Valor
2022

ST. MICHAEL-ALBERTVILLE HIGH SCHOOL

Vol.
24



Valor
2022

St. Michael-Albertville High School



PLAYING WITH FIRE.

Students are stunned watching chemistry teacher, Mr. Hamlet, create this crazy chemical reaction. In scientific term- combustion. The act is created by methane gas & oxygen gas, when combined produce carbon dioxide and water. The methane gas is less dense then the air around it, which is why the bubbles & flames rise. The creation is very exothermic. (releasing energy in form of heat & light) Mr. Hamlet said, "Soaking my entire arm in water is the most essential part of the whole operation . Preforming this in front of the class is my very own Johnathan Storm moment- look it up." *Photo by Camryn Lukkar.*

St. Michael-Albertville High School
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1 OPENING

NOW YOU SEE ME



Jasmine Gray ('23)

Last year felt so distant.

We learned Algebra though computer screens.

We learned to cook through Google Meets.

Our classmates' faces turned into circles with initials.

Social interaction felt minimal.

We ate our lunches six feet apart from each other.

That was then.

But NOW,

We learn Algebra in desks collaborating with our peers.

We learn to cook in real kitchens and taste our creations.

We see smiles on our classmates' faces again.

Social interaction feels real again.

We eat our lunches at tables.

Last year, TBD, was hard not knowing what was going to happen **next.**

NOW we know.

NOW we are back.

NOW we are together.



> One of the best parts of being back in person this year is getting to spend time with my friends in between classes and having the in-person and relatable aspects back at school.
>
> -Serena Gao
> *-sophomore*

NOW YOU SEE US

ALYSSA KRISTINE PHOTOGRAPHY

THEME 3


NOW
SUMMER,
WE
TRAVEL



ADVENTURE AWAITS. Morgan Elken ('22) and Camryn Lukkar ('22) took a solo adventure to beautiful Colorado. Staying with Morgan's aunt in Colorado Springs, they took a stop in "Garden Of The Gods," which is deemed one of the most beautiful places on earth. "When we were there, nothing else seemed to matter. We were literally on top of the world, elevation and everything! Oh, and the ice cream for dinner made it 10X better," said Elken. *Photo by Camryn Lukkar.*

I HEAR YOUR HEART BEAT



This year Summer Marching Band did two regular parades: Albertville Friendly City Days, and Montevideo. They also marched at Valley Fair. *"The morning of a parade I drink lots of water and eat breakfast. I do my hair, makeup, and put on plenty of Sunscreen. We all meet at the school and load the trailer and the busses,"* said **Jorie Emerson ('22)**. On the bus the girls finish up their hair and makeup, then the whole marching band jams to some music to get ready and hype before having to preform. *"Once we get to the route, we start our musical, and physical warm up. We have pep talks and prepare for the extreme heat in full uniforms,"* said **Kailey Hemish ('22)**. During the parade, everyone is just hoping they don't mess up, but they also just have fun with it too. *"When the parade finally starts, I focused on getting everything right. Right after halfway through we get tired, but after the parade we are excited and nervous to see our score,"* said **Kari Smelter ('22)**. After the band gets their score, they all change out of their uniforms and head back to the parade route to cheer on the other marching bands. They are all tired after a long day in the heat, the marching band hops on the bus and the parade day is done.

Spread designed by Paige Holm.

> **"Keeping a positive mindset can be hard, but it's important to remember that the frustration will pass."**
>
> -Jorie Emerson
> *senior*

all photos by Mycah Gavic



JUSTICE LEAGUE. This certain parade was themed as Justice League, so each member of the color gaurds dressed up as a super hero. "By luck of the draw I received Batman as my super hero and that ended up being my role for the whole season," said Mya Fryckman ('22).



FIRST PARADE BACK. This was the Knights first parade back from covid. The Knights were not judged or scored at this performance due to covid, so they just had fun with it. "I was excited because it was our first parade and parades have always been my favorite parts of marching band," said Katie McKimmy ('22).



FAVORITE MEMORY. Isaac Fladung has been in Marching Band for five years and has built up many long lasting memories he will never forget. "My favorite memory is definitely from my first year when we went to band camp in Wisconsin. The work was grueling, but it was a great time to spend a week with my friends," said Fladung ('22).

TO THE BEAT OF THE DRUM

MARCHING THROUGH TIME



JOEY GONSIOR ('24)

BASSDRUM

3 YEARS PLAYED



LEVI HEWETT ('25)

TROMBONE

6 YEARS PLAYED



MIKAYLA MASTELLAR ('23)

MELLOPHONE

7 YEARS PLAYED

ANGLERS MAKE A SPLASH



Two Anglers take third place at 2021 Champion Qualifiers

The STMA fishing team, also known as the anglers, had a great 2021 season this summer. Eight of our Knights made it to the Tournament of Champion Qualifiers where they competed against 80 of Minnesota's best High School teams. These eight anglers were **Matthew Andrews** ('22), **Will Sarkinen** ('22) **Mason Westerlund** ('23) **Julian Godlewski** ('23), **Alec Waller** ('22), **JP Johnson** ('22), **Brant Lewis** ('22), and **Landon Williams** ('22).

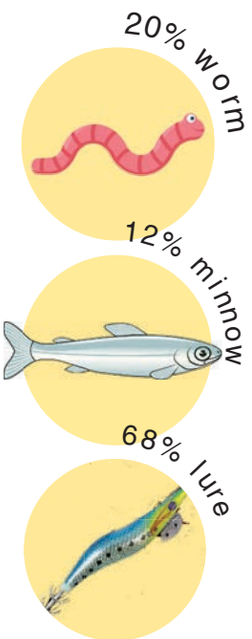
Out of 225 boats, Matthew Andrews and Will Sarkinen came out of the competition in 3rd place. **Sarkinen** explained, *"Our largest fish weighed in at 4.47 lbs with the average weight of our fish being 3.41 lbs. Our total weight came out as 23.9 lbs, landing us with the win of third place."* The tournament that they got third in ran for 7 hours. They started at 7 a.m. and were done by 2 p.m.

Sarkinen and Andrews clearly did not come out empty handed this summer. Sarkinen added, *"We just found a school of fish and we kept catching bigger ones. Finesse fishing was the reason we did so well."*

This was the best placing STMA has ever made in one of these tournaments. *"It's a very humbling experience. It's not fun to fish all day and come out empty handed, but it also means you learned what not to and what to do for the next tournament,"* said Sarkinen. **Andrews** said, *"The best way to explain it was that it felt surreal. Knowing that 225 teams of fisherman from all over the state trying to compete just shows how competitive it really was. We may not have gotten first, but there are so many variables that had to be looked at to pull off third place."* The Anglers are hoping and aiming for first place next season. *Page designed by Kaylynn Denny.*

TASTY TACKLE

Which bait is best?



REELING IT IN

Knights and their bites caught over the summer





THIRD PLACE FINISH. Will Sarkinen ('22) and Matthew Andrews ('22) pose for a picture after winning 3rd place out of 225 with a winning average weight of 23.9 lbs. Andrews said, "Having it all work out gave me a feeling of achievement that I've never had before."



PETA THE FISH. Alec Waller ('22) and JP Johnson ('22) hold up their largest fish of the day. Waller and Johnson competed at Nationals together in South Carolina. "We named this fish Peta. At all of our tournaments we would name the biggest fish that we caught," said Waller. *Photo submitted by Alec Waller.*



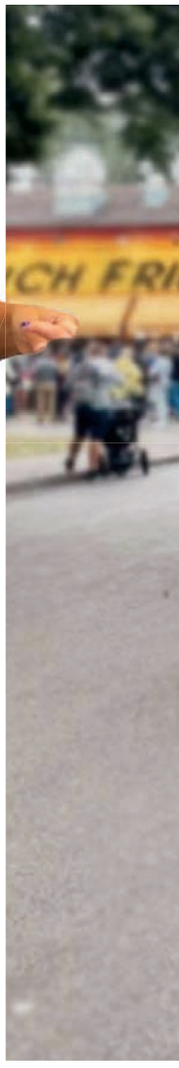
FIERCE COMPETITION. This photo was taken at the State championship in Grand Rapids on Lake Pokegame. "This was our starting spot where we caught a few and got a really decent start," said Mason Westerlund ('23) as he fished with Julian Godlewski ('23). Godlewski is pictured above holding catch.

BACK AT THE FAIR

Students view from working at the State Fair



CHECKING IT OUT.
Lauren Dihn ('23) checks customers out at the Minnesota Farmers Union.



Some of our very own Knights took it upon themselves to do something most people wouldn't even consider. It's been a long awaited comeback and this summer was all we could have wished for.

Lauren Dihn ('23) decided to switch up the roles and serve for the thousands of people at the fair each day. *"My parents were encouraging me to get my first job and I knew other people who have worked at the fair and said it was really fun so I decided that I would try it out,"* explained Dihn. She worked and supported the Minnesota Farmers Union.

The Farmers union supported local farmers around the state and mainly held a coffee shop. The two weeks Lauren worked at the fair, she learned a lot and her favorite part of working was being able to get to know new people from all around Minnesota and getting to serve people that were happy to enjoy the fair this year. *"I met a lot of great people and enjoyed the people watching at the fair."*

Dihn, along with many Minnesotans missed the yearly fair so it was exiting to finally be back and find a new way to enjoy it. She confidently stated her plans for next year, saying, *"I'm definitely working at the fair next year because I had a lot of fun working there over the summer."*

Also participating in working this years fair together was **Tailyn Radloff** ('24) and **Juliana Zerna** ('24). They worked at Quivet Asian restaurant where they would cash people out and hand out food. Radloff said, *"My favorite part was making a lot of money in a short period of time and also the free food."* They are both 16 so being able to make money young and fast was "ideal" for them. During Radloffs week of work she described it as: *"Chill and relatively easy besides when it got busy sometimes. Im planning on doing it next year because it was a fun experience."*

Spread designed by Alaina Thompson.

MINNESOTA MUNCHIES

Riley Hiltner ('24)



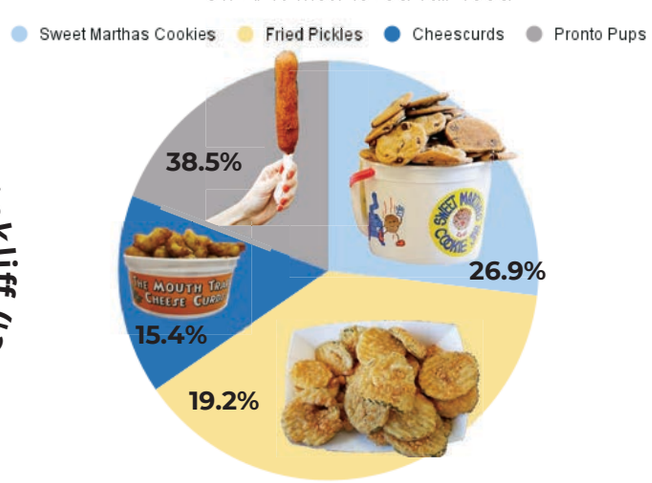
"My favorite food to get at the State Fair is Fried Pickles because I've had them since I was little."

Specer Wickliff ('22)



"I love Sweet Martha because they are alw warm and are really good

STMA's most loved fair food



DAY OUT AT THE FAIR.
Taking a break, seniors Chloe Finnerty, Sadie Mickelson, Ashlyn Pomerleau, Maddie Arro, Katie Dinius, Jenna Kyono, and Hannah Henschell posed for a picture after a day at the fair. *Photo submitted by Jenna Kyono.*





DAY DATE.
Riley Ortman ('22) and Audrey Laumann ('22) visit the Tunnel Of Love on the last day of the fair. Ortman said, "The amount of people there was incredible. I loved the atnmosphere at the state fair after two years." *Photo submitted by Riley Ortman*

TASTY TRADITIONS.
While enjoying their mini donuts, Raina Simat ('24) and Gabby Keefer ('25) recreate the same photo for the 6th year."We've gone to the fair every year since 2015 other than the Covid year." Keefer said. *Photo submitted by Raina Simat*

How many people went to the state fair over Labor Day weekend

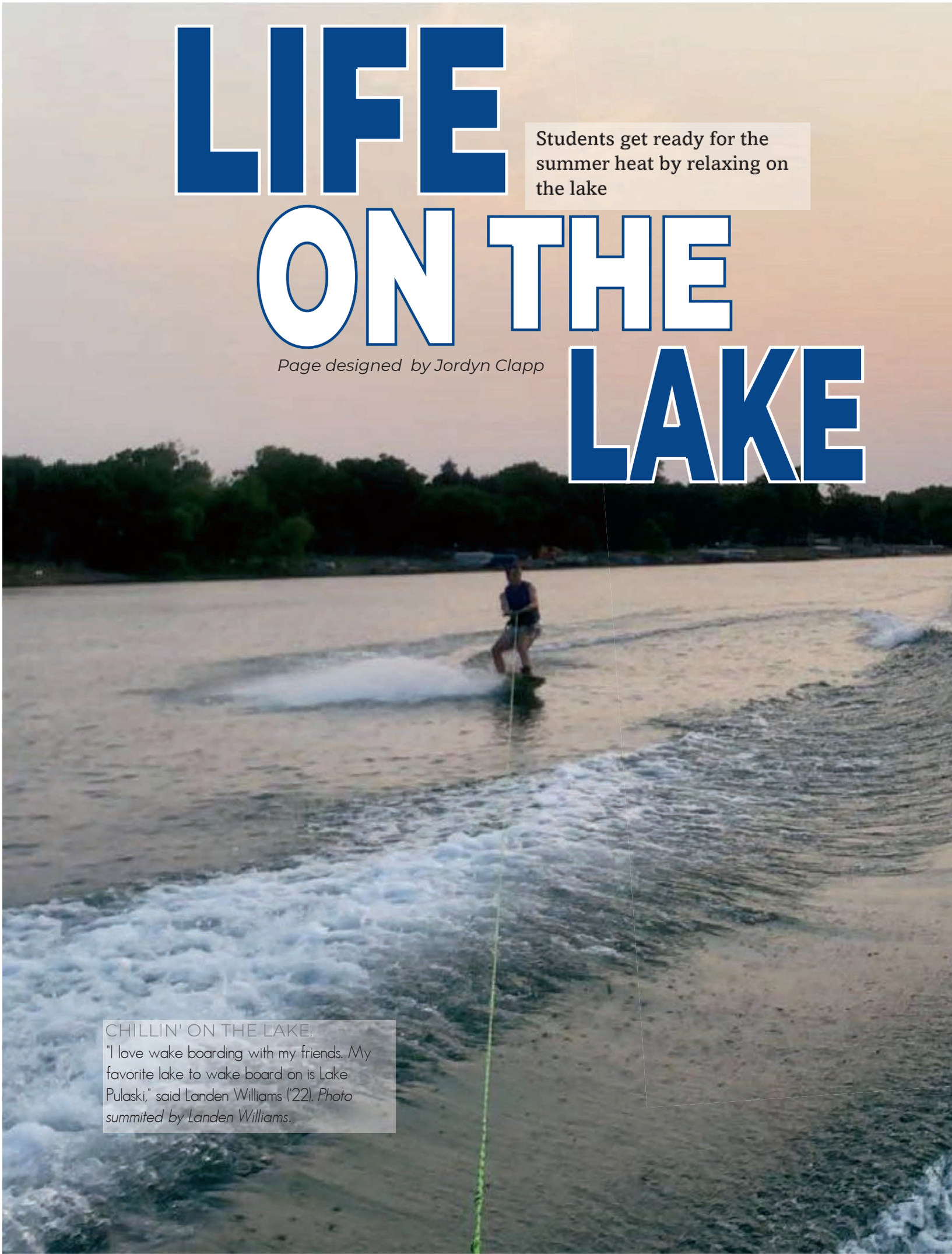
ATTENDANCE RECORDS

Friday 9/03	**102,020**	*people*
Saturday 9/04	**153,953**	*people*
Sunday 9/05	**153,422**	*people*
Monday 9/06	**123,578**	*people*

LIFE ON THE LAKE

Students get ready for the summer heat by relaxing on the lake

Page designed by Jordyn Clapp



CHILLIN' ON THE LAKE.
"I love wake boarding with my friends. My favorite lake to wake board on is Lake Pulaski," said Landen Williams ('22). *Photo summited by Landen Williams.*

wake surfing secrets

what are the tips and tricks from senior **Dalton Cate**

core

"Sit like you're sitting in a chair."

legs

"Have you're legs bent at a 90 degree angle."

foot position

"Feet have to be flat on the board with one foot on the bump in the back and one in the front."



SUNNY LIVING. Natalie Zuidema ('22) and Ellie Schmitz ('22) at left. "We were at my cabin on Cross Lake. We spend all day out on the lake," said Zuidema. *Photo summited by Natalie Zuidema.*

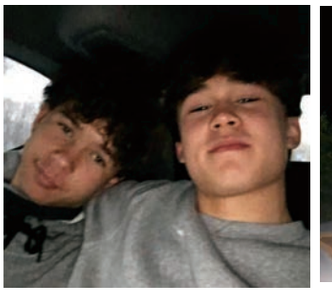


LAKE DAYS. Keera O'Brien ('24) and Katelynn Dressier ('24) pose for a picture at sunset. "Keera and I were on Briggs Lake on my grandparents boat. My favorite thing to do on the lake is go tubing," said Dressler. *Photo summited by Katelyn Dressler.*



RELAXED LIFE. Tam Le ('23), Ella Vanorden ('23) and Ella Hoy ('23) enjoy the day together. "We usually spend every weekend on Lake Minnetonka on Ella's boat," Hoy said. *Photo summited by Ella Hoy.*



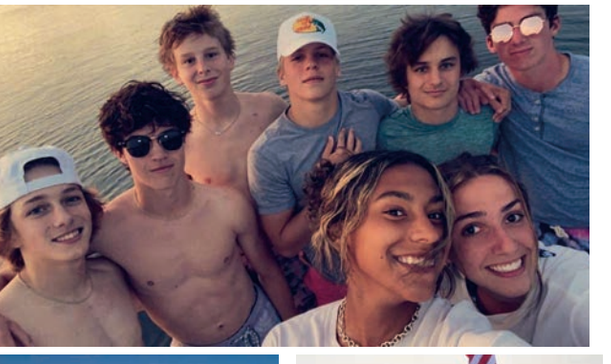






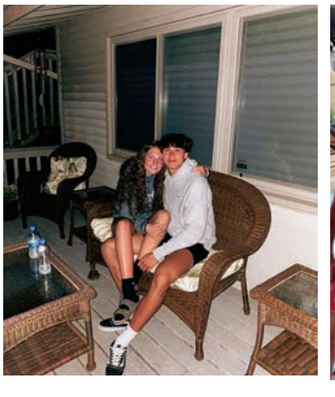
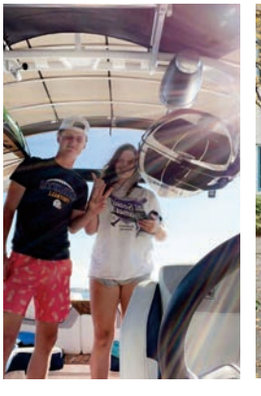










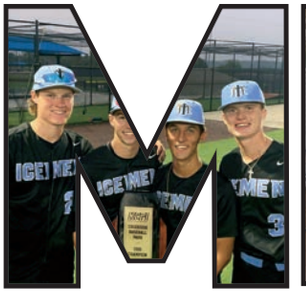




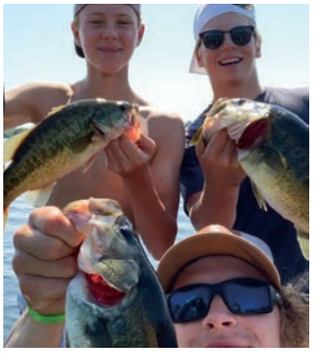



HERE COMES THE SUN

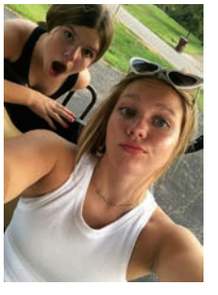




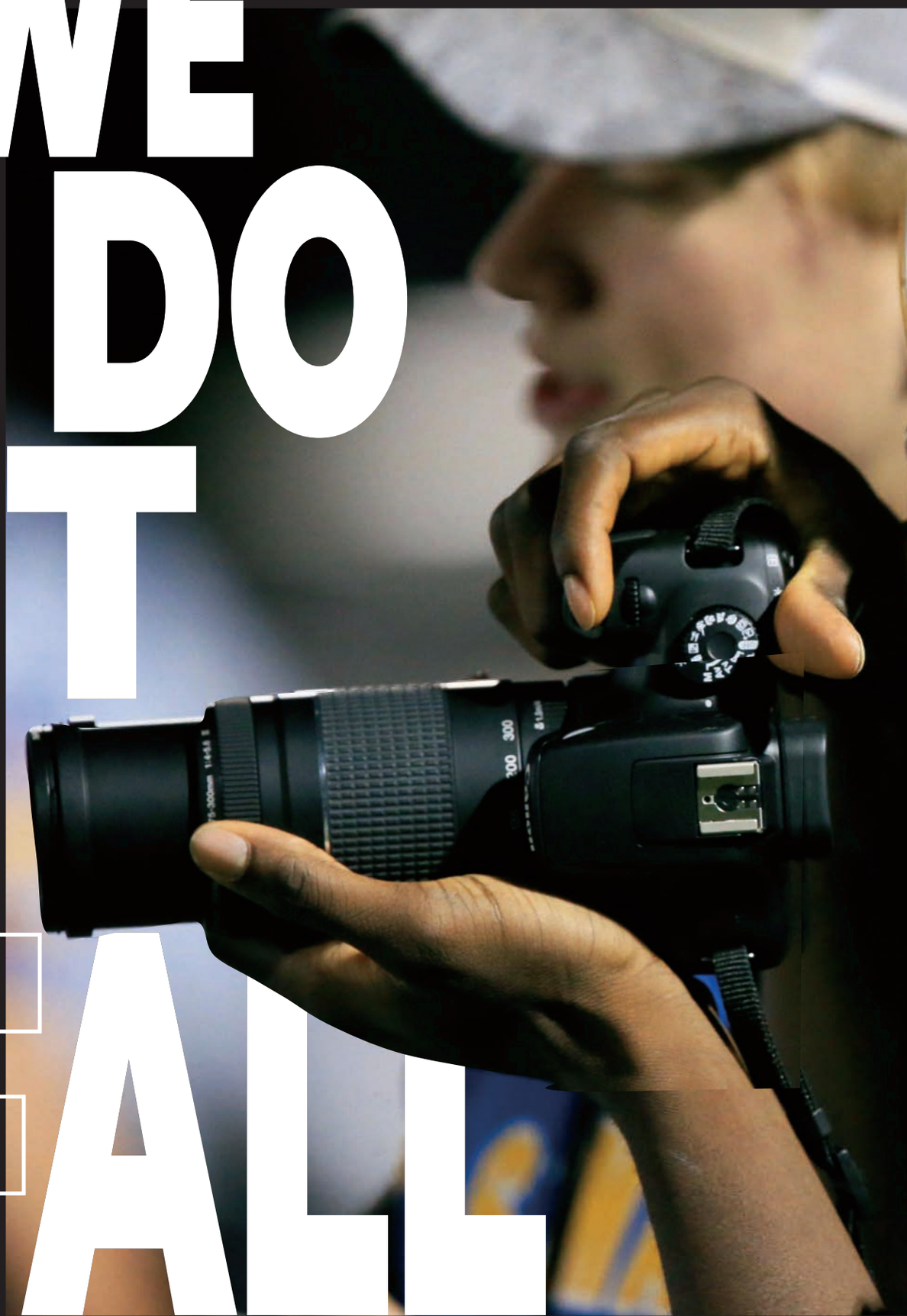






Spread designed by Josie Vankuyk

WE DO IT FALL



MULTI TALENTED. Cyrus Dougba tries out his own personal camera while on the side line of his own Varsity game. Dougba's goal was to capture the moment and to share the memory with his teammates. Dougba commented, "At first I was thinking of what people would say, or if I would get in trouble for it, but then I decided I just didn't care." *Photo by Tim Bykowski.*


Riddell
LARGE
SPEED
13


NOW
WE
ARE
HOME

The Knights take on the Champlin Park Rebels at Homecoming. Coming out with a victory of 44-8. *Photo by Jordyn Clapp.*



Carson Zonller ('23) #56



Riley Purcell ('22) #5



Conner Loungvan ('23) #8

NOW YOU HEAR US

"During our big plays the whole crowd got behind the team and created a great atmosphere. It was by far one of the most fun and energetic games I have ever been to."



Jimmy Heil, senior

"Everyone seems so excited and happy. especially the seniors knowing its our last homecoming game."



Jenna Kyono, senior

"There wasn't a part of the game where everyone wasn't cheering and rooting us to victory."



Ethan Buskey, junior

The Knights feel the hype after being able to return to the student section

October 8th was a perfect 63 degree day for a Homecoming game. For the class of 2025, this is their first exposure to a traditional STMA Homecoming and being a part of the student section. **Leo Sletten ('25)** remembers, *"The smiles everyone shows and the happiness they have to be at the game."* Last year due to Covid, the Homecoming game was not able to have spectators. Therefore, Sophomores also experienced their first real Homecoming game. **Ella Luoto ('24)** explains *"It was so much fun to be able to experience the energy and the excitement in the crowd."* As the jujnors next year will be seniors they have big roles at the football game. **Kaleb Klinkhammer ('23)** says *"I want to be able to be in the front row on the fence choosing which cheers we are going to do next."* For the seniors it was their last Homecoming game at STMA. **Brooke Brown (22')** said *"It was really sad realizing that it was our last homecoming game, I am super grateful we were able to even have it as close to normal as possible and make the most out of it with my friends."* The Knights ended up coming out strong, sending the rebels home with a game win of 44-8. *Spread designed by Jordyn Clapp.*



GETTING HYPE. At the tailgate a group of senior boys get ready for the game by grilling food and listening to music. "The tailgate builds up anticipation waiting for the game to start." Weston Pink ('22). Photo by *Jordyn Clapp*



RIPPED FOR VICTORY. The Knights cheerleaders hold up the run through sign for the football players to break through. Photo by *Tim Bykowski*

NOW THIS IS HOMECOMING





> We build up energy throughout the whole week so by Friday everyone is looking forward to the game.
>
> -Carson Radtke
> *senior*

NOW THIS IS SCHOOL SPIRIT



> **Everyone's energy at the pepfest was so high. It made for a good environment.**
>
> **-Maddie Arro ('22)**

Photo by Tim Bykowski

TRADITION OF THE SENIOR OVERALLS

The Knights always have lots of school spirit when it comes to homecoming week. Especially with not having a pep fest or dress up week since 2019, many students were excited to finally show their spirit. Class colors and shirts were the last dress up day of homecoming week with the freshmen wearing yellow, the sophomores wearing blue, the juniors wearing white, and the seniors wearing black. Many knights like to add more to these shirts. Walking through the hallways on class color day, many senior girls are seen wearing their shirts with decorated overalls. **Maddie Arro ('22**) was one of these girls. She says, *" I remember the class of 2020 girls doing this and many years before that when I was in middle school."* There is no exact date as to when this tradition was started, but for the last few years these senior girls have found it cute and fun. "*We wanted to keep the tradition because we thought they were super cute and a way to add more to our plain senior shirts."* Arro says that there is no specific patterns or designs but they always make sure to put STMA's school colors and the year they graduate along with the word Seniors. "Most of us got together but it was hard finding a time for everyone because we are so busy." They all made sure, together or not, that they kept this tradition alive. Maddie hopes to see the class of '23 do this next year as well.

Page designed by Alaina Thompson and Kaylynn Denny.



Photo by Kaylynn Denny



TEACHER TALENT. Mrs Stange and Mrs Ness Deden participate in the coregraphed teacher dance. Their smiles and effort left an enjoyable impression for junior Joely Kasel. Kasel said "It was really fun to see Mrs Stange outside of the classroom and enjoy dancing as much as she did." *Photo by Tim Bykowski.*

TUG OF WAR. Sophomore vs Junior tug of war left Sadie Strait and Maddie Barthel ('24) putting in the most for their team. Strait said "I knew we didn't have the best luck for winning but it was still fun to be out there and try." *Photo by Tim Bykowski.*



BUZZER BEATER. Senior captains Emma Duere, Jarrett Bennett, and Allie Lombardi race to the buzzers during the trivia game. Bennetts adreline kicked in as he was running to be first to the table and flew over it. Bennett said, "I was thinking when I was running so fast I was either plowing into the table or jumping it, I went airborne and the rest was history." *Photo taken by Tim Bykowski*

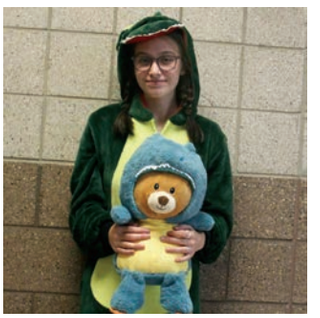
LIKE MOTHER LIKE SON. Mrs. Wurst and her son Carter played blindfolded dogeball against other teachers and their family in the school. Carter lead his mom to try and find another dogeball to defend them. *Photo by Tim Bykowski*







TACKY TOURIST
Mrs. Bury's 2nd hour anatomy class dressed like their ready for vacation.



PAJAMA DAY
Lillian Volmer and her stuffed bear dressed for pajama day.



PINK OUT
Cortney Halvorson, Hani Helland, and Kylie Gaston showing their spirit for pink out day.



CLASS COLORS
Ms. Larson's freshmen living skills class dressed in their gold class colors.

Photos by Kaylynn Denny

NOW WE DANCE TOGETHER

STMA comes back together for two Homecoming dances

This years Homecoming dance took place on Saturday Oct 9, 2021. This year unlike other years- it was a split homecoming. **Quinn Opiola ('25)** said, *"It was really fun and the split didn't bother me because I've never gone to a regular dance."* We had to have a split dance due to how many kids we have in our school. Another reason the dance was separated was to keep everyone safe. **Heidi Frank ('24)** said, *"It was hard being separated from my friends in other grades, but it was still fun."* Ninth and tenth grade dance started at 6:30 p.m. and ended at 8:30 p.m. The eleventh and twelfth grade dance started at 9:00 p.m. and ended at 11:00 p.m. **Zak Wise ('23)** stated, *"I thought the dance was really fun but very hot, I think the split was fine because it gave the underclassmen a chance to have the spotlight instead of the upperclassmen."* **Advisor Ms. Divine** stated, *"Overall it was a fun experience for all the students I talked to, and could be a start to a new tradition." Spread designed by Josie Vankuyk.*



How'd you get asked to Homecoming?

HOCOPOSALS



Tyrese Phengdouangdeth ('23) showed up on **Maura Defru** ('22) porch the Wednesday before homecoming. He said "I thought it would be cool to ask her in Spanish because she is from Spain," said Phengdoungdeth.



While celebrating her birthday, **Conner Luongvon** ('23) surprises **Ashlyn Marble** ('23) on her poarch with flowers and a poster."It was her birthday and she wasn't having the best day, so I thought it would make her day better," said Luongvon.



Caleb Waller ('24) went to **Danika Weiland** ('25) house on September 26th to ask her to homecoming with a poster aboiut a song. "I thought it was creative and funny, and knew she would like it," said Waller.



On Homecoming day **Maverick Kneefe** ('24) asked **Elise Linneman** ('24) by using a song she listens too a lot "count on you" from big time rush. "We have been in the same friend group for a while and the girls like listening to big time rush so I based it off that," said Kneefe.

SOPHOMORE HOMECOMING! Jake Nelson ('24), Ava Miller ('24), Ella Luoto ('24), Annica Walters ('24), Connor Brunet ('24), Lizy Cartney ('24), Emma Rens ('24), Bryce Haines ('24), Cael Larose ('24), Mason Mogard ('24).This friend group went to the earlier homecoming dance and went to take cool pictures before. Walters said, "We went to Crow River Park Reserve to take pictures". *Photo submitted by Annica Walters.*

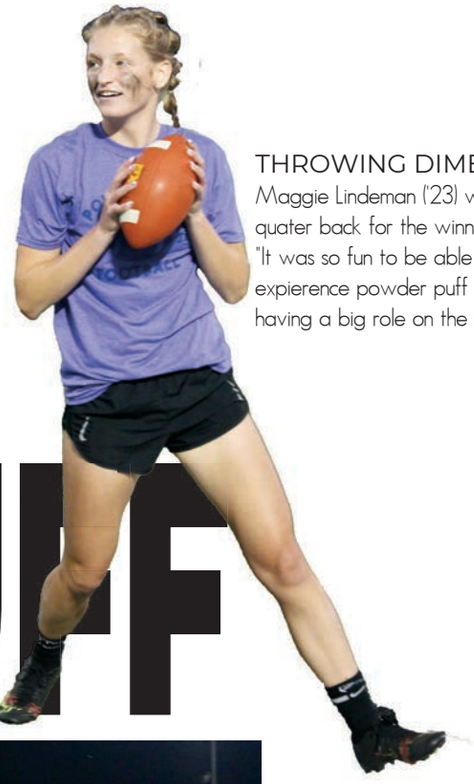


FRESHMEN HOMECOMING. These girls went to Lily Tillemans house to get ready. They went to the dance and then went to dinner. Featured in this picture are Lily Tillemans ('25), Rachel Couture ('25), and Kelsey Cochrane ('25). Couture said, "We went to RedStone in Maple Grove." *Photo submitted by Rachel Couture.*



JUNIOR AND SENIOR HOCO. Pictured left to right is Carter Hiltner ('22), Alicia Vosberg ('23), Rylan Maynard ('22), and Mason Schepers ('22). They went to the dance separately and then saw each other there and took a picture. Maynard said, "My favorite song that played at the dance was Super Bass by Nikki Minaj." *Photo submitted by Alicia Vosberg.*

tuff enuff for POWDER PUFF



THROWING DIMES.
Maggie Lindeman ('23) was the quater back for the winning team. "It was so fun to be able to expierence powder puff and having a big role on the team."



The powder puff tradition kept going and the lady knights were excited and competitive.



Olivia Oscarson '23



Michelle Leonard '22



Ava Zoellmer '22

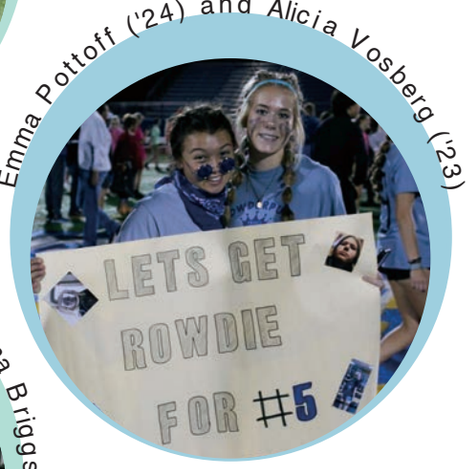


Olivia Peal '23

As a yearly tradition the STMA High School always has a women's powder puff during homecoming week. Last year unfortunately powder puff was canceled. In the 2021-2022 school year the powder puff game was on Wednesday October 6th at 7 pm. Usually for the game there are four different teams, two senior teams and two junior teams. As a ritual one senior team wears pink and the other team wears green. For the juniors they wear blue for one team and then the purple for the other. The lady juniors had their very first powder puff game this year. The purple team came out with a victory of 2-0. **Piper Carlson ('23)** explains *"It was so fun to be able to beat the seniors, I personally don't think they were actually expecting to have much competition against us, but we kind of brought it to them from the start."* Although the pink senior team lost *"The game against the juniors was very competitive from the start, everyone got really into it. Towards the end we ran a 'trick play' where Sophie Femrite tricked the team to score which kept us going in the game,"* said **Paige Holm ('22)**. The green team ended up coming in third place winning one of their two competitive games. **Tessa Opiola ('22)** explained, *"I was really nervous at first going out there because I didn't want to embarrass myself but in the end it ended up being not as bad as I thought and it was super fun."* Unfortunately the blue team didn't win any of their games they all came to compete. **Josie Vankuyk ('23)** explained, *"Even though we didn't win, we had a lot of fun and ultimately had the best team and the best coaches. We went 0-2 which means two L's makes a W."* The lady knights had a very fun night at the 2021 powder puff football game. *Spread designed and photos by Jordyn Clapp.*



Elli Schmitz ('22) and Natalie Zuidema ('22)



Emma Pottoff ('24) and Alicia Vosberg ('23)



Jenna Kyono ('22), Ali Weimer ('22) and Emma Briggs ('22)



Ella Vanorden ('23), Ella Hoy ('23) and Tam Le ('23)

FUELIN' UP FOR GAME DAY



5:30 - "I was at volleyball getting hype for game day."

6:00 -"I got my hair done in bubbles and put glitter all over my face."

6:30 -"Ran out on the field to get practicing."

7:00 -"I drank some pop for fuel to go 0-2."

SWITCHIN' THE ROLES

The Knights varsity football players are the 2021 powder puff coaches



Juniors Michael Johnson, Ryan Luster, Colton Demarais and Brody Odland



Seniors Owen Neros, Xaiver Peltoma and Rylan Maynard



Seniors Jake Springer, Jarrett Bennett, Max Keefer and Reven Simat



Juniors Logan Jans, Brett Roos and Conner Luongvan

HOMECOMING OCT. 8

NOW WE'RE BACK

FNL themes return to the student section

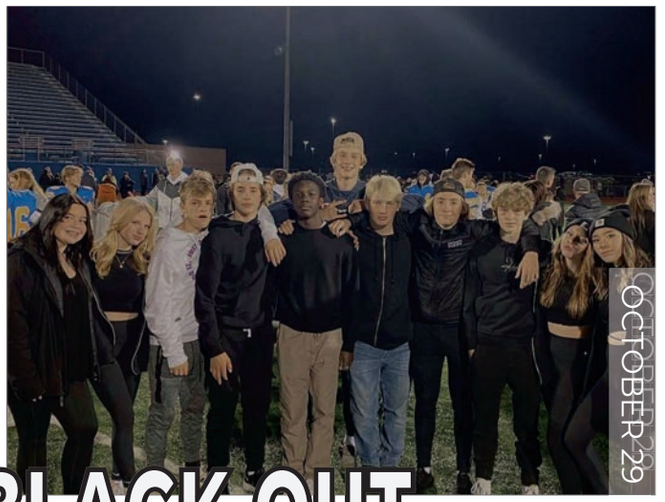
As the 2021 football season approached, STMA students' feet were off the ground with excitement. Covid-19 had taken away the cheering of students' voices as they chant the school song and many other chants that bring the players into game mode. As the season approached a few students decided to find themes for the upcoming games. Student **Ashlyn Pomerleau** ('22) wanted to be creative. She stated, "I knew someone had to step up as a leader so I and two others decided to do it." The three began to come up with ideas and decided Luck of the Irish would be a little different. It was brought up to Admin and they agreed they love it and we were happy there was something different as well. As students in the past year were put on a hold to attend games the students knew it would be an exciting but a different year then in the past. "I think that everyone took for granted how fun they were before we got them taken away last year," as stated by **Lauren Couture** ('22). Many students had opinions on the themes this year **Hanna Barthel** ('24) expressed, "it is so much fun to be at games after not being able to go to any games last year! I also love the themes." The themes were decided for each game before the season started and were chosen by the students using a voting system but also some were just chosen by the three students that created the themes. **Katie Dinius** ('22) expressed, "I love going to football games and thought it would be fun to choose the themes for everyone to participate in." The themes were expressed throughout the games and light up the student section. *Page designed by Tessa Opiola.*


Ashlyn Pomerleau


Lauren Couture


Hanna Barthel


Katie Dinius


OCTOBER 29

BLACK OUT vs. Burnsville


SEPTEMBER 2

HAWAIIAN vs. Forest Lake


SEPTEMBER 17

NEON vs. Wayzata



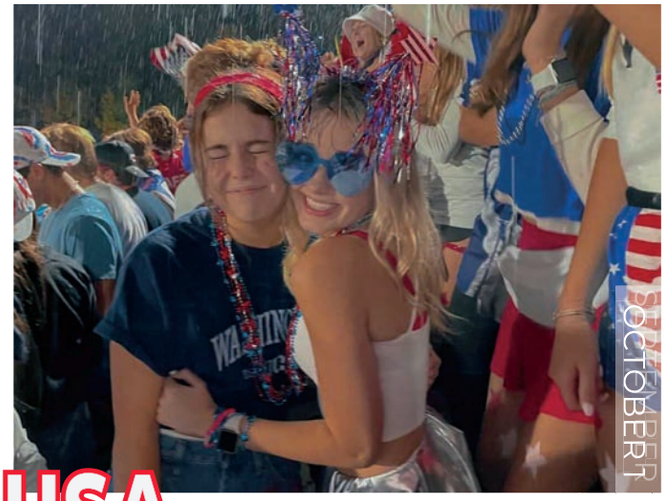
SEPTEMBER 10

HIPPIE vs. Centennial



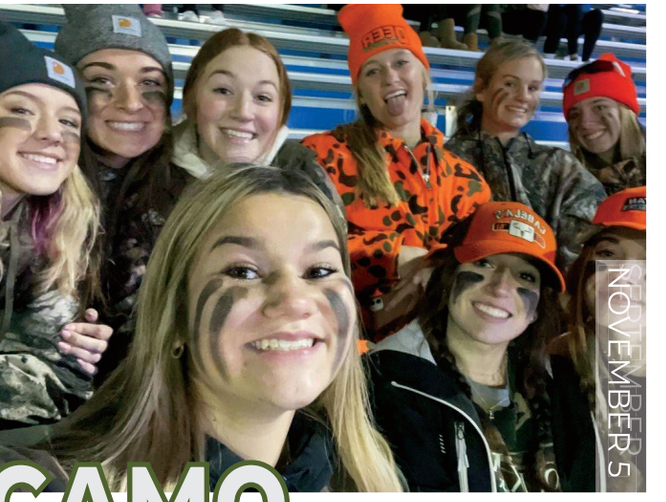
SEPTEMBER 24

IRISH vs. Blaine



OCTOBER

USA vs. Minnetonka



NOVEMBER 5

CAMO vs. Centennial



OCTOBER 15

WHITE OUT vs. Maple Grove



OCTOBER 20

JERSEY vs. East Ridge

NOW FOOTBALL IS BACK

Knights beat Blaze 41-14 sending them into 6A Semi Finals

The Knights advance into their first playoff game of the season. After losing the previous two games, the Knights feel it is important to play their best this game. In the first quarter of the game, the Knights started off strong and scored the first touchdown within 15 seconds. **Max Keefer** ('22) had his 3rd touchdown of the first quarter. STMA leads Burnsville 21-0 with just 1:43 left in the 1st quarter. *"I think the touchdown on the first play really set the tone for the game and gave us some great momentum and led to a quick defensive stop. Easily winning the first playoff game has given our team confidence on both sides of the ball and ready to take on the cougars,"* said Keefer. The Knights keep it up and win another touchdown. **Owen Neros** ('22) leads the team to 28-0 with 7 minutes left in the first half. *"We knew the first playoff game wouldn't be a hard game but it was clear that it was an important game in order to gain momentum for moving forward. After the win it seemed like the guys really came together and we were excited for the next weeks of football to come,"* said Neros. At the end of the third quarter, STMA led 41-0. Burnsville scored a touchdown with 6:58 left in the game. The Knights didn't lose momentum. Final score of the first playoff game was 41-14 and advanced to the second round of the 6A playoffs. *Page designed by Hannah Henschell.*



HOLDING TIGHT. Senior quarter back, Owen Neros holds the ball tight while running it through the defensive crowd, while his teammates are blocking for him. Knights are holding tight in every aspect to get to the end of the game to win 41-14. *Photo by Tim Bykowski.*

WE'RE BACK



"Playing games in front of fans is unmatched. Last year the players were the only ones cheering for us, but this year we have the whole city to cheer for us."

-Xavier Peltoma
senior



GAINING THE YARDS. Avoiding his opponent, Rylan Maynard ('22) gains 20 yards for the Knights. The Knights lost to Wayzata 34-14. *Photo by Tim Bykowski.*



HOLDING UP TRADITION. Feeling excited, Riley Purcell (22) holds up 4 fingers entering the fourth quarter. The Knights won 42-6 against Forest Lake. *Photo by Tim Bykowski.*



Logan Kunz



Brett Roos

THESE ARE FINALS



GUARDING THE BALL. Defensive line guards Jarrett Bennett allowing him to score a touchdown. The Knights defeated Wayzata 14-7. *Photo by Tim Bykowski.*



RUNNING THE FIELD. Not looking back, Max Keefer stays clear from his opponents and runs the ball. The Knights won against Centennial 38-35. *Photo by Tim Bykowski.*

Scan here to view the locker room celebration after winning the quarter final game against Wayzata.

TAKIN' IT TO THE BANK

KNIGHTS ADVANCE TO STATE SEMI FINALS

The Knights play at the U.S. Bank Stadium for the first time. STMA fans traveled down to the U.S. Bank Stadium to watch the Knights take on the Lakeville South Cougars. Senior Alex Markgraf, playing as a guard on the offensive line, feels it is a special experience to have advanced this far and play at this level. **Alex Markgraf ('22)** explains, *"When I was traveling down to the U.S. Bank we were all dressed up and it felt like we were on top of the state. We knew we had to do everything right to win because it was one of the toughest games of our lives."* Going into the second half, the Cougars led [27]-0. Coach Essler and the coaching staff redesigned their approach going into the second half. **Coach Essler** says *"I told the players at halftime to take a deep breath and enjoy the moment. I felt like we were not having much fun and I told them to smile and enjoy the opportunity to play on a big stage."* Conner Luongvan ('23) scores a touchdown and Jarrett Bennett ('22) scores a 2 point conversion. **Jarrett Bennett ('22)** says *"We went for the 2 point conversion because we wanted to get points back on the board and go for the onside kick, we gained some momentum and went back on offense and scored again. After the third quarter we were thinking we could come back."* The first high school touchdown of his career. Rylan Maynard ('22) scores the second and final touchdown of the game with 4:53 left to play in the final quarter. **Rylan Maynard ('22)** explains *"Scoring your first varsity touchdown is awesome, but being able to do it at the bank makes it even more exciting. When I caught the ball I was almost in shock for a second and couldn't believe what happened, but was quickly greeted by my teammates to celebrate with me."* The Knights lost the game 40-14 finishing their season 7-5. **Conner Luongvan ('23)** says *"From watching the Vikings play on TV then going out there on that field was crazy and just amazing."* *Spread designed by Hannah Henschell.*











RECOVER THE BALL. The Knights recover a fumble and Jace Johnson ('22) runs the ball 30 yards. *Photo by Camryn Lukkar*

REGAINING POSSESSION. The Knights get the ball back after an onside kick in the final quarter. *Photo by Maddy Petranek.*

GUARDING THE BALL. Owen Neros ('22) prepares to throw the ball while defense takes on their opponents. *Photo by Camryn Lukkar.*

COMING BACK STRONG. Returning from the locker room, the Knights regain momentum going into the second half of the game. *Photo by Maddy Petranek.*

CELEBRATING. After scoring his first varsity touchdown, Rylan Maynard ('22) is quickly greeted by his teammates leaving the score 40-14. *Photo by Camryn Lukkar.*



OH SNAP. Getting inside #15 Hudson Hochstedlers ('25) head on what he is thinking right before the snap. "What I'm thinking about is getting a clean transfer, and scanning the defense for good match ups." *Photo by Tiffany Simon.*



CAN'T CATCH KLOSTER. Outrunning Minneonka opponent, #49 Gage Kloster ('25) scores for the team.The Knights ended the game with a victory of 21-12. "When you score, you're on top of the world. When you run off the field all the people on the sidelines are fired up and the coach's being fully invested in you, it's just the best." *Photo by Tiffany Simon.*

KICKIN' IT
WITH THE BOYS

Schiltz becomes Knights' new 10A and 10B kicker





> "I want people to know that I didn't do it to be the first female kicker and that I am there because I am good at kicking."
> -Savannah Schiltz

While at work, Tommy Devires ('23) and co-worker Savannah Schiltz ('23) discussed his 10B football team. Devires said the football team was looking for a kicker. He explained how he thought Savannah should try out: "I thought Savannah would be a great fit for kicker because she has a powerful leg from playing soccer." Savannah explained that she didn't think Tommy was being serious about her trying out at first. "I thought Tommy was joking, and a week goes by and I realize that he isn't joking." Savannah then got into contact with Coach Anderson. Coach Anderson and a few other coaches went to one of Savannah's soccer practices to watch her kick. After trying out, she was then added to the team and started kicking during the games. "I was really excited to be out on the field, but also a little nervous." Schiltz quickly learned how different it was kicking a football rather than a soccer ball. Schiltz stated, "In soccer you kick across your body, and with a football you have to kick straight out.The transition was a little weird." After practicing with a football, she got used to it. She proceeded to play in four games and kicked ten points total. Schiltz kicked for both the 10A and 10B team, seven of the ten points were kicked at a 10A team. Having a female kicker is new to STMA and a great accomplishment. Schiltz stated how it never mattered to her that she would be the first female kicker, she wants to show how she is good at kicking and deserves to be there. *Spread designed by Tiffany Simon.*

WHAT'S IN OUR FUTURE

JV team ends the season with an 8-0 record

The JV season ended with an 8-0 bringing home victory to the Knights. #35 **Caden Johnson** ('24) "I think we were able to go 8-0 because everyone on the team was dedicated and wanted to be there. Everyone gave 100% on every play and we had good players to get us wins." Johnson also explains how there were some games where it was pretty close, but they still came out with the wins. The senior football players also had a large impact on the team: "We had good senior leaders throughout the season." #80 **Ethan Ricks-Wesseh** ('23) explains how the senior class affected their team. "They were good leaders to us, they came determined showing us that they're always ready to compete." Ricks-Wesseh also explains how building a strong bond between the team has helped them greatly throughout the season. Being united and having strong leadership in the team are some very important aspects that led the team to 8-0 this season.



KEY TO SUCCESS. Having a strong offensive line is an important aspect of football. #12 Robert Pieler ('22) explains, *"It gives the quarterback a lot of time to throw the ball and open up running lanes for the running back."* Photo by Tiffany Simon.



GETTING READY FOR VICTORY. Running back Bryon Sauvy ('23) tells how the team gets ready for a game. *"We listen to music in the locker room and we always have five minutes left for quiet time before we go out on the field."* The team ended up winning 24-12 against Maple Grove. *Photo by Tiffany Simon.*

NOW WE'RE HYPED

Our favorite pump-up songs



Dreams and Nightmares
by Meek Mill

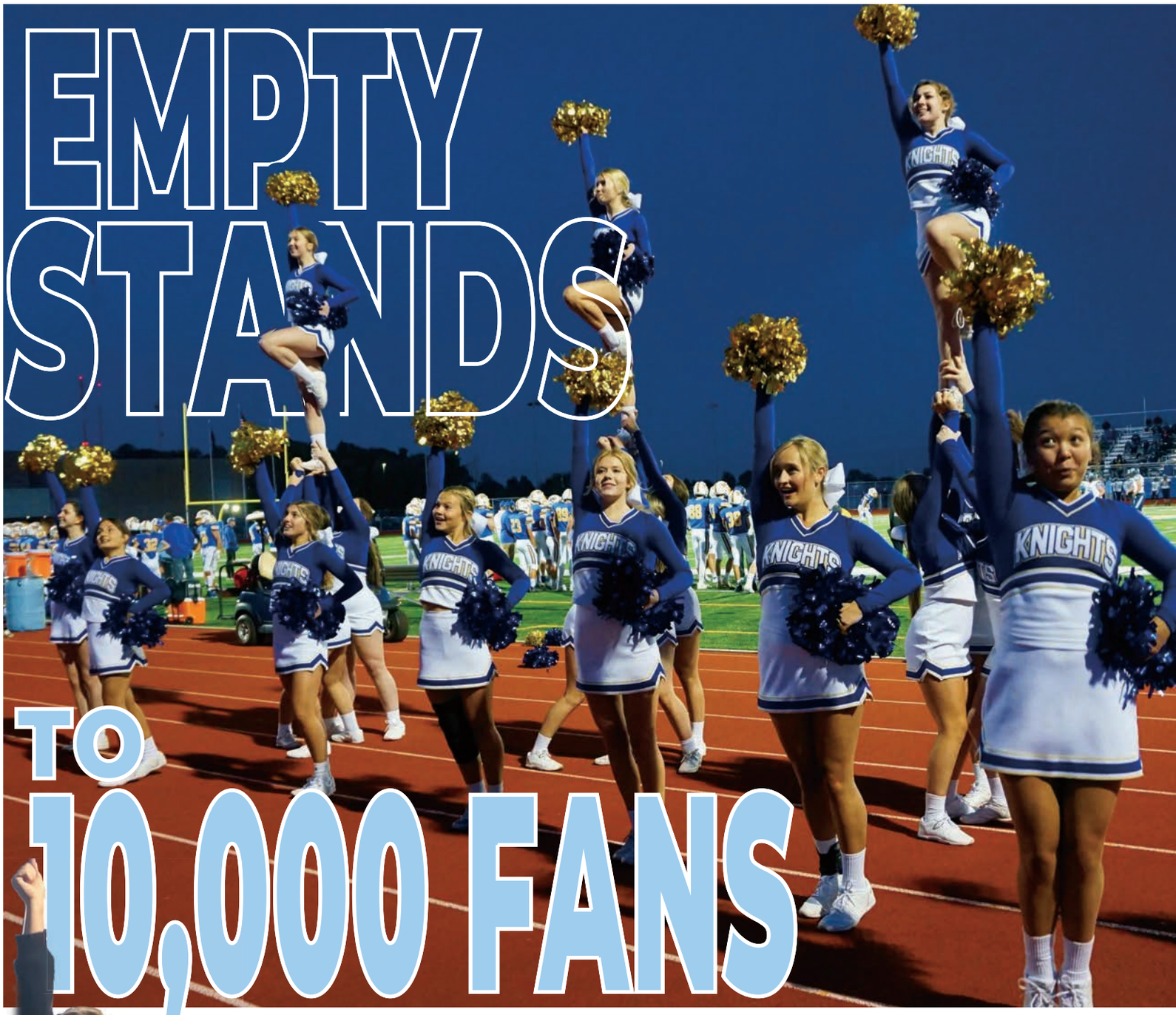


Invincible
by Pop Smoke



Look Alive
by Drake

EMPTY STANDS TO 10,000 FANS



Sideline cheerleaders excited to return to fan audience



KEEPING UP WITH THE THEME. The cheerleaders get to do the footbal game theme. Autumn Malenke ('24) "Dressing up makes me feel more envolved with the student section." *Photo by Becky Stephens.*

THE CROWD IS BACK! After a year of having around 75 fans in the stands, the STMA cheerleaders came back to a completely packed football stadium. This years homecoming game was estimated to have around 10,000 students and parents. Last year was **Eva Bolin's ('24)** first year on sideline, "I had only experienced the small crowd of parents and families. Having the student section and overall bigger crowd really ups the energy and school spirit!" For the cheerleaders it is very important to have a crowd. Without the crowd it is very hard to create energy, so having them there makes it a lot more fun. **Kylee Formo ('23)** said, "Having people to bounce energy off of makes it a lot easier to have a good time." Since it's **Emily Thell ('22)** has been in sideline cheer for four years, Thell explained "Having the crowd back for my senior year makes it a much better experience." All the cheerleaders hope they never have to go back to having a small crowd again. *Spread designed by Maddy Petranek.*

FLYING THROUGH THE SKY. Allie Lombardi, Alicia Vosberg, Lexi Kemmetmuller, and Amanda Fisher stunting before a the STMA vs. Blane game. Fisher ('24) explained, her favorite thing about flying is "making the crowd hype, and it feels good when the team hits the stunt!" *photo by Maddy Petranek.*

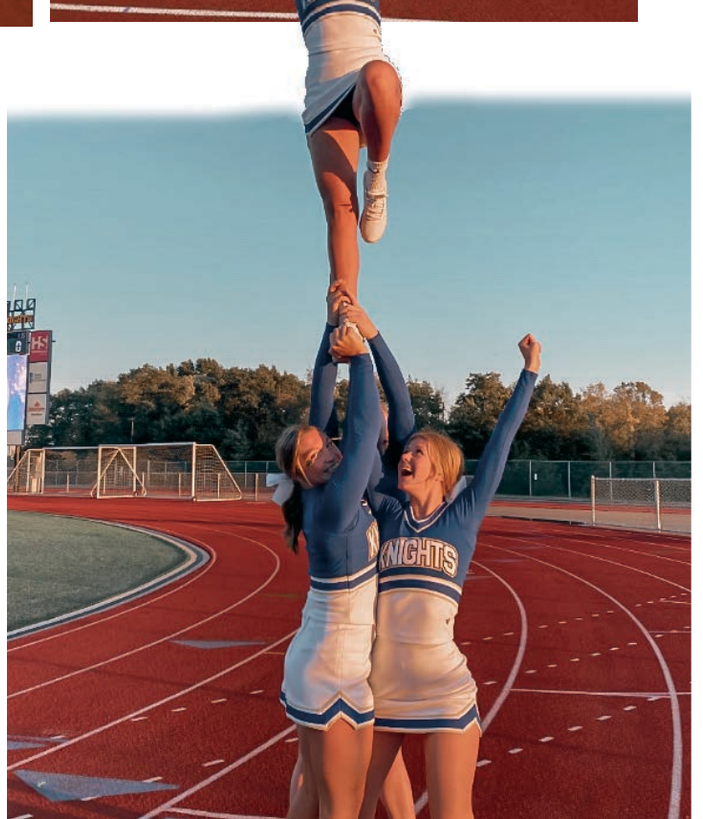
KEEPING THE CROWD GOING. The cheerleaders doing the cheer "we say blue you say gold", as the crowd cheers back. Emma Potthoff ('24) expressed, "I enjoy interacting with the crowd and having them join us in cheers. #ROLLKNIGHTS!" *Photo by Maddy Petranek.*

SMILE IT'S GAMEDAY. Amanda Fisher, Hanna Hynes, Mady Resech, Lizy Cartney, and Allie Lambardi, enjoying the company of their teammates. Reaech said, "I love being able to cheer with my best friends every Friday night!" *Photo by Maddy Petranek.*

TACKLE CANCER NIGHT. Every homecoming game the cheerleaders get to use the pink pompoms for tackle cancer night. Brittney Harris ('23) expresses, "I like using the pink pompoms because it adds a fun pop of color and is something different!" *Photo by Becky Stephens.*







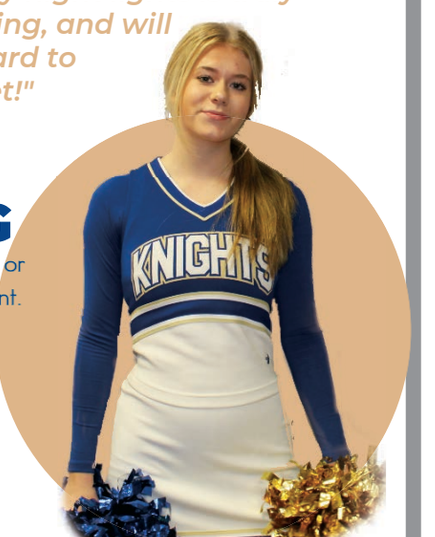
the leaders of FNL



Allie Lambardi

A captain is a person who has to watch the game and know what cheers to do for what is happening during the game.

"As a second year captain it has been so much fun, being able to lead Friday night lights is truly exciting, and will be hard to forget!"



ALICIA VOSBERG

A cheer is a shout for joy or in praise or encouragement.

"My favorite cheer to do at the games is ALLIGATOR, because the crowd loves that one!"



LIZY CARTNEY

The flyer is the top person, who is in the air and main focus of the stunt.

"It's really exciting watching everyones faces as you go up and adds adrenaline during the cheer."

