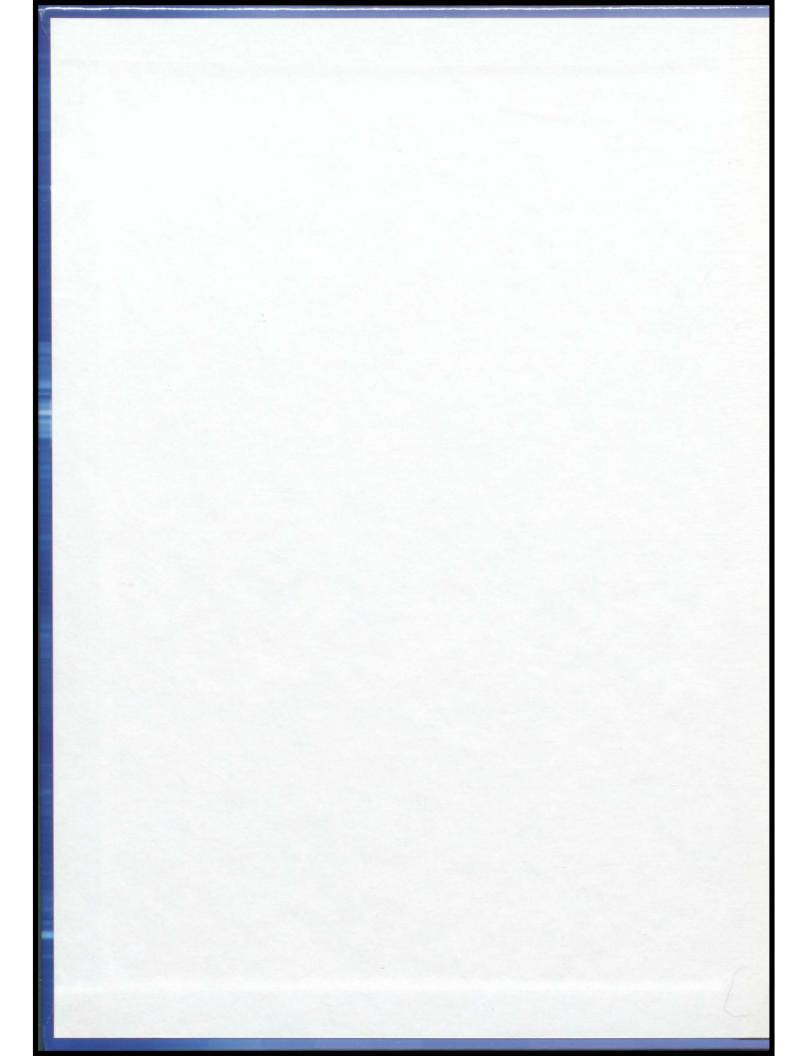
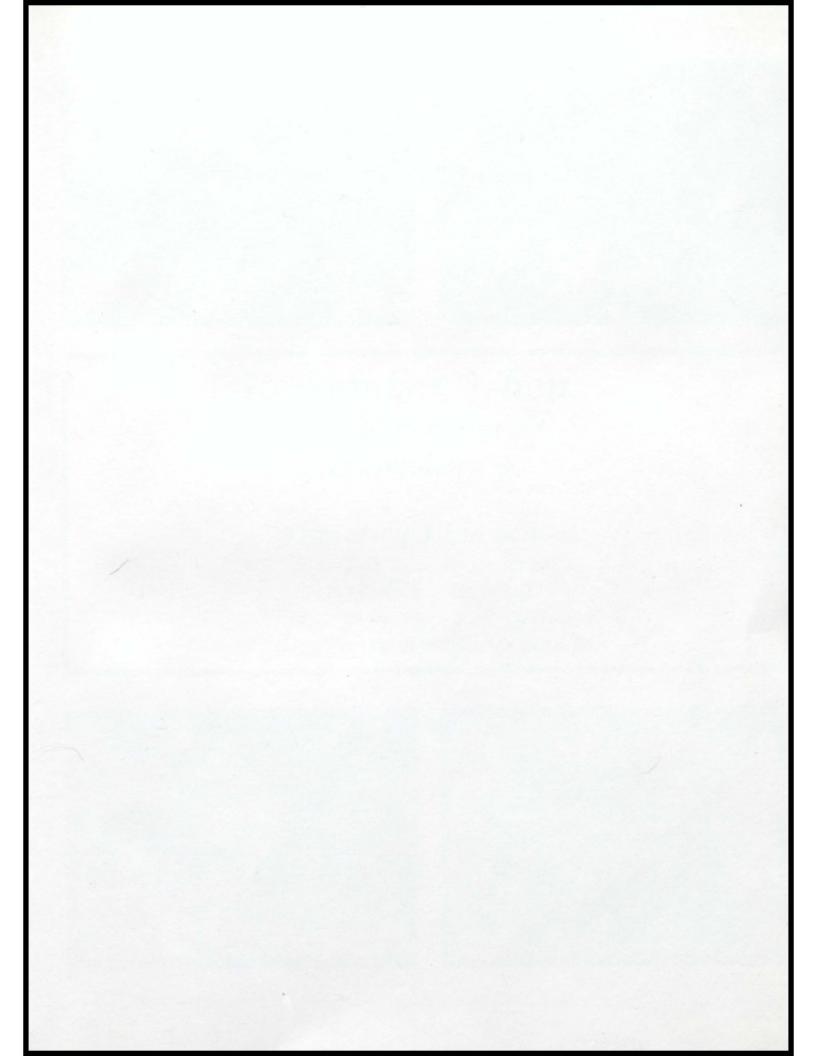
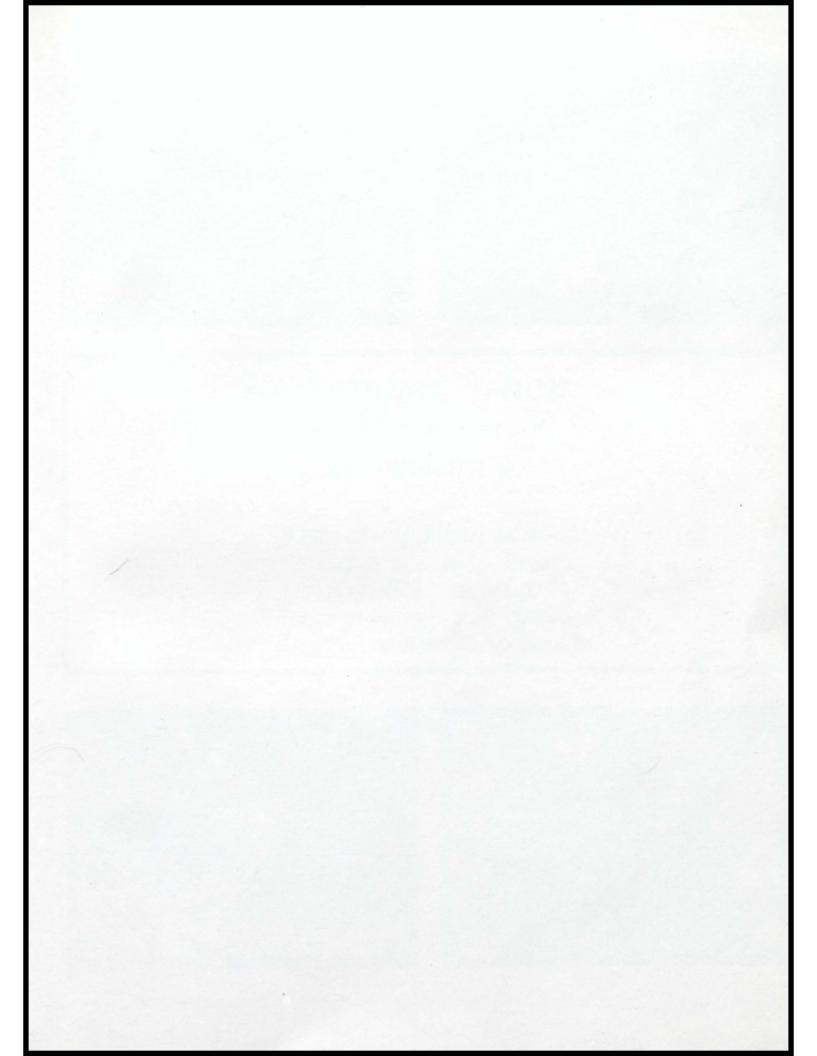
Remember When











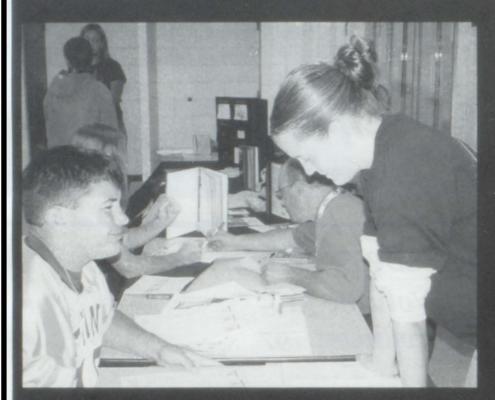
## Remember When.... Volume 51 Enrollment: 97

Frederick High School
P.O. Box 486 Main Street
Frederick, SD 57441
Phone: 329-2145 Fax: 329-2722
Http://www.elmvalley.k12.sd.us





### Remember When...



Planning Graduation: Seniors Cody Mahlke and Amanda Truebenbach preview styles of graduation announcements in early September.

"It seems weird to be picking out announcements now... graduation is a long time away," observed Amanda. Cody, on the other hand, was thrilled to be choosing announcements. "I can hardly wait for graduation," he explained.

When May rolled around and the two mailed their announcements both agreed that the time had arrived quicker than they expected and before they felt ready.

### Song Provides Inspiration

A haunting melody and Alan Jackson's mellow, old-time voice combined to produce the hit song "Remember When" in late 2003. Although it was written as a love song, key, straight-to-the-heart lyrics inspired the year-book staff to choose the song for the theme of the 2004 yearbook.

"The song is perfect for our yearbook; we found ourselves talking about 'remember when' on the first day of school," said Ashley Jung. "During our senior year, we often started conversations with those two words."

"Choosing 'Remember When' as a yearbook theme is a true reflection of how we wrapped up our high school years," added Amanda Truebenbach.

"'Remember When' is an old word

combination, but in the song there are some really clever and catchy phrases," explained Rachel Emery. "My favorite is 'life was changed, disassembled, rearranged," she added.

That phrase became part of the athletics division page, to reflect the changes the athletic program has experienced in recent years. From there on, lines just seemed to be custom made for the other divisions pages. The pages of each division remind readers to "Remember When" and then phrases are included and explained in relation to that section.

The staff of the 2004 yearbook salutes Alan Jackson and his contribution to their senior book. "We think that patterning our book around Jackson's song will make it an even more special keepsake," concluded Ashley Huettl.



04 PEOPLE

"We shared many smiles and many tears, we shared all our hopes and all our fears, but if there was one that beat out the rest, the times we shared laughter, were always the best."



22 ACADEMICS

"Learn from yesterday, live for today, hope for tomorrow."



**38 ATHLETICS** 

"You learn you can do your best even when it's hard, even when you're tired and maybe hurting a little bit. It feels good to show some courage."



**56 STUDENT LIFE** 

"We knew we'd look back on the times we cried and laugh, but we never thought we'd look back on the times we laughed and cry."



**Senior Memories:** Scanning pictures from their childhood enthralls seniors as they create memory books, which was their final project in senior English class.

Lunch Break: Travis Dallenbach and Erik Nixon finish their lunch on the way back to school. Students in grades 7-12 enjoyed an open campus during noon hour.

**Plush Ride:** Pep Band members stand next to the charter bus, which delivered them to the Strode Center to play for girls districts.

Senior Style: During "The Style Show", Ms. Labesky points out that senior Rhonda Yde wears stylish, yet appropriate clothes for school.

### Remember When...

...life threw curves...there was joy...there was hurt... we broke each others hearts...found trust... and we'd do it all again!

Throughout the year, there were days when the people of Frederick School faced a range of emotions, like those expressed in Jackson's song. However, in the final analysis, each person knew their days here were among the best they'd experience.

### What's Inside?

Seniors	6
Juniors	.10
Sophomores	12
Freshmen	14
Junior High	.16
Elementary	.18
Staff	20

# People







Joshua William Dennert



Rachel Irene Emery



Matthew John Gustafson

#### Journey Ends For Seniors

Fifteen seniors started their final year as a group on August 21.

"It seemed a lot like any other first day of school....they kind of all run together after so many years," noted Beth Rahja. "Then I looked around homeroom and realized that this was the final "first day" for us. It was a shocking thought," she added.

Seniors did not have time to dwell on the finality of that first day. They were immediately immersed in the chaos of senior year.

The group had just two weeks to make plans for Home-coming and then within the first month of school they were faced with such major decisions as class colors, motto and flower and a design for announcements.

A highlight of the year for the seniors was going to Pierre for government class. The group went to the Heritage Center, got a tour of the Oahe Dam and observed the SD Senate in action.

On their way back to Fre-

derick, the seniors stopped at Bob's Steakhouse for steak.

"The class trip was a lot of fun. It was nice to get a day off from school, but still learn something," stated Rhonda Yde.

Graduation started to approach quickly and in no time, seniors found themselves sending out announcements and planning receptions.

Although their last 175 days together were filled with decisions and "discussions", everyone looked back on the year with a smile.

"I can't believe that our last year is almost over," commented Shaun Sanders. "This year has gone by too fast."



Ashley Rae Huettl

#### ~Class Motto~

"Do Not Go Where the Path May Lead Go Instead Where There is No Path and Leave a Trail."

~Ralph Waldo Emerson





Jason Phillip Jenson



Ashley Falon Jung



Cody Neal Mahlke









Honor Students: Rachel Emery, Amanda Truebenbach and Ashley Huettl were the 2004 honor students. To achieve this honor, the three maintained a 3.50 or high grade point average throughout all four years of high school. Rachel earned the honor of class salutatorian and Ashley was the valedictorian.

Locker Clean Up: May 14 is no ordinary Friday for seniors as they take time out from decorating for graduation to clean out their lockers. Although they were required to be in school, they did not have to attend classes. Once their lockers were cleaned and the graduation programs and decorating were done, the group left school for one last time.





Alecia Dawn Reimer



Shaun Paul Sanders



Beeky Lynn Torrence



Amanda Rose Truebenbach

**Spirit Stick Finale:** The ongoing battle of the spirit stick comes to an end as mini spirit sticks are presented to the senior class.

Class Officers: Ashley Jung, secretary/ treasurer, Amanda Truebenbach, president, and Beth Rahja, vice president, lead the senior class in making decisions about graduation. Truebenbach also served as the Student Council president.











Wyatt Scott Wilson



Rhonda Sug Ydg





**Drink Up:** On the senior class trip Cody Mahlke accepted a dare to drink a cup of Worcestershire sauce. The class passed around an ash tray for money donations to the cause. Rumor has it the spicy drink netted Cody more than five dollars.

Break Time: The Class of 2004 continues the tradition of a group picture for the newspaper and yearbook. Simmons Park was the main stop for picture taking.



Michelle Achen Kylie Bornemann Lucas Bruns Justin Ellefson Masha Grakhovskaya













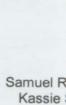




















Samuel Raynor Kassie Storm Danielle Taylor Mandy Van Meter



Guy Talk: The junior boys take time to discuss their test schedule for semester tests.



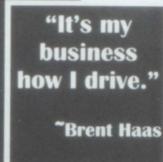
Class Officers: Concession concerns were a high priority for class officers Michelle Achen, secretary/treasurer, Mandy Van Meter, Vice President and Kylie Borneman, President.



#### ~Bumper Sticker~

What is your favorite bumper sticker?



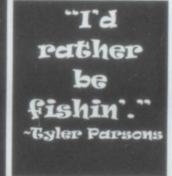


"Cowboys are like outhouses, the good ones are taken and the rest are full of c\*\*p."

— Kassie Storm







"If you can read this you're too close." ~Kylie Borneman



#### Junior Class Accepts More Responsibilities

Juniors were faced with a lot of responsibilities. The class of 14 would have to raise money for prom and they would have to make plans for the prom itself.

The class also had the addition of a foreign exchange student: Masha Grakhovskaya from Belarus, which is near Russia.

Concession stands were set up and run for the home volleyball, football and basketball games and the junior class was in charge of all preparations them. With help from class advisers. Labesky and Carma Ruenz, the group successfully completed orders for pop and food, set up the stands, served the food. and cleaned up the stand after the event. In addition to candy, pop and popcorn, juniors served walking tacos, nachos and hotdogs.



"I enjoyed making the popcorn because I could watch the games when I wasn't busy," stated Lucas Bruns.

The junior class also sold ice cream floats during "I Hate Winter Week" as another fundraiser.

In January, the class began to make plans for the 2004 prom. The class had the challenge of selecting a theme, ordering decorations, hiring a photographer, choosing photoframes and glasses, hiring a DJ and making plans for the banquet.

"Preparing for prom was stressful, but all in all, it was fun," commented class president Kylie Borneman.

The last task the juniors had to accomplish was the actual setting up.

"Setting up for prom was hard, but we all worked together and it was fun," said Masha.



Let Me Out!: Michelle Achen is let out of the closet after being locked in by Cody Mahlke and Wyatt Wilson.

Orders: Masha Grakhovskaya takes orders at the concession stand during a home game.

