

# Destination

UNKNOWN

2001



FORT SEA

GREENLAND

BAFFIN BAY

ALASKA

NORTH AMERICA

ICELAND

HUDSON BAY

CANADA

UNITED STATES

NORTH ATLANTIC OCEAN

HAWAIIAN ISLANDS

NORTH PACIFIC OCEAN

MEXICO

EQUATOR

VENUELOA COLUMBIA

SOUTH AMERICA BRAZIL

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Forest Lake Area High School  
6101 Scandia Trail North  
Forest Lake, Minnesota 55025  
651-982-8400  
www.forestlake.com

# Destination



Grab the reins and ride those ponies! Seniors Mollie McConnell and Sheri Hudella show their excitement about our homecoming pepfest.





Like links on a chain, the seniors created a path for the new sophomores as they awaited orientation. Bright neon green shirts helped distinguish the sophomores from the seniors.

# Un known

We got spirit, yes we do, we got spirit how about you?..... Decked out from head to toe in Maroon and Gold, these Rangers showed their pride for our home team.

Ever since Forest Lake High School opened its doors in the beginning of the century, the population of the students has risen regularly. To accomodate changes, improvements have continually been made. This year we saw the additions of a new G-wing with three classrooms, a weight room, and a new gymnasium. A new school store that supports our Ranger logo was also added.

Among the changes that were made to the school, students found their lives transforming right in front of them. Not knowing what our future will hold, we made decisions and discovered new horizons. Some of the choices we have made are which classes to take, which sports and activities to join, or what to do after high school. These are just a few of the obstacles that we were determined to conquer.

**-Andrea O'Brien**



# An Unforgettable Expedition

Some have said that high school is merely to prepare us for the future. Everyone who has experienced high school can say that it is so much more. Sometimes we tend to get wrapped up in the stress of a test, the research papers we write, and our plans for the future. But it's about the sports and activities we participate in, the lifelong friendships that are made, and the memories that last forever. Events such as homecoming, prom, and graduation will forever be embedded in our minds.

For some high school graduates, it seems that they have chosen their paths in life. For most, however, it seems that their destination is unknown. Whatever happens in the future, our high school experience has helped to mold the type of person we all have become, and the journey through life is one that will always be remembered.

**-Andrea O'Brien**



Upper classmen, best buds, **Megan Graff** and **Jennifer Loftus** take time out to stop and smell the flowers. They found that a little fresh air helps re-energize after a long day.

The Sophomore retreat at Hosanna church was a tremendous success. Doing the electric slide was a fun way to break the ice.







Forest Lake Rangers kick! A mix of juniors and seniors displayed enthusiasm on maroon and gold day as we wrapped up spirit week.



Dressed for success in medical scrubs, these chemists are hard at work. Juniors **Jessica Mackey** and **Breanne Kulis** experiment with a chemical changes lab.





◀ Students poured into the gym for the Homecoming Pepfest which is always a great chance for students to get excited and show their school spirit. Students tried to move through the crowd to get to their assigned sections according to class.

# STUDENT LIFE

## Journey to Remember



Everyone wanted to find a way to be involved with the school. Students had a variety of clubs, organizations, and activities they could participate in. Some joined theater, language clubs, Mock Trial, choir, band, the Breeze and many other activities. These options opened up a wide opportunity for students to meet new friends and spend more time around school. With everything going on in their lives, students still felt connected to the school and wanted to be involved. New options such as Link opened up for the school and made the year more fun and enjoyable for everyone.

**-Angie Klosner**

# The Party Goes On!

## After School Homecoming Events

Spirit Week didn't just stop when the bell went off. Lots of activities went on after school and into the evening.

Bang, Bang, Bang! The guns and bombs of the Nintendo 64 game, Golden Eye, sounded through out the building after school on Monday.

Yeah! The battle of the bands bashed away on Tuesday evening. All the bands were there to strut their stuff in front of the judges. Many people showed up to see this gathering of musicians on the grass next to the staff parking lot.

The Spirit Bus made it's way around the district on Wednesday. Vroom! It carried the cheerleaders, homecoming candidates, link representatives, pep band, student council members, and all the other people involved to all the other schools in the district to help celebrate homecoming.

Ferris, playing hooky, a wacko principal... Who else could have there been on the Thursday night movie. No other than Ferris Bueller. "Ferris Bueller's Day Off" appeared on the side of the new field house at dusk that night.

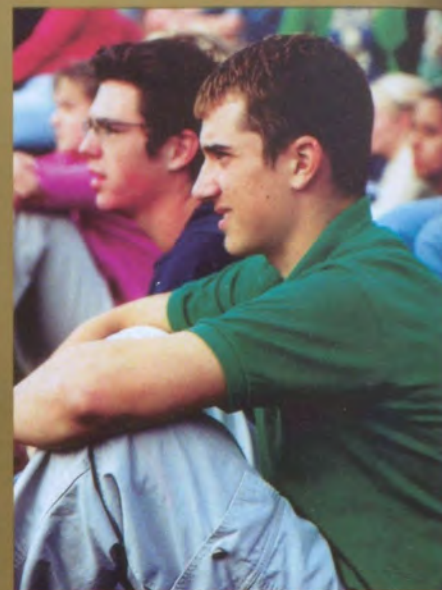
Finally, on Friday, everyone was pumped up to watch the big football game. The bleachers were packed tight with people an hour before game time to see the colossal event.

-Kyle Boerem



◀ Slow Down! Senior Derek Jackson trying to keep his band members together while playing at battle of the bands.

▼ Attending battle of the bands; Kyle Tennis and Adam Grams watch the performing band silently from the crowd.



▲ Where's our groupies? Daniel Owen and Joseph Haselbauer eye up the crowd for potential fans as they perform.

▶ "01,01,0001" the seniors shouted in competition with juniors and sophomores all excited for the game; during the pepfest.



▶ "Bond, James Bond." Following school on Monday, Daniel Haselbauer, Mark Barnier, and Calvin Spitzer enjoy the N64 Golden Eye Tournament.





◀ We're bored. Who's up next? The audience at Battle of the Bands tries to pay attention as the next band sets up.

▼ Running ahead of the rest, seniors Amanda Mueller, Cassandra Robertson, Carla Perry, Ben Geisbauer, and Neal Ray ran the game ball in from Mounds View to Forest Lake. At the pepfest they were among other seniors being acknowledged for participating in a sport.



◀ Vanessa Novak dances with a student at Columbus Elementary during the school song.

▲ Future cheerleaders of FLHS. The spirit bus was surprised by the warm welcoming by the elementary students.

▲ Getting elementary students psyched for the football game, the cheerleaders are assisted by the pep band and Link Leaders in a cheer.



◀ Performing for the spirit bus in front of the District Office Building, the cheerleaders wait for the drum roll for the school song.

► You drive me crazy, I just can't sleep... What makes these senior girls so different from the others? They show how wild they can get for Crazy Day.

▼ Like our glasses? Sophomores Elizabeth Garritsen, Alison Tjaden, and Kayla Vetting impress the guys with their fabulous modeling skills on Crazy Day.



▲ Strutting their stuff on the catwalk. Kristina Olson, Cory Regnier, Valerie Wittmer, and Joseph Ryan model their classy outfits during lunch on Formal Day.



▲ Get wild and crazy. Tara Kent, Travis Stich, and Jodi Kendrick show off their wild side.



► Sneaking a quick break on the job. Health class pays off for these future doctors Rachel Oberg-Hauser and Steffany Workman on Medical Scrubs Day.

► We'll dazzle them. Kristina Bushman, Angela Klosner, Lindsey Anderson, Dana Anderson, Molly Alhm, and Krystle Dettmer dazzled up the school on Formal Day.



▼ Was there a pajama party last night? Sophomores Margo Taylor, Andrea Eiken, Shelby MacKenzie, Christina Willcoxon, Molly Thompson, and Brittany Hansen are excited for the first day of spirit week.



▼ Wake me up before you go-go. Kimberly Coppersmith, Jill Penshorn, and Molly Boyd enjoy the most comfortable day of the week, Get Up and Go Day.



# Spirit Week

## Charting Into The Forest

# In The Forest

Crazy day, dress up day, scrubs day, wow! Homecoming week was a chance for students to show their school spirit by dressing according to what each day of the week was.

Monday morning came, and ding ding goes the bell to signal the start of school. It was Get Up and Go Day. It looked like a pajama party in the hallway with all the slippers and robes people were wearing. Early next morning, the school started filling up with people that looked as if they were from a circus. It was obvious that it was Crazy Day because of all the mismatching clothes and funny looking shoes. "Is there a doctor in the building?" is what the announcements should have said. Like an episode of E.R., students wore colorful medical scrubs on Wednesday. Thursday morning everyone piled into school as usual, but it looked like it was a private school. Everyone was wearing suits and dresses on Formal Day.

Finally to finish off the week, we had our most special and prominent day: Maroon and Gold. The staff and student body participated well with died hair, jerseys, and face paintings. Everyone was pleased with the hard work put into the long hectic week.



◀ Playing their way to victory, Jessica Kopp, Cassandra Mayne, and Emily Vadner, the Hometown Hotties, make their way to orchestra class.

▲ Super Flake (Tyler Anderson), Ranger Boy (Joshua Robinson), and their roadies show off their superpowers on Maroon and Gold Day.

◀ Nice Hair! Shannon Flinn, Andrew Amundson, Timothy Baird, and Katherine Aune go all out for maroon and gold day.



-Kyle Boerem

# The Reign of the Forest



▲ How did you feel when you found out that you were nominated?

Lucas Koski: I felt guilty and I had a cramp in my foot.

Angela Colter: I was shocked and excited.

Once upon a time in the deep dark Forest lived ten nominees who were yet to discover who would be crowned on September 22nd and reign over the Forest.

The ceremony began with last years Royalty couple **Dustin Minke** and **Alicia Opsahl** walking down the red carpet runway into the spotlight, where maroon and gold balloons hovered above... They took the thrown for one last time and listened while **Mark Wahlstrom** and **Gretshen Gieseke**, the MC's for the coronation, began introducing each royalty couple. As five fired up couples walked down the red carpet a hush grew over the crowd in the gymnasium. Once all the couples were seated they were going to find out who would take the crown. The women were asked to step forward as **Dustin** walked behind them and crowned our queen, **Shalee Dunaski**. Then the women stepped back as the men stepped forward now came, the moment of truth as **Alicia** walked behind each candidate and crowned our king, **Lucas Koski**. The crowd shouted with excitement for our new Royalty couple **Lucas Koski** and **Shalee Dunaski**.



-Tara Davis and Brianna Fogerty

▶▲ What is the best thing about being nominated for homecoming royalty?

**Jorge Raasch:** My best friend **Dan Reuter** worships me now.

**Megan Martin:** It's going to be a really fun week. And I was nominated by my peers.

▶ What makes you unique compared to the other candidates?

**Gregory Loushine:** I'm better at video games.

**Shalee Dunaski:** I'm unique because I have a big dog named **Dugan** and nobody else does.





Lucas Koski  
&  
Shalee Dunaski



▲ Homecoming candidates all dazzled up for coronation. A playful pose after the crowning of Lucas Koski and Shalee Dunaski.



◀ Why do you think Homecoming Royalty is important to our school?

**Katie Alsdurf:** It seems to be the only tradition we are able to hold on to.  
**Joshua Davis:** It's tradition plus it adds school character.



▲ Who would you vote for King and Queen?

**Nathaniel Hegseth:** Greg and Shalee  
**Heidi Bjork:** King Jorge and Queen Megan.



▲ All aboard! The Homecoming Royalty candidates take a break from their busy schedule to hitch a ride.

# Welcome to The Home Game The Forest

The whistle blew; the crowd was silent. They waited for the slow moment of **Joseph Carlisle** to kick off the ball. The small pigskin football flew through the air, marking the start of the game. The crowd cheered as the plastic pads crashed together.

The ball was set and the cadence was called. The first play started, but quickly came to an end. Fumble! Mounds View fumbled the ball. Our march to victory had begun.

Numerous plays lead to the victorious conclusion of the Homecoming hurray. **Jonathan Kunshier** threw the ball with such cunning explosive power the crisp cutting pass found its receiver quickly. Other game winning plays that lead to our overwhelming victory were the fanatical running plays by **Landon Stevens** and **Jeffrey Justesen**. On one occasion, **Justesen** blasted through a group of Mustangs to get the first down. This game will go down in the history books as one of the finest displays of football that this town has ever seen. This game invites graduates and towns folk to come and experience the thirst and power of tradition once again. The Rangers have always driven the ball forth in a consistent way and style that only the Rangers can produce. This game will be in the hearts of new comers, graduates, and Forest Lake football fans alike for all time.

-Michael Moreland



▲ Jonathan Kunshier waits for the snap that later scores a touchdown that seals the Ranger victory over Mounds View.



1. It's a bird, it's a plane, it's "Kraemer." #85 Robert Kraemer taps Mounds View's ball off course, causing Mounds View to lose 3rd down.

2. The crowd cheers frantically as the Forest Lake scores their second touchdown.

3. Jeffrey Justesen plows through Mounds View's line backers for a terrific first down.

4. The crowd chats away as the half-time show is displayed before them on the field.

5. Robert Kraemer blocks a pass thrown on the 3rd down to stop the drive and start the punt.



◀ Coach Jim Herman and Coach Reed Humphrey watch as the game is being unraveled before their eyes and victory is displayed.



◀ Did we win yet? Andrew Carlisle dreams away as the game goes by and he rests from the vigorous play before.



▲ Jim Lindstrom directs the choir as they sing the National Anthem before the upcoming game against Mounds View.

# The Ranger Wearhouse

▼ I wonder if they have this in my size?  
Katherine Hauge and Krystle Dettmer ponder  
what to buy from the school store during their  
lunch hour.

If it was a tee shirt you wanted or a warm winter jacket, The Ranger Wearhouse had it! One of the many new additions made this year was the school store, the expectation of business was unknown. The Ranger Wearhouse was open everyday before school and during all four lunch periods. Hours for the store were also expanded during special activities and sports. The school store was added to "increase school spirit," said **Tony Harris**, and to "greater foster the school community atmosphere."

Homecoming week sprouted up the business with the traditional Homecoming tee shirts, along with the new medical scrubs. It was a great start for the school store. During Homecoming week a contest was held to see which options period could buy the most homecoming tees. The reward was tickets to for the entire class to the big game. **Jenifer Debe's** options period won the contest with approximately 50% participation in the class.

The school store also held another contest: What the name of the school store would be? There were nearly 250 entries for the school store name. **Mr. Harris** picked out the five most suitable names for the final vote. During first period the student body voted on the best name to fit their school store. The winning entry was The Ranger Wearhouse, thought up by **Bethany Mettler**. She won a Forest Lake sweatshirt for her winning idea.

- Katherine Lightfoot
- Kimberly Gustafson



▲ **Brittany Walker** runs to the Ranger Wearhouse to purchase a Homecoming tee shirt. By buying the tee shirt she is supporting her options class in hopes of winning Homecoming tickets.

► Strike a pose. Seniors **Katie Alsdurf** and **Nicolette Larson** model the brand new "warm and cozy" line. The stylish new line also includes jackets, pants, and numerous other items to chose from.



▼ Tony Harris proudly shows off the new Ranger logo to senior Patrick Fisher. Fisher can't get enough of the Ranger Wearhouse.

► Caught red handed, Sam Johnson and Brandon Girtz prove they have school spirit as they admire the Homecoming tee shirts. They better get one quick, they are going fast.



▲ Bzzzz-e bees. The Ranger Wearhouse is proudly run and operated by Business Education Teachers: Tony Harris and Jamie Bullock. The store is open before school, during all four lunches, and during special events.

◀ Picture perfect smiles. Taking a sneak peek at the store during their lunch hour. Seniors Shannon Flinn and Katherine Aune show off some of the new Ranger tee shirts and a hat.

# Leadership Through Excellence

Student Council was made up of fifty-five students. There were twenty seniors, fifteen juniors, and twenty sophomores. The students that held chair positions met every week and all members met every other week. In the past only ten from each grade were accepted. But this year, advisor **Gretchen Gieseke** decided to accept all students who turned in applications on time.

During the meetings they gave suggestions and planned activities throughout the year. After an activity is agreed on, they bring it to administration and see if they give it a go ahead.

Student Council is not just a school year program. During the summer, students were doing fundraisers such as a car wash and were also planning fall events.

Homecoming took the longest to plan. Students had to plan the picnic, battle of the bands, Nintendo 64 contest and all the spirit days. "Homecoming was a lot different this year, but I think our hard work paid off," stated **Kelsey Hanson**. Homecoming 2000 was mostly organized by the time school started in September.

Some activities student council planned and organized this year were Homecoming, Blood Drive, Holiday Extravaganza, Elf Grams, Santa Pictures, Winter Wonder Week, dances and many other fun events. "We try to plan activities that include everyone in the school," said president **Abigail Tjaden**. Members worked hard to put these events together to make them fun and memorable for both students and faculty.

-Ingrid Helgeson

**Student Council Row 1:** H. Nelson, E. Garritsen, A. Nastro, K. Jones, L. Pegelow, A. Tjaden, C. Rotach, M. Kandel, C. Brink, T. Kolbow **Row 2:** N. Krongard, A. Gage, M. McKie, A. Okeson, A. Westlund, N. Carter, K. Hanson, C. Zeleschnak, K. Benson, A. Tjaden, A. Eiken **Row 3:** G. Gieseke, A. Sjodin, V. Novak, S. Dunaski, M. Anthony, A. McCollough, A. Maus, T. Robertson, L. Jarvis, J. Coleman, B. Walker, L. Kempenich, J. Kopp **Row 4:** B. Gessner, K. Kolbow, M. Becker, J. Durand, D. Joyer, L. Fisher, A. Joyer, C. Robertson, J. Raasch, T. Turgeon, A. Morcomb, J. Robinson, M. Garry.

"These students constantly surprise me. They are a wonderful group of young adults."

-Gretchen Gieseke

▼ Smile big girls! **Vanessa Novak, Abigail Tjaden, and Amelia Sjodin** count the money they've raised so far.

▼▼ Scrub a dub dub. Student council members washed cars in the Wal-Mart parking lot for a fundraiser.





Advisor.....Gretchen Gieseke  
 President.....Abigail Tjaden  
 Senior President.....Lee Fisher  
 Junior President.....Jessica Kopp  
 Sophomore President.....Kesiah Kolbow  
 Secretary/Treasurer.....Kelsey Hanson  
 Fundrasing.....Joshua Robinson  
 Publicity.....Amelia Sjodin

◀ Blood Anyone? **Natalie Carter** and **Ashley Westlund** watch **Mark Miron** donate his blood to the Red Cross.

▼ Mmm Good. **Advisor Gretchen Gieseke**, and members **Travis Turgeon**, **Nicholas Krongard**, and **Cassandra Robertson** eat some delicious hot dogs and hamburgers.



▲ Ho, Ho, Ho. **Carly Gay** sits on Santa's (**Nathaniel Hegseth**) lap during pictures with santa.



▲ Girl Power! **Carise Rotach** picks a fight with **Joshua Robinson** during the Bar B-Q.



◀ Come buy an Elf Gram! **Jessica Kopp**, **Brittney Walker** and **Talitha Kolbow** sell elf grams to students in lunch.



**N.H.S Row 1:** C. Robertson, K. Raymond, K. Alsdurf, N. McKenzie, K. Kehoe, J. Maki **Row 2:** E. Fisher, L. Schleicher, C. Herzog, K. Lightfoot, S. Linnerooth, N. Krongard, K. Chenery, H. Svenkeson, J. Thayer, D. Hooker **Row 3:** J. Schiks, J. Rought, S. Slowinski, L. Main, L. Paisley, K. Johnson, L. Jarvis, A. Colter, K. Hanson, M. Sassaman, N. Hulsebusch, A. Yang, A. Mueller, A. Wolff, N. Trombley, B. Votel **Row 4:** J. Hastings, E. Kouneski, J. St. Marten, B. Peterson, P. Fisher, N. Hegseth, L. Koski, D. Jackson, C. Zeleschnak, R. Hoveland, E. Thomas, A. Hosfield, B. Mettler, M. Thompson, C. Richards, T. Bulinski, D. Owen **Row 5:** K. Kramer, E. Sorensen, H. Coby, D. Svenkeson, J. Rosenthal, J. Schwietz, G. Loushine, J. Raasch, K. Klein, T. Lindquist, D. McAlister, J. Glenn, A. Frericks, S. Faulhaber, E. Overson, M. Reitter

► Tell Santa what you want for Christmas. **Elena Kouneski** and **Teresa Havener** take a break from helping out at the breakfast with Santa for a quick picture.



▲ Sharing the fun of the holidays. **Meghan Thompson, Kathleen Kehoe, and Kelly Karls** sing Christmas carols with the residents at Birchwood Care Center.

► Advisors **Sue McDaniel** and **Laura Livermore** inform the members of upcoming events and keep everything running smoothly.



▲ Intent listeners. Members gather in the cafeteria for a meeting. They are made aware of upcoming events and available group and individual hours.



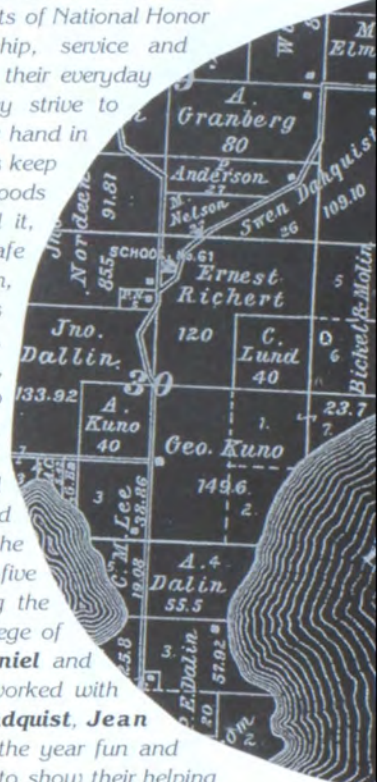
▼ NHS officer **Thomas Lindquist** bags up the food collected at the annual Trick-or-Canning event. A whole trailer was filled with canned goods for local food shelves.

▼▼ Your royal highnesses. **Julie Mouchet** and **Katherine Lightfoot** dress the part as they play wicked queens at Zoo Boo!

# A Helping Hand & Caring Heart



With a history of help and dedication to the community, National Honors Society stands out above the rest. These seniors exhibit academic excellence, volunteerism, and activeness in their community. All members stand for the four traits of National Honor Society which include scholarship, leadership, service and character. Members try to incorporate this in their everyday life and be examples for their peers. They strive to continue this excellence while lending a helping hand in the school, charities, and fundraisers. Members keep busy throughout the year collecting canned goods on Halloween "Trick-or-Canning" as they call it, helping out at Como Zoo's annual Zoo Boo a safe trick or treating environment for children, caroling at Birchwood, rocking in rocking chairs for five hours in the Rock-A-Thon fundraiser, helping out a Sharing and Caring Hands, bagging groceries at Rainbow for a donation to local food shelves or one of many other fun and meaningful activities. Each senior must complete twenty-five hours worth of individual activities of their choice. These activities needed to be of importance and beneficial to the community. Members had to complete twenty-five group and twenty-five individual hours during the course of the year in order to have the privilege of graduating with honors. Advisors **Sue McDaniel** and **Laura Livermore** oversaw the group and worked with officers **Nicholas Krongard**, **Thomas Lindquist**, **Jean Thayer**, and **Gina Westlund** to help make the year fun and successful. This group of seniors works hard to show their helping hands and caring hearts.



-**Katherine Lightfoot**



◀ Smiling proudly. NHS officers **Nicholas Krongard**, **Jean Thayer**, **Thomas Lindquist**, and **Gina Westlund** sit down and catch their breath after explaining upcoming events at an NHS meeting.

*"Members have been very enthusiastic about NHS activities, and have been a very easy group to work with."*

-**Laura Livermore**

# The Never Ending Circle

Circle Of Support is a group of students spreading positive messages throughout our school who want to make a difference. They deal with many issues concerning students health and well being. Circle of Support is important to our school because it helps publicize the importance of many decisions students need to make, such as chemical awareness, suicide prevention and kindness. It gives them a chance to know that their peers care about them. With the help of behavior specialists **Amber Schultz, Leah Gunter, and Cindy Jones**, students organize many activities that make a difference in our school and community.

This activity organized Ghost Out Day, in which students put a tear drop on half of their peers in our school. The tear drop represents the percentage of people who have died from drunk driving or in an alcohol related accident.

"I would warn people of bad decisions they make and make sure I don't make any of those bad choices in the future," said **Melissa Johnson**.

The program was developed to give the students a chance to become positive leaders and create a positive school atmosphere through many educational but fun events.

By having Circle of Support in our school, it shows that students can make a difference. It makes students aware of the dangers involved with chemical use and emphasized the importance of respect.

-Tara Davis

▼ **Leah Jarvis and Jessica McKenzie** work intensely to sort out suicide prevention cards. Circle of Support members inform the school about suicide prevention during the month of January.

▼▼ **Katherine Rydland and Krista Mastel** practice reading through the lines for a skit that will be later performed during lunches. Circle of support works with the Youth Service Bureau to help students conquer challenges.



**Circle of Support Row 1:** L. Gunter, A. Peterson, J. McKenzie, C. Robertson, R. East, A. Dalen, L. Saunders, A. Schultz **Row 2:** P. Fisher, S. Friesen, L. Jarvis, K. Mastl, C. Zeleschnak, E. Barhorst, C. Manick, **Row 3** A. Colter, M. Johnson, A. Lejchar, J. Froelke, T. Lindquist



"Circle of Support has given me the opportunity to work with students on a unique level."

-Amber Schultz



◀ Be a life saver! **Samantha Friesen** holds up a life saver as a reminder for students to prevent drunk driving. Circle of Support members passed out life savers during chemical Health Week.

▼ **Amber Schultz** enthusiastically gives instructions to the students. The behavior specialists provide exceptional leadership to the group.



▲ **Jessica McKenzie, Angela Colter, Melissa Johnson, Leah Jarvis, and Andrew Peterson** pose near a poster warning students the danger of suicide.



▲ What's happening? **Kristin Jones** and **Lynn Saunders** discuss their after school plans. Local community businesses and students team up to support MADD.



◀ Don't be a statistic. Circle of Support members **Kristin Jones, Crystal Manick, Lynn Saunders, Aaron Cook, and Matthew Rivard** team up with MADD to urge students to not drink and drive.

▼ **Branden Peterson** watches Co-Advisor **Amber Schultz** act out one of the respect activities for options class. Throughout the year the LINK members made visits to sophomore options classes. Activities concerning respect were the main focus.



**LINK Row 1:** A. Sjodin **Row 2:** M. Johnson, C. Robertson, K. Raymond, K. Alsdurf, N. McKenzie, K. Kehoe, S. Dunaski, A. Paltich, K. Karls, A. Schultz **Row 3:** C. Manick, E. Hansen, S. Linnerooth, K. Lightfoot, N. Krongard, K. Chenery, J. Thayer, A. Gage, D. Hooker **Row 4:** A. Lejchar, J. McKenzie, L. Jarus, A. Colter, H. Bjork, J. Maki, J. Griffith, T. Robertson, A. Peterson, L. Olson **Row 5:** J. Rosenthal, H. Coby, D. Svenkeson, L. Schleicher, P. Fisher, C. Zeleschnak, B. Mettler, M. Thompson, A. O'Brien, N. Trombley, T. Lehmann, J. Glenn **Row 6:** J. Schiks, L. Koski, J. Raasch, D. Jackson, N. Lovas, T. Turgeon, M. Brodeur, T. Lindquist, N. Hulsebusch, M. Reitter



◀ LINK leaders and sophomores take a break at the sophomore retreat to sing with the retreat leaders, "Lean on Me" and "Brown Eyed Girl" were hits!

## Linking Our Classes Together

Leaders of LINK unite the sophomores with the upperclassmen. LINK was a national program that **Mark Wahlstrom** found after looking for a solution to help the sophomores make an easier transition from junior to senior high school. There was a concern about the level of respect throughout the district. **Mr. Wahlstrom** and Behavior Intervention Specialist **Amber Schultz** sent out applications to seniors to help lead the LINK program. In their first year the seniors, along with the advisors, conducted the sophomore retreat. They took part in organizing the Sophomore orientation, talking to sophomores in options classes about respect, and interacting with elementary students. "We [Mr. **Wahlstrom** and I], believe that the sophomores will listen to the senior leaders more than other adults and teachers. It's the peer modeling and peer contact that makes a difference," mentioned **Amber Schultz**.

-Katie Alsdurf



▲ Whoa, are those LINK leaders friendly or what! **Melissa Johnson** entertains her small group during the sophomore retreat held at Hosana Lutheran Church.



▲ Work it works it. Senior LINK leaders **Amanda Gage, Kathryn Raymond, Bethany Mettler, and Shalee Dunaski** shake their thangs! **Kimberly Chenery** stands near by too exhausted to move!



**One Act Play Row 1:** R. Bohmer, T. Ormseth, C. Regnier **Row 2:** S. Slowinski, E. Rivard **Row 3:** M. Anthony, K. Dettmer, L. Schwarz, M. Ochs, R. Stockman, J. Oliver, K. Yoch

# The Matsuyama Mirror



▲ What should I wear? Junior **Leslie Schwarz** goes through the costume wardrobe to try to figure out what her outfit will be for the play.

Part of growing is leaving your childhood memories behind, right? According to the play "The Matsuyama Mirror", which is based off of a Japanese folk tale by Velina Hasu Houston, this is not so. The play is about "making the transition between childhood and adulthood," stated cast member **Shelia Slowinski**.

A cast and crew of around twenty members helped with the second running of the One Act play. **Roger Stockman** commented that "hardworking attitudes, availability and having a talent for acting" were a few of the qualities that a member would need to possess in order to make the show a success. Practice would run everyday after school on the stage in the auditorium. There, the young talented actors/actresses would do much more than memorize lines. The crew also gathered props, made costumes, and constructed the set.

Giving helpful advice and leading the cast was **Roger Stockman** as the artistic director, **Timothy Newcomb** as the technical director, and **Cindy Jones** helped out by choreographing the play. Being an after school activity the play required extensive hours of practice for the crew.

-**Kimberly Gustafson and Angela Hosfeild**

▼ Getting the bugs worked out. Four members of the One Act Play: **Krystle Dettmer, Shelia Slowinski, Leslie Shwarz, and Tess Ormseth**, rehearses the play *Matsuyama Mirror*. This play is based off of an old Japanese Folk Tale.



► Listening with a keen ear. Senior **Shelia Slowinski** and Sophomore **Jennifer Oliver** listen carefully in attempt to better their acting talents. This is the first year for the both of them in the One Act Play.



◀ Sneakin' a peak. Senior **Rita Bohmer**, takes a look at the camera during practice, after school in the auditorium. While Junior **Tess Ormseth** practices with the rest of the crew.

# Sportin' Ranger Pride

"Let me win. But if I cannot win, let me be brave in the attempt." This was the motto for the Special Olympics team. The athletes have "tremendous attitudes," stated Coach **Jessica Ward**, "enthusiastic would be an understatement." During the competitions, the team cheered loudly for all of the contestants. The act of cheering was a ritual for the team. Another ritual the team practiced was singing on the bus ride to the various tournaments.

Three activities were included during the year of events: bowling, nordic skiing, and track & field. Bowling started off the year in the fall. The season lasted about two months and ended with a tournament. The tournament took place at the Saxon Lanes in Little Canada. Nordic Skiing was in the winter and contestants could choose from six events to participate in. The track & field season was in the spring and ended the year with a meet.

The team consisted of around ten athletes, six of whom were from the senior high and four were from Century Junior High. Leading the team were Coaches **Jessica Ward**, **Bill McElrath**, and **Joel-Lynn Unze**. Practicing twice a week after school helped the students get ready for their final meet. Their practices would consist of stretching, exercise, and working on speed and endurance. In the end, the team worked hard and everyone showed great enthusiasm.

-Kimberly Gustafson

▼ Wicked fast! Skier **Arden Sherwood** slides through the snow during practice after school. The skiers practiced their skiing skills on a slight slope near the football field.

▼▼ Lending a helping hand. Special Olympics participants help out in the cafeteria during lunch periods. **James Rensch**, **Carly Gay** and **James Keen** take a load off their feet for a few minutes after working hard.



► **Track and Field Row 1:** J. Keen, C. Garvey, J. Jackson **Row 2:** A. Sherwood, K. Olson, S. Hagman, T. Pierson, J. Muellner

"Enthusiastic would be an understatement!"  
-Jessica Ward





◀ Give me a break yeah... give me a break. Skiers **Jennifer Jackson** and **Karl Olson** take a break from practice.

▼ **Ski Team Row 1:** C. Garvey, J. Jackson **Row 2:** K. Olson, S. Hagman, T. Pierson



▲ Go Vikings! **Arden Sherwood** is sportin' purple pride. **Sherwood** also supports the ski team during meets and practices.



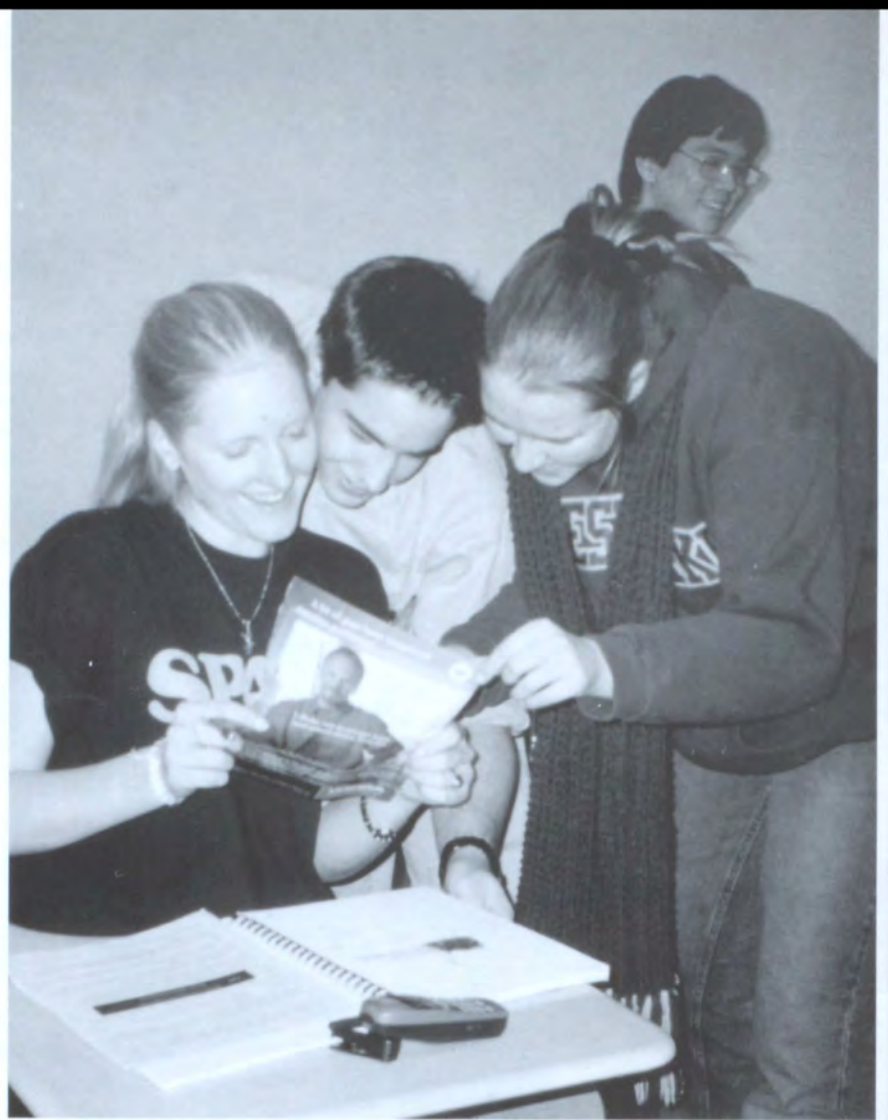
▲ Ready steady go! **Jennifer Jackson** speeds through the snow in a steady motion.



◀ Coaches **William McElrath** and **Dan Charpentier** help the ski team during practice. The team trained hard in hope of a victory in their final meet.

► Hey look at this! **Alice Wagner** calls **Jeffery Moen** and **Amanda McCurdy** over to look at the information she found while researching her topic for speech.

▼ Harvard here we come! This is the first time the team has competed in Boston. **Vanessa Novak**, **Kirsten Spetz**, and **Andrew Joyer** made it to Octo-finals.



▲ Don't take all the days! **Casey Mathern** signs up to practice with her coach.

► Getting all the information. **Jason Botterill** found out all he can about his topic that he will give at the tournament.



▲ Caught you! **Cory Regnier** gets his character snaps just right while practicing his latest story.



▼ Have you made your point yet? **Talitha Kolbow** and **Lucas Koski** went out into the halls to give their speeches to the walls for practice.



▼▼ Find something funny? **Caitlin Hull** looks through magazines to find things to include into her speech.



# Talk to The Wall

The students that are often seen talking to the walls after school are those that are in speech. They do this in preparation to give their speeches and get judged. "Talking to walls is one of the speech team's favorite activities; walls are nice to practice your speech. They don't laugh at you!" said captain **Kirsten Spetz**.

Speech is divided into thirteen different categories ranging from Drama to Extemporaneous Speaking. Every team member is placed in a category that fits their personality. Members who excel in writing compete in categories like "Creative", where they write and perform their speech. The most humorous speech members amuse audiences in the "Humor" category. The team's most charismatic members convince audiences to see it their way in the persuasive category.

Speech team members are driven to succeed. Like money, great speeches don't grow on trees, they are a product of hours of editing, revision, and practice. Each week members set goals and work to improve their speeches. They meet individually with their coaches twice a week, and demolish and then re-create their speech. By the end of the season, speech members exceed their potential and wowed audiences at the State Speech Meet.

The speech team competes at ten different tournaments. Before each tournament they participate in a special ritual. Every Saturday they meet at Hardees at six o'clock in the morning before their tournament. Each person recites their speech a minimum of three times.

The captains included **Vanessa Novak**, **Kirsten Spetz**, and **Andrew Joyer**. "Speech has a wonderful group of people and the activities we do together always lead to fun," said **Andrew Joyer**.

The team went to Duluth and took first place out of about 25 other teams from Minnesota. In all the rest of the tournaments they placed in the top five. It seems that talking to the wall is good practice after all!

-Theresa Kopka



◀ The big apple. **Amelia Sjodin** savors her reward after a difficult meet in Apple Valley. Her speech was in the creative writing category. She wrote about a humorous high school reunion.

"We've got a good size team this year and are doing very well."

- Henry Hebert

# Fast Talkin'

The debate team started off their exiting journey with the yearly ritual of stopping and "petting" the fish on lake Mille Lacs on their way to Brainard. With **Lola Neisius**, policy debate focusing on Privacy and **Andrew Butler**, Lincoln Douglas focusing on Morality, this team had two captains that would bring them nothing but success. Not only do they have unstoppable captains, but their coaches **Jennifer Van Dulmen, Jason Lund, Heather Nelson**, and **Kelly Justison**, also stood strong.

"Debate is a lot of work, but it is a great kind of challenge for the brain", **Van Dulmen** states. Debate is a ton of work for the students. Practice is everyday from 2:30 to 4:45 and some may stay until 9:00. That is about 20 debaters putting in 30-40 hours a week preparing for their highly competitive tournaments. **Neisius** and **Skripter** had a great season making quarter finals at state making them runner ups for nationals. **Buttler** also got into the quarter finals at state. This team also had the great opportunity of competing at Harvard University. "There and back again. The hobbits holiday. It was awesome," **Lund** speaks of their trip to the prestigious school. This was a completely new experience that left a mark on their debate season that they would never forget.

Debate is a great chance for students to have fun, meet people from all over the state and country, and get great opportunities for their future.

-Angela Hosfield

▼ Steady, steady now. **Lola Neisius** and **Lucas Skripter** hold in their hands the title and the trophy for the quarter finals at state. Coaches **Heather Nelson** and **Kelly Justison** look so proud on their debaters.

▼ Working vigorously, **Andrew Buttler** does some last minute preps on his debate. Hope he can cram it all in.



► **Debate Row 1:** A. McCurdy, S. Schumacher **Row 2:** J. Botterill, J. Van Dulmen, R. Hoveland, C. Roseen, L. Neisius, J. Lund, J. Gifford **Row 3:** J. Moen, E. Williams, R. Havener, D. Bunde, A. Kollar, D. Hull, C. Touchette **Row 4:** C. Hull, A. Wagner, T. Nelson, N. Crosby, A. Buttler, Z. Thorson



"Debate is a lot of work, but it is a great kind of challenge for the brain."

-Jennifer Van Dulmen



◀ Just can't get enough. **Alice Wagner** makes sure she's seen it all as she scopes out her surroundings.

▼ It's Boston. Sitting in the harbor, speech and debate share a bench and a laugh.



▲ Up to here with enthusiasm, **Andrew Buttler** and Lincoln Douglas coach **Jason Lund**, take a moment for a nice pat on the back for making quarter finals at state.



▲ They dare not to go past the fish without petting it. The debate team does their thing at Lake Mille Lacs for good luck during the season. They don't need luck!



◀ Big kids from a small town always get excited to seem small in a big city. The speech and debate teams take five to take it all in.

▼ *"It's a lot better than high school, more freedom and learning to become independent."*  
**-Michelle Oehler**



▲ *"PSEO isn't good just because of the learning experience, but you also expand your social environment."*  
**-Naomi Doriott**



▲ *"It is a great opportunity to go to school for free and to get ahead, and we are all just living on a prayer."*  
**-Angela Hosfield**



◀ *"I want to cut down on school loans, and to have the school pay for it instead of me."*  
**Thomas Lindquist**

## Moving Ahead of the Class

Have you ever heard of a student going P.S.E.O. and wondered what is it all about? P.S.E.O. is an abbreviation for the post secondary enrollment option program. This program gave students a chance to get a head start on their college career. Students could choose to go to a community or a state college for no cost, while the state paid for their education.

The P.S.E.O. program has been offered since the fall of 1985. For a student to take advantage of the program they must first take an enrollment test at the college. They had to meet certain levels of achievement in order for the school to accept them with no charge. If they didn't pass/meet the minimum score for acceptance, the student was given another chance to take the test again.

Community colleges, like Century still let students attend as long as they were close enough to the minimum score. However, the student would be watched closely by the college to make sure they were keeping up.

There were almost 30 students from the school that attend college early as a P.S.E.O. student. The school of choice for most of the students was Century college because of the easy commute.

**-Kimberly Gustafson**



▲ Taking a breather, Dean **Ronald Burris** helps with the P.S.E.O. program.



▲ *"It was cool to be independent, and being able to pick your own classes."*  
**-Michelle Penschom**



▲ **Science Olympiad Row 1:** Christopher Touchette, Jeffrey Partyka **Row 2:** Celton Seelig, Steven Faulhaber, Timothy Nelson, Trent Nickelson **Row 3:** Jason Zienty, Zachary Thorson, Nicholas Crosby, Ryan Hoveland

▼ Science Olympiad members **Christopher Touchette** and **Celton Seelig** show each other new equipment for their experiments.



# Meeting of the Minds

► Attention all Pythagorean Theorem users! **Helena Coby** and **Nicole Beyer** do an equation to see who can come up with the answer first.



Not just anyone can participate in Math Team or science Olympiad. It takes a special person with a good work ethic and a love for the subject. The idea behind these programs is that a group of students with a common interest get together with the mission of expanding their knowledge in that area of study.

Math team members meet once a month to take a test. The participants compete against other schools around the metro area. Math teacher **Nicole Ristow** is in her fourth year of advising the group, and senior **Gina Westlund** is the captain. The only qualification to be being involved is taking the class pre-algebra, so almost everyone can join. This year's team only had three members, but they still managed to compete with the best.

The members of Science Olympiad use their creativity to compete against other schools in areas of meteorology, ecology, chemistry, biology, and physics. Besides tournaments, the group prepares presentations and brings them to the local elementary schools in hopes of getting young students excited about science. When second year advisor **Judy Hill** was asked about the students in the group, she replied, "Our group has a lot of seniors this year. They are all leaders. If Science Olympiad sounds fun and interesting, we are always open to new members!"



