Northwestern College of Chiropractic

Chiropractic
Healing the world one adjustment at a time

D.D. Palmer • spirit • electricity • listening • love • hands on • God • brain • vertebrae • B.J. Palmer

gentle • muscles • posture • nerves • cervical • thoracic • lumbar • bones • energy • dedicated • spine

NWH007017
Northwestern College of Chiropractic

2501 West Eighty-fourth Street
Bloomington, Minnesota 55431

Northwestern College of Chiropractic is where some of the best and the brightest future doctors of chiropractic are being taught, and it is Northwestern’s dedication to excellence that makes us those doctors. From the core basic science program to the solid clinical science curriculum, from the student clinics to the community based internship program, we are presented with huge opportunities to make our learning experience here a valuable one.
President's Page

Tomorrow, a class of 1998 will graduate from Northwestern and commence the new course of life that its members have sought and the College has helped them prepare for. Northwestern is always honored and its stature is built by its alumni who, with some healthy individual variation, practice chiropractic the Northwestern way, which includes the following:

- Practice and patient care decisions are integrity-based and centered on what is best for patients, because they are put first.

- High confidence in the chiropractic healing art is maintained because there isn't a more essential or effective conservative approach to good health than maintaining structural and neurological integrity through chiropractic case management, coupled with advising patients on how to live healthfully.

- Other health care professions are respected in their care domains, and graduates encourage a direction for the health care delivery system toward direct and equal access for all providers, and care integration, whether in common practice settings or “virtual” in community settings with independent providers working cooperatively to provide best care.

- Graduates never feel that they have all the answers; they continue to be students keeping abreast of advancing chiropractic health science; and care undergoes change as new information is acquired.

- It is counted a privilege and a blessing to be able to spend the work part of one’s life providing services for which so much appreciation is received from those who are served; is thought it an honor and a trust to provide caring service to all people, regardless of age, gender, race, ethnic or cultural background, or other persuasion or station in life.

- Active roles are taken in professional associations to shape and advance professional behavior, public information, public opinion and public policy in the direction that graduates of Northwestern stand for.

- The concept “if you continually give, you will continually receive” applies: What is given in career preparation and in service deserves and earns good livings, respect in communities, great satisfactions and love of career.

Dr. John F. Allenburg
July 31, 1998
This Year At Northwestern...

Founders Day

Teacher of the Year

Special guests, Fred H. Barge, DC and Christopher Kent, DC with Dr. Allenburg

Student Leadership Appreciation Dinner

The Student Senate Rockettes

Rachel Franklin and Mrs. Karla De Rusha

Book Signing

Joel Pins

Northwestern College of Chiropractic

Dr. Bergmann and Dr. Davis await the mad rush of students anxious to buy their long-awaited best seller.
Faculty and Staff

Basic Science

Thomas Frick
Walter Johnson
Kathy Lind
Audrey Osterland
Gary Phillips
Jane Richardson
Mary Tuchscherer
Daniel Wallace
Jane Wittich

Chiropractic Science

James Amundson
Julia Bartlett
Kevin Bartol
Steven Beck
Thomas Bergmann
Linda Bowers

John Brady
Antony Costanzo
Renee DeVries
Diane Dormandy
William Elkington
Bradley Finer

Stephen Fridinger
Rosemary Haywood
Norman Horns
Andrew Klein
Link Larson
Anita Manne
Admissions

Back: Lynn Heieie
Front: Henry Kaynes, Kathy Hinks

Copy Center

Jean Andrews

Clinic Affairs

Warren Moe, Mike Porter, Lynne Hvidsten, Joyee Stringer, not pictured: Heidi Wojhan

Bookstore

Sue Heil, Jan Halleen, Lila Hinson, Janice Jorenby

Business Office

David Gabrielson

The rest of the business office was not available for a photo.

