



Forest Lake gymnastics team earns state bid

John Wagner Sports Editor

In recent seasons, the Forest Lake gymnastics team has been represented by individual gymnasts at the state meet.

This year will be different - in a good way. The Rangers will send their entire team to the state meet after winning the Class 2A Section 7 title in a meet the team hosted on Friday, March 19.

"The state meet is such a fun meet to go to, because everyone there is so good," said senior Claire O'Gorman, who will be competing at state for the third year in a row. "In years past I've gone with the whole team. And that's super-exciting; I won't be alone out there."

The Rangers punched their ticket to state by posting a season-high team score of 145.825 to best second-place Anoka, which had a 144.875. The team victory snapped a string of 11 straight titles by Cambridge-Isanti, which finished third at 143.850.



only one teammate, and The Forest Lake gymnastics team, lead by coach Lindsey Pierron (left), will advance to the state meet for the first time since this year I get to go with 2009 after winning the Class 2A Section 7 meet it hosted on Friday, March 19.

here, we have never bro- 38.050 score. ken 145 [as a team]," coach Lindsey Pierron said. "So beam, I realized I had the school record in that event and a third in vault (9.550). to go past that and score two events that made me with a 9.875 score. 145.825 was pretty excit- the most nervous out of ing. But these girls de- the way," O'Gorman said. far from a one-woman also had a strong perforserved that score."

man was the star of the left, so that gave me conmeet, winning the vault fidence." (9.875), bars (9.450) and

"Since I've coached all-around title with a vault, she received scores Her strong performance

Individually, O'Gor- events [floor and vault] placed third in the all- cise," said Pierron of Sisco,

floor (9.675) to claim the meet in style: On her final competition in that event. Delaney Nickles finished

of 9.9 and 9.85 from the included a second-place "After I finished the judges, which gave her the finish on the bars (9.225)

score that will allow her to with a fine 9.400 score. O'Gorman finished the join O'Gorman in the state

Photo by John Wagner

"Keely had a career-best But the Rangers were on vault, and I thought she "I knew I had my two best team. Junior Keely Sisco mance in the floor exeraround with a fine 37.000 who finished sixth on floor

Meanwhile freshman

ninth in the all-around with a 35.425 mark, and she qualified for the state meet individually with a 9.450 score on the floor.

"She wasn't as confident as she normally is because she's still coming back from her injury," Pierron said of Nickles. "But her routine on the floor was the best she's done all year."

As a result Forest Lake will be making its first appearance as a team in the Class 2A state meet since 2009, and their fifth from Class 2A Section 7 overall.

The state meet will be hosted by Champlin Park High School, with the Class 2A meet held on Saturday, March 27. As the representative from Section 7, Forest Lake will compete starting at 11:30 a.m.

"I think it's going to be so much more fun that the team gets to compete together," Pierron said. "It isn't about one person, it's about the entire team. And it will be exciting that they get to experience it together. They have worked so hard for it, and they deserve it."

Ranger wrestling sends 4 to state

Cardinal sets *school and* section career wins record

John Wagner Sports Editor

Four Forest Lake wrestlers have put themselves in position to cap an unusual season with an unment.

to win the title at 195.

"Tyler is an elite wres- state. tler," Kunshier said. "He's one of those special kids sixth at 132 pounds at last rarely in a coaching ca- lost his first-round match reer. He has worked so to Gabe Wagner of Brainhard, and he should not erd. VanAcker fought be considered in Der- back to win his next three forgettable accomplish- rick's shadow."He pinned matches to claim third, a kid in the finals who is but in his true second

Not to be overlooked losses as well. Arguably is fellow senior Raway, the most painful came at who posted three pins in 145, where junior Dana combined time of 5:29 iel VanAcker came one win short of advancing to

VanAcker, who placed who come along very year's state tournament, The Rangers will send state-ranked, and it was match he lost to Dalan



seniors Derrick Cardinal mance. He's really, really omore Jacob Aho and time." freshman Parker Lyden - to the state meet after by a mid-season injury, the second round to Caeach finished in the top but he showed he was den Carlson of Willmar. two spots in their weight healthy in winning the Lofgren won twice in day, March 20.

