

SPORTS & SCHOOL NEWS

PRIDE TRANSITIONS

PRIDE students receive diplomas



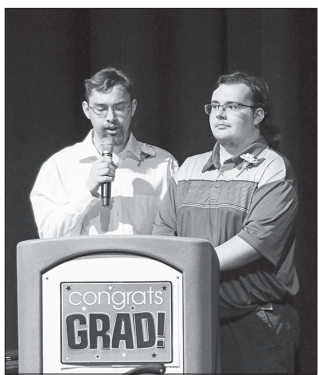
A total of 10 PRIDE Transitions 2022 graduates display their high school diplomas on Tuesday, June 7, outside of the auditorium at Discovery Elementary School. Pictured above are the 10 graduates: (front row) James Beyer; (middle row, left-right) Mary Grace O'Sullivan, Edward Johnson, Charles Bentfield, Alexis Towers, Nicholas Grady, Kyle Kauffman, Duncan Neska; (back row, left-right) Matthew Brickley and Matthew Senstad. (Photos by Rob LaPlante)

By Rob LaPlante
Sports Editor

PRIDE Transitions held an in-person graduation ceremony on Tuesday, June 7, at the Auditorium at Discovery Elementary School.

Ten of the 33 enrolled students graduated in 2022. This year's graduates includes (listed alphabetically): Charles Bentfield, James Beyer, Matthew Brickley, Nicholas Grady, Edward Johnson, Kyle Kauffman, Duncan Neska, Mary Grace O'Sullivan, Matthew Senstad, and Alexis Towers.

PRIDE Transitions is a special-education program, formerly part of the Buffalo-Hanover-Montrose program, now part of the Southwest Metro Program,



PRIDE Transitions students spoke on behalf of the 10 graduates at Tuesday's graduation ceremony at Discovery Elementary School's Auditorium. Pictured above on left are Charles Bentfield (left) and Edward Johnson (right). Pictured above on right are Mary Grace O'Sullivan (left) and Alexis Towers (right).

still serving BHM students ages 18-21, who need assistance in transitioning from high school to the workforce. In addition, staff



members assist in furthering PRIDE students' independent living skills, PRIDE coordinator Terri Brummer details a life les-

son each year to the graduates. This year's life lesson was titled, "Struggles of our Life." Brummer used a potato, egg, and coffee grounds as an example to show how each goes into a boiling pot of water in different ways. When boiled, the hard potato softens, the egg hardens, and the coffee becomes totally different.

"Each reacts differently when it gets to a certain boiling point," Brummer said.

Prior to receiving their diplomas, each of the 10 graduates had a moment to share some of their favorite things to do and some of their future plans to the crowd.

The ceremony concluded with a photo gathering outside of the auditorium.

Relay team breaks girls' school record



Buffalo's 4x200 relay team qualified for state finishing second in last Saturday's section meet at STMA. The relay team's time of 1:44.33 broke the girls' school record. Pictured are relay members (left-right): Macie Guida, Lauren Feddema, Brianna Shroyer, and Allee Feldman. (Submitted photo)

Track & Field

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three days, due to the addition of a third class. The fact Buffalo is familiar with the STMA track should benefit some of the area participants.

"It's a huge advantage," Palmer said. "They know where to camp out. They also know the markings on the track, which can be a big advantage for teams that don't run here."

The preliminary round for Class AAA begins at 9 a.m. Thursday, June 9. The finals resume Saturday, June 11, at 4 p.m. The Class A prelims take place June 9, at 4 p.m. with the finals Friday, June 10, at 4 p.m. Class AA prelims begin June 10, at 9 a.m. with finals June 11 at 9 a.m.