Kelsea Barondeau Ryan Bergan Jesse Brooks Megan Dutenhoffer Tracy Elsen













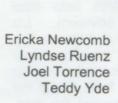










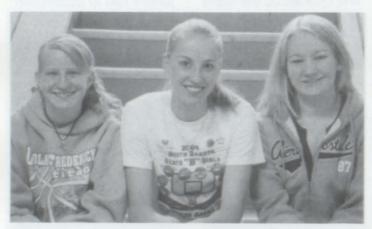


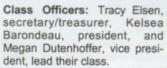










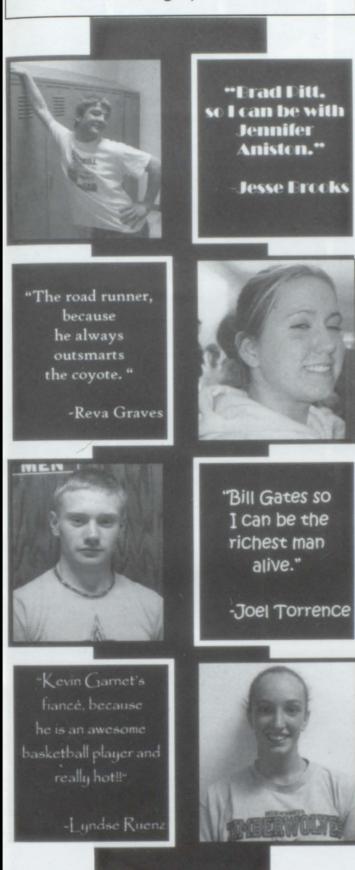






#### ~Trading Spaces~

Which famous person would you like to change places with?



#### Sophomores Climb Academic Ladder

Sophomores continued to work their way up the academic ladder, and even though they were still considered underclassmen, they often found themselves in leadership roles.

As a group, the Class of 2006 excelled academically and also had just under 80 percent of their group involved in extra-curricular activities.

Most of the 14 sophomores carried a full class schedule, which meant they had no study halls.

"A study hall would have been nice," observed Megan Dutenhoffer, "But by now we are all used to a lot of homework. My nights seemed never ending with Algebra II, biology and history assignments."

For the first time, journalism was offered to sophomores and the

group also took Spanish I over the NCAI system. Anna Meier taught the class from Leola.

"I loved learning Spanish," exclaimed Lyndse Ruenz. "It's great to say something that your parents can't understand!"

Even though several sophomores handled full schedules, the class regularly listed twothirds of their members on the honor roll.

From sports to drama to music the sophomores signed up for extra curricular activities throughout the year.

"We wouldn't want to have too much free time on our hands," joked Tracy Elsen who was active in all areas.

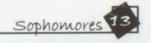
S o p h o m o r e class advisers, Sue Maunu and Marty Morlock, supervised the group as they constructed their Homecoming float.





Test Taking: Justin Hart concentrates as he works to finish a test over Shakespeare's "Julius Caesar", which sophomores were required to read.

Clowning Around: Alex Hart is caught sporting a multi-colored clown wig, which he was not supposed to have. Imagine that!?



Christopher Achen Travis Dallenbach Jesse Daniels Casey Dennert Chelsea Dutenhoffer











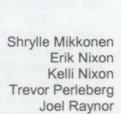












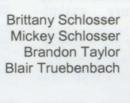


















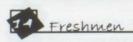


Class Officers: Blair Truebenbach, v-pres., Brooke Haas, pres., and Jesse Daniels, sec/ treas., lead the freshman.



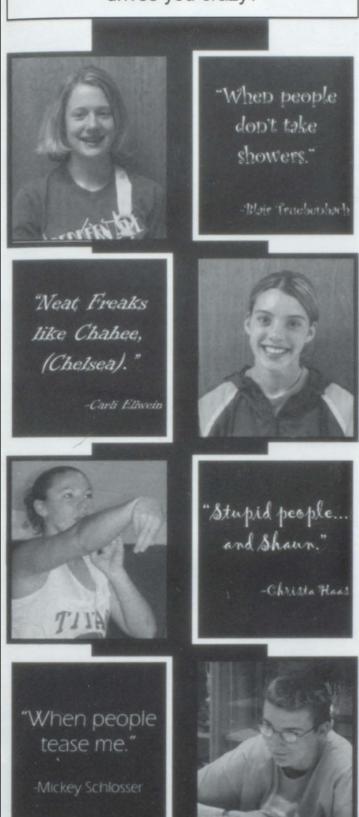
Chatting: Shrylle Mikkonen, Brooke Haas and Chelsea Dutenhoffer gather in the hall.





#### ~What Bugs You?~

What is one pet peeve that drives you crazy?



#### Freshman Continue Experiences

Ninth graders entered high school, but noticed few changes as their new schedule mirrored their junior high experience.

"Not a lot changed," noted Blair Truebenbach. "We're older, but we're still as busy as we were last year. Most of us have always been in sports and music and taken six to seven classes. The biggest difference," she added, "is that as we get older, everyone expects more from us."

Those who expected more were not disappointed. The freshmen breezed through their first year of high school by handling full class schedules and an active extra curricular activity load. Although some ninth graders chose not to participate in any extra curricular activities, over half of the enjoyed music, drama and sports.

"These options

weren't new to us," explained Carli Ellwein who was active in three sports, the play and in both band and chorus. "We are used to keeping busy."

Little did they know when they started high school they would have to switch roles for a few days with their physical science teacher, Mrs. Sumption. The freshman class took on the challenge when they taught Mrs. Brook's first grade class important key concepts of the science world.

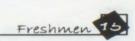
The class continued their role as teachers when they celebrated Dr. Seuss' 100th birthday. Each freshman was paired with an elementary student and required to share a story written by Seuss.

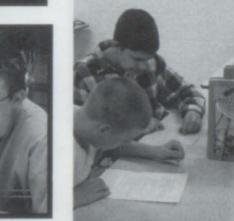
"Even though the year went by fast," reflected Shrylle Mikkonen. "I had a lot of fun my first year of high school at FHS."



Christmas Décor: Freshman girls worked hard together to make many different Christmas decorations for the library.

**Experiment:** Chris Achen and Trevor Perleberg work to complete an experiment for physical science.





Seventh Grade: (Back) Nathan Maunu, Matthew Jung, Michael Newcomb, Matthew Forsting, Carson Ellwein, Jon Navarro. (Middle) J.F. Brixey, Wyatt Sumption, Samuel Reimer, Andrew Wolter, Taylor Christianson, Christopher Paulson, (Front) Ashley Gunther, Caitlin Zinter Allie Worthy, Kathryn Groop. Not Pictured-Kelli Hart.



Class Break: Seventh grader Sam Reimer grabs a quick drink of water between classes. Students had three minutes to move from class to class.

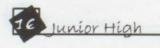
Eighth Grade: (Back) Christopher Lindquist, Blain Mikkonen, Matt Huettl, Lucas Stoddard, Jake Perry. (Middle) Keisha Epps, Shantel Reimer, Jamie Walton, Kristina Maddocks, Raine Bornemann, Jessica Walworth. (Front) Renee Graves, Shari Elsen, Mikayla Barondeau, Tara Clark, Jamie Hart. Not Pictured-Christian Christianson, Ethan Emery.







Intense Reading: Andrew Walter, seventh grader, reads aloud as the class discovers classic short stories.

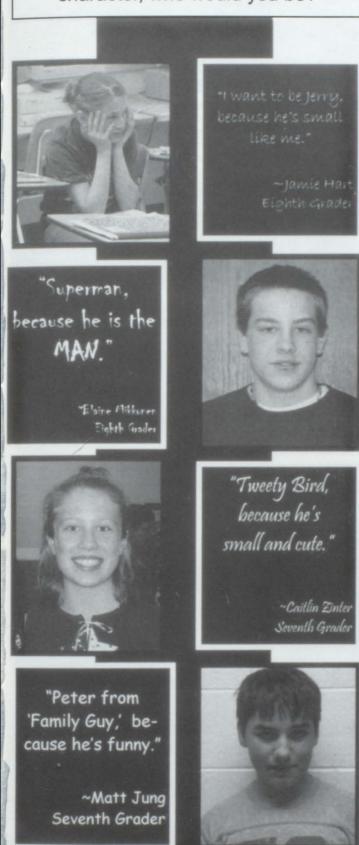


YA Literature: Mrs. Maunu follows along as the eighth graders cover the young adult novel, The Outsiders, by S.E. Hinton. The novel was a hit with the class as several students went to the library to find other Hinton books.



#### ~Cartoon Characters~

If you could be any cartoon character, who would you be?



### Junior High Delivers Drastic Change

"Wow! What a change from elementary!" exclaimed Shari Elsen, eighth grader, when asked about her years in junior high.

Hers was not an isolated reaction, as the students in seventh and eighth grades looked back on their junior high years. They listed the increase in homework and the opportunity to participate in extracurricular activities as the biggest reasons for the drastic change.

"Junior high is a different life style," explained Caitlin Zinter, seventh grader. "We're at that in-between stage....we have a lot more responsibility than we had in elementary, but at the same time we don't get all of the opportunities of high school."

Junior high students participated in all sports, music and even the play. Seventh graders Jon Navarro and Matt Forsting and Christina Maddocks, eighth grader, joined high school students to present "Hillbilly Hankerin" in March.

Moving into the high school building and getting individual lockers were highlights for the seventh graders. They basically moved from the way northeast corner of the elementary building (sixth grade room) to the top floor of the southwest side of the high school building where their lockers were located.

Academics challenged the two groups as they became accustomed to switching classes each hour and having six or seven different teachers during the course of a day.

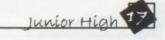
Although some of the changes in junior high seemed drastic, the students learned their roles, accepted the challenges and moved forward to advance to the next class.





**Studying?** Blaine Mikkonen, Ethan Emery and Matt Forsting try to cram for a test in hallway during the noisy lunch hour.

Movin' On Up: Kelli Hart gets her things prepared for her afternoon classes.





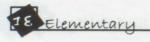
Sixth Grade: (Back) Toby Dallenbach, Steven Taylor, Kris Tunby, Cole Truebenbach and Derrick Schell. (Middle) Teacher Jan Ellefson, Matthew Haas, Mathew Heine, Dustin Storm, Micah Christianson and Lee Brixey. (Front) Timothy Englehart, Jamie Parsons, Chelsy Podoll; Vanessa Navarro, Rance Maddocks and Dustin Johnson.



Fourth Grade: (Back) Teacher Janel Bergan, Brady Enge, Zack Schaunaman, Adam Dutenhoffer, John Edwards, Anthony Reimer, Levi Christianson. (Middle) Alex Conn, Heather Underberg, Mariah Gustafson, Abby Sumption, Faith Wolter, Aly Perry, Terry Taylor, (Back) Matthew Youle, Alex Bretsch, Courtney Schlosser, Tyneill Emery, Keely Geffre, Kayla Haas, Trevor Podoll, Kelly Storm.



Second Grade: (Back) Colleen Wallien, Dane Campbell, Tanner Podoll, Dusty Bergan, Matthew Weisser, Evan Emery, Bryce Krueger. (Middle) Bret Feser, Jacob Schaunaman, Derrick Podoll, Hathan Sumption, Carston Hertel, William Wolter, Justin Helland. (Front) Cole Hinz, Aleesha Taylor, Mikayla Rollness, Mariah Mikkonen, Hailey Sumption, Hattie Zinter, Jacob Enge. Not pictured Austin Hoerner.



First Grade: (Back) Teacher Renee Brooks, Michael Kocher, Meghan Conn, Katherine Rystrom, Paige Podoll. (Front) Devin Flinn, Jacob Ham, Jayden Mikkonen, Logan Weisser, Austin Franz.

Homecoming Spirit: Tyneill Emery and Kayla Haas lead the fourth grade class through the Homecoming Parade route. The theme was Disney movies, and each class chose a movie to portray for their entry.



Fifth Grade: (Back) Mark Stoks, Angela Goodall, Stefani, Sumption, Chelsey Zinter, Shannen Maunu, Rachel Ham, Teacher Ann Hegge. (Middle) Brandon Haas, Spencer Rall, Tyler Sumption, Derek Barondeau, Casson Campbell, Andrew Perleberg, Austin Gunther, Cody Mehlhaff. (Front) Ashley Feser, Calli Crawford, Krista Stoddard, Caylee Hertel, Breanna Helland, Erin Wolter, Miranda Erickson.



Third Grade: (Back) Teacher Janet Elsen, Justin Erickson, Matthew Achen, Teacher Amber Haselhorst. (Middle) Brian Sumption, Samantha Franz, Megan Walworth, Taryn Flinn, Amanda Daniels. (Front) Dalton Kopecky, Peyton Podoll, Wyatt Heine, Collin Engelhart, Wyatt Wolter.





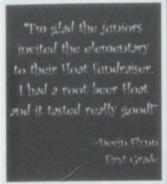
#### ~Elementary Highlights~

Students recall special events throughout the year



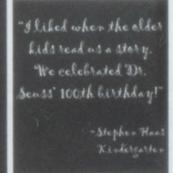
"Doing the play was my favorite part of the year. It was a lot of work, but it was also a lot of fun!"

> ~Matthew Achen (Poppa Bunny) Third Grade













### Elementary Provides Solid Foundation

Providing a solid foundation for learning was a challenge faced and achieved each day by teachers in the elementary classes. Students in kindergarten through sixth grades were actively engaged in learning from the first bell of the day until the dismissal bell rang at 3:15 p.m.

"We had very full days," explained Renee Brooks, first grade teacher. She added, "And even then, we wondered how we would get everything covered!"

State standards provided the basis for the curriculum. Kindergarten students began an educational career that was added to each year, until as sixth graders, students were ready for the skills and responsibilities of junior high.

"Students today are learning more at an earlier age than ever before," explained Tonya Zinter, kindergarten teacher. This year the kindergarten program expanded its coverage and students were in class Monday through Thursday, rather than following the traditional Monday, Wednesday, Friday routine.

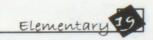
"The new schedule gave us an opportunity to cover all of the skills kindergarteners need to be successful throughout school," said Mrs. Zinter.

In addition to the basic classes, students also participated in physical education, art, music and computer classes.

"Our students have a very well-rounded curriculum. They are given instruction in every area covered by the standards, and then we have extra classes to enhance their schooling," concluded Ann Hegge, elementary principal.



Kindergarten: (Back) Angela Bretsch, Codi Roebuck, Alexus Storm, Morgan Moffenbier and Breanna Feser. (Middle) Teacher Tonya Zinter, Harley Schell, Chandler Ellwein, Mikayla Forsting, Savana Hinz, Mackenzie Heilman and Student Teacher Brittni Cordingley. (Front) Dalton Podoll, Stephen Haas, Matthew Gisi, Jonathan Sumption and Michael Edwards



Janelle Barondeau Janel Bergan Jackie Brokaw Renee Brooks Lynn Delzer Jan Ellefson Janet Elsen Russ Furman Faye Gunther Amber Haselhorst Ann Hegge Lynnette Hertel Liz Labesky Mary Luoma Renae Martin Stacy Maunu Sue Maunu Marty Morlock Cindy Rall Carma Ruenz Carol Sheldon Mark Stoks Sarah Sumption Lela Tveit Colleen Wallien Ann Wampler Carrie Weisenburger Roberta Yeske Tonya Zinter

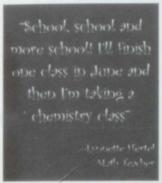
### ~"Whatcha Doin' This Summer?"~

Teachers Plan for Break



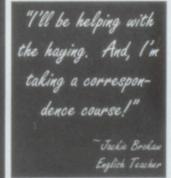
"We're both going back to jobs we've had in past summers!"

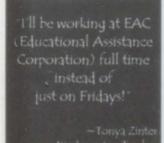
> ~Sarah Sumption (farming with Dad) ~Mark Stoks (Aberdeen Parks & Rec)













#### Coordination Key to Successful Schedule

Through knowledge, creativity and dedication, the staff at Frederick School kept nearly 200 students in a safe environment that promoted and accelerated learning on a daily basis.

Coordinating schedules for students from ages 4 to 18 was a challenge, but administrators credit organization and cooperation as their key to a successful year. Not only were students kept on schedule from the 8:25 a.m. bell to their 3:19 p.m. dismissal, 78 percent of students in grades 7-12 participated in extra-curricular activities, which kept them at school as late as 10 p.m. and sometimes on the midnight. road after Some elementary students found themselves getting on the bus as early as 7 a.m. and the after-school program ran Monday through Friday until 6 p.m.



"School much more than classes," explained Randy Barondeau, CEO. "Our main objective is to educate students, but included in that goal is bussing, operating and maintaining a safe facility, the lunch program, after-school and preschool programs and extra-curricular activities." he added.

Staff worked with administrators who coordinated events with the school board. By following intricate channels and paying close attention to detail, the school year ran on a smooth schedule, with few glitches.