▲ **Helena Coby** concentrates hard while sitting in the hallway solving her math equations.



▲ Math team members **Gina Westlund** and **Matthew Johnson** try out some new equations to some problems.

-Andrea O'Brien

# Verdict Unknown

Order! Order in the court! This year in Mock Trial, **Ronald Tungseth** teaches Forest Lake's up and coming attorneys to be more like the real thing, everyday. Mock Trial is sponsored by the Minnesota State Bar Association. The Minnesota Bar Association is a union of practicing lawyers that have passed a state bar exam.

Inspired by her older sister, (**Gina Westlund**) **Ashley Westlund** is a new member to mock trial this season and really enjoys it. She plans on becoming a lawyer in the future. Being a member of Mock Trial will aide in her future career. **Westlund** commented the teams this year are projected to be "very good." This group of lawyers in training practice on Tuesdays and Thursdays in Ronald Tungseth's classroom. The teams get into their groups and decide how they want their arguments to sound.

This year there were three teams and are growing more and more popular each year. The teams consist of three witnesses and three attorneys. This year's case was about a homicide boating accident. The competitions are similar to debate but the students build their own teams to go against other schools. There are three real attorneys to be the judges of this competition. This game is ruled on patience and precision. Mock Trial also consists of having mental strength and exceptional speaking ability. By watching the students argue thier cases, you may be confused and think one were at a real trial.

-Kyle Brooks

▼ "Can you believe he got voted off the island?" **Nicole Beyer** looks frustrated one afternoon.

▼▼ **Gina Westlund** and **Helena Coby** ponder over the verdict in a homicide boating accident.



► **Mock Trial Row 1:** A. Tacheny, E. Hansen, A. Westlund, G. Westlund **Row 2:** J. Tomlinson, K. Chandler, E. Clark, J. Rought, J. Morcomb, R. Rydlund **Row 3:** R. Tungseth, J. Partyka, S. Schumacher, H. Coby, P. Holleran, J. Mellgren, J. Zienty Not Pictured: J. Botterill, C. Hull, K. Dupre, J. Cichy, C. Otis, N. Beyer

"A  
Unique blend  
of forensic team  
competition and  
theater."

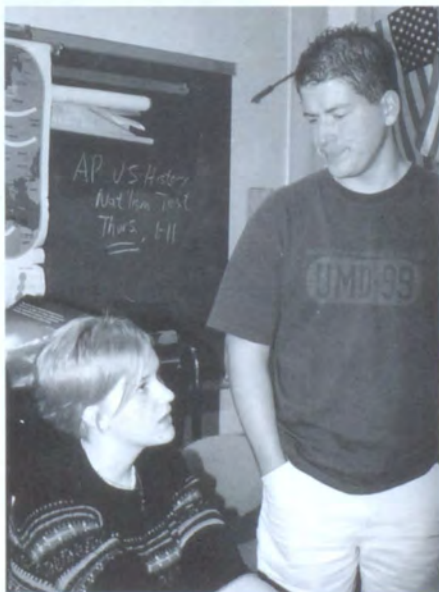
-Ronald Tungseth





◀ **Helena Coby** gives her speech while the group listens to her testimony.

▼ "And I find the defendant guilty in the homicide boating accident." **Jennifer Rought** proclaimed. "Case closed!"



▲ "We won? No way!" **Gina Westlund** and **Ryan Rydlund** are stunned on who won the case.

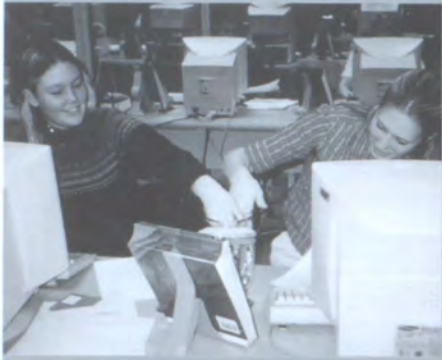


▲ **Jennifer Rought, Gina Westlund, Elizabeth Clark** and **Ronald Tungseth** flash a quick smile and pause from their busy activity for a picture.



◀ **Caitlin Hull** and **Jeffrey Partyka** catch up on the latest movie gossip during a break from a stressful afternoon.

▼ Motivated by candy, **Samantha Schwartz** and **Andrea Peltier** go for the candy as they enter their data.



▲ **BPA Row 1:** S. Kolbow, A. Hapka **Row 2:** J. Bullock, S. Schwartz, A. Peltier



◀ **Andrew Hapka** works diligently on his applications, so he can see if his debits equal credits.

## Getting a Head Start on Business

Business is these students' specialty. The way to find their way to have a competitive edge on their future is by competing with their business ethics. "Students are given the opportunity to put their business skills to use towards real world applications," is advisor **Jamie Bullock's** definition of BPA. The way these students got discovered for BPA (Business Professionals of America) was by their great performance and success in their business classes.

These students compete in tasks from accounting and payroll, business ethics to laws, to keyboarding and desktop publishing. Members work long and hard in preparation for competitive edges on their opponents. The team members were judged by business professionals with hands-on applications of their skills and knowledge, which determines whether or not they will advance to higher levels, where many members shine through with success.

These members work on their skills as they prepare for a successful future in business where their talents will give them a head start on business over their fellow peers.

-**Brianna Fogerty**



▲ On a sugar high, **Susan Kolbow** is determined to get her entries entered into the computer.



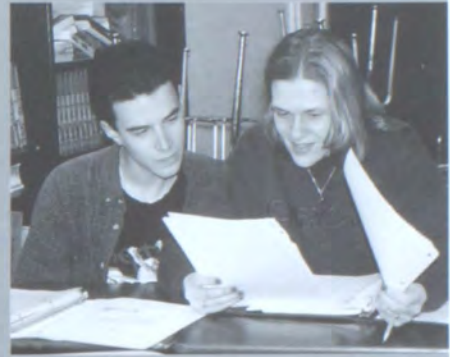
▲ **Andrea Peltier** asked advisor **Jamie Bullock** what furniture would go under in her chart of accounts.





▲ **FPS Row 1:** C. Roseen, A. Moe, A. Simons, E. Gray, S. Schumacher **Row 2:** T. Nelson, K. Knutson, C. Touchette, Z. Thorson, D. Morrow

▼ While looking at the problem, **Krista Knutson** asked **Abraham Simons** if he thinks her answer will work.



► Hmm..... I think this will work! **Zachary Thorson** analyzing the problem in which he will be solving.



▲ Advisor **Brian Rigwald** tries to better explain the situation to the problem solvers.

## Today's Problems, Tomorrow's Resolutions



▲ Deep in thought **Cassandra Roseen** prepares to give her resolution to the problem.

With advisor **Brian Rigwald** putting their minds together, solving a task is easy for members of the problem solvers who figure out the how or what would work as a resolution. The future problem solvers compete for rankings, and the better they do the better the ranking. They get judged on how well they do as far as solving a problem. FPS not only compete to get to state or nationals but to as far as get to world.

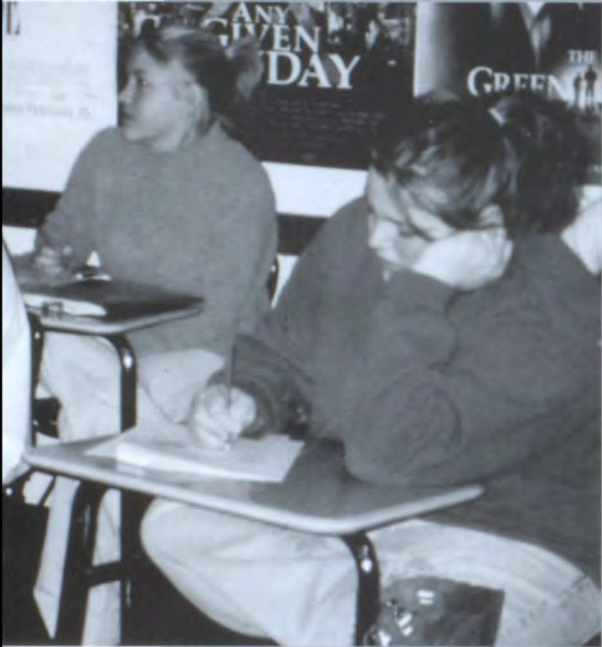
In FPS, students are able to compete as a group or as a single. The solvers specialize in picking a theme topic and giving their view on how it could be solved. The topics they brainstorm and discuss could vary from trouble in society to world hunger, to something that may not be in trouble yet but could end up being in danger in the future. The team practices on a regular basis to develop and build up their thinking skills. During many of the practices, the participants would exercise their thoughts on difficult tasks that **Rigwald** would set for them. They would range from extreme mind boggling problems, to levitating leisurely activities. Overall, future problem solvers are preparing for future problem needs.

-**Brianna Fogerty**

▼ Hello, how may I help you? **Elizabeth Koepp** answers the phones at Associated Eye Care.



▲ **OJT Row 1:** L. Harrer, A. Lundeen, K. Benson, M. Vang, R. Bishop, J. Knight, L. Koepp **Row 2:** C. Nash, A. Leroux, M. Coy, S. Colvin, B. Boyd, J. Barchenger, M. Bohnen, A. Pechmann **Row 3:** F. Weeda, J. Lytle, K. Paul, A. Larson, A. Palmquist, R. Rosdahl, C. Bunn



◀ Taking good notes... **Sarah Carlson** and **Stephanie Spencer** pay close attention in the classroom portion of OJT.

# Tomorrow's Employees Today

Helping students become a part of the business world, advisers **Jeff Wilson** and **Tony Harris** guide students in getting real-life work experience. The students leave school and go to an actual work place to learn the skills that are needed for making a living after high school. On the Job Training (OJT) is designed to bring students' education outside the classroom and into the real world. They can find jobs in areas like carpentry, auto technology and medicine, and they learn it straight from the people who involved in that career.

There are three different sections to the program: The Work Experience Program, which deals with work experience in occupational relations and on the job training; the Internship Program, which are the diversified occupations in occupational relations and internship; and the Health Care Program, which takes place at Fairview hospital and is the only two-term section. All of the programs are designed to prepare students for post high school careers. These programs helped students take their education out of the classroom and into the business environment, OJT students are one step closer to the real world.

-Lisa Ostlund



▲ This is interesting... **Seth St. Clair** looks up as he pays attention during class.



▲ Listen carefully. **Jeff Wilson** explains important information to his class before they leave for their jobs.



▲ Everybody join around. Members of Tech Club, **Arthur Kroulik**, **Edmund Erdos**, **Travis Dethlefs** and **Daniel Ragen** pose for a quick group shot.

▼ Check out this cool wrench! **Daniel Ragen** holds up his cool wrench during one of the weekly meetings.



# Building the Way to the Future

► This is hard! **Daniel Ragen** and **Edmund Erdos** concentrate on putting the car together during a meeting.



Imagine this scene... you are at The International Drag way in Brainerd. Cars fly by as people stand there to watch. Suddenly a really fast car sped past you. Who built that car? Not professionals. The people who built that car are our very own students and members of the Tech Club.

Last year **Daniel Ragen** and **Arthur Kroulik** got together with **Tim Taylor** to form what is now known as Tech Club. "We did it to have something to do after school," **Daniel Ragen** said. Today, advisor **Travis Dethlefs** helps the members build a super-mileage car to race at the International Drag way in Brainerd. The car was built entirely by the members. They met every Monday after school to work hard and prepare for the big race that took place on May 22 and 23. This was their second year in the race. Since the car was built entirely by its members, they had to have donations to get their supplies. Although no fundraisers took place, they were able to get enough funds by going around to local businesses for sponsorship. Over all, Tech Club worked hard on their outstanding project. They completed it with ease and precision, and even had time to spare.



▲ Wow! This is heavy. **Arthur Kroulik** holds up an engine for the car he was helping to build during a meeting.

-Lisa Ostlund



▲ Watch out! Here I come. **Edmond Erdos** sits in the super mileage car he helped build.

► *Swaying to the rhythm, Kazandra Riopel and Jesse Lappe have a great time at the FFA barn dance. The barn dance is just one of many social events FFA members attended.*

▼ *Whoa! Margaret McNamara rounds a barrel and races to the finish line. The annual community horse show is organized and run by FFA members. "The horse show is a great time to goof around and have fun, and it is also great competition," said member Camille Gunderson*



▲ *We did it! Adam Dierkhising, Gregory Sandager, Kazandra Riopel, a regional FFA member, Rebecca Ellman, Stacy Dierkhising and advisor Kathleen Brandt completed the landscape booth which earned Reserve Grand Champion at the 2000 Minnesota State Fair.*

► *The passing of the gavel was complete as Michael Miron congratulated incoming President Gregory Sandager at the chapter banquet last March. Advisor Robert Marzolf said the Presidents have been quality leaders because "success is attainable when the leaders are focused on a goal."*



▲ *Congratulations. Erin Dougherty presents the Honorary Chapter Degree to the Miron family. This plaque is awarded to community members who have contributed to the chapter. FFA members are proud to recognize parents and community members who help make FFA a success.*

▼ Pitching in, FFA members **Luke Herring, Erin Dougherty, Ryan Anderson, Amber Peterson, Cory Williams, and Anne-Marie Jensen** add the final touches to the landscaping they did along Highway 61. The flowers brightened up the roadside all summer.

▼ This is tough! **Anne-Marie Jensen and Terri Dierkhising** puzzle over the poultry judging contest at the State FFA Convention. The Forest Lake poultry judging team has been a state contender for the past five years.



# Discovering the Road to Success

FFA is more than an after school activity. This national organization encourages students to explore agricultural careers, get involved in the community, and become confident leaders. Members are provided with many opportunities to learn. They participate in career development events, take on leadership roles, and even travel across the nation. Most importantly, FFA is a vehicle which drives students to success.

Advisor Steve Hinrichs said that the most rewarding aspect of FFA is, "seeing students have the opportunity to excel and explore all the potential in agricultural education opportunities. It provides students with leadership opportunities they can be excited about. Members enthusiastically take on the responsibility for planning and organizing an assortment of events like plant sales, community service projects, and a community horse show. They were even responsible for the landscaping around the school. Chapter historian, Anne-Marie Jensen said, "I have learned to take more responsibility for things, I'm in charge of and learned how to work on committees."

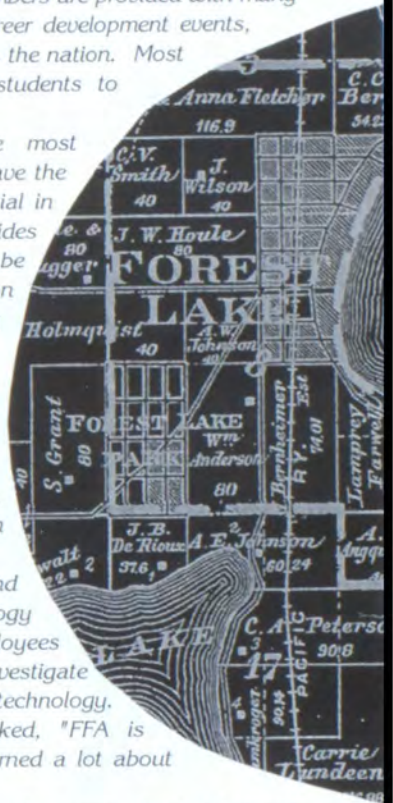
FFA also encourages students to explore and prepare for agricultural careers. As technology advances, the demand for agricultural employees increases. Members have the opportunity to investigate careers ranging from floral design to biotechnology. Chapter President, Gregory Sandager remarked, "FFA is where I have met most of my friends and learned a lot about what I want to do after high school."

The chapter's commitment to personal growth, community involvement, and career development is award winning. The Forest Lake FFA chapter was one of only sixty chapters in the nation to receive the National Three Star Award. This honor can be attributed to the devoted advisors and enthusiastic members who are driven to success. - **Krystal Klein**

◀ **FFA Row 1:** J. Oswald, T. Dierkhising, R. Ellman, K. Riopel, E. Dougherty, A. Jensen, G. Sandager, C. Williams **Row 2:** D. Ranta, K. Cagle, J. Meath, T. Rieckenberg, C. DeVore, J. Lappe, S. Kanada **Row 3:** K. Brandt, A. Woodhouse, T. Doebbeling, A. Moore, K. Poltratz, A. Schmidt, J. Gummert, T. Wrich, J. Powers, C. Connelly, S. Hinrichs **Row 4:** S. Schmidt, K. Swenson, S. Fuhr, K. Grimes, K. Chase, J. Sager, C. Okimosh, C. Smeby, G. Medenwald, E. Clark, P. Miron **Row 5:** R. Marzolf, D. Windish, A. Svenkeson, A. Dierkhising, E. Williams, G. Woolston, M. Synich, R. Hills, S. Williams, R. Main, D. Emerson

"Each new day presents new opportunity."

-Robert Marzolf



# Rockin' the

## Nuke

### Brief Streak



**Style of Music:** Rock/Metal

**Band Members:** Adam Michaud -guitar, Ryan Hoveland -guitar, Kevin Donohoo -bass, Mathew Jonasen -vocals, Mason Wurscher -vocals, Nicholas Peterson -drums

**How often do you practice?** Once a week

**Favorite place to play?** Adam's basement

**How long have you been together?** For almost a year

**Influences:** Every rock band out there except Kiss and Ozzy

**Most memorable moment on stage?** Our first VFW show.

**Style of Music:** Pop/Punk

**Members:** Chris Knutson -guitar and vocals, Justin Knutson -drumz'n beats, Josh Archabald -bass, Russ Unger -guitar and vocals

**Influences:** Green Day, Steve Irwin, Jenny Steines, Metallica

**Rituals:** We run around and video tape stuff with our video camera before shows and arm wrestling each other to see who is the toughest.

**How long have you been together?** 5 years with a few line up changes (a little of this, and a little of that)

**Favorite place to play?** Forest Lake VFW because a lot of people show up and support us.

**How often do you practice?** About two or three times a week for a couple hours, depending on the weather.

**Most memorable moment on stage?** Seeing people sing along to songs.

# FL Bandstand

Going Behind the Music

## Dross



**Style of Music:** Crazy space rock music

**Members:** Joshua Saloka -drums and vocals, Daniel Haselbauer -guitar, keyboard, and vocals, Tiffany Peterson -bass and vocals, Michael Tkach -guitar and vocals

**Influences:** Deftones, Jimmy Hendricks, Sublime, A Perfect Circle, 311, Smashing Pumpkins

**How often do you practice?** At least once or twice a week.

**Favorite place to play?** In front of people.

**Most memorable moment?** Our first show covering the song Space Boy with out any practice. "Don't mess with the S."

## Thirteenth Floor



**Style of Music:** Rock

**Members:** Matthew Johnson -vocals, Brian Corcoran -guitar, Nicholas Peterson -drums

**Influences:** Pearl Jam, Creed, Incubus, Stone Temple Pilots

**Rituals:** Warming up really loud and having Nick "ritualistically" drop his sticks at least every other song

**How often do you practice?** Once a week.

**How long have you been together?** Two months

**Favorite place to play?** The basement of Forest Hills United Methodist Church.

**Most memorable moment?** Opening for the first local band night at VFW and wowing the crowd with our first outstanding performance.

## Fuzimo



**Style of Music:** Boognish Mang

**Members:** Jacob Petroske -guitar, vocals and djembe, Joshua Ackerley -bass and vocals, Tyler Anderson -drums, John Chamberlin -turntables and vocals, Kyle Tennis -guitar and vocals

**Influences:** Red Hot Chili Peppers, 311, Incubus, Primus

**How often do you practice?** Three times a week.

**How long have you been together?** All our lives "mentally".

**Favorite place to play?** Where ever people will watch us.

**What do your parents think of it?** They think it rocks.

# United By Music

The crowd grows silent as the lights dim. Music fills the auditorium and *The Music Man* begins. The audience waits in anticipation. Almost 100 students have worked hard for seven weeks to make this production possible. The cast has memorized and perfected the lyrics, the technical crew has transformed the stage, and the orchestra has refined the music. The students' hard work will finally come together as the curtains open and the act begins.

The scene opens on a bumpy railway coach where a group of men challenge an unethical traveling salesman, Mr. Harold Hill (**Lee Fisher**), to sell his band scheme in stubborn River City, Iowa. Charismatic Hill takes on the challenge and quickly convinces the townsmen that a boy's band is needed in River City. He transforms the quarrelsome school board into a singing quartet and attempts to steal the heart of the town librarian, Marian Paroo (**Kristi Johnson**). Hill earns the admiration of the school children. On the night Hill is to present the band, he attempts to abandon his promise, but his scheme is foiled by love. Marian Paroo could see that the deceitful salesman had unwittingly fulfilled his promises. He had changed stubborn River City: the children gained pride and confidence and the community was united.

The *Music Man* had the same effect on the students in our school. **Kirsten Spetz** said the aspect of the musical she liked most was "Getting close with the fun bunch. Everyone in the theater has a personality of their own. We're a crazy bunch of people." **Director Timothy Newcomb** said that the students who participated in the musical "... became more well rounded because the cast members were not homogenous. In theater you have people that are in athletics and people that are not at all athletic. There are people who are great in academics and people who struggle in school." The musical brought all these people together, just as a River City was united by *The Music Man*.

— Krystal Klein and Katherine Lightfoot

▼ Star stuck lovers **Harold Hill (Lee Fisher)** and **Marian Paroo (Kristi Johnson)** look lovingly into each other's eyes. **Winthrop (Carl Boland)** is caught in the middle.



▲ **Director Timothy Newcomb** beams with pride at the conclusion of an impressive performance. Newcomb chose *The Music Man* because it provides a lot of opportunity for student roles.



**Fall Play Row 1:** R. Bohmer, V. Novak, K. Kolbow, A. Tjaden, T. Ormseth, K. Dunsmore, C. Gross, P. Regnier, K. Swedin, A. Lund, P. Gassner, D. Holstad, B. Holstad, T. Sperry, K. Shields, J. Robinson, J. Baird, S. Kremer **Row 2:** A. Tjaden, A. Eiken, K. Dettmer, R. Oberg-Hauser, K. Lindstrom, N. Brandt, A. Morcomb, C. Rotach, B. Kulis, A. Rosman, K. Killion, M. Becker, V. Wittmer, A. Moe **Row 3:** C. Brink, D. Smith, M. Fuller, E. Anthony, K. Johnson, E. Naylor, M. Jonasen, T. Maus, C. Regnier, M. Shaw, R. Carlson, M. Anthony, A. Gohlke, K. Melby **Row 4:** D. Bunde, K. Kolar, A. Okeson, T. Kolbow, R. Rydlund, N. Waldoch, J. Maki, L. Fisher, C. Boland, A. Joyer, K. Rydlund, E. Fisher, C. Mathern, B. Aamot, B. Tacheny, A. Whitebread, M. Garry not pictured: K. Spetz



Forest Lake Theatre Department Presents..  
**The Music Man**



Book, Music, and Lyrics By...  
**Meredith Willson**  
 In Cooperation with Music Theatre International

November 2-4, 9-11  
 AT 7:30 PM



Pit Orchestra Row 1: E. Kouneski, A. Pennell, M. Sassaman, C. Mayne Row 2: D. Jackson, A. Johnston, J. Rought, J. Wheatley, E. Carlson Row 3: R. Hughes, L. Plocher, J. Glenn Row 4: M. Beebe, S. Esler, L. Kempenich, M. Roles



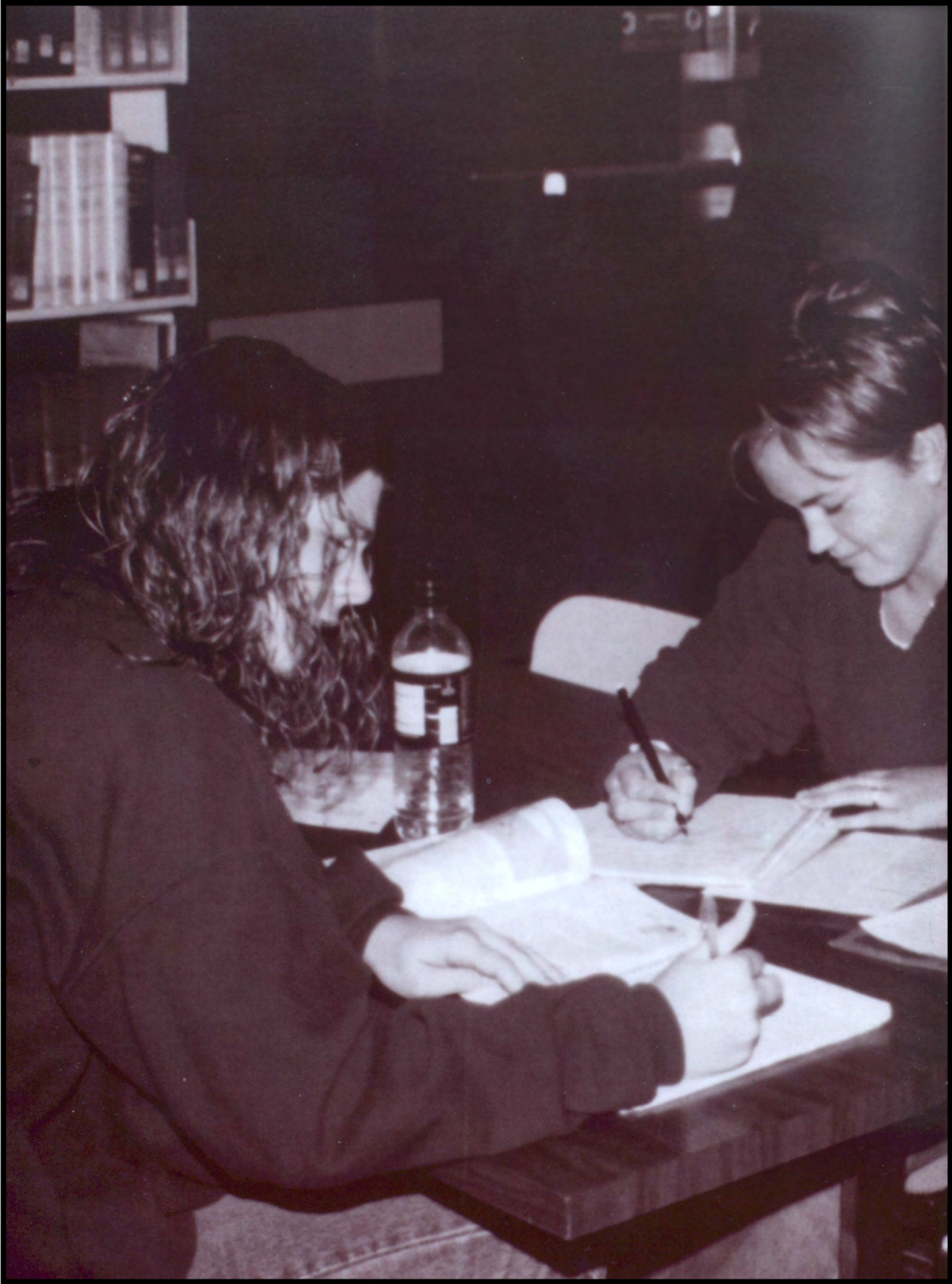
◀ Hold still! Rita Bohmer transforms Emily Naylor into Mrs. Paroo, the concerned mother of Marian Paroo and Winthrop.



Technical Crew Row 1: S. Govaert, J. Glenn, T. Hofeld Row 2: K. Miller, D. Joyer, R. Davies, D. Richey, M. Thoreson, Row 3: A. Hallberg, A. Keilty, A. Joyer, J. Morcomb, P. Bulinski, H. Coby, S. Angell, J. Tavernier




▲ Heavenly voices, Abigail Tjaden, Ryan Rydlund, Tess Ormseth, and Vanessa Novak sing IOWA STUBORN. The chorus spent long hours on weeknights and even gave up their weekends to perfect their voice and acting skills. The effectiveness of their hard work was evident by the enthusiasm of the audience.



◀ Study hard girls.  
Jenna Coleman and  
Andrea Lewis silently  
practice their study  
skills in order to get  
good grades.

# ACADEMICS



## Charting your Course

*It is hard to be the best, but every year Forest Lake High School students far surpass expectations. Every student is on a journey, and they can use thier knowledge and their real life expeirences to chart the course of their future. Even with the smarts and skills that each student has aquired over the many years, thier destination is unknown. Every Forest Lake High School student has their own unique skills. They can use these talents to tackle the difficult issues that the world and society may throw at them in the many hard years to come.*

**- Jeremiah Altermatt**

# Holiday Extravaganza

▼ **Katrina Erickson, Krista Swanson, Chelsey Zeleschnak, Shannon Flinn, and Emily Shaw** enjoying the holiday by harmoniously playing seasonal classics.

▼ You can almost hear the music! The orchestra joyfully plays holiday songs.

To get into the holiday season our student council put on the holiday extravaganza.... working hard, the students put together a terrific concert.

Counting down the days until holiday break the students and staff trotted into the auditorium just as reindeer do, and the symphonic winds played traditional carols. The extravaganza was hosted by the comical senior **Matthew Jonasen** and 2000 graduate, **Aaron Korthals**. The voices of the treble choir carried holiday tunes, symphonic winds kept up the spirit with their peppy pieces, and orchestra serenaded the audience. Between performances "Santa," impersonated by english teacher **Timothy Newcomb**, gave away door prizes such as gift certificates from local businesses including Kodiak Coffee, Blimpies Subs and candy canes for the lucky ones drawn.

Many people took the opportunity to help out those in need during the holiday season by having brought in a canned food item, admission was free of charge. Our school store helped donate ranger apparel such as, hats, scarfs, mittens and key chains sporting our new ranger logo.

Last but not least, the final performance flooded our ear with one of everyone's favorite holiday songs Jingle Bell Rock, sung by concert choir. For the second year, the holiday extravaganza seemed to put the students and staff into the holiday spirit and put all of the grinchers in their places. Another success put on by our student council.

-**Jackelyn Raeker**

► **Heidi Scribner, Molly Muske, Lindsay Uthe, Kari McPhail, and Ana Meyer** relax before the Holiday Extravaganza performance.

"The Holiday Extravaganza is a great opportunity for students to show off their talents to their peers."  
-**Gretchen Gieseke**





◀ Ho, ho, ho, Santa, (Mr. Newcomb) 2000 graduate Aaron Korthals and Matthew Jonasen give out candy canes to the lucky winners.

▼ Matthew Roles and Annie Rossi concentrate hard and amaze the audience with their talents.



▲ Julia Tavernier and Melody Thoreson take a quick break to flash a smile at the camera.



▲ Angelic voices of the treble choir show off their hard work and dedication.



◀ Amy Mettling receives a gift certificate donated by Kodiak Coffee.

# Charting the Year

Deadline due! This statement often puts the Yearbook staff in a frantic dash to perfect and make corrections on their specific pages. Deadlines indicate specific pages assigned to each individual like the opening section, or the faculty page. Time and effort is put forth throughout the year to obtain a highly appealing book. The first step is Yearbook Camp, where people from all schools gather to improve their skills. At camp, a handful of the staff and advisor **Maria Kaiser** took part in deciding the general theme to be carried throughout the book, like *Destination Unknown*. Camp lasted four days, and on the last day an award ceremony was held. In years past, the Forester staff left with high marks.



When school starts, they jump right to work to complete their upcoming deadline. First, they make layouts and perform interviews. The next process is writing catchy captions and copy. Then the staff crops pictures. Everyone has a specific role to the staff. **Mrs. Kaiser** and **Gretchen Gieseke** assist the students by supporting and giving constructive criticism. **Kimberly Gustafson** is the editor. The computer editors include **Chelsey Zeleschak**, **Emily Fellows**, and **Kyle Brooks**. **Kelsey Hanson** takes care of contacting businesses to sponsor the Yearbook.

After the yearbook is shipped off to be processed, the staff designs the *Mirage*, an art and literary book, that includes different art, short stories, and poems. They also do the Spring Supplement that includes any spring sports and events.

At the end of the year, this group of dedicated students charted the year. They successfully completed our yearbook, a student publication, the *Mirage*, and the Spring Supplement. "I loved being involved in this class. We put forth a great effort to make an enjoyable book for everyone," exclaimed **Amanda Rydell**.

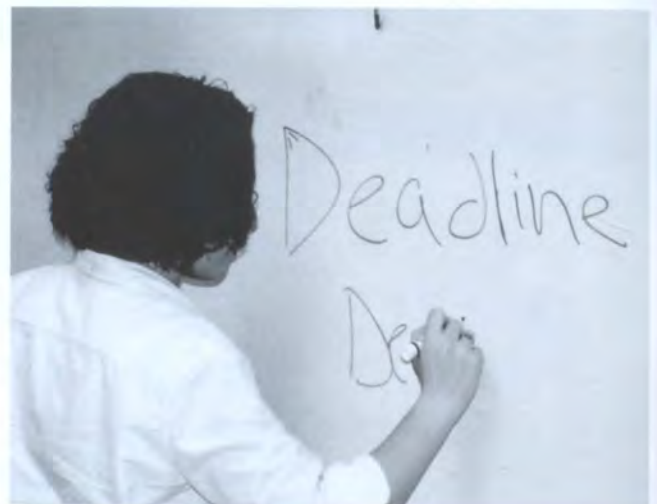
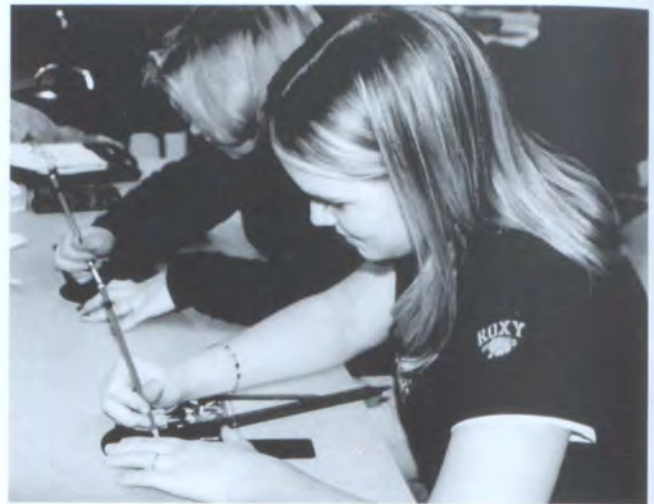
—**Nicolette Larson**

► **Row 1:** N. Carter **Row 2:** I. Helgeson, A. Rydell, K. Hanson, A. Klosner, T. Kopka, K. Klein **Row 3:** M. Moreland, B. Fogerty, N. Larson, K. Alsdurf, A. Hosfield, K. Gustafson, C. Zeleschnak, L. Ostlund **Row 4:** K. Brooks, K. Boerem, T. Davis, A. O'Brien, E. Fellows, M. Lindquist, K. Lightfoot, D. Haselbauer, J. Raeker

*"It's so rewarding for students to see their work captured in a publication that becomes a timeless keep-sake."*  
—**Maria Kaiser**

▼ Crop away! **Theresa Kopka** and **Ingrid Helgeson** crop pictures to use for their pages. They adjust the croppers, depending on the degree of the picture, to fit the space allowed for the photograph.

▼ Ahh.... Deadline is due! **Katherine Lightfoot** writes down the due date for the deadline. Staff members complete four deadlines and the Spring Supplement to conclude the Forester book.





◀ Working towards perfection, **Angela Klosner** writes her volleyball copy. Angie, a new staff member, enjoys working in a friendly environment where she obtains great work ethics.

▼ Smart and smarter, **Michael Moreland** and **Kyle Boerem**, work together again. They made different layouts for various pages in the yearbook.



▲ Typing away, **Chelsey Zeleschnak**, and **Emily Fellows** put the yearbook pages on the computer while **Kyle Brooks** observes. Chelsey has been the computer editor for 2.5 years, where **Emily** and **Kyle** are new this year.



▲ Cheers! Advisor **Maria Kaiser**, **Natalie Carter**, **Theresa Kopka**, **Emily Fellows**, **Kimberly Gustafson**, and **Kelsey Hanson**, sit down for brunch at Yearbook Camp. At camp they decided the theme for the yearbook.



◀ **Maria Kaiser** has worked with the yearbook staff since 1994. **Gretchen Gieseke** has been the assistant advisor since 1999.

► Many alterations are made prior to a story hitting the public. **Laura Livermore** helps **Leanne Wagamon** make revisions on her story before it goes into the Breeze.

▼ Don't blink! **Meghan Thompson** and **Michelle Ochs** take a break during journalism to have a quick staring contest.



▲ **Daniel Owen** and **Jeffrey Rosenthal** view the latest issue of the Breeze. They love to see their name in print and read their stories after the stress of writing the article.

► Investigation of a topic is a vital necessity in the Breeze. **Valerie Wittmer** and **Elizabeth Hansen** take their responsibilities seriously as they conduct research on their forthcoming article.



▲ Is she counting ballots for the next president? **Jessica Berg** tallies the responses to a survey she passed around to the student body for her next article.



▼ Concentrating on their work, Leah Manders-Taylor and Emily Vadner brainstorm ideas for their next topic. These Juniors strive to make the best story possible.

▼▼ Thomas Lindquist and Philip Holleran research for their next issue by using the internet. These boys are looking for that one fact that makes an average story into a spectacular one.

# Flowing with the Breeze



Every month during the school year, almost like clockwork, the newspaper staff would distribute their publication to students, which they titled THE BREEZE. The topics they write about are chosen by the staff and are often current issues facing the community, state, or even the nation. "It's fun to be able to address issues and give information to people in the school. I like letting them know what's going on and being the source of information," Carley Bohnen remarked. The Breeze is also a good way to observe what is happening in the school. "I joined to find out more about the school because when you do a story you go interview people and go find out about the school and the people in it," noted Michelle Wilson.

The Breeze staff is compiled of 22 students; 15 Seniors and 7 Juniors. Laura Livermore, who is in her third year of advising the staff stated, "the best part of the Breeze is working with such a great group of kids who are smart, fun, and self-motivated." Students Meghan Thompson and Leanne Wagamon like the Breeze because, "You're on your own, you don't have a teacher telling you what to do and you get to work independently." Members of the Breeze meet everyday during third hour to accomplish the goal of putting together a newspaper. Every staff member has their own story and is responsible for getting it done. Second year staff member Bethany Mettler said, "Sometimes things get so intense, I get scared if deadlines aren't met." When the deadline is finally over, the glory begins. "After you've had the stress of getting the paper written, it's really nice seeing your story in print and realizing how many people are going to see it," Emily Vadner commented.

-Andrea O'Brien



◀ Breeze Row 1: E. Vadner, D. Owen Row 2: L. Koski, L. Wagamon, C. Bohnen, V. Wittmer, E. Hansen, A. Sjodin, J. Berg, P. Holleran Row 3: K. Karls, M. Graff, L. Manders-Taylor, S. Workman, A. Wolff, N. Hegseth, J. Rosenthal Row 4: L. Livermore, M. Thompson, B. Mettler, M. Wilson, J. Loftus, T. Robertson, B. Peterson, T. Lindquist

"I had a blast while I became the best journalist I could be!"  
-Megan Graff

# Destination: U.S.A.

Forest Lake has had the privilege of providing eight foreign exchange students the opportunity to learn about a new country and its culture. In the past, the school has been host to students from countries all over the world. This year's group all came from Germany. Most of the students came to the United States with the intentions of experiencing something new and to meet different people. **Kristen Lardon** stated, "I thought it would be a great experience to go to the United States and live a totally different life. And it's great!"

All of the exchange students agreed that American schools are much different from those in Germany. They commented that the schools here are much bigger, more relaxed, and there is more variety in class choices. **Claudia Voss** remarked, "In Germany, you have about fifteen different classes and you have them all in one week. It's very different from here." Once the students got used to the school life, many of them got involved in activities in and out of school. In their free time, they enjoyed going shopping, sightseeing, hanging out with their new friends and family, and trying as many new experiences as their time here would allow.

When asked if the exchange students would try this experience again, they all unanimously answered, yes! **Anna Niehues** said, "I definitely would do it again. You learn so much for your life such as being independent and making your own decisions. You get to meet a lot of new people and get to know so much about a new culture. It is the best year I have ever had in my entire life!"

-Andrea O'Brien

Foreign Exchange Row 1: N. Beyer, A. Gohlke, R. Bohmer Row 2: C. Sonntag, K. Lardon, A. Niehues, M. Zickler



▼ Shop till you drop! The exchange students, along with **Anne Brockman** had fun while they did some last minute Christmas shopping.

▼▼ Don't be late for class! **Anna Niehues** makes a stop at her locker in between classes.





▲ *"When I go home, the thing I will miss most are Reese's and Dr. Pepper. I will also miss the open Sundays. In Germany, you can't go shopping on Sundays."* **Nicole Beyer**



▲ *"The best part about living in the U.S. is learning about all the differences, meeting all the interesting people, and eating at Subway."* **-Rita Bohmer**



▲ *"I have met great friends here and there is nothing better than to spend time with them. It doesn't matter what we do, as soon as I am around them, everything is fun."* **Arabella Gohlke**



▲ *"The only thing I miss about home is my family and my friends. But I have a great new family here, and I have 5 new wonderful sisters too."* **Kristen Lardon**



▲ *"I was always interested in the United States. I wanted to get to know a different culture, meet new people, and learn more of the English language."* **Anna Niehues**



▲ *"School in America is a lot more easygoing. In Germany, it is not possible to eat or drink during class, or put your feet on the table. You have 13 classes per week and they are all year round. You don't have classes like Agriculture or Physical Education."* **Christian Sonntag**



▲ *"In my free time, I like to hang out with friends, go shopping, duck hunting, deer hunting, and ice fishing. YEAH!!!!!"* **Claudia Voss**



▲ *"If I had the chance to experience life in America again, I would because you have so many important experiences here and you learn so much. It will help you for the future, like when you need to find a job."* **Marie-Christine Zickler**

▼ *Swinging it!* Directed by **David Livermore** the Jazz band plays a few numbers during lunches.



**Jazz Band Row 1:** K. Dettmer, J. Glenn, S. Paschke, E. Carlson, J. Wheatley, J. Nelson **Row 2:** B. Hanson, J. Schiks, A. Rugar, R. Jensen, E. Swenson, Z. Thorson, D. Svenkeson **Row 3:** S. Maefsky, M. Beebe, N. Laurent, P. Holleran, J. Zienty, B. Tacheny, J. Ackerley



◀ *Rock On!*  
**Joshua Ackerley, Benjamin Tacheny, and Aaron Rugar** hold the band together with some smooth rhythm.

## Somethin' Jazzy

"Jazz Band is a way for me to progress in my abilities as a musician by playing a different style of music." This quote from Junior **Benjamin Tacheny** illustrates the goals of this band. In the words of director **David Livermore**, "The goal of this band is to continue to progress beyond the basics."

**Livermore** also stated that this year was special because of all the musicians were his students. There were no conflicts with the old system. Having a group that was dedicated to his directing style was beneficial to the band. This was the first year that this has happened.

In addition to playing concerts at the high school, the jazz band participated in the region 7AA Jazz contest, and the head of the Lakes Jazz Fest. They also performed at the school's swing dance. With an all around solid group, they were sure to do well.

Despite a lack of preparation time and early morning rehearsals, the band accomplished much this year. They grew together as an ensemble while at the same time progressing into better individual musicians.

-**Daniel Haselbauer**



▲ *Tootin their horns.* **Stephen Maefsky, Justin Schiks, Nicholas Laurent, and Jenny Wheatley** hard at work.



▲ *Saxes Philip Holleran, Zachary Thorson, Jessica Nelson and Jacob Greniger* play the blues.



