



mulan by the numbers

Photo credit: Newscom

0
Musical performances in the live-action remake, a major departure from the 1998 original

161
Days between the original planned release date, which was delayed due to COVID-19, and its Sept. 4 release on Disney+

$30
Cost to watch Disney's *Mulan* on their streaming channel, Disney+

Walsworth yearbooks

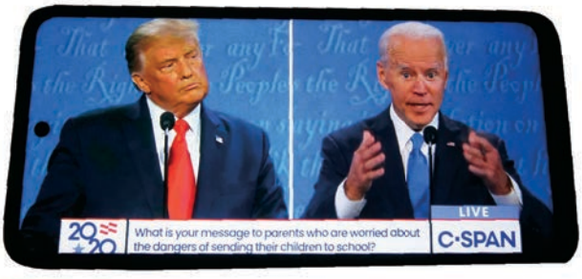
OCTOBER

the wait is over

The Los Angeles Dodgers celebrate after winning Game 6 of the 2020 World Series over the Tampa Bay Rays, 3-1, to clinch their first world championship in 32 years. Los Angeles emerged as the winner of the thrilling series over Tampa, which saw just about every game go down to the last out to get decided. Outfielder Mookie Betts sprinted home from third base and slid safely into home on an infield ground ball in the 6th inning of Game 6 to give L.A. the lead. *Photo credits: Newscom*







Wait Your Turn. President Donald Trump and former Vice President Joe Biden speak during the final presidential debate on Oct. 22 in Nashville. After a first debate the previous month that was considered by many to be overly hostile and disruptive, the October debate became the first U.S. presidential debate where the microphone could be muted during the first two minutes of a candidate's response to a question. *Photo illustration credit: Newscom*





One Tall Reef. Aerial and underwater views show the natural beauty of the Great Barrier Reef in Australia. On Oct. 28, scientists conducting 3D mapping of the area announced they had discovered a section on the northern tip of the Reef that was more than 1,640 feet, or taller than New York City's Empire State Building. The area was a healthy and thriving sea habitat. *Photo credits: Newscom and Mike J. Gale*

were you *entertained?*

These stories made headlines in the world of pop culture.

Score
FIFA 21, the latest edition of the popular soccer video game, is released to gamers worldwide.



Movie Night
After closing for several months due to COVID-19, movie theaters can reopen in New York City at 25% capacity.



New Positions
"Positions," the first single from Ariana Grande's new album of the same name, is released. *Photo credit: Newscom*

Return of the Baby Yoda
The Child is back! Season 2 of the hit TV show "The Mandalorian" premieres on Disney+. *Photo credit: Newscom*







Health Scare. President Donald Trump salutes Marine One after the presidential helicopter returned him to the White House from Walter Reed National Military Medical Center following his weekend hospitalization for COVID-19. Trump announced that he and First Lady Melania Trump had tested positive for the virus on Oct. 3. They received many wishes for a speedy recovery, with balloons seen outside the hospital. *Photo credits: Newscom*



Be the Judge. Judge Amy Coney Barrett takes the oath of office to the Supreme Court on Oct. 26. After the passing of Justice Ruth Bader Ginsburg a month earlier, President Donald Trump nominated Coney Barrett as her replacement. The Republican-controlled Senate made the controversial decision to confirm her to the Court, even though it was only one week before the national election. *Photo credit: Newscom*



A Long Time Coming. The OSIRIS-REx spacecraft prepares to touch the surface of the asteroid Bennu on Oct. 21, located approximately 200 million miles away from Earth. Originally launched in 2016, OSIRIS-REx successfully collected samples and started its journey home. In another big breakthrough, NASA scientists confirmed they found water deposits on the surface of the moon by using infrared technology. *Photo credit: Newscom*

Not Over Yet. A healthcare worker in Tennessee performs COVID-19 tests at a Memphis drive-thru clinic. COVID-19 cases soared in October, breaking the previous daily records set over the summer, with 99,784 daily cases on Oct. 30. Economic pressure to reopen, individuals relaxing personal safety measures and colder weather keeping people inside all contributed to the second wave. *Photo credit: Newscom*



timeline of *events*



2 **Shark-infested Watchers**
"Baby Shark" becomes the most-watched YouTube video of all time with 7.04 billion views. *Photo credit: Newscom*

4 **A Sad Record**
The U.S. records more than 100,000 coronavirus cases, breaking the single-day record.



8 **Who is Alex Trebek?**
Longtime "Jeopardy!" host Alex Trebek dies after a months-long battle with pancreatic cancer at the age of 80. *Photo credit: Anders Krusberg/ Peabody Awards*

27 **A Sadder Record**
The U.S. tops 200,000 COVID-19 cases in a single day.

30 **Look it Up**
Merriam Webster dictionary reveals their 2020 Word of the Year: pandemic.



Kim-possible. Kim Ng makes history as the first woman to become the general manager of a Major League Baseball team, and she is believed to be the first woman hired as a GM by any major professional men's sports team in North America. Ng took the top post with the Miami Marlins after more than 30 years with MLB. The news was announced in a virtual news conference from Marlins Park on Friday, Nov. 13. *Photo credit: Newscom*

#FreeBritney. Fans of Britney Spears protest the pop star's continued conservatorship. The 38-year-old lost a court bid to remove her father's control over her estate, which was granted in 2008 after Spears' public mental health crisis. In court, her lawyer said Spears will not perform while her father is in charge. *Photo credit: Newscom*



Mystery Monolith. An unexplained metal pillar is discovered on remote Utah land owned by the Bureau of Land Management. The illegal structure was removed the night of Nov. 27 by two adventure athletes concerned about the impact crowds would have on the desert ecosystem. Two more monoliths later appeared in Romania and California, and speculation on their source ranged from artists to aliens. *Photo credit: Newscom*



Finally, Some Good News. Two companies make big announcements about their COVID-19 vaccines. Clinical trials showed the vaccine created by Moderna to be 94.5% effective and the Pfizer vaccine to be 95% effective. Both companies expected the Food and Drug Administration to grant their vaccines emergency approval before the end of the year. *Photo credit: Newscom*

an election to *remember*

After unprecedented voter turnout and several days of delay in too-close-to-call swing states, Joe Biden and Kamala Harris are named the country's next president and vice president on Nov. 7. Though President Trump had not conceded, Pennsylvania was called for Biden the morning of Saturday, Nov. 7, which gave Biden the Electoral College votes he needed to secure the presidency. Vice President-elect Kamala Harris, making history as the first woman, first person of South Asian heritage and first Black vice president elected to office, inspired several viral videos of incredulous little girls saying, "She looks like me!" *Photo credits: Newscom*





NOVEMBER







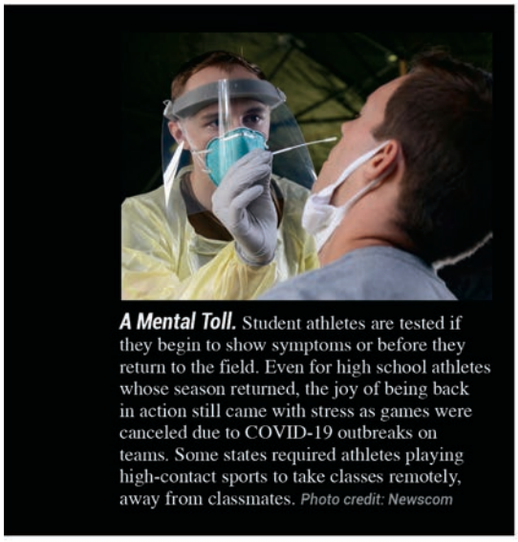
Rise to the Top. Professional rock climber Emily Harrington scales the El Capitan vertical rock formation at Yosemite National Park. Harrington became the first woman – and only the fourth person – to free-climb the notoriously difficult "Golden Gate" route in less than 24 hours. She began her climb at 1:34 a.m. on Nov. 4 and finished in 21 hours and 13 minutes. *Photo credit: Jon Glassberg, creativecommons.org/licenses/by/3.0*



Cover Girl, Cover Boy, Cover Baby. It's a series of firsts for iconic magazines. British musician Harry Styles was featured in *Vogue* magazine – the first man to pose solo on the cover in the publication's 128-year history. Actress Emma Roberts made history as the first pregnant person featured on the cover of *Cosmopolitan* magazine, showing off her burgeoning belly in a pink crop top. *Photo credit: Newscom*

A WHOLE NEW GAME

School sports return across the country with new precautions amid pandemic



A Mental Toll. Student athletes are tested if they begin to show symptoms or before they return to the field. Even for high school athletes whose season returned, the joy of being back in action still came with stress as games were canceled due to COVID-19 outbreaks on teams. Some states required athletes playing high-contact sports to take classes remotely, away from classmates. *Photo credit: Newscom*

Minnesota Hoop Dreams. Basketball stars Paige Bueckers and Chet Holmgren from the Twin Cities make it back-to-back years as the top high school hoops recruits in their high school class. Bueckers, a point guard, was ranked the top women's player in the 2020 class after leading her high school team to 62 straight wins. Holmgren, a 7-footer, was named the top men's player in the 2021 class, largely based on his ability to handle the ball and shoot like a guard for a player his size. *Photo credits: Newscom*





A Temporary Shutdown. School districts in some states delay the start of the fall high school sports season due to COVID-19 concerns, leading some high school athletes, teachers and parents to protest. The protesters said sports were an integral part of the school experience and important for students' mental health. They also argued it would impact college scholarship opportunities for high-profile athletes who might not be able to play, like Korey Foreman of Los Angeles, ranked by many as the best high school football player in the country. *Photo credits: Newscom*













slowly restarting

Fall sports practices start around Labor Day in some states, but masks, limited crowds, social distancing and other safety measures continue to give the 2020 season a surreal feeling. Fields and stadiums across the country sat empty for many of the season's games. As the second wave of COVID-19 struck, the fate of many spring sports was left up in the air.

Photo credits: Courtney Hanks, MJE, Leland Mallett, CJE, and Paul Miller



One-year Wait. The postponement of the 2020 Summer Olympics impacts several American teen athletes, like 18-year old swimmer Regan Smith, seen here during the 2019 World Championships. Smith is the current world record holder in the 100- and 200-meter backstroke events. She headed back into training to get ready for the games now scheduled for the summer of 2021 in Tokyo. *Photo credit: Newscom*

HIGH SCHOOL SPORTS by the numbers



Photo credit: Newscom Source: stadiumtalk.com)

7.9 Million
High school students play school sports

213,452
High school athletes play lacrosse in 2019, making it the fastest growing high school sport

19
States offer ice hockey as an official high school team sport

Knights set comfortable in the END ZONE

Knights dominate Eastview Lightning 40-0

Bundled up with heavy jackets and hats, Knights fans tried to stay warm by drinking hot chocolate and huddling together. The stands mimicked the look of a checkerboard with tape marking off where fans could sit to socially distance themselves while still being able to enjoy the November 17th Varsity game against the Eastview Lightning. Going into the game, the Knights stood 4-1 in their shortened season. The Knights only got to play 6 games when normally they would get to play 8-10 games in a season. Their season was originally pushed back to March, but the MSHSL voted to reinstate the team on September 21st, 2020 at 12:21 pm. "When I heard it came back, it gave myself and others a sense of relief because we have been putting in hard work over the summer and now all that training isn't going to waste," stated **Kyle Brandberg** ('21). While some players were thrilled to have their season back like Brandberg, others were worried about the lack of fall practices. "I was glad that the season was back, but it made me a little worried because I felt I didn't have enough time to prepare for the season," explained **Zander Hasher** ('22), "I felt that I had to work extra hard to maintain my momentum for this season." For many players the game against the Lightning was a once in a lifetime opportunity. The Knights were up 34-0, so Coach Essler decided to allow a lot of the JV players to go into the Varsity game to have an experience playing and challenge the now jv team, soon to be varsity players. "It felt great to play in a varsity game. It was a lot of fun to play with other jv members but have it be in the varsity game spotlight," exclaimed **Zach Ewer** ('22). By the end of the night, the Knights stood at 40-0, ending the season at 6-2.
Page design and story by Abby Heuer.





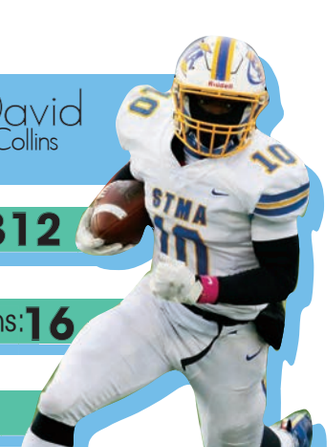
BEST FRIENDS *on and off* THE FIELD

For most of the players on the team, they are a brotherhood. For two special players, Jake Springer ('22) and Reven Simat ('22), they prove that every Friday night. Springer and Simat have been friends for almost three years. Playing on the field together has brought them even closer. "Not only is he my best friend, he's my brother. I can always rely on him on and off the field and it hypes me up every time we make a play or just make eye contact because I know I got to have his back and he's got mine," explained Simat ('22). Their mutual bond and trust allows them to excel during games and practices. They currently have been living together for almost two years which allows them to have a personal bond like no other. "[Playing with my best friend] is the best, I wouldn't want it any other way, we both know what we want and we both motivate each other to be better on and off the field," Springer ('22). For the STMA Football team, they are a brotherhood. Always have been and will be for many more years. *Story by Abby Heuer. Photo by Tim Bykowski.*



BAUER POWER. Harley Bauer ('21) runs into the endzone to score. Bauer's brother, Devon Bauer ('22), successfully guarded the Lightning's defense to make the play. The crowd erupted with chants of "Bauer Power". Harley explained, "I scored an 18 yard touchdown on my 18th birthday with my younger brother; it was a once in a lifetime opportunity." *Photo by Tim Bykowski.*

STATS



#44 David Collins

Total Yards: **1,312**

Total Touchdowns: **16**

Carries: **156**

"All Metro Football Team" Running Back

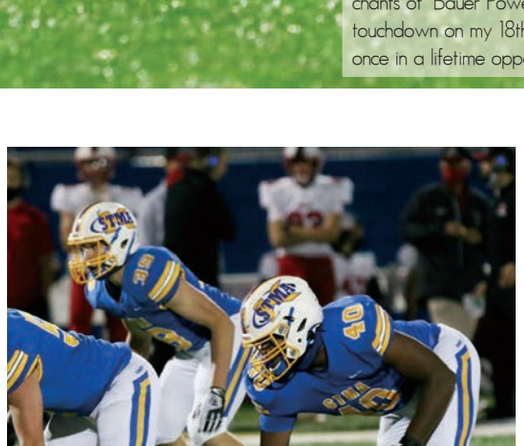


#17 Jack Drobinski

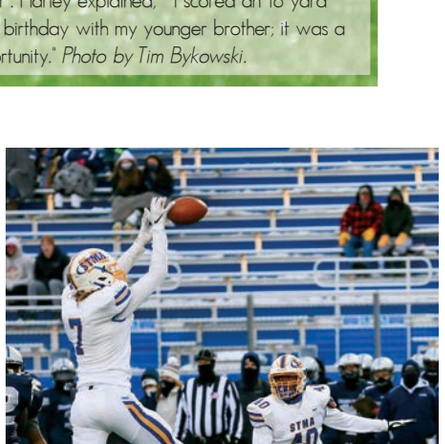
Total Passing Yards: **895**

Passing Touchdowns: **6**

Interceptions: **2**



TACKLE. Caleb Warren gets prepared to tackle an unprepared Cougar. Our defense worked hard to get in the same head space to work together. "The same passion is in all our guys who are on the field," described Warren ('21). *Photo by Tim Bykowski.*



INTERCEPTION. Team captain Luke Johnson uses his height of 6 foot 7 to his advantage to obtain an interception during the game against Champlin Park. "Fans or no fans, our motivation is the guys beside us," explained Johnson ('21). *Photo by Tim Bykowski.*

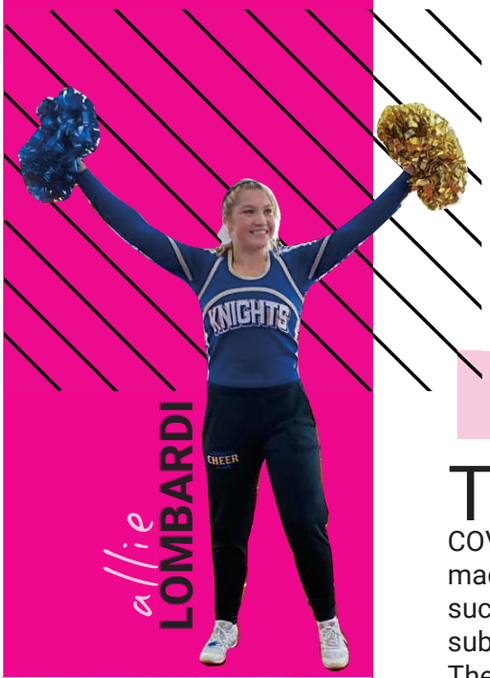


#44 Max Keefer

Total Yards: **545**

Total Touchdowns: **3**

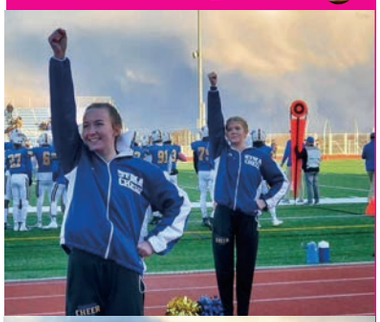
Carries: **43**

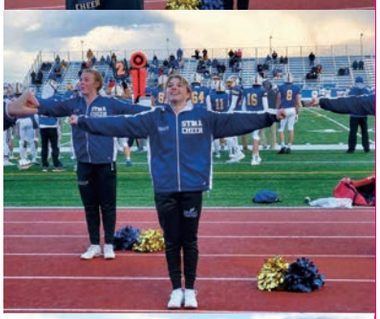


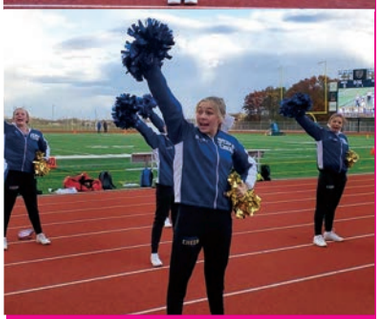
creating our own ENERGY

Cheerleaders get creative pumping up fans

This season has been unique in many ways due to the unknowns of COVID-19. Many changes have been made to keep the team and others safe, such as competitions being recorded and submitted online rather than in person. The sideline season got shortened leaving the ladies little time to learn their routines. With the shorted season and unable to cheer for fans, the girls had to learn how to create their own energy in virtual competitions Captain **Gabby Haines** ('21) explains how the season has changed "I believe this year has helped everyone become better cheerleaders and all around people." The cheerleaders were forced to create their own energy at competitions and games because they needed to social distance and wear masks. Wearing a mask was challenging because a lot of expression comes from their faces. Although they make many precautions to prevent the cheerleaders from getting sick when one does sick, it can throw off the entire practice making it so they can't stunt or practice their routines. **Abby Kemmetmueller** ('21) explains, "When any cheerleader, even just one gets sick, it impacts the whole team greatly. Stunts cannot go when someone is gone, when someone is gone they are expected to do some form of physical activity in order to stay conditioned for the intense routines. When many people are gone, zoom practices take place rather than in person meaning we can't stunt which effects our endurance, strength, and communication." This season they have only had one in person competition where it was just the judges and their coach. **Allie Lombardi** ('22) explains what the competition was like, "It's a completely different experience with no fans. At competitions we feed off the crowd's energy giving us a little extra adrenaline when we compete. Relying on the team to create their own energy was definitely an adjustment." COVID-19 has forced many changes and adaptions on the cheerleaders but overall changed everyone for the better. *Spread by Alexandra Dehmer. Photos by Tim Bykowski.*







SHOUTING *from the* SIDELINES

What's the difference between our cheer teams? **Sideline is where you cheer for your team and do your chants while competitive is where you have a song mash up and you do a routine and try to hit it perfectly.**



THE LOUDEST AND THE PROUDEST. Captains for the 2020 season (pictured above, left to right) Allie Lombardi ('22), Ashley Cushman ('21), and Gabby Haines ('21).



VARSITY CHEER WARMS UP AT MINNETONKA. KNIGHTS TOOK 1ST AT COMP

NATIONALS BOUND



NEXT STOP FLORIDA. The varsity competitive and game day team got a bid to nationals. On October 31st, the Knights competed at regionals taking 3rd place. They travel to Florida in late April to compete nationally. **Kendyl Burg** ('21) said, "I felt hopeful that we could get a somewhat normal ending to our season this year." Burg is a back spot for competitive cheer. A back spots job is to lift from the ankles and control the catch.

TBD







PERFECT GAME. On Thursday October 8th, 2020, the girls varsity volleyball team had a home game against Hopkins. It was a great night for the girls, with a win for the Knights and a final score of 3-0. *Photos by Mya Vankuyk.*

preventing covid on the

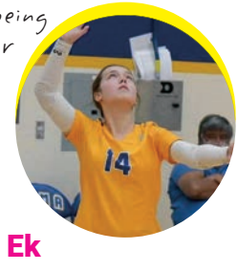
COURT

Volleyball adapts to new covid regulations

This season has been unique compared to previous seasons for obvious Covid-19 related reasons. Safety changes had to be made, team mentality was affected, and there were some major differences between this season and past seasons. Players wear their masks when they are not playing (like on the bus and when they arrive at games and practices). They do not play with masks on but do wear them when they huddle or are on the bench. Senior **MacKenzie Mills** (captain) explains the safety changes and precautions that the team has made by saying this: "Everyone is working hard and being cautious with who we hang out with. We all want to make our season as normal and last as long as we can." The team's mentality has been affected by Covid-19 as well. They are trying their best to stay safe and positive to play as long as they can. Junior **Paige Holm** (defensive specialist) explains, "The shortened season hasn't really hit us yet, but when it's over it's gonna feel like it flew by". MacKenzie Mills also adds, "Mentally everyone was ready to get back on the court and play". It's clear the girls love to be on the court and play. Some minor changes had to also be made for this season as well. Other than the major change, the season being shortened, there has also been some different things such as everything being sanitized after it has been touched, having to wear a mask any time that they're not playing, and their sport now being a winter sport rather than a fall sport. Senior **Emma VanHeel** (middle blocker) says, "The major changes in this season to last season is the shortened season and the time of the season. The season got moved back a whole month. We have had games canceled because of the snow and we have never had that before because it's a fall sport". Despite all of the changes that had to be made during this season, the team is just grateful to even have a season at all, and are doing everything they can to stay healthy and safe. *Spread designed by Olivia Luebben.*



"With the season being different this year it showed how important it was to connect with the team in order to be successful."



-Lindsey Ek

"Covid definitely made it more challenging to achieve this goal but by the end of the season we realized how important it was to trust and connect with each other."



-Khendal Johnson



IT'S A WIN. STMA Knights girls volleyball had a home game on October 22, 2020. It was a win for the girls, with final scores of 25-17, 25-16, and 25-20. Photos by Tim Bykowski.







emma
VANHEEL

kills 131

assists 12

blocks assist 40

2020 MN All-State Honorable Mention

mackenzie
MILLS



kills 131

assists 12

blocks assist 40



olivia
CAREL

kills 120

defenses 102

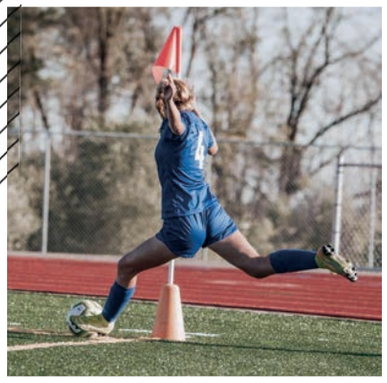
service aces 28



kickin' GRASS

Knights don't lose energizing team spirit despite season changes

#KICKIN' THE COMPETITION



TAKING THE KICK. Emma Strait ('21) takes the first corner kick of the game against the Eden Prairie Eagles. "My favorite part of the game is getting to play with my best friends since kindergarten." *Photo by Brianna Burnham.*



EYE ON THE BALL Hannah Kvant ('23) approaches the ball with a defender on her back. In the game of soccer, players are approached with many challenges. "Soccer teaches you how to persevere along with giving you lifelong friendships." *Photo by Brianna Burnham.*



GOING FOR THE GOAL. Along with the team achieving goals during the season, there have been many other highlights. Kaitlyn Braun ('21) takes the ball down the field. "The best part about being on the team is being able to play the sport I love with all of my best friends." *Photo by Brianna Burnham.*



Heidi J Schendt
Owner/Photographer
HjS Photo Gallery

This year has been a year like never before for girls' soccer. With their season being cut short, having to practice the usage of masks, and not even being able to high five their teammates, this season was difficult to adjust to at first. Varsity goalie, **Meriel Orham** ('21), explains how covid-19 has affected the season this year, "I am glad we got to play for my senior season, but I wish it was normal. Obviously, I was excited when I heard we were going to have a season, but I just wish we didn't have to wear masks or we didn't get yelled at for giving our teammates high fives." Orham continued, "Although we had all these changes, the girls are amazing and helped make the season as normal as possible." Along with the season being drastically changed for our seniors, all of the classes felt the impact that covid-19 had on this season. Varsity forward, **Emma Duerr** ('22), shares how her junior season has been affected by the virus, "Covid changed our soccer season greatly. It affected the amount of games we played, the fun events we used to attend outside of soccer, and just the energy within the sport." Duerr continues, "Having to wear a mask and stay six feet apart from each other and not being able to smile or high-five our teammates took a toll mentally. I go to soccer to be with my friends and work hard, but with these restrictions, it was very hard to stay motivated." Like Duerr stated, a lot of the activities the team would participate in outside of soccer was taken away this year. Junior mid-fielder, **Sophia Femrite** ('22), named a few of the teams favorite activities that were taken away this season, "I think covid has changed the dynamic of the team in a way. I feel like the team was still very close, but not having the opportunity to bond with everyone at the pasta feeds, the iconic team sleepover, and being able to do team building with every girl participating in girls soccer, has taken a big toll on the dynamic of the program." *Spread designed by Gabby Madore.*



BLOCKING OUT. Gaining possession during the game is a key component. Alexis Phillips ('22) gains possesion and takes the ball down the field. "Soccer is one of those sports that presents many obstacles and you need to figure out how to get past them." *Photo by Brianna Burnham.*



PROTECTING THE BALL. The Eden Prairie Eagles pose as great competition for the Knights. Gabby Madore ('21) protects the ball from the defender. "I love the adrenaline rush that dribbling the ball down the filed gives me." *Photo by Brianna Burnham.*



BOOTING THE BALL. Rheana Zerna ('21) boots the ball down the field. Zerna has played on this varsity team all her four years of high school.

Photo by Brianna Burnham.

no blaming, no excusses, and no shortcuts

NO BES



TEAM HUDDLE. Knights talk strategy before their game against Eden Prairie. *The close game ended with the score of 2-3. Photo by Brianna Burnham.*

STMA *Youth Soccer Camp*

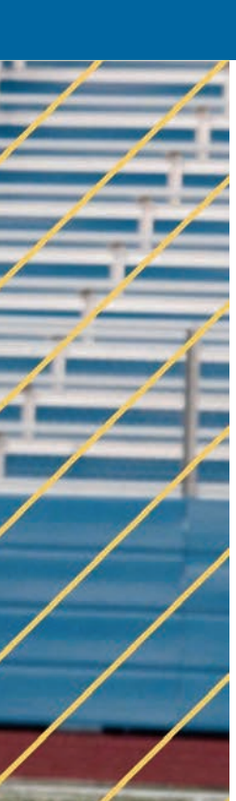






CONNECTING WITH KIDS. Juniors Dylan Balken ('22), Dylan Maulik ('22), and Ben Harken ('22) were all part of helping volunteer for the STMA 2020 youth soccer camp. "The camp allowed me to see a lot of how soccer had changed and stayed the same as new generations came in," explained Balken. This camp took volunteers from all STMA high school soccer teams who were intrested in helpping the youth grow their soccer skills. After being apart of the camp experience Maulik looked back and sated, "It was great to be able to work with the youth and see them grow substaintially through the course of just a week." After a week of volunteering at the camp Harken explains, "The camp was a really fun oppertunity to get involved with the soccer community in STMA." *Story by Makayla Gruidl.*

Knights apply their motto throughout their season



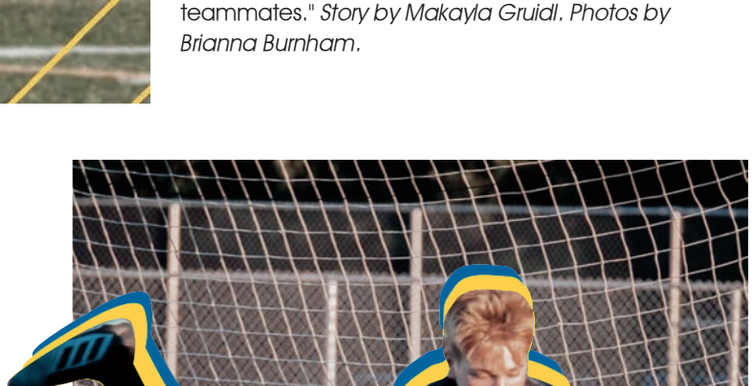
The boys' soccer team strides though the season with help for their team motto "NO BES" being a constant reminder in their heads. "NO BES" stantds for no blaming, no excusses and no shortcuts. **Maverick Kneefe** ('24) explains, '"NO BES" was made up by the coaching staff of the boys' soccer team, mainly **Coach Tomas**. He uses this as a way to never use a shortcut or excusse to get an advantage over someone. Everyone should always work fairly and work together." All of the boys' apply "NO BES" to their everyday lives because they beleive there is a powerful message behinde it. "I think it can really be applied to everything," captain **Jack LeZalla** ('21) explained. "It really keeps you focused and productive on the things that you are passionate about and the responsibilities you have. It's kind of a guidline on how to take any situation." The players feel that "NO BES" also means understanding control and taking responsibility for your actions. "I would say the biggest thing is just understanding what you can and can't control," captian **Owen Lindstrom** ('21) said. "You can't control the refs or the fans. All you can control is how you play and how you are to your teammates." *Story by Makayla Gruidl. Photos by Brianna Burnham.*





CHECKING SHOULDERS. **Oscar Peraza** ('22), checks over his shoulder for oncoming players as he rushes to the ball. "This year we were faced with lots of adversity to overcome and we came together as a team and faced it together," said Peraza.

KEEPING COOL . Keeping his cool against Eden Prairie **Dylan Anderson** ('22), dribbles the ball up the side-line. "At the beginning of the year none of us really knew each other, but by the end of the year we all came together and became family," explained Anderson.



"There are so many reasons why I LOVE to play goalkeeper, but honestly one of the most SATISFYING sounds is the collective sighs of the opposing fans as I make a BIG save."

- Evan Sherk ('22)

MOST MEMORABLE

Captians share favorite moment of season



"The bus rides home after winning or tying a game."

-Jack LeZalla



"Tying Minnetonka who is a top 10 team in state."

-Owen Lindstrom

Photos by Tim Bykowski

nothing on us

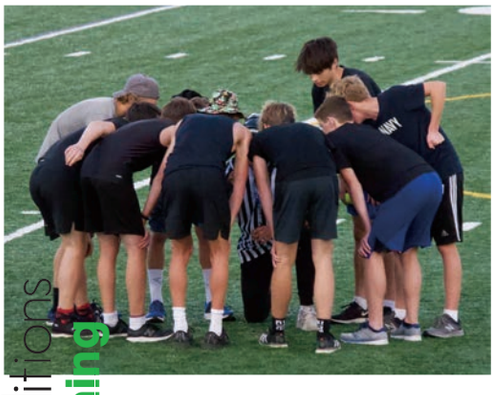
OWN IT

Pushing boundaries through COVID-19

The cross country runners had a very new and hard task of keeping each other motivated and pushing each other to do their best when the number of boys are cut in half. There are only 3 teams allowed in each meet and the Varsity runners are limited from 60 now down to only about 20 racers. Junior Varsity are limited from 200 now down to about 40 racers. Covid has restricted the number of teams and racers at each meet making the races very different. So instead of 60 guys in a race for varsity there is only 20 and for JV there is usually about 40 kids from each team so about 200 kids total and now JV races are down to 30 which makes pushing each other and competing very difficult to motivate you and your teammates. **Captain Joey Driver** ('21) (pictured right) said, "When there aren't as many runners the momentum definitely changes because there aren't as many boys and racers to push you and make you try your hardest. It also changes because not as many fans are allowed to come and cheer us on." Throughout the season they would normally have had lots of team bonding, like pasta feeds and games, but this year was a little different. **Zak Wise** ('23) said, "One thing I have really missed this season is getting to do pasta feeds, so this year our team bonding was more while racing then off the trail." The boys were not allowed to do pasta feeds this year because of Covid so instead they had to get closer and talk more while running. The boys year wasn't the same as it had been in years past but they looked covid in the eyes and made the best of the season and got to know each other on and off the field and make memories that they will never forget. Throughout the season and sections new rules have been implemented to keep everyone safe but still get to have fun and do the sport they love while making memories. **Jacob Sterk** ('24) said, "Although this was my first year I do know that it's been a lot different because we have to wear masks, you can't bring your warmups to the race line, and we also have pods we have to stay in before races to keep contact to a minimum." Because of Covid the little things have changed too. The boys have still made a not perfect situation into a great one that they enjoy and have fun with still. Although Covid has changed their season the STMA Cross Country team has had a season full of fun, memories, and great times. Covid has nothing on the Knights. *Page design by Mya Vankuyk.*



New Traditions **up in coming**



TIMED MILE. This season the cross country team decided to do their own meet on October 5th because of the shortened season. The boys split up into teams and raced each other in a 1 mile friendly competition atmosphere. **Owen Negaard** ('24) said, "My favorite part of the run was the friendly competition between me and my friends on the team." *Photo by Shannon Immer.*



COACHING. Head coach **Greeno** along with assistant coaches **Kucera**, and **Johanson** helped create a fun race and new traditions for the team. "Our goal is always to be competitive in races, but we also want to be great teammates to each other, work hard to achieve our goals, and to break the Fun Barrier while going about it," Coach Greeno said excitedly. *Photo by Shannon Immer.*



RUNNING TOGETHER. The boys run together and push each other to do their best.They all worked as teams to push each other a try to beat each other. **Leyton Punton** ('23) pictured above exclaimed, "I ran my fastest mile so I was pumped about that. It was 5:20.04. I have to thank Zak Wise for pushing me through it when I wanted to give up." *Photo by Shannon Immer.*



Photo by Brianna Burnham.





SPRINTING TO THE FINISH. At the Lake Conference tri at STMA on August 28 the STMA boys pushed each other in the first meet of the season. In the 3200 meter distance race and **Jacob Sterk** ('24) (pictured on top) got 14:27.8 and places 23rd out of 45 at JV, and **Zak Wise** ('23) (pictured on bottom) got 11:09.1 and places 7th out of 21 at Varsity. "It is very hard to be a varsity runner as a freshman, but I have trained really hard to get where I am and it's an honor to be with such a great group of guys" said Sterk. *Top photo by Shannon Immer. Bottom photo by Brianna Burnham.*



longest RUN

Adam Herbst's longest run this season was 13.1 miles. That is equilavent to running from STMA high school to the Monticello Target and back.

"One of the hardest things about this season was that it got shortened down and we didn't get a state tournament which is very disappointing because we would have had a good chance at state."
-Will Sarkinin



NOT GIVING UP

If you know STMA girls' cross country, you know the last name Immer. This year, the Immer sisters needed to rely on each other and their teammates for motivation and support to keep pushing. **Becca Immer** ('23) unfortunately didn't get to finish cross country this year due to a stress fracture in her fibula. Becca is a Varsity runner that has spent the season running with her sisters **Jessica Immer** ('21) who also got injured by stress reactions in both her tibias and **Breanna Immer** ('23).

These three sisters are all on the Varsity team and have been running with each other for years. Becca leaving this season due to injury did not stop her from going out to cheer her sisters and teammates on while they ran. "I still came to support my teammates, so it felt like I was still a part of the time. I also loved watching Breanna do so well this year and eventually making the sections team," Becca explained.

Cross Country was already modified differently due to COVID this season. That being combined with Becca being injured half way through the season, and then Jessica, the team's strategy changed a bit more.

This season, Ali Weimer, Emma Windingland, and Avery O'Rourke were consistently the top three runners in each race. The remaining 4 runners of the varsity team were shuffled around throughout the season. Without Jessica and Becca running in competitions, there were more opportunities for underclassmen to race at the varsity level. Race after race, the younger girls gained more experience and developed more racing skills to help them be very successful. "The girls had to learn the pacing and race strategy more individually," said **Coach Venaas**.

All in all, Becca and Jessica still went out to support Breanna and the rest of the girls. They were happy to see her do so well this year. The girls cross country got first in sections and there was even a coaches meet that Twin Cities Running put on and it was a chance for the girls to run against teams that they didn't get to see during the season because they only could run against 4 teams at a time. This year was a great year for the girl Cross Country team and for Becca and Jessica cheering them on through it all. *Page designed by Avery Husting. Photos by Tim Bykowski.*



MEET DAY SNACKS



"I usually have a smoothie before my race and while warming up."
-Emma Windingland ('23)





"I can only eat a little and it only can be saltines, but after I always have apple sauce."
-Avery Orourke ('21)





"Before my races, I like to always have granola bars because it has always been a healthy option."
-Ashlyn Rose ('21)







Ali has gotten offers from many colleges like Northern Arizona and The U of M for her running. So far she has not been able to visit the colleges due to COVID but she is hoping to visit most of them. Ali Weimer ('22) said, " It has always been a dream of mine to run for collegiately for cross country and track at a big D1 school. I am super excited to be getting talked too." She has been running so well this season and her coaches are proud of her for pushing this hard to be able to get many college offers.

HOW LONG IS A LONG RUN?



Sydney Anadal ('21) went on a 13 mile run around St. Michael with teammates. She felt as if she was just in the moment and didn't realize she kept going. "I felt so good when I finished. It was super accomplishing!"



Drew Bushard ('23) went on a run that was 6.5 miles starting at the High School. " It felt good while running, it was a nice long run with friends and it is always good to feel accomplished."



Sarah Antonie ('22) had to run a 3 mile race up hills at Gale woods. The day was extremely hot and herself and teammates got exhausted fast and all around her she saw people walk but she reached the end and she has never been more proud. Sarah Antonie ('22) explained, "It felt like it was never going to end."

no fans allowed IN THE STANDS

Swimmers compete with friends and family watching from home

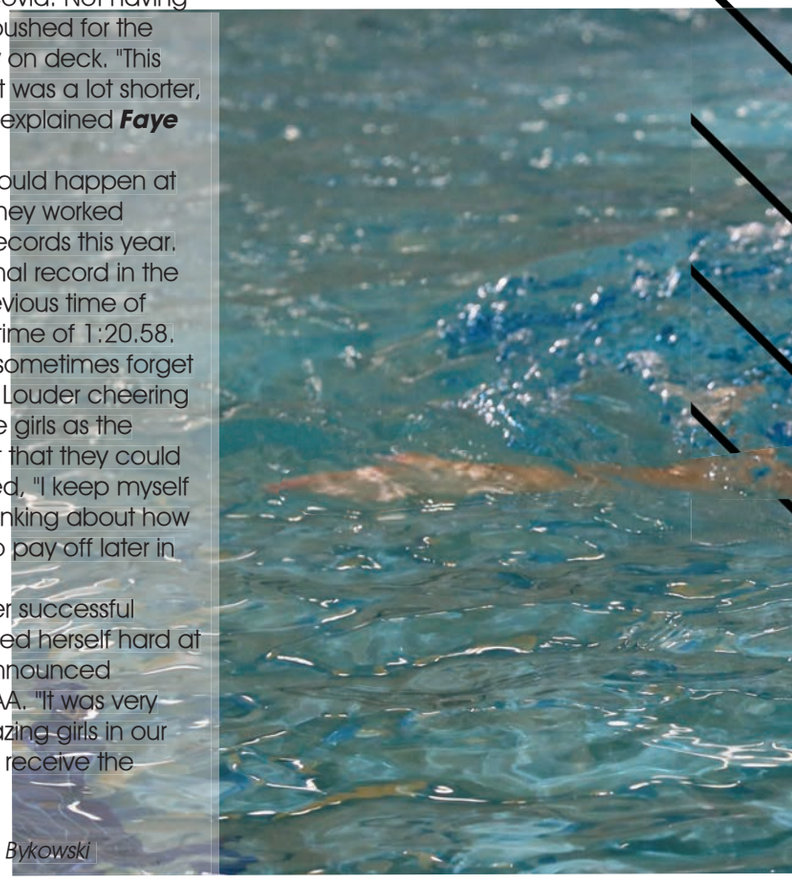
One meet after another, swimmers had to compete against other schools while their family cheered at home due to Covid. Not having parents and friends in the crowd pushed for the Knights to create their own energy on deck. "This season was definitely different as it was a lot shorter, it forced us to cheer a lot louder," explained ***Faye Roberts*** ('21).

With not exactly knowing what could happen at any moment during the season, they worked together and even get personal records this year. ***Emma Cliff*** ('22) got a new personal record in the 100 breaststroke and beat her previous time of 1:25.49 by 5 seconds with a new time of 1:20.58.

With records being broken you sometimes forget how much things have changed. Louder cheering and more positivity surrounded the girls as the pushed themselves to do the best that they could do. ***Abbylee Madeder*** ('21) added, "I keep myself motivated during a hard set by thinking about how the hard work I'm doing is going to pay off later in the season".

The Knights rounded out another successful season. Additionally, Roberts pushed herself hard at the end of the season and was announced swimmer of the year for season 8AA. "It was very surprising! There are so many amazing girls in our section and I was very honored to receive the award."

Designed by Emily Cin. Photos by Tim Bykowski

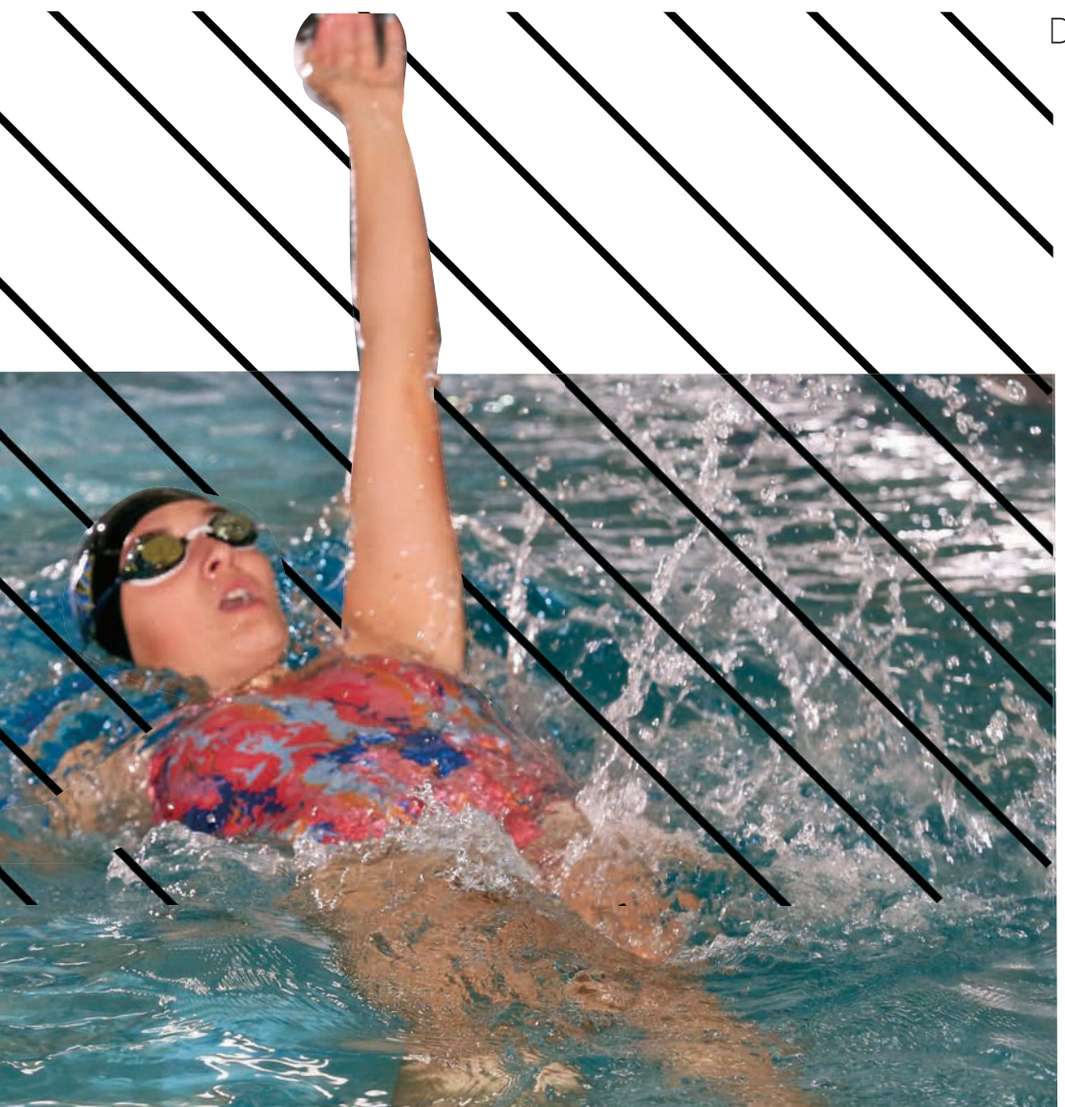


abbylee maeder





"Ever since I was a freshman, at the academic awards ceremony, I remember seeing the seniors who won the triple 'A' award and thought that would be cool to win that one day.



DIVERS SHARE THEIR FAVORITE

DIVE TO COMPETE

I&1/2 SOMERSAULT TUCK



Lauren Underthum ('25)

REVERSE DIVE



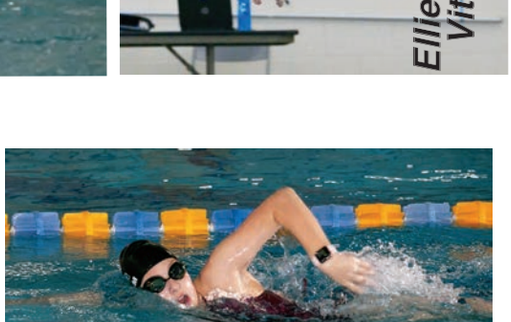
Becca Kosey ('23)

INWARD DIVE



Ellie Vitzthum ('25)





FLY. Lilly Radintz ('21) warms up with butterfly. Radintz swam third leg of the 200 medley relay during the season.

WARM UP. Maddy Vitzthum ('22) is taking laps to prepare for her upcoming race. Vitzthum swam 100 breast stroke during the season.

CREATING WONDERLAND

it's no easy task

Wonderland cast recreates sound for radio production.

With the modifications due to the circumstances the theater department had to get creative with putting on a realistic radio show performance. **Katherine Bradt** ('22) (pictured left) used what is called a slide whistle to show how Alice was growing and shrinking during different parts of the performance. **Lauren Tatro** ('22) (pictured right) created sound using water to imitate Alice crying. They are using what is called a foley board; a foley board is the recreating of sound effects. It was somewhat new this year, it has used in the Fantastic Mr. Fox play before, but was used this year to make the play sound like an actual radio show back in the 1930's. They also used it to make background noises that the voice actors were not able to do. The recreating of sound effects can sometimes be difficult at first as Bradt explains, "It was super challenging at first because the timing would be different a lot of the times. The actors were still getting used to their blocking and lines, but as rehearsals went on, it became much easier because the actors started to know when the sound effects would come." The foley board operators were also responsible for some of the background speaking, but never had specific characters. Throughout the show made many different sound effects. Bradt continued, "I had a baby that turned into a pig, it was strange because I had to make crying and oinking noises." Even with the foley board being somewhat new this year, it was successful due to the radio style format of the show. "I had never done sound effects, this was a great opportunity to learn something new about the technical aspects of theater," said Tatro. *Page designed by Audrey Hoffman. Photos by Tim Bykowski.*



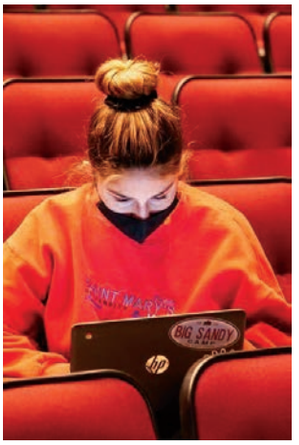


GIANT MUSHROOMS. KaSandra McKeowen ('23) made different pieces for the play to show what the Wonderland would look like. She helped cut wood, assemble main parts like where the voice actors were sitting, and made dividers to help follow COVID-19 regulations. In this particular photo, McKeowen said, "I made and painted giant mushrooms to show the size of Alice."



WORKING TOGETHER. Tommie Treptau ('22) and Paige Dooley ('21) work on the Mad Hatter's tea table for the tea party scene in Alice in the Wonderland. They added supports to the legs of the table to make sure it wouldn't fall over during the play. "The point of the table was to make an optical illusion , a table that defies gravity," said Dooley.







BEHIND THE SCREENS. Elliott Loftus ('22) (above) and Mya Fryckman ('22) (below) take attendance and notes for the cast and crew to better the performance. Loftus and Fryckman were stage managers for the show. "As a stage manager and a student leader in theater its my job to take on those tasks keeping everyone up to date, and making sure everything is running smoothly," said Fryckman.



SOUNDS GOOD TO ME

"I was running the sound and microphone board for three-act. I am working on the volume control and turning on the microphone's at the correct times. The point is is to have all of the actors and actresses come out of the speakers clearly an to sound smooth."

-Sydney Amundson ('22)

"Everyone that was in the booth had a different job normally, we were all assigned to recording the audio for the show, but most of the time I was running the sound effects on the Ipad."

-Abigail Hanxwell ('23)

"I was working on recording the audio for the show. We were recording the audio for the show this year so that it could be played over the radio and on the youtube video."

-Trevor Shull ('22)



Kylie Bjork

THE SHOW MUST GO ON

COVID-19 challenges theater to adjust to keep performing.



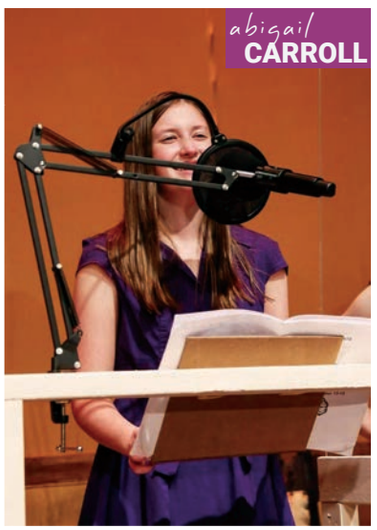
The theater department had to make several modifications to be able to keep productions this school year. The fall musical was moved to the spring and spring play 'Alice in Wonderland' to the fall. Safety measures were put into place to have in person rehearsals. Director, **Mr. Siemieniak**, explains how theater was modified to follow COVID-19 guidelines: "We decided to have physical actors and voice actors to be able to tell our story. Physical actors are six feet apart and always masked," explained Siemieniak. "While, the voice actors are set up in a "radio" sound booth that has plexiglass around them so they can safely remove their mask while they speak their lines into the mic". **Hannah Hodge** ('21) who played Alice's sister added, "It has been an interesting adjustment, but it's all a learning experience and I believe it makes the show unique in the best way." There still came worries with the show being able to perform even with the modifications. "I was concerned that the show was going to be completely shut down or that too many cast mates would get sick and we wouldn't be able to perform," said **Avery Roisen** ('21) who played March Hare and the Dodo. The play aired for online audiences November 13-15. Director **Mr. Mann** commented, "We learned so many new skills and we were able to grow as a theater department and learned what it takes to change our method of delivering our productions. It will be very exciting to see where we go this year!"

Photos by Tim Bykowski.
Spread designed Audrey Hoffman.

behind the MIC







MIC CHECK. The purpose of the sound booths were to be able to speak into microphones and have masks off following COVID-19 guidelines**.** These booths helped to not pass germs to other voice actors. The voice actors would be the voice of a character acting on stage. This strategy was effective because they were able to take off their masks, with the masks on it would have restricted their speaking. Voicing the characters of 'the Caterpillar', 'the gryphon', and 'the Knave' **Abigail Marshall** ('22) explains, "When speaking for these characters I had to watch the physical actors so I knew when to pause and when to start speaking again." **James Cheaye** ('21), voices the 'Queen of Hearts': To prepare for this role, I had to envision a hard headed and stuck up person, and to also make my voice higher". Voicing a Mouse, a Fish, and a Cook, **Abigail Carroll** ('22) shares, "My Mouse voice was my favorite to voice. It was very high pitched and squeaky, while the Cook was Italian and the Fish had a Jersey accent" .







TEA PARTY. 'March Hare' played by Avery Roisen ('21), 'Dormouse' played by Kiley Anderson ('22) and the 'Mad Hatter' played by Erin Vlasak ('22). During this scene the three have a "Tea Party", the 'Dormouse' in the middle sleeps almost the whole time. "I loved how much my character slept the whole time and was still able to be elegant," said Anderson.

LITTLE PIGGY. Karlee Brannan ('22) plays the 'baby pig'. During this scene, the 'baby pig' is sitting in the courtroom. This scene was chaotic and the baby pig was unbothered and bored during the arguments. "My favorite part about being the 'baby pig' was the weird facial expressions I had to do to represent making a pig noise," said Brannan.

