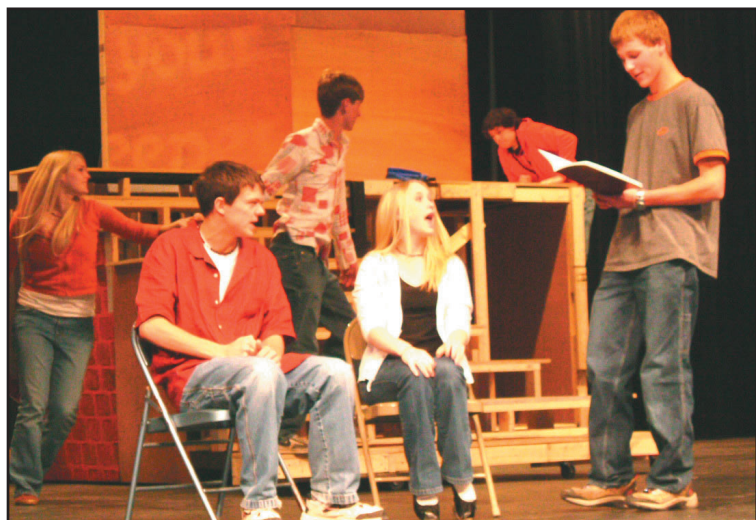


Dolly comes to town

Hello, Dolly! set to grace FLHS stage



To the left!
Staff choreographer Andrew Waldron guides the chorus of wait staff in a late night rehearsal. Cast members have been diligently rehearsing for the play *Hello, Dolly!*.
photo by Jamison Hull



Performance Dates:

November
3, 4, 5
and
10, 11, 12



Cashing in with the chorus

Dolly Levi (Senior Rachel Piersdorf) sings out during a recent rehearsal for the upcoming performance of the classic musical *Hello, Dolly!*
photo by Jamison Hull

Hello, Dolly!, a musical about the match-making Dolly Levi who ends up getting her man along the way is coming to Forest Lake Senior High.

The production stars seniors Rachel Piersdorf, Kyle Vandenburg and Caleb Rotach.

Co-directed by Cynthia Phillips-Marche and Tim Newcomb, and choreographed by Andrew Waldron, the musical will hit the Forest Lake Senior High Auditorium

stage Nov. 3, 4, 5, and Nov. 10, 11, 12. Curtain times are 7 p.m. Tickets are \$4.50 per student, \$5.50 per adult, and \$10 for patron seats. Senior citizens and children are free.



~ information gathered by Ashley Scheiller

Levy put to vote

by Abby Pooch

Many students may not care about the outcome of the operational levy vote because they think it doesn't affect them. In reality, the vote's outcome affects students more directly than it affects those who have the privilege to vote.

What is a levy?

An operating levy is what schools use to compensate for state funding. The state supplies about \$5,000 per student each school year, regardless of property values or location of the school district. Each school district then asks voters to consider a levy to fill in the funding gaps and round out the budget.

If not passed

A 'no' vote is a vote to wait out the existing levy, which offers \$655 per student/per year, and is set to expire at the end of the 2006-07 school year. If the 2005 levy is not passed, the school district will have to make roughly six million dollars of cuts throughout the district when the current levy expires. Since the majority of the school's operating budget comes from staffing, this would be the area most affected. The levy not passing would also mean fewer gifted and special education programs, and projected class sizes would grow to about 40 students per classroom.

If passed

A 'yes' vote is a vote to revoke the existing levy of about \$655 per year/per student, and replace it with \$875 per student.

To break it down, this increase would be about 25 cents a day, or 92 dollars a year for the average \$250,000-valued home, over the next five years. Altogether, this would amount to about two million dollars added to the school's budget per year.

If passed, this money would go to hiring 44 new teachers district-wide (14 at the secondary level). These positions would be aimed at improving student achievement in the core subjects of math, reading and writing. In junior and senior high, students would also have more access to accelerated, AP and College in the Schools (CIS) classes.

Where do I vote?

Most FLHS students are not able to vote yet, but if you are 18 before Nov. 8 (the day the polls open), you are eligible to vote after you register in your precinct. If you are not old enough to vote, talk to your parents about it and tell them how you feel. After all, regardless of the outcome, this will affect students the most.



Fill 'er for Diller

FLHS student in accident on long road to recovery

by Kristal Flom

It's all fun and games until someone gets hurt. So was the result of a recent Homecoming senior T.P. outing.

As you probably know, Forest Lake High School senior Mitch Diller was in an accident while participating in the traditional senior prank of toilet papering

"I went across the street to grab more T.P. from my friend's truck, then I looked one way, it was clear one way, then looked the other way and got nailed," said Diller

"I'm glad I got hit because I only broke my leg and the girl and guy next to me were smaller and would have probably got hurt worse than me," said Diller.

The paramedics talked to Diller for 45 minutes before they put him into the ambulance.

The extent of the list of Diller's injuries is pretty long. His leg is broken in three places, he has bruised lungs, road rash, stitches in his face, and some cuts that had to be glued shut.

Diller was in Regions Hospital for six days and was in surgery for five hours. The surgery consisted

of putting a steel rod down into his lower leg along with eight screws.

Not yet feeling pain, was asking some interesting questions. Later, however, he felt more pain than he would have liked.

"It sucked. All I did was lay around and my leg was hurt," Diller said, "Morphine isn't nearly strong enough."

The driver involved in the accident is 35 years old and was driving at least 55 miles per hour at the time of the accident. The driver was charged with a felony DUI and is out on bail.

When Mitch got hit, his face went through the car's windshield.

"I didn't think my face actually went through the windshield, but I felt my face hit something," said Diller.

For now, Diller is resting at home and is managing to log in hefty hours on video games.

"I'm not that bored out at home, I just sit around and play Nintendo," Diller said. "I don't even care so much about being bored, it's just that my leg hurts."

At home, Diller is on Vicadin and a muscle relaxer, but he is still in pain.

"It feels like my leg has been beat with a baseball bat," said Diller.

The first thing Diller claims he is going to do after the pain goes away is go to the casino and win some money. There are other things he won't be able to do, however.

"I'm going to miss senior year hockey and snowboarding the most until my leg heals," Diller said.

The students and staff at FLHS are relieved Diller is on the road to recovery.

"I'm relieved that he is ok but it is still a tragic and sad thing," said Dr. Steve Massey, FLHS principal.

Massey said that the school will do everything it can to help him take care of missed class time. The student council also led a fundraising effort to help offset Diller's medical bills. So, if you want to help "Fill 'er for Diller," see a student council member.

Want to help Fill 'er for Diller? See a student council member

Katrina Relief
Herman helps victims

by Kristal Flom and Ashley Scheiller

At the end of September, Forest Lake High School art teacher Dana Herman drove down to Mississippi with Animal Ark. She went to help rescue pets left behind or stranded after Hurricane Katrina hit.

Animal Ark is a “No Kill” shelter which makes it unique and pet friendly. A “No Kill” shelter is one that believes putting animals to sleep is wrong. They only will put an animal to sleep if: the animal is terminally ill, suffering, or is a threat to people. Animal Ark is located in Hastings, Minnesota.

Herman was gone with Animal Ark for ten days helping rescue pets from the wreckage left by Hurricane Katrina. She stayed at a camp located between Saint Bernard and Parish, Mississippi. The drive was about two and a half hours from the camp to New Orleans.

Animal Ark’s mission was to drive around through neighborhoods, looking for pets stranded in New Orleans and other areas impacted by Katrina.

“We would also rescue pets from different homes, if they were open, or we would get calls to go check out specific homes to look for their pets,” said Herman.

Many of the pets were frightened, and the volunteers had to use different tactics to lure them out.



“It took a long time to reach some of the pets; we would use food and water to coax them out of hiding,” said Herman.

The destruction left in the wake of Hurricane Katrina was unbelievable to Herman. The impact on pets was immense.

