WHAT'S INSIDE...

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A Kodiak bear can differentiate specific people up to 200 feet away and has an ability to see at night that far exceeds that of humans. Human eyes are highly developed, like bears, and are also more unique than a fingerprint: no two eyes have the same iris pattern. Each student who walks the halls of Cascade is equally unique; they each have different perspectives, stories, and experiences. Every interaction, event and conversation that takes place within the greater CHS community is viewed through an incredibly individual lens. This diversity of perspective is something greatly valued at Cascade and something you will see highlighted throughout the pages of the 2022 yearbook.
THROUGH THE EYES OF A...

For Frankie Rosario, Algebra I is the class that he has gained the most from. He is excited to "finally [be] learning real math." If he had to describe the vibe at CHS in one word, that word would be "chill".

For Noah Rybka, being a Kodiak is "more than being [part of] the school community, it's more like a family."

One word Lexi Smith-Bishop would use to describe Cascade is "energetic." For Lexi being a Kodiak means teachers who "actually want students to learn and aren't just doing it for the money."

For Fahren Miklosh, biology is the class he's gained the most from. He likes the class and "the subject is interesting." The word Fahren would use to describe Cascade is "chill." "The teachers are really nice and helpful."

For Charlotte Lynch, being a Kodiak is about "being kind and respectful of others [and] being part of a community." The one word that she would use to describe the vibe at Cascade is "accepted", because "everyone [has] been very nice and open."

When Geno Alejo walked through the doors at Cascade, his first thought was that "it was going to be a fun school, because there's a lot of friends here." Gino described the school as "laid-back...the teachers are calm and mellow."

For Calvin Wilder, being a Kodiak means "feeling good and being with [his] friends."

Molly Renner-Singer describes being a Kodiak as "kind of like being part of a family." For Molly a word to describe CHS is "laid-back" because "everything is chill."
For Zienna Erickson, being a Kodiak is about being "powerful and honored." Her first thought on entering CHS was that the school was "really nice and new."

For Shawn Vandegraft, being a Kodiak is about "being dedicated or working in school without giving up." AVID is the class that has helped Shawn the most. "It helps me with finding colleges and note taking."

For Alondra Torres describes being a Kodiak as being "united" and "able to get along." The class she gained the most from was Personal Finance, because "the class taught me how to save my money and that is something that everyone should learn."

For John McLeod, the course he has gained the most from at CHS is Personal Finance. He said, "It's teaching me stuff that I actually need to know."

For CHS Custodian Soluna, being a Kodiak means "lots of energy; a lot of happy faces." She explained that, "I felt at home when I started working here. I feel loved and welcomed." A word that describes the vibe at Cascade for Soluna is "joy."

For Joslynn May, to be a Kodiak means "at least [she's] not a bulldog" and "everyone supports one another." A class that Joslynn has gained a lot from is EWU Writing where she "learned how to write."

"Friendly" is the word that Manny Camarena would use to describe CHS. "Teachers provide all students with equal opportunity," he said.

For Emmalee Carnline, "welcoming" is the word she would use to describe Cascade. She explained that "all the staff are really nice."

"Family" is the word that Dayle Massey would use to describe Cascade. "I've been a Kodiak for 22 years," he said. To him being a Kodiak means "supporting each other."
Juniors Vincent Slette and Tonio Aurilio pose for a picture by jumping in the air.

Freshman Marshet Redman smiles happily with his catch in Hope, Alaska.

Seniors Renee Lambert and Hanalei Alejo, members of the Sundevils Softball team, hold their trophy from winning third place in the Amateur Softball Association tournament.

Senior Lien Hagedorn poses proudly with a salmon he caught while in Alaska.

Sophomore Sophia Doherty enjoys the outdoors with her dog, Duke.

Senior Alex Ruvalcaba poses with a duck he caught while with his friends in Dryden.

Sophomores Cassidy Gillespie and Rayen Blue gaze at the scenery on their journey to Colchuck Lake.

Freshman Connor Reyes looks out at a calm lake in Georgia.

Freshman Maizy Groff and Teyva Dillon pose for a picture at Hurricane Ridge while attending Peninsula College Soccer Camp in Port Angeles.

Sophomore Karsten Bowles traveled to many different states over the summer during the National Premier League Soccer finals. During late June and early July, Karsten and his team, the Wenatchee FC, traveled to Southern California, Texas, Maine, and other states on their journey to the National Championship. While they were there, they won the first half of the competition, making them the best team on the western side of the country. Karsten said, "I spent most of my time with Maverick Miller and Ryan Denega, and my favorite memory from the summer was knowing that we had become one of the best teams in the United States. That was really cool."

Karsten’s teammate Maverick Miller said, "My favorite memory from the summer was hanging out with my team and playing volleyball in the sand court outside our Airbnb. It was also fun when we went to an arcade. I really bonded with my team over the summer."

Karsten Bowles, Maverick Miller and Ryan Denega pose with their team for a picture after becoming the number one team in the western half of the U.S.
Senior Ty Week traveled to Brazil with over twenty volunteers for a program called Humanitarian Especially for Youth for two weeks over the summer. While he was there, he had the chance to experience new wildlife and meet many new friends. During the second week, he and the others helped build schools as part of their humanitarian work. He said, "My favorite memory is jumping off the boat during the Amazon boat tour and playing with the local kids."

"Going to Spain." - Jack Wagman, 11
"Getting a dog." - Tania Oyos, 11
"Seeing my grandparents in Minnesota." - Lariah Collins, 9
"Going to Tennessee." - Jennifer Mendez, 11
"Shopping in LA with my sister." - Jacob Hendricks, 11
"Going to Tennessee." - Jennifer Mendez, 11
"Being a part of Faramir's birthday party." - Lariah Collins, 9
"Soccer." - Jocelyn Olguin, 9
"Going to Tennessee." - Jacob Hendricks, 11
"Being a part of Faramir's birthday party." - Lariah Collins, 9
"Soccer." - Jocelyn Olguin, 9

Mrs. Boggs takes a selfie with her sister, husband, and other family, while mountain biking in Lake Wenatchee over the summer. Additionally, she enjoyed her summer in LaClede, Idaho, for the 4th of July. In celebration of the Fourth, they watched a neighborhood parade and appreciated the fireworks across the lake. She also went to Seabrooke, a small town on the Washington coast, where she "spent the time finding sand dollars and hanging out with the family."

Junior Lauren Haiduc went to Fullerton, California, for the Fourth of July, and spent time with her cousins. They had a barbecue, swam in their pool, and finished off the day by watching the neighborhood's firework show. Lauren said, "I really enjoyed getting to see my old friends and extended family again. One thing I miss most about living in California is celebrating holidays and traditions with them, so I liked spending the day with them."

Freshman Monique Copado smiles with her older sister on their way to Spokane. Monique said that she spent the most time with her two sisters over the summer. Her favorite memory was "making really good peanut butter chocolate cookies with them."

For Jess Donoghue’s 18th birthday, he spent his night "with the boys." This group of seniors spent most of their summer going new places, meeting new people and "not doing anything illegal."
Filled with Kodiak spirit, freshman Abbi Carnahan and Natalie Sanchez cheer on the first football game of the season. Jade Marks, a senior on the team, said, "Being able to cheer with a student section again is the highlight of my season so far."
WELCOME BACK!!!

Fall in Leavenworth means brilliant fall colors, cooler nights, and Oktoberfest. Tourists flock to the small town to enjoy rock climbing, hiking, and live music at the festival. For Cascade students, fall brings football games, homecoming celebrations, and the return to school. Students look forward to reuniting with friends, catching the Cascade spirit, and beginning to practice the sports they love. These pages highlight a Kodiak's version of fall.
Winning games and taking names.

During the first two weeks of school, the Kodiak Football team couldn't have been more excited to be back on their field with all the fans cheering. This season, the senior Kodiaks have been spending their time enjoying their last season on the field while bonding with the underclassman. Senior Kodiak #36 Alex DeLangie said, "Its more than just a game, its about a second family."

"The best part of football season is playing with your friends; it's a great way to bond." Braeden Parton Junior

"The best part of football season is watching the crowd go crazy after someone scores." Rayen Blue Sophomore

"The best part of football season is hitting people, because quite simply its just fun." Kai Lewman Junior

"The best part of football season is beating other teams; it makes all the hard work seem worth it." Cole Warman Senior

"The best part of football season is helping athletes recover and be able to go on playing." Lien Hagedorn Senior

"The best part of football season is playing with seniors who've played together for over six years." Ethan Maghani Senior

"The best part of football season is watching the game and interacting with the crowd." Abby Carnahan Sophomore
Getting Set Up for Success

All Kodiaks want to have success in school, whether it's in the classroom or on the field. Over the summer, teachers were preparing to help students have success. They spent time printing out papers, designing lessons, organizing Canvas and setting up their classrooms. CHS Spanish teacher Ms. Guzman said, "It all starts with a planner, a place to put your thoughts and ideas. Once I'm organized in my planner, I know where to start in my classroom." Even students spent time over the summer getting ready for a successful school year. Senior Jacob Redman explained, "Over the summer something that helped me get set up for success was studying for the SAT, and making sure I was ready for my class at WVC." Athletes also trained over the summer in hopes of a winning season. Junior Tania Oyos said, "We trained a lot over the summer: we practiced twice a week during August, went to Peninsula College soccer camp and the last two weeks we practiced for an hour and a half every day."

This year, in order to increase involvement in school activities, Leadership students organized the first ever annual Club Rush. This event was well attended and sure to be repeated in the future. Club officers explained their clubs and solicited membership. Senior Jade Marks represented the cheer squad as they attempted to recruit members for the winter season. She said, "Students should join cheer to make more friends. Cheer helps show school spirit throughout the year, and hype up the crowds. Joining cheer will help us represent our school in the best way possible."

Senior Colton Latimer takes Woods/Metals with Mr. Harvill first period. He enjoys this class because it's a great class for hands-on learning. Colton is shocked that it's already his last year of high school. Colton has been spending his time after school playing football with his team, and hanging out with his friends. Colton said, "A class I'm enjoying this year is Fire Science, because I want to be a wildland firefighter."

During her Freshman English class with Mrs. Boggs, Paige Runions reads The Adventures Of Huckleberry Finn. She has been enjoying her first year at Cascade by running cross country, being a part of Sustainability Club, and getting to know her classmates. Paige stated, "My favorite thing so far this school year is being back full time, and I couldn't be more happy that I get to be back with my friends and not on a computer screen."

Being a part of AVID changed senior Xitlali Espinosa's high school experience "by creating a helping hand and a great group I can always rely on. Knowing it's my senior year makes me sad, but I'm super happy with all of the memories I've made in the past three years." AVID is a district-wide initiative designed to set and reach goals related to college attendance.
On Friday, September 17th Cascade's varsity football team was supported by a camo-clad crowd as they played a home game against Brewster, winning 42 to 22. The Kodiaks had a great first half and by half-time the score was 7-0. The Kodiaks maintained a lead against Brewster for the entire game. Junior Kaston Dillon, who plays tight end and defensive end, said, "My favorite part of the game against Brewster was seeing all of the pieces of our defense fit together and make Cascade play really well." He added that he felt Cascade is different from other high school football teams because, "We never really get mad at each other; it's nothing but encouragement from my teammates."

This year, students in the class Leadership taught by Mrs. Robison were in charge of designing and creating bulletin boards around the school. This was a chance for the students to show their creativity and resourcefulness, as well as making artistic displays for the whole school to enjoy. Ellie Holm, in the left picture, decorated Mrs. Rosenfield's board and said, "I liked the opportunity to be creative. Rosenfield wanted lots of green and plants on her board, and I like those things, so it was a fun project."
History of Staff Wearing Student Jerseys: This tradition began when Mr. Coffin became coach: he encouraged Cascade football players to choose a staff member who had made an impact on their life to wear their jersey. This tradition usually takes place on teacher appreciation night. The staff chosen by the football players also attend the game later that evening in their jersey.
Concerts are a way for choir students to show what they have been learning in the classroom. The fall concert always comes pretty early in the year, so we have to work hard in order to prepare the music. We were surprised and pleased to have such a large audience join us for our first indoor concert in almost two years. As soon as this concert was over, we began preparing music for the holiday concert in December."

- Choir Director
Mrs. Wall

"My favorite part of choir is getting to learn new things about my voice - I love to sing."

Teagan Sauer (10)

"In the game against Waterville, varsity volleyball beat the visiting team by 3-2. Britni Harris said, "I was very happy with my team's playing, and was very excited to beat them following our loss to Waterville. It was definitely a boost for our overall morale."

Senior, Britni Harris

On Friday, the eighth of October, varsity football won against Quincy, 42-0. Varsity player Joseph Wall said, "I liked it because it was super fun. We needed the win if we wanted to go to the playoff."

Senior, Joseph Wall

In the game against Chelan, Rayen was impressed by Teyva Dillon's performance and attitude. "She hustles and she talks. She tries to keep everybody's spirit high." In the end, the varsity girls soccer team won the game 4-3.

Sophomore, Rayen Blue

During the invitational cross country home meet, Napiqua Gibbs was "pretty nervous and excited, it was different because I had more experience in that course."

Freshman, Napiqua Gibbs
Volleyball Vs Waterville

"I felt like we worked on really specific things throughout the week, blocking, and coverage and I felt like in the game against Waterville we did a lot of what we practiced on. Overall, I think our biggest asset was coming together as a team, we pushed a lot of teamwork." - Coach Rosario

Football Vs Quincy

"It was a great performance by the Kodiak football team against Quincy on Friday. The boys came ready to play on both sides of the ball. The offense accumulated 416 total yards and the defense held Quincy’s offense to only 49 yards. It was a great team performance where all athletes that suited up on Friday night were able to get into the game and play. It was a fun game to watch for sure!" - Coach Coffin

Girls’ Soccer Vs Chelan

"Soccer has improved my life because it provided a way for me to express how I feel with a sport and it has just in her rap brought some pretty amazing people into my life. Our next game determines a lot for our future, as well as being concussed all I can do is try and help prepare my team with the mentality chosen to use as we go through that. I think the most inspirational person on my team would definitely be Nina B." - Aleah Simpson

Cross Country

"We had some really good races, its always those races are good prep for the league meet, which is one week later. We beat Cashmere, barely, because we didn’t have our whole team there and we hope that once we have our whole team there, that we can have really good races at league next week, which is the one that really matters, but it was a good race.” - Coach Massey
Everyone loves the homecoming football game. This year’s game was more exciting than most. The Kodiaks started out strong with Kai Lewman scoring an early 25 yard rushing touchdown. Cascade was on fire. Braeden Parton running in a 67 yard touchdown, Alex Delangie recovering a fumble, and Joseph Wall scoring two touchdowns were just a few highlights. In the last minute of the game all the lights on the field shut off causing a 15 minute delay. That didn’t stop the team or the student section from losing their spirit or energy. The determination and grit shown by the Kodiaks was impressive to watch. Jones Duncan and Gavin Pulse were in agreement that for them, the highlight of the game was just "Braeden, Braeden and Braeden again."
Homecoming week is the time of the year where Kodiaks go all out. School spirit is apparent and each grade gets extremely competitive. The busy week begins on Sunday with door decorating and the creation of the run-through banner. Students from each grade dedicate their personal time in hopes of helping their grade win a competition. The all-school assembly, held on the Friday of homecoming week, showcases the skit, cheer, and cake. “Scott and I quickly choreographed the fight scene the day before the assembly and had a lot of fun putting it together,” explained sophomore Peyton Adams. Students from each grade participated in their skits, and were willing to sacrifice a little bit of their dignity to entertain the Kodiak audience. To wrap up the week, students got to celebrate on Saturday night with the annual homecoming dance. Senior Olivia Cappellini shared that their favorite part of homecoming week was, “the dance because it was well planned out and fun.”
During lunch, on the last Friday in school before Halloween, Mr. Joya was the MC for a Halloween costume contest. Students from each grade wore their best costumes in hopes of winning the $40 grand prize or the $20 for second place. Winners were determined by the strength of student support. Seniors Jose Reyes and Antonio Garcia claimed the grand prize with their alien costumes. We were “illegals,” Antonio explained. Freshman Maralys Fonseca took second place by dressing as Donald Trump.
Kodiaks defeated the Cashmere bulldogs in an insanely intense, 24-19 game. Senior Cole Warman described the game as "pretty rad" and listed Kai Lewman and Braeden Parton as essential players. Kai was later named player of the game in the Wenatchee World newspaper.

The end of the fourth quarter was a little too close for comfort. Cashmere was down by less than a touchdown and in position to score. The student section went crazy as Kai Lewman secured the win by intercepting the ball in Cashmere’s endzone. "It felt good to bring the trophy back to Cascade," explained senior Gunnar Balzer, who was in tears of joy after the game. The team fought hard for this win and all of their work paid off. After the game ended, the field was filled with students and fans ready to celebrate the big win. Scan the QR code above to see one post-game celebration.

