Class of 2017

Definition: The last graduating class where every student was born in the 1990's and a class that sticks together through hard times. One of the larger classes to go through Cascade High School in the twenty-first century, with 82 students.

Population (Class Size): 82

Logos:

Cougar Mascot:

Top Stories in High School:

1. Certain students have had shirtless classes in Mrs. Manternach's room.
2. Drama department sent 18 students to community service for participating in a long living tradition.
3. The girls' team got locked out of the bus at state basketball.
4. We sung the Little Einstein's theme song as we won the semi-final game at state softball.
5. Winning the Celebrate My Drive our sophomore year.
6. We lost our Wi-Fi privileges, were told to wait for over 3 months, and then had the new Wi-Fi block all forms of popular social media.
7. Winning against Beckman in basketball in 3 overtimes on the road to state.
8. We mimicked Mrs. Manternach every time she told us to use One Note.

Class Memories of Justin Shaffer

- Justin used to walk through the hallways and yell at people and tell them they were beautiful.
- Mr. Breitbach timed the walk from the office to Mrs. Smith's room because Justin was late every single day.
- Mr. Meier laughed really hard when Justin would wear his California Baked shirt.
- His T- Shirt selection was always on point.
- In his reenactment of *A Lesson before Dying* he dropped the N bomb.
- His laugh was contagious.
- He had to give his mom a foot massage in order for her to let him go out with us.
- He wore his tie with a plain white t-shirt for official dress.
- He would always yell at the top of his lungs "hoy ya" during lunch.
- He walked into Chemistry late every day with a Mountain Dew.

Cost of Living Averages:

1. School lunch: $2.85
2. Bottle of Pop at McDermott's: $1.89
3. Trips to Buffalo Wild Wings on Thursdays: $20
4. Three eggs at Cascade Café: $8.49
5. Foot-long at Subway: $5
6. Gas: $2.32 per gallon
7. Each day late for library fines: $0.05
8. Beef jerky at lunch: $1.50
9. Ice cream cone at Blackie's: $2.00
10. Water or Gatorade out of vending machine: $1.50
11. Movie ticket: $6

High School Faculty and Staff Who Made a Big Impact on Us:

+ Mr. Ryan Altiere	+ Mrs. Molly Knuth	+ Mrs. CeAnn Palmer
+ Mrs. Robin Bauer	+ Mrs. Carrie Koppes	+ Mrs. Emily Phillips
+ Mr. Jacob Brindle	+ Mr. Milt Luckstead	+ Ms. Kayla Pins
+ Mrs. Judy Callahan	+ Mrs. Angie Manternach	+ Mr. Luke Pisarik
+ Mr. Chris Curry	+ Mrs. Lori Manternach	+ Mrs. Molly Recker
+ Mrs. JoAnn Harry	+ Mrs. Sharron McCarthy	+ Mr. Olin Skattum
+ Mr. Adam Kedley	+ Mrs. Kelly McElmeel	+ Mrs. Alisha Smith
+ Mr. James Knepper	+ Mr. Matt Meier	+ Miss Kate Till

Favorite Television Shows:

- *Shameless*
- *One Tree Hill*
- *Grey's Anatomy*
- *American Horror Story*
- *Family Guy*
- *Criminal Minds*
- *The Office*
- *Law and Order: Special Victims Unit*
- *How I Met Your Mother*
- *Friends*
- *Friday Night Lights*
- *Full House*
- *The Voice*
- *Survivor*
- *Parenthood*
- *Pretty Little Liars*
- *Burn Notice*
- *Hawaii Five-O*
- *That 70's Show*
- *Thirteen Reasons Why*
- *Blue Mountain State*
- *Bates Motel*
- *Sons of Anarchy*
- *The Blacklist*