Cardinal, Raway and while Lyden placed second at 106 pounds.

"We had 13 kids wresvanced to the State Prelims," coach Joe Kunshier said. "I think it's great to have that many guys advance to the state meet."

Cardinal made the ble of doing that." biggest splash at the State Prelims. His 19-3 technical fall over Steven Cruze of Willmar was the 236th victory of his career, surfor career wins set by former Ranger great Ben Morgan.

a three-time state champion who wants to be a clinch his state berth. four-time state champiplishment."

first win with another ment." technical fall and a 9-3 132-pound crown.

a quartet of wrestlers - just a dominant perfor- Jones of Coon Rapids.

point.

"Jake is one of those true second match. Aho all were impressive kids who, once he puts in winning their weight his feet on the mat, is not registered by freshman class at the tournament, thinking about injuries he just works with what he has," Kunshier said. "He's healing well, and tle at sections, and 11 ad- he's a tough, sound kid. After placing at the state tournament last year, his goal isn't just to get there. He wants to place, and place high, and he's capa-

Lvden earned two wins in the 106-pound bracket to advance to the championship match, where he lost to Leo Edpassing the school and blad of Cambridge-Isan-Class 3A Section 7 record ti. Since Lyden had not faced third-place finisher Vance Barz of Sauk Rapids Rice, he was obliged "We all know what to wrestle a "true second" Derrick's goals are: He's match; Lyden claimed a 4-3 decision over Barz to

"Parker had a really on," Kunshier said. "But good tournament," Kunthere have been wrestlers shier said. "He was seedin this section who have ed third, but he wrestled become college national above his seed. And in the champions, so to surpass State Prelims he avenged them is quite an accom- a loss to Brandon Board of Andover. He wrestled Cardinal followed that a sound, smart tourna-

While there were decision over Luke Stud- plenty of highlights for er of Blaine to win the the Rangers, there were some heart-wrenching

Junior Alex Lofgren and Tyler Raway, soph- coming on at the right suffered a similar fate at 138, winning his first Aho has been limited match before losing in class at the State Prelim 113-pound title without the consolation bracket tournament hosted by allowing his three oppo- to secure third place, but Coon Rapids on Satur- nents to register a single Carlson placed second, negating the need for a

Another close call was

Submitted photos

Forest Lake senior Derrick Cardinal, left, stands with former Ranger standout Ben Morgan after Cardinal claimed his 236 career victory. That total broke the school and Section 7 career record held previously by Morgan.

Jackson Marr at 126. before losing in the sec- he lost twice, while junior After winning his first ond round to eventual Jordan Silvera earned a match, he was shut out champ Alex Kowalchyk pin in his first consolain the second to fall into of Coon Rapids. Rendl tion match before bowthe consolation bracket, advanced to the third- ing out with a 1-2 record where he dropped a 6-5 place match, where he at 220. decision to end his sea- lost a tight decision to son.

Freshman Mark Rendl was seeded fourth at 170, Geary advanced to the on Saturday, March 27

Macray Klohs of Buffalo.

The Class 3A state semifinals will be hosted Sophomore Colin Mc- by St. Michael-Albertville







Ranger boys hockey loses | Forest Lake girls hockey upset in section semifinals to Elk River/Zimmerman

John Wagner Sports Editor

The Forest Lake boys od. hockey team dropped a 7-5 decision to Elk River/ finals of the Class 2A Sec-Thursday, March 18.

As the overall No. 3 seed in the section, the ed for three straight goals, Rangers earned home ice the first coming at the 9:57 for the contest. But the mark and the other two fifth-seeded Elks scored less than a minute apart the only goal of the first and with under two minscore at 3-3.

got Forest Lake rolling the scoring. with his goal at 2:25 of Jackson Maas and junior Forest Lake, which fin-

goals less than two minutes apart late in the peri-

Elk River collected a short-handed goal at 3:27 Zimmerman in the semi- of the third period to take the lead, but Middendorf tion 7 South Bracket on retied the game roughly two minutes later.