CAT. Isabelle Waggoner ('21) plays the 'Cheshire Cat' in the fall play. While this photo was taken the 'Cheshire Cat' was on trial listening to the King discuss it's guilt. "My favorite part of the show was the caucus race" said Waggoner. The caucus race was a scene in the first act of the play with Alice and the birds.

"My favorite part of was when the king said a bad pun and the entire cast sympathy laughs for literally one second."
-Jorie Emerson ('22)

"The most rewarding part of this experience was seeing the final product and realizing we did something good with the bad situation the world is in today."
-Paige Reineke ('23)

"My biggest achievement in the play was being able to pull off a scene without ever speaking words."
-Charlie Lund ('23)

"My favorite part of this years play was the crazy costumes."
-Janie Anderson ('21)



living my best life

VEGAN

"I chose to go vegan, because I love animals and I want to prevent the exploitation of them."



Lily's SHOPPING LIST

$5.48 at Walmart





$3.19 at Target

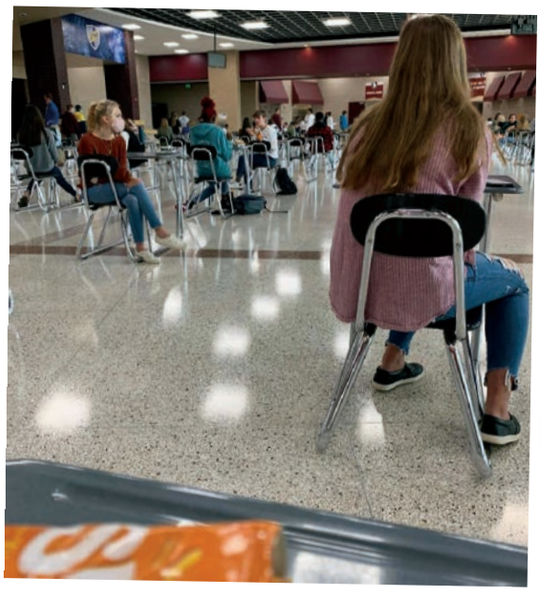


$4.39 at Target



$2.69 per bag at Target

THE NEW NORMAL: *eating at school*



To maintain safe social distancing. STMA lunches occupied multiple spaces including the cafeteria, field house, gym, and atrium. In the cafeteria, desks were used and face all the same direction. This is to make sure all of the students are safe.



Clip art by Thrive Global

Lily Nygaard shares why eating vegan is the right choice for her

Q. What made you choose to go vegan?
A. I chose to go vegan, because I love animals and I want to prevent the exploitation of them. Animals are sentient beings, meaning they experience emotions like us. Also, abstaining from all animal products is one of the most effective things I can do to lower my carbon footprint.

Q. What is the hardest part about being vegan?
A. Honestly, I'd say the criticism I receive about my atypical lifestyle.

Q. What are some foods that are surprisingly vegan?
A. There are many vegan foods one might be surprised by. Some of my favorites include, oreos, sour patch kids, Girl Scout Thin Mints, and Pillsbury crescents.

Q. What did you eat for school lunches before you posted out?
A. I typically brought my own lunch due to the lack of vegan options. However, I sometimes bought a Naked smoothie or fries if I was still hungry afterwards.

Q. What was it like transitioning?
A. Transitioning was quite easy for me. I didn't really care for meat or dairy products to begin with. It was essential that I took a B12 vitamin supplement due to the fact that only animal-based foods or supplemented vegan foods contain B12. I ate a lot of PB &J jsandwiches and spaghetti with red sauce for the first few weeks. Then, I began following more complicated vegan recipes that I had found on Pinterest. It is important to remember that everyone transitions differently.

Q.What advice would you give to someone who wants to go vegan?
A. My biggest tip would be to transition gradually. The body needs time to become used to the new lifestyle. Switch out milk for a plant-based alternative such as almond milk. Also, begin adding more whole grains, beans, legumes, nuts, seeds, and tofu into the diet. Have fun by experimenting with vegan recipes and finding some meals that are easy to prepare. Additionally, I recommend someone to get their blood level of vitamin B12 checked in order to know what amount of B12 one needs. Lastly, it is important to remember that to many, veganism is ethical and is more than just a diet.

VEGAN VS VEGETARIAN



Oreos are made with dairy-free ingredients, and so that makes every flavor of Oreos vegan.



Miso soup is mainly made of plant-based products. Most miso soups have tofu in the bowl as well as broccoli and mushrooms.



Cheese roll-ups from Taco Bell are a vegetarian option at taco bell. The cheese in the roll-up makes it vegetarian instead of vegan.



These veggie spring rolls are found in the vegetarian section at Costco. They have a little dairy in the rolls so that is why they aren't considered vegan.

build up

BREAKDOWN



HANDYMEN IN SCHOOL



STEADY HANDS. Owen Larsen ('23) lines up his cut as he prepares to make a sturdy cut. "This class makes me learn about real life skills and helps me solve problems when I need," Larsen said.



TEAMWORK. Carter Wurst ('23) left screws in a screw while Owen Pedersen ('23) right gives him instructions. "Having a helping hand is always nice especially these hands on projects," Wurst said.



SLICE AND DICE. Kurt Lekatz ('23) works on his final cuts before finishing up his project. "It just always has been fun to me to make these cuts in the wood," Lekatz said.

Building a Model Home Inside STMA

Walking into the woodshop classes feels like a different experience than the rest of STMA highschool. It's so loud you can't hear yourself think and it smells like chopped wood instead of paper and pencils. Lucas Maahs (21') and Jake Wiegers (22') are the two students enrolled in the House B woodshop class preparing them for the real world. The first day we walked into this class Maahs said, "After we build, sheetrock, and paint this model home we just have to tear it down." After going down to the class a few more times we started to understand why kids take these classes, and what Maahs and Weigers explained to us was surprising. Maahs told us all about his plans: " I didn't take this class because I plan to build homes as my job one day, but when I own a home myself I want to be able to know how to fix certain things." Unlike students taking electives to prepare themselves for their potential occupations in the future, these students take it for fun and for preparation of real world skills they will need to have.

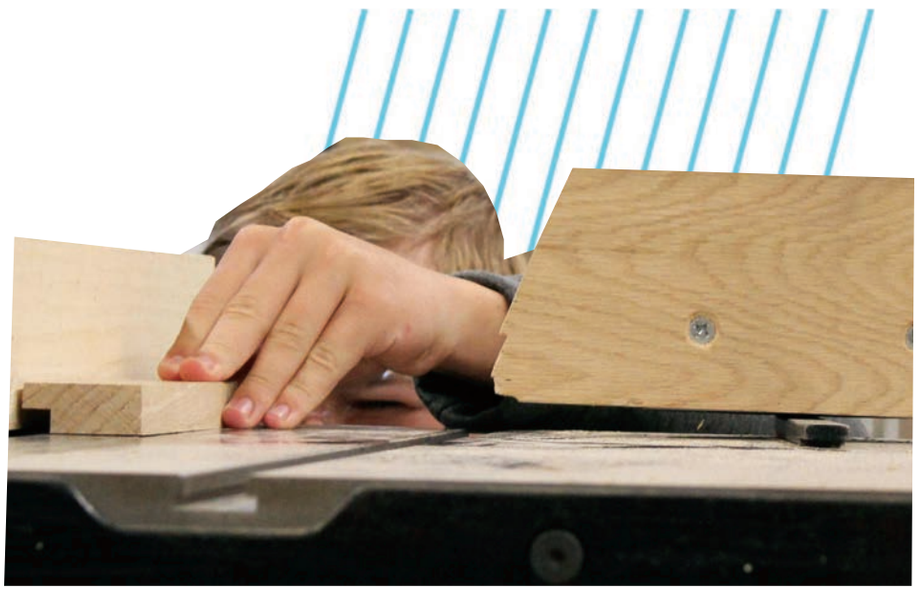
After about three weeks we were invited back to the woodshop class. Again we got the smell of sawdust and the loud noises of tools at work. The model home was finished. A light with a switch was installed, its walls were painted, and it had a working outlet. Weigers concluded that this class taught him many things that will one day help him with repairs on his own home. He also stated "personally, I don't think that any other elective offered here could teach you the same skills and values."

Spread designed by Alec Schee and Anna Schmeltzer. Photos by Alec Schee.





FINISHING TOUCHES. Lucas Maahs ('21) puts the finishing touches on the model home being built. He had to tighten the light bulb to make sure it was in securely. He then went to the light switch and put the screws in. These final things are arguably the most important. They are what the class is really about- teaching students useful skills.



DIALED IN. Mason Westerland ('23) gets low to make sure his cut is picture perfect. "Making sure I have a perfect cut makes everything look better and right," Westerland said.

MOST COMMON WOODSHOP TOOLS



Miter Saw



Table Saw



Band Saw



Jigsaw



Rotary Saw

LET'S GO LADY KNIGHTS!





STRIKING THE BALL. Hailey Peterson ('21) volleys with opponent during a senior night game vs Eden Prairie.



KEEP YOUR EYE ON THE BALL. Captain Brooke Beck ('22) plays in a tough match against the Eden Prairie Eagles.

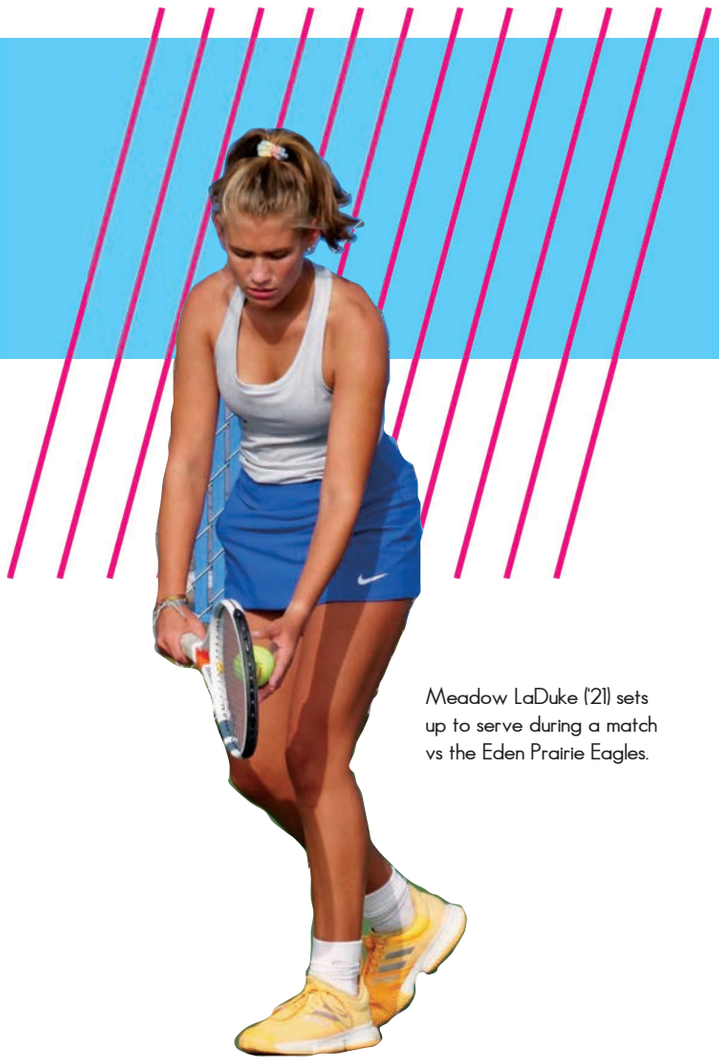


SERVING UP PERFECTION. "I enjoyed every moment on the court because we knew how special it was to be playing during a pandemic," commented Captain Izzy Berning ('21).

Queens of the COURT

ATTITUDE IS EVERYTHING

Although the tennis season was made short due to COVID-19 guidelines, these tennis girls still came out and smashed their season. The regular season was supposed to be made up of around 25 matches, but with the COVID-19 guidelines requiring the season to be shorter, the amount of matches was cut down to 11. "I think the team would have loved to have a more normal season, but we all made the best out of it and had a lot of fun," said Captain **Emma Thole ('21)**. Although a shortened senior season was upsetting to many, the seniors this year did not let that get in the way of having one last fun year. "I feel like the shorter season made us stronger as a team because we all knew that we didn't have a lot of time left with each other and that our season could be gone at any moment, so we really had to make the most of every time we were together." said **Claire Haakenson ('21)**. Thankfully the girls tennis team was able to make it through the season with very few COVID-19 scares or any cases. "I think the shortened season affected our team positively. We knew that we needed to make the most out of every practice and match in order to reach our goals. We also enjoyed every moment on the court because we knew how special it was to be able to play during the pandemic," said Captain **Izzy Berning ('21).** *Spread design by Emma Strait. Photos by Tim Bykowski.*



Meadow LaDuke ('21) sets up to serve during a match vs the Eden Prairie Eagles.



The Perfect Match

Seniors Claire Haakenson and Maiya Hofmeister fist bump after winning a point against Eden Prairie at their senior night tennis match. "We weren't going to let the fear of COVID-19 get in the way of having a fun and safe senior year!" said Haakenson.



The iconic duo also rocked matching kicks this season!

ALWAYS ON BEAT

WHAT MAKES BAND EXTRAORDINARY?



Fabulous Flute. Olivia Becker ('23) plays flute during a band practice on the football field. Becker plays in the Symphonic Band. "I like being in band because the environment is always so much fun to be around and encouraging." Photo by Emily Cin.

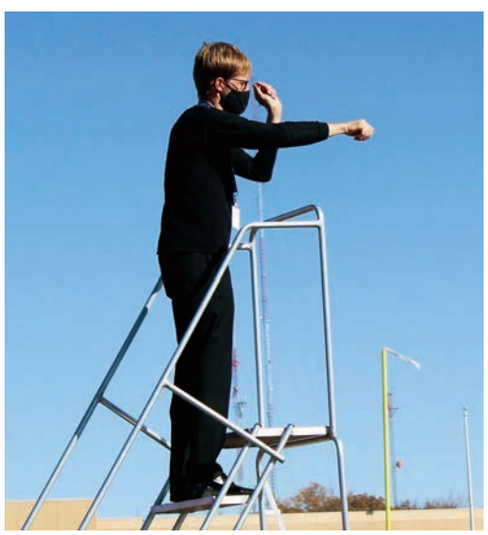
TERRIFIC TROMBONE. Jack Erickson ('22) plays trombone during a band practice on the football field. Erickson plays in both the Symphonic and Jazz band. "Music has always influenced me in so many ways and it has taught me that you can express so much emotion through an instrument. I joined band because it was a way to get that emotion out and I could express myself in ways I could never dream off." *Photo by Emily Cin.*



CHEER CHEER FOR STMA. Alexander Behrens ('23) cheers during a band practice on the football field. Behrens plays in the Symphonic band and the Blue A Jazz band. "I like playing the music that our teachers gives use. I like hanging out with the people in band." *Photo by Emily Cin.*



As I interviewed some of the band students, I asked what they like about band and what they think makes it extraordinary. "I love being in band because I have always loved music. Music has always influenced me in so many ways and it has taught me that you can express so much emotion through an instrument. I joined band because it was a way to get that emotion out and I could express myself in ways I could never dream off" (Jack Erickson). "I like playing the music that our teachers gives use. I like hanging out with the people in band" (Alexander Behrens). "I love band for a lot of reasons but I can list a few. As a percussionist I get to be up and moving around and learning a new auxiliary instrument every day. I also love band because the percussion section is almost like a family and it's a great groups of friends. Overall band is just a very different class then all the core classes and it's nice to switch it up (Holly Hutlman). " I like being in band because the environment is always so much fun to be around and encouraging (Olivia Becker). *Spread by Celine Lewis. Photos by Celine Lewis and Emily Cin.*









Holly Hultman ('22)



Myles Bongaarts-Graham (21)



Taten Harrison

WHAT IS DIFFERENT ABOUT THIS YEAR THAN A NORMAL YEAR?



"This year in band, we have to wear masks and put covers on the bell of our instruments when we play. We also have been playing outside for band class as much as the weather allows. We're not able to have pep band this year."

-Alexander Behrens ('23)

DARE to DONATE

NHS's Fall Blood Drive



Listed from top to bottom are Lynzie Moseng ('22), Abbylee Maeder ('21) and Payton Hernandez ('22).
"I donated blood because it can save lives. My favorite part of the blood drive was seeing all the teachers that came down to donate blood." -Abbylee Maeder

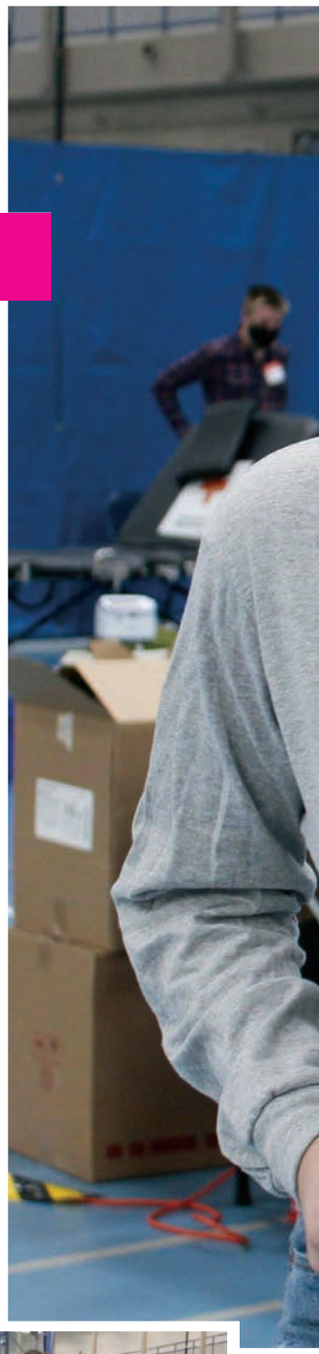
National Honor Society hosted their biannual blood drive with American Red Cross. Students and teachers had the option to visit the school gym to donate and even get checked for COVID-19 antibodies.

Sydney Rogers ('22) reflected on her experience both as a NHS student working the event and donating blood, "Working the blood drive was a really fun and new experience. I signed up for the blood drive and was helping volunteer at the food and drink table, just chatting with the other people giving up their time to help others. The food and drink table is there to ensure that everyone has enough sugar in their body after giving blood. I met some really interesting people, and I am definitely going to give blood again in the spring."

Payton Hernandez ('22) showed up to donate and spoke about her positive experience, "I volunteered for the blood drive because I know that the need for blood is growing and every single person counts. Knowing that I could possibly be saving a life is enough gratification. The experience with the organization and everyone running it was so great! I always had someone to talk to and I was never uncomfortable even with a tube in my arm. I would definitely do it again next year. I got the Red Cross app so I can go more frequently!"

Ellie Breuer ('22) worked the blood drive and shared her perspective, "Working the blood drive was a super cool experience for me. I was able to hangout with tons of fellow classmates who were doing such an amazing thing at their own free will. The NHS staff did a great job of taking care of everyone whether it was encouraging them, sitting with them, or making sure they feel good before leaving. For my donation, having NHS classmates be with me made it all the more exciting!"

Page designed and photos by Lila Lindemann.





Students donating blood were also tested to see if they had COVID-19 antibodies. This became a motivator for more people to donate blood in 2020.



Dalton Cate ('22) is pictured to the right with an American Red Cross employee. "I decided to try something new and I knew that it was going to a good cause. I would totally donate again!"





Sydney Rogers ('22) and Ava Lenneman ('22) are both involved in NHS.



Brooke Beck ('22), Ellie Breuer ('22) and Jenna Kyono ('22) working the food and drinks table for after volunteers donate.

RBG
the Notorious

2020 has been the year of loss and growth. Even though the ones we lost along the way are gone, their legacy lives on. Ruth Bader Ginsburg, also know as the "notorious RBG", has been on the federal bench for twenty-five years. She spent her career fighting for women's rights and other marginalized groups.



In 1993, she became the second woman ever to serve on the United States supreme court. Throughout that time her voice has continued to be a leading voice for gender equality, women's interest, and civil rights and liberties. "Real change, enduring change happens one step at a time."

it's all about
ELECTION DAY

Seniors get first opportuity to vote in 2020 election

Election day is the biggest day of the election year, especially with these unique candidates. Our current president, Donald J. Trump, pictured top right, is the runner for the Republican party. " We built the greatest economy in the history of the world, and now we are doing it again." Joe Biden, pictured bottom right, is the runner for the democratic party. "I will be the president who appeals to the best in the US, not the worst". There is one candidate that has the world shocked. The American rapper and record producer, Kanye Omari West. "Kanye loves America as much as Kanye loves Kanye".

Be heard. Be counted.

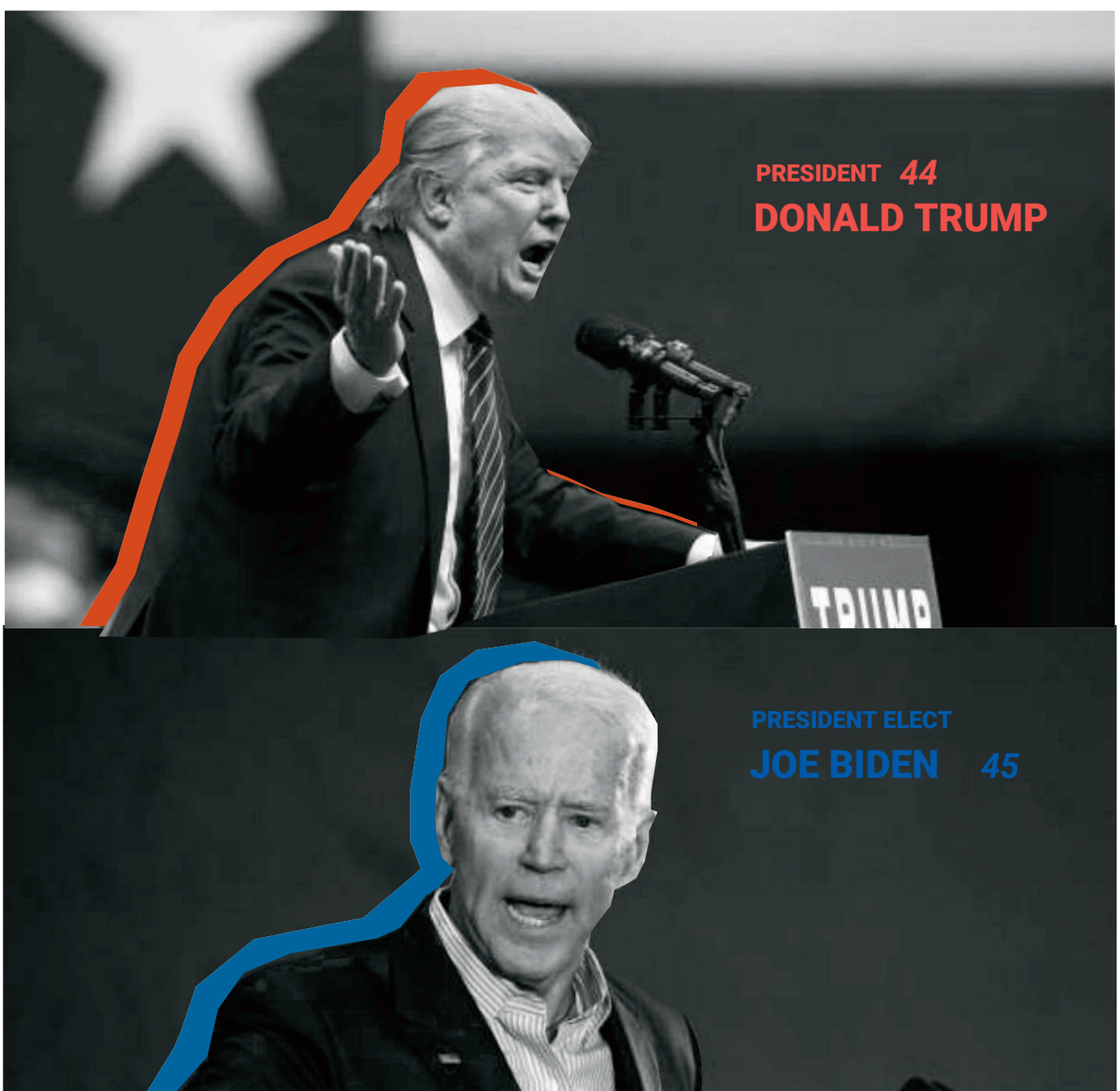
This year's election is definitely going to be full of surprises. It is especially important to the youth to vote this year. Gen Z is considered to be the most influential generation on current day politics. The STMA_Yearbook Instagram page posted a candidate survey. From the 90 seniors who responded, 90% of seniors expressed that they had or would vote for Candidate Biden.

Two STMA seniors were interviewed about which candidate they were planning on voting for this year. Senior, **Fio Kulee**, expressed her thoughts on why Joe Biden is the right choice for her. "I feel like Biden has more to offer than Trump does. My beliefs align more with the promises Biden made in his campaign." I interviewed another senior, **Leo Leuer,** he communicated very passionately on why Trump is the best candidate to vote for: "I voted for Trump because I like his policies and what he has done for our economy. I also like how he handles foreign affairs." Regardless of who wins this election, the nation can't stay divided for long. History has proven that we work better as one. Seeing eye to eye may not always be easy, but one thing is certain; we, as the people, need to look out for each other. *Spread and narrative story by Miikenzie Ricks-Wesseh.*

Knights Stand up and Fight

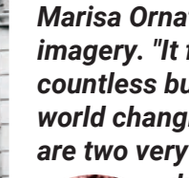
The organization Black Lives Matter, or BLM, is a decentralized social movement focusing on addressing violence against Black people and other issues. Community members in STMA, including students, demonstrated support for BLM this summer following the death of George Floyd. (At right, STMA students participate in a community sit in on June 1, 2020.)







The photo pictured to the left was taken by STMA senior, Marisa Ornat, whose passionate about telling stories through imagery. "It felt so personal to see this message across countless buildings throughout the city. Hearing about these world changing events on the news and seeing them in person are two very different things. I will not forget being Minneapolis during protests and feeling the energy of the anger, sadness, confusion, and passion that was in the air. I took more pictures this day but this one is a favorite of mine because it's a representation of someone's words that became physical and something that could not be easily ignored."



History in the Making

9TH GRADE



VARSITY / JV



10TH GRADE



1 Henry Russell 6'2" 160 12 DB
2 Sam Caron 6'2" 165 12 WR
2 Robert Peiler 6'0" 170 11 QB
3 Jack Hulting 6'3" 180 12 WR
3 Owen Neros 6'0" 160 11 QB
4 Ryan Supper 5'10" 150 12 WR
5 Riley Purcell 6'2" 170 11 WR/K
6 Dameon Simmons 5'9" 150 12 DB
7 Luke Johnson 6'7" 220 12 TE/DE
8 Derek Zahler 6'6" 205 12 TE
8 Colton Demarais 6'4" 190 10 QB
9 Jack Denne 6'0" 200 12 LB/K
10 David Collins 5'9" 185 12 RB
11 Reynold Hamann 5'10" 175 12 RB
12 Tyler Beckstrom 6'3" 185 12 WR
13 Mason Maynard 6'3" 185 12 WR
14 Owen Vike 6'2" 190 12 DB
15 Rylan Maynard 6'3" 175 11 WR
16 Grant Shipman 6'2" 175 12 WR
17 Jack Drobinski 6'2" 210 12 QB
18 Andrew Zattoni 5'11" 190 12 DL/RB
19 Sam Sovis 6'0" 155 12 DB
20 Jarrett Bennett 5'11" 175 11 RB/DB
21 Logan Stickland 6'2" 145 11 WR
22 Jacob Larson 5'6" 145 12 RB
23 Eric Fouquette 5'11" 185 12 LB
23 Jason Goodin 5'8" 160 11 WR
24 Jake Springer 5'8" 185 11 LB
25 Carter Hiltner 6'1" 160 11 LB
26 Jacob Dinkel 5'9" 160 12 DB
27 JP Johnson 5'10" 145 11 DB
28 Opie Johnson 5'7" 155 12 RB
28 Reven Simat 6'2" 185 11 LB
29 Ben Huberty 5'8" 150 12 DB
30 Max Meilahn 6'0" 190 12 RB
31 Harley Bauer 5'9" 160 12 RB
32 Ryan Buhl 5'8" 175 12 LB
33 Evan Feldick 6'1" 200 11 DL
34 Kemry Stich 5'10" 180 11 RB
35 Fletcher Nesbit 6'1" 200 12 LB
36 Devon Bauer 5'8" 160 11 RB
37 Justin Mourning 5'10" 140 11 DB
38 Ian Strusz 5'9" 150 11 DB
39 Luke Williamson 6'0" 180 11 LB
40 Caleb Warren 6'2" 250 12 DL/RB
41 Kyle Brandberg 6'3" 170 12 LB
42 Isaac Ophoven 5'10" 165 11 LB
43 Bo Bitzer 5'10" 170 11 LB
44 Max Keefer 5'11" 190 11 RB
45 Titus Johnson 6'2" 200 11 LB
46 Riley Nelson 5'11" 180 11 LB
47 Cyrus Dougba 6'0" 195 11 LB
48 Carter Bolduc 5'10" 180 11 RB
49 Ken Stahl 5'10" 165 11 DB
50 Tommy Schaupp 6'0" 185 12 DE
52 Marcus Mueller 6'1" 225 11 OL/DL
53 Tye Kuechle 5'11" 185 11 LB
54 Ian McEachran 6'0" 200 12 LB
55 Jordan Urbanski 5'9" 185 11 DL
56 Tanner Kemp 6'4" 195 12 OL
58 Justin Anderson 5'10" 230 12 DL
61 Dylan Jurmu 5'11" 210 11 OL
63 Ethan Yantes 6'1" 215 11 OL
64 Porter O'Brien 6'4" 240 12 OL
65 Neal Kennedy 6'0" 190 11 DL
66 Andrew Emerson 6'1" 230 10 OL/DL
67 Noah Simon 5'10" 245 12 OL
68 Logan Torkelson 6'2 245 10 OL/DL
69 Zach Ewer 6'0" 185 11 DL
71 Alex Markgraf 6'0" 260 11 OL
72 Nik Nielsen 6'2" 320 11 OL
73 Everett Sunvold 6'2" 275 12 OL/DL
74 Jaylen Abraham 5'11" 260 11 OL
76 Owen Barthel 6'4" 260 11 OL/DL
77 Xavier Peltoma 6'2" 270 11 OL/DL
78 Chuck Wagner 6'5" 240 12 OL
79 Zander Hasher 6'0" 230 11 DL
79 Charlie Meehan 6'3" 185 11 OL
80 Caleb Boyette 6'0" 145 11 WR
82 Sawyer Forsberg 6'3" 200 11 TE/WR
84 Ryan Kucera 6'1" 165 12 WR
85 Sam Felling 5'10" 145 11 WR
87 Chuck Wagner 6'5" 240 12 TE
90 Brooks O'Brien 6'3" 220 11 TE/DE
91 Levi Hahn 6'0" 220 11 DL
93 Nathan Lee 6'4" 190 12 DE

Girls' Varsity Tennis



Row 1: Megan Kurth, Ellie Hunsley, Brooke Beck, Hanna Smith
Row 2: Hailey Peterson, Olivia Flaten, Meadow Laduke, Ellie Breuer, Abby Johnson
Row 3: Coach Tyler C, Izzy Berning, Sydney Rogers, Lauren Ras, Emma Thole, Kyra Purrier

Girls' JV Tennis



Row 1: Anna Reiter, Theresa Bourget, Akilah Nguyen, Hannah Smith, Gracie Kobus, Ellie Hunsley.
Row 2: Ashlyn Badenoch, Maddie Skogsberg, Anika Rogers, Madelyn Lundeen, Olivia Henry, Alyssa Keller, Lilly Gigstead, Madylin Heitman, Rachel Andrews.
Row 3: Coach Lanners, Mya Decker, Gabrielle Cramer, Hailey Enos, Olivia Brill, Sydney Rogers, Ella Gigstead, Alyssa Krueger, Coach Mashuga.
Row 4: Amelia Dayton, Hilary Bursch, Emma Briggs, Megan Kurth, Ady Murkins, Savannah LeVoir, Avery Sherk, Mylin Lemke.
Row 5: Cameron Libby, Bailey Kelly, Kendall Peterson, Sophia Juntunen, Annie Tenneyson, Mima Honzl, Madilyn Gartner, Abby Cornell, Payton Lee, Alary Weinzierl.
Not Pictured: Madeleine Arro, Ava Bernier, Britain Pink.

Girls' Varsity Soccer



Row 1: Juliana Zerna, Rheana Zerna, Hannah Hoglund, Meriel Orham, Alexis Philips, Liana Carriker
Row 2: Gabby Madore, Emma Strait, Chloe Steinke, Erin Hamilton, Sophie Femrite, Bridget Johnson, Hannah Kvant
Row 3: Mgr-Mackenzie Bergen, Coach Hayft, Abby Buckmeier, Olivia Peal, Amanda Rokala, Emma Duerr, Zaya Esterberg, Kaitlin Braun, Coach Leland, Coach Johnson



Girls' JV Soccer

Row 1: Chloe Davis, Julia Dupay, Cora Williams, Addison O'Rourke, Paige Krueger
Row 2: Eleanor Thompson-Witt, Gracie Crowell, Madeleine Iverson, Emma Strait, Emily Zattoni, Lauren Couture
Row 3: Josie VanKuyk, Ashlyn Marble, Nicole Braun, Molly Ruhland, Casey Fredrickson, Mackenzie Berg, Coach Olesen



Girls' B-Squad Soccer

Row 1: Emily Brown, Madison Rankin, Ani Ringat, Erin Mcdowell, Julia Weigle
Row 2: Emily Muyale, Sophie Marsolek, Sydney Peterson, Ava Messner, Taylor Jeffery, Ava Schendt
Row 3: Coach Araujo, Isabel Moorman, Maggie Lindeman, Edie Nelson, Jadyn Weiser, Janelle Sylvester, Paige Butler



Girls' 9A Soccer

Row 1: Janae Mitchell, Marie Meehan, Sofia Iverson, Leah Hultman, Lilly Covert
Row 2: Katie Schaupp, Tailyn Radloff, Holland Kneefe, Lilly Farrand, Harlee Peltz, Allison Miller
Row 3: Lauren Weimer, Hanna Barthel, Ari Tourville, Lola Mitchell, Savannah Schiltz, Maggie Kramer, Coach Benning

Girls' Varsity Volleyball

Row 1: Lindsey Ek, Cynphany Henderson, Khendal Johnson, Paige Holm, Mackenzie Mills
Row 2: Madilyn Gartner, Tessa Johnson, Emma VanHeel, Olivia Carel, Mya Krystosek, Kendra Behrens
Row 3: Grace (GK) Lemonds, Coach Tammy Cornillez, Coach Bryan Borgos, Coach Catherine Hermes, Coach Sara Krogh, Coach Paige Vetch, Katrina Lake
Not Pictured: Tali Cornillez



Girls' JV Volleyball

Row 1: Khyan Johnson, Tali Cornilez
Row 2: Manager Allison Jaeger, Chloe Peterson, Paige Lehrman, Maya Smith, Jada Dahlheimer
Row 3: Coach Bryan Borgos, Gabrielle Ehlers, Katrina Lake, Julia Wagner, Eleanor Klym, Emma Hansen



Girls' B Squad Volleyball

Row 1: Kimberly (Kiley) Mundahl, Chloe Jensrud
Row 2: Lauren Pouliot, Ella McKane, Gabrielle Thompson, Erica Lehn, Ruby Schmoyer
Row 3: Coach Sara Krogh, Brianna Anderson, Alaina Thompson, Natalie Pilney, McKenna Maus, Makiah Kelly





Girls' 9A Volleyball

Row 1: Kaci Brannan, Natalie Kloss
Row 2: Brynn Powell, Delia Walz, Kaylie Cox, Annika Cornell, Sidney Peterson
Row 3: Coach Melia Cotter, Kenna Lehn, Taylor Christianson, Sophia McVary, Amelia Fehn, Alyssa Olson



Girls' 9B Volleyball

Row 1: Christina Nelson, Ashlin Rattanasinh
Row 2: Makayla Mourning, Ashley Schoon-Kolle, Lauryn Mikolich, Maddy Litzau, MacKenzie Mrazek
Row 3: Coach Anderson, Jessica Berg, Leyla Carlson, Natalie Eull, Breanna Weiss, Ayla Auseth



Girls' Cross Country

Row 1: Alexa Bunnell, Sophie Pizano, Elise Linnemann, Rylee Harrison, Kaya Dahmen, Rachel Heil, Drew Bushard, Maddie Hanson **Row 2:** Sarah Antoine, Kylie Voss, Libby Boebel, Hannah Greeno, Clare Sunsten, Cailey Aandal, Syd Aandal, Lily Bakker, Brinna Koivisto
Row 3: Coach Matt Venaas, Megan Rowe, Jordan Mlsna, Maddie Mahoney, Ella Shultz, Lydia Lamey, Rose Kunzman, Morgan McKinley, Leah Taszarek, Coach Lizzy Anderson
Row 4: Faith Ramsay, Jessica Immer, Keagan Burke, Ali Weimer, Becca Immer, Avery O'Rourke, Breanna Immer, Jamie Lee, Taylor Myhrer
Row 5: Holly Christman, Erin Pipp, Natalie Cocking, Emma Windingland, Ashlyn McClintock, Fae Bromley, Makaela Mali, Lukanu Banzeba
Not Pictured: Alycia Haus

Boys' Cross Country



Row 1: Jayce Wolkerstorfer, Josh Kolles, Dawsen Whiteis, Mason Williams, Sam Paynter
Row 2: Conner Reese, Jacob Sterk, Noah Wilmot, Jackson Hamilton, Will Dorfsman, Tom Bezanson, Jordan Williams, Conner Johnson, Reid Barbeln
Row 3: Jackson Bursey, Nathan Pederson, Gavin Larsen, Owen VanDeRiet, Andrew Grabowski, Carter Wurst, Colin Rude, Leo Leuer, Holden Bursey
Row 4: Coach Kucera, Owen Negaard, Sam Renczykowski, Jonah Lyke, Zach Dupay, Kemry Stich, Elijah Muhammad, Christopher Tveitbakk, Vincent Muraski, Coach Johanson, Head Coach Greeno
Row 5: Zak Wise, Leyton Punton, Martin Skare, Adam Herbst, Bobby Cilke, Tyler Zenga, Evan Warner, Gavin Gutzwiller
Row 6: Will Sarkinen, Luke James, Abram Benker, James Lyke, Eli Haakenson, John Hartnett, Caden Nordberg, Joey Driver
Not Pictured: Eli Potts, Hayden Hodge

Boys' Varsity Soccer



Row 1: Dominic Pizano, Maverick Kneefe, Carter Miller, Gavin Smithers
Row 2: Adam Buckmeier, Oscar Peraza, Matthew Andrews, Evan Sherk, Owen Lindstrom, Riley Rohrer
Row 3: Noah Heidorn (Asst. Coach) , Dylan Ortiz, Jack LeZalla, Jake Bakke, Ben Lefebvre, Dylan Anderson, Tomás Rodriguez (Head Coach)
Row 4: Tyler Jordan, Dylan Maulik, Frederick Kpoto, Adam Kvant
Not pictured: Anthony Nuñez, Jaxson Bean, Kaz Beaudry,

Boys' JV Soccer



Row 1: Jose Baxa, Jarod Timpin, Nathan Schwarz, Jack Braegelman, Dylan Balken, William Kassem
Row 2: Ben Harken, Alex Johnson, Andrew Butkowski, Ryley Roberts, Anthony Nunez, Jamal Balfour, Ryan Ingleman
Row 3: Coach Hett, Hayden Kuiper, Ryan Smith, Logan Kunz, Robert Madore, Jaxson Bean



Boys' 9A Soccer

Row 1: Naphtali Kalapa, Brady Johnson, Tyson Hasher, Tyler Lafond, Xavien Woods
Row 2: Isaac Reames, Evan Thiner, Jack Derham, Brady DuPaul, Conner Peterson, Bennett Moger
Row 3: Coach Paco, Tate Songstad, Therin Pederson, Aaron Smith, Taten Harrison, Alden Dyer



Girls' Swimming & Dive

Row 1: Coach Salo, Lauren Underthun, Jackie Bergeron, Gabi Delgado, Lily Van Heel, Addison Thompson-Klimpke, Madeline Tillman, Grace Fetzer, Coach Ross
Row 2: Coach Tia, Ellie Vitzthum, Haylie Walker Kucklock, Alyson Herfel, Natalie Schuller-Hary, Reese Smith, Erin Hartnett, Coach Trever
Row 3: Ashley Stern, Molly Reynolds, JayLynn Robeck, Alyssa Nehring, Izzy Rice, Emma Herfel, Ava Marquette, Kaitlyn Martin, Margot Bromley
Row 4: Ella Gustafson, Katie McKimmy, Julia Scheelk, Rebecca Kosey, Emma Cliff, Maddy Vitzthum, Laina Spiekermeier, Maggie Lombardi, Ella Chambers, Grace Olson
Row 5: Olivia Neros, Faye Roberts, Olivia Carel, Chloe Benson, Kate Meyer, Alexis Peyerl, Abbylee Maeder, Eryn Pfeifer, Lilly Radintz, Abby Karger



Math League

Row 1: Vincent Muraski, Ashton Szymanski, Kevin Shull, Olivia Brill, Ava Lenneman
Row 2: Olivia Dembouski, Eli Davis, Kaitlyn Christensen, Holly Christman, Brooke Beck
Row 3: Taten Harrison, Tyler Glass, Jonathan Helm, Lauren Welle, Katilyn Braun, Lydia Lamey, Janelle Sylvester
Not pictured: Eric Gao, Madelynn Hanson, Ashley Cushman, Isabelle Durre, Joel Wilmot, Ashlynn Badenoch, Nathan Engman, Audrey Kanu

Varsity Football Cheerleaders

Row 1: Lexi Kemmeetmueller, Kaylee Schumacher, Amanda Fisher, Emma Potthoff, Allie Lombardi, Ashley Cushman, Gabby Haines, Avery Jackson, Eva Bollin, Kylee Formo, Alicia Vosberg
Row 2: Hanna Hynes, Emily Thell, McKenzie Clark, Maddy Petranek, Caitlin Pederson, Evie Kastner, Coach Becky Stephens, Abby Kemmetmueller, Brittney Harris, Ella Zanetti, Kylie Renner, Sky Westling, Felicia Lutz



Varsity Competitive Cheerleaders

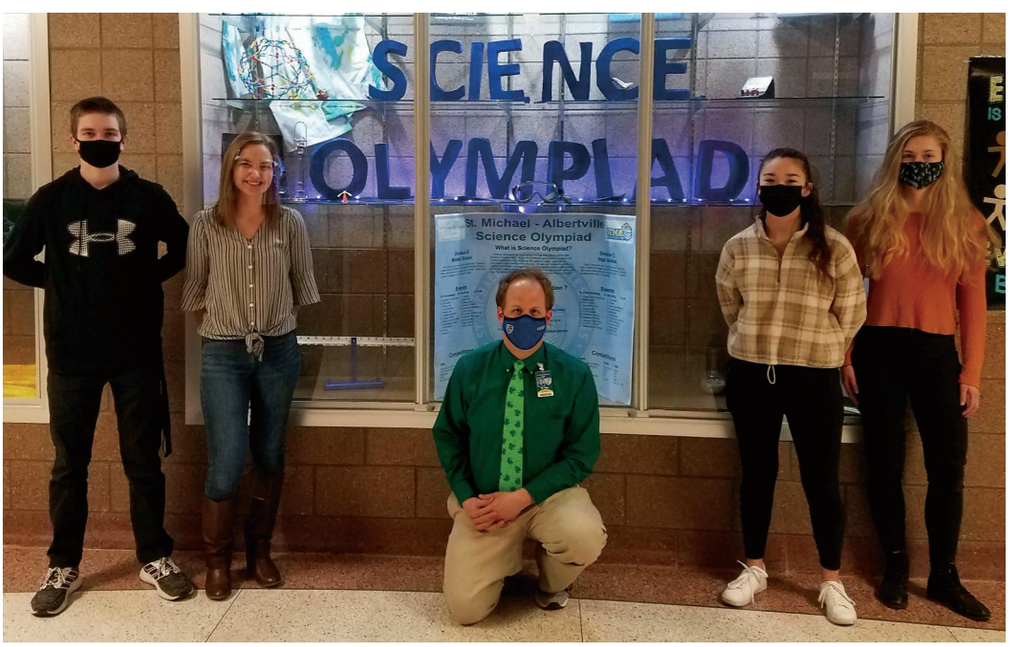
Row 1: Emily Thell, Kaylee Schumacher, Felicia Lutz, Avery Jackson, Maddy Petranek
Row 2: Allie Lombardi, Kendy Burg, Savannah Supper, Abby Kemmetmueller, Brittney Harris
Row 3: Emma Gordley, Lexi Kemmeetmueller, Ashley Cushman, Coach Becky Stephens
Not Pictured: Kylee Formo, Alicia Vosberg, Sky Westling



Varsity Game Day Cheerleaders

Row 1: Emily Thell, Kaylee Schumacher, Brittney Harris, Eva Bollin, Caitlin Pederson
Row 2: Avery Jackson, Ella Zanetti, Maddy Petranek, Abby Kemmetmueller, Allie Lombardi, Emma Potthoff
Row 3: Coach Becky Stephens, Kendyl Burg, Hanna Hynes, Evie Kastner, Felicia Lutz
Row 4: Emma Gordley, Lexi Kemmeetmueller, Ashley Cushman, Savannah Supper
Not Pictured: Kylee Formo, Alicia Vosberg, Sky Westling





Science Olympiad

Dylan Balken, Kylee Walsh, Mr. Olig, Jade Goth, Janelle Sylvester

The science olympiad was able to compete in more tournaments virtually across the country including Wisconsin, Pennsylvania and California than any other year.

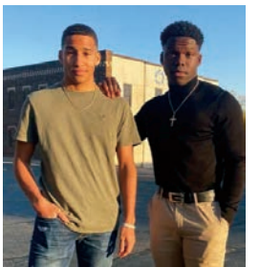
Thank you to our sponsor!

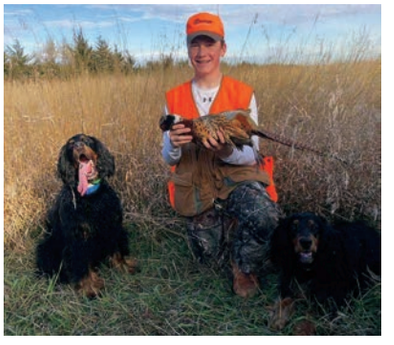
Accorde ORTHODONTISTS





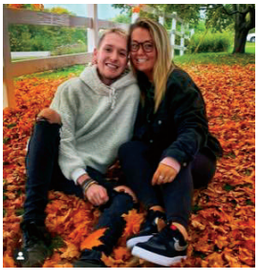








































FALL moments



















CYNPHANY HENDERSON
KNIGHTS VS. ANDOVER
3-0



FREDERICK KPOTO
KNIGHTS VS. EDEN PRAIRIE
2-3

PEOPLE



ELLIE BREUER
KNIGHTS VS. EDEN PRAIRIE
5-2



ALEXIS PHILLIPS
KNIGHTS VS. EDEN PRAIRIE
2-0

What did you expect this school year to be like?

I expected it to be different, but I figured we would be in school. Not fully distance like we are - Kaden Amundson '22

I expected us to do full distant learning and not have any school activities - Praise Hanson '23

I though I was going to get lost every new trimester looking for my classes- Jack Cin '24

What do you miss most about being in school?

I miss seeing my friends, and having a personal connection with my teachers - Kaden Amundson '22

I personally miss the people and the events that would go on - Praise Hanson '23

I miss seeing my friends - Jack Cin '24

How has not having an activity you enjoy impacted your high school exprerince?

Not having a normal spirit week definitely was a bummer. When I think about myself looking back on my high school experience I first think of those times - Kaden Amundson '22

Not having normal football games, choir concerts, and the theater program is kinda sad to be honest - Praise Hanson '23

Football, we didn't get all of our games and not getting to experience the varsity games - Jack Cin '24

How has COVID-19 affected your future post-high school decisions or plans?

I was planning on going out of the country for college, it was my biggest dream but because of the borders being closed I have to go to a school in the states - Natalia Figueroa '21

It has affected mine considerably, most colleges don't want an ACT and I would've biffed that. I didn't get to tour colleges in the spring when I was planning to visit. It just made it harder to find one I want to go to - James Cheaye '21

I was planning to travel during the summer after I graduate high school. I don't know if I will be able to do that anymore - Alinase Phriri '21

TBD SENIORS



I expected this school year to be challenging. It is difficult to stay motivated to do school work when you're alone at home

I miss meeting up with friends during passing time. I took those 5 minutes before class for granted

I was looking forwards to prom during high school. The seniors this year weren't able to have prom last year and we might not have prom at all because of COVID

Alinase Phiri '21





SENIORS '21















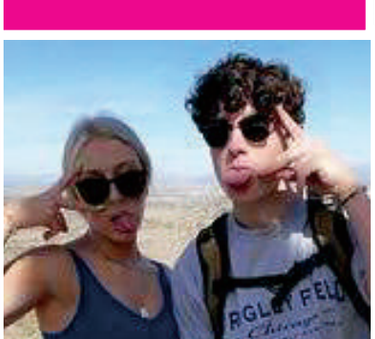


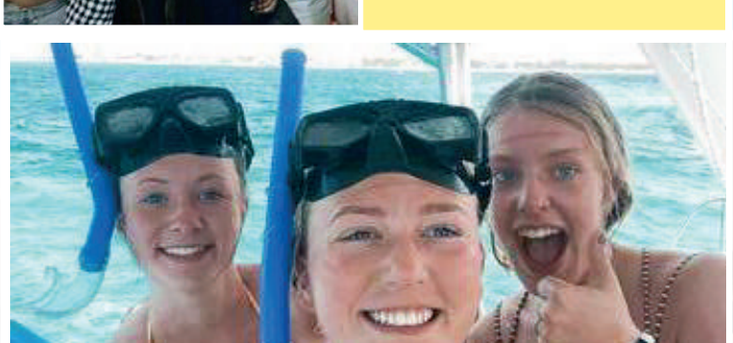






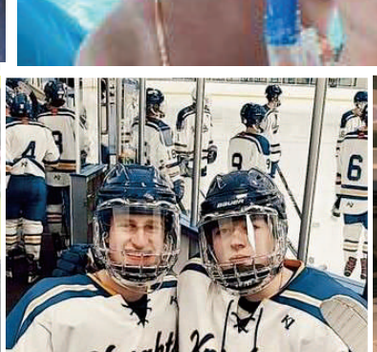
















scan the QR code to see the highlights from your four years at STMA!

