this is us.

st. michael-albertville high school

valor 2023

volume 26

this is us.











valor 2023

this is stma

St. Michael-Albertville High School

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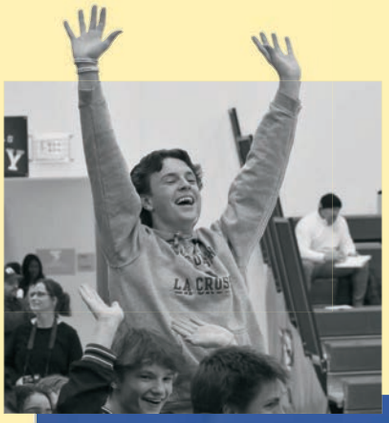
FINISHING STRONG: Finishing their performance at the pepfest with their "guy-girl dance", Lauren Dinh ('23) and her partner Riley Hirschey ('23) hit their finishing pose. Hirschey said, "The atmosphere was what made the dance super fun, it was awesome to be able to learn the dance in three practices and then perform it in front of the school." *Photo by Ashlyn Marble. Spread designed by Maddy Petranek.*

this is us.



RAISE THE ROOF. Knights don't take supporting sports lightly with constant yelling, clapping, and cheering. Finally being a senior and able to have front row at games, Brody Odland ('23) isn't wasting his time. "Being able to sit front row and being the loudest fan there are my favorite things about being a senior fan." *Photo by Ashlyn Marble.*



CELEBRATION STATION. Varsity players go crazy after a dunk. Zach Purcell ('24) cheers on his team, "Cheering my teammates on brings the energy up off the court and gives them confidence on the court," said Purcell. *Photo by Ashlyn Marble.*

This year, St. Michael-Albertville, as a community has gone through many changes. STMA High School has gained twenty-eight new teachers, three new administrators, multiple new sports coaches, and many new policies. Within the cities they are building so many new things: strip malls, restaurants, roundabouts, even new roads. However, the sense of community and the culture of STMA has not changed. We are still St. Michael-Albertville- the friendly, small town. Our amazing spirit from our schools will always be there. No matter the changes, there is still a prideful feeling each student gets at a sporting event, incredible talent in our fine arts programs, and meaningful education every student gains. **This is us.** This is STMA High School.

Spread by Maddy Petranek.



BREAK IT DOWN. Celebrating her first pep fest rally, Dinah Morara ('26) dances with her freshmen classmates. "I did very much enjoy the hoco pepfest. My favorite part was probably when they made each grade cheer individually to see who was the loudest."
Photo by Tim Bykowski.



GOING WITH THE BEAT. Marching in front of the whole school can be intimidating for some but not for drummer Michael Dewey ('25). "I wasn't nervous because I knew I was going to do my best. I was prepared for big crowds and performances."
Photo by Ashlyn Marble.



summer.

SUMMER LOVIN'. Part of Minnesota living includes enjoying our summer months, whether that be traveling out of the country, hanging out with friends, finishing up summer sports, or having the boat full of people. For Grace Holmberg ('26), Izzie Mariotti ('26), and Claire Bunnell ('26), they like to watch the sunsets on the lake at Izzie's cabin, on Mille Lacs Lake. Mariotti said, "My favorite part of watching the sunset on the lake is how the sunset is never the same, and how the colors reflect off the lake." *Photo submitted by Izzie Mariotti and spread designed by Maddy Petranek.*



Photo submitted by Tailyn Radloff.



Photo submitted by Jordan Holm.



Photo by Ashlyn Marble.





Photo submitted by Alicia Vosberg.

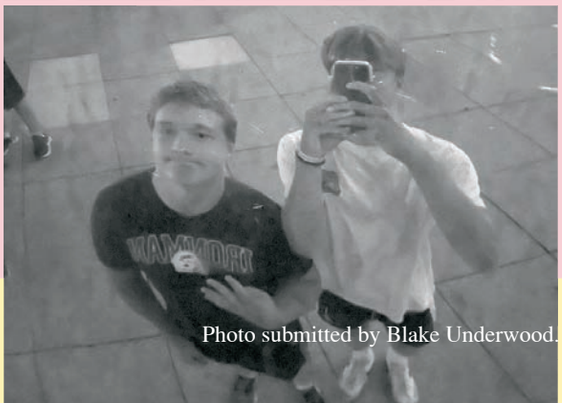


Photo submitted by Blake Underwood.



Photo by Bennett Moger.

EXPLORING EPCOT. Directed by Nick Flattum, this picture was taken in front of the Epcot ball before their last march in Epcot. "The band was beginning to feel emotional because it was our last march of the trip," said Kassie McKeown ('23). *Photo by a Disney photographer.marma*



MARCH INTO DISNEY. The marching band's first stop in Florida was Epcot. Owen Cary ('22) and Kassie McKeown ('23) lead the band as they preformed one of many cadences. *Photo by Harrison Hansen.*







p.o.v

summer

let's talk drum line

"It made the summer full of so many new adventures, and funny moments. It is something that makes my high school experience so much fun."

-Joey Gonsior ('23)

SNARE



"Drumline is an awesome experience."

-Michael Dewey ('25)

CYMBALS



"Marching band was a really cool experience for me. I met a lot of new people over the summer and got super close with them."

-Taylor Olson ('24)

BASS



"Drumline is a rewarding activity, that makes all the hard work worth it."

-Holly Hultman ('23)

Snares: Michael Dewey (‘25), Ethan Bad Heart Bull (‘23), Monticello High School, Sophie Rosh(‘23) and Abby Carroll (‘23). **Tenors:** KaSandra McKeown,(‘23), Joey Gonsior, (‘24). **Cymbals:** Taylor Olson, (‘24). **Bass:** Holly Hultman, (‘23), Addi VanVooren, (‘26), Kiera Baker (‘26), Ben Carroll (‘25), Tyus Smith (‘24).



cue the drums.

magical music in disney

The St. Michael- Albertville marching band traveled to Florida on June 30, through July 6th with a 30 hour bus ride down there and back, and preformed the show as they marched through Magic Kingdom on July 2nd. On the rest of the days, the Knights spent in their chaperone groups riding rides in the parks, going shopping, and completed one parade through the entire park. "With the day off on July 3rd, everyone spent the day on Coco Beach, and made a large picnic that was a nice time to relax," said **Harrison Hansen** ('23). During the trip to Florida, the team was very busy marching almost everyday and playing their favorite song "Star Wars". "When the band played Star Wars, visitors faces light up when the intro was played," said **KaSandra McKeown** ('23). Squeezing in time for activities, including riding rides at the parks they visited in Disney world (Epcot and Magic Kingdom), and even squeezed in a visit to Coco Beach for the day. Marching through Magic Kingdom, **Alexander Boltz ('23)** directed the band as they continue to make their magic as they march their way through the park. "The entire band was so joyful as they played loud and proud in the happiest place on earth. This trip definitely brought the whole crew closer together and was just a great bonding experience." **Alexander Boltz ('23)**. *Photos by Harrison Hansen. Spread designed by Heidi Frank.*



RAIN WON'T STOP US. All of the participants that traveled to Florida take a photo before their first march, in very stormy weather. "The rainy weather made practicing so much fun, it was fun to be all wet before a show," said **Kassie McKeown ('23)**. *Photo by Disney photographer.*





LET THE MARCH BEGIN. In these two images, we have our Knights preparing to march. **Joey Gonsior**, **Owen Cary (graduated)** and **Kassie Mckeown** and **Kiera Baker** (Bass drummers), preforming in Sauk Rapids, MN. Dressed in the white outfits, the drum majors lead the way through the parade. *Photos by Harrison Hansen.*

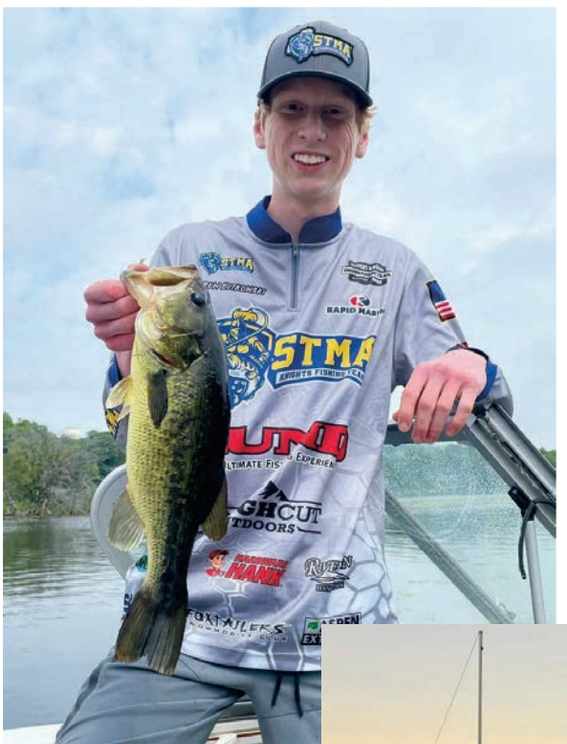
MEET THE PRO. The Anglers got a visit from, Local Minnesota Angler also Pro-Fisherman, Chad Smith. He walked the team through his office, sharing tips and tricks he has learned over his last ten+ years both on his own and in the boats with other professionals. Jayce Wolkerstorfer ('24) said, "I was excited to hear all of Chad's goals in life and how he got to where he is today. I hope I can be like him someday because that would be so cool." *Photo by Beth Larsen.*



TALENTED TACTIC. Carson Richie ('26), put up this large mouth bass this summer on lake middle kullen. Richie said, "My favorite lure is Texas rig and my tactic for fishing is when the sun comes down I throw out under the dock and look for lily pads because that's where I have the most luck of getting something good." *Photo submitted by Carson Richie.*



ABOUT THAT BASS. This angler has been a member of the team for three years. Andrew Butkowski ('23) explained, "I tossed my Texas rig under the dock and reeled her in. It was a large mouth bass, she was beauty who weighed 3lbs 3oz. I absolutely love fishing, it's one of my favorite things to do." *Photo submitted by Andrew Butkowski.*



The "Boat-Kow"

Butkowski even bought his first boat this last summer, calling it the "Boat-Kow".



what a catch.

Seniors share which bait or lure works for the best catch.

p.o.v



Owen Hecksel

Largemouth bass

"It's actually really funny because a diced up hot dog works really well for the fish I caught."



Megan Kurth

Northern

21 in.

Spinner lure

Andrew Furcht



Largemouth Bass

4lbs 2oz

Texas Rig

reel it in.

two teams make it to Tournament of Champions

The STMA Anglers had their fifth season this summer. They competed in the Student Angler Tournament Trail which lasted from June 5th to September 11th. The first tournament, on June 5th, was the first ever SATT-National High School Walleye Championship, STMA had sent three teams to compete out of approximately 75 teams state wide. The team of **Andrews/Lewis** finished in 5th place. Their total weight ending up at 16.53 lbs. 9 teams also partook on the Lake Minnetonka tournament on June 12th, the team of **Ojeda/Williams** placed 48th out of 180 teams. Although the bites did not produce a lot of big fish, it was a tight race all the way to the finish line. This also included the anglers participating in a Lake Mille Lacs tournament on Sunday, July 24th, and they had an amazing turnout. STMA had two teams that qualified for the Tournament of Champions, the teams were **Waller/Johnson** and **Sieber/Colotti. Sieber ('23)** explained his fear going into the tournament, "My partner and I were really nervous because we had a certain pattern of fish that we needed to catch and on the day of the tournament we had to completely change that pattern due to weather conditions." They end up in 34th place, their largest fish being at 4.04 lbs, smallest fish at 2.82 lbs, and reeling it in with a total of 16.92 lbs. They had a really successful day "overall me and Vincent were really happy with how we did especially since it was our first time competing in the TOC. **Michael Sieber** said, "We really aren't the best at catching smallmouth but we found a way and made it happen." The Anglers put up a strong fight and some good fish all season but are hoping for even more improvement and higher placing next year. ***Spread designed by Lauren Dinh.***

STIFF ROD CAN DO IT ALL. Smiling all the way through the season. **Levi Larsen ('25)** said, "It was one of the first tournaments of the seasons and we haven't caught one in a while so I was pretty excited to finally start reeling one in." *Photo by Beth Larsen.*

p.o.v

spread your wings.

knights study butterflies



Kiera Kuiper ('24) holds a butterfly at a butterfly garden in Costa Rica. "We learned a lot about different butterflies and saw some we didn't know even existed."

PICKING UP THE CRUMBS. **Kiera Kuiper ('24), Lauren Delong ('24)** have a busy day doing a lab project in the fields and then doing tests on leaf-cutter ants. ***Photo submitted by Kiera Kuiper .***



FLOATING ALONG. The group went on many long hikes. The hike in this photo was to the Cuaracha river. Lauren Delong ('24) said, "The hikes were sometimes painful but so worth it in the end getting to see the pretty waterfalls and lakes, it was a nice reward." ***Photo submitted by Kate Brandli.***



TRAIL RIDE. The horse back riding took place on one of the volcanoes outside of colonial libertard Costa Rica. From the top of the Volcano you are able to see lake Nicaragua. Kate Brandli rides the white horse in the photo named Saul. ***Photo submitted by Kate Brandli.***



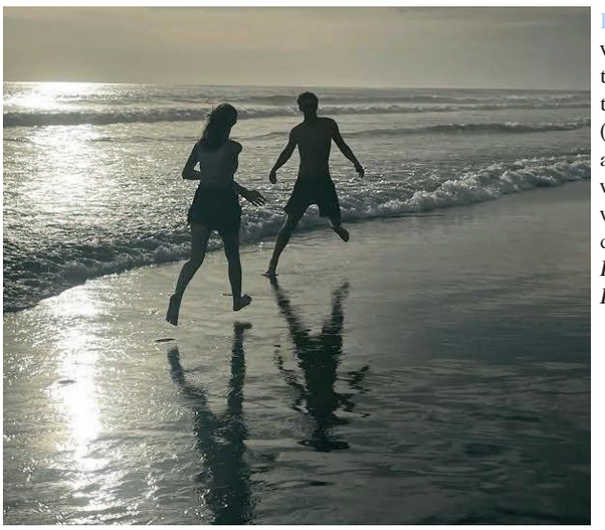
TURTLES. Lauren Delong ('24), Kate Brandli (2'4) and Kiera Kuiper ('24) gives a thumbs up after they won the turtle simulation. They had to find turtle eggs hidden in the sand and help them reach the ocean. ***Photo submitted by Kiera Kuiper.***



ICE CREAM SMILES. The tour group went into town for a little ice cream break. Mr. Olsen, Kate Brandli ('24), Zach Pederson ('23). ***Photo by Mr. Olsen.***



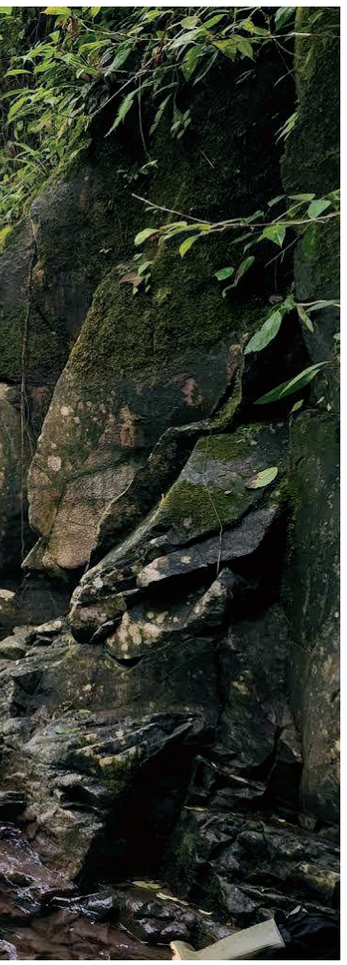




FREE RUNNING. while visiting the beaches they would race along the shore. Kate Brandli ('24) snapped this shot and said, "This photo was taken at the beach we stayed at for the last days of our trip." *Photo by Kate Brandli.*

far away from

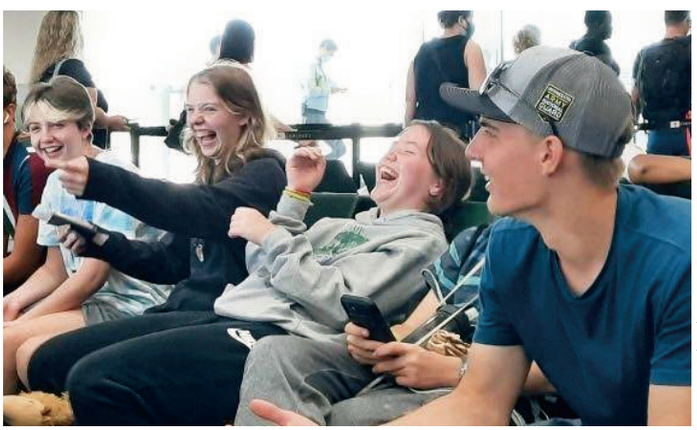




this is our adventure.

knights travel 3,527 miles from home

This summer a bunch of STMA students and a few other students from around the country, one boy from Winona High school, one girl from South Carolina, and six students from Pennsylvania as well. Sophomores through seniors were able to sign up for the trip. The STMA students that are a part of this amazing trip were **Kiera Kuiper ('24), Kate Brandli ('24), Zach Pederson ('23), Connor Peterson ('23), Lauren Delong ('24), and Evan Warner ('23).** On the Trip many activities were planned like riding horses through the mountains, surfing lessons, many hikes to waterfalls and rivers, cleaning up the beaches, night time turtle patrol, science lab work with PHD students and professors, Kate Brandli said, "I learned a lot about how to do real science." The group also went to a chocolate factory. The group went to different food places, Zach Pederson said, "My favorite thing on the trip was definitely the food in Finca La Anita." Many of the students that went on this summer trip say that it was an amazing experience and they loved meeting all the new people, and making new friends. ***Spread design by Paige Butler.***



TAKE OFF. Zach Pederson ('23), Kierra Kuiper ('24), and Lauren Delong ('23) get their laughs out before boarding the plane to make their way to Costa Rica. *Photo by Kiera Kuiper .*

hour trip

10 days
40+ hours of science
3 volcanos
14 surf lessons taken
2 waterfalls
1000's of ants
2 miles of beach cleaned
countless laughs and memories made

MAKING MEMORIES. Jewett Lake is a popular lake for summer activities. Bitsy Strehlow ('23), Mikaylee Dickie ('23) Zach HeitKamp ('23), and Logan Jans ('23) tube together on Jewett Lake. Strehlow exlaimed, "I was scared for my life because the boys were trying to jump on our tube and I thought they were going to break my arm." *Photo by Ellie Hunsley.*



CRUISING THROUGH THE WATER. It took Ashlyn Marble ('23) a few tries to get up on the board while she was wake surfing. She was with her friends on Buffalo Lake as she tried surfing for the first time. Marble stated, "It took me a few times to get up on the board, but once I got up it was super fun! I'll definitely surf again next summer." *Photo by Ava Schendt.*



LAKE DAYS. Over the last few summers Gabi Delgado ('24) has been wake surfing. She surfs on Lake Pulaski. Delgado said, "I continue to surf because it is a fun summer activity and I love being on the lake in my free time." *Photo submitted by Gabi Delgado.*



taking the wheel.

Matt Johnson explains the responsibilities of owning a boat

"I love driving the boat because I have so much freedom, but it comes with responsibilities that I have to follow. I have to make sure my friends and I are following the rules like being cautious of other boats, watching my speed, and having enough life jackets for everyone on board."



UP NORTH. After a long day up north, Tiah Nelson ('24), Karina Garcia ('24), Gabby Nelson ('24), and Kaylie Cox ('24) relax on the boat after they went tubing. The girls were up at Gabby's cabin is near Alexandria. Nelson said, "We felt exhausted after a day of tubing so we relaxed on the boat for a bit, it was a super fun weekend!" *Photo submitted by Gabby Nelson.*



p.o.v.



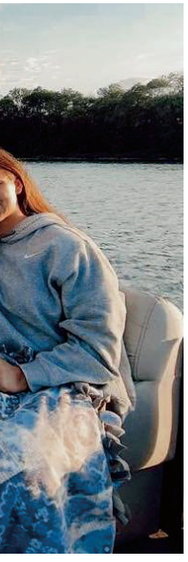
wake surfing gains popularity

life on the lake.

Over the summer, many people spent the hot days out on the lake. Wake surfing has become very popular, as more and more people are trying it. **Kyleigh Johnston** (‘26) has been surfing for two years. "I started surfing because I saw my friend try it and it looked super fun. Once I tried, I realized that life is better when you surf,” Johnston said. There are many factors that go into being able to surf. **Joey Torgeson** (‘23) has been surfing for three years and there are many things that still go through his head while he is surfing. “When I surf I usually need the rope to be tight before they take off so there’s no slack. Then when I’m surfing, I try to keep my feet in a certain position so I don’t nose dive,” said Torgeson. **Quinn Opiola** (‘25) loves wake surfing and trying new tricks. “My favorite part about surfing is getting up on a wave and riding it out for a while. The best feeling is trying a 360 and hitting it,” said Opiola. **Maverick Kneefe** (‘24) spends a lot of his free time out on the lake during the summer. ”My favorite part about surfing is getting up for the first time of the day, getting the feel of everything, and then just cruising through the water. Hearing the music when you’re getting pulled and seeing all your friends watching is one of the best feelings when you’re out on the lake,” said Kneefe. Many STMA students spent their free time out on the lake. Wake surfing has become an enjoyable hobby for many STMA students. ***Spread by Avery Jackson.***



SURF'S UP. Since Nick Gustafson ('23) was ten years old, he has spent his free time surfing. Over the summer, Nick was out on Lake Charlotte surfing. He said, "I continue to do surf because it's a getaway from life and I like to learn new tricks." *Photo submitted by Nick Gustafson.*



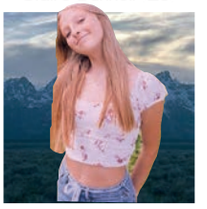


LATE NIGHTS. While the sun was setting, Grace Wallace ('24) and Hani Helland ('24) went on a boat ride. They were on Big Cormorant Lake having a relaxed night. "The sunset was beautiful, it was a night to remember," said Wallace. *Photo submitted by Grace Wallace.*

favorite song to listen to on the lake

the best beats.

Claire Bunnell ('26)



GHOST TOWN
KAYNE WEST

Aydan Townsend ('25)



I WONDER
KAYNE WEST

Landen Poppen ('25)



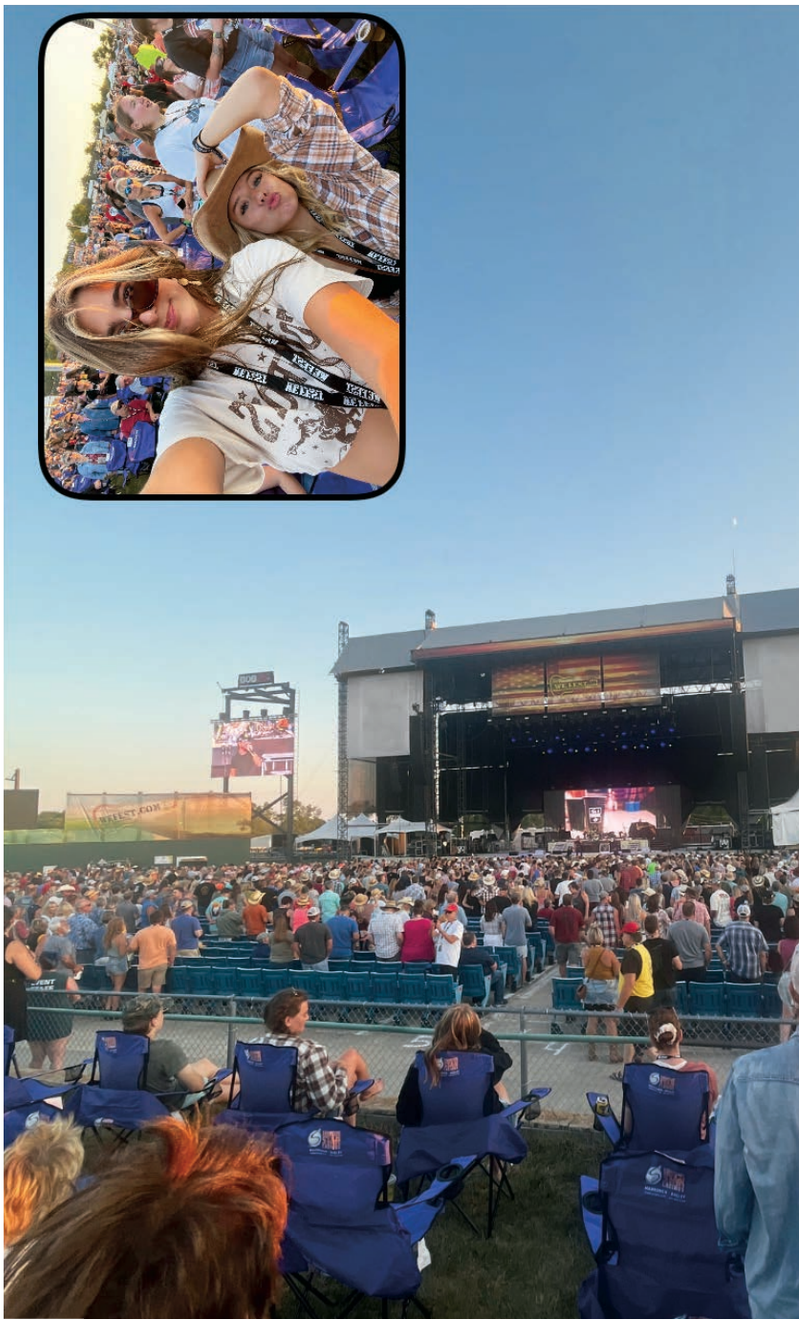
BROADWAY GIRLS
MORGAN WALLEN

Melissa Bauer ('26)



ALL FALLS DOWN
KAYNE WEST

BEINGREAL. Bitsy Strehlow and Mya Henry ('23) attended WeFest, a country music concert over August 3rd, 4th and 5th. Luke Bryan, Miranda Lambert, and Jason Aldean are just a few popular artists that were at the concert. Photo by Bitsy Strehlow.



HATS ON HATS. Brianna Anderson and Natalie Kloss('24) at the Russell Dickerson August 13th Natalie said, "The crowd was loud and energetic. My favorite song was ***Blue Tacoma."***



HERE AND NOW. Cortney Halvorson and Ava Miller ('24) at the Kenny Chessney concert August 6th. Cortney said when the song "***When the Sun Goes Down*** played it made her want to be on a beach."



the night is young

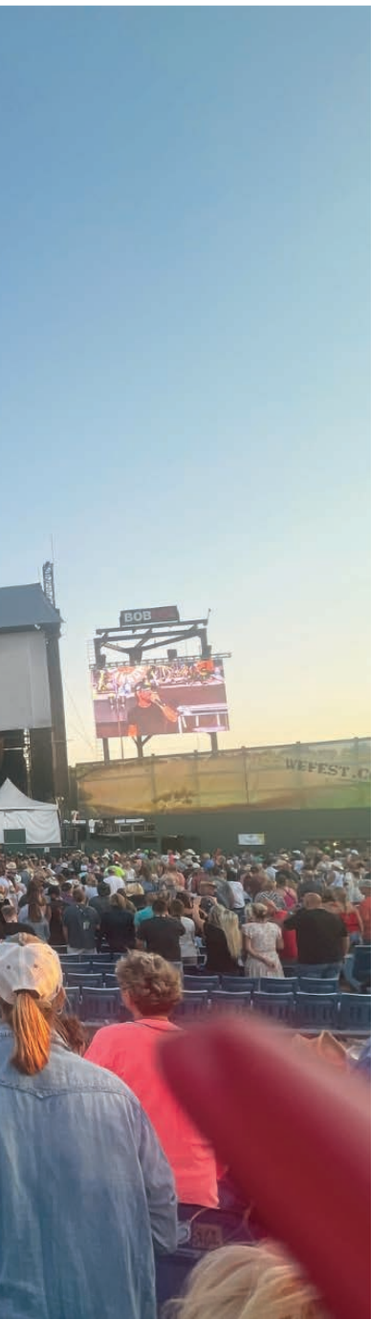
A night out at the fair is the perfect way to end summer







NIGHTS AT THE FAIR:
Kaylynn Denny ('23), Nick Gustafson ('23), Alaina Thompson ('23) pose in front of a ride in the midway at the fair.
Best friends enjoy fireworks, Chloe Olson ('25), Lily Tillmans ('25), Christina Nelson ('25).
Kennedy O'Connell ('24), Kylee Formo ('23), Mason Mills ('23), Ian Schultz ('24) enjoy cookies.



this is our song.

Singing along to your favorite song is the best part about concerts

This summer STMA students indulge in summer nights at many different concerts. **Piper Erichshurd ('24)** went to the Lummineers concert on August 12th her favorite song was BRIGHTSIDE and she said "It was a super cool atmosphere and experience." Throughout the whole summer concerts were happening all over. The Minnesota State Fair had a ton of great headliners. Just a few great artists were Pitbull and Florida Georgia Line. **Ellie Hunsley ('23)** went to the Pitbull concert at the MN State Fair "The Pitbull concert was genuinely the best night of my summer. I had so much fun with all of my friends **Ave Prigge ('23)** also went to the Bailey Zimmerman concert and her favorite song was "Fall In Love". **Joey Torgesen** said, "I went to the Florida Georgia Line concert and they also had Bailey Zimmerman and it was his first time performing and it was really good. I've always liked Florida Georgia Line's music and I went with my family and some cousins and it was a really good time singing along." **Ave Prigge ('23)** also went to the Bailey Zimmerman concert and her favorite song was "Fall In Love." Spread *designed by Elizabeth Strehlow.*



WHO CARES? Evan Dombeck ('23) goes to the Rex Orange County concert on June 16th in Minneapolis. Evan said the crowd went absolutley crazy when the song *"Television"* played. Photo by Evan Dombeck.

Spotify's 2022 Songs of Summer

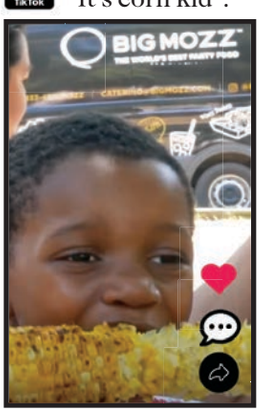
1. "As It Was" Harry Styles
2. "Running Up That Hill" Kate Bush
3. "Glimpse Of Us" Joji
4. "Heat Waves" Glass Animals
5. "About That Time" Lizzo

it's corn.

SAY CORN. Logan Jans, Brody Odland, Zach Heitkamp,and Colton Demarais ('23) enjoying corn from the corn roast booth at the state fair on August 27th , Heitkamp said "The corn was hitting like no other." Photo by Bitsy Strehlow.



The song *"It's Corn"* storms Tiktok thanks to the well known "It's corn kid".



september.



MAHSA AMINI. In Iran, at least 41 people have been killed in a series of escalating protests demanding justice for a 22-year-old Kurdish woman named Mahsa Amini, who died in the custody of Iran's so-called morality police.



HURRICAN IAN. Hurricane Ian was a large and destructive Category 4 Atlantic hurricane, that was the deadliest hurricane to strike the state of Florida since the 1935 Labor Day hurricane. Ian caused widespread damage across western Cuba and the southeast United States, especially the states of Florida and South Carolina. It was the ninth named storm, fourth hurricane, and second major hurricane of the 2022 Atlantic hurricane season.



an unmatched legend

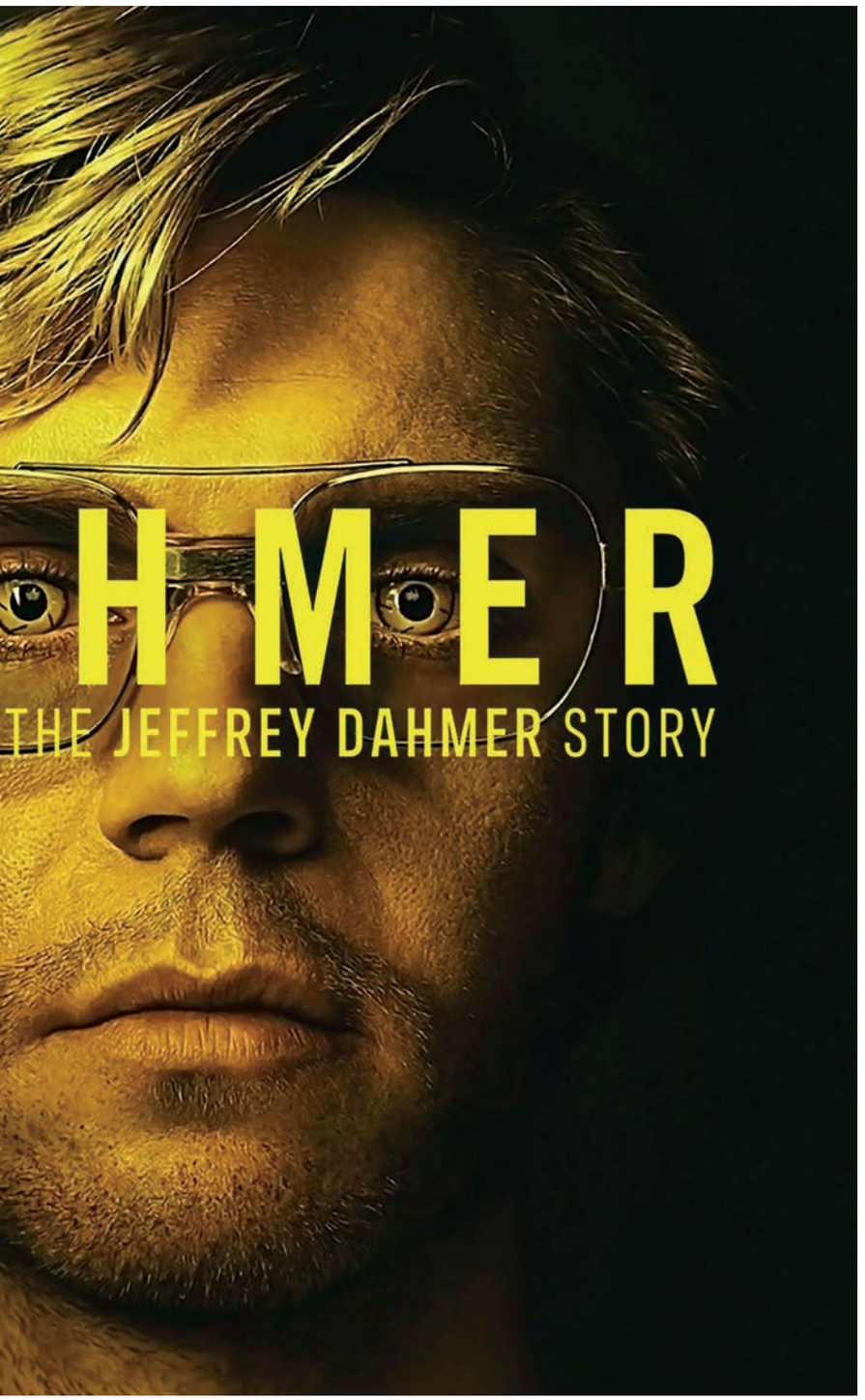
23-time
grand slam champion

WTA's No.1
for 319 weeks

4 gold
olympic medals

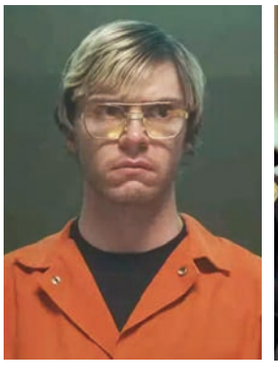


LEGEND TAKEN DOWN. Serena Williams lost in three sets to Ajla Tomljanovi , ending her run at what is likely her final professional tennis tournament.



dahmer monster







DAHMER - MONSTER. This is the Evan Peters-led series' second week as No. 1 on the English-language TV chart. Between Sept. 26 and Oct. 2, it was viewed for 299.84 million hours, making it the second most watched English-language series in a week ever. Season 4 of "Stranger Things" is the only Netflix title to beat "Monster" in that regard.



QUEEN ELIZABETH II. Queen Elizabeth II died of old age, her death certificate has revealed. The document, published by National Records of Scotland on Thursday, says the late British monarch died at 3:10 p.m. UK time (10:10 a.m. ET) on September 8 at Balmoral Castle in Ballater, Scotland. The cause of death is listed as old age.

damher by numbers.

701 million

Dahmer- Monster recived more than 701 million hours watched within the first two weeks of the show being on Netflix.

2

Damher is sitting at the second most watched

1

Damher sat at number one on the top ten chart on Netflix on multiple weeks in a row.

Spread by Maddy Petranek.

autumn.

FALL FAVORITES. Fall is a time for fall sports, Friday Night Lights, homecoming, marching band, and the fall musical. For Ava Prigge, it means going to her last high school football game. "My last football season was so fun! My favorite game was at Champlin Park where we dressed in neon. I'm really sad it's over, I made so many memories with all my friends!" said Prigge ('23). *Photo by Ashlyn Marble. Spread designed by Maddy Petranek.*

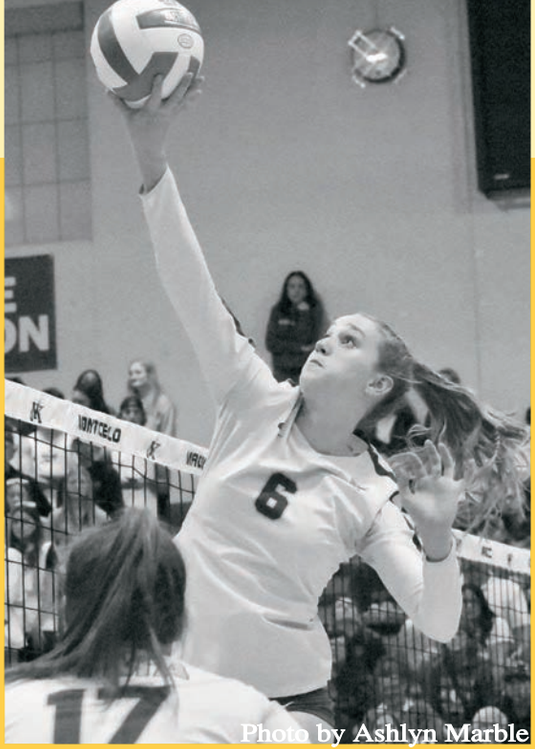


Photo by Ashlyn Marble


Photo by Bennett Moger


Photo by Bennett Moger


Photo by Ashlyn Marble


Photo by Bennett Moger


photo by Maddy Petranek


Photo by Bennett Moger

up and at it.

Senior sunrise is a newer tradition for STMA. This tradition started in 2022 and isn't going away anytime soon. It's an event taken place homecoming week and is for only seniors. There are games and teabombs for sale. Many people played spike ball and others just hung out and watched the sunrise. STMA student council puts this event together. **Hannah Kvant** ('23) a member of the student council said, "Senior sunrise was a new idea last year that really good turn out and we wanted to continue it to this year. To plan we talked with our student council and admin. Admin approved and tried our best to get the word around about it through social media. Overall the turn out was super great and will hopefully be brought back for the years to come." Senior sunrise is something that seniors can enjoy as a senior class. Its a chance for the senior class to hang out together. Not only is it just hanging out but it is also seeing the people you have been attending school with for the last 4 years together. **Logan Jans** ('23) said, "My favorite part of senior sunrise was playing spike ball with my friends, eating doughnuts, and drinking a teabomb." ***Pictures by Ashlyn Marble. Spread designed by Josie Vankuyk.***



p.o.v

CARRYING ON THE TRADITION. This is STMA's second year doing senior sunrise. It is something special the school host for the seniors. Morgan McKinley ('23) said, "My favorite part of senior sunrise was that it was a fun way for me and my friends to hangout and kick off our last year together."

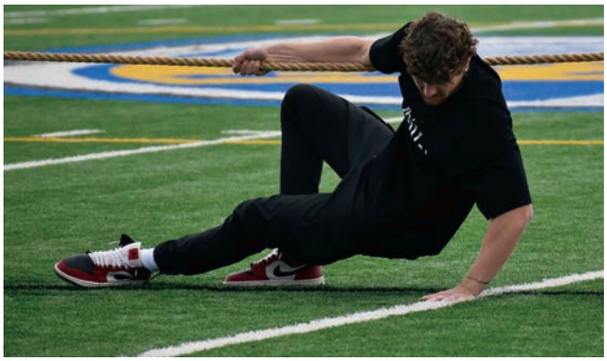
senior sunrise sunrise sunrise sunrise



cheering never ends.



TAKING ON ANNOUNCEMENTS The Pep fest's two announcers were Morgan McKinley ('23) and Lucas Benik ('24). Benik said, "I was super nervous for the pep fest! Even though I do theater here at the high school, I was talking straight to my peers which was a different level of excitement from a show! I am really glad I got to do it, and I would do it again in a heartbeat." *Photo by Ashlyn Marble.*



TUG OF WAR WEAPON. Luke Fisher ('23) plays tug of war in the senior vs freshman game. Luke said, "I was having the most intense tug of war battle of my life. I won because I'm a tug of war weapon, it was very enjoyable and I did it for the seniors." *Photo by Ashlyn Marble.*



CELEBRATING. This excited crowd of sophomores were cheering on their classmates to win tug a war. The sophomores beat the freshmen then went to take the seniors on. Tate Warren ('25) said, "I was cheering for the sophomores hoping they could pull out a win against the seniors." *Photo by Ashlyn Marble.*

time to dress up.



adam sandler



pj day



pink out



throwback



class colors



pep rally and dress up days.

Each day was a new theme. Monday was Adam Sandler dressing up in bagging clothes. **Addie Thompson-Klimpke** ('26) said, "My favorite part of Adam Sandler day was the amount of people that dressed up. Coming from the middle school people dressed up but at the high school so many more people dressed up. I also enjoyed looking at all the fun creative outfits people made." Tuesday was pajama day after the senior sunrise. **Maddie Tillmann** ('25) said, " I looked forward to pajama day because I got to wear comfy clothes to school and see how everyone else dressed up." Wednesday was Pink out for breast cancer awareness. **Eva Bollin** ('24) said, "I liked that it's easy for everyone to participate in dressing up in pink and gets people excited for Fridays game!" Thursday was throwback day from any decade. Lastly, Friday was spirit day meaning wearing your class color. Seniors made overalls representing their class color. **Tyrese Phengdouangdeth** ('23) said, " Ever since freshman year I have been looking forward to wearing black as a senior because the underclassmen look up to them." **Lucas Miller** ('25) said, "I was cheering for Blake Underwood and we just beat the freshman team and almost won against the seniors, it was a super fun and loud environment." **Blake Underwood** ('25) said, "It felt awesome to win and being the anchor for the seniors was one of the most important jobs because I had to hold everyone back." *Spread by Molly Reynolds.*



DANCING IN THE RAIN. Graham Anderberg ('23) and Alexa Ohlander ('23) dance in the rain for the pepfest. Alexa said, "It was hype to dance in the rain when everyone in the stands was so excited." *Photo by Ashlyn Marble.*

p.o.v

who's the mascot.

the secret knight



Jaxon Cagle ('23) is our school mascot. Jaxon said, "I have been the STMA mascot since 2021, I love being the mascot because it's a way to be a part of school activities. My favorite part is seeing people's reactions when I walk by and being able to stay a secret."

roles REVERSED,



CHASIN' YOU. Molly Ruhland ('23) running the ball across the field and Lilia Barrett ('23) making sure to block everyone trying to pull her flags.





MYLIN FOR THE WIN. Star of the show Mylin Lemke ('23) plays for the pink team. In the running back position Mylin is plowing through everyone with her speed.



EYE ON THE PRIZE. Maggie Kramer ('24) plays QB for the green team keeping her eye on where she is throwing at all time.



THROWING DIMES. Quarterback for the junior purple team, Holland Kneefe ('24) throwing almost perfect spirals. "My brother and I used to play football all the time when we were little."



BREAKING ANKLES. Nikki Braun ('23) crosses every girl running at her causing people to fall getting juked by Nikki.



WINNER WINNER CHICKEN DINNER. Once again, the senior pink team went 2-0. The pink team was undefeated, their energy and commitment lead them to two great victories over the blue and purple team. *Spread designed by Jordyn Clapp. Photos by Bennett Moger.*

our BIGGEST fans



Running back for the green team, Fae Bromley ('24) scores aganist the purple team. "I focus on seeing where the faster runners are and avoid them so they can't pull my flags."



















knights sink the skippers

The Knights defeated the Skippers in the big homecoming game 24-10. Students start the night off with a Homecoming tailgate in the school parking lot listening to music, playing yard games, and grilling food. "The fun music and games at the tailgate bring everyone together just having a good time waiting for the gates to open," said **Natalie Kloss** ('24). Once the gates to the game are finally open, the students rush to the student section to get front row spots. As the Knights make their way on the field, the fans cheer as loud as they can. After kickoff, the Skippers have the lead. Skippers score 3 points leaving the Knights down 0-3. As the game continued into second quarter, Skippers score a touchdown leaving the Knights down 0-10 into halftime. At halftime, fan of the game is announced. Maddy Petranek wins the fan of the game in the student section. As she makes her way to get her award, the students cheer her on. "I felt very excited to win and I wasn't expecting it at all," said **Maddy Petranek** ('23). As the Knights return after the halftime break, fans are nervous with the score being 0-10. "I still believed in the team we just had to find a way to flip the switch, and that's what we did," said player **Brody Odland** ('23) regarding the score at halftime. Finally in the third quarter, the Knights come back scoring two touchdowns leaving the score at 14-10. The Knights are finally starting to fight back going full strength into the last quarter. The Knights end up scoring another ten points ending the homecoming game 24-10. ***Spread designed by Mya Henry.***

pass that ball.

meet the quarterback

Throwing a total of 51 yards against the Skippers, Varsity quarterback, Colton Demaris ('23) said, "The energy was amazing. There's something very special about winning the homecoming game, brings the whole team together." Photo by Tim Bykowski.



p.o.v



READ THE SIGN. Jacob Rokala ('23) holds up a sign he created for the homecoming game. Rokala made signs for almost every home game. Rokala said, "The white board let the students know what chants were coming. It had the best effect at the homecoming game because of how many students there were it made the crowd even louder." *Photo by Ashlyn Marble.*



BREAKING THROUGH. The varsity football sideline cheerleaders hold the break-through banner. Alexis Purnell said, "I love doing the runthrough banners because of the feeling of adrenaline that gets built up and it just makes the energy in the stadium so much better!" *Photo by Tim Bykowski.*

this is our fight.



fan of the game

Maddy Petranek wins fan of the game during the homecoming halftime. She is always so enthusiastic at the football games and cheers for the Knights winning or losing. She cheers without the intentions of winning fan of the game, and just cheers her heart out.


BREAK
WAYZATA
STMA



~~LING~~ THE RSE

SEE PAGE 31
FOR THE FULL STORY

SPREAD DESIGNED BY BENNETT MOGER



captains start a new tradition

"I started running the flag out on USA theme night Logan Jans's ('23) mom brought a flag and then Logan said, '*who wants to run it out?*' Everybody kept saying, 'Shawn has to, Shawn has to,' so I've been running it out ever since." *Photo by Bennett Moger.*

fan favorite

HYPE HIM UP. The sideline goes crazy after safety Logan Jans ('23) catches an interception to help lead the team to victory. The Knights beat the Rebels 24-20. Jans said, "It feels amazing going back to the sideline with everyone knowing that you got the interception and also helped win the game." *Photo by Bennett Moger.*



p.o.v



feeling the pressure.

sophomore running back, Sam Anderson, debuts on varsity

"There definitely is a lot of pressure to it but at the same time football is just football. I just try to do my job and whatever happens, happens." *Photo by Tim Bykowski.*

SLINGING THE ROCK. Dropping back in the pocket, Colton Demarais ('23) gets ready to throw the ball downfield as the Raptors defense closes in. Demarais said, "It's important to leave everything on the field because you never know when it's your last game." *Photo by Bennett Moger.*



OVER THE TOP. Quarterback Colton Demarais ('23) throws a perfectly placed pass to Drew Luster ('24) to make the score 14-0 vs. East Ridge. Luster said, "It felt amazing to make a big play in front of all the fans here at STMA." *Photo by Bennett Moger.*

THREADING THE NEEDLE. Finding the gap in the O-line, running back Ryan Kaydea ('24), moves the ball down towards the Trojan's end zone. The Knights ended their season with a loss of 33-13. "The loss is going to push me harder to do better for the team in the off-season." *Photo by Bennett Moger.*





breaking the curse:

knights beat rebels for first away win in two years

Back in the fall of 2019, STMA moved from the Mississippi 8 to the Lake Conference moving the football team to the Metro Gold North Conference. **Coach Essler** explained some of the challenges that are unique to our football program with this change. “Normally for away games, we have the players dress at the opponent's school and we all eat a team meal in the cafeteria together. I honestly don’t know what is so hard about away games- I wish I could tell you. If I had to guess, it would be the timing. The long bus rides zap the players. It was easier to win away games when we were a part of the Mississippi 8 Conference with the closer opponents.” ***So if home games are easier to win, what makes home games more special than away games?*** Defensive back, **Josh Segler** (‘23) responded, “I think the environment and the overall atmosphere with all the fans getting involved is what makes it so special.” Defensive back, **Reese Johnson** (‘23) shared some of the differences in their routine for the Champlin Park game which may have led to the win over the Rebels: “We had a short practice the day before. We did special teams meetings on Thursday instead of on Friday. We went home to eat after school on Friday instead of staying at school to eat. We got dressed at school instead of at Champlin.” The team hopes to continue their away game streak into next year and wide receiver, **Brody Odland** (‘23) gives some advice for the players to do so next year: “You have to change up the routine, you can’t have the same thing every time because we had the same routine for two years and it didn’t work.” The Knights ended up defeating the Rebels 24-20 in a close victory. It’s hard to tell if the change in routine is exactly what helped with the long-awaited win. Only time will tell if the change in routine is what will push our team further in the postseason in the coming years. ***Spread designed by Bennett Moger.***



PUSHING TO VICTORY. Time in the game runs out and Conner Luongvan ('23), Ryan Luster ('23), and Brett Roos ('23) celebrate after the big win. Luongvan said, "We wanted to break the curse for so long, and I’m happy that it was my Senior year." *Photo by Bennett Moger.*

ON THE RUN. Running the ball into the end zone, Muhiz Bada ('24) scores during the third quarter. The Knights beat Champlin Park at home on October 8th 14-0. "The feeling is so rewarding to be able to push for my team like that and give it back to them, finishing a drive on offense can be extremely tiring and difficult to finally be able to finish it out it feels indescribable." Photo by Katelynn Dressler.



FIELD GOAL IS GOOD. Kicking all of the extra points and field goals for JV this season, Keegan Tisch ('25) helps the team beat Rosemount on October 20th. Photo by Katelynn Dressler.



FAST HANDS. Noah Miller catches an interception to end the game against Rosemount. Photo by Katelynn Dressler.



p.o.v

a bad break



Sophomore Christian Lundstrom suffers season ending hand injury in the first game of the season.

On Aug. 31st, Lungstom tackled a Forest Lake Ranger getting his finger stuck in his opponent's jersey. Doctors inform Lugstom " I was sad and in disbelief because I couldn't play this season."

2 screws
1 surgery
1 bone removed
6-8 weeks recovery





talk to the turf.

Junior Varsity goes undefeated for two seasons

As the time winded down the clock, the Knights could already be seen celebrating another undefeated season. They Knights have gone two seasons without losing a game. One of the team players is **Sebastian Murillo** ('24), who played wide receiver. Murillo said "It feels great, knowing that all the work you put in is playing off." The team had to play hard to keep wining games. After each victory, the Knights felt the pressure and intensity to win the next game. The role of the quarter back to pin point the open player and make the hard decision during the game. **Will Barthel** ('24) who has sharp eyes that helped lead the team to the season 8-0 victories. "It gives me confidence knowing that everyone around me was giving 100% on Saturday morning ." That really showed in the game when they would win all 8 of their games. Many players created team chemistry that was the major contributing factor in winning games. Wide receiver, **Sol Beaudry** ('24), said " Personally, for me, I believe that it's truly a perfect team sport because sure there are play makers out there that make a huge difference but when it really comes down to it, it's everyone else that is making you look good." There was a lot of effort put into this season to make sure the Knights not lose a game the whole season. After the season ended, **Noah Demo** ('24) said, " It was one heck of the season for the boys, 8-0 is pretty good record I'd say." The Junior Varsity team is very proud of their season and want to the wining streak alive in the next seasons to come.

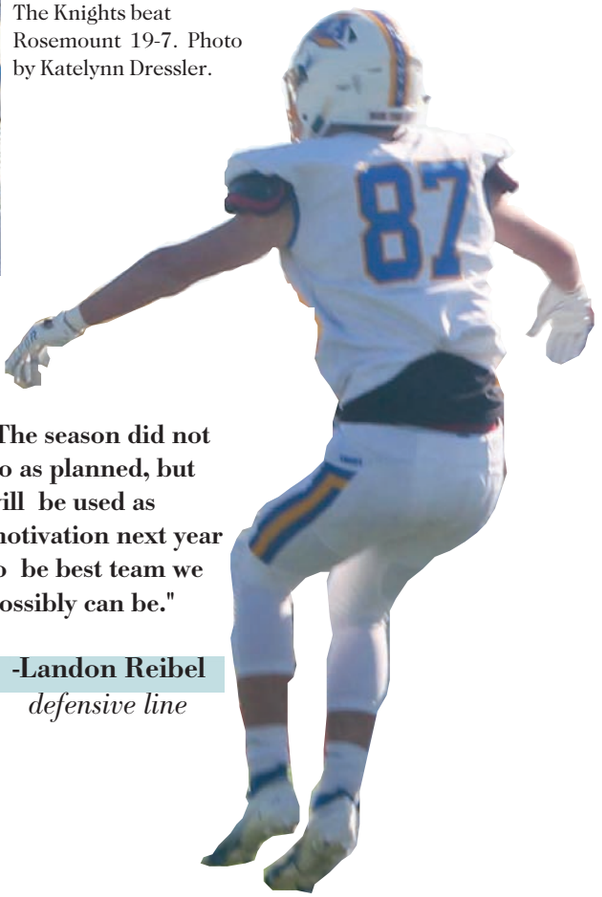
Spread designed by Katelynn Dressler.



FOURS UP. At the start of the fourth quarter, Will Barthel, holds four fingers in the air with his teammates and coaches. The Knights beat Rosemount 19-7. Photo by Katelynn Dressler.



KICK OFF TIME. To start every game there is a kick off. That is the first defensive play of the game. In Rosemount on October 20th. Jake Suchy ('24) is part of the kick off. Photo by Katelynn Dressler .



"The season did not go as planned, but will be used as motivation next year to be best team we possibly can be."

-Landon Reibel
defensive line

p.o.v

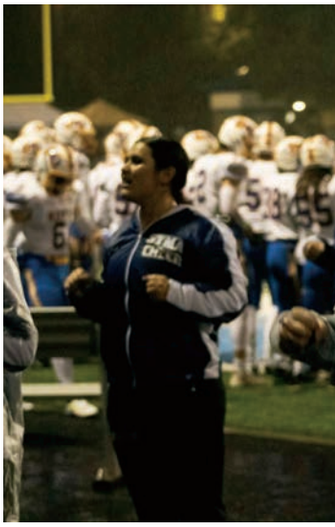
aye aye captain.

What makes a good leader



Kylee Formo ('23) said, "My favorite part of being a captain is leading a team that I see a lot of potential in."

Photo by Ashlyn Marble



WHEN IT RAINS, IT POURS. An away game at Blaine high school, the varsity cheer team takes action as it starts pouring rain. Lexi Kemmetmueller ('23) said, "When we cheer in the rain we cant do stunts, kicks, or jumps but i think the crowd gets more energy when it starts to rain which makes cheering for them easier." *Photo by Bennett Moger.*



CUDDLE UP. Mia Feigum ('26) and April Torres ('24) cuddle close to keep warm at the away football game in Blaine. April Torres ('24) said, " When it's rainy it's like a dream. All the fans are extra cheery and we enjoy the rain in the moment." *Photo by Bennett Moger.*



HOME-BODY. Pom poms are raised for home game to defend the castle! Abby Nemeth ('25) said, "I definitely prefer home games because of the atmosphere and getting to cheer in front of a large crowd." *Photo by Rebecca Stephens.*



FLY HIGH. The varsity sideline team is at an away game at Forest Lake. Eva Bollin is performing a lib. Eva Bollin ('24) said, "The crowd tends to get more excited when we throw up stunts. It makes it easier to lead and grab the crowds attention." *Photo by Rebecca Stephens*





ALLIGATOR. The cheer team is doing one of the most well known cheers. "Alligator." Isabel Rankin ('26) said, "Alligator is my favorite cheer and everyone can participate in it which gets the crowd really loud." *Photo by Ashlyn Marble.*

pack it up.

Lizy Cartney shares game day essentials



medical tape to support the wrists

custom team bag





cheerleading chalk to prevent sweaty hands

game day shoes better grip to the ground





team jacket to keep warm and look awesome

raise our spirits.



Seven underclassmen cheerleaders made a strong impact on this year's competitive sideline cheer season. The team practices for four days a week compared to middle school. **Alexis Purnell** ('25) said, "High school cheer is different from middle school teams because in high school you have to have more dedication and be willing to put the work in." The younger athletes had strong role models to look up to who have already established a strong group. **Delaney Hughes** ('25) said, "I look up to my senior captains Kylee Formo and Lexi Kemmetmueller because they are so strong and help people feel like they belong and motivate people to try their hardest." Coach Becky Stephens encourages her squad to come up with personal goals every season. **Grace Larson** ('26) said, "My personal goals for high school is to just be a fun and good overall person and enjoy my time here as well as get the best grades I am able to get." Sideline cheer is intense because they perform in front of thousands of people. Constructive criticism is helpful for the team to progress. **Cece Lund** ('26) said, "One critique I was told is to take things one step at a time, I try this as much as possible and remember this throughout the season." Every year underclassmen impact the cheer team by bringing new faces and talent to the squad.

Spread designed by Emily Zattoni.

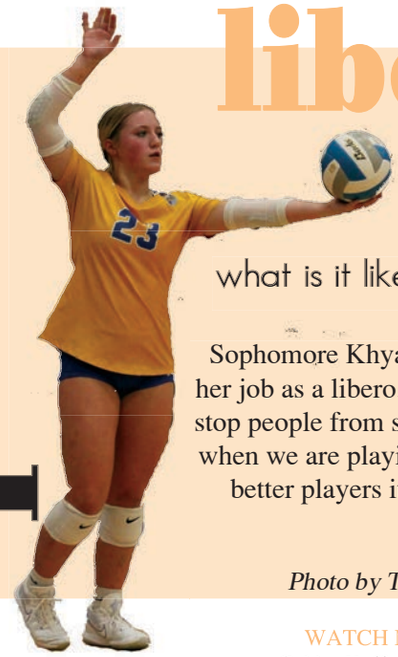


SMILE FOR THE DUB. Varsity cheer team gathers together for a team picture at the homecoming game against Minnetonka. Pink pom poms are out to support cancer awareness for the community. Anna Kelly ('24) said, "Cheering at the homecoming game is more fun because the crowd has more energy." *Photo by Ashlyn Marble.*

p.o.v

libero life

what is it like being a libero?



Sophomore Khyan Johnson explains her job as a libero. "My main goal is to stop people from scoring, which means when we are playing better teams with better players its more stressful."

Photo by Tim Bykowski



YOU HAVE BEEN SERVED. Kendra Behrens ('25) serving the ball making sure she dosen't hit it to far or to short. "Keeping your serve in while still challenging the other team is one of the hardest things to do especially when the there is a bunch of noise. *Photo by Ashlyn Marble.*

WATCH ME SPIKE THAT. Sophomore Gabby Keffer is an outside hitter getting the perfect form to spike the ball as hard as she can. "As I'm approaching the ball I focus on available spots to score keeping my eye on the ball." *Photo by Ashlyn Marble*



SET ME UP. Starting senior setter Khendal Johnson sets the ball to either the outside, middle or inside for them to spike it over the net to the other team. "I look ahead who the blockers are from the other team and decide also from the kind of pass I get." *Photo by Tim Bykowski*



BLOCK YOU OUT. Natalie Pilney ('24) and Madi Gartner ('23) come together to block the hit coming from the other team. Gartner explains what goes through her head as shes blocking, "I make sure that I am squared up with the hitter and watch them come in with their approach. *Photo by Tim Bykowski.*





HIGH FIVE IT UP. Junior Kaylie Cox and Sophomore Abby Hoselton switching throughout the game. Hoselton explains, "No matter if I am on the bench or on the court I am always engaged and my energy is always high." *Photo by Ashlyn Marble*

the braids

what is Jada Dahlheimer's go to hairstyle?



"I always do my hair in two dutch braids into a high bun, it helps keep the hair out of my face while I am playing."







OUR LAST GOODBYES. Madi Gartner ('23) and Julia Wagner ('23) hug for the last time on the court after they lost a point. Wagner explains her emotions during the game. "As I saw the ball hit the court I knew that was it. I looked over to Madi and saw her crying and immediately went over to her and gave her a hug. We both cried and it was so sad because I have been playing with her for many years. *Photo by Ashlyn Marble.*

leave it on the court.

seniors give it their all one last time.

It was standing room only at Monticello High School when the Knights Varsity volleyball team faced the Rogers Royals on November 3. The parent and student sections filled the space with tense noise for the second consecutive year in a row as the Knights warmed up to rematch the Royals in section finals. The Knights had lost to the Royals in the 2021 section finals but had beat the Royals in the 2022 regular season and scrimmage. For outside hitter **Tessa Johnson**, a large motivator was pride. Johnson ('23) said, "My biggest motivation for this season was the fact that everyone doubted us because we lost a lot of our seniors last year. We proved everyone wrong this season and had fun doing it." The Knights came out strong winning the first set. The Royals came back in the second set of the match. Defensive specialist **Lindsey Ek** ('23) explained, "The hardest thing about volleyball is when you are down a few points and are having a tough time serve receiving." The Knights came back for a third set victory putting themselves in a good position to win the match. The stress of the atmosphere only intensified when the Royals took the fourth set. Entering the fifth set, the Knights rallied back and forth for fifteen minutes ultimately losing to the Royals 15-13 on a controversial call. Despite the loss, the Knights ended the season leaving everything on the court. Setter **Kiah Kelly** ('23) explained, "The hardest thing about not playing next year is definitely the fact I won't be able to grow as a person and as a player with the team I've grown to love." ***Spread designed by Jordyn Clapp.***

bump set spike.

SET ME UP. JV team hitter Josie Avery ('25) is set up for a spike agaisnt the Royals at home. Photo by Kylie Diaz.



IN THIS TOGETHER. 9A team huddles together to regroup after a lost point against Rogers at home. Sophia Michals ('26) said, "For my freshman year I think the season went pretty good. Our team had more wins than loses. " Photo by Kylie Diaz.



THAT'S OUR POINT. 10th grade team scores after a long rally against Rogers at home. Molly Jacobs shows emotion for the Knights point. Photo by Kylie Diaz.



p.o.v

road to recovery.

recovering from a sprained ACL



JV team player, Cail Jahnke ('26), sprained her ACL playing basketball in her first year on the high school team. She is currently doing physical therapy, acupuncture, and resting to help herself recover faster.

TOSS IT UP. Alexa Anderson ('26) tossing it up for the serve against the Royals at home. Photo by Kylie Diaz.







I GOT IT.
10th grade team player, Maggie Houghton ('25) gets the set for the hit against Rogers at home. *Photo by Kylie Diaz.*



LET'S GET LOUD.
JV bench gets loud for the Knights point off a block against Rogers at home. Morgan Johnson ('26) said, "Our goal as a team this year was to play as one and get closer to each other." *Photo by Kylie Diaz.*

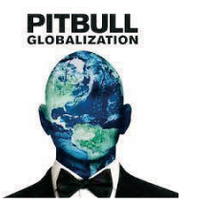




ON THE GROUND.
9B team libero, Emma Kunz gets on the ground to dive for the ball against Rogers at home. Kunz ('26) said, "My job on the team is to be the main passer to our setter." *Photo by Kylie Diaz.*

our favorite tunes

Many of the Knights said their favorite memories were bumping music on the bus on the was games.



let's get hype.



STEPPING IT UP. As an underclassmen on the varsity soccer team, Belle Leland ('25), has pressure on. Leland said, "I do get nervous when I get the ball, but its makes my adrenaline go crazy and makes me want to play harder. Its so exciting." Photo by *Tim Bykowski*.



JUMPING FOR JOY. After scoring against Elk River, Olivia Peal ('23) celebrates with Emily Zattoni ('23), and the rest of her teammates with a huge embrace. Peal said, "As captains, I think Emily and I felt a certain responsibility to make our team feel proud, so when we beat Elk River we we were on top of the world."



RIVAL V. RIVAL. Playing Edina, their biggest rival, and they are on a whole new level. Holland Kneefe ('24) levels up the competition and said, "The competitiveness and drive to win is insane. Its such a fun energy thats unlike any other team in our conference." Photo by *Bennett Moger*.



WORKING TOGETHER. Playing against Eden Prairie, the girls have to make sure they are working together. Tailyn Radloff ('24) said, "We won this game because we played as a team and connected the ball really well." Photo by *Tim Bykowski*.

we're state bound.

superstitions for state



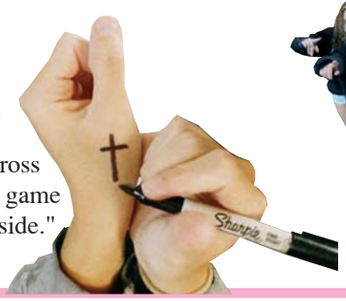
Juliana Zerna ('24)

"My low pony braid is the only hairstyle I wear. It looks good and keeps the hair out of my face. It's good luck; I can't change it up."

Ashlyn Marble ('23)

"We all put white tape on our wrists and write play as a family on it. It is good bonding for us before our games and gets us hyped up to play."





Alison Miller ('24)

"Every time I looked down at the cross it reminded me to keep faith in the game and that God was by my side."



Raina Simat ('24)

"We all got these glasses and they had our initials on the sides. I think all of us getting them really made us feel closer as a team as we headed to our first state game together."

this is our goal.

goals push lady knights to state



PEACE OUT, STMA Emily Zattoni ('23) plays in one of her final soccer games at home, against Eden Prairie, throwing up a peace sign. "It's my signature thing I always do when I run, I don't mean to do it it just happens every time." Zattoni said. Photo by *Tim Bykowski.*

The Lady Knights smashed their season this year, and had loads of success including going to State for the first time in 4 years. With this success, however, the girls have had to put in unimaginable amounts of hard work and have tremendous perseverance. It has also come from setting goals for themselves and the team for the season. Captain, **Hannah Kvant** ('23), shares some of the goals of the team as a whole and how these goals lead them to state. "We really had three goals: have a better record than last year, build a community within the team, and make it past section, on to the bank." Even though these are great goals for the team. The girls had to find a way to execute them and they did. **Claire Kvant** ('25) shared, "Our main goal this season was to reconnect and become stronger as a team. We did team bonding and encouraged each other in order to be a stronger team. We had team meetings and pasta feeds to get closer. Our coaches are amazing and helped our goal by making time for us to team bond, so we could work on our goal of getting closer as a team. I think that this year for soccer has really impacted us as a team by getting us closer, and I can't wait to see what we can do together."

Individual success is also a major component into the State competition as a team. If you don't push yourself, you can't push your team. "One of my main goals for this season was to grow as a player. This year that goal was especially important to me because we have a very young team. We all have worked so hard this season and we have very much succeeded in that aspect," **Maggie Kramer ('**24) said. Lastly, was the change in the team dynamics. They have had to learn how to transition to playing for a new coach, and had to prove themselves to him as well as the rest of the team. **Hanna Barthel** ('24) said, "One of the first things I did was set goals for myself this season. Win our section and go to state but we needed to start small. As the season went on, each game was really just about learning to play together and as one team and I think that is what is going to win us our section and make it to the state tournament." The girls won sections and made it to state, losing their first game. The goals that were made separately and as a team have played a major hand in their success this year. ***Spread by Ava Sch***endt.

p.o.v

Olivia Seurer



finding the strength.

being on the team with an injury

Going into a new season with a torn ACL from a previous club team, Olivia Seurer ('25), has had to have perseverance watching her team play without her. Seurer said, "Supporting the team even when I'm not playing means just as much to me as playing. I would want to go back to early and risk the rest of my soccer career even though its hard, my team are supporting me through it." Despite her injury, Seurer continues to show up to every practice and game with a good attitude and smile on her face, cheering on her teammates. Photo by *Bennett Moger.*



HEAD TO HEAD. Charging at one another going for the ball during their second game of the season against Egan on August 27th. They won 3-1 and Maren Brockopp ('26) said, "I was determined to get the ball to be able to put my team in the best position possible. I was confident I was going to get to the ball before her!" Photo submitted by Maren Brockopp



HEADS UP. On September 22nd the 9th grade girls were playing a fierce game against Wayzata winning at 6-1. Hitting a header going for the goal, Grace Studer ('26) said, "I don't focus on if its the right time or the right place, because I am so dialed in on the ball that nothing else really matters. " *Photo submitted by Grace Studer*



FULL STRIDE. Emily Luebben ('24) is running full speed down the side of the field hoping to get played by the ball. Luebeen said, "I was running towards the corner to deliver a cross to my teammates crashing the net." *Photo submitted by Emily Luebben*



SCORING BIG. Giving a little celebration after scoring on the other team Lydia Hawkins ('25) said, "When I score it's a super exciting feeling that helps motivate me and my team to work harder together." *Photo submitted by Lydia Hawkins*



together we're stronger.

dominating the season

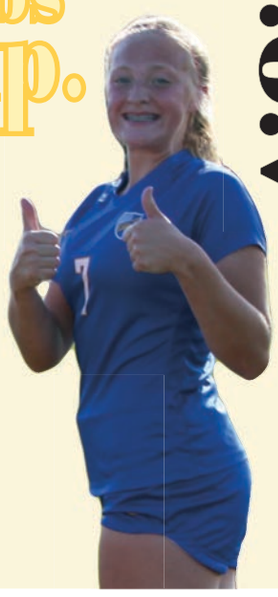
This season the 9A girls team kicked it in high gear as they were "better together." They had an amazing season and even went the entire season undefeated at 16-0. In total the girl's ended up outscoring their opponents by 85-4, winning their best game of 10-0 against Sorehead on October 4th. As the season came to an end, the girls on every team, (JV, B-Squad, 9a), swallowed their sweat and played as hard as they could to finish strong. With all of the love spread throughout these girls never gave up. Hair was braided, dirt was kicked, and memories were made as they took in the final win to end the season . These girls were really stronger together as they dominated the season.

