Let the Good Times Roll 1990
Let The Good Times Roll

Cascade High School
10190 Chumstick Rd.
Leavenworth, WA

URSA MAJOR
Volume VII
For the year 1990 we have chosen the theme, "LET THE GOOD TIMES ROLL". In high school we share so many things. In doing these things we create great memories and good times that roll all year long. The days go by fast so cherish them and "LET THE GOOD TIMES ROLL," Cascade High School!

The yearbook staff gives special thanks to Norm Carveth from East Wenatchee for allowing us to photograph his 1957 Chevy convertible pictured on the cover.
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LET THE
GOOD TIMES
ROLL WITH...
1. Toby Duffy falls asleep while in deep thought.
2. "Where am I?" Matt Anderson wonders as he glances around the room.
3. Watch out! Joey McGowan is going to explode any minute!
4. Senior Nick Barnes discusses Mexico's economy with Mr. Bob Stroup.
5. Erin Drayer looks to Robert Fritz for help on her chemistry quiz.
Dawn Moody gets a new "do" from the CHS beauty salon. What a beauty!

At one of the pep assemblies, Curt Ranta and Lynn Watson show what school spirit's all about.

Another early season casualty, Tonje Nurman displays her new equipment fashionably.

Jenna Marcy looks like the cat that swallowed the canary... or is it a flute???

Leigh-Ann Wedeberg gets down at tolo. How low can you go?
Near right: Brandi Hotchkiss checks out the action. Far right: Mr. Bob Stroup lectures on voting. Below: Tim Butcher featured in "Muscle Mania".

Center: Tim Warman, Erin Drayer, and Galo Martinez just hanging around. Right: "I wanted 5 holdogs not 4!" cries Amanda Barnes. Far right: Denoel Oliveira - "Macho Man" is stunned by the camera.
Far left: At the office window, K.C. Schiersch waits for Shannie. Left: Staci Houston and Ginny Fenn show us their French kiss technique. Lower left: Ryan Lane sits up for his dog Scruffy.

Above: Becky Wilson stops off at her locker for a quick pop break between classes. Far left: Gil Zepeda shows his frequent "What the h.." look. Near left: One of this year’s exchange students, Henrietta Masser, strolls down the hall.
Lori Lang and Kirston Obergh deliver flowers.

Volunteer fire women Erika Schnell, Ruth Meiton, Kristen Arnold check out the hydrant.

"Hey, Jay Rizk, SMILE!!"

Erle Vandegrift and Josh Arnold say a few words about the wrestling team.

Tim Butcher waves to the camera.

Student life revolves around the couches.
1. Lori Lang and Jori Delvo check out the gravy stain. Justin Haley didn't even eat lunch. 2. Working on his research paper, Josh Michael prays to the card catalog. 3. Toby Duffy looks like he knows the answer. 4. Enthusiastically, Julie Sherwood finishes her daily pop machine duty. 5. Michelle Zimmerman sure isn't ready for class in DeFazio's room. 6. Kevin Hansen is deeply stressed out by this week. I'd hate to think what the other guy looked like. 7. Dave Cecka gives us his cheezy smile.
Top left: Dave Cecka, unchained, shows his Viking heritage. Top center: Steve Weddle, how was “Wild Orchid?” Top right: Erica Taylor on pajama day. Bottom left: “Wow, a pig!” says Ian Ireland in biology class. Bottom center top and bottom: Antonio Mata and Toby Duffy are the Corsican Brothers. Bottom right: Jeremy Mathena, one of the more modest individuals here at Cascade, poses for a candid shot.
1. Kevin Knoll, Lakes A Wall
2. Kevin Forest, Lakes A Wall
3. David Boyce, Men's
4. Jeff Vasquez, Men's
5. Mike Woodson, Don't talk with your mouth full
6. David Smith, Call on me
LET THE
GOOD TIMES
ROLL WITH...
DANCES
Above left: Tim Warman and Lacy Randolph get down to the hip tunes played at Homecoming '89.
Homecoming was a big success with the theme "Heaven" based on the hit single by Warren. The colors silver, black, and white transformed the commons into a heavenly atmosphere. The royalty and their escorts weren't the only ones to have a good time. Everybody seemed to enjoy the great decorations and excellent music. Homecoming queen Niki Sines' escort Mark Barnes especially liked the theme. "Heaven" was his favorite song.
Jamaican TOLO '89 Jam

Brian Smith, Julie Sherwood, and Michelle Leidy jam to the music.

Nik Stroup and Ginny Fenner get a little closer.

"Hey everyone, watch Sherry Walentiny limbo."

Tim Kerr and Erika Schnell show their stuff.

Everyone gets wild as they jam to the music of Jamaica.

Dave Smith and Staci Houstoun lounge on the beach.
Left: The funky rap music being played appears to be causing a confused look on Leigh Ann Wedeberg's face. Bottom left: Dennis Weaver is experiencing some kind of difficulties while Josh Michael is looking for someone to dance with. Below: Gina Cook sits around trying to convince her date to dance.
The Junior Class of Cascade High School requests the pleasure of your company at the Prom on Saturday, the twenty-eighth of April Nineteen hundred and ninety at nine o'clock in the evening at the High School Commons.

Eric Keogh flashes his better side during the Grand March as he escorts Amanda Barnes.

The 1990 Prom King and Queen, Nik Stroup and Ginny Fenner, start the royalty dance with "Right Here Waiting".

Jeff Janssen and Mandi Cook pose for "Cly Nights" pictures. Say Cheesel.
Henrietta Masser, our foreign exchange student, is a happy camper and it shows! C'mon David Boyce, smile!

The first couple of the Grand March, Lynn Watson and Kristen Arnold, look like they're having fun!

The Juniors are hard at work on decorations.

Staci Houston concentrates on the next step. Mark Barnes doesn't seem to think it's that difficult.

Julie Foster stretches to get the job done.

David Smith and Jill Thrasher make their "Grand" entrance to Prom 1990.