**Symphonic Winds Row 1:** E. Sorensen, N. Laurent, J. Schiks, J. Rought, E. Carlson, J. Wheatley, G. Robinson, E. Erdos **Row 2:** S. Flinn, K. Swanson, K. Erickson, C. Zeleschnak, A. Buttler, C. Touchette, A. Pennell, C. Sapa, A. Wolff, E. Clark, E. Gray, W. Mitchell, C. Perry, R. Hughes, J. Kimbel **Row 3:** R. Hahn, D. Jackson, M. Nelson, H. Nelson, E. Shaw, D. Svenkeson, K. Ahlberg, A. Maus, L. Schleicher, H. Carufel **Row 4:** P. Fisher, J. Zienty, J. Partyka, B. Hanson, J. Glenn, S. Esler, E. Neu, M. Sassaman, E. Kouneski, M. Pickar, J. Kouneski, S. Odegaard, P. Leroux, C. Herzog, S. Schumacher **Row 5:** T. Bulinski, J. Cielinski, M. Beebe, D. Hoheisel, J. Kellerhuis, B. Tacheny, A. Williams, L. Fisher, H. Coby, G. Westlund, J. Nelson, Z. Thorson, T. Nielsen, P. Holleran, A. Rugar

▼ Practice makes perfect! Junior **Matthew Beebe** works on a peice during rehearsal.



# Preparing For Excellence

► The heart and soul of the band. Senior **Daniel Hoheisel** adds power and depth to a song.



To be a member of symphonic winds, a player must audition for a seat as well as be "Willing to make a commitment to establishing an atmosphere of excellence." These are the words of symphonic winds director **Richard Hahn**. Despite the fact that this band is regarded as the most accomplished band in the high school, **Hahn**, who is directing in his twentieth year, also stated that "Attitude and effort might be considered more important than ability." Work ethic and an appreciation for the art of performance is very important in this dedicated group.

The main goal of this band, which consists of approximately sixty students from all three classes, is to prepare for concerts throughout the year, especially the Bethel concert in March. The band also competed in the MSHSL state regional band competition. Good leadership in all sections of the band made preparation for the events an enjoyable task.

Symphonic winds is a group dedicated to the art of music. They are truly preparing for excellence.

-**Daniel Haselbauer**



▲ Concentration is important but no rythm is too tough for senior **Derek Jackson**.



▲ Bon Jour! Le French horns de Symphonic Winds.

▼ 1, 2, 3, 4. **Jacob Petroske** bangs the drum to the beat of the music.



**Concert Band Row 1:** K. Prudhomme, T. Berglund, J. Schimdt, A. Starfield, L. Wagamon, T. Spilman, L. Lindau, A. Mayer, T. Maus **Row 2:** N. Parsons, R. Stream, J. Bettencourt, E. Fransen, M. Kandel, J. Wenzel, A. Perrin, M. Fuller, S. Fahnhorst, J. Joslyn, K. Stone, L. King, R. Blake, k. Benson **Row 3:** R. Moser, A. Borlaug, J. Ackerey, J. Petroske, E. Salas, S. Paschke, P. Klecker, M. Thoreson, J. Tavernier, N. Hulsebusch, T. Briggs, A. Masso, M. Masso, R. Moser, R. Hahn **Row 4:** D. Richey, J. Von Bargaen, C. Mayer, J. Borle, S. Maejsky, R. Jensen, D. Keller



◀ Tap, Tap, Tap. **Richard Hahn** conducts the band a long, while they play an interesting and beautiful song.

## One Time At Band Camp...

Drums rolling, horns screeching, all the instruments harmonizing together, those are the sounds of the concert band. This group of skilled peers come together to mix and perform their wonderful sounding music. They come from all over the school district to practice their music, and try to learn new songs to perfect. They mesh all of the members' different styles and talents together and put it together into one beautiful and professional sounding group of high school students. Once the music begins, it's like a wave of sweet melodies running up and down the music scale harmoniously to form a most pleasing song.

With all their instruments tuned up and ready to go, the concert band practices hard every day, to keep their skills in tiptop shape. When it comes time for a concert, the group gets dressed up in clean, pressed suits, and ruffled dresses, to perform their best in front of parents, town members, students, and various others in the community. With the director, **Richard Hahn**, and all the band members' energy focused on playing at 110%. The shows they perform are the best sounding concert that there ever could be.

-Kyle Boerem



▲ Ho Ho Ho! **John Borle** and **Brett Gagnon-Palick** are preparing for their Christmas Concert.



▲ Phew! That was a long song that the band just performed.



**Varsity Band Row 1:** R. Havener, S. Kremer, S. Baklund, D. Setterholm, T. Smith, M. Merrell, N. Albee, K. Lindstrom, A. Nastrom, A. Hudon, D. Langevin **Row 2:** A. Turgeon, J. DeLong, B. Gessner, L. Anderson, A. Brett, N. Souter, J. Bzdok, R. Charpentier, A. Benson, S. McKenzie, A. Gibson **Row 3:** K. Hauge, A. Bayer, N. MacDonald, S. Beach, L. Severin, A. Tan, T. Waldoch, A. Wintheiser, J. Hulsebusch, D. Cobb, R. Colter **Row 4:** J. Miller, C. Seelig, C. Brink, R. Schirmer, D. Johnson, B. Lundborg, N. Hazzard, K. Aljets, J. Durand **Row 5:** J. Colling, L. Carter, A. Framke, M. Ruter, T. Johnson, K. Gatzow, B. Folkman, J. Henriott, C. Carroll **Row 6:** N. Feist, M. Berg, J. Gage, J. Schaeppi, S. Friesen **Row 7:** J. Rogowski, C. Muske, M. Ramirez, M. Schmidt, M. Bigelow, A. Eagan, N. Elmquist, J. Mayer

▼ Britta Lundborg and Dana Setterholm play the xylophone in perfect harmony.



► Listen to that wonderful music! The band is playing their best for the teacher.



▲ Boom Boom Boom! Beat those drums, Kathryn Benson.

# Tune Up The Tunes

You hear them in the bleachers at the football games, they perform concerts in front of large crowds, they're the varsity band.

Horns blow, drums bang, flutes toot, and cymbals ring all together to create a perfect harmony. That is what is heard when the varsity band comes together to play their music. The extravagant music is beautiful sounding to the ears of anyone that has the privilege to hear them play.

When they are not impressing listeners with their extreme talent, the varsity band members are off practicing new songs and trying to further perfect other ones. They work hard to become the very best at what they do, and when the time comes for them to play for people to hear, all the long practicing sessions most definately pay off.

Varsity band is a group of talented students who gather to play and learn new songs on their instruments. They practice and work very hard on perfecting their music to play for sports games, big performances, and other special occasions. Varsity band will help this talented group of musicians on their journey into the unknown.

-Kyle Boerem



▲ Toot Toot! Angela Starfield practices for the long awaited performance coming soon.

▼ *Laura Paisley plays the violin as Andrea Okeson and Marisa McKie watch from behind.*



**Orchestra Row 1:** L. Plocher, D. Czepa, E. Frerichs, K. Killion, C. Mathern, L. Charles **Row 2:** C. Swinehart, M. Williams, C. Mayne, E. Vadner, N. Krongard, A. Rossi, J. Goehl, C. Roseen, E. Mouacheupao, E. Williams **Row 3:** A. Keilty, K. Westman, N. Giesner, M. Roles, A. Okeson, B. Walker, H. Hanson, J. Botterill **Row 4:** J. Runk, M. Mckie, H. Nelson, S. Hayman, T. Doeibling, A. Vadner, D. Gorka, H. Lindholm, L. Kempenich, K. Bibeau, N. Finstrom, A. Osborn, T. Gage, A. Johnston



◀ **Teresa Doeibling and Cassandra Mayne** play their violins as the overseeing crowd cheers their performance.

# Whistling Winds

The soft sound of stringed instruments in the air is what you hear when you go by the orchestra room. It is the sound of accomplishment and fun. The senior high orchestra is made up of every instrument the mind can think of from the smooth sound of the violin to the hard deep sound of the bass. These are only some of the instruments present in the vast array of musical brilliance that the orchestra produces.

The orchestra director **Constance Hous** conducts the orchestra with ease and precision, the music they conceive has the essence of past composers that date back to the classical age. Most of the melody that they play is part of an ongoing ancient tune that will be played for generations to come.

Orchestra is about expressing the culture and musical language of the school. It says and expresses different aspects of the student body. All orchestra members participate fully in the hard vigorous practice that it takes to be an orchestra member. But most of all, they work and play together in unison to produce music of great classical stature.

-Michael Moreland



▲ **Lindsay Plocher** manipulates her bow to produce the symphonic sounds of the orchestra.



▲ **Casey Mathern** plays her cello without looking at her music!





**Treble Choir Row 1:** T. Lehmann, K. Busch, A. Petroski, A. Lejchar, L. Ulthe, K. Melby, R. Oberg-Hauser, C. Clark **Row 2:** S. Angell, N. Brandt, L. Haessly, H. Scribner, Y. Bailey, J. Liptak, K. Aune, J. Griffith, T. Langkand **Row 3:** T. Kruas, M. Muske, M. Johnson, K. Kraus, A. Meyer, B. Hansen, C. Manick, L. Olson **Row 4:** N. Carter, S. Salak, V. Nelson, A. Moe, A. Sundberg, C. Yang, L. Ly, L. Nellis, K. Bzdok

▼ The treble choir sings Jingle Bells in their own harmonic way at the Holiday Extravaganza.



► The treble choir gets down and dirty with the piano accompaniment at the Holiday Extravaganza.

# Harmonious Voices

The sound of music. This is all you hear from inside the depths of the choir room. The treble choir, directed by **Michelle Lynch**, projects their voice at many events, concerts and other musical displays. The primary focus of the treble choir is to sharpen students for their musical career at the high school.

During treble choir, students participate in the daily warm ups which then leads into the practicing of concert songs. During these warm ups, choir members concentrate on preparing their voices for the daily grind singing the hour away.

Overall treble choir has fun as well work towards their musical goals and set standards. Most of all, treble choir is an activity in which students can express their musical potential in a school oriented environment. Most of all, the students in treble choir are getting many skills and values that they can use later on in life. A lot of the things they do or perform are very important for the potential events that they may do later on in their upcoming careers. To sum it up, treble choir is one of the most fun things to do during school and class, and many would agree that it is a class that gives one the life experience and gives students the chance to speak out and have their voice to be heard.

-**Michael Moreland**



▲ The treble choir sings and expresses their holiday cheer during lunches.



▲ The treble choir sings away during all lunches before Holiday break.

▼ He's over there! **Emily Naylon** and **Katherine Rydlund** comment as they take attendance for choir.



**Concert Choir Row 1:** T. Lego, K. Jones, A. Matasousky, K. McPhail, K. Johnson, C. Rotach, B. Ollmann, A. Tjaden, S. Dunaski, C. Yang, J. McKenzie, A. Newton, A. Colter, C. Mollner, E. Naylon, M. Anthony, S. Lindstrom, J. Baird, V. Novak, A. Rossi **Row 2:** L. Worwa, K. Kolbow, K. Spetz, H. Scribner, K. Rydlund, N. Waldoch, E. Carlson, C. Robertson, A. Tjaden, K. Miller, T. Ormseth, D. McAllister, Forsythe, C. Gaalaas, A. Lewis, K. Knutson, K. Kolar, L. Jarvis **Row 3:** A. Gohlke, N. Thacker, M. Waska, A. Amberg, J. Lightfoot, E. Fisher, A. Peterson, R. Rydlund, A. Joyer, M. Garry, M. Dowdall, N. Hegseth, G. Loushine, J. Ryan, D. Bunde, R. Davies, M. Jonasen **Row 4:** B. Nadeau, K. Tennis, J. Flohr, R. Henriott, C. Miller, M. Rivard, A. Roberts, J. Morcomb, A. Dunckel, A. Wingenbach, M. Barnier, A. Morcomb, B. Aamol, M. Tibbetts, J. Davis, N. Peterson, B. Peterson



◀ Concert Choir Students **Joseph Ryan, Gregory Loushine, Nathaniel Hegseth, Damian Bunde, and Robert Davies** warm up their vocal cords during 1st hour choir.

# Beautiful Harmony

Concert choir is made up of approximately eighty students. This group traveled to the Mall of America to sing this year and also participated in singing at various events such as Solo and Ensemble Festival, TCSC Music Festival and also got to travel to Bethel College and perform at the Chamber of Commerce. **Britta Ollmann** said "My favorite thing about being in choir is getting out of school to go sing for people."

Concert Choir is a mixture of grade levels, both boys and girls. This class is a full year course. Students participating in Concert Choir have learned a lot and have improved their vocals greatly. An annual event that Concert Choir participates in is singing the National Anthem at the Timberwolves game during January. When students were asked about choir, some reactions were: "It's a good way to wake up in the morning," commented **Andrea Lewis**. "Choir is my favorite class. Someday I hope to be a professional opera singer," **Adam Wingenbach** added.

-Angela Klosner



▲ **Kari McPhail** and **Heidi Scribner** concentrate on getting the right tone down! You go girls!



▲ Right on! The concert choir sings together with a wonderful melody.



**Varsity Choir Row 1:** C. Anderson, S. Falkosky, K. May, J. Templeton, A. Skoriuchow, C. Keep, S. Gestson **Row 2:** R. Schirmer, K. Ingles, A. Westlund, H. Gerlach, A. Kempel, A. Leary, M. Smith **Row 3:** T. Thompson, M. Paisley, N. Otis, L. Anderson, M. Erickson, E. Morrison

▼ Yippee! **Nicholas Otis** and **Mallory Smith** look over their music during Varsity Choir practice, while others are trying to follow along.



► Serious now girls! **Jennifer Gifford**, **Miranda Erickson**, **Molly Becker** and **Ashley Kempel** try to keep straight faces while working hard!



▲ La La La! **Jennifer Templeton** practices her vocals while singing in Varsity Choir.

# Singing Up A Storm

Students had a very exciting year in Varsity Choir. It consists of approximately thirty-five students. This group is primarily made up of sophomores. Choir participated in a number of different appearances. Some of the concerts consisted of singing at places such as the Mall of America, Solo and Ensemble Festival, TCSC Music Festival, and Bethel College.

Their voices were heard at school concerts throughout the year. "My favorite song is Festival Sanctus because it's just a really fun song!" **Molly Becker** added. Listening to others and the instructor were very important key concepts for students to dig deep and find their vocals. "We work really hard, but yet always seem to make it fun!" said **Mykala Lind**. Varsity Choir was a worthwhile experience for everyone who participated. Students learned a lot and said it was loads of fun. "My favorite thing about Choir is all the friends you meet from different schools, because we all blend together well," explains **Amanda Skoriuchow**.

-Angela Klosner



▲ Excellent! **James Lindstrom** gets N\*Sync with the choir students

▼ Voila! Drumline's battery section performs outside of the school during Homecoming week.



**Drum Line Row 1:** K. Lindstrom, S. Hayman **Row 2:** R. Schirmer, K. Prudhomme, L. Schleicher, D. Svenkeson, D. Gorka, A. McCurdy **Row 3:** D. Setterholm, B. Lundborg, D. Jackson, N. Hughes, D. Hoheisel, R. Schirmer, H. Carufel **Row 4:** R. Hughes, E. Shaw, M. Ramirez, S. Baklund, J. Ackerley, T. Anderson, N. Peterson, R. Stream, J. Petroske, J. Rogowski



◀ 1 and 2 and 1 and 2 and...**Jenna Rogowski** practices on the marimba.

## What a Rush?

The deepening beat of bass, the rhythmic tap of the drum, and an amazing melody. All are attributes of the Drumline's performances. Their songs include music from the popular band Rush: "YYZ", "The Spirit of Radio", "The Radio", "The Trees", and "The Rhythm Method." Members prepare for their competitions through long and intense practices. The musicians practice two days a week for three hours, and also take part in Saturday camps. At practices and competitions head coach **Craig Zweber**, assistant coach **David Livermore**, frontline instructor **Steph Marthaler**, and battery and drill instructor **Rick Holleran** all helped the students. **Mr. Zweber** commented, "The most rewarding aspect of coaching is seeing the students learn responsibility, team work, percussion, and most of all having fun!"

After listening to this group, often the statement "what a rush" comes into play. These dedicated musicians performed at an intense and "rushing" level. **Dawn Svenkeson** stated, "Performing and seeing the results of all of our work and practice made Drumline an enjoyable experience."

-**Nicolette Larson**



▲ Concentrating...**Adrienne Maus** plays the xylophone during a difficult rehearsal.



▲ Drumming their way to perfection, **Lindsay Schleicher** and **Dawn Svenkeson** practice hard on their drums to produce a unique rhythm.

# Walking New Grounds

To eliminate the obstacle of over crowded classrooms and work out areas, something needed to be done. It all started last summer. A vision of growth and strategies with the construction workers. Something everyone had been waiting for, a new addition.

Construction workers worked hard this summer to complete their project. A large gymnasium was added to the West side of the high school. Half of the gymnasium is used for gymnastics where they practice many different routines. The other half of the gymnasium is used for different sports during the different seasons.

The mezzanine was designated to cheerleading/danceline to one half, while the weight room was enlarged to consume the rest of the space. With the weight room being enlarged, the wrestlers were moved to a new wrestling room in the G-Wing. Three classrooms were also added in the G-Wing area. One designated for Cad Design, one for the FACS department, and the yearbook office is also in that area. In addition to traditional classrooms, an auto shop was added on the South side of the school so the auto technology classes could work on vehicles without going off campus.

- Melissa Lindquist



◀ Take down and pin him. **Jonathan Kunshier** showing his power, lifting **Matthew Fraley** in the new wrestling room.

▼ Lesson of the day; don't try working on the drive shaft while your vehicle is running. **Chad Paetznick** is working on his truck in Auto Shop.



◀ Flying high! Gymnastics tumbled into the new gymnasium, which allows them to practice a variety of routines simultaneously.

▲ You can do it, just a couple more times. **Joseph Jurasin** says encouraging **Delroy Wendt** to finish his repetitions. **Benjamin Crotty** waits his turn to be spotted.



◀ Whack! Junior Tiffany Weiss hit a few practice balls before her doubles match. Tiffany Weiss and partner Esther Neu had a good season with only a few losses.



*It didn't matter which sport was competing, you could always count on Ranger fans to be there cheering their fellow classmates to a victory. Win or lose, students stuck behind the Rangers and kept supporting the players.*

*Getting involved in sports was an excellent way to spend after school hours.*

*As a player, students learned teamwork, respect, self discipline, dedication, responsibility, and much more. Teams accomplished many goals and built great relationships playing together.*

*As the season closed, the players who will return next year will hope for another exciting and successful season. They will begin a new quest for victory.*

**- Ingrid Helgeson**

# Corner Kicking Girls

The girls soccer team walked out onto the field sporting their maroon and gold uniforms. Their shoes were laced tight and their spirits were high as they ran out onto the freshly cut grass.

This year there were many girls returning and some new girls who had joined. Seniors **Kimberly Chenery**, **Tiffany Trotter**, and **Mary Kasper** were the captains. The new coaches were head **Jenny Hurd**, assistants **Tou Lou** and **John Schlicmann**.

In preparation of each game, all the girls would gather around in a circle. They would discuss each game and their individual

goals and strategies. As a tradition, the girls would take a lap around the field. This showed how they worked together as a team. "We all worked hard as a team because we are all great friends," replied **Chenery**.

They ended their season as a close knit group, proud of their accomplishments. It did not matter who won or lost, what mattered was that they had fun. They walked off the field barring memories that they could carry with them on their journey into the world.

◀ Heads up. Senior **Mary Kasper** leaps in the air to get the ball away from a Mounds View opponent.

-Tara Davis



▲ Baby step, baby step. Kick, kick...**Laura Carter** drives the ball to one of her teammates.



◀ **Kimberly Chenery** has a breakaway with the ball. It is a race against time with a MoundsView player on her back.

► Seniors **Jean Thayer** and **Erin Dougherty** work together to keep the ball away from their opponents.

▼ Strike it up. As **Rebecca Kennedy** and **Erin Dougherty** play off each other at an away meet at Mounds View.



FL	Opponent	VS
0	Park of CG	3
3	Grand Rapids	3
2	Cloquet	3
0	Stillwater	6
1	Mounds View	5
1	White Bear	13
2	Centennial	3
0	Hill Murray	3
3	Roseville	5
3	North Branch	0
0	Stillwater	12
1	Mounds View	0
2	Cambridge-Isanti	1
0	White Bear	1
0	Hill Murray	2
3	St. Francis	1
1	Anoka	4





▼ Ashley Peterson is playing follow the leader as she has a break away and is getting ready for a corner kick.

▼▼ Jessica Nelson is fighting for the ball with determination as she attempts to outwit her opponent.



Girls Soccer Row 1: S. Kroulik, L. Carey Row 2: K. Brausen, E. Dougherty, K. Chenery, K. Kehoe, T. Trottier Row 3: T. Robertson, E. Carlson, S. Murphy, A. Bayer, A. Garg, L. Gervais, A. Starfield, K. Dahl Row 4: Coach J. Hurd, L. Smrekar, L. Hatlestad, A. Peterson, R. Robertson, J. Juutilainen, J. Thayer, L. Nellis, M. Kasper, L. Pegelow Row 5: Coach T. Lou, M. Pickar, K. Bibeau, K. Benson, L. Carter, K. Meyer, A. Prodger, S. Nelson, Coach J. Schlicmann Row 6: S. Flinn, K. Aune, J. Gronholz, S. Baklund, B. Zienty, S. Haseltine, J. Nelson, R. Kennedy



"Memories last forever."  
-Tiffany Trottier

"Always behave like a duck, stay calm and unruffled on the surface but, paddle like the devil underneath."  
-Kimberly Chenery



"Life is a journey not a destination."  
-Mary Kasper



▼ Run, Forest, Run!  
Jacob DeRaad drives  
down the field while  
Joseph Gustafson backs  
him up.



FL	Opponent	VS
1	Duluth Denfeld	4
0	Grand Rapids	2
0	East View	6
1	Roseville	1
0	Stillwater	8
1	Cambridge-Isanti	2
1	Moundsview	3
0	White Bear	1
1	St. Francis	0
0	Roseville	2
0	Duluth East	2
0	Hill-Murray	1
0	Stillwater	4
1	Moundsview	0
0	Mpls. South	3
0	White Bear	4
0	Hill-Murray	2
1	7AA Sub-Section	0
0	7AA Quarter Finals	3



▲ Stretch! Junior **Joseph Grubbs** reaches for the ball while playing some tough "D."

◀ Team captain **Branden Peterson** drives in a shot on goal. **Lewis Derry** stays out of the way.

► Concentration! **Patrick Fisher** looks to teammates **Andrew Sherman** and **Joseph Grubbs** to escape the defense. **Andrew Boll** has his back.

◀ Junior goal keeper **Joshua Kolkind** does twenty-five push-ups for the team. He found out the hard way that there is no swearing in soccer.

# Let's Kick It

1...2...3...4... There's no swearing in soccer! Twenty-five push-ups for every violation was the norm on the boys soccer team. Rituals like this helped to contribute to an atmosphere of camaraderie and team spirit.

The team's 2-14-1 record during the regular season doesn't illustrate the amount of hard work that the team put in. When playing to their full potential they were able to surprise some very good teams. They defeated state ranked

head coach this year.

In the

**Branden Peterson, Coach Randall Appleton** was, "A breath of fresh air." The team reacted well to his style of coaching and appreciated his knowledge and enthusiasm.

Despite a hard fought season the team learned a lot from themselves, their teammates, and their new coach. Not to mention the memories that will stick with them for the rest of their lives.

-Daniel Haselbauer



Mounds View in a tight game. The team also had a new

**Boys Soccer Row 1:** N. Otis, D. Keller, J. Kolkind **Row 2:** A. Ramsey, N. Hazzard, T. Penshorn, T. Nickelson, C. Thayer, P. Nelson, R. Doolittle, M. Paisley, B. Peterson, P. Fisher, J. Gustafson, A. Schneider, R. Holmgren, K. Behr **Row 3:** T. Ciccone, R. Tungseth, S. Brandt, B. Loya, D. Larson, J. Grubbs, L. Derry, J. DeRaad, A. Boll, M. Lovgren, C. Almendinger, A. Sherman, T. Hollerbach, J. Schaeppi, M. Wise, R. Appleton.



"Being captain was an honor to me. It was something I always wanted, and I'm glad my teammates look at me as a leader."  
**-Branden Peterson**



▲ Senior **Andrew Boll** challenges a defender one on one. Go **Andrew!**

▲▲ I am He-Man! Junior **Blake Loya** flies past defenders on his way down the field.

▼ Using her last bit of energy, **Ruth Anderson** keeps her pace to stay in her position.

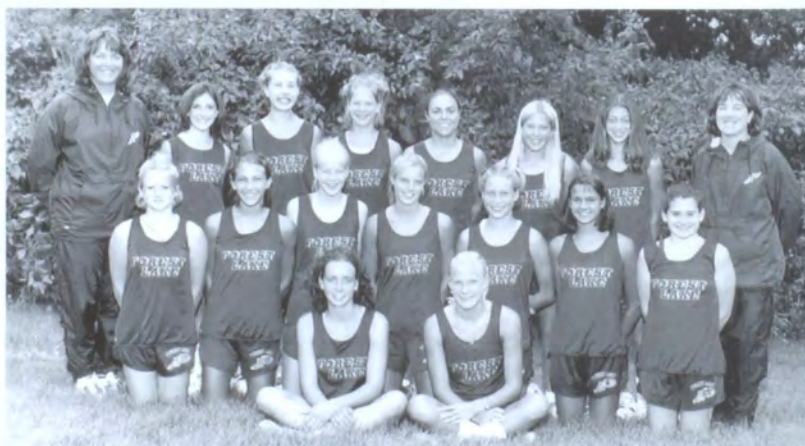
▼▼ Working hard and keeping a strong pace **Melissa Sassaman** races to the finish with determination in her eyes.



"No Pain, No gain."  
-Amanda Mueller



"Never Give up."  
-Melissa Sassaman



Girls Cross Country Row 1: M. Sassaman, A. Mueller Row 2: B. Lindorfer, E. Buck, K. Howe, S. Howe, L. Edlund, B. Tilton, S. Storms Row 3: P. Baker, S. Wright, R. Anderson, M. Trounce, C. Perry, C. Pringle, R. Hanson, J. Howe

Hard work, will and determination is what the girls Cross runner needs to be focused, have a positive outlook and goals

Country team put in their season. The team looked at the season with very promising runners. "Junior **Stephanie Howe** as most valuable runner, they could always depend on her to finish in the top five. Other key runners were captain **Melissa Sassaman** and **Amanda Mueller**. They were key not only for their strong varsity performance but for the way they encouraged and supported the younger runners," says assistant coach **Penny Baker**.



for the future in order to succeed in cross country.

The girls took third place in sections in Cloquet with a gain of seventy points over Duluth East. This meet to most of the girls is the most important competition because they get to see if they will qualify for state. While competing with some of the states best teams. With junior **Stephanie Howe** qualifying for state at the section meet, the girls cross country team had an overall

# Racing for their Goals

► Staying fired up and running hard through the race. **Ruth Anderson** and **Sara Wright** go hard to the finish.

Captain **Amanda Mueller** thinks a good season.

-**Brianna Fogerty**

◄ Running with the pack. Captain **Melissa Sassaman** and **Emily Buck** running steadily and keeping the lead over the crowd.



► Running ahead the rest Forest Lakes **Laura Edlund** rounds the corner above her competitors.

▼ Showing confidence captain **Amanda Mueller** runs for her place with no competitors in sight.



▲ With a subtle increase of speed, Junior **Stephanie Howe** passes her opponents and races to the finish.



## Meets

- Apollo
- Blue Jacket Invitational
- Lake Wood Hills
- Saint Francis
- Mustang Invite
- U of M Invite (Griak)
- Shakopee Invitational
- Swain Invitational
- Conference Meet
- Section Meet
- State Meet

# Running The Distance

The love of running and self discipline led the boys' Cross Country team to an eventful season. They practiced often to refine and quicken their times. During practices they either ran 5-8 miles or performed interval workouts. **Mike Naslund** coached the team, and emphasized motivation and hard work.

These dedicated runners performed at a high level at numerous meets. "All of our hard training paid off as we watched our goals being accomplished," commented Captain **Ben Geisbauer**. At the U of M meet over 400 people competed from

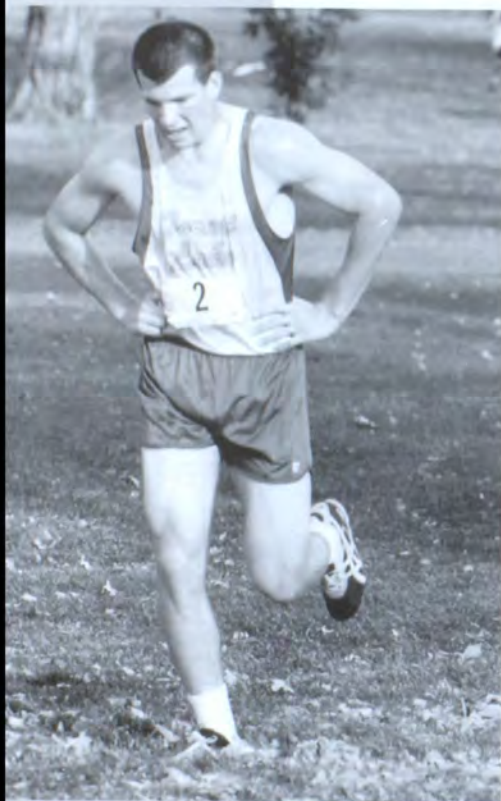
different schools. Anticipation ran high because prospective college representatives

gathered to watch. They also competed at the hilly course in Duluth with approximately one hundred runners. **Geisbauer** took twenty-seventh place with **Douglas Stafki** right behind him. The rainy and cold Section 7AA meet was one of the most notable. The team placed seventh out of fifteen teams along with many personal bests.

"We worked hard, but it all paid off because in the end we made lasting friendships and saw our times improve" stated **Christopher Clark**, speeds by. He loved the competition at meets.



Douglas Stafki.  
-Nicolette Larson



▲ Out of breath, **Neal Ray** cools down after a hard run. Neal was voted the hardest worker among his teammates.



► Going for the gold, **Nathan Berg** does not fall behind. At the sections meet, he ran a personal best with a time of 19:16.

◀ Passing an opponent, **Douglas Stafki** attempts to take the lead. Doug's determined attitude made him the number two runner on the team.

▼ Sprinting by, **Ben Geisbauer** makes long strides to the finish line. His great finishes allowed him to be the number one runner on the team.



## Meets

Apollo  
Cambridge  
Saint Francie  
Minnesota (Griak)  
Swain  
Conference Meet  
Section 7AA Cloquet





▼ William England heads to a meet. His favorite aspect of Cross Country was getting in shape and meeting new people.

▼▼ Time to sprint. Theodore Dehmlow successfully completes a race. His favorite meet was at Duluth where he got his personal best time of 18:41.



Boys Cross Country Row 1: B. Geisbauer, M. Naslund Row 2: N. Berg, W. Mitchell, T. Dehmlow, D. Stafki, N. Ray, W. England, C. Clark

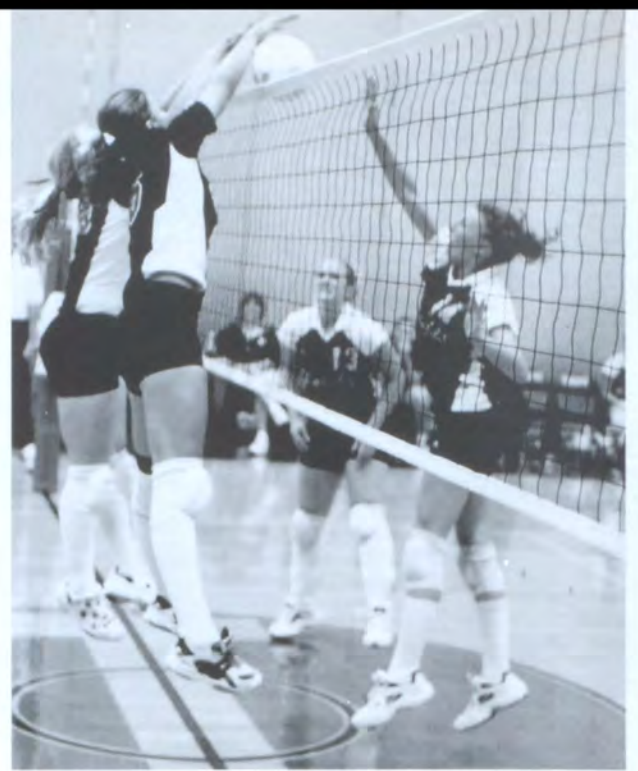


"When you are all done and finished with the race you feel accomplishment."  
-Ben Geisbauer

▼ "Ready...Set!" Setter **Melinda Fraley** gets underneath the ball and pushes it up for hitter **Natalie McKenzie**.



FL	Opponent	VS.
3	Stillwater	0
3	Irondale	0
3	Mounds View	0
0	North Branch	3
3	Hill Murray	0
3	Cloquet	0
3	Roseville	0
0	White Bear Lake	3
3	Stillwater	0
3	Mounds View	0
3	Hill-Murray	0
3	Roseville	0
1	White Bear Lake	2
<b>Coon Rapids Tournament</b>		
0	White Bear Lake	2
2	Coon Rapids	0
2	Orono	0
2	Richfield	0
<b>Section 7AAA Rounds</b>		
3	Princeton	0
3	St. Francis	0
3	North Branch	0
0	Virginia	3



▲ **Tia Lindberg** and **Kristi Forsythe** jump high to get a block against Irondale.



◀ "MMMMMINE!" **Susan Kolbow** gets in ready position to pass the ball while **Angela Hosfield** opens up and assists.

▶ Senior setter **Meghan Thompson** sets up her teammates for a great hit.

# Bump, Set, Spike, Aright

The girls varsity volleyball team was all about the hard work and talent this season. With eight seniors, two juniors and one sophomore they had a very exciting journey ahead of them. "This team showed a lot of heart and character," said head coach **Sheri Alm**. From singing "Build Me Up Buttercup" in the locker room to screaming outside, this team had plenty of character. The disguised heart was something they all had to find.

The girls took second in their conference losing only to White Bear. With sections starting the girls found their heart



with their second game against the North Branch Vikings. Winning in three games, they were off to Grand Rapids with fire behind them. Their first and last challenge was against Virginia. "We had the goal of making it to state; we fell short," says tri-captain **Natalie McKenzie**. Taking a hard four game loss against Virginia the girls abruptly ended their season.

◀ "Ahh, Rangers!" The team gets together for a cheer during the game to keep their momentum going.

With most of their goals accomplished, this team made many great memories that they and their fans will never forget.

-**Angela Klosner** and **Angela Hosfield**



Varsity Volleyball Row 1: M. Thompson, S. Kolbow Row 2: M. Martin, A. Mettling, M. Fraley, K. Forsythe, A. Wolff Row 3: Coach Alm, K. Thompson, L. Mochenbacher, T. Lindberg, N. McKenzie, Coach Nelson, A. Hosfield, Coach Daninger



"The hardest thing about being a captain is all the extra planning and time that I put in but it's all worth it."  
-Susan Kolbow



100% Attitude "In order to win the matches you want to win and accomplish your goals, everyone needs to have a good winning attitude."  
-Natalie McKenzie



"I was very surprised to be a captain. I think it is an honor that you are looked up to."  
-Megan Martin



▲ Senior Natalie McKenzie scores a point on the other team and does a dance to celebrate.

▲▲ Four seniors Tia Lindberg, Angela Hosfield, Meghan Thompson and Alicia Wolff laugh in the face of Competition.

▼▼ Ka Pow, Jeffrey Justesen receives the hand off and prepares to plummet through the team.



▼ Michael Daugherty sprawls out on # 26 for the tackle to finish up the Roseville drive.



"Football is pain."  
-Joshua Davis



"Senior year, always the best."  
-Jeffrey St. Martin



"Do or Die."  
-Kyle Dunaway



Varsity Football Row 1: J. Milligan, L. Stevens, J. Carlisle, J. St.Martin, L. Koski, K. Dunaway, J. Davis, N. Trombley, J. Kunshier, D. Jackson Row 2: O. Bakken, K. Lasse, J. Schweitz, D. Authier, B. Jackson, J. Poter, A. Brehm, D. Ragen, J. Rosenthal, G. Loushine, B. Seseman Row 3: J. Justesen, T. Turgeon, I. Gilquist, W. Atkinson, L. Matzdorf, J. Herman, J. Wilson, L. Tietje, T. Harris, M. Daugherty, A. Frericks, K. Fitzgerald Row 4: N. Carrow, D. Chapeau, A. Hoover, R. Kraemer, A. Carlisle, J. Runk, T. Bulinski, S. Faulhaber, J. Hogan, D. Lauge, J. Pleski, R. Crotty Row 5: C. Parent, B. Doblar, A. Johnson, M. Rivard, J. Kellerhuis, M. Fraley, J. Anderson, E. Lindgren, J. Birkholz, S. Dunn, A. Osborn, M. Miron, G. Carr Row 6: M. Henderson, P. Zajac, A. Wilson, B. Myric, B. Tan, G. Robertson, J. Cole, L. Hagman, L. Houle, J. Flewellen

# Shining Through The Forest

This year's football season is one that will be remembered for years to come because of the day to day things that the team has accomplished. One event that comes to mind is all the overwhelming victories that the team had throughout the year. From the smashing tackles to the finesse running, this years team was one of the best ever to come through the school.

Many things have contributed to the amazing season that the Rangers had this year. First, the running game was phenomenal. **Jonathan Kunshier** was quoted saying,

**Jeffrey Justesen** is consistent, he always runs hard, and he is a trustworthy person on the field.\* The team

trampled down the field on every down at every game. **Uch, Robert Kraemer** drops the quarterback of the Roseville Raiders. The passing was sharp

and straight to the point. Every ball was



thrown with extreme precision and dominance. A quote from **Joesph Jurasin** stated, "The reason why we are so good is because winning is essential and that is why our passing and running is one of the best."

Overall the Rangers had a very dramatic winning season, beating every team almost to a three to one ratio. One example of this was when the Rangers played St. Francis in a playoff game. They beat them fifty-six to six. There were many highlights that will be placed in the minds of coaches, students, players, and fans. It was a long hard season of play, but everyone is sure to remember the season of 2000.

-Michael Moreland

◀ **Andrew Carlisle** strides over his man and prepares to level # 87 of the Roseville Raiders at the Roseville game.



▶ **Andrew Carlisle** heads up the pig pile during the second quarter on homecoming night.

▼ **Derek Authier** tears down # 44 of the Mounds View Mustangs during the third quarter at Homecoming.



▲ **Michael Daugherty** scrambles towards the quarterback and prepares to block the outward pass.

FL	Opponent	VS
42	Anoka	21
20	White Bear Lake	37
42	Stillwater	14
19	Mounds View	6
35	Fergus Falls	27
40	Roseville	13
40	Stillwater	0
25	White Bear Lake	49
56	St. Francis	6
6	Coon Rapids	32

# The Ranger Dance

The season started in August with only a few weeks before the first meet of the season. The team didn't slack off. They put their caps and goggles on and jumped into the cold water and started their training.

The team was lead by head Coach **Jennifer Debe**. Coach **Wolf** helped the divers become graceful. To help lead the team with spirit and dedication were captains **Heidi Bjork** and **Amanda Rydell**.

Mentally thinking about each race helped the team with perfects starts and turns. The swim team cheered loudly for each

other, while doing the "ranger

dance" said Junior **Jenna Coleman**. The Ranger dance gave the

girls an opportunity to express themselves through a dancing and singing. It's time for the Ranger Dance! The season ended with Junior **Jenna Perrault** placing sixth in the 200 freesty1, **Coleman** placed fifth in the 100 breast stroke in the section meet at Grand Rapids. When asked about the team as a whole coach **Debe** said, "Overall our record does not indicate how well we improved and succeeded as individuals. We really worked hard and achieved several personal bests."



-Amanda Rydell & Kimberly Gustafson

◀Grrrr... Junior **Emily Carlson** models her new team suit and blue goggles. What a stylish combination. **Carlson** was one of the top backstrokers.

◀Flexin' their muscles for the last time of the season. The seniors of the swim team take a break during senior night to show their biceps off.

► Flipping to a perfect ten. **Katie Kowalski** took third at sections and thirteenth at State.

▼ Watching intensely, Coach **Jennifer Debe**, times the athletes during a close meet. Although the team did not win a meet, they had great determination and endurance.



▲ Smiling with pride. **Jessica McKenzie**, **Jenna Perrault**, **Jenna Coleman**, and Freshman **Ana Militech** show off their sixth place medals to coach **Jennifer Debe**.



## Meets

Blaine  
Centenial  
Stillwater Relays  
Irondale  
Moundsview  
Spring Lake Park Invite  
Anoka  
Roseville  
Roseville  
Blain ABC Invite  
Montomedi  
Stillwater  
Whitebear  
Morgan Park Duluth  
Chisago Lakes  
Stillwater Conference Meet  
JV Conference Stillwater  
Sections Grand Rapids  
State U of M





▼ Getting out their pre-swim jitters. **Brittney Walker, Jenna Perrault, and Leslie Schwarz** goof off before another day of swimming.

▼▼ Smooth sailing. Sophomore **Brittney Walker** swims her heart out during practice.



**Girls Swimming and Diving Row 1:** A. Rydell, K. Yoch **Row 2:** L. Ogez, L. Ogez, G. Vansloun, T. Kirschenman, D. Gorka, S. Friesen, A. Tackes, J. Schmitz, A. Bjerketvedt, C. King, A. Garrity, A. Eagan **Row 3:** C. Swinehart, H. Sparks, K. Clark, A. Beebe, M. Pikus, J. Gorka, A. Yetter, K. Simpson, S. Carr, K. Kowalski, S. Fahnhorst, C. Pierce, A. Miletich, M. Mattison, S. Chaussee, D. McAlister **Row 4:** A. Pilla, E. Johnson, C. Kettler, R. Merrier, B. Lundborg, C. Smythe, L. Hanson, A. Vadner, S. Esler, K. Erickson, H. McKenzie, K. Haglund, A. Zastrow, L. Crayford, K. Clark **Row 5:** J. Debe, B. Walker, L. Jarvis, J. McKenzie, L. Schwarz, J. Coleman, L. Cowen, E. Carlson, R. Martin, S. Zierke, S. Lindstrom, L. Parkos, M. Larson, J. Perrault, R. Blake, K. Prudhomme



"Seeing everyone improve and having fun."  
-Amanda Rydell

"When I scored all tens on my cannon ball."  
-Heidi Bjork



▼ Showing off their height, divers, **Andrew Peterson, Lee Fisher, Brian Welch, and Samuel Chausse** are proud to represent the Ranger's Diving Team.



### Meets

Conference Relays  
Spring Lake Park  
Chisago Lakes  
Irondale  
Blaine  
Stillwater  
ABC Invite Northdale  
Roseville  
Mounds View  
Conference Meet  
Section Meet  
State Meet



▲ Taking a deep breath senior **Steven Faulhaber** takes a quick warm up before an exciting meet.

◀ Gliding with dignity, captain **Kent Kramer** swims the 500 at state with a best time of 5:04.14 taking 13th place.

► Reaching for the sky, senior **Lee Fisher** begins to perform a graceful dive.



◀ Swim froggy swim! Senior **Daniel Hoheisel** swims the breaststroke during a tough race at home.



Getting evaluated by three judges, determines your score." Swimming consists of different events with different yardage. All events consist of four strokes; butterfly, backstroke, breaststroke, and free style. Even though swimming and diving are totally opposite, the team members still find a way to become one as a whole.