Photos by Maddy Petranek

NOW YOU'VE BEEN SERVED

The Knights take it to the next level



Knights are one step closer to state
The Knights swept the Moorhead Spuds (11/2) in 3 sets. This was an exciting game as they are now onto the next round of sections and one game away from state. "Knowing this was my last home game of my STMA volleyball career I went into it with a strong mindset with an end goal in sight. I was very excited to play and knew we would do very well. I was super excited and felt a relief jumping into the crowd chanting after the game to celebrate. Knowing that we move onto Rogers for section finals is very exciting for us as a team." **Paige Holm** ('22)
Looking back at last season having no one able to watch in person to this season having filled bleachers. "Personally, crowds don't make or break me. They will try to get in my head, but I use it as motivation. I find the opposing crowds hilarious because I like to make them quiet. When they are quiet you know you're doing your job!" **Tessa Johnson** ('23) This season the volleyball team has had amazing chemistry and have been working together very well. "I love seeing our team together, especially after games. It reminds me of all the work we put in in practices and tournaments. I've never been on a team that mixed so well together," said **Tali Cornillez** ('22). *Spread designed by Khendal Johnson.*

WHAT'S YOUR ROLE?



Khendal Johnson

"As a setter my role is to run and direct the offense,, always knowing whats going on and who's where on the other side of the net."



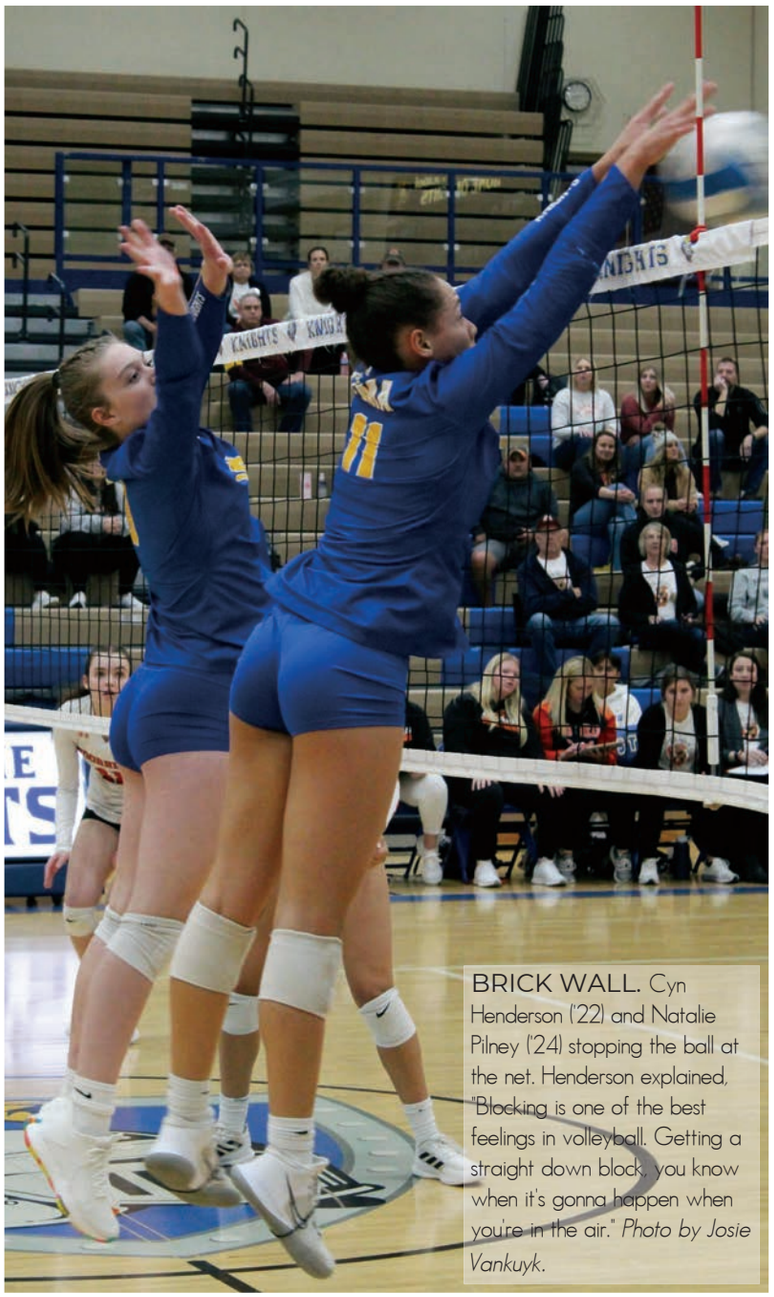
Paige Holm

"My role is to lead the defense and get good pases up to the setter to run a good offense."



Kendra Behrens

"My role as a hitter is to connect with my setter and find open spots on the court to hit. I also close the block when the other team is hitting."



BRICK WALL. Cyn Henderson ('22) and Natalie Pilney ('24) stopping the ball at the net. Henderson explained, "Blocking is one of the best feelings in volleyball. Getting a straight down block, you know when it's gonna happen when you're in the air." *Photo by Josie Vankuyk.*



FOCUS UP. The Knights focusing and getting prepared to play the Monticello Magic. "In the huddle before the game we talk about how we can win and how we need to work together," said Natalie Pilney ('24). *Photo by Camryn Lukkar.*

KNIGHTS MAKE A RUN IN
SECTIONS



SWEEP. Celebrating Madi Gartner's ('23) kill against Buffalo the Knights went on to beat Buffalo 3-0. "The atmosphere during the Buffalo game was crazy. The team and crowd go wild and celebrate which makes the kill euphoric."



SPUDS SERVED UP. The Knights celebrate between points. STMA went on to beat Moorhead 3-0. "I think our teamwork helped us because we leaned on each other and had trust," said Tessa Johnson ('23).



LET'S FIGHT GIRLS. The Knights celebrate after a point scored by Madi Gartner during section finals. The Knights fell to the Royals 0-3. "Communication during the Rogers game was important in order to know whats going on and trusting each other," said Lindsey Ekk ('23).

NOW WE LOOK AHEAD

Taking a season to rebuild and improve.

The 2021 JV season they finished with a 13-14 record. Throughout the season, the team carried 15 girls with 4 juniors, 6 sophomores, and 5 freshmen. Every player had matches where they shined and contributed to the overall success and development of the JV team. The JV team highlight was finishing 4th out of 32 teams at the East ridge tournament. "I felt proud of our team and how we finally executed. Our effort and communication on the court showed when we placed. For me personally it was the closest I've felt with the team all season," said **McKenna Maus** ('23) Another highlight was the opportunity to work on mental toughness with Regan Pittman (former Gopher & All American). As a team, they committed to focusing on the basics of the game through daily warm ups and bettering individual skills of the players to help improve the ability to play as a unified team. **Katrina Lake** ('24) explains how the team improved over the season "When we first came together as a team everyone had different skill levels, we had to work hard both on and off the court. A lot of players put in extra work. It was all the extra work that we did that made us stronger as a team. We had a couple injuries in the season. And new people came up from other teams so we had to learn to work with new people, but we all figured it out and got stronger towards the end of the season." This season provided many opportunities for each player to develop and flourish in their role on the team and help prepare them for future seasons at STMA.

Spread designed by Khendal Johnson.



> "As the serve comes over, I'm thinking about how my team and I will get a good pass, perfect set, and a kill."
>
> -Josie Avery
> *sophomore*



BLOCK PARTY. McKenna Maus ('23) and Abby Hoselton ('24) have a shut down block against Moorhead. Hoselton explains the importance of communication, "It is important to communicate while blocking so you and your other blocker are able to time it right and close to block." *Photo credits Khendal*



BACKROW. Khyan Johnson ('25) plays backrow as a libero and takes a big swing for a kill. "Being a libero is important to volleyball because most of the point that people earn are off of passing errors and being a libero helps prevent that," Johnson said. *Photo by Khendal Johnson.*

TOGETHER. The Freshman A team comes together and cheers for a point. Molly Jacobs ('25) Molly plays libero "It was a great experience, the girls on my team were super nice and were very encouraging. All of the older girls were very helpful and welcoming, it was a great first year." *Photo by Khendal Johnson.*



FULL TEAM. B-squad played with 17 girls this season. Natile Kloss ('24) tells us about the season "Having 17 girls was a different experience. Getting to know so many girls with such different personalities was so fun." *Photo by Khendal Johnson.*

CELEBRATING. Jv team celebrates after Kaylie Cox ('24) gets a kill against Hopkins. "Being celebrated by my team is a great feeling and it makes me feel excited and accomplished" *Photo by Khendal Johnson.*





First year favorites:

Alana James ('25)



"The way I'm able to connect on a personal level with other girls, and have no judgment from others."

Sophia Schmitz ('25)



"My favorite thing about volleyball is the community and how supportive everyone is and how they make you feel like a big family."

Jordan Head ('25)



"Always having fun and getting to meet and talk to new people."

SHOOTING FOR OUR GOALS





CAPTAIN ALEXIS PHILLIPS TAKES ON BONE SPURS DURING SENIOR SOCCER SEASON.

"My ankle was hurting on and off for about a year and it started to hurt a lot more to the point I couldn't really walk without limping. I didn't have a lot of mobility in it. Then I rested it for a week and tried again but it continued to hurt. I went to the doctor and he told me there was growth in three spots on my ankle, which were bone spurs. They are normally harmless and people don't know that they are there but mine was causing pain. Limiting my movement so he said to try to wear inserts in my shoes and if that didn't work I would need to get surgery to get them all out. Neither one of them were guarantees but they were my only two options. I had bone spurs on both sides and on the top of my ankle, they did only two incisions, on each side of my ankle, and then scraped the stuff off on top. I had my surgery on August 19, at 9:00 am. The doctor said it was one of the worst he has seen, I had floating bones that he also took them all out. The doctor said it was about a three month recovery time. I was in a cloth boot/rap and crutches for 3 days then went back and got a blue hard cast. I was on crutches and the cast for about 6 weeks. I then got my stitches out and was in a walking boot for about 10 days. From September 29th to now I am still rehabbing and strengthening my ankle. It's not 100% but it's where I am able to play again. It's still not as strong as my other one." -*Alexis Phillips.*



Coming from 2021 season cut in half and losing 12 seniors, the girls had to come back stronger than ever and overcome new challenges. The girls went from wearing masks all the time and having no team bonding, and then to having pasta feeds, team sleepovers, and all being able to sit on the bench together. On top of all that, the seniors got Sections this year. The soccer season was very eventful. They won four games, winning against Buffalo twice, Moorhead, and Wayzata. **Tailyn Radloff** ('24) said, "The team was a lot younger and newer than past years but we all still had great chemistry." Unfortunately, the season ended too early; they lost in the first round of sections 0-1 against Buffalo. Even though the season was not what the Lady Knights expected, it was a season of rebuilding and forming bonds that will last a lifetime. *Spread designed by Alicia Vosberg and Josie Vankuyk.*

STMA BEATS THE TROJANS. This photo was taken right after Olivia Peal ('23) scored. The Lady Knights ended up winning 4-3. *"It felt encouraging to score on Wayzata because it gave the team hope for the game to come out with us winning,"* Peal said.

LEADING THE FIELD

GOALIE



BRYNN '25 HEDBERG

STOPPED 82% OF SHOTS

DEFENDER



JULIANA '24 ZERNA

DEFENSE MVP

MIDFIELD



OLIVIA '23 PEAL

4 GOALS 6 ASSISTS

STRIKER



EMMA '22 DUERR

LEADING GOAL SCORER OF 5



MOVING THE BALL. Left foward Sadie Strait ('24) put in great work and helped the team win. The Knights won the game 4-3 against Wayzata. Strait said, *"It was a good win for us and it helped give us confidence for the season".* *Photo by Tim Bykowski.*



GOALIE ON FIRE. Hannah Hoglund ('22) played in Sections against Buffalo. The game ended in the Knights loosing 0-1. Hoglund said, "Even though we had a tough season, we had many positive experiences and grew as a team. Many memories were made, some I will never forgot." *Photo by Tim Bykowski.*

Knights overtake Rogers in dramatic 1-0 finish

SHERK STOPS ROYALS in SHOOTOUT

On Tuesday, October 19th, the Knights "8-8-1" took on the Rogers Royals in the first round of 6A sections. "We knew the Royals ad some good forwards so we knew we had to man mark and limit them," **Tyler Jordan** (23') said, "All week we had prepared for penalty kicks so our team was ready." The Knights played a tough first half, taking the lead with 3-1. "We were playing a great game, we just had to stay collected and finish the game off," **Oscar Peraza** (22') said, "We didn't give them many opportunities before halftime. We needed to keep the same intensity going in the second half." At the conclusion of the game, the score was tied 1-1. Per section rules, both teams are alloted five penalty kicks. "Personally I thought the game against Rogers was not the best because I had let in a couple of goals that I should have saved. The game was a back and forth affair that could have gone either way in a moments notice," Evan Sherk (22') said. The Knights started strong with 3 shots on goal. Scorers included **Carter Miller** (24'), **Dylan Anderson** (22'), and **Fred Kpoto** (22'). Sherk prevented the Royals from any shots on net. "There were so many emotions that I felt at the end of the game," **Evan Sherk** (22') said, "I was incredibly happy because we just advanced to the finals and also relived because I knew we had come up big in an intense situation after what I thought was the most difficult game of the season. I have to give a lot of credit to my team for staying positive and giving one-hundred percent until the final whistle." *Spread designed by Olivia Oscarson. Photos by Tim Bykowski.*



> "I felt like I was on top of the world when I heard the roar of the crowd."
>
> -Evan Sherk
> *senior*



BRICK WALL. After stopping the last Rogers attempt on goal, Evan Sherk ('22) is lifted in the air by his teammates celebrating their win. Sherk prevented all shots on goal.



GONE FISHING. While each player holds up their own fish, Jacob Bakke ('22), Dylan Maulik ('22), and Jaxson Bean (24') smile and pose at the camera admiring their catches. The players attended the senior/varsity retreat. "It felt like it was just yesterday I was trying out for the team," Hayden Kuiper ('22) said, "I knew I was losing a part of my family as the bonds we built were the ones I will never forget." *Photo by Hayden Kuiper.*

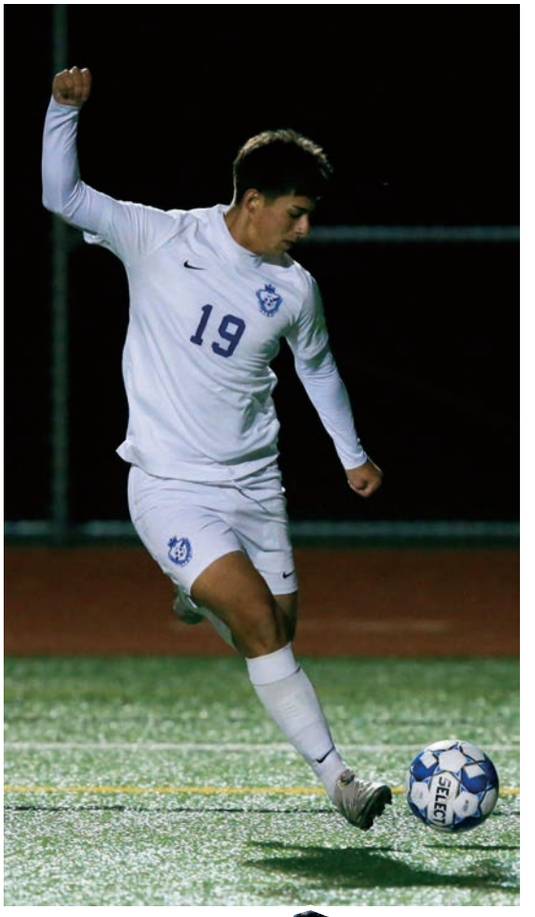
OFF THE FIELD. Holding up paintball guns, the senior/varsity players get ready to play the game on their day off. On October 30th, 2021, the teams got together and faced-off in a game of paintball to celebrate the season. "It was special to be able to play with this group of seniors," Maverick Kneefe ('24) said, They gave a great path for the upcoming seniors to go through."



AIR BALL. In attempt to prevent the Buffalo Bison from obtaining the ball, Alex Johnson ('22) jumps in front of his opponent.

FEELING MESSI. During a game versus Buffalo Bison, Dylan Ortiz ('21) winds up for a strong shot with his left foot. "Something that changed was our mentality as a team," said Ortiz ('22). "Towards the end of the season something clicked in everyones head, we finished off the season strong."







PRAISE GOD
by KANYE
GAVIN **SMITHERS**
senior

This song has a good mental note.

NOW WE'RE HYPED

BUTTERFLY EFFECT
by TRAVIS SCOTT
OSCAR **PERAZA**
senior



I like this song because it gets me ready for our games.



WHISTLE
by FLO RIDA
FRED **KPOTO**
senior



Its a song the whole team listens to and it gets everyone hype before a game.

FINISH ON EMPTY

New coach helps push STMA runners past their limits.

The St. Michael Albertville boys cross country team started the year with a brand new coach, Chase Cayo. Chase Cayo was a former STMA runner and then continued to run at South Dakota State University. He continues to hold the record of the fastest STMA 5K cross country meet time with a time of 15:31. **Caden Nordberg** came close to beating that time this season with a PR of 15:48.9. Caden was the only runner from STMA who made it to state this last season. He continuously finished within the top ten at every race. He describes his intense summer training which got him so far this season, he says, “We peaked around 40 miles a week coming into the cross country season. It was a lot of waking up early all summer long and grinding out the miles one stride at a time.” At the St. Michael invitational this year **Bobby Cilke** and **Luke James** both set their new personal record. Bobby Cilke finished the race with a time of 17:17.6. Bobby had a strong season, cutting his last season's personal record down by almost two minutes. Luke James finished the season with a personal record of 17:18.4. Luke reveals, “the reason for our success this season was because of our training all summer long and our new coach.” Luke also adds, “we were ready from the very start of the season, when the first meet came we were prepared”. Caden Nordberg made it to state at St. Olaf to compete individually. He finished ninth overall out of 160 runners. Unfortunately, the team fell short making it to state this year, but ended with high hopes for next season that they'll be able to meet that goal.

Spread designed by Piper Carlson.



RUNNING FOR EACH OTHER. Caden Nordberg at the home CC meet finsishing with a time of 16:16. "I'll be the first to admit I don't want to run every day, but these guys and the culture they create makes me want it more than anything else," said Nordberg.



HOME MEET. The JV and Varsity team pose for a picture at their home meet. Pre-meet "GATO". The STMA boys cross country team drinks Gatorade, or their nickname for it "Gato", to get pumped and ready for every race. Picture by *Shannon Immer*.



> The most challenging part [running at Griak] is the crowds of people during the race. It is very hard to move around the people who aren't moving as fast.
>
> -Will Sarkinen
> *senior*



WAITING FOR RESULTS. At the Roy Griak Invitational race, Will Sarkinen ('22), Luke James ('23), Sam Eicher ('22), and Max Salas ('25) wait together for the results of the race. STMA finished with a team score of 950 overall. *Photo by Shannon Immer.*





LONG STRIDES FOR THE LAST STRETCH. Carter Wurst ('23) running the final stretch of the 3.11 mile race with a 23.38 time at the JV Buffalo meet. *Photo by Piper Carlson.*

COMING UP FAST. Jacob Sturk ('24) ran the last stretch towards the finish line with a last attempt push. He passed a Monticello runner, which put him finishing in fifth place. *Photo by Piper Carlson.*

WE GOT YOUR NEWS

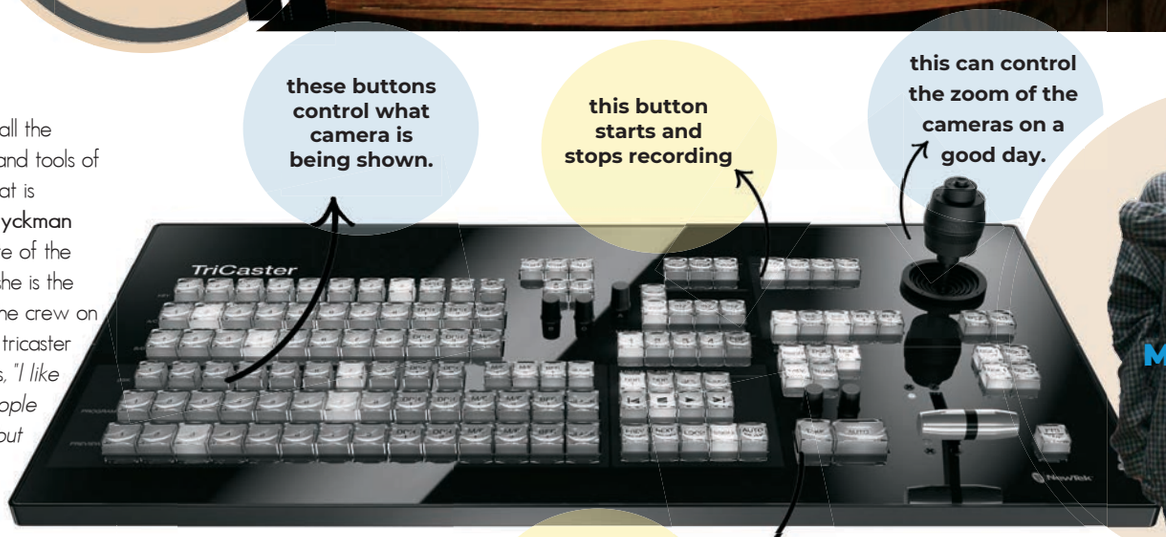
THE NEWS FOR YOUR YEAR.

Trimester 1 *KBNG* is a class where creative minds get to be shared with everyone via broadcasting the happenings about school and even airing some short, informational skits before and after the news. To record the news, you need a few things: two anchors, a person controlling audio, one person controlling the teleprompter (yes we have a teleprompter), and most importantly a person on tricaster. Tricaster is important because it controls all the things on screen, like the lower banner stating the topic, and the transitions of the cameras. It is almost like editing while filming. To be in this class there is a required class before signing up: *Intro to Video Production*. This is a class where you learn all you need to know about beginning to film, edit, and how to be comfortable on camera; or work all the technical machines that control the news. There are also a few community service opportunities during the year, like the AV Club that films games and school events. There is never a boring moment in this class and you never know, you could become school famous. *Spread and Photos by Oliver Hilstrom.*



"I love doing the news, not just anchoring, but doing audio, and more of the technical things."
-Gabe Trotter ('22)

Dealing with all the instruments and tools of the technology that is tricaster, **Mya Fryckman** ('22), is the favorite of the crew. Some say she is the best at keeping the crew on task when at the tricaster desk, but she says, *"I like the work. The people drive me crazy, but it's really fun. I've gotten to learn something I am very interested in."* Fryckman also controls tricaster up in the box at the top of the bleachers in the stadium.





THIS IS KBNG



NOW, WE GREET THE NEWCOMERS.

Juniors

NEW CREW.

KBNG welcomes the new juniors, **Connor Vanderveen ('23), Erin Hartnett ('23), Thomas Bezanson ('23), and Sean Walther ('23),** to a fresh tri 1 of KBNG. They will soon start to take over the seniors with different projects, controlling cameras, and anchoring everyday. Soon to be the new spotlights of KBNG









OLIVER HILSTROM & BRENDAN SCHEUER

seniors



Photo by Chris Pederson

WEEKEND WEATHER. If you want to know the weather before you leave for the weekend, we know the place to look. A short segment of KBNG, known has "Weekly Weather", "Weekend Weather", and many other, playful variations of the words, has been airing since the school year prior to this one. This piece of the news informs students and staff what weather they can look forward to on their days off. It also displays a short comedic skit that **Oliver Hilstrom ('22) and Brendan Scheuer ('22)** come up with.

1. Why is KBNG a fun environment?

CHRIS SAYS: "KBNG is a fun environment because I really feel like I get to say hi to everyone when I hop on the news, It's always a great opportunity to meet so many people too!"

BOSTON SAYS: "KBNG is more of a club than a class. If you have any interest at all with video recording then I would recommend this class."





2. Have any opportunities opened up to you since joining KBNG?

GABE SAYS: "I have acted in a few short films during my time in KBNG."

BRENDAN SAYS: "I've met some amazing people that have become my friends while in KBNG. I've found a real passion of mine. I've never regretted signing up for KBNG and it's really opened up some doors for me."



3. What have do you intend on pursuing post-KBNG?

GABE SAYS: "I intend on being a journalist and I am planning on majoring in communications."

BOSTON SAYS: "I intend on pursuing mainly computer science and on the side photography and possibly film too."

OLIVER SAYS: "I am still figuring things out, but I really enjoy filming and editing so, I hope to do something with that."





Photo by Jake Hochstatter



NOW, THIS IS ART

The art teachers teach several different and engaging classes, usually in the art pod. Drawing, painting, sculpture, ceramics, and photography are some of the options. The main point of art courses is to have an extracurricular full of creativity, and something kids enjoy other than the alternative subjects the school offers; and of course, the credits. Another art class is Advanced Placement (AP) Studio Art, or just "AP Art". In AP Art, people can pick any medium and any subject to base a portfolio off of, later submitting it to AP college board for college credits. Or, submit to Scholastic Art and Writing. Anyone in seventh through twelfth grade can submit work into Scholastic. Overall, not a day goes by without some fun and productive art..

What Does It Mean?

WHAT IS IT? What does art mean to you? "Art is freeing for me. Using art to express your emotions and thoughts is so much more intimate than just words," said **Becca Kosey ('22)**.

dip your brush into AP ART



A NEW REALITY. Creating a new way to express yourself, **Ameila Johnson ('22)** (center), uses paint and pencils to draw herself into a different reality. "Art has always been fun for me since I was little, but when I started taking classes at the high school, I was challenged to create things with more meaning. I still have a lot of fun with it and the teachers have really helped me grow as an artist and explore different ways to create," she said.

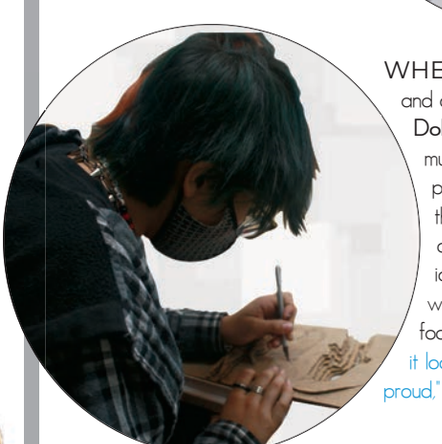


WHEN WE ARE. Using brain power and electrical power, **Emma Cliff ('22)**, works on her photography editing. She commonly uses the triptych method of stitching three photos together. Cliff continues her work, always thinking a step ahead.

"[I'm] constantly experimenting with new art styles and always asking or giving feedback to my classmates," said Cliff.



HOW WE ARE. Working hard on drawing and painting illusionist art, **Angelika Mehes ('22)** was asked what the most challenging thing about AP Art is. Her answer was single word: "Motivation".



WHERE WE ARE. Carving and digging out cardboard, **Abbi Dolan ('22)**, spent time multitasking with multiple art projects, including switching their medium half way through a project, and talking about ideas amongst friends. Abbi was asked about their main focus while creating art. "Making it look good; and making Halker proud," they responded.

AP Art students work hard on different projects everyday, striving for a finished portfolio to submit to the AP Board for college credits in the Spring.

"Art is very therapeutic, and listening to music helps keep me going on my current project."

-Ian Halvorson ('22)



NOW, what about THIS

In the process of inking and ripping up the same artwork he had just finished, AP student, **Zachary Sellner ('22)** pieced back together the torn paper Later, he will submit it to be graded in the AP Exam. "My art is a very messy process and you never know what a line could add to a project."



Spread and Photos by Oliver Hilstrom

EVERY STEP COUNTS

Not just running through the motions this year.

The STMA girls cross country team had an amazing season. They started their first meet finishing third overall out of twenty-eight teams. The team carried this pattern throughout the whole season. At the section 8AAA championship, the team finished first overall making it to state. Carrying the team to the finish line was **Ali Weimer**. She finished first at every race of the season, with a personal record of 17:17.9. She came hungry to win this season, she says, “Before every race I have a time goal in mind and I know that finishing hard and either achieving or coming close to it is something I work for every stride I take.” Ali committed to the University of Minnesota to continue her track and cross country career. **Avery O’Rourke** had a strong season with a personal record of 18:42.9, cutting thirty seconds off from her personal record last season. The STMA girls cross country team ran at state, which was at St. Olaf this year. They finished fourth overall, with a score of 196. Ali Weimer won the state championship with a time of 17:42. **Natalie Cocking** also was very successful at state, placing 33rd. Natalie states, "what motivates me is knowing that my team has my back." The STMA girls cross country team had lots of success this season, which seems to be a pattern for them. *Spread designed by Piper Carlson. Photo by Tim Bykowski.*



FRONT OF THE PACK. Ali Weimer crosses the finish line. She placed first with a time of 17:43 at the St. Michael Albertville Invitational. The varsity girls team also finished first overall with a score of 50. *Photo by Piper Carlson*

> “The last stretch of my race is definitely one of the hardest.”
>
> -Ali Weimer
> *Senior*



RUNNING WITH A SMILE. As the race starts, at the STMA Invitational, Becca Immer ('23) has a smile on her face to start the race. Becca says, *"I run with a smile because I love the people I'm running with. My teammates help me push through the tough runs." Photo by Piper Carlson*

IN IT TOGETHER. After the Buffalo Invitational race, the three girls, Fae Bromley ('24), Libby Boebel ('24), and Elise Linneman ('24) refuel and wait to cheer on the girls varsity team. Libby describes the team's atmosphere, *"My favorite part of cross country is my amazing teammates and coaches that give you unconditional support." Photo by Piper Carlson.*

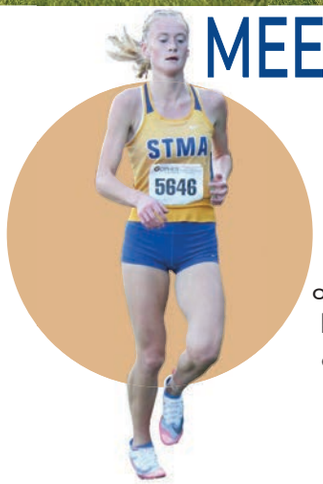


PUSHING THROUGH THE TOUGH RACES. At the section championship this year Natalie Cocking placed third, finishing with a time of 19:49.8. She states, *"It's the encouragement for my teammate that helps me push through the tough races and finish strong." Photo by Tim Bykowski.*





MEET**READY** *EMMA WINDINGLAND'S DAY-OF-STATE ROUTINE*



5:30 AM
"I woke up and ate a light breakfast; an english muffin with peanut butter."

7:00 AM
"We got on the bus and left for the meet."

8:30 AM
"I walked around the course, rolled out my legs, and stretched."

9:45 AM
"I went for our teams one mile warm-up jog."

10:00 AM
"The horn went off and the race started."

THIS IS OUR ELEMENT

Knights go head-to-head with Moorhead

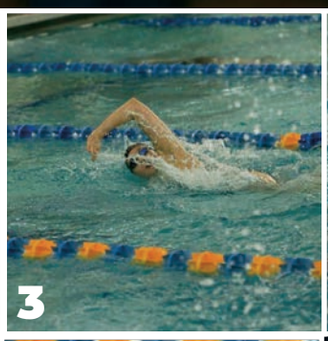
Knights faced Moorhead on October 19th, suffering a loss of 98-81. " Competing knowing that you are gonna lose was tough but the atmosphere the team brought was uplifting," said **Maggie Lombardi** ('22). It was the last home meet of the season plus senior night so everyone knew that they had to stay focused and they still had to go out and do their best. Lombardi scored big that night winning second in all of her events, 100 yard breaststroke, 50 yard breaststroke relay and many more. **Lily VanHeel** placed second against spuds in her 100 yard butterfly. **Atley Neros** took the victory in 500 yard freestyle for our Knights JV team. **Laina Spiekermeier** placed first in the JV 100 yard butterfly. Our Lady Knights may have lost but it was one for the books. *Spread designed by Emilynn Molesky. Photos by Tim Bykowski.*



FLY HIGH. Competing in the 200 Individual Medley, Maggie Lombardi ('22) finishes second with a time of 2.21.74 against Moorhead. *Photo by Tim Bykowski. Photo edited by Oliver Hilstrom.*













1. **Emma Herfel** ('23) swims the 200 yard butterfly for Varsity placing 7th.
2. **Sam Conway** ('25) swims breaststroke at meet against Moorhead.
3. **Emma Cliff** ('22) swims freestyle stroke against the Spuds.
4. **Sydney Gasser** ('24) swims breaststroke against Moorhead.
5. **Ella Chambers** ('22) performs backstroke against Spuds.
6. **Atley Neros** ('24) swims freestyle stroke against Moorhead.



"After a bad day, there is nothing better than doing the sport I love."

- Maggie Lombardi
Senior

QUEENS OF THE COURT

Tennis ladies first season with their new coach



Serve it, Smash it, Win it, Love it. This year some big changes came into the season right around the middle, regarding one coach leaving and a new one stepping up to be the head coach. Such an abrupt change right in the middle of the season. The starting varsity head coach from the beginning of the season stayed for the first half, but abruptly had a mid season resignation. Junior varsity coach Mr. Mashuga decided to step up to the challenge and was named the new head coach for the girls varsity team. **Abby Johnson** '22 stated, "I think having a switch in coaches was difficult to adjust to but we came out better than ever, with a stronger bond and with new skills to go along with it". Along with all the seniors Johnson rees that it feels so good being back on the court for the best and last time. "Everyone is glad to be back to a some-what normal season," **Ady Murkins** '22 says. Complications of a new head coach did make it challenging, but it didn't matter to the girls as long as it was a move in a positive direction with the new head coach making good changes. The varsity team has a mix of juniors and seniors and each player has their own views on how Mrs. Mashuga stepped up to be the varsity team coach in the middle of an intense season already. **Kyra Purrier** '23 said, "It was a little difficult to understand how each coach would teach us but Mashuga was the JV coach, so it was not super hard to get used to since she had been our coach before getting to Varsity in our previous years of tennis while we were younger." The team wrapped up the tough season receiving the eighth seed, sending multiple girls to the individual section tournament. *Spread designed by Ashley Tillemans.*



SENIOR LADIES: Varsity girls get together for a group photo before a match. Ten ladies on the varsity team are seniors, including the nine in this photo. Photo by Emma Briggs.



VOLLEY. Returning her opponets hit, Kyra Purrier '23, Puts up a tough fight but loses her match against Burnsville. Purrier plays singles on the varsity team. "I was about to hit deep down the line because my opponent was cross court and it would make it hard for her to get." *Photo by Tim Bykowski.*

BACKHANDED HIT. Coming in contact with the ball. Olivia Flaten '22, Playing in a double for varsity with Ellie Bruer '22. Flaten took on edina in a conference match. " Edina was rated second in the state at the time, we put up a good fight but werent able to end with the win." *Photo by Bill Halldin.*



OVERHEAD STROKE. Using a hard smash, Mylin Lemke '23, Hits the ball back to her opponent with a powerful hit. Lemke plays singles for varsity. "I remember thinking at this moment that the ball better be in so then I can serve an ace, I ended up winning with scores of 3-6, 6-3, and 6-1." *Photo by Tim Bykowski.*

FOREHAND SHOT. Passing back to her opponet from Burnsville, Jenna Kyono '22, Loses her match. "I remember this match, I tried my best but my opponent was from Burnsville and she was really tough and a big challenge for me." *Photo by Tim Bykowski.*





MATCH DAY SNACKS

Knights fuel up to beat the competition

Kyra Purrier ('23)



"My pre-game snack is a protein cookie because the sugar helps my mind wake up and get my adrenaline up."

Emma Briggs ('22)



"I usually eat a bag of my favorite chips and also drink lots of orange juice."

Abby Cornell ('22)



"Every match someone ends up having goldfish, so we all end up sharing as a team."



LENDING A HELPING HAND. Nicholas Talley is working on turning a project on the Lathe. Nick said "I like using the lathe and watching the part spin." *Photo by Jake Hochstatter.*



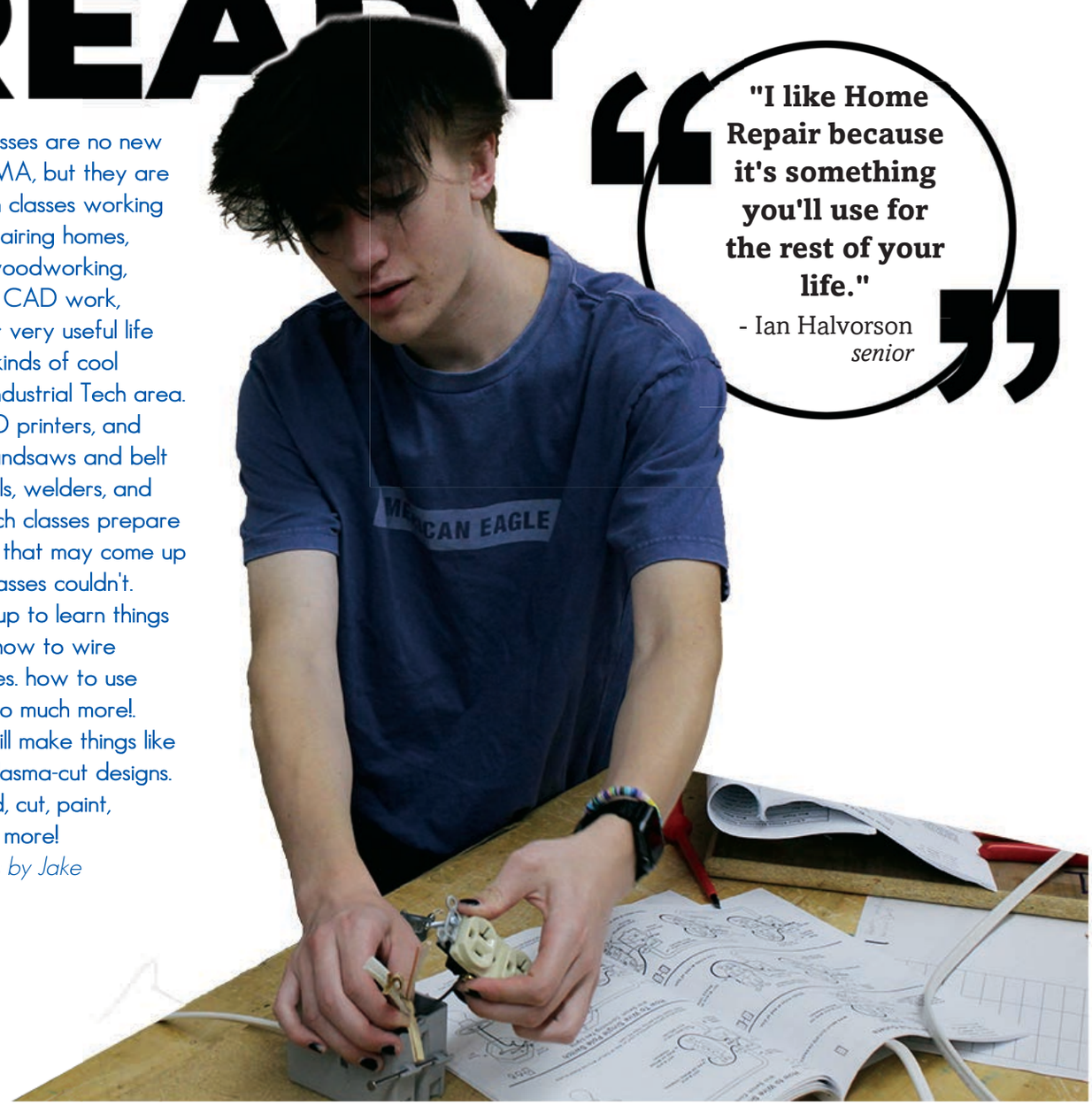
CAUTION: ELECTRIFIED! Edwin Avendano ('22) and Sydney Nemeth ('22) are working on an electrical project. Avendano said, "I like to learn useful skills for home ownership like building sinks and other things." *Photo by Jacob Hochstatter.*

NOW WE'RE READY

Preparing students for the unexpected issues in life.

Industrial Tech classes are no new thing here at STMA, but they are pretty sweet. With classes working with things like repairing homes, electrician work, woodworking, machining, forging, CAD work, welding, and other very useful life skills. You'll find all kinds of cool equipment in the Industrial Tech area. Everything from 3D printers, and laser cutters, to bandsaws and belt sanders. Lathes, mills, welders, and more. Industrial Tech classes prepare students for things that may come up in life that other classes couldn't. Students can sign up to learn things like how to weld, how to wire outlets and switches. how to use power tools, and so much more!. Genera Metals will make things like boxes, dustpans, plasma-cut designs. Learn how to weld, cut, paint, powder coat, and more!

Spread and photos by Jake Hochstatter.



"I like Home Repair because it's something you'll use for the rest of your life."

- Ian Halvorson
senior



EVERYTHING'S BETTER WITH FRIENDS!! Hunter Sterk ('22) and Nathan Talley ('22) striking a quick pose while working on an electrical project. Hunter told us, "QUOTE GOES HERE!"
Photo by Jake Hochstatter.

ANYONE GOT A MANUAL FOR THIS THING? Kaden Gertzen ('23), Trevor Cormier ('22), and Luke Fisher ('23), are trying to remember how to use the Lathe. Kaden said, "Welding is fun!"
Photo by Jacob Hochstatter.



TEAMWORK MAKES THE DREAM WORK! Trevor Cormier ('22) and Luke Fisher ('23) are working together to get the Lathe ready to start cutting. Cormier told us, "Learning to weld and do other things I can't learn in other classes."
Photo by Jacob Hochstatter.

MEASURE TWICE CUT ONCE.! Fred Kpoto ('22) is measuring to start cutting on a Lathe project! Kpoto said, "This class can be hard, but it's a fun challenge."
Photo by Jacob Hochstatter.





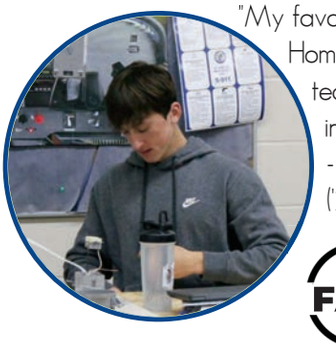
What do you want out of Home Repair?



"My favorite part of Home Repair is learning useful skills to prepare us for home ownership."
- Hunter Sterk ('22)



"My favorite part of Home Repair is learning about electricity and plumbing."
- Jose Baxa ('22)

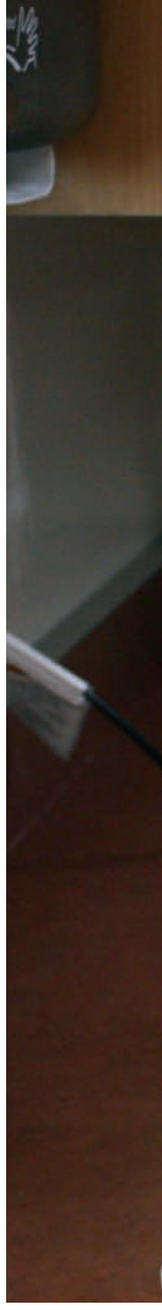


"My favorite part of Home Repair is the teacher involvement."
- Aiden Leonard ('23)

NOW WE'RE COOKING

KNIGHTS BACK IN THE KITCHEN

Last year over two-thirds of our school year was spent at home trying to learn our curriculum from a distance. Classes had to be taught through a computer screen with teachers far away and out of reach. Multiple classes had to change the way they brought their material out to their students, but one of the hardest classes that got affected was F.A.C.S. The importance of F.A.C.S comes from the basic origin of why it was first started. F.A.C.S stands for family and consumer science which was a course made to teach students basic living skills. Its purpose is to teach individuals multiple roles and skills to living on their own. The minnesota department of education describes F.A.C.S as *"that prepares young people for living in today's world as well as tomorrow's. "* Minnesota department of education states. Having to move this course to being fully at home last year created lots of struggles for the students and teachers as they had to try to learn a new way of learning. Students would now cook at home to learn their skills that are supposed to stick with them into adulthood. Prior student enrolled in F.A.C.S describes her experience *"I never really knew what I was doing and it was really hard to know all the steps of making food without ever fully being in a kitchen prior to this. So I never really had the desire or drive to put my all in that class."* **Annica Walters ('24).** Getting back into the classroom was extremely important for students to get the passion back for the reasons why they decided to take F.A.C.S in the first place. This new year of beginnings brought opportunity for multiple students looking to get back into the kitchen. Current student shares how this class has already been such a positive experience. *"Being able to be back in school and being in a classroom setting is already exciting as it is, but getting to go to F.A.C.S everyday and learn skills that I will be able to take on with me past highschool makes me more excited to be back. I can't imagine not being able to come in here and cook in person."* **Natalie Hary ('23)**. Having F.A.C.S classes back in action has postivtly influenced students and their abilities to perform with full confidence and desire. This is just sep one to getting classes back on track, but the outcomes of their skills are already Gordon Ramseys in the making. *Spread designed by Alicia Vosberg.*







CHOPPED. Ella Hoy ('23) cuts her carrots to incorporate into her potato soup. " To plan out my labs I watch the videos that Mrs. Read posts for us on google classroom." *Photo by Alicia Vosberg.*

HOT POTATOES. Emma Rens ('24) starts to peel her potatoes to start the base of her soup. "When I'm cooking I feel very calm and focused, it is an escape to the stress of school." *Photo by Paige Holm.*



WHIPPING IT UP. Emma Vike ('22) whips up some classic old-fashioned potato soup. "I took this class because I really wanted to learn about food and how to cook on my own." *Photo by Alicia Vosberg.*



WHENS LUNCH? Owen Sjoberg ("23) and JayLynn Robeck ('23) are starting to wash their potato in order to start their soup. "Well I'm not a very big soup guy, so to me it tasted weird and not my favorite." *Photo by Paige Holm.*

NOW FEAR THE TRUNCH

STAND UP STRAIGHT. Kaz Beaudry ('22) takes on the role as 'The Trunchubll'. He terrorizes Matilda (played by Kelsey Frederick), the school children, and makes it a point to belittle poor Ms. Honey.

SENIOR STARS

Faith Lindefelser as Miss Honey



Ryan Dornfeld as Escapologist



Payton Hernandez as Mrs. Wormwood







How do you get into character?



"I get into character by pacing backstage and thinking about my characters motivation and physicality. "

Landon Bjork
Mr. Wormwood



"In Matiltda I played Lavender, Matilda's best friend. When I started to memorize my lines, and as time went on I became her!"

Maggie Berendes
school girl



"I get myself into character by reading my lines on the way to the PAC!"

Kylie Bjork
school girl



"Matilda has been one of the best shows I have been involved in. My favorite memory from every show is after and we all run up stairs to see our friends and families. Theater has been such a big part of my life since freshman year. I have made so many new friends that I never would have met and I am so thankful that I got to be apart of so many shows."

- Tommie Treptau
senior

On a Director's Note

The most difficult thing about directing a production is organizing all the students to get all the parts needed to put a production together. I'm not sure if people know how many students are involved and all the different tasks and responsibilities students have when producing a show. From students who gather props and costumes, to the set paints/builders, set movers, lighting, sound, instrumentation, dancers, actors, singers, and so many more. The musical has a lot of moving parts all coming together at the same time to tell an amazing story and get our message to the audience. It is quite magical seeing all the pieces merge together at show time. The students put in many outside hours too with pricing, memorizing, learning, and creating their characters. Casting any show is one of the most difficult parts for all the directors as we feel that many of our students are capable and talented enough to play multiple roles. The great thing about theater is we are telling a story and every person involved finds how they help tell that story. All individuals on stage and backstage are needed to make our story come to life. I am extremely proud of this production of Matilda and the work the students did. All the students involved should feel great about what we were able to do. I am excited that we will get to perform a mashup of our production down in Minneapolis, as we were honored as an outstanding production and get to show our work to theatergoers throughout the state. *Written by Mr. Mann. Page designed by Camryn Lukkar.*

THE BEAUTY BEHIND THE STAGE





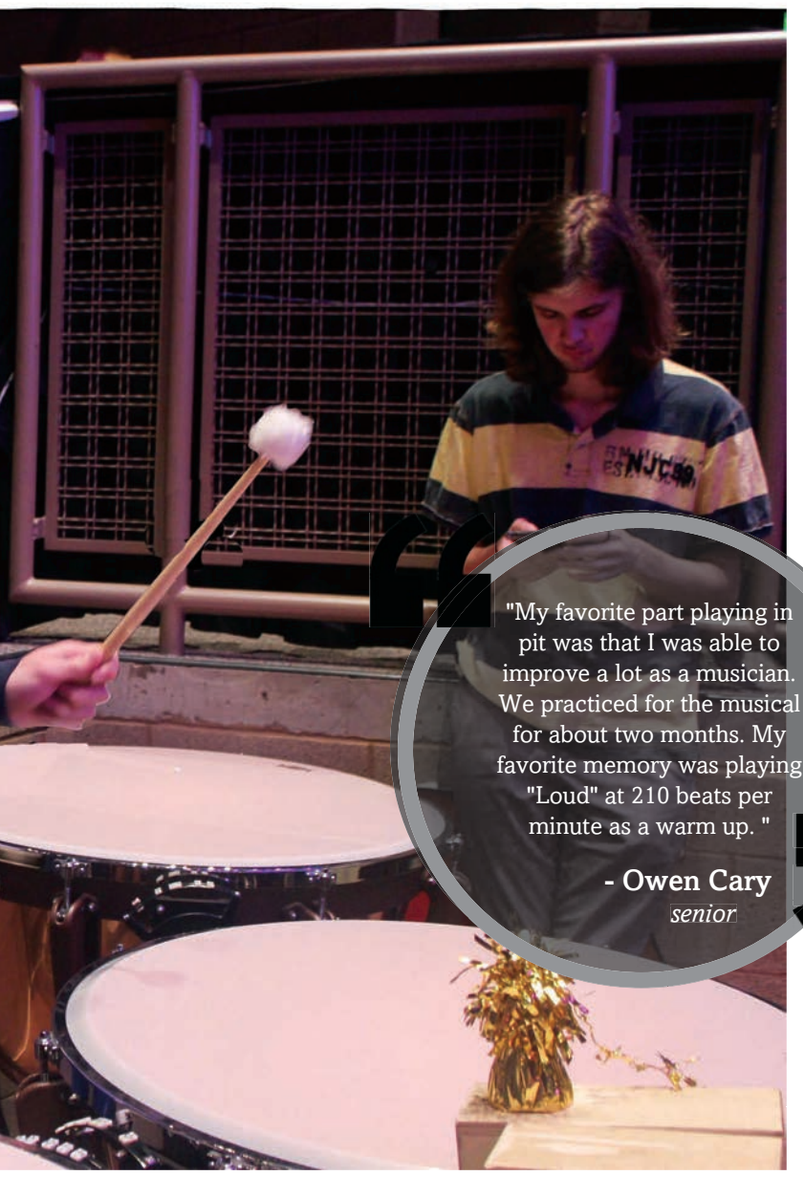
"The job was easy; keeping up with the crowd and trying to stay positive when people were angry was the hardest part. I was around people I wouldn't typically hangout with. I made friends and even if we don't talk outside of school we still had fun together at the performances."

-Bailey Coy

DO IT USHER STYLE



CHECK OUT THE PIT. All pit players come together for a picture before a performance. The burger king crowns are a tradition for pit members.



"My favorite part playing in pit was that I was able to improve a lot as a musician. We practiced for the musical for about two months. My favorite memory was playing "Loud" at 210 beats per minute as a warm up. "

- Owen Cary
senior



THE SCENE BEFORE THE SCENE. Techie Emily Brown ('22) (far left) prepares Kylie Bjork ('22) with her mic tape. The organized chaos of actors are seen brushing hair and preparing themselves for the stage.

Magic Musicians



Kyla Smith ('23)

"My favorite songs to play were many of Miss Honey songs, for my instrument, the Bari Sax, played a big role in all of her songs. It was very hard in the beginning, I almost gave up on it, thinking I wouldn't be able to play, but I got over that when I learned how fun and entertaining it is to play with the people in the pit. I love being part of the unique position I am in by playing the Bari and wouldn't trade it for anything."



Carter Hoyt ('22)

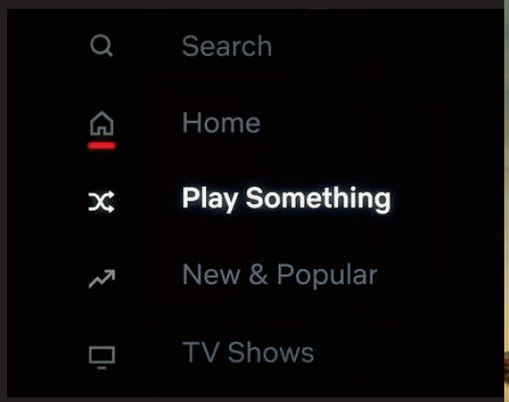
"My favorite song was "Acrobat story number 3". I can play the flute, tenor saxophone, & violin. This is my 1st year playing in pit. It was a lot of fun I wish that I did that sooner."



Ben Vajhmoo('22) & Aria Beaulieu Flolo ('22)

A couple lessons that we learned was how to become better musicians. The music was just challenging enough with all the16th note runs, high notes, low notes, you name it! Of course the beginning of looking at the music was very frustrating but fulfilling!

STMA



Designed by Ashley Tillemans



"I liked Outer Banks because it's different from a lot of shows on Netflix so its more interesting to watch, it's cool how there's some mystery and some action. Lastly another good thing about it is the two hottest guys on the show JJ and Rafe make it even better to watch." -Payton Eull ('25)

My List



"This movie was good, I'd watch it again for sure.
" - Quinn Opiola ('25)



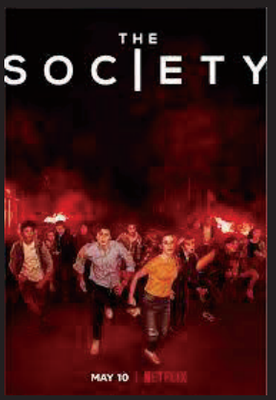
"It's a fun action packed show with great characters and interesting story" development."
- Grady Green ('22)



"Shamless is really funny and I love the cast, they make the plot so much more interesting."
-Avery Husting ('22)



"This show is funny and I would recommend people to watch it."
- Chloe Finnerty ('22)



"The society is a great series and it was very mysterious, it ended on a huge cliffhanger too."
- Alan Purcell ('23)

Continue Watching



"Its really good because of the criminal base of the storyline but its not too realist of the actual world, its always leaves you on a cliffhanger, the ending is really surprising too." - Tessa Opiola ('22)



"I never really was into Anime until a few years ago my friends starting watching it, its really addicting. Once you start you cant stop." - Benjamin Kanthak ('22)



"I liked the series because there were so many plot twists and it never got boring. My favorite character is Damon because he doesn't sugarcoat things and cares about his family more than anything." - Kelsey Cochrane ('25)

Trending Now



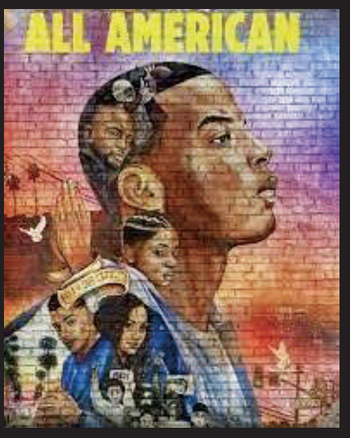
"i recommend squid games if you are into a little mystery and an intense plot."
- Reme Lobitz ('24)



"He's All That was a good movie but i probably wouldn't watch it again. Really cringey but i recommend watching at least once." - Lily Tillemans



"I like that there's no other show alike, where you go on a plane for 3 years hours and miss 5 years of life."
- Blake Brabant ('22)



"All American changed my life and it's inspirational show and it teaches you life lessons and how to handle your problems, I suggest people watch it if they want a better future."
- Ethan Messah ('23)

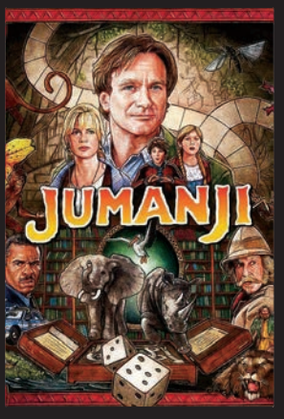
From the Vault



"Just a gold old classic movie, always a good one to watch when you are having trouble picking."
- Benjamin Ford ('22)



"Me and my brother used to watch the re-runs together, its a good memory for me."
- Alaina Thompson ('23)



"This is such a good original and it was cool to see the newer version come out in our generation."
-Riley Hiltner ('24)



"Legally Blonde is a movie classic! I love what it teaches people. I was in the musical last year, as Pilar, so this movie really hits home."
- Faith Lindenfelser ('22)

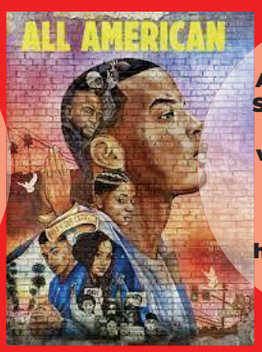


"Titanic is a classic romantic movie that makes you wanna grab a tissue and cry."
- Mason Schepers ('22)

Knights Favorites



Squid Game is already the #1 show in Netflix Originals history in terms of household views, 142 million by last count.



Netflixs All American opened Season 3 with 1.06 million total viewers and a 0.4 demo rating — besting its previous series highs of 880K and 0.3.



Manifest has remained one of the top 100 most in-demand shows since April 22nd. It has nearly one billion peer-to-peer stream on Netflix.



UNC JORDAN 4

Jamal Barfour

STMA SHOE GAME

The St. Michael Albertville students step boldly with their favorite shoes.

Shoes have become a huge thing at STMA. Students use shoes to show off their personality and style. The newest trend is Jordans, from Jordan 1's to Jordan 4's, students have them all. stepping boldly is an understatement with these shoes.These students are definitely stepping in style.





Jadyn Pelowski ('23)

JORDAN 4 GUAVA ICE

"I love these shoes because the uniqueness of them, not a lot of people have them. I also love the mixture of colors together," says Jayden.



Bada Muhiz ('22)

DIOR CONVERSE

"Good shoes take you good places," says Bada.

NIKE BLAZER

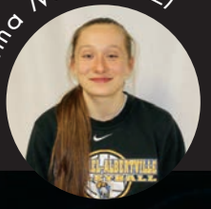
"I love matching my shoes with my outfits. Shoes can really change your whole outfit," says Deacon.



Deacon Harrison ('25)

JORDAN 1 LOW UNC

"I have built up a pretty big collection of shoes now. It's so fun when new shoes are released," says Miller.



Emma Miller ('22)





Olivia Oscarson ('23)

LOW DUNKS 6.0

"After I bought my first pair of Jordan"s i became obsessed with sneaker culture," says Olivia.

Spread and Pictures by Piper Carlson.

Best Buds

1910



THE NAVY: Engineer Nathanial Baldwin invented a pair of headphones similar to the ones we use today. These headphones were created at his kitchen table with metal, fabric and leather. They were named "The Navy" because his first customer was the US Navy.

1958



KOSS SP/3: After almost fifty years, the first stereo model headphones were born. Designed by John C. Koss, these were the first headphones aimed at music listening. They support a small audio system called the Koss model 390.

1979



SONY MDR-3: In 1979, Sony was aiming for extreme lightness, the use of aluminum, with a linear design with low-quality sponge earcups. Music became portable, and the Walkman, another common name for these headphones, became one of the best-selling products of all time.

2001



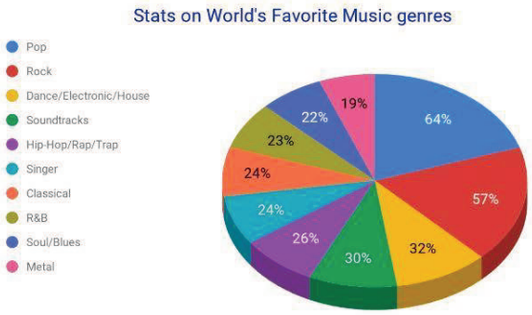
APPLE IPOD: Claimed as "one of the most successful and revolutionary products of the 2000s," the iPod is a small, sleekly designed portable media player created by Steven Jobs and Jon Rubinstein.