David Spry needs to relax. Julie isn't going anywhere.
LET THE GOOD TIMES ROLL WITH...
SPORTS
Below: As usual, **Becky Wilson** shows great enthusiasm. Right: The fall squad **Erin Drayer, Julie Foster, Misty Davis, Kristen Arnold, Becky Wilson** and **Danielle Schafer** shows its Rockette pose.

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**CHEERLEADERS**

The fall cheerleading squad began the year with summer camp and have put in many hours of practice for the football season. Here they're working hard and having fun at the same time.

*Far Right: Kristen Introduces the activities at one of the weekly pep assemblies.*
Far Left: Erin Drayer—the split specialist. Left: When Lisa Pierce speaks, people listen. Misty practices the boogie routine for tomorrow night's performance.

ROCK THE SPOT

Left: Misty Davis, Julie Foster, Danielle Schafer, Becky Wilson, Kristen Arnold and Erin Drayer. Danielle always on her toes.
NEVER SAY DIE

The season was one of perseverance and believability. They had to persevere because of their youth and the hard times that five straight losses brought. They had to believe in themselves and the coaches because there was nobody else to turn to.

As the season wore on the players came together and finished by winning three of their last four games. The streak began against Lake Roosevelt when they won the game in the last minutes. Homecoming against Chelan proved to be a great evening. Two straight wins and the 3rd consecutive homecoming win by the Kodiaks gave reason for the team to celebrate. Winning the final game of the year, scoring 52 points gave the team a great feeling for themselves. They finished on a very confident note.

It was a young team with only three seniors who started on offense and five on defense. Sixteen lettermen will return for next year.

Coach Jack McMillan


Top: "And now, weighing in at 160 lb., 5'11" Junior, Bill Mattson!" Middle: Fullback Jeremy Mathena burns down the field for another Kodiak TD. Jeremy broke Cascade's previous record of 238 yards for single game rushing. The new record soared to 330 yards. Bottom: Robert Fritz scores our first TD against Chelan. He later caught a pass for a TD before halftime.
Above L: Mark Bangsund prepares himself for bone crunching action. Above R: Nick Barnes, the lean, mean, football machine. Middle L: Eric Royster boots another one long. Middle R: Strong safety, Derek Gilderslieve, is ready for the threat. Bottom L: Explosion of Kodiak power. Bottom R: Coaches enjoy Friday night football.
HANGIN' TOUGH: The week started with Pajama Day. Tuesday, guys and girls switched roles for Opposite Sex Day. Wednesday showed the styles of the 60s. Thursday was a day for reflecting on one's heritage and costumes of other countries. As usual, we ended the week with Red and Grey Day.

One can't forget all the excitement of the senior victory at the powderpuff game. The guys added to the fun as they cheered on the teams.

Thursday night's coronation was a big success. The classes involved themselves in four competitions with the juniors winning over all. The week ended in a great celebration of fireworks which helped the Kodiaks explode to a victory over the Chelan Goats. The week ended with everyone "Hangin' Tough."
Kirston Obergh looks for the hole.

“Cheerleaders” get wild at powder puff game.

Ryan and Scott show off as usual.

Destined for destruction.

Erika Schnell escapes from the defenders.

Quarterback Misty Arndt gets “hike.”
Nick Barnes: "When the going gets tough, the tough gets going."

Mark Barnes: "This year's team was a team with a lot of heart and a never say die attitude."
Steve Weddle and Mark Barnes look forward to a break in the action.

Eric Royster took over the Kodiak QB duties midway through the season and performed well.

John Mikosh: "It ain't easy being me."
Scott Emmons: "It's better to fail at trying something then to succeed in doing nothing."
Derek Gildersleeve: "Whatever Nick said."
Kale Hill: "Fly'n head butts!"
The JV's had a highly successful year with a 5-3 record. The team showed its true colors with a victory over Cle Elum that had the distinction of having the longest third quarter in history. Many players stood out in different games, but all in all, they should provide some excitement for varsity football next fall.

1. Kick-off specialist Ryan Reinhart, boots another one deep. 2. Reinhart looks for the opening to pick up first down yardage. 3. Coach Scott Kennoyer checks the clock before giving the next defense play. 4. Justin Fonville hook blocks the defender. 5. Celebrating the touchdown, Stan Olson, Jason Barnes, and Andrew Disher show the official how it's done.
X-C Rolls By 1st Season

This season marked the first year for cross country team at Cascade. The team had a very successful year with a limited number of participants. Enthusiasm ran high throughout the season with a season ending 5th place finish at District. I’m looking forward to an even better year in 1990.

Coach Rob Rosenau

Top left: Kevin Knoll and Trever Gunderson lead the pack early on. Left: Justin Haley rolls toward another first class finish. Above left: David Boyce focuses on getting to the front of the pack. Above right: Trever Gunderson strides to stay ahead of the rest.

Front L-R: Justin Haley, David Ward, Trever Gunderson. Middle: Kevin Knoll, Eric Keogh, Wylie Moreshead. Back: David Boyce
VOLLEYBALL

Rolls To Victory

The 1989 varsity volleyball season turned out to be a “pleasant” surprise after coming off a rough season in the fall of 1988. The team came together strong at the start, posting a 3-0 mark before league play began. By the end of regular season play they had an overall record of 7 and 5, giving them a 5th place spot in the league standings.

In the first round of the District Tournament, Cascade was matched up with the 4th place team, Quincy. Cascade won the match in two games allowing them to advance to the second round of the tournament. The top four teams played for the two State births.

In the past year the volleyball program has come a long way. The players have every right to be proud of their accomplishments.

Coach Mary Biehn


Misty Arndt puts it back over after a successful block. Waiting for a possible return, Jori Delvo is poised for the dig.

As Wendy Sines powers the ball past the blocker, Ginny Fenner anticipates the point.
Alicia McIver and Kirston Obergh show what teamwork is all about as they await Jori Delvo’s play at the net.

One of the young players this year, Alicia McIver jumps to kill the ball. How is that intensity, or what?