Cascade's Sustainability Club attended and participated in Wenatchee's 31st annual "Make a Difference Day" on October 23rd. This is a recurring event that happens the last Saturday in October every year and is an "all-encompassing national day of service dedicated to helping others," according to their website. "It's just a day to do nice things," explained junior Elise Almeida. Sophomore Blue Knutson shared that the sustainability club painted rocks with uplifting messages to hide at the park and ate some "very tasty" peanut butter and jelly sandwiches while at Walla Walla Park in Wenatchee.
Senior Rosario Fernandez celebrates and helps to lift her team's spirit as they battle for another point against Chelan Goats.

Junior Giselle Navarro helps the Kodiaks to avoid a lost point as she pops up a ball.

Senior Britni Harris gets pumped during a pre-game ritual for a game against Omak.

Juniors Tony Amora, Finna Gillikin, Emma Sunitsch, Britni Harris, Xitlali Espinosa, Vanessa West, Kaya Coble, Charlie Lyons, Tarcy Rosario.


Row 1: Tarcy Rosario, Baylee Unger, Anna Reichlin, Isabel Bentsen, Kali Vio, Chelsea Thomahlen, Tony Amora

Row 2: Macie Hiatt, Meghan Haggard, Roxanne Baker, Karla Cacho Avina, Maddy Black, Teagan Sauer

Seniors Xitlali Espinosa and Ava Northrup throw their hands up in excitement as they gain another point against Omak.

The team gathers together to support each other as they continue through their game.

Smiles all around. The Kodiak ladies go in to embrace each other after winning another point.
Antonio Aurilio, Anthony Villalobos, Aiden Tuttle, Lauren Muscutt and Hayden Anderson compete in the final home meet for the normal season before the team advanced on to districts and then state.

Before the meet on Whidbey Island, the team bonded while hanging out at the beach.

Seniors are honored as part of the annual senior night at Enchantment Park.

At state, the girls team took 10th place overall and the boys team took 3rd.

“The highlight of my season was spending time with my team and getting to know them. The Whidbey trip was especially fun, because we got to a really old fort and run around the beach.”

- Sophomore
  Lucy Thomas

Row 1: Chase Runions, Lucy Thomans, Alice Farell, Nipiqua Gibbs, Paige Runions
Row 2: Molly Renner-Singer, Antonio Aurilio, Caroline Menna, Isabel Menna, Alex Rodriguez
Row 3: Elija Walker, Aiden Tuttle, Anthony Villalobos, Paige Nunnally
Row 4: Ben Jerome, Haakon Schiebler, Apollo Decker, John Beebe, Gabe Summers, Cruz Martinez, Malaki Taub, Vincent Slette
Row 5: Reese Mathers, Owen Bard, Brendan Fallon, Olen Johnson, Lauren Muscutt, Hayden Anderson, Jacob Redman, Quentin Farell, Grace Redmond, John McCleod

Not Pictured: Blue Knutson, Tillie Leroy

Senior Owen Bard is supported by his teammates as he comes in to the finish line.

Team Bonding Moments
It's no secret: Leavenworth has some pretty epic spots to hang out. While tourists seek out the downtown shops and tourist attractions, Cascade students prefer some of the lesser-known venues around town. Among students, the two most popular hangouts are the Wenatchee river and the CHS parking lot. It is clear that socializing is a determining factor for where Kodiaks decide to spend their free time. While many students prefer their own or a friend's house, others prefer to socialize more publicly over a cup of coffee. Starbucks is a favorite hangout spot for Julia Benavides (12), Maddy Black (10), Lorelai Kinnear (10) and Chloe Killion (10). "I like to go there for the drinks and food," said Julia. While many Kodiaks select their favorite hangouts based off being around others, some, including Connor Barber (10), Erick Giles (10), Amelia Collins (10) and John Castro (10), prefer a quiet hangout at the library. "It's a really nice place to sit with free WIFI; it's a really relaxing place. I like to read, or watch a show or use the computers there," said Connor (10). Others, like Antonio Garcia, who works at Smallwoods, like to spend time where they are employed. "It's a great local business and I know the owner," said Antonio. A final factor in selecting a favorite hangout spot was personal interests. For Lien Hagedorn (12) the best hangout area is the Plain Valley Ski Trails. "It has good terrain and it's the place I spend the most time at other than school, to get better at skiing," said Lien. Tania Oyos (11) likes to hang out at the soccer fields. "That's where I go to de-stress," said Tania. While Leavenworth may be known as a tourist destination, it is clear that there are plenty of spots for locals to enjoy.
"I like to hang out with my friends and go mountain biking.

At Ski Hill, Olyn Schultz's (9) favorite spot is Ski Hill. She likes to spend her time there "skiing with friends."

"At Club West I like to play basketball and workout," explained Marshell Redman (9).

"At Enchantment Park I like to hangout with friends and there's cool" people there," said Brayden Anderson.

"The river is really pretty [and] I love nature," said Molly Renner-Singer (10).

"The Icicle is a local landmark. Zac Holton (12) likes the Icicle because he can "jump on rocks and swim" there."

"I like to hangout at the Red Bridge because of "the beaches there" and the absence of "tourists."

"I like to hang out with my friends and eat at local businesses around town," said Reese Mathers (9).

"At Ski Hill I like to hangout at Argonaut Coffee & Buscuits because "there's cool outdoor spots to sit with friends and there's good coffee and food."

"I like to "meet up with my friends and eat at local businesses around town," said Reese Mathers (9).

"I like hanging out at Enchantment Park because there's cool people there," said Brayden Anderson.
On Friday night, November 5, the stands were filled as fan gathered to cheer on the Cascade varsity football team as they squared off against the Freeman Scotties (Rockford, WA) for Cascade’s home regional crossover game. Freeman was first to score in the first quarter, but the Kodiaks fought back in the second quarter with hopes to take the lead. As the Kodiak fans and students watched and cheered, that chance slipped away when in the last minutes of the second quarter Freeman scored off Kodiak’s 76-yard pass down the Freeman sideline. This was the turning point in the game from which the Kodiak team could not recover. By the third quarter, Freeman was up by 25 points and the final score of the game was 39-14, ending Cascade’s season. Despite the loss, the Kodiaks demonstrated resilience. For example, when senior Colton Latimer blocked a punt on special teams and junior Hunter Stutzman scooped it up and scored to even the score at 7-7 in the second quarter, as well as putting another 7 points on the board with a touchdown pass late in the fourth quarter caught by Stutzman. The game was summed up best by senior Joseph Wall: “It was sad, because that was my last senior football game and we lost.” Although the team won’t be going to state, Wall said “it was a fun” season, especially making “new friends and just hanging out together.”

It was the last game the seniors on the football team get to play for Cascade. Junior Jones Duncan shared, “The seniors led us really well, because they knew it was their last game. They had to go out with a bang.” As the Cascade team continues to develop its strengths, as demonstrated in the big win against Cashmere in the Pear Bowl, the fans will be in for another exciting football season in 2022.

During the first week of November, the Spanish II class students created an ofrenda. An ofrenda is typically created by family members as an offering to a deceased relative and set on a table in the home during the annual Mexican Dia de los Muertos celebration. It is decorated with pictures, memorabilia, candles, and other items. "I like the idea that spirits of those you love can come back and you have to take care of them even after they're dead," explained sophomore Kestrel Foley.
In early November, Cascade Drama brought *Little Women*, the classic Louisa May Alcott feminist novel, to the Cascade stage. Staying true to the book, the production captured the lives of the March family in the 1860s and how they forge their own identities through social and economic disparities, women’s rights, the American Civil War, and, of course, young romance. The story also focuses on the importance of family, which made it a great success with the audiences who enjoyed coming together for the live performances. Based on her own family, Alcott’s story drew heavily from her own life. Jo March, the second oldest of the four March sisters and the main character was played by senior Olivia Cappelini: “I’ve been doing plays since the third grade, but this was my first time to have the lead role.” Cappelini also thought it was “cool to see women operating in the restraints of the times. For example, Jo feels more masculine and tries to put herself in more masculine roles” at a time when women were only expected to get married. The Little Women cast, directed by Mandi Wickline (Drama Coach) also featured Lauren Haiduc (Marmee), Avette Demoor (Meg), Zoey Sheffield (Beth), Rylee Pursell (Amy), Breanna Loomis (Hannah), Miles Hunt (Laurie), Derek Sheffield (Mr. Laurence), Danielle Totman (Aunt March), Rhonan Allen (Professor Bhaer), and Gabe Summers (Mr. Brooke).
How did you become friends?

Elise Almeida (11th)
"I became friends with Britni when I started hanging out with her friends and we kind of became close that way."

Britni Harris (12th)
"I try to hang out with lots of different people and so I happened to meet Elise."

Anaii Mendoza (10th)
"I became friends with Amelia in science class. She was sitting alone, and so I asked her if I could sit next to her."

Amelia Collins (10th)
"I was sitting all by myself in class and Anaii just came over and sat next to me. It made me feel really good."

Paige Runions (9th)
"Napiqua and I became friends in Mrs. Gilbert's 4th grade class. We just decided to sit by each other and we've been friends ever since."

Napiqua Gibbs (9th)
"Paige and I first met at an art class and at first we didn't talk to each other. Then I started to sit next to her and we just kind of became friends."

Zach Karnes (10th)
"I became friends with Sam back in 2nd grade when my dad was working on his house. We started to hang out and did sports together in elementary school and became close friends."

Sam Webb (10th)
"Zach and I had a huge interest in football so when he came back from Hawaii our bond really grew."

Charlie Lyons (10th)
"Annie and I met through mutual friends and would hang out in groups and eventually we became best friends. Once we had a 14 day sleepover streak."

Annie Jenkins (11th)
"I became friends with Charlie through school. I decided he was one of the few people I don't hate. Now, we're pretty much always together."
What is friendship? Is it the experiences together, the laughs, the tears? Is it the camaraderie or companionship? Perhaps it’s the smiles, the helping hand? Or, is it loyalty and the ability to confide? Maybe it’s the overlooking of flaws and mistakes. Or, maybe, just maybe, it is as Emerson says: the joy of knowing that someone trusts you enough to be their friend.

How to become friends with someone:

What is friendship? Is it the experiences together, the laughs, the tears? Is it the camaraderie or companionship? Perhaps it’s the smiles, the helping hand? Or, is it loyalty and the ability to confide? Maybe it’s the overlooking of flaws and mistakes. Or, maybe, just maybe, it is as Emerson says: the joy of knowing that someone trusts you enough to be their friend.
Kodiak FOOTBALL

Row 1: Peyton Adams, Kai Lewman, Melvin Northrup, Arthur Northrup, Sam Webb, Cole Ennis, Bryan Reyes, Braeden Parton, Joseph Wall
Row 2: David Fernandez, Jaden Niemela, Fernando Tovar, Jaxson Groby, Hunter Stutzman, Zachary Karnes, Landon Curnutt, Rally Baker, Alex DeLangie
Row 3: Will Blebesheimer, Jones Duncan, Gavin Pulse, Colton Latimer, Gunnar Balzer, John Castro Lopez, Alonzo Johnson Vasquez, Hunter Lang, Ethan Magnaghi
Row 5: Victor Lopez, Cameron Barnes, Chris Cacho, Eric Giles, Axel Pacheco, Kaston Dillon, Noah Rybka

PRE-GAME RITUALS

Freshman Melvin Northrup
Sophomore Peyton Adams
Junior Kai Lewman
Senior Gunnar Balzer

We "each pull a strand of hair out, place it in a bag and burn it."
"I visualize interceptions and making tackles."
"Listening to music and imagining hitting the other team over and over."
"Focusing on who I am blocking and matching up with."
KODIAK GIRLS SOCCER

Row 1: Zoe Boggs, Cassidy Gillespie, Sophia Doherty, Savanna Rowles, Edie Walker, Rayen Blue, Nayeli Fernandez, Leslie Mata, Tania Oyos, Karlyn Kocher, Valeria Oropeza

Row 2: Makena Grant, Maizy Groff, Teyva Dillion, Emma Warman, Ada Robbins, Taye Gunter, Chloe Palmer Godsey, Rhettia Cummings, Nina Brenan, Madi Gillespie, Kylea Gilreath

“PC Camp was my most memorable moment this season. It was super fun playing a high level of soccer with my team and spending quality time with them,” said junior Edie Walker.

Senior Chloe Palmer’s favorite memory from this soccer season was “building relationships with my teammates, and playing on our home field one last time.”

Freshman Maizy Groff’s favorite memory from this soccer season was “PC Camp this summer, playing soccer all day and bonding with my team at the lake.”

Sophomore Rayèn Blue’s favorite memory from this soccer season was “winning games in shoot outs.”

“Winning against Quincy was the most memorable moment this season, because it was a special night for the seniors and it was a great win,” said junior Tania Oyos.

Senior captain Madi Gillespie’s most memorable moment from this soccer season was “spending time with my teammates during team dinners, and having a corn hole tournament.”

Through the eyes of a Senior
Through the eyes of a Midfielder
Through the eyes of a Goalie
Through the eyes of a Forward
Through the eyes of a Defender

Senior Chloe Palmer’s favorite memory from this soccer season was “Building relationships with my teammates, and playing on our home field one last time.”

Sophomore Rayèn Blue’s favorite memory from this soccer season was “Winning games in shoot outs.”

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Senior captain Madi Gillespie’s most memorable moment from this soccer season was “Spending time with my teammates during team dinners, and having a corn hole tournament.”
Congratulations to Cascade Speech and Debate for a successful showing at the Eisenhower/Davis tournament December 15th. Freshman Mia Dreis took first place in Novice Original Oratory, Sophomore Breanna Loomis took 2nd in Open Humorous Interpretation, and Senior Rylee Pursell took 2nd place in Open Dramatic Interpretation. Mia said, "It’s my first year and even though we're a small school, we did well."

On November 17th, CHS’s senior class hosted a Bingo Night at the firehall in town. Senior Ruthie Biebesheimer said, "My favorite part of Bingo Night was the live dessert auction and listening to Carly [Ostrem] try auctioning for the first time. She was really good." All profits from this fun event went towards funding Senior Sober.

Registered therapy dog, Princess Leia, made a surprise visit to Cascade High School on November 15th. Besides CHS, she has also visited PD, the Cubs preschool, Alpine Lakes, and IRMS. At the high school, she interacted with students and helped to brighten their day. Chloe Killion (pictured on the far right) said, "The dog was very friendly and she definitely put a smile on my face."
BAND CONCERT

On November 9th, CHS’s band performed wonderfully for their families, CHS staff, and community members in their first concert of the year. Pictured: A. Alexus Stanich, Edward Charles Rich, and Alondra and Alexandra Fernandez performing together. B. Mr. Mitsuyasu conducting the band through a song. C. Mackenzie McLeod and Rhonan Allen on drums and cymbals. D. Molly Renner-Singer glancing at her sheet music as she plays the xylophone. E. Alondra Fernandez, Kestral Foley, and Mary Ising posing with their instruments. F. Thatcher Pate waiting for his cue to play.

VETERANS DAY ASSEMBLY

Before Veteran’s Day, CHS held a assembly to celebrate the holiday and those who it honors. At the assembly, a flag folding ceremony was performed, a poem was read by senior Avette Demoor, and sophomore Scott Lindsay interviewed veteran, Mike Worden. Scott said, "He had a lot of wise things to say about working together and great stories and experiences to share with us all.”
Pajama Day For the final day before winter break, students had to get out of bed, but were able to stay in their festive pajamas for class. Dawson Chase, Ms. Robison, Maddy Black, Ruthie Biebesheimer, Joslynn May and Vanessa West show off their school spirit. Other spirit week days included Fun & Festive Socks, Anything BUT a Backpack, Twin Day, and Holiday Day.
GOT SNOW?

During winter, Leavenworth is transformed into a quaint Christmas village. For visitors, winter here means snow blanketing the town, sledding, Christmas lighting, sleigh rides, and reindeer farm visits.

WINTER

For Cascade students, winter brings basketball games, wrestling matches, a long-awaited two-week break, ski and snowboard trips to local passes, and the end of the first semester of school. These pages highlight a Kodiak’s version of winter.
Unlike so many other holidays that tend to segregate us by religion or region, Thanksgiving is a non-secular holiday, warmly embraced by the majority of Americans. It is a holiday that does not emphasize differences, but rather highlights commonalities. Thoughts of Thanksgiving dinner usually evoke memories of family, friends, stuffed turkey and cranberry sauce. Students in Mr. Haberberger's 2nd and 3rd period Living Skills classes prepared and enjoyed a Thanksgiving meal in celebration of this holiday. The menu included "turkey, ham, mac and cheese, dinner rolls, salad, pumpkin pie, flan, horchata, and mashed potatoes," said Mr. Hab.

"The students in my class did everything from planning out the food they wanted to making, cooking it, and eating it. They did it all," he said proudly.

What are you thankful for?

Roxanne Baker (9)
"My boyfriend."

Anaii Mendoza (10)
"My friends."

