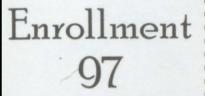


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Volume 50







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Seasons of Change

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"Seasons of Change"

Theme Reflects School Year

If the cliches are true and change is good, then lots of good things happened at Frederick School, as everyone adapted to changes during the 2002-2003 school year.

What were the changes? To name a few of the most obvious: the elementary school moved from Barnard to a brand new facility connected to the high school building in Frederick, over 20 students enrolled at Frederick after Hecla School closed, the sports seasons were changed, making volleyball a fall sport, while girls and boys basketball seasons ran concurrently, and several sports were combined with Leola, creating the new Titans co-op.

With a list of changes as monumental

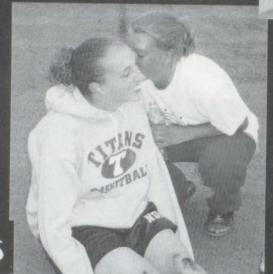
as that, it came as no surprise that the year-book staff chose "Seasons of Change" as the theme for the 2003 yearbook. And, while we're talking about change, consider the yearbook itself....the publication became part of a class, 18 pages were added to cover all aspects of school life and the delivery was switched to the fall!

How did everyone handle all of these changes? "The multitude of transitions blended smoothly with the traditions....it was a great year!" exclaimed Becky Achen and Chrissy Kopetsky, two seniors, who through their attitude and contributions created the positive, family-like atmosphere that exemplified Frederick School.



Deone

Friendships



Loyalty

Togetherness



"When it hurts to **look back**, and you're scared to **look ahead**, you can LOOK BESIDE YOU and your friend WILL BE THERE."

-anonymous

eniors Adopt erious Attitudes

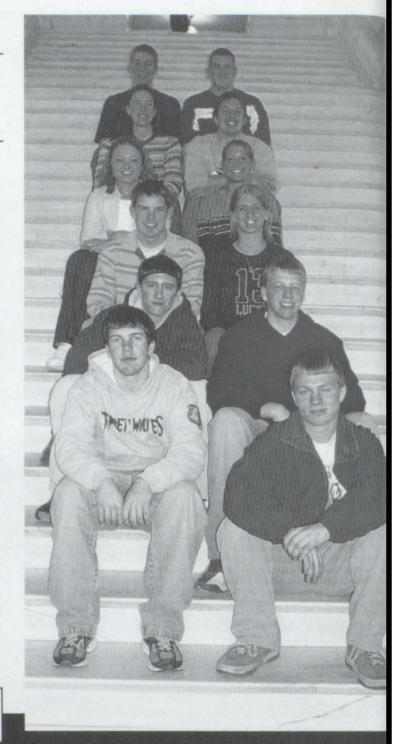
August 21 marked the beginning of the end for the 12 members of the Class of 2003.

"We were excited to be starting our senior year," said Chrissy Kopetsky, who had spent her entire public school career with seven of her classmates. Although the core group of the seniors was only eight students, the class had at one time counted 20 students and for their final year would add three Hecla seniors. In fifth grade Cody Clark joined the class, completing the list of 12 graduates in 2003.

Throughout the year these 12 individuals became a group of tight-knit friends, as they were there for one another through triumph and defeat, joy and sadness, tears and laughter. Homecoming was their first major class project and the group chose eight candidates and then decorated the gym for coronation. Next they chose announcements, a motto, flower and class colors without a hint of dissention. Then they moved on to various other class projects, handling each challenge as a group and never wavering in their unity as a class. Not only did the seniors function well as a class, their individual members showed leadership and talent as they led sports teams and other extra-curricular activities.

Seniors found out that their final year was not a cakewalk as they expected. Many of their schedules were loaded with their mandatory classes, as well as college or technical classes. Along with that, students had to face the task of filling out scholarship applications, checking out colleges or technical schools and applying to those schools and preparing for the big day-May 18.

Senior Class Trip: These students pause for a quick picture during their busy day at Pierre on February 20, where they visited the Capitol building and Heritage Center.



"I really enjoyed reading
The Grapes of
Wrath in English.
It was interesting
how people struggled in the 30's."

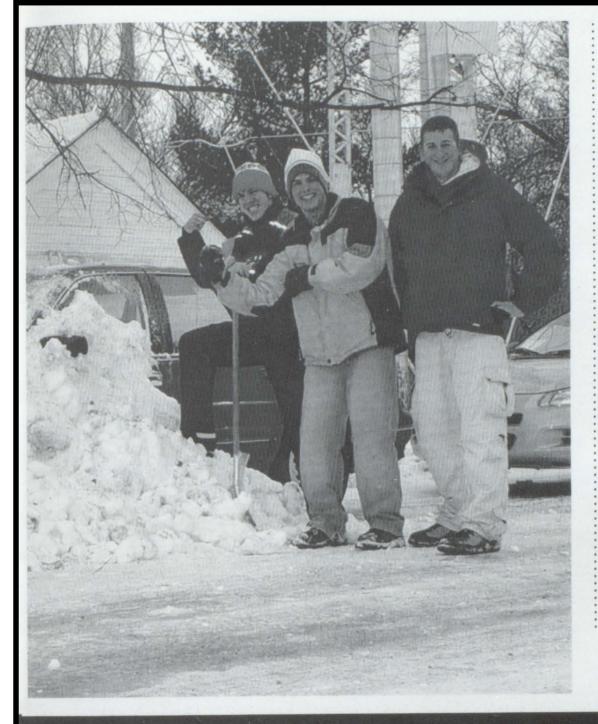
~Dave Bretsch (caught reading IN his locker) THE .

"It's a blast being part of the Class of 2003. We always found a reason to laugh... laughter is the best medicine."

~Becky Achen
(class salutatorian)

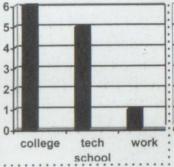


6



by the NUMBERS

As the twelve members of the Class of 2003 prepared to go their separate ways, the group took a statistical look at their future.



Gotchal: These guys gloat over the success of the prank they pulled on Mr. Morlock.



Senior Class Officers: President Josh Ruenz, secretary/treasurer Eric North and vice-president David Bretsch. Josh was also named student body president.

"Leave my classmates... never in a million! My trusty Grand Am could always get me to Frederick!"

~Jessi Schmidt

(who traveled 60 miles round trip each day to school)



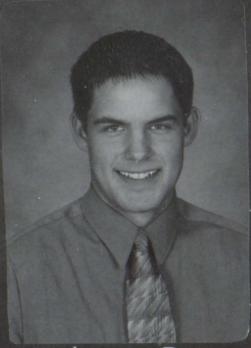
SENIORS

~*Class Flower*~

Daffodil



~*Rebecc? Marie Achen*~



~*Cody Alexander Bruns*~

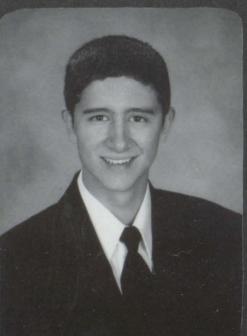


~*Epic James Bergan *~





~*David Allen Bretsch*~



~*Cody Lynn Clark*~



~*Daniel owen Elsen*~





-*Brittney Ann Klipfel*~



~*Christina Jean Kopetsky*~



~*Class Colors*~

-* Matthew Mark Nixon *-



~* EPic James North *~





~*Jessica Joy Schmidt*~

~*Class Motto*~

There are many roads we have crossed, many hills we have climbed, and so many dreams we have yet to realize.

unior Class uggles Activities

A year of new opportunities awaited the junior class as they entered the doors of Frederick High School in August of 2002. Fifteen juniors began to branch off in different directions as some went to votech, some took journalism or Spanish, and others enrolled in upper level math and science classes. Still there was the required curriculum of English III and US history.

Along with this class load, the students took on the responsibility of supplying the concessions for all home sporting events. The class served hungry fans at 25 concessions stands beginning in August with football and volleyball and continuing through February with both basketball seasons.

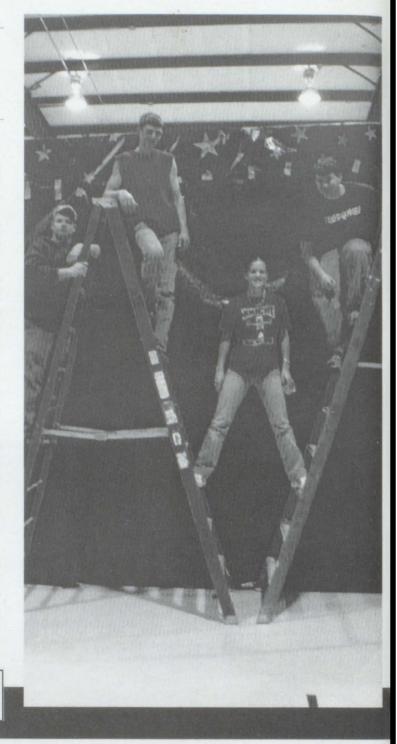
Ashley Huettl commented, "The added responsibility of concessions helped us all grow up a little. It was our prom we were trying to finance, so we willingly worked and provided food at the concessions."

The juniors elected a prom committee to ease decision making as they planned the 2003 Junior-Senior prom at Frederick. The class had to agree on decorations, theme, banquet and music.

Twelve of the juniors, or 87% of the class, participated in one or more extracurricular activity this school year from sports to drama to pep band.

At the end of the 2002-2003 school year, juniors reflected on the experiences they had and their expectations for next year. Alecia Reimer, a new student to FHS, said, "It's great to get this close to our senior year. I have had a lot of fun being in this class and I look forward to new challenges next year."

Balancing Act: Juniors Wyatt Wilson, Jason Jensen, Amanda Truebenbach and Cody Mahlke balance creativity and technicality while putting up decorations for the 2003 prom.



"The best part about going to school is finding the time to have a little fun in between classes!"

~Ashley Jung (crouching in the hall, one of her favorite spots, giggling)

Juniors



"As a junior, it seems like your class load increases a lot. I still found time to do my homework regardless of my other activities."

~Rachel Emery (absorbing Spanish II with Amanda Truebenbach)



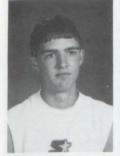








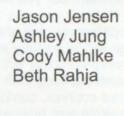
Joshua Dennert Rachel Emery Matthew Gustafson Ashley Huettl



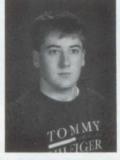
















Alecia Reimer Shaun Sanders Becky Torrence Amanda Truebenbach







Dionne VanMeter Wyatt Wilson Rhonda Yde



Junior Class Officers: Beth Rahja, vice president; Ashley Jung, secretary/treasurer and Amanda Truebenbach, president, discover that being an officer involves a lot of organizing and planning, along with a good dose of diplomacy.

"The first year of the co-op went well. We had a great season and a lot of fun. I am looking forward to being a Titan my senior year!"

~Shaun Sanders
(junior Titan posing in his formal ensemble)



JUNIORS //

ophomores trengthen Skills

"The second year of high school can be intimidating," stated FHS sophomore Kassie Storm, "You aren't new to the system, but you haven't mastered it yet either."

Twelve sophomores met the challenge of a second year in high school as they enrolled in classes and signed up for extra-curricular activities. This group had new opportunities planning their schedules. In addition to the required courses, curriculum choices included Spanish I, Lakota arts, business math and A+.

"Even though we're just sophomores, it's time for us to start taking school seriously," noted Michelle Achen, class officer.

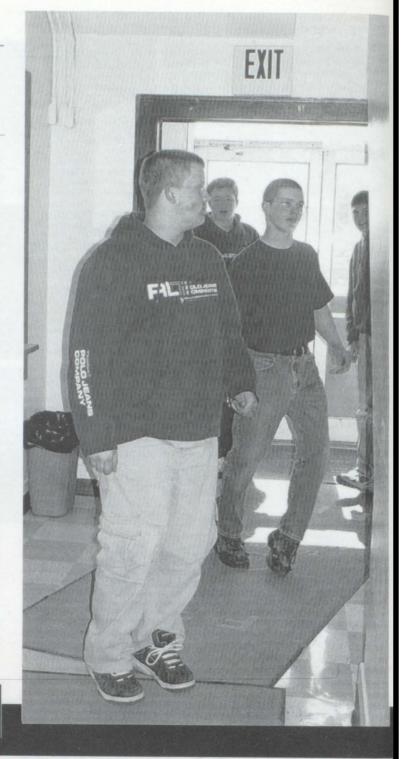
The whole class had to work together to construct their Homecoming float. For this year's theme, commercials, the sophomores chose to do a float called "X Games". It required a lot of work and cooperation to get this float completed on time. Class Advisor, Marty Morlock, said, "They all worked really hard and got the whole thing done on Friday. After an idea was chosen things went pretty quickly."

While a small percentage of this group participated in athletics, several students signed up for oral interpretation and drama.

"I really liked being in the play. Traveling to practices wasn't that fun, but actually performing was great!" explained Sam Raynor.

Challenging new classes and the prospect of graduation forced the sophomores to focus on their studies and made them work a little harder at extracurricular activities.

Open Hour: Justin Ellefson, Trent Huettl and Craig Larson return to the school during lunch hour. Sophomores enjoyed the privilege of an open lunch hour so they could leave the school during noon.



"We listened to quite a few lectures this year but I think it improved our note taking skills."

~Danielle Taylor (in world history with Sam Raynor and Kassie Storm)



"It was a lot different going to school in Frederick this year...different people, different classes, but in the end it's the same kind of fun! I am definitely ready to become a junior"

~Lucas Bruns (sophomore athlete)

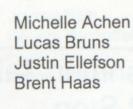




























Tyler Parsons Sam Raynor Danielle Taylor Kassie Storm



Mandy Van Meter



Sophomore Class Officers: Lucas Bruns, president; Kassie Storm, treasurer; Mandy Van Meter, secretary; and Michelle Achen, vicepresident. Lucas represents the class on student council.

"Between cross-country, track and classes I didn't have a lot of free time, but I still found the time to study, sometimes even in a desk."

~Brent Haas

(once seen balancing books and studying in the hall way)



reshmen Take irst Step

Freshmen took the first steps toward their ultimate goal of graduation when they began ninth grade.

"I don't think the classes are a lot harder than junior high, but I do know that we have a lot more work," explained Kelsea Barondeau, class president.

The 15 freshmen started the year in full gear, with many of them enrolled in nine classes and over two-thirds of the group signed up for extra-curricular activities, including sports and drama.

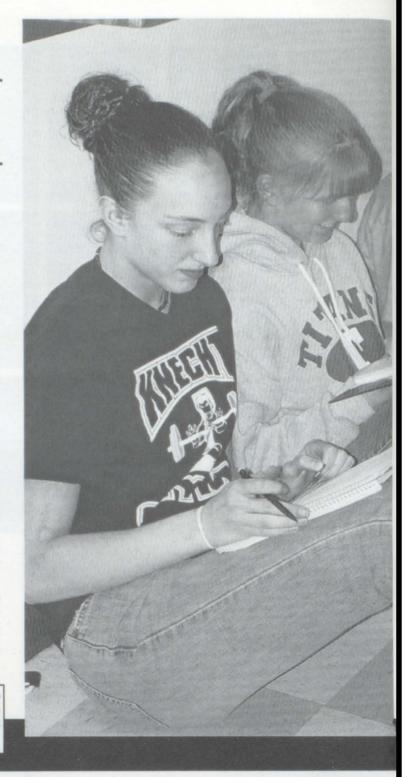
Homecoming was their first group project and they came through with flying colors, receiving second place honors for their float. Several of the girls also participated in the junior division of the Snow Queen contest and over 90 percent of the group helped to entertain a capacity crowd at the Christmas Concert. As the year progressed, the freshmen adjusted to increased responsibility in both academics and activities.

"We loved being involved in the junior varsity and varsity sports," said Tracy Elsen, who openenrolled at Frederick this year. "Being a freshmen at a new school turned out to be a great experience!"

In addition to adjusting to the rigors of high school, the group also learned to accept responsibility for themselves and for their class.

"We knew that to be successful we had to work, both in the classroom and in the extra-curricular areas," agreed Megan Dutenhoffer. "We were no longer at a point in where we could sit back and watch things happen. We needed to make them happen."

Keeping Up: Lyndse Ruenz and Tracy Elsen use their noon hour to finish up assignments for their afternoon classes. "We always had a ton of homework. I didn't need to lift weights after hauling my book bag back and forth to school," joked Tracy.



"The only time I clean my locker is when it's impossible to close the door."

~Jayme Bain

(Her locker currently contains a pink umbrella, a frilly hat, two hackey sacks, shoes, a Spooky doll and a toy elephant.)

"Everyone sees me as the class clown, but I'm actually kind of serious about my school work and activities...wait, don't tell anyone I said that!

~Jesse Brooks (C3-Closet Class Clown!?)

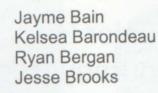










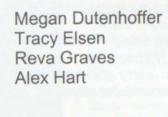




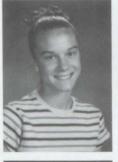
















Justin Hart Corley Hertel Diana Huettl Nicole Kurtz







Erika Newcomb Lyndse Ruenz Joel Torrence



Freshmen Class Officers: vice-president Lyndse Ruenz, president Kelsea Barondeau and secretary/treasurer Tracy Elsen. Kelsea also represented her class on the student council panel.

"Reading is my favorite pastime. The teachers usually give us ten minutes at the end of class to talk, but I'm usually found with my nose in a book."

~Reva Graves (Caught reading Of Mice and

Men at the end of history.)



FRESHMAN

unior High ourney Begins

While junior high students were adjusting to lockers, different teachers every hour and a lack of recess, they also had the opportunity to be involved in a variety of extra-curricular activities, ranging from music to sports.

"I love being in junior high. It seems like we get all the advantages of being in high school, but we don't have to worry about too much responsibility, at least in extra-curricular activities," noted Christa Haas, eighth grader.

"It was exciting to be able to practice sports with the varsity players in volleyball and basketball," commented seventh grader Jamie Hart, "I think it made me compete at a higher level." In addition to being involved with the older athletes, the seventh and eighth graders also competed in games and tournaments at the junior high level.

The added benefits of being in junior high helped most students overcome what has for some been a scary time, as they were once again at the bottom of the totem pole.

"I heard stories about seniors picking on the junior high kids, like getting thrown in the snow and making us buy them candy bars at lunch," explained Blaine Mikkonen, seventh grader. "I never got thrown in the snow, but I did buy a couple of candy bars."