“It was probably the most difficult thing I have ever done, and yet it was very rewarding at the same time” Herman said.

Herman also believes that it was a big mistake for owners not to have brought their pets when they evacuated.

“Hopefully the circumstances will be different in the future, and owners will remember their pets next time,” said Herman.

Animal Ark helped rescue nearly 400 dogs, a few hundred cats, two geese, two pot belly pigs and one emu. Mrs. Herman brought back two dogs from the rescue camp, and one of the dogs moved onto a foster home. The other dog is currently being cared for by Herman.

Animal Ark has brought back over sixty pets to Minnesota and currently bringing more. If anyone is interested in volunteering, Animal Ark is looking for volunteers over the age of sixteen. To check out this opportunity or others, visit www.animalarkshelter.org or www.bestfriends.org.

FLHS chips in
School-wide fundraiser aids hurricane victims

by Ian Gildersleeve and Carl Magnuson

On August 29, 2005, hurricane Katrina hit and left 80 percent of New Orleans underwater, some parts more than 20 feet deep.

Relief efforts poured in from big and small organizations alike. Big names like the Red Cross and smaller names like Forest Lake High School.

Principal Dr. Massey and a few teachers formed their own idea of a school-wide relief effort. It was promoted by the Student Council, and it urged students and faculty alike to donate.

The plan was for each student to donate at least \$10 each and the faculty \$25 each. That would make \$300 per homeroom plus the money from other faculty members.

The goal Dr. Massey had set for the school fundraising was about \$20,000. The actual amount collected was around \$4,800. This was only about 20 percent of the expected amount to be collected; however, Dr. Massey still called it a success.

“It was a success, because the relief effort started late and there were other places for people to give,” Massey said.

These places included area churches, The Salvation Army, and other relief

organizations.

Even though the amount collected by the relief fundraiser doesn’t seem very significant in the long run, locally it was a good contribution.

“We were able to give locally... it was a significant contribution,” Massey said.

Massey also wants to remind students that there are still other places to contribute to, even if they aren’t related to Katrina.

“There are still other places that could use students’ help. The Salvation Army (located in the Twin Cities), local food shelves, and different organizations helping out the victims of the earthquake in Pakistan and Afghanistan are still in need of donations,” said Massey.

Students can even still contribute here at Forest Lake High School.

“The FFA (Future Farmers of America) heads up a student contribution to the local food shelves,” Massey said.

Besides giving money, people can contribute by giving blood, giving your time to volunteer groups, and opening up their homes to the victims who have lost theirs’. There are still so many ways that people can contribute. Don’t be afraid to give everything you can.

Cut n’ Keep

NOVEMBER

Tuesday, 1st

Winter Sports Sign-up

Friday, 4th

Last day of Term 1

Thursday, 3rd - Saturday 5th

Hello Dolly! Performances

Monday, 7th

No School
(Teacher Work Day)

Thurs., 10th - Sat., 12th

Hello Dolly! Performances

Tuesday, 15th

Orchestra Concert

Thursday, 17th

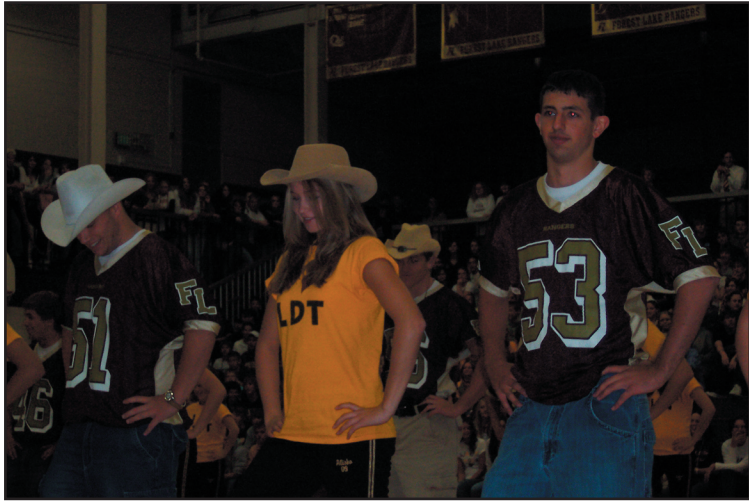
Choir Concert

Monday, 21st

Band Concert

Thurs., 24th - Fri. 25th


No School
(Holiday Break)



Yeehaa!

Football players joined the dance team in a country line dance during the Homecoming pep fest. photo by Stacey Johnson.

Flip-flops:
Friend or foe?



by Melissa Monson

Flip flops, are a major footwear trend right now for both males and females. While most people are starting to wear warmer footwear, they most likely sported flip-flops throughout the summer months. Flip-flops are cheap, comfy, and come in more styles than can be imagined. The purpose and wear of flip-flops isn’t always intended for everything that people do in them.

They are known in the fashion world as versatile footwear. “They keep your feet cool, their comfy, and you don’t have to wear socks,” said senior Heather Hermanson.

“I wear them during the summer, but I change when I do psychological activity,” said fellow senior Naomi Wolff.

Flip-flops can be nice for sporting pedicured toes or letting your feet breathe, but how good are they for your feet? It’s important to consider the things you will be doing before picking out your shoes.

According to the University of Iowa website, Daniel Fick, M.D. from the University of Iowa Health Care gives out some good information about the damage flip-flops can do to your feet.

“Flip-flops have no protection for the foot, and they don’t offer any added support, so you need to be careful to choose the right shoe for your activities,” writes Dr. Fick.

You need the proper amount of support to keep your foot aligned, comfortable and to absorb shock. If you don’t support your arch, over time it could lead to plantar facaitis. Plantar facaitis is when the tissues in your foot become inflamed.

So, next time there’s a hot day and you want to wear your flip-flops, think about what you’ll be doing that day before you slip them on your fabulous feet.

The Forest Breeze

The student newspaper of
Forest Lake High School

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The Forest Breeze is a monthly publica-
tion created by students in the journalism
class at FLHS. The Forest Breeze wel-
comes letters to the editor, provided they
are not obscene and do not exceed 200
words. The staff reserves the right to edit
for grammar and length. Unsigned letters
will not be printed; however, names may
be withheld upon request.

Views of The Breeze writers are not
necessarily the views of the students, staff
or administration of ISD #831.

Chronicles of Fick

FLHS senior Ben Fick trains with Olympians at Lake Placid

by Katie Walker

The thrill of victory. The agony of defeat. And although defeat is not in this FLHS student’s dictionary, this is his story.

Ben Fick, Forest Lake High School senior trained with members of the U.S. , Olympic , and the Factory ski teams, in Lake Placid, New York from Sept.11 to Sept. 25.

Ben has been on the varsity Nordic Ski team, since 7th. grade.

“I always wanted to do something fun, where you have to work hard,” said Fick.

Fick’s hard work and determination earned him the title of state champion last year. That was a defining moment for Fick.

“I felt ecstatic, as happy as you can ever feel,” Fick said. “[The championship] solidifies all the important things I’ve done, both physically, and mentally.”

According to Fick, there are many things that contribute to athletic success. Eating a lot of complex carbohydrates (pasta/ spaghetti), eating foods with amino acids (chicken or steak), exercising (six days a week, twice a day), and training.

Fellow team member Jamison Hull, senior, enjoys having a ‘famous’ teammate. According to Hull, Fick is a helpful and contributing team member.

“We have a person that can participate



with some of the best, which means he’s done something special,” Hull said.

After winning the Minnesota State Championship in Feb. of 2005, Fick remained focused on technique, and continued practicing the basics.

During a June technique clinic in Wisconsin, Fick was invited by the U.S. assistant ski coach, to go train with professionals in Lake Placid, New York.

According to Fick, Lake Placid is a sleepy little town with very few people. Lake

Placid is in the mountains of New York, the closest big city is Albany. This atmosphere sat well with Fick.

“I’m not a big fan of huge cities,” Fick said.