Juan Castro (11)
"My family."

Perla Martinez (12)
"Friends."

Breanna Loomis (10)
"To prepare for the first competition we had to put our names on a sign-up sheet, get our parent's signature, and prepare a planned absence form. The first competition was more of an introductory to FBLA so we didn't compete, but it was still fun. I'm excited to build relationships with my team and I hope that I learn a lot throughout this experience. Currently, we are doing a canned food drive and hope to get a lot of food to help the community and there should be more things happening in the future."

Future Business Leaders of America (FBLA), advised by Ms. Murphy and Mr. Sunitsch, is a club that helps high school students prepare for the business world. FBLA teaches students how to be leaders and how to compete in academic activities. FBLA had its first unofficial competition in November. Over the years, FBLA students have done very well in their competitions, including senior Avette DeMoore who placed 4th in the public speaking event.
Girls Varsity Basketball vs Tonasket

Autumn West (12)

“We practiced with the boys a lot. We scrimmaged and we used the boys to practice offense against our defense. In that game we were getting a lot of rotations and that allowed us to drive.”

Boys Varsity Basketball vs Tonasket

Kai Lewman (11)

“I feel like we did the best in attitude, we didn’t lose the game, time just ran out. We played like we were going to win even though we were down by like forty points.”

Derek Richardson (12)

“It was good to be back on snow, getting on the snow before everybody else.”

Caroline Menna (9)

Due to the lack of snow in Leavenworth and Plain, freshman Caroline Menna, sophomore Isabel Menna and senior Derek Richardson went up to Silver Star, Canada to get some pre-season race training on snow over Thanksgiving Break. The abundance of snow, made for great conditions and a fantastic week of training.

Cross Country Skiing

Ellie Holm (10)

“In terms of overall enjoyment, it was near perfect, however we did not make as much money as we would have liked and there were a few logistical issues.”

Olivia Cappellini (12)

“The highlight for me was seeing how excited families were to be participating. The event was successful in some ways and unsuccessful in others. My hope is that it will be able to improve in the years to come. It seemed to me like the kids were excited to make the houses! They had fun with the variety of candy provided. I definitely noticed families being creative with their designs.”

“We invited a lot of families with little kids to decorate their own gingerbread houses. In this picture, I’m working at the candy bar with [freshman] Madison Fish. And at the end we got to decorate our own houses because we had some kits left over and Ms. Robison put those houses in the display case by the cafeterias,” said Maddy Black.

Behind the Scenes

Britni Harris and Olivia Cappellini (12)

Ellie Holm (10)

“We invited a lot of families with little kids to decorate their own gingerbread houses. In this picture, I’m working at the candy bar with [freshman] Madison Fish. And at the end we got to decorate our own houses because we had some kits left over and Ms. Robison put those houses in the display case by the cafeterias,” said Maddy Black.

“IT was really fun. I enjoyed practicing with the Methow Valley Nordic team. It wasn’t something I do often, so it was good to get to know them better.”

Britni Harris and Olivia Cappellini (12)

“I feel like we did the best in attitude, we didn’t lose the game, time just ran out. We played like we were going to win even though we were down by like forty points.”
FALL CHEER ROSTER:
Abby Carnahan
Jayda Marks
Carly Ostrem
Natalie Sanchez

Carly Ostrem (12): Carly’s favorite memory from cheer was finding out her coach had found a ripped up note in the middle school bathroom. “Cheer is really fun and you get to spend time with your friends.”

WINTER CHEER ROSTER:
Abby Carnahan
Jayda Marks
Sofi Oropeza
Valeria Oropeza-Oyos
Carly Ostrem
Tania Oyos

Tania Oyos (11): Carly said that Tania would never join cheer so to prove her wrong Tania joined cheer. “My most memorable experience was doing the ‘up in the valley’ cheer and I got to stand next to my favorite seniors, Ruthie and Gunnar.”
WRESTLING

WRESTLING ROSTER:
Rally Baker
Deakin Blanchard
William Burgess
Ozzy Chrstoffersen
Leonardo Garcia
Rhone Goodfellow
Mya Herrera
Talen Johnson
Victor Lopez
Axel Pacheco
Jeffry Palacios
Angel Sandoval
Conner Reyes
Franky Rosario
Damian Sandoval
Kamil Sarabia
Cole Slette
Alexander Warman
Cole Warman

Cole Warman (12):
Cole shared his advice to underclassmen explaining, “You only get what you put into it.” He encourages his classmates to put extra time and effort into the sport.

Mya Herrera (10):
“My look up to Jeffry because he works really hard at practice.”

Jeffry Palacios Villalobos (9):
“I look up to Rally, he’s a good coach. He teaches me good stuff; he doesn’t get mad when I do something wrong. He helped me with my favorite move: the fireman.”
In addition to food offered in the lunchroom, Kodiaks have access to the student store. The store is open before school, during Flex period and during lunch. They sell a wide range of snacks and drinks, but their most popular items are Poptarts and Monster Energy drinks. The store also sells Kodiak merchandise and school supplies. Before school students and staff can purchase a coffee featuring local J5 beans. The student store is run by students from Mrs. Murphy's Student Store Operations class, Future Business Leaders of America members and volunteers. The proceeds from the store help to pay for FBLA conferences and activities. "In the class students learn to track inventory, build customer service skills, use a P.O.S. system, learn barista skills, market the student store, and how to stay in state guidelines for food in school," said Mrs. Murphy. Sophomore Chloe Killion is a regular staff member of the student store. "It is actually super fun, you get to serve people and make them smile. Plus you get to make coffee and that's also super fun," she said. "Working the student store is a great way to see new faces and connect with the student body," explained senior Avette Demoor.

Senior Britni Harris enjoys a healthy salad for lunch. "I usually drink coffee in the morning and that tides me over throughout the day. I don't eat very much for lunch," said Britni, "I usually end up eating with people in the commons."

Freshmen Noah Rybka, Landon Curnutt and William Biebesheimer take over senior Ruthie Biebesheimer's car at lunch to escape a crowded lunch room. "I kick them out once I realize they are in there," Ruthie said.

During lunch juniors Kai Lewman, Gavin Pulse and Braeden Parton eat in their own trucks and chat through their rolled down windows. "It's comfortable in my own truck and then I can have my own space," said Gavin.

"I always eat lunch with Chloe [Palmer-Godsey]," said senior Jacob Redman. "We usually eat in our cars - typically Chloe's car. A typical lunch for me includes a sandwich from home and a bagel."
What Kind of Lunch Do you eat?

353 students took a survey about what kind of lunch they get. 214 students said that they bring a packed lunch every day and most of them pack it themselves. However, stores in town still have a ton of business from 75 students buying their lunch from town. 64 students report eating school lunches.

Senior Rylee Pursell makes her journey to Dan's Food Market in search of her favorite, Monster Energy drink. She also bought a pack of Hostess doughnuts, Sun chips, and a box of rosemary Triscuits. When asked about her lunch, she laughed and joked about how "healthy her lunch is".

On a chilly day in early November, Junior, Canyon Marson, brought food from home unlike his usual trip to Dan's. His lunch covered every food group. This lunch includes a sandwich, two oranges, a yogurt, a banana, and two cans of orange juice.

The Monday before Veteran's Day, Sophomore Kestrel Foley, ate two tacos with jalapeno peppers and a bag of pretzels for lunch. "My normal lunch is much bigger, this is a smaller lunch," explained Kestrel.

Freshman Baylee Unger sits at a table by the student store with a big group of her friends during lunch and enjoys her cup of apple sauce that she brought from home. She explained, "laughing at our table group and sharing memories" makes her day.

"I typically eat lunch with Tania [Oyos], Veronica [Vasquez] and Sofia [Oropeza]. We either eat in the cafeteria or outside. Sometimes Tania's dad will bring her lunch [like this chicken]," said Leslie Mata.

The cafeteria offers free lunch everyday, however if you want seconds, you are going to have to pay. Each day, our hardworking staff cooks a different meal to feed their amazing students. If you get hot lunch, you have probably seen many options for your meal, such as sandwiches, burgers, pizza, fries, carrots, and stew.

WHERE DO YOU LUNCH?

COVID has forced some creative lunch venues for students. Here are a few:

- Tables were set up in the courtyard behind the school to give students more space and options for eating their lunches.
- In order to avoid the chilly temperatures and crowded campus, many students took to eating their lunches in the parking lot.
- Upperclassmen with off campus privileges make a quick trip to the local supermarket before eating on benches in front of the school.
- Seeking a respite from the hectic lunchroom, students have turned their truck beds into modified cafeterias.
- Teachers enjoy their lunches on the lawn in front of the school.

WHAT'S IN YOUR LUNCH BAG?
**Spirit Week**

Crazy Sock  
Anything But A Backpack  
Twinning  
Holiday  
Pajamas

On Wednesday, December 15th, ASB, Leadership, and others, received letters from second graders about what they wanted for Christmas. The group of student helpers wrote back to the second graders under the name "Santa" and responded to these letters with Christmas cheer. When they were finished writing their letters, they gave them to Ms. Robison, along with a candy cane, and she sent them off to the second graders.

"I like Leadership because it's hands-on learning. We do mostly hands on assignments and in here there's a lot of different ways to take on leadership roles," said Advisor, Ms. Robison.

"My favorite part of the Santa letters was trying to figure out how to read a little kids handwriting."  
-Alondra Torres (12)

"I liked making a kid's day and trying to explain how it's not creepy that Santa can see us when were sleeping."  
-Joey West (12)

"I liked making a kid's day and trying to explain how it's not creepy that Santa can see us when were sleeping."  
-Joey West (12)
MECHA TOYS FOR TOTS

"I had fun competing against different classes, but it wasn't fun going around everyday and picking up boxes from each class. At the end of the week a few of us had to count all the money."
- Xitlali Espinosa (12)

FBLA FIELDTRIP

Future Business Leaders of America traveled to the Town Toyota Center in Wenatchee to further their knowledge about taking a part of a successful company.

FESTIVE CHOIR CONCERT

"This was a really fun performance, it was fun to hear all the choir classes come together and sing 'Mistletoe' by Justin Bieber. I think the audience loved it. I felt it went really well and I feel good to be singing in front of an audience again," said Mrs. Wall. Senior, Rylee Pursell, said that "choir is fun, especially if you love singing."

30MIN2WIN LEADERS

"I love 30 min because I get to help underclassmen get the hang of high school. I like being a role model to them." - Jayda Marks (12)

"What I love about 30 min is that it provides me the opportunity to connect with the freshmen and to collaborate with my peers about what they should know about high school." - Emma Sunitisch (11)

Cascade High School and Icicle River Choir combined to perform an amazing holiday show. A lot of people made an appearance at the event. Kestrel Foley (10) said, "The hallways were so crowded, so many people showed up. It was insane."
KEEP AN EYE OUT FOR
THESE TALENTED KODIACKS

JADE MARKS, 12
TALENT: ACTING

Senior Jade Marks has been acting since she was five years old. After years of hard work, she became a professional actor, and worked on projects for Disney, other television, films, and commercials. Jade even moved to Los Angeles, California, to pursue her dreams. Jade said, "I like acting because I like to preform and also to play other characters, and get to be someone else completely different from how I am in real life. Acting is also just a lot of fun." Jade's favorite project she's worked on is the movie Bond of Justice: Kizuna. Unfortunately, Jade had to give up acting several years ago, when she moved to Leavenworth. When asked if she would ever pursue acting again, Jade answered, "I definitely would love to, except California is super expensive."

RAYEN BLUE, 10
TALENT: BIKING

"I started two and half years ago, when I was fourteen. I like it because it keeps me in shape and I am able to go up on the trails and see the beautiful view."

ETHAN LINGMANN, 10
TALENT: SNOWBOARDING

"When I moved from Northern Idaho four years ago, I started snowboarding because my cousins did. I enjoyed it, so I kept doing it. I do downhill and freestyle snowboarding."

ETAN FLANSBURG, 9
TALENT: CODING

"Once Covid started, I decided to pick up a new skill. I would maybe eventually go into it as a career as I improve. I like coding because I am able to make software that I can use for personal things."

PAGE RUNIONS, 9
TALENT: VIOLIN

"I started about seven years ago. My dad was encouraging my brother and I to pick an instrument and I had always liked the violin. I don't like playing in front of people but I enjoy playing for myself."

BLAISE FORSTER, 11
TALENT: SKATEBOARDING

"I started skateboarding in first grade. It clears my head, and I have a lot of fun doing it. I can see myself possibly going into a career in the business aspect of it like clothing and products for skateboarding."

ANTONIO AURILLO, 11
TALENT: HOCKEY

"I started when I was five years old. I like hockey because it is a high speed and complex sport. I would be interested in college hockey, and if I could make it, I would love to go into professional hockey."

NAPIQUA GIBBS, 10
TALENT: DRAWING ANIME

"I started drawing anime in fourth grade. It's a fun way to draw people without having to be realistic. There is a lot of creativity."

CINDY COLELLA, 10
TALENT: SKATEBOARDING

"I started skating in seventh grade. I longboard so I don't do many tricks, it's more like therapy time. I want to keep doing it for as long as I can."

"I started skateboarding in seventh grade. It clears my head, and I have a lot of fun doing it. I can see myself possibly going into a career in the business aspect of it like clothing and products for skateboarding."
Mia Dreis, 9
Talent: Drawing

“I started drawing at seven or eight. I like to draw objects, animals, and anything else besides people. The medium I use is pencil or fine point pen. I would consider going into this as a career if it was scientific illustrations.”

Anel Rivera, 12
Talent: Barista

“I became a barista in March 2021. I like making personalized drinks for people. I love making espresso and trying new techniques.”

Alexis Stanci, 9
Talent: Painting

“I began to enjoy painting in Kindergarten. I think it’s a way to express myself without judgment. I could see myself starting a small business with cooking, but I wouldn’t say a full-time career.”

Cruz Martinez, 9
Talent: Speaking 3 languages

“Spanish I speak at home, English I speak at school, and French, I got interested in seventh grade. I like learning languages to help others understand and it’s a good past time.”

Mia Dreis, 9
Talent: Painting

“I think I was about eight when I started cooking. I enjoy many things about it. One thing I like is that it won’t always come out the same way, but it could still come out better. I would be interested in starting a business with cooking, but I wouldn’t say a full-time career.”

Lauren Hadic, 11
Talent: Singing

“I’ve been singing for as long as I can remember. I became more interested in it when I was in middle school. I like singing because it has given me the opportunity to meet new people and make some good friends. Choir is a really fun class and Mrs. Wall is a fantastic teacher.”

Marylin King, 10
Talent: Dance

“I started to dance just after I was seven. I started with ballet, and now I also do jazz. I have thought about going into a career with dance, but I am not sure yet. I like dance because I am able to do something I love. I love music also, so matching my body with the music is really fun for me. I dance at Edelweiss Dance Acadamie.”

WHAT HIDDEN TALENTS DO KODIACS HAVE?

“I can chug a glass of water in under 8 seconds.”
- Ethan Magnaghi, 12

“I can do juggling.”
- Amano Coronado, 9

“I can do a really good backflip.”
- Ethan Magnaghi, 12

“I can tap dance.”
- Carly Ostrem, 12

“I can rap.”
- Collin Stitt, 12

“I can ride horses.”
- Goody Wesley, 9

“I can do a backflip.”
- Ethan Magnaghi, 12

“I can make people mad at me.”
- Ruthie Biebesheimer, 12

“I can do a really good backbend.”
- Harper Baker, 9

“I can type fast.”
- Maizy Groff, 9

“I can do a really good backbend.”
- Harper Baker, 9

“I can draw digitally very quickly.”
- Pearl Wong, 9

“I’m good at making people mad at me.”
- Ruthie Biebesheimer, 12

“I can ride horses.”
- Carly Ostrem, 12

“I can do a really good back flip.”
- Antonio Garcia, 12

“I can type fast.”
- Mazzy Groff, 9

“I can do a really good back flip.”
- Antonio Garcia, 12

“I can type fast.”
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- Antonio Garcia, 12

“I can ride horses.”
- Carly Ostrem, 12

“I can do a really good back benn.”
- Harper Baker, 9

“I can type fast.”
- Mazzy Groff, 9

“Programming.”
- Quentin Farrell, 11

“Solving a rubik’s cube.”
- Jonathan Wall, 12

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KNOWLEDGE BOWL

Every Monday and Wednesday at lunch, CHS students gather in Mr. Massey’s room to test their knowledge with a round of trivia in preparation for Knowledge Bowl. Knowledge Bowl is a game that involves students answering academic questions related to history, math, literature or science to score points for their team at regional tournaments. Massey, who has coached knowledge bowl since 1999, enjoys to watch students being rewarded because of their learning. “It really helps to reinforce students’ learning,” he said. Team one typically includes seniors Price Schubert, Olivia Cappellini, Chase Runions and junior Haakon Schiebler. Haakon Schiebler said that he doesn’t “study on purpose, but [he] does like to watch Jeopardy.” His favorite questions are about U.S. presidents.