After Lisa Smith digs the ball, Misty Arndt helps by tipping it over.
Watch out ball Jori Delvo's gonna get you.

Lisa Smith, Jori Delvo and Misty Arndt pause while Kirston Obergh spikes it over.
Misty Arndt "shotputs" the volleyball.

Kirston Obergh, Wendy Sines, Alicia McIver get ready to return the ball.

Front LR: Cassie Johnson, Anne Freeman, Nicole Duncan, Gina Cook, Theresa Camp, Sherri Walentiny. Back: Lori Lang, Amy Jones, Jenna Marcy, Kim Lord, Stephanie Bergven, Darann Hamilton.

Volley Into Good Times

This season the JV volleyball team had an overall record of 3 and 11. Several of the matches were quite competitive despite the scores. The JV squad worked hard and showed a lot of improvement throughout the season. I really enjoyed working with this group of girls. I had a lot of fun.

Coach Susan Brincken
Girls' Varsity:
On A Roll


Junior point guard Jori Delvo makes a break away lay-in soaring through the air to elude the hands of her defender.

1989-90 Varsity Girls' Hoop

Basketball is a sport that is more than just physically demanding. It's a sport that requires great skill and natural understanding of the game. Basketball takes more out of a team than just blood and sweat. It takes away their pride, their tears, and sometimes their hearts. But in return it gives. It gives them something to fight for, to earn. It gives them hope and courage and so many moments that will always be remembered as "special". The 1989-90 season was full of "special" moments.

Coach Susan Brinken has now finished her second year as head coach for Cascade. During this season she managed to lead the team to a fifth place finish in league standings, and on to the District Tournament play. At District the team managed to make it to the semi-finals, but lost out for a fourth place finish. Thank you coach Brinken for your dedication and support and for helping our team strive for excellence.
Rolling Away with

Kimberly N. Langston — two year letterman.

Erika J. Schnell — two year letterman and team captain.

Kristen L. Arnold — two year letterman.

Niki L. Sines — first year letterman.

Kirston A. Obergh — third year letterman.

Kim Langston gets ready for the rebound.

Erika Schnell goes up over her opponent for a jump shot off the glass.

Niki Sines plays excellent defense preventing the opponent from getting a key inbound pass.

Kirston Obergh shot an average of 85% from the foul line this season!
With much enthusiasm and sportsmanship, team captain senior Erika Schnell, meets with the opposing captain prior to start of game.

Prior to every game a standing "high five" huddle was assembled by the team.

Junior Jori Delvo takes her flying three point shot.

Junior Megan Myhre, often referred to as "Mad Dog" knocks a ball loose on a would be fast break.

Karri Whitehead takes an outside jumper for two points.

Darann Hamilton, a key inside player this year, makes an awesome post move then takes a jump shot.

Lori Lang, playing middle on a two-three zone defense, attempts one of her many blocked shots.
Junior Varsity and C-Squad Roll On Up!!!

Ruthy Melton soars over the defense on a fast break lay-in.


Michelle Zimmerman aggressively causes a loose ball.


Gina Cook working on “D”, helped lead the C-squad to an undefeated season.
As Jori Delvo sets a screen, Kirston Obergh prepares to take her shot.

Diving on a loose ball, Ruthy Melton attempts to trip the opposition.

Lori Lang and Alicia McIver fight for the inside position as the shot goes up.

Kristen Arnold listens intently as a foul is called on her.

At tense moments a little laughter never hurts.
The 1989-90 boys' basketball season offered players, coaches, and fans a great deal of excitement and satisfaction and established memories that will last a lifetime. A 19-6 win-loss record, District Championship, and another trip to the State Tournament will long be remembered by all those involved.

The season had its share of adversities as injuries seemed to plague the team. But through the adversities, the strength of the team prevailed and others picked up the slack. In the end a healthy and determined team captured Cascade's first boys' basketball District Championship.

As nine seniors graduate and pursue life's challenges, it is my hope that the lessons learned in the Kodiak basketball program will serve them well and the memories of this season will keep a smile on their faces.

Coach Pat Fromm

Left: Curt Ranta sky hooks for two. Below: Kevin Hansen pumps the "J".
**Nik Stroup** shows good follow through as he sinks his free throw.

**Kevin Hansen** drives the lane and rolls the ball in for two.

**Paul Obergh** powers past the defense for the lay-in.

**Bill Mattson** steps across the 3-point line to shoot the "J".

**Jeremy Mathena** races up the sideline to lead the fast break.

**Cameron Loss** goes up for the jam with the "Jordan Tongue Technique".
David Ward catches air from the free throw line for two.

Lynn Watson rips down one of his many defensive boards.

Gil Zepeda shows perfect form as he hits the baseline jumper.

David Smith uses the glass to score off the offensive rebound.

Curt Ranta slams it home over the awe-strucken defender.

Peter Kampen goes up and draws the foul to score the 3-point play.
Dist. 6 Champs

Season Summary

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L-R: K. Stroup, Paul Obergh, Jeremy Mathena, Lynn Watson, David Ward, Curt Ranta, David Smith, Peter Kampen, Cameron Loss, Gil Zepeda, Bill Mattson, Kevin Hansen, and coaches Jim Furman and Pat Fromm.
**Team Members:**

Back L-R: Brendan Bergren, Eric Royster, Kade Petersen, Cody Morshed, Stan Olson, Ryan Reinhart, Coach Jim Furman.

Front: Mark Bangsund, Jeff Jansen, Justin Haley, Kevin Knoll, David Force, Mike Wilson.

**Mark Bangsund** locks in on the basket as he drives to the hole.

**Kade Petersen** lays it soft off the glass for two.

**Back L-R:** Coach Mark Schram, Derek Wilson, Brian Furman, Todd Warman, K.C. Schiersch, Jerry Valentine, Russel Ralph.

Front: Nate Renberg, Pedro Zepeda, Mike Burlingame, William Ward, D'Wayne Darlington, Scott Folden.

