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Up to 1,500 pounds, the Kodiak does not tread lightly. Its distinct prints, measuring upwards of eighteen inches, remind anyone who crosses their tracks of exactly what has come before. Every Kodiak who walks the halls at CHS leaves a lasting impression: impacting those around them and leaving a legacy for those who will follow. After four years of nurturing, Cascade seniors venture out, prepared to leave their mark in the world.

What marks will you leave behind?

LEAVE YOUR MARK

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SUMMER 2020

0: WHAT IS THE MOST INTERESTING THING YOU DID THIS SUMMER?

A: "MY FAVORITE MEMORY WAS HIKING UP COXNICK WITH ASHLEY ROSS."
   - XAVIER RICHEMIER (SENIOR)

A: "MY FAVORITE MEMORY WAS WHEN I WENT BACKPACKING TO LAKE INGLES
   WITH KYLIE SILERHATI, JACOB REDMAN, DEEJAY RICHARDSON AND BELLA.
   KYLIE'S OLDER SISTER."
   - AYA NORTHUP (JUNIOR)

A: "I TOOK A TRIP TO MY FAMILY'S CABIN FOR A WEEK WITH SOME FRIENDS. We
   WENT FISHING, SWAM AND PLAYED BOARD GAMES."
   - RALPH O'NEAL (SENIOR)

Tobin Walker flies down the race course at the Silver Mountain Bike Park in Idaho. Over the summer, Tobin competed in many downhill mountain bike races, where he finished 6th overall in the junior expert category.

Tolin Brine poses for a photo in front of a family friend's private helicopter. Torin got a personal flight this summer down in the canyons near the Gorge Amphitheater.

Cassidy Gillespie, Madalyn Gillespie, Bijou Zehn and Charlie Lyons pose during a goofy photo shoot.

Jennifer and Deborah Wall vacationed with their family in Ohio.

Sawannah Heyl, Olivia Caprelli and Coco Zehn take a selfie during a summer hangout.

Alex Folk, Jones Duncan and Breit Fraker flex for the camera during a hike up to Eight Mile Lake. The Eight Mile Lake hike is a very popular day hike for students and community members looking for a little adventure.

Alex Oteroza photographed his dog, Teddy, while on one of their many walks down by the river this summer. B. Sophomores, Edie Walker and Greer Swoboda went to Lake Wenatchee this summer to fish for Sockeye Salmon. The two young anglers had a successful day and took a fun picture with their haul. C. Senior, Ledger Parrish had fun kayaking this summer with his family in Idaho and Snake River.

While in Seattle, seniors, Victoria Fonseca and Angel Ovando take a cute picture together in the U-Village near the University of Washington.

Vanessa West and Nina Brennan pose by a waterfall while hiking.

Joseph and Deborah Wall vacationed with their family in Ohio.

In 2020, summer began on June 20th at 5:43pm and Kodiaks did not hesitate to take advantage of the unstructured time and a brief respite from the stress associated with quarantine. This summer was full of excruciating fun stories from all the students at CHS. Cascade High School is surrounded by fun outdoor activities, most students have easy access to great hiking, swimming and much more. Many students swim down at Barn Beach, or hang out at the bridge down at Blackbird Island. CHS students also enjoy camping in cars, hammocks, tents, on tarps, in many other places. The other great thing about summer is the potential to spend a day with nothing planned, doing absolutely nothing productive. Many Kodiaks use summer as a time to rejuvenate after a long school year and cultivate relationships with friends and family.

Over the summer, sophomores, Aimee Sinclair, Tillie Leverd, and two other classmates spent their summer up to Lake Valhalla, near Stevens Pass, and spent the night sleeping in hammocks. Tillie's favorite part about summer was "climbing in Oregon at Smith Rocks, and my favorite part about Valhalla was swimming in the lake."

Senior, Cole Warnaca hiking the Enchantments during the summer. Cole did this hike with his mom and alumni, Tori Driscoll. "It was something I've always wanted to do," says Warnaca. Way to go Cole.
Senior, Landon Davies, juniors, Carly Chastain, Isaac Teten, Tierra Groff and freshman, Aidan Robbins smile for the camera while watching the sunset at Barn Beach.

Seniors, Victoria Fonseca, Evelyn Bueno, Juan Carlos Martinez and Alma Castro drive around Leavenworth scouting out other CHS students for the annual game of Cops and Robbers.

Torin Brine spent some of his time this past summer cliff jumping in Lake Chelan with his family. Torin said, “This summer I went cliff jumping, it was so fun. I definitely encourage people to try it.”

Juniors, Lien Hagedorn, Chase Runlos and Judah Wilks go sailing up to the top of Lake Wenatchee where they spent the night before making the trip back home.

Seniors, Tierra Groff and Avery McKenney went mountain biking over the summer in Sun Valley, Idaho. When asked what she thought about the trail she said, “Make like...

Antonio Aurillo holds his bike up at the entrance of local mountain bike trail, Rosy Boa. Rosy Boa is a great trail for intermediate riders.

Sophomore, Tillie Lercy hikes through Spider Meadows, a very popular trail in the Glacier Peak Wilderness. Tillie said, “We saw hundreds of marmots.”

Sophomore, Edie Walker rafted down the Smith River in Montana. The Smith River is a permitted river, meaning only a certain number of people can float it each year. The river flows through the towering limestone canyons in the middle of.

Juniors, Madi Gillespie and Nina Brennen rafted down the Lower Salmon river in Idaho. On this trip they were accompanied by other Cascade students including Brendan Fallon, Ben Piers, Anna Martinez and Cassidy Gillespie. The Lower Salmon River is a whitewater rafting paradise, with countless Class III and IV rapids. Because of this big water, it is also a very dangerous river. Rafters and kayakers have to take the necessary precautions, which the students on this trip were taking, by wearing their life jackets.

Juniors, Morgan Colvin and Sarah Lorenzen are accompanied by sophomores, Tillie Lercy. The students spent a fun day at Lake Chelan. The ominous smoke clouded over them as the day went on. The smoke was produced by a local fire in Washington that started on the same day of their trip. But that did not stop them from spending time together and having fun.

Seniors, Julia Vandell and Morgan Colvin pose for their senior pictures in Peshastin with photographer Heidi Kuhn.
September 2020

Like many other seniors, Stella Johnson has stripped her of the ability to have a normal senior year due to COVID-19, but it has also given her the opportunity of a lifetime: to hike the Pacific Crest Trail. An avid outdoor enthusiast, Johnson has always been comfortable backpacking, but backpacking three sections of the PCT, for a total of 250 miles, presented an enticing new challenge. Stella took advantage of the flexible online school schedule to try and complete this feat. Johnson was also accompanied by fellow students Rory Swoboda and Jerome Jerome on two of the sections of the trail. When asked about her experience, Johnson commented, "It was a good alternative since there wasn't senior soccer...it was much fun.

Sophomores Luke Smith, Ozzy Christoffersen, and Hunter Stutzman talk to Mr. Barnes at the information tent while getting their schedules.

Sophomores Giselle Navarro, Hailey Lorenzen, and Alma Mckean, converse with one of their teachers about their schedule.

Sophomore Dalton Kubowski posed for a photo while waiting to get her computer from Mr. Daley and continue her orientation.

Junior Ava Northup posed for the camera while talking to her English teacher and getting her materials for her class.

Senior Molly Wiser threw a peace sign up to the camera as she waits in line to get her schedule.

Senior Maxwell Webb patiently and safely waited in line to get information about the 2020-2021 school year.

Senior Anika Thorp talked to Mr. Renner-Singer about her social studies class.

Senior Stella Johnson and staff member Ms. Guzman safely greeted each other at this year's orientation.

Sophomore Isabella Kelly talks to Mr. Bland, a math teacher at CHS, during orientation to get supplies for his class and a
On September 3rd, the class of 2021 put together a senior sunset gathering at Walla Walla park in Wenatchee. Many played spike-ball, card games, went for a swim and talked with friends. 

**Senior Sunset**

On Friday, September 25th, Cascade High School students were accompanied by community members as they marched through the streets of Leavenworth in solidarity with the Fridays for Future movement. Fridays for Future is a worldwide movement to bring awareness to climate change and call for changes in governments around the world. The march in Leavenworth began at Lions Club park where Cascade students Aidan Ringel, Stella Johnson, Rory Swoboda and Molly Renner-Ginger all gave speeches to raise awareness of climate change and address other matters involving pollution, recycling and carbon emissions. From there students and community members marched together down Highway 2 and the main streets of Leavenworth. As they were marching many chants could be heard from the students leading the march.

**A March for Change**

Senior Aidan Ringel was one of the initiators for the climate change march. At the protest he stood up in front of his community and read his speech on why climate change is important. In his speech he said, “Once everyone in a country sees the problem, they can get behind the cause, and meaningful action can be taken.” When asked about what students should do as individuals to be more environmentally friendly Aidan Ringel said, “Elect officials who are advocates for climate change, adapt more of a sustainable lifestyle, use less

**Make Your Mark on the World**

When asked about why he held a fist in the air, senior Aidan Skyntad said, “I held my fist in the air to show urgency and solidarity...for the Black Lives Matter movement.”

**0 & A Senior Sunset Edition**

Q: Without Covid, do you think the sunset would have happened? A: “Probably not, but I’m glad it did happen. I think it should become a thing every year.”

Q: How was it seeing your friends? A: “It was a shock to see how people changed in six months.”

Q: Do you think your class will become closer due to Covid? A: “I don’t know, it depends on the people, being outside, wearing masks and hanging out is really all we can do.”

Q: Did you do anything fun after the sunset? A: “Yeah my group of friends went to Applebees together.”

Q: What was your favorite activity? A: “Having a foot race against Saul and winning.”

Seniors Aidan Ringel and Stella Johnson lead the massive march on the sidewalks through downtown.
**Kodiaks' New Hobbies**

Quarantine left normally overbooked students with unexpected free time - many Kodiaks chose to use the extra time to develop a new hobby.

**FRESHMEN**

**Kestrel Foley**

Kestrel Foley is a great example of a student who is making the most of quarantine by starting the hobby of knitting. She said, “I learned how to knit when I was maybe 6-7, but I hated it. This summer I decided to get back into it, and I enjoy it now. I like that it’s very calming, and how it’s productive.”

**Alejandro Rodriguez**

Alejandro Rodriguez said his dad introduced him to a new pastime. He said, “I work at home, usually outside with my dad doing yard work. I like working because it keeps me moving, motivated, and gives me something to do.”

**Natalie Sanchez**

Natalie Sanchez has taken up a new CHS sport. She said, “Every since I was little, I was attracted to cheerleading, so when I had the opportunity this year because of COVID-19, I finally did it. I like that I get to be with my teammates, Lucy Thomas and Abby Carnahan. I definitely will continue to do it; it is very fun.”

**Zoe Boggis**

Zoe Boggis said that quarantine has made more time for her to do one of her favorite hobbies. She said, “I started baking when I was six with my grandma. It’s very relaxing and therapeutic, and I have definitely started baking more since quarantine because there is more time, and it’s also nice to do small acts of kindness like give cookies to friends.”

**ALEX SHEFFIELD**

Alex Sheffield has taken up a new outdoor activity. She said, “I started long boarding on my birthday this year (June 22nd) because I got one for my birthday. I started it because I wasn’t seeing a lot of people during quarantine so I knew I wanted to start something that would use up my time. I’m glad I started it because my sister and I do it together.”

**MALAKI TAUB**

Sophomore, Malaki Taub has started a unique hobby. He began a YouTube channel July 17th of 2020. Malaki makes Cosplay and Minecraft videos for his subscribers. He said, “I usually imagine characters and create them with templates. This was a new hobby from quarantine and Malaki had never done anything like that before. He taught himself the process for making his videos. He said, “I record screen shots of the character I make and narrate with my voice, then I upload it to YouTube.” When asked what he likes about this hobby, Malaki answered, “I like that I get to show everyone how I think

**Juniors**

**Leora Aurillo**

Leora Aurillo said she has gotten more interested in writing during quarantine. She said, “I wrote a lot before quarantine, but I was never really interested in it before. I write about ideas I have in my head, usually a little fiction story. I also write down my dreams. Writing is a really nice way to get out my emotions.”

**Rory Swoboda**

Rory Swoboda said she has avoided getting bored in quarantine by playing card games. She said, “Solitaire started out being fun, when I used to play for hours, now it’s just to pass the time and it’s not as much fun. I had never played it before quarantine and one of my friends, Stella Johnson, introduced me.”

**Melissa Olguin**

Melissa Olguin has used dancing as a stress reliever. She said, “I started dancing when I began high school. It is a way to express myself. I will continue to dance once Covid-19 is over. I don’t perform for anyone, just myself. I listen to music and create my own choreography.”

**Seniors**

**Sydney Simonsen**

Sydney Simonsen said she has picked up a new hobby with some of her friends. She said, “Before quarantine I had only played spike ball several times here and there, but not very competitively. One day during quarantine, I saw it a friend’s house and just played until I got the hang of it. I play with Ben Piers, Price Schubert, and Austin EIllison. I like how competitive it can get, but how skillful your hits can be.”
FOOTBALL

Football players gathered at the Alpine Lakes/RMS fields for three weeks to practice in small groups. The players were divided into groups by position. Coaches Dominique Coffin, Dave Lang, TJ K'a'apuni and Charlie Coffin stayed positive throughout the three weeks of practice and, although they had limited time, the coaches managed to make the practices fun with drills including tackling 1 v. 1s and running plays. Although this year was difficult for coaches and players, everyone managed to stay positive and stick together like a true family. Players and coaches are hoping to use the skills they practiced in a season this spring. Senior, Isaac Cortez, said, "Even through these challenging times it was fun to practice with all my teammates, especially my senior buddies."  

HALLOWEEN:

In order to celebrate Halloween this year, Cascade Kodiaks had to get creative. Julia Vandel, Carly Ostrem, Sarah Lorenzen, and Morgan Colvin celebrated by watching The Purge and Coraline together. Other Kodiaks managed to enjoy the holiday by making a scavenger hunt for their siblings and carving pumpkins. Some Kodiaks went trick-or-treating where community members tried to safely distribute candy via homemade contraptions, such as candy chutes.

GOLF

The CHS golf team practiced two days a week for three weeks in early October. Practices focused on basic skills, including putting, chipping and driving. Players were permitted to stay as long as they liked; some chose to stay, even until it was dark. They were also able to golf on the Leavenworth Golf Course in small groups. Due to COVID-19, players wore masks and signed in with a temperature check at the beginning of every practice. Golfers continued to try their best and perfect their skills, despite the possibility that the season may not even take place in the spring. Sophia Doherty, a freshman, said, "Golf was really fun and it’s a nice sport to play with friends." For Junior Ruthie Biebesheimer one of most memorable moments was when "Carly and I carried and ate from a jar of pickles as we tested the hack nine holes."  

DANCERS

Dancers Lucy Thomas, Rhetta Cummings and Ellie Holm participate in Progressive Ballet Technique classes at Edelweiss Dance Academie under the instruction of Briar Hoper. These dancers vigilantly continued to practice ballet through these unprecedented times. In order to comply with state mandates and COVID-19 regulations, dancers wore masks while practicing and maintained a six-foot social distance. Local dance instructor, Briar Hoper, grew up dancing in Leavenworth and passes on the Leavenworth dance tradition today. She worked diligently to ensure that her dancers were able to continue perfecting their craft. The Academie is planning to produce a virtual Nutcracker at some point in December. Rhetta Cummings and Lucy Thomas, both freshman, explained that they were overjoyed that practice was able to continue through these challenging times.

ELLE HOLM

Ellie Holm completes a relève in her points shoes.
NORDIC SKI TRAINING

During the spring and summer months the Leavenworth Nordic Ski Team and the Plain Valley Nordic Team trained for their winter competitions. Their trainings are a diverse mix of different activities including running, biking, strength training and roller skiing. In order to stay safe and follow COVID guidelines the team had to wear masks at the beginning and end of practices, they had their temperature taken at the beginning of practice and they had to practice in small, socially distanced groups. After their spring and summer trainings the team finally got to ski as snow fell in the mountains, this usually occurs in late fall. As they approached their competitions the team increased the intensity of their practices and did more interval training. "In the beginning weeks of skiing with more intervals, you start to feel more fit every week which is a cool feeling."

During the open-coaching period the boys soccer team was able to practice from 10/5-10/23. Boys soccer is usually a spring sport, but they had the opportunity to practice for 3 weeks during the fall. When players first showed up to practice they had their temperatures taken once everyone was in attendance they would do warm-up consisting of a lap around the field and a dynamic stretching routine. After the warm-up the boys would usually participate in a passing drill, then move into a shooting drill followed by conditioning. Sophomore Vincent Sletto said, "The practices were really fun, and it gave me something to do," he then went on to say, "It was nice to play and interact with others."