- Amanda Rydell

New and old faces walk into the hot steamy pool area, completely different." said captain **Lee Fisher**. "In diving, each diver has seven dives and difficulties. Providing great skills, coaches **Chris Wood** and **Sara Watts** train the skillful swimmers. Leading the divers with high potentials is coach **Ben Wolf**. All three coaches were ready to start a winning team. Leading the team with experience were three Senior captains, **Lee Fisher, Kent Kramer, and Chris Richards**. Building new friendships at practice, the team grew together while improving strokes, endurance, pikes, and hurdles. "Swimming and diving are

# Bonding and Building Friendships

**Boys Swimming and Diving Row 1:** B. Welch, K. Burk, M Anderson, S. Schulze, M. Jorgenson, S. Chaussee, S. Thomas, J. Irhke, S. Gort **Row 2:** B. Knaak, J. Kassel, S. Butler, Z. Clasen, K. Weise, J. Morrison, J. Robinson, D. Clark, Coach Watts, **Row 3:** B. Walker, K. Yoch, C. Docken, K. Kramer, S. Faulhaber, D. Hoheisel, B. Richards, B. Cowen, A. Madison, I. Simpson, Coach Wolf **Row 4:** Coach Wood, B. Johnson, C. Duff, E. Thomas, G. Sandager, J. Fahnhorst, G. Robinson, M. Harris, C. Richards, A. Peterson, L. Fisher



"I'm going to miss hanging out with my boys and spaghetti dinners."  
-Kent Kramer



"Scoring a 179.28, that was sweet."  
- Lee Fisher



"This was easily my hardest season yet. The work makes a strong team and better friends."  
-Christopher Richards



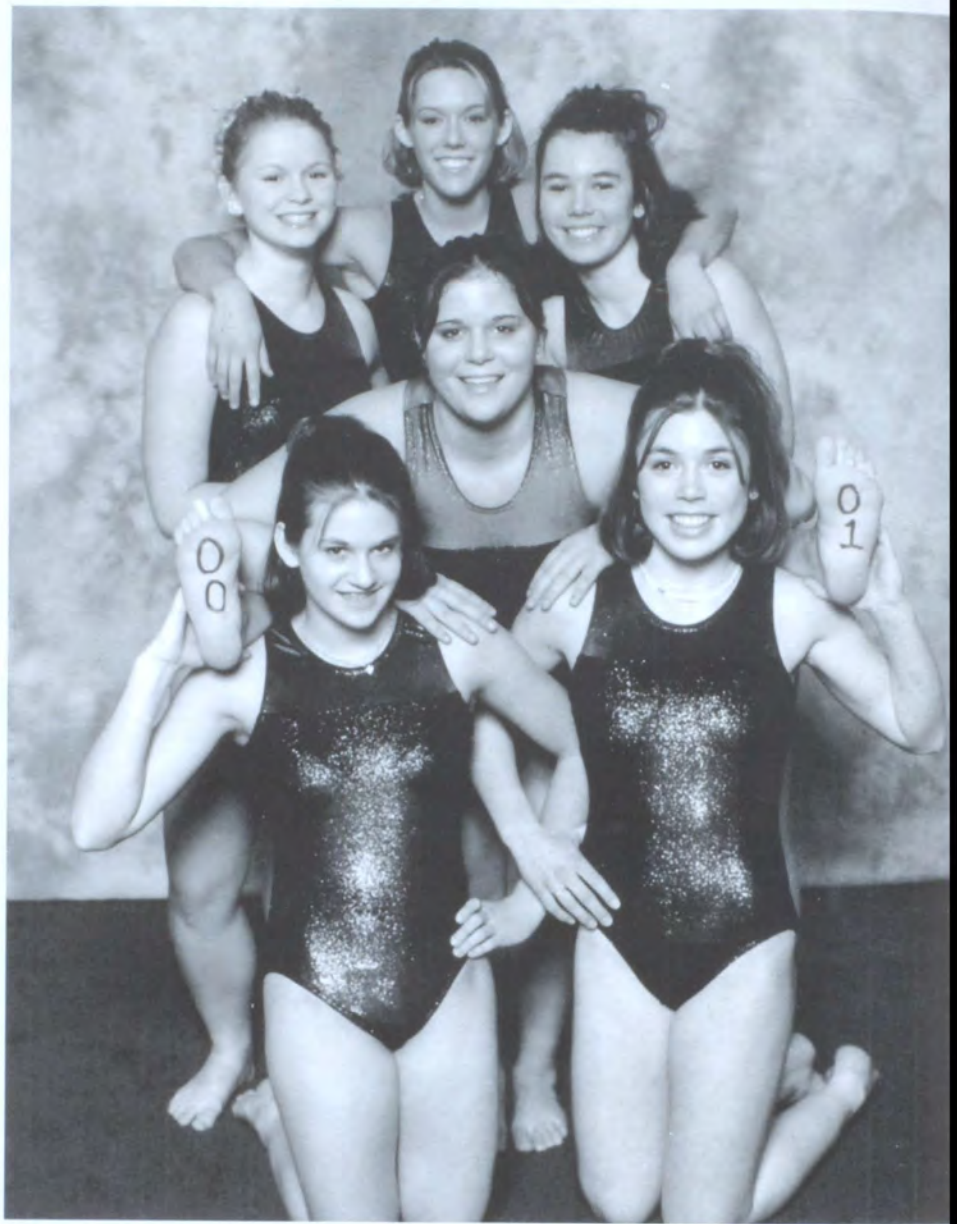
▲ Reaching for potential senior **Christopher Richards** glides on his back while swimming the back crawl with a section time of 59.17.

▲▲ Showing pride in their team captains **Christopher Richards, Kent Kramer, and Lee Fisher** gear up for a fun picture.

▼ With a perfect landing, Jennifer Houle completes a jump series. She participated in the State Gymnastics Meet.



▼ Gazing up, the girls watch and cheer on their team mates.



"The most memorable meet was against Cambridge when we ran out of butt glue and our leos kept riding up."  
-Tara Robertson



"Gymnastic girls are hot chicks that like to do flips and have a great time."  
-Jessica McKenzie



"We are sweet dancers. We have fun during practices as well as outside the sport."  
-Angela Colter



Gymnastics Row 1: M. Holleran, J. Schroeder, T. Robertson, J. McKenzie, A. Colter, D. Johnson, K. Waldoch Row 2: A. Meracle, T. Neu, E. Garritsen, S. Chausse, H. Jackson, B. Barott, J. Bjorge, M. Sell, C. Anderson, E. Stigall, A. Newton Row 3: J. Houle, R. Turry, C. Pierce, A. Turry, K. Bolenbaugh, A. Sarri, S. Lambie, J. Christenson, D. Schmidt, N. Zastrow Row 4: K. Aune, K. Hanson, N. Herman, J. Unze, R. Robertson, C. Seusse, T. Hipkins, A. Lejchar, J. Mouchet



"Gymnastics is such a great way to stay fit, learn discipline, and stay positive,"

proclaimed

Angela Colter.

Whether the girls gymnastics team performed on the vault, bars, floor, or beam, hard work was put forth to choreograph and perfect each event.

All individuals worked hard tougher as a team. The great coaching staff assisted them to perform at their highest level. They worked

▶ on physical and mind Bottoms conditioning. Together up, they produce positive

Christine attitudes and Pierce performances beyond

performs a the expected! At the cartwheel White Bear Lake

handstand step meet these down on the beam. gymnasts won

by .5. However, one of the most memorable meets took place on

◀ Ready to rumble, the gymnastics members show off their sequence leotards. Car washes and working at concessions help pay off their pricey uniforms.

▶ Around and around, Jessica McKenzie completes and makes a perfect squat on. At White Bear Lake she obtained her personal best score on the bars.

▼ Stretching beyond the limits Angerla Turry completes a great performance on the beam. She loved hanging out with her teammates.



-Nicolette Larson

the seven seniors performed an energetic dance to "Come on Over."

These individuals worked to their fullest. They had fun together on the mats as well as outside the sport at gymnastics parties. Head coach Nancy Herman stated, "I am so proud of their efforts, how far they have come and the goals they have reached! This group has been a strength to me as I have battled breast cancer this year. Their thoughtfulness and encouragement has really helped me cope!"

# Get Us Play Gymnastics



▲ With a twist, Angela Colter performs a full turn in the middle of her 10.0 beam routine. She has been in gymnastics for 14 years.



- Meets**
- Stillwater
  - Blaine
  - Lakeville
  - Cambridge-Isanti
  - Woodbury
  - MGGOA
  - White Bear Lake
  - Roseville
  - Blujacket All Areound Invite
  - Mounds View
  - J.V. Conference Meet
  - Section 7AA

# Landing The Big One

Wrestling is a sport of physical and mental endurance. It is a test for ones self to prove to all that you are the champion. This is our wrestling program. A hard, vigorous training performance to get ready for the long hard season to come. "Victory Starts Here," is one of the Ranger's Mottos. Hard work and determination are the foods that every wrestler feeds on. **Matthew Davids** quoted, "Wrestling makes you value hard work." They strive for perfection and ultimate strength. All of the wrestlers are

built for victory, they have an essence that no other has. When

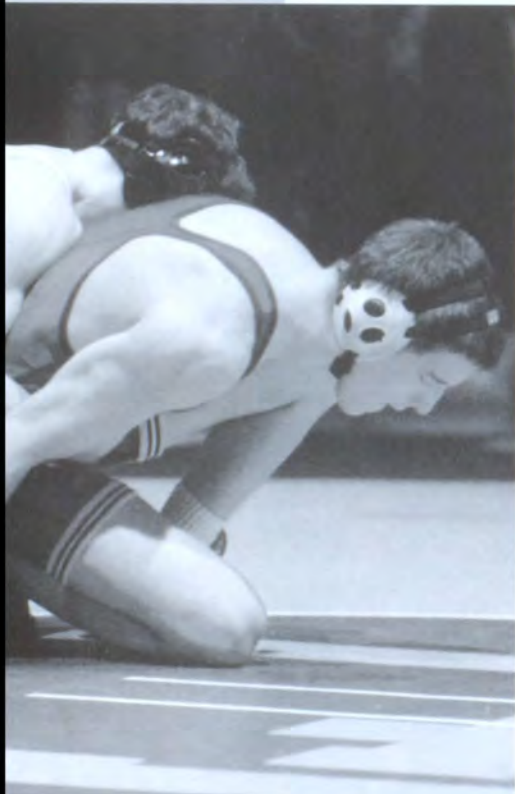


-Michael Moreland

they step on to the mat their opponents stagger and eventually fall to defeat. These are the qualities of every wrestler on the team. Winning almost every match, they are considered one of the best in the state.

Overall, the wrestling team has had an unbelievable season. They fought their way to the top and conquered all. Their spectacular stamina and speed ensured their victories throughout the season. Most of all the wrestling team will be remembered as one of the most talented and challenging teams.

◀ **Matthew Davids** struggles for the upper hand and switches up for the reversal.



▲ **William Denney** struggles to escape from his opponents grasp.

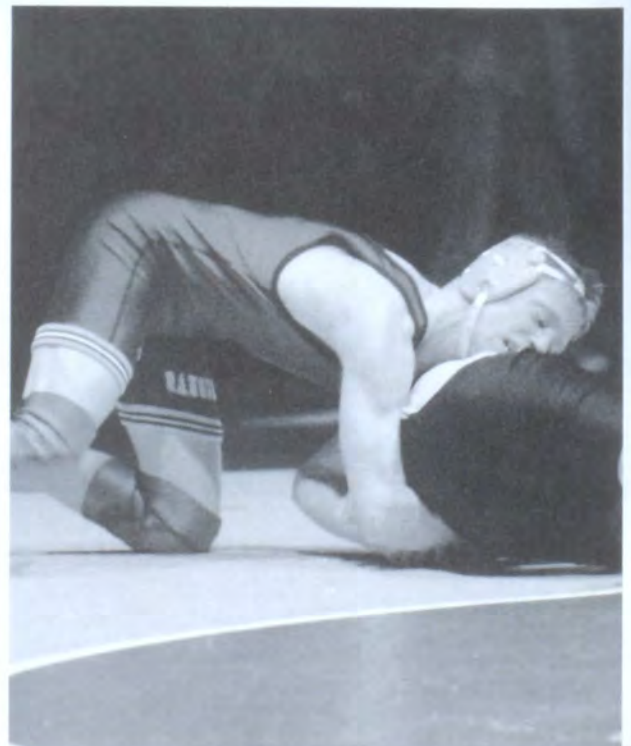


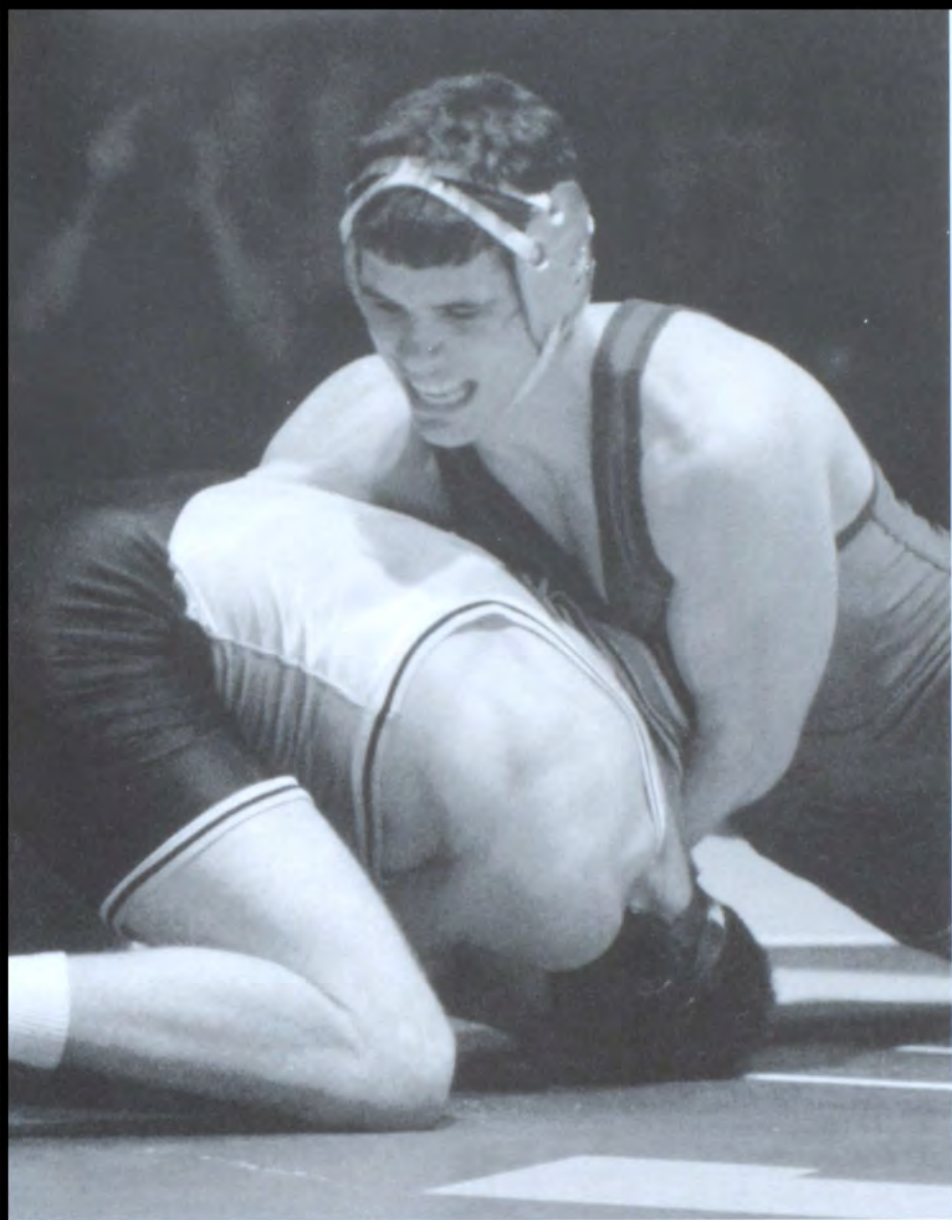
► Ugh! **Jonathan Kunshier** traps his man on the mat, leaving him the upper advantage.

◀ **Harold Behling** wipes the mat with his opponent and readies for the pin.

▼ **Dietrich Peterson** pushes to turn his man and get the pin.

FL	Opponent	VS
15	Centennial	45
22	St. Francis	32
32	Goodhue	25
30	Simley	26
152	Invitational	N/A
74	Tournament	N/A
47	Coon Rapids	12
N/A	Grand Rapids	N/A
42	White Bear Lake	14
123	Paynesville	N/A
50	Stillwater	15
48	Champlin Park	15
66	Roseville	6
28	Centennial	36
65	Irondale	0
46	White Bear Lake	15
N/A	Mounds View	N/A
39	Chisago Lakes	19
55	Mora	9
19	Cambridge	35
44	Grand Rapids	18
15	Anoka	39





▼ Matthew Fraley earning all state honers at the Minnesota State Wrestling Championships placed 3rd at 145 pounds and finished with a 28-7 record.

▼▼ Alexander Behling hops to the advantage and readies the pin.



**Wrestling Row 1:** T. Maus, J. Kolbow, S.Hogan, J. Denney, D. Taylor, J. Menk, A. Smrekar, C. Rotach **Row 2:** N. Trombley, J. Okeson, D. Peterson, D. Lange, S. Thomas, M. Davids, M. Fraley, R. Jensen, D. Jensen **Row 3:** R. Dettmer, R. Elliot, J. Kunshier, A. Spiess, A. Brehm, W. Denney, B. Engel, J. Waidzulis, H. Behling, S. Hinrichs



"Playing hockey."  
-Jonathan Kunshier



"Value You hard work."  
-Matthew Davids



"Wrestling equals victory."  
-Matthew Fraley

# Runnin' Down a Dream

▼ Senior tri-captain **Amanda Gage** focuses on her next move. She lead the Rangers with her positive comments and extra hustle.



FL	Opponent	VS.
45	Woodbury	49
59	North Branch	57
48	Anoka	51
41	No. St. Paul	32
57	Osseo	75
63	Maple Grove	57
50	Elk River	65
29	Prior Lake	32
61	Duluth East	70
74	Irondale	39
43	Hopkins	49
52	Centennial	65
51	Mounds View	45
66	White Bear Lake	37
54	Hill-Murray	64
58	Armstrong	71
60	Roseville	46
62	Stillwater	50
61	Mounds View	57
46	White Bear Lake	57
44	St. Francis	31
48	Hill-Murray	39
64	Roseville	55
57	Stillwater	68
46	Semi Finals	27
41	Finals	40
53	State: Bemidji	60



▲ **Katie Alsdurf** spots up for a 3 late in the Osseo game. Teammate **Lindsey Anderson** rolls back after setting a tough screen to open up **Alsdurf** for the shot.

◀ Shoot it! **Bethany Mettler** pulls up for a fifteen footer. As a captain, **Mettler** excelled in all aspects of the game!

▶ Focus...and finish! Junior **Chelsea Sapa** continues the play long after the ref blows the whistle. This girl has some excellent concentration!

The Ranger girls had many goals this season. After last year's loss in region finals, the returning players had the desire to qualify for the state tournament. Coming into the season they were ranked sixth in Class 4A. The team was hopeful for a successful season.

However, with a tough non-conference schedule, playing most of the top ranked teams in the state, they had to focus on one game at a time. "I knew coming in that we may not have as good a record as years past based on our schedule and also because we were asking young players to step up," mentioned Coach **Jennifer Hesse**. People like **Lindsey Anderson**, **Andrea Lewis**, **Chelsea Sapa**, and **Mary Sobiech** had not seen much

**Thayer**, **Beth Mettler**, **Katie Alsdurf**, and **Amanda Gage** became a huge factor on how quickly the young players learned the system.

◀ **Coach Hesse** goes over a press breaker during a time out.



"They [seniors] have done a great job teaching those kids how to be successful," commented **Hesse**.

Heading into the conference games with valuable experience, the team was ready to go. They overcame all sorts of obstacles to be in the conference championship and won the regional title.

Memories were made on and off the court this year. Whether it was playing Taboo and Pictionary at spaghetti dinners, hot tubbin', pre-game dancing in the locker rooms, or the victories on the court, these girls made this season an

enjoyable one for all.

Leadership from the seniors **Jean**

-**Katie Alsdurf**

▼ Varsity Girls Basketball. Row 1 Tri-Captains: Bethany Mettler, Katie Alsdurf, Amanda Gage Row 2: Mary Sobiech, Keri Aljets, Angela Klosner, Stefanie Heichel, Jean Thayer, Jennifer Kling, Kimberly Kolar, Jessica Gage, Lindsey Anderson Row 3: Coach Hesse, Jessica Kopp, Rachel Myrick, Andrea Lewis, Alissa Banttari, Chelsea Sapa, Christie Brink, Coach Fore, Coach MacDonald



"For the last five minutes before we arrive to the school on the bus, we scream and hit the windows!"  
-Bethany Mettler



"Our best victory was upsetting Stillwater. They were struck with disbelief as we celebrated on their court!"  
-Katie Alsdurf



"All of us have a sense of humor, which is key for a team to have good relationships."  
-Amanda Gage



▲ Jump! Sophomore Mary Sobiech leaps for a rebound over the Osseo opponent. Sobs was a terrific rebounder for the Rangers.

▲▲ What?! I've got the ball and you don't! Junior Andrea Lewis clears herself under the basket as Osseo players watch.

▼ Man with a mission.  
Joseph Ryan dribbles  
down the court in hopes of  
making a basket.



▼▼ Who's open? Travis  
Turgeon attempts to find  
a team mate to pass the  
ball to.



"Mint.",  
- Erik Overson



"Hanging with the  
B.B.G.'s"  
-Joshua Davis



"The pregame dinners  
with the team.",  
-Gregory Loushine



Boys Varsity Basketball Row 1: K. Keto, G. Loushine, N. Hegseth, J. Sayler Row 2: J. Ryan, L. Overson, T. Turgeon, G. Robertson, A. Rosman, M. Wright Row 3: Coach C. Gunderson, E. Overson, M. Reitter, B. Myrick, J. Davis, S. Maefsky, M. Brodeur, Coach J. Buck, Coach D. Locker

This group of young men know what they want and its victory. game." They also enjoyed their team dinners before the games.

The team coached by **Chuck Gunderson, John Buck** and **David Locker** will settle for no less than the best. With goals of being Conference champions and heading towards the state tournament, the team must be in command and focused at all times. Team member **Gregory Loushine** said, "We play well together and get along." When asked if the team had any traditions before a game, Senior **Erik Overson** replied, "We found a picture of a girl with really



One of the most notable games was said to be winning against Maple Grove in triple overtime. The team also has the help of **Chelsey Zeleschnak, Amanda Scott, Nicole Anderson, and Anna Mayer** as camera women, and a faithful cheering section. Win or lose, the team gives their all in every game they play. As a team, they have made memories that will last a lifetime. The Ranger basketball players have proven to everyone that they really are men in command.

# Men In Command

► Move it or lose it. **Gregory Loushine** drives towards the hoop with great determination.

weird hair in the locker room and everyone had to touch it before the

- Katherine Lightfoot

◀ Stretch! **Erik Overson** is determined to get his hands on that ball. Teammates **Matthew Reitter** and **Joseph Ryan** help him out.



► Back off. **Matthew Reitter** holds on for dear life, no one is taking that ball.

▼ Its all mine. **Joshua Davis** jumps for the ball, no one else is going to lay a hand on it.



▲ Big air! **Gregory Loushine** puts his all into the play. He wants a basket for the team.



FL	Opponent	VS
64	North Branch	66
64	N. St. Paul	45
45	Tartan	60
46	Centennial	57
45	Woodbury	49
59	Anoka	39
32	Osseo	60
56	Maple Grove	52
84	Maple Grove	79
46	Anoka	47
41	Mpls. Edison	45
55	Hopkins	76
54	Hill Murray	48
61	Roseville	50
38	Stillwater	37
47	Mounds View	53
53	Hastings	58
58	Osseo	79
49	White Bear Lake	53
54	Hill Murray	37
63	Roseville	62
46	Stillwater	51
58	Mounds View	66
52	White Bear Lake	73

# Girls with Attitude

The ice was smooth and the air was cool. The sound of the skates cutting the ice was echoing through the rink. The roaring crowd made their adrenaline pump.

The girls hockey team was lead by captains Kimberly Chenery, Heidi Bjork, and Sheri Hudella for varsity and Erin Landgraver, Crystal Emerfoll, and Jaisa Beurlanu for J.V.

This year the team had new coaches and a few new girls to replace the ones that had graduated the year before. Through hard work and determination, the girls play to win.

"The biggest part about playing hockey is to just play the game and forget about their

differences," says Landgraver. The best game for J.V. was the Holiday Cup

Tournament against St. Cloud, recalled Emerfoll. In a 2-2 tied game Forest Lake felt the pressure and pulled out with a winning shot made by Landgraver. The girls varsity team lost Bjork in the mist of the season due to her knee injury having only played five games. She was given a chance to make a come back at the State Tournament. The team began their quest for a State Championship. Although the girls hockey team made it to state they had to settle for a consolation win after the first round.

◀ She does she shoots, but does she score? Senior Kimberly Chenery hits the puck with all her might to try to make a goal.



-Tara Davis



▲ I got it! Senior Sheri Hudella rushes to a puck before her opponents have a chance.



► Shoot! Tamara Miller sets up the play during a game against Bemidji.

◀ Winning faces. Nicole Souter, Jaisa Bernklau, Amanda Gage, Alana Sundberg, Crystal Emerfoll, and Kathleen Busch pose for their buddy pics.

▼ Sheri Hudella and Heidi Bjork embrace before a game.

FL	Opponent	VS.
6	Minneapolis	3
4	Park Center	1
3	Chisago	1
7	Irondale	2
4	Anoka	3
1	Centennial	2
4	Coon Rapids	3
4	Hill-Murray	1
2	Hibbing	6
2	Cloquet	1
3	Stillwater	4
4	White Bear Lake	5
5	Mounds View	3
0	Roseville	8
2	Hill-Murray	2
2	Stillwater	4
0	Mounds View	1
4	Duluth East	1
1	Roseville	2
Section 7 Championship		
3	Hibbing	2







▼ Watch out! Kristi Hawkinson shot the puck with her powerful aim.

▼▼ Rachel Conlan waits eagerly for her turn to handle the puck.



▲ Girls Varsity Hockey Row 1: K. Bakken, Coach T. Johnson, A. Gage Row 2: Coach J. Zastrow, S. Fewer, R. Conlan, D. Josephson, S. Hudella, S. Hough, J. Cincotta, J. Nelson, N. Souter, T. Miller, H. Svenkeson, K. Chenery, K. Hawkinson, Coach T. Anderson Row 3: H. Bjork



"Skate the length of the rink with out falling and making a skid mark!"  
-Kimberly Chenery

"We're going to state!"  
-Sheri Hudella



"Where's John?"  
-Heidi Bjork

# Ice Wars

▼ I got it, I got it! Joseph Carlisle concentrates on stopping the puck to bring it down the ice.



FL	Opponent	VS
3	Grand Rapids	4
5	Park Center	3
2	Maple Grove	4
0	Alexandria	5
0	Elk River	8
1	Coon Rapids	3
6	North St. Paul	1
6	Mpls. South	3
6	Stillwater	2
0	White Bear Lake	5
0	Cloquet	5
2	Mounds View	6
2	Brainerd	3
6	St. Francis	0
2	Hill Murray	5
1	Roseville	3
1	Stillwater	3
1	White Bear Lake	5
4	Mounds View	1
1	Hill Murray	5
0	Roseville	8
	<b>Christmas</b>	
	<b>Tournament</b>	
5	Blaine	2
0	Centennial	5
4	Mounds View	3



▲ Get open! Matthew Stendahl waits to pass the puck to Christopher Stelter to continue their play.

◀ That was a close one! Joseph Carlisle and Joel Stendahl watch close as John Bialozynski stops the puck from going into the goal.

► 1...2...3... Rangers! The Rangers chant after scoring the first goal of the game against the Mounds View Mustangs

"The most difficult thing is to mold all of the individuals into a team where they care about each other," Coach Kenneth Mikolaczyk expresses as the most challenging thing about coaching boys hockey. This has not been the only difficult thing about their new season.

Hours of practice and preparation go into the Ranger Boys Hockey season. New head coach Bill Ross brings a new system of practice. Working on each play day after day until it's perfected. This year not only the incoming sophomores had a new experience, the whole team

had to adjust from old ways and get used to the new. Captain Joseph

Carlisle states, "Getting to know the new coach has been the hardest challenge to deal with this season."



◀ That's my puck! Steven Secor stops a Mustang from stealing his puck.

Though having hours of practice after school went into this years hockey season, it did not end as well as they had anticipated. "Sitting in the locker room, playing hockey, and all the fun times with friends," are what Joel Stendahl expressed as what he will miss the most from hockey. Overall, the team learned that with a little patience and believing in themselves, they can become better players and gain new skills.

-Melissa

Lindquist

**Varsity Boys Hockey Row 1:** J. Brown, A. Goss, A. Boulineau, J. Bzdok, J. Schmidt, L. Nellis, T. Waldoch, C. Ly **Row 2:** D. Reuter, C. Stelter, J. Carlisle, J. Birkholz, J. Stendahl, K. Minke, R. Shelafoe, C. Docken, J. Bialozynski **Row 3:** Coach B. Ross, B. Sawyer, J. Stone, N. Dellwo, L. Hagman, N. Reuter, K. Fredrickson, K. McMahon, B. Eriksen, S. Secor, Coach K. Mikolajczyk **Row 4:** M. Stendahl, M. Hanson, C. Minke, C. Blum, S. Brandt



"I'm King of the world"  
- Joseph Carlisle



"... We just have to set good examples."  
- Joel Stendahl



"... Joe and Joel get all the real attention."  
- Nicholas Dellwo



▲ Whack! Senior captain Joel Stendahl gets ready to slap shot the puck into the goal.

▲▲ Did we win? Ranger Boys Hockey players cheer their team to victory.

▼▼ Kelly Loya and Coach Scott Olson take a nice ride up the chair lift to bring up a blue gate.



▼ Senior Captain Shalee Dunaski demonstrates good technique and form during practice.



"Men want me, women want to be me!"  
-Kelly Loya



"Nobody likes me!"  
-Shalee Dunaski



Alpine Ski Team Row 1: J. Glenn, R. Kissner, Row 2: R. Keller, K. Hallberg, K. Haglund, Row 3: E. Johnson, S. Olson, E. Stolberg, D. Keller, B. Loya, B. Lawrence, K. Loya, S. Dunaski, A. Niehuse, S. Johnson, S. Little Row 4: J. Stadler, T. Kissrow, M. Keller, R. Finnegan, M. Newell, S. Bjorklund, N. Otis, M. Grundtner, D. Haselbauer, D. Owen, M. Schmidt, J. Corbet, Row 5: C. Muske, R. Moen, C. Bjorklund, J. Higgins

While sitting in the starting gate, waiting for the words "go when ready" may make your stomach uneasy, you get ready to attack the ski course with determination.

The Forest Lake girls take a second to visualize what's to come and remember to look ahead. The gates ahead and many other things fill your head with thoughts while waiting at the gates. Once the words "go when ready" are heard and the adrenaline gets pumping, and you fly through the course like you own it. Hoping for your best run ever, or just to stay standing so you could benefit the team with points.

► Shalee Dunaski and Anna Niehus sit at the picnic table and enjoy food and heat.



Once over the finish line and out of breath waiting for time results, the girls already know if they had a

good run or not.

The girls alpine ski team pushed hard at every meet and invite that came to them. With Seniors Shalee Dunaski, Janet Glenn, Kelly Loya, and exchange student Anna Niehuse leading the way. The girls individually had a great season. With captains Dunaski and Loya, the girls could always look to them for help and expect a positive response with a smile. Coaches Jay Stadler, Colette Aschenbrenner, and Scott Olson all worked hard to improve their skills. All the girls on the ski team appreciated the coach's hard work and dedication they put towards the team this snowy ski

-Brianna Fogerty

# It's a Downhill Battle

◀ Ready, set, go! Janet Glenn waits in the starting gate till she's told go when ready!

► Let's go! Seniors Anna Niehuse, Shalee Dunaski, Kelly Loya, and Janet Glenn stand together and take a pose as a gate is being replaced.

▼ Kelly Loya, Rachel Kissner, and Rebecca Keller come together to see what was so interesting in the next seat over as they are on their way to Wild Mountain for the meet.



▲ Staying close to stay warm, coaches Scott Olson, Colette Aschenbrenner, and Jay Stadler await the results at Welchville.



## Meets

White Bear Lake  
 Irondale  
 Champlin Park  
 Centennial  
 Coon Rapids  
 Chisago Lakes  
 Mounds View  
 Blaine  
 Anoka

It's 5:30 a.m. one by one cars begin to pull into the F.L.H.S. parking lot. No, they're not just excited to learn, it's the Alpine Ski Team off to another all-day meet. The team had a very successful season. Making what coach **Jay Stadler** called a, "Strong improvement in consistency." The team finished the season with a 6-3 record. "We had some set backs after the break but we got it back together and finished strong," said **Stadler**. With strong team efforts they also won the second place trophy at the Wild Mountain

Invitational and third place at the section 4 tournament.



This success was made possible by, "Great improvement by

all racers in technique." said **Jay Stadler**. The team sent 2 individual racers to the state tournament; **Jesse Lindmer** and **Blake Loya**. They placed 2nd and 4th, respectively at the section tournament. All of this was made possible through team unity and spirit

But the most important part of this season is the personal gratification that comes with helping your team do well. As coach **Stadler** said, "We had fun we improved our skills and the outcome was success."

-**Daniel Haselbauer**

Winning requires hard work. Coaches **Jay Stadler** and **Scott Olson**, and racers, **Janet Glenn** and **Ryan Finnegan** work to set up a practice course.



▲ Knowledge and experience coaches **Scott Olson**, **Colette Aschenbrener**, and **Jay Stadler** discuss the days events while awaiting the results of the Welch Village Invitational.



► Lighting it up! 7th grade sensation **Erik Stolberg** shows off his skills during a meet.

◀ Cold hands, warm hearts. Team members, coaches, parents and family all attempt to keep warm at the Conference Championship.

▼ Finishing strong, junior captain **Blake Loya** pushes hard across the line.

## Meets

White Bear Lake  
 Irondale  
 Champlin Park  
 Centennial  
 Coon Rapids  
 Chisago Lakes  
 Mounds View  
 Blaine  
 Anoka  
 Conference Championship  
 Section 4 Meet  
 State Meet





▼ Skiing is good!  
Captains Breck Lawrence,  
Shalee Dunaski, and  
Anna Niehus enjoy their  
lift ride.

▼▼ Participants of the  
Welch Village Invitational  
pause for a group photo.



**Alpine Ski Team Row 1:** J. Glenn, R. Kissner, **Row 2:** R. Keller, K. Hallberg, K. Haglund,  
**Row 3:** E. Johnson, S. Olson, E. Stolberg, D. Keller, B. Loya, B. Lawrence, K. Loya, S.  
Dunaski, A. Niehuse, S. Johnson, S. Little **Row 4:** J. Stadler, T. Kissrow, M. Keller, R.  
Finnegan, M. Newell, S. Bjorklund, N. Otis, M. Grundtner, D. Haselbauer, D. Owen, M.  
Schmidt, J. Corbet, **Row 5:** C. Muske, R. Moen, C. Bjorklund, J. Higgins



"Women want me, Men  
want to be me!"  
-Blake Loya

"I enjoyed being captain. I  
was honored that my  
teammates looked at me  
as a leader."  
-Breck Lawrence



▼ Putting in all of her effort, Leah Jarvis makes the face of anyone with determination. She's almost there and still going strong.



**Meets**

Roseville  
Stillwater  
Elk River  
Osseo  
Anoka  
Coon Rapids  
Maple Grove  
Chanplin



▲ All shook up from the excitement, Kristin Anderson waits at the finish line after a great meet.



◀ Not only are the girls team members, but also friends. Leah Jarvis, Stephanie Howe, Nancy Waldoch, and Amanda Plain have some cocoa and good laughs as they wait for the results of their wicked fast race.

► Another one bites the dust. With the competitor close on her trail, Amanda Plain pushes to the limits the last couple of feet to the finish line.

# Spandex Rocks

At the start of the Nordic ski season, the goals of the skiers were to take the conference and head to the state meet as a team. They tried to accomplish these goals by putting their hearts and souls into what they did. The girls practiced two hours a day, six days a week, and had to overcome some obstacles such as injuries of some team members.

Part of what sets this team apart from their competition is their closeness to each other on and off the slopes. Captain Nancy Waldoch commented, "We are all so close. Not only are we team mates, but we are friends. We confide in each



also got together outside of practice and meets to engage in some team bonding.

"We have spaghetti dinners the night before meets where we wax our skis and eat some good food!" Captain Carissa Herzog stated.

During the season, the team's toughest competition was Roseville, who was ranked number one in the state. The Ranger girls were victorious over Roseville during the season and that got the team pumped for meets later in the season. Waldoch says that the best part of nordic skiing is, "That incredibly awesome feeling of knowing that you just finished a 5K race that most people would

◀ Picking up the pace, Stephanie Howe starts off the relay team with the bang of the gun. Going strong, the team waits for their chance to get ahead.

other; it is almost like our own happy little Nordic family." The team

never even attempt."

-Andrea O'Brien



▼ **Girl's Nordic Skiing Row 1:** S. Wright, M. Pikus, Jessie, J. Alexander, R. Anderson, N. Duff, B. Alexander **Row 2:** Coach A. Bergman, K. Anderson, C. Herzog, N. Waldoch, L. Edlund, S. Howe, A. Plain, L. Jarvis, A. Prodger, Coach D. Johnson



"When you know that you left your heart and lungs on the course and cross that finish line with an awesome time, you pretty much feel on top of the world!"

-Carissa Herzog



"I have never been so proud to be a part of a group of people so dedicated and so successful."

-Nancy Waldoch



▲▲ Ready, steady, go! The skiers get ready to kick some powder as they line up for the start. A last few pieces of advice and the girls are off.

▲ Smooth and steady, Nancy Waldoch makes her way to the finish line leaving her competitors way behind.

▼ I'm almost there!  
Douglas Stafki looks intensely in front of him as he skis along the trail



▼▼ Come on guys! This is fun! Captain Robert Lee looks excited as he grabs his poles and gets ready to ski.



"Practice makes perfect and you have to be good at what you do."  
-Ben Geisbauer



"Start Fast, Finish Faster!"  
-Robert Lee



Boys Nordic Skiing Row 1: W. England, J. Mitchel, T. Steiner, B. Fick, B. Geisbauer, K. Meysembourg Row 2: K. Anderson, A. Bergman, W. Mitchell, J. Gustafson, P. Baily, N. Ray, D. Stafki, R. Lee, L. Stogland, D. Johnson.

Snow fell towards the ground as the Boys Nordic Ski Team glided across the snow with their newly waxed skis. A cold wind blew against their faces; finally it was the perfect season for skiing. They practiced long and hard to be able to perform the best they could. This year was an entirely new experience for the team because of a change in the way they were scored. Some of the guys had to have a new kind of training to learn how to classic ski instead of the usual skating style of skiing. "A great experience was learning how to classic ski", said captain **Ben Geisbauer**. The boys practiced everyday after school out in the snowy and blustery weather. Head coach **Deno Johnson** and assistant coach **Adam Bergman**

watched over the team with the captains **Robert Lee** and **Ben Geisbauer**. They had to keep in good shape to stay with the team and to keep their competitive edge.

The boys Nordic Ski Team had an exciting season. They made it to the state competition at Giants Ridge. Although it was not well organized because of the poor weather, the guys still had a good time. In the end the team learned that with a lot of practice and even more snow they could come together and make it a great season.



-Lisa Ostlund

► I hope this is over soon! I'm getting tired. **Joseph Gustafson** glides along the snow and hopes to finish first.

► I hope this is over soon! I'm getting tired. **Joseph Gustafson** glides along the snow and hopes to finish first.

► I hope this is over soon! I'm getting tired. **Joseph Gustafson** glides along the snow and hopes to finish first.

◄ Whoa! This is a lot of work! Captain **Ben Geisbauer** catches his breath while he competes.

► Here we go! Captains **Robert Lee** and **Ben Geisbauer** head for the trails before a competition.

▼ Catching up to the rest, captain **Neal Ray** uses his strength to try to win.



▲ I'm set, let's go! **Douglas Stafki** grabs his poles and gets ready to compete with his team mates.



### Meets

Roseville  
 Mesabi East/Virginia  
 Elk River  
 Anoka  
 Mounds View  
 Mesabi East/Virginia  
 Stillwater  
 Coon Rapids  
 Maple Grove  
 Champlin Park  
 Mesabi East/Virginia

# Snow Boyz

# Forceful Forehands

A forceful forehand hits against the symmetrical ball bouncing over the net. The ball flies back and forth until victory is claimed. At the same time the colorful leaves rustle in the wind as the girls tennis team practiced serves, volleys, over hands, and ground strokes.

"The players are really good kids all around. Their lives outside of work include lots of volunteer work and commitment to school. The players also express a lot of positive values," stated first year coach **Judy Hill**.

At meets they get paired up in the order of their ability.

The number one singles are paired with the

opposing

number one singles and so forth.

They play three sets to

determine the winner. "When you shake your opponent's hand at the end of a match, win or lose, you know you gave it your all!" Captain **Amanda Plain** replied.

At Regions this team placed 8 out of 16 teams. Precision and difficult individual matches took place. For Seniors, this was their last meet together. Another highlight was against Centennial where they fought their hardest for victory.

Friendships and hard work knit the team together. At the same time they had an impressive season where they succeeded both individually and as a team.



-Nicolette Larson

◀ Gotcha! **Jennifer McManus** reaches to return the ball. While playing number 3 singles, she had many great matches.

▶ Charlie's Angels... maybe? **Amanda Plain, Bethany Mettler, Shalee Dunaski** all took authority by being captains. They organized the tennis shirts, spirit days, and the banquet.

◀ Huh? **Allison Paitich** and **Katie Alsdurf** greet their Coon Rapids opponents before the spin of the rackets to determine which side starts. They competitively played number 2 doubles for the year.

▼ Umph.. **Jennifer Kling** puts all of her might into her forehand swing.



▲ Up, up and away... **Tiffany Weiss** serves the ball. She persevered and gave all of her games everything she had.



## Opponent

Coon Rapids  
Centennial  
Mahtomedi  
North Branch  
Roseville  
Mounds View  
White Bear  
Hill-Murray  
Osseo  
Cambridge-Isanti  
Mounds View  
Hill-Murray  
Chisago Lakes  
Centennial  
Stillwater





▼ Checking out the competition? **Michelle Ochs** and **Jonee Brandt** scope the courts.

▼▼ With a powerful swing, **Jessica Kopp** retrieves the ball. She was number 2 singles.



▲ **Girls Tennis Row 1:** J. Kling, J. McManus **Row 2:** M. Ochs, S. Dunaski, K. Alsdurf, B. Mettler, A. Paitich **Row 3:** J. Kopp, A. Plain, E. Neu, J. Hill



◀ "I loved seeing all the girls encourage each other to play with smart strategies."  
-**Amanda Plain**

▶ "We weren't a terrible team, but we had more fun than wins."  
-**Bethany Mettler**



◀ "The funniest moment in tennis was when Beth ducked underneath the net when the opposing team served the ball."  
-**Shalee Dunaski**

# Sidekicks

## Performance Team

"This year the Rangerettes Dance line and the Cheerleaders combined forces to become the Ranger Sidekicks. The girls cheered and danced at the home athletic events. We were fortunate enough this year to be able to dance an impressive twenty-eight girls during the half-time show at homecoming.

All the girls have put in long hours learning the cheers, chants, and dances. Starting a different program such as this one has been time consuming for everyone involved. This has been a big change for all the cheerleaders and dancers, but their efforts have certainly paid off."

-Nancy Hursh

Who is going to be picked today? Everyday coach Nancy Hursh picked a team member to lead the daily warmups. The Sidekicks learned all the cheers, chants, stunts, pom dances and numerous dances during practices. Sidekicks perform at fall and winter events, and pepfests.

Go-better-best the Rangerettes never took a rest through their season. The ladies spent their season traveling to sporting events near and far cheering for guys and girls alike, to defeat who ever may have come their way. They practiced their cheers and dances which would be performed at upcoming events. Their job was to pump up their peers to lift up the spirits of the teams no matter a win or loss.