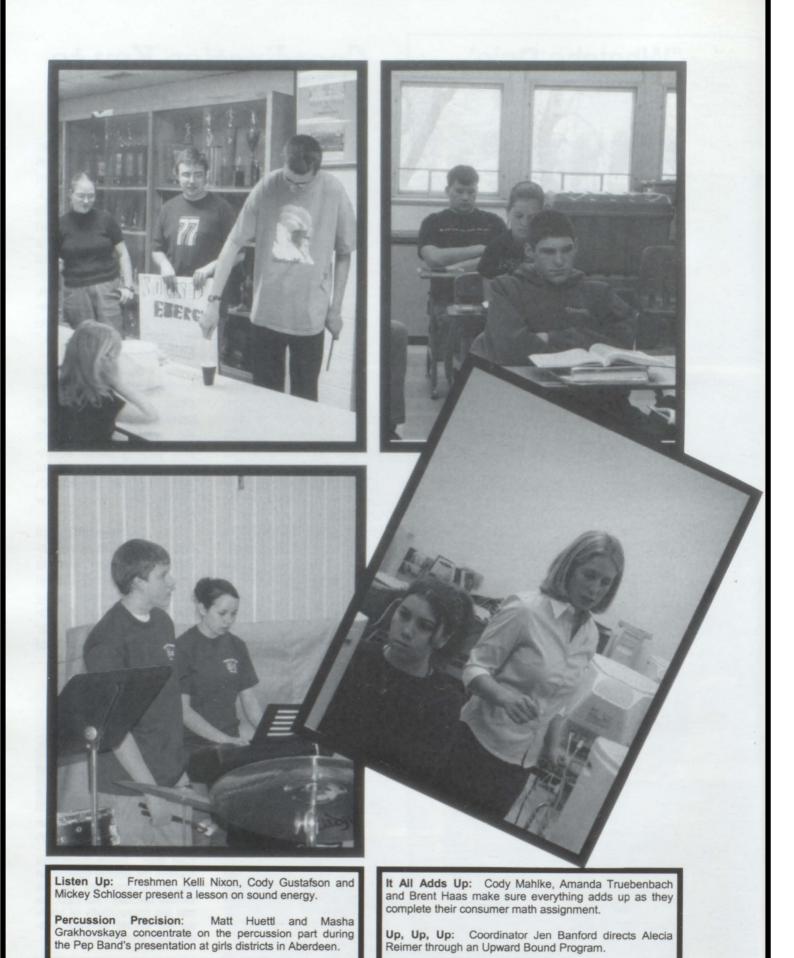
"It seemed like there was always something going on in the school building....even weekends were busy times," said Carma Ruenz, who completed her second year as part of the staff.



Hang It Up: Russ Furman installs a coat rack in entry way.

Last Day: Randy Barondeau address the student body at an impromptu assembly on the seniors last day. As CEO, he had the responsibility of keeping the district on track academically and financially.





### Remember When...

...lookin' back, it's just a steppin' stone...to where we are...

where we've been...

Across the board, academics at FHS challenged students. When the struggle became toughest, they stepped back to see the big picture and realized that each "test" was, as Jackson's song reminded them, "a steppin' stone" and all part of the big plan.

### What's Inside?

Journalism	.24
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English	.30
Com./Business	.32
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Electives	36

## Academics

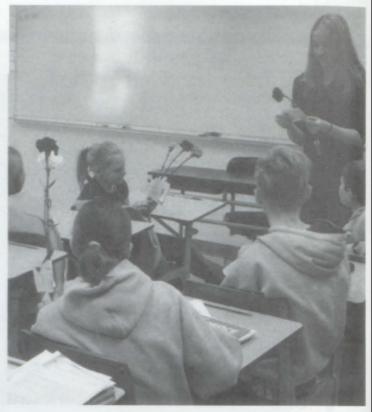




People Pictures: Measuring each individual photo to size for the people pages occupies Becky Torrence.

Happy Valentines Day: Journalism I student Kelsea Barondeau delivers carnations to the fifth grade room.





# Record Numbers eport News

Record numbers of students enrolled in journalism, allowing the department to expand its coverage.

This year in journalism we spent some extra time working on layouts. Students created sample yearbook pages using pictures from magazines. This offered them the experience of doing an actual layout while considering internal margins, eye lines and cut line placements.

Then, seniors designed basic layouts for the four sections of

"I think adding journalism was a positive step for the school's future. The newsletter has served to increase communication between the community and school."

~Rachel Emery

the yearbook and juniors helped them to complete the 72-page book.

A monthly newsletter, stories to the McPherson County Herald, brochures, programs and a weekly agenda completed the journalism curriculum.

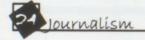
The weekly

agenda was also posted on the school's website.

Students also created displays for various areas around the school as they furthered their goal to spread the good news of Frederick High School.

" Having sophomores enroll in journalism was a new experience, but I think it strengthened our department and allowed us to expand our coverage," explained Carma Ruenz, Journalism teacher. She added, "We had over 30 students in the two classes and they were not split by experience. This set up presented some challenges, but also offered benefits for our publications.

Another their new element, for the journalism department was putting the school newsletter, "Voice of the Valley" on line. It is located on the school website: http://www.elmvalley.k12.sd.us



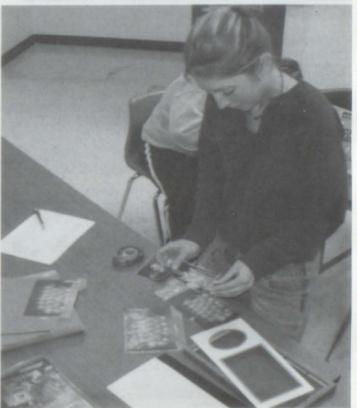




Yearbook Staff: Eleven seniors worked at creating the their senior yearbook as the yearbook staff this year.

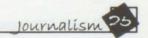
Morning Journalism: The Journalism I class worked on newsletters and stories for the newspaper.





Slide Show: Amanda Truebenbach and Rachel Emery work on getting the boys basketball welcome home slide show completed. The girls took footage from games and made them into a presentation.

**Memory Mates:** Rachel Emery puts together volleyball memory mates.



What a Mess: Sarah Sumption helps Shrylle Mikkonen and Chelsea Dutenhoffer conduct a rocket experiment. **Demonstration:** Ethan Emery and Matt Huettl spin Christian Christianson during a demonstration for the first graders.





### Math, Science Verge Skills

Curriculum in both math and science classes was designed to help prepare students for challenges they will face in the future.

Sarah Sumption, science teacher. blended activities, labs and lectures to enhance her lessons. For example, seventh grade life science students went bird watching in the spring. Also, the first graders learned about ways to preserve the ozone in activities instructed by the eighth graders. Later in the year, the ninth graders taught the first graders

"The highlight of teaching geometry was seeing the students test their bridge- building skills."

~Mrs. Hertel

about energy. In biology, tenth graders dissected earthworms, crayfish, starfish, perch and fetal

Along with the activities came field trips. The eighth graders toured the Aberdeen weather station after learning about the meanings of different

clouds. Tenth graders went to Presentation College's Health Career Days and saw the cadaver lab and a six of the girls attended a Women in Science Conference at PC.

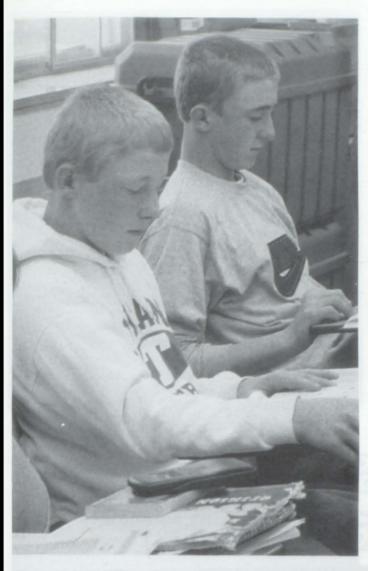
This years junior high science bowl team won second place at the Northern State University competition.

Math classes taught students to solve various problems, but often challenged their skills.

According to Lynnette Hertel, the highlight of teaching this year was having students place at the math contests.

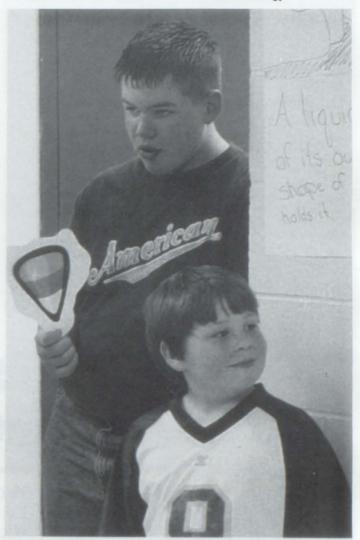
At the Lake Region Conference Contest Diana Huettl placed second and Tracy Elsen placed third in Algebra II and Kristina Maddocks placed third in Algebra I. At the NSU contest, Matt Huettl received Honorable Mention in Algebra I and Tracy received Honorable Mention in Algebra II.







Hart to Hart: Brothers Travis and Justin Hart work on a consumer math assignment. Because they are in different grades, the two don't usually end up in the same class. Solid, Liquid or Gas? First grader Jacob Ham indicates that candy corn is classified as a solid when freshman Casey Dennert quizzes him at a station about energy.





That's It!: Blair Truebenbach and Teacher Lynnette Hertel react as Blair's toothpick bridge begins to collapse. The geometry students created the bridges and then their designs were tested to determine how much weight they could hold.

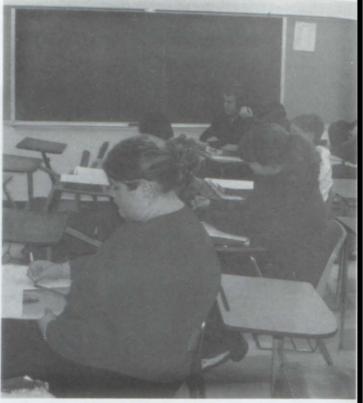
Winners: Senior high science fair winners include Travis Hart, Lyndse Ruenz, Shrylle Mikkonen, Kelsea Barondeau, Tracy Elsen and Carli Ellwein.



Take Note: Marty Morlock creates a game for a test review for the government students and goes over some things to remember.

**Diligent Workers:** The juniors diligently work on assignments and notes for their history class. They were taught by Mrs. Hertel





### Classes Teach Core Lessons

Reviewing the past and preparing for the future motivated social science students.

Classes such as world history, which was taught to sophomores, and American history, which the juniors took, allowed students to review past triumphs and mistakes from throughout the ages.

Juniors covered the US involvement in major wars and also spent time reviewing facts about each of the states.

Sophomores discovered the history of cultures and countries

28 Social Science

"Government class taught me a lot about government procedures, voting, the presidency and laws."

~ Matt Gustafson

from past centuries during their year of world history class.

"I never thought about the information we had to learn. Kings who ruled centuries ago did not "exist" in my experience. Now, however, I know who they were and what they did," said Diana Huettl.

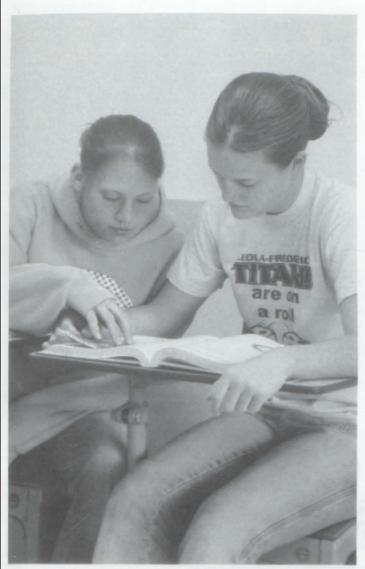
Government taught information that prepared seniors for their life as citizens of the United States. Although they learned their responsibilities as citizens in a democracy, they also learned (sometimes the hard way) that life in government class was not a democracy.

"We took more notes in government than any other class," said Amanda Truebenbach. "We exercised our rights and voted unanimously to quit taking notes, but Mr. Morlock didn't care; he said his class was not a democracy, so we kept taking notes."

A trip to Pierre to visit the state legislature was a highlight.

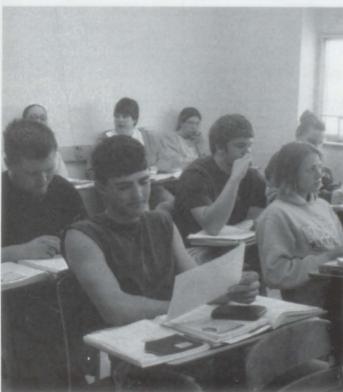
Freshman were required to complete a geography course, which was also taught by Marty Morlock.

Sociology and psychology rounded out the social science offerings for high school students. Sue Maunu taught these two classes.



It's Right Here: Beth Rahja shows classmate Amanda Truebenbach the answer to Mr. Morlock's question. Where is It??: Sophomore Reva Graves searches through her book for her assignment that is due for the day.

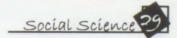






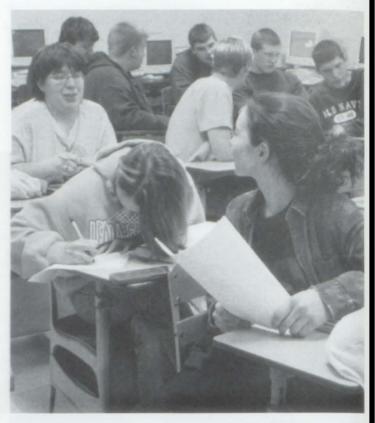
No More Notes!: Jason Jenson looks over recent notes for an answer, while taking notes in Government class. The rest of the seniors try to focus and stay on task, even though most faced severe cases of senioritis.

All Done: Brooke Hass hands in her completed History assignment during class, while her classmates finish theirs.



Read Across America Day: Second grader Tanner Podoll, shares a Dr. Seuss book with Mickey Scholosser, freshman, on Dr. Seuss's 100th birthday. All elementary students and selected high school students participated in the celebration, which included reading and a readers theater presentation. Finishing Up: Juniors gather information to complete their study guides for the novel To Kill A Mockingbird. The classic American literature selection was part of their second semester curriculum. After finishing the book, the class watched the black and white movie, which stars Gregory Peck.





### English Occupies Very Student

English is the only class that occupied every student, willing or not, everyday all year. In addition to the 9-12 core classes, a new semester class called Multi-Cultural Literature was added.

In Multi-Cultural Literature the students studied writings by authors from cultures other than American. The curriculum was based on novels Carma Ruenz read as part of a book club sponsored by the SD Humanities Council. The students also read poems and short stories. The group read *The Joy* 

"The highlight of the year would have to be helping the seniors with their memory books and just working with the students."

~Mrs. Brokaw

Luck Club, I Know Why the Caged Bird Sings, Their Eyes Were Watching God, Angela's Ashes and A Day in the Life of Ivan Denosovich.

"I love having this class...It was great to read, share and discuss with them," commented Mrs. Ruenz.

Mrs. Ruenz also

taught ninth grade English, which included a semester of writing and a semester of literature.

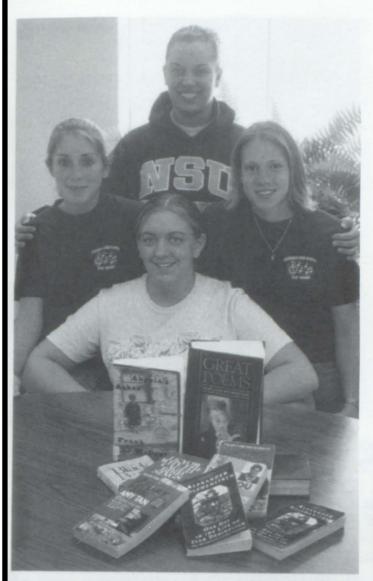
Sue Maunu, taught seventh and eighth grade English and Jackie Brokaw taught English II, III and IV.

Highlights in Mrs. Brokaw's classes included the seniors memory books, a semester of speech with the sophomores and juniors had job shadowing and the dreaded research report.

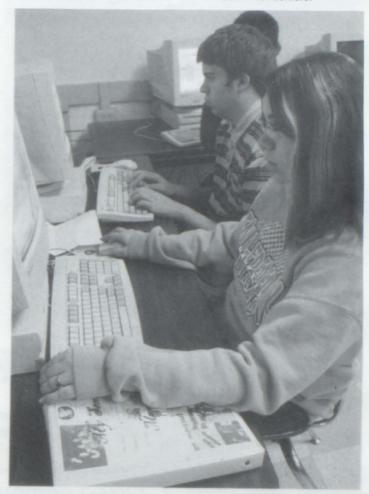
"It was really fun making our senior memory books because it reminds you of what it was like being a little kid." commented Rhonda Yde, senior.

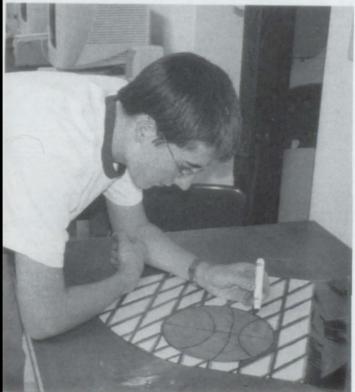
S o p h o m o r e speech was switched to a first semester class to avoid the conflict with track in the spring. Juniors completed job shadowing during the fourth quarter. Each chose a business they wanted to visit and then Mrs. Brokaw finalized the arrangements.

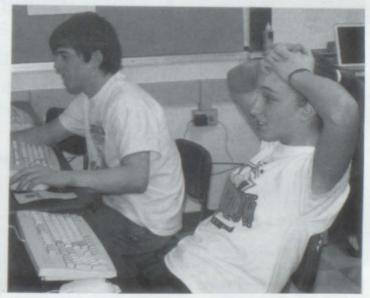




New Class: Seniors Rachel Emery, Ashley Jung, Dionne VanMeter and Beth Rahja look over the literature they reviewed in multi-cultural lit class. Senior Memory Books: Matt Gustafson and Alecia Reimer write entries for the senior memory books. The project is a tradition for seniors.

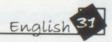






Shield of Armor: Shaun Sanders works on his personal shield, which each senior created after the class completed their study of medieval literature. The shields were displayed in the English room.

Frustration: Lyndse Ruenz reacts to speech writing with frustration, while Jesse Brooks appears calm about his project.



More Math: Alecia Reimer tackles consumer math, as she works to complete a math credit needed for graduation.

Casablanca: Mandy Van Meter works on the girls BB highlights video on the Casablanca video editing system.





### Pechnical Knowledge eaches Problem Solving

"I liked getting to work on the

Casablanca for the girls

basketball highlight tapes

with Michelle, even though

we had our differences."

Computers and business classes formed a major part of the curriculum offered to students.

In seventh grade, students began to develop their keyboarding skills with regular classes.

Eighth grade keyboarding students added to their keyboarding and formatting skills. One of their projects was to send letters to servicemen in Iraq.

In Web Page Design students learned to create Web pages using Microsoft Front Page. This group also updated and added to the

school's web page with senior "Spotlight" pages and a menu bar that floated. Basketball highlights dramatically increased the number of hits to the school website, while text animations using Flash software improved the eye appeal.