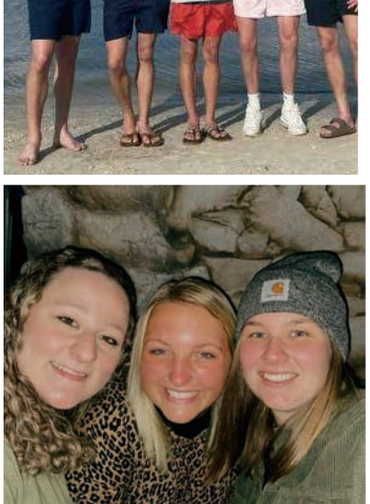












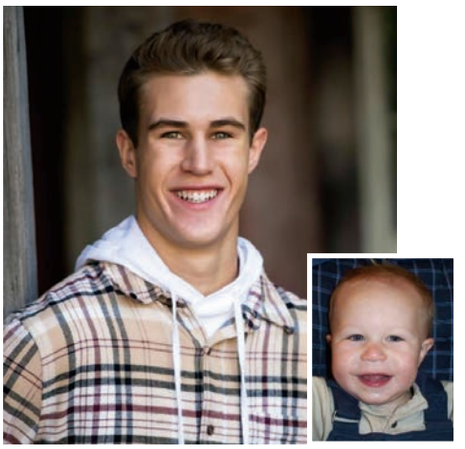




Sydney Aandal



Jude Adams



Ryan Adkins



Sonia Alfaro



Chloe Altenhofen



Janie Anderson



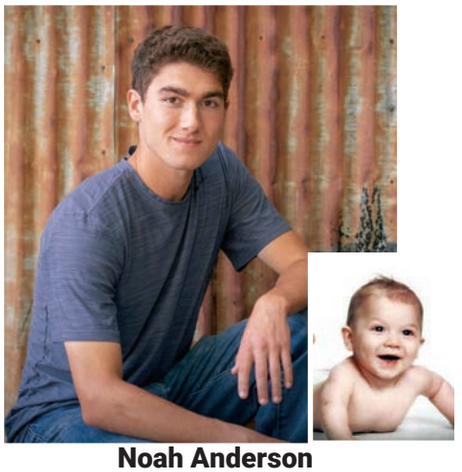
Justin Anderson



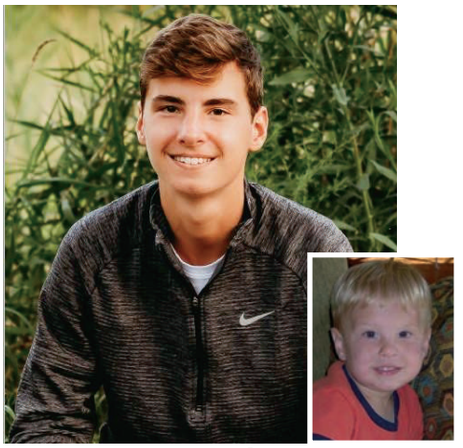
Maxwell Anderson



Noah Anderson



Noah Anderson



Owen Anderson



Isabella Arel



Garrett Augello



Emily Augustine



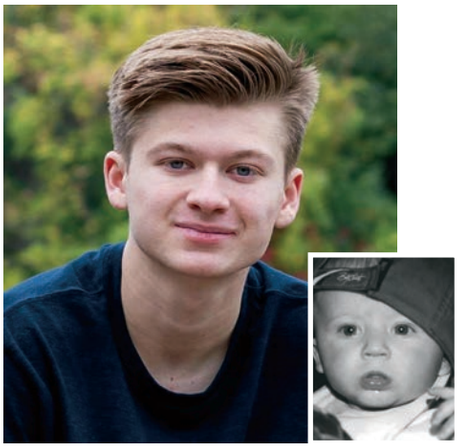
Tarynn Babcock



Shaya Babensee-Hansen



Emily Baker



Brady Bannick



Aidan Barnes



Nadia Barnes



Tyler Barrett

Fatoumata Barry



Mackenzie Barth



Chrystina Barthel



Ian Barthel



Harley Bauer



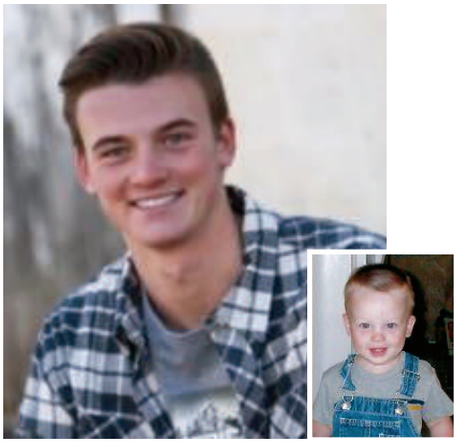
Briac Bean



Jalyssa Beaudry



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



Uriah Book



Cornell Booker



Frederick Booker

Sheryl Bosire



Ryan Boston



Kyle Brandberg



Luke Brandli



Kaitlyn Braun



Caden Brown



Abby Buckmeier



Adam Buckmeier



Ryan Buhl



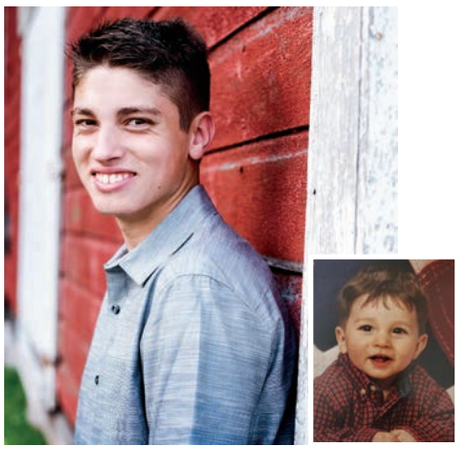
Eliana Bunnell



Jacob Bunnell



Kendyl Burg



Holden Bursey



Alix Bushard



Jena Cano Ksiazyk



Olivia Carel



Mallory Carls



Ayva Carlson



Holly Carlson



Sydney Carlson



Samuel Caron



Liana Carriker



Eric Chartier



James Cheaye



Grace Christensen



Samuel Christenson



Lauren Christian



Chase Cichos



Emily Cin



Colin Clair



Kayla Cokely-Weigelt



David Collins



Madison Collins



Dakota Colvin



Madeline Connelly



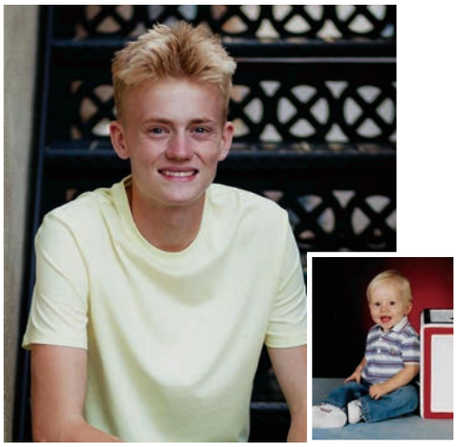
Kaylee Conrad



Joseph Cornell



Megan Cornell



Nathaniel Coulson



Ellsie Covert



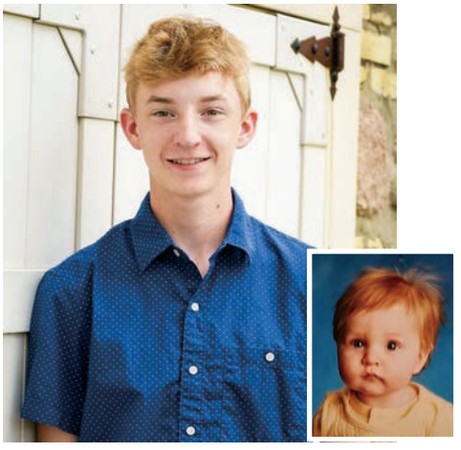
Paige Cowan



Kendal Cox



Emma Crawford



Kai Cummings



Ashley Cushman

Justin Daher



Cole Dahlheimer



Joshua Damon



Angela Danger



Maia Davidson



Cole Davies



Molly Davison



Mya Decker



Raya Decker



Alexandra Dehmer



Cayden Dehmer



Selena Delgado



Amelia Delmonico



Madilynn Demo



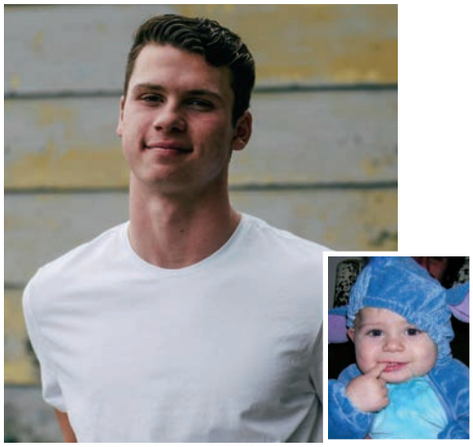
Jack Denne



Weldon DeRocher



Taylor Dewey



Ezra Dickerson



Jacob Dinkel



Livia Dombeck



Tamaraudoubra Donbraye



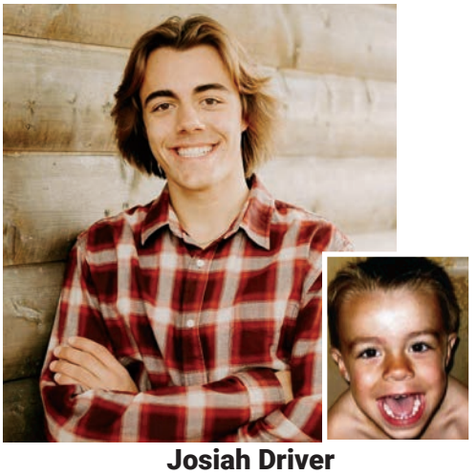
Paige Dooley



Ginger Downey



Emma Drake



Josiah Driver



Jack Drobinski



Jacob Dumonceaux



Isaac Dupay



Isabelle Durre



Damaris Egan



Kylie Elert



Lydia Ellison



Lynzi Emery



Savanna Fair



Curtis Ferrin



Natalia Figueroa



Madelyn Fischer



Chloe Fisher



Anah Fitzgerald



Brockton Florek



Clayton Follett



Aidan Foss



Eric Fouquette



Evan Freeland



Elizabeth Frelich



Gabrielle Fritz



John Fritzke



Eric Gao



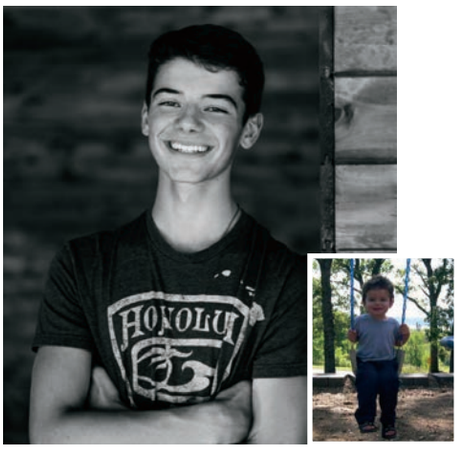
Alyssa Gardner



Brandon Gasser



Taylor Gaunt



Ethan Geray



Brendan Gertzen



Tyler Getty



Ella Gigstead



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



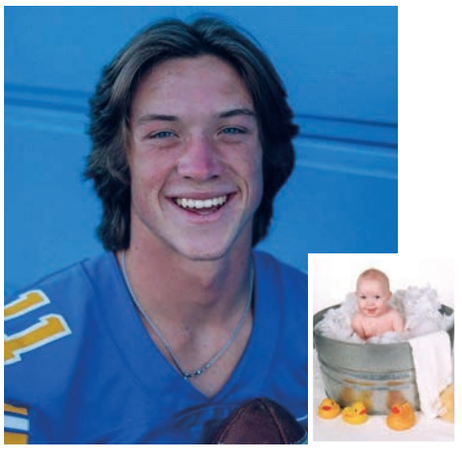
Claire Haakenson



Lexie Haglund



Gabriella Haines



Reynold Hamann



Emma Hamilton



Erin Hamilton



Molly Hanke



Carter Hanson



Madelynn Hanson



Shea Hassinger



Raelyn Hastings



Alycia Haus



Ethan Hawkinson



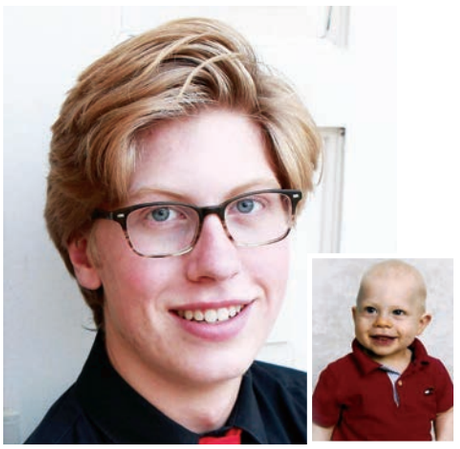
Tyler Hecksel



Hannah Hedstrom



Bryce Hegge



Adam Hegrenes



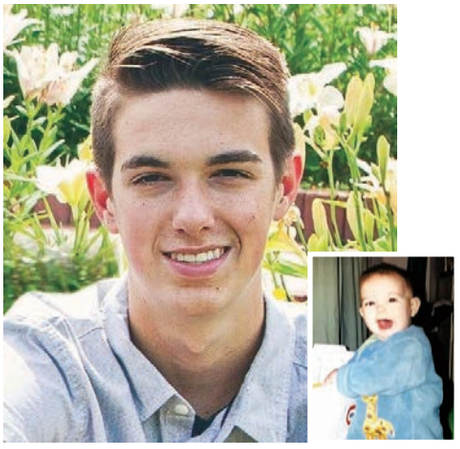
Alec Heiber



Aaliyah Heine



Madylin Heitman



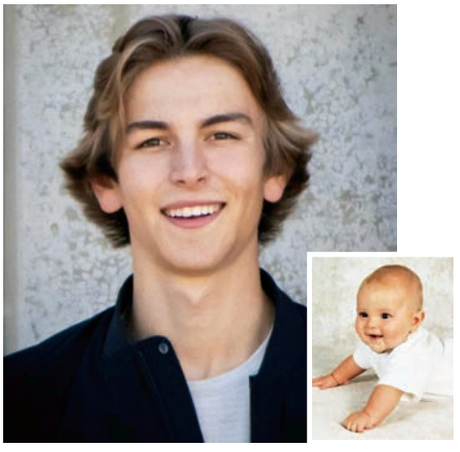
Jonathan Helm



Rogan Helm



Zachary Helman



Gavin Hemmer



Mary Herbst



Jaden Herman



Megan Hester



Logan Heuanphommavong



Amy Highberg



Zachary Hill



Olivia Hirschey



Trevor Hochstedler



Hannah Hodge



Audrey Hoffman



Maiya Hofmeister

Madyson Holland



Austin Homstad



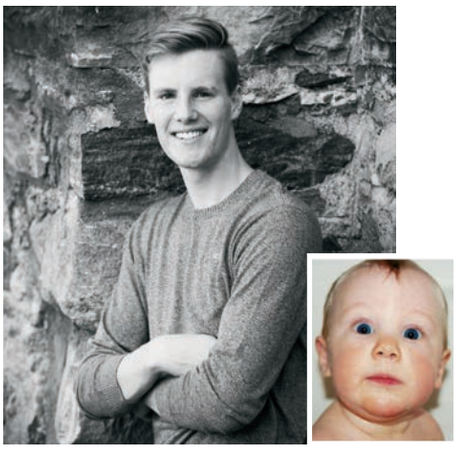
Joseph Houwman



Taylor Hove



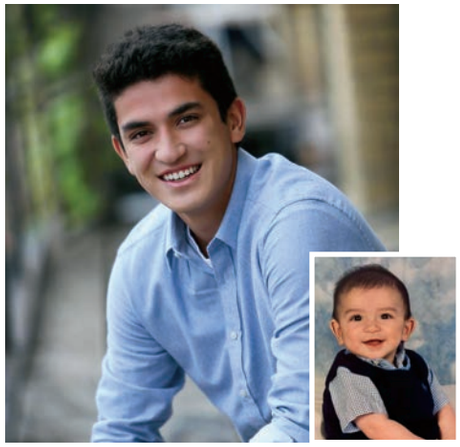
Jackson Howard



Evan Hoy



Alexandra Hoyt



Hayden Huber



Benjamin Huberty



Julia Huetteman



Jack Hulting



Jessica Huser

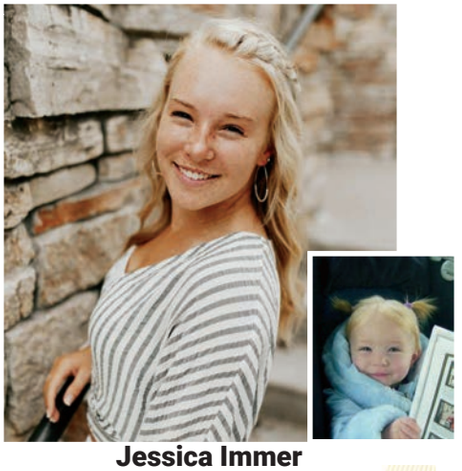


Sagal Hussein



Kayla Hutton

Maryia Ihnatsiuk



Jessica Immer



Zachary Ingebrigtson

Justin Inthaly



Brooke Isaacson



Maycee Jahnke



Jenna Jenkins



Lauren Jenniges



Charlie Jerpseth



Casey Johnsen



Alayna Johnson



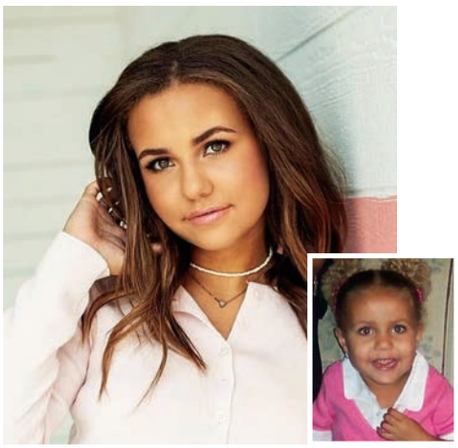
Bridget Johnson



Brooke Johnson



Emily Johnson



Kennedy Johnson



Khulyn Johnson



Luke Johnson



Oswald Johnson



Grant Johnston



William Johnston



Jonessa Jones



Rachel Jossart



Stephanie Joyce



Matthew Kaiser



Halimatu Kamara



Victoria Kangas



Abigail Karger



Rachel Kasper



Evelyn Kastner



Manisha Kawallram



Bailey Kelly



Caden Kelly



Abby Kemmetmueller



Tanner Kemp



TJ King



Dennis Kirkpatrick



Kyler Kitzberger



Taylor Klinkhammer



Avery Kneefe



Carlie Kobilka



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Ryan Kucera



Mamifio Kulee



Braeden Kummer



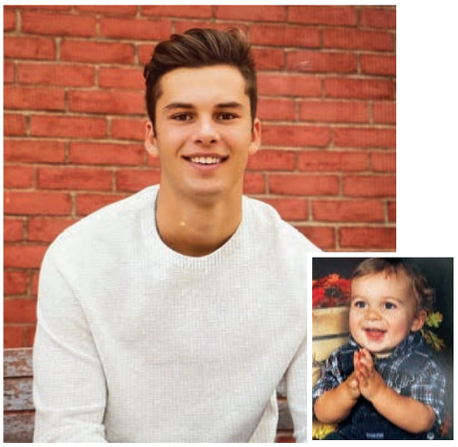
Adam Kvant



Meadow LaDuke



Devin Lambert



Nicholas Lamere



Lydia Lamey



Jordyn Lane



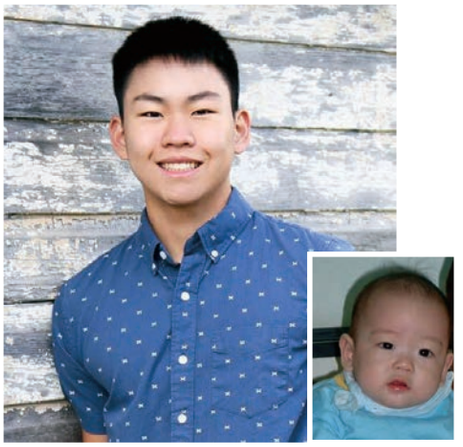
Carly Lanners



Gavin Larsen



Elsa Larson



Jacob Larson



Dylan Lazar



Nam Le



Nathan Lee



Benjamin Lefebvre



Anna Leigh



Grace LeMonds



Kyle Lenneman



Hunter Leonard



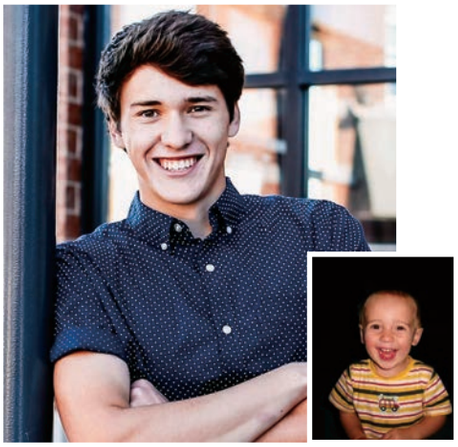
Leopold Leuer



Celine Lewis



Annika Ley



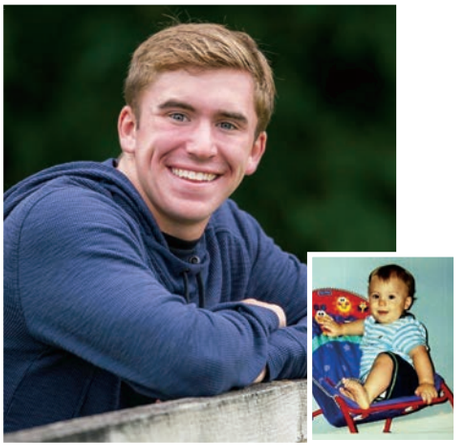
Jack Lezalla



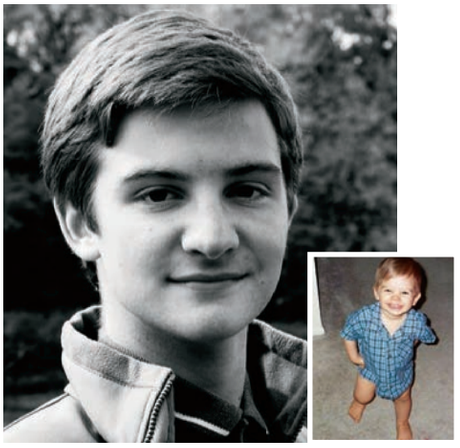
Jordan Liew



Juniper Lindberg-Collins



Owen Lindstrom



Cyrus Linzey



Aaron Loch



Karsten Locke



Kaden Loebertmann



Morgan Loftus

Jason Lopachuk



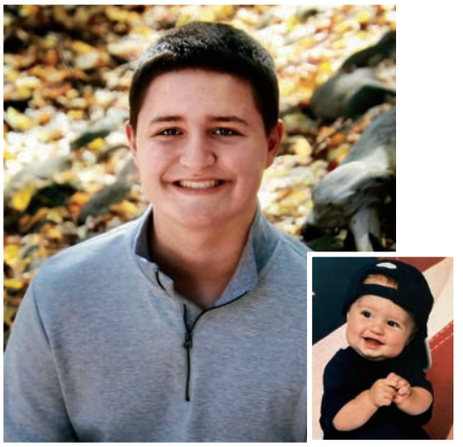
James Lyke



Lucas Maahs



Brian Macaluso



Tanner Mackie



Gabrielle Madore



Abbylee Maeder



Jorge Mancilla



Alyson Mapanao



Aliona Martin



Callie Martin



Jack Martin

Dirk Martinez



Jordan Martinson



Sarah Marty



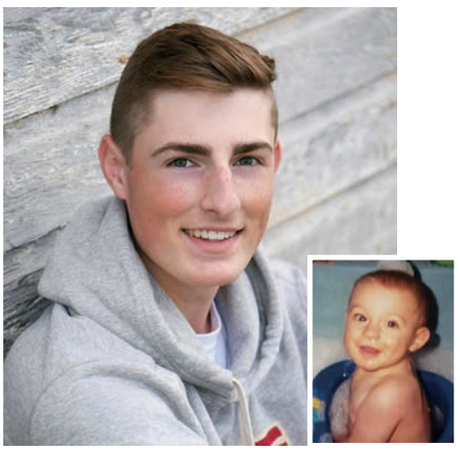
Brode Matheson



Rand Matheson



Samantha Matheson



Alec May



Mallory Maynard



Mason Maynard



Natalie Mazurek



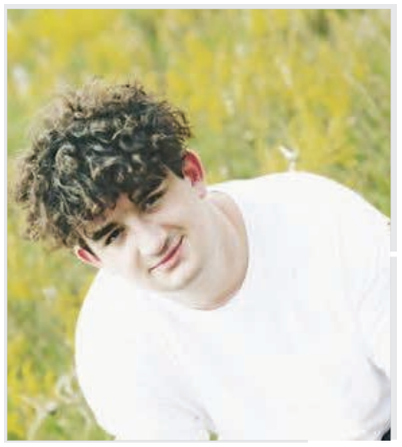
Maxwell McAlpine



Christina McCabe



Ashlyn McClintock



Tyler McDougall



Megan McDowell



Ian McEachran



Tyler McKenzie



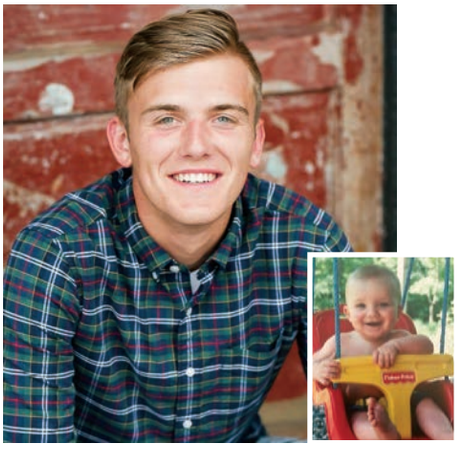
MacKenzie McLellan



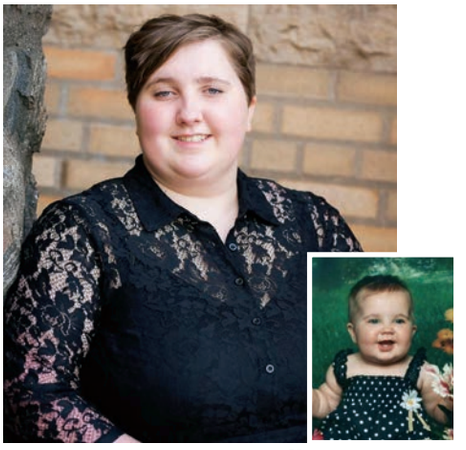
Brody McMahon



Dylan Mcmillan



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



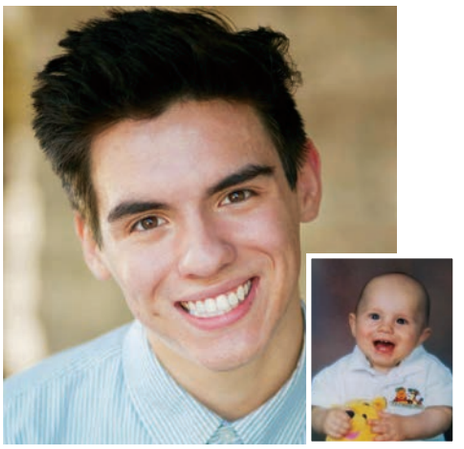
Brooke Moe



Lincoln Moehn



Zachary Moen



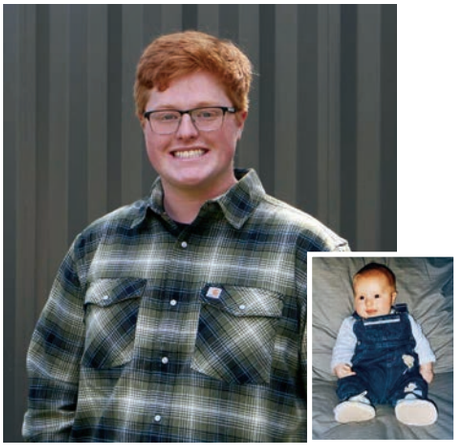
Nolan Montcalm



Kylie Moon



Savanna Mosher



Ryan Moter



Cassidy Mundahl



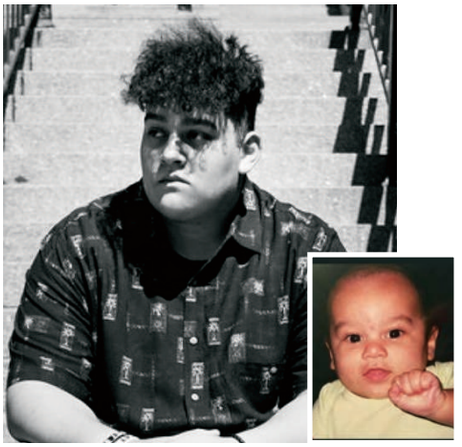
Dustin Murray



Michael Muyale



Jacob Myers



Isaiah Navarrette



Mohamed Ndiaye



Lily Negaard



Mara Nehring



Austin Nelson



Olivia Neros



Fletcher Nesbit

Jackson Newman



Ava Nickel

Chloe Niesen



Dawson Noska



Alexander Novelli



Matthew Nowell



Elum Nyabando



Jacob Nyhus



Porter O'Brien



Trent O'Neill



Patrick O'Sullivan



Courtney Olin



Owen Ollhoff



Grace Olson



Ashley Omweri



Meriel Orham



Marisa Ornat



Emma Ostrowski



Nathan Pedersen



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



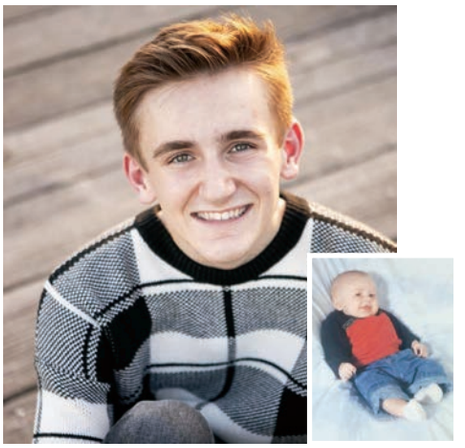
Zack Picard



Simon Pierce



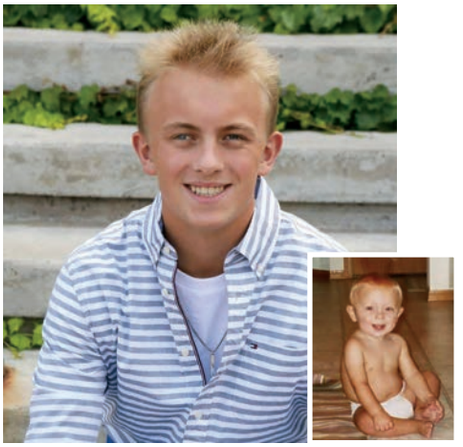
Brandy Pierre



Colby Pitzenberger



Dominic Pizano



Avery Poppen



Bennett Pouliot



Claire Presslein

Wesley Proehl



Hailey Pudlick



Jordan Pufahl



Bryce Purrier



Lilly Radintz



Lila Raltchevsky

Ramon Ramos-Westbrook



Leah Renstrom



Avery Resner



Bryan Reynoso



Blake Richie



Miikenzie Ricks-Wesseh



Adam Riley



Evan Riley



Jakson Ringat



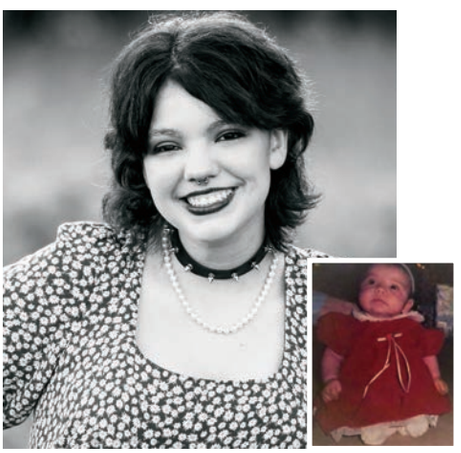
Faye Roberts



Madelyn Roethler



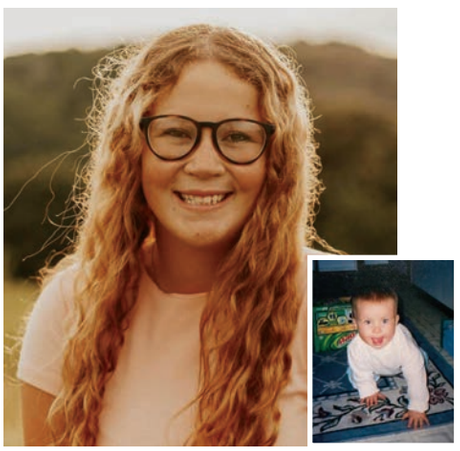
Avery Roisen



Elizabeth Rojas-Beckers



Amanda Rokala



Autumn Rothweiler



Locke Rowland



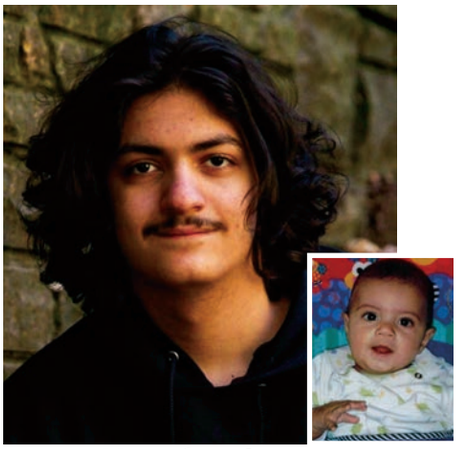
Hannah Rupar



Henry Russell



Austin Rux-Anderson



Mustafa Salem



Paige Sandberg



Landon Sauer



Thomas Schaupp



Alec Schee



Anna Schmeltzer



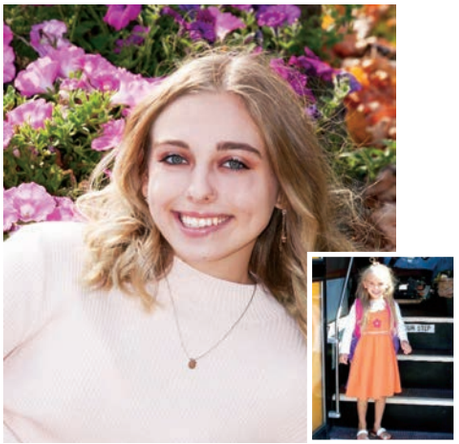
Mikayla Schmidt



Paul Schmidt



Emily Schoon



Kaylee Schumacher



Andrew Schuster



Joseph Schwab



Riley Schwartz



Brianna Seaver



Chloe Shaw



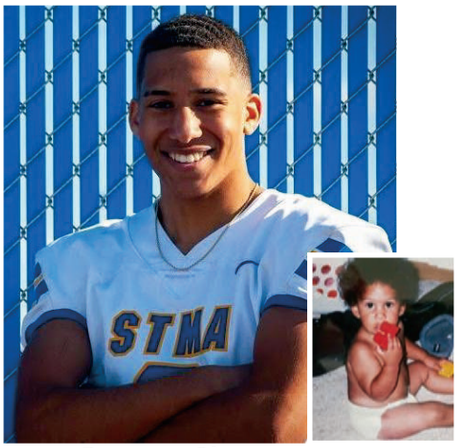
Grant Shipman



Anthony Silver



Gracine Sime



Dameon Simmons



Noah Simon



Reagan Smaagaard



Alivia Smith



Colin Sorenson



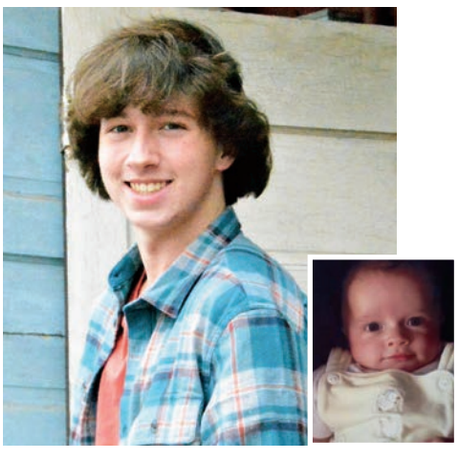
Samuel Sovis



Joseph Spitalnick



Mackenzie Spurbeck



Austin Steffen



John Steffens



Chloe Steinke



Nicolas Stelter



Christopher Stifter



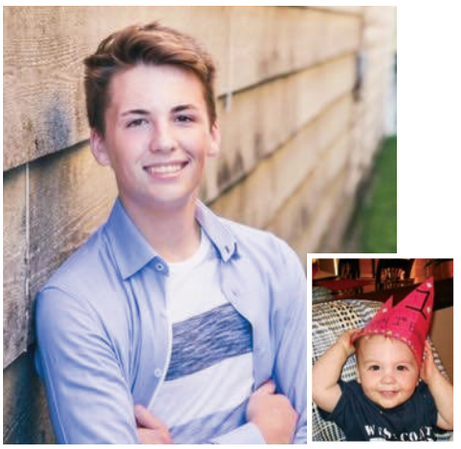
Emma Strait



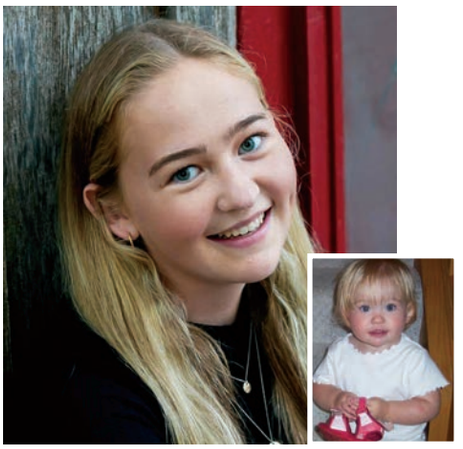
Madison Straight



Samuel Struffert



Maxwell Stutelberg



Claire Sunsten



Everett Sunvold



Ryan Supper



Max Sutter



Makenna Swenson



Bryce Swiatkiewicz



Cobin Szymanski

Hannah Ternus



Justin Thiner



Emma Thole



Ashley Thompson



Ellie Thompson



Gage Tietz



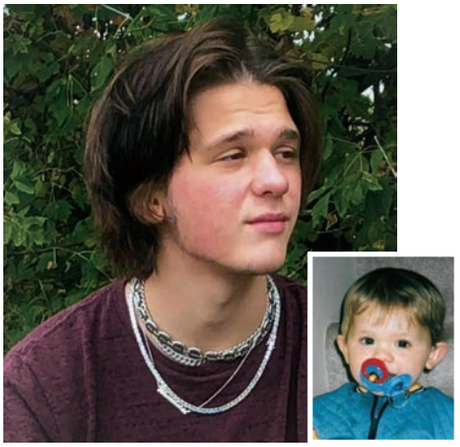
Maisie Tietz



Eric Torgerson



Preston Toring



Benjamin Trenholm



Tate Trushenski



Tyson Trushenski



Benjamin Tuffour



Zachary Tupper



Michela Tymeson



Faith Valen



Emma Vanheel



Mya Vankuyk



Gavin Velander



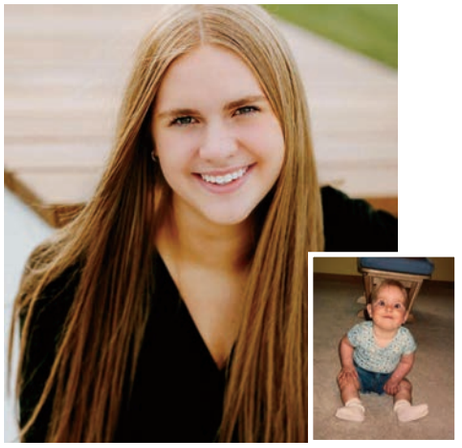
Savannah Vetsch



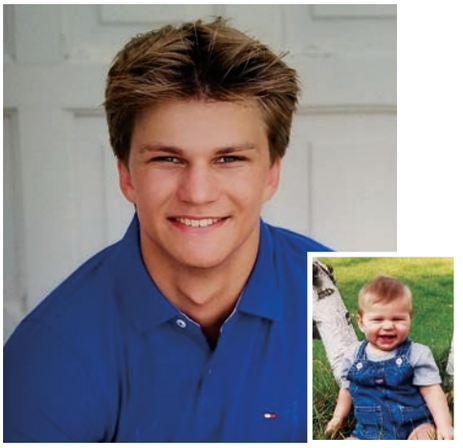
Charles Vevea



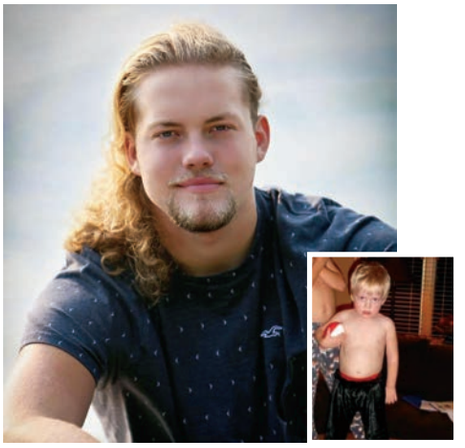
Owen Vike



Kenna Vorgert



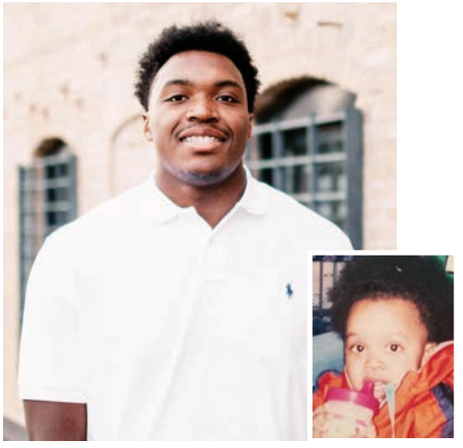
Jonah Vrkljan



Charles Wagner



Nellie Wall



Caleb Warren



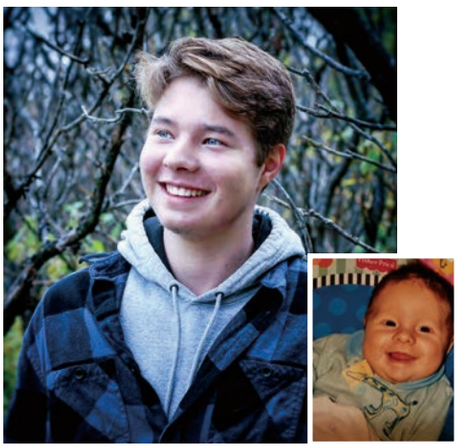
Jackson Watson



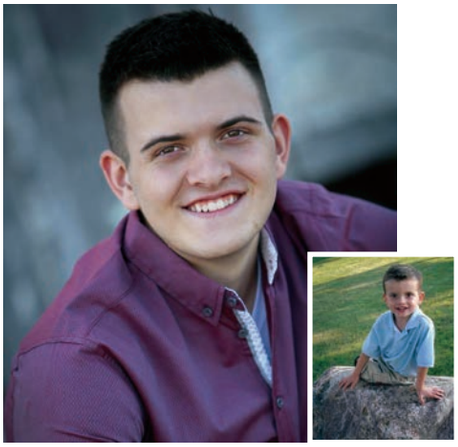
Jacob Watson



Mary Watts



Tyler Weber



Christopher Weidenbach



Paige Weiss



Lauren Welle



Olivia Wester



Anne Wettschreck



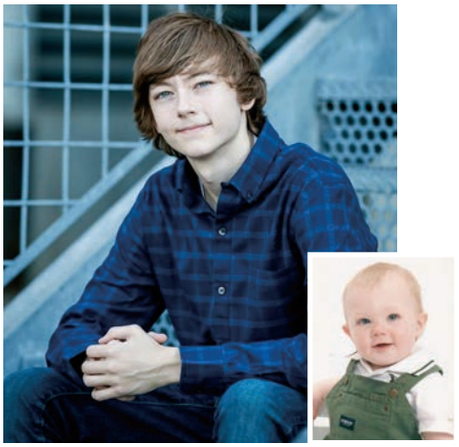
Parker Wiessinger



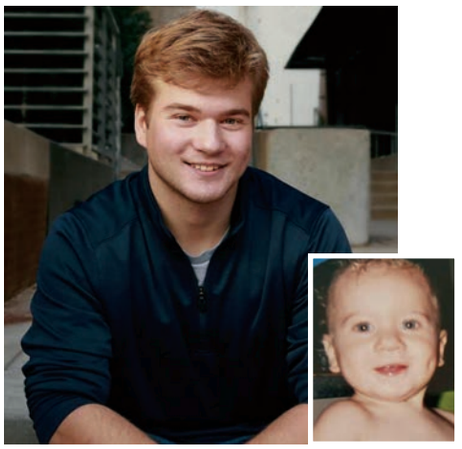
Brett Wilcox



Megan Williams



Travis Williams



Trevor Wincek



Ava Windel



Cameron Windelspecht



Paige Winters



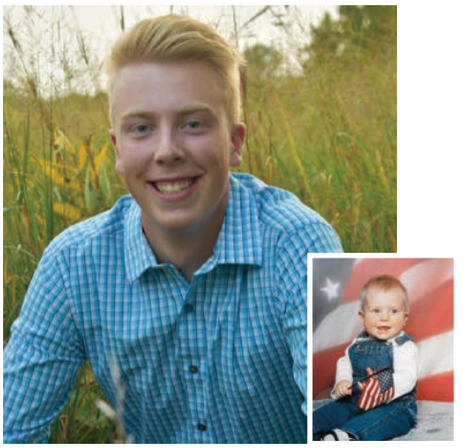
Jadon Wise



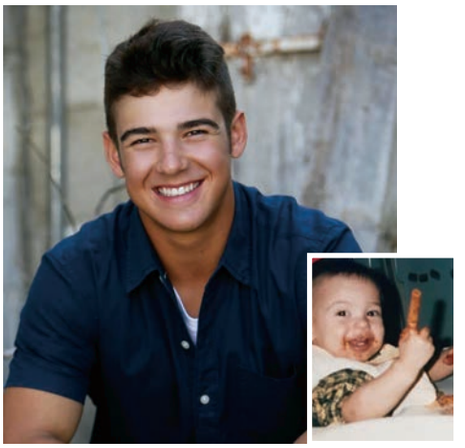
Daniel Wray



Cody Yaeger



Derek Zahler



Andrew Zattoni



Rheana Hope Zerna



Mason Zingelman

Knights Not Pictured

Parker Dircz
Isaac Fread
Erin Freund
Brayden Hoivik
Christopher Jay
Michael Lewandoski
Angel Lopez Raygoza
Anika Rickard
Jason Lopachuk
Blake Lorentz
Azah Nde
Joseph Slaugher
Tanner Tindell

Class of 2021:

Your senior year is the culmination of the educational journey that you started many years ago. It is the culmination of unique experiences, various stressors and a personal commitment. We are hopeful that your journey through St. Michael-Albertville High School has been an experience that has shaped you in a variety of ways. You walked through our doors for the first time a different person than you are exiting them. The excellent education that you have received, coupled with the personal relationships that you have developed, make you well prepared for your next steps. Further, the uncontrollable factor of COVID has also prepared you.

We never anticipated that you would experience such a drastic shift during your educational journey. We never anticipated that you would be forced out of schools and extracurricular activities. The shift undoubtedly brought about difficult hurdles and moments of isolation. Although none of COVID's complications were supposed to be part of your experience, you have displayed grace, patience and determination throughout. It is important to recognize that these complications have also shaped you and have prepared you in their own way. Your educational journey is unique to you and as such, you are prepared in ways that no other graduating class has ever been. Thank you for letting us join you on your unique journey graduating seniors. We have no doubt that your experiences have prepared you to accomplish amazing things.

Go Knights!

- Principal Reeves

senior SUPERLATIVES



Most likely to

Match their mask with their outfit

Alix Bushard & Colby Pitzenberger



Most likely to

Win a gold medal

Livia Dombeck & Ezra Dickerson



Class

Clown

Lynzi Emery & Leo Leuer



Worst

Driver

Anna Schmeltzer & Gage Tietz

Worst case of
Senior slack

Morgan Loftus & Lucas Maahs





Drama
King and Queen

Amelia Delmonico & TJ King

Most
School spirit

Jordan Mlsna & Derek Zahler





Most
Changed

Khulyn Johnson & Nam Le



Most likely to

Give Picasso a run for his money

Adeline Myer & Jaden Herman



Best

Nickname

Meriel Orham (Mo) & Charles Wagner (Chuck)



Most likely to

Be tik tok famous

Nic Stelter & Mia Grabau



Most likely to

Win an Oscar

Mary Herbst & Nolan Montcalm



Most likely to

Climb Mt. Everest

Joey Driver & Jessica Immer



Most likely to

Be late to their own wedding

Opie Johnson & Ava Nickel



Most likely to

Be ID'd at 30

Isaiah MIsna & Rachel Kasper



Best

Hair

Carlie Kobilka & Luke Johnson

Most likely to

Survive in the zombie apocalypse

Chloe Steinke & Adam Buckmeier





Most likely to

Win the lottery and lose the ticket

Molly Davison & Tyler Barrett

Best person to

Be stranded on an island with

Sydney Aandal & David Collins





Most likely to

Trip at graduation

Dakota Colvin & Grant Shipman

Most likely to

be caught sleeping in class **Becca Peterson & Ben Trenholm**

(Too busy sleeping to get their picture taken)



Most likely to

Find the cure to COVID

Lauren Welle & Cobin Szymanski (not pictured)



Most likely to

Have a reality TV show

Zachariah Becker & Aaliyah Heine (not pictured)



Most

Musical

Hannah Hodge & Bryce Hegge

Best

Eyes

Julia Huetteman & Eric Foquette





making an informed decision

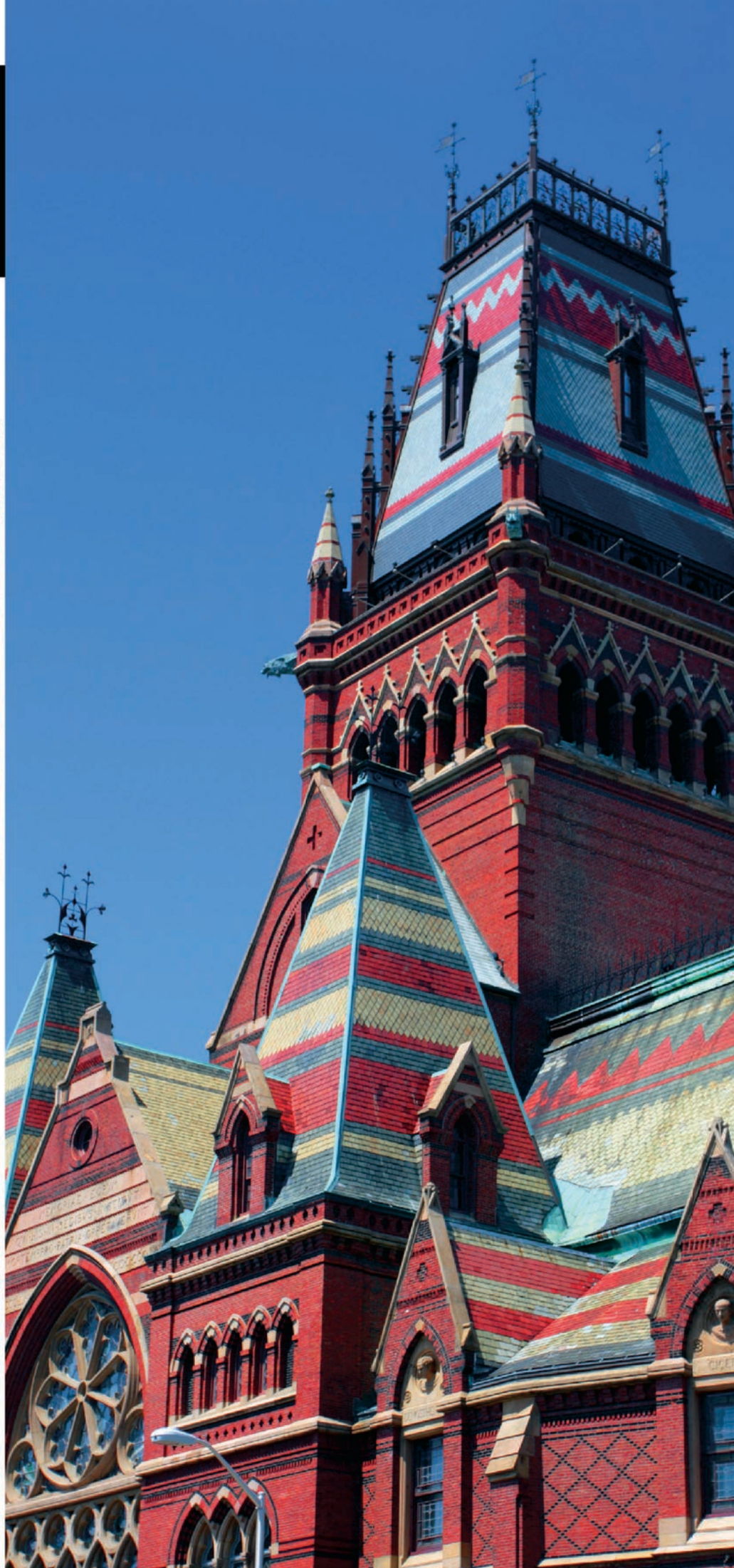
The process of choosing the right college looks different this year because of COVID-19. Many universities did not offer high school seniors traditional campus visits or participate in college fairs, relying instead on virtual visits or pre-recorded tours. To combat the declining number of applicants, some schools offered incentives like waived application fees for international students and dropped standardized testing requirements. *Photo credits: Jack Myer and Shutterstock*







Sign Me Up. College recruiting gets a shake up as the pandemic eliminates many opportunities for high school athletes to be scouted by college recruiters. Many traditional, in-home visits switched to Zoom meetings, and campus visits were canceled as well. Some felt the pandemic gave an unfair advantage to wealthier students and school districts that had film of their games and to midwestern athletes whose states had fewer attendance restrictions on games.



STARTING A NEW COURSE OF LEARNING

Students applying to college face new challenges



Making a Trade. More students turn to technical colleges to learn a trade as college prices rise and demand for skilled labor increases. Fields like welding, culinary arts, cosmetology, auto mechanics, construction and graphic design were common choices. Some students already in those fields struggled, however, as traditional hands-on learning classes that relied on specific equipment to teach moved to a virtual format. *Photo credits: Mattie Collins and Newscom*







Prestigious Effort. Military academies remain a competitive option for students who aspire to serve their country, and the application process is unique compared to traditional universities. Aside from the U.S. Coast Guard, the academies required a rigorous two-step process to be considered for admittance. A student needed to first pass physical and medical exams, then interview with a congressional representative or U.S. senator and obtain a recommendation from them. *Photo credits: Newscom*



Opening ACT. Dozens of universities drop the requirement for ACT/SAT standardized testing, citing the risk of having so many students gather in one testing location and the difficulties with reduced testing locations. The SAT also dropped the essay writing portion of the exam. The ACT offered four fee waivers, and both the SAT and ACT stated they hoped to offer remote testing options in the future. *Photo credit: Shutterstock*

major milestone

These were the 12 most popular degree types.

1. Business
2. Health professions
3. Social Sciences
4. Psychology
5. Biological Sciences
6. Engineering
7. Visual & Performing Arts
8. Education
9. Communications & Journalism
10. Security, Law & Firefighting
11. Computer & Information Science
12. Parks, Recreation & Fitness



Source: Matchcollege.com;
Photo courtesy: University of Notre Dame

KNIGHTS PRIDE

class of 2021


ST. MICHAEL - ALBERTVILLE HIGH SCHOOL
5800 Jamison Avenue NE
B
Knights
AMERICAN EAGLE
KNIGHT NATION
RAMONES
STATE CHAMPIONS
2018
KNIGHTS

What did you expect this school year to be like?

I expected this school year to be challenging. It is difficult to stay motivated to do school work when you're alone at home - Alinase Phriri '21

I expected us to do full distant learning and not have any school activities - Praise Hanson '23

I though I was going to get lost every new trimester looking for my classes- Jack Cin '24

What do you miss most about being in school?

