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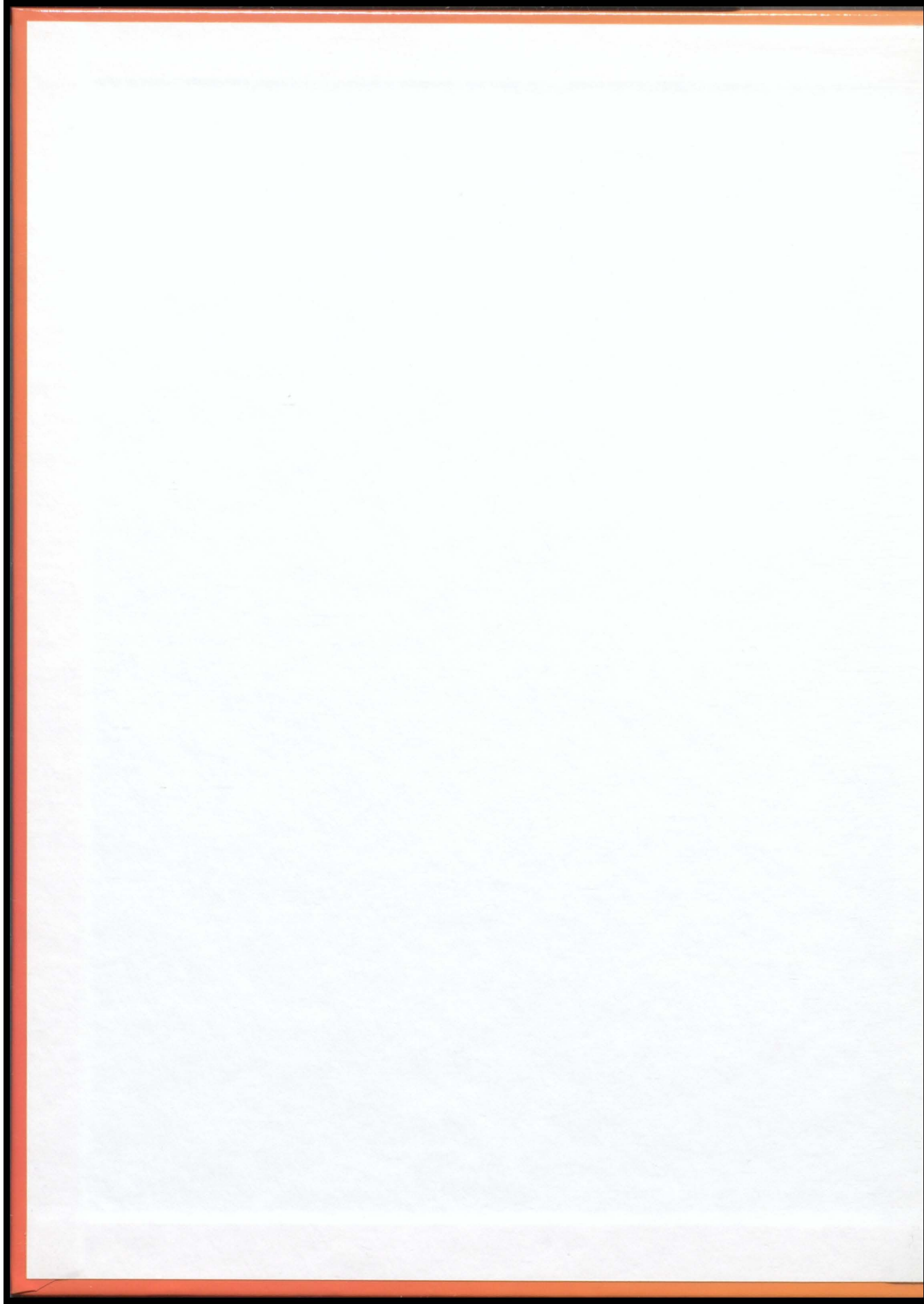
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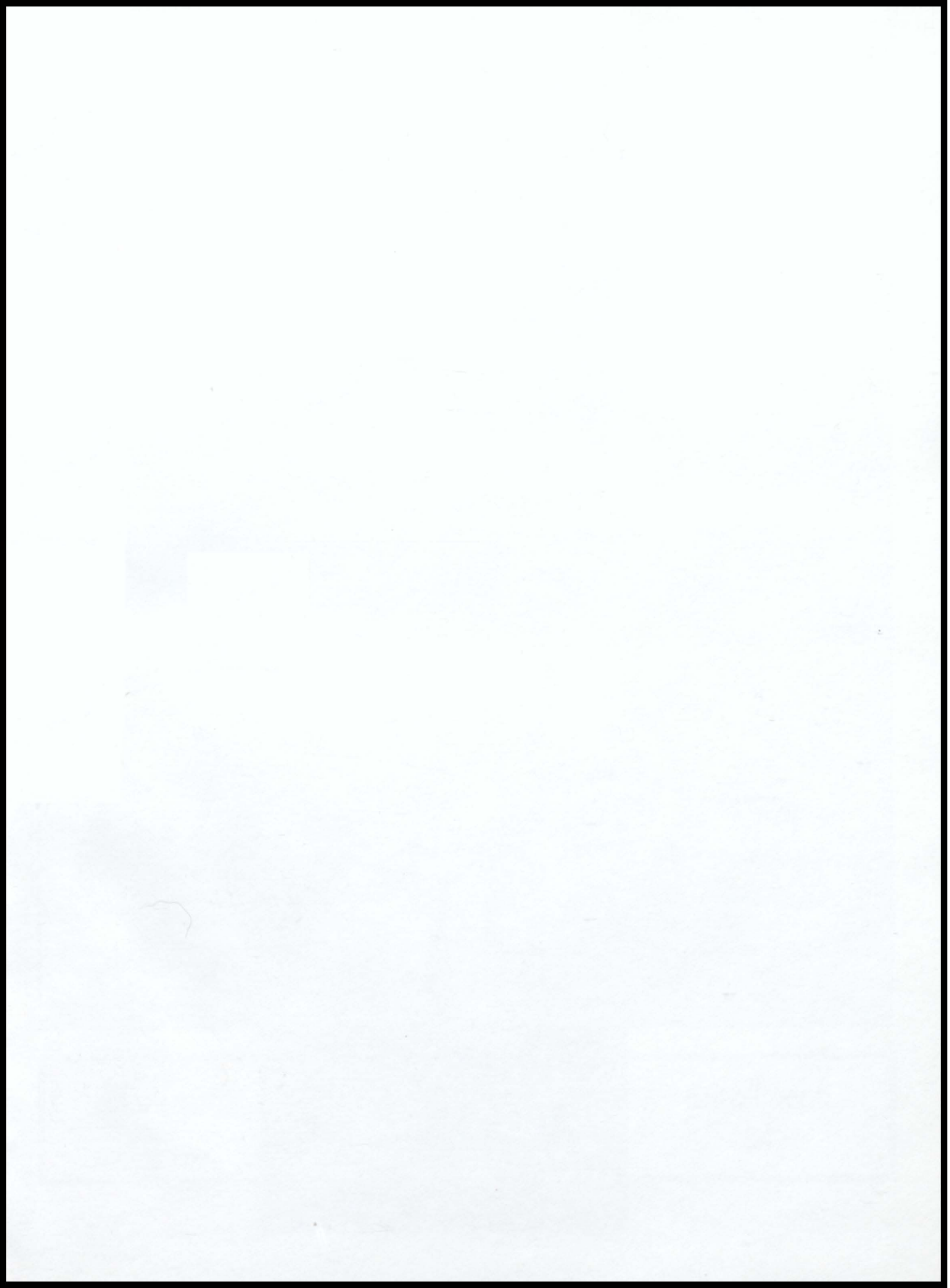


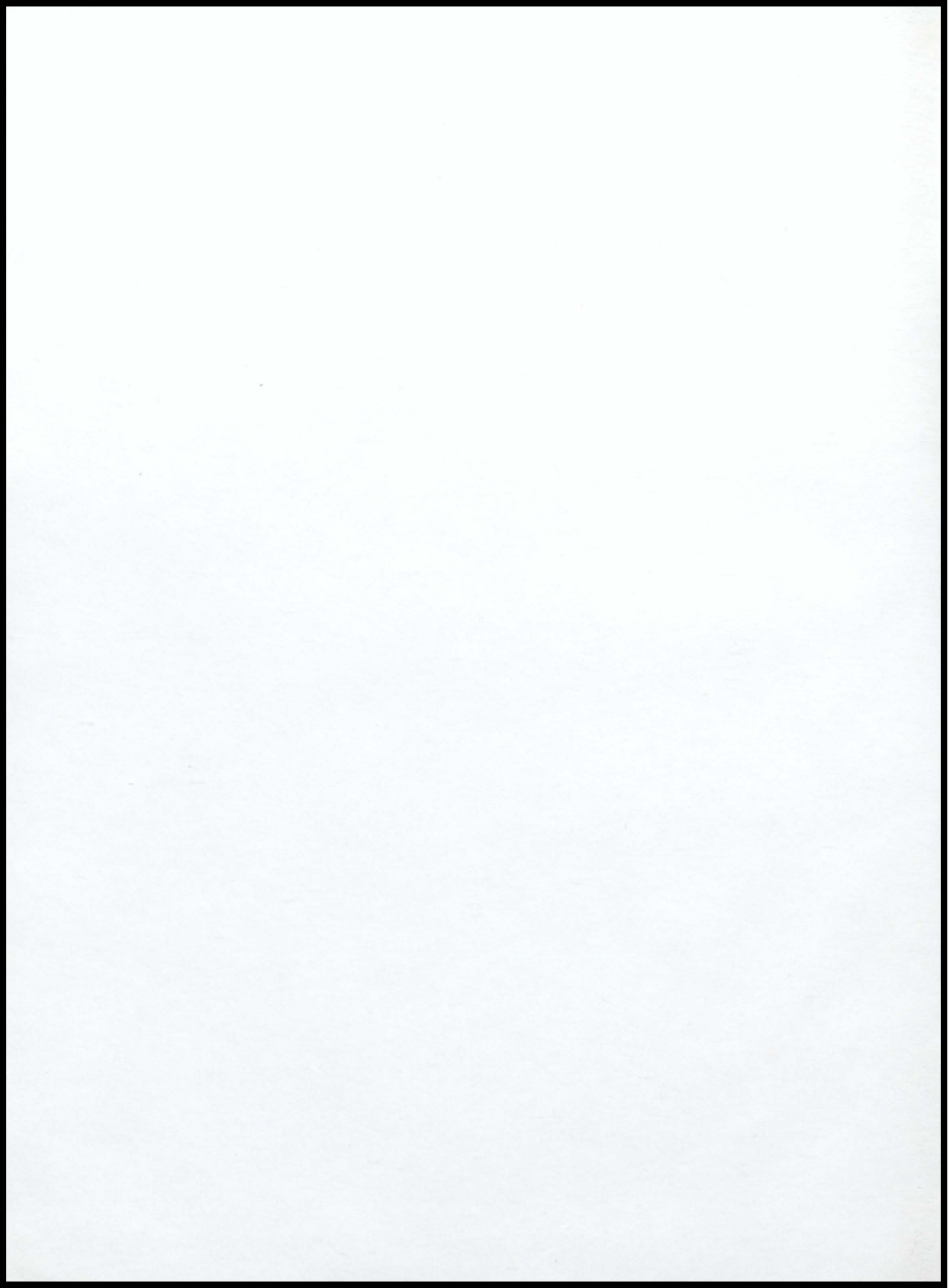
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7

**so...there we were...**







So...  
there

we were

in

2007



Phone:  
605.329.2145  
Fax:  
605.329.2722

Frederick Area School  
PO Box 486  
Frederick, SD 57441

Enrollment:  
64

# So...Here WE Are

...people



6-21

...academics



24-39

...athletics



42-57

...student life



60-69

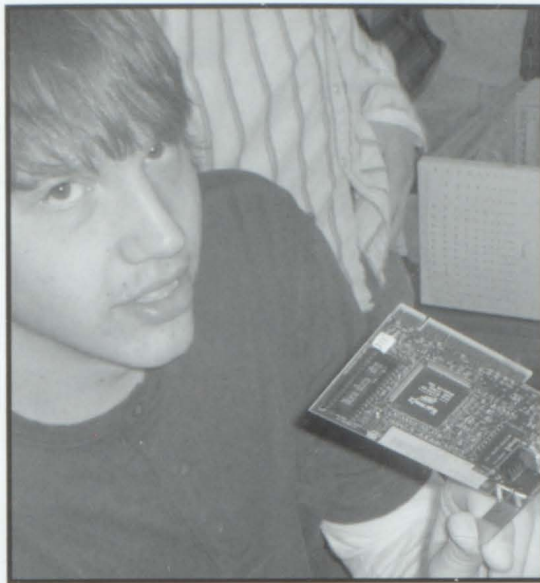
You know that feeling you get when you've anticipated something for so long and then finally it's here and you look around and wonder how you got there so fast? That's kind of how it felt to start senior year. Being a senior is the ultimate goal of students everywhere, but many members of the Class of 2007 said when they walked through the doors in August they had the feeling of "So...there we were", which is how the Journalism III students came to choose this rather unique theme for their yearbook. At first, it seemed a little "off" for a yearbook theme, but the more consideration it was given, the more it seemed to fit and early in the fall, it was settled and the cover design was sent in with "So...there we were..." proudly displayed on the cover.

"I know it's not your usual theme," said Brooke Haas, "but it pretty much explains it all. When you think of all our memories throughout these last six years for some reason they seem so much more important when you think of where they took place."

Carli Ellwein explained that certain places just remind her of the good times...like senior hall, the gym, the band room, the football field, Owen's bus, journalism and psych class, the locker room and the lunch room.

When graduation finally arrived and the seniors walked out with their diplomas their legacy, so to speak, at Frederick Area High School will always be...there.

Whoever said there's nothing new under the sun hadn't visited Frederick Area School. Change has become the tradition, as new classes, faces and facility upgrades seem to appear each year. The writing on the wall became overly clear this year as nearly 100% of the student population created personal sites on Facebook. It's popularity and lure was confirmed when it became one of the first sites "blocked" from the laptops!!



READ "THE WRITING ON OUR WALL"...



Tagged in Photo: (Ethan Emery)

**Download:** Frederick Area High School is one of the first 20 schools in the state of South Dakota to be chosen to participate in the One-to-One Initiative.



Tagged in Photo: (Jim Flore)

**Polished:** A new wood floor enhances athletics, while new bleachers with walk ways and handrails increase seating and access for fans.



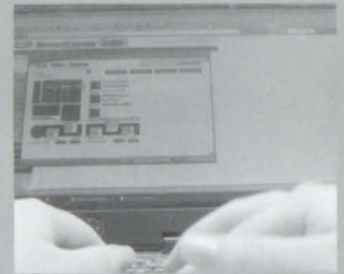
Tagged in Photo: (Student Study Circle)

**New Horizons?** Students and teachers participate in a community improvement plan sponsored by SDSU called Horizons.

# what's New?

## >mini feed

- > One-To-One Initiative Tablets
- > Facility Upgrades
- > Facebook Craze
- > Yearbook Program
- > Horizons
- > Fundraising Success
- > Transportation
- > Media Coverage



Tagged in Photo: (Logan Schlosser)

*Spare Change:* Frederick Area Booster Club sponsors a penny drive to raise money for the giving tree and the Roebach family. Change accumulated to over \$3500.



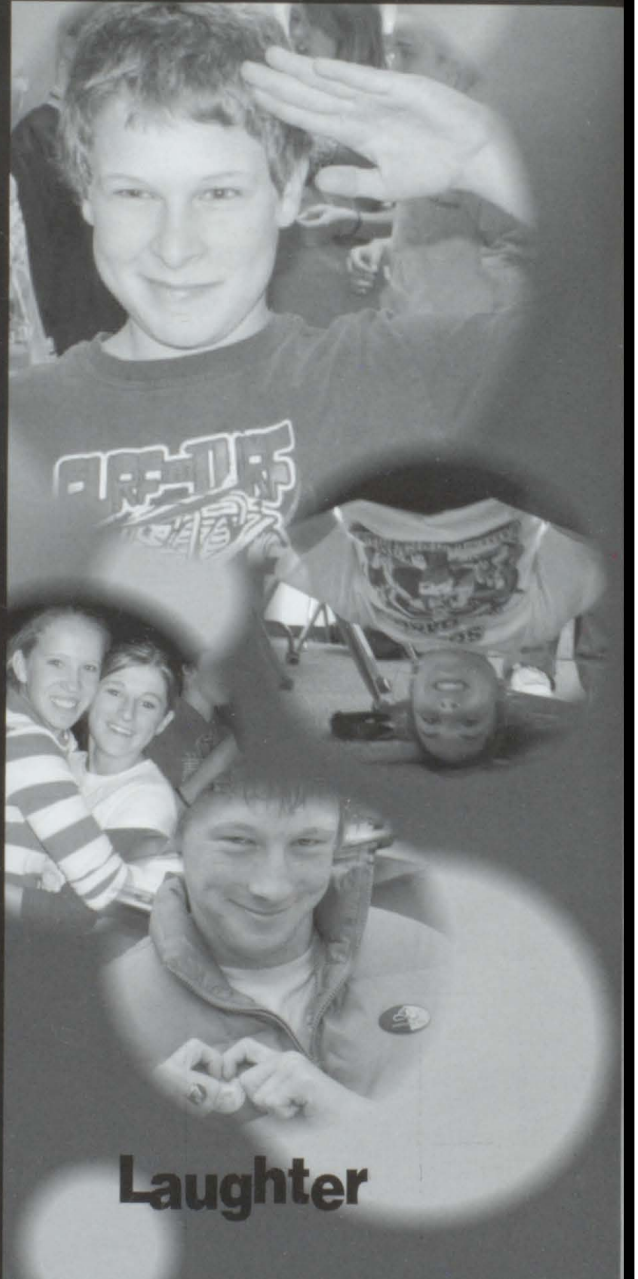
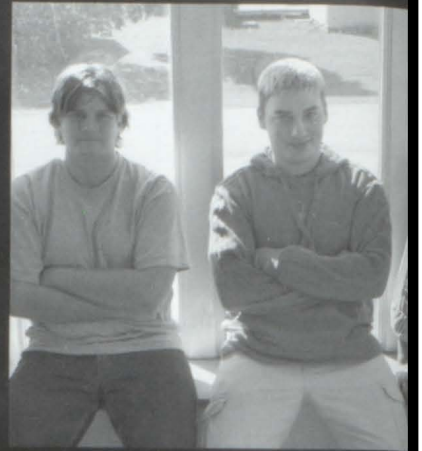
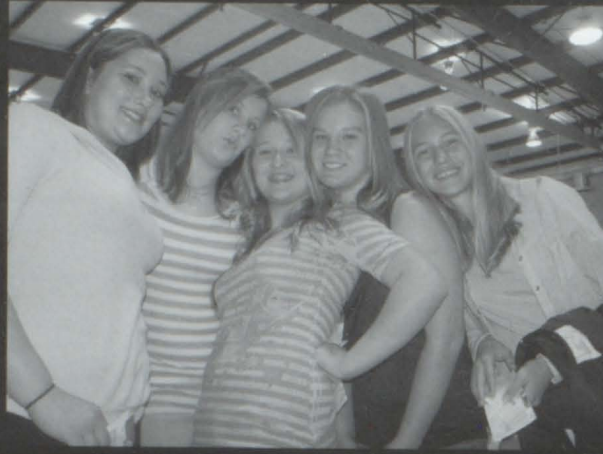
Tagged in Photo: (B Haas, T Hart, C & R Ellwein, C Dennert)

**Icy Roads...No Problem:** High school boys utilize their snowmobiles, avoiding slick highways on their way to school. To their surprise their machines proved to be chick magnets as well.



Tagged in Photo: (Keloland Reporter)

**Paparazzi:** If the papers and news channels are any indication, Frederick has achieved celebrity status. Between feature stories in the American News and reports on TV, students and staff were often in the media spotlight.



**Laughter**





# PEOPLE

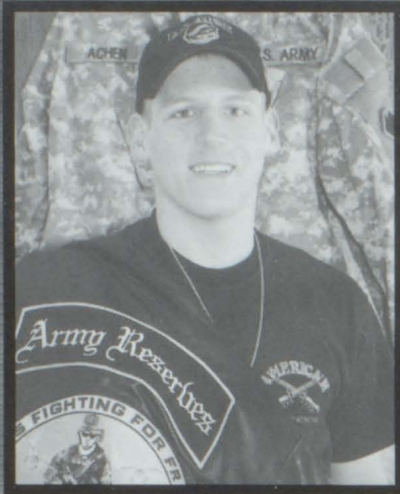


**Memories**

**Hardships**



**Classmates**



Christopher Francis Achen

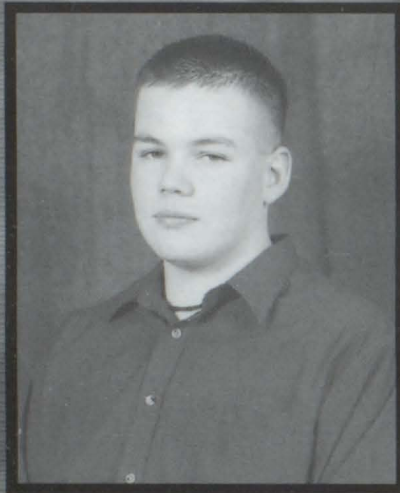
**"We cannot discover  
new oceans,  
unless we have the  
courage to lose sight  
of the shore."**



Carli Erin Ellwein



Cody Lee Gustafson



Casey John Dennert



Christine Marie Fredrick



Brooke Michelle Haas



Chelsea Marie Dutenhoffer

**Class Colors:  
Teal and White  
Class Flower:  
White Rose tipped in  
Teal**



Christa Marie Haas



Travis Lee Hart



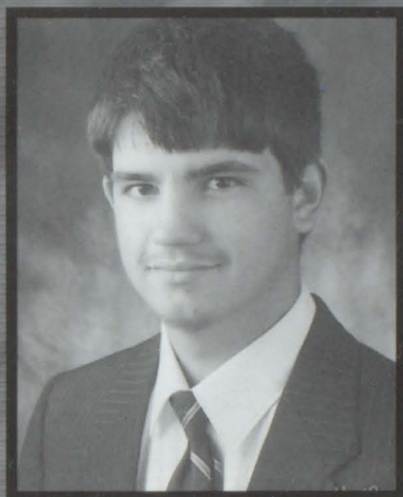
Kelli Kristiine Nixon



Michael James Schlosser



Shrylle Alyssa Mikkonen



Trevor James Perleberg



Joel Micah Raynor



Erik Haakon Nixon



Brittany Ellen Schlosser



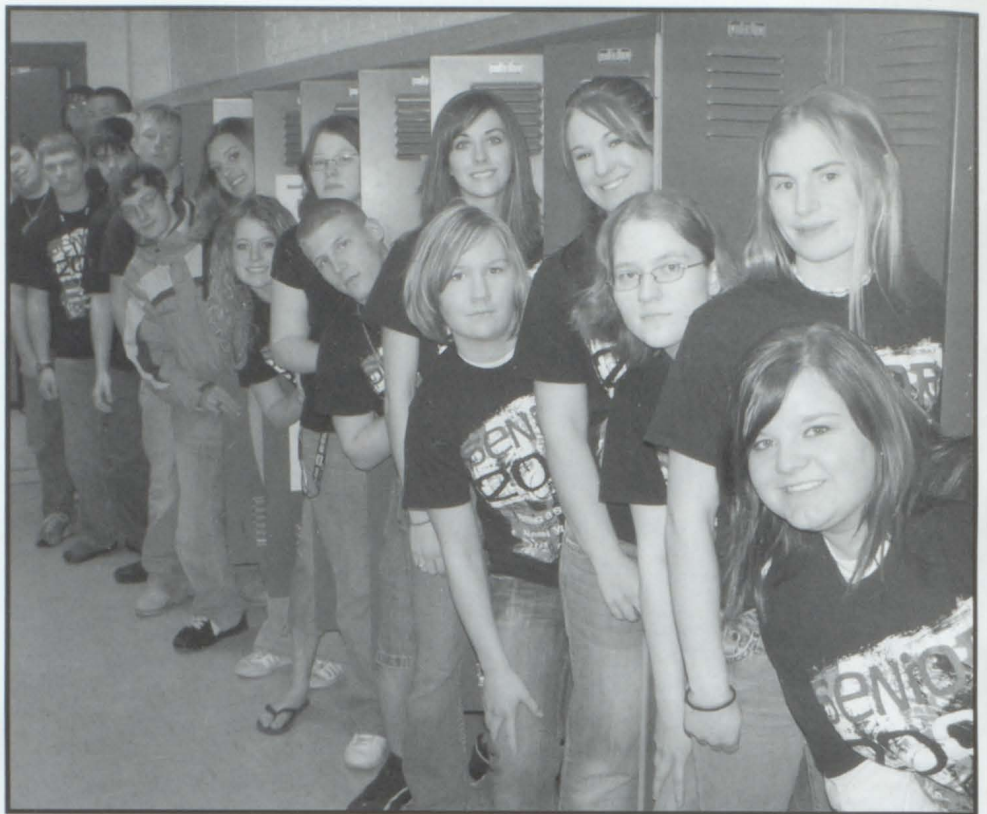
Blair Emily Truebenbach



Unarmed: Trevor Perleberg experiences life without arms.

Senior Hall: Unity even occupies the seniors when they are at their lockers.

Together: A special bond keeps seniors especially close during their last year of high school.



Put 'Em Up!: Members of the senior class utilize the D.A.R.E. car as a prop for a class picture.

Nap Time: Even though nap time ended after kindergarten, Christa Haas, Carli Ellwein, Chelsea Dutenhoffer and Shrylle Mikkonen enjoy a noon nap next to Chelsea's favorite rock on the warm pavement outside the high school building. Warm temps early in May encouraged students to spend time outside during noon break.



If you  
could do  
anything in  
life, what  
would it  
be?

"We want to go  
**STREAKING!**"  
~Carli Ellwein &  
Brooke Haas~

"I would get  
a '69  
**CAMARO**  
**SS.**"  
~Erik  
Nixon~

# Start Final Chapter

## Seniors



**Decision Makers:** As class president and class secretary/treasurer, Blair Truebenbach and Brittany Schlosser make important decisions. Graduation and Homecoming ideas were main projects.



**Super Seniors:** Superman shorts become a symbol for seniors that emphasize their social seniority status.

**Chillin':** In or out of class, Joel Raynor can always be spotted in his orange winter coat.



The end of the journey, the beginning of the future; the senior Class of 2007 is on their way to making their dreams come true.

Seventeen young men and women met in homeroom on August 22 to start their last year of high school. Through senior pictures and Homecoming and games and tests and Christmas and presentations and track meets and snow days and Easter and announcements, this group worked toward their ultimate goal of graduation.

Shrylle Mikkonen, who has been with this group since their first day of school back in 1994, said, "It is really sad to leave behind all the friends we've made and the life we've grown accustomed to, but we have the memories with us and we're ready for the future."

Although all the members of the class received the same basic education, when it came to choosing their paths after high school, their directions were varied.

A majority of the seniors opted for continuing their educations at colleges or vocational schools. Most already had parttime jobs for the summer, and some planned to continue work rather than go back to school. Chris Achen would spend his summer in basic training, as the only member of the group who joined the Armed Forces.

During the group's final year in high school they enjoyed and adapted to several changes. Laptops, a new P.E. curriculum and a hard wood floor topped the list of new adventures for the group.

On any given day, the changes were good or bad, depending on how things were going.

"Basically, I'm really glad we got at least one year in with the changes, but there were days when I wondered why we couldn't just keep everything the same!" noted Christa Haas, who occasionally clashed with her laptop.

The technology available with the laptops made some classes easier, and others more complicated. Taking notes in government was a quick process, as each student had their own laptop; however, taking a math class completely on line proved to be more of a challenge for some seniors.

"I'm glad we got the laptops before I graduated," explained Carli Ellwein. "I believe we will totally use what we learned this year when we get to college. This experience just gives us a head start," she added.

The advanced PE curriculum challenged, but completely captivated the seniors.

"Sometimes it's tough to grasp how a class is going to help us in life, but with this new curriculum, the reasoning for what we were learning was quickly apparent. I wish more classes were like that!" noted Kelli Nixon.

As they utilized the new elements of their last year, the seniors also found themselves letting go.

"It's been a good run; we're ready for the world beyond high school," concluded Travis Hart.

*Class of 2007*

**"In my life, I'd like to meet GEORGE LUCAS."  
~Joel Raynor~**

**"I would want to TRAVEL to every country in the world."  
~Chris Achen~**

**"I WOULD HAVE BUYING A MOTORCYCLE ON MY LIST."  
~KELLI NIXON~**

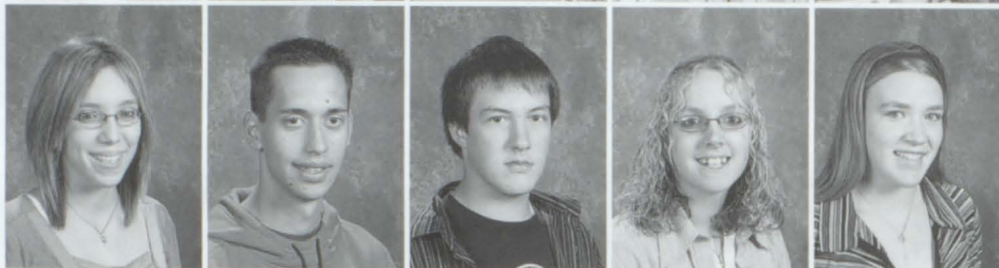
Mikayla Barondeau  
 Raine Bornemann  
 Tara Clark  
 Jesse Daniels  
 Shari Elsen  
 Ethan Emery



Renee Graves  
 Jamie Hart  
 Matthew Huettl  
 Chris Lindquist  
 Kristina Maddocks  
 Blain Mikkonen

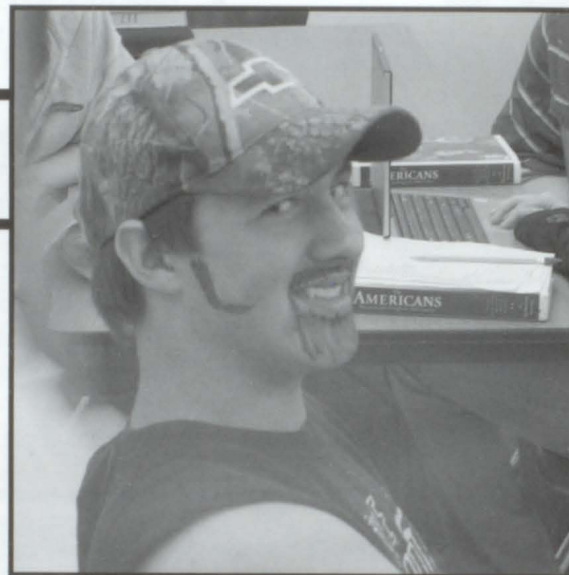


Shantel Reimer  
 Manuel Schindler  
 Lucas Stoddard  
 Jamie Walton  
 Jessica Walworth



Gotcha: Kristina Maddocks, Mikayla Barondeau, Jamie Hart and Shari Elsen warn other students of the juniors superiority on Class Color Day during Homecoming Week. The juniors attempted to secretly clip others with green clothespins to share their class spirit.