In MOUS students used PowerPoint, Word, Excel and Access programs. This course prepared students to take the MOUS Certification Tests later in the high school careers.

~Mandy Van Meter

Main projects for this group were learning to use Palm Pilots and the cemetery project. where the class traveled to the Arland, Aurdahl and Brethren cemeteries.

Visual Basics students wrote programs

using a specific software application.

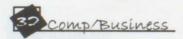
Editing and recording sports videos was a major part of the curriculum for mass media students.

Consumer Math brought math to life with real world problems, which involved solving business and consumer math problems.

Accounting I introduced students to the basics of assets, credits and debits

For many of the classes, there were new materials and lessons, explained Janelle Barondeau, who taught the computer classes.

Several students competed at the NSU Business Contest.

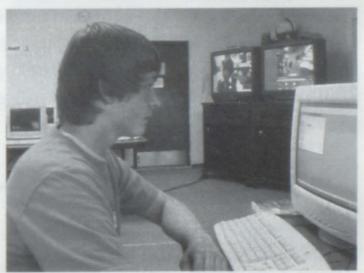






Timed Writing: Blain Mikkonen and Lucas Stoddard complete a timed writing. These high stress exercises were regular activities for eighth graders. Studying Hard: Sophomore Ericka Newcomb attempts to balance the books in herpacket, which presented real-world activities for Accounting I.





Studious Senior: Visual basics, which was offered second semester, challenges senior Becky Torrence. "Our assignments were really hard," she said. "We actually created programs based on information in our textbooks. It's frightening how many "directions" are involved in just one program."

MOUS: Jesse Daniels keys in statistics for a data base assignment. Information collected on the cemetery trip was organized this way.



Art Class: Mrs. Wampler instructs Kelli Nixon during a session of freshman art. The ninth graders attended art class on Mondays, Wednesdays and Fridays to complete their fine arts requirement for graduation. The class covered a variety of techniques and skills.

Getting the Beat: Josh Dennert raps out the beat for the school song during boys districts at the Strode Center in Aberdeen. The senior drummer set the pace for the band beginning with marching in the fall and continuing through to the elementary concert in May.





## Tine Arts Selections orm Creativity

Studying fine arts has not always been in the high school curriculum; however students who graduate today must complete a fine arts requirement. Students at Frederick School managed this through art and music classes.

Art classes were offered to all students, kindergarten through ninth grades.

Music classes were scheduled for every student in school; however they were considered electives for junior and senior high school students. Even so, a

34 Fine Arts

"This is my seventeenth year here, and it's been my most enjoyable year with everything the band has done."

~ Liz Labesky

majority of them enrolled in both chorus and band, creating large musical groups.

At every home football, basketball and volleyball game, the band could be heard playing upbeat music to pep up the school's spirit. The band also played at various pep rallies and community activities,

such as the Homecoming Parade and Gypsy Day Parade. They also played for girls districts at the Strode Center in Aberdeen.

Every two year band students go on a trip in the spring. This year they saw "Cats" at the Chanhaussen Dinner Theater and then they went into Chicago. The

group spent a day at Six Flags and returned home after three days.

Trips rotate between Kansas City, Minneapolis and Chicago, although Ms. Labesky is considering adding Denver to the rotation. Seniors who have been on three trips decided it would be tough to choose a favorite site, because each trip is unique and fun.

Both band and chorus presented selections at the Christmas and Spring Concerts.

Four chorus members were selected for All-State Chorus and they attended the concert in Rapid City the first weekend in November.



Band: (Back) Josh Dennert, Matt Huettl, Carli Ellwein, Brooke Haas, Mikayla Barondeau, Masha Grakhovskaya; (Fifth): Joel Raynor, Wyatt Sumption, Blain Mikkonen, Jesse Brooks, Shari Elsen, Blair Truebenbach, Lyndse Ruenz, Diana Huettl, Megan Dutenhoffer; (Fourth) Christina Maddocks, Tara Clark, Renee Graves, Casey Dennert, Ryan Bergan, Matt Gustafson, Andrew Wolter, Nathan Maunu, J.F. Brixey; (Third) Cody Gustafson, Alex Hart, Tracy Elsen, Kelsea Barondeau, Shrylle Mikkonen, Jamie Walton, Matt Forsting, Mike Newcomb, Chris Achen; (Second) Kelli Hart, Katy Groop, Ashley Gunther, Danielle Taylor, Brittany Schlosser, Jamie Hart, Ashley Jung, Ashley Huettl, Dionne VanMeter; (Front) Michelle Achen, Raine Bornemann, Kelli Nixon, Caitlin Zinter, Rachel Emery.



**Chorus:** Nearly 60 voices combine whenever the chorus presents a song. Students range in age from seventh graders to seniors and meet twice each week to practice for their concerts.



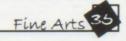
Clarienet Conert: Seniors Ashley Jung, Ashley Huettl and Dionne VanMeter concentrate on their clarinet section during "The Russian Sailor's Dance", which was one of several songs presented by the band during the spring concert. "I'm going to miss being part of the band. We had great concerts and band trips will remain some of my best high school memories," said Ashley Huettl.





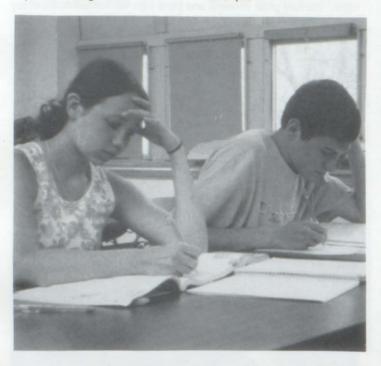
Riding in Style: Junior high band members arrive at the girls district tournament. To transport the band and their equipment to Aberdeen required two school busses, or the bus company volunteered a charter bus for the trip. The group was excited about their "plush" mode of transportation.

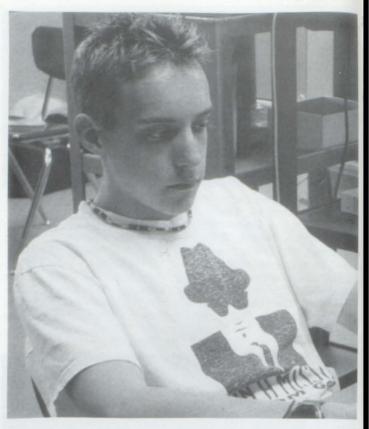
All-State Chorus: Early in November, Ms. Labesky and sophomores Tracy Elsen, Ryan Bergan, Alex Hart and senior Amanda Truebenbach attend All-State Chorus in Rapid City.



Concentration: Masha Grakhovskaya and Brent Haasconcentrate to complete their Spanish I assignment.

Quiz Time: Sam Raynor takes a couple minutes before his Spanish II V-Tel class to study





### Oxtra Offerings Enhance Curriculum

Several "extra" classes supplemented the required curriculum. These classes were offered at different sites, or received at Frederick through various video systems.

Nine students attended classes at Hub Area Technical School in Aberdeen each day.

Seniors Mahlke, Wyatt Wilson and Josh Dennert spent their vocational time in Building Trades. class offered on-the-job construction of a house from start to finish. Junior Craig Larson took Web Page and Desktop

Spanish II was really hard, but it was interesting! I had sources on the Internet and all sorts of information that helped me figure things out to become more fluent."

~Danielle Taylor

Publishing, in which he created a variety of business forms.

Senior Jason Jensen and Junior Tyler Parsons worked at Precision Manufacturing Technology, receiving an introduction to the machine tooling industry. Juniors Justin Ellefson and Trent

Huettl enrolled in Electronics, to gain knowledge of the principles used in electrical devices. Krista Kurtz, junior, completed a Graphic Communications course. which was a introduction to the basics of graphic design.

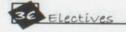
Students in all

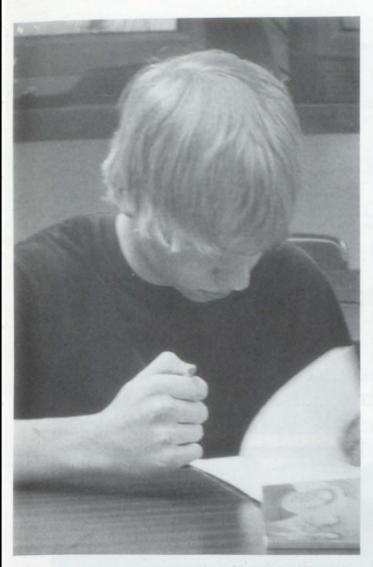
grades participated in NCAI classes. Spanish I was received from Leola. while MOUS and Lakota Arts were sent from Frederick. Other classes utilized the DDN (Dakota Digital Network) system and still others were received using the V-Tel.

Classes available to Frederick students included two seccollege-level English, Spanish and

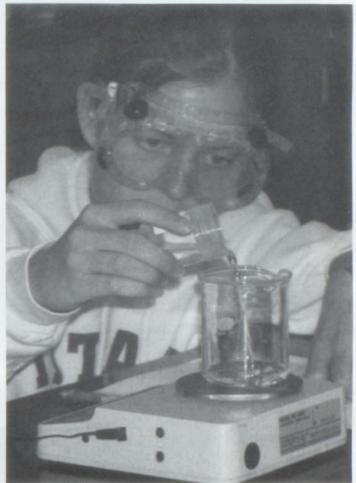
chemistry.

great have the systems, because we have a wider range of classes to choose from," explained Amanda Truebenbach. who took both chemistry and college English over the systems.





Hard Work: Sophomore Teddy Yde discovers that taking Spanish over the NCAI system requires independent work. **Einstein:** Amanda Truebenbach completes a chemistry experiment in the lab at Frederick as part of her TV class.

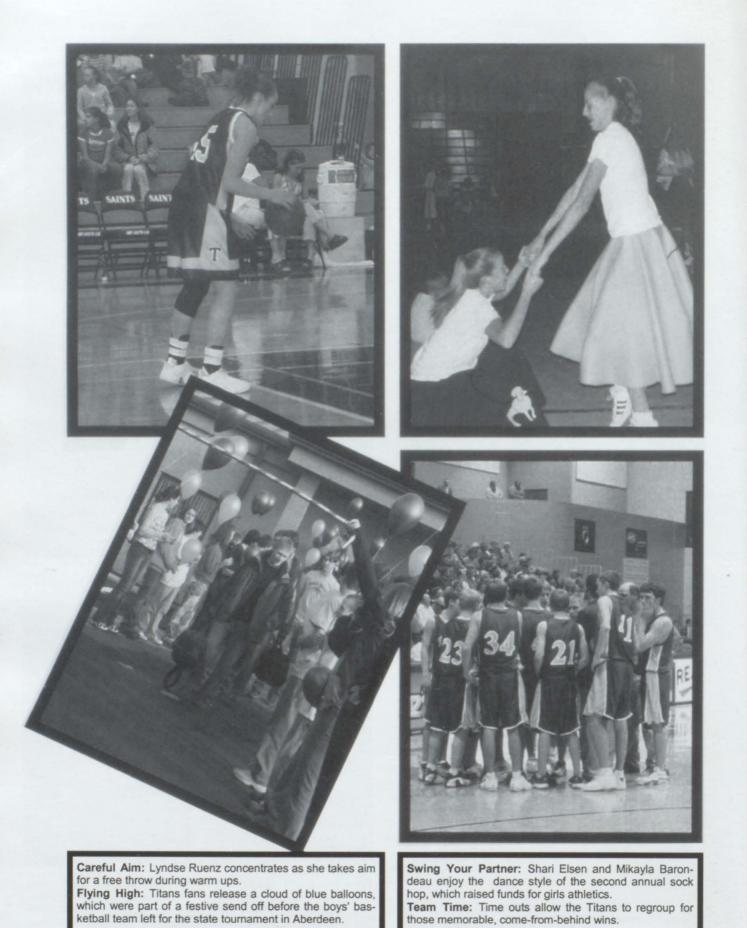






Back to School: Krista Kurtz and Wyatt Wilson waltz back into school after two class periods in Aberdeen for their vocational classes. Students returned to Frederick for seventh hour classes each day. Waiting for the Bell: After returning from vocational, students work on their homework in the lunch room while they wait for seventh hour to begin.





### Remember When...

...life was changed, disassembled, rearranged.. we came together...fell apart...vowed we'd never give up.

These words from Jackson's song reflect the fate of the athletic program, which experienced change as the Northstars dissolved and the Titan coop enveloped all sports.

## What's Inside?

Inside? Football40
Volleyball42
Cross Country44
Girls Basketball46
Boys Basketball48
Track50
Mics. Sports52 JH/JV Sports54

## Athletics





#### Scoreboard

Opponent	Us	Them
Hoven/E.C.	28	6
C. County	6	26
Selby Area	6	20
Roslyn	12	44
McLaughlin	27	22
Eur./Bowdle	8	55
N/W—Cres.	0	50
Langford	22	8

1st Round Playoffs: N/W—Cres. 6 46

Team Tactics: Several offensive Titan team members huddle up to listen to the advice of head coach Bobby Olson. Intensive practices and inspiring timeouts moved the Titans to three wins this season.

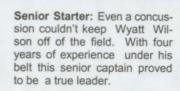
On The Line: The Titan's offensive line waits for the command from quarterback Aaron Kappes. Altogether the Titans racked up 1,914 yards of offense, including 1,249 rushing.

Fumble! Alex Hart rushes in to assist fellow Titans in stealing the fumble from two Eureka/Bowdle players. The Titans finished the year with eight caused fumbles defensively.





Waiting For the Play: Sophomore line backer Jesse Brooks waits patiently for quarterback Aaron Kappes to announce the play. Jesse finished the season with a total of 10 tackles.







Extra-Point: Sophomore Ryan Bergan takes a breather after the Titan's point-after attempt. Ryan finished the season averaging 2.94 yards per carry. He racked up total 144 yards.





Varsity: Back: Coach D. Schawn, J. Brooks, J. Hart, T. Hart, C. Achen, M. Sumption. Fourth Row: C. Schaunaman, R. Bergan, A. Hart, L. Geffre, W. Wilson, C. Mahlke, J. Anliker. Third Row: A. Schaunzenbach, T. Pudwill, J. Taylor, L. Guthmiller, J. Dennert. Second Row-Coach B. Olson, C. Pudwill, C. Brockel, C. Guthmiller, J. Franck, N. Bradner, N. Kallas, Coach M. Waltman. Front-B. Daly, B. Weiszhaar, C. Shafer , A. Erdmann, A. Kappes, J. Whetham. Not Pictured: J. Thorpe.



Honors: Cody Mahlke (second from left) earned first team YTC . Ryan Bergan, Josh Dennert, and Alex Hart earned honorable mention honors.

Listen Up! Quarterback Aaron Kappes shouts a play to the offensive line during the Eureka/Bowdle game in Frederick. The Titans lost 8 to 55.





## mproved

New colors, new

coaches, new uniforms.

new faces, new mascot,

new team; all describe

the Leola-Frederick Titan

football team. In their first

year, the Titans posted

an overall record of 3-6.

which was an improve-

ment on both teams' re-

cords from the previous

gettable season for the

whole team as a co-op,"

Up The Middle: Center Josh

Dennert pushes through the

line to make a tackle.

"It was an unfor-

explained Senior Cody Mahlke. "Especially since we had the opportunity to play the number tworated team in the state. Northwestern/

the Cresbard Wildcats, twice: the second time during first round playoffs."

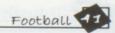
The Titans were lead by head coach Bobby Olson and assisted by Marty Morlock, Dwain Schwan and Mark Sumption.

Throughout the season several Titans earned awards for vari-

Team Improves During Premiere Season.

accomplishments. Awards Night, held May 6, Cody Mahlke was announced as Most Valuable Lineman, Wyatt Wilson as Co-Hardest Hitter (honor shared with Leola's Justin Thorpe) and Joel Torrence was named as the team's Most Improved player.

Wrapping up the new season, 23 of the 29 member Titan football team earned letterman honors.



Scoreboard				
Opponent	Us	Them		
Eds. Central	2	0		
	3	0		
Eureka	2	0		
McLaughlin	2	1		
Selby	0	2		
Langford	3	0		
Campbell Co		0		
Faulkton	0	3		
D/C	1	3		
Selby	0	3		
Britton	3	0		
Eureka	3	0		
Selby	0	2		
McLaughlin	2	0		
Campbell Co.	. 2	0		
Hoven	3	0		
Ipswich	3	1		
Ellendale	3	1		
N/W/Cres.	0	3		
Warner	1	3		
McLaughlin	3	0		
Districts				
Langford	3	0		
N/W/Cres.	0	3		

**Huddle Up:** Lady Titans take a break from the game so the coaches can give them inspiration, such as bribing them with a steak supper!

Seniors Rule: Sporting nearly identical black dresses, Rachel Emery and Amanda Truebenbach do not look like officials; however, the two officiated several junior high games throughout the season.





Ace: Becky Torrence serves the ball to the other team during the Yellowstone Trail Conference Tournament. The Titans had a serving percentage of 91, with a total of 149 aces.

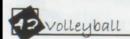






Sky High: Lyndse Ruenz tips the ball over two Ellendale players. Ruenz led the Titans with 120 kills and 55 solo blocks. Ruenz was also named to the YTC and LRC teams.







Titans' Varsity Team: (Back Row) Coach Holly Lapka, Amanda Truebenbach, Kari Wolff, Lyndse Ruenz, Sam Toennies, Jessica Mack and Coach Sarah Sumption. (Middle Row) Liz Leibel, Carli Ellwein, Kelsea Barondeau, Dena Ackerman, Ashley Seih and Jessica Whetham. (Front Row) Becky Torrence, Rachel Emery, Heather Weiszhaar and Corley Hertel.



