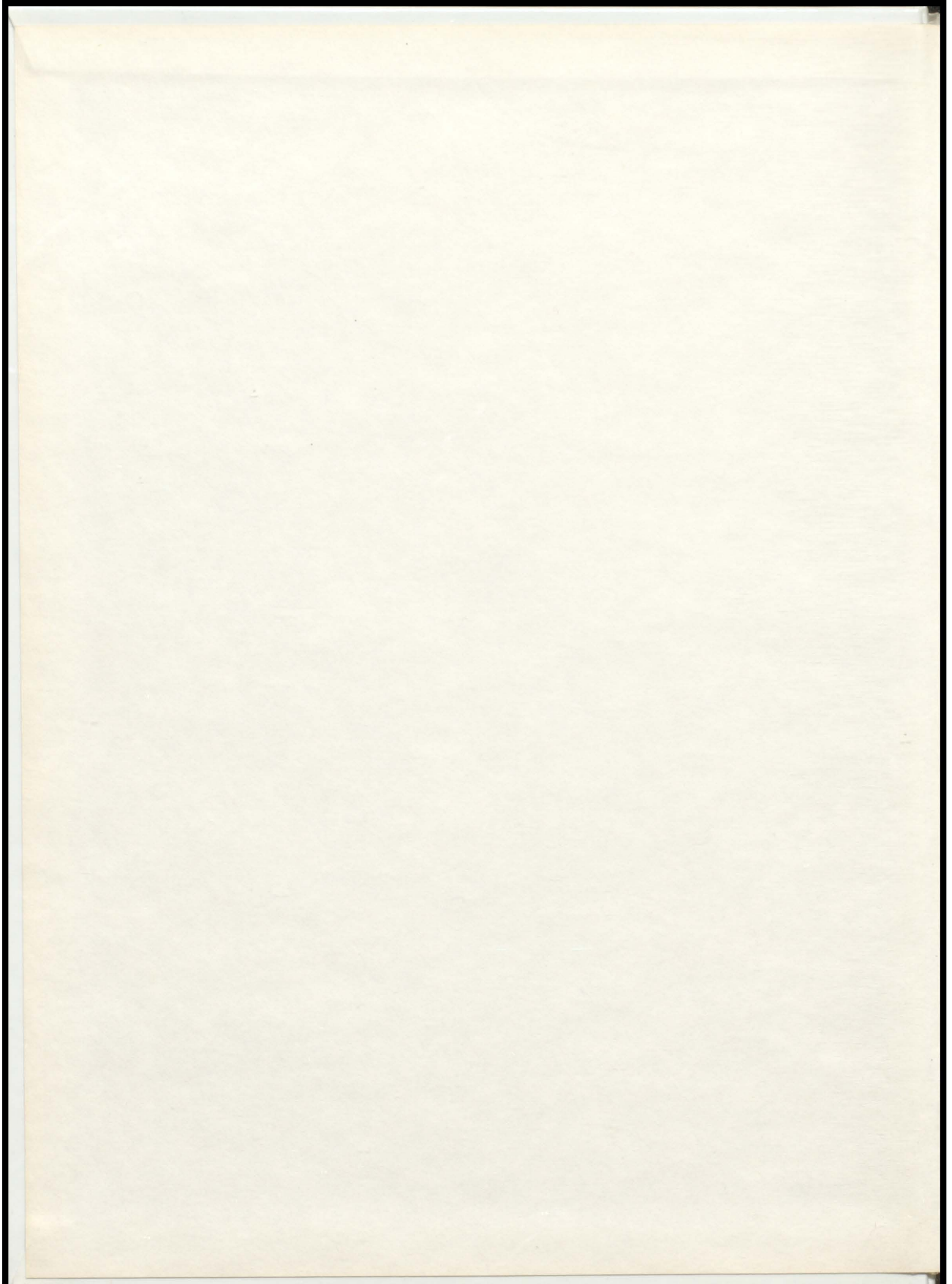
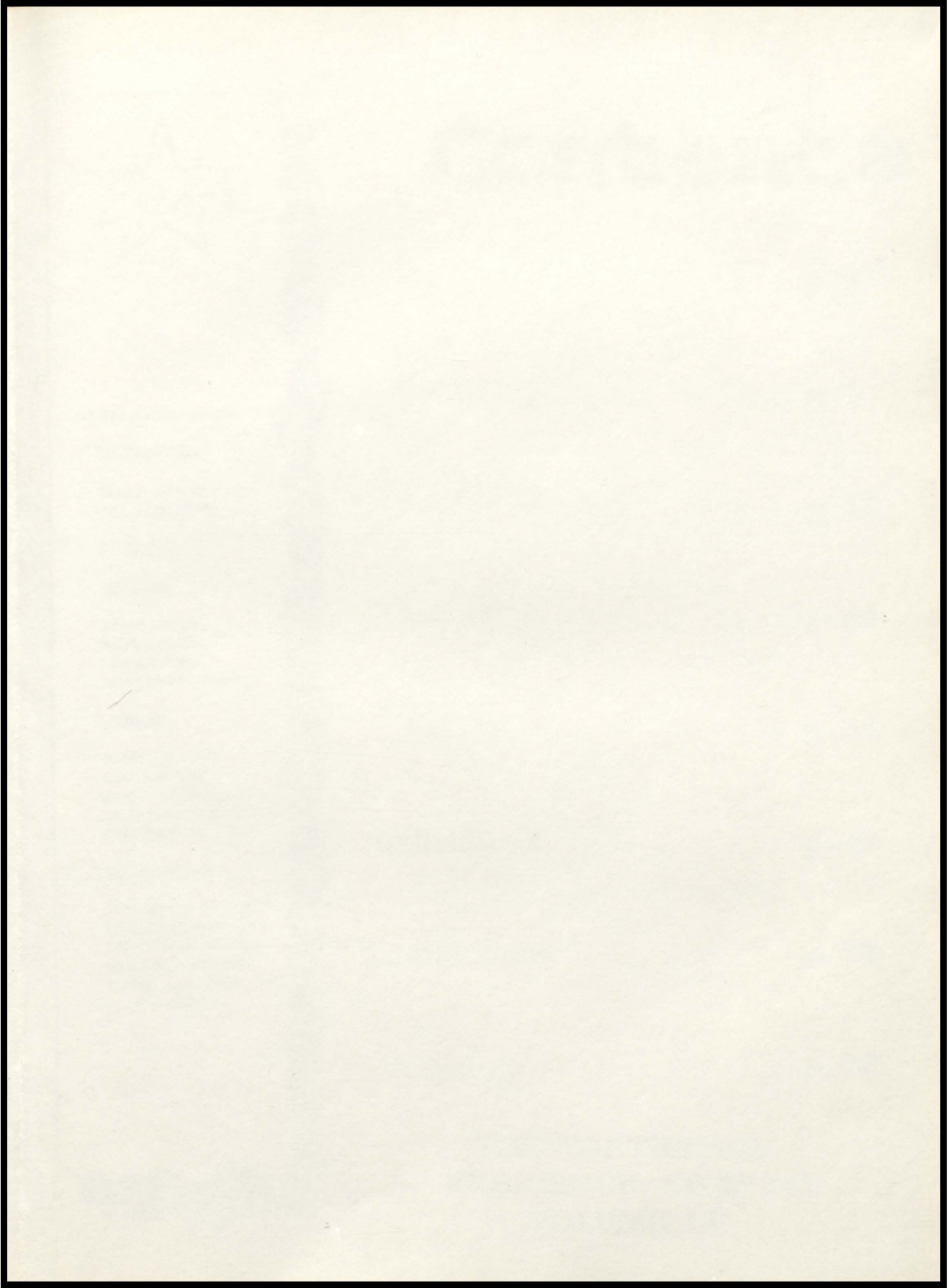
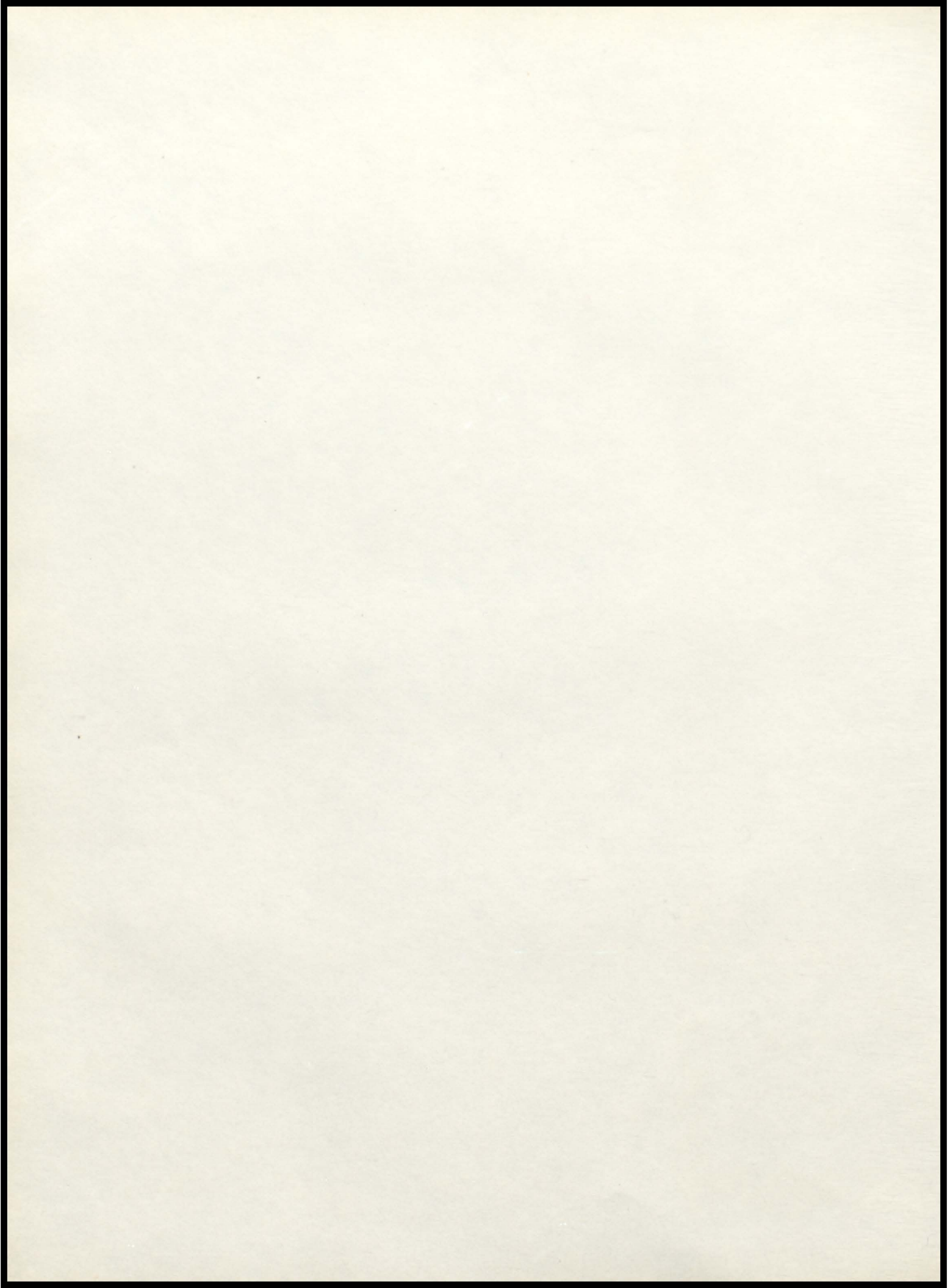




PUTTING
THE
PIECES
TOGETHER









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CO EDITORS

ELLEN GROOP
JILL SCHLEDER

STAFF

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NATE DEUTER
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HEATHER RYSTROM

JUNIORS


DANIEL PODOLL
CHRIS MAUNU
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THE NORTHSTAR
FREDERICK, SD 57441
VOLUME 44



HAPPY ARE THOSE
WHO DREAM
DREAMS



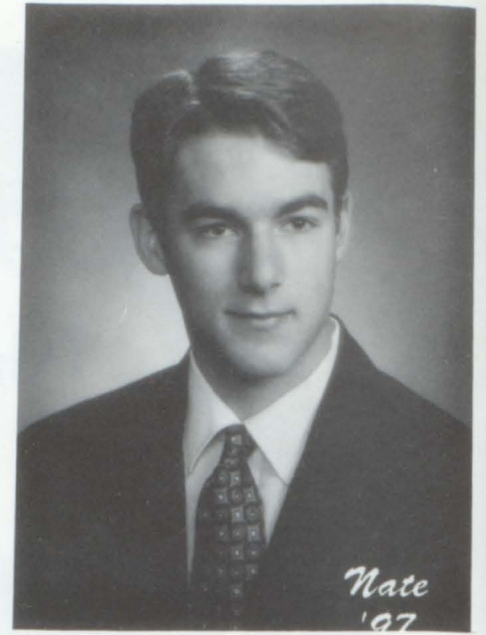
AND ARE READY
TO PAY THE PRICE
TO MAKE THEM
COME TRUE.



07

SENIORS

SENIORS



A.J. Clifford

Nate Deuter

Class of 1997

Elisha Jung

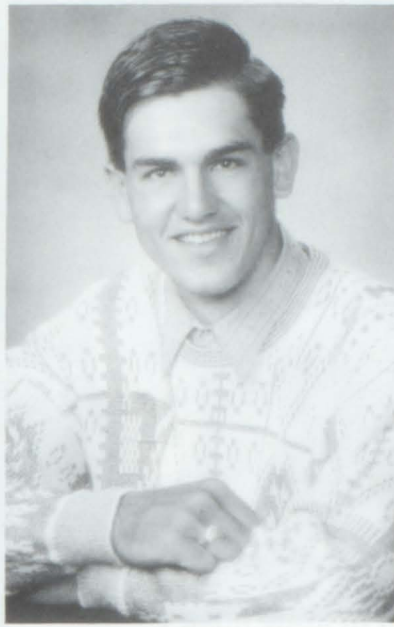
Daniel Napton

Christina Olson





Ellen Groop



Ryan Inches



Class Flower: Rose
Class Colors: Red, Black, and Silver
Graduation: May 18, 1997

Class President: Nate Deuter
Vice President: Jim Sumption
Secretary/Treasurer: Jesse Riggs

Jesse Riggs

Heather Rystrom

Jill Schleder





Jim Sumption



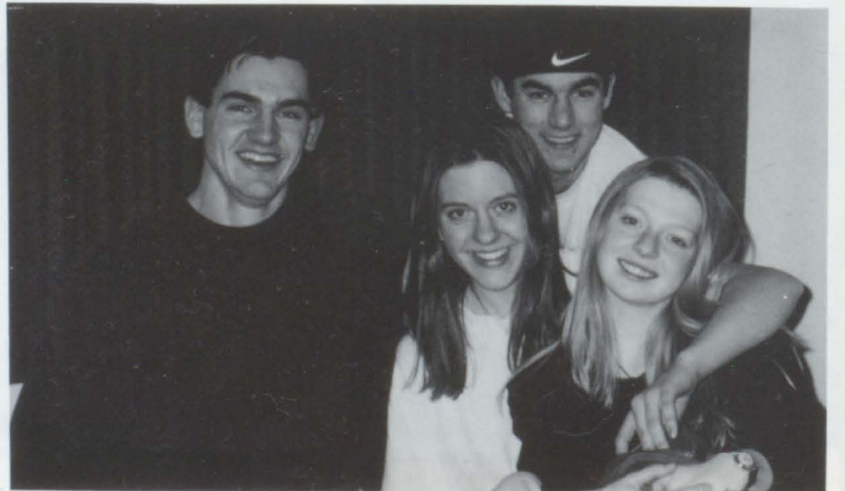
Jared Torrence



Brad Wollman



*The
Senior Year
in
Review*



Oops . . . Did I Do That?

Daniel Maunu, David Maunu and Dan Napton would pick on Ellen's little car-The Bug.

Indie sneezed in class but didn't have a kleenex so she wiped it on the desk and moved to another seat.

Heather drank a "big" 6-pack of "pop."--it was a 12-pack.

In seventh grade Jared and Ed went and wired all of the eighth graders' desks together in the band room. For a punishment they had to write the handbook and eat with the teachers everyday.

Elisha went in the ditch in the same spot two days in a row.

In the 6th grade when Dan and Jim were playing football he jumped up to catch a pass and split his pants in half. He had to wear Dan's coat for the rest of the day. He was so embarrassed.

Heather drove by the practice field with a 12-pack of Coke on top of her car.

**A. J. told
Jill and Ellen
that they
were 300%
ssstuuupiid.**

Nate knocked his teeth out while trying to butt heads in football

Brad spelt his name wrong on his science fair project.