Spread designed by Lauren Dinh and Heidi Frank.

p.o.v

two thumbs up.

Farrand gets the team hype



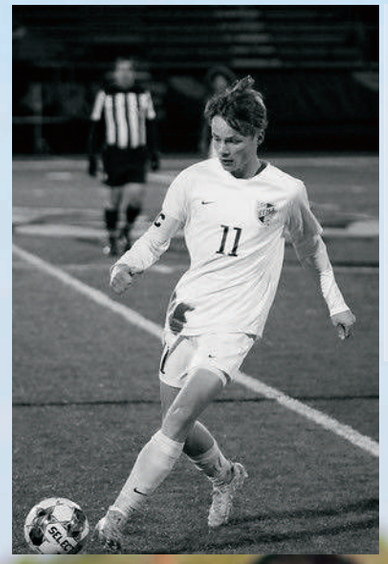
Lilly Farrand ('24) said, "I hype up my team by encouraging them on and off the field, making sure everyone has good mindset going into the game. My favorite part on gamedays would have to be the energy that leads up to the game."



Photo by Lauren Dinh



GET THAT BALL.
Robbie running for the ball. Robbie Madore ('23) said, This team really is a family we all get along really well, this season has been amazing and I cant wait to see what they do next year." Photo by Tim Bykowski.



SCORING THE PLAY.
Captain Maverick Kneefe takes the ball up field hoping to keep it from the opposing team. **Maverick Kneefe** ('24) said , "Being captain this year I really had to step it up and show leadership , its a big role and and it really means a lot to me." Photo by Tim Bykowski.

state bound

For the first time in STMA history the boys varsity soccer team made it to state. Emotions where high as the team celebrated this huge opportunity. **Alex Hernandez** ('25) said, "When we qualified for state I was kinda in a state of disbelief, it was an amazing and exciting opportunity. I'm not gonna lie I actually started tearing up, it really felt like vengeance for last year," **Riley Roberts** ('23) said, Making it to state was awesome, it was an incredible feeling, complete happiness, it's the first time we made it to state, it's such an honor and it awesome to see how much we have grown from last year. even though this is my senior year I cant wait to see what the boys do next year if they make it to the bank I will be right there on the sideline cheering them on."**Alden Dyer** ('24) said, " It was amazing being able to do something this important to all of us, what made it even better was our assistant coach Hidorn shaving his head, he told us at the beginning of the season that he would do it but actually seeing him do it was awesome." **Carter Miller** ('24) said, I'm really proud of my self but I'm more proud of my team. Making it to the next round was awesome but really nerve racking, we may not have won the game but just the opportunity of being able to play as a team amazing. It was a new experience and I'd love to relive that moment over again." The boys played hard this season and its clear to see the amount of heart and spirit they have for the game and they don't plan on slowing down anytime soon. ***Spread by Kenna Johnson.***

meeting the goal.

p.o.v



this is goodbye.

seniors play one last game

Captains Andrew and Riley share an emotional hug after the game. Andrew Butkowski ('23) said, "We both needed that hug, it was our last game so it was honestly kind of emotional, I love these guys so its gonna be hard to say goodbye."
Photo by Bennett Moger.

BROTHERHOOD. We believe in ourselves, our team, family and community, no blaming, no excuses, no short cuts, who are we, Knights! "It may seem cheesy but its our thing and we love it," said Riley Roberts ('23)
Photo by Kenna Johnson.



GOING FOR THE GOAL. Alex Hernandez going for the goal after a pass from carter Miller. Alex Hernandez ('25) said, "I love this team, its a great way to represent our school and I have made so many memories this past year. Seeing how well we did this year makes me excited for what we are gonna do next, hopefully make it to the bank."
Photo by Kenna Johnson.

HEADS UP. Michael Kimba ('25) makes a run for the ball, running fast against Hopkins in a close game. Michael Kimba ('25) said, "When I am playing soccer I feel free." *Photo by Alexa Ohlander.*



EYES ON THE BALL Tate Songstad ('24) keeps his eyes on the ball and ready for anything. "I enjoy being part of a team, and working together to get better and to win," said Songstad. *Photo by Alexa Ohlander.*



KICKS FOR DAYS. Captain Dow Dickerson ('25) going for a kick. Dickerson ('25) said. "Whenever I'm on the field I'm always in a good mood." *Photo by Lauren Dinh*



p.o.v



effecting our game.

senior struggles with injury throughout the season

Connor Peterson ('23) underwent a knee injury during soccer season. He dislocated his kneecap three times and tore a ligament. He had to go through nine months of physical therapy twice a week. During this time, it was hard for him to not be able to play. Conner said, "It was very difficult going to watch my teammates play knowing I will not be able to help them."

GOING FOR IT. Sean Tatge ('23) plays aggressive and going for the ball. Tatge ('23) said, "When I'm playing soccer, I am thinking about nothing else except for what I will do next." *Photo by Alexa Ohlander.*





this is our time.

jv boys giving it their all

The boys jv soccer team played a challenging season. They won a total of 4 games and tied 1. They all played their best and cheered each other on. The boys ended their season by playing Edina on 10/8 and tied with them 1-1, which according to, **Bennett Moger ('24)** "Tying with Edina doesn't usually happen, so it was pretty cool". Keeping the tie was tough, once both teams scored they realized that they had to step up their game if they wanted to win/keep the tie. In the end, the tie was kept, making the boys all super excited. Giving them a good game to end the season on. These boys treat each other like family. Which is exactly how a team should act. They always have a positive attitude no matter if the win or lose. **Kamden Schoemer ('25)** said, "The season was a good lesson of what we can be when we want to show up and keep our heads up. ***Spread designed by Alexa Ohlander.***

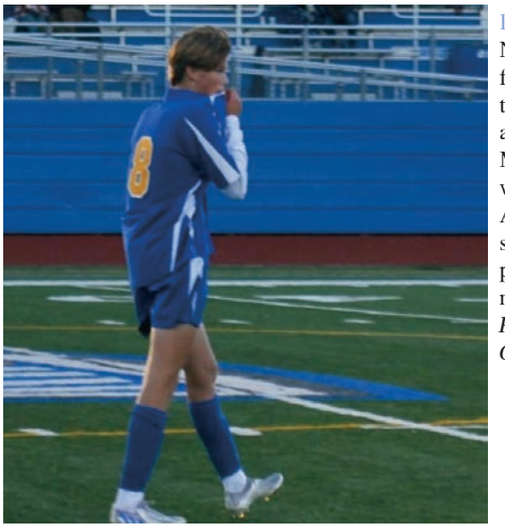


OFF THE TOP. **Jayden Frenger ('25) hitting a head ball back into the game. Frenger said, "When I am playing soccer, I feel productive no matter what."** *Photo by Lauren Dinh*



ALL IN. Marek Dalton ('25) about to kick the ball back into the game. Dalton ('25) said, "Soccer makes me feel amazing and it is super fun when I am playing with the people who want to win, and are competitive, and most of all get better and make memories together." *Photo by Alexa Ohlander.*

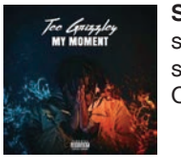




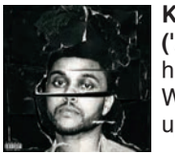
FOCUS. Asher Novak ('25) is focused in and ready to give this game his all. STMA beat Minnetonka and it was a tight game. Asher Novak ('25) said, "When I am playing soccer, all of my stress goes away." *Photo by Alexa Ohlander.*

let's get pumped

players sharing what song gets them pumped up



Sean Tatge ('23) said his pump up song is "First Day Out" by Tee Grizzley

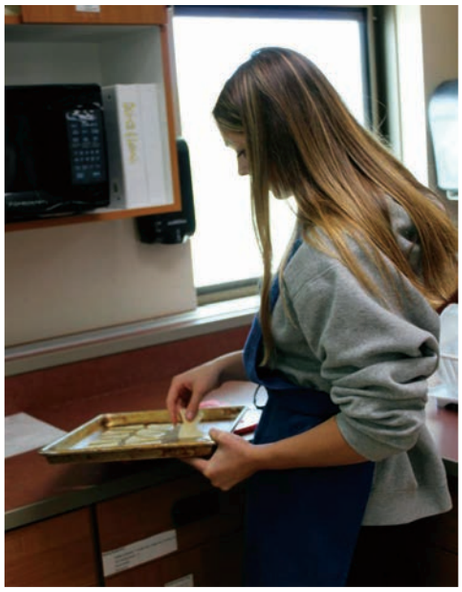


Kamden Schoemer ('25) said that "The hills" by The Weekend is his pump up song.

BLENDING IT UP. Blending all the ingredients that was chopped up to make guacamole with a hand mixer. Rylee Harrison ('23) said, "This was a fun experience because I made stuff that I have never got to make before." ***Photo by Macey Setter .***

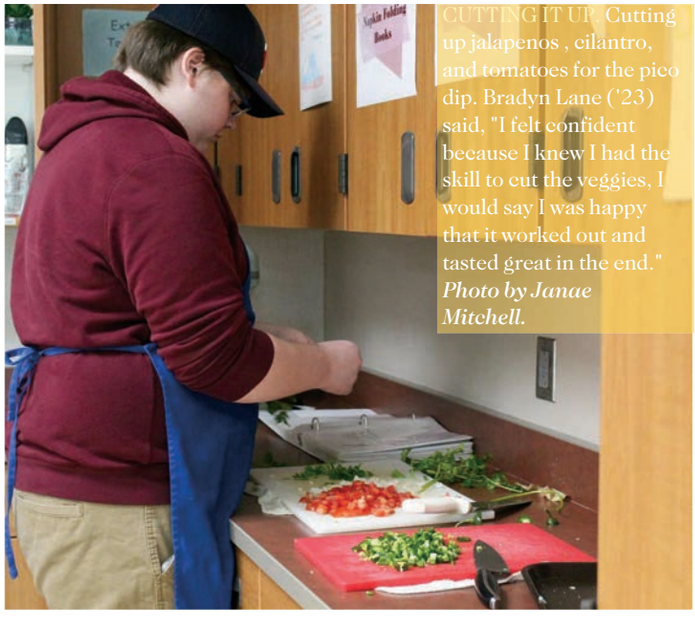


TORTILLAS INTO CHIPS. To make the chips first you brush the tortillas with oil and salt, cut them into triangles and then baked them in the oven. Brittney Harris ('23) said, "Making the chips was fun because seeing the end result of them makes me happy" ***Photo by Janae Mitchell.***



CHOPPING IT UP. Tomatoes getting chopped up by Emily Zattoni ('23) with help from Mrs. Read. "I enjoyed cutting everything up except tomatoes because I think tomatoes are gross." ***Photo by Janae Mitchell.***

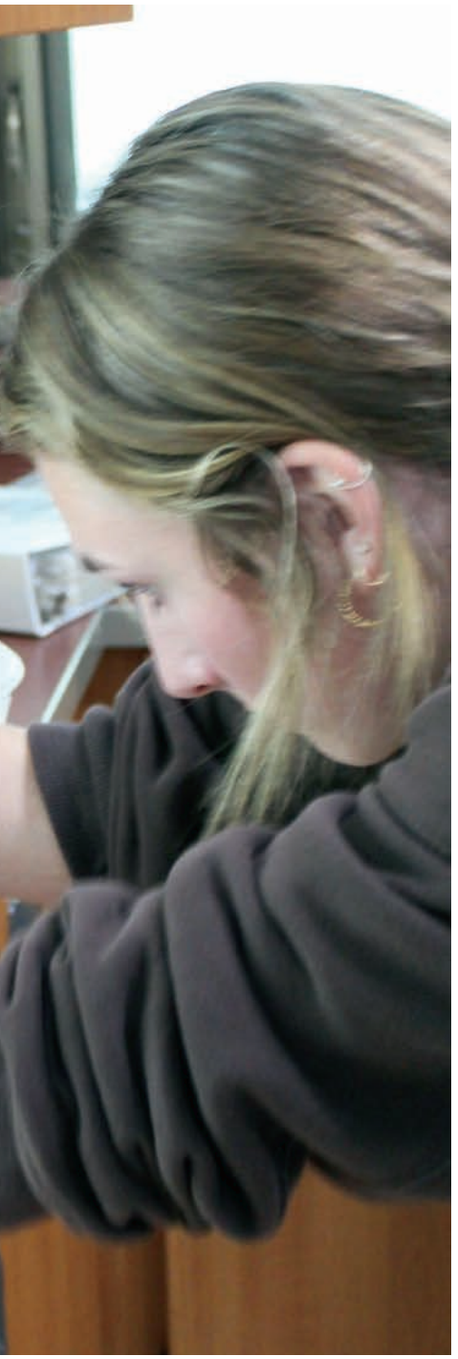




CUTTING IT UP. Cutting up jalapenos , cilantro, and tomatoes for the pico dip. Bradyn Lane ('23) said, "I felt confident because I knew I had the skill to cut the veggies, I would say I was happy that it worked out and tasted great in the end." ***Photo by Janae Mitchell.***



DICING IT UP. cutting up jalapenos for the pico that was going to be eaten for the Latin America meal. Halyn McDougall ('24) said, "I was so excited to be making pico because I have always loved eating it, but have never had it homemade!" ***photo by Janae Mitchell***



our chefs' kiss.

international foods cooks Latin meal.

For the Latin America unit, international foods made a meal including chicken tacos, spanish rice, pico, guacamole, homemade chips, and flan for dessert. **Jackson Bouressa** ('24) said, "I took international foods because I love cooking, I love food, and I really like different cultures and their different foods. My favorite meal that we made was the burritos, cookies and chicken." **Haylyn Mcdougall** ('24) said "I chose to take this class because I wanted to learn more about other cultures' food and get out of my comfort zone in trying new foods. I also love cooking and wanted to learn some new recipes! The homemade chips were definitely better than the chips you buy at a grocery store and tasted amazing." To make the homemade chips first you had to brush the tortillas with oil and salt, then cut it up into triangles, and place in the oven. **Caitlyn Seaver** ('23) said, "I thought it was cool to be able to make it for myself and have it taste authentic. I really enjoyed eating the chips and pico cause they tasted really good together especially since they were homemade." ***Spread design by Janae Mitchell.***



BETTER WITH FRIENDS. group of friends all work together to make chips, pico, and guacamole. Alexis Stark ('23) said, "I really enjoy international foods because it is fun and having friends to do it with makes it more fun! " ***Photo by Janae Mitchell.***



PICO DO GALLO



served with homemade tortilla chips!

INGREDIENTS

- tomatoes
- onion
- jalepeno
- lime
- cilantro

DIRECTIONS

1. gather all ingredients
2. rinse all the veggies
3. dice up tomatoes
4. chop up onion
5. cut up cilantro
6. cut up jalapeno (take out seeds if you don't want any spice)
7. mix it all together in a large bowl
8. squeeze the lime juice over the mixture



3,2,1, ACTION. Erin Hartnett ('23) is working on edits for KBNG. Erin said, “I decided to join KBNG my Junior year because I wanted to learn more about making visual art. I have also made a lot of great friends and memories in KBNG." *Photo by Cortney Halvorson.*



TOUCH UPS. Cole Sarkinen ('23) works hard on editing basketball footage for the intro to KBNG. Cole said, "My favorite part of KBNG is being able to goof around with my friends and still being able to get my work done." *Photo by Ashlyn Marble.*



CAMERA ROLLING. Conner Vanderveen ('23) and Tanner Booker ('23) get ready to shoot film for KBNG. *Photo by Ashlyn Marble.*





p.o.v

meet the cast

the reason our cast loves KBNG



“I joined KBNG because I love Mr. Osowski and I had heard that the work environment is great”. - Kayden Denne-Brown (‘23)



"It gives me creative freedom to make the videos that I want." - Tyler Ingebrigtson ('23)



through the screen

Lucas Cross and Dallon Adams ('23) work on filming for KBNG. Adams said, "I joined KBNG because I love to make videos and learn more about how they are created." Cross said, "I love to film and learn how to use new effects." *Photo by Ashlyn Marble.*



behind the scenes.

The trimester one KBNG cast uses there knowledge they learn in class for other things outside of the broadcasting room. Lucas Cross ('23) made his own show called, FBI Guy which stars, Dallon Adams ('23), Kayden Denne-Brown ('23), who are both in KBNG along with him. It also stars, Evan Synder ('23), Evan Dombeck ('23) and Lake Mastro ('23). Lucas made this show with his skills from class and using the KBNG cameras at home. Lucas Cross said, "FBI Guy started out as a news project for intro to video and we continued to make the videos and it turned into a show, we kept our show going because we got lots of good reactions from students and teachers." Evan Synder said, FBI guy became a good place to hangout with my friends and make new memories. I was also very proud with how much we have learned and how many new things we will still learn." FBI Guy is filmed is filmed about once every two weeks, inside and outside of class. After they shoot the show and edit, they post FBI Guy to youtube. Lucas Cross ('23). *Spread by Cortney Halvorson.*



"KBNG gives me new resources to use online". - Hector Zheng ('23)



"I love impacting the school by playing a huge role in KBNG." - Tanner Booker ('23)



"I like to create new videos and see the outcome". - Conner Vanderveen ('23)



"It's a fun experience and I like to watch and learn new things". - Joey Gonsior ('24)

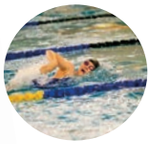
Banana Birkenstocks

seniors thinking creatively





JayLynn Robeck ('23) said, " A year before I came to the team they had crocs and I liked the idea of the whole team matching. "



Kaitlyn Martin ('23) said, "I thought it was really cool having the yellow birks this year. It was fun showing up to meets with all matching outifts and shoes."



Molly Reynolds ('23) said, "Brings the team together in a way that other teams don't do."

p.o.v

freshest in the pool .



first time swimming competitively

Hannah Stenzel ('26) said, " It's been really fun, there are a lot of really nice people. The practices have been very tiring but fun."

FLY AWAY . Madeline Tillmann ('25) swims the varsity 100 yard butterfly at a home swim meet against Wayzata. Finishing with a time of 1:05.56 Photo by Tim Bykowski.



JUST BREATHE. Makayla Geistfeld ('26) swims the junior varsity 100 yard breaststroke at a home meet vs. Wayzata. Finishing with a time of 1:36.54 Photo by *Tim Bykowski.*



GO BACKWARDS. Maren Penserga ('26) swims the 200 yard medley relay, where she swims backstroke at a hoem meet against Wayzata. Finishing with a time of 2:15.22 Photo by *Tim Bykowski.*

MOVING FORWARD. Emma Herfel ('23) swims the varsity 50 yard freestyle at a home meet against Wayzata. Finishing with a time of 29.06 Photo by *Tim Bykowski.*





this is speed.

the lady knights go head-to-head with wayzata

On September 13th at a home meet, STMA dove into the water racing to beat Wayzata. This was the second meet of the season and also the second loss of the season. STMA came close with a final score of 102 to 76. **Sydney Gasser** ('24) said, " At the beginning of the season I was nervous to be swimming events that I haven't done since last year, but I was also really excited to see how much I had improved since then. One of my goals was to drop time on the events that I had been unable to beat last season, like the 500, which I was finally able to do this year. Before a race I try to relax, stay positive, and try to remember to just have fun, even if I don't always get first." **Reese Smith** ('24) said, "Before the Wayzata meet, I was terrified before the 400 free relay. I always am for that event because I'm exhausted from all my other events but it's such a high energy event and everyone is cheering and excited. I remember trying to hype up my relay before hand, we had a diver join us and so I remeber trying to show Jackie Buergeron how to do a flip turn. But in my individual races I like to walk up to Addison Vanvooren because she will shake you around and give you the best pep talk, just enough to get focused but also to let some stress go. Also walking up to your friends and just screaming in their face is a great way to make each other laugh while also getting rid of some of those pre race jitters. " **Isabel Benusa** ('25) said, "Before every race I do get some pre race nervousness. In the beginning of the swim season, I was a little bit more since it had been a year since high school swim. Once I get in the water though I blocked out other thoughts and just tried to focus on my race. When preparing for a race I like to stretch out my muscles some more and visualize how I want my race to go behind the blocks. I also talk to my coach's to know what I need to focus on while swimming."

Spread designed by JayLynn Robeck.

GO FOR IT.
Hailey Riley ('25) swims the varsity 50 yard freestyle at a home meet vs. Wayzata. Finishing with a time of 26.68
Photo by Tim Bykowski

academic weapons.

Q: What are some studying tips you have for others?



A: "Some tips that I have to make one life eaiser in the first place by taking good notes and paying attention. The other tip is to talk to teachers about things you are confused about. Also, nothing is better than studying with a dog on your lap."
- **Vincent Muraski ('24)**

Q: Where is your favorite place to study?



A:"In my bedroom, I like to grab a bag of cheetos to snack on while I study on my chromebook for biology". - **Hunter Williams ('23)**

skylar studies...

Skylar Smithers ('24) is a full time PSEO student, which means she is taking college classes, in high school. She took this challenge like a true Knight. She takes all her college classes through Anoka Ramsey Community College and does one online class through STMA. "I chose this path because I wanted to challenge my studies to a different level in high school, so once I am in college, I will know what to expect."

Q: What is your favorite food to have with you while studying?

A: "My favorite food to study with is fruits/carrots but I also like having mints and I love having herbal tea when I am studying." - **Claire Kvant ('25)**



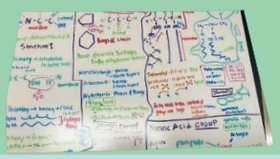
smart sisters



The Kvant sisters are 2 years apart, and take their education very seriously, but in a fun and creative way! **Claire** is a Sophmore this year, and loves to use kahoot, and practice tests to be better prepared for any upcoming assignments she has, so she can nail them! **Hannah** is a Senior, and she enjoys the visual art of studying. She lets to draw out her notes, to help her get a better understanding of what material she is studying, especially in AP Biology. She likes to go into Bio early, to meet with her teacher Mrs. Ness- Deden to make sure she is understanding the materia correctly.

Q: What is your favorite way to study?

"I like drawing things all out together. It helps my brain make connections between things we learn in class. Being able to draw to draw it on a white board with different colors makes it even better."- **Hannah Kvant ('23)**





Q: How long do you usually study for?



A: "My study time depends on the class, for my harder classes, I usually study for 1-2 hours, for my easier classes its usually 15 minutes."- **Grace Holmberg ('26)**

Name: knight

knowledge

Throughout high school, studying and staying on top of your grades is very important to stay successful. In order to do that, creating your own ways to study will help you out. STMA students have so many creative and interesting techniques to get on a good grind to get the job done. The Knights use their knowledge as their weapons to be academically successful, while also giving out other ideas for others students to stay motivated too. Whether you grind out the night before a big test or two weeks in advanced, these study tips hopefully can help you out, like they do with the STMA Knights with our knowledge.

Spread designed by Heidi Frank.

Q: How do you get on a good grind to study?



A: "First, I give a quick run through all of the material. Then, whatever material I am not fully confident on in, I look further into. The best way I have found to get rolling is by answering the first question. Studying is lame, but sometimes nescesary."- **Will Dorfsman ('24)**

let's create

Mima's guide to a perfect pot





WATER BUCKET. The most crucial tool, used to wet the clay and prevent friction while forming.



SCRAPER. Forming clay only with your hands is hard, the scraper helps to shape your masterpieces and scrape up your mistakes.





THE BAT. The starting place of every creation, attaches to the wheel as a removable plate for easy transportation & storage.

SPONGE. Used to maintain moisture and smooth the clay for a smooth and uniform texture.

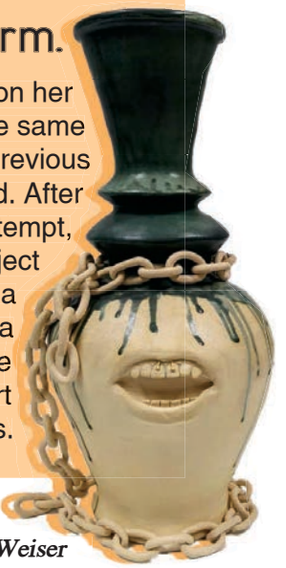


P.O.V

third times a charm.



Jadyn Weiser ('23) is on her third attempt making the same pot after three previous attempts crumbled. After another frustrating attempt, her ceramics project turned out to be a masterpiece winning a Gold Key in the Minnesota Scholastic Art Awards.



"Smiley" - by Jadyn Weiser



Grace Scheurer ('24) freshly starting a new pot.



Following in a sibling's footsteps isn't as easy as it seems. Having a proclaimed-former-art-department-celebrity for a brother provides a solid foundation for one's first steps into the art world. Although having shown no interest in traditional art from a young age, Dylan Gfroerer (‘23) strives to finally dabble in his brother, Tyler Gfroerer's (‘18,) favorite hobby after a lot of convincing. From drawing lessons as kids to photography outings as teens, they searched for the one genre of art that finally sticks. Dylan said, “Photography has, so far, been the only media that's sparked my interest enough to pursue outside of school. I guess I've always been interested in capturing a moment rather than creating one.”

Now that senior year has arrived, he finally took all the classes he was too stubborn to sign up for before, with Ceramics I being trimester two's main focus. He said “I've only just started Ceramics with Mr. Ausman, so I'm still figuring out what I'm actually doing, but I think Mrs. Halker would be excited to hear that. She always asks me if she's going to have me in class again, or if I'm taking any in general. She was my brother's biggest motivator.” ***Spread by Josie Gillach.***



seize the clay.

sculpting a new passion

SPIN ME ROUND. Taking the first leap into ceramics, newbies create their first cylinders. Photo by Janae Mitchell.

welcome home

foreign exchange students embrace the american lifestyle

What do you like about Minnesota?

"What I like most about the USA are the football games and hockey games. The student section is so fun. I also love how nice and welcoming everyone is. I like tea-bombs, Chick-fil-A, and Thanksgiving food. The weather is my least favorite part, it's hard to get used to. I lived in a very warm part of Spain, so I'm always freezing here."



paula ortiz

Spain

Do you like school better in the U.S.?

"I like school better in the U.S. for multiple reasons. The first being the ability to chose your own classes based off your interests. This makes school much more enjoyable for me. I also like the teachers at STMA, they are kind an patient and don't inflict as much pressure. I also absolutely love the school spirit, support, and unity at this school."



floria wolf

Germany

What is one thing you want to accomplish this year?

"This year, I want to accomplish numerous things. I want to graduate, pass all of my classes, and finally decide what I want to study in college. I wish to acquire life-long friendships, even when I get back from Mexico. I want to build my English and pronunciation as fluent as possible. Overall, I hope to enjoy this entire year. "



paula menchaca

Mexico

Rike's Daily Routine in Germany

p.o.v



6:00 a.m.- Rike wakes up, gets dressed and heads to the kitchen to eat breakfast. Then, she brushes her teeth.

6:45 a.m.- She leaves her house and rides the subway, which is a 45 min drive from her house. She arrives at her school, Robert-Jungk-Oberschule around 7:30 a.m.

10:25 a.m.- After her third class the first break begins, she usually gets something to eat at the grocery store or goes to a restaurant with friends. She returns to school and goes to her fourth and fifth class of the day.

3:00 p.m.- After school, Rike usually meets up with her friends in town or she goes to the gym.

Spread designed by Leyla Carlson

What is your favorite home-cooked meal?

"I think my favorite home cooked meal is pierogi. It's a Polish dish my grandma always made. A dish I enjoy from my host parents is mac and cheese and chili con carne. I have also tried some fast food around here. I like the reese's blizzard from Dairy Queen, Tea-bombs and McDonald's fries. "



rike otto

Germany

What do you miss the most from home?

"I think the thing I miss the most about home is my family. I miss watching soccer games with my dad and going out with my mom. Of course I also miss my friends and my dance team. I miss working at our elementary school. There are many things I miss about Germany."



emma hofer

Germany

What is the hardest part about adjusting to a new country?

"The hardest part for me was adjusting to the language. Theres a big language barrier, sometimes it's hard to understand everything. The different food and lifestyle; many customs and expectations, that seem so intuitive at home, can be surprisingly different aboard. Another thing that was very hard for me was leaving my family. Sometimes I feel homesick and it's very hard to live on the other side of the world at 17."



francesca pace

Italy

knights cross country takes on team bonding.

Cross Country is a sport that is individual within a team. In one race there is individual scoring and team scoring. In a sport with both team and individual it can be hard to have unity and be as one. The Knights have both a JV and Varsity team. The teams combined have 39 girls. Scoring in cross country is a lot like golf in the sense that the lowest score wins. 15 is a perfect score, with the top runners being scored only. A lot of teams do team bonding, the knights cross country team is no exception. **Breanna Immer ('24)** said, "For our team music bonds the team a lot, it always gets us in the race mindset and makes the whole team feel less nervous. Letting loose a little bit helps us all feel better". Cross country is scored as individuals and then added up to create a team score. **Paige Bushard ('25)** said, "I like competing in an individual sport that combines into a team sport because, when I know I do good in a race I can feel accomplished with a new PR. I also feel accomplished knowing that my time had a positive impact on my team's overall score". The cross country team went to Duluth this summer, they went on a run and did some team bonding activities. **Natalie Cocking ('23)** said, "Duluth was a good way to spend more time together and grow closer. Honestly though, every day on the CC team is like a team bonding experience because we are talking constantly on our runs so we get to know each other really well. We share our goals on runs too which really allows us to fully cheer each other on and race for each other because we want what everyone is wanting to achieve." A team's environment is important because it helps with the closeness of a team. Team bonding helps with the environment of a team. **Avery O' rourke ('23)** said, "The environment of the team is always really positive because when you're not positive and encouraging your teammates it can really mess with the mental part of a race or workout". Overall, the cross country team does a lot to help make their team like a family. They do team bonding things like going on outdoor runs or going to Duluth. ***Spread designed by Josie Vankuyk.***

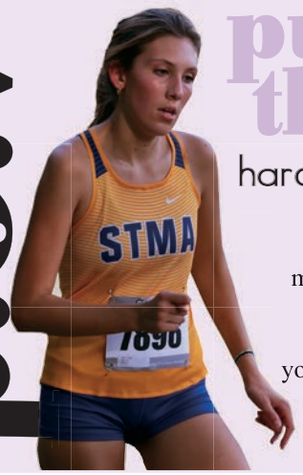
RUNNING FAST.
The Knights faced different teams from all over. Some of those teams are Minnetonka, Eden Prairie, and Buffalo. Races are three miles long. Keegan Burke ('24) said, "After I finish the a race, I feel dead but also accomplished and proud of myself." Photo by Tim Bykowski.



GET MOVING.
This meet was home and took place at the lower rec. The Knights got second place. Courtney Zuidema ('27) said, "The hardest part of running is definitely staying motivated and having a good mental attitude and thoughts." Photo by Tim Bykowski.



p.o.v



pushing through.

hardest part of racing

"For me, I would say the hardest part of racing is the middle of the race because the adrenaline from the start is gone and you are relying on your mental strength to get you to the finish," said Erin Pipp. Photo by Tim Bykowski.

OUR HOUSE.
This race for the knights was the first and only home race. The knights got second in this race. Emma Windingland ('23) said, "When I am racing and start to get tired I just continue to tell myself that the thoughts I'm having are mental and there is always more in me to keep going." Photo by Tim Bykowski.



MOVING FAST.
STMA home meet and they raced a few different teams. Cross country is a individual sport by the way you run but then collectively scores together. Becca Immer ('23) said, "My favorite part about cross country is being around my teammates, and going on runs. I love seeing myself improve, and cheering for my team. Photo by Tim Bykowski.





running to victory.

SEASON PREVIEW. This race took place in Bemidji and was the section preview. It was the first race of the year. Bemidji is over a 3 hour drive. Elise Linneman ('24) said, "The hardest part of Bemidji was probably the hills and running after sitting on the bus for so long". Photo by STMA cross country.

run it back.

unknown things about running

The sport of cross country is a widely known sport with many athletes participating in it each year. Surprisingly, not many people however know all the hardships runners go through. A common misconception is that cross country is the same as track. “I’m not 100% sure, but I think we run about 35-45 miles a week. This affects me by making my legs constantly sore,” said by **Dane Barthel ('26).** The countless hours of running that is put into cross country is hard on the runner's body. The mindset that runners have to have is unlike any other. “The mindset I have going into daily practice would be to work hard so I can accomplish my goals. Coming up to the meets I don’t even think about trying to win, I just try to get a PR and keep on improving throughout the season. You don’t even necessarily need to be fast at running, as long as you work hard you will meet your goals and make new friends,” explained **Kyler Williams (‘26).** With cross country being so mentally and physically exhausting it is hard for those not a part of the sport to understand why people would want to run countless miles a day. “I continue to be in cross country because of the community around the sport, the people are all great and it really brings everyone more together,” said **Jonah Lyke (‘23).** Knowing how much our cross country boys go through to perform in the best way possible, is important to support the runners in our school. *Spread designed by Alicia Vosberg.*



EYES ON THE ROAD. Staying focused on what is ahead of him senior Evan Warner ('23) finishes the his race. "I try to stay focused and remind myself that I am not racing for myself but for my team."
Photo by Tim Bykowski.



STATE BOUND. From the boys section 8AAA Bemidji Championship. Our boys team qualified two individuals Luke James ('23) and Max Salas ('25). *"The most exciting part about going to state is being able to race against such good competition, it's not everyday you get to run in a race this big" says Salas. Photo by Coach Cayo.*

ONE FOOT FORWARD. Captain Luke James ('23) is pushing forward to finish the race off strong. "I get a couple kinds of pressure from being a role model on the team but I also want to show it's ok to have fun and mess around a little but still showing you need to work your hardest." *Photo by Bennett Moger.*



p.o.v senior feels.

taking our last steps



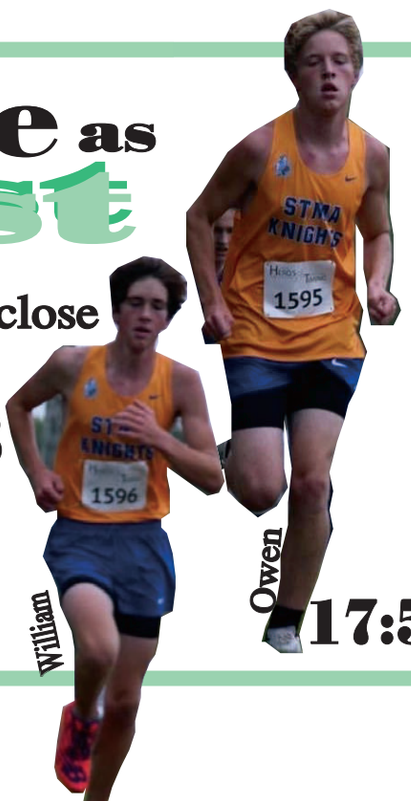
For every senior season comes with so much excitement and so much pain. Owen Vanderiet ('23) describes how this year has been treating him prior to past seasons. "My senior season has felt so much different from past seasons, with me being a captain know and taking on more responsibilities for the team. One piece pf advice to the younger runners is to stay consistent. Becoming a better runner takes dedication, and running during the season is only part of that. It is going to take a lot of running in the off season to see the big improvements." Closing off Owen's season he is grateful for the memories he has made. *Photo by Tim Bykowski.*

BREATH IN, BREATH OUT. On the final stretch of the race Wyatt Harmoning ('25) is giving it his all to get ahead of his competitors."My teammates and coaches help me stay motivated while racing by pushing me to go faster and for the satisfaction of getting new PR's." *Photo by Bennett Moger.*



twice as fast

cutting it close



17:18 — William

17:53 — Owen

William Negaard('24)	Owen Negaard('24)
"I'd say we're more competitive but we still support each other a little bit"	" We are both competitive to push each other to be better runners, and support each other if we race bad"
"I think we do have a better bond but sometimes having a sibling on the team is annoying when you want some space from them"	"Being in the same sport hasn't really had an affect on how close we are, since we are twins"
"The best part of having Owen on the team is drving home from practice because we only need one car"	"Best part about having my brother on the team is holding each other accountable to show up for practice, if it wasn't for him I would sleep in"

Photo submitted by Owen Negaard.



p.o.v

play as a team.

why do you play?

Katelynn Dressler ('24) says, "The team overall is very motivating and we get along very well. Away match's are a good way to team bond and connect with others."

Photo by Molly Reyonds.



DOMINATING THE COURT. Ella Goertzen ('24) on C-Squad returning back to Edina. Goertzen said, "I joined tennis to get involved more into sports. I feel excited in my matches to learn more about how to play and how to score better." *Photo by Katelynn Dressler.*



TAKING ACTION Addison Nibbe is a Sophomore on varsity passing back to the opposing team. This is the match at home against Rogers. Nibbe said, "I was motivated to stick with the sport because it's something I enjoyed doing everyday and meeting new people." *Photo by Tim Bykowski.*





FACE OFF. Starting for varsity, is Kyra Purrier ('23), they are facing off against Rogers at home. Purrier said, "I enjoy tennis because you can change up your personal game to mess up your opponents by getting in their head." **Photo by Tim Bykowski**

HUSTLE AND HIT. Playing on varsity is senior, Maddie Lundeen. She was facing off against Rogers. Lundeen said, "I play tennis because I like to be involved with school and the team is very close with each other." *Photo by Tim Bykowski.*





GET UNDER WAY. Starting for C-Squad is Caroline Michenfelder ('26). She is serving to Edina at an away match. Michenfelder said, "I love playing with my team because we don't always focus on winning but having fun." *Photo by Katelynn Dressler.*

check it out
Vivian Sommer's bag



game set match.

team adapts to expectations



The girls tennis team has struggled a lot this year with their wins. The team went day in and day out practicing like crazy to get better. The time definitely was noticed when the varsity team took a win over Hopkins. They won 4-3 and took it with pride. Each girl on the team put in their work and all improved immensely. **Mylin Lemke ('23)** said, "Practice is where I get better so I use it to try new things and focus on how I hit the ball. I see the most improvement during my matches especially when going against the top teams in the state."

The JV girls played like no other they put everything into each match and practice. They had wonderful captains to look up to and watch. Each of them wanted to improve and build as a team. Having new coaches for the past couple seasons was a little messy but in the end everything worked out. **Jayna Haehn ('25)** said, " I felt that no matter what coach I had they always brought a positive and fun environment to the courts and I really enjoyed that. The fact that I was able to play the sport that I love and be with my teammates made me excited for each practice."

The C-squad girls had a good season but had a couple set backs. They practiced great with one another but needed a couple reminders to stay on track. They fought to win and in the end they put their work in. Each practice they came to play and made sure people knew it. They had the urge to get better each day. **Jacey Stone ('26)** said, "I love tennis because all the girls were so inclusive and we had a blast getting to know each other. Practices and matches were always fun with the excitement of getting to see each other after school and the enthusiasm on the bus ride to the matches." *Spread by Molly Reynolds.*



RIGHT BACK AT YOU. Annie Tennyson ('23) plays singles on varsity. She is hitting back to the opposing team. Tennyson said, "I loved being around my teammates and competing with each other. All the players and coaches had such a positive attitude and it was a great atmosphere to be around." *Photo by Tim Bykowski.*

we can't last forever.
seniors take one last bow.



Jocelyn Jaroscak ('23)
"Nana Foster"

How have you grown over your past four years in STMA theater?

I've grown a lot, I used to think very little of myself in freshman year and I feel like with the opportunities that, not only this theater but this school, has provided me have been incredibly growing."

What have you learned from your role in Tuck Everlasting?

"I've learned that life is for living, I know that that's a stupid definition, but I think that it's something that everybody needs to really think about and live by."



Mia Marthaler ('23)
"Mother Foster"

Who was your favorite person to work with throughout Tuck Everlasting?

"My favorite person to work with is Charlie (Lund) because he's like my best friend and it's so easy playing off him."

What have you learned from your role in Tuck Everlasting?

"I've learned that even though I didn't get what I wanted at first, it will end up being exactly what I wanted in the end."



Charlie Lund ('23)
"Constable Joe"

How do you feel about your first-last performance in STMA theater?

"I feel excited, sad... I'm all over the place right now. I think the performance went pretty good. Everybody around me did such a good job."

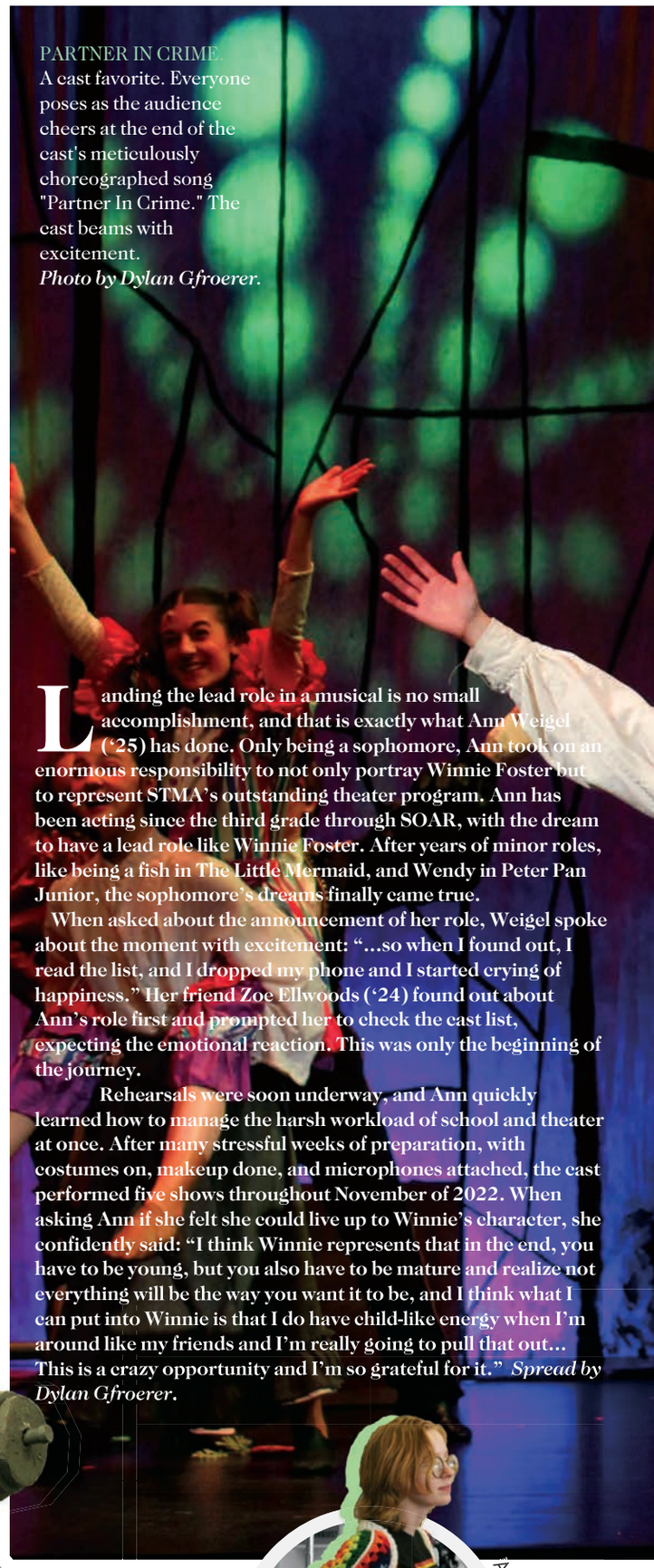
How have you grown over your past four years in STMA theater?

"Well, this is my first main role in a musical, so I've gotten very far, and I'm very proud of that."





Audrey Kanu ('24)



PARTNER IN CRIME.
A cast favorite. Everyone poses as the audience cheers at the end of the cast's meticulously choreographed song "Partner In Crime." The cast beams with excitement.
Photo by Dylan Gfroerer.

Landing the lead role in a musical is no small accomplishment, and that is exactly what Ann Weigel ('25) has done. Only being a sophomore, Ann took on an enormous responsibility to not only portray Winnie Foster but to represent STMA's outstanding theater program. Ann has been acting since the third grade through SOAR, with the dream to have a lead role like Winnie Foster. After years of minor roles, like being a fish in The Little Mermaid, and Wendy in Peter Pan Junior, the sophomore's dreams finally came true.

When asked about the announcement of her role, Weigel spoke about the moment with excitement: "...so when I found out, I read the list, and I dropped my phone and I started crying of happiness." Her friend Zoe Ellwoods ('24) found out about Ann's role first and prompted her to check the cast list, expecting the emotional reaction. This was only the beginning of the journey.

Rehearsals were soon underway, and Ann quickly learned how to manage the harsh workload of school and theater at once. After many stressful weeks of preparation, with costumes on, makeup done, and microphones attached, the cast performed five shows throughout November of 2022. When asking Ann if she felt she could live up to Winnie's character, she confidently said: "I think Winnie represents that in the end, you have to be young, but you also have to be mature and realize not everything will be the way you want it to be, and I think what I can put into Winnie is that I do have child-like energy when I'm around like my friends and I'm really going to pull that out... This is a crazy opportunity and I'm so grateful for it." *Spread by Dylan Gfroerer.*



Amelia Dayton ('24)

you don't have to live forever...

sophomore takes the lead

from the hanger...



SEWN TO SHINE.

Ann's iconic outfit for Winnie Foster was hand picked from the cast & crew's visit to ***The Costume Shoppe*** of Maple Lake, MN, in late September. The shop curates custom costumes and supports local theater departments with their vast selection of time-period costumes and wigs. The trip is a remarkable day for everyone involved.

...to the stage



Taylor Jeffery '23





Lucas Benker '24

TIME QUARTET.
Gus Krueger ('25) sings along to the song "Time" with three eastmates during the first performance of Tuck Everlasting.

you just have to live.

the dynamic duo reunites

Brothers Leo Krueger (‘23) and Gus Krueger (‘25) reunite for one of the last musical performances together as the father-son duo of Jesse and Angus Tuck in Tuck Everlasting. After having spent time acting through *Front Porch Musical Theatre*, Leo performed in STMA theater and encouraged Gus to accompany him for his final year at STMA.

The brothers’ first-last performance together was especially memorable for Gus. After three previous shows together, the brothers will soon part ways from acting together at STMA come the graduation of Leo. Gus reflected on their time together after the first performance: “This show has to be my favorite because I get to act alongside him, he helps me out with my character, he tells me what I can improve on and we work together on it as brothers.”

After not performing through STMA theater for years Leo returned as the lead role of Jesse Tuck to inspire Gus to put himself out there in the high school theater scene. Gus’ experience has been nothing but view-changing, and to both of their surprise, they secured their roles as their own dynamic duo. At the end of the performances, Gus said, “I do have to say that every person in the show, no matter what role they had, has been a pleasure to work with. It just made an amazing show that we’re all proud to show the audiences.”
Spread by Dylan Gfroerer. Photo by Bennett Moger.







endless memories.



EVERYONE, ALL AT ONCE. The cast and crew of Tuck Everlasting weren't all friends to begin with, over time the unbreakable bonds were formed along with their everlasting memories.

Ashe Aydt ('23,) an ensemble member said, "I made a lot of friends and that's what made it fun. Partner in Crime was especially fun because I felt like everybody at one point saw me on stage, and I got to meet everyone in the cast during that song."

NOTHING BUT TIME. The character Miles Tuck, played by **Sol Beaudery ('24,)** is one of many characters he has played over many years in theater. Despite the growing amount of parts Sol has played, Miles Tuck sticks with him as one of his favorites. He said, "My favorite memory was the Time quartet, dude, that was a fuuun part. Four of us got to sing."



Ashe Aydt
Ensemble



Maggie Borchardt
Ensemble



Sol Beaudery
Miles Tuck











growing closer.

ensemble cast members make lasting bonds.

"This show helped me make super close friends that I would've never met otherwise. Everyone was so positive and supportive while we rehearsed. By the end we became this sort of family and I'm so grateful I did this show. If anyone is considering trying theater for the first time, or anything for that matter, just do it. You wont regret it." **-McKinley Beaumont ('23)**



p.o.v



Eli Powell ('25)



Rose Hauxwell ('23)



Gus Krueger ('24)

Maggie Berendes ('24)

WHAT'S BEHIND THE CURTAIN? The Pit Orchestra and Tech Crew are not always in the spotlight but that doesn't mean they don't work as hard as the dazzling actors. Lights, music, action are their specialties and led miraculously by Michael Bartunek and Zachery Osowski. ***Spread design by Kyla Smith and photos by Dylan Gfroerer and Kyla Smith***

behind the curtain.

crew behind the stage.

Do you ever think about the function behind the production? What gets things in place and songs perfected? The spotlight may be taken by the actors but there would be no show to perform without the behind-the-scenes tech crew and pit orchestra. The tech crew was run by many student leaders, such as the Stage managers: Abigail Story ('23) and Amelia Dayton ('24), and Deck Chief: Kayla Hass ('23); these selected students are given many responsibilities to keep the production up and running. Nothing makes Mr. Mann (the main director) happier than seeing students taking charge and taking a bit of stress off his shoulders. Mr. Mann and Mrs. Krutzig (assistant director) are seen running around constantly making sure people know what they're supposed to do and be ahead of.

Mr. Bartunek leads the Pit orchestra into an outstanding performance of playing all Tuck Everlasting music. Some of their favorite songs include Partner in Crime, Join the Parade, Everything's Golden, and Top of the World. There were many fun quotes and memories made in the pit. "Smiles and High Fives" are the motto the pit performers play by. The pit was also fortunate to have professionals come play for them during the performances of Tuck Everlasting. Derek Callender playing the guitar, Martha McDermott playing the violin, Rosa Thompson-Vieira playing the Cello, and of course one of the bands' favorite persons to play with; Sue Ferbuyt, the sweet piano player. There are many seniors involved that took a bit more responsibility at making it a fun and welcoming experience, some seniors being Mikayla Mastellar, Zoey Parker, Lucas Przybylski, and Abby Carroll to only name a few.

Our Production was very lucky to be evaluated by the Hennepin Theatre Trust and they were recognized for many things, with the Overall Technical Team gaining an Honorable Mention, the Pit Orchestra with an OUTSTANDING, and the Overall Performance of the musical being an OUTSTANDING. These are proof of their WELL DONE performance!



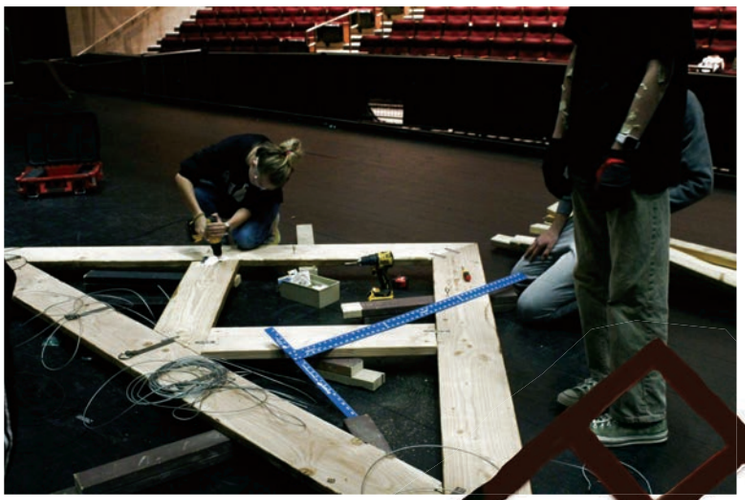
Zoe Parker ('23)



Lucas Przybylski ('23)



Sol Beaudry ('24) Ann Weigle ('25)



DROP IT DOWN. There were many props created for the Tuck Everlasting musical. One of the main props made was the drop down attic scene. Brooklyn Andrzejewski ('24) is shown building this prop that took over four weeks to finish. This was dropped down by Darci Treptau ('25) during the production and being one of the main attractions in the show. Shown in the picture to the right is Jesse Tuck (Leo Krueger '23) looking through the window of the drop down, at Miles Tuck (Sol Beaudry '24) during an emotional scene.





Our Tradition

THREE. TWO. ONE. A Pit tradition that stays with us. As the Pit gets ready to perform for the production of Tuck Everlasting, they take a few moments to all put their hands in a motivation circle. It brings a sense of teamwork and togetherness for the Pit members. As they raise their hands, they yell out a fun memorable quote from the musical or play that's performing, followed with many laughs and memories.
Photo by Kassie Mckeown



MIC CHECK. Behind the Curtains, Ben Carroll ('25) takes charge with testing the microphones and sound board for his fellow tech crew and cast. Throughout the production, Carroll runs from set to stage to control room, making sure everything is in order for the performances.

p.o.v

CHAOS CONTROL.

The show can't go on with out the minds behind running it. Abigail Storey explains how she became theater's Student Stage Manager:"One of the past Stage Manager said she sees potential and says that I should try out to be the Assistant Stage Manager, which I tried and I ended up really liking it so I continued on with it, to then the Directer was like 'we're gonna move you up to Stage Manager' and I got the job."



Abigail Storey ('23)





Andrew Hansen ('26)



Nate Weber ('23)

⚠ Time to BeReal. ⚠

2 min left to capture a BeReal and see what your friends are up to!



"We had just win our first game of the season 5-0 and the BeReal went off so we had to take a quick one." -Maverick Kneefe ('24)



"We were watching and supporting our JV girls." -Khendal Johnson ('23)



"Kali and I were watching the volleyball game an the freshman behind us got in our BeReal." -Olivia Seurer ('25)



"Quick BeReal of the stma soccer girls fueling up on pasta for game day." -Alison Miller ('24)



"We were at the USA football game and the student section was getting packed so we figured it was a good time for a BeReal." -Harlee Peltz ('24)



"We were walking out of the last senior breakfast club of the year and BeReal went off." -Jordyn Clapp ('23)



"BeReal just came out and Coach Pat and Coach Olesen wanted to take one and see what it was all about." - Lydia Hawkins ('25)

BeReal is a popular new app that sends you a notification at a random time once every day. Once your notification goes off, you have two minutes to take a photo using your front and back camera, showing what is going on in front and behind you. Once you post it, you'll be able to see what all your friends are doing as well. If you don't post by the time the two minutes are up, you're not being real. *Spread by Ashlyn Marble and Ava Schendt.*



"We were at the USA game and we thought it would be fun to have the security guard take our photo." -Alicia Vosberg ('23)



"We were waiting for the the football game to start at Centennial and asked Reeves to take our BeReal." -Hannah Kvant ('23)



"We were getting ready to film the best show known to STMA FBI Guy." -Lucas Cross ('23)



"We asked our amazing coaches to take a BeReal at our powder puff practice." -Tailyn Radloff ('24)



"We were on a church retreat and this was taken in the parking lot after lunch." -Gavin Berg ('26)



"BeReal went off at the state fair and we found some random people to take it for us." -Alaina Thompson ('23)



"We were at a Russell Dickerson concert and asked the girls in front of us to takeour BeReal." - Ava Schendt ('23)



'I asked the cop to take a BeReal of us." -Jayden Loftus ('24)



"We were cruising on Jons little boat and had to take the BeReal." -Jasmine Gray ('23)



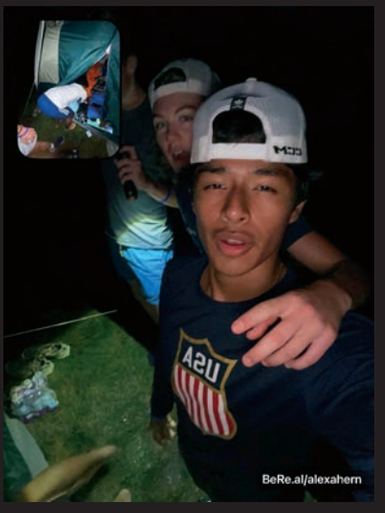
"BeReal went off in the middle of yearbook so we took one." -Molly Reynolds ('23)



"This was taken on the opening night of Tuck Everlasting, getting ready in the green room." -Taylor Jeffery ('23)



"We had to get the perfect BeReal in before we became champs." -Michael Johnson ('23)



"We were at a camping trip with the team after a long day of pouring rain but we couldnt forget the BeReal." -Alex Hernandez ('24)

Gavin Moormann ('25) has done mountain biking since 2019. The week going into a race, practice is going on 16 miles trails as fast as they can . The team does hill climbs and race loops to get faster. Two days before is a Friday, on Friday the team goes to the track. They started to ride through the track slowly, looking for hills. Friday is just a pre-ride. On Saturday the middle school races. The high schoolers come and support the middle schoolers on the team. At some of the races they will do another pre-race. On Sunday, which is race day, coaches say to eat sugar like donuts and protein drinks and eat protein bars after the race. There are over 3000 people, and 100 schools at the race. Before the race started they put air in their tires and made sure that the brakes worked. Everyone brings tools to fix things on their bikes. To start the race, someone calls the racers up to get lined-up. The races go in waves, there are 30-40 people in a wave. Gavin gets nervous 30 seconds before the race starts. The race starts on grass like on a field, then goes into the dirt track. The track is 5 people wide to 1 person. Gavin's longest race is 16 miles long. Spread by *Katelynn Dressler*. Photo by *Minnesota Cycling Association*.

"The most dangerous part is not being properly equipped, trained or prepared."

-Gavin Moormann



ADVENTURE

Mountain biker, Gavin Moormann, competes in 16 mile race

Row 3: Coach Tyler Hett, Coach Noah Heidorn, Andrew Butkowski, Robert Madore, Taten Harrison, Alden Dyer, Coach Mat Harrison, Coach Francisco Durruty, Coach Tomás Rodriguez
Row 2: Jaxson Bean, Carter Ranweiler, Nathan Schwarz, David Engman, Maverick Kneefe, Alex Hernandez, Jarod Timlin, Anthony Arroyo-Nuñez
Row 1: Carter Miller, Thatcher LeZalla, Riley Roberts, Tyler Skrip, Taylan Seins, Joe Rohrer



boys' varsity soccer

Row 3: Coach Mat Harrison, Asher Novak, Connor Peterson, Therin Pederson, Marek Dalton, Dow Dickerson, Kam Schoemer Coach Hett
Row 2: Carson Popelka, Henry Iddings, Jackson Alberts, Isaac Reames, Bennet Moger, Xavien Woods, Jaden Frenger
Row 1: Evan Collins, Shane Jackson, Donny Reiners, Sean Tatge, Derek Bot
Not Pictured:Mackenzie Amaoko



boys' jv soccer

Row 3: Coach Mat Harrison, Lane Jeffery, Noah Johnson, Colton Ranweiler, Jeremiah Purcell, Nolan Dinh, Brody Andrzejewski, Coach Francisco Durrity
Row 2: Grant Lefebvre, Jack Meline, Logan Bolduc, Dylan Jenkins, Brycen Pierce, Ethan Mortenson, Colin Schultz
Row 1: Ian Lamey, Jackson Holman, Brendan O'Conner, Ben Buermann, Ayden Saymongkhon
Not Pictured: Titus Schmoyer, Carter Bakeberg, Joey Quiram



boys' 9th grade soccer



Row 4: Coach Matt Venaas, Samantha Didur, Addie Reiswig, Libby Boebel, Caily Aandal, Lukanu Banzeba, Holly Christman, Claire Ruhland, Macey Setter, Fae Bromley, Makaela Malin, Coach Gordy Schlangen
Row 3: Taylor Myhrer (manager), Abigayle Vossen, Ady Hannon, Keagan Burke, Erin Pipp, Emma Windingland, Natalie Cocking, Becca Immer, Avery O'Rourke, Courtney Zuidema, Delaney Barthel, Coach Heather Strait
Row 2: Alice Harmoning, Adeline Fehn, Rachel Heil, Renee Meehan, Ellie Braegelman, Kaya Dahmen, Leah Taszarek, Noel Black, Breanna Immer, Elise Linneman, Regan Anderson
Row 1: Emily Myhrer, Aubrey Parnell, Drew Bushard, Amelia Walerius, Paige Bushard, Emily Carmody, Alexa Bunnell



Row 4: Vincent Muraski, Andrew Grabowski, Owen Negaard, Wyatt Harmoning, Owen VanDeRiet, Jackson Hamilton, William Negaard, Carter Wurst, Dane Barthel
Row 3: Coach Johanson, Coach Cayo, Heath Davis, Max Salas, Evan Warner, Luke James, Jacob Sterk, Dawsen Whiteis, Connor Riesgraf, Coach Kucera
Row 2: Benjamin Schmitt, Jordan Lee, Kyler Williams, Mason Williams, Noah Wilmot, Jackson Bursey, Christopher Tveitbakk, Jonah Lyke, Joey Cruz
Row 1: Carson Miller, Michael Dewey, Conner Reese, Henry Foss, Ian Whiteis, Carter Burke, Brenden Kennedy, Edward Drager, Jacob Gundry



Row 3: Coach Prindle, Sadie Strait, Kali Merfeld, Ashlyn Marble, Olivia Peal, Ceci Lewis, Raina Simat, Olivia Seurer, Coach Olesen
Row 2: Claire Kvant, Allison Miller, Tailyn Radloff, Maggie Kramer, Holland Kneefe, Hannah Barthel, Hannah Kvant, Harlee Peltz
Row 1: Ella Ostlie, Emily Zatoni, Bryn Hedberg, Annabelle Lealand, Juliana Zerna

Row 3: Addison Hoglund, Kylie Voss, Izzy Voigt, Lilly Farrand, Josie Brill, Savannah Schiltz, Izzie Erichsrud, Ari Tourville, Coach Muller
Row 2: Emily Luebben, Delia Howe, Kelsey Cochrane, Lydia Hawkins, Rachel Couture, Kylie Lukkar, Sofia Iverson, Marie Meehan
Row 1: Kali Merfeld, Hailey Walbon, Ava Buhl, Lauren Weimer, Leah Hultman, Janae Mitchell, Lilly Covert



girls' jv soccer

Row 3: Joslyn Thering, Avery Loftus, Abigail Leonard, Vada Bean, Madeleine Mahon, Ella Martin, Hailey Steffensmeier, Coach Hennen
Row 2: Sarah Richard, Elsie Bakker, Zaila Torkelson, Meredith Marschel, Kylin Wells, Isabella Aquino, Ashley Pennoyer
Row 1: Ellie Fischer, Ava Christian, Samantha Beck, Krista Puent, Lillie Nelson



girls' b squad soccer

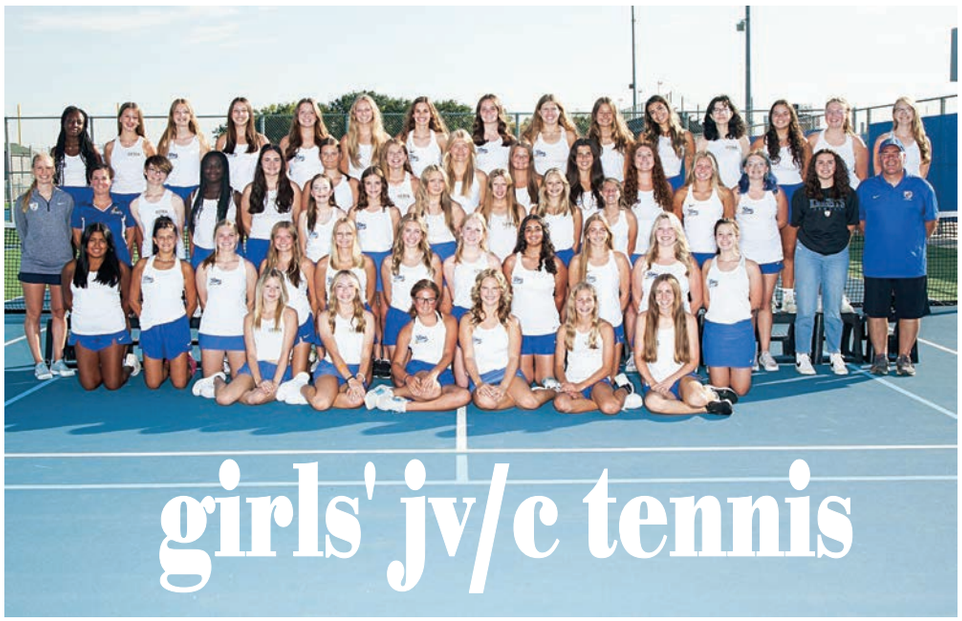
Row 3: Katelyn Mueller, Naomi Cheney, Emma Kvant, Hadley Johnston, Grace Studer, Josie Hjelle, Lauren Schubert, Coach Benning
Row 2: Addie Demerchant, Shannon Corona, Adrienne Lewis, Sam Harnett, Hope Taege, Anna Derham, Maren Brockopp
Row 1: Madison Cooper, Kylee Steffens, Sanae Radloff, Lainey Jerulle, Greta Crowell



girls' 9a soccer



Row 3: Coach Mashuga, Coach Gudim, Coach Lanners, Annie Tennyson, Mima Honzel, Coach Revenig, Mgr. Lillian Gillespie, Coach Kieffer.
Row 2: Ashlynn Badenoch, Kyra Purrier, Cameron Libby, Payton Lee, Meagan Beack, Madelyn Lundeen, Olivia Henry.
Row 1:Hannah Smith, Mylin Lemke, Anika Rogers, Addison Nibbe, Gracie Kobus



Row 4: Anjie Alade, Layla Flemming, Brooke Vogel, Alyssa Keller, Ava Geiman, Morgan McKinley, Gwen Herbst, Ava Messner, Olivia Tigue, Sophie Marsolek, Annica Walters, Sophia Browers, Kayla Wolkerstorfer, Izzy Olson, Ava Bernier
Row 3: Coach Gudim, Coach Kieffer, Alex Skogsberg, Godiva Eshun, Emma Woitalla, Alary Weinzierl, Reagan Cocking, Maggie Steele, Kayla Bultena, Lucy Felling, Jayna Haehn, Dani Weiland, Allison Dressler, Laney Stace, Coach Mashuga
Middle/Middle Row : Camryn Goodwin, Avery Lemonds, Annalee Anderson, Samantha Weber, Olivia Sutlief, Aubrey Gordon
Row 2: Vivian Sommer, Bryn Bartus, Bryn Powell, Katelyn Dressler, Sophia Dishneau, Rylee Harrison, Carrie Michenfelder, Ranya Ezzaid, Addy Miller, Avery Sherk, Jacey Stone
Row 1: Kiahna McCormick,Elizabeth Simon, Sofia Tallariago, Ella Goertzen, Paige Herbst, Julia Dupay.