Dig It!: Amanda Truebenbach goes to the floor for a ball. Truebenbach led in digs with 130, and serving with a percentage of 95.2 and 38 aces. Truebenbach was named to the YTC All-Conference team also.

Good Game: Leola-Frederick Lady Titans give high fives all around after winning a match against Eureka. Positive attitudes and team work held the Titans together through the wins and losses of the season.



## Dig This

#### Volleyball Co-op Attracts 60 Girls.



Although the Titan's volleyball season came to an end sooner than wanted, the Leola-Frederick Titan co-op proved successful during its first year in existence.

"Everyone worked really hard to make us the team that we were," noted Amanda Truebenbach, senior captain. "We really pulled

**BAM!**: Carli Ellwein goes up for a spike against Ellendale, a team the Titans defeated. Ellwein, freshman, was named to the YTC All-Conference team.

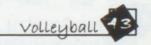
together against Northwestern; I could not have asked for a better end to my career."

As regular season play wrapped up, the Titans defeated the Langford Lions in the first round of the District 2B Tournament in Doland on Friday, October 31. Saturday morning the Titans returned to play the number one seed, Northwestern. Although they kept their hopes up, this game marked the end of the

season.

The team ended the season with a final record of 14-8.

"I was very pleased with the girls this season, and I'm excited for the years to come. I felt the girls ended the season on a good note with the effort they put out during the Northwestern game," stated Coach Sarah Sumption.



Fearless Coach: Coach Janelle Barondeau reviews times and places to develop strategies for the cross country teams. "They are very dedicated and tough bunch, coming early for many morning practices. They got to see some great sunrises!" stated coach Barondeau.



Huddle Up: Cross country runners group together by a windbreak to keep warm during the regional meet in Webster.



Ready, Set, Go: Varsity runners get off to an energetic start as they begin the Lake Region Conference race in Webster. The Titans won the girls division by capturing places one through five.





On the Line: Junior Brent Haas anticipates the starters gun at the Webster Invitational. At this meet he placed 10th in the boys varsity race, covering the 3.1 mile course with the time of 19:22.

Congratulations: Freshman Chris Achen receives a medal for his seventeenth place finish at the Regional Cross Country Meet in Webster. "It was a good day for running," explained Chris.





Team Support: Freshman Brooke Haas wishes her teammate Renee Graves, eighth grader, good luck. The girls were warming up before the Schmeckfest in Eureka.



Varsity Boys: Chris Achen, freshman and Brent Haas, junior. Although they could not compete as a team both Chris and Brent attended the State Cross Country Meet.

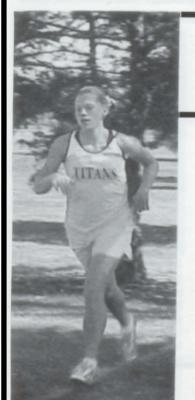
Varsity Girls: Shari Elsen, eighth grader, Beth Rahja, senior, Brooke Haas, freshman, Mikayla Barondeau, eighth grader, and Renee Graves, eighth grader. These girls competed as a team at the State Cross Country Meet in Huron on October 25.



State Bound: Titans decorate the school suburbans before their departure to the State Cross Country Meet. "Although it was a cold, snowy day, we still had some outstanding performances including Brent's (Haas) ninth place finish," commented Coach Barondeau.







## Cover Course

### Practices Increase Endurance.

Early on the morning of August 18, 12 athletes arrived for a strenuous practice, leading to a successful cross-country season.

"It was a fun year! This group of kids was great to work with this year," commented Coach Janelle Barondeau.

The varsity girls

Leader of the Pack: "Beth Rahja was our only senior. She added a spark to the team and was a great leader who we'll miss," said Coach Barondeau. placed third in the Yellowstone Trail Conference Meet on October 1 in Eureka and first in Lake Region Conference in Webster on October 6. They took third at the Region 1-B meet in Webster on October 15. Varsity boys placed second in Lake Region Conference.

Combined, varsity and junior varsity accumulated 15 first and second places throughout the season!

"Their hard work

paid off during the season. We had many excellent performances; a couple notable ones being Mikayla Barondeau finishing first at LRC meet and Brent Haas being the Region 1-B champion," explained Coach Barondeau.

"I was extremely pleased with how all of the athletes improved this year, I can't wait until next year!" she con-

Cross-Country 15

Scoreboard				
Opponent	Us-Them			
Eds. Central	43-32			
Pollock	69-33			
D/C	58-80			
Timber Lake	47-41			
McLaughlin	50-44			
Selby	37-47			
Eureka	52-27			
Selby	23-44			
N/W/Cres.	58-46			
McLaughlin	35-51			
Roslyn	·50-51			
Warner	62-31			
Herried	55-50			
Hoven	67-43			
Bristol	51-53			
Herried	51-62			
Langford	70-17			
Bowdle	64-55			
Eureka	66-35			
Districts				
Warner	66-30			
N/W/Cres.	53-47			
14/44/0163.	00-47			

Keep Your Heads Up: Lady Titans huddle up after the D/C game. In the huddle they were told that winners aren't measured by what the scoreboard says, they're measured by how hard they worked.



Regrouping: Senior captain Amanda Truebenbach takes a breather while waiting for her teammate to shoot a free throw. Truebenbach led the Titans in assists with 46.



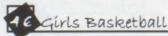


Defense: Freshman Carli Ellwein plays man-to-man defense against Timber Lake, who the Titans beat in overtime. Ellwein followed Ruenz in rebounds with 127. Ball!: Despite numerous problems with her knee, Lyndse Ruenz posts up strong and calls for the ball. Ruenz led the Titans in rebounds with 177, and blocks with 14.





Sink It: Kelsea Barondeau shoots a free throw after being fouled. Barondeau's percentage from the line was 75.6. She led the Titans in points with 340 and steals with 53.





Titans Girls Basketball Varsity Team: (Back Row) Coach Sarah Sumption, Mikayla Barondeau, Jessica Whetham, Kari Wolff, Lyndse Ruenz, Amanda Truebenbach, Kelsea Barondeau, Coach Holly Lapka. (Front Row) Carli Ellwein, Katie Schaeffer, Corley Hertel, Heather Weiszhaar, Christa Haas and Liz Leibel.



Titan's House!: Lady Titans huddle up to motivate each other before a game. The prewarm up huddle included the infamous "whose house" chant.

Game Time: Captains Amanda Truebenbach and Kelsea Barondeau get ready to lead the Titans onto the court to warm up for their game.



## Inside Outside

#### Shots from Both Led the Lady Titans to a Winning Re-



Teamwork was a top priority for the Lady Titans as the Frederick and Leola basketball teams merged their skills and talents.

The co-op, combined with the loss of key players to graduation, forced the girls to accept leadership roles and encourage one another, both on and off the court.

"This year was very different for us," ex-

Sister, Sister: Sisters Kelsea and Mikayla Barondeau wait at half court during a free throw.

captain plained team Amanda Truebenbach. "We have never played basketball without last years seniors leading us. I think that everything went really well, considering the changes faced." The Titans finished their premiere season with a winning record, 14-8, and placed second in district action.

"Our girls worked very hard. They discovered a lot about basketball and about themselves, which is why we play the game," noted Coach Sarah Sumption. "We need to be proud of our accomplishments and work on the areas where we fell short," she concluded.

Lyndse Ruenz and Kelsea Barondeau, were named to the Lake Region and Yellowstone Trail Conference teams.

Girls Basketball

#### Scoreboard

Opponent Pollock Langford Eds. Central Herried (D-OT) D/C Edgley Oakes Ellendale (OT) Hoven Bowdle Ipswich (OT) Northwestern McLaughlin Roslyn (OT) Warner Bristol Selby Eureka Faulkton	Us 1 43 90 34 55 42 66 72 60 65 52 77 49 65 52 77 72 53 73	79 66 54 50 56 70 66 50 64 70 97 62 68 55 51 62 69
Districts Ipswich D/C N/W/Cres. (OT)	56 59 70	48 54 63
Regions Wilmont	50	49
State Scotland Faith DeSmet	59 60 34	63 51 55

Team Unity: Time outs to regroup and brush up on plays keep the Titans on track. Head Coach Troy Knecht passes on his words of wisdom.



Senior Pride: Justin Thorpe and Shaun Sanders proudly display the products of hard work and dedication. They finished their senior season with a sixth place finish at State.





Tradition: Joel Torrence takes part in the traditional net cutting ceremony after the Titans overtime victory against Northwest-ern/Cresbard in the District 2B championship game.

"It was an amazing year coming from where we were to where we ended. I'm really looking foreword to next year and making a run at State again."

~ Coach Troy Knecht





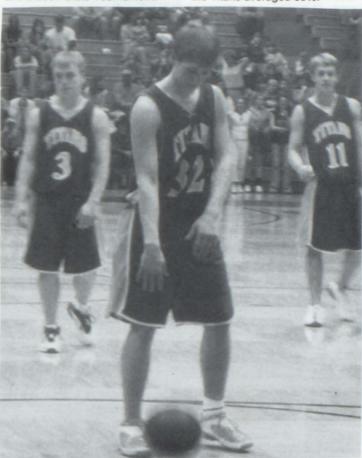
Box Out: Sophomore Alex Hart stands on the line waiting to box out and rebound during the Scotland game of the State B Tournament in Aberdeen.



Varsity: (Back Row) Head Coach Troy Knecht, Austin Shaunzenbach, Ryan Bergan, Lucas Bruns, Josh Whetham, Justin Thorpe, Chuck Schaunaman and Assistant Coach Mike Waltman. (Front Row) Aaron Kappes, Shaun Sanders, Alex Hart, Jerame Frank, Burt Daly and Joel Torrence.



Support: Shaun Sanders gives teammate Lucas Bruns a little encouragement before running to center court to shake hands at the 2004 State Tournament. Free Throw: Titan forward Lucas Bruns concentrates on his free throw. Lucas shot 61% from the line this season, while the Titans averaged 59%.





### Everyone Will Remember the Titans.



Keeping their record at just above 500 until mid-season, the Titans got off to a slow start. When their record fell below 500 after a loss to Roslyn in overtime, they realized that they needed to step up the pace. In what turned into a dream season, the Titans were able to pull off a 10-game winning streak that led them straight to the state tournament in Aberdeen.

The Titans didn't lead

In Bounds: Ryan Bergan waits for the open pass.

in many games, but even being down, they never seemed to give up. They came back to win in the district championship game, even after being considered the under dogs. Then in region action the Titans managed to overcome an 18-point deficit in the second half to take the title.

The players attributed their victories, not only to their hard work, but also to the fans, who never gave up on them.

When the Titans won the district championship,

everybody began talking about two towns coming together as one. So not only did the boys have a successful season on the court, they managed to merge two towns into one very loud, loyal cheering section.

With a sixth place finish at state, this season will remain in the hearts of Titan fans making this the year that everybody will truly "Remember The Titans."

Boys Basketball

Last Leg: Brent Haas completes the last leg of the 3200 meter relay. Team members were Alex Hart, Jed Anliker, Layne Guthmiller and Brent Haas.



Senior Spirit: Beth Rahja, senior, covers the 800 meters for her share in the medley relay. The team placed third at regions with a time of 4:36.



Coach's Corner: Janelle Barondeau reviews stats during the region meet. By analyzing times and making adjustments, Barondeau coached the girls to the Region 1B title.





Finding Stamina: Running long distances challenges Alex Hart. With determination and stamina, the sophomore runner won the 3200 race at regions and advanced to state competitions.

Stretch It Out: As an experienced athlete, Kelsea Barondeau knows the importance of stretching before she competes. Intense training allowed her to be part of the winning 3200 meter relay team.





Home Stretch: Lucas Bruns maintains his pace as he rounds the curve and enters the home stretch of 300 hurdles. He ran the race in 45.7 seconds, which placed him third at the regional meet.



Girls Track: (Back Row) A. Grabowska, A. Yost, L. Leibel, C. Ellwein, M. Achen, (Third Row) M. Gill, S. Jung, A. Podhradsky, S. Gill, K. Hart, K. Tschappat, K. Lapka, K. Group. S. Mack, (Second Row) M. Barondeau, T. Elsen, B. Haas, K. Barondeau, B. Rahja, M. Waltman, R. Graves, K. Maddocks, J. Walworth, (First Row) A. Worthy, S. Elsen, A. Kallas, C. Haas, J. Mack, H. Weizhaar, K. Wolf, C. Hertel, B. Schlosser, M. Grakhovskaya.



Boys Track: (Back Row) A. Hart, C. Guthmiller, J. Anliker, C. Shaunaman, C. Guthmiller, C. Ellwein, N. Leibel, C. Achen (Third Row) L. Bruns, C. Brockel, K. Lechner, A. Erdman, A. Kappes, B. Haas, J. Taylor, B. Daly (Second Row) M. Waltman, B. Mikkonen, J. Thorpe, A. Schaunzenbach, A. Schaefer, E. Grabowska, J. Daly (First Row) C. Paulson, E. Yost, W. Sumption, J. Pudwill, T. Meyer, C. Gustafson.

Winning Relay: Brooke Haas, Kelsea Barondeau, Mikayla Barondeau and Beth Rahja use their combined talent to form a winning 3200 meter relay team. These four girls clocked their best time of the season at state competition, finishing the race with a 10:12 and placing sixth. The state track meet was held at Howard Wood Stadium in Sioux Falls on May 28-29.





## On Your Mark

After consistently

posting winning times

during the season, 18

athletes pushed them-

selves to the number one

or number two spot in 16

events, allowing the Ti-

tans to win both the boys

and girls Region IB titles

for the second consecu-

tive year. These 18 ad-

vanced to the state com-

Up and Over: Tracy Elsen con-

centrates as she prepares for

Tracy and Christa Haas tied for

third place at region competi-

tion, clearing the bar at six foot.

pole vault.

Titans vaulters,

petition, which was held at Howard Wood Stadium in Sioux Falls on May 28 and 29.

"Winning team titles again was great," reported Janelle Barondeau, head track coach. "We had been running well throughout the season and I was hoping we could put it all together at Regions. The girls edged by Northwestern with only one first place finish, but we were strong in several areas, which al-

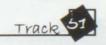
lowed us to win the title," she concluded.

Eighteen Advance

to State

Competition.

Although only participants in the 3200 meter relay team, 100 meter dash, 100 meter hurdles and long jump placed at the state competition, the Titans wrapped up a successful season, which included consecutive titles at the Lake Region Conference and Region IB.



Stand Up and Cheer: Megan Dutenhoffer leads the cheering section at the state tournament. Three girls led cheers throughout the boys season.

Multi-Sports: Freshman Chris Achen accepts the challenge of participating in several sports. In addition to cross country, he was the only wrestler from Frederick.





Titan Spirit: The Titan mascot leads the crowd at the state tournament. Leola-Frederick's crowd was known for their enthusiasm and volume, and often credited with making the difference on the come-frombehind wins.

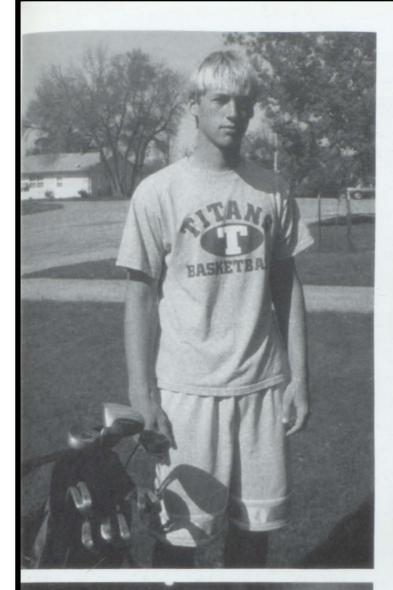




**Summer Camp:** Girls practice drills during the second annual Triple Threat Basketball Camp, which was held in Frederick from June 2-4. Morning and afternoon sessions accommodated players from first through twelfth grades.

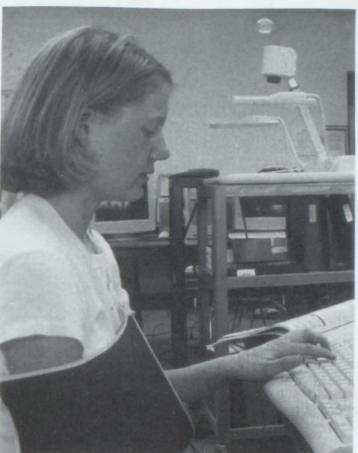
Spike Speed: Middle-distance runner Beth Rahja replaces spikes before her next race. By keeping her equipment in top condition, the senior is prepared to perform her best.

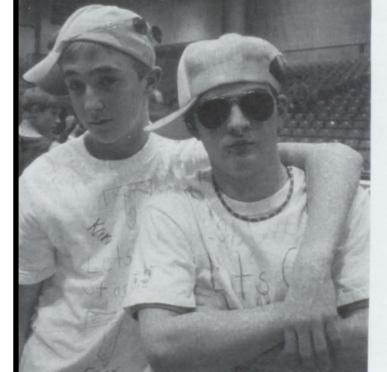




State Tournament: In his second year of participation, Luke Bruns advances to the state golf tournament. Track and golf kept Luke on the road and out of school during the spring.

Injured List: Blair Truebenbach attempts to type with one arm in a sling. The freshman injured her elbow during a rodeo, which was a new sport for Frederick athletes.





## his & hat Sports

When the Titans co-op expanded to include all sports, athletes at Frederick gained access to several new sports, including wrestling, rodeo and golf.

Although numbers were limited, Frederick listed participants

Sophomore Spirit: Justin Hart and Jesse Brooks display their team spirit with specially-designed Titan apparel. When the boys team advanced to region and state, the Leola-Frederick communities purchased over 300 t-shirts featuring a team roster and picture.

in each of these athletic areas.