Fick worked out two, and sometimes three times every day with the Olympic ski teams.

New York is in Eastern Time Zone, but it didn’t take long for Fick to adjust. Fick had to get up by 8 a.m. (7 a.m. CST).

His hardest task to complete was doing

threshold intervals (TSI) for a long period of time. TSI’s are when you go a speed with high lactate value, while muscle tissue breaks down. According to Fick, it slows you down because the TSI’s impair muscle movement.

Other exercises Fick did were running, roller skiing, hill bounding with poles, and strength training.

“I had a great experience, it was pretty cool to meet the different coaches, and it was lots of fun,” Fick said. “The Adirondack Mountains in the Appalachians are nothing like the Midwest. There are mountains for miles, and it never gets flat for a long time like Minnesota.”

Fick’s favorite memory was running on White Face Mountain. It was Fick and Torrin Koos (a sprint racer) , talking about places they’ve been, and times they’ve gotten in running events.

“ It was really fun, just me and Torrin,” Fick said.

Fick has one definite goal of being on the Olympic Team. Fick has a few different options for after high school, going to college in the east or west. He’s thinking of Colorado or Utah, but he definitely wants to train with a college ski team.

Regardless of what he chooses, Fick has experienced the most grueling training with professional athletes and overcame.

Fresh faces from different places

FLHS welcomes 14 new staff members

Cynthia Phillips-Marche
Position: English/Language Arts
Favorite Activity: Theater



Matt Cleary
Position: Social Studies, Football coach
Favorite Activity: Spending time with his child.



Angela Nelson
Position: U.S. History 10
Favorite Activity: Camping



Shannon Long
Position: Special Ed.
Favorite Activity: Hanging out with friends playing volleyball.



Laura LeVake
Position: Language Arts, Journalism
Favorite Activity: Athletics and scrapbooking



Julie Walker
Position: Family Consumer Science
Favorite Activity: Spending time with her son.



Shelly Green
Position: Chemical Health Counselor
Favorite Activity: Playing with her grandson



Jim Caldwell
Position: Dean
Favorite Activity: Spending time with his children.



Phillip Pappano
Position: Music Department sectional leader, choir
Favorite Activity: Riding his motorcycle



Rachel Hawkins
Position: Special Ed.
Favorite Activity: Playing with her kids



Not pictured
Kim Vanneste, Special Educ.
Veronica Ward, Ag. Educ.
Andrew Waldron, Language Arts
Leslie Heidel

Information compiled and photos taken by Maya Bryn

Leaders to Louisville

FFA sends students to National Leadership Convention

by Abby Pooch

A couple of days after most people will be driving home from MEA vacation, five FFA members will be driving down to the 78th Annual National FFA Convention. From October 26-28, they will be in Louisville, Kentucky.

Bob Marzolf, one of the FFA advisers, and Mr. Bachol, a student teacher, are going to be the advisers who are representing the chapter at the convention. They are taking with them sophomores Nora Nolden and Kristianna Lockwood, junior Trevor Osterbauer, and seniors Shelly O’Connell and Katie Mowan.

The National FFA convention is the third largest convention in the nation. (The first and second are the democratic and republican conventions).

“We are going to be very busy,” said Nolden, “there are all kinds of leadership sessions, speakers, and such to attend.” The

students have about 16 different workshops to go to like “Making ‘Sense’ with your dollars,” “The ‘How Tos’ of the National



FFA Scholarship Application,” and “Your Attitude of Improvement.”

In the workshops, they will learn how to make personal goals and gain and/or improve leadership abilities, communication, flexibility, character, professional growth, social growth, decision making, and many other valuable traits.

The convention will not be all business, however. There are plenty of leisure

activities such as: “Bull Bash” (a rodeo), concerts, hypnotists, and even a haunted house in honor of Halloween. There will also be a National Leadership dinner where the students and advisers can meet new people and participate in leadership and team building activities.

Only five students are selected from each FFA chapter (school). “I’m really excited to go,” said one of the students. “Anyone could have been picked. Whoever wanted to go filled out an application with questions like ‘What would you bring back from the convention?’ Then Mr. Marzolf looked them over and picked out five of us.”

For those that aren’t at the convention, they can still see what is going on. RFD-TV will be broadcasting the convention starting at 6:30 p.m. on Oct. 26. RFD-TV is available to more than 24 million homes on Dish network (9409), DIRECTV (379), Mediacom, and NCTC cable systems.

Will the battle bounce back?

by Tash Thompson

Screaming guitars, growling basses, pulsating drums, and vociferous vocals; the sounds of Battle of the Bands. But, this was not so during Homecoming week.

“We wanted to encourage activities that were already going on at the school like soccer and volleyball instead of student council activities,” said Caleb Rotach, Forest Lake High School Student Council President.

Last year Forest Lake High School Students gathered in the auditorium to witness the spectacular event unfolding. Soon enough, the first band comes on stage and introduces themselves before going into a tangent of about three songs.

“The acoustics are prime for battle of the bands,” said Rotach.

The entire front section of the auditorium was filled last year as FLHS students watched and cheered for the bands on stage. That’s just what it’s like from an attendant’s perspective. So what is Battle of the Bands really?

Student council plans Battle of the Bands and sets the date. After the date is set, FL bands are asked to sign up to play for the Battle of the Bands. After the bands are signed up, they are put in an organized order so they know when they go on stage, and when they need to switch out equipment. On the night of the show, the bands and student council come early to set up the bands’ equipment as much as possible before show time. The Battle of the Bands is a great show of local talent.

“I think it’s great. I love seeing what this town can put together,” said Rotach.

The bands are evaluated by a panel of volunteer judges in the back of the auditorium. The judges decide which band wins the battle, based on personal likes and dislikes, and how much the audience likes each band. When all the bands have had a chance to play, the judges collaborate and decide which band wins. The winner, last year, received a \$50 gift card for music connection.

So what happened to this year? “We are going to do one battle of the bands and hopefully a local band night also,” said Rotach.

According to Rotach there will be a battle yet this year, and once again, the student council is going to try to book the auditorium.

Miron on mission to China

by Melissa Monson

Most high school students aren’t able to write “traveled with the governor” on their resume, but Forest Lake High School Senior Ann Miron has been chosen to just that. Miron will be traveling to China in November with Governor Tim Pawlenty.

Ann was chosen because she is an honor student very involved with the FFA (Future Farmers of America). “I’m excited to go, (but) I’m a little nervous. It’s not all fun; I have to do work (too).”

These six students were chosen from a total of 79 applicants. According to the State of Minnesota website, they based their selection on scholastic achievement, leadership activities, and personal goals for the trip. The applicants were informed in May if they were to pack their bags for China.

The Minnesota Trade Office could only pick one person per school based on whoever applied.

“Ann applied because she chose to. Ann wasn’t the only one to apply, one other student applied too. I wrote her recommendation letter. I would have written a recommendation letter for anyone who had applied,” said Principal Steve Massey.

“(I will lead a trip on) November 11-19 to

explore firsthand the many important facets of our state’s long and value relationship with China. “As China rises in economic and political prominence, it is important that Minnesotans



clearly understand that a closer relationship with this vibrant nation offers tremendous opportunities for our state,” said Governor Pawlenty in a letter he wrote.

Pawlenty hopes the trip will increase trade, promote investment and demonstrate our commitment to our relationship with China.

Miron’s objectives are a bit different. “Well, I’m with (the) agriculture delegation. I would like to see the difference between our agriculture production and there’s. I’d like to (learn) more about (the) world economy and how China will be emerging as a new player,” said Miron.

The delegation will stop in Beijing, Shanghai, and Hong Kong. The trip costs around \$4500 and is an all-expenses paid trip. 3M, Best Buy, General Mills, and Medtronic are a few of the sponsors paying for the trip. The Best Buy Children’s Foundation donated digital cameras and laptops to each traveler help capture the moments before, during, and after trip to China.