Row 3: Jada Dahlheimer, McKenna Maus (Manager), Tammy Cornillez, Melia Cotter, Paige Vetch, Bryan Borgos, Treysen Cornillez (Manager), Khyan Johnson
Row 2:Gabby Ehlers, Abby Hoselton, Julia Wagner, Natalie Pilney, Kendra Behrens, Tessa Johnson, Madi Gartner
Row 1: Lindsey Ek, Kaylie Cox, Khendal Johnson, Brianna Anderson, Makiah Kelly
Not Pictured: Mya Smith, Gabby Keefer, Clayton Shonka (Manager)

Row 3: Melia Cotter, Taylor Christianson, Cail Jahnke, Abby Conklin, Callan Wagner, Kalei Peniata, Ruby Schmoyer (Manager), Gabbie Broderson (Manager)
Row 2: Renae Foster, Ella Morstad, Mya Smith, Sophia Michals, Gabby Keefer, Josie Avery, Chloe Petersen
Row 1:Kendyl O'Connor, Lauren Powell, Taylor Morgan, Natalie Kloss



jv volleyball

Row 3:Jill Anderson, Alexa Anderson, Faith Johnson, Hannah Neuerer, Miranda Emerson, Maggie Houghton, Anna Thour
Row 2: Sophia Schmitz (Manager), Reese Goede, Greta Dehmer, Molly Jacobs, Annie Robinson, Jordann Head (Manager)
Row 1: Lily Lemieux, Maddie Easthouse, Victoria Verhulst
Not Pictured: Paula Ortiz



b squad volleyball

Row 3:Estee Nauerer, Gabi Zimmerman, Maya Welker, Angelica D'Angelo, Natalia Campion, Alexandra Meyer (Manager)
Row 2: Emily Head, Amber Nyemah, Kaitlyn McHugo, Aubrynn Croaston, Camryn Mickolich
Row 1: Grace Jensrud, Karina Garcia, Lindsey Ontjes
Not Pictured: Ava Pajari (Manager)



freshman 9A volleyball



freshman JB volleyball

Row 3: Coach Gabby Middagh, Claire Ramsey, Parker Schaben, Rylee Behrens, Rachel Sixta, Ella Graunke
Row 2: Emma Kunz, Meya Calkins, Lindsey Evensen, Olivia Geryol, Mya Mckinley
Row 1: Mackenzie Inglis, Kali Mielke, Brynn Ortman
Not pictured: Adelyn O'Connell, Managers Brielle Eguia and Ava Pajari



girls' swim and dive

Row 5: Co-Head Coach Ryan Hawke, Asst. Coach Gabby Scoblic, Manager Olivia Kolenda, Dive Coach Therese Chambers, Co-Head Coach Grant Moser
Row 4:Kennedy Clements, Addie Thompson-Klimpke, Izzy Benusa, Lily Van Heel, Ari Marquette, Natalie Stiem, Atley Neros, Reese Smith, Anna Drake, Rose Schefers
Row 3: Alyson Herfel, Kaleena Baltzell Wallace, Sydney Gasser, Addi VanVooren, Haylie Walker Kuklock, Emma Durenberger, Millie Meyers, Julia Robinson, Lauren Underthun
Row 2: Breana Kelly, Hannah Stenzel, Maren Penserga, Jackie Bergeron, Hailey Riley, Makayla Geistfeld, Ellie Vitzthum, Maddie Tillmann
Row 1: Alyssa Nehring, Molly Reynolds, Emma Herfel, Katy Martin, JayLynn Robeck
Not Pictured: Kyla Spore



varsity competitive team

Row 3: Kalla Strusz, Emma Potthoff, Alexis Purnell, Delaney Hughes, Rita Bailey, Coach Becky Stephens
Row 2: CeCe Lund, Anna Kelly, Kylee Formo, Lexi Kemmetmueller, McKenna Hegge
Row 1: Abby Nemeth, April Torres, Eva Bollin, Mia Feigum
Not pictured: Lizy Cartney



varsity & jv football sideline cheerleaders

Row 11 (Coaches): Frank Simmons, Markell Pete, Scott Palmer, Jesse Anderson, Alex Peterson, Dexter Phillips **Row 10** (Coaches): Jared Essler, Eric Riebel, Thomas Middagh, Ron Zopfi, Joe Dinius, Gavin Duncanson, Jeremy Brutger, Sean Scharlau, Dan green, Brad Cedergren **Row 9:** Ball Boys: Andrew Bramos, Carter Essler. Players: Drew Luster, Joe Duerr, Mike Anderson, Jayden Klinkner, Austin Knoblach, Tyler Hill, Jordan Holm, Nate Spindler, Landon Riebel. Ball Boys: Quin Jahnke, Lucas Bryan **Row 8:** Duncan Follett, Jake Nelson, Hudson Hochstedler, Tommy Devries, Parker Hanzalik, Sam Anderson, Gage Kloster, Bryce Haines, Jack Cin, Jackson Brutger, Luke Sipple **Row 7:** Jeremiah Johnson, Mason Mogard, Grady Robeck, Matthew Bowe, Jack Sellman, Riley Hiltner, Muhiz Bada, Brock Carlson, Jacob Berning, Tanner Fowler, Jake Dinius, Blake Underwood **Row 6:** Andres Escobar Londono, Keegan Tisch, Roman Lindenfelser, Will Barthel, Luca Saltamachio, Dylan Lokensgard, Judah Roble, Max O'Sullivan, Tevin Vognsen, Jarod Timlin, Caden Johnson, Jacob Baetsen, Isaac Seyoum **Row 5**: Kylie Renner, Alexis Purnell, Hudson Stone, Adam Jensen, Marty Williams, Jake Suchy, Mason Zimmer, Madden Grabau, Zach Purcell, Jayze Busch, Will Bramos, Sebastian Murillo, Devon Dehmer, Noah Sutlief, Anna Kelly, Isabel Rankin **Row 4:** Delaney Hughes, Emma Potthoff, Camden Vance, Tyler Tindall, Noah Demo, Levi Lehn, Brody Odland, Colton Demarais, Alex Swiatkiewicz, Ryan O'Malley, Ryan Kaydea, Noah Miller, Noah Bilicki, Kylee Formo, Amanda Fisher **Row 3:** Kalla Strusz, McKenna Hegge, Jackson Bouressa, Dylan Layton, Ethan Helm, Ashtyn Groves, Michael Johnson, Luke Vogel, Logan Torkelson, Ryan Luster, Tyson Hentges, Evan Ojeda, CeCe Lund, Eva Bollin **Row 2**: Grace Larson, April Torres, James Zachman, Brett Roos, Carson Zoellner, Charlie Winans, Bryon Sauvy, Daniell Powell, Spencer Hanson, Ryan Sandhoefner, Reese Johnson, Mia Feigum, Abby Nemeth **Row 1** (Left to Right): Team Captains: Shawn Skrip, Conner Luongvan, Logan Jans, Josh Segler, Cowin Underwood



varsity football/gameday cheerleaders

Row 3: Coach Becky Stephens, CeCe Lund, Kalla Strusz, Amanda Fisher, Eva Bollin, McKenna Hegge Row 2: Elizabeth Cartney, Alexis Purnell, Kylie Renner, Isabel Rankin, Delaney Hughes. Emma Potthoff Row 1: Mia Feigum, Grace Larson, Anna Kelly, Kylee Formo, Lexi Kemmetmueller, April Torres, Abby Nemeth



9th grade football

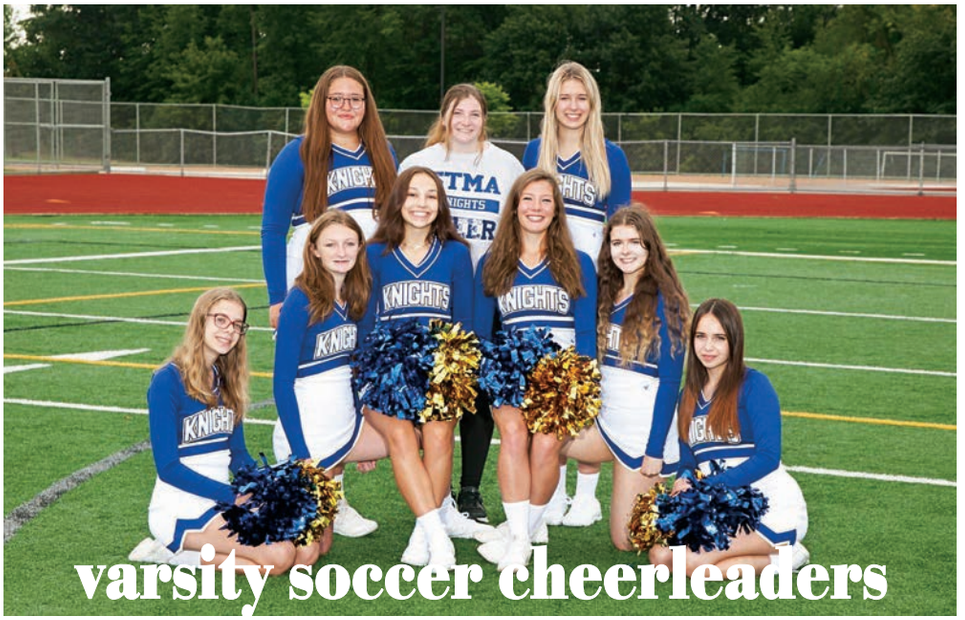
Row 7: (Coaches) Brad Cedergren, Shaylar Burnell, Levi Bean, Garrett Pemelton, Travis Mason, Jordan Spahr Row 6: Carter Selberg, Gavin Borchardt, Liam Hoyne, Mason Knoblach, Maverick Maros, Ethan Jordheim, Talon Moreland, Jacob Grabowski Row 5: Peyton Preston, Jackson Bevers, Knolan Diaz, Vico Calcagno, Noah Schmoyer, Bradley Swanson, Stephon Carlson, Zach Boese, Tatum Lallak, Dominick Kisner Row 4: Logan Morency, Owen Egge, Ryder Sahr, Ayden Westfall, Steven Stacherski, Elijah Lewis, John Sechser, Dalton Aydt, Ashton Crank Row 3: Roman Herron, Carter Mason, Jude Galarowicz, Jackson Outcelt, Dane Kasper, Jace Berndt, Tyler Haring, Pete Lidberg Row 2: Alex Kragness, Andrew Gindele, Henry Braun, Tristan Bankers, Roman Drew, Adam Pouliot, Cody Merfeld Row 1: (Left to Right) Drake Baston, Khael Johnson, Nathan Anderson, Isaac Dahmen, Joe Scully, Andrew Schneider (Not Pictured): Oliver Beaudry, Zachary Marble, Blake Olson



10th grade football

Row 8: Coach Riebel, Coach Simmons, Coach Anderson, Coach Green, Coach Peterson, Coach Phillips Row 7: Aaron Otto, Hudson Hochstedler, Chase Detlefsen, Gage Kloster, Samuel Anderson, Jaeger O'brien, Parker Hanzalik, Preston Karger, Lane Mastro (Not Pictured: Sebastian Layer) Row 6: Jordan Valdez, Ryder Ellingson, Jeremiah Johnson, Alemu Bergan, Gavin Becker, Brock Carlson, Anthony Colotti, Blake Underwood, Jordan Holm Row 5: Wesley Byer, Sengdab Phimvongsa, Justice Haom, Caden Schoen, Jayden Aune, Karsor Nyandibo, Johnathon Carey, Benjamin Derbis, Elisha Ophoven, Pharell Koernig Row 4: Carson Weber, Cody Dixon, Riley Emerson, Keegan Tisch, Landon Prepodnik, Barrett Leuer, Evan Wicklund, Brooklyn Lyles, Brandon Hove Row 3: Joseph Williams, Brock Bugbee, Mason Zimmer, Tyler Tindall, Noah Tobey, Brock Cornell, Ismael Hanks, Mukandas Ariran Row 2: Christian Lundstrom, Tate Tolifson, Kaden Sebold, Jack Johnson, Layton Bottolfson, William Bramos, Sawyer Aydt Row 1:Jack Lindenfelser, Gavin Ness, Lawson Ness, Emmett Swanson, Melvin Makor, Tanner Becker

Row 2: Kenadie Schlangen. Coach Kendyl Burg, Ella Daiker-Broeska
Row 1: Nora Schleicher, Adyson Eberhart, Mia Jensen, Kassie McKeown, Rita Bailey, Gracie Olin



varsity soccer cheerleaders



fall musical

Fall musical cast and crew (Not in order): **Cast List:** Ann Weigle, Mia Marthaler, Jocelyn Jaroscak, Leo Krueger, Maggie Berendes, Solomon Beaudry, Gus Krueger, Lucas Benker, Charlie Lund, Eli Powell **Memory:** Belinda (Ashe) Aydt, Jackson Bakke, Grace Eicher, Zoe Ellwoods, Cooper Hays, Taylor Jeffrey, Benjamin Juusola, Camden Vance **Carnival Workers:** Lillian Covert, Hannah Pfeifer, Alary Weinzierl, Andi Davey, Zoe Edukere, Haley Harrison, A. Rose Hauxwell, Audrey Kanu, Jo Myslicki, Paige Reineke, Elaina Waggoner, Nathan Weber **Student Leadership:** Abigail Storey, Amelia Dayton, McKalynn Johnson, Tabitha Craig **Townsfolk:** Madie Barnes, Mckinley Beaumont, Ava Bernier, Ellie Martin, Maggie Borchardt, Sophia Doucette, Alana Jame, Lydia Raisanen, Rylie Saloum, Cecilia Tregaskis, Audrey Waggoner **Pit:** Joey Gonsior, Holly Hultman, KaSandra Mckeown, Abigail Carroll, Ava Marquette, Em Dembouski, Isabelle Lahr, Hailey Rittenbah, Maria Waldoch, Taten Harrison, Bill Vajhmoob, Harrison Hanson, Mikayla Mastellar, Grace Kirk, Madelyn Oliveira, Lucas Przybylski, Kyla Smith, Zoe Parker, MaKenna Schmidt **Technical:** Kayla Hass, Mira Weber, Brady Lindstrom, Logan Kessler, Ben Carroll, Maddie Hall, Grace Kammann, Sophie Pizano, Erin Hartnett, Halle Rothman, Evan Blanchette, Bailey Coy, Haily Peterson, Sydney Post, Kaitlyn Schuster, Tabitha Craig, Mack Johnson, Georgia Maciej, Annika Strand, Nathalia Zelaya, Emmit Peterson **Set:** Jonah Conklin, Theresa Bourget, Jane Dombeck, Andrew Hansen, Ollie Hanson, Alexis Illies, Dessa Judge, Alyssa Lopez, Madelyn Matheson, Olivia Mayberry, Kheagan Monsrud, Sarah Patterson, Jolette Pelaez Ariza, Grace Saxe, Chloe Rattai, Abby Sherman, Isabel Petite, Brooklyn Andrzejewski, J Hasemna, Olivia Neumayer, Darci Treptau, Brayden Zeug, London Zurvein



marching band

carried to the end.

cheer team gets second at state







SECOND IN THE STATE. Celebrating after hearing the news of the second place title, senior captains Kylee Formo and Lexi Kemmetmueller throw Coach Becky Stephens onto their solders with their trophy. The Varsity Cheer team took second at MCCA State Competition. "We felt proud and surprised on our hard work. We have been working hard since summer to get to that point. Becky carried us and pushed us to get us where we are and we are very thankful for her. She deserved that moment just as much as us," Kemmetmueller ('23) expressed. *Photo submitted by STMA Cheer. Designed by Maddy Petranek.*

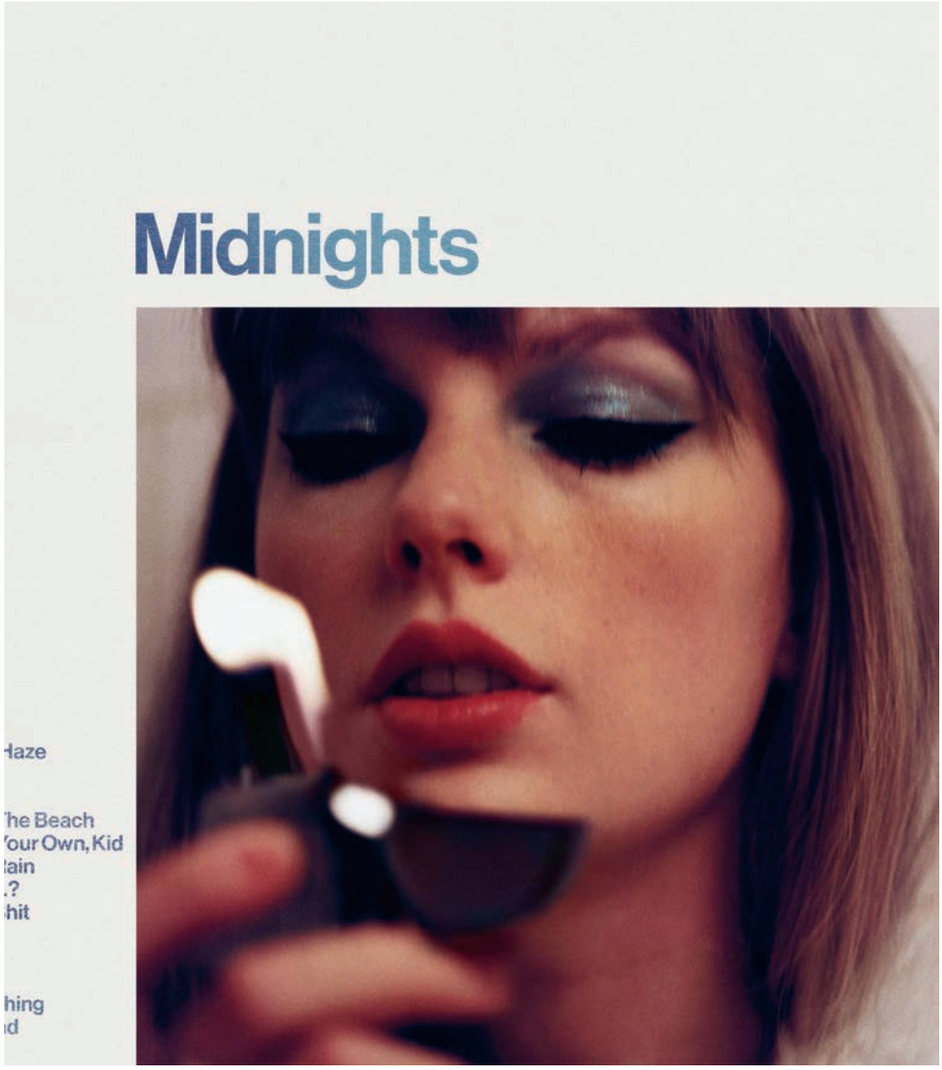
october.

TAYLOR TAKES OVER. Taylor swift drops her newest album 'Midnights' on October 21, 2022. Taylor makes history as first artist with entire top 10 on billboard hot 100. 'Midnights' was projected to sell 1.47 million within the first week. Swift won her seventh "Artist of the Year" award at the AMAS. At the VMAS Taylor won the video of the year. Her ticket presale for her Era concert created chaos, even causing the site to crash. Taylor Swift has made extreme success in her music career this year.









taylor through time

worldwide sensation

Taylor Swift 2006



Fearless 2008



Speak Now 2010



Red 2012



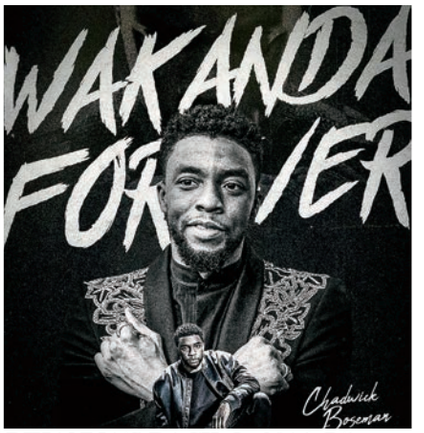
1989 2014



Reputation 2017







RIHANNA'S BACK. In 2016, Rihanna released her album "Anti". After the album, Rihanna shifted her focus to building her Fenty Beauty empire. Every now and then she would drop a song. This year her song "Lift Me Up" was featured in the opening scene to Wakanda Forever a memorial to the beloved actor Chadwick Boseman.

fenty beauty booming

- **50** shades of foundation
- **2 billion** dollar revenue
- **1,620** stores in 17 countries





A MINNESOTA BLESSING. This Halloween Minnesota experienced the warmest Halloween in 22 years. This was a gift for Minnesotans given the blizzard of '91. Parents were able to stay outside and kids enjoyed trick-or-treating in the warmer weather. Minnesotans are definitely enjoying the warm October this year.







FINALIZED DIVORCE. Tom Brady and Gisele Bundchen finalized their divorce on October 28th. After thirteen years together Brady says hes focusing on his kids and football. They both mentioned the difficulty and pain of this divorce. They just grew apart over the years. The two of them have decided on joint custody between their three kids. They both agree to continue to work together as parents, married or not. They love their children and they wish the best for them.

Lover 2019



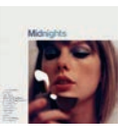
Folklore 2020



Evermore 2020



Midnights 2022





LESLIE JORDAN. Beloved The Masked Singer guest panelist and American actor Leslie Jordan sadly passed away on Monday morning at age 67.

Spread by Leyla Carlson and Maddy Petranek

se.ni.or.

OUR LAST RIDE. As class of 2023 closes out the last year, we face all of our "lasts". Jacob Rokala ('23) went to one of his last football games of the season with all of this friends. "I'm sad to leave high school, but I'm glad to spend my last year with all my friends." Said Rokala. ***Spread by Maddy Petranek***.



Photo by Ashlyn Marble





Photo submitted by Alicia Vosberg



Photo by Bennett Moger



Photo by Bennett Moger



Photo submitted by Barbara Mancilla



Photo submitted by Chloe Davis



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



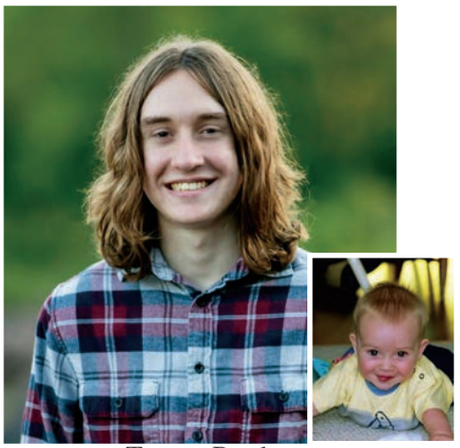
Reid Barnard



Lilia Barrett



Thierno Barry



Tanner Barth



Ethan Beaudry



Mckinley Beaumont



Reece Beck



Olivia Becker



Alexander Behrens



Mackenzie Berg



Emma Berres



Thomas Bezanson



Leah Bezrukavaya



Mason Biniek



Ashanti Blahut



Sawyer Blakstvedt



Tyler Blount



Charles Boldenow



Alexander Boltz



Tanner Booker



Adam Boston



Jackson Bouressa



Nicole Braun



Cameron Brett



Gabrielle Brodersen



Jacob Brommer



Micah Bunnell



Drew Bushard



Ethan Buskey



Andrew Butkowski



Paige Butler



Jackson Byboth



Emma Caballero



Jaxon Cagle



Carter Campbell



Myana Carey



Piper Carlson



Abigail Carroll



Avery Caza



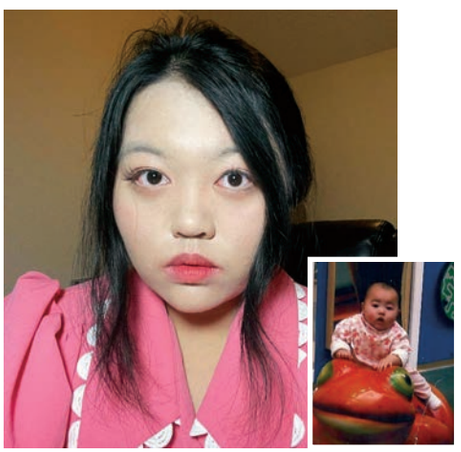
Hannah Cedergren



Chloe Chapman



Philip Charmoli



Jade Cheng



Evan Child



Kaitlin Christensen



Hannah Christenson



Ethan Christian



Holly Christman



Jordyn Clapp



Brady Clausen



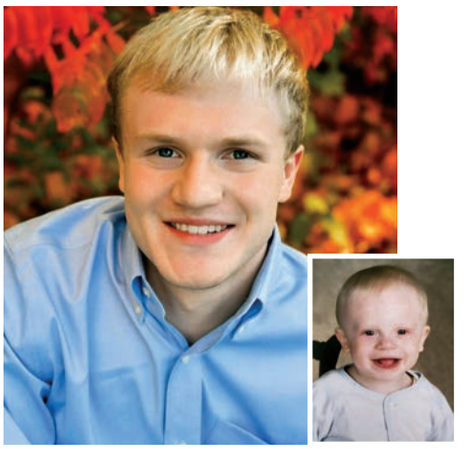
Natalie Cocking



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



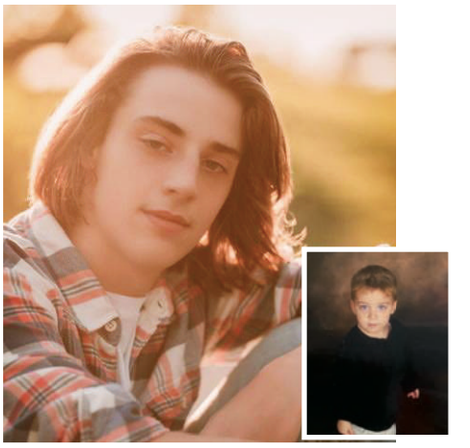
Myles Dehmer



Colton Demarais



Olivia Dembouski



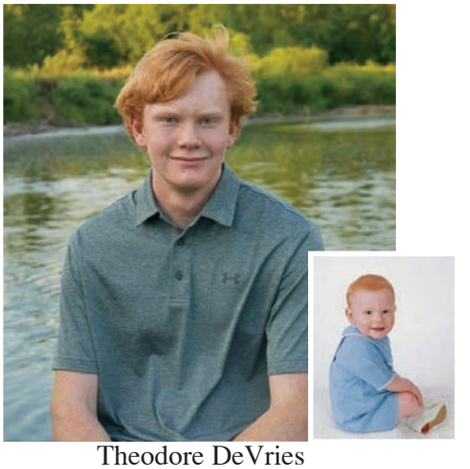
Kayden Denne-Brown



Kaylynn Denny



Riley DeVine



Theodore DeVries



Kylie Diaz



Mikaylee Dickie



Lauren Dinh



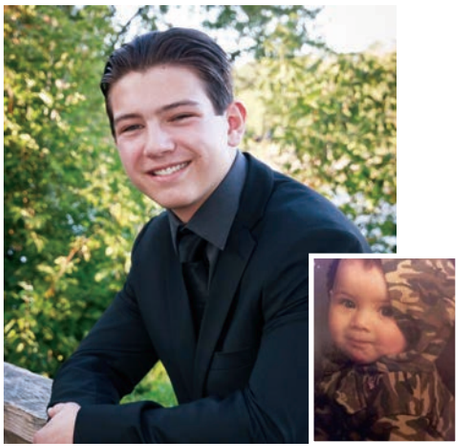
Evan Dombeck



Emma Donndelinger



Luke Doyle



Samuel Drake



Kaiden Dreis



Abrea Duncan



Emma Duncombe



Braedon DuPaul



John Dupay



Julia Dupay



Alexis Dupont



Serenity Durre



Daniel Eberhart



Lexie Edukere



Zoe Edukere



Gabriella Eicher



Kaden Eicher



Lindsey Ek



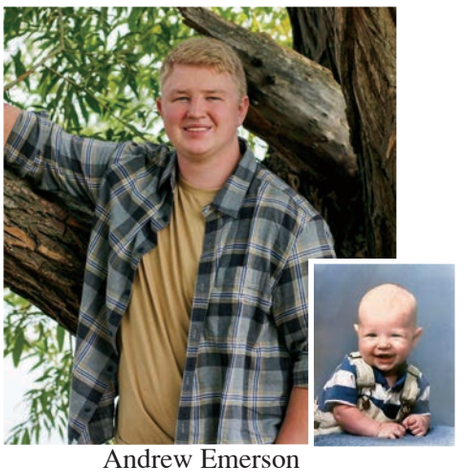
Sauvy Bryon Ellah Nernyuy



Kailyn Ellinghuysen



Vanessa Ellis



Andrew Emerson



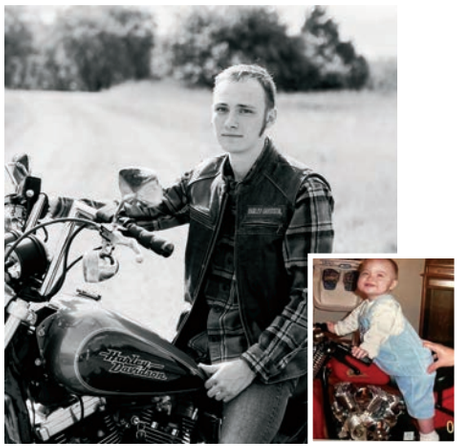
Nathan Engman



Julian Escher



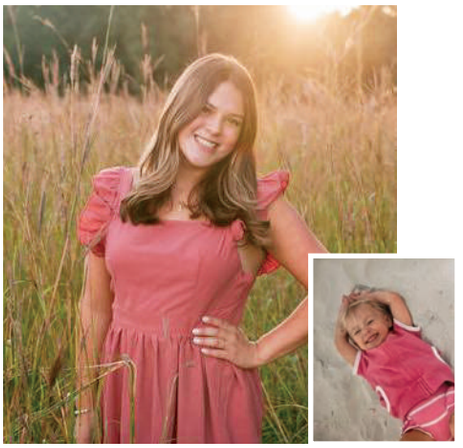
Zaya Esterberg



Ethan Evenson



Christian Farnsworth



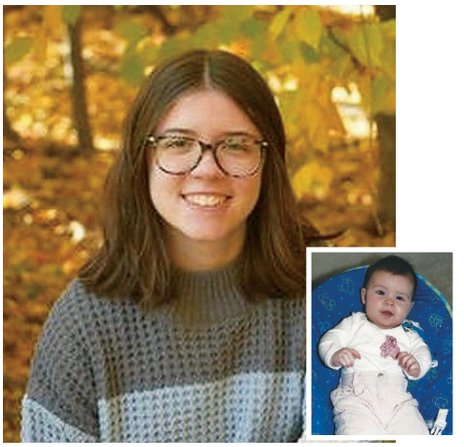
Lydia Feder



Delaney Feld



Dylan Fischer



Paige Fischer



Cooper Fischer



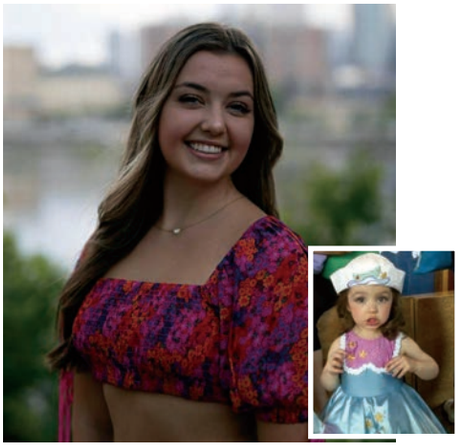
Luke Fisher



Brigid Fitzgerald



Leo Fofana



Brenna Folven



Tyler Ford



Kylee Formo



Easton Fowler



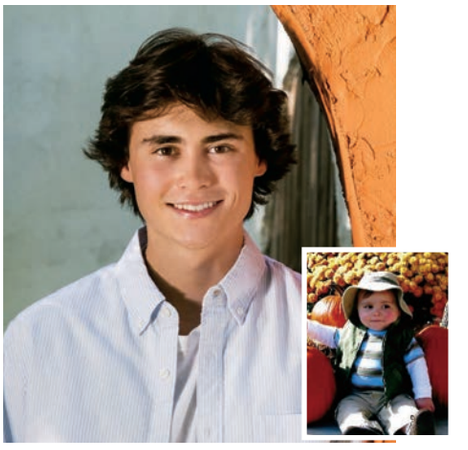
Ellsie Frauendienst



Grayson Fredrichs



Avery Freeland



Andrew Furcht



Madilyn Gartner



Ryan Geissler



Brittany Gertzen



Kaden Gertzen



Tanner Getty



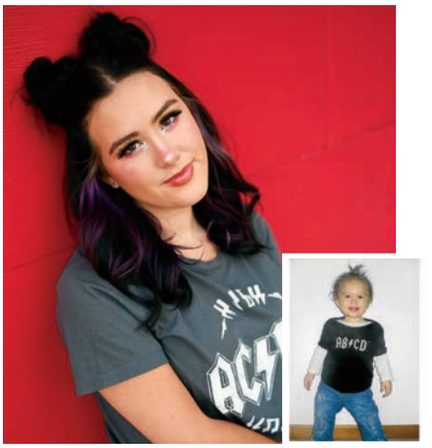
Dylan Gfroerer



Josephine Gillach



Lillian Gillespie



Destiny Girtz



Maura Gjesvold



Dillon Glass



Aedan Glimsdale



Breanna Glirbas



Julian Godlewski



Devin Goede



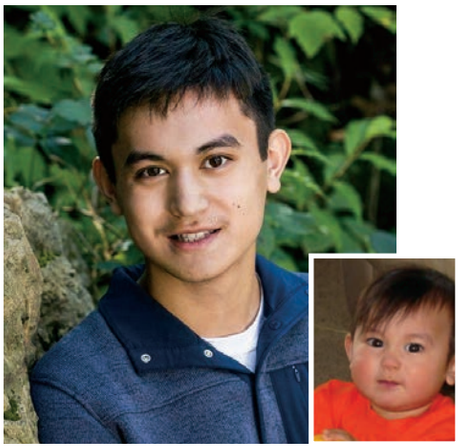
Megan Gohl



Vanesa Graur



Jasmine Gray



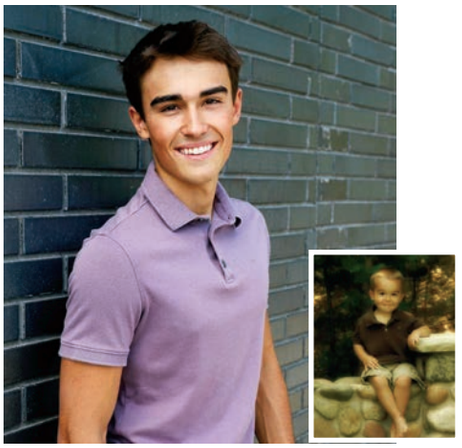
Nathaniel Gremmels



Ashtyn Groves



William Gulden



Nicholas Gustafson



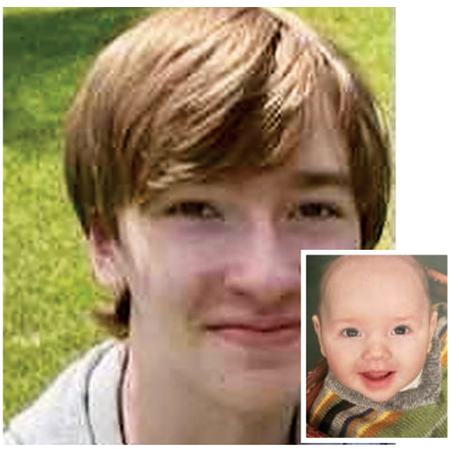
Elijah Haakenson



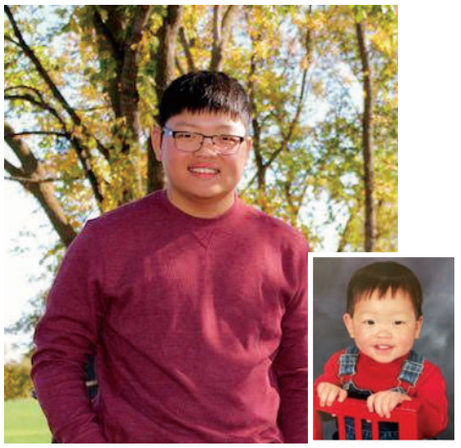
Richard Hackenmueller



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



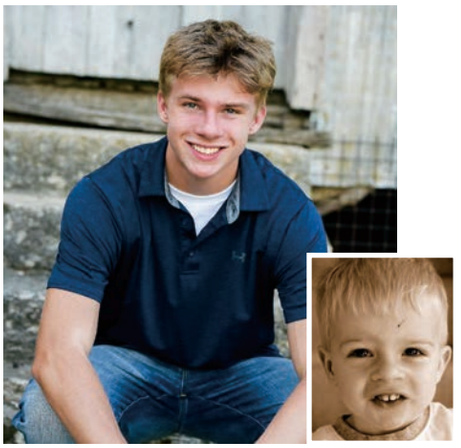
Zachary Heitkamp



William Heitman



Brooke Helm



Ethan Helm



Samuel Helm



Mya Henry



Olivia Henry



Tyson Hentges



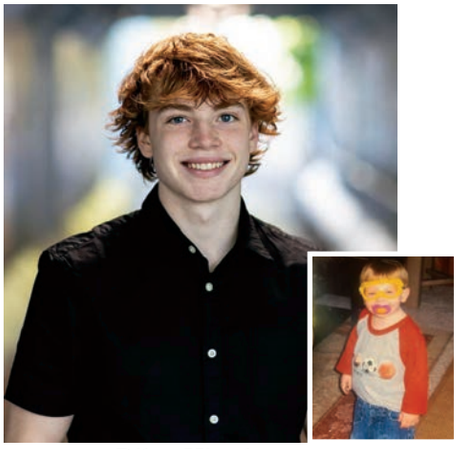
Gwen Herbst



Emma Herfel



Jubilee Rose Heu



Riley Hirschey



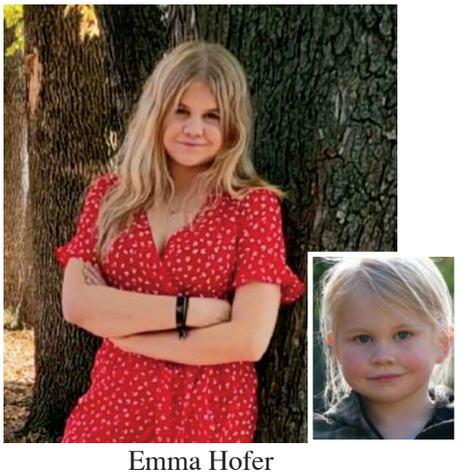
Aliya Hjelle



Hope Hochstedler



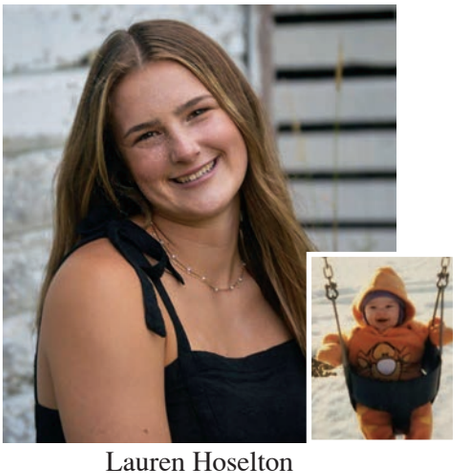
Hayden Hodge



Emma Hofer



Miriama Honzl



Lauren Hoselton



Ella Hoy



Nolan Hoyne



Samuel Huber



Holly Hultman



Ellie Hunsley



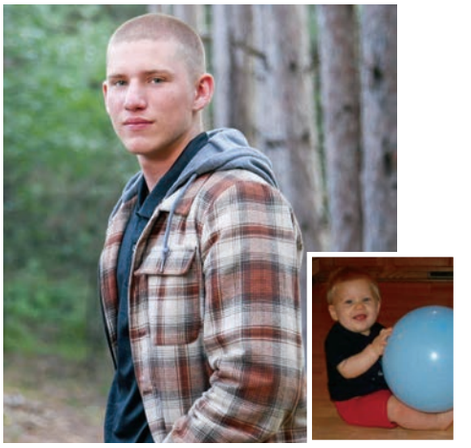
Kailee Hustoft



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



Reese Johnson



Mckenna Johnson



Michael Johnson



Olivia Johnson



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Tyler Jordan



Ryan Jossart



Dessa Judge



Angie Jusu



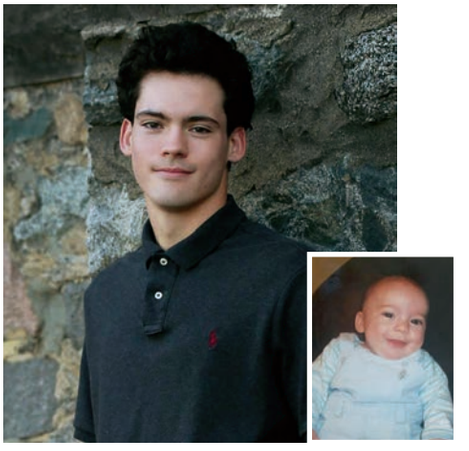
Benjamin Juusola



Joely Kasel



Nicole Kasper



Miles Kay



Brody Kelly



Makiah Kelly



Lexi Kemmetmueller



Samantha Kemp



Carter Kephart



Kyle Kisling



Madison Klein



Kaleb Klinkhammer



Olivia Kloss



Eleanor Klym



Raymond Koch



V Korus



Kameron Krist



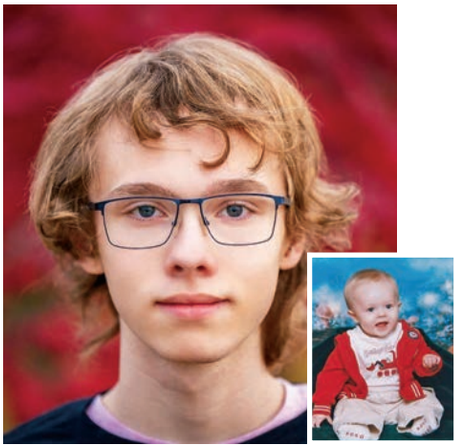
Carter Krohn



Leo Krueger



Jake Krumenauer



Matthew Kruse



Tilly Kue



Cheyenne Kuehn



Logan Kunz



Megan Kurth



Hannah Kvant



Tyler LaFond



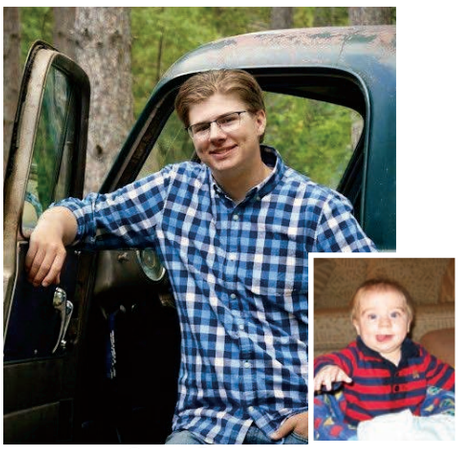
Michael Lambert



Bradyn Lane



Norah Langager



Owen Larsen



Nicholas Larson



Dylan Layton



Ethan Lazar



Tam Le



Conner Leach



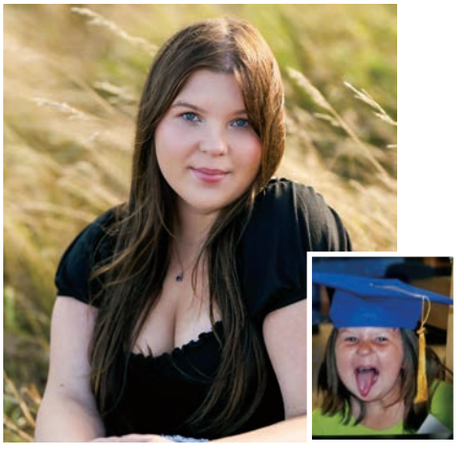
Blaine Leckie



Jessica Lee



Jordan Lee



Payton Lee



Kurtis Lekatz



Mylin Lemke



Nicholas Lenneman



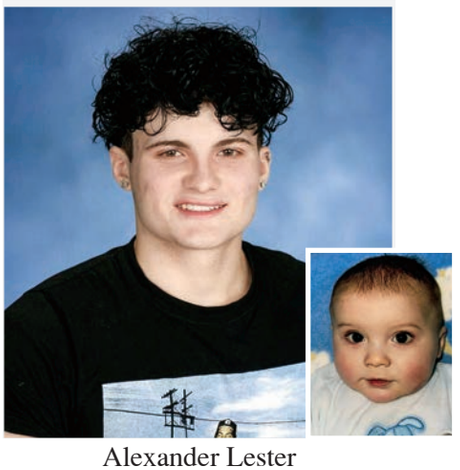
Aidan Leonard



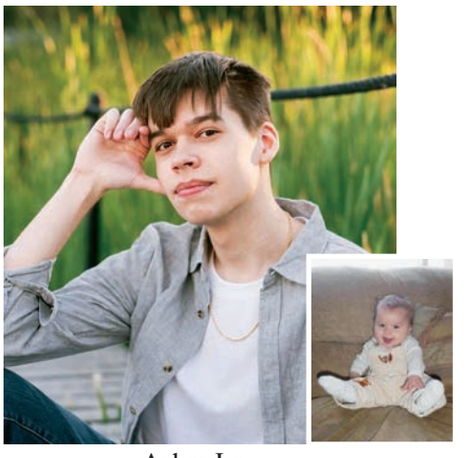
Arthur Leonard



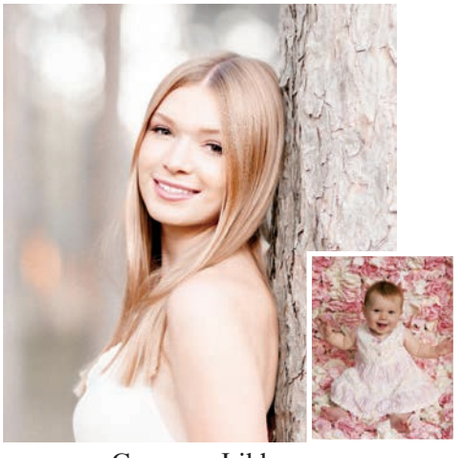
Brynn Leshovsky



Alexander Lester



Asher Ley



Cameron Libby



Caden Lilledahl



Magdalene Lindeman



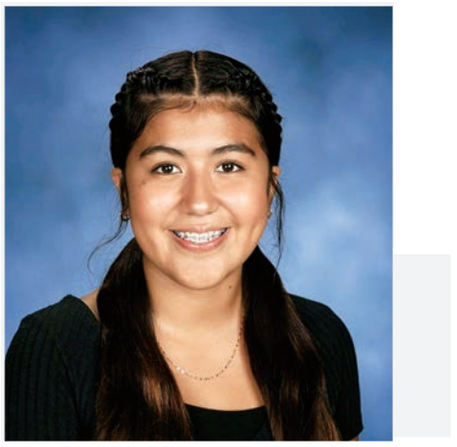
Adam Lindenfelser



Trevor Loebertmann



Elliott Loftus



Lourdes Lopez Raigoza



Arianna Lovegreen



Charlie Lund



Madelyn Lundeen



Conner Luongvan



Ryan Luster



Jonah Lyke



Emma Mace



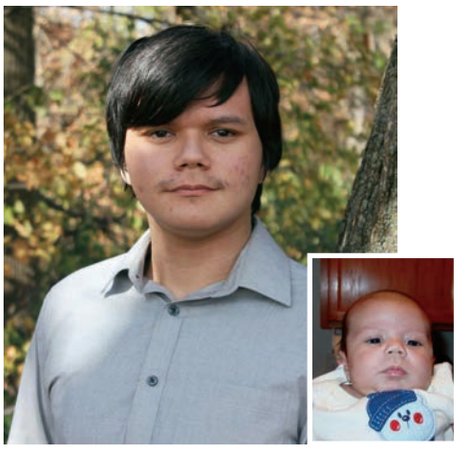
Robert Madore



Kaeley Malmon



Barbara Mancilla



Johnathan Mapanao



Ashlyn Marble



Ava Marquette



Isaac Marschel



Colin Marshall



Mia Marthaler



Alexander Martin



Joseph Martin



Kaitlyn Martin



Madison Martin



Mikayla Mastellar



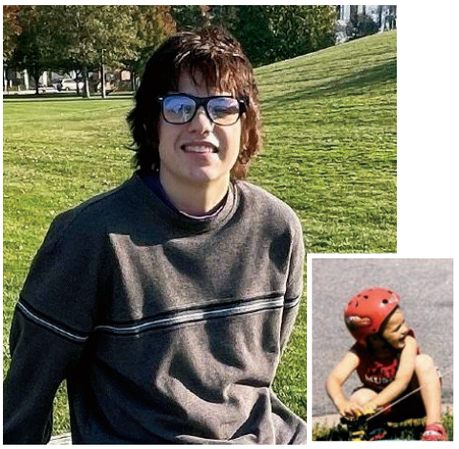
Lake Mastro



Brode Matheson



Alex Mattson



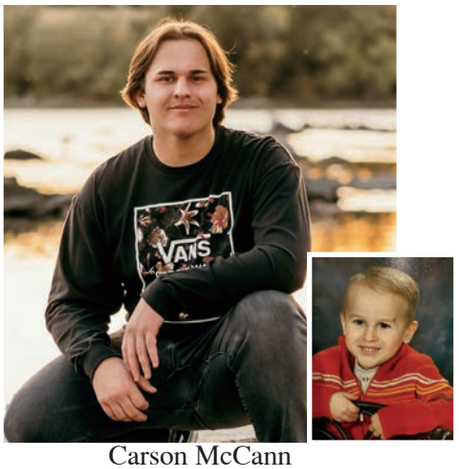
Rainer Mauersberger



Matthew Maulik



McKenna Maus



Carson McCann



Erin McDowell



KaSandra McKeown



Morgan McKinley



Paula Menchaca



Maxwell Miller



Mason Mills



Wyatt Mills



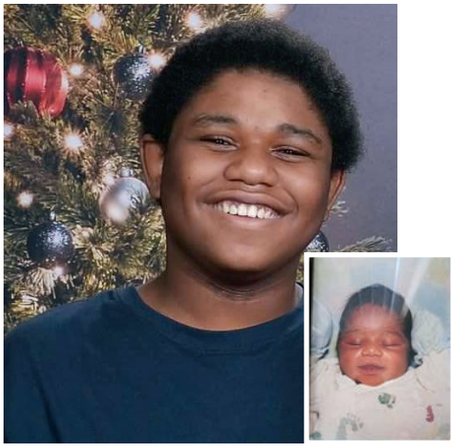
Emilynn Molesky



Cooper Monsrud



Tyler Moreland



Tyshawn Morgan



Justin Morneau



Emily Mueller



Elijah Muhammad



Kimberly Mundahl



Alison Murphy



Emily Muyale



Jordan Myers



Taylor Myhrer



Alyssa Nehring



Edie Nelson



Sydney Nemeth



Nicholas Neutgens



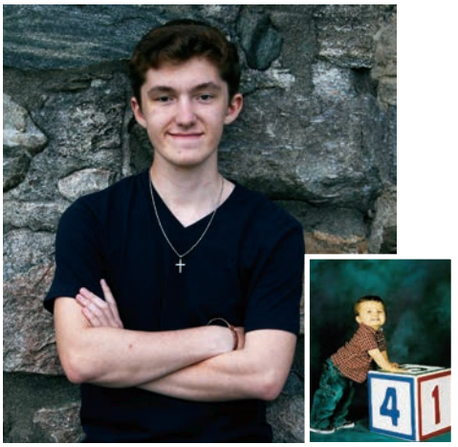
Emily Newbauer



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



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Emily Olin



Paula Ortiz Tomas



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Rike Otto



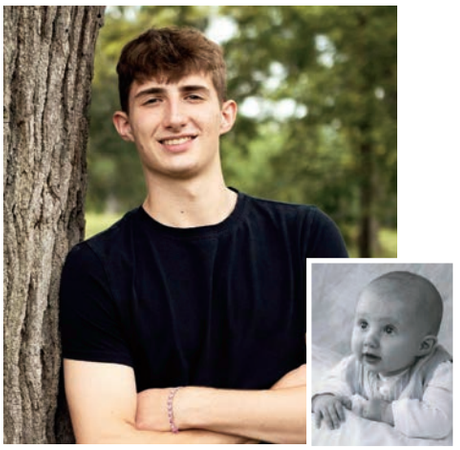
Francesca Pace



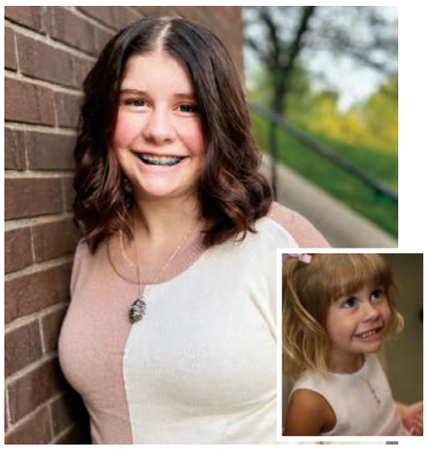
Matthew Papp



Zoe Parker



Bennett Patterson



Camryn Pauly



Olivia Peal



Owen Pedersen



Zachary Pedersen



Therin Pederson



Jadyn Pelowski



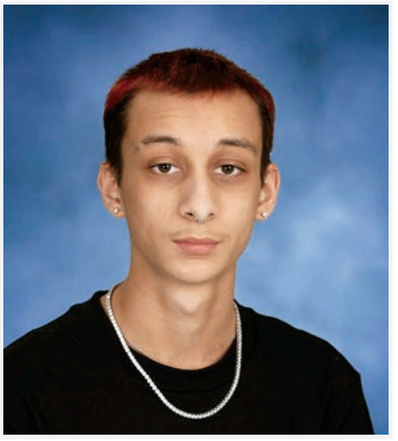
Charlie Peterson



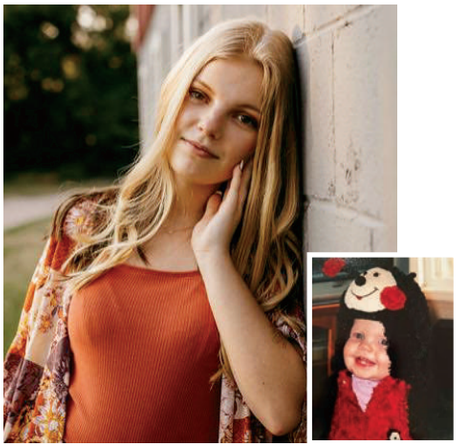
Cole Peterson



Connor Peterson



Ethan Peterson



Haily Peterson



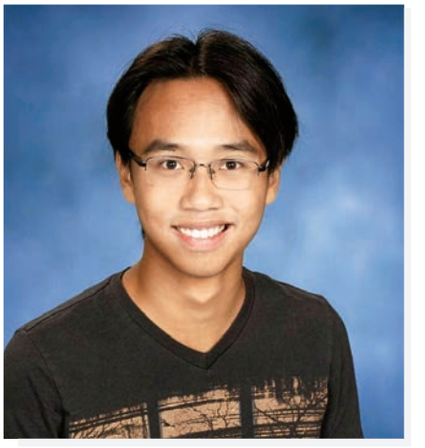
Sophia Petite



Madisen Petranek



Peyton Peyerl



Khoi Phan



Tyrese Phengdouangdeth



Carson Popelka



Lauren Pouliot



Daniel Powell



Teagan Poye



Hugo Preciado



Mikayla Preston



Ava Prigge



Nathan Provost



Lucas Przybylski



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Alan Purcell



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Faith Ramsay



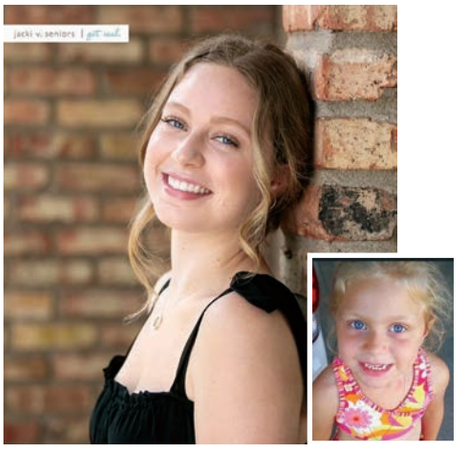
Madison Rankin



Joseph Rathman



Karson Raymond



Olivia Reggin



Jacob Reineck



Paige Reineke



Donovan Reiners



Anna Reiter



Kylie Renner



Molly Reynolds



Isabella Rice



Piper Richardson



Grant Riedel



Emma Riley



Ani Ringat



Julia Ripplinger



JayLynn Robeck



Riley Roberts



Roman Robison



Nevaeh Rodriguez



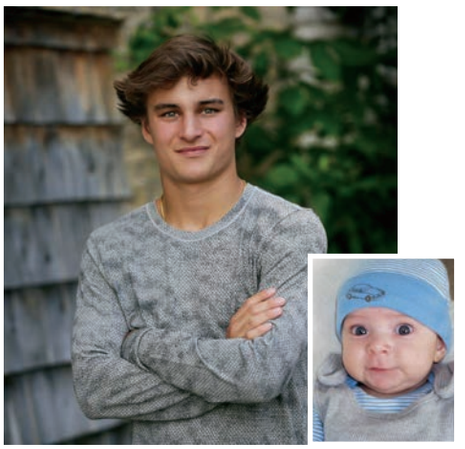
Anika Rogers



Jacob Rokala



Kathryn Rooker



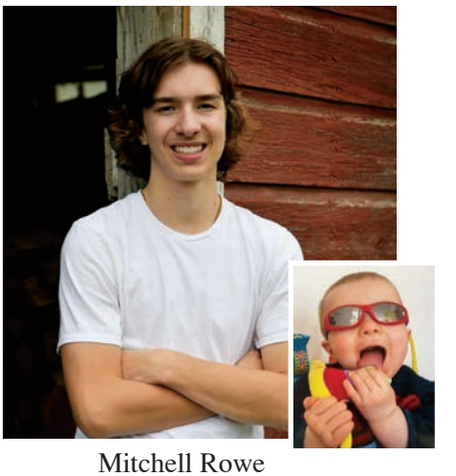
Brett Roos



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



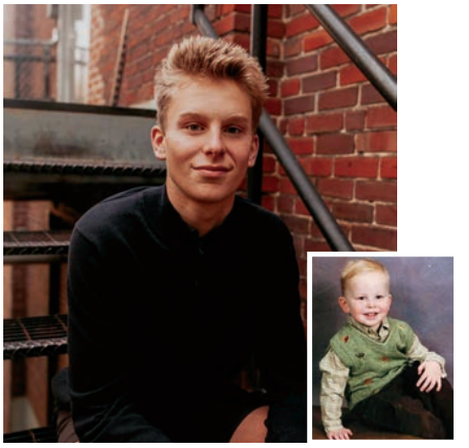
Cameron Sims



Mason Sinclair



Josef Sinkule



Owen Sjoberg



Alex Skogsberg



Shawn Skrip



Alyssa Smith



Kyla Smith



Evan Snyder



Vivian Sommer



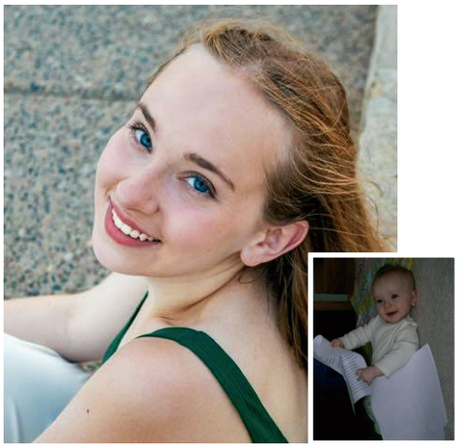
Tristan Sorensen



Alexis Stark



Landon Stevenson



Abigail Storey



Elizabeth Strehlow



Jacob Studer



Morris Suah



Grant Suess



Ty Sundell



Savannah Supper



Andrew Swanson



Alex Swiatkiewicz



Ashton Szymanski



Caden Taege



Nicholas Talley



Leah Taszarek



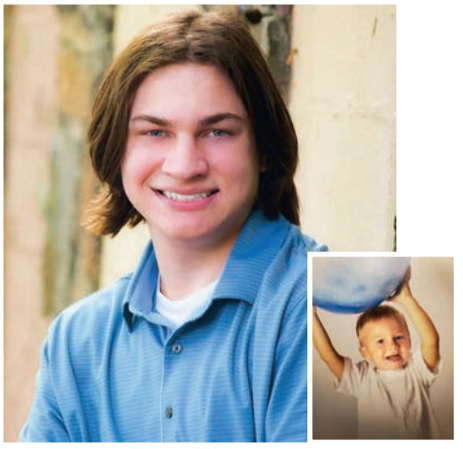
Sean Tatge



Annie Tennyson



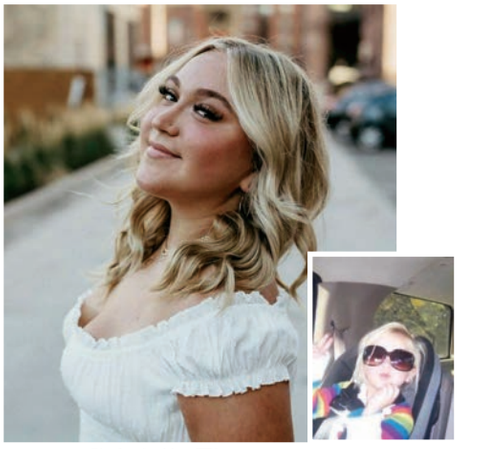
Jackson Thering



Evan Thiner



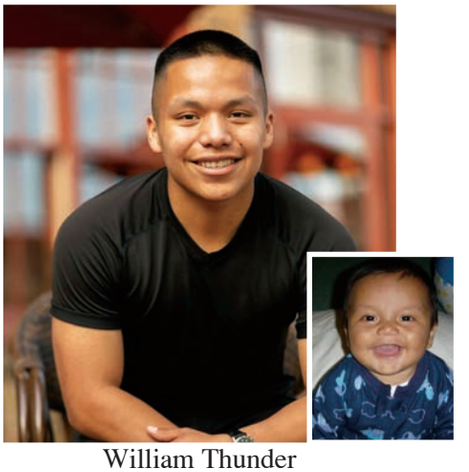
Alaina Thompson



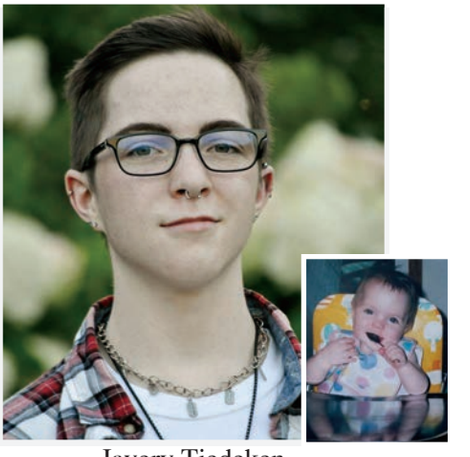
Gabrielle Thompson



Laylani Thongsavanh



William Thunder



Javery Tiedeken



Joseph Torgesen



Logan Torkelson



Tyrone Trader



Cole Tranby



Madison Trant



Fred Tuffour



Payton Turpin



Christopher Tveitbakk



Cowin Underwood



Brianna Unruh



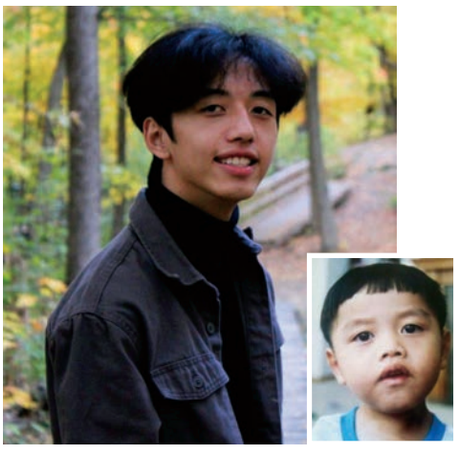
Alyssa Urbanski



Jacob Vaerst



Jakob Vagts



Bill Vajhmoob



Skyler Valley



Owen Van De Riet



Connor VanderVeen



Abigail VanHeel



Maria VanKeuren



Josie VanKuyk



Ella VanOrden



Mason Varley



Olivia Vetsch



Luke Vogel



Stephen Vogelpohl-Martinez



Gabrielle Voigt



Ryan Volkmann



Alicia Vosberg



Anjali Wadhawan



Julia Wagner



Makenna Wagner



Maria Waldoch



Aurora Walesch



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



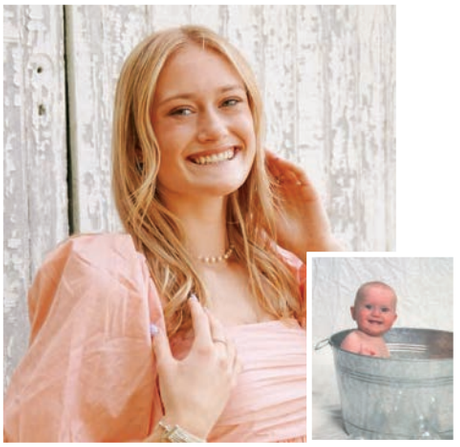
Hunter Williams



Christopher Wilson



Charlie Winans



Emma Windingland



Zakary Wise



Floria Wolf



Calvin Wright



Carter Wurst



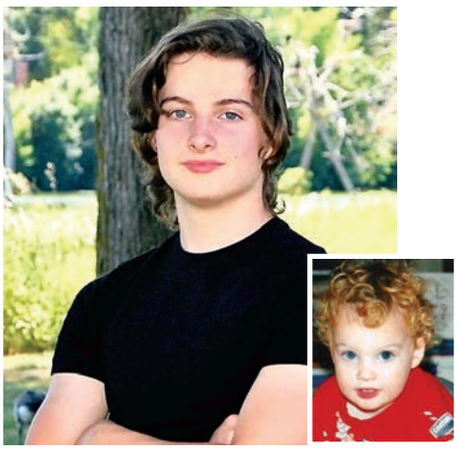
Amy Yang



Isaac Yantes



Ava Young



James Zachman



Emily Zattoni



Grace Zecchin



Tyler Zenga



Guangzheng Zheng



Carson Zoellner



Anna Zwart

Not Pictured:

Jabari Beecham
Grace Bielke
Chloe Boettcher
Christian Collins
Tyler Davis
Kaden Erickson
Ebbisa Habib
Matthew Hermes
Taylor Hoyt
Lucas Ingebrigtson
Justin Jones
Adela Karic
Katya Kirscher
Joseph Katchmark
Jaden Leske
Jack Seaboy
Shayla Webb
Larry Zayzay



Designed by JayLynn Robeck and McKenna Johnson

since 1 day 1

seniors keeping their life long friends close.

now



then

Alicia Vosberg ('23) and Maddy Petranek ('23) have known each other since they were 10 and 7 months old. Coming up onto the end of their senior year Maddy says "Knowing someone for so long is so special, because nobody will ever be able to understand the bond we created." Photos submitted *by Alicia Vosberg.*

now



then

Matthew Maulik ('23) and Braden Intrieri ('23) have been friends for almost 10 years now. Intrieri said, "We started playing baseball together when we were nine. It was fun growing up playing baseball with him and now we both get to play division one in the same conference next year against each other." *Photo submitted by Matthew Maulik*

now



then

Destiny Girtz ('23) and Avery Freeland ('23) have been friends for 13 years. Avery said, "The best thing about our friendship is that we can be 100% ourselves when we are together and we can be brutally honest with each other. No matter what happens we'll always have one another." *Photo submitted by Avery Freeland.*

now



then

Owen Sjoberg ('23) and Tyler Jordan ('23) have been friends since were 5 years old. Sjoberg said, "My favorite part about being friends with him is all the memories we have made and his constant dad jokes." *Photo submitted by Owen Sjoberg.*

now



then

Avery Jackson ('23) and Brittney Harris ('23) have been friends since kindergarten and did cheer together for 7 years. Jackson said, "Brittney and I became super close because of cheer and even though cheer was hard I met a great friend through it." *Photo submitted by Avery Jackson.*

now



then

Michael Johnson ('23) and Matthew Johnson ('23) have been friends since before 2nd grade. Michael Johnson said, "A good friend is like a four leaf clover, hard to find and lucky to have." *Photos submitted by Matthew Johnson.*

now



then



Megan Kurth ('23) and Bitsy Strehlow ('23) have been friends since kindergarten and have known each other forever. Megan said, "We were very close all of middle school. We were inseparable and now in high school we have grown in frienship and always have each others backs". *Photo submitted by Bitsy Strehlow.*

now

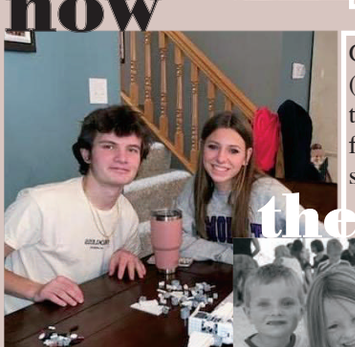


then



Kaleb Klinkhammer ('23) and Conner Luongvan ('23) have been friends for as long as they can remember and they are neighbors. Klinkhammer said, "Since Conner and I have been friends for so long our friendship is very important to me and I'm very excited to go to the same college and room together next year at Sioux Falls." *Photo submitted by Conner Luongvan.*

now



then



Owen Hecksel ('23) and Josie Vankuyk ('23) have been friends since they were three years old, their moms are best friends. Vankuyk says, "Having someone that I have known for so long and am so close to is nice because I will always have that friend." *Photo submitted by Josie Vankuyk.*

Spread designed by Alicia Vosberg and Josie Vankuyk

senior superlatives

Spread designed by Dylan Gfroerer

best alternative fashion



Destiny Girtz

Mikayla Mastellar

future broadway stars



Mia Marthaler

Leo Krueger

most unique shoes

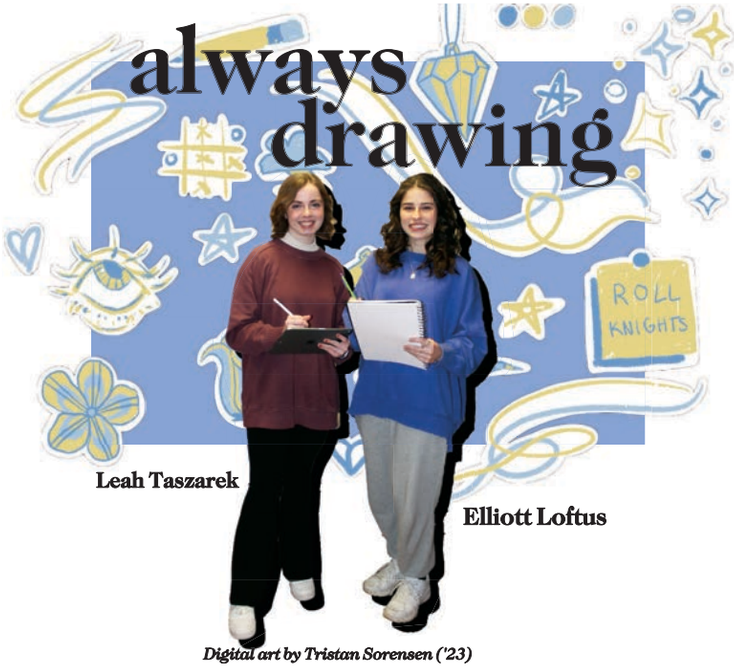




Ellie Westendorp

Lucas Przybylski

always drawing



Leah Taszarek

Elliott Loftus

Digital art by Tristan Sorensen ('23)

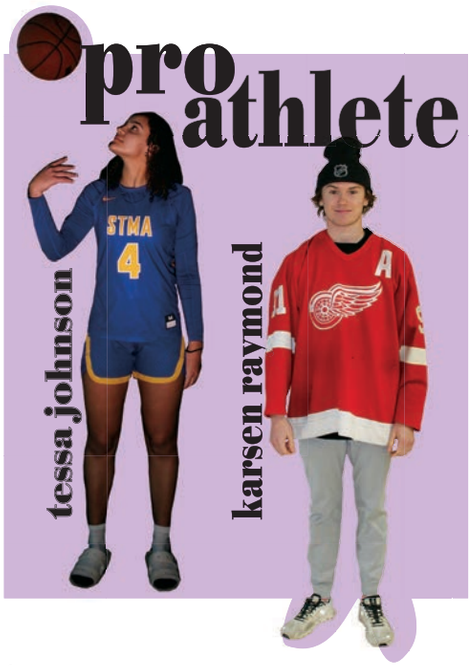
messiest hands



Zoe Parker

Maura Gjesvold

pro athlete


tessa johnson
karsen raymond

best hair


kaylynn denny
jacob rokala

best eyes




reid barnard
joely kasel

worst driver


tam le
joey torgesen

most likely to be rich


hannah kyant
ali dakis

bachelor & bachlorette


ryan luster
lauren pouliot



cutest couple



class crush



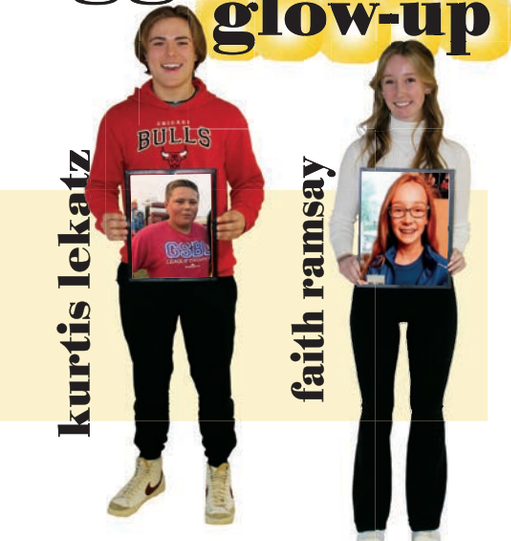
best nickname



class mom &dad



biggest glow-up



Spread designed by Josie Vankuyk.

best laugh



shawn skrip

lilia barrett

future politician



norah langager

ashton szymanski

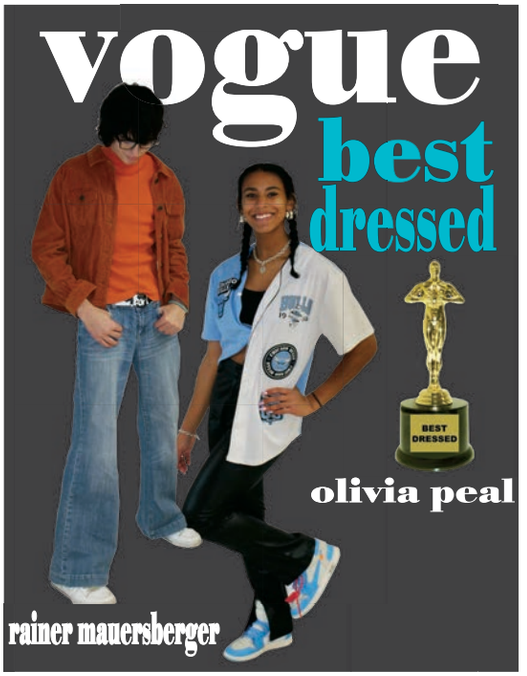
#1 knights fan



maddy petranek

ethan buskey

vogue best dressed



olivia peal

rainer mauersberger

tik tok famous

lucas cross



ellie hunsley

class clown



ashtyn groves

ella hoy

reality tv star



sean tatge

hannah augustine

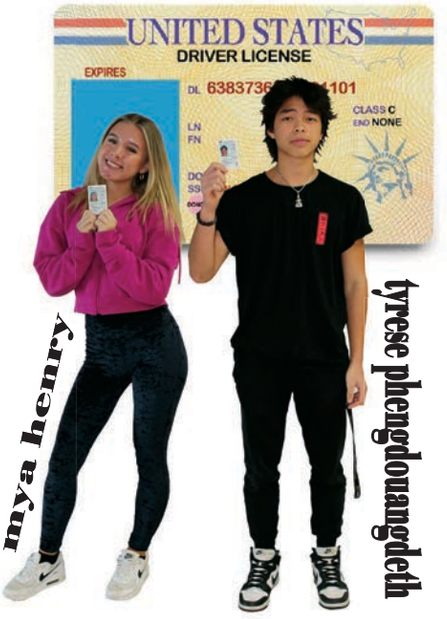
most clumsy

edie nelson



ethan helm

ID'D at 30



mya henry

tyrese phengdouangdeth

least organized



andrew furcht

zaya esterberg

best car



barbara mancilla

matt johnson

worst senior slack

not pictured

(too busy slacking to show up)

arianna lovegreen

cameron brett



cheers to


2023!

junior.