1980



B&O U70: The1979 creation of the Walkman sparked many new ideas for brands including the high-end brand Bang & Olufsen. Designed by Jacob Jensen, the U70's combined quality and aesthetics. They were light, adjustable in height and angle, along with a headband that could be lengthened or shortened.

Source: soundmaximum.com



NOW STREAMING: In April and May of 2019, IFPI conducted a research with 19,000 respondents from 18 countries. It was found that the most globally popular genre is Pop (64%), followed by Rock (57%) and Dance/Electronic (32%).



"Off The Grid."

By: Kanye West

-Logan Strickland ('22)

EVOLUTION of the HEADPHONES

2013

AFTERSHOKZ: The unique design of these headphones uses bone conduction technology, which is very convenient for partially deaf and hearing impaired individuals. The headphones sit on the cheek bones and th ear canal is left open, and sound waves bypass the eardrum. It allows listeners to still hear sounds around you, while there is no loss of sound quality.



2019



BOSE FRAMES ALTO: Although they look like the average sunglasses, the Bose Frames hold a hidden function. The temples contain two speakers that allow listeners to make calls or listen to music. The Frames also have a built-in motion sensor that can connect to a smartphones GPS.

2008



BEATS BY DRE: Although headphones are now being referred to as "earphones" after being miniaturized, Rapper Dr Dre and record producer Jimmy Lovine created a line of headphones called Beats. They have a eye-catching design along with street aesthetics that appeals to a large range of people.

2016



APPLE AIRPODS: These lightweight and small wireless devices gave a new outlook on portable music streaming with the use of Bluetooth technology.

SONY WF-1000XM3: With HD noise canceling, up to 24 hours of battery life, and a classic design, these wireless earbuds contain the latest software to give buyers an impressive listening experience.



2021



On REPEAT

"What Are You Listening To?"

Spread designed by and photo by: Olivia Oscarson

"Lemon Grass."

By: MF DOOM

-Jasmine Gray ('23)

Front Row: Gavin Smithers, Ben Harken, Evan Sherk, Riley Rohrer, Carter Miller, Alex Johnson. **Row 2:** Nathan Schwarz, Jarod Timlin, Kaz Beaudry, Dylan Maulik, Oscar Peraza, Tyler Jordan, Maverick Kneefe. **Row 3:** Noah Heidorn (coach), Jaxson Bean, Dylan Ortiz, Jacob Bakke, Dylan Anderson, Fred Kpoto, Andrew Butkowski, Tomás Rodriguez (coach.)



Front Row: Donny Reiners, Tyler Ingebrigtson, Tyler Lafond, Sean Tatge. **Row 2:** Jack Braegelman, Josiah Oquendo, Riley Roberts, Hayden Kuiper, Anthony Arroyo-Nunez. **Row 3**: Robbie Madore, Therin Pederson, Ryan Smith, Moses Ogaya, Tate Harrison, Coach Hett. **Not Pictured**: Dylan Balken



Front Row: Derek Bot, Ian Lamey. **Row 2:** Jayden Frenger, Mason Nordmeier, Asher Novak, Brady Glirbas, John Meline, Shane Jackson. **Row 3:** Jackson Alberts, Kamden Schoemer, Marek Dalton, Levi Hewett, Dow Dickerson, David Engman, Mat Harrison (Coach.) **Not Pictured:** Michael Kimba, Henry Iddings, Joseph Quiram



Spread by Caitlin Pederson



Front Row: Tyler Skrip, Xavien Woods.,
Row 2: Cody Seckerson, Thatcher LeZalla, Carter Ranweiler, Joe Rohrer.
Row 3: Alden Dyer, Tate Songstad, Aaron Smith, Evan Collins, Francisco Durruty (coach).
Not Pictured: Alex Hernandez, Bennett Moger, Jack Derham.



Front Row: Adeline Fehn, Paige Bushard, Ella Shultz (manager), Aubrey Parnell, Alex Bunnell. **Row 2:** Elise Linneman, Drew Bushard, Jamie Lee, Leah Taszarek, Rylee Harrison, Lydia Peterson, Regan Anderson, Rachel Hei.l **Row 3:** Matt Venaas (head coach), Kaya Dahmen, Cailey Aandal, Breanna Immer, Avery O'Rourke, Keagan Burke, Samantha Didur, Faith Ramsay, Lizzy Anderson (assistant coach). **Row 4:**Addie Reiswig, Taylor Myhrer, Lily Bakker, Delaney Barthel, Ali Weimer, Claire Ruhland, Fae Bromley, Morgan Mckinley. **Row 5:** Libby Boebel, Lukanu Banzeba, Makaela Malin, Natalie Cocking, Erin Pipp, Emma Windingland, Becca Immer, Holly Christman, Macey Setter. Not Pictured: Ellie Braegelman, Megan Rowe



Front Row: Michael Dewey, Henry Foss, Sam Renckowski, Dawson Whiteis, Jayce Workerstorfer, Conner Reese, Edward Drager, Avery Lungstrom.
Row 2: Owen Neegard, Will Neegard, Vince Muraski, Abram Benker, Colin Rude, Carter Wurst, Andrew Grabowski, Jackson Hamilton, Jackson Bursey, Lucas Webskowski., **Row 3:** Coach Greeno, Coach Kucera, Jonah Lyke, Noah Wilmot, Ben Schmidt, Nico Arranz, Will Dorfsman, Chris Tweitbakk, Mason Wiliams, Coach Johanson, Head Coach Cayo. **Row 4:** Gavin Edlund, Jacob Sterk, Nick Dewey, Bobby Cilke, Luke James, Evan Warner, Max Salas. **Row 5:** John Hartnett, Martin Skare, Adam Herbst, Wyatt Harmoning, Owen VanDeReit, Sam Renczkowski, Caden Nordberg, Will Sarkinen.

Front Row: Julia Dupay, Brynn Hedberg, Olivia Peal, Hannah Hoglund, Elenor Thompson-Witt. **Row 2:** Paige Kruger, Sophie Femrite, Maggie Kramer, Hannah Kvant, Tailyn Radloff, Holland Kneefe, Harley Peltz, Juliana Zerna. **Row 3:** Ava Lenneman, Coach Leland, Sadie Strait, Casey Fredrickson, Emma Duerr, Zaya Esterberg, Alexis Phillips, Coach Johnson.



Front Row: Gracie Crowell, Addie O'Rourke, Maddie Iverson, Ella Ostlie, Leah Hultman, Janae Mitchell **Row 2:** Kate Christianson, Emily Muyale, Hanna Barthel, Mackenzie Berg, Olivia Seurer, Emily Zattoni, Katie Schaupp, Allison Miller **Row 3:** Coach Olesen, Josie VanKuyk, Nicole Braun, Molly Ruhland, Ashlyn Marble, Maggie Lindeman, Lilly Farrand, Marie Meehan



Front Row: Delia Howe, Emily Luebben, Lauren Weimer, Hailey Walbon, Lydia Hawkins. **Row 2:** Rachel Couture, Claire Kvant, Kylie Lukkar, Kelsey Cochrane, Belle Leland. **Row 3:** Manager Ava Buhl, Izzie Erichsrud, Ceci Lewis, Josie Brill, Lucy Felling, Kylie Voss, Sarah Couture, Coach Abbey Benning. **Not Pictured:** Carlie Krumenauer, Izzy Voigt



Spread by Caitlin Pederson



Front Row: Natalie Stiehm, Kylin Wills, Meredith Marschel, Lillian Covert, Brenna Folven. **Row 2:** Isabelle Aquino, Bryn Powell, Darci Treptau, Avery Loftus, Addie Hoglund, Sofia Iverson, Breanne Johnson. **Row 3:** Kevin Pfeil, Izzy Voight, Sophie Marsolek, Ava Messner, Lola Mitchell, Savanah Schiltz, Ari Tourville, Ava Buhl.



Front Row: Hannah Smith, Mylin Lemke, Emma Briggs, Ady Murkins, Jenna Kyono. **Row 2:** Anika Rogers, Megan Kurth, Ellie Breuer, Maddie Lundeen, Sydney Rogers, Ashlyn Badenoch, Ellie Hunsley, Abby Johnson. **Row 3:** Coach Mitch, Kyra Purrier, Cameron Libby, Annie Tennyson, Mima Honzl, Lauren Ras, Abby Cornell, Olivia Flaten, Brooke Beck.



Front Row: Akilah Nguyen, Anastasiya Khotko, Gracie Kobus, Maddie Barthel, Ella Goertzen, Paige Herbst, Theresa Bourget, Anna Reiter. **Row 2:** Addison Nibbe, Madeline Hall, Savanna Levoir, Sophia Dishneau, Addy Miller, Kayla Wolkerstorfer, Ava Bernier, Katelynn Dressler, Djon-Jolie Boayla, Avery Sherk, Natalie Bury. **Row 3:** Coach Mashuga, Annica Walters, Cecilia Sipple, Reagan Cocking, Payton Lee, Alary Weinzierl, Kendall Petersen, Olivia Brill, Jayna Haehn, Gwen Herbst, Coach Mo Lanners. **Row 4:** Madison Skogsberg, Lillian Gillespie, Ava Geimann, Brooke Vogel, Gabrielle Cramer, Sydney Petersen, Alyssa Keller, Kayla Bultena, Rachel Andrews, Olivia Tigue, Emma Woitalla, Olivia Henry, Danika Weiland, Layla Flemming.

VARSITY VOLLEYBALL



Front Row: Lindsey Ek, Jada Dahlheimer, Trina Lake, Khendal Johnson, Paige Holm, Talimailelagi Cornillez. **Row 2:** Coach Bryan Borgos, Coach Tammy Cornillez, Mya Krystosek, Ellie Klym, Natalie Pilney, Julia Wagner, Kendra Behrens, Coach Paige Vetch, Coach Jill Anderson. **Row 3:** Manager Allison Jaeger, Cyn Henderson, Madi Gartner, Tessa Johnson, Gabby Ehlers, Manager Aiden Blaeser. Not Pictured: Khyan Johnson, Abby Hoselton.

JV VOLLEYBALL



Front Row: Khyan Johnson, Gabrielle Broderson, Kaylie Cox, Jada Dahlheimer. **Row 2:** Gabby Keefer, Trina Lake, Mya Smith, Kiah Kelly, Josie Avery. **Row 3:** Kenna Maus, Gabby Ehlers, Ellie Klym, Callan Wagner, Brianna Anderson, Coach Bryan Borgos. Not Pictured: Abby Hoselton.

B SQUAD VOLLEYBALL



Front Row: Hannah Ehlers, Chelsea Neba, Natalie Kloss. **Row 2:** Valeria Visentin, Chloe Peterson, Alyssa Olson, Annika Cornell, Erica Lehn. **Row 3:** Coach Jill Anderson, Taylor Christianson, Sophia McVary, Amelia Fehn, Abby Hoselton, Renae Foster. Not Pictured: Maura De Frutos Casado, Eleonora D'ascanio, Ruby Schmoyer, Manager Elliot Schnitzler.

Spread by Caitlin Pederson



Front Row: Reese Goede, Grace Kammann, Mariah Como, Hailey Aschenbeck. **Row 2:** Molly Jacobs, Kate Anderson, Faith Johnson, Ava Vannurden, Greta Dehmer. **Row 3:** Coach McKenzie Kelly, Maggie Houghton, Miranda Emerson, Maya Tatge, Marissa Schneider, Coach Cristi Kelly.



Front Row: Elise Neilsen, Olivia Geissler, Ava Notch, Abigail Stubbe, Esmerelda Ubaldo-Quinones. **Row 2:** Tianna Cheaye, Hailey Steffens, Maggie Borchardt, Jordann Head, Sophia Schmitz, Ava Talley. **Row 3:** Coach McKenzie Kelly, Aisha Almanasir, Alana Beaulieu-Flolo, Julia Simonovich, Alana James, Evelyn Marin Renteria, Coach Cristi Kelly Not Pictured: Bianka Mellen, Jazlyn Jolly



Front Row: Kennedy Clements, Rose Schefers, Alyssa Lopez, Addie Thompson-Klimpke, Maddie Tillman, Olivia Kolenda. **Row 2:** Emma Durenberger, Kaleena Baltzell Wallace, Isabel Benusa, Ari Marquette, Lily Van Heel, Millie Meyers, Julia Robinson, Sam Conway. **Row 3:** Sydney Gasser, Reese Smith, Haylie Walker Kucklock, Ellie Vitzthum, Atley Neros, Jackie Bergeron, Alyson Herfel, Lauren Underthun. **Row 4:** Coach Salo, Izzy Rice, Molly Reynolds, Katy Martin, Emma Herfel, Alyssa Nehring, JayLynn Robeck, Coach Tia, Coach Scoblic. **Row 5:** Laina Spiekermeier, Katie McKimmy, Julia Scheelk, Becca Kosey, Emma Cliff, Ella Gustafson, Maggie Lombardi, Ella Chambers, Margot Bromley, Emma Anderson, Maddy Vitzthum.



VARSITY & JV FOOTBALL & SIDELINE CHEERLEADERS

Front Row: Max Keefer, Owen Barthel, Reven Simat, Jarrett Bennett . **Row 2:** Amanda Fisher, Abby Nemeth, Jose Baxa, Jake Springer, Jared Goodin, Jordan Urbanski, Ian Strusz, Bo Bitzer, Sam Felling, Brandon Carbone, Devon Bauer, Emily Thell, Eva Bollin. **Row 3:** Kylee Formo, Lizy Cartney, JP Johnson, Zander Hasher, Tye Kuechle, Luke Williamson, Carter Bolduc, Levi Hahn, Alex Markgraf, Scott Bremer, Riley Nelson, Ryan Olson, Avery Jackson, Emma Potthoff. **Row 4:** Allie Lombardi, Ella Zanetti, Kemry Stich, Robert Peiler, Isaac Ophoven, Marcus Mueller, Ethan Yantes, Owen Neros, Riley Purcell, Neal Kennedy, Evan Feldick, Caleb Boyette, Zach Ewer, Maddy Petranek, Felicia Lutz . **Row 5:** Kylie Renner,Mady Resech, Shawn Skrip, Brett Roos, Logan Strickland, Xavier Peltoma, Sawyer Forsberg, Brooks O'Brien, Charlie Meehan, Nik Nielsen, Rylan Maynard, Titus Johnson, Reese Johnson, James Zachman, Autum Malenke, Brittney Harris. **Row 6:** Lexi Kemmetmueller, Lizzie Nixon, Hanna Hynes, Spencer Hanson, Charlie Winans, AJ Lester, Josh Segler, Josef Sinkule, Brady Clausen, Jackson Bouressa, Evan Ojeda, Bryon Sauvy-Brown, Cowin Underwood, Daniel Powell, Anna Kelly, McKenzie Clark, Alicia Vosberg. **Row 7:** Tyson Hentges, Conner Luongvan, Andrew Emerson, Brody Odland, Michael Johnson, Ryan Sandhoefner, Carson Zoellner, Alex Swiatkiewicz, Logan Torkelson, Ashtyn Groves, Dylan Layton, Ryan Luster. **Row 8:** Carter Essler, Abby Heuer, Logan Kunz, Colton Demarais, Mason Mogard, Jackson Brutger, Roman Lindenfelser, Luke Sipple, Landon Reibel, Caden Johnson, Logan Jans, Quin Jahnke, Andrew Bramos. Row 9 (Coaches): Cody Fox, Ben Sebold, Tim Gavinski, Ron Zopfi, Gavin Duncanson, Jared Essler, Sean Scharlau, Scott Palmer, Eric Arlien, Curt Hahn.



9TH GRADE FOOTBALL

Front Row: Tate Tolifson, Sawyer Aydt, Anton Pederson, Kaden Sebold, Layton Bottolfson, Tanner Becker, Jaden Myers. **Row 2:** Tyler Tindall, Landon Stensland, Lawson Ness, Brock Cornell, Mukandas Ariran, Jack Lindenfelser, Brock Bugbee, Joseph Williams. **Row 3:** Gavin Ness, Peter Carroll, Sam Vukelich, Christian Lundstrom, William Bramos, Carson Weber, Ethan Pennoyer, Brandon Hove, Cody Dixon. **Row 4:** Christopher Splettstoesser, Parker Eggert, Evan Wicklund, Landon Prepodnik, Jeremiah Johnson, Ismael Hanks, Barrett Leuer, Alemu Bergan, Riley Emerson, Mason Zimmer. **Row 5:** Dominic Blaisdell, Elisha Ophoven, Johnathon Carey, Trey Lindenfelser, Ryder Ellingson, Tse Nde, Preston Karger, Karsor Nyandibo, Keegan Tisch, Jayden Aune. **Row 6:** Hudson Hochstedler, Anthony Colotti, Blake Underwood, Parker Hanzalik, Chase Detlefson, Brock Carlson, Ethan Augello, Gavin Becker, Carson Eggert. **Row 7:** Wesley Byer, Sam Anderson, Aaron Otto, Benjamin Derbis, Leo Sletten, Jordan Holm, Ryan Carroll, Gage Kloster, Jaeger O'Brien, Cal Myrin. **Row 8:** (Coaches) Matt Eller, Eric Holmlund, Andy Reller, Slade Simpson, Lucas Hegland, Doug Sander. (Not Pictured): Braedan Gentile, Gavin Krystosek, Noah Tobey.



10TH GRADE FOOTBALL

Front Row: Sebastian Murillo Santiago, Brady Johnson, Reece Erickson, Levi Lehn, Devon Dehmer, Bryce Popelka. **Row 2:** Hudson Stone, Noah Sutlief, Cameron Reeck,Noah Miller, Ryan Kaydea, Jason Spurbeck, Ryan O'Malley. **Row 3:** Jake Suchy. Andres Escobar Londono,Wesley Hegge, Jayze Busch, Noah Miller, Tyson Hasher, Jacob Baetsen, Madden Grabau. **Row 4:** Elias Phiri, Zachariah Purcell, William Barthel, Andrew Tatro, Judah Roble, Tanner Fowler,Caleb Marheson, Jacob Dinius, Luca Saltamachio. **Row 5:** Jack Sellman, Maximilian O'Sullivan, Roman Kiado, Jacob Nelson, Isaac Seyoum, Ian George, Dylan Lokensgard, Haji Massaquoi, Grady Robeck, Evan Ford. **Row 6:** Muhiz Bada, Riley Hiltner, Andrew Luster,Tevin Vognsen, Thomas Devries, Michael Anderson, Jack Cin, Jackson Brutger, Bryce Haines, Cuncan Follett. **Row 7:** Roman Lindenfelser, Luke Sipple,Ethan Donovan, Jayden Klinkner, Tyler Hill, Austin Knoblach, Landon Riebel, Nathan Spindler, Mason Mogard, Caden Johnson. **Row 8:** Coach Riebel, Coach Frank, Coach Simmons, Coach Clausen, Coach Anderson, Coach Green Coach Dinius.



FOOTBALL SIDELINE

Front Row Amanda Fisher, Eva Bollin, Allie Lombardi, Mady Resech, Kylee Formo, Avery Jackson, Lizy Cartney. **Row 2:** Alicia Vosberg, Hanna Hynes, Lexi Kemmetmueller. **Row 3:** Kylie Renner, Abby Nemeth, Anna Kelly, Ella Zanetti, Emma Potthoff, Maddy Petranek, Coach Becky Stephens, Felicia Lutz, Autum Malenke, Brittney Harris, McKenzie Clark, Emily Thell, Lizzie Nixon

Spread designed by Caitlin Pederson

Row 1: Dellaney Hughes, Mckenna Hegge. **Row 2:** Rita Bailey, Alexis Purnell. **Row 3:** Kalla Strusz, Kassie McKeown. Row 4: Kenadie Schlangen, Coach Kendyl Burg, April Torres



SOCCER SIDELINE

Front Row: April Torres, Eva Bollin, McKenna Hegge, Emily Thell. Second Row: Lizy Cartney, Allie Lombardi, Mady Resech, Kylee Formo, Amanda Fisher. Third Row: Delaney Hughes, Emma Potthoff, Kennedy O'Connell, Ella Zanetti, Autum Malenke, Felicia Lutz, Coach Becky Stephens. Back Row: Brittney Harris, Kylie Renner, Anna Kelly, Lexi Kemmetmueller, Alicia Vosberg, Hanna Hynes, McKenzie Clark.

GAMEDAY



Front Row: Eva Bollin, Amanda Fisher, Lizy Cartney, Ella Zanetti, Felicia Lutz, Emma Potthoff, Kylee Formo, Emily Thell. Back Row: Allie Lombardi, Mady Resech, Kennedy O'Connell, Anna Kelly, Lexi Kemmetmueller, Alicia Vosberg, Brittney Harris, Autum Malenke and Coach Becky Stephens.

VARSITY COMPETITIVE



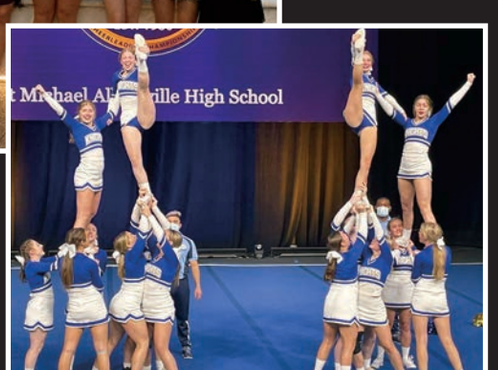


MATILDA CAST, CREW & PIT.

(Not in picture order) Kelsey Frederick, Kaz Beaudry, Faith Lindenfelser Landon Bjork Payton Hernandez Nate Weber Sydney Rogers Ryan Dornfeld Julia Weigle Belinda Ashe Aydt Sol Beaudry Maggie Berendes Kylie Bjork Lucas Benker Eli Powell Kiley Anderson Lauren Tatro Jack Bakke Mia Marthaler Charlie Lund Zoe Ellwoods Brittney Schoen Erin Vlasak Alary Weinzierl Grace Eicher Haley Harrison Karlee Brannan Kaci Brannan Abigail Marshall Brianna Ronoh Taylor Jeffery Lauren Mialkowski Abigail Rose Hauxwell Haley Roth Micah Holt Jocelyn Jaroscak Benny Juusola Jorie Emerson Abby Carroll Libby Leonard Jaricha Klinkner Audrey Kanu Ann Weigle Tommie Treptau Brianna Stacherski Mya Fryckman Abigail Storey Emily Brown Abby Cornell Brady Lindstrom Brett LeFebvre Erin Hartnett Sophie Pizano Trevor Shull Nora Weah Mira Weber Lilly Covert Amelia Dayton Miki Aguirre Tabitha Craig Mackenzie Johnson Audrey Waggoner Lyla Chapman Maddie Bleess Alexandra Davey Paige Reineke Metabelle Schaben Kayla Hass Mckayln Johnson Emma Meehan Halle Rothman Ava Lenneman Olivia Hannif Grace Fetzer Sarah Patterson Jo Myslicki Brooklyn Andrzewski Theresea Bourget Lindsey Williams Taylor Olson Annika Strand Mikayla Masteller Jonah Conklin Olivia Neumayer Emmitt Peterson Connor May Ben Carroll Georgia Maciej Isabel Petite Ellie Martin Mia Habaue Bailey Coy Addison Landy Nathalia Zelaya Hunter Goetsch Carter Hoyt Maria Waldoch Isabelle Lahr Justin Mehes Sydney Amundson Dylan Balken Kyla Smith Maddy Oliveira Thomas Kammann Caleb Reames Jackson Collins Aria Beaulieu Flolo Ben Vajhmoob Harrison Hanson Mikayla Mastellar (also in tech) Ryan Fette Ava Marquette Owen Cary Marah Van Vooren Isaac Fladung.

TAKING THE MAT IN ORLANDO





The STMA's varsity and junior varsity teams make their 7th appearance at the UCA National High School Cheerleading Championship. The girls put out some o their best performances for the 21-22 season. JV had a rough start but ended strong and pushed through the end, but unfortunately did not advance. Game day also had a hit and great performance but was one spot short of advancing. Varsity had a hit on day 1 and ended up advancing on to semi-finals for day 2. The team lived by there ALL IN motto all season and on day 2 of performing the varsity team brought their all to achieve greatness. Sadly the girls were 0.4 away from advancing to finals. The team ended up getting 14th in the nation out 52 of the best cheer teams nationally. Closing this season with a strong ending and great way to prepare for the future of STMA cheerleading program. *Photo by Becky Stephens. Designed by Alicia Vosberg.*



CAROLINA

THE
HORROR EXPERIENCE









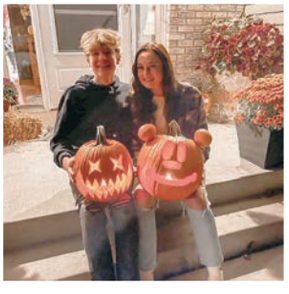


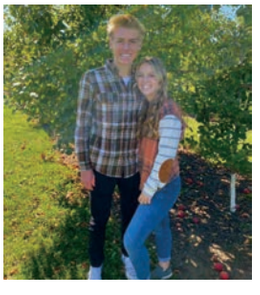


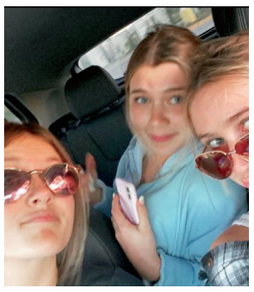




GTMA







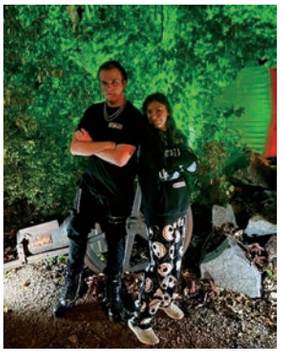


NOW THE LEAVES FALL

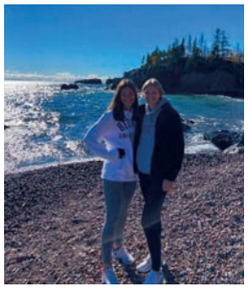










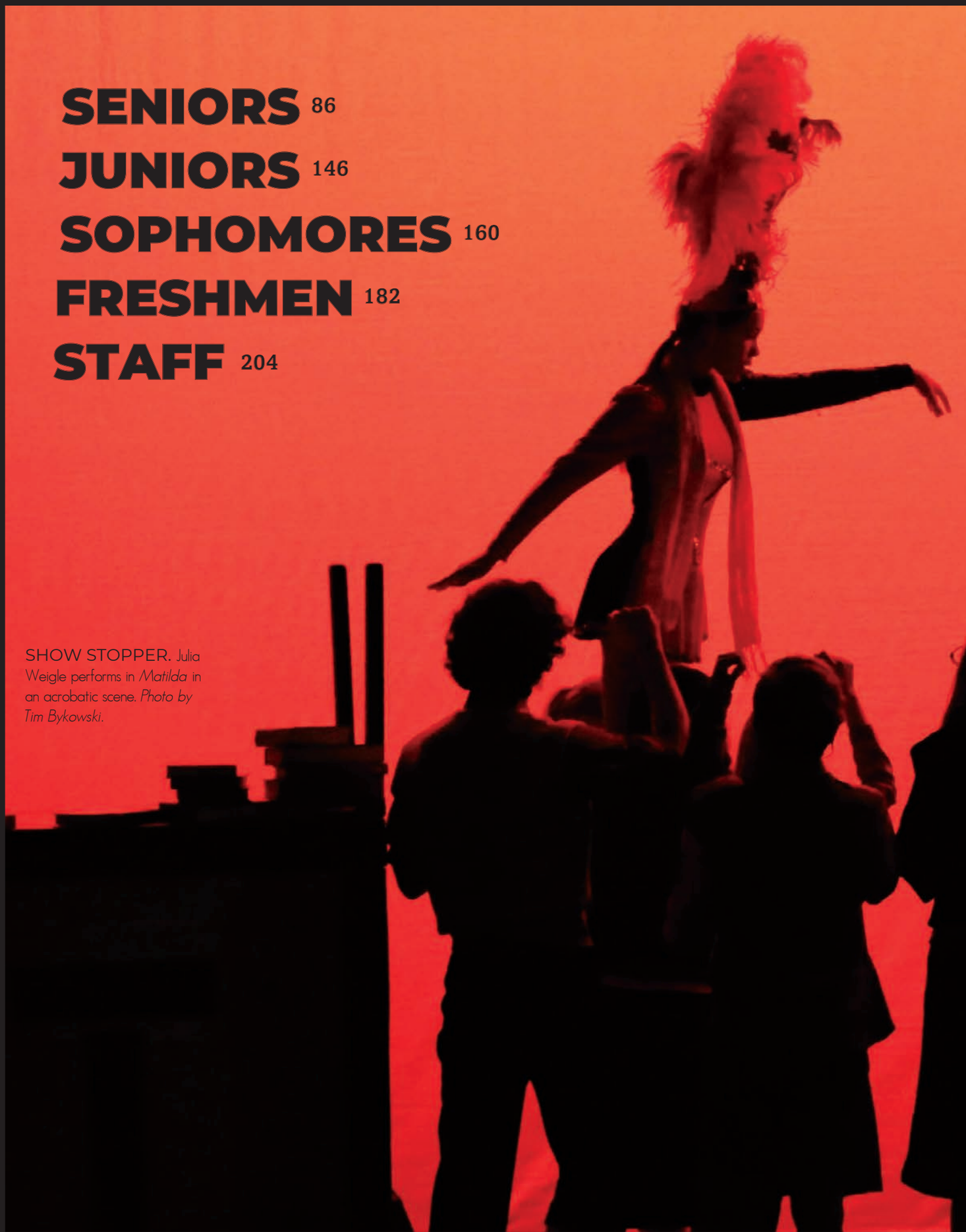






Spread designed by Alicia Vosberg

SENIORS 86
JUNIORS 146
SOPHOMORES 160
FRESHMEN 182
STAFF 204



SHOW STOPPER. Julia Weigle performs in *Matilda* in an acrobatic scene. *Photo by Tim Bykowski.*



85 PEOPLE

NOW, WE'RE SIGNING OUT.