Communications


The rest of the business office was not available for a photo.
Financial Aid

Stephen Murray, Aimee Myhrer, Karla Bromund-Barker

Andy Hoppin

Institutional Advancement

Susie Biwer
James McDonald

Library

Mary Miller, Della Shupe, LaVerne Hudalla, Carol Jones

Post-Grad

Diana Berg, Pete Boudjouk, Lil Pidde, Sharon Luhring, Ronette Redlaczyk, Kimberly Ross

Paraprofessional

Carol Gerken

President's Office

Nancy Johnson

Planning

Michael Skoglund
Physical Plant

Jim McCarthy, Sherry Envey, Gene Bangasser, David Walerak

Registrar

Jan Featherstone, Jeannie Rodemeyer, Jacqueline Plum and Marcia Grimmus

Rehab

Richard Hills

Student Affairs

Emily Sather and Larry Kuusisto

Research Department

Richard Branson
Gert Bronfort
Thomas Davis
Roni Evans
Claudia Hicks

James Hulbert
Andrea Kodner-Wenzel
John Meyer
Craig Nelson
Jennifer Tate
Student Health Service

Donald Eggebrect
Lynne Hvidsten
Ann Ivey
Carolyn Perry
Dane Rubos
Michelle Warzecha
Not Pictured: Susan Schoenheider

Metro Foods

Chris, Lisa, and Mike
Northwestern's Clinics

Bloomington

Burnsville

Daniel Conway  Terry Erickson
Becky Mjoen  Anne Packard-Spicer  David Smith  David Stude

Minneapolis

Steven Dandrea

Saint Paul

No photos were available

Drs. at the Saint Paul Clinic include:

Jeffrey Ewald
Kevin Kalb
and Rebecca Allen
T1 - Summer 1998

Just what have you learned?

HAVE YOU ANY IDEA?

Ghazala Usman
Jason Webb
Christopher Young
Nicole Lantz
Ryan Laqua
Chad Laux
Patrick Levesque
John Mack
Jodi Malloy

Stephen McCombs
Rachael McCoy
Paul Medlin
John Mills
Grant Modory
Scott Morrison

Kelly Niccum
James Nord
Ryan Norling
Brendon O'Brien
Moses Ogbemudia
Danielle Orlando

William Ormiston
Judith Parpan
Jennifer Pedersen
Carron Perry
Daniel Peterson
Caedin Pettigrew

Patrick Ploenzke
Lori Pottebaum
Kevin Rahn
Brent Robinson
Timothy Ryan
Richard Samoska

Jeffrey Schels
Sibylle Schoni
Tara Schwindt
Nicole Shanenko
Jonathan Simpson
Jeffrey Smidt
Not Pictured:
Michael Friedman
Timothy Kaplan
Nicole Lingen
Mark Linkert
Diane McLaughlin
Tara Roman

Kimberly Stratton
Rae Lynn Sturzl
Christopher Thomas
Karla Vareberg
Tara Watson
Ronald Weihs

David Wilson
Nicole Winfield
Max Winkler

T1 - Winter 1998
T1 - Fall 1997

John Toth
Daniel Upton
Tammy Van Dam
Brent VanDenBussche
Amy Videen
Sandra Whalen
Heather Wienke
Amy Wiese
Jessica Wille
Bethany Winther
Jeffrey Wock
Camille Wood

Not Pictured:
Harvinder Bhella
Dyanne Curit
Steven Guell
Patrick Harrington
Christina Mickelson
Lynn Miller
Kevin Ritzenthaler
Kou Vang
Todd Weiland
Kevin Wilmont

Warren Zook
TI PARTY!