All students in grades seven and eight carried a full class load and were only allowed a study hall if they were not involved in band or chorus.

"I never thought I would have this much homework!" exclaimed Shari Elsen, seventh grader, as she juggled nine classes and extra curricular activities.

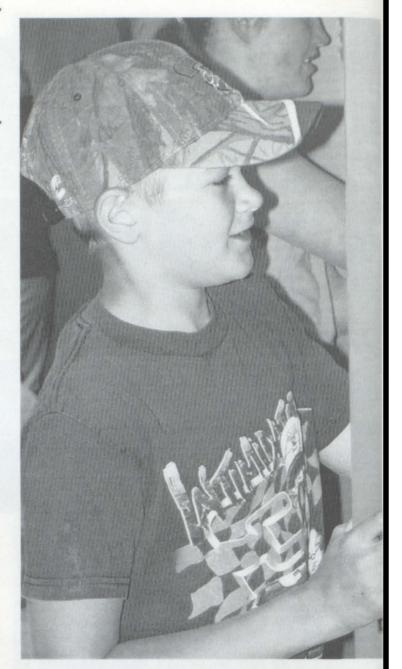
All smiles: Christopher Lindquist throws his books in his locker, as he anticipates going downtown for lunch. This is a privledge that all junior high and high school students enjoy.

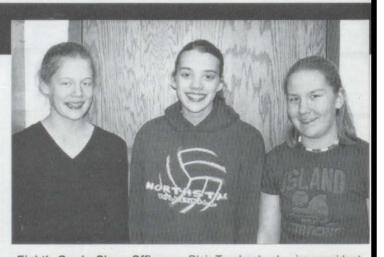
"Presenting skits to students on Earth Day let us share how to protect ourselves against the sun."

~Shrylle Mikkonen (with Chelsea Dutenhoffer and Travis Dallenbach)

Junior High







Eighth Grade Class Officers: Blair Truebenbach, vice-president; Carli Ellwein, president; and Chelsea Dutenhoffer; secretary/ treasurer, make major decisions for the eighth grade class. Carli also serves as an ambassador to the student council.



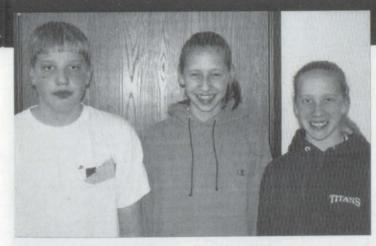


8th Grade: Christa Haas, Chelsea Dutenhoffer, Carli Ellwein, Brittany Schlosser, Christine Fredrick, Kelli Nixon. Shrylle Mikkonen, Brooke Haas, Blair Truebenbach, Brandon Taylor, Chris Achen, Trevor Perleberg, Cody Gustafson. Travis Hart, Casey Dennert, Mickey Schlosser, Jesse Daniels, Eric Nixon, Travis Dallenbach.



7th Grade: Lucas Stoddard, Tara Clark, Jamie Walton, Christian Christianson, Jake Perry and Shane Williard. Chris Lindquist, Jamie Hart, Mikayla Barondeau, Shari Elsen, Blain Mikkonen and Renee Graves. Derik Kurtz, Raine Bornemann, Kristina Maddocks, Jessica Martell and Shantel Rymer. Deres McKittrick, Ethan Emery, Matthew Huettl and Jessica Walworth.





Seventh Grade Class Officers: These students work to represent their class: Matthew Huettl, secretary/treasurer; Mikayla Barondeau, president; and Shari Elsen, vice-president. Mikayla also served as part of the student council.

"I can't think of a better way to end my lunch hour than with a creamy, chocolatey Reeses peanut butter cup."

~Jamie Hart (doing her best Vanna White imitation)



JUNIOR FIGH

lementary njoys Change

Curriculum remained the same and classmates were familiar, but the environment took a giant step into the future when students in kindergarten through grade six moved into the new elementary building in Frederick. This transition from Barnard, to join the junior and senior high in Frederick, came complete with climate-controlled classrooms and lockers. Elementary classes also enjoyed the distinction of being some of the largest groups in the school system, with all but two classes right at 20 students. Adapting to a new environment seemed to enhance all aspects of life in the elementary school as the students' studies adhered to state standards, prepared them for standardized testing and for the classes that await them as they continue through public schooling.



Eyeing Eyeballs: Second graders watch with fascination as Mrs. Wallien dissects a sheep's eye during science class.



First Grade: (Front) Evan Emery, Hailey Sumption, Austin Hoern William Wolter, Aleesha Taylor, Michaela Kocher, Bret Fest (Middle) Teacher Renee Brooks, Tami Fredrick, Matthew Weisse Tanner Podoll, Nathan Sumption, Justin Helland, Mariah Mikkone Carston Hertel, Trish Ochs. (Back) Hattie Zinter, Derrick Pode Jacob Schaunaman, Cole Hinz, Jacob Enge, Dane Campbell, Bry Krueger, Dustin Bergan.



Second Grade: (Front) Collin Englehart, Wyatt Wolter, Saman Franz, Wyatt Heine, Peyton Podoll, Justin Erickson, teacher Colle Wallien. (Back) Dalton Kopecky, Lauren Jung, Brian Sumption, M thew Achen, Megan Walworth, Taryn Flinn.

"Kindergarteners were both the most active and the most thoughtful group in the library!"

~Carma Ruenz

(library "teacher" for

kindergarteners) ANT LATER AN ANCHOR CONTRACTOR AND AN AND AN AND AN AND AN ANALOGO AND AN ANALOGO AND ANALOGO ANAL



thought "We the pre-school class would be excited about seeing our baby colt...they loved it!"

> ~Carolyn Truebenbach

> > (mother of Demi, pre-school student)





Third Graders: (Front) Alex Conn, Trevor Podoll, Abby Sumption, Courtney Schlosser, Aly Perry, Mariah Gustafson, Heather Underberg. (Middle) Teacher Amber Haselhorst, Keely Geffre, Faith Wolter, Kayla Haas, Tyneill Emery, Matthew McQuarie, Terry Taylor. (Back) Alex Bretsch, Kelly Storm, Levi Christianson, Zach Schaunaman, Brady Enge, Adam Dutenhoffer, Anthony Reimer, John Edwards.



Fifth Grade: (Front) Bryson Geffre, Samantha Daniels, Chelsy Podoll, Jamie Parsons, Kristofer Tunby. (Middle) Teacher Mark Stoks, Matt Heine, Micah Christianson, Steven Taylor, Toby Dallenbach, Cole Truebenbach, teacher Ann Hegge. (Back) Lee Brixey, Dustin Johnson, Rance Maddocks, Derrick Schell, Timothy Engelhart, Matt Haas, Dustin Storm.



Fourth Grade: (Front) Calli Crawford, Krista Stoddard, Chelsey Zinter, Derek Barondeau, Tyler Sumption. (Middle) Shannell Hauge, Breana Helland, Casson Campbell, Caylee Hertel, Spencer Rall, teacher Janel Bergan. Erin Wolter, Stefani Sumption, Rachel Ham, Shannen Maunu, Angela Goodall, Miranda Erickson. (Back) Jeryca Martell, Andrew Perleberg, Austin Gunther, Cody Melhoff, Brandon Haas, Ashley Feser.



Sixth Grade: (Front) Katie Groop, Taylor Christianson, Wyatt Sumption, Chris Paulson and J.F. Brixey. (Middle) Teacher Jan Ellefson, Andrew Wolter, Nathan Maunu, Sam Reimer, Ashley Gunther and Kelli Hart. (Back) Carson Ellwein, Matt Jung, Caitlin Zinter, Allie Worthy, Matt Forsting and Michael Newcomb.



Kindergarten Class: (Front) Katie Rystrom, Meghan Conn, Lexy Storm, Paige Podoll, Breanna Feser, Kirsten Rall and teacher Tonya Zinter. (Back) Austin Franz, Logan Weisser, Jayden Mikkonen, Jacob Ham, Kyler Dinger and Devin Flinn.

"Science class definitely involves active participation for all students, if it is to be effective!"

~Jan Ellefson

(teacher who organized Katie Groop and other sixth graders as they "explored" owl pellets.)



ELEMENTARY

ingle Location erves Staff

Creating an enjoyable school atmosphere that encouraged learning and challenged students was the goal of the staff at Frederick School. This is exactly the environment the staff achieved, when for the first time in their existence, the entire Elm Valley staff was teaching under "one roof" when school began in August. With the addition of the new elementary building, over 130 students and eight staff members moved from Barnard to Frederick, making everyone a big, happy family.

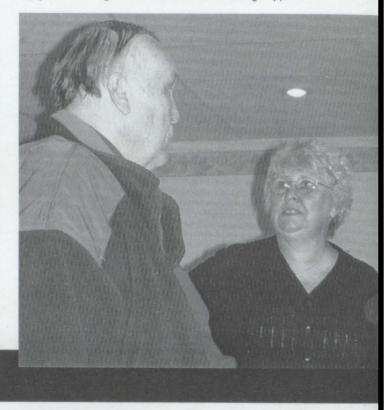
Staff members found that in addition to enjoying the new facility, having all students in one location was also a perk. Several times throughout the year, elementary students and junior and senior high students joined forced to enhance projects. For example, ninth graders played an intricate role in helping the first graders with their annual pet show. Also, Sarah Sumption, science teacher, assigned Earth Day projects to the junior high students, which they presented to elementary classes, complete with props and cookie decorating as a wrap up.

Throughout the year, teachers at all levels organized lessons and activities to keep students on task and learning in the various subject areas. Preparing students for exams, standardized tests and life beyond public school was no small task, but teachers met the challenge every school day. From the first grade class shouting, "Good Morning, Mrs. Brooks", to the seniors' tears on graduation day, each memory became engrained in the fabric of school life...and remained part of the hundreds of lives which were molded within the walls of Elm Valley School.

Fond Farewell: Leighton Getty, former Elm Valley superintendent, greets Laurel McDowell during her farewell party. The Elm Valley staff, as well as former teachers attended the party.



Wrapping It Up: Janel Bergan and Jan Ellefson spend Tuesday, May 20, cleaning their classrooms and storing supplies.



"I learned a lot during my first year of teaching. I appreciate the guidance and direction I received from veteran staff members."

~Marty Morlock
First Year Teacher

20 Mark Mark and Market and Market

STAFF



"Although the faces were familiar, the facility was new and definitely different. The new school was an adjustment, but a good one!"

~Renee Brooks 1st Grade Teacher







Moving On: After 15 years of keeping the Frederick School running smoothly, Laurel Mac-Dowell will resign as school secretary.



Musical Challenge: Liz Labesky announces the next song during the spring concert, which featured selections from "Grease". Over 70 voices contributed to the chorus.

Private Parking: Tonya Zinter, kindergarten teacher, parks her wagon in her "private" spot each school day. She and Renee Brooks, first grade teacher, each pulled their wagons to school loaded with books and supplies. Their husbands converted them to "covered" wagons for winter.



What's Cooking: Stacy Maunu, Faye Gunther and Marv Luoma serve over 200 meals each school day to the staff and students. Homemade bread was on the menu nearly every day to the delight of everyone who ate at the school.

"Our curriculum is designed to challenge students and make them think. Our teachers prepare students for the future and create an enjoyable school atmosphere."

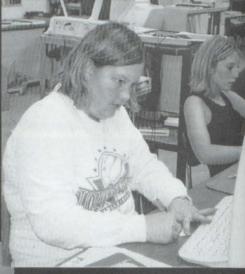
~Randy Barondeau CEO



21 STAFF

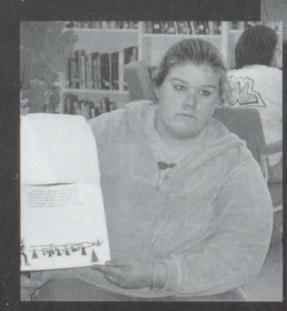
Academics

Opportunity



Challenge:

Knowledge



WE CAN be ANYTHING. Maybe this entire **EXPERIENCE** is a series of lessons

to learn

that you canyes, you can.

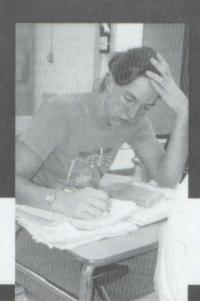
-Maya Angelou



Kelsea Barondeau receives first at the local science fair and advanced to the NSU Fair.

"I am really glad I de-Cided to do a continuation of last years' project. I worked HARD to make improvements. My work paid off?"

~Kelsea Barondeau



Brittney Klipfel concentrates as she tries to work through her senior math homework.

"When we started the year I didn't think it would be such a challenge. I worked on my assignments for what seemed like hours!"

~Brittney Klipfel

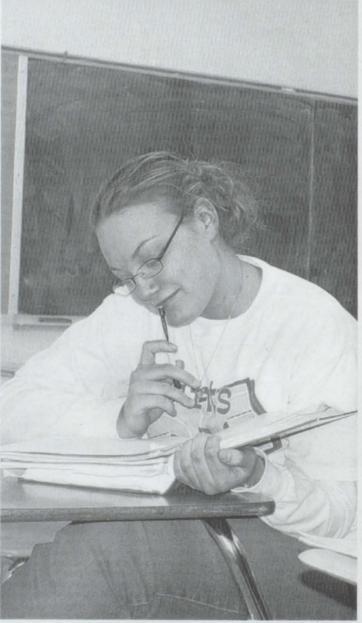








Mrs. Sumption and Mrs. Hertel provide hands-on learning for the science and math students.



"I Think I Can": Senior Jessi Schmidt contemplates her next problem on the assignment in precalculus, a class that provided challenges for senior students.



Lucas Bruns takes time at the end of another class to finish his Algebra II homework.

"I had to take time out of Class to finish my assignments. I am glad I took this class... I needed the Challenge."

~ Lucas Bruns



Nicole Kurtz turns the crank while the freshman science class makes ice cream.

"This was one of the best projects we were allowed to do all year! We had fun, got to eat AND learned something too!"

~Nicole Kurtz



These Calculators Rock!: Jessi Schmidt and Brittney Klipfel utilize the latest in calculator technology to complete a senior math project. The math department received new TI-83 calculators, after Mrs. Hertel attended a special workshop.

Solids, Liquids, Gases: Diana Heuttl and Reva Graves work on a poster to display their knowledge of the three forms of matter. These freshman took physical science this year.



MATHEMATICIANS AND SCIENTISTS IN THE MAKING

Science and math classes challenged students to think logically and apply the classroom knowledge, to come up with practical solutions.

Physical science, which combined physics and chemistry, occupied freshman throughout the year. Sophomores tackled biology, a study of life, while juniors and seniors studied the human body in physiology. Students were offered physics through the NCAI TV system, but no one enrolled. A department highlight was the science fair which was held March 10.

"The reason we do the science fair is to help students learn the scientific process," explained Sarah Sumption, teacher. "We don't realize it, but we use this process in our daily lives," she added, "We have problems, so we investigate possible solutions."

Algebra, geometry and precalculus (senior math) filled the high school math curriculum. New books were purchased two years ago for all classes and this year students reaped the benefits of a workshop Lynnette Hertel, teacher, attended last summer.

"I was able to come home with about \$3500 worth of equipment, including 10 TI-83 plus calculators, a view-screen calculator, a view screen for the overhead, five CB L2's, five CBR's and a book with activities for the new equipment," explained Mrs. Hertel

Students participated in two contests this spring: the Lake Region Conference (LRC), held at Presentation College in Aberdeen on April 1 and Northern's annual math contest held on April 16. Frederick students placed fourth at the LRC contest.



Becky Torrence offers suggestions for a story being written for the Leola paper.

"I'm EXCITED to have been in the first journalism class. Writing stories, taking pictures and publishing the newsletter were fun!"

~Becky Torrence



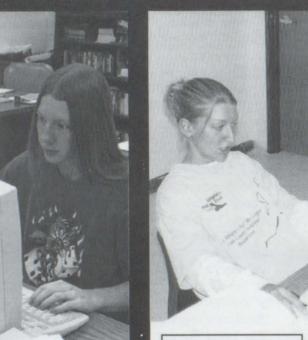
Cody Bruns and Josh Ruenz take tickets to help fund the 2003 yearbook.

"I was the Class runner. I actually considered wearing roller blades to get from one end of the school to the other faster! I was good at my job!"

~Cody Bruns

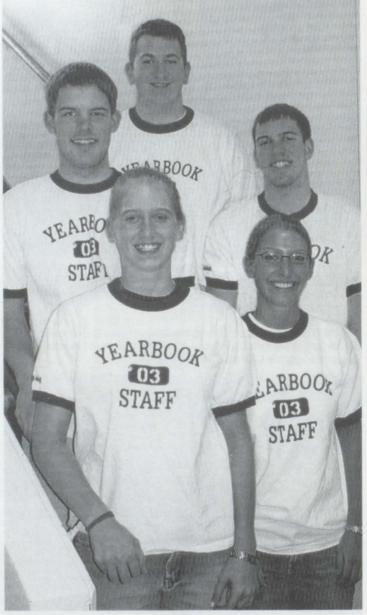








Newsletter, yearbook and stories for the newspaper create daily challenges for journalism students and their teacher!



Yearbook Staff: Becky Achen, Chrissy Kopetsky, Cody Bruns, Eric North and Josh Ruenz create the 2003 yearbook.



Matt Gustafson works on the newsletter that the Journalism I students put out each month.

"I was so honored to be chosen to attend Journalism City at Boys' State. I learned many useful tools to use next year!"

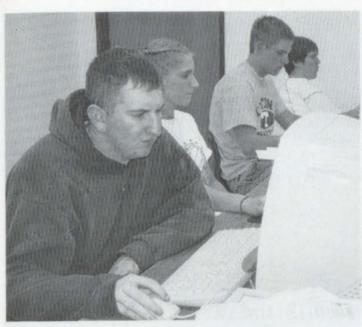
~Matt Gustafson



Josh Ruenz crops and resizes a picture for Eric North's year-book page.

"In journalism class I was known as the picture guy. Without me there wouldn't have been a year-book! At least I like to think so!"

~Josh Ruenz



Now What's Wrong?: Seniors concentrate on sizing pictures and fitting body copy as they overcome the problems of producing the yearbook, which added 20 pages. The class conquered many obstacles this year, including how to use digital photos in the yearbook.



Journalists Add Publications

Two new classes added variety to the curriculum and allowed for additional publications from the school. Students in journalism classes published a school newsletter each month, concentrating on advance news, and they also submitted weekly stories to the newspaper in Leola. Additionally all sports programs were printed by journalism students. The biggest project the journalists handled was planning and publishing the 2003 yearbook.