MAKING IT LAST. Juniors may not realize it, but their time at STMA is quickly coming to a close. Making the most out of the year, Lizy Cartney ('24) said, "This year, I'm doing my best to enjoy everything, hanging out with friends is my favorite way to make the most out of my time." *Spread designed by Maddy Petranek.*



Photo by Tim Bykowski


Photo submitted by Breanna Immer


Photo by Bennett Moger


Photo submitted by Emma Rens


Photo submitted by Daysia Simmons

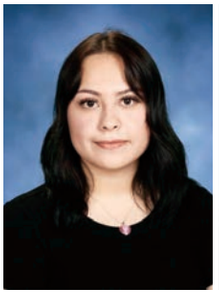

Photo by Tim Bykowski


Photo submitted by Harlee Peltz

Photo submitted by Harlee Peltz.

Julia Adamyan
Mikayla Aguirre
Arleth Aguirre Catalan
Gwendolyn Aigbogun
Ashley Alfaro
Elsa Amoako








Brady Anderson
Brianna Anderson
Mason Anderson
Brooklyn Andrzejewski
Sophia Apold
Sadie Armbruster








Anthony Arroyo Nunez
Cameron Atcher
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
Taras Bezrukavyy





Noah Bilicki
Joshua Bishop
Zachary Bishop





Jacob Bissen
Noel Black
Madison Bleess





Alivia Boebel
Eva Bollin
Josephine Bolstad





Sophia Boss
Theresa Bourget
Natalie Bowman





Sloan Bozosi
Austin Braatz
Kate Brandli





Kaci Brannan
Shea Brenna
Fae Bromley

worst driving experience



"I was driving home from work and it was raining really hard and I started hydroplaning and almost lost control."
- Conner Smith ('24)



"I was driving down a curvy road in the dark and the road turned but I didn't and went right into a cornfield."
- Macey Setter ('24)

Sophia Browers
Connor Brunet
Jackson Brutger
Anna Brutskaya
Trenton Bullock
Alexa Bunnell








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









Preston Cady
Tristan Campbell
Leyla Carlson
Clayton Carpentier
Morghan Carter
Aidan Cartney







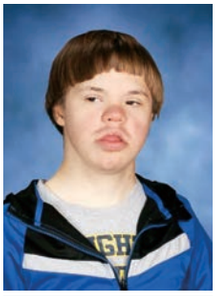

Elizabeth Cartney
Nicolas Casperson
Jonathan Cavanaugh
Judsona Chea
Helena Cheaye
Noah Cheaye








Nevan Cheney
Suili Chomilo
Braeden Christian
Taylor Christianson
Jack Cin
Jordan Clarke









Angelita Clute
Jonah Conklin
Nicholas Conrad
Annika Cornell
Amaya Cossette
Lillian Covert







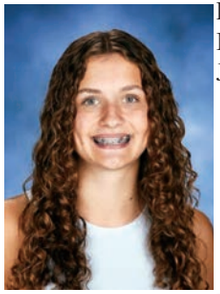

Andrew Cowan
Kaylie Cox
Ja'Kahla Craft
Tabitha Craig
Jackson Cross
Talan Cross





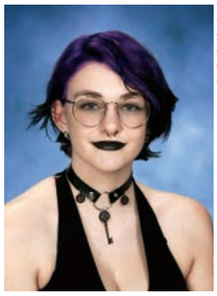






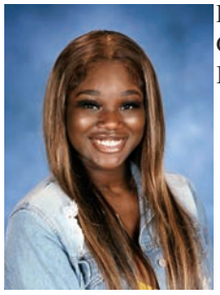
Robert Cushman
Maggie Cynor
Jada Dahlheimer





Kaya Dahmen
Ella Daiker-Broeska
Raeven Daninger





Erin Darang
Gavin Davidson
Blessing Davis





Jesse Davis
Amelia Dayton
Devon Dehmer





Lucia Dehmer
Gabriella Delgado
Lauren Delong





Emma Dembouski
Noah Demo
Logan Denny





Jack Derham
Owen Derocher
Thomas Devries

shoe game



"My favorite pair of shoes are my Dunk Low Mummy's from Nike."
-Deandre Johnson ('24)

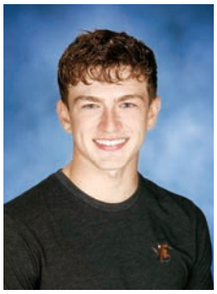


"My favorite pair of shoes are my 'Prime Pink' dunks because the color is very fun and bright."
- Grace Scheurer ('24)

Jacob Dinius
Elijah Dixon
Eniye Donbraye
Ethan Donovan
Will Dorfsman
Katelynn Dressler








Joseph Duerr
Joy Dukuly
Alden Dyer
Bennett Eicher
Grace Eicher
Zoe Ellwoods









Jessica Engebretson
Nolan England
Reece Erickson
Luke Erlandson
Andres Escobar Londono
Natalie Eull









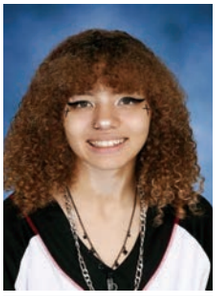
Molly Evavold
Lillyan Farrand
Lily Faucher
Amelia Fehn
Jonathan Feld
Luke Ferrin








Denasia Fifolt
Amanda Fisher
Duncan Follett
Alayna Ford
Grace Fouquette
Tanner Fowler








William Fox
Heidi Frank
Brandon Freeman
Tyler Freund
Serena Gao
Sydney Gasser









Kylie Gaston
Colin Geach
Arabelle Geray
Dominic Geryol
Hunter Goetsch
Joseph Gonsior










Madden Grabau
Andrew Grabowski
Claire Graunke





Jake Green
Zachary Grimm
Tegan Grimsley





Presley Grzybowski
Jayna Haehn
Noah Hager





Bryce Haines
Joshua Hallberg
Cortney Halvorson





Jackson Hamilton
Olivia Hanif
Norah Hansen





Matthew Hanson
Benton Harkins
Tyson Hasher





Ava Haus
Logan Hayek
Mckenna Hegge

what we drive



"I drive a 2011 black Chevy Equinox and her name is Brandy."
- Daysia Simmons ('24)



"I drive a 2015 Kia Optima Lx that I named Crow."
- Thomas Ohotto ('24)

Rachel Heil
Leah Hein
Hani Helland
Alexander Her
Alyson Herfel
Ramsy Hernandez








Addison Hervin
Halle Hicks
Tyler Hill
Riley Hiltner
Lauren Hochstatter
Grant Hoefener








Gretchen Holland
Cassandra Holman
Sophia Howard
Lydia Huberty
Leah Hultman
Mia Hunter







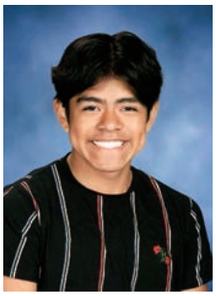

Alexander Husak
Breanna Immer
Grace Ingebritson
Sofia Iverson
Taylor Jacobson
Reese Jaeger








Adam Jensen
Lillian Jerpseth
Andrew Johnson
Brooks Johnson
Caden Johnson
Conner Johnson



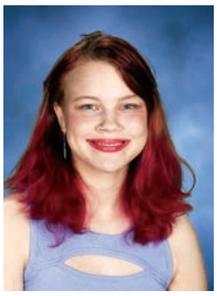





Deandre Johnson
Mackenzie Johnson
Mckalynn Johnson
Evan Jones
Angelina Jorgenson
Ava Justin








Naphtali Kalapa
Jarai Kamara
Audrey Kanu
Richard Kaydea
Cameron
Keenan-Bakken
Alyssa Keller










Anna Kelly
Adelyn Kennedy
Elijah Kercado





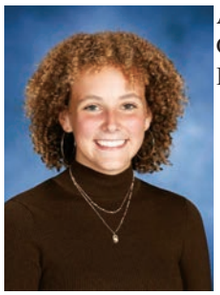
Roman Kiado
Neemah Kiarie
Kohen Kindgren





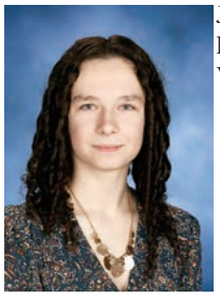
Natalie Kloss
Holland Kneefe
Maverick Kneefe





Austin Knoblach
Gracie Kobus
Kate Koivisto



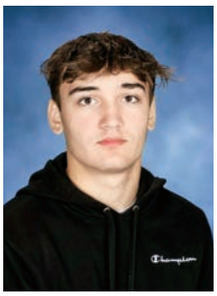


Joshua Kolles
Remus Kositzke
Viktoryia Kotava





Margaret Kramer
Drake Krupke
Kiera Kuiper


Isabelle Lahr
Luke Laitinen
Katrina Lake

best football memory



"My favorite football memory was last year when we won homecoming and then crashed the feild after the game."
- Ella Luoto ('24)



"My favorite football memory was when Brody got the hail mary touch down right before halftime against Wayzata."
- Reme Lobitz ('24)

Carson Land
Daniel Landon
Addison Landy
Cael Larose
Victoria Larsen
Darien Lea









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








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








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

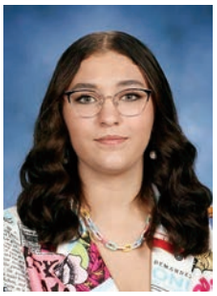







Dylan Lokensgard
Joshua Lopez Reyna
Morgan Lorbiecke
Lilu Lujan
Ella Luoto
Andrew Luster








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









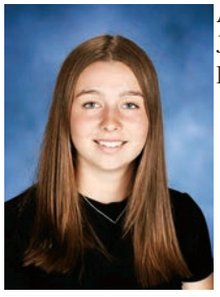

Amelia Mauk
Conner May
Isabella Mccarty





Luke Mcclintock
Eleanor Mccoy
Halyn Mcdougall





Ava Mceachran
Joseph Mchugo
Ella Mckane





Ashley Mclennan
Sophia Mcvary
Cason Medin





Kristopher Medlock
Emma Meehan
Marie Meehan





Justin Mehes
Britani Mercado
Ava Messner





Lauryn Mikolich
Addy Miller
Allison Miller

top social media



"My go-to social media app is VSCO because there is less pressure to post so people post more."
-Delia Walz ('24)



"My favorite social media app is BeReal."
-Kylie Gaston ('24)

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
Isabella Muhammad



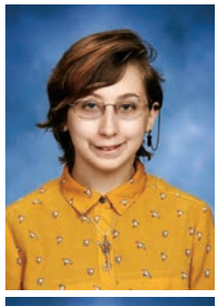





Max Munger
Vincent Muraski
Sebastian Murillo
Santiago
Josephine Myslicki
Quincy Nayah
Chelsea Neba









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








Miah Nelson
Atley Neros
Isabella Nesenson
Olivia Neumayer
Grant Nieman
Kevin Niesen





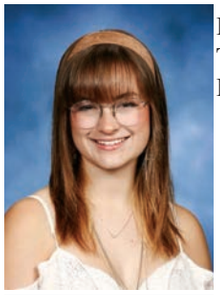



Samuel Notch
Kate Nygaard
Keera O'Brien
Colin O'Connor
Ryan O'Malley
Maximilian
O'Sullivan







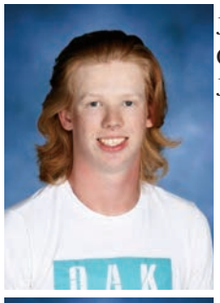
Brooke Oehser
Thomas Ohotto
Madelyn Oliveira



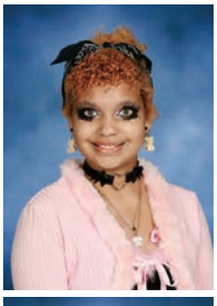


Ella Olson
Nicholas Olson
Taylor Olson





Josiah Oquendo
Celine Osiemo
Jack Ostrowski


Friederike Otto
Kenny Parker
Sarah Patterson





Carter Patyk
Samuel Paynter
Sophia Pederson





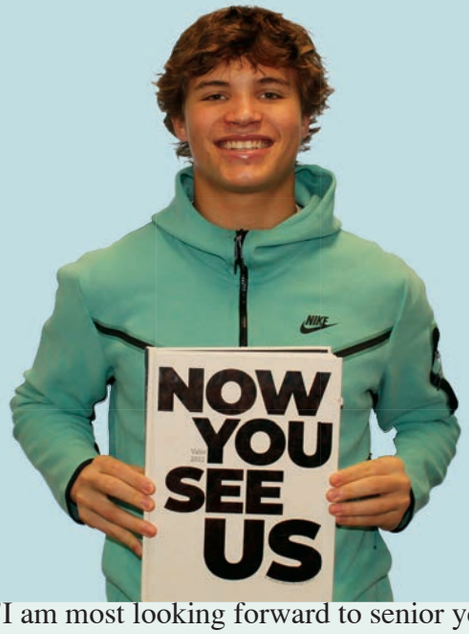
Harlee Peltz
Yasmin Pereira
Aidan Petersen





Reid Petersen
Chloe Peterson
Emmitt Peterson

looking forward to ...



"I am most looking forward to senior year for my senior trip and hopefully winning state."
- Drew Luster ('24)



"I am looking forward to senior year because I will finally be Spanish free."
- Jessica Roth ('24)

Sidney Peterson
William Peterson
Marie Pettis
Avery Pfister
Kaydince Phipps
Elias Phiri








Matthew Phyle-Bowe
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
Lucy Prichard
Zachariah Purcell








Audrey Radintz
Tailyn Radloff
Carter Ranweiler
Dylan Rattai
Ashlin Rattanasinh
Isaac Reames








Cameron Reeck
Conner Reese
Eleanor Rehovsky
Lucas Reineke
Samuel
Renczykowski
Carson Renner








Michaella Rennie
Emma Rens
Cayden Resech
Ashlyn Resner
Dylan Rich
Thomas Richardson










Elliot Rick
Landon Riebel
Connor Riesgraf





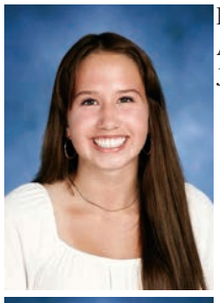
Hailey Rittenbach
Chase Robeck
Grady Robeck





Maggie Roberts
Jack Robinson
Michael Rodriguez





Peter Roelike
Avery Rossing
Jessica Roth





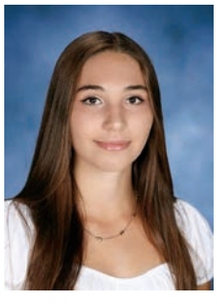
Colin Rude
Zahraa Salman
Rylie Saloum





Luca Saltamachio
Luke Sandberg
Jaxen Saville





Kai Sawyer
Grace Scheurer
Savannah Schiltz

truck yeah



"My truck is a 2017 Black Ram 1500. Its name is black berry."
-Annika Cornell ('24)



"I drive an 02 Chevy Silverado 1500"
-Josh Berg ('24)

Logan Schlangen
Evelyn Schmidt
Isabel Schmidt
Brett Schmoyer
Ruby Schmoyer
Eliot Schnitzler








Ian Schultz
Cohen Schwab
Carter Schwartz
Lucas Schweisthal
Jack Sellman
Adrianna Seman







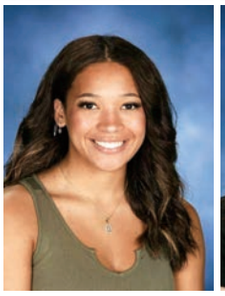
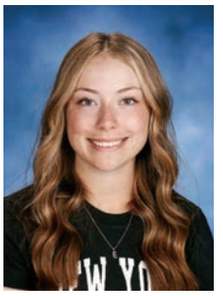




Macey Setter
Evan Shearer
Avery Sherk
Raina Simat
Daysia Simmons
Elizabeth Simon





Luke Sipple
Declan Sizer
Mckenna Smaagaard
Conner Smith
Hannah Smith
Mya Smith





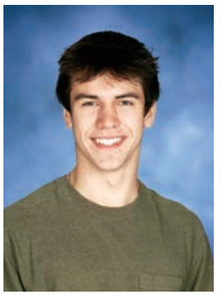



Reese Smith
Tyus Smith
Skylar Smithers
Hayden Snyder
Alexis Solum
Tate Songstad









James Sornberger
Nathan Spindler
Laney Stace
Lily Stanton
Maggie Steele
Matthew Steffl

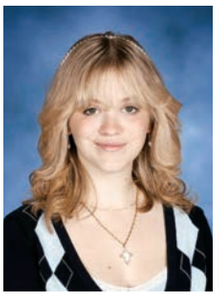







Haylee Stein
Julia Stelter
Sarah Stephenson
Jacob Sterk
Hudson Stone
Megan Stone








Sadie Strait
Kalla Strusz
Jake Suchy





Gregory Suer
Noah Sutlief
Evan Swanson





Sesalie Swanson
Joyce Syah
Andrew Tatro





Jackson Taulelle
Mazie Taylor
Abigail Theissen





Jayden Thomas
Olivia Tigue
Jarod Timlin





Arianna Toney
Noah Torgerson
April Torres





Ari Tourville
Avry Tregaskis
Lily Triplett

where we shop



"My favorite store to shop at is Dicks Sporting Goods"
-Bryce Haines ('24)



"My favorite store to shop at is Target because I work there and I get good discounts and I see all of the cute clothes while I'm working"
-Heidi Frank ('24)

Kaitlyn Trunzo
Taylor Tschida
Gracellyn Turner
Brandon Turner
Nutter
Bradyn Tymeson
Lauren Underthun



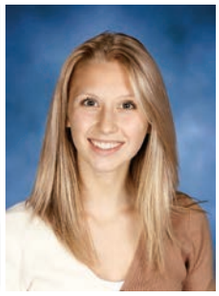





Adrianna Unruh
Emma Valek
Camden Vance
Katherine
Vanderbeek
Ngao Vang
Eileen Vitzthum





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








Lindsey Williams
Marty Williams
Mason Williams
Mason Williams
Emma Williamson
Ryan Williamson











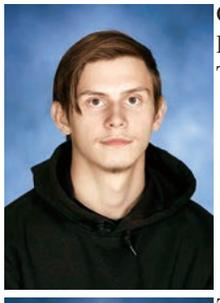
Noah Wilmot
Martina Wiome
Grant Woitalla





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

Not Pictured:

Noah Aadland
Michael Anderson
Andrew Atsidakos
Gabrielle Ehlers
Jason Eide
Madison Fette
Evan Ford
Preston Gillen
Abdimalik Hussein
Sharla Jugasek
Jayden Klinkner
Thomas Lerfald
Braydon Lincoln
Tyler Meinecke
Alexander Murack-Miller
Destiny Myers
Kennedy O'Connell
Ryan O'Malley
Carson Penn
Mark Scheurer
Anjali Som
Noah Szykulski
Nathaniel Taylor
Ryu Vang
Jordan Williams

our favorite sports



"My favorite sport is volleyball because the team building is fun and the competitiveness."
-Chelsea Neba ('24)



"My favorite sport is football because I look up to my cousin that plays football."
-Elias Phiri ('24)

JUST GETTING STARTED. This was the first year the Boys' Soccer team made it to State. The team was heavily led by underclassmen, Alex Hernandez ('25) being one of them. When asked about how it felt to be a part of this team, Hernandez stated; "It was emotionally exciting and I was grateful that we got this opportunity to represent our school."

sophomore.



Photo submitted by Izzie Erichsrud







Photo by Tim Bykowski



Photo by Bennett Moger



Photo submitted by Regan Anderson



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
Isabelle Aquino
Mukandas Ariran
Carter Arnlund
Jaydon Arone
Ashley Arroyo Flores








Hailey Aschenbeck
Ethan Augello
Jayden Aune
Isabella Avery
Josie Avery
Sawyer Aydt








Haylee Backman
Rylee Badjie
Jackson Bakke
Kaleena Baltzell
Wallace Atepta Annu
Bara-Burton Jedidiah Barfour



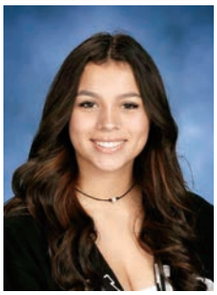





Delaney Barthel
Kaden Bartunek
Leighton Bauer
Bryson Beach
Alana Beaulieu Flolo
Alexander Beck








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
Alexa Blake
Evan Blanchette





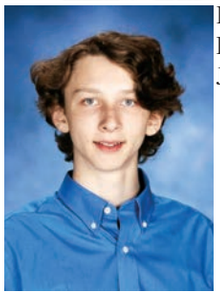

Richard Bluemke
Djon-Jolie Boayla
Breckyn Bogen





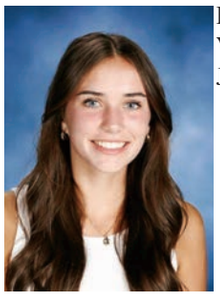
Samuel Bonafield
Maggie Borchardt
Lauren Bosire



Derek Bot
Layton Bottolfson
Jonas Boyette





Eleanor Braegelman
William Bramos
Josie Brill

favorite teams



"My favorite football team is the Vikings and my favorite player on that team is Justin Jeffereson."
- Quinn Opiola ('25)



"My favorite football team is the Bengals and my favorite player is Joe Burrow."
- Jamel Doe ('25)

Jacob Brunk
Dennis Brutskiy
Brock Bugbee
Ava Buhl
Kayla Bultena
Natalie Bury

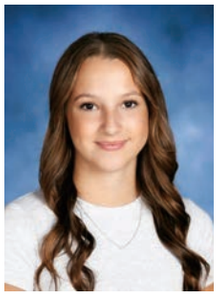







Paige Bushard
Amelia Butkowski
Wesley Byer
Mia Caballero
Johnathon Carey
Brock Carlson





Benedict Carroll
Sage Carter
Evan Carver
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
Reagan Cocking
Evan Collins



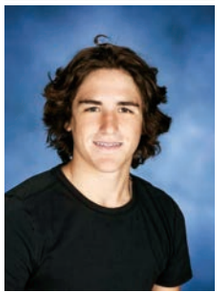





Anthony Colotti
Mariah Como
Braedon Conlan
Samantha Conway
Brock Cornell
Blake Couet





Rachel Couture
Sarah Couture
Bailey Coy
Jacob Crow
Kylee Dahlheimer
Marek Dalton









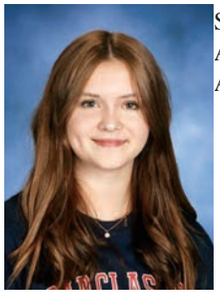

Alexandra Davey
Heath Davis
Mackenzie Davis





Sophie Debrobander
Alex Dehmer
Greta Dehmer





Sofia Dehmer
Aaydan Dellwo
Anna Derbis





Benjamin Derbis
Chase Detlefsen
Michael Dewey





Dow Dickerson
Samantha Didur
Sophia Dishneau





Cody Dixon
Jamel Doe
Jane Dombeck





Douye Donbraye
Edward Drager
Camryn Dubel

jersey number



"I wear number 6 because a senior wore it last year and I really look up to her."
- Lucy Felling ('25)



"I chose the number 15 because it is my lucky number and it has been my number for every sport I have played."
- Hudson Hochstedler ('25)

Davin Dufner
David Dupris
Emma Durenberger
Madison Easthouse
Sophie Edgar
Gavin Edlund








Antonio Edukere
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
Cleo Escher
Clayton Etnier
Payton Eull








Aidan Evenson
Waseem Ezzaid
Sophia Fagerlee
Noah Fairburn
Elise Feder
Adeline Fehn








Harmon Felling
Lucille Felling
Bailey Fischer
Peyton Fischer
Carter Fisher
Jacob Flakne








Bruce Flam
Layla Flemming
Hayley Flores
Macedonio
Leorica Fofana
Hayden Ford
Henry Foss










Renae Foster
Colum Foth
Cody Frelich





Jayden Frenger
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

our twins



"To have a twin is to always have someone to do something with."
- Sarah Coture ('25)
"I have always loved being a twin. It's always fun being able to go somewhere with someone."
- Rachel Coture ('25)



"I have always had someone there with me in all things I have done, he was my first friend."
- Parker Eggert ('25)
"I like being a twin because I have someone to depend on to be there for me."
- Carson Eggert ('25)

Marcus Griffin
Catherine Grupee
Savannah Gustafson
Madeline Hall
Emmy Hanauska
Ismael Hanks








Adyson Hansen
Parker Hanzalik
Justice Haom
Wyatt Harmoning
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
Addison Hoglund
Jordan Holm
Jeremiah Holmes








Bailey Hopland
Abigail Hoselton
Maggie Houghton
Brandon Hove
Delia Howe
Delaney Hughes








Ty Hurd
Cayden Huynh
Ethan Hynes
Henry Iddings
Shane Jackson
Molly Jacobs



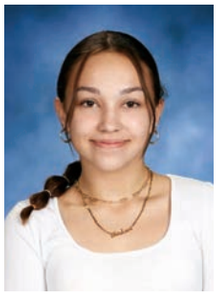







Maryam Jama
Alana James
Madeline James



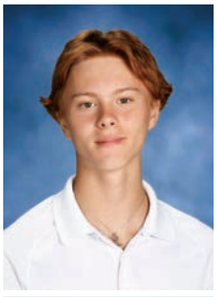


Mackenzie Jaycox
Joel Jembell
Mia Jensen





Kaitlyn Jette
Preston Jocelyn
Devon Johnson


Faith Johnson
Jack Johnson
Jeremiah Johnson





Khyan Johnson
Nicholas Johnson
Samuel Johnson





Xavier Johnson
Evan Johnston
Jazlyn Jolly



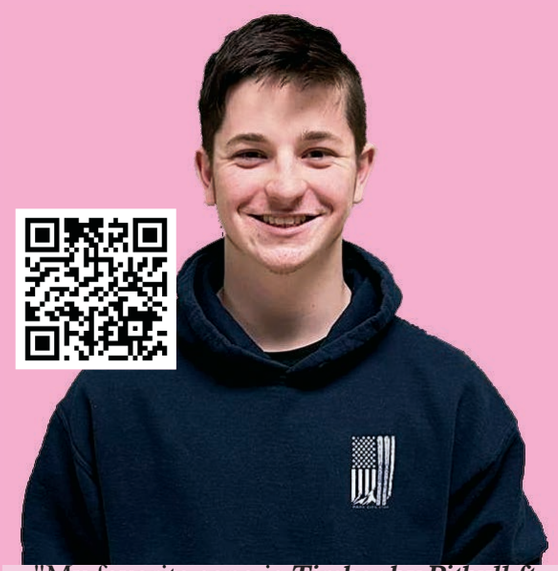


Ethan Kaliszewski
Grace Kammann
Preston Karger

our top song



"My favorite song is ***The Spins by Mac Miller***."
- Kelsey Cochrane ('25)



"My favorite song is ***Timber by Pitbull ft. Kesha***."
- Kyle Kruger ('25)

Nolan Kasperowicz
Gabriella Keefer
Dylan Keiner
Willow Kelly
Anastasiya Khotko
Michael Kimba








Grace Kirk
Wyatt Klement
Gage Kloster
Margret Klym
Tristyn Knapp
Trey Knight



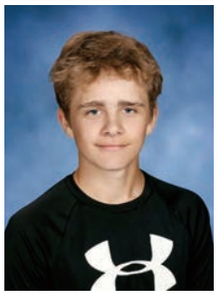





Pharell Koernig
Olivia Kolenda
Gabbrielle Kormoh
Nolan Kottke
James Kpoto
Augustine Krueger









Kyle Krueger
Carlie Krumenauer
Marcus Kruse
Symone Kucera
Drew Kuechle
Suwah Kulee








Claire Kvant
Michael Labrador
Austin Laing
Charles Langager
Levi Larsen
Alexander Laurie









Madeline Lawinger
Austin Lazar
Kailee Leino
Annabelle Leland
Reece Leonard
Barrett Leuer








Jacob Levens
Mckenzee Levisee
Cecilia Lewis
Joselyn Lewis
Avery Ley
Thatcher Lezalla










Remi Lilis
Isaak Lindeman
Jack Lindenfelser





Trey Lindenfelser
Brady Lindstrom
Carter Loebertmann



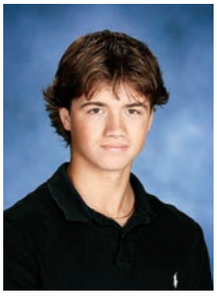


Avery Loftus
Alyssa Lopez
Tyson Lorenson

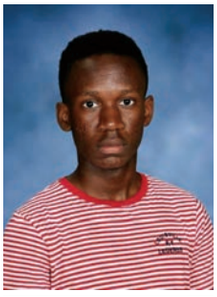




Emily Luebben
Kylie Lukkar
Tyler Lundquist


Christian Lundstrom
Brooklyn Lyles
Braden Lynch


Chloe Macdonald
Melvin Makor
Maria Mansaray





Eric Maomanyvanh
Evelyn Marin Renteria
Isabella Mariotti

where we work



"I work at Hat Trick Hockey and something interesting is that I am one of the only girls that works there."
- Dani Weiland ('25)

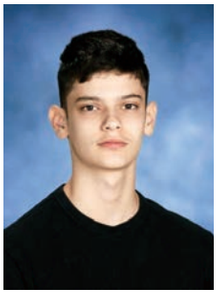


"I work at Impact Nutrition and my favorite thing about it is my amazing boss and the customers."
- Jacob Goth ('25)

Ari Marquette
Meredith Marschel
Ava Martin
Ellie Martin
Jose Martinez
Lane Mastro








Marlee Maternowsky
Madelyn Matheson
Kiahna McCormick
Zackary McCormick
Davon McDavid
Jason McKenzie








William McKeown
Dylan Meehan
Max Meehan
Gabrielle Melbostad
John Meline
Bianka Mellen








Jada Mercil
Kali Merfeld
Samantha Meszaros
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
Aubrey Nagengast








Ava Nakhleh
Tse Nde
Gil Ndofor
Elise Neilson
Gunnar Nelson
Abby Nemeth










Gavin Ness
Lauren Ness
Liam Nevala





Alyssa Newbauer
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

favorite teacher



"My favorite teacher is Mrs. Armstrong, she is kind hearted and a very understanding person."
- Morgan Tiekdekan ('25)



"My favorite teacher is Mr. Burr, he has good jokes and is always in a good mood and greats us at the door when we walk into class."
- Wesley Byer ('25)

Ethan Ollhoff
Chloe Olson
Logan Olson
Quinn Opiola
Landon Osterberg
Ella Ostlie



Aaron Otto
Paityn Pagenkopf
Vitalii Pakhorukov
Maya Papa
Aubrey Parnell
Westlee Patterson



Anton Pedersen
Jolette Pelaez Ariza
Ava Pelowski
Natalee Pender
Ethan Pennoyer
Molly Perkins



Maximus Pertzborn
Christian Peterson
Kellen Peterson
Morgan Peterson
Isabel Petite
Addison Phillips



Sengdab Phimvongsa
Jazzmine Pierre
Nick Popovich
Landon Poppen
Robert Porte
Ashton Possone



Sydney Post
Eli Powell
Landon Prepodnik
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



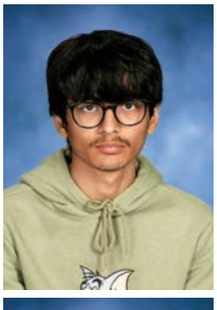


Claire Ruhland
Joseph Rydberg
Lindsey Rydberg





Max Salas
Caden Sale
Amari Salkey


Antonio Sanchez
Oscar Sanchez-Justo
Ava Sandbo





Francis Sanyeneh
Colton Sargent
Klarissa Sarkinen

tea bomb or bubblr



"I prefer tea bombs and blue colada!"
- Kate Anderson ('25)



"I really enjoy bubblrs and my favorite flavor is Pitaya Berry Nect'r."
- Olivia Sutlif ('25)

Sophia Satre
Grace Saxe
Rose Schefers
Kenadie Schlangen
Ava Schmidt
Benjamin Schmitt

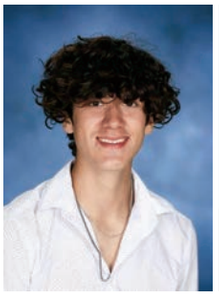


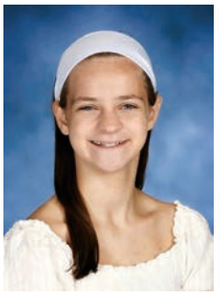





Sophia Schmitz
Marissa Schneider
Kamden Schoemer
Caden Schoen
Emily Schuetz
Kaden Schumacher








Nicole Schumm
Kaitlyn Schuster
Nathan Sebeck
Kaden Sebold
Cody Seckerson
Ethan Senesac









Olivia Seurer
Kai Severson
Nicholi Severson
Chase Sharpe
Riley Sherman
Leah Shipman









Clayton Shonka
Audrey Sigugu
Tyler Skrip
Leo Sletten
Ella Slusarczyk
Madison Smedberg









Rachel Smieja
Anastasia Smith
Kate Smith
Zoey Solum
Alaina Sommer
Nolan Spiekermeier





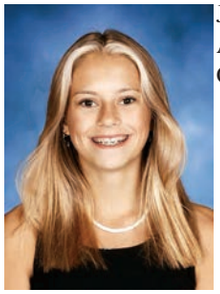



Christopher
Splettstoesser
Layla Stauner
Hailey Steffens
Landon Stensland
Avagabriella Stich
Natalie Stiehm







Jacey Stone
Annika Strand
Olivia Sutlief





Emmett Swanson
Hannah Taege
Ava Talley





Lincoln Tangen
Riley Tangen
Matthew Tate





Maya Tatge
Cornelius Taye
Kayla Ternus





Benjamin Thompson
Anna Thour
Morgan Tiedeken





Lily Tillemans
Madeline Tillmann
Tyler Tindall



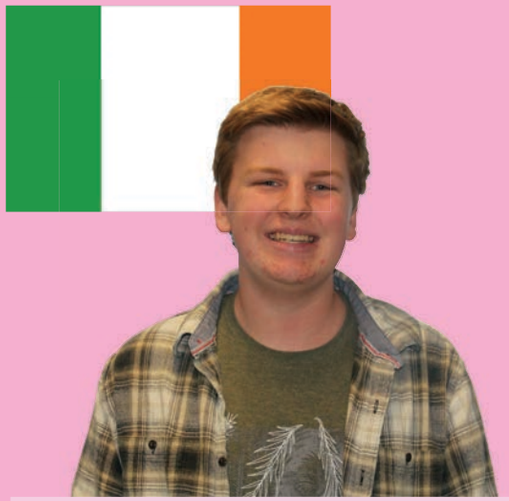


Keegan Tisch
Noah Tobey
Tate Tolifson

dream place to live



"I would love to live in Colorado because I want to live in the mountains and watch the sunset. I also love hiking."
- Paige Bushard ('24)



"I would live in Ireland because I have been on a vacation there and it was the most amazing place I have ever been!"
- Jack Bakke ('24)

Tianna Toney
Darci Treptau
Tyler Turpin
Bryce Ulferts
Blake Underwood
Abigail Vacura



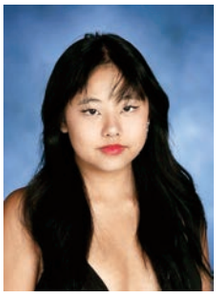





Jackson Vacura
Jordan Valdez
Kennedy Vanderiet
Houa Vang
Shaye Vang
Zachariah Vang






Lillian Vanheel
Ava Vannurden
Chloe Vanryzin
Maggie Velander
Molly Velander
Rodrigo Velasco
Lopez



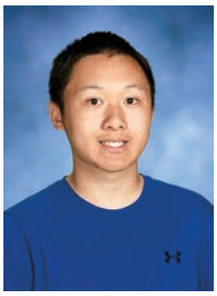





Brooke Vogel
Isabelle Voigt
Anna Volkenant
Kylie Voss
Novah Vue
Sam Vukelich








Adam Wadman
Jarrett Wadsen
Callan Wagner
Hailey Walbon
Andrew Waldoch
Tyler Waldrum



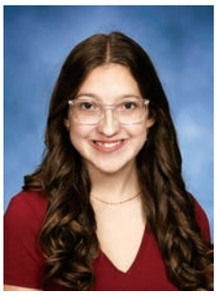





Tate Warren
Carson Weber
Mira Weber
Vivian Weber
Chloe Weidner
Ann Weigle








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





John Wolinski
Kayla Wolkerstorfer
Seth Wright





Ryley Wuebkers
Tyler Wurst
Shea Yaeger





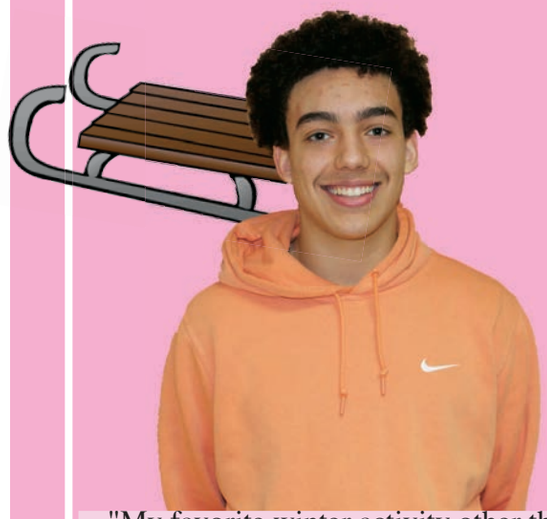
Chloe Yantes
Jestina Yelegon
Henryk Zielinski

Mason Zimmer
Trevin Zink
Sophia Zoellner
London Zurvein






best winter activities



"My favorite winter activity other than basketball is sledding."
- Jerimiah Johnson ('25)



"My favorite winter activity is skating with my friends."
- Adeline Fehn ('25)

freshmen.

FIRST FOR EVERYTHING. Freshmen spend their first year figuring everything out. Cail Jahke ('26) is playing varsity basketball for the first time, "I was nervous at first because it's my first year, and coming on to a team with such talented girls was super scary, but my team made me feel very conforable." said Janhke ('26). *Spread by Maddy Petranek.*





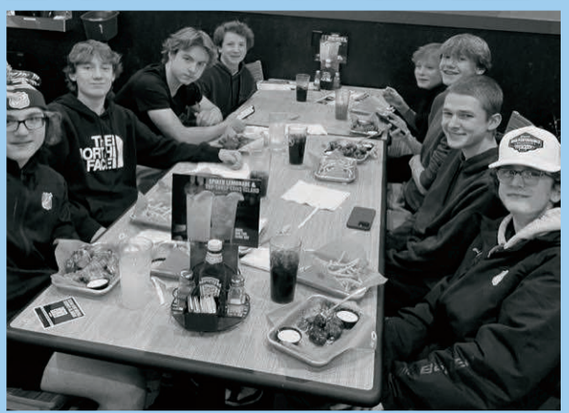




Photo by Bennett Moger



Photo by Tim Bykowski





Zachary Aandal
Alexander Abel
Rowan Adams
Akanimon Akangah
Kaitlin Altepeter
Alexa Anderson








Annalee Anderson
Liam Anderson
Mckayla Anderson
Nathan Anderson
Brody Andrzejewski
Levi Antoine









Madeline Armbruster
Samuel Arnold
Sophie Arnold
Ronak Arora
Kierra Au
Hayden Austin









Alicia Ayala
Gonzalez
Dalton Aydt
Mason Babbe
Nafisah Bada
Carter Bakeberg
Keira Baker








Elsie Bakker
Tristan Bankers
Madelynn Barnes
Mason Barron
Parker Barth
Dane Barthel








Drake Bastron
Melissa Bauer
Megan Beack
Vada Bean
Leah Beaudry
Oliver Beaudry







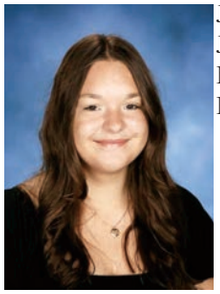


Samantha Beck
Rylee Behrens
Anna Benkowski
Gavin Berg
Matthew Berg
Dayne Berglund







Jace Berndt
Jackson Bevers
Maryann Bezrukavaya





Zachary Boese
Zachary Boitz
Logan Bolduc





Peyton Bolduc
Gavin Borchardt
Caden Boser





Kevin Bourget
Emersen Brand
Jake Brandberg





Henry Braun
Krysta Bravo
Maren Brockopp





Lillian Bromenschenkel
Emma Brown
Juliya Brutskaya



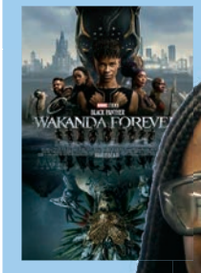


Jasmine Brutskiy
Dottie Bryant
Benjamin Buermann

favorite movie



"My favorite movie is ***Spongebob, Sponge on the Run***."
- Gavin Jackson ('26)



"My favorite movie is ***Wakanda***."
- Amber Nyemah ('26)

Claire Bunnell
Lauren Burk
Lacey Byboth
Ludovico Calcagno
Meya Calkins
Natalia Campion








Emmyrsen Carlson
Maxwel Carlson
Stephon Carlson
Tobin Carlson
Emily Carmody
Brooklyn Cashion









Brody Cheeley
Naomi Cheney
Ava Christian
Raelynn Christianson
Logan Clark
Allison Collins








Abigail Conklin
Allie Coombe
Madison Cooper
Robert Cooper
Payton Corder
Treysen Cornillez








Kelly Corona
Shannon Corona
Madysen Coulson
Ashton Crank
Aubrynn Croaston
Dilynn Crocker








Greta Crowell
Joseph Cruz
Angelica D'Angelo
Isaac Dahmen
Oriana Dail
Tyler Damon









Abraham Daramie
Patrick Davies
Eli Debettignies
Riley Deelstra
Drew Demarais
Addison Demerchant









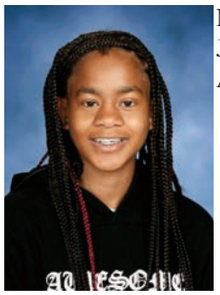

Levi Demo
Lindsey Demo
Jakob Denny





Samuel Denny
Anna Derham
Knolan Diaz





Nolan Dinh
Jack Dishneau
Anmarie Dixon





Sophia Doucette
Anna Drake
Allison Dressler





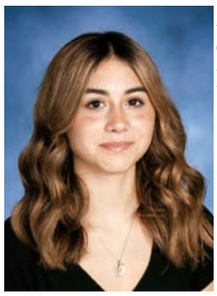
Roman Drew
Mario Dropps
Winslow Drowne





Noah Duerr
Adriana Dupart
Michael Earley





Adyson Eberhart
Owen Egge
Brielle Eguia

favorite class experience



"My favorite class experience is being greeted by Mrs. Olesen as I walk into class every day."
- Allison Dressler ('26)



"My favorite class experience so far has been choir because of all the different activities that we do and preforming in front of people."
- Elizabeth Ogamba ('26)

Lance Ellis
Noah Erickson
Godiva Eshun
Olivia Esnough
Tanner Esterberg
Maxwell Eull








Lindsey Evensen
Adilyn Evenson
Ranya Ezzaid
Alexis Fair
Evan Fargo
Carter Faucher








Sara
Feickert-Faulkner
Mia Feigum
Ryan Fertig
Ellie Fischer
Shelby Fischer
Nicholas Fleegel








Mitchel Folven
Emma Formo Reck
Catherine Fredrickson
Clarissa Freeman
Collin Fryckman
Ethan Funk








Saige Funk
Jude Galarowicz
Karina Garcia
Nicholas Gauthe
Makayla Geistfeld
Sophia Gerard








Lucas Gerten
Olivia Geryol
Lily Giebel
Annika Gieski
Lucille Gilmore
Andrew Gindele








Gavin Glynn
Evan Goldsberry
Claire Gonsior
Camryn Goodwin
Aubree Gordon
Jacob Grabowski









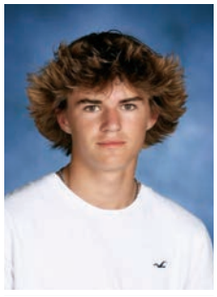

Addy Grangroth
Ella Graunke
Noah Gremmels





Beatrice Guar
Estella Gula
Caden Gulden





Jacob Gundry
Trey Gustafson
Preston Gutzwiller





Dylan Hackenmueller
Lane Hagen
Cora Hager





Andrew Hansen
Vivian Hansen
Anthony Hanson





Oliver Hanson
Tyler Haring
Alice Harmoning





Cody Hart
Nya Hart
Samantha Hartnett

best t-bomb flavor

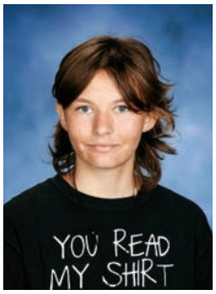


"My favorite t-bomb flavor is baywatch from Balance Nutrition."
- Allie Rickard ('26)



"My favorite tea bomb is blue raz lemonade from impact nutrition."
- Olivia Geryol ('26)

J Haseman
Amanda Hauan
Alexis Hayek
Lola Hayek
Savannah Hayek
Emily Head









Roman Heine
Brenden Heitkamp
Tate Helland
Zachary Helstrom
Hailey Hemp
William Henry









Ken Her
Ingrit Herfel
Kennedi Hernandez
Tyler Herold
Roman Herron
Brady Hill









Josephine Hjelle
Henry Hodge
Tyler Hoffman
William Hoisington
Jackson Holman
Grace Holmberg








Brecken Holtz
Mara Howard
Liam Hoyne
Lydia Hustoft
Alexis Illies
Mary Ingebritson








Mackenzie Inglis
Gavin Jackson
Cail Jahnke
Daxon Jantzi
Lane Jeffery
Dylan Jenkins





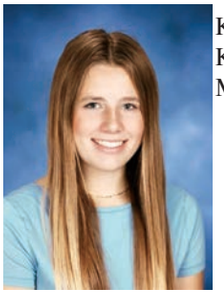



Grace Jensrud
Lainey Jerulle
Sophia Johnsen
Brandon Johnson
Charlie Johnson
Grady Johnson







Karli Johnson
Khael Johnson
Morgan Johnson





Noah Johnson
Tanner Johnson
Hadley Johnston





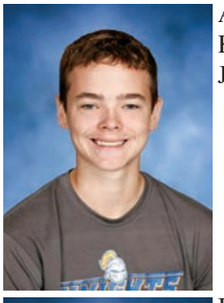
Kyleigh Johnston
Ja'Mari Jones
Ethan Jordheim





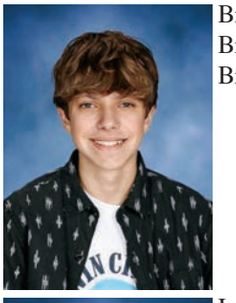
Roberta Jugasek
Malay Jugran
Dane Kasper





Aaron Kasperowicz
Kylan Kavanaugh
Jackson Keller





Breana Kelly
Brenden Kennedy
Brayden Kenney





Isabel Kephart
Logan Kessler
Dominic Kisner

best clothing brand



"I love Lulu Lemon because it is very comfortable"
- Cail Jahnke ('26)

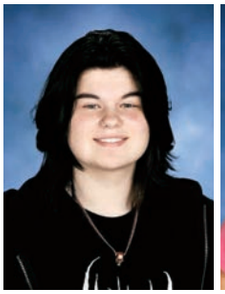


"My favorite brand of clothing is Nike."
- Elijah Lewis ('26)

Jack Klemmensen
Blake Klinkhammer
Mason Knoblach
Nevaya Kohlbeck-Powell
Ivan Kolb
Isabella Korpi

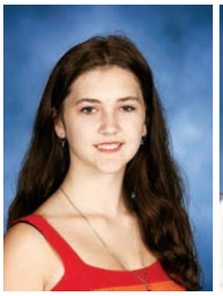







Alex Kragness
Faith Krajsa
Charlie Kremer
Emma Krohn
Ella Krube
Landon Kulas





Emma Kunz
Hank Kurasz
Ryan Kurth
Emma Kvant
Sophie Labatt
Lucas Lacroix








Joshua Lafore
Austin Lake
Tatum Lallak
Adam Lamghafri
Loudiyi Amelia Lamm
Maddalyn Lamprecht









Jonathan Landon
Hayden Langston
Owen Larose
Grace Larson
Alexander Lavigne
Wyatt Lawrence

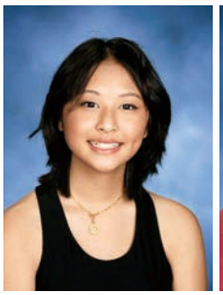







Brooklyn Lea
Amanda Lee
Caleb Lee
Luag Txhis Lee
Grant Lefebvre
Adrian Leimer



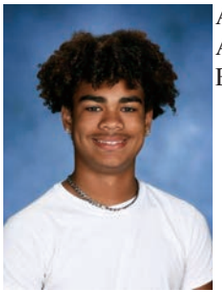


Lily Lemieux
Avery Lemonds
Mark Lenneman
Nathan Lenneman
Xander Lenzen
Abigail Leonard







Ashlyn Lero
Adrienne Lewis
Elijah Lewis





Pete Lidberg
Nevada Ligon
Casper Limpert





Joyce Lin
Abigail Lindrud
Lily Logan





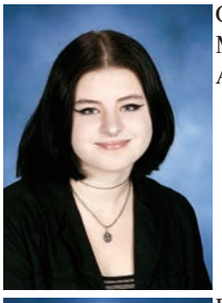
Simelle Lombel
Maria Lopez Raygoza
Rene Lopez Raygoza





Aiden Luebke
Brady Luedemann
Jayden Luehrs





Cecile Lund
Madeleine Mahon
Anna Malkowiak





Pamela Mancilla Mora
Owen Manning
Mya Manning-Vogtlin

coolest vacation spot



"My favorite vacation place that I have ever been was Jamaica."
- Nick Robison ('26)



"The coolest vacation I have ever been on was when I went to Costa Rica because the ocean is beautiful."
- Cecilia Tregaskis ('26)

Israel Manzano
Zachary Marble
Vanessa Marines-Mondragon
Ashley Markson
Maverick Maros
Sophia Marschel



Connor Marshall
Ella Martin
Carter Mason
Henry Matthew
Cadence Maus
Keegan Maxey



Olivia Mayberry
Yvonne Oceane
Mboule Kinyuy
Cooper McAdams
Devin McClintic
Aiden McEachern
Brynley McGhee



Kaitlyn McHugo
Benjamin McKane
Tiffany McKenzie
Mya McKinley
Ashley Meehan
Jack Meehan



Renee Meehan
Madeline Meilahn
Giselle Mercado-Aragon
Addison Mercil
Cody Merfeld
Henry Messner



Alexandra Meyer
Sophia Michals
Landon Michaud
Caroline Michenfelder
Kali Mielke
Camryn Mikolich



Chase Mills
Cameron Mitchell
Logan Mitchell
Cameron Mlekoday
Madelynn Molesky
Stefany Monari







Kheagan Monsrud
Aidan Moorman
Pierce Moran





Dinah Morara
Talon Moreland
Logan Morency






Aidan Morgan
Keyden Morgan
Ella Morstad





Ethan Mortenson
Evan Moua
Weston Mrnak





Katelyn Mueller
Daryl Mukong
Kaylen Mundahl





Caleb Myhrer
Rithdavan Nachampassak
Phillip Nagbe





Lillie Nelson
Tiah Nelson
Isabella Ness

road trip snack



"My go to road trip snack is life savers gummies."
- Mason Vanordan ('26)



"My favorite road trip snack is cheez-its."
- Gracie VanKuyk ('26)

Hannah Neururer
Izabell Newman
Thomas Nielsen
Michael Nwanna
Tantesia Nyakundi
Bindee Nyandibo









Amber Nyemah
Adelyn O'Connell
Brendan O'Connor
Kendyl O'Connor
Drew O'Neill
Jimmiana-Elizabeth Ogamba

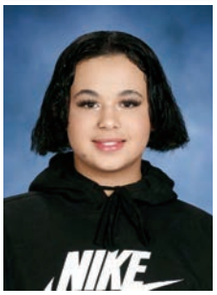







Stephen Ogaya
Lucas Ojeda
Joshua Oliver
Blake Olson
Isabelle Olson
Addison Oltmanns



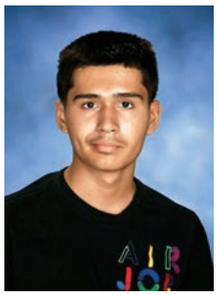






Janelle Omweri
Lindsey Ontjes
Daniel Orozco Vergara
David Orozco Vergara
Brynn Ortman
Jackson Outcelt





Jonathan Pacholke
Ava Pajari
Roman Pakhorukov
Jackson Panek
Jordyn Partain
Liliana Partridge



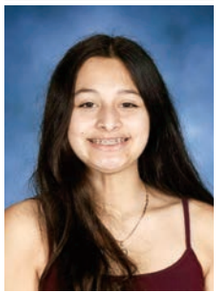






Chloe Pellegrin
Ashley Pennoyer
Maren Penserga
Isabella Perez
Taylor Perkins
Amarah Petersen



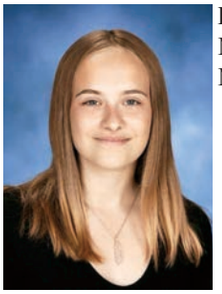


Clay Peterson
Wyatt Peterson
Cade Pfister
Noella Phidavanh
Helen Pichler
Brycen Pierce



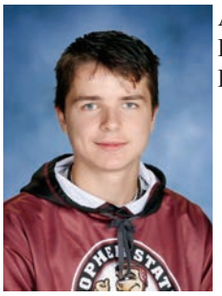




Preston Poff
Mason Pohlkamp
Miina Pokorny



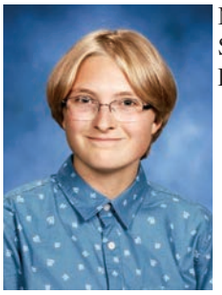
Adam Pouliot
Lauren Powell
Peyton Preston





Aubrey Prichard
Krista Puent
Jeremiah Purcell





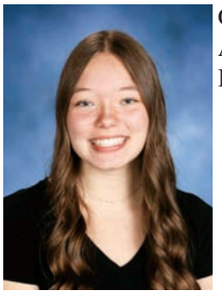
Morgan Radke
Sanae Radloff
Lydia Raisanen





Jose Ramirez
Claire Ramsay
Isabel Rankin





Colton Ranweiler
Allie Rath
Brooke Rath



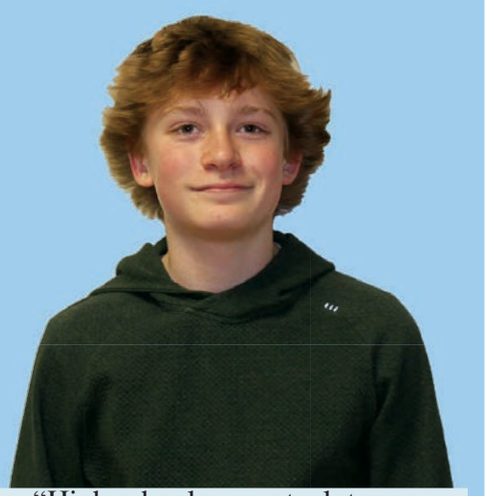


Chloe Rattai
Brodi Raymond
Elijah
Raymond-Mitchell

high school v.s. middle school



”You have to actually care about your grades because high school grades matter a lot, there is no easy option out.”
- Roberta Jugsek ('26)



“High school you get a lot more freedom with your phone I feel like and can talk to your friends more.”
- Henry Robinson (‘26)

Hailey Rech
Amelia Reiss
Ellie Reiter
Joseph Renczykowski
Sarah Richard
Carson Richie








Allie Rickard
Taylor Robeck
Keith Robertson
Annie Robinson
Henry Robinson
William Robinson








Nicolas Robison
Jensen Rogers
Ava Ronning
Brodi Rux
Carter Sackett
Ryder Sahr

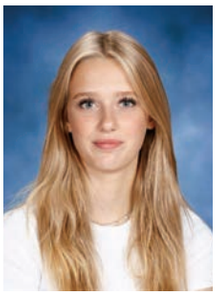







Dylan Salzsieder
Autumn Sandberg
Grace Sander
Ayden Saymongkhon
Parker Schaben
Samuel Schefers








Gavin Schiltz
Lily Schirmers
Nora Schleicher
Noah Schmoyer
Titus Schmoyer
Andrew Schneider








Meadow Schnepf
Lauren Schubert
Eli Schultz
Jayce Schwartz
Joseph Scully
Ariana Seaver








John Sechser
Carter Selberg
Abigail Sherman
Finn Sherman
Mallory Shidla
Kyle Shull



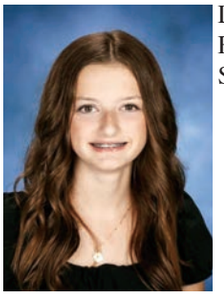






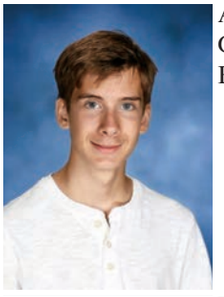

Cheyenne Shultis
Colin Shultz
Taylan Siens





Liam Sieve
Faith Sigugu
Savannah Silbernick





Abigail Simon
Gabriella Sipple
Benjamin Sirianni





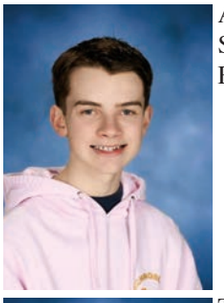
Rachel Sixta
Wyatt Skogsberg
Hudson Slettum



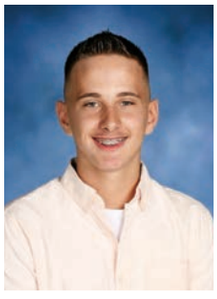


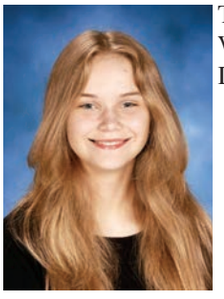
Bentley Smith
Joselynn Smith
Jaidyn Smith-Terrell





Ayden Smoley
Shelby Solberg
Evan Sorensen





Tristan Souder
William Spaulding
Delaney Sperr

favorite animal



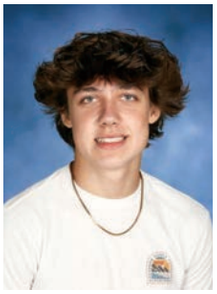
"My favorite animal is Mr. Olesen's tortoise."
- Michael Nwanna ('26)



“My favorite animal is a panda.”
- Serenity Amos (‘26)

Delind Spore
Kyla Spore
Steven Stacherski
Rhoan Stark
Kylee Steffens
Hailey Steffensmeier



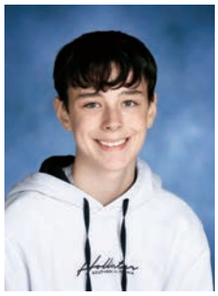





Tyson Stegeman
Taylor Stein
Hannah Stenzel
Kailani Stewart
Rylee Stolp
Dylan Stoner





Grace Studer
Isabella Suchla
Jeffrey Suer
Dyllan Sullivan
Elliana Svihel
Bradley Swanson








Alyssa Swiatkiewicz
Hope Taege
Sofia Tallarigo
Ryley Taylor
Seenaa Teshome
Samantha Tesmer









Joslyn Thering
Zackery Thomas
Addison
Thompson-Klimpke
Malikai Thongsavanh
Chloe Tiffany
Charli Tims








Lucas Torgesen
Zaila Torkelson
Caleb Trant
Devin Trebesch
Cecilia Tregaskis
Kendra Unruh





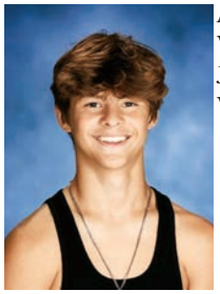



Benjamin Vagts
Gracie VanKuyk
Mason VanOrden
Addison VanVooren
Reid Varley
Ailene Velasquez







Angel Velez
Victoria Verhulst
Joshua Vogelpohl-Martinez





Sean Voigt
Lucy Voss
Leana Vourjolo





Madilynn Waldrum
Amelia Walerius
Katelyn Walsh





Logan Warner
Cameron Webb
Kieran Webb





Samantha Weber
Maguire Weiland
Maja Welker





Marissa Weness
Logan Westanmo
Ayden Westfall






Benjamin Wheeler
Brooke White
Ian Whiteis

favorite summer activity



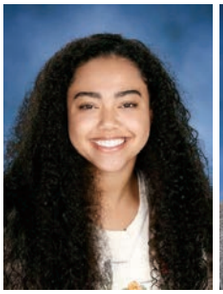
“My favorite thing to do in the summer is lake days with my friends”
- Annalee Anderson (‘26)



"My favorite thing to do in the summer is hang out with my friends."
- Reid Varley ('26)

Ronin Whittlef
Jackson Wickre
Holton Williams
Isabella Williams
Kyler Williams
Nevaeh Williams

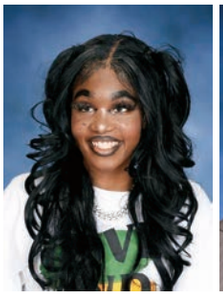




Alexander Wolf
Lily Wollman
Faith Wonnie
Vida Wonnie
Dawson Wostrel
Isabelle Xiong





Skye Yaeger
Isaac Yambay
Palchizaca
Calla Yang
Ella Yang
Anthony Yuknimchuk
Reece Zabel








Landon Zachman
Brayden Zeug
Justin Zimmer
Ayden Zimmerman
Gabrielle Zimmerman
Brooklyn Zwinger








Not Pictured:
Evelyn Hansen
Camren Jackson Lyons
Amelia Saah
Trey Sarkinen
Ayden Saymongkhon
Chance Xiong

Freshman Spotlight

ADDIE THOMPSON-KLIMPKE



"The worry I had about being a freshman was the workload that I would get because in middle school there was a lot of homework. Getting into high school I was scared that it was going to be a lot and I wouldn't be sleeping that much."

Spread designed by Bennett Moger

what were your worries about being a freshman?

LUCAS LACROIX



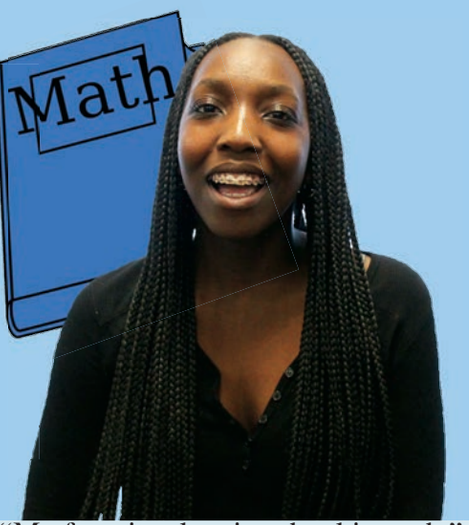
"I'm interested in DNR which is the department of natural resources and it is working outside with nature."