Flashback to the 80's...
T3 – Winter 1998

Not Pictured: Hai Chau
Christopher Duchnicki
Sao Heu
John Jesme
Jer Lee
Johnny Huy Phan
Nevin Rosenberg
Virak Sotonn
Allen Thomas
T4 - Winter 1998

Brian Michaelis
Michael Mortenson
Einar Nielsen
Michael Novak
Michael Ouellette
Chad Peckels

Angeela Petersen
Mary Peterson
Paul Puetz
Jason Pulczinski
Ian Quist
Sara Rubert

Joshua Ruth
Lucinda Schmechel
Peter Scornaiencki
Brian Senoraske
Jason Stadther
Mark Suter

Heather Whitney
Kao Xiong

Not Pictured:
Byung Cha
Ricky Curtis
John Hassam
Dan Herr
Dawn Morgan
John Schneider
Gabriel Thomas
T5 - Winter 1998

Kara Paat
Kyle Pankonin
Craig Pickart
Scott Poeschel
Paula Prybylla
Robin Quist

Kelly Remillard
Thea Rick
Matthew Romanie
Cheree Sandness
David Schornstein
Craig Schulz

Jason Sherman
Amy Slettedahl
Kristen Smith
Chad Spillers
Gebhard Sproll

James Stafford
Nathan Statz
Erick Swenson
Derek Teets
Jesse Ternus
Vincent Tester

Tammy Tremmel
Shelly Van Metteren
David Wages
Jay Wanken
Debra Ward
Carolyn Weir

Anne Werner
Shane Williams
Lori Winger
Chad Zimmerman

Not Pictured:
Kelly Dawson
Darrin Hong
Randall Norsby
Mason Orth
Michael Schweitzer
Jason Strandberg
Tchuneng Vu
You girls enjoying Kyle’s backside...?

Yeah right.....they look real!

What are YOU lookin' at???

Scott and Wayne: Before and After!
T7 - Winter 1998

Stephen Kulbaba
Gregg Listrom
Shona Mackenzie
Shalona McFarland
Trevor Mintz
Deverick Morgan

Teresa Nelson
Stephen Noltava
Joseph Partyka
Derek Potvin
Sean Power
Sabine Saint Vil

Paul Schissler
Todd Schlager
Leif Schley
Jennifer Schroder
Ryan Schwiesow
Rodelio Sicat

Jojinderdeep Sidhu
Jonathan Smith
Mark Soli
Brett Stanley
Tamara Steinbach
Adrian Thompson

Chadwick Tieszen
Terence Timm
Cheryl Tripp-Thompson
Andrew Ulvin
Chad Wald
Hugh Wegwerth

Troy Wohlgemuth
Mark Young
Paul Zmiyiwsky

Not Pictured:
Daniel Arne
Jason Bramstedt
Dennis Brummond
Brenda Foxhoven
Chad Gaskell

ShaRhue
Matousek
Trevor Scanlon
Tien-Trinh Trinh
Colleen Tyler
Jennifer Vondrak
GRADUATES - April 1998

Jeffrey Hall  April Hines  Margaret Hudson  Joel Kanovsky  Scott Klaussen  Allison Korus

Craig Kracht  Nicole Landgraf  Jeffrey Lavell  Alan Liebe  Melissa Lopnow  Tammy Love

Mathew Masloski  Joseph Matz  Robert McClelland  John McLean  Sandra McLean  David Metcalf

Scott Millner  Aaron Mobley  Tanya Pederson  Kirby Perrault  Jennifer Petersen  Jennifer Rettke
GRADUATES - August 1998
GRADUATES - August 1998

Timothy Guthman  Christopher Hankins  Peter Landry  Lana Larson  Carol McFarland  Roberta Long

Wanique Peterson  Becky Richard  Thomas Schmidt  Jeffrey Schneider  Gina Schultz  Tami Schwab

Not pictured - April 1998:
- Glenn Bradley
- April Colby
- Stephen Engel
- Michael Kelly
- Thomas Kemper
- Kenneth Klausen
- Pok Liew
- Robert Muir
- Sheila Pound
- Christopher Smith
- Chad Spaulding
- Matthew Wasmund

Not Pictured - August 1998:
- Ted Harrison
- Oivind Kolstad
- Timothy McClure
- Adan Perez
- Bryan Sullivan
- Raehel Weiss