Journalism I, which included five juniors, learned the basics of journalism by submitting news stories to the McPherson County Herald, the school's official newspaper, published in Leola. Second semester these students took over publication of Voice of the Valley, the school newsletter.

Journalism II, traditionally offered only to students who have taken Journalism I, was offered for seniors because this was the first year for journalism in Frederick. The Journalism II students, five seniors, also began the year writing for the Herald and publishing the newsletter. However, by second semester this group concentrated solely on completing the yearbook, which switched to a fall-delivery book and covered events through graduation and the state track meet.

To fund the expansion of the yearbook, journalists took tickets at amateur tournaments and sold carnations for Valentine's Day. Seniors also attended a seminar to review the basics of publishing a yearbook.

Matt Gustafson, Journalism I student, was one of only 16 boys chosen to attend Journalism City at Boy's State.

Learning: Old yearbooks provide a wealth of ideas for Alecia Reimer.

JOURNALISM



Wyatt Wilson and Rachel Emery participate in signing a peace treaty.

"Signing our own peace treaty was a great way to learn how it's done! it! There's a lot more to the process than I thought."

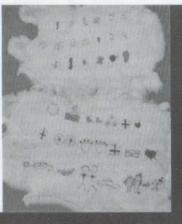
~Wyatt Wilson



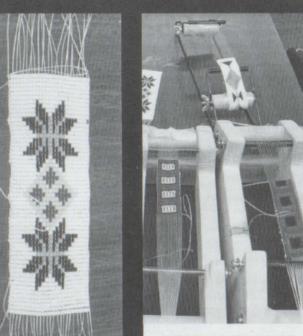
Freshman Nicole Kurtz reviews a chapter before a test in geography class.

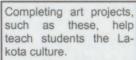
"I had FUN in class.
They say if you don't learn history you're destined to repeat it!
Now I know I won't be repeating the past!"

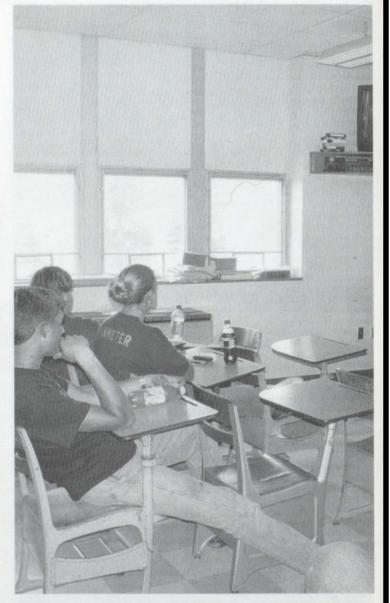
~Nicole Kurtz











Learning by Watching: Ashley Huettl, Dionne VanMeter and Jason Jenson pay close attention to the movie on the screen. The junior and senior classes finished out the year watching Schindler's List. This movie portrays the life of a man during WWII as he tries to save as many Jews as he can from persecution.



Kylie Bornneman voices her opinion in World History class with Mr. Morlock.

"I liked having open discussions in history class. It gave us a chance to say what we believe in!"

~Kylie Bornneman



Trent Huettl strives to make the deadline to get his beading done for Lakota Arts class.

"This class was an opportunity to get
CREATIVE. I had a
great time while
learning about the
Lakota PEOPLE!"

~Trent Huettl



Farewell Party: World history students wish a fond farewell to Alyssa, who completed her junior aid experience at FHS.



Senior Trip: Seniors enjoy the opportunity to see their state government in action during their trip to the state capital in Pierre on February 20 for an all-day field trip.

CLASSES SERVE TO TEACH PAST

All social science classes, as well as an art offering, Lakota Arts, served to teach students about their past, while completing activities and projects.

Marty Morlock taught government, geography, world history and U.S. history, exposing students to various cultures and countries and acquainting them with the history and government of the United States.

Geography students traveled around the world with the assistance of their textbooks and researched information on several countries. At the completion of selected units, the students would bring food related to the countries.

The highlight of government class came when the seniors went to Pierre to observe the state legislature in action. Throughout the activity-packed day, the most memorable event was when all 12 seniors and Mr. Morlock got stuck in an elevator in the capital building. Thanks to cell phones, they called an office in the building and were rescued from their plight, before serious claustrophobia set in.

Mr. Morlock explained his goal for juniors in history class: "To give the students an opportunity to learn and have fun with history. Whether they want to admit it or not, history is interesting and can be fun."

Jackie Brokaw, who taught the students Lakota Art, described her class: "My overall goal for this class was to have the students appreciate the art of the Lakota people. Usually, after the quilling project the students have developed a respect for the art."

Students created par fleches, dream catchers, winter counts, amulets, loom beading and quilling projects.



Megan Dutenhoffer and Tracy Elsen review the elements of a short story before the test.

"English is really thorough and CHAL-LENGING. I enjoyed the Class.... Reading the books and all the projects we had to do!"

~Tracy Elsen



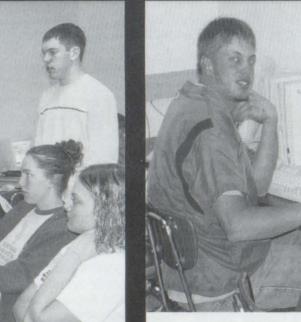
Angella Hart takes a quick drink before heading upstairs for English class.

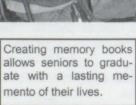
"I enjoyed being the ghost when we acted out "Julius Caesar". Giving speeches in front of the Class was also a CHALLENGE."

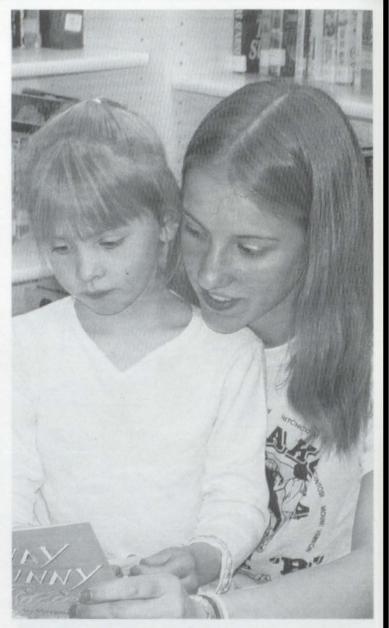
~Angella Hart











Story Time: Kelsea Barondeau reads to kindergartener, Kirsten Rall, during freshman English class. The freshmen also did projects with the younger kids afterwards.



Chrissy Kopetsky loses herself in the mystery of a Joy Fielding novel.

"Don't expect me to do another thing until I finish this BOOK and find out who did What!"

~Chrissy Kopetsky

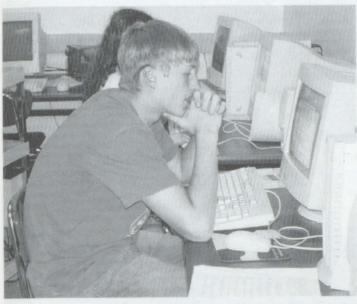


Amanda Truebenbach smiles, as she anticipates more American literature in English class.

"We READ a lot of interesting stories in english. My favorite story we read would be 'The Crucible'."

~Amanda

Truebenbach



What's Next? Luke Bruns carefully considers the information for his next paragraph in his demonstration speech. Speeches occupied the sophomore English curriculum the entire second semester.

Sharing: Reva Graves and Ericka Newcomb share a story with Katie Rystrom during a combined English project.



STUDENTS ENROLL IN LANGUAGES

All students were required to take an English class, and several also signed up for Spanish.

Freshman started their high school English careers with a new teacher, Carma Ruenz. The group completed an array of projects in both writing and literature. These included creating an autobiography and a booklet of personnel essays, which they gave to their parents. During literature classes the group read a variety of short stories, the novella "Of Mice and Men" and "Romeo and Juliet".

Jackie Brokaw covered the English II, English III and English IV classes. Mrs. Brokaw explained that her goal was to help the students achieve to the best of their ability. Sophomores presented a variety of speeches, including persuasive and demonstration. The class also completed several smaller projects, like a T-shirt identity project. Term papers were the major project for juniors in English class, but they also researched and presented power points on the 1920's, including information on automobiles of the time, the Ku Klux Klan and sports heroes. These reports were part of their reading The Great Gatsby; the class also read To Kill A Mockingbird. Seniors created a Memory Book with chapters from the various years of their lives: first crush, first movie, first day of high school, and their senior year. This group also covered early English writers including Chaucer and Shakespeare.

Sophomores and juniors took Spanish I and II over the television systems, with Spanish I originating from Leola, while NSU sent out the Spanish II class.



Alecia Reimer checks out the latest information on the business pages of the paper.

"I like being in business math. I chose it because I needed a first hour class, but it turned out that this class will be good for my future plans!"

~Alecia Rleimer



Jason Jenson affirms that he is nearly done with his business math assignment.

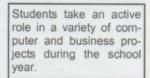
"BUSINESS MATH is a challenging class, but it is a lot of fun with *Mrs. Manne* as the **teacher**."

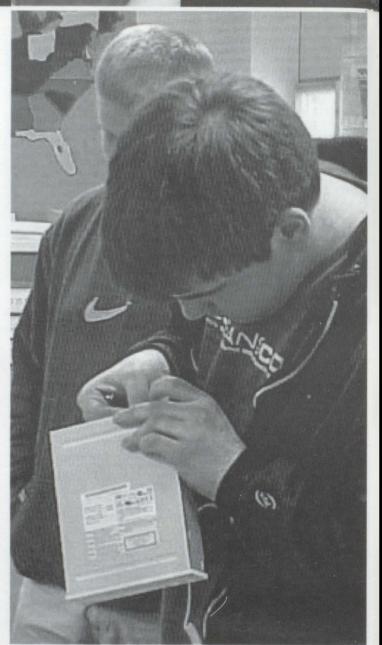
-Jason Jenson



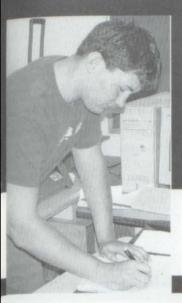








Nimble hands: The intricacies of the computer challenge Tyler Parsons, as he works on a CD-ROM drive, while classmate Justin Ellefson offers advice and assistance.



Cody Mahlke makes lastminute adjustments to his accounting assignment.

"It's great to have accounting as an indepent study. I can go at my Qwn paca, and Mrs. Manna is always willing to help me when I get Stuck!"

-Cody Mahlke



Joel Torrence contemplates the V-tel screen, watching his Leola classmates.

"I've learned a lot in MOUS class. It's fun to discover everything WE can do on the computers."

-Joel Torrence



Mail Race: Brandon Taylor, Travis Dallenbach and Trevor Perleberg show off the letters they collected during a computer project.

Shocking Work!: Craig Larson and Trent Huettl take apart an old computer for Computer II.



CLASSES OFFER CHALLENGES

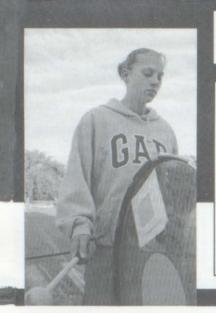
A variety of business and computer classes were offered, creating technology learning and challenges. Business classes included business math, which was taught over the NCAI system to Bristol and Leola, and accounting, both taught by Sue Maunu. Computer classes were Computer I, offered on the DDN system to Leola, Computer II and Web Page Design/Visual Basic, all taught by Janelle Barondeau.

Both business math and accounting provided practical experiences for students, which would assist them in the world after graduation.

A new project for Computer I students was using Global Positioning Systems to map out Simmons Park in Frederick and the adjacent land. From that data, the students created the plans for a winter park. Proposals were then presented to the city council. Computer I students also did the Tombstone Project, after visiting the cemetery in Hecla.

In Computer II, students learned their way around the basic computer components and how everything goes together to make a working system. Special projects included assembling computer parts to make a computer. According to Mrs. Barondeau, Computer II aims at helping students pass the industry standard A+ certification exams.

In addition to their classroom work, several students attended the NSU Business Contest. Josh Ruenz placed first in Computer Principles, while Diana Huettl and Kelsea Barondeau placed second and third in Computerized Business Math. Tyler Parsons placed fourth in Computer Principles and Tracy Elsen was fourth in Power Point Production.



Beth Rahja plays the bass drum in pep band before a football game.

"I like being a drummer. We keep the band on tempo, plus it is so much fun. I would never change to another instrument!"

~Beth Rahja



Megan Dutenhoffer does the hand jive to the song from the movie "Grease".

"We all had a great time doing the hand jive. I even got a chance to help do the choreography! It was one of the best parts of the concert!"

~Megan Dutenhoffer

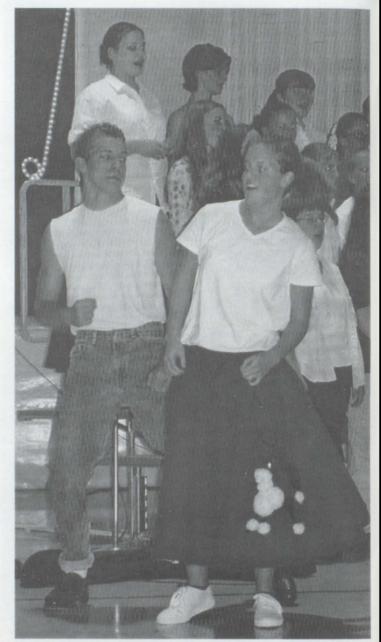








Live performances throughout the year enhance the music curriculum.



Rock 'n' Roll: Dave Bretsch and Amanda Truebenbach add some zest to "You're the One that I Want" during the Spring Concert.



Freshmen Ryan Bergan and Alex Hart have "chills" during the spring concert.

"Dancing at the spring concert was awesome! I can't believe the senior girls talked us into it! They are trying to "BREAK US IN" for future concerts!"

~Ryan Bergan



Teacher Liz Labesky directs the FHS pep band before a girls basketball game.

"Directing the pep band is so fun! Everyone works really hard during the year. They sounded wonderful every time! I truly enjoy it!."

~Ms. Labesky



Chorus: R. Graves, J. Martell, B. Haas, S. Raynor, C. Christianson, C. Lindquist, M. Nixon, C. Haas, K. Nixon, N. Kurtz. B. Truebenbach, T. Elsen, J. Hart, S. Elsen, J. Dennert, D. McKittrick, S. Willard, D. Kurtz, C. Kopetsky, J. Walworth, K. Maddocks. R. Bornemann, S. Mikkonen, M. Dutenhoffer, B. Mikkonen, M. Huettl, C. Clark, C. Achen, A. Truebenbach, B. Rahja, R. Emery. A. Hart, D. Taylor, K. Bornemann, R. Bergan, J. Torrence, J. Hart, E. Nixon, B. Klipfel, J. Schmidt, C. Dutenhoffer. D. Huettl, B. Schlosser, E. Newcomb, A. Hart, L. Bruns, J. Ruenz, A. Jung, B. Torrence, D. VanMeter, M. Barondeau. L. Labesky, J. Bain, M. Achen, B. Achen, E. Bergan, D. Bretsch, D. Elsen, K. Barondeau, L. Ruenz, C. Hertel, C. Ellwein.



Band: S. Reimer, R. Bornemann, K. Nixon, M. Achen, R. Yde, R. Emery, B. Klipfel, C. Kopetsky, L. Labesky. B. Schlosser, D. Taylor, J. Hart, D. VanMeter, A. Huettl, A. Jung. B. Achen, J. Schmidt, K. Barondeau, T. Elsen, A. Hart, S. Mikkonnen, C. Gustafson, J. Walton. T. Clark, R. Graves, K. Maddocks, K. Bornemann, C. Dennert, R. Bergan, M. Gustafson, E. Bergan. C. Achen, J. Raynor, M. Barondeau, M. Dutenhoffer, B. Truebenbach, L. Ruenz, D. Huettl, S. Elsen, M. Huettl, B. Mikkonnen. S. Raynor, B. Haas, C. Ellwein, B. Rahja, C. Clark, J. Dennert, J. Brooks, C. Bruns, D. Bretsch.

MUSICIANS COMPLETE DIVERSE ACTIVITIES

A variety of activities occupied musicians throughout the year, as record numbers of students signed up for band and chorus.

The band began the year practicing for the Homecoming parade and the Gypsy Day parade. Band was held during the first hour so the students were out early in the morning marching up and down the streets of Frederick. The band prepared for these parades until the end of September. Unfortunately, the band could not perform at the Gypsy Day parade this year because the weather did not permit.

After the parades were over, the band and chorus began practicing for the Christmas concert. The band also had to prepare for pep band sporadically throughout the first semester.

The Christmas Concert was held on December 6. The high school band and chorus performed classic songs, along with a few modernized versions.

The second semester of band saw an increase of pep band performances. The band played at four girls basketball and four boys basketball games. They concluded their performances at the first round of the girls district tournament.

Also, the band and chorus members were working on their presentations for music contest. Twelve band members and 16 chorus students participated at the contest.

Finally, the band and chorus practiced for the Spring Concert. The theme was "Grease". Eleven seniors finished their musical careers with this concert.



Lucas Bruns sits in the NCAI room and works on his Spanish homework.

"It was definitely different taking a class of the NCAI system. It was really fun though and I liked the teacher."

~Lucas Bruns



Completing assignments from the textbook is just one element of computer class for Jesse Brooks.

"(() P() I was entertaining because we took the CLASS with Leola. I learned a lot and had fun with it too!"

 $\sim J$ esse Brooks

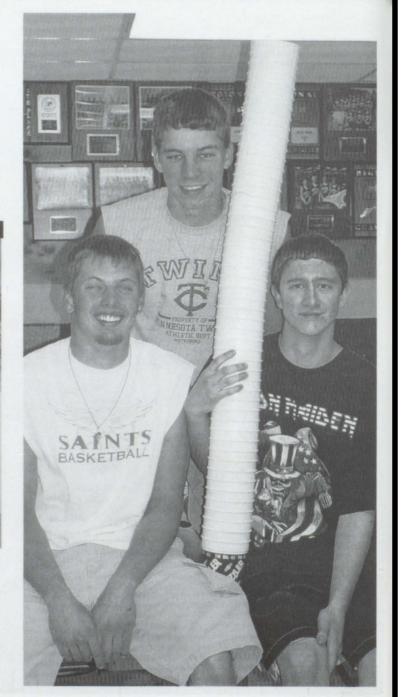








Two television systems and the Internet, along with vocational school provide alternative classes for students.