Larry the Cable Guy: Lucas Stoddard portrays his idol during Movie Star Day. This Homecoming the juniors showed class spirit by participating in events all week.



Who  
 would you  
 not like to  
 meet and  
 why?

"BRITNEY  
 SPEARS, because  
 she wants too much  
 attention."  
 ~Raine  
 Bornemann~

"OJ SIMPSON,  
 just because  
 he's a man I  
 don't want  
 to meet."  
 ~Jesse  
 Daniels~

# Class Plans Concessions

## Juniors

advisers, wrapped up nearly 100 dogs for each game.

Football concession stands proved to be an additional challenge, since all products had to be transported to the football field. This year's group even hauled the popcorn machine to the field to be sure the treats were fresh and hot.

In the midst of their concession work, the juniors selected a committee and began making plans for the prom. The class chose six members for their prom committee: Shari Elsen, Ethan Emery, Jamie Hart, Kristina Maddocks, Blain Mikkonen and Lucas Stoddard. "Will You Go with Me" was selected as the theme, and the class spent their hard earned money to create a garden-like setting for the March 31 event.

"Once we actually made it to the decorating, prom was super fun! The planning was sometimes stressful, but it was basically a great memory from our junior year," said Jessica Walworth.

In addition to all of the extra-curricular work the class did with concessions and prom, the group found time to tackle a rigorous curriculum, including core classes on the DDN system. Four juniors tackled senior math on the DDN with a teacher from Northern, while another seven juniors were challenged by Spanish II. The juniors also were active in other extra-curricular activities, including sports, music and drama events.

Facing one of the most challenging years of their high school experience, the juniors accepted the additional responsibilities and learned to work together toward a common goal as they ran concession stands for all home games, built an award-winning Homecoming float and designed and constructed the set for prom.

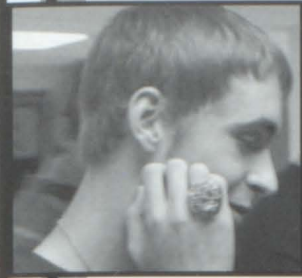
"There were times when I wondered why we had looked forward to our junior year," explained Kristina Maddocks, class president. "At first, I thought trying to get concession supplies and workers was tough, but when we got to finalizing prom plans, the atmosphere became even more intense." Junior year is traditionally a time of learning to resolve differences of opinion, since this is the first year that classes have expanded responsibilities.

The concession stand was the group's first project, as they started serving at home games on September 5 at a volleyball match and continued to provide a variety of food items for fans through February 3 at the basketball double header.

The basics, including a wide variety of candy, pop, and popcorn, were supplemented with super nachos, hotdogs and occasionally barbeques.

The girls managed to turn what could have been a "chore" into a fun experience when they formed a "hotdog" team to get hotdogs ready for the concession stands. With specially designed green t-shirts and roles from "dogger" to "wrapper", the junior girls and Miss Labecky, one of their class

*Class of 2008*



Super Size: Jesse Daniels flashes a possible choice for his class ring, which happens to be as large as some Super Bowl rings. Juniors met with a Jostens representative early in the year to select their rings.



Friends: Shari Elsen and Jamie Hart share the love. Juniors spent many lunch periods hanging out by their lockers. Check This: Ethan Emery and Blain Mikkonen oversee a project.

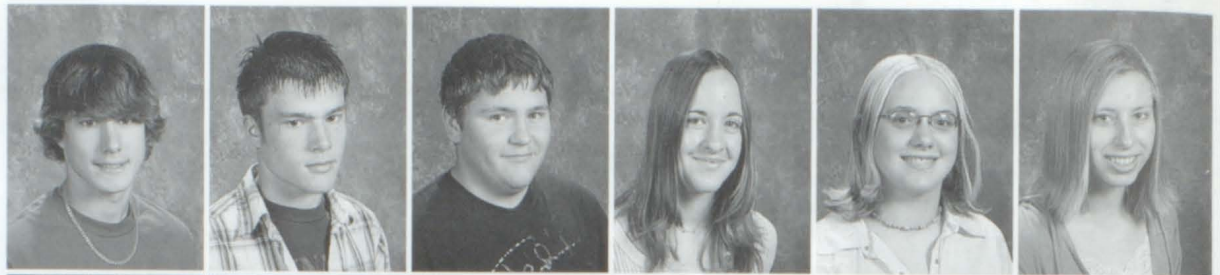


**"MICHEAL JACKSON...  
guess why!"**  
~Blain  
Mikkonen~

**"OSAMA BIN  
LADEN"**  
~ Renee  
Graves~

**"COOKIE  
MONSTER,  
BECAUSE HE EATS  
ALL THE COOKIES!"**  
~TARA CLARK~

Taylor Christianson  
 Carson Ellwein  
 Matthew Forsting  
 Kathryn Groop  
 Ashley Gunther  
 Kelli Hart



Matthew Jung  
 Nathan Maunu  
 Michael Newcomb  
 Christopher Paulson  
 Jake Perry  
 Samuel Reimer



Wyatt Sumption  
 Allie Worthy  
 Caitlin Zinter



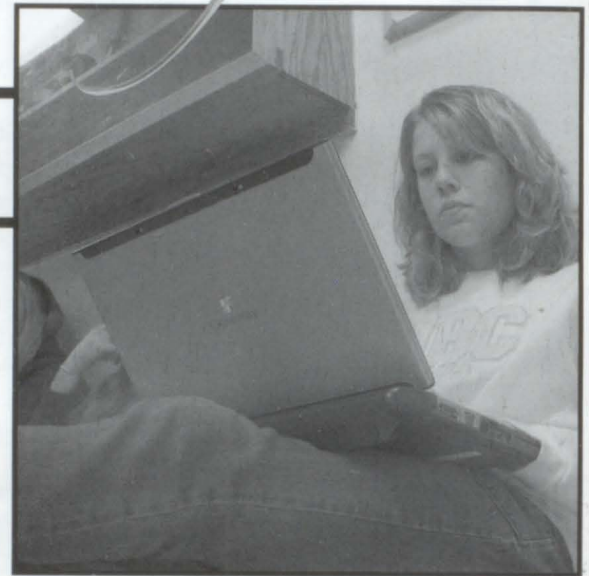
Not Pictured:  
 JF Brixey  
 Andrew Wolter

# Class of 2009



Attention!: Kelli Hart and Katy Groop model their outfits in which they portray a pair of military cadets. The two received an award for Halloween dress up day, which was sponsored by the Student Council.

Study Time: Catlin Zinter wisely uses the remainder of her lunch hour to get in some extra study time for her afternoon classes. The new tablets were an efficient way for students to take and review notes. A popular feature was the virtual flashcard program, which seemed to come in handy for studying vocabulary words.



If you  
 were a  
 skunk, who  
 would you  
 spray and  
 why?

"Probaby WYATT  
 and TAYLOR,  
 because they  
 deserve it!"  
 ~Nathan Maunu~

"MY BROTHER,  
 because it  
 would teach  
 him not to be  
 so annoying."  
 ~Ashley  
 Gunther~



# Students Face Challenges

## Sophmores



Dolly Parton? Wyatt Sumption positions himself for a quick picture, to show off his new womanly figure. He was also spotted as a dancing ballerina and a female geni throughout the progression of the year.



Current Events: Allie Worthy and Kelli Hart stop at the bulletin board by the NCAI room to sign up for the annual Homecoming dance. Hello: Sam Reimer seems to follow the camera!?



Sophomores confronted a much more intense curriculum as they began tackling upper level classes, which included one offered through DDN distance learning.

"I don't think most of us were prepared to designate extra time for studying and homework, and yet in order for us to get good grades, that was what we needed to do," explained Kelli Hart, who was consistently listed on the honor roll.

Required classes included American history, traditionally a junior class, which was moved to the sophomore level for the first time. Mr. Morlock taught this section of the history.

Other required courses included English and, for most of the class, Algebra II and biology, although the math requirements could be met with other options. Additionally, the group enrolled in music, Spanish I, Journalism I and computer classes to fill their schedules.

"Making class choices became a lot more complicated this year," noted Mike Newcomb, one of the sophomores who is trying to maintain a class schedule that will allow him to graduate as a regent's scholar. He added, "Last year we didn't really have a lot of choices...most of what we took was required, but this year we have to be looking ahead."

Taking Spanish I over the DDN (Dakota Digital Network) posed a new set of challenges for the group, since this was their first "TV" class.

"Spanish over the system requires students to accept a new level of responsibility," said Carma Ruenz, one of the e-mentors for the class. "If they miss a session, they need to watch class clips, which requires extra effort and time; also, they are often reluctant to go through the process of asking a question when they don't understand, so for some students it's a struggle."

Sophomores eventually progressed to the point that they received all of their Spanish assignments through Web CT and even e-mailed their assignments to their teacher at Northern. For the first couple of weeks, students were often frustrated as they attempted to learn the system "tricks" to access their work, complete the assignments and then successfully mail them back to Mrs. Martens at NSU. Utilizing Web CT to this point was possible because all of the high school students had their own laptops.

The sophomores also faced the daunting task of making decisions for their future goals and plans, since they were in a situation where they need to enroll in specific classes to meet graduation requirements.

"It's tough to know what you want to do with the rest of your life," said Matt Forsting. "We need to have decided that already, so we know what classes to take. Students really do have to plan ahead to maintain a "college" track throughout high school." Despite the challenges, the class learned and accepted the responsibility and as the year progressed, they were succeeding at sophomore classes and ready to advance to the next step in their educational lives.

**"EVERYONE,  
because I'd  
find it funny."  
~Mike  
Newcomb~**

**"NO ONE! I'd be a  
nice skunk like  
Flower in the  
movie Bambi"  
~Caitlin Zinter~**

**"MR. MORLOCK  
SO HE'LL SMELL  
BETTER!"  
~MATTHEW  
FORSTING~**

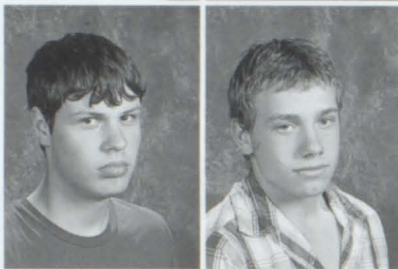
Lee Brixey  
Micah Christianson  
Toby Dallenbach  
Timothy Engelhart  
Matthew Haas  
Matthew Heine



Dusty Johnson  
Rance Maddocks  
Jamie Parsons  
Chelsy Podoll  
Dustin Storm  
Cole Truebenbach



Kristofer Tunby  
Justin Vetter



Not Pictured:  
Bryson Geffre

# Class of 2010



Deep Thought: Freshmen Dusty Johnson and Dustin Storm consider their options during lunch break. Students in grades 7-12 enjoyed an open campus during the noon hour.

Cowboy Up: Justin Vetter models his outlaw attire, during a Homecoming dress up day. The freshman often exhibited his unique style, which was not necessarily a reflection of what was in style...however, it was a reflection of him.



**What  
is your  
biggest pet  
peeve?**

**"When THEY  
BARK for  
no reason!"  
~Dusty  
Johnson~**

**"HAAS trying  
to quote  
movie lines."  
~Cole  
Truebenbach~**

# Movin' On Up

## Freshmen



Seriously? Cole Truebenbach reacts to unique dance styles displayed during the Sweetheart Dance, held in February. High school students still enjoy giving Valentine's to one another.



Top Sport: Micah Christianson loves hunting. Two Alone: Jamie Parsons and Chelsy Podoll are the only female freshmen. They also have the distinction of having two of the most popular girl names in school.



Starting high school proved to be less of an adjustment than most on the ninth graders anticipated.

"It was amazingly the same as junior high," said Jamie Parsons. "We had the same teachers and were in the same building," she explained.

"Even our classes didn't change, except to be a year harder," noted Cole Truebenbach. "We still had English, math, science, history, computer and music. We did have a few more choices, but for the most part our schedule was set for us."

That widest class selection for freshman was during first hour. They could be in either or both band and chorus. If they chose not to be in a music class, they could sign up for personal finance, which was open to students in grades 9-12.

One of the group's required classes, math, presented more of a challenge this year, as the freshmen tackled geometry.

"I'm just not that good at math! It was a really hard class," said Matthew Haas. "Some parts of it were pretty cool, but for most of the year I struggled to keep up with the work!"

In science, the freshmen learned about the earth's forms, and technical elements of machinery.

English offered the students variety as they covered both writing and literature, devoting a semester to each area. The students spent September preparing for the state-mandated writing test, which was administered early in

October. Many lessons reflected strategies from Step Up to Writing, a program that was introduced to all writing teachers at summer workshops.

"Some of the lessons were fun. The best part was reading books to see how authors wrote and then applying that to our writing," explained Tim Engelhart, whose favorite writing project was the poem parody, where the group rewrote what someone else had published.

In literature the ninth graders studied selected classics, including John Steinbeck's *Of Mice and Men* and *Romeo and Juliet* by William Shakespeare.

In geography the freshmen learned about a wide range of countries, including what their societies were like and what foods they ate. Members of the class often brought food reflective of a specific country and the group shared the "buffet".

"It was a cool way to learn about a country. I remember more about the food than anything else," said Justin Vetter who once served marinated pigeon to his class.

In computer class, the ninth graders were enrolled in MOUS, which taught them a variety of computer applications.

In addition to classes, the ninth graders also participated in a range of extra-curricular activities and events. These included chorus, band, football, volleyball, cross country, basketball, track and golf. They also could have been in oral interp and the play.

"It's a year I'm glad to be through," said Chelsy Podoll, as she contemplated the four quarters of freshman year. "It's one of Life's necessities, but it's not necessarily all that much fun!"

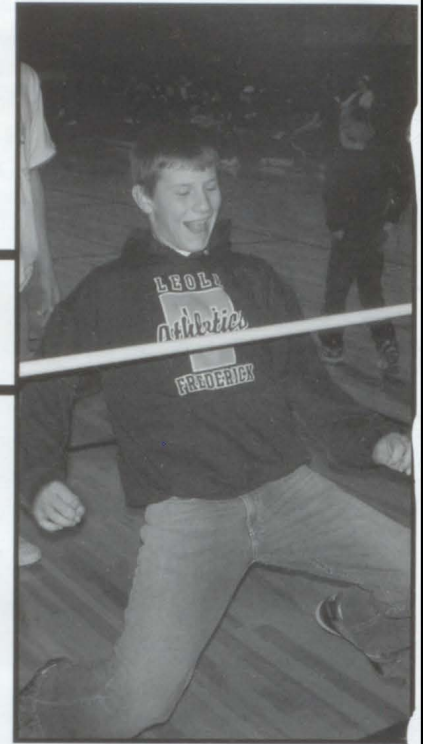
"People  
CLICKING  
PENS, because  
it's annoying."  
~ Jamie Parsons ~

"VETTER,  
'cause he's  
Vetter."  
~ Matthew  
Haas ~

"WHEN SOMEONE  
TELLS ME TO DO  
SOMETHING THAT I'M  
ALREADY DOING."  
~ MATT HEINE ~

8th Grade; (Front Row) Rachel Ham, Ashley Feser, Shannon Maunu, Stephanie Sumption, Spencer Rall, Erin Wolter, Caylee Hertel and Chelsea Zinter. (Middle Row) Cody Mehlhaff, Andrew Perleberg, Breanna Helland, Angela Goodall, Calli Crawford, Krista Stoddard and Amanda Haar. (Back Row) Austin Gunther, Steven Taylor, Derek Barondeau, Casson Campbell, Tyler Sumption, Austin Minard and Brandon Haas.

7th Grade; (Front Row) Mariah Gustafson, Kayla Haas, Tyneill Emery, Heather Underberg, Faith Wolter, Abby Sumption and Keely Geffre. (Middle Row) Levi Christianson, Aly Perry, Tyler Hoffman, Trevor Podoll, Courtney Schlosser and Alex Bretsch. (Back Row) Terry Taylor, Zack Schaunaman, Adam Dutenhoffer, Anthony Reimer, Brady Enge and Alex Conn.



Nimble and Low: Ty Sumption challenges his flexibility by maneuvering under the limbo stick at the girls basketball fundraiser. "Get Your Game On", the annual fundraiser, offered a variety of activities for the community to raise money for the Leola/Frederick Titans girls basketball program.

**How do  
you like  
your cheese-  
burger?**

**"With lots of  
TOPPINGS...pickles,  
some onions, mustard,  
and ketchup...fries and  
a shake too!"  
~Caylee Hertel~**

**"COOKED!"  
~Austin  
Gunther~**

# Begins New Journey

## Jr. High

including football, cross country, volleyball, basketball, track, wrestling, rodeo and golf. Although the junior high students often participated with the high school practices, they had their own schedule of games. Some of the junior high students also participated in junior varsity and varsity levels of sports.

"The sports part of junior high is great," said Brandon Haas. "We have a lot of practice and game experience to get us ready for junior varsity and varsity."

Other activities open to junior high students included music and play. About the only activity junior high students were not allowed into was oral interp, which was offered only to high school students.

Both vocal and instrumental music was a first-hour option for the seventh and eighth graders. Music, of course, had been part of their elementary curriculum, as was participation in Christmas and Spring Concerts. The big difference was that as seventh and eighth graders the students were part of the high school band and chorus and they attended music class every day.

Only a few students chose to take advantage of performing on stage, as Aly Perry and Shannen Maunu signed up for the play and attended practices in Leola during March and April.

"Being in the play was great," said Shannen. "It took more time than one would think, but we had a great time and the production was super!"

Although many students viewed junior high as a couple of years to be tolerated rather than enjoyed, the majority of the students used the years to prepare for their future years of education.

Junior high years represent some of the biggest changes and challenges students face during their public school years. Their entire method of attending class changed, as they moved from teacher to teacher for various subjects, rather than staying with one teacher for the majority of the day as they did for the first seven years of elementary school.

"We had some experience with changing classes, because it was that way for music, physical education and art when we were in elementary school," said Mariah Gustafson. She added, "However, it was an adjustment, because we didn't have just one main teacher. Some parts of that were good and others were bad."

Academics were a challenge as students moved into more complex math and science concepts and continued to add to their knowledge in the areas of reading and writing.

"The toughest class we had was health," explained seventh grader Adam Dutenhoffer. "It was really hard because we had to take so many tests."

For some, survival was the solution to the junior high experience: "I'm looking forward to high school," explained Angela Goodall. "I don't think the classes will be that different from what we have now, but it will be more fun to be in high school than junior high."

Along with the changes and challenges, junior high offered an array of opportunities for students. They had the option of participating in all sports,



Take a Look: Eighth graders Austin Gunther, Derrick Barondeau, Brandon Haas and Austin Meinard share a giggle and a glance at the camera during lunch hour, which was a very social time for junior high students.



Tight Squeeze: Zach Schaunaman savors a cheerful hallway hug. Password Please: Terry Taylor and Alex Conn attempt a quick shortcut through the high school doors.



**"When the  
cow is still  
MOO-ING!"**  
~Krista  
Stoddard~

**"Well, I tend to eat  
my cheeseburgers with  
just a PLAIN,  
buttered bun at  
my house."**  
~Calli Crawford

**"KETCHUP...  
LOTS AND LOTS  
OF KETCHUP!"**  
~SPENCER  
RALL~



Kindergarten: (Front Row) Teacher Tonya Zinter, Jessica Hertel, Austin Gibbs, Ashley Olson and BreAnna Mittleider. (Back Row): Sarabeth Enge, Trevor Sumption, Shauntaye Kopecky and Kegan Cutler. Kindergarteners discovered the basics of school with classes from Monday-Thursday.



First Grade: (Front Row) Teacher Renee Brooks, Bryson Witte, Sam Schaunaman, Cassandra Hinz and Hannah Sumption. (Middle Row) Michael Wilson, Alanis Jones, Logan Schlosser and Keely Podoll. (Back Row) Skylar Cox, Parker Rall, Alex Sumption, Tyler Heilman and Kaitlyn Holverson.



Second Grade: (Front Row) Teacher Colleen Wallein, Ashely Enge, Jordan Haas, Dakota Witte, Brianna Kocher and Jessica Podoll. (Middle Row) Daniel Ham, Austin Sumption, Wyatt Mittleider, Tucker Delzer, Zachary Sumption and John VanDover. (Back Row) Isabelle Podoll, Hunter Walworth, Lakota Umholtz, Miranda Sumption, Demi Trueebenbach and Kayla Clifford.



Third Grade: (Front Row) Teacher Jessica Ringgenberg, Dalton Podoll, MacKenzie Heilman, Chasen Umholtz and Morgan Moffenbier. (Middle Row) Chandler Ellwein, Angela Bretsch, Breanna Feser, Stephen Haas and Savana Hinz. (Back Row) Jonathan Sumption, Alexis Storm, MiKayla Forsting, Shelby Johnson, Matthew Gisi and Codi Roebuck.



What  
are you most  
looking  
forward to  
about high  
school?

"I'll be an 'ONLY'  
CHILD because my  
brother and sister will  
haved moved out!"  
~Chandler Ellwein~  
Third Grade

"It's a toss  
up between  
GIRLS and  
BASKETBALL!"  
~Jordan Haas~  
Second Grade

# 1,2,3...

## Elementary Masters Basics



Up, Up & Away: First grader Alanis Jones hoists herself up on the playground equipment during an afternoon recess break. Recess was held in the morning too.



On Stage: Dalton Podoll, MacKenzie Heilman, Savannah Hinz and Stephen Haas present their version of Ashley Simpson's "Boyfriend". Their air band performed at Snow Queen.



Balloon Fun: Sam Schaunamann enjoys the balloons at the GBB fundraiser.



Fourth Grade: (Front Row) Teacher Janel Bergan, Sebastian Hammel, Devin Flinn, Rebecca Mittleider, and Michaela Kocher. (Middle Row) Cheyann Olson, Meghan Conn, Kirsten Rall and Paige Podoll. (Back Row) Katie Rystrom, Jayden Mikkonen, Logan Weisser, Tami Fredrick and Jacob Ham.

Fourth grade proved to be a transition year for students as they enjoyed their rise to the status of upper elementary and also learned to accept more responsibility for assignments and homework. The difficulty of the work increased with more complex forms of math and writing.

Fifth Grade: (Front Row) Jacob Schaunaman, Jacob Enge, William Wolter, Hailey Sumption, Hattie Zinter, Derek Simmons, Tanner Robertson and Aleesha Taylor. (Middle Row) Teacher Ann Hegge, Cole Hinz, Bryce Krueger, Mariah Mikkonen, Garrett Mittleider, Carston Hertel, Evan Emery and Teacher Mark Stoks. (Back Row) Austin Hoerner, Derrick Podoll, Nathan Sumption, Dane Campbell, Matthew Weisser, Tanner Podoll and Justin Helland.

Two teachers divided the fifth grade curriculum and prepared this group for their future classes.



Sixth Grade: (Front Row) Teacher Jan Ellefson, Wyatt Heine, Wyatt Wolter, Collin Engelhart and Peyton Podoll. (Middle Row) Brian Sumption, Matthew Achen, Taryn Flinn and Dalton Kopecky. (Back Row) Deven Linthorne, Jared Minard, Amanda Daniels and Megan Walworth.

As the top dogs in the elementary, sixth grades often set the mood for the entire building. This year's group excelled in creative work, with one student's work being published in *Prairie Winds*. A student teacher enriched their second semester.

"Having MOUNTAIN DEW for lunch and going UPTOWN to eat."

~Jayden Mikkonen~  
Fourth Grade

"I'm excited about the DANCES!"

~ Demi Truebenbach ~  
Second Grade

"I'M REALLY LOOKING FORWARD TO ALL THE SPORTS!"  
~PEYTON PODOLL~  
SIXTH GRADE

Janelle Barondeau  
 Randy Barondeau  
 Janel Bergan  
 Jackie Brokaw  
 Renee Brooks  
 Lynn Delzer



Amanda Deters  
 Jan Ellefson  
 Janet Elsen  
 Russ Furman  
 Faye Gunther  
 Ann Hegge



Lynnette Hertel  
 Angela Keller  
 Elizabeth Labesky  
 Marv Luoma  
 Marty Morlock  
 Jaime Neuendorf



Cindy Rall  
 Jessica Ringgenberg  
 Carma Ruenz  
 Ellen Schollosser  
 Mark Stoks  
 Lisa Sumption



Sarah Sumption  
 Colleen Wallien  
 Tonya Zinter



Not Pictured:  
 Becky Hinz  
 Carol Sheldon  
 Ann Wampler



Raise The Roof: Carol Sheldon, Ann Hegge and Renee Brooks participate in an activity during the Title I Open House.

**What  
 fad would  
 you most  
 like to bring  
 back?**

**"I want to bring  
 back  
 HYPER-COLOR  
 shirts."  
 ~Amanda Deters~**

**"GRUNGE,  
 because i  
 would be in  
 style again!"  
 ~Marty  
 Morlock~**



# Incorporate Programs

## Teachers

While writing teachers in all grades utilized the new ideas for writing, Renee Brooks, first grade teacher, worked with a new approach to math, where she "guided" the students to answers.

"It's amazing to watch the progress they make," said Mrs. Brooks. "Teaching myself to ask guiding questions was a change, but one that worked great!"

Once Frederick received word that they would be one of 20 schools approved for the pilot program with laptops, preparations began for advancing the use of technology in all high school classes. Teachers attended three days of instruction at Frederick in July and then journeyed to Madison on July 31 and August 1 for further instruction with teachers from all 20 schools.

"It was a lot to absorb, but using the ideas and the technology in my classroom was great," explained Ann Wampler, who particularly liked the easy access to research in her art classes.

At various times throughout the year, teachers from area schools, including Warner and Langford, visited Frederick classrooms to see how the technology was being used and to visit with teachers about the laptops. In April, representatives from TIE were at school to conduct interviews with teachers and students as to how the program was progressing and what needed to be added or changed.

Cindy Rall, tech coordinator, said, "I think everyone here understood that it was an honor for us to be in the first group of schools to utilize this advanced technology on a day to day basis. This program better prepares our students for life in the 21st century."

Teachers accepted the challenge of educating young people in an ever-changing world as they received instruction in new techniques and methods and then incorporated what they learned into their daily lessons. Teachers attended workshops and took classes as they discovered new approaches in teaching writing and math, and the high school staff also attended a minimum of five days of inservice to develop new ideas and lessons while utilizing the laptop computers.

Although the laptops presented the most sweeping changes in the high school, a new writing program, "Step Up to Writing" was presented to teachers in grades kindergarten through seniors at workshops during the summer of 2006.

"I love the program!" said Janel Bergan, fourth grade teacher. "Teaching writing has always been a challenge, but this program gives concrete examples and ideas that are ready to go.....we could have taught the lessons the next day!"

Carma Ruenz, freshmen English teacher added, "I've been teaching writing for a long time, but this was the first time that we were given such specific information, like posters with 13 samples of topic sentences. These were posted in our room all year." She added, "The color coding was another aspect that I particularly liked. Even at the freshman level, the students found it easier to identify topic sentences and supporting sentences when we worked with reds, yellows and greens."



Hot Stuff: Mark Stoks, who is also a volunteer firefighter, addresses first graders during Fire Safety Week. He showed students what firemen would be wearing and how they would sound when they arrived at a fire.



Too Late? Liz Labesky and Sarah Sumption may be too late to save "Steve" with their CPR skills.

Will You Accompany Me? Tonya Zinter plays the graduation professional on the piano.



"I would bring  
back **BIG HAIR**  
and **BELL**  
**BOTTOMS!**"

~ Ann Wampler ~

**"DRIVE-IN THEATRES!**

It was fun having a carload of kids hang out, or couples, if they wanted to make-out or snuggle."

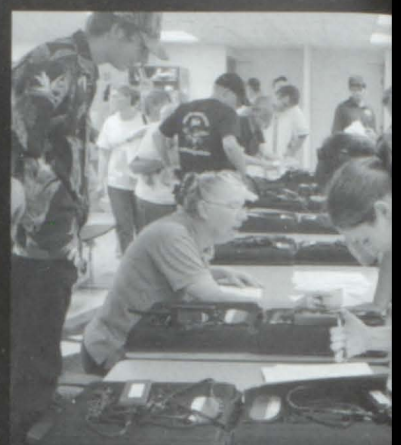
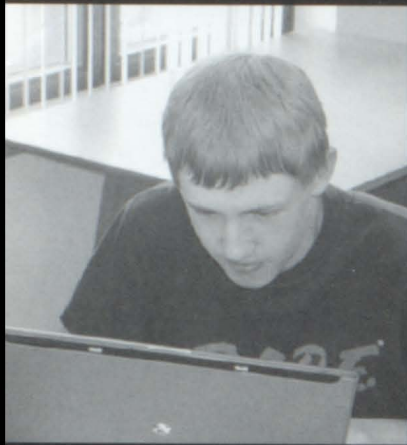
~ Jan Ellefson ~

"**PLATFORM SHOES, BECAUSE**

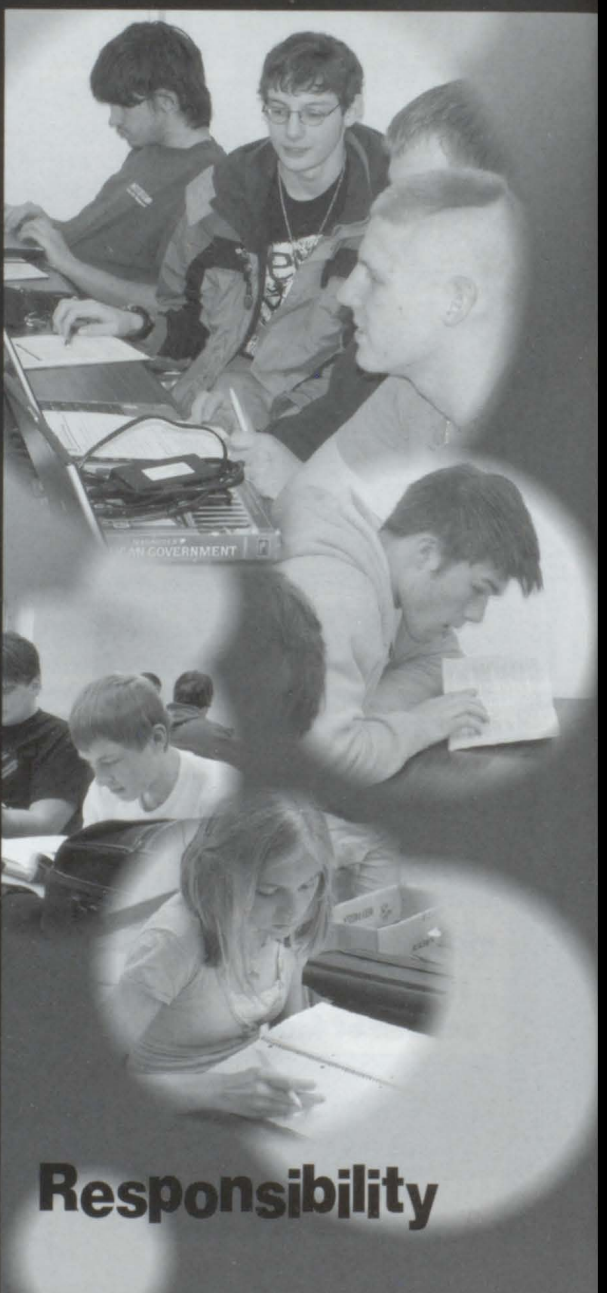
**I'M SHORT!"**

~ ELLEN

SCHLOSSER ~



**Choices**



**Responsibility**

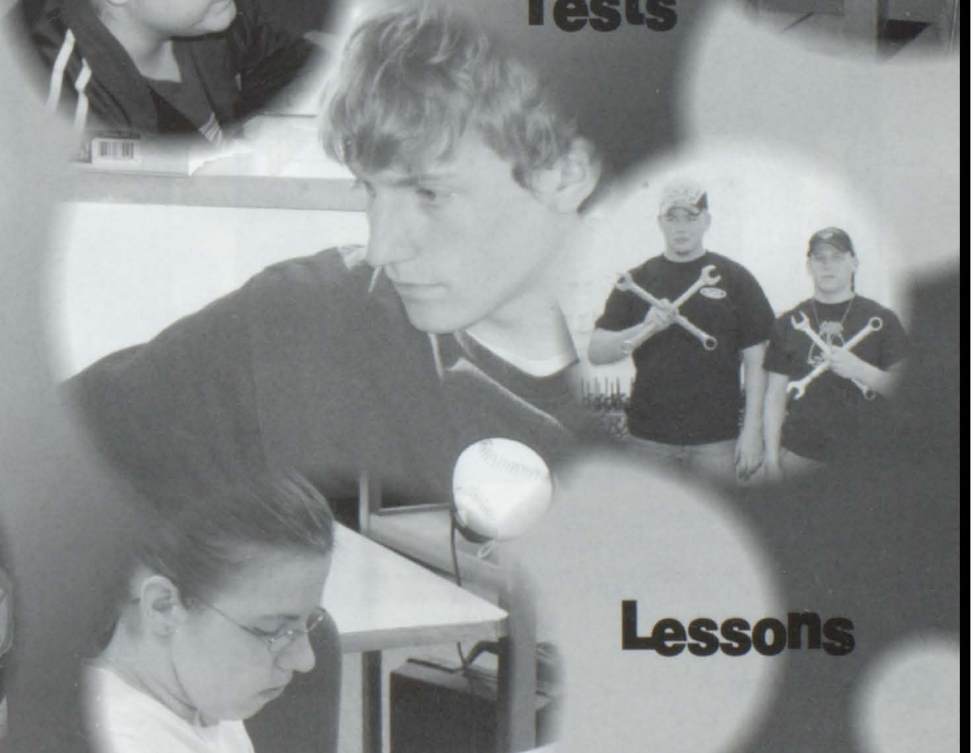


# ACADEMICS



**Tests**

**Exploration**



**Lessons**

## Writing Right Journalists Preserve Memories

**If you could choose a pen name for yourself, what would it be?**



StaMa, because we make a great team when we have to come up with yearbook cutlines.