Favorite Movies

- *Pulp Fiction*
- *The Avengers*
- *The Longest Yard*
- *Division 3 Footballs Finest*
- *Hot Rod*
- *Fate of the Fast*
- *Beauty and the Beast*
- *Step Brothers*
- *Napoleon Dynamite*
- *The Blind Side*
- *Frozen*
- *The Sandlot*
- *Transformers* Series
- *Friday Night Lights*
- *Varsity Blues*
- *American Sniper*
- *Harry Potter* Series
- *The Shining*
- *Rubber*
- *Shaw Shank Redemption*
- *Shooter* with Marky Mark
- *The Last Song*
- *Me Before You*
- *The Fault in our Stars*
- *Superbad*

Most Popular School Activities:

- ☺ Band
- ☺ Basketball
- ☺ Baseball
- ☺ Choir
- ☺ Cougar Crew
- ☺ Cross Country
- ☺ Dance
- ☺ Drama
- ☺ FBLA
- ☺ FFA
- ☺ Football
- ☺ Golf
- ☺ Soccer
- ☺ Softball
- ☺ Speech
- ☺ Stage Crew
- ☺ Student Council
- ☺ Track
- ☺ Volleyball

Ways We Entertain Ourselves:

- Go to Buffalo Wild Wings
- Sit and talk in the high school parking lot
- Kayaking
- Golfing at Coonhunters
- Driving around while listening to music
- Dubuque trips
- Doing random stuff at the Webber Center
- Play *Clash of Clan*s
- Bonfires
- Movie Nights
- Netflix and cry about the portfolio we haven't started
- Procrastinating
- Play Ballz
- Fugitive
- Trips to Dairy Queen in Dyersville
- Group messaging during class
- Hanging with the boys at the Garryowen Cattage (Cabin/Cottage)
- Fishin'
- Shopping
- Admiring Garryowen's sacredness
- Watching OTH
- Buying stupid things at Wal-Mart
- Going to Whitewater to hike
- Gravel-Road Cruising
- Messing with underclassman
- Browsing Social Media
- We really like binge watching shows on Netflix
- We document our lives on our snap stories

Class's Greatest Talents

- ☺ Will McAllister can clap with one hand
- ☺ Isaac Merfeld and Bryan Baldwin can pop their shoulder's in and out
- ☺ Gabrielle Foust Wollenberg has a voice of an angel
- ☺ Robby Droeszler can sing "Man in the Mirror" word for word.
- ☺ Ashtin Van Gorden doing the splits
- ☺ Kayla Kauder is a stud on almost every instrument
- ☺ Robby Droeszler's two stroke sound effects
- ☺ Rose Strang can play the harmonica
- ☺ Jesse Aitchison can ride a unicycle
- ☺ Our class is multi-talented
- ☺ Kylie Knepper's ability to rap just about any song
- ☺ Jesse Aitchison racing motocross
- ☺ Conor Otting can do this weird gulping noise with his throat
- ☺ Annebel Trumm's hula hoop ability

Classes We Recommend (Even if We Hated):

- ✓ Composition I and II
- ✓ Precalculus
- ✓ Statistics
- ✓ Multimedia
- ✓ Shop classes with Mr. Pisarik
- ✓ Autodesk Inventor for any future engineers
- ✓ Kirkwood classes
- ✓ Cultures Through Literature
- ✓ Calculus
- ✓ Ag I,II,III, and IV
- ✓ Band
- ✓ Choir
- ✓ Psychology
- ✓ Spanish
- ✓ Art classes
- ✓ Psych 101 at Kirkwood
- ✓ Horticulture 1&2 with Mr. Luckstead
- ✓ School to work with Mr. Luckstead
- ✓ Photography
- ✓ Foods 1 & 2
- ✓ ACT Prep
- ✓ Anatomy
- ✓ Future Ed
- ✓ AP US History
- ✓ Pre-Employment Strategies
- ✓ Sociology
- ✓ Strength & Conditioning
- ✓ Communications 1 and 2
- ✓ Introduction to Computer Business Applications
- ✓ Keyboarding II
- ✓ Music Appreciation
- ✓ Biology

Favorite Sayings:

- ♦ I didn’t study
- ♦ It's on OneNote
- ♦ So Sacred
- ♦ GET SOME
- ♦ That's a bummer
- ♦ Whaat?
- ♦ HOWDY!
- ♦ Suh dude
- ♦ When your bae is fam
- ♦ 2 Hour Delay KCRG
- ♦ And One
- ♦ Oh, that be so nice.
- ♦ Lol, are you serious?
- ♦ Good one

- ♦ Mrs. Manternach: "Did you start your portfolio?"
- ♦ Mr. Luckstead: "The other side of the building."
- ♦ Coach Davidshofer: "On that thing there."
- ♦ Coach Davidshofer: "The good, the bad, and the ugly."
- ♦ Coach Honkomp: "Football is a mental game, played physically."
- ♦ The boys talking like they're surfer boys, farmers, British, etc.

Not So Awesome Sayings

- Sticks of destiny
- Get out your notes
- You dirty bird
- Take out a half sheet of paper
- Are you live tweeting over there? #GovernmentRocks
- Just to play Devil's Advocate...
- Do you kiss your mother with that mouth!?
- I am feeling ruthless today
- Face to face keep the space
- Jot this down
- Positive vibes
- Tom got bit by a bug
- Destiny is shining upon you today
- MORONS
- SHUT IT OFF!

How We Answer the Question "How Are You?":

- Good
- "Mal"
- Mas o menos
- Oh just livin' the dream
- Tired
- Swell
- Just great....
- I'm good, how are you?
- Any better and I'd be you
- Bien)
- *English accent* Piss off!
- Fantabulous
- Pretty good. Yourself?
- "Guuud guuud"
- "Decent"

What High School Tasted Like (Foods We Ate):

- Chicken Bacon wraps
- Buffalo Ranch Chicken wraps
- Caramel Apple Parfaits
- Different versions of pizza
- Cheesy Breadsticks
- Taco Wednesdays
- Probably something chicken
- Smiley faced potatoes
- Refried Beans
- Egg salad sandwich
- Girl Scout Cookies
- Oreo Fluff
- Mashed potatoes
- Delight Dessert
- Turkey bacon flat bread
- Orange chicken with rice
- Milk, milk, and more milk
- Chicken Quesadilla
- Sauceeeeee
- French toast
- BWW
- Cinnamon applesauce

Why We Missed School:

- ★ Slept in
- ★ Didn’t get homework done
- ★ Work day in class so it's pointless to go
- ★ I needed a day off
- ★ Athletic event
- ★ Had to go shopping!
- ★ I just can't today. Sorry not sorry.
- ★ "Got" to finish combining
- ★ Need to start planting corn
- ★ Headaches
- ★ I've had three years of this.
- ★ Stubbed my toe.
- ★ Farmin'
- ★ Have to go to work
- ★ Doctor Appointments
- ★ No motivation
- ★ I was on a college visit
- ★ No sleep
- ★ Slept through my alarm
- ★ Hogs
- ★ Didn’t feel like coming
- ★ Flat tire

- ★ Forgot to put hearing aids in; I'm deaf, sorry will not be present!
- ★ I didn’t know there was cougar time today
- ★ My coffee spilled all over my lap while I was driving to school so I screamed and went home, changed my pants, and on my way back, my water bottle spilled so I just gave up
- ★ Had to go homecoming dress shopping the Wednesday before the dance because the one I ordered was backordered and wouldn't be there in time.

Common Slang:

- ♦ Course
- ♦ Saying "be" randomly in sentences
- ♦ British accents
- ♦ Bet
- ♦ THAT'S BIIIIIG
- ♦ YOU WON'T!
- ♦ Same
- ♦ Stud
- ♦ It's Lit
- ♦ Savage
- ♦ Schmeag/Schmack
- ♦ That would be so nice
- ♦ Swag
- ♦ "Scade" instead of Cascade

Traditions:

- × Buffalo Wild Wings on Thursdays
- × Bro tank Tuesday
- × “Jesse's Girl” at Hoco
- × Cornrows for girls during state track
- × The guy's haircuts during state track
- × Jersey Thursday
- × Football Haircuts
- × Sitting in a car while we were supposed to be running during XC pre-meet practice
- × Eating a piece of the meat on the frozen pizza before actually cooking it
- × Going to Blake’s after football games for the hot tub and then sleeping uncomfortably on the floor and waking up the next morning at 6:30 for practice