Sophomore Danielle Taylor concentrates on a lecture during Spanish I class.

"It was awesome learning a Mtw LAN-GUAGE! Even though the teacher wasn't in the classroom, it was just like any other class!"

 \sim Danielle Taylor



Junior Alecia Reimer reviews information on different cultures for a sociology test.

"Sociology was a tough Class, especially over NCAI, but I survived it! It was one experience I will never forget!"

~Alecia Reimer



Let's Eat!: Vocational students eat lunch every day at the beginning of fourth hour. This allows them to get on the bus at 11:30 a.m. and make it to Aberdeen for classes at Hub Area Vocational.



Something Pizza: Spanish II students present a commercial they created in Spanish. These junior girls took the class over the DDN system from Northern State University. They also completed Spanish I last year from the same teacher.

CLASSES ENHANCE CURRICULUM

Television classes and vocational offerings enhanced the curriculum for high school students.

Frederick students had access to DDN (Dakota Digital Network) classes, through the state-wide system, and the NCAI (North Central Area Interconnect) offerings. NCAI is an analog system and broadcasts like traditional television. A consortium of schools own this system, which was started and set up by Leighton Getty, former Elm Valley superintendent. The original schools in the NCAI system were Elm Valley, Aberdeen, Warner, Bristol, Hecla, Groton, Webster, and Leola. At this time the member schools are Elm Valley, Warner, Bristol, Groton, Webster, Waubay and Leola Schools.

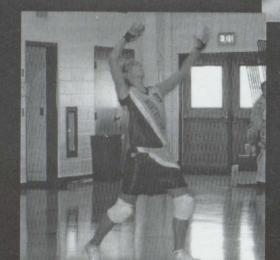
Frederick students participated in DDN classes on a daily basis. Mous (Computer I), taught by Janelle Barondeau, originated in Frederick and was taught to freshman in Leola. Spanish II class was also received via the DDN. The class was offered from Northern State University.

NCAI classes were plentiful as students received Spanish I, psychology, sociology and sign language (first semester). Spanish came to Frederick from Leola, while psychology and sociology originated in Groton. Sign language was received from Presentation College in Aberdeen. Frederick sent out two NCAI classes: business math and college composition.

Vocational students traveled to the Hub Area Vocational Center in Aberdeen each afternoon, where they completed two hours of credit in various classes.

Athletics

Determination



Leadershir

Teamwork



"VICTORY isn't defined by WINS or losses.

It is defined by

EFFORT.

If you can truthfully say 'I did the BEST' I could, I gave

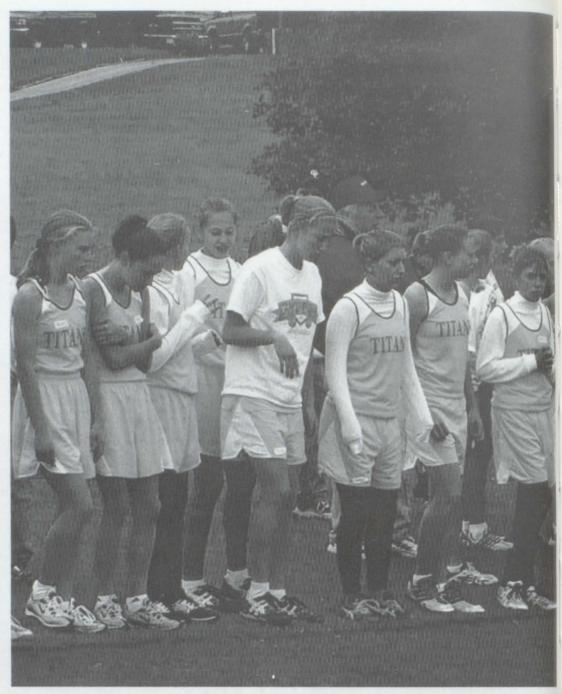
everything I had, then you're a WINNER"

-Wolfgang Schalder

On Your Mark...: The girls varsity team anticipates the start of the Webster Invitational Meet.

Almost Donel: Senior Chrissy Kopetsky meets the challenge of the course during the Lake Region Conference Meet at Webster. Chrissy's six-year cross country career included six trips to the state meet and during her freshman year she was a member of the state championship team.







Getting Started: Kelsea Barondeau sets the pace early in the race.

"Competing in two conferences, the Lake Region Conference and the Yellowstone Trail Conference, was a new experience. It was exciting to receive first place at the LRC and hopefully we can better our third place at the YTC next year."

-Kelsea Barondeau 19th place at state



2003 Girls Cross Country Team: (Front) K. Schaefer, C. Kopetsky, B. Haas, B. Schlosser and J. Hart. (Back) M. Achen, R. Graves, B. Rahja, K. Barondeau, M. Barondeau, S. Elsen and K. Maddocks.

40

CROSS COUNTRY

Just Chillin': Team members relax after the Eureka Schmeckfest Meet. Cross country tradition mandates that each team set up its own 'camp,' where coolers, sleeping bags and an array of running gear accumulates during the race.







2003 Boys Cross Country Team: C. Achen, B. Haas, A. Hart, C. Gustafson and L. Hovey.

CO-OP STRENGTHENS TEAM

Combining runners from Frederick and Leola schools strengthened the Titan cross country team in their first season. The girls' team added seven new runners to their roster, and the boys had two new runners on the squad. The talent these runners contributed made up for their lack of experience.

Under first year coach Janelle Barondeau the girls' team managed to win the Lake Region Conference and place third in the Yellowstone Trail Conference. Brooke Haas was the individual champion of the Lake Region Conference Meet. While the boys did not have enough runners to compete in the team competition, Alex Hart, freshman runner, was the runner-up at both the Lake Region Conference and the Yellowstone Trail Conference.

"I was very impressed by the level of competition our younger runners were at by the end of the season. We had a tremendous year and I'm looking forward to improving even more next year," commented Coach Barondeau.

Practices took on a new approach with Coach Barondeau. The team made two trips to the Ellendale golf course and went to Wylie Park for a fun practice.

"Coach Barondeau provided a rigorous workout schedule for us. This helped me to be in shape like I never have been before!" said Chrissy Kopetsky.

Six runners and one alternate qualified for the state meet held in Huron on October 26. Chrissy Kopetsky, Beth Rahja, Kelsea Barondeau, Alex Hart, Mikayla Barondeau and Shari Elsen traveled to Huron on Saturday morning for the afternoon races.

Junior High Champs: J. Hart, S. Elsen, M. Barondeau, K. Maddocks and R. Graves show off their first place trophy. The girls worked together to win the junior high division at the YTC meet.

"This was an especially challenging season because we didn't have many guys out, but I'm glad I had the opportunity to run at state. However, I'm going to concentrate on training and next year I'm planning on winning the LRC race so watch out Bristol!"

-Alex Hart 13th place at state



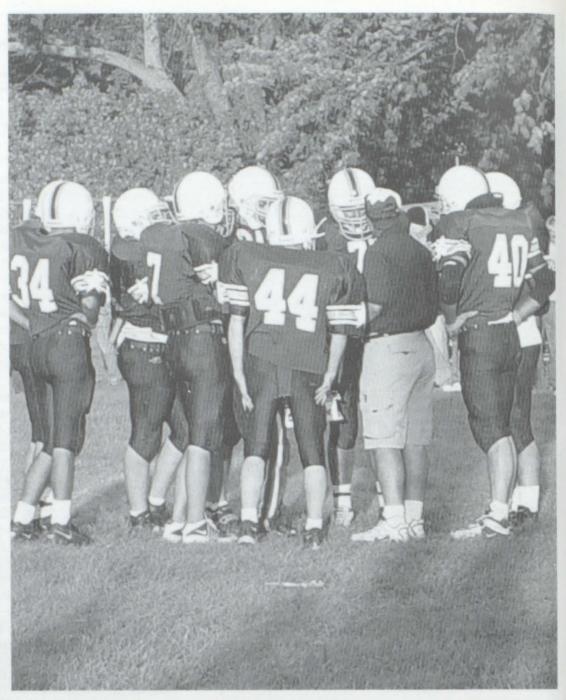
Anticipation: Titan runners anticipate the start of their 3.1 mile race.

CROSS COUNTRY

Huddle Up: Coach Sumption and the Northstar defense huddle up after a series of plays against the Warner Monarchs during the Homecoming game. The 'Stars lost the game 14-41. Although the football team suffered from low numbers, they provided solid competition for their opponents, both at home and on the road.

Sky High: Sophomore Lucas Bruns sends the football up in the air as the 'Stars kick off. Bruns was the Northstar kicker and quarterback this season.







Warm-Up: The team starts to warm-up prior to their Homecoming game with Warner.

42 FOOTBALL "It was definitely a challenging season. I was proud of the way the team worked hard even when we were down. It was an accomplishment for us to not give up. Sometimes I think you learn more from defeat than victory."

-Eric Bergan Senior captain



2002 Northstar Football Team: (Front) W. Wilson, E. North, E. Bergan, D. Bretsch, C. Mahlke, C. Clark and D. Elsen. (Second) Coach Sumption, J. Hart, R. Bergan, A. Hart, L. Bruns, J. Torrence and Coach Morlock. (Third) T. Hart, T. Perleberg, M. Huettl, B. Mikkonen, E. Emery and C. Christianson. (Back) D.Barondeau, T. Christianson.

Reverse: Senior captain David Bretsch (24) hands off to freshman Alex Hart (34) on the 'Stars reverse play. The offensive line blocks well for a big gain against the Warner Monarchs.





Senior Leadership: Five seniors lead the Northstar football team. Dan Elsen, Cody Clark, Eric North, David Bretsch and Eric Bergan wrapped up their football careers this season. Many of them have played since they were in the seventh grade.

'STARS STRUGGLE WITH CHALLENGING SEASON

Frederick's Northstar football team was led by first year head coach, Mark Sumption, who was last years' assistant coach, and first year assistant coach, Marty Morlock. With experienced seniors and a young core, the team had a lot of work to do. Practices began in August and the 'Stars opened their season in Tulare.

Although the 'Stars suffered many losses both away and at home, the team maintained their level of intensity. Everyday after school the boys' put on their football gear and headed out to practice.

"Practices were just as hard as they have always been. We worked day after day, because we wanted to improve. Hard work always pays off, if not now, it will in the future," stated junior Wyatt Wilson.

"It was fun playing football this year even though I was only able to play my first four games," commented senior captain David Bretsch. "They ended up being my final games because of a back injury that put me out for the rest of the year."

The team struggled this year because of lack of experience. Despite ending the season with an 0-8 record, the younger members of the team were given the opportunity to gain experience and skills that will prepare them for future seasons.

"It was hard going out there every night and losing. Sometimes we wondered why we were doing it, but then we knew it was for the seniors and for our own experience. Those guys taught us a lot that will help us in the future. Although it would have been nice to win, I don't regret the season or the lessons we learned from," explained freshman Ryan Bergan.

"D" Up: The 'Stars defense prepares for the next series of plays against the Warner Monarchs offense.

Scoreboard

Opponent	Us	Them
H/T	8	42
Ipswich	0	47
Warner	14	41
Langford	14	41
D/C	14	36
Roslyn	12	26
NW	12	62
E/B	8	54



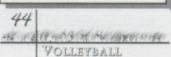
The End: Senior football players stand at center field with their parents on Parents' Night.

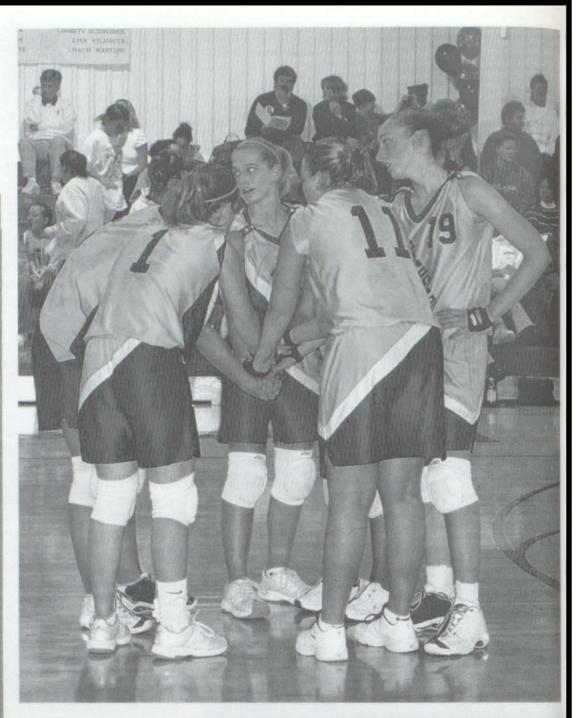
FOOTBALL 43

Let's Talk: Frederick's girls huddle up and encourage each other during their District 2B match against Warner on Saturday, November 2. The 'Stars dropped the match in three games. The girls ended the season with a record of 21-7, which is the best Northstar volleyball record to date.

Scoreboard

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THE RESIDENCE OF THE PARTY OF T	Warner	0	3







Our Point: Three senior girls anticipate a mistake by their adversaries.



2002 Varsity Volleyball Team: (Front) B. Torrence, C. Kopetsky and B. Achen. (Middle) B. Rahja, K. Barondeau, C. Hertel and C. Ellwein. (Back) J. Schmidt, Coach Sumption, B. Klipfel, L. Ruenz, Coach Hertel and A. Truebenbach.

The Ball Stops Here: Brittney Klipfel blocks a spike from a Eureka player. Brittney had 64 solo blocks and 12 block assists this season. She led the team statistically in hits and digs also. She has started varsity since she was a sophomore.







Coming To The End: Seniors Becky Achen, Brittney Klipfel, Chrissy Kopetsky and Jessi Schmidt provide leadership and incentive for the 'Stars in their final volleyball games. These girls led the team during the time the volleyball program was being built.

SEASON PRESENTS NEW CHALLENGES

The season changed, the scoring changed, the coach changed and the team changed: 2002 was a whole new season for the Northstar volleyball team. The girls had a lot of changes to adjust to as they began what ended up as one of the most successful volleyball seasons ever.

Frederick opened the season 3-0, but then suffered a loss to Selby Area. The 'Stars captured third at the Leola Tournament and won the Great Plains Lutheran Tournament, as well as the Hitchcock Tournament. The girls went 2-1 in the NSU tournament, but places were not given for the morning session.

Despite suffering a loss to Warner at districts, the 'Stars felt they had played an outstanding season. They ended the season 21-7.

Four seniors, captains and starters Brittney Klipfel and Chrissy Kopetsky and starters Becky Achen and Jessi Schmidt, ended their high school volleyball careers. Brittney received All-Conference and All-Area honors for her efforts throughout her volleyball career.

Brittney led Frederick in hitting with 257 kills. Becky and Lyndse Ruenz each had 76 kills on the season. Chrissy, the setter for the 'Stars, totaled 401 assists at 99.5%. The team served 92.5% and was led in aces by Corley Hertel who racked up 35. Also serving outstanding this year were Kelsea Barondeau with 33 aces, Brittney with 32, Amanda Truebenbach with 30 and Becky with 28. Brittney soared above the net and had 64 blocks. Lyndse had 22 blocks on the season. Finally, Brittney had 161 digs. Following her was Amanda with 133, Corley with 130, Becky with 118 and Chrissy with 90.

It's In: Becky Achen hits the ball over the net during the Eureka game in Frederick as Brittney Klipfel and Chrissy Kopetsky look on. Becky was one of the four seniors who helped lead the team during the 2002 Northstar volleyball season.

"We had a great regular season and fought hard in districts, but just couldn't come out on top this time. We had a lot of fun and Coach Sumption and Coach Hertel did an awesome job! I'm going to miss all the girls next year!"

-Brittney Klipfel Senior captain



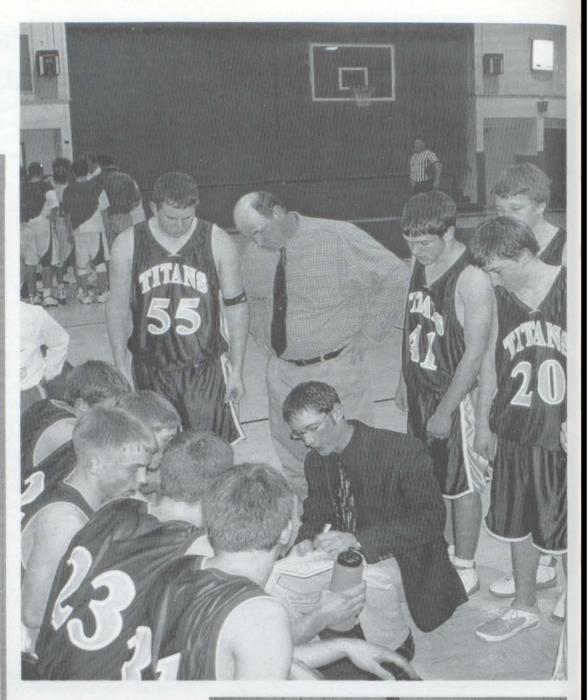
Dig This: Freshman Lyndse Ruenz powers the ball over the net.

VOLLEYBALL

Listen Up!: The Titans huddle around Coach Knecht after calling a time-out during the Roslyn Vikings game. This was the first year of the boys' basketball coop. The Titans beat Roslyn 61-53. They ended their first season 14-6.

Scoreboard

000.0		
Opponent	Us	Them
Pollock	67	48
Langford	92	71
E/C	75	43
Herried	64	56
Edgeley	67	38
Oakes	63	66
Ellendale	58	64
H/C	70	57
Bowdle	85	71
Ipswich	71	62
Eureka	72	59
NW	73	78OT
D/C	69	75
Roslyn	61	53
Warner	72	54
McLaughlin	65	59
Bristol	79	53
Selby	46	54
Faulkton	63	60
D/C	63	66





Pass It!: Senior Cody Bruns looks to pass during the NW game.

BOYS BASKETBALL

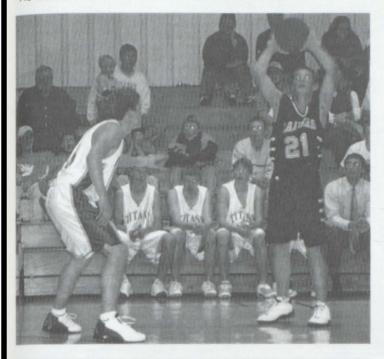
"I loved being a part of the first Titan basket-ball team. It felt great to know that when I stepped out on to the floor all those guys were cheering for me. It was definitely the best season I can remember!"

