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MINNEHAHA ACADEMY ANTLENER 2023

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1 // Page Editor: CURTIS CRAIG

Reflection Refraction

ANTLER 2023

Minnehaha Academy

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Photo by LIAM LADDUSAW

REFLECTION REFRACTION

Why Reflection/Refraction?

Coming into the 2022-2023 school year, the students, teachers and faculty would be returning back to school lifestyle without any overarching Covid-19 restrictions post-pandemic. With all of the trials and turmoil that presided over the past three years, to be able to return back to what we considered “normal” was an accomplishment that took resilience, perseverance and grit.

While we were reminiscing on the Covid-19 years and looking forward to the changes ahead, we came to an epiphany of Reflection and Refraction. In our first staff discussion meetings, as we were talking about this yearbook’s theme, we spent a lot of time looking back on what we did as students and people in the community.

While in this time of reflection, we realized that the word “Reflection” was the perfect way to describe our experiences. While in that state of mind, we overcame the emotions we felt as we looked back to what was, from separated chapel sessions and chapel groups to an entirely

new schedule to accommodate social distancing. Though this time brought back memories of good and bad times, in the end they remained memories.

When we transitioned back to the present and how excited we were for the future, we came upon the word “Refraction.” The basic definition of the word consists of light’s trajectory becoming obliquely skewed by going through a medium. In our case, we were the light and the medium was Covid-19 changing our path from where we once were.

Many would say that Covid-19 was the worst thing to ever happen to society, but we learned a great deal from the experiences we encountered along the way. The reflections we have experienced over the years have been filled with pain and joy as we look back at the memories and adventures that were and will come.

– Noah Farmer

What does Reflection mean to you?

“As a person: Looking back. As a physics teacher: It’s how we see everything. Without it there would be no seeing.”
– Tim Swanson, science department

“Appreciating the time we spend with our friends and family, because we saw how quickly everything can change.”
– Joy Reist, science department

What do you think of when you think about Refraction?

“Changes in light trajectory, being changed by different amounts.”
– Tim Swanson

“Personally - How we adapted to new circumstances and conditions and how we made the best of it.”
– Joy Reist

“For now we see only a reflection, as in a mirror, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known.”

– 1 Corinthians 13:12

Are memories reflections or refractions?

Re·flec·tion:

- 1) The bouncing of light off of a surface without being absorbed or distorted.
- 2) The consideration of a thought, opinion, or idea, often having to do with past memories.



Photo by NOAH FARMER

Re·frac·tion:

- 1) The distortion of an image through a medium.
- 2) The breaking of a single ray of light into a number or rays with different wavelengths.

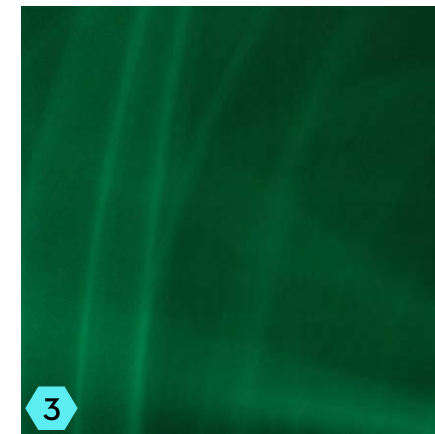


Photo by CURTIS CRAIG



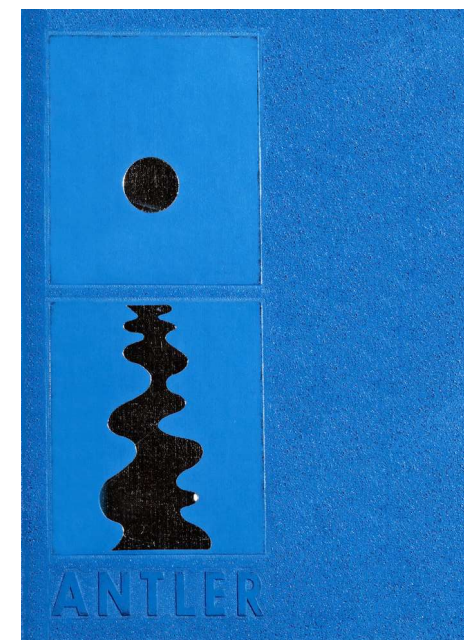
Photo by NOAH FARMER

HOW WE MADE THE COVER – OR, HOW TO MAKE A “REFRACTOGRAPH”

1) Mount a DSLR camera on a tripod and take off the lens. 2) Secure glass objects, such as a wine glass or jar, in a stand with clamps. 3) Shine a high-intensity flashlight at the glass. Turn off the lights. Experiment taking photos of light bouncing off the glass. For a multicolored image (such as our cover), combine in Photoshop.

50 YEARS AGO: REFLECTIONS & REFRACTIONS

After choosing the theme “Reflection/Refraction,” the Antler 2023 staff visited the M.A. archive house and discovered that Antler 1973, published 50 years ago, had the theme of ... Reflection! (cover image, left). Meanwhile, March 1, 2023, was the 50th anniversary of the release of Pink Floyd’s Dark Side of the Moon album, with its iconic refraction-image cover (right.)



MINNEHAHA ARCHIVE



WIKIMEDIA COMMONS



Fall

August	10
September	12
Homecoming	18
October	20
November	24
<i>Into The Woods</i>	26
November	28
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Photo of Fundamentals of Art
by JOSEPHINE JOHNSON



Spring

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Photo of Sophie Stillson-Baillet
by ANAVIE BERNICK





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Boys XC	70	Sports Action	75
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Photo of Thomas Gesick by CURTIS CRAIG



Photo by LAUREN KIESEL

Front row: Coach Chris Goodwin, Coach Joe Protzmann, Sam Hardy, Max Ramsey, Merrick Woods, Joey Stolpestad, Brody Rindelaub, and Peyton Lange **2nd row:** Coach Steve Lydon, Quinn Devine, Ryan Spangler, Dane Borene, Trent Page, Donte Thomas, Andrew Starkman, Will Painter, Mykelti Dilard-Smith, Peyton Rogers, Jordan Sorenson. **3rd row:** Jonas Crappel, Amar Moore, Bennett Sauer, Landon Dillon, Lukas Hembre, Stephan Gustafson, Grady Rannow, Finn Waerner, Jack Vongillern, Kobey Howze, Jeffrey Ratliff, Dylan Lennick, Charles O' Malley, Jack Ulland. **4th row:** Johnny Rog, Marcelo Mena, Cutler Crook, Coach Drey Chisholm, Martez Stanley, Shawndele Jackson, Tyler Vandersall, Sam Murphy, Paulie Nathanson, Ben Tinnis, Nick Lampman, William Palmbly, Haaris Baig, Coach Trey Muraoka, Aiden Wilson, Samuel Quinn. **5th row:** Shyam Patel, Alex Schmitt, Bart Glover, Coach Hugh Brown, Oliver Mann, Warren Strootman, Conner Overguard, Matthew Tarr, TJ Moody, Charlie Moore, Leighton Pittman, David Kopilenko, Coach Collin Quinn, Fletcher Coblentz, Peter Ostrem, Josiah Hoffner. **5th row:** Charlie Hobbs, Vincent Pilling, Levi Reed, Coach Greenwald, Ruben Rubio-Ramirez, Romelio Love, Jason Lemma, Joaquin Pliego, Reese Hack, Taylan Stinson, Max Krumm, Roland Bentley, Jason Lemma, Ben Hobbs, Evan Anderson, Yannis Remus-Ford. **Back row:** Jacob Scholl, Scott Scholl, Zach Weiner, Chris Graves, John Flores, Coach Nate Davis, Coach Andy Tangen, Coach Brian Goblirsch.

The Pack attack



By the numbers

- 1069** Total yards rushing this season.
- 443** Total yards passing by Merrick Woods, with 273 to Kobey Howze.
- 25** Total sacks. Trent Page and Jeffrey Ratliff each had five.
- 538** Total tackles. Ratliff had 45; Page had 42.

The SMB Wolfpack – combining St. Paul Academy, Minnehaha and Blake – finished off the season with many team and personal accomplishments. Their record doesn't tell the full story. In the first eight games, the team had four convincing wins and lost four by a single score.

Individually, junior defensive end Trent J. Page stood out, earning All-District honors and the Coaches Choice Award. Also returning is Jeffrey Ratliff, a sophomore linebacker who had a breakout season and drastically improved. Page and Ratliff led Minnehaha's defensive players in tackles and sacks, while junior Merrick Woods and senior Kobey Howze led the way on offense.

– Story by Esther Waktola

“The past four years with my team has been a blessing.”

– Kobey Howze

LEADERS

Coaches: Chris Goodwin, Jordan Sorenson, Scott Scholl, Hugh Brown, Nate Davis, Brian Goblirsch, Steve Lydon, Trey Muraoka, Joe Protzmann, Collin Quinn, Andy Tangen, Peter Zantop, Sam Hinh
Captains: Merrick Woods & Peyton Lange.
All-District: Trent Page
All-Dist. Hon. Ment.: Ruben Rubio-Ramirez, Peyton Lange

SCOREBOARD

09.02	Fridley	L	14-15
09.09	@North St Paul	W	36-16
09.16	DeLaSalle	W	44-0
09.23	Minneapolis North	L	7-14
09.30	@ Park Center	W	24-14
10.07	Richfield	W	24-0
10.14	@ Kennedy	L	0-7
10.19	@ Providence	L	0-6
10/29	Benilde-St. Margaret's	L	7-25



Winter Sports

Hockey & Dance	83	Nordic Skiing	87
Girls Basketball	84	Sports Action	88
Boys Basketball	85	Spring Sports	94
Alpine Skiing	86		

Photo of Sam Anderson by ANGIE ASKEGAARD

SENIORS LEAD IN DANCE

This year the Concordia-Minnehaha (CAMA) Dance Team was fortunate to have all MA seniors leading the charge towards a team that reached new heights and created an experience to last a lifetime. "I have been grateful for the way I could rely on the team as an escape," said Adela Bragg.

When asked what final advice she would give to her peers, Grace Hedberg adamantly said, "Commit to being yourself, and don't let anyone



Photo by NOAH FARMER

Minnehaha's half of the M.A.-Concordia co-op dance team: Adela Bragg, Grace Hedberg, Layo Olawuyi, Maya Farmer, Ella Pickerign and Ingrid Lleva.

else change that, and give it your all." From the hours of getting hair and makeup ready to

the dance floor, the experience was one to remember.

— Noah Farmer



Photo by ALEX BERGERSON

Jack Swenson, Jack De Haven, Henry Salmon, Miles Kormann.

SPA WELCOMES 4

Minnehaha's four boy hockey players competed this season with former IMAC rival SPA as part of a co-op team. Minnehaha players have been in hockey co-ops for several seasons, but this was the first year M.A. didn't host the co-op. On March 15, the Board of Trustees said the school would no longer use its own arena and would "eventually raze the structure."

— Alex Bergerson



Photo by KAYLA RIDDLEY

Quinn Osterberg, Lauren Frenkel.

BEARS BECOME FRIENDS

This year was the first year of Minnehaha girls playing in Blake jerseys. The co-op consisted of M.A., Providence Academy and Blake; overall "It was fun, the girls were really nice, and this year was definitely the most fun year I've had playing high school hockey," said senior Lauren Frenkel. Additionally, she exclaimed that team members "get along together really well, despite being from different schools."

— Kayla Riddley



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Photo of Grade Level Olympics
by NIKAYLA RIDDLEY

In the Mirror

As we reflect on the past, things often end up distorted. It's a simple but true aphorism; no one is exempt from putting on the rose-colored glasses every once in a while. Gradually, we forget the difficulties, the stress, the mountains of homework; our anxieties and insecurities fade as time advances. What remains is a lingering feeling of nostalgia, with our best memories floating to the top. When we look back, our memories become more of a tribute to a time and place than a complete reflection. *This* is that tribute, a reflection (refraction?) of the memory of Minnehaha, to what it was, is, and will become. May we always remember things as a little better than they were. May we hold on tightly to the places and people who have shaped us, and never let them go. May we continue to be the community represented in these 176 pages, one who laughs together, learns together, and grows together, and may that last even after some of us have moved on to college. Looking back, we have a tremendous amount to be grateful for here at Minnehaha: for our facilities, for the staff, for the sports, the arts, the clubs, the connections, the community. And looking forwards, we still have so much to be excited about, and so much more living to do. If we can all agree on one thing only, it must be that.



Photos of
Meklit Tegenge
and Trent Page
by Curtis Craig.
Text by James Wilson.