**Brian Furman** knifes through the defense and takes the shot.
This year the wrestling team had a great season. They had fifteen season matches, attended the Caribou Trail League and District championships, and a few then proceeded on to State. Gabe Hansen gave an outstanding performance throughout the season. He medaled at many tournaments, took first in his weight class at District, and he placed third at State. Brian Dodge, Dennis Weaver, Josh Arnold, Erle Vandegrift, Donald Dodge, and Joey McGowan also participated at Districts. Donald Dodge attended State as a participant, and Dennis Weaver and Josh Arnold went as alternates. Next year we are looking forward to another successful season for the wrestling team.
Top L-R: Coach Dan Roach, Mark Barnes, Tim Barnes, Wayne Torrence, Gato Martinez, Gabe Hansen, Joey McGowan. Front L-R: Dennis Weaver, Todd McElvain, Brian Dodge, Josh Arnold, Erle Vandegraff, Scott Burt, Coach Keith Koch

Above: Working hard off the bottom, *Erle Vandegraff* tries to work a reversal against his opponent.

Left: *Dennis Weaver* tries to move to his feet so he can make his move to escape.
Tim Barnes' opponent is in big trouble. Tim has a head and arm pinning combination and the referee is ready to slap the mat.
Top Left: "What do I do now Mr. Koch?"
Scott Burt needs some helpful advice. His opponent has him in a leg ride pinning combination and it doesn’t look good.

Cradling his man for the pin. Donald Dodge comes around working his man to his back.
This year's Kodiak baseball team was a young and an inexperienced group. Their record of 1-17 showed little success in the record book, but there was steady improvement as the season unfolded.

The season highlight was defeating CTL champion Quincy 7-3. The players played a flawless game.

The following players won team and/or league honors: Senior Steve Hauge was voted as team captain and most inspirational; Todd Warman was most improved; Ryan Reinhart and Dave Spry received Caribou Trail League honors; Dave Spry and Steve Hauge were picked to play in the state all-star feeder game.

This year's seniors, Wylie Moreshead, Steve Hauge, Jay Rizk, and Dave Spry played their last Kodiak baseball game.

The Cascade Junior Varsity team finished its season with a 6-6 record. Coach Willman feels that these players will be the nucleus for next year's club.
Top: Covering the bag at third, **Ryan Reinhart** waits for the throw from the catcher for the tag. Above: After stroking a single to right, **Eric Royster** looks to round first base. **Left**: Cascade’s left-handed ace, **Steve Hauge**, had impressive statistics for the season.
Top: Catcher Brendan Bergren and first baseman Jay Rizk chase a pass ball in an attempt to cut off the run at the plate. Top right: Dave Spry hits a line drive for a triple to drive in a run. Middle: Outfielder Justin Haley makes a circus catch for the last out of the inning. Right: Playing third base can sometimes be a confusing job for Jamie Ogle. Far Right: Coach Lanny Willman directs Jay Rizk as he approaches third base.
Softball Rolls To The Top


Coach Jack McMillan gives his words of wisdom during one of his pre-game pep speeches.

Lisa Smith, shortstop, contributed consistently through her batting efforts.

Senior Kristen Arnold, team catcher, had many key plays at the plate.
Lisa Smith hits a hard grounder right down the third base line for one of her many singles.

Brandi Hotchkiss had the best batting average with a .600! She was a very consistent base hitter with one home run.

Teresa Spry playing right field runs in to catch a pop fly. Two games earlier one hit her in the eye.

Third base Deana Trowbridge attempts to snag a fast moving grounder.

Kathy Melton listens to coach "M" for running instructions.
Watching the Season Roll Away

Kim Langston hit this ball so hard it almost took off Cashmere’s third baseman’s head!!

Alicia McIver makes a throw to second getting a runner who had come off the bag.

Deana Trowbridge and Ruthy Melton work here as a team to get a fly ball and prevent a score.

Ruthy Melton makes up a devilish plan to start off the next inning.
Low in number . . .

Top left: As the gun goes off, Kevin Knoll begins his quest for another 1600 m victory. Top right: Jared Homad soars for a good distance at the CTL meet. Left: Shot putter Mark Barnes shows his strength and good technique.

Left: In addition to the javelin, David Ward also was a fine hurdler. Above: Kirsten Obergh excelled in the 300 m and 100 m hurdles, the long jump, and the high jump. Here we see her winning jump at the CTL meet.
... high in talent

Left: Sara Port sprints to another victory as she leads in the 100 m dash. Sara was one of only two freshman girls on this year’s team. Right: Four year letterman David Ward concentrates on his technique for his final throw.

Far left: The team’s other four year letterman Kirston Obergh reaches for good height and distance. Top left: The only freshman boy on this year’s team, Derek Wilson comes out of the first turn in the 400 m dash. Bottom left: Preparation begins with proper stretching before competition.
State golf representatives Kevin Hansen and Jeff Janssen pose with coach Don Douglass at the site of this year's tournament.

Erica Taylor, Mandi Cook, and Staci Houston return to State for the second year. They once again bring home hardware, this year a 2nd place trophy.

Nik Stroup holes out this chip for a birdie on our home course.

Kodiak tennis had a great year with 28 students turning out for the team. The year started out average but ended better sending **David Boyce**, **John Miklosh**, **Megan Myhre**, **Cassie Johnson** and **Kelly Saunders** to Districts. **Megan Myhre** and **Cassie Johnson** (pictured at right) went on to place 7th at the State tennis tournament.

**Kelly Saunders** gets ready to return the ball, while **Dave Force** checks for a fault.

**David Boyce** plays back as **John Miklosh** goes to return the volley for the game point.
Cassie Johnson watches Megan Nyhre's two-handed backhand service return.

Jori Delvo returns the ball with a strong backhand to continue the volley.

With a wicked serve, David Boyce aces his opponent.