-Theresa Kopka, Tara Davis  
and Brianna Fogerty



"The benefits of becoming a Sidekicks coach are spending time with the girls and being a 'Second Mom', I love watching them constantly improve."  
-Nancy Hursh



"The benefits of being able to do some of the stunting, cheering, and dancing we couldn't do when I cheered."  
-Emily Hursh



"I'll miss bonding with the girls and knowing that next time I go to a FLHS football game, it won't be me out there on the track."  
-Katherine Bzdok

◀ Varsity Football Row 1: A. Goss, K. Bzdok, J. Delong, Chia Ly Row 2: S. Loftus, R. Swenson Row 3: K. Eibensteiner, M. Monson



◀ Varsity Girls Soccer Row 1: L. Gillette, J. Wenzel Row 2: J. Bzdok, J. Delong Row 3: D. Quinn



"When there was a problem I had to resolve it before it became a huge problem."  
-Jennifer Bzdok

"I'm going to miss when all the guys get in a huddle and yell, 'Ahh, Ahh, 1,2,3...Rangers.'  
-Shannon Linnerooth



▶ Varsity Boys soccer Row 1: M. Lindquist, S. Linnerooth Row 2: R. Erickson, B. Zemke, T. Martin Row 3: J. Schmidt



"I love dancing, anytime anywhere. Everyone is cheering for us so it makes the performance even better."  
-Jessica Schmidt



Sidekicks Row 1: R. Swenson, J. Delong Row 2: A. Goss, K. Olson, B. Zemke, S. Linnerooth, S. Loftus, M. Lindquist, K. Eibensteiner, A. Boulineau, M. Faulhaber, S. Novothy, K. Bzdok Row 3: L. Gillette, A. Elwell, M. Monson, A. Morrow, J. Bzdok, J. Schmidt, J. Delong, D. Quinn, J. Wenzel, K. Gauvin, T. Martin



"Working so hard, doing a good job and hearing the crowd cheer you on."  
-Jennifer Delong



◀ J.V. Soccer and Football Row 1: K. Olson, A. Elwell, K. Gauvin Row 2: M. Faulhaber, S. Novotny Row 3: A. Morrow, A. Boulineau

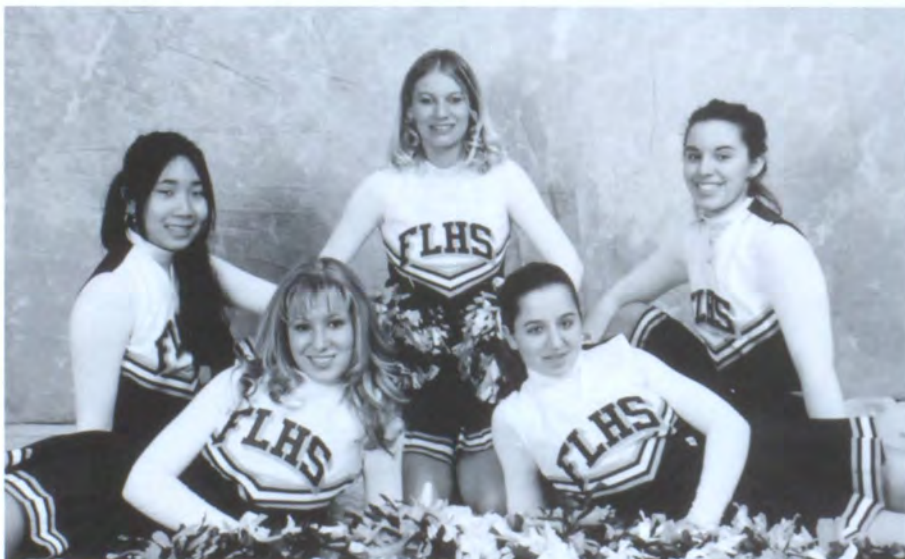


◀ "The hardest part was keeping everyone happy and making decisions that wouldn't upset anyone."  
-Kristina Olson

▶ "The hardest part about being captain was not letting it go to my head and making decisions."  
-Laura Gillette



▶ J.V. Boys Basketball Row 1: T. Kopka, L. Gillette, M. Yang Row 2: J. Wenzel



◀ "Being the bad guy was the hardest part, in the end it was a great year cheering for the guys."  
-Melissa Lindquist

◀ JV Wrestling Row 1: J. Kurilla, K. Mullan Row 2: A. Elwell, S. Novotny, M. Lindquist



► Varsity Boys Basketball: J. Delong, J. Delong, K. Bzdok, K. Peal, K. Olson, K. Gauvin

► "I love basketball and cheering for it. I love getting to know the new girls on my squad and becoming better friends with the returning girls."

-Katherine Bzdok



◀ "I'm going to miss everything. The game, the guys, the bus rides, the treats, everything!"  
-Amy Goss

◀ Varsity Boys Hockey Row 1: C. Ly Row 2: J. Brown, T. Waldoch, J. Bzdok, A. Boulineau Row 3: A. Goss, J. Schmidt, L. Nellis

► "Going to all the wrestling parties and cheering with my best friend Kelly...Oh and Christi!"

-Shannon Linnerooth



► Varsity Wrestling Row 1: K. Organ, S. Linnerooth Row 2: C. Swinehart, K. Eibensteiner, T. Martin



▼ Sidekicks Dance Squad Row 1: A. Goss, K. Bzdok, K. Gauvin, T. Martin, T. Kopka Row 2: L. Gillette, C. Ly, T. Waldoch, C. Swinehart Row 3: J. Schmidt, J. Delong, K. Eibensteiner, S. Linnerooth, A. Boulineau.

Allison Hursh



Karen Donnell



► Sidekicks Row 1: A. Boulineau, J. Bzdok, S. Linnerooth, J. Delong, J. Delong, J. Wenzel Row 2: T. Waldoch, J. Brown, A. Elwell, K. Eibensteiner, J. Schmidt Row 3: K. Bzdok, A. Goss, L. Nellis, T. Kopka, M. Yang, K. Mullan, T. Martin Row 4: L. Gillette, K. Olson, K. Gauvin, K. Peal, S. Novothy



# Seniors



▲ Seniors Row 1: K. Bzdok Row 2: K. Organ, J. Delong Row 3: S. Linnerooth, A. Goss, K. Eibensteiner, C. Ly Not Pictured: L. Nellis



▲ Students snuggle at school on **Get Up and Go Day!**



▲ Radicle... **Tara Robertson, Alison Tjaden, and Andrea Eiken** dress groovy for **1980's Day**.



▲ You'll have to do... **Hannah Nelson and Dustin Kemmis** dress alike on **Twin Day**. Hannah's twin sister, **Margaret Nelson** didn't seem to mind.



▲ Go Rangers! **Angela Dalen and Erin Dougherty** celebrate **Maroon and Gold Day**.

## Winter Week Schedule

**Tuesday:**  
Get Up and Go Day

**Wednesday:**  
1980's Day  
N64 Tournament

**Thursday:**  
Twin Day  
Talent Show

**Friday:**  
Maroon and Gold Day  
Pep Fest, Door Decorating Contest

**Saturday:**  
Decked Out Dance

# Walking in a Winter Wonderland

The halls were quiet and subdued as students lethargically strolled to class. Winter blues engulfed students like the fog that hung thick in the air. Students longed for a vacation from the blustery weather, so **Gretchen Gieseke** and the student council came to the rescue with a scheme that would bring Forest Lake back to life: Winter Wonder Week.

Students dug through their closets and created crazy clothing combinations to fit each daily theme. Activities like the door decorating contest, Nintendo 64 Tournament, Talent Show, Pep Fest, and a "Decked Out Dance" made the week a success.

On Thursday's Talent Show, students performed for an audience of over 250 classmates, parents, and teachers. Applause and cheers erupted from the auditorium at the conclusion of each act. Talent show coordinator, **Amber Schultz** remarked, "The talent show provided a great opportunity for students to take time and showcase the amazing abilities they possess."

Winter sports and activities were honored during the pepfest Friday morning. The entire student body came together with pride to celebrate a successful season. Drum line put on a smashing performance, and the Sidekicks cheer and dance team wowed the audience with creatively choreographed dances. Students cheered as Senior members of winter sports and activities were recognized for their accomplishments. As students flooded out of the gymnasium to the beat of the school song, their hearts pounded a little faster.

Like a crisp spring breeze, Winter Wonder Week lifted a curtain of fog from the school and revealed the enthusiasm that had been hidden in the wintry haze. **Gieseke** remarked, "It was fun to see all the students come together with Ranger Pride!"

-**Krystal Klein**

▼ Exhilarated... **Gretchen Gieseke, Katherine Lawler, and Noelle Proulx** absorb the enthusiasm that filled the gymnasium during the pep fest.



▲ Where's my name? Student Council members **Talitha Kolbow and Jessica Kopp** sell Senior Class shirts during lunch.



▲ I've got talent. **Richard Carlson** proudly wears goggles and sets the stage for each act at the **Talent Show**.



▲ Students Competed for "Best Door Decoration" in their first hour classes. **Roger Cheyne's** class enjoyed breakfast for their winning door.

# CHILDHOOD MEMORIES

Students reflect on some of their most memorable moments from childhood. We can look back now, and laugh at our most unforgettable journeys.

-Katie Alsdurf



▲ "I was at Disney World when I was 3 and I saw Goofy and just started shaking."

-Branden Peterson



▲ "Got in a bad bike accident. Daniel Reuter was having a birthday party the next week and he didn't invite me because my face was all messed up. He was supposed to be my best friend along with Kyle McMahon!"

-Nicholas Terry



▲ "I was hit in the head with a snow/ice ball during recess and had to go to the doctor."

-Kimberly Hanson



▼ "My brother and I had a fantasy land in the sandbox. We also buried stuffed animals in the garden and my mom had to dig them up!"

-Amanda Mueller

▼ "The first day of school in first grade, I felt a bit sick and threw up on the boy next to me."

-Andrea Lewis



▲ "When I was younger I jumped into a pool because I thought I could swim. I couldn't. My mom had to jump in and save me. Right when she was pulling me out, I threw up on her!"

-Blake Loya





1. Alissa Banttari



3. Lisa Manders



6. Adam Pierce



2. Jeremy Oswald



5. Sean O'Gorman



4. Erik Swenson

# Not Just

# Steel on Wheels!



A. The Beast



B. Rust Bucket

## Who's is whose?



F. Snap-Kracker-Pop



C. Big Yellar



D. The Animal



E. Junker



◀ Go Rangers!  
Juniors at the  
homecoming pepfest  
cheer on the team and  
show their school  
spirit on the last day  
of Spirit Week before  
the game.

# PEOPLE

## Discovering New Territories

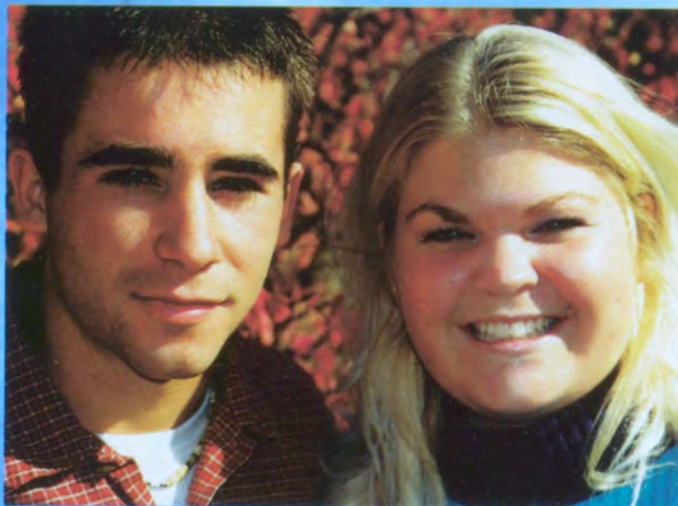


School is a place for people to discover themselves. The territory they are exploring lies not on the open road, but within them. People learn more about themselves by exposing their minds to new challenges. Classes taken like language, history, or math helped students learn about other cultures, challenges defeated in the past, and new ways of thinking. Friends helped each other to get past problems and prepare for other difficulties that will be faced in the future. The discovery of someone's life is the most important journey they will ever make and will forever help them in what they do.

**- Lisa Ostlund**

# SENIOR PICKS

*Heart Throb:*  
*Shalee Dunaski and Gregory Loushine*



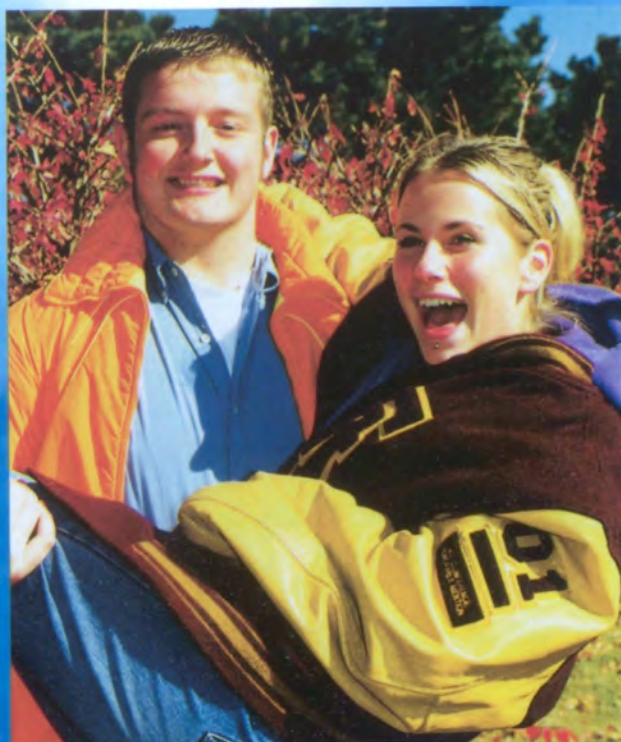
*Best Eyes:*  
*Jacobi Kuntz and Lindsey Degelow*



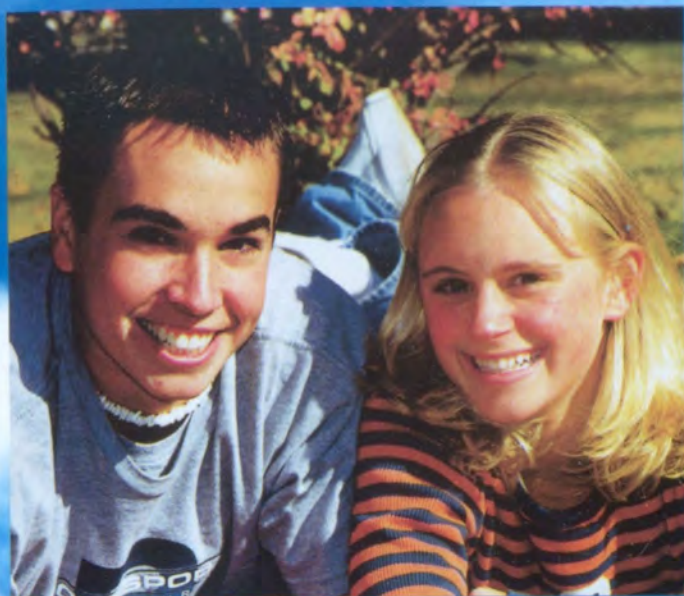
*Biggest Flint:*  
*Jeffrey Justesen and Melissa Johnson*



*Class Clown:*  
*Robert Kraemer and Lindsay Marier*



*Best Smile:*  
*Brandon Tauen and Heidi Bjork*



*Most Likely to Succeed:*  
*Andrew Buttler and Dawn Svenkeson*

*Most Likely to Manny:*  
*Crystal Kelleher and Joseph Carlisle*



*Most Athletic:  
Katie Alsdurf and Jeffrey St. Martin*



*Best Dressed:  
Shannon Flinn and Dustin Williams*



*Most School Spirit:  
Joshua Davis and Allison Daitich*

*Best Hair:*  
*Kimberly Chenery and Forge Raasch*



*Best Personality:*  
*Nathaniel Hegseth and Abigail Tjaden*

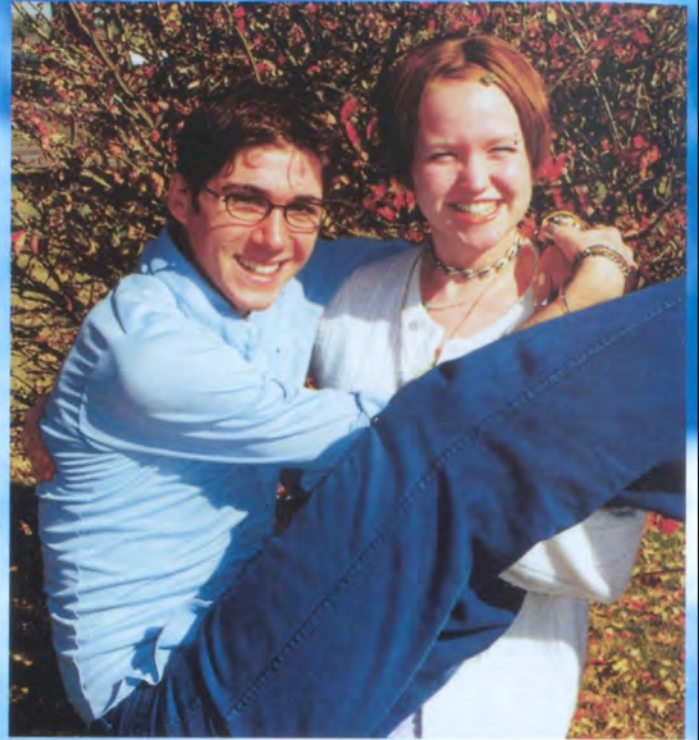


*Best Friends:*  
*Cassandra Robertson and Katherine Aune*



*Best Friends:*  
*Thomas Denshorn and Justin Hansen*

*Most Unique:  
Dustin Miller and Kelly Loya*



*Biggest Brown Noser:  
Nicholas Krongard and Katherine Lightfoot*



*Most Talented:  
Michael Thach and Vanessa Novak*



*Most Changed Since Elementary:  
Jacobi Metzger and Katie Stuen*

# SENIOR

# FAVORITES

## HANGOUT

Perkins



## CLOTHING

### BRAND

American Eagle

## T.V. SHOW

Friends



## CARTOON

Simpsons

## SONG

Country  
Grammar



## RADIO STATION

96.3 The Beat

## MUSIC GROUP

Dixie Chicks



## SCHOOL LUNCH

Turkey Gravy

## FRAGRANCE

Cool Water



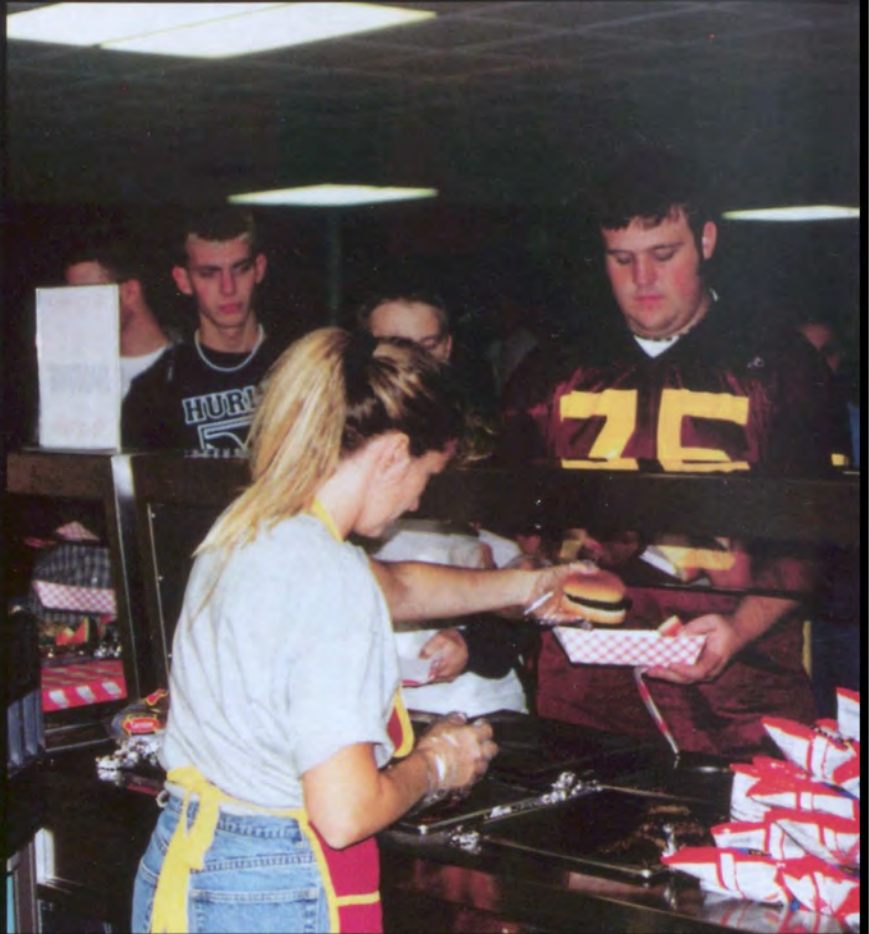
## RESTAURANT

Olive Garden



◀ Hello? Megan Graff takes a break from Journalism to make a phone call.

▼ Show me the food! Jonathan Rehbein and Daniel Ragen patiently wait for their Homecoming picnic lunch.



▲ Concentrating...Travis Tofte strains to loosen a bolt in Auto Mechanics class.



▲ Showing off their pearly whites, Daniel Owen, Cassandra Robertson, and Branden Peterson are caught together once again.

▶ Returning from PSEO, Bethany Kassow stops to tell Tara Davis and Michelle Vesey about her day.



# Plotting Their Journey

## Seniors

The seniors strolled through the halls with their heads held high. They confidently took reign over the senior square and became the school's new leaders. This class enjoyed many privileges like being on the top of the list for parking passes and getting the classes they wanted.

Three years ago, this class stepped through the doors with trepidation and excitement. They frantically searched through a maze of new faces to find their classes. Soon these faces became people and friends. They journeyed through high school and finally united together as the Senior Class.

As Seniors, the students made the transition from childhood to adulthood. Many students held part time jobs, paid their own bills, and made vital decisions on their own. Choosing a career was one of the most difficult decisions the seniors made.



As the first graduating class of the new millennium, their career options were boundless, but their challenges were immense. As their career paths unfold they must be prepared to move at the pace of technology. As technology speeds ahead, jobs that never existed are being created. In preparation of the future challenges, many seniors took advantage of Post Secondary Enrollment Options, College In the Schools, and On the Job Training. These programs gave them a head start on the journey to adulthood.

As graduation approached, some Seniors greeted it with excitement and others with hesitation. When their hats flew into the air on graduation day it marked the ending of their childhood and the beginning of an unknown voyage. New experiences await them as they plot their journey into the future.

-Angela Hosfield, Krystal Klein and Nicolette Larson



Jason  
Abbott



Melissa  
Adamczak



Katie  
Alsdurf



Adam  
Amberg



Andrew  
Amundson



Jennifer  
Amys



Marcel  
Andersen



Adam  
Anderson



Carolyn  
Anderson



Jesse  
Anderson



Joshua  
Anderson



Katie  
Anderson

▼ Hard at work, Jacob Metzger, Tyler Utecht, and Amy Haugen work at the pottery wheel attempting to shape their bowls.



Michael  
Anderson



Ryne  
Anderson



Travis  
Andren



Elden  
Arcand



Nathan  
Arcand



Adam  
Armstrong



Katherine  
Aune



Derek  
Authier



Yvonne  
Bailey



Olaf  
Bakken



Jason  
Barchenger



Elizabeth  
Barhorst



▲ Are you Hot? Senior Hotties/Hot-iez proudly show off their seniority with their Ranger shirts.



Mark  
Barnier



Gina  
Barrett



Daniel  
Barthel



Marissa  
Barton



Katie  
Beach



David  
Bean





Chris  
Becker



Harold  
Behling



Cameron  
Belisle



Ryan  
Benjaminson



Kurt  
Benson



Andrew  
Berg



Steven  
Bermel



Katie  
Beseke



Ryan  
Bishop



Heidi  
Bjork



Laura  
Blumreich



Rita  
Bohmer



Mark  
Bohnen



Danielle  
Bolenbaugh



Andrew  
Boll



Matthew  
Boorsma



Justin  
Borek



Jonathan  
Borle



Jesse  
Bosma



Aaron  
Braaten



Alyssa  
Brandt



Anthony  
Brehm



Michael  
Brodeur



Melissa  
Budde



Toni  
Buffington



Thomas  
Bulinski



Damian  
Bunde



Gregory  
Bunn



Pamela  
Burlingame



Andrew  
Buttler

▼ Got your hands full. Kirsten Spetz and Lynn Saunders add the final touches to their art projects.



Ashley  
Byland



Katherine  
Bzdok



Charles  
Cape



Brandon  
Cardinal



Louise  
Carey



Andrew  
Carlisle



Joseph  
Carlisle



Joshua  
Carlson



Molly  
Carlson



Richard  
Carlson



Sarah  
Carlson



Antony  
Caron



Natalie  
Carter



John  
Chamberlin



Chad  
Chapman



Frederick  
Chase



Nicole  
Chelmo



Kimberly  
Chenery



Jonathan  
Cielinski



Jessica  
Clafin



Elizabeth  
Clark



Helena  
Coby



Jennifer  
Coleman



Angela  
Colter



Scott Colvin



Shannon Compton



Adam Connelly



Brian Corcoran



Matthew Coy



Diana Cubus



Ryan Dailey



Angela Dalen



Tenesha Daman



Michael Daugherty



Matthew Davids



Joshua Davis



Tara Davis



Crystal Debilzan



Nicholas Dellwo



Jennifer Delong



Terri Dierkhising



Denea Dixon



Teresa Doebbeling



Kevin Donohoo



Naomi Doriott



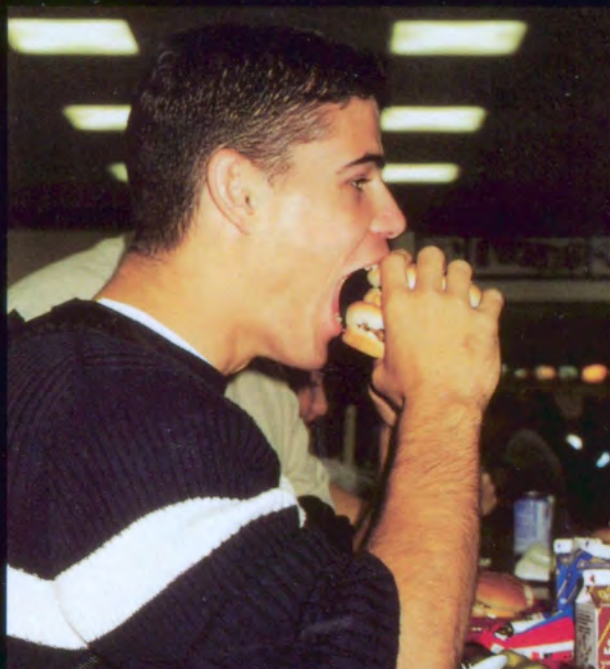
Erin Dougherty



Jonathan Dummer



Shalee Dunaski



▲ Open wide!! Jonathan Kunshier attempts to shove his double cheeseburger in his mouth.

What's your favorite high school memory?



memory?



Getting to know your classmates

▲ Taking a break from lunch is something to look forward to but for these girls it's all about the round tables.



- A. Being seniors on the JV soccer team.  
-Katherine Aune and Shannon Flinn
- B. Going To Haselbauer's cabin for New Year's Eve.  
-Theodore Erickson, Louise Carey, Branden Peterson
- C. Canoeing in Dettmer's third hour Outdoor Ed class.  
-Tia Lindberg, Allison Paitich, Kathryn Raymond
- D. Ceramics class with Dustin.  
-Bethany Kassow and Dustin Miller
- E. Scoping our grungy guys like Eli.  
-Laura Paisley, Alyssa Brandt, And Elijah Rasmusson
- F. German with Mr. Anderson.  
-Kent Kramer, Lisa Manders, Mattew Reitter, Nicholas Dellwo



- G. Going to the battle of the bands. It was wicked.  
-Matthew Johnson
- H. Getting in trouble for playing hackysack in front of school.  
-Charlie Stone, Geoffrey Woolston, Elizabeth Williams, Keven Fitzgerald
- I. Going to the bathroom in groups.  
-Jennifer Rought, Eugene Fisher, Carissa Herzog, and Sheila Slowinski

Answers: (7,E) (9,B) (1,D) (5,C) (8,F) (2,A) (4,G) (6,I) (2,H)



Kyle  
Dunaway



Kayla  
Eibensteiner



Rebecca  
Ellman



Crystal  
Emerfoll



Adam  
Engmark



Theodore  
Erickson



Cassie  
Ericson



Scott  
Esler



Heather  
Evenson



Steven  
Faulhaber



Matthew  
Felegy



Shannon  
Fewer



Heather  
Fick



Ryan  
Finnegan



Michael  
Fischer



Eugene  
Fisher



Lee  
Fisher



Patrick  
Fisher



Keven  
Fitzgerald



Shannon  
Flinn



Jordan  
Flohr



Jason  
Foster



Leslie  
Foyt



Melinda  
Fraley



Rachel  
Frank



Lauren  
Freathy-Hecker



Caleb  
Frerichs



Adam  
Frericks



Jessica  
Frieburg



Nicholas  
Fritze



Joshua  
Froelke



Amanda  
Gage



Cassie  
Garvey



Jessica  
Gauvin



Ben  
Geisbauer



Julia  
Gibson



Ian  
Gilquist



Janet  
Glenn



Arabella  
Gohlke



Amy  
Goss



Megan  
Graff



Chantel  
Grant



Jacob  
Greniger



Jennifer  
Griffith



Matthew  
Grosz



Camille  
Gunderson



Joseph  
Gustafson



Kimberly  
Gustafson



Lisa  
Haessly



Marcy  
Hagen



Samantha  
Hagman



Keith  
Hall



Scott  
Hall



Trevor  
Halvorson



Colin  
Hammer



Elizabeth  
Hansen



Justin  
Hansen



Zachary  
Hansen



Kelsey  
Hanson



Kimberly  
Hanson



Sara Hartmann



Daniel Haselbauer



Eric Haseltine

▼ Thumbs up! Cassandra Robertson, Daniel Owen, and Michael Brodeur gives their approval to the football team.



John Hastings



Allison Haugen



Amy Haugen



Teresa Havener



Kristi Hawkinson



Matthew Hedgers



Nathaniel Hegseth



Ryan Henriott



Dawn Hermann



Carissa Herzog



Tiffany Hill



Marcia Hinsch



► Dr. Pepper does a body good! Kelly Loya, Vanessa Widlund, and Katie Stuen tentatively observe the Battle of Bands program during the Homecoming event.



David Hintz



Tricia Hofeld

▼ These girls sure love the local bands! Melody Thoreson, Julia Tavernier and Janet Glenn look for the perfect shot during the Battle of the Bands.



Matthew Hoffman



Kimberly Hoggarth



Daniel Hoheisel



Danya Hooker



Angela Hosfield



Kelli House



Ryan Hoveland



Sheri Hudella



Blake Huerstel



Drew Hull



Nicole Hulsebusch



Brent Jackson



Derek Jackson



Jennifer Jackson



Steven Janke



Leah Jarvis



Joseph Jawish



Michelle Jay



Anne-Marie Jensen



James Jensen



Andrew Johnson



Jody Johnson



Kristi Johnson



Lacey Johnson





Matthew Johnson



Melissa Johnson



Scott Johnson



Wesley Johnson



Matthew Jonasen



Eric Jonason



Kristin Jones



Dan Josephson



Jesse Joslyn



Andrew Joyer



Jeffrey Justesen



Kelly Karls



Cole Karwoski



Natasha Kaslow



Mary Kasper



Bethany Kassow



Mark Keefe



Kathleen Kehoe



Crystal Kelleher



Scott Kendrick



Craig Kensy



Tracy Kichler



Annette Kieger



Pamela Klecker



▲ Sticky! Trisha Hofeld gets some hands on experience in chemistry. Steven Faulhuber and Allison Vogt ponder the meaning behind the mess.



Krystal Klein



Nancy Klosner



Joshua Knight



Elizabeth Knowlan



Justin Knutson



Elizabeth Koepp



Susan Kolbow



Lucas Koski



Elena Kouneski



Robert Kraemer



Kent Kramer



Laura Kranz



Trista Kraus



Jonathan Krengel



▲ Sean Simpson and Matthew Leko study the power of electricity.



Nicholas Krongard



Arthur Kroulik



Sarah Kroulik



Jonathan Kunshier



Jacob Kuntz



Daniel Laase



Carrie LaCasse



Jesse Lappe



Frederick Larson



Nicolette Larson



Nicholas  
Laurent



Rachel  
Lee



Robert  
Lee



Traci  
Lehmann



Anna  
Lejchar



Matthew  
Leko



Kevin  
Lemberger



Jeff  
Lessard



Beau  
Lichtscheidl



Katherine  
Lightfoot



Sarah  
Lindau



Tia  
Lindberg



Jason  
Lindholm



▲ Nice Work. Camille Gunderson admires Paul Lindorfer's craftsmanship while he works on their picnic table.



Paul  
Lindorfer



Thomas  
Lindquist



Shannon  
Linnerooth



Jennifer  
Liptak



Jennifer  
Loftus



Kari  
Loftus



Ryan  
Long



Gregory  
Loushine



Noel  
Lovas



Kelly  
Loya



Justin  
Lund



Class of



2001



Chia Ly



Jennifer Lytle



Laura Main



Julie Maki



Aaron Malone



Lisa Manders



Crystal Manick



Lindsay Marier



Megan Martin



Ronald Martinson



Amy Matasovsky



Adrienne Maus



Anna Mayer



Dawn McAlister



Mollie McConnell



Jessica McKenzie



Natalie McKenzie



Kyle McMahon



Kari McPhail



Jami Meath



Krystle Meath



Michelle Merrell



Bethany Mettler



Jacob Metzger



Andrew Meyer



Sarah Meyer



Adam Michaud



Andrea Miller



Dustin Miller



Jennifer Miller

# A Global View

If you were in the Olympics, which event would you want to be in?



▲ Professional cheerleading competition  
- Melissa Johnson

▶ Basketball  
- Travis Turgeon

Everyone watched with intensity as the 2000 summer Olympics took place. Whether it was gymnastics or diving, everyone has their favorite event.



▲ Eight man rowing team  
- Joshua Porter



◀ Kickboxing because I have the body for it.  
- Dustin Miller



Scott Miller



Tamara Miller



Theresa Miller



Jesse Milligan



Eric Mock



Charles Moe



Anna Moore



Christina Morrison



Julie Mouchet



Amanda Mueller



Jennifer Muellner



Molly Muske



Benjamin  
Nadeau



Lola  
Neisius



Lindsay  
Nellis



Timothy  
Nelson



Justin  
Neuman



Angela  
Newton



Trent  
Nickelson



Anna  
Niehues



Tony  
Nielsen



Bridget  
Noll



Kathleen  
Nordlund



Vanessa  
Novak



Andrea  
O'Brien



Timothy  
O'Brien



Michelle  
Ochs



Michelle  
Oehler



Jared  
Oleson



Jessica  
Olmsted-Hanson



Laura  
Olson



Richard  
Olson



Shawn  
Olson



Kelly  
Ophus



Kelly  
Organ



Jeremy  
Oswald



Corey  
Ouradnik



Jacob  
Ouradnik



Erik  
Overson



Daniel  
Owen



Matthew  
Owen



Laura  
Paisley





Allison Paitich



Lindsay Palmer



Alexander Palmquist



Jessica Parker



Nicholas Parsons



Rebecca Paul



Phillip Paulson



Alyssa Pechmann



Joseph Pederson



Lindsey Pegelow



Thomas Peloquin



Andrea Peltier



Hollie Peltier



Michelle Peshorn



Thomas Peshorn



Carla Perry



Andrew Peterson



Branden Peterson



Emily Peterson



Travis Peterson



Tiffany Pierson



Sarah Pilla



Amanda Plain



Samuel Polglase



Joshua Porter

### Who do you admire?

Mr. Lund  
-Bethany Kassow  
Everyone  
-Leilani Thompson  
My grandpa  
-Erik Thomas  
New Kids on the Block  
-Kimberly Gustafson

### What would you want to change about high school?

Start later in the day  
-Steve Bermel  
Not worrying about the little things  
-Tenesha Daman

### What is one of the most interesting dates you have been on?

On a blind date I got my purse stolen.  
-Jennifer Delong  
Going down to the Mermaid to bowl.  
-Nicholas Dellwo  
Sitting VIP at Country Jam  
-Chelsey Zeleschnak

### What advice would you give the sophomores?

Enjoy it while it lasts  
-Jason Zienty  
Get out as quick as you can  
-Brian Washburn  
Just think that next year is worse  
-Kelsey Hanson

### What is your favorite year of high school and why?

10th grade, because I didn't know I still had two years left in Flake town.  
-Lucas Koski  
12th grade because I am graduating soon.  
-Melissa Schlag  
Sophomore year because of older girls.  
-Tom Peshorn  
Junior year because I didn't have to think about college  
-Nicolette Larson  
Senior year because we rule the school.  
-Krystal Klein



Andrea Poynter



Nicole Pryor



Lisa Psyck



Eric Purcell



Jorge Raasch



Aubre Rabe



Daniel Ragen



Timothy Rahey



Michael Randall



Jennifer Rasmusson



Neal Ray



Kathryn Raymond



Daniel Rehbein



Tiffani Rehbine



▲ Whatz up? Lindsay Marier and Stephen Yanke take a break from lunch.



Shelley Reiling



Matthew Reitter



Daniel Reuter



Benjamin Rhoda



Christopher Richards



Eric Rivard



Cassandra Robertson



Tara Robertson



Kurt Rood



Randy Rose



Jeffrey Rosenthal



Sara Roth



Jennifer Rought



Benjamin Rudolph



James Runk



Amanda Rydell



Katherine Rydlund



Stephanie Salak



Melissa Sassaman



Andrew Satnik



Lynn Saunders



Rachel Scherz



Justin Schiks



▲ Excuse me? Elizabeth Hansen and Laura Main patiently wait to check out books for a research project.



Melissa Schlag



Lindsay Schleicher



Eric Schmidt



James Schmidt



Daniel Schmidt-Schult



Samantha Schwartz



Philip Schwarz



Jason Schwietz



Amanda Scott



Heidi Scribner



Steven Secor

▼Hard at work, Krystal Klein, Angela Dalen, and Samantha Schwartz research in the library.



Brandon  
Seseman



Emily  
Shaw



Amy  
Shell



Heather  
Shell



Matthew  
Siedow



Sean  
Simpson



Amelia  
Sjodin



Aziza  
Skenderevic'



Jessica  
Skramstad



James  
Sletten



Sheila  
Slowinski



Antoinette  
Smith



Tara  
Smolik



Lauren  
Smrekar



Jason  
Sodren



► Energized and ready to go, Lisa Manders and Kent Kramer think about returning to class.



Michael Sogard



Christian Sonntag



Christopher Sontag



Erik Sorensen



Bradley Spencer



Stephanie Spencer



Kirsten Spetz



Calvin Spitzer



Jacqueline Squires



Seth St. Clair



Jeffrey St. Martin



Joel Stendahl



Randall Stene



Landon Stevens



Heather Stoffels



Gregory Stole



Charles Stone



Jennifer Stromberg



Lacey Stuber



Katie Stuen



Drew Sullivan



Kristi Sumption



Dawn Svenkeson



Heidi Svenkeson



▲ Die hard fans Daniel Haselbauer and Louise Carey cheer the Ranger team to victory.



Adam Swenson



Erik Swenson



Mathew Synicyn



Brandon Tauer



Julia Tavernier



Barbara Taylor



Nicholas Terry



Nicholas Thacker



Jean Thayer



Erik Thomas



Sean Thomas



Leilani Thompson



Meghan Thompson



Melody Thoreson



Stephanie Thorson



Zachary Thorson



Jennifer Timmers



Abigail Tjaden



Michael Tkach



Travis Tofte



Christopher Touchette



Lucas Triden



Nicholas Trombley



Tiffany Trotter



Travis Turgeon



Jacquelyn Twedt



Nikolas Ungar



Tyler Uttech



Lindsay Uthe



Amanda Vadner



Angie  
Van Dusartz



Michelle  
Vesey



Allison  
Vogt



Claudia  
Voss



Bryan  
Votel



Anne  
Wagner



Lorraine  
Warren



Brian  
Washburn



Jeanine  
Washburn



Michael  
Waska



Justin  
Webber



Jon  
Weiss



Casey  
Weist



Kara  
Wellcome



Gina  
Westlund



Jennifer  
Wheeler



Heather  
White



Vanessa  
Widlund



Cory  
Williams



Dustin  
Williams



Elizabeth  
Williams



Erin  
Williams



Jessica  
Willis



Michelle  
Wilson



Rachel  
Wilson



Jennifer  
Windish



Adam  
Wingenbach



Shaun  
Withrow



Jessica  
Wittner



Alicia  
Wolff



Jacqueline Woods



Geoffrey Woolston



Steffany Workman



Lindsay Worwa



Alana Yang



Cindy Yang



Elizabeth Yang



Stephen Yanke



Kelly Yoch



Christopher Young



Nathaniel Zarbok



Chelsey Zeleschnak



Amie Zentzis



Donald Zerwas



Tina Zerwas



Marie Zickler



Sheri Zielinski



Jason Zienty

► Friends, Leslie Foyt, Tara Smolik, Jennifer Rasmusson, and Annette Kieger gather around the lunch room to chum around.





# Driving Towards Our Destination

Finding direction is sometimes tough, choosing which path to take may seem even harder. All junior classes for generations have been told that this was to be their most difficult year throughout their high school career.

Growing older, we try to prioritize our lives. We tackle our most difficult classes, juggle a job or even two at times, and accept new freedom: one being driving privileges.

Turning to our previously set goals, we start to plan for our long awaited adulthood. As we rummage through stacks of college brochures, we start to ponder what the future may hold. Determination and dedication is what helped us get through yet another chapter in our adolescence. As we entered into the new millennium we are becoming young adults with great prestige, and will make Forest Lake proud of our accomplishments.

JUN

RS



Joshua Ackerley  
David Adams  
Kristi Ahlberg  
Christopher Alexander  
Chrystina Allen  
Cole Almendinger

Stacy Altman  
Abel Amezcua  
Zena Aminzade  
Andrew Amundson  
Joseph Anderson  
Michael Anderson

Nycole Anderson  
Tyler Anderson  
Sandra Angell  
Kelly Armstrong  
Jennifer Baird  
Timothy Baird

Alissa Banttari  
Breanna Barott  
Brett Barott  
Jason Barr  
Shannon Bates  
Marcus Beader

Matthew Beebe  
 Stephanie Beery  
 Jacob Bennett  
 Kathryn Benson  
 Jessica Berg  
 Tabitha Berglund



Nicholas Berken  
 Erin Berry  
 Jameson Beuke  
 Nicole Beyer  
 John Bialozynski  
 Kelly Bibeau



Joseph Birkholz  
 Jesse Bizzotto  
 Rachel Blake  
 Deborah Bogenrief  
 Annalynn Bohnen  
 Carley Bohnen



Bryan Bohnenstingle  
 Stephanie Boorsma  
 Aaron Borlaug  
 Patrick Born  
 Jason Botterill  
 Kimberly Boudewyns



Shannah Boudin  
 Garrett Boulineau  
 James Bourque  
 Molly Boyd  
 Martin Boyum  
 Jonee Brandt



Nicole Brandt  
 Kathleen Brausen  
 Terri Briggs  
 Brandon Bright  
 Andrea Brooks  
 Joshua Brown



David Brunson  
 Scott Buboltz  
 Leah Buhl  
 Peter Bulinski  
 Curtis Bunn  
 Robert Burger





Timothy Burton  
 Luke Bushman  
 Skylar Buske  
 Jennifer Bzdok  
 Robert Cable-Pohlen  
 William Calvin

Peter Cao  
 Thao Cao  
 Sheila Carey  
 Elizabeth Carlson  
 Emily J. Carlson  
 Emily M. Carlson



◀ "We're studying, I swear!" **Joshua Robinson** and **Joshua Ackerley** look up from their studies in their chemistry class.