Mrs. Maunu's Junior studyhall with A.J. and the Mr. Penman.

Jill asked if she had to take her shoes off to eat Chinese.

Brad threw a snowball 20 yards and hit Elisha right in the butt. A.J. said "Rock On!"

We took the remote control from Mr. Lee and when he pushed play we would push stop--he was confused, and yelled at the class but before he could figure it out we hid the remote under his book. He never did figure it out.

When Mr. Kurtz was running in football practice and fell right in the mud.

In sixth grade Mrs. Ellefson was reading us a book and she got a phone call, so we hurried and put a rubber snake under the book and when she came back and picked up the book she "flipped out."

Can you

Left: Our kindergarten program, which included musical sticks, stories, a maypole, and Tiny Tim the turtle. Pictured are Jim Sumption, Ellen Groop, Jill Schleder, Heather Rystrom, Dan Napton, Jared Torrence, and Elisha Jung.



Right: Fire Prevention first grade program. Daniel Napton, David Maunu, Jason Goebel, Elisha Jung, Jesse Riggs, Jim Sumption, Ellen Groop, and AJ Clifford.



Right: The Little Miss Snow Queens during first grade. The princesses include, Lori Peldo, Elisha Jung, Jill Schleder, and Ellen Groop.



Remember?



Above: The Kindergarten Class's Thanksgiving celebration. Pictured here are Jason Goebel, Jesse Riggs, Ellen Groop, Daniel Napton, Jim Sumption, Elisha Jung, David Maunu, Jill Schleder, Heather Rystrom, and Jared Torrence.



Above: The Boys Basketball team from 6th Grade. Players include Nathan Bakeberg, A.J. Clifford, David Maunu, Dan Napton, Jim Sumption, Brad Wollman, Chris Maunu, Nate Deuter, Jared Torrence, Jason Goebel, Spud Podoll, Brian Jensen, Jesse Riggs, Warren Sumption, and Daniel Maunu.

There were eight of us Seniors that started out our school careers together in that small classroom with Mrs. Heis in Barnard, they include: Jesse Riggs, Jim Sumption, Jill Schleder, Heather Rystrom, Elisha Jung, Ellen Groop, Jared Torrence, Dan Napton. Along the way a few other students joined our class and made it what it is today.

A.J. Clifford joined us in first grade, Christina Olson joined our ranks in second grade, Nate Deuter came to us in third grade, Brad Wollman was included in fourth grade, and Ryan Inches came in our freshmen year.

Together we have made it through many of the trials and tribulations of growing up. Together we have lost our sanity and found it again. Through our tears of laughter and pain we have continued to be friends and found ways to reach out to each other.

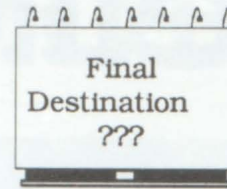
Each of us will be going off into different directions as our lives continue to run their courses. We will always have our memories of the years we spent here, learning and growing. Good luck to all and may each achieve their goals and never forget their dreams.



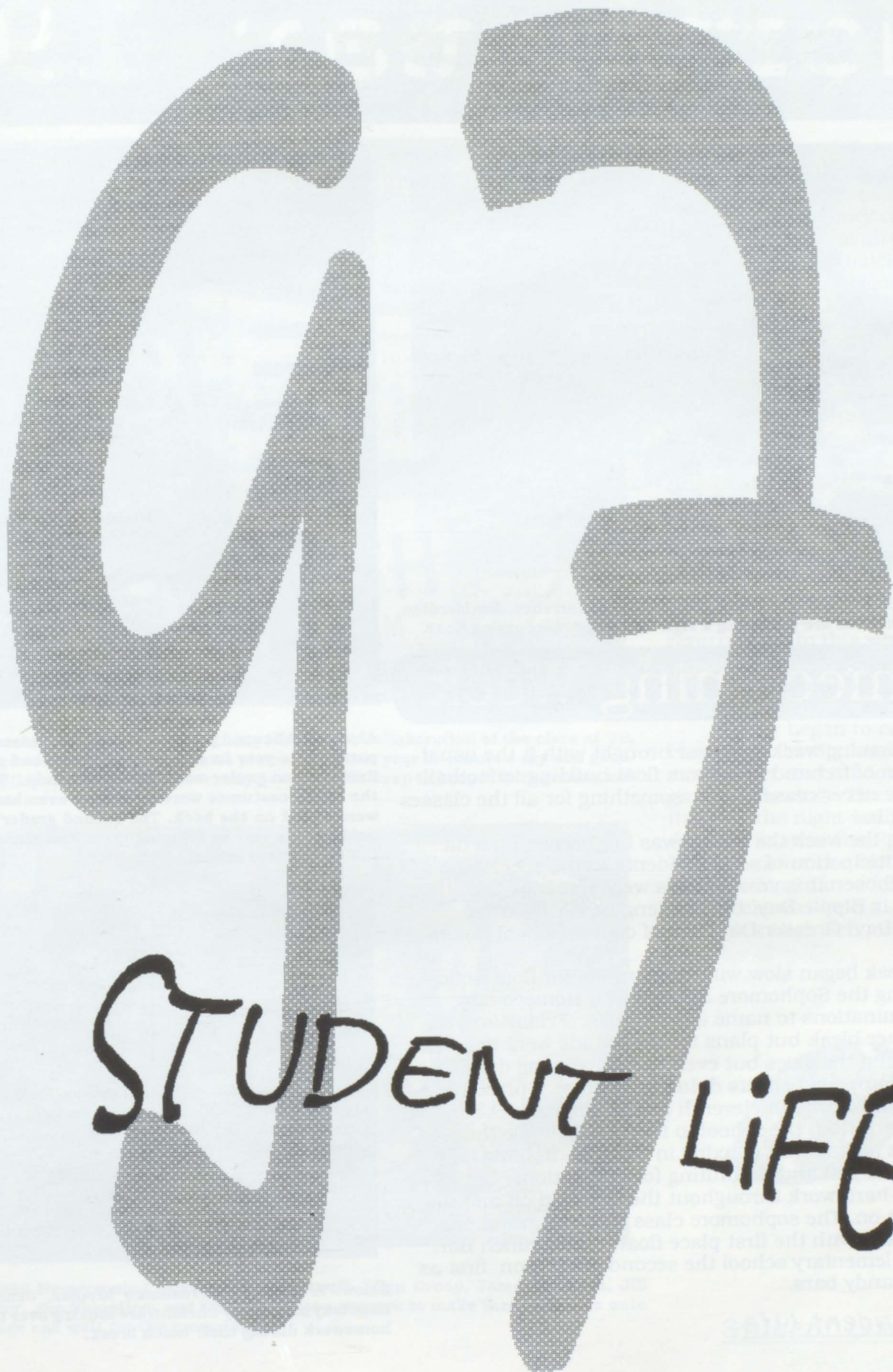
Down

The

ROAD



	<u>Means Of Transportation</u>	<u>Final Destination</u> ???	<u>Detour?</u>
Jill Schleder	attending SDSU with Ellen	with my friends and the man I love	sweeter than I am now
Nate Deuter	NSU playing baseball	filthy rich	on the beach with Jimmy Buffet sipping iced tea
Ryan Inches	attending SDSM&T or SDSU	becoming an engineer and having a family	on a tropical island surfing and sunbathing far away from the snow and cold of South Dakota
Dan Napton	whatever comes to mind	going to college after the armed forces	living on a beach next to Alicia Silerstone, listening to 2-PAC and drinking Mt. Dew
Heather Rystrom	attending Stewart's School of Hair Styling	cutting people's hair but not the way they want it	going to Russia with Ellen only I'll have a big six-pack
A.J. Clifford	attending some kind of tech school	become a machinist or something	become a Heavy Metal legend
Jared Torrence	attending Watertown Vo-tech	being someplace warm with a family	having fun and enjoying my life
Brad Wollman	work somewhere	working and relaxing	Winning a sweepstakes
Christina Olson	attending NSU	raising a family and teaching	Traveling
Jesse Riggs	attending SDSU or USD and having fun	a very wealthy young man	Dictator of the earth and/or a multi-billionaire sharing my money with my friends- yeah right!
Ellen Groop	attending SDSU with Jillybean for a computer science degree	laughing louder, enjoying myself, and never forgetting the great friends I have here	Drinking Ice Water on a Russian train
Elisha Jung	attending NSU for a graphics design degree	Own my own business	win the lottery, own a condo, and be a CEO of a large firm. Keep dreaming, huh?
Jim Sumption	college and playing basketball	enjoying life and family	professional basketball or golf player



STUDENT LIFE

Northstar 19



Above: Three hardworking seventh graders Jordan Torrence, Jon Mardian, and Justin Schmidt are preparing a sign for their homecoming float.



Above: The Second graders came to the Homecoming parade this year in a variety of tastes and shapes. Each second grader was a different candy. Some of the candy costumes were so precise even bar codes were added on the back. The second grader's work paid off this year by bringing them first place out of the elementary school.

Homecoming Week

Homecoming week this year brought with it the usual combination of fret and fun. From float building to football games there never ceased to be something for all the classes to take part in.

During the week the school was brightened up a bit with the participation of some students in the special days of the week. Chosen this year as days were Hat Day, the ever-popular Hippie Day, the challenging Backwards/Inside-Out Day, Greaser Day, and of course School Colors Day.

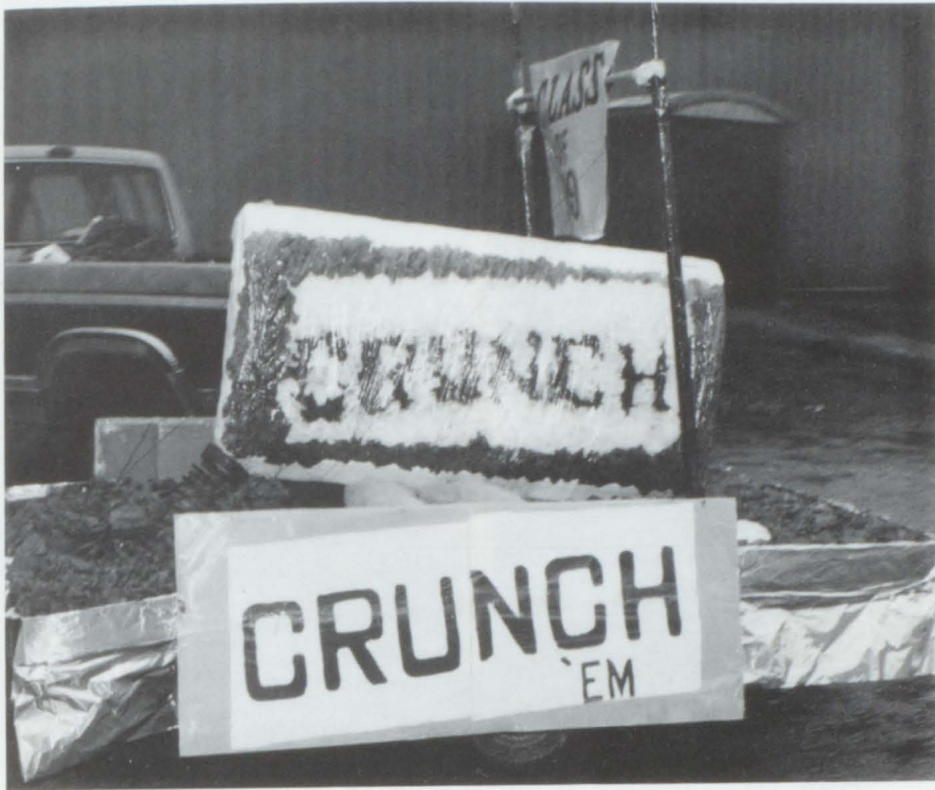
The week began slow with preparation for float building, planning the Sophomore Supper, and Homecoming Royalty nominations to name a few things. Friday arrived looking rather bleak but plans for the parade went on. Rain clouds covered the skies but even though staying dry was a challenge, dampened spirits didn't seem to be a problem. Grades seventh through eleventh busied themselves running back and forth from the school to their floats while the Senior class took it easy relaxing in the gym, making taffy houses for the skit and decorating for coronation.

All the hard work throughout the day paid off and the parade went on. The sophomore class took the grand prize home this year with the first place float, "The Crunch Bar." Out of the elementary school the second grade won first as individual candy bars.



Below: A couple of Freshmen hippies, Jennifer Kopetsky and Emily Sheldon are looking over their homework during their lunch break.

96 Homecoming



The winning "Crunch 'em" float this year was the collaboration of the class of '99. The Sophomores had to take extra precautions this year to ensure a dry and good-looking float by wrapping their candy bar in plastic wrap to keep it from getting wet in the rain.

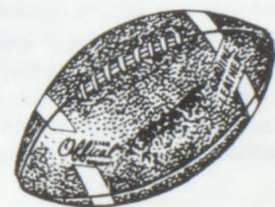


The 1996 Homecoming Royalty Nate Cantwell, Ellen Groop, Jared Torrence, Jill Schleder, Jim Sumption, and Christina Olson prepare to make their entrance onto the stage and wait for the crowning.

Coronation followed the parade this year and began with the presentation of the 1996 Homecoming Royalty candidates. The introduction of all the team members and statisticians followed the royalty introductions. A skit was put on starring Nathan Bakeberg as the Hot Tamale and Twyla Sumption as the 3rd Musketeer.

Coronation closed with the crowning of the 1996 Royalty. Candidates this year included Jill Schleder, Ellen Groop, and Christina Olson for Queen and Nate Cantwell, Jim Sumption, and Jared Torrence for King. Crown Bearers this year were Brianna Cantwell and Matthew Jung. Last year's Homecoming Royalty, Sandy Pehl and Russell Inches, returned again this year to crown Frederick's new King and Queen, Christina Olson and Nate Cantwell.

Friday began to come to a close with the Sophomore barbecue supper and the football games following. The Northstars finished the night well with a 37 to 0 win against the Roslyn Vikings. After the football game a Homecoming dance for Frederick and Hecla was held at the Frederick High School gym.

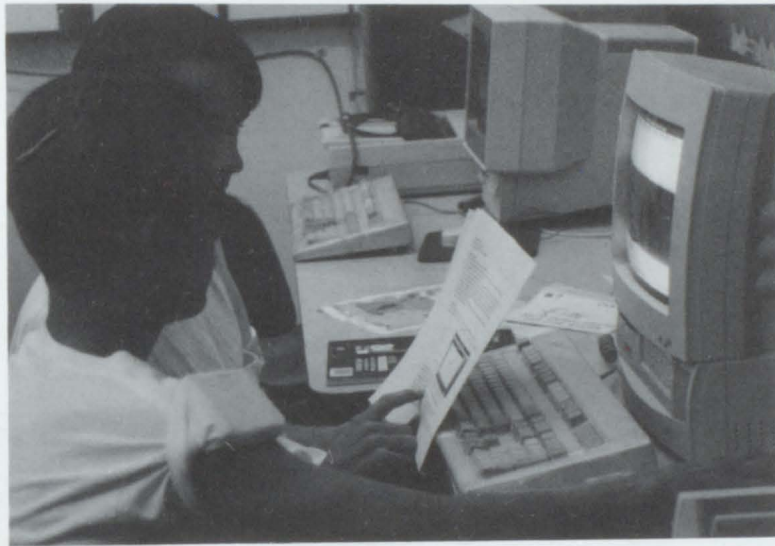
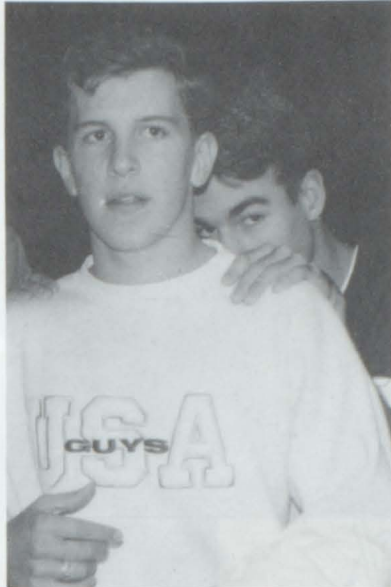


Student



Clockwise from top left: A.J. Clifford and Christina Olson are working hard in Government class? Twyla Sumption prepares for the Sophomore supper. Brian Schlosser and Brandon Bain spend their free time in the library. Nathan Bakeberg dissecting in Physiology class.

Life



Top Row: Melinda Szabo and Verena Stumpe getting the concession stand ready. Daniel Podoll and Nate Cantwell are screwing around as usual. Jon Larsen and Jesse Holmes pose for a picture. Middle Row: Ryan Riggs and Travis Schunaman are dressed up for "Grease" day. Bottom Row: The freshmen are in art class working hard !?!