After the serve, Leigh-Ann Wedeberg plays the baseline for the return volley.
LET THE
GOOD TIMES
ROLL WITH...
The class of 1993 began this year slowly. However, with the strong leadership skills of President — Kim Lord, Vice-President — Stefanie Bergren, Secretary — Anne Freeman, and Treasurer — Brent Stoltz. The class is sure happy to be out of the junior high and in the future they will be very successful. A special thanks to Mr. Kent Johnson and Mr. Jim Furman for being there when we needed them.

Right: Billie McGill and Gina Cook sure look like they want something from Aaron Anderson.

Abolafja, Arl
Anderson, Aaron
Arakelian, Ara
Avery, Jo

Ayers, Deanna
Barker, Dean
Barnes, Jason
Bergren, Stefanie

Roll with the...
Left: John Tanner is one of the many cool underclassmen. Doesn’t look like he is in too big of a hurry to get to class.

Right: Jan’l Peterson and Sara Fort just can’t decide what they want to eat for lunch. Today’s selections are liver and onions or macaroni and glue.

Guthrie, Cheri
Hall, Tonia
Haverfield, Chad
Head, Brian

Ireland, Ian
Ising, Trey
Jones, Amy
Kerr, Marty

Roll with the...
Left: Tonia Hall and Catrina McKinney are trying to make their way to class during the power outage.

Right: Jodie Fishburne and Anne Freeman are deeply indulged in their lunch while Amber Griffin has had enough.

Raley, Jessica  
Ray, Ron  
Renberg, Nathan  
Schiersch, K.C.

Smith, Pebbles  
Sondick, Matthew  
Sorensen, David  
Spies, Steven

Roll with the...
Stegeman, Zanee
Stoltz, Brent
Styles, April
Tanner, John

Tidwell, Candi
Vail, Izack
Ward, Jennifer
Ward, William

Waran, Todd
Whaley, Kimberly
Widmer, John
Wiese, Donavan

Wilks, Gene
Williamson, Shawna
Wiltson, Derek
Wilt, David

Woodin, Malie
Zepeda, Pedro

Not Pictured

FRESHMEN
Sophomores

Class

of

1992

Arnold, Josh
Bangsund, Mark
Barnes, Amanda
Barnes, Tim

Barry, Phillip
Bergren, Brendan
Besse, David
Boletti, Rachel

Burt, Scott
Capp, Theresa
Coffin, Linda
Davis, Jessica
Far right: ASB held a “Chubby Bunny” contest during lunch. Here **Josh Arnold** represents his class with mass marshmallows. Near right: **Lisa Pierce** uses her “Thinker” pose in class. Below: **Jeff Janssen** and **John Stutesman** compare notes in chemistry. **Briar Hoper** tries to get a peek.

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**Fritz, Jaclyn**
**Fromm, Michael**
**Gildersleeve, Bryan**
**Griffith, Chad**

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**Hailey, Justin**
**Hamilton, Darann**
**Hansen, Ryan**
**Harmon, Steve**
President Justin Haley: "My goals are to keep spirit high and tackle all of the obstacles that come with the job with ease."

Vice President Ryan Reinhardt: "My goals as vice-president are to make money, make friends, but most of all, to have fun."

Mayo, Daniel Melver, Alicia Moats, Amy Moreshead, Cody

Mullady, Becky Nelson, Randy Nieman, Bryon Obergh, Paul

Ogle, Jamie Olson, Stan Pencek, Wendy Petersen, Kade

Pich, Amy Pierce, Lisa Ralph, Russel Reinhardt, Ryan
Saunders, Kelly
Schoonover, Rachel
Shenwood, Chris
Sikes, Karrie

Stutesman, John
Thomas, Thor
Thompson, Brad
Ulmer, Dennis

Umberger, Shelly
Vandegrift, April
Whitman, Gerti
Whitman, Heidi

Wilson, Mike
Yancy, Matt

Not Pictured
Brett Anderson, Douglas Boesiger, Jay
Hegge, Cassie Johnson, Jose Lopez,
Bogdan Michka, Jeranie Nelson, Eric
Royster

Secretary
Rachel Bolleli: "As secretary, I want to raise money and bring unity because I think being together is very important."

Treasurer
Michael Fromm: "As treasurer, I am looking forward to handling the money for our class and also putting on Morp."
"I want to thank my class for all the help they gave me in my first year as their president. I've learned a lot this year and I hope you are all as happy with how the year turned out as I am."

Steve Weddle

"The race is to the swift."

Robert Fritz

"It was about as subtle as a tarantula on a slice of angel food cake."

Gabe Railey

This year, the office of treasurer was filled for one semester by Jennifer Brown. Unfortunately, she had to move to Bellingham. We of the class of '91 were all sorry to see her go. Secretary Gabe Railey will fill in for her.
Before history, good pals Michelle Zimmerman and Erin Drayer pose for a quick shot.

Allen, Shelly
Andersen, Matt
Anderson, Kimberly

"Neopolitan" Bill Saunders didn't earn the 10 extra credit points.
Nurman, Tonje
Oliveira, Denzel
Pantier, Stephanie
Pencek, Julie

Presler, Galen
Radel, Katharina
Kaley, Gabe
Randolph, Lacey

Reinhart, Krys
Rengberg, Renee'
Rychetsky, Shelton
Saunders, Bill

Taylor, Erica
Torrence, Wayne
Tuson, Thayne
Turner, Noel

Waters, Shaylee
Watkins, Holly
Weaver, Dennis
Weddle, Steven
Whitehead, Karri
Wilks, Kelly

Trever Gunderson shows his distaste towards American Lit.

Willet, Eric

Williams, Tony

Jennifer Brown, Katy Kelly and Misty Davis: The trio.

Yaskus, Jeff

Mandi Cook and Erica Taylor look for stunning pictures to put in the annual.

Zimmerman, Michelle
LET THE
GOOD TIMES
ROLL WITH . . .
ACTIVITIES
Let the good times roll with

LEADERSHIP

Being in Leadership Club is a privilege which carries a great deal of responsibility. Members are good role models and show positive behavior and attitude. They also work toward building pride in our school.