Sports played a major part in the activities of FHS students. This was evident when the Titans sent five bus loads of fans to Milbank for the boys basketball region championship against Wilmot. The team won in a great come-from-behind effort and advanced to state competition.





Kick it in: Blain Mikkonen runs the fourth leg of the medley relay at the Lake Region Conference track meet at Groton.

Ready to Run: Chris Paulson, Wyatt Sumption and Chris Achen anticipate the starting gun at the Webster Invitational cross country meet.



On Guard: Justin Hart comes out on a Selby player during junior varsity action at a home game in Leola. The JV team struggled throughout the season with low numbers.





Awaiting the Serve: Mikayla Barondeau, Megan Lapka and Masha Grakhovskaya wait for the serve during a junior varsity volleyball match. The Titans were playing in Ellendale.

On the Approach: Jumper Shari Elsen looks to clear the high jump bar, which is set at a height of 4' 2". Shari placed sixth in the Lake Region Conference track meet at Groton.





Almost Done: Chris Achen runs the final 200 meters of the 3200 meter run at Webster. Chris participated in a range of sports from football to cross country to wrestling and track.



Junior Varsity Volleyball: (Back) Coach Holly Lapka, Blair Truebenbach, Heather Heupel, Diana Huettl, Brooke Haas, Jessica Mack, Chelsea Duttenhoffer, Ashley Yost, Katie Klipfel, Amanda Grabowska and Megan Lapka. (Middle) Heidi Weiszhaar, Jenny Melland, Megan Waltman, Christa Haas, Amanda Kallas, Masha Grakhovskaya, Brittany Schlosser. (Front) Tracy Elsen, Michelle Achen and Jessica Whetham.



Girls Junior Varsity Basketball: (Back) Coach Sarah Sumption, M. Grakhovskaya, D. Huettl, J. Mack, J. Whetham, M. Barondeau, Coach Holly Lapka. (Middle) A. Grabowska, H. Heupel, M. Lapka, C. Duttenhoffer, B. Haas, S. Mikkonen, M. Waltman. (Front) M. Achen, C. Hertel, C. Haas, A. Kallas, B. Truebenbach, T. Elsen.

Girls Junior High Basketball: (Back) K. Lapka, J. Walworth, S. Jung, Coach Marty Morlock. (Third Row) K. Maddocks, R. Graves, J. Hart, S. Elsen, M. Gill. (Second Row) M. Hoffman, K. Kallas, S. Mack, S. Gill, C. Zinter. (Front) K. Hart, A. Worthy, K. Payne, B. Fiecker. Not pictured: K. Tschappat.





#### earning asics JH/JV Athletes.

sports

Offering

competition at the junior

high and junior varsity

levels allowed for in-

These teams also taught

the basic concepts of the

various sports and cre-

ated situations where

young athletics could de-

ball, cross country, girls

and boys basketball, golf

Endurance: Cody Gustafson,

freshman, maintains a steady

pace during the 3200 meter run

velop their skills.

creased

at Webster.

participation.

Volleyball, foot-

and track all scheduled competitions at the junior high and junior varsity levels.

"Especially with the co-op, it is important to schedule junior varsity and junior high games," explained Marty Morlock, athletic director. added. "At the young ages, students can test their abilities and then make good decisions about what sports they should concentrate on."

While these

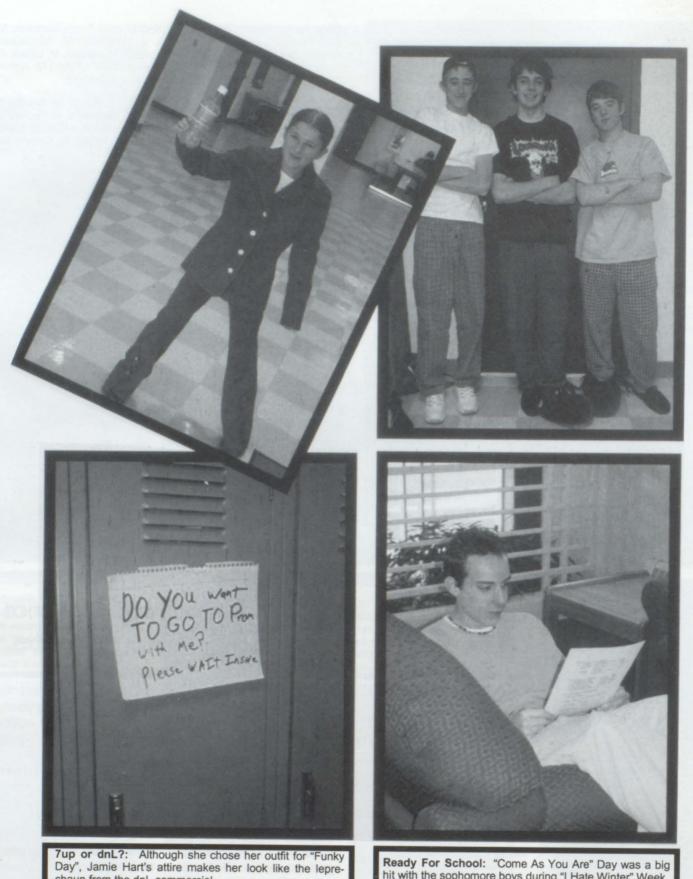
teams were a good forum for developing young athletes, they also added an already busy schedule.

Sports Challence

Matt Huettl added, "This spring was especially crazy with both track and golf."

"It's a lot of extra scheduling," concluded Mr. Morlock, "However, it's a necessity if we want to have competitive varsity teams."





chaun from the dnL commercial.

Date Dilemma: Senior Cody Mahlke tries a new approach to get a date for prom. Yes, he got a date; no, she didn't wait in his locker.

Ready For School: "Come As You Are" Day was a big hit with the sophomore boys during "I Hate Winter" Week. Oral Interp: Sam Raynor reviews the schedule for district competition. His poetry selection advanced all the way to the State Festival in Spearfish.

### Remember When...

...we won't be sad... we'll be glad...for all the Life we had...

Seniors, especially, spent a lot of time looking back and remembering when. They often reminded underclassmen to enjoy the time they have left in high school, because it goes so fast. As a result, all students moved forward, following the philosophy of Jackson's song and appreciating the memories.

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## Student Life





### What's Cool

at

### Frederick School?

Everyone at FHS has their favorites, from their flavor of ice cream to their kind of car. Attempting to discover just what was hot during the 2003-04 school year was an adventure...the results of a survey showed that the students at Frederick School are definitely individuals with their distinct likes and dislikes. However, the poll also indicated that Frederick students have a lot in common. The tally is a reflection of all

that made this a unique year. for FHS students.

Friends Forever?: Luke Bruns crams

before a history test...he couldn't get much studying in the night before, because the final episode of the sitcom,

"Friends", aired. A "Friends" fanatic,

the junior owns videos of most seasons and often talks about the charac-

ters as though they were his personal

sion during speech class by giving a persuasion speech on why everyone

should watch the show. The series ran for 10 years and aired its final episode

Favorite Lunch: Although students didn't list the lunchroom as their favor-

ite place to eat, most students ate lunch at school everyday. Then many

of them went downtown for snacks.

Thursday, May 6, 2004.

He even shared his obses-



#### Top 5 Flavors:

- 1. Chocolate Chip Cookie Dough Chocolate
- Cookies &
- . Rocky Road 5. Vanilla



#### **Fast Food Favorites**

- 1. Subway
- 2. McDonalds
- 3. Pizza Hut
- 4. Taco Johns
- 5. Burger King & Arby's

#### Top 5 Mountain Dew Coke Dr. Pepper Sunkist Pepsi

#### Food Type

- I. American
- 2. Mexican 3. Italian
- 4. Chinese

#### Sports Drink

- 1. Gatorade
- 2. Powerade

#### Favorite Restaurants

- 1. Shenanigans
- 2. Steak & Buffet
  - 3. Perkins
- 4. Applebee's
- 5. Olive Garden
- 6. Red Lobster

Curve, Ralph Lauren, Adidas Moves and Luck Top Colognes: Curve, Adidas Moves, Cool Water and Lucky



Keep on Truckin': Cody Mahlke and Josh Dennert proudly display their trucks, which just happen to be Fords, the most popular brand of vehicle, according to the student body. "You need something with a lot of power to get through the senior parking lot," explained Josh.

# Favorite Sports Teams Football 1. Vikings 2. Patriots 3. Cowboys & 49ers Basketball 1. Lakers & Duke 2. Tarheels Baseball

#### **Top TV Shows**

- Whose Line Is It Anyway
  - 2. South Park
  - 3. Friends & Monster Garage

#### Best Movies

- 1. Super Troopers
  - 2. Old School
- 3. 2Fast 2Furious
- 4. Van Wilder

#### Top Shoe Brand

- 1. Adidas
- 2. K-Swiss
- 3. Nike
- 4. Doc Martins

#### Favorite Brand of Clothing

1. Lucky 2. Old Navy

3. Abercrombie & Fitch



School Spirit: Freshmen Chelsea Dutenhoffer, Brooke Haas, Carli Ellwein and Christa Haas try to steal the Spirit Stick that seniors Rachel Emery, Amanda Truebenbach, Dionne VanMeter and Ashley Jung believe they earned at the state-bound pep fest. Although the Spirit Stick was actually presented to the freshmen, seniors often had control. On the seniors last day, the freshmen present them with miniature replicas of the stick and taunted them with the fact that they actually still won the award.

**Hoodies:** Both Brooke Haas and Justin Hart wear the latest sweatshirt style, a hoodie, as they move through the hall between classes.

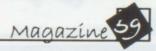


#### Hobbies

- Hanging out with friends
  - 2. Sports
  - 3. Hunting
- 4. Going to the movies
- 5. Going to the races

**Skin:** During the student style show, Masha Grahowskaya, Rachel Emery and Amanda Truebenbach model styles that show way too much skin according to the school dress code.





#### Community Offers Solid Support

At a time when many small schools in South Dakota faced traumatic decisions, Frederick School continued to thrive and make improvements.

This would not have been possible without the support and contributions of a large, caring community. From attending games to cheer on the Titans to showing up at school dressed like The Cat in the Hat to celebrate Dr. Seuss' birthday, community members could be depended on to make school activities successful.

The gym was filled to capacity at many school events, including concerts and basketball games. This outpouring of community support seemed to inspire students, as they provided quality entertainment at each event throughout

the year. From the first volleyball and football games in the fall to graduation in the spring, students at Frederick never doubted that they performed with tremendous community support on their side.

Raising funds for a proposed community health facility was a prominent project during the school year. committee, including school personnel and community members, sponsored a game feed on Super Bowl Sunday and co-hosted a supper at a basketball doubleheader. The proposed facility would be connected to the existing education building.

Whenever they were called upon, community members were there to support, improve, promote and continue the activities of the school district.



**Go Titans:** Krysti Mikkonen and Janet Elsen put the finishing touches on a sign for the State B celebration. Community members gathered at the gym the Sunday before the tournament to decorate.

Livin' in the 60's: Dionne VanMeter, Amanda Truebenbach, Sandy Hoerner and Rachel Emery step back in time to create tie-dye t-shirts for the spring concert. They also tie-dyed 50 pillow cases, to use as a backdrop at the concert. "I can't believe we dyed 50 pillow cases! Where does Ms. Labesky find these things?" asked Rachel.







**Everyone's Involved:** This large patriotic float shows how involved the community is during Homecoming Week.

After-School: After school participants celebrate Cinco de Mayo. The program was offered school days until 6 p.m.

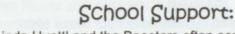






School Spirit: Community members cut out "T"s and paint signs for the State B's

Title Holders: First runner-up Rachel Emery, Snow Queen Amanda Truebenbach, Jr. Snow Queen Shrylle Mikkonen, Jr. first runner-up Blair Truebenbach, crownbearers Mikayla Kocher and Jacob Hamm.



Linda Huettl and the Boosters often serve lunch after school events. Grandmas Vera Fern Elsen and Ina Bruns enjoy the Grand March. Judy Bretsch reads the narration for the Spring concert.





community ET

## Homecoming Week Proves Exciting

Even though Homecoming Week was short, it wasn't short on excitement. Students enjoyed Monday off for Labor Day, and then came back on Tuesday, to halls filled with hicks for Hick Day.

Senior Dionne VanMeter joked, "Around here, it's not hard for most kids to dress up like hicks...they just show up in their regular clothes!"

Coronation took place on Tuesday night. Rachel Emery, Beth Rahja, Amanda Truebenbach and Matthew Gustafson, Cody Mahlke, and Wyatt Wilson were candidates for king and queen. Crownbearers were Savana Hinz and Stephen Haas.

Skits were performed by the seventh grade class and the cross-country team. In the end, Amanda and Matt were crowned king and queen.

Wednesday was Twin Day, followed by Hero Day on Thursday. Also on Thursday, the volleyball team traveled to Hosmer and defeated the Edmunds Central Raiders.

School spirit was evident all over town as the students spent Friday morning building their floats. After lunch, the parade began with a World War II veterans float and the FHS Marching Band.

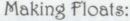
The Titan foot-ball team may have suffered a loss against the Campbell County Express Friday, but the night ended with high spirits as the students gathered in the Frederick Gym for the Homecoming Dance.



Leading the Parade: Two Sophomores boys, Justin Hart and Joel Torrence, received the honor of carrying the colors in the Homecoming Parade. As part of a tradition, the flags have always been the start of the parade.

Winning Entry: Brandon Taylor, Travis Hart, Jessie Daniels and Eric Nixon ride their first place float, which featured the theme "Make 'Em See Spots" from "101 Dalmatians". It was a first time win for the freshman since the seniors had reigned the past three years.

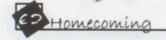




Kelsea Barondeau and Lyndse Ruenz put boxes together as construction of the Sophomore float begins. Blair Truebenbach and Carli Ellwein have float construction under control while Lucas Bruns gives direction to Krista Kurtz and the rest of the juniors.









**Tradition:** The Frederick High School Band marches through the parade route playing "The Western Trail".

Funky Freshman: Carli Ellwein, Christa Haas and Brooke Haas exhibit true funky spirit with their outlandish attire.







Crown Bearers: Kindergarteners Stephen Haas and Savana Hinz proudly deliver crowns for the new royalty.

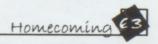
Homecoming Candidates: Rachel Emery, Wyatt Wilson, Beth Rahja, Cody Mahlke, Queen Amanda Truebenbach, and King Matthew Gustafson.

#### Dress Up Days:

 L₀yndse Ruenz and Amanda Truebenbach sport their hero attire, while Travis Hart shows true style on Funky Day. Alex Hart misses the fun, although Ryan Bergan was in style with his Sponge Bob tie and trucker hat.







#### "Hillbilly Hankerin" Draws Full House

Combine 15 actors and actresses.....a feud....a government agent....boy crazy girls and watch out! That's exactly the combination that took to the stage when the Leola/Frederick drama department presented "Hillbilly Hankerin" Friday, March 26.

Practices began on March 2 and the play was open to students in grades 7-12. All practices and the performance were held in Frederick; next year the play will rotate to Leola again.

"Some of the cast were worried about only having 14 practices. but in the end it worked out really well," explained Carma Ruenz, codirector. "We spent a long evening working the Monday before the play."

When the actual night of the play arrived. the cast and directors were ready. Every one

stayed after school to run through key scenes and to get their make up and hair done. Janeen Haas, whose daughter Christa was in the cast, came in to assist with "styles".

"Mv hair never been that BIG," exclaimed Carli Ellwein, as she begged for a more controlled style. In the end, she kept the wild, hillbilly look that was applied to all of the cast members.

The practicing and planning paid off as curtain time neared and the chairs began to fill. More were set up and beginning at 7 p.m. "Hillbilly Hankerin" was presented to a full house.

In an odd twist of cast members fate, learned that two other area schools presented the same play in April. "That's just weird," noted Tonya Zinter, who was the other co-director.

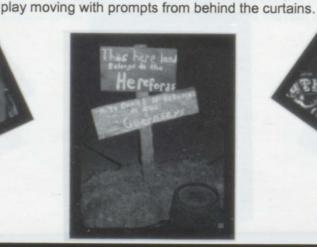


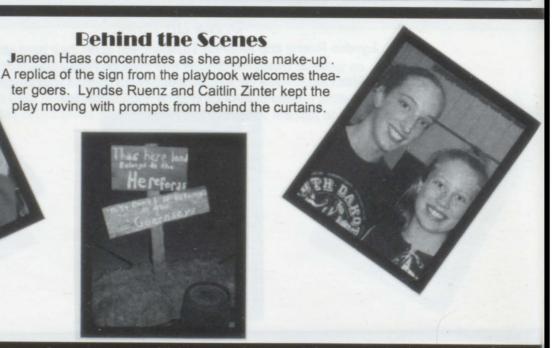
"Is It Working?": Charlie (Tracy Elsen) wonders if the change in Marcus' (Sam Raynor's) attitude is sincere or just the result of "the number three" potion from the Widder Perkins.

Hand Signals: Cy (Matt Forresting) explains the complicated journey of the guv'mint letter to Pa (Chris Achen). The life-changing letter was returned three times before it was finally delivered to the Hereford cabin, where it brought the feuding families face to face.











What??: The Widder's Assistant (Masha Grakhovskya) completes the potion list.

Cast: Fifteen students combine their talent to form the cast of "Hillbilly Hankerin".

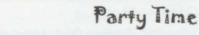






Where There's News...: Saralee Poke (Kassie Storm) gathers information for the Hooten Holler, Titas Waller, Crow's Creek Caller.

A Man: The Bickle sisters (Michelle Achen, Kristina Maddocks) report the arrival of "a man" to Betty (Christa Haas) and Freida (Carli Ellwein).



After the play, the cast met in the library. Carli Ellwein and Jess Mack got nets to catch boys, while Chris Achen got a chew toy for "playing rag to Ma's bulldog"! Ice cream cake and Cranium were party favorites.