TENNIS

Tennis, another spring sport, was also able to practice from 10/5-10/23 Monday-Thursday. Tennis had similar practices to the other spring sports where temperature checks and masking were mandatory for attending. However, unlike other sports, the tennis team focused more on playing rather than drills. When asked about how the practice went freshman Charlie Lyons said, "It was really fun and I'm glad it happened. Tennis allowed others to get better and be great."
CASCADe STUDENTS ARE ROCKING THEIR MASKS!

According to the CDC, "Cloth face coverings are a critical tool in the fight against COVID-19 that could reduce the spread of the disease, particularly when used universally in communities. There is increasing evidence that cloth face coverings help prevent people who have COVID-19 from spreading the virus to others." While some see masks as stifling, Cascade students are finding ways to express their individuality and sense of style through the masks they wear. Store bought masks, disposable masks, buffs and a variety of homemade masks are popular among Kodiaks. Students with an entrepreneurial spirit have even found a way to make the best of this new fashion accessory. Senior, Julia Vandel and her sister, CHS alumnus Maddie Vandel, have been making their own masks to sell. Julia said, "My grandma, sister and I made and sold masks at the beginning of the pandemic. My grandma has always been very good at seeing and knitting and everything in that category. She has always tried to teach Maddie and I and include us in her crafty activities."
**VETERAN’S DAY**

Many things have changed at Cascade this year, but one thing that has remained the same is the willingness of Kodiaks to dedication their time and talents to honoring service members. Leadership students Britni Harris, Joey West, and Giovanny Rosario worked with administration, ASB leaders, local Boy Scout Troop #26, Publications, Band, Choir, and a variety of student volunteers to produce a virtual assembly for the community. The leadership students worked with student voice-over volunteers, including Spencer Boyd, Annalise Bowles, Ailish Simpson, Haley Emry, Owen Skylstad, Chase Runion, Zoe Bogga, Kaston Dillon, Rory Swoboda, Aye Northrup, Chloe Palmer-Goodey, Ruthie Biebesheimer, and Hanalei Alejo, to help educate the CHS community about the branches of service, the playing of Taps and a traditional flag folding ceremony. Landon Davies sang a passionate version of the National Anthem and students joined in a moment of silence as Ryder Muny played Taps. Alaina Wall, Jerome Jerome and Elise Almeida helped to film content for the production.

As part of the virtual assembly this year, all CHS students were asked to contribute to a Flipgrid with a word or two that came to mind when they thought of veterans. Kai Lowman, Isabel Menos, Daisy Griffith, and Teagan Sauer were joined by many other students in messages of thanks. Other students chose to share a word that came to mind when thinking of veterans: “Sacrifice,” Stella Johnson: “Friendship,” Jose Alvarado: “Brave and determined,” Alaina Mae Eisenbach-Jordan, and “Brave,” Jaden Avery. Messages like “Thank you all for your service to our country. Your bravery shall not be forgotten,” from Malaki Taub and “Thank you for your service and for everything you’ve done. Have a happy life,” from Edward Rich echoed the feelings of all at CHS.

CHS staff member and veteran Dave Lane shared his story and advice during a town-hall style interview with Giovanny Rosario. Lane encouraged students to “Love and respect our country” and to make their voices heard so that people know there is a group of people...who care what happens in our country.” He told students to “work together” just like he learned to do in the military in order to make their voices heard.

For the first time since March 2020 the Cascade High School Track and Cross Country teams were able to meet in person during the open coaching period from October 5th-November 14th. Unfortunately, it was not the same practice as the teams were used to. All students were required to wear masks, except while running, stay socially distant during practice and both teams had to be split up into groups of five with one coach per group. When asked about the practices senior captain Zoe McDevitt said, “it was nice to get back out there with the team and see all the new faces that joined...[but] the team dynamic was a bit different being in pods.” Even though it wasn’t the same, the practices were a great experience for many students.
**GIVING THANKS**

**EVELYN BIEDO, 12**

"This project taught me that Thanksgiving is an opportunity for people to become creative when creating dishes to put on the table."

**ASHLEY GIBBS, 9**

"This project taught me how to set up certain foods with props to make it look aesthetically pleasing to the eye. I liked this project because it allowed me to be creative with my pictures as well as putting them into a layout on Canva."

**BRYAN SINGER, 9**

"This project was great because my class was able to share our culture or traditions about the food and activity's we do on Thanksgiving Day."

**VICTORIA UMBARGER, 9**

"I liked this project because it allows us to see Thanksgiving from other family's perspectives and see how different we are from each other."

**ROGERIO FERNANDES, 11**

"Thanksgiving in America project was fun because I got to show through pictures the foods that my family and I like to eat during Thanksgiving. It was also fun learning the different and similar foods that I eat, and my classmates may eat."

**THANKSGIVING IN AMERICA PROJECT**

Students in Ms. Dillon's CTE Photography & Design class created graphic design posters that revolved around Thanksgiving. Ms. Dillon said, "The project was part of our photojournalism unit. The purpose of the project was to tell a visual story based on the headline 'Thanksgiving in America.' Students were tasked with photographing and producing 3-5 pictures for each project. I had students working on different props and people, and implementing graphic design elements to make their pieces aesthetically pleasing. Mrs. Dillon said, "This was really interesting to see the diverse activities and foods. There was ping-pong, wishbones, sleeping pets, Christmas trees, and burritos. The student perspective of the Thanksgiving holiday really showed that our country is truly a melting pot of different cultures."

**WHAT DOES THANKSGIVING MEAN TO YOU?**

"Thanksgiving is more like a family reunion to me." -Jonathan Cromwell

"It is one day a year when you really reflect on the last year and appreciate and be thankful for everything and everybody in your life." -Ms. Willett

"Thanksgiving means to be grateful for the people in your life that make it enjoyable." -Teagan Sauer

"Days to slow down and celebrate connection and friendship." -Ms. Bixey

"A time to gather with family and friends to enjoy good food and conversation, and to express gratitude for the lives we are privileged to lead." -Mr. Massey

**COOKING IN THE CHAOS**

Over November, Ms. Schater started bringing in small groups of students into her Culinary class to cook in her classroom during Mondays. She said, "I was nice to have students in the room and using some of the skills they have learned over the semester. It was wonderful to hear my students laughing and interacting with each other."

I liked how the cooking lab was not too complicated to make. It taught me how the food should look before and after baking it, and was fun because I had other people join in and help me." -ALEJANDRO RODRIGUEZ, 11

I really liked this lab, it was really fun and I learned a lot from it. It taught me how to make a nice, flaky pie crust and a yummy creamy pumpkin filling/inside! I overall really enjoyed this lab and hope to do something like it again!" -ELOISE KELLOGG, 11

On November 12th and 13th of this year the Cascade High School Drama Department performed two one-act plays via Zoom. The first play they performed, "So you wanna be a cheerleader" by M.G. Davidson, was about a cheerleading squad that realizes they have to find an eighth grade member to be eligible to compete at Nationals, they decide to hold tryouts to see who in their school is up for the challenge. After a series of hilarious tryouts, each one more hilarious and absurd than the last, it’s clear that everyone wants to be a cheerleader.

The second one act play, "The Monologue Show (From Hell)" by Don Zolidis. In this production a drama class is trying to put together a play in three months, but several different ideas and lots of issues make it a difficult task to tackle, but it was certainly entertaining to watch.

**THE MONOLOGUE SHOW (FROM HELL) & SO YOU WANNA BE A CHEERLEADER**

**LANCE KUEN"**"The most memorable line from the fall play was, "KEVIN!" It was funny to hear Leon being called someone in a context that wasn't for them to get on the Zoom. It was fun to be able to hang out with friends in a non-school context again." -AVETTE SPENCER

"The most memorable part of the fall play was all the mess ups, because they lead to laughter. I was most similar to the character of Alyssa, because when I was younger I was obsessed with Taylor Swift. I'm unlike Britney because I'm not that stupid." -ELLE RUBIN

"A character that I am similar to from the fall plays is Prudence: a character from 1300s England who makes a fool of herself during cheer tryouts. I like musical theater like her."

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**KODIAK COMPANIONS**

**LEORA AURILIO, SENIOR**
My cat, Pumita, sometimes comes and sits on my lap, or she walks over my keyboard and deletes all my work.

**TY WEEK, JUNIOR**
I have been hanging out with Zoe Boggs. We have been doing school and boarding together.

**DYLAN MUNLY, FRESHMAN**
My brother, Ryder Munly, is the one who keeps me company. He plays video games with me and goes outside with me.

**NATALIE SANCHEZ, FRESHMAN**
Lucy Thomas is one of my best friends. She is always there when I need her, and she's amazing company to have. She keeps me company by going to get coffee with me.

**BRITNI HARRIS, JUNIOR**
My cat, Loki, keeps me company. When he's keeping me company, he usually sits on the end of my bed and sleeps while I do schoolwork or read.

**STELLA JOHNSON, SENIOR**
Rory Swoboda keeps me company. She makes me laugh and we do school together. Also, we keep up our sports and play FIFA 2014 sometimes. Some days, we even match.

**CAILIN BAILEY, SOPHOMORE**
Mom and Dad keep me company during Virtual KODIAK.

**KODIAK COMPANIONS**

**ARE YOU HOME ALONE DURING ONLINE SCHOOL?**

**KESTREL FOLEY**
No, I'm not home alone. I'm alone in my room but my family is still in the house.

**CHARLIE LYONS**
No, I'm not home alone. I'm alone in my room but my family is still in the house.

**EMMA SAVITSKY**
Yes. I'm only home alone a maximum of 3 days a week and the other days I'm with my mom. I just enjoy the alone time and do school work. I like being home alone in the day time.

**ZOE BOGGS**
I'm home alone mostly. I do school work and watch Parks and Recreation. If I'm choosing to be home alone, then I like it, if not, it can get lonely.

**GRACE SMITH**
Yes, I am home alone. I usually like to watch Youtube, draw, or make music on my laptop when I am home alone.

**NO CARLIE JESTREM**
Usually my brother is at home too. If I'm home alone I leave to hang out with friends. I don't really like being home alone because I like being social.

**ZOE McGIVERTY**
My mom is usually home but she goes out and runs errands. She also teaches at CC on Tuesdays.

**NO MORGAN COVLIN**
"During school, I'm not home alone. My brothers are here doing their school and my sister is here doing her college work for WSU. My dad is sometimes here because he can telework."

**BRETT FRANKER**
I am alone. I wake up at 8am, get dressed, and wait for my zooms.

**AMELIA COLLINS**
For the beginning I was not home alone, but then I was home alone at the end of the year. It was a big change.

**ALEXIS ROGERS**
I am not home alone during school. I'm usually with my two brothers and my mom.

**YES ALEXANDRA CAPUAN**
Since I am at running start, I usually go to my friends house or the Roc. We do our work independently but in the presence of each other. We will sit at a table and get food or coffee if we are at the Rock or on the couch or

**NO OYEN SKYLAB**
My parents both go to work. I wake up around 7am, eat breakfast, go through my phone, do some work on afternoon classes and chill until class at 9am. After zooms I work out, eat and finish my classwork. Then I relax until it's time to cook dinner.

**NO ANNA MARTINEZ**
My parents are usually both home because they work from home due to COVID.

**JUN BETZ**
I had a screaming baby, a cat and dog and a loving wife who all made occasional cameos in my zoom classes.

**HOME ALONE??**

**CHARLIE LYONS**
No, I'm not home alone. I'm alone in my room but my family is still in the house.

**EMMA SAVITSKY**
Yes. I'm only home alone a maximum of 3 days a week and the other days I'm with my mom. I just enjoy the alone time and do school work. I like being home alone in the day time.

**ZOE BOGGS**
I'm home alone mostly. I do school work and watch Parks and Recreation. If I'm choosing to be home alone, then I like it, if not, it can get lonely.

**GRACE SMITH**
Yes, I am home alone. I usually like to watch Youtube, draw, or make music on my laptop when I am home alone.

**NO CARLIE JESTREM**
Usually my brother is at home too. If I'm home alone I leave to hang out with friends. I don't really like being home alone because I like being social.

**ZOE McGIVERTY**
My mom is usually home but she goes out and runs errands. She also teaches at CC on Tuesdays.

**NO MORGAN COVLIN**
"During school, I'm not home alone. My brothers are here doing their school and my sister is here doing her college work for WSU. My dad is sometimes here because he can telework."

**BRETT FRANKER**
I am alone. I wake up at 8am, get dressed, and wait for my zooms.

**AMELIA COLLINS**
For the beginning I was not home alone, but then I was home alone at the end of the year. It was a big change.

**ALEXIS ROGERS**
I am not home alone during school. I'm usually with my two brothers and my mom.

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**FIRE SCIENCE PROGRAM**

As part of the CTE programs offered at Cascade High School, Kodiaks have the option to enroll in two classes that are offered collaboratively with the Leavenworth Fire Department: Fire Fighting I and Wildland/Forest Fire Fighting. Fire Fighting I is a course that prepares students to perform the duties of firefighters. Students learn skills essential to a career in firefighting: equipment operation and maintenance, principles of fire science, methods of fire control, fire rescue procedures, public relations, and laws/regulations. Wildland/Forest Fire Fighting focuses on firefighting and investigation to the prevention, control and mitigation of wildland/forest fires. After completing two semesters in the program, students are certified with what is the equivalent to a Firefighter I Academy and are eligible to receive their Firefighter Type II Red Card qualifying them to fight wildland fires across the nation. Firefighter/EMT Mike Smith said, "This year’s students have all done well, especially considering the COVID modifications. They have all excelled and can't wait to see what they can do next year!"

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**O AND A WITH THE CADETS**

Q: What has been the most memorable moment for you in the program?
A: "Probably being able to practice real firefighting techniques with cadets."
- Ledger Parrish

Q: Why did you take this course?
A: "I just thought it would be a good course to take in high school that could open up certain jobs in the future."
- Griffin Blower

Q: How has the Fire Science Program impacted you?
A: "It has made me want to go into fire."
- Josh Schaefer

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**FRIDAY: CHS SPIRIT**

**MONDAY: PJ & PETS**

**TUESDAY: RED, GREEN & WHITE**

**THURSDAY: UGLY SWEATER CRAZY SOCKS**

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**SCHOLASTIC SPIRIT WEEK**

**WINNERS:**
- Sydney Cook - 1st Place
- Lauren Allen - 2nd Place
- Katie Johnson - 3rd Place
**WINTER BREAK 2020**

**HOLIDAY TRADITIONS**

**ALEX ROSENFIELD**
ElA TEACHER

"My family is Jewish, so we celebrate Hanukkah by lighting the menorah, exchanging gifts, and eating latkes (potato pancakes)."

**ZOE BOGGS**
11TH

"We usually attend the live nativity at the Nazarene church on Christmas Eve and have a big dinner on Christmas Day."

**ASHLEY BARTANEN**
COUNSELOR

"Christmas Eve is my dad's and my brother-in-law's birthday, so we are always celebrating someone's birthday!"

**CHASE RUNNINS**
11TH

"Put up the Christmas tree and stockings, wake up early on Christmas morning."

**AVA NORTHRUP**
11TH

"Every year my family and I ski a ton the week before Christmas."

**WHAT DID YOU DO OVER WINTER BREAK?**

**ELISE ALMEIDA**
10TH

"Not much, my sister came home from Seattle."

**LEORA AUHILD**
10TH

"I skied, cooked, and baked."

**MOLLY RAVITS**
SCIENCE TEACHER

"We stayed in town and ski, ski, and ski some more! We also caught up on some sleep!"

**CHLOE PALMER-GUIDE**
10TH

"I spent lots of time with friends and family and had fun!"

**JULIA VANDER**
11TH

"I stayed home and healthy and spent the time catching up on sleep and schoolwork."

**ENGLISH CLASS PROJECTS**

As part of Mr. Bracey's EWU Chicano Culture class, students prepared a presentation explaining the origin and meaning behind their names.

In Ms. Rosenfield's 9th grade English class, students made posters of their favorite Greek god or goddess. Freshman Elsa Swart did hers on Athena.

As part of a Native American literature unit, sophomores in Ms. Robinson's American Literature course interviewed elders in their family and created projects to memorialize the interview and keep the stories for future generations. In order to honor the older she interviewed, Tillie Leroy created an original piece of artwork.