-Daniel Elsen Senior forward

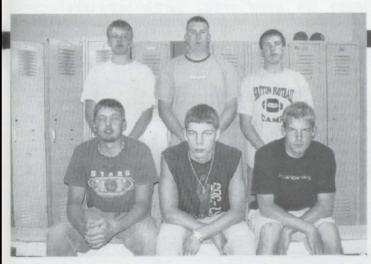


2003 Titan Varsity Basketball Team: (Front) E. North, C. Schaunaman, A. Kappes, L. Bruns and C. Bruns. (Back) Coach Waltman, D. Bretsch, E. Bergan, J. Thorpe, J. Ruenz, B. Hoffman, D. Elsen and Coach Knecht. Not pictured are A. Schanzenbach and S. Sanders.

Let's See What You Got!: Senior David Bretsch plays stellar defense on an E/C guard. David was named to the LRC all conference first team and was also a member of the YTC all conference team. He was selected as a member of the all area team as well.







Senior Leaders: Eric Bergan, David Bretsch, Cody Bruns, Daniel Elsen, Josh Ruenz and Eric North help to lead the first year Titans through a successful season. These six boys have played together for four years, previously as the Northstars.

LEOLA/FREDERICK BOYS COMBINE FOR FIRST YEAR AS THE TITANS

Leola and Frederick combined their boys basketball teams for the 2002-2003 season and posted a winning season, impressing and surprising many area teams. The Titans had a great season, ending with a record of 14-6. The Leola/Frederick Titans were coach by Troy Knecht, in his first year as a head coach. Troy has coached many of the team members as an assistant coach for the Northstars, and was excited about putting those boys together with the Leola players. The lost nine seniors, all of whom played a big part in the team's premiere season

Members from the Titans basketball team who made All-Conference were first team David Bretsch and second team Cody Bruns and Eric Bergan.

The Titans played their best games during the season against the McLaughlin Midgets and the Bowdle Bobcats. McLaughlin and Bowdle came into Leola ranked #10 and #9 in the state. The Titans were pumped up for each game, ready to play and came away with victories over both teams.

"Beating two ranked teams was the best ever; we were ready for the challenge and crushed both of them," said Senior Josh Ruenz.

Leola/Frederick had an excellent year of basketball even though they ended up cutting the season short with a loss in the second round of districts.

"We had a great and fun year playing basketball together for the first time as a co-op, it was the best season I ever had!" said Senior Eric North.

Up Strong: Eric Bergan goes up strong and scores, while David Bretsch boxes out for a quick rebound.

"We all had to get used to playing with new people. It was hard at first and no one knew what to expect from us. I think we showed everyone that we could work hard and make things happen. We came together as a team."

-David Bretsch Senior guard



Up and Under: Senior Eric North makes a move to the hole.

BOYS BASKETBALL





Bench Support: Regardless of how intense the action on the floor became, the Northstars on the bench and the coaches remained calm and concentrated their efforts on supporting the players. Having just four seniors and one junior on the team allowed the younger players to get plenty of experience. Varsity included players from grades seven through twelve.

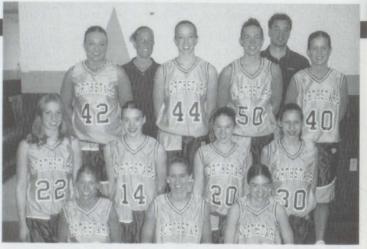
Whose House?: Each pregame huddle included the same chant: "Whose house? 'Stars house! (repeated three times) Lady 'Stars on three: 1-2-3: LADY 'STARS!" Once the season was concluded, this unique chant gained significance for players and fans since this was the last year for the Northstars; next year the girls will be the Leola-Frederick Titans.



BALLI: Lyndse Ruenz

anticipates the pass during the Hanson Classic. GIRLS BASKETBALL





2002-2003 Varsity: (Front) C. Kopetsky, B. Achen and C. Hertel. (Middle) K. Barondeau, C. Ellwein, C. Haas and M. Barondeau. (Back) J. Schmidt, Coach Sumption, L. Ruenz, B. Klipfel, Coach Morlock and A. Truebenbach.

Air Brittney: Center Brittney Klipfel drives in for two. The all-state player averaged 18 PPG to lead the 'Stars to a 17-4 record.



Scoreboard								
Opponent	Us	Them	Opponent	Us	Them			
EC	47	56	Roslyn	60	31			
Leola	97	21	Leola	55	32			
Cresbard	66	54	Warner	51	27			
Langford	57	38	Summit	57	40			
Ellendale	48	27	Bristol	49	37			
Tiospa Zina	59	24	Eureka	60	31			
Armour	47	54	Waubay	66	36			
Britton	58	43	Langford	54	57			
NW	64	37	Langford	69	43			
D/C	69	50	DC	46	47			

'STARS TALENTS SHOWCASED

Posting a record of 17-4, the girls basketball team found plenty of opportunities to showcase the talents of team members.

"We were fortunate to have players who excelled both defensively and offensively throughout the season," said Coach Sarah Sumption.

In spite of an outstanding season, the 'Stars opened with a loss and ended with a heartbreaker.

"We definitely had a bad case of first game jitters," explained senior captain Becky Achen. "We feel we could have beat them if it was not our first time on the court."

After a shaky start, the 'Stars returned to their winning ways, as they nabbed the LRC title. The team entered district action as the number two seed and won their semifinal game, advancing the 'Stars to the district championship match. However, intense offense and defense was not enough to seal a fifth consecutive district championship, as the 'Stars lost a heartbreaking one point game.

"No way were we prepared for that game to be our last. I told the girls at the beginning of the season that we were on a journey, not seeking a destination. That's what they have to remember: the journey, not the journey's end," explained Coach Sumption as the girls and their fans gathered for cookies and coffee after the fateful district game.

While the team and their fans struggled with the loss, it was even more difficult for the four senior girls, who had been on teams that went to the last four state tournaments. "It's tough to grasp that my high school basketball career is over," stated Jessica Schmidt.

Once reality sunk in and the team could look back over the season, they were pleased with all they had accomplished.



Team Leaders: Becky Achen, Brittney Klipfel, Jessi Schmidt and Chrissy Kopetsky combine 18 years of varsity experience to lead the Northstars. These four seniors were named captains of the team.





On Guard: Kelsea Barondeau moves the ball up court.

GIRLS BASKETBALL

What a Throw!: Josh Ruenz throws the shot put at the conference track meet. He placed fourth in this event. Josh also competed in the discus.

Push It In!: Beth Rahja runs the 800 in the medley at the conference track meet. She helped the team make it to state by placing second at regions. She was also part of the two mile relay team that competed at the state meet.







Helpful Hands: Lyndse Ruenz and Alex Hart hold Chrissy Kopetsky up after her two mile run.

TRACK

"Running the two mile is grueling...to keep me going, my teammates sing to me...a different song every lap. At the end of the race, Lyndse is there to catch me. I would never make the eight laps if not for the support from everyone."

-Chrissy Kopetsky 9th place at state



Rapid City or Bust: State qualifiers for the boys' team head off to the meet in Rapid City. They placed first or second at regions to earn a trip. (Front) A. Kappes, E. North and L. Bruns. (Back) J. Thorpe, C. Bruns, C. Schaunaman, A. Schanzenbach and Coach Gabriel.

Fight to the End: Seventh grader Mikayla Barondeau and senior Becky Achen sprint to the finish of the 400 meter dash. Mikayla placed fourth and Becky placed third. Both girls were on the winning mile relay team.







Headed to State: Twelve girls plan to participate with the best of the best at Rapid City. They are (Front) B. Rahja, C. Haas, C. Kopetsky, C. Hertel, B. Haas and B. Schlosser. (Back) Coach Hutson, M. Barondeau, B. Achen, B. Klipfel, H. Weiszhaur, K. Barondeau, R. Emery and Coach Barondeau.

TITAN TRACKSTERS SWEEP REGIONS

Making a clean sweep, both the boys and girls Titan track teams captured first place at the Region track meet on Thursday, May 22. Although the boys did not finish first in any event, they still earned 140 points, ahead of Northwestern, the team that defeated them at the Lake Region Conference. The girls tallied 159 points, with three first place finishes.

"Regions were the best! Everything seemed to come together for us," explained Chrissy Kopetsky, who has run varsity track for six years.

"Our athletes worked very hard," explained Janelle Barondeau, assistant coach. "We had exceptional senior leadership, with six seniors participating," she added. Many times seniors athletes choose not to participate in track, since it comes at the end of their high school careers.

Practices started in late March and athletes were still working out to perfect their events for the state meet after school was out in May.

"Practices were really intense. Coach Barondeau would say 'We'll have an easy day today' and then we would run a warm up mile, four 200's, six 400's and then a cool down mile!" exclaimed Becky Achen, six year trackster.

All of the work and intensity paid off as the Titans sent 19 athletes to state: 12 girls and seven guys. The state track meet was held in Rapid City.

The Titans returned late Saturday night with three placers. Brooke Haas placed seventh in the mile. Aaron Kappes brought home a fourth place finish in the triple jump. Justin Thorpe placed seventh in the 110 meter hurdles.

Up and Over: Lucas Bruns clears a hurdle during 110 meter hurdle finals at the Lake Region Conference meet. He placed third in the event. Lucas also participated in the long jump and triple jump. He made it to state in the long jump.

"I had so much fun this season and I am really glad I went out. I am excited to be a leader next year, but I am really going to miss the seniors. They were great leaders. Track is a lot of hard work but when you make it to state it is worth all the pain!"

-Beth Rahja Junior runner



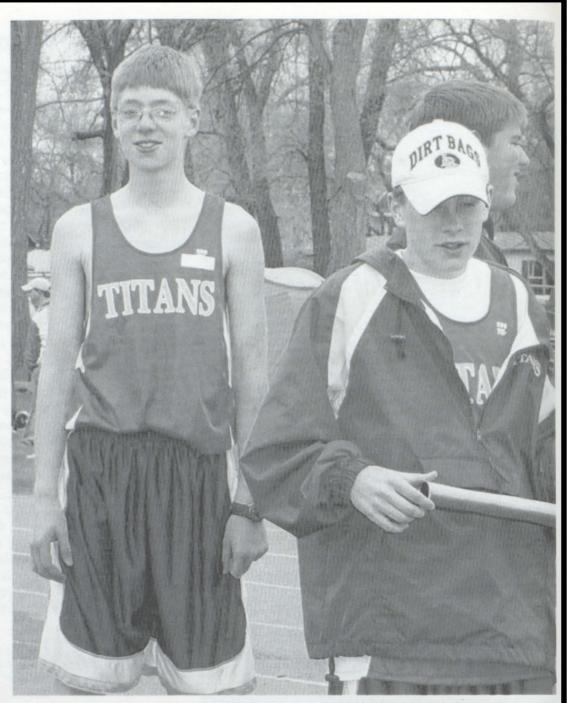
First Place Finish: Brooke Haas wins the 800 meter run at LRC.

TRACK

Relay Teams Report: Travis Dallenbach and Blain Mikkonen await the 400-meter relay at the Lake Region Conference meet in Groton May 6. Relay teams were asked to report to the "bullpen" before each race.

I Think I Can: Seventh grade cross country runner, Shari Elsen, concentrates as she pushes herself toward the finish during a cross country meet during the fall season.







Timeout: Coach Waltman shares a new game plan with the boys JV team.

JELIV SPORTS

"It was great being in football this year. I got to put my strengths to good use to help the team. I learned a lot from the older kids and will miss the seniors for all things they have taught me."

Justin "Pipes" Hart. Freshman football player



JV Boys Basketball: (Back) R. Bergan, A. Shanzenbach, L. Bruns, L. Guthmiller, C. Schaunaman, A. Hart. (Front) A. Kappes, S. Sanders, J. Taylor, J. Torrence, J. Hart. This is the first ever JV Titan team as the Leola-Frederick co-op completed their premiere season.

Practice Jump: Blair Truebenbach and Carli Ellwein "practice" jumping over the high jump bar. Both eighth grade girls were injured and not able to participate in the Lake Region Conference meet. Blair was recovering from an elbow injury, while Carli suffered from a knee problem. The girls team did win, despite missing key athletes.







J.H. Girls Volleyball: (Back) C. Maddocks, S. Mikkonen, J. Walworth, R. Graves. (Front) B. Haas, B. Truebenbach, J. Hart. These girls show off their trophy won at the Leola tournament.

JUNIOR VARSITY AND JUNIOR HIGH PREPARE FOR THEIR FUTURE

Junior varsity and junior high sports give students the chance to develop teamwork, cooperation and the qualities needed to become tomorrow's leaders. These sports offer a chance for many students to get involved during school and channel their talents.

Junior high students must learn how to balance their sports, as well as their schoolwork, always remembering they are students first.

Frederick offers JH and JV golf, wrestling, volleyball, basketball, track, cross country and football. However, there were not enough football players to have a separate JV or JH team so the younger students had an opportunity to play at the varsity level.

With the new Leola-Frederick co-op, the JH and JV teams had a chance to get to know their new teammates, which will aid them in their future varsity careers. The sports that were coop-ed in, were junior varsity boys basketball, girls and boys track, girls and boys cross country and girls and boys golf.

Girls' JV and JH teams coach Marty Morlock stated, "I am very proud of all of our athletes who upheld the dedication and made my first year at Frederick memorable. I have a great foundation on which to build my career."

The athletes also began to build a foundation which will shape their future successes. Many junior high students have already begun their varsity careers.

JV Girls Basketball: (Back) M. Achen, J. Walworth, M. Barondeau, D. Huettl, C. Ellwein, C. Maddocks. (Middle) S. Elsen, C. Haas, C. Dutenhoffer, R. Graves. (Front) T. Elsen, C. Hertel, J. Hart.

"Jr. High is a time to get to know our teammates that we will be playing with until we graduate. It is also a time for us to learn what positions we would like to play and what positions we "can" play."

-Blair Truebenbach 8th grade volleyball player



Titan Blue Birds: Christa Haas, Chelsea Dutenhoffer and Shyrlle Mikkonen model their new track pull-overs.

JHZJV SPORTS

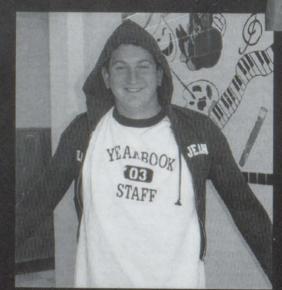
Student Life

Memories



Experiences

Laughter



"WORK like you don't need the money,

love

like you've

never been hurt,

and dannee

like no one is watching."

-Satchel Paige

"Seeing President Bush was a once in a lifetime experience. Most U.S. citizens never have an opportunity to see the President in person."

Matthew Gustafson
~Junior attending
President's address~

Ms. Labesky

~Faculty adviser at President's speech~

"It was an incredible opportunity to see the President. I even got to shake John Thune's (SD Representative) hand and take a picture with him!"

"I was very happy that someone stole our tickets. Instead of waiting in line for hours like other schools, we got to walk right in a special door!!"

Beth Rahja

~Junior appreciating
a ticket mix
up for President
Bush's speech~

Cody Bruns
~Senior at
President's speech~

"The television cameras were right behind me so the back of my shirt was on TV! Also, after the rally I got interviewed by a reporter about seeing the President."

New Events Mark School Year

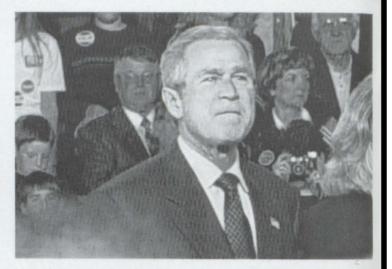
From famous visitors to new facilities to a wider selection of library books, new events served to mark the 2002-2003 school year as one that will be long remembered.

While some changes were welcomed with open attitudes, others required a period of adjustment. Many fans and players thought that having girls and boys basketball in the same season created a busier schedule, while others appreciated the change. The new school building provided a much enhanced facility and the library's wider selection of fiction books and convenient location kept students and teachers reading throughout the school year.

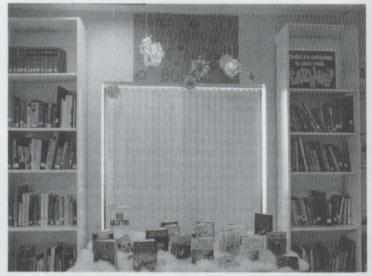


WHAT'S NEW

Baseball Fever: Author Jean Patrick shares a story with students and parents.



Famous Visitor: President George W. Bush spoke to a capacity crowd at the Barnett Center in Aberdeen on October 31. Several Frederick students were able to see the President in person and listen to his speech, thanks to special arrangements through John Thune's office. The Aberdeen stop was one of many made by the President as the campaigns wound down across the nation.



Blizzard of Books: A display of new books entices readers to the new school library. Literally hundreds of fiction books were added to the library's collection through donations and special purchases.

"I had never considered what it would be like to change seasons, but I actually liked it once we made the change...plus we stayed in shape for track!"

Becky Achen
~Senior basketball
player during first year of
season change~

Cody Clark
~Senior attending
President's speech~

"It was amazing how much security was needed just to walk into the Barnett Center! There was also lots of secret service scattered around the building."

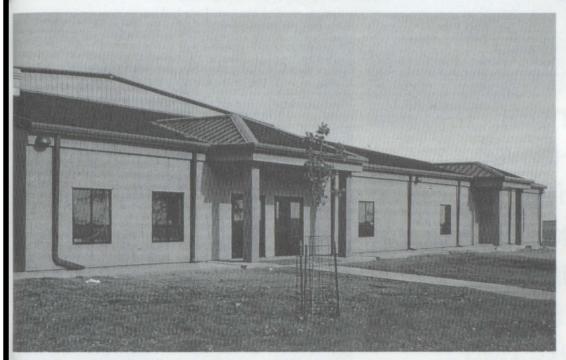
"Seeing the President was super. The best part was when he came in and everyone cheered really loud. Even though I'm a Democrat, he's still a pretty good guy."

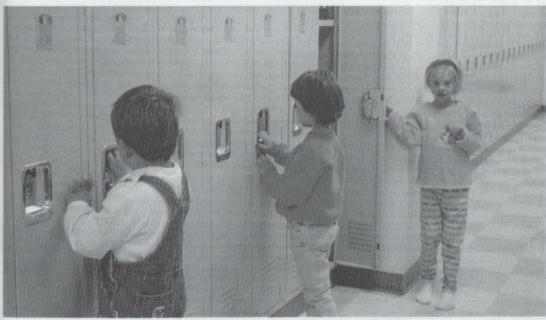
Russ Fuhrman
~Bus driver to
President's speech at the
Barnett Center~

Carol Sheldon

~Facilitator for elementary author visit~

"Jean Patrick (author of The Girl Who Struck Out Babe Ruth) was wonderful...the students enjoyed her presentations. It was awesome to have a published author visit our school!"