#### Couples Celebrate Prom Night

Eighteen couples celebrated prom night with the theme "Sunk in Paradise".

Juniors and seniors gathered for a late afternoon dinner at Hog Wild on Saturday, April 3. They then progressed to the gym for the rest of the evening as Prom 2004 became a reality.

Professional photos were taken by Stein Photography and then at 7 p.m. the traditional grand march be-The couples met and then walked through the "sunken ship", as family and friends took pictures.

"There are a few too many pictures taken at prom if you ask me," fussed Rachel Emery. "The professional picwould have been tures enough!"

A DJ company from Eureka provided

music as the couples began dancing. From fast rock to slow classics, the couples enjoyed a variety of dances.

At 11:30 p.m., the DJ shut down and couples changed from formals and suits to ieans and t-shirts in anticipation of the After-Prom Party. Until 3 a.m. everyone enjoyed games, won prizes and ate lots of food.

"Winning way too easy; every time I put down chips I won double," said Lucas Bruns.

Prizes and food for after prom were donated by area businesses, and the event was planned by the junior parents.

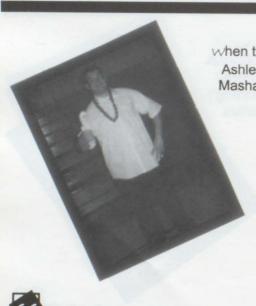
"Prom night was a really long, but it was great. I'll never forget my senior prom," concluded Shaun Sanders.



Getting' Down: As seniors Wyatt Wilson, Cody Mahlke and Shaun Sanders know that prom night is a time to dance the night away and collect memories of their high school years. These three created their own fun with a "unique" dance that entertained everyone!

Smile: Juniors and their dates smile big once their special night begins. Hours of working and decorating served to stress the group as they hosted the prom, but they agreed that it was well worth the effort as they enjoyed the night of dancing.







Off the Floor





Changing Roles: These girls flaunt their muscles and dates' ties. The guys wore the girls' garters as arm bands.

Dance the Night Away: Couples dance to a slow song; fast songs didn't get as much participation.

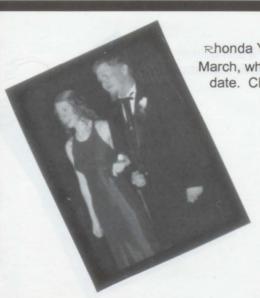






**Dancing Duo**: Junior, Lucas Bruns and Senior Rachel Emery share a dance "sunk in paradise".

One Last Time: In anticipation of their last prom, members of the Class of 2004 line up for a picture before Grand March.



Prom Partners

Rhonda Yde and Josh Dennert smile through Grand

March, while Kassie Storm insists hers was the perfect
date. Classmates Ashley Jung and Matt Gustafson







#### Ceremony Follows Graduation Traditions

Surrounded traditions, the Class of 2004 participated in their final high school activity, graduation, on May 16. The 2 p.m. ceremony, featured student speakers.

Valedictorian Rachel Emery shared what she has learned during her school years, including lessons from parents, teachers and friends. "What I learned has prepared me for life after high school; I am confident about the future," she said.

Memories of each classmate composed the content of Ashley Huettl's address. The salutatorian ended with a poem called "I Hope", which encouraged the Class of 2004 to take risks and live life to its fullest.

"I Wish for You" by Jessica Andrews played while the graduates delivered roses to their mothers. This was the most emotional time during the ceremony.

"I have never cried that much in my life, and I hope I never cry that much again," said Amanda Truebenbach, honor student.

Each graduate enjoyed their "moment" as CEO Randy Barondeau announced graduates and Krysti Mikkonen, board president, presented the diplomas.

"Pomp and Circumstance", played by Kelsea Barondeau, ushered the 15 alumni out of the gym, where they formed a receiving line in the lobby, because of the rainy weather.

Amid hugs and handshakes, the Class of 2004 received the best wishes of their family and community, as they began life as FHS alumni.



Tearful Greetings: Beth Rahja and Rachel Emery greet friends and family in the receiving line. "I'd just get my crying under control and another freshman would come through the line," said Beth.

Friends Forever: Becky Torrence, Dionne VanMeter and Ashley Jung smile in anticipation of the graduation ceremony. Becky and Ashley have been classmates for 13 years, while Dionne joined the class in sixth grade.







Getting A Degree:





Getting It Together: Amanda Truebenbach helps Dionne VanMeter adjust her stole as they prepare for graduation

Tassel Tradition: The Class of 2004 moves their tassel from right to left after receiving their diplomas.

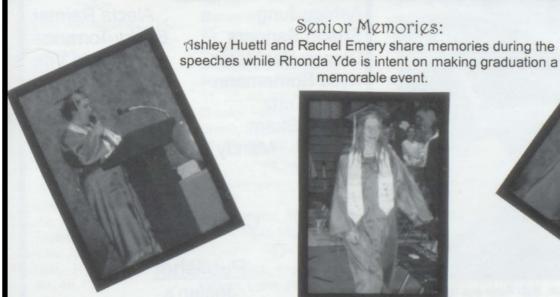


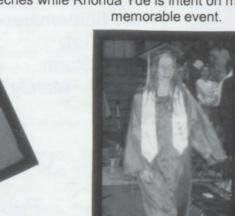




Honor Guards: Kylie Borne-man and Masha Grakhovskaya receive the honor of leading the seniors into the graduation.

Picture Perfect: Complete with caps and gowns, the 15 seniors pose for pictures before the ceremony.







### Completing Book Creates Bonds

Who would have guessed creating a yearbook could take so much time, include so many details and require all that thought??? Certainly not us!! When we started in class, yearbook seemed like a fun adventure that would allow us unlimited time to browse through pictures and ohhh and ahhh....SURPRISE!! Yearbook requires writing and dedication and TIME and changes and cooperation and.... well, you get the picture. All those days after graduation became real WORK (no, I didn't get that job, but yes, I have been working!!). But after a couple of days, we realized that in addition to completing a yearbook, we were preserving a history... ours....the Class of 2004. We were challenged to be sure we included everything that made our senior year unique. In the process we created bonds....not just paper and pictures and words, but bonds of friendship and understanding and cooperation. So, while May faded into June we were busy....preserving and creating memories....because after all was said and done and written down and photo-

graphed, we were a staff that had done something really important. And, here it is...just for each of you....the 2004 year-book. We can only hope that our book is a special for you as it has become to us!

Read and Enjoy.....

~the 2004 Staff



Time to Work: Amanda Truebenbach, Beth Rahja and Rachel Emery insist that Ashley Huettl come in for one last day to finish the final pages of the 2004 yearbook!

#### ~2004 Yearbook Staff~

#### Co-Editors

Rachel Emery
Matt Gustafson
Ashley Huettl
Beth Rahja
Amanda Truebenbach

#### Staff

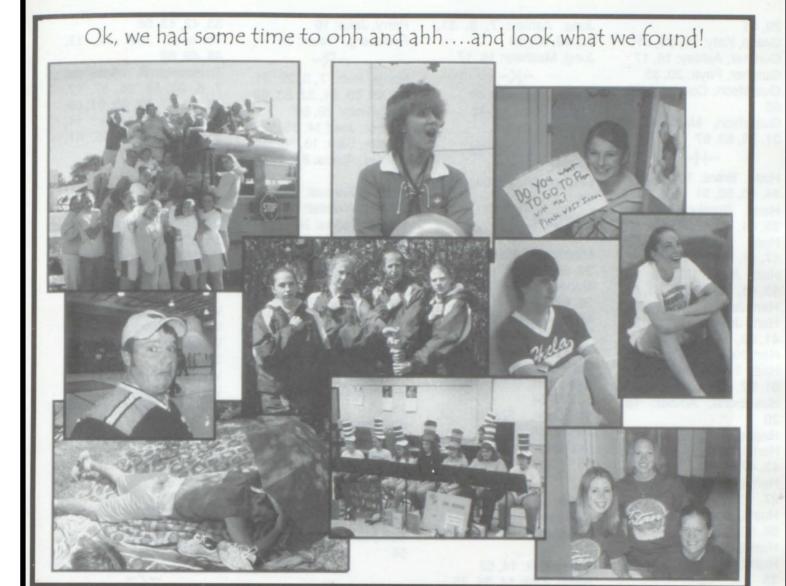
Ashley Jung
Shaun Sanders
Dionne VanMeter
Kylie Bornemann
Krista Kurtz
Kassie Storm

Alecia Reimer
Becky Torrence
Rhonda Yde
Lucas Bruns
Sam Raynor
Danielle Taylor

Mandy Van Meter

Adviser Carma Ruenz

Publisher Josten's



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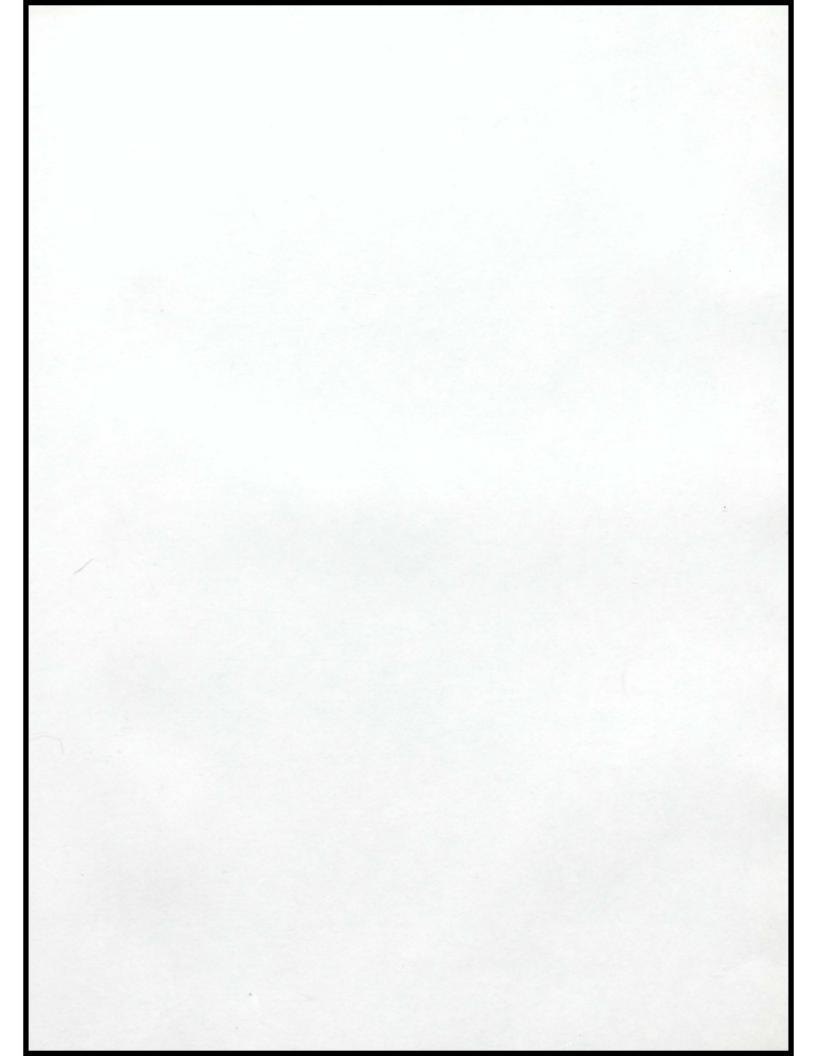
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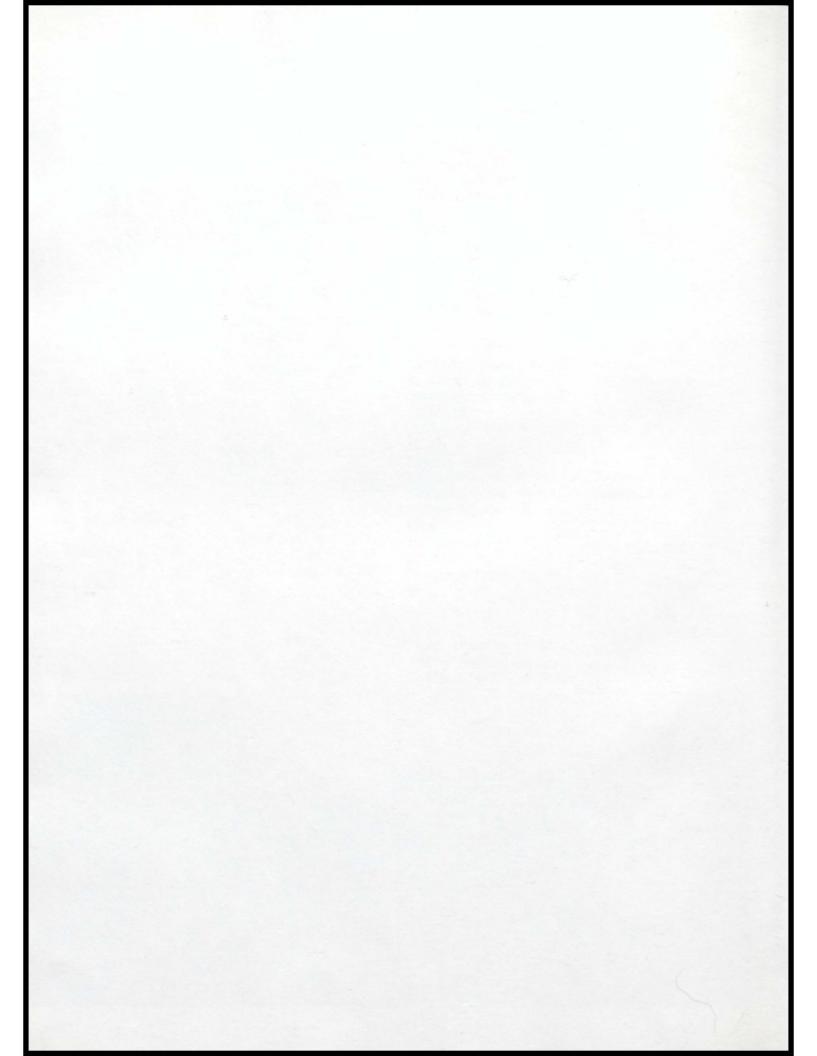
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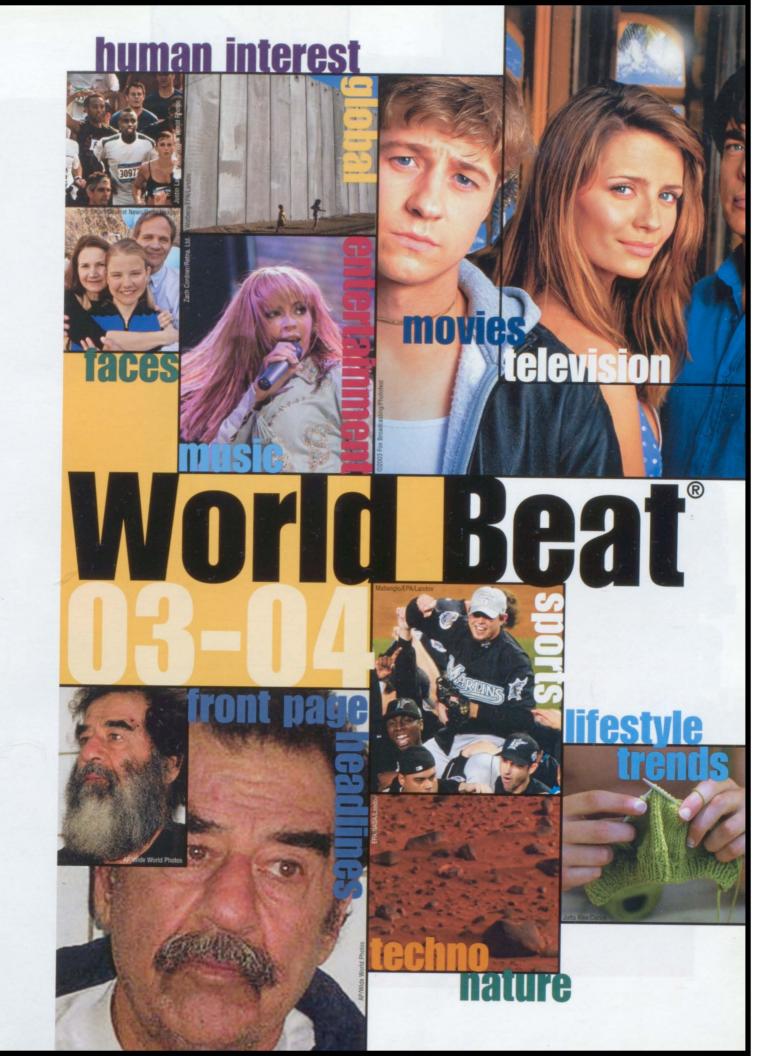
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# FEADURE.

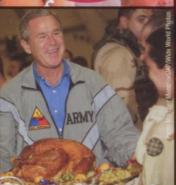
Saddam Hussein in a "spider hole" at a farm outside his hometown of Tikrit.

→ In October, the Federal Trade Commission initiates the National Do Not Call Registry to minimize the number of telemarketing calls consumers receive.

- → President Bush becomes the first U.S. president to visit lraq when he makes an unannounced Thanksgiving visit with troops stationed there.
- → The abduction of University of North Dakota student Dru Sjodin, 22, results in the arrest of convicted sex offender Alfonso Rodriguez Jr., 50.



