Be Remembered
Be Remembered 2010
That's the number representing the amount of days we spend in high school. During the course of these 720 days you'll meet new people, sleep through classes, stress over essays, run a few laps in P.E., and have the typical high school experience. Soon the days, weeks, months, years and faces blur together to what then years from now you'll simply refer to as 'High School.' When reminiscing about these days you won't be looking back fondly on the quadratic formula, how to write a proper analysis, or the name of the other guys on the Apollo 11. No, it'll be the spectacular moments, and the people who caused them, that'll resound the deepest in your memory. They'll be the teammates who shed blood, sweat, and tears with you at every game, the friends who crammed with you minutes before the test, or the faculty members who just wouldn't let you give up. Occasionally these memorable people won't have names to match the faces; a competitor who offered you a hand when you fell, the loud upperclassman who followed the beat of a different drum, or the bus driver who always greeted you with a smile. And then there will be those other people, the Michael Collins (one of the other astronauts) of the world. They're the kind of people who could be in every single one of your classes but end up blending into the background of textbooks and world maps. Though equally as important as everyone else, they haven't done much to stand out, they won't be the first people you recall when looking back on these 720 days.

What Have You Done, What Will You Do, to Be Remembered?
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... With Flavored Conversations
Freshman Caleb Vaughn grins slightly to the voice on the other line while Senior Ben Hodges and Junior James Lovold ditch words all together for the secrecy of a hand written message.

...With Colored Bleachers
Whether they were shivering beneath blankets outside or decked out in Krazie attire inside, CHS students always made sure that the stands at home games were a sea of white, red, and grey.

...With Incredible Projects
Time stops with Mr. Davies watching Garret Brooks' bottle rocket shooting off into the middle school's grassy field earlier this fall.

...With Assured Smiles
Christian Daviscourt, Alec Duncan, and Benjiman Harris assure this corner of the hall is a Smile Zone only.
...With an Altered Dance
Tandi C. impressed us all with her own rendition of Michael Jackson's infamous silhouetted dance.

...With Loitered Halls
In the morning, during lunch, and in between periods, there's always a friendly face to be found in the CHS halls.

...With Daredevil Antics
An anonymous student is caught back-flipping after school in the empty Senior Hall.

...And Cheshire Smiles
David Haire (above) and Ryan Rosenau (right) offer their cheesiest grins.

...With Predatory Smirks
Hailey jokingly makes it known that Hannah Ziegler is her sister and no one else's.

...With Inspired Chords
Magic take place right across the parking lot when Ms. Conrad plays the piano to help teach students how to sing.
...With Delivered Glares
Class competitions are never to be taken lightly yet Mr. Barich remains unaffected by Mr. Vasquez’s piercing gaze.

...With Visible Diversity
Having recently arrived from Mexico, CHS is the first American high school that Jose Luis Toribio, Guillermo Sanchez, Miguel Guerrero, Miguel Rodriguez, Fernanda Guerrero, and Carlos Hernandez have ever attended!!

...With Adored Webmasters
The CHS Web Design Class, lead by Mrs. Murphy, work hard to update and create a web page that we are proud to call our own.

...With Flattered Teachers
They say imitation is the sincerest form of flattery. In that case, Stubbs must be honored that Sam Fields, Ben Lasater and Cameron Cook decided to copy his signature style for a day.

...With Good-Natured Students
Despite having his hands full, Curtis Stine risks being late to class to hold the door open for any students wishing to enter Bailey’s Spanish class.

...With Unpredictable Bouts of Energy
Even though he’s both exhausted and famished after a long morning, Neal Champagne’s sense of humor and enthusiasm don’t falter in front of the camera.
...With Discove\textit{red} Businessmen
Behind metal bars Sami Elser, Kendra Hixenbaugh, Paul Hartl, and Justin McClung clean, take inventory, and manage the Kodiak Corner Student Store during 5th period.

...With Unhinder\textit{ed} Curiosity
Ashley Ells and Madeline Winters peak inside a classroom to see what caused the disturbance they could hear all the way out in the hallway.

...With Kind\textit{ed} Spirits
Growing old is mandatory, growing up in optional. A group of high schoolers brave freezing weather to relive the childhood memories that come with building snowmen.

...With Deliv\textit{ered} Kisses
Love can be found in the most odd places; Dakota Rieke is caught planting a wet one on a statue resting in the library.

...With Endea\textit{red} Embraces
Fabian Alvarez and Courtnee Cook precariously balance on the shoulders of Jose Herrera and Mark Kletke in a one-armed hug.

...And With Newly Engendered Traditions
This year brought us a new, creative, way to raise money for the Senior Sober: Mr. Kodiak, a Junior Miss-que competition for Senior Boys. Seniors Roberto Mendoza, Nick Miland, Martin Forchemer, Nic Doherty, Isaac Reister, Christian Daviscourt, Cuyler Hudson, Taylor Isadore, Mac Clark, and Matthew Stefanko pioneered the first ever CHS male Pageant.
I hope your dreams take you to... the corners of your smiles, to the highest of your hopes the windows of your opportunities, and the most special places your heart has known.
Jake Allen
"Live to ride, ride to live."

Sydney Anderson
"I don't know what the future holds but I know who holds the future."

Nicholas Anzalone
"Now I may not be an idiot, but there's one thing I'm not, sir, and that, sir, is an idiot."
-Family Guy

Liliana Avila
"The future belongs to those who believe in the beauty of their dreams."
-Eleanor Roosevelt

Quinn Bennett
"Better to be hurt by the truth than comforted by a lie."

Rosie Bergmark
"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."
-Albus Dumbledore
Stephanie Bursheek

Ezequiel Camarena

"Live life moment by moment as it gets thrown at you."

Tandi Canterbury

"No one can make you feel inferior without your consent."
-Eleanor Roosevelt

Jamie Carver

"I'm on a journey to find my new ending."

Brennan Champagne

"It's not whether you get knocked down, it's whether you get back up."
-Vince Lombardi

Mac Clark

"I'm not perfect but I'm always right."
Patricia Dalton

"The most outlandish, revolutionary thing you can do is treat everyone with dignity and kindness whenever possible."

Haley Darlington

"I smile because I have no idea what is going on."

Christian Davis court

Kristi Dickinson

"The Call has no sound, no form, yet I have heard, felt its weight in my arms, and I will respond with Love, Love Wins."

Lillian Dittrich

"Happiness lives in the small moments. Catch them, love them, let them go."

Cynthia Dodson

"You can't buy your way into heaven."
Nicholas Doherty

"It's far easier to earn someone's forgiveness than it is to get their permission."

Aaron Domonoske

"If you do what you always did, you get what you always got."

Alec Duncan

"Call on God, but row away from the rocks."
-Hunter S. Thompson

Nikki Evans

"Why is it that, as a culture, we are more comfortable seeing two men holding guns than holding hands?"
-Ernest Gaines

Kendra Farnsworth

"Faith rarely calls on us in the moment of our choosing."
-Optimus Prime

Brittiany Fletcher

"To be creative one must always have Jack de Russian, hockey players and lots of bricks."
Jessica Flores

"Be the person you want to remember. Make decisions, make mistakes. If you fall, at least you tried."

Jeffrey Foote

"By the time you read this I will have shanked many dunks."

Lauren Foote

"They will see us waving from such great heights."

Martin Forchemer

"For just one night let's not be co-workers. Let's be co-people."
- Ron Bergundy

Christie Francis

"If my world were to cave in tomorrow, I would look back on all the excitement and worthwhileness I have been lucky enough to have had."
-A, Hepburn

Taylor Gilbert

"Never be afraid to try something new. Remember amateurs built the Ark, professionals built the Titanic."
Bronte Gonder

"Every day is the start of something beautiful."

Daniel Gonzalez

"Never give up on your goals."

Kaley Graybeal

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

- Dr. Seuss

Luke Groen

"The safest place to be is within the will of God."

Dulce Gutierrez

"My life is my message."

-Mahatma Gandhi

Jessica Haase

"Take your victories, whatever they may be, cherish them, use them, but don't settle for them."

-Mia Hamm
David Haire

"A little nonsense now and then is relished by the wisest men."

Benjiman Harris

"Time you enjoy wasting was not wasted."
-John Lennon

Michele Harrod

"Life is priceless. Talk is cheap"

Hannah Hassinger

"Never underestimate the power of passing."
-Eve Sawyer

Wade Hauge

Ben Hodges

"There are no limits, there are only plateaus."
Veronica Hontou

"Beauty is everywhere, you just have to see it."

Alexander Horton

"Music doesn't lie. If there is something to be changed in this world, then it can only happen through music."
-Jimi H

Santos Hoyos

Cuyler Hudson

"There's more to life than being really, really, ridiculously good looking."
-Derrick Zoolander

Taylor Isadore

"Just an average guy with exceptional hair. Nothing more, nothing less."
-Danny Mcbride

Benjamin Lasater
Maria Lopez
“A strong positive mental attitude will create more miracles than any wonder drug.”
-Patricia Neal

Victor Lopez
"Sometimes it's the smallest decision that can change your life forever."

Kelcey Loreth
"You can't put a limit on anything. The more you dream, the further you get."
-Michael Phelps

Elizabeth Luczynski
"Light up the darkness."
-Bob Marley

Simone Mack
"Let us dance in the sun, wearing wild flowers in our hair..."
-Susan Polis Shutz

Clarissa Manzano
"Yesterday is history, tomorrow is a mystery, today is a gift. That’s why we call it the present."
"Impossible is just another obstacle."

"Slow is smooth, smooth is fast."

"Take into account that great love and great achievements involve great risk."

"I'm sorry good looking people like me made you throw up and made you feel bad about yourself."

-Derrick Zoolander
Larren Miller

“You annoy me, therefore I exist.”

Ruben Mireles

“Live life to the fullest, have no regrets.”

Tessa Morris

“Be yourself, everyone else is taken.”
- Oscar Wilde

Patricia Murillo

“Mistakes aren't a dead end, they're more of a stop sign; you stop and reflect and then continue your journey.”

Autumn Nash

“Hold your own, know your name, go your own way.”
- Jason Mraz

Leah Newell

“To give anything less than your best is to sacrifice the gift.”
- Steve Prefontaine
Marlene Olguin
"If you can imagine it, you can achieve it; if you can dream it, you can become it."
-Will Ward

Arturo Pacheco
"Life's a garden and hope's a shovel, so dig it."

Jacob Partee
"The strength you need, the softness you love."