Kevin Carlson  
 Valerie Carpender  
 Grant Carr  
 Derek Cascarelle  
 Andrea Chapeau  
 Drew Chapeau

Lynn Charles  
 Aimee Chelmo  
 Shana Clausen  
 Jason Clifford  
 Thomas Cobb  
 Jason Cole

Corie Coleman  
 Jenna Coleman  
 Joseph Colvin  
 Rachel Conlan  
 Aaron Cook  
 Nathan Corrow



Lindsey Cowen  
 Nicholas Crosby  
 Richard Crotty  
 David Czepa  
 Kristina Dahle  
 Matthew Dalluhn



Melissa Davidson  
 Robert Davies  
 Shannon Dean  
 Dillon Dempsey  
 William Denney  
 Dena Denny



Jacob DeRaad  
 Lewis Derry  
 Sara Deuth  
 Robert Devine  
 Tracy Diehl  
 Adam Dierkhising



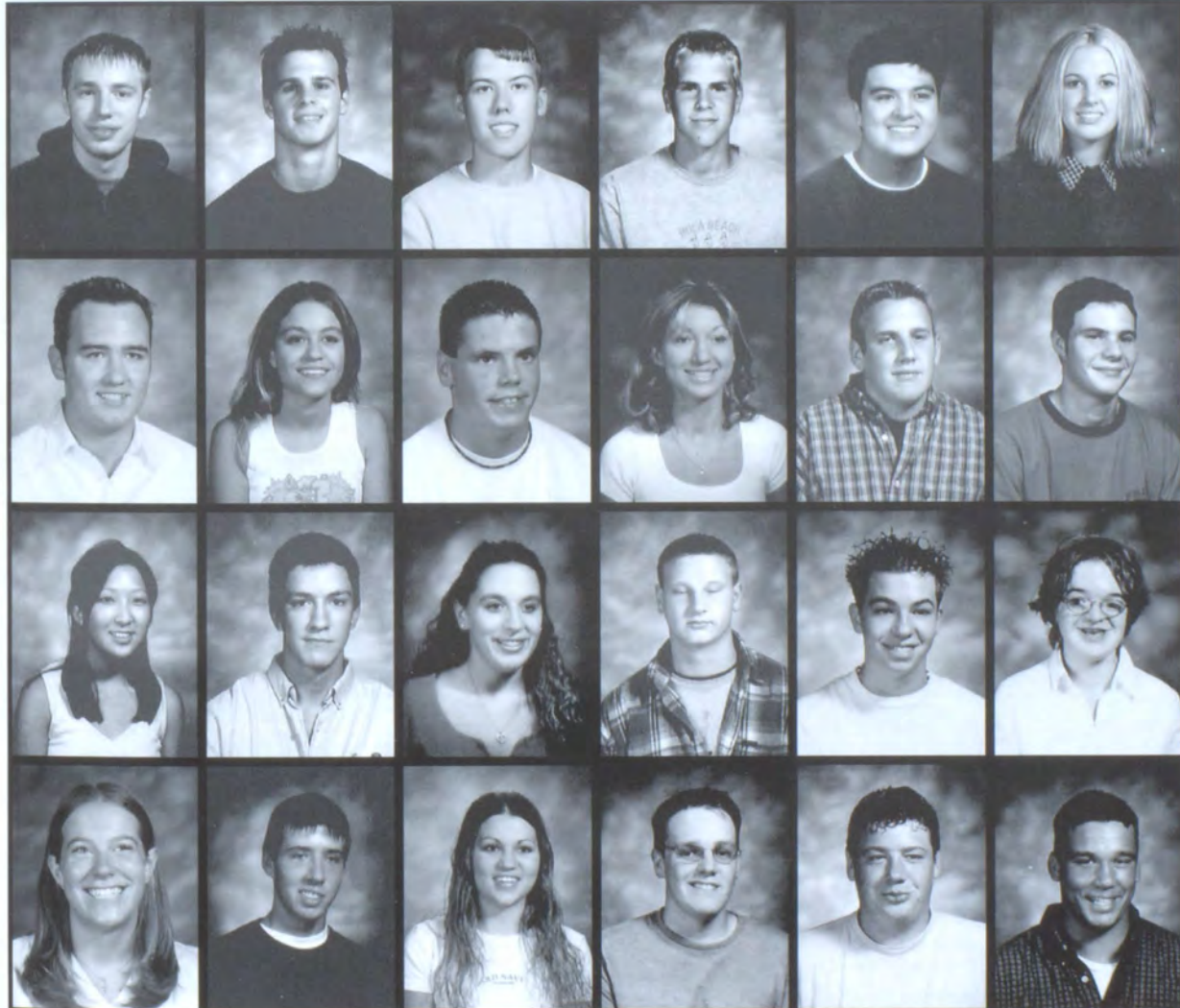
► Isn't this cool? **Aaron Borlaug** and **Benjamin Myrick** get excited over the success of their project.



▼ Like my glasses? **Kristi Forsythe** shows of her chemistry goggles before getting down to work.



▼ Good fortunes. **Shawn Dunn** and **Dietrich Peterson** read their fortunes after their delicious school lunch.



Adam Dierksmeier  
Benjamin Doblar  
Christopher Docken  
Ryan Doolittle  
Andrew Dorothy  
Kristen Douglass

Matthew Dowdall  
Cheri Duncan  
Shawn Dunn  
Aldijana Dzubic  
Colby Edwards  
Jeremy Egyhazi

Kassie Elledge  
Edmund Erdos  
Amanda Erickson  
Joseph Erickson  
Phillip Fahey  
Sarah Fahnhorst

Emily Fellows  
Jesse Ferdelman  
Maria Ferreira  
Nicholas Finstrom  
Joshua Fisher  
Jared Flewellen

Brianna Fogerty  
 Amy Forsythe  
 Kristi Forsythe  
 Jenna Foyt  
 Matthew Fraley  
 Erin Fransen



Amy Frederick  
 Kyle Fredrickson  
 Andrew Freerks  
 Kimberly Frieburg  
 Katie Fugleberg  
 Megan Fuller



Crystal Gaalaas  
 Matthew Gabrielson  
 Brett Gagnon-Palick  
 Jacob Gale  
 Jenna Gallatin  
 Michael Garry



Carly Gay  
 Patrick Geschwind  
 Laura Gillette  
 Catherine Glewwe  
 Maureen Glewwe  
 Mark Gockowski



▲ Testing one - two. **Matthew Lovgren** performs with the rest of his band at the battle of the bands during homecoming week.



▲ Who would think you could lose something in this small of space. **Jennifer Spartz** and **Jennifer Tomlinson** rummage through their locker between classes.

▼ WWW.....Everette Hall surfs the internet for interesting new sites during class in the library.



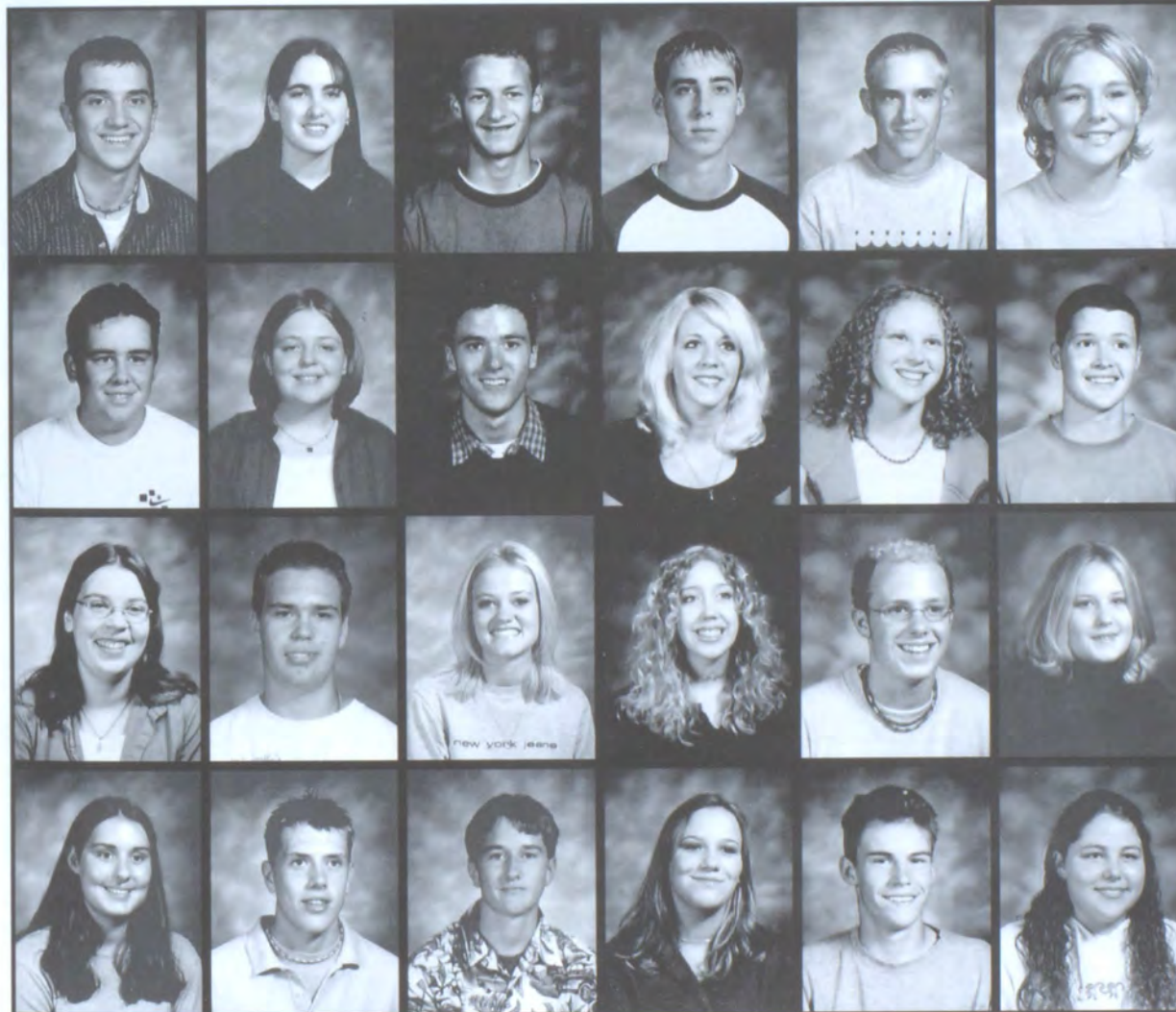
Michael Goetz



Joseph Goiffon



Jason Grafft



Adam Grams  
Erin Gray  
Joseph Grubbs  
Aaron Gruber  
David Guenther  
Leah Gunderson

Matthew Gutz  
Amy Hagenson  
Lucas Hagman  
Ashley Hansen  
Christine Hansen  
Benjamin Hanson

Heather Hanson  
Andrew Hapka  
Laura Harrer  
Jenna Hartung  
Sampson Haseltine  
Lisa Hatlestad

Stefanie Heichel  
Mathew Henderson  
Christopher Henriott  
Stefanie Hernandez  
Luke Herring  
Jennifer Hill

▼ Smile! **Cassandra Mayne** and **Jessica Berg** relax for a moment in lunch before returning to class.

▼ Does my make-up look alright? **Amber Peterson** smiles happily for the camera in her maroon and gold face paint during homecoming week.



Ganesa Hinton  
Jennifer Hoff  
Jesse Hogan  
Jessica Hoggarth  
Nicholas Hokenson  
Philip Holleran



Theodore Hollerbach  
Robert Holscher  
Andrew Hoover  
Amanda Horn  
Brad Houdek  
Brian Houdek



Andrew Houle  
Clinton Houle  
Jennifer Houle  
Lawrence Houle  
Stephanie Howe  
Arik Howie



India Howze  
Rachel Hughes  
Laura Hulleman  
Travis Jackson  
Jolene Jacobson  
Dawn Jacoway







Joseph Jansma  
Mindy Jarvis  
Adam Jaszczak  
David Jensen  
Robert Jensen  
Alexander Johnson

Joseph Johnson  
William Johnson  
Adam Johnston  
Tyler Jolly  
Deborah Josephson  
Joy Joslyn

Jolene Juutilainen  
Melissa Kandel  
Benjamin Kaphing  
John Kasper  
Alecia Kees  
David Keller

Anne Kellerhuis  
Joseph Kellerhuis  
Lindsay Kempenich  
Nichole Kerrick  
Amy Kessler  
Kathlene Killion

Jordan Kimbel  
Lindsey King  
Kevin Kinley  
Nicole Klempe  
Erin Kluk  
Krista Knutson

Tiffany Kogler  
Talitha Kolbow  
Joshua Kolkind  
Annie Kollar  
Jessica Kopp  
Justin Kotlowski

Katie Kowalski  
Jayson Kranz  
Patrick Krasean  
Kara Kraus  
Lindsey Krause  
Nicole Krebs

Nicole Kreitlow  
 Christopher Kroska  
 Breanne Kulis  
 Jacob Ladd  
 Angela Lambie  
 Jennifer Lamers



Brent Land  
 Stephanie Lang  
 Douglas Lange  
 Treeya Langkand  
 Kristen Lardon  
 Andrew Larson

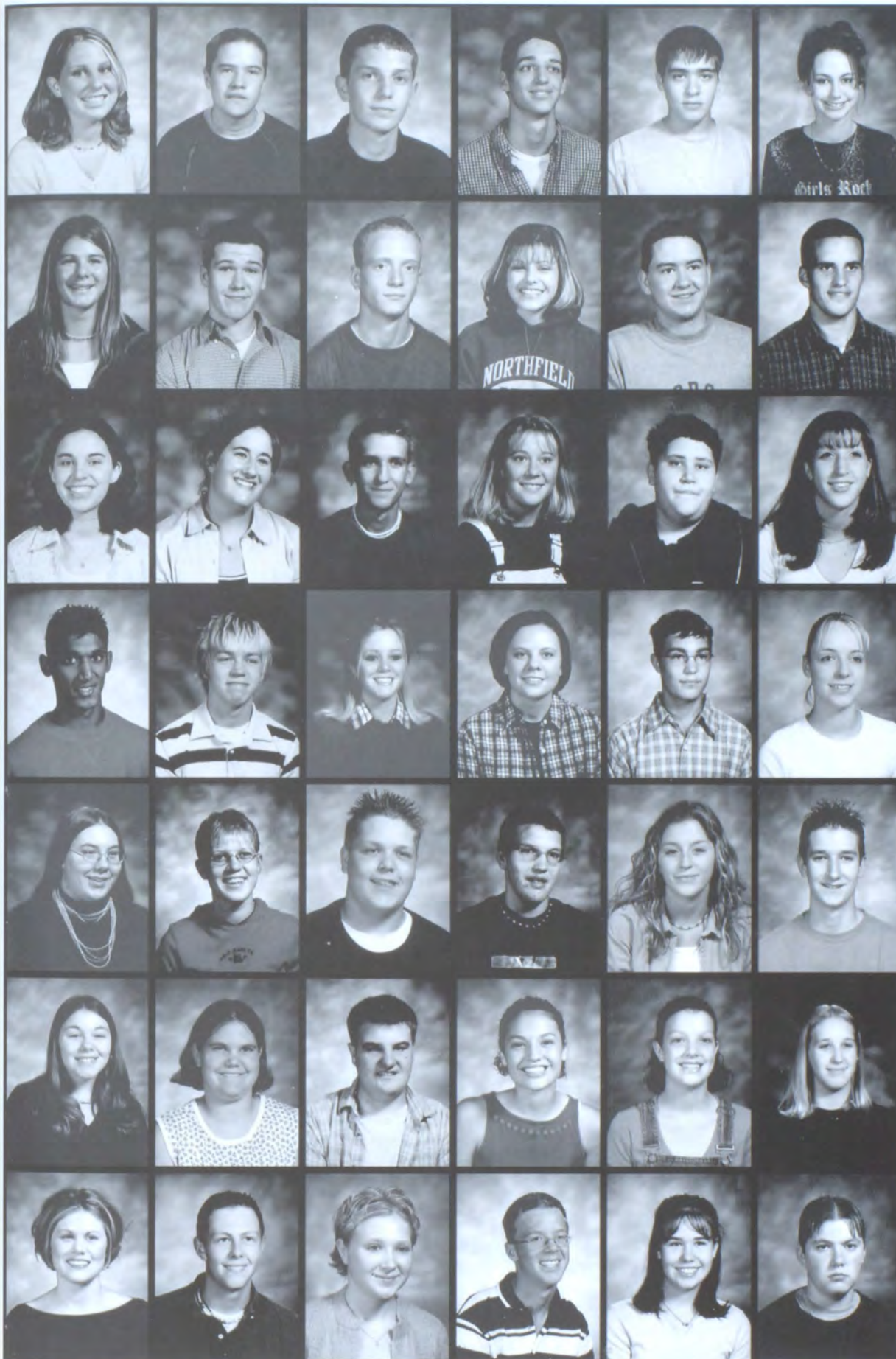
► Working hard...**Scott Rangitsch, Anne Moynagh, Jacob Ladd** and have fun making a poster for their personal law class.



Daniel Larson  
 Erica Larson  
 Erin Larson  
 Morgan Larson  
 Chad Larue  
 Shawn Latessa



Michelle LaValle  
 Katherine Lawler  
 Breck Lawrence  
 Rebecca Leary  
 Kristi Ledman  
 Vernon Lee



Melanie Lefto  
 Alexander Lehner  
 Travis Leidenfrost  
 John Lessard  
 Jordan Levesseur  
 Sarah Levesseur

Andrea Lewis  
 Joshua Lightfoot  
 Aaron Lillemo  
 Lanette Lindau  
 Jesse Lindemer  
 Eric Lindgren

Melissa Lindquist  
 Sara Lindstrom  
 Timothy Lindstrom  
 Kacie Lingl  
 Jacob Linz  
 Sarah Loftus

Matthew Lovgren  
 Blake Loya  
 Kathryn Lund  
 Ashley Lundeen  
 Neil Lundgren  
 Desirae Lusian

Christine Lutz  
 Jessica Mackey  
 Mitchel Mackey  
 Stephen Maefsky  
 Cynthia Mann  
 Ian Marabella

Tiffany Martin  
 Kathy Martinson  
 Matthew Mason  
 Ashley Masso  
 Meghan Masso  
 Krista Mastel

Casey Mathern  
 Jared Mattern  
 Thea Maus  
 Charles Mayer  
 Cassandra Mayne  
 Charles McCarty

Robert McCray  
 Amanda McCurdy  
 Jennifer McManus  
 Darrin McNamara  
 Margaret McNamara  
 Brandon McRoberts



Nicholas Meehan  
 Malissa Melbye  
 John Mellgren  
 Amy Mettling  
 Ana Meyer  
 Ashley Miller



► Peace out! **Mathew Henderson, Timothy Baird, Katherine Lawler, Leslie Schwarz and Philip Parzino** quick pose for a picture in the cafeteria before class.

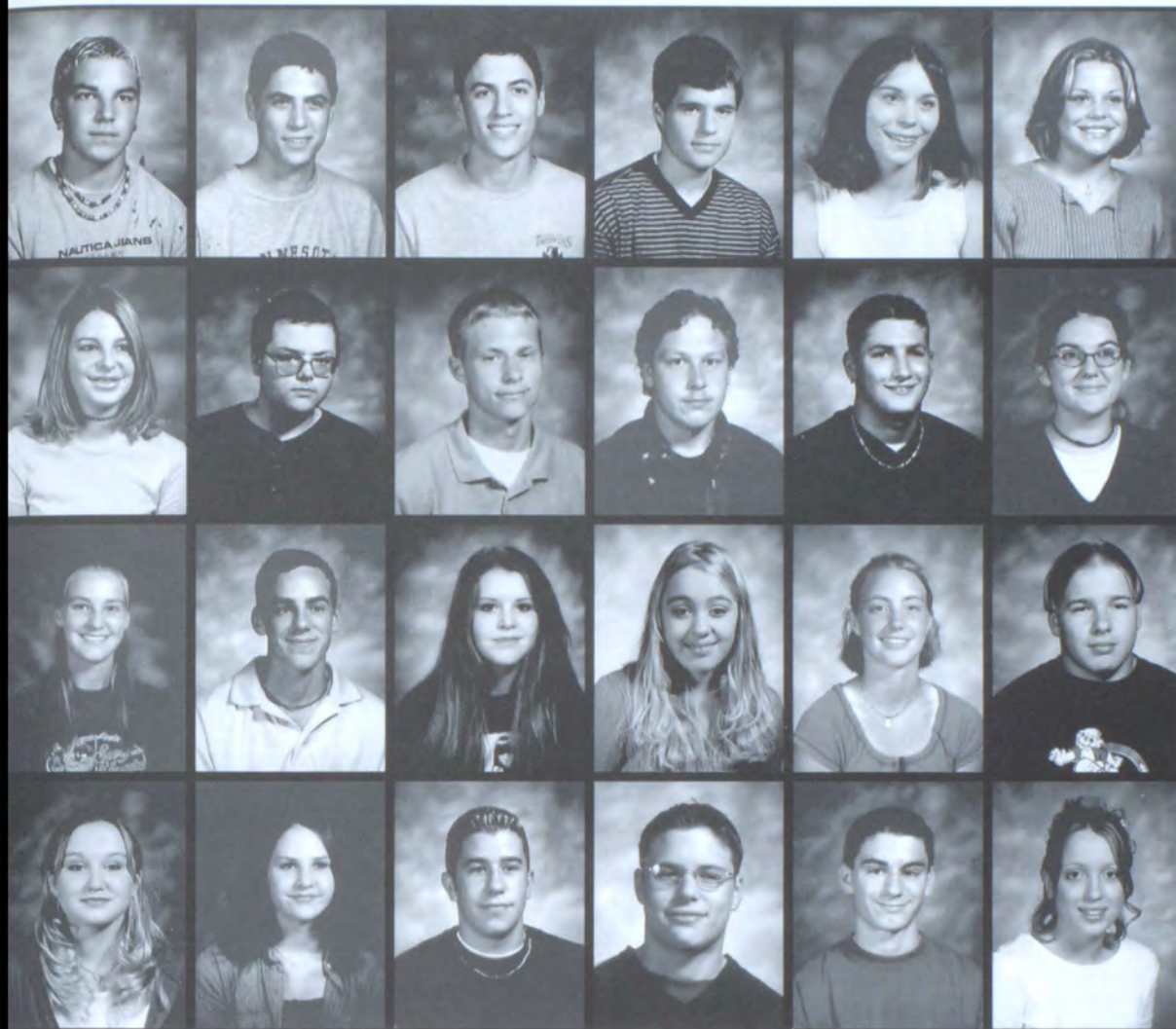


Carl Miller  
 Daniel Miller  
 Kelly Miller  
 Owen Miller  
 Scott Miller  
 Kyle Minke



Mark Miron  
 William Mitchell  
 Monica Mitsch  
 Amy Moe  
 Jeffrey Moen  
 Colin Moore





Nicholas Moore  
 Andrew Morcomb  
 Joseph Morcomb  
 Eric Morin  
 Andrea Morrow  
 Anne Moynagh

Caitlin Mueller  
 Eric Murray  
 Benjamin Myrick  
 Joshua Nase  
 Charles Nash  
 Emily Naylor

Jessica Nelson  
 Paul Nelson  
 Stefanie Nelson  
 Vanessa Nelson  
 Esther Neu  
 Joseph Niemi

Callendre Noll  
 Amanda Novack  
 Michael Nowezki  
 Sean O'Gorman  
 Bryan O'Neill  
 Tina Ohlson



◀ How interesting...Sarah Loftus concentrates hard on her work during class.

► Don't bother us, we're busy. **Jessica Thompson, Rachel Thompson** and **Stacy Altman** finish their lunch together in the cafeteria.



Zeb Olsen  
Brandon Olson  
Crystal Olson  
Kristina Olson  
Krystal Olson  
Melinda Opitz



Shane Oporto  
Maria Opsahl  
Tess Ormseth  
Andrew Osborn  
Lisa Ostlund  
Chad Paetznick



Christopher Parent  
Jeffrey Partyka  
Phiip Parzino  
Sara Paschke  
Holly Patrin  
Kimberly Paul



Geoffrey Peel  
Phillip Peloquin  
Alexander Pennell  
Joshua Pepin  
Jenna Perrault  
Jennifer Perreault



Ashley Perrin  
Diane Peters  
Amber Peterson  
Anna Peterson  
Derek Peterson  
Dietrich Peterson





Jamie Peterson  
 Nicholas Peterson  
 Jacob Petroske  
 Danielle Phillips  
 Adam Pierce  
 Adam Pitman

Jaric Pleski  
 Jillian Pless  
 Lindsay Plocher  
 Jamie Plochocki  
 Derek Poff  
 Shana Polipnick

Thomas Poole  
 James Porter  
 Kevin Pottratz  
 Nickolas Pratt  
 Amanda Prodger  
 Noelle Proulx

Kristy Prudhomme  
 Amy Psyck  
 Jeffery Puckett  
 Clinton Quigley  
 Dominique Quinn  
 Nathan Rabe

Bradley Racutt  
 Jackelyn Raeker  
 Scott Rangitsch  
 Jessica Rebisckhe  
 Glen Reed  
 Sarah Reed

Joseph Reichert  
 Robert Reinke  
 Daniel Resler  
 Laura Rettner  
 Nicholas Reuter  
 David Richey

Emma Rieck  
 Tiffany Rieckenberg  
 Laura Rime  
 Kazandra Riopel  
 Matthew Rivard  
 Christopher Rixe

Andrew Roberts  
 Grant Robertson  
 Joshua Robinson  
 Aimee Rock  
 Justin Rogers  
 Charles Rognerud



Rachel Rolseth  
 Ashley Root  
 Ryan Rosdahl  
 Cassandra Roseen  
 Amanda Rosemark  
 James Rosenthal



Adam Rosman  
 Carise Rotach  
 Melissa Rowan  
 Aaron Rugar  
 Leif Rydberg  
 Michelle Rydeen



Ryan Rydlund  
 Amber Rymarchick  
 Angelina Salas  
 Elizabeth Salas  
 Joshua Saloka  
 Gregory Sandager



# Scentsational

Brandon Olson



Shana Clausen



Douglas Stafki



Emma Rieck



Joshua Lightfoot



Jonee Brandt







Chelsea Sapa  
John Sass  
Adam Satchell  
Aron Satnik  
David Sauvageau  
Joed Sayler

Jessica Schmidt  
Nicole Schmidt  
Jessica Schneider  
Matthew Schneller  
Dawn Schultz  
Joshua Schulze

Steven Schumacher  
Kristin Schutt  
Amanda Schwabe  
Leslie Schwarz  
Jennifer Schwinn  
Joseph Severson

Andrew Sherman  
Anthony Sierra  
Abrahm Simons  
Steven Simpson  
Brady Sinn  
Leah Smalley

# Juniors

Tommy Girl  
A

Polo  
B

Abercrombie  
Women  
C

Hugo  
D

Abercrombie  
Men  
E

Tommy Hilfiger  
Freedom  
F

Do you smell that? Must be the juniors! Six juniors were selected because of their fabulous scent. Can you match up who wears what? Give it a try. Here's your hint. Tommy Girl is not worn by a guy.

ANSWERS: A-2, B-1, C-4, D-5, E-3, F-6

Brandon Smith  
 Lina Smith  
 Jennifer Sontag  
 Jennifer Spartz  
 James Spencer  
 Tiffany Spilman



Douglas, Staffki  
 Angela Starfield  
 David Steinbruckner  
 Christopher Stelter  
 Thomas Stenmo  
 Joshua Sternhagen



► No mess! **Carly Gay** throws away her garbage at the end of lunch before she heads off to her next class.



Kerry Stone  
 Laura Stork  
 Stefanie Storms  
 Bryan Stramer  
 Randi Stream  
 Daniel Svenkeson



David Swanson  
 Amber Tacheny  
 Benjamin Tacheny  
 Brandon Tan  
 Leah Taylor  
 Charles Teiken





Kyle Tennis  
 Christopher Tetrault  
 Chase Thayer  
 Julie Thompson  
 Michael Thompson  
 Steven Thompson

Ty Thomsen  
 Matthew Thorp  
 Michael Tibbetts  
 Janet Tobako  
 Barbara Toenjes  
 Troy Tofte

Angela Tollefson  
 Jennifer Tomlinson  
 Thomas Trandem  
 Jessi Trounce  
 Angela Turry  
 Roxanne Twedt

Adam Ulferts  
 Maggie Underdahl  
 Emily Vadner  
 Dora Van Beckum  
 David Van Vliet  
 Paul Vandever

Maisie Vang  
 Chelsea Verdick  
 Jesse Vetting  
 Leanne Wagamon  
 Alice Wagner  
 Tina Wagner



◀ Go Rangers! A group gathers at the fence to cheer on the football team in their matching school spirit outfits.

Adam Waldock  
 Shannon Wallraff  
 Susan Walters  
 Tyler Watson  
 Sherri Watters  
 Tiffany Weiss



Alison Welch  
 Julia Wenzel  
 Michael Wermager  
 Jenny Wheatley  
 Anthony Whitebread  
 Rick Wilke



Shauna Wilke  
 Adam Williams  
 Christopher Williamson  
 Adam Wilson  
 Cortney Winkler  
 Valerie Wittner



Cassandra Wittner  
 Tanya Wrich  
 Peter Zajac  
 Heather Ziegler



► MMM...that lunch was yummy. **Kathryn Lund** and **Nicole Krebs** pose for a quick picture after lunch.



## What do you do when you find yourself falling asleep in class?



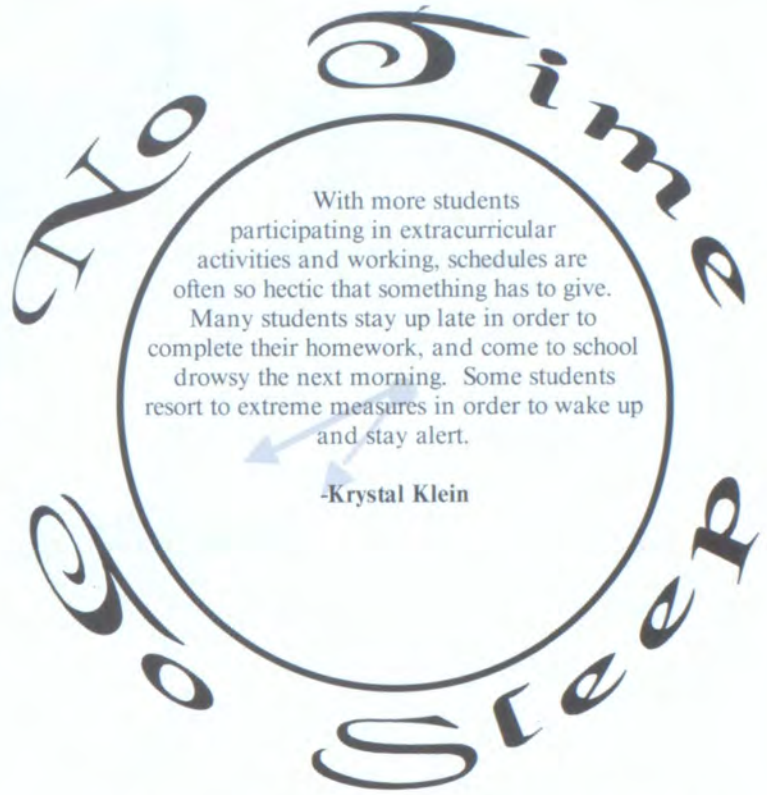
Draw Pictures.  
-Annie Kollar



I tape my eyeballs open.  
-Colin Moore



Write notes.  
-Melinda Opitz



## What is the craziest thing you have done trying to get to school on time?



I went into the ditch and almost soiled myself.  
-Kyle Tennis

▼ To tired to eat, **John Lessard** spends his lunch hour catching up on sleep.



Noon to six, so I wouldn't have to go to work.  
-Colby Edwards



My windshield wiper flew off my car.  
-Thea Maus



I want it to go from 11-2, summer and winter off.  
-Leslie Schwarz

I put an alarm on my iguana's cage door so the iguana would climb on my head and wake me up.  
-Ryan Waldoch



I think school should start at nine and slow buses should be banned from the road.  
-Leanne Wagamon

# Journey To A New World

Ever since we started this journey of education, we worked to get where we are: we finally reached the high school. This journey to a new world is intense for some, yet intriguing for others. We realize that high school is a much bigger deal than junior high was.

While being sophomores we encountered many new things. At the beginning we went to the sophomore retreat. We dealt with required classes such as English 10, Health, Phy Ed, and graduation standards. People have also turned that age where they could start to drive and we set to the roads.

By the middle of the year, we were in the swing of things. This new world wasn't as intimidating as it was at first. We knew where we were going when it came time to switch classes. The C600s and the G wing were no longer scary places to find on our own.

At the end of the year we were ready to move from sophomores to juniors. We have gone through the first terms of our high school career. We met new, interesting people and went through different experiences together.

We are ready for a new journey to conquer.

-Theresa Kopka



Hooray. The Ranger football team gets encouragement from their fellow classmates at the game.

Brian Aamot  
Anthony Acciani  
Nicholas Adams  
Molly Ahlm  
Nicole Albee  
Keri Aljets



Austin Alle  
Jeremiah Altermatt  
Jessica Andersen  
Brenna Anderson  
Christy Anderson  
Cole Anderson



Dana Anderson  
Joshua Anderson  
Karla Anderson  
Lindsey Anderson  
Lucas Anderson  
Paul Anderson





Scott Anderson  
Taryn Anderson  
Tyler Anderson  
Brian Ansell  
Margaret Anthony  
Daniel Aschenbrener

Tyler Asplund  
Jason Augustine  
Alyssa Auten  
Krista Axelson  
Cody Bailey  
Kassandra Baker

Ryan Baker  
Kelsie Bakken  
Sarah Baklund  
Justin Banks  
Angelique Basel  
Scott Baumann

Craig Baumtrog  
Ashley Bayer  
Stephanie Beach  
Jennifer Bearer  
Jessica Beaudry  
Lance Beck

Molly Becker  
Alexander Behling  
Kevin Behr  
Christina Belland  
Amber Benson  
Alexander Berg

Melissa Berg  
Nathan Berg  
Jaisa Bernklau  
Dustin Betow  
Michael Bigelow  
Jessica Bjorge

Jonathan Bjork  
Chad Bjorklund  
Sandra Blake-Canfield  
Clint Blum  
Christopher Blume  
Kyle Boerem

▼ Paying close attention. **Matthew Faschingbauer** and **Cory Minke** work together in biology.

► Looking good! Sophomore **Miryha Erickson** takes a fast stop at her locker.



Nicholas Boerum  
Katie Bolenbaugh  
Vanessa Born  
Andrea Boulineau  
Scott Brandt  
Ashley Brett

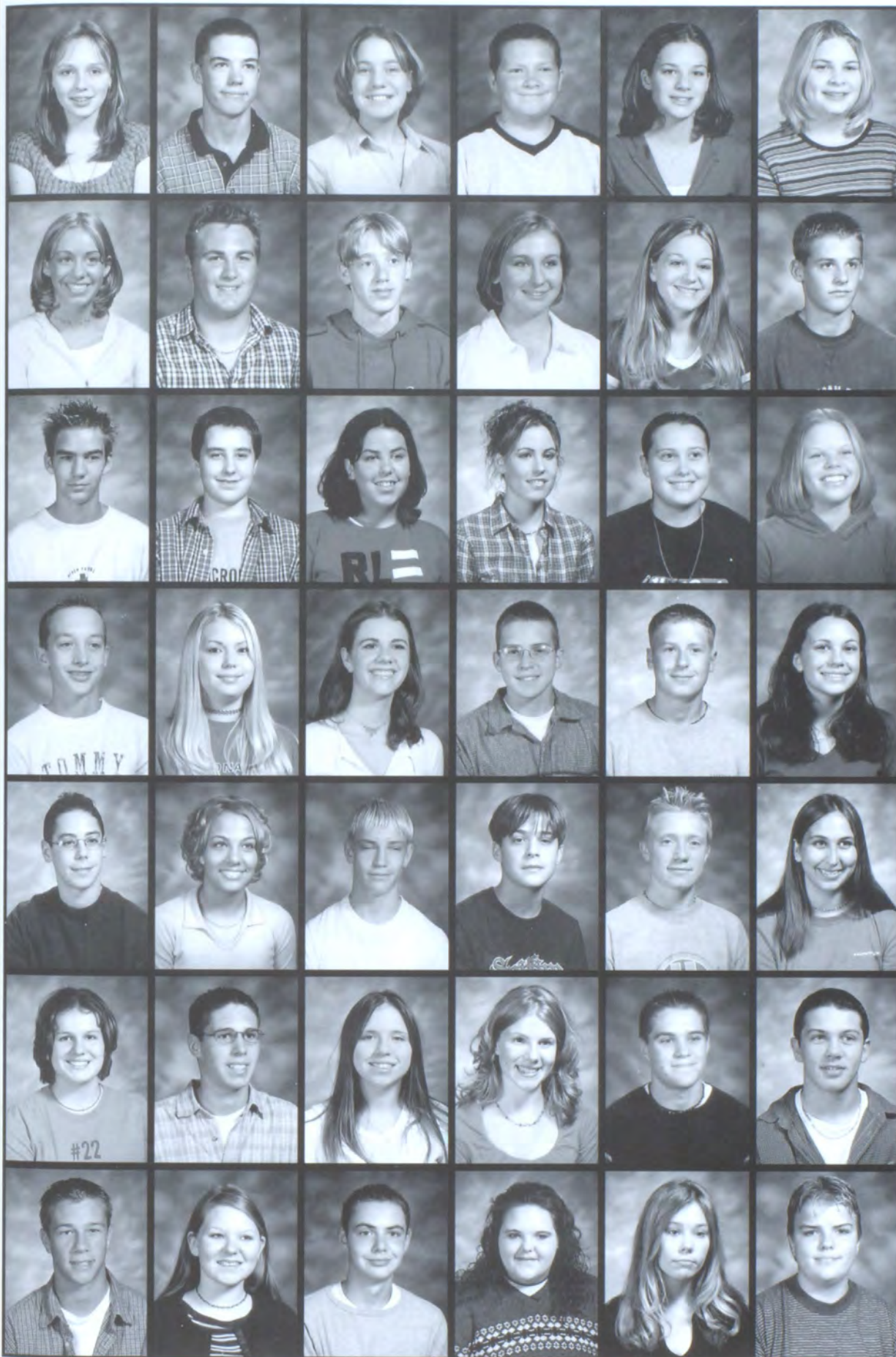
Shane Bridgeman  
Christie Brink  
Bryan Brodeur  
Daniel Brodtmann  
Kyle Brooks  
Jessalyn Brown

Regina Buesing  
Andrew Burmeister  
Laura Burns  
Kathleen Busch  
Kristina Bushman  
Joseph Bzdok

Anthony Cade  
Diane Carl-Rose  
Daniel Carlisle  
Cassandra Carroll  
Laura Carter  
Heather Carufel







Kristine Chandler  
 Anthony Charles  
 Rachel Charpentier  
 Matthew Chase  
 Sarah Chaussee  
 Jennifer Chilson

Lisa Chmielewski  
 Alexandro Christen  
 James Christenson  
 Jessica Cichy  
 Christina Clark  
 Christopher Clark

Dustin Clark  
 Daniel Cobb  
 Eileen Cobb-Ballman  
 Megan Colburn  
 Jennifer Colling  
 Rebecca Colter

Maxwell Conrad  
 Kristine Cooley  
 Kimberly Coppersmith  
 Benjamin Crotty  
 Nicholas Dagostino  
 Kristin Dahl

Jay Danielson  
 Krystle Danielson  
 Erik Day  
 Marc DeCamilli  
 Theodore Dehmlow  
 Melanie Dekart

Jamie Delong  
 Charles Demars  
 Amy Determan  
 Krystle Dettmer  
 Ryan Diller  
 Alex Dolan

Aaron Dunckel  
 Katherine Dupre  
 John Durand  
 April Eagan  
 Rachel East  
 Brandon Eckman

Andrea Eiken  
 Nickolas Elmquist  
 Angela Elwell  
 Dean Emerson  
 Brandon Engel  
 William England



Katrina Erickson  
 Miranda Erickson  
 Miryha Erickson  
 Rikki Erickson  
 Benjamin Eriksen  
 Tianna Estrada



Carrie Evenson  
 Jamie Falck  
 Shaena Falkosky  
 Matthew Faschingbauer  
 Marie Faulhaber  
 Molly Fee



Nicolas Feist  
 Isaiah Filla  
 Brian Folkman  
 Steven Fortuna  
 Rodney Foster  
 Christopher Fox



Alec Framke  
 Nicholas Frantzen  
 Melesa Freerks  
 Curtis Frenning  
 Emily Ferichs  
 Samantha Friesen



Amanda Gage  
 Jessica Gage  
 Tyler Gage  
 Elizabeth Garritsen  
 Catelyn Garvey  
 Shayleen Garvey



Katie Gatzow  
 Kelly Gauvin  
 Michael Gavanda  
 Travis Gelking  
 Rebecca Gellerman  
 Heather Gerlach





Lindsey Gervais  
Brooke Gessner  
Sarah Gestson  
Ryan Gibbons  
Ashley Gibson  
Nicole Giesner

Jennifer Gifford  
Carrie Gildersleeve  
Brandon Girtz  
Daniel Gnau  
William Gochez  
Jenna Goehl

Case Goodyear  
Danielle Gorka  
Sarah Govaert  
Corissa Griffin  
Zachary Griffy  
Jacklyn Gronholz

Joseph Gross  
Katie Grubbs  
Scott Gruber  
Mark Grundtner  
Rochelle Hackl  
Daniel Hager



◀ Stylin. Sophomore **Rachelle Martin** shows us her safety goggles during Biology class.

▲ Oh Girls!?! Sophomores **Diane Carl-Rose, Stephanie Lewis, Amber Randolph, and Vanessa Born** get together for some girl talk before their next class.

Leah Hahn  
 Anna Hallberg  
 Joseph Hammond  
 Eric Hannigan  
 Brittany Hansen  
 Ericka Hansen



Michael Hansen  
 Sarah Hansen  
 Jason Hanson  
 Mitchell Hanson  
 Ryan Hanson  
 Stephanie Hanson



Travis Hanson  
 Chase Harder  
 Brandon Harrer  
 Mike Haseltine  
 Samantha Haseltine  
 Megan Hassler



Jeremy Hastings  
 Katherine Hauge  
 Rebecca Havener  
 Stacy Hayman  
 Nick Hazzard  
 Adam Hegberg



Ingrid Helgeson  
 Cristy Heller  
 Jessica Henriott  
 Laura Henry  
 Jason Higgins  
 Anthony Hoffman



Brandon Hofmeister  
 Sean Hogan  
 Eric Hoggarth  
 Crystal Holmdahl  
 Robert Holmgren  
 Christopher Houle



Steven Houle  
 Renee House  
 Aimee Hudon  
 Caitlin Hull  
 Jaimes Hulsebusch  
 Christopher Hunter





◀ Yes, school lunch!  
Joseph Ryan,  
Matthew Wright and  
Paul Anderson are  
pumped up after  
eating school lunch.



Khristeen Ingles



Alan Intveld



Heather Jackson  
Erik Jacobs  
Ashley Jacoway  
Adam Janitschke  
Robert Janssen  
Jeffery Jensen



Joseph Jensen  
Melanie Jensen  
Bennett Johnson  
Brianna Johnson  
Doreen Johnson  
John Johnson



Sam Johnson  
Timothy Johnson  
Carissa Jorgensen  
Douglas Joyer  
Richard Jungbauer  
Adam Jungwirth



Justine Juutilainen  
James Keen  
Cassandra Keep  
Alexander Keilty  
Jason Kellerhuis-Don  
Garrett Kellermann



▲ Don't work too hard, Ashley Petroske works to get her assignment done before class ends.

Megan Kelly  
Dustin Kemmis



Ashley Kempel  
Jodi Kendrick



Nikolas Kenney  
Tara Kent  
Matthew Kenyon-  
Mayfiel  
Kevin Keto



Laurey Kiehne  
Nicholas Kirberger  
Tracy Kirschenman  
Kory Klein  
Phillip Klein  
Rebecca Kleinstick



Julie Kline  
Jennifer Kling  
Angela Klosner  
Cole Klossner  
Dustin Knauff  
Molly Knutson



Brett Koempel-Glaus  
Aleksandra Kojic  
Kimberly Kolar  
Kesiah Kolbow  
Theresa Kopka  
Julia Kouneski



Sean Krall  
Sarah Kremer  
Stephan Krongard  
Steven Kubiszewski  
David Kunz  
Jennifer Kurilla





Erin Landgraver  
Danielle Langevin  
Joshua Lappe  
Jaclyn Larson  
James Lauderbaugh  
Robert Lauderbaugh



Brandon Lavelle  
Amy Leary  
Daniel Lenahan  
Priscilla Leroux  
Brian Letourneau-Gau  
Stephanie Lewis



Mykala Lind  
Heather Lindholm  
Kelly Lindstrom  
Ryan Lindstrom  
Stevlen Loerzel  
Tanya Loften



Stephanie Lord  
Mollie Lueck  
Britta Lundborg  
David Lutz  
Choua Ly  
Terrah Lynn



"Do we have to?" Sophomores ( from left )  
Kelsie Bakken, Jenna Rogowski, Lisa  
Severin and Stephanie Hanson pose for a  
picture during lunch.



