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An angle is "the difference in direction between two lines or surfaces; angles are often measured in degrees." Throughout the pages of your 2023 yearbook, you will see views of student life at Cascade High School from every possible angle. Not all students who walk the CHS halls have the same point of view - the focus of this book is capturing what it means to be a Kodiak from a 360 degree perspective and providing a comprehensive representation of life at Cascade.
What time did you wake up in the summer?

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On average I got about 9 hours of sleep, except on swim team mornings when it dropped to about 7.

- Blue Knutson (11)

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On average I got about 9 hours of sleep, except on swim team mornings when it dropped to about 7.

- Blue Knutson (11)

Working at Leavenworth's Tumwater Bakery with Brendan Fallon over the summer was "a blast," remarked Olen Johnson. The two were a sous-chef duo of sorts, involved in the preparation and cooking of the pizza, salads and baked goods, at the architecturally stunning restaurant/bakehouse on the corner of 9th and Commercial Streets. Fallon noted that the work was "interesting," but it was "still fun because everyone was so chill." Johnson agreed, adding, that "laughing so much" while learning to and then becoming experts at tossing pizza dough was the highlight of their summer work. Reflecting on their summer job experience, Fallon said probably the best memory of working at Tumwater was "being able to enjoy the weekday, mainly because Kim and Shaun [Gilreath] create such a fun environment." Johnson summed it up well when he asserted that "somehow, while working, Brendan and I became even better friends."

- Brendan Fallon (12) and Olen Johnson (12)

Diversity and divergence best describe CHS summers when that final bell rings in mid-June, the student-body races off in all the directions of the compass for adventure, education, enlightenment and bonding. The Munly brothers, senior Ryder and junior Dylan, were thrilled to attend Dylan's first concert at the Gorge. "We went to see the Lumineers. It was a 9/10 experience. There were people and lines everywhere." My favorite song they played was "Ophelia." (A); junior Ellie Holm took full advantage of lake life, for a month, in New Hampshire (B); junior Jasper Bard and his father, CHS math teacher Eric Bard, jointly handcrafted a wooden canoe (C); the Menna sisters, sophomore Caroline and junior Isabel played a music festival in Croatia, Montenegro and Bosnia (D); junior Rhetta Cummings went camping and road tripping on the Washington Coast (E); senior Zoey Sheffield and her father backpacked the Cascades (F).

So many different "experiences" for so many different people, but one thing stands out for me personally: the bond I formed with all the people I spent the summer with, especially my friends. I absolutely believe that the bond I formed with my friends will last a lifetime. This bond is the most important thing I gained this summer.

- Eli Fortney (9)

His "first time going on a road trip with [his] friends" was the highlight of the summer for senior Fernando Tovar. Fern went with Kevin Castillo, Hector Ramirez and Alex Arellano to Seattle where they went to the mall and raced motorcycles at the arcade (A). "Watching the sunset up Anderson Canyon with all of [her] best friends" was a highlight of sophomore Baylee Unger's summer. "It was really pretty and we were just playing music and chilling out," she said (B). "Dirt bike racing in the Norcs series" was the highlight of junior Bryan Songer's summer. "I like to race for the adrenaline rush," he said. Bryan rides a Beta 330 Two-Stoke (C).

On average I got about 9 hours of sleep, except on swim team mornings when it dropped to about 7.

- Blue Knutson (11)

"I really don't like summer; it's too hot for me, but I spent a lot of time hanging out with friends and I was very productive. I watched every single season of Narcos and over again throughout the whole summer."

- Eli Fortney (9)
**Fall**

Aug 30 - Sept 13

Maddy Black, Caroline Menna & Paige Runions

Welcome

Vanessa West & Avery Houghton

Sept. 14 - Sept. 18

Brennan Rolin & Maddy Black

Perspective

Isabel Menna & Caroline Messa

Sept. 29 - Oct. 13

Jackson Penny & Gwen Polanski

Volleyball + Cross Country

Maddy Black & Paige Runions

Oct. 14 - Oct. 28

Gordon Jeffrey & Paola Ramirez Bravo

Homecoming

Vanessa West, Maddy Black & Paige Runions

Football + Soccer

Benjamin Jerome & Vanessa Dette

Oct. 31 - Nov. 14

Charlotte Lynch & Vanessa West

Gratitude

Alaina Wall & Karina Shiliaeva

Nov. 15 - Nov. 29

Jocelyn Olguin Oropeza & Paulina Viteka
Back to School

The first day of school is a time of excitement and nervousness for the whole school as the Cascade Kodiaks kick off what is sure to be another fantastic school year. CHS bookeeper, Hilary Osborn said, "I feel like this back to school year, there were more kids that were excited to be back here. It was more of a normal school year, there weren't masks, there was no social distancing requirements. It's just been a smooth transition. The staff has been able to adjust and learn from each other."

"My first impression of high school was that I liked it. At first I wasn't looking forward to it, but it's better than I assumed. So far I'm enjoying Spanish I, it's fun and easy to pay attention..."

Jewel Leroy (9)

"As a freshman I was nervous and anxious, the first day felt like something different and new. As a sophomore, I was more comfortable and confident. The first day of this year felt like just another ordinary day of school."

Monique Copado (10)

"This year was nice because covid was not as big of a deal, so we didn't have to wear masks. I was excited to go back to school to see friends, but didn't really prepare at all. It was just another school day."

Juan Jose Alvarado (11)

"When I first saw my new room I was really excited because it is a nice new space and was laden with possibilities. On the first day I had the students play a game where they found out how well they actually knew each other."

Conrad Wharton (Staff)

Cross Country

At Ellensburg

On Saturday, September 10th, the Kodiak varsity and JV cross-country teams sprinted out of the starting gate to begin their season, at Irene Rhinehart Riverfront Park in Ellensburg. Due to the unique nature of the race, it has become a tradition, of sorts, for CHS’s largest sports team to begin its race season in Ellensburg. The format is relays, made of teams of five. Each team member completes the same 1.5 mile leg, which includes hurling a series of hay bales and a 100-yard trip through Carey Lake. The ensuing amusement, watched by large crowds, makes it one of the more fun days of late summer, bringing many running friends together, as a large number of schools in Central Washington also kick off their season in Ellensburg. Alice Ferrell (10), while smiling wide, said "While it's fun and funny watching my teammates run through the water, actually doing it yourself is a little less so. The team swim afterward is a bit more enjoyable for me!" The CHS relay team, Aiden Tuttle (12), Jasper Bard (11), Blue Knutson (11), Isabel Menna (11), and Caroline Menna (10), made it to the podium and hope they have a strong season ahead. At the end of the race, Anthony Villalobos (12) felt "like throwing up." He hopes to improve over the rest of the season by getting "quick, very quick." After the race, Haakon Scheibler (12) felt "slow", a feeling that he attributes to the additional water on the course this year. Haakon is hoping to "place higher in our team" by the end of the season.

August 30 - September 13
Tuesday, September 9th at lunch was the perennial contained chaos that is Kodiak Club Rush. Club Rush, set up outside of the commons, allowed various and varied CHS clubs to gain exposure among the student body. In turn, Kodiak’s have the opportunity to learn about the clubs, get more involved at school and maybe even follow their passion by signing up for one. Mackenzie McLeod, stated that “[she] feels that it’s important for the all the students to have the chance to take in all that the school’s clubs offer.” From Speech and Debate to Art to GSA to the environment and so much more, between them CHS clubs have something for everyone. “Club rush is always a fun lunch period. Everyone is there mingling and checking things out. I joined the Sustainability Club this year and am looking forward to it.” Zoey Sheffield (12)

There is No “I” in Team

“We all make an effort to be kind to one another. We try to make sure that we are all friends. We strive for a positive environment. This brings us closer as a team - the whole sport is focused around teamwork. If we stay positive, it helps us to work better as a team and to communicate more clearly.”

Ada Robbins (12)

The goal is my house and you are not welcome here.

CHS goal keeper, Rayen Blue, makes a great save for the girls varsity soccer team during their first home game against Selah. Rayen was “nervous to see how [the team] would play” at this first game, but overall was happy with their performance. The team “would up to playing full speed”, she said. By the end of the season, Rayen is hopeful that the girls will be “communicating more” and be “more in shape.”

Baylee Unger (10) and I planned [Club Rush] through Leadership - we made a music playlist, created posters, helped to promote the event with clubs and students. It went successfully. [Club Rush] finally offered [students] an opportunity to learn about clubs and sign up. I used the opportunity to sign up for Natural Resources Club, Sustainability Club, and Interact Club.”

Emma Sunitsch (12)
Welcome Newbies

The class of 2026 put on smiling faces to prepare for high school, many of the freshman students say they’re excited for high school and hope to get “good grades” and “leave with knowledge for college.” This year’s leadership and ASB have been very involved with trying to get freshman included in school spirit and activities through 30MinIt2WinIt and other freshman oriented events. The transition from middle school to high school isn’t the easiest. Going from just basic core classes, to a multitude of different level classes can be stressful. Freshman have been eager to take advantage of the new classes they get to choose. Students like Jose Ramon Moreno Sanchez are excited for classes like “engineering and biology.” Ayla Pate says one of their favorite new class is “Culinary” because it’s “fun to learn to cook and try something new.” As well as new classes, Freshman get to experience more options for clubs. Mia Schons is looking forward to “Drama club and all the shows we will put on.” Coming into a new school with new people would be difficult for anybody, but this years freshman are looking at the positive and preparing themselves for a fun first year of high school.
What are you looking forward to about high school?

“Clubs, I like to be involved.” - Gretchen Leach

Gretchen is hoping to join new clubs like Drama and Culinary Club. Gretchen is excited for clubs at the high school because there’s more student involvement than at the middle school.

“I’m looking forward to the exchange program. I really hope to get in and study abroad my junior year.” - Ava Schmidt

Ava is hoping to take her exchange program in Eastern Europe or Latin America because she knows some Spanish and has family that is eastern European. While on the exchange trip she hopes to learn more about other countries educational systems.

“Going to the event like the football games” - Adilene Castaneda Rodriguez

Adilene hopes to be more involved with school activities and sports like soccer to make her high school experience more fun and busy.

“I’m excited for baseball and I’m not excited for algebra.” - Colton Chase

Although Colton is not excited for algebra he is excited for classes like culinary where he can learn more life skills. Colton is also eager to play second base and short stop at the high school level.

“I’m excited for more laid back classes, and I like math. I’m not looking forward to being a freshman though.” - Nick Crimmins

Nick is excited to have more laid back classes, and to take some interesting math. He is also involved with Icicle Bicycle and is excited to be a part of that again in the spring.

Two Truths and a Lie

ANNIKA BIBBY

A) I lived on a boat for 5 years.
B) I won the spelling bee in 7th grade.
C) I am extremely good at jumping rope.

A) I broke my back.
B) I can slam dunk.
C) I stared in my high school production.

NATASHA WILSON

A) I crossed the Atlantic ocean as captain of a sailboat.
B) I jumped out of a cable car in Switzerland.
C) I have skied over 90 miles per hour.

A) I have dual citizenship in the US and Canada.
B) I am the youngest of all my siblings (there are 3 of us).
C) I have titanium ear bones in one ear.

COLIN CONNER

A) My first job was on a chicken farm getting eggs.
B) I’m a licensed helicopter pilot.
C) I won a belt buckle for goat tying.

The Lies:

A) I was featured on national news for being buried in snow.
B) I made the cover of the International Trombone Association magazine.
C) I once marched a whole season of marching band in flip flops.

AMY RIEKE

A) I lived on a boat for 5 years.
B) I won the spelling bee in 7th grade.
C) I am extremely good at jumping rope.

A) I broke my back.
B) I can slam dunk.
C) I stared in my high school production.

“Going to the event like the football games” - Adilene Castaneda Rodriguez

Adilene hopes to be more involved with school activities and sports like soccer to make her high school experience more fun and busy.
**Leadership Board Project**

Every year, Leadership and ASB create personalized boards for the teachers at Cascade. The students interview the teachers and ask them what elements and details they would like on the posters. From there, the ASB/Leadership buy the materials needed and get to work making the special boards for the teachers.

**Paper Wings Art Project**

Mrs. Dillon does it again with both her A and B day 2D drawing and painting classes. Together, they created a set of wings filled with different colored paper feathers that was hung in the hallway by the student store, but was later moved upstairs. Mrs. Dillon acknowledged that she “was hoping that it would be something that was large - something that people could take pictures in front of it. Or, at least be enough that when people pass by, they see it. It would be colorful, and make people happy and think about possibilities because wings give you the ability to do something like fly. That is something we haven’t done before.”

**Football vs Granite Falls: Youth Night**

The stands are littered with neon dressed students patiently waiting for Cascade Football to get going. The game was delayed over three hours as Granite Falls had to find other routes to Leavenworth due to closed roads from forest fires. Before the game started, the Cascade Football team formed a tunnel and cheered on younger kids as they ran through with huge smiles, dressed up as their idols. The kids who were lucky enough to participate in Youth Night were brought to hang out in the locker rooms and listen to the coaches and players, as they prepared for the game. When the contest finally started, Cascade played valiantly and beat Granite Falls 63-7. “I was especially proud of the fact that we scored 49 points in one quarter by just running no huddle and everyone pushing themselves,” said Kai Lewman (12).

**Girl’s Soccer vs Omak**

The fans cheer as the Cascade girls score their 6th and final goal against Omak, winning the match 6-0. To get themselves pumped for the games, the girls have a variety of ways in which to prepare themselves “I listen to good music to hype myself up before a game,” said Ada Robbins (12). Clearly, whatever they do to get themselves ready for the game works, as they continue to win game after game.

**Cascade Creates**

September 14 - September 28
Ka chow!

For the September Flex Fun, ASB put together an RC car race. Every flex class, plus staff, and ASB members, got their own car to race in hopes of winning a trophy. In the end, Emma Sunitsch won for the senior team overall, with Caroline Menna in second place for the sophomore class.

Trail Heyl recounted that “there were a lot of different moving parts and stuff that could go wrong. I wasn’t sure if everyone would do their jobs. I think people enjoyed watching the race and we included a lot of people.” Flex Fun was a great success and proved to be very popular among the student body. “It was fun being able to provide something fun like this for students to do during flex,” said Breanna Loomis (11).

ON THE COURT

Volleyball vs Zillah

Cascade Volleyball is known for having enthusiastic girls who always work hard to win and show off Kodiak pride. Most of the girls have been playing together for years and have become closer than sisters. Teagen Sauer (11) said that, “my favorite person to play with is Harper Robbins (10). She is always super positive and I know she will have my back. I love her encouragement even when I don’t think I’m doing well.” Sauer has played with Robbins for two years and loves being teammates with her and the other girls. Freshman that have just joined the team have quickly found friends within the program. Nevada Allen (9), said her favorite person to play with is “Anna Reichlin (10) because she’s probably my best friend on the team.” Both varsity and JV teams at CHS are very welcoming to new players and the girls make sure that they are working hard in order to be their best on the court.
What are your thoughts on daylight savings time (i.e., “fall back,” is daylight savings time and makes it lighter in the morning; “spring forward,” is standard time and makes it lighter in in the evening)? Do you like the change? “I think we should be on standard time. Switching back and forth is confusing” - Dante Aurilio (10)

What is your favorite springtime activity, going for a hike or mountain biking? Why? “I like mountain biking because it’s my favorite sport. I love doing it with my friends and the fun downhill is so rewarding.” - Gwen Pehowski (9)

When it is time for studying, do you procrastinate or precrastinate? Why? “I procrastinate. I usually study the night before or even the period before. However, I will study a bit more if there’s a final.” - Haakon Scheibler (12)

As spring rolls into Leavenworth, so do a myriad activities. High up in the Cascades, ski season is still in full swing. Although instead of people in puffsies and mittens, the spring skiing couture ditches long sleeves for Hawaiian shirts, among other festive attire. At the lower elevations, mountain biking, running, and hiking seasons begin in earnest. Yet, Kodiaks are hard at work studying for the approaching SAT, ACT, and AP tests. While some may have a clear study plan and others are flying by the seat of their pants, everyone is stressed out. The best ways to conquer the pressure is to get help from a teacher or peers during flex, get plenty of sleep - experts recommend at least 8 hours for teens - drink lots of water, eat a nutritious breakfast, and take in some vitamin D from the spring sunshine.

During the summer, do you enjoy staying home or going away? Why? “Probably staying home because it’s way less work and then I’m able to spend all my time with my bearded dragon, Puff.” - Alice Farrell (10)

When it’s time to enjoy the water, do you prefer heading to an ocean or a river? Why? “Oceans. See, I’ve never really gone so, if I was there, I would definitely build sandcastles, run around, and go in the water.” - Daniela Alvarez Gomez (11)

What’s your all-time favorite BBQ food? “My all-time favorite BBQ food is chicken barbecue pizza.” - Micah Saugen (9)

School’s out for summer! Whether it is road tripping to the coast, car camping in the mountains, late night bonfires with friends, touring the cobbled streets of Europe, or surfing in Hawaii, Kodiak students and staff find ways to enjoy the much-needed break. On the home front, Kodiaks are always hiking, biking, and running all over the Cascades. Down on the Valley floor, temperatures can -and often do- climb into the upper 90s and 100s, which means time at the river in an attempt to stay cool.
Fall Perspectives

Pumpkin spice. Love it or hate it. Why? “I love it. Pumpkin spice is the symbol to the start of fall.” - Jewel Leroy (9)

Halloween or Thanksgiving? Why? “I like Halloween because there is usually a lot of fun stuff going on.” - Brendan Fallon (12)

Where do you prefer to study? “I like it to be a little more quiet and I do like having some friends around, and having some music going while I do my work. I do get distracted while there’s a lot of people talking, but I can kind of persevere. I think my ideal place would be a quiet place where I can just focus on the work I’m doing.” - Cruz Martinez (10)

Autumn of 2022 was marred by smoke from fires above Lake Wenatchee which poured into the Leavenworth valley for the better part of September and October. Leavenworth’s normally idyllic, crisp fall days became, instead, an extended season of hazy, sepia-colored days. Scores of outdoor activities and events were postponed or cancelled; the homecoming football game was not played on homecoming weekend. CHS sports teams were comically confined to indoor practices; the cross-country team ran up and down the hallways, soccer kicked the ball around the gym, and football moved into the weight room. The end of October, however, made way for clearing skies, cold temperatures, fog, and drizzle. The smoke was gone for the year and for two sweet weeks, fall replaced it with days of vibrant, multi-colored vistas, including wisps of snow in the mountains. Jeans and knitted sweaters were everywhere. Then with little warning, winter arrived weeks early the first week of November with more than a foot of snow and frigid temperatures.

Winter Perspectives

Where to you prefer to ski - Mission Ridge or Stevens Pass? Why? “I like Stevens Pass because of the free season pass that the school gives if you have academic excellence. I also like the snow conditions at Stevens.” - Tillie Leroy (12)

Do you like to ski or snowboard? “I like skiing on resort days and snowboarding on powder days.” - Antonio Aurilio (12)

Can you see a difference in our winter because of climate change? “Yes. The snow either comes way too early in the season or we won’t get snow until mid-December.” - Dylan Munly (11)

Looking down from Mountain Home in the evening into our little town with its glinting Christmas lights of Front Street really makes Leavenworth look magical. Snowy days in Leavenworth, while maybe not as magical, are just as beautiful with the lightly falling snow and people huddled around the fire at Blewett Brewing or Munchen House. At CHS, basketball and wrestling - the school’s winter sports - are underway. Many Kodiaks participate in the traditional winter sports - common in our valley - such as Cross Country and Alpine ski racing. These sports start once the snow flies (however many of the athletes train year round, due to the sport’s intensity, by running, roller skiing and lifting weights in the off-season) and continue into late March with many athletes from CHS qualifying for Junior Nationals (Cross Country) and Regionals (Alpine).

Favorite School Subject

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<td>Science</td>
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35 People surveyed
CASCADE TAKES THE WIN AT LEAGUE

The CHS Cross Country team recently took the win at their league meet at Walla Point Park in Wenatchee, WA. Both JV and varsity boys and girls teams led the way in their races, winning their spot to the State Championships. Shown in the top image, the girls varsity team takes a strong lead in their race. "League was a hard race, but super fun none the less," stated Aiden Tuttle (12) who ran in the varsity boys race, seen on the bottom left taking his first place spot.

The JV and Varsity football team played the Cashmere Bulldogs this week. The JV team played a good game at home. "It was a good game, an intense game," said freshman Chris Verona. Shown on the middle left, William Biebeshiemer catches the ball trying to make a score.

On the other hand, the varsity played great as well. "It was really fun, there was a lot of crowd participation, and our school has a lot of pride when we play against Cashmere because we are so competitive and we will show up no matter what," said sophomore cheerleader Grace Redman, who is seen in the top image getting ready to cheer the team on.

The Pear Bowl is the annual game featuring long-time rivals Cascade and Cashmere. This year it was close with Cascade putting up 20 points. "All of the plays were good plays," said sophomore Hunter Lang who is on both JV and varsity as a center. The final score was 20 - 35.

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FIRE SCIENCE PROGRAM

Fire science is a program that students can participate in to learn the basics of fire fighting. This year, the program takes place during 5th period. Cascade students leave the program with certifications related to fire fighting. “I learned a lot about how fire acts and reacts to stuff,” said senior Vincent Slette. “You have to think everything out before you go into a fire.”

STAFF IN JERSEYS

Staff in Jerseys is a big part of bringing football players and staff together and to cultivate some empathy about how uncomfortable football uniforms really are. Football players select staff members to wear their away jersey for a day at school and to attend the staff night football game in the evening. “I think it’s a good way to connect with somebody and you just kind of feel good that your apart of the community,” said Mr. Bard who wore Logan Bradshaw’s number. “I think it’s a lot of fun,” stated Mrs. Renner-Singer who wore number 53, Juan Alvarado’s number.

P.E. CLASSES

Flag football was this week’s unit in Freshman PE. “It was very good. I did multiple spin moves,” said Eli Fortney (9) who participated in the class. “The flag football unit was outstanding as usual,” stated Mr. T. Fraker (CHS P.E. teacher). In order to encourage physical fitness, students participate in tournaments.