LEVI ANTOINE



"One of my goals, before I graduate is to get on the varsity hockey team and try and win state."

favorite school subjects



"My favorite class in school is math."
- Janelle Omweri ('26)



"My favorite subject in school is history."
- Samuel Arnold ('26)

Trisha Abel
Kassidy Akervik
Jillian Anderson
Nicole Anderson
Sharlene Armbruster
Paige Armstrong-Hetterick

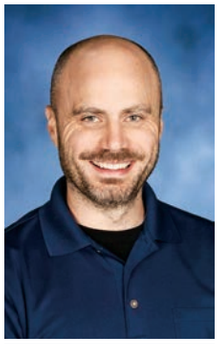








Jennifer Auseth
Joshua Ausman
Abigail Baker
Michael Bartunek
June Basel
Kaleigh Bean





Sean Behrens
Abbey Benning
Kimberly Benson
Luke Bickford
Brandi Bjorklund
Abigail Bonsen








Kelly Bovee
Roger Bovee
Angela Bradt
David Burr
Jamie Bury
Jodee Butkowski

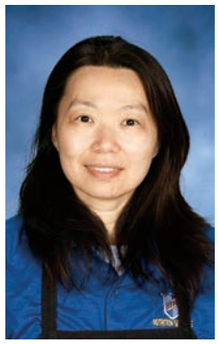







Kimberly Campbell
Chase Cayo
Xiong Pao Chang
Yanping Chen
Laurie Collings
Marjorie Conigliaro





Keith Cornell
Akamai Cornillez
Lynn Dahring
Nina Davison
Rachel Dayton
Darek Dewey



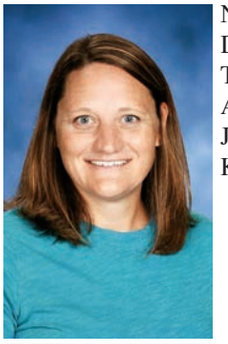












Nicole Dewey
Diane Dwenger
Taylor Eckhart
Amber Einerwold
Jared Essler
Kinsey Essler

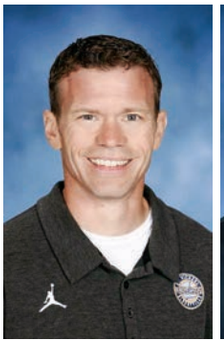






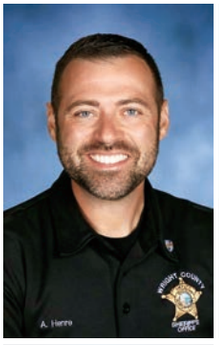

Emily Fair
Karin Feld
Jeanne Fisher
Robbin Fitch
Shannon Foreman
Joshua Fox

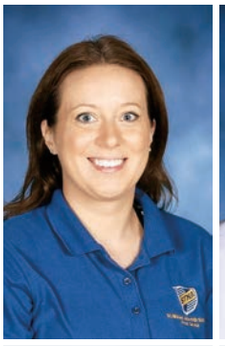


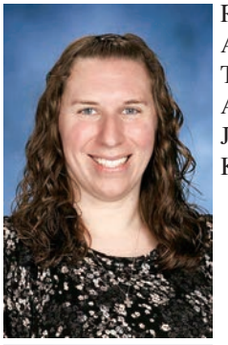




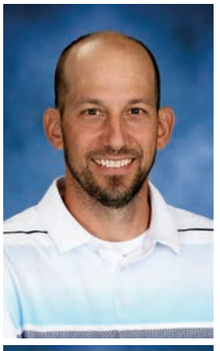

Douglas Gerick
Kris Goodin
Jesse Hackenmueller
Jacob Hamlet
Mitchell Harmoning
Julianne Hasling

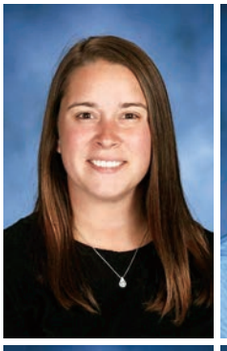
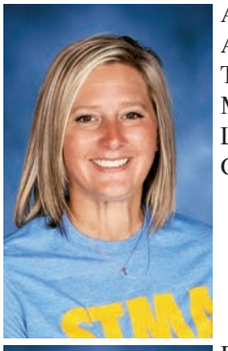







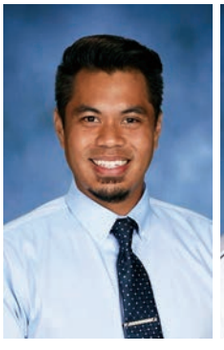
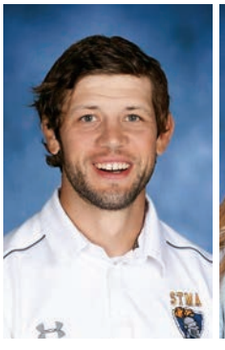
Ryan Hawke
Austin Henre
Tyler Hett
Amanda Hillesheim
Jeremy Hoffman
Katie Hoppe

Ann Huser
Andrew Hutter
Teresa James
Mark Jansen
Lynn Jensen
Candice Johnson





Derek Johnson
Rachel Johnson
Jasper Jonson
Joshua Joriman
Jodi Jung
Jonathan Kemp

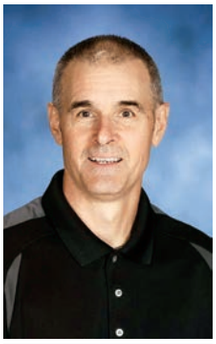
Shane Kern
Maxwell Kivi
Darlene Kolling
Liva Korf
Emily Kranz
Taylor Krutzig



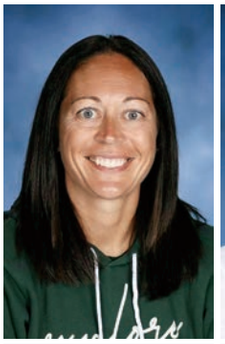





Keith Kuhn
Stephanie Lahr
Beth Larsen
Christie Larson
Heidi Leland
Jill Levin








Matthew Livers
Ryan Loecken
Robin Loken
Jane Lynch
Qihua Lyu
Lisa Maas

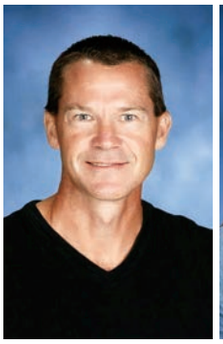







Dylan Magnuson
Joshua Mann
Ellen Marschel
Jason Massmann
Kelly Maynard
Alison Meierhofer





Joshua Metcalf
Kristi Metcalf
Thomas Middagh
Barbara Moll
Daniel Monett
Shayna Muller








Tate Nagengast
Angela Narducci
Caroline Ness-Deden
Holly Nestrud
Keri Neubauer
Katelyn Noetzelman










Trever Nordlund
Melanie Norton
Justin Oachs
Cailyn Olesen
Logan Olesen
Robbyn Olson



Joseph Osowski
Zachary Osowski
Joseph Peatrowsky
Lisa Perbix
Markell Pete
Tiffany Peterson



Mary Poss
Anne Price
Jolene Rademacher
Julie Read
John Reeves
Angie Reggin



Amanda Reinschmidt
Matthew Rooker
Tracy Rowe
Gigi Rubatto
Mcdonald
Kristopher Rue
Gordon Schlangen



Allison Schultz
Shannon
Schulzetenberg
Laura Schuster
Kaitlin Sebens
Mindi Sechser
Kellie Shumway



Adam Sroka
Janelle Stange
Dana Stanton
Rebecca Stephens
Nicholas Steve
Ginger Stoehr-Fealy

Jed Swensen
Cynthia Swierkowski
Kristina Tiedeken
Jennifer Treptau
Collette Tyson
Amy Vander Heiden








Madison Vespa
Chantel Vistad
Michael Warner
Kayla Watson
Jamie Wiitala
Melissa Wildt








Paula Wurst
Shawna Zachman
Anne Zahler
Daniel Zahler
Robert Zahler

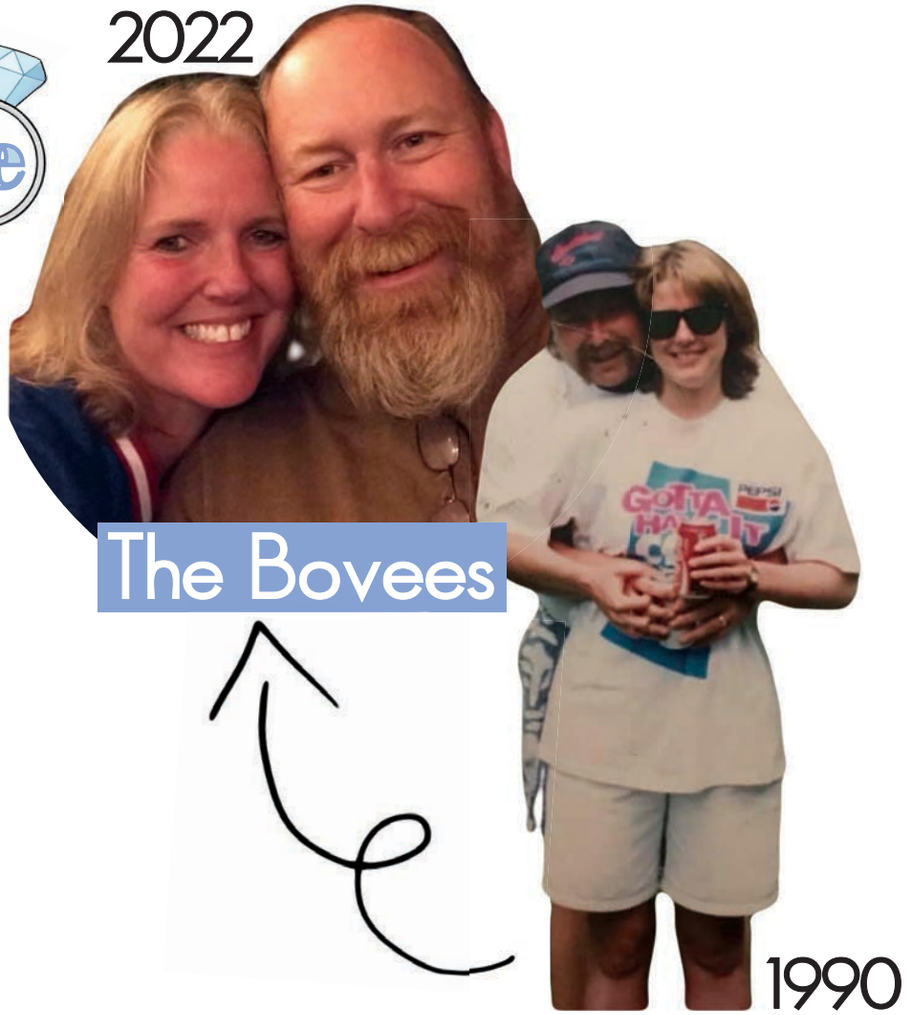






meet the couple

This is one of STMA's teacher couples. Mr. and Mrs. Bovee have been together for 32 years now! This photo is showing them together then (1990) and now (2022). They met in college at Bemidji State in 1990 and got engaged after only 5 months of knowing each other. Mrs. Bovee said, "I called my mom after 11 days of knowing him and told her I found the guy I was gonna marry." Mr. Bovee started teaching in Alaska and did that for 5 years but they have been teaching together for 27 years and 22 of them at STMA. Their favorite activities to do together are things in the outdoors such as hiking, four-wheeling, backpacking, and when Mr. Bovee takes them flying in his airplane! They just had their 30th year aniversary.



then and now.

STMA teachers and staff from when they were younger to what they look like now



Mr. Olesen



Mr. Joriman

Ms. Maynard



Ms. Benning





Mrs. Olesen



Pete

NEW TO YOU. Mr. Pete is one of STMA's amazing new staff! Everyone is raving about how much they enjoy having him being apart of our school. Ryan Luster '23, exclaims, "I love him, he's great guy and super fun. He's always saying the most random stuff and never fails to make someone laugh."

Spread designed by Lauren Dinh

match the teacher

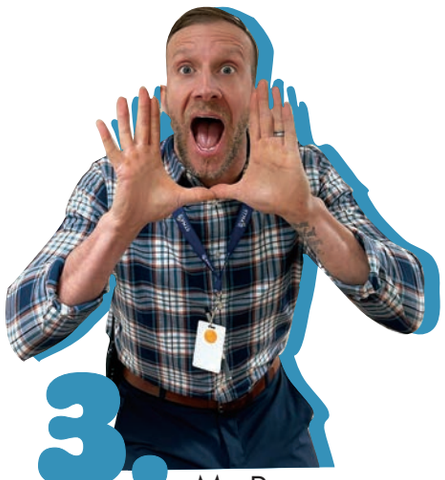
find which item belongs to each teacher



1. Mrs. Krutzig



2. Mr. Monett



3. Mr. Reeves



4. Mrs. Olesen



5. Mr. Zahler



6. Mr. Peatrowsky



7. Mr. Joriman



8. Mrs. Sebens



9. Mr. Schlangen

to the...

1e, 2g, 3h, 4c, 5i, 6b, 7f, 8a, 9d

answers

c.

a.

b.

d.

e.

f.

g.

h.

i.

teacher superlatives

STMA teachers get voted for what they best describe.

dancing queen
senora schuster



future president
mr. mann



give homework over a holiday
ms. hoppe



best hair
mr. monett



most off topic
mrs. schultzenberg



always singing
mr. osowski



most memorable
mrs. olesen

most athletic
mr. essler

retire the latest
mrs. fisher

rookie of the year
mrs. watson

biggest storyteller
mr. zahler

best dad figure
mr. olesen

best dressed
mrs. krutzig

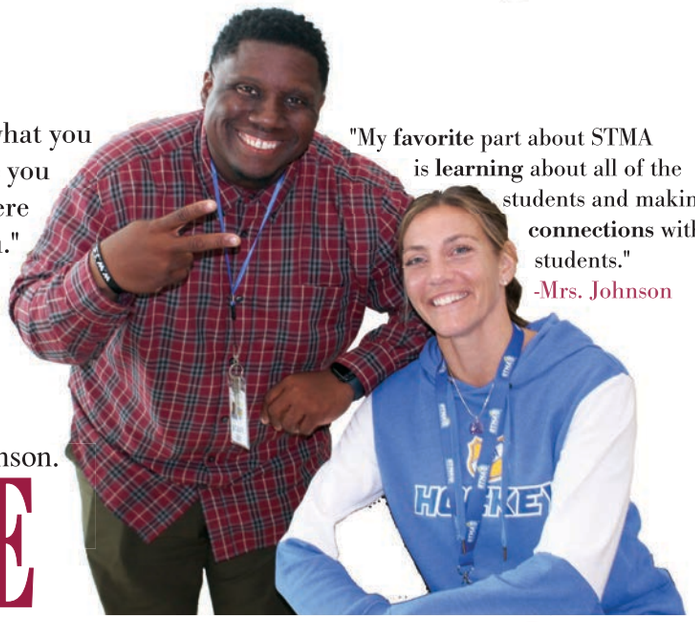
best lunch lady
robbyn olson

The STMA students would be nowhere without our wonderful teachers who teach us something new everyday. We appreciate all of you guys so much. *Spread design by Jordyn Clapp and Emily Zattoni.*



Coach Pete lifting up Jackson Brutger ('24) after a tough loss.

"Follow what you love because you never know where it will take you."
-Mr. Pete



"My **favorite** part about STMA is **learning** about all of the students and making **connections** with students."
-Mrs. Johnson

Students gather to appreciate Mr. Pete and Mrs. Johnson.

MAKING THE DIFFERENCE



courageous inspiring lively funny thoughtful relatable uplifting youthful impactful nice enthusiastic generous hard working caring kind friendly positive helpful

what we have to say

outstanding students recognize Mrs. Johnson and Mr. Pete

Spread designed by Macey Setter



"Pete inspires me because he proved to me that no matter what your childhood looked like growing up if you work hard and shoot for what you dream of you can accomplish it. Pete is a very kind human being and always has something positive to say. He exceeds his job position by acknowledging anyone in his path and ensuring everyone is having a good day." -Jordyn Clapp ('23)



"I met Mrs. Johnson on the first day of school in the cafeteria. She goes out of her way to make other peoples' days better. She helped me to get out of my comfort zone, and she listens to me if I need someone to talk to." -Alexis Fair ('26)



"Coach Pete inspires me because he has not only made a huge impact on my football career but also on my life and made me a better person. I look up to him because of all the amazing things he has accomplished playing and coaching football." -Brett Roos ('23)



Mrs. Johnson handing out candy to Vell Conduah ('23) to make his day better.

sloan bozosi wins miss congeniality

Sloan Bozosi '24 is swarmed with many feelings after winning Miss Congeniality 2022-2023. "The title of miss congeniality is given to someone who is social, has a bright, contagious personality, and can include everyone and make sure everyone knows they're wanted. To me, miss congeniality means that I get to be a role model for other girls and teach them to be inclusive and kind. When I was awarded with the title, I was honestly shocked. I never once thought the title would go to me and I was certain it would be given to another candidate who could always make me laugh. I was so incredibly honored that the girls I was with saw me as someone with "the best personality" and someone who could bring balance to the group," said Bozosi.



taking the crown

Paige Reineke '23 winning St. Michael Princess. Reineke said, "It was such a surreal experience. I just remember not being able to believe it and being so happy."



Maddie Barthel '24 winning St. Michael Princess. Barthel says, "when I won it felt so amazing. Just knowing all of my hard work and dedication payed off. It all went so fast but making my first wave as a St. Michael was a dream."

Spread by Ava Schendt

september







The light the Night Leukemia Walk (1), Dassel Red Rooster Days (2), The Defeat of Jese James Days (3).

august









State Fair Royalty Parade (1), Stiftungfest (2), Woodbury Days, North Hudson Pepper Fest (3).

october







Anoka Halloween Grand Day Parade (1), Ronald Mcdonald House Charity Gala (2) The Anoka Ball (3).

what is Royalty?

The royalty program is a way for older girls to be mentors to young girls. It gives these young girls people to look up to in the community as well as a bridge in making connections and friendships with other towns. They spend a lot of time doing community events and working with kids and the lions club. The lions club is a community organization that hosts events for kids like reading in the park or daddy daughter dances. The lions club is also a huge sponsor of the St. Michael royalty program. Going to a lot of other cities parades, the girls in the program represent St. Michael and show our support for their cities and programs. A huge part of the program is kids and working to build an experience for little girls, and being someone they can look up to and connect with.

november







Cambridge Lighted Snowflake Parade (1), Crowning Achievements Pageant (2), Meat Raffle at Geez Bar (3).





HER LOSS. Drake and 21 Savage score a momentous week on the new Nov. 19-dated Billboard Hot 100, as all 16 songs from the pair's new collaborative album Her Loss debut in the chart's top 40. Her Loss launches at No. 1 on the Billboard 200 albums chart with 404,000 equivalent. Drake now has the third-most No. 1 albums, behind the Beatles and Jay-Z on the Billboard 200 chart, with "Her Loss" being his 12th chart-topper, knocking Taylor Swift off after her massive week of every top 10 song.



WORLD POPULATION HITS 8 BILLION. New York, 15 November 2022 – The global population is projected to reach 8 billion on 15 November 2022, signalling major improvements in public health that have lowered the risk of dying and increased life expectancy.

LIL BABY DAY. November 13 will now be recognized as “Dominique ‘Lil Baby’ Jones Day” in the city of Atlanta. Baby received a proclamation from the Atlanta City Council on Sunday in celebration of “his successful career and his generous philanthropy.”Lil Baby received the Quincy Jones Humanitarian Award at Black Music Action Coalition’s second annual Music in Action Awards Gala in October in honor of his contributions to racial and social justice. He previously donated $1.5 million of the proceeds from his 2020 hit “The Bigger Picture” to help underserved communities, and established a $150,000 “My Turn” scholarship program at his alma mater, Booker T. Washington High School.





Proclamation

ATLANTA CITY COUNCIL

In Recognition of Dominique “Lil Baby” Jones and the Launch of the “For the People” Foundation

WHEREAS, A lifelong native of Atlanta, Dominique “Lil Baby” Jones is a rapper and songwriter who has risen to fame as one of the biggest names in music since the release of his influential 2017 mixtape ‘Perfect Timing’; and

WHEREAS, Jones has served as a musical ambassador from Atlanta, sharing the music, style, and culture of our city with audiences and millions of fans around the world through his releases and worldwide tours; and

WHEREAS, Lil Baby grew up on Oakland City on Southwest Atlanta where he first began writing songs and performing before becoming a hip-hop icon and role model for Atlanta’s aspiring musicians; and

WHEREAS, In 2020, his Grammy nominated single, “The Bigger Picture,” which addressed the racial, judicial, and economic injustices that Black communities face, and specifically addressed the murder of George Floyd and its impact; and

WHEREAS, Lil Baby has committed to donate $1.5 million of the proceeds from “The Bigger Picture” to support the residents of neighborhoods such as Oakland City and all over the United States; and

WHEREAS, Leading up to the launch, there were countless donations made to the Atlanta community, including a giveaway of 10,000 winter coats, a $100,000 scholarship fund to Booker T. Washington High School, and a $100,000 back-to-school festival that provided 5,000 students with free sneakers and school supplies; and

WHEREAS, Lil Baby’s commitment to giving back to Atlanta sets a positive precedent, and his generous philanthropy and talented songwriting will bring valuable resources and more attention to needs of the city.

NOW, THEREFORE, BE IT RESOLVED THAT I, Jason Dozier, a member of the Atlanta City Council, on behalf of the citizens of Atlanta, do hereby recognize this 13th day of November 2022 as Dominique “Lil Baby” Jones Day in the city of Atlanta as an attempt to accomplish unmet and his generous philanthropy. It’s applaud Lil Baby for all his efforts in helping the next generation of youth positively impact Atlanta and the world.

Jason S. Dozier
Council District 4

november.



world population through history

1900
1.6 million

2000
6.1 billion

2020
7.7 billion

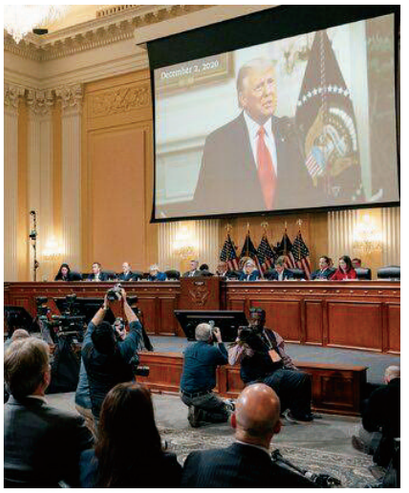
2022
8 billion



TAKE OFF. Takeoff, one-third of Migos, is dead after an early morning shooting in Houston on November first. Law enforcement sources, and multiple witnesses, tell us the fatal incident went down shortly after 2:30 AM. That's when cops got the call for a man shot at a bowling alley called 810 Billiards & Bowling Houston. He was pronounced dead at the scene.



WAKANDA FOREVER. In Marvel Studios' "Black Panther: Wakanda Forever," Queen Ramonda (Angela Bassett), Shuri (Letitia Wright), M'Baku (Winston Duke), Okoye (Danai Gurira) and the Dora Milaje (including Florence Kasumba) fight to protect their nation from intervening world powers in the wake of King T'Challa's death.

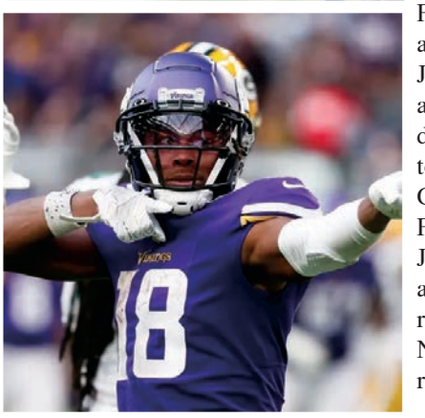


JANUARY 6. The January committee has officially subpoenaed former President Donald Trump. “Today’s convictions are a victory for the rule of law and reinforce the fact that the violence of January 6th included a deliberate attempt to overturn the results of the 2020 election and block the transfer of presidential power. The Select Committee’s investigation demonstrated that when Donald Trump summoned a mob to assemble in Washington, DC on January 6th, “It’s vital that there be accountability for every vile aspect of January 6th and the events that led to that day’s tragedy. We applaud the Justice Department’s success today and support ongoing efforts to ensure that accountability at all levels,” said by Chairman Bennie Thompson and Vice Chair Liz Cheney.



NO RED WAVE. Walz reelected Minnesota governor after sharp-elbowed race. DFL Gov. Tim Walz on Tuesday won a second term following a race for governor that featured deep divides and big bucks and tested the durability of one party and the viability of the other. Twin Cities area voters turned out in big numbers for Walz, reinforcing a metro “blue wall” of support that more than countered Republican Scott Jensen’s strength in greater Minnesota.





CAN'T MISS PLAY. Vikings wide receiver Justin Jefferson completed one of the most iconic one-handed catches in the history of the NFL on Sunday during the team’s 33–30 win over the Bills. And now, gear from his amazing catch will make remain in NFL history forever. Pro Football Hall of Fame announced that Jefferson’s gloves and arm sleeve that he wore during the catch are set to be displayed soon in Canton. The Hall of Fame referred to Jefferson’s play as “an all-time catch to remember,” and now NFL fans will always remember it.

Spread by Maddy Petranek.

winter.

HYPE ME UP. A fan favorite at the pepfest are always the tug of war games. Though the underclassmen fell to the seniors at the winter week pepfest, Blake Underwood ('25) tried his best to pull this team to a victory. Underwood expresses, "When I heard all the cheering from my classmates it helped me keep going to at least win the 1st round. It was exciting hearing them all cheer for me." *Spread by Maddy Petranek and photo by Bennett Moger.*



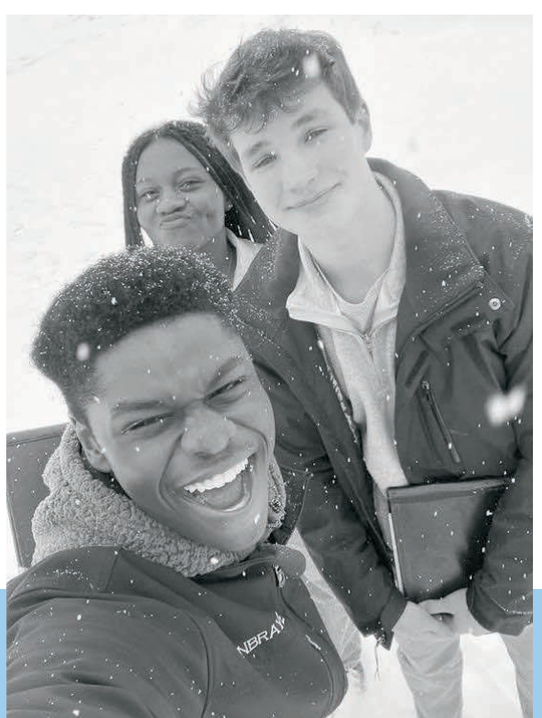














CHEER & CHIRP. The fan section is holds up newspapers during the Rogers line up. STMA fans always have amazing ideas to make the crowd cheer and keep everyone engaged. No matter the time or place, we are always ready to cheer and chirp. The fans follow each sport and each game. The more fans we have the better the games are. Each fan adds more and more to the game day environment. *Spread and Photo by Ashlyn Marble*


WE GO...

the fans follow

knights always pack the stands



Ryan Luster ('23) said, "Its really just a fun time getting everyone to go after the other team and get them razzed while firing up our team."

& so do our creators



THE PERFECT SHOT. Bennett Moger (‘24) is taking photos at the pep fest. Bennett is a school photographer and has his own website. He also does amazing graphic design for University of Memphis Football. Bennett said, "Taking pictures at away games is on a whole different level, especially with big games the energy is electric. The atmosphere changes from school to school which makes it so fun to follow our STMA teams." *Photo by Ashlyn Marble.*

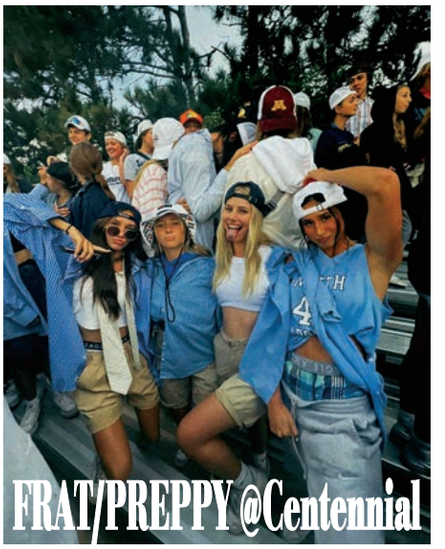


CAPTURE THE MOMENT. Ashlyn Marble ('23) is shooting at the last pepfest of her senior year. Ashlyn is a school photographer and has her own photography business outside of school. Ashlyn said, "I love following the STMA teams and fan sections around from place to place. It's very easy for me to capture these events because of how amazing our teams and fans are. I'm so grateful I get to be with such an amazing school and supportive fan section." *Photo by Bennett Moger.*



EMOTION THROUGH THE FILM. Lucas Cross ('23) is filming the powder puff game through the Lumix G95 camera. Lucas has his own show on you tube called "FBI Guy". Lucas said, "I made a film for powder puff because I wanted to create something for the girls and for the school. I love to follow the school and make videos of our football teams. I like that I'm always learning new ways to film and new ways to make videos." *Photo by Ashlyn Marble.*

















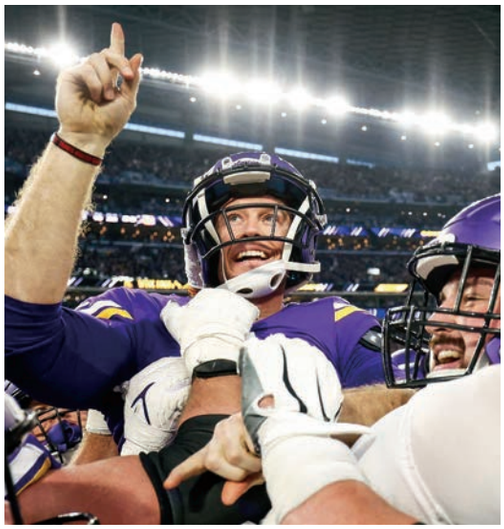






STMA has a great fan section and we are always ready to dress up and support our teams. We have many cheers that we use to fire up our teams such as Alligator, Daddy's Money, Start the buses & I believe we will win. STMA also has the follow the flashlight, which is when you put someone in front with a flashlight and we follow. This year we had Olivia Peal ('23) do it for the last Pepfest. *Photo and spread designed by Ashlyn Marble.*

december.



UNBELIEVABLE COMEBACK. Saturday afternoon became the most unlikely division coronation in NFL history for the host Minnesota Vikings as they trailed 33-0 at halftime -- the largest home halftime deficit in franchise history -- against a scuffling Indianapolis Colts team. The Colts dropped to 4-9-1 following Minnesota's 39-36 historic comeback victory in overtime. Thanks to their 33-point comeback, the largest in a single game in NFL history, Minnesota locked down its first NFC North division title since 2017 and also its first playoff berth since 2019.





MARRIAGE RIGHTS. Biden signs into law same-sex marriage bill. President Joe Biden signed into law Tuesday landmark new federal protections for same-sex and interracial couples, capping both a personal and national evolution on an issue that's enjoyed growing acceptance over the past decade. Biden signed the Respect for Marriage Act before thousands of invited guests on the South Lawn at an event the White House said reflected the importance of the moment. Biden said the law he was about to sign recognizes that "everyone should have the right to answer those questions for themselves without the government interference," and secures the federal "protections that come with marriage."





SZA'S RETURN. SZA's long, ambitious, luxurious new album solidifies her position as a generational talent, an artist who translates her innermost feelings into indelible moments. CTRL was certified triple platinum this August. Of course, she's been busy in the time since, having dropped 16 singles or collabs. With her most popular song on the album "Kill Bill" she became the first female song to spend 10 consecutive days at #1 on Apple Music. Sza also became the first black female artist to reach the #1 spot of the most streamed artists daily ranking on global Spotify. She also earned her first number one album on Billboard 200, following the release of SOS.



ARGENTINA WINS. Argentina won their third World Cup in an extraordinary final on Sunday as they beat France 4-2 on penalties after Lionel Messi scored twice in a 3-3 draw that featured a hat-trick for Kylian Mbappe as the holders recovered from 2-0 down. It was an extraordinary night of drama, high emotion and fluctuating fortunes, delivering one of the all-time great finals to cap a wonderful tournament as its two star players delivered command performances on the biggest stage of all.

whats up with wednesday.

10 million followers in **10 days**

341.23 million views in **1 week**

8 episodes in about **8 months**

3 blinks throughout **8 hours**

1 smile from **1 person**





TWITCH. Social media was flooded Wednesday with tributes to Stephen “tWitch” Boss as everyone from Viola Davis and Channing Tatum to Michelle Obama spoke lovingly of the dancer, actor and DJ. They were simply returning a bit of the kindness and love Boss poured into the world. Boss, who rose from being a dancer and actor to a mainstay of daytime television as the DJ and co-executive producer for “The Ellen DeGeneres Show,” died at the age of 40.



FINAL CHAPTER. Pokémon's long-running anime series will say farewell to Ash Ketchum and his loyal Pikachu after 25 years. Ash's final 11 episodes will begin airing in Japan in January 2023, wrapping up the Pokémon Trainer from Pallet Town's decades long journey.

Spread by Maddy Petranek

Whats Your Motivation? Before every performance, the JV jazz team circles up and talks about goals and wants for the day. It is very serious and important. Lily Jerpseth ('24) usually leads the team with motivating talks. *Photo by coach Ashlynn Virginia.*



Photo by: Bitsy Strehlow



Spotlight Selfie. The varsity jazz team took second place at the Bloomington-Kennedy invite with their routine "Love On The Brain." Olivia Reggin ('23) took the .5 picture to capture the exciting moment. *Photo by Jasmine Gray.*



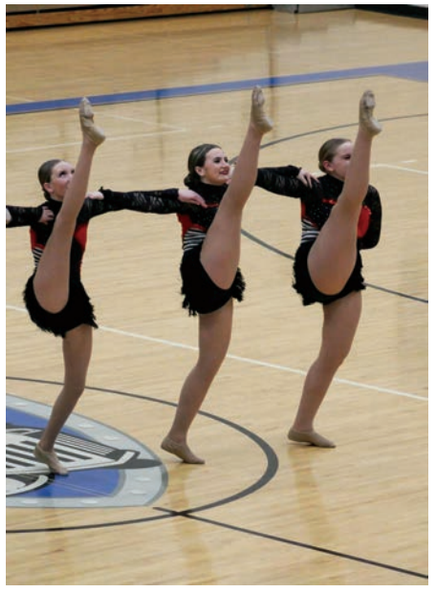
p.o.v.



welcome to hollywood.

Varsity Kick's routine is themed "Hollywood" this year. It is sassy and has been a challenging and fun routine. Winslow Drowne ('26) said that she, "focuses on keeping her kick height the same level throughout the dance." *Photo by Bennett Moger.*

VEGAS The JV kick teams dance this year is themed Vegas. It has songs like "Vegas" by Elvis, "Money" by Abba, and "Thats What You Get For Waking Up In Vegas." By Katy Perry. Maddie Smedberg ('26) (left) won the award for best kicks on the JV team and was a very valued dancer this season. *Photo by Bennett Moger.*





just dance.

dancers demonstrate extreme athleticism

Grit, Endurance, Drive, Power, Motivation, Courage, and Strength are all words the team used to describe this season. The coaches focused on pushing the team and making sure they are up to there full potential. Each team had a different goal and saying. Varsity's saying was "for us" meaning that all the work they put in is for themselves. Not only to win but to make themselves proud. JV's saying was "all in". This was something that the team would say while they were dancing to remind themselves and teammates that they are fully invested in what they are doing and the team. Before every performance, Varsity and JV would come together to say their chants and get hype and motivated. Each dancer has a role in the dance and has to focus on many things all at one time. Placement of every arm and leg, projection, energy, and more. Dancers can get a bad rep and are told that their sport isn't important or difficult. Dancers are extremely hard working and fight everyday to get better. It is physically and mentally challenging and dancers are very talented athlete. Lily Jerpseth ('24) gave the team pep talks before every performance. Jerpseth said, "Every time I gave a talk to the team before we go on I always tell them to give your all and always dance like it's your last time. Never go on auto pilot and always think about every little detail that we have worked on as a team. But most of all have fun, dance big, and be proud of all we have accomplished." The team had a great season overall and they are very proud.

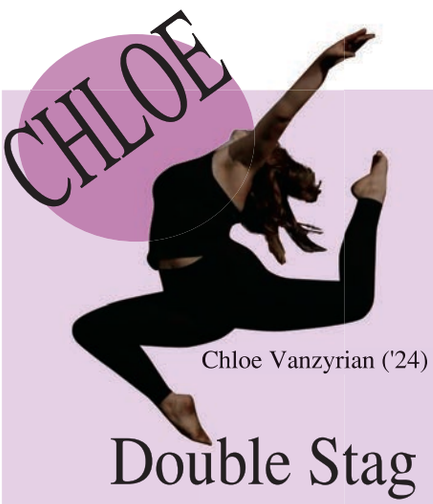
Spread designed by Bitsy Strehlow.

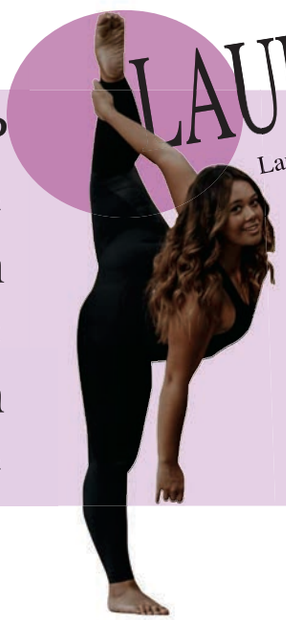


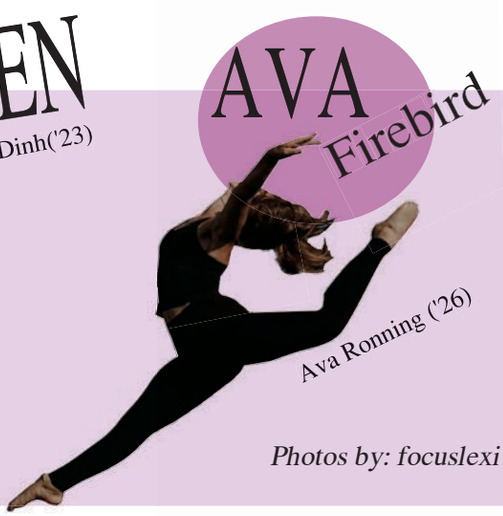
SENIOR YEAR.

STMA dance team had the most seniors they have ever had: 10 seniors. The overall team was extremely close but there is a special bond through all the seniors this year. Alexa Ohlander ('23) said, "This year she felt closest to the senior girls because they were all extremely comfortable with each other."

Photo by: Coach Emily.







Photos by: focuslexi

boys





Hayden Snyder swims the 100m breast on his way to the podium.



Will Dorfsman swims the 100m fly.

section meet standouts

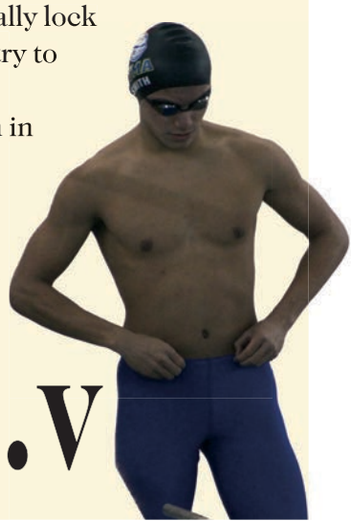
Photos by Chris Sarkinen.



Conner Peterson gets his game face on.

get set go . *What do you do before a race?*

"Before racing at my meets, I eat an energy chew and drink caffeine with it to get my body ready for the races ahead of me. While I'm waiting to start, I'll mentally lock myself in and try to get a quick stretch in before before swimming my race.
- Conner Smith ('24)

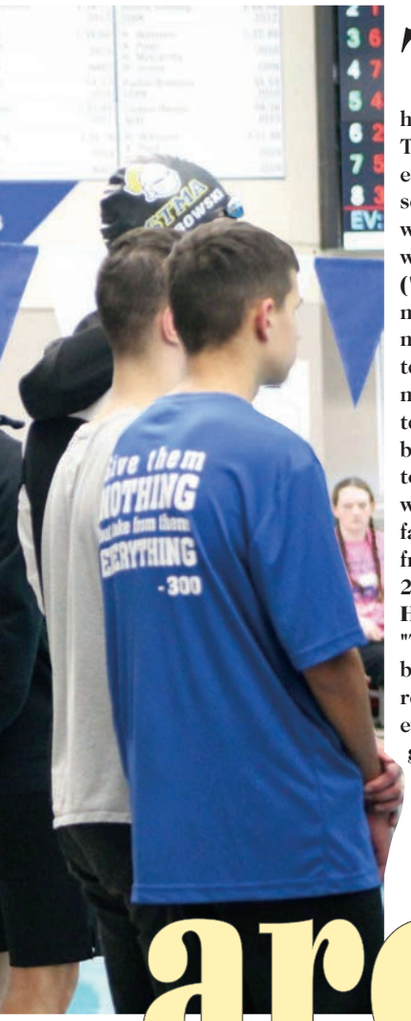


p.o.v



BE FREE. Rocco Amente ('23) swims the varsity 500 free at a home meet vs. Edina. Finishing with a time of 5:23.33.
Photo by JayLynn Robeck.

Knights go head-to-head with Edina



The boys' swim and dive team competed against the Edina Hornets at a home meet on December 15th. The team fought to the end, but ended up losing with a close score of 97 to 78. The Knights were determined to pull out a win this season. **Will Dorfsman ('24)** said, "My favorite moments on the team are the meet days. The energy the team gives off on those days makes for a great time. The team usually does pasta feeds before meets. We all get together somewhere and eat way too much. Personally, my favorite event is the 50 freestyle, which I swim in 24.13 seconds.
Hayden Snyder ('24) said, "This is my fifth year on the boys' swim and dive team. It's really fun hanging out with everyone and seeing people get faster over the years. My favorite event is the 200 individual medley hanging out with everyone and my favorite race is the 200 Individual Medly. With a time of 2:28.54."
Dane Barthel ('26) said, "The best moments have been the bus rides after a good win over teams, going to sections and completely coming back to take second. Before every meet we always do a dynamic warm- up and then do a warm up in the pool but the funniest thing before a meet is being in the locker room with the team getting hyped for a meet. I swim the 100 freestyle, 50 freestyle. 200 freestyle, and the 400 freestyle relay, but my favorite race is the 100 freestyle and I swim that in 50.84 seconds." *Spread designed by JayLynn Robeck.*

are back.

live to swim.

Why be a leader?



Jack Davies ('23)

" I wanted to motivate all the younger guys on the team."



Cole Sarkinen ('23)

"I want to be a leader to get closer with the swim community, and to help lead my team through wins and losses."



Gavin Meyers ('23)

"I wanted to be a leader because I wanted to help the younger guys and set a good example. "



BACK UP.
Kyler Williams ('26) swims backstroke in the junior varsity 200 medley at a home meet vs. Edina. Finishing with a time of 2:27.44. *Photo by JayLynn Robeck.*



FINISH IT.
Andrew Beack ('24) swims the varsity 100 fly at a meet vs. Minnetonka. Finishing with a time of 2:28.54. *Photo by JayLynn Robeck.*



PUSHING THROUGH.
Nolan Spiekermeier ('25) swims the junior varsity 200 Individual Medly at a home swim meet vs. Edina. Finishing with a time of 2:27.44. *Photo by JayLynn Robeck.*

TAKE A LEAP.
William McKeown ('25) diving at a meet vs. Minnetonka. ***Photo by JayLynn Robeck.***



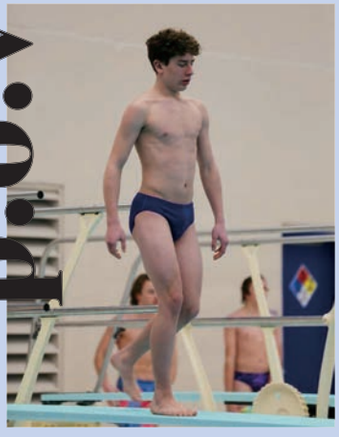
V UP.
Alyson Herfel ('24) diving at a meet vs. Wayzata. ***Photo by Tim Bykowski.***



BACK FLIP.
Jackie Bergeron ('24) diving at a meet vs. Wayzata. ***Photo by Tim Bykowski.***



p.o.v



William's favorite dive

No Limits

William McKeown ('25) competes at Sections. "My favorite dive is a 103B which is a front one and one half pike," said McKeown. ***Photo by Chris Sarkinen.***

UPSIDE DOWN.
Kennedy Clements ('24) diving at a home swim meet vs. Wayzata. ***Photo by Tim Bykowski.***

FREE FALLING.
Lauren Underthun ('24) diving at a home swim meet vs Wayzata. ***Photo by Tim Bykowski .***





dive on in.

girls and boys' diving flip till the end

The boys and girls' dive teams are very powerful. The divers are all very determined to work their hardest to place well. The girls' team is shown at a meet vs. Wayzata. The boys' team is at a meet vs. Minnetonka. Both teams fought till the end. Will McKeown placed second.

William McKeown ('25) said, "I've been diving for about four years. The best way I prepare for diving is I make sure to get plenty of rest so I can be ready to get in as many reps as possible. Some of those reps aren't perfect. That results in hitting the water wrong, resulting in what we call a Smack. Another thing that could happen is possibly hitting the diving board on the way down. I have a few scars from that happening." **Kennedy Clements ('24)** said, "I have been diving for 2.5 years which is 3 seasons. My favorite dive is either a reverse dive tuck or a back 1 and 1/2 tuck. Physically I prepare for a dive by snapping a hair tie on my wrist to distract me from the nerves. Mentally, I prepare by counting to three before I start an approach, and count to four as I am doing my approach. I do this at practice as well and it helps by making meets less stressful. I have never really gotten any serious injuries while actually diving aside from smacks or the occasional board hit which can hut, but the more it happens the less painful and the funnier it gets." **Julia Robinson ('25)** said, I have been diving for 2 years and my favorite dive has to be any type of twisting dive. I normally mentally and physically prepare for a dive by having fun with my team and trying to stay in a positive and happy mindset. Throughout diving I've never gotten a bad injury, mainly just bruises from hitting the water too hard." ***Spread designed by JayLynn Robeck.***



TUCK IN.
Haylie Walker Kuklock ('24) diving at a swim meet vs. Edina. ***Photo by Tim Bykowski..***





what's in my bag?



followers through **january.**

Alix Earle hits 4.2 million followers

- 3,300,000 — 1/04/2023
- 3,500,000 — 1/07/2023
- 3,680,809 — 1/11/2023
- 3,800,000 — 1/17/2023
- 4,100,000 — 1/27/2023
- 4,200,000 — 1/31/2023

Up to date as off January 31st.



IT GIRL. Alix Earle is taking TikTok by storm. The 22-year-old senior at the University of Miami has become one of the fastest-growing creators on the app, racking up more than 3.7 million TikTok followers to date. She's also the new face of a longtime fan-favorite beauty trend, the "Get Ready with Me" (GRWM), which originally gained popularity during the early 2000s YouTube era as a way for content creators to share their skincare and makeup routines while giving fans a look into their personal lives. The majority of Earle's TikToks see her recounting the everyday moments of her life as a college student while she does her makeup and chooses an outfit. And while her earlier GRWMs showed her preparing for class and tailgates, some of her more recent videos involve higher profile events as Earle's influencer career takes off. In December, she took fans along while she got ready for a VIP night out at Miley Cyrus's New Year's Eve party in Miami.



GOLDEN GLOBES. After the biggest year of his life after the relese of his movie in July, Actor Austin Butler starts this year off even bigger with big wins at the 80th Golden Globes. Best actor went to Austin Butler for his leading role in "Elvis." Austin Butler last year's summer premiere of Elvis, in which he transforms into the music icon. Whose previous credits include The Carrie Diaries and Once Upon a Time in Hollywood, captures Elvis's journey to stardom and personal and professional struggles, while also performing many of the singer's most popular songs.



SNOWY WINTER. A large swath of the Northeast US was gearing up for several days of heavy snow, freezing rain, or a mix of both, that could create treacherous road conditions. About 7 million people in the storm's path were under winter weather alerts early this morning as the first round of snow began in Vermont, New Hampshire, Massachusetts and Maine. The forecast has prompted some officials to urge residents to prepare for the storm and be ready for potentially hectic commutes. Weather warnings in the region show some cities could pick up between six and nine inches of snow. This comes after the storm already proved hazardous in parts of the Midwest, where dozens of car crashes were reported in Minnesota.

LOVE FOR DAMAR. Hamlin suffered cardiac arrest during the Bills' Monday Night Football game against the Cincinnati Bengals on January 2nd. since Hamlin suffered a cardiac arrest and collapsed after making a tackle in Monday's game against the Cincinnati Bengals, Buffalo Bills safety Damar Hamlin posted a photo of himself on social media Sunday that shows him sitting up in his hospital bed and rooting on his teammates less than a week after his cardiac arrest and on-field collapse. "GAMETIME!!!" Hamlin wrote in the post. The image showed him with his hands together in a heart sign and wearing a number 3 hat and a "Love for Damar" shirt.



January





SPARE. The book covered Prince Harry's experiences dealing with trauma after the death of his mother, Princess Diana, and will be accompanied by a $1.5 million donation to the HIV/AIDS charity Sentebale. After more than a year of anticipation, Prince Harry has announced a title and release date for his memoir.



BAD TIMING. Patrick Mahomes was questionable to return in the second half of the Kansas City Chiefs' do-or-die Divisional Round playoff game with the Jaguars after suffering an ankle injury in the first quarter. Mahomes is the face of the franchise and is widely regarded as the difference between the Chiefs getting to the Super Bowl and falling short. The star quarterback got caught between two Jaguars opponents and appeared to twist his ankle, leaving him limping off the field seconds later in a huge blow for the team.

Spread by Maddy Petranek.

life on ice.

FACE OFF. Tate Warren ('25) takes the face off against Mahtomedi, "I get a rush of andrenaline right before the puck is dropped and once its dropped I go for it." *Photo by Janae Mitchell.*



STEAL THE PUCK. Josh Berg ('24) steals the puck from an offensive Mahtomedi player and starts to take it up the ice, "It is a good feeling to win the little things because to win a game you have to start with the little things and work from there." *Photo by Janae Mitchell.*



Knights beats Royals 4-2

Boys junior varsity hockey wins their first game of the season. Starting off strong with 14:40 left in the first period **Tate Warren** (‘25) passed to **Reese Erickson** (‘24) who then sent it to **Carter Bursch** (‘24) to score and to start off strong at a 1-0 lead. 12:36 Hopkins Royals took a shot which was deflected by **Jacob Bissen** ('24) but then tapped in by another Hopkins player, score 1-1. 10:27 left, **Tyler Wurst** (‘25) passed across to **Josh Berg** (‘24) who took the shot from the blue line and scored to break the tie: “It was such a great feeling to score, it really just brought up the energy for our team and keeps the momentum going in our favor!” score 2-1. End of period 1 the Knights had 9 shots on goal while the Royals have 12. Knights held out against the Royals for most of the second period up until 8:12 left in the period when Hopkins took a shot that deflected Bissens' body but then tapped in again by another Royals player. Knights kept taking shots but none of them made it in again in this period. End of period 2 tied 2-2, Knights have 20 shots on goal while Royals have 18. Knights started out the third period with lots of shots. With 15:48 left in third period **Reese Erickson** (‘24) passed to **Chase Defleston** ('25) who took the shot and scored to bring the score up to 3-2. “It was a bit of a lucky goal but knowing we had the lead now was a big confidence booster for me and the rest of the team” With the last minute of the game Royals pull their goalie to get an extra skater on the ice. With 56.6 left in game **Alex Hernandez** (‘25) takes it up the ice to score on the open net to make the final score 4-2. ***Spread design by Janae Mitchell.***

goalie gear.

goalie, Jacob Bissen, ('24) shares the equipment that a goalie has to wear.



helmet





chest protector

How much does all of this stuff weigh all together?
27.7lbs



breezers



gloves



kneepads



leg pads



skates



Jacob at 9 years old after playing in his game on March 9, 2014.





BETTER AS A TEAM. The team gathering after first period to talk about what they need to work on and what is working for them. *Photo by Janae Mitchell.*

RACE TO THE PUCK. Noah Bilicki ('24) after he races to the puck against another Hopkins Royal player and wins. "Winning a race to the puck makes me feel good because it shows that I'm working harder than the opponent "" *Photo by Janae Mitchell.*



SETTING THE CURB.
Caleb Waller ('24), has one of the highest point averages this year standing at 1.24."This year has really been awesome for me, we work hard and when we get onto the ice we play as a team." ***Photo by Ashlyn Marble.***



TWO AT THE PRICE OF ONE.
Goalie Owen Westerman ('24) keeps the Royals from scoring in their game against Rogers. This year there are two goalies; they both have very similar skills sets so instead of picking they gave them both a shot. Westerman said." I think it gave us both a chance to show what we can do and how we work as a team." ***Photo by Tim Bykowski.***

mask on



p.o.v

Why do you like getting dressed up before a game ?



"People know it's game day when we are dressed up."
Jacob Rokala ('23)

"WE dress up every game day its a fun thing for us we love to do it."
Karson Raymond ('23)

" Getting dressed up on game day gives us a jump start to get ready for the game."
Tyler Jordan ('23)









game on

For these guys teamwork is a main point for them. They put their hearts out on the ice and work their hardest for themselves and their teammates. This year they have updated their entrance. The announcer announces the knights and a spotlight is put on them while they skate around the ice getting their heads in the game. They line up in jersey number order and their starters are called forward and the crowd goes crazy. This year the boys had to work with a new coach who had a new style of coaching. Years past the coach has played the same players over and over whereas this year the coach is giving everyone a chance and staying on a rotation. **Jake Dinius (‘24)** said, “This year has definitely been difficult but being able to play with all the guys has made it way better, it's good to know you always have someone behind your back. I think next year our goal is to play to our strengths and obviously making it to state would be awsome.” **Dylan Fisher (‘23)** said, “This is my first year on varsity and it is for sure a different speed then JV, but so far it has been pretty great for my senior year.” **Jack Johnson (‘25)** said, “Being one of the youngest on the team hasn't really been a struggle, I know what I’m there to do and I play like any of the other guys would on game day," This year score wise the boys went 5-19-2. Jackson Cross said. "The hardest team we went up against was maple grove, they brought good competition."

Spread designed by McKenna Johnson.



Forward, Leyton Punton ('23)

Q: Are you planning on continuing your hockey career in collage.

A: Yeah I am, I hope to get involved in to some sort of hockey club in collage but I'm not sure where yet.

Q: What is a pre game ritual you have.

A: I tape my stick in the stands while I watch JV play, its a good way to get my head straight.



Forward, Nick Nutgens ('23)

Q: What is one thing you are really gonna miss about being on the team next year.

A: I'm gonna miss being around all the guys and just being able to hang out and have fun with all of them.

Q: What is a pre game ritual you have.

A: I have one summer edition reed bull before warm ups and one before the first period. I also sit and tape my stick.

our last skate



#26 Macey Setter (‘24) excels on and off the ice. Recently, she was awarded the courtesy and respect award which is awarded to a student that personifies kindness, respect, honesty, and responsibility during the trimester. She says, “I am extremely honored to be recognized for this award and I am thankful for all of my coaches for teaching me to be the person I am today.”







The baby of the team

"The team was very encouraging and the team taught me a lot of valuable lessons and skills. Being on the team is like having a second family. It really is an amazing experience and it is a really good way to build friendships that will last a long time."

Annalee Anderson ('25)



p.o.v

SUPPORTING THE TEAM. The Riverhawks played the Wayzata Trojans. The Riverhawks lost 0-2. Josie Brill ('25) who plays forward. Josie is ready for her team mate to pass the puck to her. *Photo by Katelynn Dressler.*



CATCH THAT PUCK Riverhawks played Moorhead Spuds. The Riverhawks lost 2-3 against the Spuds at home. Izzy Rice ('23) was getting the puck passed to her, than her team can move downtime ice. *Photo by Katelynn Dressler.*



DEFENDING THE NET. In the net for the Riverhawks is Nicole Schumm ('25). The Riverhawks take on the Cougars of Centennial. The game ended 0-0 in a overtime tie . Nicole Schumm ('25) said, "I had save 46 shots that game, each save makes me more nervous." *Photo by Katelynn Dressler.*

FIGHT FOR IT. *The Riverhawks played Centennial. Rylee Harriosn ('23) is trying to steal the from Centennial. "It is hard to get the puck for the other team." Photo by Katelynn Dressler.*



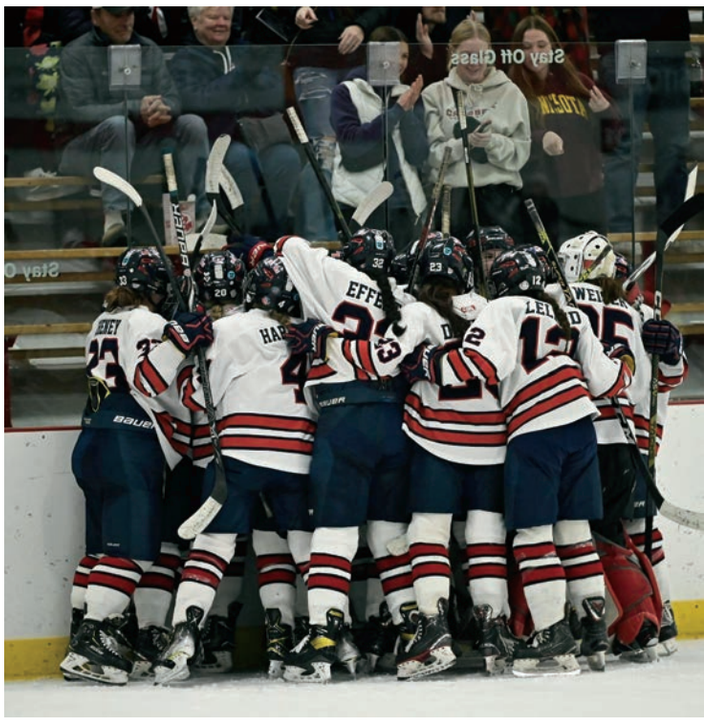


ice ice baby.

Riverhawks win big VS. Champlin park

The Riverhawks game onto the ice ready to win. Right away the Riverhawks scored. **Roz Landkammer** (‘25) #31 scored. She leads the team 1-0 lead in the begging of the first period. In the middle of the first period Miah Nelson got the first penalty of the night. Her penalty was for tripping. Miah was in the penalty box for two minutes. Miah said “I don't like to get penalties but it happens to everyone. I’m not proud of it. It makes me upset when I get one.” The Riverhawks scored again. Scoring for the Riverhawks was #18 **Bryn Fluharty** (‘25) They lead 2-0 within ten minutes in the first period. The Champlin park/ Coon rapids got a five-minute penalty for checking from behind, The Riverhawks skate five on four to finish with two minutes left in the first period. Starting off the second period the score was 2-0. The Riverhawks start off the second period with a power play. They stake five on four for two minutes. The Champlin park/Coon Rapids scored. The game is now 2-1 with 13 minutes left to play in the second period. Champlin Park/Coon Rapids scored again to tie up the game with eleven minutes left to play in the second period. #29 **Paige Bushard** (‘25), scored and the Riverhawks are in the lead again. There are ten minutes left to play still. Paige said. “It feels rewarding knowing that you have built up the skill to able to score and help the team. Also reliving that you did not fumble the puck.” The game is tried up again. The CPCR scored at nine minutes left in the second period. **Belle Leland** #12 (‘25) got a penalty for tripping for 2 minutes. There were four minutes left in the second. To end the second period with a tied game three to three. The Riverhawks start the period with a penalty. Belle Leland (‘25) is in the penalty box for elbowing within 52 seconds into the third period. To end the tied game **Roz Landkammer** (‘25) scored again. The score was four to three. There are still nine minutes to play in the third period. Once again **Roz Landkammer** (‘25) scored again to get a hat trick. The score was 5-3. The Riverhawks are on fire and they score again. **Jacey Stone** (‘25) scored to make the game six to three. There were still eight minutes of the game left. The Champlin Park/ Coon Rapids scored with one minute left. The Riverhawks won the first game of the season. The final score was six to four against Champlin Park/ Coon Rapids. ***Spread designed by Katelynn Dressler.***

IT IS A GOAL. Megan Stone scored against Moorhead Spuds. The Riverhawks lose 2-3 against the Spuds at home. *Photo by Bennett Moger.*



SHE SHOOTS, SHE SCORES. Josie Vankuyk ('23) scored the only goal of the game against Eden Prairie. "I get excited after scoring a goal. My team comes and hugs me to celebrate and it's a really good feeling," said Vankuyk . The Riverhawks lost to Eden Prairie 1-3. *Photo by Jared Hines.*



GRINS FOR GAME DAY. As the girls suit up and wait for their line to play on the ice, the girls always keep a smile on their faces. "The energy is super high and positive, and an exciting atmosphere," said Josie Brill ('25). *Photo by Jared Hines.*



SHAKE IT OFF. After a loss against Minnetonka with the final score of 0-5, the girls don't let it bring them down. "Usually when we lose a game I take time and go back and watch the film to review what I can improve on for next the game. I work hard at practice and try not to dwell on it too much," said Lauren Weimer ('25). *Photo by Jared Hines.*

what's next? committing D1

COMMITTED. Goalie, Jadyn Weiser ('23) committed to Assumption University in Massachusetts. She's going to be playing on their team's inaugural season which is the only D1 team on the campus. "I chose that school because I loved the thought of going to school on the east coast and it had the biotech major I wanted, said" Weiser.



P.O.V

first section game won in 3 years

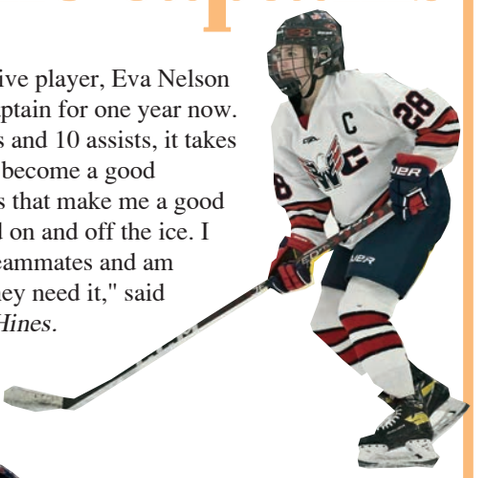
After putting up a fight to the end of the season, the girls take home their first section game victory since the 2019-2020 season. Their first section game was against Osseo/Park Center with a final score of 4-0. This is such a huge win and proud win and proud moment for all of them as it was their last win of the season. The girls lost in the second section game against Centennial, but they were never once discouraged. "My favorite part of the season was the bus rides after the games, especially the section games, they were always so fun", **Dani Weiland** ('24). The girls were still celebrating on the bus even after their loss of the game. Coming up to the end of the game, Annica Walters scores the final goal. "My initial reaction was excitement but I wish I scored earlier in the game. I felt numb afterwards because I was upset with the refs and the c alls they made since it was our last game", **Annica Walters** ('24). Many of the seniors were sad to realize it was their last game of the season. "At the beginning of sections I was ready to be done but we won that game and then I got more excited to play. In our losing section game, I was unable to play after second period because of a fracture in my thumb, and that's when it hit me that our season was over", **Ava Schendt** ('23). As the season ends, the girls continue to celebrate as a team for all their wins. ***Photo by Jared Hines. Spread designed by, Heidi Frank and Mya Henry.***



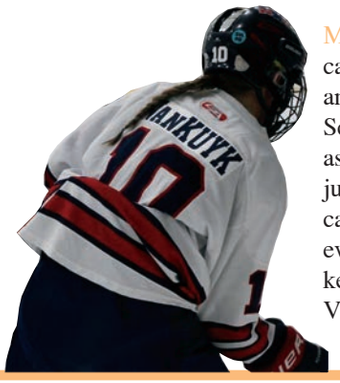


JUMP FOR JOY. Dani Weiland made the first unassisted goal of the section semifinal game against Centennial. Lucy Felling ('24), rushed over to congratulate her. "When my teammates score a goal the energy gets really high. We all congratulate her and are motivated to play better," said Felling. *Photo by Jared Hines.*

meet the captains



ROLE MODEL. Defensive player, Eva Nelson ('24), has been named captain for one year now. Scoring a total of 4 goals and 10 assists, it takes more than just the ice to become a good captain. "I think qualities that make me a good captain are working hard on and off the ice. I also never exclude my teammates and am always there to help if they need it," said Nelson. *Photo by Jared Hines.*



MORE THAN A SPORT. Senior captain, Josie Vankuyk has had an amazing last season as a captain. Scoring a total of 19 goals and 13 assits, she agrees hockey is more than just playing good. "The role of being a captain of my team is being positive even if we are losing anf trying to keep the team spirit high," said Vankuyk. *Photo by Jared Hines.*



refuse to lose.

overtime on ice



Landon Riebel '24



forward

Drew Luster '24



forward

Hudson Hochstedler '25



guard



GOING FOR THE FLOAT. Jake Vagts ('23) dribbles the ball past his opponent trying to go for the hoop. Pushing past #11 and not letting him get the ball. Vagts said, "Whenever I need to score my go to move is always my floater, which is a layup taken while moving towards the rim and when you release the shot the ball floats in the air before dropping in the hoop." *Photo by Bennett Moger.*



fearlessly facing it.

senior undergoes ACL and Meniscus surgery



Logan Kunz ('23) shared his feelings about the season and how he still able to be apart of it. He says, "Definitely the worst part about being injured is not playing my last season with my teammates, but I stay positive and go to every practice and every game so I can support my team. He also shares about recovery time. He says, "I got surgery on January 11th and it's gonna take about 9 months to a year to recover." *Photo by Lauren Dinh.*

p.o.v



Jordan Holm '25

guard/forward



Carter Arnlund '25

point guard

one more shot.

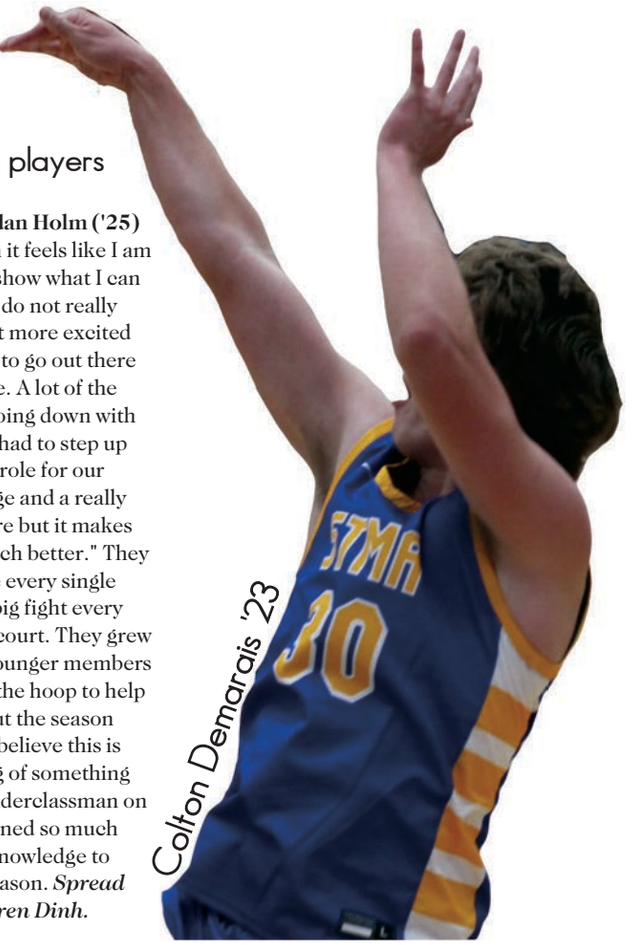


varsity endures five injured starting players

This season was a tough one for all of the boys. Five starting players have had to be benched for some sort of injury during the season. . They still let in some wins and worked together to put up a good fight against all of the other teams. This also brought in new opportunities for people to get more playing time. **Colton Demarais ('23)** shared how he feels about players being out and how he handles it as captain this year, he says, "This season I have been trying to bring my teammates closer together and keep the morale high so that we can still compete with good teams and stick together as a group." Not only does he have a huge role to play in the teams successes but the boys who have been able to play more have as well. **Jordan Holm ('25)** said, "This season it feels like I am finally getting to show what I can do on the court. I do not really feel pressured but more excited because I just get to go out there and play my game. A lot of the guys have been going down with injuries so I have had to step up and play a bigger role for our team which is huge and a really big thing to endure but it makes this season so much better." They may not have one every single game but gave a big fight every time they hit the court. They grew as a team since younger members had to step up to the hoop to help the team finish out the season strong. The boys believe this is just the beginning of something good since the underclassman on the team have gained so much experience and knowledge to bring into next season. ***Spread designed by Lauren Dinh.***



TO THE HOOP. Jeremiah Johnson ('24) has his eyes on the prize. His goal of trying to get the ball in the hoop to score for the Knights has his whole focus. He said, "My main goal is to obviously win the game but I try to get my teammates involved as well and in every game I also try to work on my weaknesses. *" Photo by Bennett Moger.*



Colton Demarais '23



THIS IS THE TIME. Eyes darting at his teammates to make a pass between the Cougars, Logan Jans ('23), has his head in the game. During a game he said, " I just have to stay relaxed and calm because as soon as I panic I start to turn the ball over more." *Photo by Bennett Moger.*

in my bag.

grady johnson shows his necessities











"The most important thing in my bag is my shoes because I can't play without them."

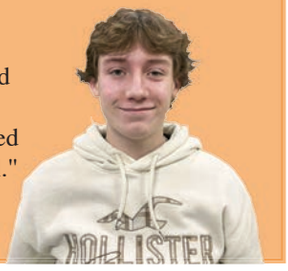


Lebron XX "The Debut"

p.o.v in the future.

who do you look up to?

9A player Lane Jeffrey says, "I look up to my dad the most because he teaches me how to succeed and be a good role model."