**WINTER ACTIVITIES:**

Many students at Cascade either Ski or Snowboard as a winter activity. Locals to the Leavenworth area are lucky to have easy access to Mission Ridge, Ski Hill, and Stevens Pass as ski resorts. According to an Instagram poll on January 27th and Stevens Pass while 22% would rather go to Mission Ridge. Skiing and Snowboarding are both great winter outdoor activities that many students, staff, and local community members enjoy. Junior Chase Runnins shared that he skis at both Stevens Pass and Mission Ridge, although he prefers Stevens. My favorite place to go is up in the mountains and discovering new places to ski."

**PLANS FOR HOLIDAY BREAK**

CHS STUDENTS AND STAFF WERE SURVEYED TO SEE WHAT THEIR PLANS WERE FOR THIS HOLIDAY BREAK. HERE ARE THE RESULTS:

Stay home and spend time with family.

Eat lots of yummy food

Hope to travel.

Read, watch movies and do puzzles

Sleep

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Alpine ski, Nordic ski, snowboard, snow shoe and tube.
ONLINE LEARNING AND ZOOM TIPS

1. Be prepared and organized by getting online a few minutes before class.
2. Look good by using Zoom appearance touch-up and virtual background features.
3. Be engaged, but mute your microphone when not talking.
4. Be respectful by sharing your ideas and being open to others.
5. Keep a positive attitude by taking time for short breaks and physical activity.

A TYPICAL ZOOM CLASSROOM:

One of many teacher’s least favorite aspects of online learning is missing the typical interactions they have with students. Despite bribes of Starbucks cards from Mr. Allen, desperate pleads from Ms. Guzman and Mrs. Dillon appealing to logic and pointing out how, “Online learning taps into only 2 of the 5 senses,” classrooms still look like this.

CAMERA OFF:
Haakon Scheibler, 10
“I do not really like having my face on display.”
Anthony Oropeza Onate, 10
“Because my room looks terrible and the lighting here is really bad, but I’m always listening.”
Francisco Zarate, 10
“I’m too lazy to press the button.”
Alma McKean, 10
“It gives me one less thing to think about so I can focus on my work.”
Blaise Forster, 10
“It’s easier for me to focus with it off.”

CAMERA ON:
Jack Wagman, 10
“It helps me stay focused, as I can get called out for doing other things.”
Brendan Fallon, 10
“It’s just easier to focus and stay on track.”

Zoom was founded in 2011 and launched in 2013. In December of 2019 Zoom had less than 10 million users. By April of 2020, Zoom was boasting over 300 million users and that number has surely only grown as the platform has become a mainstay in virtual public education. While teachers are grateful for the tool during this unprecedented time, it does come with challenges. Mr. Mendoza said, “It really feels like I’m talking to myself while I’m on stage and I can’t see the crowd watching me.” Teachers all around the world are trying to find the best ways to keep their students engaged and motivated during their class time.

ZOOM HISTORY

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APPEARANCE VS REALITY

Freshman Ellie Holm’s organized setup falls apart by mid-week. She said, “I always start the week with a clear room, but by Tuesday night there is always some kind of mess.” On Zoom, however, she always appears perfectly poised for online learning.

Sophomore Hadley Beall’s Zoom appearance is not that different from her set-up really, well-organized and free from distraction. Having a clean workspace helps Hadley, and students like her, to concentrate and be well-organized.

Sophomore, Tonyo Aurillo makes final camera adjustments before logging in.
Tonyo’s set-up allows him to appear ready to learn on Zoom and be prepared for adventure in the afternoons.

Sophomore Spencer Boyd chose Ronald Reagan for his background. He said, “It’s a lot easier to navigate with a mouse than without it - it’s a lot faster.”

Sophomore Jack Wagman is all thumbs as he shares the strangest part of his home set-up: “A horse mask on my desk that I put on occasionally just to chuckle.”

Sophomore Braden Parton’s must-have in his school set-up space is a mouse. He said, “It’s a lot easier to navigate with a mouse than without it - it’s a lot faster.”

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I read about him for independent reading in English and really liked him. He’s a cool guy.”

For Sophomore Alonzo Johnson-Vázquez, a must-have item is a pencil. He said, “[Pencils] are helpful in case you need to write any notes.”
**January 2021**

**STRESS MANAGEMENT**

"I like skiing because it's a great way to exercise and enjoy nature at the same time. I like to ski with my friends, family, and dog. Surprisingly, this has been a good ski year. Without all the races, it's been a bit more relaxed and fun!"

STELLA JOHNSON, 12

**Ski Season**

"I like skiing because it's a great way to exercise and enjoy nature at the same time. I like to ski with my friends, family, and dog. Surprisingly, this has been a good ski year. Without all the races, it's been a bit more relaxed and fun!"

ROBY SWOBODA, 12

**STUDENT TIPS FROM STUDENTS:**

1. Always listen to music and it really increases my studying productivity to drown the noise out where I am."

   - THEODOR WILS

2. "I just would study however you can. Don't NOT study. That's my tip."

   - VINCENT SLEETE

3. "I just take notes because Mr. Davies is amazing and has YouTube videos that are great for taking notes from."

   - EMILY DEY RICHARDS

4. "Don't be afraid to reach out and ask questions... My hardest final was astronomy - it was the only final I had."

   - CHARLIE PALMER-GUSSET

5. "Keep on working. Don't give up. Keep on working all the time."

   - RYAN SWOBODA

**First Semester Finals were different in that they were all done remotely; however, the stress and pressure was the same as always. Finals included essays in English classes, summative tests in math and science classes, and cumulative projects in a variety of other courses. Freshman Calvin Wilder said, "The hardest final was in Mrs. Ravits Chemistry class. We had a test with about 40-50 questions, and I ended up with a 90% on it. I wasn't sad about that grade."

   - FRESHMAN WARREN BUSER said, "The class with the hardest final was Pre-Algebra with Mr. Mendoza. It was partially due to the fact that I have always struggled, but also because I got overwhelmed with the work load." Senior Kayden Peterson shared that his "most stressful final last semester was Biotech." He explained part of what made it so stressful was that he "doesn't study." He advises other students to study and focus on important key facts to reduce the stress of finals. Vincent Slette, a sophomore, agreed that by "not being afraid to reach out and ask questions... My hardest final was astronomy - it was the only final I had."

   - CHARLIE PALMER-GUSSET

**The Knowledge Bowl Must Go On!**

Laora Aurillo, Haakon Scheibler, Aidan Ringel, and Quentin Farrell competed in the Knowledge Bowl competition on January 6th.

**KB Tournament Round 1 (1-6-21)**

**KB Tournament Results for 1-6-21**

1. **Cascades 1**
   - Round 1: 87
   - Round 2: 85
   - Round 3: 85
   - Total: 157

2. **Cascades 2**
   - Round 1: 85
   - Round 2: 85
   - Round 3: 85
   - Total: 155

3. **Cascades 3**
   - Round 1: 85
   - Round 2: 85
   - Round 3: 85
   - Total: 155

4. **Cascades 4**
   - Round 1: 85
   - Round 2: 85
   - Round 3: 85
   - Total: 155

5. **Cascades 5**
   - Round 1: 85
   - Round 2: 85
   - Round 3: 85
   - Total: 155

The total tournament results for the Knowledge Bowl showing Cascade in first place.

**Back to School**

Before Kodials could return to school, back to school safety video was recreated for all students and families to watch in order to understand the safety procedures and precautions that would be in place. As well as the video, signs were made and placed around the school to remind people to wear a mask and social distance. Several students helped with the making of the signs and video. Senior Molly Wiler said, "The most memorable part of making welcome back signs was when we had to trace Joya as a figure and she didn't look muscular enough." She added, "The most funny moment of making the video was when we all had to wear our masks wrong." Junior Zionist Harris said, "I enjoyed seeing the other ASB officers in person and being able to do something for the student body as a whole."
This year, due to COVID-19, the DECA regional competition was held online and not in Yakima as it had been in previous years. When asked about the 2021 competition DECA advisor, Ms. Murphy, said, “This competition was extremely tough due to the circumstances; all of our kids did amazing!” A big shout out to Sasha Morgan for placing 1st in Business Finance Series Event & Aidan Skystad for also placing 1st in Restaurant & Food Service Management… They are on to State!”

MUSIC AND ART SHOWCASE
During the 2nd quarter, members of the GHS Jazz band, led by Mr. Mitsuyasu, accompanied a collection of artwork made by students in Ms. Dillon’s art classes in a compilation showcase. Students in Jazz Band recorded songs of their choosing and submitted it to be used as background music to the showcase video. Detailed and beautiful artwork was selected from multiple of Ms. Dillon's art classes. After the artwork and music was compiled, Mr. Mitsuyasu published the video to YouTube and the link was made accessible to all members of the Kodiak community. When asked about the showcase, Mr. Mitsuyasu replied that it was, “a big undertaking, but it turned out really cool in the end.”

BASKETBALL IS BACK
On January 18, 2021, both boys and girls basketball teams were able to get back into the gym for the first time since their 2020 seasons. Without the option for formal practices during quarantine, Coach Fraker provided his teams with drills to complete at home. Most of the athletes worked hard over quarantine to provide their skills and fitness level for each game. After a long time without the option to practice as a team, these student athletes were pumped to get back to work. Senior point guard Bret Fraker said, “It was great to be back and to have something to do instead of just sitting on the couch. It was really nice to be back in the gym cause I am someone that is used to being in the gym a lot and then getting it taken away from me was not cool, so when I was able to come back it meant a lot to me.” Last year’s team MVP forward, Cole Warriner, said, “We were playing outside for so long it was nice to be indoors.” The girls went to work as well: they did a lot of ball handling work at home for the hope that they could be able to play positionless basketball. Positionless basketball is a popular, recent strategy, where all members of the team switch interchangeably between positions. The Kodiak teams are hoping for a season where they will have an opportunity to secure a league title.
KODIAKS GIVE BACK MAKING A MARK ON THE LOCAL COMMUNITY

Living in a fire prone area, there is always work to be done to prevent fire danger. Dawson Chase cleared brush from Barn Beach through a Fire Wise volunteer project for Mr. Bard’s Natural Resources class. He originally chose to participate because he received extra credit and he enjoys exercise. His sustainable practices help make Barn Beach a healthier ecosystem for both people and animals to enjoy. Dawson learned that he enjoys doing volunteer projects like this one.

MALAKI TAUB - RESTORING NATIVE VEGETATION

While most students may spend the winter months bundling up inside, Malaki Taub spent his time completing his Eagle Scout Project. He was looking for a project where he could restore the native vegetation. A fantastic opportunity arose when Malaki heard of a specific area where native plants had been destroyed by motor vehicles. Malaki’s work supported federal land by restoring and protecting the native life through building a fence which would keep future vehicles out of the area. During his work, Malaki discovered that, “Being a leader includes the delicate balance between leading and serving.” He learned that being a leader isn’t just about managing people, but also managing your own work while completing your own work.

DAWSON CHASE - PREVENTING FIRE

MOLLY WISER - COACHING YOUTH SOCCER

This past year senior Molly Wiser spent her summer days soaking up the sun with a youth soccer team that she coached. Molly describes how she decided to coach this team by saying, “I definitely just love soccer and kids. I wanted to make sure they have an environment where they are free to have fun and enjoy playing instead of being pressured to win or excelled.” When asked how coaching this team impacted the Leavenworth community, Molly explains that the next generation of Leavenworth soccer players will be ready to play at the next level, in both their skills and other areas of life. Wiser said that she learned “just how much work it is to be a role model. Even if I was having a really bad day or just frustrated I would always try to keep a positive attitude with them.

PATTY CERNA & KRISIA QUINTANILLA - TRANSLATION SERVICES

“Krisia and Patty selflessly gave their time and skills in order to connect Latinx communities with essential services and information,” Leavenworth High School Spanish teacher Jill Wet. These students volunteered three times, working with Upper Valley MEND and Miriam Rodriguez, to inform Spanish-speaking families in the Cascade School District about flu shots. Clinics, provide translation services, and assist in the clinic and to campaign in support of the February 2021 CSD levy helping to ensure educational programs and operations/maintenance programs continued to benefit Kodiak families for four more years.

ABELARDO GONZALEZ - DISTRIBUTING FOOD

Abelardo Gonzalez has volunteered the past few years at Leavenworth’s Community Cupboard. Abelardo organized food around the Cupboard after his past work of volunteering at Das Thrift Haus. Through his work, he realized that he is really good at organizing and more importantly has a desire to help others. His work positively impacted our community and those in it. Abelardo hopes to have also inspired others to do the same.

In leaving her mark on the Leavenworth community, Autumn West plans and runs Leavenworth blood drives through the Red Cross. Since Autumn can not donate blood, she instead donates her time. Each blood donation can save three lives all throughout Washington and wouldn’t be doable without her hard work. Autumn says that this work has taught her the importance of reaching out to people in your community. She says, “I learned that I love collaborating and reaching out to others in order to pull off a big event. I like organizing and planning.” Autumn also recognizes how amazing it is that people are still getting involved and coming together to donate, even with obstacles like COVID. She also explains that she loves seeing familiar faces together and that she has learned the importance of communications skills.
February 2021

SPEECH & DEBATE

Cascade High School had a strong showing in the online Thomas Foley Memorial Speech and Debate Tournament this year. Senior Ashley Stine led the team by making it to the finals with her performance in the Humorous Interpretation category. Freshman Kestrel Foley also did well, taking 5th place in Prepared Storytelling. Two other Kodiaks also participated: senior Leon Ar successful in Dramatic Interpretation and Humorous Interpretation categories and freshman Breanna Loomis competed in the Humorous Interpretation category. The debate hosted 33 schools and over 229 individual competitors.

ART WALK

When students returned to Cascade after almost a year of online/remote schooling, the halls looked markedly stark. The usual bulletin boards had been removed and the usual student art and classwork was missing. The first assignment in Leadership class was about bringing that Cascade spirit back to the school," said Leaderettes teacher Ms. Robison. "Students were asked to work with a teacher to design, budget for, and create a bulletin board." While the majority of the boards were created by Leadership students, ASB leaders and Random Acts of Kindness club members also helped to create boards. Junior Jade Marks worked to create a board for Ms. Dillon. "A Valentine’s Day theme," said Jade. Using grant money provided from a local organization, students purchased supplies to create their board. Senior Molly Wiser used the money provided by the grant to purchase tissues paper and create flowers for Ms. Guzman’s board. Next, students assembled the board to their selected teacher’s specifications. Freshman Scott Lindsay designed a board for Sports Medicine teacher Mr. Bex. "My favorite part was designing the body builder with Mr. Bex’s face," said Scott. The boards helped to brighten up a sterile environment and took one item off teacher’s to-do lists. Science teacher Ms. Revis designed the board created by her for Junior Rosario Fernandez Santiago. Revis said, “With attention to detail is so good. She asked me questions about colors, themes, and really took what I said and made a board that perfectly reflects what I would have wanted.”

CONGRATULATIONS: 1ST SEMESTER 4.0 STUDENTS

Earning an "A" in any class is a commendable feat. Earning a 4.0, "A"s in all classes, is an accomplishment that takes dedication, grit, and perseverance. The CHS students listed here have proven that they are ready to meet this challenge - having earned a 4.0 first semester. Receiving good grades now is an instrumental part of what life will look like after high school and what career goals can be achieved. These diverse students prove that earning a 4.0 is possible for any Kodiak...the student just needs to put in the work.

ART WALK

Throughout the month of February, students and staff were able to admire art that lined the halls of CHS. Students from all of the art classes had their artwork showcased. For this showcase the 3D Art Production/CTE students worked with a new medium. This month they worked with paper, cardboard, and wire to create over 30 pieces of art. Their next projects will be aluminum animals constructed from pop cans. Ms. Dillon used this assignment to celebrate: "promoting problem solving in 3-dimensional space, innovative thinking, and gaining confidence in self-expression."

ACADEMIC EXCELLENCE: DOS & DON'TS

Do: "Stay on top of homework and classwork. Pay attention..."

Jean Carlos Martinez Nieto

Do: "Pay attention on class, ask questions and space out homework so you don't do it all at the last minute."

Juan Bolaños Vizcaíno

Do: "Make sure to leave work until the last minute - you're probably not gonna do the work if you put it off.

Vanessa Vizcaíno Villa
FOOTBALL

A. Defensive end Cole Warnack and defensive tackle Cole Warnack rush and try to sack the Royal Quarterback.
B. Cody Enloe and Brant Frierson give each other a little pre-game shoulder bump during warm-ups.
C. Back Xavier Richtmeier gets lined up and waits patiently for the ball to be snapped.
D. Number 36, cornerbacks Alex Delangle gets in his stance before the ball is snapped.

WHAT DO YOU DO TO GET HYPED FOR THE GAME?

Senior Xavier Richtmeier: "I need my friend Saul to get in a pre-game snuggle session in on the bus."

Junior Ethan Magnophi: "To get me hyped I like to listen to Drake."