WHITE OUT NIGHT: VOLLEYBALL VS CASHMERE

The varsity volleyball team played a mental game against Cashmere. The Kodiaks played hard and almost had them in the third set. “We played to the best of our ability,” said senior Vanessa West. “Cashmere is always a mental game to play.” Despite the challenge, the Kodiaks pushed through and played a good game. No matter how hard the game was to face, they faced it head on and their fans enthusiastically cheered for every victory.

KODIAK CHARACTER: Diligence

Greer Svoboda (12) 
“I kept track of all of my work and I turned it in on time and did it as good as I could.”
Student of the Month

Scan this QR code with your smartphone to access the Leadership video.
Volleyball & Cross Country Features

Volleyball

Roster: Karla Cacho, Kaya Cable, Finna Gillikin, Megan Haggard, Macie Hiatt, Anaii Mendoza, Giselle Navarro, Anna Reichlin, Harper Robbins, Teagan Sauer, Emma Sunitsch, Vanessa West

Let's go! Giselle Navarro (12) gets hype up her teammates before their game against the Chelan goats.

Set it up! Nevada Allen (9) sets up the ball while her team prepares their next move to get the ball over the net.

Junior Varsity

Roster: Nevada Allen, Karla Cacho, Monique Copado, Aurora Geddes, Macie Hiatt, Karlyn Kocher, Libertad Lee, Deisy Medina, Anna Reichlin, Natalie Stein, Baylee Unger

Senior Night

Giselle Navarro

Vanessa West

Emma Sunitsch

Volleyball & Cross Country Features

Not Pictured: Adrian Renner-Singer, Ethan Fallon, Evan Tompkins, Jasper Bard, Leif Stockman, Noah Copson, Quinten Koch

This year, both boys and girls varsity and JV teams won first place at league. That meant that both varsity teams went to the state meet, where girls got seventh and boys got sixth.
FOOTBALL  
Senior Night & Homecoming

After being delayed for a week, homecoming was combined with senior night when the Kodiaks faced off against the Omak Pioneers. Before the game, senior night included the recognition of past coaches and senior runs. At halftime, the homecoming events commenced with the presentation of the royalty, followed by speeches and a memorable fireworks display. The final score ended up being 45 to 15 in favor of the Pioneers. For Alonzo Johnson (12), the most memorable part of homecoming "was the senior run." "It really made us all realize that it was our last time being together on the football field," said Johnson who has been on the team since he was a sophomore. Alonzo ran with his dad for the senior run. "He's the one who got me into football and has pushed me to be better," Johnson added. 1. Half-time fireworks help CHS to celebrate 2022 homecoming court with a bang. 2. Homecoming king Jones Duncan (12) and queen Giselle Navaro (12) stand to be recognized as their speeches play. 3. Quin Wilson shows his enthusiastic team spirit from the stands. 4. Tim Johnstone (12) runs with Coach Jeff Ling as he is recognized as a senior team member before the game. "[Lang] has been my football coach for a while now. I have always seen him as a father figure and he has already treated me as if I was his kid," said Johnstone (12). 5. Braeden Parton's (12) whole family shows up to support him during his senior recognition night and last homecoming football game. 6. Emma Sunitsch (12) and Vanessa West (12), along with the rest of the student section, cheer and shout to encourage the team.

Soccer played both Cashmere and Chelan at home these weeks and volleyball faced off against Chelan. For soccer, the Cashmere game went into overtime and PKs; the Kodiaks won the game 3-2. The game against Chelan also went into overtime and PKs; the girls lost 1-2. The volleyball team lost all three sets to Chelan.

1. Bryan Songer (11), Noah Copson (9) and Vincent Slette (12) cheer on the soccer team from the bleachers.
2. Baylee Unger sets the ball for a teammate in the game against the Chelan Goats.
3. Adi Castenada (9) prevents Cashmere from scoring.
4. Emma Sunitsch (12) spikes the ball to return the back to the Chelan Goats. “[Lang] has been my football coach for a while now. I have always seen him as a father figure and he has already treated me as if I was his kid,” said Johnstone (12).
5. Braeden Parton's (12) whole family shows up to support him during his senior recognition night and last homecoming football game.
6. Anthony Villalobos (12) helps as a line judge.

FBLA  
fall conference

FBLA attended their fall conference this week. Their advisor, Ms. Murphy, works diligently to prepare students for competitions. "FBLA has super cool videos and stuff on their website that the kids can actually see what it's about. They also can go watch some competitions during state conference and the can watch people compete if they are not competing in that event. There’s a link on the website that gives you questions and can kind of point them in the right direction."

1. "It's fun, you get to make new friends."
   - Amber Brewer (9)
2. "The Culinary Club is beneficial to anyone interested in culinary. You also get to eat delicious food and all profits go towards projects that Culinary Club can do. Plus you can miss class to help prepare food with your friends, and Hab is pretty cool."
   - Emily Sanchez Medina (11)
3. "You get to make and eat good food."
   - German Varona (11)
4. "Because it is fun and you get to make food. Plus, if you're in the club long enough it pays off, because we get to have a party."
   - Saori Lopez (10)
COMMUNITY SERVICE

**fair**

In attempt to connect community organizations in need of volunteers with students in need of community service hours, Leadership worked with Career Counselor Mrs. Reike to host the first ever CHS Community Service Fair. “The students looked excited to help out the community. You could see about 5-10 students per stand interested to sign up,” said Cruz Martinez (10).

2. Grace Redman (10) and Zoey Sheffield (12) hand out raffle tickets to attendees.
3. Ada Robbins (12) and Lindsey Rodriguez (12) sign up to help the PTO and read books to kids.

**project**

Interact Club completed their first community service project of the year by planting a pollinator garden at the Park and Ride near Cashmere Valley Bank. The group planted around 100 purple crocus bulbs as a symbol of the shared goal, with Rotary International, of eliminating polio worldwide. “Rotary members have contributed more than $2.1 billion and countless volunteer hours to protect near 3 billion children in 122 countries from this paralyzing disease,” according to the Rotary International website.

Volleyball & Soccer

**Senior Night**

Honoring soccer and volleyball seniors is an important and memorable part of the season. “I don’t really remember the game that much, but having my whole family show up for me and when Edie’s brother showed up to surprise me (was memorable). [Edie’s brother showing up] was really sweet, because she doesn’t get to see him a lot and she was really excited that he was there,” said senior Ada Robbins (12).

Art in the Park is a local event. “Their organization is the longest running outdoor art market in Washington state,” explained Mrs. Dillon. “It was started to raise money for schools and people in the community,” Dillon said. “Our students have a booth there to help kids learn about marketing, art work, and what it’s like to be a professional who can do art and sell it and make money off of it.” 3D Art and Design students made a total of $505 at the event. The money raised goes towards each student’s senior class trip.

Antonio Aurilio (12) created a male skier art piece. It was inspired by one of his favorite activities and was showcased for sale in downtown Leavenworth. “I really like skiing, and my piece is a skier dude,” said Aurilio. Antonio’s ski piece was sold during Art in The Park.

Nayir Ledezma (12) created a Pac-Man inspired sphere. It was displayed in downtown Leavenworth for sale. “I was trying to make a Pac-Man piece but then it just turned weird,” said Ledezma. Nayir’s piece didn’t sell during Art in The Park.

Oscar Penilla (12) created a green vase with a flower sticking out. It was set out in downtown Leavenworth for sale. “I was inspired by a Don Julio glass bottle,” said Oscar. Oscar’s piece was sold during Art in The Park.
My favorite part of Homecoming week was...

"BBQ Dads vs Soccer Moms was hilarious; more people participated, making it more fun."

Juan Castro

"Anything But a Backpack - a lot of people were involved. My and Haley's idea was a blanket and a pillow."

Euraclee Christopherson
“Anything but a backpack day; a lot of kids brought a lot of crazy stuff.”

“I didn’t participate, but it was fun seeing everyone else. BBQ vs soccer was hilarious.”

“BBQ vs Soccer Mom, because a lot of people dressed up and had fun with it.”

“Anything but a backpack day. I brought a tub that had my binder and notebook in it.”
A. Artie Northrup (10) dashes through the Naches defenders for a first down.
B. Frank Rosario (10) lets out a cry of victory after a tackle.
C. Coach Coffin hypes up his defense.
D. Will Biebesheimer (10) and Artie Northrup (10) go for an interception.


"My most memorable moment playing for Cascade this year was definitely the last game in Spokane—there was a couple inches of snow on the ground and it was really fun."
- Alden Brooks (12)

"I would say my most memorable moment from this year was playing with the seniors, they are a really great class and pushed me to be better."
- Frank Rosario (10)

"My most memorable moment playing for Cascade this year was winning the first five games of the season."
- Artie Northrup (10)

"The most memorable moment for me this season was going to camp and bonding with the team."
- Axel Pacheco (11)

"My most memorable moment while playing for Cascade was tackling Adin Tyse of Cashmere out of bounds preventing a touchdown in the Pear Bowl."
- Melvin Northrup (10)
LIFELONG MEMORIES

Top Row: Mia Dries, Kikkan Brine, Ayla Pate, Anja Lundgren, Teyva Dillon, Cassidy Gillespie, Maizy Groff, Savannah Rowles, Rhetta Cummings, Edie Walker, Emma Warman, Kiley Grant, Addison Driscoll

Mya Herrera (11) battles for the ball in front of the opposing goal.

Rayen Blue (11) prepares to distribute the ball after making a goal preventing save.

Senior Edie Walker's favorite memory from her senior season was “when we had a camp-out on the field, even though we didn’t actually camp out on the field it was still a great team bonding experience.”

Senior Emma Warman’s favorite memory from her senior season was “Getting as far as we did in the season and making it to the district crossover game.”

Senior Ada Robbins’ favorite memory was “when my friends Taye and Talia came back to town for one of my soccer games.”

Senior Tania Oyos’ said her favorite memory from her senior season was “our senior potluck. We had a night dedicated to all of us and a lot of time and effort went into planning it.”

Senior Makena Grant’s favorite memory from her senior season was “traveling from place to place and hanging out with my friends as well as getting to know people better.”

Senior Alia Simpson’s favorite memory from her senior season was “visiting from place to place and hanging out with my friends as well as getting to know people better.”

Senior Leslie Mata takes on a defender in a 1-V-1 in which the defender stood no chance against Mata’s skills.

After the pre-game ceremony Kodiak players sprint back to the sideline to prepare for the game.

Edie Walker 13 gets aggressive as she takes on Omak’s captain in an aerial 1-V-1.

Tania Oyos, Leslie Mata, Maizy Groff, Ada Robbins, and Adilene Castaneda pose for a pre-game picture.

Leslie Mata takes on a defender in a 1-V-1 in which the defender stood no chance against Mata’s skills.

Senior Emma Warman’s favorite memory from her senior season was “Getting as far as we did in the season and making it to the district crossover game.”

Senior Ada Robbins’ favorite memory was “when my friends Taye and Talia came back to town for one of my soccer games.”

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On October 31st, ASB Leadership spent the morning gutting pumpkins for the Flex Fun pumpkin carving contest. Each Flex class was given a pumpkin and all of flex time to carve it. During lunch, CHS students voted on their favorite carving. Mr. Davies was "surprised" when his class won donuts for their carving. "I carved a wolf howling at the moon type of thing [after] look[ing] up ideas on Google," explained Ellie Holm (11). "Everyone... came up with some crazy ideas," continued Ellie. Not only did participants have fun, Leadership kids enjoyed preparing for the event as well. "It was fun to work with classmates to clean out pumpkins for Flex Fun," said Leadership student Ivan Slatta (10).

On November 5th, Cascade participated in the Fall Bash Speech and Debate Tournament in Ephrata. Alexus Stanich took 3rd in Novice Impromptu, Ande Rae took first in Open Dramatic Interpretation and Reese Mathers and Breanna Loomis took second in Open Dual Interpretation. Loomis went on to take third in Open Humorous Interpretation and Mathers took second in Open Tall Tales.
Leadership hosted an assembly in honor of our nation’s Veterans on Thursday, November 19th in the large gym. The event featured ASBs from both IRMS and CHS, the CHS band and choir, a local BSA troop, the ASL class, the football program and Speech and Debate. Mr. Lane, the keynote speaker and a Veteran of the Marine Corps, appreciated “the whole concept of explain[ing] what Veterans do and honoring what they’ve done.” The assembly included many traditional celebrations of Veteran’s Day: the presentation of the colors, the playing of Taps, the folding of the US flag, and the performance of the Military Medley. It was clear that Veterans in attendance appreciated the efforts: “On behalf of local Veterans, thank you... for a very thoughtful and sincere... celebration,” said attendee Mike Worden.

Elsa Swart (11) represented Cascade for swim at state. She competed in 50 free style. Girls soccer attended districts where they made it to a cross-over game. Boys’ cross country took 6th place at State and the girls’ team took 7th place. Many fall athletes were honored by the Caribou Trail League, including senior Aiden Tuttle and Caroline Menna who both received 2022 Runners of the Year.

On November 9th, Ms. Murphy and the Computer Science Class took a trip to the annual Eastern Washington Computer Science Fair in Wenatchee. “It was so helpful for me. I learned a lot of things I didn’t know... more about computer science,” said Juana Palacios Villalobos (12).
Freshman

Amber Brewer (9)

“I’m grateful for surfing because that my brother got me because it reminds me a lot about him. He lives in Bellingham, so I don’t see him that often. It was a sweater from my favorite anime. I never got anime merch before and this was my first one, it meant a lot to me. I was really happy that my brother got it for me. I got it last Christmas, I wear it to bed and to school.”

Serenity Saugen (10)

“I’m grateful for my dad who got me into dirt-biking, because it got my dad and me closer. I wouldn’t know who I would be now without dirt-biking. My dad bought me a dirt-bike that he bought for fun and he got into it when he moved here in Leavenworth. Funny story, I got into trouble with my dad and he made me go to his races all weekend far from my home, which turned out to be a blessing.”

Maizy Groff (10)

“I would be grateful for the Camaro Z28 1970 because my dad is a old car collector and it’s a family thing to own old cars. I saw it in the TV show and I was addicted to it. My dad saw that I was excited about it. He took me to the market place online to look at them and then we set a deal that when my brother sells his car, my dad will have enough money for the car for my sixteenth birthday.”

Sophomores

Teyva Dillon (10)

“I’m grateful for soccer because it gives me a competitive outlook where I can be with friends. Running up the hill will always make me remember short term pain will pay off in the long term.”

Mr. Connor

“I’m grateful for my family. We would go on sailing trips in the water, then go out to the island, go on the beach, and overall relax, from the digital world. I like watching my four year old daughter grow up. My daughter nicknamed me, ‘silly dude,’ and I would laugh about it.”

Tanner Chisum-Goodman (10)

“I’m grateful for surfing because it gives me an outlook to be free and experience the fullness of life. My first time in Thailand and we had a little paddle boards, and we would surf the little waves and tried to stand up. I was in Thailand because we go visit my mom’s cousin. It’s pretty exciting. It’s fun and I like the community around surfing. It’s fun to try some thing and see where it goes from there.”

Serenity Saugen (10)

“I’m grateful for my dog, Shadow, because she’s a good dog. I wanted a dog when I was nine and one of my mom’s friends recently had a litter of puppies and I got to choose her.”

Kai Krejci (9)

“I’m grateful for shoes because they keep my feet protected when I’m doing anything. I have around four pairs of shoes; I really like Five Ten Shoes.”

Andrea Arias (9)

“I’m grateful for my grandfather because I learned a second language because of him. My grandfather told my mom it would be a good opportunity to find a good university. I was eight when I moved to the U.S.”

Olaf Saugen (9)

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Hazel Eschen (10)

“I’m grateful for books because of the knowledge and creativity that they are capable of sharing with the world. My favorite book is All the Light We Cannot See by Anthony Doerr.”

Mia Schons (9)

“I’m grateful for the sweatshirt that my brother got me because it reminds me a lot about him. He lives in Bellingham, so I don’t see him that often. It was a sweater from my favorite anime. I never got anime merch before and this was my first one, it meant a lot to me. I was really happy that my brother got it for me. I got it last Christmas, I wear it to bed and to school.”

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Serenity Saugen (10)
I'm grateful for my dad because he showed me how to be the best that I can be, even when I get down. [My favorite memory] would be when recently, he got custody of my younger brother. He has been so strong, and dedicated, to being sure that my brother and I are loved in his care. He's super funny, well lovable, super witty, even when his jokes aren't funny, but it's fun to see him laugh at his dad jokes.

Michael Simon (11)

I'm grateful for finding this story because it introduced me to other comics and new friends to talk about it with. Radiant Black, is a super hero comic, but it has found family and insightful adult problems with loss. I really like the art and the author is really nice. I met him in Comic Con. It helps that I have a community outside my local community and it gives me motivation throughout the week because of new releases.

Auroara Geddes (11)

I'm grateful for my foster mom because she showed me what it's like to be a family. I got placed with her and she got me into driver's ed and she fights for me in court. I feel loved and supported by my mom.

Alejandro Romero Garcia (11)

I'm grateful for my relationship with God because it helps me get through the hardships. I started going to church at 15, and saw lives changed.

Mr. Rowland

I'm grateful for my trombone professor, Dr. Nuerohr, he was always there for me and kept me to be sure I was doing my best, and would let me know when I wasn't doing my best. My favorite experience is when he took the trombone studio to the annual trip to the trombone choir. Where we auditioned to see if we were accepted. We got to see all the different musicians, and toured a museum.

Oscar Ojeda Penilla (12)

I'm grateful for music because it makes me feel more energized after a long day. My recent favorite is Motherfolk, they make unique music and it sounds happy and it gets me in a good mood.

Elise Almeida (12)

I'm grateful for my bed because it's always there for me and it's my source of comfort. I usually read and do my homework, I'm more productive when working on my bed at night.

Miles Hunt (12)

I'm grateful for having weights because it's helping me become a lot further than I would have throughout high school. I started working out after I recovered from my anorexia, I continue to lift to avoid reliving that and continue to grow my muscle. I say lifting weights helps release stress and emotion. I eat a lot more and am a lot more self-confident.

Aleah Simpson (12)

I'm grateful for my uncle and aunt for supporting me with my life. They gave me a spot to live and supported me to go to school here. I use to live in Mexico until my uncle and aunt called me and told me it would be a good opportunity for in the United States, in [my] freshman year.

Oscar Ojeda Penilla (12)
LET'S CELEBRATE
ASB Fall Sport Assembly

The ASB committee put together an assembly to celebrate the successes of the 2022 fall sports season. In addition to recognizing the many successes of CHS fall sports, captains from each fall sport were asked to participate in an intense game of musical chairs. Despite a valiant dive for a chair, Haakon Scheibler (12) (representing cross country) was eliminated early in the competition. The final two competitors were Kai Lewman (12) (representing football) and Anthony Villalobos (12) (representing cross-country).

When the music stopped Villalobos, getting to the last chair first, left victorious. Achievements celebrated at this assembly included: Kaston Dillon being honored as All League MVP for the football program, the boy’s and girl’s cross country team being Caribou Trail League and District champions, the boy’s cross country team placing 6th at State, the girl’s cross country team placing 7th at state, Aiden Tuttle and Caroline Menna being honored as boy & girl runner of the year for the Caribou Trail League, and many student-athletes being recognized for 1st and 2nd team in their leagues.

Expect Amazing WORLD CUP

The FIFA World Cup happens every four years, and in 2022 it was hosted in Qatar. Students at CHS watched the games whenever they could. They watched on their phones, laptops, and occasionally a teacher would put the games on during class. Admittedly, the event was a bit of a distraction, however, the excitement of the competition was enjoyed by many students. “Sometimes the World Cup can be distracting when you are trying to get your work done, but all in all it’s fun to watch,” said Angel Sandval (11). Sophomore Shane Slette, an avid soccer player himself, enjoyed watching the World Cup. He explained that he was “rooting for Argentina” and “enjoyed the experience, but the games were early in the morning.” The World Cup lasted from November 20 to December 18. Teams were quickly eliminated which made some students upset. Sophomore Mariana Fonseca said, “I was rooting for Brazil, mostly because of my favorite player, Neymar Jr. I cried when they were eliminated.” The final teams were Argentina versus France. It was a close game and even went to Penalty Kicks. In the end, Argentina won and took home the FIFA World Cup trophy.

Senior Jesse Gunter caught the flu this year and was sick for three weeks. “I didn’t leave my bed, except to go to the bathroom,” he explained. “I had no appetite for a week, and then ate only fruit for a while.” Gunter’s “mom gave [him] green vitamin shots” to help him to feel better.

Freshman Leilani Alejo did not catch the flu this year. In order to avoid getting sick, Leilani “didn’t do much, but wash my hands regularly.”

Sophomore Jackson Feeney battled the flu this year. “My symptoms were shivers, being hot and cold, and a lot of coughing. There was a lot of mucus. I also had a bad fever and felt so weak.” Jackson was out of school for a week and it took him another week to be able to catch up on all his school work. He said taking naps was key to a quick recovery.

Sophomore Chris Cacho Pulido managed to avoid catching the flu this year. He explained his strategy for avoiding sickness: “Not much. I’m invisible.”

Junior Gordon Jeffrey also managed to avoid this year’s strain of the flu and maintained good health. In order to avoid getting sick, Gordon laughed that he did “nothing; I just have really good genetics.”
The Flu Outbreak this November affected many students and staff at Cascade High School. Many students got sick and therefore missed a lot of important class time and assignments. A lot of students started having symptoms at school and therefore got sent to the nurse’s office for the help they needed. “We called their parents. They laid down on the bed and drank water. Rest was all they really needed,” said the school nurse, Crystal Clabaugh. Many students who didn’t fall ill during school spent Thanksgiving break recovering from flu strain A. Instead of feasting with their families, they spent their time in bed. Different people experienced different symptoms but most of them suffered from a high fever, a cold and a constant feeling of exhaustion and tiredness. Sophomore Lariah Collins explained that she “was really tired” and “felt dizzy all the time.” Some lucky students were able to avoid the sickness all together. “I used hand sanitizer and washed my hands often,” said sophomore Cruz Martinez.