I miss meeting up with friends during passing time. I took those 5 minutes before class for granted - Alinase Phiri '21

I personally miss the people and the events that would go on - Praise Hanson '23

I miss seeing my friends - Jack Cin '24

How has not having an activity you enjoy impacted your high school exprerince?

I was looking forwards to prom during high school. The seniors this year weren't able to have prom last year and we might not have prom at all because of COVID - Alinase Phriri '21

Not having normal football games, choir concerts, and the theater program is kinda sad to be honest - Praise Hanson '23

Football, we didn't get all of our games and not getting to experience the varsity games - Jack Cin '24

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



Dylan Anderson
Emma Anderson
Keegan Anderson
Kiley Anderson
William Anderson
Keagan Andrews



Matthew Andrews
Rachel Andrews
Justin Andrusko
Sarah Antoine
Brock Apold
Austin Aquino



TBD

JUNIORS



Kaden Amundson ('22)

I expected it to be different, but I figured we would be in school. Not fully distance like we are.

I miss seeing my friends, and having a personal connection with my teachers.

Not having a normal spirit week definitely was a bummer. When I think about myself looking back on my high school experience I first think of those times.



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
Devon Bauer
Jose Baxa
Kazmer Beaudry
Aria Beaulieu Flolo
Brooke Beck

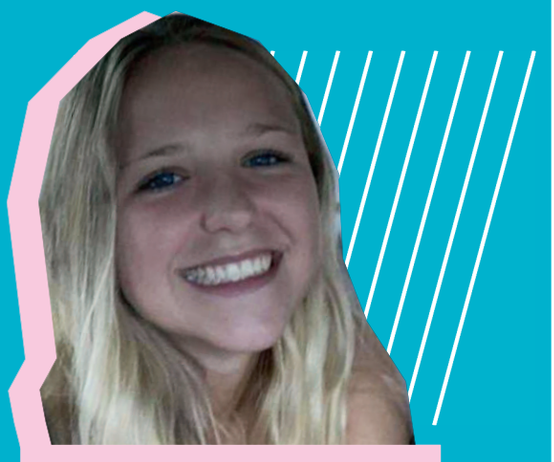
TIME is TICKING

Why have you been late to school?



"I was late to school once because I had to go back home to get my wrestling singlet, I forgot for my meet that day."

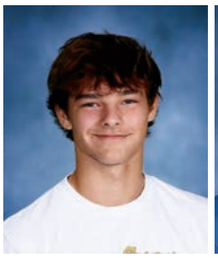
-Owen Neros '22



"I was late to school because I got into a car crash with my two friends, right across the street from the school, in a snow storm."

- Emma Briggs '22

Cole Becker
Nathan Beeler
Joseph Begin


Luis Antonio Behling
Abram Benker
Emma Bennett





Jarrett Bennett
Justyss Bichler
Grace E Bilicki





Carter Bitzan
Bo Bitzer
Kylie Bjork



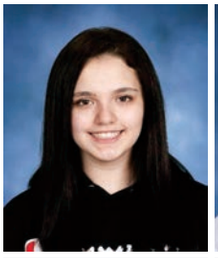


Landon Bjork
Aiden Blaeser
Mason Blake






Parker Bluhm
Caitlynn Bock
Benjamin Boebel

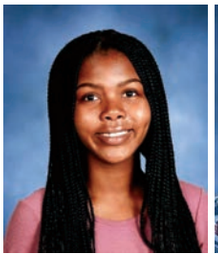




Malikai Bogan
Carter Bolduc
Amanda Bollaert






Charles Borchardt
Rosemary Bosire
Dylan Bottolfson




Alexander Bourget
Caleb Boyette
Blake Brabant
Katherine Bradt
Jack Braegelman
Karlee Brannan



Grady Breen
Scott Bremer
Ellie Breuer
Jacob Breuer
Emma Briggs
Olivia Brill



Margot Bromley
Augustus Brown
Brooke Brown
Emily 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



Ella Chambers
Samuel Charlesworth
Isabella Christensen
Robert Cilke
Mckenzie Clark
Emma Cliff



Jackson Collins
Dawson Colvin
Joseph Cook
Trevor Cormier
Abigail Cornell
Talimailelagi Cornillez



Lauren Couture
Gabrielle Cramer
Mariana Davis
Matthew Dehmer
Roman Dehmer
Taetum Dehn

What's your most unique & favorite pair of shoes?

STYLIN' shoes



"My favorite pair of shoes I own are my Jordan retro 3 true blues because I love the look and fit, and I rarely see anyone else wearing them!

- Reven Simat ('22).



"My Jordan 1 Shattered Backboard 3.0's are my most unique pair of shoes. I got a good deal on them by finessing the worker!"

- Mike Michenfelder ('22).



Rachel Delong
Sarah Dematteis
Max Detlefsen

Nicholas Dewey
Austin Dietrich
Katie Dinius

Brooklyn Dixon
Adam Dodge
Abigail Dolan

Ryan Dornfeld
Cyrus Dougba
Luke Doyle

Kaylee Drahota
Jeffrey Dubel
Breanna Duerr

Emma Duerr
Montee Dukuly
Jack Dwinnell

David Ebert
Andrew Egbert
Andrew Egbert

Samuel Eicher
Emily Ekman
Morgan Elken



Dylan Elliott
Jenna Ellis
Brayden Emerson
Cassandra Emerson
Jorie Emerson
Jacki Emery



Hailey Enos
Bryan Erickson
Jack Erickson
Ryan Erickson
Ethan Esnough
Zachary Ewer



Alyssa Farden
Lucas Feigum
Cadence Feld
Evan Feldick
Hamilton Felling
Samuel Felling



Sophia Femrite
Jordan Ferry
Ryan Fette
Chloe Finnerty
Ryan Fischer
Ellie Fisher



Carolyn Fix
Isaac Fladung
Jordan Flan
Olivia Flaten
Gabrielle Florey
Chloe Florip



Benjamin Ford
Carter Formo
Sawyer Forsberg
Easton Fowler
Charles Fox
Hayden Frank



Garett Fredrichs
Kenadi Fredrichs
Casey Fredrickson
Mya Fryckman
Rebecca Gapinski
Ryan Geissler



Mitchell Giese
Alanna Gifford
Autumn Goetsch
Kailey Goins
Jason Goodin
Jade Goth

looking forward to

SENIOR YEAR



"I am hoping for a fun senior year, where we will be able to go to all the activities that we weren't able to go to this year, like football games."

- Ashley Tillemans ('22).



"I am looking forward to having a senior year football season, so I can have one last time in the stands!"

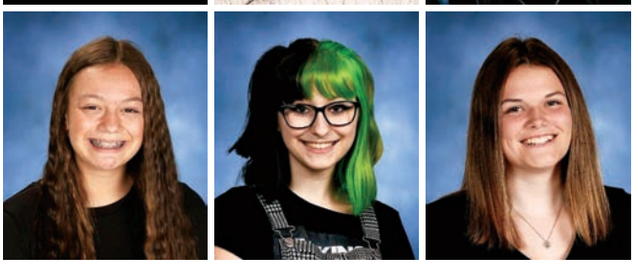
- Hilary Bursch ('22).

CLASS OF '22

Eva Grahl
Paige Graziano
Theo Grotberg



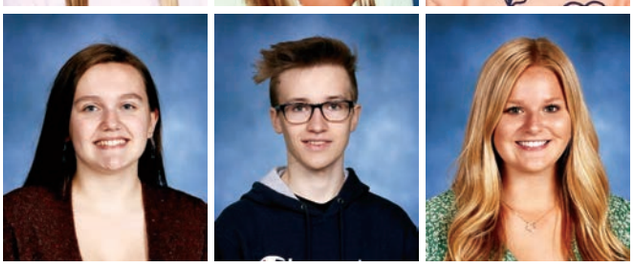
Makayla Gruidl
Kristina Gunderson
Amelia Guntren



Ella Gustafson
Hillary Gustafson
Gavin Gutzwiller



Lauren Haas
Ian Halvorson
Brenna Hamann



Trinity Hanif
Ben Harken
Lilli Harrison



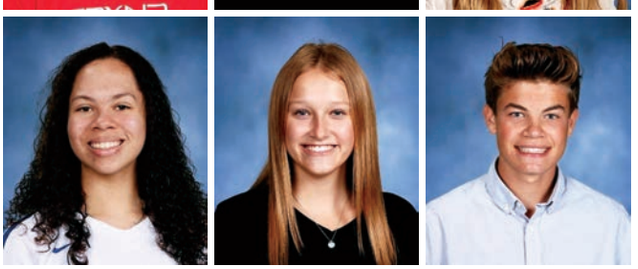
John Hartnett
Zander Hasher
Cadynce Hassall



James Heil
Dominik Heise
Kailey Hemish



Cynphany Henderson
Hannah Henschell
Adam Herbst





Payton Hernandez
Abigail Heuer
Michael Hilleren
Megan Hilstrom
Carter Hiltner
Claire Hinrichs



Zachary Hlinsky
Jacob Hochstatter
Nicholas Hoefener
Ashlyn Hoffman
Hannah Hoglund
Paige Holm



Micah Holt
Carter Hoyt
Hannah Hughes
Avery Husting
Hanna Hynes
Caleb Iddings



Katsiaryna Ihnatiuk
Jack Ingleman
Ryan Ingleman
Julia Intrieri
Madeleine Iverson
Noah Jackson



Allison Jaeger
Paige Jernberg
Preston Jeske
Lleyton Jocelyn
James Jochim
Isabelle Johnshoy



Abby Johnson
Alex Johnson
Amelia Johnson
Jace Johnson
Jenna Johnson
Titus Johnson



Theron Jones
Sophia Juntunen
Avery Kaliszewski
Thomas Kammann
Benjamin Kanthak
Cameron Karolevitz



Durvanie Kawallram
Maximus Keefer
Neal Kennedy
Kash Kindgren
Owen Kinney
Shylahana Kirscher



"It's a huge workload, and you have to be aware of that when signing up for one. They are totally worth it, and you usually don't have to worry about trimester finals because of the AP exam at the end of the year, which I think is pretty nice." -Peyton Lenz ('22)

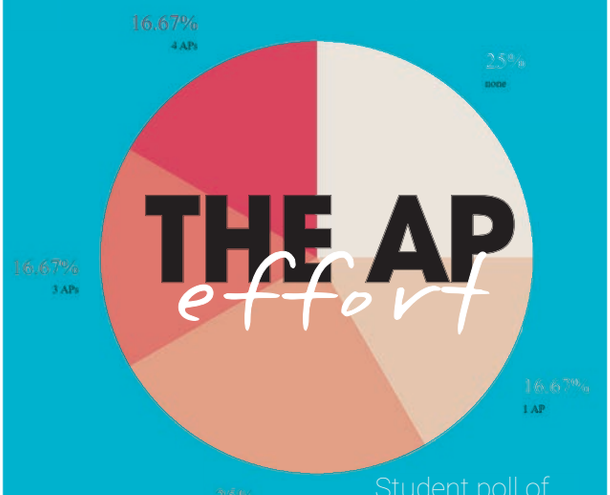
"The AP class I am taking right now is probably my favorite class at the moment. I would say AP classes are worthwhile if you feel like the subject is one of your strong suits." -Amanda Bollaert ('22)





"It had been a really fun experience, I really enjoy the people and the class environment. The workload is not bad at all, as long as you stay ahead of your reading and assignments, you'll be in a great place!" -Will Sarkinen ('22)

how do you handle college courses?



Student poll of how many AP classes they are taking.

Hayden Klevann
Jaricha Klinkner
Blake Koehler



Brinna Koivisto
Thomas Kolker
Gabriel Kolstad



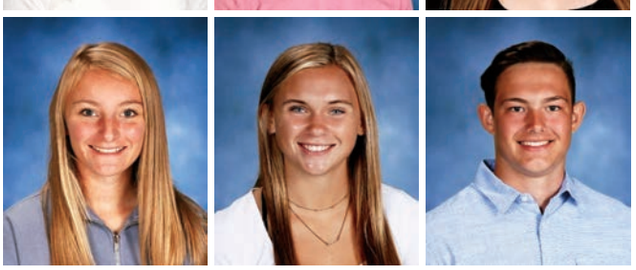
Megan Kono
Rebecca Kosey
Karlee Kottke



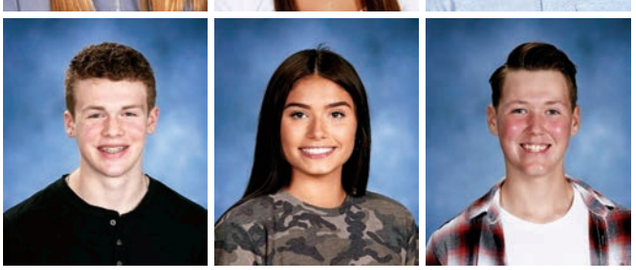
Catherine Kowalke
Frederick Kpoto
Samantha Krienke



Paige Krueger
Mya Krystosek
Tye Kuechle



Wesley Kuechle
Ashley Kuehn
Hayden Kuiper



Margaret Kunzman
Jenna Kyono
Avery Laitinen



Kassandra Lake
Liam Langer
Logan Larose





Benjamin Larsen
Jamie Larson
Audrey Laumann
Casy Laylin
Jamie Lee
Paige Lehrman



Ava Lenneman
Peyton Lenz
Elizabeth Leonard
Michelle Leonard
Savanna Levoir
Brant Lewis



Tate Lidberg
Lila Lindemann
Faith Lindenfelser
Kristy Lindenfelser
Allie Lombardi
Maggie Lombardi



Natasha Lozano
Hunter Lucas
Olivia Luebben
Daniela Luis Ramirez
Camryn Lukkar
Felicia Lutz



Matthew Malkowiak
Alexander Markgraf
Andrew Markson
John Marquette
Lenaya Marschel
Abigail Marshall



Maggie Martin
Pricilla Martinez
Brooke Mattson
Dylan Maulik
Rylan Maynard
Emma Mcalpine



Katelyn Mckimmy
Charles Meehan
Angelika Mehes
Isabella Mejorada
Brody Merila
Jacob Mews



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

the WORKING WORLD



Jackson Collins works at Old Navy in the Outlet Mall. "I love working at Old Navy because I've met lots of nice coworkers! I have to make sure I get my homework done early so I am not rushing to do it after work.

Payton Hernandez works at Totally Tan in Albertville. "It's really fun being able to interact with people who have the same interests as me and being able to get experience. I also get free spa services and I like having spending money."





Libby Leonard works at Panera Bread in Elk River. "I love serving customers food and occasionally making people's day with a free cookie!"

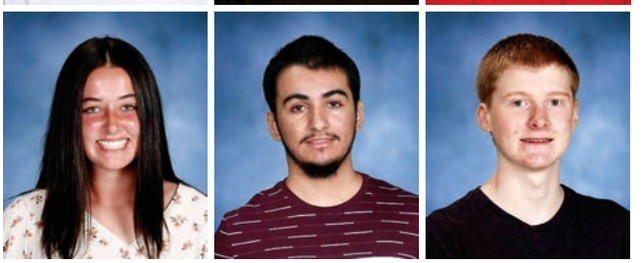
Luke Miller
Matthew Miller
Brenna Milless



Brayden Mogard
Samuel Monseth
Casey Moon



Isabel Moormann
Brian Morales
Chase Mork



Lynzie Moseng
Justin Mourning
Blazden Mueller



Scott Munson
Adeley Murkins
Alec Myhre



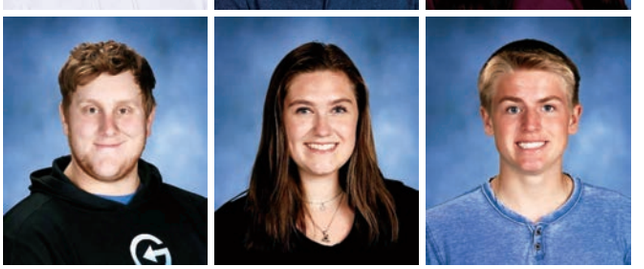
Riley Nelson
Drew Nerison
Owen Neros



Alexander Nesenson
Rowan Nevala
Akilah Nguyen



Niklaus Nielsen
Elizabeth Nixon
Caden Nordberg





Wyatt Notch
Brooks O'brien
Addison O'rourke
Heidi Odenbrett
Moses Ogaya
Hayden Olson



Johnathan Olson
Ryan Olson
Tyler Olson
Isaac Ophoven
Tessa Opiola
Dylan Ortiz



Riley Ortman
Maxwell Otte
Hunter Palmer
Claire Parendo
Alaina Pederson
Caitlin Pederson



Christopher Pederson
Robert Peiler
Xavier Peltoma
Aiden Pennoyer
Oscar Peraza
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
Willnell Randolph
Lauren Ras
Caleb Reames
Carissa Reine



Ethan Rens
Madyson Resech
Andrew Ricke
Kally Riley
Gavin Robeck
Chad Robinson



"Silly bands, those really thick headbands, the justice clothes, fidget spinners, the guys wearing neon clothes, and stress balls."

-Paige Krueger



"Kendamas were really popular in elementary school. At recess everyone would play with them and we would have like "tournaments" with them until they got banned."

- Paige Holm



"Bottle flipping, it was popular during 7th and 8th grade."

- Dawson Colvin

TRENDS THROUGHOUT *the years*

Sydney Rogers
Riley Rohrer
Zachary Romans





Kyle Ross
Haley Roth
Ashtin Rux-Anderson





Liam Ryan
Maria Rydberg
Megan Salas



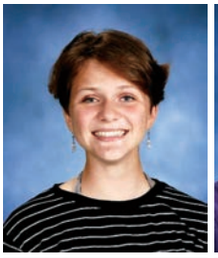


Will Sarkinen
Mia Satre
Evan Saunders



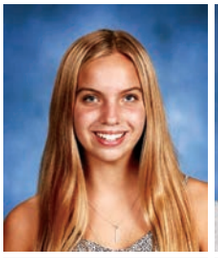


Metabelle Schaben
Julia Scheelk
Mason Schepers



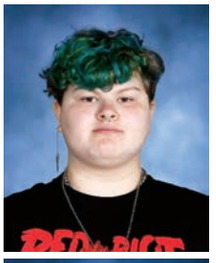


Brendan Scheurer
Anna Schmidt
Ellianah Schmitz

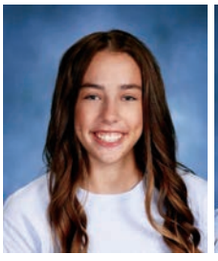



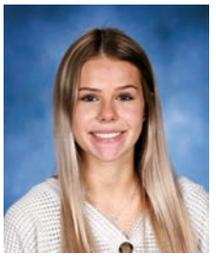

Brittney Schoen
William Sederberg
Payton Sellner





Rachael Shedlov
Evan Sherk
Ella Shonka







Kevin Shull
Trevor Shull
Ella Shultz
Reven Simat
Mckenna Sime
Tiffany Simon



Cecilia Sipple
Martin Skare
Breanne Sklors
Boston Slettum
Kari Smelter
Lexi Smith



Ryan Smith
Gavin Smithers
Joseph Smyth
Hannah Spalding
Malaina Spiekermeier
Grace Spitalnick



Jake Springer
Brianna Stacherski
Kenneth Stahl
Max Steffens
Marygrace Steffl
Reagan Steichen



Joseph Stepp
Hunter Sterk
Ashley Stern
Aidan Stevenson
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
Jackson Thour
Ashley Tillemans
Emma Tobey
Alexa Toensing

what's in a NAME?



"My car's name is Donna "Anna" Honda, my sisters both had the car before me. One of them named it after Donna from Parks and Rec, and the other anahonda. So I combined it! Best of both worlds." -Sydney Rogers ('22)



"I call my car potato because my friend threw a potato out the window at one of my coworkers." -Jake Hochstatter ('22)



"I'm not sure where the name came from, but I got the car and I instantly thought it looked like a Mandy and it stuck!" -Ava Lenneman ('22)

Greta Topel
Joshua Tourville
Tommie Treptau



Gabriel Trotter
Nico Trudeau
Christopher Tuttle



Mason Ulferts
Jordan Urbanski
Marah Van Vooren



James Vaughn
Mikayla Verdich
Emma Videen



Emma Vike
Madeline Vitzthum
Erin Vlasak



Lilly Vollmer
Nathan Von Ruden
Serena Wadhawan



Halaina Walker
Alec Waller
Brady Wallin



Kylee Walsh
Bjorn Walters
Addison Walz





Julia Weigle
Alexandra Weimer
Jake Wiegers
Cora Williams
Landen Williams
Valerie Williams



Luke Williamson
Anthony Willis
Joel Wilmot
Jack Woitalla
Megan Woitalla
Mason Woller



Tatianna Woods
Zachary Worms
Jesiah Wright
Ethan Yantes
Pavel Yukhimchuk
Ella Zanetti



Tayler Zingelman
Ava Zoellmer
Natalie Zuidema

A special thank you to photographer Heidi Schendt!

HjS Photo Gallery
PHOTOGRAPHY BY HEIDI SCHENDT

What did you expect this school year to be like?

I expected this school year to be challenging. It is difficult to stay motivated to do school work when you're alone at home - Alinase Phriri '21

I expected it to be different, but I figured we would be in school. Not fully distance like we are - Kaden Amundson '22

I though I was going to get lost every new trimester looking for my classes- Jack Cin '24

What do you miss most about being in school?

I miss meeting up with friends during passing time. I took those 5 minutes before class for granted - Alinase Phiri '21

I miss seeing my friends, and having a personal connection with my teachers - Kaden Amundson '22

I miss seeing my friends - Jack Cin '24

How has not having an activity you enjoy impacted your high school exprerince?

I was looking forwards to prom during high school. The seniors this year weren't able to have prom last year and we might not have prom at all because of COVID - Alinase Phriri '21

Not having a normal spirit week definitely was a bummer. When I think about myself looking back on my high school experience I first think of those times - Kaden Amundson '22

Football, we didn't get all of our games and not getting to experience the varsity games - Jack Cin '24

Cailey Aandal
Tyler Aberwald
Dallon Adams
Nora Ahlman
Ayda Al-Mutawa
Natalie Alwin



Rocco Amente
Graham Anderberg
Brandon Anderson
Gabe Asleson
Hannah Augustine
Madelyn Aulwes



Belinda Aydt
Ashlynn Badenoch
Lily Bakker
Lukanu Banzeba
Jamal Barfour
Reid Barnard



TBD

SOPHOMORES

I expected us to do full distant learning and not have any school activities

I personally miss the people and the events that would go on

Not having normal football games, choir concerts, and the theater program is kinda sad to be honest



Praise Hanson 23'



Lilia Barrett
Tanner Barth
Ethan Beaudry
Mckinley Beaumont
Olivia Becker
Alexander Behrens

Mackenzie Berg
Haria Berning
Thomas Bezanson
Grace Bielke
Mason Biniek
Ashanti Blahut

Sawyer Blakstvedt
Tyler Blount
Chloe Boettcher
Charles Boldenow
Alexander Boltz
Tanner Booker

Adam Boston
Jackson Bouressa
Nicole Braun
Cameron Brett
Jacob Brommer
Micah Bunnell








Andrew Burke
Drew Bushard
Ethan Buskey
Andrew Butkowski
Paige Butler
Jackson Byboth







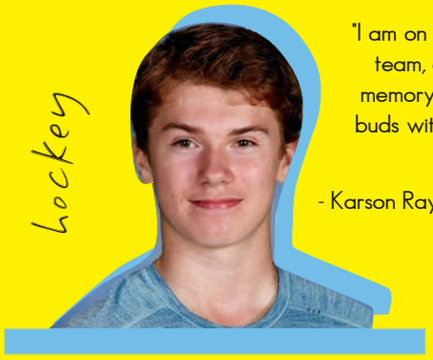

Emma Caballero
Jaxon Cagle
Carter Campbell
Briana Carlson
Hayden Carlson
Piper Carlson








VARSITY UNDERCLASSMEN



"I am on the varsity hockey team, and my favorite memory is becoming best buds with all of the boys."

- Karson Raymond

Abigail Carroll
Avery Caza
Hannah Cedergren
Chloe Chapman
Philip Charmoli
Evan Child








Kaitlin Christensen
Ethan Christian
Holly Christman
Jordyn Clapp
Brady Clausen
Natalie Cocking








Christian Collins
Vincent Colotti
William Cooper
Kayla Cornell
Bennett Cotterman
Lucas Cross











Gracie Crowell
Ross Cruickshank
Hunter Czech
Gabe Dahlheimer
Lane Dahlheimer
Autumn Daleiden

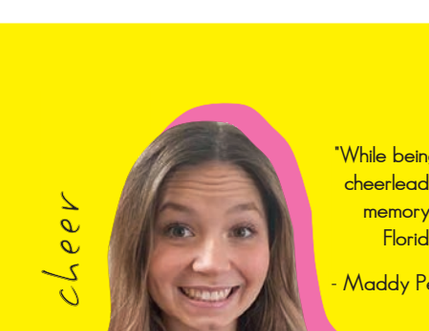


Muhamed Danso
Jack Davies
Chloe Davis
Eli Davis
Madison Davis
Tyler Davis



Myles Dehmer
Colton Demarais
Olivia Dembouski
Kayden Denne-Brown
Kaylynn Denny
Riley Devine

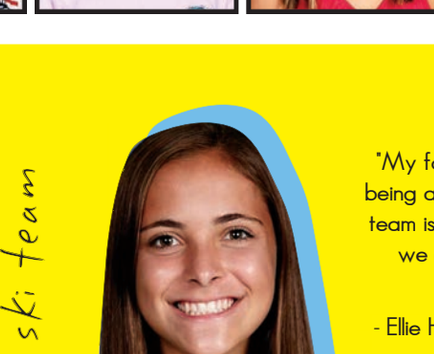
cheer



"While being a part of the varsity cheerleading team, my favorite memory has been going to Florida for Nationals."

- Maddy Petranek

ski team



"My favorite memory while being a part of the varsity ski team is the fun bus rides that we all have together."

- Ellie Hunsley





Theodore Devries
Mikaylee Dickie
Lauren Dinh
Evan Dombeck
Emma Donndelinger
Samuel Drake



Kaiden Dreis
Emma Duncombe
Braedon Dupaul
John Dupay
Julia Dupay
Alexis Dupont



Serenity Durre
Daniel Eberhart
Gabriella Eicher
Kaden Eicher
Lindsey Ek
Sauvy Bryon Ellah
Nernyuy

Kailyn Ellinghuysen
Vanessa Ellis
Andrew Emerson
Nathan Engman
Zaya Esterberg
Ethan Evenson



Jarrett Faue
Lydia Feder
Delaney Feld
Dylan Fischer
Paige Fischer
Luke Fisher



Ruby Fisher
Bradley Flake
Brenna Folven
Kylee Formo
Nathan Foss
Ellsie Frauendienst



LEARNING *how to* DRIVE!

75% of sophomores have their permit by their 15th birthday at our high school!

We asked sophomores what their worst learning how to drive mistake was!

Grayson Fredrichs
Avery Freeland
Andrew Furcht
Madilyn Gartner
Brittany Gertzen
Kaden Gertzen



Tanner Getty
Dylan Gfroerer
Lillian Gillespie
Destiny Girtz
Maura Gjesvold
Dillon Glass



Aedan J Glimsdale
Julian H Godlewski
Devin A Goede
Megan E Gohl
Jasmine M Gray
Nathaniel P Gremmels





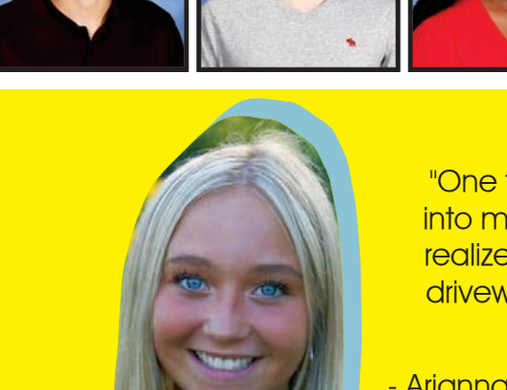
Ashlee Grotberg
Ashtyn Groves
William Gulden
Nicholas Gustafson
Elijah Haakenson
Ebbisa Habib



Richard Hackenmueller
Alexis Halgrimson
Carter Halvorson
Austin Hansen
Samuel Hansen
Tyler Hansen

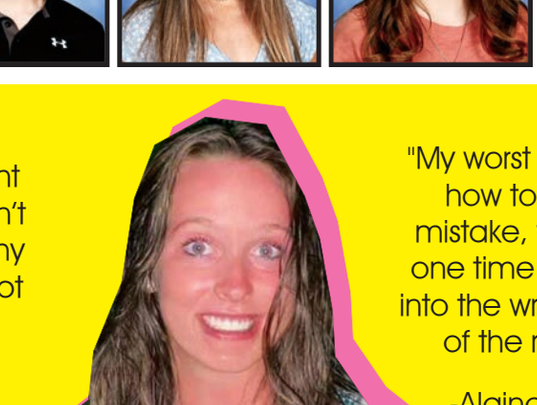


Aidan Hanson
Harrison Hanson
Praise Hanson
Spencer Hanson
Brittney Harris
Rylee Harrison



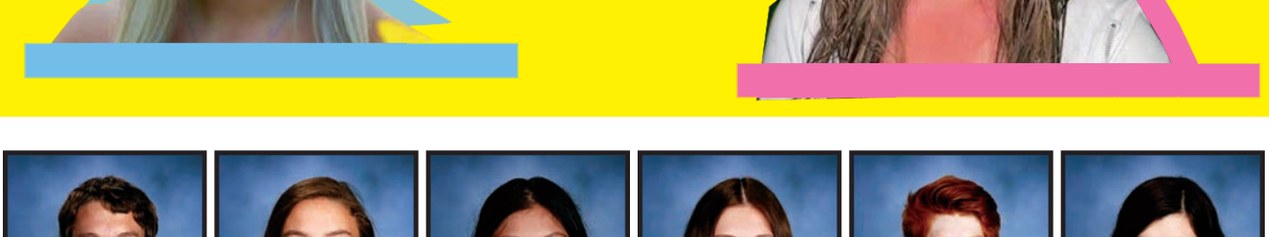
"One time I drove right into my yard and didn't realize that it wasn't my driveway, and just kept going."

- Arianna Lovegreen



"My worst learning how to drive mistake, was the one time I turned into the wrong side of the road."

-Alaina Thompson



Taten Harrison
Erin Hartnett
Salena Hasan
Kayla Hass
Jackson Hautala
Abigail Hauxwell



Owen Hecksel
Mary Hegrenes
Isabella Heieie
Zachary Heitkamp
William Heitman
Brooke Helm



Ethan Helm
Samuel Helm
Olivia Henry
Tyson Hentges
Gwen Herbst
Emma Herfel

Jubilee Rose Heu
Brenden Hirsch
Riley Hirschey
Aliya Hjelle
Hope Hochstedler
Hayden Hodge



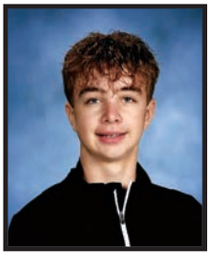





Miriama Honzl
Lauren Hoselton
Ella Hoy
Nolan Hoyne
Taylor Hoyt
Hunter Hrebal





Samuel Huber
Holly Hultman
Ellie Hunsley
Kailee Hustoft
Rebecca Immer
Tyler Ingebrigtson








SOPHOMORE vs FRESHMAN



"The difference being a sophomore instead of a freshman is you get more work and it is harder.".

- Joey Rathman

Braden Intrieri
Avery Jackson
Luke James
Logan Jans
Parker Janssen
Jocelyn Jaroscak








Taylor Jeffery
Jay Jenkins
Chloe Jensrud
Tyler Jette
Khendal Johnson
Matthew Johnson









Mckenna Johnson
Michael Johnson
Olivia Johnson
Reese Johnson
Tessa Johnson
Ya-Seen Johnson









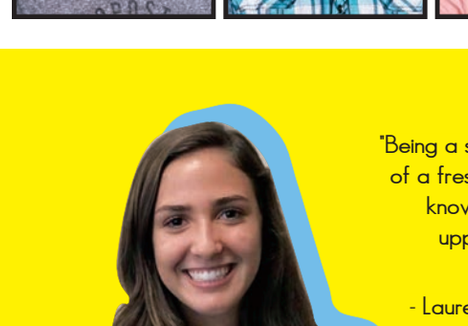

Julia Johnston
Tyler Jordan
Ryan Jossart
Benjamin Juusola
Joely Kasel
Nicole Kasper



Miles Kay
Brody Kelly
Emma Kelly
Makiah Kelly
Lexi Kemmetmueller
Samantha Kemp

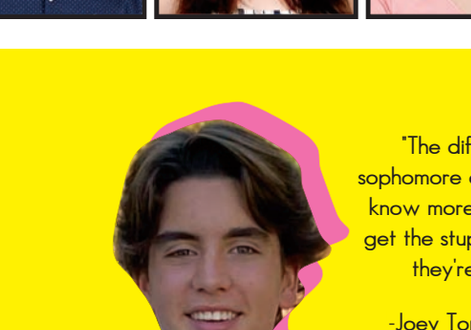


Carter Kephart
Kyle Kisling
Madison Klein
Kaleb Klinkhammer
Olivia Kloss
Eleanor Klym



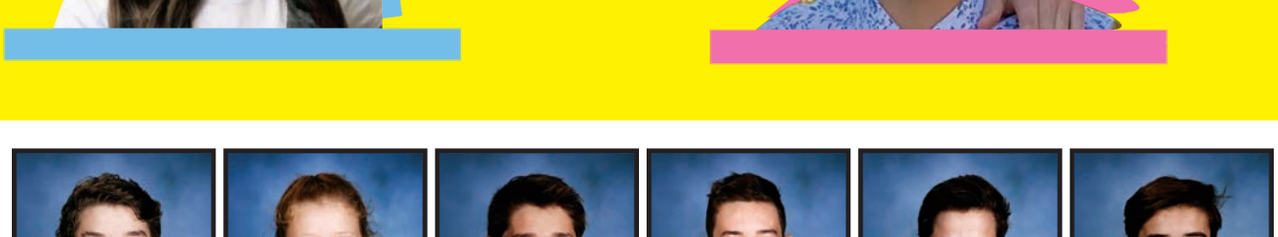
"Being a sophomore instead of a freshman, you get to know more of the upperclassmen."

- Lauren Pouliot



"The difference between being a sophomore and a freshman is that you just know more about high school, and don't get the stupid freshman jokes. Otherwise they're pretty much the same."

-Joey Torgesen



Raymond Koch
Hannah Kolstad
Kameron Krist
Carter Krohn
Leo Krueger
Jake Krumenauer



Matthew Kruse
Cheyenne Kuehn
Jason Kukowski
Logan Kunz
Megan Kurth
Jocelyn Kutz



Hannah Kvant
Tyler Lafond
Michael Lambert
Norah Langager
Owen Larsen
Erika Latour

Isabella Lavoi
Dylan Layton
Tam Le
Conner Leach
Jessica Lee
Payton Lee



Kurtis Lekatz
Mylin Lemke
Nicholas Lenneman
Aidan Leonard
Arthur Leonard
Brynn Leshovsky



Alexander Lester
Asher Ley
Cameron Libby
Magdalene Lindeman
Adam Lindenfelser
Trevor Loebertmann



our favorite TIK TOKERS

Elliott Loftus
Lourdes Lopezraigoza
Arianna Lovegreen
Charlie Lund
Madelyn Lundeen
Conner Luongvan



Ryan Luster
Jonah Lyke
Emma Mace
Robert Madore
Kaeley Malmon
Barbara Mancilla



Johnathan Mapanao
Ashlyn Marble
Katelyn Marchand
Ava Marquette
Isaac Marschel
Colin Marshall





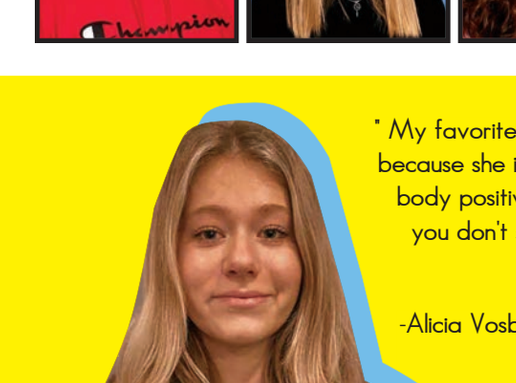
Mia Marthaler
Alexander Martin
Joseph Martin
Kaitlyn Martin
Madison Martin
Mikayla Mastellar



Lake Mastro
Alex Mattson
Rainer Mauersberger
Matthew Maulik
Mckenna Maus
Mac Mccalister

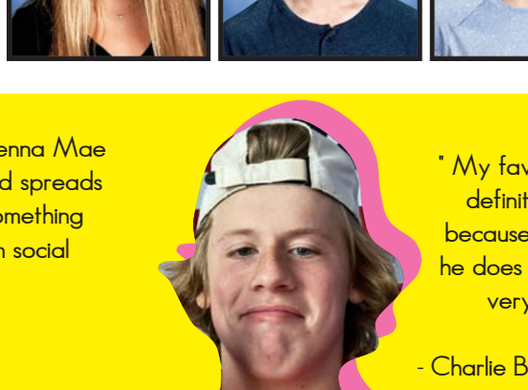


Carson Mccann
Erin Mcdowell
Kasandra Mckeown
Morgan Mckinley
Gavin Miller
Maxwell Miller



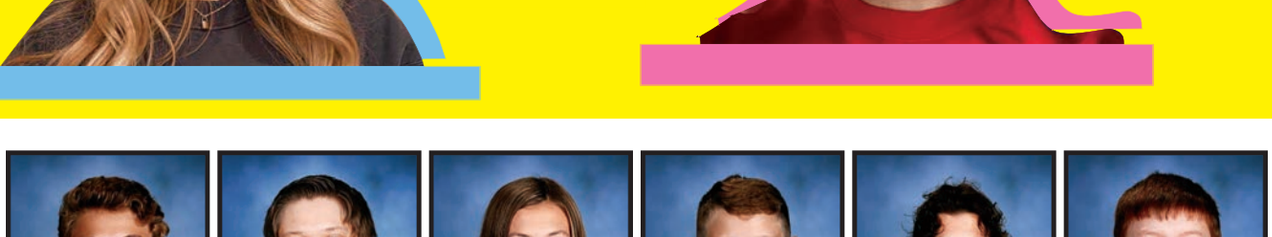
" My favorite tik toker is Sienna Mae because she is so young and spreads body positivity which is something you don't see a lot of on social media."

-Alicia Vosberg



" My favortie tik toker right now has definitely got to be Balin Levine because he is a very funny guy and he does whatever he wants and it is very entertaining to watch."

- Charlie Boldenow



Mason Mills
Wyatt Mills
Emilynn Molesky
Cooper Monsrud
Tyler Moreland
Justin Morneau



Emily Mueller
Elijah Muhammad
Kimberly Mundahl
Alison Murphy
Emily Muyale
Taylor Myhrer



Alyssa Nehring
Edie Nelson
Sydney Nemeth
Nicholas Neutgens
Brady Nichols
Tamaira Nix

Andrew Nolan
Ariona Noonan
Braden Norman
Joseph Novelli
Jonathan Nygaard
Keegan Nygard



Avery O'rourke
Ryan O'rourke
Emily Obermaier
Brody Odland
Alexa Ohlander
Evan Ojeda



Emily Olin
Olivia Oscarson
Matthew Papp
Zoe Parker
Bennett Patterson
Destiny Paul



played ON REPEAT



"My favorite song lately has been Seven Summers by Morgan Wallen because it is just a really good song to sing in the car to with my friends."

-Josie Vankuyk

Camryn Pauly
Olivia Peal
Zachary Pedersen
Therin Pederson
Jadyn Pelowski
Cole Peterson



Connor Peterson
Ethan Peterson
Haily Peterson
Sophia Petite
Madisen Petranek
Peyton Peyerl



Tyrese Phengdouangdeth
Carson Popelka
Lauren Pouliot
Daniel Powell
Teagan Poye
Hugo Preciado





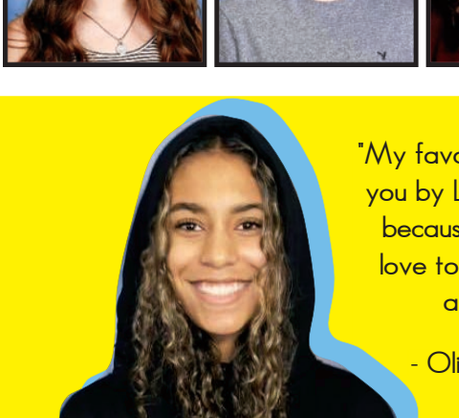
Mikayla Preston
Ava Prigge
Nathan Provost
Lucas Przybylski
Anna Puent
Leyton Punton



Alan Purcell
Kyra Purrier
Faith Ramsay
Madison Rankin
Joseph Rathman
Karson Raymond

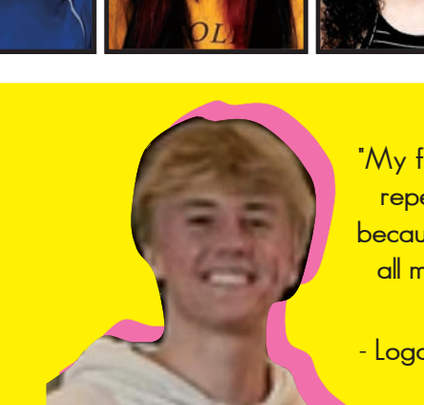


Olivia Reggin
Jacob Reineck
Paige Reineke
Donovan Reiners
Anna Reiter
Kylie Renner



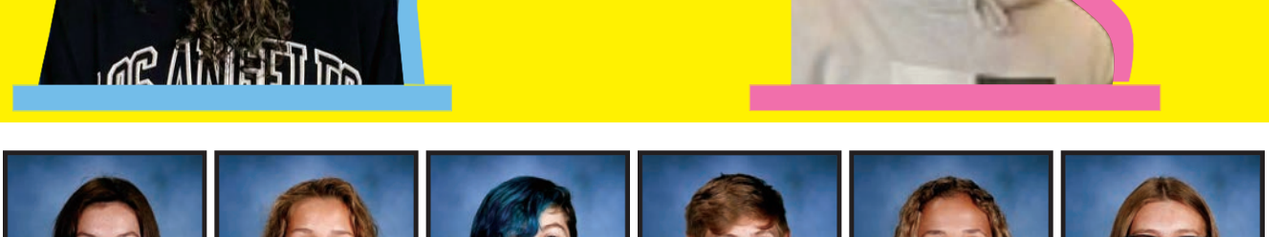
"My favorite song is Wanted you by Lil Uzi Vert and Nav because my friends and I love to listen to that song and have fun!"

- Olivia Peal



"My favorite song to play on repeat is Real Baby Pluto because it is a bangerrrr that all me and my friend listen too."

- Logan Jans



Molly Reynolds
Isabella Rice
Piper Richardson
Grant Riedel
Ani Ringat
Julia Ripplinger



Jaylynn Robeck
Riley Roberts
Roman Robison
Anika Rogers
Jacob Rokala
Kathryn Rooker



Brett Roos
Halle Rothman
Megan Rowe
Mitchell Rowe
Molly Ruhland
Riley Sandin

Ethan Sargent
Cole Sarkinen
Charles Schefers
Ava Schendt
Makenna Schmidt
Thomas Schmidt








Noah Schneider
Natalie Schuller-Hary
Kyra Schumacher
Sarah Schuster
Sarah Schwab
Caitlyn Seaver








Devlin Sederberg
Joshua Segler
Lauren Sexton
Madilyn Sharpe
Jozie Shepherd
Mason Sherk








cracked SCREENS



"I cracked my phone one time, It was not to bad, I hit it on my counter top while I was walking and cracked it all throughout the screen!"

-Mackenzie Berg

Elise Sime
Elliot Simon
Mason Sinclair
Josef Sinkule
Owen Sjoberg
Madison Skogsberg








Shawn Skrip
Alyssa Smith
Kyla Smith
Evan Snyder
Reon Som
Vivian Sommer








Alexis Stark
Landon Stevenson
Abigail Storey
Elizabeth Strehlow
Morris Suah
Grant Suess









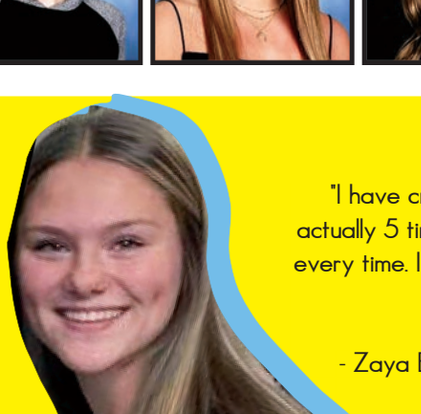

Ty Sundell
Savannah Supper
Andrew Swanson
Alex Swiatkiewicz
Ashton Szymanski
Caden Taege



Caden Taege
Nicholas Talley
Leah Taszarek
Sean Tatge
Annie Tennyson
Jackson Thering

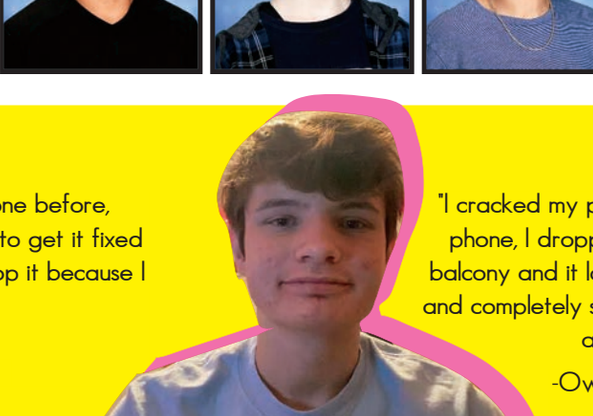


Evan Thiner
Alaina Thompson
Gabrielle Thompson
William Thunder
Javery Tiedeken
Joseph Torgesen



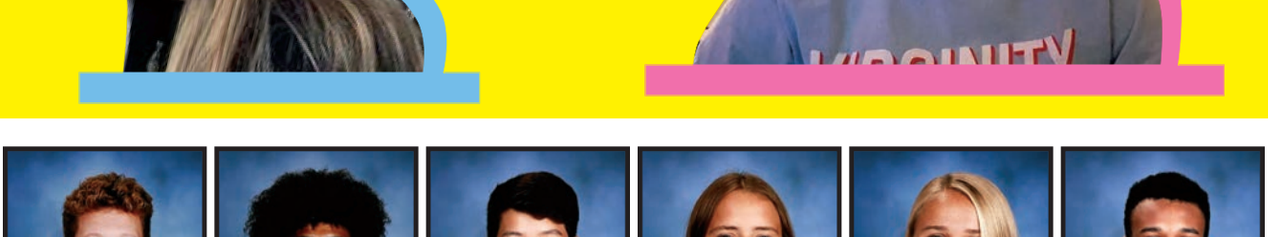
"I have cracked my phone before, actually 5 times and I had to get it fixed every time. I usually just drop it because I am clumsy."

- Zaya Esterberg



"I cracked my phone very badly, my last phone, I dropped it off of the upstairs balcony and it landed on hardwood floor and completely shattered and I had to get a new one."

-Owen Hecksel



Logan Torkelson
Tyrone Trader
Cole Tranby
Madison Trant
Ashley Triplett
Fred Tuffour



Payton Turpin
Christopher Tveitbakk
Cowin Underwood
Alyssa Urbanski
Jacob Vaerst
Jakob Vagts



Bill Vajhmoob
Skyler Valley
Owen Vanderiet
Connor Vanderveen
Abigail Vanheel
Maria Vankeuren

Josie Vankuyk
Mason Varley
Olivia Vetsch
Jonathan Vizcarra Moreno
Luke Vogel
Gabrielle Voigt



Alicia Vosberg
Anjali Wadhawan
Julia Wagner
Maria Waldoch
Aurora Walesch
Lynae Walker



Marlee Walker
Sean Walther
Audie Wandmacher
Evan Warner
Camilla Weah
Shayla Webb



Nathan Weber
Sandra Weekley
Jadyn Weiser
Eloise Westendorp



Mason Westerlund
Skylene Westling
Rosemary Wick
Benjamin Williams
David Williams
Hunter Williams



Christopher Wilson
Charles Winans
Emma Windingland
Zakary Wise
Calvin Wright
Carter Wurst



Isaac Yantes
Ava Young
James Zachman
Emily Zattoni
Grace Zecchin
Tyler Zenga



Guangzheng Zheng
Carson Zoellner
Colin Zurn
Anna Zwart



ON THE MEND

Tessa's journey back to the court

We connected with **Tessa Johnson ('23)** about her unfortunate femur break this year. Johnson plays varsity volleyball and basketball for the Knights.



Q: How did you break your femur?

"On November 1st, 2020, I was playing a fall ball game at Hopkins. We were playing Wayzata. It was a close game the whole game and near the end we started to get a lead. I was running back on defense from one side of the court so the other at an angle. I got tangled up with some girls, one of them ended up tripping me (on accident). My first reaction was to try to catch myself. It didn't work. I put my left leg out and twisted a weird way and my femur ended up snapping."

Q: When you first broke your femur, what went through your head and what were you thinking?

"When I first was on the floor, I was thinking I hyper extended my knee. Then I looked at my leg and it was bent a funky way. The moment I peeped my leg I freaked out because I never knew a leg could bend like that. After I had my little freaking out phase, I calmed down only because I knew God was right there with me."

Q: How have you been keeping active and getting ready for when you come back to the sports you love?

"I keep up with my physical therapy. I do as much as I can. It is different with an injury because instead of listening to my mind telling me what to do, I have to listen to my body. Right now in my head I am like "I need to play, I need to play, I need to play", clearly I am not physically able to play at the moment. Me deciding not to play is me listening to my body (and physical therapist) over my mind. Overall, what I do is all based on how much my leg can tolerate it."

Q: What has been the hardest part?

"The hardest part in the beginning was probably my mindset. I'm a pretty active person, so sometimes it would get to my head that I couldn't really do much. Don't get me wrong, it was quite nice having people wait on me, but it would irritate me knowing that I'm being forced to lay in one spot. As time went on, I started to realize that the negatives make things so much worse. What's the point of thinking of the worst when it already happened? I will admit that my mindset does still get in the way sometimes, but it has improved a ton from my injury."

Q: How have you gotten through all of this?

"There are many people who have had an impact on my recovery. What I depend on most is my faith and relationship with God. I was mentally, emotionally and physically drained the first month of my recovery. I got really frustrated with the fact that I couldn't sit in a car without being in pain. I remember the very first song that came on said "way maker, miracle worker, promise keeper, light in the darkness...". the moment i heard those words I just started crying with a big smile on my face, being reminded of who is in control."

What did you expect this school year to be like?

I expected this school year to be challenging. It is difficult to stay motivated to do school work when you're alone at home - Alinase Phriri '21

I expected it to be different, but I figured we would be in school. Not fully distance like we are - Kaden Amundson '22

I expected us to do full distant learning and not have any school activities - Praise Hanson '23

What do you miss most about being in school?

I miss meeting up with friends during passing time. I took those 5 minutes before class for granted - Alinase Phiri '21

I miss seeing my friends, and having a personal connection with my teachers - Kaden Amundson '22

I personally miss the people and the events that would go on - Praise Hanson '23

How has not having an activity you enjoy impacted your high school exprerince?