Dezmon Paulman
"When the going gets weird, the weird turn pro."
-Hunter S. Thompson

Avra Platis
"There's nothing you can't have or accomplish, as long as you want it badly enough." My grandfather, Soto Colovos

Christopher Pratt
"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."
Hillary Pulse

"In order to achieve the impossible one must attempt the absurd."

James Rutherford

Sarah Rutherford

"Be proud of who you are, and you will inspire those around you to find their inner greatness as you have."

Sheila Sanchez

Shelbey Sanford

"It's beauty that captures your attention; personality which captures your heart."
Matthew Stefanko
"You stay classy, San Diego."

Kylie Steiner
"I can do all things through Christ who strengthens me."
-Philippians 4:13

Christopher Stone
"Cats are smarter than dogs. You can't get eight cats to pull a sled through the snow."

Corey Taylor
"Echoes Silence Patience Grace."

Chelsea Torres
"Nothing in this world worth having comes easy."

Whitney Torres
Nicholas Tower  
"The important thing is not to stop questioning. Curiosity has its own reason for existing."

Tony Vinje  
"If you succeed, you will receive."

Tia Waters  
"Life is an endless process of self-discovery."

Amber West  
"You laugh because I'm different, I laugh because you're all the same."

Tye Wilson  
"If you want to be an interesting person, the first step is to be yourself."

Tania Zelaya  
"If you can imagine it, you can achieve it; if you dream it, you can become it."
A. Cameron Cook smirks at the comment only he can hear.
B. Mitchell Kraus & Garrett Brooks show us that being a Kodiak is serious business.
C. Alfonso Lopez attempts to hide from the photographer behind a banana.
D. James Lovold can't wait to get his hat off.
E. Shawn Hart and a friend play a close game of frisbee during lunch.
F. Justin McClung prepares to lead the school in "Up Here in the Valley!"
G. Frank Vasquez, Sam Fields, and Dan Betz can't contain their smiles after seeing the first round of girls tug-o-war.
H. Kristi Smith & Athena Schier show that not all Kodiaks have to be serious.
I. Sleepy Dylan Fletcher is ready to go home.
J. Ana Avila & Veronica Bustos smile for the camera.
K. Danielle West can't resist a quick snack.

WE'VE GOT THE MEMORIES!!
Sharli Kinney
Melanie Kraus
Mitchell Kraus
Chase Lak
Benjamin Lambuth
Ricardo Ledeza

Geoffry Linn
Alfonso Lopez
Brandon Love
Kurtis Love
James Lovold
Jaelyn Marcellus

Kodi Martin
Justin McCullough
Madelyn McCullough
Jordan McGregor
Avalon McIndoe
Lyvia McKernan

Donato Medina
Zachary Moore
Ethan Nash
Audra Nicol
Juan Oropeza
Rebecca Parish

Krystle Peterson
Dylan Petterson
Maxwell Pickel
Elizabeth Ramos
Joshua Ray
Alfredo Rosario

Josue Rosario
Ryan Rosenthal
Janessa Russ
Erika Sanchez
Athena Schilvey
Staci Scottard

Amanda Scott
Wylie Sittman
Kristen Smith
Victoria Smith
Daniel Smoots
Emilia Stefanko
L. Ryan Rosehua, Jenny Russ, Ben Lambuth, Katie Demarest, Chase Oak and Riley Bosley gather round to pose in front of Murphy's infamous wall of Photo Manipulation.

M. Even when Michaela Burgh isn't in a competition she finds a way for her voice to be heard.

N. Pedro Dumato cheerfully smiles while leaning against the Senior decorations during Homecoming week. Fellow Junior, Omar Ambrico, smiles at his friend.

O. Dan Betz & Daniel Smoots gather in the hallway to see what all the excitement is about. Seconds before they collide, Dylan Fletcher & Shawn Hart remain frozen in time.

Q. Maxwell Pickel, Avalon McIndoe, & Donato Medina pose for the camera as they pass through the hallway.
Class of 2012: Be remembered...

It's all about the donuts for Paloma Anaya, left, and Kayla Hoffman. Sophomore year is more than just education; it's donuts.

Curtis Stine certainly feels the love from Nick Wood, right, and Mitchell Darlington, back, as they all embrace in a big Kodiak hug.

Left: Ben Herrera always has something fun and exciting to show to Cristian Rivas-Parr and Jennifer Fonseca.

Smiles are abound for Robin Dittrich, far left, and Steve Dobrinic, far right, although Michael Haire expresses it differently.

Trying to make a pyramid is no easy feat, but our sophomore ladies sure were up to the task. Bottom left: Emily Laseter, Cassie Frazier, Kella Cheyne. Middle row: Elley Clarke and Annie Christie. Top row: Hailey Ziegler.

Sticking up a pose, Dwight Stoddard and David Sorensen show off the latest fashion trends: jeans are out.

Dwight Stoddard and David Sorensen show off the latest fashion trends: jeans are out.
Emily Casater
Collin Lemos
Bryan Lopez
Ava Manzare
Jeliana Maita
Brandon McCall

Krystle McGraw
Rene Mellendez
Eduardo Mellendez
Mitchell Mounter
Julian Murro
Micah Murphy

Asna Noori
Francisco Ojeda
Cassandra Ortega
Rosa Pacheco
Trinity Paul
Ryan Perez

Tom Phipps
Santiago Puja
Petros Platis
Fabiola Ramos
Samuel Rice
Hayley Richardson

Dikore Rieke
Cristian Rivas-Parr
Hannah Roberts
Chesnie Rosario
Haley Ross
Andrea Sanchez

Ali Schauer
Benjamin Smithson
David Sorensen
Katelyn Stanich
Flynn Steinke
Curtis Stine

Dwight Stoddard
Isaac Sullivan
Dalia Tovar
Eric Vasquez
Emily Vincent
Jose Vizzarino
Below: Karina Gonzalez & Bernardo Camarena show off their pearly whites.

Above: Foreign exchange student Asiya Noon smiles for the camera.

Above: Petros Platis unexpectedly gets caught by the camera.

Left: Partners in crime Mikayla Jones & Andy Welch always have each other's backs.

Right: Ben Groen, Andrea Sanchez, & Micah Murphy hang out in the hallway.
Student Life
Class of 2013

Left to Right: Hannah Cowan, Sydney Dean
Two friends smiling for the camera.

Chilling like villains these buds' friendship will last a lifetime. Left to Right: Josue Gutierrez, Mani Avila

Tyson Horner is all smiles as the new year begins

Some smile while others find it better to strike a pose or make a face. Left to Right: Sierra Guthrie, Jose Herrera, Elijah Nash

Friends smile for the camera while one enjoys a delicious lollipop. Left to Right: Ashley Strode, Noelle Babiar, Jasmine Babiar
A group of friends got guns that some may contemplate. Left to Right: Neal Champagne, Kelsey Graham, Laura Hester.

Good friends strike a smile for the camera. Left to Right: Jasmine Burt, Mekense Whaley.

Sharing a hug in front of the camera. Left to Right: German Pacheco, Mara Cummings.

Hugs for All!!! Top Left to Right: Gina Anzalone, Ashley Ells

Bottom Left to Right: Elva Flores, Sendi Vasquez

Arielle Turner and Fabian Alvarez smile for the camera.

Mark Kletke grabbing lunch with some friends.
Gerardo Mendoza-Tovar
Jared Miller
Samantha Milton
Randall Mutschler
Elijah Nash
Gunnar Nelson

Kaelyn O'Brien
Brandon Ogle
Rachael Ogle
Ashley Olson
German Pacheco
Cassandra Parrish

Rebecca Puckett
Jacquelin Ramirez
Blanca Ramos Lopez
Karol Ramos-Gladin
Cynthia Royes
Ta'iyah Ridhick-Waters

Zachary Robinson
Paulina Sanchez
Jorge Sandoval
Rocio Sandoval
Austin Saucier
Magnus Schlier

Nikita Shata
Ashley Strode
Arielle Turner
Angeline Van Tuyl
Bryan Vandenboer
Sendi Vasquez Flores

Caleb Vaughn
Jasmyne Werner
Mekense Whaley
Kournie Whitfield
Mikayla Wilkes
Nicholas Willett

Madelyn Wilson
Madeline Winters
Ivy Zegstroo
Austin Zembal
On the outskirts of our little Bavarian theme town, hidden between trees and shrubbery, lies the alternative school Discovery. The Cascade Discovery program is an educational partnership between the Cascade School District and the Leavenworth National Fish Hatchery.

The Discovery School program was created in 1994 for students to learn at their own pace in an alternative setting. It has since helped many students excel and graduate from Cascade High School.

(below) Mr. Blue and Mrs. Dreis are the masterminds behind the teaching at Discovery.

Unforgettable Discovery Memories

"Helping folks with developmental disabilities is one of the greatest things.seeing the Discovery students teaching folks to fish, laughing with and sharing a great experience with them is beautiful!" - Mr. Blue

"One of my favorite memories is of the students laying down the cobblestone path in the garden. It took 3 years to complete, and each year the students would sign their names with sometimes a symbol or a couple words. Now a walk down the path is a trip down memory lane as I remember those students from years gone by." - C. Dreis

Seniors Remember...

"Discovery was fun and I will never forget the experiences I had during Salmon Fest. Discovery taught me to value nature during each of its four seasons." - Maria Lopez

"I can’t explain every little detail, it is way too much for me to write. Just hanging with my buds, huntin’ lizards, and really getting a chance to meet new people, as well as getting to know the ones I never gave a chance. So all and all Discovery is where it’s at." - Wade Hauge

"Discovery has given us the opportunity to help out others. It was a good experience to help the senior citizens with fishing day at the hatchery and see how much they enjoyed it." - Lauren McNallen

The female students of Discovery use their resources to quickly complete their homework.

Alysha W. peeks curiously over at the photographer through sheer luck, we manage to catch Chey-K. with one of her rare smiles.

Giving his full attention to the photographer, Zach M. is unaware of our camera.

Showing their lovable sides, Aaron and Willy hug for the camera.
Mr. Jones enjoys a morning coffee from the student store.

Always on duty, Mr. Daley roams through the hallways during lunch, while he enjoys his own school lunch.

Mr. Allen attacks a wild Big Mac during lunch.

Mr. Davies spins the famous "Wheel of Fate," "Where she lands no one knows."

Mr. Massey hangs out in the CHS library.

Ms. DeFazio gazes into space, probably exploring the wonders of her "A" brain!
Elia Ala'alima Daley
Dwayne Allen
Larry Bailey
Mike Barsh
Travis Blue
Esther Christian

Lynn Dahlstedt
Bill Davies
Cynthia Davies
Kathy DeFazio
Norm Dodson
Kelly Downs

Carol Dresi
Joan Foutz
Paul Fraker
Todd Fraker
Sklar Garcia
Margy Hesse

Mike Hill
Vern Jones
Deborah Loomis
Dayle Massey
John Maisser
Marni McMahon

Brooks Murphy
Tammy Murphy
Russ Schauer
Kim Smith
Omar Stubblefield
Kirk Suhlisch

Janice Turner
David Vasquez
Kathy Wendlandt

"Teachers & Staff creating memories through the years"
A staff to be Remembered

Front Row: Left to Right: Mr. Bailey, Mr. Fraker, Mrs. McMahon, Mr. Vasquez, Mrs. Christian, Mrs. Turner, Mrs. Dahlstedt, Second Row: Mrs. Foote, Mrs. Hesse, Mr. Barich, Mrs. Murphy, Mrs. Loomis, Mrs. Smith, Mrs. Wendlandt, Third Row: Mr. Massey, Mr. Hill, Mr. Stubblefield, Mr. Mausser, Mr. Sunitsh, Mr. Garcia, Mr. Davies, Top Row: Mrs. Davies, Mr. Dodson, Mr. Fraker, Mr. Murphy, Mr. Schauer, Mr. Daley

Kathy
takes a quick break from her hard working day to pose for the camera.

The Fraker brothers get together to discuss some serious basketball business.

Mr. Stubblefield shows a face of excitement during his prep period.

Mr. Jones, Mr. Vasquez, and Mrs. Murphy gather during a pep assembly.
Executive A.S.B.
President: Cuyler Hudson
Vice: Taylor Gilbert
Secretary: Nick Miland
Treasurer: Ethan Nash
Parliamentarian: Leah Newell
Diversity Liaison: Roberto Mendora
Activity Liaison: Veronica Hontou

Senior A.S.B.
President: Mac Clark
Vice: Kendra Farnsworth
Secretary: Nic Doherty
Treasurer: Avra Platis

Junior A.S.B.
President: Amanda Scott
Vice: Athena Schlyer
Secretary: Staci Scollard
Treasurer: Jordan McGregor

Sophomore A.S.B.
President: Dakota Rieke
Vice: Annie Christie
Secretary: Cassie Frazier
Treasurer: Paloma Anaya

Freshmen A.S.B.
President: Laura Hester
Vice: Jasmyne Werner
Secretary: Alex Fletcher
Treasurer: Randy Mutschler

A. Sophomore officer Dakota Rieke proudly sings with her class at a community pep assembly.

B. A look of surprise crosses Brennan Champagne's face when his blindfold is removed to reveal the cheerleader that kissed his cheek was none other than his mother.

C. The junior class' cheer echoes around the gym, with Athena's voice at the very front.

D. A.S.B. officers Randy Mutschler and Mac Clark compete against several students during an assembly contest.

E. While some can't stand the lime light, Secretary Alex Fletcher smiles through it.

F. Nicole Burris and Bronte Gonder prepare to face off in the peanut butter licking contest the Executive A.S.B. planned out.

G. Avra, Cuyler and Nick count the perishable food collected by the senior class during the Winter food drive.

H. Clairissa DeLaVergme notices the camera while Staci and Avalon remain oblivious in a deep discussion.
A. Once a Kodiak, always a Kodiak. This holds true for Taylor Knapp who occasionally returned to play with the band at home football games.

B. Standing out in bright and white uniforms, the CHS band proudly marches down Front Street.

C. Band isn't for the weak minded. Though the heat is merciless, Rosie Bergmark and Andy Gibbs march onward during the Autumn Leaf Parade.

D. Simone Mack, Courtnee Cook and Brianna Fischer bring the gentle sound of flutes to the football games.

E. If you walk into the CHS band room you're likely to come across the disgusting, yet amazing, Gum Trumpet protruding next to the white board.

F. Clarinets: Geena and Claire; trumpets: Rosie and Andy; saxophones: Cameron, Nikki, and Isaac; and even the baritone: Lily, all create a dynamic sound at pep assemblies and home games.

G. Soft notes flutter in the air as Hannah Hassinger's fingers dance across the school's piano.

H. Flushed after playing at an intense game, Nic Tower and Sam Fields express their mirth.

I. Wood taps repeatedly on both cymbals and drums as David Sorensen jams out.

J. An unbreakable look of concentration crosses Michael Haire's face while he studies the sheet music before him.

K. Nikki and Clairissa run their hands up and down the brass holes of the iconic instruments of Jazz.

L. For practice starting at 7 in the morning, Andy and Rosie energetically pump air through their trumpets.

A. FCCLA is full of big hearts. Katie, Ashley, Avalon, and Staci each contribute a toy to the pile accumulating beneath the Christmas tree.

B. A lone Toys For Tots donation can rests at the edge of a DeFuzio’s desk, waiting for students to drop some extra change in.

C. This year’s Toy’s For Tots drive raised so many gifts that it was impossible to fit them all beneath the humble Christmas tree in McMahon’s room.

D. It’s all beautiful smiles in FCCLA when Carla, Athena, Audra, Ashley, Morgan, Katie, Staci, Michaela, Jordan, Emily and Ali pull together for a group shot.

E. Garrett Brooks, Cameron Williams, and Dan Betz pose with shop tools as they prepare for competitions.

F. Dan Betz is stylin’ as he works on welding with a flowery mask.

G. Boys and their toys. Cameron Williams and Garrett Brooks pose for the camera.

H. Ryan Woods stands by a welding booth ready to start work.

I. Mitchell Mounter, Garrett Brooks, Cameron Williams, Ricky Ledezma, and Dan Betz strike a pose that means business.
A. A candid shot of Tom Phipps and Hailey Ziegler shows them hunch over a desk, diligently working on a project for Honor Society.

B. Aside from having stellar grades, Honor Society members are also known for their service above self. Here Morgan Anderson provides a perfect example of this by staying after lunch to pick up some left over garbage.

C. Always wanting to be up to date with current world problems, the entire club gathers round to read a single newspaper before commencing the meeting.

D. Honor Society members are required to hold a pretty high GPA, so do Elley Clarke, and Cassidy Frazier mix learning about literacy with science.

E. Autumn Willms, Kaylee Geske, and Nic Gerlach take a second to scan through a flyer before posting copies throughout the school.

---

F. Nikki, Rosie, and Lily laugh at some incredulous comment while Simone expresses a look between shock and amusement.

G. Nikki looks on as her friends, and fellow members, Rosie and Simone peek into DeFazio’s classroom.

H. Lily, Simone, Nikki, Dulce and advisor Mr. Massey stop in the middle of a meeting to show a little rainbow love.

I. These girls know that spreading tolerance is tough business but a little silliness now and again helps them through it.

J. Devious smirks apparent, the members of the GSA are obviously plotting something secretive.

K. Posing one last time, Nikki, Rosie, Dulce, Lily and Simone offer parting smiles before returning to their interrupted meeting.

Left to Right: Dulce Gutierrez, Nikki Evans, Lily Dittrich, Simone Mack, Rosie Bergmark.
A. Nic Tower and Ben Lambuth studiously look through Chemistry textbooks for any scrap of information that'll help them in the next tournament leaving Nic Doherty to space out.

B. An amused Ben looks on as Nic D. proudly proclaims that he's King of the world from within Stubb's grocery cart.

C. A fan of the camera Nic D. rushes in front of Ben and Nic T so that he may be included in the photo as well.

D. Though a small group, Nic T., Ben, and Nic D. have the knowledge of three wise men.

Knowledge/Science Bowl & M.E.Ch.A.

G. President Liliana Avila and advisor, Kathy DeFazio engage in a discussion about the agenda for an upcoming meeting.

H. A few of the members of M.E.Ch. A. gather around for an unofficial meeting at lunch.

I. Juve, Liliana, Crystal, and Fernando argue about the proper taco making recipe while preparing the food for a surprise Fiesta.

J. Veronica Bustos smiles in amusement at the scene she finds before her at the poor attempt at cooking she finds on the table before her.

K. Member Ana Avila stares off into the distance before a club meeting.

L. David Haire, Alec Duncan, Jeffrey Foote, Mac Clark, and Roberto Mendoza enjoy eating classic Mexican food as a prize for their advisory class raising the most money for a M.E.Ch.A. holiday fundraiser.

"It's quite simple, (public speaking) say what you have to say and when you come to a sentence with a grammatical ending, sit down."
-Winston Churchill

Mr. Allen

A. Donning a pair of sunglasses, Andy Welch proves that all the cool kids are in Speech and Debate.
B. Ben Groen stunned us with a huge smile.
C. Duo partners Randy Mutschler and Dulce Gutierrez pose together for the camera.
D. Debate partners Alex Steele and Ben Lambuth pick up their trophies after one of their first tournaments.
E. Many students turned out at the beginning of the year, but not all stayed until in the end.
F. Duo partners Mara Cummings and Annika Enloe are caught being their usual silly selves.
G. Micah Murphy shyly smiles over his shoulder at a teammate.
H. Smiling sweetly, Suzie Chavez proudly displays her third place trophy.
I. Frequent volunteer Mrs. Schmoker smiles at the camera.
J. Andy Welch, Danielle West, Ben Lambuth, Alex Steele, Annika Enloe, Dulce Gutierrez and Mara Cummings show us it's all about the looks.

"IT'S ALL WITHIN THE POWER OF THE VOICE..."
-SHEILA SANCHEZ

Top Row Left to Right: Alex Steele, Ben Lambuth, Andy Welch, Ben Groen, Micah Murphy, and Randy Mutschler. Front Row Left to Right: Krystal McGraw, Danielle West, Mara Cummings, Suzie Chavez. Not Pictured: Dulce Gutierrez, Annika Enloe, Sheila Sanchez and advisor Mr. Allen.
LET IT BE REMEMBERED THROUGHOUT TIME
Kodiak Cheer
Football 2009

Captain Spotlight

Tandi Canterbury, 12
Cheer is not only a squad that leads; it's a bond of friendship, dedication and pride. Cheerleading is something we will always remember when we look back on high school. It shaped us to lead, be positive, and love our school. The passion we've had in leading the Kodiak Krazies has made this football season the best it's ever been.

Haley Darlington, 12
I am so proud of all the new girls. They have caught on so well, and I couldn't ask for a better squad! I love you girls!