Answers to Trivia Questions:
A. Which current CHS teacher has been at Cascade the longest?
B. What is the oldest piece of literature taught in freshman English?
C. How many students are currently enrolled at Cascade High School?
D. The injury called a lisfranc fracture happens in what area of the body?

November’s Flex Fun was a Trivia Competition featuring questions about CHS history, teachers, and content-specific knowledge. Students participated in teams and represented their Flex classes. “The questions were very hard. They really made me think,” said Reese Mathers (10). The rules were simple: get the question correct - earn a point for your advisory, get the question wrong - lose a point, and NO ELECTRONICS. Leadership students helped to MC the event by keeping track of points and giving out the winning Flex class. Try your luck at some of the questions (answers are below):

A. Which current CHS teacher has been at Cascade the longest?
B. What is the oldest piece of literature taught in freshman English?
C. How many students are currently enrolled at Cascade High School?
D. The injury called a lisfranc fracture happens in what area of the body?
Winter

Ski Season
Brendan Fallon & Gwen Pehowski
Nov 30 - Dec 14
Paolo Ramirez & Jocelyn Olguin

Brain Drain
Maddy Black & Paige Runions

Spirit Week
Paige Runions

Cheer + Wrestling
Charlotte Lynch, Benjamin Jerome & Jack Wajman

Winter Break
Vanessa West
Dec 30 - Jan 13
Gordon Jeffrey & Jackson Feeney

Basketball
Jackson Feeney

Culture & Language
Advanced Staff Team
Jan 16 - Jan 30
Maddy Black

Food
Isabel Menna & Gordon Jeffrey
Jan 31 - Feb 14
Isabel Menna
Feb 15 - Feb 28
Paige Runions
SNOWY DAZE

Ethan Fallon (9) back-country skiing in the Wallowa Mountains in Oregon. Ethan said that he loves back-country skiing because, “there is always fresh tracks and it is a fun way to spend my free time with my friends.” Ethan also said that his favorite trick is a 360 because, “it is pretty easy to do off any kind of jump, and it looks cool. Besides back-country skiing, Ethan likes to ski in-bounds at Stevens Pass. “I like Stevens because it has pretty good snow most of the time, but I only like to go when the lines aren’t too long,” said Ethan. Although skiing is Ethan’s favorite winter sport, snowmobiling is a close second. “I also like to snowmobile, it is fun to generally fast and it also gets you into some ski spots that would be hard to get to on foot”. Other back-country enthusiasts recommend taking safety classes such as a level one avalanche course, to make sure that you are prepared for the mountains. It is also recommended that you have adequate gear for the weather and the kind of terrain you are going into. This kind of gear includes the right clothes and layers, a shovel, a probe, a transceiver, and an avalanche backpack.

Brendan Fallon (12) back-country skiing in the North Cascade Mountains. “One of my favorite spots to ski is the North Cascades because it has really cool terrain and not as many people up there,” said Brendan.

Antonio Avrillo (12), Olen Johnson (12) and Jonas Johnson (10) pictured skiing outside of Stevens Pass. “I like skiing because snow doesn’t hurt to crash in,” said Olen Johnson (12)

Micah Saugen (9) is featured hitting a “Shifty” at Stevens Pass. “My favorite trick honestly is a rear safety grab. I mastered it by just a lot of 360’s.”

“Cross Country skiing is special to me because of its community. My team is a very tightly knit group, and the parents and coaches helping are invaluable. I wouldn’t be where I am today without the support I get from them, and I certainly wouldn’t enjoy skiing as much without their commitment.” stated Caroline Memra (10), a member of the Plain Cross Country Ski Team.

“I love to ski because it’s really fun to rip around with my friends. As well as Stevens Pass is definitely my favorite place too, because I’ve skied there my whole life and it’s such a fun mountain once you know all the little nooks and crannies,” said Tarin Worden (9).

When the weather is dreary
I hop on the sticks, and start the journey.”
- Trail Heyl (10)

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“I love skiing because it is really fun to do and it’s a good way to spend time with my friends,” said Cassidy Gillespie (11). When asked about where her favorite place to ski was, Cassidy said, “Revelstoke in Canada because it has some of the best snow I have ever skied and I love Canadians. Cassidy also enjoys snowmobiling because “I like carving into powder on a snowmobile and it’s something I can do with my family.”

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WRESTLING VS CASHMERE & CHELAN

Two evenings focused on the arts were hosted this month. First, the vocalists performed solos and duets on December 7. "It was absolutely a success...the kids had a fun time performing and the audience received it very well," said choir director Ms. Garcia. The second night featured a CHS student art for sale, the full choirs, and the band. "I think that everybody executed very well," said band director Jace Rowland. "There was a lot of good rehearsal practice."

The home meet began with a celebration of senior wrestlers. Quin Wilson, Victor Lopez and Randy DeLeon were all honored. Lopez (12) was not very confident before the match: "I have "pretty not good chances. [My opponent] got the height and weight advantage." Despite these perceived disadvantages, Victor went on to win his match. Another wrestler who had success during his match was Karsten Bowles (11). Karsten, who is wrestling for the first time this year in order to be in shape for soccer season, has been successful despite his inexperience. "The match went well, the competition was good. I had to work hard to take the win," said Bowles. The final scores: Cascade 42 - Cashmere 40 and Cascade 51 - Chelan 27.

CASCADe GIVES BACK

M.E.Ch.A. and D.E.C.A. clubs worked with Interact and Leadership to donate money (for toys) and food to Upper Valley Mend this holiday season. "There are a lot of people in need, it's important to donate because a lot of people don't have money to buy Christmas gifts," said M.E.Ch.A. member Valeria Oyos (11). The coin drive brought in a total of $1,168 and the food drive was able to donate a full truck load of goods. Both drives were run as competitions between classes and the winning classes received a holiday party and a pizza party. The drives were both a huge success.

TWO EVENINGS OF MUSIC & ART

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Both the JV and varsity teams played against Chelan on Thursday, December 8th. It was the first league game of the season for both Chelan and Cascade. The first game of the night was played by the JV team. “We did pretty well against a pretty solid team. It was really fun to play against them. We’re only getting better from here,” stated Jaxon Groby (10), the JV team captain. The varsity team played next. “The first half was definitely better than the second half, but we played our hardest throughout the entire game. I think this game showed us we can compete with high level teams,” said Fernando Tovar (12). The final scores were JV 34-54 and varsity 55-80.

Gingerbread House Party

On December 10th, ASL, Leadership, Culinary Club, and Choir collaborated to host the annual Gingerbread House Party. The holiday festivity included cookies, frosting, singing, signing and a lot of candy. “The day of the event was snowy in Leavenworth and a few helping with the event couldn’t make it because of the conditions,” said Baylee Unger (10). Despite the snow, the event went on. First time attendee Reese Mathers (10) said, “My parents brought me to the event because my speech and debate was cancelled. My favorite part was seeing my dad struggle. The choir singing was good too. For my first year attending, I enjoyed it a lot.”

Flex Fun: Sugar Cookies

Let the mixing commence: Leadership students had almost as much fun as cookie decorators as they prepared cookies and icing for December’s Flex Fun: a sugar cookie decorating event. “Making the frosting was fun, it was pretty easy and it was really fun to work with teammates to create something,” said Leadership student Ivan Slatta (10). While some decorators simply slathered their cookie in frosting and devoured it, others spent more time creating a work of art. Ellie Holm’s (11) gorgeous snowflake was a crowd favorite. “My favorite part was that everyone was being silly and carefree; it felt like we were in elementary school again,” said Rhetta Cummins. “It was pretty cool to see people who don’t usually go to school events come and decorate a cookie,” said Coco Zehm (12).
Scott Means (10) works to revise his argumentative essay before submission. After reading various pieces from the Age of Reason, students applied what they had learned about rhetoric to argumentative essays as part of Mr. Wharton’s American Literature class. “[My essay was about how] fighting in hockey should be allowed, because it’s how the sport was made,” said Amiano Coronado (10). Coronado didn’t really have a reason for picking this topic, but he did have a connection: “[He] played hockey for a bit.”

First period means freshman PE for many Kodiaks. “My favorite unit in freshman PE has been flag football because it’s my favorite sport. We did pretty good in the badminton unit too,” said Edwardo Avila Banales (9). Lars Olson (9) enjoyed the badminton unit the most: “it’s fun and I’m really good at it. I only lost once.”

In ELL with Ms. Weil, students are preparing for a test by “practicing strategies for summarizing informative text,” said Weil. “Right now we’re working on getting ready for a test. I like making friends and the class is fun,” said Munaret Gil Garcia (9). “I feel good about the test. I am confident about writing but concerned about reading,” said Alejandro Castillo Sanchez (11).

In Woods I with Mr. Harvill, students’ favorite assignment was “when we made a box. It had 30 sides.” He said that his favorite part of Woods is “the building part, not the planning part.” One assignment was the birdhouse project. Ami thought that it “was pretty easy, but [he] didn’t enjoy the planning.”

Vincent Slette (12), Elise Almeida (12) and Reena Vo (11) teach the 30 Minute to Win It lesson in Mr. Haberberger’s flex class of freshman. The focus of the lesson: procrastination and how to avoid it.

The final unit in senior ELA - How will YOU find success? - was underway during second period. Leslie Perez (12) learned that successful communication means “not hiding yourself around anyone, especially bosses and managers” while reading How to Talk to Anyone. Juan Rodriguez (12) read How to Win Friends and Influence People. From this book, he learned that “when you talk to someone you don’t know, talk about their interests instead of your own.” From I Will Teach You to be Rich, Paiton Smith (12) learned not to “just jump into things, [but] plan ahead for things like building up credit, buying a car, and loans. It will be better for your financial future and for success.”
Gavin Pulse (12) explained that while in the fire science class students can earn a “Red Card” certification. In the future he plans to fight “wild land and structure”. One thing that he learned in this class that he thinks everyone should know is “integrity.”

Francisco Zarate (12) eats lunch in the cafeteria, “because all of my friends eat there.” For lunch, Zarate typically eats school lunch: “the main dish and an apple.”

Lariah Collin’s (10) favorite dish to make in her culinary class was “pizza because I loved the process. We did that for a whole week and did scones which are just good. Mr. Hab can be more lenient on things, so it’s easier to get stuff turned in.”

Oscar Ojeda (12) has been learning to cook with the basics—“potatoes and onions” so far second semester. He is looking to learning to cooking “pizza”. He wants to cook pizza with “mushrooms, pepperoni and mozzarella” and plans to share his pizza “with (his) sister.”

Mr. Connor teaches an Introduction to Physics and Chemistry course: Ollie Voorhis (9), Breigh Ragdale (9) and Cordelia Freeland (9) work on a Newton’s Law of Motion assignment. This assignment is part of a unit centered on a collision between a piece of space junk and a satellite,” said Mr. Connor.

During third period, Mr. Connor teaches an Introduction to Physics and Chemistry course: Ollie Voorhis (9), Breigh Ragdale (9) and Cordelia Freeland (9) work on a Newton’s Law of Motion assignment. This assignment is part of a unit centered on a collision between a piece of space junk and a satellite,” said Mr. Connor.

“We are currently in our Theater Makeup Unit. There are several goals first, how makeup is used to create characters, second to understand how makeup reacts to different lighting conditions and finally how to safely apply makeup. In this photo students are practicing the creation of an old age effect,” said Drama teacher, Mr. Allen.

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“Never eat lunch, I always skip it. I hang out with Jasmine Barragan-Castro (9) and Jeffrey Palacios Villalobos (10) and sometimes I go into the cafeteria. Most of the time, I just walk around the halls with my friends.” - Saul Hernandez Lopez (10)

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Framed pictures of students in class are shown, with one picture showing students working on a science experiment and another showing a group of students working on a computer project.

A chart showing which class students anticipate being the most difficult is shown. The chart includes the following categories: Math, Science, English, Spanish, History, and PE. The chart shows that Math was the most popular choice for the most difficult class, followed by Science and English.

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Winter Spirit Week

WE'VE GOT SPIRIT
YES WE DO!!

Spirit week started off with a snoozed alarm clock as students were able to skip picking out an outfit and getting dressed and instead roll out of bed and wear the same pajamas that they slept in the night before. Students enjoyed the most festive mood set all week long; however ski gear and ugly sweater days were by far the favorites. 35% of students interviewed enjoyed ski gear day the best and 47% liked ugly sweater day. 18% of students liked PJ day best. Santa and blue/white days weren’t favorites of any students. Max Spiegal (9) didn’t really dress up this year for spirit week, but plans to in the future. His favorite day was ugly sweater day. Max, “just a sweater with Christmasy stuff” [on it] is enough to qualify it as ugly.
Showing our Santa spirit!

Friday saw everyone dressing up as the holiday season’s favorite festive character, the big man himself: Santa. For most high schoolers, belief in Santa is lingering at best, but some students still retain traditions related to him. “When we were little, we used to put carrots on the porch for Santa’s reindeer,” said Ethan Fallon (9). “I found out” that Santa wasn’t real “very young [when] I saw my parents putting presents under the tree,” said Scott Mears (10). “I have a three year old brother. We put out cookies and carrots. Santa delivers presents for him and it’s fun to see how excited he gets seeing that ‘Santa’ took a bite of the cookie that we left out,” said Jacob Hendricks-Davey (12).

Ski day was Thursday and students were able to wear their outer layers to school for the day and easily keep warm. The typical jeans and and crop tops look was replaced by winter jackets. Goggles and ski boots were popular as well.

How do you show your Kodiak spirit?

“I like going to watch the basketball and football games. I wear Kodiak colors to support our teams. I also play girls basketball.”
- Panthra Gardineer (9)

“I’m on the baseball team, and I like to watch football and basketball. I’m also in sports med, and we will represent Cascade at a tournament in April. I like to participate in spirit weeks with my friends.”
- Trenton Holland (10)

“I play in the pep band for basketball and football games. We have a binder full of songs that we play and I always cheer really loud when the basketball team scores.”
- Mary Ising (11)

“As soon as you’re a Kodiak, you’re always a Kodiak. It means you’ve got to stick with something and not just quit. I’ve stuck with soccer all four years and done well at school all four years as well.”
- Kevin Castillo (12)

“I go to the football games to cheer our team on and hang out with my friends. I also show my spirit by being involved in Sustainability club, cross country, and tennis.”
- Miles Porter (9)

“I show my spirit by going to support my friends in all their sports and being positive even if they lose. I also want to join the softball and volleyball teams in the future.”
- Paola Ramirez Bravo (10)

“By coming to school and having a positive spirit. [I also] go to sports sometimes. [I didn’t participate in spirit week for the holidays, but] I had a lot of friends who did. [I liked] seeing other people be creative with what they wore.”
- Ariel Torres-Peralta (12)

“By going to sports games sometimes. My favorite sport to go watch is volleyball and I like to go watch with my friends.”
- Frost Dougherty (12)

“I like going to watch the basketball and football games. I wear Kodiak colors to support our teams. I also play girls basketball.”
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Winter/Fall Cheer & Wrestling Features

Abigail Carnahan (11), the fall and winter cheer captain, said she became captain because “[all the cheerleaders] voted for Natalie and me because we’ve been in cheer for all four years.” Natalie Sanchez was also a fall captain along with Abby. Some of the cheer captain’s responsibilities are that they “plan tryouts, call cheers, and pick hairstyles we wear for the game.”

Abby joined cheer because “I was a gymnast and didn’t want to do that anymore.” Some things she learned in cheer were “leadership and building relationships.” Her favorite cheer memories were “when my coach brought her dog to practice one day and they liked me the best. Also when we were taking the picture for the basketball cheer team I forgot my shoes. We had to do that pose so that they couldn’t see my feet.”

Cheer Team
Winter Captain: Abigail Carnahan
Winter Roster: Abigail Carnahan, Sofia Oropeza, Tania Oropeza-Oyos, Valeria Oropeza-Oyos

Sofia Oropeza’s (10) favorite memory from cheer was “going to away games because we take the van and it’s a great bonding time with my teammates.” Sofia’s advice to incoming cheerleaders is to “save money, because cheer is expensive but worth the memories.”

Grace Redman (10) chose to do cheer, “because I am a dancer and cheer is the closest thing to dance that the school offers.” Grace continued to say that, “because of cheer I have learned to be more confident, especially being up on that box. I definitely needed to be confident in myself to not fall off my box.”

Cascade Kodiak
Fall Captains: Abigail Carnahan & Natalie Sanchez
Fall Roster: Abigail Carnahan, Grace Redman, Natalie Sanchez, Sofia Oropeza, Valeria Oropeza-Oyos

Winter Captain: Abigail Carnahan
Winter Roster: Abigail Carnahan, Sofia Oropeza, Tania Oyos, Valeria Oropeza-Oyos
Victor Lopez is a senior wrestler who has been wrestling for a variety of Cascade wrestling programs for six years. He was first introduced to wrestling when he "got into trouble" and his mom forced him to join the wrestling team. It didn't take long for Victor to fall in love with the sport. Although Victor's senior season hasn't gone as expected, he enjoyed what he got out of a senior season and will always remember his teammates as "very funny at times." Wrestling has taught Victor to be disciplined: "I have to keep myself focused on a target and goal" and make sacrifices like "waking up at 4 a.m. for tournaments on Saturdays."

Senior Quin has been wrestling since before middle school. Quin has gone undefeated at almost all the district duals - with the exception of Cashmere. He hopes to beat them at the upcoming district meet. Wrestling "didn't click for me until last year." But after years of dedicated hard work, he now considers himself to be a "top level athlete." A lifelong lesson Quin has learned while wrestling is "perseverance and learning to power through." Quin would advise up and coming wrestlers to "just stick with it; the first two weeks are going to suck."
Senior Brendan Fallon spent his Christmas break skiing the slopes of British Columbia. His family stayed in a lodge in the back country just outside of Nelson, Canada. Their trip commenced when they drove up to Canada and then flew in a helicopter to the lodge where they were staying. “My favorite part was definitely skiing in the fresh powder. The snow there was insane! The helicopter ride was pretty sick too,” quipped Brendan. The trip lasted a total of seven days.

Over Winter break, junior Benjamin Jerome and his family spent vacation in Cabo San Lucas for three days then traveled to La Paz. They then made their way to Cerritos. They then rented a car and spent the last three days Los Barriles. Some activities they did were driving around town, fishing, swimming in the ocean, surfing, boogie boarding and playing soccer on the beach. They enjoyed many different types of sea water fish including tuna and mahi mahi. Ben’s favorite part of the trip was hanging out with the Bards and learning how to surf massive waves!

Senior Olen Johnson vacationed in Costa Rica with his mother in the small town of Samara. In Samara, the Johnsons mainly rode bikes as their form of transportation. They spent most of their time hiking the mountains and riding 4-wheelers on trails. “The best part of my trip was surfing everyday, it’s something we don’t get to do back home,” reminisced Olen Johnson.
For his Christmas break, Oscar Ojeda Penilla (12) got to see his family in Santiago Yosondua, Oaxaca, Mexico. While in Mexico, he visited his parents, grandparents, and outer family. "My favorite part of my trip was going to Cancun for the first time ever! I went to a theme park called Xcaret that was filled with different tropical animals and cool caves." While in Cancun he tried various dishes like cochinita pibil, but it couldn't top his favorite meal of traditional street tacos.

Evelyn Ojeda Penilla (11) also went on the trip to Santiago Yosondua, Oaxaca, Mexico with her brother Oscar Ojeda Penilla (12). Evelyn was happy to see her family and get to explore Cancun. "My favorite part was going jet skiing for the first time while in Cancun." Some of Evelyn's favorite foods to eat while in Mexico were tacos, tlayudas, and tostadas.

Emily Reyes (12) visited home and family this Christmas break in Oaxaca, Mexico. She visited both her mother and father's side of the family. She spent time with many of her uncles, aunts and cousins. Her favorite part of the trip was hanging out with her cousins at "a fun place called El Gory which had lots of authentic Oaxacan food." Emily ate a lot of these traditional foods while on her trip, but named "tlayudas" - a crunchy fried tortilla with toppings - as her "favorite dish of the whole trip."
On Friday, January 13th, students from both the middle and high school in the Cascade School District attended the Martin Luther King Jr. assembly, gathering in the high school gymnasium. Students expressed their respect towards Martin Luther King through art, singing, sign language, and slide shows. Speakers helped attendees learn background about MLK and the Civil Rights Movement. The leadership team, M.E.Ch.A., members of the ASL course and GSA highlighted other leaders who have stood up for oppressed minorities: Rosa Parks, Maya Angelou, Claudia Gordon, Cesar Chavez, and Marsha P. Johnson. At the end of the assembly, there were several speeches dedicated to MLK and his legacy, and advice to students on what they can do to further his legacy. The most memorable part of the MLK assembly for Jones Duncan (12) “was working with [IRMS ASB member] Tristan Sharpe, because he nervous - I couldn’t be nervous, because if we were both nervous, it wouldn’t be good for anyone.” Giselle Navarro (12) took part in the MLK assembly preparation as a member of Leadership. For Giselle, participating was meaningful because “Cascade is supposed to be a welcoming place for everyone and the MLK assembly reminds people of the injustices that others have faced and emphasizes the support that we have now.”

Leadership students Avery Houghton (9) and Cordelia Freeland (9) collaborated to create a video where students and staff from CHS/IRMS responded to the prompt “I dream of a world where…” Members of Ms. Dillon’s 2D class create a slideshow showcasing art made in response to the theme of “diversity.” Scan these QR codes with your smartphone to access the I Dream of a World Where and Art Showcase videos.

A. Leadership student Shane Slette (10) helped to run the technology, including sound, video, and graphics, for the assembly.
B. Select choir students Isabel Menina (11), Dulce Herrera (11), and Caroline Menina (10) performed ‘Let Me Ride,’ a rendition of the spiritual ‘Swing Low Sweet Chariot’ to honor Dr. King.
C. Members of the CHS Speech and Debate club, including Rhonan Allen (10), performed excerpts from Dr. King’s iconic ‘I Have a Dream’ speech.
D. Mrs. Dillon led the 2D art classes to create abstract pieces of artwork representing patriotism. Pictured is Reese Mather’s (10) artistic response.
E. Jones Duncan (12) gave an impassioned speech, urging students to further the dream of MLK by taking action in their lives.
F. Miles Hunt (12) gave a speech about the history of MLK, his father, early school days, and his beginnings as a minister.
Kodiak Character: Interdependent

Scan this QR code with your smartphone to access the Leadership video.