A. Quentin Farrell, Haakon Scheibler, Price Schubert, and Chase Runions represent Cascade High School in a local Knowledge Bowl competition.

B. Seniors Price Schubert, Olivia Cappellini and junior Tillie Leroy discuss their answer in a practice round of knowledge bowl.

C. Junior Tillie Leroy buzzes in and answers a question at a practice round of knowledge bowl. “It’s fun because some questions are impossible, but Mr. Massey is a great coach because his experience,” said Leroy.

SNOWMAGEDDON

On January 6, 2022, the City of Leavenworth declared a State of Emergency after receiving a record-breaking 36 inches of snow in under 24 hours. Nicknamed snowmageddon, this event left Leavenworth in snow so deep that the National Guard was needed. Over the course of 48 hours, some areas received up to 56 inches of snow. Students were out of school for three days, the first time since CHS had a snow day since 1996! Students were excited for the unexpected time off school. Over the three snow days, “I watched TV and played video games,” said Bakari Wright (9). “I worked and went snowmobiling in Plain - I only went over the handlebars a few times,” said Will Burgess (11).

Sophomore Finna Gillikin spent her unexpected days off “sleeping in” and jumping off her roof.
On Friday, January 14, CHS students came together to commemorate Martin Luther King Jr. and other civil rights activists who have furthered his dream. Sophomore Ellie Holm, a member of the CHS leadership class that planned and ran the assembly, appreciated that "the assembly expanded beyond Martin Luther King Jr. It recognized the legacies of civil rights leaders everywhere." In addition to King, students recognized the legacies of leaders like Rosa Parks, Malala Yousafzai, and others. The assembly featured many student groups: ASL students (see QR code above), Select Choir, Speech & Debate, Publications, art students (see QR code to the right) and a variety of student volunteers. "I helped to create decorations - my favorite one was the one with the hands, because it represented unity the most," said leadership student Madison Fish (9).

In January, Omicron, a highly contagious variant of COVID-19, surged through the student population at CHS. The speed in which Omicron, which causes less sickness and fewer hospitalizations, spread was due to having twice as many mutations as the Delta variant, and its ability to double its infectious rate about every two to four days, whereas Delta’s rate was doubling approximately every two weeks. Testing for students and staff has become a regular part of their school days - the majority of teachers complete two tests each week and student-athletes are tested three times weekly. The district also offered symptomatic testing for all students and families at a drive-thru testing site where 25% of those tested were positive on January 13 and 21% were positive on February 3. During the Omicron surge, absences from school were unprecedented, with some classes missing up to a third of their students.
LOOKING UP TO....

EVERYONE HAS A ROLE MODEL, THESE ARE SOME OF THE KODIAK UPPER CLASSMEN AND STAFF MEMBERS THAT STAND OUT AS EXAMPLES

ALICE FARRELL & QUENTIN FARRELL

"I look up to my brother Quentin. He's the only person I could really think of. I guess he's a hard worker. We run cross-country together and it's nice to have him around." - Alice Farrell

"Quentin is very good at math. He's always the one to get the answer and it's great to have him on the knowledge bowl team." - Mr. Massey

BRAYDEN ANDERSON & BRENDAN FALLON

"I look up to him as a student because he always works hard and gets his school work in on time." - Rayen Blue

"I look up to Brendan because he's just a great person and he's fun to be around. I look up to him as a soccer player too." - Brayden Anderson

CHASE RUNIONS

"He's a leader and an all around nice guy." - Molly Renner-Singer

"He's always willing to include everyone. He always says hi to everyone." - Grace Redman

MRS. RENNER-SINGER

"She always gives good advice and is willing to help, she's just a great person." - Blue Knutson

"She's a big role model and helps us set up for college and you can tell she really cares." - Juan Rodriguez

"She's a leader and an all around nice guy." - Molly Renner-Singer

"He was homecoming king and he plays guitar and that's really inspiring." - Blue Knutson

"He works really hard, but still manages to make things fun." - Paige Runions

"She has a lot of patience and that's something I don't have." - Jimena Ramirez

"She's very outgoing and honest." - Tania Oyos

"I look up to Mrs. Willett. I feel comfortable talking to her, she's like a therapist and she gets my jokes. I can always count on her." - Citlali Perez

NATALIE SANCHEZ & RENEE LAMBERT

"I look up to Renee because she's a dork. Just kidding, because she has such a genuine personality that I like to be around and I inspire to be like her." - Natalie Sanchez

"She has a great attitude and a sense of humor." - Todd Fraker

"She never gives up on me." - Nayeli Fernandez

"She's a good teacher and is very helpful." - Miles Hunt

"She has a lot of patience and that's something I don't have." - Jimena Rameriez

"He's always willing to include everyone. He always says hi to everyone." - Grace Redman

"He's a leader and an all around nice guy." - Molly Renner-Singer

"He was homecoming king and he plays guitar and that's really inspiring." - Blue Knutson

"He works really hard, but still manages to make things fun." - Paige Runions
Gavin Pulse & Gunnar Balzer

"I look up to Gunnar because he’s a really cool guy and he can be pretty funny. Plus he gives me rides to McDonalds." - Gavin Pulse

"I have him for the longest 3.5 hours, but Smoothie makes spending time with him entertaining. We have a great relationship and I'm going to miss him." - Paul Fraker

Mrs. Schafer

"You can tell she really cares and always wants to help." - Chloe Killion
"She’s always positive and kind. She greets everyone with a smile." - Angela Gunter

"She’s really nice and always makes great convo. She’s just an overall good teacher." - Rhetta Cummings
"She’s helping me and lots of others get through high school, she’s very supportive." - Itzel Guzman

Lauren Haiduc & Avette Demor

"I put down Avette because she’s a really nice person and really cares for everyone. She does her best to help other people even when she’s stressed herself. We’re in drama together and I can always count on her to help me and others." - Lauren Haiduc

"He’s a really good teacher and he’s very relatable. Plus he has a sick car." - Aiden Tuttle

"I put Mr. Betz down because he went to the school where I want to go and he’s pushed me to want to be an athletic trainer and be involved in the medical field. He’s my inspiration to what I want to be in the future." - Lien Hagedorn

Lien Hagedorn & Mr. Betz

Lauren Haiduc & Avette Demor

Kali Vio & Perla Martinez

"He’s really nice and always makes great convo. She’s just an overall good teacher." - Talen Johnson
"We played the same position and I’d always look up to him." - Angel Avila

"He’s just a good guy." - Talen Johnson
"He’s cute and an amazing person." - Alejandro Castillo

"He’s a really good teacher and he’s very relatable. Plus he has a sick car." - Aiden Tuttle

"I put him down because he’s my brother and I look up to him a lot." - Alexander Warman
"He’s a funny man." - Axel Pacheco

Cole Warman

"She’s helping me and lots of others get through high school, she’s very supportive." - Itzel Guzman

"She’s really nice and always cares for everyone. She does her best to help other people even when she’s stressed herself. We’re in drama together and I can always count on her to help me and others." - Lauren Haiduc

"She’s very kind and is always there when you need her." - Chelsea Thormahlen

"I look up to Perla because she’s such a good person. She’s funny, kind and has always been accepting. I just like her." - Kali Vio

"I put him down because he’s my brother and I look up to him a lot." - Alexander Warman
"He’s a funny man." - Axel Pacheco
Jaden Niemela (12) looks up to Kai Lewman (11), because "he’s a hard worker [and] he gives his all [even until] the last minute of the game."

Holt Walker (9) has been "reviewing notebooks" in preparation for his most difficult final. "Science is the hardest, because I don’t know too much," he said.

For Valeria Oropeza-Oyos (10), the highlight of winter cheer has been "doing the half time performance."

"The game against Royal was the best game, because it was the time that we played the best," said Ethan Davis (9). "The team did really well on rebounding and they were in control of the ball."

BOYS BASKETBALL

Kaston Dillon (11) "tries to stay positive," when the points are down. His favorite skill is "blocking, because I’ve been getting better."

Job 48543 Year 2022 Page 046 (1089314002) Master (1041206663) 06/10/2022 11:07 AM
In preparation for his most difficult final in pre-calculus, Jose Vizcaino Sandoval (11) has been “going home and studying/reviewing." "I'm not very good at math," he said.

His “geometry final” is the most difficult final Charley Olson (11) is preparing for this semester. In order to get ready he is "studying [his] notebook with extra attention.

For Brodie Ward (12) the most difficult final will be "CWCW, because I have a presentation and they suck." In order to prepare, he has been "practicing presenting."

In preparation for his most difficult final in pre-calculus, Jose Vizcaino Sandoval (11) has been “going home and studying/reviewing." "I'm not very good at math," he said.
BOYS BASKETBALL

A. Junior Kaston Dillon skillfully blocks his opponent.
B. Team huddle! Coach Lewman goes over the next plays with the boys varsity team.
C. Sophomore Alejandro Romero dribbles down the court and sets up a play.
D. Junior Hunter Stutzman goes up for a shot.
E. Freshman Arthur Northup kills time as he waits for a play to go in motion.

Q & A with Junior Kai Lewman

Q: When did you start playing basketball?
A: When I was about five years old.

Q: Why did you start playing basketball?
A: My dad was a coach and I thought it was a really cool sport.

Q: What has been your favorite part of the season?
A: Having fun with my teammates. Sometimes we go bowling or go to the arcade.

Q: What advice would you give to underclassmen involved in sports?
A: Keep going even if you don’t think you’re the best. Always try to get better and have fun!

Q: What do you plan on doing after high school?
A: I plan to join the military as a Navy Seal.

C Team
Back Row: Oscar Perez, Jackson Feeney, Trenton Holland, Ramiro Ledesma
Front Row: Edward Herrera, Roberto Fernandez Ramirez, John Castro, David Fernandez Santiago, Ivan Alejandre

JV Team
Alejandro Castillo, Ethan Davis, Julian Valdez, Bryan Songer, Ryan Denega, Eric Giles, Alejandro Romero, Arthur Northrup
Not pictured: Jaxon Groby

Varsity Team
Ethan Davis, Jaden Niemela, Jonas Johnson, Hunter Stutzman, Kaston Dillon, Alejandro Castillo, Kai Lewman, Fernando Tovar, Arthur Northrup
Not pictured: Braedon Parton
Girls Basketball

A. Autumn West, Xitlali Espinosa, and Cassidy Gillespie celebrate after making a point.
B. The varsity basketball team huddles and reviews plays before the start of a game.
C. Cheerleaders pump up the crowd before the start of the game.
D. Senior Autumn West jukes out her opponent.
E. Freshman Maizy Groff gets warmed up pre-game.
F. Sophomore Rayen Blue visualizes her shot.
G. Freshman Teyva Dillon rebounds the ball.
H. Junior Emma Warmen looks to make a pass.

Q & A with Senior Xitlali Espinosa

Q: When did you start playing basketball?
A: I started playing basketball in 4th grade.

Q: Why did you start playing basketball?
A: My older siblings played basketball so I decided to try it out.

Q: What has been the best part of the season?
A: Definitely getting closer with my teammates and making experiences that will last.

Q: What advice would you give to underclassmen involved in sports?
A: Have fun even if you’re not winning.

Q: What do you plan on doing after high school?
A: I plan on going to a four year university.

Varsity Team
Back Row: Rayen Blue, Autumn West, Xitlali Espinosa, Nayeli Fernandez, Jimena Ramirez, Lindsee Rodriguez
Front Row: Emma Warman, Teyva Dillon, Natalie Sanchez, Cassidy Gillespie, Maizy Groff

JV Team
Back Row: Mackenzie McCleod, Rayen Blue, Autumn West, Xitlali Espinosa, Nayeli Fernandez, Jimena Ramirez, Lindsee Rodriguez
Front Row: Grace Roiman, Emma Warman, Teyva Dillon, Natalie Sanchez, Cassidy Gillespie, Maizy Groff, Danielle Totman
New Semester, New Me

Last semester I was... BUT this semester I plan to be...

"...about average, just coasting through, just focused on CWCW and get an A."

- Ty Week (12)

"...not organized and it was hard to find work, get a binder and stay organized."

- Cole Slette (9)

"...not turning things in, a hard worker"

- Jonathen Wall (11)

"...focused on new stuff like the social aspect, to work harder, get my grades up and study more."

- Gordan Jeffry (11)

"...not turning stuff in on time, ... I will turn things in on time."

- Brody Ward (12)

"...busy, ... I plan to be on time."

- Brain Songer (10)

"...procrastinating on homework, ...on task and getting work done."

- Jose Reyes (12)

Kodiaks on the Slopes

Senior Zac Holton has been excelling this year in his U19 season. He is preparing to further his alpine ski racing career at the collegiate level next year. Zac’s long term goals consist of racing for Montana State University and then eventually skiing for the U.S. Ski Team. Zac explained that his biggest highlight of this season so far has been “winning at Spokane, I won by a second and a half which is crazy, because usually everyone in the top ten is within a second of each other.” At the Western Regional Championship, which included the best skiers from the Western United States, Zac realized that he “needs to treat every race similarly; it’s important not to get psyched out for the bigger races. I kinda amplified all the pressure and didn’t ski as well as I could have,” Zac said that the biggest lessons he’s learned so far from skiing and specifically racing is “to never give up and to learn from every experience.”

Zac Holton (12) skis through a Giant Slalom course at his Mt. Spokane race.

Seniors Lien Hagedorn and Derek Richardson, sophomores Thatcher Pate and Isabel Menna, and freshmen Serenity Saugen and Caroline Menna cross country ski race for the Plain Valley Nordic Team (PVNT). “We train daily and use both the Plain Valley Ski Trails and Leavenworth Winter Sports Club trails. PVNT has three levels: Development, Advanced Development and Seniors. We six are on the Senior team,” explained Saugen. PVNT has raced at Sovereign Lake, BC; West Yellowstone, MT; Park City, UT; Sun Valley and McCall, ID; Jackson Hole, WY; Bend and Mt. Hood, OR; Lake Tahoe, CA; Spokane, the Methow Valley and Plain, WA.

Eight races, over four weekends, determine which skiers will represent and compete for the Pacific Northwest Ski Association (PNSA) against the rest of the country at the U.S. Ski and Snowboards Association’s Junior National Championships. This season, 2021-22, Nationals were in Minneapolis, MN. Lien, Derek, Isabel, Serenity, and Caroline qualified for the week-long, four race championship – a record number for CHS. Derek stood on the podium three, and Caroline two, of the four race days alongside the top racers in the nation and they were both named “All Americans”. “Another highlight of this season, in addition to the travel almost every weekend,” related Isabel, “is seeing the potential we all knew the team had come into reality. PVNT is now the deepest and best team in the PNSA. At every race, at all levels, we enter racers. PVNT is a threat, and sometimes a guarantee, for the podium.” Lien echoed a similar, uplifting message: “For me it has been a thrill to see all my teammates doing so well. Every competitive CHS racer on the team had a real chance of making it to Nationals in Minnesota this year and five of us did!”
"I wore the shirt because Ethan [Magnaghi] (12) would always make fun of me and photoshop my face on stupid things. It represents my beef with him, and now I got the last laugh," explained Parker Nunally (12).

"I'm emotionally available." - white lie, Vanessa West (11)
"You're the only one." - white lie, Aiden Tuttle (11)
"My spine is straight." - white lie, Emma Sunitsch (11)

A. Curtain Call: During curtain call, seniors David Ising (Captain Hook) and Avette DeMoore (Smee) wave to an appreciative crowd after their performances.
B. The iconic Mr. and Mrs. Darling, the parents of Wendy, John and Micheal, were played by senior Britni Harris and sophomore Micheal Simon.
C. Peter Pan, played by senior Ry Pursell, leads the Lost Boys in a performance of the song "True Blood Brothers" that included rhythm elements with drum sticks. "My favorite part about practicing for this play was definitely getting the chance to have fun with blocking and the songs. I think I enjoyed running through the songs way more than I did the play as a whole," said Pursell.
D. Captain Hook, played by senior David Ising, directs his pirates according to a master plan: to make all the Lost Boys walk the plank.
E. After her journey from her home nursery to Never Never Land, the Lost Boys build a house for their new mother Wendy, played by junior Lauren Haiduc.

"All the world is made of Faith, trust, and Pixie Dust." 
CHS WINTER MUSICAL: PETER PAN JUNIOR

Students from Cascade High School and Icicle River Middle School came together to produce this year’s musical: Peter Pan Jr. This musical is a take on J.M. Berrie’s timeless classic about a boy who never grows up that has been adapted for young performers. The cast worked diligently with director Mandi Wickline to whisk audiences way to a place where dreams are born and no one ever grows up. The story begins in a nursery where the three Darling kids are visited by Peter Pan who decides that Wendy, the oldest Darling child, would make a perfect mother for the orphaned children on his island. Tinkerbelle sprinkles the Darling children with pixie dust and they fly away to Neverland. Freshman Rhonan Allen explained that this play "was different because of the sheer number of people [and] for it's length. It was a one act musical, but we had around 40 actors and 5 stage crew members."
Who sits at your desk after you have moved on to your next period? Who was there before you arrived? With the addition of Flex Period and 1st A/B Period, your desk could have as many as five different occupants. Who are they? What are their stories?