Snow Queen 1997

On Friday, November 29, 1996 the 51st annual Frederick Snow Queen Pageant took place at the Frederick Gymnasium. Returning Miss Frederick-Jessica Ibanez, came along with Jr. Miss Frederick-Betty Jo Rohwedder, to the pageant to crown their new replacements.

The contestants vying for Miss Frederick were Christina Olson, and Heather Rystrom. The contestants vying for Jr. Miss Frederick were Kim Kinslow, Jennifer Kopetsky, Darlene Napton, Liisa Nixon, Nicole Storm, and Lindsey Voeller. Out of all the deserving contestants Jessica crowned Christina Olson as Miss Frederick, and Betty Jo crowned Nicole Storm as Jr. Miss Frederick.

This year there was also a talent contest. The winners of the contest were Justin Kopetsky and Jon Fonder who played a guitar duet. They received twenty-five dollars as a prize. Also they had the opportunity to try out for the talent show at the State Snow Queen Festival.

Jessica Ibanez had this to say, "This has been a memorable experience that I wouldn't have given up for the world."



L-R are Kelsea Barondeau, Megan Dutenhoffer and Jayme Bain doing a dance for the talent show.



L-R Nicole Storm and Christina Olson pose for a picture after receiving their new titles.



L-R Justin Kopetsky and Jon Fonder play a duet on their guitars.



L-R Christina Olson and Heather Rystrom, who were the senior candidates for this years Snow Queen.



L-R Kim Kinslow, Darlene Napton, Nicole Storm, Liisa Nixon, Jenny Kopetsky, and Lindsey Voeller



*This Year's Frosty
was
Ray Barton*



Exchange Students

They came as strangers, and left as friends. The foreign exchange students of the 96-97 school year each had their own identity.

Laura Fonseca came from Brazil. She stayed with Becky and Dennis Hinz. Coming from Brazil, Laura had never seen snow. Little did she know of the South Dakota winters.

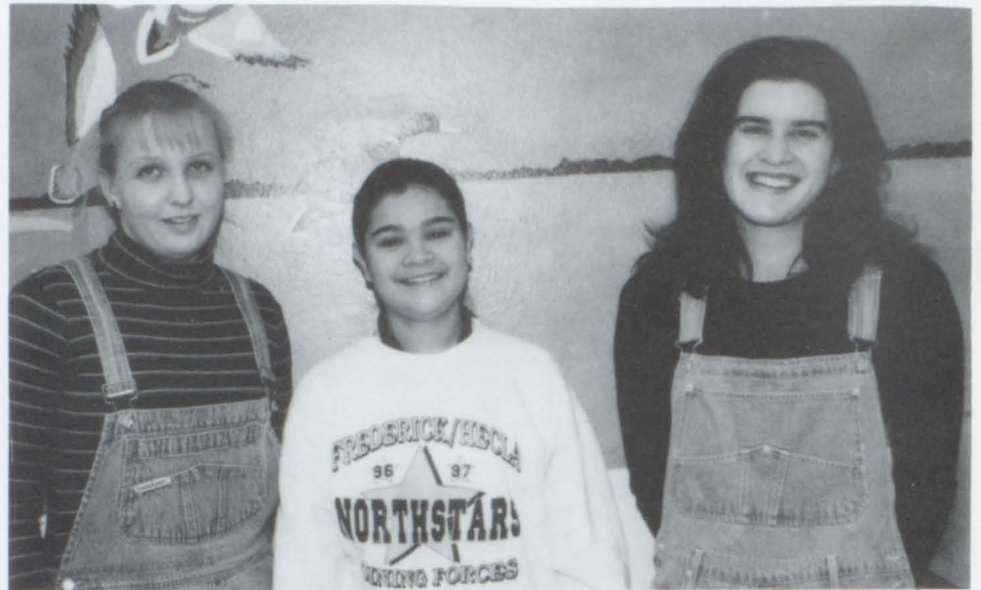
She played basketball and volleyball. She enjoyed each sport very much.

Melinda Szabo came from Hungary. She stayed at the Cootie Anderson home. She got tired of everyone asking if she was hungry! Melinda was often found laughing and smiling with her friends.

Melinda belonged to the FHS chorus and played on the volleyball team.

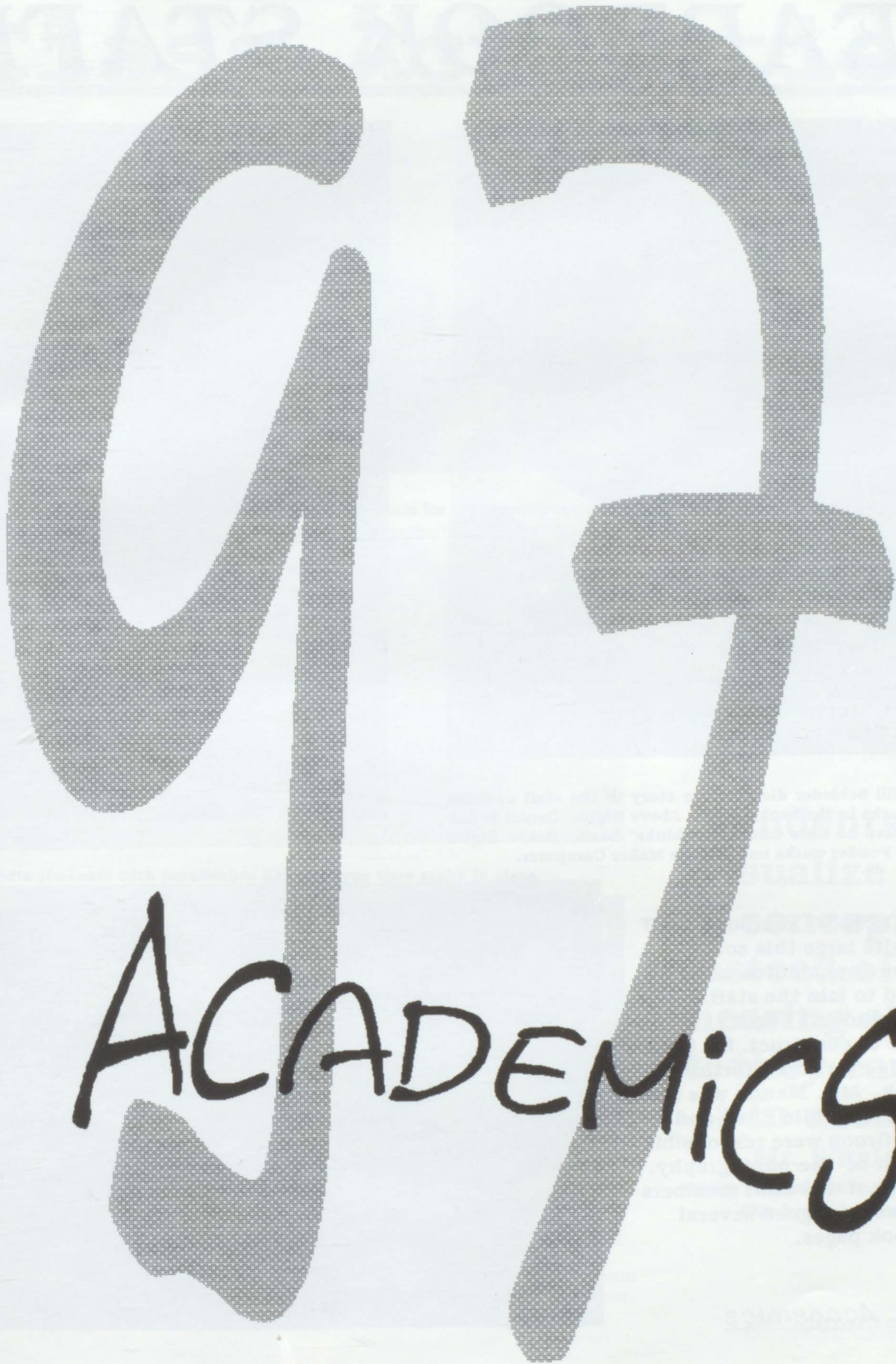
Verena Stumpe came from Germany. She stayed at the Dennis and Cookie Walworth home. She was often very busy, but she always had time to laugh with her friends. When asked what her funniest moment in the USA was, she replied, "My funniest moment here was when Stacy (Bretsch) showed me where I will live." She was astonished at the difference between her big city of Essen and the very, very small town of Frederick.

The girls were friends of many, and will be missed by all.



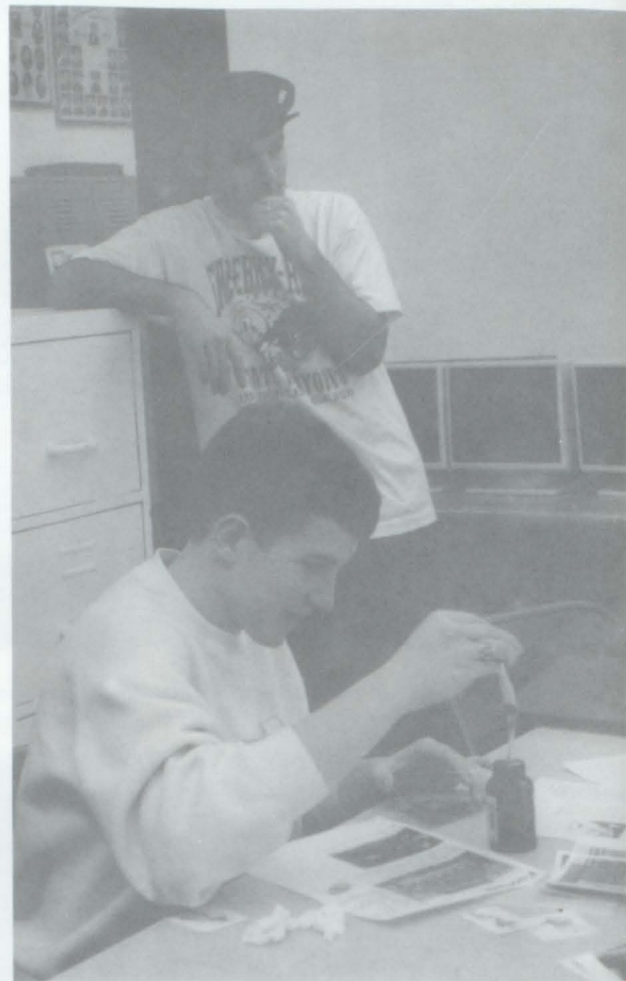
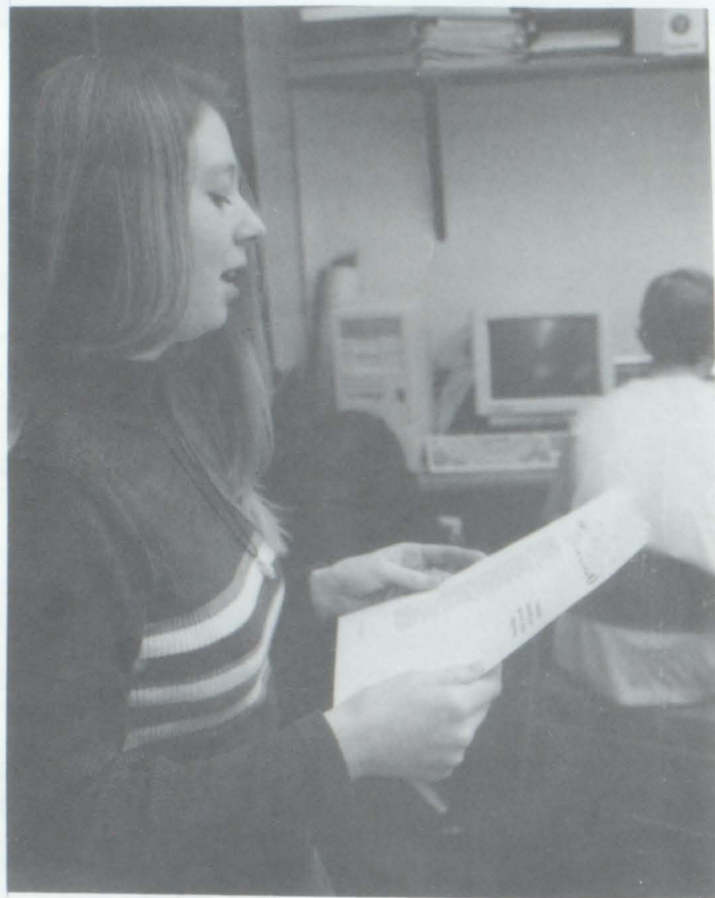
Above: Verena Stumpe, Laura Fonseca, and Melinda Szabo pose for a photograph. Below: Laura and Verena are hard at work in their Lakota Arts class.





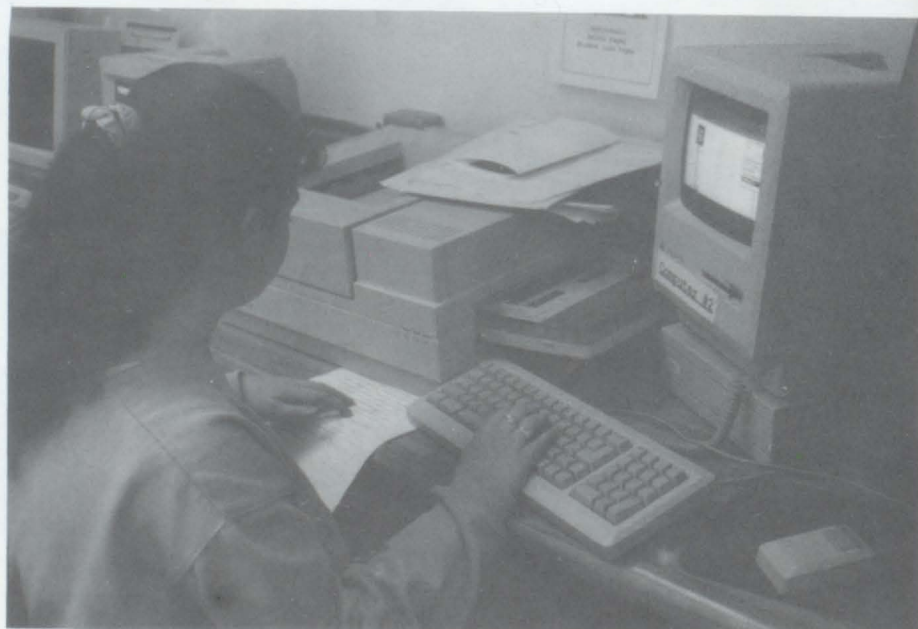
ACADEMICS

YEARBOOK STAFF

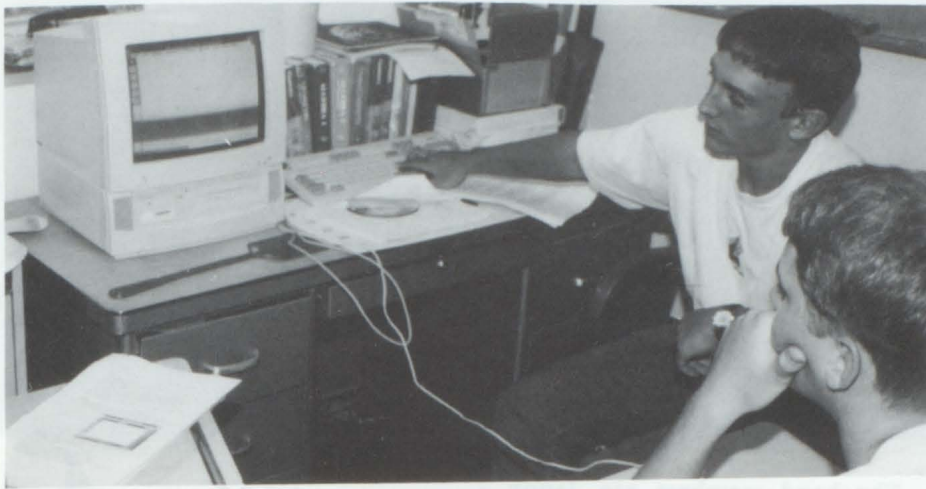


Above: Jill Schleder dictates her story to the staff as Chris Maunu works in the background. Above Right: Daniel Podoll "works" hard as Nate Cantwell "thinks" hard. Below Right: Elizabeth Fonder works on the Page Maker Computer.

The 1996-97 Yearbook Staff was quite large this school year, as Sophomores were allowed to join the staff. Sixteen students came together to construct, for the first time ever, the "Northstar" yearbook. Mrs. Maunu was the supervisor, while Ellen and Alisha Groop were responsible for most of the photography. The rest of the staff members were each assigned several yearbook pages.



Class Activities



Geometry students using the computer in the math room for their constructions



Lakota Arts students with paraflashes like the type they make in class



Students in the Business Law class participated in a mock trial. Here Chris Maunu is acting as the witness, Jesse Riggs as the judge, and Daniel Podoll as the lawyer.