Gregory Steiner  Aaron Williams  Jason Zimmerman
GRADUATES - November 1998

Jason Gerard, Shaun Gifford, Darrin Gillette, Joseph Grausgruber, Katherine Gress, Joly Halverson,
Heidi Henrickson, Craig Herrmann, Sherilyn Hildebrandt, Anthony Hjelle, Brent Holtz, Bradley Horoshak,
Denise Jones, Kimberly Juraec, Chad Kelly, Thelma Knaucke, Eric Koehler, Jamie Kowal,
Matthew Lake, David Lee, Douglas Maguire, Ryan Mairs, Jessica Mansavage, Dale Martini
GRADUATES - November 1998

Shane Miller  Paul Moon  Dino Moriana  Kori Mortenson  Bruce Moseng  Timothy Munderloh


Dhruvesh Patel  Chad Petterson  Duane Pfieger  Cynthia Pischke  Patrick Quigley  Rochelle Rougier-Maas

Philippe Rufener  Dorothy Saunders  David Schmidt  Lee Schwartz  Jason Senechal  Paul Stimers
GRADUATES - November 1998

Troy Spurriil  Curtis Stuckel  Joshua Sturgis  Maxwell Synsvoll  Dennis Taylor  Susan Taylor

Richard Tieszen  Scott Van Dam  Douglas Vandolah  Gordon Winter  Michael Wise  Lisa Wojtalewicz

Not pictured - November 1998:
Linda Dobberstein
Bernard Krenner
Thomas Solien
Matthew Wilding
After all the studying and going to class is done, some people just won’t go home. The following pages contain some of the things that students use to fill their free time, whether it be practicing their technique, involving themselves in student government, or just hanging out and having fun, Northwestern seems to have something to offer for everyone.
Despite a few minor catastrophes, Chiro-games was a great success. Over 150 participants made the trip to Kansas City. In addition to a banner year in the medal count, NWCC showed its spirit in numbers, and in “post competition” activities. Thank you to the Student Senate, Sports Council, Canadian Club, and the administration for their generous support and contributions to the Chiro-games committee. -Patrick Quigley

Just hangin’ out and havin’ fun!

Melissa receives one of 5 medals for her outstanding swimming finishes.
Left: Everyone is wide awake and excited for the trek to Kansas City.

The softball team: Hungover again?

A little “post competition” fun...

No medals! But, our soccer team becomes the 1st to tie a game at Chirogames.

The flag football team had their best performance in years. (4-2) 6 games and 3 late nights at Kansas City pubs made for some very tired boys.
"Don't I look sexy this evening?"

"Ah Ha! I see you took one of me lucky charms."
The 1997 Halloween party actually took place after October 31st, but this didn't seem to kill the spirit one bit. Nearly everyone in attendance was in costume in one form or another.

There were aerobics instructors, flashers, and even a Dr. Frick costume, just to name a few. Prizes were awarded in many categories and a good time was had by all. -Mike McClain
Summer Jam

June 19, 1998 • 5 p.m. - 10 p.m. • on campus
Northwestern College of Chiropractic

Sponsored by
Student Senate
and Chi Omega Phi

Volleyball,
Sumo wrestling, and
much, much more!

Burgers, BBQ,
Beer (and pop)
Must present a
valid ID

Music by:
LEAP 27
5th ANNUAL ALL-COLLEGE
Appreciation Day!

Thursday, July 9, 1998
Baker Park, 10 a.m. - sunset

FUN!
swimming (bring your suit)
volleyball
horseshoes
softball
waterskiing (bring your boat)

PICNIC LUNCH!
Barbecue chicken and ribs, corn, watermelon, Jim's baked beans,
Claudia's coleslaw

GOLF TOURNAMENT!
Nine holes; three courses this year
Shooter start at 7:30 a.m., 8 a.m., and 9:30 a.m. Limited number of slots available - play for free!
Register with Diane Newcomer in Academic Affairs, ext. 219.