Four students from different periods share their unique experiences at one desk. Some students enjoy the teachers; others the content or activities. Whatever their experience might be, it is clear that there is something positive to reflect on when it comes to the first semester of the 2021-2022 school year.

### MATH WITH MASSEY

**Zienna Erickson**
(11) Chemistry (1B Period)
"We are currently working on DNA replication, one of my favorite things about the class is the unique assignments."

**Euraclee Christoffersen**
(11) Algebra 2 (1A & 1B Period)
"[What's unique is] the fact there's seven of us and he teaches random [facts], sometimes waves motions or planets."

**Paige Nunnally**
(10) Biology (3rd Period)
"My biology class is one of my favorites because of the people in there. The class is super entertaining, there was even a fight."

**Jimena Ramirz**
(12) UWHS Calculus (2nd Period)
"[Something] that sticks out in class is how Mr. Massey explains things well. I think his teaching is straightforward [and] makes things not as complicated."

**Jack Wagman**
(11) UWHS Chemistry (4th Period)
"Mr. Stubbs allows more questions and answers that makes it more in-depth in the answers and the subject."

### SPANISH WITH GIZMAN

**Shane Slette**
(9) Level 1 Spanish (2nd Period)
"My Spanish class has all [kinds of] different people in it, so it makes everyday interesting."

**Alexandra Fernandez**
(11) Advisory
"[My class is unique because] someone brings snacks every Monday. There's a slot where [someone] can pick their time to bring snacks."

**Ashley Smith**
(10) Level 2 Spanish (3rd Period)
"Although this class is a lot of work, I like the challenge."

**Evan Butruille**
(11) Level 3 Spanish (4th Period)
"The class is pretty unique because of how my class talks about feet. Somebody [would] yell 'feet' at random times."

### ENGLISH WITH ROSENFIELD

**Paiton Smith**
(11) Level 3 English (1st Period)
"Ms. Rosenfield is very caring and understanding of different circumstances. I learned many things, but mostly how to turn things in on time."

**Elsa Swart**
(10) Advisory
"I think the class is unique, because Ms. Rosenfield doesn't focus on one student, but the whole class and she's really nice and polite."

**Francisco Zarate**
(11) Level 2 English (2nd Period)
"[Right now] we have to write a speech about what it means to be an American. I want to [have] a good grade and be on top of my class."

**Parker Nunnally**
(12) Level 4 English (4th Period)
"My teacher is always willing to help me, and it's my favorite period because of the friends I have in that class. Jess is always making me laugh."

### SCIENCE WITH STUBBLEFIELD

**Evan Butruille**
(11) UW Pre-Calculus (3rd Period)
"This is one of my most difficult classes, but since the class is small, there is a lot of one on one help available."

**Zienna Erickson**
(11) Chemistry (1B Period)
"We are currently working on DNA replication, one of my favorite things about the class is the unique assignments."

**Euraclee Christoffersen**
(11) Algebra 2 (1A & 1B Period)
"[What's unique is] the fact there's seven of us and he teaches random [facts], sometimes waves motions or planets."

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**Jack Wagman**
(11) UWHS Chemistry (4th Period)
"Mr. Stubbs allows more questions and answers that makes it more in-depth in the answers and the subject."
### FAMILY & CONSUMER SCIENCES WITH HABERBERGER

<table>
<thead>
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<td>Hadley Haggard</td>
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### HISTORY WITH RENNER-SINGER

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### ART WITH DILLON

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### HEALTH SCIENCES WITH BETZ

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### INSTRUMENTS WITH MITSUYASHU

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"I love working with Mr. Mitsuyashu because he knows exactly what he's doing and is super talented. He knows how to help everyone and is kind while doing it."
Karlyn Kocher (10)

My favorite memory from softball is when "Coach Fraker held his hand out and did this pose...while we were practicing base running." Karlyn stepped up to the plate, "because I really enjoy it and I think it's fun."

Giselle Navarro (11)

For Giselle, the highlight of softball is that "all the girls are really close." She's excited about the seniors on the team this year: "We didn't have any seniors last year." She describes her team as being "competitive people [who] love the sport and each other."

Talia Stein-Trujillo (9)

Talia stepped up to the plate "because I like the adrenaline rush and the feeling of being in a game." Talia is "excited to travel to away games" this year. She described Coach Fraker and Coach Sunitsch as being "really fun and a really good teacher...he explains everything really well."

CHS SOFTBALL: THERE'S NO BASE LIKE HOME

Karlyn Kocher
Natalie Stein Trujillo
Talia Stein Trujillo
Hanalei Alejo
Emma Warman
Autumn West
Emma Sunitsch
Giselle Navarro
Vanessa West
Natalie Sanchez
Renee Lambert
Lindsee Rodriguez
Coco Zehm
Perla Martinez
Leadership designs activities to help EVERYONE celebrate:

**Spreading Love:** Students were asked to contribute to a collaborative poster with cut-out hearts indicating what they love.

**Have a Heart:** Five volunteer students in each advisory class went head-to-head as they attempted to lift as many conversation hearts as possible into a bowl using only a straw in only one minute. The top student advanced from each advisory on to a school-wide competition in the foyer.

**Blow Me a Kiss:** One student from each advisory attempted to move as many Hershey kisses as possible off a table using only a self-inflated balloon. The top ten students advanced on.

**Heart on Your Sleeve:** Ten students competed by stacking as many conversation hearts as possible in a minute. Three students who stacked the most hearts moved on.

**Heart of Dixie:** Three students participated in the finals: attempting to land as many conversation hearts in Dixie cups as possible. In the end, Rosario Fernandez (12) from T. Fraker's advisory took home the win.

Say cheese! Seniors Hunter Rodgers, Jackob Guzman and Jess Donoghue take a break from working behind the scenes and pose for a photo with funny signs to show of their loving friendship.

"On Valentines Day we made dinner for his family and enjoyed it all together." -Chloe Palmer

"We ate at Red Robin." -Leslie Perez

"I met her dad and it was scary. He was bouta beat me up." -Kevin Herrara

"We got takeout from Tiki and went and watched the sunset at the hospital parking garage." -Alex Ruvalcaba

"We went out to Sumo and then went to the movie theaters and watched Uncharted." -Rayen Blue

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"We got takeout from Tiki and went and watched the sunset at the hospital parking garage." -Alex Ruvalcaba

"We went out to Sumo and then went to the movie theaters and watched Uncharted." -Rayen Blue
It never gets easier, you just get faster. Cascade High School Icicle Bicycle team members help to mentor younger riders as they learn the basics of mountain biking. "We teach the younger kids how to do bike checks and skills, like cornering and bike/body movement. It's fun to ride the trails and it's cool to pass my knowledge down to younger kids," said freshman Ethan Davis.
LIVE LIFE IN FULL BLOOM

Spring in Leavenworth means flowers blooming, hiking, river rafting, golfing and Art in the Park. Tourists come to enjoy the nice, warm weather and soak in the beautiful scenery. For Cascade students, SPRING brings track season, soccer games, tennis matches, softball and baseball games, golf matches, Mr. Kodiak, prom and graduation for seniors. These pages highlight a Kodiak's version of spring.

P 58-59  Feb. 27 - Mar. 12
P 60-61  Boy's Soccer/ Equestrian/ Icicle Bicycle
P 62-63  Heritage
P 66-67  Track & Tennis
P 68-69  Astrology
P 70-71  Golf/Baseball
Seniors' Caps and Gowns Arrive

On March 2nd, the seniors' graduation caps and gowns arrived. The arrival of these garments indicate the end of a chapter in life. This year's graduation ceremony will be the first "normal" one in two years. For some underclassmen it's exciting to see the seniors getting ready to move on and leave Cascade. Freshmen Callie Vio said, "I'm excited to see all the seniors pursue their dreams." Senior Ava Northrup said, "I'm excited to meet new people and have more opportunity's and basically to get out of this valley."

Q: What are your plans after high school?

Abigail Killion
"Go to a 4-year Christian University in Michigan and later start a design business and travel."

Emmalee Carnline
"Go to Wenatchee Valley College and become a teacher."

Dillon Grantz
"Join the Navy and afterwards go to a trade school."

Kaley Oyos
"Go to Eastern Washington University and become a dental hygienist."

Jose Reyes
"Go to WVC for two years, then transfer to a 4-year school."

Freshman Mia Dreis and Alice Farrell spread kindness during 30MinutetoWinit by writing compliments to hang in the halls.

Senior Olivia Cappellini presents this month's 30MinutetoWinit lesson to a freshman class.

SPREADING KINDNESS AT CHS

February's 30MinutetoWinit lesson focused on kindness. The junior and senior leaders brainstormed with the freshman class simple, kind things that anybody can do to brighten somebody's day, and all students were given a Random Acts of Kindness calendar for March, with prompts like "Say 'thank you' and mean it" and "Pick up trash in your school's hallway." Later, the small groups created posters with kind affirmations and compliments that were put up over the school. Savanna Rowles (9) said the lesson "has brought some new information to me and was laid back and friendly."

Sophmore Finna Gilkin cuts out designs for the classified staff appreciation.

Freshman Madison Fish creates a classified staff appreciation poster for our schools office staff in Leadership class.

CLASSIFIED STAFF APPRECIATION

As part of Classified Staff Appreciation Week, the CHS Leadership class made posters to recognize the hard working staff behind the scenes at CHS. These staff members - office staff, custodians, para-educators and cooks - are the backbone of Cascade, but often go unnoticed. Leadership students worked for days on creative posters to honor these special staff members. They help remind everyone at Cascade to be grateful and truly appreciate the workers behind the scenes.
The first match of the tennis season took place in Ephrata, the first day of the mask mandate lift, March 12th. "It was a great start to the season. I think our team has been working hard during practice and everyone is really putting in the work," said senior Chloe Palmer-Godsey. The day started out rainy and cold, but sophomore Breanna Loomis said that by the end, "It was very sunny, which was nice and I had a lot of fun with my partner."

The first varsity soccer match of the season was at home against Ephrata on March 12th. Varsity took the dub 5-1. "It was a good game, we played well for the first game of the season," said freshman Shane Slette. JV soccer played Ephrata at home on March 2nd. Ephrata came out hard and fast and defeated Cascade 2-0. JV turned around and won Tuesday against Ellensburg 2-0. "We were connecting pass really good in the second game against Ellensburg," said senior Isaac Guzman.

The March Madness 3v3 basketball tournament put on by Cascade Leadership took place on March 10-11th during flex. Nine teams competed for the grand prize of pizza from local restaurant Blewett Brewing Company. Students from all grades filled the stands to watch the action unfold. Freshman Trail Heyl, said, "There were countless breathtaking moments" and freshman Marshet Redman said, "It was absolutely hilarious." Senior Jade Marks said, "This is is most exciting thing that has happened at flex for years." The champions were The Kings of D, composed of juniors Kaston Dillon, Jones Duncan, and Braeden Parson. Sports Med and Health teacher, Mr. Betz, was on the Go Cougs team and said, "I am super competitive and was sad to loose."
The soccer team has high aspirations this year. Freshman Abraham Gonzales shared that he is looking forward to "going to the championships." Upperclassman and senior Isac Guzman shared that he is "one of the captains on the team and [he] speaks for the team." He went on to explain that he thinks it is going to be a great season with all the "young talent on the team." This team has the determination and the grit to go far this year.

- Ivan Alejandro
- Carlos Arellano
- Liam Aponik
- Antonio Aurillio
- Dante Aurillio
- Karsten Bowles
- Chris Cacho
- Maunel Camarena
- Vaughn Cappellini
  - Kevin Castillo
  - Alex Castillo
  - Ryan Denega
  - Brendan Fallon
- Roberto Fernandez
- Juan Fonseca
- Antonio Garcia
- Mason Garcia
- Jaxson Groby
- Daniel Guerrero
- Abraham Gonzales
- Isac Guzman
- Edward Herrera
- Benjamin Jerome
- Talen Johnson
- Alonzo Johnson
- Anthony Lopez
- Victor Lopez
- Edgar Mata
- Maverick Miller
- Anthony Oropeza
- Axel Pacheco
- Hector Ramirez
- Jose Reyes
- Julian Rivera
- Juan Rodriguez
- Alejandro Romero
- Frank Rosario
- Damian Sandoval
- Angel Sandoval
- Vincent Slette
- Cole Slette
- Shane Slette
- Fernando Tovar
- German Varona
- Julian Valdez
- Joseph Wall
- Holt Walker

Sophomore Maverick Miller, going for the goal.
Senior Joseph Wall warming up to win.
Junior Kevin Castillo passes the ball forward for a goal assist.
Junior Alonzo Johnson winds up for the cross.
Sophomore Alex Castillo finds the opening for a pass.
Sophomore Bryan Songer defends in the back row.
Freshman Shane Slette and Frankie Rosario celebrate after a back-to-back goal.
Not only do the equestrian riders have the opportunity to compete in a variety of events, but they also benefit from getting to spend time with friends and create a bond with the horses. As the co-advisor of the equestrian team Mickey Lane stated, "Horses will respond appropriately to human interaction, allowing teens to experience a sense of connection and participation. They give us joy and teach us humility."

Greer Swoboda (11) rounding the corner after pulling up the first flag in the 4 person relay called Canadian Flags. This is just one of the many events that are at each meet. From individual timed events to team cattle sorting, there are many different options. Greer said that her favorite part of being on the team is the "the team’s family-like mentality, the vibe is great."

Above: Head coach Tony Feeney inspiring the young riders. Coach Feeney stated, "I enjoy helping people reach their goals. It could be to get on the podium at a race, or just have fun riding bikes. I just enjoy being part of our mountain bike community and helping to facilitate a healthy way for kids to spend time outdoors and meet other kids to ride with."

Freshman Ivan Slatta with high hopes for the season states, "I hope to get top ten at the races and learn to do new tricks. I also just want to get out and ride more and have fun with friends."

Alma McKean and Lauren Mongraine with their horses Mocha and Penny as Batman and Robin in the working pairs competition. Alma enjoys this event, because "it's a fun way to get creative while competing." She added, "Although we didn’t place great, it was still a fun event to take place in."

- Alya Decker
- Apollo Decker
- Mia Dreis
- Jackson Feeney
- Trail Heyl
- Gordon Jeffrey
- Quinten Koch
- Caroline Menna
- Isabel Menna
- Dylan Munly
- Ivan Slatta
- Ezra Swart

Icicle Bicycle-Elya Decker
- Apollo Decker
- Mia Dreis
- Jackson Feeney
- Trail Heyl
- Gordon Jeffrey
- Quinten Koch
- Caroline Menna
- Isabel Menna
- Dylan Munly
- Ivan Slatta
- Ezra Swart
While the seniors may have been disappointed by their 21-62 loss to the Grizzled Old Men, they were thrilled at bringing in over $1,400 in ticket sales and donations to support their senior trip. Since the event’s inception in 2009, the G.O.M. have held the coveted trophy every year, with the exception of 2010. The game might be over, but senior coach Jess Donoghue makes it clear that the rivalry lives on: "We'll have a rematch when we're 40 and they're 80, then we'll see who's the better team."

After two years of quarantine, remote schooling, hybrid schooling and masking/social distancing mandates in response to COVID-19, Governor Inslee announced the end of the masking mandate in Washington state and students/staff were given "the personal choice to wear a mask at school" beginning on March 14, 2022. For many freshmen, this was the first time they had seen the lower half of their teachers' faces. Many students noticed piercings and facial hair on their peers for the first time. While most students chose to ditch the mask, a small number continued to mask up daily. Kaley Oyos (12) chose to no longer wear a mask. "It's no longer required and more comfy," she explained. However, she misses being able to "make the same faces as before" behind her mask. Roberto Fernandez (10) was surprised to see Eddy Herrera's face. "His face had changed," explained Roberto. Roberto is happy not to be wearing a mask anymore. "I can breath and hear people better," he said. For Haylee Ramsey-Flores (11) the person whose mask-less face surprised her the most was Teagan Sauer: "I didn't know she had a nose piercing," Haylee explained. Ozzy Christoffersen (11) chose to go mask-free. "I can't breath as good," he said. For Ozzy, there is "nothing" that he misses about wearing a mask.

On March 21, Cascade High School's band and Percussion Ensemble hosted a concert. They played three songs including Cyclone, Ancient Flower and Byzantine Dances. The percussion ensemble played two more songs, Southern Fried and Tentacles. Choir hosted their concert a few days later on the 24th. They sang many songs, but a select choir student, Madi Gillispie said "My favorite song to sing was 'How Can I Keep From Singing.'"
FIRE SCIENCE: Fire Science is a career and technical education program offered through Cascade High School in conjunction with Chelan Fire District 3. Through this program, students can earn certifications and learn skills necessary for careers in wildland and structural fire.