Kaston Dillon (12) Interdependency is important so we can ask questions and work with others to learn more about the world.

Student of the Month

While the action on the court might be the main focus of a basketball game, there are many students—besides just the players—who work to make these games a memorable, positive experience for the Kodiak community. The players themselves give each game their all by entertaining fans with their athletic skill and unwavering determination. But, the players are not alone, and the game against Omak was no exception. The cheer squad supported the team by boosting crowd engagement and player morale through cheer routines and dances. The pep band helped to set the tone by playing the national anthem at the start of the game and a variety of upbeat songs throughout. Members of Publications came to capture and celebrate the successes of all students involved. Even the fans help to contribute to the general sense of revelry. Their attendance boosts the spirit of the entire gymnasium and motivates the players.

Balling! from every angle

Kodiak Character: Interdependent

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Student of the Month
KODIACK GIRLS Basketball

Mylee Hobbs (9) Natalie Sanchez (11) Angela Gunter (11) Lindsee Rodriguez (12) Kaylee Lewis (9) Panthra Gardineer (9)

Don’t be afraid to ask questions.”

Senior Lindsee Rodriguez looks to pass as junior Angela Gardineer gets open.

Junior Natalie Sanchez goes up for a lay up.

Game Plan. The Kodiak girls listen attentively to their coach as she explains how to execute on the court against the Royal Knights.

Girl’s Basketball & Boy’s Basketball Features

Senior Lindsee Rodriguez explained that because the team was “short people”, each girl had to play “so much” and work through physical pain. For Natalie, the best part of basketball this year was the new coach who “helped [her] to love basketball again.” The coach this year helped Natalie “relearn how to have fun while playing.” Natalie is excited to play against her senior year and believes that she “still has room for improvement.” “Come join basketball,” said Sanchez.

Junior Angela Gunter

For Angela the biggest challenge in basketball is mental. “Staying motivated” is a challenge for Gunter who has to work hard to “balance school work and practice” commitments. This year, she really enjoyed “getting together with a group to play a sport” and the “team bonding.” She will be returning as a player for Cascade High School next year. “I really enjoyed the new coach and I want to keep the program alive,” said Gunter.

Junior Natalie Sanchez

For Sanchez, the biggest challenges in basketball are both mental and physical. Natalie struggles with “waking up and being motivated to get going.” The physical challenge has been to “play through pain.” Natalie explained that because the team was “short people”, each girl had to play “so much” and work through physical pain. For Natalie, the best part of basketball this year was the new coach who “helped [her] to love basketball again.” The coach this year helped Natalie “think of ways to have fun while playing.” Natalie is excited to play against her senior year and believes that she “still has room for improvement.” “Come join basketball,” said Sanchez.

Senior Lindsee Rodriguez

Lindsee was the only senior on the girls basketball team this year. Being the only senior came with ups and downs. “Being the only senior made me more of a leader and I was asked for advice from both the new coach and my teammates.” Although Lindsee felt more of a leader, she “struggled connecting with the younger girls and didn’t have anyone older to back me up when we did drills.” I really knew,” she said. As point guard Lindsee learned a lot of communication skills and had to represent leadership in both her words and actions. Some advice she has for incoming players is to “make good relationships with your teammates and coaches. Don’t be afraid to ask questions.”
As one of the varsity starters, senior Fernando Tovar plays a key role in the team. Tovar’s strategy for game-day preparation: “I drink a Sprite before every game. We gotta win.”

To get ready for a game “I listen to loud music, slap on some icy-hot,” said varsity starter Aiden Tuttle (12). “The icy-hot numbs all my muscle aches and everything so I’m not feeling anything.”

The youngest starter on the varsity lineup is sophomore Jonas Johnson. “I think about what a good game would look like and focusing on making shots, forgetting about the bad ones,” said Johnson.

Sophomore Marshet Redman drives in for a lay up against Chelan’s jv team.

Sophomore Ivan Alejandre shoots from midrange against Kittitas.

Sophomore Jaxon Groby drives in for a lay up in the first jv game against Kittitas.

Sophomore Hunter Stutzman (12) takes two free throws adding to the Kodiak’s lead.

Senior Fernando Tovar

Senior Aiden Tuttle

Sophomore Jonas Johnson

Freshman Colton Chase

Sophomore Marshet Redman

Junior Julian Valdez

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Learning a Second Language

American Sign Language
A & A with Mrs. Wall

What is your favorite part of teaching ASL?
"I see the students suddenly understand new concepts in the language."

Why is it important for students to learn a second language?
"I think it's important to be able to communicate with people outside of your regular cultural community."

What does a typical day in ASL entail?
"I introduce the concept through ASL and give students a lot of opportunity to figure out the vocabulary and then spend time practicing things."

What is your favorite sign?
"Coffee, because just about any questions asked in ASL I can answer with coffee."

Serenity Sagen (10)
For Gabe Summers (10) ASL is "entertaining to learn and not very repetitive." The most valuable thing that Gabe has learned is "being able to communicate with the deaf community."

Brennan Wilks (9) is enjoying Spanish I with Ledezma, because it's "useful." The most valuable lesson he's learned so far is "how to say 'you', 'me', 'I', 'them', etcetera."

Spanish
A & A with Ms. Ledezma

What is your favorite part of teaching Spanish?
For Ms. Ledezma, the best part of teaching Spanish is "being part of someone's learning opportunity." She enjoys helping students to be bilingual and all of the "opportunities that come with it."

Why is it important for students to learn a second language?
In modern culture a second language is a "necessity". In the United States, there isn't really a culture of being bilingual, but in many other countries around the world, this is the norm.

What does a typical day in Spanish entail?
"Very active," explained Ledezma. "Students learn by doing, sometimes writing and interacting with one another."

What is your favorite Spanish Word?
"Sinergia, because it builds and bridges with one another."

Karina Shiliaeva (10)
"My first language is Russian. Now I'm learning English and some Spanish. I started to learn English six years ago. The most difficult part of learning English is that [I] really have to pay attention [and] it's a different way to work my brain."

"German is my first language. English and Spanish are my second languages. I have been speaking English for seven years. English was easier for me to learn than Spanish." The most difficult aspects of learning English are articles and abbreviations of words or phrases. I like learning English; it's a beautiful language and my progress is much better every time."

Oscar Perez Rivera (11)
"My first language is Spanish. I'm learning English now. I've been speaking English since I was six: English was hard for me at first, but ever since I started speaking English it got easier." "The single most difficult aspect of learning English-speaking school system has been writing."

"German is my first language. English and Spanish are my second languages. I have been speaking English for seven years. English was easier for me to learn than Spanish." The most difficult aspects of learning English are articles and abbreviations of words or phrases. I like learning English; it's a beautiful language and my progress is much better every time."

Paulina Vitko (10)
In modern culture a second language is a "necessity". In the United States, there isn't really a culture of being bilingual, but in many other countries around the world, this is the norm."

"German is my first language. English and Spanish are my second languages. I have been speaking English for seven years. English was easier for me to learn than Spanish." The most difficult aspects of learning English are articles and abbreviations of words or phrases. I like learning English; it's a beautiful language and my progress is much better every time."

Question: What is the single largest struggle faced by multi-lingual learners?
Answer: "Navigating the new culture as well as the new language, there are hidden social norms and expectations that may be vastly different from what they know."

Question: What does a typical day in ELL entail?
Answer: "We spend time reading, writing, listening and speaking with targeted vocabulary and grammar every day. I do my best to align my content with that of core classes."

Question: What strategies do you use to help multi-lingual learners learn to navigate an English-speaking school system?
Answer: "The short answer is a lot of direct instruction about the hidden expectations of the system, or the background knowledge most Americans have about school that newcomers may not. Examples include schedules, grades, how to access assignments, how to talk to teachers, how to participate in group work and class discussions, hot to take notes, what types of tests are common in this country, and how to navigate post-graduation opportunities."
Heritage Spanish class might be focused on "develop[ing] writing, reading, and conversational skills" of Kodiaks who "grew up in a Spanish-speaking household or community and [can] speak Spanish fluently, but the most valuable lesson learned for Alejandro Castillo Sanchez (11) is "to never give up learning a language." For Heritage student Jonathan Pichardo (9), the class is enjoyable because he is "always learning new things." The most valuable aspect of Heritage Spanish for Jonathan has been "to learn more about Spanish: different words, past and present tense and writing." Doing presentations about different topics like immigration and cultures" has been the best part of Heritage class for Eduardo Avila Banales (9). The most valuable thing Eduurado has learned in this class is about "different cultures that exist and how they were created."

Language is an important part of any student's identity and education. The student population at Cascade speaks five different languages: English, Spanish, German, Russian and American Sign Language (ASL). Students also learn to advance their reading, writing and speaking skills through required ELA courses during all four years. Spanish speakers are able to develop similar skills to those taught in ELA during Heritage class. Many students opt into learning a second language - both ASL and Spanish are offered on campus. Language is a skill that must be repetitively practiced or is quickly lost.

Language studied by CHS staff:
- Spanish
- French
- German
- Russian
- Other

Number of years seniors studied a foreign language:
- 4
- 3
- 2
- 1
- 0

Q: How much of the language you studied in high school/college do you remember today?
A: "Un poco."
"Maybe 40 words or phrases."
"Very little; I don't force myself to use it regularly."
"I can count to 10."
"Quite a bit, but only because I studied abroad in Germany and used the language exclusively for over a year."

77% of seniors took a foreign language class at CHS

29 studied Spanish
19 studied ASL

How confident are seniors in their language skills?
WHERE'S THE CROWD?

Camo Night for Basketball

The Kodiaks came out with bang on February 2nd 2023 at the boys' last home basketball game of the season against the Cashmere Bulldogs. A ton of students came to support and represent their school spirit by dressing up in camouflage clothing. It is Cascade tradition that every last home game of each sporting season ends with the recognition of the seniors who participated. Both basketball and cheerleading seniors were announced and met by their families at the center of the court followed by many gifts such as balloons and flowers as the crowds cheered them on to commemorate their final home game as a Kodiak. Before this game, the boys basketball team had built up suspense for this match by nearly losing the last game against the Bulldogs, only losing by one point in the final seconds. The student section came ready to be loud and supportive of the team, and that’s what they did. The crowd was on their feet shouting and chanting as the teams held each other point for point the entire game. Unfortunately, the Cashmere bulldogs took the win with a score of (69-63). However, spirits were kept high as the boys hugged and showed each other gratitude for the final home game of the 2022-2023 basketball season.

The 2022-2023 Kodiak girls basketball season had a rough start to their season when they were down a coach. With only six players, they managed to collect enough players for a team. Led by senior, Lindsee Rodriguez, the girls played a total of six games against Quincy, Eniat, Royal (two times), Liberty Bell, and Manson. Although the season did not go as they wanted, they still put in 110% effort in every game in order to play like Kodiaks.
Namaste

On Monday, January 23rd, Flex Fun was a yoga session taught by certified instructors, Ms. Rosenfield and Ms. Robison (held in Robison’s classroom). A small group of kids showed up to calm their nerves and get rid of stress during the final week of first semester. Robison played relaxing music and turned off the lights in order to achieve a relaxing environment.

Takin’ Home the Dubs

Julian Valdez
Business Law
3&4

Kai Krejci
FBLA
qualified for state. Julian Valdez (11) focused on the personal finance portion. Julian did a lot to prepare like doing practice tests and making sure he was mentally prepared.

Isabel Bentsen (11) was apart of the qualifying FBLA team for state. To prepare she said she "practices and stays a little" to get the nerves out but knows she's ready because they do a lot of "practicing in advance".

Takin’ Home the Dubs

Kai Krejci (9) took part in Regional Solo Ensemble competitions and got a score of I on the violin. Kai didn't know much about the score he got but said it was from all the "practicing before hand."

Isabel Bentsen (11) was apart of the qualifying FBLA team for state. To prepare she said she "practices and stays a little" to get the nerves out but knows she's ready because they do a lot of "practicing in advance".

Takin’ Home the Dubs

Business Law & Calculations

3 & 4

Violin

Help Desk

PLACE

SCORE

364

1

3

1. Sophomores, Goody Wesley and Morgan Thomas stretch their neck muscles after staring them by looking at their school computer while doing homework.
2. Juniors, Breanna Loomis, Maddy Black, and Rhetta Cummings fold down into child’s pose and stabilize their breathing. "It was really fun to relax [with yoga] in the middle of school.” said Maddy.
3. Sophomore, Melvin Northrup smiles as he stretches his back by extending his arms above his head and moving side to side.

A. Both the boys basketball and cheerleading teams recognized their seniors on February 2nd, 2023 at the last home game of the season against the Cashmere Bulldogs. Their coaches congratulated them as they joined their families at the center of the court for congratulations and photos.

B. Freshman Colton Chase pivots with the ball as the JV team takes on the Cashmere Bulldogs.

A.

B.
Haley Emry: What food you would eat for the rest of your life?
“Breakfast sandwiches are my favorite food.”

Jose Vizciano: At which restaurant do you spend the most money?
“I spend the most money at Olive Garden.”

Paiton Smith: What is your favorite restaurant?
“Los Camperos is my favorite restaurant.”

Frost Dougherty: If you could eat only one meal for the rest of your life, what would it be?
“Sandwiches because they are versatile.”

Calvin Wilder: What is your favorite restaurant?
“Favorite restaurant is either Gustav’s or Heidleburger.”

Lorelai Kinnear: What is your all-time favorite food?
“My favorite food is Tom Yum soup.”

Karsten Bowles: At which restaurant do you spend the most money?
“I spend the most money at Sumo.”

Fabiola Torres Mora: What is your go-to snack?
“I usually have energy bars as a snack.”

Dessert

Cascade Kodiaks, like anyone else, love dessert. Favorite desserts at Cascade range from pumpkin pie (Cody Salmon - 9) to watermelon (Julian Rivera - 10) to jolly ranchers (Alexis Stitt - 9). The most popular dessert for Kodiaks, however, is ice cream. 1/3 of Kodiaks surveyed preferred ice cream to satisfy their sweet tooth. Mr. Wharton’s favorite flavor is cookies and cream. For Noah Copson (9), the best ice cream flavor is chocolate. Others, like Ethan Blanchard (10), prefer their ice cream in the form of a McFlurry - the Oreo variety specifically. Timothy Dodge (12) doesn’t eat dessert first. “I try to save it,” he said. Ice cream cake is Dodge’s favorite dessert. Timothy eats dessert randomly; “maybe four days a week,” he said. Ariel Torres Penilla’s favorite dessert is made by “a girl who lives around Wenatchee [and] makes blueberry cheesecake cupcakes. They’re a little pricey, but they are worth it.”

DO YOU EAT DESSERT FIRST?

YES: 36%
NO: 64%
Breakfast is one of the most important meals of the day. This morning meal helps you replenish glucose supplies, improves your memory and concentration, boosts your energy levels, increases brain power and test scores, keeps you alert, and so much more. People give many excuses for skipping breakfast - they want to lose weight, they don't feel hungry, or simply because they feel like they don't have enough time in the morning. However, many Kodiaks are eating simple, quick, and healthy breakfasts. Here are a few of those options:

1. Eat like Quin Wilson (12): A typical breakfast for Quin includes eggs, hash browns, bacon and a protein shaken. This breakfast provides excellent fuel for an athlete and has a significant amount of protein.

2. Eat like Arlo Gibbs (9), Parker Hollatz (9), Tanner Chisum-Goodman (10), and Max Spiegel (9) - These students typically eat cereal each morning. This quick breakfast option can be, depending on the cereal chosen, high in fiber and, depending on the milk used, calcium as well.

3. Eat like Cole Ennis (9) and Eli Youmans (10) - These students typically eat a bagel, and occasionally cream cheese, for breakfast. This calorie-dense breakfast provides essential fuel for the school day.

Emma Radach: At which restaurant do you spend the most money and why? “I spend the most money at Olive Garden. Or I just eat at home.”

Arlo Gibbs: What is your go to snack? “My go to snack would be goldfish.”

Oliver Jeffery: If you could eat only one thing for the rest of your life what would it be? “Asparagus, boiled potatoes, and a pork chop.”

Yudith Rivera-Lopez: What is your favorite food? “My favorite food is pasta.”

Ivan Slatta: What is your go to snack choice? “Oreos are my go to snack because they taste good.”

Mariamne Fonseca: At which restaurant do you spend the most money? “McDonald’s is probably were I spend the most money.”

Ezra Swart: What is your all-time favorite food? “I’d say pizza or anything from Chick-fil-A.”

Conner Bruce: If you could eat one thing only for the rest of your life what would it be? “I would have sushi because it has all of the food groups packed into one roll.”

Eat Breakfast: It’s Important

Breakfast is one of the most important meals of the day. This morning meal helps you replenish glucose supplies, improves your memory and concentration, boosts your energy levels, increases brain power and test scores, keeps you alert, and so much more. People give many excuses for skipping breakfast - they want to lose weight, they don’t feel hungry, or simply because they feel like they don’t have enough time in the morning. However, many Kodiaks are eating simple, quick, and healthy breakfasts. Here are a few of those options:

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On February 9th, the last league wrestling match of the year, the wrestling team found out who’s was off to state and who’s was done for the year. This year three wrestlers will make their way to the Tacoma Dome on February 17-18 to compete for a state title. Abraham Gonzales (10), Angel Sandoval (11), and Mya Herrera (11) all qualified to wrestle. Along with making it to state, Mya Herrera was awarded Caribou Trail League’s female wrestler of the year.

At the beginning of the 2nd semester, Principal Rudy Joya and Vice Principal Annika Bibby put together a presentation reminding students that it takes more to be a Kodiak. They reminded students the school expectations in the hallways, classrooms, lunch time and tardies. Along with reviewing school expectations, Leadership came up with a kindness pledge to help all strive to be better human beings. At this assembly, ran by ASB, all winter sports were recognized on their achievements for the year. Captains from each team were called to the stage to compete in a piñata contest while blindfolded that gave everyone a good laugh.

This past Saturday, Cascade competed in the District qualifier for the State Tournament. In attendance was Wenatchee High School, Othello High School, Davis High School, Eisenhower High School, Ephrata High School, and Toppenish High School. In Original Oratory, Danielle Tottman took third place and Coal Fiano took fifth. In Impromptu, Ande Lainn placed third and Rhonan Allen placed second. In Dual Interpretation Coal Fiano and Breanna Loomis took first place! Cascade took third place in overall sweepstakes. Breanna Loomis and Mia Dreis were selected to attend World Debate in March.
Show your love. Students pose in the photo booth set up by the ASB and Leadership class with roses, pink signs with valentine sayings and hearts. This spirit week was set up to follow the Valentines day theme with twin day, red/pink out, PJ day, dress like your type and monochrome day. ASB and Leadership spent many days preparing for Valentines day by decorating the halls, putting together games, spreading kindness through activities such as “handing out my heart”, and selling hot chocolate to give to one another.

To start of the love filled week, students were handed paper hearts during flex on February 13th to write down a person, place or thing they love. They were then hung on the walls for everyone to appreciate.
Would you rather: Have skin that changes color based on your emotions, or have a tattoo that appears all over your body depicting what you did yesterday?
Nothing beats knowledge

This year’s regional knowledge bowl competition took place on February 15th at Wenatchee High School. After multiple rounds, it was clear that the Cascade team was far superior to the opposing schools.

“Our team won by a significant amount. I think I heard that we didn’t even have to do the last round because we still would have won even if they did the best possible,” said team member Quentin Farrell.

The team heading to the state competition in this season is comprised of Caroline Menna (10), Adrian Renner-Singer (11), Haakon Scheibler (12) (captain), Evan Butruille (12), Quentin Farrell (12), and Antonio Aurilio (12).

Within the team, different members have different specialties. Haakon is really good at history, specifically presidents. I am good at difficult math and chemistry, and I’ve been studying grammar so hopefully I can help with that. Evan is good at fish facts, turtle facts, and just knows some stuff. Tonio is good at terrorism facts and is the best teammate. He can help with everything. Adrian knows some stuff about drama. And Caroline knows a lot about literature, music and art,” said Farrell.

These niches of information, no matter how small, can be critical in a close match.

The knowledge bowl team has had many successes at state in the past. Mr. Massey, the clubs advisor, said, “Last year we won state for the first time ever. Before that we got third place twice and we finished in the top ten eight times in the last twenty-five years.”

The team is so far undefeated in the regular season, but “we haven’t played some of the strong teams yet,” said Massey. “We practice twice a week and are hoping we can compete well with them.”

The competition for state is scheduled for March 11th at Wenatchee High School, and Cascades team will hopefully be bringing home another first place trophy!
Spring
Hit Us With Your BEST Shot

Roster:

Back Row: Jasper Bard, Blue Knutson, Isabel Bentsen, Madison Fish, Ethan Flansburg, Haakon Scheibler, Cadyn Peterson, Paulina Viteka

Middle Row: Coach Jack, Colton Chase, Jonas Johnson, Rhone Goodfellow, Miles Porter, Ava Schmidt, Anna Reichlen, Annie Jenkins, Coach H

Front Row: Hazel Eschen, Paige Runions, Breanna Loomis, Harper Baker, Grace McDevitt, Zoey Sheffield, Sophia Vicente, Detsy Medina

Not Pictured: Oliver Childers, Larjah Collins, Zienna Erickson, Ethan Fallon, Amara Flansburg, Cassidy Gillespie, Finna Gillikin, Charlie Lyons, Ayla Pate, Isaiah Sharpe, Miles Hunt, Gabe Summers

A. Freshman Ava Schmidt practices serves while practicing in the gym until the snow melts. “This is my first year playing tennis in high school. The people are super nice and everyone I’ve been playing with are great and very welcoming. I’m really excited to keep practicing and see how much I can improve this season,” said Schmidt.