SENIO



Laina Spiekermeier



Libby Leonard

Micah Holt

Max Gunderson

Abbi Dolan

ORS



Aria Beaulieu-Flolo

Caleb Iddings

Spread designed by Oliver Hilstrom



Brett Abel



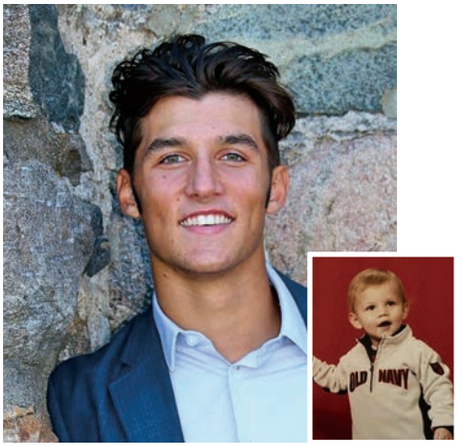
Kaleb Aguirre



Esma Ali



James Amundson



Kaden Amundson



Sydney Amundson



Dylan Anderson



Emma Anderson



Keegan Anderson



Kiley Anderson



William Anderson



Keagan Andrews



Matthew Andrews



Rachel Andrews



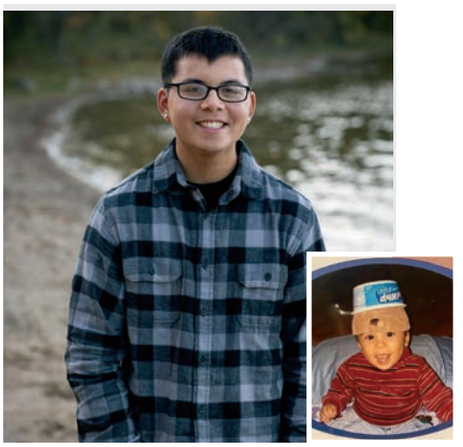
Justin Andrusko



Sarah Antoine



Brock Apold



Austin Aquino



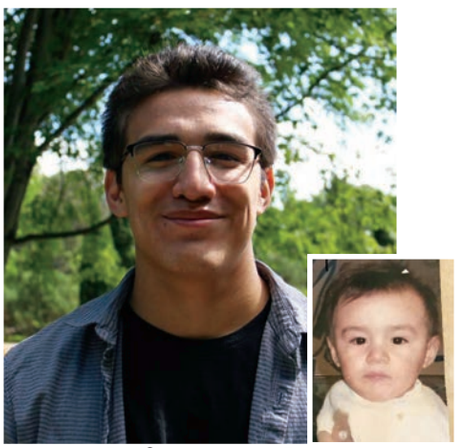
Nicolas Arranz



Madeleine Arro



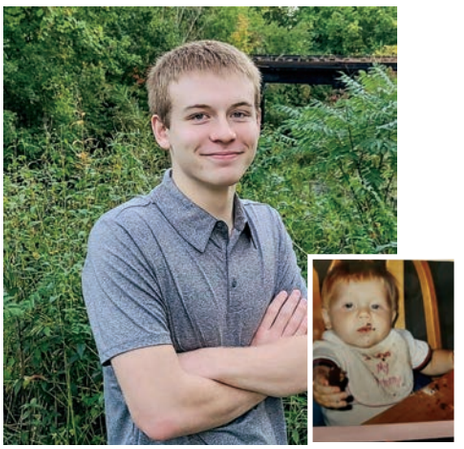
Mason Auseth



Edwin Avendano



Jacob Avery



Nicholas Avery



Jacob Bakke



Dylan Balken



Johann Bando



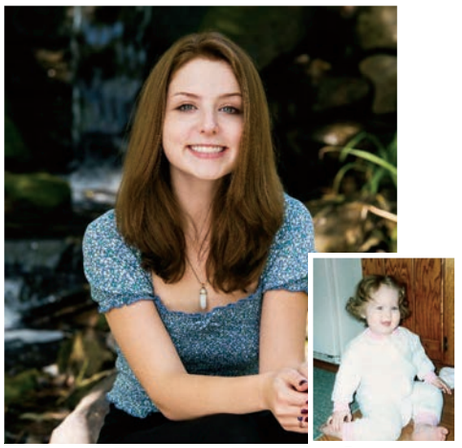
Reid Barbeln



Helaina Barthel



Owen Barthel



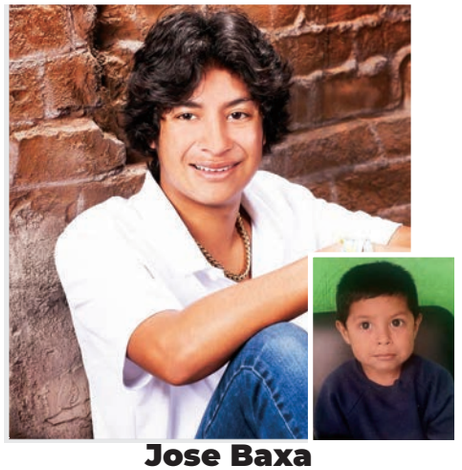
Tatum Barthel



Matthew Bartos



Devon Bauer



Jose Baxa



Kazmer Beaudry



Aria Beaulieu Flolo



Brooke Beck



Cole Becker



Nathan Beeler



Joseph Begin



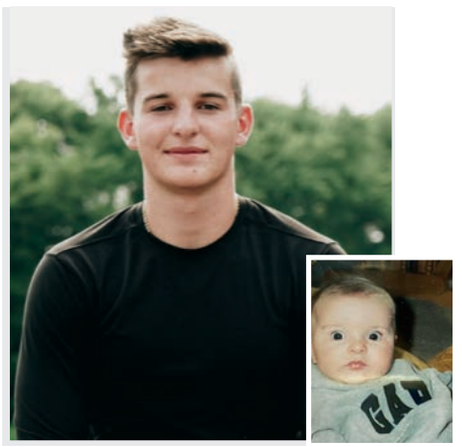
Luis Antonio Behling



Abram Benker



Emma Bennett



Jarrett Bennett



Brianna Bergren



Justyss Bichler



Grace Bilicki



Carter Bitzan



Bo Bitzer



Kylie Bjork



Landon Bjork



Aiden Blaeser



Mason Blake



Parker Bluhm



Caitlynn Bock



Benjamin Boebel



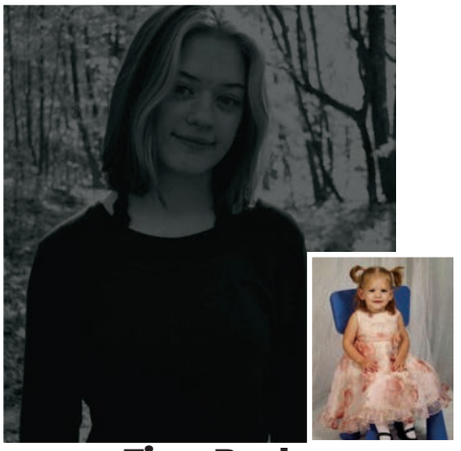
Malikai Bogan



Carter Bolduc



Amanda Bollaert



Tirza Book



Charles Borchardt



Rosemary Bosire



Andrew Bot



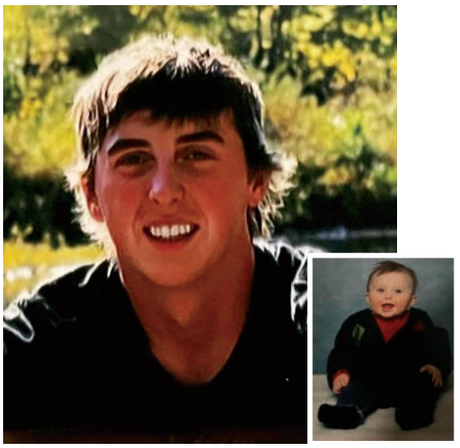
Dylan Bottolfson



Alexander Bourget



Caleb Boyette



Blake Brabant



Esme Bradach



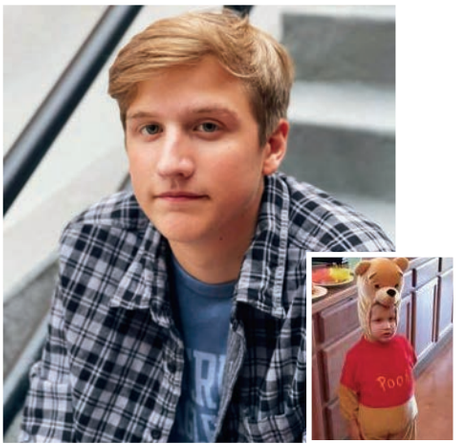
Katherine Bradt



John Braegelman



Karlee Brannan



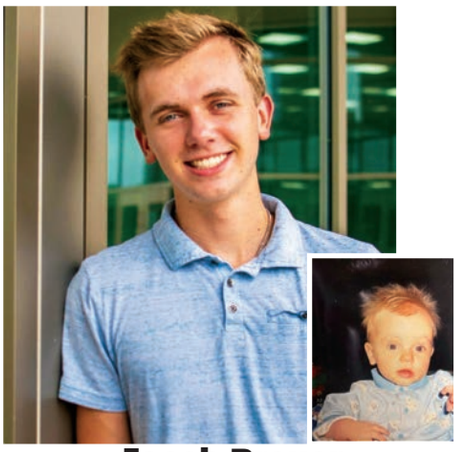
Grady Breen



Scott Bremer



Ellie Breuer



Jacob Breuer



Emma Briggs



Olivia Brill



Ella Bromenschenkel



Margot Bromley



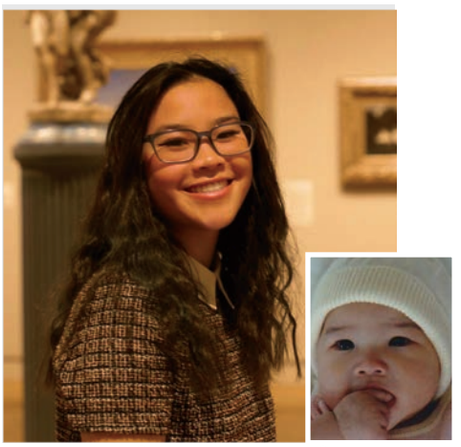
Augustus Brown



Brooke Brown



Emily Brown



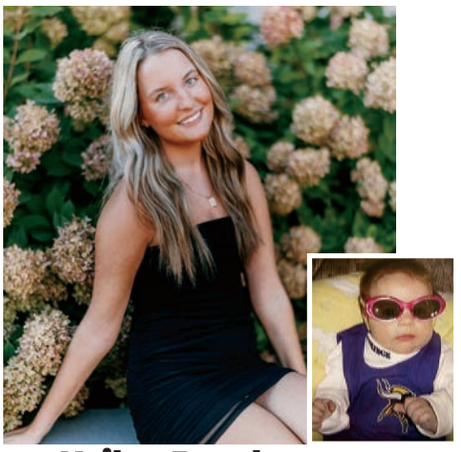
Ai-quynh Bui



Milah Bull



Grace Bunnell



Kailey Burnham



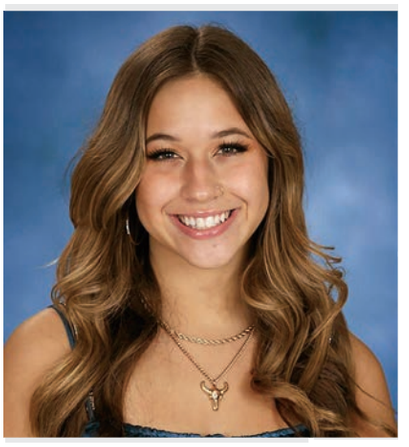
Hilary Bursch



Dylan Byer



Brandon Carbone



Isabella Carlson



Layton Carlson



Michael Cartney



Owen Cary



Cade Casey



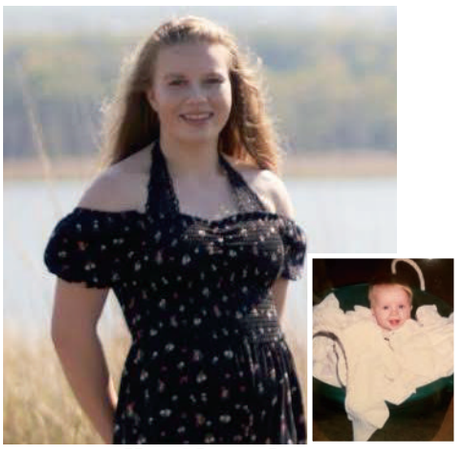
Allison Cate



Dalton Cate



Jagger Chalich



Ella Chambers



Samuel Charlesworth



Gail Chea



Ephraim Cheaye



Isabella Christensen



Matthew Christenson



Robert Cilke



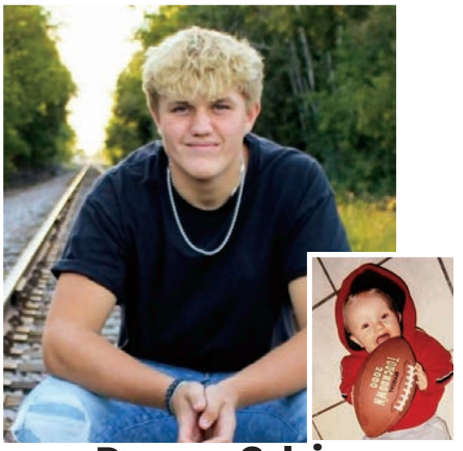
Mckenzie Clark



Emma Cliff



Jackson Collins



Dawson Colvin



Adeline Copeland-Spivey



Trevor Cormier



Abigail Cornell



Talimailelagi Cornillez



Olivia Correll



Lauren Couture



Gabrielle Cramer



Eleonora D'Ascanio



Mariana Davis



Maura De Frutos Casado



Rachel Delong



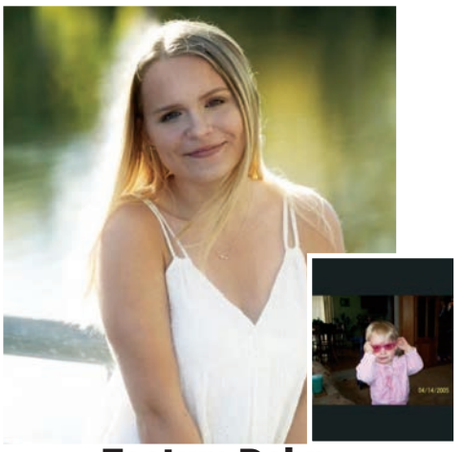
Sarah DeMatteis



Matthew Dehmer



Roman Dehmer



Taetum Dehn



Max Detlefsen



Nicholas Dewey



Austin Dietrich



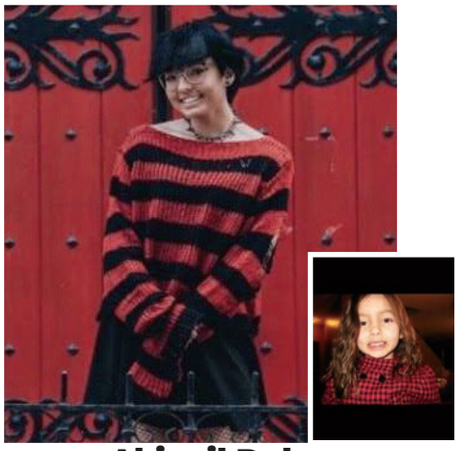
Katie Dinius



Brooklyn Dixon



Adam Dodge



Abigail Dolan



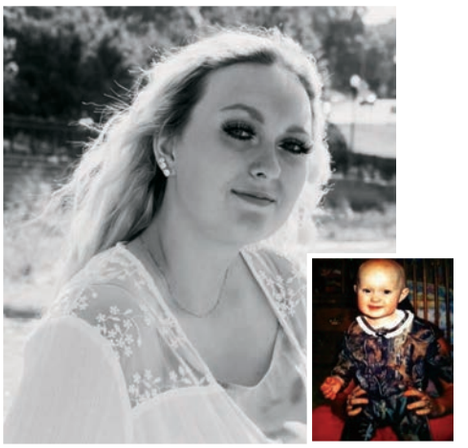
Ryan Dornfeld



Cyrus Dougba



Luke Doyle



Kaylee Drahota



Jermaine DuPart



Jeffrey Dubel



Breanna Duerr



Emma Duerr



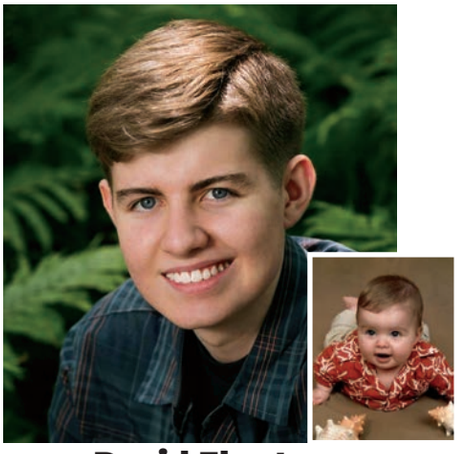
Montee Dukuly



Porter Duncombe



Jack Dwinnell



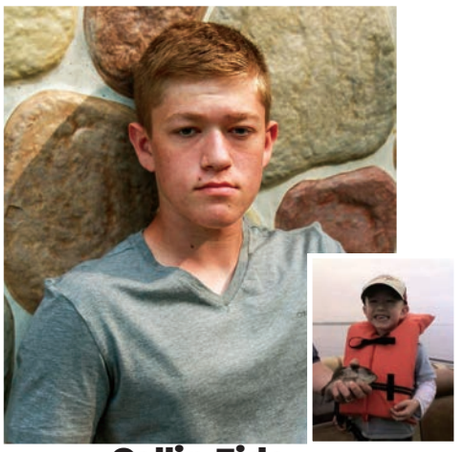
David Ebert



Andrew Egbert



Samuel Eicher



Collin Eide



Emily Ekman



Zooalfokar Elarab



Morgan Elken



Anthony Ellinghuysen



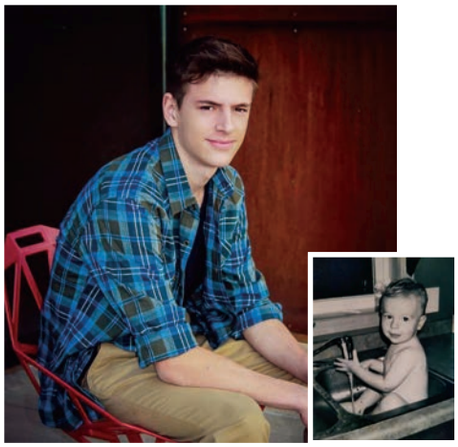
Riley Ellingson



Dylan Elliott



Jenna Ellis



Brayden Emerson



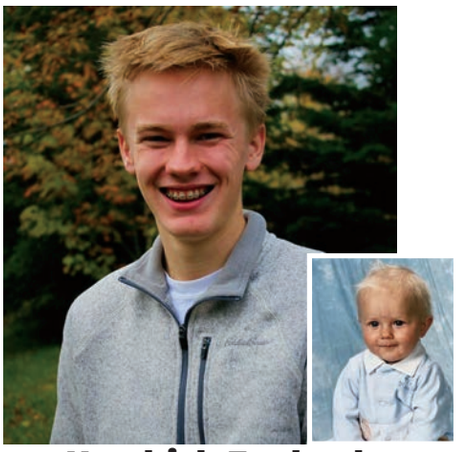
Cassandra Emerson



Jorie Emerson



Jacki Emery



Hendrick England



Hailey Enos



Bryan Erickson



Jack Erickson



Josephine Erickson

Kaiden Erickson



Ryan Erickson



Ethan Esnough



Zachary Ewer



Ayman Ezzaid



Alyssa Farden



Lucas Feigum



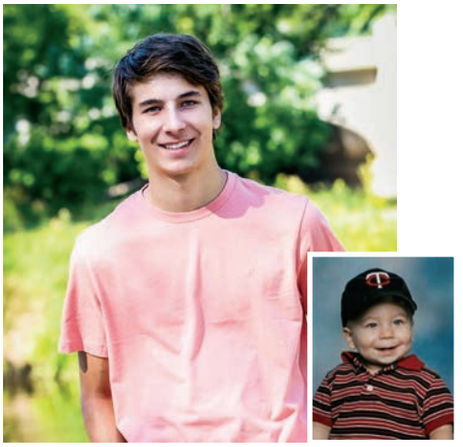
Cadence Feld



Evan Feldick



Hamilton Felling



Samuel Felling



Sophia Femrite



Jordan Ferry



Ryan Fette



Caleb Fetzer



Chloe Finnerty



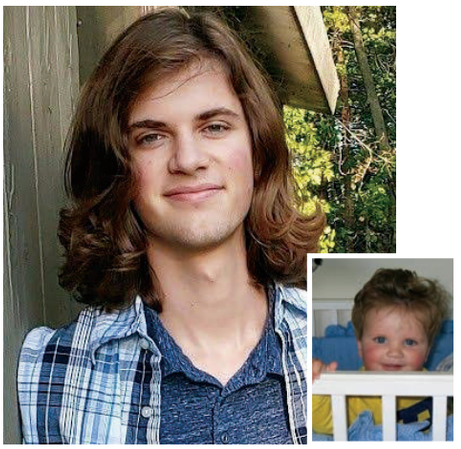
Ryan Fischer



Ellie Fisher



Carolyn Fix



Isaac Fladung

Jordan Flan



Olivia Flaten



Gabrielle Florey



Chloe Florip



Benjamin Ford



Carter Formo



Sawyer Forsberg



Easton Fowler



Charles Fox



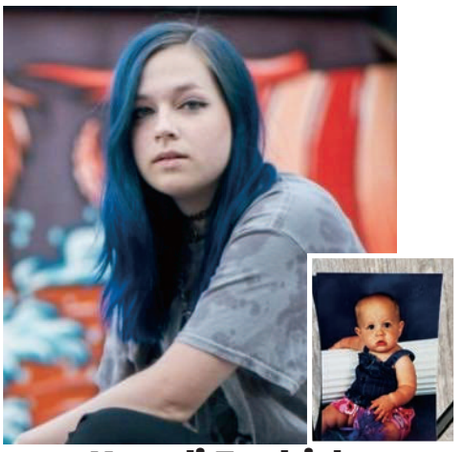
Hayden Frank



Kelsey Frederick



Garett Fredrichs



Kenadi Fredrichs



Casey Fredrickson



Mya Fryckman



Brigitta Gallo



Rebecca Gapinski



Maia Garcia



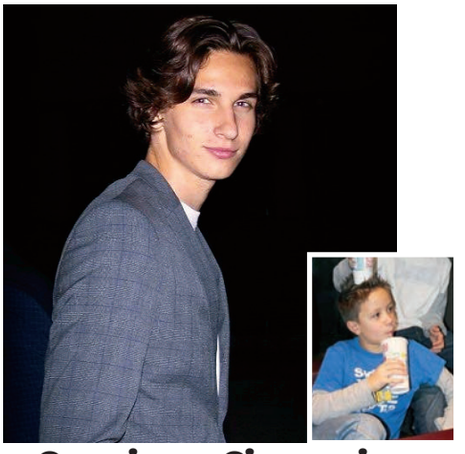
Ryan Geissler



Mitchell Giese



Alanna Gifford



Grassivaro Giovanni



Autumn Goetsch



Kailey Goins



Jason Goodin



Jade Goth



Eva Grahl



Paige Graziano



Theo Grotberg



Kristina Gunderson



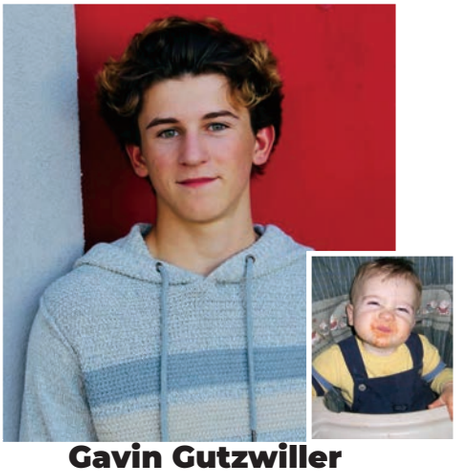
Amelia Guntren



Ella Gustafson



Hillary Gustafson



Gavin Gutzwiller



Jamie Gweh



Lauren Haas



Levi Hahn



Ian Halvorson



Brenna Hamann



Trinity Hanif



Ben Harken



Carter Harrison



Lilli Harrison



Ananda Hart



John Hartnett



Zander Hasher



Cadynce Hassall



James Heil



Kailey Hemish



Cynphany Henderson



Hannah Henschell



Adam Herbst



Payton Hernandez



Abigail Heuer



Michael Hilleren



Oliver Hilstrom



Carter Hiltner



Claire Hinrichs



William Hirsch



Zachary Hlinsky



Jacob Hochstatter



Nicholas Hoefener



Ashlyn Hoffman



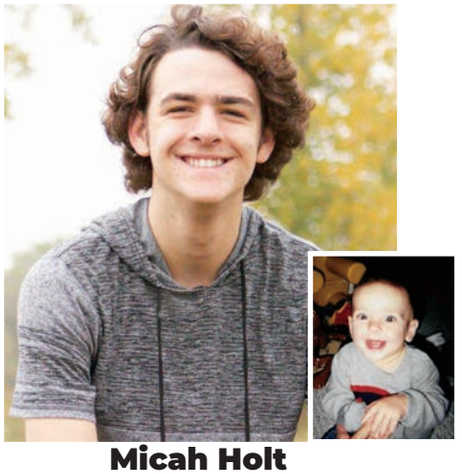
Hannah Hoglund



Gavin Hoivik



Paige Holm



Micah Holt

Virginia Horace



Carter Hoyt



Hannah Hughes



Avery Husting



Hanna Hynes



Caleb Iddings



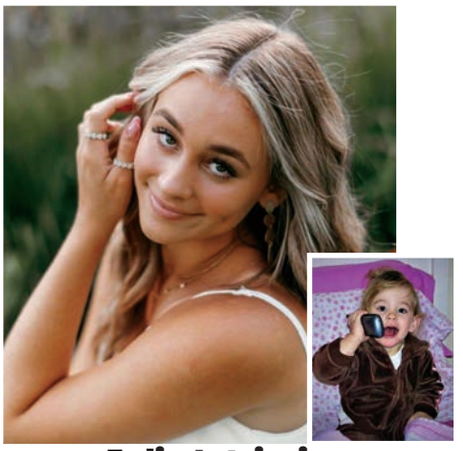
Katsiaryna Ihnatsiuk



Jack Ingleman



Ryan Ingleman



Julia Intrieri



Madeleine Iverson



Noah Jackson



Allison Jaeger



Logan Jensen



Paige Jernberg



Preston Jeske



Lleyton Jocelyn



James Jochim



Isabelle Johnshoy



Abby Johnson



Alex Johnson



Amelia Johnson



Jace Johnson



Jenna Johnson



Noah Johnson



Titus Johnson



William Johnston



Cameron Jolly



Justin Jones



Theron Jones



Lillian Jugasek



Sophia Juntunen



Dylan Jurmu



Malitta Jusu



Avery Kaliszewski



Thomas Kammann



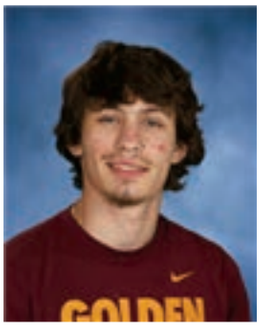
Benjamin Kanthak



Adela Karic



Cameron Karolevitz



Joseph Katchmark



Durvanie Kawallram



Maximus Keefer



Neal Kennedy



Kash Kindgren



Owen Kinney



Shylahana Kirscher



Treyton Klepsa-Orrey



Hayden Klevann



Jaricha Klinkner



Blake Koehler



Brinna Koivisto



Thomas Kolker



Megan Kono



Rebecca Kosey



Karlee Kottke



Catherine Kowalke



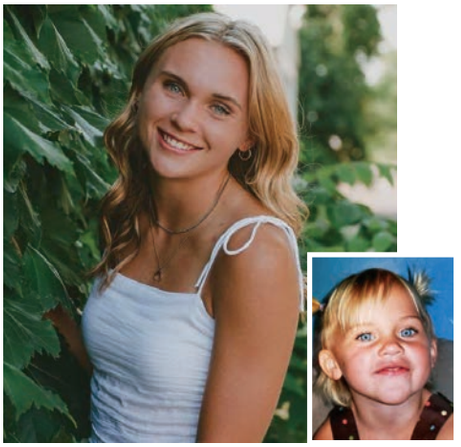
Frederick Kpoto



Samantha Krienke



Paige Krueger



Mya Krystosek



Tye Kuechle



Wesley Kuechle



Ashley Kuehn



Hayden Kuiper



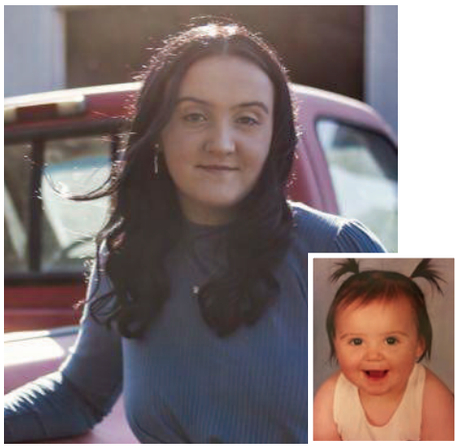
Margaret Kunzman



Jenna Kyono



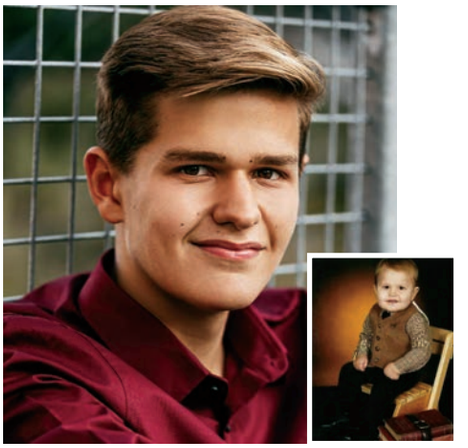
Logan LaRose



Avery Laitinen



Kassandra Lake



Liam Langer



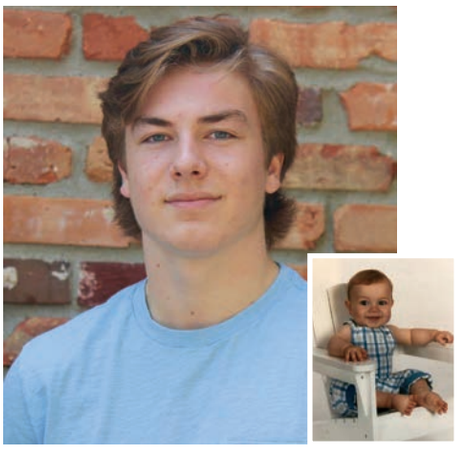
Benjamin Larsen



Jamie Larson



Audrey Laumann



Casy Laylin



Savanna Levoir



Jamie Lee



Paige Lehrman



Ava Lenneman



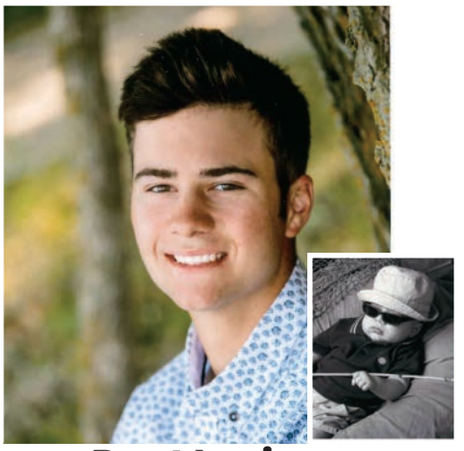
Peyton Lenz



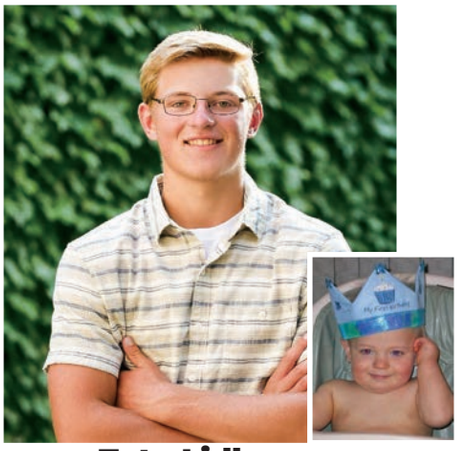
Elizabeth Leonard



Michelle Leonard



Brant Lewis



Tate Lidberg



Lila Lindemann



Faith Lindenfelser



Kristy Lindenfelser



Allie Lombardi



Maggie Lombardi



Blake Lorentz



Natasha Lozano



Hunter Lucas



Olivia Luebben



Daniela Luis Ramirez



Camryn Lukkar



Felicia Lutz



Matthew Malkowiak



Ava Manning



Alexander Markgraf



Hunter Markley



Andrew Markson



John Marquette



Abigail Marshall



Maggie Martin



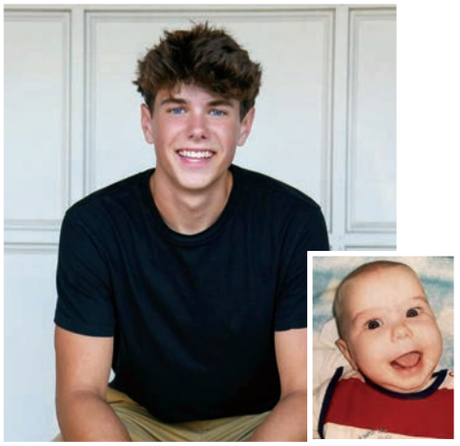
Pricilla Martinez



Brooke Mattson



Dylan Maulik



Rylan Maynard



Emma McAlpine



Kaitlyn McCormick



Katelyn McKimmy



Charles Meehan



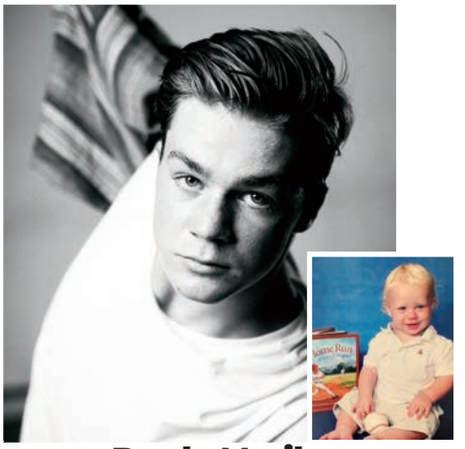
Angelika Mehes



Isabella Mejorada



Aryn Mercado



Brody Merila



Jacob Mews



Lauren Mialkowski



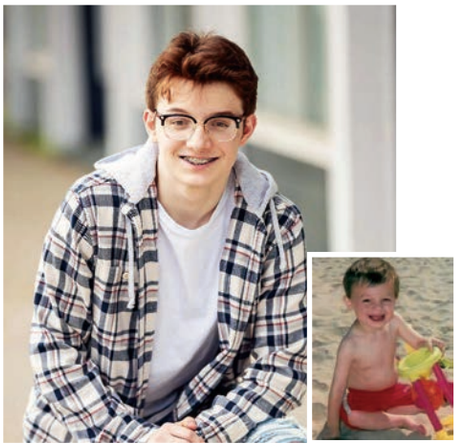
Michael Michenfelder



Sadie Mickelson



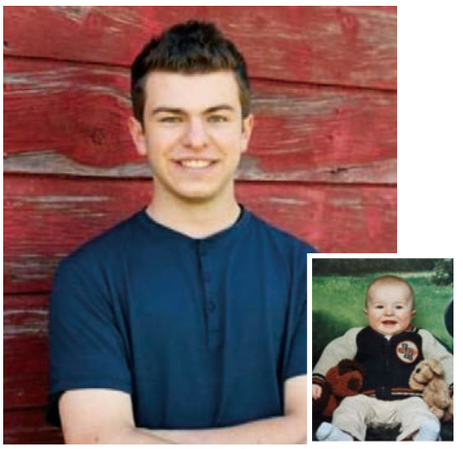
Alexis Mihajlov



Ashton Mihajlov



Emma Miller



Luke Miller



Matthew Miller



Brenna Milless



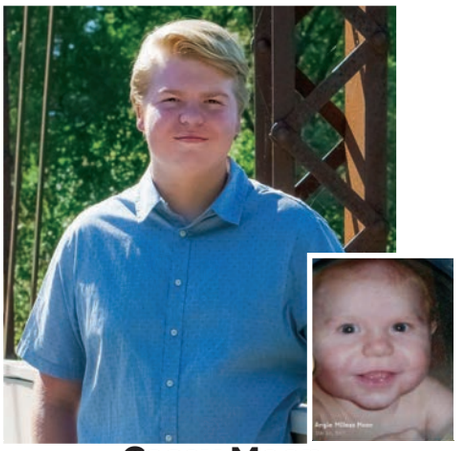
Brayden Mogard



Shawn Mokua



Samuel Monseth



Casey Moon



Jackson Moorman



Isabel Moormann



Brian Morales



Lynzie Moseng



Justin Mourning



Blazden Mueller



Marcus Mueller



Olivia Munger



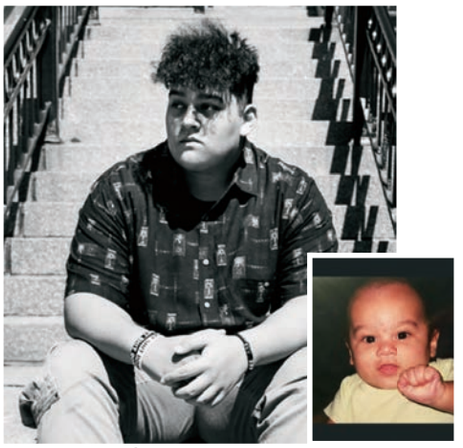
Scott Munson



Adeley Murkins



Alec Myhre



Isaiah Navarrette



Riley Nelson



Drew Nerison



Owen Neros



Alexander Nesenson



Rowan Nevala



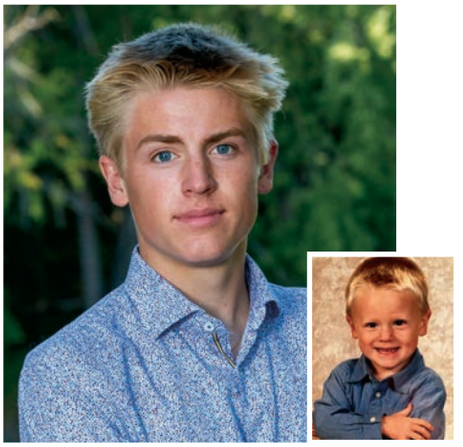
Akilah Nguyen



Niklaus Nielsen



Elizabeth Nixon



Caden Nordberg



Wyatt Notch



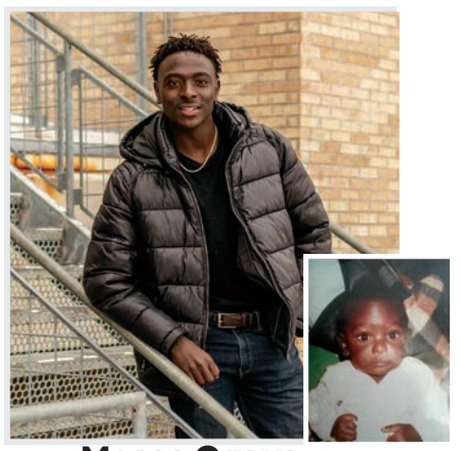
Brooks O'Brien



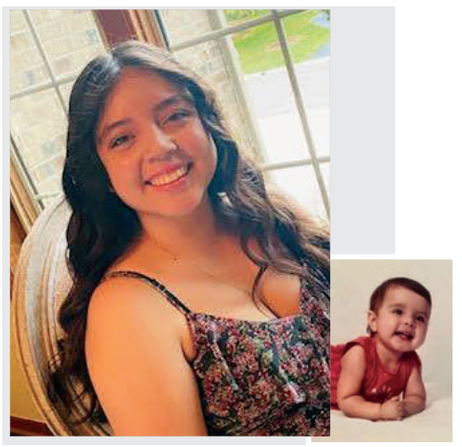
Addison O'Rourke



Heidi Odenbrett



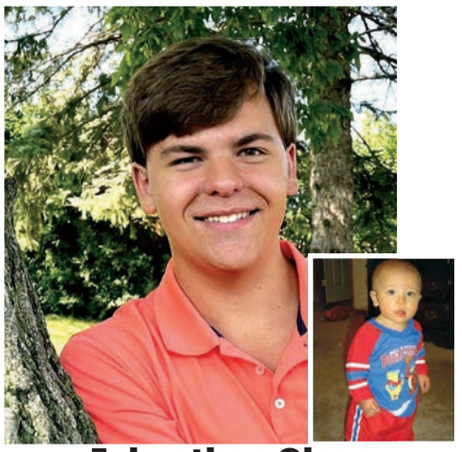
Moses Ogaya



Kayly Olivares



Hayden Olson



Johnathan Olson



Ryan Olson



Tyler Olson



Isaac Ophoven



Tessa Opiola



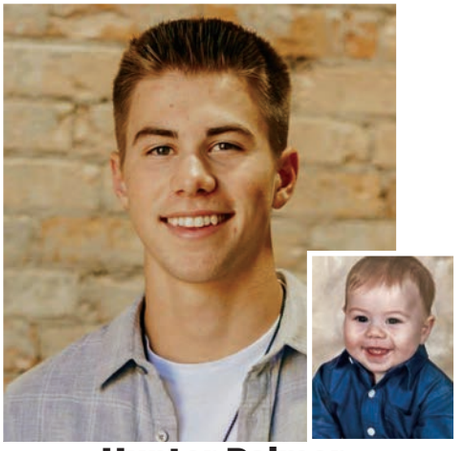
Dylan Ortiz



Riley Ortman



Maxwell Otte



Hunter Palmer



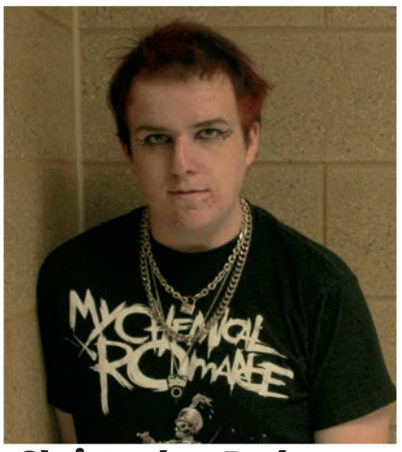
Claire Parendo



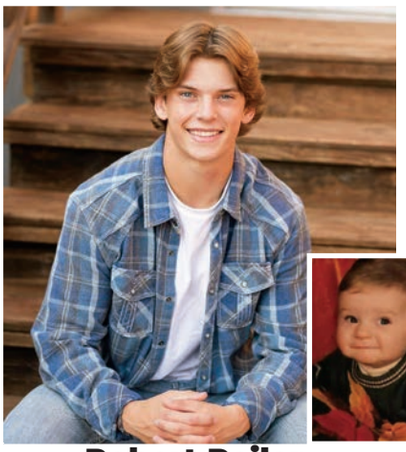
Alaina Pederson



Caitlin Pederson



Christopher Pederson



Robert Peiler



Xavier Peltoma



Darren Pender



Aiden Pennoyer



Oscar Peraza



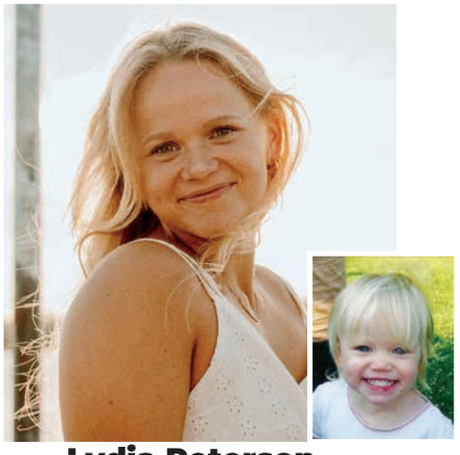
Dylan Perron



Kendall Petersen



Sydney Petersen



Lydia Peterson



Alexis Phillips



Weston Pink



Emily Pipp



Morgan Pokorny



Alexis Polfliet



Ashlyn Pomerleau

Emma Porter



Eli Potts



Jaxon Price



Livia Proudlock



Uriah Purcell



Jasmine Purnell



Carson Radke

Trinity Raltchevsky



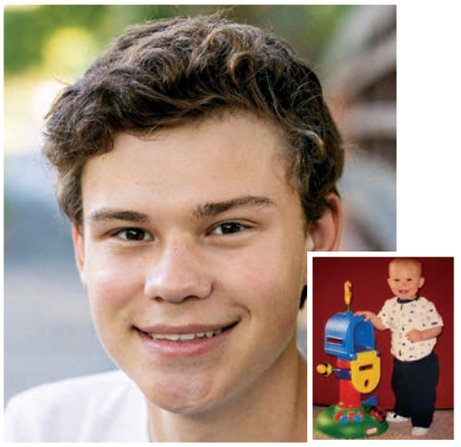
Willnell Randolph



Lauren Ras



Jacob Rayller



Caleb Reames



Carissa Reine



Ethan Rens



Madyson Resech



Andrew Ricke



Kally Riley



Gavin Robeck



Chad Robinson

Natalia Rodriguez



Sydney Rogers



Riley Rohrer



Sierra Rollins



Zachary Romans



Kyle Ross



Haley Roth



Ashtin Rux-Anderson



Liam Ryan



Maria Rydberg



Megan Salas



Will Sarkinen



Mia Satre



Evan Saunders



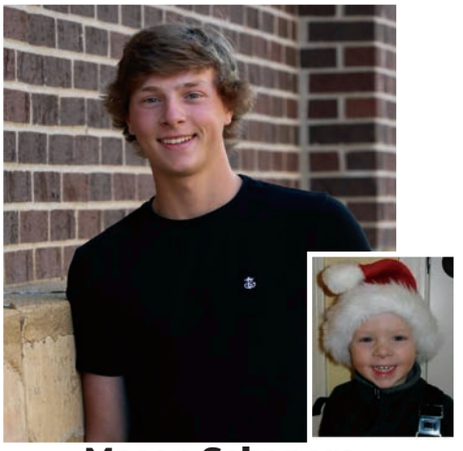
Hannah Saxe



Metabelle Schaben



Julia Scheelk



Mason Schepers



Brendan Scheurer



Anna Schmidt



ElliAnah Schmitz



Brittney Schoen



William Sederberg



Zach Sellner



Rachael Shedlov



Evan Sherk



Ella Shonka



Kevin Shull



Trevor Shull



Ella Shultz



Reven Simat



McKenna Sime



Matthew Simon



Tiffany Simon



Rachel Simonovich



Cameron Sims



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



Danielle Steinke



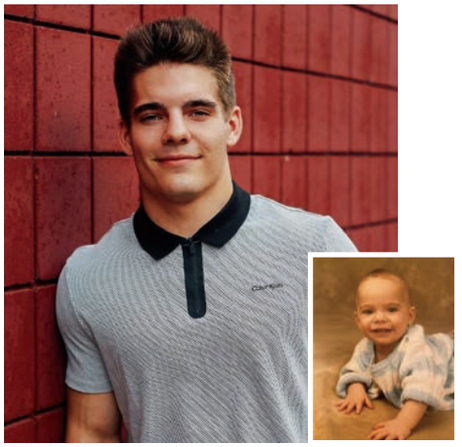
Hunter Sterk



Ashley Stern



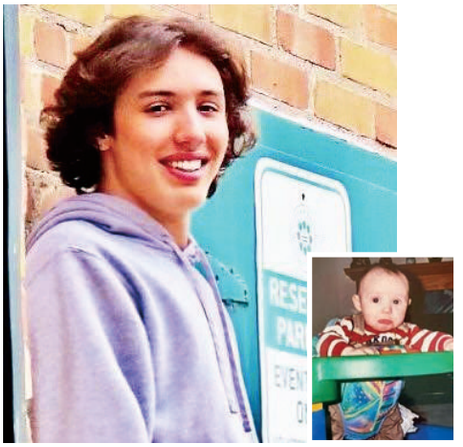
Aidan Stevenson



Kemry Stich



Evan Strand



Logan Strickland



Ian Strusz



Tyler Suchla



Raelin Sustacek



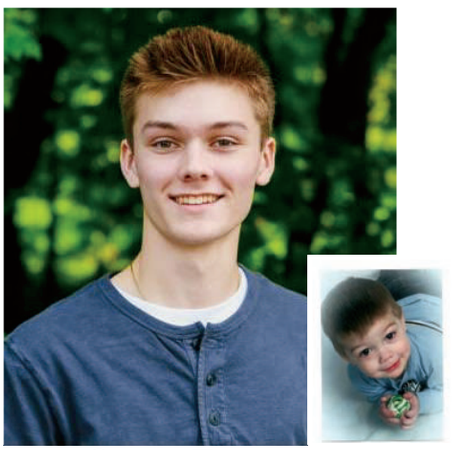
Trey Sybrant



Janelle Sylvester



Nathan Talley



Owen Tangen



Lauren Tatro



Johnny Tennyson



Hannah Theissen



Emily Thell



Caleb Thoennes



Eleanor Thompson-Witt



Jackson Thour



Nolan Throndset



Ashley Tillemans



Emma Tobey



Alexa Toensing



Greta Topel



Joshua Tourville



Tommie Treptau



Gabriel Trotter



Christopher Tuttle



Mason Ulferts



Jordan Urbanski



Benjamin Vajhmoob



Marah Vanvooren



James Vaughn



Mikayla Verdich



Emma Videen



Emma Vike



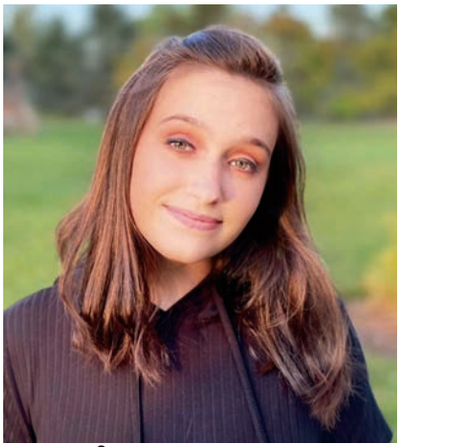
Valeria Visentin



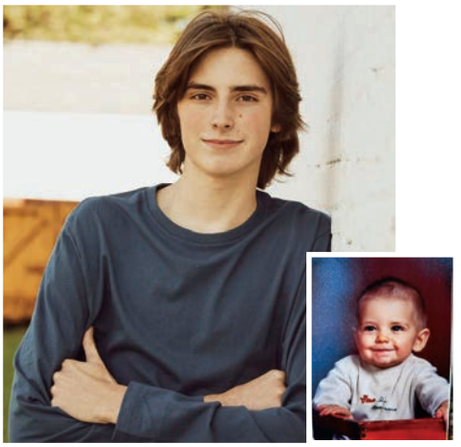
Madeline Vitzthum



Erin Vlasak



Lilly Vollmer



Nathan Von Ruden



Serena Wadhawan



Beeangel Walker



Halaina Walker



Alec Waller



Brady Wallin



Kylee Walsh



Bjorn Walters



Addison Walz



Julia Weigle



Alexandra Weimer



Spencer Wickliff



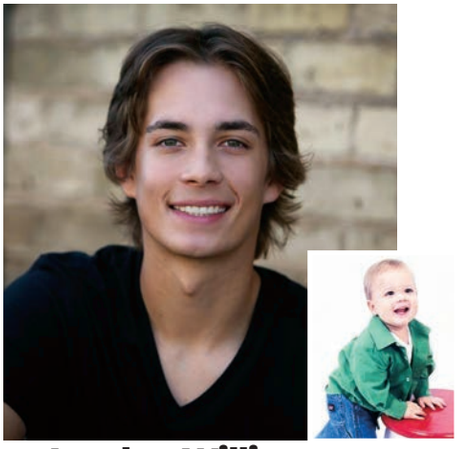
Jake Wiegers



Brennen Williams



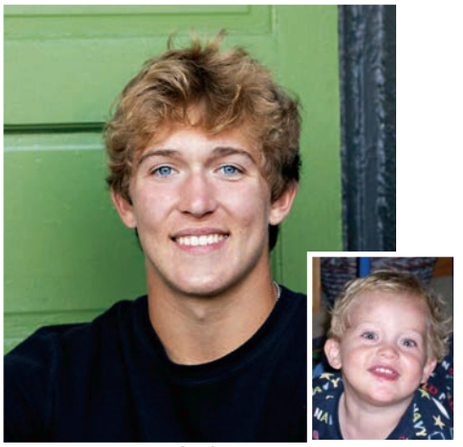
Cora Williams



Landen Williams



Valerie Williams



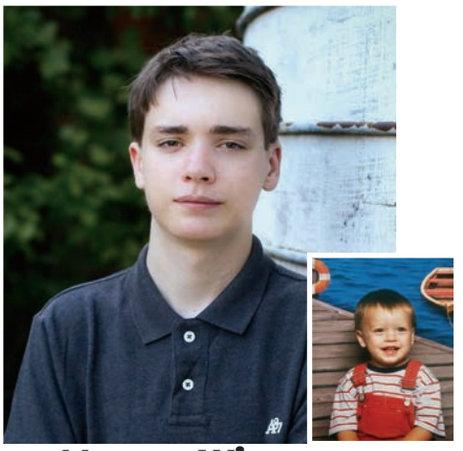
Luke Williamson



Anthony Willis



Joel Wilmot



Mayson Wiome



Jack Woitalla



Megan Woitalla



Mason Woller



Tatianna Woods



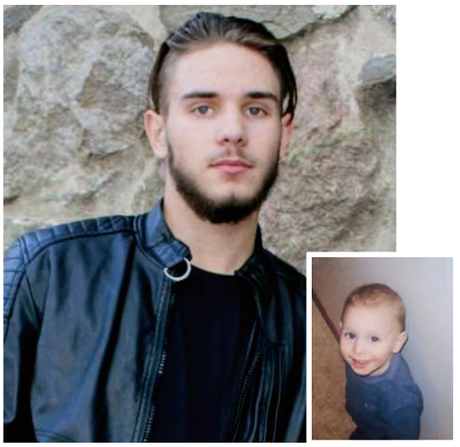
Zachary Worms



Kailiah Yang



Ethan Yantes



Pavel Yukhimchuk



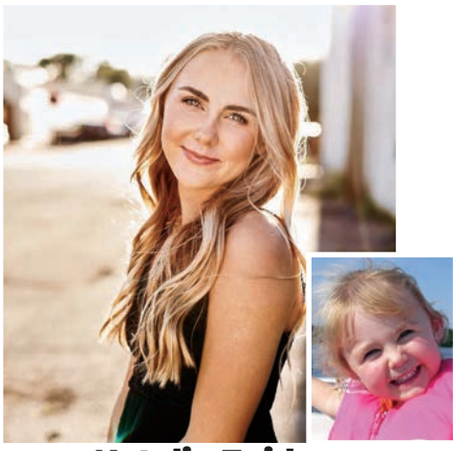
Ella Zanetti



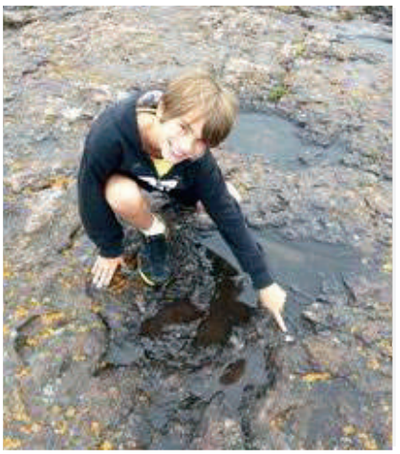
Tayler Zingelman



Ava Zoellmer



Natalie Zuidema







YOU ARE STILL WITH US

DEREK ALLEN ROWE



1.18.04 - 10.25.13

“Home"
Hold on to me as we go
As we roll down this unfamiliar road
And although this wave, wave is stringing us along
Just know you're not alone
'Cause I'm gonna make this place your home
Settle down, it'll all be clear
Don't pay no mind to the demons
They fill you with fear
The trouble - it might drag you down
If you get lost, you can always be found
Just know you're not alone
'Cause I'm gonna make this place your home
Settle down, it'll all be clear
Don't pay no mind to the demons
They fill you with fear
The trouble - it might drag you down
If you get lost, you can always be found
Just know you're not alone
'Cause I'm gonna make this place your home
Come on

"Home" is a song Derek practiced at Fieldstone Elementary

MOST CHANGED

Abbi Dolan & Jackson Collins



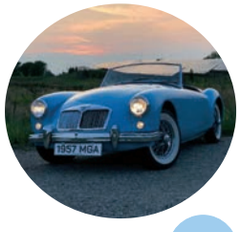
BEST NICKNAME

Abby Cornell (Corncob) & Chris Pederson (Chrispcream)



BEST CAR

Hannah Spalding & Eli Potts





MOST LIKELY TO HAVE A REALITY TV SHOW

Ashlyn Pomerleau & Carter Hiltner





MOST LIKELY TO BE LATE TO GRADUATION

Jaricha Klinkler & Jose Baxa





WORST SENIOR SLACK

Hilary Bursch & Jake Springer

MOST LIKELY TO RUN FOR OFFICE

Trinity Hanif & Will Sarkinen



CLASS CLOWN

Emma Duerr & Aiden Blaeser



SENIOR SUPERLATIVES

Spread designed by Hillary Gustafson & Sadie Mickelson

MOST LIKELY TO BE ID'D AT 30

Paige Krueger & Landon Bjork



LEAST ORGANIZED

Jenna Johnson & Bjorn Walters



BEST EYES

Sophia Femrite & Gavin Gutzwiller



CLASS CRUSH

Katie Dinius & Giovanni Grassivaro



FREE SPIRIT

Payton Hernandez & Sam Monseth



WORST DRIVER

Erin Vlasak & Riley Purcell



MOST LIKELY TO BE A PRO ATHLETE

Ali Weimer & Caden Nordberg



BEST LAUGH

Ellie Breuer & Ken Stahl



MOST LIKELY TO BE TIKTOK FAMOUS

Mckenna Sime & Oscar Peraza



CLASS MOM & DAD

Eleanor Thompson-Witt & Jake Breuer



CUTEST COUPLE

Jenna Kyono & Johnny Tennyson



MOST LIKELY TO BE A CIA HACKER

Rebecca Kosey & Ryan Fette



BEST HAIR

Abby Johnson & Ian Strusz



MOST THEATRICAL

Kelsey Frederick & Kaz Beaudry



BEST DRESSED

Faith Lindenfelser & Reven Simat



BEST PERSON TO BE STRANDED WITH

Addie O'rourke & Neal Kennedy



ON TO THE NEXT CHAPTER

WHAT WILL YOU MISS?

Ellie Breuer

"I'm going to miss seeing all the people I grew up with and belonging somewhere I know."



Final and only powderpuff of highschool with my of my long time friends.



Favorite Memory

Olivia Flaten

"I'm going to miss going to high school events the most, like homecoming, pep fest, and football games. I'm am looking forward to UND hockey games and being on campus!"



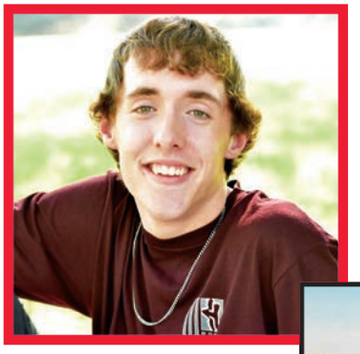
Homecoming pep fest of senior year with my teammates from tennis.



Favorite Memory

Dalton Cate

"I'm going to miss my friends and family the most."



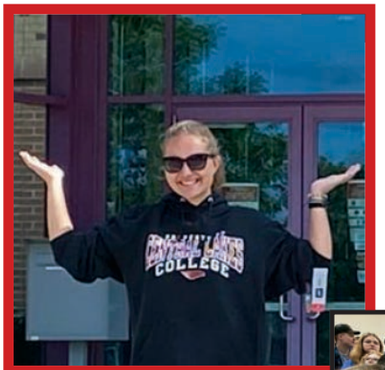
Final homcomng footbal game with one of my very close friend in.



Favorite Memory

Kylee Walsh

"What I'm going to miss the most once I leave is the teachers. They hold a place in their heart on who you are and accept everyone. They have helped shaped me in to who I am today."



Last winter pep fest as a senior with a groups of my friends.



Favorite Memory

Jason Goodin

"I am going to miss my friends that I am leaving while entering a new place in my life and meeting new people."



Being able to play one last game at US Bank with my teamates.

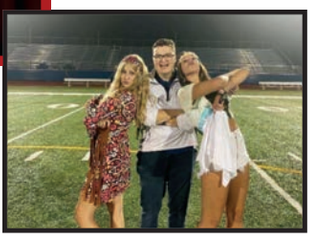


Favorite Memory



John Marquette
"I'm going to miss seeing my friends, having fun, and laughing."

Celebratig the final few football games with some friends i've made throughout high school.



Favorite Memory



Caitlin Petersen
"I am going to miss winter week/ homecoming week. I thought the dress-up days and pep fest were very fun"

Having one last winter week senior year and being with my classmates.



Favorite Memory



Brooke Mattson
"I'm going to miss my family the most, it's an obvious answer but with being almost 13 hours away I have a feeling i'll definitely be getting a little home sick."



Favorite Memory

Final homecomig week of senior year with my close.

KADEN AMUNDSON





SCHOOL: Nicholls
SPORT: Baseball

-"I picked Nicholls State because it matched everything I was hoping for in my future. The people, the baseball program, and the school were a perfect fit."

- "I'm most excited to start a new chapter of my life and see what God has planned. I've worked hard to get the opportunity, and now I'm excited to go pursue new adventures."




NOW,
JUN
WE
PULL
UP
Ellie Westendorp
Charlie Berr


IORS
es
Morgan McKinley
Emma Molesky

Cailey Aandal
Tyler Aberwald
Dallon Adams
Nora Ahlman
Natalie Alwin
Rocco Amente



Mackenzie Amoako
Graham Anderberg
Brandon Anderson
Gabe Asleson
Hannah Augustine
Madelyn Aulwes



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



Lilia Barrett
Thierno Barry
Tanner Barth
Ethan Beaudry
McKinley Beaumont
Olivia Becker



Alexander Behrens
Mackenzie Berg
Emma Berres
Thomas Bezanson
Leah Bezrukavaya
Mason Biniek



Ashanti Blahut
Sawyer Blakstvedt
Tyler Blount
Charles Boldenow
Tanner Booker
Adam Boston



Jackson Bouressa
Nicole Braun
Cameron Brett
Gabrielle Brodersen
Jacob Brommer
Micah Bunnell

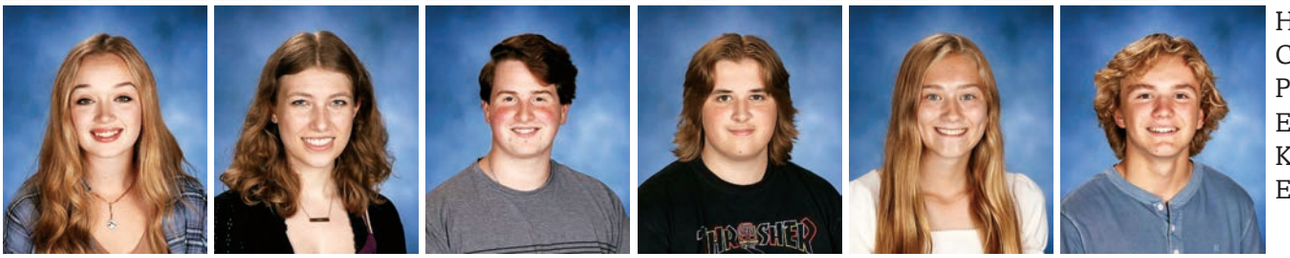


Andrew Burke
Drew Bushard
Ethan Buskey
Andrew Butkowski
Paige Butler
Jackson Byboth





Emma Caballero
Jaxon Cagle
Carter Campbell
Piper Carlson
Abigail Carroll
Avery Caza



Hannah Cedergren
Chloe Chapman
Philip Charmoli
Evan Child
Kaitlin Christensen
Ethan Christian



Holly Christman
Jordyn Clapp
Brady Clausen
Natalie Cocking
Toni-Shae Codlyn
Christian Collins



Vincent Colotti
Lovell Conduah
Joshua Cooper
William Cooper
Jack Cornell
Kayla Cornell



Bennett Cotterman
Lucas Cross
Gracie Crowell
Ross Cruickshank
Hunter Czech
Gabe Dahlheimer



Lane Dahlheimer
Autumn Daleiden
Jack Davies
Chloe Davis
Eli Davis
Madison Davis



Theodore DeVries
Myles Dehmer
Colton Demarais
Olivia Dembouski
Kayden
Denne-Brown
Kaylynn Denny



Riley Devine
Kylie Diaz
Mikaylee Dickie
Lauren Dinh
Evan Dombeck

Emma Donndelinger
Samuel Drake
Kaiden Dreis
Braedon DuPaul
Abrea Duncan
Emma Duncombe



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
Christian Farnsworth
Jarrett Faue
Lydia Feder
Delaney Feld



Dylan Fischer
Paige Fischer
Luke Fisher
Charlie Fisher
Brigid Fitzgerald
Leo Fofana



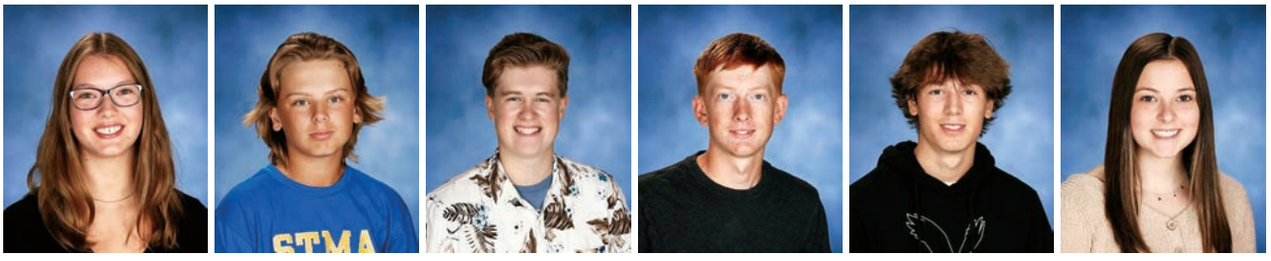
Brenna Folven
Kylee Formo
Ellsie Frauendienst
Grayson Fredrichs
Avery Freeland
Andrew Furcht



Madilyn Gartner
Kaden Gertzen
Tanner Getty
Dylan Gfroerer
Lillian Gillespie
Destiny Girtz



Maura Gjesvold
Dillon Glass
Aedan Glimsdale
Julian Godlewski
Devin Goede
Megan Gohl





Vanesa Graur
Jasmine Gray
Nathaniel Gremmels
Ashtyn Groves
William Gulden
Nicholas Gustafson



Elijah Haakenson
Richard Hackenmueller
Alexis Halgrimson
Carter Halvorson
Samuel Hansen
Tyler Hansen



Aidan Hanson
Harrison Hanson
Praise Hanson
Spencer Hanson
Sofia Haraseth
Brittney Harris



Rylee Harrison
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
Mya Henry
Olivia Henry
Tyson Hentges



Gwen Herbst
Emma Herfel
Jubilee Rose Heu
Brenden Hirsch
Riley Hirschey
Aliya Hjelle
Hayden Hodge
Miriama Honzl
Lauren Hoselton
Ella Hoy
Nolan Hoyne
Samuel Huber



Holly Hultman
Ellie Hunsley
Kailee Hustoft
Rebecca Immer
Tyler Ingebrigtson
Trevor Inglis



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
Julia Johnston



Tyler Jordan
Ryan Jossart
Benjamin Juusola
Joely Kasel
Nicole Kasper
Miles Kay



Brody Kelly
Emma Kelly
Makiah Kelly
Samantha Kemp
Carter Kephart
Kyle Kisling



Madison Klein
Kaleb Klinkhammer
Olivia Kloss
Eleanor Klym
Raymond Koch
Emily Kocur



Vivian Korus
Kameron Krist
Carter Krohn
Leo Krueger
Jake Krumenauer
Matthew Kruse





Tilly Kue
Cheyenne Kuehn
Logan Kunz
Megan Kurth
Hannah Kvant
Tyler LaFond



Michael Lambert
Bradyn Lane
Norah Langager
Owen Larsen
Dylan Layton
Conner Leach



Jessica Lee
Jordan Lee
Payton Lee
Kurtis Lekatz
Mylin Lemke
Nicholas Lenneman



Aidan Leonard
Arthur Leonard
Brynn Leshovsky
Jaden Leske
Alexander Lester
Asher Ley



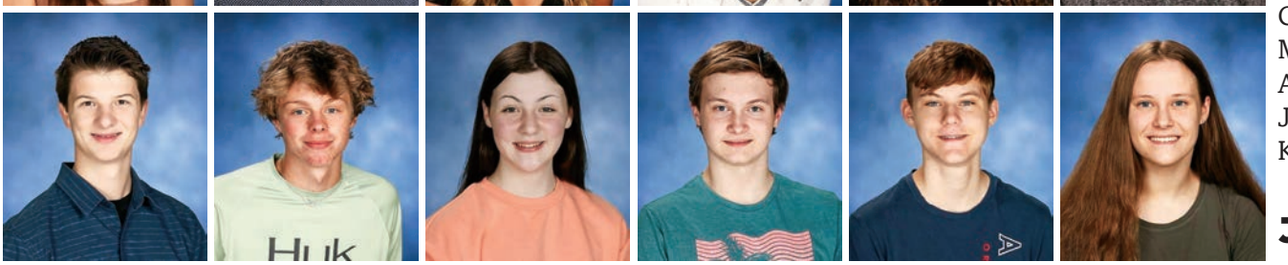
Cameron Libby
Magdalene Lindeman
Adam Lindenfelser
Trevor Loebertmann
Elliott Loftus
Lourdes Lopez
Raigoza



Arianna Lovegreen
Charlie Lund
Madelyn Lundeen
Conner Luongvan
Ryan Luster
Jonah Lyke



Emma Mace
Robert Madore
Kaeley Malmon
Barbara Mancilla
Ashlyn Marble
Ava Marquette



Isaac Marschel
Colin Marshall
Mia Marthaler
Alexander Martin
Joseph Martin
Kaitlyn Martin

Madison Martin
Mikayla Mastellar
Rainer Mauersberger
Matthew Maulik
McKenna Maus
Riley Mavencamp



Carson McCann
Erin McDowell
KaSandra McKeown
Morgan McKinley
Maxwell Miller
Mason Mills



Wyatt Mills
Emilynn Molesky
Cooper Monsrud
Tyler Moreland
Justin Morneau
Emily Mueller



Elijah Muhammad
Kimberly Mundahl
Teagan
Murack-Miller
Alison Murphy
Emily Muyale
Jordan Myers



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
Emily Obermaier
Brody Odland
Alexa Ohlander
Avery Ohnstad



Evan Ojeda
Emily Olin
Olivia Oscarson
Joseph Palchizaca
Chimborazo
Matthew Papp
Zoe Parker





Bennett Patterson
Camryn Pauly
Olivia Peal
Owen Pedersen
Zachary Pedersen
Therin Pederson



Jadyn Pelowski
Cole Peterson
Connor Peterson
Haily Peterson
Madisen Petranek
Peyton Peyerl



Khoi Phan
Tyrese Phengdouangdeth
Gabriel Phillips
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
Jacob Reineck
Paige Reineke
Donovan Reiners
Anna Reiter



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Molly Reynolds
Isabella Rice
Piper Richardson
Ethan Ricks-Wesseh
Grant Riedel



Emma Riley
Julia Ripplinger
JayLynn Robeck
Riley Roberts
Roman Robison
Nevaeh Rodriguez

Anika Rogers
Jacob Rokala
Kathryn Rooker
Brett Roos
Halle Rothman
Megan Rowe



Mitchell Rowe
Molly Ruhland
Ryan Sandhoefner
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



Madilyn Sharpe
Jozie Shepherd
Mason Sherk
Elise Sime
Elliot Simon
David Simonovich



Mason Sinclair
Josef Sinkule
Owen Sjoberg
Madison Skogsberg
Shawn Skrip
Alyssa Smith



Kyla Smith
Evan Snyder
Reon Som
Vivian Sommer
Tristan Sorensen
Alexis Stark



Landon Stevenson
Abigail Storey
Elizabeth Strehlow
Morris Suah
Grant Suess
Ty Sundell





Savannah Supper
Andrew Swanson
Alex Swiatkiewicz
Ashton Szymanski
Caden Taege
Nicholas Talley



Leah Taszarek
Sean Tatge
Annie Tennyson
Emalena Thao
Jackson Thering
Evan Thiner



Alaina Thompson
Gabrielle Thompson
Laylani
Thongsavanh
William Thunder
Joseph Torgesen
Logan Torkelson



Tyrone Trader
Cole Tranby
Madison Trant
Payton Turpin
Christopher
Tveitbakk
Cowin Underwood



Brianna Unruh
Alyssa Urbanski
Jacob Vaerst
Jakob Vagts
Bill Vajhmoob
Skyler Valley



Owen VanDeRiet
Abigail VanHeel
Josie VanKuyk
Connor VanderVeen
Maria VanKeuren
Ella VanOrden



Mason Varley
Olivia Vetsch
Luke Vogel
Gabrielle Voigt
Ryan Volkmann
Alicia Vosberg
Anjali Wadhawan
Julia Wagner
Maria Waldoch
Aurora Walesch
Lynae Walker
Marlee Walker



Sean Walther
Audie Wandmacher
Evan Warner
Camilla Weah
Nathan Weber
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
Anna Zwart



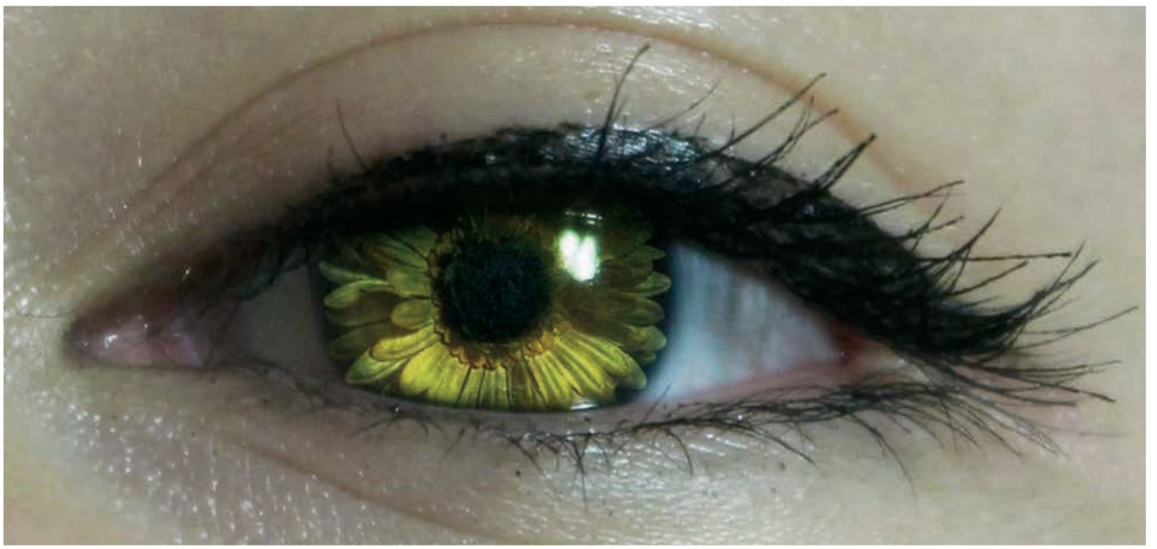
STMA ONLINE

Hope Hochstedler
Lexi Kemmetmueller
Johnathan Mapanao
Gavin Miller
Sophia Petite
Ashley Triplett



Juniors
Not Pictured:
Grace Bielke
Alexander Boltz
Myana Carey

STMA Online is a flexible learning solution that offers interactive online courses to students in grades K-12. Courses are delivered using online platforms available to students 24/7. Students are actively engaged in online discussions and learn to track messages, submit documents electronically, and meet online with teachers. Students must have an active email account and access to the internet. STMA Online is open to all students in Minnesota and offers an exceptional learning experience with more than 50 courses. The STMA supplemental program allows you to take up to half of your classes online while staying in your home district or program.



Anna Puent
Sierra flower eye
Gold Key



Praise Hanson
Veiled
Gold Key

Vanessa Ellis
Getting Our Hooves Dirty
Silver Key

NOW WE CREATE EXCELLENCE



24 2024 2024 2024 2024 2024 2024 20

NOW WE KNOW THE DRI

SOPHO



Colin Rude



Emmit Peterson

Mason

24 2024 2024 2024 2024 2024 2024 20

LL

ORES





Lea



Holland Kneefe

Noah Aadland
Julia Adamyan
MiKayla Aguirre
Arleth Aguirre Catalan
Gwendolyn Aigbogun



Ashley Alfaro
Jenna Allen
Elsa Amoako
Brady Anderson
Brianna Anderson



Mason Anderson
Brooklyn Andrzejewski
Sophia Apold
Ella Arens
Sadie Armbruster



Anthony Arroyo Nunez
Cameron Atcher
Andrew Atsidakos
Makenzie Aulwes
Ayla Auseth



Muhiz Bada
Jacob Baetsen
Rita Bailey
Xander Banas
Hanna Barthel



Julia Barthel
Madison Barthel
William Barthel
London Bastron
Evan Bauman









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
Chloe Berrington
Taras Bezrukavyy







Noah Bilicki
Joshua Bishop
Zachary Bishop
Jacob Bissen
Noel Black






Alivia Boebel
Eva Bollin
Josephine Bolstad
Theresa Bourget

Sloan Bozosi
Austin Braatz
Kate Brandli
Kaci Brannan
Shea Brenna







Kassidee Bristlin
Fae Bromley
Connor Brunet
Jackson Brutger
Anna Brutskaya







Alexa Bunnell
Keagan Burke
Carter Bursch
Jackson Bursey
Jamie Burton







Dylan Bydlon
Tristan Campbell
Leyla Carlson
Clayton Carpentier
Morghan Carter







Aidan Cartney
Elizabeth Cartney
Nicolas Casperson
Jonathan Cavanaugh
Judsona Chea

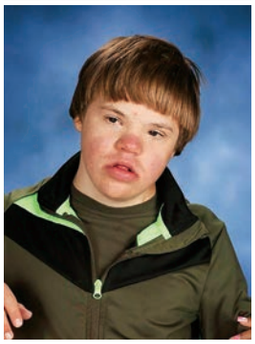






Helena Cheaye
Noah Cheaye
Nevan Cheney
Braeden Christian
Taylor Christianson













Jack Cin
Jordan Clarke
Jonah Conklin
Nicholas Conrad
Annika Cornell







Amaya Cossette
Lillian Covert
Andrew Cowan
Kaylie Cox
Ja'Kahla Craft







Tabitha Craig
Jackson Cross
Talan Cross
Robert Cushman
Maggie Cynor







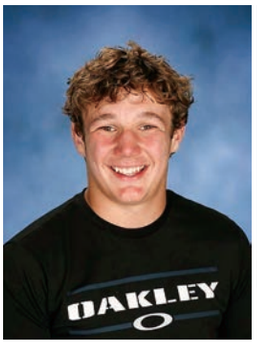
Jada Dahlheimer
Kaya Dahmen
Haven Daninger
Gavin Davidson
Blessing Davis



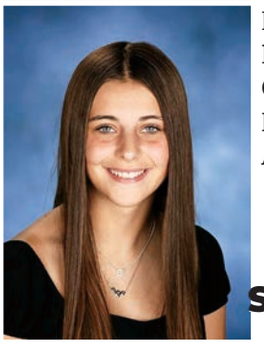




Jesse Davis
Amelia Dayton
Lauren DeLong
Owen DeRocher
Thomas DeVries







Devon Dehmer
Lucia Dehmer
Gabriella Delgado
Noah Demo
Ava Denne-Brown

Logan Denny
Jack Derham
Jacob Dinius
Elijah Dixon
Eniye Donbraye



Will Dorfsman
Katelynn Dressler
Joseph Duerr
Joy Dukuly
Zoey Dwire



Alden Dyer
Gabrielle Ehlers
Bennett Eicher
Grace Eicher
Zoe Ellwoods



Jessica Engebretson
Nolan England
Reece Erickson
Luke Erlandson
Natalie Eull



Lillyan Farrand
Lily Faucher
Amelia Fehn
Jonathan Feld
Luke Ferrin



Madison Fette
Grace Fetzer
Amanda Fisher
Duncan Follett
Alayna Ford










Evan Ford
Grace Fouquette
Tanner Fowler
William Fox
Heidi Frank







Brandon Freeman
Tyler Freund
Serena Gao
Nolan Gardas
Sydney Gasser







Kylie Gaston
Colin Geach
Ian George
Arabelle Geray
Dominic Geryol







Hunter Goetsch
Joseph Gonsior
Andrew Grabowski
Claire Graunke
Jake Green





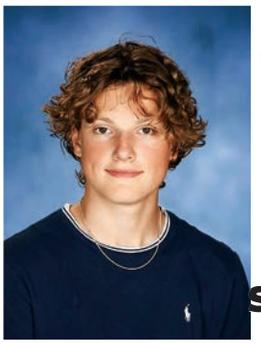




Tegan Grimsley
Presley Grzybowski
Jayna Haehn
Noah Hager
Bryce Haines







Joshua Hallberg
Cortney Halvorson
Jackson Hamilton
Norah Hansen
Benton Harkins

Tyson Hasher
Ava Haus
McKenna Hegge
Wesley Hegge
Rachel Heil



Leah Hein
Hani Helland
Alexander Her
Alyson Herfel
Ramsy Hernandez



Addison Hervin
Yoshi Heu
Halle Hicks
Tyler Hill
Riley Hiltner



Lauren Hochstatter
Grant Hoefener
Cassandra Holman
Sophia Howard
Lydia Huberty



Leah Hultman
Mia Hunter
Abdimalik Hussein
Breanna Immer
Grace Ingebritson



Sofia Iverson
Taylor Jacobson
Reese Jaeger
Adam Jensen
Lillian Jerpseth









Andrew Johnson
Brady Johnson
Brooks Johnson
Caden Johnson
Conner Johnson








Deandre Johnson
Mackenzie Johnson
McKalynn Johnson
Evan Jones
Angelina Jorgenson







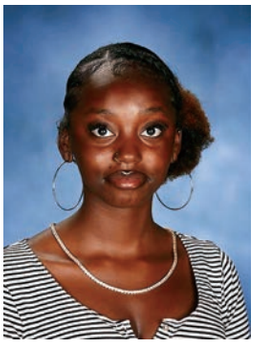

Sharla Jugasek
Naphtali Kalapa
Jarai Kamara
Audrey Kanu
Richard Kaydea







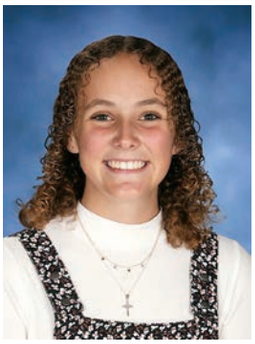
Cameron Keenan-Bakken
Alyssa Keller
Anna Kelly
Adelyn Kennedy
Elijah Kercado




Roman Kiado
Neemah Kiarie
Kohen Kindgren
Natalie Kloss
Holland Kneefe




Maverick Kneefe
Austin Knoblach
Gracie Kobus
Kate Koivisto
Joshua Kolles

Lana Kositzke
Viktoryia Kotava
Margaret Kramer
Drake Krupke
Kiera Kuiper







Cael LaRose
Isabelle Lahr
Luke Laitinen
Katrina Lake
Carson Land







Daniel Landon
Addison Landy
Victoria Larsen
Isabelle Lazere
Mason Lea







Isaac Ledoux
Brett Lefebvre
Erica Lehn
Kenna Lehn
Levi Lehn







Megan Lenneman
Aiden Lenzen
Narissa Ley
Cooper Libby
Oliver Lindemann







Roman Lindenfelser
Elise Linneman
Avery Litke
Madison Litzau
Reme Lobitz















Jayden Loftus
Dylan Lokensgard
Joshua Lopez Reyna
Morgan Lorbiecke
Lilu Lujan







Ella Luoto
Andrew Luster
Georgia Maciej
Briella Maeder
Josephine Mahon



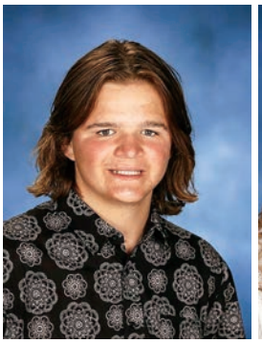




Micah Mahoney
Isabelle Majsterski Lazere
Autum Malenke
Makaela Malin
Zachary Marshall








Sophie Marsolek
Haji Massaquoi
Stephon Massaquoi
Caleb Matheson
Amelia Mauk



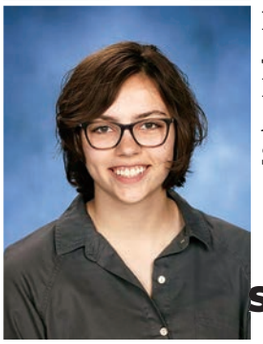




Chevelle Mavencamp
Conner May
Isabella McCarty
Luke McClintock
Eleanor McCoy







Halyn McDougall
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
Allison Miller



Ava Miller
Carter Miller
Noah Miller
Kyle Millslagle
Lindsey Millslagle



Travis Millslagle
Janae Mitchell
Lola Mitchell
Jaysa Moeller
Emily Moen



Mason Mogard
Bennett Moger
Blake Moran
Lanaya Morgan
Makayla Mourning



Mackenzie Mrazek
Nikolay Mudrenko
Max Munger
Alexander
Murack-Miller
Vincent Muraski











Sebastian Murillo Santiago
Josephine Myslicki
Quincy Nayah
Chelsea Neba
Owen Negaard







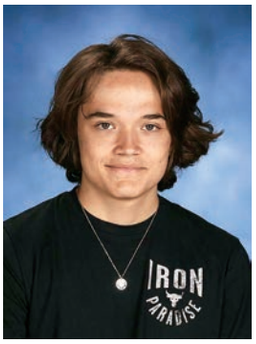
William Negaard
Christina Nelson
Eva Nelson
Gabriella Nelson
Jacob Nelson







Miah Nelson
Atley Neros
Isabella Nesenson
Olivia Neumayer
Grant Nieman









Kevin Niesen
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

Josiah Oquendo
Celine Osiemo
Jack Ostrowski
Jaidah Parker



Sarah Patterson
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
Z. Pitzenberger



Sophia Pizano
Madison Pohlkamp
Isabella Pomeroy
Landen Pool
Bryce Popelka









Rochelle Porte
Henry Postuma
Emma Potthoff
Bryn Powell
Makenna Powell







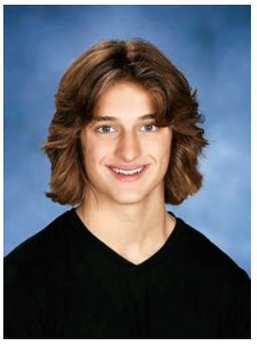
Zachary Pribyl
Zachariah Purcell
Audrey Radintz
Tailyn Radloff
Carter Ranweiler

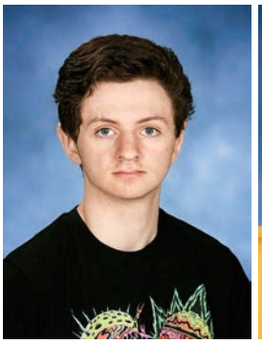






Dylan Rattai
Ashlin Rattanasinh
Isaac Reames
Cameron Reeck
Conner Reese




Eleanor Rehovsky
Lucas Reineke
Samuel Renczykowski
Carson Renner
Michaella Rennie



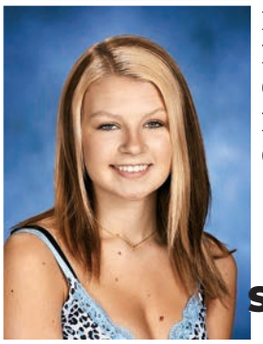





Emma Rens
Cayden Resech
Ashlyn Resner
Ever Reynoso
Dylan Rich







Elliot Rick
Landon Riebel
Connor Riesgraf
Hailey Rittenbach
Chase Robeck

Grady Robeck
Maggie Roberts
Jack Robinson
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
Ian Schultz
Cohen Schwab



Carter Schwartz
Lucas Schweisthal
Jack Sellman
Adrianna Seman
Macey Setter









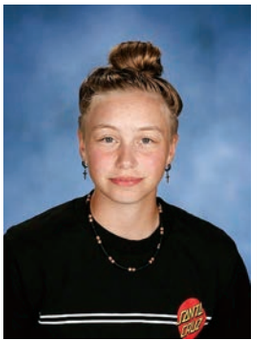

Isaac Seyoum
Avery Sherk
Abigail Sieber
Raina Simat
Daysia Simmons








Elizabeth Simon
Luke Sipple
Declan Sizer
McKenna Smaagaard
Aaron Smith




Conner Smith
Hannah Smith
Mya Smith
Patience Smith
Reese Smith







Tyus Smith
Skylar Smithers
Hayden Snyder
Alexis Solum
Antwan Sommuang



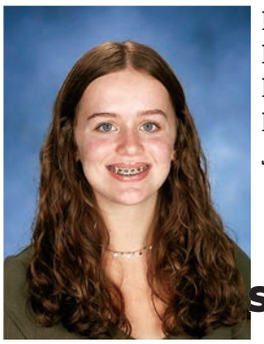




Tate Songstad
James Sornberger
Nathan Spindler
Jason Spurbeck
Laney Stace







Lily Stanton
Maggie Steele
Matthew Steffl
Haylee Stein
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
Elvis Thao
Abigail Theissen
Olivia Tigue
Jarod Timlin







Arianna Toney
April Torres
Ari Tourville
Lily Triplett
Kaitlyn Trunzo







Taylor Tschida
Gracellyn Turner
Brandon Turner
Nutter
Bradyn Tymeson
Lauren Underthun









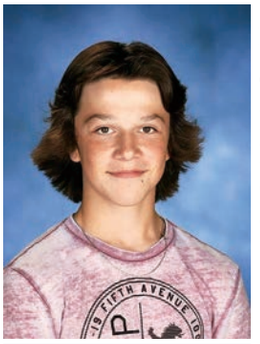





Adrianna Unruh
Emma Valek
Katherine Vanderbeek
Ngao Vang
Eileen Vitzthum







Andrew Vogelpohl-Martinez
Tevin Vognsen
Haylie Walker Kuklock
Grace Wallace
Caleb Waller







Reagan Walsh
Annica Walters
Delia Walz
Nora Weah
Brayden Webb







Harmony Wegler
Alary Weinzierl
Breanna Weiss
Brodie Welborn
Riley Weness



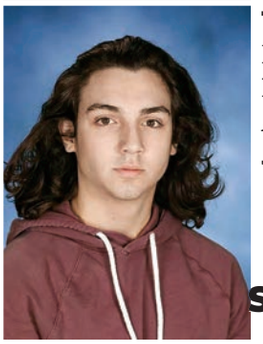




Jedidiah Wester
Izaac Westerman
Owen Westerman
Madison Whaley
Jackson Wheeler







Taylor White
Dawsen Whiteis
Hannah Wiger
Alexander Williams
Jordan Williams

Lindsey Williams
Marty Williams
Mason Williams
Emma Williamson
Ryan Williamson







Noah Wilmot
Martina Wiome
Grant Woitalla
Jayce Wolkerstorfer
Xavien Woods







Elizabeth Worms
Claira Wright
Lukas Wrobel
Timothy Yukhimchuk
Zachary Zanetti







Nathalia Zelaya
Juliana Faith Zerna
Chase Zimmer
Elizabeth Zipp
Riley Zroker





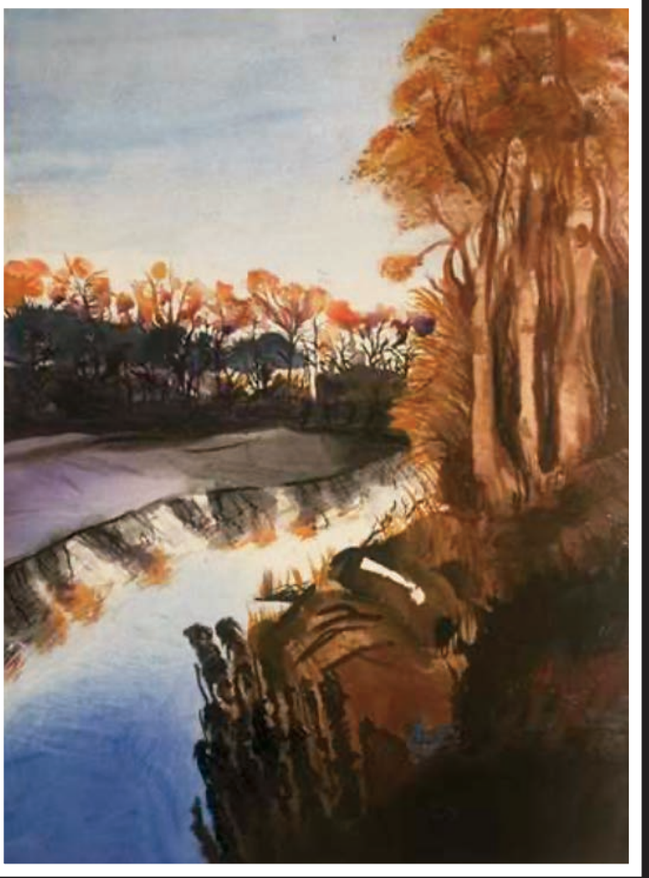



Michael Anderson



Not pictured: Madison Bleess, Jayze Busch, Suili Chomilo, Emma Dembouski, Faoumata Diallo, Ethan Donovan, Adison Dwire, Jason Eide, Andrew Escobar Londono, Preston Gillen, Madden Grabau, Olivia Hanif, Logan Hayek, Alex Husak, Thomas Leffald, Kennedy O'Connell, Jaiden Parker, Halle Partain, Lucy Prichard, Thomas Richardson, Max O'Sullivan, Halle Partain, Brendon Roelike, Peter Roelike, Anjali Som, Jayden Thomas.

