

Howie Johnson

Forest Lake Football

Howie Johnson, Forest Lake defensive lineman, has made 23 tackles-for-loss and six quarterback sacks for the 8-1 Rangers. The 6-foot-3, 255-pound senior has 60 tackles overall (42 solo) while facing double teams as one of the state's top linemen. A four-star recruit committed to the Gophers, Johnson recently was credited with a state record 104 career tackles-for-loss including sacks. Johnson was also state silver medalist in both shot put and discus last spring.



Lucy Paczosa

Stillwater Swimming

Lucy Paczosa, Stillwater junior, excels in sprints for the Pony swim team. She led them to a second-place finish in the state true-team meet, placing second in the 100 (51.05) and third the 50 (23.43) while anchoring their first-place medley relay. With sectionals coming up, Paczosa will try improve on last year's state finishes where she was 11th in both the 50 and 100 and swam on fifth- and sixth-place relays.



Anna VanAcker

Forest Lake Cross Country

Anna VanAcker, Forest Lake senior, is ranked No. 4 in Class 3A girls cross country heading into the state meet. VanAcker won the Suburban East Conference by 38 seconds with a personal best time of 17:25.8, and placed second in Section 7AAA in 17:31.2, a tenth of a second behind No. 3 Brynlee Wegener of Blaine. In invitationals, she's had a first place, two seconds, and two thirds. VanAcker placed third in the state last year and fourth as a sophomore



William DeMar

Stillwater Track & Field

William DeMar was Stillwater's lead runner in their two biggest meets as a freshman. DeMar placed fifth in the Suburban East in 15:59 as the Ponies won the title, then sixth in Section 4AAA in 16:45 as the Ponies took second to earn a state trip. The 5-foot-8, 130-pound harrier had seventh- and 14th-place finishes early in the season. He was placed on JV for the Alexandria Meet of Champs and won it in 16:48, the team's best time on varsity or JV, to reclaim his varsity spot. In 8th grade, DeMar won a state middle school race for large schools.



*Athletes chosen by press staff