

What is your favorite high school memory?



"The bus ride home with my team after winning the section gymnastics meet last year."

-Katelyn McDowell ('24)

THEN AND NOW

How Time Has Changed US

It all started in a music class 17 years ago when twin sisters Ava and Elise Karlstad met Kate Johnson. Little did they know this single interaction would be the start of a life-long friendship.

At the time, the Karlstad were 1 and Kate was just 3 months old. Their mothers had put them in the class to learn about music and develop social skills. After meeting Kate, the twins learned that they were neighbors, and from then on they were practically raised together.

As the trio grew up they began to participate in other activities together like dance. Through dance they built

up emotional connections having competed in numerous trips together.

Aside from dance, they also enjoy traveling, exploring new restaurants together, and spending time on the lake. The group is also big on musical theater, and they enjoy going to shows both together and apart.

As far as differences are concerned they have different musical interests with Kate being in orchestra, and the Karlstads in choir. Other than that Kate said, "There is not much that's different."

Aside from the personal connection, Elise also credited her and her twin sister's relationship. "Ava and I are going to always be together, so we will always have that foundation. With Kate, it's just another member, so you don't have to deal with three other households."

With the simple dynamic, they found it easier to connect with one another becoming increasingly closer. "We always joke that Kate is adopted." Elise said, "Really our dynamic is like triplets."

Another reason their friendship has lasted so long is the balance between their different personalities. Elise is the fiery outgoing one who adds energy to the group. Ava is the calm and intelligent one who makes sure the group stays out of trouble. Kate falls in the middle blending everyone together. She is supportive and knows how to deal with the dual sister dynamic.

As to whether Kate has a favorite sister she said, "I love them both for different reasons. Elise is the outgoing one. She always has people to be with, so it's good for getting connected with friends. Ava and I just connect on different levels. I don't know how to put it, but we just get each other in a calm fashion."

As far as hardships are concerned, the group has remained relatively unscathed. Aside from minor arguments at a young age, there have been very few events. "We have had this relationship where we watch people pass through as friends," Ava said. "Over time we have always stayed a close group." Elise added, "Overall, through each other's outlook and positive attitude on life, we attract each other."

Hugh Hanlon & Noah Casement

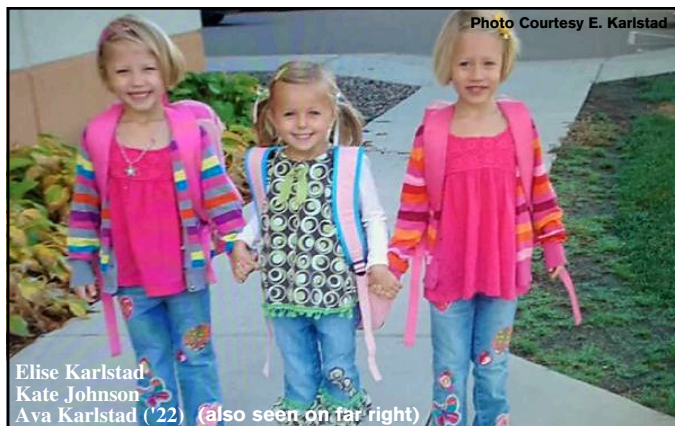


Photo Courtesy E. Karlstad

Elise Karlstad
Kate Johnson
Ava Karlstad ('22) (also seen on far right)



Photo Courtesy R. Cirullo

Adrianna Garcia
Riley Cirullo ('22)

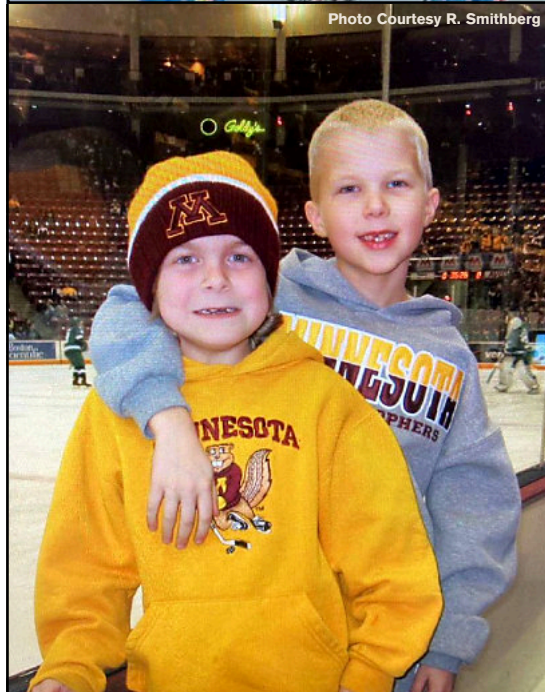


Photo Courtesy R. Smithberg



Ben Timmons &
Ryan Smithberg ('22)



Photo Courtesy G. Anderson

Morgan Hallas
Grace Anderson ('22)

Customer is allowed to have objects outside of the margin.

TRIM LINE

TRIM LINE



"Getting rowdy in the student section at football games."

-Louis Hoye ('23)



"Going out to battle every Friday with my football team."

-Jawahn Cockfield ('23)

Narrate Student Life 067

Glow Ups:

How did you feel about yourself during your awkward phase?

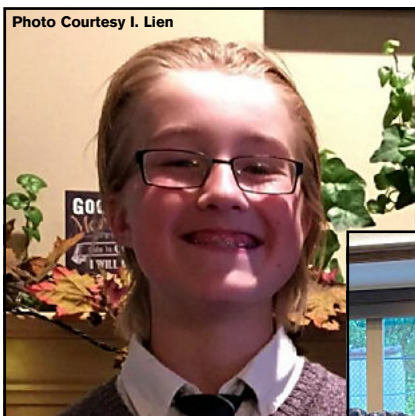


Photo Courtesy I. Lien

"I didn't know I was in my awkward phase until I was out of my awkward phase."

-Isaac lien ('22)

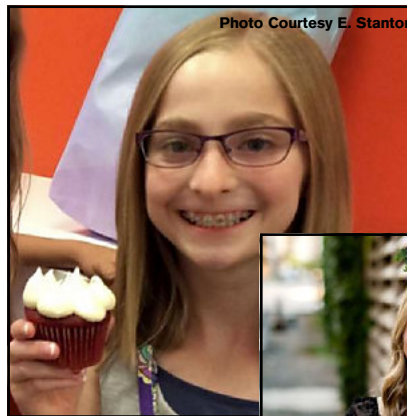


Photo Courtesy E. Stanton

"I'm glad I had that phase so I could have a glow up, but at the time I thought I looked really good with braces."

-Erica Stanton ('22)



From the beginning to the end

*Pages created by Eden Carr, Ella Jackson, Hugh Hanlon & Noah Casement

Kindergarten Through Senior Year Your advice to your kindergarten self?



Photo Courtesy K. Rogers

"Enjoy every moment; before you know it you are graduating."

-Kendall Rogers ('22)

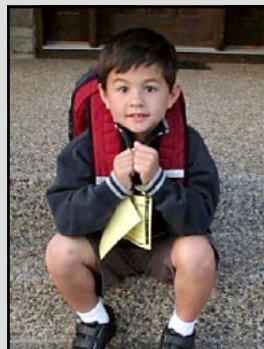


Photo Courtesy E. Livinghouse

"Grow out your hair; girls like that."

-Eric Livinghouse ('22)



Photos Courtesy A. Williams



Since 6 years of age, Ashley Williams ('22) has been kart and microsprint racing. She likes the speed, and enjoys putting together the cars with her family. She started in a rookie cage kart and worked her way up to racing 500cc Outlaw Winged karts. She now races in a 600 cc Micro Sprint Car. At just under 5' feet tall, her racing nickname is "Lil' Beast."

What makes a long-term friendship?



Supportive

"A supportive friend is beneficial for long-term friendships because you want someone who is there when you need them most. If you can get through tough times together, the relationship is bound to last."

-Ethan Bernier ('23)



Authentic

You need things in common get anywhere at the start. Over time, authenticity keeps you together.

"People who are authentic expose you to new perspectives and ideas that challenge you to be a better person. By being authentic, it creates an honest relationship that will last."

-Hadley Johnson ('22)