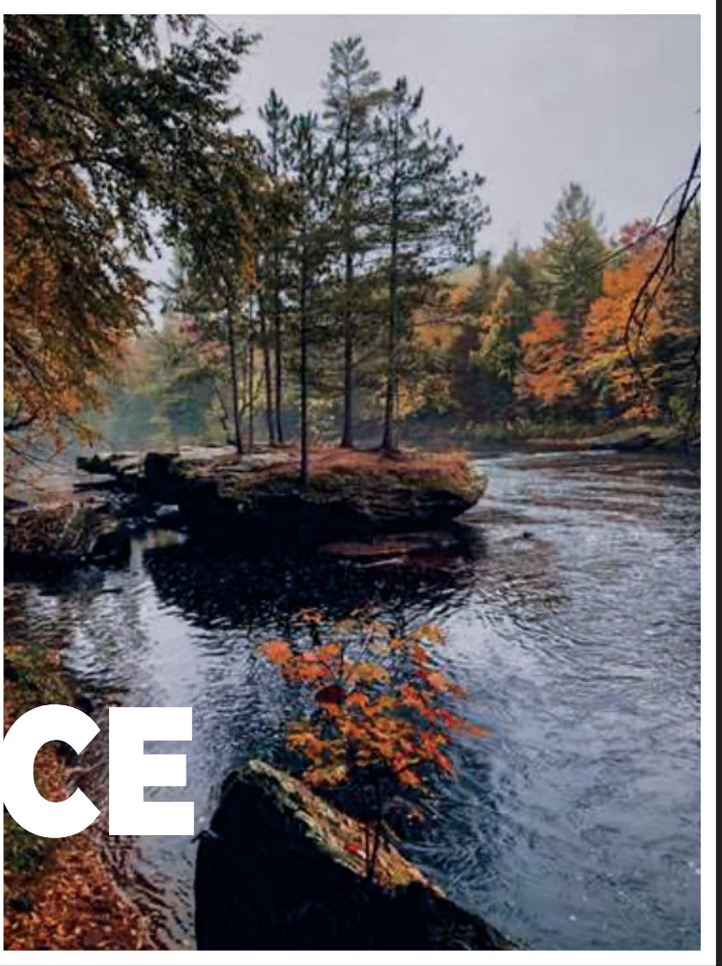
Audrey
Kanu
Autumn
Chill
Honorable
Mention



Ari Tourville
Looking through the tree's
Gold Key



Landen Pool
Fall Favorite
Gold Key



NOW WE CREATE EXCELLENCE

NOW WE ARE FRESHME



CJ Splettstoesser Riley Tangen Jacob Birr Melvin Makor

ON OUR WAY



Lauren Weimer

Max Moore

Anette Aguirre Catalan
Anjolaoluwa Alade
Jackson Alberts
Logan Alessi
Jack Allender



Aisha Almanasir
Owen Anderberg
James Anderson
Kate Anderson
Matthew Anderson



Regan Anderson
Samuel Anderson
Lucas Antonelli
Carter Arnlund
Jaydon Arone



Ashley Arroyo Flores
Hailey Aschenbeck
Ethan Augello
Jayden Aune
Isabella Avery



Josie Avery
Sawyer Aydt
Aidan Babbe
Haylee Backman
Rylee Badjie

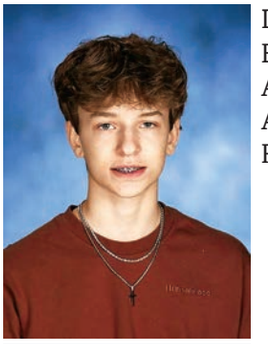


Jackson Bakke
Kaleena Baltzell
Wallace
Jedidiah Barfour
Delaney Barthel
Kaden Bartunek









Leighton Bauer
Bryson Beach
Alana Beaulieu Flolo
Alexander Beck
Roman Beck







Gavin Becker
Tanner Becker
Kendra Behrens
Lanaya Belev
Avery Benedict



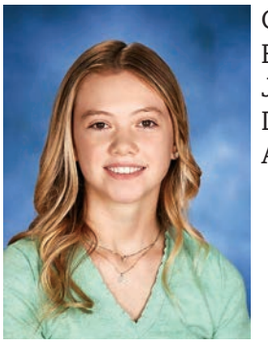




Isabel Benusa
Alemu Bergan
Jordan Bernard
Jessica Besst
Trynnity Bichler



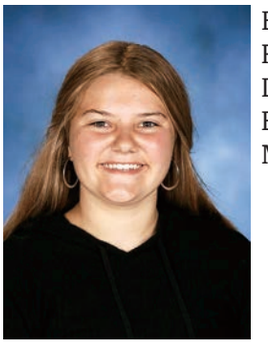




George Bielke
Brooklynn Bigalke
Jacob Birr
Dominic Blaisdell
Alexa Blake



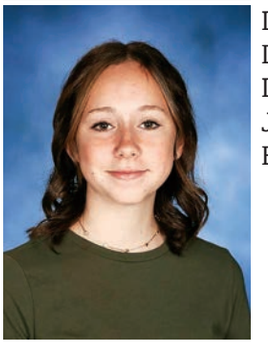




Evan Blanchette
Richard Bluemke
Djon-Jolie Boayla
Breckyn Bogen
Maggie Borchardt







Lauren Bosire
Derek Bot
Layton Bottolfson
Jonas Boyette
Eleanor Braegelman

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William Bramos
Josie Brill
Junelle Browne
Jacob Brunk
Dennis Brutskiy



Brock Bugbee
Ava Buhl
Kayla Bultena
Natalie Bury
Paige Bushard



Amelia Butkowski
Wesley Byer
Mia Caballero
Johnathon Carey
Brock Carlson



Benedict Carroll
Peter Carroll
Ryan Carroll
Caylee Casey
Oleg Ceceli



Dominic Centko
Lyla Chapman
Alex Charlesworth
Juslene Chea
Tianna Cheaye

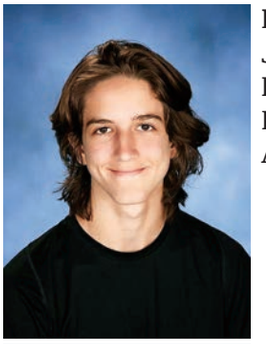


Karsen Child
Christian Childs
Cody Christofferson
Kennedy Clements
Natalie Clements





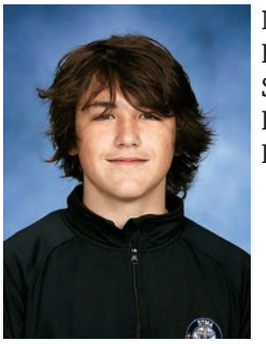




Kelsey Cochrane
Joshua Cocking
Reagan Cocking
Evan Collins
Anthony Colotti



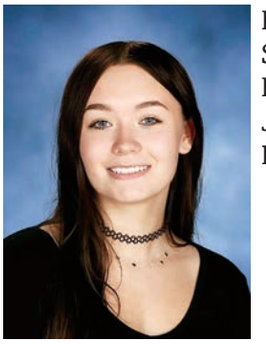




Mariah Como
Braedon Conlan
Samantha Conway
Brock Cornell
Blake Couet







Rachel Couture
Sarah Couture
Bailey Coy
Jacob Crow
Kylee Dahlheimer







Emma Daleiden
Marek Dalton
Alexandra Davey
Heath Davis
Mackenzie Davis



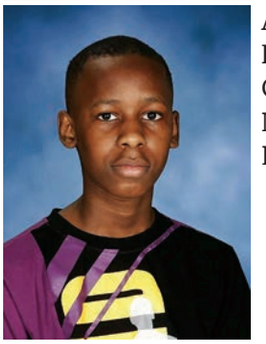




Sophie DeBrobander
Greta Dehmer
Sofia Dehmer
Aaydan Dellwo
Luke Deneson







Anna Derbis
Benjamin Derbis
Chase Detlefsen
Michael Dewey
Ibrahima Diallo

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Dow Dickerson
Samantha Didur
Sophia Dishneau
Cody Dixon
Jane Dombeck







Edward Drager
Camryn Dubel
Davin Dufner
David Dupris
Emma Durenberger








Madison Easthouse
Connor Ebert
Sophie Edgar
Gavin Edlund
Martha Effertz







Carson Eggert
Parker Eggert
Hannah Ehlers
Elaina Eisen
Ryder Ellingson







Miranda Emerson
Riley Emerson
Ryan Enga
David Engman
Isabelle Erichsrud







Piper Erichsrud
Ella Erickson
Rachel Erickson
Clayton Etnier
Payton Eull

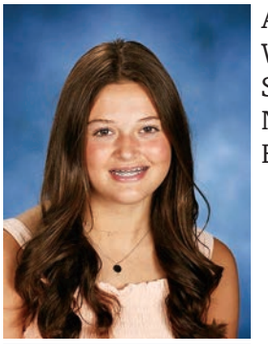








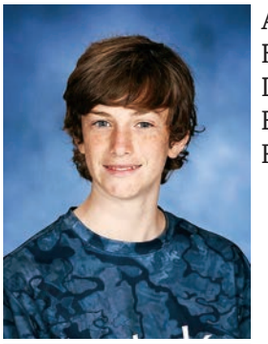


Aidan Evenson
Waseem Ezzaid
Sophia Fagerlee
Noah Fairburn
Elise Feder







Adeline Fehn
Harmon Felling
Lucille Felling
Bailey Fischer
Peyton Fischer



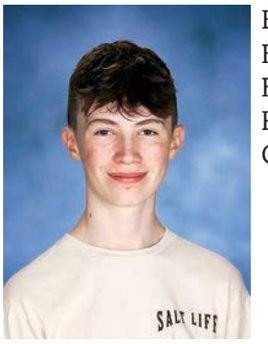





Jacob Flakne
Bruce Flam
Layla Flemming
Hayley Flores Macedonio
Leorica Fofana



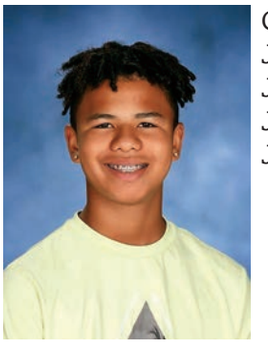




Erin Foltz
Hayden Ford
Henry Foss
Renae Foster
Colum Foth







Cody Frelich
Jayden Frenger
Jackie Fromm
James Fry
Jacob Gallagher








Skaya Gallagher
Amayah Gaston
Witney Geddis
Ava Geiman
Olivia Geissler

Braedan Gentile
Jaden Getugi
Adyline Gieski
Owen Gindele
Brady Glirbas







Reese Goede
Ella Goertzen
Jacob Goth
Riley Gredvig
Brendan Green







Marcus Griffin
Catherine Grupee
Savannah Gustafson
Mia Habaue
Madeline Hall







Emmy Hanauska
Ismael Hanks
Adyson Hansen
Dominic Hansen
Parker Hanzalik







Wyatt Harmoning
Deacon Harrison
Haley Harrison
Katelyn Haug
Isabella Hauxwell









Lydia Hawkins
Cooper Hays
Jordann Head
Brynn Hedberg
Steven Hemish

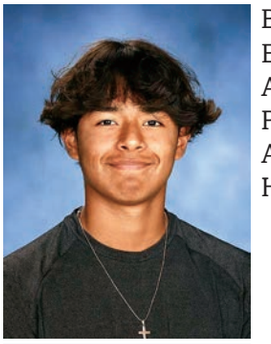








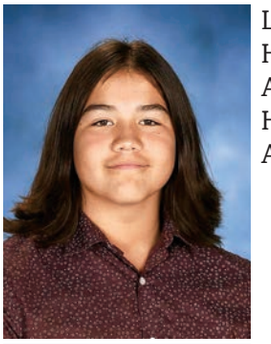




Braeden Henke
Elena Hepper
Ansel Herbes
Paige Herbst
Alexander Hernandez







Levi Hewett
Hogan Hicks
Anja Hjelle
Hudson Hochstedler
Aiden Hogan







Addison Hoglund
Jordan Holm
Jeremiah Holmes
Bailey Hopland
Abigail Hoselton







Eugene Hoskins
Maggie Houghton
Brandon Hove
Delia Howe
Delaney Hughes



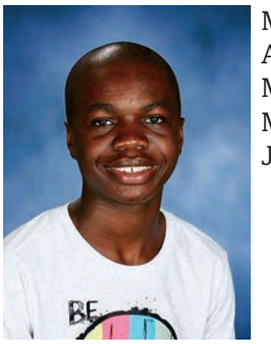




Ty Hurd
Cayden Huynh
Ethan Hynes
Henry Iddings
Shane Jackson







Molly Jacobs
Alana James
Madeline James
Mackenzie Jaycox
Joel Jembell

Mia Jensen
Kaitlyn Jette
Preston Jocelyn
Breanne Johnson
Bryce Johnson







Devon Johnson
Faith Johnson
Jack Johnson
Jeremiah Johnson
Khyan Johnson







Nicholas Johnson
Samuel Johnson
Xavier Johnson
Jazlyn Jolly
Ethan Kaliszewski








Grace Kammann
Preston Karger
Nolan Kasperowicz
Colton Kazmierkoski
Gabriella Keefer








Dylan Keiner
Willow Kelly
Anastasiya Khotko
Grace Kirk
Wyatt Klement








Gage Kloster
Margret Klym
Devon Knapp
Tristyn Knapp
Pharell Koernig

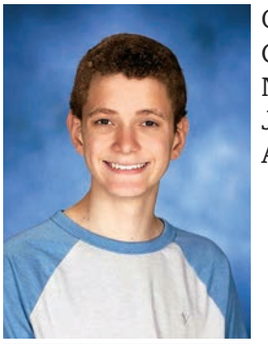










Olivia Kolenda
Gabrielle Kormoh
Nolan Kottke
James Kpoto
Augustine Krueger

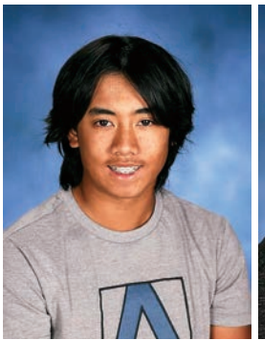






Kyle Krueger
Carlie Krumenauer
Marcus Kruse
Gavin Krystosek
Symone Kucera




Drew Kuechle
Suwah Kulee
Claire Kvant
Michael Labrador
Austin Laing







Ian Lamey
Charles Langager
Levi Larsen
Alexander Laurie
Madeline Lawinger



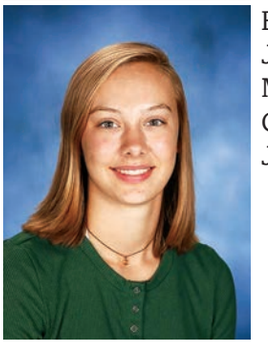




Austin Lazar
Kailee Leino
Annabelle Leland
Reece Leonard
Isabelle Lester







Barrett Leuer
Jacob Levens
McKenzee Levisee
Cecilia Lewis
Joselyn Lewis

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Avery Ley
Thatcher Lezalla
Isaak Lindeman
Jack Lindenfelser
Trey Lindenfelser







Brady Lindstrom
Carter Loebertmann
Avery Loftus
Alyssa Lopez
Tyson Lorenson








Emily Luebben
Kylie Lukkar
Tyler Lundquist
Christian Lundstrom
Avery Lungstrom








Brooklyn Lyles
Braden Lynch
Chloe MacDonald
Melvin Makor
Maria Mansaray







Eric Maomanyvanh
Evelyn Marin Renteria
Isabella Mariotti
Ari Marquette
Meredith Marschel







Ava Martin
Ellie Martin
Jose Martinez
Lane Mastro
Marlee Maternowsky

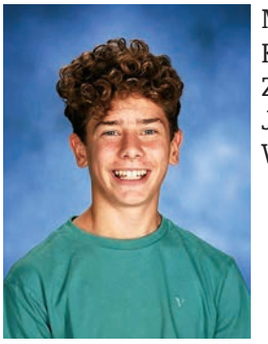








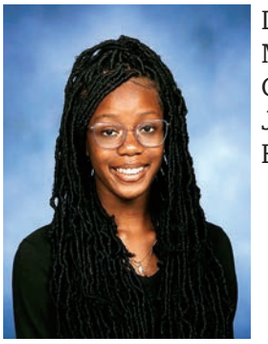




Madelyn Matheson
Kiahna McCormick
Zackary McCormick
Jason McKenzie
William McKeown



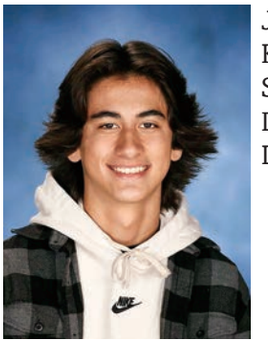




Dylan Meehan
Max Meehan
Gabrielle Melbostad
John Meline
Bianka Mellen



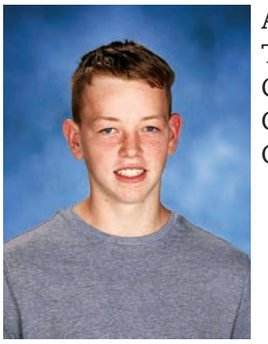


Jada Mercil
Kali Merfeld
Samantha Meszaros
David Mickelson
Lucas Miller







Addison Mitchell
Travis Mokua
Caleb Monseth
Gabriel Moore
Gavin Moormann



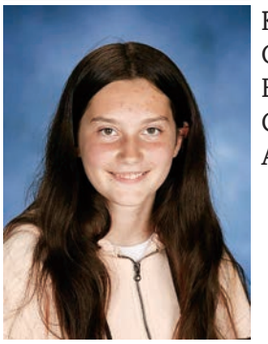




Brenna Morneau
Tyson Mosher
Izabella Moua-Weis
Benjamin Mudrenko
Alexander Mueller







Koren Mullins
Geoffrey Myers
Emily Myhrer
Cal Myrin
Aubrey Nagengast

195 FRESHMEN

Tyra Najarro
Ava Nakhleh
Tse Nde
Terrance Neal
Elise Neilson



Gunnar Nelson
Abby Nemeth
Gavin Ness
Lauren Ness
Liam Nevala



Ryan Ngo
Addison Nibbe
Logan Nichols
Olivia Nix
Erin Nolan



Mason Nordmeier
Adelyn Norwick
Ava Notch
Asher Novak
Karsor Nyandibo



Josephine Nygard
Dilana O'Brien
Jaeger O'Brien
Amanda Odland
Becca Odland



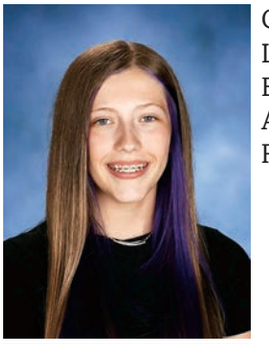
Bella Oehser
Gracie Olin
Ethan Ollhoff
Chloe Olson
Elisha Ophoven







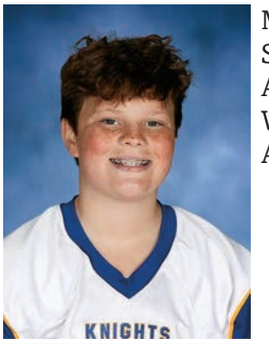




Quinn Opiola
Landon Osterberg
Ella Ostlie
Aaron Otto
Paityn Pagenkopf







Maya Papa
Sidney Parendo
Aubrey Parnell
Westlee Patterson
Anton Pedersen







Jolette Pelaez Ariza
Ava Pelowski
Natalee Pender
Ethan Pennoyer
Molly Perkins



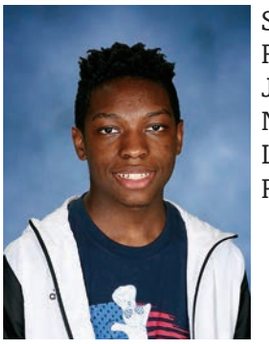




Maximus Pertzborn
Kellen Peterson
Morgan Peterson
Isabel Petite
Addison Phillips







Sengdab
Phimvongsa
Jazzmine Pierre
Nick Popovich
Landon Poppen
Robert Porte








Ashton Possone
Sydney Post
Eli Powell
Della Prashad
Landon Prepodnik

197 FRESHMEN

Riley Price
Alexis Purnell
Joseph Quiram
Preston Raymond
Makenzie Reineck








Gavin Reineke
Adeline Reiswig
Jack Rengstorf
Katarina Rice
Lincoln Rick







Hailey Riley
Cecelia Roberts
Julia Robinson
Ismael Robles
Quinones
Kaden Rogers







Joseph Rohrer
Brianna Ronoh
Evan Rothenbacher
Claire Ruhland
Mykiyah Russell







Joseph Rydberg
Lindsey Rydberg
Max Salas
Caden Sale
Amari Salkey







Oscar Sanchez-Justo
Ava Sandbo
Colton Sargent
Klarissa Sarkinen
Sophia Satre

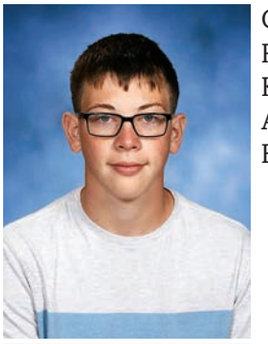








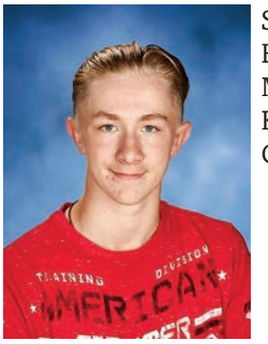


Grace Saxe
Rose Schefers
Kenadie Schlangen
Ava Schmidt
Benjamin Schmitt



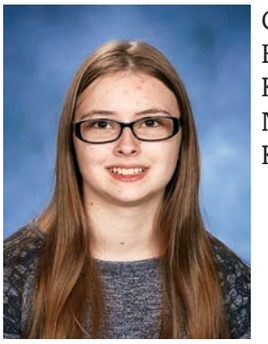




Sophia Schmitz
Brody Schneider
Marissa Schneider
Kamden Schoemer
Caden Schoen







Charles Schoen
Emily Schuetz
Kaden Schumacher
Nicole Schumm
Kaitlyn Schuster

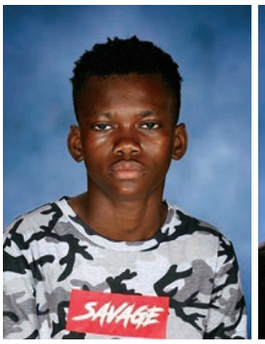
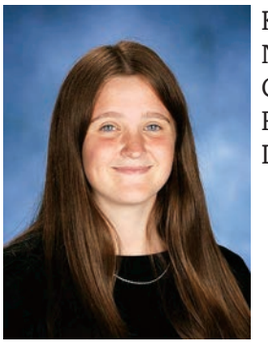






Nathan Sebeck
Kaden Sebold
Cody Seckerson
Ethan Senesac
Olivia Seurer

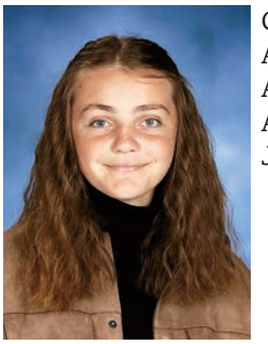


Kai Severson
Nicholi Severson
Chase Sharpe
Praise Sherman
Leah Shipman







Clayton Shonka
Audrey Sigugu
Abigail Silver
Alyona Simonovich
Julia Simonovich

Tre'von Singer
Tyler Skrip
Leo Sletten
Ella Slusarczyk
Rachel Smieja



Anastasia Smith
Kate Smith
Jackson Smithknecht
Zoey Solum
Alaina Sommer



Nolan Spiekermeier
Christopher Splettstoesser
Hailey Steffens
Katherine Steffens
Landon Stensland



Avagabriella Stich
Natalie Stiehm
Jacey Stone
Annika Strand
Abigail Stubbe



Kady Suquilanda Lema
Olivia Sutlief
Emmett Swanson
Hannah Taege
Ava Talley



Lincoln Tangen
Riley Tangen
Maya Tatge
Cornelius Taye
Kayla Ternus



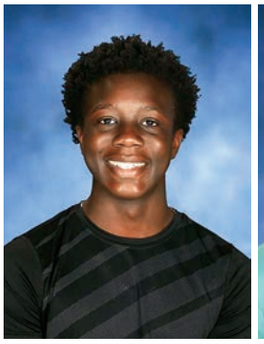


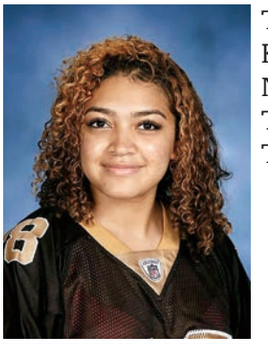




Benjamin Thompson
Anna Thour
Morgan Tiedeken
Lily Tillemans
Madeline Tillmann







Tyler Tindall
Keegan Tisch
Noah Tobey
Tate Tolifson
Tianna Toney



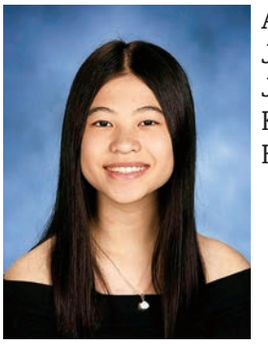




Darci Treptau
Tyler Turpin
Esmeralda Ubaldo Quinones
Bryce Ulferts
Blake Underwood



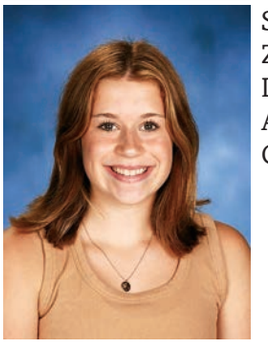




Abigail Vacura
Jackson Vacura
Jordan Valdez
Kennedy VanDeRiet
Houa Vang



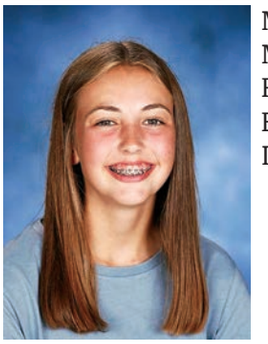




Shaye Vang
Zachariah Vang
Lillian VanHeel
Ava Vannurden
Chloe VanRyzin







Maggie Velander
Molly Velander
Preston Verness
Brooke Vogel
Isabelle Voigt

201 FRESHMEN

Anna Volkenant
Kylie Voss
Novah Vue
Sam Vukelich
Adam Wadman



Jarrett Wadsen
Callan Wagner
Hailey Walbon
Andrew Waldoch
Tyler Waldrum



Tate Warren
Carson Weber
Mira Weber
Vivian Weber
Lukas Webskowski



Chloe Weidner
Ann Weigle
Danika Weiland
Lauren Weimer
Mason Weiser



Mason Weiss
Caden Wenzel
Mathias
Westermeyer
Braeden White
Evan Wicklund



Parker Wilaby
Evelyn Williams
Joseph Williams
Kylin Wills
Austin Wilson







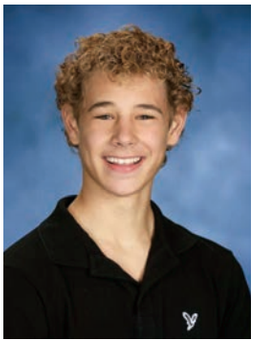

Lucas Winters
Emma Woitalla
Kayla Wolkerstorfer
Seth Wright
Ryley Wuebkers








Tyler Wurst
Shea Yaeger
Chloe Yantes
Henryk Zielinski
Mason Zimmer

Sophia Zoellner
Trevin Zink

Not Pictured:
Mukandas Ariran
Sage Carter
Douye Donbraye
Emily Duncombe
Antonio Edukere
Lamar Favis
Nathan Gunderson
Justice Haom
Irelyn Hirsch
Jesiah Jones
Michael Kimba
Lawson Ness
John Wolinsk
Matt Xiong

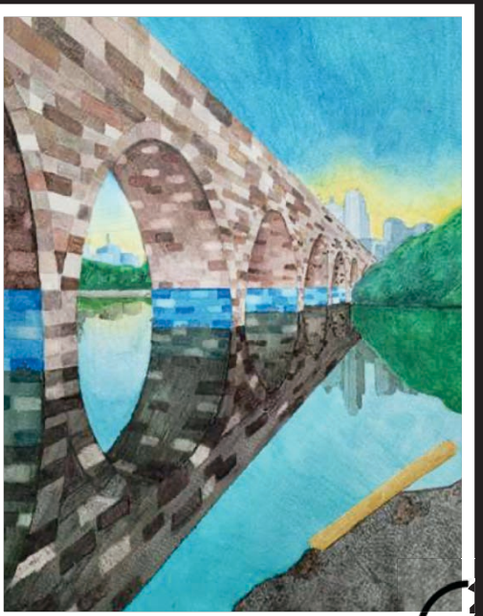
NOW WE CREATE EXCELLENCE

SCHOLASTIC AWARD WINNERS

Kaitlyn Jette
Trapped at Death's Door
Honorable Mention



Evan Rothenbacher
Afternoon at the Stone Arch Bridge
Honorable Mention



STAFF

NOW WE TEACH A–Z



EXCITED TO BE BACK. Cheerleading Coach Becky Stephens organized flash mob for the Homecoming pepfest.

YOU CAN TRUST ME, DAD. Kate Rooker ('23) helps her dad, Mr. Rooker, in a friendly game of blindfold dodgeball. *Photo by Tim Bykowski.*

CHIP OFF THE OLD BLOCK. Students pose with their parent faculty member.





Kassidy Akervik
Deanne Andersen
Jillian Anderson
Nicole Anderson
Kimberly Andres
Eric Arlien



Shar Armbruster
Jen Auseth
Joshua Ausman
Debrah Banas
Michael Bartunek
Kaleigh Bean



Sean Behrens
Abbey Benning
Kim Benson
Luke Bickford
Brandi Bjorklund
Kelly Bovee



Roger Bovee
Angela Bradt
Jamie Bury
Jodee Butkowski
Kim Campbell
Grant Castner



Laurie Collings
Keith Cornell
Tammy Cornillez
Lynn Dahring
Julie Davis
Melanie Devine



Darek Dewey
Kaila Downing
Diane Dwenger
Cailyn Ebler
Amber Einerwold
Matthew Eller

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Jared Essler
Kinsey Essler
Ginger Fealy
Jeanne Fisher
Robbin Fitch
Shannon Foreman



Susan Fox
Marisa Fraley
Douglas Gerick
Lisa Goodin
Jesse Hackenmueller
Curtis Hahn



Kari Halker-Saathoff
Jacob Hamlet
Mitch Harmoning
Ryan Hawke
Jolene Herfel
Tyler Hett



Jeremy Hoffman
Karly Holland
Katie Hoppe
Ashley Howden
Ann Huser
Teresa James



Lynn Jensen
Candice Johnson
Derek Johnson
Josh Joriman
Taylor Kainz
Jonathan Kemp



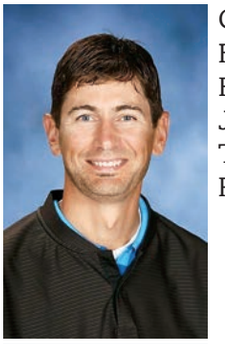
Shane Kern
Darlene Kolling
Liva Korf
Keith Kuhn
Stephanie Lahr
Amy Larkin







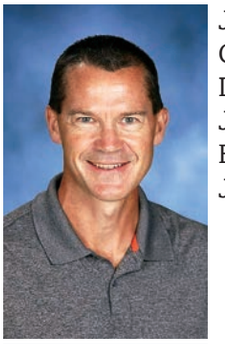




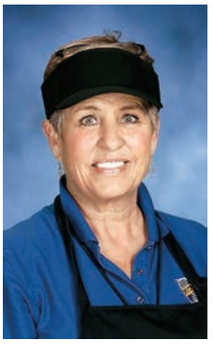
Christie Larson
Heidi Leland
Farrand Lesa
Jill Levin
Teesha Lindenfelser
Ryan Loecken

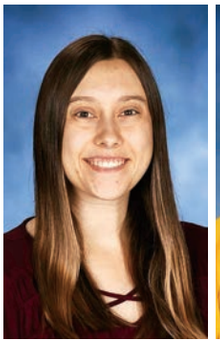




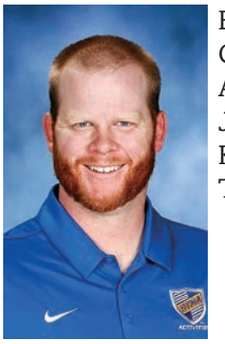



Jane Lynch
Qihua Lyu
Lisa Maas
Joshua Mann
Ellen Marschel
Jason Massmann







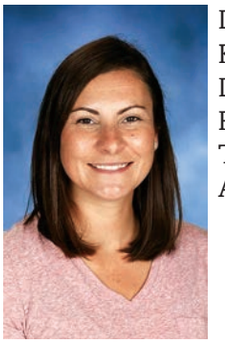


Barb Maurer
Carmen McCallum
Alison Meierhofer
Jox Metcalf
Kristi Metcalf
Thomas Middagh









Dan Miller
Katie Mitchell
Dan Monett
Pat Mueller
Tate Nagengast
Angela Narducci

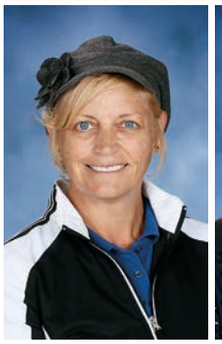







Caroline Ness-Deden
Jenna Nevonen
Katelyn Noetzelman
Kayla Norgaard
Melanie Norton
Kathryn Nowell





Cailyn Olesen
Logan Olesen
Marc Olig
Robbyn Olson
Katherine Opsahl
Joseph Osowski

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Zack Osowski
Joe Peatrowsky
Lisa Perbix
Erik Peterson
Tiffany Peterson
Meghan Pettis



Mary Poss
Julie Read
John Reeves
Angela Reggin
Amanda Reinschmidt
Karla Rick



Julie Robinson
Matthew Rooker
Kristopher Rue
Sarah Salo
Gordon Schlangen
Allison Schultz



Shannon Schulzetenberg
Laura Schuster
Katie Sebens
Mindi Sechser
Laura Shaw
Kellie Shumway



Joseph Siemieniak
Megan Siemieniak
Slade Simpson
Adam Sroka
Janelle Stange
Dana Stanton

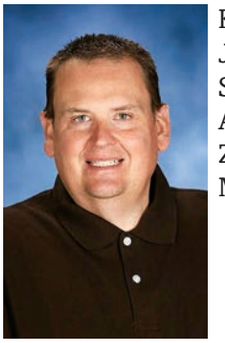


Rebecca Stephens
Nicholas Steve
Kelly Storey
Angela Swanson
Jed Swensen
Cindy Swierkowski





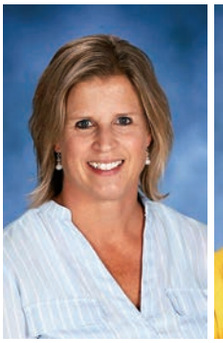
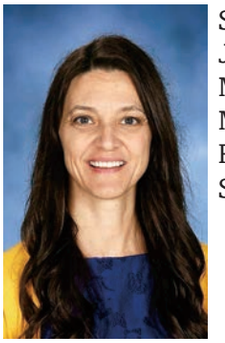


Kristina Tiedeken
Jen Treptau
Sophia Triplett
Amy Vander Heiden
Zach Voss
Michael Warner





Shaye Wesolek
Jamie Wiitala
Melissa Wildt
Michelle Windel
Paula Wurst
Shawna Zachman





Anne Zahler
Bob Zahler
Daniel Zahler



Photo by Ashlyn Marble

#1 IN THE STATE #1 IN OUR HEARTS

MR. CORNELL AWARDED ACTIVITIES DIRECTOR OF THE YEAR FOR SECTION 5AA

Our very own Activities Director Mr. Cornell won the prestigious Activities Director of the year award for the region 5AA. He is also one of the eight finalists for the AA Activities Director of the year for Minnesota award. AD Cornell has had a big impact on our school. Cornell always has the best interest for the families and students in the school. Our high school activities would not be the same without Cornell. He has such a great impact on our school and one-hundred percent deserves this award. Rylan Maynard ('22) (pictured left) said, "Cornell is very respected amongst our student body. One thing that I admire most about him is that he always shows up. He was always on the sidelines for football games and always on the court for basketball games. He is very passionate about supporting our STMA activities." *Designed by Josie VanKuyk and Alicia Vosberg.*

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MOST APPROACHABLE
MRS. SIEMIENIAK



MOST SARCASTIC
MR. STEVE



MOST MEMORABLE
MRS. STANGE

BEST STORY TELLER
MR. MANN



MOST LIKELY TO BE HEARD BEFORE SEEN

MR. REEVES



BEST DRESSED

MR. JOHNSON



BEST COMEDIAN

MR. OLIG

TEACHER SUPERLATIVES

Designed by Josie Vankuyk and Alicia Vosberg

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STAFF BFFS

MRS. KRUTZIG & MS. BENNING





MISTAKEN FOR A STUDENT

MRS. BEAN

POWER COUPLE

MR. & MRS. OLESON



Designed by Josie Vankuyk and Alicia Vosberg

TEACHER SUPERLATIVES

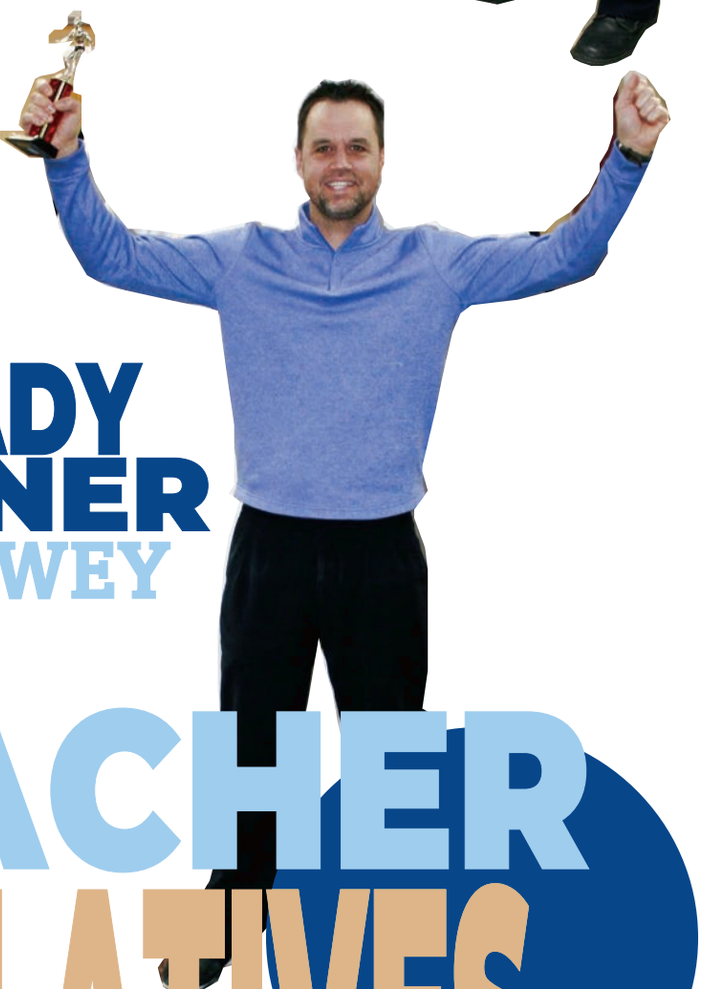
OFF TOPIC
MR. NAGENGAST



SURVIVING ON A ISLAND
MR. BOVEE



JEPORADY WINNER
MR. DEWEY



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IN THE SNOW. Yearbook students take a break to go outside. "The winter can get tough so I enjoy the pretty snowy days," said Tiffany Simon ('22). *Photo by Maddy Petranek. Edited by Oliver Hilstrom.*


NOW
YOU'RE
INTO
WINTER



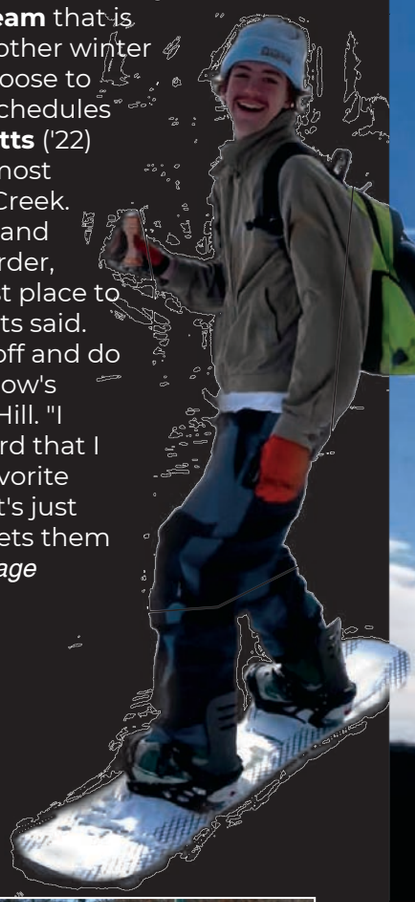
Jayna Haehn ('24) Ari Torville ('24)



Trey Dubel ('22) Jack Erickson ('22)

Hitting The Slopes

There are a variety of opportunities that STMA students have to hit the ski hills in the winter months. STMA has both **STMA Knights Ski and Snowboard Club,** which goes to Powder Ridge on six different Thursdays in January and February. STMA also has an **Alpine Skiing team** that is governed by MSHSL, just like any other winter sport. Informally, students who choose to snowboard and ski on their own schedules also enjoy the winter snow. **Eli Potts** ('22) and **Charlie Boldenow** ('23) go almost every day and snowboard at Elm Creek. "Elm Creek has lots of jumps, rails and options for every type of snowboarder, advanced or not. It's also the nicest place to go that is close to St. Michael," Potts said. They both like the freedom to go off and do whatever tricks they want. Boldenow's favorite competition was in Buck Hill. "I placed 2nd and won the snowboard that I now use That was definitely my favorite prize I've won." To them though, it's just fun. For Eli and Charlie, it's what gets them through the Minnesota winters. *Page designed by Kaylynn Denny.*



ALPINE SKI TEAM



ALL OUT ALESSI. Logan Alessi ('25) crosses finish line at Afton Invitational.



IN TOTAL CONTROL. Hannah Ehlers ('25) crosses finish line at Afton Invitational.



SENIOR SKIER. Nico Arranz ('22) crosses the finish line at Afton Invitational.



The Annandale Co-Op Alpine Ski Team is a slalom ski racing team for boys and girls in grades 7-12. The 2021-2022 team consisted of about 30 kids from Annandale, Delano, Kimball, Maple Lake, and STMA. STMA had six athletes on the team this year and they practiced at Powder Ridge every Monday, Tuesday, and Thursday from 5:45-7:45, regardless of the weather. ALPINE SKI TEAM. (Left to Right) Mallory Shidla, Nico Arranz, Kyle Krueger, Logan Alessi, Hannah Ehlers (Not Pictured - Avery Rossing). This was taken at the Afton Invitational on January 28.



HITTING THE AIR.
This picture was taken by one of the friends Charlie Boldenow ('22) met at Elm Creek. Elm Creek is a really popular spot for snowboarders. There they are always taking videos and pictures of their tricks. In the picture below, Boldenow is doing what is called a 360 tail.

"Snowboarding has allowed me to meet so many new people."

- Charlie Boldenow
junior

HITTING THE SLOPES

LIFE ON ICE



GLIDING. Hal Walker competes in the team's short program in Anaheim, California. This was the first competition of the season. They also earned a score needed to qualify for the international selection pool.

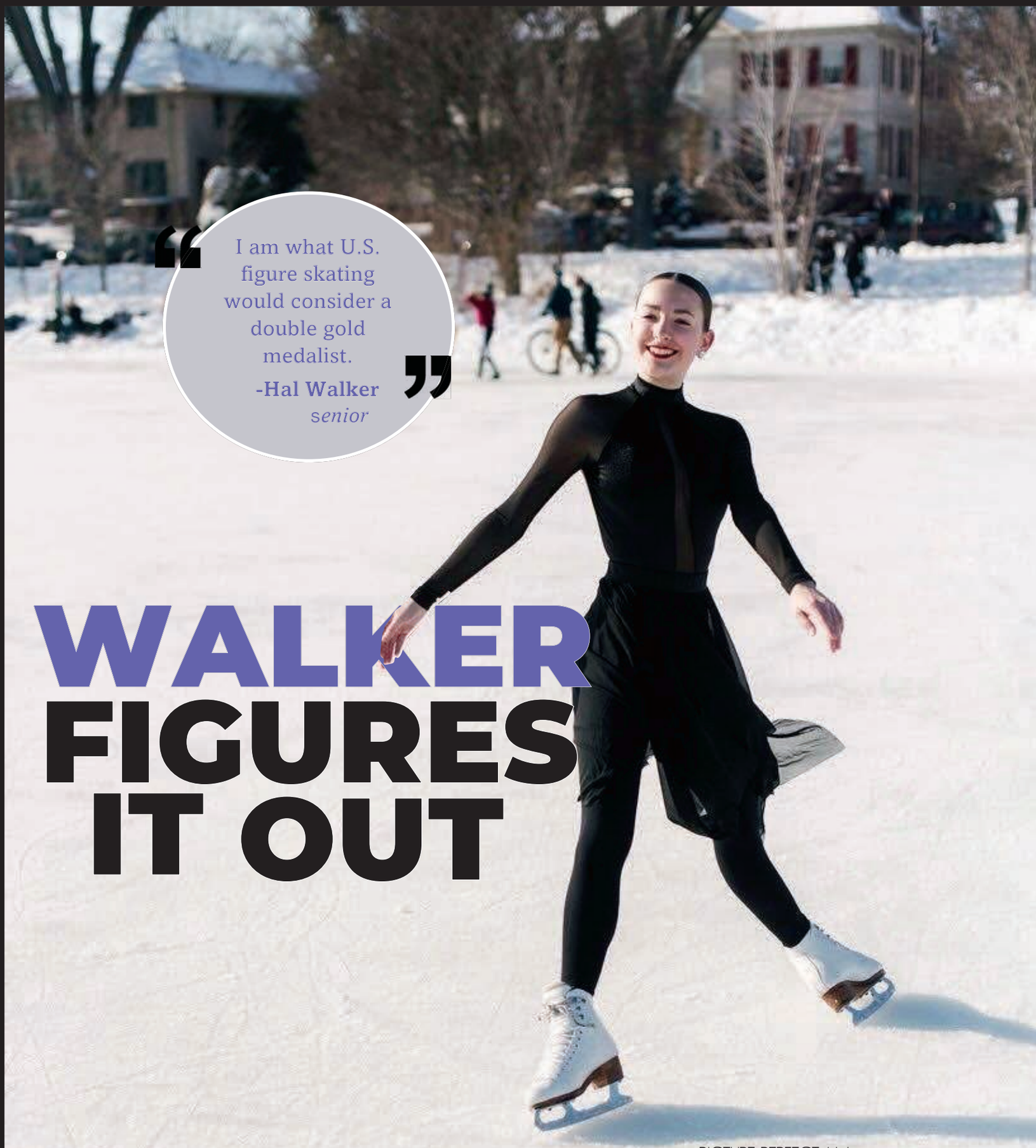


GETTING GOLD. Hal Walker completes in the long program with her team. This competition was in Chicago, Illinois. For this competition they earned a score of 145.02, which helped them take home the gold metal for the event.



> "I train 20 plus hours a week, including on-ice and off-ice training."

Senior Halaina 'Hal' Walker has been skating since she was four years old, "My mom was a figure skater when she was younger, so she put me in to learn how to skate as soon as I was old enough." Walker has been on the Northernettes team for two years, and has been competing nationally individually for six years. Hal is on a nationally and internationally competitive synchronized figure skating team called the Northernettes. Synchronized skating is 16 skaters on the ice at a time and they skate a program with several elements in which they do in synch. "My team is a junior level team, which is the highest level that a high school student can compete at for synchronized skating." Her team has traveled all over the U.S. for competitions this year: They have competed in California, Boston, Michigan, and Chicago. This season they are one of the teams that will represent Team USA. This means that they have earned scores high enough at previous competitions to be considered one of the top teams in the nation. Walker explains how being a part of Team USA they have received an international assignment: "In February we will be traveling to Switzerland to compete at the Neuchatel Trophy on behalf of the United States. Hal also skates and competes individually where she has several big accomplishments. "I am what US Figure skating would consider a double gold medalist. This means that I have passed a series of tests in two separate categories, that only 2% of all figure skaters pass," explains Hal. That makes her a gold medalist for Moves in the Field and Solo Free Dance. Another accomplishment includes ranking 5th and 6th in the nation at the Solo Dance Nationals. Figure skating is not a school sport at STMA. "It is weird doing a sport that is not connected to our school because everyone I skate with is from different schools. However, it has given me a unique community that I would not have had if I had done a school sport. When learning new tricks, Hal explains it is all about consistency, and focusing on that. She also often breaks down the skill, so she is accurate in each step of the trick. "If you are even the slightest bit off from your correct position during a jump or spin you will likely end up on your face." Hal explains how her coaches have inspired her, "I have seven coaches and they all push me to be my best and accomplish my goals." Her teammates also encourage her greatly to work hard to be the best she can for the team. *Spread designed by Tiffany Simon. Photos submitted by Walker.*



> I am what U.S. figure skating would consider a double gold medalist.
>
> **-Hal Walker**
> *senior*

WALKER FIGURES IT OUT

PICTURE PERFECT. Hal Walker skates on Lake of the Isles in downtown Minneapolis. Hal was there for an outdoor photoshoot with her team.

ONE LAST LEAP





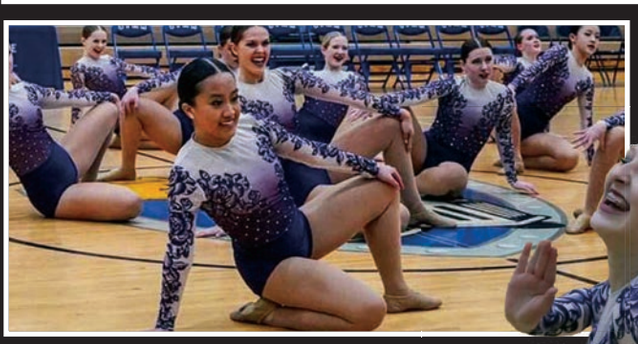


Three seniors take on their last dance competition.

Waiting perfectly still for the start of their music to begin, seniors **Emma Mcalpine, Grace Bilicki,** and **Alanna Gifford** were mentally ready to perform one last time inside the STMA gymnasium. STMA hosted Section 4AAA on Friday 2/4. Captain Emma Mcalpine has been dancing for 13 years and has done six different genres of dances. This year was Emma's last year performing her last jazz dance ever on the home floor. Mcalpine explained, "This year's varsity jazz dance was one of my favorite dances I've ever done and competing it for the last time at home was super special to me." Grace Bilicki has been dancing for 16 years since she was 2 years old. Grace has done almost every different genre of dance. Grace's favorite memory was this year's home invite because everyone was there supporting her and watching her team perform. Bilicki expressed, "It was an amazing feeling knowing those who cared were there watching us." Bilicki added, "I prefer to perform as a team because you can rely on your teammates to pump you up during the dancing." Alanna Gifford has been dancing for 15 years. Gifford added that her favorite dance move is doing turn sequences. Gifford explained "A time I felt my absolute best while performing would be when as a team everyone could feel how well we did a turn set or a certain skill together, and how it was perfect timing. It's amazing to be able to feel all the positive energy everyone has after nailing those skills and carrying that energy throughout the rest of the dance. As Captain, Mcalpine stressed the importance of practicing to stay together as a team in the routine. Mcalpine added, "It is also very rewarding when we know that we dance in unison and do the dance as well as we can because it shows that all of our hard work paid off." *Photos by Tim Bykowski. Spread designed by Jordyn Clapp.*



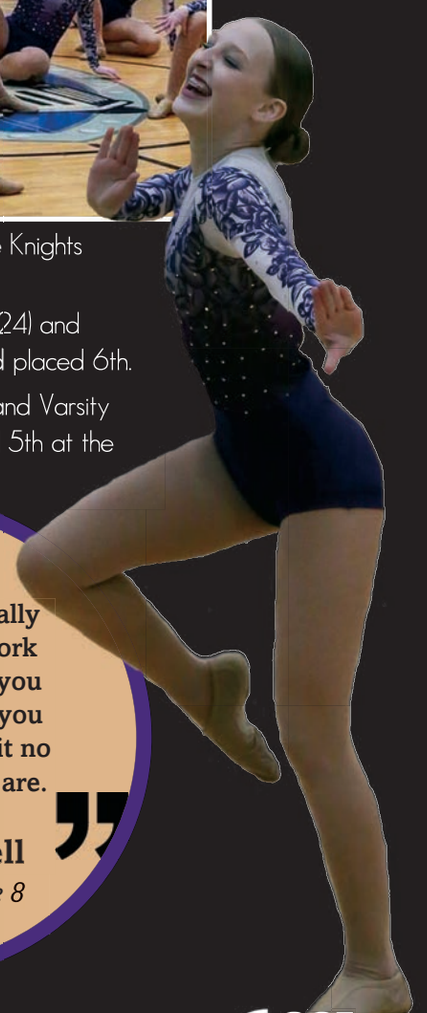




REACH FOR THE STARS. The Knights B-Sqaud performed their jazz dance.

PUMP IT UP. Josephine Mahon ('24) and Varsity performed their jazz dance and placed 6th.

KICK HIGHER. Jubilee Heu ('23) and Varsity performed their kick dance and placed 5th at the section 4AAA at home.



> **It makes me feel really proud and if you work really hard and set you mind to something you can always achieve it no matter how old you are.**
>
> **-Claire Bunnell**
> *grade 8*

SAINT MICHAEL LOS ANGELES

spread by hillary gustafson

Brody Merila ('22) takes an offer to dance full time across the country.

How did this offer come to your attention and how did you decide to go?

"I have always admired and loved what Mather Dance CO has provided and established as a studio. Ever since I started dance I knew I wanted to become professional. With my senior year, I wanted to take an extra step and discover who I am as a dancer. I applied to this program and I was nervous since they only accept 20 dancers, but I was accepted and realized it was a chance of a lifetime."



REMEMBER WHEN?

Homecoming 2018 - Brody Merilas guest performance at the halftime show in the rain with the STMA dance team.

How often are practices?

"At Mather Dance CO, I train Monday-Thursday and do classes or conventions on the weekends. We train in all dance styles and have vocal classes to work on other professional dancer skills. We also work on improv, acting, and mock auditions, etc. at practices."

How are you finishing school?