B. Caden Peterson, serves at a match hosted in Leavenworth. Caden has played both years of high school. “My favorite part has been going and playing in the matches. It’s fun to be there with the team as well get to play. I am really excited to play in the league tournament this year. I missed it last year because I had Covid, so hopefully this year I have some better luck,” said Peterson (10).

C. Senior tennis player Haakon Scheibler looks like an absolute tennis professional as he walks with swagger after a successful serve. Haakon is the boys senior captain this year and is a great tennis player. He is a great example to the rest of the team.

D. Junior Blue Knutson poses with tennis racket in the gym before practice. His shades help him to mentally prepare to play. The tennis team was forced to practice inside and shovel courts for hours for almost a month before the snow melted enough to allow them to play outside.

If you SOFT SERVE you should have gone to get ICE CREAM

Senior Spotlight: Varsity Team Captains

Senior, Haakon Scheibler, is this year’s boys tennis captain. Haakon has played tennis all four years of high school. “Since freshman year I have improved dramatically, and learned that playing as much as I can, especially year round, really helps keep my skills consistent,” said Scheibler.

Senior, Zienna Erickson is this year’s girls tennis captain. She has played all four years of high school. “Moving here and adapting to the new team really helped me grow. Tennis has taught me how to stay motivated and push through even when you don’t want to,” said Erickson.
MARCH MADNESS
3v3 Basketball Tournament

On March 9th, the 3v3 basketball tournament started, the competition carried through to the 10th. The bleachers were packed with supportive students. "Kaston, Ryan, Angel and Jones were the toughest opponent to go up against because they are athletic and Kaston is tall," said Fernando Tovar (12), who was part of the winning team which consisted of himself, Kai Lumen (12), and Hunter Stutzman (12).

Haakon Scheibler (12), Teyva Dillon (10), Tillie Leroy (12) and Cassidy Gillespie (11), had a clever name - Bricked Up - for this 3v3 tournament. Scheibler explained the name: "In Minecraft you throw down bricks, but in basketball you throw the ball up." The event was well attended as students cheered on their favorite team. The most memorable moment for fan Noah Copson (9), was "when Jonas scored a point in the finals."
Project Pivot

On March 3rd, Project Pivot, a film created by Charlie Voorhis about the grit needed in order to become a successful athlete. The film premiered in Leavenworth at the Snowy Owl Theater. Many CHS students attended and found new perspectives on grit and the sports they participate in. Some students showed their support for the film by sporting the brand’s hat.

“IT was awesome and they were super talented. I want to go home and find things that resembles the Taiko drums and mess around and play what I’ve learned,” said Ava Schmidt (9). “They were so cool, I loved [how] they all had different personalities, but worked well together,” said Ms. Weil.

On, the eighth of March, the Taiko experiment came from Los Angeles to perform for Cascade High School and involve them in their music by teaching them how to play their Japanese drums.

Five out of six CHS students who attended the WJEA conference won an award for their work in Pub. The CHS Pub team had a very successful trip to Mountlake Terrace High School, especially since this was the first time that Pub had attended an in-person state-wide competition.
A. Yudith Rivera (9) said she joined track because she wanted "to try it out and see how it is." Cody Salmon (9) said he joined track because "I don't know, I just wanted to try it, and it seemed fun." He also joined it for weight room. Cordelia Freeland (9) said she joined track because she "wanted to try something new and to work out more and hold me responsible for.

B. Mariana Fonseca (10) said the most thing she likes about track is "It's a good environment and everybody supports each other." Angel Avila said (10) his favorite part is "you get to socialize a lot and you get to have fun with your friends and stuff." Monique Copado (10) said her favorite part is "the coaches because they are supportive and kind and the push us in a way that we grow."

C. Erick Giles (11) said he's most excited "to hangout with friends" this track season. Selena Oropeza (11) said "meeting new people" is the thing she's most excited about. John Vargas (11) is most excited about "the barbeque food."

D. Quinn Wilson (12) said his favorite events are "discus and shot put and I just like track in general." Aleah Simpson (12) said her event is 100 meter dash, because she "likes sprinting and its not too long or too short." Aiden Tuttle (12) said his events are "the mile and pole vault and I like the pole vault better than the mile."

Kodiak Track Team
Fernando also known as “Fern” said his goal for this season as captain is to “win state.” He likes to motivate his team by “looking at the positives.” Fern also said something he learned from participating is “you become friends with people you don’t think you would.” He has played soccer “since [he] was seven” and his favorite position has always been “right back, because you don’t run a lot”. His expectations for everyone on the team is to “be a respectful teammate.” Even though Fern loves the adrenaline rush of being on the soccer field, his favorite moments of being on the team is the bus rides.

Vincent Slette likes to motivate other players by “setting a good example and always trying my hardest and best.” As the captain of the team. Vincent’s goals are “just wanting everyone to get along. And have the team feel like family and establish brotherhood.” He has played soccer for “as long as [he] can remember.” Slette said it was his “dad who first introduced me to soccer.” While on the high school team, Vincent learned “how to work with people even if you don’t get along with them. And you’ll make new and real friends.” Vincent’s favorite position is “left back because [he’s] played it the most.” His favorite event? “Districts because if we win we get to go to state!”

**Varsity Captains: Fernando Tovar and Vincent Slette**
Prior to the official start of the league season, the girl’s softball team played three games: two against Kittitas and one against Brewster. Although these games proved to be a bit of a struggle, the girls are confident they will have success in the league and with a strong senior lineup and record from last year, all of CHS is looking forward to their season.

This year, it appears that the boys soccer program is on pace to make a second trip to state. Their current, overall record is Varsity 3-1 and JV 3-1. Cascade beat main rival Cashmere 7-0. Angel Sandoval is confident that soccer has a shot at state this year: “Last year we made it to state and we still have the same team, we only lost two players.”

On March 22nd, the Cascade High School Varsity and JV tennis teams played a home match against Cashmere. For this competition both coaches decided on a mixed doubles match. This means that there were no singles matches, and each double team had a boy and a girl, unless there was an odd number. It was close, ending with a tie-breaker in the form of a coaches match, which Cashmere won. After weeks of practicing indoors due to snow on the courts, this was only Cascade’s second home match outdoors.

On March 21st, the CHS concert band performed Highland Legend, Marching Song, and The Last Rose of Summer for their winter concert. These songs featured a solo by Tod Lindsey and Alexandra Fernandez and Mary Ising as a duo.

On March 23rd, the CHS choir performed Shady Grove, Cloths of Heaven, and Coast Salish Medley. These pieces were accompanied by Mr. Kiletto on the piano and Paige Runions on the fiddle for Shady Grove, in addition to singing.
On March 10th, Plain Valley sent eleven teens to represent at the Junior National Cross Country Ski tournament in Fairbanks, Alaska. The Plain valley team ranked 11th out of 49 teams, and the Pacific Northwest was 6th out of 10 regions. The team member with by far the most success was Cascade’s own freshman Quinten Koch. He placed 1st in the nation in his U16 age group. “I trained every day for 2.5 hours,” said Koch. “When I was at the start line, I had won all my previous heats so I knew I had a chance, and when we started I knew that I wanted it more than anyone else. Its hard to describe but winning nationals has been my dream for so long, since I’ve known that that was even a thing, and when you finally achieve your dream like that its the most amazing feeling ever,” said Koch. Team member Serenity Saugen (10) said that training consists of “distance, endurance, intensity, speed, intervals, agility, and recovery blocks, with cross training over the summer. We would train each of these for about two weeks to get ready for a race.”

On the 17th of March the Cascade High School girl’s golf team traveled to Rock Island to compete in their first invitational match where the girls placed seventh out of nine teams. Less than a week later, on March 22nd, both the boys and girls teams ventured to Warden for a match. “My score went down by like 20 points and I’m very proud of myself,” said Baylee Unger (10).

This year CHS Knowledge Bowl members participated in the state competition again. “We finished in 2nd - it was very close, going back and forth the whole way, but Port Townsend prevailed in the end,” said Coach Massey. “I think we did pretty good. The competition was fierce in the last round. The team that beat us got second last year by a slim margin. I think we did worse this year because although we had Haakon, we didn’t have Price,” said senior team member Quentin Farrell.

During the week of March 20-24, 11th grade AVID put on a fun week of competitions to raise college awareness. The week included door decorating, a scavenger hunt, Kahoot, and college/military swag. The week ended with Mr. Joya and many other staff members getting pied by the winning flex. The Cascade baseball team is in a year of transition, with many young players joining the team. Despite a challenging first game, Theodore Everson (9) is looking forward to “winning a game” this season.
CASCADe COUTURE

Hats
A. Nevada Allen’s (9)  Froggy Beanie
B. Finna Gillikin’s (11)  Cowboy Hat
C. Deborah Walls (12)  Navy Bandanna

Shirts
A. Cruz Martinez-Nieto’s (10)  Oversized Blanket Hoodie
B. Dulce Herrera’s (11)  Puffed Crop-top
C. Timothy Dodge’s (12)  Carhartt Hoodie

Pants
A. Gretchen Leach’s (9)  White Jeans
B. Kikkan Brine’s (9)  Multicolored Hippie Overalls
C. Lauren Haiduc’s (12)  Brown Corduroy Pants

Shoes
A. Gwen Pehowski’s (9)  Black and white Jordans
B. Jackson Feeny’s (10)  Neon Nike Sneakers
C. Oliver Avila’s (11)  Lucky Charms Crocs
Harper Robbins (10)

"My leggings are Emma’s [Warman](12). My shoes I got from the mall and the top is my friend’s. None of this is mine."

Aiden Tuttle (12)

"I guess [my outfit is] just comfortable. I woke up at 6 a.m. so I just slapped on whatever was comfortable."

Alexis Smith-Bishop (11)

"My dad got me this coat for Christmas and I got the rest of the fit from the antique store. I just really like suits and I like being sparkly."

Jonah Peake (9)

"I just like [my outfit] because it’s comfortable and I like the color of my shoes."

Time to Accessorize

Libertad Lee’s (9) bracelets, rings, and necklaces

Saori Lopez’s (10) Apple watch

Thatcher Pate’s (11) knee brace

Zoey Sheffield’s (12) earrings and nose ring

If you could trade closets with somebody, who would it be?

"Whoever has the most blue jeans and plain unisex t-shirts. So probably Colton [Chase] (9)."
- Panthra Cardineer (9)

"Probably Harper Baker (10). She has lots of comfortable clothes."
- Paige Runions (10)

"Maverick Miller (11). His clothes wouldn’t fit but he’s always dripped."
- Karsten Bowles (11)

"I would trade with Juana Palacios (12) because she dresses very comfortably. Her outfits are nice."
- Alexandra Fernandez (12)
Icicle Bicycle & Equestrian Features

Icicle Bicycle Club

“I’ve been doing Icicle Bicycle since I was in sixth grade, and I’m in tenth grade now,” said Mia. “The best part of Icicle Bicycle is that I have people around me that are helping me do something hard because I wouldn’t want to do it if I wasn’t on a team that was making me do it. Honestly, the biking, is really hard and as I’ve gotten older and older the races have gotten longer and longer. It’s just really physically hard.”

The funnest parts are the meets, where you can compete against everyone. It’s pretty fun,” said senior Greer Swoboda. “The hardest part is waking up, to go do stuff, cause you have to wake up an hour or two before you actually have to ride because you have to feed the horses and clean up their poop and everything. It’s pretty hard.”

Mia Dreis
Sophomore

Senior
Greer Swoboda

Equestrian

Job 48543 Year 2023 Page 064 (1689134226) 06/01/2023 4:45 PM

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2023 Softball Roster:

**Top Row:** Kaylee Lewis, Giselle Navarro, Lindsey Rodriguez, Vanessa West, Emma Sunitsch, Emma Warman, Coco Zehm, Hannah Henson

**Bottom Row:** Natalie Stein Trujillo, Karlyn Kocher, McKenna Walters, Breigh Ragsdale, Kathleen Kocher, Natalie Sanchez, Leilano Alejo, Evelin Ruvalcaba

**Not In Picture:** Talia Stein Trujillo

Softball: Running the Bases

A: The team gathering together in between innings before going on defense.
B: Giselle Navarro (12) winding up to throw a pitch.
C: Karlyn Kocher (11) loading up the bat ready for the pitch.
D: Emma Sunitsch (12) moments before hitting the ball.
E: McKenna Walters (10) swinging at the ball.
F: Coco Zehm (12), McKenna Walters (10) and Breigh Ragsdale (9) cheering on their team.

**Senior Section**

Vanessa West

Vanessa West has been playing softball since she was in middle school. Vanessa said her favorite thing about softball is that it’s a team sport and it takes more than one person to be successful. Vanessa said her goals for her team this year are, “getting a chance at winning leagues again like we did last year.”

Emma Sunitsch

Emma Sunitsch has been playing softball for around 8 years. Emma said that her favorite thing about playing is, “being able to connect with my peers.” Emma’s goal this year is to, “put the fun in fundamentals.”

Emma Warman

Emma Warman has been playing softball for around 6 years. Her favorite thing about playing is, “The team.” As a senior this year her goal for her team is to win league and work hard as a team.

Coco Zehm

Coco has been playing softball “since GWGSA (Greater Wenatchee Girls Softball Association) league” when she was eleven. “I’ve always played T-ball,” said Zehm. For Coco, the most enjoyable part of the sport is “playing as a team and being supported by my team, community and family.” This year, Zehm hopes that they “can bring home some wins and continue to be one of the most successful sports programs in the school.”

Giselle Navarro

Giselle Navarro has been playing softball so long that she can’t remember when she started. “Possibly since third grade,” said Navarro. Giselle’s favorite aspect of softball is the “sunflower seeds.” As a senior, and leader on the team, Navarro’s goals for the team are to “have fun and make Finken proud” this year.
I've been doing art ever since I was a kid, but I started taking it seriously five years ago. It was something I did with my friends; I always liked art. We were in middle school; we were the art kids. It's actually pretty simple. I liked complementary colors, for example blue and orange. I don't really have a meaning behind my art, it kind of represents imagination. It's kind of fun to choose what I can draw: you get to create whatever you want.

Lauren Haiduc (12)

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Lauren Haiduc (12)

I've been going to choir last year. I'm an Alto. Last year in 8th grade I was randomly [put in choir] and I liked it, so I stayed. [My favorite song is] Cloths of Heaven. It's fun. I have a lot of friends, so it's fun to sing together.

Zoe Warman (9)

I've been singing since 6th grade; I've always loved songs, with choir songs it's different, because you have to rely on others to complete the melody. [My favorite song] I say would be] Cloths of Heaven, how the different parts melt together. I like being able to learn new songs and how different songs relate to different cultures.

Soren Ising (9)

I've been playing saxophone since 6th grade, so this is my fourth year. I play Alto Saxophone. I joined Jazz because I didn't take P.E. or Health this year. My sister played saxophone and I wanted to play the saxophone, so she passed it down to me. I really love band. [My favorite song is] Peter Gunn by Blue Brother. [What I like is that] you don't have to play it how it was originally made, you can make it more fun and your own.

Wyatt Rutherford (9)

This is my first year in Publications, second semester. I like it, but at first I thought it was going to be hard. It's just sounded hard because I had friends who had this class before, they showed me their work and they told me how stressed they are. I heard you can put your ideas into the spreads and I thought, I had a creative mind set. I was worried about time, I thought that I could do it, I just haven't put time into it. It's challenging, especially when you need head shots of people. [My favorite part is] the interviewing. I get to know about people even if I don't know them. I'll probably finish my spread in a week. Ms. Robison told me to go on Pinterest and pick a shape and I went with the flow.

Fernanda Ramirez (10)
I actually started taking photography in the class, so two years. I wasn’t that interested in it, but now I think it’s really valuable. I actually got put there accidentally, I picked 2D Art, but it got full, so they put me in photography. I went [on] a trip in New Zealand and I was going to be gone for a long time, so I took my personal DSLR camera. I took it on the coast of the South Island, the photo was simple, but the landscape was really beautiful. I felt really good. I took most of the photos in the car, so it felt really good to get out and take standing photos.

The artwork featured on the front of this yearbook is the work of graphic artist Alaina Wall. “Overall it took me around sixty hours from concept to final design of [the yearbook cover]. Before I started, I knew I wanted the shape of the bear to outline a realistic bear shape. I didn’t want to oversimplify it. I used a variety of geometric shapes. It took me a long time to choose colors that would compliment the design and theme,” said Wall. Use your smartphone to follow the QR code above and see this artist’s process.

“I’ve been playing an instrument for] three to four years. I started at my old school with drums, but then switched to clarinet. At first the school I went to was mandatory for music, but then I just started to enjoy playing music. The clarinet was the easiest instrument to make any noise. My favorite song is] I think Highland Legend. I have always liked faster pace songs. It’s just really fun and to get better playing.”

“I’ve been doing art since I was a kid, I didn’t take it seriously. I drew comic strips on the back of my work in school. I never took classes in art before. My art piece is] like most other pieces, don’t really have a meaning behind it. I just searched inspiration online until I find to draw about. It’s a girl] falling off her bed which has a cutout of a triangle of space. A girl in a fantasy world.”

“I’ve been doing 3D Art for] about four years, when I lived in the east coast, I went to an art school and that was my magnetic, basically means that’s what my school focused on. My art piece] would be a ceramic bowl I worked on. I think the prompt was planets, so I tried to have space. A big planet with moons around it.”

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“I’ve been doing digital art for] about two years, I got into it by YouTube. [Multi-media] is fun, you have a decent time frame and you can perfect it or create a design. I was in two of [Ms. Murphy’s] classes my freshman year and she asked if I wanted to expand my knowledge in digital design, I was happy. [My art piece] I did was] the class of 2021-2022, they were a different font to emphasis a lot. It took about a week. I’ve always been interested in computers; I was happy to be chosen for it. It definitely takes work for the programs because they all work differently. Some projects are harder than others, but if I keep on working on it then I can get it done, even if some aren’t as productive as others.”
MAY THE COURSE BE WITH YOU
The CHS Golf Team

Seniors, Gavin Pulse and Jones Duncan, pose with the Burger King crowns that the girls’ team gave them while stopping for dinner after the golf match against Warden.

Junior Scott Lindsay pays close attention to the golf tournament Coach Fraker showed the team in order to establish some basic understanding of the rules of golf.

The CHS Golf Team

Roster:
Top Row: Braedon Parton, Gavin Pulse, Ashton Lapinski, Jones Duncan, Hunter Stutzman, Zoe Boggs, Scott Lindsay
Bottom Row: Anton Dahlstedt, Connor Karol, Lars Olin, Connor Butts, Rayen Blue, Maddy Black, Baylee Unger
Head Coach: Paul Fraker
Assistant Coach: Greg Peck

The girls team smiles as they warm up for their first invitational golf match at Rock Island, joining eight other teams.

Zoe Boggs (12) practices her putting before the match at Colockum Golf Course in Quincy.

After their match at Warden, the golf team was surprised with homemade cookies made by Mrs. Fraker (T. Fraker’s wife). The girls wanted to take pictures of them before they were all gone.

Golf & Baseball Features
A. Teddy Everson (9) is ready, in stance and waiting for a play to be made. He is looking at the ball.
B. Connor Schoenwald (9) is warming up his arm and throwing a pitch to the catcher.
C. Jaxon Coble is throwing a pitch and is very concentrated.
D. Jorgan Palmer (9) is walking off the base ready to run to the next base after he just hit the ball.
E. Trenton Holland (10) is getting ready for the game, he is putting on his catchers gear.
F. Teddy Everson is getting ready for a ball to be thrown to him to get another player out.
G. Cole Ennis (10) is up to bat and he is swinging the ball at the amazing pitch that he has.
H. Connor Schoenwald (9) is throwing another pitch and warming up before his first game.
I. Ollyn Schultz up in front practicing batting before his first game, getting ready and warmed up.
J. Connor Schoenwald is up to bat and is going to make an amazing play. He is very focused and swinging very hard at the ball, the guy behind his is practicing before he goes up to bat.

**KODIACS on the field**

**Roster:**
Top: Ollyn Schultz, Juan Alvarado, Trenton Holland, Teddy Everson, Jorgan Palmer, Connor Schoenwald.
Bottom: Micah Dirks, Gabriel Payne, Cole Ennis, Blake Kukowski, Jaxon Coble
Senior year is a special time for any student. It’s a rite of passage into adulthood. It is a time not only for focusing on the future, but also reflecting on the past; the lessons learned, the memories made, and the changes that have been undergone. We asked the class of 2023 to do just that...

\[ \text{SENIORS THEN & NOW} \]

**SHAWN Vandegrift**

"My favorite memory as a child was probably camping with my family. We would hang out around a fire and make smores. Other fun things I did was four wheeling and dirt biking with my family."

**VICTOR Lopez Madero**

"My favorite childhood memory is when I went to Disneyland with my family and saw Lightning McQueen. Cars was my favorite childhood TV show and it was like I was meeting my idol."

**ADA Robbins**

"My first full time job was at Leavenworth boutiques and my first paycheck was probably around 500 dollars."

**ADA Robbins**

"My first memory is when I was two and hiding behind a rocking chair hiding from something, I don't remember what I was hiding from but I was obviously scared."

**VERONICA Yanquez Sarabia**

"Freshman year, I was in Culinary with Tania, Leslie and Brixyeda. We were making scones and I accidentally put in baking soda instead of baking powder. The scones tasted sally and fuzzy."

**Olen Johnson**

"Sledding down the stairs, Antonio, Eoin and I got on a table and rode it down the back stairs. It ripped the back off the table and I was getting destroys, because I was at the back. We had to buy a new table and do some community service."

**JASON LEACH**

"The people I've grown to love, because they're why I'm still here: Shawn Vandegrift, Patton Smith, and Jacob Hendricks Davey."

**TJ DODGE**

"My grade in AP Chemistry with Mr. Mendoza. I was organized, I talked with the teacher, where I sat was a good choice too, because I had good help, and I earned an A."

**Alvin Almeida**

"Being able to come back to CHS second quarter of my freshman year. I knew a lot of friends here and some teachers - I knew CHS was going to be a good school."

**ELISE Almeida**

"...don't give a shoot dang what people gotta say, because they judge no matter what."