This year Leadership Club has been and will be very active in many things. Some of the activities included hosting our annual alumni game and raising money for our end of the year retreat. In doing that, they baked 600 potatoes for a banquet. This year they have 54 members in Leadership Club. Our officers are Dawn Moody President and Mandi Cook Vice President.

Mark Bangsund just can't understand why he is out of the egg toss. "Come on, I deserve another chance?" The egg toss was one of many events that took place at Leadership Camp last summer.

At Leadership Camp everyone listens or else Mr. Howard Cook gets on their case. Fortunately, he is only explaining the rules for the egg toss.

Gee Erica Taylor, and Karrie Whitehead want to know who is that masked man taking our picture??
Honor Society


Honor Society is a club and service group for those who have a 3.0 or higher GPA. Those who apply are nominated by the high school faculty. Once again this year, they plan to have a $350 scholarship available to a senior in Honor Society. They’ve had a fun fall get-together for the members and plan another for later in the spring. This year’s officers: president—Jay Rizk; vice-president—Brian Griffith; treasure/secretary—David Smith.

ASB Officers

President
Jennifer McDevitt

Secretary
Kirston Obergh

Treasurer
Kristen Arnold
Top rear L-R: Chris Conkling, Kjerston Bolser, Rachel Schoonover, Henrietta Masser, Brian Griffith, Briar Hoper, Cheryl Sampson. Front L-R: Wendi Kampen, Joann Lorz, Misty Davis. Right: The Cascade Drama Club performs "The Butler Did It".

Above L-R: Kathrine Jones, Rachel Schoonover, Amy Jones, Briar Hoper, Rae Howard, Cheryl Sampson, Chris Conkling, Kjerston Bolser. Seated: Coach Tracy Shaw. Above right: Amy Jones, Cheryl Sampson, Rae Howard, Kathrine Jones, and Briar Hoper play the parts of five single women in the Drama Club production of "The Odd Couple". Lower right: Chris Conkling and Kjerston Bolser play the parts of the two men in the play. Seated between them is Briar Hoper playing her part as one of the single women.
KEY CLUB


CHESS CLUB

From L-R: Bogdan Mychka, Victor Mayevski, Trever Gunderson, Peter Kampen, Oleg Mayevski, Gabe Hansen.

Chess club president Trever Gunderson plots out his next move.
Art teacher Ms. Bonnie Powell demonstrates glass fusing for Galo Martinez and Gil Zepeda.

Art Club is one that is always open to everyone. They have activities such as bake sales and an inter-valley dance to support art student activities. One of the major events is a trip to the Seattle Art Institute. There they observe all types of art and have an ethnic lunch afterwards. Last year’s ethnic lunch was Chinese.

The second major event is an exchange with other art clubs. Another club will come to see Leavenworth, spend the night, and compare artwork.

This year the club has a joint presidency of Curt Ranta and Kale Hill.

Right: Becky Mullady shows her talent at acrylic painting.

BAND

“Saxy” Denoel Oliveira

Brian Griffith “trumpets” on by.

Addie Pobst — a “cymbol” of the times.

Mike Hunsberger “snares” a great tune.

Julie Foster looks good at mite flue.

Kodiak Band was a “killer” in Apple Blossom parade.
The goals of Future Business Leaders of America are to be better business people and set high standards. Through the year they are involved in different workshops and conferences and also operate the school store. The money goes towards fun activities and expenses for state conferences. The main goal is to have stable group relationships.

SWING CHOIR

Back row L-R: Amy Jones, Julie Sherwood, Chris Conkling, Tim Butcher, Mike Kelly, Kjersten Bolser.
Middle row: Cheryl Sampson, Becky Koch, John Miklosh, Denoel Oliveira, Tara Housden.
Bottom row: Karri Whitehead, Mike Wilson, Josh Michael, Danielle Schafer, Jodie Fishburne.

Back row L-R: Nicole Mecham, Cheri Guthrie, Zanee Stegeman, Diana Boesiger, Becky Koch, Candi Tidwell, Pat Oliver, Mike Burlingame, Kade Petersen, Trey Ising, Maranda Lillis, Alicia McIver, Karri Sikes, Jo Avery, Maria Canales.
Bottom row: Jodie Fishburne, Tara Housden, Catrina McKinney, Jan' Petersen, Chris DeLong, David Sorensen, Dean Barker, Theresa Camp, Cammie Valentine, Jessica Davis, Rachel Schoonover.
KODIAK CLUB


Letter Club

Nick Barnes, Kevin Hansen, Mark Bangsund, Michelle Zimmerman, Julie Foster, Erica Taylor. Back Standing L-R: Kevin Knoll, Tim Barnes, Robert Fritz, Steve Weddle, Scott Emmons, Bill Mattson, Misty Arndt, David Ward, Curt Ranta, David Smith, Peter Kampen, Gil Zepeda, Stan Olson, Eric Royster.
FUTURE HOMEMAKERS OF AMERICA

FUTURE FARMERS OF AMERICA


L-R: Mark Barnes, Jared Homad, Erie Vandegraft, Troy Moore, Donald Dodge, Ralph Hodges, Brian Smith.
YOUNG WOMAN OF THE YEAR

Julie Foster
1st Runner-up

Gabe Raley
1990 Young Woman of the Year

Misty Davis
Spirit Award

For the 1990's the Junior Miss board decided it was time for a change. In making this change the title "Junior Miss" was changed to "Young Woman of the Year." It was a positive change and the girls worked very well with the theme, "Rhinestone Cowgirl."

At right: The following contestants posed for a pre-pageant photo: Gabe Raley, Michelle Zimmerman, Misty Davis, Sharon Mushrall, Deana Trowbridge, Brandi Hotchkiss, Julie Foster. Kevin Hansen and Curt Ranta were the girls' escorts.