To find out more information about the trip and Miron’s adventures, check out the webpage www.minnesota-china.com.

Combatting the common cold

compiled by Abby Pooch

Everyone has been plagued by the runny nose, sneezing, sore throat, and cough that are the telltale signs of a cold. Here are some ways you can minimize your chances of catching it:

- Avoid close contact with people who are sick.
- Wash your hands with soap and water or antibacterial gels frequently during the day.
- Avoid touching your mouth, eyes or nose.

If you catch the common cold, here are some ways of easing your symptoms:

1. Stay home and rest, especially if you have a fever.
2. Stop smoking and avoid secondhand smoke.
3. Drink plenty of fluids like water, fruit juice and clear soup. Avoid alcohol.
4. Use throat sprays or lozenges to help relieve the pain.
5. Avoid being overheated.
6. Use a cool-mist humidifier or vaporizer to moisten the air and help ease your congestion and coughing.
7. Seek medical attention if you have any of the following:
 - a fever greater than 102 degrees F, -a high fever with achiness and fatigue, -a fever with sweating and chills, and - symptoms that worsen instead of improve.

Information taken from the Forest Lake Total Wellness pamphlet.



That’s Fall, Folks!
October fall weather brings the changing of the leaves just before the cold snow falls in Minnesota’s harsh winters. Photo by Jamison Hull

The S.A.D.D. Spot

by Brandon Anderson

When you’re walking through the school and you see all of the yellow ribbons in the halls and on cars in the parking lot, do you know what they mean? They are a part of the SADD program. SADD stands for Students Against Destructive Decisions.

The Forest Lake High School SADD program has been in existence for several years. The advisors are Chuck Moses and Judy Hill.

There are three events coming up in SADD. The Yellow Ribbon Week, Chemical Health Week, and Diversity Week.

Our goals of SADD are to build awareness to teens and help them make intelligent decisions,” said Moses

According to the organization’s website, SADD has been around for 24 years.

It started in 1981 in Wayland, MA as Students Against Driving Drunk. Since then, it has grown to become the nation’s dominant peer-to-peer youth education and prevention organization.

Today, SADD is dedicated to preventing destructive decisions, such as underage drinking, drug use, teen violence, and teen depression and suicide. It involves young people teaching their peers how to make good, intelligent decisions. It encourages teens to consider the impact of their choices on their friends, their families, and their future.

If anyone is interested in joining SADD at FLHS, talk to Jessica Alexander, Pazong Thao, Eve Selig or Amber Haupt for more information. The group meets every week.



COLLEGE FAIR: Over 90 different universities, colleges, technical colleges, and military recruiters descended on the FLHS cafeteria Oct. 10 for the annual College Fair. *photo by Katie Walker*

A fair with flair

by Katie Walker

College tests, deadlines, scholarships, degrees, and graduating. It's all very stressful for the average high school senior. Luckily, Forest Lake had its annual college fair on October 10.

Around 90 colleges, technical colleges, or military recruiters, came to help with these stressful times. For seniors, this meant getting applications and getting to know the representatives of the colleges they're interested in. For juniors, this meant planning ahead for next year's adventure. For sophomores, this meant exploring their options and getting ready for future decisions.

"Students from all over the area are welcome," Val Hansted, the Career Resource Center (CRC) Specialist said.

Knowledge is the best thing to go home with from a college fair

"Knowledge is power," Hansted said.

Knowledge is power because it gives students the power to make an educated decision as to what college they will attend, or what future career plans they

will make.

Mr. Caldwell, member of the dean team, took a major part in organizing the college fair. According to Caldwell, Forest Lake High is contracted through MACAC (Minnesota Association for College Admission Counseling). MACAC is the organization the actually set up the 90+ colleges to attend.

"They expose young adults to what offerings are out there for higher education as well as different career options," said Caldwell.

Caldwell suggests all high school students go to college fairs. According to Caldwell often times students wait too long to start looking.

The high school cafeteria was packed. MACAC's hard work paid off when hundreds of students went home with a lot of college information.

If you weren't able to attend, Hansted has numerous brochures in the CRC, located inside the library.

Merit Scholar Finalist

Senior Joe Mitchell awaiting final news

by Jamison Hull

In the fall of 2004, Forest Lake High School student Joe Mitchell took a test many other juniors take. The PSAT is a standardized test on a Saturday morning every October that puts students you on the first step towards deciding whether they qualify as National Merit Scholar. Mitchell took this first step with great success. He scored a perfect score on the test which makes him a semifinalist to earn up to \$2,500 in scholarship money from the National Merit Corporation. Joe received a letter in June informing him of his candidacy.

"I had a perfect score so I pretty much knew that I would still be in the running," said Mitchell

In August, Mitchell learned he was selected as a semifinalist and would have to write a five hundred word essay.

"The essay didn't have to be long, but it was about me, so it was a 'beast'," Mitchell explained.

As Mitchell recalled, he felt more competitive taking the test than writing the essay. There were only 1600 people

left and they each were given some sort of scholarship money after the initial test.

Mitchell feels he deserves the money but wonders if the process is a little trivial.

"I am very grateful but really just two and one-half hours on a Saturday morning and a 500 word essay doesn't seem in depth enough, but again I am very grateful," said Mitchell.

Many teachers have noticed and commented on Mitchell's success and the *Forest Lake Times* had a story on Mitchell in their October 5 issue. On the other hand, he has not received much recognition for his achievement from his peers.

Mitchell explained how he didn't feel comfortable telling people, "I don't want to come off as bragging, but I am proud."

Joe has entered his essay and is now waiting until January for the results. All but 100 of the 1600 semifinalists will earn scholarship money from the corporation. Even though Mitchell has not yet decided where he will attend college he knows the scholarship he may receive will be very helpful. All he can do now is cross his fingers and wait.



Debate in full swing

Team hosted tournament Oct. 15

by Melissa Monson

Many extracurricular activities offered at Forest Lake High School are wrapping up their fall season. The debate team, however, is just beginning.

"Debate is an extracurricular activity where you write cases on a given topic, then you go to tournaments and then you're judged." "You win by debating well, reasoning, and how you're debating the case," said senior Kyleen Scheidner.

Debate runs from mid-September to December and is open to sophomores, juniors, and seniors regardless of experience. For those who qualify, the state and region finals are in December.

The team is run by head coach Robyn Madson, Jon Brown, and new assistant coach, Brenda Swanson. There are two types of debate to choose from, Ted Turner

Public Form and Lincoln-Douglas. The National Forensics League assigns monthly topics to teams all over the country. Past debaters, parents or other volunteers judge students on a set of criteria.

According to current team debaters, to have intelligent conversations, learn about current events, and to meet people with common interests. It's a good way to meet people with common interests, you can have intelligent conversations, and you can learn about current events.

"Anybody can join debate, we don't single people out; we don't have tryouts," said senior Kyleen Schneider.

After hosting their own tournament on Saturday, Oct. 15, the team's next competition is on Saturday, Oct. 22.

Raisin' the roof

by Dan Carey

Forest Lake High School students in the Carpentry 2 class are giving back to the school. The class is in the process of building a new concession stand on the east side of the football stadium.

This new addition to the field is being built free of charge. The \$0 bill for the district is thanks to the sale of banners hanging on the football field fences that sponsors pay

\$1,400 apiece.

The new structure is intended to help reduce pedestrian traffic near the grandstand of the home side of the field and make for easier access to the concession stand for fans sitting in the visitor's stands. The project is slated to be complete and operational for the 2006 season.





HOMECOM



Coronation changes

by Jamison Hull

Homecoming is a high school tradition that is celebrated throughout the country and each school has certain traditions. At Forest Lake High School this year those were altered to start a whole new set of traditions. In the past, coronation was kept for Friday afternoon at the pep fest. This year, the coronation was held on Monday night at 7 p.m. These changes were made for a few reasons. "First, by coronatiing at the beginning of the week, the king and queen are able to 'reign' over the entire

homecoming week," said Dr. Massey. In past homecomings the king and queen just reigned for a few hours before the Friday night football game. "Second, an evening coronation creates a more formal atmosphere versus the spirited pep fest atmosphere," explained Dr. Massey. Before the coronation was in the gym with bad lighting and poor acoustics. Holding it in the auditorium helped with both these aspects. "Third, an evening



coronation allows more parents and community members to attend," said Dr. Massey. In the past the coronation was at the beginning of the pep fest which started as early as 1:50 p.m. The coronation this year was also held in conjunction with a concert. The band, orchestra, choir, Singing Divas, and Shaky Jake all performed. The concert was flowing with little time for anything, even applause. Some things never change,

however. Graduates Clay Harrison and Chantel Eischen, last years' homecoming king and queen, came back to crown Haider and Gibson. The process leading up to the coronation was the about the same as well. There were five couples, the candidates served at lunches during the week, and they still were initiated with certain late night endeavors. The school moved the coronation to Monday night with a concert and put it in the auditorium, but they still tried to keep the coronation formal and true to most of the traditions that have been celebrated for some time now.

Switching spots

Annual Powder Puff games changed to Saturday night

by Carl Magnuson

The spectators waited patiently in the stands as four teams made up of sophomores and juniors walked to the field. It was freezing and the girls wore T-shirts and jeans as the fans sat, huddled and bundled comfortably in the stands. On Oct. 8, four games were held to give people a new option for what to do Saturday night of Homecoming week. The players were into it and so were the coaches. "The coaches were intense, they took pride in their girls," said senior Pamela Nora of the championship team, the Ramrods.

"Any chance for girls to play football is great," said senior Krista Skoglund of the Ramrods. The turnout this year was better than last year, despite the event being pushed to Saturday evening of Homecoming week. The plan went like this: first, the two sophomore teams, the H.B.s and the Wildcats, faced off with fifty yards to spread out on as the two junior teams, the White Ts and the Jaguars. The H.B.s and Jaguars advanced after wins in over time and proceeded to play while the two senior teams, Mean Machine and the Ramrods faced off.

The Junior Jaguars advanced in over time and left the H.B.s behind as the Ramrods defeated Mean Machine 6-0. The championship game of the Jaguars versus the Ramrods ended in the Ramrod's favor, 13-0, and the trophy was passed on the class of 2006. "Each year more girls come... it's a good way to take out your aggression," said Skoglund. The Homecoming royalty even made an appearance at the game and Queen Danielle Gibson played for Mean Machine. After the game, it was apparent that the Ramrods

enjoyed their victory. They soaked their coach, senior Aaron Tetzlaff, with Gatorade and shouted for joy for the Ranger news cameraman. "Our girls played with a lot of heart... it was a team victory and it feels good to win," said Tetzlaff. The night drew to a close and the teams and the spectators walked off the field two hours and four games after they'd come. Senior spectator Brian Thompson was very happy with the games. "I hope the Vikings play as good next week as the Ramrods did tonight."

Haider, Gib

by Tyler Scanlon

Forest Lake High School crowned 2005 Homecoming King and Queen Jacob Haider and Dani Gibson on Oct. 3. Both the new king and queen reigned throughout the week, but there is more than meets the eye with both of them. First, Gibson believes it is important to accept everyone for who they are. She believes that has helped make her who she is today. "I was brought up to be accepting of all kinds of people and not to judge people on a first impression," said Gibson. Gibson, who prefers being called Dani to being called by her birth name Danielle, believes one of the reasons she was able to win the honor of being Homecoming Queen is because of how accepting of other people she is. Tai-Kwon-Do, the form of martial arts, has been another strong molding tool when it comes to Gibson's personality. "It is a lot of fun and I met my best friend through it," said Gibson. With the title of Homecoming Queen, Gibson had a few duties. During the week, served lunches, read the



King Jake Haider

announcements, went to sporting events, co-hosted a game Friday night. Gibson is not sure what for her, but she wants to continue her education. Gibson is vying for the honor of queen forward to the rest of the school. Sharing the title of royalty with the FLHS Homecoming King, Haider. He believes that being elected King is a lot of responsibility. "It is so people have a good time at homecoming," said Haider. Friends of Haider said



...ING 2005

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Queen Dani Gibson

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who is always able to put a smile on your face. Haider's family contains three other brothers along with his parents.

"My parents brought me up a good kid, encouraged my sports, made me do activities, and taught me good manners. My brothers annoyed me and taught me patience, so I got both sides of it," said Haider.

Haider looks at his family, friends, and of course William Wallace (lead character in the movie *Braveheart*) as the biggest influences on his life. *Braveheart* even inspired Haider to make a mini-epic of his own, *Thermopylae* (pronounced Ther-mop-e-lay) for an Ancient Civilization project. It is about a group of 300 Spartans who fought off 300,000 Persians for three days.

The making of this movie showed the kind of guy he is, being able to get 40 people out to Hugo on a chilly winter day, to be involved in something that doesn't benefit most of them in any way.

"It is an indomitable spirit, what ever happens is going to happen, and I just like to have fun," said Haider.



Rallyin' the Rangers

Annual pep fest highlights week festivities

by Stacey Johnson

The Forest Lake High School pep fest was held Friday, October 7, 2005, at 2 p.m. The crowd started rolling in and excitement filled the gym. The lights dimmed and the spot light beamed on the royal court.

Next, the dance team strolled in to kick up everyone's spirit for the big event later that night. Seniors Amanda Sigfrinius and Hilary Framke sang "Because of You," and seniors Shawna McNamera and Rachel Piersdorf treated the crowd to their rendition

of "Ain't No Mountain High Enough."

Members of the high school football team showed off their country line-dancing moves with the dance team.

"It was awesome. I would definitely do it again," said junior Mike Stilwell.

The Homecoming pep fest is rooted in tradition at FLHS. It started in the 1960's and has been an annual event ever since. Wanting to keep with

tradition, the student council spent weeks planning who, what, where, and when the pep fest would take place their first meeting of the school year.

According to Vicki McDougall, dean and homecoming adviser, all the plans went efficiently.

"There were not any complications that I know of, and it was very well planned," said McDougall.

The musical performances were a hit with the students at FLHS. During the slower number, students pulled out

their cell phones and lit up the gymnasium.

"The performers did a good job and I liked how they picked popular songs," said junior Brenda Abel.

Student Council has been making an effort to include everyone during the Homecoming pep fest and not have the main focus just on football.

Junior Kari Colucci said, "By adding the singers and dance line, we didn't want to cram everything. We wanted to have a wide spread of variety with no complications."



The Royal Court

Decorations set up by the student council spiced up the gymnasium for the annual Homecoming pep fest. This year, the pep fest was on Friday afternoon and featured student vocalists, class cheers, the dance team, and a members of the football team joining in for a hoe-down.



Dressing for school pride

by Andy Setterholm

Once a year, Homecoming Week gives students a chance to dress up in not-so-conventional outfits. Pajamas, jerseys, and even superhero outfits become normal for the week as the school prepares for the big game.

This year's themes included Get Up and Go Day, Concert T-shirt Day, Superhero Day, Jersey Day, and the traditional Maroon and Gold Day on Friday. These days of unique attire are meant to build the energy for the Friday night

football game, but does it work?

This year's hits and misses during homecoming week included great success on Jersey Day, and very little support on Superhero Day. A large percentage of students participated on Concert T-shirt Day, sporting colorful shirts from their favorite bands.

"I wore my System of a Down shirt," said Maya Brynn. "I had just gone to their concert and then it was Concert T-shirt Day. And that concert rocked."

Superhero day was for the most part ignored by the student body, except for a few extremists in full superhero gear, capes and all.

Senior Josh Nelson is one of the students who chose to ignore each dress up day.

"I just think it's weird," said Nelson.

Get Up and Go Day had about as much success as it has in most years. Pajama pants were popular, and some people even broke out slippers and robes.

In all, dress up days offered a relief from the monotony of standard school days. Students had a full week to get ready for the coming football game, and as everyone knows, every little bit of energy counts when it comes to Homecoming. Teams play better when fans are happier, and fans are happier after a week of alternative outfits.



photos by Stacey Johnson and Jamison Hull

History not for the faint of heart

by Tyler Scanlon

A History of Violence is a very intriguing movie, with a dynamic cast, a strong story and a powerful message. The cast consists of Viggo Mortensen (*Lord of the Rings* trilogy, *Hidalgo*) playing the lead character, Tom Stall and he is supported by Maria Bello (*The Cooler*, *Assault on Precinct 13*) as his wife, Edie Stall, Ed Harris (*Enemy at the Gates*, *Apollo 13*) as the mysterious and scarred Philadelphia mobster, Carl Fogaty, and William Hurt (*The Village*, *AI: Artificial Intelligence*) playing a small, but important role.

This movie is not for those with a weak stomach, the movie's violence is extremely graphic and realistic, and is not shy of strong language and sexuality. The movie revolves around Tom Stall (Mortenson) who is seemingly living the dream life. He has a beautiful and loving wife, two happy kids and he owns a small diner in rural Indiana.

He lives a quiet life, raising his kids and making friendly conversation with his diner customers. This all changes abruptly when two loners try to rob his diner, late one evening with the intent of killing

everyone inside. Tom disarms one of the gunmen and quickly shoots both of them to death. He does this so quickly that if you blink you'll miss it.

When these men are identified, it turns out they have a history of their own, Tom is an instant hero, appearing on TVs and newspapers across the United States. This draws a lot of attention, including the attention of Philadelphia mobster Carl Fogaty. Fogaty shows up at Tom's diner calling Tom Joey Cusak a former hitman from Philly. Of course Tom denies this and his wife Edie blows it off as a mistaken identity. But Fogaty is persistent, eventually leading to a violent confrontation, which puts Tom's life into an uncontrollable spiral.

A History of Violence is extremely well done. The acting is strong across the board with everybody playing their part perfectly.

The movie draws you in from the opening scene and never lets you go. The film is very violent, but there is a purpose to the violence, the movie is trying to show the viewer the magnitude and effect

violence. The story keeps you guessing and the dialogue is realistic and intriguing. The movie sends you out of the theater contemplating what you just saw, and should be a great conversation starter. The film contains a big underlying message and sends it loudly. A History of Violence has only a couple of issues. It may be a bit gory for some who aren't big fans of the red stuff and the other problem is that there are a few slow parts that may bore some people with short attention spans. All in all A History of Violence is a superb movie that I highly recommend, it will if nothing else gives you something to ponder for a couple of days. I give it 4 1/2 out of 5 stars.



“...an intriguing movie with a dynamic cast, a strong story and a powerful message.”

A look ahead...

This section is meant to give you a quick look at what big flicks are going to be hitting theaters soon and what has debuted lately.

October 21 Releases

Just in time for Halloween, this Friday debuts many action/horror films.

Doom, R. This action/horror flick is the adaptation of the critically acclaimed game. It is set in 2145 and is all about killing big ugly demons on one of Mars' moons, it stars the Rock (*The Rundown*) and Karl Urban (*The Bourne Supremacy*) as the main two creature killers.

North Country, R. This drama is about Minnesotan women miners and how they were discriminated against. It stars Charlize Theron (*The Italian Job*) as Josey Aims who decides to fight back. The film also stars Woody Harlson (*After the Sunset*) and Sean Bean (*Flightplan*) and is starting to accumulate a lot of Oscar buzz.

Stay, rated R. This horror flick stars Ewan McGregor (*The Island*) and Naomi Watts (*The Ring* films).

Kiss Kiss, Bang Bang, rated R. This is a murder mystery starring Val Kilmer (*Spartan*) and Robert Downey Jr.



Mi Casita es muy bien

by Ben Fick

For all those who believe there aren't any great places to eat in Forest Lake, you haven't experienced Mi Casita.

Mi Casita is a family owned Mexican restaurant located next to the Apple-a Day Health Foods in the Northland Mall off Highway 61. It is owned by sophomore soccer player Efrain Limon's father, Efrain Sr. The whole family works along with other employees.

As you walk in, the transition from Minnesotan to Mexican is immediate. The atmosphere is relaxed and enjoyable. The pleasures of taking Spanish for four years and still not understanding a single word of the music in the background can truly be appreciated in this setting. Mind-numbing smells of meats, beans, vegetables, tortillas and baked-on-the spot chips sift through the air to result in a lusting need for the food within the kitchen. Such scents provide more than enough reason to tempt the true Mexican connoisseur.

Mi Casita opened in April of 2004. Since then, the menu has consisted of lunch specific foods as well as a dinner section. Traditional Mexican appetizers and desserts are offered as well.

The best part is that all of the foods are authentic Mexican dishes - it is nothing like Taco Johns or Taco Bell. Seating is in

booths or open tables, depending on group size.

Immediately after being seated you receive baked chips straight from the oven accompanied by your choice of hot, medium or mild salsa. This makes for great snacking while reviewing the menu for your main-course selection.

In comparison with other metro and city Mexican style restaurants I would rate it five out of five stars. Vegetarians will delight for the abundance of meat-free meal choices. The taste, healthiness, price, service and easy menu navigability add to the delectability of the dining experience.

Particular menu recommendations include the refried beans and the guacamole, with your choice of the enchiladas, fajitas, tamales, tacos or burritos.

These two items may appear regular, non-extravagant Mexican additives; however, that is not the case at Mi Casita. The guacamole has a lemon-lime taste that simply cannot be matched. The refried beans taste fantastic and they are never overdone.

So the next time you're hungry and have no gas in the car, check out Mi Casita and treat your body and mind to a Mexican adventure. ¡Olé!



“The taste, healthiness, price, service and menu navigability adds to the delectability of this dining experience.”

Dragon tales continue in sequel *Eldest*

by Abby Pooch

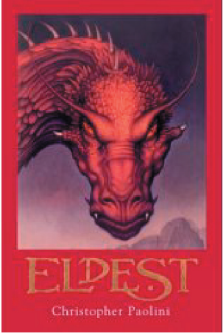
Are you looking for a good read? Then the book *Eldest*, just out this summer, should be your next choice. It is the second book (first being *Eragon*) in the Inheritance trilogy, written by Christopher Paolini.

Paolini was just 15 years old when he began writing this series, and is now 21. *Eragon*, the first book of the series, is about a boy named Eragon who finds a dragon egg that hatches for him. He has grown up listening to the heroic tales of the legendary dragon riders. Partly from curiosity and partly from hopes of obtaining his own glory, he raises the dragon, but soon realizes that someone knows about it, and wants it too. After a terrible tragedy, he and Saphira (his dragon) set out on an adventure.

In *Eldest*, the book picks up at the end of a battle and action starts immediately. Saphira and Eragon begin strengthen their relationship while they boost their abilities. Saphira and Eragon make an alliance with the rebels, and hides. Eragon knows that to rid the world of Galbatorix's evil, he will one day have to fight him. However, he knows that if he were to battle Galbatorix without proper training, he would have no chance of defeating him. The whole story again leads to a battle in which we learn new and surprising things about Eragon, Saphira, their world, and the other characters.

In the first book the reader finds out that Saphira is the only dragon left in Paolini's world (called Alagaesia) with the exceptions of the dragon belonging to the evil and deranged king Galbatorix and the two unhatched eggs that are in his keeping. In the first book, Paolini tells the

reader that Galbatorix's dragon is black, and Saphira is blue. So before even reading *Eldest*, the reader knows that a new dragon has hatched because there is a red dragon on the cover. The question is, who is the new rider?



Eldest was a great book even though I liked *Eragon* better. *Eldest* has over 700 pages, but is a very quick read, and very entertaining. It is full of rich descriptions and beautiful, colorful language. All of the characters were so well developed that you could almost reach out and touch them. Paolini makes

amazing and fantastical things seem believable. The ending of *Eldest* was disappointing and very heartbreaking. It was completely unexpected and maybe not the best idea, but hopefully everything will turn out right in the next book. Despite the shocking ending, I would give this book four out of five stars.

This is a good book for people looking for something to read while they are waiting for the next Harry Potter book to come out. It has fantastical elements and a different and interesting kind of magic. They both are written in the style of a romantic hero, and both use subtle foreshadowing.

It would also be strongly recommended for those who liked *Lord of the Rings*. Full of battles, magic and interesting characters, this book twists and turns and makes the reader wonder what awaits them on the next page.

Eldest is available in hardcover, audio cassette, and compact disc. Paolini has not yet released the title of the third book, but the movie *Eragon* (the first book) comes out Dec. 15, 2006.

Fall Fashion: 2005

by Maya Bryn

This fall the general style includes different elements that resemble more historical fashions and costumes of the silver screen. Clothing this season is emphasizing women’s hour glass shapes. Solid Black is back but in some ways it has never actually left the fashion scene.

A very popular silhouette shape for this autumn is volume; however, you should choose to limit the volume to the top or bottom half of your outfit.



MILITARY

The military look was very popular during this past summer and is continuing to stay trendy this fall. A must have for this season is the traditional military jacket in every length from ankle to knee.

Some famous makers of such jackets are Michael Kors and Burberry; however these high name jackets can run from \$69.99 to \$3500.00. If you do not have that kind of money to spend you can pick up a Fossil velvet blazer for \$39.99.

These coats are influenced by officer and equestrian jackets with fabrics like tweed, velvet or faded distressed leathers.

TOMBOY

Another popular look this autumn is the tomboy look. The silhouettes of this style include tailored pieces and cropped to the knee shorts with masculine lines. If you want to pick up a cheap pair of cropped pants you can find them at Wal-Mart for as low as \$12.00.

DISTRESSED

There is one style that has caught the attention of the fashion world although it might not look as high class as a lot of other styles, it is the look of the worn out, distressed jeans. You can buy a pair of Santa Monica Embellished Jeans at Hollister for around \$79.50.



SIXTIES BEATNIK GOTHIC

The sixties beatnik gothic and the new mod looks are coming into style this season. The sixties trend’s focal point is around the colors black and white and is aimed at the 15-25 age group.

GYPSY SKIRT

One of the biggest fashion trends of this year and the continuing style this fall is the Gypsy skirt, also known as the prairie skirt. The usually tiered piece comes in many different styles and colors. Its’ easy fit and hip-room provides a lot of comfort for the wearer, and the mix of ethnic touches give the prairie skirt plenty of popularity.

You can find these skirts at good prices and many places.

For example, if you do not have a lot of money to spend you can find a junior’s Knee-Length Coral Prairie Skirt from Target for \$12.99. If you are willing to spend a little more for your clothes you can find a beige floor length prairie skirt at The Buckle for around \$48.00.



CLASSIC BLAZER

This season, a great new look has presented itself; it is both professional and business-like. These outfits include the classic blazers, the tweed pants, and cute camisoles. To get this look try putting on a three-button blazer from Eddie Bauer, this sells for \$128.00. This autumn, girls and boys alike will be showing off their style with new looks that combine trendy and comfort with wild and dramatic.



Having trouble sleeping?

compiled by Andy Setterholm

Stressed out? Falling asleep in class? Just can’t concentrate? These are all symptoms of not getting a good night’s rest. Here are a few tips to a better sleep.

- As hard as it can be, make sleep a priority. Don’t keep yourself up at night.

- Try to reduce stress hours before going to bed. Deal with daily problems earlier.

- Develop a pattern Doing the same things each night before bed can send signals to your body that it’s time to sleep.

- Keep your body clock on schedule by going to sleep and waking up around the same time every day. Even weekends.

- Make sure you have a restful place to sleep. Keep your room free of unnecessary noises and lights.

- Sleep on a comfortable surface. Make sure your mattress is soft, supportive, and not too small, too hard, or too old.

- Exercise regularly. Activity helps relieve stress, but be careful not to exercise too close to bedtime.

- Cut down on stimulants, such as caffeine, especially in the evening.

For more information, visit the Better Sleep Council at www.bettersleep.org. From the Wellness Works pamphlet.

Fun Fall Fashion

These are the looks trendy teens are sporting for the fall of 2005. They are as many different outfits out there as there are different people.

Photos by Maya Bryn.
Modeling done by Sara Bizzotto and Kaleigh Brooks.



Tales from the tube

by Josh Nelson

With the coming of the new television season, comes the series premieres of brand new shows. This year, there were many new shows debuting on the various television stations and here are just a few:

ABC Commander in Chief

This tells the story of a female vice president, Mackenzie Allen, who faces the challenge of resigning or taking the oath of President of the United States, after the current president has a brain aneurism. She decides to take the oath of office, and defy the odds by becoming the first female president of the United States.

My Take: A great show. There’s always new challenges facing Allen, and although this show is similar to the *West Wing*, I think it will have much success.

Rating: B+

Night Stalker

Carl Kolchak and his newspaper reporter buddies investigate strange murders, deaths, and other phenomenon that occur in their town.

My Take: *Night Stalker* is a suspenseful show, full of action. It’s like a mix between the *X-Files* and *CSI*. It keeps you wondering what’s going to happen next. With the team of Perri Reed (Gabrielle Union), Jain McManus (Eric Jungmann), Tony Vincenzo (Cotter Smith), and Carl Kolchak

(Stuart Townsend), no crime will go unsolved.

Rating: B+

CBS Out of Practice

This is a comedy about a divided group of doctors who for the most part share the same profession but have little else in common.

Ben (Christopher Gorham) is a struggling marriage counselor whose family doesn’t consider him to be a “real” doctor because he doesn’t perform surgery.

Ben’s brother, Oliver (Ty Burrell) is a self-centered, plastic surgeon who dates and does surgery on only the prettier women in town. His sister Regina (Paula Marshall) is an emergency room doctor.. Their divorced parents

are Stewart (Henry Winkler), a gastroenterologist who is jealous of his controlling wife, Lydia (Stockard Channing).

My Take: *Out of Practice* is a funny sitcom, full of irony, and humorous problems. It reminds us of the problems we have around our own homes. Although I wish I had some of the problems that they face.

Rating: A-

UPN Everybody Hates Chris

Narrator Chris Rock tells his side of the story of his life growing up. It involves his strict, sometimes mean mother, Rochelle (Tichina Arnold). His father Julius (Terry Crews), is a cheapskate who knows how much everything is

worth. It shows how Chris helps to take care of his brother Drew (Tequan Richmond) and his sister Tonya (Imani Hakim).

My Take: A funny family comedy unlike any other Chris Rock piece of work. This show is comparable to *Malcolm in the Middle*.

Rating: B-

REPORT CARD	
<i>Commander in Chief</i>	B+
<i>Night Stalker</i>	B+
<i>Out of Practice</i>	A-
<i>Everybody Hates Chris</i>	B-

ACTIVITIES

Boys soccer State hopes put on hold, for now

by Tom Monahan

Going from 0-17-1 to 7-8-3 in one year would be considered by some a great accomplishment, but coach Shaun Conley wants to advance further.

“The season has been tremendous, I am very proud of the boys,” said Conley.

This is his second year as head coach and he feels the team has really improved. The nine seniors this year have been a key in winning some of those critical games. Seniors Jordan Bengston and Sam York were the senior captains. In addition to strong senior leadership, the team has youth. Freshmen Jeremy Steiner and Brian Conley earned starting spots this season.

“It feels great to play on such a high level team,” said Brian.

Coach Conley is thankful of the transfer Jake Loffler from Chisago Lakes Baptist School due to his great contribution at goalie. Loffler is ranked as one of the top goalies in the state.

“Our team is really on the up rise, we can almost taste state,” said Loffler.

Those taste buds were put on hold, at least for next year when the team traveled to Duluth on Oct. 13.

Duluth East High School faced off against FLHS and were evenly matched throughout the game. The score was 0-0 at the end of regulation.

Soccer rules state that after regulation play is done, there are two 10-minute overtime periods in sudden death. The first team to score wins.

Unfortunately, the Rangers were not the first team to score and lost the section game 1-0 to the Greyhounds of Duluth East.



Girls Soccer

The girl’s team had a rougher season with a 3-15-1 record. Captains Krista Skogland, Ann Miron, and Renae Fericks have had a bright season putting all the younger players under their wings. The girls lost some tough ones this year in some major conference games. For coach Jeny Hollaren the young and old combination of players was tough at first for her but she worked out a system that made good team chemistry.

“We don’t have the best record but we kept our heads up throughout the entire season,” said Miron.

Although the girls had a tough 3-0 loss to Andover in sections due to a couple of mistakes they worked hard and never quit until the final horn.

“Seniors really stepped up in a tough conference, it wasn’t a winning season record wise, but if you look at how the girls improved individually and how the team played together, we reached our goals,” said Coach Hollaren.



Tennis triumphs

by Ben Fick

This season, the FLHS girl’s tennis team had their best season in 30 years. Their overall record was 16-2. Their conference record was 6-2, which earned them the standing of second place in the SEC Conference. The Ranger girls recently lost to Mounds View, however, they beat Park Cottage Grove 7-0 on Sept. 29. The team lost only two matches during regular season play. On Monday, Oct. 3, in a non-conference match the girls defeated Blaine 6-1.

Singles players Paige and Quinne Patchin, Hillary Framke and Lauren Gravelle all earned All-Conference honors by having one of the top records in the conference.

“Doubles of Heather Grundhofer and Anita Heemann as well as Kathy Crudo and Brianna Odegard have been working well together and showing great sportsmanship on the courts,” said senior captain Framke.

The team lost to Mounds View and ended up either third or fourth in the Section.

Head Coach Greg Patchin is extremely proud of the way the team played this year.

“The team did excellent this year and I’m proud of the girls. I know they will build on the success of this season to do great next year too,” said Framke.

Volleyball starts section tournament



by Dan Carey

The Forest Lake varsity volleyball team closed their home schedule on Tuesday with a defeat over Roseville 25-20, 25-21, 25-10. It was senior night for the team. Seniors middle hitter Pam Nora, left side hitter Courtney Trenti and right side hitter Kelly Bohnen led the Rangers throughout the season.

With the Rangers 7-4 record this season, the team’s hopes are high for the section tournament which starts Oct. 26 here at Forest Lake High School.

Accompanying the Rangers’ winning season, they earned a first place finish Oct. 1 at the Duluth-East Invitational with wins over tournament host Duluth-East and Moose Lake/ Willow River.

The Rangers earned some more hardware in the Cretin-Derham Hall Invitational on Oct. 8 where they beat St. Paul Highland Park 25-18, 25-17 to bring a third place finish home.

The Rangers finished the season with a crushing loss to conference foe Woodbury 25-19, 25-23, 27-25. The Rangers finished their regular season record at 7-5 and start the Suburban East tournament next week.



Above: Mine Mine Mine!

Senior Angie McKnon receives a serve in a recent FLHS varsity volleyball match as her teammates brace themselves for a convincing set and attack.

Below: Aahhhh Team!

The varsity volleyball team rallies together in the huddle between points during a recent match.

photos by Dan Carey

Girls CC races to strong finish in conference

champions.

by Andy Setterholm

Not to be outdone by the boys cross country team, the girls cross country team has been working hard as well.

Senior captains Shawna McNamara and Kristi Buerkle are pleased with the girl’s progress thus far. Head coaches Kristen Fairman and Mary LaBossiere

“We already took first in a meet and we’re usually near the top of the rankings,” McNamara said.

This top finish is despite the appearance of several younger, more inexperienced runners on the varsity squad this year.

At the last girls meet, the Rangers’ top five finishers included just one Senior, McNamara. The team was led by Sophomore Auralee McGary, with a 10th place finish.

“Our varsity team is very young this year,” said McNamara.

The girls team will be racing at the Oct. 27 Section Meet, and if all goes well, the Nov. 5 State Meet as well.

Girls swimming and diving looks to build

by Stacey Johnson

The girl’s varsity swim team has had a rocky season. With the team only winning one meet as of Oct. 14, season highlights have ended up coming from individual swimmers and divers.

Junior Amanda Nelson and eighth grader Gaby Bunten are two of the stand out athletes for the swimming and diving team this year.

“They have a good attitude, they work hard, and have fast times,” said head coach Rochelle McKenzie.

McKenzie is in her at the helm for FLHS girls swimming and diving team, and was once herself a swimmer.

McKenzie is balancing being a graduate student with coaching, commuting back and forth between St. Cloud State and Forest Lake each day.

Along with Nelson and Bunten, sophomore, Mary Walters is also working hard at earning a trip to the state meet. One of the team’s goals is to have Walters compete in the 100 backstroke at the state finals Nov. 21-23 at the University of Minnesota Aquatic Center.

Sections have already begun as of press time, but the team’s last post-season meet before state is at Park Cottage Grove on Oct. 25 at 6:30 PM.

ACTIVITIES

The dawning of a new era

Ranger football team starts over with new head coach



Kicking off a new era in Ranger football. Here, the Rangers kicks off against Lakeville South in the 2005 Homecoming match-up. *photo by Dan Carey*

by Brandon Anderson

Improving is the name of the game for the FLHS Ranger football team. They started the season 1-5 with a recent 33-7 loss to Lakeville South on Homecoming. The touchdown was scored by Krister Ralles, and the extra point by Muhamed Halavac. Head coach Matt Cleary and his staff are monitoring and adjusting.

“We keep trying to improve our game each week,” said Cleary.

According to the coaching staff, a lot of the improvement the team needs to see, needs to happen not only on the field, but off the field as well.

“They need to have a bigger commitment to the weight room,” said Cleary.

Cleary believes the best aspect of their game so far has been their pass defense.

Cleary is an alum of rival school, White Bear Lake High School where he played as a linebacker on their football team. After high school, he attended the University of Minnesota-Morris and played football. After playing one year for UM-Morris, he transferred to the University of Minnesota-Twin Cities where he also walked on to play football.

After college, he coached at Spring Lake Park for four years and most recently at Shell Lake, WI for the past five years before he ended up at Forest Lake. Cleary and his coaching staff, along with the 2005 squad, hope to begin a new chapter in the Forest Lake High School football annals of history.

Boys cross country 4th at SEC conference meet

by Andy Setterholm

Last winter, the boys Nordic ski team surpassed all expectations and won the state championship. Now, several of those same state champion athletes are looking to repeat their success, but they’ve traded their skis for Nikes. The boys cross country team has been consistently finishing in the top five slots of about twenty five in the SEC, and they’re still training hard.

Senior captains Joe Mitchell and Ben Fick are pleased with the team’s progress so far, as are coaches Deno Johnson and John Fick.

“The training is much tougher this year,” says Ben Fick, “and I think we’re really

benefiting from it. Several of our returning runners have set outstanding new personal bests.”

The team is young this year with only two seniors on the varsity squad. Junior Zach Clark has spurred the team to new heights this year. He has appeared in the top ten finishers at almost every meet this year and is looking forward to the state competition on November 5.

The boys will have their section meet Oct. 27 to kick off their post season. The winning team and the top ten individual runners will appear at the State Meet Nov. 5 at St. Olaf College in Northfield.



Finishing strong. FLHS junior Zach Clark pushes to the finish line. Clark has helped push the team to new heights.

Healthy snacks

Most students have unhealthy snacks after school because “healthy” to some means “tastes like cardboard.” Here are some snacks that are both great for you and great tasting.

- