

Peek-a-Boo- Anderson Duran (SO) looks through the microscope at different kinds of muscle tissue for his Principles of Biomedical Science class. This class did several labs during the school year such as checking blood pressure and heart monitors.



Nathan Kosmicki (SO)



Charlotte Myers (SO)



Thomas Oberbeck (JR)



Jennifer Molina (SR)



Daniel Arreola (FR)



Kayla Luft (JR)



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It's only **one** class you may think is stupid, but it's a class that is going to allow you to graduate. It may be only **one** assignment you didn't get done, but those zeroes start to add up. Even though it's only **one** history class you slept through every day, it's the class discussions you'll never be able to get back. It's only **one** day after school, but it may be the day where you finally get that passing grade you've been working for. Although it's only **one** paper, it's the paper that is twenty percent of your grade. It may be **one** teacher you always disagree with, but it may be the teacher you eventually learn the most from and come to respect. No matter whether you're a brainiac or someone who has to work twice as hard as everyone else just to keep up, you're someone who has to take **one for the books**.

Under Pressure (*top left*)- Courtney Pattison (SO) and Nathan Thorton (JR) check each other's blood pressure in Principles of Biomedical Science.

Drip..Drip..Drip.. (*middle*)- The school had several drips due to the heavy snows this winter. Some of the drips were in classrooms, and students, like seniors Jeremy Shriner and Kayla Faaborg, brought umbrellas to their Philosophy class to keep the water off them.

Flash from the Past (*bottom left*)- In Sociology class, Elle Arnold (SR) looks at old Northwest yearbooks to note the cultural changes of the different decades.

Arabian Nights (*bottom right*)- Amanda Webb (SR) decorates the display case for Winter Sports during her marketing class. The marketing class re-designs the display cases every few weeks to fit the theme of the school.



4 The Music

“Marching!!”

Sophomore trumpet player, Emily Kaslon, waits eagerly, dressed in gold and black, as the Northwest Marching Band lines up for the 2009 Harvest of Harmony parade.

“Marching band is the best!” Freshman Jacilyn Brunns said, “I don’t like practicing in the cold, but I love performing.”

Band instructor, Shawn Pfanstiel, plans to lead them to the top. By arranging early morning practices that started at 6:55 and ended between 8:50 and 9:01, the Viking band finished with Class A second place in the parade and awarded a superior in the field competition. Pfanstiel’s band won Best Color Guard and Class A Best Band at UNK Band Day and a Superior at the NSBA State Marching Contest.

Through the marching band at football games, pep band at volleyball and basketball games, and concert and jazz band at concerts and competitions, the Viking Band continues to bring an earful of genuine instrumental music to the school and community.



Two of a Kind (Above):

Tori Ross (JR) and Ariel Sikes (SR) play “Jesu, Joy of Man’s Desiring” at Northwest’s 2009-2010 Christmas Concert

Working Together (Right):

The Viking Color Guard twirl their flags while marching down the street in the annual Harvest of Harmony parade.



Shana Havenridge (FR)



Melanie Griess (SO)



Billy Ordenez (JR)



Caitlyn Burkhardt (SR)





Go Marching in (left): Northwest saxophone players march by family, friends, and fans of instrumental music in the Harvest of Harmony parade.

Practices Makes Perfect (Down): Amanda Buller (JR) performs her routine at a Northwest football game

Loud and Clear (Bottom): Shon Pointer (SO) plays the base drum in the Harvest of Harmony parade.



What was your favorite band memory?



"UNK drumline camps"
-Nate Coleman (SR)



"Playing 'Dragon Fly on the Winds of Time' and 'Apollo'."
-Christina Zareck (SO)



"During band camp my freshman year Kevin Palu fit like twelve kids in his tiny Grand Prix. It was a good time..."
-Derek Brehm (SO)



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All

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All For One- The football players huddle up at the end of pre-game. Even though the football team was not number one, they played as one team, and worked together as one team.