Travis Lynn  
Nicole MacDonald



Shelby MacKenzie  
Michael Madsen



Claire Maier  
Alicia Maki  
Rachelle Martin  
Paul Martineau

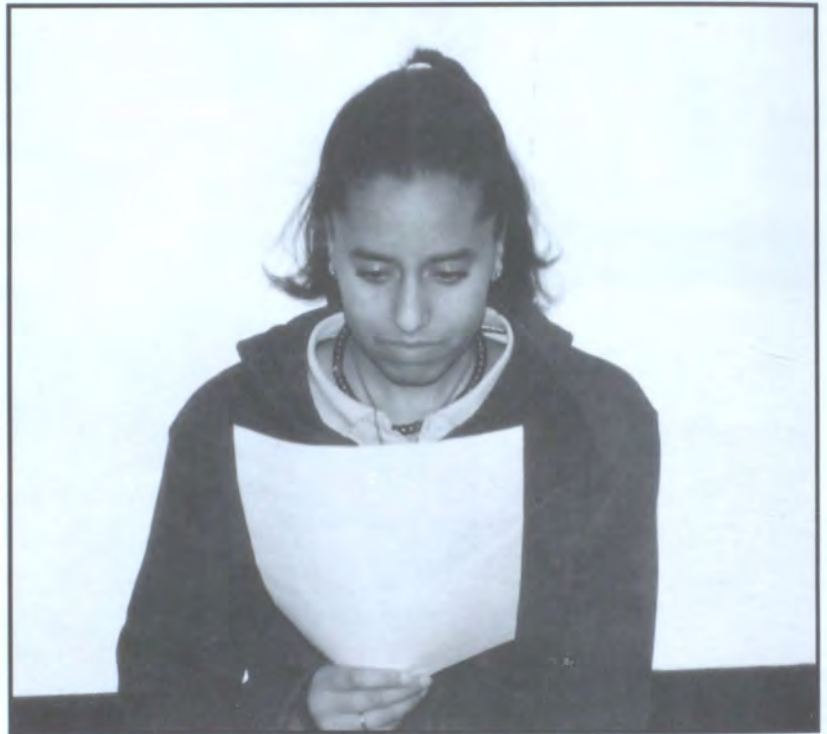
Kaylene May  
Joseph Mayer  
Daniel McAllister  
Andrew McCullough  
Alison McCurdy  
Joshua McGowan



Kyle McJames  
Nathan McKenzie  
Marisa McKie  
Kevin McNamara  
KJ Meath  
Roberta Meissner

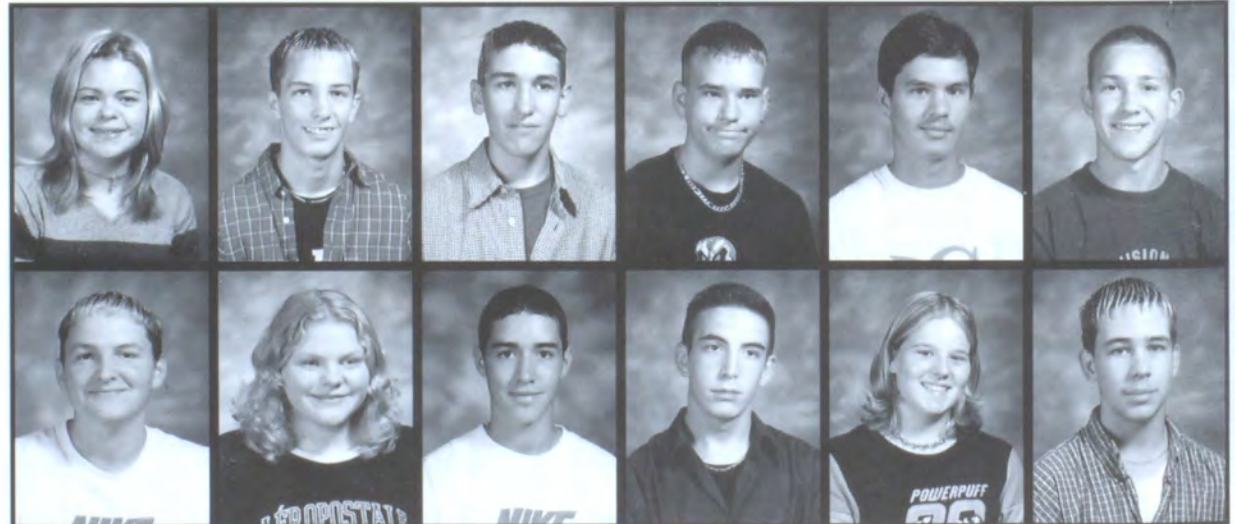


▲ Don't be late for class girls! Sophomores **Regina Buesing** and **Heather Gerlach** stop at their lockers for a quick chat.



► Working hard. Sophomore **Kesiah Kolbow** studies her paper for class.

Katherine Melby  
Jacob Menk  
Michael Merrell  
Lucas Merriman  
Daniel Meyer  
Kevin Meysembourg



Todd Mielzarek-Ande  
Jaclyn Miller  
Jeffrey Miller  
Justin Miller  
Katherine Miller  
Ryan Mills





Cory Minke  
 Jesse Mishler  
 Ryan Moen  
 Matthew Mollen  
 Carolyn Mollner  
 Megan Monson



Michael Moreland  
 Joseph Morley  
 Emily Morrison  
 Stefanie Morrison  
 Daniel Morrow  
 Tyler Morse



▲ Lunch Time! Sophomores Evelyn Mouacheupao and Mayla Yang enjoy their break in the day for lunch.



Andrew Moryn  
 Evelyn Mouacheupao



Kathleen Mullan  
 Stephen Munasinghe



Michael Mund  
 Shannon Murphy  
 Christopher Muske  
 Rachel Myrick  
 Kurtis Nahl  
 Brian Nalewaja



Abigail Nastrom  
 Hannah Nelson  
 Heather Nelson  
 Margaret Nelson  
 Shari Nelson  
 Ryan Neuman



Jennifer Neumann  
 Amanda Nickolauson  
 Joseph Norton  
 Shannon Novotny  
 Jonathan O'Brien  
 Rachel Oberg-Hauser

Shannon Odegaard  
 Andrea Okeson  
 Justin Okeson  
 Jennifer Oliver  
 Britta Ollmann  
 Karl Olson



Matthew Olson  
 Fallon Orde  
 Ian Ostby  
 Kristina Oswald  
 Nicholas Otis  
 Lisa Otteson



Lance Overson  
 Kathleen Owen  
 Michael Paisley  
 Katherine Peal  
 Jacob Peloquin  
 Jill Penschorn



Nicole Pepin  
 David Perron  
 Robert Perry  
 Lynn Peters  
 Ashley Peterson  
 Erin Peterson



▲ Rangers are # 1! Sophomores cheer the football team to a victory at the homecoming game.



► Yeah Rangers! Sophomores Kathleen Busch and Shannon Novotny get ready for a fun football game.



◀ Hey you!  
 Sophomore **Ryan Diller** takes a break from his homework in biology to get his picture taken.



Joshua Peterson  
 Krista Peterson

Matthew Peterson  
 Nicholas Peterson



Ashley Petroske  
 Nichole Phelps  
 Melissa Pickar  
 Ryan Pittman  
 Jason Plouff  
 Nicholas Popa



Luke Poynter  
 Ashley Pratt  
 Kristin Pratt  
 Stacey Pream  
 Danielle Prokop  
 Michael Radke



Erik Ralles  
 Maritza Ramirez  
 Adam Ramsey  
 Jeffrey Randall  
 Amber Randolph  
 Cory Regnier



Benjamin Rehak  
 Theodore Rein  
 Dennis Reller  
 Dana Rice  
 Brian Richards  
 Nikki Rieck



Jason Ringquist  
 Rebekah Riter  
 Shaynelle Rizzi  
 Jason Roberts  
 Renee Robertson  
 Sara Robertson

Grant Robinson  
Richard Rodecker  
Jenna Rogowski  
Matthew Roles  
Laura Rolseth  
Darcy Ronayne



Bryant Ross  
Annie Rossi  
Aaron Royal  
Daniel Rudy  
Brendt Runtsch  
Mitchell Ruter



Joseph Ryan  
Amanda Saari  
Joshua Saatoff  
Pamela Sampson  
Steven Sand  
Paul Savord



Brett Sawyer  
Maria Schaal  
Joseph Schaeppi  
David Schardin  
Daniel Schifsky  
Brock Schilling



Rebecca Schirmer  
Renee Schirmer  
Matthew Schmidt  
Aaron Schneider  
Carey Scholl  
Kyle Schutta



Christopher Schwartz  
Celton Seelig



Mindy Sell  
Dana Setterholm



► Checking their hypothesis, Sophomores Nicholas Wathen and Steven Kubiszewski work on their chemistry together.





◀ Not Now! Sophomore Christina Clark is ready for lunch time after her classes.

▼ Break Time. Ashley Brett, Elizabeth Garritsen and Katie Gatzow sit down and take a breather during gym class.



Lisa Severin  
Mary Shaw  
Joel Sheets  
Ryan Shelafoe  
Joshua Sibbald  
Dustin Sibik

Jeffrey Siedow  
Jamie Simenson  
Trapper Simons  
Joseph Simonson  
Chery Sismundo  
Benjamin Skalicky

Amanda Skoriuchow  
Anthony Skwarek  
Peter Slipka  
Janelle Smith  
Mallory Smith  
Tonya Smith

Alexander Smrekar  
Mary Sobiech  
Nicole Souter  
Andrew Spiess  
David Stein  
Ian Stein

Matthew Stendahl  
 John Sterner  
 Travis Stich  
 Emily Stigall  
 Lisa Stolp  
 Jeffrey Stone



Peter Storm  
 Adam Strande  
 Joshawa Stratton  
 Alana Sundberg  
 Benita Swanson  
 Krista Swanson



Matthew Swenson  
 Raeanna Swenson  
 Christine Swinehart  
 Michael Tadych  
 Ashley Tan  
 Daniel Taylor



Margo Taylor  
 Cassandra Telmosse-  
 Cold  
 Jennifer Templeton  
 Chad Tenjack  
 Henri Tessier  
 Pa Thao



Genna Thom  
 Jeff Thompson  
 Jessica Thompson  
 Katherine Thompson  
 Molly Thompson  
 Ryan Thompson

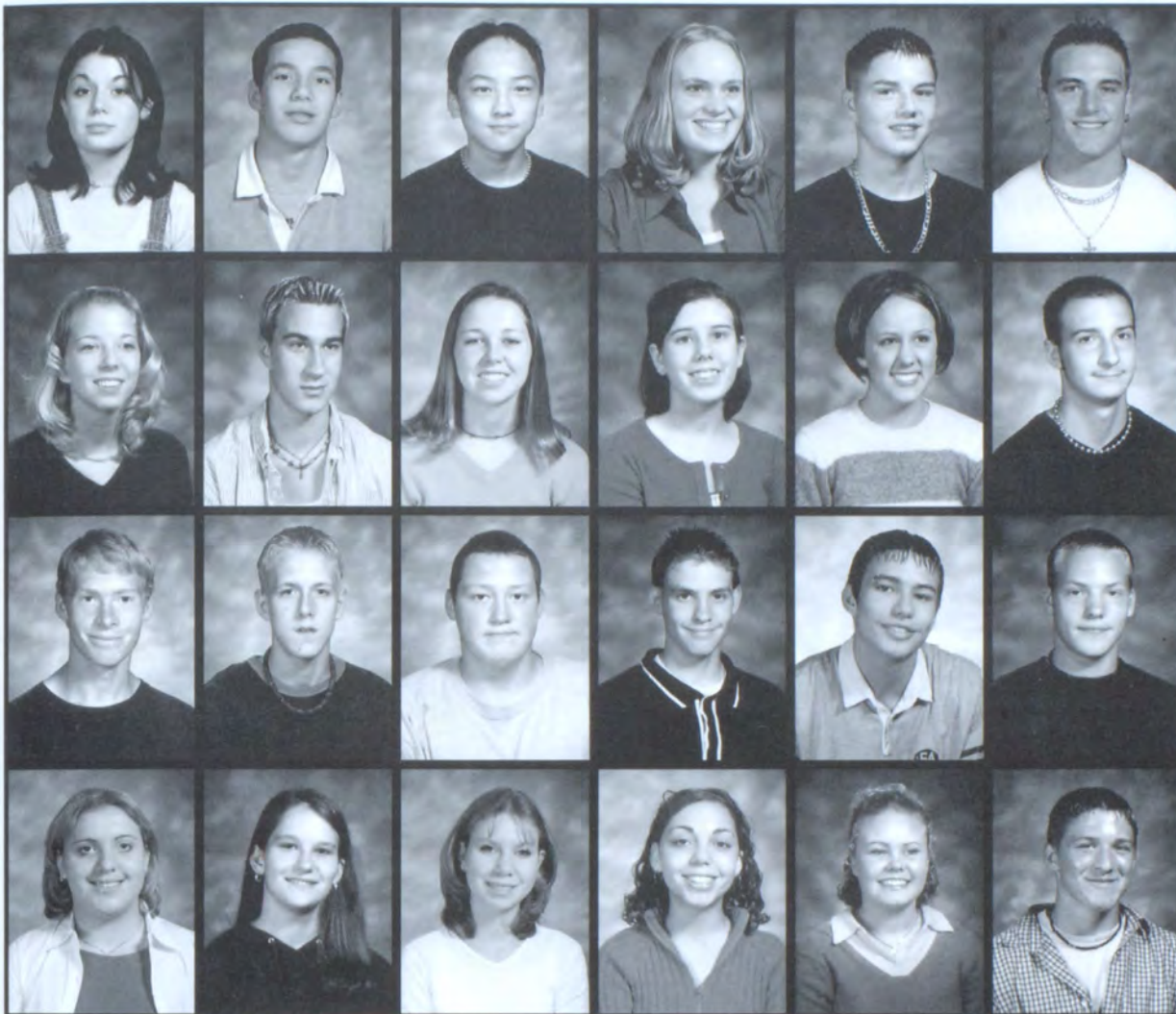


Trisha Thomsen  
 Alison Tjaden  
 Michael Tocko-Tobin  
 Andrew Tonsager  
 Charles Torrez  
 Jacob Tretter



Lucas Trombley  
 Melinda Trombley  
 Ryan Trombley  
 Ashley Turgeon  
 Matthew Underdahl  
 Gialana Ungar





Angela Van Bergen  
 Philip Vandevier  
 Gary Vang  
 Kayla Vetting  
 Nicholas Villella  
 Jason Waidzulis

Theresa Waldoch  
 Cory Waldock  
 Brittny Walker  
 Amanda Walsh  
 April Walter  
 Timothy Walters

Eric Warner-Hanagan  
 Nicholas Wathen  
 James Weiss  
 Joshua Welage  
 Anthony Weller  
 Delroy Wendt

Brandy West  
 Ashley Westlund  
 Kelly Westman  
 Danielle White  
 Christina Willcoxon  
 Jeffery Willems

Drew Williams



◀ Ta-Dah.  
 Sophomores Jennifer Kling, Rachel Myrick, Marisa McKie, Maritza Ramirez, Annie Rossi, Amanda Walsh, Christy Anderson, and Renee Robertson show off their skirts on dress day.

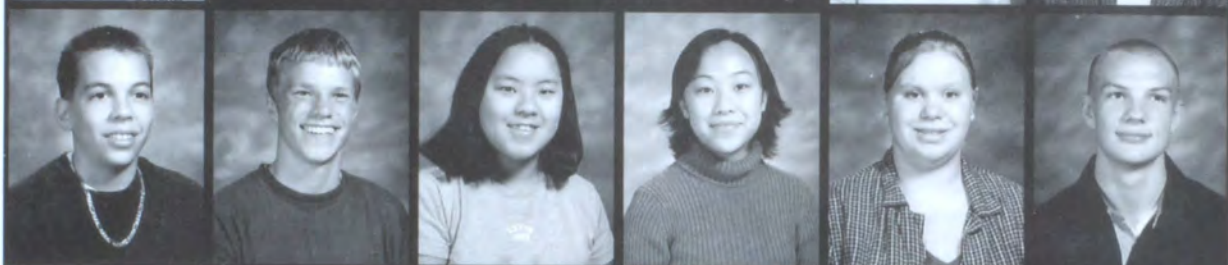
Edward Williams  
 Mark Williams  
 Nicholas Williams  
 Nicholas Williams  
 Ashley Wintheiser  
 Michael Wise



Matthew Withrow  
 Kyle Wittnebel  
 Ryan Wolfbauer  
 Allen Wolfe  
 Kelly Woods  
 Eric Worwa



Eric Wright  
 Matthew Wright  
 Christine Yang  
 Mayla Yang  
 Kassey Yetzer  
 Karl Young



Joshua Zeidlik-Zimney  
 Brandy Zemke  
 Elizabeth Zienty  
 Benjamin Zierke



▲ Say Cheese! Friends Margaret Anthony and Katrina Erickson smile big for a quick picture in the hall.



► Comfy and cozy. Sophomores Jaclyn Miller and Nichole Phelps are relaxed in their pajamas on get up and go day.



# Sophomore Retreat

## RESPECT Is the Word



### 10 Most Respectful Things:

- Compliment
- Encourage
- Listen
- Acknowledge / Include others (Say Hi)
- Help Others
- Treat others how you would like to be treated
- Talk to and be a friend to the new people
- Be nice/polite
- Fight racism
- No Smoking in the bathrooms

Quote: "Live for the day"

◀ Outta my way! This group of sophomores can't wait to get into Hosanna Church for the much anticipated sophomore retreat.

Respect is the word. The retreat is where it's at. "Respect" was the theme for the sophomore retreat and was incorporated into all parts of the day. There were touching stories told by the retreat leaders, games, songs, and discussions all centered around respect. The day tried to make the class of 2003 realize that just because they might not be friends with everyone or even like everyone, they can still show them respect.

During a small group discussion, the sophomores worked to create lists of the top ten respectful things. These lists were handed out to the sophomores the following week. The lists were also hung around the school to remind us all to respect each other throughout the year, not just one day.

A high point of the day was a candle campfire. It was a sharing time for the group. They were able to express their feelings in a comfortable environment without worrying what others might say. Before leaving, everyone was given a match to remind them of the day and the things they learned. The class of 2003 was sent back to school with a fresh outlook and renewed hope for their peers and their school.

-Katherine Lightfoot



▲ Just chillin! A group of sophomore girls relax and discuss important topics in their lives and school.



▲ A little bonding time for all. Sophomores are split into small groups again for some activities and candid conversation.

# FACULTY & STAFF

Every year the teachers of our school put out their best efforts to help students learn as much as they can. They assign book work and papers to test the skills of the students. They give extra help after school, coach sports and activities, and guide students as much as possible through their high school career. They do this to help the students plot out their journey into the unknown.

Students should recognize all the hard work that is put forth from the teachers, and appreciate all they have done. First year teacher Barb Schellinger speaks for many when she said she went into teaching because, "Where else can you hang out with teens and contribute to the growth and development of students?" The students at Forest Lake are enthusiastic and very encouraging. Many of those qualities can be attributed to the teachers, who help us through our journey into the unknown.

—Kyle Boerem

► Surprise! James Lindstrom is intensely playing piano for his choir class. His class decided to attack him with silly string.



▲ Media: Paul Karlsson, Sharon Wilson, Jean Swanson



▲ Behavioral Intervention Specialists: Leah Gunter, Cindy Jones, Amber Schultz

▼ **Math: Row 1:** Charles Chalberg, Nicolle Ristow, Susan Jarrett, Ann Astrup, John Buck **Row 2:** Michael Altavilla, William Olson, Larry Tietje, Larry Matzdorf



▼ **Lee Anne Brockman** pushes a heavy cart of AV equipment down the halls of the F-Wing.



▲ **Registrar:** Janine Forrer



▲ **Science: Row 1:** Cynthia Riesgraf, Bradley Ward, Judith Hill **Row 2:** Rena Benedict, Sarah Watts, Bruce Leventhal, Jeffery Lewis, Stephanie Hemmingson

## Why Did You Decide to Become a Teacher?



◀ "I just wanted to help kids learn and become a positive adult role model for kids. Teaching was a way of doing that." **Jenny Coates**, Mathematics



◀ "My teachers in high school were very good people and excellent teachers. I also wanted to coach basketball." **Chuck Gunderson**, Physical Education

▼ Deans: Row 1: Sue Shin-Rangeloff, Wendy Langer, Gayle McGrane  
Row 2: Scott Backer, Ron Burris, Russell Cooper



▼ Family and Consumer Science: Barbara Schellinger, Jackie Swanson, Jennifer Van Dulmen



▲ With his smooth style, Dr. Cooper tries to impress Amber Schultz with his Charlie Chaplin impression.



▲ Special Education: Row 1: Roxie Stangeland, Dana Arneson, Joel-Lynn Unze, Janelle Kendrick  
Row 2: Billie Hanson, Laurie Erickson Row 3: Jessica Ward, Theresa Snodie, Chad Erichsrud, Patrick Elias

▼ **Music:** Row 1: Constance Hous Row 2: David Livermore, James Lindstrom, Richard Hahn



► "Over the twenty years that I have worked here... students have become better each year... vandalism almost never happens anymore..." **Mick Haugen**, Custodian



◀ Choir teacher **Michelle Lynch** gets her class warmed up for some hard "cord" singing.

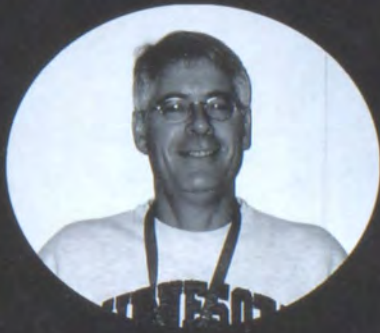


▲ There's always a little outdoors in everyone. **Margie Zopf** and **Jeffrey Widman** take a break behind the school to grill some hot dogs for a picnic.



▲ **English Department:** Row 1: Sue McDaniel, Michael Bernauer, Gretchen Gieseke, John Oken Row 2: Beverly Larson, Judy McDonough, Terryl Eikren, Laura Livermore, Dorothy Sunne Row 3: Timothy Newcomb, William Somrock, Henry Hebert, Gail Law, Roger Stockman

► "My mother inspired me because she was a teacher. I also looked up to my junior English teacher **Judith Katzung**." **Roger Cheyne**, Social Studies



▼ **Industrial Technology:** Row 1: Travis Dethlefs, Lyn Ruetten Row 2: Doug Garick, Leonard Groom, Kevin Rivard



▼ Jackie Swanson, Barbara Schellinger and Sandra Teichner are just a few members of faculty doing some of their own homework. They are working hard in the computer lab preparing for another exciting day at school.



▲ **Social Studies:** Row 1: Richard Elliot, Judy Dittberner, Sara Cameron Row 2: Kenneth Mikolajczyk, William McElrath, Sandra Teichner, Ronald Tungseth Row 3: Suzanne Stenne-Rogness, Student Teacher Dan Porta, Thomas Hipkins, Charles Anderson, Roger Cheyne, Donald Thompson

▼ **Business:** Alan Anderson, Jamie Bulach, Phyllis Roalstad, Thomas Newell



▼ **Art Department:** Row 1: Dana Herman, Maria Kaiser Row 2: Jason Lund, Allen Larson, Nancy Pechmann



▲ **Career Resource Center:** Judy Trombley



▲▲ **Cooks:** Row 1: Mary Tomitz, Pamella Rundhaug, Sandy Reid, Virginia Carney Row 2: Betty Nelson, Tammy Jackman, Patricia Morrison, Margie Zopf, Jean Anne Lynch, Judy Peterson, Kathy Hoff, Dorothy Thoeny

▲ **Custodians:** Mick Haugen, William Peterson, Russ Parker, Danna Wytaske, Ronald Rohda, William Reiher



◀ "I liked Spanish and wanted to use it in my career somehow, it seemed logical to teach it to others." Annie Brockman, Spanish



▶ "I wanted to work with the kids and I wanted to coach." Joseph Jurasin, Industrial Tech

▼ Technology: Lee Anne Brockman, Mary Wightman, Karen McCurdy



▲ Physical Education:  
Row 1: Jennifer Debe, Nancy Herman  
Row 2: James Herman, Dan Forsythe, Bill Streeter, Robert Dettmer



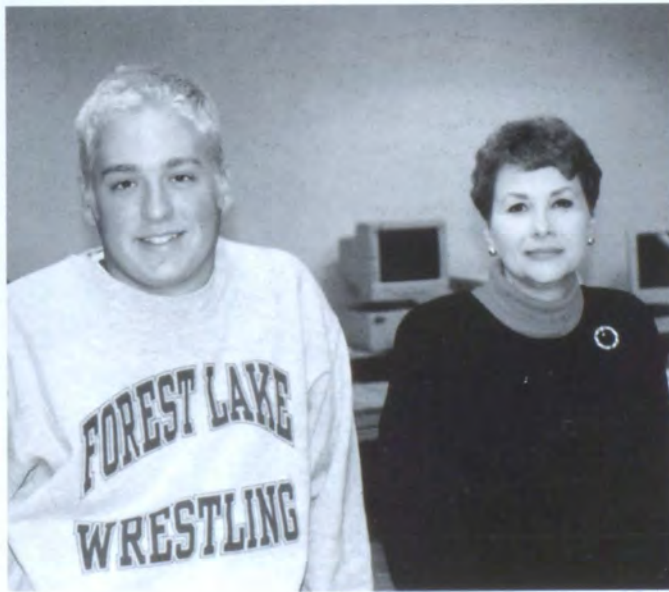
▲ Taking a pit stop in the AV room Mick Haugen stocks up the paper supply. Next stop, the kitchen.



◀ Agribusiness:  
Steven Hinrichs, Robert Marzolf, Kathleen Brandt, Susan Schmidt



▼World Language: Row 1: Sue McDaniel, Coleen Colton Row 2: Allen Fransen, Megan Espe-Och, Edward Anderson, Anne Brockman



▲ Audio Visual Aids: Joseph Haselbauer, Karen Bakken

▼Secretaries: Row 1: Anne Skoglund, Tracee Miller Row 2: Sharon Bowden, Ellen Schall, Carol Johnson, Claudia Johnson, Carol Nelson, Judy Rotach,



▲ Occupational Relations: Tony Harris, Jeffery Wilson

# ADMINISTRATION

▼ Row 1: Lee Robinson, Susan Novak, Gail Brandt Row 2: Bill Bresin, Clyde T. Boyer, Lynn Steenblock, Joe Grafft, Dean D. Barr



## School Board

### Superintendent

Lynn Steenblock is the new face around the school district this year as our new superintendent. His background with school includes numerous positions related to education. He did administrative work after teaching Agriculture for four years at Montevideo, and was the Superintendent of the Minnesota River Valley Education District (MRVED). When asked why he decided to make the move from MRVED to Forest Lake he replied, "Forest Lake has the best of all worlds: nice community, good school district, and the perfect location." Increasing student achievement by setting high expectations and encouraging students to be self directed is Lynn Steenblock's number one goal for the district. He has a very notable past and a positive future is in store for Forest Lake School District #831.

-Katie Alsdurf



▼ **What makes Forest Lake better than the rest?**

"There is a real community feeling and tradition, which creates support for high school activities and school spirit!"

-Mark Wahlstrom, Activities Director

▼ **How has school changed since you've been principal?**

"School spirit has gotten better. No one used to cheer; now kids are attending sporting events and creating a positive atmosphere. Its been great to see!"

-Mark Robertson, Principal

▼ **What is the most challenging part of your job?**

"Finding enough time to work with students in need of help."

-Bob Cockburn, Liaison Officer



**What is the most rewarding part of your job?**

◀ "Seeing a student overcome adversity and achieving great things."

-Scott Backer, Assistant Principal

"Working with all of our fantastic students!"

-Dr. Russel Cooper, Assistant Principal



# Ad's For Grads



TJ Lindquist

TJ - You have always been inventing and making things. "Make your life count." Stay square with the world and you'll always measure up.

Love Always and Forever,  
Mom, Dad, Jamie, Missy, and Dixon



Naomi Nicole Doriott

Naomi, We are so proud of you! Congratulations on your graduation. You are so important to all of us and we're inspired by you always. We wish you much joy and success.

Our love to you always, Dad, Mom, Jen, and Chelsea



Kristin Jones

Congratulations Tinkerbell! I am so proud that you are my daughter and that we have also become best friends. Follow your dreams and always follow your heart.

Love you, Mom



Amanda Rydell

Amanda, You're all grown up! Dad and I are so proud of you. You've worked very hard and it's paid off. May your future hold everything you've only dared to dream of.

Love, Mom, Dad and Colt



Brian Washburn

Everything you do and everything you are, I'm so proud. I love you.

Mama



Shannon Flinn

The best is yet to come!

I love you sooooo much, Mom



Michelle Ochs

Michelle: We couldn't be more proud of you. You continue to amaze us with all of your accomplishments. Our little girl is always 1st in our hearts. You will continue to be a joy for us and others. We foresee you becoming a success with all of your assets and talents.

Your Very proud parents, Mom & Donn



Jill Winiecki

Jill-Never a day passes that we aren't thankful for the gift of you!!

Love Mom and Dad



**Nick Trombley**

Nick, God truly blessed us the day you were born. May all the joy and happiness you've given us become yours forever. You're a special young man and you make it easy to be proud of you.

Love, Mom, Dad, Luke,  
Mindy and Molly



**Danielle Bolenbaugh**

Congratulations, Danielle! You are truly a joy and blessing in our lives-our treasured "just do it" first born. We are so proud of you and we love you very very much.

Mom and Dad



**Jorge Raasch**

We are so proud of you! Keep on living, loving, searching and playing. (BFF)

Love, Dad, Mom, Joe and Madalyn



**Tamara Miller**

Oh, how our little girl has grown!



**Kelly Karls**

Kelly - You are a blessing! We are so proud of the special young lady you are. Keep the smile on your face and the sparkle in your eyes.

Love, Mom & Dad



**Leah Jarvis**

Leah, We are so proud of you! You put all your energy into everything you do. You have grown up to be an incredible woman.

Love Mom, Dad, and Jared



**Allison Marie Paitich**

Allison, Thank-You for the laughter, joys, "extra-innings" and especially the Backstreet Boys! Congratulations! We couldn't be prouder!!

Love, Mom, Dad and Aaron



**Anna Mayer**

Nanna-Nanna-Boo-Boo, You are a special blessing in our lives. Never let go of your dreams.

Love you forever, Mom, Dad, Joe, Chloe,  
Sophie, and Pooh



**Steve Secor**

You are our first born bundle of joy. You have given us so much enjoyment, pride and happiness. We have watched you grow into a respectful, responsible young man. Keep your enthusiasm for the things you enjoy and we hope you continue to fulfill all your dreams.

We love you, Mom and Dad



**Daniel Reuter**

D-Money, You're on your way up!

Love Mom and Dad



Adrienne Maus

Adrienne, We are very proud of you. The world awaits your gentle soul and loving spirit. We know that you will do well at what ever your future holds. May you always have love, peace, and joy in your life.

Love Mom and Dad



Tony Brehm

Thank-you. My pride for you can't be put down in words - I'll miss your school year - look forward to your life.

I love you, Mom



Elena Kouneski

Congratulations, Elena - Toss that hat into the air!

Lots of love from all of us



Mark Keefe

Mark, You constantly amaze me

Love, Mom



Kelsey Hanson

Kels- Give the heavens above more than just a passing glance. And when you get the choice to sit out or dance, we hope you dance!

Mom, Al, Megan, Lisa, Eric, and Bayls



Jami Meath

You are shaped and fashioned by what you love. Until one has loved an animal, a part of one's soul remains unawakened. Jami, follow your destiny. You have a wonderful gift!

Love mom and Dad



Traci Lehmann

Traci, From the first day to your last - we can't believe you're graduating. We know you will be successful at whatever you do.

Love you, Mom, Craig, and Grandpa



Ben Rhoda

Ben, You have grown to be a wonderful, responsible and hard working young man. We are very proud of you.

Love, Mom and Ron



Andrew Carlisle

Andy, you can accomplish anything you set your mind to! We are very proud of you!

Love, Dad and Mom



Ted Erickson

Ted, We want you to know what a joy and blessing you have been. You're a special person and we're very proud that you're our son. Thanks for all the wonderful memories.

We love you, Mom, Dad and Kate



Nick Dellwo

Nick, Congratulations! We are proud of all you've accomplished. May all your dreams come true.

Love, Dad, Mom, Jenny and Kristy



Justin Schiks

We love you and have always been proud of you!

Mom, Dad, and Jessup



Helena Coby

Would you buy a fish from this Kid? Congratulations, Spud!

We love You! Mom and Dad



Jonathan Borle

Surprise! Jon, you always make us laugh. We are proud of the person you're becoming. Thanks for the great memories, and remember - we'll always be there for you.

Love, Mom and Pops



Joel Stendahl

You have brought joy and laughter to our lives. Thanks for all the great games and adventures (we loved it!) We are very proud of you. Keep reaching for all your dreams.

Love Mom and Dad



Katie Lightfoot

You were special from the start. You will always be in our hearts. The pride and love we feel for you, will follow you in all you do!

Love Mom and Dad



Nate Hegseth

Nate the Skate, You will always be cash - money to us. Thanks for the great memories.

Love - Dad, Mom, Pete, and Phil



Ricky Carlson

We are very proud of you Ricky. Your perseverance will continue to bring success in whatever you do.

Love Mom and Dad



Aubre Joy Rabe

Aubre, it's hard to believe it's your senior year already, Congratulations. "Glow Girl."

Love Mom and Nate



Erik Overson

Erik, these years go by too fast. Hope you've enjoyed them as much as we have. We're so proud of all you've done.

Love, Mom and Dad



Derek M. Jackson

"Two roads diverged in a wood, and I-I took the one less traveled by, And that has made all the difference." Robert Frost. We believe in you - Get out there and make all the difference.

Mom, Dad, and Ang



Krystle Meath

Krystle (sissy Lou), Wow, time has gone fast! It seems like yesterday you were my little cuc ball, just like in the picture. We have made it through some tough times and I cherish these last 18 years. You make me proud. Life is not always easy but you have the talents, brains and resources to make it wonderful. I'll love you forever and will always be here for you.

Love, Mom and Brother Boo



Jake and Corey Ouradnik

It seems just like yesterday you were little babies. How you have grown up to be adults. Good luck in your future. We will always be there, Just call.

Love Mom, Brad, Bobbi, Dad



Nicki Hulsebusch

Keep smiling. You've made it this far. Now your education really begins. We're very proud of you!

Love Mom, Dad, Jamie, and Rob



Matthew Hedgers

Matt, We are so proud of you and all your accomplishments! Congratulations!

Love you, Mom, Dad, and Brothers



Molly Muske

Presenting Molly - We're so proud of you and the great person you are.

We love you lots! Mom and Dad



Melissa L. Johnson

Mel, Carpe Diem - Sieze the Day. You can be whatever you want to be. We are very proud of the person you are.

Love you, Mom and Dad



Laura Paisley

Way to go, LRP! Much love and support as you look ahead to a very bright future.

Love, Mom, Dad and Mike



Kimberly A. Hanson

Congratulations Kimme! Thanks for all the wonderful memories. We love you and are very proud of you. Follow your dreams and remember we will always be there for you.

All our love, Mom, Dad and Rachel



Ryan Finnegan

"Ain't nothing like the real thing baby," and you're it!! Always giving 100% and then some. We're very proud of all your accomplishments and future goals.

Love, Mom and Dad





Anna Lejchar and Sheri Hudella

You're still the two coolest chicks around!  
We love you! Congratulations!

Love Mommy Debby & Mommy Kathy



Ashley Marie Byland

Ashley - Thanks for being you - Good luck  
always! Congratulations!

Love Mom and Dad



Kyle McMahon

Kyle, May all your boats stay afloat!

Love, Mom, Erin and the babes



Josh Davis

Do you remember the two day notice for  
the Halloween party in our three room  
farm house? And a beautiful young lady  
came over and helped clean the barn? The  
party was a success with over 100 people  
attending.

Love Mom



Lindsay Nellis

Lindsay, Congratulations our little peanut -  
you grew up so very fast. We're proud of  
your hard work - you're a special young  
woman.

Love Mom and Dad



Tara Robertson

Frogger, We treasure all of our memories  
of you growing up. From day one you  
were your own person. So, now you're off  
to college where they will have the privilege  
of your many talents.

With love, your most proud Mom and  
Dad



Lindsay Uthe

Lindsay, you have always had big dreams  
and we know you have what it takes to  
make all your dreams come true.  
Congratulations! We are very proud of  
you!

Love Mom, Dad and Tyler



Ryan Bishop

Ryan, I am proud to call you my son!

I love you, Dad



Tenesha Daman

Tenesha - Keep dreaming and reaching for  
the stars, we know that you will reach your  
goals in life. We're very proud of you!

We love you! Mom and Dad



Kristi Sumption

Best Of Luck to our little Ripper!



**Kelly Ophus**

Kelly - Hold on tight, you're going places, Princess! Our love will follow you! We're very proud of you!

Love, Mom and Dad



**Lindsey Jean Pegelow**

You'll always be our number one kid. With so many lessons learned from us and our parents, we are so proud of all of the positive attributes that you and your future brings to the table.

For you and all forward thinking individuals reading this, we encourage you to get to know and appreciate the following famous quote from one of our founding fathers, Thomas Jefferson, "The Price of freedom is eternal vigilance, let the eye of vigilance never be closed".

Love Mom and Dad



**Amanda Scott**

Amanda-Congratulations! You have made us so proud and we know you will succeed in whatever you choose to do in life. Love to our little "Bugs".

Love, Mom and Dad



**Travis Andren**

Travis: You have grown up to become a fantastic person. Keep your head up and enjoy your life. I am very proud of you!

Love, Mom



**Jackie Woods**

As Grandma would say: from ragamuffin to princess! You've always made us smile with pride and love. Congratulations!

With all our love Mom and Dad



**Krystal Klein**

Krystal, Your kind and generous spirit has touched many lives and made your "little corner" of the world a better place. We wish you continued success in your pursuit of excellence. The best is yet to come.

Love, Mom and Dad



**Sheri Zielinski**

Sheri - Treasure your "yesterdays", live your "todays" to the fullest, and follow your heart to your "tomorrows." We're very proud of you!

Love, Dad, Mom, Brad, And Kristi



**Kristi Johnson**

God blessed us with a wonderful daughter. We wish you all the happiness life has to offer. We couldn't be more proud of you.

Love, Mom and Dad



**Nick Thacker**

We are very proud of you. Hope the future brings you happiness and you are able to keep the music in your heart.

Love, Mom, Dad, Lindsey and Katie



**Andrea O'Brien**

Andrea, You are as sweet today as you were back then. We are so very proud of all your hard work and achievements. Keep being you!

Love, Mom and Dad



**Teresa Joye Havener The Big 'T'**

Teresa, you've always made us feel proud. You've set high goals for yourself and have always succeeded. May your future bring nothing but happiness and success. Congratulations!

Love, Mom, Dad, and Becky



**Jean Thayer**

Jean- You have accomplished so much in your life so far. Honey my prayer is that nothing will happen to change that beautiful smile and your heart for others.

Love, Mom



**Olaf Bakken**

Olaf, we are so proud of you. We hope you have success and happiness in your life.

Love, Mom and Dad



**Angela Hosfield**

Congratulations Angela! We wish you the best in everything you set out to do.

Love Mom, Dad, Michelle, and Jenn



**Alicia Wolff**

Alicia, we are proud of you and have had fun watching you in track, volleyball, and music. Stay happy and healthy, and play hard!

Love, Mom and Dad



**Jennifer Lynn Amys**

Jennifer, I am so proud of you and all your accomplishments. I've really enjoyed watching you grow into a wonderful young lady! I love you with all my heart!

Love Mom and Lucas



**Amy Goss**

Amy - Congrats! Keep smiling all the way to a wonderful future!

Love, Mom, Dad and Brett



**Megan Graff**

I'm so proud of you Peg - Go get um!

Love JJ



**Amy and Allison Haugen**

Our little girls have grown up so quickly into beautiful young women with such promising futures. We're very proud of both of you! Have fun and Drive Carefully!

Mom and Dad



**Eric Rivard**

Eric: You have never let the grass grow under your feet. We've never had a dull moment! Your future is bright! Go for it!

Love Mom and Dad



Kimberly Gustafson

Kimberly, You'll never realize how proud we are of you for your strength in standing up for what you believe. You're the type of daughter that anyone would be proud of.

Love Mom and Dad



Ryan Bishop

Grandpa and Ryan, The best of pals. He would have been so proud of you!



Cassie Robertson

Cassie - We can't believe you are graduating already. It seems like just last year you were in kindergarten, wearing skirts everyday. We are very proud of you and all you have accomplished.

Love you! Mom, Dad and Sara



Gina M. Westlund

Wow! Where has the time gone? You have grown up so fast and accomplished so much. Continue to love life and live it to the fullest. We love you very much and are very proud of you.

Love, Mom and Dad



Ryan C. Bishop

Just as cute now as you were then. Love, God Bless and Congratulations!!

Grandma Hanson



Jeffrey Justesen

Jeff, We're so very proud of you! Ever since we brought you home, you've been a "living doll"!

Love Mom and Dad



Crystal Marie Emmerfoll

We're so proud of you. We knew you could do it. We all love you very much

Love, Dad, Mom, Tom, Tina, Joey and Dan



Noel "Bub" Lovas

Play Ball!

Love, Dad and Mom



Rachel Lee

Rachel: We are so proud of your success. Little did we know our city girl would turn into a country girl.

All our Love-Mom and the Fat Guy



Ryan Bishop

Ryan, Through the years you have brought me so many smiles, laughs, memories and pride. I love you so much!

Mom



Tina Zerwas

Tina, Here is a picture of you, your first year of school. I remember that first day. Now your all grown up. We are very proud of you. We love you and wish you the best for your future, Congratulations!

Love Mom and Dad



Matthew Coy

Matthew - Congratulations! Hard work does pay off. Chase your dreams, they can happen.

Love Mom, Dad, and Caity



Kate Nordlund

Congratulations. You made it and you're still smiling! We love you always.

Dad, Mom and Matt



Jessica Claflin

Jessica: We are very proud of the wonderful woman you've become. Congratulations on your graduation. May all your hopes and dreams come true.

Love mom and Dad



Ryan Bishop

Hey Crash, You made it this far. Best of luck in the future.

Love, Grandma and Grandpa Bishop, your uncles, aunts and cousins

P.S. Watch out for horses!



Nick Krongard

Nick, we are extremely proud of what you have accomplished. You can achieve anything you set your mind to. As you reach for the STARS, remember to savor the little things.

Love, Mom and Dad



Shelley Reiling

Congratulations! We are so proud of you.

Love Mom and Dan



Shannon Fewer

We are so proud of you, Shannon, and know that you will be successful in whatever you persue. Always remember, WE LOVE YOU!

Mom and Dad



Scott D. Kendrick

Scooter, Thanks for many wonderful memories. May you succeed in all your life's dreams. We're so proud of you! Congratulations!

Love Dad, Mom and Jodi



Natalie Carter

Natalie: Well kiddo you've always been a blessing to Dad and I. We are very proud of you. The future is yours so explore.

Love ya, Mom and Dad



Anna Charlotte Niehuse, Rita Bohmer, and Arabella Sophie Gohlke

Our beautiful german girls! You are the greatest foreign thing that has ever happened to Forest Lake. We've had so many fun times on our "German/American Girls Nights." Good luck back in Germany. You are all so special to us and we'll never forget you.