Paola Guzman (12th): 1 year in the program
“I like to learn new things, be outdoors and challenge myself physically.”
“I might pursue a career in fire fighting - I learn something useful every day there and enjoy it a lot.”

Josh Schafer (12th): 2 years in the program
“I just signed a two year contract with Chelan Fire District 3. Starting March 31, I will be living at the fire department as a resident. I’ll be making $500 each month and get free training and college. The plan so far is to pursue a career in structural or wildland fire.”

Colton Latimer (12th): 1 year in the program
“I just got hired on with the Department of Natural Resources this summer. It’s a good place to start a career in wildland fire.”

Brodie Ward (12th): 1 year in the program
“I was hired around January 1st by Chelan Fire District 3 as a firefighter. I go in for sleeper shifts: I go on Saturday at 6:00p and am off around 8:30p Sunday. I am planning to pursue a career in fire.”

Gunnar Balzer (12th): 1 year in the program
“Gives you a good look at what real life is like. It’s relevant learning - things that you put into real life.”

TSA: TECHNOLOGY STUDENT ASSOCIATION

In mid-March, 13 Cascade students competed in over seven events from fashion design to children story illustrations in the state TSA competition in Seattle. Three competitors placed in the top five including Daniel Totman, Madison Fish and Mia Dreis. Students also enjoyed their time - creating The Foot Song.

KNOWLEDGE BOWL: STATE CHAMPS

The Cascade High School Knowledge Bowl team, coached by Dayle Massey, won the State Title Saturday in Richland. According to Coach Massey, “The team never lost a round, but had to come from behind and win a tiebreaker to get in the championship room, where again they came from behind to win by 1 point.”
**Interesting Fact:**

- **Leif Stockman:**
  - Northern European
  - Tradition: "We usually eat Swedish traditional foods on Thanksgiving, such as lamb. My grandma usually cooks different types of casseroles."

- **Ben Jerome:**
  - Swedish/German
  - Tradition: "My family celebrates the Lunar New Year as well as the general New Year. Most of the foods we make for both New Year and Lunar New Year are staples of our heritage like Peking duck and Chinese turkey."

- **Alexus Stanich:**
  - Native American
  - Interesting Fact: "Every once in a while, my father buys injera, a staple of Ethiopian food, and my mother cooks Ethiopian dishes."

- **Grace Redman:**
  - Ethiopian
  - Tradition: "My family celebrates the Lunar New Year as well as the general New Year. Most of the foods we make for both New Year and Lunar New Year are staples of our heritage like Peking duck and Chinese turkey."

- **Ryan Denega:**
  - Russian
  - Tradition: "My family celebrates Matregra and watches scary movies with a big meal, party, and singing. Don't listen to stereotype against Irish people about heavy drinkers and other stuff."

- **Aiden Griffith:**
  - Irish
  - Interesting Fact: "To learn about different cultures, my family travels all over the world."

- **Ellie Holm:**
  - English/Norwegian/Swedish
  - Advice for Discrimination: "There is nothing you did wrong to deserve discrimination. It is simply people's ignorance and their inability to accept different people."

- **Alexis Smith-Bishop:**
  - Irish/English/Canadian
  - Advice for Discrimination: "I've been told I shouldn't be speaking Spanish because it was America and they spoke English. I avoid them and told them it was a culture and a language."

- **Jasper Bard:**
  - German/Swedish
  - Advice for Discrimination: "I'm sorry that you were discriminated against and it's not right. Try to fight through it."

- **Anaii Mendoza-Juarez:**
  - Mexican
  - Advice for Discrimination: "No one should face discrimination because of their culture or race. We should all just be equal. I am most proud of Italian heritage and food."

- **Lucy Thomas:**
  - Italian
  - Tradition: "I'm sorry that you were discriminated against and it's not right. Try to fight through it."

- **Maverick Miller:**
  - Chamorro/Caucasian
  - Tradition: "My family has a big barbecue, we usually roast a big pig. We like dancing Bailan Urtao, we dance to our religious Guam music. Stay strong, teach them about your culture, everybody's equal really."
Advice for Discrimination: "When I speak Spanish in public, most people wouldn't agree with it and find it offensive. I don't let it get into my head and try to understand where they come from."

Rosario Fernandez
Hispanic/Latino

Advice for Discrimination: "I grew up only speaking Spanish, my classmates use to tease me because of it when I was young. I had to learn English, and show them I was as capable of speaking English as them."

Jimena Ramirez
Hispanic/Mexican

Tradition: "In America my family always has a special birthday dinner for every family members and be together with the whole family."

Joseph Wall
African

Tradition: "Day of the Dead, my family and I remember all of our past and past relatives and pray for them and hope for them to be well and rested."

Jonathan Wall
Chinese

Interesting Fact: "We do Chinese New Years and watch movies related to China."

Itzel Guzman
Mexican/Caucasian

Tradition: "My family and I go to Mexico during Christmas to Zacatecas and Oaxaca to see family and go to Mexican festivals."

Manuel Camarena
Mexican/Caucasian

Advice for Discrimination: "Kids made fun of me for not speaking English at first. But I practiced speaking English at home to show the kids I could."

José Cortez
Mexican/Caucasian

Tradition: "On Christmas, my family and I gather around to pray and sing for baby Jesus."

Hector Ramirez
Mexican/Latino

Interesting Fact: "The food in Britain is interesting because it's different, like their bread and call French fries "chips.""

Hadley Haggard
Canadian/British

Interesting Fact: "My great great grandpa started a town in Italy. He built a gas station. I'm proud that my grandparents migrated to the U.S."

Antonio Aurilio
German/Italian

Tradition: "I participated in mostly Americanized tradition. Regular Christmas and Thanksgiving. I have annual gatherings with my Chinese sisters who were adopted the same time as I was."

Alondra Torres
Hispanic/Latino

Tradition: "Every Sunday I go to my grandmother's and gather with my family to eat dinner and be a family."

Lindsee Rodriguez
Latino

Advice for Discrimination: "Don't listen to the people around you, embrace your culture because your culture is a part of you."

Emma Sunnitch
Caucasian

Interesting Fact: "My great great grandfather home steaded up Sunnitch Canyon. He raised our family there."

Interesting Fact: "My great great grandpa started a town in Italy. He built a gas station. I'm proud that my grandparents migrated to the U.S."

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Juniors

Tradition: "Day of the Dead, my family and I remember all of our past and past relatives and pray for them and hope for them to be well and rested."

Joseph Wall
African

Tradition: "In America my family always has a special birthday dinner for every family members and be together with the whole family."

Jimena Ramirez
Hispanic/Mexican

Advice for Discrimination: "I grew up only speaking Spanish, my classmates use to tease me because of it when I was young. I had to learn English, and show them I was as capable of speaking English as them."

Interestingly Fact: "We do Chinese New Years and watch movies related to China."

Séniors

Interesting Fact: "My aunt has a house in South Korea and there is a preschool on the bottom floor of their house, they live on the top floor."

Evan Butruille
South Korean/Caucasian

Interesting Fact: "The food in Britain is interesting because it's different, like their bread and call French fries 'chips.'"

Hadley Haggard
Canadian/British

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Séniors
Demonstrating perfect form, Senior Chase Runions serves the ball to the opposing team.

Double trouble! Junior Haakon Schiebler smashes the ball back towards the opposing team.

A supportive Kodiak crowd watches as tennis players compete in their first match of the season.

Varsity doubles: Freshmen Rhone Goodfellow and Melvin Northrup represent CHS.

"Right back at ya," Junior Zienna Erickson returns from the back of the court.

Sophomore Blue Knutson anticipates the placement of the return while playing defense.

Way to go! Freshmen Jonas Johnson & Jasper Bard congratulate each other.

Harper Baker, Jasper Bard, Isabel Bentsen, Lariah Collins, Ethan Davis, Zienna Erickson, Hazel Eschen, Madison Fish, Cassidy Gillespie, Rhone Goodfellow, Lauren Haiduc, Dulce Herrera, Zac Holton, Jonas Johnson, Chloe Killion, Blue Knutson, Breanna Loomis, Charlie Lyons, Melvin Northrup, Caden Peterson, Anna Reichlin, Chase Runions, Paige Runions, Haakon Schiebler, Isaiah Sharpe, Zoey Sheffield, Michael Simon, Fabiola Torres, Monica Vazquez, Howard Wong

TENNIS: IN FULL SWING

Rhone Goodfellow (9)  
"[I'm excited to] play matches with my duo partner."

Jonas Johnson (9)  
"[I joined tennis] because I had never done it before and it seemed fun and it's easy."

Zienna Erickson (11)  
I enjoy "the team as a whole; they make practice and away games a lot less stressful and more fun."

Chloe Palmer Godsey (12)  
Chloe's favorite part of tennis is "playing around the world and having a secret alliance with Charlie."
Marianna Fonseca (9)  
"[I joined track] because it sounded fun."

Mariamne Fonseca (9)  
"[I'm excited to go] to away games."

Aiden Tuttle (11)  
"[I'm working on] my high jump. My highest high jump is 5ft 8in, at the end of the season I want to get 5ft 10in."

John McLeod (12)  
"I'm doing pretty good [in track], I'm working on throwing javelin."

"KEEPING ON TRACK"

Flying through the air. Junior Edie Walker perfects her pole vault form.

Lauren Muscutt (12), Tierra Groff (12), Ava Northrup (12), Paige Nunally (10) and Alice Farrell (9), all long distance runners, round the track.

Seniors John McLeod (12) and Britni Harris (12) practice throwing the javelin.

David Ising (12)  
perfection of his form for throwing the discus.

Kai Lewman explained that the team's saying for high jump form is "pinch the penny."

Will Biebesheimer (9), Landon Curnutt (9) and Kai Lewman (11) complete their warm ups in sync.

Olen Johnson (11) and Alex Romero (10) demonstrate a beautiful handoff for their relay.

Peyton Adams, Rhonan Allen, Angel Avila, Owen Bard, John Beebe, Julia Benavides, Will Biebesheimer, Alden Brooks, Evan Butruille, Karla Cacho, Dawson Chase, Emilee Cruz, Monique Copado, Amiano Coronado, Landon Curnutt, Kaston Dillion, Teyva Dillon, Alice Farell, Quentin Farell, Marianna Fonseca, Mariamne Fonseca, Napiqua Gibbs, Finna Gilkin, Madi Gillespie, Maizy Groff, Tiera Groff, Lien Hagedorn, Britni Harris, David Ising, Olen Johnson, Tillie Jane Leroy, Kai Lewman, Scott Lindsay, Cruz Martinez, Avery Mackenney, John McLeod, Caroline Menna, Isabel Menna, Lauren Muscutt, Paige Nunally, Arthur Northrup, Ava Northrup, marshel Redman, Molly Rennersinger, Brian Reyes, Alejandro Rodriguez, Savana Rowles, Serenity Saugen, Elsa Swart, Morgan Thomas, Lucy Thomas, River Tveten, Danielle Totman, Aiden Tuttle, Mark Villalobos, Edie Walker
RENEE LAMBERT-ARIES: "I'm an Aries. I have a costar but I don't believe it. I look at what it says about Aries and it's not me. They're bold and outgoing and everything I'm not."

ZOE BOGGS-CAPRICORN: "I pay attention to the different attributes and stereotypes that go with the signs. You'd be surprised how accurate they are sometimes."

ADEN TUTTLE-AQUARIUS: "Aquarius. All I know is that I go with the flow but can be really aggravated. My way or the highway."

HARPER ROBBINS-Taurus: "I just look at the Costar. It says I'm stubborn and I definitely am."

EMMALEE CARNLINE-ARIES: "I am a Sagittarius and that's all I know. I don't pay attention to it at all."

MADISON BREWER-ARIES: "I'm an Aries. I think. I've just barely paid attention."

"I'm an Aries. I have a costar but I don’t believe it. I look at what it says about Aries and it’s not me. They’re bold and outgoing and everything I’m not." - Renee Lambert-Aries

"I pay attention to the different attributes and stereotypes that go with the signs. You'd be surprised how accurate they are sometimes." - Zoe Boggs-Capricorn

"Aquarius. All I know is that I go with the flow but can be really aggravated. My way or the highway." - Aden Tuttles-Aquarius

"I just look at the Costar. It says I'm stubborn and I definitely am." - Harper Robbins-Taurus

"I am a Sagittarius and that's all I know. I don't pay attention to it at all." - Emmalee Carnline-Aries

"I'm an Aries. I think. I've just barely paid attention." - Madison Brewer-Aries

WHAT IS COSTAR? Quite a few students at Cascade use the Costar app for horoscopes, compatibility and predictions.
**Do You Know Your Sign?**

**Are You Compatible?**

- **Aries & Leo**
- **Capricorn & Gemini**
- **Libra & Taurus**
- **Scorpio & Cancer**
- **Aquarius & Virgo**
- **Sagittarius & Leo**
- **Pisces & Scorpio**
- **Cancer & Aries**
- **Taurus & Capricorn**
- **Aquarius & Sagittarius**
- **Pisces & Libra**
- **Gemini & Aries**
- **Scorpio & Scorpio**

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**Coco Zehm (11) - Libra**

"Personally I think that Libras are the best sign. I'm an Ascendant Sagittarius or 'Sag Rising' which is like what time it was when I was born. Then, I'm an Aquarius moon sign, so the moon was in a certain spot when I was born. I kind of pay attention to the meanings, only if I have the same sign or 'compatible signs' as someone that I'm friends with, so we can compare and contrast things about it. But honestly it doesn't really matter to me."

**Anna Martinez (12) - Sagittarius**

"I do know my astrological chart and I'm not obsessive about it or refuse to be friends with someone because of their sign, but I do like to pay attention to patterns in what signs I get along with and stuff like that."

**Charlie Lyons (11) - Aries**

"Yes I'm an Aries. I do pay attention to some things that differentiate the signs, but I don't 100% believe in it. I pay attention to personality traits signs have but I have a hard time believing in it because Kyle Rittenhouse and Greta Thunberg were born on the exact same day and they have extremely contrasting personalities."

**Andrea Curiel (12) - Taurus**

"I know that it is Taurus, but I don't know the meanings. I know the personality and characteristics, and literally a lot lined up, Taurus are intuitive, sometimes compatible, but apparently I'm not compatible with Gemini's but I ignore that."
Out Fore Victory: Golf

Jackob Guzman, 12
Jackob Guzman shared that he chose to do golf not only because "the boys were doing it," but also because "it is a great opportunity to get closer to [his] peers and have a hobby to do with [his] friends." This is his first year playing golf at the high school.

Jess Donoghue, 12
Jess Donoghue has never golfed competitively before this year. He is excited to get better at golf because, "All the business gets done on the golf course." He chose to do golf to finish out his senior year with a fun activity with good friends.

Maddy Black, 10
"Because Ruthie's doing it," was Maddy's instantaneous response to why she is doing golf. This is her second year being part of the team. Her favorite part is "hanging out with all the girls in the van and doing something relaxing after school."

A. Sophomore Maddy Black and senior Carly Ostrem perfect their chipping onto the green.

B. At the driving range, senior Alex Ruvalcaba gets a feel for his 7 iron.

C. Senior Ty Week prepares to hit the ball at the driving range.

Golfers line up at the Cashmere driving range for their first practice on actual grass after being stuck indoors due to snow.

Ada Robbins
Aiden Hol
Alex Ruvalcaba
Baylee Unger
Brodie Ward
Calvin Wilder
Carly Ostrem
Connie Barber
Hunter Rodgers
Jackob Guzman
Jacob Hendricks
Jaylen Dahlstedt
Jess Donoghue
Maddy Black
Meghan Haggard
Parker Nunnally
Rally Baker
Ruthie Biebesheimer
Sophia Doherty
Ty Week
Zoe Boggs
Swinging for the Fences: Baseball

Gunnar Balzar
Dawson Chase
Jones Duncan
Cole Ennis
Jesse Gunter
Trenton Holland
Timothy Johnstone
Colton Latimer
Jaden Niemela
Braeden Parton
Gavin Pulse
Hunter Stutzman
Owen Steinhauer

Cole Ennis, 9
Cole has been playing baseball for four years. "I don't think there is any sport, other than baseball, that I would rather play as a spring sport," he said. Encouraging others to look on the bright side, he said, "Never look at the third strike."

Gunnar Balzar, 12
Gunnar has played baseball as a Cascade Kodiak for all of his four years of high school. The reason that Gunnar plays baseball is that he believes in "living every day like it's [his] last, because one day it will be."

Tim Johnstone, 11
Tim has never played baseball before, but was excited to join the team after seniors Gunnar Balzar and Colton Latimer encouraged him. He is having a lot of fun. His goal this year is to hit a ball that is "gone forever," he said.