Amazing Structure: The new elementary building, which was begun in May 2002, was ready for occupation in August 2002. The facility houses kindergarten through sixth grades, the music department, the library and offices.



Season Change: Becky Achen looks to pass the ball in during the first girls game, which was played in December due to the new season switch.

New Lockers: Jacob Ham, Paige Podoll and Kirsten Rall tackle new lockers, which were installed in the elementary.

WHAT'S NEW

What's **HOT** at Frederick High-

MMMMM Tastes Good...

McDonald's PERKINS Mavericks

Shenanigans

Burger King

STEAK AND

Culver's

Arby's

BUFFET

Olive Garden

Pizza Ranch

My Wife and Kids Top TV King of Queens **Shows:** Monster Garage 7th Heaven Friends Boy Meets World

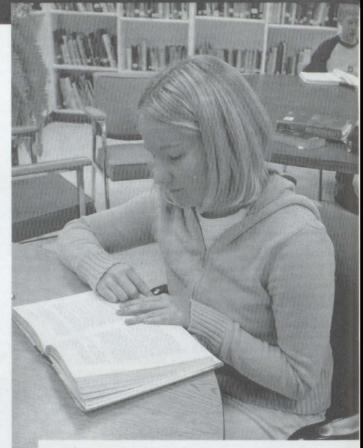
Simpsons Even Stevens Sponge Bob Fresh Prince of Bel Aire

What We Like To Do:

Basketball HUNT

Hangin' Out

MOVIES Take A Nap



ER ONE AUTHOR!

Mary Higgins Clark

Dr. Pepper Pepsi Water

Cappuccino

Mountain Dew Mellow Yellow

Juice Coke

Sierra Mist

MILK

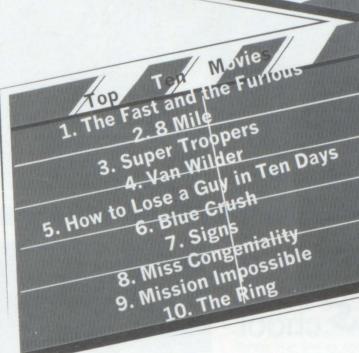
Women's Hoops

Sparks

Lynx

Liberty

Comets



VIKINGS

NFL TEAMS

PACKERS (OWBOYS BUCCANEERS BRONCOS

Favorite Sports Teams

NCAA

- * Kansas
- * Duke
- * North Carolina
- * Maryland
- * Florida

MAJOR LEAGI TWAS

Men's Basketball

T-wolves

Lakers



Jazz

Magic

Bulls

MAGAZIME



Margaret Sumption sells tickets at the Sock Hop, a fundraiser for girls basketball team.

Miles Bretsch leaves the concession stand, which received amazing community support.



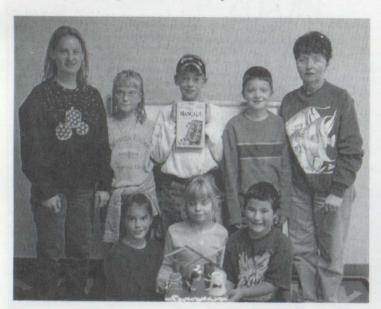
A capacity crowd enjoys lunch, served by the Booster Club after the Christmas concert.

Melanie and Paige Podoll enjoy a mother/daughter moment at the community sock hop.



Community Supports School Activities

When discussing the school and the community, no one can draw a line between where one begins and the other ends: each is dependent on the other for survival. Community became an even more encompassing term this year as the Frederick School community expanded to the east, taking in several Hecla families, and to the west when several sports were co-oped with Leola. Whatever the situation, from sports to music to classes, the community always turned out in full force to support the Frederick School, which is why, even during "Seasons of Change", the school year progressed smoothly.



COMMUNITY

Award-Winning Program: Ellen Schlosser's after school group received an award for their centerpiece creation.



Look What I Can Do!: Johnny Sumption proudly demonstrates his skill at constructing a gingerbread house in pre-school. Mom Stacey teams with Stephanie Sumption to teach the class each Tuesday and Thursday morning for three and four year olds. The sessions are held in the kindergarten room in the new elementary building.



Booster Buffet: Janet Elsen, Judy Bretsch and Deb Gustafson offer a buffet of snacks at an independent basketball tourney. Boosters, a community group dedicated to promoting school activities, served lunch after several school events.



Al Layton adds the finishes touches to the sound system in the new music room.

Community members of all ages and even Santa enjoy the festivity of a Christmas concert.



Amy Dinger assists her daughter Kennedy, with a pre-school class project.





Donnie Maunu delivers sack

lunches from Northern Lights to

the DTL class held in June.

Bunny Hopping: Teanna, from the Dancing Jukebox, leads the Bunny Hop line at the community sock hop. Jay Dean, the DJ for the event, commented that in all his years as a DJ he rated Frederick's Bunny Hop line as one of the longest he's ever seen!



"Over Here!" Ryan Bergan, Shyrlle Mikkonen, Jesse Brooks and Tracy Elsen encourage the "t-shirt man" to toss some free Titan shirts in their direction.

Free Throws: Amanda Truebenbach collects dollars from Chelsey Zinter and Caylee Hertel during a free throw contest. The event was sponsored by Hog Wild and all proceeds went to the Athletic Department.





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· 如如此在我们为少年的人的人的



First graders march down the street in army attire.

Teacher Liz Labesky portrays Judge Judy during the junior coronation skit.



Queen Chrissy and King Eric smile after being crowned.

This famous bunny walks through the parade to "energize" the 'Stars.



Parade Entries Reflect Theme

Homecoming 2003 became the stuff memories are made of as the week progressed from one exciting moment to the next. Festivities began on Monday, with the crowning of the 2003 Royalty: King Eric Bergan and Queen Chrissy Kopetsky. Other members of the court included Brittney Klipfel, Jessi Schmidt, Becky Achen, Dave Bretsch, Cody Bruns and Josh Ruenz.

Throughout the week students showcased their creativity by observing the various "dress-up" days. These included "Hippie Day", "Hick Day", "Opposite Sex Day", "Beach Day" and "Spirit Day". Participation in these days helped build school spirit and student involvement throughout the week.

"Hick Day was my favorite," explained Rhonda Yde, junior. "I had more choices for outfits for that day...which scares me!" she added.

Sporting events during the week proved challenging, as the girls' volleyball team suffered losses to Northwestern and Doland/Conde but tallied a win against Aberdeen JV.

Friday began as the band practiced marching and the classes worked on their parade floats. In the afternoon, community members lined Main Street as classes and businesses paraded their floats. Also the football team chalked up a loss to Warner.

However, Homecoming festivities wrapped up on a positive note as the students gathered in the gym for the dance after the football game.

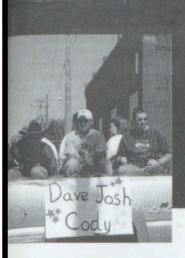
"It's sad that we just finished our last Homecoming, but it was a lot of fun and we'll keep the memories always, "concluded Becky Achen, senior.



Hungry? Why Wait: The freshmen "Snickers" entry glides down Main Street during the Homecoming Parade, which began at 1 p.m. and featured a variety of school and community floats.

Smile!: Royalty candidates Dave Bretsch, Brittney Klipfel, Eric Bergan, Chrissy Kopetsky, Cody Bruns, Jessi Schmidt, Josh Ruenz and Becky Achen anticipate the Homecoming Coronation ceremony.





Royalty candidates enjoy their trip down Main Street.

Rachel Emery and Beth Rahja represent "Warner" during their Judge Judy skit.



Three freshmen boys await a kiss from a "cheerleader".

Second graders exclaim "They Roll Down Prices, We Roll Over Monarchs!"





Rolling Through the Parade: Josh Ruenz, Jessi Schmidt, Brittney Klipfel and Becky Achen toss candy from the 2002 royalty truck.

Great Day to Grill: Jason Jensen "grills" burgers on the juniors' float during the parade. Their entry "Have It Our Way" won first place in the float competition.



HOMECOMING



A flock of penguins guard part of the treasure in the elementary performance.

Playing the part of a scientist, Chelsea Zinter "computed" numbers to reach solutions.



Dressed as scorpions, Abby Sumption and Dalton Kopecky march across the stage.

First grader Bryce Krueger anticipates the next penguin routine in "Treasure Hunt".



Drama Showcases Students Talents

A variety of dramatic opportunities offered students the chance to showcase their talents. Two plays, one for grades kindergarten through sixth and another for students in grades seven through twelve, together with an expanded oral interpretation program, allowed students to develop their theatrical skills and techniques.

Frederick and Leola were combined for oral interpretation competition during the fall; however, no one from Leola joined, leaving 11 Frederick students to represent the co-op at districts. Seniors Becky Achen, Brittney Klipfel, Chrissy Kopetsky and Jessi Schmidt led the team with four years of experience. Other team members were Rachel Emery, Michelle Achen, Angella Hart, Sam Raynor, Kassie Storm, Jayme Bain and Tracy Elsen. Seven entries, one in each division offered, advanced from locals to district competition, while only one entry, Michelle Achen's poetry, advanced to region competition.

Live theater arrived for Frederick students in a double dose during the spring. Junior and senior high students joined with Leola actors to present "The Wizard of Oz" and elementary students were treated to a week of practices with two artists in residence before presenting "Treasure Hunt". "The Wizard of Oz" was presented Friday evening, May 3, in Leola and "Treasure Hunt" was presented the same evening in Frederick. Original plans called for "Wizard..." to be performed in Frederick also, but staging complications made it necessary to do the performance only in Leola.



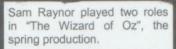
Live Theater: Kelli Hart and Allie Worthy perform their parts for "Treasure Hunt", a play presented by elementary students.

Oral Interp: These four seniors lead the oral interp team, which sent seven entries to districts and one entry to regions.





Although she wasn't in Kansas, Carli Ellwein created the unique role of Toto for the play.





Jayme Bain meets the challenge of costuming and appropriate props for the play.



There's No Place Like Home: Sam Raynor as the Tin Man and Carli Ellwein, Toto, observe the latest scheme to get Dorothy back to Kansas.

"If I only had a brain...", laments Michelle Achen as the

scarecrow.

Musical Farewell: Munchkins Shari Elsen and Mikayla Barondeau (center), along with Jessica Mack, present the musical farewell for Dorothy before she leaves Oz.





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Chrissy Kopetsky shows off her foosball skills before the grand march. The games were available after prom also.

Juniors Becky Torrence, Alecia Reimer and Dionne VanMeter tie balloons to the picture arch.



Seniors Becky Achen and Britt-

Seniors Becky Achen and Brittney Klipfel model the latest, offthe-shoulder prom dress style.

Josh Ruenz, Cody Bruns and Eric North break it down with the ice auger dance at prom.



Couples Dance The Night Away

Twenty-one couples danced beneath a blue, black and silver canopy during "A Night Under the Stars" on Saturday, April 5. Juniors began planning and making decisions in January and then ordered all of the supplies they would need for the event.

The Wednesday before prom, the juniors stayed after school and began the process of stringing wires for the gossamer ceiling. Then on Thursday after school everyone got involved in some serious decorating. Some juniors tackled the fountain and columns, while others utilized ladders to get the ceiling up. Still others inflated balloons and created an archway for professional photos.

On Friday morning the decorating began again and by mid-afternoon they had transformed the gym into a magical setting for the prom couples.

Saturday's activities began with the banquet at 5:30 p.m. followed by pictures at 6:30 p.m. Attired in formal tuxedoes and dresses featuring an array of styles and colors, the couples presented the Grand March at 8 p.m. Pure Pressure Sound provided the music as the couples danced until midnight and then switched modes and got ready for the after-prom party.

Junior parents planned the after-prom party, which featured food, arcade games, improv comedy and prizes. With attendance at nearly 100 percent, weary prom-goers finally left the gym at approximately 4:30 a.m., since the Day Light Savings time had begun at 2 a.m.



The Final Prom: Daniel Elsen, Eric North, David Bretsch, Josh Ruenz, Cody Bruns, Eric Bergan, Jessi Schmidt, Becky Achen, Chrissy Kopetsky, Brittney Klipfel and Cody Clark enjoy their senior prom, which the juniors hosted for them.

Show Off Those Legs!: Dionne VanMeter, Becky Torrence, Ashley Huettl, Jessica Heilman, Ashley Jung, Beth Rahja, Rachel Emery and Amanda Truebenbach show off their garters before prom begins. The wedding tradition has become commonplace at prom.



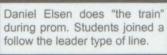
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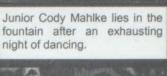


Junior Cody Mahlke was the only casualty as the juniors decorated for prom. He shows his scratch to the camera.

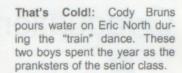




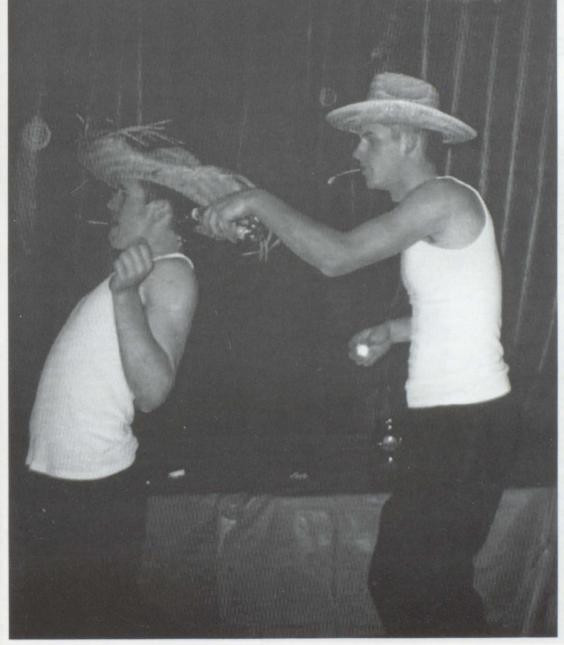
Senior David Bretsch and Junior Beth Rahja stop and smile during the grand march. Couples stopped for pictures.







The Dating Game: Amanda Truebenbach answers questions about her partner, Alex Hart, during the dating game. This was one of the events on the after prom party schedule.





PROM



Eric North receives his yellow rose boutonniere before the graduation ceremony.

Jessi Schmidt arranges the tassel for her 13-year classmate, Brittney Klipfel.



When begand from every one of

"I've learned from every one of you," Salutatorian Becky Achen tells her classmates.

Valedictorian Josh Ruenz pauses after receiving his diploma from Mr. Schlosser.



Graduation Becomes Emotional Event

Memories, those from years past and those presently being made, merged on Sunday, May 18, as the 12 members of the Class of 2003, gathered for their final high school activity: graduation. In an emotional, hour-long ceremony the seniors shared memories through speeches, songs and a slide show.

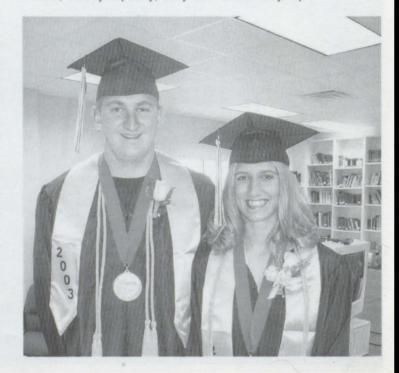
CEO Randy Barondeau welcomed the audience and then Valedictorian Josh Ruenz spoke, concentrating on how special the FHS Class of 2003 is. "I've never seen, or even heard of, a class as close as ours," said the senior who was only at Frederick for one year. Next, the 12 seniors sang "Friends." Then Salutatorian Becky Achen delivered her speech, during which she shared a memory about every graduate. "In life some people are unforgettable, so are the memories they leave behind," she concluded.

Following Becky's speech, "Where Did Time Go", a song by Terry Thompson, was played for the seniors from their parents. Then Caitlin Zinter, sixth grader, sang "One Moment in Time" while the seniors presented their parents with a long-stemmed red rose. "Seasons of Change" was the title of the slide show the seniors created and presented. The last slide featured a quote: "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."

Finally, Mr. Barondeau read the graduates' names and Richard Schlosser, school board president, awarded the diplomas.

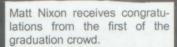


Honor Students: These eight graduate with a 3.5 or higher GPA. They are Eric Bergan, Becky Achen, Dan Elsen, Jessi Schmidt, Josh Ruenz, Chrissy Kopetsky, Cody Clark and Brittney Klipfel.





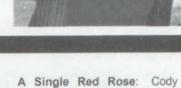
Rachel Emery and Ashley Huettl serve as attendants for graduate Jessi Schmidt.





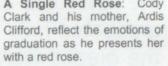
Chrissy & Dianna Kopetsky share a mother/daughter moment in the receiving line.

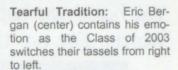




A hug is worth a 1000 words for Deb & Brittney Klipfel during

their receiving line embrace.









GRADUATION

We're done already?!?!??!?! It can't be true!!!

Wow...the yearbook is finally finished. None of us expected it take this much time or be this much work. After a semester of class and almost a month out of the summer, we're done. For most of us, this was the first yearbook we ever published. Actually the only one with any *real* experience was our adviser, Mrs. Ruenz. The 2003 Northstar definitely went through some changes. We hope you like the new additions and the new look; after all this is our history! We have realized now that we graduated how important high school was for us. More important than the grades were the memories we made and the lessons we learned. We hope we captured some of those moments in our pictures and our words. For us, these pages and stories bring back so many memories.

We hope this book does the same for all of you.

~2003 Northstar Staff

CO-EDITORS~

Becky Achen Chrissy Kopetsky

Josh Ruenz

\$TAFF~

Cody Bruns

Eric North

Matt Gustafson

Alecia Reimer

Shaun Sanders

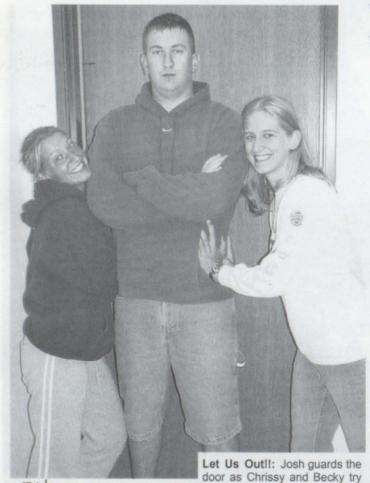
Becky Torrence

Rhonda Yde

ADVISER~

Mrs. Ruenz

Josten's



ARE LATER THE PROPERTY OF THE STREET WAS ARREST.

COLOPHON

to escape. The three editors came back in the summer

mornings to finish the book.



"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."











The Seasons of Change

We came together as strangers Stepping into a strange new place, unknowing of our future-Soon life became a race.

Long school days filled with learning, Growing up to be the best, Rising to every challenge, Passing endless tests.

Soon came the football games, The relationships and the fights. We became new people As we learned wrong from right.

And somewhere in the chaos
We learned to live and loveCarried each other through the tough times,
Found what dreams are made of.

Throughout the years
There will be sunshine and there will be rainBut together we will make it through
These seasons of change.

-Becky Achen







COLOPHON

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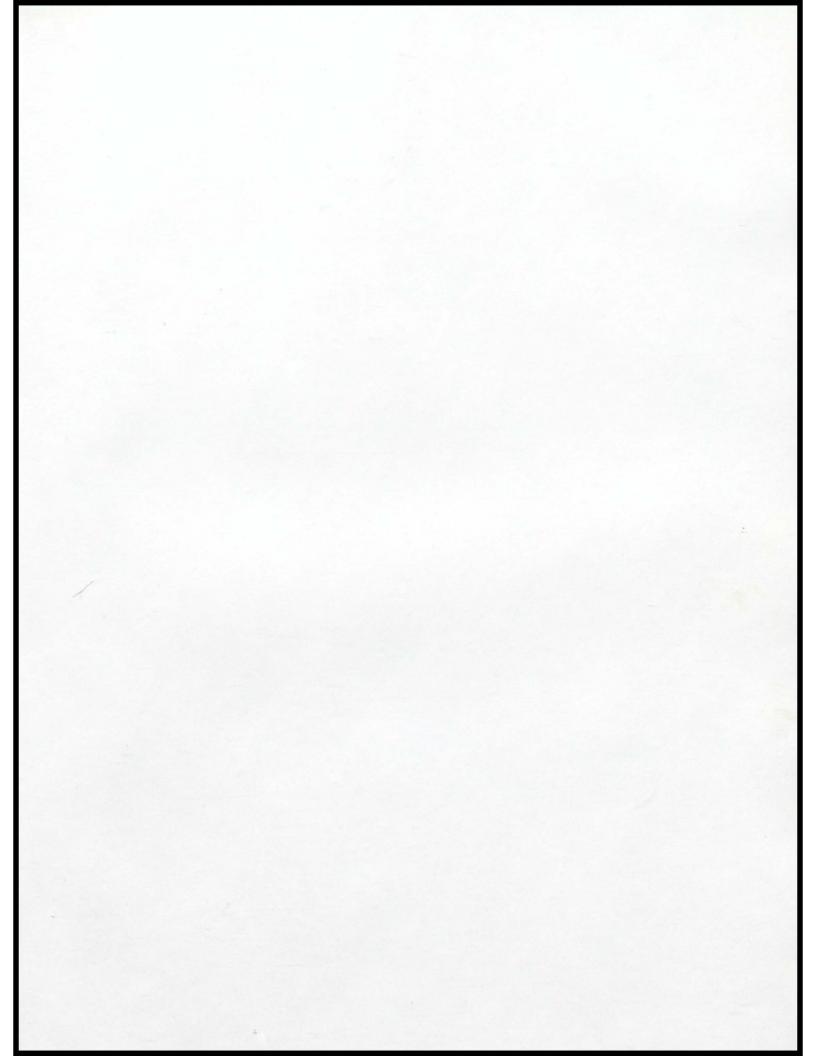
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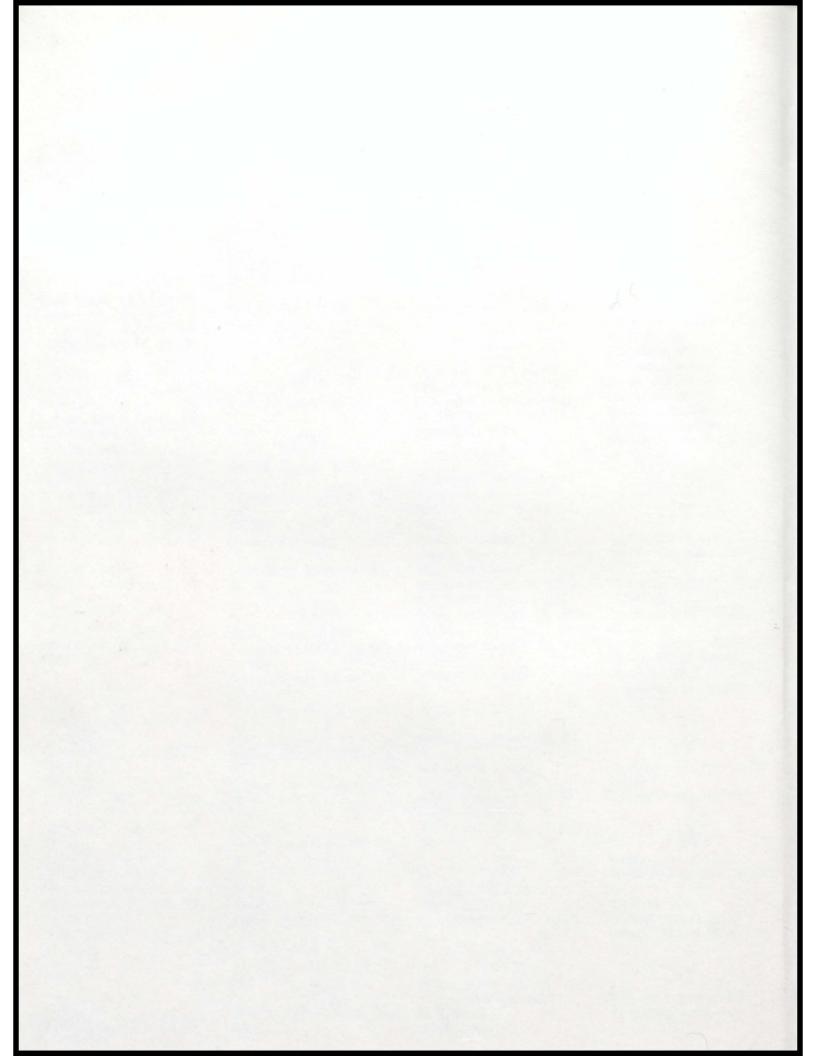
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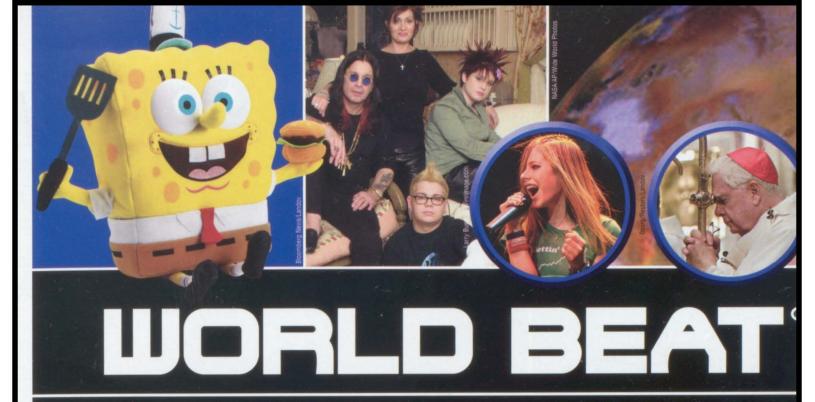
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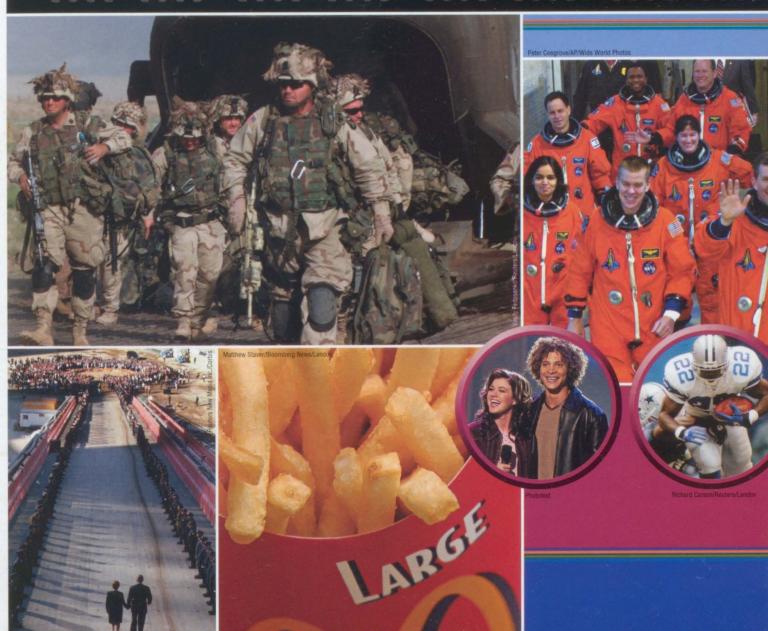
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- U2's humanitarian lead singer Bono visits Africa and tours Midwestern America to raise awareness and support for African AIDS epidemic relief.
- Nuclear crisis arises when North Korean leader Kim Jong II breaks a 1994 pledge with the United States not to build nuclear weapons.



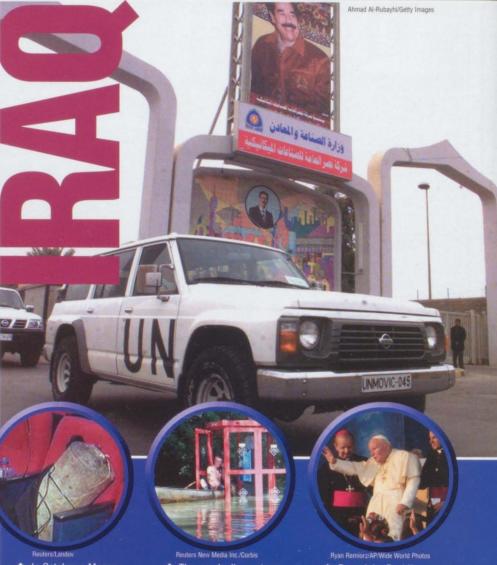


WORLD

U.N. inspectors return to Iraq to investigate Saddam Hussein's alleged production of weapons of mass destruction.



- A Halloween earthquake in San Giuiliano di Puglia, Italy, topples an elementary school, killing dozens of children.
- China's one-child-per-family policy creates an imbalanced boy-to-girl ratio that will result in tens of millions of men finding themselves single in the year 2020.



In October, a Moscow theater siege by Chechen rebels ends in a Russian special forces raid that kills the captors and at least 129 hostages.

Thousands die as storms and floods cause billions of dollars in damage in China and many countries across Europe.

Pope John Paul II travels to Toronto's Downsview Park in July to lead the World Youth Day vigil.



- The Miss World beauty pageant leaves Nigeria after Islamic fundamentalist protest groups kill more than 100 people.
- In Venezuela, an opposition strike demanding President Hugo Chavez's resignation paralyzes the country's oil exports and turns to bloodshed as Chavez supporters retaliate.
- The oil tanker Prestige spills more than 5 million gallons of oil off the northwestern coast of Spain before splitting in two and sinking.
- Former U.S. President Jimmy Carter receives the Nobel Peace Prize for his decades of work for peace, democracy and human rights worldwide.









Over 100 people, mostly foreign tourists, are killed in an October terrorist bombing of two nightclubs in Bali, Indonesia.

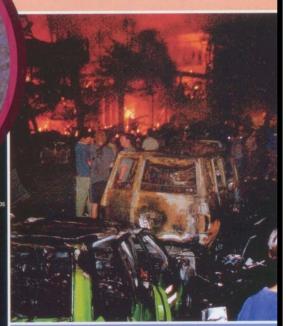


Once presumed dead, Al-Qaeda leader Osama bin Laden returns to Middle Eastern air waves with recorded anti-American threats.



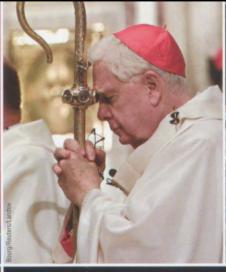
In an effort to eliminate Al-Qaeda, the United States continues its war on terrorism by maintaining a steady military presence in Afghanistan.

AFP/Corbis



Emergency workers in the United States and overseas receive smallpox vaccinations as a preventative measure against bioterrorism.

- After being subpoenaed to testify before a Massachusetts grand jury about sex abuse among Catholic priests, embattled Boston Cardinal Bernard Law resigns.
- More than 25 states implement the Amber Alert System, which posts information about abducted children on TV and interstate signs, leading to the recovery of dozens of children nationwide.





Several large corporations

inflate profits while top

millions in accounting

executives make off with

scandals that send shock

waves through global markets.

NATIONAL

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- For weeks in October, alleged snipers John Muhammad and Lee Boyd Malvo terrorize Washington, D.C., Maryland and Virginia, randomly killing 10 people and injuring three others.
- ➤ The space shuttle Columbia breaks apart on reentry into the Earth's atmosphere, killing all seven astronauts aboard.

Peter Cosgrove/AP/Wide World Photos



– President George W. Bush

they are safely home."

On July 28, nine

of water.

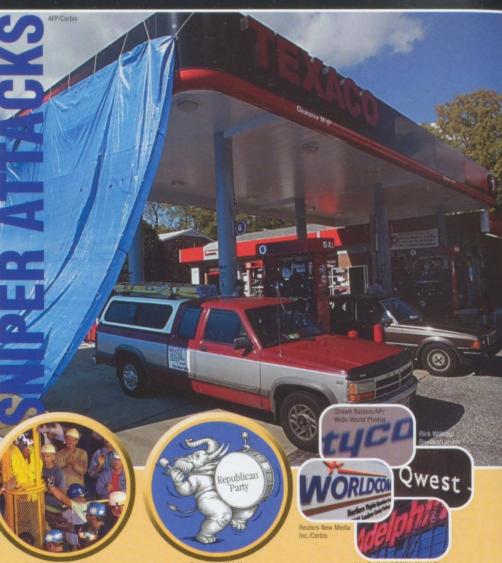
Pennsylvania coal miners

are rescued after being

trapped for three days in

a mineshaft flooded with

over 70 million gallons



Midterm elections make

history as Republicans, the

party controlling the White

House, gain congressional

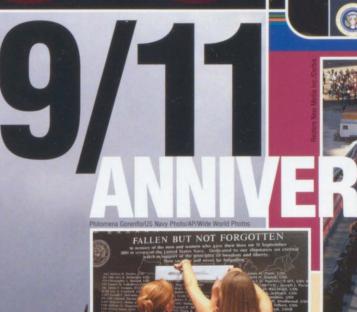
seats rather than losing them.

- In October, Minnesota Senator Paul Wellstone dies in a plane crash along with his wife, daughter and five other victims.
- Sparked by summer drought, wildfires —including one set accidentally by a forlorn forest ranger—tear across the western United States.
- A weakened economy repeatedly drives down interest rates and delivers retailers their worst holiday shopping season in decades.
- President Bush signs the Homeland Security Act, officially creating a Department of Homeland Security dedicated to preventing terrorist attacks.

Kevin Lamarque/Reuters/Landov/AFP Photo/Juan Barreto/Corbi







↑ Throughout 2002, Americans search for ways to recover and rebuild from September 11. On the one-year anniversary, survivors, families and friends gather at all three sites to commemorate the lives lost.

Reed Saxon/AP/Wide World Photos



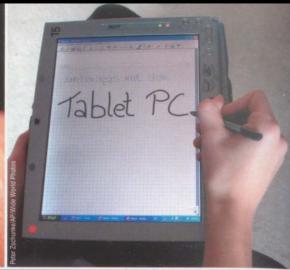


- Federal employees from the Transportation Security Administration begin screening all checked baggage and random passengers at airports.
- The possibility of the United States waging war against Iraq meets disapproval both at home and abroad.
- The U.S. Senate passes a resolution condemning a Ninth Circuit Court of Appeals ruling that reciting the Pledge of Allegiance in schools is unconstitutional.



- Patients in Florida are the first to receive the VeriChip, a computer chip bearing personal medical data that is injected into the forearm.
- Microsoft's Tablet PC enables users to write directly on the screen rather than typing on a keyboard.





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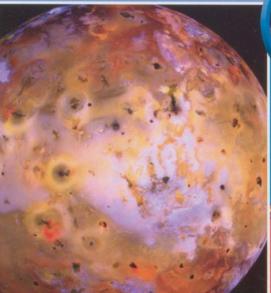
SCITECH

The Journal of the American Medical Association reports that children who grow up with pets have a reduced risk of developing common allergies.



- Maria de Jesus and Maria Teresa Quiej-Alvarez, 1-year-old Guatemalan twins born joined at the head, are successfully separated after over 22 hours of surgery.
- Just before burning up in Jupiter's atmosphere, the Galileo spacecraft captures the closest shots ever taken of Jupiter's moon lo.

NASA/AP/Wide World Photos



▲ Both Italian doctor Severino
Antinori and Raelian scientists
at Clonaid, who believe aliens
created humans, claim to
have produced the first
cloned human. Neither claim
is proven genetically.

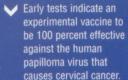


► El Niño causes snow and ice storms up and down the East Coast, rainstorms in California and a devastating December tornado in Mississippi.



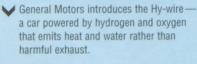
Arman/AP/Wide World Photo

A blanket of pollution over South Asia, dubbed the "Asian Brown Cloud," threatens the lives of millions worldwide with respiratory disease.



- University of Arkansas researchers discover that microorganisms grow in conditions similar to those on Mars, suggesting the planet once hosted or currently hosts life.
- For \$300 to \$1,000 per injection, people craving eternal youth attend BOTOX parties to inject the FDA-approved paralytic toxin into their skin to relax their muscle tissue.







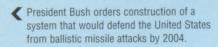


The nation's largest outbreak of the West Nile Virus hits in summer 2002. The disease is spread by migrating birds and transmitted by mosquitoes.

The gun turret of the historic Civil War ironclad USS Monitor is raised from the floor of the Atlantic Ocean.