**EURACLEE Christoffersen**

"Be happy and love. Focus on what you can control, release what you cannot."

**DEBORAH Wall**

"...drugs don't make you cool. It's okay to say 'no' if you're uncomfortable and always ask for help."

**ALEAH Simpson**

"During the past year I've learned..."

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"During the past year I've learned..."
"...social status is not more important than being happy."  
Ada Robbins

Throughout my childhood I have learned a lot of lessons, most important lesson I have learned is to never depend on anyone."  
Anthony Oropeza Onate

"...the first day I came here. It was different for me, because I was living in Mexico, so it was hard to learn a new language, but I got it pretty quick. Now I'm more confident. I've lived here for ten years. It's been fun to meet new people. I love it here."  
Jennifer Nieto Martinez

"...my sophomore tennis season, that's where I learned what it was like to be part of a close community. I learned that you don't really have to get along with everyone in a community in order to work for it. I learned this by just interacting with everyone. As a team captain, I have to communicate with everyone."  
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...
People

School Field Trips
Zack Karnes & Gordon Jeffrey

Seniors
Vanessa West, Brendan Fallon, Alaina Wall, Jack Wagman & Vincent Slette

Senior Superlatives
Jack Wagman & Alaina Wall

Juniors
Ben Jerome & Paulina Vitek

It's all in the Family
Paige Runions & Maddy Black

Sophomores
Jackson Forney & Joelyn Olguin Oropeza

Modern Day Heroes
Abigail Carnahan & Isabel Menna

Freshman
Gwen Pehowski & Avery Houghton

Wisdom Teeth
Caroline Menna

Discovery
Caroline Menna

Staff
Roselyn Robison

Clubs
Alaina Wall & Maddy Black

College Classes
Alaina Wall

Music
Maddy Black & Ada Robbins

A Year in Review
Isabel Menna & Rhetta Cummings

Meet the Staff
Advanced Staff
A DIFFERENT ANGLE ON EDUCATION: CHS Field Trips

A DATE AT COURT

Students enrolled in Personal and Business Law with Mr. Sunitsch took a trip across the Chumstick to have their mock trial covering "Sam's Law" (dealing with issues surrounding fraternity hazing) heard by appellate judge Kenneth Grosse at the fire station. Cassidy Gillespie (11), a lawyer for the defense, explained that preparing for the trial was "a lot of work, but ultimately fun when [we] got to trial." Sunitsch organized this field trip in hopes that his students would see the "relevance of coursework." "It was really fun," said Lauren Haiduc (12).

Walking Trips

Walking field trips, where students practice a variety of composition techniques, are a regular part of class for students in Photography with Ms. Dillon. Students walk through town and Enchantment Park as they search for subjects and practice. They look for examples of balance, pattern, proportion, emphasis, etc. Amara Flansburg (9) photographed Daisy Medina (9) on one of these trips. Amara chose to frame Daisy's eye after attempting to use this technique with a mountain and getting "blurry" results.

Solo & Ensemble Contest

Musicians from all over North Central Washington gather annually to perfect their craft and engage in competitions. Students enrolled in Band with Mr. Rowland ventured to Wenatchee High School to perform solos and duets. All competing students received scores of excellent or superior and Charles Rich was selected to move on and perform at the state level. For Rich, "performing [was] stressful, but rewarding." He plans to use the feedback he received to "better myself."

Planting Ideas

Students enrolled in Natural Resources: Plant Science with Mr. Connor learned about plants as they cultivated cuttings of Cottonwoods, Willows, Dogwood and Snowberry. The cuttings will later be used for a restoration project at Wenatchee River Institute. In this photograph, Soren Ising (9), Frost Dougherty (12) and Hawthorne Robbins (9) participate in a field study at Sleepy Hollow Farm looking at the density of native species populations. For Dougherty, the most memorable part of the field trip was "clipping sections of branches with my classmates. It was really fun being able to...work together."

Into the Woods

On March 5th, the drama club attended a showing of Into the Woods, a Broadway hit and feature film, at The 5th Avenue Theater. "The trip offered an opportunity for students to see a professional production. For some this was their first time seeing anything more than a high school show," explained Mr. Allen. "It was really fun seeing the lighting all the costume changes they did, and the pyrotechnics they used like the flamethrowers they used that came up from the seats, and how the band sits underneath the stage," said Rhonan Allen (10).
CODY ALBIZU
No quote submitted.

ELISE ALMEIDA
"None of us understand what we're doing, but we do beautiful things anyway."
-Allen Ginsberg

CARLOS ARELLANO
Don't be lazy.

ANTONIO AVILLO
Speed has never killed anyone, suddenly becoming stationary... That's what gets you.- Jeremy Clarkson

CAILIN BAILEY
Le vent se lève, il faut tenter de vivre!

ZOE BOGGS
Peace out Girl Scout

MADISON BREWER
Ummmm...

ALDEN BROOKS
It's easier to ask for forgiveness than permission.

EVAN BUTRUILLE
"I know exactly what to do, but in a real sense, I had no idea what to do."-Michael Scott

KEVIN CASTILLO
Never give up.
"Uno sabe donde nace pero nunca donde acaba."

“Is this the krusty Krab? No this is Patrick!”

“I’m not fighting because I want to win, I’m fighting because I have to win.”

I would like to thank my arms for always being at my side, my legs for always supporting me and my fingers because I can always count on them.

I don’t know what to put here.

Return home when the moonlight shines, and experience life all over again.

Can you go to Dans for me?

“Welcome to the real world! It sucks. You’re gonna love it.”

I would like to thank my arms for always being at my side, my legs for always supporting me and my fingers because I can always count on them.

"Never say never."

“Never say never.”

“Awww...Yeeeaaaah!!!

“You make 100% of the shots you don’t miss.”

- Patrick Star

- Ichigo Kurosaki

- Monica Geller

- Mr. Massey

- Chris Chann

- Justin Drew Bieber
HONESTLY, I'M AS SHOCKED AS YOU ARE.

PORTIA FRY

RELATIONSHIPS ARE VERY FUNDAMENTAL TO LIFE AND THEY HELP YOU IN THE LONG RUN.

TAVEN GIPSON

IF IT'S MEANT TO BE, IT WILL BE.

MAKENA GRANT

NO QUOTE SUBMITTED.

GREGORY GRIFFITH

DON'T FOLLOW YOUR DREAMS, FOLLOW MY INSTAGRAM.

JESSE GUNTER

ALWAYS BE YOURSELF AND WHO YOU WANT TO BE.

HADLEY HAGGARD

"TO REACH A PORT WE MUST SET SAIL—SAIL, NOT BE ANCHOR—SAIL, NOT DRIFT." - F.D.R.

LAUREN HAIDUC

"I CAN'T BELIEVE IT! READING AND WRITING ACTUALLY PAID OFF!"

JACOB HENDRICKS

"LIVE FAST, DIE YOUNG, BE WILD, HAVE FUN." - ELIZABETH WOOLRIDGE GRANT

MILES HUNT

NO QUOTE SUBMITTED.

ANNE JENKINS

TALENT DOESN'T BEAT HARD WORK, HARD WORK DOES BEAT TALENT.

ALONZO JOHNSON

IT'S ONLY ILLEGAL IF YOU GET CAUGHT.

OLEN JOHNSON
TIMOTHY JOHNSTONE
"I'm here so I don't get fined."
-Marshawn Lynch

ASHTON LAPINSKI
Once you start Learning, the L becomes silent.

JASON LEACH
You have two ways to walk, like you're the king, or like you don't care who the king is.
-Emily Dickinson

TILLIE JANE LEROY
"In the name of the Bee- And of the Butterfly- And of the Breeze- Amen!"

KAI LEWMAN
No matter what happens, keep moving.

AUTUMN LOGAN
"If there's a will, there's a way. If there's a Quizlet, there's an A."
-Unknown

VICTOR LOPEZ
"You're toast."
-P. Fraker

HAILEY LORENZEN
live laugh love

CANYON MARSON
[You haven't unlocked this character yet]

ALEXANDRA MATA-OJEDA
Wake up to reality.
Nothing ever goes as planned in this accursed world.

ALONDRA MATA-OJEDA
Be the one to break the silence.

ALMA MCKEAN
I'm not convinced I know how to read, I've just memorized a lot of words.
GENEVIEVE McMILLIN
No quote submitted.

JENNIFER MENDEZ
“I don’t know where I’m going from here, but I promise it won’t be boring.” - David Bowie

NAHIR LEDEZMA
If your orange juice is yellow, it’s not real orange juice.

RYDER MUNLY
“You have to roll with the punches my friend, take life as it comes.” - Matt Collins

GISELLE NAVARRO
“It’s been real, it’s been fun, but it has not been real fun.” - Rudy Joya

JENNIFER NIETO
Pequeña y agresiva con la vida, loca perdida, perdida perdida. Luismi 1988

OSCAR OJEDA
Yo ando al millón porque al cien andan todos.

CHARLEY OLSON
I had to put pants on for this.

ANTHONY ONATE
“The pain you’ve been feeling, can’t compare to the joy that’s coming.” - Romans 8:18

TANIA OYOS
They migrate, so I graduated.

JUANA PALACIOS
Why fall in love when you can fall asleep.

BRAEDEN PARTON
You can catch flies with honey, but you can catch more honeys being fly.
LESLEY PEREZ
“No matter now hard it gets, stick your chest out, keep ya head up, and handle it.” - 2Pac

EMILY REYES
“La vida es prestada y hay que disfrutarla, como más te guste y te pegue la gana”. - banda los recóditos

ADA ROBBINS
“We’re already late, wanna get coffee?”

JUAN RODRIGUEZ
“Finally made it.”

HAAKON SCHEIBLER
“I like a colorful sock. I’m a sock man.” - George Herbert Walker Bush

ZOEY SHEFFIELD
“She’ll probably say something to do with Harry Styles.”

ALEAH SIMPSON
“There is no time to undo the past, because the future keeps coming at us.

HAYLEE RAMSEY
“If opportunity doesn’t knock, build a door.”

HECTOR RAMIREZ
“Ponte las pilas.” - Pa

LINDSEE RODRIGUEZ
“They say good things take time...that’s why I’m always late.”

VINCENT SLETTE
“Never memorize something that you can look up.” - Gramps
LUKE SMITH
Longest four years of my life.

PAITON SMITH
I'll make u proud momma, fly high rip.

HUNTER STUTZMAN
Slow is smooth, smooth is fast.

EMMA SUNITSCH
“The only time I set the bar low is for limbo.”
-Micheal Scott

LUKE SMITH
Longest four years of my life.

PAITON SMITH
I'll make u proud momma, fly high rip.

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Slow is smooth, smooth is fast.

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“The only time I set the bar low is for limbo.”
-Micheal Scott

GREER SWOBOADA
Sometimes you gotta work a little so you can ball a lot.

MALAKI TAUB
When you're in high school, you spend your days dreaming by yourself or with friends. When you get to college, you're not just dreaming anymore.

FERNANDO TOVAR
"No." - Rosa parks

AIDEN TUTTLE
At the end of the day, it's night.

BRICEYDA VALLES
It made me mentally stronger.

SHAWN VANDEGRAF
I told you all my growth spurt would come.

VERONICA VAZQUEZ
"If you ain't got the sauce, then your lost, but you can also get lost in the sauce."-Gucci Mane

ANTHONY VILLALOBOS
Enjoy it or change it.
“Your goal shouldn't be to create a work that gets first place, it should be to create your very own masterpiece.” - Ooba Mayu

Joe Vizcaino

It's about drive it's about power, we stay hungry we devour, put in the work put in the hours and take what's ours.

Jack Wagman

A good idea is never a bad idea, unless it sucks.

Edie Walker

“I'm resolving to just wing it and see what happens.” - Calvin and Hobbes

Xin Lu Wall

“Your goal shouldn't be to create a work that gets first place, it should be to create your very own masterpiece.” - Ooba Mayu

Deborah Wall

“Life is a wheel of fortune and it’s my turn to spin it.” - Tupac Shakur

Emma warman

Wasted 5,040 hours for nothing.

Vanessa West

Words can't explain how much I love school, but numbers can, 3/10.

Molly Whitford

“Do what you can, with what you have, where you are.” - Theodore Roosevelt

Quinlan Wilson

Float like a Cadillac, sting like a beamer.

Zachary Wiser

No quote submitted

Francisco Zarate

Hi.

Colette Zehm

“Where you invest your love, you invest your life.” - Mumford and Sons
Senior Superlatives

Best Womanage
Euraclee Christoffersen & Haley Emry

Haley and Euraclee have been friends since seventh grade. "We talk equally with each other about stupid stuff and all the topics. We're like sisters; we started off arguing and now we're normal sisters who don't argue as much," said Haley. Euraclee appreciates Haley because "she listens, even when she's mad at me, she still listens to what I have to say."

Most Likely to Become President
Haakon Scheibler & Vannesa West

Like any good political battle, the race for hypothetical presidency was close among those surveyed, with Vanessa receiving 39% of the votes and Haakon in the lead with 61%. Some of the voters explained their logic: Max Spiegel (9) would vote for Vanessa West: "because she was #2 and #2 is my lucky number." Nick Crimmins (9) would cast his vote for "Haakon, because he's a presidential type of guy."

Most Likely to Sleep Through a Fire Alarm
Elise Almeida & Juana Palacios Villalobos

These sleepy seniors get 8 (Juana) and 6 (Elise) hours of sleep each night on average. Elise explained that she would "NEVER sleep at school." Juana stated "When I feel tired and go to bed, I fall asleep within minutes. One day there was an earthquake in El Salvador when I was ten years old. All my family members ran out to get to safety. When my dad almost ran out of the house, he went back to wake me up. He tried three times to wake me, but he finally got water and splashed it on me to wake me up. I was confused and my dad told me there was an earthquake. We finally got to safety and I was covered in water."

Best Bromance
Jones Duncan & Braeden Parton

Jones and Braeden became friends in kindergarten. They like to play football and baseball and go hunting together. Jones is a good friend because "he's kind, respectful and a good listener," said Parton. Jones appreciates Braeden's sense of humor, his kindness and the fact that he's "understanding and fun to be around."
Antonio has two nicknames: Toner and Tonio. Tonio was given by his parents. "Antonio has a lot of syllables," he explained. "I don't think my parents wanted to say my whole name." Toner was a nickname given by Greer Swoboda in 7th grade: "She called me that and it just caught on." He likes when people use his nicknames, especially Toner, it makes him feel like they are on a closer level with him.

Emily got her nickname "Chemily" in 5th grade when she was sounding out her name with "Ch" at the start with Vanessa [West], Giselle [Navarro] and Makena. "From there, it became my nickname," she said.

Antonio "Toner" Aurilio & Emily "Chemily" Reyes Torres

Evan was most upset at having lost "a money clip of $500 while walking around in Leavenworth." He also lost the "charger to [his] DS and hasn't been able to play it for years." If did win the lottery (and managed not to lose the ticket) he would "be able to pay off college, then [he] would buy a cool car." Emma would spend her lottery winnings on "a house and a car." "I would buy a brand new Bronco," she said. "I lose my keys every morning," she explained.

Evan Butruille & Emma Warman

Most Likely to Win the Lottery and Lose the Ticket

Oscar drinks caffeine two times each day and spends $12. His drink of choice? "Argonaut coffee."

Jennifer drinks an average of 20-60 ounces of caffeine each day and spends about $5 per day on caffeine. Her drink of choice? "Lotus, from Farmer Joes."

Jason drinks about 800 milligrams of caffeine and spends $3 each day. His drink of choice? "Wired."

Oscar Ojeda Penilla & Jennifer Mendez & Jason Leech

Most Likely to Overdose on Caffeine

Coco has changed a lot since her freshman year. "I would like to think I've gotten nicer, more social and learned the definition of hard work," she said.

For Jose, the biggest changes have been "[his] physical appearance and I used to be very shy and now my confidence has gone up."

Most Changed Since Freshman Year

Jose Vizcaino & Coco Zehm
Shawn and Paiton met in 6th grade. “She was a new student and some of my friends picked her up and we kinda met eachother through each other’s friends,” said Shawn. Shawn knew that they were meant to be together “when everyone thought we were dating already.” A year from now, Shawn hopes to be “moving in together and sharing each other’s time.”

Juan rates his own driving as “fair,” claiming that he drives “safely and not recklessly.” However, he admits that his friends would describe it as “terrible.” Juan has never hit a car. “I look at my surroundings,” he said.

Giselle rates her own driving as “top tier.” However, she does realize that among her friends she would be “the last option when choosing who’s driving.” Giselle did hit a car once. “I reversed and hit them,” she said. “One was Fernando [Tovar] and one was in the Target parking lot.”

Zoey would sell an organ for tickets to “Taylor Swift,” but “I’ve already got tickets to that concert.” The most Zoey has ever spent on concert tickets is $280 “of my own, hard-earned money from working at Tumwater downtown.” The craziest thing that Miles has ever done to get concert tickets? “One time, the tickets went on sale while I was at the orthodontist’s office. I was in the queue while they were working on my teeth,” he said.

Kevin Castillo bought his 2005 WRX for $7,000 his sophomore year. Since then, he estimates that he’s done about $4-5 thousand dollars of upgrades. “Where I work, they call it ‘baby blue,’” Kevin said. His favorite upgrade is the exhaust: “It’s huge and makes a lot of noise.”
"Summer is the best, because..."

"Summer is my favorite season, because it gives me a break from social interaction. I like going to the river and going on vacation. It is fun during summer to explore new places."
- Tieren Drolc (11)

"I'd say I like summer because we don't have school, I like working, making money and doing other things."
- Ryan Denega (11)

"My favorite season used to be fall, but now it is summer. I like summer, because it's very relaxing and I like the heat. My favorite thing to do in summer is sitting on my deck in the sun - we have these plastic chairs that heat up in the sun."
- Alex Warman (11)

"Winter is my favorite season, because you can wear a hoodies basically every day. During the winter I like gaming and playing outside in the snow."
- Erick Giles (11)

"Winter is my favorite season, because it is a chill season, it is a nice lay low, you can kind of just hang out and do a lot of snow sports. I like snowboarding and stuff like that."
- Zach Karnes (11)

"My favorite season used to be fall, but now it is summer. I like summer, because you can wear a hoodies basically every day. During the winter I like gaming and playing outside in the snow."
- Erick Giles (11)

"Winter is my favorite season, because it is a chill season, it is a nice lay low, you can kind of just hang out and do a lot of snow sports. I like snowboarding and stuff like that."
- Zach Karnes (11)

"Winter is the best, because..."

"I like winter because it is a chill season, it is a nice lay low, you can kind of just hang out and do a lot of snow sports. I like snowboarding and stuff like that."
Edward Herrera Lopez  
Dulce Herrera  
Mya Herrera  
Ellie Holm  
Marilyn Ising  
Not Pictured: Gordon Jeffery  
Zachary Karnes  

Lorelai Kinnear  
Blue Knutson  
Karlyn Kocher  
Coy Latimer  
Ramiro Ledesma  
Scott Lindsay

Charles Little  
Breanna Loomis  
Charles Lyons  
Mackenzie Mcleod

Anaii Mendoza-Juarez  
Isabel Menna  
Fahren Miklosh  
Tristan Miklosh  
Maverick Miller  
Dylan Munly

Not Pictured: Heather Nieto  
Martinez  
Paige Nunnally  
Evelyn Ojeda Penilla  
Selena Oropeza Bazan  
Lizbeth Oropeza

Valeria Oropeza-Ovos  
Axel Pacheco  
Thacher Pate  
Oscar Perez Rivera  
Adrian Renner-Singer  
Edward Charles Rich

Alejandro Rodriguez  
Alejandro Romero Garcia  
Jairo Romero Gutierrez  
Not Pictured: Benjamin  
Sanborn  
Emily Sanchez Medina  
Natalie Sanchez  
Angel Sandoval

CRUNCHY 60%  
FRESH LEAVES 40%  
FLOWERS

HOT COCOA 17%  
LATTES 19%  
LEMONADE 41%

WARM FLAKES 40%  
Falling 40%  
SUN 60%

43 Students Surveyed  
57 Students Surveyed  
38 Students Surveyed
"I like spring because of the temperature, not too hot, not too cold. I like spring break, my family always goes hiking down in Utah. I also like hiking right here in town with all the flowers. My favorites are the balsamroots and the Lupines."

-Ellie Holm (11)

"Spring is my favorite season, because it is so beautiful with all the plants blooming and because you can do fun stuff, like hiking, but also you can still go skiing."

-Mrs. Rosenfield

Our Favorite Seasons:

Spring: 21

Summer: 21

Fall: 10

Winter: 2

(21 Students Surveyed)

"My favorite season is fall because of how pretty it looks outside with the leaves turning colors and falling off the trees. I like to go hiking in the mountains with my friends - we take our off-road vehicles and mess around by doing donuts. Then we go to one of our friend’s houses after we're done."

-Maverick Miller (11)

"I like how fall is not as hot and it is not as freezing as winter. I like being able to be wear sweats and sweaters to school, because they’re comfortable."

-Macky Black (11)
"It's nice to have someone to talk to in class and having a ride. (Mariana)

Sometimes we get to see each other and we ride to school together. We have Culinary together this year. It's fun to have a class together, she's funny."

"I admire that [Lauren] has such a good grade. A benefit of going to school with [Lauren] is that she can help me with classes that she has had before. A drawback is that she can "embarrass me in front of my friends.""
It's "nice" to have Evelyn at the same school as me. I can take care of her and watch out for her. I try to set a good example for her by completing my assignments and working hard."

"[Tim] makes good decisions. I admire his working towards becoming a firefighter. I am planning to be a cop. Going to school with Tim is helpful, because he tells me what to expect from a grade/class."

"I get to have (Emmalyn) in class next semester. I've never had one of my kids in my class. I've coached them, but never taught them in class before. It puts her in tough positions - sometimes as a teacher you have to make hard decisions. I may not be popular with her friends and she probably hears [negative remarks]."

"I like getting to talk to them during the day; I see them at Flex and lunch. I help them with school work when I can. I usually help Zoe with maths and Alex with science."

"[Tim] tells me what to expect from a grade/class."