U.S. Forces capture deposed Iraqi leader











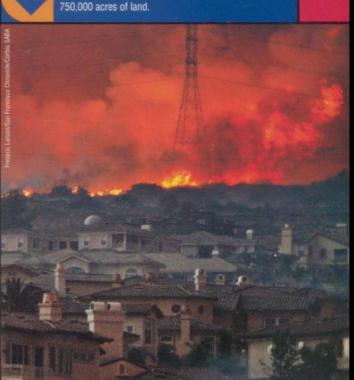
- A fatal Staten Island Ferry crash in New York harbor leaves 10 dead and dozens injured after the pilot loses consciousness and slams into the dock.
- ← NBA star Kobe Bryant of the Los Angeles Lakers is charged with the sexual assault of a 19-year-old Colorado woman.
- ← A federal appellate court orders the removal of a Ten Commandments monument from the Alabama Supreme Court building, citing violation of the First Amendment.

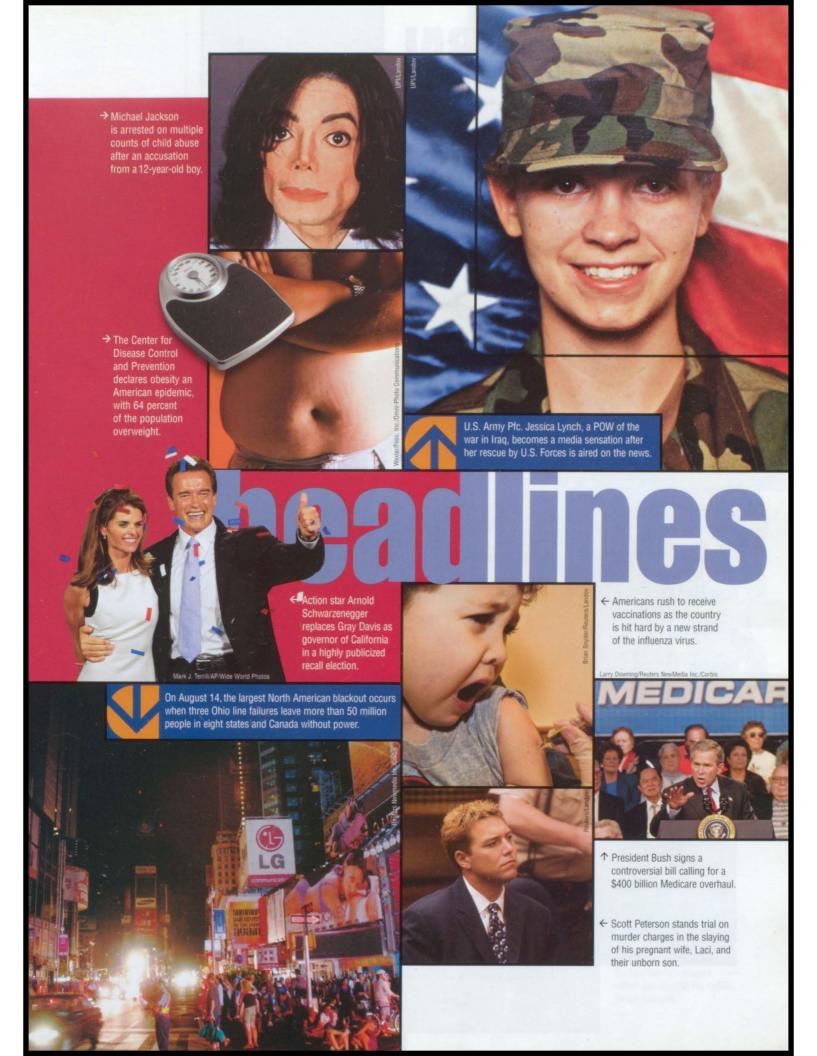


The economy shows signs of recovery when the Dow Jones Industrial Average tops 10,000 points for the first time in over 18 months on December 12.



The worst wildfires in California history claim 22 lives, destroy more than 3,400 homes and consume 750,000 acres of land.







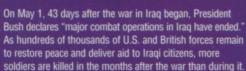




← A European heat wave in August claims more than 19,000 lives, making it one of the world's deadliest hot-weather disasters.



← The World Health
Organization reports
that severe acute
respiratory syndrome
(SARS) infected more
than 8,000 people in
over 25 countries,
killing 700.



PEACE AT LAST !!!

NO SARS IIII

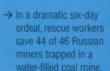
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← An Economic
Community of
West African States
peacekeeping coalition
ends 14 years of
fighting between
Liberian rebels and
government forces,
sending tyrant
Charles Taylor
into exile.





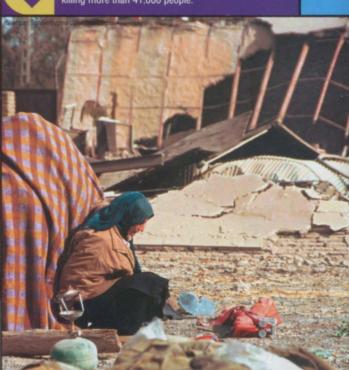
On December 26, a devastating earthquake measuring 6.6 on the Richter scale strikes the Iranian city of Bam, killing more than 41,000 people.

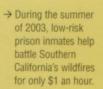




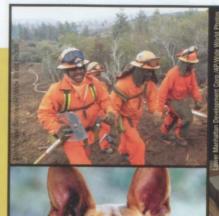
Tens of thousands of Palestinians are cut off from family and livelihoods when Israel builds a concrete barrier beyond the cease-fire line in an effort to curtail Palestinian terrorist activities.

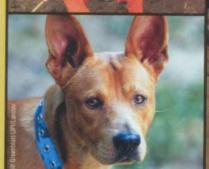


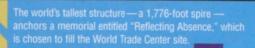




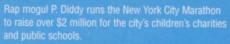








Comedian Robin Williams travels to Baghdad to lighten the spirits of U.S. troops as he kicks off a holiday tour of U.S. bases in the Middle East.









- ↑ Iranian lawyer Shirin Ebadi wins the 2003 Nobel Peace Prize for human rights activism as she fights to improve the status of refugees, women and children in Iran.
- ← Golfer Tom Watson donates his \$1 million Charles Schwab Cup winnings to fund research for Lou Gehrig's disease, which has stricken his caddie, Bruce Edwards.





→ Fast-food patrons can now get their food even quicker, thanks to McDonald's introduction of self-service ordering kiosks.

FluMist, America's first intranasal influenza vaccine, provides needle-wary patients with an alternative for the 2003 flu season.

The Food and Drug Administration bans dietary supplements containing ephedra due to health concerns and warns consumers not to take products containing the stimulant.









← British Airways and Air France ground the supersonic Concordes after 27 years of service. Despite their speed, the aircraft were uneconomical to operate.



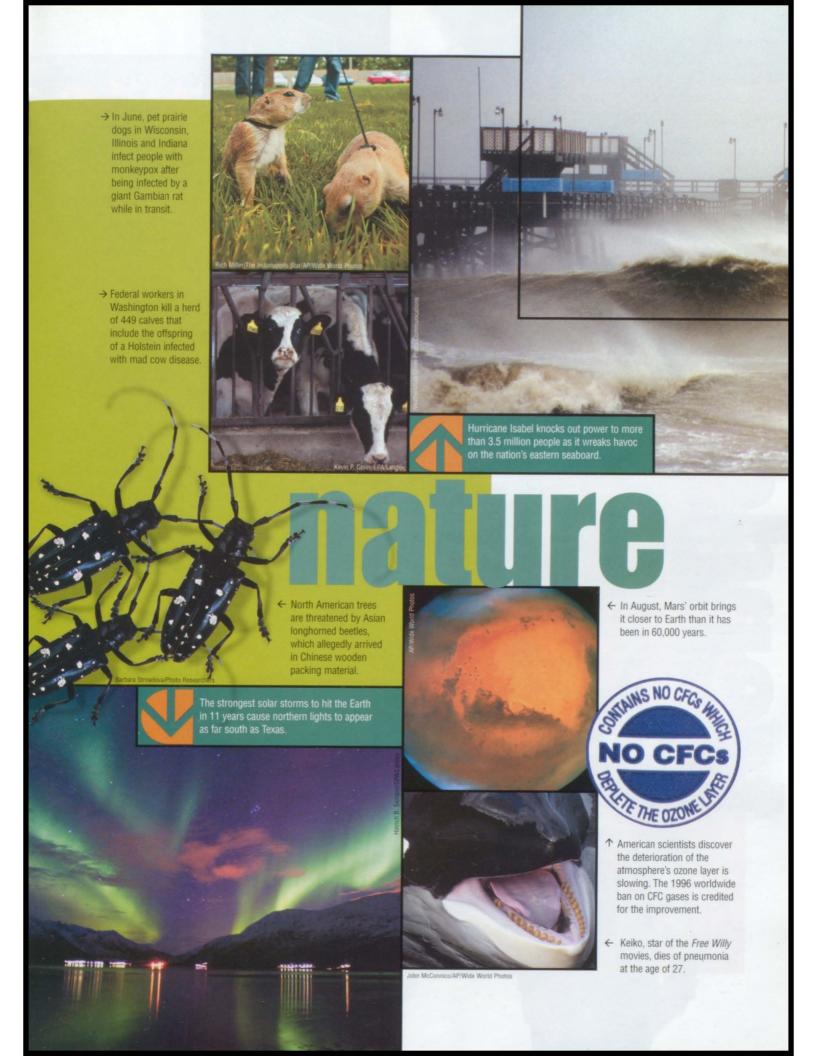


← In October, China becomes the third country to travel in space when the world's first successful taikonaut, Yang Liwei, returns to Earth after 21 hours in orbit.

The Food and Drug Administration mandates that nutrition labels disclose the amount of cholesterol-increasing trans-fatty acids.

Serving Size 1 cup (228g) Facts Serving Size 1 Servings Size 1 Container 2 Amount Per Serving Calories 260 Total Fat 139 Calories from Fat 120 Saturated Fat 5g Trans Fat 2g Cholesterol 30mg Sodium boomg Total Carbohydrate 31g 100 Dietary Fiber 0g

580

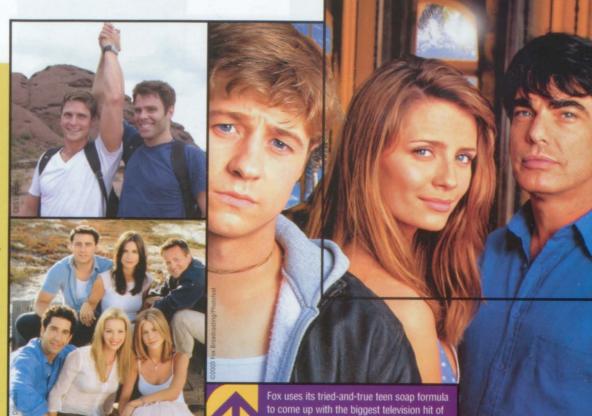








- → The pulse-pounding CBS hit "The Amazing Race" wins the inaugural Emmy Award for Best Reality Program.
- → America bids farewell to the cast of "Friends" after the NBC sitcom's 10th and final season.

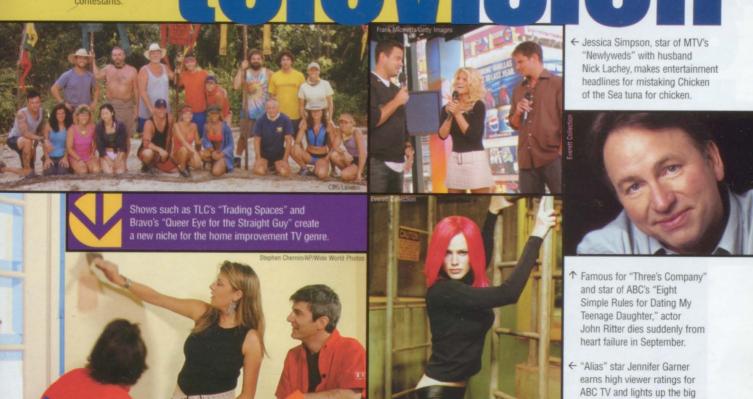


↓ In February 2004, CBS airs "Survivor: All-Stars," starring past "Survivor" winners and contestants.

## **Celevision**

the year for teens, "The O.C."

screen in 13 Going on 30.











← Songwriter John Mayer wins a Grammy in 2003 for the album Room for Squares and follows it up with Heavier Things.

Love, and wins four Billboard Music Awards.

→ The Neptunes' Pharrell Williams and Chad Hugo receive three Grammy nominations as a production duo. Williams gets three more for collaborations with Snoop Dog and Jay-Z.



Claiming that he has "had it with the rap game," Jay-Z, 33, retires after the release of The Black Album.

→ OutKast's genre-busting album Speakerboxxx/ The Love Below, featuring the infectious single "Hey Ya!," wins the Grammy for Album of the Year.



Coldplay claims the title of Spin magazine's Band of the Year, and the band's lead singer Chris Martin marries actress Gwyneth Paltrow.

→ Country music legend Johnny Cash dies at 71, but wins three CMA awards posthumously, including Best Single for his remake of the Nine Inch Nails' "Hurt."





→ Role-playing games like "Star Wars: Knights of the Old Republic" find mainstream success on consoles.







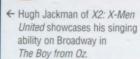
enter

Cedar Point Amusement Park in Sandusky, Ohio, boasts the world's tallest, fastest roller coaster, the Top Thrill Dragster.

## taimment

← Pop diva-turned-author Madonna releases two children's books: *The English Roses* and *Mr. Peabody's Apples*. Her third book, *Yakov and the Seven Thieves*, arrives in late winter.

Two months after being mauled by a tiger, Roy Horn, half of the famed "Siegfried and Roy" wild animal entertainment act, is released from a Las Vegas hospital.



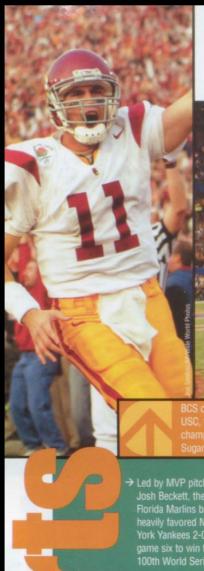








- On CBS's "Late Show" host David Letterman, 56, announces the November birth of his first child, a baby boy.
- After the success of his best-selling fantasy novel Eragon: Inheritance, author Christopher Paolini, 19, begins writing the much-anticipated sequel.





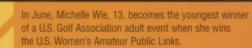
- → Led by MVP pitcher Josh Beckett, the Florida Marlins beat the heavily favored New York Yankees 2-0 in game six to win the 100th World Series.
- → Tennis pro Andy Roddick, 21, also known as Mandy Moore's boyfriend, wins his first grand slam title at the U.S. Open in September.
- → In September, Kenya's Paul Tergat sets the world record in the Berlin Marathon, running the 26.2-mile course in just 2 hours, 4minutes, 55 seconds.



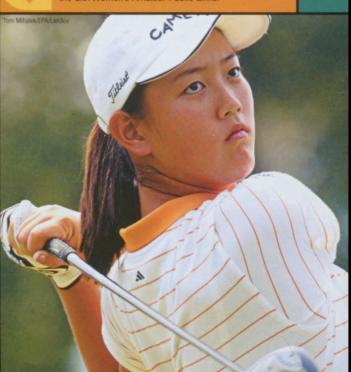


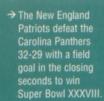


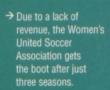
- Despite several dehydration, Lance Armstrong wins his fifth straight Tour de France by a mere 62 seconds.
- E Behind the defensive brilliance of goalie Martin Brodeur, the New Jersey Devils win the 2003 NHL Stanley Cup by icing the Anaheim Mighty Ducks 3-0 in game seven.
- High school phenomenon LeBron James, 19, is picked first in the 2003 NBA Draft by the Cleveland Cavaliers and success as a pro.





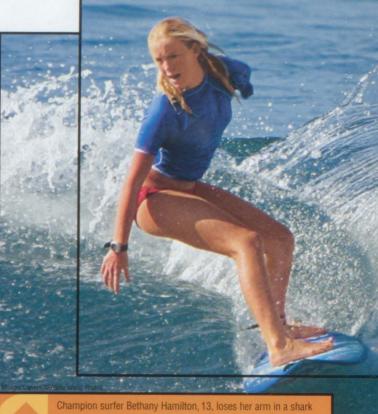












attack. Just 10 weeks later, Hamilton places fifth in her age group at a National Scholastic Surfing Association meet in January 2004.

← St. John's University coach John Gagliardi, 77, leads his team to an undefeated NCAA Division III Football National Championship while also setting the NCAA Football record for coaching victories with 414.

Death-defying tricks and thrills bring the extreme sports craze to new heights at the January 2004 EXPN Winter X Games VIII in Aspen, Colorado.



← Matt Kenseth claims the NASCAR Winston Cup Series championship, after leading the standings through a record 33 races.

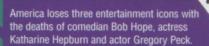




- ↑ Freddy Adu, 14, becomes the youngest American pro team athlete in over 100 years when he signs with D.C. United of Major League Soccer.
- ← League MVP Tim Duncan and David Robinson — in his final game — lead the San Antonio Spurs to the 2003 NBA title with a 4-2 series win over the New Jersey Nets.



← In October, Mother Teresa of Calcutta is beatified by Pope John Paul II in Vatican City. This marks the final step before sainthood in the Roman Catholic Church.



- > In his first of a number of trials in several states, a Virginia jury sentences D.C. area sniper Lee Boyd Malvo, 18, to life without parole.
- After winning 64 career titles, including 14 grand slam events, and a record six years ranked No. 1, tennis great Pete Sampras retires at the U.S. Open in August.
- → Teen star Hilary Duff tops off her successful movie debut, The Lizzie McGuire Movie, with a hit pop album, Metamorphosis, and a nationwide tour.







↑ The Pentagon releases decks of 55 cards to U.S. soldiers that feature the most-wanted Iraqi leaders. Dictator Saddam Hussein is the Ace of Spades.

> After being abducted for nine months, Elizabeth Smart is rescued and returns home in March 2003. Her story is made into a TV movie that airs later in the fall.





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