Kelsey Hruskoci (JR)



Charlotte Meyers (SO)



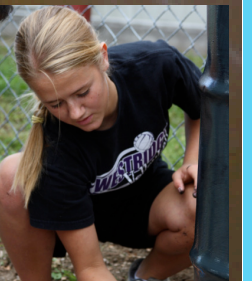
Jesse Janulewicz(SR)



Matthew Willford (JR)



David Schocke (SO)



Jessica Sadler (FR)



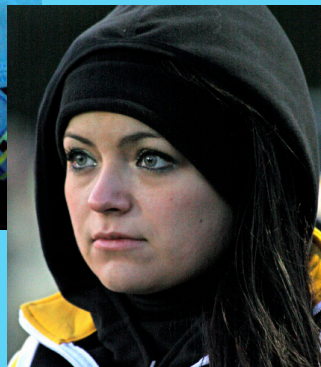
It's only **one** day of school, but it's the the day that defines the school year. It's only **one** building, but a school that will you will forever be apart of and that will forever be apart of you. It's only **one** classroom, but it's the class-room where you grew up the most. Even though it's only **one** stage, it's the stage that was the only place you could be yourself. It's only **one** assembly you listen to, but it may be an assembly you'll never forget. It's only **one** court, but it's the court where you proved everyone wrong about what you **could** be. It's just **one** paper to grade, but it may the paper that puts your life in perspective. Although it's **one** other school year, it will forever be **one to remember**.

Trick or Treat (*top left*)- Taking a day off from work, the Yearbook staff, such as Tori Prisendorf (JR), carved pumpkins donated by the Helgoth Pumpkin Patch to decorate the Journalism room.

Chicago Style (*bottom left*)- Holly Warta (SO) waits patiently to for her hair to be curled in preparation for the one act, *Chicago*.

For a Good Cause (*middle*)- Several students, including Nick Lau (JR), gave blood in the fall bloodmobile. A total of ?? pints of blood was collected for the Red Cross. This year several regulations on blood donating were added making it more difficult for students to give.

Facing the Cold (*bottom right*)- At the last home football game Tawny King (SO) bundles up to face the cold.



Go! Vikings! Win!- Abby Peterson (SR) cheers during the homecoming game to the school song. This year instead of the Spirit Squad wearing the away jersey of the football boys, they wore old freshman football jerseys.



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Kira HaselHuhn (SO) & Jaron Baier (FR)



Jasmine Klein (FR)



Karny Kuehl (JR)



Chase Christensen (JR)

Kelli Poratz (SO) & Alex Ericson (SO)



Jeremy Shriner (SR)

1 Even though I'm only **one** freshman, but I may be the freshman that changes the school for forever. I'm only one senior who just wants to graduate, but I'm a senior who's going to go somewhere . I'm only **one** person who has the locker next to you, but there's something about me you'll never forget. I'm only **one** boy who has all the girls falling for me, & but for once I want to fall for a girl. I'm only **one** girl who wants to just fit in, and in the process I may lose myself. I'm only **one** teacher, but I **only** may be the teacher who forever changes your life. I'm only one player on the team, but I'm a team player on and off the field. Although I'm only **one** student with a story, but I'm the student with my **one and only** story.

Practice Makes Perfect (*top left*)- Members of the colorguard juniors Kelsey Lehn and Chasity Vodehnal march behind the band during band camp. Including full member band camp, the colorguard at their own camp for extra practice.

Spreading Christmas Cheer (*bottom left*)- FBLA members, Ashley Bykerk (FR), Jacy Judds (FR), Ashely Tagart (FR) bake cookies for residents of PrimRose. They handed out the cookies while they went caroling within the elderly home.

Picking It Apart (*middle*)- Amanda Webb (SR) and Nathan Thorton (JR) dissect a goat's heart in Principles of Biomedical Sciences (PBS). This year was the first year that PBS was offered at Northwest and was taught my Denise McNeil.

Tumbling Through Water (*bottom right*)- Bradi Anderson (JR) and Erin Hurley (SO) practice at Smitty's Dance Studio as apart of the X-treme Dance Team.

