



### **AAA Accounting**

**Andilea Weaver** 

p. (907)227-9203

e. aaa@accountingak.com

w. accountingak.com









# ALASKA VOCATIONAL & COUNSELING SERVICE INC.

Dr. Dustin Logan, PHD Neuropsychologist

(907) 745-5066





### PALMER HIGH SCHOOL

"Home of the 2018-2019 State Champions"

Home Game Schedule

MTA Event Center 1317 S Kerry Weiland, Palmer Across from Palmer Junior Middle School

Friday, November 22 7:07 vs Huchison

Championship Banner Raising Palmer High staff admitted free

Friday, December 13 7:07 vs Wasilla

Canned Food Drive Bring three cans of food, Adult \$2 off Kids Free

Saturday, December 14 2:37 vs Kenai

PHS Hockey Alumni Free Admission

**Thursday, January 16** 7:07 vs Juneau

Blue Moose Night Wear Blue or Moose apparel, Adult \$2 off Kids Free

Friday, January 17 7:07 vs Colony

Jersey Night Wear a hockey jersey, Adult \$2 off Kids free

Saturday, January 18 7:07 vs Juneau

First Responders Free Admission

**Tuesday, January 21** 7:07 vs Houston PAHA Night Wear PAHA Jel

PAHA Night Wear PAHA Jersey, Adult \$2 off Kids free

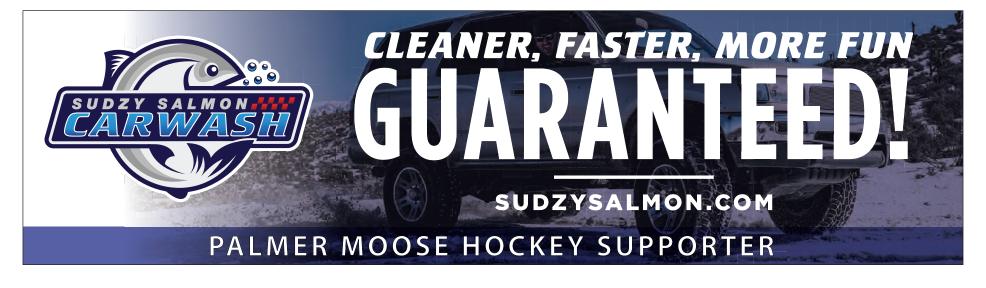
Friday, January 24 7:07 vs Soldotna

Project Homeless Connect Donate three pairs socks, Adult \$2 off Kids free

Saturday, January 25 2:37 vs Homer

Senior Night

MTA Event Center 1317 S Kerry Weiland, Palmer Across from Palmer Junior Middle School Game date and time subject to change





at the Corner of Arctic avenue & North Alaska street

### PIZZA RIA DELPHI PENALTY BOX





**Everywhere It Matters.**™











**The Armstrong Family** 

### 2019 ALASKA ARMY NATIONAL GUARD



# STARS & STRIPES SHOWDOWN



presented by Palmer High School

MTA Event Center 1317 S Kerry Weiland, Palmer Across from Palmer Junior Middle School

### **Thursday, November 7**

Flag presentation by Colony JROTC

1	1:00 pm	Kenai High	VS	Colony High
2	3:00 pm	Soldotna High	VS	West Valley High
3	5:00 pm	Dimond High	VS	Wasilla High
4	7:00 pm	Palmer High	VS	North Pole High

### Friday, November 8

5	2:15 pm	North Pole High	VS	Kenai High
6	4:15 pm	Wasilla High	VS	Soldotna High
7	6:15 pm	Colony High	VS	Dimond High
8	8:15 pm	Palmer High	VS	West Valley High

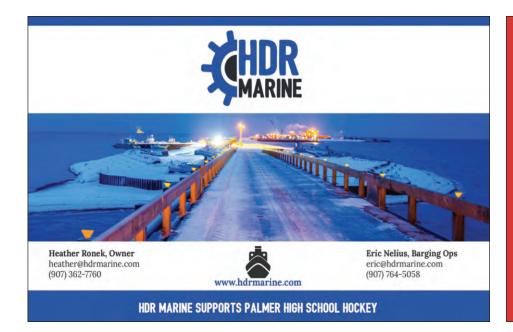
### Saturday, November 9

9	11:00 am	Soldotna High	VS	Colony High
10	1:00 pm	North Pole High	VS	Dimond High
11	3:00 pm	West Valley High	VS	Kenai High
12	5:00 pm	Palmer High	VS	Wasilla High

### All games at:

MTA Event Center 1317 S Kerry Weiland, Palmer Across from Palmer Junior Middle School

"Home of the 2018-2019 State Champions"





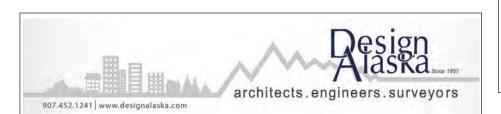
Www.valleysf.com





Northern Lenegade

Sports Seniors Portraits NorthernRenegadephoto.com



### CENTURY 21.

Realty Solutions

**Amy Neuharth** | 907.864.6400







### Jennifer Kinneen

(907) 982-5519 jennifer@valleymarket.com **Sarah Joseph** (907) 714-4335

sarah@valleymarket.com

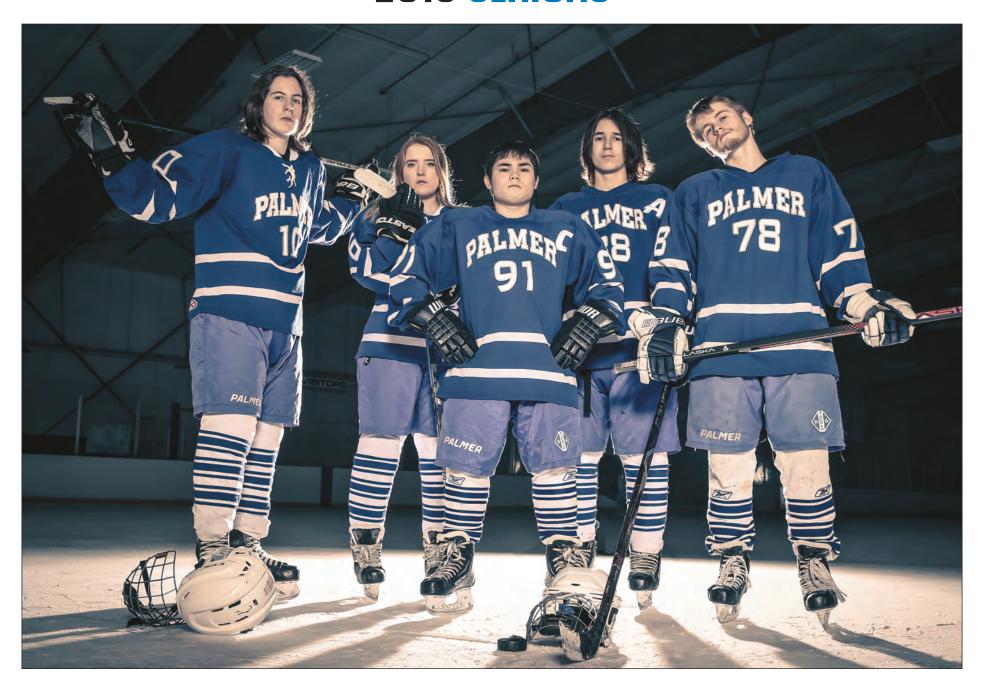




### 2020 SENIORS



## **2019 SENIORS**



### **2020 SENIORS**



#### **ALEX NELIUS**

Number of years playing hockey: 12

Favorite moment playing for PHS:

Working hard, then watching your team succeed

Best moment in a game:

Putting Brantley III in the ground behind the net

Plans after graduation:

Marine Corps

Favorite NHL team: Tampa Bay Lightning

Most respected player:

Steve MacSwain



#### **GRACIE PAYNE**

Number of years playing hockey: 12

Favorite moment playing for PHS: Team YOGA

Plans after graduation: Go to College

Favorite NHL team:

Toronto Maple Leafs

Most respected player: P.K. Suban



### EASTON ARMSTRONG

Number of years playing hockey: 8

Favorite moment playing for PHS:

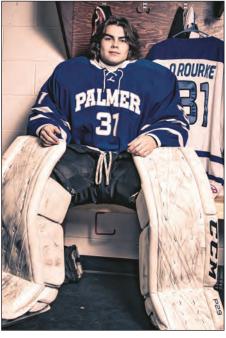
Freshman year going over to Nathan Appel's house before games.

Best moment in a game: Going 1 on 1

Plans after graduation:

College, become a ship captain & lots of fishing

Favorite NHL team: Pittsburgh Penguins



### TIERNAN O'ROURKE

Number of years playing hockey: 8

Favorite moment playing for PHS:

Beating SOHI & Homer in the State tournament last year as complete underdogs.

Best moment in a game:

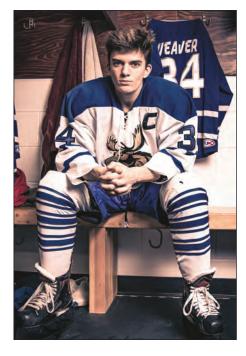
Lifting the State Championship trophy in front of my friends & family last year

Plans after graduation: Unsure at the moment

Favorite NHL team:

Washington Capitals

Most respected player: Carey Price



### PAYTON WEAVER

Number of years playing hockey: 8

Favorite moment playing for PHS: Winning State in overtime last year

Best moment in a game:

Scoring my first ever high school goal, the first game of the season, my sophomore year against East

Plans after graduation: Attend a university in the lower 48 to study business and eco-

Favorite NHL team:

Chicago Blackhawks

Most respected player: Zdeno Chora

A bit about Payton:

Payton Weaver will be graduating top of his class.



#### NATHAN **HOOKS**

Number of years playing hockey: 14

Favorite moment playing for PHS:

Best moment in a game: Breaking my arm during a game

Plans after graduation: Join the union and get into construction

Favorite NHL team: Washington Capitals

Most respected player:

TJ O'Rourke



### **ZACH NELIUS**

Number of years playing hockey: 12

Favorite moment playing for PHS:

Best moment in a game:

Celebrating after the State Championship game.

Plans after graduation: Not 100% sure.

Favorite NHL team:

Arizona Coyotes

Most respected player:

Alex Nelius









8 PALMER HIGH SCHOOL MOOSE HOCKEY 2019-2020 SEASON GUIDE



# 2019 ALASKA DIVISION II STATE CHAMPIONS

#### **DEAN WILSON**

Head Coach

"Coaching a hockey team is very challenging. It is time consuming, difficult and at times frustrating. Yet can be so rewarding. The 2018-2019 regular season was one of those challenging times. As we entered the season's midpoint sometime around December Coach Steve MacSwain remarked "Dean something is starting to happen here and I like it". When the team held that Championship Trophy over their heads, celebrating on ice, I realized all the hard work and individual accomplishments throughout the season had molded these 20 individuals into a team reaching a common goal and achieving something that none of them had ever achieved. The team and I will never forget it."

### **STEVE MACSWAIN**

Coach

"That was an amazing Championship to watch. Very honored to have been able to be a part of it. So proud of those kids and what they accomplished. They should forever hold their heads high knowing they did something special together."

### **RUSTY BELANGER**

Coach

"Working with the 2018-2019 team was like a potter with a ball of fresh clay. You put it on the wheel and mold it into something that has a shape but is not yet solid. The season was putting it in the kiln and letting it cook and set up. Pulling it out and seeing a fine finished product was the state championship. Now reproducing that same product again is the challenge!"





#### **PAYTON WEAVER** #34

Team Captain

"To be able to play in such an exhilarating game, as the State Championship game, was quite the honor, let alone winning it being quite the blessing."

#### **LUKE THIESEN** #44

"It feels like we built something last year, something we all contributed to and something that will last a very long time. I am proud to have been a part of it. I will always bleed blue."

#### **JACKSON HEARD** #32

"That overtime was one to remember, just an absolute thriller. I still can't believe we won."

#### **TIERNAN O'ROURKE** #31

"It was unreal to rally as a team at the right time to win state. It's also amazing to see the community of Palmer help transform the face of Palmer high hockey for this season."

### **DARIAN WILSON** #88

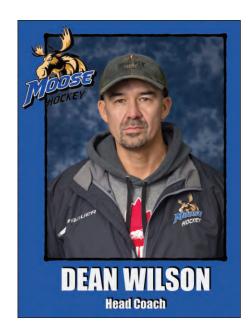
"Competing in the post season is the best kind of hockey.

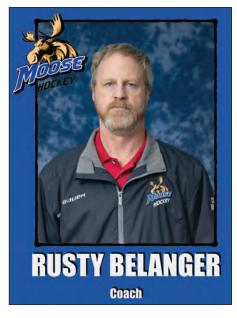
Knowing you will advance or not with the next puck is exhilarating."



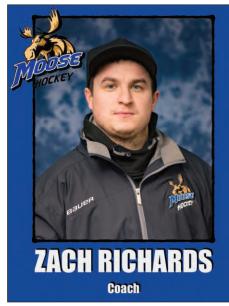










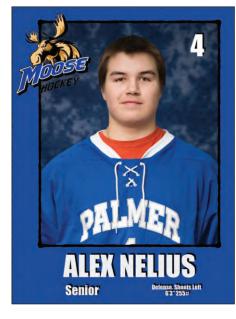


























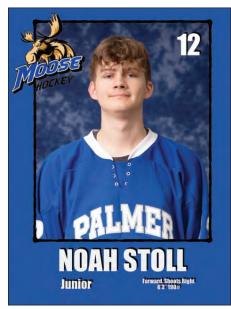


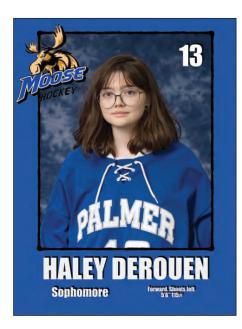




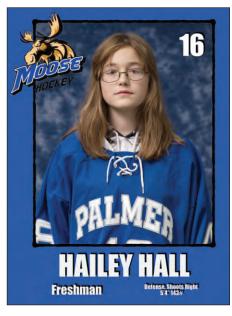




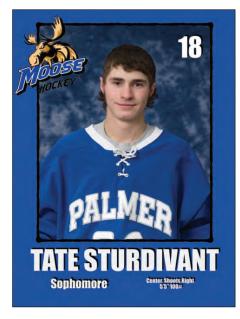


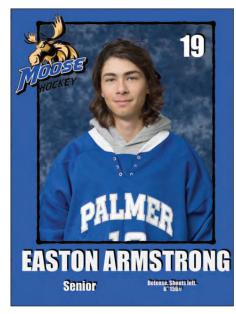
















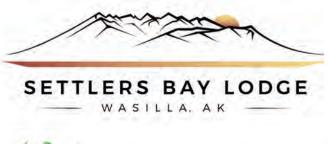














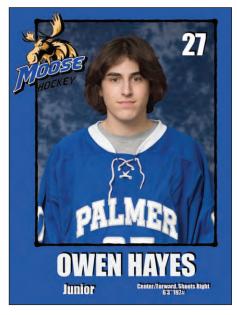


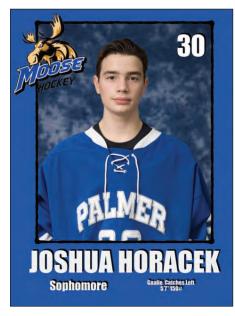


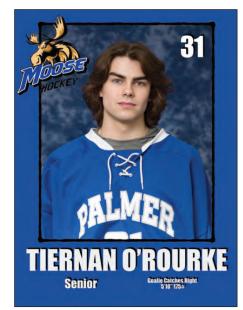






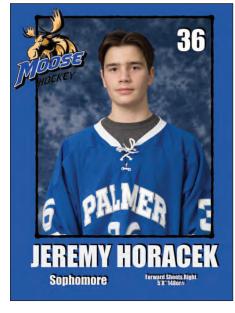


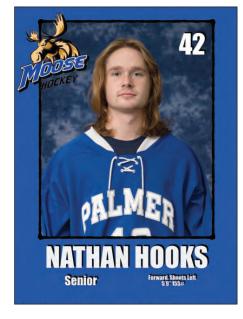


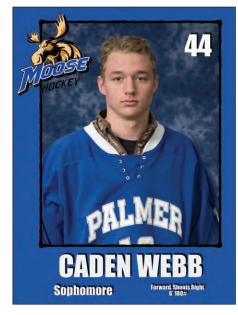




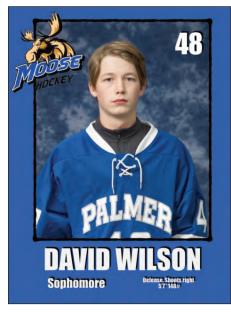


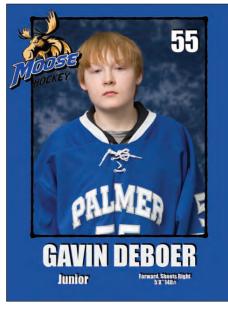








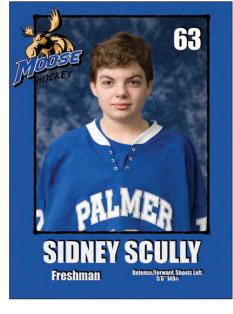










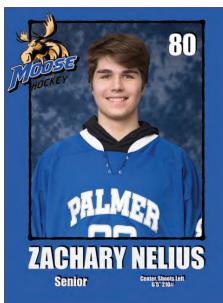




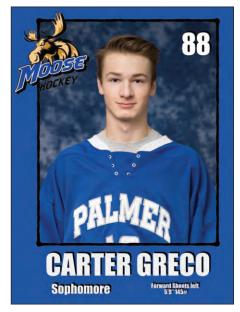


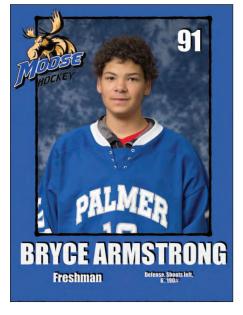




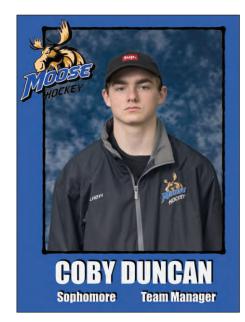














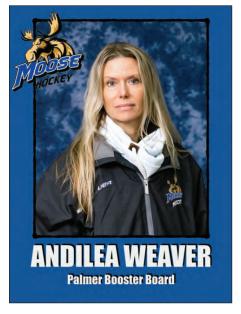
















LAW OFFICES OF KENNETH J. GOLDMAN, P.C.

KENNETH J. GOLDMAN

Attorney at Law

248 S. Alaska Street Palmer, AK 99645

(907) 746-2346 Fax (907) 746-2340

Email: kgoldman@goldmanlaw-ak.com ww.matsulawyer.com



### Palrymple Law, P.C. 927 S. Cobb St., Palmer, AK 99645

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Sinke the denched list of one hand into the open palm of the other hand directly in front of the chest.



fists around one another in front of chest.



Misconduct

Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Contact to the Head

Extend arm above head and lap head with open palm.



Cross-Checking

A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty

Extend arm to

unright position



Delayed Offsides Extend arm in the air and point to line with other orns.



Delay of Game

The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Elbowing

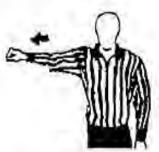
Tapping either ebow with the opposite hand.



Slashing One shop with the nonwhistle hand ocross the straightened forearm of the other hand.



This space available for next season. Don't miss out on your sponsor opportunity!



Roughing Fist clenched, fully extending ann from the side



Goal Scored Point at the net with

the nonwhistle hand, palm open.



Obstruction

Hands in the middle of the body in the shape of an 'O' Additional infraction following obstruction.



Hand Pass

The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking

Holding both lists, clenched, one a short space immediately above the other to the side of the head.



Kneeing

A single slapping of the right paim to the left knee, keeping both skete blades on the ice.



Holding

Clasp wrist of whistle hand with the other hand well in front of the chest.



Holding the Stick

Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one is short space in front of the other at waist height.



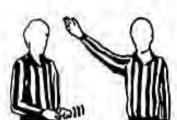
Spearing

A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Interference

Crossed arms with fists denched stationary in trout



Hooking

A series of fugging motions with both arms, as if pulling SOCIETHING TOWARD THE Mornich.



leing

The back official signals the ioning saturation by fully even rong from the armitest out artists ( into 10° long).

The transificial shall indicate and a companied by extending his feet arm over his head, up stright, and blowing his while

The bed of call then will prove to the face of specient press. armatic indicate the kd/lg.



Timeout/ Unsportsmanlike Conduct

Using both hands to form a T' in front of the chest.



Tripping Keep both skides on the list when signaling, using right hand on the leg.



"Wash-out" Both arms swung shoulder height not wast height.

Thank You to all the Coaches, Managers, Volunteers, Sponsors and Parents who make this game called Hockey..... happen.

Praying for a prosperous and safe season for the Moose 2019-2020 Hockey Team.

1 Corinthians 10:31

The McQuillin Family









### **BEST WISHES FOR THE 2019-20 SEASON**

# NODSE HOCKEY

### CHRIS & JEN HORACEK

"#36 Jeremy Horacek. Dangle, Snipe & Celly! Go Moose! Mom, Dad, Brandon & Bryce"

### CHRIS & JEN HORACEK

"#30 Joshua Horacek, Eat, Sleep & Shut-Out! 51 in 30 Bruh! Mom, Dad, Brandon & Bryce"

### GRANDMA & GRANDPA

"#80 Zach Nelius, Have a great senior year & thanks for the memories!"

### GRANDMA & GRANDPA

"#4 Alex Nelius, Have a great senior year & thanks for the memories!"

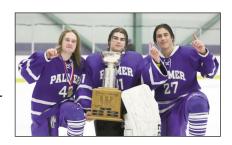
### THE FRANKHAUSER FAMILY

### FORREST & PHYLLIS WALLS

We are proud of you! Good luck this season. Play hard! Love Grandma Phyllis and Papa Forrest

### ROBBIE, TARA, RYAN, TYSON & LEXI

Owen, Our big little brother, Always remember, you miss 100% of the shots you never take. Put'em on net bro! Robbie, Tara, Ryan, Tyson, and Lexi



### KEVIN & CYNTHIA JOHNSON

Owen, To play the game is good..... To win is even better.... But to love the game is the best of all. Son, enjoy the season and make some memories... Dad and Mom



### THE MCQUILLIN FAMILY

"This ain't no throwaway game up in Rochester"

### THE RASHER FAMILY

### **DUANE & OWA GUNTON**

"Supporting the McCrary boys"

### PAM SADLOSKE

"Belle, you are a beautiful, thoughtful, adventurous young lady whom is an asset to any team! Go Moose!" Aunt Pam

### GRANDPOO & GRAMMY

"To our third generation Palmer Moose, Belle - work hard and lead by example!"

### **CORRINE CARLSON**

"Supporting Jeremy & Joshua Horacek"

### METAL CREEK AUTOBODY

### PATRICIA BRENHAM

### THE HORACEK FAMILY

### GRANDMA, GRANDPA & JAYDEN

"Have a great season Owen!!

### TANNER & RENA STOLL

### THE DISARROS

### **CODI STEPHENSON**



10 Dec., 7 p.m. at the Curtis Menard Center, Wasilla · 17 Jan., 7 p.m. at the MTA Events Center, Palmer

### DEFENDING DIV II STATE CHAMPIONS PALMER MOOSE