I was looking forwards to prom during high school. The seniors this year weren't able to have prom last year and we might not have prom at all because of COVID - Alinase Phriri '21

Not having a normal spirit week definitely was a bummer. When I think about myself looking back on my high school experience I first think of those times - Kaden Amundson '22

Not having normal football games, choir concerts, and the theater program is kinda sad to be honest - Praise Hanson '23

Noah Aadland
Mathew Abraham
Mikayla Aguirre
Arleth Aguirre Catalan
Gwendolyn Aigbogun
Jenna Allen



Brady Anderson
Brianna Anderson
Mason Anderson
Michael Anderson
Brooklyn Andrzejewski
Sophia Apold



Ella Arens
Sadie Armbruster
Anthony Arroyo Nunez
Cameron Atcher
Andrew Atsidakos
Makenzie Aulwes



TBD FRESHMEN

I though I was going to get lost every new trimester looking for my classes

I miss seeing my friends

Football, we didn't get all of our games and not getting to experience the varsity games



Jack Cin '24



Ayla Auseth
Muhiz Bada
Jacob Baetsen
Xander Banas
Hanna Barthel
Julia Barthel

Madison Barthel
William Barthel
London Bastron
Adrian Baumann
Andrew Beack
Jaxson Bean

Trenton Bean
Maria Beaudry
Solomon Beaudry
Evan Becker
Jessalyn Beckers
Lucas Benker

Avery Bennett
Maggie Berendes
Anton Berg
Joshua Berg
Jacqueline Bergeron
Griffin Berndt



Brayden Bernhagen
Ava Bernier
Isabelle Berning
Jacob Berning
Noah Bilicki
Joshua Bishop



Zachary Bishop
Jacob Bissen
Noel Black
Madison Bleess
Alivia Boebel
Eva Bollin



Josephine Bolstad
Dalton Bonsante
Theresa Bourget
Sloan Bozosi
Austin Braatz
Kate Brandli



Kaci Brannan
Kassidee Bristlin
Fae Bromley
Connor Brunet
Jackson Brutger
Alexa Bunnell



Keagan Burke
Carter Bursch
Jackson Bursey
Jamie Burton
Jayze Busch
Dylan Bydlon



Preston Cady
Leyla Carlson
Clayton Carpentier
Morghan Carter
Aidan Cartney
Elizabeth Cartney



Nicolas Casperson
Jonathan Cavanaugh
Judsona Chea
Suili Chomilo
Braeden Christian
Taylor Christianson







Jack Cin
Jordan Clarke
Jonah Conklin





Nicholas Conrad
Annika Cornell
Amaya Cossette





Lillian Covert
Andrew Cowan
Kaylie Cox





Tabitha Craig
Jackson Cross
Talan Cross





Robert Cushman
Maggie Cynor
Jada Dahlheimer





Kaya Dahmen
Haven Daninger
Isabella Darkenwald





Gavin Davidson
Blessing Davis
Jesse Davis





Amelia Dayton
Devon Dehmer
Lucia Dehmer

WHAT WE *expected...*

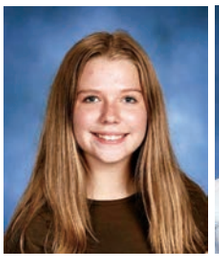


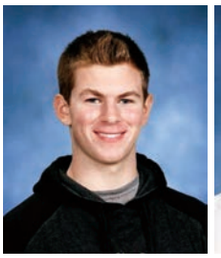
"I thought coming into the high school that I was never going to find my classes because it was so big"
- Holland Kneefe

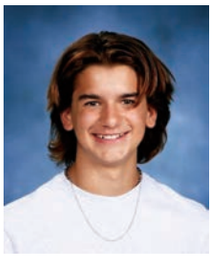


"I expected classes that were going to challenge me, difficulty finding my classes, more freedom with my friends, and a varity of opportunities for me the next 4 years" - Drake Krupke

Gabriella Delgado
Lauren Delong
Emma Dembouski
Noah Demo
Ava Denne-Brown
Logan Denny





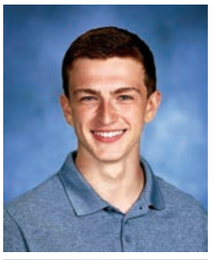
Jack Derham
Owen Derocher
Thomas Devries
Jacob Dinius
Eniye Donbraye
Ethan Donovan







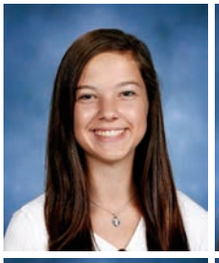
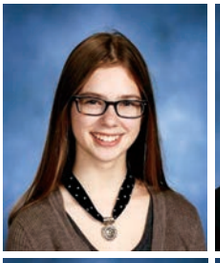

Will Dorfsman
Katelynn Dressler
Joseph Duerr
Joy Dukuly
Andrew Dwinnell
Alden Dyer





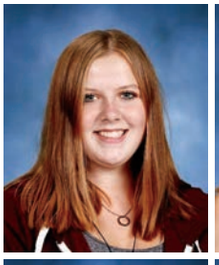
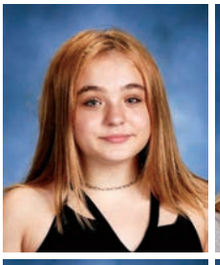



Bennett Eicher
Grace Eicher
Jessica Engebretson
Nolan England
Reece Erickson
Luke Erlandson




Andres Escobar
Londono
Natalie Eull
Molly Evavold
Lillyan Farrand
Lily Faucher
Amelia Fehn




Jonathan Feld
Luke Ferrin
Madison Fette
Grace Fetzer
Amanda Fisher
Duncan Follett








Alayna Ford
Grace Fouquette
Tanner Fowler
William Fox
Heidi Frank
Brandon Freeman






Tyler Freund
Serena Gao
Nolan Gardas
Sydney Gasser
Kylie Gaston
Colin Geach





Philip George
Arabelle Geray
Dominic Geryol





Marissa Gifford
Hunter Goetsch
Joseph Gonsior




Madden Grabau
Andrew Grabowski





Claire Graunke
Jake Green
Tegan Grimsley





Presley Grzybowski
Jayna Haehn
Noah Hager





Bryce Haines
Joshua Hallberg
Cortney Halvorson





Jackson Hamilton
Olivia Hanif
Norah Hansen





Benton Harkins
Tyson Hasher
Ava Haus

biggest WHAT'S YOUR FEARS



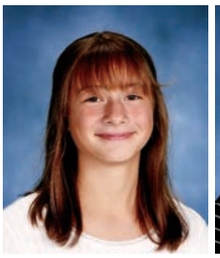
"I think my biggest fear would be failing, because i don't want to disappoint anyone. I always try my best and hope not to fail." -Breanna Immer



"My biggest fear is being alone, because it is scary to think about having everyone I love die, and being alone with no one." -Annika Walters

Mckenna Hegge
Wesley Hegge
Rachel Heil
Leah Hein
Hailey Heise
Hani Helland







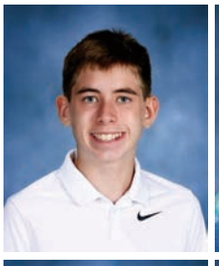

Alyson Herfel
Ramsy Hernandez
Addison Hervin
Halle Hicks
Tyler Hill
Riley Hiltner

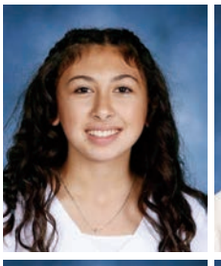







Lauren Hochstatter
Grant Hoefener
Gretchen Holland
Sophia Howard
Lydia Huberty
Leah Hultman

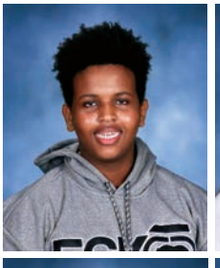



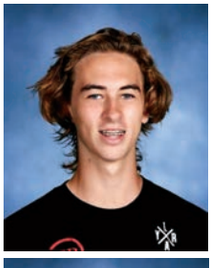




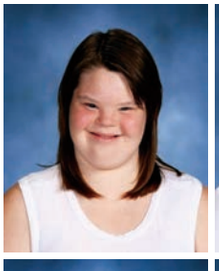
Mia Hunter
Alexander Husak
Abdimalik Hussein
Breanna Immer
Grace Ingebritson
Cole Isaacs





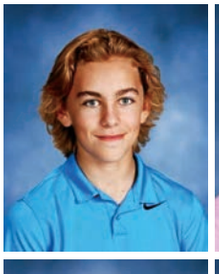
Sofia Iverson
Taylor Jacobson
Reese Jaeger
Adam Jensen
Amelia Jensen
Lillian Jerpseth





Andrew Johnson
Brady Johnson
Brooks Johnson
Caden Johnson
Conner Johnson
Deandre Johnson





Mackenzie Johnson
Malachi Johnson
Mckalynn Johnson
Evan Jones
Angelina Jorgenson
Sharla Jugasek






Naphtali Kalapa
Jarai Kamara
Audrey Kanu
William Kassem
Cameron
Keenan-Bakken
Alyssa Keller





Anna Kelly
Adelyn Kennedy
Elijah Kercado





Roman Kiado
Neemah Kiarie
Samantha Kieley





Kohen Kindgren
Jayden Klinkner
Natalie Kloss





Holland Kneefe
Maverick Kneefe
Austin Knoblach





Gracie Kobus
Kate Koivisto
Joshua Kolles





Samantha Kolstad
Lana Kositzke
Viktoryia Kotava





Margaret Kramer
Drake Krupke
Kiera Kuiper



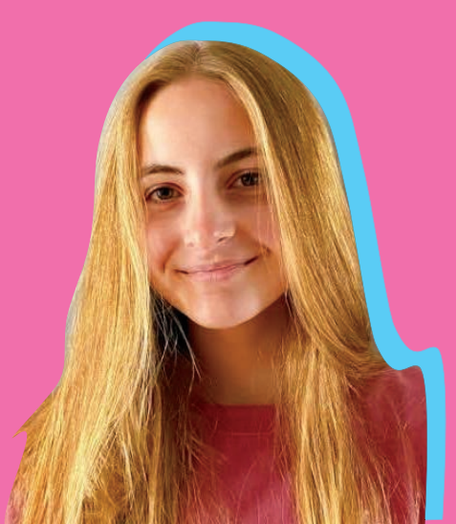


Samantha Kutz
Isabelle Lahr
Katrina Lake

future DREAM JOBS



"My dream job is to be a Children's nurse because I love little kids and want to be able to help others and feel like I am helping and making people feel better."- Sidney Peterson



"I do not know exactly what my dream job would be yet, but I do know I want to be something to do with design and I would love to coach some sort of hockey."- Jenna Allen

Carson Land
Daniel Landon
Addison Landy
Cael Larose
Victoria Larsen



Mason Lea
Isaac Ledoux
Brett Lefebvre
Erica Lehn
Kenna Lehn
Levi Lehn



Megan Lenneman
Aiden Lenzen
Narissa Ley
Cooper Libby
Oliver Lindemann
Roman Lindenfelser



Mariah Lindquist-Gatlin
Elise Linneman
Avery Litke
Madison Litzau
Reme Lobitz
Jayden Loftus



Dylan Lokensgard
Joshua Lopez Reyna
Morgan Lorbiecke
Lilu Lujan
Ella Luoto
Andrew Luster



Briella Maeder
Josephine Mahon
Madeline Mahoney
Isabelle Majsterski Lazere
Autum Malenke
Makaela Malin



Zachary Marshall
Sophie Marsolek
Haji Massaquoi
Stephon Massaquoi
Caleb Matheson
Amelia Mauk



Chevelle Mavencamp
Conner May
Isabella Mccarty
Luke Mcclintock
Halyn Mcdougall
Ava Mceachran







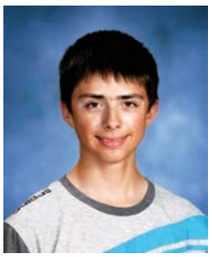
Joseph Mchugo
Ella Mckane
Ashley Mclennan





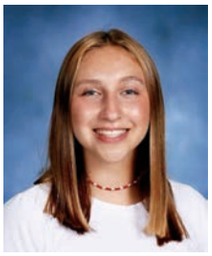
Sophia Mcvary
Cason Medin
Kristopher Medlock





Emma Meehan
Marie Meehan
Justin Mehes





Britani Mercado
Ava Messner
Lauryn Mikolich





Addy Miller
Alison Miller
Ava Miller





Carter Miller
Noah Miller
Kyle Millslagle





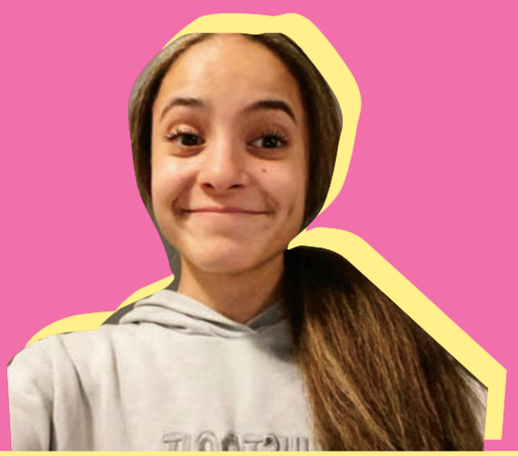
Lindsey Millslagle
Travis Millslagle
Janae Mitchell





Lola Mitchell
Jaysa Moeller
Emily Moen

sleeping THROUGH GOOGLE MEETS



"In the mornings I set 2-3 alarms. I normally set two then hit snooze once so my body knows it's almost time to get up and I'm not so rushed." -Tailyn Radloff



"In the mornings I only set 1 alarm, so I can force myself to wake up and get ready on that one because I know their wont be another one to go off." -Jake Suchy

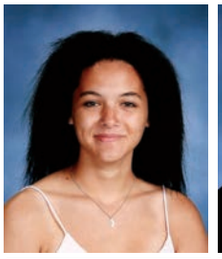
Mason Mogard
Bennett Moger
Blake Moran
Makayla Mourning
Mackenzie Mrazek
Nikolay Mudrenko



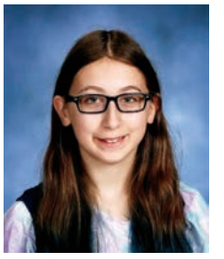





Ilsabella Muhammad
Max Munger
Vincent Muraski
Sebastian Murillo
Santiago
Josephine Myslicki

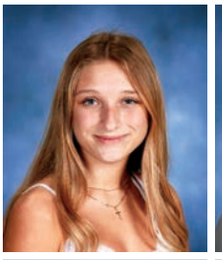






Owen Negaard
William Negaard
Christina Nelson
Eva Nelson
Gabriella Nelson
Jacob Nelson

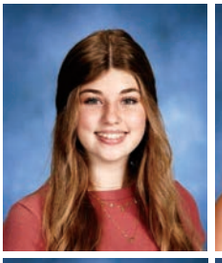







Miah Nelson
Atley Neros
Isabella Nesenson
Olivia Neumayer
Grant Nieman
Bryce Nordmann



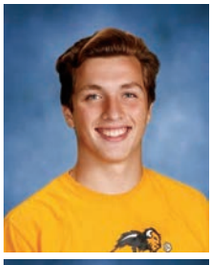




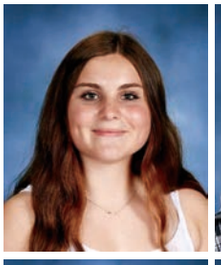

Samuel Notch
Kate Nygaard
Keera O'Brien
Colin O'Connor
Ryan O'Malley
Maximilian O'Sullivan

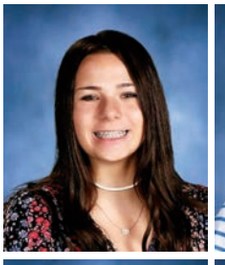




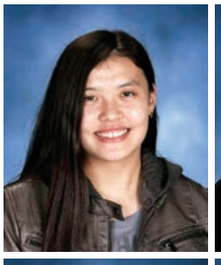
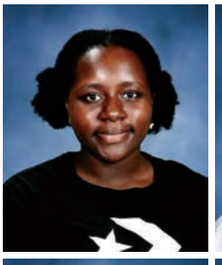



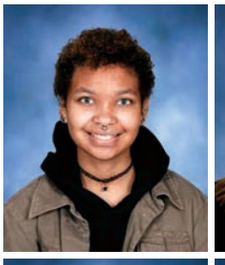
Brian Obiri
Brooke Oehser
Thomas Ohotto
Madelyn Oliveira
Alyssa Olson
Ella Olson

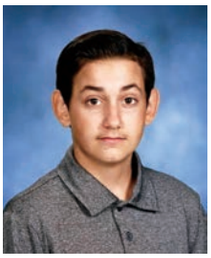




Nicholas Olson
Taylor Olson
Celine Osiemo
Jack Ostrowski
Jaidah Parker
Halle Partain



Sarah Patterson
Brynn Patton
Carter Patyk
Samuel Paynter
Sophia Pederson
Harlee Peltz



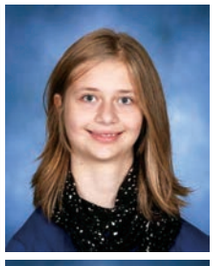


Carson Penn
Aidan Petersen
Reid Petersen





Chloe Peterson
Emmitt Peterson
Sidney Peterson


William Peterson
Marie Pettis
Avery Pfister





Kaydince Phipps
Elias Phiri
Natalie Pilney





Britain Pink
Erin Pipp
Kaiden Pitzenberger





Sophia Pizano
Madison Pohlkamp
Isabella Pomeroy





Landen Pool
Bryce R Popelka
Rochelle Porte





Henry Postuma
Emma Potthoff
Bryn Powell

NUMBER KNOWLEDGE



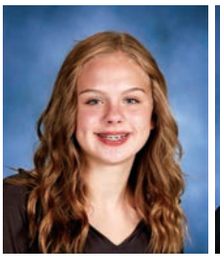
"For sports I am the number 3 because that's the first number I got when I was little and I stuck with it. 3 has now grown to be one of my favorite numbers." -Thomas Ohotto

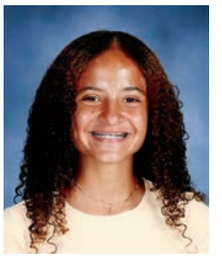


"For sports, my number is 13. I choose this number because it was my uncles number and he died in a hunting accident so I always pick that number for him." -Jack Ostrowski

Makenna Powell
Zachary Pribyl
Lucy Prichard
Zachariah Purcell
Audrey Radintz
Tailyn Radloff





Carter Ranweiler
Dylan Rattai
Ashlin Rattanasinh
Isaac Reames
Cameron Reeck
Conner Reese

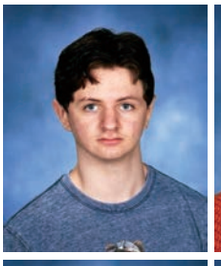







Eleanor Rehovsky
Lucas Reineke
Samuel Renczykowski
Carson Renner
Emma Rens
Cayden Resech





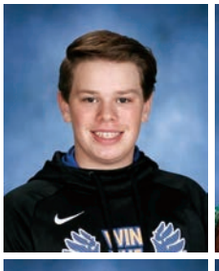
Ashlyn Resner
Dylan Rich
Thomas Richardson
Elliot Rick
Landon Riebel
Connor Riesgraf








Hailey Rittenbach
Grady Robeck
Maggie Roberts
Jack Robinson
Michael Rodriguez
Brendon Roelike

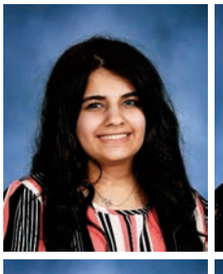




Peter Roelike
Avery Rossing
Jessica Roth
Colin Rude
Zahraa Salman
Rylie Saloum








Luca Saltamachio
Luke Sandberg
Braedan Sauer
Jaxen Saville
Isabelle Sawyer
Katherine Schaupp






Grace Scheurer
Mark Scheurer
Savannah Schiltz
Logan Schlangen
Evelyn Schmidt
Isabel Schmidt



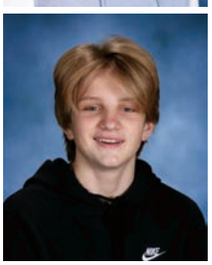


Brett Schmoyer
Ruby Schmoyer
Eliot Schnitzler





Jackson Schoen
Ashley Schoon-Kollie
Ian Schultz

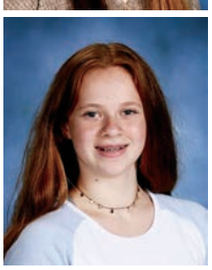

Cohen Schwab
Carter Schwartz
Lucas Schweisthal





Jack Sellman
Adrianna Seman
Macey Setter





Isaac Seyoum
Avery Sherk
Abigail Sieber





Raina Simat
Daysia Simmons
Declan Sizer





Mckenna Smaagaard
Aaron Smith
Ayden Smith





Conner Smith
Hannah Smith
Mya Smith

FAVORITE QUOTES

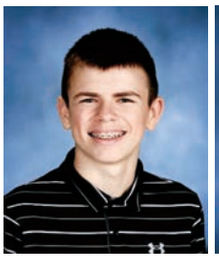


"My favorite quote to live by is- you only live once, I like this quote because when I think of it, the quote gets me hyped up and makes me make lots of decisions without hesitation." -Maverick Kneefe



"My favorite quote that I live by is -Every day is a new beginning take a deep breath smile and start again. I like this quote because it reminds you that every day is a new day and you can leave your worries behind you." -Gabi Delgado

Reese Smith
Tyus Smith
Skylar Smithers
Hayden Snyder
Alexis Solum
Anjali Som





Antwan Sommuang
Tate Songstad
James Sornberger
Nathan Spindler
Jason Spurbeck
Laney Stace



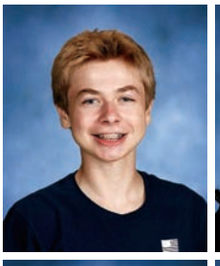






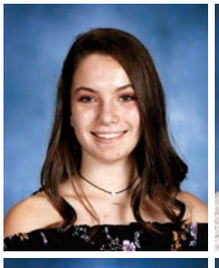
Lily Stanton
Maggie Steele
Matthew Steffl
Julia Stelter
Sarah Stephenson
Jacob Sterk

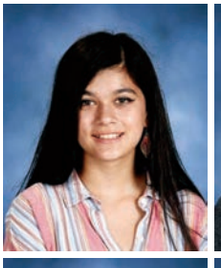


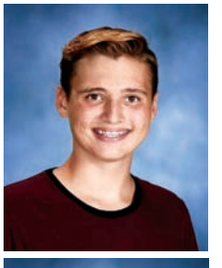





Hudson Stone
Megan Stone
Sadie Strait
Kalla Strusz
Jake Suchy
Gregory Suer

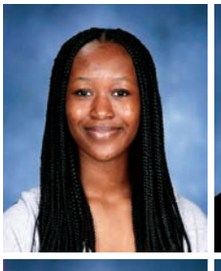







Noah Sutlief
Evan Swanson
Sesalie Swanson
Joyce Syah
Noah Szykulski
Andrew Tatro





Jackson Taulelle
Mazie Taylor
Jazmyne Theis
Abigail Theissen
Jayden Thomas
Jarod Timlin

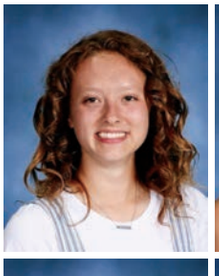
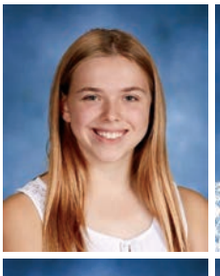








April Torres
Ari Tourville
Lily Triplett
Taylor Tschida
Gracellyn Turner
Brandon Turner Nutter


Bradyn Tymeson
Lauren Underthun
Katie Vanderbeek
Ngao Vang
Eileen Vitzthum
Andrew
Vogelpohl-Martinez



Tevin Vognsen
Haylie Walker Kuklock
Grace Wallace
Caleb Waller
Reagan Walsh
Annica Walters



Delia Walz
Nora Weah
Melanie Webber
Harmony Wegler
Alary Weinzierl
Breanna Weiss



Brodie Welborn
Riley Weness
Jedidiah Wester
Izaac Westerman
Owen Westerman
Madison Whaley



Jackson Wheeler
Dawsen Whiteis
Hannah Wiger
Alexander Williams
Gabrielle Williams
Jordan Williams



Lindsey Williams
Marty Williams
Mason Williams
Emma Williamson
Ryan Williamson
Noah Wilmot



Martina Wiome
Grant Woitalla
Andrew Wolf
Jayce Wolkerstorfer
Xavien Woods
Elizabeth Worms



Claira Wright
Lukas Wrobel
Zachary Zanetti
Nathalia Zelaya
Juliana Faith Zerna
Elizabeth Zipp



Riley Zroker



MR. HACKENMUELLER
HEALTH & PHY ED TEACHER



MS. POSS
GUIDANCE OFFICE

STAFF



DO YOU HEAR THAT?

MORNING MUSIC

Principal Reeves adds music to the morning routine at STMA having a song played daily before first hour.

STUDENT PLAYLIST FAVORITES

Hooked On A Feeling
by B.J. Thomas

-Megan Williams

Respect
by Aretha Franklin

-Kyla Smith

Happy
by Pharrell Williams

-The Connections Program

Sweet Caroline
by Neil Diamond

-Emma Drake

Waka Waka
by Shakira

-Abbylee Maeder

MR.REEVES
PRINCIPAL

Deanne Andersen
Jillian Anderson
Majorie Anderson
Nicole Anderson
Kimberly Andres







Lorna Angstman
Eric Arlien
Diane Atsidakos
Joshua Ausman
Debrah Banas







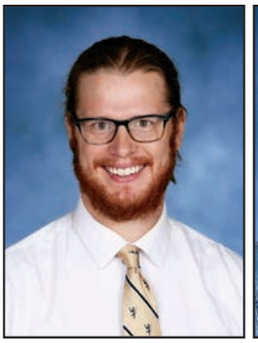
Michelle Bartos
Michael Bartunek
Sean Behrens
Dianne Bell
Abbey Benning







Kimberly Benson
Brandon Berger
Kelly Bovee
Roger Bovee
Angela Bradt




Jodee Butkowski
Kimberly Campbell
Pao Chang
Laurie Collings
Rena Collins



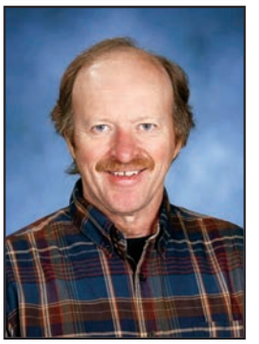




Keith Cornell
Akamai Cornillez
Edward Cox
Lynn Dahring
Scott Danielson













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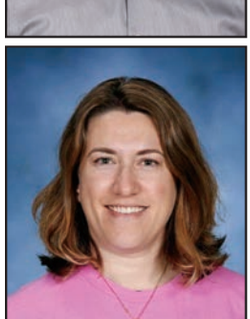
Melanie Devine
Darek Dewey
Kaila Downing
Linnea Downing

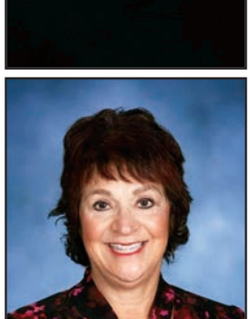






Madeline Duerr
Diane Dwenger
Amber Einerwold
Matthew Eller
Amanda Erickson

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Jared Essler
Kinsey Essler
Jeanne Fisher
Robbin Fitch

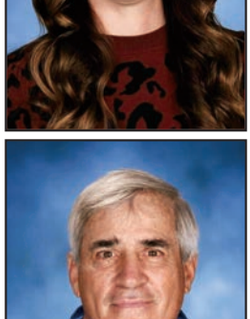






Shannon Foreman
Jennifer Fox
Susan Fox
Maryrisa Fraley
Joseph Geiselman




Scott Giese
Kris Goodin
Lisa Goodin
Gregg Greeno
Jan Griffin







Megan Gudmonson
Jesse Hackenmueller
Kasey Hadler
Curtis Hahn
Kari Halker-Saathoff

Kaleigh Hamann
Jacob Hamlet
Mitchell Harmoning
Ryan Hawke
Jolene Herfel







Tyler Hett
Nicole Hills
Rebecca Hinkle
Jeremy Hoffman
Karly Holland







Katie Hoppe
Youmel Hou
Ashley Howden
Ann Huser
Andrew Hutter







Teresa James
Mark Jansen
Kristen Jenkins
Derek Johnson
Joshua Joriman







Taylor Kainz
Jonathan Kemp
Shane Kern
Darlene Kolling
Liva Korf

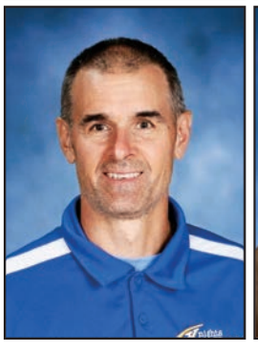






Mindy Kragness
Mary Kriese
Sara Krogh
Keith Kuhn
Stephanie Lahr







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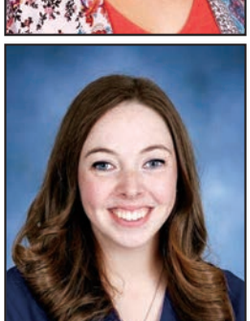
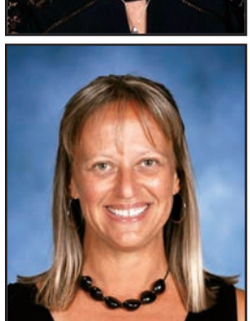
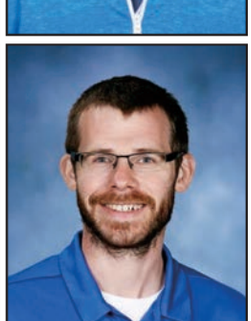
Heidi Leland
Jill Levin
Letitia Lindenfelser
Ryan Loecken







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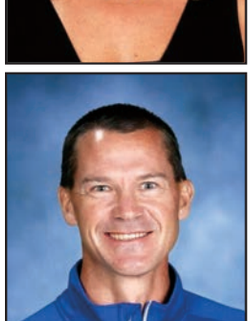
Jane Lynch
Lisa Maas
Brad Mahnke
Joshua Mann







Katelyn Marschalk
Ellen Marschel
Jason Massmann
Carmen Mccallum
Jefferey Meierhofer







Jessica Miller-Johnson
Katie Mitchell
Daniel Monett
Tate Nagengast
Angela Narducci



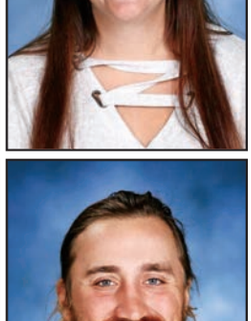




Kelly Negaard
Paige Nelles
Caroline Ness-Deden
Sarah Neu
Katelyn Noetzelman







Trever Nordlund
Melanie Norton
Kathryn Nowell
Cailyn Olesen
Logan Olesen

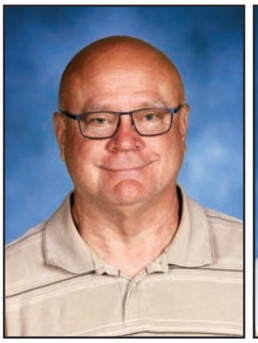
Marc Olig
Robbyn Olson
Joseph Osowski
Zachary Osowski
Joseph Peatrowsky







Lisa Perbix
Mark Perkins
Tiffany Peterson
Meghan Pettis
Mary Poss




Katie Possone
Darla Ranwick
Julie Read
John Reeves
Angie Reggin







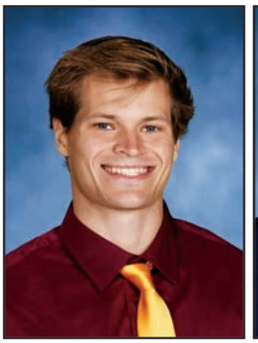
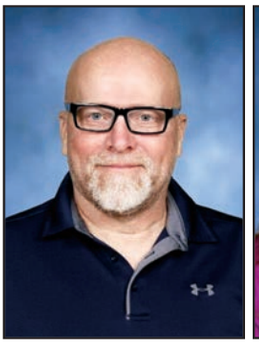

Karla Rick
Julie Robinson
Matthew Rooker
Kristopher Rue
Carman Russell







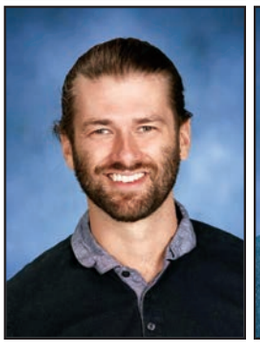
Sarah Salo
Talin Scherping
Gordon Schlangen
Shannon Schulzetenberg
Laura Schuster



Kaitlin Sebens
Kellie Shumway
Joseph Siemieniak
Megan Siemieniak
Slade Simpson













Adam Sroka
Janelle Stange
Dana Stanton
Haylee Stein
Nicholas Steve







Ginger Stoehr-Fealy
Thessaly Sutton
Angela Swanson
Jed Swensen
Cynthia Swierkowski







Kristina Tiedeken
Jen Treptau
Sophia Triplett
Sarah Vadnais
Amy Vander Heiden







Zachary Voss
Jamie Wiitala
Melissa Wildt
Valerie Williams
Paula Wurst






Shawna Zachman
Anne Zahler
Daniel Zahler
Robert Zahler



CLAIRE PRESSLEIN
JAZZ LAKE CONFERENCE
2ND PLACE



TYLER HANSEN
KNIGHTS VS. BUFFALO
5-2

WINTER



MERIEL ORHAM
KNIGHTS VS. EDINA
58-33

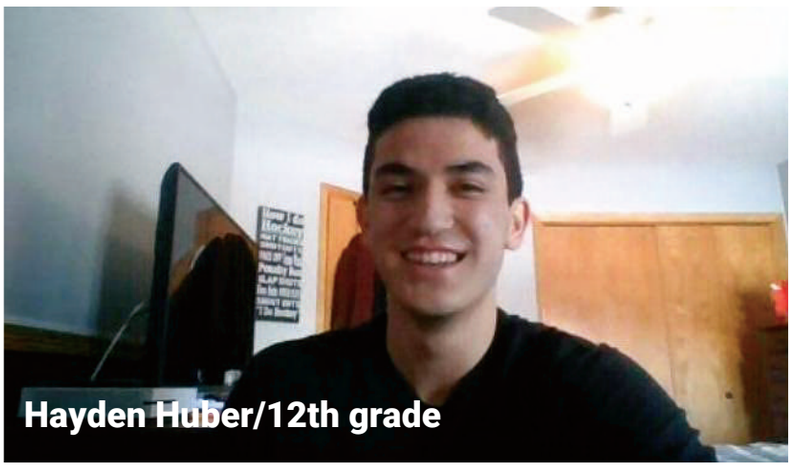


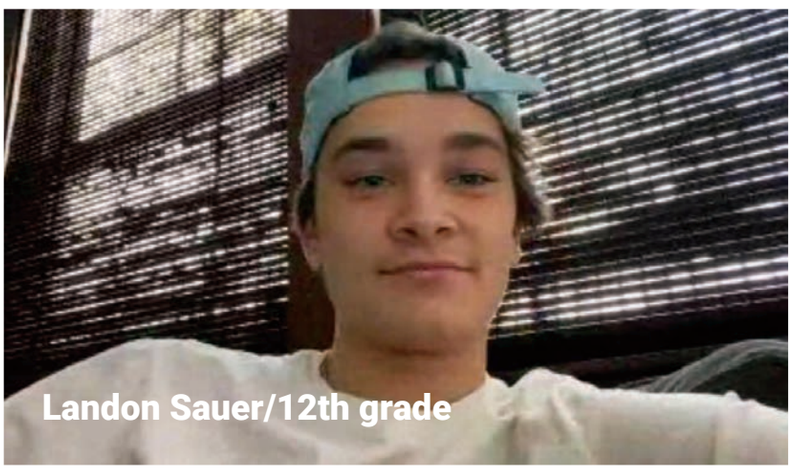
TAYLER ZINGELMAN
KNIGHTS VS. BUFFALO
8.0


Alec Schee/12th grade


Erin Hamilton/12th grade


Meriel Orham/12th grade


Hayden Huber/12th grade


Landon Sauer/12th grade


Makenna Swenson/12th grade

MASK FASHION

You are never fully dressed without a mask!



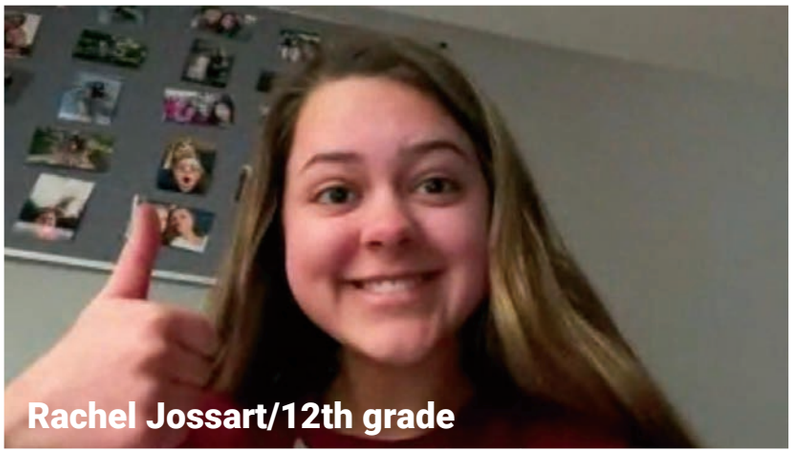
Mya VanKuyk

"They look nice and are way easier to breathe in."

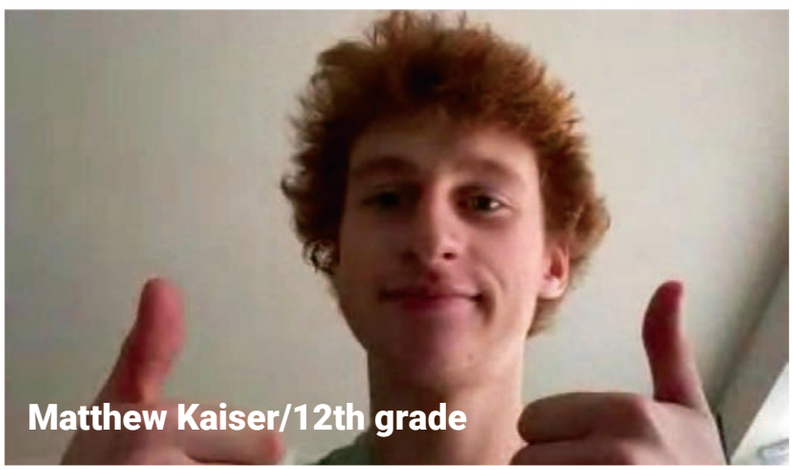


Jordan

"I chose the Louis Vuitton mask because with mask being the new normal, I figured why not make it fun!"


Rachel Jossart/12th grade


Holly Carlson/12th grade


Matthew Kaiser/12th grade

VIRTUAL CLASSES

A YEAR OF HYBRID AND DISTANCE LEARNING

Before 2020 students had no idea what a Google Meet was, but by the end of 2020 it was known by all. Hybrid learning was a learning model where school was done through a mix of in-person and online school. For students with the last name A-K came to school in-person on Mondays and Tuesdays, and students with last names L-Z came into school on Thursdays and Fridays. Wednesdays were a distance learning only day for all students. "Distance learning allowed me to learn and connect with the class all from home," said **Makenna Swenson** ('21) At the start of the 2020-2021 school year, students were given the choice to be a part of the hybrid model or full online school. In Trimester 1, there were a total of 525 full distance learners and 1,663 hybrid learners. Distance learning was done from the safety of student's home, "I do my school in my room because it is quiter and I can focus better," said **Matt Kaiser** ('21) At the start of Trimester two and the end of Trimester one, students were required to attend live Goggle Meets (like shown on the left.) **Rachel Jossart** ('21) said, "I love that I could do school and Goggle Meet's from my room in my bed when I would be too lazy to get up." From Trimester 1 to Trimester 2 students went from hybrid, to full distance to full in-person. Students never knew what the next day would entail and the reality was that school was TBD.

Page designed by Emma Strait.

Misna

ks





Covid changes the ROUTINE

Dancers face the changes due to Covid



The girls' dance team faces the constant changes of their new routine due to effects of Covid. They had to learn how to adapt to their ever changing practice dynamics. "At the beginning of the dance team season we had to do zoom calls since we couldn't be in person," **Alexa Ohlander** ('23) said. But after winter break we are now able to dance in a gym in person with masks on, and we all stay a distance away from each other." Not only have the girls had to adapt to changes within their new practice dynamics but along with learning how to dance with masks. **Morghan Carter** ('24) explained, "Dancing in masks was really hard at first because it was something I've never done before, and it really worked on me and my team's stamina. Overall, we made it work and I don't think of it as much of a problem anymore." The girls are continuing to dance in masks while not being able to use their main source of connection to their audience, which is their expressions and emotions. Instead they're trying to make up for it by enhancing their other abilities. "The only way we can express our emotions while we are dancing is by using our eyes, body and adding more power to our movements," said **Emma Tobey** ('22). This year has created many new challenges for the dance team girls' within their competition season as well. Leaving them with the new system of competing then leaving. While participating in this new dynamic they're not allowed to watch their competition compete, nor are they able to view their scores in front of an audience. Although this whole new routine built for the dance team has been very different then previous years, the girls continue to be grateful and hold their heads high. Captain **Ava Windel** ('21) explained, "I miss being able to watch the other teams preform for sure! We have a lot of team bonding time when we weren't dancing at competitions so it's a bummer to miss out on that. We hear about our scores on the bus typically now which is weird but we're all just glad we get to compete!" *Story by Makayla Gruidl. Photo by Brianna Burnham.*



SENIOR YEAR RECAP...

Claire Presslein: "The energy from the team this year is very high. Everyone loves to be there and wants to do good. I'm so lucky to be a part of this team."

Alyssa Krueger: "There has definitely been a wide variety of emotions ending my senior year this way. Looking back, the challenges this season brought not only made us way closer as a team, but also made me way more grateful for everything that was able to happen and I wouldn't change a thing!

Ava Windel: "My favorite memory of my senior season so far has been our home invite, and dancing on our home floor for the last time."

Kenna Vorgert: "Seeing my teammates work hard to accomplish our goals together inspires me everyday. I am so thankful that I have been apart of this team for the last four years!"





INCREASING ENDURANCE. **Ava Windel** ('21) revealed that dancing in masks continued to build the dance teams' stamina. Windel said, "Dancing with masks is very difficult, it adds an extra cardio workout and it gets really hard to breathe. Especially towards the end of the dance when we're already super tired." *Photo by Brianna Burnham.*



GLIMPSE OF NORMALITY. Even with these unusual times, **Grace Bilicki** ('22) stated that dancing is still fun and she catches a little bit of normality here and there. She went on and explained, "Like getting ready in the locker room with my team before our meet." *Photo by Brianna Burnham.*

BIG SISTER

little sister program





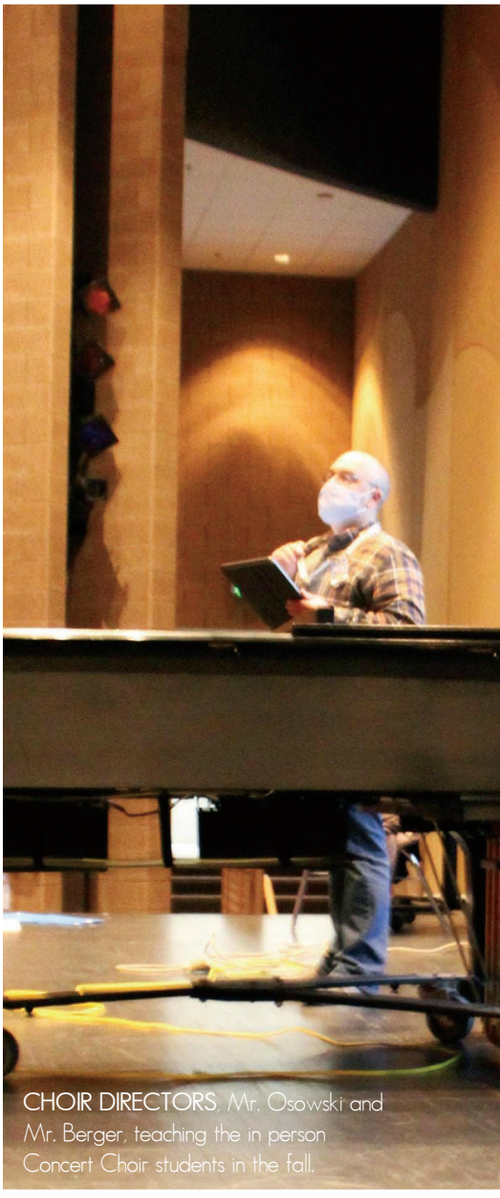


CONTINUING TRADITION. The STMA dance team continues to participate in their annual Big Sister Little Sister Program. The girls' find that when paired with their Big Sister or Little Sister, it helps grow their individual relationships with their teammates. **Morghan Carter** ('24) explained, "At the beginning of the year we get assigned a big sister or little sister, and every competition you give them a little gift for motivation, and it's super fun!" Not only is it exciting to be a part of this experience once, but most girls have been participating in this tradition for years. "I really love it! It's the third year I've been apart of it," said **Grace Bilicki** ('22), "You really get to know the team better, whether it's their favorite candy or favorite color." New girls on the team each year find enjoyment in being a part of this dance team program. "I love being able to give and receive gifts each competition," explained **Lilly Jerpseth** ('24), "It's been such a great feeling to be a part of a team that's so close." *Story by Makayla Gruidl. Photos by Brianna Burnham.*

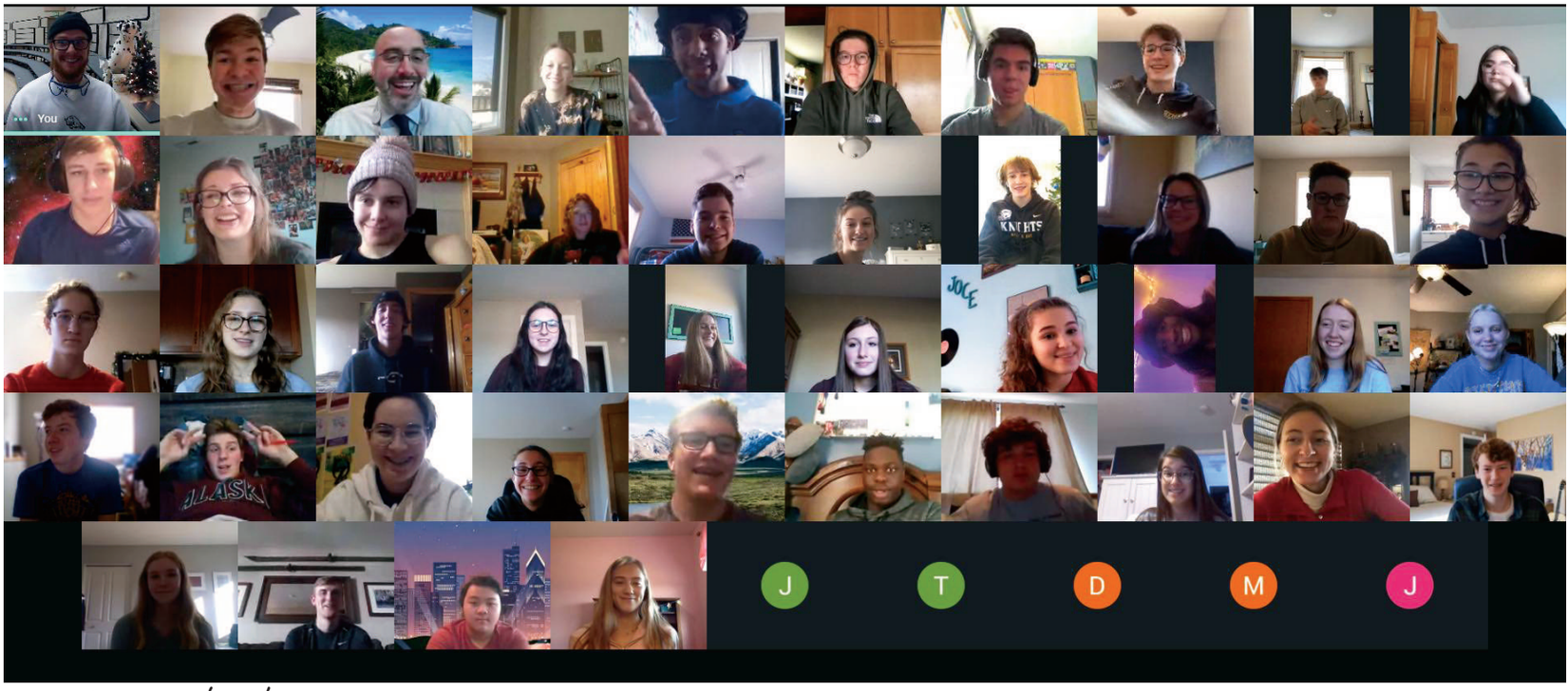
you're on MUTE

Choir directors work hard to make rehearsals feel as normal as possible

Choir directors, Mr. Berger and Mr. Osowski, have been working their hardest this year in order to make the choirs feel as normal as possible. **Kaitlyn Peterson** ('21), a member of the Concert Choir, is a full-distance student. For her, this year has been kind of odd, considering she has been doing online choir all year. Peterson explained, "I feel like choir for me has been very distant. A part of me feels so disconnected from the choir when I'm online and most people are back at school." This year, the choirs practiced in the PAC, the choir directors used Google Meet for online students to practice with those in person. Peterson continued, "When we all start singing, whether we're in person or online, it kind of feels like a family again. Even though the online students sing on mute, it's nice to hear the in-person students sing together." **Allie Cate** ('22), a member of the Vivace Choir, returned from distant learning to in-person learning: "It felt more like we were in choir. Singing online was hard because you didn't hear of your friends. It made the difference." The choir directors really wanted to make sure everyone felt included. **Kennedy Johnson** ('21), another member of the Vivace Choir, is also a full-distance student. She was pleased with how the directors handled things this year: "They really made sure everyone felt included and everyone was able to work on their voice parts together." Kennedy continued, "I was also worried that Mr. Berger and Mr. Oswoski were going to have a hard time incorporating the fun stuff we do in choir, online. They actually did a great job keeping things fun while making sure we knew our music." One could only imagine how difficult it would be to make this year fun, and still teach all the material. Mr. Berger and Mr. Osowski were challenged to create a cohesive environment for online and in-person students and overall students felt appreciate of their efforts. *Page by Mady Heitman.*



CHOIR DIRECTORS, Mr. Osowski and Mr. Berger, teaching the in person Concert Choir students in the fall.



Concert Choir







PRACTICE MAKES PERFECT. Alix Bushard ('21)) singing in the PAC with the Concert Choir. "While doing online choir, not developing the in person connections was the biggest struggle for me".

SING OUT! Concert Choir altos singing in the PAC, socially distanced.



more than a MOOD

the importance of mental health in teenagers

Each year, 1 in 5 children will experience mental health issues, and less than 50% of them will get the treatment they need. The rates of depression and anxiety are skyrocketing, students have many stressors in their lives, including family, sports, grades, friends, jobs, and social media. The widespread issue of mental health hasn't been addressed effectively. The numbers are rising year after year. According to the American Academy of Pediatrics, the warning signs of teenagers struggling with their own mental health are as follows: changes in sleeping patterns (excessive sleepiness or insomnia), loss of self-esteem, abandonment or loss of interest in favorite pastimes, unexpected and dramatic decline in academic performance, weight loss and loss of appetite (indicating an eating disorder), and personality shifts and changes, such as aggressiveness and excess anger that are sharply out of character. The highschool experience has changed drastically since March 13, 2020. COVID-19 has left teenagers feeling isolated and stuck. Combining both the comfort of home and the stressors of school into the same environment leads adolescents to feel trapped and stressed in their once comforting rooms. Earning their education on google meets and not being able to see friends for months was overwhelming. This worsened existing mental health issues in teenagers and increased the risk of future issues for others as well. As the National Institutes of Health explain, "A loss of routine for many students, social isolation and feelings of loneliness increase the risk of mental illness. Historically, schools may provide a social support network and mental health services for vulnerable teens. However, closure of schools during the COVID-19 pandemic has taken away the protective layer of school-based mental health support." *Spread designed by Lila Lindemann*

1 in 5



most common Mental Illnesses in teenagers

1 Anxiety

Anxiety is the most common mental illness among teens. Anxiety Disorders include: Generalized Anxiety Disorder, Panic Disorder, Social Anxiety Disorder, Separation Anxiety Disorder and Selective Mutism. Nearly 1 in 3 of all adolescents from ages 13 to 18 will experience an anxiety disorder. Anxiety is an umbrella term and knowing a specific type can help an individual struggling find effective coping mechanisms.

2 ADHD

Attention deficit hyperactivity disorder; the most common neurodevelopmental disorder of childhood lasting up until adulthood. An individual struggling with ADHD could have trouble focusing, being overly active, or even have a hard time controlling impulsive behaviors. Untreated ADHD can separate a student from their peers and make it even harder to reach out for help.

3 Depression

Depression is the third most common mental illness for teens and when ignored can have extreme consequences. Depression, like anxiety, is also an umbrella term for: Depressive Disorder, Postpartum depression, psychotic depression, seasonal affective disorder and Bipolar disorder. Understanding specific types of depression and the symptoms that correlate with each one can help individuals receive effective treatment.

Project Semicolon ;

The semicolon is a popular symbol for mental health awareness. A semicolon represents a sentence the author could've ended but chose not to. Project Semicolon, a nonprofit group, popularized the symbol to stand for suicide awareness.



STMA speaks up

mental health awareness group

STMA has its own Mental Health Awareness Group led by co-leaders Lila Lindemann ('22) and Anthony Silver ('21). Both students share their own personal stories in Health 1 classrooms to raise awareness about mental illnesses in teenagers and offer local resources that can help.