This year many of the same activities that took place last year have come again such as the mills, lathes, and robotics labs. The math classes have become more involved with the computers to enhance their learning process. The Geometry students have been using the program Geo Sketchpad to make constructions, the Algebra I students have been using Blockers and Finders for their critical thinking skills, and the Pre-Algebra class has been utilizing the Green Globbs program for graphing.

The students in the computer class have been using the Internet more as well as the science students whom found it a good source of information for their science fair projects. This year e-mail and a scanner have also been added to the computer lab. Also the school is hoping to expand the internet service throughout the school.

"Students can visualize the concepts instead of just hearing about it, they can see it in action."

Mr. Whaley

-as to the advantage of out of the book learning

Band

Between pep band, concert band, contest and just playing songs for fun, our band has greatly improved and have had many fun times.

There were six people that went to the small group contest. There were three duets and two solos. Over all there were four superiors and one excellent received as scores. The duet groups were Jon Fonder and Suzanne Giovannettone, Anne Sheldon and Janel Walworth, Elizabeth Fonder and Jenny Kopetsky. Suzi and Jenny both took a solo also.

The Frederick band was able to join with the Hecla band for certain events. We were able to join them at boys basketball games held at Hecla and at the first day of districts.

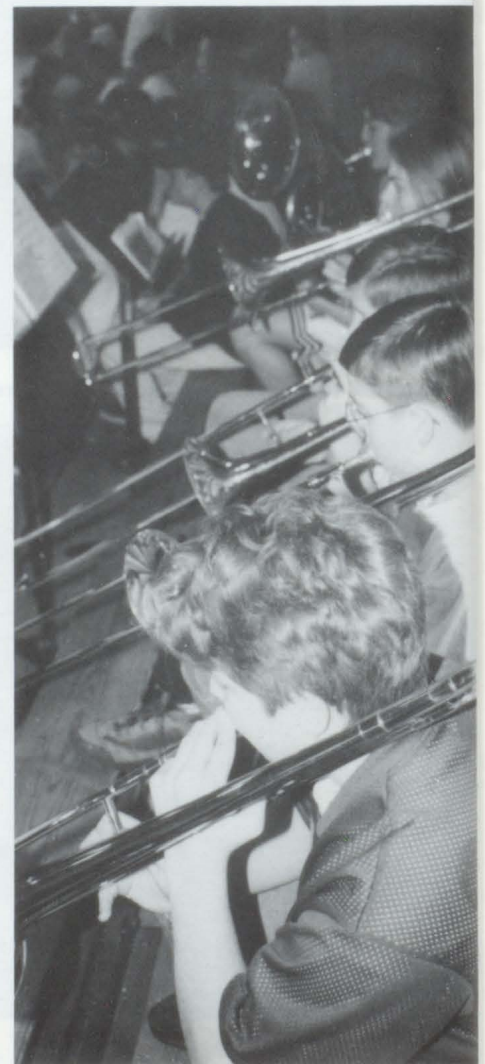
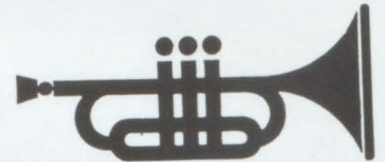
We started planning a band trip again for next year. We have sold wreaths and had a candy sale to raise money to go.



Top- The band members are Jenny Kopetsky, Lindsay Maunu, Elizabeth Fonder, Bridget Torrence, Trista Bunke, Jessica Winther, Misty Malke, Jessica Ness, Janel Walworth, Anne Sheldon, Suzanne Giovannettone, Nate Dueter, Daniel Podoll, Chris Maunu, Darlene Napton, Lindsey Voeller, Kara Rydberg, Jon Fonder, Dalton Dosch, Brian Jenson, Adam Rahja, Christina Heilman, Josh Underberg, Justin Kopetsky, Rachel Inches, Betty Rohwedder, Jusin Brotzel, Seth Klipfel, Derik Bretsch, Dwight Pehl, Robert Jenson, Jennifer Schmidt, Warren Sumption, Jesse Riggs, Ryan Riggs, Kim Kinslow, Brett Riggs, Craig Karjalainen, Travis Schaunaman, Ryan Kolb, Jennifer Storm and Emily Sheldon.

Right- The pep band trombone section playing for home game.

Bottom- Band practicing hard for concert.





Top- All-State Chorus participants are: back- Chris Maunu and Daniel Podoll; front- Elizabeth Fonder and Betty Rohwedder.

Right- Christmas Concert trio including Daniel Podoll, Chris Maunu and Justin Kopetsky.

Bottom- The chorus members are Daniel Podoll, Justin Kopetsky, Chris Maunu, Courtney Baye, Betty Rohwedder, Melinda Szabo, Rachel Inches, Anne Sheldon, Janel Walworth, Ryan Riggs, Travis Schaunaman, Darlene Napton, Trista Bunke, Suzanne Giovannettone, Christina Heilman, Lindsay Maunu, Elizabeth Fonder, Emily Sheldon, Jon Fonder, Mike Schmit, Twyla Sumption, Misty Malke, Bridget Torrence, Jenny Kopetsky, Trena Rexinger, Brett Riggs, BJ Cantwell, Jessica Winther, Erin Schleder, Kim Kinslow, Jessica Ness and Kayla Johnson.

Chorus

Even though we have had so many snow days our chorus had been able to improve throughout the year. This year we have more guys than we have had in the past.

Again we had an All-State Chorus group. The four people that were involved were Betty Rohwedder, Daniel Podoll, Elizabeth Fonder, and Chris Maunu. This year the concert was held in Sioux Falls, S.D. Daniel had this to say, "All-State Chorus is a good opportunity to advance your singing skills and also to meet attractive members of the opposite sex." Elizabeth also quoted, "All-State Chorus was a very memorable experience." The chorus continues to grow and improve every year.



Oral Interp



The Frederick High School Oral Interpretation team began their season in early October. Tonya Zinter was the team's coach for the second year in a row.

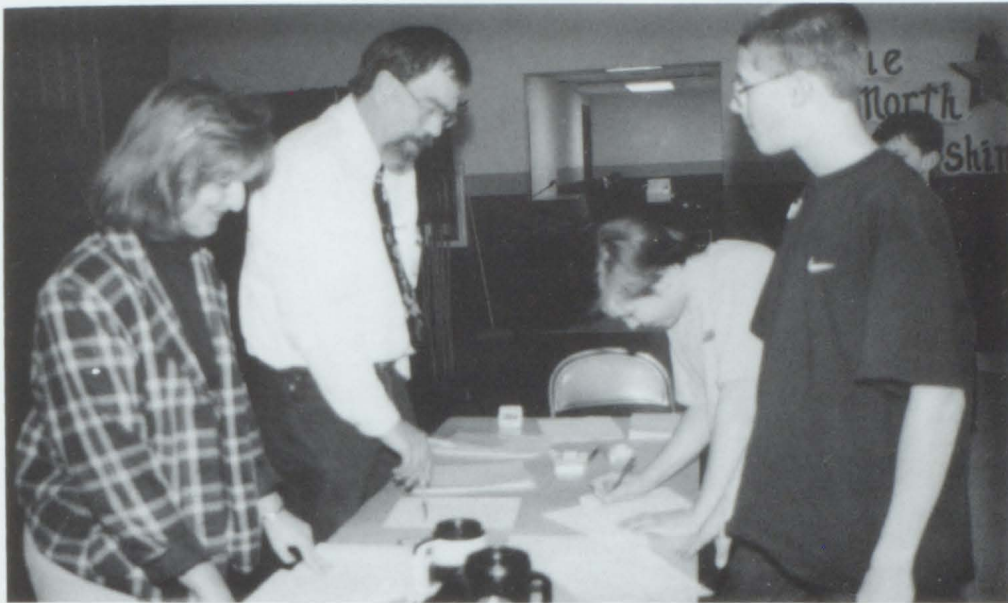
Participants that advanced from the local competition to the district contest include: Anne Sheldon and Janel Walworth, duet; Elizabeth Fonder, Drama; Suzi Giovannettone, Humorous; Jennifer Kopetsky, Oratory; and Elizabeth Fonder, Suzi Giovannettone, Alisha Groop, Jennifer Kopetsky, and Twyla Sumption, Reader's Theater. All of the students advanced to the regional competition. None, however, advanced to the state contest.

When asked how she has benefited from this program Jennifer Kopesky replied, "I believe Oral Interp is a good program to be involved in. It is a great learning experience. Oral Interp teaches you life lessons that will help further yourself later on in life."

24 Academics

Above Top: Alisha G. & Suzi G. performing their duet. Above Middle: Anne S. & Janel W. performing their duet. Above: Top: Janel Walworth & Anne Sheldon. Middle: Alisha Groop, Suzi Giovannettone, & Elizabeth Fonder. Bottom: Jennifer Kopetsky & Twyla Sumption. Not pictured: Kim Kinslow. Above left: Front: Twyla Sumption. Back row: Jennifer Kopetsky, Suzi Giovannettone, Elizabeth Fonder, & Alisha Groop.

Lyceums & Programs



LEFT: Mrs. Schanzenbach and Mr. Curt Shaw serve as banks for the Entrepreneur bankers returning loan applications and writing checks for goods and services necessary for the needs of a new business.

In January of this year grades seven through twelve participated in an exciting, great learning adventure called Mind Your Own Business. This Entrepreneur Workshop was conducted by Curt Shaw. After the groups of three to four people of all ages both males and females decided on what business they really wanted, they had to choose business positions and start planning.

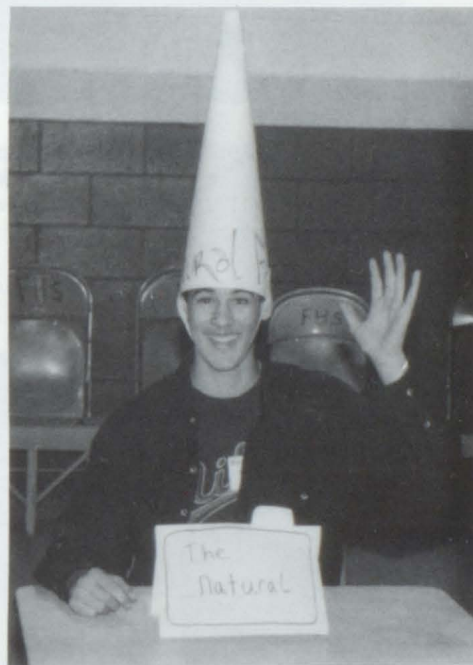
Each group was given six packets including: finding and deciding on a business, the image they wanted the business to have, customer services, personnel background, laying out the business plan, and advertising.

Each packet required group participation and input. A great deal of questions to help the kids succeed in their businesses were answered and shared with Mr. Shaw.

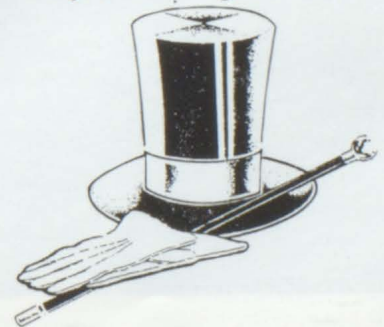
Advertising included a television commercial, making business cards, a slogan, and a business sign. To the students who chose to take this advantage seriously and for fun, it proved to be a very beneficial program. To those students who didn't make the best of it, they still had a good time!



A magic show in October was given by Skip Cain and His mom. Shown above is Heather Rystrom as a volunteer to be in a guillotine. It's a good thing it was only her hands and not her head!

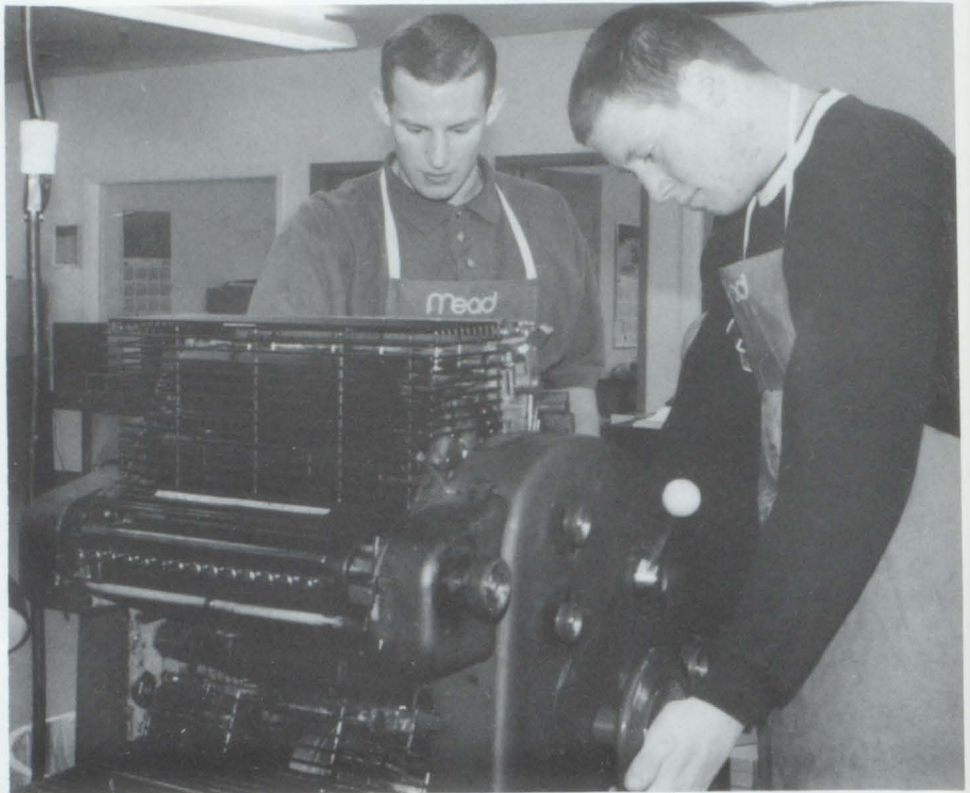


During the Entrepreneur workshop in January, the kids had to choose a business and create a skit to help advertise for their business. Jesse Holmes is ready for his television commercial.

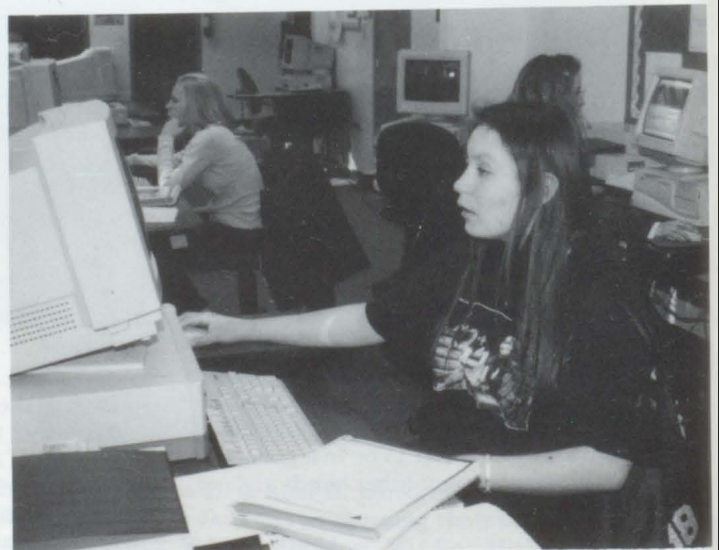


Vocational

The sophomores, juniors, and seniors of 1997 are putting the pieces together at vo-tech. Every afternoon nineteen students take a break from FHS to learn certain trades. Students are participating in every program vocational has to offer including Auto Mechanics, Building Trades, Business Applications, Commercial Foods, Graphic Communications, Precision Manufacturing, and T.V.-Radio Production. Not only are we the biggest class in recent years to attend vo-tech but we have been given a new schedule and this is the first year sophomores have been allowed in the vo-tech crowd. Now when most students are hitting the books, vo-techers spend 4th, 5th, and 6th hours building a house, repairing a car, running a printing press, or preparing the latest entrée. Not only do vocational students enjoy a break from book studies but the bus ride offers students an opportunity to take a nap after a late night of work, studying, or good old-fashioned fun!