Section 8AAA Tournament (Boys)
(Wed., June 1 at Sartell; Fri., June 3 at STMA)

Team scores: 1. Moorhead 167; 2. St. Michael-Albertville 161.5; 3. Brainerd 98; 4. Buffalo 86; 5. Elk River 58; 6. Sartell 34. **Stephen 52; 7. Rogers 39.5; 8. Bemidji 34.**
Individual results (Top-2 state & Buffalo)
100 Meter Dash: 1. Alonn Salman (Moorhead) 11.07; 2. Jamal Dixon (Moorhead) 11.20; 8. Jermoe Thomas 11.82; 11. Jayce Janke 11.77; 17. Matt Barter 12.13.

200 Dash: 1. Michael Haugo (Moorhead) 22.47; 2. Dillon MacLaughlin (Brainerd) 22.65; 9. Phillip Fleischer-Boerresen 23.89; 10. Jayce Janke 23.84; 11. Cody Smith 23.95.

400 Dash: 1. Abraham Carlson (Moorhead) 49.67; 2. Brandon Stark (Brainerd) 50.33; 11. Cody Smith 54.67; 12. Collin McNelis 54.86; 19. Andrew Braun 57.32.

800 Run: 1. Jared Gregoire (Buffalo) 1:55.53; 2. Caden Nordberg (STMA) 1:56.39; 5. Wesley Wistrom 2:03.28; 10. Jacob Macheel 2:03.94.

1600 Run: 1. Caden Nordberg (STMA) 4:27.93; 2. Jadon Boots 4:31.27; 15. Dexter Huss 4:54.31.

3200 Run: 1. Isaac Martel (Moorhead) 9:41.14; 2. James Dorado (Buffalo) 9:50.42; 6. Andrew Macheel 10:15.35; 22. Ryder Zvorak 11:28.45.

110 Hurdles: 1. Logan Clark (Sartell) 15.21; 2. Andrew Albright (Brainerd) 15.31; 5. Rayden Brolyd 15.46; 12. Logan Nelson 17.41; 13. Gauge Alsen 18.05.

300 Hurdles: 1. Logan Clark (Sartell) 41.14; 2. Sam Monsteth (STMA) 41.20; 8. Rayden Brolyd 44.45; 9. Logan Nelson 47.61; 11. Gauge Alsen 46.29.

4x100 Relay: 1. Moorhead (Michael Haugo, Alonn Salman, Karson Wendt, Jamal Dixon) 42.35; STMA (Richard Kaydea, Alexander Lester, Jarrett Bennett, Max Keefer) 43.54; 6. Buffalo (Alex Reese, Jerome Thomas, Matt Barter, Kefeyen Tita) 45.70.

4x200 Relay: 1. Moorhead (Karson Wendt, Abraham Carlson, Jamal Dixon, Michael Haugo) 1:28.69; 2. STMA (Alexander Lester, Ian Strusz, Tate Songstad, Jarrett Bennett) 1:31.71; 3. Buffalo (Owen Herbst, Carson Giddings, Jayce Janke, Phillip Fleischer-Boerresen) 1:32.21.

4x400 Relay: 1. Buffalo (Owen Herbst, Carson Giddings, Jared Gregoire, Jadon Boots) 3:26.94; 2. Moorhead (Abraham Carlson, Karson Wendt, Ben Colborn, John Jenkins) 3:27.87.

4x800 Relay: 1. Buffalo (Jadon Boots, Owen Herbst, James Dorado, Jared Gregoire) 8:00.84; 2. Brainerd (Baden Bastian, Michael Howe, Brandon Stark, Thomas Ruh) 8:06.92.

High Jump: 1. Jamal Dixon (Moorhead) 6-02; 2. Yube Badio (Elk River) 6-02; DNS: Blake Russell.

Pole Vault: 1. Sam Eicher (STMA) 13-04; 2. Gavin Hoelzel (Brainerd) 12-07; 6. Jonah Anderson 11-04; 10. Trevor Juenke

9-10; 11. Sam Studnicka 9-10.
Long Jump: 1. Michael Haugo (Moorhead) 22-04; 2. Jarod Timlin (STMA) 21-00.50; 10. Will Glaesman 18-01.75; 17. Jacobee Scherber 17-02.75; 18. Kefeyen Tita 16-11.50.