NEW NORMAL

Students and teachers adapt to the COVID-19 mandates



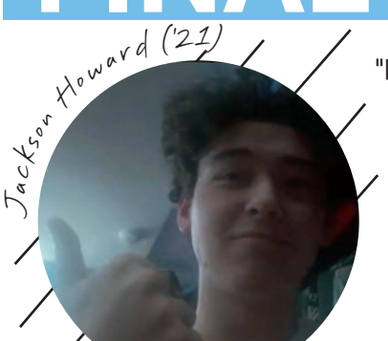
Unlike every school year, the Knights have people that are learning the same material from home, and not from the classroom desk. This makes the teachers have to put in the extra effort to help both of the learners. Ms.Kainz has a very unique set up in her classroom, **Faith Ramsay** ('23) said, "Ms.Kainz is great at distance teaching. She always makes time to answer any questions distance learners have. She makes every assignment easy to find and makes everything very organized." Like years in the past teachers use google classroom. Teachers are using it a lot more than before, so it makes the distance learners find things a lot easier. Just as Ramsay continued, "makes everything very organized." Kainz organizes the class materials for the distant learners so assignments are easier for the students, **Gwen Herbst** ('23) said, "Ms.Kainz treats the distance learners as if they are in class with the rest of us. She does a really good job at making sure everyone understands the material, even if some people aren't physically in the classroom." The one thing about being distant is it is hard to ask questions. As Herbst commented, "making sure everyone understands the material." with checking in with the distant students to see if they understand completely, **Ms. Kainz** said, "During this current learning model in which teachers are teaching students in-person and students online. Typically, I could just face "the audience" in my room, but now my webcam is at a different angle than the rest of my students, so it's a lot of pivoting. Because I think interacting in a classroom is the most fun/beneficial part of teaching and learning, I like to mix groups of students online and in-person. It's a tricky, time consuming thing to do, but students are so patient and gracious." This year has challenged the Knights. Yet the Knights have made it through the end of the tunnel. *Spread designed Taylor Hove.*



MAKING IT WORK. Ms. Kainz teaches her Advanced 10 English class. Ms. Kainz is teaching to both in-person and online learners utilizing the computer, camera, and special microphone. *Photo by Taylor Hove.*

FINAL YEAR

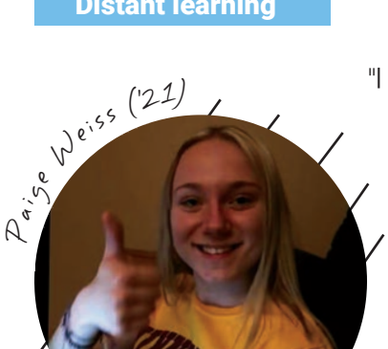
Distance vs In-Person



Jackson Howard ('21)

Distant learning

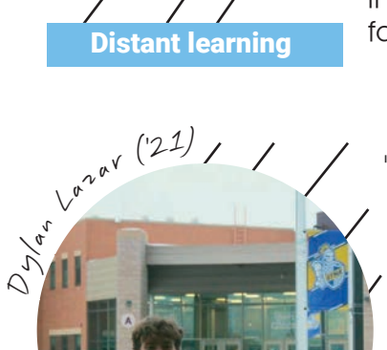
"I wanted to have a stable work environment not constantly switching between online and full time. That and for me I personally enjoyed that I can set my own schedule and I feel that online is preparing me for college."



Paige Weiss ('21)

Distant learning

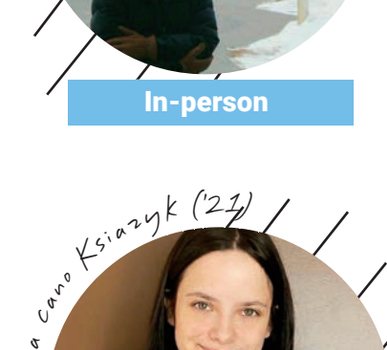
"I chose to stay distant from school for me and my family's safety. I'm used to the schedule I have! I'm used to being at school and hanging out with my friends, but being home and distant until the pandemic is over makes it easier and less worrisome for my family."



Dylan Lazar ('21)

In-person

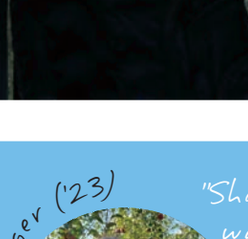
"High school is a once in a lifetime experience, the people, the activities, the relationships last lifetimes, sometimes you didn't realize what you had until its gone."



Jena cano Ksiazyk ('21)

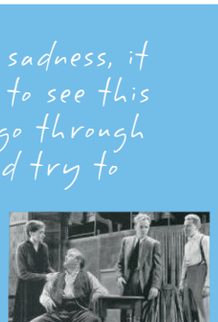
In-person

"I believe that young adults and teenagers need human interaction to function properly. learning in person is easier for me personally vs over a computer screen and google classroom."



Norah Langager ('23)

"Shock and sadness, it was hard to see this family go through pain and try to work it out."



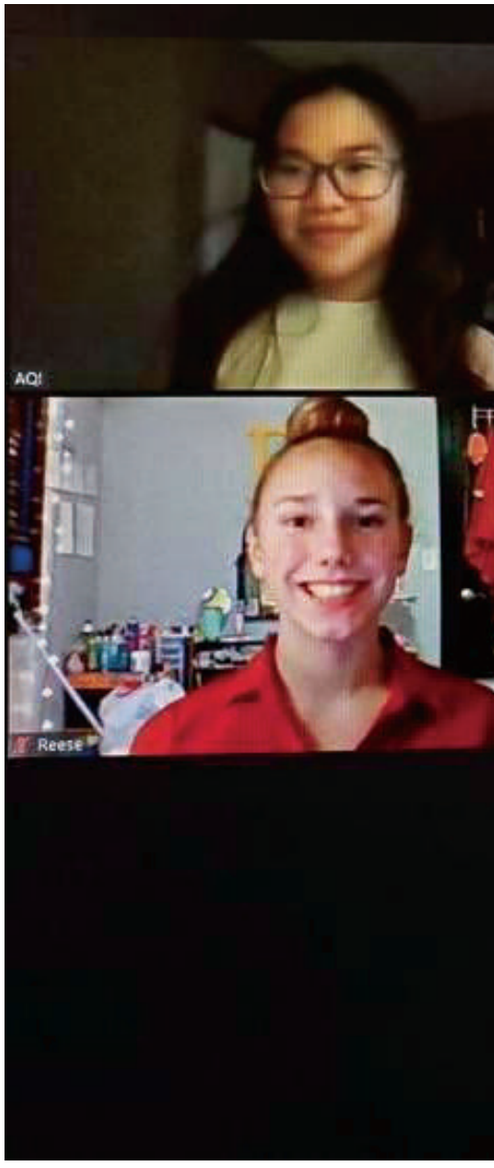
Reactions to

Death of a Salesman

A VIRTUAL SEASON

A Team of Six Working Hard

STMA's Mock Trial team is having a lackluster year being fully online. With covid, things are hard, but that won't stop the Mock Trial Team. They practice 3 times a week and prepare just like any other year, except this year is on Zoom. The team missed traveling, bus rides, eating out, ect, like normal but also understands why they have to miss out. The team has dealt with technical issues like cameras or microphones not working in a great way. "Many times a team will have technical difficulties and we have to take a recess. A lot of judges have been less strict this year because everything is new," stated **Rebecca Kosey ('22)**. On January 2nd the team took a win against Prior Lake at the Minneapple Tournament. Their defense won 114-105, this was their 3rd tournament and their first win. Gabby Fritz received a perfect 10 at the Minneapple Tournament as a witness. "I was really excited to find out I received a 10 considering I was having camera problems and didn't think I had a chance. That tournament went really well and I'm so proud of my team for that," stated **Gabby Fritz ('21)**. They took another win against Battle Lake on January 14th. Their defense took 115-97 and another member, Chloe Benson received a perfect 10 as a witness. After these two wins they had two more rounds on January 19th and 26th. "I was very excited to get my 10 against Battle Lake! I had gotten countless 9's over the years so when I found out I got a 10 it was a huge milestone for me!" explained **Chloe Benson ('21)**. The team has 3 tournaments and 3 region meets prior to moving on to state if the team makes it). These would all normally be in courtrooms, but this year are all virtual via Zoom. To make up what they've been missing out on, they have fun in other ways like playing virtual games together. After their tournaments the best 6 teams in the region compete on the road to state. "Although we are virtual, we have been able to participate in a couple of tournaments that we would not have been able to attend due to distance," explained **Coach Mrs. Kragness**. The team finished their regular season 4-0 then making it to the Region Finals where they lost a very close round to Sartell due to a technical rule violation based on the fact that they had a team of 6 and needed a team of 7 to go to state in early March. The team was devastated at the loss, but they did their best to succeed the six of them. *Spread designed by Hillary Gustafson.*



Mock Trial Favorites Covid-19



AQ Bui ('22)

"It's a little difficult to fully immerse yourself in the zone and material of the case if you are there together in the courtroom. If anything, I'd give the virtual setup merit for allowing my schedule to be more flexible, but I'd much rather be in person."



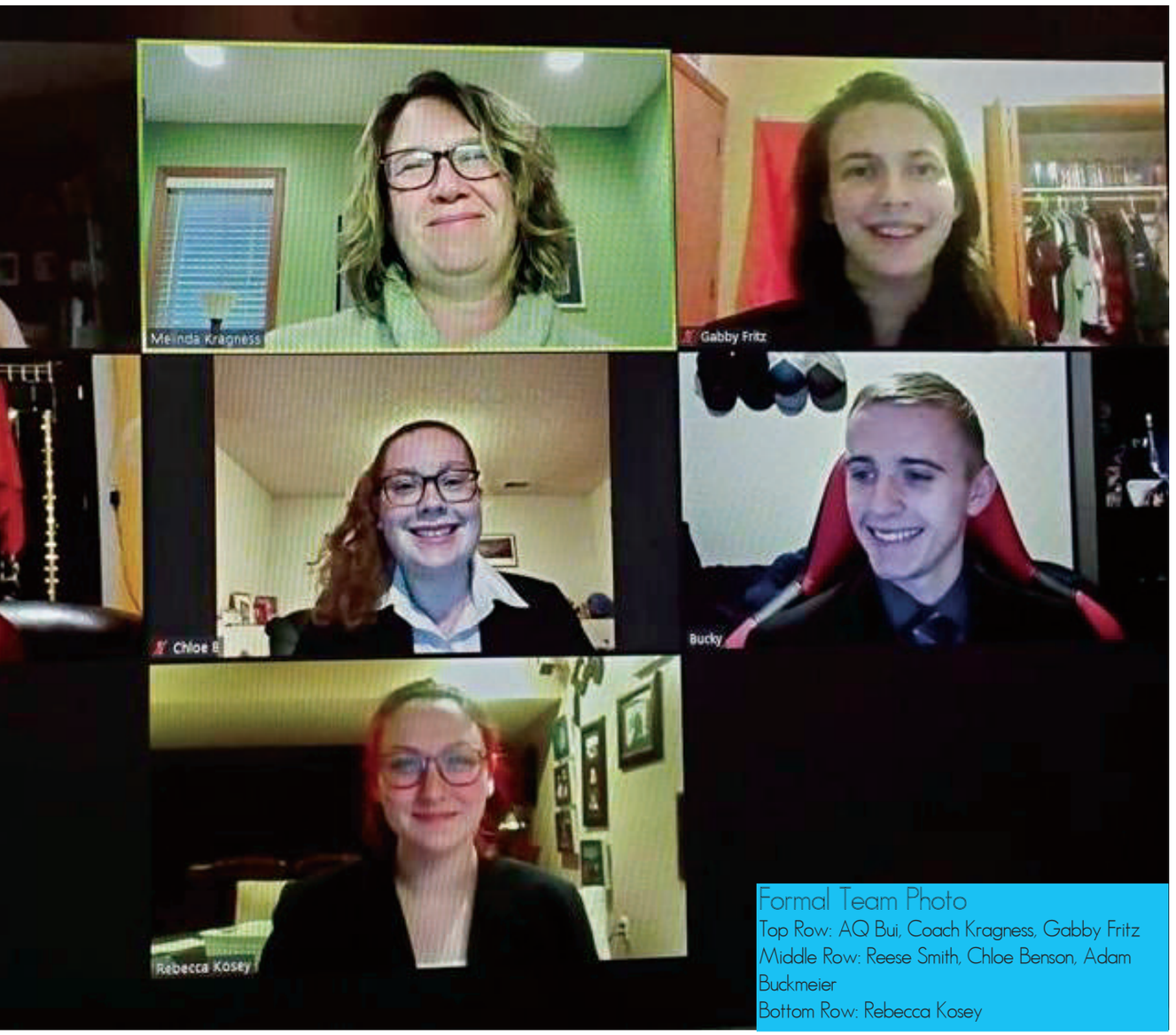
Reese Smith ('24)

"My favorite part of being online is being able to do Mock Trial from anywhere. There have been times when I was outside my house but still able to attend the practice or competition. My least favorite part is incredibly hard it is to interact and build connections with my teammates."



Gabrielle Fritz ('21)

"My favorite thing about being online is that it's easier to communicate with my team through a simple group chat. My least favorite thing is that we are not in person and were missing out on going to actual court rooms and having that team bonding experience."



Formal Team Photo
Top Row: AQ Bui, Coach Kragness, Gabby Fritz
Middle Row: Reese Smith, Chloe Benson, Adam Buckmeier
Bottom Row: Rebecca Kosey

What Is Mock Trial?

Mock Trial is exactly what it sounds like, a mock trial. Members are given a case with witnesses and their affidavits, exhibits, rules, stipulations, etc. They then act out a court case with the given materials, kind of like theater but with the law. A round is the word used for a single trial, and a tournament is when a team plays both sides of a case. In a normal mock trial, a team will dress up and go to a real courthouse, wear court attire, and compete against other schools in person. This year, the team has been fully virtual which has made coaches more laid back. **Rebecca Kosey ('22)** said that many members will wear pajama pants with dress attire on top.



fun facts

All Mock Trial competitions consist of four rounds, each of which is scored by judges such that a team will finish with a win-loss-tie record of eight ballots total.

Extracurricular activities like Mock Trial look great on applications for college or students who want to go into law. Mock trial is also a way to learn many skills like public speaking.

Affidavit- a written statement confirmed by oath or affirmation, for use as evidence in court.

SPEAK UP!

Speech team has successful virtual season with five state qualifiers



duo interpretation
informative speaking

sydney '22
AMUNDSON



duo interpretation

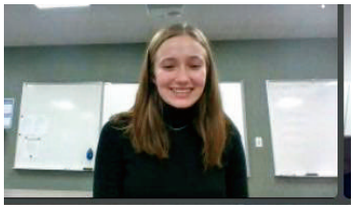
abby '21
KARGER



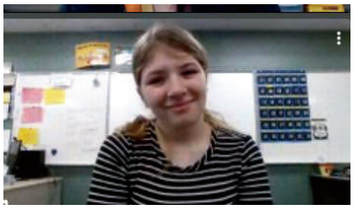
extemporaneous speaking

trinity
HANIF '22

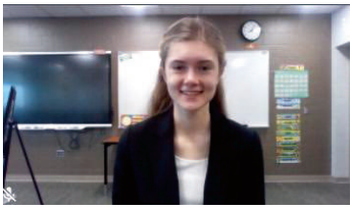
Despite the challenges of a virtual season, the speech team adapated and had success in their 2021 season.The team took second place at Sections and qualified two students (**Emma Cliff '22 and Trinity Hanif '22**) to the National tournament and five entries to the State tournament (**Abby Karger '21 and Sydney Amundson '22, Olivia Hirschey '21 and Olivia Dembouski '23, Emma Cliff '22, Dylan Rich '24, and Trinity Hanif '22**). There were many challenges for the Speech team, but the coaches tried their best to make everyone feel like a family and make the season feel as normal as possible. **Abby Karger ('21)** talks about how she was just happy she got to go on with her season, "I think that the stma speech team has done such a good job of being flexible and learning how to navigate in this new online world". Fellow teammate **Margot Bromley ('22)** shares, "I think the Speech team did as well as they could given the circumstances, they also did a good job accommodating people with the odd requirements of the season". The team saw both individual and team success over the six month season and look foward to a season that is not in front a screen in 2022.



Emma Smith
GREAT SPEECHES



Olivia Hirschey
DRAMATIC DUO



Janelle Sylvester
HUMOR



Dylan Rich
STORYTELLING



memorable moments



Ella Olson
9th grade
"My favorite and strongest category is Student Congress".



Raelynn Hastings
12th grade
"I am the Lincoln Douglas Captain".



Megan Stone
9th grade
"I have acquired 2 wins during my time in LD and a couple of top half rankings in Congress".



Cobin Szymanski
12th grade
"I got 2nd Place at the MSHSL State Debate Tournament".

For many school activities this year, the students involved have had to adjust to the changes due to the pandemic. One of those activities is Debate. **Ella Olson** ('24), is a part of the debate team. "This debate season was difficult because everything was virtual." There was a slight disconnect between teams, given that many things could go wrong. Technology wasn't always reliable. Ella went on to say, "This was similar to other seasons, but learning how to use the technology programs was hard as well as working around the internet issues that would occur." Debate is all about battling each other with words, if you can't hear what the other team is saying, it could cause some issues. "In debate, we want to pay close attention to what our opponents are saying and it's hard to get a full grasp if the internet is cutting in and out on someone's computer." Despite all of the issues an online season could cause, for some, the online season could definitely make things less stressful. Ella found this season to be a lot less scary since it was all virtual. "I personally liked speaking online better than in person because it's a lot less intimidating through a screen, we also didn't have to focus on moving around while we presented our argument."

Doing a debate season online could be difficult for many reasons, but it could also bring some relief to some of the team members. Another student who has had to adapt to the virtual Debate season is STMA senior, **Raelyn Hastings**. As a senior, this would be Raelyn's last Debate season. An all virtual season was not what the seniors had in mind. Raelyn explains,"I definitely missed out on a lot of experiences since we weren't able to meet in person". The virtual season left many Debate team members feeling disconnected from each other. However, Raelyn explained how she was just happy to be able to compete; "I liked that we were still able to compete, though I miss seeing my team in person". It can be hard to work as a team and not be able to talk to the other teammates in person. An online season leaves a bit of a disconnect between students, and even the coaches. Raelyn was just happy the season went on and she still got to compete. Many other students involved in activities this year feel the same way. It can be hard to adapt to all of the changes of COVID, but the students and coaches are doing their best to make things feel as normal as possible during an online season. *Stories and Page Designed b Mady Heitman.*

battle of WORDS

STMA Debate returns to state for the 4th year in a row



BRINGING HOME MORE HARDWARE. Coach Davis , Trinity Hanif ('22), Cobin Szymanski ('21), and Coach Howden at the winter activities award ceremony. Hanif took 5th at State in Congress. Szymanski took 2nd at State in Lincoln Douglas and won the Debate Student of the Year award.

beyond the ARENA



Knights beat the Minnetonka Skippers 3-2 in an overtime win! *Photo of Tyler Beckstrom by Brianna Burnham*

HEATING UP THE ICE



PLAYING OLD TEAM. Joey Driver ('21) blows past the defender for a nice shot on net. Driver is playing his former team, Buffalo, the cross town rival. "It is always a fun time playing my old teammates and especially when we get the win," Driver said. The Knights won the game 5-2.



CRASHING THE NET. The Knights get the second win in a row against Buffalo and Alec Schee ('21) helped by scoring in both the wins. "It is always fun scoring a goal but way more fun winning the game," Schee said.



SHOTS ON GOAL. Hayden Huber ('21) puts a shot on net as the Knights continue to poor it on the Buffalo Bison. Huber said, "Winning is always fun but something about beating Buffalo is extra fun."

Changes around the rink

When you enter the STMA ice arena you get a feeling that you don't feel anywhere else. You feel an energy that flows through the players from the little guys just learning to play to the high school team scoring the winning goal. The boys hockey team has had to deal with many changes this crazy year. One of the biggest ones is not being able to use their locker room unless it is game day. The boys have had to change on metal chairs spaced six feet apart outside the locker room. The boys aren't able to experience that time that is usually spent together. Senior Captain **Tyler Beckstrom** ('21) said, "It's definitely different and we are missing out on some of the team bonding we would usually get but we have all adapted to the change and it's still nice to be able to be with the boys before games and practices." The Varsity players have also had to deal with the change of not being able to watch their teammates in the JV game. Previously, the boys have cheered on their teammates when the puck drops at 5 for the JV Knights. Senior Captain **Aaron Loch** ('21) said, "I'm pretty bummed out about not being able to support the JV guys this year because it's always fun watching them and hanging out with them in the locker room. They all have talent and they are all great guys to talk to which makes it even worse that we can't support them." The team has been missing out on that bonding time. The boys have had to do their warming up outside before all the games. The brisk winter air is annoying for the boys but they get to be with the team. **Casy Laylin** ('22) said, "Warmups are very different from the past and can get very cold with it being outside but the boys make it work. The boys are just making the most of it. A lot of things have changed since covid for the team. Probably the biggest and most obvious change is the mask rule while playing. The boys have had to wear a mask while playing this year and this is something no one expected. **Zach Ingebrigtson** ('21) said, "The mask rule isn't the best thing in the world but we still get to play hockey this year and I think all the boys would agree that it's a sacrifice we are willing to make to be able to play the game we love." Around the arena has been much different this year, weather that's not being able to use the locker room or wearing a mask while playing. The boys still have a great attitude and are up for any challenge brought their way. *Photos by Tim Bykowski*. Spread by *Alec Schee*.





YOUNG GUN. Tyler Hansen ('23) takes the puck up the wall as he is looking for a shot on net. Hansen is playing in his first season as a Varsity Knight. "It is really fun and cool to be playing with these older guys," Hansen said.

BEING A PAIN. JP Johnson ('22) is getting in the dirty areas in front of the net. This is a staple of JP's game. "I just like to go to work and make it difficult for the other team to play against me," Johnson said.

Max Miller ('23) gets a "Hat Trick" vs Mahtomedi



-First Career Goal
-Overtime Game Winning goal
-Player of The Game

Knights Win 3-2 Vs. Mahtomedi in overtime

Stats through 16 games
Goals: 7
Assists: 10
Points: 17



Zach Miller ('21)

rebuilding the RIVERHAWKS

Coach Olesen pushes team after losing 14 seniors



The Hawks lost 14 seniors last year and are working on getting used to everyone's playing style and getting better everyday. **Sydney Petersen** explained, "I think this year we worked on rebuilding and next year we will focus on putting all of our efforts and everything we learned last year into the new year." Team bonding is one of the most enjoyable and most important part of being a member of a team sport. **Chloe Finnerty** explained, "It is a lot harder to get to know the new players this year since we aren't able to do a lot of the team activities we would do outside the rink and not being in the locker room. Even though this year has been so crazy, I think we have gotten to a really good team environment and it's really fun seeing everyone at the rink everyday." Coach Olesen is trying to creatively make connections between new players. In past years, Coach Olesen has cultivated a team that relies on each other socially. This year the young team was not able to participate in pasta feeds, or other team bonding activities. **Coch Olesen** added**,** "Our goals for this season have just been for every practice, every game, to just get better. We have such a turnover of players that we are trying to find our own identity." Since the girls have not been able to do the in-person team bonding activities such as the pasta feeds and such, they have had to make some compromises. **Mya Vankuyk** said, "To get close this year we have done a couple zoom meetings to get to know each other and a lot of different types of drills at practice to learn where each other are on the ice." Coach Olesen has high hopes for the 2022 season because a majority of her athletes will be returning.



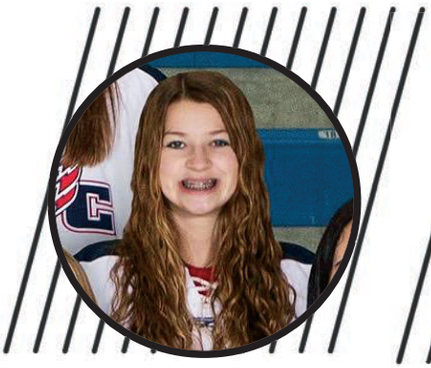








locker room TALK



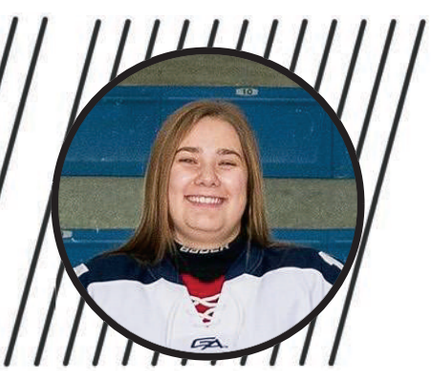
"Me and my sister make game day tik toks before every game to get hyped up, have fun, and make memories to look back on!"

-Mya Vankuyk



"Me and my team all get tea bombs and candy cane tape our stick in the locker rooms before games to get closer and have fun!"

-Jenna Allen



"My team and I listen to the song Purple Lamborghini and we all dance around and get prepared for the game."

-Lilly Gillespie

WE not ME

Controlling what you can control

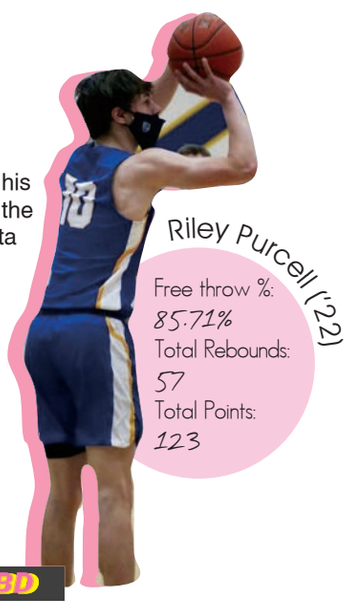


SWERVE. Jack Hulting dodges an Edina opponent as he runs down the court. "It sucks that my grandma and grandpa [can't attend] they used to always attend all of my games and now my senior year they can't," said Hulting ('21) about limited spectators.



SWISH. Nathan Coulson ('21) lines up to take his free throw during the Hopkins game. "[Wearing a mask] has grown on me a bit, but makes it harder definitely," stated Coulson about playing with a mask.

The goal of the Knights this season was to focus on controlling what they can control, if they can do that they can enjoy the game more, play better on the court all while having an overall positive experience during a difficult time. The varsity boys have gone through many changes this year, one major one is the busing. They all have assigned seats now, making it more difficult to get pumped up for games. Difficult, but not impossible. "Everyone has their own pregame playlist going and we usually get turnt up that way," explained **Nathan Coulsen ('21)**, "[My go to song is] That's it by Future and Lil Uzi." Masks make things confusing; everybody knows that. Masks on basketball players make it difficult for them to communicate with each other, and even risk giving away game strategy. A few players say when they first started playing they couldn't understand what their teammates were saying, but they are working hard to get their teamwork back and be able to understand each other. "To make our communication easier, we use a lot of hand signals, yell louder, or most of the time we tend to bring our masks down to say what we need to before bringing it back up," explained **Mason Zinglemen ('21)**. The players aren't the only ones trying to regain their communication skills. The coaches are working hard to help the players be the best they can and encourage them to continue playing through the difficulties and excel during their games. "It took some time for the players to feel comfortable competing with a mask on, communicating with their teammates, and hearing coaches during practice and games," expressed **Coach Johnson**, "However, they handled the adjustment incredibly well and didn't complain about the expectation. It has become our new normal in this unique season." In the beginning of the season, the boys were allotted two tickets per player, usually used by just their parents. Anyone else who wanted to support the boys watched online and cheered them on that way. As the season proceeded, the boys got five tickets to give to their families now. Many are excited about being able to have their family members there to support them and feel pumped up during their games. "It's almost like there are more people coming to the games this year than previous years. I am very grateful that we got a season this year considering many schools around the country had their seasons canceled. We don't take it for granted," described **Luke Johnson ('21)**. The players have had many challenges they have needed to overcome this year, and they've managed to beat them while still having fun during their games. *Story by Abby Heuer*



Purcell shoots his shot in the Wayzata game.

Riley Purcell ('22)

Free throw %:
85.71%
Total Rebounds:
57
Total Points:
123



SCANNING. Mason Maynard ('21) scans the court to find the best teammate to throw to during the Wayzata game.



AIM. Carson Radke ('22) lines up to shoot his free throw in the Wayzata game.

SLAM DUNK. Evan Hoy uses his 6' 8" height to his advantage in the Edina Game "When I'm playing basketball and wearing a mask I feel like I have to focus much more on breathing," explained Hoy ('21).

WHAT'S in your BAG?



"We used to have Gatorade and water on the bench but because of Covid we have to bring our own bottled water."
Mason Zingleman ('21)

"I always have some sort of food in my bag just incase I get hungry."
Logan Jans ('23)

EMBRACE THE CHANGE

The Start of Something New

The Knights went into their season expecting change and new beginnings. They started off the season late due to Covid delays The Knights came out strong on January 15th heading straight into the Lakes Conference with a win against Wayzata. At first, masking up for each practice and game was a challenge, but the Knights quickly adapted. **Sophia Juntunen** ('22) said, "I feel like a lot of people can agree that playing in a mask is tough, but you just gotta push through and you adjust to it eventually. Personally, I feel like it hasn't affected my playing In the beginning it was harder, but you eventually just adjust to the mask." With the season not promised for the girls this year, they did everything to make it memorable. They worked harder than ever by showing up and putting in full effort everyday to reach their goals. **Erin Hamilton** ('21) said, "I think that we have focused on making the most of every practice and game that we have because they are not always guaranteed with the pandemic. I think that because of this we are pushing each other to work harder and get better every time we step on the court." Fans not being at games to cheer on the Knights and show their support has been hard on the Knights, especially home games. The girls had to get their heads in the game each day by getting together to make sure everyone is ready. Hyping each other up during pregame was the best way the girls had found as an alternative to their normal pregame rituals. "The biggest change I've seen is during game time, we can't do our handshakes when we call out starters, or get in huddles, and the fan section is a lot smaller, due to the limit of spectators," said **Piper Carlson** ('23). The Knights are getting through the season with an even win to loss ratio. *Page by Gabby Cramer.*





THROWBACK TO STATE. The Knights made their return to state last year winning their third section game against Maple Grove, after losing the first two games. The Knights pulled ahead for a final score of 70-52. *Photo by Mike Shoemer, North Wright County Today.*







IN IT TOGETHER. The varsity team poses for a picture before game time.

HITTING THE COURT. Emma Miller ('22) goes up for a shot. Miller played her 4th year on varsity this season.

BOXING OUT. Zaya Esterberg ('23) plays hard against Edina helping the team win 58-33.



kendal
COX

POSITION
GUARD

REBOUNDS
68

TOTAL POINTS
228

january 30, 2021
1,000 CAREER POINTS



kaylie
COX

POSITION
GUARD

REBOUNDS
41

TOTAL POINTS
116



lauren
HOSELTON

POSITION
POST

FG%
50%

REBOUNDS
AVG. 5.6



HAPPENS IN A SPLASH

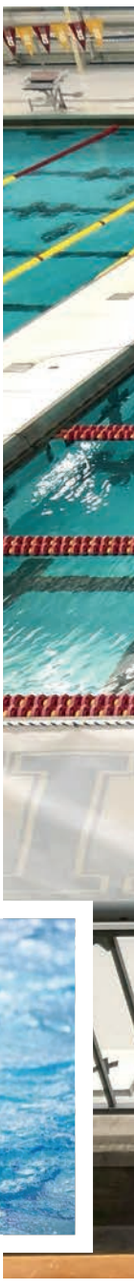
The 2020-21 dive season proved to be a successful one for senior **Tyler Barrett**. The home meet against Wayzata on February 5th was especially exciting with Barrett scoring a 319.05 for 6 dives, breaking his own record of 299.60. This score also earned him the pool record and school record. He had another record-breaking meet at the 8AA Section meet held at St. Cloud Tech High School on March 12th. Barrett broke the 8-year-old record for 11 dives with a score of 482.30, earning him a 2nd place finish. A strong end to the season came with a 1st place finish at the state meet on March 18th! It was a very close competition between the top four divers going into the final dives. Barrett's last dive made the difference and earned him the state championship title. He finished his season as an All-American qualifier; an exciting way to end his high school diving career!

knights stand out at the

STATE MEET

Swim & Dive send strongest team to State in years

The Knights swimming and dive team rode a wave of excitement sending six particpants into the 2021 State meet held at the University of Minnesota. **Tyler Barrett** ('21) became STMA's first-ever diving state champion. The exciting weekend continued with swimmers participating in several events. The school record-breaking 200 medley relay of **Ezra Dickerson** ('21), **Liam Ryan** ('22), **Elijah Christenson** ('21), and **Jaden Herman** ('21) took 7th place at the state competition. Individual events included **Joe Spitalnick** ('21) in the 200 freestyle placing 19th with a time of 1:46.32, Elijah Christenson in the 100 butterfly placing 7th with a time of 50.24, and Ezra Dickerson in the 100 freestyle placing 4th (46.09) and 100 backstroke placing 6th (50.91). The Knights' last event was the 400 freestyle relay of Elijah Christenson, Joe Spitalnick, Liam Ryan, and Ezra Dickerson anchoring. The relayed placed 10th with a time of 3.11.04 breaking another school record. It was an extremely successful ending to a season that started untraditionally.




Ezra Dickerson ('21)


Elijah Christenson ('21)

knights swimming and diving 2021









STRONG SWIMS AT STATE. Jaden Herman, Liam Ryan, Joe Spitalnick, Elijah Christenson, Ezra Dickerson at the University of Minnesota.

Knights dive right into changes due to COVID-19

COVID19 has changed many things about all sports seasons. With facilities not being available to not being able to practice at all, the swimmers have experienced it all. This year due to Covid, the swim season started two weeks late leaving them unable to train in the pool. Training out outside of the pool is almost incomparable to training in the pool. "The couple weeks between gyms and pools being shut down and the beginning of the season were tough. Personally, I met up with friends to workout with them," explained **James Lyke** ('21). "I ran and tried to stay in shape while staying home. It was definitely a unique time. It's hard to prepare for a season when you aren't able to get in the water. " Covid has limited the number of spectators allowed at the meets leaving the swimmers to create their own energy. **Joe Splitnick** ('21) explained, It was weird not having spectators this year but to make it more like normal we had to cheer louder and more frequent then we normally did and I feel like the team did a great job motivating each other and supporting each other. **Jordan Liew** ('21) explains, "Since COVID happened, we had to wear our masks during meets, when we're in the buses, and when we're not in the pool before and after practice. We couldn't give the proper handshakes to the opposing team whenever we're done with any swim meet. We had to stay seated, six feet apart, whenever we're not doing our swim events during meets." Despite the challenges of Covid, the Knights pushed through with a new strong leader, Coach Grant Moser. **Ezra Dickerson** ('21) explained, "Having Grant as our new head coach has definitely changed the dynamic. There's a different energy on deck and it's exciting to come to practice everyday. He keeps everyone motivated and provides us with the tools we need to succeed in and out of the pool." The swimmers and many other athletes had to learn how adapt to changing circumstances but overall grew from the experience despite the setbacks. *Spread by Alex Dehmer. Photos by Brianna Burnham.*

HARD WORK PAYS OFF

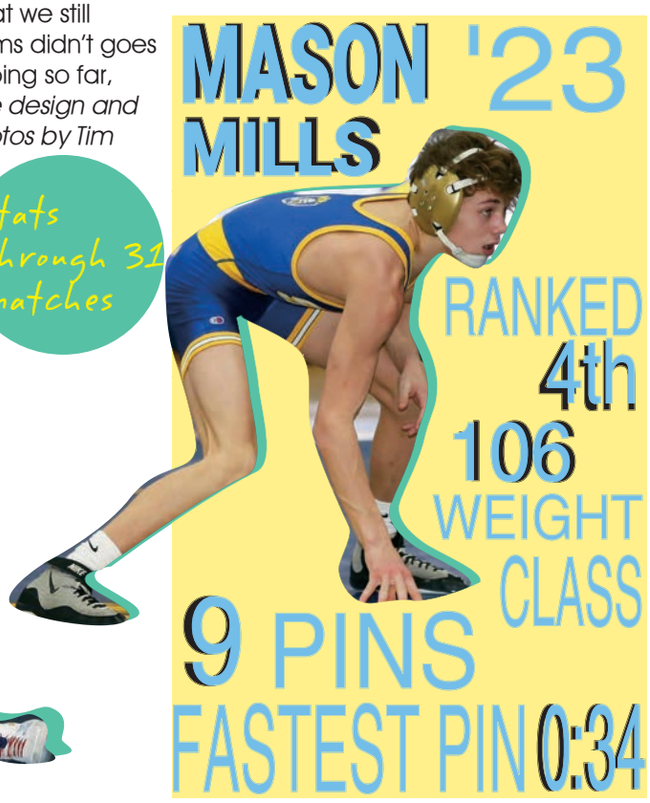
the challenges of a virtual pre-season



Pre-season for the wrestling team has always been a big deal to them. They have gone to the state tournament every year for the past 22 years. Pre-season sets the momentum and tone for the season and how it is going to go and how hard the boys are going to work to get to the state tournament. Pre-season generally includes early morning practices in a sweaty gym, time on the mat, lifting, and team workouts. This year they looked quite different. The boys didn't even know if there was even going to be a season, due to covid, but they still trained to the best of their ability. "It was for sure tough training while not knowing if we were going to have a season or not. It was definitely hard staying motivated, working out everyday, and starting conditioning, but I stuck with it hoping we were going to get a season, and thankfully we got one," mentioned **Jake Springer** ('22). This year the boys had a virtual pre-season doing workouts through google meets. Having a virtual workout had to have been a challenge, and definitely looked different for the wrestlers this year. Making sure you have a computer, having your camera on, can hear the coach, everyone is paying attention there's a lot you have to make sure of while doing something through a screen. "It was for sure different. We had about eight people on, and we had our cameras on so coach Joriman could criticize or encourage when needed. We just worked on calisthenics, push-ups and strength training," said **Jed Wester** ('24). Doing something alone in their own home with no actual coach in front of them seeing exactly how they are doing in the workout seems like a challenge, but the boys wanted their season and were dedicated to be one of the best teams this year. "Wrestling for STMA is one of the hardest things I have done. The level of competition you get everyday not only from teammates but also from our coaches. We are put to the test mentally and physically every practice," stated **Jimmy Heil** ('22). "The coaches always have what is best in mind for us, between making weight and morning runs. Not everyone can do what we do and this is why we are such a dominant team with a big name," continued Heil. Training for the STMA wrestling team takes dedication, hard work, motivation, teamwork and so much more. The wrestling team here has a name - they are known, so the boys need to live up to the expectations that the wrestling community sets for them. Being a high school teenage boy is challenging as is. They are students, sons, friends, brothers, and also athletes. The dedication these boys have for this sport is admirable. Seeing a team so dedicated is truly inspiring. Covid has definitely made many things go downhill this year, but one thing everyone has noticed is that the boys wrestling team has dedication. Pre-season always sets the tone for how the season is going to go, and the fact that we still trained even while other teams didn't goes to show how this season is going so far, and will continue to go. *Page design and story by Sadie Mickelson. Photos by Tim Bykowski.*



stats through 31 matches





Isaiah Mlsna pins Minnetonka's 132 lb wrestler helping the knights defeat Minnetonka in a 67-6 win.





TAKING TONKA DOWN. On January 14, the STMA wrestling team had their first meet of the 2020-2021 season! STMA's number 3 ranked team hosted Minnetonka and Blaine for a tri. The boys wrestled very well, their hard work was definitely shown. The wrestlers defeated Minnetonka 67-6, as well as Blaine 65-9. In the top picture Landon Robidou is pictured trying to get back points. In the bottom picture Luke Williamson is pictured taking down his opponent.

Racking up TEAM POINTS



WRESTLING A GIRL. On January 14, Caleb Thoennes ('22) wrestled a girl from Minnetonka in the 113 weight class. It is not often they see a girl wrestler, but when they do it is always a different challenge. "It is definitely different than another guy, and you have to use different techniques," mentioned Thoennes.
Photo by Tim Bykowski



SELF HAND RAISE. Eli Davis ('23) had to self raise his hand to show his victory. Due to Covid the referees were not able to touch the wrestlers to raise their hand for victory. "It was super weird doing it by myself and sometimes we would forget" said Davis. .
Photo by Tim Bykowski



WIN BY FALL. In the 145 weight class Cole Becker ('22) took down his opponent from Minnetonka leading him to win from a pin, which gave the team six team points. "It is always nice and super rewarding getting a pin, not only for your team but for yourself," Becker.
Photo by Tim Bykowski.

The Girls BEHIND The MAT

Lyuzi Emery



5th year

"One of my most favorite memories is throwing a tomato at Nathan Nygaard's face"

Megan Cornell



4th year

"My favorite team to watch the boys wrestle against is Stillwater or Shakopee"

Jordan Mlsna



6th year

"I love being a manager because I have been around it my whole life because of my brothers. It gives me a sense of community hope and love"

Alix Bushard



5th year

"My favorite memory from wrestling is singing the national anthem at all of the home meets"

Hali Kamara



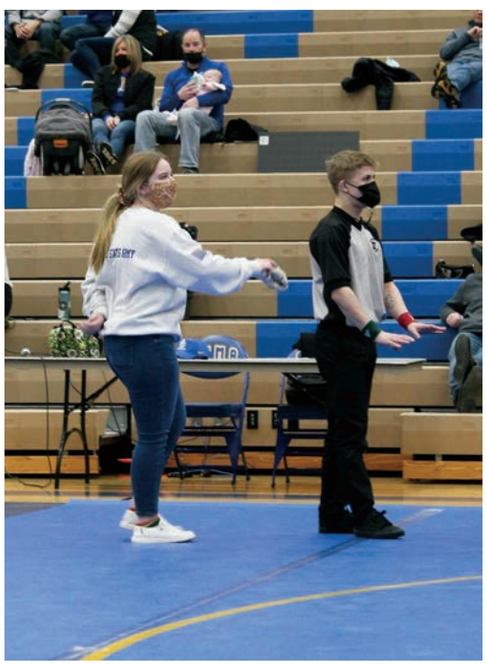
2nd year

"I became a manager because I wanted to try something new and wrestling looked interesting"

the purpose of the girls behind the mat

Imagine early mornings on a cold bus in the winter and long days in a gym running from mat to mat on a Saturday is no easy job for a high school student, but these girls are dedicated and love what they do 'behind the mat' for many different reasons. The girls being the wrestling mat definitely go through some challenges throughout the day when they are running back and forth from mat to mat to record the matches and making sure they are taking down the right stats. "The most challenging part about our job is making sure we do everything right, for there is little room for error," said **Emma Vike** ('22). "The coaches use our stats that we take at every meet to give awards at the end of the season. The wrestlers use the videos that we take to rewatch their matches and see what they can improve on," Vike. The fact that there is little room for error because the coaches use the information for awards and other post-season things causes pressure on these girls. They still have so much love for what they do. The challenges they face, and have faced throughout the years, will never affect their love they have for this sport and community. "The love that I have for the sport continues to grow after every tournament weekend because I grow closer with the wrestling community everytime," said **Avery Husting** ('22). "I have always loved the sport but it has grown so much since I became a part of the community". The wrestling community continues to grow and continues to grow bigger in everyone's hearts as the seasons continue. The wrestling community consists of 85 people this year and the managers are responsible for 70 of them. "I wanted to start managing because STMA's wrestling community is one of the closest sports communities I have seen. I knew I would gain a small family from it," explained **Lauren Couture** ('22). Being one of the girls behind the wrestling mat, recording things and keeping track of everything and supporting the boys is something that definitely can teach you multiple tasks. "Managing allows me to practice multitasking like never before. Having to juggle who is wrestling who, at what time, on what mat, making sure you have an Ipad and another girl with you to record in the book, and doing it all at once is definitely challenging, but without managing I for sure would not have the skill," Couture ('22) continued. These girls have dedication to the sport and definitely have a tough job multitasking through the day, but they have gained a family and lessons that will last a lifetime. The girls behind the mat are so much more than just 'stat takers' but definitely care about the boys they cheer o.. *Story, page design, and photos by Sadie Mickelson*

GIRLS IN ACTION



TOWEL TAP. Seasalie Swanson ('24) goes to towel tap the referee to call the end of the period. Out of all the jobs the managers do, this one of the most important for in the moment. The referee can not watch the clock, so someone needs to let them know when time is up.



TABLE CLOCK. Gabby Thompson ('24) controls the clock and score board for the JV team. This takes a lot of focus as she is in control of the whole match. If she messes up the time, it can ruin the whole match. This job is very important.



BOOK STATS. Sadie Mickelson ('22) does book stats at the head table to have on paper what has happened in the match. The coaches look back on this as well as the IPad to make sure that they match up. *Photo by Avery Husting.*



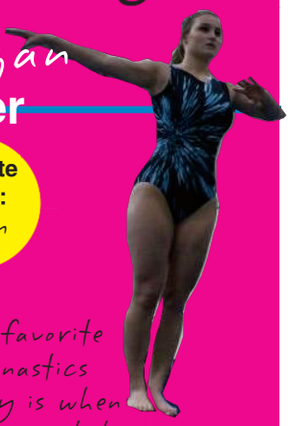
IPAD STATS. Filiming the matches on the IPad is a very important job that the managers do. Coach Joriman and the wrestlers rewatch the matches and critique when needed. Coaches also uses them to give out awards at the end of the season. Lauren Couture ('22) is in charge of IPad.



LIVE STREAM. Avery Husting ('22) was in control of the live stream. Due to Covid all sports were live streamed because of the lack of spectators able to go. All parents from home watched the stream she provided.

Senior Spotlight

Regan Miller



Favorite event: Beam

"My favorite gymnastics memory is when we got a coach bus to Bemidji for our sections meet."

Years in gymnastics: 6

Anna Schmeltzer

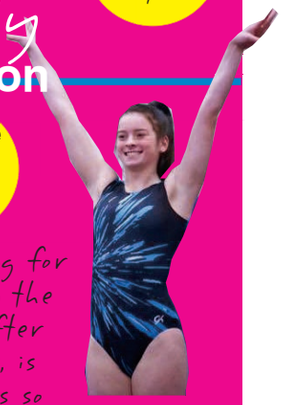


Favorite event: Floor

Junior year we got to stay in a hotel in Fairbault, which is my favorite memory because the team really got to bond."

Years in gymnastics: 9

Molly Davison



Favorite event: Floor

"Stopping for food on the bus after meets, is always so much fun and a favorite memory of mine."

Years in gymnastics: 12

Gymnasts are unlike any other athlete. Individually they compete, but together they win. This year "together" has meant something entirely different for the girls. Staying in groups of six out of a 40 person team, 25 people allowed in the gym at one time, and 6 feet apart from one another at all times, for most of the girls keeping their head up about this season is difficult but captain and gymnast of 14 plus years, **Cassandra Emerson ('22)** was able to express how much this season meant to her. Cassandra or "Dra" as her teammates call her is an amazing leader for all of the girls on the team and truly is what a captain should be. Emerson said, ¨It's hard to say something positive came out of this pandemic, but I don't think I have ever been more appreciative of being in the gym and seeing all of my teammates. For a while we didn't know if we would have a season so the time we have in the gym made me appreciate what I have a lot more." This season many new girls joined the team and decided to give the sport a try, probably because after being in quarantine for months having something new and exciting to try was a great idea, **Jackie Bergeron ('24)** who is a lifelong gymnast and varsity competitor since she was in 7th grade was especially excited about all the new girls joining the sport she has loved her whole life. Bergeron said, "I was super unsure of how many people would be in gymnastics this year because of Covid, but to my surprise there were more girls than ever, and I've loved connecting with each one of them even if it is slightly harder this year due to the fact we have to stay in pods. Regardless it is still fun seeing how many people decided to join this year¨ With the gym having limited capacity this season the gymnasts got the opportunity to use other areas in the school that they wouldn't normally get to use. **Addy Miller ('24)**, who has been an exponential addition to the high school team since she joined in 2019 loves having the weight room available. Addy Miller expressed how great the extra space was, "Normally we had to use the gymnastics gym to get our conditioning in, but this year we were able to use the weight room to help in our strength training which was something we weren't able to use in past seasons. Having 40 minutes a day to use it really did help everyone gain some helpful muscles for season." Meets and competitions are the most exciting part of the season for gymnasts, and the STMA gymnasts are used to endless cheering from one another and their parents. Sophomore, **Emma Molesky ('23)** is a great competitor all around, but especially on the bars which is arguably the hardest event. Like most gymnasts Emma found this seasons meets to be a bit challenging, but despite that she found a positive side of it. Molesky stated, "Meets are usually loud with people running everywhere bumping into one another, but this year since only so many people are allowed in the gym it has been an entirely different feel. I was super nervous to not have a bunch of people in the gym making noise, and cheering the team on, but to my surprise it made it less nerve racking not having a bunch of people staring at me." Although this season was completely different from those before the STMA gymnasts really found things they were thankful for even given the hard circumstances. Like stated before, gymnasts are so much different than other athletes and I was not surprised at all to find out how many positive things this group of girls had to say about this season even given unforeseen circumstances. *Story by Anna Schmeltzer and pictures taken by Breanna Burnham.*

Dakota Kolvin



Senior manager, Dakota Colvin has the hardest job in the gym. Managing a 40 girl team wouldn't be easy for anyone, but Dakota makes it look easy and stress free. Over the past few years Kota has kept the team together making meets and practice flow smoothly. Although managing can be stressful Kota said what she loved about being manager the past few years. "I really get to know everyone on a more personal level while still getting to support the team and see how each gymnast grows and acomplishes more and more as the season continues."

Ella
Goertzen
VAULT
Score: 7.70



Gwen
Herbst
BARS
Score: 7.35



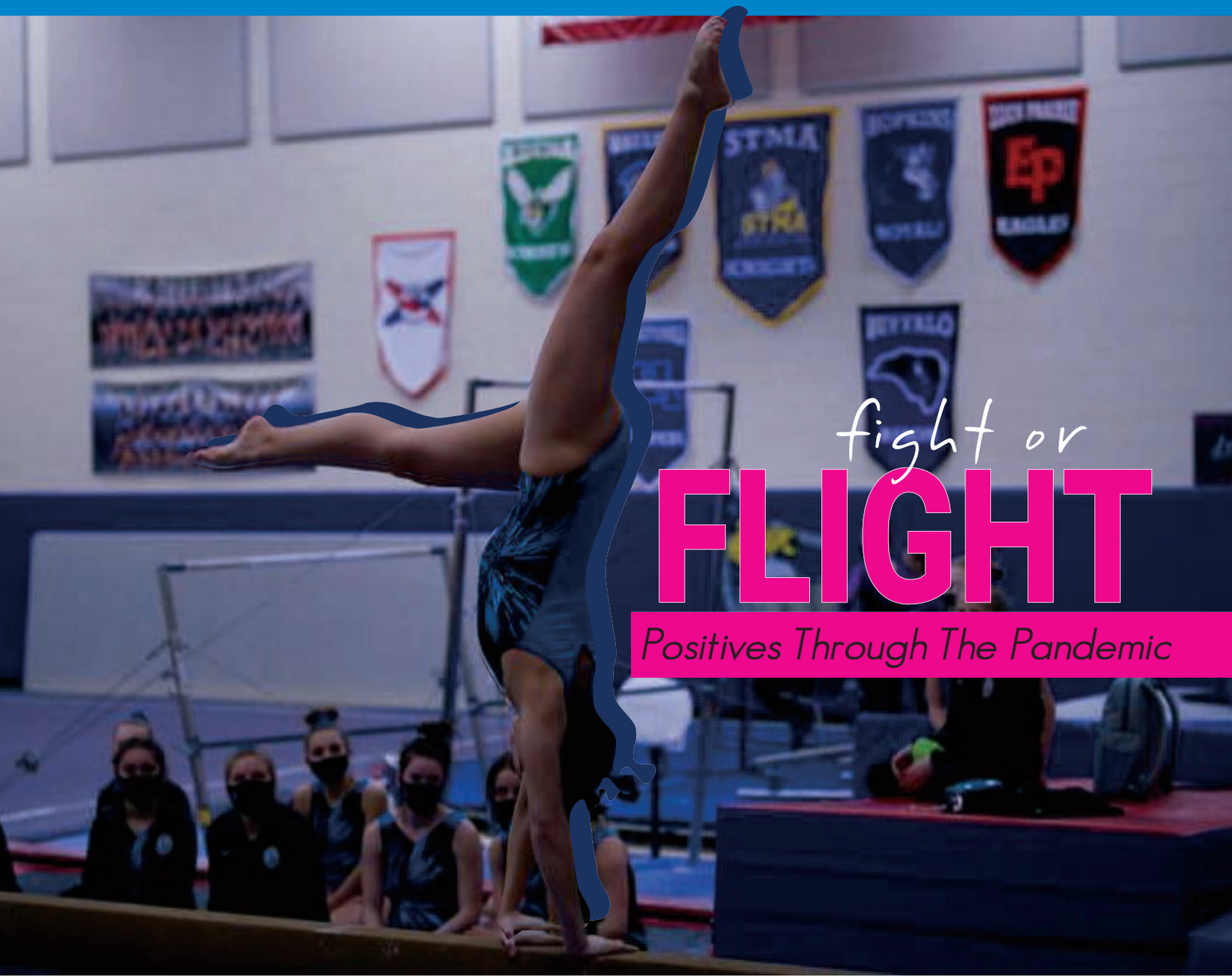
Paige
Herbst
BEAM
Score: 8.50



Lillian
Covert
FLOOR
Score: 7.55



Scores and pictures from January 28th at home against Buffalo. STMA won with a score of 135.25!



fight or FLIGHT

Positives Through The Pandemic

Professionals of America BUSINESS



Photo from state 2019-2020
Spread designed by Hillary Gustafson.

STATE 2021

Saint Michaels BPA team has many students go to state and nationals each year. Things are virtual with Covid-19, but that won't stop the team from doing their best. "I got third at regions for Intermediate Word Processing which will bring me to state. I was surprised when I made it to state because I didn't make it for a similar event that I did last year. State has not happened yet so I'm not sure if I made it to nationals. As far as I'm aware they are trying to do nationals in person, but I'm sure that's subject to change as is everything else. If it is in person, I have no doubt that STMA will send some people to Florida! If I make it, I would totally go." *-Peyton Lenz ('22)*



GETTING FANCY

"I enjoy dressing up for BPA because as a group, we collectively look and feel more professional when competing in events. This is why I'd rather wear dressy clothes for BPA. My favorite thing about dressing up is feeling professional and ready to go. My least favorite is the time and work it takes to get ready for BPA." -Casey Fredrickson ('22) (left)

"Its fun to dress up because you really feel like you are in a business meeting that you have to present to a company for. My favorite BPA outfit is a simple suit and tie with maybe a fun shirt. I'd rather dress up for the BPA competitions because you feel more important." -Aiden Blaser ('22) (center)

"I wear professional clothes to BPA not only for the judges but it overall helps with the look that my group and I are trying to convey. We always want to look put together, and dressing in business clothes helps us do just that. It makes me feel put together and it makes presenting that much easier." -Raelin Sustacek ('22) (right)



What's Your Favorite Event?