Then the Elks explodperiod before a wild sec- utes to play. Middendorf ond period leveled the completed a hat trick, his second of the season, in Senior Connor Brust the final minute to close

Senior Casey Sauve the second, while senior finished with 26 saves for Gavin Middendorf netted ished with a 10-7-2 record.



Photo by John Wagner Junior C.C. Walesheck skates up ice in the Forest Lake girls hockey team's 5-1 victory over the Northern Tier Stars on Tuesday, March 16.



Rangers beat Northern Tier Stars in opener

John Wagner Sports Editor

The Forest Lake girls hockey team suffered a cruel finish to an outstanding season.

The Rangers dropped a 4-1 decision to Grand Rapids/Greenway in a home semifinal contest in the Class 2A Section 7 tournament on Thursday, March 18.

In that game, second-seed Forest Lake fell behind when the third-seeded Lightning scored once in the opening period and two more goals in the second.

Senior Emma Brust got the Rangers on the board with a goal at 3:48 of the final period, but the team was unable to mount a comeback, as it had often done during the regular season. Grand Rapids/Greenway iced the victory with a short-handed tally late in the third.

Sophomore Adria Haley finished with 16 saves for Forest Lake, which finished with a 15-4-2 overall record.

The Rangers opened

section play with a 5-1 victory over the seventh seed, the Northern Tier Stars, in a home contest on Tuesday, March 16.

Junior Iennarae Bateman scored just 20 seconds into the game to give Forest Lake the lead, and the Rangers added goals by sophomore Emma Halweg and senior Rachel Golnitz to build a 3-1 advantage after the second period.

Junior C.C. Walesheck scored early in the third period, and Forest Lake spent the final five minutes of the third period killing off penalties. But the Rangers did not allow another goal, while freshman Sami Pool added a short-handed marker to close the scoring.

"I thought we were a little sloppy in the first period, but I thought we cleaned things up nicely in the second," coach Andy Richardson said. "I was really pleased with the way we killed penalties in the third, and adding a short-handed goal was a great way to respond."

Haley stopped all but one of the 20 shots she faced to earn the victory.

SPORTS BRIEFS

Compiled by John Wagner

Bothun claims multiple awards

Forest Lake graduate Josie Bothun was ate Jennifer Parent set named College Hockey a University of North Association Goaltender Dakota school record of the Year and also was and scored in three named to the All-CHA different events for the First Team, the league Fighting Hawks at the announced on March 3. Summit League indoor

The freshman at track and field champi-

Forest Lake gradu-

Parent sets UND

track record

au HIC License# H010 istration# IR731804 F 7000 Regis on# 176447 Registration# H09953900 Registration#

This is a great opportunity to talk about what's new with your business and invite our local readers to support the local goods or services you provide.

Forest Lake Times Progress 2021



This special section will be delivered to over 12,000 homes in the Forest Lake, Scandia & Wyoming areas on April 29th in the Forest Lake Times & May 2nd in the St. Croix Valley Peach . It will also be visible on forestlaketimes.com for 12 months.

The 2021 Forest Lake Times **Progress Edition will feature** interesting local editorial about New Businesses. Milestones. Remodeling and Expansions.

ADVERTISING DEADLINE **APRIL 14, 2021**

AD SIZES TO SELECT FROM

Includes full color, design services if required, proofs & digital ad set-up.

Sixteenth page	\$205
Eighth page	\$300
Quarter page	\$575
Third page	\$770
Half page	\$1055
Full page	\$2160
Full page 9.889" w	vide x 21" ht.

With any size ad purchase 10,000 digital display ad impressions on forestlaketimes.com are included!