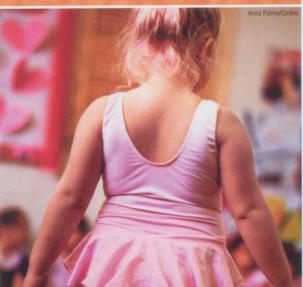






The newly discovered hunger hormone ghrelin is found to play a role in obesity by regulating what you eat and how much weight you gain.





- ➤ The U.S. Education Department reports that average geography scores of the nation's fourth and eighth graders, while low, have improved from 1994.
- ➤ Ellula introduces HotAir Speakers, a set of battery-powered, inflatable speakers that are small enough to fit in your pocket when deflated.





LIFESTYLE

Nickelodeon's "SpongeBob Squarepants" ignites imaginations across the nation and appears on store shelves on everything from slippers to suspenders.

Matthew Staver/Bloomberg News/Lando



- McDonald's unveils new lower-fat french fries due to the new Healthy Eating Pyramid and in response to many former patrons suing for making them overweight.
- ▼ 1970s peasant shirts are alive and well on runways and in school halls.

David Dyson/Camera Press/Retna



Neal Graham/Omni-Photo Communications

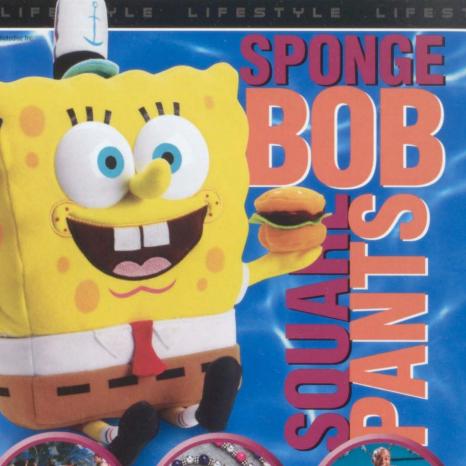
The Institute of Medicine announces that maintaining health now requires one hour of exercise daily, doubling the previous recommendation.



Jewelry designers Le Ann Carlson and Denise Gaskill add style to safety with Lauren's Hope for a Cure medical ID bracelets.



Kmart rejuvenates the Joe Boxer brand with ads featuring the dancing Joe Boxer guy, Vaughn Lowery.



- V Everyone from hot young movie stars to aging rock stars sports the newest fashion trend, turquoise jewelry.
- ✓ The cola war puts new flavors to the test, including Dr. Pepper Red Fusion, Pepsi Blue and Vanilla Coke.
- Krispy Kreme lovers start a new tradition by celebrating their vows with doughnut wedding cakes.

Courtesy Krispy Kreme









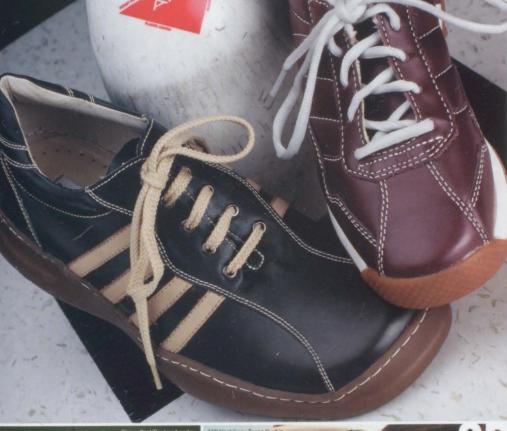


Several companies introduce flavored water

enhanced with vitamins and other nutrients.

- European fashion hits the sidewalks and clubs of the United States with retro-style bowling shoes.
- Busy singles try out speed dating, which gives couples several minutes to talk one-on-one before moving to a new partner at the next table.

Mark Gormus/Richmond Times-Dispatch/AP/Wide World Photos





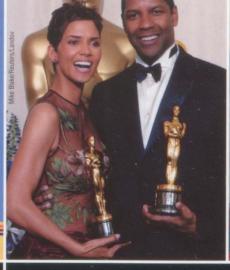




SPEED DATING

- The Mohawk makes a hair-raising comeback after being donned by everyone from U.S. World Cup star Clint Mathis to actor Ryan Phillippe.
- Digital innovations include camera phones — cell phones that can transmit still and video images through mobile phone lines.

- At the 2002 Academy Awards, Halle Berry and Denzel Washington win Best Actress and Best Actor Oscars. Berry is the first female African-American to win the award.
- Spider-Man, starring Tobey Maguire and Kirsten Dunst, spins a \$114 million opening weekend box-office record.



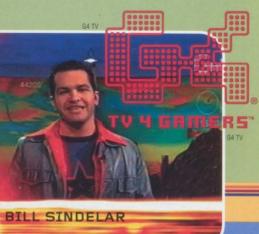


ENTERTAINMENT

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With over 6 million viewers, "The Osbournes" is the biggest hit in MTV's 21-year history.

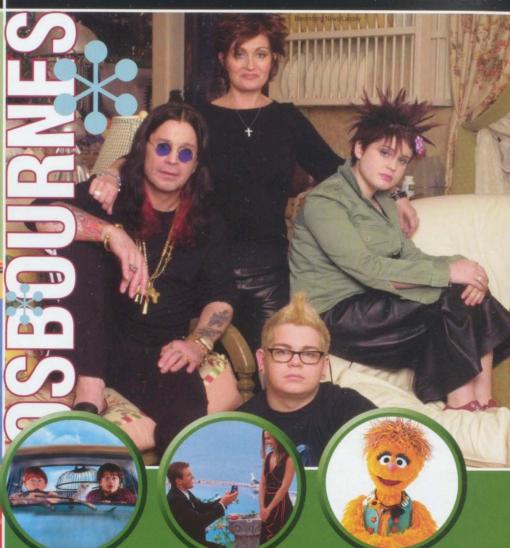


Avid gamers tune in to G4, the first cable TV channel dedicated solely

to video games.

Viewers return week after week for a bit of innocent American nostalgia on NBC's hit drama "American Dreams."





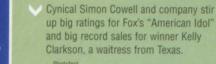
Photofest

Ron, Harry and Hermione are back to hitting the books and battling evil forces in Harry Potter and the Chamber of Secrets. Photoles

"The Bachelor" and "The Bachelorette" keep millions tuned in to ABC to see who will receive an on-air marriage proposal. ohn Barrett/Sesame Street/Getty Images

PBS's "Sesame Street" introduces the Muppet Kami, an HIV-infected orphan, in an effort to educate young people worldwide about AIDS.

- Jennifer Aniston wins her first Emmy Award and a Golden Globe for her role as the new mother Rachel Green on NBC's popular comedy "Friends."
- Virtual unknowns Nia Vardalos and John Corbett steal America's hearts in the year's surprise smash hit My Big Fat Greek Wedding.
- Peter Jackson receives a Golden Globe Best Director nomination for The Lord of the Rings: The Two Towers, the year's most anticipated sequel.









- After a two-year hiatus, Leonardo DiCaprio returns to the big screen with two holiday blockbusters, Gangs of New York and Catch Me If You Can.
- Chicago, a film adaptation of the hit Broadway musical, wins three Golden Globes, including Best Picture: Musical or Comedy, and receives 13 Oscar nominations.







- HBO Films' comedy Real Women Have Curves promotes positive self-image with the dazzling debut of Latin-American actress America Ferrera.
- CBS scores a ratings doubleheader with a pair of forensic investigation dramas, "CSI: Crime Scene Investigation" and "CSI Miami."

- Newcomer Norah Jones takes home five Grammys, including Album of the Year, for Come Away With Me.
- Multi-talented Eminem raps up five Grammy nominations for The Eminem Show and big box-office success in 8 Mile.





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Larry Busacca/Wirelmage.com

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Rocker Avril Lavigne and other "anti-Britneys," such as Vanessa Carlton and Michelle Branch, represent the new face of women in music.

©Jeffrey Mayer 2002 © Weezer, Muppets™ & ©Henson 2002



- Weezer teams up with the Muppets in the video for "Keep Fishin'," the second single from their hit album Maladroit.
- Pop takes a new direction when former boy band favorites Nick Carter and Justin Timberlake break out with solo albums and tours.



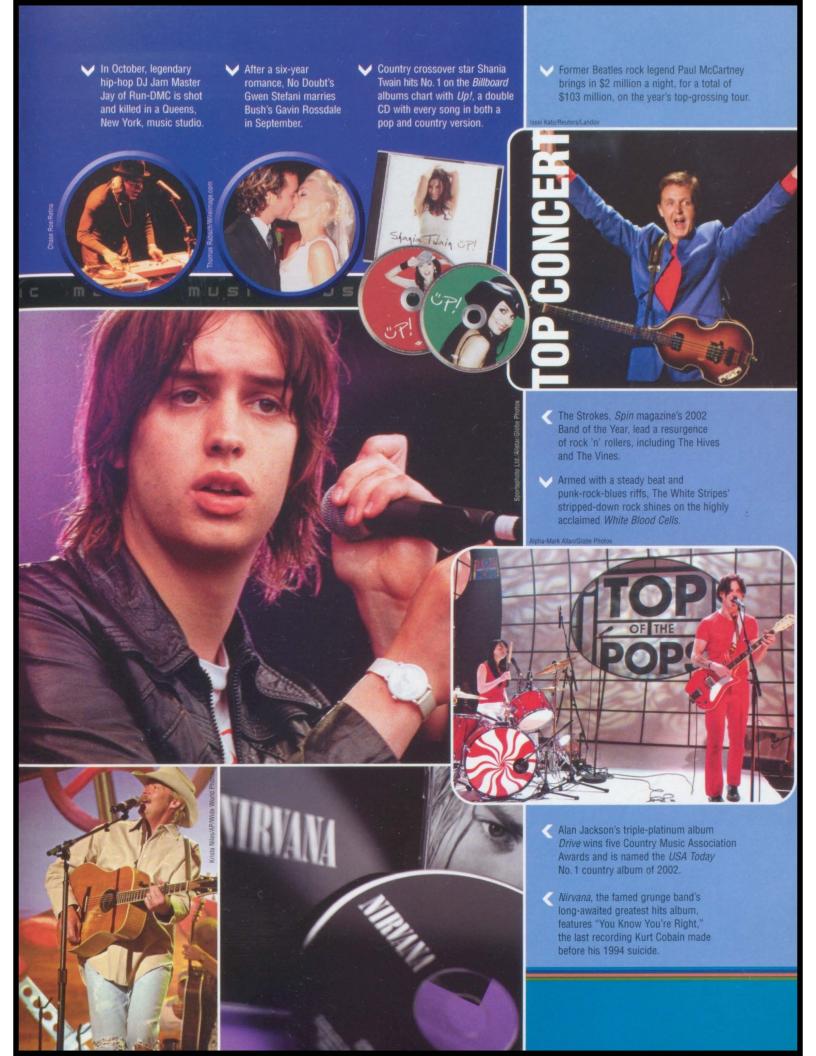
J. Pat Carter/AP/Wide World Photos

Spanish trio Las Ketchup lands a summer hit with the catchy "Asereje" aka "The Ketchup Song (Hey Hah)." lermann J. Knippertz/AP/Wide World Photos

R&B newcomer Ashanti becomes the first artist since the Beatles to have three singles from a debut album in *Billboard*'s Top 10 at the same time.

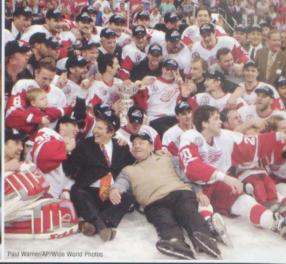
Chris Pizzello/AP/Wide World Photos

In April 2002, Lisa "Left Eye" Lopes, 30, of R&B band TLC, dies in a car crash on a Honduran highway.



- Dallas Cowboy running back Emmitt Smith breaks Walter Payton's 16,727-yard mark to become the NFL's all-time leading rusher.
- The Detroit Red Wings capture the 2002 NHL Stanley Cup over the Cinderella Carolina Hurricanes. It's a record ninth cup for retiring coach Scotty Bowman.



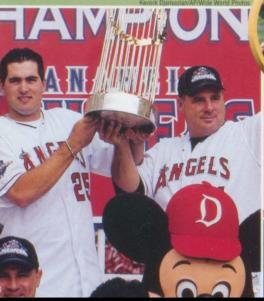


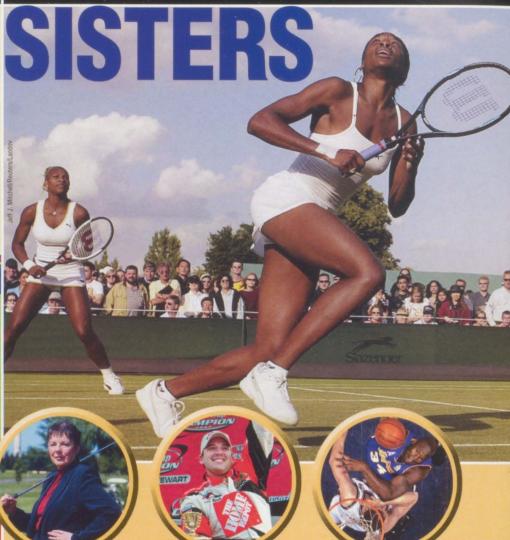
SPORTS

> Serena and Venus Williams continue to dominate women's tennis, becoming the first sisters to be ranked No. 1 and No. 2 in the world.



- The college football season is marred by violent confrontations involving fans, students and even coaches.
- MVP Troy Glaus leads the scrappy Anaheim Angels to the 2002 World Series win over Barry Bonds and the San Francisco Giants, four games to three.





Martha Burk of the National Council of Women's Organizations battles with Augusta National chairman William Johnson over the issue of female membership at the famous Georgia golf club.

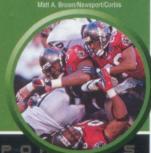
An 18th place finish in the NASCAR season finale at Homestead-Miami Speedway is enough to earn Tony Stewart his first Winston Cup Series championship.

A Despite an injured toe, Shaquille O'Neal powers the unstoppable Los Angeles Lakers to a third straight NBA championship title in May 2002.

- The U.S. men's soccer team advances to the World Cup quarterfinals for the first time, by defeating Mexico 2-0.
- ▼ The U.S. Postal Service team propels Sports Illustrated magazine's Sportsman of the Year Lance Armstrong to his fourth consecutive Tour de France victory.
- The top-rated defense of the Tampa Bay Buccaneers shuts down the No. 1 offense of the Oakland Raiders to win Super Bowl XXXVII 48-21.

vell/Getty Images Matt A. Brown/Newsport/C









LPGA pro Annika Sorenstam, after a

2003 PGA Tour.

record-setting 13-win 2002 season

worldwide, accepts an invitation to play

the Colonial tournament on the men's

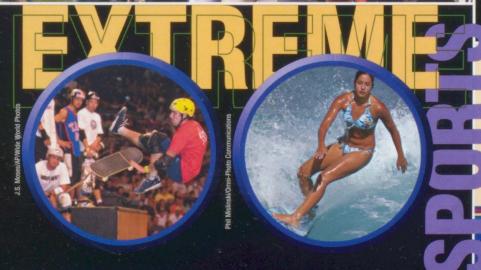
- The Ohio State Buckeyes beat the heavily favored Miami Hurricanes in double overtime to win the BCS National Championship.
 The 31-24 victory is the school's first national football title since 1968.
- The new sport of SlamBall takes basketball to the extreme on a specially designed court with four trampolines in front of each hoop.



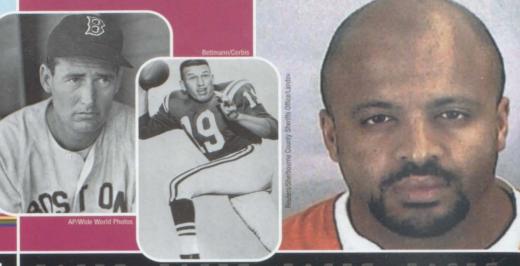
Skateboarding reaches new popularity heights thanks to the high visibility of the X Games and the "Tony Hawk's

Pro Skater" video game series.

Surfing welcomes a tidal wave of women to the sport after receiving a Hollywood endorsement in the popular summer flick Blue Crush.



- The sports world loses two legends baseball's "Splendid Splinter" Ted Williams and Johnny Unitas, one of football's greatest quarterbacks.
- Zacarais Moussaoui, widely believed to be the 20th hijacker, goes on trial for his involvement in the September 11 terrorist attacks.



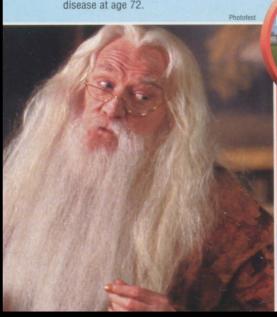
FACES

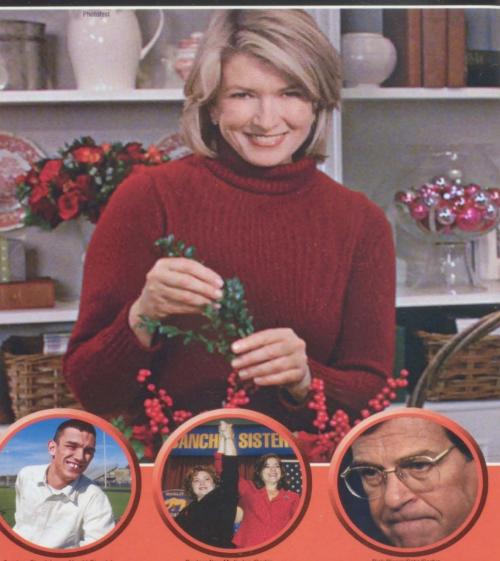
Martha Stewart faces charges of illegal stock trading after former Imclone president Sam Waksal allegedly tips her off regarding the company's demise.

Russell Boyce/Reuters/Landov



- In show business since they were 9 months old, Mary-Kate and Ashley Olsen, 16, have amassed a \$76 million fortune through their Dualstar Entertainment Group.
- Veteran actor Richard Harris, known for his role as Hogwarts wise headmaster Albus Dumbledore, dies of Hodgkin's disease at age 72.





Courtesy Rim Johnson/Herald-Dispatch

Mentally challenged Ohio high school senior Jake Porter—who suited up for every practice and game for four years but never played—scores his first touchdown.

Reuters New Media Inc./Corbis

California's Linda and Loretta Sanchez make history as the first sisters ever elected to Congress. Rick Bloom/Saba/Corb

Mississippi Senator Trent Lott is widely criticized for apparent racist remarks he made at Senator Strom Thurmond's 100th birthday party. In December, Lott resigns as majority leader.