Left: The contestants performed their physical fitness routine to a medley of songs.
The Publishers

BACK L-R: Jeremy Mathena, Michelle Leidy, Kristen Arnold, Peter Kampen, Erika Schnell, Kevin Hansen, Erica Taylor. FRONT: Mr. Gary Brunelle, Megan Myhre, David Cecka, Dawn Moody, Mandi Cook, Aumony Anderson.

This year's Cascade Publishing Staff worked diligently to produce this masterpiece of memories. The class consists of many hardworking students who feel the yearbook is something we will always have to remember. We hope you enjoy our yearbook and always remember to Let the Good Times Roll!
LET THE
GOOD TIMES
ROLL WITH ...
Mindy Sue Erickson

Matthew Fredrick Fletcher

Christopher S. Geray

Rachael Marie Geske

Derek Lee Gildersleeve

Brian Q. Griffith
Staci J. Whaley

Kristen Anne Willman

Becky Rene’ Wilson

Gil Sapien Zepeda

Not Pictured

Jeremy Avery
Mike Bossen
Brian Farrens
Cathy Koch
Cecelia Mata
Wylie Moreshead
Larry Tullis
C L A S S  O F  1 9 9 0  S A Y S  •  •  •

Jed Ambrose: It doesn't matter what lies behind or before us, but what lies within us.

Aumoniy Anderson: "Friends are forever if the Lord's the Lord of them and a lifetime's not too long to live as friends." Don't forget...You are all special and I love you!

Kristen Arnold: You guys have all been a vital part of my life. Thank you! Dad & Mom - I love you all. Go for it! Thanks: Mom & Dad!

Jeremy Avery: Hello everybody and thank you for your support.

Matt Barnes: Just do it! Football is life!

From #77

Nick Barnes: "What the mind can conceive and believe, it can achieve". Mike Bossen: III, and have a great three more years , 5th grade, Love Ya Bones. Thanks for everything, Mom & Dad.

Maria Canales: I love you Mom and Dad. CHS, I'm gonna miss you. Cheryl Sampson we will be friends forever!

Chris Conkling: Whatever happens, life goes on!

Adam Cox: I would like to talk about the good times I had at Cascade, but those can't be remembered!

Dina Dronen: Mom, Dad and Linda, I'm glad that you helped me through my high school years. Love ya lots!

Vicki Dronen: What a motley crew we are! Take care CHS.

Scott Erickson: Do your own thing...

Mindie Erickson: Make today the best day possible!

Connie Fenner: To give up ones dreams is like giving up on yourself and what is important to you.

Matt Fletcher: Entropy is the complete and total degradation of all matter and energy in the universe to a state of least order.

Rachael Geske: Thanks for everything, Philippians 4:13

Derek Gildersteeve: Just Do It!

Brian Grifith: The answer to life lies within you.

Tasha Hall: Mom & Dad, thank you for being there for me. I love you!

Kevin Hansen: "We can never say forever".

Kale Hill: We parted fine in '89 and '90 was a blast. All the friends we've ever made sure will surely always last.

Jared Homed: To whom it may concern: Goodbye and God Bless!

Staci Houston: Enjoy today while it is here because someday today will be a long time ago.

Rae Howard: It is only with the heart that one can see rightly; what is essential is invisible to the eye.

Victoria Howard: To Dr. Erika "Homerig" Schnell & Shalcey, all I have to say is "I'm going back to call..." Thank you.

Don & Tara for all your support. I love you both! To the underclassmen, keep striving to attain your goals because no one else can do it for you ! Peace!

Rachael Johnson: Thanks to all my friends and family for their support!

Shane Jones: Free at last! Free at last! Thank God Almighty we're free at last! Peter Kampen: I laughed, I cried, I saved five dollars. See ya Moby, Lord and Be #77

Mike Kelly: Life is too short to complain about insignificant items. The best gift you can give anyone is yourself. Love God, Hate Sin.

Kevin Leavitt: Best wishes. See you guys in ten!

Cameron Loss: May you live all the days of your life.

Jewen Moody: To — We hate hotdogs! Wipe your eye and God Bless. Have a nice day, a wonderful life and a good forever — which is probably a lie. I wish you heaven. RAJJ will live!

Huntington Massen: Life is murder in Arizona. Hi, to all the people at Cascade. I'm gonna miss you guys a lot. Here's a warning: I'm going to come back.

Jennifer McDevitt: Mom & Dad, thank you for all of your support and Godly wisdom. You are very special! Class of '90, I'll never forget you.

Jennifer McClure: Mom, I love you and am gonna miss you lots. Ben, I love you too.

Ryan McGreggor: As we've grown older we've matured together with each other and I've always considered us as family. Now it's time for our family to say goodbye. I will miss you all and I just want to say, "take care."

Josh Michael: Girl, I'm gonna miss you!

Jay Rink: To my nerdy friends: Aumony, Staci, & Mandi, don't ever forget our beautiful visit to Tacoma. Staci, Joe is awesome! I love you guys! Jay Rink.

Marie Moore: And so my fellow underclassmen: ask not what your school can do for you, but what you can do for your school.

Kris tylko: "You have not failed until you have failed to try." To my family, the class of '90: thank you for everything. The hard work has just begun.

Cheryl Pieper: I know where I'm going and where I'm coming from. So here I come. I'll never forget Raji. I love you.

Wendy Petersen: Thanks for everything Mom & Dad! I love you! Elizabeth Plaguth: Be yourself and dream big! Let the good times roll and happy trails to you!

Michael Pilar: I've got something to say. It's better to burn out than fade away!

Curt Ranta: To all my friends here at Cascade: I thank you for all the wonderful times we spent together and especially Lynn, for always being there and being the best friend anyone could be.

Donna Richey: Thanks Mom & Dad, I am truly grateful. Thank you all.

Jay Rink: There is a reason for every thing in life. Question every bit of it, one day at a time.

Cheryl Sampson: Hey Cascade, it's been fun, but I'm out of here!

Danielle Schafer: Nobody can do it for you. You have to make it happen.

Erika Schnell: "Timid is the man who knows not the tears or the laughter of victory and defeat." Get Involved. If you want a friend, be a friend. Take risks, experience failure and know yourself. Thank you Coach Brinken.