FOR MORE INFORMATION:
Call Susie at ext. 237.
Northwestern has many students that enjoy many sports, and even though we may not always win, we sure do have a good time trying!
Friday's “Hockey Night in Richfield” was always a sure bet for a great time outside of the local bar scene. After a shaky start in the summer, the squad made up of some old, but mostly new players, progressively won more and more games. Every game you could count on Dennis Taylor's fan support and Ed getting a penalty. Thanks to Marlin Vandermeulin and Rod Beaubchesne for taking care of team scheduling, and most importantly... beer after the game! -Trevor Mintz
The soccer balls are rolling at NWCC. 1997/98 saw men’s organized soccer come back with full force. The Cavtulators secured NWCC’s first soccer point at Chirogame ’97 with a nailbiting 20 second 4-4 comeback against Logan II. Hopes are high for Chirogames ’98. Three indoor sessions during the winter months were awarded with bronze, silver, and gold, in addition to a fun and eventful time. This year’s team consists of great talent and speed. They will be stronger and ready to prove a point!

-Jon-eirik Holm-Johansen

“The great fallacy is that the game is first and last about winning. It is nothing of the kind. The game is about glory. It is about doing things in style, with a flourish, about going out and beating the other lot - not waiting for them to die of boredom.” - Danny Blanchflower, The Glory Game
The Grasskickers show their enthusiasm for soccer with year-round league play and represent NWCC each year at Chirogames. They don’t always bring home medals, but currently hold a Chirogames record for the most soccer players jammed into a shuttle bus after a game (28 people)! -Colleen Tyler

Back (L to R): Sarah Bittel, Cari Hebert, Carrie Belton, Nicole Vany, Sara Rubert
Front (L to R): Tamara Steinbach, Wanique Peterson, Laura Gardiner, Colleen Tyler
The Northwestern Chiros play in the Minnesota Men’s State “A” division. They also compete in the city Riverview League, and ended their league play with a 14-11 record. They usually play 30 to 40 games per summer.

-Ryan Schwiesow
Tour de Spine

Tour de Spine is a bike ride from several chiropractic schools to a conference in Florida. The money raised by these bike riders will benefit spinal research.

Self-Defense Seminar

The Karate Club sponsored several self-defense seminars this past year.
Northwestern
1st Place Floor Hockey Team - FIGHTING KAMI-KAZEE NINJA WARRIORS

Runner-up Floor Hockey team - FAT CHAD'S DRINKING BUDDIES

Reindeer Run!

Intramurals
The mission of the Student Senate is to coordinate social, athletic, educational and cultural activities of the student body, and provide input into the conduct of student affairs to the administration and faculty of the college. The Student Senate's broad involvement in all college functions, clubs and activities allows the organization and its members the opportunity to influence student life, administrative decisions, and professional direction. For every 20 students, there is the opportunity for senate representation. -Rachel Franklin

Student Senate officers are: Jolyn Halvorson - treasurer, Rachel Franklin - president, Tonya Dockter - secretary, Kristen Smith - vice president, Nicole Vany - parliamentarian

Student Senate, hard at work - but what, no free lunch?
SACA

SACA is the student branch of the American Chiropractic Association, the largest national chiropractic professional association. The ACA has councils that students may join, such as sports injuries, neurology, nutrition, physiologic therapeutics, diagnostic imaging, mental health, and technique.

This past year, SACA has gone through some changes with the help of the co-presidents, Rochelle Rougier-Maas and Larry Fitzwater. Together they built a stronger chapter, getting more students involved. This past March, a group of 14 students went to Washington D.C. for the annual National Chiropractic Legislative Conference. While there, the group lobbied the PARCA bill, which will give patients a right to choose a doctor that may not be under their HMO. There were four different groups lobbying at all times. For the first time, some groups lobbied along with state associations. All students are members of SACA when they are enrolled. Many do not realize that the path of our profession will be determined by the public and more so by the politicians. So to make sure our careers are going in the direction we want them to, the students must be active now.

SACA currently has around 20 active members and growing. The current president is Heather Whitney and the vice president is Stuart Lamp.