-ChriSTA Haas and CarMA Ruenz



Gustav Herman von Rictoven, the first two names are old family members and the last is for a German Ace, the Red Baron Manfred von Rictoven

-Andrew Wolter



Bic, because it's my favorite kind of pen! Actually probably Kay Frank because both my siblings and I have a 'K' in our name, and Frank is my mom's maiden name.

-Mikayla Barondeau

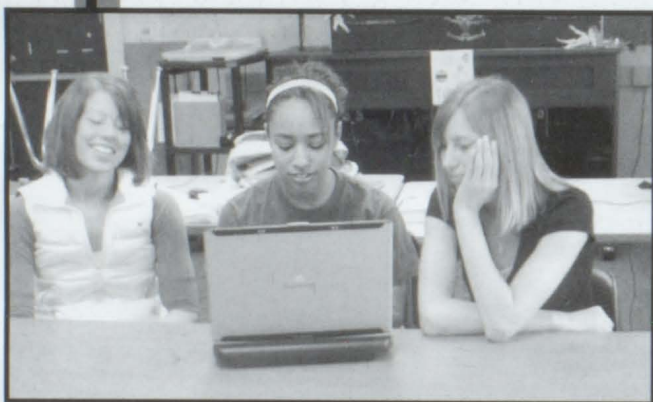
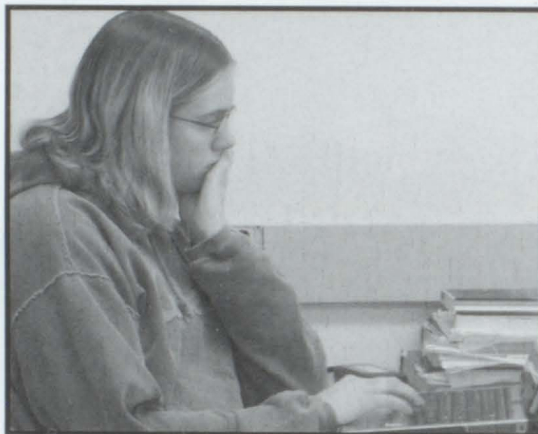
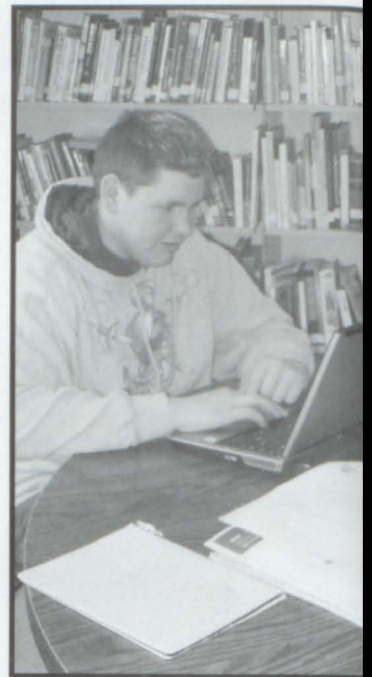
Journalists enrolled in three classes and were responsible for sending news to area papers, as well as publishing the monthly school newsletter and the 2007 yearbook.

Fifteen sophomores in Journalism I completed interviews and sent stories each week to the Groton Independent and the Frederick News, which is an online newspaper. "Talk of the Titans", the school's newsletter was planned and written by seven juniors. All families in the district received a copy and extras were placed in area businesses. Seven seniors preserved memories of the school year as they published the 2007 yearbook.

**News On-Line:** Sophomore Matt Forsting views his published stories at the community website.

**In Sync:** Journalism students attempt synchronized photography, with Shrylle Mikkonen on the receiving end.

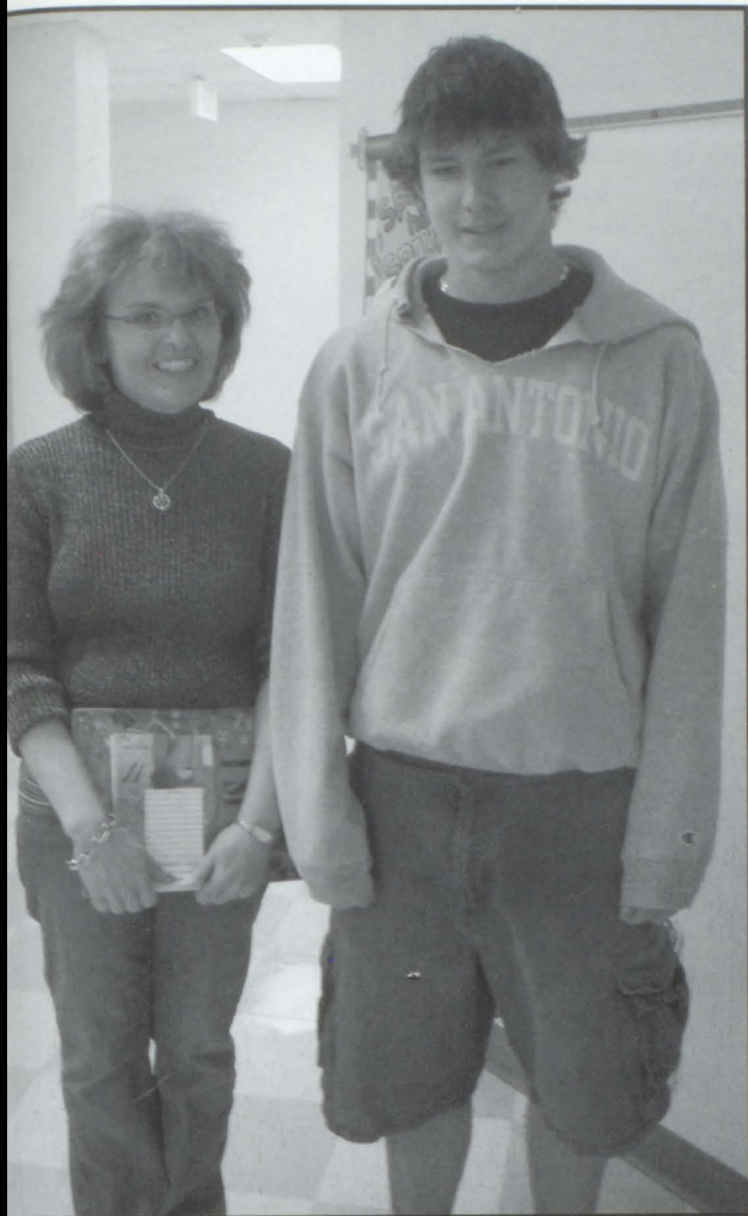
**One-A-Week:** Ashley Gunther completes a story for her weekly writing assignment.



**Tracking the Season:** Three sophomore journalists, Caitlin Zinter, Allie Worthy and Kelli Hart, place pictures as they work on a track book, complete with meet results, stories and photos. The three took turns attending meets to get pictures and then writing up the stories for the local papers.

**Journalism III:** Blair Truebenbach, Carli Ellwein, Cody Gustafson, Chelsea Dutenhoffer, Brooke Haas, Christa Haas and Shrylle Mikkonen hope they will be able to "cultivate" a yearbook that has more pizzazz than the plant Mrs. Ruenz put in their room.



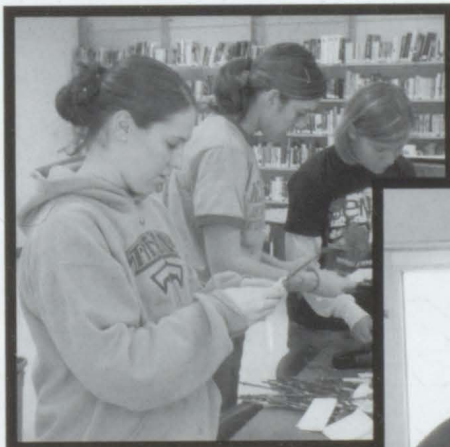


Checking Beats: Sophomore Taylor Christianson visits with his assigned beat, first grade teacher Renee Brooks, checking for information about classroom stories that she would like written and published by the journalism class. All students are assigned a teacher (or beat) with whom they are supposed to check each week for story ideas and pictures. When the system works, students have the opportunity to submit articles to community papers on an array of topics and classroom events.

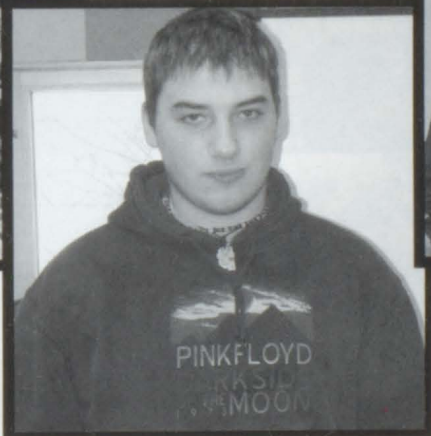


Preserving the Year: Finding quality photos and collecting information about the football season kept senior journalism student Cody Gustafson challenged and busy throughout the year. Another one of Cody's duties was taping the weekly football games for the coaches.

Another Newsletter: Matt Huettl, Shari Elsen, Jesse Daniels and Ethan Emery divide up the pages for the April newsletter. Each month the students in Journalism II planned and published an 8-page newsletter, which concentrated on advance news.



Sharing the Love: Senior girls divide the carnations for distribution on Valentine's Day. The yearbook staff sponsors the fundraiser each year.



Preserving the Past: Matthew Jung and the entire sophomore journalism class were given the opportunity to help with Frederick's 125th History Book.



Journalism City Bound: Mikayla Barondeau anticipates a week filled with journalism activities at Girls State, as she was selected to attend the prestigious event. While there, she received a scholarship.

## Novel Experience Stories Enrich Curriculum

### What is the Noun of the Year?



**Life of Musical** [lif uv myu'zik-al] origin: Jessica Walworth def-"It was under 'Noun of the Year' on the board, so that must be it!"



**Snowmobile** [sno'mo-beal] origin: Justin Vetter def-"Well, with all the kids that rode them to school including me, it's gotta be!"



**Ipod** [i'pod'] origin: Erin Wolter def-"I've noticed a lot of people using them lately especially at track practices or on bus rides."

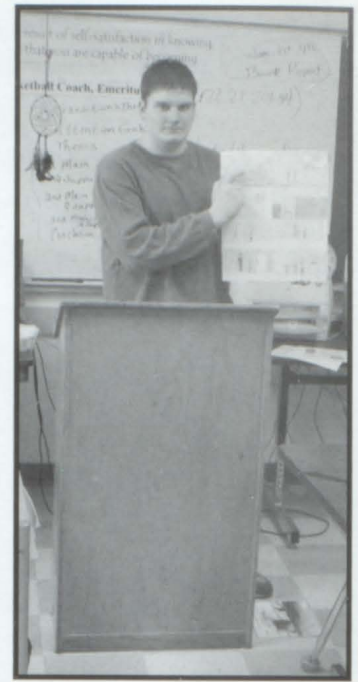
English duties were split between Carma Ruenz, who taught freshman English and Jackie Brokaw who taught all other high school English classes. Both enriched their curriculum through the addition of novels. Mrs. Brokaw added a new novel that tied history and English together. Mrs. Ruenz read novels to her class from authors with various writing styles and the class also read a novel.

Spanish I and II were offered through E-Learning and taught by Gayla Martins and Johanna Goetz, originating from NSU. Two semesters of comp gave senior girls a head start on their college credits. The class utilized the NCAI system and came from Presentation College.

Let's Talk Books: Mike Newcomb presents a storyboard of a book he read as part of sophomore English.

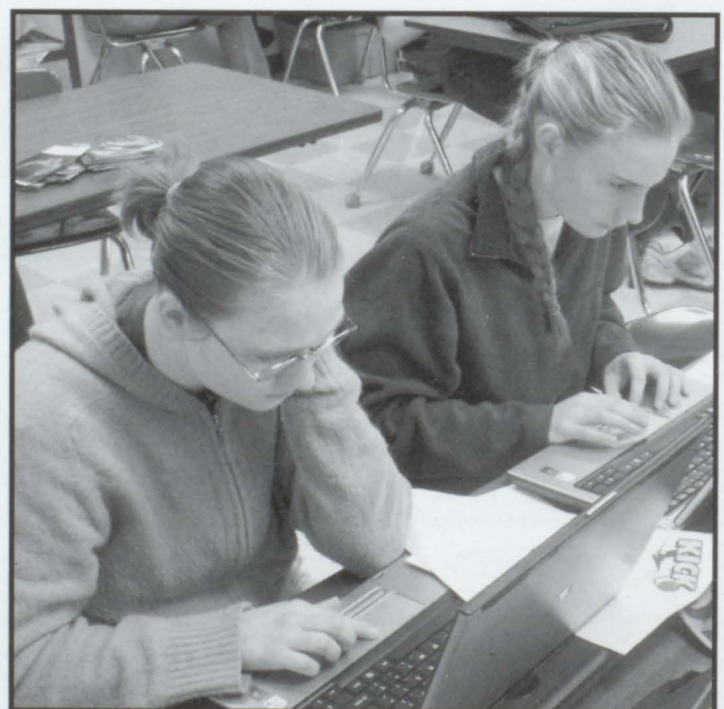
Tapas Anyone?: Kelli Hart and Allie Worthy enjoy Spanish cuisine as guests of the Spanish II class at their Tapas Bar.

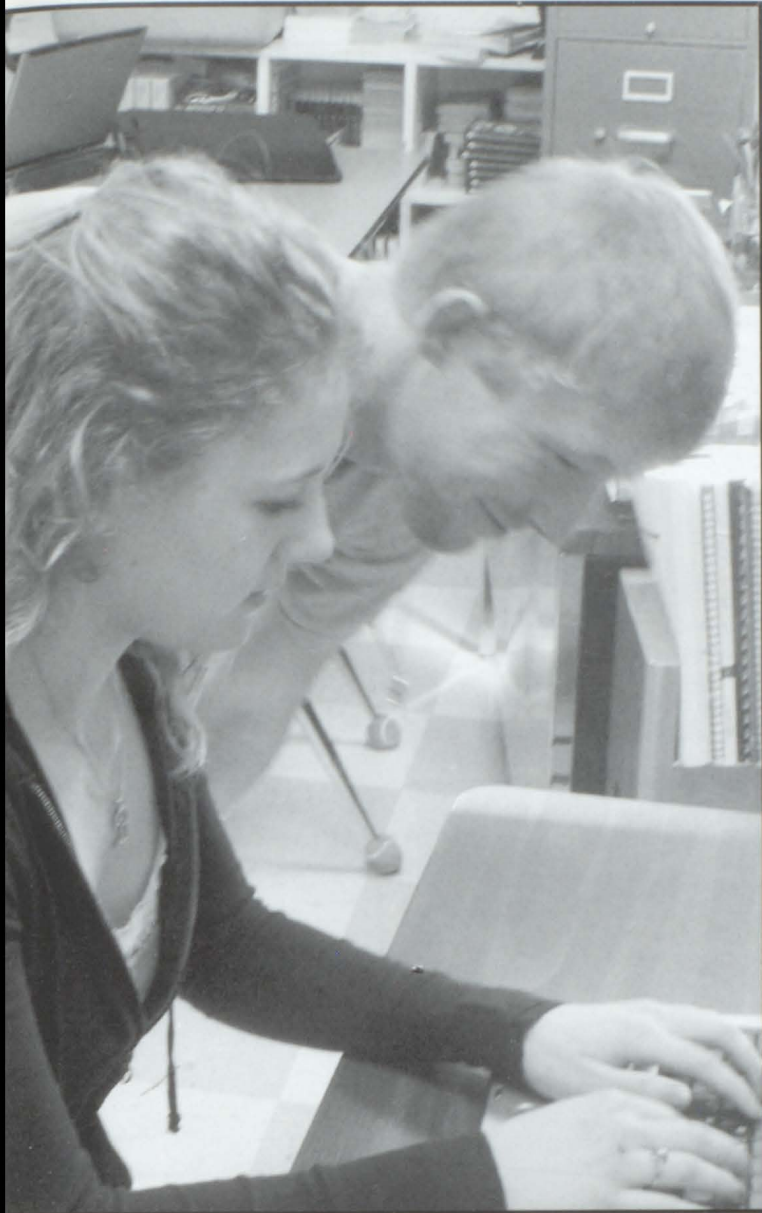
Watching TV: Wyatt Sumption, Caitlin Zinter and Katy Groop listen as Sra. Martins explains an assignment.



**Spicy!** Spanish II students Mikayla Barondeau, Kristina Maddocks, Jessica Walkworth, Jamie Hart, and Matthew Huettl kick off their Tapas Bar. The Spanish II class has been offered through E-Learning for three years. A Tapas Bar is like an appetizer buffet that takes place in Spanish countries. Choices ranged from common American foods to exotic Mexican foods.

**Mild:** Pondering over an English assignment are Brittney Schlosser and Kelli Nixon. Both say the laptops were a little confusing at first, but now they enjoy the convenience of not having to travel from room to room in search of an open computer.



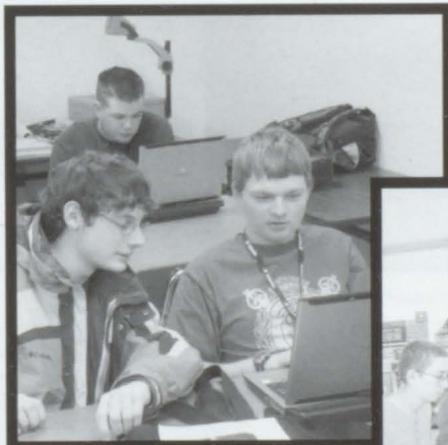


Remember When?: Blair Truebenbach works on her Memory Book during Senior English while classmate Travis Harts watches. "I'm really excited to have something to look back on down the road," said Blair. English teacher Jackie Brokaw added, "The laptops enable the students to make more complete books because they can work on them at home as well as in other classes." Blair also used the computer to work on her College Composition Class.



"Night": Shantel Reimer reads a book new to the Junior English curriculum, "Night." "This book adds a bridge between English and History class," explained Mrs. Brokaw. "It gives insight to World War II and is also well written." The book was written by a Holocaust survivor and details his struggles living under the harsh concentration camp conditions.

¿Qué tal?: Carson Ellwein gets a jumpstart on Spanish II by offering an "Hola!" to Spanish II teacher Sra. Johanna Goetz. "I don't know if I'll be taking Spanish II, but you can never be too careful!" advised Carson.



Study: Dustin Johnson, Matt Heine, and Cole Truebenbach prepare for a quiz over a novel they read in Mrs. Ruenz's English class by studying their notes on the laptops.



Focus: Joel Reynor and Erik Nixon work on their English on the new laptops while Casey Dennert focuses on his behind the scenes. "It took some time to get used to them," noted Casey.



Explore: "Research would be much more difficult without the laptops," said Chelsy Podoll. Classmates Lee Brixey and Jamie Parsons agreed as they completed background research before beginning to read the novel "Of Mice and Men."

## Making Music Highlights Punctuate Year

**If your life was a  
musical it would be  
called...**



"High School Musical! The kids are our age and go through what we do and sing!"  
~Caitlin Zinter



"Grease, because Sandy is good looking and I need a good looking wife!"  
~Matthew Haas



"Grease! Because it is all about school, and what happens as a teen. Oh, and John Travolta is the MAN!"  
~Calli Crawford

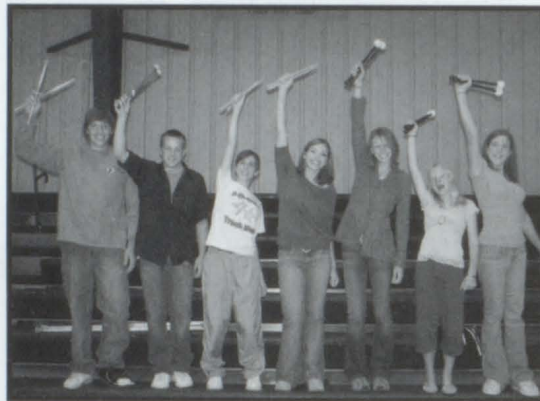
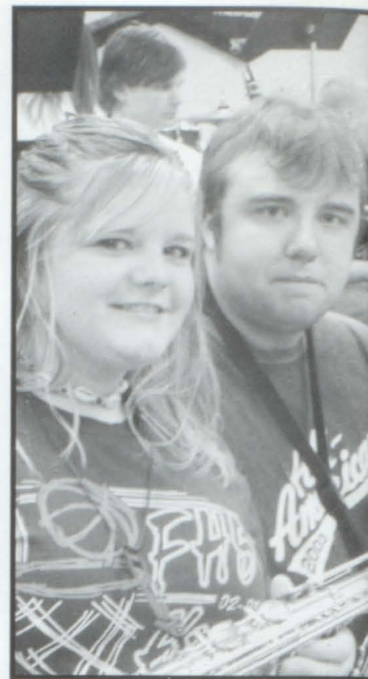
Music classes and activities occupied a high number of students. The chorus hit a record high for participation numbers and the band added a new event to its agenda this year: The Lake Region Marching Competition. This event was held in Waubay and the bands marched in chilly 42 degree weather.

Traditional events, the winter and spring concerts, provided opportunities to showcase both group and individual talents. Miss Labesky created a blend of her favorites for concerts, patriotic music and disney themes. Students also participated in the regional competition in Aberdeen.

**Saxy Saxes:** Seniors Shrylle Mikkonen and Cody Gustafson chose "We're bring SAXY back!" for their band shirts.

**Take Note:** Janet Elsen accompanies numerous pieces of music for contest, Christmas and Spring Concerts.

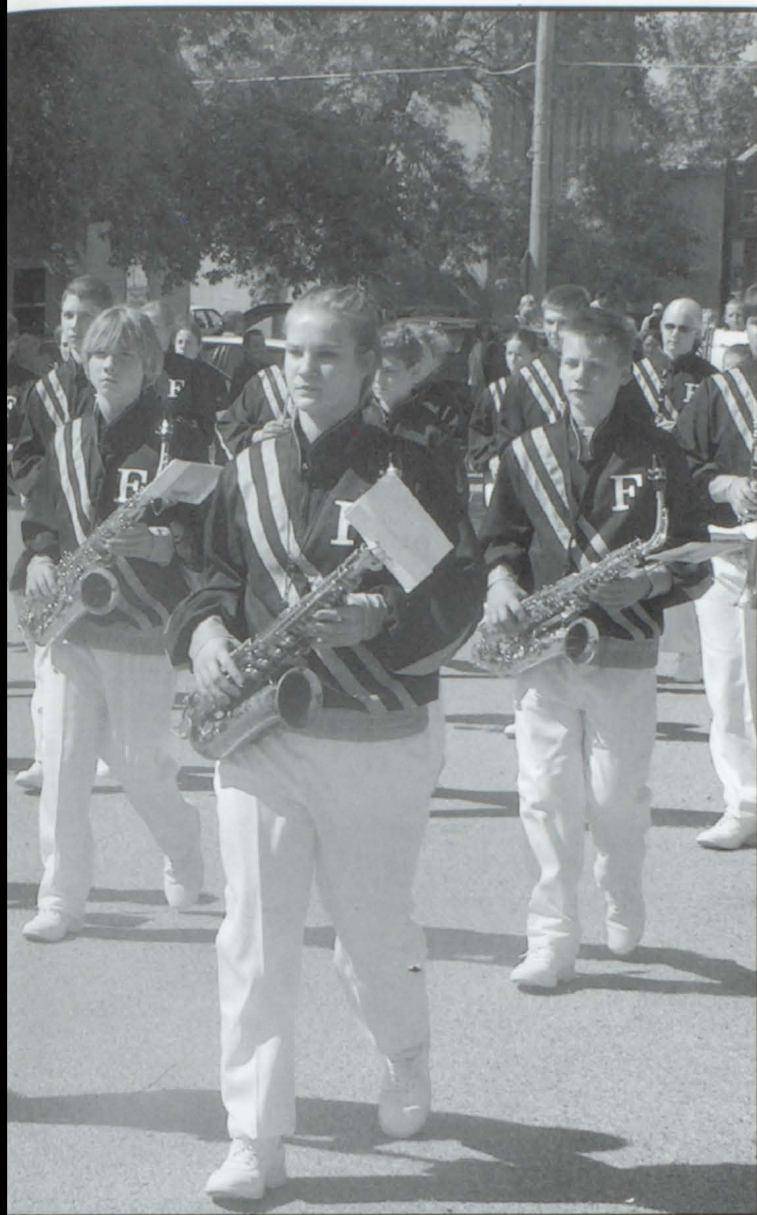
**We Rock!:** Frederick's drum line shows the spirit needed to keep everyone in step!



**Band:** M Huetti, B Mikkonen, C Ellwein, B Haas, M Barondeau, A Goodall, C Podoll.  
**Second Row:** C Truebenbach, C Ellwein, M Newcomb, C Achen, J Raynor, A Dutenhoffer, S Rall, A Minard, C Campbell, W Sumption, C Znter, R Maddocks, A Bretsch, S Elsen, B Truebanbach. **Third Row:** A Gunther, D Barondeau, B Haas, A Perleberg, M Schindler, T Englehart, J Brixey, N Maunu, T Clark, R Graves, K Maddocks, C Dennert. **Fourth Row:** T Podoll, C Melhoff, B Geffre, B Enge, T Sumption, Z Schaunamen, L Christianson, J Parsons, C Hertel, J Walton, A Perry, B Helland. **Fifth Row:** C Schlosser, J Hart, B Schlosser, K Hart, K Groop, H Underburg, K Stoddard, C Crawford, A Gunther, S Mikkonen, C Haas, T Emery, M Gustafson, F Wolter, K Geffre, A Sumption, S Maunu, S Sumption.

**Chorus:** B Schlosser, S Elsen, R Graves, T Clark, S Reimer, B Mikkonen, E Emery, C Ellwein, M Huttel, C Achen, E Nixon, J Raynor, C Dutenhoffer, C Haas, B Haas, C Ellwein, B Truebenbach, K Nixon, M Barondeau. **Second Row:** B Helland, E Wolter, J Hart, K Maddocks, S Mikkonen, C Paulson, C Truebenbach, W Sumption, M Haas, T Christianson, M Heine, C Zinter, A Worthy, K Hart, K Groop, J Walworth, A Gunther. **Third Row:** M Gustafson, T Emery, R Ham, A Feser-Kasa, A Perry, B Haas, T Sumption, A Minard, C Campbell, D Barondeau, A Dutenhoffer, B Geffre, C Podoll, C Zinter, C Stoddard, C Crawford, J Parsons, C Hertel. **Fourth Row:** A Goodall, K Haas, H Underburg, S Maunu, R Borneman, S Sumption, S Rall, Z Schaunaman, A Reimer, T Hoffman, B Enge, A Perleberg, C Schlosser, F Wolter, K Geffre, A Sumption.





Staying in Step! Zachary Sumption, Caylee Hertel and Cody Melhoff march to the beat of the drums with ease during this year's Homecoming parade! The band also marched in the Gypsy Day Parade held in Aberdeen, where they received high scores for their performance. The group made a third appearance at the marching band parade in Waubay. Participating in this event was new for the marching band.



Angela Goodall was selected to participate in the All-State middle school band festival for playing her flute.

No More Pressure! Joel Raynor, Caitlyn Zinter, Chris Achen and Shari Elsen form the Frederick 2006 All-State Chorus quartet.

After the big performance that was held at the Rapid City Civic Center the quartet relaxed at their beautiful hotel. The four survived a grueling spot check where the group received excellent ratings.



Lending A Hand: They say "it's all in the wrist", but it was hands that were covered in spun sugar as the team prepared cotton candy to sell for Harry Houdini's birthday!



A Long Goodbye: Seniors presented Miss Labesky with a bouquet of flowers and a photograph during the Spring Concert in May.



This is Why We Sing! Shari Elsen, Caitlyn Zinter, Shrylle Mikkonen and Brittany Schlosser harmonize as a quartet during the spring concert.