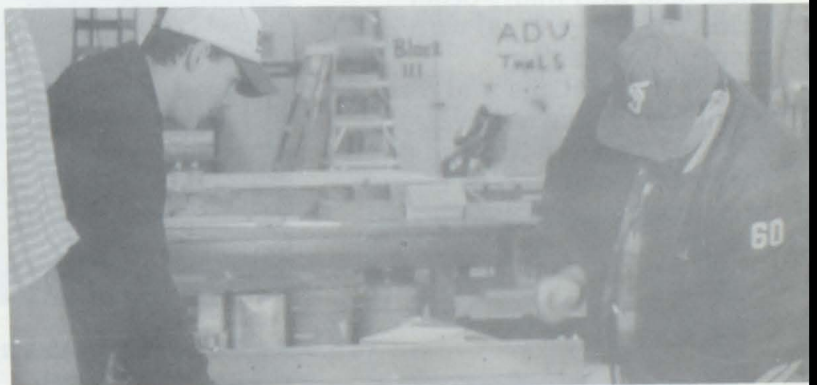
ABOVE: Jim Sumption and Dan Napton work the printing press in Graphics. **BOTTOM LEFT:** Christina Olson and Jessica Nilson design on the light table in Graphics. **BOTTOM RIGHT:** Joni Napton is deeply involved in her Business Applications class.



Class of 1997



Precision Manufacturing students working with various machines include: ABOVE: Travis Olson UPPER RIGHT: Lynn Huettl and Heather Rystrom RIGHT: Nathan Bakeberg BELOW: A.J. Clifford. Building Trades students Brad Wollman and Jesse Holmes are cutting boards for their house.



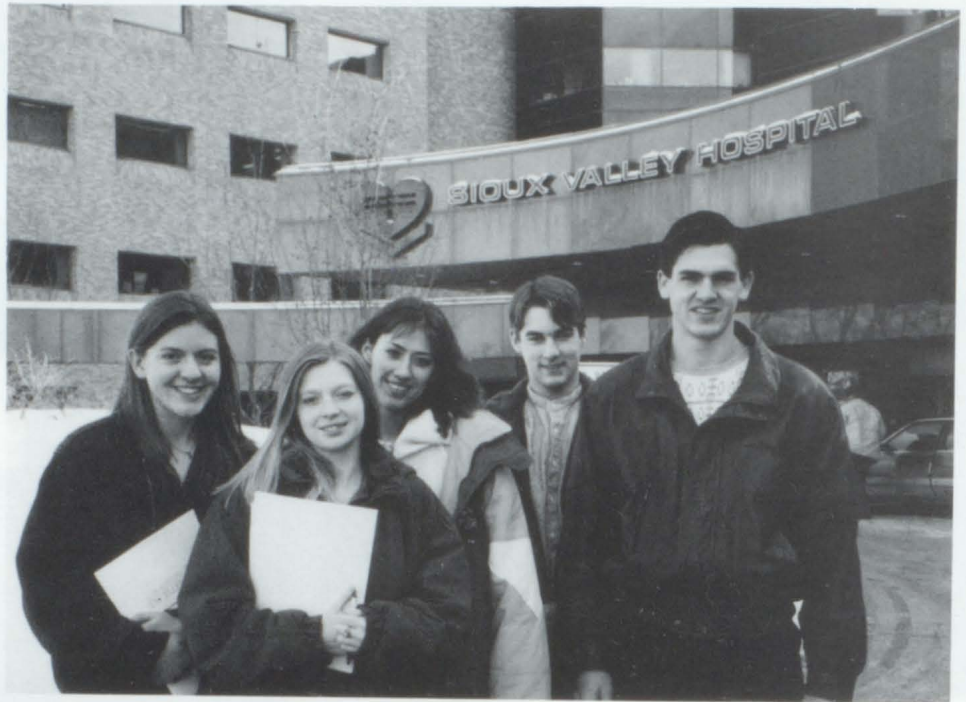
Trial

Quite a few field trips and excursions this year for certain classes have been planned however due to the overly inclement weather that we had this winter most of the trips were delayed .

The first science class trip did get on the road though on January 29th. Ellen Groop, Jill Schleder, Heather Rystrom, Ryan Inches, and Nate Deuter went to Sioux Valley Hospital to spend the following day shadowing a hospital employee. Fields that were offered to shadow included Speech Pathology, Dietetics, Rehab and Pulmonary Renal to name a few. The day lasted from 8:00 a.m. to 2:00 p.m. This included spending about three to four hours with the person you were following, a tour of the Emergency Room and also being taken out to see Care Flight Helicopter.

A lot of information was given to the students about their field and many other fields that have to do with the medical profession.

Jesse Riggs and Jim Sumption also will have gone to Sioux Falls by the end of the school year to participate in a shadowing experience.



Ellen Groop, Jill Schleder, Heather Rystrom, Nate Deuter, and Ryan Inches at Sioux Valley Hospital after their day of shadowing

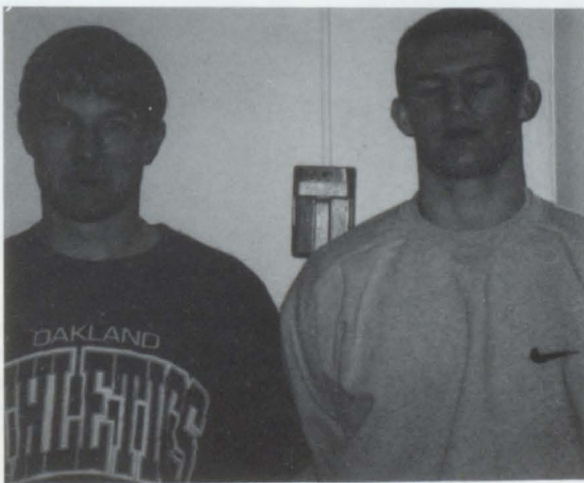


Jill Schleder and Heather Rystrom in the Sioux Valley Hall deciding how to get there and how not to get lost.

Trips



Above: The seniors that went on the Government trip to Pierre. Back: Christina Olson, A.J. Clifford, Brad Wollman, Dan Napton, Ryan Inches. Front: Elisha Jung, Ellen Groop, Jill Schleder, Heather Rystrom, Jared Torrence, and Nate Deuter.



Jesse Riggs and Jim Suption attended a shadowing experience in Sioux Falls.

"Activities that get you involved teach you a lot more than being in the classroom."

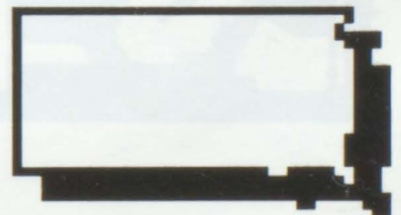
-Jill Schleder

The senior government class also planned on a class trip to Pierre. Due to the weather the trip was postponed for over a month but the final date chosen was February 27th. The Senior class made an early start at 5:30 a.m. to go to visit the capital. While in Pierre the class met our representatives and senator, a tour of the capital was taken along with a tour of the historical museum. After lunch the class spent time listening to an open session of the legislature and then back on the bus for the long haul home.

Also this year each senior was given the chance to shadow any occupation of their choice each day for a week. This program was set up by a mini-grant through Annenberg Rural Challenge. So far this year only the Seniors will be involved but hopefully the Juniors can participate next year. Mrs. Brokaw was the person who was in charge of the program this year.

The students were required to set up the appropriate times to work with the person they were shadowing, to write a resume, and to keep a journal throughout the week of their shadowing of what they did each day.

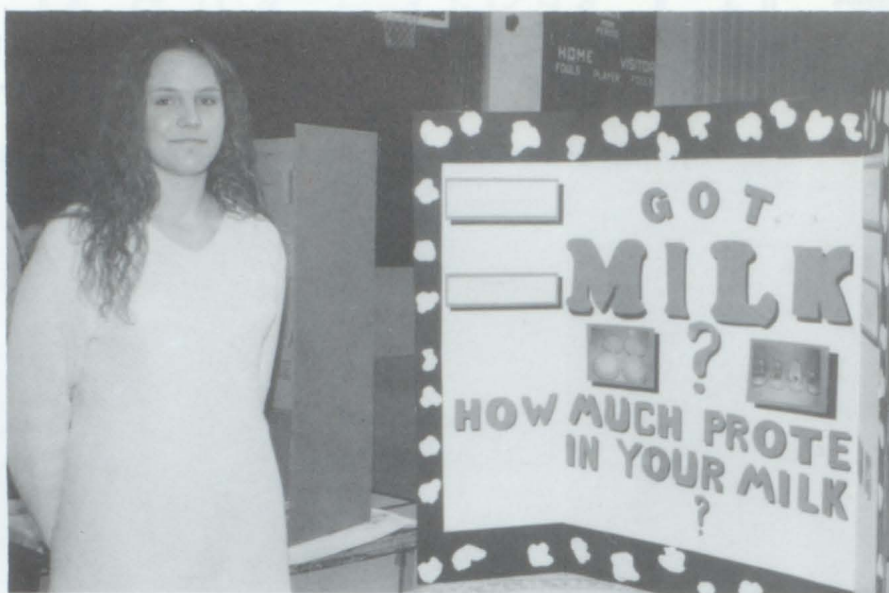
Some of the occupations that were chosen included Computer Specialist, Social Worker, Police Officer, and Civil Engineer.



Science Fair '97

This year many students worked very hard on trying to make the best project possible. Due to all the snow days the students had more time to prepare, but less computer lab time. However, the projects were very well put together.

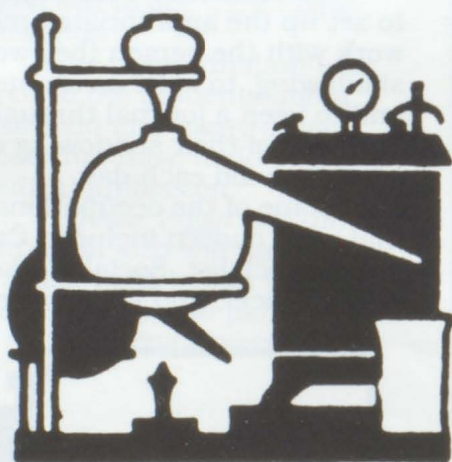
This years winners in the Biological Science division were Jenny Kopetsky (4th), Elizabeth Fonder, Christina Heilman, and Neil Karjalainen (3rd), Justin Kopetsky (2nd), and Liisa Nixon (1st). In the Chemistry division the winners were Rachel Inches (3rd), Adam Rahja (2nd), Darlene Napton, and Travis Schaunaman (1st). The winners in the Junior High Physical Science division were Erin Schleder, and Jessica Winther (4th), Courtney Baye, and Brett Riggs (3rd), Adam Achen (2nd), and Justin Schmidt (1st). In the High School Physical Science division the winners were Mike Mardian (4th), Richard Achen (3rd), Alisha Groop (2nd), and Ryan Kolb (1st). Finally, in the Environmental Science division the winners were Kara Rydberg (3rd), Nicole Storm (2nd), and Suzanne Giovannettone (1st).



ABOVE: Rachel Inches with her award winning science fair project.



BACKROW (left to right): Travis Schaunaman, Richard Achen, Neil Karjalainen, Justin Kopetsky, Adam Rahja. Third row: Adam Achen, Brett Riggs, Justin Schmidt, Mike Mardian, Ryan Kolb. Second row: Rachel Inches, Christina Heilman, Elizabeth Fonder, Suzanne Giovannettone, Jenny Kopetsky, Darlene Napton. Front row: Alisha Groop, Jessica Winther, Kara Rydberg, Erin Schleder, Liisa Nixon.



Q7

SPORTS

Joining Forces

"Joining Forces" was the theme for the Frederick-Hecla co-op this year, as the Rockets and Vikings combined to create a formidable opposition for teams throughout the state. The Northstars football team broke even at 5-5 while the cross country team found the girls winning the LRC conference and placing 4th at state while the boys also won the LRC conference and had four individual runners at the state meet. The new and improved Northstars basketball team was obviously inspired by a higher power as they posted a season mark of 17-3.

The Northstar football team remained in Frederick as did the volleyball team, while the basketball team and the cross country team went over to Hecla. Two home basketball games were held in Frederick along with all the home volleyball games.

The Northstars new look is represented by the new colors for the two schools, navy blue and gold. Other changes were also implemented, instead of 8 quarters of football to letter, it has been moved up to 12, a much similar rule was added to basketball, where it now requires 20 quarters instead of 18.

The co-op has been very beneficial. To see just how beneficial all you have to do is compare records. The 95-96 Frederick Vikings BB team went 7-12, and the Northstar football team was 2-6. So obviously the co-op has proven beneficial to these two squads.

Money for the new uniforms was raised by the Booster Club (parents of students in sports). Northstar sweatshirts were sold and a supper was held before a home basketball game.

The co-op has also extended beyond sports. The Sweetheart dance has been moved to Hecla while the Homecoming dance will stay in Frederick. Prom will also be combined between the two schools and will alternate sites every other year.



News From the Chief

Mr. Barondeau: "The co-op has created a competitive atmosphere and the level of participation has increased. Kids also have a chance for quality playing time. Co-oping everything has even improved the existing football co-op and relationships between the two communities because we have been able to utilize the personnel and facilities of both districts."



Cross-Country



Stampede! Several Northstar runners are photographed coming off the line.

Meet	Girls	Boys
Roe Granger	2nd	3rd
Redfield	2nd	2nd
Mobridge	2nd	6th
Faulkton	4th	4th
Aberdeen	3rd	4th
Groton	2nd	3rd
Sisseton	2nd	6th
LRC	1st	1st
Bristol	2nd	2nd
Britton	2nd	4th
Region	1st	2nd
State	4th	13th

In only its second year of existence, the co-oped cross country team has given several individuals quite a bit of success.

Even with interest still on the low end in Frederick the team has established themselves as good competitors. Both teams have proven their abilities. The girl's team, after a very successful season, won their conference, and then went on to win their region. From there they went on to place fourth at the state meet.

The boy's team had their own taste of success. They also won the conference and then finished second at the region meet. Four of the boys also went on to qualify individually for the state meet.

Participants from Frederick included Ryan Riggs, Travis Schaunaman, Brett Riggs, Jessica Winther, and Dalton Dosch.

Runners who advanced to state from Frederick were Ryan Riggs and Travis Schaunaman. Ryan also won 16 medals throughout the season.

1996 GIRLS

The Lady Northstars had a very impressive season this year. They had a record of 11 wins and 8 losses. This is the first winning season that the GBB program has had in many years.

However, the season did not start out on the right foot. They lost their first three games. But after that they picked up momentum and won eight of the next nine games. For the first time in many years the gym was packed with fans. As a matter of fact, many Northstar Football players were even seen on the floor doing cheers. Very many games were so close that they were decided in the last few minutes.

The GBB season ended with a tough loss to Bristol in the first round of the districts. Joni Napton said, "This year's GBB co-op has been a great and fun learning experience for the whole team. Even though the ride to Hecla was long, it was well worth it in the end."

Frederick/Hecla Northstars

No.	Name	Ht.	Yr.	Pos.
44-45	Tessa Slaight	5'7"	12	G
12-13	Danel Wampler	5'8"	11	G
14-15	Rachel Daly	5'2"	11	G
20-21	Joni Napton	5'6"	11	F
24-25	Lindsay Maunu	5'5"	10	G
32-33	Missy Bruns	5'10"	10	G
40-41	Teanna Winburn	5'6"	10	G
42-43	Andrea Zastrow	5'7"	10	G
50-51	Emily Elsen	5'10"	10	C
30-31	Nicole Daniels	5'5"	9	F
52-53	Jacey Skoglund	5'9"	9	C

Near Right: Lindsay Maunu prepares to shoot the rock.
Middle Right: Christina Heilman boxes out an opponent from Doland/Conde.
Far Right: Bridget Torrence drives the lane.



BASKETBALL



Above: Coach Uttermark gives a word of advice to an exhausted Northstar squad.

Above: Joni Napton takes it up strong while Emily Elsen looks on.
Below: Jennifer Kopetsky dishes off the no-look pass.



WHAT'S THE SCORE

We		They
32	Edmunds Central	37
52	Langford	56
51	Roslyn	55
54	Bristol	41
59	Wilmot	41
55	Northwestern	51
44	Bowdle	28
45	Bristol	52
64	Summit	54
62	Leola	45
51	Roslyn	46
62	Doland/Conde	29
41	Warner	57
56	Ellendale	50
67	Eureka	37
33	Selby	43
50	Langford	53
51	Leola	43
<u>Districts</u>		
46	Bristol	56

Northstars

Return of the Northstars

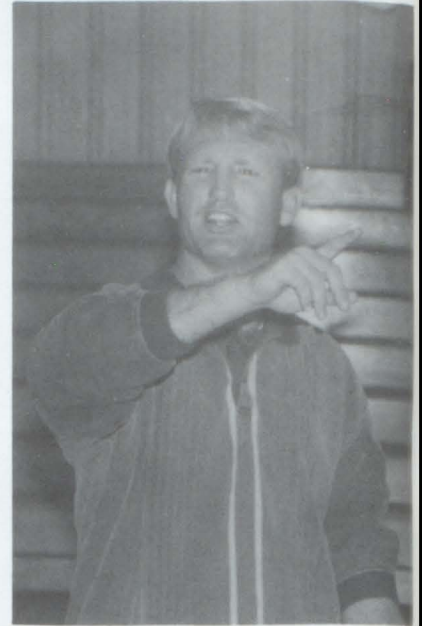
1996 was a year of rebirth for the Frederick-Hecla Football team. The team welcomed back an alumni, Kevin Quimby, as its new head coach. For the third year, Terry Nelson was the assistant coach. The Northstars entered the playoffs for the first time since 1993, and hosted a playoff game for the first time since they won the state championship in 1982.

The season started out strong with a 22-0 win over Faulkton, a team that would finish the season 8-2. After losses to Britton and Ipswich, the Northstars destroyed Roslyn and Northwestern by a combined score of 88-6. The team finished with a 3-2 conference record after losses to Doland/Conde and Warner, and a victory over Langford.

Eureka/Bowdle traveled to Frederick to start the playoff season. It was rough going for a while, with a half-time score of 12-12. The Northstars came out and scored 47 unanswered points to claim a 59-12 victory. The team was fired up and on their way to play Britton, but suffered a heartbreaking loss.

Frederick-Hecla's powerful offense was led by the 1,201 rushing yards of Jim Sumption. His cousin Warren Sumption strongly contributed with 845 yards on the ground. Through the air, Derrick Dinger completed 74 of 144 attempts for 1,110 yards and 8 touchdowns. Jim Sumption was the leading receiver with 25 catches for 360 yards, but Nathan Bakeberg gained the most ground, as he had 391 yards on 18 receptions. On the defensive side of the ball, Jeremy Skoglund led the team with 70 solos and 48 assists for 118 total tackles. Warren Sumption and Dustin Jung chipped in with 89 tackles and 80 tackles, respectively.

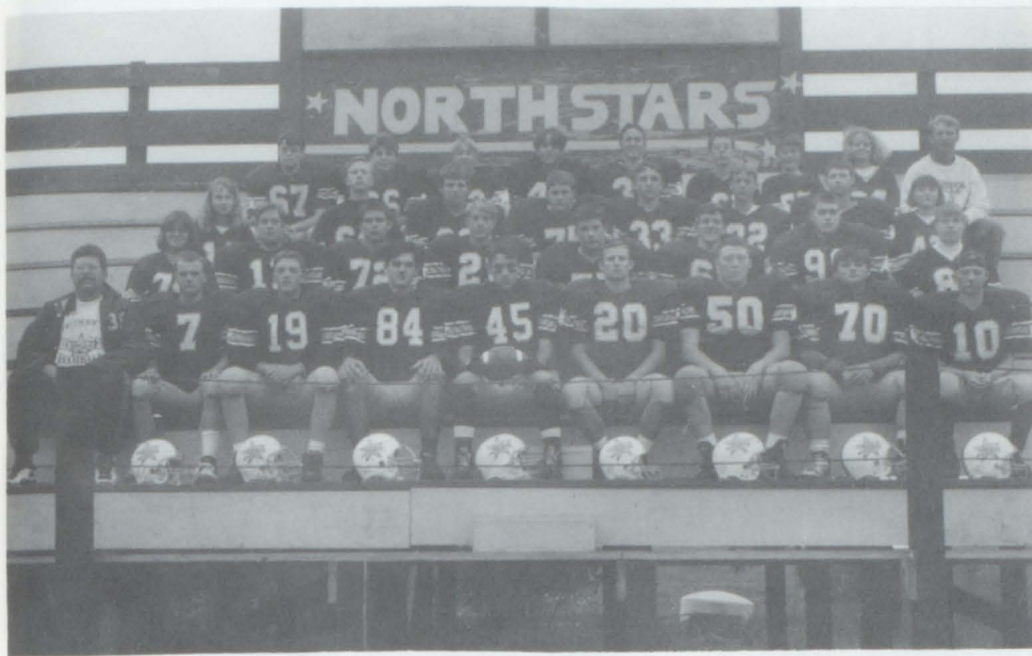
For his on-field feats, Jim Sumption won First Team 9A All-State honors as punter (27.3 yards/punt avg.). Jim also was named offensive MVP of the Lake Region Conference, and garnered All-Conference honors, along with Warren Sumption, Dan Napton, and Jeremy Skoglund.



Above: Coach Quimby looks distressed over the pre-game activities.

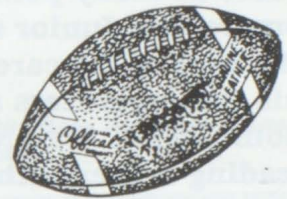


Football



Scoreboard

Faulkton	22-0
Britton	14-30
Ipswich	20-40
Roslyn	37-0
Northwestern	51-6
Doland-Conde	26-34
Langford	28-14
Warner	20-36
Playoffs	
Eureka-Bowdle	59-12
Britton	24-36



Back Row: Jon Fonder, Derik Bretsch, Adrian Daly, Mike Schmit, Mike Stearns, Dwight Pehl, Brett Riggs, Jennifer Storm, Mr. Quimby.
Third Row: Liisa Nixon, Chris Maunu, Weston Dinger, Jon Larsen, Justin Kopetsky, Levi Dinger, Austin Knecht, Lindsey Voeller.
Second Row: Trena Rexinger, Derrick Dinger, Perry Dinger, Jesse Riggs, Dustin Jung, Daniel Podoll, Jeremy Skoglund, Kim Kinslow.
Front Row: Mr. Nelson, Warren Sumption, Nathan Bakeberg, Ryan Inches, Nate Cantwell, Jim Sumption, Daniel Napton, Brad Wollman, Jared Torrence.



Above: The offensive line digs in to go against the Warner defensive unit.



Right: Warren Sumption attempts to evade the grasp of a Warner defender.

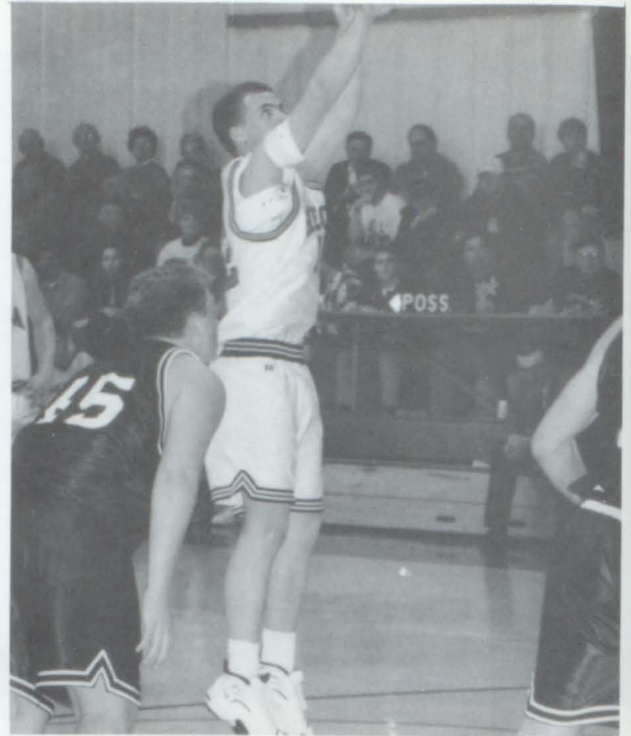
96-97

BOYS

Frederick basketball players enjoyed coping with Hecla this season. The Frecla Tech team (as head coach Terry Nelson refers to the Northstars) started the 96-97 season with a bang, winning their first 12 games, before dropping a six-point loss to Roslyn. The Northstars rolled up two more victories before losing a tough battle with Warner, with the final score being 61-55. Frederick-Hecla then finished out the regular season with wins over Leola and Wilmot.

Jim Sumption was the leading scorer this season with an average of 26.2 points per game. He was recognized in the Aberdeen American News for passing the 2,000 point barrier for his career. Although he didn't score as many points as he did in his Sophomore and Junior seasons, Sumption shot the best of his career by hitting over 50% of his three-pointers and over 60% of his two-point shots. Dan Napton was the second leading scorer with an average of 11.5 points per game. He also was the leading rebounder. Derrick Dinger lead the team in assists.

The Northstars had a record of 16 wins and 2 losses going into the District 2B tournament. "Frecla Tech" was the first seed in the tournament and was rated 5th in the state. After a first round bye, and a second round romp over Northwestern, the Northstars met the second seed in the tournament, the Warner Monarchs. After a tough defensive game, Warner came out on top when the buzzer sounded with a final score of 55-50.



Top: Warren Sumption follows through on a freethrow. Left: Coach Nelson paces the sidelines. Above: Jim Sumption shoots the trifecta.

BASKETBALL



Northstar Varsity Team. Back row: Head Coach Terry Nelson, Nathan Bakeberg, Ryan Inches, Dan Napton, Perry Dinger, Josh Glover, Derrick Dinger, Jim Sumption, As. Coach Dan Karst, As. Coach Jason Uttermark
 Middle Row: Chris Maunu, Warren Sumption, Jeremy Skoglund, Gabe Bruns, Jesse Riggs, Jesse Frohling, Dan Podoll. Front Row: Jacey Skoglund, Andrea Zastrow, Collin Shelton, McLane Mertz, Robert Nelson, Jesse Holmes, Missy Bruns, Rachel Daly.



Below: Inch Daddy Goes for the board as Dan Napton watches.



Scoreboard

	<u>Us</u>	<u>Them</u>
Waubay	74	63
Northwestern	81	51
Oakes	74	52
Edgeley	85	77
Ellendale	66	44
Langford	71	50
Bristol	119	56
Leola	67	51
Edmunds Central	65	36
Veblen-Rosholt	64	46
Northwestern	69	51
Doland-Conde	60	38
Roslyn	72	78
Ellendale	65	51
Langford	73	62
Warner	55	61
Leola	57	57
Wilmot	71	59
Districts-Northwestern	74	54
Districts-Warner	50	55

Northstars

The Northstars volleyball season was off to a good start. Frederick's second year of volleyball was joined by Hecla to give the Northstars three teams for the season (Varsity, Jr. Varsity, & Jr. High). They began the season with two tough games and were prepared for more, but then the weather became a big factor in the scheduling of games and many things had to be shuffled around. Throughout all of the confusion the girls were faced with, they were able to pull together as a team and win some games.

The girls were coached again by Tammi Long and Brenna Lavold, both of Ellendale. With a lot of practice, hard work, and determination the team had greatly improved. As the team motto goes, "Together Everyone Achieves More".

A comment from the coach.
"I will always remember our first win against Leola. We were tied 1-1 and playing the third game, but I told the girls it's one point at a time and they could come back. Sure enough point-by-point Frederick/Hecla came back. The team was determined to win and win they did with a score of 17-15 to end the third game."

"This year has been an experimental year with the co-op and all the girls out for Volleyball. It has been a challenge to teach the new girls how to play Volleyball, it has also been rewarding. They have improved so much! I am proud of them all!"



ABOVE: The Jr. Varsity Team are seated from left to right: **BACK-** Misty Mahlke, Kayla Johnson, Jennifer Storm, Kara Rydberg & Jennifer Schmidt. **MIDDLE-** Kayla Stearns, Elizabeth Slaight, Nicole Daniels, Michelle Bruns & Jessica Elsen. **FRONT-** Coach Tammi Long, Erin Schleder, Jessica Winther, Susan Stearns, Molly Mitchell & Assistant Coach Brenna Lavold.



Volleyball



1996-97 GIRLS VOLLEYBALL SCOREBOARD

	Varsity		Jr. Varsity	
	Us	Them	Us	Them
Britton	0	2	0	2
Ipswich	0	2	0	2
Groton	0	2	0	2
Edmunds Central	0	2	0	2
Leola	2	1	0	2
Leola	2	1		
Doland/Conde	0	2	0	2
Northwestern	0	2	0	2
Wilmot	2	1	0	2
Eureka	2	0		
Warner	0	2	1	2
Langford	0	2	0	2
Edmunds Central	0	2	0	2
Districts				
Selby	2	0		
Leola	0	2		
Selby	1	2		

LEFT- Jennifer Schmidt goes to spike the ball over the net.
BELOW LEFT- Hecla foreign exchange student from Brazil is ready to pass the ball up to the setter.
BELOW RIGHT- The Varsity poses for a picture. From left to right: **BACK-** Bridget Torrence, Nicole Storm, Liisa Nixon, Andrea Bajor (Hungary) & Daniela Pecerini (Brazil). **MIDDLE-** Melinda Szabo (Hungary), Darlene Napton, Laura Fonseca (Brazil), Jennifer Kopetsky & Mandy Lilla. **FRONT-** Assistant Coach Brenna Lavold, Alisha Groop, Joni Napton, Lindsay Maunu, Christina Heilman & Coach Tammi Long.



SPIKE

Cheerleading

Once again, this year's football cheerleaders were busy practicing way before school had begun. The cheerleaders this year for football were: Twyla Sumption, Elizabeth Fonder, Suzi Giovannettone, and Carla Casey. Sandy Dinger enjoyed her sixth year as advisor.

There was quite a change in cheerleading this year with the new co-op in basketball. This was the first year that the girls from both school's were able to work together for basketball. They were seen many times hanging signs around the school. The JV squad was made up of Twyla Sumption and Elizabeth Fonder. Danelle Elsen, Suzi Giovannettone, Tianna Winburn, and Carla Casey cheered for the varsity.



Above right: Football cheerleaders. Back: Elizabeth Fonder & Suzanne Giovannettone. Front: Carla Casey & Twyla Sumption. Above: The basketball cheerleaders perform the school song. Front: Elizabeth F. & Carla C. Back: Twyla S., Suzi G., & Danelle E. Bottom left: From left to right: Carla C., Tianna W., Danelle E., & Suzi G. Bottom right: Back: Carla C., Tianna W., Danelle E., & Suzi G. Front: Twyla S. & Elizabeth F.



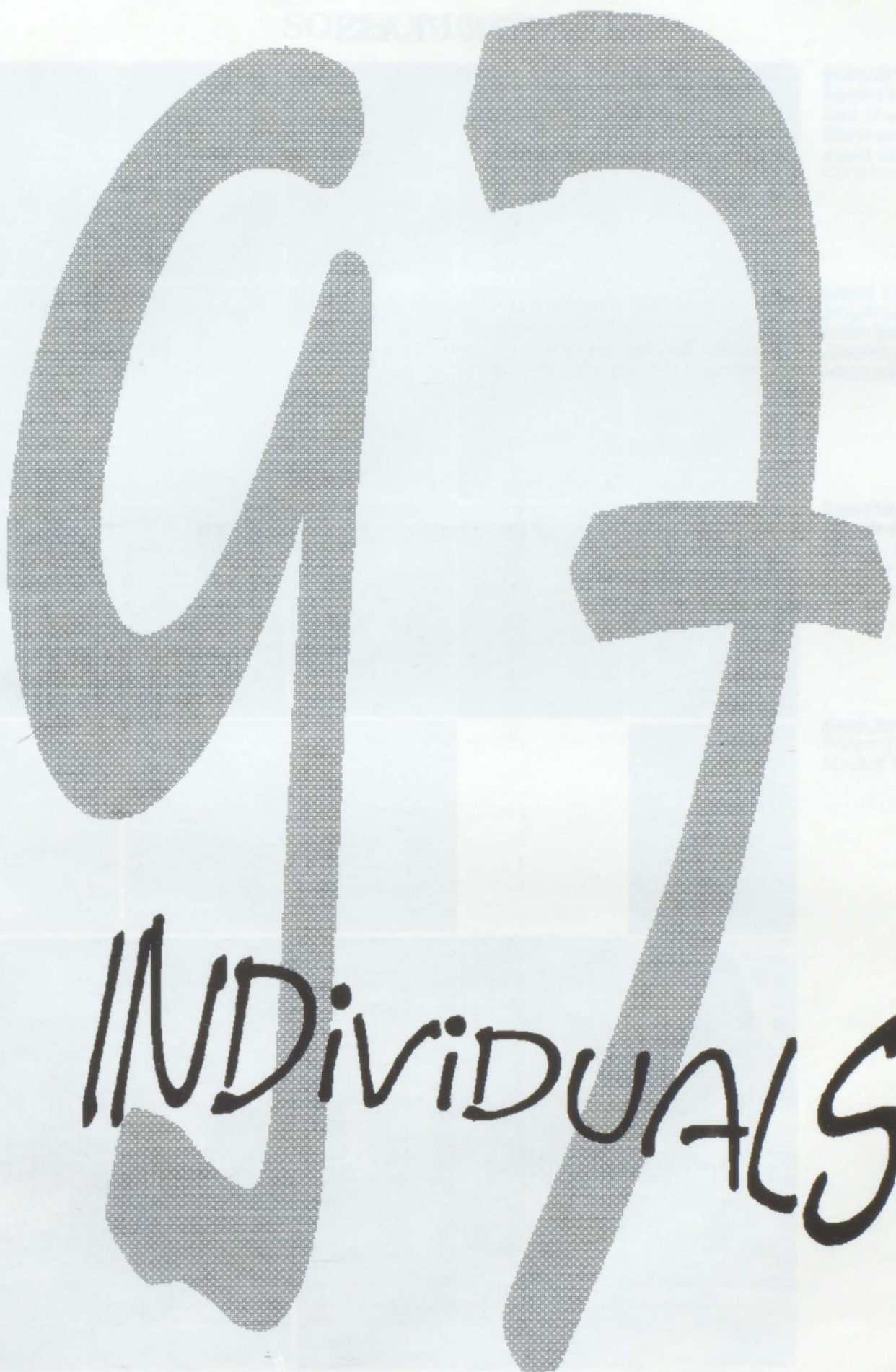
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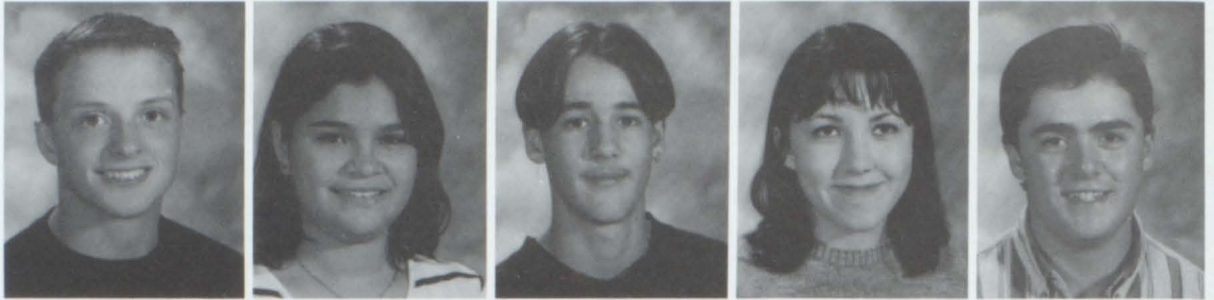
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INDIVIDUALS