A. Third baseman Trenton Holland makes a perfect throw to first.
B. Catcher Gavin Pulse gets an opponent out at first after a bunt.
C. Rounding third base, Braeden Parton heads for home and starts the game 1-0.
Thank You Veterans. In order to show gratitude for veterans, students from a number of organizations around campus collaborated to create a Veteran's Day Celebration. Leadership students created a flag where each star featured the name and branch of service of a veteran who a CHS student/staff wished to honor. The flag was used as part of the display.
ONCE A KODIAK, ALWAYS A KODIAK

A Kodiak is someone who demonstrates perseverance, shows kindness, steps out of their comfort zone and always has Cascade spirit. Although the students at Cascade come from all different backgrounds and have many different interests, they are all united by their love for CHS. All the different perspectives and unique personalities are what makes Cascade so special.
IT GOES BY IN A BLINK OF AN EYE

Four years seems like forever for most freshmen, but if you ask any senior, they will tell you otherwise. High school is a time to learn who you are and what interests you and it flies by. These seniors reflect on the past four years and offer advice for underclassmen.

Gunnar Balzer
"I've stopped caring about the things that I can't change."

Perla Martinez
"My favorite memory from high school was playing games in AVID."

Ethan Magnaghi
"Coach Coffin has had a huge influence on me. I could never thank him enough."

Jade Marks
"Something that makes me happy is being in cheer, and interacting with the crowd."

Alex DeLangie
"Tomorrow is never promised so if you can take each day to appreciate the ones around you, it makes a big difference."

Jimena Ramirez
"I feel like I just finished freshman year, but we're almost halfway through senior year."

Jacob Redman
"My favorite memory from high school is using my directed study to go fishing."

Hanalei Alejo
"Being with my friends helps make time go by faster."

Ty Weeks
"Something that makes me happy during this time in my life are, friends and sports med."

Carly Ostrem
"In the past four years, I've grown up and gained a new perspective."

Derek Richardson
"My favorite memory from high school: when I took banana peels and drag raced around the school."

Autumn West
"What pushes me now is the image I have for my future life."

Hunter Rodgers
"My favorite memory was crashing Chloe's mom's car, this taught me how not to get distracted easily."

Xitlali Espinosa
"I have changed by adjusting my priorities and making sure I am present."

Jackob Guzman
"Something that has made me happy over the past four years is dirt bike riding."

Nayeli Fernandez
"My uncle has had the biggest impact on me during high school: He makes me look at life through a different perspective."

Josh Schafer
"My favorite moment was talking to Jess about trucks during class."

Madi Gillespie
"The past four years have gone by super fast, mainly because of COVID online school."

Parker Nunnally
"Something that makes me happy is hanging out with my friends during directed study."

Emilee Cruz
"Ms. Brixey has had a huge impact on me, she has been there for me personally and academically."
How I've Changed in the Past Four Years

Dillon Grantz
"I wasn't really trying my freshman year, and wasn't very social. I've gotten more social, and have been trying more in school. If I could tell my freshman self something, it would be to keep pushing myself."

Cole Warman
"I do what is expected of me, and I've gotten a lot smarter. Advice I would give to underclassmen is to pay attention and do what you're supposed to do."

Angelina Olson
Angelina Olson's favorite memory from high school was, "being in Mrs. Hagedorn's classroom. She was always fun and really supportive."

Joey West
Joey West's advice that she would give her freshman self would be, "Bad things are never going to stop happening, but keep trying to never let the good things stop happening. And, I would tell her that everything will pass eventually."

Avery McKenney
Avery McKenney's difference from her freshman self to her senior year is, "I know what I want now, and who I am. Over the years I've grown to learn the difference between friends and family."

Jaden Niemela
Jaden Niemela's difference from his freshman year self to his senior year is, "I am more social now. Participating in sports helped me. As a freshman I wasn't very mature, but now I'm more responsible."

Andrea Curiel's effortless style and ability to make the best out of situations makes her someone everyone enjoys to be around. She stated that during her time at Cascade, "I had too much fun." Andrea's advice to younger classmates is, "You can do what you really want to with your hard work, only if you choose to do the hard work." Andrea's favorite memory was the day that she was suspended for being late to class. "It wasn't my fault," she said, "I had to clean off sushi and burgers that got thrown on my mom's car."
**Genuine**
“The bridges we burn, only light our way.”
- Miguel

**Spiritual**
“No matter your race or color you can accomplish anything you put your mind in.”

**Learning**
“If you’re not living on the edge, you’re taking up too much space.”
- Ted Lewis, Grandpa

**Goon**
“Shake and Bake”

**Determined**
"I’m 18, but since you offered, I’ll keep the children’s menu."

**Goon**
"If you’re not first, you’re last."

**Quiet**
"Never give up."

**Commit**
"For such a smart person you’re sure not very bright."
- Brenda Biebesheimer

**Cool**
"Even if I don’t get into college, I know my chickens will accept me."

**Tired**
"Why fall in love when you can fall asleep?"

**Broke**
"Free Britney"

**Modest**
"Don’t count the days make the days count."

---

**Hanalei Alejo**

**Esmeralda Alvarado**

**Hayden Anderson**

**Gunnar Balzer**

**Owen Bard**

**Cameron Barnes**

**Julia Benevides Solano**

**Ruthie Biebesheimer**

**Nina Brenan**

**Cole Burnell**

**Braulio Cacho Rivas**

**Manuel Camarena**
"Extroverted" 
"We literally drove off campus every single day at lunch."

"Drive"
"How do you get to the other side of infinity?" - Massey

"Kind"
"Don't live someone else's dream, find your own."

"Extraverted" 
"You should be yourself, if they do not like it let them be."

"Charismatic"
"I'm class president."

"Optimistic"
"There's no talent here, this is hard work. This is an obsession. Talent does not exist, we are all human beings. You could be anyone if you put in the time. You will reach the top, and that's that. I am not talented. I am obsessed."

"Confident"
"First off, who cares?" - Mr. Massey

"Passionate"
"Life is like a sandwich, no matter how you stack it the bread comes first."

"Persistent"
"No, I won't stop. For every minute of the rest of my life I will never stop fighting." - Rapunzel

"Loud"
"If my life gets any better than this you guys are gonna hate me."

"Confident"
"You should be yourself, if they do not like it let them be."

"Charismatic"
"I'm class president."

"Persistent"
"Life is like a sandwich, no matter how you stack it the bread comes first."

"Optimistic"
"La Santa" - Bad BunNy

"Loud"
"If my life gets any better than this you guys are gonna hate me."

"Confident"
"You should be yourself, if they do not like it let them be."

"Charismatic"
"I'm class president."

"Persistent"
"Life is like a sandwich, no matter how you stack it the bread comes first."

"Optimistic"
"La Santa" - Bad BunNy

"Loud"
"If my life gets any better than this you guys are gonna hate me."

"Confident"
"You should be yourself, if they do not like it let them be."

"Charismatic"
"I'm class president."

"Persistent"
"Life is like a sandwich, no matter how you stack it the bread comes first."
“At the end of the day, it’s night.”

“Futures don’t make themselves, you have to create them.”

“Just because you’re awake doesn’t mean you should stop dreaming.”

“Live in the present, believe in the future.”

“Well, nothing to do but do it.” -Mr. Massey

“Wait... I thought you moved.”

“Just keep swimming, just keep swimming.”

“Estamos Bien” -Bad Bunny

“I'm not actually funny, I'm just really mean and people think I'm joking.”

“Ain't no need to watch where I'm going. Just need to know where I've been.”

“Your future is only as good as the work you put into it.”

“A little party never killed nobody.” -Leonardo DiCaprio
"Your future is only as good as the work you put into it."

"When life gives you lemons, just put bananas on a tree and all will be better."

"Passion spreads like the warmth of a fire spreads. It becomes comfort, hope, and happiness."

"Goats are like mushrooms. If you shoot a duck, I'm scared of toasters."

"You are Asian not Bsian."

"I'm not good at future planning. I don't plan at all. I don't know what I'm doing tomorrow."

"I can be flexible, as long as everything is the way I want it."

"Why limit happy to just one hour?"

"The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it."

"If you judged a book by its cover, I would be a best seller."

"Warm"

"Thoughtful"

"Creative"

"Cooler"

"Budda"

"Playful"

"Determined"

"Kind"

"Nordicnerd"

"Creative"

"Determined"

"Warm"

"Nordicnerd"

"Playful"

-- Heath Ledger

-- Lorelai Gilmore

-- Jordan Belfort, Wolf of Wall Street
Jayda Marks

"Kind"
"*Takes off glasses* I've seen enough."

Riverhawk Marson

No quote submitted.

Anna Martinez

No quote submitted.

Perla Martinez

"Supportive"
"Give it your all in that moment, you'll never relive that moment again."

Edgar Mata

"Authentic"
"A person who never made a mistake never tried anything new."

Avery McKenny

"Fruity"
"There's no point of short cuts if you don't take them."

John McLeod

"Uncaring"
"If stupidity created electricity this place would be more powerful than the dam."

Nathaniel Moratto

"Idealist"
"I thought high school was supposed to be hard."

Brianna Moss

"Tired"
"The future is no more uncertain than the present."
- Walt Whitman

Lauren Muscutt

"Elite"
"Blood alone moves the wheels of history."
- Haakon

Jaden Nimela

"Athletic"
"I spent 113,880 hours of my life for a paper and a handshake."

Jennifer Nieto Martinez

No quote submitted.
Ava Northrup

"Try-Hard"
"You know you don’t have to act like you’re dumb right?"

Carly Ostrem

"Driven"
"Bye y'all, gotta go eat my soup!"

Citraili Perez

"Organized"
"Don’t put too much effort in the wrong direction."

Jacob Redman

"Bodacious"
"Cranking out more 90s than assignments."

Jose Reyes

"Chill"
"Sometimes when I close my eyes, I can’t see."

Kaley Oyes Ramirez

"Genuine"
"I only came because y'all kept calling my parents..."

Kalee Pursell

"Eccentric"
"I really pictured that going more smoothly."

Jimena Ramirez

"Ambitious"
"Que viva la raza!"

Chloe Palmer Godsey

"Ginger"
"Hold on tightly, let go lightly."

Citlali Perez

"Organized"
"Don’t put too much effort in the wrong direction."

Kaley Oyes Ramirez

"Genuine"
"I only came because y'all kept calling my parents..."

Chloe Palmer Godsey

"Ginger"
"Hold on tightly, let go lightly."

Citlali Perez

"Ambitious"
"Que viva la raza!"

Kaley Oyes Ramirez

"Genuine"
"I only came because y’all kept calling my parents..."

Chloe Palmer Godsey

"Ginger"
"Hold on tightly, let go lightly."
"Get comfortable with being outside your comfort zone. That's the only way to grow."

"Beauty in the struggle ugliness in the success."

"If you're good at something, never do it for free."

"triple 9 till the wrld blows"

"Get comfortable with being outside your comfort zone. That's the only way to grow."

"Gaslighting isn't real, you're just crazy."

"Stay positive, test negative."

"If you ain't first, you're last."

"Hungry"

"Boring"

"It's better to be silent and be thought a fool, than to speak and remove all doubt." -Mom

"If you ain't first, you're last." -Ricky Bobby

"No matter how big a hammer you use you can't pound common sense into stupid people."

"I've learned from the bad times and was humbled by the good."

"It's better to be silent and be thought a fool, than to speak and remove all doubt." -Mom

"Stay positive, test negative."

"Hungry"
JONATHAN WALL

"Nice"
"Go, Kodiaks!"

JOSEPH WALL

"Hard-Worker"
"Work hard, and finish strong."

MAIA WALL

"Cute"
"Thanks to my mom and dad for adopting me into the family. I always love to hug my parents."

BRODIE WARD

"Chill"
"Ctrl + C Ctrl + V"

COLE WARMAN

"Effervescent"
"If the red river is flowing take the dirt road home."
- Jess Donoghue

TY WEEK

"Accident-prone"
"Can't believe I'm graduated and I still don't know how to do taxes."

AUTUMN WEST

"Determined"
"If all else fails marry rich."

JOEY WEST

"Free-spirited"
"I wanna fly like an eagle let my spirit carry me" - Steve Miller Band

EMILY WIKE

"Hilarious"
"Next time I talk to you it'll be on Dr. Phil."

JUDAH WILKS

No quote submitted.

MCCLANE WYLIE

No quote submitted.
Senior Superlatives

Jess Donohue and Hunter Rodgers
Bromance

Itzel Guzman, Andrea Curiel, and Avel Rivera
Womance

Nina Brennan and Joey West
Best Dressed

Emily Wike and Hanalei Alejo
Most likely to be TikTok famous

Carly Ostrem and Jade Marks
Most School Spirit

Madi Gillespie and Olivia Cappellini
Most likely to be President

Ava Mortarino and Avette Demoore
Biggest try-hard

Class of '22
Most likely to OD on Caffeine

Most likely to return as a football coach/PE teacher

Most likely to be late to graduation

Biggest Simp

Most likely to be in a Drake music video

Most likely to be on Duck Dynasty
Rita Bebeshimer and Chase Runions
Most likely to be a millionaire by 25 😱

Edgar Mata and Derek Richardson
Most likely to be a pro athlete

Ava Northrup and Abigail Kililon
Most likely to go left through a round-a-bout

Jess Donovan and Chloe Palmer Godsey
Best sense of humor

David Ising and Savanna Heil
Most Artistic

"Peer Bowl Champions"

"It's about drive. It's about power. It's about staying hungry. We devour the work we put in. The hours.

"IT'S ABOUT POWER. IT'S ABOUT DRIVING. STAY HUNGRY. WE DEVOUR THE WORK. PUT IN THE HOURS."
GENEVIEVE MCMILLIN
JENNIFER MENDEZ
RYDER MUNLY
GISSEL NAVARRO
OSCAR OJEDA PENILLA

CHARLEY OLSON
ANTHONY OROPEZA ONATE
TANIA OYOS
JUANA PALACIOS
VILLALOBOS
BRAEDEN PARTON

LESLIE PERRY
GAVIN PULSE
HECTOR RAMIREZ
HAYLEE RAMSEY - FLORES
JAZIBE REYES RIVERA

EMILY REYES TORRES
ADA ROBBINS
JUAN RODRIGUEZ
LINDSEE RODRIGUEZ
HAAKON SCHEIBLER

ZOEY SHEFFIELD
ALEAH SIMPSON
VINCENT SLETTE
LUKE SMITH
PAITON SMITH
How We Roll

6 OUT OF 10 Juniors Own Their Car

Gavin Pulse drives a Ford F-150 with "noticeable dents [and] scratches."

Braeden Parton poses on top of Emma Sunitsch's 2001 Lexus - it was passed on to Emma from her uncle.

Hector Ramirez drives himself to school every day in a Subaru WRX with a modified exhaust.

"I drive a Subaru Forster with noticeable dents/scratches. My mom hit a post at Dan's before I owned it."
- Alma McKean, 11

57 Students Surveyed

1. I drive myself to school/work
2. I drive myself occasionally
3. I rarely drive myself
4. I do not drive myself
"The Cascade Discovery Program is a unique learning opportunity for high school age students. It is a partnership between the Cascade School District and US Fish and Wildlife." - CSD Website

Discovery offers an alternative education opportunity for students in the Cascade District. The program is maintained and operated by the Cascade Board of Education and offers students the opportunity to learn in a non-traditional setting. Students are able to earn all credits necessary for graduation through participation in this program. Class credits work similarly to those at Cascade High School.

One STEM activity Discovery students participate in is the creation of an egg-drop contraption. Students must create a tower from which an egg can fall twenty feet without breaking. This year, the winners of this STEM competition were Emily Wike and Savanna Heyl.

The Discovery campus is located on the US Fish Hatchery grounds and students often participate in hands-on learning opportunities designed collaboratively with hatchery employees. "We have partnered with the hatchery and Washington State University extensions to do multiple real world projects," said Travis Blue. Collaborative units include snow science, creek health, and mitigation opportunities. "Our...snow science unit focused on watershed, snow science, run-off and avalanche safety," explained Blue.
DISCOVERING A NEW VERSION OF EDUCATION

According to the Cascade School District Website, "Students at Discovery have the chance to work side by side with biologists, tech gurus, maintenance staff, and community organizers to practice skills in a hands on environment." Discovery’s aims to cultivate "continuous student development". Travis Blue is the lead teacher at Discovery where he has worked for fourteen years. His favorite part of teaching at Discovery is "getting to really know the students, and mak[ing] sure that no students fall through the cracks." Challenges faced while working at Discovery include "all the preps. In one year I'll teach Algebra, Geometry, Algebra II, World History, US History, CWCW, 2-D Art, Carpentry, and PE," Blue said. A typical day for a Discovery student is similar to a student's day at CHS: they are on a block schedule and they start out with 1st period then 2nd period, lunch, 3rd and 4th period. A student at Discovery who has been successful with academics and interpersonal skills is Yahir Espinosa. Yahir Espinosa has been a student at Discovery for one semester, and loves it already. Yahir's favorite part of education at Discovery is archery practice. "The highlight of my typical day of learning at Discovery is learning how to play chess at lunch," said Yahir. Students enjoy the team-building activities and hands-on STEM challenges.