Triple Jump: 1. Andrew Albright (Brainerd) 44-06; 2. Max Keefer (STMA) 44-02; 18. Thomas Chiavetta 34-11.75; 21. Wyatt Buselmeier 33-07.50; 22. Gabriel Dorado 33-02.

Shot Put: 1. Elinneus Davis (Moorhead) 58-10; 2. Andrew Albright (Brainerd) 56-08; 4. Carter Walker 47-08; 10. Noah Karels 42-07; 12. Kody Curtis 41-06.

Discus: 1. Elinneus Davis (Moorhead) 163-10; 2. Carter Walker (Buffalo) 152-08; 7. Noah Karels 123-02; 15. Kallen Press 102-06.

Section 8AAA Tournament (Girls)
(Wed., June 1 at Sartell; Fri., June 3 at STMA)

Team scores: 1. St. Michael-Albertville 202.5; 2. Brainerd 112; 3. Moorhead 88.5; 4. Buffalo 63; 5. Bemidji 60; 5. Rogers 60; 5. Sartell-St. Stephen 60; 8. Elk River 50.

Individual results (Top-2 state & Buffalo)
100 Meter Dash: 1. Emma Duerr (STMA) 15.37; 2. Madysen Schmidt (Bemidji) 15.38; 6. Elsa Peterson 15. Ellen Miriovsky 18.36.

200 Dash: 1. Gabby Keefer (STMA) 25.54; 2. Macie Guida (Buffalo) 26.83; 19. Eden Johnson 28.69; 21. Danielle Rodenwald 30.05.

400 Dash: 1. Brianna Shroyer (Buffalo) 57.18; 2. Emma Kvant 57.18; 15. Hailey Posch 1:06.55; 23. Arianna Toney 1:10.47.

800 Run: 1. Hannah Braun (Buffalo) 2:19.22; 2. Regan DeWitt (Bemidji) 2:20.38; 21. Lily Vandersluis 2:51.08.

1600 Run: 1. Ali Weimer (STMA) 5:00.23; 2. Madelyn Miller (Brainerd) 5:17.28; 8. Avery Larson 5:31.11; 17. Brooklyn Hart 5:50.14; 22. Miley Farniok 6:31.71.

3200 Run: 1. Ali Weimer (STMA) 10:45.79; 2. Mya Nelson (Elk River) 11:19.60.

100 Hurdles: 1. Emma Duerr (STMA) 15.37; 2. Madysen Schmidt (Bemidji) 15.38; 6. Elsa Peterson 16.86; 15. Ellen Miriovsky 18.36.

300 Hurdles: 1. Lauren Berg (Bemidji) 45.60; 3. Elsa Peterson 46.97; 8. Natalie Flynn 50.87; 20. Danielle Rodenwald 56.34.

4x100 Relay: 1. Moorhead (Audrey Janich, Summer Lindquist, Alexis Olderbak, Halle Gregoire) 49.35; 2. Brainerd (Katherine, Stadium, Myah Nelson, Molly Hagelie, Brenna Deason) 49.48; 3. Buffalo (Lauren Feddema, Bri Bluiett, Elsa Peterson, Macie Guida) 49.61.

4x200 Relay: 1. STMA (Emma Kvant, Claire Kvant, Jackie Bergeron, Hannah Kvant) 1:44.28; 2. Buffalo (Brianna Shroyer, Lauren Feddema, Allee Feldman, Macie Guida) 1:44.33.

4x400 Relay: 1. Buffalo (Brianna Shroyer, Allee Feldman, Hannah Braun, Lauren Feddema) 4:01.21; 2. Bemidji (Josephine Aitken, Mary Beth Mathews, Regan DeWitt, Lauren Berg) 4:04.28.

4x800 Relay: 1. Bemidji (Regan DeWitt, Mia Hoffman, Mary Beth Mathews, Lauren Berg) 9:39.00; 2. Brainerd (Emily Bastian, Bridget Collins, Annelise Baird, Brooke Wenz) 9:52.81.