SENIOR SPOTLIGHT

Alix Bushard ('21)



"I love Human Resource Management because it is a quick and competitive event and there is little preparation for it. I am able to go in there and assess and apply the knowledge I have gained to prove a point/solve a problem. I really like that I can use my public speaking abilities as well."

Nic Stelter ('21)



"My favorite event is Graphic Design Promotion. I really enjoy it because it gave me an opportunity to work through every step of the design process."

Hali Kamara ('21)



""I like the Legal Office Procedures event. This was my favorite event because I want to go into law after high school. Due to that, I already knew some things about this subject."

Chloe Steinke ('21)



"I love Human Resource Management because it is a quick and competitive event and there is little preparation for it. I am able to go in there and assess and apply the knowledge I have gained to prove a point/solve a problem. I really like that I can use my public speaking abilities as well."

Varsity- Back Cover



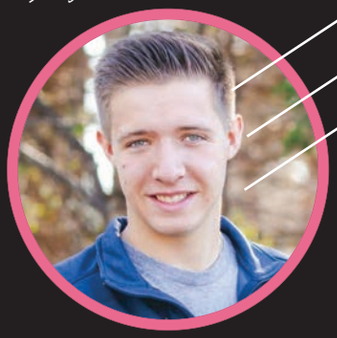
Row 1: Ryan Dornfeld, Mr. Mann, Mr. Siemieniak. Row 2: Mackenzie Barth, Avery Roisen, Zachariah Becker, Landon Bjork. Row 3: Kylie Bjork, Kazmer Beaudry, Mia Marthaler, Sydney Rogers. Row 4: Emily Brown, Kelsey Frederick, Mya Fryckman, Isabella Waggoner

Junior Varsity- Hundred Dresses



1st row: Audrey Waggoner (Maddie Martin), Ms. Kainz (Director), Abby Marshall (Wanda Petronski), Paige Reineke (Cecile Caldwell) 2nd row: Abigail Storey (Techie), Brianna Stacherski (Techie), Charlie Lund (Old Man Svenson), Erin Vlasak (Peggy Hawthorne) 3rd row: Maddy Oliveira (Miss Mason), Lucas Benker (Willie Bounce), Sol Beaudry (Jack Beggles), Kiley Anderson (Jan Petronski) 4th row: Abby Cornell (Techie)

Kazmer Beandry
Playing Dad



"One of the most difficult parts was learning how to portray a person much older than me while trying to both look and sound like a man in his late 40s. "

Avery Roisen
Playing Jessica



"My favorite part about my role is how vulnerable I can be. The hardest part is definitely just the fact that I wasn't born when 9/11 took place so it's really difficult to imagine what those people went through."

Audrey Waggoner
Playing Maddie Martin



"My favorite part of playing her was the amazing relationships I formed with my cast and the new challenges of digging deeper to discover more about my character."

Solomon Beandry
Playing Jack Beggles



"I played the character of Jack Beggles and my favorite part of the show is the cast got to join a bunch of Google meets throughout the day and meet with several classes in the elementary schools to answer questions that they had."

Varsity One Act takes first place in state!

Acting in person is one thing, but figuring out how to act over a screen is another. This year's one act performance was performed via zoom. The actors had to be more flexible and creative than ever in this year's performance in order for it to still be another successful

There were many modifications that had to be made to this year's performance. Senior, **Mackenzie Barth ('21)**, describes what changes had to be made to the act this year due to covid, "I learned a lot about displaying emotion and acting using just your face and hands. It was also fun to experiment with settings and timing on zoom!" Barth explained, "This year we made our own "studios" at each of our homes with mics and lights! It was a fun process learning how to use some of that equipment to make all of our backgrounds look uniform!"

All of the changes this year has left the actors and actresses with some difficulties they had to overcome. **Erin Vlasak ('22)** describes some challenges that the actors had to face this year.

"The hardest part about one act this year would have to be learning how to act from home. It was hard with the audience not being able to see my full body. They could only see from my shoulders up, so I really had to use my facial expressions to show my emotions."

One Act is a very unique and more competitive performance that the actors and actresses put on. I asked **Abby Cornell** ('22) why she enjoyed One Act this year. "I love theatre no matter what format it's in. This year may have been different, but I've learned a lot from it. Since I'm a part of tech, we have been learning how to edit and put clips together. It allows me to be creative and make something of my own." Cornell concludes, "I just love the sense of community one act brings as well."

Covid-19 has made this year's one act like no other. The actors and actresses have been forced to be creative and figure out how to act while at the comfort of their own home. Despite all of the modifications this year, the actors and actresses put on a great performance via zoom and the varsity one act takes first in state. *Spread designed by Gabby Madore.*

TAKING HOME THE HARDWARE

PERFECT PIECE

Art Scholastic Awards
Total of 112 winners from STMA
49 Honorable Mentions
36 Silver Key Awards
27 Gold Key Awards
1 American Vision Nominee

Nolan Montcalm ('21)
Defiance
Photography
GOLD KEY

Mckenna Swenson ('21)
Prise De Jambe
Photography
GOLD KEY

Esma Ali ('22)
Real Struggles that Enervate
Drawing and Illustration
HONORABLE MENTION

Kate Rooker ('23)
Rainy Reflections
Photography
SILVER KEY

Katie Dinius ('22)
Within Reach
Photography
GOLD KEY

Megan McDowell ('21)
Dancing with Strings
Digital Art
SILVER KEY

Emma Cliff ('22)
A Day in the Sunflower Fields
Drawing and Illustration
HONORABLE MENTION

Abby Johnson ('23)
The Engagement
Drawing and Illustration
HONORABLE MENTION

Barbara Mancilla ('24)
Sailing the Pages
Sculpture
GOLD KEY

Sofia Iverson ('24)
Flower Child
Photography
SILVER KEY

Kayla Hass ('23)
Withering
Photography
SILVER KEY

Mikayla Schmidt ('21)
Aqua Phobia
Drawing and Illustration
SILVER KEY

Livia Proudlock ('22)
Strings
Mixed Media
SILVER KEY

Kayla Hutton ('21)
Reflect
Photography
GOLD KEY

Ashley Omweri ('21)

Cornucopia

Sculpture



GOLD KEY

Harley Bauer ('21)

Misty Morning

Photography



GOLD KEY

Jaden Herman ('21)

Looking Back

Photography



GOLD KEY

AMERICAN VISION NOMINEE

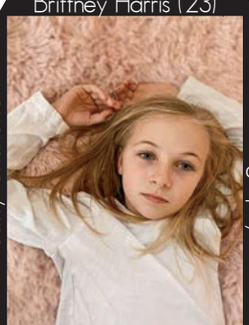


BULLDOG. Raya Decker ('21) created this bulldog piece for her sustainer investigation for AP Art this year. It was on the topic of visual puns, she wanted to create the literal interpretation of the word "bulldog". "I felt very shocked, but grateful when I received the American Vision Nomination, It was something I never expected to win", said Raya. She worked hard on this piece, it took her a little under two weeks to complete it.

Brittney Harris ('23)

Sassy Charlotte

Photography

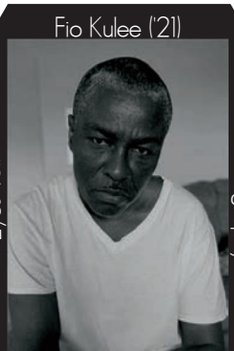


GOLD KEY

Fio Kulee ('21)

Eyes Tell

Photography

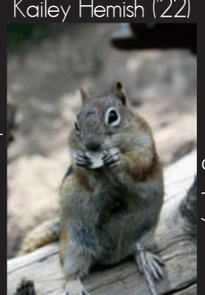


SILVER KEY

Kailey Hemish ('22)

Curious Chipmunk

Photography



HONORABLE MENTION

Alexis Dupont ('24)

Life and Death

Sculpture



HONORABLE MENTION

Elizabeth Leonard ('22)

Casual Kayaking

Photography



GOLD KEY

Ashlyn Hoffman ('22)

Tentacle Aplenty

Sculpture

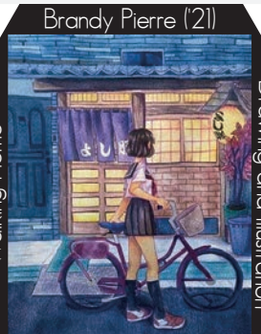


GOLD KEY

Brandy Pierre ('21)

Walking Home

Drawing and Illustration



GOLD KEY

Madeline Iverson ('22)

Murray

Photography

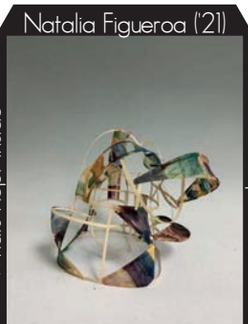


GOLD KEY

Natalia Figueroa ('21)

Whats Kept Inside

Sculpture



SILVER KEY

GOING MACRO

Senior Rogan Helm shares his talent in macro photography



"The type of art is macro photography. Each of these took maybe 2-10 minutes depending on whether it was windy outside. My inspiration comes from my mood and from other pictures I like." Rogan Helm said (21').



DIGITAL DESIGN

"This piece took me around 5 hours; golden hour is my favorite time of day and it also makes me feel nostalgic. I tried to depict what I felt here."
-Hillary Sann (21')



VINYL PAINTING

"This painting is a recreation of my favorite music album, Graduation by Kanye West. This album means a lot to me since this year I will be graduating. I really liked the art style and colors of the album and I am very inspired by the art of Takashi Murakami. It took me 6 days to hand pain."
-Chloe Altenhofen (21')



SCULPTURE

"This piece was inspired by my last trip to the ocean, where I plan to start a new chapter in my life as a surfer. You can find a word from each page and piece together what that trip might have been like. Late nights are when I find myself most creative, which is why this piece was created over the span of 3 boundless nights."
-Barbra Mancilla (24')

CREATIVITY THROUGH THE SCREEN

Senior Natalia Figuroa shares her experience as an online sculpture student

With the start of the 2021 school year, students had a choice between full-time distance learning or hybrid. We can all agree that the art classes at school are always fun and gives students a chance to get creative and hands on but imagine how different it would be online. For many of us, all the distractions at home make it difficult to stay focused on schoolwork. Sculpture student **Natalia Figuroa ('21)** shared her experience about staying focused and inspired at home. "I feel a little less motivated. Since I'm not physically in class I don't have my teacher to encourage me. But I try to stay focused and limit my distractions while I am working and it all works out in the end", Figuroa said. Figuroa specializes in making reed sculptures that are made from thin pieces of wood, tissue paper, and hot glue. Reed sculptures can be complicated to make and require a good amount of space to work in. "It is a little bit more difficult to make the reed sculptures because I don't have as much space or storage as I would at school, but I have all the materials I need and it takes me about a week to make a piece, so the same amount of time it would take at school", Figuroa ('21) said. Being in class with a teacher and with other students can be beneficial to all students because they're able to share ideas with each other, talk, and express feelings about the project with each other, and they're able to get instant feedback from the teacher and your peers. This is one aspect of a regular class that online art students don't experience. "I like doing my art at home because I am able to do things at my pace, but some cons would be I don't get to talk to other art students, having to constantly take pictures to show my teacher, and not being able to get good feedback from my teacher because we only meet on zoom once a week" Figuroa said. Figuroa shares more about her sculpture-making process at home and the changes she's had to make. "Because I'm not in class my work area is a table set up in my kitchen with my art supplies. My process is first drawing it out in my sketchbook and labeling what materials I will use. Then I will just start building and usually, I don't stick to what I've planned out but I get a good feel for it", Figuroa ('21) said. COVID has had a big impact on all students especially in regards to school, STMA student, Natalia Figuroa shares her experience as an online art student. *Page design and story by Ashley Omweri.*



timelines GONE BY

The impact of COVID-19 on society and our understanding of the virus *evolve* over time.

beginning

Jan. 20, 2020
The first confirmed U.S. case of what will soon be named COVID-19 occurs in Snohomish County, Washington. From that moment, the numbers began to grow, and cases eventually spread to every county in the U.S. By the end of the year, more than 20 million people in the U.S. had been infected and more than 346,000 people had died.

Feb. 11, 2020
The World Health Organization officially names the disease caused by the new coronavirus strain COVID-19. The "CO" stands for corona, the "VI" for virus, the "D" stands for disease and the number 19 stands for the year it first appeared, 2019.

March 19, 2020
California becomes the first state to mandate a statewide stay-at-home order. While the order was in place, residents were required to avoid going out unless necessary, and businesses such as restaurants were only allowed to host outdoor diners.

March 27, 2020
President Donald Trump signs the CARES Act into law. The $2.2 trillion stimulus bill included one-time payments of $1,200 to most Americans, increased unemployment benefits, put a freeze on evictions and provided forgivable loans to small businesses.



Photo credit: Stephanie Streicher

spread

May 27, 2020
Four months after it first appeared in the United States, the number of U.S. deaths from COVID-19 passes 100,000. More than 1.6 million cases were confirmed in the U.S.

July 6, 2020
Contrary to previous World Health Organization recommendations, hundreds of scientists pressure WHO to revise recommendations, saying the virus can be spread via airborne particles.

Oct. 2, 2020
President Donald Trump and First Lady Melania Trump test positive for COVID-19. With just a month before the presidential election, it changed debate plans for Trump and his opponent, former Vice President Joe Biden. The Trumps recovered from the virus and did not report any long-term effects.


Photo credit: Stephanie Streicher

Oct. 19, 2020
Dr. Anthony Fauci, the nation's leading infectious disease expert, shares information about the airborne spread of COVID-19 during a virtual event hosted by the National Academy of Medicine. During his presentation, he explained that the coronavirus has spread by respiratory droplets, but also had the potential for airborne spread.

Nov. 27, 2020
The U.S. doubles the grim milestone set just three weeks earlier when it reports 200,000 new cases in a single day.

Dec. 29, 2020
Colorado officials confirm the first U.S. case of a more contagious coronavirus strain. The strain was first discovered in the United Kingdom, but soon spread to several states and countries.

Jan. 26, 2021
COVID-19 cases top 100 million globally with 2 million deaths.



Photo credit: Dr. Avi Nahum

national vaccine rollout

PHASE 1a
- High-risk healthcare workers
- First responders

PHASE 1b
- Older adults living in congregate or overcrowded settings
- People with underlying health conditions that put them at significantly higher risk

PHASE 2
- K-12 teachers and school staff and childcare workers
- Critical workers in a high-risk setting
- People in homeless shelters, group homes, prisons or similar facilities and staff who work there
- People of all ages with underlying conditions at moderately higher risk
- All older adults not included in Phase 1

PHASE 3
- Young adults
- Children
- Workers in industries and occupations important to the functioning of society and at increased risk of exposure

Source: CDC.gov

response

Jan. 15, 2021
The Biden administration introduces a $1.9 trillion economic relief package, which would include $1,400 direct payments to most Americans and significant state and local aid. Republicans opposed the price tag, and a group of 10 Senate Republicans met with President Biden to suggest a scaled down $600 million version.

Jan. 20, 2021
For his first executive order, newly sworn-in President Joe Biden issues mandates that masks be worn on federal property and in all public transit systems traveling between states. The order also encouraged state and local officials to implement their own mask mandates.

3

Aug. 28, 2020 The FDA grants emergency use authorization to a rapid COVID-19 test that can deliver results in minutes rather than days.

Dec. 27, 2020
President Donald Trump signs a $900 billion COVID relief package. This second stimulus package included direct stimulus payments of $600 to most Americans, loans for small businesses, vaccine funding and grants for live entertainment venues. This package drew some criticism because the direct payments were less than many had called for and the unemployment benefits of $300 per month were only half of what the previous stimulus bill provided.



Photo credit: Newscom

4

June 4, 2020
The Centers for Disease Control retracts two studies that suggest hydroxychloroquine may be useful in combating COVID-19. The WHO announced it will stop testing the drug as treatment for COVID-19 on June 18, as data showed it did not reduce mortality.

Aug. 23, 2020
The FDA grants emergency usage approval for convalescent plasma to help with recovery. Plasma from patients who had recovered from COVID-19 could be donated to some patients fighting the virus.

Dec. 11, 2020
The U.S. Food and Drug Administration approves the Pfizer-BioNTech vaccine for emergency use.



Photo credit: Newscom

cure

Dec. 14, 2020
A nurse in New York is recognized as the first person in the United States to receive a COVID-19 vaccination outside of clinical trials.

Dec. 18, 2020
The FDA grants emergency-use authorization to the Moderna vaccine.

Jan. 22, 2021
Pfizer announces a fully enrolled COVID-19 vaccine trial for 12- to 15-year-old participants.

Feb. 3, 2021
More than 27 million Americans have received a first dose, and more than six million have been fully vaccinated.

Boys Varsity and JV Basketball



Row 1: Logan Jans, Wyatt Blakstvedt, Chuck Wagner, Evan Hoy, Luke Johnson, Colton Demarais, and Jack Hulting
Row 2: Connor Luongvan, Mason Zingelman, Riley Purcell, Coach Steve, Coach Johnson, Coach Hahn, Kyle Ross, MJ Miller, and Nathan Coulson
Row 3: Carson Radke, Mason Maynard, Brooks O'Brien, Dawson Noska, Joe Stepp, Wesley Kuechle, Johnny Tennyson, and Rylan Maynard

Boys 10th Grade Basketball



Row 1: Ryan Luster Ethan Buskey, Logan Kunz, Alex Swiatkiewicz, Aidan Hanson, and Sawyer Blakstvedt
Row 2: Coach Oseth, Ethan Christian, Owen Hecksel, Jake Vagts, Lane Dahlheimer, Josh Segler, Matthew Maulik, and Coach Zopfi

Boys 9th Grade Basketball



Row 1: Andrew Luster, Landon Riebel, Tyler Hill, Aaron Smith, Jonah Conklin, Riley Weness, and Bryce Haines
Row 2: Coach Radke, Zachariah Purcell, Tevin Vognsen, Jackson Brutger, Riley Hilter, Caden Johnson, and Coach Dewey
Row 3: Brian Obiri, Carter Miller, Isaac Seyoum, Jacob Nelson, Brett Schmoyer, and Bryce Popelka



Girls Varsity Basketball

Row 1: Sophie Juntenen, Lauren Hoselton, Piper Carlson, Julia Wagner, Tessa Johnson, Maggie Lindeman, and Amanda Rokala
Row 2: Emma Miller, Manager Abby Buckmeier, Coach Cleveland, Coach Hamre, Coach Lahr, Manager Madi Gartner, Manager Chloe Steinke, and Meriel Orham
Row 3: Kaylie Cox, Erin Hamilton, Zaya Esterberg, Kendal Cox, Gabby Voigt, Alycia Haus, and Mackenzie Berg



Girls JV basketball

Row 1: Ava Haus, Abby Hoselton, Julia Wagner, Maggie Lindeman, Sophie Juntenen, and Zaya Esterberg
Row 2: Mackenzie Berg, Manager Madi Gartner, Coach Cleveland, Gabby Voigt, Coach Bebo, Manager Brynn Patton, and Mylin Lemke



Girls 10th Grade Basketball

Row 1: Hannah Kvant, Samantha Kemp, Molly Ruhland, Nikki Braun, and Daysia Simmons
Row 2: Manager Brynn Patton, Coach Cleveland, Drew Bushard, Avery Freeland, Lynae Walker, Coach Bebo, and Manager Madi Gartner

Girls 9th Grade Basketball



Row 1: Tailyn Radloff, Amelia Fehn, Maggie Steele, Atley Neros, and Lauren Delong
Row 2: Manager Madi Gartner, Maggie Cramer, Coach Walters, Ayla Auseth, Manager Brynn Patton
Row 3: Halle Hicks, Fae Bromley, Chevelle Mavencamp, and Mia Hunter

Dance Team



Row 1: Alexa Ohlander, Izzie Mariotti, Jubilee Heu, Gracie Turner, and Claire Presslein
Row 2: Jasmine Gray, Madison Trant, Madi Lawinger, Captain Emma McApline, Captain Ava Windel, Sam Meszaros, Sophie Zoellner, and Lilly Jerpseth
Row 3: Jospehine Mahon, Ava Prigge, Captain Kenna Vorgert, Captain Alyssa Krueger, Grace Bilicki, Olivia Reggin
Row 4: Riley Ellingson, Madison Klein, Maddie Lundeen, Payton Hernandaz, Avery Bennett, Morghan Carter, Alanna Gifford, Alexis Stark, and Emma Tobey
Not Pictured: McKenna Smaagaard and Josie Bolstad

Gymnastics

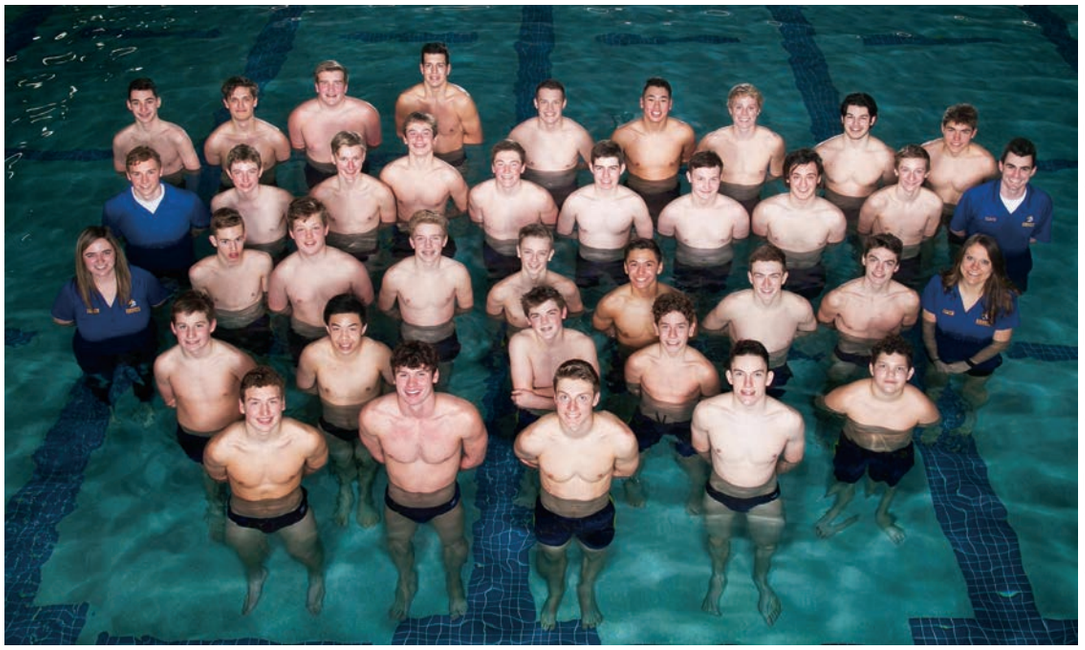


Row 1: Alaina Sommer, Amarah Peterson, Olivia Sutlief, Avery Lemonds, Paige Herbst, Ella Goertzen, Lillian Covert, Gabriella Delgado, and Avery Markson. **Row 2:** Regan Miller, Molly Davison, Grace Ingebritson, Grace Scheurer, Sofia Dehmer, Vivian Sommer, Mariah Como, and KaSandra McKeown. **Row 3:** Anna Schmeltzer, Erin Vlasak, Jada Dahleheimer, Gwen Herbst, Briella Maeder, Abby Johnson, Morgan McKinley, Cassandra Emerson, and Isabelle Berning. **Row 4:** Abigail Dolan, Sophia Dishneau, Jacqueline Bergeron, Tayler Zingelman, Katelyn McKimmy, Lucia Dehmer, Isabelle Majsterski Lazere, Rachel Heil, Addy Miller, and Cadynce Hassall. **Row 5:** Coach Fowler, Coach McKeown, Coach Gebell, Coach Feigum, and Coach Feigum
Not Pictured: Manager Dakota Colvin and Emilynn Molesky



Robotics

BINARY BATTALION. Front Row (L-R) Preston Cady, Braeden Kummer, Brandon Gasser, Marah VanVooren, Sydney Gasser, Holly Hultman, Vincent Muraski, Nick Casperson, Dylan Rattai, Ben Carroll, Blake Moran, Nathaniel Gremmels. Back Row (L-R) Nadia Barnes, Elizabeth Frelich, Trey Dubel, Justin Mehes, Aiden Foss, Alex Behrens, Chris Weidenbach, Matt Bartos, Audie Wadmacher, Jackson Hamilton, Ben Williams, Aiden Barnes, Illiot Simon, Nick Conrad.



Boys Swimming

Row 1: Captains Tyler Barrett, Ezra Dickerson, Elijah Christenson, and Joe Spitalnick
Row 2: Dane Barthel, Jordan Liew, Nolan Spiekermeier, Will McKeown, and Mathias Westermeyer
Row 3: Assistant Coach Volkers, Rocco Amente, Owen Anderberg, Owen Negaard, Landon Prepodnik, Conner Smith, Will Dorfsman, Hayden Hodge, and Diving Coach Haggerty
Row 4: Head Swim Coach Moser, Hayden Snyder, John Hartnett, Jack Davies, Will Sarkinen, David Ebert, Alex Martin, Jake Wiegers, Payton Turpin, and Assistant Coach Kemp
Row 5: Andrew Beack, Andrew Grabowski, Cole Sarkinen, Clayton Follett, Tommy Gonsior, Liam Ryan, James Lyke, Jaden Herman, and Gavin Meyers
Not Pictured: Brady Lindstrom



Coyotes

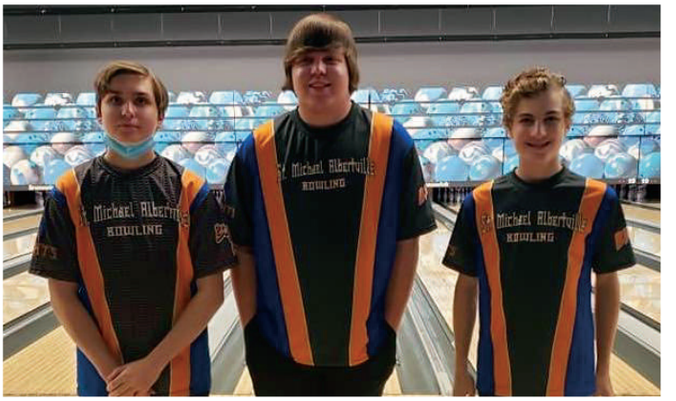
Row 1: Hannah Strom, Megan Garaghty, and Abby Cervantes
Row 2: Logan Sinclair, Brendan Garaghty, Emma Bennett, Peter Roelike, and Nick Hoefener
Row 3: Manager Derek Vetsch, Assistant Coach Pearson, and Head Coach Horan

Bowling Varsity 1



Row 1: Carson McCann, Joey Schwab, and Trygve Berg

Bowling Varsity 2



Row 1: Logan LaRose, Zack Hlinsky, and Alex Mattson

Bowling Varsity 3



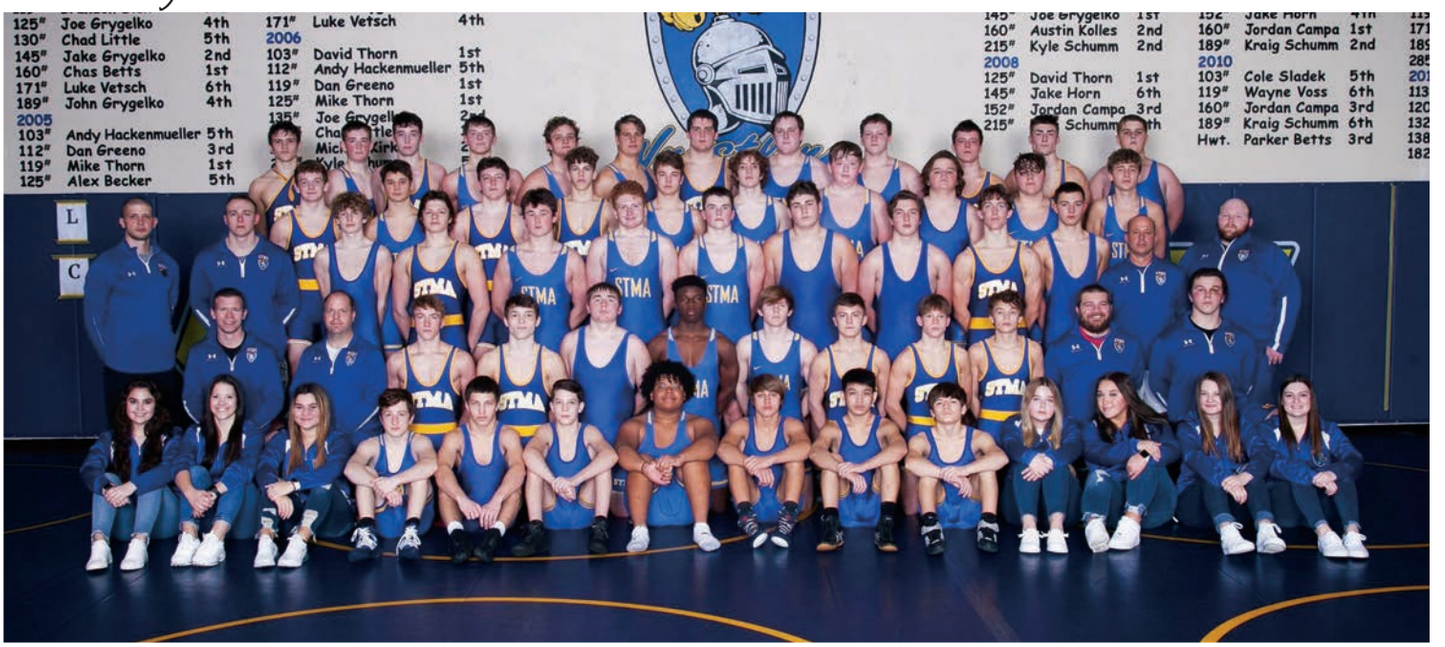
Row 1: Mitchell Giese, Brendan Green, Riley Zroker, and Adam Hegrenes

Bowling JV1



Row 1: Tyler Turpin, Jamie Burton, and Parker Bluhm
Not Pictured: Sawyer Aydt and Belinda Aydt

Wrestling



Row 1: Manager Alix Bushard, Manager Jordan Mlsna, Manager Ashlin Rattanasinh, Jon Nygaard, Tanner Becker, Jarrett Wadsen, Shawn Skrip, Ian Schultz, Antwan Sommuang, Ryan Williamson, Manager Sesalie Swanson, Manager Gabby Thompson, Manager Annika Cornell, and Manager Megan Cornell
Row 2: Coach Hackenmueller, Coach Becker, Parker Janssen, Luke Sipple, Bryon Sauvy, Tyler Zenga, Landon Robideau, Caleb Thoennes, Mason Mills, Coach Eller, and Coach Ronsen
Row 3: Coach Joriman, Coach Rostamo, Bennett Eicher, Jimmy Heil, Blake Koehler, Leo Leuer, Tyson Hentges, Joe Duerr, Max O'Sullivan, Luke Williamson, Jack Sellman, Coach Lefebvre, and Coach Little
Row 4: Cole Becker Kameron Krist, Jake Springer, Eli Davis, Sam Eicher, Cameron Karolevitz, Evan Becker, Caleb Matheson, Myles Dehmer, and Roman Dehmer
Row 5: Jon Mlsna, Neal Kennedy, Fletcher Nesbit, Tate Lidberg, Ethan Yantes, Titus Johnson, Owen Barthel, Nik Nielsen, Logan Torkelson, Marcus Mueller, Reven Simat, and Nate Spindler
Not Pictured: Jed Wester, Owen Vike, Devon Dehmer, Coaches; Grygelko, Clausen, Matheson, Leuer, Lange, Managers; Lynzi Emery, Hali Kamara, Lauren Couture, Avery Husting, Joely Kasel, Ayad Al Mutawa, Jarai Kamara, Kate Nygaard, Ken Stahl, and Sadie Mickelson.

Girls' Hockey



Row 1: Manager Eleanor Thompson-Witt, Manager Lauren Ras, Manager Emma Ostrowski, Manager Jade Goth
Row 2: Maddie Kocherer, Lacey Mader Halle Dahlheimer, Sydney Peterson, Jadyn Weiser, Mackenzie Dunn, Chloe Finnerty, Ella Chambers, Jenna Kyono
Row 3: Coach Hamann, Jenna Allen, Adrienne Hanson, Tessa Opiola, Miah Nelson, Danika Weiland, Lauren Weimer, Emma Mace, Selena Delgado, Coach Olesen
Row 4: Coach Finnerty, Tawny Dahlheimer, Brooke Brown, Eva Nelson, Savannah Sibley, Annica Walters, Isabella Rice, Mya VanKuyk, Coach Mitchell
Row 5: Rylee Harrison, Evelyn Schmidt, Megan Stone, Lilly Gillespie, Anna Schmidt, Josie VanKuyk, Ava Schendt

Boys' Hockey

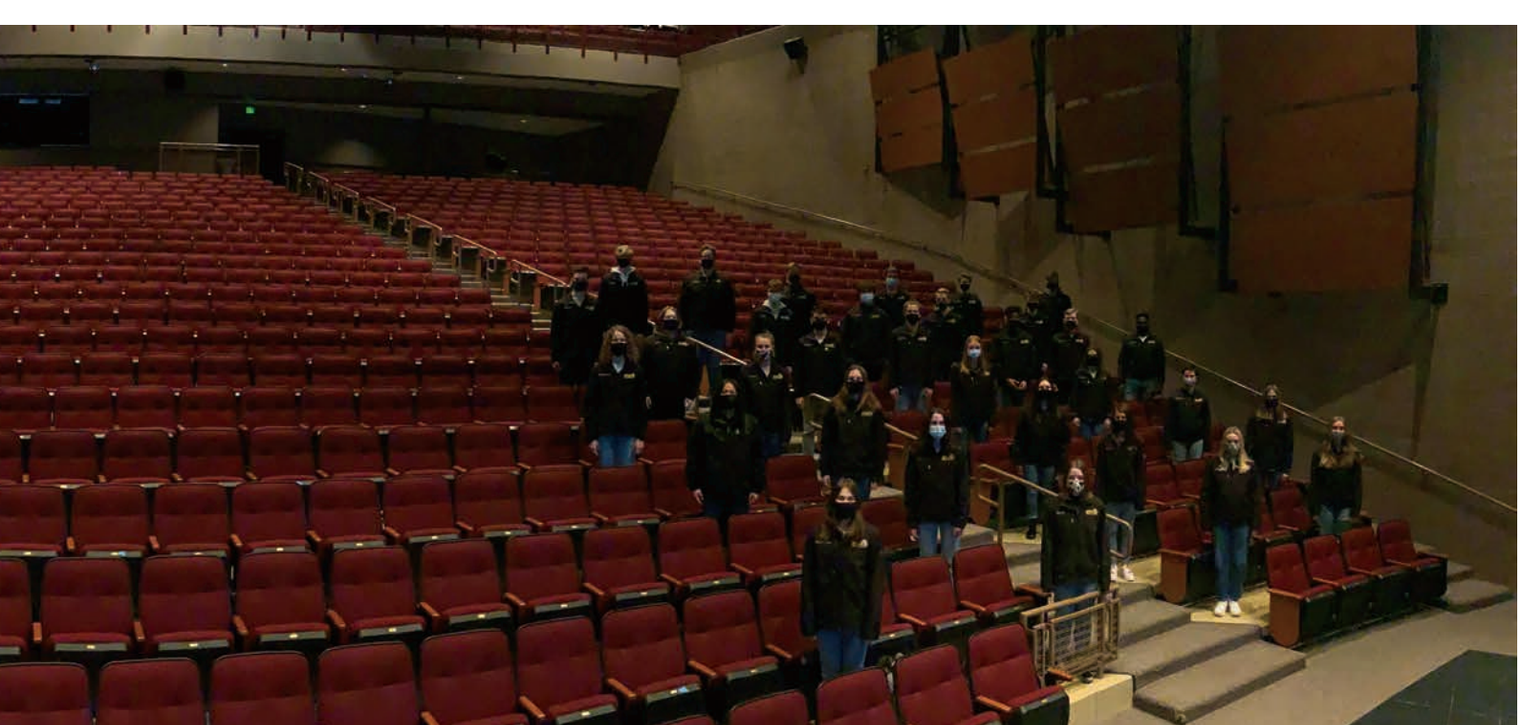


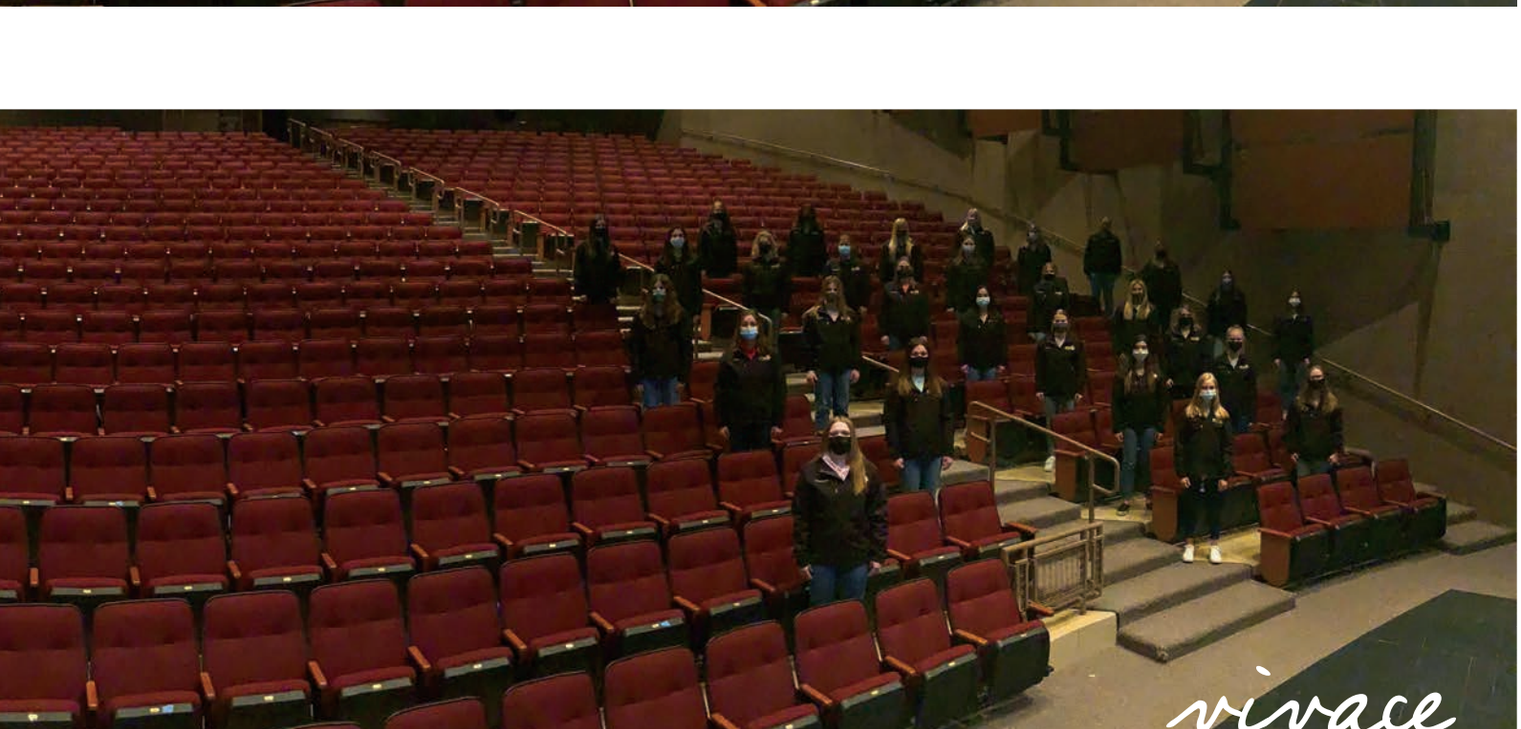
Row 1: Nick Neutgens, Jack Dwinnell, Cowin Underwood, Leyton Punton, Noah Schneider, Brett Roos, and Zak Wise
Row 2: Nathan Pederson, Austin Dietrich, Tyler Jordan, Jadon Wise, Jacob Rokala, JP Johnson, Zach Ingebrigtson, Kash Kindgren, Casy Laylin, Alec Waller, Tyler Hansen, Joey Driver, Aaron Loch, and Jack Woitalla
Row 3: Coach Foucault, Coach Brill, Andrew Zattoni, Karson Raymond, Alec Schee, Tyler Beckstrom, Brayden Mogard, Zach Miller, Hayden Huber, Max Miller, Will Anderson, Nick LaMere, Coach Antony, and Coach Goth
Row 4: Aj Lester, Nick Dewey, Hayden Olson, Jack Cornell, Gavin Robeck, Hunter Lucas, Jack Thour, Kurtis Lekatz, and Tyler Davis



concert CHOIR



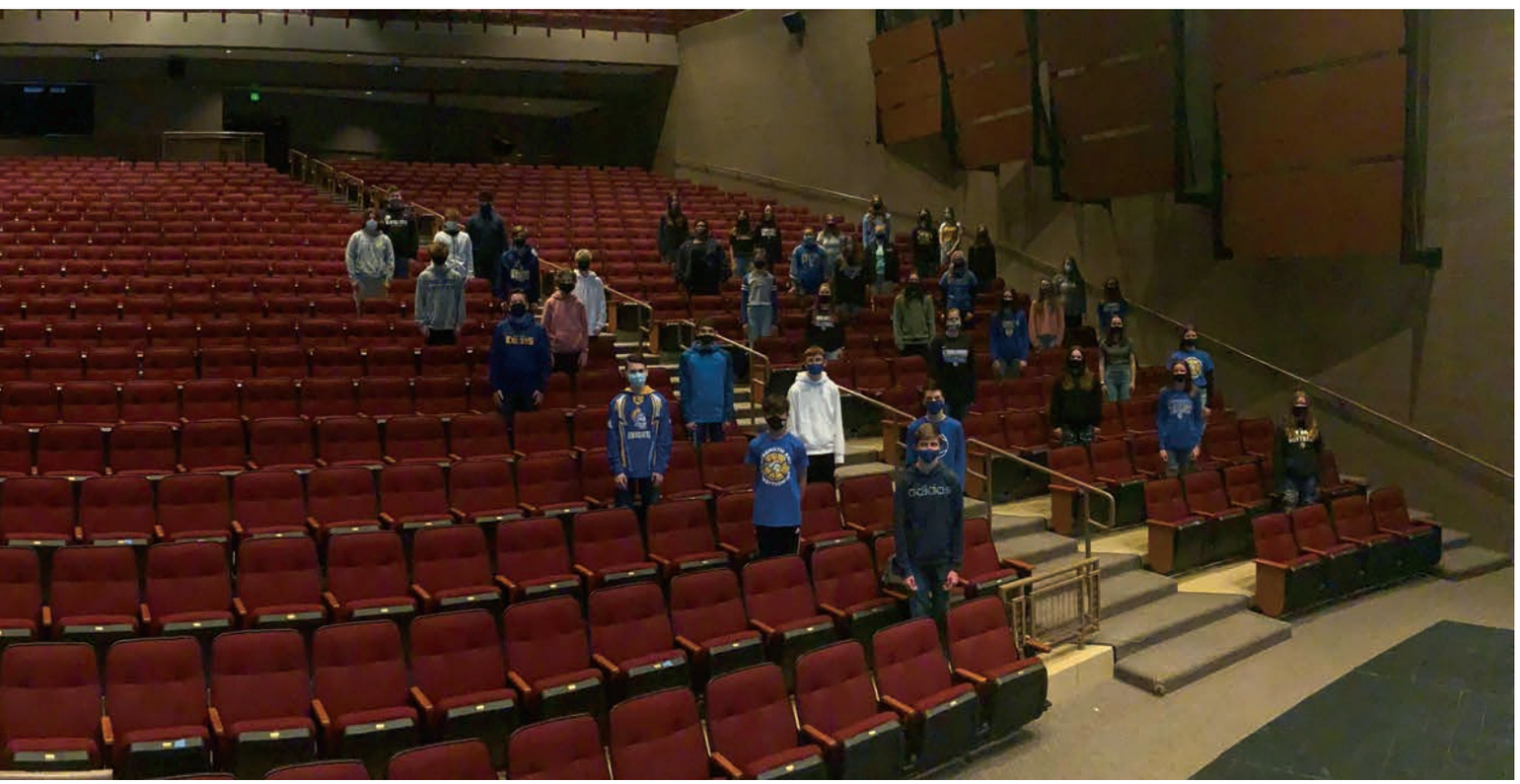


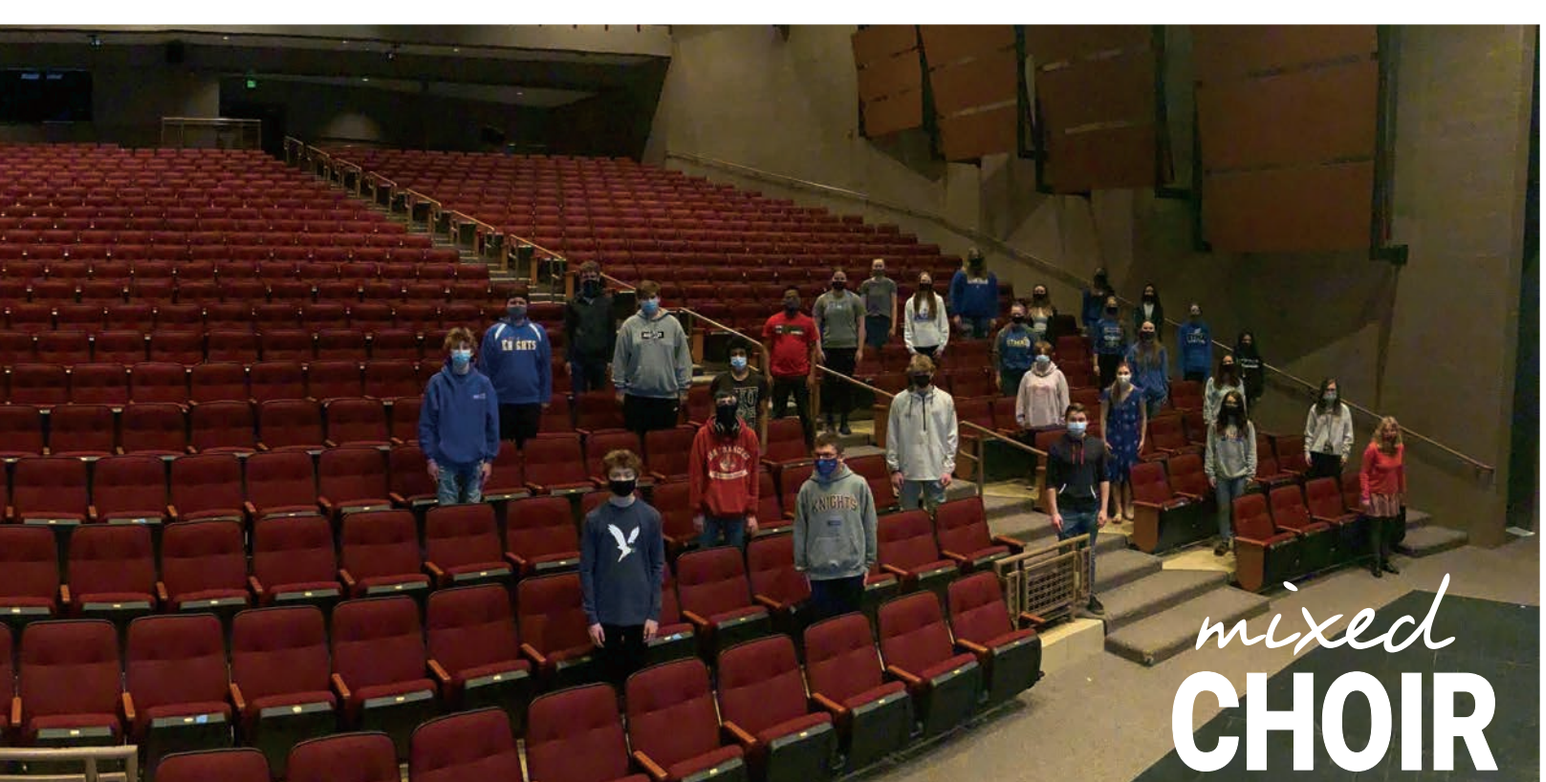

vivace
CHOIR



CHOIR
cantabile & troubadours







mixed
CHOIR




symphonic
BAND



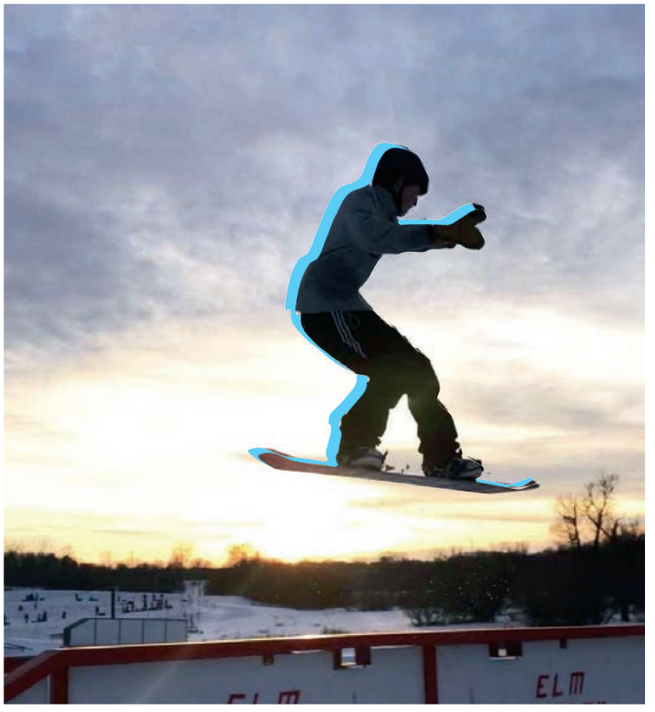

wind ensemble
BAND




concert
BAND







ELM





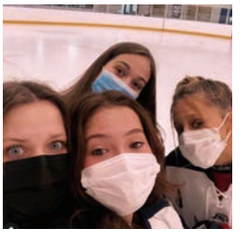






















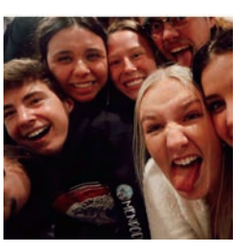





WINTER moments








the creators behind the book that showcases your year

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masked or








you're going to want to
SEE this...
21
SUMMER 006
FALL 026
PEOPLE 080
WINTER 196
SPRING 254
to be determined
TBD

to be determined

TBD

Walsworth

ST. MICHAEL-ALBERTVILLE HIGH SCHOOL

VALOR 2021 VOLUME 24

to be determined

valor 2021


to be determined
TBD
you HAD
to be there...



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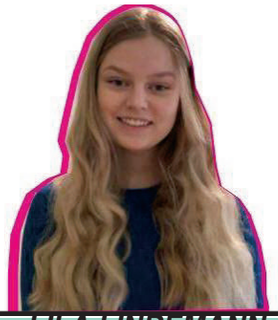

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TAYLOR DEWEY
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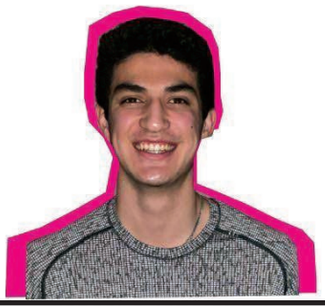


HAYDEN HUBER
Supplement 16-17



LUKE BRANDLI
Supplement 26-27



EMMA VIKE
KNIGHTS VS. EDINA
5-1



MICHAEL LABRADOR
BOYS VARSITY QUAD



MARY HERBST
LEGALLY BLONDE
BROOKE WYNDHAM



CADEN KELLY
KNIGHTS VS. ROGERS
5-4

SPRING

LEAP OF FAITH

Jada Dahlheimer raised the bar this season for her first meet

It has been 686 days since STMA last hit the track. The girls are looking forward to their first meet of the season against Edina. **Emma Duerr** ('22), is excited to finally put her practice to the test. She stated, "I am very excited to get back onto the track. One of my favorite parts of the track season is competition day. The positive attitudes from everyone around you just cheering you on and being united." Emma used all the support from her teammates to help her have an amazing first meet. Another athlete excited for this season is **Jada Dalheimer** ('23) she is new to the track team as it is her first year doing track. She is also a volleyball players so when it came to choosing an event she was quickly drawn to high jump. At her first meet she quickly jumped to the scene with a third place finish; "I just love jumping so I thought I would give it a try." Jada is vastly improving every day and is excited to see what she can do at future meets. Another athlete making the most of this year is **Emma Strait** ('21). Emma has been doing track since seventh grade, and she is looking forward to her senior season. This year has been different for the upperclassmen since there are two new classes on the team. Emma is making it a priority to make sure she gets to know everyone; "Only half of the girls have run track before so it has been really fun to get to know some of the underclassmen and race with them!" Overall the girls are really looking forward to this season because they now know what it's like to lose there season and they definitely are not taking this season for granted. *Page designed by Lila Lindemann and Maggie Lombardi. Photo credit: Tim Bykowski.*



KEEPING UP WITH THE **DASHIANS**

OLIVIA PEAL ('23)

"What I love about the 100m and 200m races is the adrenaline and suspense of the events. you can tell that everyone there is equally competitive and fighting for first place."