ON THE LINE.
JV player Caden Johnson ('24) gets to the free throw line for the Knights at home. *Photo by Bennett Moger.*



TO THE RIM.
JV player Jackson Brutger ('24) takes it to the rim against Lakeville South at home. *Photo by Bennett Moger.*



READY TO PLAY
Knights 10th grade player Ismael Hanks ('25) gets ready to play at home. *Photo by Jamel Doe.*



BACK ON OFFENSE
JV player Gage Kloster ('25) gets back on offense for the Knights at home. *Photo by Bennett Moger.*



shooting for success:

game day recap

The Knights take on the Hopkins Royals at home on February 21st. Both teams start off a bit slow, but Zach Purcell doesn't take long to score the first bucket of the game with an assist from Caden Johnson. Hopkins also doesn't take long after that to get on the board with an easy layup on the other end. The very next possession, Carter Arnlund drains a deep 3 from the wing. The Knights go a couple possession scoreless until Caden Johnson comes down with an offensive board and put back and one, he hits the free throw to put the Knights up 8-6. Quickly after Layton Bottolfson hits a corner 3 with a pass from Jackson Brutger making the score 12-6 in favor of the Knights. The Knights continue to make a run to stretch their lead to 15-8 with a drive to the basket from Carter Arnlund. The Royals make a run for themselves to cut the lead down, but Caden Johnson answers with a full court transition layup and the Knights are in the lead 21-19. The Royals tie it up 22-22 with 1:52 to go in the first half. Zach Purcell takes a charge the very next play to give the Knights the ball back, but Hopkins scores two more buckets to end the half and put them in the lead 26-22. Hopkins has a quick start to the second half hitting a three, but Brock Cornell responds with a three on the other end making the score 25-29 in favor of the Royals. Hopkins then makes a 14-2 run on the Knights making the score 29-43, but the Knights don't give up. The Knights come out of their timeout getting rebounds and causing turnovers for the Royals along with making their own 9-2 run cutting the lead down to just 7. The next couple possessions, the Knights and the Royals exchange buckets to make the score 41-51 with 3:40 to go in the game. Tse Nde hits two 3's late in the game to cut the lead to only 8 points. The Knights couldn't come up with the buckets they needed at the end and fall to the Hopkins Royals 47-58. *Spread designed by Kylie Diaz.*

BRINGING IT UP.
JV player Layton Bottolfson ('25) brings the ball up against Lakeville South at home on 12/16. *Photo by Bennett Moger.*



FIGHT FOR IT. Chloe Yantes ('25) fights to win the ball against her opponent. Yantes said, "I play basketball because I enjoy playing the sport, and everyone in the girls basketball program is so nice. The season has been really good so far, and I'm looking forward to the rest of it. I've played basketball for probably 7-8 years. When I started to play basketball, it was to meet more people, but now I don't only play to meet people, but I also play because it's something I'm now passionate about. It doesn't just drive me to be a better athlete, but a better person." *Photo by Ashlyn Marble.*



PASS AND SHOOT. Brooklynn Bigalke ('25) looks for a pass or to shoot. Bigalke said, "I play basketball because I love how it's a team sport and I get to play with some of my best friends, I also love that it is really competitive. My favorite position is probably shooting guard. I've been playing basketball as soon as I could so around kindergarten to 1st grade." *Photo by Ashlyn Marble.*



HANDS UP. Hailey Walbon ('25) guards her opponent from the net. She's not letting her past. Walbon said, "My favorite part of the game was getting everyone involved on and off the court. I also have fun playing basketball." *Photo by Ashlyn Marble.*

back &better.

kali merfeld recovers from a back injury

Kali Merfeld ('25) has been suffering a back injury and is hoping to come back to finish out the season. Kali said, "Having an injury was not what I was expecting for me this season. I was looking forward to this season and it being a huge building year for me. I have been injured for about 8 weeks and I'm hoping to to come back this year but I have no word that I will yet. I still love being a part of the team and enjoy almost every single second. I love the game and the girls, but hopefully I will be back playing."



p.o.v

memories along the way

The girls junior varsity basketball team has had a great overall season. **Brooklynn Bigalke** ('25) said, "My favorite part of this season is when we played home games because it's a good and fun environment. I love that our home fans will come and cheer us on no matter what." The girls all enjoyed this season through the ups and downs. They are always supporting each other and are fully invested in their sport. **Jacey Bryan** ('27) said, "My favorite part of the season was playing with a team who supports me but also pushes me out of my comfort zone." Each girl has their own favorite memories from the season. **Daysia Simmons** ('24) said, "My favorite part of the season is after winning the Eden Prairie game and just us girls were chatting it up on the bus ride home and we all were just laughing and it was a lot of fun." These girls have all shown that they love basketball but they love their teammates more than anything. The JV girls have had a great season and will continue to play amazing basketball. *Spread designed by Ashlyn Marble.*



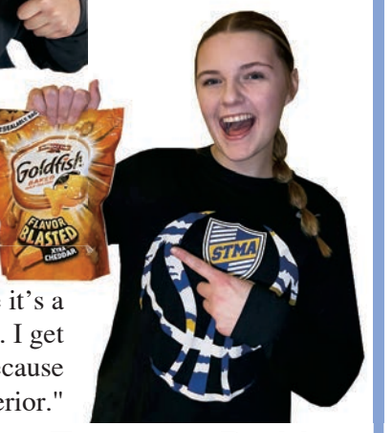
WATCH YOUR BACK. Ella Erickson ('25) guards the ball before being put back into play. She said, "I always have fun on the court as long as I'm with my team. I'm so excited to see how the rest of the season goes." *Photo by Ashlyn Marble.*

game day fuel

Jacey Bryan



"My favorite pre-game snack/drink is Jimmy Johns and bubblrs. Its almost like a ritual before my club basketball games and now I do it for all high school games!"



"I eat goldfish because it's a game day superstition. I get the extra cheddar because they are superior."

Trynnity Bichler

take it to the rim.



LAYUP TIME. Renae Foster ('25) is focused and ready to step back into action at any time. Foster said, "My favorite part of the game is the energy and joy we bring to everyone on the court. I really love this team and it really feels like my second family." *Photo by Ashlyn Marble.*

p.o.v

bouncin' with the bengal's.

piper carlson commits to idaho state



"When I meet all the girls and coaches I immediately clicked with them. I loved the coaching style and think I will get along with hem very well. I' so exited to become a better basketball player while meeting new people and being in a new state."

MAKING PLAYS. As someone who enjoys making plays and getting assists more than scoring, Kylie Diaz ('23) said, "Even though I obviously like to score, I think that making good passes and good getting assists is just as important and honestly even more rewarding." *Photo by Sophia Schmitz.*



SHOOTING FOR DAYS After scoring against Osseo, Abby Hoselton ('25) has one thing on her mind. "My first thought after scoring is about the nest play. I want to do what I can to help make our team successful" Hoselton said. *Photo by Sophia Schmitz.*



MAKING HISTORY. Tessa Johnson ('23) has broken numerous records, as well as history making accomplishments during her five years of playing basketball at STMA. Johnson is the all-time leading scorer for both girls and boys basketball, making 2,000 career points and broke the 37 year-old single game scoring record. She was named the 2022-2023 Gatorade player of the year for Minnesota girls basketball and Johnson was also selected to play in the McDonald's All- American High School basketball game while being named McDonald's All-American. On top of this, she earned Academic All-State Honors. Johnson has shown her dedication to STMA through supporting other sports, helping the youth, and making deep connections with teachers and staff. Along with this Johnson said, "I do my best to stay humble because I have realized that my abilities come from a higher power than myself." Johnson is continuing her education and basketball career playing for the University of South Carolina.





HYPE ME UP. After the huge victory over Hopkins during the final state game, the girls basketball team became state champions for the first time since 2007. One of the lead scorers for the team, Ja'kahla Craft shows her excitement by dancing for the crowd as thy hype her up. *Photo by Bennett Moger.*



PRESSURES ON. Making free throws force you to have a lot of focus. Guard, Cail Jahnke ('26) said, "When I make free throws I just try to take a deep breath, shut out my surroundings, and envision the ball going in." Jahnke made this shot, giving the girls an extra point against rival, Hopkins. *Photo by Bennett Moger.*

laced up.

Varsity players show off their favorite game shoes



Daysia Simmons ('24)
KD 15 Aunt Pearls



Ja'kahla Craft ('24)
Harden Volume 6



Ava Haus ('24)
PG 6 Painted Swoosh

Photo by Bennett Moger.

preparing for state • unfinished business.

After making it to the state championships last year and falling to Hopkins, the girls varsity basketball team must work their hardest, and have determination to get themselves back to University of Minnesota for redemption. Having gone to state before, most of the players know how exciting it can be to play in front of hundreds of people, but not all of them. For some girls, this is their first year and they have yet to feel that thrill. One of those people is guard, ***Renae Foster*** (‘25), who said, "I am so excited about the thought of going to state, the thought of getting to be a part of something I have been watching since I was little is actually crazy to think about. The environment just seems so thrilling and intense." The girls that made it to state last year are also just as ready to be back. ***Kali Merfeld*** ('25), guard, said, "Trying to get back to state this year, the practice vibes have had lots of excitement knowing that we have the chance to go that far again this year. It's going to be a long fun season." ***Hailey Walbon*** ('25), guard, also said, "We have an extremely talented team that has put in so much work with each other. Our main focus is showcasing our talent and getting that state title this year." Even though sports can provide all of this excitement, they can also lead to injury's. For ***Lauren Hoselton*** ('23), her senior season was robbed due to a torn ACL and meniscus. However, this hasn't stopped her from cheering on her teammates and making the most of the little time she has left at STMA. Hoselton said, "When I tore my ACL and meniscus before our first game this year so my role on the team is obviously different then last year. Because can no longer make an impact on the floor, I am try my best to help my team from the sidelines. I use my new position on the bench to help my team see what they could do better both on and off the court, trying to get back to the state championships."With the help of everyone on the team, hopes are high to make it back to state this year and fix their unfinished buisness. ***Spread designed by Ava Schendt.***



FINISHED. After last year's loss to Hopkins in the State championship game, the girls were determined to prove themselves, and did. When finally given a chance at redemption at the State championship game, the Knights were victorious against Hopkins, beating them 70-71 in the final seconds of the game. #12, Maggie Lindeman ('23) said, "Winning, especially as a senior, was such a satisfying way to end the season. It was a yearlong goal, and after losing to Hopkins last year in the championships, we all were so excited and proud to finally beat them." ***Photo by Ashlyn Marble.***

taking mats

p.o.v

rookie.. ish?

The newest wrestler to the STMA wrestling program, Noah Torgerson ('24) came to STMA his junior year for wrestling to get more opportunities to strengthen his future. "Switching teams was difficult at first, but these boys took me in and made me feel at home," said Torgerson. Teammate Ian Schultz ('24) said, "Noah is such a great teammate and has motivated the boys to do better on or off the mat". He has enhanced the program with being pre-seasoned ranked as 1st in the state, *and is now a part of the STMA family.*

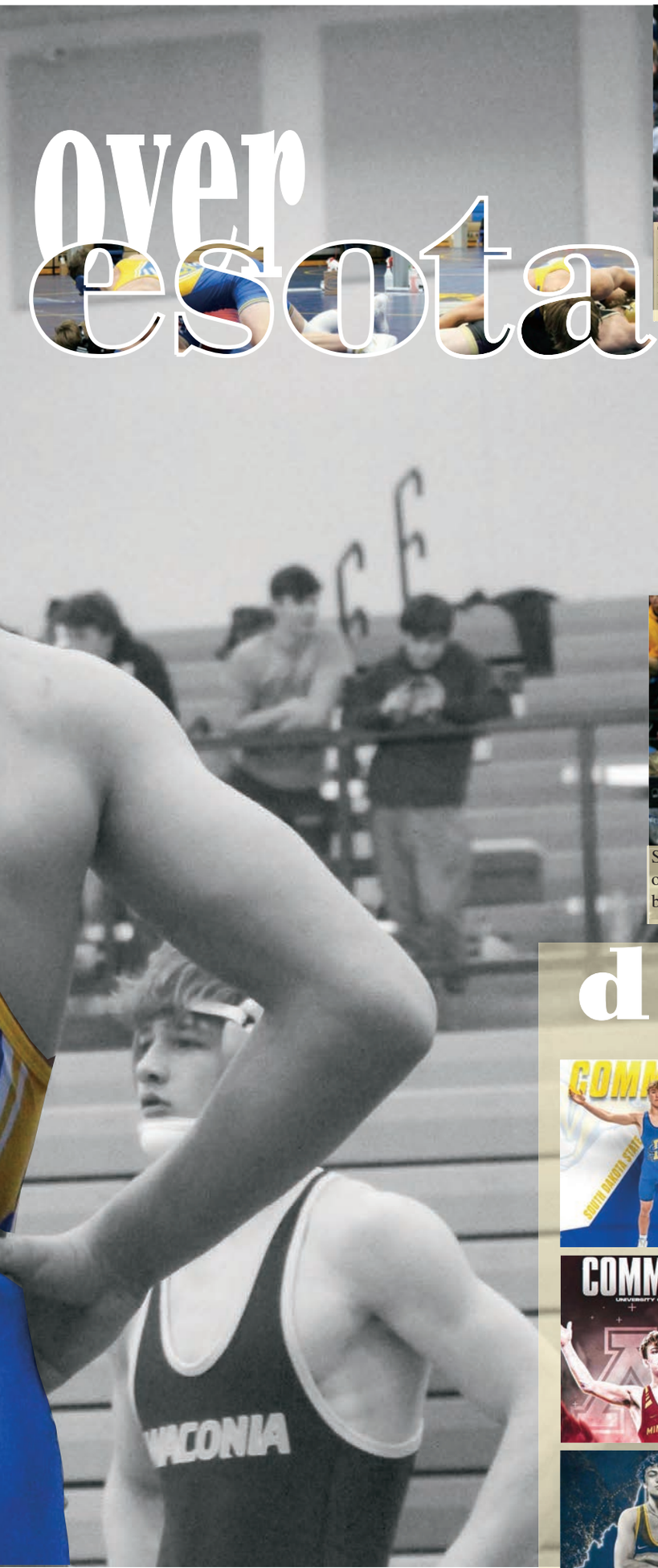
Photos by Alicia Vosberg.



growing together, for each other

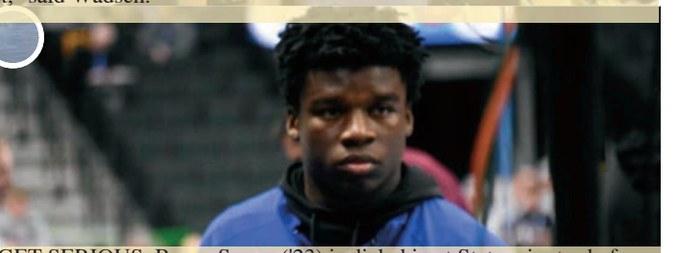
Having a great team connection is something that coaches always tell their team will make them better. Think about all the team building activities done throughout the timespan of people's lives growing up. However the natural chemistry between these groups of boys has taken them farther than STMA wrestling ever has gone before. Eli Davis ('23) said "We are so connected and have grown so much because everyone on the team wrestles for each other. We wrestle as a team, not 14 individuals." No one has ever been told that the road to success is easy but having this kind of support around you only continues to push the boys to their limits. For the first time in Minnesota history, 13 out of 14 of STMA's wrestlers qualified for the individual state wrestling tournament. Evan Becker ('24) said, "This team has been filled with winners since the beginning and we all know that everyone on this team has what it takes to get the job done." Coming off of already a strong season last year a team needs people to be able to push the rookies to continue their greatness. Logan Torkleson ('23) explained, "We always push each other by working hard in the practice room. Wrestling new and different people each day to get a different look, and the brotherhood is great. We all want it, we all want to get that state title. We're always pushing each other and making sure everyone gets congratulated." The boys ended up placing 2nd at the state tournament on March 3rd to end their 2022-23 wrestling season. Making this great accomplishment our boys wrestlers pushed themselves not as individuals but as a family. *Photos and spread designed by Alicia Vosberg.*

over esota.





TALK TO THE MAT. Jarrett Wadsen ('25) for his first ever time in the Xcel wrestling Anoka to take the win. "The most important thing to remind myself is to never doubt myself because once I doubt myself, I've already lost," said Wadsen.



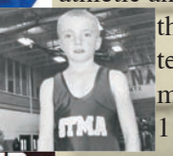
GET SERIOUS. Bryon Sauvy ('23) is dialed in at State minutes before he hits the mat before falling short to win the match. "To get focused I tune out the noise and think about what I need to do," explained Sauvy.



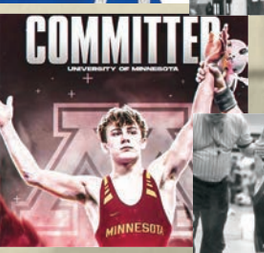
STAY GROUNDED. Chase Mills ('26) gets ready to take down his opponent to win the Rogers invite. "I'm always excited to compete and just be able to get it done," said Chase Mills.

d1 machines



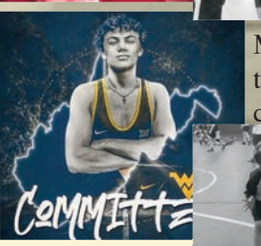


Parker Janssen ('23) announced his commitment to South Dakota State University to continue his athletic and academic career. Janssen said,"I thank my family, coaches, and teammates who have helped me reach my dream of wrestling at the Division 1 level". #GETJACKED





Landon Robideau ('25) only as a sophomore already committed to the University of Minnesota. Landon explained, "I want to just thank all of my coaches, family, and friends who have all supported me to get to this point as an athlete". #SKI-U-MAH



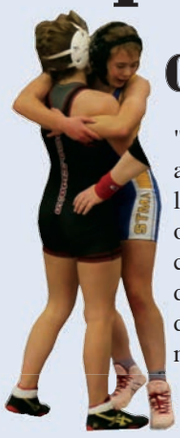


Mason Mills ('23) announced his commitment to wrestle at West Virginia University continuing his athletic career. Mason wants to thank "God, my family, all the coaches, and friends for me getting me this far. I am pumped for this opportunity and his journey ahead." #GOMOUNTAINEERS

Photos by WP Graphics, West Virgina, and South Dakota State.

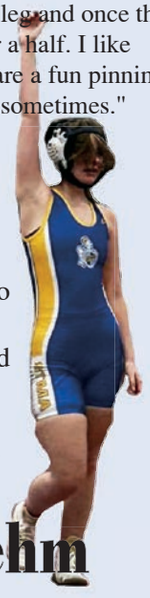
sophomore section

claire kvant 126 lbs

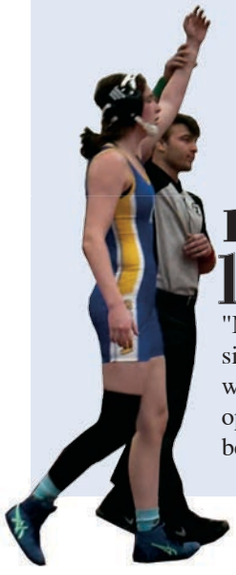


"My favorite take down to do is a high crotch and my favorite pinning move is a cradle. I like doing high crotch because you have options on what to do after you do a high crotch, you can do a double leg and once their down you can do a cradle or a half. I like doing cradles because they are a fun pinning move to do but a little risky sometimes."

natalee pender 120 lbs



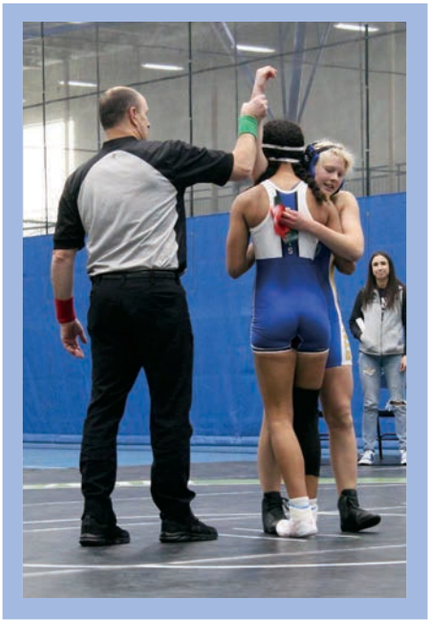
"My favorite move to do is called an butcher move." It is a move used for pinning someone. "It's my favorite move because it's hard for my opponent to get out of."



natalie stiehm 138 lbs

"My favorite move to do in wrestling is a low single leg move." A low single leg move is when the attacker only attacks one leg of the opponents leg and the attackers head would be on the inside of the opponent's leg.

PIN HER DOWN. The girls wrestling team had an eventful first meet. Faye Bromley ('24) got the girls first pin ever in STMA history on December twelth. Bromley said, "It felt amazing to get the first pin! It's such a cool feeling knowing that the work you put in pays off!" *Photo by Alicia Vosberg.*



GOT IT. In the 165 pound weight class, Mylin Lemke ('23) is ranked number 5 in the State. This match took place on February fourth against Pine island. Lemke said, "My favorite move to do is a snap down because I'm strong enough to do it and I move my feet well to go behind and get the takedown." *Photo submitted by Mylin Lemke.*



p.o.v





Nikki Braun breaks collarbone in first minute of her first match.

During the first girls' wrestling meet against Nikki Braun ('23) broke her collarbone in her first match. It was a preseason tournament, so her match didn't count towards anything. She broke her collarbone in the first minute of her match but continued to finish the match out without using that arm. Braun said, "I think I tried a double leg takedown move and we both fell and I tried to catch myself but it didn't go so well and she landed on my shoulder and I could feel it right away but I was like oh I'm probably fine but for the end of the match using my arm was really painful. Overall the pain scale was only a 5 until the adrenaline left then it was an 8.5". Nikki is out for two months. *Photos off of Facebook.*

new to the mat

Knights send six to state first season.

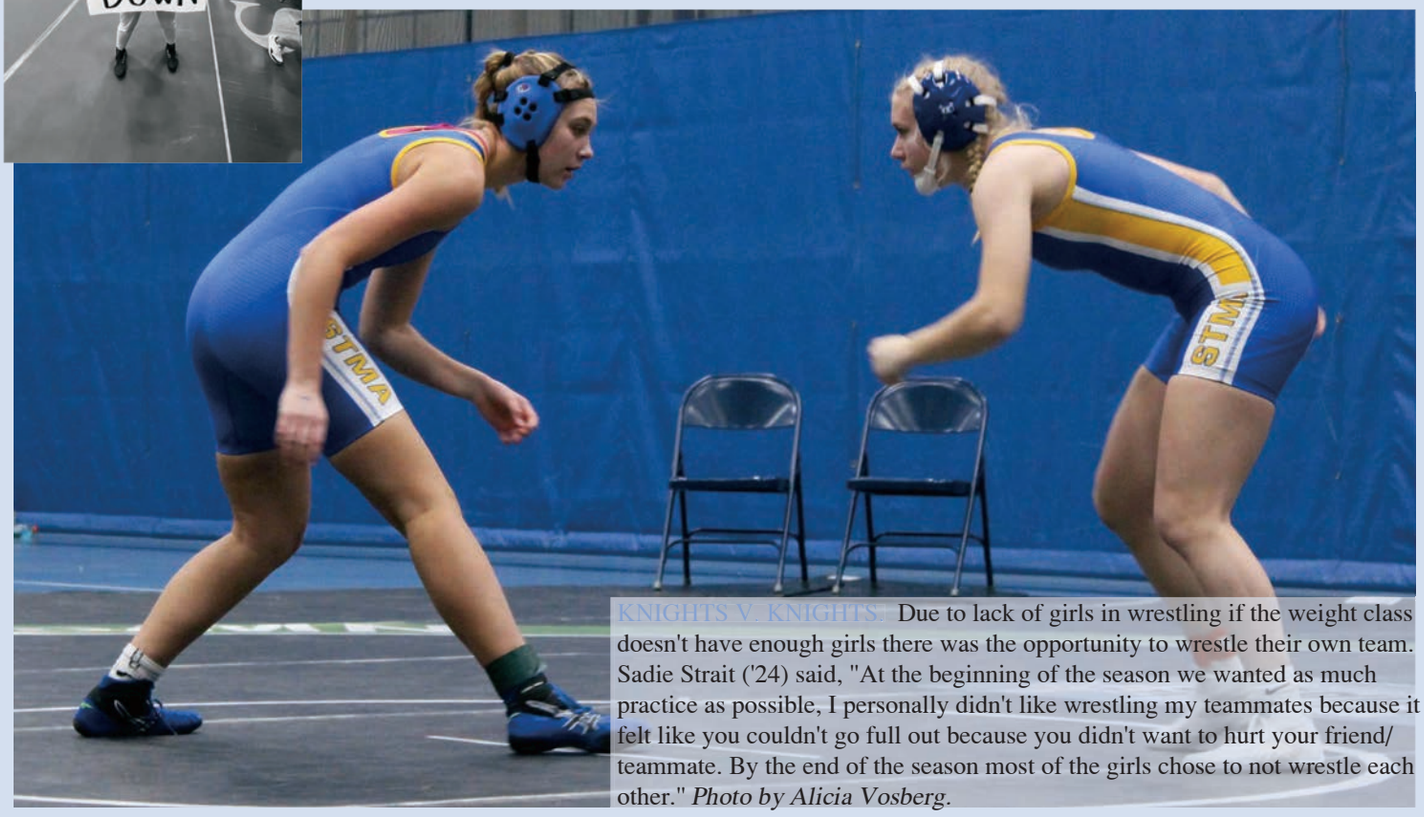
"Wrestling is a very fun environment to compete in with your teammates cheering you right along the mat."



Trying out something new. Girls wrestling comes to STMA. For the first time ever, their is a girls wrestling team at our school. Over this season there has already been massive improvements to girls' wrestling throughout the state. Their are multiple all girls tournaments throughout Minnesota. Their are some things to be improved although, girls had four all-girl tournaments, while the boys team can have up to 12. The team won against Mora 36-33, this was one of their duels. **Hannah Kvant** ('23) said, "We've only had three team duals which have been fun and different from our individual matches. It is a great accomplishment for us when we win as a team since it's our first year." It's a sport that not many people have seen girls participate in. The knights have 22 girls on the team. **Molly Ruhland** ('23) exclaimed, "It was super cool to try a sport that no one really has seen girls be in, and getting over the fear of trying something new was a really good experience.

The team was so much fun and it was such a good atmosphere to be a part of." The 6 girls qualifying for the state tournament include: Claire Kvant ('25), Drew Bushard ('23), Kennedy O'Connell ('24), Hannah Kvant ('23), Maggie Steele ('24), and Mylin Lemke ('23). At 165 pounds Mylin Lemke got fifth place in state. At 126 pounds Claire Kvant got third place. One of the qualifiers **Kennedy O'Connell** ('23) said, "It was rewarding to qualify for state my first year. Winning a section title is a feeling I'll never forget. Every single girl worked extremely hard and had a lot of discipline to be as successful as we have been this season. We all grew as athletes and people this season. Nothing would be possible without the support from my teammates and coaches." ***Spread designed by Josie Vankuyk.***





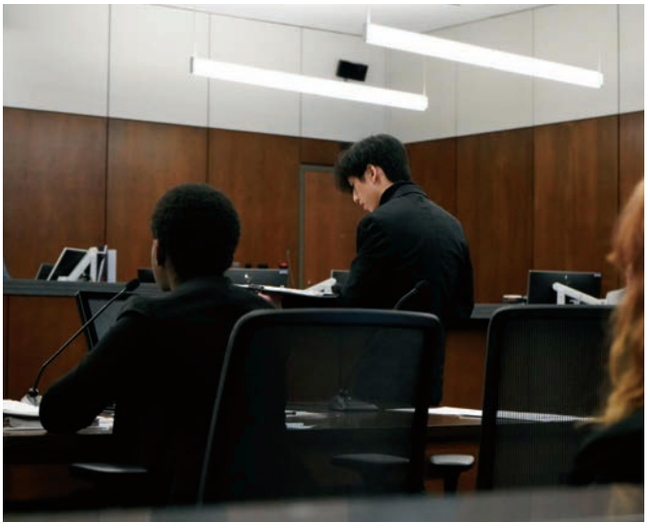
KNIGHTS V. KNIGHTS: Due to lack of girls in wrestling if the weight class doesn't have enough girls there was the opportunity to wrestle their own team. Sadie Strait ('24) said, "At the beginning of the season we wanted as much practice as possible, I personally didn't like wrestling my teammates because it felt like you couldn't go full out because you didn't want to hurt your friend/teammate. By the end of the season most of the girls chose to not wrestle each other." *Photo by Alicia Vosberg.*



EVIDENCE IN COURT. Audrey Sigugu ('25) questioned the witness about evidence at the Mock Trial competition against Ashby. "In the moment I felt very scared and and excited at the same time. I also felt very accomplished and happy," said Sigugu. *Photo by Bennett Moger.*

SPEAKING THE TRUTH. Madison Bleess ('25) spoke her line as Bailiff. This is where she clarified that the witnesses would speak nothing but the truth throughout their testimony. "I've done this before so it's nothing new, but it does get nerve wracking even though its just a small part of the trial," said Bleess. *Photo by Bennett Moger.*





TAKING A STAND. The cross examination with the plaintiff's witness was done by Bill Vajhmoob ('23). "While I was questioning the witness about evidence from their written statement, I was able to successfully impeach the witness and discredit their testimony," said Vajhmoob. *Photo by Bennett Moger.*

playing the part.

different roles in mock trial



Plaintiff Attorney
Erin Hartnett



Plaintiff Witness
Ari Marquette



Defense Attorney
Bill Vajhmoob



Defense Witnesses
Angel Jorgenson

mock trial returns to in person tournaments

After years of virtual tournaments, the mock trial team finally returns in person. In person tournaments are very different from virtual ones. **Bill Vajhmoob** ('23) said, "It has definitely been harder compared to the virtual tournaments we had last year. I think being in the "courtroom" and physically seeing your opposing counsel had an effect on how I handled certain situations while in the trial. Another thing that I had to deal with were the factors that weren't apparent virtually. There are new procedures added onto old concepts and just new things in general like how I had to position and handle myself." **Annika Gieski** ('26) felt a rush of emotions during the tournament. "I had the anticipation of going, the nerves of testifying, and the overall excitement of being there. Being at a tournament in person and seeing your teammates succeed is one of the most exhilarating feelings. Since this is my second year in mock trial, it really is a reward to see the new team members have their first go at a tournament," said Gieski. **Ari Marquette** ('25) has many goals that she want to achieve this season. "One of my goals this season is to improve my scores and be more confident on the stand," said Marquette. **Madison Bleess** ('25) is excited to have the case tournaments back in person and is expecting their team to have a successful season. "I'm most excited for this year's case and our team dynamic. I can see us getting far and the effort everyone is putting in makes me feel reassured that this year is going to be a good one," said Blees. ***Spread designed by Avery Jackson.***

courts in session.

jamie morton v. ardi ramidus, m.d.

captains explain the case

"Jamie Morton was a star swimmer at Lake Superior High School. While Jamie was swimming, they felt a pop in their knee and was referred to Dr. Ardi Ramidus. Dr. Ramidus performed ACL surgery and Jamie began the rehabilitation practice. After Jamie recovered, they returned to the pool and tore their ACL for the second time, ending a promising swimming career. Jamie filed a law suit against Dr. Ramidus, alleging that Dr. Ramidus did the surgery wrong, while Dr. Ramidus believes that Jamie's own behavior caused the second tear," explained Jozie Shepherd ('23).

p.o.v



Jozie Shepherd (Plaintiff Attorney)

"This year's case is interesting and I am excited to see how the tournaments go," said Reese Smith ('24).

Reese Smith (Plaintiff Witness)



OPENING STATEMENT. Reese Smith ('24) preformed the opening statement, giving an overview of the background information of their side of the case. "My mind was spinning while doing the opening statement. This was my first time preforming completely off notes and my first time in a courtroom all together. When I was giving the statement, I was making sure that I used the well, made eye contact with the judges, spoke slowly, had my head up, and spoke loudly," said Smith. *Photo by Bennett Moger.*

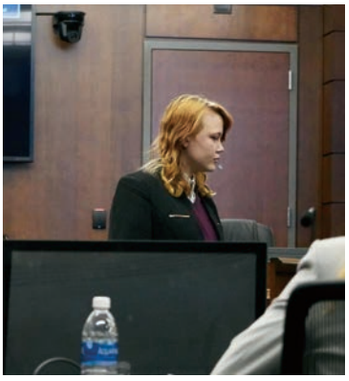


DIAGRAM OF KNEE SURGERY. Angel Jorgenson ('25) explained one of the exhibits in court. "I felt confident explaining that the graph was only an example and not an actual representation of the plaintiffs knee after the surgery," said Jorgenson. *Photo by Bennett Moger.*



WORKING IT OUT. The Mock Trial team competed at the Wright County Courthouse and beat Ashby by three points. "We will be preparing even more so we'll have another amazing win at our next round," said Ashley Meehan ('26). *Photo submitted by Reese Smith.*

debate

ella olson ('23)



category: public forum

Description: Public Forum debate is a competitive debate that centers on current events and relies on both logic and evidence to construct arguments.

kaiden dreis ('23)



category: lincoln-douglas

Description: Lincoln-Douglas debate involves two debators arguing for and against a resolution for it to then be voted on by coaches.

olivia hanif ('24)



category: public forum

Description: Public Forum debate is a competitive debate that centers on current events and relies on both logic and evidence to construct arguments.

speech

norah langager ('23)



category: informative

Description: The informative category in speech means the public address category. They pick a topic that you can write a 10 minute speech about and only information about that topic.

dylan rich ('24)



category: storytelling

Description: The speaker is given many stories, they practice those stories with their own voices, action, and movement. Then the judge draws which story they will compete

carter leobertmann ('25)



category: humor

Description: speakers choose a pre-written script and to perform and add lots of action and make it humorous

a season to remember

debate

layla stauner ('25)



"My personal favorite memory was learning and researching about how the government funding goes to certain places and what other countries are doing with it."

wyatt klement ('25)



"My personal favorite memory from the debate season was the team meetings after school because they helped me to write better cases and win more debates."

alex boltz ('23)



"My personal favorite memory was winning a spot at nationals at the Northern Light District Tournament in St. Francis, winning a spot in Lincoln-Douglas debate."

think. speak. listen.

leaving a legacy

The past two years the debate team has worked to try and rebuild they're team this year. After losing one of their top debaters and after the corona virus they had to build the success back up. Debate coach, Ron Davis, and seniors on the team, Ella Olson, Alex Boltz, and Kaiden Dreis, helped to make this years season a huge success. Coach Ron Davis said, "Debate teaches important skills such as communication, research, and thinking from another's point of view. This years seniors were phenomenal and both captains, Ella Olson and Alex Boltz, earned bids to the national tournament. More importantly they made those around them better." This years team was made up of a large percentage of middle schoolers. As older role models they made sure they felt comfortable on the team as younger teammates. As seniors of the team you are looked up to. All seniors took different approaches as to how to make the team more successful. At the same time captains need to make decisions together to have different point of views on how to problem solve. Ella Olson ('23) said, "This season I focused on teaching the newbies the ropes which included a lot of organizing resources to make research more accessible and efficient for the whole team. This allowed for better collaboration and connection across the team." Alex Boltz ('23) said, "This season I spent a lot of time on educating the novices and refining skills for our returners to bring the overall skill level on the team up to a very competitive level." Lastly, Kaiden Dreis ('23) said, "I focused on training our new members and giving them a solid foundation to help the team in the future. I would say the biggest thing was making sure I set a good example and helped these newer members on the team to be even better for years to come." These were the goals that the super seniors took for this years debate team to be the best. team. The speech team started their first competition of the season at the Wayzata High School.Abby Hauxwell ('23) placed 5th in creative expression.

speech VS. debate

p.o.v



know the difference

Many people wonder what the difference between speech and debate really is. **Anjie Alade ('25)** said, "I am in the original category and with that, I write speeches that have purpose that I find important, and with speech, I have one speech that I keep working on throughout the season. For debate, I am in congress and for that, I have different bills given from the tournament to work on and I am writing multiple speeches before a competition". **Taylor Olson ('24)** said, "The biggest difference for me probably is the fact that in debate I am in pf so I had a partner and in speech it is just me by myself. Speech also has a lot more categories and variety."

Dylan Rich ('24) placed got 4th place in storytelling finals. Dylan explains how the first tournament went for her, Dylan said, "It was honestly a bit of a surreal experience for me! I have done well at Wayzata in the past, but the tournament itself was so much bigger this year and you can never truly know how well you'll do against your competitors this early in the season. All I can say was that it was a wonderful surprise and I was so thankful to have my team to back me up! There is a lot of new energy on the team this year thanks to our twenty-five + newbies, and I think it has had a major impact on the team as a whole, not just me, as we all have done very well this season so far! As for how I felt throughout the tournament, I often describe it as a bit of an adrenaline rush. After that first round of speaking, the next two fly by and it only really hits you when you see your name on that list for finals. And considering just how many people were in my category at Wayzata, it was a massive surprise. I was also lucky enough to get a story I liked for my final round, and I think that had a major impact on my score overall. Placing fourth gave me the confidence boost I needed to take on the next few tournaments that followed, and cheer my teammates on to do the same! We as a collective have had a great showing this season and I could not be prouder of the work we all have put in. Speech isn't easy, and I hope the boost that fourth place gave me can propel me into a top spot at sections and into the state tournament!". Ella Olson (24') got 5th place in extemp reading finals. Captain Carter Loebertmann **('25)** has set some goals for himself this season. Carter said, "My goals are to expand not only mine, but my teammates public speaking skills and making memories. *Spread designed by Alexa Ohlander and Emily Zattoni.*

speech

keira baker ('26)



"One of my favorite things about speech is getting to meet new people and watching other competitors perform."

anna malkowiak ('26)



"I enjoy speech because it gives me an outlet for creative writing and it helps me improve my public speaking skills."

rachel sixta ('26)



"My favorite thing about being on the speech team is the energy and confidence. You can tell everyone wants to be there, and it makes speaking so much more enjoyable."

gearing up.

Ella Goertzen's meet day essentials

stma bag



bar grips

to grip the bar and prevent rips



hair products

for meet day hair styles





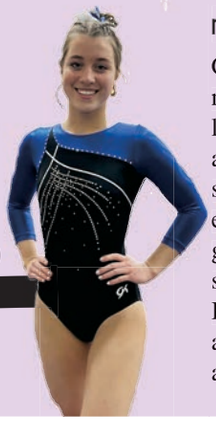
MEET THE SENIORS. Celebrating their senior night, Alyssa Nehring (top left), Vivian Sommer (top middle), KasSandra McKeown (top right), Mckinley Beaumont (bottom left), Gwen Herbst (bottom middle), Morgan Mckinley (bottom right).



p.o.v

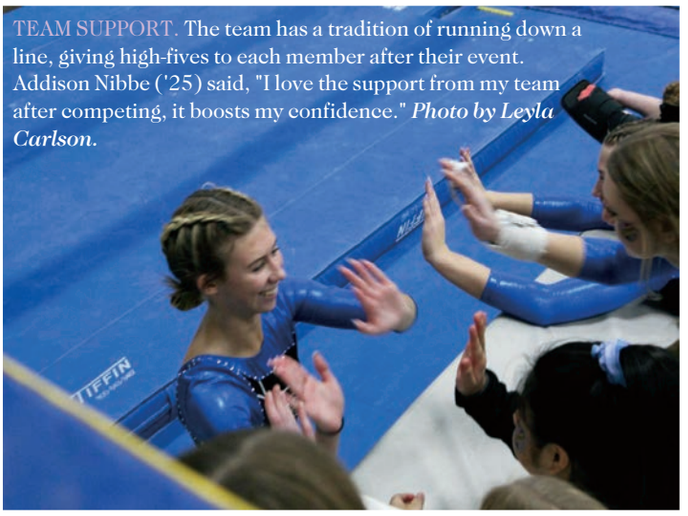
back on the bars.

recovering from an injury



Gabi Delgado ('24) tore her ACL and meniscus at the beginning of January last year. She had surgery in February and returned to the following season, slowly starting to compete again. She explains, "It was difficult watching gymnastics and not being able to do it since I've been in it since I was little. But, I enjoyed supporting my team and I'm looking forward to compete again." *Photo by Addy Miller.*

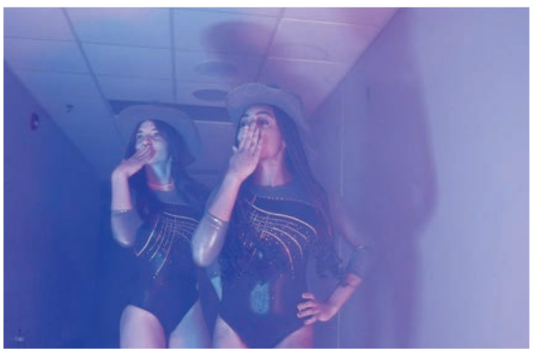
TEAM SUPPORT. The team has a tradition of running down a line, giving high-fives to each member after their event. Addison Nibbe ('25) said, "I love the support from my team after competing, it boosts my confidence." ***Photo by Leyla Carlson.***



FIRST MEDIA DAY. On November 30th, photographers Bennett Moger ('24) and KaSandra McKeown ('23) spent their time after school shooting season media coverage for the gymnastic team. Pictured top left is Isabelle Berning ('24) and Vivian Sommer ('23). Pictured bottom left, Grace Scheurer ('24). Top Left, Sofia Dehmer ('25), Juslene Chea ('25). Bottom right, Paige Herbst ('25), Mariah Como ('25), and Rachel Simieja ('25).

ready, set, pose.









raising the bar.

the girls bring it to state once again

On January 24th the Knights took on the Eden Prairie Eagles home at St. Michael-Albertville, Middle School East. The Knights broke their season PR racking in a total score of 143.3, beating the Eagles. Jackie Bergeron (‘24) is an all-around gymnast who especially loves floor. Her highest all-around score received this season was a 38.500. On February 18th, 2023 the girls competed in sections at Elk River High School. The girls won section 5AA with a 143.45 making them State bound for the second year in a row. The girls continue to set higher standards for new years to come. On February 24th, 2023, the girls went to the Roy Wilkins Auditorium in Saint Paul for the State championship. The Knights placed 7th in the state for class AA. The following day, February 25th five girls competed in the individual state championship. Rachel Simieja (‘25) competed vault and beam. Paige Herbts (‘25) competed vault. Avery LeMonds (‘26) competed floor. Alyssa Nehring (‘23) competed vault. Jackie Burgeron (‘24) competed AA, placing 2nd for floor and beam, and 4th on vault. The girls ended the season qualifying for State and became two time section 5AA champions while achieving a season pr and are looking forward to setting the bar higher for the upcoming season. *Spread designed by Leyla Carlson.*



SHE'S SOARING. The Knights take on Eden Prairie at home on January 24th Jackie Bergeron ('24) competing on bars, sticks her dismount doing a full twisting flyaway. ***Photo by Tim Bykowski .***

the biggest roar

singing out loud.

The STMA choirs stayed strong even through the pandemic, with mask wearing and cancellations of events, it didn't stop the levels to which they reached. There are a total of 6 class choirs and two extra-curricular choirs. The two Freshmen choirs, Cantabile and Troubadours, are separated into a treble and bass choir. Belle Voce and Knights' Choir are too split into treble and bass, but contain 10th, 11th, and 12th. Vivace is one of the two STMA touring choir with only treble students from 10th, 11th, and 12th. Concert Choir is the other STMA touring choir but the only choir that's mixed, with trebles and basses of students from 10th, 11th, and 12th. The two extra-curricular choirs are Chambers Choir and Voces Equitum; both mixed treble and bass choirs with students from 10th, 11th, and 12th grades. Some of the most important thing about having a good time are the people that will always bring a smile to your face. **Kaci Brannan (24')** is known for her funny comments and bubbly personality, in the Vivace Choir. Kaci has been in the STMA choir program since 5th grade and Honor choir from 5th to 8th; sticking it through the pandemic and in Vivace for the last two years. There are quite a few seniors that have stepped up as leaders in the STMA choir programs, many of them mentioned on the page to the right. The choirs, over the years, have had many different opportunities to show their excellence in various events and tours that many colleges choirs don't receive. STMA is considered one of the strongest choirs in the state. Being run by Mr. Osowski, there really are no lengths to what the STMA choirs can't reach. ***Spread by Kyla Smith.***

The Vivace Choir got invited to sing in a convection in Minneapolis called MMEA. The Treble Choir sang their best songs and represented STMA well. With a full day of singing and walking around, ***Kaci Brannan ('24)*** shows her enthusiasm when taking off her choir robes. The Vivace Choir had many smile filled moments just like this. Good job treble singers!
Photo by Kyla Smith.



SHARE THE WORD.
The choirs would be nothing without the broadcast of what they're all about. There are many ways the choirs get their name out. One way is through the Internet and having student run social media pages. These students are voted in by the previous choir students and are expected to run the social media pages for that choir's year. This year for 2022-23, **Eniye 'Daniel' Donbraye ('24) and Chelsea Neba ('24)** are the Historians for the Concert Choir student board. They are both known to have bubbly, exciting personality and do a great job to make everyone feel involved with sharing pictures and events on social media.
Photo by Kyla Smith.

SINGING IN HARMONY.
There are two top touring choirs at STMA, Vivace and Concert Choir. Each comparable, only difference is one's an all treble Choir and the other is a mixed treble and bass. There are a few events where they have the chance to sing together. At the 2022 homecoming game **Emily Moen ('24) and Harlee Peltz ('24)** sing together even when both being from different choirs; Emily being from Concert and Harlee Vivace. They still up hold their friendship showing the togetherness of the STMA Choirs. Showing the true spirit of the STMA student life.
Photo by Kyla Smith.



Senior Spotlight

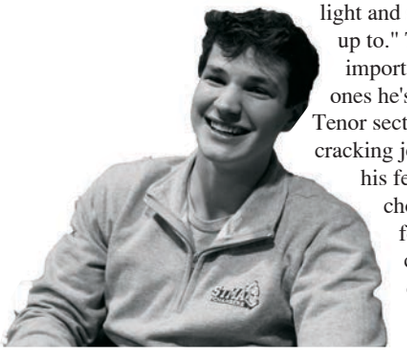
PAYTON PEYERL

"It is such an amazing feeling knowing that I in some way touched somebody's life. I hope to do that for more people through singing and set an example for the future of the choir program so people will strive to do better than I have." Towards the end of his STMA singing career, Payton Peyerl can reflect emotionally about his experience. He found a home away from home in the people he got the opportunity to sing with over his 8 years of singing. Payton plans to sing on as a Bass in college. Way to go, Payton Peyerl!



EVAN DOMBECK

"The person who inspired me most about choir and music in general was my brother; without him I would not have had nearly the experience I had. I hope I am able to leave the choir in a positive light and someone that others can look up to." There is nothing more important to Evan than singing with ones he's close to. He is part of the Tenor section and is seen many times cracking jokes and sharing smiles with his fellow peers. There are so many choir memories that he will never forget. Evan is planning on continuing his singing experience at Colorado Springs (UCCS). Congratulations, Evan Dombeck!



ABBY CARROLL

You can't be a follower without a leader; Abby Carroll was chosen as the concert Choir President this year. She has been leading strongly with kindness and acceptance all year round. Abby has also been a doubler for years, being involved with Chambers, Concert, Wind Ensemble, and Gold Jazz; she really is a role model to follow. She explains how Choir has become another home to her: "The choir room has always been like a second home to me, and I hope that I've helped other singers to feel at home here too." Abby plans on continuing her Soprano career as music educator at Luther college in Iowa. Way to make STMA proud, Abby Carroll!



AVA YOUNG

Ava has been involved with many choirs over the years; Angelica Cantanti Youth Choir, Cantabile Choir, Minnesota All State Honor Choir, Sirens, Vivace, Chamber Choir, and Concert Choir. Ava has had more singing experience than most her age. Her mother, Courtney Young, who has been the amazing piano player for the choirs over the years, has inspired her the most. Ava said in an interview: "She is proof to me that it's possible to make a living off of Music and I can always continue doing what I love." Ava plans on continuing her Alto singing through college. Way to go, Ava Young!



MIKAYLA PRESTON

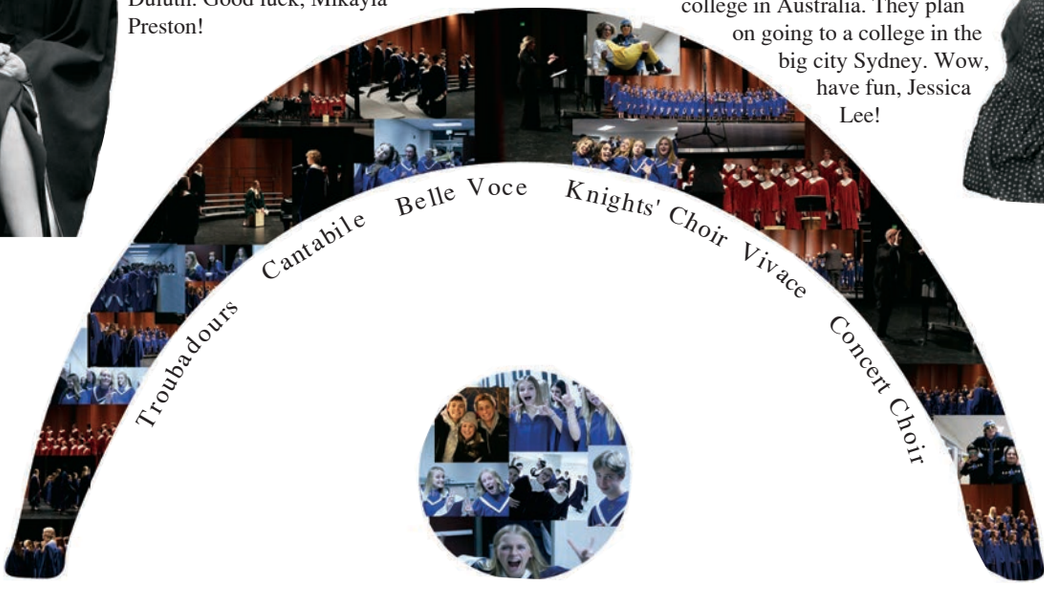
There are many choirs at STMA, Mikayla is part of the all treble choir, Vivace. She has made many memories with these girls. One of her favorite was on the tour to Chicago last year; "My favorite memory from that trip, was when the bus we were on had holes in the ceiling and it was raining so it was dripping through and so a way to fix it was Mr. O taping menstrual pads to the ceiling." Mikayla plans on singing Soprano for St. Scholastica Choir in Duluth. Good luck, Mikayla Preston!

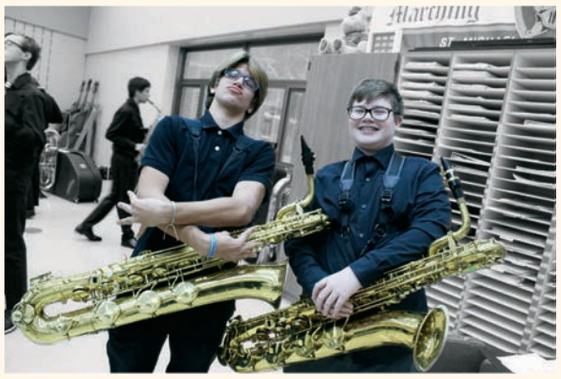


JESSICA LEE

We have many leaders at STMA and Jessica Lee would be up there with the best. Being the President of Vivace, Jessica comes by many problems but with good collaboration and responsibility they have pulled through. Abby Carroll and Jessica have worked together very closely over the year and have done amazing things with the top STMA choirs. Sending a good message is important to Jessica. She said in an interview: "I'd like to leave a legacy of advocacy for my peers when I leave the STMA choir program." Jessica plans to continue singing outside of college in Australia. They plan on going to a college in the big city Sydney. Wow, have fun, Jessica Lee!





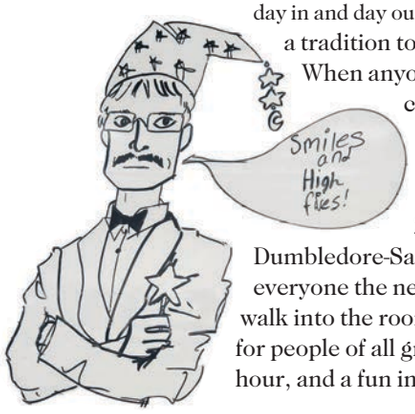


PLAYING BOLD.

All instruments play an important role in the band. There are the more popular instruments but then there are the more unique ones. Bass Clarinet, Piccolo, Oboe, Flugelhorn, and Bassoon... only to name a few. One of these is the Bari sax; there are a total of 5 Bari saxophones varying in all the bands. **Jace Berndt ('26)** and **Logan Mitchell ('26)** are our two Freshman Bari Saxes. Stay Bold! ***Photo by Kyla Smith***.

SMILES AND HIGH FIVES.

The band environment is all smiles and high fives from day in and day out. Mr. Saroka and the students started a tradition to keep everyone's spirits high. When anyone smiles, a high five is bound to come along. Even if Covid-19 restrictions may require a mask and social distancing, eye smiles and air high five are the way to go. **Zoe Parker ('23)** drew a Dumbledore-Saroka on the white board to remind everyone the new band slogan every time they walk into the room. This is a silly reason to smile for people of all grades that see it during their band hour, and a fun inside joke for years to come.



WITHOUT MUSIC LIFE WOULD Bb.

All the band students have made so many connections and memories with one another in any event they attend. If it's a band concert, pep band, tour, or one of there band retreats after school, there are always smiles to go around. Many students could say the people they play with are a bit like family. Kassie Mckeown ('23) one of the percussion seniors, being involved in Woodwind Ensemble, Jazz Band, Pit Orchestra Drum Line, and Marching Band, is seen always running around helping her peers with anything. In the picture below, she helps paint Isabelle Lahr's ('24) face for the 2022 Homecoming game. Isabelle is a dedicated flute player that is also seen spreading STMA pride. If it's at a pep band game, band retreat, or band concert she is always seen with a smile on her face and a high five to give.
Photo by Kyla Smith.



Senior Spotlight



Maria Waldoch



Olivia Kloss



Paige Reineke



Harrison Hanson



Robert Madore



Anna Puent



Jackson Thering



Holly Hultman

music to my ears.

sounding better together.

The Woodwind Ensemble plays many different types of music. Soft, loud, fast, peppy, and sad. The directors try their hardest to bring in the writers of the pieces of music, so the bands can get a professional opinion on their playing and sound. The picture down below is the Woodwind Ensemble performing at a concert. Good job to all the STMA Bands. ***Photo by Dylan Gfroerer.***

Coming off a year with a very senior heavy band, the STMA bands have had to learn to really play together to match the sounds of their previous years. Lower classmen have had to step up in many ways. The Woodwind ensemble, the top elite band, got the opportunity to have a band tour this year; to Minneapolis for a state convention. Since the Covid-19 pandemic, the STMA bands haven't been able to travel. The Gold and Blue Jazz bands were able to tour to the middle schools to advocate for to the youngsters to keep playing in high school. These bands really do show what it's like to represent STMA well. This year there is no band board but many of the seniors have stepped up to help make things happen. There have been many after school band retreats for students from all bands and grades to socialize and create connections. Pep band events are also very important to the players. This is when they are able to let lose and have fun playing the peppy tunes while cheering on their fellow peers. The concerts are usually all inclusive and the bands are all close nit. In the Fall concert, the 8th graders were able to play with the high schoolers. This idea was from the band directors. It is very important to STMA for everyone to feel welcome. Including the 8th grade bands just takes that extra step for them to feel a part of the high school community. There are many extra bands and groups the students can be a part of. There are two Jazz bands this year. Gold Jazz, being filled with mostly seniors and juniors, and Blue Jazz, being filled with mostly sophomore and freshmen. There is a Drum Line, that consist of only people from percussion. Then in summer, there is also a Marching band every year; last year they went to Disney World for two weeks.

Spread by Kyla Smith.



HONORABLE MENTIONS 37

NOT PICTURED, HONORABLE MENTION PORTFOLIOS: Ava Marquette, Mia Marthaler, Chloe Davis. *Spread designed by Dylan Groerer*

Reese Johnson
"Cup"

Melanie Hintz
"Portal"

Maura Bjerstedt
"Bubble Glass"

Kalla Strum
"Knowing roots"

Kalla Strum
"So I learned to process myself"

Charlie Bollander
"Cloud Pot"

Avery Clement
"Bella"

Reese Johnson
"Smile in my cup"

Sarah Schuster
"Rimmed"

Sophia Ashe
"Inside Out"

Anastasiya Khotko
"In Focus"

Anna Puent
"Beauty and the Beast"

Elliott Lotus
"Self Portrait"

Elliott Lotus
"Commentary"

Elliott Lotus
"Grief"

Erin Nolan
"Silently Drowning"

Javery Tiedeken
"Every Morning"

Jo Mysliicki
"[illegible]y"

Jo Mysliicki
"What music looks like"

Jordann Head
"Late Night"

Karli Johnson
"First Time to Fly"

Katarina Rice
"Pain is Beauty"

Landen Pool
"A walk in the woods"

Leah Taszarek
"Where do we go when we fall asleep?"

MaKenna Schmidt
"Into the Forest"

Natalie Pilney
"When Life gives you lemons"

Natalie Pilney
"Awaiting Rain"

Noah Hanson
"Judgement"

Paige Fischer
Untitled

Racco Amedio
"Self Portrait"

Paige Hanson
"Troubled Memories"

Racco Amedio
"Still Life"

Mikkie Agnel
"Washed away over time"

ART AWARDS









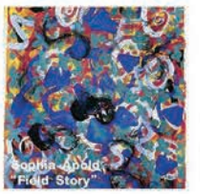




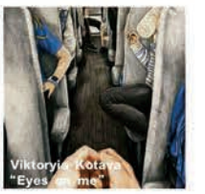




























GOLD 17 KEYS



Kalla Strusz
"Could you be gentle?"

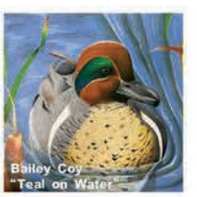


WINNER WINNER.
Winning first and second place for their grade category for the Art of Conservation Songbird Art Contest, Viktoryia Kotava ('24) and Audrey Kanu ('24) make a mark with their colored pencil creations. Viktoryia placed third in the nation.



























SILVER 19 KEYS



Barbara Mancilla
"Twist and turns"









meet the officers.

NHS officers share their roles

norah lanager



president

I lead all meetings and pick the committee chairs. I loved being on NHS as a junior and seeing all the committees; I wanted to be a part of it all. I was extremely honored to be elected for this position. I enjoy being out in the community and doing service work with all of NHS; it is an incredible feeling.

owen van de reit



vice president

I liked the leadership role I was in just being in NHS last year, but I wanted an even bigger one. My main role is to take attendance at the whole group meetings and oversee the committees. My favorite memory was trick-or-can when we dressed up on Halloween and went out and collected cans to donate.

kaitlin christensen



secretary

At each meeting, I take notes and make a recap to share at the next meeting as well as the attendance at the beginning of each meeting from the last meeting. I love being an officer because I can participate more actively in the community. My favorite memory was the first committee I was involved in, which was the fall blood drive last year.

Lilia Barrett



historian

My role is to do the Joke of the day at the full group meetings. I also run the Instagram accounts and make the recap presentation at the end of the year. My favorite memory was leading my first committee, which was the homecoming dance, because it was like a start to being an officer. One thing I love about NHS is that all the events are entirely student-run.

During this year of NHS, they are bringing back dinner and bingo, as ice cream and bingo at the nursing home. There was a lot of behind the scenes work that **Kate Christiansen** (‘23) had to do such as getting approvals from both the nursing home and the school, buying decorations and ice cream, and set up. She is very excited to be able to do this for the community and bring back old traditions, because this has not been done since before COVID-19. Another event that NHS ran was trick-or-can. NHS members went “trick-or-treating”, but asked families to donate cans for the food shelf. They donated 3,911 cans to the Hanover Food Shelf. **Bennett Moger** (’24), junior on NHS, said, “NHS is important to me because I get to help out in the community. Trick-or-can really inspired me because people were very excited and willing to give items to the food shelf.” Another NHS member, senior **Julia Dupay** ('23) enjoyed Trick-or-can as well. She exlaimed, "I enjoy NHS because it provides an opportunity to make a differance in the community. Trick-or-can is my favorite activity that NHS does. Not only is it something fun I get to do with my friends on Halloween, but we can also give back to the community by collecting food for the food shelf. We collect so many cans and boxes which is an awesome feeling!" All of the members are selected for NHS very specifically and intentionally. **Faith Ramsey** ('23), a senior, has been in NHS for two years, she expressed, "I decided to apply for NHS because I knew it was a great opportunity for my future. I had heard great things about it as a sophomore so when I had the chance to apply, I had to take it. I love NHS because it allows me to serve the community alongside my friends at school. I love seeing how the activities we do benefit and impact the community and the people of St. Michael and Albertville". ***Spread designed by Paige Butler and Macey Setter.***



ashton szymanski



president

My main role is to plan and lead all of the meetings and events. I love leading the student body in a direction that will make a difference in the school. There are no limits to what events we can do. This year, we implemented a few new events and we are hoping that they will become yearly events that the student council continues. My favorite memory from being on student council was planning and running the senior sunrise, it was a fun way to start off the year.

hannah kvant



vice president

I assist Ashton with planning meetings and collaborating for the events. During meetings, my favorite thing to do is write everything on the whiteboard. I love being on student council because it is a smaller group, a great opportunity as a senior, and we get to lead school events and meet new people. My favorite memory from being on student council was going as the full group to Feed my Starving Children with the whole group to pack the meals, it was such a cool experience.



LEADING THE PACK. Fae Bromley ('24) and Alexander Her ('24) MC at the Winter Week Pep Fest. "My favorite part of the pepfest was when Evan Dombeck broke the plunger in the relay race." said Alexander Her ('24).

meet the council.

Student Council officers create new traditions

WINTER WEEK. Student Council was preparing for the Winter Week Pepfest, **Jack Robinson ('24)**, a new student council member said, "My role in the pepfest was brining out plungers for the relay race. I did not expect the amount of preparation and rehearsing that goes into a pepfest." *Photo by Cail Jahnke*





TEACHING THE TEACHER. As Ethan Christensen takes on teaching Mr. Simmons, he taught him how to professionally shoot! “I thought it was pretty cool to be a part of the student teacher basketball game in general. Basketball used to be a pretty big part of my life so getting to play in that game meant a lot to me. I thought it was pretty cool getting to guard Mr. Simmons and also have him guard me. I’ve experienced Mr. Simmons being a super cool dude so I wanted to score while he was guarding me to get his reaction to my bucket,” said Christensen. *Photo by Bennett Moger.*



PULL THROUGH . Breanna Immer ('24) pulls with all her strength to beat her classmates in front of the entire school. “When I was asked to be a part of the tug-a-war, I was so excited. I was a little nervous before we started, but then me and my friend Rachel who also did it with me tried to come up with a plan to make our friends lose, which obviously didn't work well since we lost. It was a lot of fun hearing everyone cheer on us, and it was also super fun when Cornell and the knight mascot joined in, it was overall just a fun time,” Immer said. *Photo by Bennett Moger*



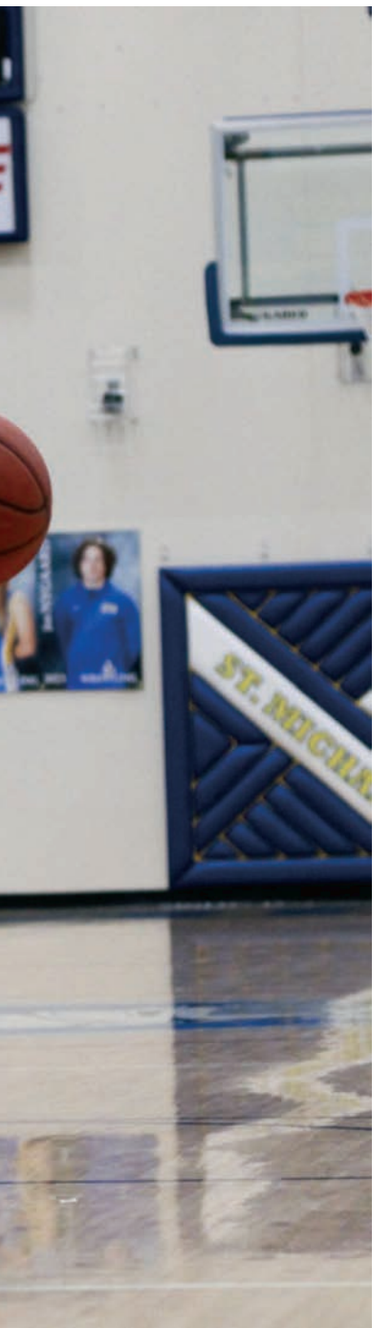
THE HEAT IN THE COLD. This year, the tradition of the SNAP basketball game continued. “The most fun event in winter week is definitely snap basketball against all of the teachers at the pep fest. The energy is always so heated from the students to the teachers, and all my classmates screaming makes the vibe so much more fun and memorable,” said Zak Wise. *Photo by Bennett Moger*



senior dress up.

Dressing up for winter week makes the week so much more fun and memorable, especially when more people participate. The most common dress up days usually consist of “jersey day" and “senior ladies t-shirts, which is usually worn on the days of the pep fest. Pictured left are seniors Drew Bushard, Hannah Kvant, Lila Barrett, Avery ORourke, Taylor Jeffery, and Molly Ruhland. Pictured right are seniors wearing jerseys, Zach Heitkamp, Charlie Winans, and Aiden Hansen.





dunk on winter week.

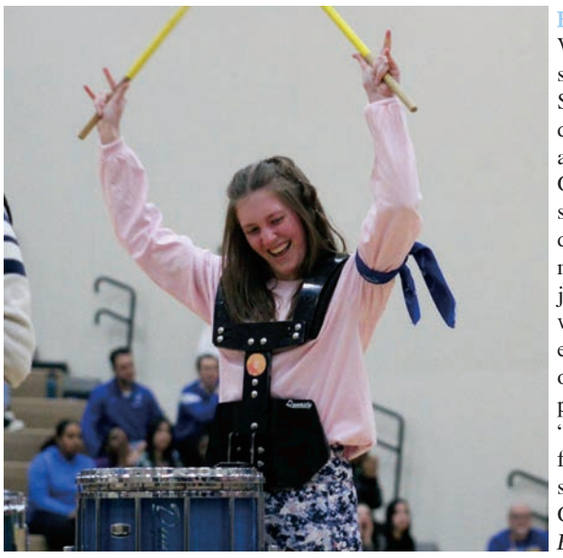
winter week energizes student body.



PULL TILL THE END. Playing tug of war is a thing that has lasted for years in STMA. Grades battle each other for a win. Though the seniors won, the sophomores put up a tough fight, including Juslene Chea ('25) pulling in the middle of their team. *Photo by Bennett Moger.*



OPEN WIDE, REEVES. The Knights go hard to have fun during winter week whether it's playing tug of war with your classmates and or teachers, or dressing up in your pajamas with your friends, or even pieing your principal in the face in front of your entire school. As Noah Torgerson (‘24) had the honor of pieing principal. Mr. Reeves in the face. “I really enjoyed throwing the pie in Mr. Reeves' face, because of all the times I got sent to the office,” said Torgerson. *Photo by Bennett Moger.*



FINISHING STRONG. What's school spirit without some pep in the fest! The STMA band had everyone dancing along as the activities continued. Abigail Carroll said, “Playing for the school at pep fests is definitely one of my favorite memories of high school! It’s just so much fun to walk out with a cadence and get everyone nodding their heads or clapping along. I love playing our longer cadence, “Oh Yeah”, because of the fun stick clicks we do at the start of the song," said Carroll (‘23). *Photo by Bennett Moger.*

MVP with the mic.

“My favorite part was when Evan Dombeck broke the plunger in the relay race. I couldn’t have done it without Fae. She was really helpful and a really good MC. She’s the real MVP. Another favorite part of mine was trivia. I really enjoyed asking the questions and seeing what the teachers’ answers were. I was really nervous but the crowd being super loud made that go away,” said Alexander Her (‘24)



Spread by Heidi Frank, Mya Henry, and Maddy Petranek.

the man she was

Martahler takes the lead in Varsity performance



BANG. In this banging scene we see the characters are targeting at the other side. ***Photo by Kyla Smith.***

Mia Martahler ('23) has landed the lead role in the play *The Man She Was* to send off her senior year with a bang. She has always done theater but decided to really get into it in her eighth grade year. When Mia made it to high school, she found that things were better than she expected: "All of the older kids were really nice to me and I felt it was just a really great place to be".

In The Man She Was, Mia played the character of a woman named Emma who went undercover in the military as a man named Frank so her character could fight in the civil war. She was very excited for this role: "I am used to playing as kids, and this was a chance to play not just an adult but someone who was so conflicted and it was good for me to work more on my emotions and *connect to the character."*

Spread by Josie Gillach.