"I sit with [Wyatt] at lunch. I'm not the best at homework, so my boyfriend [Shawn Vandevert] helps him out with it. I like seeing him "be nice" at school."

"I admire that [Oscar's] smart, gets good grades and puts a lot of effort into school. He takes care of me. I get to see him more at school, because we both work."
WHAT'S IN YOUR BACKPACK?

Julian Rivera (10)

"My airpod case, my deodorant Old Spice Pure Sport, and a Dewalt drill bit. It was my brother's (also a CHS graduate) he works in construction."

Elijah Youman (10)

"I have a tie dye fidget cube given to me by one of my friends from Martha's Vineyard. I don't really use it. I just kinda stuffed it in my bag and forgot about it."

Ben Jerome (10)

"This backpack goes with me everywhere. It's on the bus for Cross Country a lot and has been all around the state. It's also gone with me to California and Washington DC."

Angel Avila Tinoco
Harper Baker
William Biebesheimer
Ethan Blanchard

Connor Bruce
Karla Cacho Avina

Christopher Cacho Pulido
Not Pictured: Vaughn Cappellini
Tanner Chisum-Goodman
Lariah Collins
Monique Copado

Amiano Coronado
Diego Cortes-Sanchez
Not Pictured: Ana Cruz Remigio
Landon Curnutt
Ethan Davis

Teyva Dillon
Mia Dreis
Cole Ennis
Hazel Eschen

Alice Farrell
Jackson Feeney
Not Pictured: Ethan Flansburg
Maralys Fonseca

Bryan Reyes (10)

"I have Honey Herb Ricola cough drops, a Coffee Vanilla Almond Cliff bar wrapper, and Yves Saint Laurent cologne in my backpack. The wrapper is from my lunch yesterday. I normally have a sandwich, but yesterday I didn't feel like making anything and grabbed this from the pantry."
I have a sports binder. At the start of each school year, I go school shopping with my parents. I picked out this binder, because I like to watch sports. My favorite sports team is the Baltimore Ravens - I like to watch football.

I have a plastic model of a lung. I took it off Stubb's mannequin and put it in my backpack. I like it, because it looks diseased.
MODERN DAY Heroes FROM CELEBRITIES TO FAMILIES

Connor Bruce (10) is inspired by actor and martial artist Bruce Lee. He is inspired by him because “he has a good mindset and he is good at what he does.”

Alexia Hughes (9) is inspired by Melany Martinez. Her favorite song by Martinez is “Sippin’ Cup.” Alexia likes Martinez because “her songs are about tough subjects that spread awareness.”

Logan Chappell (9) looks up to Ryan Reynolds because “he’s hot” and Logan “wants to be an actor.”

Yasmin Murillo Torres (9) was Spiderman for a day, she would “fly all over people in need.” Yasmin Murillo Torres (9) would “try his powers.” If she were him for one day she would “make a bunch of money.”

Emma Radach (9) is a superhero fan and her favorite super hero, “he saves people.” If Yasmin was Spiderman she would “fly all over people in need.”

Nayeli Madrigal (10) is inspired by singer Rihanna because “she was the first self made billionaire and I want to obtain her confidence.”

Beast Boy from Teen Titans is Paiton Adams’ (11) favorite super hero, because “he can turn into anything and eat waffles.”

Chris Varona (9) looks up to Drake aka Drizzy, because “he’s the best rapper in the game.”

Goody Wesley admires Taylor Swift. “I like her music, how it sounds. Goody’s favorite Swift song is Wildest Dreams.”

Caden Johnstone (9) looks up to actor Ryan Reynolds because “he’s funny and I want to be hot like him on day.”

Christopher Cacho (10) looks up to actor Michael B. Jordan because “I want to look like him when I’m older and I like his movies.”

Cancellation (-10) thinks of his parents as his modern day hero because “they did a lot of money and it would be cool to play soccer for a living.”

Our Favorite Superheroes

Olive Avila (10) “He swings from buildings, his costume is cool and I want to be buff like him.” If Olive were him for one day she would “make a bunch of money.”

Hayden Bates (9) “He is awesome for his superhero traits and he is really funny.” If he could be Captain Underpants for one day he would “commit crimes.”

Alessandra Guerro (9) “It’s the only movie I’ve watched.” If she were Captain Underpants for one day she would “save people and I like his costume. His mechanical webs are also cool.”

Ryan Denega (11) looks up to Cristiano Ronaldo because “he has a lot of money and it would be cool to play soccer for a living.”

Aiden Griffith (9) “He brings back memories of when I was little and I liked reading the books but I hated them until I was 9. I like the first book because it’s the first that I read.”

Ethan Vicentes (9) “It’s just something about his demeanor; he stopped bad guys like evil toilets and booger monsters.”

Edith Rivera Lopez (9) “He saves people and I like his costume. His mechanical webs are also cool.”

Kohl Clites (9) “He’s delusional. He thinks can fly and he wears underpants.”

Eden Martinez (10) “He brings bad memories of when I was little and I liked reading the books but I hated them until I was 9. I like the first book because it’s the first that I read.”

Quinn Wilson (12) “He cusses a lot.”

Aiden Dwyer (9) “My favorite superhero is the Hulk.”

Hayden Dwyer (9) “He brings back memories of when I was little and I liked reading the books but I hated them until I was 9. I like the first book because it’s the first that I read.”

Aiden Dwyer (9) “My favorite superhero is the Hulk.”

Iron Man (2) “He is the best. He has a lot of money and it would be cool to play soccer for a living.”

The Hulk (1) “He brings back memories of when I was little and I liked reading the books but I hated them until I was 9. I like the first book because it’s the first that I read.”

The Boss (1) “He is the best. He has a lot of money and it would be cool to play soccer for a living.”

Parents

The Boss (1) “He is the best. He has a lot of money and it would be cool to play soccer for a living.”

For sophomore Bakari Wright, his fellow CHS student Caden Johnstone is his modern day hero. “Caden is chill when I’m around him and he is friendly to me,” said Wright.

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If you could trade closets with another student at CHS who would it be and why?

"Jonah Peake (9) - I’d want them Jordans."
- Josue Quintanilla

"Teyva Dillon (10) - I’m always amazed by how many pairs of climbing pants she owns."
- Kikkan Brine

"Kikkan [Brine] (9) - She has the best style; everything looks good on her."
- Cordelia Freeland
"I'm wearing shoes, hat, and glasses," said Micah. "I wear my hat everyday. I got this hat at the gear swap and I like it because it was cheap. I also like it because it's a park crew hat like from Stevens pass park crew."

Mylee Hobbs
Parker Hollatz
Avery Houghton
Alexia Hughes
Vanessa Ibarra Onate
Soren Ising

Caden Johnstone
Connor Karol
Quinten Koch
Kathleen Kocher
Kai Krejci
Gretchen Leach

Libertad Lee
Jewel Leroy
Kaylee Lewis
Anja Lundgren
Kenry Martinez
Tristan Mcleod

Deisy Medina Regalado
Olivia Melton
Indica Mendoza Juarez
Macy Milner
Jose Ramon Moreno Sanchez
Lars Olin

Bulmaro Oropeza Bazan
Jesse Ortiz
Jorgen Palmer
Ayla Pate
Jonah Peake
Gwen Pehowski

Micah Saugen (9)

"This silver chain necklace. I just know it was given to me. I like it because it goes with everything and it adds personality."

Succeeding in Style!

GETTING THE 'FIT READY

When do you get your outfit ready for school?

The Same Morning
I Wear the Same Outfit I Sleep In
The Night Before

95 students surveyed
A rite of passage for most teenagers is the semi-painful process of the removal of their wisdom teeth. In fact, five million of them head to a dentist’s chair for the surgical procedure every year. Excepting the gaping holes in the back of one’s mouth (that of course grow over and fill in), commonly, the most lasting memory for patients is the effect of the heavy anesthetics. A few CHS student share their wild stories from wisdom teeth surgery:

“Before I got my wisdom teeth out, I was put on laughing gas. My surgeon started asking me random questions, like ‘who is the hottest boy at your school’. I answered ‘my boyfriend’, but I screamed it really loudly. After I got them out, I could not see straight and I couldn’t walk straight either.”

- Gwen Pehowsky (9)

“You won’t even realize it. You basically won’t be conscious. They use anesthetics. When I woke up, there wasn’t pain.”

- Julian Marquez (10)

“My twin sister told me this story, because I don’t remember any of it. According to my sister, after the surgery I really wanted a KitKat and I started singing that I wanted a KitKat.”

- Alondra Fernandez (12)

“Before I got my wisdom teeth out, I was put on anesthetics. My surgeon started asking me random questions, like ‘who is the hottest boy at your school’. I answered ‘my boyfriend’, but I screamed it really loudly. After I got them out, I could not see straight and I couldn’t walk straight either.”

- Oliver Childers (9)

“You won’t even realize it. You basically won’t be conscious. They use anesthetics. When I woke up, there wasn’t pain.”

- Julian Marquez (10)

“[Getting your wisdom teeth removed] is perfectly fine. We’re young and we’re able to heal quickly. I was put on anesthesia through an IV, so I didn’t feel it, but I bled the entire first day after surgery. I took pain meds for one or two days afterwards. I was a little sore, but I was fine otherwise.”

- Anna Reichlin (10)

“I was on [anesthetics] so I was still a little weird afterwards and I accidentally punched a nurse.”

- Eli Youmans (10)
Discovery Feature

Discovery: In Partnership with US Fish & Wildlife

The Discovery School, located on the grounds of the Leavenworth National Fish Hatchery, represents a less conventional path for students to complete high school and obtain their degree from Cascade High School. “Students choose to come to Discovery. No student is forced to go here. That’s a common misperception,” explained Discovery’s teacher, Travis Blue, who continued: “The kids here just wanted a different school environment, a different setting than the traditional one.” Usually, students switch from CHS to Discovery at the beginning of a semester. They apply and a committee reviews their applications to see if Discovery would be a good fit. Most students make the switch during their sophomore or junior year. Discovery students must meet the same graduation requirements as CHS students and take the same state tests. “Students come to Discovery for one or more of three reasons,” said Blue: “One, to catch up on credits. If they had a bad start, they can start to catch up with self-paced classes. Two, to get a different social setting. We are a small district, and if you don’t fit into the typical cliques, it can be difficult. Students often come out here to get away from ‘the drama.’ And three, to graduate early. They can get up to a credit extra a year and get out a semester early if they work hard.”

The Discovery school began in 1992 as the first collaboration between a school district (CSD) and a federal agency (U.S. Fish and Wildlife Service). Since its creation, Discovery has served as a model for other schools. In addition to offering the standard high school curriculum required around the state, the school provides the opportunity for enriching programs and mentorships with the hatchery staff. Students at Discovery have the chance to work side by side with biologists, tech gurus, maintenance staff, and community organizers to gain practical skills in a hands-on environment.

“Going here helps me manage my well-being with my school work, efficiently.” — Jay Dahlstedt

Travis Blue helps Esme Alvarado with her geometry assignment.

A. Jack Kessler and Jay Dahlstedt share a laugh after finishing their geometry homework. B. Discovery School students celebrate Pi Day by celebrating math and, of course, enjoying a pie together. C. Discovery Students collect microinvertebrates. By studying the types of microinvertebrates present in the river, students can accurately analyze the general health of the river. D. James Wike poses with his Among Us during his break.
A. Discovery school students venture into the Sage Hills of Wenatchee to revegetate the barren and fire-prone landscape. Discovery School students are outside and engaged in hands-on activity at least twice a week. This learning style is the main appeal of the Discovery School, with many students finding it to be more engaging and effective.

B. Discovery School students build artificial dams in a local creek. The dams limit the erosion that could occur in the banks of the creek, improving the ecosystem in and around the creek.

C. Discovery School’s students cross-country ski with their teacher, Travis Blue. Many winter PE classes are centered around cross-country skiing.

"It was bright, it was a beautiful day, and we all got our skis and we headed out to go skiing. By the time that we got outside it was raining. Five minutes in [to our ski] it’s blowing sideways and raining, and not a single student complained about being out there. We all skied out to the shelter, hung out under the shelter for about five minutes, and then skied back.

"That’s who they are: a group of kids that have dealt with adversity and have learned to deal with it in a positive way." - Mr. Blue

When we got back, we were soaking wet. I was freezing because it was blowing sideways the whole way back, but [the students] all ended up back at the school with smiles. I think that’s who they are: a group of kids that have dealt with adversity and have learned how to deal with it in a positive way!" - Mr. Blue

James Wike, Freshman
"[The Discovery School is] separate and alone with not many people. I don’t feel overwhelmed. It’s just fun. It’s a good learning experience."

Jack Kessler, Sophomore
"Going here, because it works a lot better for me, will teach me more. I will be able to manage myself better, which is a useful skill for later in life."

"Discovering Discovery"
They're Just Like You

CHS Staff:

"I procrastinate with the dishes. I never feel like doing them right after dinner, so I wait for morning while I'm making the coffee to do them. As for something really important like organizing your wife's birthday party or preparing for an interview, I learned long ago you can't procrastinate otherwise things don't turn out the way you imagined. Simply thinking about something doesn't count as preparation. You've got to get out and get stuff done," Mr. Haberberger

20%

"I like to go to bed early, ideally I would sleep from 9p - 5a every day and take a nap around 3 (this hasn't happened in 15 years). However, on average, I go to bed around 10:30. I am usually staying up and grading, doing housework or hanging out with one of my kids. The other night I stayed up too late, because I was watching American Ninja Warrior with my youngest son," Mr. Bard

75%

PROCRASINATE

45%

DANCE/SING IN THE SHOWER

Mr. Davies - AVID & Math
Ms. Dillon - Art
Ms. Feliciano - Front Office
Mr. P. Fraker - Physical Education

Mr. T. Fraker - Social Studies/PE
Ms. Fritz - Special Education
Not Pictured: Ms. Garcia y Laurel - Choir
Mr. Gilstrap - Athletic Director
Ms. Gonzalez - Social Worker

Mr. Gorman - Para Educator
Mr. Haberberger - Family & Consumer Sciences
Mr. Harvill - STEM/Engineering
Mr. Joya - Principal
Mr. G. Kile - Day Custodian
Mr. I. Kile - Para Educator

Cascade Staff
Ms. Krejci - Special Education  
Mr. Lane - Para Educator  
Ms. Ledezma - Spanish  
Mr. Massey - Science/Math  
Ms. Molitor - Para Educator  
Ms. Murphy - Computers  
Ms. Osborn - Cashier  
Ms. Renner-Singer - AVID & Social Studies  
Ms. Rieke - College & Career Counselor  
Ms. Robison - English, Leadership & Publications  
Ms. Rosenfield - English  
Mr. Rowland - Band  
Ms. Schafer - Counselor  
Mr. Stubblefield - Science  
Mr. Sunitsch - Business & Personal Finance  
Mr. Wainwright - Para Educator  
Ms. Wall - ASL  
Ms. Weil - ELL  
Mr. Wharton - English  
Ms. Willett - Librarian  
Ms. Williams - Para Educator  
Ms. Wilson - Math

Mr. Allen

“I love cooking competition shows like Cutthroat Kitchen and Hell’s Kitchen. I like watching Gordon Ramsey yell at people and the food is pretty. I watch reality TV because I don’t like sad or heavy shows - life is already sad enough. So far I’ve only watched two seasons, but I plan to watch everything that Hulu offers. Gordon Ramsey is more entertaining than Alton Brown, I like the way he insults people in an accent. He also sometimes gives people a timeout, which is hilarious. Despite how many times he insults someone, they still love him and do whatever he says.”

Ms. Rosenfield

“Eating dessert first is for special occasions. My great grandma said, “Life is too short, eat dessert first.” I like milk chocolate with caramel and sea salt, but also coconut cream pie... I have that maybe once a year.”

Ms. Osborn

“I play video games. Age of Mythology is my current game of choice. It’s a strategy based game. It can be played either as a multi-player or single-player game and it involves creating an economy. You create little people who harvest and create/build elements. It’s a game that can easily be paused and walked away from. At my peak, I was playing more than 40+ hours a week. I was part of a nationally-ranked competitive guild. If you didn’t have that kind of time commitment, you were kicked out of the guild.”

Ms. Dillon

“I eat dessert first, because I want something sweet. My favorite dessert is chocolate, specifically dark salter caramel chocolate, because they are salty and sweet. Ice cream is another dessert that is worthy of being eaten before dinner.”

Ms. Krejci - Special Education  
Mr. Lane - Para Educator  
Ms. Ledezma - Spanish  
Mr. Massey - Science/Math  
Ms. Molitor - Para Educator  
Ms. Murphy - Computers  
Ms. Osborn - Cashier  
Ms. Renner-Singer - AVID & Social Studies  
Ms. Rieke - College & Career Counselor  
Ms. Robison - English, Leadership & Publications  
Ms. Rosenfield - English  
Mr. Rowland - Band  
Ms. Schafer - Counselor  
Mr. Stubblefield - Science  
Mr. Sunitsch - Business & Personal Finance  
Mr. Wainwright - Para Educator  
Ms. Wall - ASL  
Ms. Weil - ELL  
Mr. Wharton - English  
Ms. Willett - Librarian  
Ms. Williams - Para Educator  
Ms. Wilson - Math
Cascade High School

Clubs

30Min2WinIt

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

Roster: Elise Almeida, Kaston Dillon, Jones Duncan, Angela Gunter, Ellie Holm, Aborea Johnson, Scott Lindsay, Breanna Loomis, Giselle Navarro, Tanya Oyos, Zoey Sheffield, Vincent Slette, Emma Santich, Fabiola Torres, Anthony Villalobos, Vanessa West

Advisor: Ms. Robison

ART

Mission: To use art to interact with and better our school and community.

Roster: Saori Lopez Barqueno, Isabel Bentsen, Rhetta Cummings, Frost Doughtery, Coal Fiano, Ellie Holm, Rosy Rosario Nepanucence, Kelsea Sheffield, Lizbeth Ramirez Vazquez, Paulina Viteka

Advisor: Mrs. Dillon

ASB

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


Advisor: Ms. Bibby
FBLA

**Mission:** To bring business and education together in a positive working relationship through innovative leadership and career development programs.

**Roster:** Juan Castro, Breanna Loomis, Reese Mathers, Adrian Renner-Singer, Charles Rich, Savanna Rowles, Mia Schons, Michael Simon

**Advisor:** Mrs. Murphy & Mr. Sunitsch

GSA

**Mission:** To create a safe and welcoming space for LGBTQIA+ people, build community between community members and straight people to create more acceptance throughout the school, be a safe place for everyone and have fun along the way as a kind and able support group.

**Roster:** Connie Barber, Alexis Bishop, Maddy Black, Alondra Fernandez, Alexandra Fernandez, Cole Flano, Nijqua Gibbs, Breanna Loomis, Reese Mathers, Dylan Munly, Adrian Renner-Singer, Charlie Rich, Savannah Bowles, Mia Schons, Michael Simon

**Advisor:** Ms. Rosenfield

INTERACT

**Mission:** To provide opportunity for young people to work together in a world fellowship dedicated to service and international understanding.

**Roster:** Rhetta Cummings, Jones Durran, Breanna Loomis, Gaelle Navarro, Grace Redman, Emma Sanitsch

**Advisor:** Ms. Robinson
Clubs

**Knowledge Bowl**

**Mission:** To learn and memorize more so that we can win.

**Roster:** Antonio Aurillo, Evan Butrielle, Rhetta Cummings, Brendan Fallon, Quinten Farrell, Ellie Holm, Caroline Menna, Isabel Menna, Adrian Renner-Singer, Haakon Schiebler, Aiden Tuttle

**Advisor:** Mr. Massey

**Kodiak Culinary**

**Mission:** To inspire culinary minds.

**Roster:** Elise Almeida, Angel Avila, Maddy Black, Amber Brewer, Kikkan Brine, Eruaclee Christoffersen, Haley Emry, Juan Fonseca, Lauren Haide, Gretchin Leach, Jewell Leroy, Broonia Loomis, Sari Lopez, Nayeli Madrigal-Williams, Cruz Martinez, Merry Milner, Selena Oropeza, Preston Pedderson, Alejandro Rodriguez, Alejandro Romero, Emily Sanchez, Angel Sandwell, Teagen Sauer, Mia Schans, Isaiah Sharpe, German Verona, Sam Webb

**Advisor:** Mr. Haberberger

**M.E.C.H.A.**

**Mission:** To promote the Hispanic heritage of Cascade High School students and provide cultural and educational opportunities.

**Roster:** Alex Arellano, Adi Castaneda, Ana Cruz, Alexandra Fernandez, Alexandra Fernandez, David Fernandez, MarImmune Fonseca, Alessandra Guerrero, Lauren Haide, Saori Lopez, Victor Lopez, Evelyn Ojeda, Oscar Ojeda, Anthony Oropeza, Sofia Oropeza, Tania Oyos, Valeria Oyos, Leslie Mata, Deydy Meléndez, Jannifer Mendez, Juanita Palacios, Leslie Perez, Hector Ramirez, Emily Reyes, Alex Rodriguez, Juan Rodriguez, Franc Rosario, Jose Vizcaino Sandoval, Andrea Vázquez, Lizbeth Vázquez, Miriana Vázquez

**Advisor:** Mrs. Renner-Singer

**Publications**

**Mission:** To create publications that makes every member of the Kodiak community feel appreciated by capturing ALL students, sports, events and interests.

**Roster:** Maddy Black, Paola Ramirez Bravo, Rhetta Cummings, Brendan Fallon, Jackson Feeney, Cordelia Freeland, Casidy Gillespie, Avery Houghton, Gordon Jeffrey, Ben Jerome, Zach Karans, Charlotte Lynch, Caroline Menna, Isabel Menna, Jocelyn Olguin, Gwen Pehnovski, Ada Robbison, Savvah Rowles, Paige Runions, Karina Shalikova, Vince Slette, Talla Stein, Aiden Tuttle, Paulina Viteka, Jack Wajman, Alana Wall, Vanessa West

**Advisor:** Ms. Robison
**SPEECH & DEBATE**

**Mission:** To offer opportunities for competitive acting and speaking in a supportive space through a combination of academics and theater.