Contact your multimedia sales representative for assistance Lorri Klajda / email: Lorri.Klajda@apgecm.com / 763-233-0713 Lori Ann Kofstad / email: LoriAnn.Kofstad@apgecm.com / 763-233-0711



Penn State set a school onships on Feb. 28. single-season record 20 games, and she post- at the league champigoals-against average record with a leap of age.

of eight finalists for the ple jump (11.38 meters) 2021 Women's Hockey and pole vault (3.87 me-Goaltender of the Year ters) to help North Daaward sponsored by the kota finish fourth in the Hockey Commissioners meet. Association.

The junior finished

with 16 victories in just sixth in the long jump ed a league-best 1.41 onship, setting a school and .947 save percent- 5.76 meters (18 feet, 10.75 inches). She also Bothun also is one finished sixth in the tri-



7-Year Extended Warranty* A \$695 Value! Offer valid February 15 - June 6, 2021

Special Financing Available Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.





Adaptable True finds right form

Senior finishes 10th in 100 breast at 4th state meet

John Wagner Sports Editor

Forest Lake senior swimmer Maxamilian True entered this season as one of the top high school breaststrokers in Minnesota, having qualified for the state tournament each of the previous three seasons.

But the school record holder in the 100 breast did not balk when coaches suggested tweaks to his stroke early this season.

"There are always changes that need to be made to get faster," True said. "At the beginning of the year you can always work on things. I'm open to changing my stroke to finished among the top or 11th, so I got my varsimake me faster."

That response was music to the ears of Rangers 10th with a time of 57.46. boys swim coach Dominick Mancini.

him better, make him fast-

thrivent

ERICKSON

BOLTON & MENK



Photo by John Wagner Senior Maxamilian True, shown competing in the 100 breaststroke in an event late in the season, finished 10th in this year's state meet with a 57.46 clocking.

in the 100 breast, placing

That capped an impres- which was excellent." sive Forest Lake career wants to fill it," Mancini grade, when he made an first time as a freshman

er. That's what drives him." the JV, but by the end of a leg in the 200 free relay True made his fourth the year I was swimming and earning a spot in the consecutive trip the state with the varsity," he said. "I 100 fly. The following year meet, which was held needed to score 45 points True finished seventh in takes a long time - seaat the Freeman Aquatic in meets that season to let- the 100 breast, breaking Center on the University ter, and I entered the sec- the school record with things," Olson said. "Max matched only by his drive of Minnesota campus on tion meet with 44 points a 57.19 clocking, while has been pretty quick to to work hard. Friday, March 19. For the - so I knew I needed to also swimming a leg for pick up what we've been

11 swimmers in the state ty letter. And I dropped 15 seconds off my time in the breaststroke [that season],

"If there's a gap, he that began in the seventh in the state meet for the said of True. "He embrac- immediate splash with his in 2018. In that meet he es things that will make ability in the breaststroke. placed 11th in the 100 "I started the season on breast, while swimming fourth year in a row True score there. I finished 10th the 200 medley relay that showing him. He's always the day is, what set he's

placed 14th.

breast.

That did not stop True when this season began.

searching to do things Last year he again better. He's always askswam the breast for the ing how he can improve. 200 medley relay that With him, I always focus placed 13th, and individu- on what he's doing right. True qualified to swim ally he took ninth the 100 He's doing a lot of things right."

Those adjustments from working with assis- helped True shatter his tant coach Kellie Olson school record in the 100 on a variety of subtle im- breast at the Class 2A provements to his form Section 7 meet, where the senior defeated a talented "A lot of swimmers it field with a 56.51 clocking.

Mancini said True's sons, really - to change drive to improve is

"It doesn't matter what

doing, or anything that came before: In the water, Max is one of the hardest-working guys," Mancini said. "He sets a great example for the team. He embraces the fact that swimming is a tough sport, and he's willing to do the work to get better."

Mancini said True also has focused on helping the Forest Lake program improve as well.

"During a meet you see him pacing the sidelines, cheering guys on," Mancini said. "And he's willing to pull guys aside and tell them things he's seeing."