Hey! Kodiaks! You know how to fight! You gotta rock with RED, and jam with the WHITE.

Opposing page:
Top-Cheer 2009 helped pump up students at this year's Homecoming assembly. The cheerleaders performed a "thrilling" dance to one of Michael Jackson's top hits. Awesome performance, ladies! Lower Top-Kodiak Cheerleaders were in anticipation as the football players take on their opponent with force. Center Top-The Cheer girls made a spooky appearance at Homecoming assembly. Center-In glorious red and white 2009 cheerleaders take a moment to pump up the crowd. Lower Center-As the Select Choir sings the National Anthem, the Cheerleaders stand, arms linked. Bottom-It's all pearly whites for these girls as they pose at the opening football game.

Fall Cheer '09

Bronte Gonder, Krystal Willet, Paty Dalton, Nicole Burris, Elley Clarke, Tandi Canterbury, Shelby Sanford, and Haley Darlington.
Kodiak Cheer Seniors

be remembered
unforgettable moments

"My favorite moment was talking after practice as a team. Everyday we got to know each other more, and we really made a strong bond."

Paty Dalton

"My favorite memory was our Thriller dance. I'll never forget how in character we all were. It was a blast!"

Tandi Canterbury

"The whole season was absolutely amazing. From the pep assemblies to building friendships with all the girls. But my favorite memory was cheering on the boys with the Kodiak Krazies."

Bronte Gonder

"My most memorable cheer moment would have to be Bronte's yoga classes during cheer practice. Trying to do all the ridiculous poses was hilarious."

Haley Darlington

"My favorite memory was all of us girls singing Backstreet Boys and Spice Girls right before our performance to Thriller. It was an unforgettable way for us to bond."

Shelbey Sanford

Kodiaks, you know we are the best! Better than the rest! YES! Red, grey and white! 53
STEP UP AND HIT THE CHALLENGE
KODIAK FOOTBALL

Bring it home, boys.

The field in which all the action happens.

It's more than just a team...it's family. A moment of silence for Ramiro Alvarez.

Our team motto for the year is "Step up and HIT the challenge." Each week poses a different team/challenge that we want to out hit!

- Elia Ala'ilima-Daley

SENIORS
#1 Matthew Stefanko
#5 Evan Parton
#7 Jeffery Foote
#11 Kendall Martin
#13 Taylor Isadore
#22 Nick Anzalone
#28 Roberto Mendoza
#30 Martin Forchemer
#40 Isaac Reister
#50 Macalister Clark
#61 Brennan Champange
#64 Arturo Pacheco
#65 James Rutherford
#70 Jacob Partee
#75 Cyuler Hudson
#82 Ben Lasater
#88 Nick Miland

#5 EVAN PARTON "We have an extremely talented team this year, and if we play to our potential, we can go as far as any Cascade Football team has gone before."
Nothing stops a mighty KODJAK!!

Another night under the lights for our Varsity Football team.

The one place anything can happen.

The boys are in for a quick talk.

The team huddling together getting ready for the next play.

Our Varsity boys get ready to fight!!

#30 Martin 'Forch' Forchermer “Kodiak Football: We ain’t nothing to mess with.”

Time to bring them down, boys.

We don’t give up, but we do fight back!

A new team with the same fire.

#26 Alfonso 'Fonzi' Lopez

"Kodiak Pride! That’s all there is."

#68 David 'Lover boy' Sorensen

"Stay gold ponyboy - stay gold!"

#82 Fabian 'Fabio' Alvarez

"Once a Kodiak always a Kodiak."

A YEAR TO BE REMEMBERED

56
JV Volleyball

From left: Top: Tallyah Riddick-Waters, Noelle Parton, Katie Demarest, Morgan Anderson, Kelcey Graham Middle: Emily Vincent, Coach Tanya Fraker, Sierra Guthrie Bottom: Kaelyn O'Brien


C Squad Volleyball

1. Jasmine serves for a Kodiak point. 2. Hannah sets the ball. 3. Hannah and Laura go up for a block. 4. Hannah, Laura, and Clarissa prepare for a block. 5. Hannah spikes it. 6. Jasmine returns the ball.

From left: Top: Hannah Cowan, Emma Foote, Laura Irwin, Mikayla Wilkerson Middle: Kelcey Ennis, Jasmine Burt, Coach Korene Guthrie, Autumn Willms, Whitney Torres Bottom: Jannessa Russ, Clarissa DeLavergne
Staying Positive through it all

scoreboard

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Top: Freshman Arielle Turner goes up for a hit Middle: Jordie and Tori calling play at the net Bottom: Team coverage vs Tor's hit.
NEW TEAM
same dream
KODIAK VOLLEYBALL 2009

With such a successful season last year this year’s players came out striving for the same success. The team lived by the motto "NEW TEAM, SAME DREAM." Although they let several good players and friends go, they were determined to make it farther this year. This year our girls showed dedication, determination, and heart throughout the entire season. Each time they stepped out onto the court they showed true Kodiak Pride. Throughout the season the Kodiak ladies only allowed two league wins to slip from their grasp. They let teamwork exude throughout each play. These girls showed that they really were ready to win.

The 2009 Volleyball season ended with our Lady Kodiaks placing 3rd at State 2009

"Being part of this team has been an amazing experience this year. We had a lot of shoes to fill from last year and I think our girls did a great job of stepping up and taking on the challenge. I am proud that we always kept the expectations for ourselves and each other high and reached many of the goals that we hoped to accomplish this year."

-Hillary Pulse

"I am so lucky to be a part of such a wonderful group of girls. Thank you so much to all of our fans, community members and coaches. It is an honor to be a part of this Kodiak family."

-Leah Newell

From left
Top:
Arielle Turner
Ashley Turner
Middle:
Dakota Rieke
Audra Nicol
Hillary Pulse
Kealey Stanich
Jordan McGregor
Bottom:
Staci Scollard
Coach Marni McMahon
Halee Ross
Floor:
Leah Newell
Tori Smith

Adapt, Improvise, Overcome

GIRLS SOCCER

INTEGRITY

Coach gives his intense half time speech

Above: Emilia challenges for the ball
Left: Carla's flip throw in
Right: Amanda fights the Okanogan player

Left: Carla hits the long ball
Below Left: The midfielders make a wall
Below: Taylor takes the ball down field

Above: Annie, Liz, and Michele defending
Left: Emilia slides trying to get the goal
Below Left: Michele and Juliea try to stop Cashmere's midfielder

Top Row: Avra Platis, Carla Depaz, Caroline Ward, Amanda Scott, Moriah Barton, Kelcey Loret, Emilia Stefanko, Annie Christie, Michele Harrod
Bottom Row: Coach Powers, Mara Cummings, Lisa Witkowsky, Juliea Ward, Christie Francis, Taylor Gilbert, Jesse Haase, Lizzie Lucynski, Coach Shelley
Don't let the loss be the lesson.

Captain Spotlight

**Caroline Ward #10**
This year we just needed to not over think things and play our game. Why are there more geese on one side?

**Avra Hans #11**
This is by far the most dedicated and talented team I have played on. I am honored to be captain, but I know that all of us are real leaders. I am proud to be a teammate, because I know that nothing can stop us. We WILL do great things, and we will go far. Let's go walk the walk, girls!

Season Record

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Memories

- Kelcey Loreth #16/1 MD/GK
- "Climbing up the 10’ wall with a carhartt jacket"
- Taylor Gilbert #4 MD/FWD
- "Snoorting game at ropes course"
- Jesse Haase #3 FWD/MD
- "Zip Bong vs CC and the animal "ship" game"
- Moriah Barton #22 GK/MD
- "Beating Okanogan twice, once at home, once in a shoot-out, it made my whole senior season worth it."
Cascade Cross-Country

"Running cross country is the closest man will ever get to flying."
- Joseph VanderStel

Team Members

Omar Ambrocio
Julia Anderson
Sydney Anderson
Michaela Barich
Natalie Cowan
Kaley Graybeal
Luke Groen
Tyler Harrod
Hun Jung
Ben Lambuth
Christin Rivas-Parra
Ryan Rosenau
Jake Whitten
Hailey Ziegler
Hannah Ziegler


On To State!

Hailey Ziegler, Cascade's very own, represented us on October 2009 at the State competition, giving us a great show of endurance and grace. Congratulations, Hailey!

Say Run Harder

Kaley Graybeal and Julia Anderson at the Wenatchee Invitational.
Top: Hailey Ziegler, Julia Anderson, Christian Rivas-Parras, Ryan Rosenau, Jacob Whitten
Middle: Kaley Graybeal, Sydney Anderson, Ezequiel Camarena, Luke Groen
Bottom: Hannah Ziegler, Jacob Whitten

Michaela Barich, right, runs with endurance and determination.

Cristian Rivas-Parra strides confidently, trying to pass a rival Cashmere runner.

Captains SPOTLIGHT

Tyler Harrod, Ryan Rosenau, and Luke Groen, with lavishly decorated hair, eagerly await to start the race.

Luke Groen
"We had a really fun season, but our health held us back. I really wish next year's players will have a streak of luck."

Kaley Graybeal
"It was a really great season; I was hoping the girls would reach State, but overall it was a lot of fun!"
The winter cheerleaders give the crowd the spirit they need to be louder.

Our cheerleaders take advantage of time before the game starts. Left to right: Halee, Jenny, and Alex.

TEAM TO BE REMEMBERED

Top Row left to right: Kealey Stanich and Jenny Russ. Bottom Row Left to Right: Dakota Rieke, Alex Fletcher, Nicole Burris and Halee Ross.
The team initially started with these four girls; by the end of the season two more had joined the group.

"Let's get a little bit rowdy R-O-W-D-Y!!" Nicole Burris Alex Fletcher, and Jenny Russ cheer on the basketball team.

Alex, Nicole, Jenny, Dakota, and Halee have smiles to stop your heart. They display them proudly at every game.

Our girls diligently practice in order to be in tip-top shape for the games.

Nicole Burris
"Wimps lift weights... Cheerleaders lift people!!"

Alex Fletcher
"Cheerleading is more than a sport. It is about sharing secrets and learning how to get along."

Jenny Russ
"We might not run across the score line, or make dunks, but that doesn't mean we don't improve the score."

Kealey Stanich
"Remember... there is always a little girl in the stands who wants to be just like you... don’t disappoint her."
VARSITY FRONT LINE KODIAK 2009-2010

Roberto Mendoza  Chris Stone  Cuyler Hudson  Taylor Isadore  Dan Betz
Mac Clark & Tyler Harrod try to block the other team.