TRAGEDY FALLS . In this dramatic scene , Paige Reineke ('23) is playing a character that is dying and confines in the nurse Mia Marthaler ('23) for comfort. ***Photo by Kassie Mckeown.***



NOT HORSING AROUND. Evan Blanchette ('25) understudies in the JV One Act. Blanchett plays the rich and impatient farmer who gets married to a horse because he is unclear with his words. Blanchette adds, "It's such an honor to get to work with such talented actors and techies. It's been an experience unlike any other, and I'm so grateful I signed up." Alexander Laurie ('25) plays the unlucky lad working for the farmer: "The people in theater are the most accepting people I've ever known. Being a part of this group is amazing and one of the most fun things I've ever done. Also pictured are Hailey Harrison ('25), Alary Weinzeral ('24) and Maddie Barnes ('26). ***Photos by Tim Bykowski.***







once in a time of trolls

One Act Performances



THE STORY STARTS. In this scene Rylie Saloum's ('24) character is telling a story. "My story is about how I became content doing whatever I want and not doing what other people tell me to do." ***Photo by Tim Bykowski.***



BREAK A LEG . Gus Kreuger' s ('25) character and others sitting on thrones. ***Photo by Tim Bykowski .***

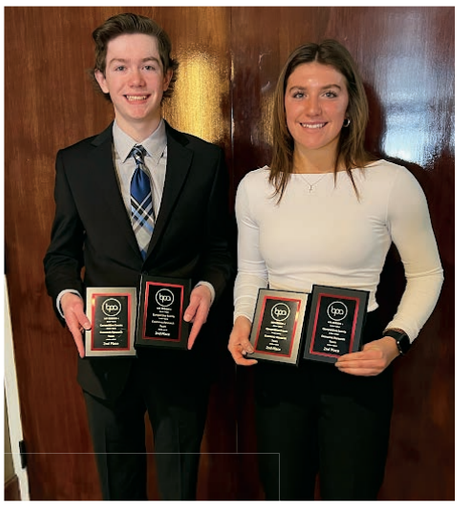
TAKING IT HOME.
The students that went to regionals competed against other schools. This is the bus ride home. While the students that placed are holding up their awards. Jacob Baetsen ('24) said, "It felt amazing, after all the preparation you put into it, and it paying off feels great! The thing I was most excited for was the experience. Seeing things about the business world gives you an idea of how the real world works. *Photo by Renae Carlson.*



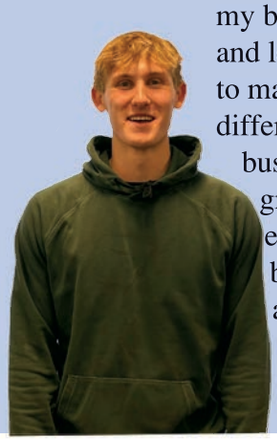
WORKING TOGETHER
Seniors Ellie Hunsley, Aidan Hanson, and Bitsy Strehlow placed second in video production team. This took place at Anoka Ramsey Community College in late January. Strehlow said, "I was very surprised that we placed so high but, I was proud of our work and team. *Photo by Mikaylee Dickie.*



BEST OF THE BEST.
Another set of siblings senior Anika and sophomore Kaden Rogers. They are holding their awards from regionals happily placing 2nd. Anika Rogers ('23) said, "I am so grateful that I was in BPA for the past 3 years because it helped me to further expand on my business skills and knowledge that I know I will use in the future." *Photo by Mrs. Carlson.*



p.o.v getting involved



"I joined BPA to expand my business perspective and learn more about ways to make money and run different types of businesses. Also it's a great way to have an entrance into the business world, being able to make connections with real world problems."
-Grant Riedel ('23)

SNOW EFFECT.
Snow flakes were being made for the senior living home. Seniors being pictured are Landon Stevenson, Mikaylee Dickie, and Ellie Hunsley. Stevenson said, "My favorite thing about it was all the people that came together for a good cause. This project made me feel connected with the community." *Photo by Ms. Stanton*

SERVING OTHERS.
Ready to bring over the snow flakes for the senior living home. Lauren Pouliot ('23) said, "Making snowflakes for Guardian Angels was a great experience and made me very thankful for my community and classmates that we had this opportunity." *Photo by Ms. Stanton*





purpose to potential.

why to get involved

The BPA team went to regionals at Anoka Ramsey Community College. Many of them placed after competing at this event. There were thirty five qualifiers that made it to State. Those that place in state then move onto nationals which is held in Anaheim California**. Barbara Mancilla** ('23) said, "Although I stalled when I was brought into an office with the judge, overall I liked the experience and being able to try something different. There weren't any requirements to it so it was fun to try senior year!" This years statement is, "The mission of Business Professionals of America is to contribute to the preparation of global professionals through the advancement of leadership, citizenship, academic, and technological skills." They definitely worked alongside the mission statement this year. **Paige Bushard** ('25) felt this was impactful to her, "The preparation of advancement of leadership and skills really showed when I had to prepare speeches in front of a judges and rehearse my lines many times. My skills really improved from this because usually I wouldn't go to this degree of studying and preparing." There is also an opportunity to go to New York City in April. They will go to get a real world business learning experience. **Maggie Steele** ('24) was excited to say, "I chose to do this trip so I could experience New York in a different way: a business way. I am most excited to see a Broadway play and visit the New York Stock Exchange."
BPA has taught many things to many people. Having an experience like this is unlike another and not something that should be taken for granted **Michael Johnson** ('23) said, "BPA taught me a lot about the world of business. I placed third on an individual Banking and Finance test and fourth in Administrative Support team competition." Spread designed by Molly Reynolds



ACCOMPLISHING TOGETHER.
This picture was taken during regionals at Anoka Ramsey Community College. Thirty five people placed to go to state at this event. Joey Torgesen said, "Even though there was a lot going on everyone was excited for their events. I was nervous for it but everything ended up good while placing for state." *Photo by Mrs. Carlson*





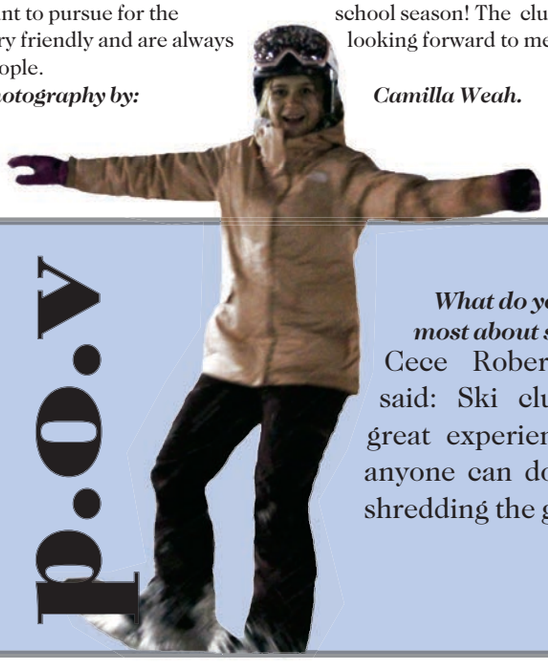
"Working with my sister this year for BPA was amazing! She is the only freshman in the club, so it was a little scary for her. Being siblings we held each other to a higher standards and pushed each other."
-Dylan Ficher





FROSTY FUN. They came for their first session on December 15, 2022. They were all very glad to be back for another season. Everyone had their designated groups and were excited to experience their favorite club together. There were plenty of newcomers ready for a fresh hobby that they want to pursue for the school season! The club members are very friendly and are always looking forward to meeting new people.

Photography by: ***Camilla Weah.***



p.o.v

What do you like most about ski club?

Cece Robert ('25) said: Ski club is a great experience and anyone can do it. I'm shredding the gnar!

What is your favorite slope to go down?



Brady Dupaul
Side Winder



Jayna Haehn
Intermediate slope



Sam Drake
The Wall

RISE & GLIDE
Alpine Ski team posing at Giants Ridge. The team received an MLK invitation to join a weekend of skiing with challenges. The event is hosted on Martin Luther King Jr day with an evening racing schedule.
Photography by: Charlie Krueger.



alpine ski team



Members (Not in order):
Logan Alessi ('25), Hannah Ehlers ('25), Kyle Krueger ('25), Connor Reese ('24), and Mallory Shidla ('26).

rise and glide!

see ya on the slopes



FEELING FROSTY
STMA Ski Club Member, Grant Seuss ('23), poses at practice on December 15th. Seuss has been part of this club for 4 years. Seuss said, "I look forward to it every year...it makes me a more outgoing person." *Photography by Camilla Weah.*

Join the ski team and hit the slopes. STMA alpine ski participants include Logan Alessi ('25), Hannah Ehlers ('25), Kyle Krueger ('25), Connor Reese ('24), and Mallory Shidla ('26). Mallory Shidla said, "Alpine skiing is a very fun and unique sport; I love the whole experience. There is never a moment where you feel out of place and I've never felt that I'm not welcome. While it can be time-consuming, racing is very rewarding and I wouldn't trade it for the world." Logan Alessi won a Gold medal in JV and his fastest time down the hill was 27 seconds. Alessi said, "I think the entire team did great this year!" There are also hosted events for the team to compete at, they had a recent one during MLK weekend that gathered every team to do sets of challenges and have fun. Meet the ski club! Every Thursday the club meets and heads down to Powder Ridge Resort in Stearns County, MN. The club has an opportunity to learn, experience, and have fun for all participants. Ski club is a great way to get out of your comfort zone and be able to achieve new goals. "I love the ski club. Samatha Tesmer ('26) said, "It gives me freedom to do something I thought I would never do..." The club offers an opportunity for students to do something they enjoy or even learn from. The community is always welcoming for all!



what's trending?

top products

The Cosmetology program at Wright Tech is an intro to cosmetology. There are many other programs at Wright Technical College other than Cosmetology, such as nursing, mechanics, law and order, etc. Wright Tech is only available to Juniors and Seniors, but there is a tour that Sophomores can take if they want to get more information about any of the programs. The Cosmetology program goes all school year and can give you hours towards cosmetology school or tuition off if you reach the required hours to qualify and are planning to attend a school that works with Wright Tech. Some of the trending beauty products of 2022 are Charlotte Tilbury, Rare Beauty, hair tinsel, Amika, Redken, Arctic Fox hair dye, Drunk Elephant, etc. All of these products have made a huge impact on teens and adults all around the world. TikTok has greatly influenced the popularity and craze over these products. Some makeup that has become popular this year is the Charlotte Tilbury Hollywood Flawless Filter, Contour Wand, and Blush Wand. Other makeup that has been trending is the Drunk Elephant bronzing drops and the Rare Beauty blush. Spread designed by Cortney Halvorson.



April Torres ('24)“ explains, My favorite part about Wright Tech has been meeting new people and being able to experience new things, I also want to start my own business for hair and makeup after cosmetology school.”



Cortney Halvorson ('24) shares, "My favorite part about Wright Tech so far has been nails, hair coloring, and facials."



“I have been interested in cosmetology for a long time, and I wanted to learn more about hair and how to properly and professionally dye hair,” said Natalie Eull ('24).



“My favorite part about cosmetology is styling hair, and my favorite part about Wright Tech is being able to wash and style people's hair a lot," said Maddie Barthel ('24) while doing hair tinsel on Destiny Gritz ('23).



“In the future, I want to open a salon for hair and makeup,” Blessing Davis ('23) said while she was doing Elsa Amoako's ('23) hair.



cosmetologist's in training.

Seniors prepare for life after STMA with acceptances to Atelier, school of cosmetology

"After high school, I am going to cosmetology school at Atelier and I want to specialize in hair and eyelash extensions," said Mya Henry ('23).



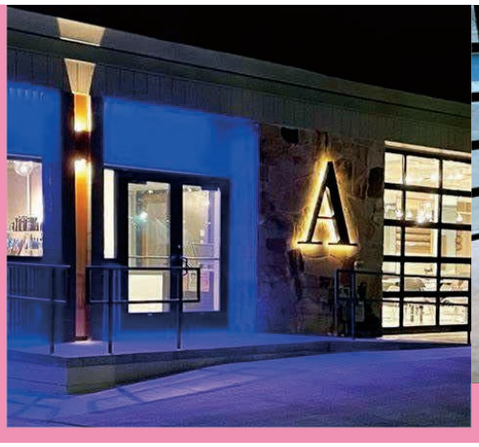
"I'm attending Atelier, it's a cosmetology school in Hopkins, and I hope to work at a nice Hair Salon after I graduate," stated Faith Ramsey ('23).



Rylee Harrison ('23) shares, “I am going to Atelier for cosmetology school and I hope to do hair after that.”

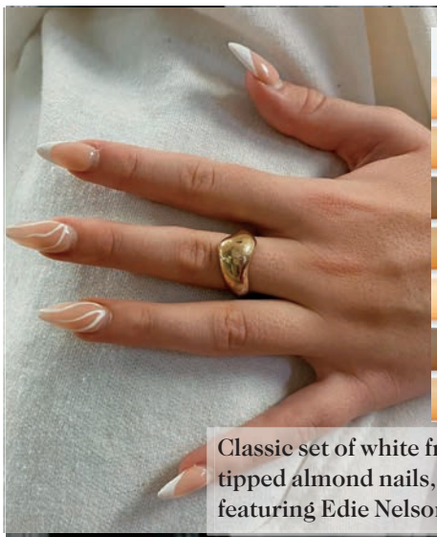


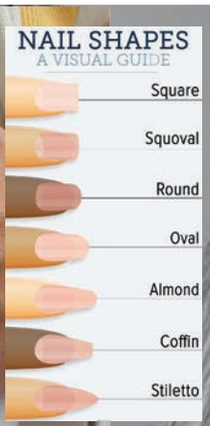
THE ATELIER
ACADEMY OF BEAUTY





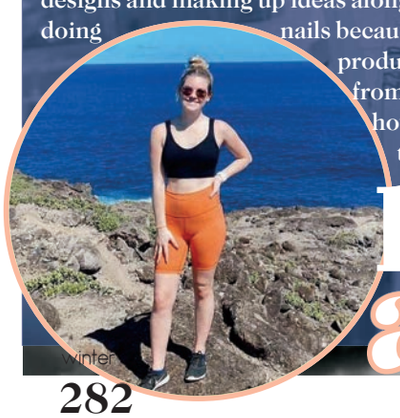
simply beautiful





Classic set of white french tipped almond nails, featuring Edie Nelson ('23).

Meet Cortney Halvorson ('24), who has been doing nails for only a little over a year and a half, coming up on 2 years in 2023. One of the most common ways people get themselves to feel better about themselves is getting your nails done. Cortney first learned how to do acrylic nails over the quarantine by watching youtube videos to find a new hobby, and now has been doing nails on her friends and family ever since. Cortney already has her future set being in the nail industry with her wanting to go to a cosmetology school after high school to be licensed and can do it for a career one day. She loves being able to have her creativity come through in her nail designs and making up ideas along the way. "I love doing nails because I can see the product being designed from start to finish, and how much people like them in the end".



meet the artist

nailed it.







Cortney can do acrylics on her own nails, and not only but does intricate designs at the same time. Yes, which does mean she needs to be able to switch from her dominate hand. "It takes me about 3-4 hours when I do my own nails depending on the design I choose". Cortney also makes her nails specially designed for whatever occasion is coming up next in her life. "I love to do themed nails for holidays and fun events that I have". You can keep up with her nail art on her instagram @nails.by.cortney.

fun fact



Mya watches Keeping Up With the Kardashians while doing lash extensions. She has watched over 13 seasons which is about 167 and a-half hours to watch every episode of KUWTK. That is equivocate to almost a full week for the main show and almost four full days for its spin-offs.

let's talk lashes



mega volume

1 handmade fan of 6+ of the lightest lash extensions to your natural lashes, and are great for a bold show-stopping look.

Heidi Frank ('24)



hybrid

A beautiful combination of classic and volume lashes to create a perfect blend of fullness and texture.

Alicia Vosberg ('23)



volume

1 handmade fan of 2+ lash extensions to natural lashes to make a great full luscious look.

Ella Vanorden ('23)

meet the artist

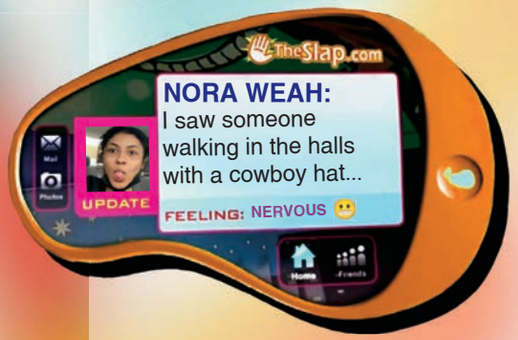


Meet Mya Henry ('23), who has been doing eyelash extensions for only a little over a year. Lash extensions have transformed into a beauty industry standard for many people with the growing popularity through social media. Mya first learned how to do lash extensions in 2021 and since then has transformed it into her own small business. "I first learned how to do lash extensions by watching youtube videos and practicing on my friends to teach myself". With Mya still having a second job, making time for appointments takes a lot of time out of her day to make sure everyone can get in. "I schedule people making sure I don't do it on the days I work my other job, and I need to make sure I schedule full sets at least two hours and fills an hour to an hour and a half". Even though doing eyelash extensions can be time consuming, Mya continues to grow her products and clients. "I love doing lashes because it's very therapeutic to me and I love making girls feel beautiful".

Spread designed by Alicia Vosberg.

TheSlap

What's HOT @ STMA HIGHSCHOOL











what's slappin'?

TheSlap.com is the "Hollywood Arts" social media where the students post statuses, photos, videos, and news at the school featured in the Nickelodon show "Victorious."

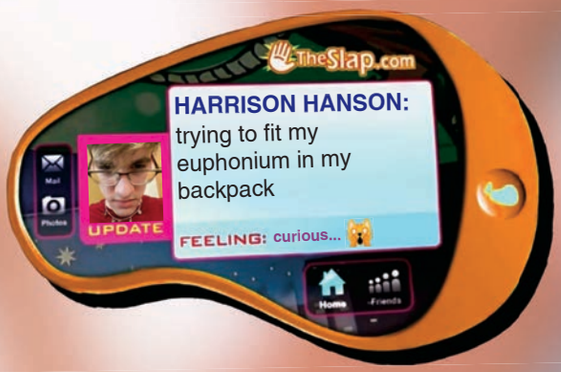


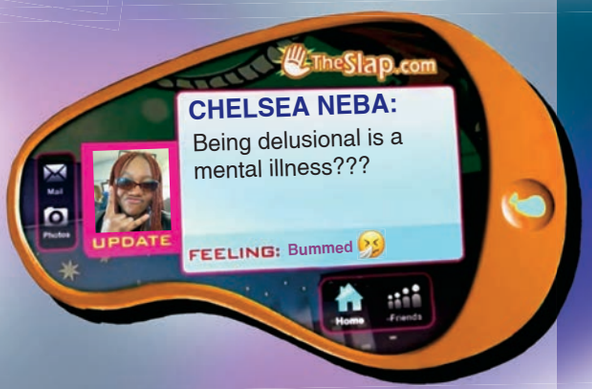










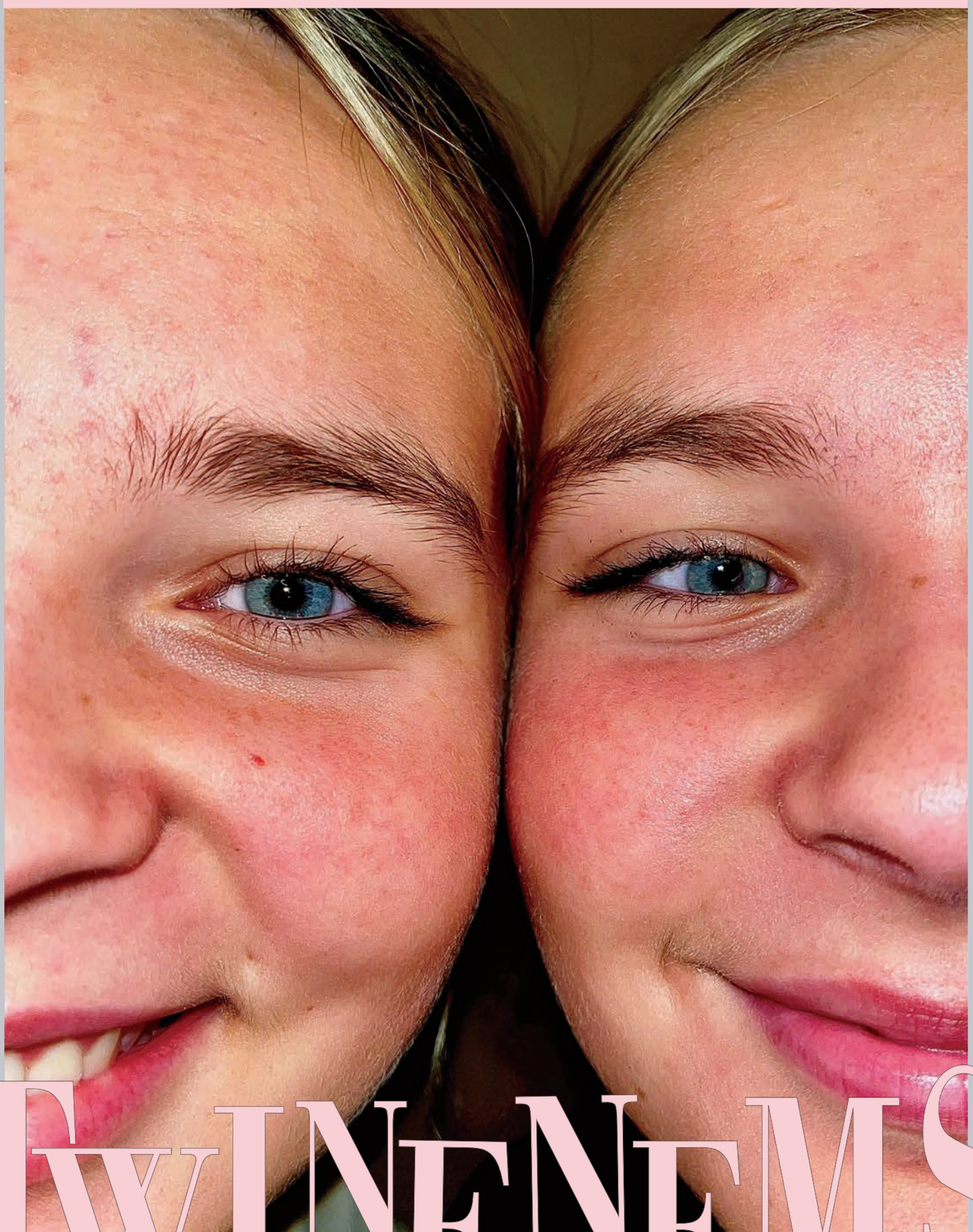






Spread by Dylan Gfroerer, Josie Gillach, and Camilla Weah

Amanda and Becca Odland ('25) are identical twin sisters. A lot of people wonder what its like to be a twin at least once in there life, but for these two they don't have to wonder. Unlike other twins who were asked the same question, Becca and Amanda have never wished they weren't twins, to be a twin is cool by it self but to be a identical twin is pretty unique.



TWINEMS

GUESS MY NAME



I play girls Varsity soccer player



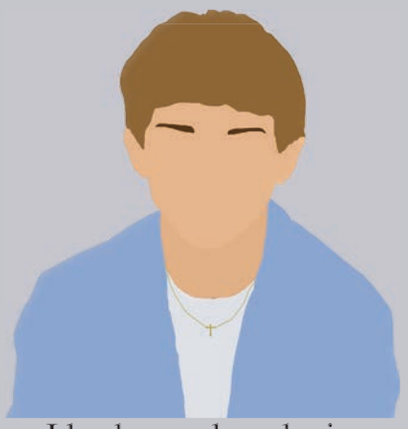
I have danced for fifteen years



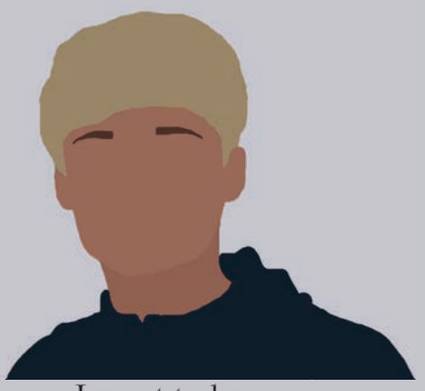
My dream vacation is Mykonos, Greece



My favorite sports team is the packers



I broke my leg playing football



I want to be an accountant

Answers

Top left, bottom right: Maverick and Holland Kneefe ('24)
Top middle, bottom left: Reese and Kenna Johnson ('23)
Top right, bottom middle: Ethan and Sam Helm ('23)

THEN MY TWIN

Amanda says it does get a little annoying being asked all the time if we have twin telepathy or if we can feel each others pain. Becca said, "We dont feel each others pain but we always say stuff at the same time when someone asks us a question, and we always look at each other after, and we do sometimes know what the other is thinking, its pretty weird.' Identical twins are known to be pretty close and have a better relatonship then normal siblings. Looking at them with maybe only having a few conversations with them you may not know which is which, but for family and friends its easy to tell the diffrence. We asked the twins older brother **Brody Odland ('23)** on how he tells them apart: "There's not really a specific thing that sets them apart, when they were younger they would wear different colors but now I just know who is who. I think as they got older it just got easier to tell."

Spread designed by McKenna Johnson.

different sibling duos

Did you know they are siblings? Well you do now! Senior and underclassmen siblings share their favorite thing to do together

"Our favorite things to do would have to be going out to get ice cream and going thrifting"



Greta Crowell '26

Gracie Crowell '23

"when we aren't fighting we like to spend time playing baseball together"



Reid Varley '26

Mason Varley '23



Lauren Dinh '23

Nolan Dinh '26

"Our favorite thing to do together would probably be going on car rides with our dog"



Spread designed by Lauren Dinh and Alexa Ohlander



Maddy Molesky '26

Emilynn Molesky '23

"We love to go on car rides together listening to our favorite song which is "My Girl" by Dylan Scott"



Connor Marshall '26

Colin Marshall '23

"My brother and I love spending time together by going jetskiing during the summer"

"We enjoy taking a drive to go grab some food, our favorite places are Taco Bell and Culvers"

Culver's

Taylor Jeffery '23





Carter Loebertmann '25

Trevor Loebertmann '23

" Carter and I like to hangout and hit balls at the golfing range when it's warm out"



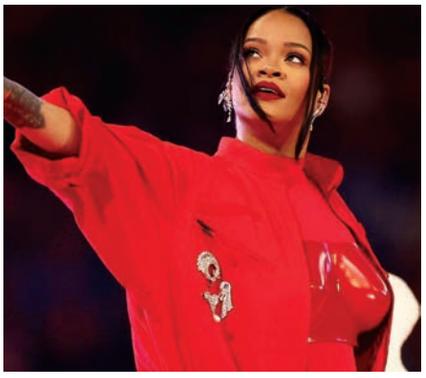
VICTORY. Sunday's showcase in Arizona turned out to be a record performance for Fox. About 113 million people tuned in to watch the Kansas City Chiefs beat the Philadelphia Eagles in Super Bowl LVII, which made it the most-watched Super Bowl in six years, Fox announced Monday. The game was the most-streamed Super Bowl, too, up about 18% from last year's game and 103% from the Super Bowl in 2020. Patrick Mahomes led the Chiefs to a 38-35 comeback win Sunday at State Farm Stadium, claiming the team's second championship in four years. Mahomes went 21-of-27 for 182 yards and threw three touchdowns to earn Super Bowl MVP honors.

score by quarters

1st	2nd	3rd	4th
7 - 7	14 - 24	21 - 27	38-35
	Eagles up	Eagles up	Chiefs win

GOOD TO BE BACK. The 2023 Super Bowl Halftime Show was a party thanks to headliner Rihanna. Her mentor Jay-Z's Roc Nation is a partner in producing the Halftime Show, so it was likely only a matter of time before RiRi took the stage. Hov said in a statement announcing her performance, "Rihanna is a generational talent, a woman of humble beginnings who has surpassed expectations at every turn. A person born on the small island of Barbados who became one of the most prominent artists ever. Self-made in business and entertainment."Rihanna's halftime show beat the game's ratings. The performance drew an average of 118.7 million viewers across all platforms, which made it the second-most watched halftime show on record. Only Katy Perry's halftime show in 2015 drew better numbers.





february.



FAN FAVORITE. The immensely fun and illogical Outer Banks returned with a new season on February 23, 2023, bringing back the Pogues and Kooks amid a coastal North Carolina class rivalry. Despite being well on its way to losing most of its charm and any sense of logic, the new ten-episode season is still undeniably fun in many ways. Outer Banks was always good at understanding what it wanted, but in this case, with a mighty inconsistent story where anything is possible, the third season seems to have quite substantially lost its way. This is especially worrying considering that this became one of the rarer Netflix shows to receive a fourth season renewal ahead of the premiere of the third one.

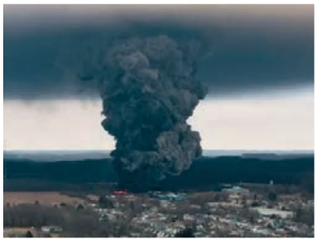


WINNING BIG. Kendrick Lamar was the most-nominated male artist at the 2023 Grammy Awards, securing eight total nods. Kendrick Lamar has won the 2023 Grammy Award for Best Rap Album with Mr. Morale & the Big Steppers. The rapper was presented the award by Cardi B, and he was victorious over fellow nominees Pusha T , Jack Harlow, Future , and DJ Khaled . Lamar has now won Best Rap Album three times, having been victorious in the category in 2016 (To Pimp a Butterfly) and 2018.. Lamar was also nominated at the 2014 Grammy Awards for Good Kid, M.A.A.D City, but infamously lost to Macklemore & Ryan Lewis. Lamar's single "The Heart Part 5" took home trophies for Best Rap Performance and Best Rap Song. He lost his Best Melodic Rap Performance nod (for "Die Hard") to Future, Drake, and Tems, who earned the accolade for their track "Wait for U."



MAKING HISTORY. Basketball hero LeBron James has become the NBA's all-time top scorer. LeBron James has passed Kareem Abdul-Jabbar to become the NBA's all-time leading scorer. Abdul-Jabbar had been atop the career points list since April 5, 1984, when he broke the mark previously held by Wilt Chamberlain. Now James has that record.The 38-year-old Los Angeles Lakers star passed Kareem Abdul-Jabbar in career points, scoring 38 to give himself a total of 38,390 in a 133-130 loss to the Oklahoma City Thunder on Tuesday, 7 February.





TOXIC TRAIN. Around 9 p.m. on Feb. 3, a train derailed in East Palestine, a village of about 4,700 residents about 50 miles northwest of Pittsburgh. There were 150 cars on the route from Madison, Ill., to Conway, Pa. The National Transportation Safety Board said that 38 cars derailed and a fire ensued, which damaged another 12 cars. The head of the US Environmental Protection Agency returned Tuesday to the site of a toxic train wreck as weeks of anger, frustration and reports of health problems pile up in East Palestine, Ohio. EPA Administrator Michael Regan and Gov. Mike DeWine sought to reinforce earlier assurances that the municipal water supply is safe to drink by visiting an East Palestine home and drinking water straight from the tap. At the same time, the state was opening a new health clinic to address the growing reports of rashes, headaches, nausea and other symptoms in East Palestine after a Norfolk Southern freight train carrying vinyl chloride and other hazardous chemicals derailed on February 3 – igniting a dayslong fire, shooting black smoke in the air and leading to a release of vinyl chloride to help avert a more catastrophic explosion.

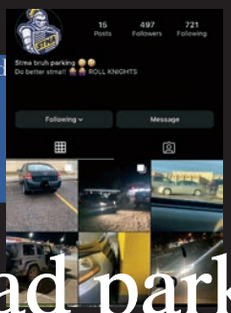
STMA A to Z

Chicken alfredo is one of the favorites at lunch.



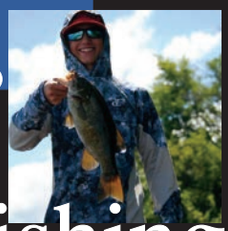
a lfredo

Our school's bad parking instagram page.



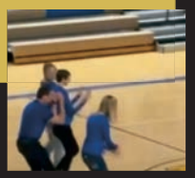
b ad parking

Angler Fisherman, Levi Larson



f ishing

Mrs. Butkowski, Mr.Massmann, Mrs.Vander Heiden, and Mrs. Kainz hit the griddy at the winter pep-fest.



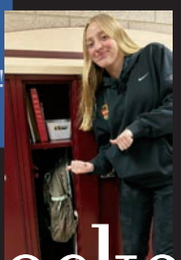
g riddy

KBNG is our school news and covers what is happenin in our school.



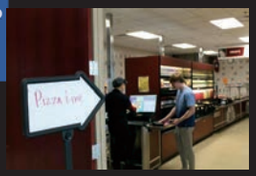
k bng

Lilly Farrand ('24) shows off her nice organized locker!



l ockers

The pizza line is another option at lunch that many students choose to use!



p izza line

"I use Quizlet because it is a good study tool and helps me preapare for my tests," said Grace Eicher ('24).



q uizlet

Mr. Reeves, our amazing principal!

r ee

The sophomore class is cheering on their classmates at the pep fest!



u nderclassmen

The JV football team going 8-0 this season.



V ictory

Mylin Lemke ('23) placed 5th at state. This was the first year at STMA with a girls' wrestling team.



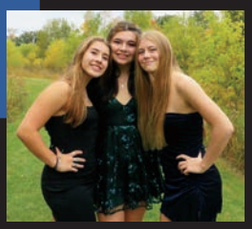
W restli

Most students have caffine help them get through the school day



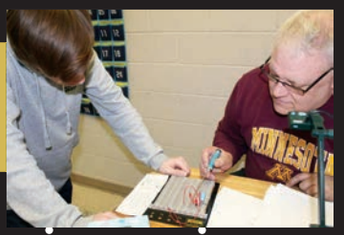
Caffine

"It is fun when everyone is jumping around close togther singing to a song everyone knews," said Morgan Tiedken ('25).



dances

Working on a project in Engineering.



Engineering

Addie Hoglund ('25) with the hall pass from the shop. Hall passes are new this year.



hall pass

Marie Meehan ('24) has a GPA of 4.05



intelligence

There is 30 people that have the last name "Johnson".

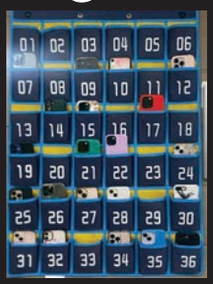
30 Johnsons

Our school mascot participates in tug of war at the winter pep fest.



mascot

Phone charts are a new thing at school this year after becoming a 1:1 school.



no phones

"I am going to Bethany lutheran college in mankato to play softball and I'm majoring in businessal administration," said Anika Rogers('23)



Occupation



eves

A group of senior boys at their final pep-fest of high school.



Senior boys

William the tortise who is owned by Mr.Oleson.



tortise

Gabby Nelson's ('24) car buried after one of our many snowstorms this winter.



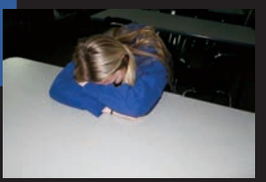
ng Xtreme weather

Each yearbook staffer has put in 156+ hours into this yearbo[illegible]



yearbook

Ady Hansen ('25) was caught sleeping in class.



Zzzz

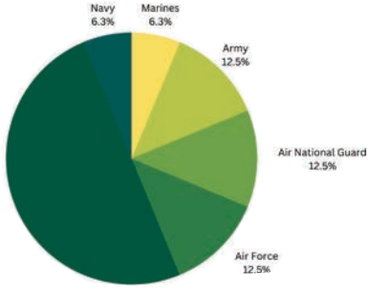
Spread design by Janae Mitchell and Katelynn Dressler

We The MIGHTY









Army National Guard

Air National guard

Air Force

Coast Guard

Marines

Army

Navy











Joining the Military is not an easy decision to make. Joining any branch of the military means making sacrifices. If you sign a contract, that means you are bound for that amount of years you signed for. Less than 1% of Americans join the Military. Not many people wear the uniform, so for those who do, thank you for wearing it with pride and respect. Thank you to all those who chose to put their lives second. Thank you especially to the young soldiers who made this life changing decision even before graduating High school. You are making STMA proud!

This spread information is accurate only from March, 2023. Thank you in advanced to all those students who joined later in the school year. Thank you for your service to all students and staff!

Spread by Kyla Smith.

Fitness Stud





Staying fit is a standard for the Army. Chain of Command may first evaluate a soldier on their past ACFT scores. An ACFT (Army Combat Fitness Test) is a fitness test based on six fitness events for a soldier to complete; a two mile run, plank, push ups, ball throw, sprint-drag-carry, and deadlift. Males and females are scored differently on their individual fitness levels. The scoring is based out of 600 point. The average ACFT score for a soldier is 442 but many over achieve that. **Kyla Smith ('23)** scored a 559 on her latest ACFT at basic training. She was awarded the Iron Soldier medal for the highest female ACFT score in Alpha 1-48 Company at For Leonard Wood, Missouri. One of her Drill Sergeants commented: "Fitness studs are what run this country."

MARINES

ACTIVE DUTY:

Tyrese Phengdouangdeth ('23) Joined Dec, 2022

NAVY

ACTIVE DUTY:

Matthew Livers (Staff) Active from 2004 to 2008

AIR FORCE

AIR NATIONAL GUARD:

Cailey Aandal ('23) Joined Dec, 2022

Drew Bushard ('23) Joined Aug, 2022

ACTIVE DUTY:

Charles Schefers ('23) Joined Apr. 29, 2022

Dana Stanton (Staff)

ENLISTED

ARMY

NATIONAL GUARD:

Kyla Smith ('23) Joined Jan. 22, 2022

Trevor Inglis ('23) Joined Feb. 17, 2022

Zachary Pederson ('23) Joined Jun. 8, 2022

Owen Larsen ('23) Joined Aug. 25, 2022

Haily Peterson ('23) Joined Mar, 2023

Presley Grybowski ('24) Joined Mar, 2023

Jack Derham ('24) Joined Ma. 14, 2023

Justin Oachs (Staff) Joined Oct. 16, 2002

ACTIVE DUTY:

Owen Pederson ('23) Joined Jun, 2022

Doug Gerick (Staff) Active from 1985 to 1991

MEAL READY-TO-EAT

WHAT'S AN MRE?

A Meal Ready-to-Eat is a preserved military meal. It's made to be quick and nutritious. Each MRE holds about 15 items, from the main meal to side snacks and drink mixes. They are filled with different combinations of food ready to go. On the right is an example of an MRE. This meal is Vegetable Taco Pasta combo. This may sound disgusting and it probably is but there are many things that go along with it. Nutritious Energy Bars are pretty common in MREs. Diced Pears, crackers, crunchy peanut butter, dry roasted peanuts, as well with a rase lemonade and french vanilla cappuccino instant powder for drinks fill this MRE. There are also salt packets, pepper, napkins, alcohol wipes and laxative gum. There is also a spoon for the meal and a heat pad to warm the food up; all you need to do is add a little water to the plastic food heater and it will be steaming in minutes. Every item serves a purpose to make the soldier function to the best of their ability in the field.



WHAT A RUCKUS



What's in a ruck sack when soldiers need to march? What is a ruck sack?

... A ruck sack is a camo backpack with a built in frame with torso and shoulder straps. Soldiers, mostly Army soldiers, will pack everything they need to march out to the field, in war. There are certain things that are required for them to bring in order for them to function to the best of the Army's ability. These ruck sacks, on average, would weigh 30 to 40 pounds. Everything is folded and put in a curtain place for all inspectable items to fit.



Row 1: Zach Purcell, Caden Johnson, Jeremiah Johnson, Hudson Hochstedler, Jackson Brutger, Jake Vagts, Carter Arnlund, Layton Bottolfson
Row 2: Ron Zophie (Asst. Coach), Trevor Rothstein (Asst. Coach), Drew Luster, Logan Jans, Jordan Holm, Jonah Conklin, Colton Demarais, Logan Kunz, Landon Riebel, Jeff Oseth (Head Coach), Trevor Walton (Asst. Coach)



Row 1: Ismael Hanks, Marcus Kruse, Brock Bugbee, Trevor Rothstein (Coach), Davin Dufner (Manager), Gavin Edlund, Asher Novak, Brock Cornell. **Row 2:** Jaden Getugi, Bryce Ulferts, Wyatt Harmoning, Gage Kloster, Tse Nde, Cody Frelich



Row 1: Logan Westanmo, Drew Demarais, Lance Ellis, Ethan Jordheim, Maverick Maros, Nick Robison, Zach Helstrom, Jeremiah Purcell.
Row 2: Tyson Radke (Coach), Lane Jeffery, Carter Mason, Noah Schmoyer, Blake Klinkhammer, Titus Schmoyer, Rowan Adams, Tyler Haring, Brycen Pierce, James Bezanson (Coach). **Not pictured:** Grady Johnson





Row 1 - Jacob Bissen, Owen Westerman, Dylan Fischer, Nick Neutgens, Caleb Waller, Tate Warren, Zak Wise, Brett Roos, Gunnar Nelson, Noah Sutlief, Lane Mastro. Row 2 - SM James Anderson, Kurtis Lekatz, Karson Raymond, AC Chad Peterson, HC Jacob Hindermann, AC Austin Hill, AC Charlie Kashmark, Tyler Jordan, Jacob Rokala, SM Brookln Lyles. Row 3 - SM Jacob Baetsen, Jacob Dinius, Joshua Berg, Jack Ostrowski, Tyler Wurst, Chase Detlefsen, Noah Hoyne, Carter Bursch, Jackson Cross, Blake Couet, AJ Lester, SM Payton Lee, SM Megan Gohl. Row 4 - Riley Tangen, Xander Vetsch, Aiden Hogen, Leyton Punton, Noah Schneider, Alex Hernandez, Noah Bilicki, Reece Erickson, Preston Raymond. Not pictured- SM Mike "Big Mike" Anderson.



Row 1: Amelia Mauk, Addie Reiswig, Evelyn Schmidt, Maggie Klym. **Row 2:** Josie VanKuyk, Izzy Rice, Lilly Gillespie, Jadyn Weiser, Rylee Harrison, Emma Mace, Ava Schendt. **Row 3:** Katie Lemke, Alivia Bame, Annalee Anderson, Jacey Stone, Paige Bushard, Ali Schaefer, Maysie Rogosheske, Nicole Schumm. **Row 4:** Roz Landkammer, Julia Dechene, Izzy Cheney, Ady Hansen, Lauren Weimer, Belle Leland, Ella Priola. **Row 5:** Dani Weiland, Brynn Fluharty, Annica Walters, Adrienne Hansen, Eva Nelson, Megan Stone, Ava Pelowski, Miah Nelson. **Row 6:** Coach Olesen, Macey Setter, Martha Effertz, Lucy Felling, Josie Brill, Kaleigh McFarlin, Coach Felton. **Row 7:** Coach Tufto, Coach Jensen



Row 1: Matthew Centko (STMA-8th), Caroline Haluska (B-8th), Logan Sinclair (M-12th), Kara Vetsch (STMA-7th), Neveah Lyons (M-7th)
2nd Row: Shea Yeager (STMA-11th), Lizzie Towner (M-12th), Vanessa Kyllonen(B-8th), Carter Patyk(STMA-11th), Brody Hochstetler(STMA-7th), Lisa Bull(B-11th)
3rd Row: Sadie Armbruster (STMA-11th Student Manager), Gabe Shingleton (M-11th), Holden Hout(M-12th), Peter Roelike (STMA-11th, Student Manager)
Coaches: Diedre Anderson (B), Cassandra Rule (STMA), Angela Ziebol (M), Mary Libbesmeier (M)



cantabile & troubadours



mixed choir

Ashe Aydt, Tanner Barth, Solomon Beaudry, Lucas Benker, Maggie Berendes, Jacob Bissen, Jaxon Cagle, Abigail Carroll, Hannah Cedergren, Kaitlin Christensen, Holly Christman, Gracie Crowell, Amelia Dayton, Emma Dembouski, Evan Dombeck, Eniye Donbraye, Will Dorfsman, Joseph Duerr, Serenity Durre, Grace Eicher, Kailyn Ellinghuysen, Lydia Feder, Kylee Formo, Madilyn Gartner, Dominic Geryol, Abigail Hauxwell, Aliya Hjelle, Kailee Hustoft, Jocelyn Jaroscak, Taylor Jeffery, Angelina Jorgenson, Benjamin Juusola, Audrey Kanu, Carter Kephart, Eleanor Klym, Maverick Kneefe, Leo Krueger, Tilly Kue, Roman Lindenfelser, Avery Litke, Charlie Lund, Robert Madore, Mia Marthaler, Caleb Matheson, Emily Moen, Emily Mueller, Chelsea Neba, Maximilian O'sullivan, Ella Olson, Peyton Peyerl, Daniel Powell, Cameron Reeck, Isabella Rice, Halle Rothman, Rylie Saloum, Cole Sarkinen, Jaxen Saville, Makenna Schmidt, Eliot Schnitzler, Jack Sellman, Kyla Smith, Delia Walz, Nathan Weber, Skylene Westling, Ava Young



concert choir



concert band



symphonic band



wind ensemble

Arleth Aguirre Catalan, Ashe Aydt, Tanner Barth, Alexander Behrens, Brayden Bernhagen, Theresa Bourget, Abigail Carroll, Helena Cheaye, Angelita Clute, Amelia Dayton, Emma Dembouski, Jessica Engebretson, Delaney Feld, Jonathan Feld, Hunter Goetsch, Joseph Gonsior, Harrison Hanson, Taten Harrison, Kayla Hass, Emma Herfel, Holly Hultman, Angelina Jorgenson, Olivia Kloss, Joshua Kolles, Isabelle Lahr, Conner Leach, Jonah Lyke, Robert Madore, Mikayla Mastellar, Kasandra Mckeown, Justin Mehes, Ella Olson, Taylor Olson, Zoe Parker, Emmitt Peterson, Sophia Pizano, Lucas Przybylski, Anna Puent, Paige Reineke, Hailey Rittenbach, Rylie Saloum, Luke Sandberg, Makenna Schmidt, Lucas Schweisthal, Mason Sherk, Reese Smith, Tyus Smith, Kyla Smith, Jackson Thering, Brandon Turner Nutter, Payton Turpin, Bill Vajhmoob, Maria Waldoch, Hannah Wiger



Row 1: Managers: Brady Clauson, Luang Txhis Lee, Breanna Immer, Rachel Couture, Sarah Couture, Kelsey Cochrane, Joely Kasel, Annika Cornell, Gabby Thompson, Gabby Eicher, Lydia Hawkins, Yvonne Kinyvy, Alana James, Ashlin Rattanasinh, Parker Schaben
Row 2: Kennedy O'Connell, Hannah Kvant, Eli Schultz, Jon Nygaard, Ian Schultz, Chase Mills, Josh Vogelpohl-Martinez, Ryan Williamson, Grant Bergeron, Parker Janssen, Landon Robideau, Lincoln Robideau, Brody Bergeron, Nathan Lenneman, Rachel Heil, Paige Barthel, Ava Schultz, Joe Scully
Row 3: Dilana O'Brien, Gavin Jackson, Mason Mills, Christian Lundstrom, Jack Schoen, Roman Drew, Fae Bromley, Dominic Kisner, Tyler Zenga, Sadie Strait, Mario Dropps, Will Bramos, Kameron Krist, Shawn Skrip, Claire Kvant, Tanner Becker
Row 4: Tiffanee Kiecker (Coach), Aaron Dick (Coach), Ed Drager, Gracie Kobus, Owen LaRose, Cooper McAdams, Lily Hamilton, Bryn Powell, Natalie Pender, Kaci Brannan, Drew Bushard, Tate Tolifson, Brian Becker (Coach), Taylor Wnuk (Coach), Jesse Hackenmueller (Coach), Dan Lefebvre (Coach)
Row 5: Josh Joriman (Coach), Carson Brolsma (Coach), Seth Lange (Coach), Joe Grygelko (Coach), Tyson Hentges, Bennett Eicher, Logan Torkelson, Andrew Vogelpohl-Martinez, Nate Spindler, Evan Becker, Blake Underwood, Jack Sellman, Jacob Berning, Nikki Braun, Shaun Little (Coach)
Row 6: Caleb Matheson, Luke Laitinen, Eli Davis, Molly Ruhland, Bryon Sauvy, Max O'Sullivan, Barrett Leuer, Cody Dixon, Maggie Steele, Landon Prepodnik, Noah Torgerson, Evan Wicklund, Jarrett Wadsen, Natalie Stiehm, Peyton Preston, Myles Dehmer
Not pictured: Jed Wester, Nolan England, Matthew Xiong, Jayden Klinkner, Mark Scheurer



Row 1: Helen Picher, Audrey Powell, Madison Klein, Grace Holmberg, Alexa Ohlander, Izzie Mariotti, Brooklyn Emerson
Row 2: Autumn Sandberg, Madison Trant, Josie Bolstad, Olivia Reggin, McKenna Smaagaard, Maddie Smedberg, Lilly Jerpseth, Jasmine Gray, Chloe VanRyzin, Serena Gao, Lauren Dinh
Row 3: Madi Lawinger, Sophie Zoellner, Emily Schuetz, Alexis Stark, Ava Ronning, Bitsy Strehlow, Avery Bennett, Ava Prigge, Winslowe Drowne, Maddie Lundeen, Claire Bunnell, Josephine Mahon, Sam Meszaros, Kenzie Jaycox
Not pictured: Lucy Lawinger



mock trial

Row 1: Blank, Josie Shepherd, Madison Bleess, Audrey Sigugu, Blank
Row 2: Erin Hartnett, blank, Bill Vajhmoob, Angelina Jorgenson, Ari Marquette, Reese Smith



speech

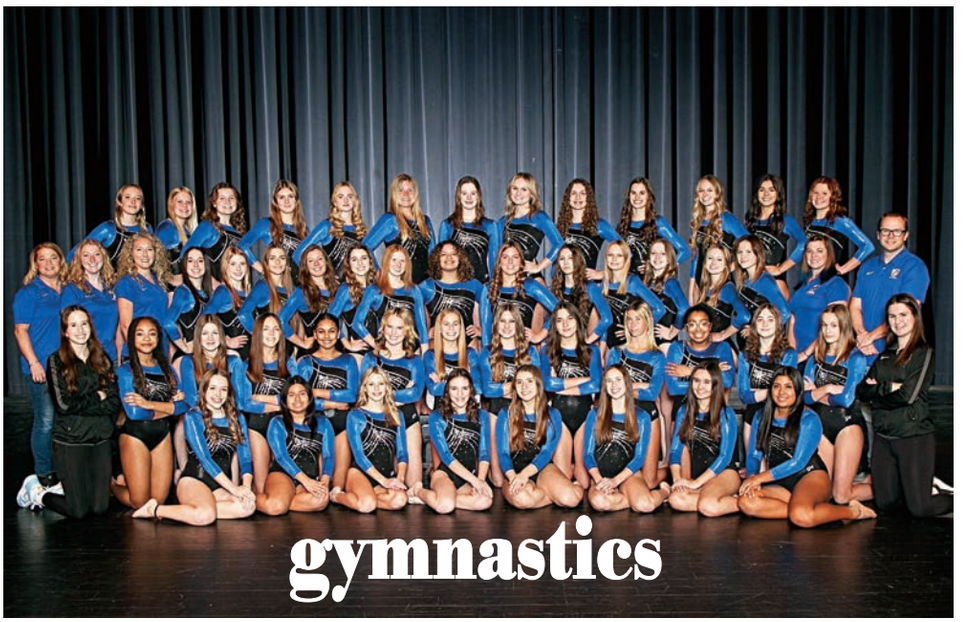
Row 1: Frankie Edgar, Garett Robeck, Lexi Farnsworth, Emily Roth, CC Brauer, Rebecca Simonds, Taylor Perkins, Norah Langager, Rachel Sixta, Olivia Hanif, Anna Malkowiak
Row 2: Wyatt Leach, Ella Olson, Taylor Olson, Abby Rose Hauxwell, Alessandra Muraski, Dylan Rich, Em Greninger, Claire Mattson, Anjie Alade, Izzy Hauxwell
Row 3: Gwyn Berg, Kaz Lorbiecke, Devlin Sederberg, Carter Loebertmann, Elliot Herried, Coach David Burr, Coach Mike Warner, Ava Huggins, Keira Baker



vivace choir

Abigail Storey, Addison Landy, Alary Weinzierl, Alexandra Davey, Anjolaoluwa Alade, Ann Weigle, Ava Bernier, Ava Talley, Avery Rossing, Brynn Hedberg, Destiny Gritz, Dylan Rich, Elise Feder, Ellie Martin, Elliot Rick, Ellsie Frauendienst, Emily Myhrer, Emma Potthoff, Grace Kammann, Harlee Peltz, Jada Dahlheimer, Jessica Lee, Jessica Roth, Josephine Myslicki, Julia Wagner, Kaci Brannan, Kaleena Baltzell Wallace, Kyra Purrier, Lauryn Mikolich, Leah Hein, Lillian Covert, Lindsey Williams, Madeline Lawinger, Madelyn Matheson, Madison Trant, Maggie Borchardt, Maggie Cynor, Maggie Roberts, Makayla Mourning, Marie Meehan, Maya Tatge, Mckalynn Johnson, Mckenna Smaagaard, Megan Lenneman, Mikayla Preston, Mira Weber, Mya Smith, Natalie Clementsm Natalie Kloss, Olivia Henry, Paige Bushard, Regan Anderson, Sadie Armbruster, Sarah Stephenson, Sloan Bozosi, Sophia Pederson, Sophie Marsolek, Sydney Gasser, Taylor Christianson, Zoe Ellwoods

Row 4: Alyson Herfel, Lauren Underthun, Haylie Walker-Kuklock, Natalie Clements, Isabelle Majsterski Lazere, Kennedy Clements, Briella Maeder, Jada Dahlheimer, Gwen Herbst, Morgan McKinley, Adelyn Kennedy, Alyssa Nehring.
Row 3: Coach Heather Dietrich Fiegum, Coach Madeline Fiegum, Coach Kristi McKeown, Grace Scheurer, Jacqueline Bergeron, Addy Miller, KaSandra McKeown, Gabriella Delgado, Amelia Butkowski, Mckinley Beaumont, Isabelle Berning, Skye Yaeger, Sophia Dishneau, Dilynn Crocker, Ashley Markson, Julia Robinson, Coach Bre Fowler, Coach Boyd Smieja. Row 2: Jessica Roth, Juslene Chea, Avery Herron, Amarah Petersen, Mikayla Marshall, Ella Goertzen, Paige Herbst, Alivia Schut, Sofia Dehmer, Addison Nibbe, Trinity Smith, Madeline James, Shelby Fischer, Kaya Dahmen.
Row 1: Kayla Ternus, Alaina Sommer, Olivia Sutlief, Avery Lemonds, Rachel Smieja, Lillian Covert, Mariah Como, Vivian Sommer.



gymnastics

Row 3: Hailey Walbon, Renae Foster, Daysia Simmons, Ava Haus, Gabby Voigt, Kali Merfeld, Mackenzie Berg
Row 2: Lizzy Anderson, Shannon Walters, Jeff Bebo, Amelia Fehn, Lauren Delong, Madi Gartner, Kent Hamre, Steph Lahr, Andy Cleveland
Row 1: Ja'Kahla Craft, Lauren Hoselton, Piper Carlson, Cail Jahnke, Kylie Diaz, Tessa Johnson, Abby Hoselton, Maggie Lindeman



varsity girls' basketball

Row 2: Jacey Bryan, Caylee Casey, Jensen Rogers, Shannon Walters, Jeff Bebo, Layla Flemming, Morgan Johnson, Josie Lewis, Ava Nakhleh
Row 1: Marissa Weness, Claire Ruhland, Elaina Eisen, Chloe Yantes, Kennedy VanDeRiet, Jestina Yelegon



10th grade girls' basketball



Row 2: Lizzy Anderson, Kaidyn Roisum, Maiya Slusarczyk, Amayah Hinzmann, Veda Bean, Ady Hannon, Adrienne Lewis, Presley Adrian
Row 1: Hailey Hemp, Aaliyah White, Courtney Zuidema, Abigayle Vossen, Emerson Brand



Row 1 : Lucas Laingen, Henry Perry, Ian Zander, Braeden Zachman, Danny Moylan, Zander Sheesley, Nolan Sherman, Landon Rooker, Carter Gould, Adam Miller
Row 2: Nolan Frater, Connor Peterson, Nazar Romanchuk, Henry Tillmann, Vitalii Pakhorukov, Finn Sherman, Owen Stiehm, Nolan Spiekermeier, Chance Crowley
Row 3: Will McKeown, Bentley Smith, Brett Behn, Alex Martin, Conner Smith, Will Dorfsman, Hayden Snyder, Kyler Williams, Rocco Amente
Row 4: Gavin Meyers, Dane Barthel, Andrew Beack, Andrew Grabowski, Carter Wurst, Cole Sarkinen, Peyton Turpin, Kris Medlock, Jack Davies
Row 5: Atley Neros, Jon Kemp, Grant Moser, Ryan Hawke, Logan Bican, Millie Meyers
Not pictured: Grady Robberson

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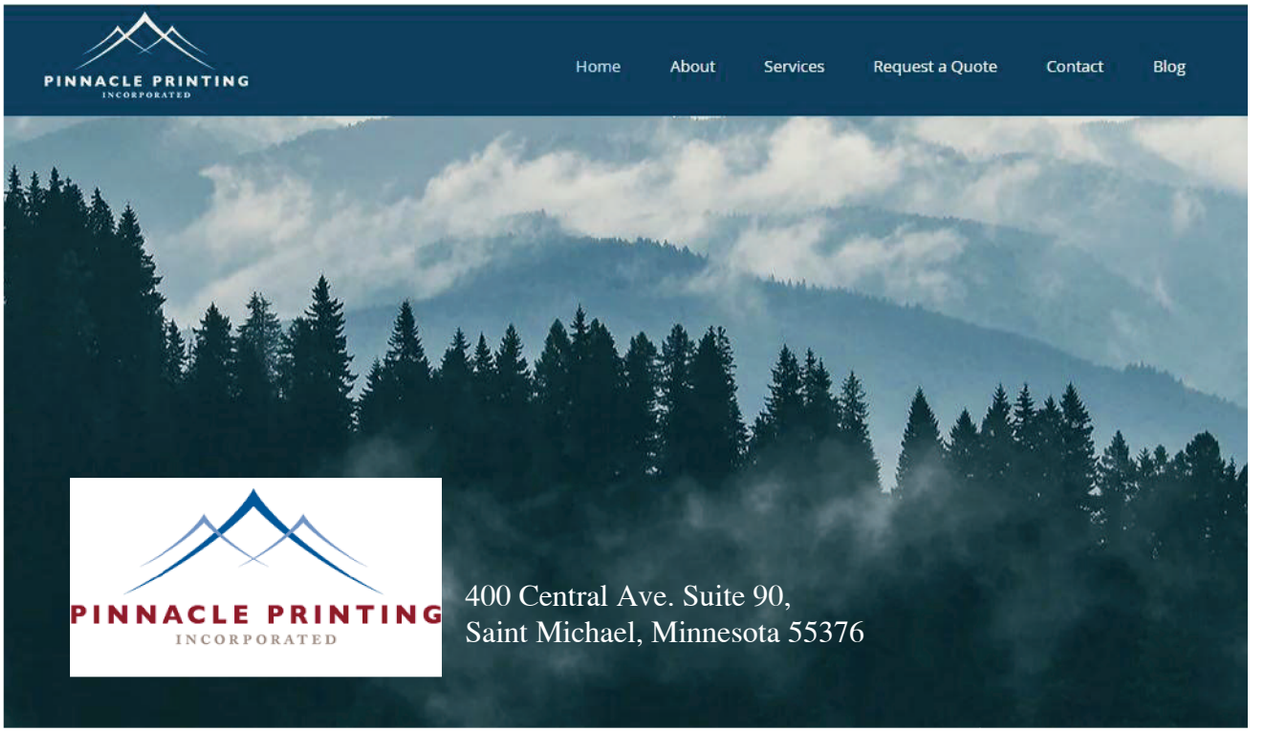
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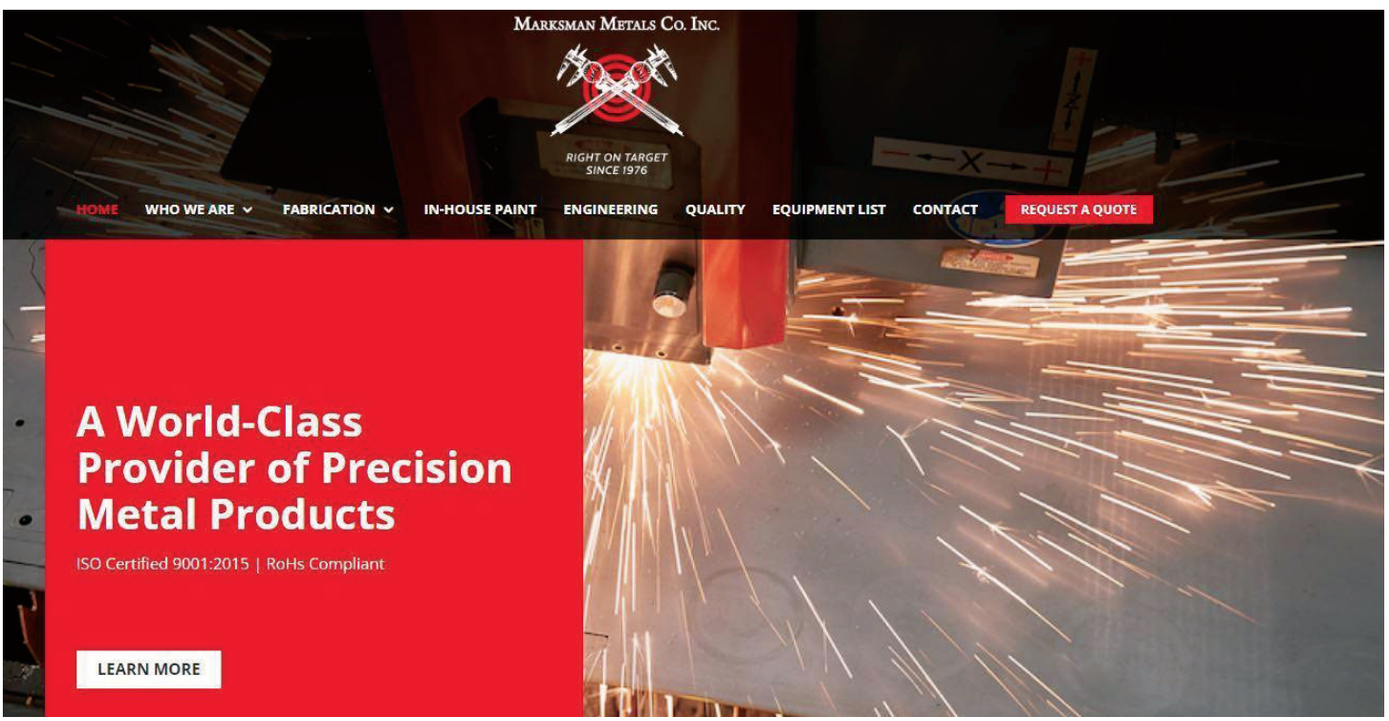


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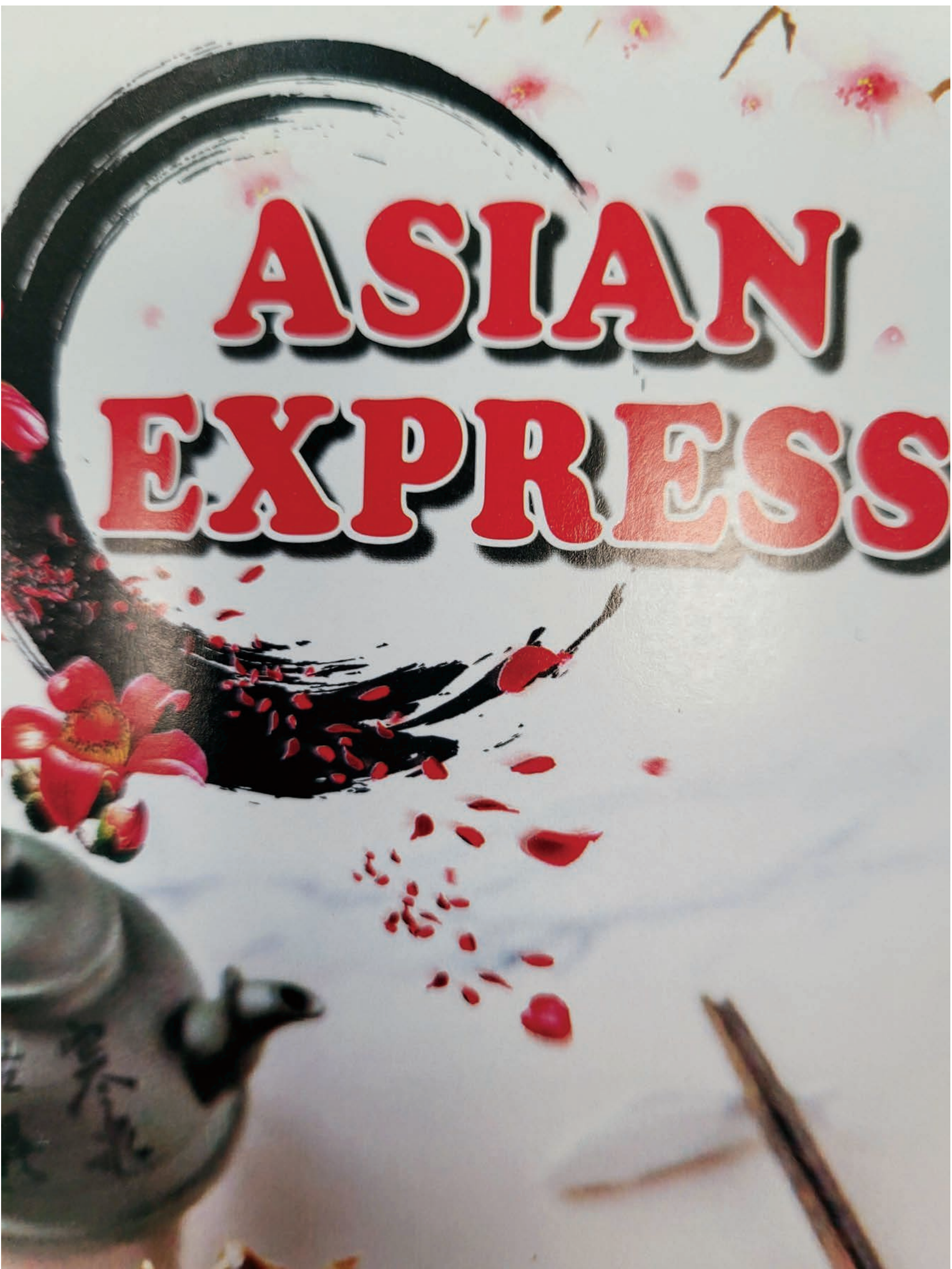
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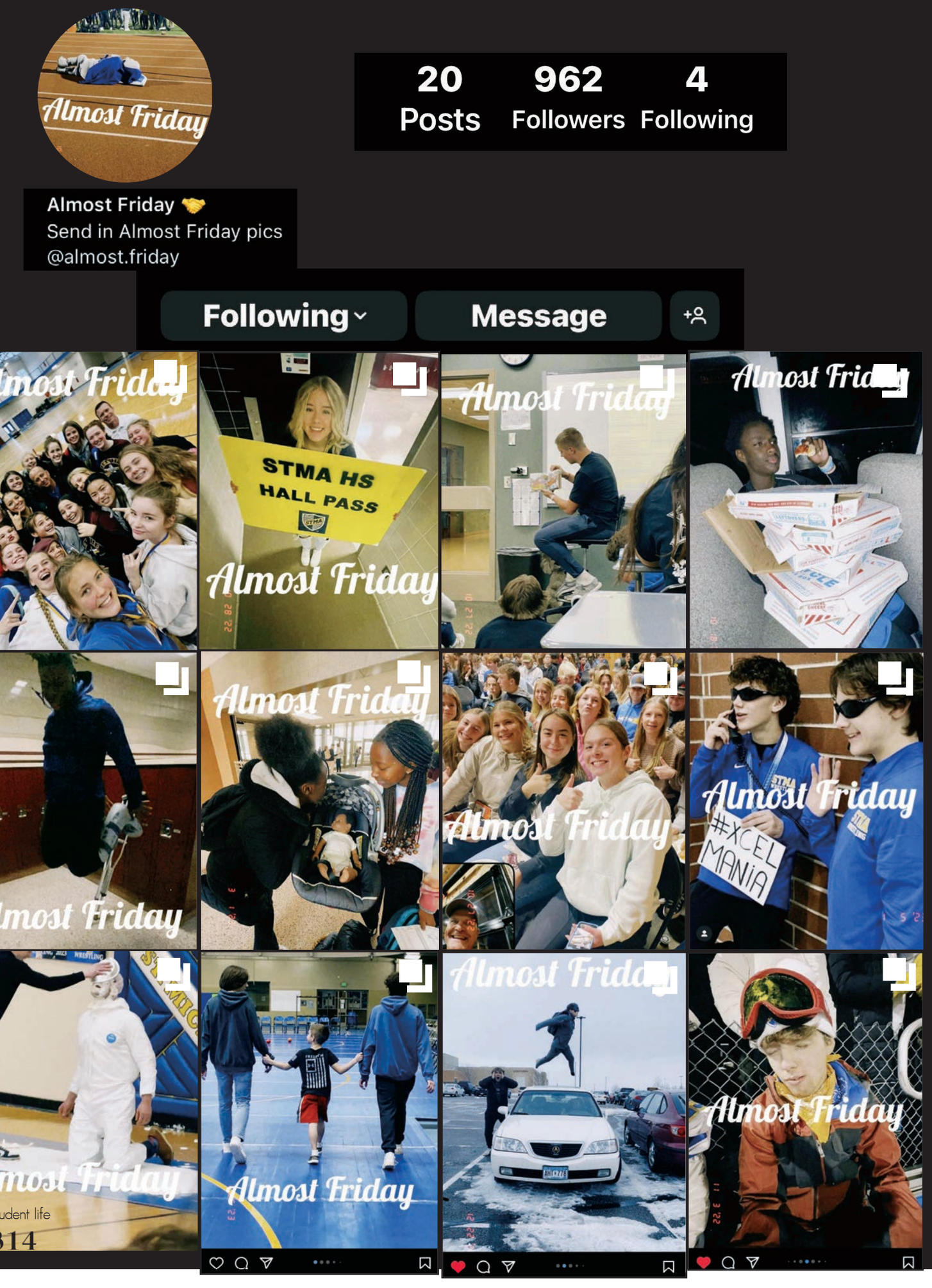
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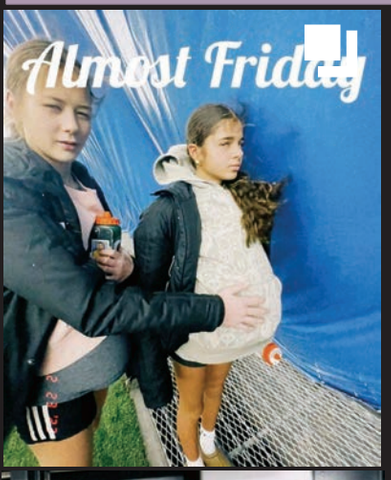
p.o.v

"This account is just to post fun pictures that's everyone can talk about, and help make stma an exciting place to go to school." Anonymous



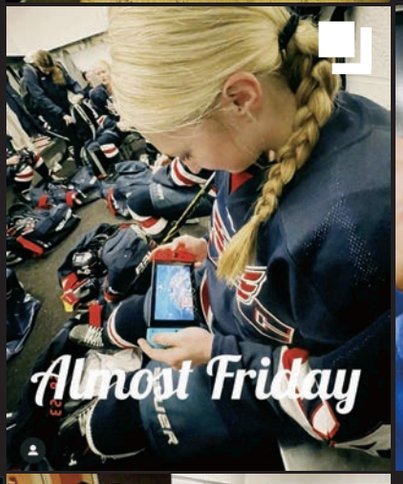
















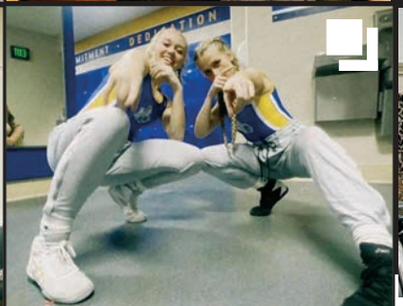


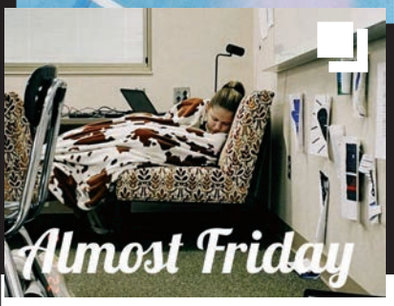












this is the staff

you made the memories, we just make the book.

chief



maddy petranek

communications



alicia vosberg



josie vankuyk



paige bulter



mya henry



jaylynn robeck



lauren dinh



heidi frank



leyla carlson



dylan gfroerer



molly reynolds



alexa ohlander



camilla weah



courtney halvorson



katelynn dressler

yearbook staff

Spread designed and photos by Alicia Vosberg

this is us.