Things that make us Anxious:

- Composition Portfolios
- Sporting and extracurricular activity competitions
- Semester tests
- Cultures Oral Final
- Discovering you have not done the homework that is due that class
- The stats final that Mr. Knepper over exaggerates
- The fact we are already drowning in homework
- When teachers try to tell us college is harder than high school
- Getting scholarships
- When you hear Mr. Knepper's boots clank down the hallway when you know you've done something wrong
- Waiting for the papers to be graded
- Picking a college
- High school ending
- Thinking about how to pay for college
- Trying to juggle papers, project, social time, eating and getting a good amount of sleep all within 24 hours
- The blue oval

Art Created by Us:

- Bailey, Renee, and Dani's Comp Songs
- Brendan’s song
- Robby's egg poem

Passions:

- ☺ Spending time with friends and family
- ☺ Huntin'
- ☺ Netflix
- ☺ Sports
- ☺ Showing
- ☺ Geocaching
- ☺ Eating
- ☺ Lifting
- ☺ Fishin'
- ☺ Sleeping in
- ☺ Rec Centre
- ☺ Running

Foreign Exchange Students

- Vincent Castel
- Janis Locher

Things that Confused Us for Much Longer than They Should Have:

- × Why Mrs. Manternach still assigns homework with two weeks left of school
- × How to do the Portfolio
- × How to use OneNote
- × Whether it is a Cougar Time schedule or not
- × How to write an entry slip
- × How to spell Manternach.
- × Mushroom hunting is a real thing?
- × The difference between a one container and two container source
- × When to cite and how to cite in MLA and APA
- × Why teachers always wear jeans on Fridays
- × Why people go to post prom but not actual prom
- × Why coaches act like games are life and death
- × When to use a permutation formula versus a combination formula
- × How people have the energy to dress up more than one day of the week
- × Why we procrastinate for so long
- × Why we worried about high school as much as we did

Things that are Customary:

- ◊ Budging in the lunch line
- ◊ Using Comp to finish Mr. Knepper's assignments
- ◊ Getting no sleep during portfolio week
- ◊ Mrs. Manternach suggesting OneNote
- ◊ Face to face dances
- ◊ Sadie taking dark chocolate from Mrs. Manternach's drawer
- ◊ Robby eating an entire box of girl scout cookies in one class
- ◊ Eating breakfast during class
- ◊ Showing up to school fifteen minutes into first block.
- ◊ Tyler McDermott cussing or answering a phone call during class
- ◊ People walking unnecessarily slow in front of you in the hallway
- ◊ Forgetting it was cougar time and coming in 20 minutes late
- ◊ Walking into Mrs. McDermott's room to get papers you printed then everyone staring at you
- ◊ Having something chicken 4 out of the 5 days of the week for lunch
- ◊ Seeing Jesse in the hallway and saying "whoaaaa" while flashing the shaka sign with my fingers
- ◊ When I open my mouth in class and Mrs. Manternach says, "Uh yeah I think we should turn on Pandora"

How You Know You Are Famous:

- School gets chosen to have The Band Perry come and put on a concert in the auditorium for State Farm's Celebrate My Drive.
- President Obama comes to our school in an election year

(Photo: https://obamadiary.files.wordpress.com/2012/08/610x-310.jpg?w=655)

- Having so much success in athletics and clubs/organizations
- Random kids coming up to you and say, "Hey, it's the kid with the beard that can do the splits."
- When your team is state champion
- Your subtweet gets over 30 likes and a dozen shares
- You go to Cascade

Songs:

- "Man in the Mirror"
- "Remember When"
- "Colt Forty-Five"
- "Yeah!"
- "It's Closing Time"
- Anything written by George Strait is where it's at!
- "Airplanes"
- "Bubbles Song"
- "Fishing in the Dark"
- "Wide open spaces"
- "Good bye Earl"
- "Yee Yee"
- Anything by Cupcake
- "The National Anthem"
- "Jesse's Girl"
- "Small Town"
- "Friends Forever"
- "Drops of Jupiter"
- "Party in the USA"
- "Die a Happy Man"
- "Stacy's Mom"
- "Love Triangle"
- "Body like a Back Road"
- "Gasolina"
- "Downtown"

Favorite Books

- *The Lovely Bones* By: Alice Sebold
- *Where the Red Fern Grows* By: Wilson Rawls
- *Old Yeller* By: Fred Gipson
- *Thirteen Reasons Wh*y By: Jay Asher
- *To Kill a Mockingbird* By: Harper Lee
- *The Great Gatsby* By: F. Scott Fitzgerald
- *Gym Candy* By: Jim Green
- *Divergent* Series By: Veronica Roth

Nicknames:

- Balls – Bailey Clemens
- Beeks/Becaw – Becca McDermott
- Big Madge/Madge/Fudge/Hot Fries – Mitchell Huff
- Bill – Will McAllister
- CJKJ – Charles James Kies Jr.
- Dale – Dilan Simon
- Daywalker - Conor Otting
- Dean – Brendan Noonan
- Dick – Robby Droeszler
- Doobs – Darby Callahan
- Dwayne – Cain Hoffman
- Jesus – Caden Griffith
- Larky – John Larkin
- Mad dog – Rachel Recker
- Merg – Morgan Strief
- Reeney/Neigh – Renee Redmond
- Rooster – Anthony Weber
- Shaybaby – Shaylon Strub
- Slinky – Noelle Green
- Syd – Sadie Gravel
- Ton – Ashtin Van Gorden
- Wally – Alex Waller
- Wayne/Tiller – Tyler McDermott
- Zayne – Cain Hoffman

Attire:

- Leggings
- Band shirts
- Jersey Thursdays
- Cubs clothing
- Athletic clothes
- Twisted X's
- Jorts
- Denim skirts
- Off-the-shoulder tops
- Bralettes
- Birkenstocks
- Jeans and a nice shirt
- Business Casual
- Timbs
- Buckle gear
- Crocs
- Sweatpants
- Socks & sandals
- Bro tanks
- Jerseys
- Oversized sweatshirt
- Chokers
- Joggers
- Rompers

Hairstyles:

- Soccer haircuts for guys
- Space buns
- Messy buns
- Flo
- Mullet
- Half up, half down with a bun
- Bed head
- Scrunchies and pony tails
- Full Beards
- Mohawks/ Sometimes colored
- Low, loose ponies
- Short on the sides, longer on top with some sort of flow, whether it be left, right, or back - every guy

After School Jobs

- Rolling Hills Vet Clinic
- Subway
- Working at Blackie's
- Happy Joe's
- Daycare
- Innovative Ag
- Painted Horse Saloon
- Brother's Market
- Pulling udders
- Fermin'
- Fillmore Bar & Grill
- Dagwood's Lawn Service
- Babysitting
- Wayne's Feed Store
- Garryowen
- Buildin' Trusses

Top 10 Colleges Attending

- Iowa
- UNI
- Kirkwood
- University of Dubuque
- Mount Mercy
- Minnesota State
- Loras
- NICC
- Iowa State
- Buena Vista

Contributors (in alphabetical order):

Jesse Aitchison
Jared Bartell
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Rachel Crowley
Skylar Dossey
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Dani Federspiel
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Michael Gehl
Sadie Gravel
Carter Holmes
Mitchell Huff
Anna Hunt
Kylie Knepper
Marty Knepper
Sammi Knepper
Laura Kremer
John Larkin
Ellie Loes
Will McAllister
Rebecca McDermott
Isaac Merfeld
Conor Otting
Calli Recker
Rachel Recker
Renee Redmond
Celine Rickels
Ben Stecklein
Rose Strang
Shaylon Strub
Riley Takes
Annebel Trumm
Ashtin Van Gorden
Isaac Alan Winters