True said he thanked his coaches at Forest Lake, former coach Joe Mau and current coaches Mancini and Olson, for helping him reach his goals of returning to state and breaking the school record.

"My coaches have helped me correct and improve my strokes, but they also have taught me life lessons as well," True said. "And I thank my parents, Rob and Ann True. They come to meets, support me, and have done a lot of things for me."

Olson said she will be sad to see True graduate.

"People know his name in the swimming world because he's a good swimmer," she said. "But he's such a great leader and such a hard worker, losing him is going to be hard."



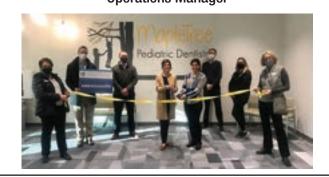
Lead Ambassador Karl Amlie, Express Employment Professionals; Mary Beck, Realty Executives; Neal Peterson, Neal Peterson State Farm Insurance; Lisa Leseman, Rapid Press Printing; Chelsea Erickson, LaBelle Real Estate; and Diane Dietsch; Bell Bank

Sun Yi's Academy of Traditional Tae Kwon Do The philosophy at Sun Yi's is that Tae Kwon Do has a place for everyone in their journey for personal development with who they are in this world, while contributing to a stronger community. 255 Highway 97, Suite 5B, Forest Lake, MN 55025 Phone: 651-808-8139 • Contacts: Eddie & Theresa Gibson



MapleTree Pediatric Dentistry

MapleTree Pediatric Dentistry provides an atmosphere that ensures a fun and relaxing visit for patients and parents including prizes at the end of the appointment! 1420 Lake Street South, Suite 150, Forest Lake, MN 55025 Phone: 651-779-9004 • www.mapletreepediatricdentistry.com Contacts: Michele Olson, DDS; Claire Mielke, DDS; and Trevor Cmiel, **Operations Manager**



CITING SPRING FLING

APRIL 3

PRESENTED BY Chamber of Commerce EGG-CITING SPRING FLING MARCH 29 AP

Events:

- Photos with the Easter Bunny
- Easter Egg Hunt
- Spring Fashion Show
- Facebook Lives
- Giveaways
- EGG-stra Special Deals
- **Participate in the "Hop on In" Passport fun!** Visit Big Apple Bagels, Best Defense Armory & Range, Fireside

Getaway, Lakes Floral, Mainstream Boutique, Music Connection, Pegasus Pizzazz and Rapid Press for your passport and passport STAMPS. Completed cards qualify YOU for entry into a \$100 gift card drawing!

for all participating businesses, detailed schedule & specials visit our Facebook event at @forestlakechamb





Taking their shot



Photo by John Wagner

Three members of the Lakes International Language Academy archery team - from left, Wilbur Newell, Stella Newell and Sophia Parke - line up shots while competing in the Osakis Archery Tournament, which was held virtually on Saturday, March 20. LILA's high school team placed second in the Osakis Tournament and will be competing in the National Archery in the Schools Program's Minnesota State Tournament this Saturday, March 27.

Forest Lake hoops teams in action this week

John Wagner Sports Editor

7 tournament without road on Tuesday, March breaking a sweat.

The Rangers were ed before press time. scheduled to open the tournament with a home they advanced to the dover advanced with a game against Cam- championship bridge-Isanti on Satur- against the winner of ka. day, March 20. But the top-seeded Andover and Bluejackets were forced No. 5 seed Coon Rapids. to forfeit the contest That game will take place over concerns regarding Thursday, March 25; if COVID-19.

vanced to the semifi- Lake would host. nals of the section and

10

8

which claimed a 78-59 tion 7 play with a home The Forest Lake boys home win over Anoka in contest against Andover basketball team advanced its opening game. Forest on Tuesday, March 23, to the second round of Lake's contest with Dulu- that was not completed at the Class 4A Section th East was played on the press time. 23, and was not complet- top seed in the section,

If the Rangers won, Anoka wins, it will host to be played on Thurs-As a result, the No. the championship, but if day, March 25. Their op-3 seeded Rangers ad- Coon Rapids wins, Forest

a matchup against sec- est Lake girls basketball seed Coon Rapids.