SAYING GOODBYE. Playing the final sections game against Wayzata. Players realizes they have to say goodbye to their current team. Sebastian Murillo sits on the bench one last time with his teammate to take it all in. *Spread by Maddy Petranek.*


Photo by Maddy Petranek


Photo by Ashlyn Marble

summer. 004

autumn. 018

people. 088

winter. 222

spring. 318


Photo by Bennett Moger


Photo by Bennett Moger

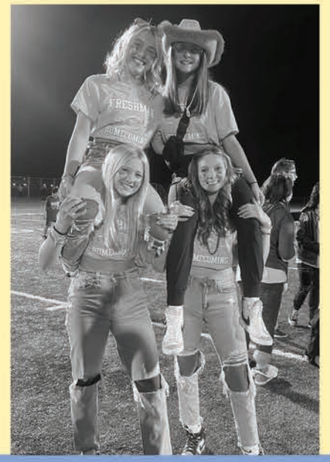



Photo by Bennett Moger

this is us.

st. michael-albertville high school

valor 2023

volume 26

this





is







us.

valor 2023

this is us.

st. michael-albertville high school

valor 2023

volume 26

Walsworth

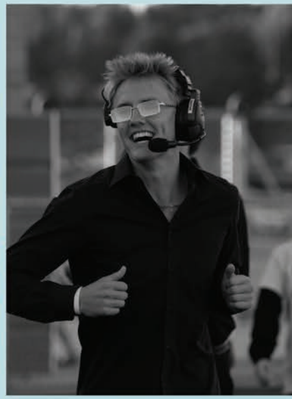
this





is







us.

valor 2023

this is us.

st. michael-albertville high school

valor 2023

volume 26

this





is







us.

valor 2023



Photo by Tim Bykowski


Photo submitted by Elias Burri


Photo by Tim Bykowski

this is us.

ACTING IT OUT. Performing in The Time Of Trolls, Lyla Chapman ('25), playing The Maid and is coming into the scene to make up rumors about how The Woman brags she can sew fine shirts very quickly. *Spread by Maddy Petranek.*



Photo by Ashlyn Marble


Photo by Tim Bykowski


Photo by Bennett Moger





mckenna johnson



josephine gillach



kyla smith



elizabeth strehlow



kylie diaz



macey setter



janae mitchell



emily zattoni



juliana zerna



2023 STAFF. The yearbook staff works endlessly every year to create the best book. They're always trying to top the work from years past. This year the staff came up with the theme *this is us* , to show case the school as a whole and the environment the school creates as a student body. *Photo by Mrs. Sebens*

spring

SPRING HAS SPRUNG. Spring is a time for melting snow, some what warmer weather, spring sports, and spring break trips. This spring, Annica Walters ('24), Gabby Ehlers ('24), Grace Wallace ('24) , and Breanna Weiss ('24) all spend their end of the school year with each other. "My favorite part is that we get to do more stuff in the spring. We get to ride with the windows down, see more of our friends, and just plan and get excited for summer," said Wallace. *Photo submitted by Grace Wallace. Spread designed by Maddy Petranek.*



photo submitted by Chloe Davis



photo by Tim Bykowski



photo submitted by Carter Campbell





photo by Tim Bykowski



photo submitted by Alexa Anderson



photo submitted by Elise Linneman

DEFYING GRAVITY. Poll vaulter, Jada Dahlheimer ('24) , competes in arguably one of the hardest track events, fighting her fears and human instincts, Dahlheimer says, "When I first started pole vaulting I was definitely scared but not anymore, sometimes its a mental game just as much as a physical one." *Photo by Tim Bykowski.*





TESTING THE WATERS. After realizing she wanted to try something new her sophomore year, Hannah Kvant ('23), decided that she would try hurdling. While continuing this all the way throughout her senior year, Kvant says, "I'm so glad I decided to try hurdling because I really love i, and I like the fact that it gives me a goal when I'm running." *Photo by*

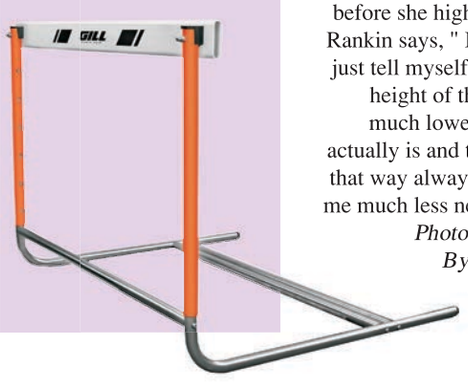
FIGHTING THROUGH. Many people know that running can be even more mentally exhausting then physically, especially before a race. Sanae Radloff ('26) works hard to control her nerves before each meet so she is able to preform to her fullest potential. Radloff says, "I always listen to music and confide in my teammates while we stretch before each meet. that always really helps to get my mind away from the nerves." *Photo by Tim Bykowski.*



p.o.v



Morgan McKinley ('23) and Ramsy Hernandez ('24) are both hurdlers for girls track. McKinley says, "I love hurdling; it's my favorite event, because I like having a goal to get to each time I'm running and it's very rewarding." *Photo by Emilynn Molesky.*



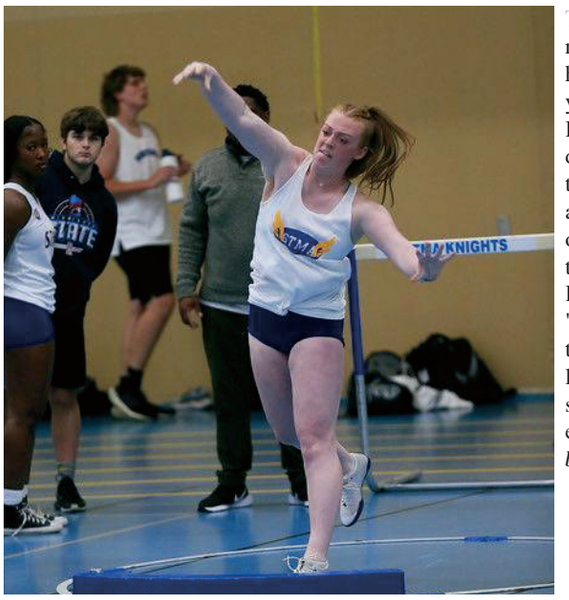
MIND OVER MATTER. There is a lot of preparation that must happen before competing an event. Isabel Rankin ('26) prepares her self with many positive thoughts before she high jumps, Rankin says, " I always just tell myself that the height of the bar is much lower than it actually is and thinking that way always makes me much less nervous". *Photo by Tim Bykowski.*





she's a runner ...

girls track beats minnetonka



THIS IS NEW. Trying new things is always hard, especially when your a senior. Lexi Kemmetmueller ('23) decided to try track for the first time this year and she is now one of our girls track top throwers. Kemmetmueller says, "I'm so glad I joined track this year I really love the sport and it's such a good environment." *Photo by Tim Bykowski*



FLYING HIGH. Superstition are very important to many athletes especially, Jessica Roth ('24) who says, "I always have to take a pre-meet nap in economics before I compete or I won't do good". As a high jumper, you need to be in the right head space in order to jump to your fullest potential. *Photo by Tim Bykowski.*



Row 1 Left to Right: Grace Holmberg, Kylee Steffens, Gabriella Harder-Mullaney, Juslene Chea, Serenity Amos, Sanae Radloff, An'Marie Dixon, Emily Carmody, Kayla Ternus, Simelle Lombel, Alexa Bunnell,. Row 2 Left to Right: Abigail Simon, Katelynn Dressler, Paige Herbst, Elise Linneman, Shelby Fischer, Jacqueline Bergeron, Gabriella Delgado, Allie Rath, Delaney Barthel, Ellie Fischer, Audrey Sigugu, Brianna Ronoh. Row 3 Left to Right: Noel Black, Leah Taszarek, Rylee Harrison, Molly Jacobs, Elizabeth Ogamba, Regan Anderson, Courtney Zuidema, Claire Kvant, Bindee Nyandibo, Dinah Morara, Kate Smith, Chelsea Neba, Abigayle Vossen. Row 4 Left to Right: Bianka Mellen, Prisca Donbraye, McKinley Beaumont, Madysen Coulson, Cecilia Tregaskis, Elsie Bakker, Renee Meehan, Shannon Corona, Nafisah Bada, Naomi Cheney, Olivia Esnough, Janelle Omweri, Ellsie Frauendienst, Audrey Kanu. Row 5 Left to Right: Katelyn Mueller, Adelyn Kennedy, Alyson Herfel, Morgan McKinley, Kaylie Cox, Ramsy Hernandez, Hannah Kvant, Rebecca Immer, Gwen Herbst, Jada Dahlheimer, Chloe Peterson, Winslow Drowne, Haylie Walker-Kuklock, Alyssa Nehring, Hailey Steffensmeier. Row 6 Left to Right: Avery O'Rourke, Jestina Yelegon, Madeline Armbruster, Isabel Rankin, Judsona Chea, Raina Simat, Emma Kvant, Adelyn Hannon, Gabriella Keefer, Jessica Roth, Ayla Auseth, Ella Martin, Fantesia Nyakundi, Keagan Burke. Row 7 Left to Right: Maggie Roberts, Alivia Boebel, Myana Carey, Makaela Malin, Anastasia Smith, Alice Harmoning, Natalie Cocking, Chloe Pellegrin, Lexi Kemmetmueller, Emma Windingland, Emilynn Molesky. Row 8 Left to Right: Coaches: Massmann, Cayo, Bezanson, Simon, Schlangen, Nordlund, Pete

Spreadesigned by Ava Schendt and Jordyn Clapp

HURDLE UP.
Morris Suah ('23) hurdles at a meet vs Minnetonka. Suah ('23) said, "In that moment all I'm focusing on is getting over the hurdles." **Photo by Tim Bykowski.**



CHUCK IT.
Grady Robeck ('24) shot put, at a meet vs Minnetonka. Robeck said, "I was thinking what is someone walked across as I am throwing the ball." **Photo by JayLynn Robeck.**



SKY'S THE LIMIT.
Jordan Lee ('23) at a meet vs. Minnetonka. Lee said, "At the moment I was just focusing on finishing the race and getting ahead." **Photo by Tim Bykowski.**



P.O.V

welcome aboard.

ready, set, race



"Track is super easy to get into you meet so many new people and the upperclassman help me so much in improving how I run. We are very close."

John Sechser ('26)



"It was fun meeting new people and finding out which events I wanted to do. Being the only freshman boy thrower, I figured I'd have a bit of a harder time fitting in."

Cody Merfeld ('26)

TAKE A LEAP.
Layton Bottolfson ('25) high jump at a meet vs. Minnetonka. Bottolfson said, "I try to focus on not falling and knocking down the pole. " **Photo by JayLynn Robeck.**





... he's a track star.

make a run for it

Designed by JayLynn Robeck and McKenna Johnson



Row 1 (L-R): Shane Jackson, Tyson Mosher, Dawsen Whiteis, Ian Whiteis, Jack Allender, Sebastian Murillo Santiago, Naphtali Kalapa, Michael Dewey, and Marcus Griffin. Row 2 (L-R): Geoffrey Myers, Landon Kulas, Noah Sutlief, Tyler Tindall, Jace Berndt, Sawyer Aydt, Hudson Stone, Cody Merfeld, Henry Foss, James Zachman Row 3 (L-R): Max Salas, Treysen Cornillez, Will Dorfsman, Joe Williams, Mukandas Ariran, Zach Purcell, Maverick Kneefe, James Sornberger, Owen Egge, Conner Smith, Christian Lundstrom Row 4 (L-R): Caden Johnson, William Bramos, Roman Lindenfelser, Rowan Adams, Benjamin Sirianni, Christopher Tvietbakk, Marty Williams, Ayden Westfall, John Sechser, Jeremiah Purcell, Mason Zimmer, Oliver Beaudry Row 5 (L-R): Andrew Tatro, Matthew Steffl, Grady Robeck, Sam Paynter, Kyler Williams, Jacob Grabowski, William Barthel, Jacob Dinius, Daniel Powell, Mason Williams, Dylan Salzsieder, Joseph Cruz, Eniye Donbraye Row 6 (L-R): Jordan Lee, Thomas Devries, Caleb Monseth, Owen Negaard, Heath Davis, George Bielke, Muhiz Bada, William Negaard, Noah Wilmot, David Engman, Marek Dalton, Jackson Hamilton Row 7 (L-R): Leo Sletten, Blake Underwood, Luke Sipple, Jacob Sterk, Jonas Boyette, Morris Suah, Solomon Beaudry, Elijah Dixon, Keegan Tisch, Ryder Ellingson, Coach Pete Row 8 (L-R): Coach Cayo, Coach Bezanson, Coach Massmann, Parker Hanzalik, Owen Vanderiet, Tyler Hill, Tate Songstad, Davin Dufner, Coach Simon, Coach Schlangen, Coach Nordlund Not Pictured: Alexander Lester, Jarod Timlin, Richard Kaydea, Elias Phiri, Anthony Colotti, Robert Porte, Layton Bottolfson, Francis Sanyeneh, Alexander Hernandez, Coach Krogh, Coach Kramer, Coach Kennedy, and Coach Eicher.





JUMP JUMP. Muhiz Bada ('24) the long jump at a meet vs. Minnetonka. Bada said, "What I focus on is how my landing is, I don't want to do anything to injure myself." **Photo by Tim Bykowski.**



TIMING IS KEY. First basemen Taylor Tschida ('24) helping her infield out by receiving any bad throws. "The biggest thing is watching the ball, seeing it early enough out of their hand is the best way for me to be able to read where it is gonna go."



GET LOW IN A SQUAT. Cameron Dubel ('24) stays light on her toes to be able to jump and move quickly if needed. Dubel explains, "One of the most important things about catching is being able to react quickly in any situation."

giddy-up gameday

Knights make cowboy hats as a fun team bonding activity.



GIDDY UP COWBOY. Chloe Jensrud ('23) does two different colors of blue for her cowboy hat. "I choose to stick with blue for my cowboy hat because I think that it matches our uniforms really good and it matches our glittery blue eyeblack." *Photo submitted by Chloe Jensrud.*



YEE YEE. Jadyn Pelowski ('23) does cow print on her hat this year with glitter. "During all the years of my softball career I have never made a cowboy hat and it was so much fun making these and I wish I would have made one for my club team." *Photo submitted by Jadyn Pelowski.*



HOWDY PARTNER. Kylie Gaston ('24) decided to do something different then cow print and went with flowers. "I love that we made cowboy hats this year, it was a great way to bond as a team and they definetly were a fun way to express our personality." *Photo submitted by Kylie Gaston.*



YEE HAW COWBOY. Ella Luoto ('24) paints her cowboy hat dark blue and pink. "I choose to do blue to obviously support the Knights and I did pink to also help spread breast cancer awarness." *Photo submitted by Ella Luoto.*



GETTING BACK. Grace Foquette ('24) dives back to 2nd base to make sure she dosent get picked off. Foquette describes "When I see the ball coming I immeditaley dive back, I keep my hand closest to the base lower and out so I can reach the base with my hand faster."



LAYING IT OUT. Jordyn Clapp ('23) playing right feild during the first game of the 2023 season, lays out on the line diving into the fence to get the Knights out of the first inning. "As I saw the ball going up the wind was making it very hard to track but I knew no matter what I needed to catch that ball and I knew I was gonna have to put my body on the line and dive into the fence." *Photo by Sophie Schmitz ('25).*



PITCHING QUEEN.
Kendra Behrens ('25) firing strikes across the plate to help the Knights have quick and easy 1,2,3 out innings. Behrens explains how she feels on the mound as "When I am pitching there can be alot of pressure when bases are loaded but I have learned to stay in my zone and stay collected." *Photo by Sophia Schmitz.*



READY SET SWING.
Khendal Johnson ('23) walks up to the plate with full confidence every at bat. Johnson explains why confidence is one of the most important things in not only softball but every sport. "Having high confidence is so important in offenseivley and defensivley. You need to know you can do something before trying to do it. *Photo by Sophie Schmitz.*

p.o.v



knights hit back

Kaci Brannan ('24), Brooklyn Bigalke ('24) and Lily Faucher ('24) wear their pink gameday shirts to help spread breast cancer awarness on gamedays.

queens of diamonds.



After the fall to Wayzata the Knights come back strong with a winning streak.

Row 2: Ella Luoto, Jadyn Pelowski, Kendra Behrens, Jordyn Clapp, Camern Dubel, Taylor Tschida and Erin Hartnett
Row 1: Chloe Jensrud, Grace Foquette, Kylie Gaston, Anika Rogers and Sidney Peterson



Spread designed by Jordyn Clapp and Ava Schendt

true inspiration.

JV players share who tthey look up to on this years Varsity team.

p.o.v

Taylan Siens said, "I look up to Noah Miller the most because he plays the game with intensity while still being relaxed."



Sam Anderson said, "I look up to Noah Miller because he is the hardest worker out there and I just love the way he carries himself from a friend standpoint to a teammate."



Zach Pribyl said, "I look up to Braden Intieri the most because he has worked so hard to get where he is now from not playing much varsity as a junior to now being a D1 commit."





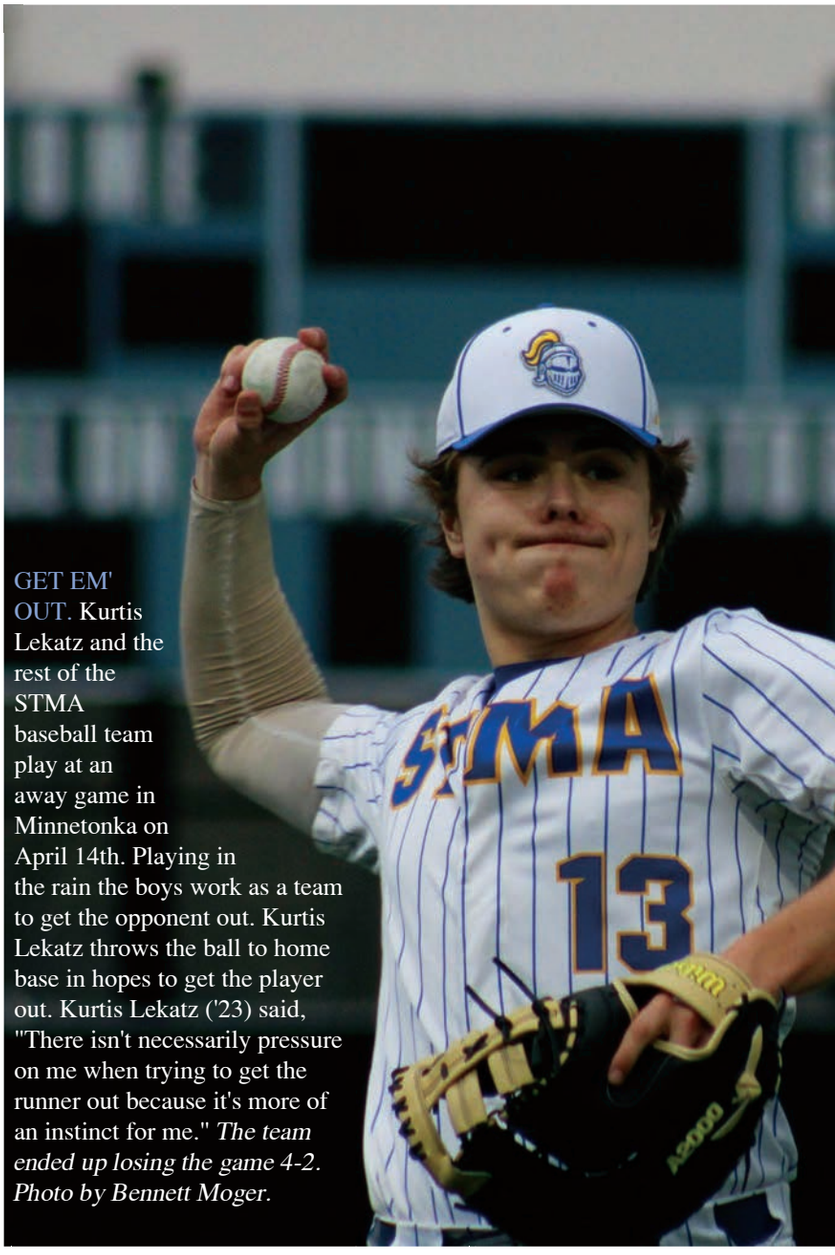
BATTER UP. Matthew Maulik is up to bat. Hitting the ball into the outfield he scored a triple for the team sliding to the third base, barely making it. Matthew Maulik ('23) said, "When I make a good play I feel really good, but I have to act like I've done it before." *Photo by Bennett Moger.*

WARMING UP. Joey Rathman ('23) warming up on the Minnetonka field, running to his position in the outfield. There is a specific warm up the boys do individually before heading into the next inning. Joey Rathman ('23) said, "I make sure to stay warm and throw the ball between innings, but it's different for every appearance depending on how I feel." *Photo by Bennett Moger.*



SMILES FOR MILES. Even with a tough loss at the first away game in Minnetonka the team continues to keep there heads up going into the rest of there season. Mason Varley ('23) said, "When the team is in a bad mood I try to stay positive and try to help them keep there heads up because it usually helps the team spirit after the game." *Photo by Bennett Moger.*





GET EM' OUT. Kurtis Lekatz and the rest of the STMA baseball team play at an away game in Minnetonka on April 14th. Playing in the rain the boys work as a team to get the opponent out. Kurtis Lekatz throws the ball to home base in hopes to get the player out. Kurtis Lekatz ('23) said, "There isn't necessarily pressure on me when trying to get the runner out because it's more of an instinct for me." *The team ended up losing the game 4-2. Photo by Bennett Moger.*



PITCH PERFECT. Thomas Ohotto heads up to the pitchers mound to finish off the away game in Minnetonka. Pitching the last 3 innings trying to make up for the runs they had let in. Thomas Ohotto ('24) said, "I have been playing this game for years and the best thing Ive learned to calm my nerves is to step on the back of the mound and mentally reset." *Photo by Bennett Moger.*

tips from dillon glass.



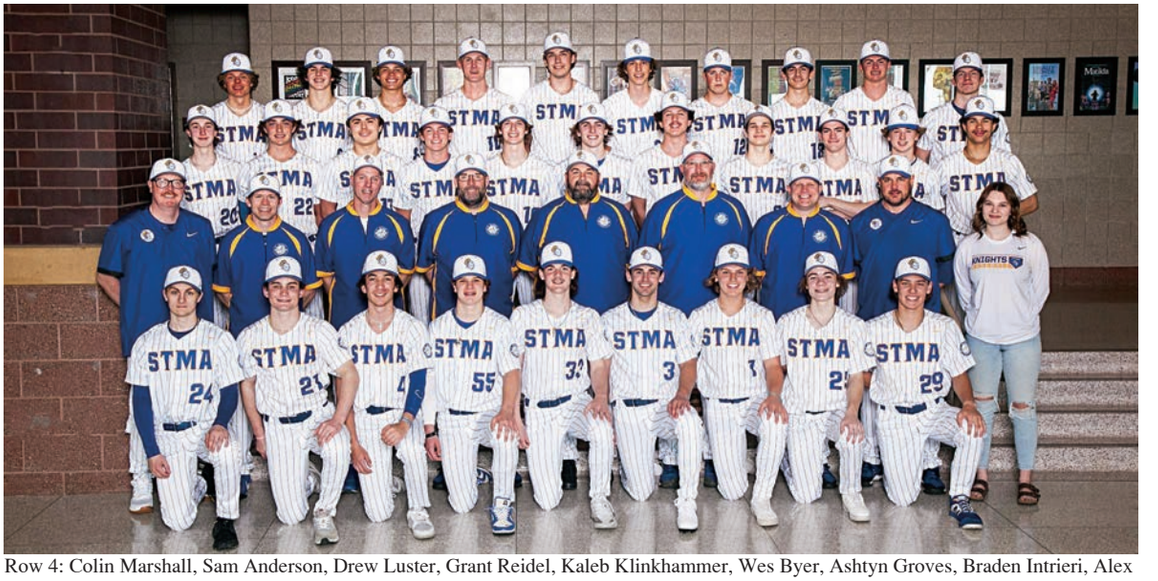
-Be a leader on the field and lead the defense.
-Stay low and work through the ball.
-Strong throws to each base with precision.
-Stay in front of the ball and take it to the body.

how to be a catcher.

bring it on home

knights work for a third title and a run for state champs





Row 4: Colin Marshall, Sam Anderson, Drew Luster, Grant Reidel, Kaleb Klinkhammer, Wes Byer, Ashtyn Groves, Braden Intrieri, Alex Swiatkiewicz, and Gavin Becker. Row 3: James Fry, Reid Barnard, Kurtis Lekatz, Zach Pribyl, Lane Dahlheimer, Mason Varley, Matthew Maulik, Evan Dombeck, Miles Kay, Tevin Vognsen, and Ryan Luster. Row 2: Coach Fry, Coach Hackenmueller, Coach Snell, Coach Krupke, Coach Schumm, Coach Kliber, Coach Solum, Coach Sander, and Manager Annika Cornell. Row 1: Joey Rathman, Noah Miller, Samuel Huber, Taylan Siens, Zach Zanetti, Thomas Ohotto, Dillon Glass, Lincoln Tangen, and Drake Krupke.



FORM IS EVERYTHING. People underestimate how hard it is to get a hit in baseball. So what do you have to watch out for when up to bat? Samuel Huber ('23) said, "From the time the pitcher releases the ball I have to decide to swing the bat or watch the pitch go by. It starts to get hard when the pitcher throws an off speed pitch because it messes up your timing. If the pitch is in the zone, I have to react in a short amount of time and decide if I want to swing or not." *Photo by Bennett Moger.*

setting the par.



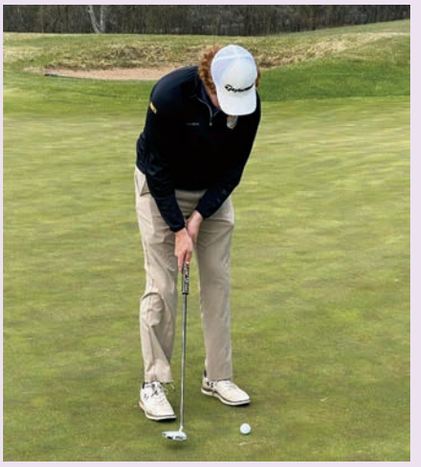
Sean Tatge ('23) sets the bar for himself at each meet. He said, "My goal for each meet is to stay consistent and play as well as I can and not worry about the other competitors. I just dial everything out." *Photo by Lauren Dinh. Edited by Dylan Gfroerer.*

Spread designed by Lauren Dinh and Juliana Zerna.



READY FOR A GREAT SEASON. Brenden Heitkamp, Tate Helland, James Anderson, Ethan Christian, Jacob Reineck, and Jack Cornell take a group picture before the Bunker Hills Invitational.







Chip chip hooray. James Anderson ('25) feels accomplished while finishing a chip at a golf match. He said, "It takes skill and precision to chip the ball onto the green."

Putting it away. Jacob Reineck ('23) placing the perfect putt into the hole at a golf match. He said, "There is nothing like hitting the perfect putt."

Practice makes perfect. Riley Roberts ('23) at the driving range practicing for perfection. He said, "It is important to practice in order to hit consistent balls."

the best clubs



- 7 iron for precision
- pitching wedge for precision
- driver for distance



P.O.V

we've got drive

what motivates you to be a better golfer?



"I am motivated because I want to improve my skills and to have fun with my friends!"

Kenna Lehn '24



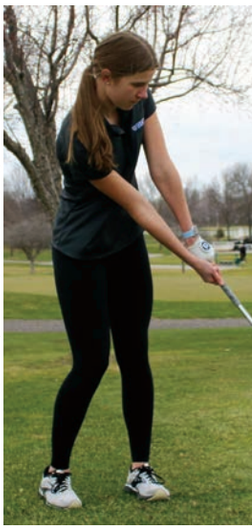
"Keeping focus and pushing myself to improve by practicing a lot. All of my teammates also are such amazing people and we always push each other to get better!"

Layla Flemming '25



"I like working hard at practices and seeing how much progress I've made at each golf meet I play in. Golf is a very difficult sport to master when first starting out."

Maya Tatge '25



CHIPPING IT AWAY. Reagan Cocking ('25) chipping with her favorite wedge she said, "My favorite is my 60 degree, because I like its versatility and the way the ball comes off of that club." *Photo by Juliana Zerna.*



A STRONG SWING. Renae Foster ('25) putting all her force into a good strong swing at her meet at Elk River. *Photo by Tim Bykowski*

CONFIDENTLY DRIVING. Having confidence in a drive is the key to achieving the goals you want. Going in will full force and not holding back is what Faith is all about. Faith Johnson ('25) said, "I tell myself I got this and that I've done this before. What ever the turnout is it will be fine. I go back to the basics and have a positive mindset! *Photo by Lauren Dinh.*









THE PERFECT POSITION. As she lines up her shot. Maddie Tillman ('25) shares what makes her hits so good. She said, "The perfect position is having the ball towards your front foot in your stance which allows you to have power off of your drive." ***Photo by Lauren Dinh.***

the perfect partner

the sibling duo

"Getting to hang out with my sister is a huge plus. I really enjoy helping her since it is her first year of golf so I am definitely her number 1 supporter"-Lauryn Mikolich ('24)





STEADY AND FOCUSED. The only senior golfer has lined up for shot and is nothing but accurate. She knows how to lay it down and get the perfect putt. Avery Freeland ('23) said, *It really depends on the context of the putt. In an instance where it's a 3-5 foot putt I need to make it otherwise I'm just wasting strokes, so I'm always glad to get those done with. If it's a long putt those can be more stressful so getting those in is always good to see and it gets me hype for the next hole. Making birdie putts gives me confidence and I love to see my score go down whenever I can get the chance. Photo by Lauren Dinh*

putting in effort

the girls are striving for success



Fourth Row: Kenna Lehn, Adelyn O'Connell, Faith Johnson, Maya Tatge, Anna Volkenant, Renae Foster
Third Row: Coach Lindemann, Coach Behrens, Regan Cocking, Elaina Eisen, Martha Effertz, Camryn Mikolich, Coach Harmoning,
Second Row: Lauryn Mikolich, Ava Talley, Avery Freeland, Layla Flemming, Grace Kirk, Elise Nielson
First Row: Maddie Tillemann, Abigail Labrador



CALM UNDER PRESSURE. Grace Kirk ('25) is relaxed while chipping. Staying calm and cool is always a good idea when going for the perfect shot, She said, ***Photo by Lauren Dinh.***

Spread designed by Laure Dinh and Juliana Zerna

P.O.V by the numbers.

get to know the underclassmen.

6

Lillie Nelson ('26) plays mid field and proudly wears jersey number #6.



4

Ceci Lewis ('25) goes between playing midfield and attack, she is #4 on the field.





RACE TO THE NET. Molly Ruhland ('23) runs down the field in hopes of scoring a goal for her team. Molly exclaims, "I love the strategy of the game, and how different it is from boys. Even though it's less physical there is a certain finesse that we have to have to be able to perform well." ***Photo by Tim Bykowski.***



KNIGHTS ON THREE. Teammates and coaches gather around during halftime. The girls raise their sticks in the air and motivate each other to keep pushing. The coaches discuss their own next moves, the Knights are down 2-7. ***Photo by Cortney Halvorson.***



STICK TO THE SKY. Having a high vertical is a great skill when it comes to fighting for a catch. Mylin Lemke ('24) uses her jump to raise her stick high in the air and beat Wayzata to the ball. ***Photo by Tim Bykowski.***



GUARD THE GOAL. The goalies job is to defend the net against the opposing team. This position can be difficult, the team relies on the goalie to catch the players that make it past defense. Rose Schefers ('25) stands strong guarding the opposing team. ***Photo by Izzy Rice.***





CATCH, RUN, PASS. . There are three key steps a player makes on the field. Catch, run, pass. Allie Rickard ('26) catches the ball and runs down the field, dodging other players, looking for an open teammate to pass the ball to. These three steps continuously repeat throughout the game. *Photo by Tim Bykowski.*





outplay outwork outlast.

it takes a team



Row 3: Rose Schefers, Josie Brill, Maggie Steele, Mima Honzl, Molly Ruhland, Nikki Braun, Addie Reiswig, Kat Rice **Row 2:** Coach Sheala Osborne, Piper Peterson, Dani Weiland, Lilly Gillespie, Ava Pelowski, Rachel Heil, Leah Shipman, Bailey Hopland, Coach Sidney Schreiner **Row 1:** Allie Rickard, Mia Hunter, Drew Bushard , Paige Bushard, Harmony Wegler, Mylin Lemke, Erin Nolan **Not pictured:** Alessandra Muraski



THE WAITING GAME. It's important to think quickly on the field as you map out your next play. Within the matter of seconds , our Knight has to make the decision to either run towards Wayzata's goal or defend hers. *Photo by Izzy Rice.*



FAMILY TIES. In the first home game of the season for the Knights, number one Reme Lobitz ('24) got two goals. Lobitz has been on varsity since his frenshmen year and has made friendships out of it. Lobitz said, "Practices with the boys and making a tight knit group as well as playing game with them is my favorite part of being on the team." *Photo by Tim Bykowski.*



Row 3: Dylan Layton, Talon Moreland, Bryce Haines, Ethan Buskey, Loan Torkelson, Brody Odland, Luke Vogel, Owen Sjoberg, Tyler Moreland, Mason Mogard Row 2: Defensive Coordinator Jackson Stone, Reme Lobitz, Jackson Cross, Tyson Hentges, Tyler Wurst, Andy Nolan, Head Coach Steven Simpson, Assistant Coach Jack Savini. Row 1: Kaden Gertzen, Caleb Waller, Alana James, Manager Arianna Lovegreen, Manager Tam Le, Luke Erlandson, Colton McLellan, Liam Nevala, Offensive Coordinator Max Murphy.



In the sport of lacrosse there are many reasons you would need protective gear. They legally can wack and hit each other. With all the gear it could be heavy, Owen Sjoberg ('23) explains how it isn't heavy: "The gear never gets hard to move in, most the time I forget it is there, you can be very agile in lax gear." *Photo submitted by Owen Sjoberg.*

FIRST YEAR DEFENSE. The Knights hosted the Trojans in their home opener on April, 24th. Defensemen Bryce Haines ('24) played in his first ever Knights lax game. Haines said, "I would say being new to lacrosse it is more exciting then intimidating because I just go out there and do my thing." *Photo by Tim bykowski.*



QUICK FEET. First home game vs Wayzata on April 24th. On the defensive side of the field is Dylan Layton ('23). After Layton ran down the field to clear the ball, he explains, "Playing defense and being fast I use the best of my speed for clearing the ball out of the D-zone and getting back to my posistion." *Photo by Tim Bykowski.*





BOTH SIDES. First game of the season at home. As a midfield Mason Mogard ('24) plays both forward and defense. Switching positions as the ball moves from one side to the other. Mogard said, "It isn't difficult but it just forces you to know how to play on the both sides of the firld and forces you to have better conditioning." *Photo by Tim Bykowski.*



WEATHER ALERT. Due to the weather at the beginning of the Lacrosse season their first game was against Wayzata. Their was multiple rain outs and practice was wet. Brody Oddland explained, "The rain is probably the biggest factor because everything is super slippery and it's hard to do anything normal when it wet and raining outside." *Photo by Tim Bykowski.*

P.O.V what we do

goalie — **alana james**



midfield — **lucas gertzen**



defense — **blake olson**



attack — **tate warren**



Spread designed by Maddy Petranek and Josie Vankuyk.

lax to the max

Knights fall to the trojans 8-9.



ONTO THE NEXT. Ethan Buskey ('23) plays midfield and is a University of Indianapolis commit. While playing the Trojans he scored two goals. Buskey said, "Throughout the years of playing STMA Lax I have gained great friends and memories, I can't wait for what the future holds playing college Lax." *Photo by Tim Bykowski.*

YOU JUST GOT SERVED.
Getting down your serve can be tricky but Grant Hofener ('24) says, "In order to get a perfect serve it's important to stay steady and focused on the ball."



PEP TALK.
Coach Basham gives his adivce to Leyton Punton ('24) before their next match.



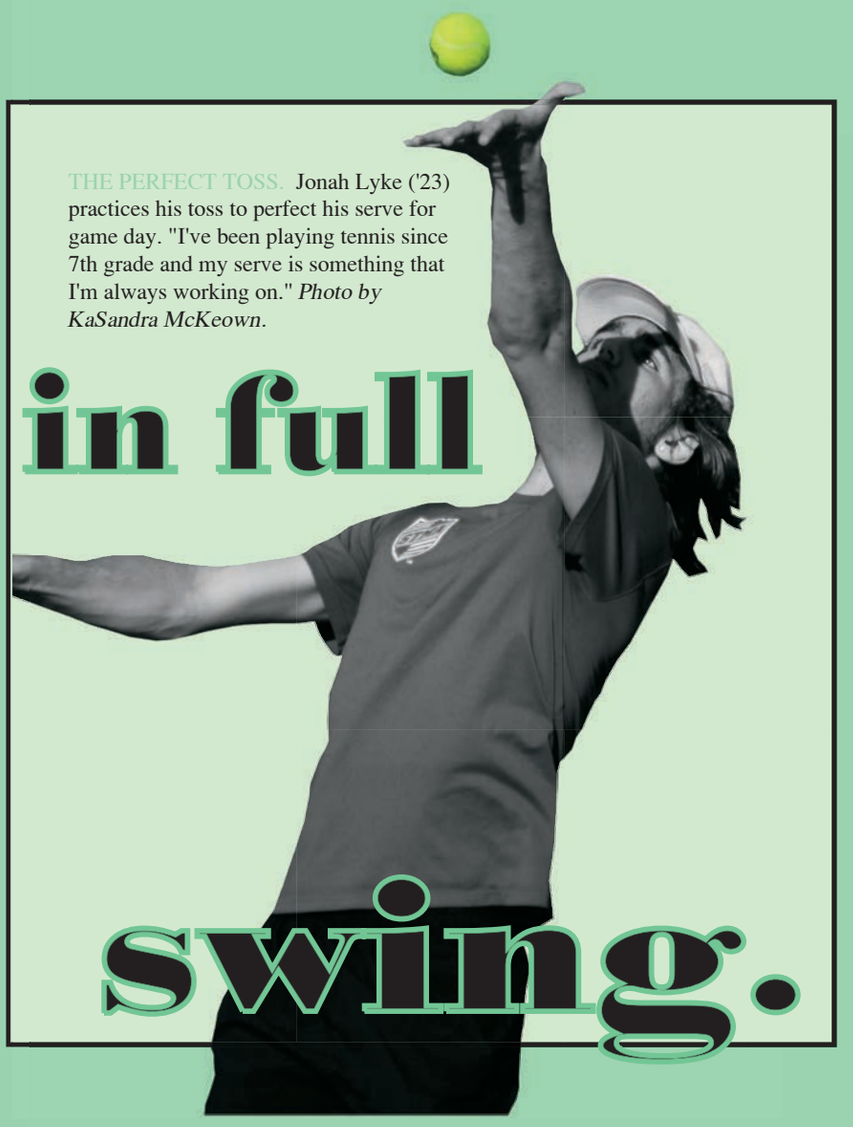
DEDICATION.
Connor Riesgraf ('24) dives forward to reach the ball preparing for his next match.





Row 3: Dow Dickerson, Andrew Beak, Michael Anderson, Conner Riesgraf, Coach Geoff Basham **Row 2:** Caden Taege, Carter Krohn, Brock Cornell, Hudson Slettum **Row 1:** Alexander Beck, Jonah Lyke, Brady Lindstorm, Leyton Punton, Gavin Gerard

Spread Designed By Leyla Carlson and Cortney Halvorson



THE PERFECT TOSS. Jonah Lyke ('23) practices his toss to perfect his serve for game day. "I've been playing tennis since 7th grade and my serve is something that I'm always working on." *Photo by KaSandra McKeown.*

in full swing.

practice with a purpose.

P.O.V

double trouble.

the importance of teamwork



In order to work successfully together as a team Jacob Goth ('25) and Andrew Johnson ('24) say, "Communication is key. If you and your partner aren't clearly shouting out calls, it will just become a mess."

senior spotlight.

what do you love about tennis?



Carter Krohn
"I just love how chill tennis is, and how it's something I can look forward to everyday."



William Heitman
"I love tennis because I get to know my teamates and work better with them to win games."



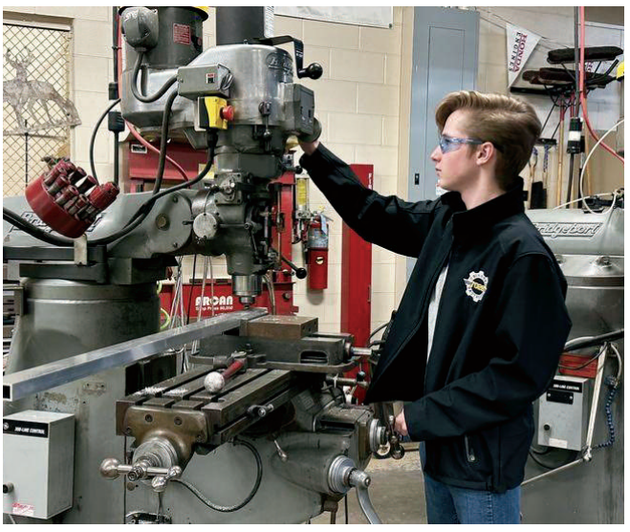
Jonah Lyke
"What I love about tennis is not just playing, but the people in it and the sense of community."



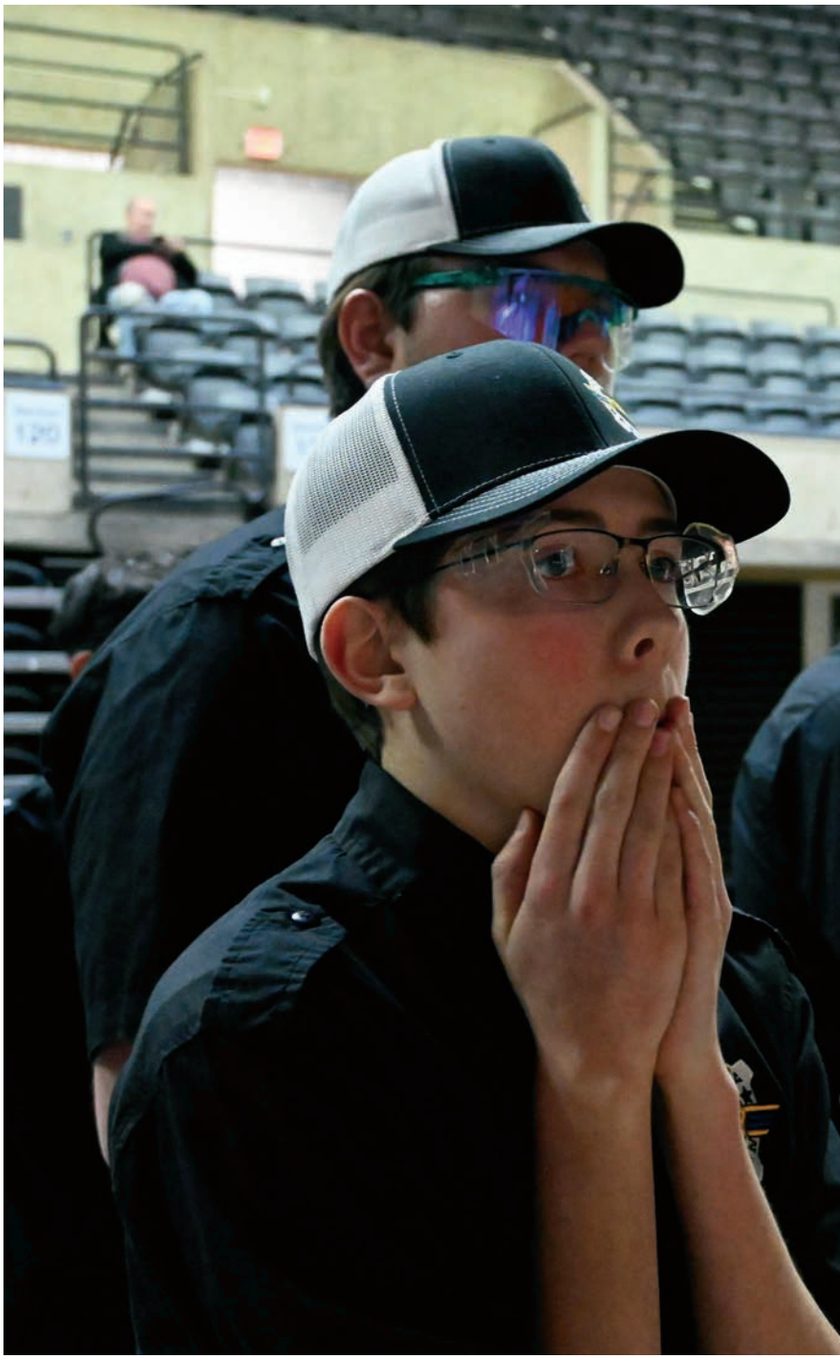
Luke James
"I love the people I get to play with and the competitiveness of the sport."



THE BOT IS READY. Jacob Vaerst and Audie Wandmacher ('23) are taking the robot onto the field to get ready for the match. This is at the regional competition in Lacrosse WI. "I have to be very careful I don't drop the robot," said Wandmacher. Photo by ***Binary Battalion .***

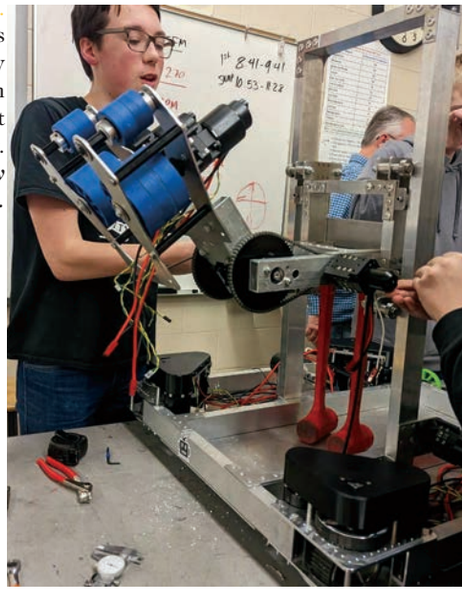


HARD WORK, PAY OFF. Lucas Schweisthal ('24) is an engineer on the team. Lucas is working on a metal machines for the robot. "This is my favorite mechanize to work on." Photo by ***Binary Battalion .***



IT IS HAPPENING. Audie Wadmacher('23), Jacob Varest, and Alex Lavigne are getting the final score back. They justed had beat there biggest competitor. They placed 4th at this match. ***Photo by Binary Battalion.***

GETTING WORK DONE. Wyatt Klement ('25) is phototyping before they make the competition robot. That is the first model of the robot. Photo by ***Binary Battalion .***



LET'S DO THIS. Nathaniel Gremmels, Dylan Rattai, Alex LaVigne, Jacob Vaerst, and Audie Wandmacher are the driving team. They are waiting in the queue before the match. Photo by ***Binary Battalion .***





WOMEN IN STEM. Sydney Gasser ('24) and Addison Van Vooren ('26) are working on getting a new batteries ready for the season. "When putting in a new battery it takes a lot of work and a long time," said Gasser. Photo by *Binary Battalion* .

P.O.V

The team spends 6 days a week for 6 weeks working on the robot.

The robot name is Orion.



meet the bot

engineered to win.

7028 impresses at Great Northern Regional





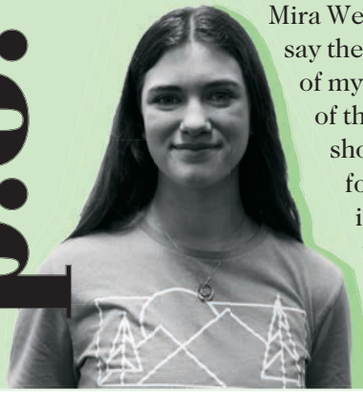
Back row: Riley Gredvig, Kylie Lukkar, Trey Knight, Ingrit Herfel, Alexander Behrens, Wyatt Klement, Tyler Turpin, Vincent Muraski, Bruce Flam, Bennett Cotterman, Jackson Thering, Colin Geach, and Noah Erickson.
Middle row: Emmitt Peterson, Elliot Simon, Kaitlin Christensen, Hank Kurasz, Nathaniel Gremmels, Benjamin Williams, Dylan Rattai, Audie Wandmacher, Noah Gremmels, Jacob Vaerst, Alexander LaVigne, Jackson Hamilton, Adam Wadman, Josey Quiram, Nick Conrad, Tate Lallak, Lucas Schweisthal, and Drew O'Neill.
Front row: Addison Van Vooren, Sydney Gasser, Grace Kirk, Holly Hultman, Keith Robertson, Will Spaulding, Avery Pfister, Avagabriella Stich, and Ty Hurd. (Not Pictured: Nolan Kasperowicz, Ray Koch, Cooper Libby, Blake Moran)

p.o.v

setting the stage.

techies behind the curtain

Mira Weber



No show would be complete without the tech crew. Light Board operator Mira Weber ('25) said, I would say the most important aspect of my role in the show was all of the preparation for the show itself. Hanging and focusing the lights is very important, along with writing and programming all of the lighting cues for the show.

Tabby Craig



"The most important aspect of my role was having the opportunity to collaborate with outside businesses to create partnerships to support our theater program through advertisement's and so much more!" Tabitha Craig ('24)





IT'S LIKE CLOCKWORK.

Portraying the heartbreaking and empowering story of Radium Girls was no small feat. Rain Chapman ('25) said, "I feel like the most important part of my role was portraying the story and truly showing what the girls were fighting for." This theme comes back around in multiple shows throughout the school year, just like clockwork. ***Photos by Kassie McKeown and Tim Bykowski.***



radium fever!

process behind the props



NON-TOXIC CREATION.

"Designing this set piece was definitely one of my easier set-making tasks throughout my years of high school, but I still put much thought and time into it! I started with a plain white piece of wood and started measuring out the letters with a pencil; the measuring took a considerable amount of time. Two big themes in our show were using your time wisely and standing up for yourself. I wanted to show how the US Radium Corporation was running out of time but still made an impressive impact on the world. The white background and bright green LEDs add the impact fullness that I wanted to convey. I added a cream color to the white background to give more depth and darkness to the sign (to match the feeling of the time period: almost goes unnoticed or even forgotten now). Then, as most artists do, I contemplated if I should be done or not. I looked at everything, and then I saw the big empty white space at the top in the semi-circle. At that moment I knew how to finish off my sign; I would paint a clock face. It portrayed the message of the show how I wanted, and it made an impact on the audience," said Mia Marthaler ('23).



contaminated cast.

one final production



(Not in order, some not pictured:) Jocelyn Jaroscak, Paige Reineke, Ann Weigle, Maggie Berendes, Charlie Lund, Lucas Benker, Nate Weber, Alexander Laurie, Eli Powell, Andi Davey, Lilly Covert, Belinda (Ashe) Aydt, Grace Eicher, Benny Juusola, Zoe Ellwoods, Cooper Hays, Jo Myslicki, Jack Bakke, Evan Kositzke, Rylie Saloum, Mia Marthaler, A.Rose Hauxwell, Alary Weinzierl, Madie Barnes, Hannah Pfeifer, Lauren DeLong, Rain Chapman, Haley Harrison, Kate Koivisto, Dylan Rich, Ava Bernier, Em Dembouski, Mira Weber, Halle Rothman, Ben Carroll, Sophie Pizano, Maren Penserga, Nat Zelaya, Avery Sherk, Alyssa Lopez, Mcklyann Johnson, Isabelle Lahr, Isabel Petite, Payton Corder, Kate Brandli, Oliver Hanson, Bailey Coy, Theresa Bourget, Darci Treptau, Maren Penserga, Kassie McKeowen, Brayden Zeug, Cora Hager, Brooklyn Andrzejewski, Ivan Kolb, Sarah Patterson, Jolette Pelaez Ariza, Jane Dombeck, Abby Sherman, Olivia Mayberry, Brooklyn Zwinger, Parker Schaben, Georgia Maciej, Audrey Radintz, Nat Zelaya, Payton Corder, Hannah Stenzel, Kate Brandli, Julia Barthel, Sophia Howard, Abigail Storey, Amelia Dayton. *Photo by Tim Bykowski.*



RADIANT FINALE.

After countless successful shows memorized, produced, choreographed, perfected, and performed, the STMA Theater program ends off the season with Radium Girls, a three act play. The program's seniors are sent off with one last hard-earned bow. ***Photo by Kassie McKeown.***

pin it to win it.

varsity bowling team come out champions of the conference tournament



VARSITY KNIGHTS. Coach Dave Green, Alyssa Newbauer, Alex Mattson, Riley Zroker, Carson McCann, Brendan Green, Emily Newbauer, Coach Bob Newbauer, Ayden Zimmerman, Kaden Bartunek, Xander Banas, Remington Fitzen, Aidan Evenson, Ethan Evenson, Liam Anderson.

knights strike out!

"Whats your favorite thing about being a member of the Rolling Knights?" Waseem Ezzaid ('25) said, "Testing my bowling skills!"





Taylor Jacobson ('24) says, "My favorite part of being a member of the Rolling Knights is knocking pins down! My bowling ball is like a magnent!"

Molly Velander ('25) says, "My favorite part of being a member of the Rolling Knights is being with my friends."



CHEERING TOGETHER. The Knights bowling team goes into competition at the Monticello bowling alley. They also had another match in October at Sundance Bowl in Dayton. Varsity defeated Rogers 3-2 and JV swept Rogers 5-0.





ROLLING KNIGHTS. Standing: **Sadie Armbruster (student manager), Elijah Kercado, Waseem Ezzaid, Cadence Maus, Carter Patyk, Ashley Arroyo Flores, Shea Yaeger, Coach Cassandra Rule.** Middle: **Dylan Cummings, Seth Wright, Maddie Meilahn, Peter Roelike, Tyler Waldrum, Ellie Rehovsky, Michael Peterson, Ranya Ezzaid (Student Manager).** Front: **Jasmine Brutskiy, Saige Funk, Taylor Jacobson, Mathew Centko, Molly Velander, Amari Salkey, Nevan Cheney, Autumn Schmidt.**





SENIORS. Front row: **Nick Talley, Olivia Kloss, Lexi Dupont, Devlin Sederberg, Philip Charmoli.** Back row: **Cole Sarkinen, Sean Walther, Eli Haakenon, Gabe Dahlheimer, Cheyenne Kuehn, Summer Lewandowski. Aedan Glimsdale (not pictured).**



KILL ZONE. **Jack Robinson** ('24) stepping up to start the wait for when the clay pigeon hits the kill zone.



EYES ON THE PRIZE. **Adeline Fehn** ('25) goes up to prepare to shoot as many clay pigeons as she can. She is ready to hit one right in the kill zone.

whats a clay pigeon?

A clay pigeon is something used all the time in trapshooting and it is a saucer-shaped piece of baked clay or other material thrown up in the air from a trap as a target for shooting.

max carlson



sharp shooter

Lauren Amenrud
Andrew Atsidakos
Ethan Augello
Anton Berg
Gwyn Berg
Braden Berning
Zachary Boese
Max Carlson
Jonathan Cavanaugh
Philip Charmoli
Gabe Dahlheimer
Jack Derham
Cody Dixon
Noah Duerr
Lexi Dupont
Riley Emerson
Clayton Etnier
Adeline Fehn
Peyton Fischer
Bruce Flam
Duncan Follett
Cody Frelich
Colin Geach
Jacob Geach
Owen Gindele
Aedan Glimsdale
Eli Haakenson
Tyler Hoffman
Preston Karger
Olivia Kloss
Kyle Krueger
Gretchen Kuehn
William Lahr
Isaac LeDoux
Mark Lenneman
Jacob Levens
Alex Lewandoski
Summer Lewandoski
Casper Limpert
Jack Lindenfelser
Trig Loback
Lila Lobeck
Henry Loftus
Will McKeown
Henry Messner
Logan Mitchell
Pierce Moran
Jaeger OBrien
Will Peterson
Sam Peterson
Clay Peterson
Sam Renczykowski
Jack Robinson
Ryder Sahr
Caden Sale
Cole Sarkinen
Ben Schmitt
Charlie Schoen
Jack Schoen
Lucas Schweisthal
Devlin Sederberg
Ayden Smoley
Nick Talley
Sean Walther
Nate Walther
Ayden Zimmerman
Trevin Zink

shooting for the stars

The team learns to practice their aim

Row 3: Rose Schefers, Briella Maeder, Macey Setter, Cece Lewis, Claire Ruhland, Mima Honzl, Atley Neros, Jadyn Weiser,Grace Sander, Rike Otto, Maiya Slusarczyk, Sophie Labatt **Row 2:** Coach Kim Monahan, Lydia Hawkins,Madelyne Preston, Coral Towns, Kylie Voss, Paula Ortiz Tomas, Sophia Marschel, Miah Nelson, Millie Meyers, Kelsey Cochrane, Olivia Geryol, Coach Tori Jeske **Row 1:** Pamela Mancilla, Paula Cabrera, Gracie Vankuyk, Rachel Couture, Paige Bushard, Leah Shipman, Rachel Heil, Bailey Hopland, Carlie Krumenauer, Barbara Mancilla, Trinity Haom, Lillie Nelson **Not Pictured:** Izzy Rice, Kylee Formo



jv & b-squad girls lacrosse

Row 3: Kyle Webber, Jacob Crow, Austin Wilson
Row 2: Lucas Gerten, Blake Olson, Landon Zachman, Daniel Landon, Logan Olson
Row 1: Tate Warren, Ethan Ollhoff, Jonathan Landon
Not pictured: Justice Haom



jv boys lacrosse

Row 2: Amayah Gaston, Amanda Odland, Emily Olin, Callan Wagner, Becca Odland, Ella McCane, Brooklyn Bigalke
Row 1: Kacie Brannan, Caylee Casey, Evelyn Schmidt, Lily Faucher, Emersen Brand, Lacey Byboth



jv softball

Spread designed by Macey Setter.



b-squad softball

Row 3: Coach Amanda Schlecht, Paityn Pagenkopf, Adrienne Lewis, Hailey Rech, Kate Anderson, Allie Coombe, Manager Dilana O'brien
Row 2: Miranda Emerson, Josie Lewis, Jess Besst, Makayla Geistfeld, Sophia Satre
Row 1: Maddy Molesky, Ava Schmidt, Ava Pajari.
Now Pictured: Kyleigh Johnston



math league

Row 3: Levi Hewett, Vincent Muraski
Row 2: Izzy Benusa, Vitalii Pakhorukov, Justin Mehes, Wyatt Skogsberg, Aidan Morgan, Ansel Herbes, Eli Davis, Ashton Szymanski, Carter Kephalt
Row 1: Jordann Head, Paige Reineke, Alex Skogsberg, Kyle Shull, Michael Dewey, Will Spaulding, Benjamin Juusola, Kaitlin Christensen, Caitlyn Seaver, Faith Sigugu, Carter Faucher
Not Pictured: Bennett Cotterman, Jackson Thering, Coach Schlangen



anglers fishing team

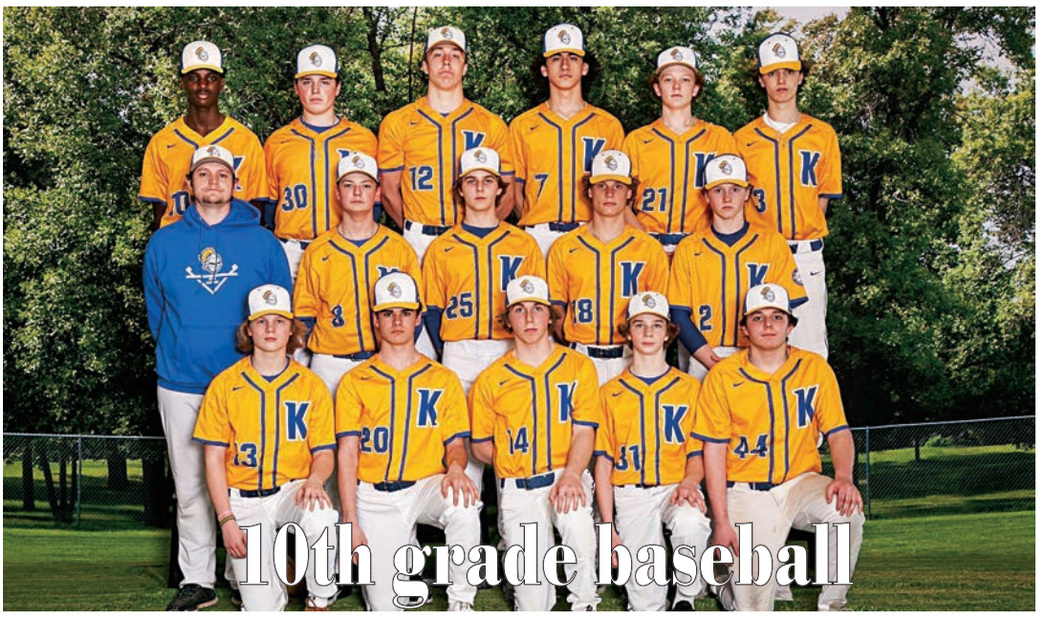
Row 2: Coach Sieber, Abby Vacura, Jack Vacura, Levi Larsen, Brady Luedemann, Evan Fargo, Brady Nichols, Logan Nichols, Peyton Fischer, Coach Larsen
Row 1: Carson Richie, Owen Larsen, Jake Suchy, Jayce Wolkerstorfer, Ayden Smoley
Not pictured: Coach Lewis, AJ Beck, Vincent Colotti, Evan Shearer, Michael Sieber, Kirby Kukral

Row 4: Trey Gustafson, Blake Klinkhammer, Wyatt Lawrence, Ethan Jordheim, Carter Sackett, Lucas LaCroix, Henry Braun, Preston Poff
Row 3: Jakob Denny, Dyllan Sullivan, Connor Marshall, Reid Varley, Joey Renczykowski, Sammy Denny, Grady Johnson
Row 2: Coach Tom Middagh, Joe Scully, Dylan Hackenmueller, Brandon Johnson, Khael Johnson, Josh Lafore, AJ Hanson, Coach Frank Simmons
Row 1: Caden Boser, Brody Cheeley, Ethan Funk, Andrew Schneider, Jacob Gundry
Not Pictured: Jackson Keller



9th grade baseball

Row 3: Alex Bergan, CJ Splettstoesser, Gage Kloster, Lucas Miller, Ryley Wuebkers, Ben Derbis
Row 2: Coach Magnuson, Richard Bluemke, Lincoln Rick, Ashton Crank, Tate Tolifson
Row 1: Ryan Kurth, Tyler Harring, Lawson Ness, Ethan Senesac, Riley Price
Not Pictured: Manager Carter Loebertmann



10th grade baseball

Row 3: Neveah Lyneas (Monti), Matthew Centko (STMA), Charlie Peiler (STMA), Maddie Meilahn (STMA), Erin Garaghty (Monti)
Row 2: AJ Joseph (Monti) , Lisa Bull (Monti), Gabe Shingleton(Monti), Logan Sinclair (Monti), Peter Roelike(STMA)
Row 1: Coach Mary Libbesmeier (Monti) , Coach Angela Ziebol (Monti), JR Falasco (Monti), Ashton Ninke (Monti), Holden Hout (Monti), Courtney Mogeue (Monti), Coach Cassandra Rule (STMA), Coach Kara Radke (Buffalo)



adapted soccer

Spread designed by Macey Setter.



adapted softball

Left to Right: Makenna Weege-Student Manager (Buffalo), Michael Peterson (STMA), Matthew Centko (STMA), Peter Roelike (STMA), AJ Joseph (Monti), Gage Gasper (Monti). Beau Exsted (Monti), Brody Hochstetler (STMA), Caroline Haluska (Buffalo), Lisa Bull (Buffalo) Aubrey Sands (Buffalo), Natalie Payne (Buffalo), Vanessa Kyllonen (Buffalo), Gabe Shingleton (Monti), Ella Kragerud - Student Manager (Buffalo).
Not pictured: Neveah Lynas (Monti) & Makenna Weege-Student Manager (Buffalo).



debate

Row 2: Rob Olson, Kaiden Dreis, Alex Boltz, Taylor Best
Row 1: Ron Davis, CC Brauer, Estelle Schwietz, Izzy Schneider, Ella Olson, Ben Dayton, Devin Dale, Anjie Alade, Frankie Edgar, Zoey Day
Not pictured: Marcos Cruz, Olivia Hanif, Wyatt Klement, Taylor Olson, Layla Stauner



jv boys tennis

Row 5: Conner May, Jacob Goth, Coach Gina Palumbo **Row 4:** Sam Drake, Noah Erickson, Will Heitman, Logan Alessi **Row 3:** Grant Hoefener, Luke James, Andrew Johnson, Isaac Marschel, Pete Lidberg **Row 2:** Braden Szarzynski, Drew O'Neill, Wyatt Skogsberg, Carter Faucher **Row 1:** Caleb Wilmot, Nolan Spiekermeier, Cody Hart, Isaac Dahmen, Jack Klemmensen



c-squad boys tennis

Row 3: Coach Noah Anderson, Braeden White, Ethan Egge, Andrew Grabowski **Row 2:** Mathias Westermeyer, Mason Anderson, Bennett Patterson, Christian Childs, Gage Trinklein **Row 1:** Oliver Bellio, Brecken Woods, Alexander LaVigne, Bennett Lehn, Anthony Andrukh, Felix Marshall **Not Pictured:** Joseph McHugo, Vincent Muraski, Oliver Otis, Aiden Johnson

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LIBERTY
RESTAURANT and BAR
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PLAYERS HEALTH