Sophomore Jones Duncan: "I like to put on my pink short shorts under my pads for good luck."

Freshman Sam Webb: "I like to listen to some classic rock it gets me hyped out of my mind."

Coach Coffin said, "Ethawn has taken over the starting center position this year which is big shoes to fill. He's in extra work before and after practice each day and wants to be the best he can be."

Coach Coffin said, "Jones is the hype man of the team! Comes every day to practice or a game ready to go and perform. His start at LB for us and also rotates in at RB. He has a bright future only being a sophomore."

Coach Coffin said, "Saul has taken on a big role stepping in as the JV QB. He has great leadership skills and always is looking for ways to improve and become better."

COMPLIMENTS FROM COACH:

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UNCONVENTIONAL ATHLETE: ZAC HOLTON

Zac Holton is an avid ski racer and a junior at CHS. As a Stevens Pass Alpine Club (SPAC) athlete, Zac has made the Pacific Northwest Ski Association (PNSA) team and has competed at Western Regionals. Sadly for Zac and the rest of the PNSA team, Western Regionals was canceled due to the COVID-19 pandemic. Zac said he had a goal of placing top 15 at Westers. However, Zac is hoping that next year's season will bring him a top ten finish. Zac has been skiing for 12 years and is a strong competitor and athlete, but he also hopes that others will join him in his sport.

When asked about his advice for racing he said, "Stick with it because improvement with ski racing takes a really really really long time."

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VOLLEYBALL

Sophomore Vanessa West reads the ball off the opposing hitter's hand and prepares to dive for the ball.

Junior Joseph Wall lays out the Royal ball on the sideline, just ready.

Sam Webb pumps his squad on the sideline, as they prepare for the game.

Sophomore Vanessa West reads the ball off the opposing hitter's hand and prepares to dive for the ball.

During warm-ups, Britni Harris sets the ball to Coach Tony to continue the fast-paced drill.

Freshman Finna Gillikin dives to the ground to reach the ball tipped just in front of her.

Hanalei Aikio, junior, prepares to pass the ball during a defensive warm-up drill before the match.

Tight end Alex Flick waits for his call to enter the game.

Sergio Tijerina, Rady Baker and David "Red" Zilla wait for their turn.

The Kodish defense prepares for a goal.

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Tight end Alex Flick waits for his call to enter the game.

Sergio Tijerina, Rady Baker and David "Red" Zilla wait for their turn.

The Kodish defense prepares for a goal.

Junior Joseph Wall lays out the Royal ball on the sideline, just ready.

Sam Webb pumps his squad on the sideline, as they prepare for the game.
Because of the COVID-19 pandemic, students all across the United States and the world have been forced to give up the normal trappings of high school: Friday night football games, crowded lunch rooms, and school dances. CHS students were transitioned to online schooling last March and will likely be engaged in remote learning through the new year. For some Kodiaks, the need to be isolated in order to maintain safety has been challenging. With limits on social interactions and events, many Cascade students have sought sanity through other people and endeavors.

For Senior Rory Swoboda one of her favorite comfort foods is Cow Bell Creamery's Belle Tracks. "Ice cream makes me happy and numbs my brain when it hurts from math."

For freshman Karsten Bowles, "being outdoors and going on adventures is what keeps me sane." Karsten did a back-flip at an Oregon coast beach.

Senior Jaden Avery uses music to shut out the craziness of quarantine. He said, "With quarantine came a lot of emotions: anger, sadness, loneliness, anxiety and stress. Nothing had/has been old and a constant, except music. Music has kept me grounded in this hard time. Whether it's tunes I blast while in the shower, or artists like Cuco that I listen to in a chill vibe, or if it's Juice WRLD when I'm feeling down. Music is always there. It's my constant."

Experts across the United States are concerned with the mental health of citizens as well. Dr. Amanda Spray, a clinical psychologist from NYU, suggests that STAYING CONNECTED with family and friends is important for everyone's health. According to Northwestern Medicine, creating a SCHEDULE improves stress levels and sleep. They also suggest that EXERCISING and EATING HEALTHIER will help to improve health overall. BEING OUTSIDE and GETTING FRESH AIR is encouraged by Harvard Medical School - it can help to raise vitamin D levels, improve concentration and, in general, is proven to make people happier. Psychologists have also noted a connection between PET ownership and happiness.

Senior Owen Skystad has turned to COOKING in order to calm stress and decrease anxiety. "Cooking keeps me sane because it gives me something to do; it's very intricate and always rewards you proportionally for how much work you put in," said Skystad.

For junior Carly Ostrem sanity can be found in SNACKS and friends: "Eating good snacks and hanging out with FRIENDS is what's keeping me sane. Annie's White Cheddar Mac and Cheese is just really good and even better when you are eating with your friends."

For senior Kalin O'Neal her friendship with senior Annalise Bowles has been a source of sanity during these challenging times. Kalin said, "My BEST FRIEND keeps me sane. She makes sure I don't take everything so seriously and makes me laugh."

FAMILY has been essential for senior Aunika Thorp. She said, "They're the people I can count on to keep a smile on my face and help me through the rough times."
Soccer

Sophomores Edie Walker and Cassidy Gillespie push the ball up the field during a game against their rival, Cashmere. The match continued to be close, but was eventually won by Cascade in the 5th round of penalty kicks, with senior Stella Johnson scoring the winning PK.

The Cascade Girls Soccer team huddles before the second half during the game against Cashmere. For sophomore Emma Warman, the best part of this soccer season has been "the Cashmere game, because we won and it was really fun." Playing soccer has "given me a fun activity to do, especially after sports were canceled for a while," said Warman.

Forward, freshman Jellyn Reinharz, dribbles the ball down into the Cashmere half supported by Molly Wiser. When asked about the Cascade Soccer Program, senior Molly Wiser explained that the program has helped her make friends and taught her to work hard. She advises underclassmen players to "have fun and stop stressing about everything - you'll regret stressing."

Icicle Bicycle

Due to Covid-19, the icicle Bicycle Club has not been able to compete. However, that has not stopped them from practicing so that they will be more than ready once competitions start again. Currently, they practice a lot of cornering and braking drills, as well as taking longer rides.

Above: Tobin Walker demonstrates his mountain bike skills by doing a wheeled during a practice. Left: Alden Brooks leads fellow club members in a game of icicle Bicycle follow the leader.

Varsity Volleyball

Sophomore Gianna Navarro jumps up to hit the ball at the opposing team during a varsity volleyball game at home against Brewster. Surrounding Navarro are her teammates down and ready to cover the block. For Gianna, "NOC," was the most memorable part of volleyball this year, "because it brought the team together." Being a part of the team has helped Gianna develop better leadership skills and grow closer with the girls on my team."

During the second and third weeks of March, ASB and Leadership members created handmade cards thanking the dedicated staff at Cascade Medical Center. After the cards were made, additional members of the Kodiak community were invited to help write on cards and show their gratitude for the hard work of these first responders during the COVID pandemic. Many members of CHS Leadership helped with manning the tables for card signing including Seniors Giovanny Rosario, Cameron Ostrem, Zoe McDevitt, and Sasha Morgan. Juniors Jimena Ramirez and Joey West, as well as sophomore Scott Lindsay and Sophia Docherty were also a part of putting on this project. Senior Cameron Ostrem enjoyed the experience of manning the booth. He said, "It was fun because you would just ask a random kid if they wanted to sign or not. If you knew the person, you could just go up to them and be like sign this." During and after the project, students were all smiles. Showing gratitude was truly a rewarding experience for the Leadership Club and the staff at Cascade Medical Center.

Thank You Cascade Medical

S.T.E.M. Class Projects

S.T.E.M. Class Projects

1. Freshman Dylan Muny talks over a path forward with his drone during a project for Mr. Harvill's robotics and drones class. Muny has learned that "Engineering sounds like a good career for me. I like to build and design things."

2. Sophomore Coco Zehn labels the tubes for plants during an experiment for Mr. Bard's Natural Resources class. For the entirety of the project, students were to place plants under different levels of light and record their growth over time.

3. Sophomore Coco Zehn volunteers under the bright grow-light for an experiment in Mr. Bard's class. The students had to water the plants under the lights in order to maintain the growth of the plants.

4. Sophomore Coco Zehn volunteers for an experiment for Mr. Bard's Natural Resources class. The students had to solve problems related to the growth of the plants.

5. Freshman Coy Lattimer creates a model of the upper sections of his robot during the final day of a robotics project for Mr. Harvill. For Coy, "It was confusing at first, but he learned to "build and program" the robot. He said, "I was happy with the final product."
A WEEK IN SPORTS

FOOTBALL:
The Cascade Kodiaks won a landslide victory against the Quincy Jackrabbits on March 12th, 2021. Both the defense and offense played hard and well, which led Cascade to score 33 points - a season high.

SOCCER:
Being placed in the tier 1 division for the 2021 season, the Cascade Girls Soccer team had their work cut out for them: facing tough opponents such as Cashmere, Chelan and Wenatchee. The Kodiaks have had to fight to win many close games including beating rival team Cashmere in penalty kicks.

VOLLEYBALL:
Cascade Volleyball athletes embraced their fall sports season by competing in over 13 games. The team took wins against Moses Lake and Omak, each taking 4 sets. The players continue to work hard from the start of their season to their final games on March 27th.

CROSS COUNTRY:
The cross country season started up again on February 22. Cascade High School took first place for both boys and girls in two of the three races so far this season. Leading the team to their second victory in Quincy were, Lauren Muscutt and Zoe McEacht, for the girls, and Landon Davies and Owen Bard, for the boys.

EQUESTRIAN
On March 19-21, the CHS Equestrian Team competed at their first meet of 2021 where many members of the team won their events. The CHS drill team placed first in their event. Senior Sasha Morgan said, "To me, drill is the best team bonding experience you could ever have, because everyone is going to mess up and is also going to have great days."

Senior Sasha Morgan and sophomore Greer Swedboda represent Cascade in a costume class event, where athletes and horses mirror one another's movement. They performed to a song from the Harry Potter soundtrack.

CHS sophomore Alma McKean competed in the working pairs event. Alma has been a part of the team for two years. The theme song for their performance was from Scooby Doo, and the two girls did a play on Velma and Daphne.

The Cascade Discovery Program partners with Cascade School District and the US Fish and Wildlife Service to create unique experience for Kodiaks. While Discovery uses the standard high school curriculum, it also offers hands on activities. Some of these activities include cider pressing (pictured in the upper left hand corner) and construction (pictured in the bottom right hand corner). Students in Discovery get to "to hear from inspirational speakers, learn of various career opportunities, and visit folks who are "living their dream," said Travis Blue on the Cascade School District Website. In Discovery, classes are smaller and self-paced, which helps students focus and hone in on what their passion is in life.
Traditionally, the winter sports season, including boys' basketball and wrestling, starts in November and is wrapping up in early February. Softball, boys' track, golf, tennis, and baseball are spring sports and Kodiak athletes are accustomed to clearing snow from courts and fields in order to practice in late February. At the start of the 2020-2021 school year, due to COVID-19, it was unclear if sports would even be possible and Kodiak athletes were thrilled when they learned that they would be able to compete on behalf of their school this year. While the possibility of a season, even condensed and rearranged, left athletes excited, it did not allow for typical coverage of winter/spring sports. At the time of publication, spring and winter sports have not yet started, but athletes are looking forward to their seasons none-the-less. Here are some of the goals and hopes these CHS competitors have for their seasons:

**BOY'S SOCCER**

Kevin Castillo-Herrera hopes to impact the boys soccer team this year by, "Giving my best, give a 100 percent at practices and games [and by] pushing everyone on the team."

When asked about being a leader on the team Edgar Mata said, "I'm excited to see what we have in us and lead the team to success."

Freshman German Varona is looking forward to, "Meeting new people," this soccer season and playing with close friend, "Angel Sandovei."

For the 2021 season Carly Ostrem is hopeful, "to encourage hard work and funnness [and]... we're hopeful to bring home another trophy."

When asked about what mark he would leave on the team Brody Forster said, "I hope to make a positive impact and benefit the team."

"I just want to be able to get together with the rest of the team and share the little time we have left as a team," said Gavin Dwyer.

"If granted the opportunity to be a leader of varsity tennis, then yes I am looking forward to it," said Quinn Priebe.

Chase Runions is, "excited to play some real matches for the first time in nearly two years, and have some fun with friends."

"I hope to be encouraging and help new players," said Zoey Sheffield when asked about the spring tennis season.

When asked what he was most excited for during the season Jones Duncan said, "I'm looking forward to seeing what the team looks like this year, cause we have 2 whole grades of guys who have "

**SOFTBALL**

The person Perla Martinez is looking forward to playing with most during the softball season is, "Renee Lambert, she is an amazing pitcher and she's super supportive."

Renee Lambert is looking forward to, "seeing how the team plays together and, "Helping the team be more positive."

"I am excited to not get destroyed by Stephen [my brother] in all my events," said Isaac Twelen when asked about the upcoming season.

When asked what she is looking forward to leader Zoe McDowitt said, "making improvements in the hurdles and hopefully not falling."

Captain Landon Davies wants to leave his mark by, "breaking the school's all time mile and 2-mile record."

Jesse Gunter hopes to, "bring [a] positive impact" to the team this year. He is also looking forward to the social interaction.

"Even though our season is small, I'm excited just to have a chance at being able to play," said Isaac Cortes.

**TRACK**

Braeden Parton is excited for, "playing with Brett his senior year."

When asked about how he hopes to impact the team as a whole Braeden jokingly commented, "warming the bench."

**GIRLS BASKETBALL**

For the 2021 basketball season, Emma Warman is looking forward to playing with, "Molly Wier because she is a great example and I look up to her in sports."

"I hope to impact the team in a positive way by instilling confidence in the girls and by creating a positive environment," said Autumn West.

I am looking forward for the next season to play some new teams and have fun with my teammates," said Xtabi Espinosa when asked about the upcoming season.

**BASEBALL**

"I'm looking forward to competing against schools we don't normally compete against because we are in regions now," said captain, Juan Carlos

This wrestling season Cole Warman is excited for, "wrestling coach Steve. I want to beat him [this year]."
**FRESHMEN**

**Charles Rich**
I like baseball, and I like to take my dog, Max, for walks.

**Alexander Warman**
I like to skate and play video games. I also enjoy spending time with friends.

**Alex Fierro**
I am looking forward to our trip to Sacred Heart this summer.

**Molly Renier Singer**
I am looking forward to high school because I want to make new friends and have fun.

**Oliver Aitka**
I am looking forward to hanging out with my friends and playing video games.

**Coy Lerner**
I am looking forward to the end of the school year and the start of summer.

**Kevin Castellanos**
This spring I will be working in the cafeteria and getting my grades up. I work as a dishwasher at McDonald’s, and I love it.

**Heather Dougherty**
This spring I will be studying hard and working on my grades. I want to be a doctor someday.

**Gerwin Paez**
This spring I plan to play baseball. I love this sport, and I can’t wait to get back on the field.

**Shawn Yedegar**
I am looking forward to spending more time with my friends and playing video games.

**Ivan Hernandez**
I am looking forward to the end of the school year and the start of summer.

**Jacin Hendrickson-Dawsey**
I am looking forward to spending more time with my family and friends.

**Maximillian Traumol**
This spring I will be working at the local pizza place and getting my grades up.

**Juniors**

**Andrea Carlos**
Three goals that I have for this spring are to improve my skills, get better grades, and get more involved in school activities.

**Paul Goss**
Some of the things I enjoy doing are playing video games and hanging out with my friends.

**Ethan Hargreaves**
This spring I plan to work on my grades and focus on my studies.

**Chris Sullivan**
I am looking forward to spending more time with my family and friends.

**Brittany Harris**
My goal this spring is to get my driver’s license and start driving.

**Maxwell Welch**
This spring I plan to work on my grades and focus on my studies.

**Kalli O’Neal**
This spring I plan to work on my grades and focus on my studies.

**Sopomare Castillo**
I am excited to be working at McDonald’s. I love my job there.

**Jonathan Wall**
This spring I plan to work on my grades and focus on my studies.

**SOPHOMORES**

**Kobe Lopez**
This spring I am looking forward to spending more time with my friends and getting my grades up.

**Roswell Riss**
This spring I plan to work on my grades and focus on my studies.

**Ellie Camp**
This spring I plan to work on my grades and focus on my studies.

**Nikita Habak**
This spring I plan to work on my grades and focus on my studies.

**Grace Smith**
This spring I plan to work on my grades and focus on my studies.

**Enrique Sanchez Martinez**
This spring I plan to work on my grades and focus on my studies.

**Annie Bowles**
This spring I plan to work on my grades and focus on my studies.

**Staff**

**Mr. Davies**
I would like to see the spring sports be really good and see kids. I want to take my trailer out and go camping. The last thing is to ride my bike a lot.