Cuyler Hudson isn’t planning on letting anyone else score.

Mac Clark
Jr. #2

Jeffrey Foote
Sr. #3

Ethan Nash
Jr. # 12

Taylor Isadore
Sr. #13

Tyler Harrod isn’t going to let go quite yet.

The team comes together to review and get ready for victory.

Mitchell Darlington, Chris Stone, Taylor Isadore, & Tyler Harrod cage in yet another player.

Cuyler Hudson makes a memorable shot.

Taylor Isadore tries to find an opening.

Rocky Mendoza reaches for the shot that could change the score board.

Dan Betz
Jr. #2

Jeffrey Foote
Sr. #3

Evan Parton
Sr. #20

Tyler Harrod
So. #21

Chris Stone
Sr. #23

Roberto Mendoza
Sr. #32

Taylor Isadore
Sr. #42

Cuyler Hudson
Sr. #42

Basketball

Mac Clark
Ethan Nash
Jeffrey Foote
Mitchell Darlington

67
When it's time to block, Ethan Nash and Paul Hartl know what they're doing.

It's never too high for Nick Wood.

Free throws aren't a problem for Ethan Nash.

JV BOYS BASKETBALL

Hard work and dedication go a long way for the future Varsity players.


Front Row Left to Right: Magnus Schlyer, Nick Wood, Flynn Steinke, Elijah Nash, Jose Herrera, and Fabian Alvarez.
Blocking happens to be Hailey's specialty.

Tight spots aren't a problem for Staci Scollard.

The team comes together to figure out a new game plan.

JV GIRLS BASKETBALL

The future of the Lady Kodiaks looks bright in their hands.

Top Row Left to Right: Sierra Guthrie, Taliyah Riddick-Waters, Kaija Cheyne, Hannah Cowan, Hailey Ziegler, Emily Vincent and Jasmine Burt.

Front Row Left to Right: Michaela Barich, Kaelyn O'Brien, and Staci Scollard.
Three-hour practices, team dinners and buzzer-winning shots. Through tough losses, tight victories, and rough practices, they stuck together. Five working as one. Bonds were formed that will never be broken, and more importantly, never be forgotten. Intensity, mindfulness, and collaboration all led this year's team to success.
The Lady Kodiaks huddle together.

Taylor Gilbert blocks another pass.

Haley Darlington isn't going to let anyone get past her.

Annie Christe is ready to block off passes at any moment.

Jordan McGregor isn't about to let anyone score.

Christe Francis won't let her guard down.
Daniel Gonzalez

"Best memory was when we all made our weight."

Garrett Burris

"My best moment was winning my first match of the season!"

David Sorensen

"When I got fourth place in the 189 weight class."

Zach Folden

"We had a really good coach, we worked really hard. I also enjoyed the bus rides with the team."

Captain

Mitch, shows good sportsmanship

Daniel showing off his skills

Garrett proudly celebrates his victory after an intense match.

Spotlight

Ryan Rosenap

"Joining wrestling this season was a great decision because it was a worthwhile season. Everybody worked really hard. Cascade is starting to rebuild their wrestling program."

Mitch Kraus

"It's been a good building year. If we keep up the dedication, we can go far. I'm really happy with what we have done so far in the season, and hope it ends just as well."
TEAM

Daniel Gonzalez 140
Ryan Rosenau 135
Mitch Kraus 171
David Sorensen 161
Shane Fletcher 145
Bernardo Camarena 125
Conrad Larned 152
Garrett Burris 103
Zach Folden 161
Zach Robinson 215
Nikita Stata 189

Top Left: Nikita Stata, Zach Robinson, David Sorensen, Ryan Rosenau, Bernardo Camarena, Coach Hankins Bottom: Zach Folden, Daniel Gonzalez, Mitch Kraus, Shane Fletcher, Garrett Burris, Conrad Larned
Evan Parton, pitching for an out.

The team races in for a celebration after a home run.

Mitchell Darlington goes for the ball.

Catcher Neal Champagne captures the ball.


"Good pitching, good defense and timely hitting will win a lot of games. This year that's what we have going for us."

CAPTAIN
Jeffrey Foote ('10)

CAPTAIN
Taylor Isadore ('10)
A. Michael Eldridge expresses dismay at the sight of the ball residing within the catcher’s mitt.

B. Evan Parton, with his foot ready to stomp down and arm ready to release the ball, eyes the opponent he’s about to strike out.

C. Neal Champagne throws to his teammate to get another out.

D. Taylor Isadore throws a ball toward his teammate at mid-field before the inning begins.

 TEAM
A vision of red and grey, the team huddles together for a brief talk before the game.

 BRENNAN CHAMPAGNE
Brennan makes a mad dash to home and just barely makes it by sliding onto his knee.

 WADE HAU GE
With a smile evident on his face, Wade darts across the diamond for the stray ball.

Coaches' Quote

“This year’s team is a real mix of experience and inexperience. The common threads are talent and a strong work ethic. We, the coaches and players, expect the team to have a successful year and have a lot of fun getting there.”

- Coach Gilbert

“This has been my first year with the Fastpitch program and I am having a blast. Coach Gilbert is great to work with and the work ethic of all the girls has been great to see. It is a lot of fun to be part of a team that works hard every day at getting better. IT’S GREAT TO BE ALIVE, IT’S GREAT TO BE A KODIAK!”

- Coach Snow

“Our team is something else. The younger players bring the energy and the older players bring experience. We have a lot of potential.”

“We play together, we win together; we lose together, we stay together.”

- Taylor Gilbert

“The first step to success is to believe you can. We may be a young team, but don’t underestimate us. We’ve got a great group of girls, and this year we’re going all the way!”

- Kendra Farnsworth
Waiting on the side lines is no fun, so whenever they’re given the opportunity the girls cheer on their teammates on the field.

The girls understand the importance of warm ups, however, they make things interesting by sharing 2 good things that happen. Taliyah, “Just glad I woke up this morning.”

Varsity pitcher Taylor Gilbert remains frozen in time at the moment of release.

Arm winded back, Veronica prepares to send the ball flying to first.

Hannah Cowan and Kaelyn O’Brien keep wary eyes on the girl up to bat while running their bases.

JV Catcher, Laura Hester, turns second base and waits for the ball to come to her before the game begins.

The Varsity girls retreat to the dug out at the start of a new inning.

Despite the freezing weather in the early season, the girls still hustle to run across the field during warm ups.

JV pitcher Ashley Ellis sends the ball flying to Wenatchee batter.

Halee Ross makes a quick dash to catch the pop fly

Kaija stays down and keeps ready for any action in the infield.

The Varsity infield comes together to celebrate getting the opposing team out so quickly.

Kendra Key tests the weight of the bat before beginning batting practice.

A coach only has to give directions once for the girls to hustle off to follow them.

In a display of good sportsmanship, the girls exchange high-fives with the opposing team at the end of the game.

A sea of red and grey appears on first base as the girls patiently await further instructions from their coaches.

Ali Schauer fires and whips during the team’s scrimmage.

Coach Snow and Coach Gilbert bring the girls together for a quick talk before practice.

The three captains and coach Gilbert take a moment to talk to the ump.
Isaac leans back as he hits the ball across the court.

Friends Geena and Kendra chill with Coach Bland after a hard practice.

Mikaila prepares to hit a solid forehand.

A. Emily and Kelcy slowly walk back to their spots sharing ideas on the game.
B. Mekense goes up to the hit and swings to return the ball.
C. Noelle goes in for the backhand against her opponent from Lake Roosevelt.
D. Rosie goes in for the hit with her partner Autumn backing her up.
E. Andrea overhands the ball with her partner Fabiola standing beside her.
F. Dylan and Skyler patiently wait for the next match.
G. Isaac stretches to hit the ball back at the Lake Roosevelt match.
H. Andy hits the ball, barely missing the ground with his knee.
J. Vanessa and Mikaila wait for their Okanagan opponents to return the ball.

J. Skyler runs toward the ball and applies a swift backhand.
A. Dylan volleys the ball back to the opposing team.
B. Tori goes in for the ball ready for a solid forehand.
C. Noelle reaches for the ball as she serves.
D. Sam reaches himself to hit the ball cross court.
E. Chris jumps over a cone during conditioning.
F. Leah conditions back as she jumps over the cone.
G. Kelcey throws the ball in preparation for her serve.
H. Skylar is down and ready to hit the ball in case it comes to him.
I. Emily goes up to slam the ball down over the net.
J. Nikki jumps eagerly after returning a powerful serve.
K. Nic Tower squats up and down with a racket as part of his daily conditioning.
L. Autumn goes up, backhanding the ball over the net to her opponent.
M. Jake sprints up to the ball, just barely getting a piece of it.
N. Alex hits the ball over the net with ease.
O. Lily takes a break from the focused game to try a new trick.
P. Andy hits a forehand, which sails over the net in style.
Q. Rosie goes in for the kill with a shot under the leg.

Top Left to Right: Alex Steele, Andy Gibbs, Chris Stone, Skylar Elsin, Sam Fields, Isaac Reister, Dylan Peterson, Nic Tower, Jake Allen
Middle Left to Right: Rosie Bergman, Kelcey Lory, Leah Newell, Noelle Parton, Tori Smith
Bottom Left to Right: Autumn Wilms, Emily Vincent, Lily Dittrich, Nikki Evans

VARSIITY
Fabiola goes in to spike the ball over the net to her opponents with Andrea patiently waiting for the return.

Vanessa runs up to the net ready to volley across the court.

Coach Bland talks to Hannah and Mekense about their game so far at the half time break.

Coach Bland tells Andrea the opponents' weaknesses.

Hannah blocks a shot at the net, sending the ball to her opponent.

Mikaila stands waiting for the ball to be served from across the court.

Top Left to Right: Mitchell Mounter, Mikah Murphy, Max Pickel, Daniel Smoots, Andy Welch Bottom Left to Right: Alex Fletcher, Geena Dingman, Andrea Sanchez, Hannah Conoley, Mekense Whaley, Fabiola Ramos Not Pictured: Vanessa Wentink, Mikaila Wilkerson, Kendra Hixenbaugh
Back Row: Dwight Stoddard, Flynn Steinke, Mac Clark, Dan Betz, Magnus Schlyer, Paul Hartl, Cuyler Hudson, Martin Forchemer, Ryan Rosenau, Nick Miland, Gerardo Mendoza, Jacob Partee, Michael Olmstead, Mitchell Kraus


Bottom Row: Arielle Turner, Mara Cummings, Kelsey Graham, Kaley Graybeal, Sydney Anderson, Danielle Bergren, Danielle West, Gina Anzalone

Not Pictured: Michele Harrod, Avalon Mcindoe, Ezequiel Camarena, Roberto Mendoza-Tovar

Coaches: Rob Rosenau, Tom Cagle, and Tim Barnes
4 year seniors offer words of wisdom to the young

"We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment."
-Jim Rohn

Sydney Anderson

"Stretch. Stretch. Stretch, and don't tear your quad right before State :)

Haley Darlington

"You can't have two number one's."