JUNIOR CLASS

Nathan Bakeberg
 Laura Fonseca
 Jesse Holmes
 Lynn Huettl
 Brian Jenson



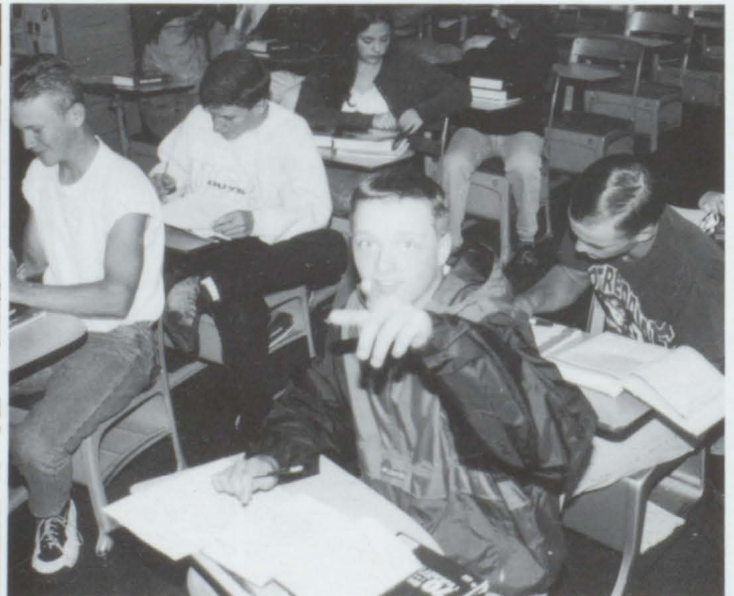
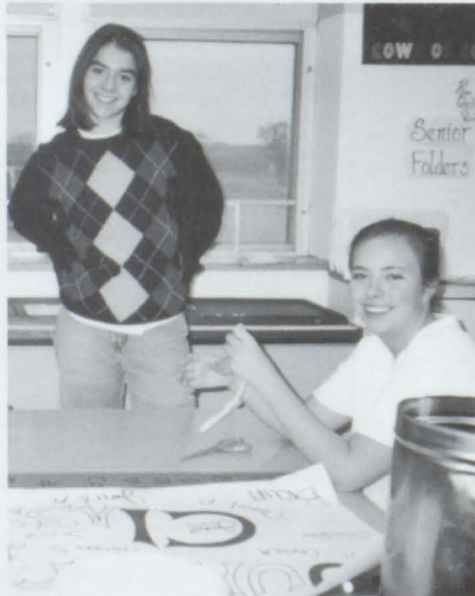
Chris Maunu
 Joni Napton
 Jessica Nilson
 Travis Olson
 Charlene Pfeifer



Daniel Podoll
 Anne Sheldon
 Verena Stumpe
 Warren Sumption
 Melinda Szabo



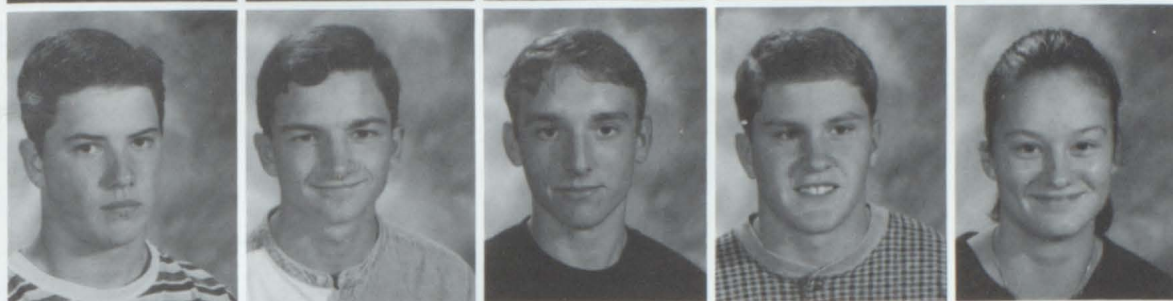
Janel Walworth



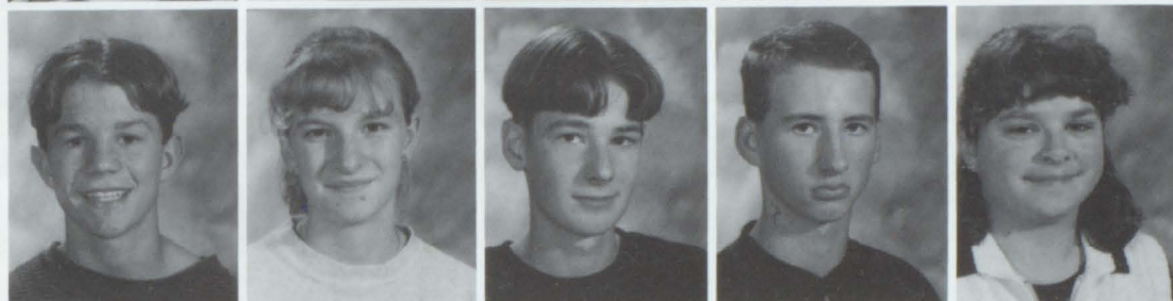
SOPHOMORE CLASS



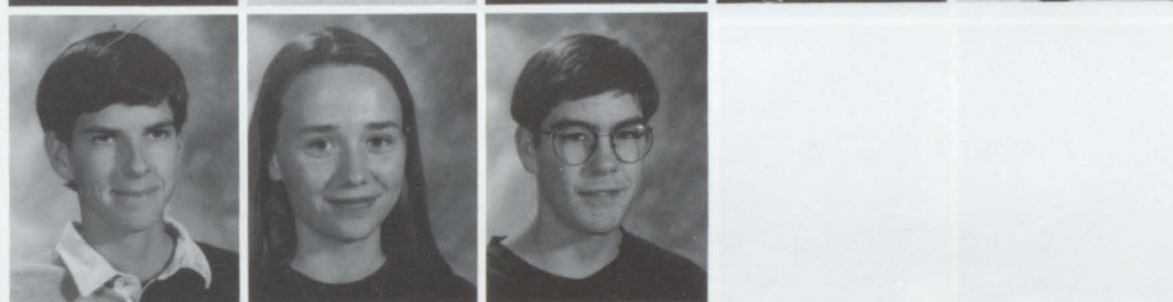
Richard Achen
Elizabeth Fonder
Suzanne
Giovannettone
Alisha Groop
Christina Heilman



Dustin Jung
Neil Karjalainen
Justin Kopetsky
Jonathan Larsen
Lindsay Maunu



Ryan Riggs
Betty Jo Rohwedder
Travis Schaanaman
David Schlosser
Twyla Sumption

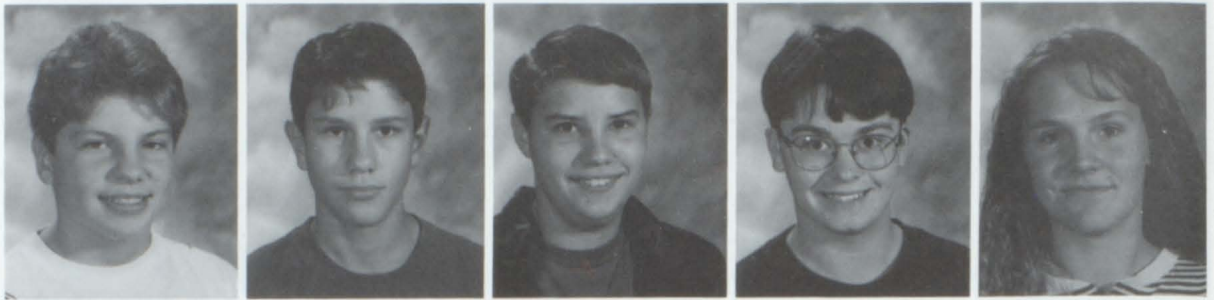


Derek Sumption
Bridget Torrence
Mitchell Wilson



FRESHMEN CLASS

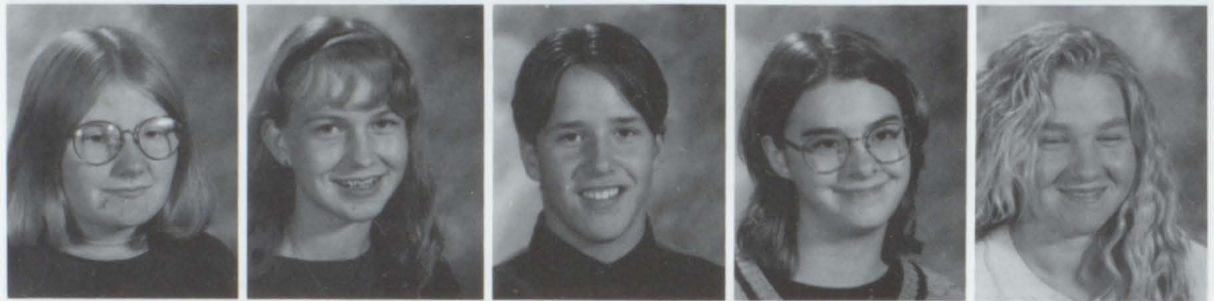
Derik Bretch
Justin Brotzel
Dalton Dosch
Jonathan Fonder
Rachel Inches



Robert Jenson
Seth Klipfel
Ryan Kolb
Jennifer Kopetsky
Michael Mardian



Darlene Napton
Liisa Nixon
Michael Schmit
Emily Sheldon
Nicole Storm



Lindsey Voeller
Leon Voeller

Not Pictured
Kimberly Kinslow



EIGHTH GRADE



Adam Achen
Courtney Baye
Trista Bunke
B.J. Deuter
Joel Heilman



Eric Jenson
Kayla Johnson
Craig Karjalainen
Joshua Larsen
Dwight Pehl



Adam Rahja
Trenia Rexinger
Brett Riggs
Jennifer Schmidt
Jennifer Storm



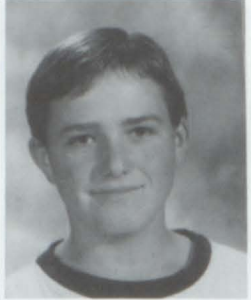
Joshua Underberg
Jessica Winther

Not Pictured
Kara Rydberg



SEVENTH GRADE

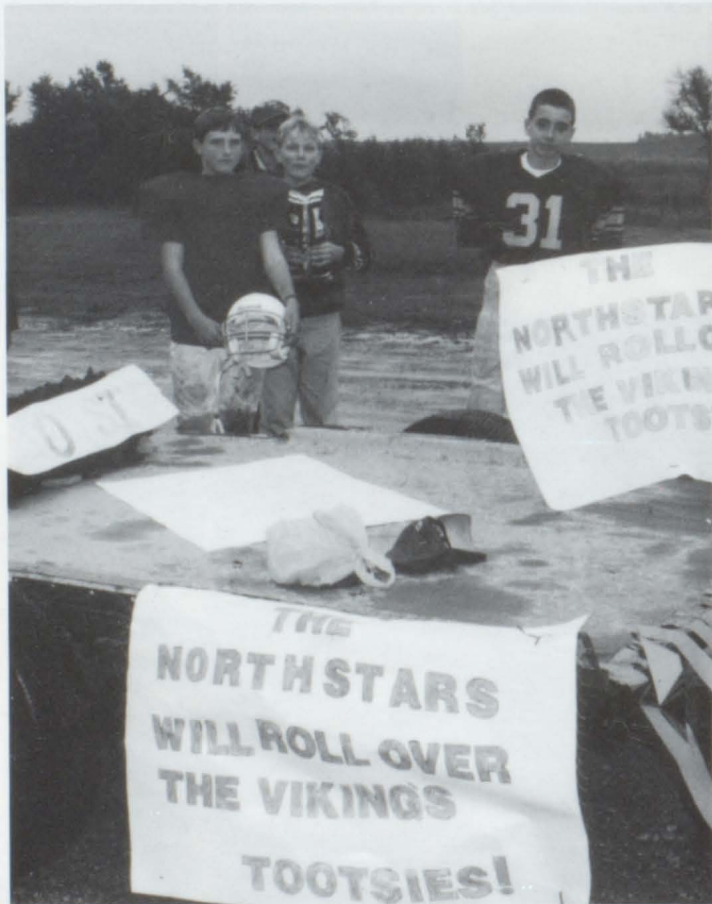
Brandon Bain
Jason Bender
Misty Mahlke
Jonathan Mardian
Jessica Ness



Erin Schleder
Brian Schlosser
Justin Schmidt
Jordan Torrence



Not Pictured
Sarah Davis
Benjamin Pitz



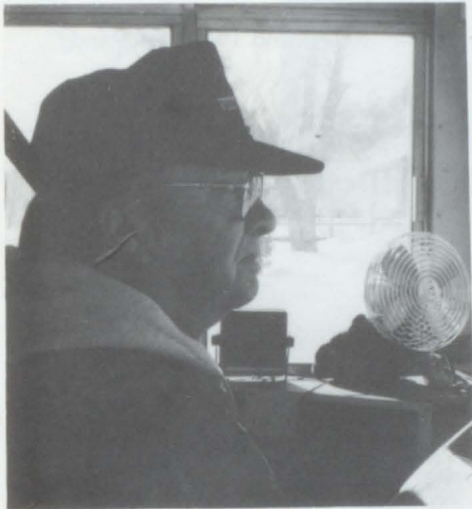


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Support Staff

Top Left: The school cooks Marv Luoma and Margie Dosch are hard at work. Top Right: Laurel McDowell is taking a well-needed break. Middle Row Left to Right: Clem Braa, Carol McCullough, and Edgar Head drive the busses. Bottom Left to Right: Bernice Rollo is working in the library. Earl McCullough also drives the bus. Janitor Rich Schlosser pulls a plastic spoon out of a heater???

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Administration



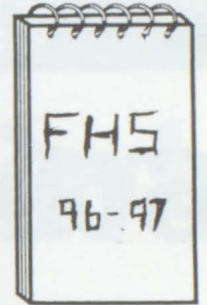
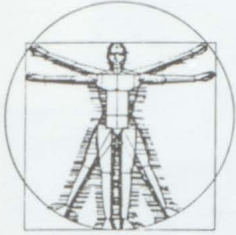
Above: Left to Right: Business Manager Lela Tveit, Superintendent Leighton Getty, and Principal Randy Barondeau take a break to pose for the camera during a meeting.

The School Board had a busy year this year. The main problem was caused by the snow. They had to reschedule ten days of school. Needless to say this did not please the students. The board also made the decision to stop school buses from going into the rural areas during the winter season. This was accomplished by having pick-up points in Westport, Barnard, and Frederick. This year a few board meetings were conducted over NCAI and many families at home could watch the meetings live.