**Mr. Bard**
I would say 60 degrees with white cumulus clouds. I like the birds coming back and the diverse weather.

**Ms. Schaffer**
I am looking forward to hiking and being outside. Probably an 85- to 90-degree weather. And to have lots of sunshine, time with family, and working with my farm animals.

**Dreaming of Spring**
Here are some of the things that CSS students are looking forward to this spring, both in and out of school.

**What is your favorite part about spring?**

Mr. Davies
I would like to see spring sports be really good and see kids. I want to take my trailer out and go camping. The last thing is to ride my bike a lot.

Mr. Bard
I would say 60 degrees with white cumulus clouds. I like the birds coming back and the diverse weather.

Mr. Betz
I like the crisp air, snow melting, and flowers popping out. I like to start going hiking, start putting on shorts, and spring sports.

Ms. Schaffer
I am looking forward to hiking and being outside. Probably an 85- to 90-degree weather. And to have lots of sunshine, time with family, and working with my farm animals.

Asha Wall
""
**LEAVING CHS**

**ANDREA BRIDZ**

How long have you worked at CHS? 31 1/2 years.
How has CHS impacted you/your career? "It has taught me that we can do whatever we dream." What are your post-Cascade plans? "I will be in the mountains through October, [then] in the Brooks Range in March...and by the fall of 2022 I will be teaching abroad."

**BROOKS MURPHY**

How long have you worked at CHS? 30 years.
How has CHS impacted you/your career? "If I could've known I would've enjoyed it this much, this is what I would've done my whole life."
What are your post-Cascade plans? "Visit Washington DC with my wife."

**KATHY WENDLANDT**

How long have you worked at CHS? This is my 3rd year.
How has CHS impacted you/your career? "I leave here feeling very encouraged by what the future holds because of the quality of students at CHS."
What are your post-Cascade plans? "Travel with my husband and family."

**TIM BARNES**

Where were you before CHS? I was a sub in 1998, for 17 years, then middle school secretary for 6 years.
What made you choose Cascade? "After subbing, I realized I didn't want to stay as a teacher but I wanted to stay involved with students."
What impact are you hoping to make at CHS? "I hope to support and bring kids back to school."

**BARD CONANT**

Where were you before CHS? I was at Wenatchee. I was there for five years.
What made you choose Cascade? "I wanted to work at a small school and I have friends who work here."
What impact are you hoping to make at CHS? "The love of math and science for students."

**WE LOVE BRIEZY BECAUSE...**

"We're related and she takes a very unorthodox approach to teaching." —Alison Skyakstaid

"He helped me through a lot of hard times freshman year." —Joey West

"He's got a good heart and cares for students long after they've graduated." —Mr. Daley

**WE LOVE BROOKS BECAUSE...**

"She is always positive and encourages us to be the same." —Carson Curry

"He has good relationships with students and staff and is always upbeat."

"He's someone to look up to and who is very helpful with sports." —Conor Alvarado

"I've only known her a couple days, but I know she's a really sweet person and a great counselor."

"He's flexible and he engages with us and teaches us." —Eudice Christofferson

"He's so psyched to be here. He loves teaching and his students." —Mr. Ravits

**WE LOVE WENKLANDT BECAUSE...**

"Austin is a very bright, wonderful young man." —Mr. Davis.
"He's a teacher, if you believe in him, he will go to the moon for you. It's not about the math, it's about his students!"

"Miranda is always fun to have in class. She always has a smile on her face and works hard during our classes. I know I count on her to follow instructions," said Ms. Ferrallino. "Mr. Krejci.

"Trent has come a long way since I first started working with him. He has shown grit and hard work while building a relationship of trust and respect," said Mr. Krejci.

**MY TEACHER HERO**

Senior Levi Caspians admires Ms. Guzman, because 'she makes a point to say hi. She's always nice and a real person to be friends with.' —Ms. Rosenfeld

Support staff Ms. Ferrallino is Miranda Murillo's teacher hero. "She's always there for us if we need help. Especially in PE, she's comforting and helpful for the kids," said Mr. Murillo.

Social Studies teacher Ms. Runner-Singer is senior Jose Navarro's teacher hero because "she's always positive and helped me with my work. She's just overall a nice person."

"Jose is truly a unique thinker. He sees the world in a really smart and unusual way, which makes him really fun to have in class. He's also crazy smart," said Mr. Runner-Singer.

**JOINING CHS**

**CESAR MENDOZA**

Where were you before CHS? "Before CHS, I was at Wenatchee. I was there for five years."
What made you choose Cascade? "I wanted to work at a small school and I have friends who work here."
What impact are you hoping to make at CHS? "The love of math and science for students."

**WE'RE EXCITED ABOUT MENDOZA BECAUSE...**

"He's flexible and he engages with us and teaches us." —Eudice Christofferson

"He's so psyched to be here. He loves teaching and his students." —Mr. Ravits

"When Ezequiel decides to do something, he does it. He is trustworthy and a good person," said Ms. Well.
**Spotlight on Babysitters**

"Babysitting is super fun and doesn’t feel like a job at all."

Lucy Thomas, Freshman

"Babysitting is really fun, but after a while I start to lose my mind."

Natalie Sanchez, Freshman

"I usually hate kids, but my sisters are an exception."

Joey West, Junior

**Q & A with Trent Hedges**

A: What have you learned by working at Jerry’s/Napa?
   A: "I have learned to be efficient with my time and how to be nice to pretty much anyone."

A: What is your favorite part of your job?
   A: "The people I work with and the convenience of having auto parts nearby. I also like getting to know the locals."

A: How will this job help you with your future plans/goals?
   A: "I plan to become a diesel technician. This job helped me connect with people in the field and learn about auto parts."

A: What do you do with the money you make?
   A: "Save it - all of it. I saved up and bought a 2005 diesel Sierra."

A: Now I just save. Money is always good to have."

**GOING IT ALONE**

While most students choose to work for businesses that are already established, some choose to start their own. Seniors Cody Enloe and Caleb Wulfman earn their spending cash through a company they started called Stupid X Intellx; a screen printing business featuring custom, local art on repurposed clothing. They produce limited prints and designs and sell on Instagram @stupidxlt. This entrepreneurial spirit, coupled with a desire to produce sustainable clothing, is sure to help them to reach whatever career goals they might have.

**Developing that Kodiak Work Ethic**

Senior Xavier Richman is works at the Gingerbread Factory. "I’ve learned the value of a dollar and what it feels like to have responsibility," he said.

Senior Cooper Bryan works at Plan Hardware. From his experience he has learned "how much goes into running a business. There are a lot of moving parts and each person on the team is critical."

Junior Lexie Robles works at Smallwoods Coffee. "I like meeting and talking to all the people - especially the locals. I see people from the coffee shop around town all the time," she said.

Sophmore Porsia Fry works at Wahl Yoga. Her favorite part of the job is "getting to talk to people who come in." She said Fry then went on to say, "I am saving all of the money that I make."

As a freshman, Deborah Wall practiced interview skills via Piggrid as part of a business writing unit taught in her English class. After practicing, she applied her skills as she completed a mock interview with a community volunteer. During her sophomore year, Deborah took the valuable skills she learned and used them to secure a job at Safeway.

As part of a computer science and gaming class, Junior Renee Lambert learns technology skills that will open doors in her future. As demand for tech skilled employees grows, students like Renee will find themselves well equipped to enter into an increasingly tech-relevant work force. This project-based course is designed to introduce students to the broad field of computer science and using technology tools and languages to solve real-world problems.
YOU SHOULD PLAY VIDEO GAMES

Gaming can provide a nice community of people with shared interests. "Within video game communities, there’s really nice people, its fun to play with people who have the same interests." - Senior Jaden Avery

"I play on an Xbox 1, usually for over 8 hours a day. Games can help you relax and improve your reflexes. I would suggest fast-paced games to improve reflexes and building games, like Minecraft to relax." - Sophomore Francisco Zarate

Current video games offer everything from role play to simulation and sports. "I believe people should play video games because there’s something for everyone." - Freshman Cassidy Gillespie

Playing video games can help build skills and provide socialization. "One of my best gaming skills is being able to MLG waterbuck. Playing with Ashley and Charlie is the highlight of my week sometimes." - Senior Hannah Zackary

During COVID, gaming has provided an activity and opportunity to socialize. "Playing Fortnite with Cassidy and Charlie is super fun, it’s been a great covid activity." - Freshman Ashley Smith

WHAT GAMING CONSOLE?

"I like the Xbox better, because I’ve played on it forever. It’s super easy to work and is great for playing with my friends." - Zach Karnes, 9

"It’s just what I’ve always played on." - Amelia Collins, 9

"The exclusive games are better and the Xbox Live Pass offers free games." - Logan Bredshaw, 9

"I like the games and their properties. The switch is a very portable console that you can take anywhere." - Connor Barber, 9

"It’s faster, has better graphics and you still get access to most games." - Aaron Hendrickson, 9

"The computer has more game options. I prefer using the keyboard mouse and it’s easier to talk to people." - Alexander Warman, 9

"I prefer the controller design and exclusive games on it." - Tieren Brode, 9

"It’s just what my parents got me for Christmas." - Jaylen Dahlesti, 9

EAT SLEEP GAME REPEAT

Q and A with senior gamer Layne Creech

What’s your favorite video game?

"Currently my favorite video game to play would be Enter the Gungeon. The reasoning for this being that I’ve been wanting a good bullet hell shoot-em-up game. But as for all my time favorite? That’s a bit harder to answer. I’ll probably have to say Stay the Spire just for the amount of time I’ve put into it and my deep love for its genre and art style."

Can you tell us about your gaming setup?

"I’m running a PC with decent specs that could be upgraded a bit more. Two different monitors, a Logitech mouse for those nice gamers buttons, as well as a basic keyboard, controller hooked to the PC, and a Taurus game pad."

How many hours do you game each day?

"A most likely unhealthy amount. 8-15 hours a day most days."

"Doesn’t help with COVID. I’m stuck at home with my computer all the time."

KODIAK’S FAVORITE GAMES

"My favorite game to play is NBA 2K, because it’s really competitive between my friends and we have a lot of fun playing it," said sophomore Jones Duncan. Jones has a gaming set up that includes a TV and his Xbox on a desk. "People should play video games because it’s an easy way to take your mind off of other things in life and it’s fun to play with friends," he said.

Senior Bret Fraker said, "My favorite video game to play is Red Dead Redemption 2 because it is so fascinating with the action in and also all the different scenery that is shown while playing is cool to see." Red Dead Redemption 2 is a prequel to a previously released game. It is an action-adventure game developed and published by Rockstar Games.

Senior Kobe Lopez said, "Monster Hunter World is my favorite game to play because I have met all my friends on there and it’s just my thing that I do." Monster Hunter World is an action role-playing game where players take on the role of a hunter tasked with trapping or killing monsters. Successful players are rewarded with materials necessary for crafting weapons, armor, and other essentials for game play.

TOP FIVE OF 2020

GAMING ACCESSORIES 1 AMONG US

PS5 1 AMONG US

XBOX SERIES X 1 AMONG US

TURTLE BEACH HEADSET 2 CALL OF DUTY

APX GAMING KEYBOARD 3 NINJA

GAMING CHAIR 4 APEX LEGENDS

POKEMON GO 5 MINECRAFT

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GONE FISHING

Fishing is one of the most popular recreational activities in the United States. 29.29 million people were paid fishing license holders in 2020 alone, according to statistica.com. Statistica.com reported that youth participants in the U.S. numbered 10.85 million in 2020 and many Kodiak students were a part of this number. Leavenworth's many lakes, ponds, rivers and streams make it easy to participate in a variety of fishing styles. Fly fishermen enjoy trying their hand along the icy Creek and alpine lakes. Traditional fishing opportunities abound at Lake Wenatchee, Fish Lake and along the Columbia River. Even ice fishing can be found at Fish Lake during the winter. Many students, like junior Derek Richardson, enjoy going fishing with friends and are excited to be able to spend quality time outside.

Derek said, "One time this winter, I went ice fishing at Fish Lake, we all had tons of fun messing around on the lake, plus you can never go wrong with hanging with the boys." Another student who enjoys fishing is freshman Scott Lindsay. His favorite fishing hole is Fish Lake near Plain. He said, "Fishing tests your patience, but it's worth it all in the end. Whether it's the solitude of nature, the thrill of the catch, or the time with friends, it's clear that fishing is a favorite Kodiak activity.

INTERVIEW WITH FISHERMAN JACOB REDMAN

Where’s your favorite spot to fish at?
"My favorite spot is definitely Mission Bay in Seward, Alaska."

What’s the best advice you could give a new fisher?
"The best advice I could give new fishers is that you will make a lot of mistakes casting and tangle lines, but just be patient and you'll get the hang of it."

What’s your favorite fishing tale?
"One time last summer a fish pulled my pole off the dock, but the next day I caught the same fish and it still had the hook in its mouth and I was able to retrieve my lost pole from it along with the fish."

A TALL TALE?

"On one sunny day Derek Richardson and I went fly fishing at my favorite secret spot. We were having a good day, we had landed quite a few fish, but we had not caught the monster we were looking for. After about 2 hours of fishing we found that fish. As soon as I set the hook I knew it was a big fish, immediately it took off, it was taking us for a ride. After about 15 minutes of fighting Derek and I finally got the fish close enough to land, but Derek tripped and fell into the water. After he was back on his feet he was able to not the hog with expert skill. After a few pictures we were able to safely release the fish back into its natural habitat, where it lived to fight another day. -Jerome Jerome"

INTERVIEW WITH HUNTER RENEE LAMBERT

What do you hunt with?
"A rifle ($424 or $300)"

Who’s your favorite hunting partner?
"My dad is definitely my favorite hunting partner, because he actually knows what he’s doing and he’s funny."

What’s the best advice you could give to a new hunter?
"Don’t wash your hunting clothes, because the animals can smell your scent."

Senior Nikolai Habeck takes a quick nap against a tree during his morning hunt.

Junior Colton Latimer and his brother, freshman, Colt Latimer work to clean Coy's first grouse kill. They were hunting in Derby Canyon near Poulsbo. This was Coy's first time out grouse hunting. Colton was deer hunting with a compound bow, but ended up getting skunked that day. He saw many does, but few bucks and missed the one shot he was able to take. Coy, on the other hand, ended up shooting three grouse with his shotgun. For Coy, the best part of the trip was "spending time with my brother."

Freshman Austin Dye smiles as he holds up his elk from the 2020 elk season.

Statista.com reported that 15.49 million U.S. citizens were paid hunting license holders. 2.1 million young adult participants are a part of that number. Within the United States, deer hunting is the most popular, with 10.9 million participants and turkey hunting comes in a close second. Leavenworth's easily accessible hunting spots make hunting another popular recreational activity for students at Cascade High School.

Whether hunting with a bow or firearm or for big or small game, Kodiak's gain valuable life lessons from participating in this outdoor activity. One student who enjoys hunting as much as he can is sophomore Braden Parton. He likes to hunt deer "because of the adrenaline rush that you get," but his favorite hunting memory was when he "killed limits of ducks [on the] last day of the season." Junior Gunnar Balzer hunts with both bows and shotguns. His favorite animal to hunt are "duck and geese." Junior Jacob Guzman likes to hunt for elk, because "it's a big animal and it's a challenge to take them down." Jackob's favorite hunting memory is when Josh Schafer fell asleep while hunting. Senior Zoe McDevitt hunts annually for deer and turkey. She advises anyone interested in taking up this activity to "learn proper gun handling and practice shooting."
**WHAT ARE YOU BINGEING?**

**STELLA JOHNSON:**
The show: Brooklyn Nine-Nine
"I love it because it is very quirky and I would recommend that everyone watches it."
She rates it a 5/5

**MOLLY WISER:**
The show: Grey's Anatomy
"The mix of characters, drama, and music makes the show very entertaining and hard not to watch."
She rates it a 5/5

**CHARLIE LYONS:**
The show: New Girl
"The variety of personalities make this show very entertaining and unique."
He rates it a 4/5

**PARKER NONNALLY:**
The show: Stranger Things
"It is very well produced and I would definitely recommend watching it because there are very few shows that are like it."
He rates it 4/5

**MADDI GILES:**
The show: The 100
"The 100 has many plot twists and never gets boring. It also includes some science fiction."
She rates it a 4/5

**NATALIE SANCHEZ:**
The show: The Umbrella Academy
"This show is very suspenseful and exciting to watch. Always keeps me on the edge of my seat."
She rates it 5/5

**MR. T. FRAKER:**
The show: Billions
"It has been a really good show... a complex drama about power politics."
He rates it a 4/5

**MR. STUBLEFIELD:**
The show: Cobra Kai
"It is cheesy and stupid but takes my mind off of things for a bit. Entertaining but really poorly written and acted all times."
He rates it a 2/5

**MRS. DILLOW:**
The show: Emily in Paris
"It is very great to see a young smart female take a risk and move to a country where she doesn’t speak the language. There is a splash of art and photography in each episode."
She rates it a 4/5

**MR. BETZ:**
The show: Queens Gambit
"It’s a good series that somehow makes chess exciting and interesting."
He rates it a 3.5/5

**MR. WHARTON:**
The show: Letterkenny
"It is a smart, dumb show about life in rural Canada, but it’s also about small town life everywhere."
He rates it a 6/5

**NEW TO NETFLIX:**
Netflix dropped a new feature this year. It is a shuffle play button that appears on the home screen, after you login. "When pressed, Netflix will randomly play content it thinks you’ll like. This could be a movie or show you’re currently watching, something you’ve saved to your list or a title that’s similar to something you’ve already watched," explained TechCrunch after interviewing Netflix. Indecisive Netflix users may find this feature helpful, as it will pick a show for them. Many other people are confused as to what the purpose of the feature is and how it would be helpful. Apparently the feature is supposed to make Netflix more like live TV, where you just turn it on and watch whatever is already playing. But isn’t the point of Netflix to not be like live TV?