-Heather Whitney
The Canadian Club provides Canadian students with an affiliation to the Canadian Chiropractic Association. This affiliation enables students to get current Canadian Chiropractic Journals, chiropractic business magazines and Canadian chiropractic board exam results. As well, information on national and provincial board exams and provincial legislation is made available to enable a smooth transition from student to doctor. Best of all, a Wine and Cheese gathering is held every term to foster new friendships and contacts. -Patti Andrews

Below: Canadian Club officers are: Kerri Brooker - finance minister, Trevor Mintz - governor general, Patti Andrews - prime minister, and not pictured Corey Finan - deputy prime minister.
The World Congress of Chiropractic Students (WCCS) is an international forum comprised of 15 member schools and over 17,000 students. Representatives from each school meet for five days on an annual basis to discuss issues that are most important to their student bodies. The WCCS endorses and acts upon proposals put forth by each school that they determine are pertinent to all chiropractic students. The congress is hosted by a different school every year who plans the theme and the activities involved. We are exposed to various speakers of philosophy and technique as well as the cultural flavor of the hosting town. In 1997, Sherman College of Straight Chiropractic hosted the congress in South Carolina and in 1998, Life College West will host the conference in California. -Sarah Bittel
MY FRIENDS!
There are many small clubs and organizations at NWCC that provide students with a variety of opportunities to get involved. Unfortunately, pictures of all the important services and activities that these clubs are involved in are not available. We would, however, like to acknowledge these students here.

SMCA: Tamara Steinbach, John Fisher, Cari Hebert, Dennis Taylor, and Michael Wise

Plexus Editors: Susan Ferguson and Shannon Chrivia

Pictures were not available of:
The Philosophy Club
NWIC
Tae Kwon Do
Shorin Ryu Karate
SOT
ICSO
Flexion/Distraction
Applied Kinesiology

SABCA: James Mosley, Carson Benjamin, Sabine Saint Vil, Deverick Morgan, and Mark Garnett
Sports Council

This year the Sports Council underwent many changes in addition to maintaining our involvement in providing its services to many sporting events around the Twin Cities area. In addition to streamlining and increasing the frequency of the ever popular taping seminars, the Sports Council hosted a series of bi-weekly, noon hour seminars on various topics related to the chiropractic care of athletes. Thank you to all the students, faculty, and athletes who participated in Sports Council activities. -Patrick Quigley

Officers: Patrick Quigley, Samantha Scuro, Dorothy Saunders, Willy Fielhaber
Gonstead Club

The NWCC Gonstead club is dedicated to establishing and building upon the basic fundamentals of the Gonstead system. This system includes patient analysis, the art of adjusting the vertebral subluxation, and the philosophy of chiropractic. The basic fundamentals of the analysis are observation, patient symptomatology, static palpation, motion palpation, instrumentation, and x-ray analysis. With the application of the analysis system one is able to confidently locate the subluxation. Once the subluxation has been correctly identified the adjustment is specifically and carefully applied to correct it. This adjustment should be made in a "neutral" position, with as little twist or torque in the spine as possible. Once the subluxation has been adjusted, the doctor must then know when to leave it alone. -Teri Fleming

Subluxations Diminish the Quality of Life.
Adjustments Enhance Life.
Get Adjusted!

Club officers include: Duane Drobot - treasurer, Willem Bos - vice president, Paul Moon - secretary, Teri Fleming - sergeant at arms, and not pictured is Dave Schmidt - president.
Motion Palpation

Motion Palpation Club (MPC) has reached its 7th year on campus and has grown to new levels. Our club has tripled in attendance and has implemented many new ideas and people. MPC gives students of NWCC the opportunity to learn from some of the most well known and skilled chiropractic practitioners in the world. MPC also gives students a sound philosophical belief and direction to turn the power of chiropractic on in millions of lives. We also give students the opportunity to practice and perfect their skills in the most reliable assessment technique today (JMPT, 1997). Club also enables students to practice many hours of hands-on palpation, adjusting protocols, and most important, just plain fun. As a future leader in chiropractic, I would like to thank all those who have inspired me and helped make MPC the most popular club on campus today. -Tim Guthman

The club officers include: Tim Guthman - president, Lori Dokulil - secretary, Heidi Hendrickson - treasurer, Tony Albright - vice president and Mike DeWitt.
Pictures You Never Thought...
You'd See in the Yearbook!
Many Faces from Many Places

There are so many students at Northwestern from so many different places, we thought we would let some of them tell you what they like best about home.

For most of you, South Dakota is thought of as a barren no-man’s land, where people still travel by horse and carriage, and study by candlelight. (Granted, there are more people in the mall of America on any given day than in the whole state of South Dakota!) Yet people travel from around the world each year to visit places like Wall Drug, and the Sturgis Rally, and Mount Rushmore and the beautiful Black Hills. So, as long as you don’t go east of Wall, you can be rest assured that there will be running water and you won’t have to use the outhouse. — Dustin Craft.

Wisconsin — home of arguably the most loyal football fans in the world. Season tickets for the Green Bay Packers are sold out for the next 100 years! Many young people are being put on the waiting lists in the hope of getting season tickets for their great-great grandchildren. That’s loyalty. — Jason Baietto.

Iowa proudly features their sexy, invigorating, newest pajama model. Way to go Brent Scheideman!

Visitor’s Guide to Massachusetts: After arriving at Logan (the airport), the first thing you should do is rent a car (car). On your way down the escalator, you might see a kid take a fall (trip) which would be wicked pissa (really funny)! However, if it was you who was falling, you’d probably be bullsh — (really mad)! Make sure you know when and where you can “bang a u-turn” and drive in the breakdown lane (shoulder). If you plan on going to the Cape (Cape Cod), you should be familiar with who has the right of way in the rotary (unexplainable traffic circle). When you find yourself getting thirsty and you just want water to drink, hit the bubbla (water fountain). If it’s coffee regular (coffee with cream and two sugars), go to Dunkin Donuts; or if you’d prefer a beer (beer) got to the nearest packie (liquor store). Seriously, once you can understand the language, there’s so many things to do here. For all the baseball fans, Fenway Park does baseball the right way — outside! There’s also great shopping across the entire state from the new outlet malls in Lee to Quincy Market in Boston. For those history buffs, check out where the Salem Witches were murdered, walk Paul Revere’s freedom trail, or participate in a reenactment of life on the Plymouth plantation. — Sandra Whalen.

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Iowa proudly features their sexy, invigorating, newest pajama model. Way to go Brent Scheideman!

Visitor’s Guide to Massachusetts: After arriving at Logan (the airport), the first thing you should do is rent a car (car). On your way down the escalator, you might see a kid take a fall (trip) which would be wicked pissa (really funny)! However, if it was you who was falling, you’d probably be bullsh — (really mad)! Make sure you know when and where you can “bang a u-turn” and drive in the breakdown lane (shoulder). If you plan on going to the Cape (Cape Cod), you should be familiar with who has the right of way in the rotary (unexplainable traffic circle). When you find yourself getting thirsty and you just want water to drink, hit the bubbla (water fountain). If it’s coffee regular (coffee with cream and two sugars), go to Dunkin Donuts; or if you’d prefer a beer (beer) got to the nearest packie (liquor store). Seriously, once you can understand the language, there’s so many things to do here. For all the baseball fans, Fenway Park does baseball the right way — outside! There’s also great shopping across the entire state from the new outlet malls in Lee to Quincy Market in Boston. For those history buffs, check out where the Salem Witches were murdered, walk Paul Revere’s freedom trail, or participate in a reenactment of life on the Plymouth plantation. — Sandra Whalen.

With four distinct seasons and great geologic diversity, Tennessee offers limitless outdoor recreational opportunities year around. While attending U.T.- Knoxville, I spent so much time mountain biking, fishing, hunting, hiking, camping, and golfing, I was lucky to graduate before retirement age! — Carl Pearson.