Above: Standing, left to right, are school board members John Sumption, Dennis Kinslow, Judy Bretsch, President Deb Schlosser, and Janet Riggs.

Faculty



Back Row: Mrs. Zinter, Mrs. Schanzenbach, Mr. Barondeau, Mrs. Barondeau, Mrs. Maunu, Mrs. Rall. Front Row: Mrs. Brokaw, Mr. Quimby, Ms. Labesky, Mr. Whaley.

- Mrs. Barondeau: favorites- spending time family, Swiss Steak, "The Santa Clause" and "Family Fun."
- Mrs. Brokaw: favorites- golf, German food, soft rock, "The Sting," and "Country Woman."
- Mr. Whaley: favorites- golf, steak, "Dances With Wolves," "Reader's Digest," and "the half wet, half dry incident."
- Mrs. Rall: favorites- crafting & horseback riding, "Crafting Traditions," and "not willing to share."
- Ms. Labesky: favorites- reading, Chinese food, "The Sting," "Driving on the sidewalk at All-State Chorus."
- Mrs. Maunu: favorites- crocheting & reading, Chinese Food, "speechless in front of a crowd."
- Mrs. Schanzenbach: favorites- playing darts, Chinese food, The Jerk, "Smithsonian," Too numerous to mention.
- Mr. Barondeau: favorites- hunting, steak, "The Good Bad and the Ugly," "Sports Illustrated," and falling into a baby buggy.
- Mr. Quimby: favorites- golfing, fishing, skiing, steak and lobster, "Planes, Trains, and Automobiles," "Discover" and he never gets embarrassed.

Some of the teachers revealed embarrassing moments. They are the last item listed.



6th

Back: Brittany Klipfel, Shaina Riggs, Trinity Rystrom, Taylor Rystrom, Cody Bruns, Eric Bergan, Jessica Brotzel
 Middle: Jessica Schmidt, David Bretsch, Christina Kopetsky, Nicole Underberg, Mrs. Ellefson
 Front: Rebecca Achen, Andrew Schaunaman, Mathew Nixon, Cody Clark, Amanda Ness
 Not Pictured: Laura Inches



5th

Back: Jorden Seaman, Becky Torrence, Jessie Powell, Ashley Huettl, Jason Jenson, Cody Mahlke
 Middle: Elizabeth Rahja, Logan Voeller, Leif Martinson, Joshua Dennert, Jessica Heilman, Mrs. Hegge
 Front: Nicole Clifford, Mathew Gustafson, Trisha Rohwedder, Wyatt Wilson, Rachel Hoerner
 Not Pictured: Ashley Jung

52 Individuals



Back Row: Diana Huettl, Kelsea Barondeau, Jayme Bain, Samantha Flinn, Alex Hart.
 Middle Row: Mrs. Ullrich, Lacey Voeller, Corley Hertel, Megan Dutenhoffer, Reva Graves.
 Front Row: Ryan Bergan, Joel Torrence, Hope Martinson, Justin Hart, Jesse Brooks.

3rd



Back Row: Jared Middleton, Colby Cantwell, Craig Larson, Trent Huettl, Tyler Parsons.
 Front Row: Mrs. Bergan, Cassie Storm, Danielle Taylor, Justin Ellefson.

4th





2nd

Back: Chelsea Dutenhoffer, Alex Jones, Travis Dallenbach, Cody Gustafson, Mickey Schlosser, Carl Ellwein, Kelli Nixon, Erik Nixon, Shrylle Mikkonen;
 Front: Casey Dennert, Brittany Schlosser, Brandon Taylor, Travis Hart, Christa Haas, teacher Mrs. Heis.



1st

Back: Ethan Emery, Trevor Baye, Mikayla Barondeau, Jessica Walworth, Mathew Huettl;
 Middle: Teacher Mrs. Brooks, Renee Graves, Nick Schaunaman, Cole Adema, Jamie Hart, Jacob Perry;
 Front: Blain Mikkonen, Christian Christianson, Lucas Stoddard, Elizabeth Earl, Mathew Ellefson.

54 Individuals

Kindergarten



Back: Ashley Gunther, Andrew Wolter, Carson Ellwein, Mathew Forsting, Brianna Cantwell, Allie Worthy, Kelli Hart
 Middle: Mrs. Wallien, Ashley Nilson, Landon Voeller, Caitlin Zinter, Kathryn Groop, Amanda Siro, Taylor Christianson
 Front: Wyatt Sumption, J.F. Brixey, Christopher Paulson, Nathan Maunu
 Not pictured: Mathew Jung



The best part of school is . . .

Taylor Christianson . . . the free time to play with toys
 Landon Voeller . . . playing kickball at recess
 Allie Worthy . . . playing on slides
 Ashlie Nilson . . . playing with kids
 Amanda Siro . . . going to music class
 J.F. Brixey . . . cutting out pictures of alligators
 Kelli Hart . . . playing and making things in freetime
 Andrew Wolter . . . playing cops and robbers at recess
 Caitlin Zinter . . . singing "When you wake up in the morning and brush your teeth" at music class

Brianna Cantwell . . . snack time
 Carson Ellwein . . . painting leaves
 Mathew Forsting . . . playing tag at recess
 Kathryn Groop . . . playing on the jungle gym
 Ashley Gunther . . . free time to do puzzles
 Mathew Jung . . . playing outside in the snow
 Nathan Maunu . . . going outside
 Wyatt Sumption . . . coloring
 Christopher Pulson . . . singing "God Bless the U.S.A." in music class

Barnard

Barnard students are diligently preparing for junior high and high school.

Their fun-filled days of dissecting, recess, P.E., and preparing for all of their chorus and band festivities will never end.

The students' daily activities will make learning the tricks and the trades of high school and junior high a lot easier and more exciting.

Welcome to the world of books galore, pages upon pages of notes, late nights studying and sports the greatest part about school. Along with all of this agonizing work above, getting started in junior high is always fun! High school years where you sometimes wish you were young again will soon become some of the most unforgettable memories and years of your life.



This year, the first grade class is hoping to create a Christmas tree out of their milk cartons from lunch. They are learning to recycle and have fun at the same time. Whoever said you couldn't learn in school?

The new Kindergarten class of 2009, taught by Mrs. Colleen Wallien, are just starting their school career out by learning the days of the week by singing and miming "the days of the week song."



Student Life



A second grader, Sheryll Mikkonen is playing a new computer game. These kids have many computer programs to help them with their reading, writing, and arithmetic. Do you remember having computers in second grade?

Above left: Kindergartner Allie Worthy, is learning to keep track of the days of the week and the month. They do this by choosing a different classmate each day to place a new member on the calendar. On each day of the week there is a certain symbol representing each number to help the kids remember that number. Also the Kindergarten class learns each day of the week as they place the correct numbers on the calendar.

Above: Fourth graders, Tyler Parsons, Justin Ellefson, Jared Middleton, and Trent Huettl were the only students out of their small nine student class that completed their assignment of making flags for their social studies class taught by Mrs. Bergan. These flags are examples of what these kids would like to have a school flag look like.



To The

I'd like to tell everyone don't ever stop "Reaching for the Stars" because with a little confidence and hard work you can be and accomplish anything you want to.

-Jim Supmtion

It's about the time for another class to leave Frederick and soon you will be that class. The years go by fast so have fun and make the most of it. Sit back and enjoy the ride.

-Jared Torrence

In this time here you will go through many changes and you will learn who your friends are and if your lucky enough to find friends like I have they will last a lifetime.

-Heather Rystrom

The Senior year is the best year of your high school years. It goes by so fast and it is kind a fun but soon as you know it, it is over. Enjoy and be good. Don't give the teacher a hard time

-Brad Wollman

Don't be afraid to be yourself . If you stand up for yourself and what you believe in, you'll go a long way.

-Christina Olson

You will experience more in these years than you ever thought possible. Live, learn, and remember life is everything you make of it. Be not afraid.

-Jill Schleder

Enjoy your high school years. They go by faster than it seems. Have fun. Take it easy

-Ryan Inches

4MYFANS
Take high school as a time before the stuff you do goes on your permanent record. So take some risks because if you don't you'll never know what could have happened. Peace Ya'll.

-Ed Napton

Live your life with a passion. Everything you do, do well. You only get out of life what you put in. So they say

-A.J. Clifford

Future

Your High School years
are definitely
memorable ones that
will teach you so much,
and a lot of that
learning has nothing to
do with books. Be
strong, take things as
they come, and above
all laugh as loud as
you possibly can!

Enjoy!
-Ellen Groop

FSH was fun but graduating R-ules.
Stay cool Ryan, Dustin, Spud, Holmes,
Warren, Nate, Neil, Lindsey, see you later.
Next is to my friends:

Join Everything School Serves Even
Rates Under Little Energy Sacs
And Lively Littluns.

-Jesse Riggs



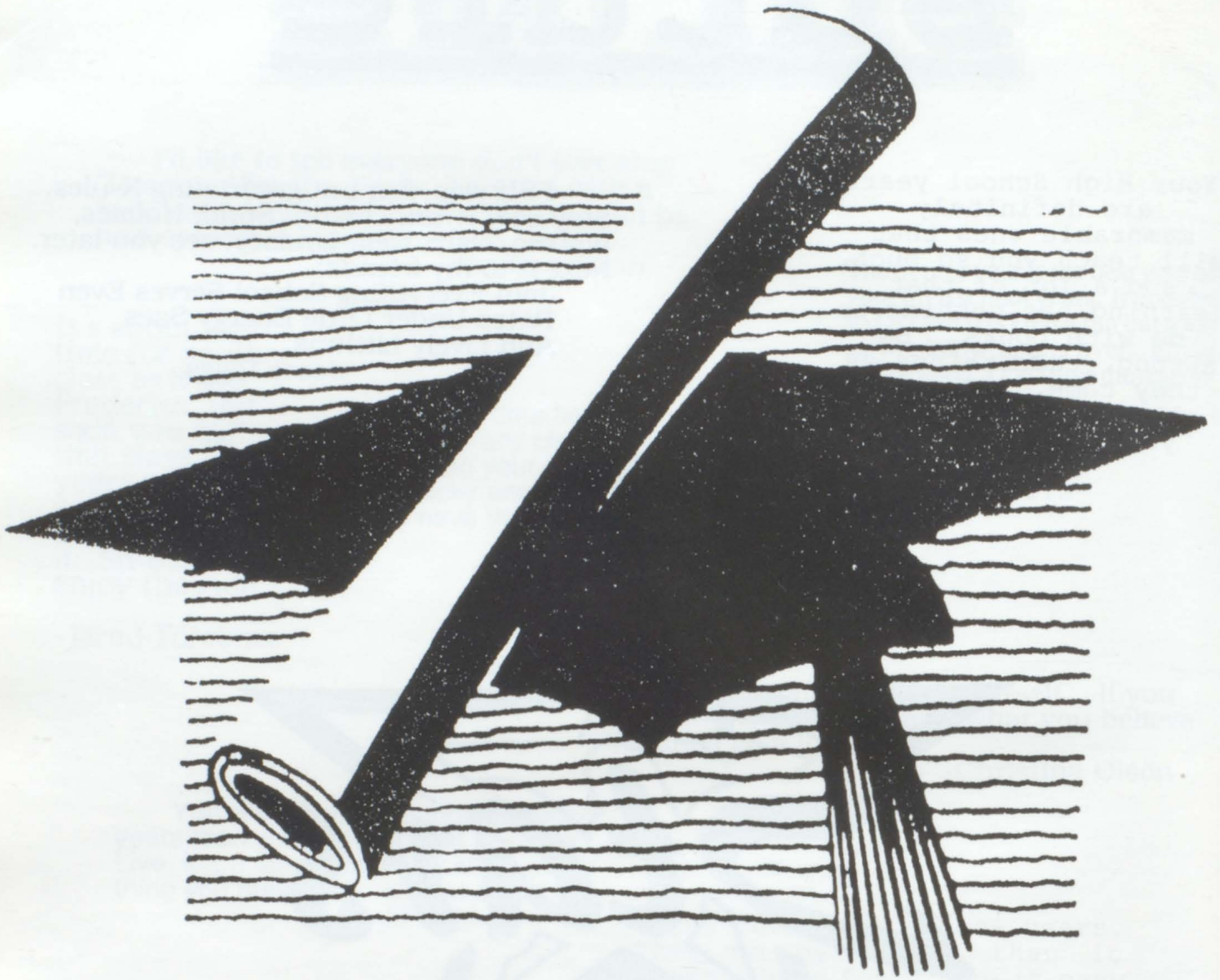
Live for yourself and not for others.
Be different and change for no one.
Life is fun if you dare to live it to the
full extent.

-Elisha Jung

Fast? Feels like twelve years
to me.

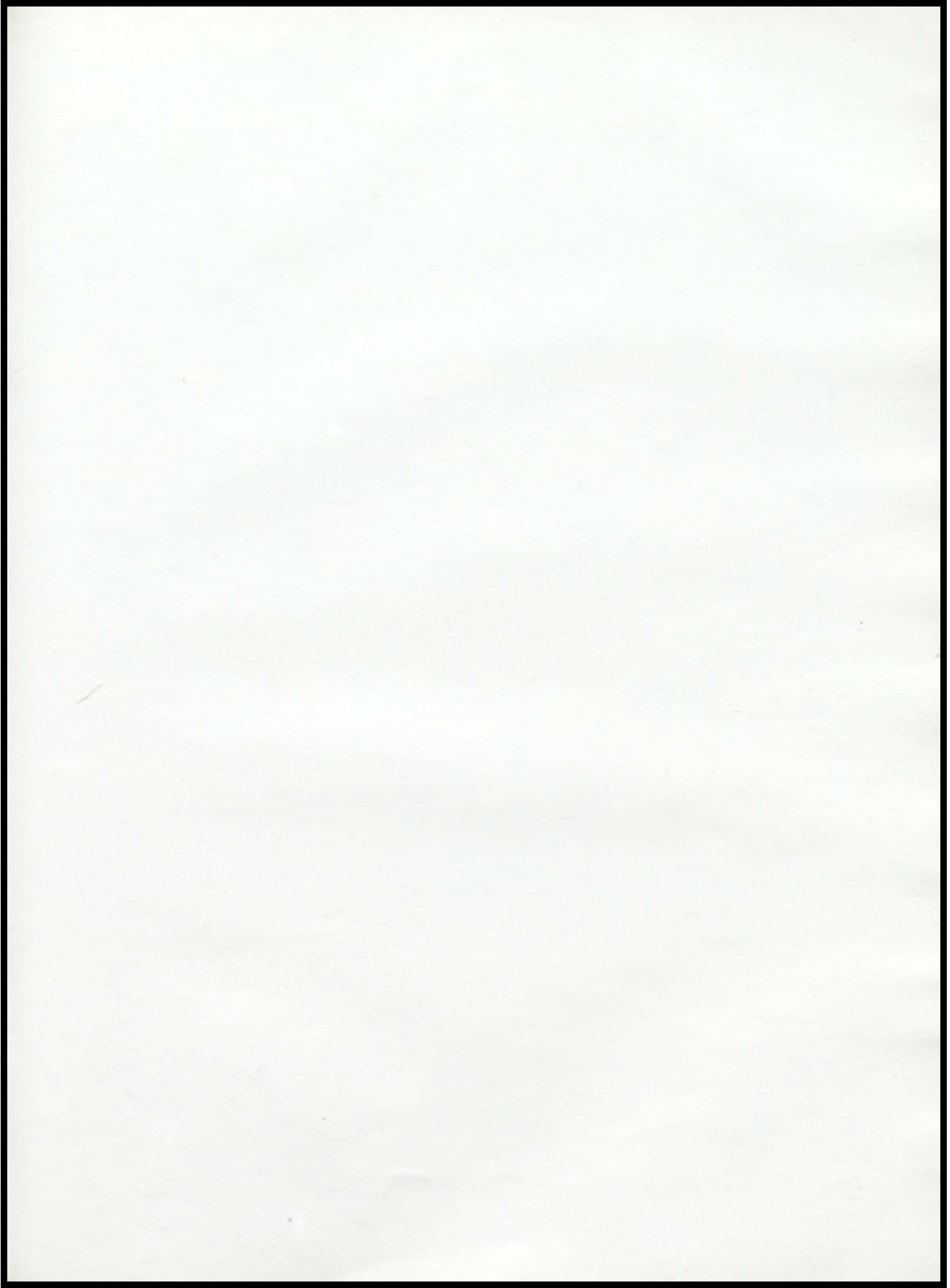
-Nate Deuter

P.S. Honk if you luv cheese.



1997

DARE TO DREAM





1997

DARE TO DREAM