## Taking Care of Business Classes Require Solutions

...complete the equation...

$$\underline{\quad} + \underline{\quad} \times$$

$$2(\underline{\quad}) = \underline{\quad}$$



"French + Toast X 2 (Fry together) = Frenchtoast"

~Carson Ellwein



"Chocolate + Me X 2 (more chocolates) = a very happy girl"

~Shantel Reimer



"Bush + Cheney X 2 (Rice) = A Mess"

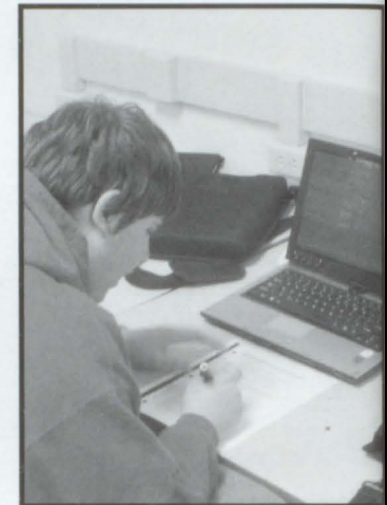
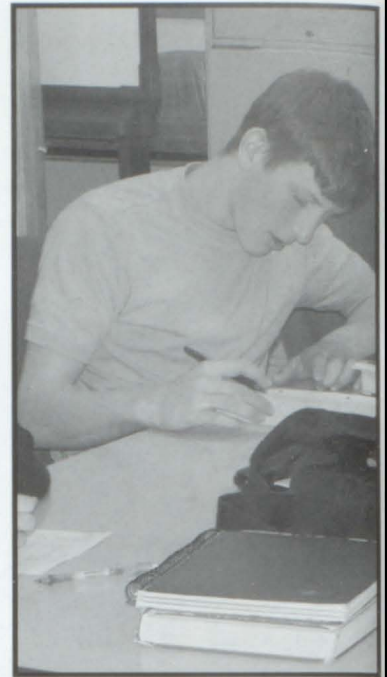
~Matthew Forsting

Everything added up as students enrolled in required math classes and business electives. Eighth graders took Algebra I, while geometry and Algebra II were offered to high school students. Trigonometry was available through E-learning with a class taught by David Pierson at Northern. From personal finance to accounting, students with an interest in business could elect to complete various electives.

**Extra Studying:** Wyatt Sumption contemplates the complexities of Algebra II to prepares for his next hour class.

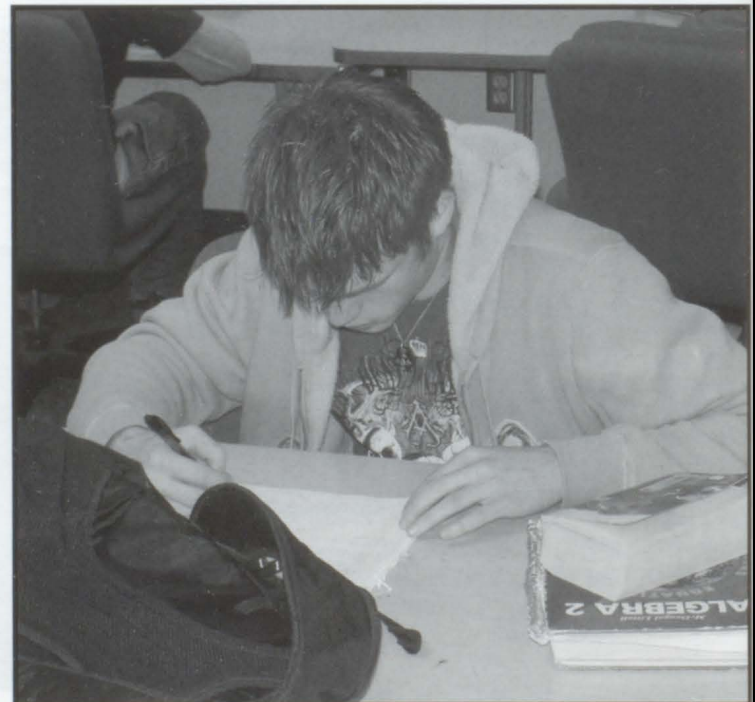
**Keeping Up:** Shari Elsen puts the finishing touches on a senior math assignment even though the bridge is down between NSU and Frederick.

**Computer Math:** During the fourth quarter, sophomores, including Andrew Wolter, learned to complete Algebra II assignments with their laptops. Because it was necessary to enter after each number, students "lost" a lot of their work when they first used the program.



**Nothing But Business:** Senior Travis Hart does his best to concentrate on the materials being presented during a personal finance class, which is taught by Janelle Barondeau. The class was open to all high school students during first hour, and will be required for future high school students.

**Pay Attention:** Carson Ellwein, sophomore, intently corrects his Algebra II assignment. Teacher Lynnette Hertel went over all of the problems with students as they learned various processes to complete their Algebra II requirements.



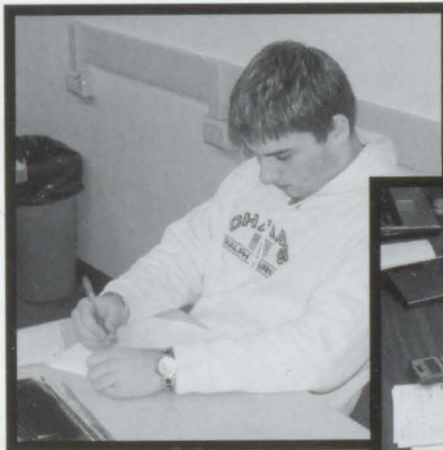


Finding Solutions: JF Brixey tackles an Algebra II assignment. The class proved to be a challenge for the sophomores, as it expanded on the basic concepts that the students learned in Algebra I.



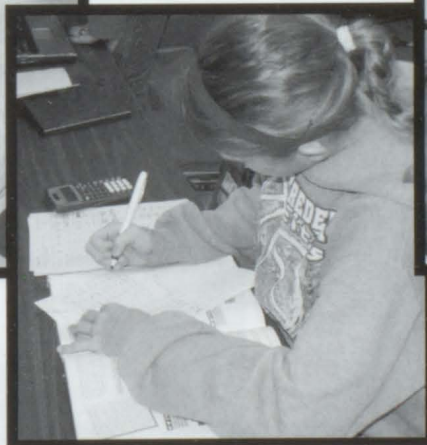
Enjoying Class: Cole Truebenbach experiences the elation of finishing his geometry assignment. The class was required for freshmen students.

Crunching Numbers: Tara Clark, Shantel Reimer and Renee Graves find that making their columns balance can be a fun challenge. The three girls were part of an accounting class where they learned the basics to give themselves a base in keeping books for a business or even for themselves.



Enthusiastic Approach: Matt Jung oozes enthusiasm as he completes his daily Algebra II assignment.

Expenses/Income: Jamie Hart separates expenses from income as she completes the columns for an accounting assignment. The class was taught by Mrs. Barondeau.



Mathematical Expertise: Freshmen Dustin Storm and Rance Maddocks review degrees in preparation for a geography test.

## Scientific Procedures Teams Sweep Science Bowl!

### What is the Xiphoid Process?



"The Xiphoid Process is getting married!"

~ Matthew Jung



"It is the tip of the sternum, Coach Sumption's favorite bone!"

~ Shrylle Mikkonen



"The process when a cell produces massive amounts of stuff, followed by excreting some more stuff into your thing a magiggy to destroy the wachamacallit!"

~ Joel Raynor

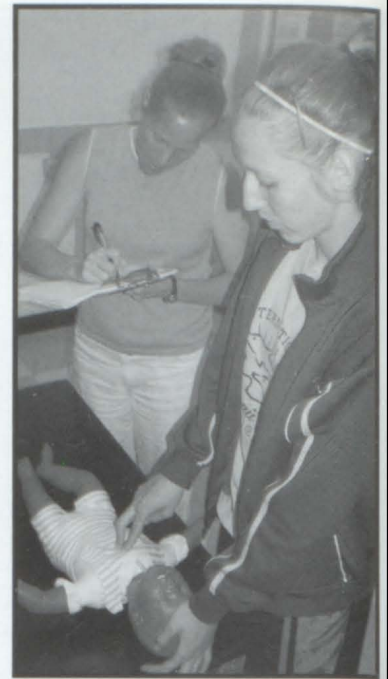
Students in science classes had a busy year, as they completed their curriculum, and participated in several activities outside the regular classroom. Wyatt and Ty Sumption both placed at the annual NSU Science Fair. At the NSU event, both the Junior and Senior High Quiz Bowl Teams claimed victories in their respective divisions.

Other activities included CPR certification, Earth Day clean up with the elementary students and demonstrating science experiments for the first graders.

**How to Save a Life:** Mikayla Barondeau practices two breaths/30 compressions on the infant mannequin as she and Shari Elsen prepare for their CPR test.

**New Design:** Brittany Schlosser puts the finishing touches on a flower, one of six new panel designs the senior girls painted in the science room.

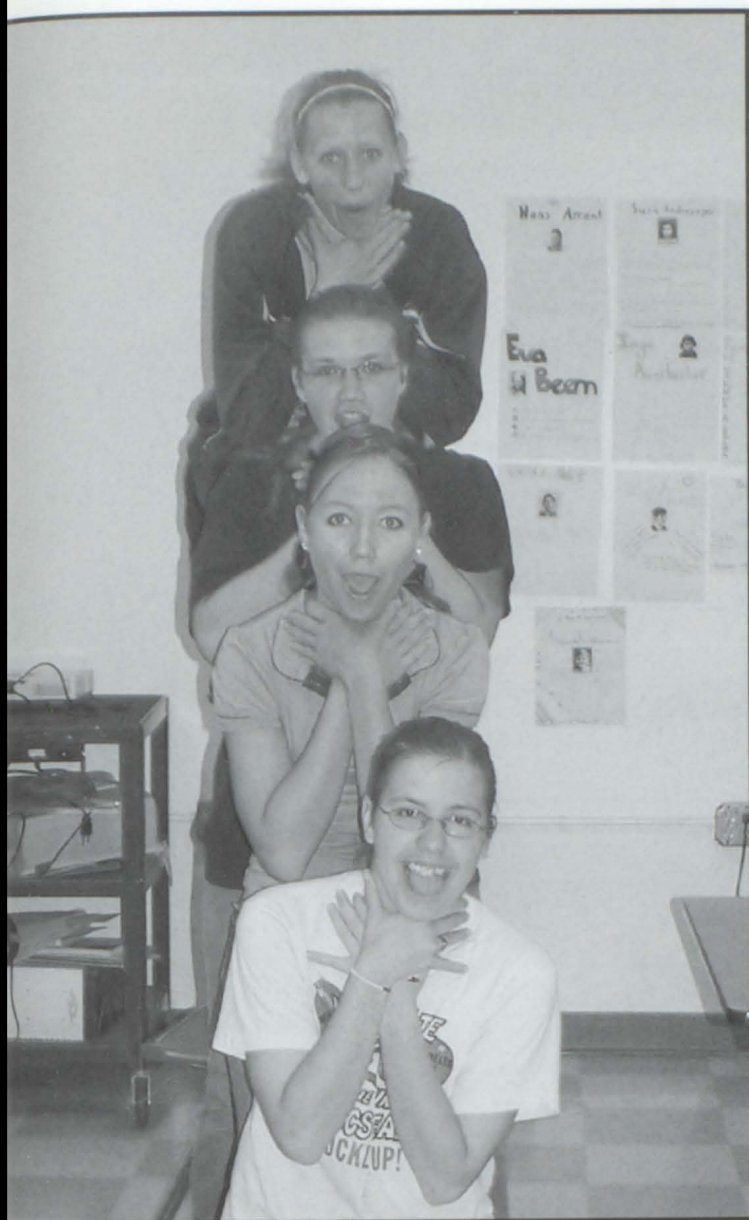
**What are they doing?** Jessica Walworth and Raine Bornemann work on a disease-related project for the science fair, which was held during the fall.



**Precision Cuts:** Katy Groop patiently follows the procedure to dissect a crayfish.

**Winners of the Annual Science Fair:** (Front Row) Chelsy Podoll and Chelsy Zinter, (Second Row) Katy Groop, Tim Englehart, Spencer Rall, Amanda Haar and Faith Wolter, (Back Row) Mike Newcomb, Wyatt Sumption, Nathan Maunu, Breanna Helland and Ty Sumption. These place winners moved on to the region contest held at Northern State University.





All Choked Up: Juniors Mikayla Barondeau, Jessica Walworth, Kristina Maddocks and Raine Bornemann perform a group Heimlich procedure. The Biology II class received instruction in the procedure when they were being certified in CPR. It's no surprise that these girls would "invent" a group Heimlich; they were notorious for adding to assignments, sometimes in musical form! And there was the time they clipped clothes pins to everyone.



Lifesaving Techniques: Kristina Maddocks practices CPR procedures that the students learned as part of the science curriculum. Sarah Sumption, their teacher, has been a certified CPR instructor for the past several years.

Try This: Christa Haas attempts to whip a table cloth out from under a neatly set table, which can be done. "It's harder than it looks!" claims Christa. Several other students' attempts at the feat were unsuccessful as well.



Frog Legs, Anyone? Matt Forsting confirms that he will NEVER eat frog legs after his dissecting experiences in biology class. The students identified various parts of the frog to complete a study guide for their biology lab.



Take a Breath: Jamie Hart struggles to cover the mouth of the mannequin and get the chest to rise as she gives the breaths of the CPR procedure. This step was often the most challenging, especially with adult mannequins.



A Slice of Worm: Chris Paulson and Andrew Wolter dissect an earthworm during biology lab. The dissections helped the students learn anatomy, which was a part of their biology curriculum. Students found that working in pairs during labs helped them learn.

## Social Acceptance Classes Study Society

**If you were to run for president what would your campaign slogan be?**



"You can't get better than Kristina. It's like saying Jackie Chan is better than Chuck Norris."  
~Kristina Maddocks.



"Don't worry, I'm not Dick Cheney."  
~Chris Paulson.



"I'm not smart enough to run for President!"  
~Casey Dennert.

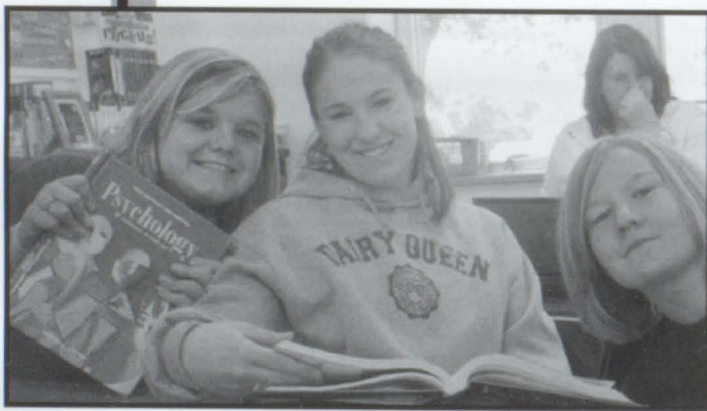
Social science offerings included geography, world history, American history, US government and psychology. Mr. Morlock taught the bulk of the classes, but Mrs. Sumption picked up psych and the junior section of American history. Traditionally a junior class, this was the first year that American history was taught to both sophomores and juniors. In future years it will be a sophomore class.

Incorporating the laptop into his curriculums, Mr. Morlock's classes began doing more research with their lessons, as well as taking notes.

**Let's Eat:** Freshman Kris Tunby enjoys a food day, which was part of geography class.

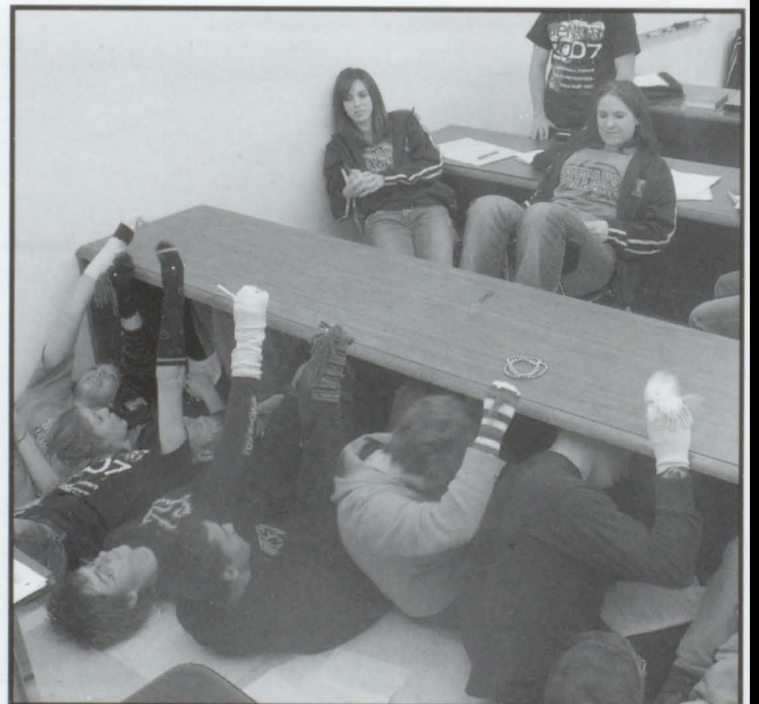
**Around the World and Back:** Sophomores, including Carson Ellwien, travel around the world in the study of world history.

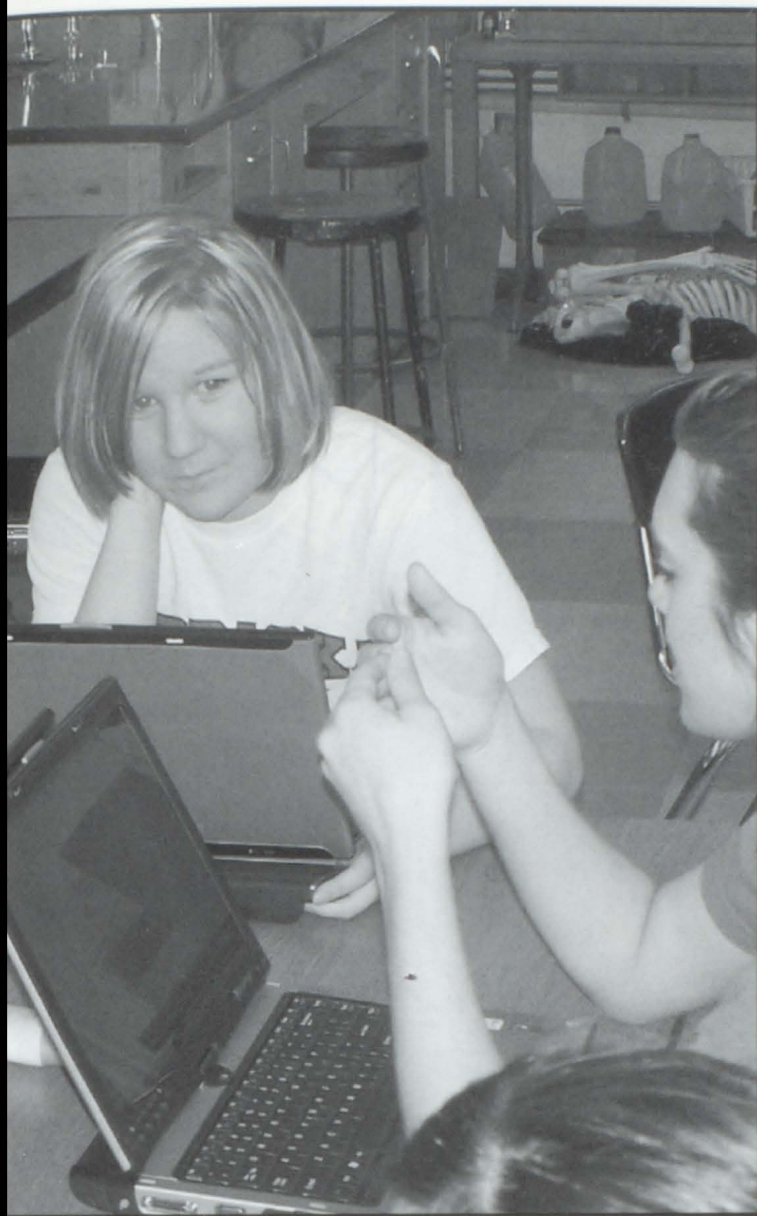
**Time for Geography:** Micah Christianson discovers the joy of geography, which often included a potluck of food from the foreign countries being studied by the freshmen.



**Why? Why? Why?:** Shrylle Mikkonen, Christa Haas and Chelsea Dutenhoffer consider topics for a psych project that looked at why people knowingly do things wrong.

**Feet Up:** Seniors Brooke Haas and Christa Haas watch as fellow classmates Carli Ellwien, Blair Truebenbach, Travis Hart, Mickey Schlosser, Manuel Shindler, Kelli Nixon, Eric Nixon and Joel Raynor present their puppet show. The show was a creative way for the students to present lessons to one another in the government class.





Getting Psyched: Chelsea Dutenhoffer and Carli Ellwein discuss the content of their psychology presentations. This was the first year the class was offered and six senior girls took advantage of the offering.

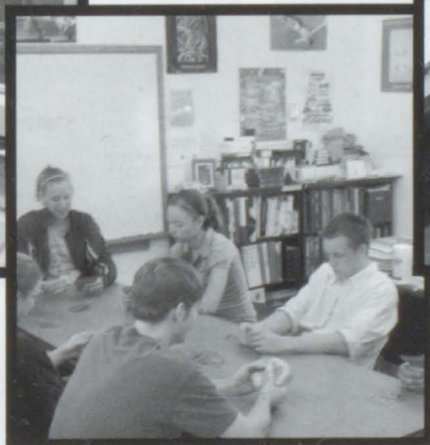


It's A Laugh: There's an excellent chance that whatever set Brooke Haas off was NOT part of the psychology presentation she is supposed to be working on?!

Land Forms: Justin Vetter, Matt Haas and Chelsey Podoll participate in an activity during geography class, which is a social science requirement for ninth graders. Activities such as this were a welcome change from notes and questions.



Living History: Jesse Daniels, Mikayla Barondeau, Kristina Maddocks and Blain Mikkonen participate in a history game, an activity that made learning fun and easier!



Old News: Christa Haas views past editions of the Frederick newspaper during the class visit to the Heritage Center in Pierre. The students found birth announcements for some of their classmates.



Legislative Action: Shrylle Mikkonen caught up with the sergeant at arms for the House of Representatives during her two-week experience as a page in Pierre.

# Trading Places Students Try Hands on Training

## What was the best part of Vocational?



"Creating different projects! We did SO many different things this year!"  
~Kelli Nixon



"I absolutely loved having class with students from other towns and schools."  
~Shantel Reimer



"Being able to create posters of almost anything we wanted and being able to take them home and hang them up." ~Renee Graves

Junior and senior students capitalized on the opportunity to attend classes at the Hub Area Technical School in Aberdeen.

Fourteen students participated in classes ranging from Radio & TV Production to Auto Mechanics to Graphic Arts. A highlight for the students in specific classes was competing in the Skills USA contest. Also, the students related to the assignments, as they were hands-on.

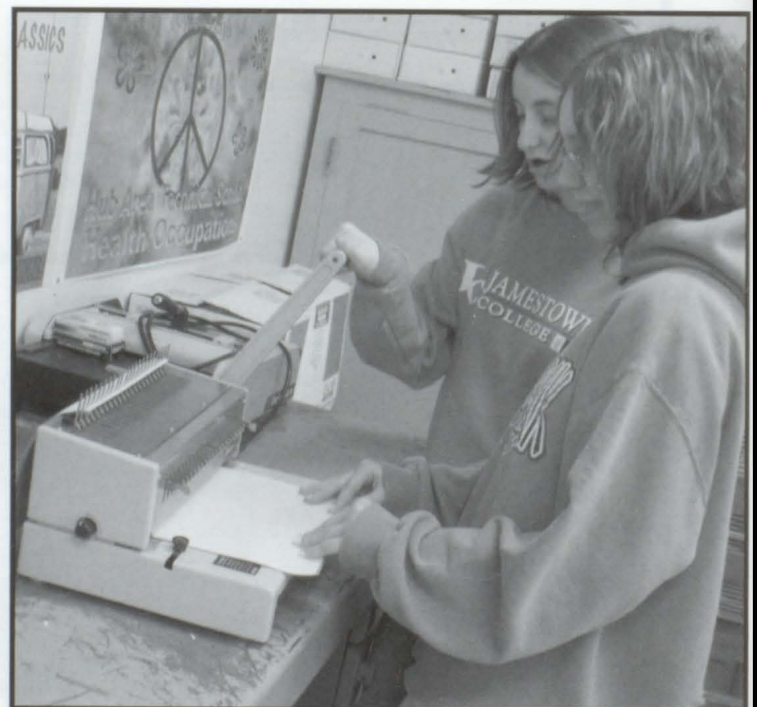
The students ate lunch at Frederick after third hour and then took the bus to Aberdeen for two hours of class. They were back at FHS for last hour classes.

Concentration: Tara Clark practices new computer techniques to complete a variety of projects in her graphics art class.  
Heavy Liftin': Casey Dennert displays some of the tools and parts students used in the auto mechanics class.  
Computer Work: Graphic Arts students begin to create their projects using Adobe Photoshop.



Listen Closely: Instructor Gary Heupel explains a new technique to Christine Fredrick. Students used many different programs and approaches to combine different images when creating projects.

Punching Out: Tara Clark and Shantel Reimer punch holes to create their own custom notebooks, complete with colored paper and graphics in the corners. These were very popular with students.





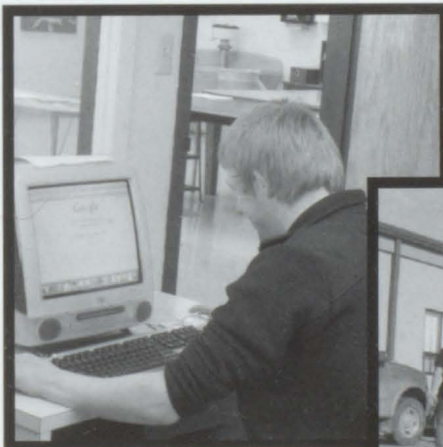
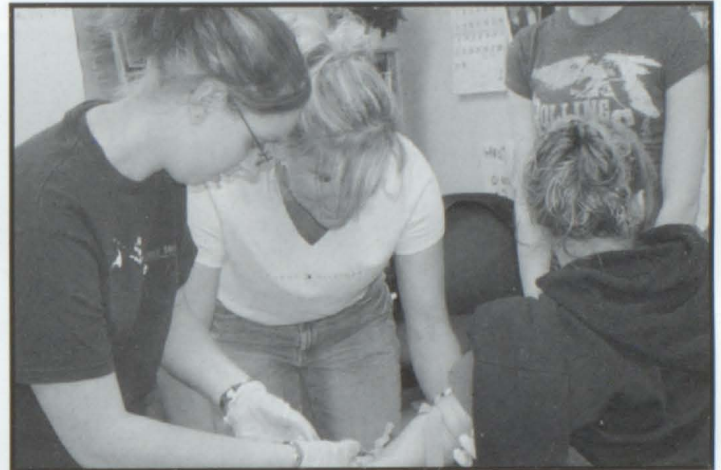


Heading Out: Seniors Christine Fredrick and Chris Achen head out the front doors of the school to get on the bus for classes at the Hub Area Technical School in Aberdeen. Both of the seniors have attended afternoon classes in Aberdeen for the two years that they were eligible. The classes offer the students hands-on experience in a variety of fields.



Senior Solidarity: Casey Dennert and Travis Hart hide behind their shades as they contemplate their "bright" futures on the bus ride to vocational classes.

This Won't Hurt a Bit: Junior Jamie Walton practices drawing blood on a classmate, as part of her studies in her medical technology class. Jamie noted that she was more nervous to have her blood drawn than she was to perform the task.



Serious Stuff: Senior Travis Hart uses the computer to complete his project for vocational class. He and Erik Nixon and Joel Raynor completed the senior slide show during their vocational class.

Waiting for a Ride: The vocational students gather in the parking lot as they wait for the bus to pick them up for the 28-mile trip into Aberdeen.



Concentration: Kelli Nixon contemplates her choices for a project at vocational school. The senior attended vocational during periods four, five and six and then came back to Frederick for college comp seventh hour.

## Life Lessons Courses Provide Diversity

If you could design one thing what would you design and why.....



"I would design a machine to make ice cream that doesn't make you gain weight."  
~Chelsy Podoll



"A contraption to stop women from shopping, because they take all your money."  
~Spencer Rall



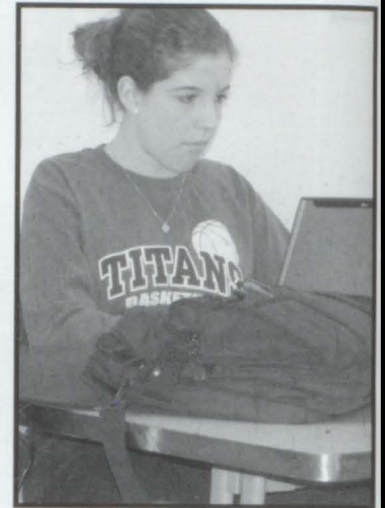
"A way to discover oil on other planets, and pump it, so we can keep real cars."  
~Michael Newcomb

Sometimes students struggled to understand the "why" of the classes they took in high school. However, with art, physical education and computers, students and teachers did not face this issue. They understood that the content of these classes was teaching them life skills they would need, or could, utilize throughout their post high school existence. Freshmen were required to take art and computer, while juniors and seniors enrolled in physical education. Lakota arts was open to all grades and was sent to Waubay via the NCAI system.

Technologically Advanced: Tim Englehart utilizes his laptop to wrap up research for an art appreciation project.

Assignment Ease: The laptops allowed Chelsy Podoll the diversity to complete a computer assignment during the final minutes of English class.

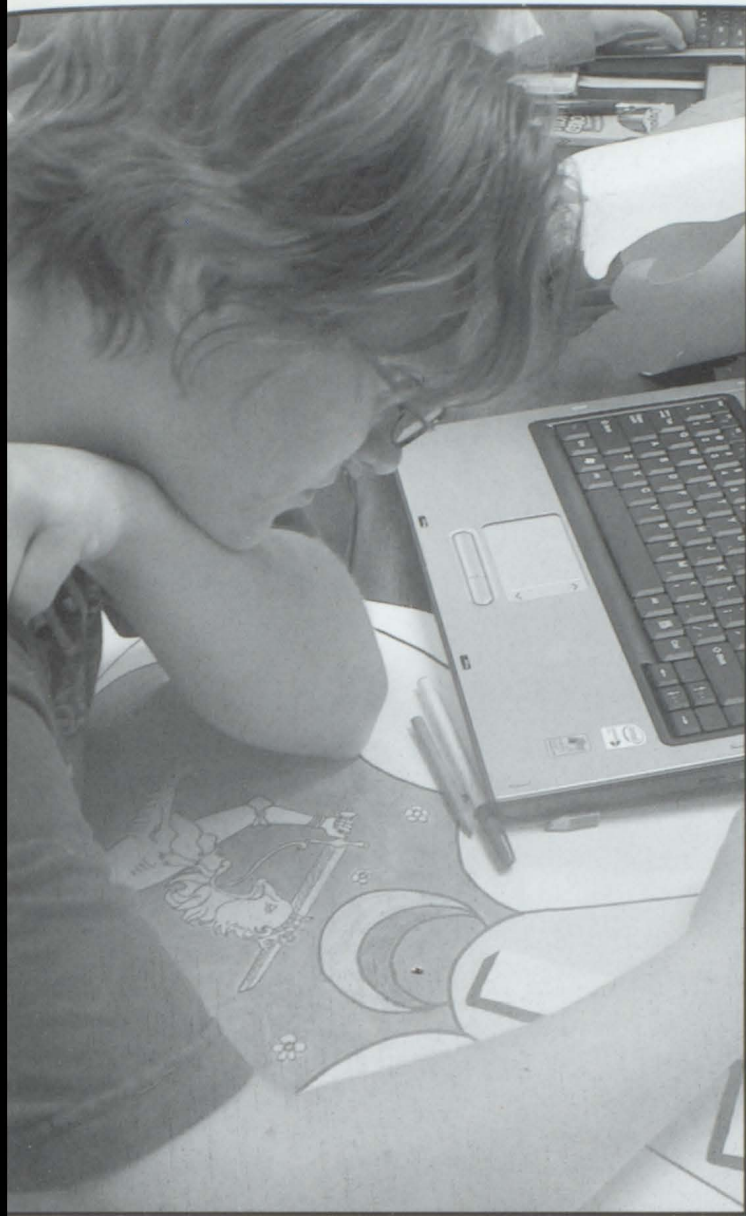
Native Art: Surrounded by bead selections, Brittany Schlosser follows the intricate design of her Lakota Arts project.