Martin Forchemer

"What happens on the track bus never does stay on the track bus;"

Kaley Graybeal

"Real athletes run, others just play games."

Michele Harrod

Danielle Bergen pulls her arm back to launch the discus.

Mac Clark steadily jogs at the beginning of his event.

Sydney Anderson looks absolutely elegant while practicing her javelin form.

Michaela Barich soars over the red bar during her event.

Nic Wood abandons his easy pace to sprint the last few meters.

Kayle displays excellent form when jumping over hurdles.

Jacob Partee throws his head back as he flings the shot put forward.

how will they be remembered?

"I'm going to miss their constant energy! All of the seniors know how to get us excited for every meet while offering meaningful advice at the same time!"

Athena Schlyer

"I'm going to miss Martin being my track mentor, Cuyler making me laugh, Mitchy and our cosmopolitans, and of course my obnoxious sister, Sydney."

Morgan Anderson

"These seniors inspire confidence while leading every individual down a path towards self-improvement, sweet victories, and good times."

Nic Wood

"What I will miss is how they make us all laugh all the time. Also, how they will bust out singing whenever they feel like it and the rest of the team just joins."

DeWitt

Ryan Rosenkranz
Our sport is your sport's punishment

People rarely succeed unless they are having fun in what they are doing!

Be remembered for nothing but your best.
Garrett poses for the camera after hitting his ball to the center of the fairway.

Tom follows through on his drive.


Corey Taylor Seniors Nic Anzalone
1. Amanda chooses a club with Chase right behind her.
2. Chase follows through after hitting the ball toward the green.
3. Using his 8 iron, Tom drives toward the fairway.
4. The team comes together for a funny pose.
5. Dylan checks his distance to the green to determine the strength of his hit.

Tyler is all for fun as he tries to hit the ball off a tee in Caleb’s mouth.

Kurtis practices his swing.

Even after their loss against Quincy, the soccer team walks off the field together as a team.

Arturo Pacheco makes a free kick against Quincy.

Junior Juvenal Avila practices his awesome goalie skills before the game starts.

Sophomore Varsity player, Cristian Rivas runs to get the ball away from a Quincy opponent.

Senior Captain, Matthew Stepanko gets ready to score.

Freshman starter Fabian Alvarez runs along opponent from Bridgeport.

Junior Captain, Omar Ambrocio dribbles the ball in a unique way.

Freshman, Juan "Mani" Avila kicks in one of his famous free kicks.

The team remembered the importance of stretching after a game.
Fabian Alvarez runs with intensity to the ball. Teammates Bernardo Camarena and Matthew Stefanko watch from behind.

The JV players get together with their coach to discuss some game plays.

Junior Varsity coaches Hugo Vasquez and David Vasquez

Junior Alfonso Lopez clashes head-to-head against Bridgport opponents.

Chris Cassidy walks with determination to his position in the field.

Jake Whitten prepares to receive the ball.

Tim Wincierz practices a few kicks before going to play.

James Lovold, Junior Varsity goalie, watches his teammates play in the field.

Brothers Juvenal Avila and Juan "Mani" Avila work together to stop the opponents from scoring.

The Junior Varsity team does various practice drills before playing the real game.

Sophomore Ryan Perez dribbles a ball to the field.

Guillermo Sanchez battles to get the ball away from his opponent.

Tanner Paul and Pedro Damian plan some plays while they walk to the field.
There comes a time every fall in which students are given the opportunity to work together around a central theme to create masterpieces, failures, and lifelong memories. It only lasts a week but, it's a memorable one that offers moments that will forever embed themselves into the minds of all those who participated (and even a few of the spectators). Whether it be the shock of how well your hall turned out (despite the small amount of help that showed), that you actually baked a cake (and came out with more flour on you than in it), or the mind scarring image of fellow a male classmate cross dressing and dancing to "Party in the USA" whilst sporting a blonde wig (because, whoa~) you're sure to have come out of this week with something that will have you fondly reminiscing (or shamelessly cracking up) a few years down the line.

Celebrating their last high school Homecoming together, the senior class of 2010 pulls together for one last group picture. (below)

Ben Lasater proves that, why yes, there is enough of him to go around. (above)

Certain of a victory, it's all laughs and smirks as Amanda and Tori get ready to face off against the Freshman girls in Tug-o-War. (right)

Watching the cheerleaders' spooky rendition of MJ's "Thriller" sent chills down our spines; it's a performance that won't be forgotten any time soon. (left)

SPOOKTACULAR

Homecoming: it more than an opportunity to dress up and be silly, it's a week to be remembered.
You Stopped and Stared...

...on these days

Monday- Long Live the Dead
Tuesday- Ghost and Ghouls
Wednesday- No School
Thursday- Kodiak Spirit Day
Friday- Costume Day

...at those Cakes

Sleepy Hollow

In the end, the Juniors tasted sweet victory with their Sleepy Hollow confection.

Thanks to an impressive use of fondant, the senior class was able to recreate The Nightmare Before Christmas spiral complete with a Jack and Zero sitting on top.

The Freshman class brought to life The Hills Have Eyes with their cake. Frosting eerily dripped down the sides as little eyes peeped out at you.

Like a woman possessed Shelby Sanford moves hypnotically to MJ's "Thriller."

Sporting a blue "Trekkie" shirt, Justin became DeForest Kelley of the original Star Trek cast on Long Live the Dead Day.

Christie Francis pays tribute to the iconic Audrey Hepburn on Long Live the Dead day by dressing in classic Breakfast at Tiffany's attire.

... in these Halls

The Seniors' hanging cobwebs, giant Jack and overall Halloween theme convinced the judges that their hallway deserved the victory. (Left)

The Freshmen impressed all with their dark and dismal mine. (Right)

Nature is always being brought back into the halls. The Junior class decorated with leaves.

Sophomore The Ring steps.
...at these Royals

Freshman Princess Cynthia Reyes smiles sweetly to her family in the bleachers.

Sophomore Princess Emily Lasater shares a tender moment with her mom.

Senior Princess Hannah Hassinger embraces a loved one upon receiving her tiara. Cue the crowd's "Aw's" here.

Athena Junior Princess, Schiyer, searches past the blinding spotlight for her family in the crowd.

Nick Miland waves at his new subjects whilst Leah Newell laughs it off before being crowned as Homecoming King and Queen.

...During several Competitions

Mitchell and sister Haley joyfully posed together with the infamous wigs. (left)

The most memorable event of Homecoming was surely Mitchell Darlington and David Sorensen's dance to "Party in the USA." Miley Cyrus would be proud. (below)

The Senior (left) and Sophomore (right) boys prepare to duke it out in an epic battle of Tug-o-war that ultimately leads to the bungee cord snapping.

Brennon Champagne noses a rubber ball across the gym floor for the school assembly.

The Freshmen bellow their class cheer at the community pep assembly.

David S. and Gerardo M. lick peanut butter off plexiglass.
Florence tries to convince the girls that she didn't take any pills (Top Left to Right: Madeline Winters, Alex Fletcher Bottom Left to Right: Kaylee Geske, Hannah Hassinger, Melanie Kraus)

Hannah Hassinger

Florence is in a daze as she thinks back to all the great times she had with her ex-husband Sydney.

Cast

Hannah Hassinger: Florence Unger
Ericka Cochrane: Olive Madison
Melanie Kraus: Mickey
Kaylee Geske: Sylvie
Madeline Winters: Vera
Alex Fletcher: Rene
Michael Haire: Manolo
Alex Steele: Jesus

Directors: Nathaniel Helligso & John Mausser

Eager directors set out to plan the upcoming play (Left to Right: Nathaniel Helligso, John Mausser)

Although Olive (Erika) tries, Florence (Hannah) is just not someone who is easy to comfort.
Vera (Madeline), Mickey (Melanie), Sylvie (Kaylee), and Rene (Alex F.) stare, giving Olive a disapproving look as she argues with her ex-husband.

Jesus (Alex S.) comforts his brother Manolo (Michael) as he talks about how relates with Florence (Hannah) along the lines of ex-spouses.

The girls beg Florence (Hannah) not to kill herself, but she claims that there is no point in going on. (Right to Left: Madeline, Alex F., Kaylee, Erica, Melanie)

Florence (Hannah) strides out in pride and confidence as an independent woman that is "berry, berry busy."

Olive's (Ericka) sexy neighbors, Jesus (Alex S.) and Manolo (Michael), try to explain how friendship is important.
High Spirits

Madeline Winters rises bright and early to help build the stage platforms.

Hannah, as Elvira, sings about how she wishes to spend her after life with Charles (Michael).

Ericka Cochrane sings and dances merrily as a spirit about Madame Arcati’s joyous bike ride.

Dedicated Mr. Mausser focuses as he tries to decide what set to build next. (And the set was awesome!)

Charles (Michael) tries to come to grips with the fact that his dead wife is back in his life.

Emma, as Madame Arcati, faints after having a psychic moment. Left to right: Geena, Isaac, Melanie.
Elvira summons all of the ghosts to help push Charles over the balcony edge, sending him to death, so he will spend his after life with his first wife.

**Cast**
- Charles - Michael Haire
- Elvira - Hannah Hassinger
- Ruth - Simone Mack
- Madame Arcati - Emma FritzKapps
- Edith - Geena Dingman
- Dr. Bradman/Chorus - Isaac Reister
- Mrs. Bradman/Chorus - Melanie Kraus
- Coffee Shop Soloist/Chorus - Madeline Winters

**Chorus**
- Mikaila Wilkerson
- Mikayla Wilkes
- Erica Cochrane
- Lily Dittrich
- Kaylee Geske
- Kendra Hixenbaugh
Spring really tends to bring out our inner child. At one point in the day a cartwheeling tournament broke out. Here we see Cameron Williams eyeing his fellow competitor seriously.