"I finished all of my high school credits already. I did PSEO and finished online while in California. It was really difficult because I was in a different state with different time zones and a very busy dance schedule. I decided to take all of the classes I needed to finish to graduate in one semester and maintained a good enough GPA to graduate early and it definitely paid off."

Whats your dance history?

"I started dancing when I was seven years old. My moms friend let me do classes for free and I fell in love. I danced at Spotlight Dance Studio for 7 years then at Urban Dance for 3 years and now dance for Mather Dance CO in LA. I've had cool opportunities like dancing at the state fair and Timberwolves games."

Is your family with you?

"My family is currently still living in Minnesota. I have three roommates in LA which is always super fun!"

Who are you dancing with?

"At first, I didn't know the people I was dancing with. However, I am now close with everyone I dance with because they are so welcoming and inclusive. I was super nervous to meet a lot of people, but they were all very sweet. We all just clicked right away and all of our personalities just fit. The energy is so upbeat and vibrant. The studio workers are also very supportive. They help to inspire me and make dancing fun and positive.

Are you excited to come back for graduation?

"I'm very excited to come back and to be at STMA's graduation. I'm happy I'll get to see all of my fellow classmates and to celebrate all of our hard work. I can't wait to catch up with everyone to find out their future plans. Senior year is busy and exciting for everyone and I'm happy to conclude my high school journey where it started!"



Masquerade Nationals June 16th, 2021



Masquerade Regionals March 8, 2020



In10sity Nationals June 28, 2017


"The environment and training is unlike anything I've experienced. Everyday is truly a blessing, and I'm always speechless that I'm here."
-brody merila
-senior
223
WINTER
photo by claire imler

WE'RE BACK AT IT

STMA Knights fall to Edina Hornets 95-78



CAN'T CATCH CARTER. Carter Wurst ('23) breastrokes through the water during the 200 Yard Medley versus Edina. Wurst and his medely team obtained a 1:55:19 finals time. "My favorite event is the 100 Breaststroke. I also enjoy swimming in the relays. I would say my favorite memory so far was our team getting second at true team sections," Wurst said. *Photo by Tim Bykowski.*



PULL. Swimming down the lane, Cole Sarkinen ('23) breaststrokes during the 200 Yard Medley versus Edina. Sarkinen and his medley team ended the event with a time of 2:03:24. "I prefer swimming in the 200 Medley over Breaststroke, but swimming with my friends always makes an event amazing. My favorite memory is bonding with the team. Covid messed up my connection with the team, so erebulding that has been amazing," Sarkinen said. *Photo by Tim Bykowski.*



HOLD YOUR BREATH. Preparing to go back under, David Ebert ('22) catches his breath. Ebert Swam in the 200 Yard Medley with a final time of 2:03:34. Ebert also swam in the 200 Yard IM, and the 500 Yard Freestyle during the STMA versus Edina meet. *Photo by Tim Bykowski.*



IN THE FAST LANE. While holding on to the block at a meet versus Edina, Payton Turpin ('23) prepares for the 200 Yard Medley. Turpin and his medley team swam the relay in 1:55.19. "Between the Medley Relay and the 100 Breaststroke, I would say I enjoy the 100 because it is an event me and friend of mine are very competative in," Turpin said. Photo by *Tim Bykowski*.

CAPTAINS' CORNER



WILL SARKINEN '22

FAVORITE EVENT:
"100 Yard Backstroke."

FAVORITE MEMORY:
"Going to Culver's after our home meets."

"I am going to swim at Gustavus Adolphus College next year!"

LIAM RYAN '22

FAVORITE EVENT:
"4 X 100 Free Relay, because it is the last event."

FAVORITE MEMORY:
"The 2021 sections meet."





JOHN HARTNETT '22

FAVORITE EVENT:
"The 50 Freestyle."

FAVORITE MEMORY:
"Our team trip to Water Park of America and a Gopher Swim meet."

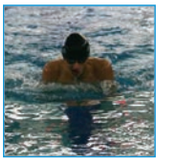


PUSH TO START. Launching off the block, Nolan Spiekemeier ('25) dives into the water. Spiekermeier swam the 200 Yard Medley versus Edina along with Henry Tillliman ('27), Owen Anderberg ('25), and Brett Behn ('27) with a final time of 2:14:69. *Photo by Tim Bykowski.*

THE FOUR STROKES



Backstroke
Kyler Williams ('26)



Breaststroke
Carter Wurst ('23)



Butterfly
Josh Cooper ('23)



Freestyle
Will Sarkinen ('22)

Photos by Chris Sarkinen.

> We have a lot of positive energy.
>
> -Brady Lindstrom
> *freshman*





DEGREE OF DIFFICULTY. William McKeown ('25) launches off the board during the diving break in the meet against Edina. He is performing a the 402 B reverse dive pike. *"My favorite dive is probably a 103B front 1 1/2 pike," McKeown said.* At left, McKeown prepares to dive into the water during a meet against Edina.. He is performing a 103 B forward 1 1/2 pike. McKeown added, "Some challenges were thankfully very minor. We had a new dive coach which was probably the biggest one." *Photos by Tim Bykowski.*

WE'RE BACK ON BOARD

Diving team focuses on rebuilding to prepare for the future.

This season, two divers competed for the boys team: **Brady Lindstrom** ('25) and **William McKeown** ('25). The team is coached by Ryan Hawke and Jon Kemp, both teachers at STMA. "The advantages of having a younger team are that we will have a lot of good swimmers and divers in the near future, which means we can train to prepare for when that time comes. There is also a better team bond with less grade diversity," McKeown said. Both athletes have large aspirations for their next three years. Lindstrom says, "My goal is to get a personal record for my 11 dive list and make it to state by the time I graduate." This year's girls' diving team had a total of 10 girls. Two seniors, one junior, four sophomores, and two freshmen. With six returns and four new divers. This year's team was coached by Theresa Chambers. "I think that the advantage of having a younger team is that there is time as the years go on for the team to grow," **Lauren Underthun** ('24) stated. With having a younger team these girls have a lot of time for growth, which also means setting goals for yourself. "Some goals I have for myself is to dive Varsity for the nest 2 years and set a personal record by 20 points each year and learn some new dives," **Haylie Walker Kuklock** ('24) stated. Both boys and girls had a good season and are continuing to rebuild the team. *Spread designed by Emilynn Molesky and Olivia Oscarson. Photos by Tim Bykowski.*



MENTALLY PREPARING.

Alyssa Nehring ('23) pulls out a back somersault with a clean landing to help her team out "Right before I dive I have to calm myself and when I'm about to go i remind myself that I know what to do," Nehring stated.



BREAKING THE SURFACE.

Brady Lindstrom ('25) gets ready to brace the water during a meet against Edina. He is performing a Reverse Dive. "My favorite dive is probably the inward somersault," Lindstrom said.
Photo by Tim Bykowski



PREPARING FOR IMPACT.

Ellie Vitzthum ('24) has a history of being a gymnast, which helps her when she is in the pool. "I was a gymnast for a while and the form and the skills are basically the same, so it was only hard for my body to learn how to react when I hit the water," Vitzthum stated.

> Being a part of diving has helped me see that there is more to sports than just winning.
> - Ellie Vitzthum
> *-sophomore*



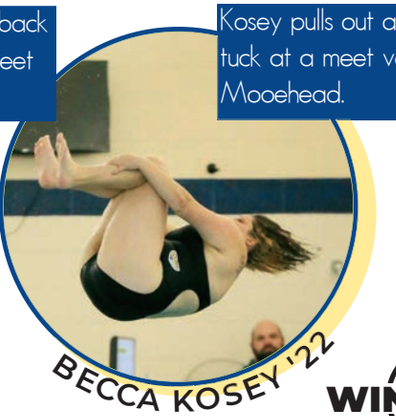
Bergeron performs front 1 1/2 pike at a meet versus Moorhead.

JACKIE BERGERON '24



Lindstrom performs a back somersault during a meet versus Moorhead.

BRADY LINDSTROM '25



Kosey pulls out a front 1 1/2 tuck at a meet versus Mooehead.

BECCA KOSEY '22

THE BOYS OF WINTER

A new coach and new year brings a change to the atmosphere.

The boys hockey season came back in full swing being completely back to normal after nearly 2 years. This season the Knights had a new addition to the team, Coach Miller. The team adjusted well while having some new faces and guidance along the way. Playing forward, **Caleb Waller ('24)** says, "I think coach Miller is a great coach because he has really helped me get comfortable and have confidence when entering my first year of varsity hockey, he has been a great leader so far and really changed a lot of things that have helped me throughout this year. I also think he has made a great impact because he has a different view of things coming from a Single A team coming to Double A". Throughout the season the boys have had their fair share of ups and downs but have used these challenges to come together. Defense **Jackson Smithknecht ('25)** "It's great being a freshmen on the team, all the guys kind of turn into your older brothers that mess with you when the time is right but pick you up when you're down. With Coach Miller being added to the team this year as well has been great because he has the perfect mixture of messing with me but also teaching me to be a better person and player". This season has brought many challenges as well as changes but the team has adjusted the best they can. Forward player, **Reme Lobitz** ('24) explained "Leaders like Alec Waller, Tyler Jordan and Gavin Robeck, always bring positive energy on the bench and motivate the team. The guys all do a good job staying positive and playing through all of the challenges that come our way." The boys are currently standing ranked 4th in the Lake Conference. *Spread designed by Alaina Thompson. Photos by Tim Bykowski.*



IN THE NET. Goalie, Austin Dietrich ('22), gets up and close with Brainerd player during 1st period. Dietrich said, "When I'm playing I just try to stay calm and focused and if the other team scores I just worry about stopping the next shot that comes and forget about the goal they scored." Knights won the game 11-0.



PUCK CONTROL. Forward, Jacob Rokala ('23) skates down the ice while competing against Blake at their first game of the season. "Playing on the ice especially at home is a crazy adrenaline rush, the fans and family supporting you keeps you going throughout the whole game," Rokala explained. The Knights pulled a win over Blake with the final score being, 5-0.



ALL IN MINDSET. Karson Raymond ('23), F/D stays on his A game against Blake. Raymond has had 14 goals this season with 8 assists. "Keeping your head in the game and putting everything you have on the ice is an important concept to not only show up for yourself but most importantly for the team," Raymond said.



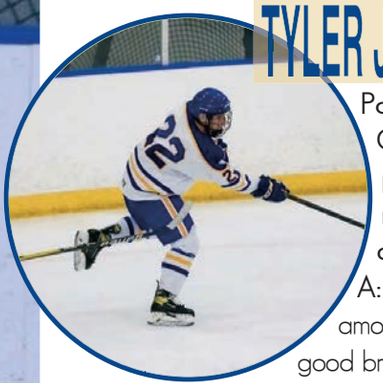
SHOOT IT. Defense for the Knights, Zak Wise ('23) shoots the puck against St. Cloud with 1:29 remaining in the 2nd period, bringing the score to 5-1. "Scoring brings a feeling you can't explain as a team we feel energized and it makes us ready to want another," Wise stated.

AS A TEAM. The boys come together to celebrate after **Karson Raymond ('23)** scores a goal from **Max Miller ('23)** and **Tyler Jordan ('23),** bringing the score to 4-1 against St. Cloud Tech. *Photo by KaSandra McKeown.*

CAPTAIN SPOTLIGHT

JUNIOR

TYLER JORDAN #22



Position: Forward

Q: Whats a key part in getting ready for game day?

A: "I get a good amount of sleep and a good breakfast. When I get to the rink I have to tape my stick and get ready mentally for the game"

SENIOR

ALEC WALLER #5



Position: Defense

Q: Favorite memory of the season?

A: "Stepping out on the ice against Blake and seeing fans after a season without them made me actually nervous for a game but it's definitely a favorite memory."

SENIOR

JP JOHNSON #28



Position: Forward

Q: What are you going to miss most next year?

A: "Im going to miss the boys the most, the bond I've created with these guys over the years has changed my experience playing."

Riverhawks Upset Skippers

The River Hawks are having a great season so far, with 12 wins and 7 losses as of February. The River Hawks knew they had a challenging game on January 8th, against the Minnetonka Skippers. The Skippers were ranked second in the state, as the Hawks were seated at twenty second in the state. Right Defenseman **Jenna Allen** ('24) explained, "We knew they were a super good team and it was going to be a hard game. Everyone battled and played consistently. It was such an insane and intense game, no one could believe we beat them. It was an amazing feeling." The girls knew they had to come in to the game with full aggression, and gave it their all.

Forward **Annica Walters** ('24) described, "The game was a big win and it showed that we can do anything if we work together as a team. As underdogs we are harder workers. Other teams have individual skill, but when we come together, we are better then them." The River Hawks ended in a victory with the score of 2-1. The Hawks moved up in the rankings to now 9th in the state. Forward **Lucy Felling** ('25) said, " It was a very high level of competition, we knew we had to come into the game and match Minnetonka's level, everyone gave there all and we came out with the victory!"

Spread design and photos by Paige Holm.

HAWKS IN THEIR ELEMENT





OVERPOWER BRECK. The River Hawks take over Breck 4-0 on December 4th, after a tough loss to them last year. Josie Vankuyk ('23) scores the third goal of the game. "It felt really good beating Breck because they are one of the best section A teams. It felt good to score because they are a very good team and have very good girls," said Vankuyk.

> "I think our team is very determined and passionate about winning which has really contributed to making my senior season really special."
>
> **-Jenna Kyono**
> *senior*



FIRST-LINE FRESHMAN. Freshman Dani Weiland ('25) is a first line starter for the River Hawks. " It was intimidating at first to say the least. I had to go out of my comfort zone to meet the girls. Being the new person on the team with all older people is scary. But everyone welcomed me right away. Now these girls are my best friends." said Weiland.



HAT TRICK PETERSEN. Sydney Petersen ('22) scores her second Hat Trick of the season against the Elk. "The Elk River game was super exciting. Elk River ended our season last year and it was time to hit back. We took advantage of the little situations and it ended in out favor. A few good bounces and chances helped put some pucks in the net," said Petersen. The Hawks beat he Elks 3-2.



FIFTH YEAR NUMBER FIVE. Senior Chloe Finnerty has been on Varsity for five years. This was the Hawks first game of the season against St. Cloud. "When I first started in 8th grade the senior class was very supportive. Our team is getting better every year and I'm excited to see how our team does in the playoffs this year," said Finnerty. The River Hawks beat St. Cloud 9-0.



WEISER'S SHUT OUT. Goalie Jadyn Weiser ('23) closes the game against Roseau with a 6-0 shut out, in the Eden Prairie Holiday Tournament, advancing them to the finals. "That game was our semi final game for the tournament. I was pretty nervous, but after I saw how my team squared up against their girls I was instantly relieved. My teammates saved me many times that game to help me get that shutout," said Weiser.

LILY GILLESPIE ('23)



"I eat my 6 inch turkey subway sandwich with a cookie, and a tea-bomb. Then I tape my stick before the jv game, I also blair my pre-game playlist. then I warm up with the team and stretch on my own, when jv is playing their third period, I sit and visualize my game. then I finally get dressed."

BROOKE BROWN ('22)



"When I get to the rink i start listening to music right away, then I retape my stick and watch the game before ours. I try to stop going on my phone about an hour before the game which really helps me focus while also focusing on my music that gets me in a good mood."

EVA NELSON ('24)

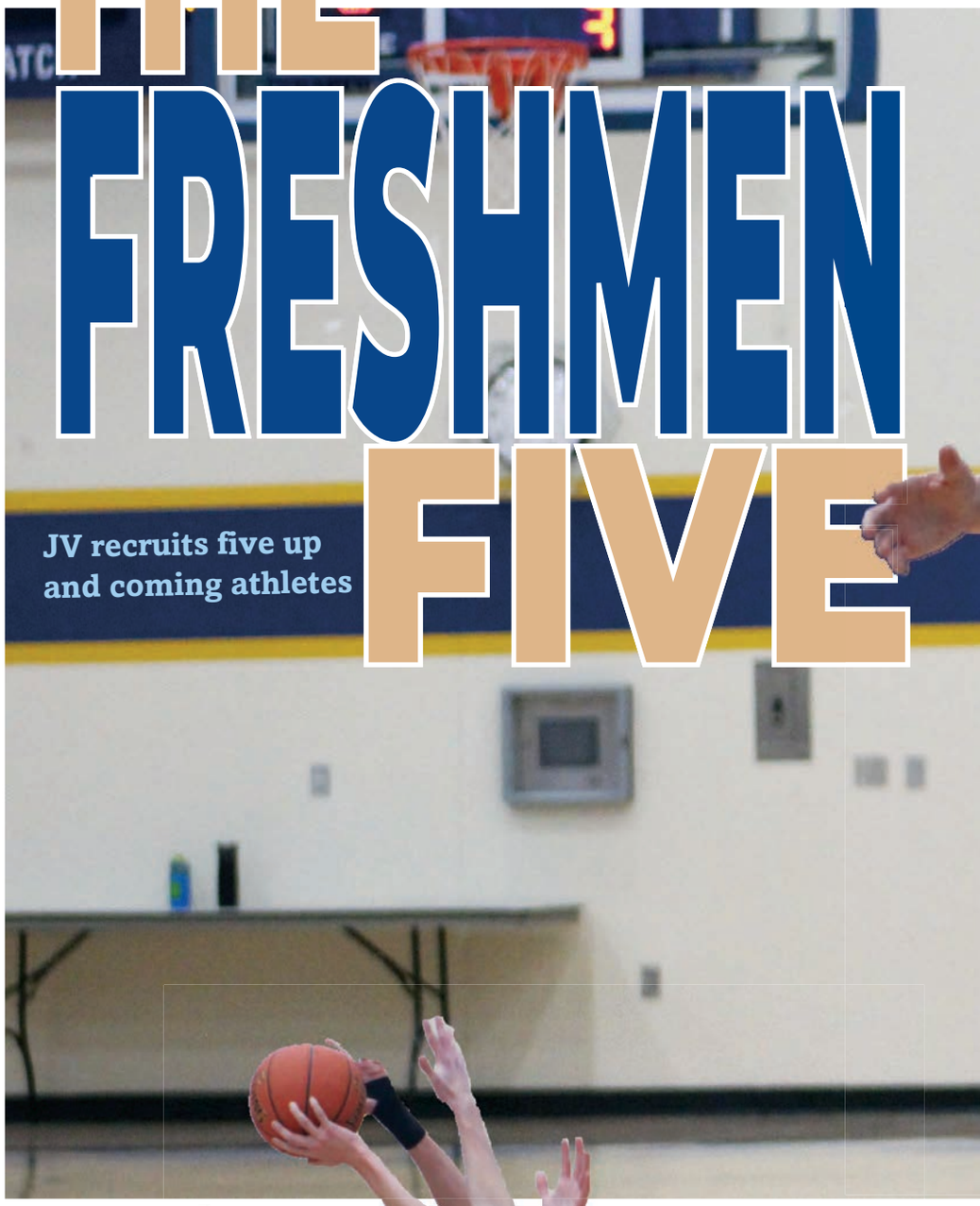


"About 3 hours before the game I eat a light sandwich with a gatorade. I then watch jv play and I do not go on my phone. I then go warm up and jog with my team, then I stretch and get dressed."

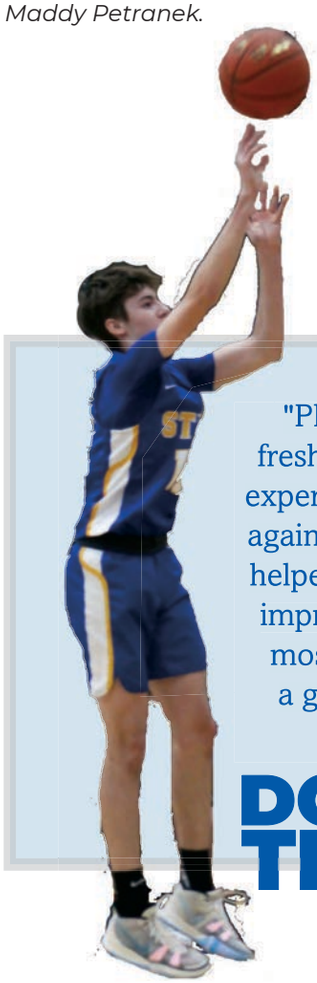
PRE - GAME ROUTINE

THE FRESHMEN FIVE

JV recruits five up and coming athletes



This year the boys' JV basketball team has the most freshmen in STMA history. The five freshmen are Jeremiah Johnson, Hudson Hochstedler, Colton Kazmierkoski, Carter Arnlund, and Jordan Holm. Being on JV at such a young age is a huge accomplishment. **Jeremiah Johnson** ('25) said, " I am proud of myself, but not satisfied. I am also proud of the four other freshman that made jv/varsity because it is rare and a big accomplishment." Not only is making JV a large accomplishment, but being able to be a starter is even bigger. **Carter Arnlund** ('25) said, "I am very grateful that I was giving the opportunity to make the team and even start over some of the older guys. I work very hard so it is nice to know that my hard work pays off." The team of basically freshmen has had a positive effect on the older boys as well, **Jake Vagts** ('23) said, "I've enjoyed spending time with the freshmen this year and have become good friends with all of them. They are all really nice and bring a lot of energy and I really like playing with them. We have fun on the court together and I'm glad that I got to meet them this year." *Spread and photos by Maddy Petranek.*



"Playing on varsity as a freshman has been a great experience. Competing against older guys has helped me grow and improve as a player. But most importantly, I've had a great time doing it!"

- DOUBLE TIMIN' IT



BLOCKED. Jordan Holm stands at six foot four inches. Holm ('25) said, "My height helps me block shots and get more steals. The best thing though is it helps me get a lot more defensive rebounds."



> It's still intimidating playing older kids, but after the first couple times I got more comfortable.
>
> **-Colton Kazmierkoski**
> *freshman*

PLAYERS TO WATCH



Caden **Johnson**
#5 ***GUARD***

"I work hard to be the best player I can be."

Tse **Nde**
#41 ***COMBO GUARD***

"The thing that pushes me to get better is my desire to be the best at everything I do."





Brett **Schmoyer**
#3 ***SHOOTING GAURD***

"My teammates push me to work hard in practice, and in games."



A BOND. Zach Purcell ('24) and Drew Luster ('24) have a bond on and off the court. "The relationship we build outside of out sport, helps us build chemistry when were in the game," said Purcell.

TRE SINGER

-freshman

#1



"The most important things about a basketball shoe are comfort and grip."

ONE LAST RIDE





SIX SENIORS LAST SEASON

The Knights have had a challenging season this year, seating them currently at 6-16. Despite the difficult conference games, the seniors focused on enjoying their last season while helping build up next year's team. Forward **Rylan Maynard** ('22) focused on: "Making the other players around you better rather than focusing on your own success. Make the most of your last season in the sport. Be able to look back and have zero regrets." With strong senior role models the younger players know they have big shoes to fill. Guard **Logan Jans** ('23) said, "I'm going to be more of a leader to the younger kids and and try to be the best teammate I can be. I'm going to try on and off the court, and i'm going to do my best in the games." Varsity Guard **Landon Riebel** has two more years ahead of him to make an impact at STMA. Riebel ('24) explained, "Next year will be very different with the seniors graduating this year, the culture is going to change drastically. I will do everything I possibly can do to lead the team these next two years so we can be successful." Closing out his fourth year, Forward **Brooks O'Brien** leaves the underclassmen players with advice to take with them in the future. O'Brien ('22) advises, "Take the opportunity and chances given to you and enjoy it. Staying determined and working hard will lead you onto a path of success." *Spread designed and photos by Paige Holm.*



BEFORE GAME HYPE. Kyle Ross ('22) gets the team "hyped up" before the game with each starter, and their individual handshakes before they greet the refs and opposing team. "It is a great feeling to know that I help provide the positive energy for the guys to get going before the game." Said Ross.



NO STOPPING TENNYSON. starting for his third year on varsity, Johnny Tennyson ('22) gets his 7th career dunk against Burnsville The Knights got their first win of the season with the score of 90 - 63. " Dunking is fun; when the crowd gets pumped after a dunk it helps give our team some momentum," said Tennyson." *Photo by Ashlyn Marble.*

SHOOTING FOR SUCCESS

RILEY PURCELL ('22)



"I would say my best shooting tip is to shoot with confidence, a great shooter has great confidence. Having confidence every time you release the ball will help you make more shots."

CONNOR LUONGVAN ('23)



"I know when to shoot the ball when one of my teammates drives towards the paint, making my defender help his teammate which makes me wide open for him to kick it out to me for a wide open 3 pointer."

CARSON RADKE ('22)



"When I was learning to shoot, I was taught BEEF, Balance, Eyes, Elbow, Follow- through."

COLTON DEMARAIS ('23)



"I like to drive when my defender is out of position, like if he's running at me thinking that I an going to shoot. thats when I drive by him."

FIGHT TO THE END

Knights make it all the way to the final round of State

This year the Knights girls basketball team was able to make it to the final round of the State tournament. The 2022 State tournament was definitely one to remember for the Lady Knights basketball team. The team made it all the way to the Class AAAA championship game, but fell to Hopkins, earning a second place state title. All three games took place in the Williams Arena at the University of Minnesota. In the first game of the tournament, the Lady Knights took the lead over Centennial quickly in the first half, but over the course of the half, Centennial tied the game 24-24. Centennial kept it close for a while, 31-28 was the halftime score. The Knights did not struggle to finish with an 11 point lead. The second game the girls took on unseeded Roseville. The first half got off to a slow start for the Lady Knights as Roseville took an 8-2 lead early in the half. After eight minutes of the game, STMA trailed 11-9., but the ladies quickly took their lead with a half time score of 30-23 in favor of the Knights. The final score was 73-57. The team moved on to the final round vs. the Hopkins Royals. The Lady Knights shocked the crowd with a 7-1 lead, with the help from a three-point basket by Tessa Johnson. Hopkins took control of the game after that, and the Lady Knights struggled to gain it back. At the half, the score was 34-18. The two teams ended up tied in points in the second half of the game, and STMA made things interesting later in the game by catching up, but ultimately fell by a final score of 72-56. The girls had an amazing season this year, by taking the title of Section Champs, and runner-up State Champs. These girls should be very proud of themselves for an outstanding 2021-22 season!



2022 STATE CAPTAINS' CORNER



EMMA MILLER
POINT GAURD
5'5

"My funniest memory was getting two technicals during breakdown."



PIPER CARLSON
POWER FORWARD
6'0

"My favorite memory from basketball is our jam outs after morning practice."

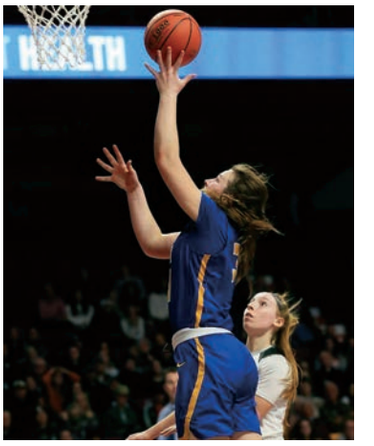


TESSA JOHNSON
COMBO GUARD
5'11

"The best memory is when my teammate fell 3 times in one game and traveled."

Photos by Tim Bykowski

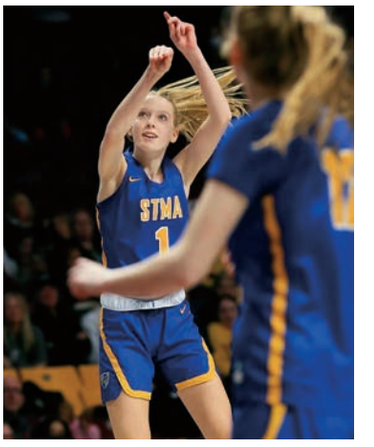




TO THE RIM. Lauren Hoselton uses her hight to her advantage while driving to the rim. *Photo by Tim Bykowski.*



3 POINT SHOT. Ja'Kahla Craft scored STMA's first six points of the tournament getting the girls the lead in the first game. *Photo by Tim Bykowski.*



FIRST TIME AT STATE. JV player, Cail Jahnke, gets a shot to play in her first state tournament. *Photo by Tim Bykowski.*



KEEP FIGHTING. Piper Carlson fights to get the ball back from Centennial. *Photo by Maddy Petranek.*



KEEPING ENERGY UP. The JV team hypes up the varsity girls. *Photo by Maddy Petranek.*

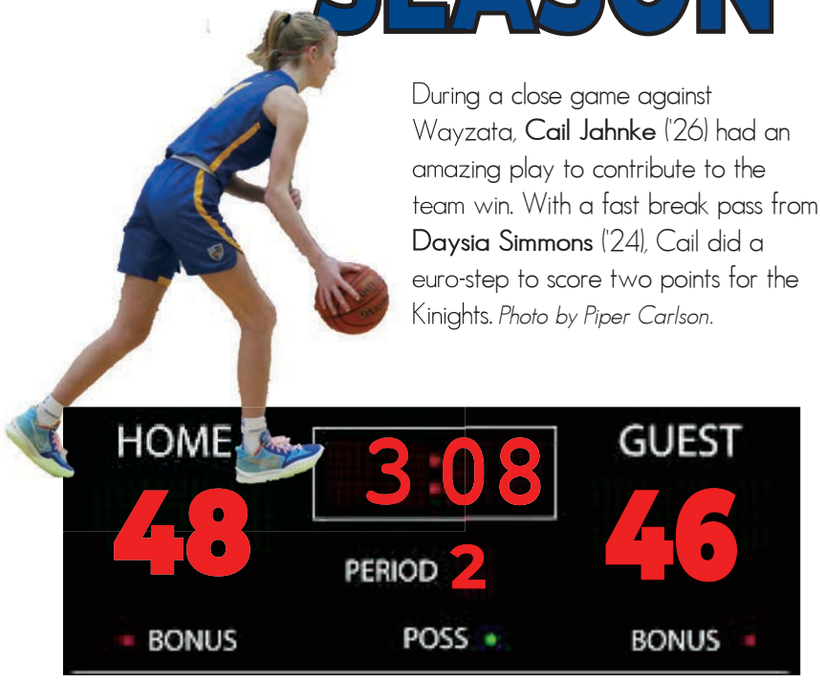
FEEL THE HEAT

STMA Girls Basketball with major success



The JV girls basketball team has had an awesome start to the season with a record of 14-1. With twelve juniors on the team, they're definitely taking it to the next level of basketball. Starting with a big class when they were younger and majority of the girls sticking to the sport is something you don't see very often. **Gabby Voigt** ('23) describes the class of 2023's success on how they all stuck with the sport: "I think our class has created a really fun environment and we all get along really well which has also led to our success." The 10th grade team has also had a good season with a record of 10-4. Coach Walters moved from coaching the 9th grade team to the 10th grade team and you can really see how great she's done with the girls. A new addition to the coaching staff is Lizzy Anderson, a former STMA girls basketball player. Lizzy (Heil) Anderson played for STMA all four years and was a stellar athlete. **Kennedy VanDeRiet** ('25) describes Heil's coaching style, "Coach Anderson is fun and makes practice fun but she is also serious and is focused on getting us better." The ninth grade team has had a really good season so far too. They had a huge win against Eden Prairie, with an ending score of 48-46. The girls fought hard for the win and played the game out til the end. Overall the STMA girls basketball program is growing each year, and has a very bright future with the girls coming up. *Page designed by Piper Carlson.*

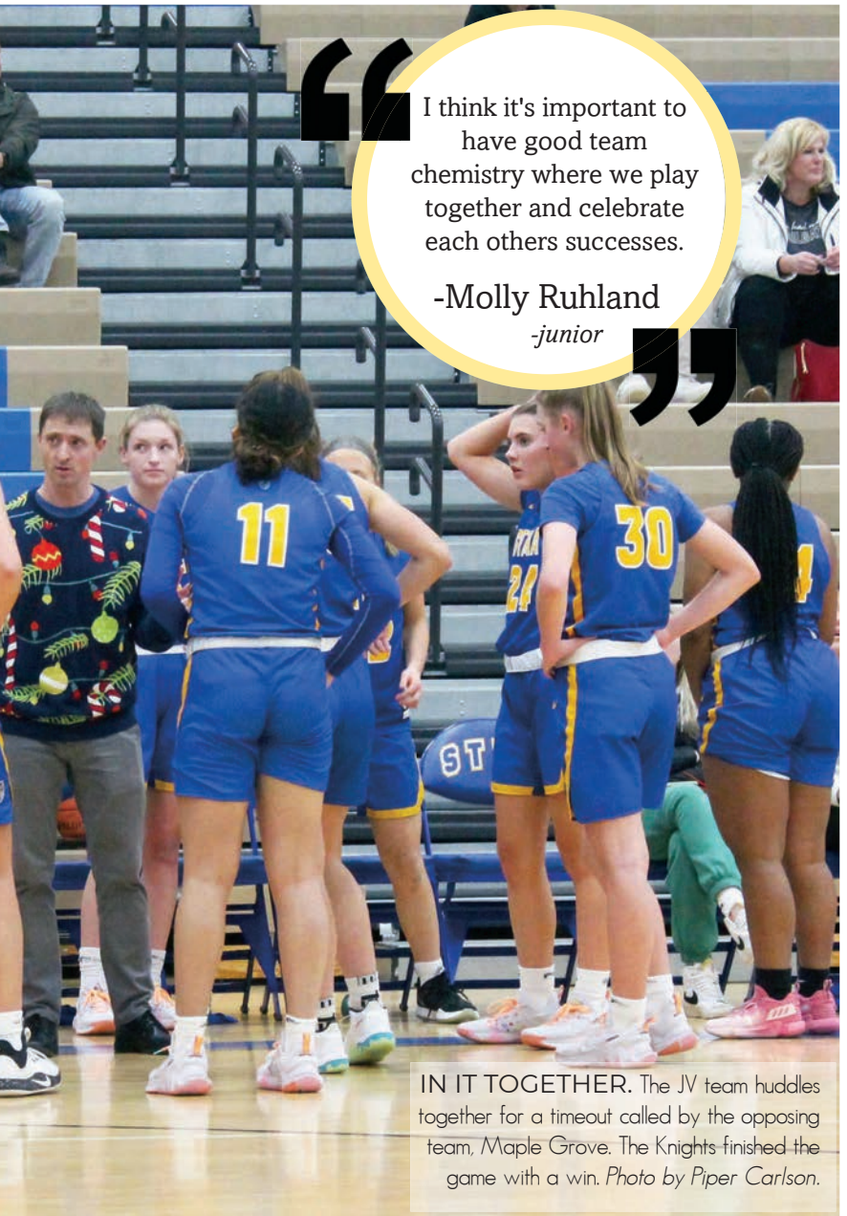
PLAY OF THE SEASON



During a close game against Wayzata, **Cail Jahnke** ('26) had an amazing play to contribute to the team win. With a fast break pass from **Daysia Simmons** ('24), Cail did a euro-step to score two points for the Kinights. *Photo by Piper Carlson.*



BATTLE UNDER THE BASKET. The 10th grade team played a fought out game against Maple grove and pulled through with the win. Caylee Casey ('25) fought under the basket for a steal. Casey said,, "The season is going great, I've really enjoyed getting to know my team." *Photo by Piper Carlson.*



"I think it's important to have good team chemistry where we play together and celebrate each others successes."

-Molly Ruhland
-junior

IN IT TOGETHER. The JV team huddles together for a timeout called by the opposing team, Maple Grove. The Knights finished the game with a win. *Photo by Piper Carlson.*



LOCKDOWN DEFENSE. The 10th grade team plays a tough game against Maple Grove and pulls out with the win. Kallie Merfeld ('22) contributed to the team win with lockdown defense, she says,"It really all starts on the defensive end." *Photo by Piper Carlson.*

11 YEARS In The MAKING

2017

Mackenzie Berg ('23)



"I've stuck with basketball my whole life because I've always loved the sport and I've met a lot of my friends through basketball."

Photo by Ashlyn Marble

2016

Maggie Lindeman ('23)



"I've stuck with basketball because I have always really enjoyed playing the sport and it keeps me busy. I also love the connections and experiences I've had with the team."

Photo by Tim Bykowski

2017

Hannah Kvant ('23)



"I continue to play basketball because it is a fun sport and being able to play alongside my friends makes it worth it."

Photo by Khendal Johnson

NOW WE SPEAK

SPEECH

Speechers Placed 18th Overall Vs. Wayzata

The speech team competed for the first time this season at Wayzata High School. Out of 43 teams and over 700 entries, STMA had three finalists. **Emma Cliff** ('22) said, "At our first tournament in Wayzata, I placed 6th overall in my category of extemporaneous speaking, which is pretty competitive." The speech team placed 18th overall as a group. **Dylan Rich** ('23) said, "It was a great start to our new season and the team can't wait to face our next challenge at Prior Lake". The team is ready and excited for their next competition. **Margot Bromley** ('22) explained, "Because I have my speech memorized, to prepare for the next tournament, I, am focusing on diction and gestures." Later in the season, Emma Cliff and **Trinity Hanif** qualified for the National Speech Tournament. Cliff finished 4th in US Extemporaneous Speaking. Hanif finished 1st in International Extemporaneous Speaking. Nationals will be in June in Louisville, Kentucky. *Spread designed by Hannah Henschell.*



ALL SMILES AT THIS PAST WEEKS COMPETITION. The speech team competes January 29th at their first competition of the season.

WHAT'S YOUR ROLE?

Janelle Sylvester '22



"Speech is an activity where you grow public speaking skills and speak competitively to entertain, inform, persuade, or for fun."

Emma Cliff '22



"Obviously speech is all about speaking, but it also is way to explore things like acting, politics, and writing. its an outlet for anyone to gain creative and knowledge."

Margot Bromley '22



"For me, speech is the creative outlook for individuals to find their voice. in speech, people find the courage to speak on issues they care about, think outisde the box, and really dig into the world around them."

Norah Langanger '23



"On the speech team I am the informative Category, I write a speech on a topic of my choice and present it using visual aides. I give the same speech throughout the season, a few times at each weekly tournament."

Sydney Amundson '22



"Speech helps you build all of the life skills you need and spreads a unique message. It is the activity that you dont know you need until you do it."

NOW WE DISCUSS DEBATE

Debate Focusing on Rebuilding for Next Years Team

The STMA Debate team had another unique season where the keyword was "adaptable." Depending on the week, tournaments took place either fully online, in hybrid format, or fully in-person. **Trinity Hanif** ('24) returned to captain Congress, where many Middle School students had their first experiences with Debate. **Alex Boltz** ('23) captained Lincoln Douglas, teaching new competitors about 1-v-1 values debating. Veteran **Ella Olson** ('24) competed in the Congress Section tournament, and a number of newbies competed at Novice State. Including student congress **Cooper Hays** ('25) stated, "The overall season for me was very fun, going to state was a highlight for me, in congressional debate we started off the week with breaking down each bill, going through the pros and con, and then we write speeches on either why we should or should not pass the bill." Fingers are crossed for a "return to normal" next year! *Spread designed by Tessa Opiola.*

> "I've had a lot of success over my high school debate career at a local, state, and national level. So, this year I've focused more on bettering the team rather than myself."
>
> **-Trinity Hanif**
> *senior*



> "I posted out but I really enjoyed coming back and lead the team. This year we had a lot of new people join debate. While much of our previous team had graduated, the highlights from this year were seeing a lot more passionate people and succeed within debate"
>
> **-Alexander Boltz**
> *junior*

Student Congress



Ella Olson '24

Lincoln Douglas



Cayden Dreis '23

Student Congress



Cooper Hays '25

Student Congress



Angie Alade '25



ORDER IN THE COURT

MOCK TRIAL

The Virtual Season Continues

This year's mock trial team consisted of ten students including two eighth graders on the team. The team spent weeks organizing all their arguments and getting prepared for the case. Everyone has their own jobs and responsibilities. “As a captain, I'm an open resource for any questions the team might have. With my experience as both a witness and attorney over the past three years, I've helped both types of team members understand the case material, the technicalities and conventions of the case and law, and how to write and deliver content. I also take notes during trials to give feedback to the teammates and help them grow with their evolving content," said **Bill Vajhmoob** ‘23. Competing this year looks a little different this year considered most everything is still virtual, only one of the four meets are in person this year. STMA has taken part in three tournaments this year so far including the Golden Gavel Tournament, Apollo Tournament, and the Minneapolis Tournament. *Spread designed by Ashley Tillmans.*



ON A SERIES NOTE. The team poses for a picture at the only in-person meet all year in Minneapolis at the Invitational." *Photo by Mrs. Kragness.*



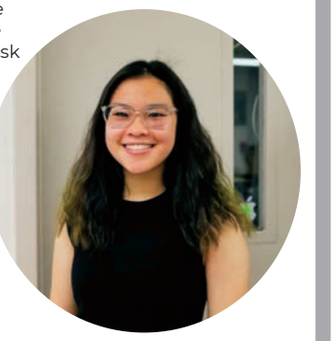
GETTING READY. Round 1 Meet for the Mock Trial students. On January 13th STMA students traveled to a classroom in the High School vs other schools virtually. "Being virtual is a way different experience than it was when it was normal, but it is still very fun," said Bill Vajhmoob. *Photo by Mrs. Kragness.*

get your hand on the gavel

SENIOR CAPTAINS

AQ Bui

- Witness



Senior and captain of the team going into her last year of highschool with all four years she was included in the mock trial team. “we always make sure to meet up early by a certain time before meets. With the extra time, we like to go over some refreshers on our content, practice examinations and deliveries, and ask questions we might have. We have to make sure our content is as updated as possible based on new developments/realizations we make from prior practices (three times a week) and as well as the judges' feedback from prior meets. Our content is always evolving, and we try to stay on top of that as one team to keep our case stronger and less fragmented.” Bui ‘22 says.

Rebecca Kosey

-Attorney

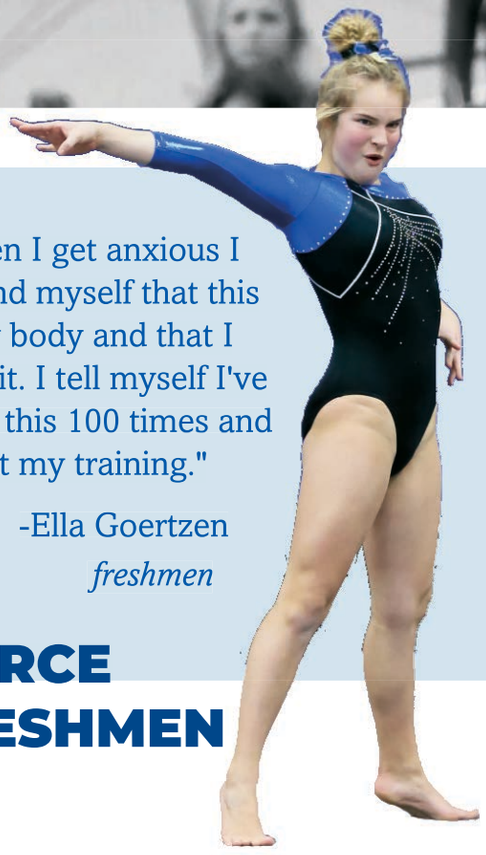


"I've done mock trial for four years. As captain, I help everyone prepare, but especially the other attorneys. I help them develop their questions, create arguments, and overall help our team have a cohesive theme. I also help the witnesses prepare on how they should answer questions. before meets to get myself ready, I try my best to calm myself as I'm an anxious person and just remind myself that I do know my stuff and I'm well-prepared. Usually, we practice tthree days a week so we get to prepare a decent amount. This year all of our competitions are virtual, but we were able to have one in-person tournament. I'm happy we are still able to compete, but competing virtual does take out a lot of fun from the activity. I'm an attorney, so I get to ask questions and argue, basically. I do the direct examination of one of our witnesses, the cross examination of an opposing team's witness, and I also do the closing argument." Kosey '22 says.

NOW WE MAKE HISTORY

"Gymnastics has helped me learn and grow as a person. It has taught me how to be a better person and teammate. This sport has also taught me how to overcome hard times and to never give up."

-Alyson Herfel
-sophomore



"When I get anxious I remind myself that this is my body and that I trust it. I tell myself I've done this 100 times and I trust my training."

-Ella Goertzen
freshmen

FIERCE FRESHMEN



NEW FACE IN THE GYM. Haylie Walker Kuklock is a great add on to the team this year. With vault being one of her best events, the support of her teammates helps her even more." My favorite thing is that everyone is really supportive and we all cheer each other on." *Photo by Tim Bykowski.*

Gymnasts take home their first ever section win

The varsity gymnasts had a monumental and historic season finishing 1st in Section 5AA on February 8th. **Addie Kennedy** competed vault placing 12th with her final score being an 8.8 for the night. Kennedy '24 said," I was so excited that our hard work had paid off and earned us our highest score of the season. I am glad I have the opportunity to represent STMA and compete at the first team state competition in gymnastics program history." The varsity team is composed of one senior, two juniors, four sophomores, three freshmen and one 8th grader. **Paige Herbst** '25 stated, "Even though our team is huge, everyone is a different age and we all have different personalities but it makes it super fun. We all cheer each other on, even if we aren't competing and always have a party and practice." Senior Captain **Cadynce Hassall** was unable to complete this season due to a torn meniscus. Hassall has led her team as a captain for two years. Hassall '22 said, " This is a crazy opportunity and I believe each one of the girls deserves it and should be proud of themselves. When I first joined this team, never in a million years did I think I would be leading a team as they broke school history." Due to limited spectator space on the floor captains Morgan Mckinley and Kassie McKeown found creative ways to send off the state competitors by writing inspirational cards to each gymnast. **Morgan Mckinley** '23 said, " I plan on supporting my team at practice until the state meet, then I will be screaming my lungs out from the stands to make up for not being able to stand right next to them on the floor." The gymnasts ended their night with a new PR of 142 and broke a school record. They will be the first gymnastics team in school history to go to the state competition. *Spread designed and photos by Emilynn Molesky.*

STICKIN' IT

Gymnasts tell us how they earn those extra points

JANE DOMBECK ('25)



"When I land, I slightly bend my knees and make sure that I absorb the mat into the my landing."

KASANDRA MCKEOWN ('23)



"Keep your eyes up ahead of where you land, stay tight and focus on where you are and keep your eyes open."

ERIN VLASAK ('22)



"Bending your knees, squeezing everything ans using your motorcycle arms are a big role in sticking your landing."



UNDERCLASSMEN STEP UP. Performing her routine on the Uneven bars at the Fairbault invitational, Addy Miller (24) is someone younger class men look up to as a new leader as the seniors leave. "Making everyone feel welcomed on the team is a priority." *Photo by Kassie McKeown.*



This season was Taylor Zingleman's last season as a Knights gymnast. "I am so sad to be leaving these girls but excited to see what they will accomplish. We are all so close and always supported each other in and out of the gym." *Photo by Tim Bykowski.*

STICKING IT AT STATE. Having her team by her side Jada Dahlheimer ('24) performs her floor routine for the last time this season. "It was a new experience for me, the help and confidence my teammates gave me by cheering me on really helped," Dahlheimer stated. *Spread designed by Emilynn Molesky. Dominate photo edited by Oliver Hilstrom.*



MAKING A NAME FOR OURSELVES. Before the start of the state competition at Roy Wilkins Auditorium, the gymnasts posed for a picture with four of our STMA choir boys who sang the National Anthem. TOP ROW: Carter Kephart, Evan Dombeck, Tilly Kue, Sol Beaudry MIDDLE ROW: Jackie Bergeron, Alyson Herfel, Avery LeMonds. Alyssa Nerhing, Cassandra Emerson, Kassie Mckeown, Emma Briggs FRONT ROW: Jada Dahlheimer, Addie Kennedy, Lilly Covert, Vivian Sommer, Paige Herbst, Gwen Herbst, Ella Goertzen, Jane Dombeck. *Photo by Emilynn Molesky.*

NOW STATE KNOWS US

Knights gymnasts make school history being the first gymnastics team to go to the state competition.



JUMPING FOR JOY. Working on the landing all season in practice and at meets Alyssa Nehring ('23) performs her last Tsuk of the season at state with a clean landing. "Landing my vault at state was an amazing experience. I felt that all my hard work had payed off," Nehring stated. *Photo by Emilynn Molesky*



DEFYING GRAVITY. Competing her bar routine, Paige Herbst ('25) focuses in on her form. "I just thought to myself that we are at state and there was nothing to prove, I knew to get a new PR I had to tune everything out and stay tight" Herbst scored a 8.45 on Uneven bars, which was her new PR of the season. *Photo by Emilynn Molesky.*



SENIOR SEASON. This is her first year on the team, Emma Briggs ('22) or "Briggs" as her teammates call her, makes a big impact on the team and helps them gain their 5th place trophy. "I loved being able to compete with my teammates and have them by my side, making history as a team made my experience so memorable," Briggs said. *Photo by Emilynn Molesky.*

STATE QUALIFIERS

FIRST PLACE LANDON ROBIDEAU



SECOND PLACE JED WESTER



FIRST PLACE MASON MILLS



SECOND PLACE COLE BECKER



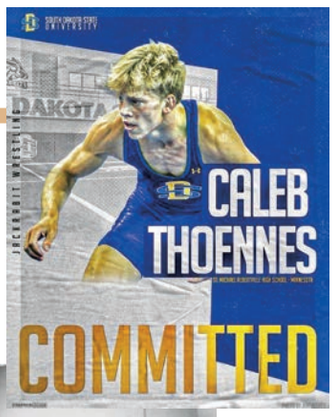
WEIGHT CLASS

ROBIDEAU 126
WESTER 160
MILLS 113
BECKER 152

Knights take first at Clash National Wrestling duals.

The STMA boys wrestling team continues their outstanding reputation with becoming the 2022 Clash National wrestling champs! The Knights Varsity wrestling team won the Clash National wrestling duals for the first time since 2013. The boys went 5-0 as a team, winning this tournament for the second time in STMA history. *"It's a pretty great accomplishment, only the second time in STMA history. The team looked really good and we went there to win and we weren't gonna settle for less. We spent a lot of time getting ready for it. These teams come from all over the nation and we were gonna show them what STMA wrestling is all about,"* explained **Jake Springer ('22).** Not only did the Knights take home an outstanding award for their team and community. Multiple athletes were recognized for being selected to the all-tournament team, **Landon Robideau ('25)**, **Caleb Thoennes ('22)**, and **Jimmy Heil ('22).** Also receiving the Clash Scholar Athlete award was **Cole Becker('22)** and **Eli Davis('23)**. *"It felt great for my hard work to be recognized at a national level,"* said **Eli Davis ('23)**. The morning the Clash was filled with excitement and nerves running through the boys minds. Winning the Clash meant that STMA was put on the map and showed nationally what this program is about and the standards that we set for our athletes. *"That morning I was just excited to compete and be able to get er done,"* explained **Mason Mills ('23)**. For our seniors this season winning the Clash meant more than just a victory but being able to say that they were a part of a great season that put their team members before themselves in order to achieve greatness. *"The best part was just the feeling of being champions at a high level national tournament like that. The team and myself work so hard day in and day out that it feels amazing to win at that level,"* explained **Owen Barthel ('22)**. Topping this great accomplishment for our boys wrestling team will be hard but we can all say the boys pushed themselves to be and achieve greatness, not only as individuals but as a family. The STMA boys wrestling team continues to amaze the community, the boys put this one "on their city". *Spread designed by Alicia Vosberg and Josie Vankuyk.*

TRAINING FOR A DIFFERENT MAT





Growing up, senior Caleb Thoennes never expected that his wrestling career would take him this far. "I give the most credit for my success to my practice parters in the room, because without them I wouldn't be where I am today," said Thoennes. Leaving STMA will be challenging, but after several offers from other schools, Caleb decided to continue his career at South Dakota State University to wrestle Division 1. "The atmosphere there, the wrestling program as a whole compared to other schools, and the fact that it just felt right," explained Thoennes. Closing his chapter at STMA Caleb will be taking his career to the next level of athleticism, LET'S GET JACKED! *Photos by Caleb Thoennes and Jeff Beshey.*

TALK TO THE MAT

SLAMMED. Bryon Sauvy ('23) lifts his opponent off his feet. Sauvy won the match against Buffalo with a pin. "When getting pumped before my match I think about how I'm gonna slide my opponent and take them down," said Sauvy. *Photo by Alicia Vosberg.*



STATE CHAMPS. The STMA varsity wrestling team did not just make it to state. They won it. In state the team was matched against 3 different teams. First they played Apple Valley at nine o'clock in the morning and won. After Apple Valley they played Anoka at 1 o'clock in the afternoon and won. And finally in the championship they played Stillwater at seven o'clock at night. They ended up beating Stillwater 49-27. The team was undefeated all season being 26-0. Senior captain Cole Becker ('22) said, "This team was filled with winners. I knew from the start that we had what it took to win the state tournament and finally getting the job done felt good. I'm extremely thankful to have been able to compete with this team. I made a lot of great memories along the way that I won't ever forget, I'm extremely proud of them". *Photo by Alicia Vosberg.*





LET'S GET HYPE. Marcus Mueller ('22) with a quick pin against his opponent. Marcus helping the win against Buffalo for his team. "To train to be the best I never ley myself be comfortable and have a short memory," explains Mueller. *Photo by Alicia Vosberg*

SEE YA. Captain Jimmy Heil ('22) goes in for the win. Winning his match up against his opponent. "It definitely makes a difference knowing this is my last year wearing the blue and gold, but knowing this drives me and the other seniors to make the biggest impact not only this year but on the future of our program," sayid Heil. *Photo by Alicia Vosberg*

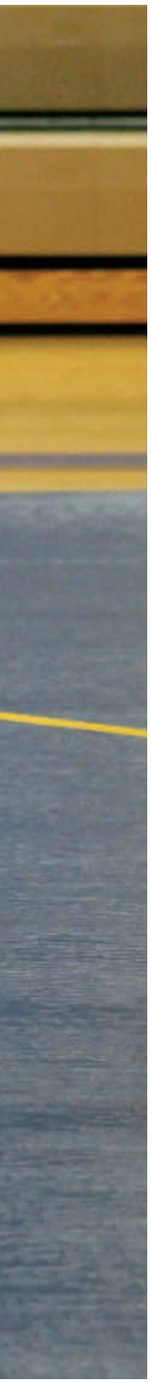
YOU GOT PINNED. *Landon Robideau ('25)* pins Buffalo opponent on January 13th. Overall, Landon has 18 pins. Robideau said, "I like being on the team as a freshman because it's fun to hangout and be on a team with all upperclassmen." *Photo credit to Josie Vankuyk.*



CELEBRATING VICTORY. STMA took down Buffalo 69-12. The Knights pulled out a great victory against a rival team. After a great win Ian Shultz ('24) said, "My favorite part about being on the Varsity is being with my friends everyday during Wrestling and going out on the mat and competing as a team with them." *Photo credit to Josie Vankuyk*



HEAD IN THE MAT. Jed Wester ('24) pins Buffalo opponent at there home meet. He pinned him in 20 seconds. Wester said, "It feels really good to pin people because it gives my team points and gives me more confidence for other meets." *Photo credit to Josie Vankuyk.*



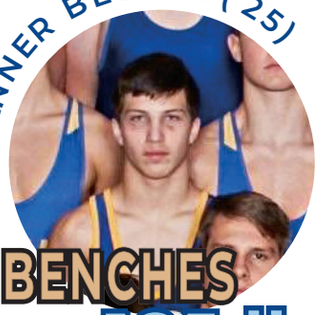
THE FRESHEST MEET

UNDERCLASSMEN OF STMA WRESTLING

Athletes react differently under pressure. The STMA wrestling team has made it to State for 23 years in a row, some may wonder if the pressure is setting in for the team. So far the Knights are undefeated and are expected to go to State. The wrestling team is ninth in the nation, **Tate Tolifson ('25)** said, *"There's not much pressure as long as you work hard and do your best*," There are 30 underclassmen on JV and Varsity combined and three of those thirty regularly compete varsity. The boys on JV also play a huge role on the team, **Nate Spindler ('24)** said, *"For me there isn't as much pressure, but I still have to show up everyday to get the varsity guys ready for each and every week."* The boys are preparing for state each practice and meet. It would be the 23rd time in a row. Our wrestling team is #1 in the state which has pressure in itself. **Brooklyn Lyles ('25)** said, *"There definitely is pressure being in STMA wrestling at any level there is always a target on your back as our coaches would say especially being ranked #1 in state and #11 in the nation*," One other pressure is being the head coach, Head coach **Mr. Joriman** said, *"I don't think there is much pressure. Pressure comes from thinking about past results and focusing too far on the future. Our job as coaches and wrestlers is just to get better each day. Focusing on building on strengths and improving areas of growth. Our athletes have a great work ethic. If we continue to develop their technical skills and harness their efforts, various achievements often come as a result of that process. We can't control the outcome of matches and the season but we can control how we prepare to reach our end of season goals."* The Knights won sections and are on there way to State for the 24th year in a row. *Spread designed by Josie Vankuyk and Alicia Vosberg.*

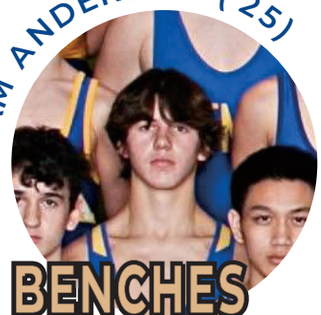
RAISING THE BAR

TANNER BECKER ('25)



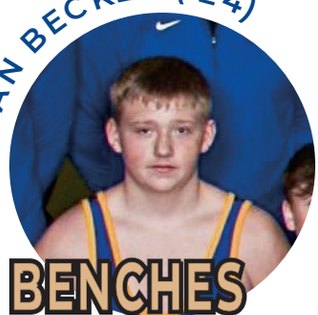
BENCHES 185 lbs

SAM ANDERSON ('25)



BENCHES 170 lbs

EVAN BECKER ('24)



BENCHES 225 lbs

WEIGHT CLASS

BECKER 126 lbs
ANDERSON 160 lbs
BECKER 226 lbs

NOW THIS IS WHAT WE CALL HOME

Knights welcome foreign exchange students to St. Michael-Albertville

Spain



NICOLAS ARRANZ

ELEONORA D'ASCANIO

Italy



"Being here has totally impacted my life. It has definietley helped me with personal growth and gave me adaptability, and obviously is teaching me English. I love the variety of classes that I have taken here and how the teachers are always available. The Minnesota State Fair has been my favorite memory so far. It is obviously far away, but I have found a new home here at STMA."

MAURA DE FRUTOS CASADO

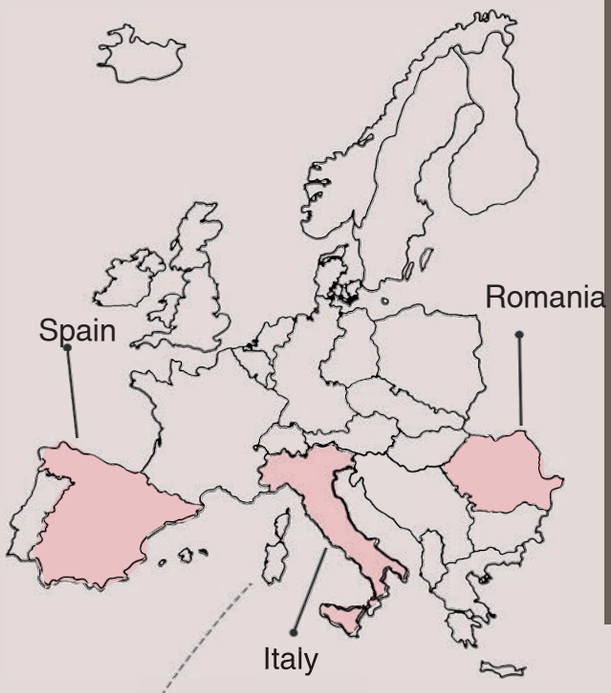
Spain



"I think that I have been very lucky coming here to STMA. My favorite memory so far has been a lot of things, but I especially loved the football games. I have found a new love here as I love to watch the Vikings games and I like going to Timberwolves games. I miss my home in Spain everyday, especially my friends and family, along with the food there. Although I miss things from home I for sure consider STMA a new home.

Foreign exchange students share how this is their home away from home





BRIGITTA GALLO

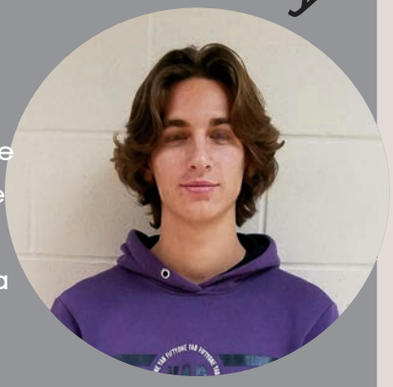
Romania



"My favorite part about being here in STMA is the environment here and the students and teachers. Everything is so different than in Romania, and that is why I like it so much. I miss the food from my home country the most, but I love it here because it is like living a second life rather than just one life I always live. I think being here has changed the way that I think, my attitude to things and pretty much everything. Overall so far I have really enjoyed my experience here and meeting my friends and teachers and my host family."

GIOVANNI GRASSIVARO

Italy



"I think it is still early to say if this experience has been life changing, but what I know so far is that I am learning way better English. I also have learned many things here that I would not have learned in Italy. My favorite thing here that we don't have in Italy is the lockers. The people here make me feel at home a lot of the time and I have been here for 3 months now, so I consider the US a home.

VALERIA VISENTIN

Italy



"My favorite memories so far has been going to the volleyball games and cheering at the football games as well. Being here and learning a new culture and meeting a lot of new people that aren't like me has been eye opening. I miss my family and the Italian culture and food from home the most. My host family has made me feel like family though since the first day I was here so it helps a lot and I feel at home here. Thanksgiving was a great experience because in Italy we don't have that Holiday and it was fun to learn more about it and celebrate it."

SCHOLASTIC ART AWARDS



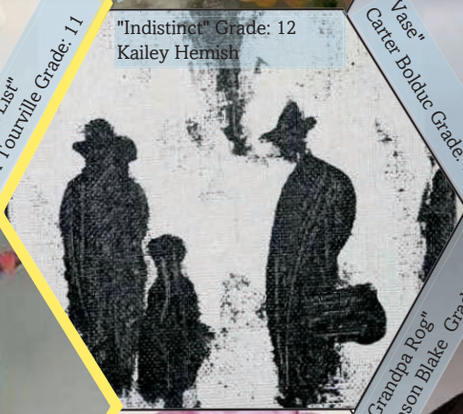

"Moth Man, Beware"
Katherine Bradt Grade: 12


"Pressure" Grade: 12
Aria Beaulieu Flolo


"Outward Bloom"
Elizabeth Nixon Grade: 12


"Fruit Punch" Grade: 12
Ben Harken


"Bucket List"
Ari Tourville Grade: 11


"Indistinct" Grade: 12
Kailey Hemish


"Vase"
Carter Bolduc Grade: 12


"The Real Danger"
Lilu Lujan Grade: 10


"Butterfly Book Art"
Virginia Horace Grade: 12


"Grandpa Rog"
Mason Blake Grade: 12


"Spade Digital" Grade: 11
Maria Van Keuren


"Triangle Vase"
Maura Gjesvold Grade: 12


"Split a Sundae"
Jadyn Weiser Grade: 11


"Get Lost In Reading"
Ellie Fisher Grade: 12

TWO AMERICAN VISION AWARDS

AUDREY KANU.

Audrey's colored pencil piece titled "Ancestral Storybook" astonashies judges, later coming to the decision to give Audrey an *American Vision Award*. This award allows Audrey's piece to be judged nationally.





LIV PROUDLOCK.

Liv's book sculpture titled "Oz" takes judges back to the days of seeing a fictional dog and it's owner get swept up into a giant, magical twister. Liv was granted an American Vision award, allowing her piece to be judges nationally.

25 GOLD KEYS

73 HONORABLE MENTIONS

42 SILVER KEYS

255 WINTER

Designed by Oliver Hilstrom



DOUBLE DOUBLE, TOIL AND TROUBLE. The witches cast spells and prophesying Macbeth's downfall. Hannah Hughes ('22) explained her unique role of a witch. "The role was a bit more crazy and fun than past ones I have played."





WHATS DONE CANNOT BE UNDONE. Lady Macbeth, played by Abigail Marshall ('22), mimics a crown being placed on her head. "The director Mrs. Krutzig, noticed and liked how I portrayed Lady Macbeth and so she casted me as that character."

BY THE PRICKLING OF MY THUMBS, SOMETHING WICKED THIS WAY COMES. Preparing for battle between Macbeth and Macduff. Eli Powell ('25) explained his favorite part of preforming. "I loved seeing how different audiences reacted to the same play. For example at one of the performance at the middle schools, the kids cheered when my character died."

FAIR IS FOUL AND FOUL IS FAIR. The storytellers and cast realize that they finally have an audience. Jaricha Klinkner ('22) explained her character Sahoua, "I loved being able to make the audience laugh with my valley girl accent."





Varsity and JV One Act

NOW THIS IS OUR PLACE

> Staying in character is being able to feel who your character is, focusing on becoming your character, and knowing your character.
>
> **-Dylan Balken**
> *senior*

LAST ACT. Dylan Balken ('22) and Lauren Tatro ('22) perform "This is Our Place" for their last and final act being a part of the STMA High School. *Photos by Tim Bykowski. Spread designed by Jordyn Clapp and Tiffany Simon.*



KEEP PULLING. Lucy Felling ('25) and Jarrett Wadsen ('25) fight hard for their tug-of-war team to win. Felling ('25) said, "I think I'm compeitive because I've played sports all my life so it's just natural." *Photo by Tim Bykowski.*

OLIG STEALS THE SHOW. Mr. Olig steals the mic from Mrs. Siemieniak during the riff off to win for his team.





WIN TOGETHER STAY TOGETHER. Noah Miller ('24) and Maddgie Kramer ('24) win the couples make up competition. "It was really exciting and all the cheers from the whole grade made it a lot of fun!" said Kramer.



"I LOVE SHOWING OFF MY STMA PRIDE DURING SPIRIT WEEKS!"

Hani Helland

-sophmore

NOW WE'RE DRESSING UP



pj day **EMMY HANAUSKA**

jersey **JOSIE VANKUYK**

jersey **CADEN JOHNSON REME LOBITZ ZACH PURCELL**

monochrome **ASHLEY TILLEMANS**

lumberjack **HANI HELLAND**

NOW WE'RE LOOKING GOOD

Winter Week re-energizes student body

READY FOR THE DANCE. At this years pepfest, couples got ready for the dance with the wrong arms! Brittney Schoenn and Cole Becker were the senoir winners. Schoenn said, "I wasn't suprised when Cole started covering my face in lipstick, I thought the whold thing was really funny!

CROWD CONTROL

what's it like leading a pepfest?

"It was exciting but also challenging. We had to make sure that both the people particapating and watching were having the best time possible. We had to do our part to keep the energy up!"

- Sydney Rogers '22

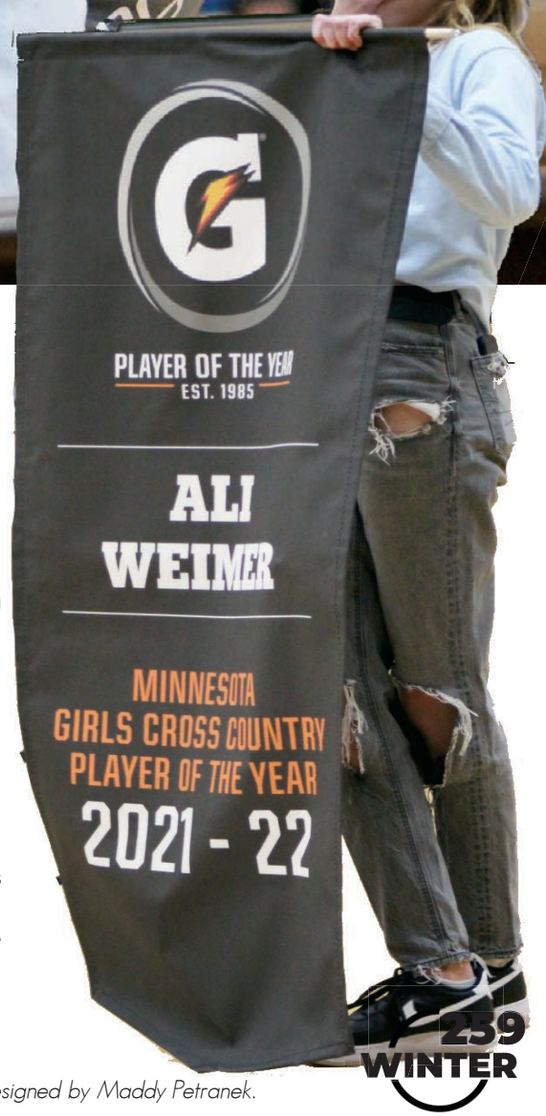


"I thought it was super fun! It was honestly really easy and I can thank Student Council for making everything run pretty smoothly. It was definitely super fun and well worth it!"

- Aiden Blaeser '22



CELEBRATING ALI. Earlier this year, Ali Wimer ('22) was rewared with Gatorade player of the year for her amazing cross country season. This year at the pepfest Activities Director, Cornell presented her with a flag to hang in the school. "It was super exciting to be announced and reconized for being Minnesota's Gatorade National runner of the year. I felt overwhelmed by the tramendus support from my peers, and I was able to celebrate all my hard work with everyone that cares about me," said Wimer.



Photos and spread designed by Maddy Petranek.

Making robots can be tough, but the Binary Battalion knows how to have fun with it. From silly memories to fun traditions, they know how to both work hard and play hard. The students in robotics are constantly challenged with learning new and different skills, but they still make it a good time for each other. **Jack Erickson** ('22) said, "My favorite thing about robotics is the community." The team has 46 students ranging from 8th graders to seniors. The purpose of the robot this season is to pick up 9.5 inch inflated balls called cargo and launch them into hoops 4ft in diameter that are 8 ft high. Other challenges students faced included learning new programming skills. **Dylan Rattai** ('23) said, "The biggest challenge for me was learning Java, I knew some other more simple coding languages before like HTML, CSS, some JS. I also know some of C#, which is similar that helped with learning Java a lot." When all of the hours of work is finally accomplished and creates the end product, it can create a sense of accomplishment. **Audie Wandmacher** ('23) said, "My favorite thing about robotics is seeing something that you built finally work and perform." The team's goals are to go to state and make it to worlds in Houston, Texas. **Marah Vanvoreen** ('22) said, "My favorite thing about Robotics is the sense of community and engagement that all of us have, whether it is within our team, with other teams in our state, or even teams that are from other countries across the world." The Binary Battalion has large goals and does complicated work, but the sense of community they feel and the happiness they have Building robots makes it truly evident that they both work hard and play hard. *Spread designed by and photos by Caitlin Pederson.*



The Binary Battalion has a sense of community and a great work ethic.

WORK HARD

THE START OF SOMETHING NEW. Binary Battalion 7028 works on creating the steel pieces for the competition robot. The team makes a practice robot, tests it, works out all the issues, and then creates a competition robot. Marah Vanvooren ('22) and Matthew Bartos ('22) ask Coach Osowski for steel part help and advice.

WOMEN IN STEM

Why its it important for girls to be involved in the sciences?

Holly Hultman



"I think it is important for women to be in stem because it is a male-dominated field. And it shows that women are smart and they can do anything they set their minds to."

Grace Kirk



"I think it's important for women to be involved in STEM in general because it brings another perspective to the field of science and engineering."



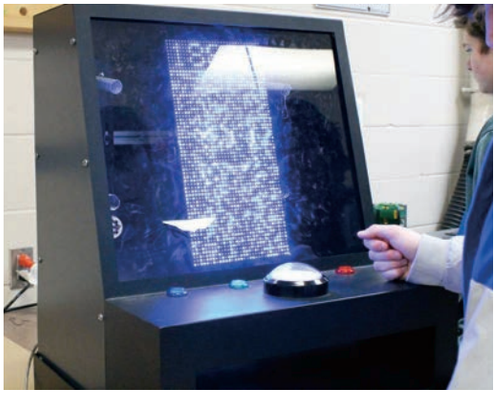
"Learning new things each and everyday is my favorite. The mentors are amazing and will help you every step of the way. "

-Avery Pfister
sophomore

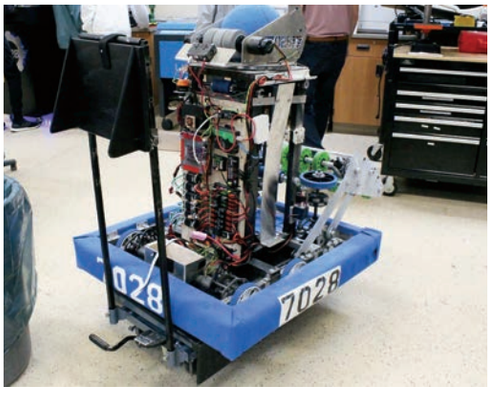
PLAY HARD



MEET THE GAME MACHINE. The Binary Battalion 7028 has made a arcade machine to sit outside their pit at competitions and add interest. The game on the arcade is a block stacking game with 4 levels: Beginner, Easy, Medium, Pain. Captain Matthew Bartos ('22) said, "This machine was a great way to engage our community but also other robotics teams at our competitions.



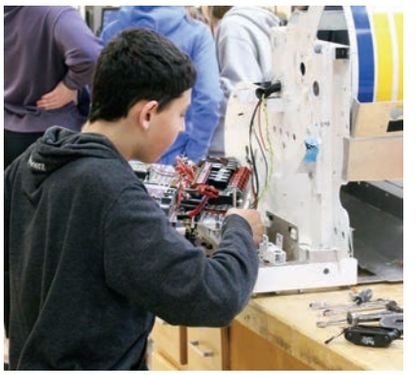
MEET **ONYX**. On January 8th, robotics students were given a challenge to design and fabricate a competition robot. This robot intakes tennis balls and shoots them into a goal 8ft high. Scan the QR code below to get introduced to **Onyx**!





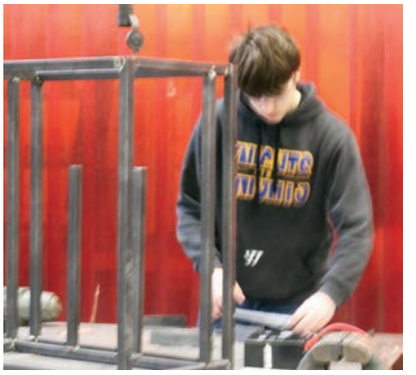
COACH'S EXPERTISE.

The Binary Battalion works with small parts that have to be exact. When they need help, they know they can go to their coaches. Holly Hultman ('23), Kate Christensen ('23), and Grace Kirk ('25), are being helped by John Holland with their prototype.



OUT WITH THE OLD.

The team's old robot, Wilson, was taken apart. Vincent Muraski ('24) took apart Wilson bit by bit.. The robotics team started a new tradition of keeping a piece of every robot for memory. The parts from Wilson will be used for other robots in the future.



POWER UP.

One of the most important parts of the robot is the battery. The battery is what gives the robot all its power to perform. Nick Conrad ('24) was putting together the cage, which is made out of steel.



3 HEADS ARE BETTER THAN 1.

Avery Pfister ('24), Jacob Vaerst ('23), and Matthew Bartos ('22) used team work to make sure all their parts are accurate. Robotics triple-checks every steel measurement in order to make a perfect robot.

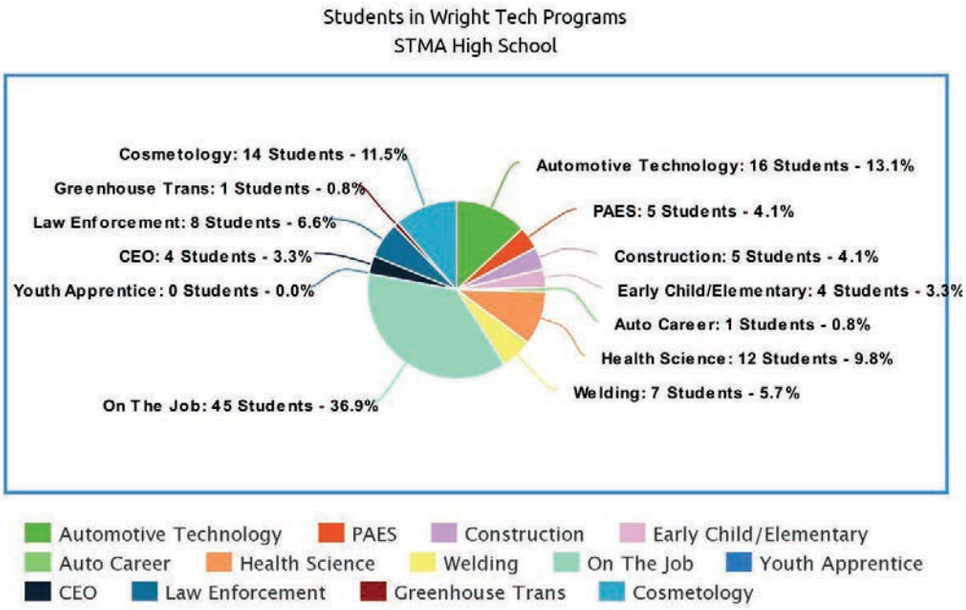


NAILED IT.

Pounding steel can be seen as relaxing to some Robotics members. This is a good opportunity to listen to music and focus on what's at hand. Ray Koch ('23) was in the zone and worked hard. Everybody has to do something, big or small, in order for the robot to turn out.

ON THE JOB

Cosmetology students learn basic skills to get a head start on careers.



PAMPERED. Haiily Peterson ('23) analyzes her classmate, Olivia Corell's ('22) face while performing a facial. On February 16, students put their skills to the test with a skincare practical in-class on their peers. *Photo by Olivia Oscarson.*







KNIGHTS BEST FRIEND

Designed by Jacob Hochstatter.

UNCOMMON HOUSEMATE. Mr. Osowski's Panther Chameleon Hanzo has a pretty colorful personality. Osowski said, "Hanzo is 2 years old. His species is native to Madagascar. He loves to explore outside his enclosure, and changes colors based on how he's feeling. Yellow when relaxed, and red and blue when stressed or scared."



NOT YOUR AVERAGE BABY. Owner Will Sarkinen said, "Kippen will be 6 in February, and she was born on my birthday so that was a really fun surprise! She's an awesome hunting dog and she loves being outside as long as she can."



CALM COOL AND COLLECTED. Amelia Guntren's ('22) said, "My mom was getting cat food at Pet Smart when she saw Ruby there. She decided to take me back to see her and we ended up leaving with her!"



PINEAPPLE PUP. Eli Potts told us, "One time Ricky got out of the house and walked down the street and just sat in the road and didn't move. Also he can't catch anything in his mouth."

DOUBLE SEEING


Shark Boy

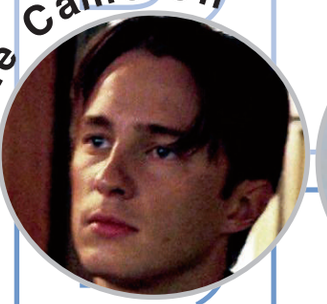

Levi Hahn ('22)


Robinson Lewis


Ben Ford ('22)


Barbie Ken


Ben Harken ('22)

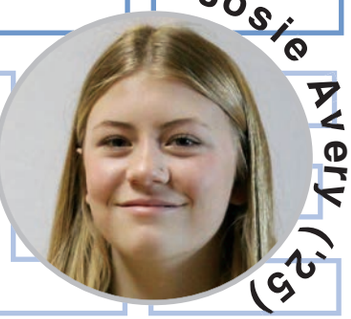

Rafe Cameron


Michael Johnson ('23)


Merida


Allison Jaeger ('22)


Margot Robbie


Josie Avery ('25)





On Tik Tok there is a trend where the Blues Hockey Team have a Look alike cam, they find people in he crowd who look like celebrities and actors. "These videos are so funny and they make my day! The look alikes are so identical," said Maddy Petranek ('23).

Designed by Khendal Johnson.

WHAT'S the TEA?



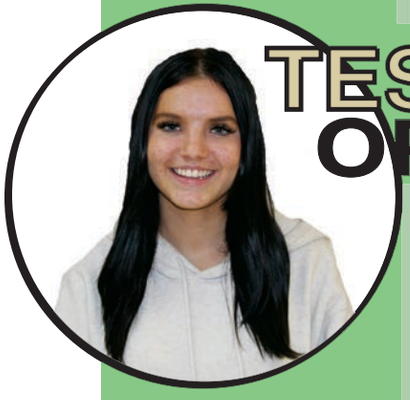
ASHLYN MARBLE ('23)

"Getting teabombs before my games keep me energized and I always can go to impact and know I'll get something I like."



MICAH BUNNELL ('23)

"Having protein after I get a good lift in lets my muscles get the recovery they need in order to see growth."



TESSA OPIOLA ('22)

"I go to impact 3-4 times a week and my go to teabomb is a blue colada with extra blue raspberry powder"

Ever wonder who makes your teabombs? At Impact Nutrition of STMA owner Renee Burns makes the community of STMAs teabombs from 6am to 6pm. **The mornings of Impact and Balance Nutrition are busy people trying to get nutrition before going off to work or school.** Not many communities around our district get the opportunity of having a place where they can come and feel welcomed anytime they come in. “I love this small town community, even though we are wicked big, but it never feels like it is. Even though my kids are out of school I still love that I’m still involved," said Renee Burns. Students come through Impact in the mornings before school or before they have multiple sports going on in the community. **“I like knowing what's going on, so I like making the connects with students and just knowing how their doing and checking in,” said Burns.** Renee has only run Impact for three years but already has made such an impact on this community after former owners the Sigeruds left. “They were like Ken and Barbie, their just so perfect, and I was like who is gonna buy a shake from a fat chick, but here's the thing but I think bringing in a whole other group of people to impact because they might have thought it was just for super thin people or fit people, when it's really just good stuff,” said Renee Burns. Earlier this school year Renee decided to take over Balance Nutrition and open up a second location with the same teabombs and shakes that Impact sells. “Someone else from out of town was looking at buying it, and this is our town we're gonna support the town and the sports teams, so I was like if anyone is gonna do this it's gonna be us,” said Burns. **Impact Nutrition is a place that multiple students from STMA call home and find comfort in when visiting.** Surviving through so many changes and COVID just to come back bigger and better than ever, and will be continuing to keep STMA fueled for years to come. *Spread designed by Alicia Vosberg.*

BATTLE of the BOMBS



BAYWATCH 37%

BOMB POP 63%





BLUE COLADA 56%

BLUE RUSH 44%





KNIGHTS ADDICTION 67%

LITTLE MERMAID 33%



an IMPACT on STMA

OWNER RENEE BURNS MAKES A PROFOUND IMPACT ON OUR STUDENTS.

"I don't really know how to explain it; it just feels like home."
-Tailyn Radloff
sophomore



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***Kitchen closes at 11pm nightly.**



Back Row: Cole Becker, Kameron Krist, Jarrett Wadsen, Roman Dehmer, Barrett Leuer, Caleb Matheson, Jimmy Heil, Sam Eicher, Jed Wester, Jake Springer, Charlie Schoen, Pater Carroll. Row 5: Coach Joriman, Coach Grygelko, Coach Clauson, Eli Davis, Luke Sipple, Jack Sellman, Blake Koehler, Tyson Hentges, Blake Underwood, Bryon Sauvy, Ken Stahl, Brooklyn Lyles, Evan Ronsen, Ryan Rostamo. Row 4: Coach Eller, Chase Mills, Gavin Jackson, Tanner Becker, Jon Nygaard, Grant Bergeron, Eddie Dragar, Joe Scully, Brody Bergeron, Dan Lefebvre, Brian Becker. Row 3: Evan Becker, Neal Kennedy, Tate Lidberg, Sam Anderson, Logan Torkelson, Titus Johnson, Owen Kinney, Owen Barthel, Nik Nielsen, Nate Spindler, Cyrus Dougba, Marcus Mueller. Row 2: Seth Wright, Tate Tolifson, Ryan Williamson, Mark Scheuer, Antwan Sommuang, Landon Robideau, Mason Mills, Anton Berg, Ian Schultz, Parker Janssen, Evan Wicklund, Cody Dixon. Front Row: Kate Nygaard, Ashlin Rattanasinh, Lauren Couture, Lydia Huberty, Rachel Couture, Gabby Thompson, Brooklyn Dixon, Anika Cornell, Avery Husting, Jarai Kamara, Kelsey Cochrane, Sarah Couture, Gabby Eicher, Lynzi Moseng. Not Pictured: Caleb Thoennes, Coach Lange, Coach Matheson, Coach Schlatter, Coach Brolsma, Coach Hackemueller.



Front Row: Alexa Ohlander, Maddie Lundeen, Emma McAlpine, Jubilee Heu, Gracie Turner, Izzie Mariotti, Chloe VanRyzin, Mackenzie Jaycox, Grace Holmberg, Helen Pichler, Autumn Sandberg. Row 2: Alexis Stark, Olivia Reggin, Jasmine Gray, Madison Klein, Josei Bolstad, McKenna Smaagaard, Sam Meszaros, Sophie Zoellner, Claire Bunnell, Emily Scheutz. Row 3: Bitsy Strehlow, Grace Bilicki, Alanna Gifford, Ava Prigge, Lilly Jerpseth, Josephine Mahon, Avery Bennett, Serena Gao, Ava Ronning, Haley Harrison, Madi Lawinger, Winslow Drowne. Not Pictured: Madison Trant.

Spread by Caitlin Pederson



Vivace Choir



Mixed Choir



Concert Choir

Spread by Caitlin Pederson



Concert Band



Symphonic Band



Wind Ensemble

Row 1: Emma Tobey, Ava Lenneman, Olivia Brill, Brooke Beck. **Row 2:** Alex Swiatkiewicz, Logan Kunz, Jordan Holm, Rylan Maynard, Colton Demarais, Logan Jans, Brooks O'Brien, Johnny Tennyson. **Row 3:** Coach Oseth, Coach Johnson, Jake Vagts, Carter Arnlund, Hudson Hochstedler, Jeremiah Johnson, Ethan Christian, Coach Hahn. **Row 4:** Conner Luongvan, Colton Kazmierkoski, Landon Riebel, Carson Radke, Kyle Ross, Riley Purcell.



Row 1: Jackson Brutger, Riley Hilter, Aaron Smith, Jonah Conklin, Drew Luster. **Row 2:** Coach Zopfi, Carter Miller, Brett Schmoyer, Caden Johnson, Zach Purcell, Bryce Popelka, Coach Walton.



Row 3: Braedon Conlan, Tre Singer, Marcus Kruse, Bryce Ulferts, Jaden Getugi, Gavin Edlund. **Row 2:** Coach Radke, Layton Bottlefson, Brock Cornell, Cody Seckerson, James Fry, Asher Novak, Drew Kuechle, Coach Dewey. **Front Row:** Cody Frelich, Gage Kloster, Wyatt Harmoning, Ryan Carroll, Brody Schneider, Tse Nde. Not Pictured: Brock Bugbee.



Spread by Caitlin Pederson



Front: Katelynn Dressler, Megan Gohl, Kaci Brannan. **Row 1:** Noah Sutlief, Nick Neutgens, Kohen Kindgren, Noah Schneider, Jacob Roos, Owen Westerman. **Row 2:** Coach Jason Johnson, Jackson Cross, Nolan Hoyne, Hunter Lucas, Kemry Stich, Coach Jerr Johnson, Coach Goth. **Row 3:** Jacob Baetsen, Cowin Underwood, Jacob Dinius, Kurtis Lekatz, Dylan Fischer, Noah Bilicki.



Front Row: Katelynn Dressler, Megan Gohl, Kaci Brannan. **Row 1:** Jack Woitalla, Zack Wise, Alec Waller, Jack Johnson, Layton Punton, Reme Lobitz, Caleb Waller, Brady Johnson, Austin Dietrich. **Row 2:** Coach Antony, Coach Jerr Johnson, Kemry Stich, Gavin Robeck, Max Miller, Brayden Mogard, Jackson Smithknecht, Karson Raymond, Coach Brill, Coach Goth, Coach Jason Johnson. **Row 3:** Cowin Underwood, Tyler Jordan, AJ Lester,Tyler Davis, Tyler Hanson, JP Johnson, Jacob Rokala. Missing: Coach Miller.



Row 1: Ali Weimer, Jade Goth, Nicole Schumm, Brooke Brown, Tawny Dahlheimer, Sydney Petersen, Halle Dahlheimer, Chloe Finnerty, Jenna Kyono, Jadyn Weiser, Eleanor Thompson-Witt, Lauren Ras. **Row 2:** Maysie Rogoscheske, Emma Mace, Bryn Dahlheimer, Rylee Harrison, Ava Schendt, Lauren Weimer, Danika Weiland, Ella Priola, Ali Schaefer. **Row 3:** Coach Olesen, Evelyn Schmidt, Miah Nelson, Ady Hansen, Adrienne Hansen, Megan Stone, Lilly Gillespie, Coach Bean. **Row 4:** Coach Mitchell, Izzy Cheney, Jenna Allen, Eva Nelson, Josie VanKuyk, Annica Walters, Coach Finnerty **Row 5:** Izzy Rice, Martha Effertz, Lucy Felling, Amelia Mauk, Macey Setter, Josie Brill.

Owen Larsen, Ryan Enga, Tristyn Knapp, Alex Husak, Owen Larsen, Coach Sean Behrens. Not Pictured Brady Anderson



Row 1 : Skye Yaeger, Ashley Markson, Kassie McKeown, Sophia Dishneau, Isabelle Berning, Sofia Dehmer, Grace Scheurer. **Row 2:** McKenna Minette, Halyn McDougall, Jane Dombeck, Vivian Sommer, Kayla Turnas, Addy Miller, Addison Nibbe, Jackie Bergeron. **Row 3:** Cameron Goodwin, Paige Herbst, Lily Covert, Ella Goertzen, Alaina Sommer, Avery Lemonds, Avery Heron, Gracie Kobus, Amarah Peterson, Mariah Como. **Row 4:** Jada Dalheimer, Gwen Herbst, Rachel Hiel, Olivia Esnough, Alyssa Nehring, Alyson Herfel, Haylie Walker-Kuklock, Lauren Underthun, Addy Kennedy, Morgan McKinley, Gabby Delgado. **Row 5:** Coach Heather, Coach Bre Fowler, Briella Maeder, Erin Valask, Cadynce Hassal, Emma Briggs, Tayler Zingleman, Katie McKimmy, Abi Dolan, Cassandra Emmerson, Belle Lazare, Coach Kristi McKeown, Coach Madeline Feigum. Not pictured: Managers.



Row 1: :Abby Hoselton, Piper Carlson, Kylie Diaz, Emma Miller, Julia Wagner, Tessa Johnson, Lauren Hoselton, Cail Jahnke. **Row 2:** Zaya Esterberg, Madi Gartner, Coach Walters, Coach Cleveland, Coach Hamre, Coach Lahr, Coach Anderson, Mackenzie Berg, Hannah Kvant. **Row 3:** Daysia Simmons, Gabby Voigt, Ja'Kahla Craft, Molly Ruhland, Maggie Lindeman, Nikki Braun, Ava Haus



Spread by Caitlin Pederson



JUNIOR VARSITY BASKETBALL

Row 1: Nikki Braun, Maggie Lindeman, Julia Wagner, Cail Jahnke, Molly Ruhland. **Row 2:** Hannah Kvant, Audrey Radintz, Coach Walters, Coach Cleveland, Lauren Delong, Lynae Walker, Ava Haus. **Row 3:** Mylin Lemke, Gabby Voigt, Daysia Simmons, Zaya Esterberg, Mackenzie Berg, Avery Freeland, Drew Bushard.



9TH GRADE BASKETBALL

Row 1: Mara De Frutos, Kali Merfeld, Callan Wagner, Maggie Steele, Gabby Keefer. **Row 2:** Fae Bromley, Audrey Radintz , Shannon Walters, Lauren DeLong, Mia Hunter. **Row 3:** Halle Hicks , Brooklyn Bigalke, Ayla Auseth , Hailey Walbon. **Not pictured:** Amelia Fehn, Renae Foster, Trynnity Bichler



10TH GRADE BASKETBALL

Row 1: Ella Slusarcyk, Chole Yantes, Elaina Eisen, Trynnity Bichler, Kennedy Van De Riet.
Row 2: Caylee Casey, Adeline Fehn, Ava Nakhleh, Lizzy Anderson, Layla Flemming, Sophie Debrobander, Ava Schmidt..
Row 3: Josie Lewis, Olivia Sauer, Paityn Pagenkopf, Renae Foster, Claire Ruhland, Ella Erickson.

Row 1: Carter Gould, Danny Moylan, Henry Tillmann, Nolan Spiekermeier, Will Mckoewn, Brett Behn, Josh Cooper, Chance Crowley. **Row 2:** Dive Coach Jenna Nevonen, Kyler. Williams, Brady Lindstrom, Rocco Amente, Alex Martin, Landon Prepodnik, John Hartnett (Captain), Owen Negaard, Will Dorsfman, Kris Medlock. **Row 3:** Head Coach Ryan Hawke, Dane Barthel, Hayden Snyder, Gavin Meyers, Liam Ryan (Captain), Jack Davies, David Ebert, Will Negaard, Conner Smith, Asst. Coach Jon Kemp. **Row 4:** Peyton Turpin, Andrew Beack, Cole Sarkinen, Carter Wurst, Will Sarkinen (Captain).



BOYS' SWIM

Front Row: Bill Vajhmoob, Alexis Illies, AQ Bui, Madison Bleess, Jozie Shepherd, Annika Greski. **Row 2:** Alex Murack-Miller, Ari Marquette, Rebecca Kosey, Reese Smith.



MOCK TRIAL

Front: Maria Mansaray, Anjie Alade, Ella Olson Back: Kaiden Dreis, Davin Dufner, Wyatt Klement, Nick Popovich. Not pictured: Cooper Hayes, Trinity Hanif, Alex Boltz.



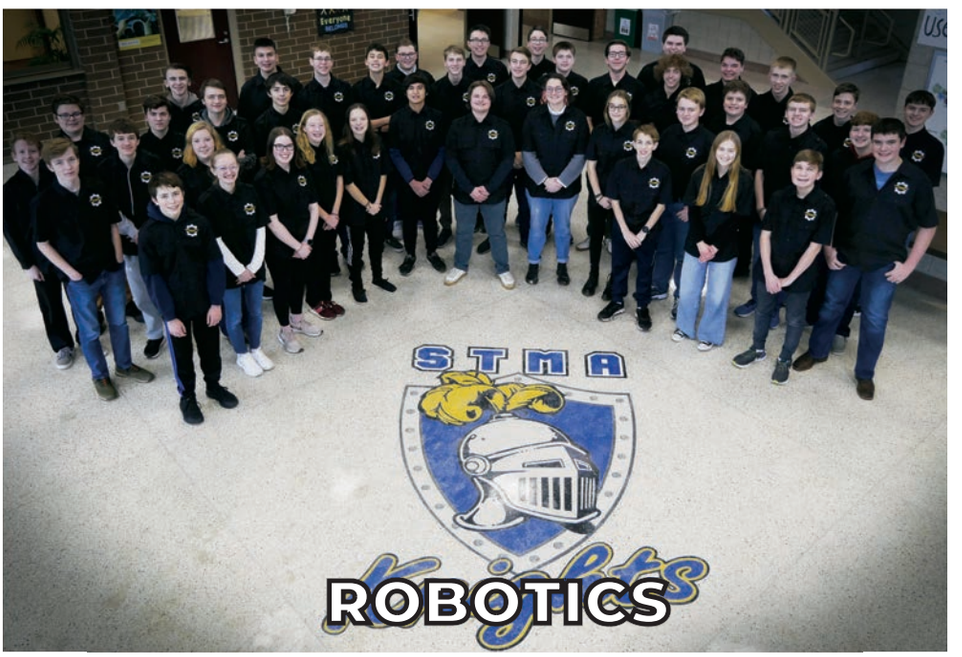
DEBATE

Spread by Caitlin Pederson



SCIENCE OLYMPIAD

Top Row: Ansel Herbes, Nathan Sebeck, Ashlynn Badenoch, Kylee Walsh. **Front Row:** Eric Maomanyvanh, Mr. Olig, Heidi Odenbrett, Kate Brandli. **Not Pictured:** Jade Goth



ROBOTICS

Front Row: Alex LaVigne, Holly Hultman, Sydney Gasser, Addison Van Vooren, Grace Kirk, Nathaniel Gremmels, Emmet Peterson, Becca Kosey, Avery Pfister, Nick Steele, Kaitlin Christianson, Ben Carroll. **Row 2:** Lucas Schweisthal, Ty Hurd, Blake Moran, Marah Van Vooren, Dylan Rattai, Justin Mehes, Alex Behrens, Vincent Muraski, Matthew Malkowiak, Mason Auseth, Matthew Bartos, Tyler Turpin, Jack Erickson, Trey Dubel, Alex Dehmer, Ben Williams, Caleb Iddings, Cooper Libby, Bruce Flam. **Row 3:** Preston Cady, Elliot Simon, Declan Sizer, David Dupris, Bennet Cotterman, Wyatt Klement, Jacob Vaerest, Ray Koch, Audie Wadmacher, Jackson Hamilton, Nicolas Conrad. **Not Pictured:** Jordan Lee, Jackson Thering.



SPEECH

Row 1: Keira Baker, Ava Huggins, Dylan Rich, Alessandra Muraski, Carter Loebertmann. **Row 2:** Abby Hauxwell, Olivia Hanif, Trinity Hanif, Anjie Alade, Taylor Olson, Sydney Amundson, Ella Olson. **Row 3:** Janelle Sylvester, Margot Bromley, Norah Langager, Noel Black, Emma Cliff.





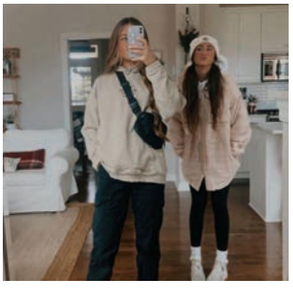




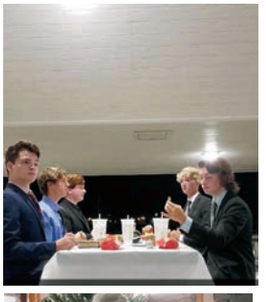
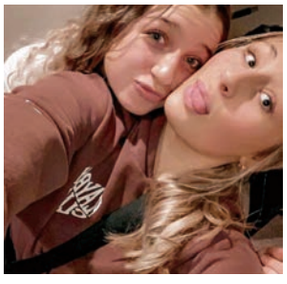









SAMS CHRISTMAS
VILLAGE AND









NOW LET IT SNOW





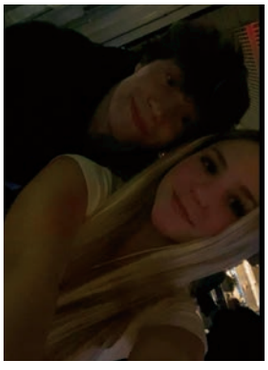












spread designed by Kaylynn Denny






Camryn Lukkar (photography editor)



Hillary Gustafson (Editor)



Oliver Hilstrom



Liv Oscarson



Kaylynn Denny



Sadie Mickelson (Editor)



Alaina Thompson



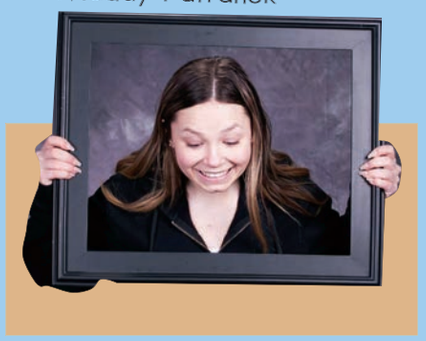
Paige Holm



Hannah Henschell



Maddy Patranek



Josie Vankuyk



Emilynn Molesky



Khendal Johnson



Alicia Vosberg



Piper Carlson



SUMMER 004
FALL 016
PEOPLE 084
WINTER 214
SPRING 286

NOW YOU SEE US

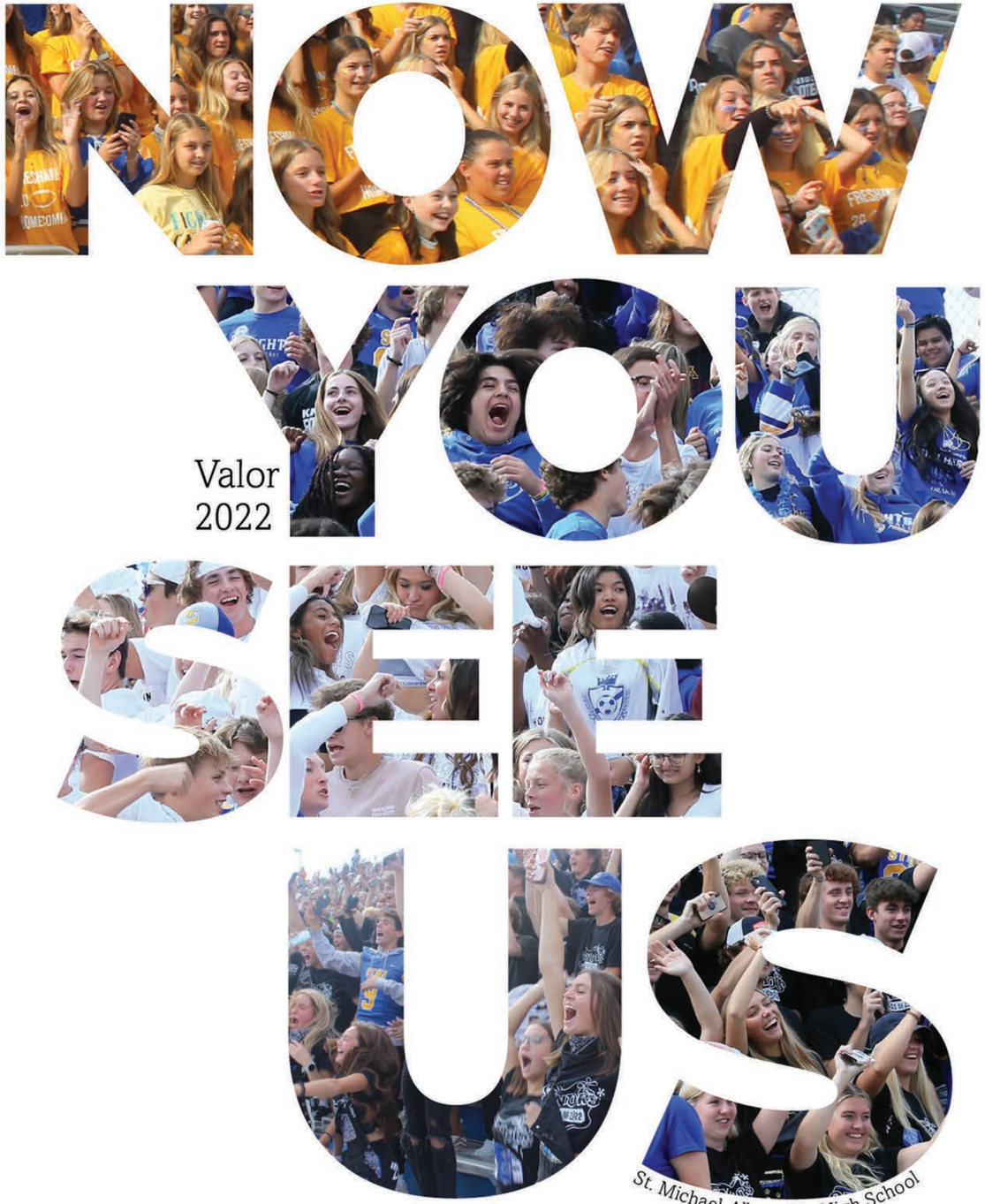
PHOTO BY CAMRYN LUKKAR

Valor
2022

ST. MICHAEL-ALBERTVILLE HIGH SCHOOL

Vol.
24

Walsworth®



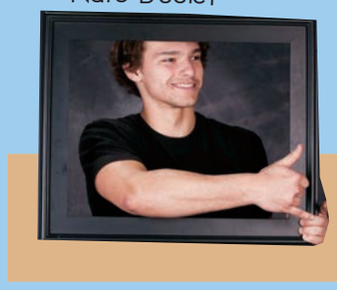
SO YOU'VE SEEN IT ALL

PHOTO BY CAMRYN LUKKAR

You make the year;

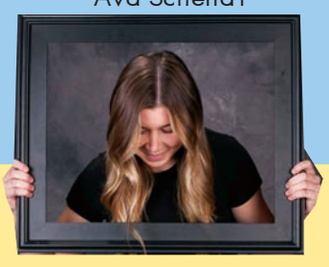
NOW WE MAKE THE BOOK

YBK STAFF 2022

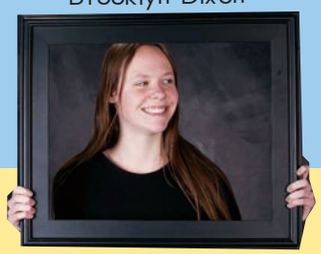

Nate Beeler


Max Keefer


Caitlin Pederson


Ava Schendt


Cate Kowalke


Brooklyn Dixon


Sophie Juntunen


Avery Jackson


Casey Fredrickson


Tiffany Simon


Jordyn Clapp


Grace Bunell


Ashley Tillemans


Julia Intrieri


Tessa Opiola


Ashlyn Marble

Not Pictured: Jake Hochstatter

YEARBOOK STAFF


BLACK
Girl
MAGIC
HELLO
GOAT
GIRL
I'M A




Slay




Girl
BOSS










GIRL
BOSS


BOSS
Slay
BESTIES



NOW SPRING HAS SPRUNG

REWRITE THE STARS. Emily Muyale ('23) and Eli Potts ('22) pose at Grand March on April 30th. Emily Muyale had sprained her ankle playing soccer. "I contemplated dropping out but still did it; it was hard to dance but still a lot of fun," said Muyale ('23).



Track and Field team adapts to the cold weat

STAYING ON TRACK

The runners are on the blocks, anxiously waiting for the starter pistol to blow. As the sound blows, the girl's Track & Field season begins. They try to run to the best of their abilities while being on a smaller track than usual. Track & Field has had some setbacks from the cold spring. Even though the girl's track & field team was forced to practice inside longer than they usually do, the girl's didn't let that destroy their season. **Hannah Kvant** ('23) 300m hurdler explains, "It's nice that we have access to a good facility, but indoors is nothing like outdoors. The curves indoors make things a lot more challenging and hard on our bodies. The environment outside is a lot more exciting and makes running more realistic. Indoors is nice for a few weeks but being outside makes track so much better." Even with having a small place to practice, multiple girls have broken records and made school history. One of these girls is Sadie Strait. She beat North Carolina commit Anna Keefer's school record in the 55 meter run. **Sadie Strait** ('24) 55m runner said,"It was my first race since 7th grade so I was nervous. I had a lot of adrenaline in the blocks and was really anxious that I was going to get dusted. Fortunately, I ran pretty speedy and after the race I was super surprised when I found out that I broke Anna Keefer's record." The girls worked incredibly hard and didn't let anything stop them from meeting their goals this season. "Our biggest goal is to win as many meets as we can but to always grow and get better as individuals to support the team," said **Lydia Peterson**('22) Despite the challenges the Track & Field program has been faced with this season, they continued to practice hard, break records, and become the team to beat in the Lake Conference. *Spread designed by Avery Jackson and Kaylynn Denny.*



SELFIE PRO MASSMAN. Track and field head coach Mr. Massman takes a selfie with the girls before a meet.



SPEEDY SADIE. Sadie Strait ('24) (left) beat the 55m dash record set by Anna Keefer six years ago. Strait beat it by .02 seconds, winning with a 7.37 second 55m dash on April 7th 2022 agaisnt Eden Praire. *Photo by Tim Bykowski.*



her

FACE OF THE RACE. Lainey Jerulle ('25) and Judsone Chea ('24) start their 55 meter dashoff strong. "When I first get on the blocks I feel nervous. As soon as I'm ready to go, I do a complete 180 and feel focused and determined. When the gun goes off, it's an immense burst of energy," said Chea when asked how she feels when the dash starts. *Photo by Avery Jackson.*

NOW THESE ARE THE FIELDERS

How do you train for your field events?

Jackie Bergonon ('24)



"To train for pole vaulting we put up bungees so we can try to get our feet higher over and clear the bungee."
Pole Vaulter

Alysaa Nehring ('23)



"Training in the off season has definitely helped me reach my goals, I also put in work out side of practice."
Pole Vaulter

Kari Smelter ('22)



"Doing a lot of form and drill work before I even throw a discus helps my performance a lot better,"
Shot Putter

FAST AND FURIOUS FRESHMAN

Keefer breaks school record

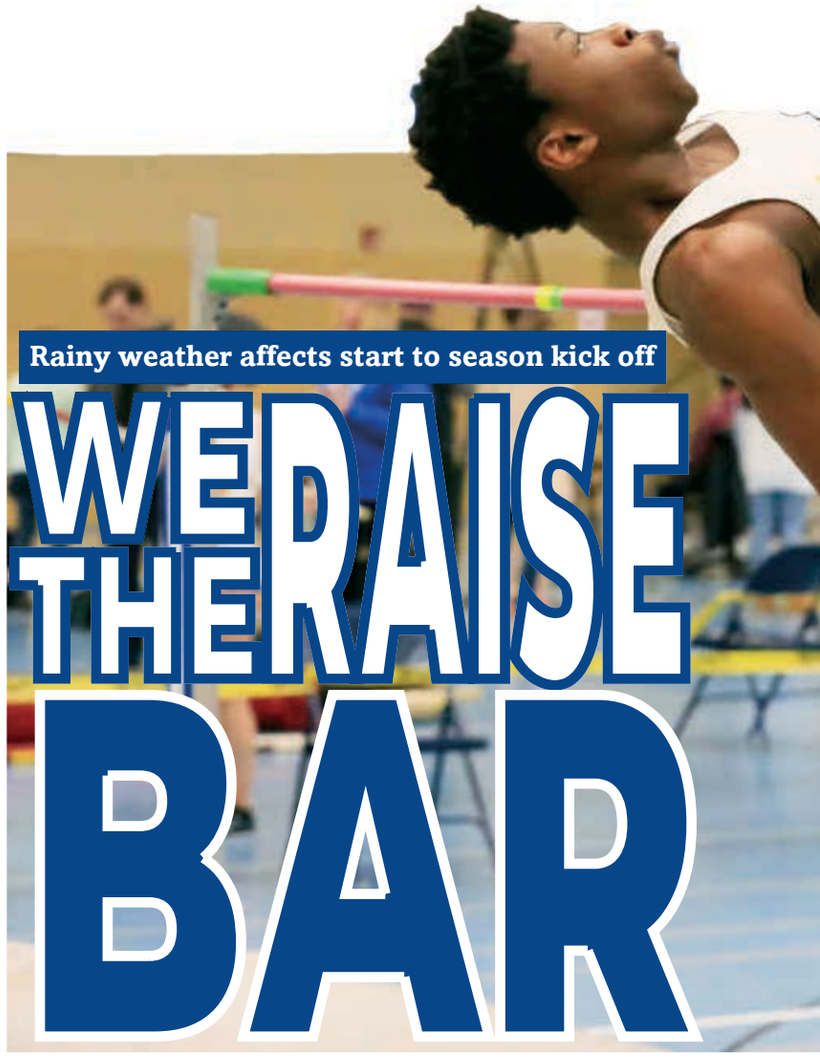
Gabby Keefer ('24) broke the indoor triple jump record which was originally 36'5 but is now 36'6. Keefer said, "It made me feel so accomplished and happy." "Breaking the record was me just putting in 100% effort at all times and all the work I did during the off season really shows."

Gabby Keefer can triple jump the length of a 35 ft long bus!





"This was a very proud moment for me and my coaches to share!"
Gabby Keefer
-on breaking the triple jump record



Rainy weather affects start to season kick off

WE RAISE THE BAR

The track season started out with some rough sailing, the weather being a problem has forced athletes to adapt and overcome while still competing against one another. Five weeks into the season and athletes are still stuck running and training on the AC floor. The athletes have kept a positive attitude and made the most of the bad weather to stay on pace for the rest of the season. Hurdler **Sam Monseth** ('22) has been finding his rhythm in the 110 and 300 Hurdles. Monseth expresses, "I hate training indoors, I wanna get tan and be outside, also you get shin splints easier inside and it's harder on the legs because of the sharp curves." While not all events are affected as much by training inside, **Jeremiahu Johnson** ('25) a Long Jumper shares similar feelings about training indoors," The weather has been terrible because it has kept us inside for meets and the AC floors are not even close to as good as the track." Jeremiah being a first year hasn't been able to experience good weather at an outdoor meet yet. *Pictured left Caden Nordberg ('22) running the 1600. Spread designed by, Nate Beeler, Max Keefer, and Maddy Petranek.*



WE CHOOSE NOW

"When you give up, someone else is still going, and the day you meet that person, that person will win."

Ethan Wesseh '23



"I would say what motivates me is seeing what I can do, and I love to compete against other throwers. Also, to see the distances I can throw and improve week to week!"

Owen Barthel '22



"It's exciting being on varsity this year because its my first year doing track and have a long way to go."

Jeremiahu Johnson '25





"I broke the indoor Triple Jump record of **43-6"** with a jump of **44-.75** and was the only STMA athlete to come away with a first place at Hamline. My jump of **46-1.75"** puts me number one in the State."

- Max Keefer senior

BREAKING RECORDS



> Thanks to everyone who helped get to where I am today.
>
> **-Morris Suah**
>
> *-sophomore*

JUMPING THE BAR, **Morris Suah** ('23) is pictured high jumping in his first indoor track meet of the year. *Photo by Tim Bykowski.*





FIERCE FOUR 4 X 100

A couple of new faces this year for the varsity 4x100, **Jarrett Bennett** ('22) is the leader of the relay keeping the young guys on track! These guys know how to work together. Anchoring the relay is **AJ Lester** ('23). Lester says, "Finish fast don't let the team down." **Ryan Kaydea** ('24) and **Muhiz Bada** ('24) have been a big part of winning. The relay clocked a PR of 44.69 at Hopkins.



PRINCESSES WEAR CLEATS



The Lady Knights battle through a tough season

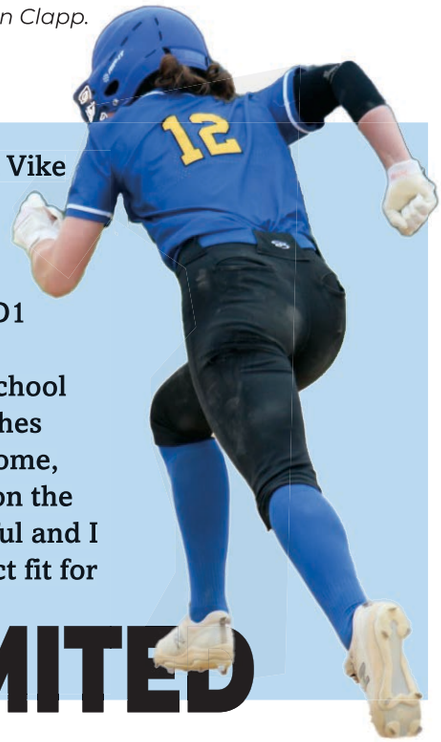
The season started off with weather complications which unfortunately canceled and postponed early season games. Around 10 games have already been canceled due to the rain storms and mucky weather during late April. With the season starting in late February, the team has only successfully played five games in April. With many setbacks the Lady Knights still have managed to go 3-1.The two first wins of the season were against Rogers with the winning score being 2-1 in the bottom of the seventh inning with **Jordyn Clapp** ('23) scoring the winning run. The game against Edina was also a win with a significant score being 10-0. The one tough loss was to Chanhassan, as they were State champions last year, the Lady Knights stayed neck and neck all throughout the game regardless with a final score of 6-7. **Emma Vike** ('22) and **Taylor Tschida** ('24) hit their first home runs of the 2022 season against the Chanhassen Storm.Tschida explains her excitement about her 3 run home run."It was my very first Varsity home run so it was awesome and it tied up the game so that was cool".The game ended with Chanhassan winning with a home run in the last inning. Although the season has been challenging sophomore Grace Fouquette has worked hard offensively and defensively and her stats have proven. "It's a good opportunity to be on a team with fun people and get to have a normal season." The girls had many frustrating times with games being canceled and having practicing inside, being limited to certain things. **Emily Mueller** ('23) said "Though it's not the softball season that we have all hoped for, I'm glad that we are getting practice in." With so many game cancellations the Knights have had to reschedule multiple times causing very busy weeks coming ahead with games almost every day of the week. **Erin Hartnett** ('23) explains her frustrations: "I feel like it will help us build as a team but it will definitely be a lot on our plates." Even though the Knights have had a very tough season with rain delays, snowy weather and strong winds they battled hard throughout the whole season and made the best of it. *Spread designed by Ashley Tillemans and Jordyn Clapp.*







Senior Captain Emma Vike plays her last season with the Kngights. The SDSU Jack Rabbits welcome Emma as a D1 commit. "I love the enviroment that the school gave me and the coaches made me feel so welcome, right when I stepped on the campus it was beautiful and I knew it was the perfect fit for me."



COMMITED

KNIGHTS SQUASH HORNETS

READY AT THE PLATE. Anika Rogers ('23) comes into the game strong with a double, a singe and 2 runs batted in (RBI). *Photo by Ashley Tillemans.*

FOCUSING IN. Khendal Johnson ('23) starts on third base focuses in every pitch to be ready for anything. *Photo by Ashley Tillemans.*

RUN WITH THE WIND. Emma Miller ('22) the lead off hitter starts the game with a walk and then steals second. *Photo by Ashley Tillemans.*



TEAM ROUND UP. The team makes thier final pep talk before the start of the game against Edina. The Lady Knights contuine the tradition of "Making Soup" with their bats before each game as thier pre-game ritual.

CHECK THE WIND. Jordyn Clapp ('23) dives for a ball in left field during warm ups to get ready for the game against Moorhead. "You always need to be ready for anything because you never know with the wind." Photo by Ashley Tillemans.

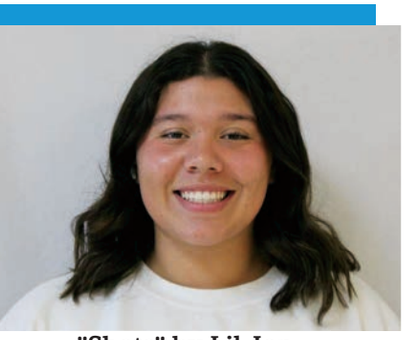




PITCHING QUEEN. Ella Luoto ('23) has five different pitches. Fastball, Change Up, Rise Ball, Curve and Drop Ball. She has been perfecting these pitches for many years and is looking forward to having two more full seasons of high school softball. "I have been pitching since I was 5, I love pitching because I like being able to be a big part of the game. Even though it is a lot of pressure my teammates are always there to back me up and support me." *Photo by Ashley Tillemans.*

NOW WE JAM

2022 Walk-Up Songs



"Shots" by Lil Jon
Kylie Gaston ('24)
1st base and Shortstop



"Not afraid" by Eminem
Jadyn Pelowski ('23)
3rd base and Outfeild



"Memories" by David Guetta
Paige Holm ('22)
Pitcher and Outfield



"PSA" by Jayz
Sophie Juntunen ('22)
2nd base

Knights defeat last year's rivals 2-0

On April 11, the Knights played their first game of the season against the Rogers Royals. Last year, the Knights lost against the Royals in the section final which ended their season. The Knights had previously faced the Royals three times that year and the intensity continued to grow between the teams. The Knights lost the game of the section finals leaving this year to be the ultimate tiebreaker, especially for the 13 returning seniors. Pitcher **Owen Neros ('22)** said, "It was nice to kickstart the season off against one of our biggest rivals and the team that unfortunately ended our season last year." The rematch was a close game ending with the Knights pulling the win. "It felt good to get revenge and to win but the season goes on and we still need to beat them at the end of the year," said 2nd baseman **Ryan Fischer ('22)**. As the Knights continue their season, their goals remain high. With a majority of the team being seniors, the team has been playing together for many years. Pitcher **Hayden Frank ('22)** said, "We have been building team chemistry since 10U and we expect the best out of each other. We need to keep playing as a team and we will keep winning ball games." STMA baseball holds these ideas of unity close as they continue into their season. *Spread by Alaina Thompson and Casey Fredrickson.*



ALL WE HAVE IS NOW.
Pitcher Hayden Frank ('22) at the mound pitching against the Bemidji Lumberjacks.
Photo by Casey Fredrickson.

Defending the Diamond

Players describe their defensive strategy on the field.



Kaden Amundson, (12)
VARSITY CATCHER
"The most important part of my position is being a leader on the field. I clear my mind and let my instincts come. I like to have fun and you'll see me dancing around. That reflects my play and that's when I play my best."

Matthew Maulik, (11)
VARSITY SHORTSTOP
"Always make the play and know where the next hop is going to be. I am always in ready position. Knees bent. Locked in before the ball is hit to me."





Reid Barnard, (11)
JV/VARSITY LEFT FIELD
"When a ball comes my way, the first thing that comes to my mind is get the ball even if it means sacrificing my own body. Get an out for the team."

Zach Romans, 12
VARSITY PITCHER
"The most important thing to defense as a pitcher is having good defense behind you. As a pitcher, you can't always pitch for strikeouts, and having good defense makes the balls put in play outs."



KNIGHTS BACK ON TOP



STEPPING UP TO THE PLATE. **Hayden Olson ('22)** amidst an at-bat against the Rogers Royals. "When I am standing at home plate, I focus on the ball being released out of his hand. I try not to pump myself up because I think it's better to hit when you're calm," Olson said. *Photo by Casey Fredrickson.*

CAPTAIN CARDS

The 2022 senior captains share their favorite baseball player.



"My favorite player is **Barry Bonds** because watching him crush 700 runs would have been so cool to experience."

"**Tori Hunter** was my favorite player. I think that he was an incredible leader and role model. He kept it light and kept it fun which is exactly what I want to do here."





"My favorite player is **Mike Trout** because he is an all around player and he is the player that got me interested in playing outfield."

TAKE ON THE GREEN IN FULL SWING

Golfers' Discuss Conflicting Start

The Fox Hollow Open

Jack Cornell ('23)



1st

Michael Labrador ('25)



2nd

Ethan Christian ('23)



3rd



JP Johnson ('22) take a shot with a 7 Iron



James Anderson ('25) focuses his shot on hole 9 with a hard swing

SWING ON THE GREEN
Jack Cornell ('23) takes a practice swing on hole 9 on April 27th, 2022
Photo by Tessa Opiola

Back at it in full swing on the soggy green. This year has begun with a slow start because of conflicting weather. Many of the golfers have struggled with getting started to prepare for the course and tournament with practice being moved to the gym or being canceled fully. **Braedan Sauer ('24)** expressed, "It has been a hard year for the team to excel and get better with the conditions outside, but consistently practicing outside when I can has helped us this season." The first tournament being played at Fox Hollow at a home course the team started off with a 325 as a team. Varsity golfer **Jack Cornell ('23)** ended with a 72 leading the team for first. Cornell stated "being back out on the course there are still many things I would like to work on moving forward to improve my game but the most important thing would be my iron game and getting consistent hitting the green". As the team keeps moving forwards in the season many of the golfers would like to see themselves improve throughout the year and into their future years. Varsity golfer **Quinn Opiola ('25)** expressed, "As being one of the younger guys on the team I would like to improve my scores to keep up with the older guys on the team." Many STA senior golfers would like to expand their time into the future with golf. Varsity golfer **Jake Breuer ('22)** stated, "I plan on continuing golf for the rest of my life because it is one of those sports that only gets better with time. Hopefully I can teach many other people to enjoy the sport like my STMA coaches have done for me." As the season started off with some conflicting weather many golfers have been able to use their practices to future their talent and be able to improve in their skills when approaching the course.

Designed by & Photos by Tessa Opiola



Jacob Reineck ('23)



Quinn Opiola ('25)



Jake Breuer ('22)

TOOLS OF THE TRADE

Wedge: inside 100 yard on the green

Pitching Wedge: 135 yard approach shot

7 Iron: 170 yards out to get on green

3 hybrid: 215 yard shots on par 5

Driver: hitting off tee on par 4's & 5's

Putter: Hit on the green

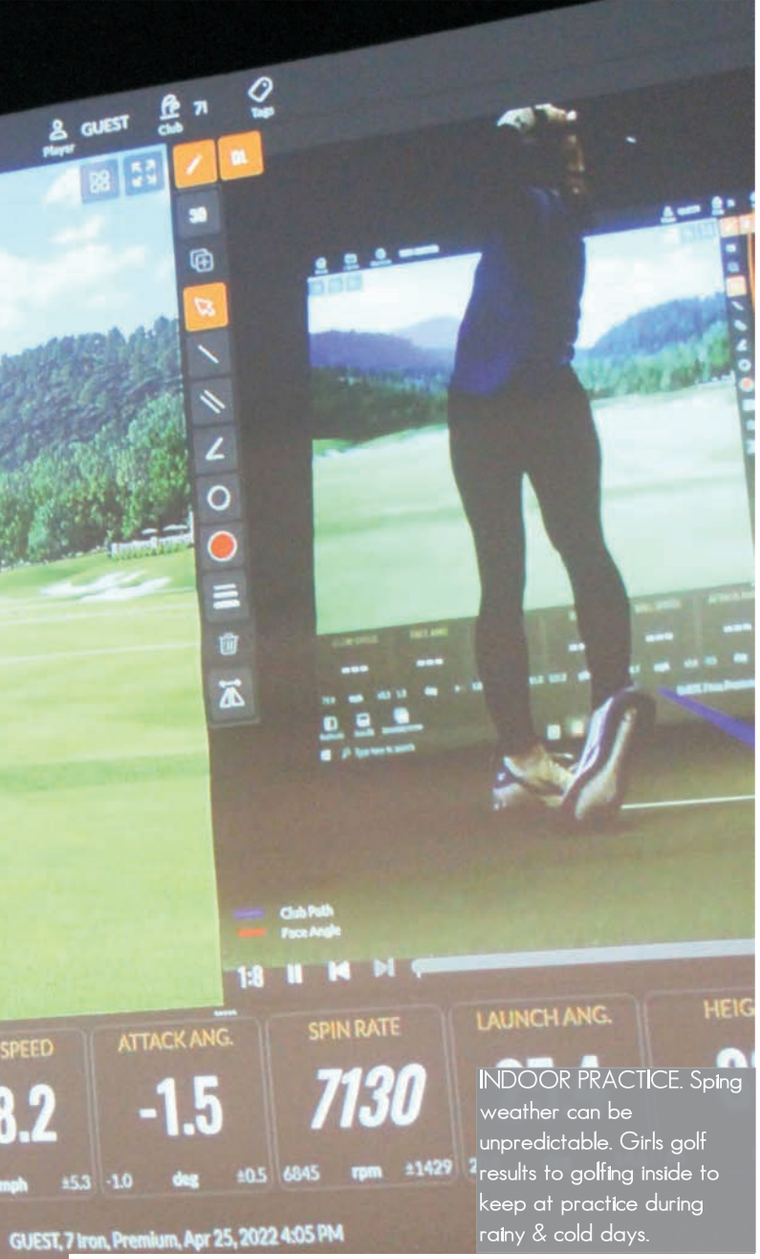


> Practice in the simulator is better than in the AC because you can see your actual ball flight and get a good feel for how your swing is going.
>
> -Rachel Shedlov
> *senior*

NOT SO FLY AS A BIRDIE

Girls' golf deals with weather cancellations through a three month season.

During early spring days of unmotivating, gloomy weather, the Golf girls' patiently wait to see the sun glistening off their ball. The team has experienced many cancellations. "So far, we have been off to a slow start. The crappy weather makes the season feel as if it will leave us with little to no time to practice before we begin to compete," explained **Ellie Breuer** ('22). The weather hasn't made these girls quit yet. **Avery Laitnen** ('22) is hoping to put up her scores and can't wait to get back into the groove of everything. "The season has been very rough with the cold weather conditions, but I love golf and playing for STMA, and I know that not every meet will be in bad weather," Laitnen proposed. With limited time to practice, **Rachel Shedlov** ('22) described, "It's frustrating, because we only have so much time in the spring season so when all the meets get rescheduled later on in May instead of having practice between events, we are playing so often that there isn't really time to practice," Shedlov said. Rain, snow, sun, you name it, the STMA Girls' Golf Team are hopeful for beautiful blue skies and bright green grass, very soon. These girl's have proven that the weather can't and won't stop their dedication and passion for the sport. *Pictures by Julia Intrieri. Spread by Hillary Gustafson and Julia Intrieri.*



INDOOR PRACTICE. Sping weather can be unpredictable. Girls golf results to golfing inside to keep at practice during rainy & cold days.



BAGGIN' IT. Some think you only need one club to play golf, when in reality it takes much more than just that. A set of clubs consists of a lot, and can be considered to be expensive. "Over time, I've only had two sets of clubs. The price of equipment can affect my motivation to play because you are sometimes able to play better with more expensive equipment," explained Olivia Brill ('22). A traditional set of clubs consists of a driver, some irons, wedges, a putter, and possibly some hybrids. A set might also include accessories that make golf more fun and convenient.

WHAT'S YOUR DRIVE

Girls golf average drive in yards.



"My average drive is around 215 yards. I'd say my drive has improved over high school because of my coaches helping and changing my swing,"
- Hannah Spalding ('22)

"My average drive is about 155 yards and I think it will stay pretty consistent through this season!"
- Bryn Powell ('24)





"My average is about 170 yards. I've been golfing pretty much my whole life, and I have really improved my swing and average drive over time."
- Avery Freeland ('23)

"My average drive is around 200 yards. I've been golfing for about seven years now and my drive has gotten further and more straight over time."
- Olivia Brill ('22)



Preparing with the Knights for Minnetonka

This year's girls lacrosse team is ready to defeat Minnetonka and prepare for a great season. With losing and gaining different players, the team is ready to work together to have an amazing season. This year's starting line up is unique in the fact that there were a lot of girls trying out, so there had to be a second squad added. **Mid Drew Bushard ('23)** explained, "This year's starting lineup looks a little different because there are a lot of seniors. Everyone on varsity has a positive attitude for this year's season and we are looking forward to getting better". Every player does something different to really prepare for a game. This way, the players can all learn from each other in order to work together as a team while still having their own preparation time. **Attack Dani Weiland ('25)** said, "Being one of the younger girls on the team, I make sure to drink a lot of water, eat good food, and get a lot of rest to make sure I am playing my best". The players have been preparing for the game coming up against Minnetonka. **Defense Jenna Kyono ('22)** shared, "To prepare for the Minnetonka game, I watch film from last year and from the most recent game and I just communicate with the girls on the team to watch out for some of their best players". This year's team has the right amount of confidence and preparation for defeating Minnetonka. **Defense Brooke Brown ('22)** added, "I think that if we play our game like we've been playing in practice and season so far, we will be able to pull it out". This year's team is ready to prepare, work hard, and follow their starting line up in order to defeat Minnetonka, and the other teams in the Lake Conference. Knights lost 10-17 against Minnetonka.

Spread design by Hannah Henschell and Ava Schendt.

NOW WE STICK TOGETHER

UNDER THE LIGHTS

Starting the game, the girls had to play late against Minnetonka. Knights lost 10-17 to Skippers. Attack Allie Lombardi ('22) said, , "Playing under the lights feels like a game day. Everyone is focused and excited to play. If its day light, it just feels like an everyday practice. Its definitely a good feeling."

Photo by Izzy Rice.

Team Superlatives



ELEANOR THOMPSON-WITT

Most likely to carry the teams' energy.



LILY GILLESPIE

Most aggressive on the field.



NIKKI BRAUN

Most likely to forget their stick at home.



JENNA KYONO

Most likely to be late to practice.

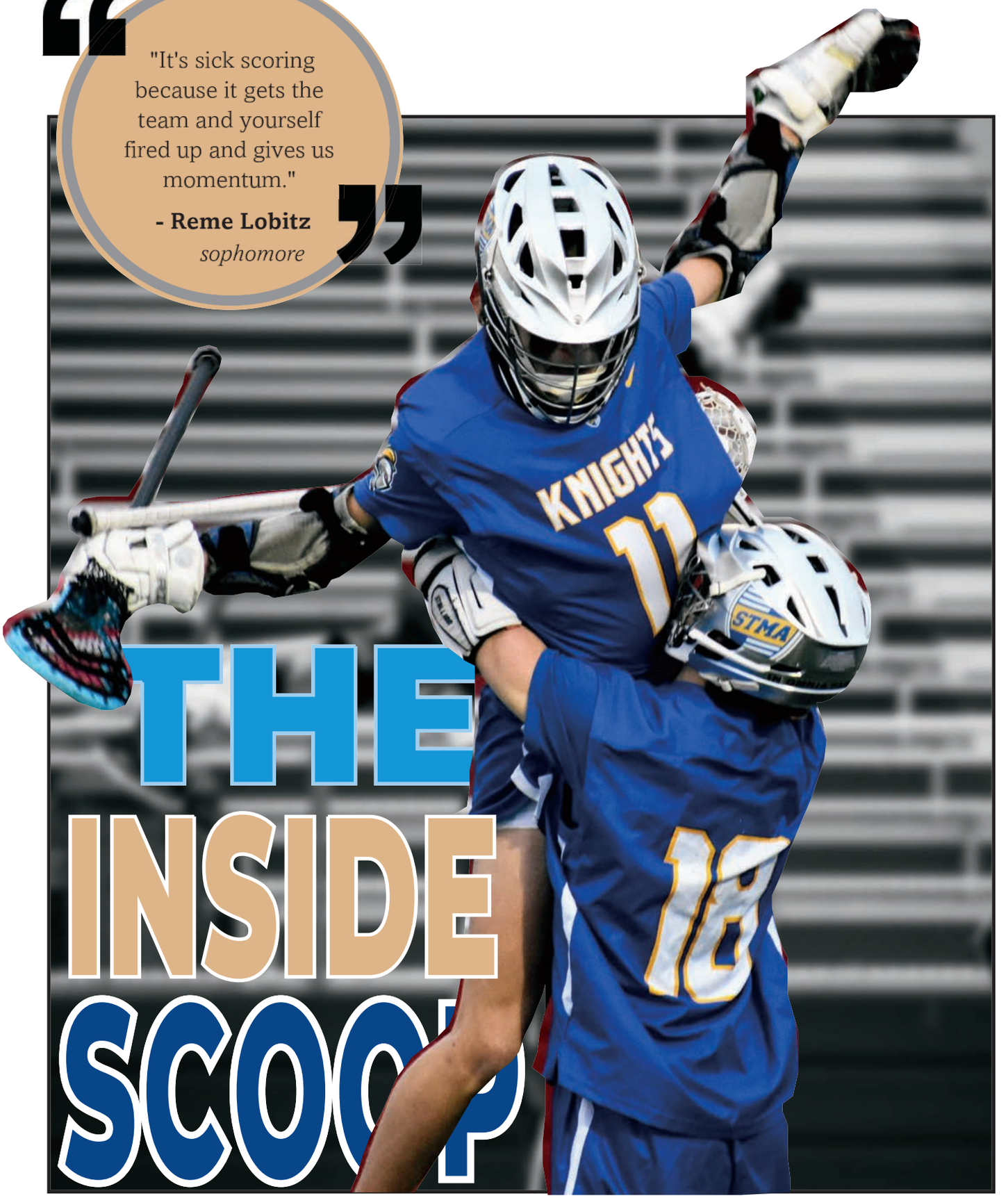


MADDIE ARRO

Most likely to get injured .

"It's sick scoring because it gets the team and yourself fired up and gives us momentum."

- Reme Lobitz
sophomore



THE INSIDE SCOOP

KNIGHTS SCORE. Reme Lobitz ('24) celebrates with captain Josh Tourville ('22) after scoring the third goal of the game. Lobitz scored two goals during the match up verse Monticello. Lobitz said, "Hitting a good celly after scoring is an elite moment in every game."



ROOKIE YEAR. Defensemen Dylan Layton ('23) played his first ever lacrosse game against Monticello. "I don't feel any pressure while playing. I think of the team like family so I trust in them that they will play their roles perfectly so that we can win as a whole team," said Layton.



CHALLENGES. In the sport of lacrosse there can be challenges. Learning the plays and keeping up with the ball. Mid Micah Bunnell ('23) says, "The most challenging part of lacrosse is the fact that the ball is constantly moving and its hard to keep pace."



NEWBIE. On this years team there is alot of new players. Mid Jagger Chalich ('22) said, "I joined because I wanted to be with my friend to compete with and just to be on a team for my senior year."

CAPTAINS CORNER

NATE BEELER ATTACK



"It feels great to be captain, I love the group of guys we have this year and I'm just happy I can help lead them"

OWAN NEVALA DEFENSE



"Being a defensive captain takes a lot of responsibility and knowledge to know how to successfully run the defense. When the team falls behind, as a defender there is a tremendous feeling of letting the team down. As a captain it is my responsibility to keep my head up and help others reach their full potential"

BRAYDEN MOGARD MIDFIELD



"Being captain comes with the responsibility to lead a team, take blame when things go bad, and take little credit when things go good, also always having a high standard for the game"

BO BITZER MIDFIELD



"Being captain for two years, I would sat the only difference this year to last is when anyone needs anything they look to me for an answer more than before, so just always being able to come up with an answer for any issue or questions"

Knights vs Monticello Magic

The lacrosse team traveled to Monticello on Tuesday, April 19th. It was the first game of the season after one had already been canceled due to weather. The Knights won the game 11-7. A big part of lacrosse is scoring because that is how you win the game. Winning is the whole object of the sport. And being able to win the first game is big. Attack **Luke Erlandson ('24)** said, "It's a good feeling to start the season with a win. It doesn't put any pressure on us but it does give us higher expectations for the rest of our games." Lacrosse games can become very close in score. As a goalie you have to be able to save the shots to keep your team ahead. Goalie **Tye Kuechle ('22)** said, "There is definitely pressure being in the net, especially when it's a close game. But if I stick to taking deep breaths and focusing on my job on the field the pressure becomes numb." For a lot of seniors on this team the game vs Monticello was their first last game. For others it was their first last high school game because they are playing at the collegiate level. Mid **Josh Tourville ('22)** is one of the seniors moving onto the collegiate level. But it is also his last year of high school lacrosse, "It's bittersweet because I am excited to get the season started and play with the boys, but it's a bummer that it is my last year. Our team is pretty talented and we all have a good bond." In conclusion the boys won their first game of the season after the original first one got canceled. They won by four goals. *Spread designed by Josie Vankuyk and Ashlyn Marble. Photos by Ashlyn Marble.*

KINGS OF THE COURT

Being on the road helps STMA boys' tennis build a better team

STMA boys' tennis has been on the road for a majority of their 2022 season. Being on the road so much really brings a team together. Carter Krohn ('23) states, "There is a lot of bonding on the bus, everybody will be listening to music and a lot of the time we bring a speaker, it's a ton of fun." Traveling for sports can be really exciting, but it also has its downsides. Staying on track with school can be really hard for the boys. It requires a lot of extra energy and work to keep things together. "I try to take school really seriously and use tennis as a time to relax from school," said **Jacob Goth** ('25). **Michael Anderson** ('24) expresses, "Sometimes I have to do my homework on the bus to and from matches." Staying on track with school is the most important thing for a student athlete. This year the boys tennis team really wanted to focus on staying on track with their personal goals. **Jonah Lykee** ('25) states that he is working hard this year, "I'm working really hard to be the best I can be and win as many matches as I can," said Lykee. The 2022 boys tennis team is fighting to prove that they are the best team they can be. *Spread designed and photos by Maddy Petranek & Grace Bunnell.*

"I'm sad that it's over, but I'm really thankful for the experience it has given me and the people I have met because of it."

-John Hartnett
senior

LAST ONE BEST ONE



FRESHEST ON THE COURT



2 singles

BROCK *Cornell*



2 doubles

BRADY *Lindstrom*



5 doubles

NOLAN *Spiekermeier*

ORDER ON THE COURT. Playing tennis takes a lot of strategy, Caleb Reames ('22) says, "the best strategy is communicating tactics between the team and coaches."



YOU GOT SERVED. Every player has to serve and Martin Skare ('22), tells how he gets it perfect everytime, Skare says, "Serving is definitely all about the toss. You have the toss high in front of your shoulder and just smoke it."

PRACTICE WINNING. Winning is hard to do some times, but with practice it can be easier, Liam Langer ('22) expresses, "working together as a team and communicating during practices really helps us in game."

MAGICAL. Right before the audience is introduced to the insects, James realizes that he's in the middle of a giant magical peach. Senior, Trevor Shull designed the green lighting in addition to the other lighting elements for the production.





NOW THAT'S A PEACH

James and the Giant Peach
Spring Play
May 6-8

SPRING


Dalton Cate ('22)

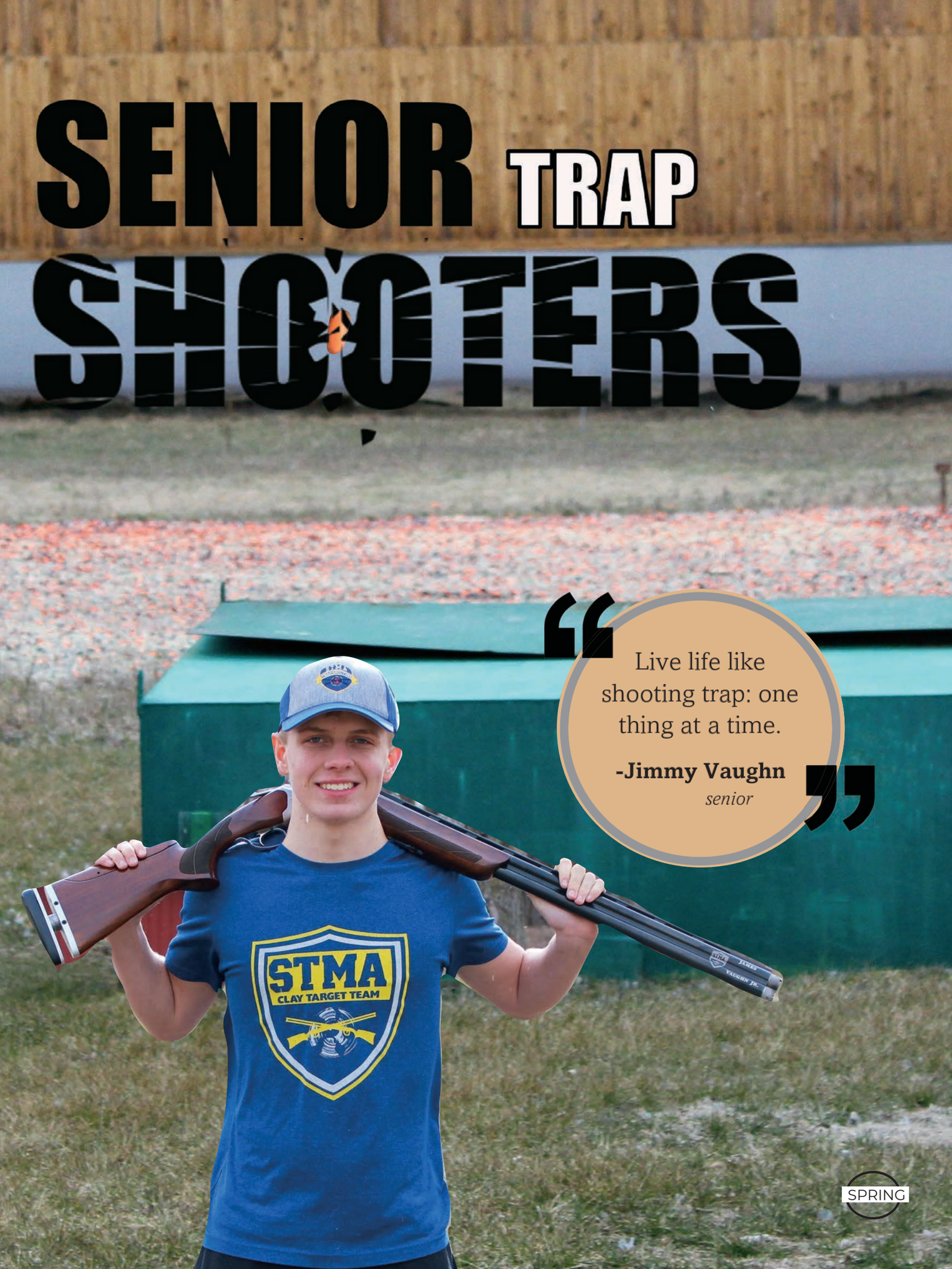

Jack Dwinnell ('22)

Tenth Year for Trap Team

"PULL" SHOOT, CRACK. The sound of a clay bursting after an on-point aim is one which a trap shooter prides hearing. In competition, a trap shooter has the opportunity to shoot five clay targets in each round with the goal of getting them all. **Wyatt Notch ('22) explained,** "You think of breaking the clay target one at a time and not let missed targets get in your head. The more you think about missed target the more likely you are to miss more and shoot worse". Like any team, practice makes perfect . The team meets every Thursday to sharpen their skills. **Dalton Cate ('22)** said, "Trapshooting is a lifelong sport that focuses on eye coordination and timing". The coaches included many parents and volunteers with experience with the sport. They give constructive criticism on how to aim and shoot better. **Jack Dwinnell ('22)** added "The coaches help give me direction towards success" **.** The team is on their way to make it to their 10th state trip in a row. **Charlie Meehan ('22)** concluded, "We are gonna practice more then other years and participate in more tournaments. This will better prepare us for the pressure and shooting at the state championship.**"** Watch the boys at the state championship on June 19 in Alexandria. *Spread by Cate Kowalke and Sadie Mickleson.*

GOING FOR THE CLAY PIGEON. Aiming at the target, Justin Mourning ('22) practices for competition. Mourning has been on the team for four years. His best score is 49/50. "My favorite part about trap is making the clay disappear out of thin air." Mourning said. *Photo by Cate Kowalke.*

SENIOR TRAP SHOOTERS



> Live life like shooting trap: one thing at a time.
>
> **-Jimmy Vaughn**
> *senior*

GO BEYOND YOUR LIMITS

STMA heads to State

This year STMA had 31 students compete at a regional competition that took place at Blaine High School. Of those 31 students that attended 28 qualified for state competition which was held in Minneapolis at the Hyatt Regency Hotel. With state being held during our spring break only 12 of the 28 students were able to compete at the state competition. **Karlee Brannan** ('22), Vice President of Special Activities says, “I just put a little bit of time each day into research. Mrs. Carlson was a great resource and provided a book specifically for health insurance and medical billing. It was a great tool to use”. “I'm hoping to go into medicine in the future. After looking through the topics, I found Health Insurance and Medical Billing. It gave me more of an understanding about how the healthcare system works. The knowledge I’ve gained from research about this topic will be an exceptional resource in my career path!"

From the 12 students that competed at state 2 of our very own Adien Blaeser ('22) and Karlee Brannan('22)will be headed to Dallas Texas in May to compete in the National competition. Aiden Blaeser ('22) will be competing for Interview Skills and Karlee Brannan ('22) will be competing for Health Insurance and Medical Billing. At state, Peyton Lenz ‘22 and Olivia Flaten ('22) earned the Ambassador Torch Award which promotes professionalism and leadership in the chapter. **Aiden Blaeser** VP of Communications ('22) said, “Business Professionals of America motto giving purpose to potential will be my focus this year. My skills of organization, time management, as well as great people skills, will be used to help students reach their highest potential. My energy, positive attitude, leadership skills and love for the organization will show in all I do. I have learned so much the past two years and I want to give back to the organization. I am ready to put the time and effort into making potential a reality for all members.” The officers for the 2021-2022 season at STMA are Karlee Brannan ('22) as VP Special Activities, Aiden Blaeser ('22) as VP Communications, Olivia Flaten (‘22) as President, Cartner Hiltner (22') as VP Student Outreach, Peyton Lenz (‘22) as Vice President, and Elizabeth Leonard (‘22) as VP Development.Vice President of Development **Elizabeth Leonard** ('22) says she prepared for state by, “My success came from my advisor, self-perseverance, and extra hours of research on my project. When researching for my project, I looked at all the different pieces, to my knowledge, of marketing, and came up with the theme of a family oriented pizza restaurant. I have been doing this same event since my sophomore year and I still learn so much more about it every year.”

Spread by Sophie Juntunen and Brooklyn Dixon.



BPA National Leadership Conference in Dallas, Texas. Photo by Renae Carlson.



Why Join BPA?



Drew Bushard ('23)

"BPA is a great opportunity to get a taste of different sides of buissness while working with a team. "



Annika Rogers ('23)

"I joined BPA because I wanted to join a fun club and BPA stood out to me because it has many topics and options."



Cailey Aandal ('23)

"BPA is a great opportunity to learn more about buissness and meet new people!"



Karlee Brannan ('22) wins 3rd place for Health Insurance and Medical Billing at state this year. Photo by Renae Carlson .

Ms. President



Peyton Lenz ('22') Olivia Flaten ('22')

Business Professionals of America is a group of students that can join to further their knowledge and prepare for a career in blisses. The goal for the students is to learn more about BPA and participate in events that could take them to nationals and state. This year STMA had 31 number of students qualify for state and 28 number of students qualify for nationals. Senior President, **Olivia Flaten** ('22) has stated, " I was very excited to be picked as the BPA president, because I love BPA and I have been apart of it since sophomore year. I really enjoyed helping students learn more about BPA and help them with their events!"



Elizabeth Leonard ('22) wins 5th in Global Marketing. Photo by Renae Carlson.



Kickoff meeting for the year. Photo by Renae Carlson.

ALL SMILES. BPA students pose at the State Conference in Minneapolis on November 7th, 2021. From left to right Hannah Spalding ('22), Olivia Flaten ('22), Isabelle Johnshoy ('22), Rylan Maynard ('22), Carter Hiltner ('22), Elizabeth Leonard ('22), Cailey Aandal ('23), Peyton Lenz ('22), Hanna Hynes ('22), Emma Briggs ('22), Hannah Henschell ('22), Chloe Davis ('23), Ashley Tillemans ('22), and Jenna Kyono ('22).

Front Row: Maddie Tillmann, Bre Johnson, Grace Kirk, Sydney Nemeth, Abby Silver, Julia Barthel. **Row 2:** Bryn Powell, Layla Flemming, Ellie Breuer, Faith Johnson, Avery Laitinen, Chase Robeck, Avery Freeland **Row 3:** Becca Kosey, Reagan Cocking, Martha Effertz, Helen Barthel, Rachael Shedlov Coach Lindemann Row 4:Coach Harmoning, Renae Foster Olivia Brill , Kate Brandli, Hannah Spalding, Isabelle Johnshoy Kate Koivisto **Not Pictured:** Lauryn Mikolich



Top Row: Drew Bushard, Allie Lombardi, Lilly Gillespie, Michelle Leonard, Gabby Cramer, Brooke Brown. **Row 2:** Coach Anderson, Coach Schreiner, Maddie Arro, Nikki Braun, Lauren Hoselton, Molly Ruhland, Coach Monahan. **Row 3:** Sydney Petersen, Jenny Kyono, Eleanor Thompson-Witt, Natalie Stiehm, Kat Rice, Dani Weiland. **Row 4:** Piper Peterson, Paige Jernberg, Mylin Lemke.



Top Row: Coach Mike Simon, Holly Christman, Emilynn Molesky, Emma Duerr, Maggie Roberts, Erin Pipp, Emma Windingland, Libby Boebel, Olivia Peal, Gabby Keefer, Chloe Yantes, Coach Tiffini Kramer. **Row 2:** Coach Jason Massmann, Savannah Schiltz, Jessica Roth, Natalie Cocking, Cailey Aandal, Cecilia Sipple, Myana Carey, Joyce Syah, Neemah Kiarie, Judsona Chea, Ashlyn Resner, Anastasia Smith, Coach Rachel King. **Row 3:** Coach Curt Hahn, Audrey Kanu, Makaela Malin, Eleonora D'Ascanio, Addie Kennedy, Jada Dahlheimer, Briella Maeder, Fae Bromley, Gwen Herbst, Morgan McKinley, Maura De Frutos, Grace Eicher, Raina Simat, Coach Gordy Schlangen. **Row 4:** Coach Melissa Kennedy, Alyson Herfel, Rochelle Porte, Maya Tatge, Ayla Auseth, Emma Kvant, Jarai Kamara, Alyssa Olson, Isabel Rankin, Haylie Walker Kuklock, Alyssa Nehring, Jackie Bergeron, Coach Chase Cayo. **Row 5:** Coach Angela Demichele, Leah Taszarek, Lydia Peterson, Breanna Immer, Becca Immer, Hannah Kvant, Ruby Schmoyer, Ali Weimer, Avery O'Rourke, Chloe Peterson, Keagan Burke, Claire Kvant, Renee Meehan, Coach Nick Eicher. **Row 6:** Bianka Mellen, Prisca Donbraye, Belle Leland, Gabriella Nelson, Rylee Harrison, Noel Black, Ramsy Hernandez, Ellsie Frauendienst, Regan Anderson, Molly Jacobs, Michaella Rennie. **Row 7:** Dani Luis, Maddie Barthel, Delaney Barthel, Elise Linneman, Courtney Zuidema, Chelsea Neba, Kari Smelter, Aurora Walesch, Rachel Heil, Grace Scheurer, Catherine Grupee, Tayler Zingelman. **Row 8:** Grace Zecchin, Paige Herbst, Sanae Radloff, Ava Notch, Kayla Ternus, Katie McKimmy, Ella Goertzen, Reese Goede, Maddie Bleess, Rachel Smieja, Alexa Bunnell.





Back Row: Adam Dodge, Gavin Krystosek, Braeden Sauer, JP Johnson, Caden Wenzel, Wyatt Harmoning, Jacob Breuer, Ashton Szymanski, Jacob Reineck, Quinn Opiola, Jack Cornell, Riley Roberts.
Front Row: Jack Ostrowski, James Anderson, Jack Johnson, Nathaniel Gremmels, Michael Labrador, Ethan Christian, Sean Tatge, Ryan Jossart, Evan Warner.



Top Row: Caleb Boyette, Micah Bunnel, Owen Sjoberg, Ethan Buskey, Brayden Mogard, Jagger Chachlich, Brody Odland, Treyton Klepsa-Orrey, Dylan Layton, Nate Beeler. **Row 2:** Eron Simpson, Jackson Stone, Bo Bitzer, Ben Ford, Rowan Nevala, Mason Mogard, Tye Kuechle, Josh Tourville, Cael Larose, Stephen Simpson, Max Murphy. **Row 3:** Henry Idding, Alana James, Carter Bolduc, Caleb Waller, Luke Erlandson, Daniel Landon, Kaden Gertzen, Reme Lobitz, Reese Johnson, Liam Nevala, Andy Nolan. **Row 4:** Arianna Lovegreen, Tate Warren, Jackson Cross,Tyler Wurst, Luke Vogel, Logan Torkelson, Tyler Moreland, Jacob Crow, Tyson Hentges, Tam Le.

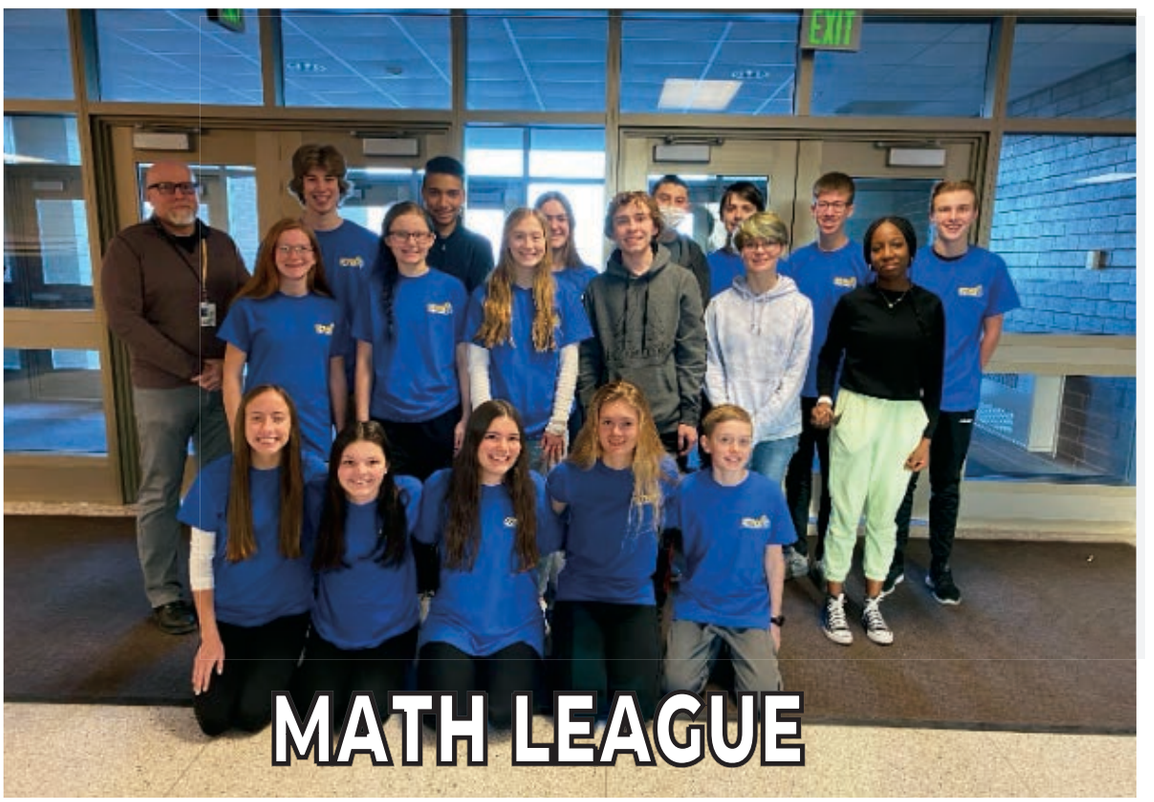


Top Row: Angela Demichele,Chase Cayo, Melissa Kennedy, Tiffini Kramer, Curtis Hahn, Mike Simon, Gordon Schlangen, Jason Massmann, Nick Eicher, Rachel King. **Row 2:** Heath Davis, Judah Roble, Parker Wilaby, Tate Harrison, Titus Johnson, Owen Barthel,Owen Vanderiet, Tate Songstad, Ethan Ricks-Wesseh, Vincent Muraski, Tse Nde, Daniel Donbraye. **Row 3:** Muhiz Bada, Marek Dalton, Caleb Monseth, Nick Dewey, Dan Powell, Blake Underwood, Luke Sipple, Anthony Coletti, Leo Sletton, William Negaard , Adam Herbst. **Row 4:** Jonas Boyette, Alex Markgraf, Jake Dinius, Keegan Tisch, Aiden Blaeser, Grady Robeck, Caden Nordberg, Noah Wilmot , Levi Hahn, Sam Monseth, Owen Negaard, Jake Sterk. **Row 5:** Mason Williams, Jeremiah Johnson, Elisha Ophoven, Chris Tveitbakk, Jamal Barfour, Ismael Hanks, Isaac Reams, Bobby Cilke, Ian Struzs, Elias Phiri, Morris Suah. **Row 6:** Marty Williams, Ryan Kaydea, James Sornberger, Nick Avery, Jordan Lee, Reid Barblen, Caden Johnson, Sam Eicher, Christian Lundstrom, Connor Smith, Maverick Kneefe, Robert Porte. **Row 7:** Naphtali Kalapa, Presley Grzybowski, Adam Jensen, Sebastian Murillo Santiago, Jayze Busch, James Zachman, Hudson Stone, Max Salas, Tyson Mosher, Tyler Skrip, Nick Dewey.



Front Row: Gwyn Berg, Olivia Kloss, Lexi Dupont, Anton Berg, Clayton Etiner, Braden Berning, Cheyenne Kuehn, Clay Peterson, Pierce Moran, Max Carlson. **Row 2:** Lucas Schweisthal , Tyler Hoffman, Trevin Zink, Jack Dwinnell, Owen Gindele, Ryder Sahr, Charlie Schoen, Ben Schmitt, Isaac LeDoux, Jack Lindenfelser, Caden Sale. **Row 3:** Devlin Sederberg, Justin Mourning, Aedan Glimsdale, Will Sarkinen, Matt Andrews, Jim Vaughn, Nate Talley, Hunter Sterk, Nick Talley, Cody Frelich, Brennan Williams, Philip Charmoli, Eli Haakenson. **Row 4:** Gabe Dalheimer, Will Peterson, Jack Robinson, Duncan Follet, Jaeger O'Brien, Preston Karger, Sean Walther, Jack Schoen, Jacob Levens, Ethan Augello. **Row 5:** Brady Anderson, Andrew Astudakos, Bruce Flam, Wyatt Notch, Charlie Meehan, Brooks O'Brien, Dalton Cate, Cole Sarkinen. **Not Pictured:** Landen Williams, Gretchen Kuehn, Vincent Colotti, Andrew Furcht. Team Managers: Jackie Kuehn and Brenda Dupont. Coaches: Tobey Berning (head coach), Dennis Berning, Kent Rohne, Larry Notch, Mike Dupont, Jimmy Vaughn, Matt Williams, Pat Schoen, Scott Follet

Front Row: Olivia Brill, Brooke Beck, Ava Lenneman, Janelle Sylvester, Michael Dewey. **Row 2:** Natalie Bury, Jordann Head, Kaitlin Christensen, Kevin Shull, Madison Skogsberg, Anjie Alade. **Row 3:** Coach Gordon Schlangen, Alexander Nesenson, Davin Dufner, Izzy Benusa, Vincent Muraski, Justin Mehes, Nathan Engman, Ashton Szymanski. **Not Pictured:** Kaleb Aguirre, Eli Davis, Holly Christman



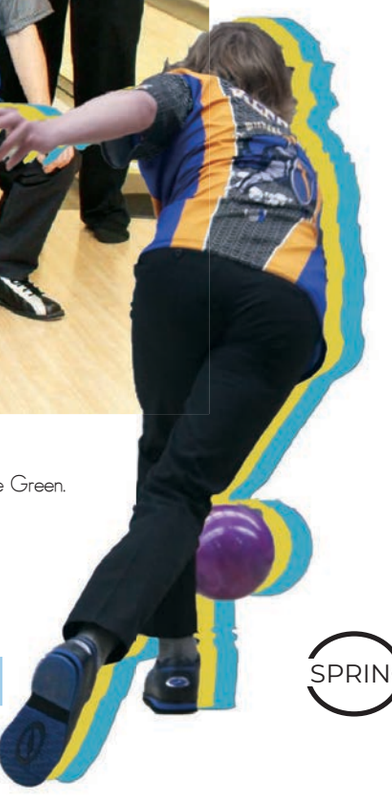


MARCHING BAND & COLORGUARD



BOWLING TEAM

Front Row: Liam Sieve, Sawyer Aydt
Second Row: Kaden Bartunek , Xander Banas, Logan Larose, John Marquette, Ethan Evenson.
Third Row: Coach Kephart, Carter Kephart, Carson McCann, Riley Zroker, Alex Mattson, Mitchell Giese, Brendan Green, Coach Dave Green.

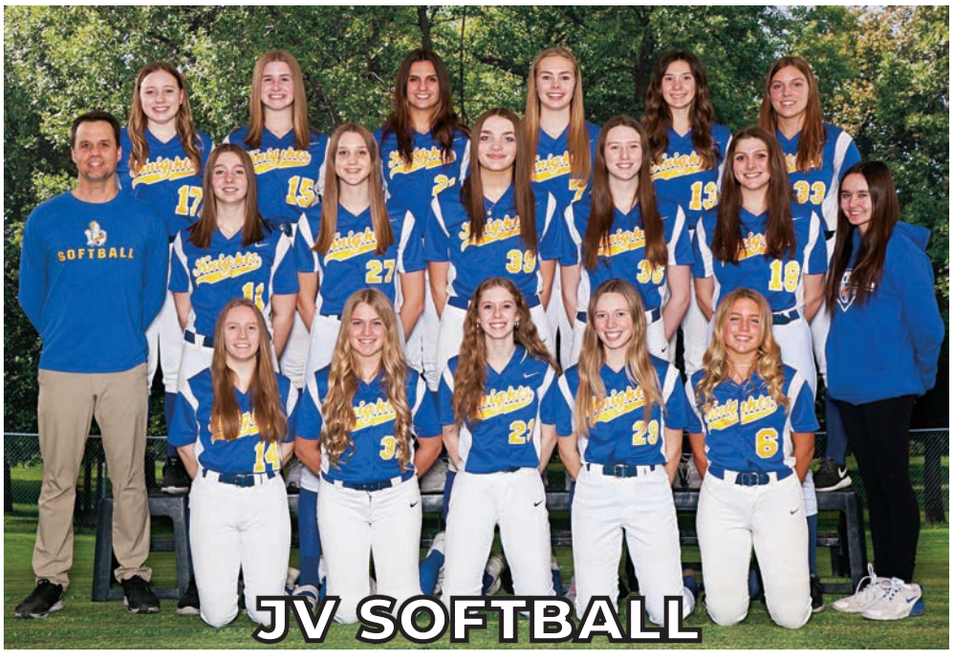


Carter Kephart

Back Row: Emma Miller, Emily Mueller, Ella Luoto, Kylie Gaston, Grace Fouquette, Anika Rogers. **Row 2:** Coach Kellie Shumway, Erin Hartnett, Manager Elli Schmitz, Manager Brittany Schoen, Manager Faith Lindenfelser, Paige Holm, Coach Maryellen Barthel. Front Row: Taylor Tschida, Khendal Johnson, Emma Vike, Jordyn Clapp, Sophie Juntunen, Jadyn Pelowski.



Back Row: Makenna Powell, Delia Walz, Evelyn Schmidt, Lily Faucher, Erica Lehn, Isabelle Berning. **Row 2:** Coach Dewey, Ella McKane, Kendra Behrens, Callan Wagner, Abby Hoselton, Camryn Dubel, Manager Mariah Como. **Row 3**: :Chloe Jensrud, Kaci Brannan, Caylee Casey, Sidney Peterson, Gracie Kobus.



Back Row: Miranda Emerson, Kali Merfeld, Amanda Odland, Becca Odland, Brooklyn Bigalke, Marissa Schneider. **Row 2:** Coach Amanda Schlecht, Amayah Gaston, Josie Lewis, Paityn Pagenkopf, Kate Anderson, Emma Daleiden, Manager Dilana O'Brien. **Front Row:** Sophia Satire, Hailey Aschenbeck, Ava Schmidt, Sophia Schmitz, Jess Besst.





Front Row: Ethan Fick, Hannah Strom, Matthew Centko. **Row 2:** Lisa Bull, Logan Sinclair, Vanessa Kyllonen, Ashton Ninke.
Row 3: Jordan Ragone, Emma Bennett. **Row 4:** Head Coach Tim Horan, Team manager Tyler Rousslang, Student Manager Quintin Dahlheimer, Assistant Coach Diedre Anderson, Assistant Coach Frannie Pearson. **Not Pictured:** Peter Roelike, Shea Gretton, and Meghan Garaghty,



Front Row: Meghan Garaghty, Aubrey Sands, Jordan Ragone **Row 2:** Logan Sinclair. Hannah Strom, MAtthew Centko, Emma Bennett. Lisa Bull **Row 3:** Assistant Coach Tim Horan, Assistant Coach Diedre Anderson, Head Coach Frannie Pearson.



Row 1 : Taylor Jacobson, Matthew Centko, Saige Funk, Greta Topel, Sophia Apold, Dylan Cummings. **Rpw 2:** Molly Velander, Seth Wright, Maddie Meilahn, Matthew Dehmer, Diego Medrano **Rpw 3**: Shea Yaeger, Shawn Mokua, Tyler Waldrum, Peter Roelike, Emma Bennett, Ellie Rehovsky. **Row 4:** Noah Demo, Student Manager, Nick Hoefner, Cadence Maus, Hayden Ford, Waseem Ezzaid, Brock Apold, Elijah Kercado, Carter Patyk. Not Pictured: Nevan Cheney, Sadie Armbruster.

Top Row: Michael Anderson, Connor Riesgarf. **Row 2:** Varsity Coach Geoff Basham, Brock Cornell, Brady Johnson, Carter Krohn, Brady Lindstrom, AJ Beck. **Row 3:** Liam Langer, Caleb Reames, John Hartnett, Martin Skare. **Not Pictured:** Leyton Punton.



BOYS' TENNIS

Top Row: Jayce Wolkerstorfer, Jake Suchy, Evan Fargo. **Row 2:** Drew Brett, Carson Richie, Brant Lewis, Evan Ojeda, Cameron Brett. **Row 3:** Hunter Williams, Peyton Fischer, Owen Larsen, Mason Westerlund, Andrew Butkowski, Landen Williams. **Row 4:** Hunter LaSelle, Levi Larsen, Michael Sieber, Julian Godlewski, Alec Waller, Will Sarkinen. Not Pictured: Matthew Andrews, AJ Beck, Vincent Colotti, Christian Farnsworth, JP Johnson, Isaac Marschel, and Justin Mourning.



FISHING

Front Row: Annika Cornell, Kaden Amundson, Ben Boebel, Reid Barnard, Mathew Maulik,Kurt Lekatz, Hayden Olson, Dillon Glass, Ady Murkins. **Row 2:** Coach Snell, Coach Sander, Coach Krupke, Zach Hlinsky, Dylan Byer, Owen Neros, Hayden Frank, Zach Romans, Trey Sybrant, Ryan Fischer, Jaxon Price, Evan Saunders, Hunter Palmer, Coach Schumm, Coach Solum.



VARSITY BASEBALL



Front Row: Evan Dombeck, Mason Varley, Colin Marshall, Joey Rathman, Sam Huber, Thomas Ohotto, Noah Miller, Miles Kay. **Row 2:** Coach Jesse Hackenmueller, Ryan Luster, Lane Dahlheimer, Drew Luster, Alex Swiatkiewicz, Kaleb Klinkhammer, Grant Riedel, Ashtyn Groves, Braden Intrieri, Coach Jerry Kliber.



Top Row: Coach Benson, Coach Salas, Logan Schlangen, Bryce Haines, Zach Zanetti, Connor Brunet, Hudson Hochstedler, Jackson Taulelle, Gavin Becker Coach Hochstedler. **Bottom Row:** Zach Pribyl, Will Barthel, Tevin Vogneson, Drake Krupke, Jacob Baetson, Lincoln Tangen, Ryan Williamson.



Front Row: Landon Poppen, Ethan Senesac, Tanner Becker, Kaden Rogers, Tyler Tindall, Robbie Bluemke. **Row 2:** Riley Tangen, Ryley Wuebkers, Alex Bergen, Will Bramos, Lucas Miller, Mason Zimmer, Devon Knapp, Andy Waldoch. **Not Pictured:** Gavin Edlund



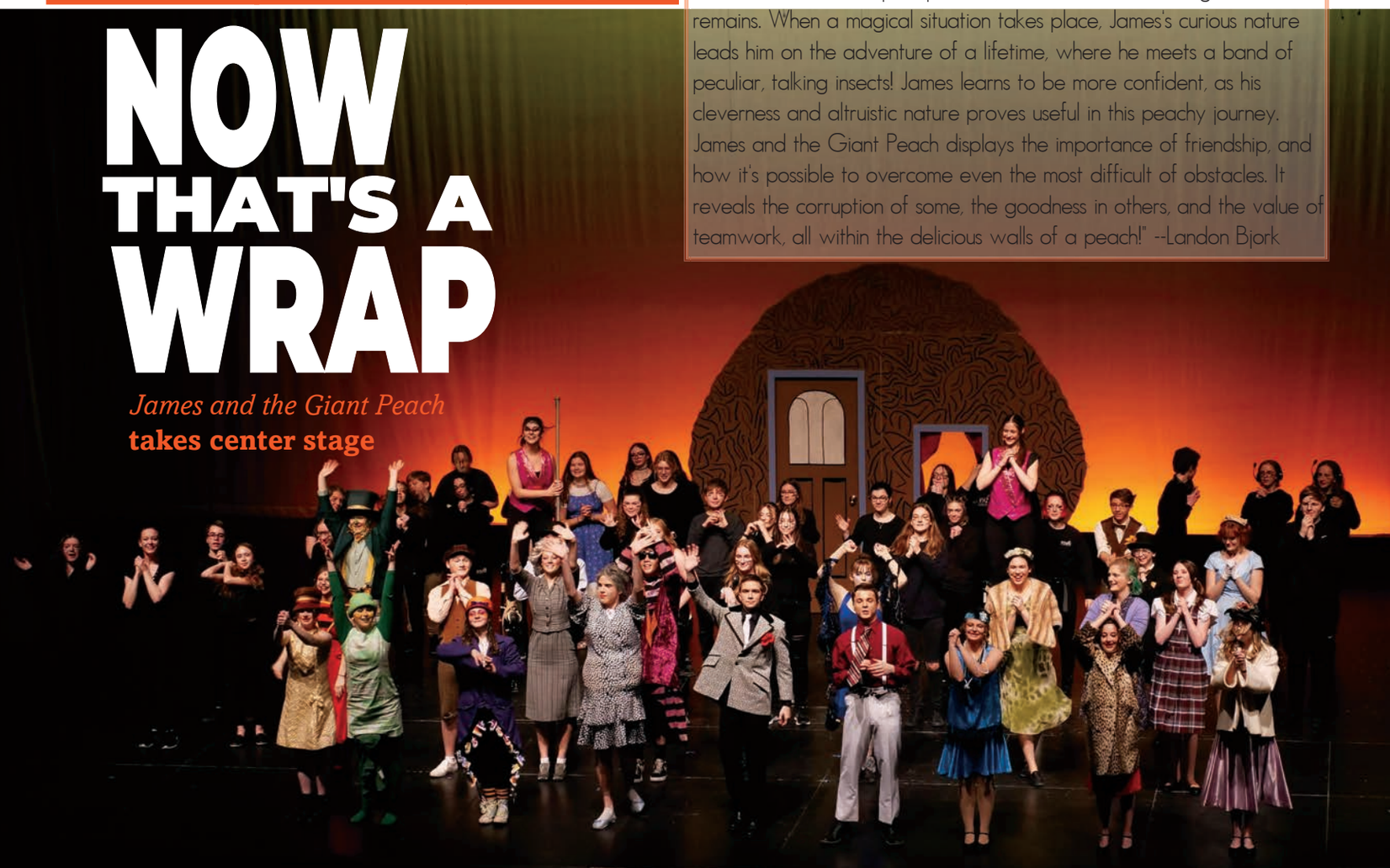




NOW THAT'S A WRAP

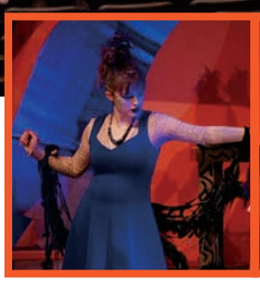
James and the Giant Peach
takes center stage

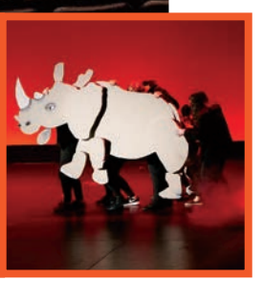
"Over the past 4 years of highschool, I've had the exciting opportunity to be in all 12 shows that STMA theater has offered. From my first STMA musical production of The Music Man, to my last (James and the Giant Peach), each and every show has provided a unique experience with its own message. James and the Giant Peach follows the journey of a timid young boy with profound hardships. Despite the torment his evil aunts put upon him, his kind heart and imaginative mind remains. When a magical situation takes place, James's curious nature leads him on the adventure of a lifetime, where he meets a band of peculiar, talking insects! James learns to be more confident, as his cleverness and altruistic nature proves useful in this peachy journey. James and the Giant Peach displays the importance of friendship, and how it's possible to overcome even the most difficult of obstacles. It reveals the corruption of some, the goodness in others, and the value of teamwork, all within the delicious walls of a peach!" --Landon Bjork





James and the Giant Peach full cast and crew.






E'S TO CLASS OF 2022
HERE'S TO CLASS O
HERE'S TO CLASS OF 2022



NOW THAT FLEW BY

Special thanks to Sophia Femrite. Visit the STMA Class of 2022 Instagram page to view all submitted images.







NORTH DAKOTA STATE UNIVERSITY

NDSU

MAJOR: PEDIATRIC



Savannah College of Art and Design

SAVANNAH COLLEGE OF ART AND DESIGN



BOULDER

CU

MAJOR: BIOMEDICAL ENGINEERING



SAINT CLOUD STATE UNIVERSITY



HUSSIAN COLLEGE IN THE STUDIO

HUSSIAN COLLEGE

IN STUDIO

LOS ANGELES

MAJOR: COMMERCIAL



UNIVERSITY OF SAINT THOMAS

CROSS COUNTRY TRACK & FIELD

MAJOR: MECHANICAL ENGINEERING/BIOMEDICAL



MINNEAPOLIS COLLEGE OF ART AND DESIGN

MCAD

Minneapolis College of Art and Design

MAJOR: PHOTOGRAPHY



Major: Public Policy

Minor: Environmental Studies



Major: Psychology

Minor: African



UNIVERSITY OF WISCONSIN RIVER FALLS

MAJOR: BIOLOGY





UNIVERSITY OF SAINT THOMAS



AVEDA ARTS & SCIENCES INSTITUTE



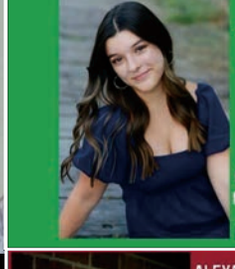


MAJOR: MARKETING & GRAPHIC DESIGN



UNIVERSITY

MAJOR: ENGINEERIN



NORTH DAKOTA

MAJOR: COMMERCIAL AVIATION

MINOR: ATMOSPHERIC SCIENCES



MAJOR: CRIMINAL JUSTIC

MINOR: BUSINES



Minnesota State University Moorhead



UNIVERSITY

SWIM & DIVE

MAJOR: POLITICAL SCIENCE



ALEXANDRIA TECHNICAL AND COMMUNITY COLLEGE

MAJOR: MACHINE TOOL



NORTH DAKOTA STATE UNIVERSITY

NDSU

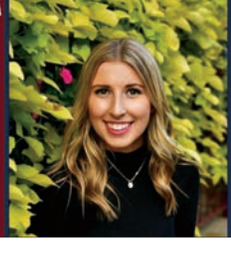
ARMY NATIONAL GUARD

MAJOR: MUSIC EDUCATION



UNIVERSITY OF MINNESOTA DULUTH

MAJOR: BUSINESS

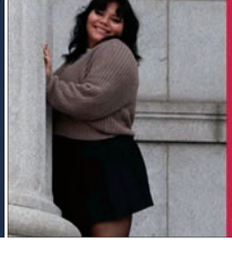


UNIVERSITY OF WISCONSIN EAU CLAIRE

UW-EAU CLAIRE BLUGOLDS

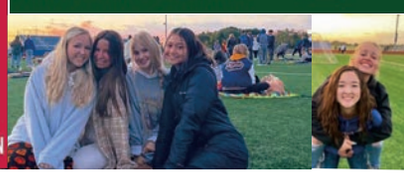
MAJOR: FINANCE

MINOR: SPANISH



UNIVERSITY

MAJOR: ART EDUCATION




ENJOY
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