Feel the Burn: Carli Ellwein demonstrates a yoga position during fourth hour P.E. class. Students learned activities they could continue to practice throughout their lives.

Learning About the Past: Raine Borneman and Jessica Walworth use looms to create their bead projects for Lakota Arts.



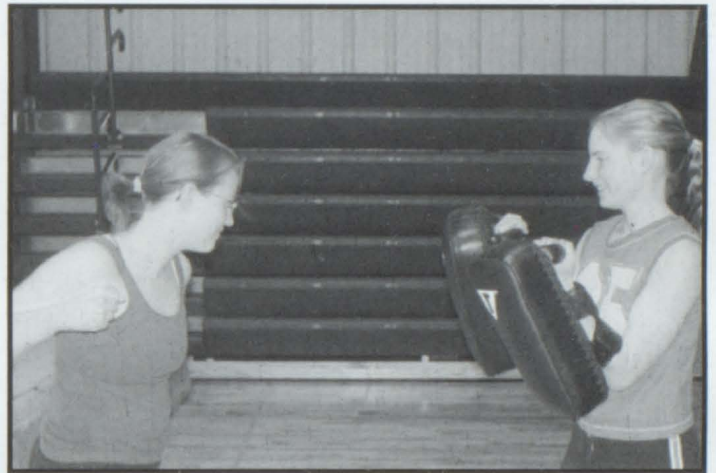


Creative Expression: Senior Kelli Nixon releases her creative expression through an art project in English. Students often used techniques they learned in art classes to complete projects in other subject areas.



Ying and Yang: Christine Fredrick researches her ying and yang, which is the balance between an individual's positives and negatives. This project was to help them discover what caused or relieved stress in their life.

Kick This: Kelli Nixon and Brittany Schlosser felt an added degree of safety as they learned basic kickboxing techniques during their physical education class.



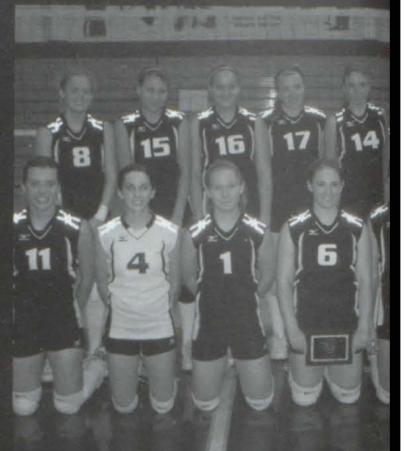
High Kick: Travis Hart demonstrates a front kick, as the physical education students work their way through a unit on kickboxing.



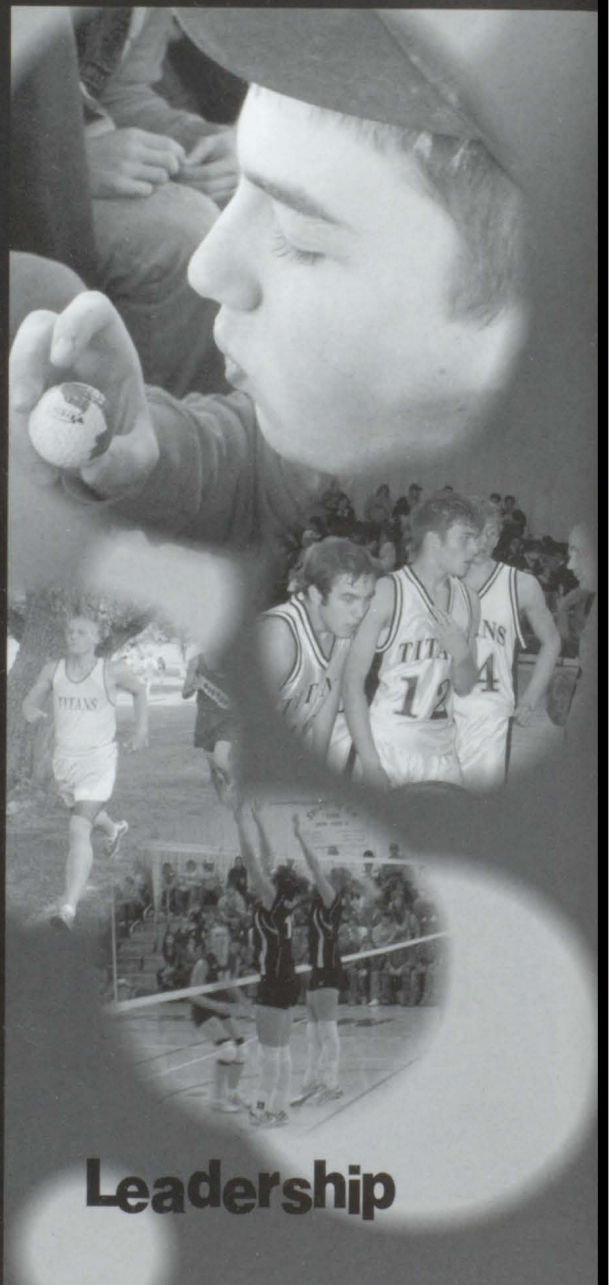
I Can Fly: Brooke Haas and her partner, Chelsea Dutenhoffer, practice a jump kick. Brooke would aim for the focus pad that Chelsea held.



Put Your Guard Up: Lucas Stoddard, Trevor Perleberg, Shryle Mikkonen, Christa Haas and Chelsea Dutenhoffer flaunt their focus pads for kickboxing.



**Heart**



**Leadership**



# ATHLETICS



**Teamwork**

**Pride**



**Sweat**



Assistance Coach Marty Morlock discusses strategy with junior Matt Huettl during a timeout in the game. As a junior, Matt was one of the team leaders since the Titans had a very young team this season.



Heart of the Team: Seven seniors from Leola provide the nucleus of the Titans football team.

Hold that Line: The Titans attempt to hold the opposing running back to a minimum number of yards.



## FOOTBALL

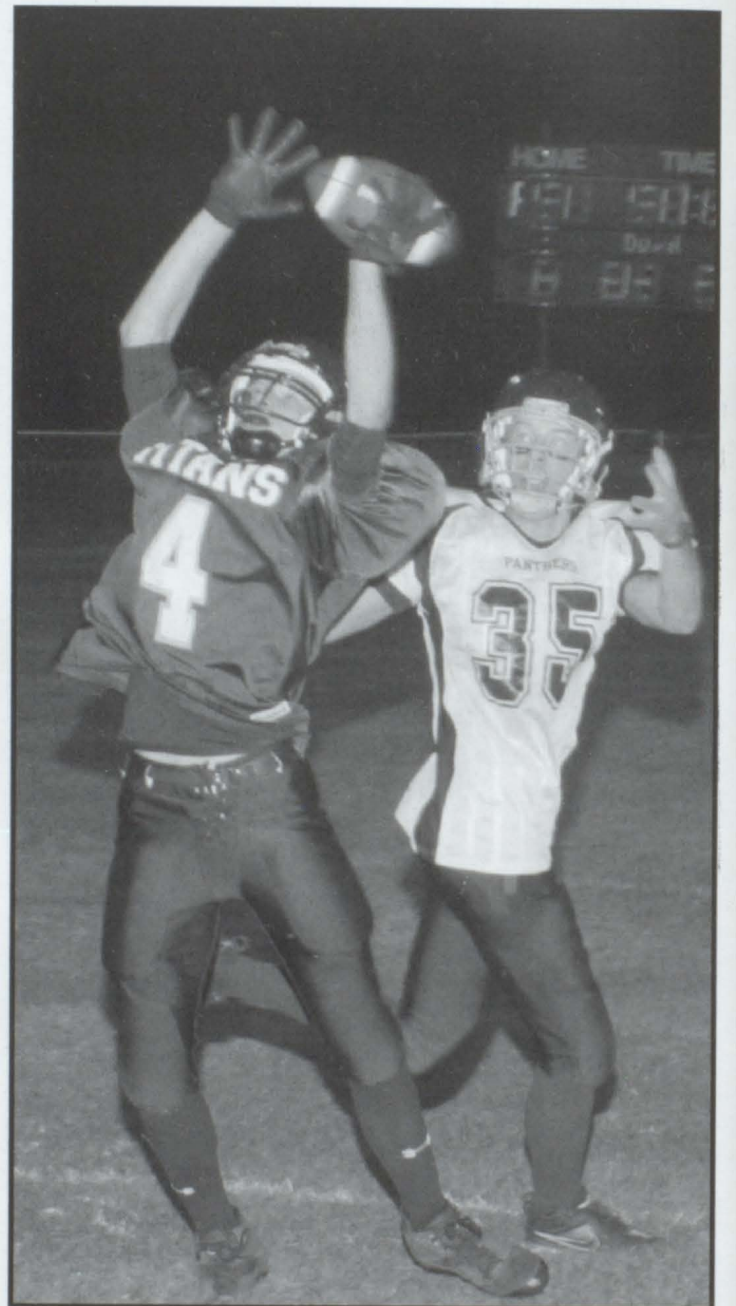
### A Learning Experience

As they won only one in eight outings, the 2006 Titans football season was a struggle for the team. Despite being outscored by their opponents 321 points to 52, the Titans never gave in to defeat. The team had one junior, six sophomores and five freshmen from Frederick. Due to the shortage of experience on the team many younger players have pushed themselves to help the team.

Sophomore Carson Ellwien provided nine tackles, an interception and three blocked passes as a defensive back. Freshman Matt Haas lead the team with 147 rushing yards as the starting running back. Fellow freshman Cole Truebenbach scored the team's only receiving touchdown of the year and also finished with five tackles and a forced fumble with a fumble recovery on defense. Several other young players also contributed to the team.

With the knowledge and experience the team has gained from this year, the Titans are looking to start building a good team for future football seasons.

Catch!: Sophomore Carson Ellwien goes up to intercept a pass, which was ultimately deflected during the Timber Lake game in Leola.





Run This: Coach Mike Waltman gives running back Matt Haas directions for how to run the next play against Timber Lake. The Titans won 20-18 in Leola, giving the Titans their only win this season.

Pep Talk: Assistant Coach Marty Morlock attempts to fire up the Titan's defense during a timeout. Although the Titans faced a challenging season, the team managed to stay focused and used the opportunities to improve their skills and develop their talents.



Long Pass: Quarterback Jerame Frank is back in a shotgun formation ready to throw a long pass. Burt Daly lead Titans receivers with 245 yards.

## Season Overview

"It wasn't fun losing, but it was a good learning experience for me."

~Cole Truebenbach



"With some work and effort we will be a much better team next season."

~Mike Newcomb

## Scoreboard

	Titans	Them
AT Ipswich	0	36
VS. Langford/Roslyn	8	46
VS. Warner	0	28
AT Doland/Conde	0	52
AT Faulkton	12	32
VS. Timber Lake	20	18
AT Eureka/Bowdle	6	55
VS. Northwestern	6	54

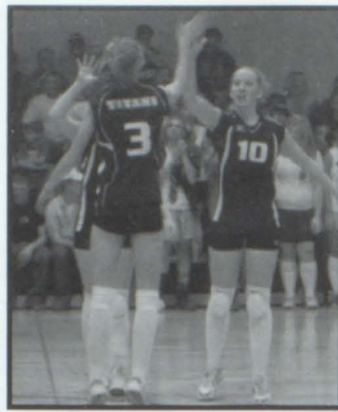
"This year's football team was a learning experience to build a better team for years to come."

~Wyatt Sumption





Adjusting to a New Look: New uniforms challenge the team with smaller and tighter styles. Although she originally was opposed to spandex, Chritsa Haas loved the uniforms when they got them.



Shake On It: Amanda Kallas and Shari Elsen go to the extreme to pump each other up before a match.

Tighten the Defense: Chelsea Dutenhoffer, Shari Elsen and Brooke Haas wait to receive the ball.



## VOLLEYBALL

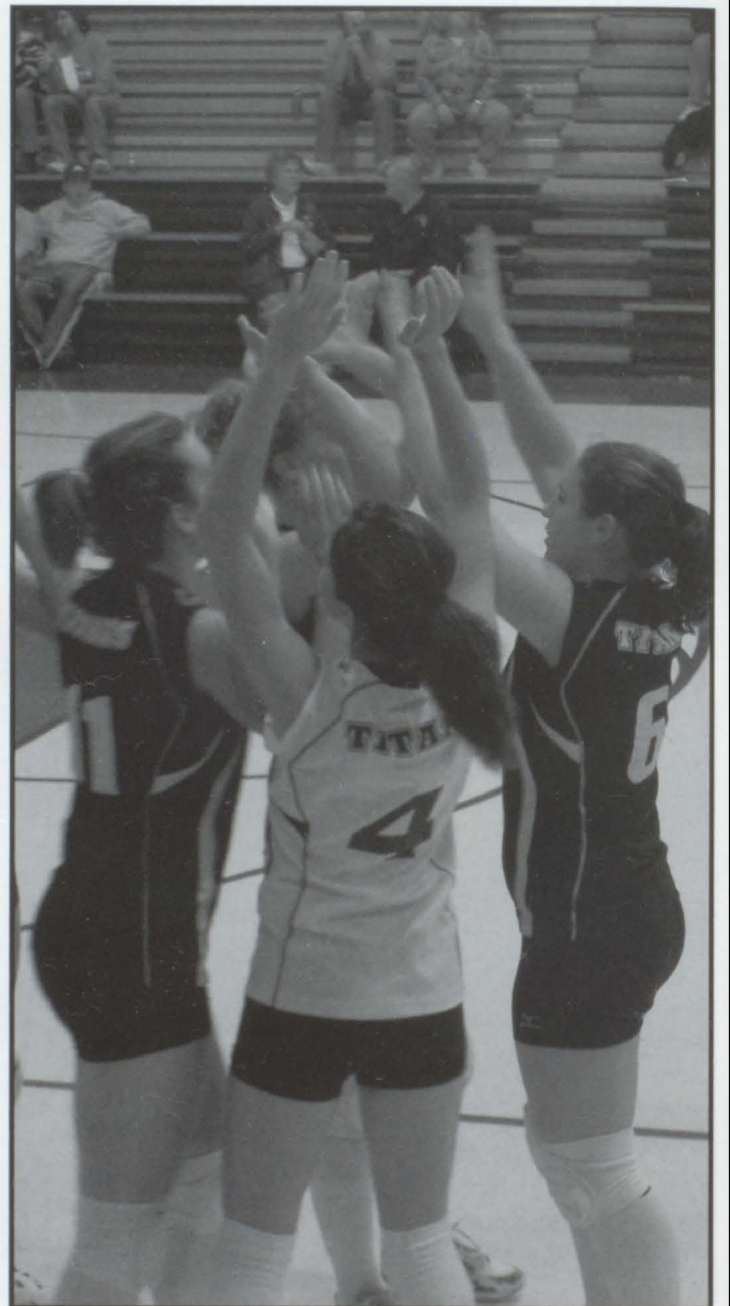
### Team Claims District Title

A winning record, the district championship and advancing to two consecutive region championship games put the Lady Titans in the record book at 22-7.

"The 2006 volleyball season was centered around a core of senior athletes who pushed our team to the limit every day," stated Coach Jaime Neuendorf. She added, "The effort the team gave made our season successful. As a coach, I couldn't ask for anything more than to have a group of athletes take the floor and give it their all for the entirety of the match." She explained, "Like any team we had our ups and downs throughout the season, but when it mattered most we were playing at our highest level. We went into every game looking for a way to get better and I feel that we accomplished that."

District Champs: The winning Titans proudly display their district championship plaque.

High-Five: The starters begin the volleyball game with the ritual high-fives to get each other focused and ready to play.







**Acting Tough:** The girls varsity volleyball team show off their strength. Shari Elsen, Blair Truebenbach, Carli Ellwein, Chelsea Dutenhoffer, Christa Haas, Brooke Haas, Amanda Kallas, Madison Gill and Megan Lapka represent over 30 years of volleyball experience. "Bring it on, girls," challenged junior Shari Elsen, as the group faced the new season.

**Moving On:** Team members celebrate their win against Groton in the district game on November 2 to take them to the region game in Milbank on November 7.



**Huddle Up:** A quick word from Coach Neueundorf during a huddle in between games inspires the girls to get back on track. Only six teams pushed the Titans to more than three games during the season. The Lady Titans also made it to the region game for the second consecutive year.

## Bump, Set, Spike

"There were a lot of exciting moments in the season this year, including the district win against Groton. Even though we ended our season one game later it seems that we proved something to everyone around the area."

~Christa Haas



"During the past couple of years volleyball became really popular with both the players and the fans. Part of this is probably because our team has been more successful. This year we usually had a huge crowd."

~Chelsea Dutenhoffer

	Us	Them		Us	Them
E/C	3	0	Selby	3	1
Redfield	2	0	Northwestern	0	3
Miller	2	1	Britton-Hecla	2	3
Ipswich	2	0	Eureka/Bowdle	3	1
Faulton	2	0	Groton	0	3
Arlington	0	0	Hoven	3	0
Lang/Ros	3	3	Ipswich	3	0
Sully Buttes	2	3	Ellendale	3	0
Mobridge	2	0	McLaughlin	3	0
McLaughlin	2	0	Warner	2	3
C-E Butte	2	0	Mobridge	3	0
Faith	2	0	Redfield	3	0
Faulton	3	0	Groton	3	0
D/C	3	1	Milbank	0	3
Camp Co	3	0			

"It was amazing to watch our team overcome so many injuries and still be able to make it as far as we did. Advancing to the region game just proved how we were able to adapt easily."

~Blair Truebenbach





Sunny Race: Chris Achen enjoys the sunshine during an early fall meet. Once the season got going, the team would have been happy for some warmth, especially once the race began and they had to leave their sweats.



Stretching: The girls take an innovative approach to stretching before a race. Team Love: Shari Elsen and Breanna Helland hug after completing a race. Camps and intense practices serve to create a special bond between runners.



# CROSS COUNTRY

## Runners Dash to State

Cross country teams wrapped up a busy season, sending the girls team to state after they nabbed third place at regions. The boys had several highlights, but did not have anyone advance to state competition.

The third place finish at regions advanced five girls to the state meet in Huron on October 21. During the season, the team won the Bob Salmi Meet in Aberdeen. Mikayla Barondeau led the girls team, winning the Britton Invitation, Bob Salmi, Webster Invitational, LRC and region meets and Shari Elsen consistently placed in the Top 10. Eighth grader Angela Goodall won the JV races at the YTC and LRC and Breanna Helland won the Faulkton Invitational JV Meet.

Coach Janelle Barondeau reported that Chris Achen and Landon Thayer were the top runners for the boys. Highlights included Wyatt Sumption winning the JV division at Roe Granger and Faulkton and Nathan Maunu winning the LRC JV Meet.

Girls Team: Adrenaline and exercise keep the girls warm during the race, but it takes sweats, mittens and stocking caps to stay warm after the race.

Top Runner: With long strides, Wyatt Sumption pushes to reach the finish line.





State Bound: Mikayla Barondeau, Sam Jung, Shari Elsen, Angela Goodall, Breanna Helland and Stephanie Jung prepare to take off for the state cross country meet. The girls decorated the suburbans, so everyone knew who they were and where they were going.

Concentration: The Titans girls concentrate on the race ahead of them as they wait for the sound of the starting gun. Running such a long race required the girls to plan a strategy so they were still strong at the finish.



Boys Cross Country: Members of the boys team model their pre-running attire.

Run, Run As Fast As You Can: Titans runners pace themselves as they make the midway point of their race.



## Run, Run and Run Some More

"I'm glad I could participate in cross country and run here in America."

Manuel Schindler



"I love to run! Early morning practices are even fun!"

Shari Elsen

"The dedication and determination required to be a runner also help me in other areas of my life."

Angela Goodall

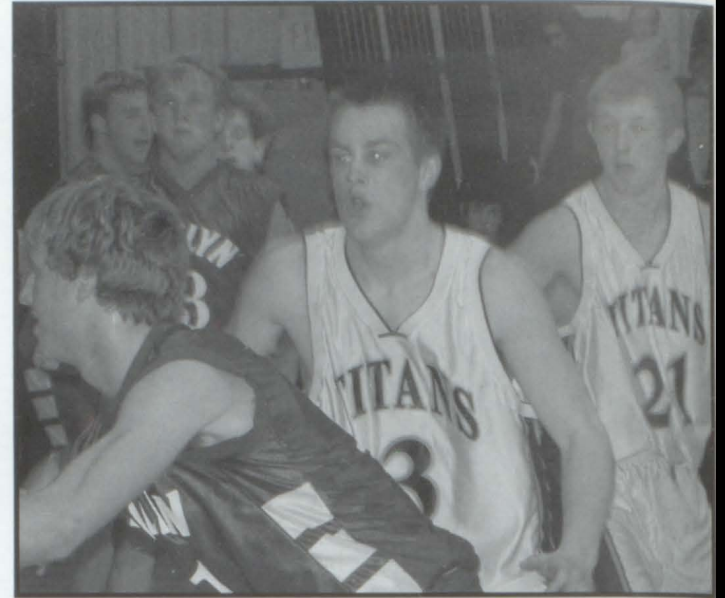




Box Out: Wyatt Sumption gets ready to box out and rebound the ball following the free throw shot by Matthew Huettl in the last quarter of the district game. Unfortunately, this proved to be the boys last game of the season.



Free Shot: Senior Travis Hart gets put to the line to shoot a free throw in the district game against the Groton Tigers. "D" it Up: Blain Mikkonen and Travis Hart show off their defense skills in the Britton-Hecla game.



## BASKETBALL

### Boys Adjust Style

As they adjusted to playing Class A opponents, the Titans boys basketball team improved their record by ending the season at 11 and 9.

The boys home opener resulted in a loss as Doland/Conde defeated the Titans. When Christmas Break started, the boys record was 2-3. However, the boys took the annual Ellendale Tournament by storm. They won all three of their games, defeating their opponents by a total of 211 points to 78 points, and making them the tournament champs.

When the Titans defeated Ellendale for the make-up game, it was the beginning of a 10 game winning streak, which lead them into the district tournament. The Titans entered as the #2 seed and faced #3 Groton on February 26 at the Civic Arena in Aberdeen. The boys lost 76-70, ending their win streak and their season.

Boys Basketball: Back row: T Knecht, J Franck, Caleb Schaeffer, M Huettl, J Whetham, B Daly, T Hart, M Waltman. Front row: B Mikkonen, C Ellwein, E Emery, M Waltman, W Sumption and M Haas.

Box 'Em Out: Junior Matt Huettl boxes out his opponent during a free throw.





Play It Out: Ethan Emery and Matt Waltman head down court in anticipation of an offensive play against Britton-Hecla. Although the Titans came up short, they fought to the end keeping the game close to the final buzzer when the score was 72-71.

Quick Breather: Blain Mikkonen, Ethan Emery and Travis Hart sit by their coach Troy Knecht to take a quick break before getting back into the game. These players saw a lot of court time during the season, which ended at 11-9.



Warm It Up: Matt Haas leads the boys basketball team out onto the court to warm up before their district game against the Groton Tigers.

## Dribble, Pass, Shoot

"It's great to be involved in basketball. It was good to end my senior year with a successful season."

~Travis Hart



"It was a new experience to be playing on varsity, but I learned a lot from the older guys and enjoyed my time during basketball."

~Cole Truebenbach

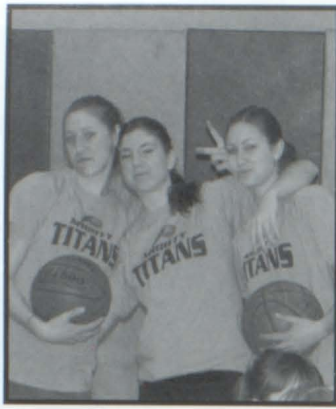
## Scoreboard

	Us	Them		Us	Them
D/C	53	64	Roslyn	58	83
Langford	52	61	Warner	47	74
E/C-Hoven	72	35	Sisseton	41	51
Groton	50	53	Faulkton	71	55
McLaughlin	61	49	Campbell	54	47
Oakes	74	28	Co		
Edgeley	73	21	Hitchcock/	64	35
Ellendale	64	29	Tulare		
Britton/Hecla	71	72	Eureka/	54	33
Platte	43	70	Bowdle		
Ipswich	71	54	Groton	71	78
Northwestern	51	48			

"We were not ready to be done. We had been playing our best basketball of the season, but we ran into a sharp-shooting team in the opening round of districts."

~Blain Mikkonen





Tiny Titans: Mikayla Barondeau, Renee Graves and Megan Hoffman exhibit team unity, part of what they shared at the Tiny Titans Camp. This activity was organized for the younger athletes to improve their basketball skills.



Record Score: Mikayla Barondeau displays her 1000th point ball after the game with Campbell County. "D" It Up: Jamie Hart, Shari Elsen and Carli Ellwein demonstrate how to keep a tight defense to win the game.



## BASKETBALL

### Girls Advance to Title Game

"We made it all the way to the district championship game," explained senior starter Carli Ellwein. She continued, "That's a great accomplishment for a team....we were really hoping that this was the year that we would go beyond that championship game obstacle."

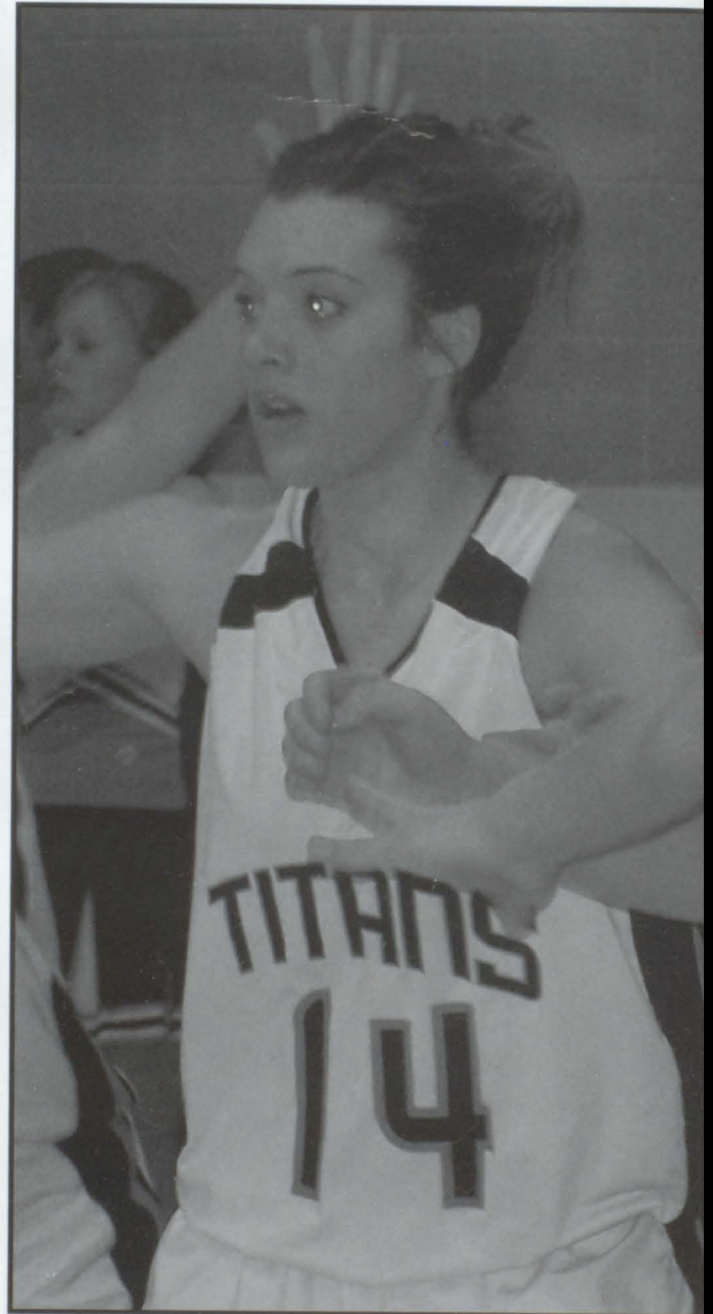
This is the fifth consecutive year that the girls basketball team has tallied a winning record and reached the coveted district game, and the fifth time they have fallen short during those crucial 32 minutes of the season.

"Our team was awesome this season; we beat some tough teams and played a tougher schedule than we have in previous years," added Christa Haas, senior guard.

The Titans posted a 17-5 record, which puts Coach Sarah Sumption at 84-24 for her career.

Group Picture: All the basketball girls take a group picture, with no division between varsity and junior varsity.

Strong Down Low: Carli Ellwein shows off her defensive skills during a home game.





In the Zone: Mikayla Barondeau, Amanda Kallas and Jamie Hart set up in a 1-3-1 defense during the Sisseton game, which was played in Frederick this year. All three players provided key defense for the team. The Titans defeated the Redmen for the first time since they've been a Class A team.

Guide on the Side: Coach Sarah Sumption kneels on the sideline to follow the action on the court, ready to redirect or regroup her girls basketball players, depending on the situation. Coach completed her fifth winning season with the Titans.



Titans on Three: Coach Sumption shares a quick word with the girls before they go back on the court to finish out the game.