10. Amazon product

ond-seeded Duluth East, team began Class 4A Sec-

The Rangers, as the received a bye into the semifinals, while Angame home victory over Ano-

If Forest Lake won on Tuesday, they advanced to host the championship game of the section ponent would be either second-seeded Cam-Meanwhile the For- bridge-Isanti or No. 6

CLUES ACROSS 1. As soon as possible 5. Gateway (Arabic) 8. Doctors' group 11. Madder genus of plants

identifying system (abbr.) 12. Basics 14. Cain and 19. Malaria

SOLUTIONS ON PAGE 11

37. French river 39. Thinks up 40. Type of geological deposit 41. Helps little firms

11 15 25 30 32	18 26	27	28	12 29	19 22	23	13 16 20	31		24	14 17 21 34	35	36	37	plants13. A team's best pitcher23. Indicates particular41. Recps tittle mins13. A team's best pitcher23. Indicates particular42. Area units14. Ancient Greek sophistshape44. A device to remove15. Go up24. Respiratory disease24. Respiratory disease16. Neither25. Central Standardclique17. Bolivian riverTime46. Polite interruption18. Manila hemp26. Imitatesound20. Comedienne27. Golf score47. Foundation21. British School28. A place to lay your48. Clare Boothe,22. Human reproductive29. Three cards of the51. Swiss river25. Surrenders34. Not in53. Actor Idris30. Dog with long, silky35. Human gene36. Ancient Chinese54. Resistance fighters31. Sun un in New YorkSoundsound54. Resistance fighters
47 55 59 62	48	45	46	38 43	39 49 56 60 63	40	44	41	42 50	51 57 61	52	53	54	58	SolutionSolution32. Lead alloy33. Eastern Asian plant38. Rapid deploymentforce (abbr.)41. Japanese warrior43. Festivity45. Interruptions47. Nonsense (slang)49. Data miningmethodology (abbr.)50. Calvary sword55. French river56. Global burinosc6. Global burinosc
	P K T N V E W Q S R J L P Q O W S K E A	H / I / T	A E A P K T D G D L D L O T F I A O R J	US SF D F A S W I S V H I O N F C N	EAT I U E	L P Q B U S T A D V Q N Q A Q C H O T H	P A N N T D H H H C S H I I E P H T W S R L L	I K I	SE SS SS SS SS SS SS SS SS SS SS SS SS S	AR I I U R O E E L L S B F E E N Y G	M D A O U C R T T	Y G N I W E S V Y J	ADHE ANTI APPL ART BRU CAN CL DET EMB FASI	QUING IQUE IST ADS SHES VAS AY AIL	56. Global business conference (abbr.) 57. Afflicted 59. Con man's game 60. No (Scottish) 61. Jewish spiritual leader 62. Fish 63. Camera term (abbr.) 64. Impudence CLUES DOWN 1. A continuous portion of a circle
H C D V B D I Y H	H Y S W U T R W B D C F B Y H M K E P H	R I A S S T H I F C E I H I B words	R E T N I I M A P Q M T D W G I P O L P S hidde	E T A G R D S K N T W S N R I T A Y T Y n verti e	J	A D F I M R I C R R E L A W R S I Q A R D rizont a	W T A J D A N E G L G D E J W W T C T J	H D N D I I C Q S Onally	K T W L D Q Q R G G T F C L D F J P y, and b	A N D I H U E Q S I I T V N E A L V V N V N	E D L E S B U U	J T S R U L E R H D	II INSPII JEWI MATEI NEEI PAI PAT PHOTOO RUI	IK RATION ELRY RIALS DIA DLES INT PER FERN	2. Genus of seabirds 3. Infant's dining accessory 4. Native Americans from Arizona 5. Popular fruit 6. Poisonous plant18175234. Native Americans from Arizona 0. et al.175