What's the most important thing you've learned while at Discovery?

Brianna Moss (12)
"Education is extremely important, because you can't grow without expanding your mind."

Esme Alvarado (12)
"I learned to make new friends and be out here."

Emily Wike (12)
"Have fun, because it you don't you're going to be miserable."

Cody Albizu (11)
"Not everyone is after me; I need to learn to work with people."
WHOSE EYE IS IT?

Maddy Black, Logan Bradshaw, Dawson Chase, Amelia Collins, Eddie Herrera, Marilyn Ising, Chloe Killion, and Ethen Lingmann

1. Amelia Collins
2. Eddie Herrera
3. Logan Bradshaw
4. Mary Ising
5. Maddy Black
6. Ethen Lingmann
7. Chloe Killion
8. Dawson Chase

Ryana Denega, Sophia Doherty, Tieren Drolo, Roberto Fernandez Ramirez, David Fernandez Santiago, Natalie Fischer, Kestrel Foley, Juan Fonseca Lara, Erick Giles, Cassidy Gillespie, Finna Gillkin, Aiden Griffith, Angela Gunter, Dulce Herrera, Mya Herrera, Edward Herrera Lopez, Ellie Holm, Marilyn Ising, Gordon Jeffrey, Zachary Karnes
Class of 2025

EUGENE ALEJO
RHONAN ALLEN

LIAM APONIK
DANTE AURILLO
ANGEL AVILA TINOCO
HARPER BAKER
ROXANNE BAKER
WILLIAM BIEBESHEIMER

ETHAN BLANCHARD
JACKSON BOOHER
CONNOR BRUCE
KARLA CACHO AVINA

CHRISTOPHER CACHO
PULIDO
VAUGHN CAPPAGLI
LARIAH COLLINS
MONIQUE COPADO

AMIANO CORONADO
DIEGO CORTES-SANCHEZ
ANA CRUZ REMIGIO
LANDON CURNUTT
ETHAN DAVIS
TEYVA DILLON

MIA DREIS
COLE ENNIS
HAZEL ESCHEN
ALICE FARRELL
Freshman Phones...How did you crack your phone?

Angel Avila Tinoco
“I was attempting to jump three boards on my skateboard and it fell out of my pocket.”

Ethan Flansburg
“I throw my phone a lot, and at people. I don’t really care for it.”

Reese Mather
“I was on a trip in Hawaii and fell onto a rock while my phone was in my hand.”

Benjamin Jerome
“It fell between a bench and got bent, cracking the whole screen.”

Not Pictured: Ivan Alejandro, Olivia Estacio, Drake Meyers, Cruzito Quintana, Goody Wesley
"Fall of 2019. I had just finished my board certification and felt good about my career and was in a really good place with climbing." - Ms. Sunitsch

"At my niece's wedding watching Emma sing "Friends in Low Places" for the whole family and dancing." - Mr. Sunitsch

"I took a really cool bike ride up White River Road and it was beautiful up there. I was by myself, just listening to the sounds of nature." - Mr. Davies

"I was hanging out with Adalee and watching her make peas from green Play-Doh. It's always fun to watch the things she learns." - Ms. Osborn

"What's the last time you were soul-singing happy?"

"Positive attitude."

"Familia"

"Create!"

"Soul-singing happy?"

"Books of Gratitude"

"Family"

"Family"

"Familia"

"Family"

"Golf"

"Love Football"

"Smile"

"Familia"

"Smile"
staff secrets to
HAPPINESS
ASSOCIATED STUDENT BODY

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

"ASB has given the students so much freedom this year and doing it with my friends makes it fun."
-Madi Gillespie (12)

"ASB is a wonderful opportunity to get involved with the school. ASB has taught me many interpersonal and administrative skills."
-Olivia Cappellini (12)

"My favorite part of being in ASB is the donuts Mr. Joya brings us at the meetings. Sometimes we get muffins too, or he just forgets us."
-Ruthie Beibesheimer (12)

President: Madi Gillespie, Vice-President Carly Ostrem, Secretary: Olivia Cappellini, Treasurer: Britni Harris
"My favorite part of being in ASB this year has been the involvement of the staff this year. They have let do much more stuff this year and help us out with all the activities we put together."
-Giselle Navarro (11)

"My favorite part is Mr. Joya being the leader. I love bullying him and making fun of him during the meetings, but he makes it really fun."
-Finna Gillikin (10)

"My favorite part of being in ASB is the ability to make important decisions for the school I love."
-Grace Redman (9)

"The conversations in ASB make my day, especially the ones with Joey, because she's really funny."
-Avette DeMoor (12)

"It's good to be involved in changes surrounding events and policies in the school. I really enjoyed being involved with the different competitions for homecoming."
-Hazel Eschen (9)

"Getting to know information [about school events] before everyone is really interesting."
-Juan Castro Cervantes (11)
**30MIN2WINIT**

Ruthie Biebesheimer, Madi Gillespie, Tillie Leroy, Chase Runions, Chloe Palmer Godsey, Emma Sunitsch, Jade Marks, Carly Ostrem, Britni Harris, Kaston Dillon, Elise Almeida, Alma Mckean, Xitlali Espinosa, Oliva Cappellini, Ava Northrup, Vanessa West, Derek Richardson

"My favorite part of 30MIN2WINIT is laughing with Carly Ostrem, Jade Marks, and Emma Sunitsch during flex while the freshmen laugh at us." - Chloe Palmer Godsey (12)

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

**SUSTAINABILITY**

Jasper Bard, Caroline Menna, Isabel Menna, Madison Fish, Blue Knutson, Ben Jerome, Molly Renner-Singer, Miles Hunt, Sophia Doherty, Jade Marks, Zoey Sheffield, Breanna Loomis, Brayden Anderson, Lucy Thomas, Rhetta Cummings, Derek Richardson, Ellie Holm, Serenity Saugen, Elise Almeida, Hazel Eschen

"My favorite part of Sustainability Club is giving back to the community and doing it with my friends. My favorite part has been going around the school and picking up trash. It feels good to clean up our school." - Blue Knutson (10)

To foster collaboration in the Cascade community to reduce human impact on the earth by highlighting 21st century environmental issues and empowering current and future community members to make informed sustainable choices.

**PUBLICATIONS**

Dawson Chase, Vanessa West, Chloe Palmer Godsey, Maddy Black, Joslynn May, Ava Northrup, Paige Runions, Aiden Tuttle, Ruthie Biebesheimer, Isabel Menna, Caroline Menna, Jackob Guzman, Jess Donoghue, Alina Wall, Elise Almeida, Paige Nunnally, Alex Delangie, Zach Karnes, Hunter Rodgers

"I love being able to contribute to my school through being creative and writing. Being able to experience the work ethics that is similar to the adult life has been super fun as well." - Alaina Wall (11)

To create publications that make every member of the Kodiak community feel appreciated by capturing ALL students, sports, events and interests.
To support a healthy community through the spread of knowledge about medicine and to foster the growth of aspiring medical professionals.

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

To learn and memorize more so that we can win.

SPORTS MED

Ruthie Biebesheimer, William Biebesheimer, Jess Donoghue, Kestrel Foley, Madi Gillespie, Ava Northrup, Artie Northrup, Melvin Northrup, Cole Slette, Shane Slette, Makenzie Mcleod, Jeffery Palacios, Thatcher Pate, Lien Hagadorn, Ty Week, Chloie Palmer Godsey, Perla Marinez, Xitlali Espinosa

"My favorite part of club is helping people and being able to help athletes with their injury and recovery. The most severe injury we've seen was a complete tib-fib fracture during the football season."

-Lien Hagedorn (12)

M.E.CH.A

Emily Cruz, Andrea Curiel, Rosario Fernandez, Perla Martinez, Jimena Ramirez, Alex Rodriguez, Alondra Torres, Joey West, Lindsey Rodriguez, Joanna Vizcaino, Nayeli Fernandez, Xitlali Espinosa, Emily Reyes, Itzel Gonzalez, Anel Rivera

"One thing I love about M.E.CH.A is being in it with my friends and being able to be in a club that is fun to participate in."

-Perla Martinez (12)

KNOWLEDGE BOWL

Antonio Aurilio, Jasper Bard, Evan Butruille, Olivia Cappellini, Quentin Farrell, Britni Harris, Annie Jenkins, Blue Knutson, Tillie Leroy, Haakon Scheibler, Price Schubert, Anthony Villalobos

"My favorite part of participating in Knowledge Bowl is learning new things and participating with my friends."

Alma McKean (11)
"My favorite part of drama club is being able to walk into rehearsal everyday knowing I don't have to hide who I really am. And the fact that every one of my peers is also doing something they love, or at least like enough to show up."  
-Olivia Cappellini (12)

"My favorite part of being involved with interact club is giving back to the community. The leader John Fishborne is a great guy that I look up to. Doing the club with my sister and best friends is also super fun."  
-Parker Nunnally (12)
**T.S.A.**

Chase Runions, Alma McKean, Anthony Villalobos, Evan Butruille, Haakon Scheibler, Quentin Farrell, Tillie Leroy, Tonio Aurilio, Mia Dreis, Ethan Flansburg, Cyrus McKee, Savanna Rowles, Caden Peterson

“**My favorite part of being in TSA is the leadership aspect and discovering more opportunities.**”  
-Chase Runions (12)

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

**SPEECH AND DEBATE**

Mia Dreis, Reese Mathers, Hannah Lain, Danielle Totman, Breanna Loomis

“**Speech and debate is super fun and I look forward to getting better at every competition.**”  
-Breanna Loomis (10)

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

**WHAT’S IN IT FOR YOU?**

- **To help the community**
  - **To gain experience**
  - **For scholarship**
- **To build your resume**
- **Just because**
- **Work ethic**
  - **To make a difference**
- **College applications**
  - **To get new opportunities**
  - **To learn more information**
  - **Builds life skills**
- **Why not**
  - **It’s cool**
  - **For fun**
- **It kills time**
- **It’s fun**
- **You can make friends**
- **To get out of your comfort zone**
- **For something different**

To view a video made by CHS leadership class about the different clubs offered at Cascade, scan the QR code here.
MEET THE STAFF:

STAFF:
Maddy Black
Dawson Chase
Jess Donoghie
Jackob Gizman
Jonas Johnson
Jason Leach
Zach Kanes
Ande Lain
Joslynn May
Caroline Menna
Isabel Menna
Ava Northrup
Paige Nunally
Parker Nunally
Hunter Rodgers
Paige Runions
Natalie Stein Trujillo
Talia Stein Trujillo
Vanessa West

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Jackob Gizman
Jonas Johnson
Jason Leach
Zach Kanes
Ande Lain
Joslynn May
Caroline Menna
Isabel Menna
Ava Northrup
Paige Nunally
Parker Nunally
Hunter Rodgers
Paige Runions
Natalie Stein Trujillo
Talia Stein Trujillo
Vanessa West
Congratulations, Dove!

I am so very proud of you. You are so kind, caring, and loved by many. I always wondered what you would want to do when you graduated, and I couldn't be more proud and honoured to be your mom. Go and follow your dreams, I will always support your decisions. I love you with all of my heart and soul. ~Mom
¡Felicidades Lali!
Estamos muy orgullosos de todos tus logros.
We are so happy to share in your excitement on your graduation and are proud of all of your accomplishments!
Con mucho amor,
Papa, Mama, Cristy (Dustin y Elena), Armando, Memo, Emmanuel y Dorothy

Collin Stitt

Congratulations Collin!
We are proud of your achievements and excited to see what adventures are ahead of you!
Love, Mom Avie Lexi and Alma

Perla Martinez

Perla,
You don't know how much I love you and how proud I am of you. You have made it. It has not been easy for you. Dealing with friends and me jijiji. You have learned many lessons and still have more to come. I am confident that you are prepared for the world. You will overcome everything thrown at you. You will be somebody and remember never to never give up.
Love you to infinity and beyond,
Mom
Congratulations!

We can't believe how fast the past 18 yrs have gone, watching our sweet boy turn into a man! We are so proud of you and couldn't be more excited for your future. All your hard work and efforts are paying off. There is nothing you can't achieve if you believe in yourself and put your heart and mind to it. Stay grounded in your faith and let God guide you in all you do...if He is for you, nothing can be against you and He has a plan, a hope and a future for you!

As you transition from rules to responsibilities we will always be here for you. We are your biggest cheerleaders and safe place to land. We believe in you and love you so much!

All our love,
Dad, Mom, & Paige

---

Joey West

Congratulations!

We can't believe how fast the past 18 yrs have gone, watching our sweet boy turn into a man! We are so proud of you and couldn't be more excited for your future. All your hard work and efforts are paying off. There is nothing you can't achieve if you believe in yourself and put your heart and mind to it. Stay grounded in your faith and let God guide you in all you do...if He is for you, nothing can be against you and He has a plan, a hope and a future for you!

As you transition from rules to responsibilities we will always be here for you. We are your biggest cheerleaders and safe place to land. We believe in you and love you so much!

All our love,
Dad, Mom, & Paige

---

Nathaniel Moratto

We've watched in amazement as you've grown into the person you are today, and we're watching with great anticipation to see what you become. With your talent and determination, the sky's the limit!

Love, Mom and Pops

---

Parker Nunnally

We can't believe how fast the past 18 yrs have gone, watching our sweet boy turn into a man! We are so proud of you and couldn't be more excited for your future. All your hard work and efforts are paying off. There is nothing you can't achieve if you believe in yourself and put your heart and mind to it. Stay grounded in your faith and let God guide you in all you do...if He is for you, nothing can be against you and He has a plan, a hope and a future for you!

As you transition from rules to responsibilities we will always be here for you. We are your biggest cheerleaders and safe place to land. We believe in you and love you so much!

All our love,
Dad, Mom, & Paige
CONGRATULATIONS BUGGLES!

WOW! Where have the years gone? From the moment you were placed in our arms our hearts were forever changed. You have brought so much joy, laughter and craziness into our family. "Adventure" and "Crash" seem to be your middle names :). There is never a dull moment when you're around! What a gift it has been to be your parents and to watch you learn and grow. To see how to you truly nobody is a stranger. You love to laugh and go fast and to do whatever you're doing without shoes on any time of the year! From when you were little you have been in constant motion and it's all we can do to keep up sometimes! We are so excited to see what Heavenly Father has in store for you in this next chapter of your life. You will do great things Ty! Remember whose you are and that God can make much more of your life than you can on your own if you let Him direct your path. We love you to the moon and back infinity times (push the button)!

All our love, Mom and Dad
Ruthie Biebesheimer

“If I could give my daughter 3 things, it would be the confidence to always know her self-worth, the strength to chase her dreams, and the ability to know how truly, deeply loved she is.”

Ruthie, we are so proud of you!
Congratulations!
Love~ Mom, Dad & Will

Abigail Marie Killion

Congratulations, Abigail!

As you come to this important milestone in your life, your inner qualities are shining through. You are creative, thoughtful, hardworking, compassionate, and resilient, to name just a few. Over the past four years, aside from the normal uncertainties of high school, you’ve also faced the adversities of moving across the world and adjusting to a new school. We are so proud of you!

As you begin the next chapter of your life, be encouraged. The Author of your story is good and trustworthy. He is inviting you, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” We love you!

Love,
Dad, Mom, Matthias, and Chloe
One night A little girl had a dream,

She dreamed she was walking along the beach with Mom and Dad. Across the sky flashed scenes from her life. For each scene, she noticed two sets of footprints in the sand; one belonging to her and one belonging to her Mom and Dad. When the last scene of her life flashed before her, she looked back at the footprints in the sand.

She noticed that many times along the path of her life there were only one set of footprints. She also noticed that it happened at the very lowest and saddest times of her life, this really bothered her and she questioned Mom/Dad about it.

Mom/Dad, When I was young you said you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there were only one set of footprints? I don't understand why when I needed you the most you would leave me?

Mom and Dad replied; My precious child, we love you and would never leave you. During your times of trial and suffering, when you only see one set of footprints it was then that we carried you.
Carly,

Congratulations!

Do more, be more. Everything is wildly possible. Discover your own path!

Love, Mom, Dad & Cameron

Chase,

Thanks for bringing your insight, your work ethic and your joy to everything you do. We are proud of you and we are eager to see where your journey takes you.

Adventures await!

We love you. Mom, Dad and Paige

We are SO proud of you! You’re a talented kid, a hard worker, and most importantly, a thoughtful and kind person.

Thank you for the love, laughter and happiness you have brought into our lives. We can’t wait to see how you will conquer this world!

Love Mom & Dad
Leavenworth's hometown grocery store providing the freshest produce, the best prices, and the friendliest local customer service

Helping you to find the hidden gems in our small village and prepare for your next outdoor adventure

Serves unique, handmade flavors that change with the seasons

Family owned and operated

Leavenworth's weekly newspaper Founded in 1904

Best burgers in town

Soft serve ice cream

Everything from fashion to hardware

Summer 2022

The Sound of Music

The Music Man

The Secret Garden