## Dribble, Pass, Shoot

"With Coach Sumption basketball was more than just a sport, she taught us so many LIFE lessons!"  
~Christa Haas



"I learned a lot from playing varsity this year and I am excited for the team next year."  
~Jamie Hart

## Scoreboard

	Us	Them		Us	Them
E/C	3	0	Selby	3	1
Redfield	2	0	Northwestern	0	3
Miller	2	1	Britton-Hecla	2	3
Ipswich	2	0	Eureka/Bowdle	3	1
Faulton	2	0	Groton	0	3
Arlington	0	0	Hoven	3	0
Lang/Ros	3	3	Ipswich	3	0
Sully Buttes	2	3	Ellendale	3	0
Mobridge	2	0	McLaughlin	3	0
McLaughlin	2	0	Warner	2	3
C-E Butte	2	0	Mobridge	3	0
Faith	2	0	Redfield	3	0
Faulton	3	0	Groton	3	0
D/C	3	1	Milbank	0	3
Camp Co	3	0			

"Basketball has been one of my best memories and I will miss the playing, but most of all I will miss the comraderie."  
~Carli Ellwein



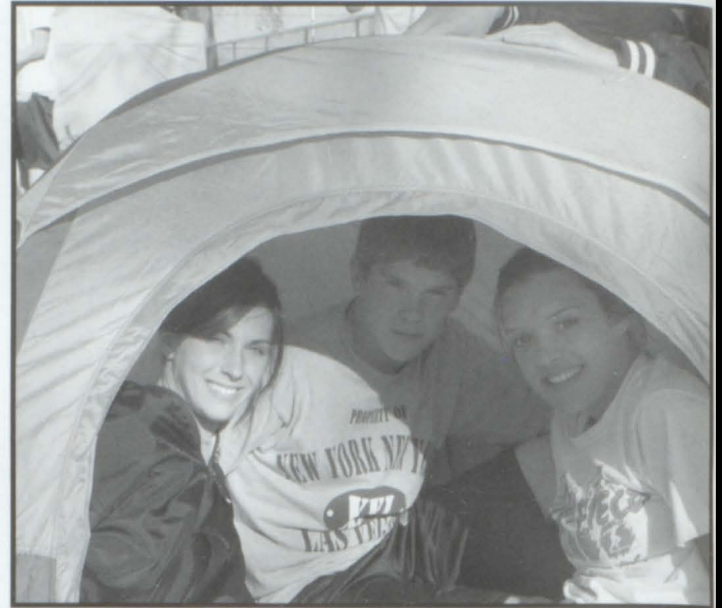


State Champion: Mikayla Barondeau pushes herself during the 800 m run, which proved to be "her" race. The junior nabbed her second consecutive state title in the event, running it in a time of 2:20.



Going the Distance: Shari Elsen paces herself as she competes in the grueling 3200 m run.

Camping Out: Brooke Haas, Matt Haas and Carli Ellwein seek shelter in their tent during an early track meet.



## TRACK & FIELD

### Running to State

Although a cool, wet spring forced the cancellation of several meets, the track season warmed up as the Titans sent five runners to state competition and peaked when one nabbed a first place medal at the May 25 and 26 event.

Mikayla Barondeau finished the 800 meter run in 2:20 to win her second consecutive state title in that event.

In addition to Mikayla in the 800 and 1600, the girls 3200 relay team advanced to the state meet. Brooke Haas, Sam Jung, Breanna Helland and Mikayla ran the relay at state. Shari Elsen also attended the state meet as an alternate.

None of the guys advanced to state, however, they made significant progress through out the season.

Boys Track: Mr. Vanderwald, Jason Bradner, Josh Pudwill, Sabastian Hoff, Bill Robinson, Mr. Morlock, Mike Robinson, Tyler Beck, Landon Thayer, Austin Schaffer, Mrs. Barondeau. Second row: Justin Vetter, Cory Pudwill, Mitch Aman, Eric Yost, Eric Grawboska, Dominic Wollman, Tyson Meier. Third row: Jamie Taylor, Brandon Haas, Brady Enge, Joe Bradner, Derek Barondeau, Mitch Wollman, Josh Waltman and Alex Bretsch.

All the Way: Matt Haas completes his leg of the 800 m relay.

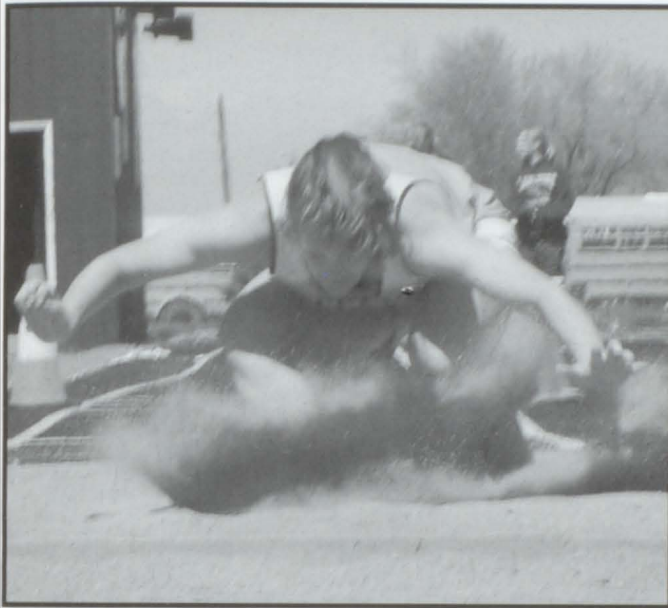






Girls Track Team: Last row: M Morlock, D Vanderwald, S Jung, J Walworth, R Graves, M Barondeau, S Mack, M Gill, K Stoddard and J Barondeau. Second row: B Helland, K Brockle, C Hertel, A Goodall, S Jung, B Haas, C Ellwein and S Elsen. Front row: Alexis Carmen, M Gustofson, R Davis, E Wolter, R Ham, C Crawford and K Haas.

Staying Afloat: Shari Elsen, Kayla Haas and Brooke Haas try to keep their heads above the water, while completing a track workout at the Y.



Long Jump: Carli Ellwein lands in a spray of sand in the long jump at the conference meet in Groton.

How Far: Ethan Emery prepares to beat his best throw.



## Running to the Finish

"Participating in track provided almost immediate rewards, since I went to state all six years I was involved."

~Brooke Haas



"Meets are great fun! Practices can be pretty tedious, though."

~Renee Graves

"It's all in your attitude....you just need to understand the coaching techniques!"

~Blain Wampler

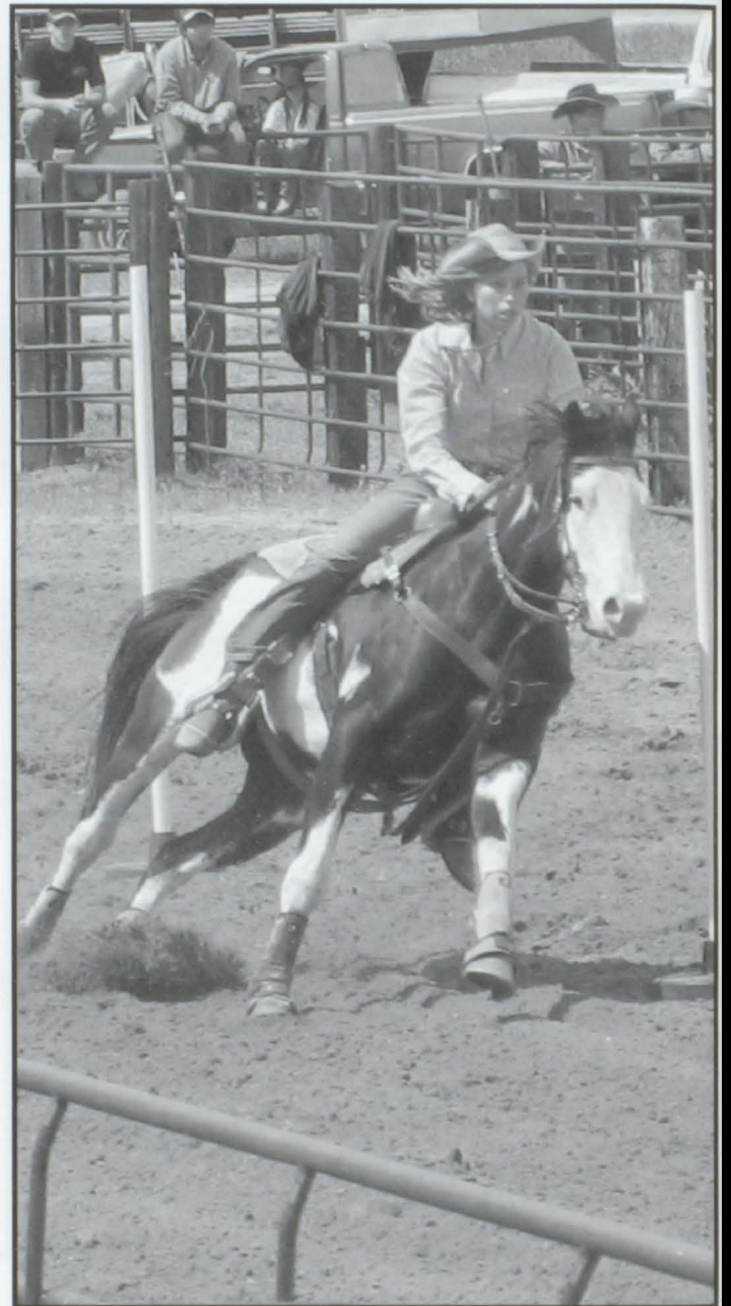




Rodeo Bliss: Blair Truebenbach reflects the joy of a successful day at the rodeo. The senior participated in several events, but found that the simple joy of caring for her horses year around was the best part of being in rodeo.



Tee Time: No bubble gum for this golfer....Matt Huettl chews on a tee during the bus ride to Leola for practice. Winning Awards: Rance and Kristina Maddocks accept an award for their rodeo achievements.



## GOLF ~~RODEO~~ Sports Provide Variety ~~WRESTLING~~

Although wrestling, golf and rodeo did not attract as many participants as the more traditional sports of basketball and volleyball, they provided variety for several athletes.

Senior Chris Achen completed his fourth year as a part of the wrestling team. They wrestlers participated in a number of matches and sent one member to region competition.

Only four golfers could go to each varsity meet and junior Matt Huettl was often part of the Titan's team. Matt advanced to region competition for the second consecutive year.

Rodeo attracted seven participants and they attended rodeos starting in May and continuing throughout the summer. Blair Truebenbach, Brittany Schlosser, Travis Hart, Jamie Hart, Kristina Maddocks, Kelli Hart and Rance Maddocks made up the team.

Bucking Bulls: Rance Maddocks hangs on his bull leaves the chute. Although only a ninth grade, Rance brought a couple of years experience to the arena when it came to riding bulls.

Teamwork: Kelli Hart and her horse embellish the beauty of rider and animal working as one while competing in the barrel competition.



Cowgirl Charisma: Kristina Maddocks and Blair Truebenbach reflect the charm of modern cowgirls at the rodeo. Both participated in several events and Kristina also competed in queen contests.

Wrestle Mania: Chris Achen accepts his letter for wrestling from athletic director Marty Morlock at the annual awards night. The senior is the first FHS athlete to have participated in the wrestling program for four years.



Bare Back: Travis Hart displays his style in the arena, as his mount attempts to throw him.

Horse Style: Both Blair Truebenbach and her horse model the latest in rodeo attire.



## Pin, Par, Poles

"Golfing is great...it is always relaxing to be outdoors and enjoying the course."

Matt Huettl



"I got in more practices than meets this spring, but I still consider golf one of my favorite sports."

Carson Ellwein

"I love rodeo. It's a lot of work and expense to get to the rodeos and take care of the horses, but it's all worth it!"

Jamie Hart





Dedication: Matt Haas passes the ball in during a junior varsity game in Frederick. The freshman athlete saw a lot of playing time as he dressed for both varsity and junior varsity basketball. He also participated in football and track.



'Round the Track: Derek Barondeau, a four sport athlete, rounds the track at a junior high meet.

Back Row Hit: Jessica Walworth prepares to hit the volleyball during a junior varsity match.



## JV and JH Programs Promote Participation

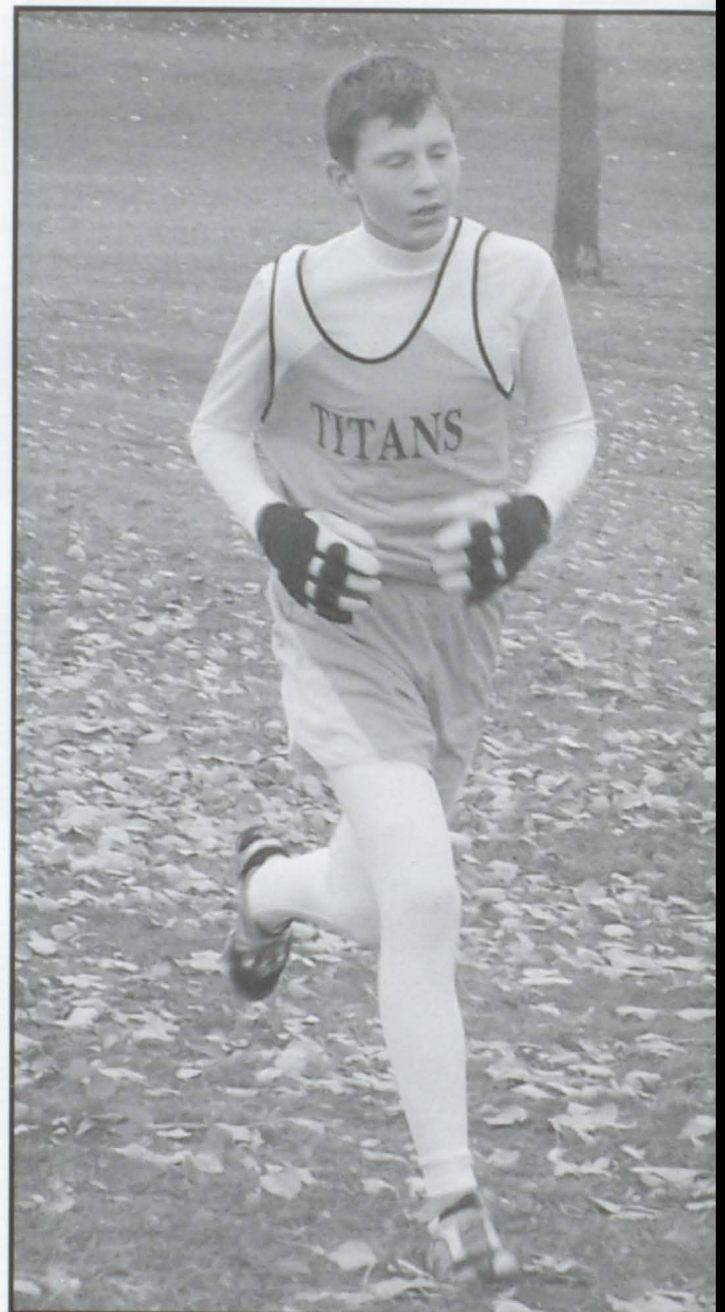
Junior high and junior varsity programs helped to promote the varsity athletic programs, by providing not only scheduled practice times, but also the valuable experience gained during actual playing time.

Football, cross country, volleyball, both basketballs, wrestling, golf and track all offered junior high and junior varsity schedules for younger athletes.

Although junior high events were scheduled for every sports program, in some sports junior high athletes played on the JV teams and occasionally even advanced to varsity level competition. Junior varsity players also reaped the benefits of playing at both the junior varsity and varsity levels.

Tiny Titans: JV basketball players slap hands with some of their younger fans, who signed up to participate in the Tiny Titans Program. Tiny Titans is set up with rotating stations to introduce young athletes to the basic concepts of basketball.

Cold Run: Tyler Sumption overcomes the cold weather by adding tights and gloves to his cross country uniform.





Nice Photo: Alex Bretsch rounds the tracks in a classic photo, with the track in the foreground and the afternoon sky providing a backdrop for the junior high runner.

Moving Up: Eighth grader Caylee Hertel and Chelsy Podoll, freshmen, listen intently to instructions during a varsity time out. Both girls saw playing time at the varsity level, as well as acquiring valuable experience at the junior varsity level.



Junior High Volleyball: Members of the JH volleyball team managed to snap a team photo. Their coach was Angela Keller.

Down the Court: Aly Perry (42) and Kayla Haas (2) anticipate an offensive play.



## Practice, Play, Practice

"Running in junior varsity meets helped keep me in shape."

~Wyatt Sumption



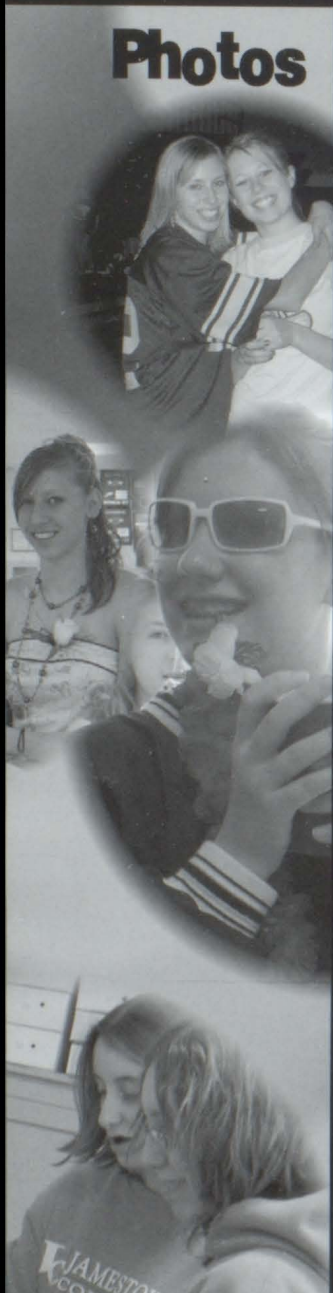
"Even though this was my first year in basketball, I felt like I fit right in with the team."

Amanda Haar

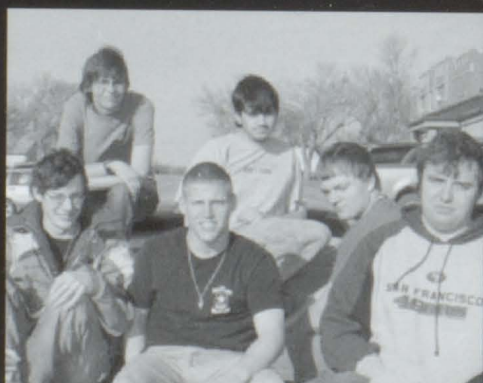
"Track was great this year. We had a chance to break some Titan Bests."

~Adam Dutenhoffer





**Photos**



**Moments**



# STUDENT LIFE



**Tassels**

**Excitement**



**Tradition**



Keeping it in the Family: Travis Hart is crowned by his cousin Alex Hart, who was the 2006 Homecoming King.

Right: Mike Newcomb, Matt Forsting, Matt Jung, Taylor Christianson, Wyatt Sumption and Carson Ellwein, sophomores on the football team, line up as they are recognized during the coronation ceremony. All sports teams had their moment in the spotlight as they were introduced; this included the volleyball and cross country teams.



# TRADITIONS COME ALIVE

## Homecoming

Starting on September 5, Homecoming Week was a short one, since it was scheduled after Labor Day. Although it meant one less dress up day, the rest of the week's traditional activities were still on schedule.

Tuesday started the festivities with a new day: Class Color Day. Each class chose a color and the students in the class all were to dress in that color. For examples, the juniors dressed in green and tried to get everyone else at least wearing some green! Also on Tuesday, the girls volleyball team hosted Langford for the first home game of the season. The Titans won the game in three matches. Wednesday was Pajama Day, which has become a favorite during Homecoming Week.

"It was great to get up and not worry about what to wear...an added bonus was that we were really comfortable all day," said Kristina Maddocks

Movie Star Day was Thursday's activity and the volleyball team traveled to Onida to play Sully Buttes. The Titans were in the game, but ultimately lost 3-2.

Friday was a busy day, as students dressed in school colors for Spirit Day, participated in the traditional parade, which began at 12:15 p.m. and had coronation at 1 p.m. Immediately following the coronation, the cross country runners left for a meet in Aberdeen. Also after coronation, the annual Punt, Pass and Kick competition was held and then the Titan football players hosted the Langford/Roslyn Cougars.

Travis Hart and Carli Ellwein were crowned Homecoming King and Queen. Other royalty candidates included Chris Achen, Cody Gustafson, Brooke Haas, Christa Haas, Joel Raynor and Blair Truebenbach. Crownbearers were Jessica Hertel and Trevor Sumption.

Although the Titans lost the football game, school spirit was apparent as a majority of the junior and senior high students attended the Homecoming dance.

The traditional week of fun and traditions wrapped up on Saturday with a volleyball tournament in Mobridge and a cross country meet in Ipswich.



King and Queen Pose with Style: Newly crowned Homecoming King Travis Hart and Queen Carli Ellwein pose for a quick picture with Princess Jessica Hertel and Prince Trevor Sumption





Glamorous: Above Christa Haas, Carli Ellwein, Brooke Haas and Blair Truebenbach pose for a picture with their homecoming princess Jessica Hertel before they go through the Homecoming parade.



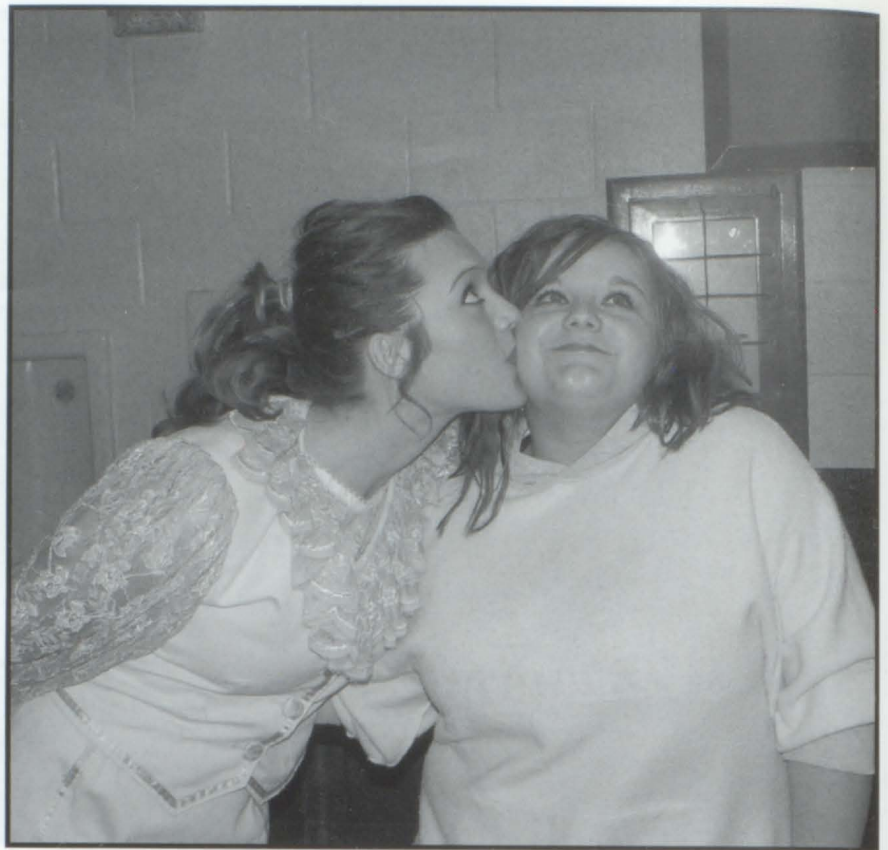
"Homecoming is a lot of fun. Not only does it help make the adjustment of the fun of summer into the school year more fun, but it is also a great time for everyone around the school to show all of their school spirit. Not to mention there is a fun dance where we can all showcase our newest moves!" commented Chelsey Zinter.





State Competition: Junior Mikayla Barondeau goes through her oral interp piece one more time. Practice paid off, as she advanced from locals to districts to regions and all the way to state.

"I'm So Happy I Could Just Kiss You": Carli Ellwein and Shrylle Mikkonen celebrate after they finish their last high school play production together. Alternating plays between Frederick and Leola every other year called for an increase in their level of dedication as they traveled to practices.



# ALWAYS ACTING UP

## Drama

Drama activities provided students with creative outlets as they participated in oral interpretation and the play.

Seven girls signed up for oral interpretation, and began searching for pieces as soon as school started. There was very little competition at the local level, so every one who tried out advanced in at least one division. Some of the girls accepted double entries and covered all seven divisions for district competition, which was held at the Ramkota Inn in Aberdeen.

Mikayla Barondeau advanced to regions in serious prose, where she read a Nathaniel Hawthorne short story and she and Jamie Hart also competed at the region level with their duet, "The Tooth Hurts". Kristina Maddocks took her humorous piece, "He's Just Not that into You," to regions as well. Only Mikayla advanced to the state competition, which was held on Saturday, December 2, in Watertown.

"Competing at state was a new and fun experience," said Mikayla. She added, "Being at state and listening to other selections gave me a lot of ideas for next year."

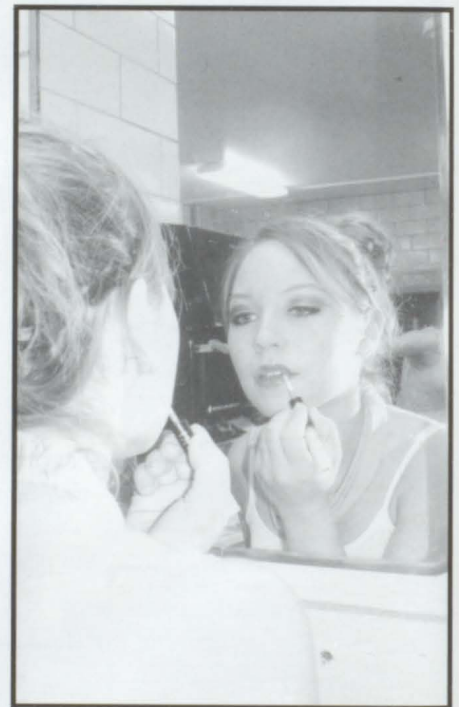
Several students spent hours practicing on stage and learning lines for their roles in "A Midsummernight Midterm", which was presented in Leola on Friday, April 13.

All practices were held in Leola this year, since that is where the play was performed. The group practiced two or three times a week.

Six Frederick students participated in the production: Carli Ellwein, Shrylle Mikkonen, Kristina Maddocks, Allie Worthy, Shannen Maunu and Aly Perry. They rode the bus with the golf team to practice most days, or Mr. Morlock took them to Leola in the suburban.

"Traveling back and forth for practices was tiresome, but the actual production was great!" agreed seniors Carli and Shrylle. "I really enjoy participating in the school play. I liked how this year we got to act with students who are not typically in the play. Doing Shakespeare was a little different, but it was nice to get a new style of acting under our belts!" This was Carli's fifth play and Shrylle's fourth.

Anna Meier directed the Shakespearean-based comedy, which featured a large cast of Leola-Frederick students.



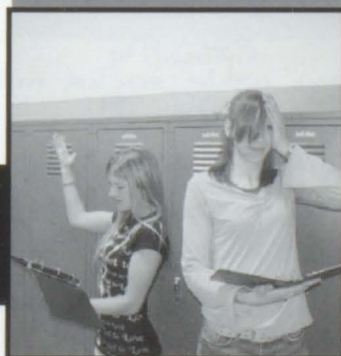
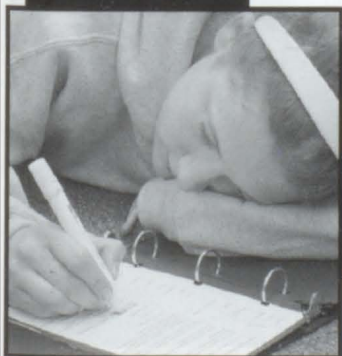
More-More-More: Kristina Maddocks continues to apply more and more make-up to avoid looking pale on stage. For the most part, the actors and actresses applied their own makeup, with guidance and suggestions from "experts".



Young Actors: Members of the cast of "A Midsummernight's Midterm" pose for a picture with their director Anna Meier. The cast combined their talents with those of the crew to create a unique set.



"I thought it was a good experience for us to put on this type of play. We are all so used to doing humorous plays, but the idea of a 'play within a play' made this fun!" commented Carli Ellwein, a senior who has participated in the school play since her eighth grade year.



48% of the students in school have put color into their hair.



Grey's Anatomy was the hit T.V. show



58% of people wear contacts or glasses.



67% of people have Googled their own name.

Chinese and Mexican prove to be the favorite ethnic foods.

# STUDENTS SELECT FAVORITES

## Survey Says

### TOP SURVEY ANSWERS

*Favorite Ethnic Food: Biscuits*

*Favorite Scent: Boy, tire smoke, a fresh shot rifle shell, fireworks*

*Favorite Chore: Windexing mirrors and appliances*

*The things at the end of shoelaces?: loft-trippies, headache, plastic thingamabobbers*

*What do you do in free time?: SuDoKu's, Facebook, Chinese fire drill*

*Favorite Movie: Ace Ventura, Wild Hogs, Monty Python, Happy Feet*

*Favorite article of clothing: ankle socks, military wear*

*Favorite Video Game: Guitar Hero, Halo, Grand Theft Auto, DDR, Duck Hunting, Sims*

*Favorite Place to Eat: Cheesecake Factory, Hu-Hot, home*



51% of people scrunch  
their toilet paper.  
14% fold  
17% say it depends  
17% do both



26% Talk  
more than  
they listen.  
30% Say  
it's about  
even.



52% of people  
say they make  
faces in the  
mirror.



**RESTAURANT**  
McDonalds  
Olive Garden  
Subway  
Chinese  
Mavericks



**MOVIE**  
300  
Accepted  
The Guardian  
Saw Series  
Blades of  
Glory



# HOT PICKS



**CHORE**  
Feeding Animals  
Vacuuming  
Dishes  
Mowing Lawn  
Sweeping



**DRINKS**  
Mt. Dew  
Energy Drinks  
Dr. Pepper  
Pepsi/Coke  
Coffee





Brother and Sister Love: Blair Truebenbach, Jamie Hart, Shrylle Mikkonen and Carli Ellwien lean against their brothers who also attended the prom. The proud brothers are Cole Truebenbach, Travis Hart, Blain Mikkonen and Carson Ellwien.

Last Prom: Senior girls Blair Truebenbach, Shrylle Mikkonen, Christa Haas and Christine Fredrick show off their garters, while the senior guys, Mickey Schlosser, Travis Hart and Chris Achen, admire the view.



# "WILL YOU GO WITH ME?"

## Prom

"Will You Go with Me?" became more than just a search for the perfect prom date when the juniors chose the popular country song for their theme. And, by having a theme that asked the all-important question, at least one couple hastened the process of getting together for prom.

"I was just telling him the theme for our prom," explained junior Shari Elsen, but her return email confirmed that Carson Ellwien would indeed be her date.

The juniors operated concession stands all year, earning the money to host the prom for the seniors. Then they needed to make a series of decisions concerning decorations, dinner and dancing.

"Planning the prom is a TON of work," reported Kristina Maddocks, junior class president. She explained that the most difficult part was to involve the entire class and get them to agree on a plan.

A courtyard set was chosen, and the class constructed it in front of the stage, rather than the traditional middle of the gym location.

The juniors began decorating on Thursday night and all day Friday in advance of the Saturday night event.

Festivities began at 5 p.m. on Saturday with a social hour and pictures with Steen's Photography from Britton. The junior boys asked for, and got, a punch bowl of Mountain Dew for their social hour.

Again this year, the juniors opted to have their parents make the meal. The moms and dads made prime rib, chicken breast, mashed potatoes, poppy seed bread and a brownie delight dessert for the juniors and seniors and their dates. The meal was served by eighth graders.

A ten-foot screen, lighting and music from several decades provided by a dj from Fargo entertained the dancers, starting with the Grand March at 8 p.m.

Dancing continued until midnight and then the junior parents took over with post prom activities and prizes. Food, games and drawings for prizes wrapped up at approximately 4 a.m. when many of the prom goers went out for breakfast.



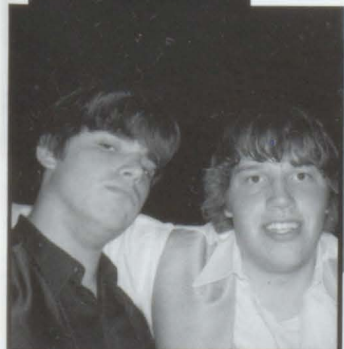
Risque: Joel Raynor overcomes the stigma of being the pastor's son as he checks out Brooke Haas flaunting her garter.

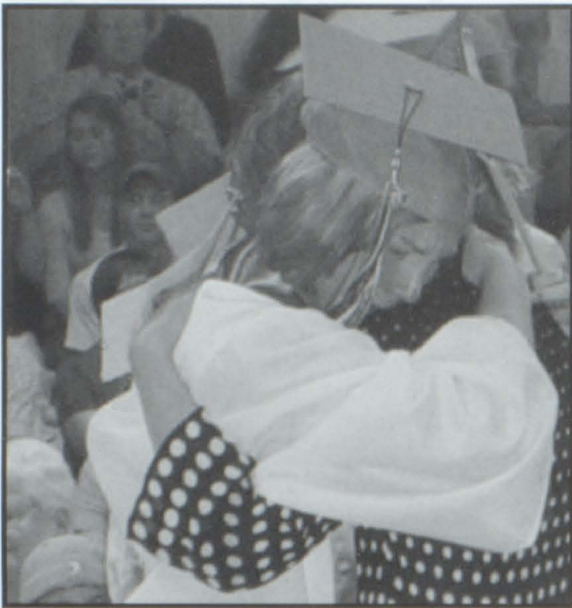


Check It Out: Junior girls check out their garters while showing them off on prom night.  
 Prom Fun: Jessica Walworth, Jamie Walton and Kristina Maddock create a little prom fun.  
 Draw: Tara Clark puts up her glue guns during decorating.



"Even though many people say prom is overrated, it is a lot of fun to pamper yourself, get dressed up and show off at Grand March when people aren't used to seeing us like that. Not to mention the great post-prom parties that the parents organize for us," noted Shrylle Mikkonen.





**Family Ties:** An emotional mother-daughter duo, Vicky and Chelsea Dutenhoffer, share a hug after Chelsea presented her mother with a daisy during the song "My Wish". Presenting flowers to parents has been a tradition at FHS for the past five years, and is one of the most emotional aspects of the ceremony.

**With Honor:** Honor students from the Class of 2007 include Christa Haas, Brooke Haas, Carli Ellwein, Brittany Schlosser and Kelli Nixon.



# DISCOVERING NEW OCEANS

## Graduation

Driving the Oscar Meyer Weiner car and having 80 million children?

While these options were not part of the future plans for any of the graduates gathered for the May 13 ceremony, Valedictorian Carli Ellwein reminded the Class of 2007 that at one time they were at the top of their future lists.

She explained, "For those of you who have no idea what I'm talking about and obviously missed out on one of the greatest games invented, MASH was a game that supposedly predicted your future. We spent hours writing down so called options ... Being the inventive kids that we were, it is no surprise that options like the Oscar Meyer Weiner Car, 80 million children or an igloo in the middle of Antarctica were often included in the list. If we could only go back to those years when the future was simply a fun game and nobody truly had to worry about it."

After sharing these and other memories with her classmates, she concluded, "...as for what my future will hold...I'm leaving it in God's hands. He will lead each and every one of us

to what we are truly meant to do; whose lives we will touch and who will touch our own, ... and if driving the Oscar Meyer Weiner Mobile is in fact a part of our destiny."

Carli was joined by Salutatorian Brittany Schlosser as they recalled incidents involving individual members of the graduating class.

Brittany told the class, "We wanted to do something that we knew you all would remember and enjoy. Here are the rules: You have to stand up if the memory pertains to you ... What is mentioned in this gymnasium ... stays in this gymnasium."

The two girls went through a series of memories, as members of the class bobbed up and down depending on the event recalled. Everyone had at least one "moment" while the audience learned about episodes from burning pickups to hiding in closets.

CEO Randy Barondeau announced the class roll and Lance Podoll, board president, presented the diplomas.

Between the laughter and the tears, the 17 members of the Class of 2007 bonded at their final high school activity, which culminated with the presentation of their diplomas.



**Happy Graduation?:** Blair Truebenbach reflects the emotions of many of the 2007 graduates as she wipes away a tear during the Valedictorian speech. Several of the female graduates stashed tissues under their chairs in anticipation of their emotions. This was obviously a good idea, since the next day when the juniors cleaned the gym, they could name the places where certain individuals sat, based on the piles of tissues on the floor.

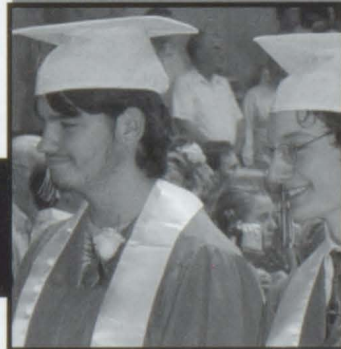
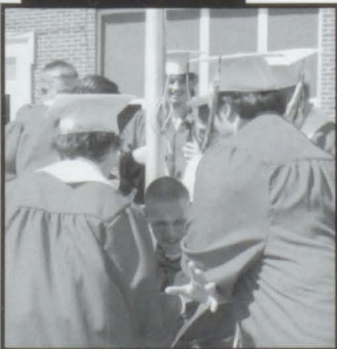




Class of 2007: (Back) C Gustafston, J Raynor, E Nixon, C Dennert, T Perleberg, T Hart, M Schlosser. (Middle) B Schlosser, B Truebenbach, B Haas, C Ellwein, C Achen, C Fredrick. (Front) C Dutenhoffer, C Haas, S Mikkonen, K Nixon.



"Graduation is such a mixture of feelings. It's great to be done with high school, but it's scary to consider college.....we're happy to have made it through all the classes and activities, but we cried at graduation because it's sad to leave our friends.....it's just very emotional," explained cousins Brooke and Christa Haas.





*:TePee Talk:  
"You have no idea  
how much talking is  
involved in "writing"  
a yearbook!"*

*~Christa  
~Chelsea  
~Brooke*

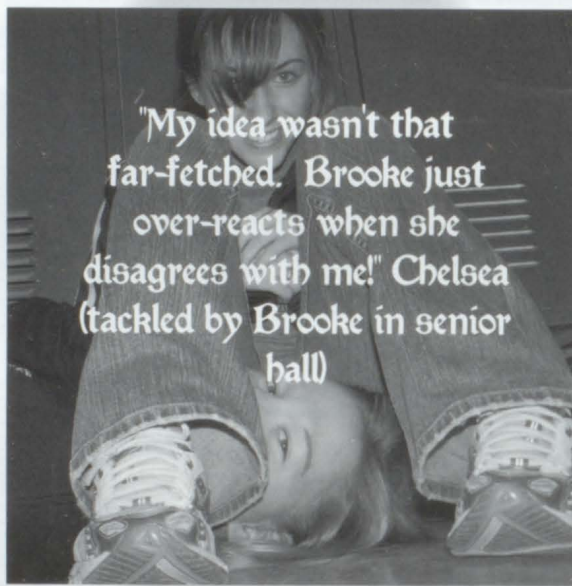
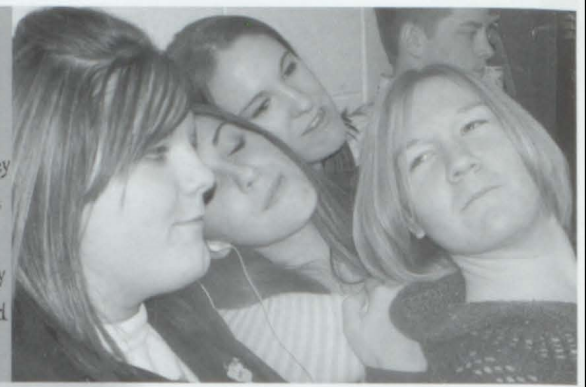


**Where's the  
Glamour? Blair  
Truebenbach  
attempts to  
add style and  
glamour to  
yearbook  
production...but  
after so many  
hours of staring  
at a laptop, even  
she began to  
witt.**



**Write and fit and fit and fit and  
upload and fit some more...it's  
enough to curl your hair to get this  
program under control.  
-Carli (with help from Christa????)**

**:Lean on Me:  
If the senior girls thought they  
needed friendly support before  
finishing the yearbook, it was  
nothing compared to the help they  
needed after working during the  
summer with chips, pizza,  
crackers, candy and pop to fortify  
them, they figure they only gained  
about 7.95 pounds each**



**"My idea wasn't that  
far-fetched. Brooke just  
over-reacts when she  
disagrees with me!" Chelsea  
(tackled by Brooke in senior  
hall)**



**~Life-Training~  
"Two years of class  
with the six senior  
girls has prepared  
me for whatever  
Life throws my  
way!"  
~Cody**



**Preserving Memories:  
Seeing everything at  
the Heritage Museum  
made me realize how  
important and FUN it  
is to SAVE  
MEMORIES!  
-Blair**


**:Whatever It Takes:  
Funding is always an  
issue, but Chelsea  
takes things so  
seriously!**

## **We Did It! We Did It! We Did It!**

So...here it is..the 2007 yearbook!! We did it!! We're pretty impressed with how everything turned out, especially considering all we went through to get these 72 pages done. This book was created with a new program from Josten's; we did everything on-line...and we quickly discovered that while this program offered us benefits (the reason we switched) it was also going to present us with CHALLENGES. First of all, as we began designing layouts we discovered the program did not automatically create columns. That slowed us down...we've got Mrs. Ruenz preaching columns and a program with no columns...but, not to worry, we figured it out!

Then, the pictures stumped us...on occasion (too many occasions at first) we'd put together what looked like a perfect fit, but the program wouldn't accept the picture. A few panicked emails later (our yearbook rep, Monte Rougemont was great at checking emails and calming us down) and the picture dilemma was solved too!! Now all we had to do was get all that body copy written and fit.....turned out that went pretty smoothly!! So..we not only survived, we triumphed! And, the result will be around for years to come, because it's all right here in the 72 pages of the 2007 YEARBOOK!! YEA!! We're done.....so....ENJOY!!





# So... There We Were

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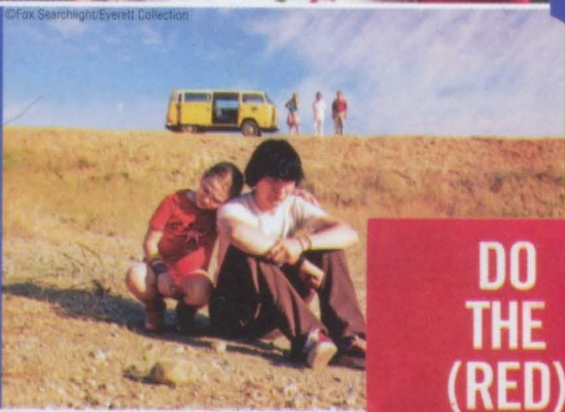
2006-2007

# {World Beat}

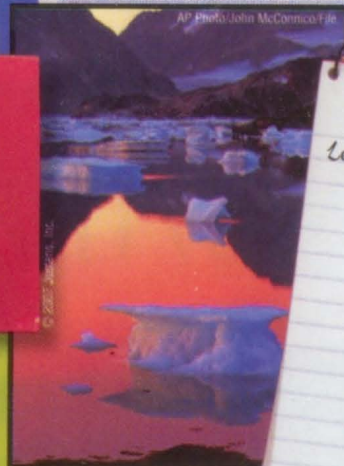


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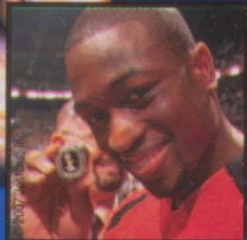
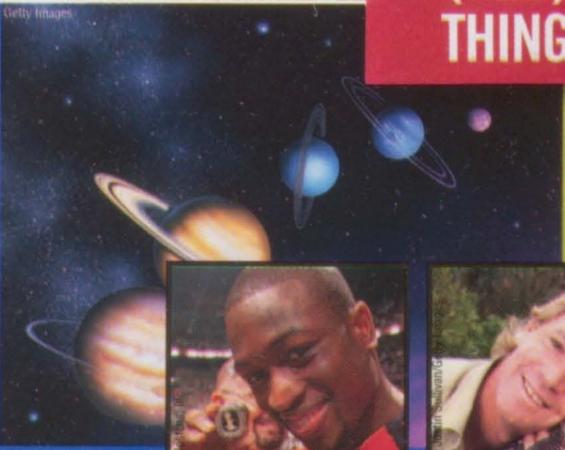
Photo Illustration by Jeff J. Mitchell/Getty Images



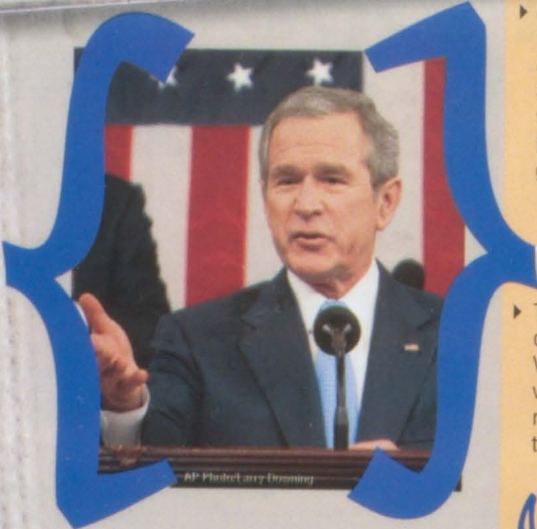
**DO THE (RED) THING**



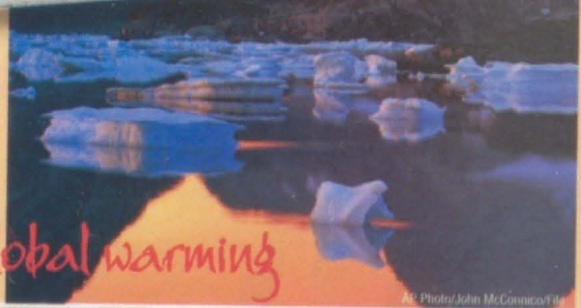
- Look inside for:
- Front Page Headlines
  - Global/Sci-Tech
  - Trends
  - Lifestyle/Entertainment
  - Movies/Television
  - Music
  - Sports
  - Faces



# {Front Page Headlines}



▶ With the rapid melting of polar ice caps, a season of alarming tropical storms and record-breaking heat waves, global warming becomes a present-day global emergency.



▶ Thanks to the efforts of groups like Rock the Vote, young American voters turn out in record numbers for the 2006 elections.

Noter turnout



▶ In his 2007 State of the Union address, President George W. Bush reiterates his commitment to the war in Iraq and proposes sending additional troops overseas.



{Madam speaker}

▶ Nancy Pelosi is named the speaker of the House for the 110th Congress, becoming the highest-ranking female in the history of the federal government.



▶ The Internet search giant Google pays \$1.65 billion for the wildly popular YouTube video-sharing service.

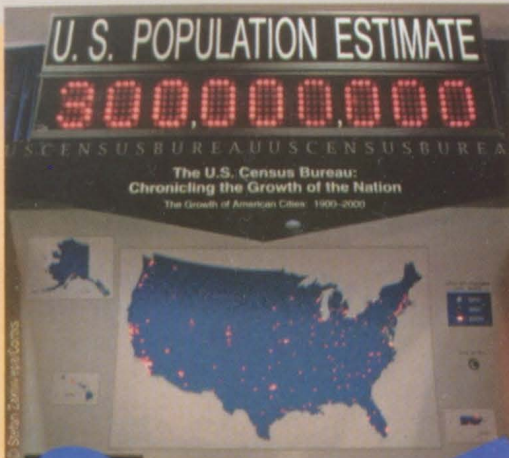
{Fifth 9/11 anniversary}



▶ On the fifth anniversary of 9/11, civic leaders and mourners gather to commemorate the occasion with solemn ceremonies and moments of silence.

▶ British authorities foil a terrorist plot to blow up planes headed to the U.S. from the U.K., resulting in airline restrictions on liquids, aerosols and gels.





◀ On October 17, the U.S. population passes the 300 million mark according to the Census Bureau's official Population Clock.

## National growth

### (PRODUCT) RED

(RED) brands in 2006

American Express

Apple

Converse

Emporio Armani

Gap

Motorola



AP Photo/Denis Poroy

◀ In an effort to curb illegal immigration, the Senate passes legislation authorizing the construction of 700 miles of double-layered fencing on the U.S.-Mexico border.

▶ Bobby Shriver and U2's Bono launch the stylish (PRODUCT) RED initiative to raise money for The Global Fund to Fight AIDS, Tuberculosis and Malaria in Africa.



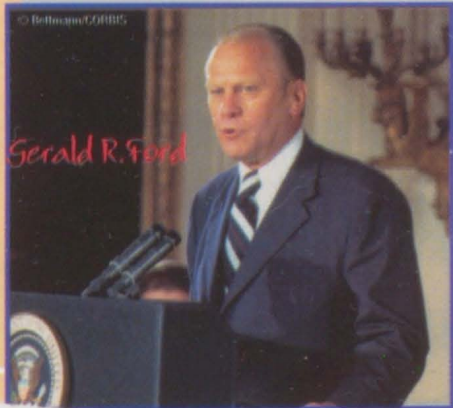
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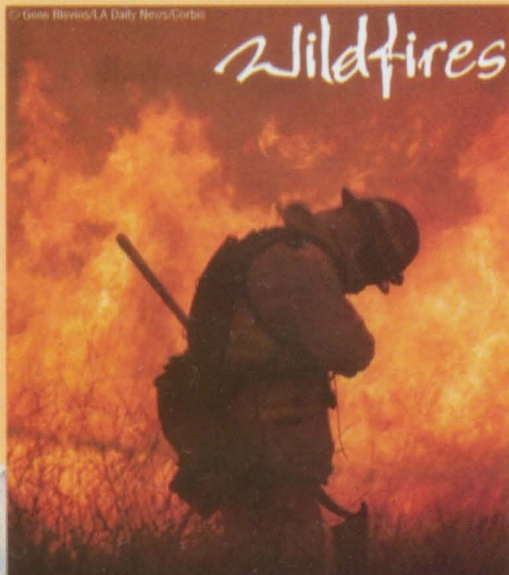
◀ Spinach tainted with E. coli bacteria kills one consumer and sickens almost 100 more in 19 states, leading to calls for improved food safety practices.

▶ Gerald R. Ford, 38th president of the United States, dies at age 93. Ford was appointed vice president by Richard Nixon in 1973 and succeeded to the presidency after Nixon's resignation.

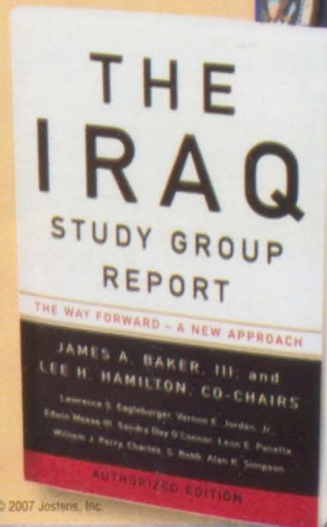
### President Gerald R. Ford



▶ More than 95,000 fires during the 2006 wildfire season claim more than 9.5 million acres in the United States.



© Gene Blevins/LA Daily News/Corbis

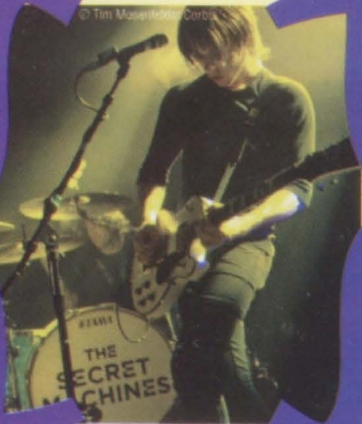


◀ The Iraq Study Group, a bipartisan panel appointed by Congress, releases a sharply critical report that calls for a new approach in Iraq.

### Iraq report

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# {Global}



## Mexico's new CEO

- ▶ Controversial conservative Felipe Calderón begins his six-year term as president of Mexico after winning by a narrow margin of only 0.56 percent.



## Academy for girls

- ▶ Oprah Winfrey opens her \$40 million Leadership Academy for Girls in the deprived small town of Henley-on-Klip, south of Johannesburg, South Africa.



- ▶ MySpace.com galvanizes celebrities and organizes more than 20 Rock for Darfur concerts to raise funds for what the U.N. calls "the world's greatest humanitarian crisis."

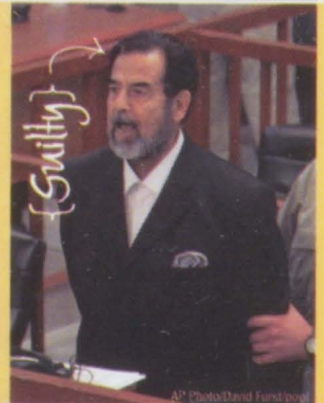
### List of bands:

- Switchfoot
- Citizen Cope
- Ziggy Marley
- Teddy Geiger
- Jnsane Clown Posse
- Jars of Clay
- Secret Machines
- Alice in Chains
- TW on the Radio
- (+44)
- Atréyu

## Russian spy



- ▶ Saddam Hussein is sentenced to death and executed by the Iraq Special Tribunal for the 1982 murder of 148 Shiite inhabitants of Dujail.
- ◀ Former KGB agent Alexander Litvinenko, an outspoken critic of Russian President Vladimir Putin, dies in London after being poisoned by radioactive polonium-210.



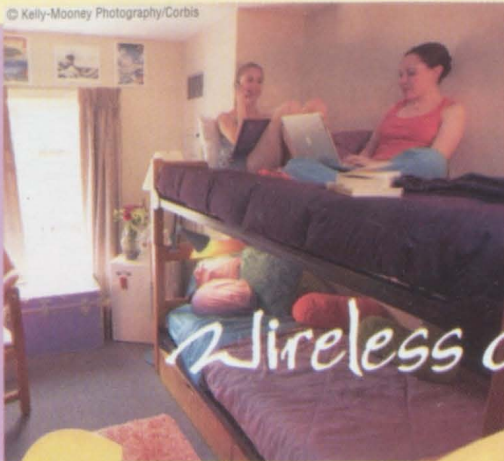
## Nuclear weapons

- ▶ Hezbollah, the Lebanon-based Islamic militia, attacks Israeli military positions and border villages, beginning a conflict that claims more than 1,400 lives, mostly civilians. U.N. peacekeepers are called in to broker a cease-fire.
- ◀ In October 2006, North Korean leader Kim Jong Il orders the country's first nuclear weapon test. During the Six-Party Talks in February 2007, North Korea agrees to a nuclear disarmament.



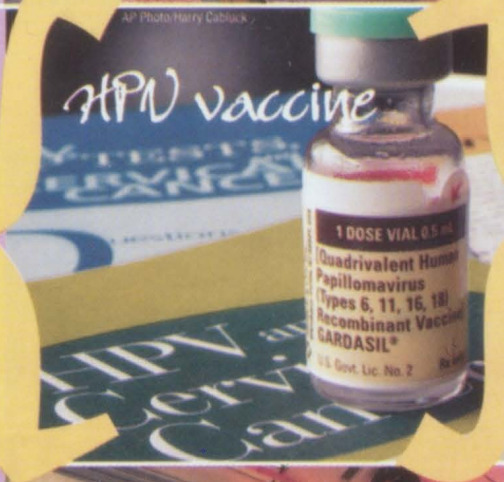
## Hezbollah





## Wireless campuses

Wireless campuses, and entire cities, are popping up across the country. Villanova University in Philadelphia, Pa., tops *PC Magazine's* list of the Top 20 Wired Colleges.



## HPV vaccine

The FDA licenses the first vaccine developed to prevent cervical cancer and other diseases in girls and women caused by HPV, the human papilloma virus.

The World Wide Web reaches a milestone when an Internet research survey reports that there are more than 100 million websites online.

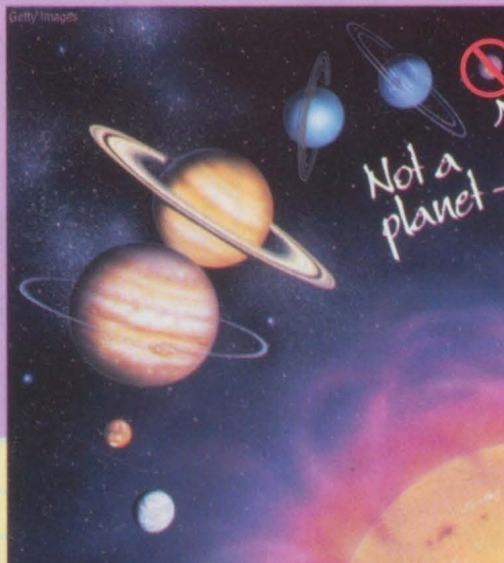


## Zero gravity

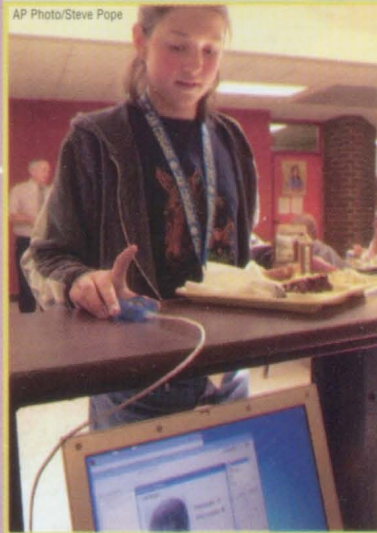
A team of French doctors surgically removes a benign tumor on a patient in a specially adapted aircraft that mimics zero gravity conditions.



After years of heated debate, astronomers decide to change the definition of a planet; Pluto no longer qualifies. Instead, it's reclassified as a dwarf planet.



School systems in several states install fingerprint-reading technology that gives students a cash-free way to pay for lunch.



# {Sci-Tech}



Rob Kim/Landow

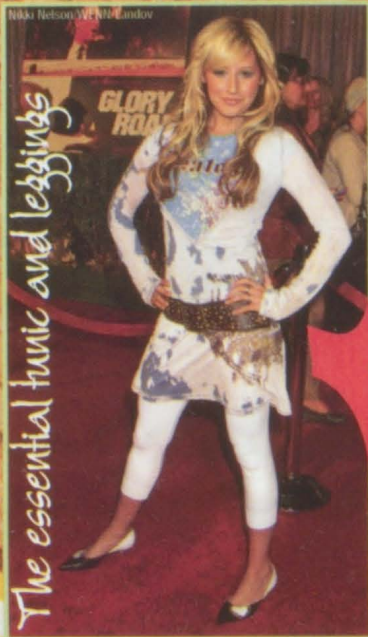
A handheld, portable electronic zit zapper called Zeno gets FDA approval. In a clinical trial, 90 percent of treated blemishes disappear or fade in 24 hours.

## Top 10 clothing websites:

1. ae.com
2. abercrombie.com
3. oldnavy.com
4. pacsun.com
5. urbanoutfitters.com
6. llbean.com
7. fashionmall.com
8. delias.com
9. gofane.com
10. torrid.com

Source: www.lovetoknow.com

# {Trends}



▶ Mid-calf and ankle-length leggings, last seen in the trendy 1980s, return to the spotlight. Fashion-conscious girls wear them under minis, dresses and tunics.

▶ Pointy toes and high heels are out. The feminine, flirty ballerina flat goes with everything from short skirts to long leggings and super-skinny jeans.



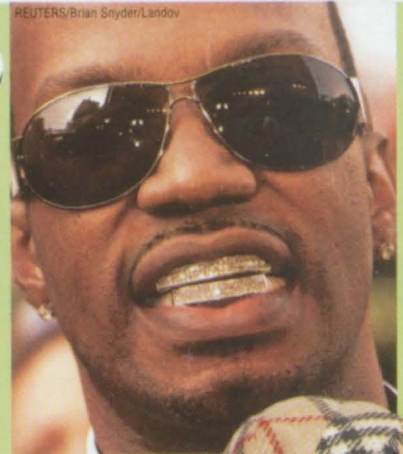
▶ Colorful comfortable crocs—made from a buoyant, lightweight, odor-resistant material that molds to the wearer's foot—are the shoe of the year.



▶ Couture designers like Dolce & Gabbana and luxury brands like Swarovski, the Swiss crystal maker, transform boring cell phones into the year's must-have bling.



Bling bling



▶ Rapper fashion comes to the suburbs as snap-on grills add a flash of diamonds and gold or platinum to your pearly whites.

▶ Tiny plaid mini skirts look private-school cool. Meanwhile, Marc Jacobs is sending plaid tops down the runway and fashion icons sport Burberry plaids.



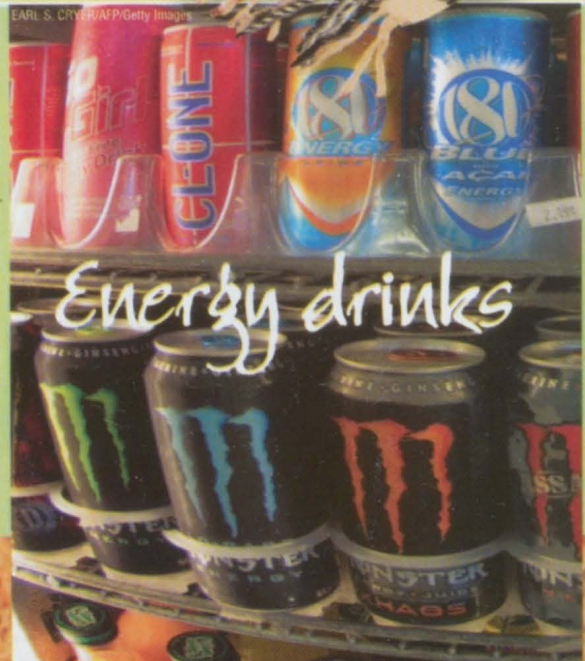
Favorite brands:

## {Diesel}



▶ Nearly 31 percent of teens, or 7.6 million, are consuming energy drinks that contain up to four times the amount of caffeine than is in a can of Coke.

▶ The year's to-die-for, must-have-at-any-price jeans are dark, slim, distressed denims from Diesel, the Italian label that inspires a cult-like devotion among its customers.

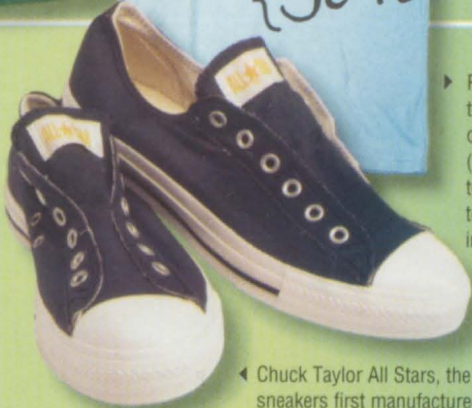


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◀ Teens are raiding their parents' closets, as well as retailers like Urban Outfitters and American Eagle, for vintage rock and pop culture T's.

{Go retro}



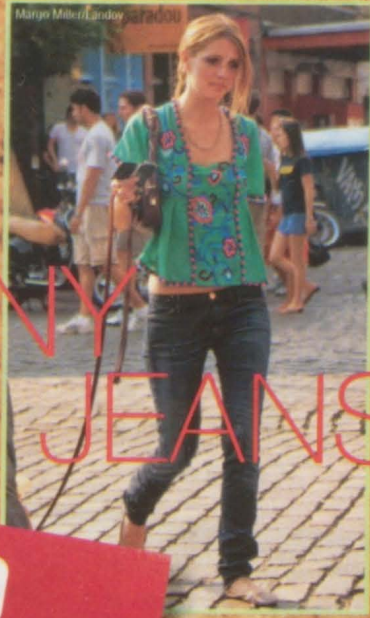
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◀ Chuck Taylor All Stars, the basketball sneakers first manufactured by Converse in 1917, are more popular than ever among male and female fashion mavens.

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▶ Red is the color of the heart; 50 percent of Gap's PRODUCT (RED) profits go to the Global Fund to help fight AIDS in Africa.



Margo Mabe/Landay/STUDIO

# SKINNY JEANS

▶ After several seasons of low-slung boot-cuts and bell-bottoms, designers on both sides of the Atlantic declare that super-skinny jeans are back in style.

## A letter to myself...

Write yourself a letter about your life today that you can read in 10 years to see what has changed.

A large sheet of white, lined paper with a spiral binding on the left side, intended for writing a letter to oneself.

# {Lifestyle}



▶ The Go Green Initiative reaches out to school campuses in all 50 states, as well as in Europe and Africa, to foster student commitment to environmental responsibility.

▶ The rise in obesity among young people is linked to an increase in adolescent cases of type 2 "adult onset" diabetes and associated health problems.

## Diabetes on the rise



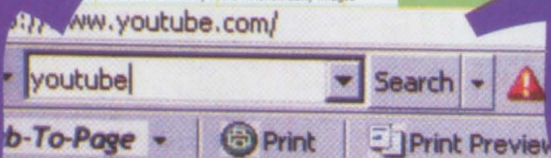
ops/Landov

▶ Disney checks out business in the supermarket, licensing its brand name to a variety of health-conscious baked goods, produce, beverages, snacks and more.



AP Photo/Gary Kagan

Photo illustration by Jeff J Mitchell/Getty Images



**You Tube**™ Broadcast Y

[Home](#)

[Vi](#)

▶ YouTube, the Web video powerhouse that made "macaca" a household word, is the media story of the year and a wildly popular form of home entertainment.

## {Hearing loss}

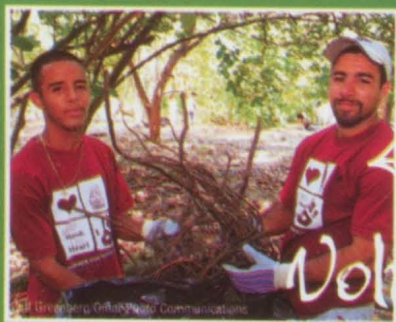
▶ A marked increase in hearing loss among young people is attributed to the use of ear buds in popular MP3 players like the iPod.



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## {Trans fats}

▶ The New York City Board of Health votes to ban all foods cooked in oil containing artery-clogging trans fats from New York City restaurants.



AP Greening/Orlando/Photo Communications

## Volunteers!

▶ College students seek out volunteer opportunities in record numbers—on a local, national and international level—to build their skills and a better world.



Photo by Marjo Tama/Getty Images

# {Entertainment}



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◀ Sony releases its seventh generation PlayStation, known as "PS3." The basic console has a 20 GB hard drive; the premium version comes with 60 GB.

## New game systems

My favorite video games:

◀ Nintendo releases Wii, its newest video game console, which features a wireless remote that can detect motion and rotation in three dimensions.

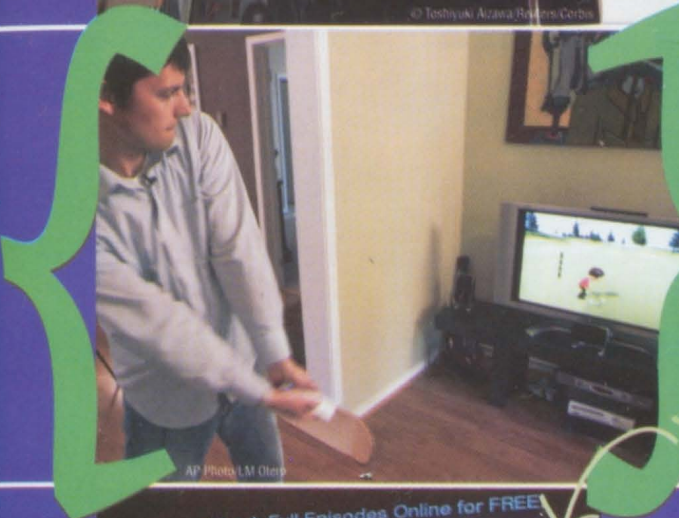
## Nintendo Wii

◀ Madden NFL 07 and a barrage of end-of-the-year action games capture the attention of gamers, capitalizing on a major emphasis on online gaming.



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## {Popular games}



AP Photo/LM Otero

## TV now!

Watch Full Episodes Online for FREE

<b>ANATOMY</b> New episode available Monday, Jan 15	<b>DESPERATE HOUSEWIVES</b> New episode available Monday, Jan 15	<b>LOST</b> Full season available
<b>Y-BREAK</b> New episode available Monday, Jan 15	<b>SIX DEGREES</b> New episode available Thursday, Jan 17	<b>NINE</b> New episode available Thursday, Jan 17

Launch Now

We've made the most recently-aired episodes of the shows listed above available for you online.

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◀ The differences between your television and your computer continue to blur now that network TV programs are available online from services like abc.com.



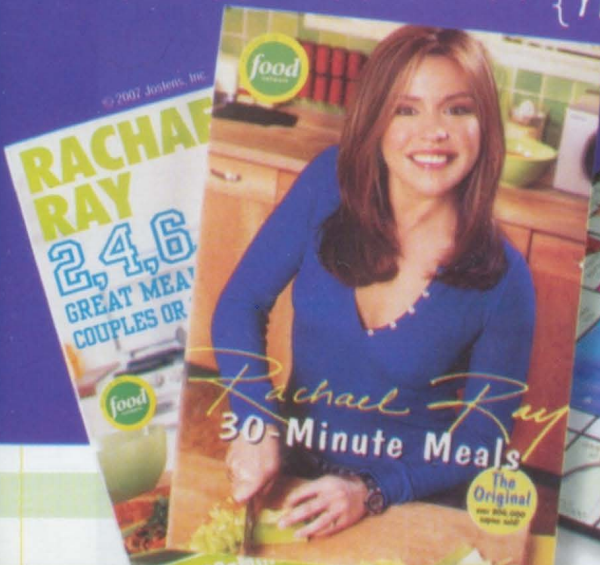
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◀ The unfortunate adventures of the Baudelaire orphans come to an end with the publication of *The End* by Lemmy Snicket.

▶ The classic board game, Monopoly, gets a 21st century makeover. The "Here & Now" edition features updated tokens, current market prices and 22 new properties.

▶ Perky Food Network star and best-selling cookbook author Rachael Ray gets her own syndicated talk show, produced by Oprah Winfrey's production company.

## {The End}



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# {Movies}

Best Picture Oscar Nominations:



saw  
it  
loved  
it  
liked  
it  
boring

Little Miss Sunshine

The Queen

Letters from Iwo Jima

The Departed

▶ A family of squabbling misfits drives a wheezing VW van to a beauty pageant meltdown in the hit movie comedy, *Little Miss Sunshine*.

## Little Miss Sunshine

©Fox Searchlight/Everett Collection



▶ Will Smith stars with his son Jaden in *The Pursuit of Happyness*, based on a true story about a struggling single dad.

## The Pursuit of Happyness

©Columbia Pictures/courtesy Everett Collection



▶ There's a new Bond in town and the critics swoon along with the fans. Blonde, brooding Daniel Craig debuts as James Bond in *Casino Royale*.

©Sony Pictures/courtesy Everett Collection



▶ Many movie lovers opt for DVD convenience, instead of lines at the local theaters, for hits like *Mission: Impossible III*, *Superman Returns*, and *The Devil Wears Prada*.

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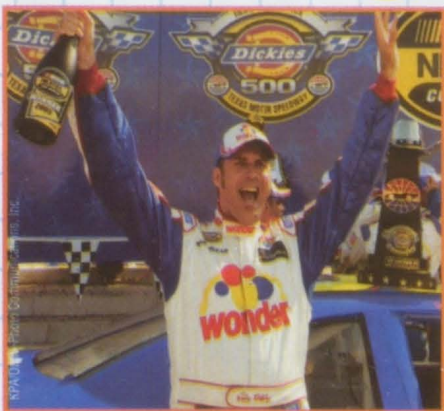
## {Dreamgirls}

▶ Newcomer and former *American Idol* contestant Jennifer Hudson wins the Golden Globe for Best Actress in a Comedy or Musical for her performance in *Dreamgirls*.



©David J. Phillip/KPA Orum-Photo Communications

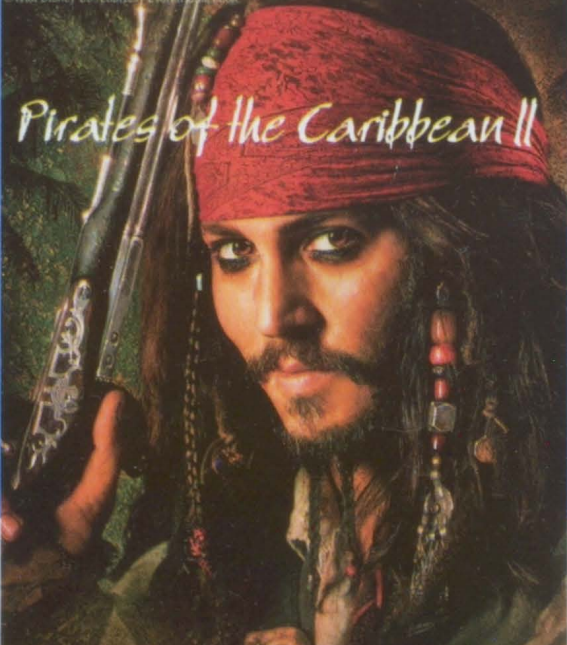
## This year's {hit} Movies on DVD!



▶ SNL alumnus Will Ferrell stars as a goofy, "win-at-all-costs" NASCAR racing star in *Talladega Nights: the Ballad of Ricky Bobby*.

▶ Johnny Depp's Captain Jack Sparrow returns to the helm of the Flying Dutchman in the swashbuckling, supernatural sequel, *Pirates of the Caribbean: Dead Man's Chest*.

©Walt Disney Co./courtesy Everett Collection



# {Television}



◀ NBC's game show *Deal or No Deal* is a worldwide phenomenon, with more than 40 versions airing in countries around the world.

## Deal or No Deal

My favorite shows:

- 1.
- 2.
- 3.
- 4.
- 5.



◀ The American version of *Ugly Betty*, an ABC show based on the Colombian hit *Yo Soy Betty La Fea*, follows the daily struggles of a fashion-challenged employee of a fashion magazine.

## Ugly Betty

◀ Fox's suspenseful television drama *24* is named Outstanding Drama Series at the 58th annual Emmy Awards after five nominations in the category.



## The Office

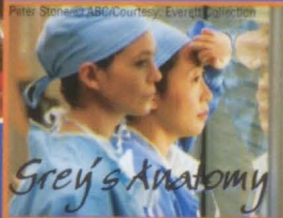
◀ NBC's *The Office*, starring Steve Carell, wins an Outstanding Comedy Series Emmy and becomes as successful as the original British sitcom.



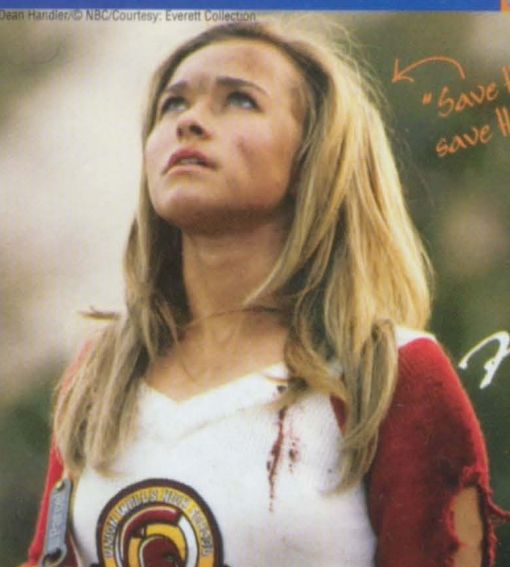
◀ *Project Runway*, a reality show competition for would-be fashion designers, is a ratings winner for Bravo and a guilty pleasure for millions of viewers.

## Project Runway

◀ Once *Grey's Anatomy* was just a reference book for medical students. Now it's the name of ABC's Emmy Award-winning drama featuring the dreamiest doctors on television.



## Grey's Anatomy



"Save the cheerleader, save the world."

◀ The NBC drama *Heroes* tells the story of ordinary people with extraordinary, superhuman capabilities. The hit show features an ensemble cast of 12 main characters.

## Heroes

### Golden Globe Winners

- Best Motion Picture, Drama: *Babel*
- Best Actress, Drama: Helen Mirren, *The Queen*
- Best Actor, Drama: Forest Whitaker, *The Last King of Scotland*
- Best Motion Picture, Musical or Comedy: *Dreamgirls*
- Best Director, Motion Picture: Martin Scorsese, *The Departed*

# {Music}

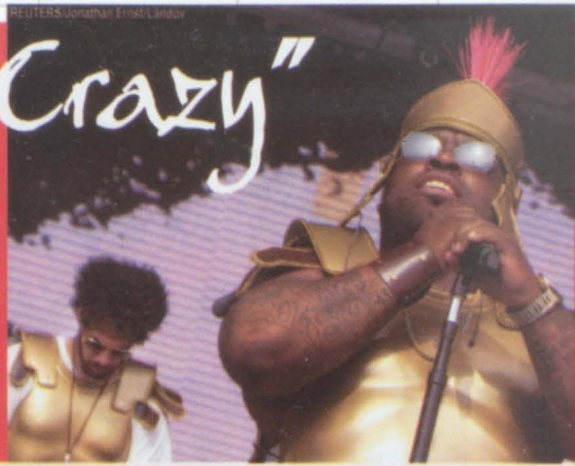


© 2007 Jive Inc.

▶ DJ/producer Danger Mouse and rapper/singer Cee-Lo Green call their collaboration Gnarls Barkley. Their first album, *St. Elsewhere*, features the hit song "Crazy."

◀ Justin Timberlake continues to prove that there's life after the boy band, with the release of his second solo album and two No. 1 singles.

## "Crazy"



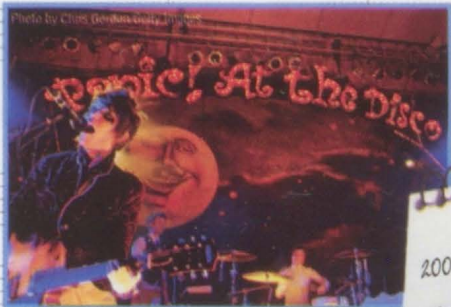
REUTERS/Jonathan Ernst/Landov

▶ Evanescence, a goth-alternative-metal-piano-arena-chamber-pop group, releases their second album, *The Open Door*, which hits No. 1 on the *Billboard* 200.

## Evanescence



REUTERS/Mike Cassese/Landov



▶ Panic! At the Disco, an alternative rock band from Las Vegas, achieves mainstream success, despite a heated, public war of words with their ex-bass player.

2006 Teen Choice Award winners

Single: Fall Out Boy, "Dance, Dance"

R&B Artist: Rihanna

R&B/hip-hop track: Nelly Furtado Featuring Timbaland, "Promiscuous"

Hotte Female: Jessica Alba

Hotte Male: Orlando Bloom

# {Shakira}



© James S. Simon/EPN Corbis

▶ Shakira launches her biggest tour ever and is honored by the United Nations for her charity that protects children from violence in her native Colombia.

▶ Fergie, of The Black Eyed Peas, releases her first solo album, *The Dutchess*. Her second single, *Fergalicious*, hits No. 1 on *Billboard's* Pop 100 chart.

▶ The Red Hot Chili Peppers complete their ninth studio album, the 28-track *Stadium Arcadium*, which debuts at No. 1 and garners four Grammy awards.

## Red hot!

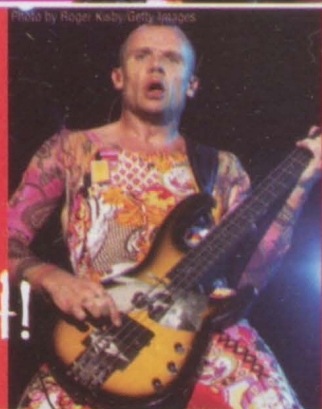


Photo by Roger Koby/Getty Images

REUTERS/Eliana Aronoff/Landov

# {Fergalicious}







Tim Mosenfelder/Getty Images

◀ The Fray is nominated for two Grammys and releases a cover of John Lennon and Yoko Ono's "Happy Xmas (War is Over)" on iTunes.

## The Fray



REUTERS/Brandon McDermid/Landry

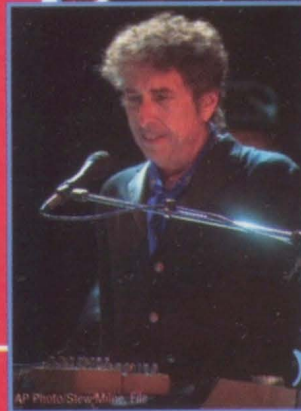
▲ Christina Aguilera releases *Back to Basics*, a critically acclaimed album of blues, soul and jazz music from the 1920s, '30s and '40s.



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◀ After 12 successful years in the music business, Mary J. Blige is stronger than ever in 2006. Her latest album, *The Breakthrough*, earns her three Grammy awards.

▶ With his studio album *Modern Times*, folk rock poet Bob Dylan, age 65, is the oldest living artist to top the U.S. album charts.



AP Photo/Steve Miler, File

## Bob Dylan



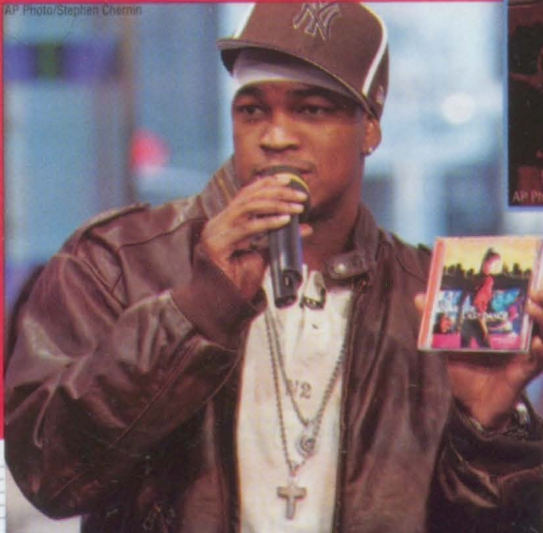
Photo by Brian Miller/Getty Images

## Rascal Flatts

◀ When country superstars Rascal Flatts release *Me And My Gang*, their fourth album, it becomes the top-selling album of any genre for the year.

▼ Singer/songwriter Ne-Yo releases his hit solo album *In My Own Words* in 2006 and co-stars with Chris Brown in the movie *Stomp the Yard* in 2007.

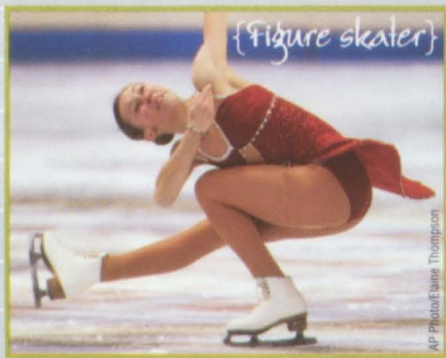
AP Photo/Stephen Chernin



AP Photo/Julie Cortes/Inset

▲ OK Go releases their oddball music videos on YouTube, performs a dance on treadmills live at the 2006 MTV Video Music Awards, and tours with Panic! At the Disco.

# {Sports}



▲ Kimmie Meissner, 17, wins the U.S. Figure Skating Championship in January 2007. She is the first female since 1991 to win a world championship before earning the title in her own country.

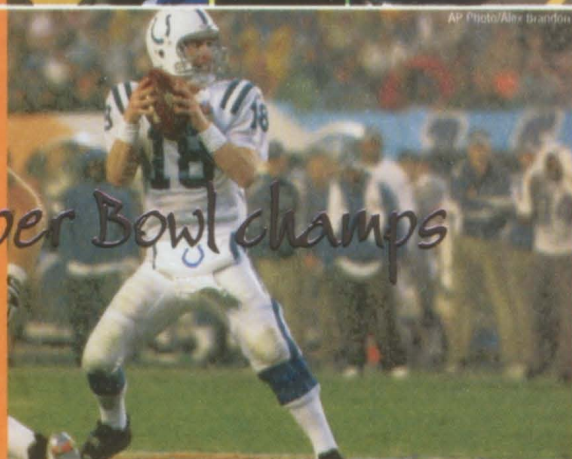
▶ In the victory lane of Homestead-Miami Speedway, NASCAR driver Jimmie Johnson celebrates his 2006 Nextel Cup title and a \$6.2 million paycheck.

## NASCAR



▶ MVP Peyton Manning leads the Indianapolis Colts through a steady rain and past the Chicago Bears for a 29-17 victory in Super Bowl XLI.

## Super Bowl champs

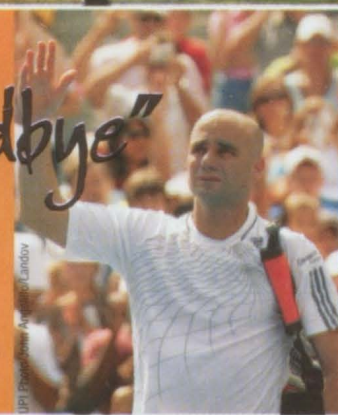


▲ Roger Federer retains his No. 1 ranking for the third year in a row. Tennis star Maria Sharapova is the world's highest-paid female athlete. Both take home a U.S. Open Championship trophy in 2006.

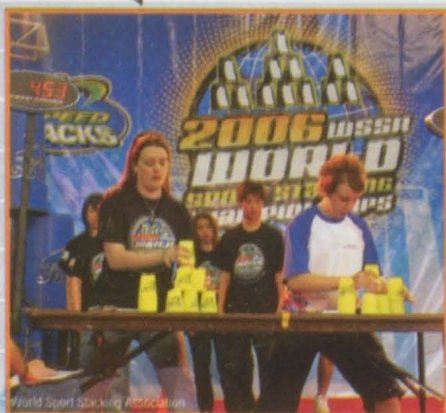


## "Goodbye"

▶ When Andre Agassi retires from professional tennis at age 37, he receives a heartfelt, eight-minute standing ovation from the crowd at the 2006 U.S. Open.



## {Sport stacking}



▶ Nearly 1,100 competitors compete in the WSSA World Sport Stacking Championships in Denver. Forty-two new world records are set at the 2006 event.

▶ The Miami Heat defeat the Dallas Mavericks in six games to win the 2006 NBA Finals. Dwyane Wade, the Miami Heat guard, is named MVP.

## NBA bling

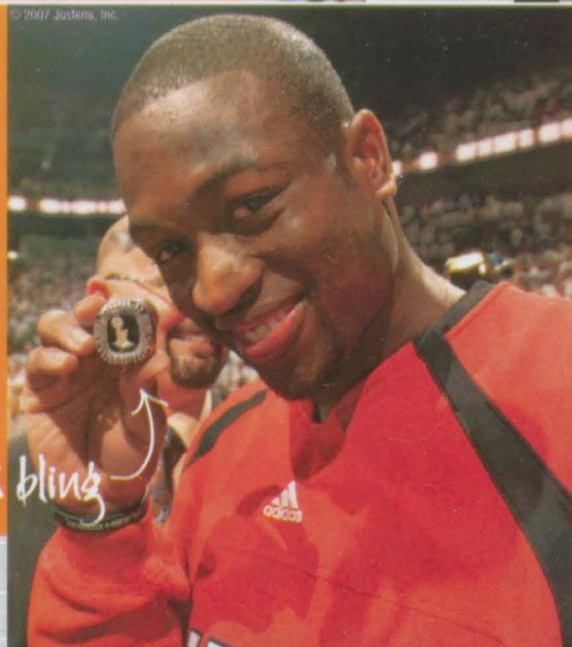
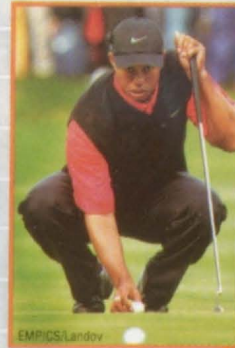




Photo by Jeff Gross/Getty Images

◀ Shaun White makes his second unsuccessful attempt at the 1080 at the 2006 Summer X Games. He is the only skateboarder to attempt the move in competition.

## X Games



EMPICS/Landov



Scott McElroy/Anadolu Agency

▲ Tiger Woods and Mexican sensation Lorena Ochoa are named the male and female AP Athletes of the Year.



AP Photo/Steve Altomare

2006 World Series

◀ The National League champion St. Louis Cardinals win the 2006 World Series by defeating the American League champion Detroit Tigers in five games.

▶ The Florida Gators become the first school in history to win both the NCAA basketball and football titles in the same year after defeating heavily favored Ohio State 41-14 in the 2006 BCS National Championship.



Gary W. Green/MGTA studio



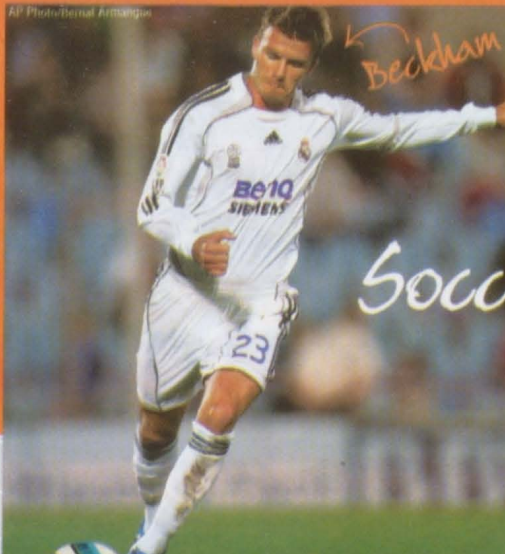
© POOL/Reuters/Corbis

## Stanley Cup

◀ In 2006, the Carolina Hurricanes defeat the Edmonton Oilers four games to three to win their first Stanley Cup in the first post-lockout championship.

▼ International soccer superstar David Beckham signs a \$250 million contract to leave Real Madrid to play Major League Soccer in the U.S. for the Los Angeles Galaxy.

AP Photo/Bernal Almeida



## Soccer



UPI Photo/Theory Brook/Landov

▲ In the 2006 World Cup Finals, the most widely viewed sporting event in the world, Italy beats France for the title.

### 2006 Heisman Trophy Finalists:

Troy Smith - Winner

QB, Ohio State

Notes: 2,940

Darren McFadden

RB, Arkansas

Notes: 878

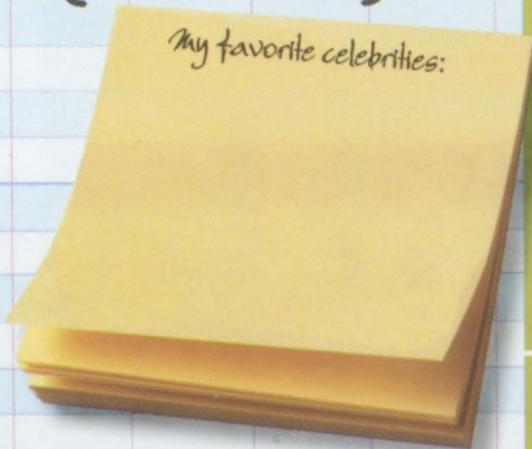
Brady Quinn

QB, Notre Dame

Notes: 782

# {Faces}

My favorite celebrities:



▶ Katie Couric is the anchor of the *CBS Evening News*, becoming the nation's first female solo anchor of a major television network's weekday evening newscast.



CBS/J.P. Filo/Landov

▼ Fans mourn Steve Irwin, the Crocodile Hunter, who is killed by a stingray while snorkeling at Australia's Great Barrier Reef.



Photo by Justin Sullivan/Getty Images

Crocodile Hunter

▶ Shortly after the birth of their second son makes headlines around the world, Britney Spears and Kevin Federline announce the end of their marriage.



KAREN BLEIER/AFP/Getty Images

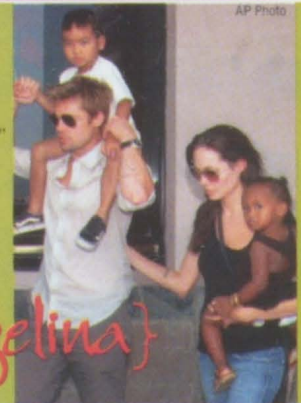
WENN-Jolly Cortes/Landov

AP Photo



▶ Due to the popularity of user-generated websites like MySpace and YouTube, *TIME* magazine's annual person of the year is "You."

▶ Brad Pitt and Angelina Jolie, also known as "Bradgelina," make headlines when Angelina gives birth to daughter Shiloh in the African nation of Namibia.



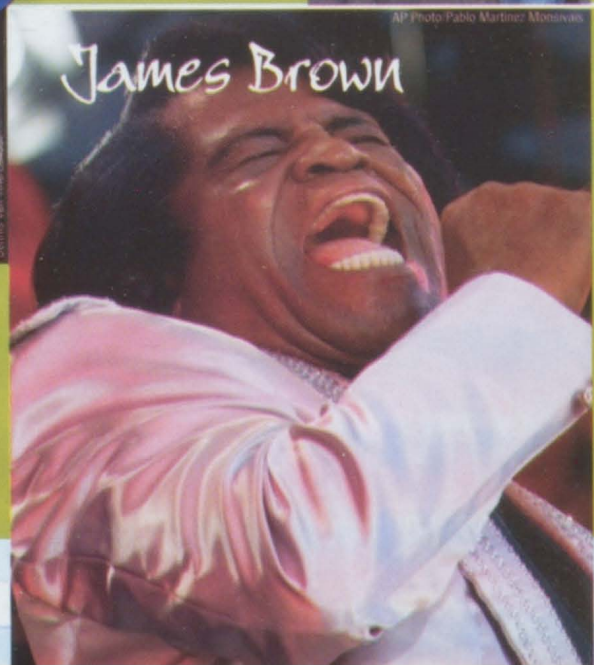
{Bradgelina}

AP Photo/Fabio Martinez Montevias

▶ Jessica Simpson's divorce from Nick Lachey is finalized. Romantic rumors link her to skateboarder Bam Margera, NFL quarterback Tony Romo, singer John Mayer and comedian Dane Cook.



Dominic Van Thiel/USA



James Brown

▶ Dynamic music legend James Brown, aka the Godfather of Soul, dies at the age of 73. He is remembered as one of the major musical influences of the past 50 years.



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