Love, Ameigh, Vanessa and Shalee



Jared Oleson

Congratulations! I never doubted you'd be anything but great. Hang on to your dreams and fly.

Love, Mom



Sarah Meyer

Sarah, We are so proud of the beautiful young woman you have become with your determination we know you'll go far. May all your dreams come true.

Love, Mom and Dad



Katie Beach

Pretty as a picture for 18 years. Good Luck Sweetie!

Love, Mom and Dad



Jennifer Lytle

We are so proud of what you have accomplished now and what you will accomplish in your future. You will always be our "Little Girl."

We love you! Mom and Dad



Melissa Schlag

Melissa, We're so proud of you and your hard work! Follow your dreams! We love you!

Mom, Jeff, Jeremy and Dylan



Dustin Williams

Little did we know at age 1 you changed your clothes often each day. And guess what? You still do. Even when eating chocolate bars, you would take your clothes off so you wouldn't mess them up.

Mom and Dad



Trent Nickelson

"I hope in my next life I come back as a parrot, because I already know quite a few words."

Love ya Braa



Megan Martin

Follow your Dreams!  
We love you!

Mom, Dad, Pat, and Justin



Dan Haselbauer

Wherever you go - whatever you do!  
You'll always be Superman to us!



Mollie McConnell

Mollie, May all your dreams come true.  
You certainly made our dreams come true.  
We are so proud of you.

Love, Mom and Dad



Amelia M. Sjodin

Ameigh - My daughter, my friend you  
have brought so much joy and happiness  
into my life and have never caused me any  
heartache. I'm very thankful to have you.  
I love you with all my heart!

With love and pride, your Mom

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Larry Porter



Terri Porter

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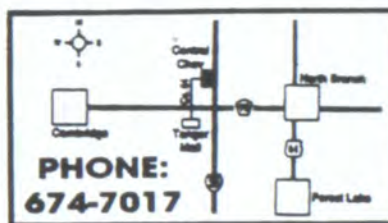
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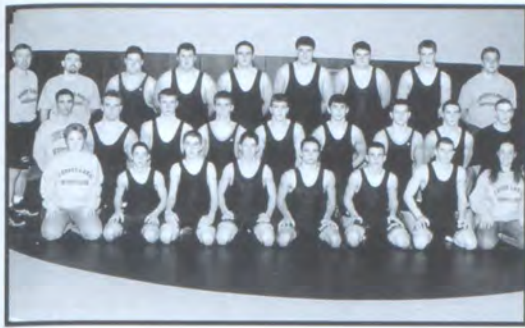
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**Boys J.V. Hockey Row 1:** J. Bialozynski, C. Docken **Row 2:** A. Ramsey, R. Dillen, T. Acciani, B. Sawyer, P. Parzino, **Row 3:** C. Ross, T. Gage, M. Paisley, J. Severson, K. Fredrickson, M. Goetz, J. Bjork, B. Runtsch, K. Mikolajczyk



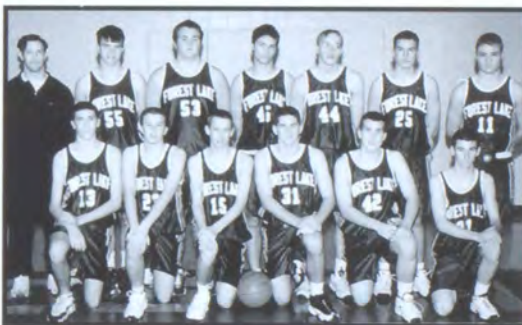
**Sophomore Volleyball Row 1:** J. Falck, D. Anderson, L. Chmeilewski, L. Anderson, N. Pepin, J. Kendrick **Row 2:** A. McCurdy, A. Klosner, M. Trombley, K. Bushman, M. Sobiech, A. Maki, M. Taylor, D. Daninger



**Girls Sophomore Basketball Row 1:** M. Taylor, S. Geston, H. Carufel, J. Beader, D. Anderson **Row 2:** K. Aljets, A. Klosner, R. Charpentier, L. Carter, A. Wintheiser, Coach Fore



**J.V. Volleyball Row 1:** K. Miller, A. Kellerhuis, S. Carey **Row 2:** A. Turry, A. Welch, A. Lewis, T. Kent, A. Forsythe, A. Brooks **Row 3:** L. Hulleman, C. Mochenbacher, C. Sapa, C. Nelson, M. Thompson



**Boys Sophomore Basketball Row 1:** R. Homgren, A. Framke, T. Anderson, M. Bigelow **Row 2:** D. Locker, L. Anderson, A. Christen, N. Frantzen, P. Anderson, S. Sand, C. Goodyear

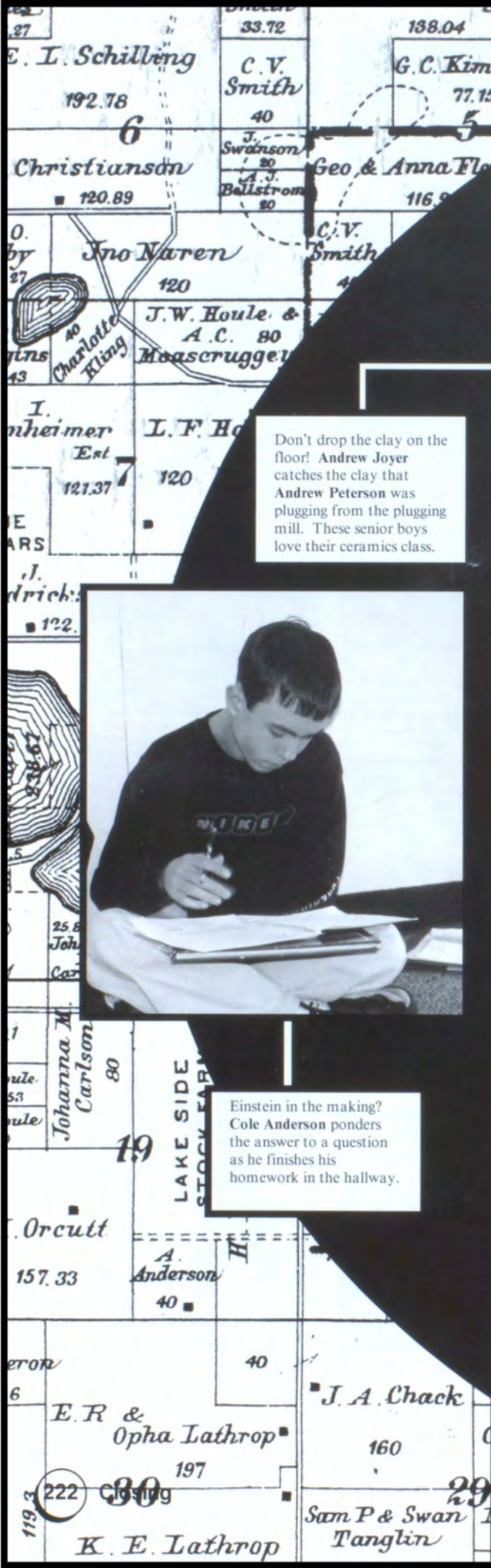


**Girl's J.V. Hockey Row 1:** K. Bakken, A. Gage **Row 2:** A. Woods, S. Morrison, E. Landgraver, J. Bernklau, L. Rydeen, Coach T. Johnson, Coach J. Zastrow, A. Johnson, N. Souter, K. Busch, A. Melbostad, A. Sundberg **Row 3:** C. Emerfoll, L. Haessly



**Sophomore Football Row 1:** M. Stendahl, M. Hanson, C. Blum, D. Gnau, J. Menk, J. Saatoff, D. Taylor, B. Girtz, R. Shelafoe **Row 2:** J. Willems, T. Gage, J. Miller, J. Okeson, J. Plouff, D. Wendt, W. Gochez, J. Waidzulis, B. Crotty, A. Janitschke **Row 3:** T. Anderson, K. Nahl, A. Wintheiser, J. Peterson, Coach Matzdorf, Coach Wilson, Coach Harris, A. Framke, M. Wright, L. Trombley, C. Goodyear **Row 4:** M. Olson, B. Engel, C. Muske, J. Johnson, I. Ostby, N. Peterson, D. McAllister, A. Behling **Row 5:** T. Stich, B. Ross, D. Aschenbrener, L. Overson, L. Anderson, P. Anderson, M. Moreland, B. Brodeur, K. Brooks, B. Nalewaja





Don't drop the clay on the floor! Andrew Joyer catches the clay that Andrew Peterson was plugging from the plugging mill. These senior boys love their ceramics class.



Einstein in the making? Cole Anderson ponders the answer to a question as he finishes his homework in the hallway.



# A Journey Remembered



As the school year came to a conclusion, most people were left to reminisce on the events that made this year unforgettable. With the construction changes made to the school, the students were quick to transform with them. They showed that this year's class was more intelligent, more pleasant, and more spirited than those of the past. They were not afraid to demonstrate their pride in their school.

The student body displayed their spirit by engaging in various athletic and academic groups. Participants and fans alike were not afraid of competition and never gave up on the obstacles they faced during their season. Each student found something important for themselves this year. Whether it was scoring the winning point for the team or our grade point average, most people seemed to find their niche and they became one step closer to reaching their destination.

Stitching and smiling, junior **Jillian Pless** creates the next trend in creative sewing class. Possibly the first woman Armani!

Lunch is a great time to catch up on the latest news. These sophomores take a break in the middle of their hectic day. The girls show their joy in discussing the latest gossip.

As the journey known as high school concludes, the seniors found one expedition ending and another one about to begin. The juniors saw that their dreams of being the seasoned veterans would soon be coming true, and the sophomores were just relieved to no longer be the youngest of the school. Whatever our position is on the totem pole, we all must confront the fact that whatever we do or wherever we go our *Destination is Unknown.*

-Andrea O'Brien



# Colophon

With a total of 1,500 books sold; the Forester Yearbook Staff knew they were off to a fantastic start. "Hardwork and detecation were the leading aspects that helped the staff meet four deadlines." commented **Angela Hosfeild**. **Maria Kaiser** advised the staff for her fourth year. **Gretchen Gieseke** assisted in advising for her second year. For the 63rd edition of the Forester staff was enlarged; 17 people were added, with only six returning staff members. There were 13 seniors, four juniors, and six Sophomores.

Each of the four deadlines consisted of approximately 55 pages. There was also a spring supplement which was 24 pages. All together with the supplement and the 4 page tip-in, the book had a total of 252 pages.

The book was a quarter bound with Red061 mylar and oatmeal with a mission grain. Applications to the cover include embossement, gold metalique text and Tan 88, with an applied compass. End pages are Rainbow Tan Parchment with applied colors; Marroon 34 and Brown 41. Pages were printed on 80lb. enamel with 52 pages in 4 color. Type fonts include: Headline 48pt Black Chancery, Body 10pt Times, Rina 10pt, and Captions 8pt Times.

Local businesses helped and supported by purchasing ads to place in the book. Another fundraiser the staff held was Ads for Grads. The book was overseen by Curtis Wright at Taylor Publishing in their Dallas, Texas plant. **Anne Mueller** was the Forester's sales representative. A special thanks goes out to all that helped out with the book.

**Kimberly Gustafson**

Advisor Maria Kaiser  
Assistant Advisor Gretchen Gieseke

## Staff

Katie Alsdurf (1)  
Kyle Boerem (1)  
Kyle Brooks (1)  
Natalie Carter (1)  
Tara Davis (1)  
Emily Fellows (1)  
Brianna Fogerty (1)  
Kimberly Gustafson (2)  
Kelsey Hanson (2)  
Daniel Haselbauer (1)  
Ingrid Helgeson (1)  
Angela Hosfield (1)  
Krystle Klien (1)  
Angela Klosner (1)  
Theresa Kopka (1)  
Nicolette Larson (2)  
Katherine Lightfoot (1)  
Melissa Lindquist (1)  
Michael Moreland (1)  
Andrea O'Brien (1)  
Lisa Ostlund (2)  
Jackelyn Raeker (1)  
Amanda Rydell (2)  
Chelsey Zeleschnak (2.5)

► Row 1: A. Rydell, K. Hanson Row 2: A. Klosner Row 3: D. Haselbauer, T. Kopka, K. Gustafson, I. Helgeson, M. Lindquist, L. Ostlund, P. Vandevier Row 4: K. Alsdurf, A. O'Brien, K. Boerem, K. Brooks, J. Altermatt, M. Moreland, T. Davis, B. Fogerty

*"A lot of time and effort is necessary, there is more to this job then anyone could imagine."  
-Chelsey Zeleschnak*





# yearzine

## THE YEAR 2001

This is the "Age of Connectivity" and you're in it.

You are everywhere, thanks to the Internet.

E-mail a friend in Banglor,

shop for cool shoes at some

European e-tailer, or even

watch a web-cast concert from overseas, and all from your desktop.

TELEVISION

MUSIC

NEWS TRENDS

YOU ARE HERE

The world's getting smaller.  
Might even feel crowded at times.  
Chill. Look for signs along the road to help you find

your way in this brave new world...  
and enjoy the ride.

**Taylor**

[www.taylorpub.com](http://www.taylorpub.com)

## What a golden year for sports.

Michael Johnson won two gold medals in the 400 meter and 4 x 400 meter relay in the Sydney Olympics.

(Must have been the shoes.)

Multiple medals also went to Maurice Green and to Marion Jones, who took home three gold and two bronze.

She's the first woman to win five medals in one Olympics.

Tiger Woods did it again.  
And again.  
And again.

As the PGA Tour Player of the year, he placed first in tournament after tournament, including the U.S. Open, the British Open and the PGA Championship.

Under a Shaq attack.

Shaquille O'Neal, with Kobe Bryant, shot the Lakers to victory against the Indiana Pacers in the NBA finals.

The golden girls of soccer settled for silver in Sydney.

# ONE GAME SET MATCH

Lance rules. Armstrong

conquered the Alps and silenced cynics, winning his second consecutive Tour de France.

His comeback from cancer makes him a double role model, to athletes and cancer patients alike.

The "Subway Series" made baseball big news.

For the first time in 44 years the New York Yankees and the New York Mets went head to head at the World Series.

New York came out on top. (As in Yankees.)

The Williams sisters continued to take the tennis world by storm. Rivals on opposite sides of the net, they're unstoppable as partners.

Venus topped a stellar year with wins at Wimbledon and the U.S. Open.

She took the gold at the Sydney Olympics in singles, and paired with Serena to take the gold in doubles as well.

It wasn't in the stars. The New Jersey Devils took the Stanley Cup back from the Dallas Stars after their nail-biting double overtime victory in game six.

D-FENSE!

The Baltimore Ravens extraordinary defense gave them the edge and a 34-7 win over the New York Giants in Super Bowl XXXV.

What goes around comes around.

Look behind the technology hype and you're sure to find recycled trends. Oh, the irony.

It's the 70s all over again. Large tinted lenses make for look-at-me sunglasses and disco-era hairstyles return with "wings" and feathered bangs reminiscent of Farrah Fawcett's famous locks.

A new twist is the bright burst of hair color, maybe a leftover from the punk and glam rock resurgence last year.

# REFRESH

A rhinestone belt holds up your denims? Glittery studs on your faded jeans?

Totally.

England's Prince William took a "gap year"

before college, following his mother's example of service and humanitarianism.

His volunteer and environmental work in Chile shows that the man who will be king is a true prince of hearts.

For the guys, the mop top is back with the "shag" hairstyle. The bed-head hairstyles of Ricky Martin and Kevin of the Backstreet Boys is typical of the macho look many stars like.

## Leather whatever.

Leather is everywhere. Leather pants. Leather boots.

Everything else sparkles and shines.

We heard lots of wedding bells.

Two Backstreet Boys got hitched, Madonna married her Guy. Catherine Zeta-Jones wed Michael Douglas, and Jennifer and Brad tied the knot.



Caution. Heavy traffic ahead.

As in new millennium traffic. It seems like the more info there is, the harder it is to be informed. Technology promises a bright new age but it's still hard to communicate.

Some things never change.

The Pope journeyed to the Holy Land and prayed for peace, while conflicts between Israelis and Palestinians raged.

Allegedly linked to the unrest, the USS Cole was bombed off the coast of Yemen.

This year we remember with honors entertainer Steve Allen, actors Walter Matthau, Jason Robards, and Alec Guinness.

# SO WHERE ARE WE?



# WHAT'S NEW?

**Crash.** Technology and music went head to head, as 19-year-old Napster co-founder Shawn Fanning battled the music industry over copyright usage of downloaded music.

Firestone tires exploded on highways across the nation forcing one of the largest recalls in history.

Hillary Clinton stepped out of the White House and into the U.S. Senate, a first.

And the nation waited 36 days for the drama of the 43rd presidential election to unfold.

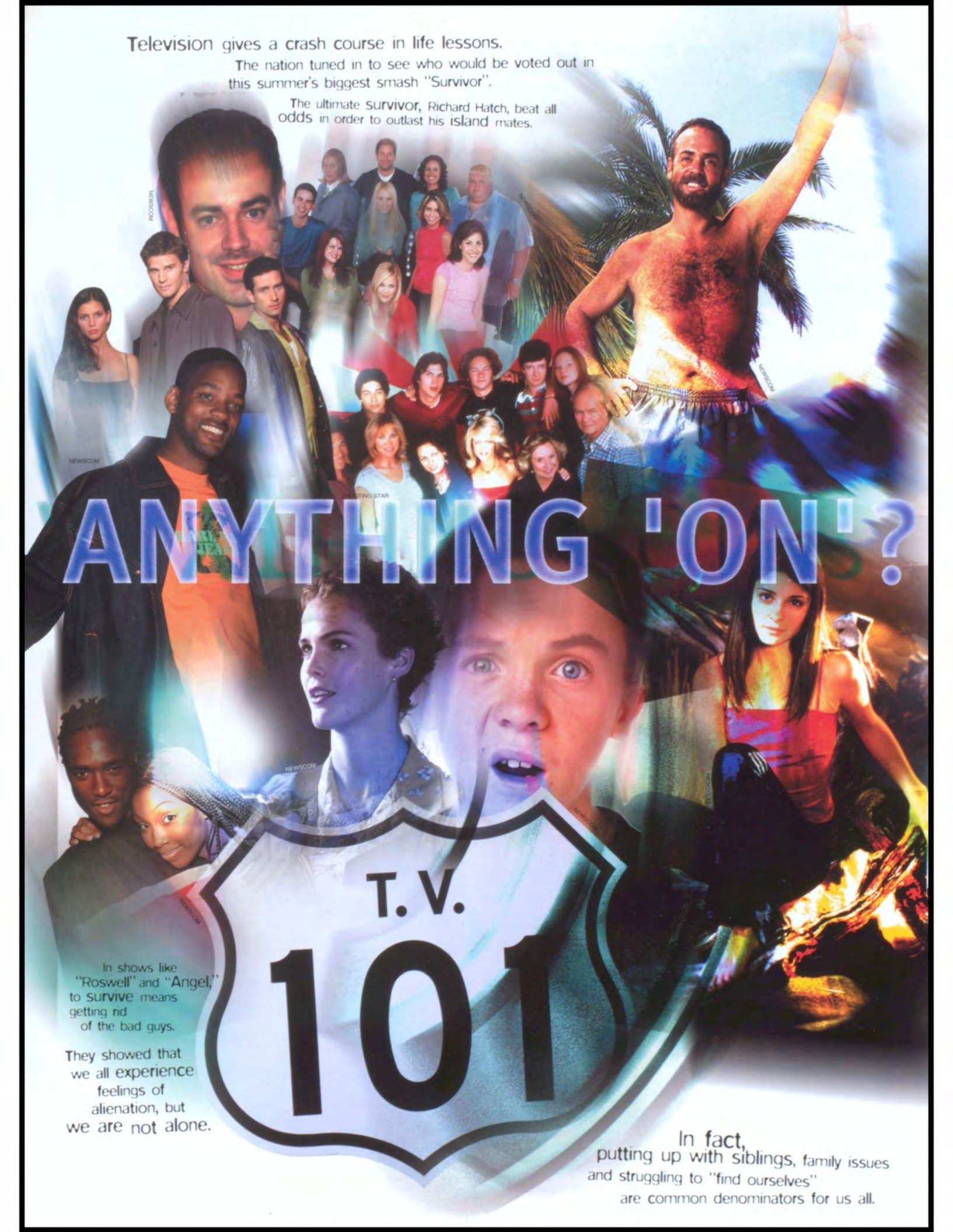
**Another first.** After court battles and recounts,

Florida's 25 electoral votes were finally awarded to Texas governor George W. Bush in the closest presidential race in history. In another dramatic sequence of events, tensions between U.S. and Cuba rose over the custody battle of 6-year-old Elian Gonzalez who was finally reunited with his father and sent back to Cuba amid anti-Castro protests.

Television gives a crash course in life lessons.

The nation tuned in to see who would be voted out in this summer's biggest smash "Survivor".

The ultimate survivor, Richard Hatch, beat all odds in order to outlast his island mates.



# ANYTHING 'ON'?

In shows like "Roswell" and "Angel," to survive means getting rid of the bad guys.

They showed that we all experience feelings of alienation, but we are not alone.

In fact, putting up with siblings, family issues and struggling to "find ourselves" are common denominators for us all.

## Inventions topped inventions.

This year, we saw cable lines not only enhance television but surfing speed and e-commerce as well.

### Electronic organizers rock.

From the palm of your hand you can check e-mail, invest in futures or buy a present for Mom.

### Oh yeah, and get organized.

The newest digital cameras have greater picture quality as well as roomier disk space,

while the next generation MP3s are smaller, faster, more portable, and provide better-than-ever sound quality.

Toyota was among the future-thinking car companies to introduce hybrid cars.

Half -electric and half gasoline-powered, these new wheels will eventually be as easy on the pocketbook as they are on the planet.

Playstation 2 and the latest Nintendo made the virtual world more entertaining.

# SHOCKING!



## Performers

like Hoku and Jakob Dylan of the Wallflowers emerged from the shadows of their famous parents.

## Blink-182

lets their California style influence their wardrobe and music, which led them to an MTV music award for "All the Small Things."

## Globalization

has had a profound effect on the style-music industry.

Latin's back with a bang with the return of Carlos Santana and the rise of Enrique Inglesias along with

Christina Aguilera's release of a Latin-style CD this year.

And we saw Ricky Martin going global with a tour reaching as far as Austral-Asia.

On the local scene, many underground performers have been rocketed into the mainstream,

as was Moby, the one-time New York DJ, with the immensely popular "Play," image is everything.

# LIVE BABY LIVE!

Madonna came alive (what else is new) with her new "Music," reinvigorating her original dance-music roots.

Unbelievably, this mother of two has topped the charts for some three decades now.

## Her concert,

performed in a London pub, was one of the most-watched events on the Internet to date.

And with MTV, VH1, Napster, and others, the faces of today's performers are seen live everywhere.

For pop princesses like Britney Spears, Christina Aguilera and Aaliyah, as well as the ubiquitous boy bands, image is as big as (maybe bigger than) their music.

For performers like the Backstreet Boys, LFO, 98° and especially \*NSYNC, style is the substance of pop.

Check out their live shows.

72<sup>nd</sup> Annual

Academy Awards.

Best Picture: "American Beauty"

Best Actor:

Kevin Spacey, "American Beauty"

Best Actress:

Hilary Swank, "Boys Don't Cry"

Best Supporting Actor:

Michael Caine, "The Cider House Rules"

Best Supporting Actress:

Angelina Jolie, "Girl, Interrupted"

SHOOTING STAR

Legendary actor Robert Redford stepped behind the camera to direct the mystical golf movie "The Legend of Bagger Vance."

Will Smith

plays Vance, the wise caddie who guides golfer Matt Damon through more than just the perfect golf game.

# REEL LIFE

Rack up another hit for Jim Carey.

Irresistible even when he's covered in green from head to foot.

The Whos in Whoville are a must-see in Dr. Suess's "How the Grinch Stole Christmas."

There was something for everybody on the big screen this year. claymation genius brought the chickens of Tweedy's farm hilariously to life as they worked up a plan to fly the coop in "Chicken Run."

"Shanghai Noon," with Owen Wilson and Jackie Chan heading out West to rescue Princess Pei-Pei, played by Lucy Liu.

And Buzz Lightyear came to the rescue, and beyond, leading the troops on a mission to bring Woody back in "Toy Story 2."

"Pay It Forward" proved it's possible to change the world and it doesn't have to be a big thing.

Kevin Spacey, Helen Hunt and wonderkid Haley Joel Osment

inspired us all to do a favor or two or three and make this world a better place.

X-termination avoided, thanks to the X-Men.

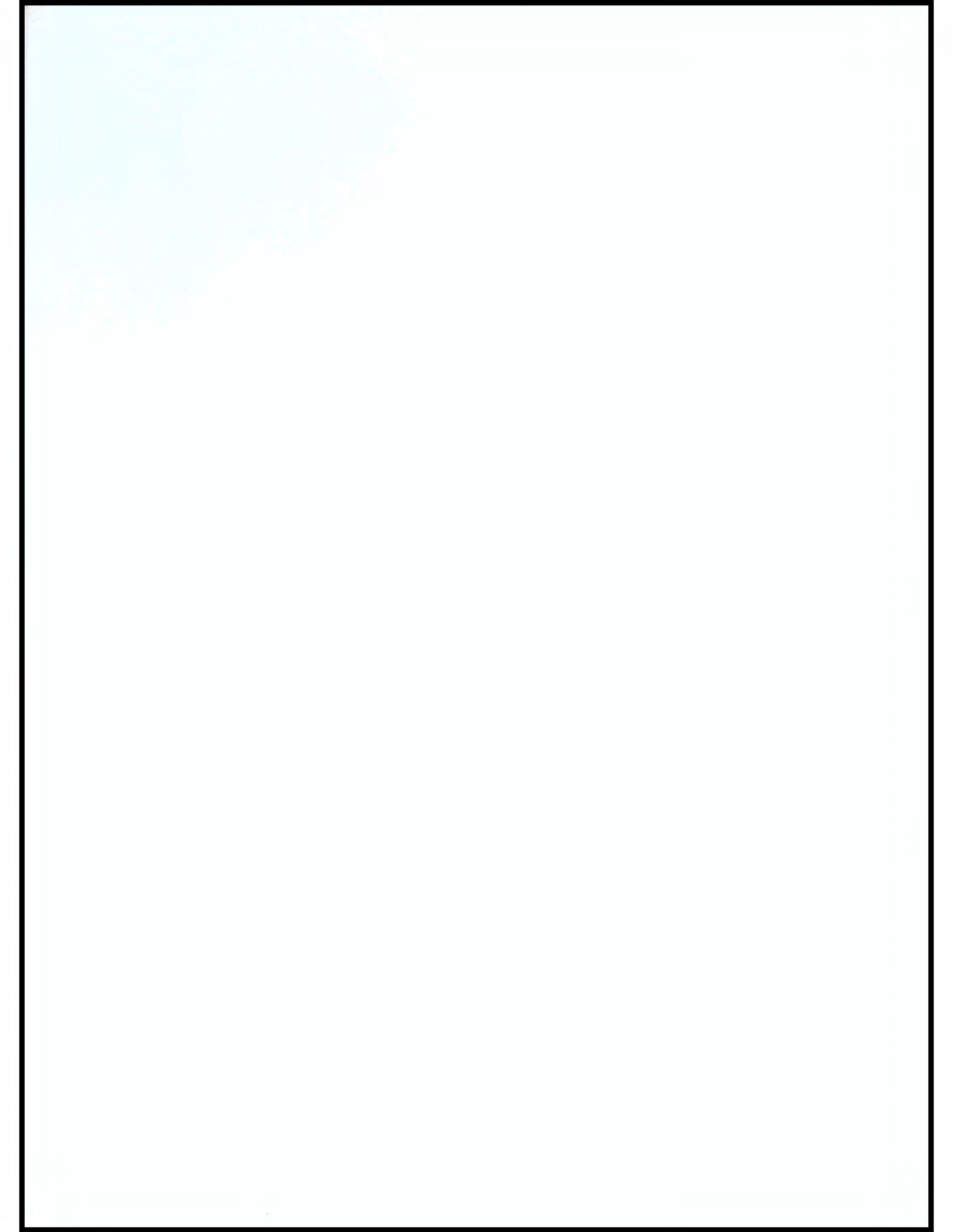
Enlightened Professor Xavier provides a safe haven for the world's newest and most persecuted minority, a group of mutant, genetically-gifted human beings called the X-Men. Their struggle against hostile Government agencies and mutant supremacist Magneto made "X-Men" one of this summer's biggest smash hits.

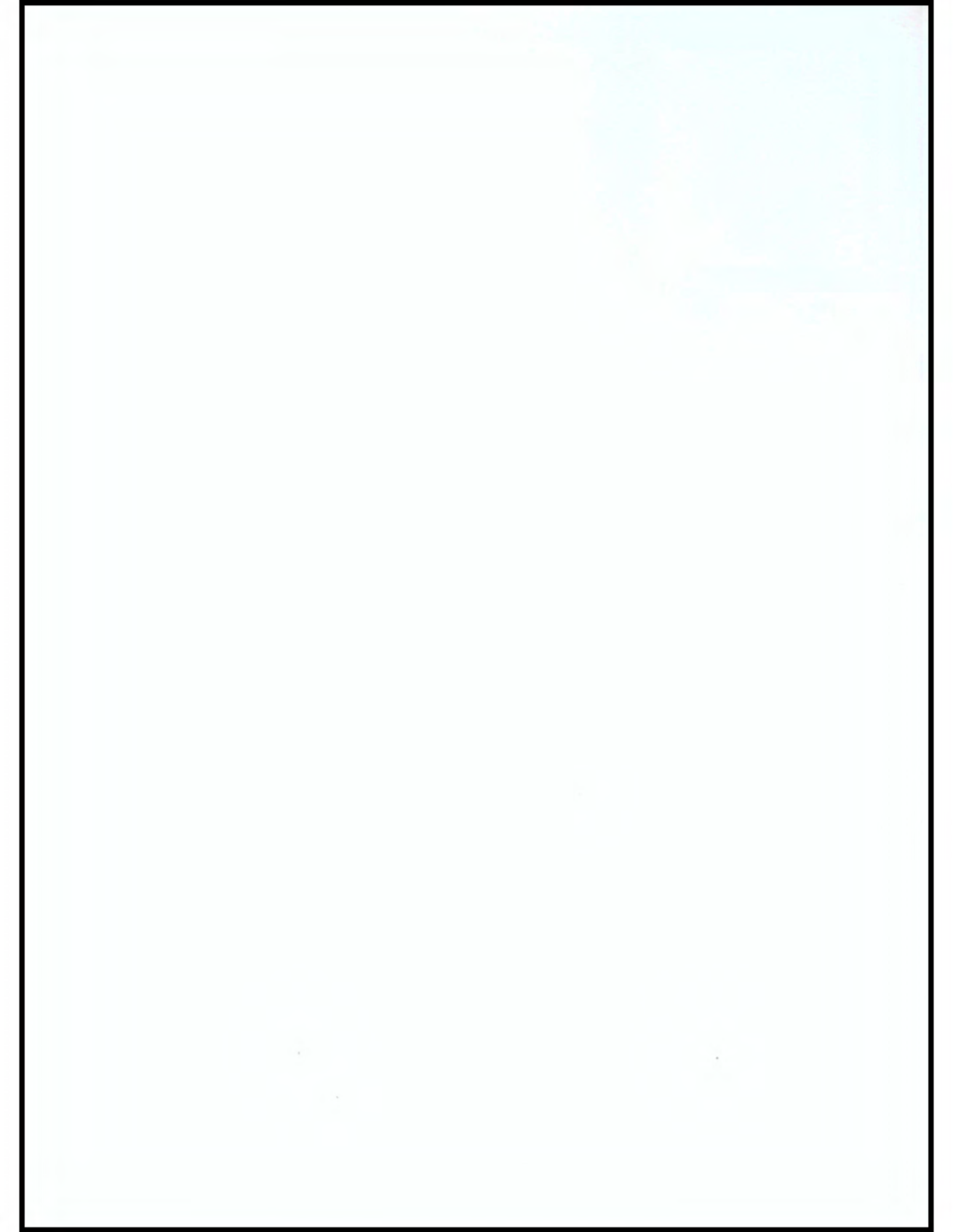


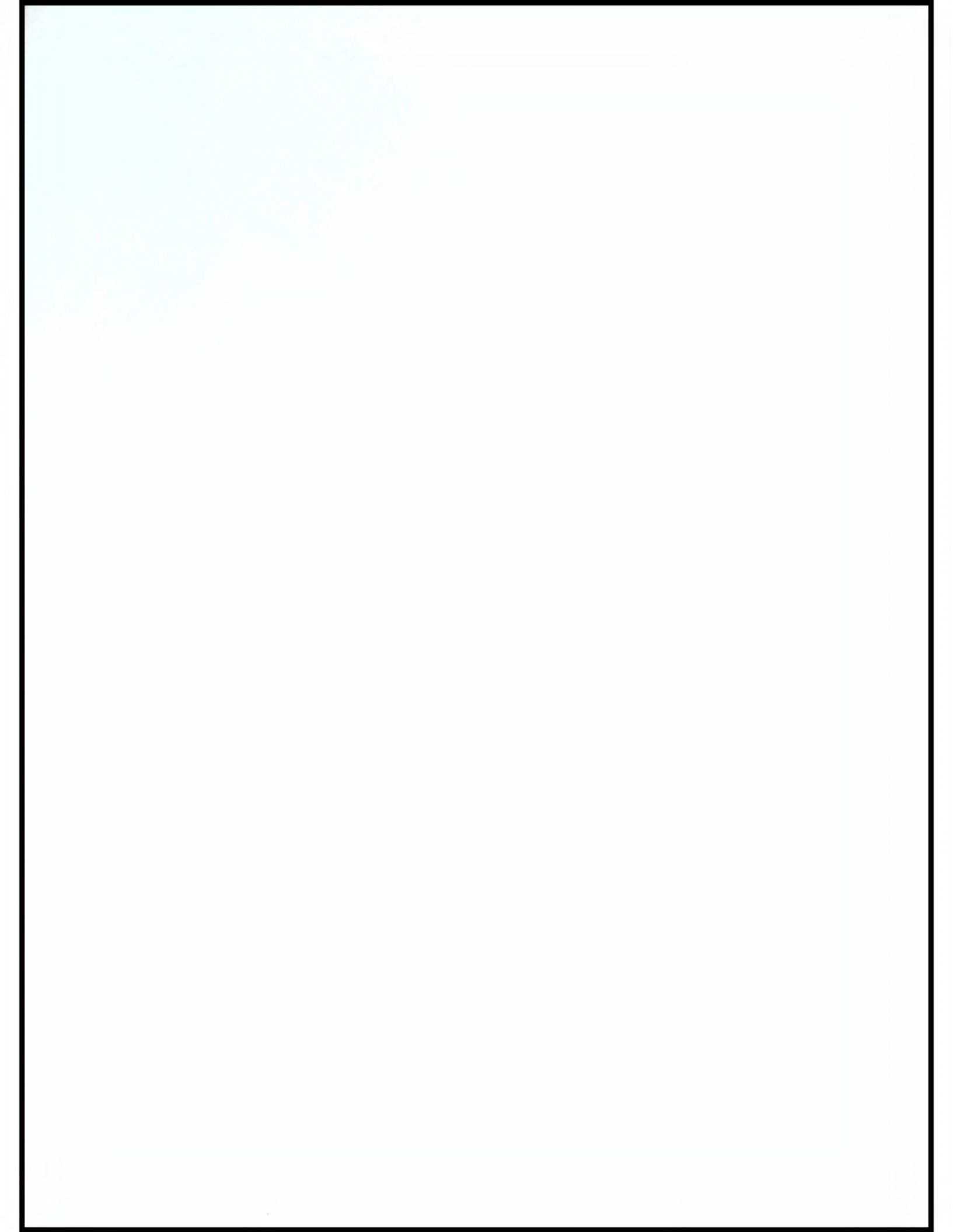


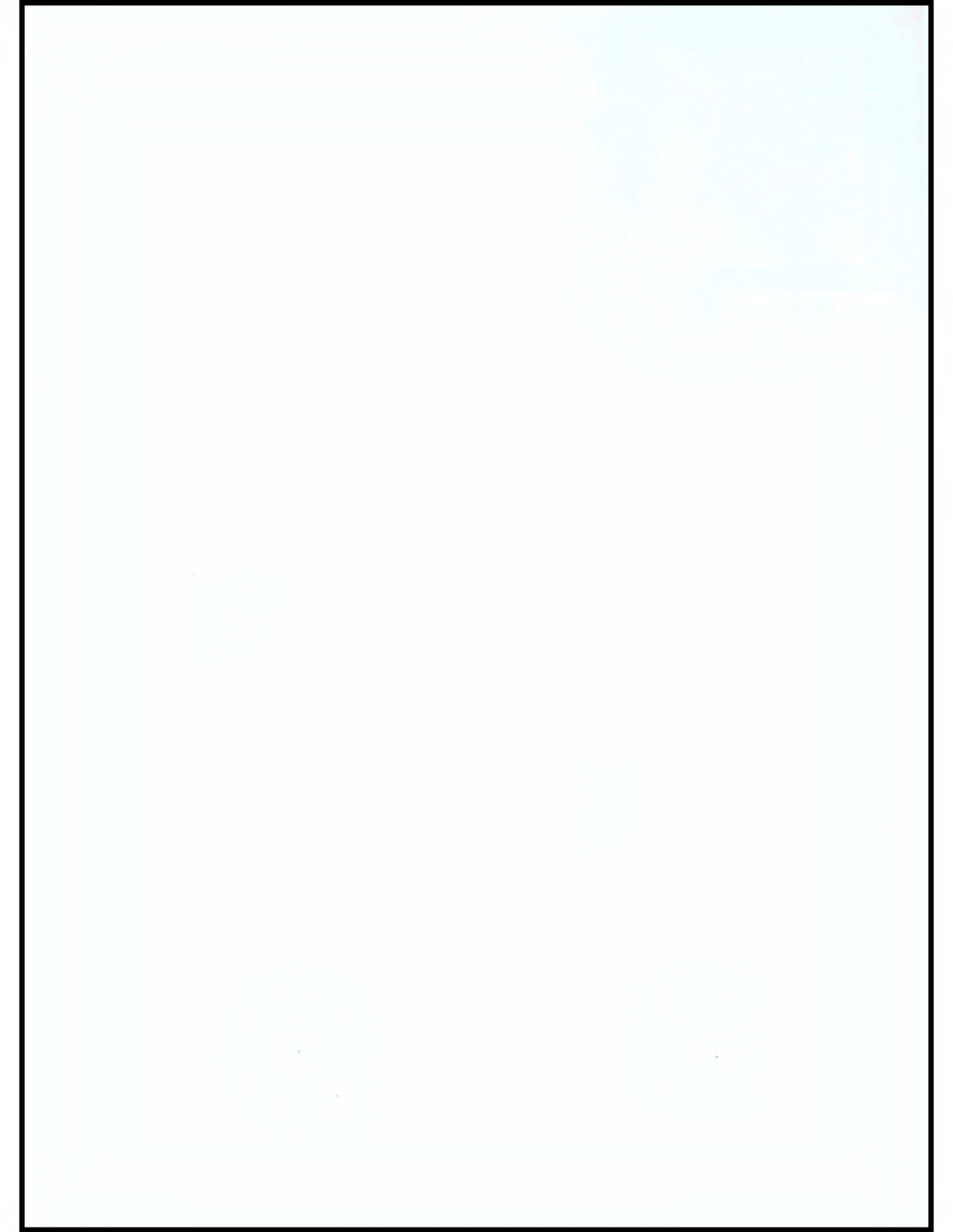
# AUTOGRAPHS

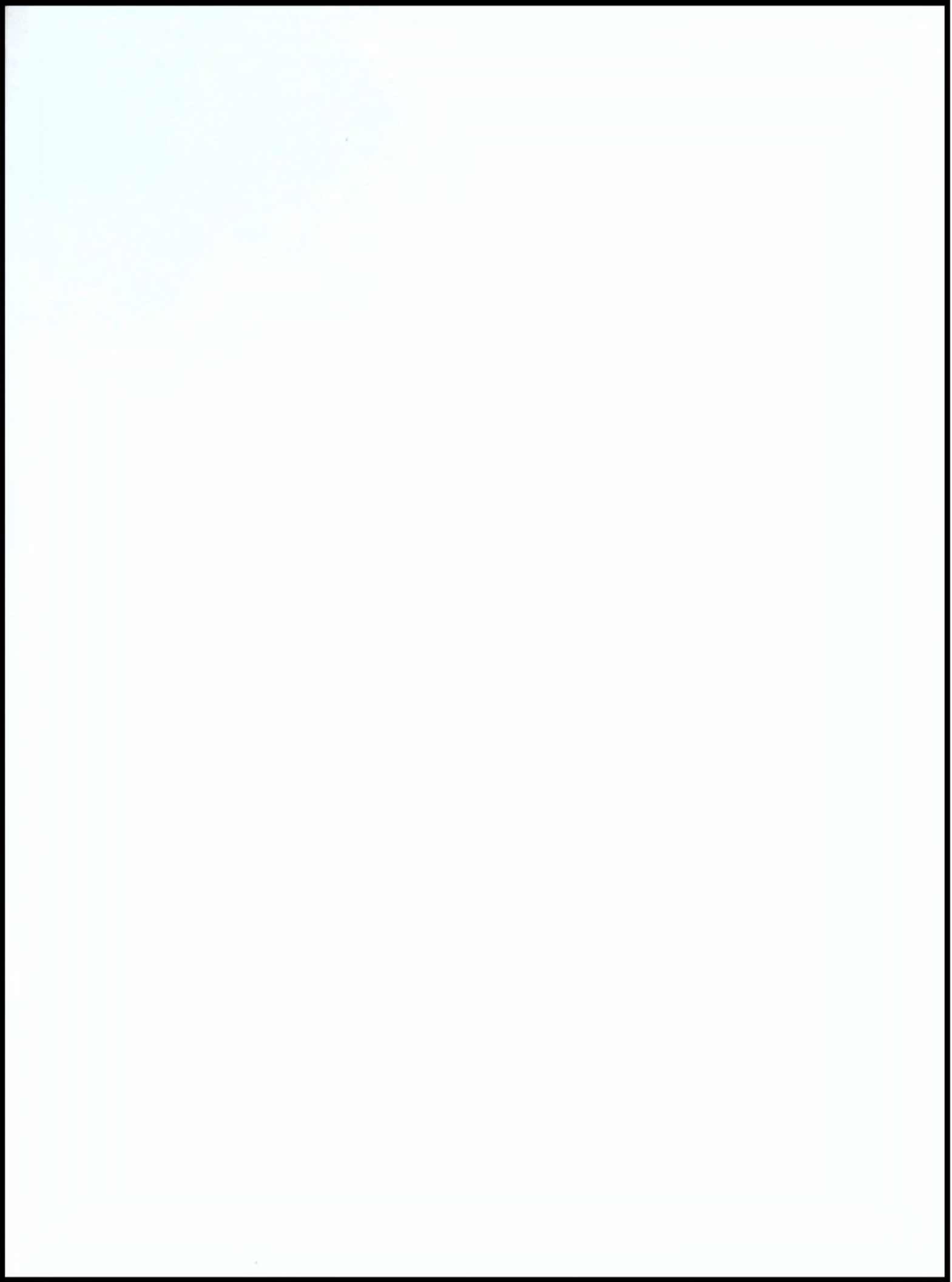




















NORTH SEA

GREENLAND

ALASKA

NORTH AMERICA

ICELAND

BAFFIN BAY

HUDSON BAY

CANADA

UNITED STATES

NORTH

ATLANTIC

OCEAN

PHILIPPINE ISLANDS

PACIFIC

OCEAN

EQUATOR

VENEZUELA

COLUMBIA

SOUTH AMERICA

BRAZIL

SOUTH





GREENLAND  
SEA

BARENTS  
SEA

KARA  
SEA

UNITED  
KINGDOM

RUSSIA

E U R O P E

A S I A

MONGOLIA

TURKESTAN

CHINA

A F R I C A

INDIA

SOUTH  
CHINA  
SEA

I N D I A N

O C E A N

J T H