**AS OF 2019, NETFLIX HAD 60 MILLION SUBSCRIBERS IN THE UNITED STATES ALONE.**

**IN 2019, HULU HAD 28 MILLION SUBSCRIBERS IN THE UNITED STATES.**

**BY THE END OF 2019, DISNEY+ HAD 26 MILLION SUBSCRIBERS IN THE U.S.**

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**SNACKS:**
- Peanut M&M's
- Goldfish
- Pork Rinds
- Apple Slices with Peanut Butter
- Cheez-Its
- Coca Puffs
- Oreos
- Chips and Dill Pepper
- Cereal

**FAVORITE BINGEING SNACKS:**
Over to the right, try your best to correctly match the student with their favorite snack. Answers are at the bottom of the page.

**STUDENTS:**
- Natalie Sanchez
- Jones Duncan
- Parker Nonnally
- Madi Gillespie
- Molly Wiser
- Stella Johnson
- Hunter Rodgers
- Colton Latimer
- Renee Lambert

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In the above photos, CHB students show off their favorite TV time snacks. Top row: Alex Rulaiacaba, Giselle Navarro, and Alex Flick. Bottom row: Kalin O'Neal, Charlie Lyons, and Valeria Oropeza Oyos.
Freshman Tanner Black is driven to school by his mom in the morning. "The car is warmer and more peaceful than the bus," he said. "The bus is usually chaotic."

Freshman Jose Aparicio's morning routine includes running and riding his bike up the mountain, "so that I have energy in the morning."

Sophomore Carlos Arellano is learning "life skills" in AVID and "how to add texture and value to drawings" in his first period A/B classes.

Freshman Alejandro Castillo has Health first period. "I am inspired to teach other people to not use drugs, because they can destroy your relationships," he said.

AM Period 1: 8:00 - 8:42

The most interesting thing
Junior Dillon Grantz has learned in US History is about Hawaii and "how it was taken wrongly, but the locals retained their right to vote."

Sophomore Jesse Gunter has Culinary during 2nd period. He plans to take his learned cooking skills home to make "nice crispy treats [because] they're quick and good!"

Sophomore Lane Etheridge is enrolled in American Literature during 3rd period. By reading the Crucible, he has learned about the Salem Witch Trials which he finds "interesting."

Freshman Marisa Lopez takes Digital Arts with Ms. Murphy for third period. This class has helped her to "improve her typing."

PM Period 1: 12:00 - 12:42

The most memorable thing
Freshman Vannessa Vizcaino takes AVID first period where she is learning "how to manage and plan time, not just for school, but for exercise and free time too."

Junior Kitley Espinosa explained that in her first period Leadership class "we give back to the community and the school, and I know I'm making a difference."

Freshman Calvin Wilder typically walks to school. He said, "I like to walk because it's sunny and I like to walk by myself and listen to music."

Senior Austin Curry drives his 2002 Ram to school with his brother: freshman Carlos Curry.

Lunch

Sophomore Jennifer Nieto wakes up, gets ready for school and then does her math homework.

A typical lunch for senior Max Webb consists of "Dan's pizza sticks and Arizona watermelon ice tea. I usually eat with my brother at my dad's office in town."

PM Period 2: 12:46 - 1:28

The most interesting text that
Freshman Warren Buser takes Health second period. He said, "The most important thing I've learned is taking blood pressure."

Senior Daniel Ledesma said, "[Ms. Weil's class] helps me so I'm able to pass and improve in my other classes."

Freshman Alex Rodriguez takes Spanish third period. "A valuable lesson that I am learning is how to write Spanish properly/formally."

Freshman Logan Bradshaw is enrolled in English during third period. The most valuable skill he has developed is "how to annotate."

PM Period 3: 1:32 - 2:14

The most interesting text that
Freshman Finnis Gillikin has read in her English class is Greek mythology. "It's interesting to learn about."

Freshman Erick Giles takes IPC fourth period. "The most valuable things I'm learning are types of elements and continental differences."

Freshman Toby Imae typically goes home after school and plays video games, Minecraft and DayZ.

PM Period 4: 2:18 - 3:00

The Odyssey was his favorite reading so far. "I thought it was very interesting," he said.

Fahrenheit 451 takes 9th grade English 4th period. The Odyssey was his favorite reading so far. "I thought it was very interesting," he said.

School's Out

Freshman Juan Castro Cervantes likes to spend his afternoons "hangin' out with friends and going to work at Subway."
Brayden Anderson, 9
Brayden practiced soccer three times a week and went skateboarding every day at Enchantment Park in order to keep up on his fitness. He also went on runs, which lasted about 20 minutes, through the streets of Leavenworth once a week. Being active helped Brayden to avoid being bored over quarantine. In order to improve, Brayden said, "[You] should do your sport a lot, so that you don't fall behind."

Aiden Tuttle, 10
For Aiden, staying fit without school sports involved completing YouTube workouts and creating his own routines. He found that doing activities he enjoyed, like skiing and snowboarding, helped to keep him motivated. Aiden did push-ups, sit-ups and ab workouts twice a day to maintain muscle mass. "You have to just commit and get on the grind. It's really hard, but you have to just do it," said Tuttle.

Joseph Wall, 10
In order to keep up with his fitness, Joseph made a priority of drinking water, eliminating sugar from his diet, getting adequate sleep and working out four times each week. He advises people to "Believe in yourself. If you want to keep the same energy, you have to keep working towards your goals." According to The Sleep Foundation, "Sleep, exercise and sleep are three pillars of a healthy life...and influence one another in complex and immeasurable ways. Joseph's regime is excellent in accounting for all three of these elements.

Emma Suntuch, 10
Over quarantine, Emma found that self-motivation was key. "You just have to do it," she said. In order to stay in shape, Emma took walks outside daily and completed online workout videos, including strength building and yoga routines, 3-4 times each week. According to McClure fitness, "Ultimately when yoga and strength training are combined, it creates a routine that hits every aspect of your mind, body and soul."

Ruthie Biebesheimer, 11
When gyms were open, Ruthie made a point to work out at Planet Fitness with her brother. They helped to motivate one another by holding each other accountable for completing workouts. When gyms weren't an option, Ruthie used the rowing machine at her house to stay in shape. "I find it helpful to have a set time and to reward yourself at the end of a workout. I used a massage as a reward at the end of workouts," she said.

Cameron Ostrem, 12
Without traditional sports, Cameron did basketball drills three times a week and one day a he week would run a mile. Two drills that he made certain to practice were the 1-2-3 cross and three ball dribbling. He would run down at the PD track. "You have to get over the part where it's really not fun. Making it a competition with yourself in order to make it fun an adds too," said Ostrem. Cameron is hoping to play basketball this year.

STAYING FIT
WHY STAYING ACTIVE IS SO IMPORTANT

In the spring of 2020, in response to the the COVID-19 pandemic and the State of Washington health mandates, the Washington Interscholastic Activities Association (WIAA) shut down school sports. During the fall of the same year, the WIAA permitted schools to restart pre-season activities; students were allowed to practice outside in small groups, but were not permitted to participate in school-sponsored competitions. As COVID numbers spiked, mandates required schools to cancel practices again. In late January, case numbers went down and modified practices, with the requirement that all athletes be appropriately masked, resumed. In order to begin WIAA competitions, Chelan/Douglas county needs to be in Phase II of Governor Inslee's Healthy Washington re-opening plan; numbers are looking promising, but, as of February 2021 are no.

Due to the lack of traditional high school sports, Kadets were forced to be creative in order to stay in shape. Cascade High School PE Teacher Paul Fraker said, "Mental...athletes must prepare as if their sport is going to start on the proposed date. If the start date is postponed they must take advantage of the time working on their individual skills. Physically, athletes must have challenging and achievable fitness goals. They should choose exercises they enjoy doing as well try new exercises that get them out of their comfort zone." CS Athletic Coordinator Justin said, "Although it is not
LAKE INGALLS

Nestled in a high alpine basin under the peak of Mount Stuart sits Lake Ingalls, a beautiful glacial lake. Students Kylea Gilreath, Derek Richardson, Owen Bard, Ava Northrup and Jacob Redman all backpacked as a group, on the 9 mile trek, to the lake in summer 2020. The lake rests 6,500 feet above the normal world, near Cle Elum. When asked what his favorite part of the hike was, Jacob easily answered fishing in the lake. Kylea, who also made the trip, explained that the hardest part was when she got bad blisters from her hiking shoes and had to wear slides on the final rocky scramble to the lake. She said this was "Hard, but funny." Both Jacob and Kylea agree that they would do it again.

THE ENCHANTMENTS

Tillie Leroy hiked through the Enchantments, in fall 2020, with Greer Swoboda and Edie Walker. Reaching the Enchantments, filled with granite peaks, vibrant orange and yellow larches, pristine blue lakes and snow fields is only tried by experienced hikers. Hikers must be willing to put in the work of trekking nearly 24 total miles with thousands of feet of elevation gain. The through-hike starts at the Lake Stuart Trailhead and ends at Snow Lakes Trailhead, up the Icicle. Tillie said that her favorite part was "Swimming in Lake Vivian and seeing the orange larches." Tillie also explained that the hardest part was the climb up Aasgard Pass, an ascent of nearly 2000 feet in less than a mile. Even after the miles of hiking and steep uphill climb, Tillie said that she would definitely do the trip again.

GRINNELL GLACIER

The Grinnell Glacier trail is one of the hallmarks of Glacier National Park, Montana. From the gorgeous turquoise lakes to stunning forests, Grinnell Glacier seems like a dream to many hikers. On one of Edie Walker's many hiking excursions, she completed this hike. Edie explains that her "Favorite part was jumping in the glacier when we finally got to it, it was super cold but so fun!" Edie says that the hardest part was the steep ascent, but in the end it was worth it. Edie also explains that she would totally do it again and that "It was such an amazing hike and it was probably my favorite one out of all of them in the park."

TAKE A HIKE!

MOUNT ADAMS

Summiting Mount Adams is a 12 mile climb gaining nearly 7,000 feet of elevation. Those who dare to climb to the summit are rewarded with incredible views as well as the privilege of climbing one of Washington’s five volcanoes. Derek Richardson and Owen Bard both completed the climb together over summer 2020. They both agree that the best part was glissading down the mountain. Derek explained, "You could get going pretty fast." Owen said that the hardest part was the end since it was really "icy and steep." Derek said that he would "Definitely do it again, but go up earlier in the season so I can take my skis."
People

MANY STUDENTS AT CASCADE, ESPECIALLY THE SENIORS, HAVE MADE A LASTING IMPACT. THEY HAVE "LEFT THEIR MARK" ON KODIAK STUDENTS AND STAFF, CHS SPORTS AND EXTRA-CURRICULAR ACTIVITIES, AND THE SCHOOL CULTURE IN GENERAL.

THE SENIORS ON THE NEXT FEW PAGES ARE MADE UP OF ATHLETES, STUDENT LEADERS, AND COMMUNITY VOLUNTEERS. THEY HAVE DEDICATED THEIR HIGH SCHOOL CAREERS TO MAKING CHS A BETTER PLACE AND THEY WILL NOT SOON BE FORGOTTEN. THE WOODS AROUND THEM ARE WHAT THEIR CLASSMATES, TEACHERS, AND FRIENDS HAVE USED TO DESCRIBE THEM.

JEROME JEROME

"Jerome came in academically and socially outstanding. As the years progressed, he started to become a leader in sports and fine tuned his leadership skills in school. Now, he is not only one of the outstanding Publication students but he goes above and beyond to do stuff for Cascade High. He is always willing to lend a hand and help in any way he can. Jerome will leave his mark at Cascade for many reasons. What sticks out is how willing he was to help anyone in whatever way he could." -Mr. Joya

STELLA JOHNSON

"Stella has had a smile on her face and upbeat attitude all four years at Cascade. She brings so much positive energy to the building. Stella has been a leader on social issues throughout high school, organizing events and rallies to raise awareness. Stella is a bonding member of the Cascade Climate Club helping Cascade be more responsible in our recycling habits. Her assistance on helping student focus on these issues will have a lasting effect on Cascade High School. Stella has a way about her that there is no task that cannot be completed with her CAN DO attitude and work ethic to back it up." -Mr. Daley

JULIA VANDEL

"Julia is one of the most caring and low-key student I have known. Whenever she had been asked to do something for me or the school, she jumped right on it. She always also has great intentions and is always looking to do the right thing. She has inspired students and staff here at Cascade through her genuine commitment to do good in life. She will leave a mark by her character and genuine niceness and how she stepped up to the plate was an ASB President during a year in which EVERYTHING was different." -Mr. Joya

SAUL VIZCAINO SANDAVOL

"Saul's impact is that he has always kept situations playful and light. While taking his studies and athletics seriously, he manages to know how to play as well in an appropriate manner. More than ever, this positive attitude has been needed as the Class of 2021 and all students have faced with school closure along with remote and hybrid learning. Regardless, anytime you came in contact with Saul, he had a smile on his face and looked to make everyone around him feel better." -Mr. Daley

MOLLY WIGER

"Molly came into high school as a shy ready to study student. As she went through the years she started to become more vocal and more of a leader. She is now our ASB Vice President and is leading the way and making a huge difference in our school. She is always fighting for students and things she feels are important. She has made a huge difference not only in sports but also academically," -Mr. Joya.

COLE WARNACA

"Integrity and strong work ethic are words that I would use to describe Cole. His peers look to him as a leader because of these qualities. Although goal oriented and successful, he is a quiet humble leader. He treats all students and staff with respect and is approachable by all students that he comes in contact with. Never being phased by adversity, whether in athletics or the struggles of students in the pandemic, Cole has a calm demeanor that allows other around him to know, all will be alright." -Mr. Daley
Bijou Zehm

“I don’t think that I had ever had a day where I said ‘Hi’ to Bijou and she was not smiling. The smile she brought every day was noticed and contagious. It made your day when you knew that even though life was happening and it might have not been the best day every day Bijou could let you know that life is good and we need to always be happy. Her smile is contagious and she will always be remembered for being positive and genuinely nice to every person that she encountered.” - Mr. Joya

Juan Carlos Martinez Nieto

“I have had the pleasure of coaching Juan Carlos Martinez in Wrestling during his Middle School years. He has always been a very hard working young man. He is also a great leader. He has volunteered to help me coach the middle school wrestling program ever since he moved on to the high school level. He is very dedicated to helping the younger athletes become successful. I am amazed by his work ethic and all around great attitude. I believe that we are very lucky to have Juan as a part of our Kodiak Family.” - Mr. Barnes

Mara Arnold

“Mara, by far, came in as a new student and never once you would think she was new.” - Mr. Joya

“A Quiet But Spunky” - Mr. Joya

Aurilid

“Can I make Tom Holland into a religion?”

- Killed O’Connor

Mark on CHS:

“I like to think I’ve helped the drama and speech program grow.”

- “Merrificulous”

Fidel Bernal

“Fidel is always willing to go above and beyond to get his work done.”

- Mr. Joya

“Intelligent”

- Mr. Joya

Yohana

Memory From Staff:

“Great office TA who would put Mr. Joya and Mr. Alalima-Daley in their place.” - Mr. Daley

“Always Smiling”

- Mr. Daley

Annapolis Bowles

“That wasn’t like ‘High School Musical’ at all.”

CHS’s Mark:

“It has taught me to be nice to everyone and make sure everyone is included.”