ALI WIEMER ('22)

"Running the mile and two mile might not seem like a very fun thing to do, but I love the feeling that I get crossing he finish line each time knowing that I gave my very best and all of the miles and training that I've put in is paying off."

AN **EVENTFUL** DAY



JUDSONA CHEA ('24)

"When it comes to triple jumping, I love seeing myself improve in distance, whether it's by a foot or an inch! During practices, I love getting feedback on how I can improve my phases while triple jumping."

JACKIE BERGERON ('24)

"I am very excited to compete again especially in the 200 meter sprint. It is nice to get back into it after the year break."





LYDIA PETERSON ('22)

"I'm a thrower, both shot and disc, and people really underestimate how much fun it is to chuck a metal ball around, I love it. The sport is fun along with all the throwing team, it's a party."

Jarai Kamara ('24)

"I love sprinting because there is always room for improvement getting a better time or just working on form."



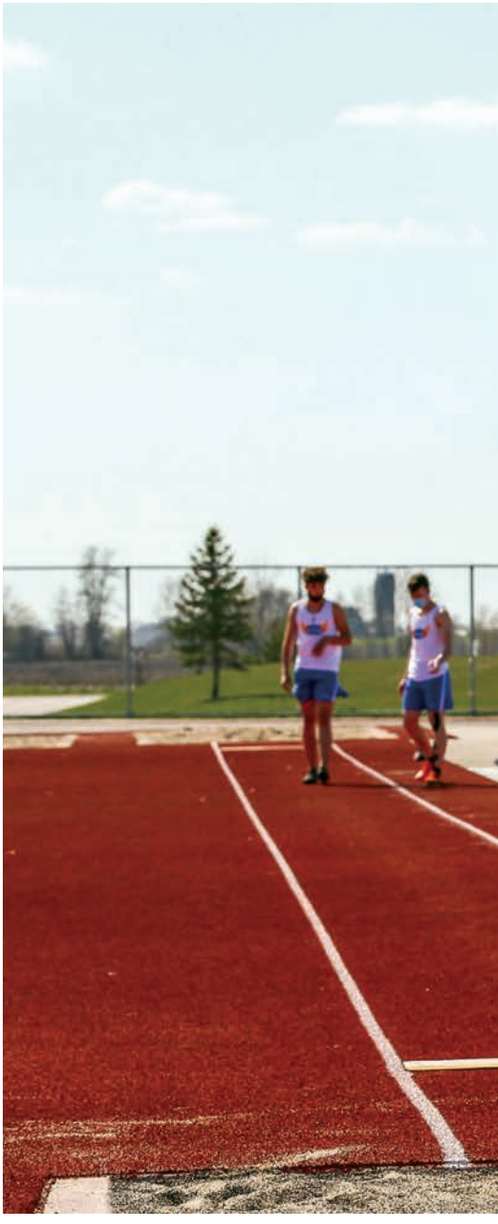


"I'm so excited for competing! I've missed the atmosphere of meets and just cheering on people from our team and other teams too."

MARISA ORNAT ('21)

ANOTHER ONE BITES THE DUST

Track Boys Share why the Long Jump is Popular



Sixty-one boys have been anticipating this long awaited track season. It's been two long years and the team is ready to get rolling on the 2021 season. Out of the 44 events, according to STMAs boys track and field team, the long jump is considered a favorite. The long jump is one of the many track and field events that takes strength, durability and speed. All of these skills help track athletes leap as far as possible from their take off pont; This event is a measure for distance. To gain more insight on what it takes to excel in this event and the training it takes, track Coach Joe Geiselman filled in. "It takes a lot of explosiveness and athleticism. There's a lot of jumping workouts and coordination. It just takes practice." explains Geiselman.

Getting the maximum distance out of your jump is always the goal. But for track athletes, the goal is also to also develop good relationships with their teammates. One of STMA's exceptional long jumpers, **Ben Huberty**, expresses how jumping is not just an individual event but also an event that creates a family, a jump family to be exact. "Our jump family this year is called Sandbox Squad. We train in season together and out of season. Spending lots of time together we have gotten very close over the years and it feels like a family on the team," said Ben Huberty ('21).

Many runners choose to jump because of the atmosphere it creates. "I choose to long jump because it's my event and because of the people who also jump. The jump team is like a family which makes the event even better and more fun when we hype eachother up," **David Collins** ('21). Another upstanding jumper is **Max Keffer**, who is a legacy of his track family. He shares that jumping is more than what sees the eye. "I like jumping in the pit. I love training for jumps because not only is it explosive training but technical too," Max Keefer ('22). Jumping takes a true athlete, which boys track and field is full of. Not only is the long jump a favored event, it's an event that creates a feeling that everyone wants to be a part of.

Spread designed by Taylor Dewey and Carlie Kobilka.

DREAM TEAM

Why does this relay team work so well together?

STMA's top relay team for the 4 by 100 meter is made up of not only teammates, but long time friends, which helps contribute to their success at running together. Were good friends. We've been running together a long time which helps us click. We also love to win," explains Ren Hamman ('21). "It seems like we're always on the same page when in the race. We trust each other which helps us get the perfect handoffs and best time possible," explains Reven Simat ('22). "It like we're always in sync which helps us run better and collaborate. I think being friends helps with that," explains Jarrett Bennett







POWER THROW. As he throws the ball, one of STMAs top throwersr shares his emotions of throwing a powerful throw. "Its a chance for me to get points for the team and help them win. Its also a big stress reliver for me," Chuck Wagner ('21) (Above).

LEAP OF FAITH. Reven Simat ('22) (Pictured left) has a strong jump, taking off powerfully from the white line in one of his very first track meets.









COLLINS' *big three*

Taking three freshman under his wing, showing them the ropes of track and field, senior David Collins is not only these freshmans teammate but their mentor as well. "Davids really helpful and motivating. Sometimes its hard being new on a team but he makes it fun and including," expresses Elias Phiri ('24). "He gives me a lot of helpful tips for my events," shares Ryan Kaydea ('24).

Girls Explain the Basic Layout of a Softball Season



LEADERSHIP. Leading the team to create a bond, having energy for games, and pushing their teammates at practices and outside of practice is a big role, and the 2021 season captains **Emma Vike('22)** and **Izzy Berning ('21)** do just that. "I feel honored being a captain and having the role as being the teams role model" said Vike ('22), "I try my best to make myself better and my teammates better each day and try my best to be a good role model." Berning ('21) then mentioned, "this is my first year being captain and I try my best to be a good captain by encouraging all of the girls and picking them up after their mistakes. I try to make it a fun atmosphere for everyone."

Swinging a bat and running base to base is the common normal concept of a softball game. That is not what a basic softball season looks like though. It is extra training, team bonding, practices and so much more than just swinging a bat at a ball being thrown at you. The basic layout of an entire softball season looks like pre-season training, games, post-season training to get ready for state and then state. A full game of softball consists of 7 innings, a top half of the inning and a bottom half. One half of the game you are in the outfield trying to get the other team out and the other half your team is hitting trying to score points. "The atmosphere between hitting and being out on the field playing defense is definitely different from one another," said **Hailey Enos ('22),** "being out on the field feels more like teamwork. If I mess up, I know my teammates will help me. When I am hitting, I am still trying to score points for my team, but it feels a lot more individual based." Being on the field playing defense takes a lot of teamwork so training together as a team during preseason and before sections is very important. The girls need to have a bond with the team and their teammates need to be aware of their weaknesses so that they can help support each other. There are different things they focus on though at practices depending if it is for regular season, or if it is postseason for sections or for state. "Training for the regular season, everyone is together and we have to work on the basics and everything that we need to play," mentioned **Coach Schummway,** "as for section and sate training we focus more on our biggest weaknesses, and what we need to improve on to be the best." Training for regular season games they need to focus on mainly everything and all skills that they need in order to play ball. Without the basic skills the girls will not even have the chance to train for state and or sections, and that is the goal of every season is to go to state. The girls did not have a season last year, so they are finally getting back onto the field again after an entire 21 month long period. "I played club softball in the fall and summer to help prepare myself for this upcoming season", explained **Emma Miller ('22)** "I also trained by lifting weights all year round and with my parents too." Miller continued. Training looks different for everybody. Some people focus mainly on their individual weaknesses, and some focus on what they can do to help out the team as a whole. Everyone does something different to get into their right mindset to play and help their team become the best. **Sophia Juntunen ('22)** stated, "to prepare and get in the mindset, I take extra reps outside of practice so I become more confident when it is time to play." Enos then added, "I prepare and get into the right headspace by listening to music and I picture scenarios in my head of myself doing well." The girls on the softball team all love what they do and they take the time and effort outside of the season to have a great successful season all together. The basic season of softball is more than just practices, lifting weights, and playing games. It is all about creating that bond with your team and trying to work to get to state and to be the best team there is. *Page designed by Sadie Mickelson and Hillary Gustafson. Photos by Tim Bykowski.*



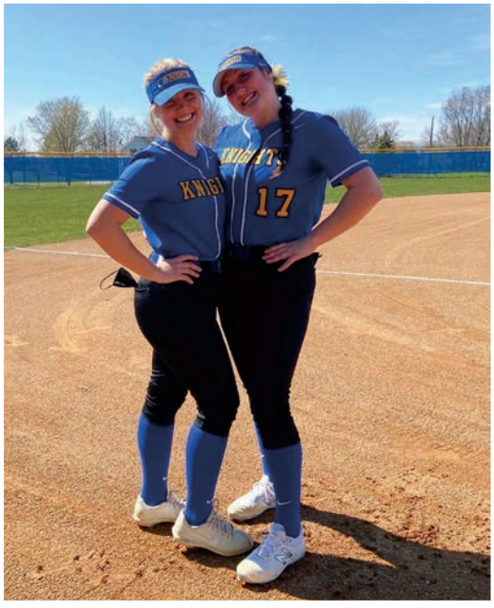


"I have been pitching since before 3rd grade. I love pitching because it makes me feel like I am in control of the game. Everyone has to wait for me to be ready and pitch the ball. No one can hit until I pitch which makes me feel like I am in control."

-Paige Holm ('22)
On her pitching career

SOFTBALL SISTERS

The Johnson sisters have been playing together since the beginning. Khulyn Johnson ('21), has been playing softball for eight years and Khendal Johnson ('23) for a little over eight years. The two girls usually both play 3rd, but recently they've both been playing left field. "Part of me loves playing the same position because then we get to practice and work on the same things together," said Khendal ('23). They're for sure used to playing together, but its not always perfect. Khulyn ('21) expressed, "I love playing with Khendal because I already have a best friend on the team, but I hate when we fight bcause it gets kinda ugly."



HUSTLE, HIT, NEVER QUIT

Number 1 Emma Miller (22) is up to bat against Edina and gets the hit. Helping the team win the game on 04/16/21, 5-1.

TRAVEL FAVORITES

Away Game Must haves



"A necessity for me is definitely snacks. I usually choose between snacks and fruit!"
- Kayla Cokley (21)



"We always do our hair for the game on the bus so little clear hair ties are a necessity!"
- Ella Luoto (24)



"Our large speaker is definitely a necessity! We all love to sing and dance along to some music to get hype before the game"
- Paige Holm (22)



"I would definitely say I always bring a pack of Goldfish on the bus because its my favorite snack."
- Hannah Greeno (21)

more than a GAME

Season dedicated to former teammate

Noah Waldoch was a teammate of all these young men and would've been playing his senior year of baseball this year. March 10, 2017 changed this group of boys forever when Noah passed away. The baseball team decided to dedicate this season to Noah. Teammate and current captain Eric Fouquette ('21) was good friends with Noah. Fouquette had the idea to have the jersey number 4 hung up in the dugout every game this season. "I thought it was the least we could do for him. I had the idea to retire his number this year and I brought it up to the seniors and they loved the idea. He was always a big part of our baseball teams growing up," Fouquette said. Noah was a teammate everyone enjoyed to be around all the time. He made everyone laugh and always gave it his all on the field. Kyler Kitzberger ('21) was a great friend of Noah's and loved to be around him. "Noah was a great player and great teammate. He always found a way to make me laugh and enjoy the time I spent being around him," Kitzberger said. Everyone knew the drive and hard work Noah brought to the table every time he played. Coach Solum wanted Noah to be on his Senior Class's team. "Noah will be a part of the team and on the roster as number 4, he will be on all the websites and programs," Solum told his athletes. Noah loved the game of baseball and his teammates. Jack Denne ('21) grew up and was friends with Noah. "Noah was always reliable on the field. He made the plays that needed to be made. He was also a very reliable friend," Denne said. This season the STMA boy's baseball team decided to have a season that means more than baseball. This season is for a friend, teammate, and brother of the boys, Noah. The team is playing 4 Noah.

Spread by Alec Schee and Evan Freeland, Photos by Tim Bykowski.



"I like the traditional look and the long pants bring that,"
-Zach Romans ('22)



SHORT or LONG

90% of the team prefers long pants over short



"The short pants just look better in my opinion and I like to look good,"
-Hayden Olson ('22).





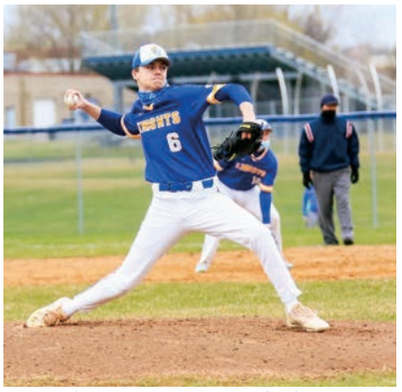


EYE'S ON THE PRIZE. Senior Jack Denne catches a pick off from the pitcher. "It was super cool getting the start at first base and playing in a rival game," Denne said.
ON FIRE. Kaden Amundson ('22) leads off first base after he gets a hit. "It is always nice getting on base and knowing I contributed to the team," Amundson said. Amundson is off to a hot start this season with a bunch of hits.

pitch PERFECT



ON THE RUN. Junior ('22) Evan Saunders throws over to first in his first varsity game and start. "It was really fun playing in my first varsity game and getting a team win against our rivals Rogers," Saunders said. Saunders also hit a home run in the game.



THE ACE. Max Sutter ('21) gets the opening day start. "It is really cool getting the start on opening day and knowing the team trusts me in that situation," Sutter said



IN THE PLAY. Hayden Frank ('22) throws the ball in from the outfield as a ball came his way. "It is always fun getting a ball hit to me in the outfield as I don't always get the ball out there," Frank said.

one, two, three FORE

Mentally preparing for golf

Golf is more than just putting, chipping, and driving. Golf is a mental battle for all 18 holes. The STMA golf team goes through preparation before each meet. STMA has both a girls' and boy's golf team made up of 22 and 12 respectively that strive to succeed. STMA golfer Landon Sauer ('21) mentally prepares himself before every meet. "Confidence is key going into an event, put in the work and have the confidence and you'll succeed," Sauer said. One of the long time senior golfers at STMA, Claire Haakenson prepares before each shot, not just before the meet. "I just focus on the shot in front of me, and even through bad shots I try to stay as positive as I can," Haakensom said. Dylan Bennett ('21) has been playing golf for STMA since 7th grade and is experienced with competition. Bennett states, "golf requires an incredible amount of determination, there is always room for improvement." The golf team values positivity and determination. Golf is a mental battle. Ellie Breuer ('22) prepares and strives to stay positive before and during meets. Breuer explains, "I didn't miss the putt, the ball just missed the hole, keep a positive mindset and that's 90% of your game." Breuer tied the previous school record this year. The STMA golf team as a whole can contribute their success to their preparation and mindsets when competing in meets. Golf is a sport of mental toughness, staying focused when things aren't going perfect is key to success. *Spread by Alec Schee and Evan Freeland, Photos by Tim Bykowski.*





down to a TEE

GOLF HAND. Dylan Bennett ('21) tees off in the cold weather match. Bennett is a lefty golfer which is a unique trait you don't always see. "I have just always been a lefty golfer and I don't see any other way to do it," Bennett said. Paige Cowan ('21) is a right handed golfer. She has golfed a majority of her life and she has always been right handed golfer unlike fellow golfer Dylan Bennett.







LINED UP. Belle Johnshoy gets down to line up the put. Johnshoy is apart of the the girls golf team this year and is hoping to sink a lot of putts to help the girls get some wins.



LONG BALL. Ryan Kucera ('21) tees off and hopes to send a long drive. Kucera is apart of the Varsity boys golf team and wants to help the team get points and ultimately get the win.





VICTORY

Knights girls golf won the Monticello Meet with a score of 347. Ellie Breuer lead the way with an 82. Claire Haakenson,Avery Laitinen, and Mya Vankuyk rounded out the scoring with an 86,89, and 90.

A GAME OF THEIR OWN

Lacrosse Girls love the game they play

Since 1890, girls have dominated the lacrosse field. The rules for girls and boys' lacrosse are different but female lacrosse players have embraced those differences and have made the sport their own. STMA girls' lacrosse players have come to love the game they play and are proud to say they play girls' lacrosse. For them, the game is completely separate from boys lacrosse. " They are different sports with all of the different rules. I don't even think it's good to compare them," explains Coach Walters. Coach Anderson concurs, "There has always been talk about why girls don't play like guys. Our players like the game as is." Visually, the equipment used in girls' lacrosse is less protective due to the sport being less physical and more tactical. The players would argue that they spend more of their focus on their skills and strategies to avoid technical fouls versus physical fouls. "The most important skill to have is being able to keep your eyes on the whole field and be able to see the open player or lane to shoot," explains Molly Davison ('21). Even though the players bring their focus to their skills and strategies, fouls and sometimes yellow cards still occur in games. Not only do the players find this frustrating, but as a set back, throwing them off their game at times. "It's super frustrating getting fouls or yellow cards. It interrupts your flow of the game and you get behind. You have to stop and wait for the ball to start moving again," explains Captain Jonessa Jones ('21). All of these differences are embraced by STMA's girls lacrosse players. They have adjusted and enjoy the game that they play. The Knights girls lacrosse team had a tough start to their season in their first year of the Lake Conference with a loss in their home opener to Eden Prairie. They rallied back from that loss to beat Anoka, but then fell in the next two games to Wayzata and Minnetonka. Game 5, the girls were able to win big over Becker, but then lost the next two games to Hutchinson and Edina. The girls are hoping for a stronger 2nd half of the season against teams previously faced in our old conference. *Photos by Tim Bykowski. Spread designed by Carlie Kobilka and Taylor Dewey.*



PREGAME essentials

what's is your game day must have?



"For every game I always bring a speaker so we can listen to music as a team,"

- Maddie Arro ('22)



"Before games I always get Tbombs and listen to Popsmoke. Those are my go to's."

- Brooke Brown ('22)



"I always eat gold fish before games. I also listen to Russ to calm my nerves."

- Jonessa Jones ('21)







CONCENTRATED. Lax players Sydney Peterson ('22) (Top) and Molly Ruhland ('23) (Below) focus their concentration on the ball to help their team keep pushing against Eden Prairie.



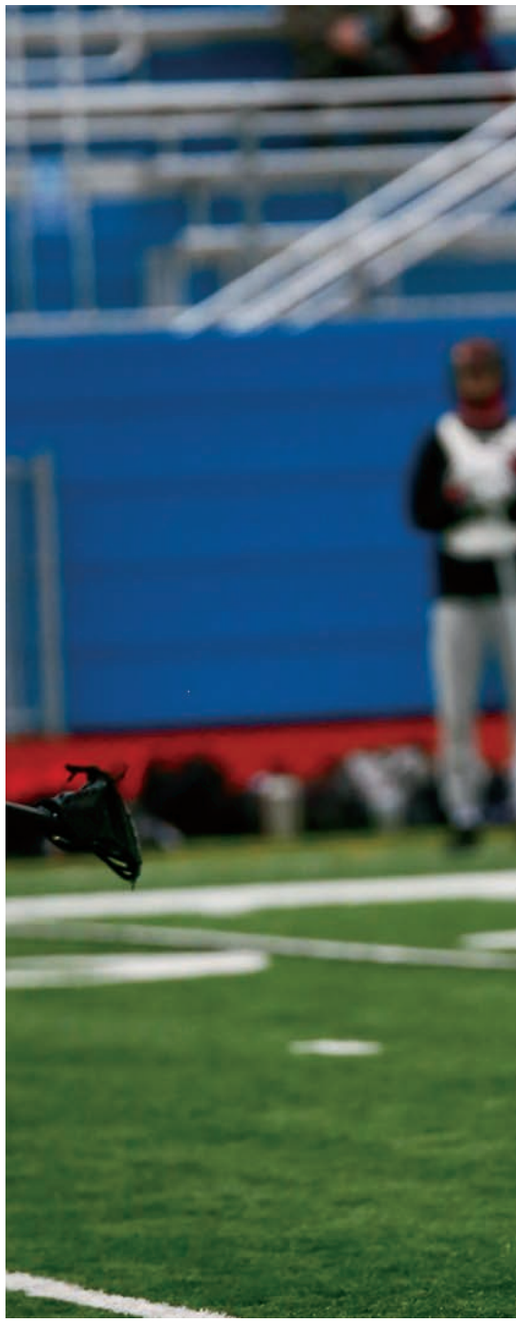
Matching for gamedays is what helps bring the girls lacrosse players together, creating a bond. "We try to coordinate and match so we look and feel more like a team," stated Abbylee Maeder ('21).

Ladies Lacrosse shows team spirit with GAMEDAY GROUTFITS

ready for ANYTHING

Knights make history with a standout win against Wayzata

The Knights varsity lacrosse team made a state with a 19-12 win over the Trojans on April 20. This was the first time that the program has beat Wayzata in school history. Midfielder Brayden Mogard ('22) helped lead the Knights to victory. He had four goals and three assists in the win. "I knew that this was a huge game and we needed to win to show that we are a top team in the state. I stayed focused the whole game and capitalized on Wayzata's mistakes," Mogard said. Attacker Josh Tourville also was a big part of the teams' success. He finished the game with six goals and a broken finger. "I wanted to continue playing in the big game against Wayzata, a broken finger was a minor setback for our major win that night," Tourville said. Captain Sam Caron ('21) played a sound game with two goals and two assists on the night. Caron has been on the team since his sophomore year and brings a lot to the team. "I think I bring a lot of intensity and hard work to the team. I try to encourage everybody and make sure that they play at their best," Caron said. The Knights needed every player to ensure that they secured the victory. Owen Ollhoff ('21) played outstanding defense and shut down the Trojan attackers. "Our defensive game plan was to get on their hands. We knew that they had some good shooters so the key was to get our sticks on their hands and not give them time to shoot," Ollhoff said. The Knights knew that they had something to prove after being stripped of their previous season due to COVID-19. They certainly showed everyone that they didn't miss a beat by beating a top team in state. The team made history by beating the Trojans for the first time ever. *Spread by Hayden Huber and Luke Brandli, photos by Tim Bykowski.*



The Anatomy of a LAX Player
Ryan Supper gears up to compete



Helmet
The helmet protects the players during the physical games.

Shoulder Pads
The shoulder pads provide protection from slashing and hitting.

Elbow Pads
Elbow pads protect the player from slashing falling down.

Stick
"Having a good grip starts with taping your stick. It gives players better control of the stick and helps them memorize where their hands should be," Supper said.

Gloves
"My favorite gloves are Maverick 4's because they are really light and have an outstanding protection rate for the hands and wrist," Supper said.

Cleats
Cleats allow players to make sharp cuts, change direction quickly and run on turf.



Brayden Mogard rips a shot on net and scores for the Knights. *Photo by Tim Bykowski.*





SHOOT TO SCORE. Josh Tourville ('22) shoots the ball and scores an amazing goal. Tourville is an attacker for the Knights. "Being an attacker, I get to shoot a lot and my sweet spot is definitely top left," Tourville said. *Photo by Tim Bykowski.*

PUT YOUR BODY INTO IT. Nam Le ('21) uses his body to protect himself and the ball. Le has worn number 9 his whole life. "Number 9 was the first number that I ever wore for a sport and wearing it now reminds me where I started and the progress I made," Le said. *Photo by Tim Bykowski.*



DEFENSE. Owen Ollhoff ('21) stays in front of opposing player to prevent a goal. Ollhoff has been playing varsity lacrosse for two years. "It's a very fast paced game and the coaches really taught me a lot. I think being coachable allowed me to adapt to the varsity level," Ollhoff said. *Photo by Tim Bykowski.*



ON THE ATTACK. Sophomore ('23) Ethan Buskey attacks and provides offense for the Knights. Buskey plays midfield for STMA. "Playing midfield requires offense and defense but I like offense more because I can put the ball in the net," Buskey said. *Photo by Tim Bykowski.*



SAVING THE GAME. Gavin Velander ('21) saves the ball and passes to a teammate. Velander has been playing goalie for nine years. "Being a goalie is very stressful and painful but the energy and motivation I get when I make a save makes me never want to stop," Velander said. *Photo by Tim Bykowski.*

the perfect MATCH

Doubles players shed light on their teamwork and communication skills.



Tennis is more than just hitting a ball over a net. There are actually two different kinds of tennis: singles and doubles. Doubles tennis is when you play two against two on one court, and singles is when you play one against one. Communication is a really important factor in doubles tennis. Without it, many mistakes can be made. **Eric Gao** ('21) has been playing doubles tennis for three years. He has verbal and nonverbal cues to get what him and his partner need to do done. They have hand signals that they use before the point begins. Endurance is a key skill to have while playing singles tennis. In practice there are some specific drills to help keep their endurance at its peak. One of the main drills to keep up endurance is the running and sprint drills. During these drills, the team separates into two groups and run a relay race making them run up every single stair without missing any. Serving is a necessary skill you must have in order to play tennis. Preparing for a strong serve isn't easy, "I ground my feet and shorten my swing to reflect a strong serve to the opposing team" Eric says. Friendship in team sports take a significant roll in how the players perform. In an interview with Eric, I ask whether he thinks having a strong team bond is important in order to play well, "Yes," he says, "It helps keep up peoples spirits in close matches up against tough teams". Which is exactly what friendship is about, being there for one another in times of need. *Page by Grace Bunnell.*

Martin Skare ('22)



Brady Johnson ('24)



Dow Dickenson ('25)



Scott Munson ('22)



Noah Anderson ('21)



Brock Cornell ('25)



Layton Punton ('24)



Ezra Dickenson ('21)





DOUBLES. Caleb Reames ('22) and Liam Langer ('22) celebrating after gaining a doubles point.



Row 1: Christopher Matheson, Noah Anderson, Ezra Dickerson, Owen Lindstrom, Simon Pierce, and Trent O'Neill. **Row 2:** Eric Gao, John Hartnett, Michael Anderson, Martin Skare, Dow Dickerson. **Row 3:** Brock Cornell, Brady Lindstrom, Caleb Reames, AJ Beck, Leyton Punton, Coach Basham.



Row 1: Brady Johnson, Conner Riesgraf, Jonah Lyke, Grant Hoefener, and Scott Munson. **Row 2:** Luke James, Andrew Beack, Joel Wilmot, Owen Negaard, and Coach Arens. **Not Pictured:** Sam Drake

YOU JUST GOT SERVED

what makes for the perfect serve?



"The most important thing is when you throw the ball in the air before you even hit it. If you get a good toss, the rest just falls into place."

-Tyler Hecksel ('21)



"A good toss"

-John Hartnett ('22)



"The perfect serve is made up from control and consistency, most people will say that power is the most important thing, but being able to serve the ball on the court where you need to and being able to do it consistently is what makes a great serve."

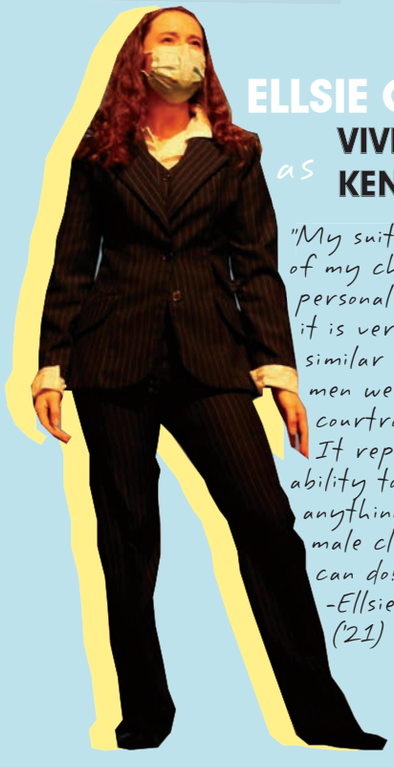
-Caleb Reames ('22)



PERF

OMIGOD! *look at our outfits!*

OMIGOD YOU GUYS,



ELLSIE COVERT as **VIVIENNE KENSINGTON**

"My suit reminds me of my character's personality because it is very similar to what the men wear in the courtroom scenes. It represents my ability to do anything my fellow male classmates can do!"
-Ellsie Covert ('21)

HANNAH HODGE as **ELLE WOODS**



"Pink is Elle Woods' color! It's more than just a color to her. It's her way of showing her confidence and her love of who she is."
-Hannah Hodge ('21)

JOCELYN JAROSCAK as **STEPHANIE**



My skirt is pretty flowy so it reminds me to be bouncy with it and have a ton of energy. My vest is super fun and a little out there so I feel like I need to do the same with my character!"
-Jocelyn Jaroscak ('23)

FINDING THE ECT FIT



To accurately portray a character, you need to fit the look. Musicals contain many different forms of art expression, but besides just the writing and acting there is also art within the costumes.

Amelia and Miki are costume managers for the play Legally Blonde this year. They became costume managers by their interests of piecing outfits together and organizing. They take care of the theatrical wardrobe like clothing and accessories. They also work with the actors and directors to get their wants and needs for their costumes, as also putting to mind what the show is about. "We go through the storage that we have at STMA and try to find pieces that fit our show. For Legally Blonde we looked for clothes that fit the early 2000s. I like looking through storage because you can find a lot of awesome pieces there that not only we can use for the musical but just to find unique pieces. Making the show and characters come to life with their costumes is really fun," said Dayton ('24).

To find the perfect fit for an actor takes some work, of course, of planning and collaborating with actors and of course making sure it goes well with the theme of the play. We go through storage and it becomes a process of elimination with what pieces obviously won't work. We find what doesn't work first to narrow down our options," says, Dayton ('24).

Finding the perfect fit can be sometimes difficult, after going through many clothes, but once it's found it can be such a relieving moment. Dayton ('24) explains the time she knew it was a perfect fit, "Something just clicks, yesterday I was helping an actor find a scarf to match her dress and I rummaged through the scarf bins. Until we found a very bright nice gold handkerchief that went really well with her dress's gold zipper."

Of course, there is always the measuring and making sure the costume fits, before you can call it the "perfect fit". "Once we find something we measure the actors, they then go into the dressing room to try the costume on, if it doesn't fit exactly right, we can cut and adjust to fit them perfectly," said Aguirre ('24).

As you can tell, being a costume manager requires a lot of effort, steps, and planning to find the perfect fit.

Spread designed by Audrey Hoffman ('21) and Lila Lindemann ('22).





KAZ BEAUDRY as **PROF. CALLAHAN**

"My costume makes me look like a creepy old man, and that accurately sums up Professor Callahan so its a success."

-Kaz Beaudry ('22)

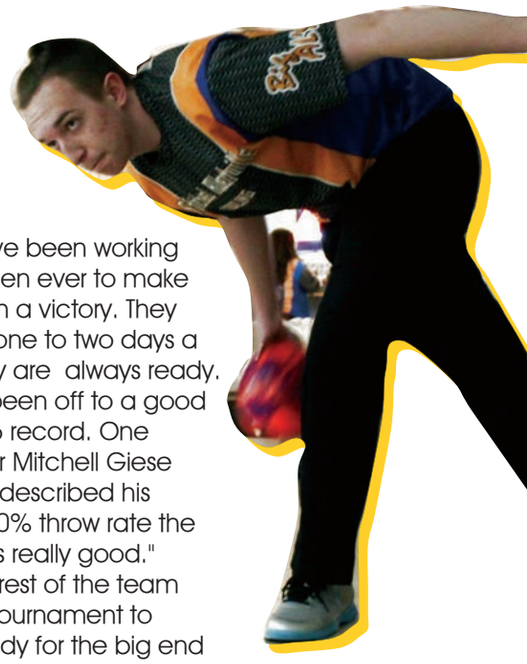
ALIX BUSHARD as **MARGOT**

"My character outfits are all very girly and draw attention. Short skirts and cropped tops with lots of sparkles were in trend in the early 2000s, so it embodies Margot. Since she is super girly, very gullible, and boy crazy."

-Alix Bushard ('21)

STMA Bowling Team has five wins going into championships





Mitchell Giese ('22)

The STMA bowlers have been working harder this season then ever to make sure they come out with a victory. They have been practicing one to two days a week to make sure they are always ready. The season so far has been off to a good start as they have a 5-6 record. One game that went well for Mitchell Giese ('22) was Princeton. He described his performance, "I got 100% throw rate the first game and that was really good." Mitchell along with the rest of the team keep improving every tournament to make sure they are ready for the big end of season tournament. The players are all getting very excited about it. They are hoping to finish with a victory!



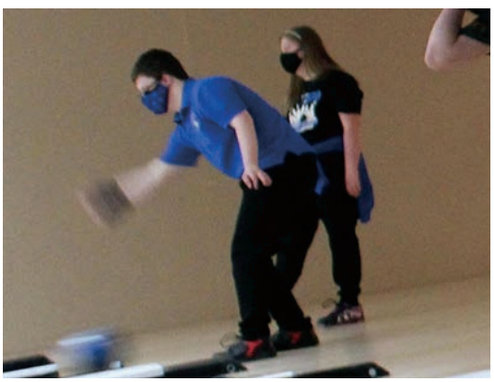
the power of a TEAM

The Rolling Knights share their favorite parts of bowling



It has been two years since the Rolling Knights stepped foot in the bowling alley as a team. They may not have a lot of normal bowling tournaments this season but that doesn't matter for these bowlers. They are all just super happy to be at the place they love with the people they love. **Emma Bennet** ('22) shared why she loves the team, "The coaches are there for me." The Rolling Knights are blessed to be coached by amazing coaches: Coach Horan, Coach Maas, and Coach Rule. They do so much for this team to make sure they have lots of fun. **Ellie Rehovsky** ('24), said, "I love playing the game." The most important thing when committing to do a sport is the true love for it. The fact Ellie already has this drive and passion as a freshmen means she has a bright future ahead of her in this sport. **Brock Apold** ('22) and **Nick Hoefener** ('22) both shared, "I like getting strikes." Both Brock and Nick have gotten plenty pf strikes in there careers. Every time they do the celebrations are always strong. The thing that is special about this team is they always are celebrating other. It doesn't matter how they bowl, they are always positive towards there teammates. This year has been hard with celebrating others due to distancing but once again this team prevailed. As you can see, they do elbow bumps after every bowl or they say good job from a far. Every team should try and idolize this teams attitude towards everyone. All of these bowlers have loved being a part of Rolling Knights and wouldn't trade it for anything in the world. That is what the power of a positive and supportive tam, amazing coaches and the love for the sport can do. *Spread and Photos by: Maggie Lombardi and Audrey Hoffman.*

THAT'S HOW I ROLL



He bowls for the strikes! Matthew Dehmer (22') has been bowling on the Rolling Knights since seventh grade. He absolutely loves it. He keeps coming back every year because he stated, "I like having fun."



Taylor Jacobson ('24) is quickly jumping on to the scene as a top bowler. Every practice at, Al's Bowling Alley, she is getting better and better. According to her being a freshmen has it's perks; "I like getting strikes. I get strikes because I'm in high school now."



Ellie Rehovsky ('24) is having so much fun this season. Her favorite part about bowling is pretty much all of it. But, if she had to pick one she said, "I love playing the game."

READY...AIM...SHOOT

LAST SHOT As a Knight



Trapshooting is a sport that involves shooting at clay pigeon targets from a spring trap. It is scored out of two rounds of 25 and based off of hits or misses. **Chrystina Barthel** ('21) explains, "It's a hard sport to get into or from other view points that it's a super easy sport." Trapshooting is a very complex sport. It is not a sport that you can get the hang of immediately. Trapshooting takes tons of practice. **Cameron Blair** ('21) "Take your time. It's not easy at first but you will eventually get the hang of it."

Amy Highberg ('21)



"My Favorite experiences in trapshooting is attending the state tournament and competing against other teams and individuals."

Tyler Getty ('21)



"My favorite experience in trapshooting is going up to Alexandria."



Front Row: Jozie Shepherd, Amy Highberg, Brooke Isaacson, Tarynn Babcock, Charlie Schoen, Vincent Colotti, Landen Williams, Isaac LeDoux, Will Peterson. Second Row: Lexi Dupont, Anton Berg, Nate Talley, Gretchen Kuehn, Cheyenne Kuehn, Hayden Carlson, Tanner Getty, Jack Schoen, Tyler Getty, Gabe Dahlheimer, Justin Mourning, Julian Godlewski, Joseph McHugo, Chrystina Barthel. Third Row: Matt Andrews, Cole Sarkinen, Cam Belair, Wyatt Notch, Brant Lewis, Devlin Sederberg, Noah Anderson, Dalton Cate, Charlie Meehan, Brooks O'Brien, Jim Vaughn, Jack Dwinnell, Hunter Sterk, Philip Charmoli. Back Row/Coaches: Larry Notch, Jim Vaughn, Matt Williams, Shawn Olson, Kent Rahne (Head Coach), Mike Dupont, Dennis Berning. Not pictured: Craig Isaacson, Bruce Buerman. Not Pictured: Andrew Atsidakos, Clayton Ethnier, Adam Hegrenes, Olivia Kloss, Niklaus Nielson, Nick Talley, Shawn Walther.

What are you most proud of this season?



"The team really came together and made sure we got everything we needed to do done even without normal structure, so I'm really proud of how focused everyone has been even without that motivation from past years"

-Nadia Barnes ('21)



"Getting the T-Shirt cannon working was really exciting. Putting everything together and seeing it all was really amazing"

-Trey Dubel ('22)



"I am proud that we pushed ourselves in our design and that we were able to acomplish all of the design aspects we wanted on the robot"

-Audie Wandmacher ('23)



"Even The team had no prior experience with hydraulics, we were able to make a hydraulic t-shirt cannon for our parade robot.

-Sarah Dematteis ('22)

MARK II





Mark II is a robot that will go to parades to shoot out t-shirts and candy to its audience. The cannon can reach all the way up to the top of the bleachers at the football stadium.

THE *next* CHAPTER

Knights make plans for their future post graduation.

"They are known for winning and have a very hardworking program that I want to be apart of."

Nam Le

"I loved the coaches, and being around them, plus the atmosphere was great!"

Meriel Orham



"The academic opportunity and campus were superior to my other options."

Meadow LaDuke



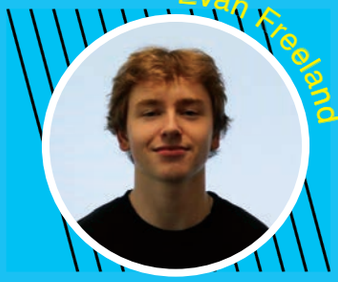
Lynzi Emery

"I am going to basic training, then going to do my AIT job training for aviation, and go from there."



Matt Kaiser

"I am going to Dunwoody to study automotive for two years, and then hopefully open my own shop."



Evan Freeland

"I am going to Eau-Claire and majoring in business and computer science."



Lucas Maahs

"I have a car dealers license so I am planning on opening up my own car dealership."

"The value of the team being more like a family really appealed to me. Everyone seemed super supportive and motivated and they had a really positive atmosphere."

Faye Roberts



"The opportunity to compete at the division 1 level in the most competitive conference in the nation was something I couldn't pass up. I know that LSU will allow for both growth in the classroom and in the pool."

Ezra Dickerson







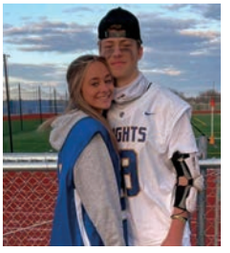




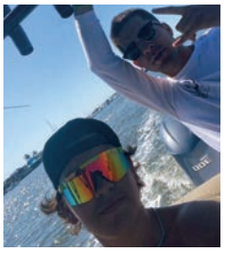








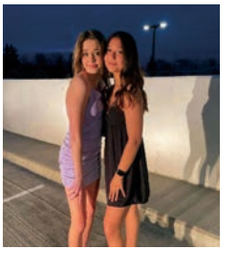


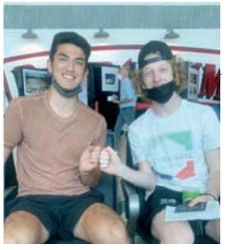




SPRING

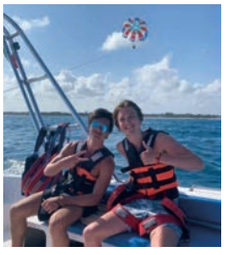
moments

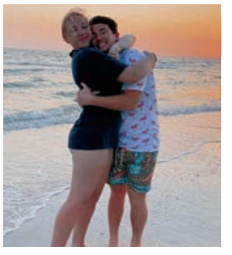




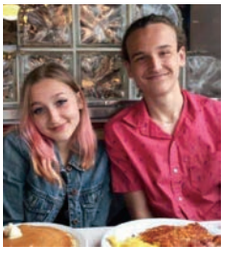












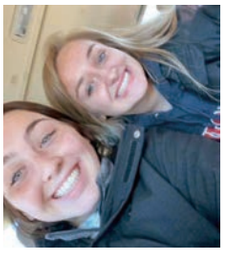
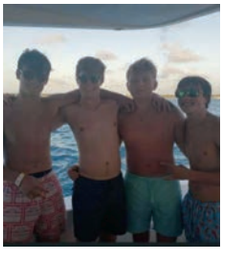
to be honest TBH

a letter from the staff

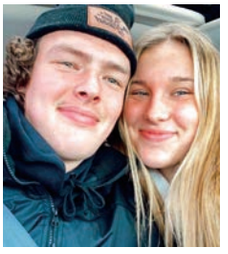
Dear STMA,

When we began creating the yearbook this year, we knew that it was going to be challenging. We anticipated navigating through several changes as the school year went on. We chose the theme: To Be Determined because of the unknowns that were ahead of us, but we knew that as Knights we were prepared to face them head on. We would like to conclude the book with the acronym TBH. Because To Be Honest, we worked really hard on this yearbook, and we hope you enjoy these memories that you helped create. We would like to acknowledge that we needed a lot of help this year. A special thank you to photographers Mr. Greg Zahler, Mr. Tim Bykowski and Ms. Brianna Burnham. Additionally, thank you to the staff members, parents, and community members who helped send in pictures throughout the year.

scan here to **SEE** what didn't make the book











Row 1: Emma Miller and Mia Satre. **Row 2:** Megan Salas, Hailey Enos, Khendal Johnson, Ella Luoto, Paige Holm and Khulyn Johnson. **Row 3:** Coach Shumway, Hannah Greeno, Emma Vike, Sophie Juntenen, Kayla Cokley-Weigelt, Izzy Berning and Coach Devine.



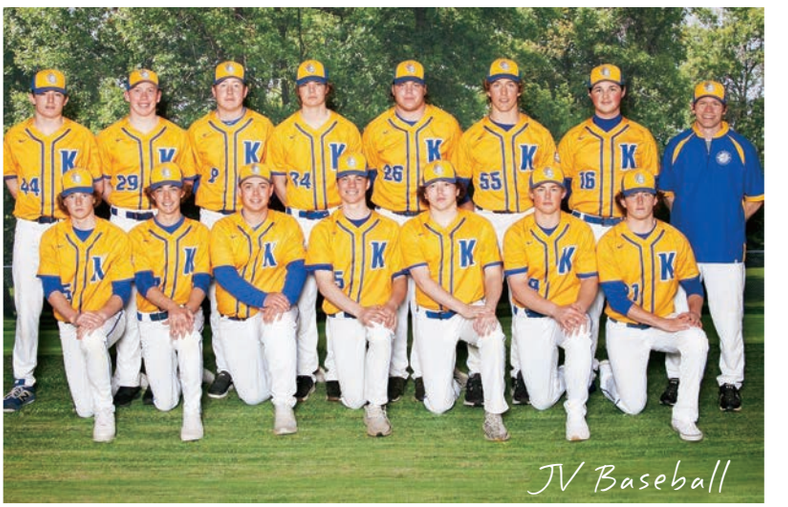
Row 1: Anika Rogers, Avery Freeland, Erin Hartnett, Kylie Gaston, Emily Mueller, Grace Foquette. **Row 2:** Coach Dewey, Taylor Tschida, Abby Cornell, Jordyn Clapp, Emily Olin, Grace Bilicki, and Jadyn Pelowski. **Not Pictured:** Lilia Barrett and Chloe Jensrud.



Row 1: Gracie Kobus, Kaci Brannan, Sidney Peterson, Delia Walz, Kailee Hustoft, and Makenna Powell. **Row 2:** Amanda Schlecht, Ashley Schoon-Kollie, Sloan Bozosi, Ella McKane, Evelyn Schmidt, Lily Faucher, and Isabelle Berning. **Not Pictured:** Heidi Frank.



Row 1: Megan Cornell, Annika Cornell, and Ady Murkins. **Row 2:** Matthew Maulik, Aaron Loch, Eric Fouquette, Hayden Olson, Hunter Palmer, and Charlie Jerpseth. **Row 3:** Kaden Amundson, Caden Kelly, Asst Coach Solum, Asst Coach Snell, Head Coach Schumm, Asst Coach Krupke, Asst Coach Sander, Kyler Kitzberger, and Jacob Dinkel. **Row 4:** Tommy Schaupp, Ryan Fischer, Alec Schee, Tyler Beckstrom, Evan Saunders, Zach Romans, Max Sutter, Owen Neros, Bryce Purrier, and Jack Denne.



Row 1: Max Schepers, Reid Barnard, Charlie Jerpseth, Ryan Fischer, Kyler Kitzberger, Ryan Olson, and Ben Boebel. **Row 2:** Jaxon Price, Tommy Schaupp, Trey Sybrant, Dylan Byer, Zack Hlinsky, Luke Williamson, Joey Cook, and Coach Hackenmueller. **Not Pictured:** Coach Kilber



Row 1: Dillon Glass, Sam Huber, Miles Kay, Evan Dombeck, and Joey Rathman. **Row 2:** Coach Kneeling, Lane Dalheimer, Colin Marshall, Mason Varley, Braden Intrieri, Kurtis Lekatz, and Coach Groebner. **Row 3:** Conner Loungvan, Grant Reidel, Alex Swiatkiewicz, Kaleb Klinkhammer, Ashton Groves, and Ryan Luster



Row 1: Noah Sutleif, Reece Erikson, Ryan Williamson, and Conner Johnson. **Row 2:** Mason Williams, Josh Bishop, Noah Miller, Roman Lindenfelser, Colin Geach, Dominic Geryol, and Drake Krupke. **Row 3:** Coach Loecken, Jackson Taulelle, Conner Brunet, Cason Medin, Jonah Conklin, Bryce Haines, Drew Luster, Mason Lea, and Logan Schlangen. **Row 4:** Jacob Baetsen, Zach Pribyl, Noah Hager, Tevin Vognesen, Dylan Bydlon, Jack Robinson, Jackson Hamilton, Will Barthel, Zach Zanetti, and Thomas Ohotto. **Not Pictures:** Coach Barbeln



Row 1: Cooper Monsrud, Isaac Marschel, Mason Anderson, Will Negaard, Conner May, and Jackson Thering. **Row 2:** Locke Rowland, Tyker Hecksel, Mathew Abraham, Parker Bluhm, and Carter Krohn. **Row 3:** Alex Bourget, Will Heitman, Micah Holt, and JD Olson. **Row 4:** Coach Parkin



Row 1: Manager Alix Bushard, Jackson Cross, Andy Nolan, Bradyn Tymeson, Luke Erlandson, and Manager Emily Cin. **Row 2:** Cael Larose, Cameron Brett, Micah Bunnell, Luke Vogel, Brody Odland, Rowan Nevella, Tyson Hentges, Logan Torkelson, Tyler Hildesheim, and Aiden Leonard. **Row 3**: Coach E. Simpson, Coach S. Simpson, Owen Olhoff, Joey Driver, Nam Le, Bo Bitzer, Ryan Adkins, Gavin Velander, Caden Gertzen, Josh Tourville, Nate Beeler, and Coach Herman. **Row 4**: Jordan Peterson, Alec May, Ethan Hawkinson, Luke Brandli, Tate Trushenski, Ethan Buskey, Sam Caron, Colin Clair, and Ryan Supper



Row 1: Eli Rehovsky, Greta Topel, Matthew Dehmer, Saige Funk, Maddie Meilahan, Tyler Jacobson. **Row 2:** Emma Bennett, Manager Olivia Wester, Carter Patyk, Brock Apold, Cadence Maus, Tyler Waldrum, Nick Hoefener, and Peter Roelike. **Not Pictured:** Shea Yaeger



Row 1: Cameron Archer, Ryan Jossart, Dominic Perez, Riley Roberts, Ashton Szymanski, Ethan Christian, Sean Tatge, Justin Andrusko, Sam Hansen, Nathaniel Gremmels, Trevor Wincek, Joe Cornell, Max McAlpine, Nick Olson and Eliot Schnitzler. **Row 2:** Riley Hirschey, Samuel Renczykowski, Braeden Sauer, Landon Sauer, Ian Barthel, Quinn Opiola, JP Johnson, Judah Roble, Adam Dodge, Nathan Pederson, Henry Postuma, Adam Buckmeier, Andrew Cowan, Kack Ostrowski, Vincent Muraski, Jack Cornell. **Row 3:** Evan Warner, Jacob Reineck, Nate Spindler, Porter O'Brien, Eli Haakenson, Ryan Kucera, Derek Zahler, Dylan Bennett, Reid Peterson, Jackson Brutger, Joey Torgenson, Anthony Silver, Jake Breuer, Tyler Glass, Hayden Snyder, and Hunter Lucas. **Not Pictured:** Michael Labrador and Carter Callan.



Boys' Track and Field

Row 1: Naphtali Kalapa, Adam Jensen, Sam Paynter, Hudson Stone, Maverick Kneefe, Jacob Larson, Mark Scheuer, Presley Grzybowski. **Row 2:** David Collins, James Zachman, Will Dorfsman, Tanner Fowler, James Zachman, Sam Eicher, Elias Phiri, Conner Smith, and Nick Avery. **Row 3:** Bobby Clike, Dan Powell, Reid Barbeln, Morris Suah, Ayden Suah, Chris Tveitbakk, Alex Lester, Nick Dewey, Sam Monseth, and Will Sarkinen. **Row 4:** Adam Herbst, Cole Dahlheimer, Ben Lefebvre, Caden Johnson, Jarod Timlin, Favor Donbraye, Ren Hamann, Ben Huberty, Jarrett Bennet, Max Keefer, and Gavin Larsen. **Row 5:** Tate Songstad, Abram Benker, Reven Simat, Ethan Ricks-Wessah, Caden Nordberg, Daniel Donbraye, Taten Harrison, Ethan Egge, Jarret Faue, and James Lyke. **Row 6:** Carter Wurst, Owen Barthel, Luke Johnson, Titus Johnson, and Joe Duerr. **Row 7:** Coach Krogh, Coach Kennedy, Coach Massman, Coach Geiselman, Coach Simon, Coach Schlangen, Coach Hahn,



Girls' Track and Field

Row 1: Grace Zecchin, Addie O'Rourke, Jackie Bergeron, Maddie Hanson, Kassie McKeown, Grace Scheuer, Christina Nelson, Jessica Immer, Izzy Christensen, and Janae Mitchell. **Row 2:** Jamie Lee, Maddie Barthel, Elise Linneman, Ali Weimer, Elsie Frauendienst, Becca Immer, Kari Smelter, Rachel Heil, Aurora Walesch, and Katie McKimmy. **Row 3:** Miah Nelson, Breanna Immer, Kaya Dahmen, Alyssa Nehring, Gabby Nelson, Lydia Peterson, Halle Hicks, Addie Kennedy, Alyson Herfel, Marissa Ornat, Dani Luis and Lynae Walker. **Row 4:** Audrey Kanu, Jada Dahlheimer, Abi Dolan, Avery O'Rourke, Hannah Kvant, Jarai Kamara, Rylee Harrison, Sophia Femrite, Joyce Syah, Ashlyn Resner, Gabby Keefer, Raina Simat, and Callie Martin. **Row 5:** Emma Strait, Emma Duerr, Fae Bromley, Olivia Peal, Morgan Mckinley, Chloe Peterson, Alyssa Olson, Briella Maeder, Ashlyn McClintock, Ella Gigstead, Katelyn Braun, Chloe Steinke, Sydney Aandal, and Emma Molesky. **Row 6:** Gail Chea, Kate Rooker, Jessica Roth, Judsona Chea, Natalie Cocking, Maddie Mahoney, Erin Pipp, Alivia Boebel, Makaela Malin, Kassie McKeown, Cailey Aandal, Cecelia Sipple, Olivia Carel, Emma Windingland, and Holly Christman. **Row 7:** Coach Krogh, Coach Kennedy, Coach Massman, Coach Geiselman, Coach Simon, Coach Schlangen, Coach Hahn, Coach Kramer, Manager Hali Kamara.



Girls' Golf

Binary Battalion
Not pictured:

Ben Beyer, Bennett Cotterman, Sarah DeMatteis, Jack Erickson, Taylor Gaunt, Caleb Iddings, Will Negaard, Declan Sizer.