**Roster:** Rhonan Allen, Mia Dreis, Coal Fiano, Bohdan Hagedorn, Gretchen Leach, Breanna Loomis, Reese Mathers, Jesse Ortiz, Hannah Lain, Alexus Stanich, Danielle Totman, Zoe Warman

**Advisor:** Mr. Allen

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**TSA**

**Mission:** Enhances personal development, leadership, and career opportunities in science, technology, engineering, and math (STEM), whereby members apply and integrate these concepts through intracurricular activities, competitions, and related programs.

**Roster:** Antonio Aurillo, Isabel Bentsen, Kikkan Brine, Evon Butruille, Teyva Dillon, Mia Dreis, Brendan Fallan, Quentin Farrell, Etham Freeland, Cordelia Freekend, Nargis Gibbs, Rhone Goodfellow, Avery Haughton, Gordon Jeffrey, Olen Johnson, Jewel Lervy, Anja Luxedyn, Cyrus McKee, Olivia Mehl, Nahir Mora-Ledezma, Caden Peterson, Savannah Rowles, Haakan Schedler, Vincent Slette, Leif Stockman, Danielle Totman, Aiden Turtle, Anthony Villalobos

**Advisor:** Ms. Dillon

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**SPORTS MED**

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


**Advisor:** Mr. Betz

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**SUSTAINABILITY**

**Mission:** Fosters 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.

**Roster:** Eliza Almeida, Antonio Aurillo, Mitchell Brooks, Evon Butruille, Rheta Cummings, Kasten Dillon, Brendan Fallan, Ellie Holm, Olen Johnson, Breanna Loomis, Zoey Sheffield, Haakan Schedler, Vincent Slette, Emma Sumich, Aiden Turtle

**Advisor:** Mr. Massey
GETTING A HEAD START...

1st Semester of 2022

Coy Latimer (11)
Running Start 2022-2023

"I did Running Start because I heard it from my friends who took it and it was a great way to have free college. A big pro is that you can have a lot of freedom and then the con is it's a lot more work than high school. I would recommend it because it's a great way to get a head start. It's a great way to start your academic path."

Coco Zehm (12)
Running Start 2021-2022

"I did running start to save money. I want to go to college in Hawaii and it's very expensive for out of state tuition. I have more free time with running start - I get to go outdoors more often. You don't get to socialize as much with your own class. I do miss high school sometimes and getting to socialize with my own grade."

Akon Wall (12)
Running Start 2022-2023

"[I took this class because] I could be ahead in college, so I don't have to take it in college. [A favorite memory was] probably listening to Quentin and Haakon messing around in the back of the room. The math is a lot of work and they make a lot of funny noises. [I recommend it because] you get college credit and it's free, so no tuition. Get ahead of the game!"

Jacob Hendricks (12)
UWHS Planets

"I did this class because I took Astronomy last year with Massey and it was interesting, so I picked this class. [A highlight was] probably learning about how planets were formed and made out of. [I recommend it because] it's good to learn where we're living in and what is out there."

Alden Brooks (12)
UWHS Calculus I

"[I took this class because] I could be ahead in college, so I don't have to take it in college. [A favorite memory was] probably listening to Quentin and Haakon messing around in the back of the room. The math is a lot of work and they make a lot of funny noises. [I recommend it because] you get college credit and it's free, so no tuition. Get ahead of the game!"

Ashton Latiparni (12)
EWU English 4

"[I took this class because] I wanted to take the high school instead of college. [A highlight was] I was just being able to do well and getting questions right. [I recommend this class] because it's an easier class in high school than college, if you take one step at a time. It's not as difficult."

Adrian Renner-Singer (11)
UWHS Pre-Calculus

"[I took this class because] I wanted to take the high school instead of college. [A favorite memory was] just being able to do well and getting questions right. [I recommend this class] because it's an easier class in high school than college, if you take one step at a time. It's not as difficult."

Jose Vizcaino Sandoval (12)
EWU Eastern Intro to Chicano

"[I took this class because] I thought it would be cool to learn Chicano culture because I'm Hispanic. I learned that the coolest thing is that all the states used to be Mexican territory. I recommend this class because it shows people of Mexican culture and opens their minds on why they are here today."

Scott Mears (10)
Natural Resources

"[I took this class because] it was kind of interesting and it sounded a lot of fun learning about new species and different plants. [A favorite memory was] when we went on a field trip in the mountain area where we put up cameras on trees to capture wildlife. I kind of want to see bears or foxes on camera when we get it back."

Adrian Latiparni (12)
UWHS Calculus II

"[I took this class because] I enjoyed math and I want to take as much as I can and I heard that calculus in college is a lot harder, so might as well take it here. [I recommend it because] it's interesting and if you are going into a career that requires in math and Mr. Rosenfield would have everyone close their eyes [and she would talk]. [She would do it twice a week."

College Classes

2022-2023

EWU Eastern Intro to Chicano
Jose Vizcaino Sandoval (12)

Running Start
2022-2023

"[I took this class because] I thought it would be cool to learn Chicano culture because I'm Hispanic. I learned that the coolest thing is that all the states used to be Mexican territory. I recommend this class because it shows people of Mexican culture and opens their minds on why they are here today."

UWHS Planets

"[I took this class because] I could be ahead in college, so I don't have to take it in college. [A favorite memory was] probably listening to Quentin and Haakon messing around in the back of the room. The math is a lot of work and they make a lot of funny noises. [I recommend it because] you get college credit and it's free, so no tuition. Get ahead of the game!"

UWHS Pre-Calculus
Adrian Renner-Singer (11)

"[I took this class because] I wanted to take the high school instead of college. [A favorite memory was] just being able to do well and getting questions right. [I recommend this class] because it's an easier class in high school than college, if you take one step at a time. It's not as difficult."

UWHS English 4
Ashton Latiparni (12)

"[I took this class because] I wanted to take the high school instead of college. [A favorite memory was] just being able to do well and getting questions right. [I recommend this class] because it's an easier class in high school than college, if you take one step at a time. It's not as difficult."

UWHS Planets
Alden Brooks (12)

"[I took this class because] I could be ahead in college, so I don't have to take it in college. [A favorite memory was] probably listening to Quentin and Haakon messing around in the back of the room. The math is a lot of work and they make a lot of funny noises. [I recommend it because] you get college credit and it's free, so no tuition. Get ahead of the game!"

UWHS Calculus II
Adrian Latiparni (12)

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UWHS Calculus I
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UWHS Pre-Calculus
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UWHS English 4
Ashton Latiparni (12)

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UWHS Planets
Alden Brooks (12)

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UWHS Calculus II
Adrian Latiparni (12)
“I took this class because I took the one in my junior year with Ms. Robison and I wanted to take as many college credits as I can. It’s not as scary as it seems to be. Ms. Rosenfield makes sure we don’t get overwhelmed and are supported.”

“I took this class to be honest, it’s to get a science class and it seemed cool hearing it from upper classmates last year. A favorite memory is probably trying to capture wildlife on camera behind the school in the trees. And all the walks, we went to Black Bird Island and to the bridge by Safeway.”

“A favorite memory was when Mr. Massey was teaching a new unit and I understood what he was saying. I felt happy because I didn’t have to ask any questions. I would recommend it because it’s a fun class and you’ll learn a lot. You also get college credit for it.”

“[A highlight is that] I really like how everyone interacts and do group talks and how [when] Mr. Massey notice a mistake he calls it out and gives us new information. He keeps us in the loop. You wouldn’t learn about it anywhere else.”

Bulletin Board

CHS offers a multitude of college classes. This bulletin board captures the fun and unique experiences of college in the classroom for Natural Resources and EWU English students.

“[I took this class] because I took the one in my junior year with Ms. Robison and I wanted to take as many college credits as I can. It’s not as scary as it seems to be. Ms. Rosenfield makes sure we don’t get overwhelmed and are supported.”

“I took this class because I wanted to learn Chicano Studies and get college credit. You actually learn a lot about Chicano Studies that you wouldn’t learn about it anywhere else.”

“A highlight is that Mr. Massey is fun and we have a good class. We do all the problems together as a class. You can get the class out of the way. Mr. Massey is a great teacher and it’s not that hard.”

“A highlight is that I really like how everyone interacts and do group talks and how [when] Mr. Massey notice a mistake he calls it out and gives us new information. He keeps us in the loop. You wouldn’t learn about it anywhere else.”

“I took this class because I know I’m going to take the class in college, so it would be good to learn now for college. A favorite memory is when we had a fire drill during the midterms, Mr. Massey had to change the test due to that. I was fortunate because I felt that I wasn’t ready for it.”

“I took this class because I knew I was going to take the class in college, so it would be good to learn now for college. A favorite memory is when we had a fire drill during the midterms, Mr. Massey had to change the test due to that. I was fortunate because I felt that I wasn’t ready for it.”
Taylor Swift breaks the internet with her album *Midnights*. Swift posted a TikTok a day, revealing a title to one of the songs off the album each day until the release date of *Midnights*. This built up the anticipation for *Midnights* to be released. After the album was dropped on October 21, 2022, it gained the most streams in the first week of its arrival than any album of 2022. Swift later announced that she was going back on tour. When the tickets became available on November 15, via Ticketmaster, the amount of fans in the queue broke Ticketmaster, and fans had to wait for hours to be able to finally buy their tickets.

The 80s are back: The fourth season of *Stranger Things* not only introduced new and lovable characters, but also brought back iconic hits from the 80s, including Kate Bush’s *Running Up That Hill* from 1985. One of the main characters, Max Mayfield, listens to this song on repeat throughout the season and inspired *Stranger Things* fans to love the song as well. *Running Up That Hill* became the oldest song to reach No. 1 on the Streaming Songs Chart.

Elvis has his blue suede shoes on again. Former Disney Channel star, Austin Butler, becomes the image of Elvis in the self-titled movie that was released into theaters on June 24, 2022. Butler spent months perfecting the deep Elvis Presley voice using his method acting technique. However, after the movie came out, Butler forgot what his own voice sounded like and started to go through an identity crisis.

**Favorite Song for the Journey to School**

- Chris Rosemann (9) says that his favorite song to listen to on his way to school is *One Beer* by MF DOOM.
- Will Biebesheimer (10) picked the song *Cowboys Did Cocaine* by Riley Thomas for his journey to school.
- Zach Karnes’ (11) favorite song to listen to on the way to school is *Hell of a Year* by Parker McCollum.
- Haylee Ramsey (12) listens to *Sunflower Seeds* by Bryce Vine on her way to school.
- Ms. Willet (staff) listens to *Truth Hurts* by Lizzo on her journey to school.
Can you name three songs from the band on your shirt?

Lele Lee (9)  
"Wait, Bleed, Before I Forget, and Vermillion Pt. 2"

Zoey Sheffield (12)  
"Yes, I love Julia, and then, probably Elenor Rigby, and then Something."

Oscar Perez (11)  
"I know them in the back of my head. Can I look at my playlist? Mr. H, Demon Time, and Supercell!"

Music to my Ears

A. Jackson Penney (10) plays his Pump Up playlist and Stevie Wonder’s Superstitious while he works on a Publications article. Listening to this playlist helps Jackson “get hyped for the day.”

B. While working with her peers in Mr. Wharton’s English class, Olivia Melton (9) listens to songs by Playboi Carti to “drown out the sounds of Connor Karol.”

C. While working on his spread for Publications, Jack Wagman (12) listens to Sea Chantey’s. He said that it “helps block out the world.” (A sea shanty, or chantey, is a kind of folk song that was commonly sung by workers on large merchant ships.)

D. Maralys Fonseca (10) plays Hablemos by Ariel Camacho while hard at work in Ms. Weil’s class.

E. Ethan Fallon (9) listens to Jesus Loves Me by Cedarmount Kids while he pretends to do his work. He said that he plays this song “cause Jesus loves me.”

F. Oliver Childers (9) while completing his work/games, listens to Fafo by Zach Fox. Oliver listens to music “cause it’s good.”

G. Madison Fish (10) said that she likes the song 1979 by Smashing Pumpkins. She likes to listen to music in Ms. Dillon’s art class, because it helps her stay focused and keeps her motivated.

H. Logan Bradshaw (11) listens to the band Eden as he works on his essay in English class. Listening to music helps Logan to “focus because it drowns out all the noises.”

Favorite genre

- Rap
- Everything
- Country
- Pop
- Other

*29 students surveyed
Wildfires

Wildfires are becoming more and more common at the beginning of the school year in Leavenworth. This year the fire with the most local impact was the White River Fire. The fire was started by lightning on August 18, 2022 and was approximately thirty miles away from Leavenworth; however, the smoke still smothered the town. At its height, the fire spread throughout 11,120 acres. As a result, CHS sports had to practice inside and some games were cancelled.

“How did it affect you?”

Did you enjoy the long winter?

The long winter prohibited me from practicing my other events, like long jump and high jumping track. I liked it because I had a lot more time to snowboard,” said Ezra Week (9) who is in track this year.

“More family and friend entertainment”

“Good source of revenue”

“More traffic in town”

“Really loud construction”

“Obnoxious tourists”

Round About

The Leavenworth council is considering putting in roundabouts to minimize heavy traffic at some of the main intersections, notably where Chumstick and The Icicle meet Highway 2. Roundabout construction typically takes from 3-5 weeks. We interviewed 30 anonymous students to see what they think.

Are you in favor of roundabouts coming to Leavenworth?

Pros

Cons

Adventure Park

An adventure park, featuring the first alpine coaster in Washington state, is coming to Leavenworth! The project broke ground on September 28, 2022 and is slated for completion in early 2023. It is exciting; however, there are pros and cons for locals. We asked students who live near the new park and these are their perspectives.

Pros

- More family and friend entertainment
- Good source of revenue

Cons

- More traffic in town
- Really loud construction
- Obnoxious tourists

Two Oktoberfest Options

For the first time in 23 years, Leavenworth Oktoberfest, hosted by Projekt Bayern, was held, not in Leavenworth, but in Wenatchee at the Toyota Town Center. The City of Leavenworth hosted its own, separate festival entitled Oktoberfest in Leavenworth orchestrated by SE Productions. The two entities, the City of Leavenworth and Projekt Bayern, are currently in litigation over the terminology associated with these fall festivals. This highly contentious issue has caused much debate. Where do you stand?
**The Russo-Ukrainian war has been a conflict since 2014; however, this year it received international attention. Most CHS students are not directly impacted by this; however, recent enrollee Karina Shiliaeva shared is.** She spoke with us about her story:

On Tuesday, February 7, 2023 Los Angeles Laker Lebron James passed up Kareem Abdul-Jabbar for the Number 1 spot on the NBA's all-time regular-season scoring list. "Kareem had to work harder than Lebron. I was watching the game with my father. It was the first NBA game he watched since the Sonics left. I think that Lebron is the best basketball player to ever live," said basketball player and fan Jaxson Groby (10).

On September 8, 2022 Queen Elizabeth II passed away. She died of old age at the Balmoral Castle in Scotland, at the age of 96. The Queen reigned for a total of seventy years and 214 days. "I heard about the Queen's death in history, from CNN 10. I would like to say rest in peace," said Tieren Drolc (11).

Inflation has progressively increased this year. According to usinflationcalculator.com, "The annual inflation rate for the United States is 6.0% for the 12 months ended February 2023 after rising 6.4% previously." The price of gas during 2022 is one indicator of this issue. Nationally, the average price of gas is $3.96 per gallon. Predictions are that this will be 47 cents cheaper in 2023.

The Willow Project

On March 13, 2023 the Biden Administration approved The Willow Project. The Willow Project is "a decades long oil drilling venture in the National Petroleum Reserve, which is owned by the federal government" according to CNN. It takes place in Alaska, where an estimated 600 million barrels of oil will be extracted. The project could generate enough oil to release 9.2 million metric tons of "planet-warming carbon" (CNN) pollution a year; however, it has pros as well: it will provide around 300 stable jobs, and will cut ties with Russia, preventing potential future conflicts. "The cost of groceries is high. The price of coffee has gone up, which makes it hard for me to wake up. To help decrease inflation, stop buying certain items, manufacturers don't have surplus. Also we should reestablish small businesses to fight big businesses," said Mr. Davies, a CHS math teacher.

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"My family stayed in Russia and I'm afraid that this will affect my family. Mobilization is taking place in Russia now and I'm afraid that my dad will be taken away. There are also rockets flying in Russia and it's scary for me. My homes are both Ukraine and Russia and I really care about both of my countries but so far it hasn't moved me," said Karina Shiliaeva (10).

"The Willow Project is essentially a decades long oil drilling project in Northern Alaska on previously undisturbed, natural land. It will put a lot of species at risk because the drilling will take over the native wildlife's habitat and it will make the air and water quality worse. People who are in support of this plan argue that it will help with employment, which is true, but only seeing the positive side of this complex situation, I think if nothing changes, in ten years, the world will not have the biodiversity that it has today. Water and air won't be as clean. We'll start to see even more extreme weather, like fires and floods, which are already prevalent problems all over the world," said Elise Almeida (12) secretary of the Sustainability club.

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Meet the Staff & Senior Dedications

Boy, if you could see yourself through my eyes, you’d see a man amongst men, excelling, thriving and crushing goals. If you could hear what I hear, you’d know how many people see you as a kind, extremely intelligent, generous, loyal human. We grew up together, you taught me lessons I never knew I needed to learn, and still do! You live life fearlessly not even blinking an eye Gold dredging in places that would scare grown men, shooting massive Spike Elk and Deer to feed your family all while being a 3 sport athlete and killin’ it at school. We adore you, every bit of you we are proud of!

Follow those dreams son, you are going to change this world, you already have mine..

A man amongst men, you will always be!

Love Mom, JR, and those boys who look at you like you are super human...Jameson and Trey

Hunter J Stutzman

Hunter, we are so proud of who you are and everything you have already accomplished! You are smart, strong, athletic, independent with a quick witted funny sense of humor. Now go have fun, find what brings you joy, we can’t wait to watch your journey!

We love you lots Uncle Levi & Aunt Christy

You have always made us proud, Hunter!
We are looking forward to watching you follow your dreams and achieve your goals.
Work hard and enjoy life! We love you!

Grandpa Dan and Grandma Cathy

Meet the CHS Publications Staff
Malaki-Jacob Taub

Congratulations, Malaki!

We are always proud of you and all you have accomplished!

Keep making yourself proud everyday!

Always Here,
Your Loving Family

Emma Sunitsch

To our Daughter.

Never forget that we love you.
Life is filled with hard times and good times.
Learn from everything you can.
Be the woman we know you can be.

Love, Mom, Dad and Ben

TIM JOHNSTONE

I am so proud of all you have accomplished but even prouder of the young man that you have become! Congratulations on your graduation, Tim.

-Love Mom

Blaise Forster

Skate or Die Blaise!

You will always be our little Grom!

Love always, Mom and Dad
Olen Johnson

Olen, we are all so proud of you! On the first day home from the hospital you tried raising your head off of my shoulder to look around. It was like you couldn't wait to start exploring, adventuring and growing. I am so blessed to be your mom and be on this adventure of life with you. Love you so much and can't wait to see what the next chapter brings you! -Mom

You are an adventurer, compassionate, a true leader and have a ready, contagious smile. Love, Grammie Kris

Learning to drive a 1924 model T Ford is a challenge: 3 pedals on the floor, neutral and throttle are hand levers, and must adjust gas mixture. Olen is the quickest-to-learn driver I have taught. -Papa Gary

Olen, as you adventure outward do not neglect the inward. Become the person that you are. I love you. I am proud of you. -joj

You are a “gatherer of people” who love adventure. From the time you could peer over the steering wheel of “old blue,” you have taken people on escapades that require determination, enthusiasm and planning. You also have a serious side that drives you to be responsible and do well. And a side that recognizes that everyone needs a friend that values him or her as they are. We love you! -Nana and Papa Robbie

Alden Brooks

Congratulations!
What a proud day! We couldn't be happier for you!
You deserve to see your dreams come true!
Love, Chris, Sarah, Nevada, Mac, Gus, and all the grandparents.
Lauren Haiduc

Lauren, being your parents and watching you grow up has been one of the greatest blessings of our lives. We are so proud of the young woman you have become. You’ve worked hard to accomplish so much already, and we can’t wait to see what you will do in the future. We are and will always be here to love, support and encourage you.

We love you!!

Mama, Dada and Gavin

Aiden Tuttle-Groby

Bubs,

You are a man of many talents and we can’t wait to see what you do next! These last 18 years have been so exciting following you in all your adventures. Remember to always be yourself because there is only one of you!

We love you!
Mom, Dad, Jax, and Kona
Son, I closed my eyes for but a moment and suddenly a man stood where a boy used to be. I may not carry you now in my arms, but I will always carry you in my heart. You have given me so many reasons to be proud of the man you have become. Just remember that the process of learning never ends. It’s what makes us grow in every way.

I love you to Heaven and back!

Congratulations!

Taven Gipson

---

Congratulations
JONES PORTER DUNCAN!

You are a true joy!
You are full of all good things.
You love BIG and all who know you, know that!
You make us proud every single day!
Adventure Is Out There!

Love, Mom and Dad

Jones Duncan
Once a Kodiak Always a Kodiak!

Giselle Navarro

"The journey that lies ahead she does not fear. She is ready for the next chapter, ready to discover more of herself. With an open mind, she travels the road confidently."

Giselle,

My beautiful girl, remember your deepest dreams today. Remember the reasons why you have made the choices you have. Take a deep breath and hold your head high. YOU GOT THIS! And when life throws you a curve ball, always remember I will always be there when you call. We love you and are so proud of you!

Love Mom, Lauryn and Juju
Jesse Gunter

CONGRATULATIONS!

It's been fun to watch your catches get bigger as you have, too! So proud of the sweet, funny, animal loving fishing enthusiast you are!

LOVE, Mom, Dad, Jonah, Hadyn, Taye & Eve

Quinlan Wilson

“For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit, start whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that amaze you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. And if you find that you’re not, I hope you have the strength to start all over again.”

- F. Scott Fitzgerald

We love you to moon and back, and we are so proud of you!

Love,
Mama, Dad, Bella and Azure
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