- Singer

Brine

“Man is not made for defeat.”

- Ernest Hemingway

Mark on CHS:

“I think through the band program and DECA I have made an impact on future classes and the high school.”

- Trenchy

Evelyn Bueno

“One thing you can always count on is that hearts change.”

- Howl’s Moving Castle

CHS’s Mark:

“Basketball has showed me the value in teamwork and friendships.”

- Mr. Joya

Eleanor Camp

“No dogs on the moon!”

- Griffin McElroy

CHS’s Mark:

“It has given me a wonderful place to grow up and discover my interests and passions.”

- Passionate

Timothy Campbell

“I was asked for a senior quote so here it is.”

- Class of 2021
GRACE SMITH
"Everyone, I don't know what I'm doing." -Lee Felix
Mark On World: Mark on CHS: "I hope I could make music/art that comforts, energizes, or motivates people."
"Determined"
"Effort"

ASHLEY STINE
"Sometimes you will never know the value of a moment, until it becomes a memory." -Dr. Sues
"Determined"

SIERRA STODDARD
"We're adults! When did that happen? And how do we make it stop?!" -Grey's Anatomy
"Mark on CHS: Participating in all the spirit week, game day themes, and cheer at all the games."
"Creative"

MOLLY WISER
"I'm laughing because you're pathetic."
"Mark on CHS: I designed the infamous freshman year homecoming poster."
"Slim Shady"

CAIEL WULFMAN
"Beneath the clothes you find the man, and beneath the man you find his... nucleus."
"Mark on CHS: Ping pong in Ms. Sauda's room."
"Trash Basket"

BHANNAH AHMKAN
"Sometimes I forget that people are stupid."
"Mark on CHS: Hopefully showing people that kindness does get you somewhere."
"Creative"

ZEHM
"In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you."
"Buddha
"CHS's Mark: I will always carry my relationships with my teachers close to my heart."
"Dynamic"

SENIOR SUPERLATIVES

GRACE SMITH: Memory From Staff: "Driven to succeed." -Mr. Daley
"Stoic" -Mr. Daley

BHANNAH AHMKAN: Memory From Staff: "Celeste may seem shy, but when she's running she's not afraid to outrun you." -Mr. Joya
"Runner" -Mr. Joya

VIZCAINO SANDOVAL: Memory From Staff: "You know it's cold outside when you go outside and it's cold." -Young Pizzarollas
"Mark on CHS: I'm a lady killer."
"Hyper"

GRACE SMITH & KATIE O'CONNOR: Names Go Here

BEN JOTH: Memory From Staff: "In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you."
"Buddha
"CHS's Mark: I will always carry my relationships with my teachers close to my heart."
"Dynamic"

SASHA MORGAN & BROOKS SCHAEBLER

BEST SMILE

MOST LIKELY TO WIN A NOBEL PEACE PRIZE

Saul Vizcaino Sandoval & Bijou Zehm

Bijou Zehm

BEST ARTIST

Grace Smith & Kathleen O'Connor

WARS LEFT #1

 Names Go Here
BEST WOMANAGE
Giovanne Rosario & Aidan Ringel
Morgan Colvin & Julia Vanden
Landon Davies & Annie Bowles
Owen Skystad & Giovannnie Rosario
Layne Creech & Brooks Scheibler

MOST LIKELY TO BE ELECTED PRESIDENT
Cascate High School
Late Arrival Pass
LATEE! - Graduation
Jaden Willis
Stella Johnson

MOST LIKELY TO BE LATE TO GRADUATION
Cascate High School
Late Arrival Pass
LATEE! - Graduation
Jaden Willis
Stella Johnson

MOST LIKELY TO BECOME FAMOUS
Stella Johnson & Jerome Jerome
Cole Warnac & Aunika Thorp

MOST LIKELY TO BECOME A MOTIVATIONAL SPEAKER
Owen Skystad & Giovannnie Rosario

MOST LIKELY TO BE A PRO ATHLETE
Molly Wiser & Isaac Cortes

MOST LIKELY TO BE THE NEXT BACHELOR/BACHELORETTE
Cameron Ostrem & Morgan Colvin

MOST LIKELY TO BE FEATURED ON SNL
Owen Skystad & Leora Aurilio

MOST LIKELY TO QUIETLY TAKE OVER THE WORLD

Jaden Avery & Bret Fraker

BEST VOICE
Izy Menna & Ms. Robison
MOST LIKELY TO WRITE A NYT BEST SELLER
Ellie Camp & Grace Smith

MOST LIKELY TO SOLVE THE CLIMATE CRISIS
Stella Johnson & Aiden Ringel

BEST PERSONALITY
Jon Cromwell-Dougall & Saul Vacano Sandver

MOST LIKELY TO HAVE A RED ADDICTED TO CAFFEINE
Aurika Tharp & Bijou Zehm

BEST MUSICIAN
Ellie Camp & Leonardo Guerrero Lopez

MOST LIKELY TO MAKE A MILLION DOLLARS BEFORE 30
Jerome Jerome & Cole Warnaca

BESTCadastro & Zoe McDevitt

MOST LIKELY TO HIT A PARKED CAR

MOST LIKELY TO BECOME A TRAVEL BLOGGER
Agina Healy-Pierretti & Ava Holmes

BEST BROMANCE
Bret Fraker & Alex Flick

MOST LIKELY TO INVENT THE NEXT IPHONE
Brooks Scheibling & Ryan Tolman

BEST HAIR
Xavier Richtsmeier & Cooper Bryan

MOST LIKELY TO STEAL A LLAMA FROM SMALLWOODS
Angel Onate Penilla, Nick Schafer & Ben Piers

BEST DRESSED
Cody Entow, Sierra Slodder & Sydney Simonsen

BEST DANCE MOVES
Dylan Lord & Landon Davies

BEST LAUGH
Gavin Deyer & Megan Carlson
OH THE PLACES YOU’LL GO...

CASCADe SENIORS SHARE THEIR POST-HIGH SCHOOLS PLANS AND THE MARK THEY HOPE TO LEAVE ON THE WORLD

EVELYN BUENO
"I’ll be taking a gap year this upcoming fall. I plan on working to save money to put towards school, but also to take the chance to travel," said Evelyn Bueno. Bueno is also planning "on getting a bachelors degree in chemistry and going into a career... in the medical field."

GAP YEAR

SARAH LORENZEN
When asked about her fall plans, Sarah Lorenzen said, "I am going on an exchange to Uruguay... on a full ride scholarship." In 10 years Lorenzen sees herself in the "peace corps or working in different developing countries."

EXCHANGE IN URUGUAY

ELLIE CAMP
Ellie Camp will be attending Central Washington University in the fall of 2021. Camp is not sure what her future holds yet, but she hopes "to be in the film industry in some capacity." Ellie commented that in 10 years she will "hopefully be working in a job I love."

CWU

CAMERON OSTREM
In the fall of 2021 Cameron Ostrem will be at Boise State University pursuing a career in "Pharmaceuticals." When asked what he is most excited for about college Ostrem said, "I don’t know, dorm life." In 10 years Cameron sees himself "on a ranch in Moose, Wy."

BOISE STATE

KYLEE LOPEZ
Kylee Lopez is looking forward to taking a gap year starting in the fall of 2021, followed then by obtaining a "business degree." When asked about her 10 year plans Lopez said she sees herself "in a house with a family."

GAP YEAR

MELISSA OLQUI
Melissa Olquin is going to attend a college or university in the fall of 2021 to pursue her passion in "social work." In 10 years Olquin hopes to "have my dream career and maybe start a family." She also wants to leave her mark on the world by spreading positivity.

UNDETERMINED COLLEGE

BRET FRAKER
For the fall of 2021 Bret Fraker is going to attend Wenatchee Valley College, followed by a career teaching "either PE or history." "I am thinking about playing basketball and I’m honestly just excited to meet some different people," said Fraker.

WVC

FOLK SCHOOL NORWAY

STELLA JOHNSON
Stella Johnson will be "Taking a gap year and attending a folk school in Norway" in the fall of 2021. After that Johnson will be attending MSU Bozeman to major in environmental science.

MAZAM LETT RY
Jerome Jerome
KODIAK'S FAVORITE DRINKS:

"Hand blended strawberry lemonade rebel." - Hanalei Aleo

"Mocha." - Derron Everest

"Venti caramello macchiato." - Joanna Gomez Vizzano

"Venti cold brew." - Olivia Cappellini

"Blue raspberry and pomegranate hand blended rebel or a dragon slayer." - Xitlali Espinosa

"Venti caramel trap or water." - Rally Campbell Baker

"5 shot English toffee latte 6 if it's not a good day." - Britni Harris

"Caramel frappuccino or iced latte with whip and extra caramel." - Avette DeMoor

Hanalei Aleo
Esmeralda Alvarado

Hayden Anderson
Gunnar Baizer
Owen Bard

Cameron Barnes
Ruth Biebesheimer
Nina Brennan

Cole Burnell
Brasilico Cecchi
Manuel Camaran

Rally Campbell Baker
Olivia Cappellini
Emmaliee Carnline

Emilee Cruz
Chase Cummins
Andrea Curiel

Alex Delangle
Avette DeMoor
Jesse Donoghue
Dylan Drummond
Xitlali Espinosa
Yahir Espinosa

Derron Everest
Noel Fernandez
Rosario Fernandez
Santiago
Antonio Garcia
Leonardo Garcia
Torres
Madeline Gillespie

Kylea Gilreath
Jaanna Gomez
Vizzano
Iddo Gonzalez
Guzman
Dillon Grantz
Tiera Groff
Isaac Guzman

Jackie Guzman
Garcia
Paola Guzman
Lien Hagendorn
Caden Liquor
Hamon
Britni Harris
Savanna Heyl

Aiden Ho
Zac Holton
David Ising
Lily Kuziah
Abigail Kilion
Renee Lambert

Colton Latimer
Lauren Lyman
Ethan Magnaghi
Riverhawk Marson
Not Pictured
Jayda Marks

Sophia Doherty
"I just give [Hanalei] reasons to give me answers, but sometimes she asks me for answers, so it works out in both ways." - Ethan Magnaghi

"[Ava and I] often compare answers, and facetime one another if we need help." - Ruthie Biebesheimer

"When [Chase and I] work together it never really feels like school." - Tobin Walker

"There's not a moment [Jimena and I aren't] laughing." - Alondra Torres
CLASHING WITH COVID

Much like the rest of the world, students and staff at Cascade High School have all been impacted by the COVID-19 pandemic. As part of the Stay Home - Stay Healthy mandate issued by Governor Inslee, in-person school was shut down in March of 2020 and the landscape of public high school has changed dramatically. While the negative impacts of COVID-19 are undeniable, many students and staff have made the best of this challenging situation and grown in ways they could never have imagined a year ago. From advancements in habits associated with technology to increased time with family, students have managed to make the best of this incredibly difficult era.

SOPHOMORES

JONES DUNCAN
Even though there have been many struggles, there have also been many positive outcomes during quarantine. Sophomore Jones Duncan found some positives. He said, “A positive outcome is I got to spend more time with my family and my brother had to stay home from college, so I got to see him more.”

FRESHMEN

ALEJANDRO RODRIGUEZ
“Life has been very boring while staying at home during a global pandemic, but positive too, because I get more family time now,” said freshman Alejandro Rodriguez.

ARIEL TORRES
During quarantine, freshman Ariel Torres learned, “Nothing is promised to stay the way you like it and should enjoy every moment going on while you have the freedom to do it.”

SENIORS

LEORA AURILO
Senior Leora Aurilo has taken the opportunity of online school and quarantine to slow life down a little. She said, “When before quarantine, I was out of the house a lot between school, theater, choir, events, tennis, and speech and debate. Once quarantine started and I stop going to school and all my activities I realized that I haven’t had any free time just to relax and I realized, ‘Whoa I have time to chill out, read, or watch YouTube for a little. So positive experience absolutely having to do with a lot of free time.”

MOLLY WISER
Senior Molly Wiser shared some realizations she had come to since quarantine started in March: “I definitely think I did, because it helped me realized what is important in life. It helped me what I rather do than go to school and go to sports it make you realized that some things are more important than you thought and some things are not matter as much as you thought it did.”

JUNIORS

CHASE RUNIONS
During the pandemic students had to make adjustments in their lives. Junior Chase Runions was effected by the pandemic, but learned some valuable lessons. He said, “Online learning helped me learn time management and organizational skills because I don’t have much support outside of my teachers.”

ROSARIO FERNANDEZ
Many students have discovered that online school comes more family time. Junior Rosario Fernandez echoed these ideas when she said, “I think this has changed me during quarantine by being just at home at that time just made me a lot closer to my family so all that time quarantine created a bigger bond between family.”

XITLALI ESPINOSA
Everyone is going through changes during quarantine, evenJunior Xitlali Espinosa, who said, “I think it’s difficult to not change after having to adapt your life so much. There was just so much change happening so quickly that changing as a person is bound to happen. For some people it might be good or bad changes.”

QUESTIONS AND ANSWERS WITH STAFF

ALEXANDRA ROSENFIELD
Q: How do you feel coming back to school will feel?
A: “My guess is that we’ll all be really excited to see one another again, and the first few weeks back at school will probably be really pleasant and exciting. People adapt quickly, though, and I would bet that we’ll be back to normal soon enough.”

ALITA GOZMAN
Q: What do you miss most about in-person school?
A: “I miss getting to know each individual through personal interactions. As teachers feed off the energy of our students! When my students come into class all jazzed up, I use that energy to keep things lively. There is definitely more of a lonely feeling teaching from home.”

AMANDA SCHIFER
Q: What would you like to see in our school when we come back?
A: “I hope that school will be different when we go back. I think students will be excited about sports, dances and other activities that they have not been able to participate in. Have a new appreciation for the fun of being in high school.”

BILL DAVIES
Q: How has online school been for you?
A: “It’s been terrible, I’m absolutely bored in my classroom. Because I’m the only one here, I miss kids, that’s why I wanted to go into teaching, was to teach math to kids, not just teach math. So, I miss you guys a lot, it’s just the scared of teaching not there because I don’t have you guys with me. So, it been really kind of depressing.”

JAMES MITSUYASU
Q: How have you adapted to teach online?
A: “I’m able to spend as much time as I need on giving individual students feedback on their playing. I record tons of short video responses to assignments, give tips and demonstrations to help improve students’ technique.”

Owen Skylstad
CHS senior Owen Skylstad, shared some differences he has noticed between online and in-person schooling. “Well I was at home doing school at the time, so I got to work out more, and got to eat whenever I want to. So, my work out and my eating routine really improved and it got more consistent and suited me better.”
Six Kodiaks took advantage of the KVA program and enrolled in this alternative learning experience for the 2020-2021 school year. The Kodiak Virtual Academy is an entirely online program with an advisor, Ms. Schmitten, at the high school.

“I think KVA is a great option for students and families, especially during this unique time of life that we’re living in.”

Mr. Bard explained that enrolling Jasper in KVA full time was a family decision and a benefit of the program has been a flexibility in schedules this year. Some drawbacks that Mr. Bard has observed are a canned curriculum and a lack of depth in content, especially science.

Junior Olivia Cappellini is enrolled in one class through KVA: Personal Finance. They enjoyed being able to “work ahead” and being “allowed flexibility in the classes” they could take. A drawback that Olivia noted was that “some of the material is a bit dated.”
Ms. Camp has made this year perfect for the little things and joyful for others.

Ms. Robison transformed many classroom activities, like her initial and final models, to

Ms. Cowan has been teaching with more visuals than before and being much more patient.

Ms. Brixy has learned a LOT about Canvas and Padlet, and for mental health has started to meditate daily.

Ms. Mendoza has become skilled at using Screencastify and YouTube to post engaging videos for his students.

Ms. Willett started First Chapter Fridays - she enticed readers by recording the reading of the first chapter of a book.

Ms. Rosenfeld had her class collaborate on pollev.com to create a community agreement word clouds.

"I may have lived a LONG and happy life, but I believe my most memorable moment is yet to come."

Mr. Lane
In addition to students leaving their mark on Cascade High School, many alumni of CHS, and its forerunners Peahast-Dryden High School and Leavenworth High School, have made their mark on the world both near and far. The following alumni, and many others like them, have utilized the skills and knowledge they gained while at CHS to positively impact the world around them.

How will YOU utilize what you have gained while at Cascade to make a difference in the world?
Clubs

Select Choir
Mission Statement:
To make beautiful music and share it with the world.

