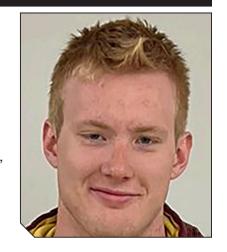


# ATHLETES OF THE MONTH

## **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