Boys will be boys. A basketball game breaks out on the courts during lunch. Magnus Schlyer and Josue Gutierrez struggle to obtain the ball while Santos Lopez and Neal Champagne get ready to steal it.
Sunshine

With the lazy days of summer just around the corner even top students like Sam Fields can't resist wanting to sneak a nap beneath the warm sun.

Reclining against her backpack and snacking on a burger, Sammy Elser has found Nirvana during lunch.

Ricky Ledezna grabs his head in horror as the realization hits him that the purse does not match his shoes today. It's okay, Ricky. We think you look stunning regardless.

Krystle McGraw, Kendra Hixenbaugh and several other students choose to do their classwork beneath the sun rather than in a cold desk.

Student Life

Even DeFazio dares leave the comfort of her dark and dismal dwelling to bask in the spring's warmth.

Mr. Davies' 8th period pre-calc class watches in amazement as one of the tissue paper hot-air balloons continues to climb the sky.

After a long, cold winter people are taking advantage of the sunshine and simply hanging out beneath the warmth. Shane Fletcher, Ninik Angalene, and Stephen Dobrinic are a perfect example of this.

In order to launch the hot air balloons the pre-calc students needed to get to the soccer field. Unfortunately, the gate just happened to be locked. The athleticism of the students was put to the test with this fairly tall obstacle.
Contestants Amanda Scott, Morgan Anderson, Rebecca Parrish, Veronica Bustos, Michaela Barich, Katie Demarest, Reillyanne Autenreith and Jenny Russ put their hands together as part of their physical fitness routine.

Jenny combines strength and grace into her gymnastics routine.
Reillyanne highlights the movements of belly dancing as part of her talent.
Emotional Christie Francis with her dad as she takes the stage one last time.
Michaela accepts flowers and an award from Sydney Anderson.
Christie Francis hugs our new Junior Miss, Amanda Scott.

Katie jumps rope with her arms crossed as a part of her talent routine.
Morgan does a front flip as part of her jump rope routine in the talent portion.
Veronica shows her love of dancing in her talent routine.
Rebecca shows her silly side with a fun dance after playing the piano.

With help from Autumn Nash, Reillyanne gets ready for the night's performance.

Christie poses with twirlers Roberto Mendoza and Cyler Hudson

Contestants from 2009 show off their skills.

2010 Junior Miss
Amanda Scott
There was this one time...

Christian DavisCourt performs a cheerleading routine to the Backstreet Boys.

Christian DavisCourt looks at each other coyly during the physical fitness routine.

Basking in glory of being the first Mr. Kodiak, Martin Forchener proudly steps forth to collect his trophy.

High kicks from the physical fitness portion, left to right: Nick Miland, Cuyler Hudson, Taylor Isadore, Matthew Stefanko, Martin Forchener, Nic Doherty, Roberto Mendoza-Tovar, Mac Clark, Isaac Reister, and Christian DavisCourt.

...when ten brave boys decided that the first ever male beauty pageant was a worthwhile endeavor to raise money for the Senior Sober. The first ever Mr. Kodiak was a jaw-dropping experience that left us laughing and maybe a little bit traumatized. March 1st, 2010...How many of us will be able to forget that date? Years of intensive therapy and repression will perhaps allow a lucky few to forget the images that the first Mr. Kodiak presented. The rest of us will have to go through life with shameless grins on our faces as we flash back to that fateful day.

The Results of the Night

<table>
<thead>
<tr>
<th>Mr. GQ</th>
<th>Mr. Vain</th>
<th>Best Impromptu Question</th>
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<tbody>
<tr>
<td>Christian DavisCourt</td>
<td>Taylor Isadore</td>
<td>Cuyler Hudson</td>
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<tr>
<th>Mr. Did-A-Good-Job-Mr.Untalented</th>
<th>Mr. Congeniality</th>
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<tr>
<td>Nic Doherty</td>
<td>Matthew Stefanko</td>
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<tr>
<th>Mr. Most Physically Fit</th>
<th>Worst Pick Up Line</th>
<th>Mr. Almost</th>
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<tbody>
<tr>
<td>Isaac Reister</td>
<td>Nick Miland</td>
<td>Roberto Mendoza-Tovar</td>
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"Mr. Kodiak" Martin Forchener

Publications

Presenting the people who poured blood, sweat, and tears to bring you an award in a year without an actual publications class.

Top Row: Mrs. Hesse
Second Row: Michele Harrod, yearbook editor Dulce Gutierrez, and Sheila Sanchez
Third Row: Nic Gerlach, Alex Fletcher and newspaper editor Liliana Avila

To the right we see the ladies of publications carrying the sole male member.
Our Shared journey...
Class of 2010

Twelve Year Seniors

...has finally come to an end
In Loving Memory of
Jeremiah Key
1992 - 2009

On May 7, 2009 an eerie silence fell through the halls of our school after an announcement instructed teachers to check their email. Shortly we were informed that a fellow student had recently died. Tears began to flow as both students and teachers openly mourned the loss of Jeremiah Key. For those of you who didn't know him well, Miah was the kind of guy who would start a conversation with you even if you hardly knew each other and then have you laughing within five minutes. He possessed a great sense of humor and a friendly disposition. For those who did know him, he was more than a student, a teammate, a brother, a cousin, or even a dependable friend. He was someone who will stay with us even as we grow old.

Miah, we miss you. We'll always remember that this was your year, too. So when we're marching down that grassy field on June 5th, you'll be marching right next to us, in our hearts and on our minds.

You'll always be remembered,

Class of 2010
Ben Lasater

Unique, goofy, big-hearted Ben. We love sharing your world!

Mom, Steve, Emily & Grace
Michele Harrod

Wherever you go, go with all your heart!

We love you and are so proud of you, "Honey."

Love,
Mom, Dad,
and Tyler

Kylie Steiner

Kylie,
We are so proud of you! Always remember, "I can do all things through Christ who strengthens me" - Philippians 4:13

Love,
Mom, Dad, & Shayla

Kelcye

You have grown to be such a beautiful person inside and out, always a smile and a kind word for everyone. You are a model daughter, sister and friend. Always sacrificing your wants for others, and now it is your moment to shine. Just remember, "There is no need to reach high for the stars. They are already within--just reach deep into yourself."

Love,
Mom, Dad, and Kendall
Kaley
Graybeal

Kaley,

Congratulations on all you have accomplished! You are an amazing and beautiful young woman. Follow your dreams and wherever you go, go with all your heart.

We love you!

Dad, Mom, Colin, and Grammy

Nick Miland

Be yourself, Nick. We're all proud of you!
Love,
Dad

Alex, Your family is very proud of you. Congratulations!
Love,
Dad, Andrea, Tyler, Dezmon, Mom, Dave, and Annabelle
Veronica
Hontou

Miss V,
May you always remember--

Swing for the stars.

The world is your canvas.

Keep the glint in your eye.

Love,
Mom, Dad, and Maddie

Be a good role model.

Leave your personal imprint.
Nikki Evans

We are so proud of you! We love who you are, who you have become, and who you will be. Remember, "It's only illegal if you get caught."

Love,
Dad, Mom, and Kacey

Dulce Gutierrez

Dulce,
I admire and love your dedication and compassion for others and the courage that you have to follow your dreams. I will be with you. I am so proud of you.

Love,
Mom
Gloria Vasquez

Brittany Fletcher

Follow your dreams with your head and your heart, and you can do anything and achieve everything.

Love,
Mom, Gar, Chase, Hunter & Michelle
Arturo Pacheco

Arturo,
Your family is so proud of you! We Love You.
Sydney
Anderson

We've watched you grow into the beautiful person that you are and have enjoyed celebrating your life. Always know we are there for you---Just a text away.

"Your Aunties"
Sandy, Jana,
Morey, Kathy,
and Ann

Congratulations!

SENIORS
Cuyler Hudson
Nic Doherty
Mac Clark

Of Community United Methodist Church

In all your ways acknowledge God, and God will direct your paths. (Proverbs 5:6)
Haley
Darlington

You haven't changed a bit! We are so proud of you!

Love,
Mom, Dad, Amber, and Mitchell

Alec
Duncan

Alec,
We have had many great laughs and memories over the years. We hope you will carry these with you wherever you go. Do what you love in life and you will never be disappointed. We love you and who you've become.

❤ Mom, Chelsea, Randy, Jayden, Grandma, & Papa
Taylor Gilbert

#4 on the field,
#33 on the court,
#1 in our heart!

Love,
Dad, Mom, and
Max

Martin Forchheimer

Martin,
We are so proud of you!
Your spirit, strength of character and integrity will take you far! Keep the faith always!

Lots of Love,
Dad, Mom, Nadin, Tristan, & Stefan
Brennan Champagne

Leah Newell

We love you,
Mom & Dad

Your family is so proud of you! With hard work, dedication, and strength of character, you can accomplish anything.
We love you!
Mom, Dad, & Neal

Congrats Nic!

You're our free spirit child & our favorite youngest son.
You amaze us!
The world is yours.
We are so proud of you & love you very much!

Mom & Dad
Jessica Ellen Haase

The best gift ever was the day God gave you to us. You have always made us proud. We love you.

Mom & Dad

Kendra Rose Farnsworth

Watching you grow up, what a joy. As you finish high school, you have a wonderful life ahead of you. We are so proud of you and love you lots.

Mom, Dad, and Damion
Amber,

You have always been very outspoken and like to do things your way!!! As long as you always remember when it's time to give up the fight and when it's time to keep digging in, you will be unstoppable. You can do whatever you are determined to do. Never forget your family's love is forever. We will stand behind you in whatever challenges life throws your way. Always be true to yourself and do what you know is right. Keep your eyes wide open, dream big, and the world is yours!!!

We LOVE YOU VERY MUCH,
Dad, Mom, and Whity

Keep your head up and face the world like it is a piece of chocolate cake!

Put a smile on someone's face and you will have a smile in your heart.

Always believe in yourself!
High School is Just The Beginning

Ramon, Gustavo, Janeth, Adilene, and Gloria

Tye

Wilson

Tye,
It's been our joy and pleasure to watch you grow and mature. We are so proud of you! Live your dreams!
Love,
Dad and Mom
The Leavenworth Chamber of Commerce supports and congratulates our Kodiak Kids.

Our Mission: To promote commerce, tourism, the Bavarian Theme, economic development, diversification and cooperation among the business community, governments and residents of the Chamber membership area.

Best in town for all of your off campus food needs.
Congratulations

Class of 2010!

After 12 long, long, years...
You're finally out of here!
HEALTH CARE

The United States draws closer to providing health care for all with the passage of reform bills in both the House and the Senate.