Stay out of trouble Langston — I love you lots and will miss you. Thaye, STAY OUT OF THE DUMP.

Patricia Schramh: I hope the future brings all of our hopes and dreams to life. We can never go back in years but we can have ahead with all our hearts, souls, and fight for our future to make it the best it can be.

Julie Sherwood: Thanks to everyone at Cascade for making my HS years what they were. To my friends, never forget the cementary, gravelpit, the trailer or the wagon. And "duck season" lives forever.

Nick Sines: Being deeply loved by someone gives strength; while loving someone deeply gives you courage. Thanks to all my friends. Thanks to all the guys I love you. I can't believe it's over.

Wendy Sines: PEACE!

Brian Smith: There are winners and there are losers, but it ain't no big deal.

David Smith: The set of the sail determines the direction of the boat.

Lisa Smith: Go for it & don't look back because nothing ventured is nothing gained. Thanks CHS!

Shawn Spies: Just be you!

Nik Stroup: I'd take a bromo, but I can't stand the noise!

David Thrasher: Believe in yourself and anything is possible.

Jessa Turle: Remember — Never matter where you go, there you are.

Erik Vail: Peace, love and live!

Cammie Valentine: Don't think about it.

Erle Vozdogs: Hard work and pain is temporary, but pride of being in the class of '90 will live forever.

Sherry Walenti: To my Mom & Dad, thank you for your love and support. Class of '90, I hope all your dreams come true, reach your goals and have a successful, happy life! Love ya all.

David Ward: Take a chance now and then.

Tim Warman: No matter how bad things get, they could always be worse.

It took a good friend to make me realize that. Thanks Dan.

Lynn Watson: You'll be my friends forever whenever happens or where we go!

Leigh-Ann Wedeborg: What you are is God's gift to you, what you become is your gift to God. Thanks for all the good times. I love you all.

Staci Willett: Erin D. Thanks for being my friend. What will I do without you.

Kris Wilkinson: To ski or not to ski. That is the question.

Becky Wilson: "A friend is someone who knows all about you and still loves and respects you."
Hall of Fame

Best Athletes
Kirston Obergh, Mark Barnes

Best Sense Of Humor
Henrietta Masser, Cameron Loss

Tallest & Shortest
Curt Ranta, Jenna Marcy

Friendliest
Staci Houston, David Boyce
Most Likely To Get Into Trouble
Steve Hauge, Vicki Dronen

Biggest Flirt
Wendy Sines, Jason Nieman

Most Likely To Succeed
Brian Smith, Jessamyn Tuttle

Biggest Stud
Erika Schnell, Kale Hill

Biggest Mouth
Jill Thrasher, Nick Barnes
In growing, we have found friendship.
In learning, we have shared knowledge.
In pride, we have left memories.

Class of 1990

Jennifer McDevitt, Dawn Moody, and Danielle Schafer perform the song "Friends" for their class. Jennifer interprets the song using American sign language.

Jessamyn Tuttle

Valedictorian

Brian Smith

Salutatorian
Michael Pliar prepares for the long walk down the aisle.

Kris Willman bobby pins Cheryl Sampson’s cap to withstand a gale force wind.

Shawna Spiess smiles in astonishment that her newly written poem is being read.
Cheryl Sampson puts emotion into her rendition of the hit song "Listen To Your Heart".

Senior class president Nik Stroup opened graduation ceremonies.

Sharon Waters presents the Classified Scholarship to Chris Geray.

Julie Sherwood can't believe it!
LET THE
GOOD TIMES
ROLL WITH . . .
Mr. Larry Bailey: math, Spanish
Mrs. Carolyn Barnes: librarian
Ms. Susan Bricken: girls P.E.
Mr. Gary Brunelle: psychology, sociology, yearbook, math, French, athletic director
Mr. Bob Cowan: history, driver education
Mr. Gary Cowles: keyboarding, accounting, business lab.
Ms. Kathy DeFazio: English, American & world literature
Mr. Jerry Dirkse: choir
Mr. Don Douglass: biology, computer awareness, pre-algebra
Ms. Patricia Drayer: band, world history
Mrs. Sheila Fode: marriage & family, home ec., advanced foods
Mr. Pat Fromm: counsellor
Mr. Jim Furman: algebra, geometry
Mrs. Vicki Hilberg: HOSTS, migrant
Mr. Kent Johnson: physics, chemistry, biology, science
Mr. Keith Koch: wood shop, building trades
Mr. John Mausser: computers, pre-calculus, advanced composition, AP composition literature
Mr. Jack McMillan: boys P.E.
Mrs. Colleen Obergh: resource
Mr. Darrel Plouff: English, speech, mass media, humanities
Ms. Bonnie Powell: art
Mr. Rob Rosenau: ag. shop, introduction to ag.
Mr. Bob Stroup: CWP, history
Mr. Lanny Willman: English, health
Mr. Stan Winters: counsellor
This year has been an excellent growth opportunity for me working with the Cascade staff and students. I found here a great group of courteous, encouraging, and self-directed students who have been willing to both lead and support in order to reach goals. Thanks to all of you for a wondrous learning experience. Good luck to all of us, as we pursue life-long learning!

"Dream great dreams and make them come true."

Mrs. Star Christman
Abolafya, Ari ........................................ 66
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Allen, Shelly ........................................ 79
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CASCADE HIGH SCHOOL

rolled right along with all the memorable events which occurred. The 49ers won the Superbowl 55-10. General Manuel Noriega was captured in Panama and is now on trial in the U.S. Many of the communist countries throughout the world made dramatic changes in their political systems. The Berlin wall has fallen. The Iron Curtain is on the way to being raised and apartheid is dying.

Cascade saw a year full of changes also; volleyball going to Districts, boys' basketball District champs and going to State, girls' golf 2nd in State, arson in the office, and Shannie Adam retiring. We roll with the good and the bad, but we roll because we make it happen.

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