Concert:
Spencer Boyd
Ellie Camp
Quentin Farrell
Alexandra Fernandez
Alondra Fernandez
Blaise Forster
Leonardo Guerrero
Lopez
Lien Hagedorn
Aaron Hendrickson
Mary Jiang
John McLeod
Mackenzie McLeod
Ryder Munly
Molly Renner-Singer
Charles Rich
Kayla Stevens
Theo Wilks
Hannah Zackary

Roster:
Leora Aurillo
Annie Bowles
Landon Davies
Madi Gillespie
Carly Ostrem
Ryder Purcell
Chase Runions
Grace Smith
Julia Vandel
Tobin Walker

Band
Mission Statement:
To perform in multiple concerts, festivals, contests, and parades, as well as provide pep music for teams at football and basketball games and orchestra music for drama productions.

Jazz:
Spencer Boyd
Torin Brine
Ellie Camp
Quentin Farrell
Blaise Forster
Ryder Munly
Hannah Zackary

ASB
Mission Statement:
To give students a voice in the administration of the school's activities and promote, in all ways, the best interests of the school.

Roster:
President - Julia Vandel
Vice President - Molly Wiser
Treasurer - Britni Harris
Secretary - Rory Swoboda

Honors List by:
Chloe Palmer-Goskey & Alaina Wall
D.E.C.A  
Mission Statement: D.E.C.A prepares emerging leaders and entrepreneurs in marketing, finance, hospitality, and management in high schools and colleges around the globe.

Roster:  
President - Torin Brine  
Vice President - Aidan Skylsted  
SBE Manager - Owen Skylsted  
Secretary - Joey West  
Members - Jaylen Dahlstedt, Asha Morgan, Molly Wiser

Jaylen Dahlstedt, 9  
"Being a part of D.E.C.A has helped me to be more social. I enjoy D.E.C.A because it has helped me meet new people and my favorite part of the club is the volunteer work that we get to do."

Owen Skylstad, 12  
"D.E.C.A has taught me how to socialize in business and valuable skills not taught in school. I also like to participate in D.E.C.A, because I get to do it with my man Tori."

Joey West, 11  
"The best part about D.E.C.A is meeting new people and learning about business. It is a fun way to learn about business, because you get to travel and take part in competitions. I think I am interested in going into business in the future."

Sasha Morgan, 12  
"I joined D.E.C.A because I had friends that were doing it and it seemed like a fun way to get involved in extra-curricular activities and meet people from other schools. It seemed like a good way to explore a different career opportunity."

Alaina Wall, 10  
"I joined D.E.C.A because I like to debate, but I also like to do public speaking. I am trying to learn more about pronouncing words and learn more about public speaking."

Brenna Loomis, 9  
"I joined D.E.C.A because I like public speaking, and I am hoping to bring our school and myself at least one Speech and Debate award to give my name another tie to people’s memories!"

-Malaki Taub, 10

SPEECH AND DEBATE  
Mission Statement: To offer opportunities for competitive acting and new combination of academics and theater.

Roster:  
President - Ashley Stine  
Vice President - Leora Aurillo  
Treasurer - Isabella McKean  
Secretary - Katie O'Connor  
Members - Lilly Durst, Kestrel Foley, Brenna Loomis, Malaki Taub, Alaina Wall

Alaina Wall, 10  
"I joined speech and debate because I like to debate, but I also like to do public speaking. I am trying to learn more about pronunciation and learn more about public speaking."

Brenna Loomis, 9  
"I joined the club because I like to debate, but I also like to do public speaking. I am trying to learn more about pronouncing words and learn more about public speaking."

-Timothy Taub, 10

TSA  
Mission Statement: To enhance personal development, leadership, and career opportunities in science, technology, engineering, and math (STEM), whereby members apply and integrate these concepts through extracurricular activities, competitions, and related programs.

Roster:  
President - Haakon Scheibler,  
Vice President - Quentin Farrell  
Secretary/Treasurer - Chase Runions  
Members - Tiffanie Lee, Isabel Bensten, Malaki Taub, Anthony Villalobos

Isabel Bensten, 9  
"I like to try to challenge myself and I like how helpful and supportive the teachers are. My favorite thing is probably being able to have the opportunity to compete."

Tiffanie Lee, 10  
"I like TSA, because we get to travel and it looks good on college resumes. I like to take part in the variety of science, technology, engineering and math activities."

Alejandro Rodriguez, 9  
"I joined because my cousin and my mom talked me into it by describing really fun things happening in the club."

Rosario Fernandez, 11  
"MECHA is a big community where Latino and Hispanic students can find representation."

Emilee Cruz, 11  
"I think it would be a huge opportunity to learn new things and help the community. We are striving to help people and give to the community."

M.E.C.H.A  
Mission Statement: To promote the Hispanic heritage of Cascade High School students and provide cultural and educational opportunities.

Roster:  
President - Leora Aurillo, Vice President - Emmie Camp, Treasurer - Isabel Bensten, Secretary - Lilly Durst, Members - Brenna Loomis, Mackenzie McLeod, Kayla Stevens, Liv Cappellini, Molly Renner-Singer, Kestrel Foley, Avelle DeMoor, Ryder Munly, Spencer Boyd, Britt Harris, Lauren Haiduc, Derron Everest, Jose Apricio, Urrutia

Ryder Munly, 10  
"I've done it years past, because I really enjoyed it. I was also curious what it would be like to be a cheerleader."

-Malaki Taub, 10

DRAMA  
Mission Statement: To explore, escape, and create community in an environment that includes, entertains, and educates.

Roster:  
President - Leora Aurillo, Vice President - Emmie Camp, Treasurer - Isabel Bensten, Secretary - Lilly Durst, Members - Brenna Loomis, Mackenzie McLeod, Kayla Stevens, Liv Cappellini, Molly Renner-Singer, Kestrel Foley, Avelle DeMoor, Ryder Munly, Spencer Boyd, Britt Harris, Lauren Haiduc, Derron Everest, Jose Apricio, Urrutia

Lauren Haiduc, 10  
"I'm similar to the character of Taylor, because she's a quiet person. I'm not a whole lot like Katie, I don't enjoy yelling at people or accusing them, unlike Kate and Taylor."

Spencer Boyd, 10  
"The character I related to the most from the fall play was Max. I related to him because he is really paranoid. I get paranoid when I don't know the full story about something."

Ellie Camp, 12  
"My favorite memory from the fall play was getting to see everyone on Zoom and have human interaction. It was fun to be able to see him with his other non-school context."

Leora Aurillo, 12  
"The most memorable line from the fall play was yelling, "Shut up, Kevin!" in the cheer scene. I relate to being a head cheerleader, because I take on a lot of responsibility."

Mackenzie McLeod, 11  
"I've done it years past, because I really enjoyed it. I was also curious what it would be like to be a cheerleader."

-Chloë Palmer-Goodway & Alaina Wall
**PUBLICATIONS**

**Mission Statement:** To create publications that make every single person feel good by capturing ALL students, sports, events and interests.

Editor, Jerome Jerome

"Pub has taught me many skills that will be beneficial in my later life. The most important of which would be organization, how to deal with a variety of people, professionalism and photography skills."

Editor, Ruthie Bieberheiser

"Being a part of Publications has helped me to develop much better communication skills and the ability to work well with a group of people."

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**Roster:**

Jimena Ramirez
Krista Quintanilla
Owen Skyldstad
Sierra Stoddard
Ruthie Bieberheiser
Perla Martinez
Angel Onate
Alondra Torres
Rosario Fernandez
Gavin Dwyer
Landon Davies
Ava Northrup
Zoe McDevitt
Giovanny Rosario
Yohana Bernal
Hanalei Alejo
Chase Runions
Joey West
Molly Wiser

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**SPORTS MED**

**Mission Statement:** To support a healthy community through the spread of knowledge about medicine and to foster the growth of aspiring medical professionals.

Roster:

- President: Stella Johnson
- Vice President: Aidan Ringel
- Treasurer: Sydney Simonsen
- Secretary: Rory Swoboda
- Members: Elise Almeida, Breanna Loomis, Jade Marks, Isabel Menna, Molly Ranney-Singer, Chase Runions, Zoey Sheffield, Greer Swoboda, Tiffi Leroy, Quinn Priebe, Owen Skyldstad, Lauren Halduc, Jerome Jerome, Molly Wiser, Derek Richardson, Landon Davies, Bijou Zehm

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**SUSTAINABILITY**

**Mission Statement:** Foster collaboration in the Cascade community to reduce human impact on the earth by highlighting 21st-century environmental issues and empowering current and future community members to make informed sustainable choices

Isabel Menna, 9

"I joined [Sustainability Club] because I want to help make CHS and the community more sustainable. I am on the recycling committee and excited to see where that goes.

Elise Almeida, 10

"The Sustainability Club is a nice community and I am excited to be a part of something that will make real changes in our world."

Chase Runions, 11

"Many members took part in the climate march this year. I took part because I feel like it is an important issue and I want to be a part of the solution. This year we have learned a lot.

Aidan Ringel, 12

"I have recognized the necessity of creating change to address the climate crisis. We are creating change in the school and community by implementing reusable elements into the school and our campuses."

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**30MIN2WIN**

**Mission Statement:** To connect freshmen with upperclassmen in order to help them to navigate high school with more social and academic success.

Chloe Palmer-Godsey
Evelyn Bueno
Jerome Jerome
Alma Castro
Kaley Oyos
Britt Harris
Leo Guerrero
Madi Gillespie
Sasha Morgan
Melissa Olguin
Rory Swoboda
Cameron Ostrem
Xitlali Espinosa

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Cameron Ostrem

Always remember

You are **Braver** than you believe
**Stronger** than you seem
**Smarter** than you think
&
**LOVED** more than you know.

Love, Mom, Dad & Carly

---

Lavi Capusan

Lavi,

We are so proud of you! You work hard on everything you do, from schoolwork to coaching to relationships. You're kind, thoughtful, smart and fun. Never believe anything different! As you start a new chapter in your life, we ask God to watch over you and protect you. We will miss you!

Much love Mom and Dad.

---

Torin Brine

Congratulations Torin!

We are so proud of you! Can't wait to see what's next for you. Watch out world!

Love you, Mom and Bill, Dad and Lynda, and all of your family

---

Jose Navarro

Congratulations!

If I could only give you one thing in life, I would give you the ability to see yourself through my eyes, only then would you realize how very special you are!

We are so proud of you and the best is yet to come!

Love, Mom and your Sisters

---

Sydney R. Simonsen

Congratulations!

And so your journey begins...

We are very proud of you!

Love, Mom and Dad
From the moment you were born, you have filled our hearts with love, laughter, pride, and joy. We are truly blessed to have you as our son. You have grown into a man with a passion for the outdoors, a love of photography, and an incredible heart with an amazing sense of humor. We can't wait to see what lies ahead in the next chapters of your life, because so far, the beginning has been truly a gift to watch, and learn from!

With all of our love,
Mom, Dad, Josh, and Gabe

Austin, God has richly blessed us with the best gift we have ever been given...you! You are the most wonderful son and our hearts are full of love, excitement and a little sadness as you step out into your future. Stay true to your dreams, through prayer discern what is right, good and just, and use your gifts wisely and in loving service to others. We will ALWAYS love you and pray the Lord's face shines upon you all the days of your life, blessing you and all your endeavors.

We love you so very much!

Love, Mom and Dad
Congratulations Nikoli.

We are all so very proud of you and all of your accomplishments you’ve made in the first 18 years of your young life.

You’ve grown into such a wonderful young man. With so many interests. You have so many great qualities, such as, you are kind, funny, loyal, talented, dedicated, and a very hard worker. Just to name a few.

We have been blessed to watch you grow into a young man ready to set out on the next adventures of growing into the adult your becoming. We cant wait to see all your accomplishments. We will always be here to help you along the way.

We love you very much. xoxo

Your Loving Family

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Congratulations!!! We are so proud of you and are in awe of the young man you are growing up to be. We’re excited for your next step, we love you and are thrilled to be part of your journey.

"A purposeful life is full of experiences", Be brave and reach for your dreams! Learn from your mistakes don’t be afraid to make them. We will always be here for you and support you no matter what.

We love you, Dad, Mom, Grandma and Lilo

Dad Tips:
- Enjoy the journey and take time to celebrate it.
- Everything is temporary, celebrate the joys, and tough times will pass.
- Your time is the most precious gift you can ever give anyone.

Mom tips:
- Takes chances, in all things, school, work, friendships, and especially love.
- Ask lots of questions, about everything.
- Its your life, you only get one. Live it to the fullest and live it for yourself.
- Don’t forget to call home

Lilo Note:
You are the best, kindest, smartest and most incredible brother I could ever have, even if your annoyingly tall. I know if you follow your dreams you’ll go far, even farther than Mars! You know what they say “Shoot for the moon and even if you miss, you’ll land among the stars.” Or I guess shoot for Mars in your case. Anyways have fun and dream big, but sisterly warning, you better visit or you’ll have Mom, Dad and Grandma after you.
I love you always and forever, Lilo
Morgan Colvin

From the moment you came bounding into this great big world, your spunk, sense of humor and tenacity for life has filled our home and our hearts with so much entertainment, laughter and joy. We are so lucky to have been blessed with such an amazing Disney loving, ocean seeking, cat loving, Dancing Queen! We are so proud of all your hard work, dedication, compassion and we know your grandparents are beaming with pride and smiling down on you from Heaven! You are destined for a bright future and wherever life takes you, remember...

When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you!

We love you to infinity and beyond!
Mom and Dad

Zoe McDevitt

Congratulations!
We are so proud of your hard work, your diligence, your strong convictions and your adventurous spirit. You have shown great tenacity throughout high school. We hope you remember who you were meant to be despite what our current culture is throwing at you! Your future is bright and we know God has AMAZING plans for you!

Love, mom and Dad

Quinn Priebe

Quinn, congratulations on graduating CHS and WVC! You are smart, determined and funny, and we will always be your biggest fans. We love you so much!

Love Mom, Dad and Zane

Brody Forster

Congratulations Brody!
We are so proud of your hard work and dedication! You’ve been through so much and your ability to adapt and succeed is a great strength that will take you far in life.

Keep on rockin’ Brody!
We love you!
Love always,
Mom, Dad, Blaise and Gunnar
Cody Enloe

Cody—pictures cannot fully sum up who you are or represent how proud we are of you. Your tenacity, grit and determination are only outshined by your love of life, sense of humor, and amazing fashion sense.

We have always marveled at your ability to push through the obstacles you have faced. We have found joy in watching you grow into the amazing young man we see in front of us now. And we are filled with a sense of happy expectation as we watch you launch into whatever comes next for you.

Be relentless in your pursuits. Be kind, humble, and always remember who you are. And, whatever you do, be careful. :)

With all of our love,
Mom and Dad

It is difficult to pinpoint all the ways Cody has proven himself to be a compassionate, capable, confident leader. As a little boy, his classmates described him as thoughtful, caring and helpful.

Cody has always displayed self-discipline with homework and being 15 minutes early to practice - if you are not early, you are late.

As Grandparents, we are proud of you, Cody, as an athlete and scholar. The years have passed so quickly and our little boy is an adult.

Cody - we love you!
-Papa and Grammy Enloe

Landon Davies

Congratulations Landon!

Since the day you were born, you have brought so much joy to your friends and family. You are driven to achieve your goals but still so full of adventure and fun. Thank you for keeping us all laughing with your witty sense of humor and your extraordinary ability to laugh at yourself. You are kind, generous and know how important relationships are. You have so many gifts, Landon. Use them all! Go continue to make the world a better place.

Love, Mom, Jon, Dad and Tiffany
Julia Vandel

Jules,

Congratulations on your graduation from CHS! As your family, we are so proud of the passionate, fun, sentimental person you are! You have filled our homes with your light. There's something contagious in your laughter... and girl, you've got it going on with your dance moves, card tricks, and soulful rich voice that touches us as you sing. But its your love for others that inspires us all the most. We are proud of the beautiful person you are, for who you are becoming, and are excited for all that's ahead as you go off to college. We're sending you off with lots of love, and hopes that you'll not only take Maybeil with you (wink wink) but that you'll come home and visit lots!!

Love you!!!

Mom, Mike, Dad, Shelley and family

Jadon Hiatt

Happy High School graduation to you. I am incredibly proud of you.

Always up for the adventure, carry that on thru out your life. Remember the good times don't last forever but neither do the bad. You can achieve whatever you want. All you have to do is believe that you can. I believe in YOU.

Love you more, Love Mom

Stella Johnson

Congratulations Stella,

We are so proud of the person you have become. We are excited to see what you do in this world. May you never lose your enthusiasm for life, caring heart or sense of adventure.

We love you!

Mom, Dad and Finn

Jerome Jerome

Thank you Jerome For being a courageous, kind and mindful person. We are so grateful that you are part of our lives. Love you Pants!!

Mom, Dad, Ben and Noah