President Obama orders an increase in troops in Afghanistan with a goal of starting to withdraw forces from the country in July 2011.

Haiti's earthquake - with a magnitude of 7.0 - is declared by the United Nations as the worst disaster it has ever confronted. Aid pours in from the United States and around the world.

EARTHQUAKE IN HAITI

A University of Utah study finds that texting while driving can be up to six times more dangerous than talking on a phone while driving.

THEN & NOW: Price per gallon of gas in 2000: $1.26
2009: $2.73

Movie ticket price in 2000: $5.39
2009: $7.35
In August, Sonia Sotomayor is sworn in as the Supreme Court's first Hispanic justice and only third female member in the top U.S. court's history.

Belgian Prime Minister Herman Van Rompuy is elected the first president of the European Council (EU) under the Treaty of Lisbon.

The H1N1 virus appears to affect teens more than typical flu viruses. Hand sanitizer is a commonplace sight in classrooms and other public spaces.

Views

H1N1

America honors the lives of 13 innocent victims of a tragic shooting spree at Fort Hood, Texas, in November.

In efforts to make General Motors more economically viable, the company discontinues the Saturn brand and announces plans to phase out its Pontiac division.

Unemployment rate in 2000: 4%
2009: 10%

U.S. population in 2000: 281 million
2009: 305 million

Facebook users 2000: 0
2009: 350 million

http://www.thestatic.com
http://www.jyotan.co.uk

35.gov

708.gov

136.gov
The number of first-time visitors to food shelves surges, as families cope with the economic recession. Food banks report that demand is up 30 percent on average.

The Armed Forces Network broadcasts five NBA games to U.S. troops on Christmas Day. The NBA gives the AFN broadcast rights for free.

Consumers have more alternative fuel options as the number of biodiesel stations continues to grow across the United States.

During October, Breast Cancer Awareness Month, pink products are everywhere: from printers to power tools, snowboards to golf balls, blow dryers to water bottles.
Students protest the University of California's 32 percent tuition increase. Average tuition is up 4.4 percent for private four-year colleges and up 6.5 percent for public four-year colleges.

Teens are setting an example for their parents, with 56 percent of teens volunteering to support a charitable cause.

1. Turn off the lights when no one's in the room.
2. Carry a reusable tote bag when you go shopping.
3. Bike or walk instead of driving.
4. Get a reusable metal water bottle.
5. Unplug and shut down electronic devices when not in use.
6. Buy music online instead of purchasing CDs.
7. Use rechargeable batteries instead of disposables.
8. Replace standard light bulbs with compact fluorescent bulbs.
9. In winter, turn down the heat and wear more layers.
10. In summer, set your air conditioner thermostat to 72° or higher.
At the Rose Bowl in Pasadena, the top-ranked Alabama Crimson Tide defeats the second-ranked Texas Longhorns to finish the Bowl Championship Series.

Sidney Crosby becomes the youngest captain to host the Stanley Cup as he leads the Pittsburgh Penguins to their third championship and first since 1992.

Team USA heads to Vancouver, British Columbia, for the Winter Olympics. More than 200 athletes represent the United States at the XXI Olympic Winter Games.

The New Orleans Saints beat the Indianapolis Colts 31-17 to win Super Bowl XLIV, their first championship title.

The New York Yankees capture their 27th World Series Championship when they beat the Philadelphia Phillies, four games to two.
Brett Favre retires from retirement to lead the Minnesota Vikings. At 40, Favre continues to rewrite the record books, including the most-consecutive regular-season games.

At the 12th IAAF World Championships in Berlin, Jamaican sprinter and three-time Olympic gold medalist Usain Bolt beats his own 100-meter and 200-meter world records.

Shaun White leads a talented roster for the 2010 Olympic Snowboarding Team that also includes fellow gold medalist Kelly Clark, Hannah Teter and Seth Wescott.

Minnesota Twins’ Joe Mauer becomes only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote.

TOP GAMES/EVENTS OF THE DECADE

- 2008 Wimbledon final: Rafael Nadal vs. Roger Federer
- Super Bowl XLII: Steelers 27, Cardinals 23
- World Series 2001, Game 7: Diamondbacks 3, Yankees 2
- 2007 Fiesta Bowl: Boise State 43, Oklahoma 42
- 2006 Rose Bowl: Texas 41, USC 38
- 2008 Olympics: 100-meter men’s butterfly, Michael Phelps
- 2009 Big East tournament: Syracuse 127, UConn 117 (6 OT)
- Super Bowl XLII: Giants 17, Patriots 14
- 2002 NBA West finals, Game 7: Lakers 112, Kings 106 (OT)
- 2005 UEFA Champions League final: Liverpool beats AC Milan
After the release of their fifth studio album, the Black Eyed Peas launch The E.N.D. World Tour, with stops in Australia, Japan, Malaysia, New Zealand and Thailand.

Mary Mary’s album Praiseworthy reaches No.1 on Billboard’s Christian & Gospel Album Charts, No.2 on the Top R&B/Hip-Hop Chart and No.7 on the Billboard Top 200.

Paramore takes home the title of Favorite Rock Band at the MTV's People’s Choice Awards. Lead singer Hayley Williams kept in touch by Tweeting with fans throughout the awards program.

Taylor Swift has an amazing year with four CMA Awards and the Grammy for Best Album of the Year.

Glee geeks go wild! Volume 1 of the Glee soundtrack features 17 songs from the hit Fox show about a struggling high school glee club.
Justin Bieber parleys YouTube fame into a record deal. A crowd of more than 3,000 screaming fans forces him to cancel an appearance at a Long Island mall.

Michael Jackson, the legendary King of Pop, dies unexpectedly at the age of 50, just weeks before his "This Is It" world tour is to begin.

Alicia Keys guest stars on Jay-Z's album, The Blueprint 3. Their joint effort, "Empire State of Mind," is one of the most successful songs of the year.

Beyoncé broke the record for a female artist at the Grammys with six awards, including Song of the Year and Best Female Pop Vocal Performance.

Top 10 Top-Selling Albums of 2009

1. Fearless, Taylor Swift
2. I Dreamed a Dream, Susan Boyle
3. Number Ones, Michael Jackson
4. The Fame, Lady GaGa
5. My Christmas, Andrea Bocelli
6. Hannah Montana: The Movie Soundtrack, Hannah Montana
7. The E.N.D., Black Eyed Peas
8. Relapse, Eminem
9. The Blueprint 3, Jay-Z
10. Only By the Night, Kings of Leon
ENTERTAINMENT

Tina Fey's acclaimed NBC comedy 30 Rock receives a record 22 prime time Emmy Award nominations and wins five, including Best Comedy Series and Best Actor in a Comedy Series (Alec Baldwin).

Reality TV shows like CBS's Survivor and The Amazing Race continue to draw in viewers of all ages.

A new generation discovers the Fab Four. The Beatles: Rock Band is a smash hit among teens, parents and even grandparents!

New Fox hit TV show Glee takes home the Golden Globe for Best Musical or Comedy Television Series over such veteran shows as The Office, 30 Rock and Entourage.

THE SIMPSONS
Sesame Street, the legendary PBS children's show, celebrates 40 years of ABCs and 123s with the likes of Cookie Monster, Oscar the Grouch and Big Bird.

SpongeBob SquarePants celebrates 10 years on the air with the debut of Truth or Square, a Nickelodeon TV movie featuring celebrity guests and several shocking twists.

After just seven months, Conan O'Brien receives $45 million to surrender his position as host of The Tonight Show after NBC decides to return Jay Leno to his previous time slot.

1. Wii Fit
2. Wii Play
3. Pokémon Platinum Version
4. Mario Kart Wii
5. Resident Evil 5 (Xbox 360)
6. Killzone 2
7. Call of Duty: World at War
8. Resident Evil 5 (PS3)
9. Halo Wars
10. Street Fighter IV

Source: cnbc.com
After two weeks of limited sold-out shows, 1 million moviegoers submit online requests that cause the nationwide release of Paranormal Activity.

Harry Potter and the Half-Blood Prince raked in the biggest midnight earnings of all time, grossing $22.8 million at the box office.

Sandra Bullock wins the Golden Globe for Best Actress in a Motion Picture—Drama for her performance in The Blind Side, based on the true story of Baltimore Ravens football player Michael Oher.
In just 41 days, James Cameron's Avatar overtakes Titanic to become the highest-grossing movie ever worldwide at $1.859 billion.

This Is It, a film about the late Michael Jackson's tour rehearsals, becomes the world's highest-grossing concert movie and documentary.

Are you "Team Jacob" or "Team Edward"? "Twihards" around the world swoon over the supernatural love triangle in The Twilight Saga: New Moon.

**TOP 10 BOX OFFICE HIT MOVIES**

**2000**
1. How the Grinch Stole Christmas
2. Cast Away
3. Mission: Impossible II
4. Gladiator
5. What Women Want
6. The Perfect Storm
7. Meet the Parents
8. X-Men
9. Scary Movie
10. What Lies Beneath

**2009**
1. Avatar
2. Transformers: Revenge of the Fallen
3. Harry Potter and the Half-Blood Prince
4. The Twilight Saga: New Moon
5. Up
6. The Hangover
7. Star Trek
8. The Blind Side
9. Alvin and the Chipmunks: The Squeakquel
10. Monsters Vs. Aliens
Snuggie, the blanket with sleeves, is a runaway hit. The company introduces versions for kids and pets and features designer styles in a fashion show.
Graphic tees, worn alone or paired with zip-front hoodies, are a comfortable way to make a style statement, promote your favorite band and express your individuality.

TOP 10 FASHION TRENDS

1. Skinny jeans
2. Big '80s shoulders
3. Over-the-knee boots
4. Graphic tees
5. Hoodies
6. Animal prints
7. Rachel Roy bags
8. Ripped jeans
9. '90s grunge
10. Flared jeans
Quinceañeras, the Latin American culture's coming-of-age celebration on a girl's 15th birthday, are becoming larger and more elaborate like Sweet 16 parties.

More than half (55 percent) of Americans ages 12-17 use social networking websites.

Now you can carry a whole library in a device the size of a hardcover. Consumers crave readers like Amazon's Kindle and the Sony Reader.

In January 2010, teen employment rates hit a record low of 26.2 percent due to a lack of entry-level jobs available at the minimum wage.

Pass the potatoes, please. Busy families are cutting back on expensive take-out meals and making time to sit down together for healthier, home-cooked family dinners.