High Jump: 1. Cail Jahnke (STMA) 5-02; 2. Lily Birks (Brainerd) 5-02. No Height: Ellen Miriovsky, Lauren Mirovsky.

Pole Vault: 1. Brenna Deason (Brainerd) 10-04; 2. Jackie Bergeron (STMA) 10-01; 14. Kate Mirovsky 7-07.

Long Jump: 1. Gabby Keefer (STMA) 17-09; 2. Katryna Hansen (Moorhead) 17-07; 13. Eden Johnson 14-10.75; 18. Halle Willman 14-06; 24. Sophia Zupan 13-08.75.

Triple Jump: 1. Gabby Keefer (STMA) 36-11; 2. Judsona Chea 35-11; 12. Eden Johnson 32-02; 20. Halle Willman 29-08.50; 22. Hayley Shult 29-05.

Shot Put: 1. Hannah Bruskiewicz (Rogers) 42-01; 2. Hanna Caughey (Brainerd) 38-00; 17. Rachel Dorado 29-02; 18. Andrea Rodenwald 28-08.50; 19. Victoria Palomares 28-05.50.

Discus: 1. Andi Mehrer (Elk River) 120-00; 2. Hanna Caughey (Brainerd) 114-10; 13. Rachel Dorado 89-10; 15. Cambelle Feldman 88-06; 19. Brooke Gunderson 82-07.

ST. FRANCIS XAVIER SCHOOL

Faithful FRANNIE award winners



St. Francis Xavier School presented the FRANNIE award winners for "Integrity." FRANNIE awards are given each month to recognize students that demonstrate positive character traits. These students were identified by their teachers in the month of May as having strong integrity. They demonstrated honesty and strong morals within the classroom and school. Pictured above (front row, left-right): Sawyer Reiss, Alyse Breitenbucher, Charlee Studnicka, Lucy Erickson; (back row, left-right): Bridgette Kotish, Maddie Kuzma, Lucas Louwagie, Courtney Kotish, and Nora Danielson. (Submitted photo)

PARKSIDE ELEMENTARY SCHOOL

Growth Mindset winners: May



Parkside elementary students in Buffalo are learning about the value of having a "Growth Mindset." Having a Growth Mindset means being able to see challenges as opportunities to grow. At the end of each month, one student from each class is selected for exemplifying a "Growth Mindset." Pictured above are the students with their certificates that were selected in the month of May (front row, left-right): Madeleine Manuel, Makayla Gramme, Rahme Luoma, Dillas Coolen; (middle row, left-right): Xidan Fix, Asicus Reynolds, Isla Sturos, Parks Ullery, Emalyn McElhaney, Zane Miller-Woolen; (back row, left-right): Blaine Stevens, Blake Hemingsen, Michael Wessner, Bristol Arvola, Juniper Lostetter, and Max McElhaney. (Submitted photo)

OUTDOORS

DNR: Free entrance Saturday to all Minnesota state parks

The Minnesota Department of Natural Resources is offering free admission to all 75 Minnesota state parks and recreation areas Saturday, June 11.

This "Free Park Day" is one of four days each year on which the DNR waives the requirement for a vehicle permit to enter state parks and recreation areas. The entrance fee waiver does not cover activities like camping, rentals or tours.

The goal of Free Park Days is to get all Minnesotans outdoors. Research shows that spending time outdoors in nature provides multiple health and wellness benefits. "Minnesota state parks and recreation areas are open year-round to provide places for people to recharge from life's everyday demands and be surrounded by the beauty of nature," said Ann Pierce, director of the DNR Parks and Trails Division. "We hope that visitors who go to a state park or recreation area for the first time on Free Park Day will have fun and want to come back."

The upcoming Free Park Day coincides with National Get Outdoors Day, which takes place annually on the second Saturday in June. To celebrate National Get Outdoors Day, more than 40 special programs are being offered in state parks and recreation areas throughout Minnesota. All programs are free, but some require pre-registration.