What’s happening in ... New York State. As fall takes on its colorful mantle, visitors can enjoy the largest collection of American art in the world at the Met. Every Saturday, the streets are filled with street performers and beautiful fall foliage surrounds the city’s monuments. For art lovers, the fall season of performances at the Metropolitan Opera offers a diverse array of operas, ballets, and concerts. The city is also home to The American Museum of Natural History, the world’s largest natural history museum, and the American Museum of the Moving Image, which houses a collection of film and television memorabilia. Visitors can also enjoy the fall foliage in the Adirondack Mountains, which is one of the most scenic drives in the state. The state is also home to a variety of festivals, including the Jazz at Lincoln Center Festival, the New York State Fair, and the annualRails-to-Trails Festival. The state is also known for its delicious food, with a variety of restaurants and food markets throughout the city. For nature lovers, the state offers a variety of outdoor activities, including hiking, biking, and camping. With so many options, there’s something for everyone in New York State. — Assistant.
Welcome to Manitoba, smack dab in the middle of Canada. The capital is Winnipeg — holding the title of having the windsiest corner in Canada. Winnipeg is also the Christmas Capitol of the world. Elves here help Santa answer over 850,000 letter per year coming from 23 different countries and respond in the language they are written! Us Manitobians have found that a common U.S. belief is that an instant blizzard occurs as you cross the border into Canada. Temperatures reach a scorching 38 degrees C which may explain why Winnipeg is the Slurpee Capital of the world. On average, 4500 slurpees are sold per 7-11 store in the summer months in Canada, yet in the Peg, the average is 6800. You can enjoy one of these delicious cool drinks on Grand Beach, Manitoba rated one of the top 10 beaches in the world. — Jamie Kowal

Don’t get me wrong, I like Minnesota, but I sure do miss Nebraska. It’s nice in the summer to be outside enjoying the heat and sun without it being so humid. It’s also very nice to be able to tell the difference between a bird and a mosquito! I miss a lot of things in Nebraska, but most of all, I miss the fall and the winter. I don’t miss it because the hunting is great (which it is) or that we don’t always get as much snow as they do here in Minnesota. I miss it because during football season, it’s hard to find a place where the Nebraska Cornhuskers are on T.V.. It’s surprising that Minnesota wouldn’t have more Husker fans. You would think that after watching the Gophers get killed all year long and see the Vikings choke at the end of every season, they could find a way to get a good team on T.V. up here. GO HUSKERS!!! — Randy Hedlund

In describing New York, I must first start with what we have the most of and that’s attitude. Most everyone here has their fair share of it! New York is a great state because it has something for everyone. For all you country folk, you can spend time upstate, while all you partiers have one of the greatest cities to be in. The combination of the five boroughs (Bronx, Brooklyn, Manhattan, Queens, Staten Island) always leaves you with a club or bar to party in up until 3 a.m. if that’s what you like. New York also has the best shopping. The Mall of America is nice, but it can’t compare to the block long Macy’s or the Village in Manhattan. New York is the kind of place that whatever you wanted, you would be able to find it. New York is crazy, and can even be scary to some, but it is loved by me. If you have never been there, you need to visit. — Carson Benjamin

Welcome to Florida, a whole lot more than warm sunshine, beautiful beaches, and tropical breezes. Its cultural diversity and renowned universities attract the intellectual visitor while the Florida Marlins and Tampa Bay Bucs give the sports enthusiasts plenty to cheer about. Not every Floridian lives on the beach. We have beautiful horse ranches in the Ocala area, world-famous medical facilities in Gainesville and guess where the best tasting orange juice comes from? — Jeff Berard
YEARBOOK!

The yearbook staff, yes the 2 of us, would like to thank all those people who so willingly let us take their pictures, those of you who submitted articles and pictures on time and anyone else that helped us out this year.

Thank you to Carson Benjamin for being a guest photographer.

A special thank you to Nicole Isler of Express Creations in Waukesha, WI for designing our cover this year.

-Jena Anderson and Heidi Moberg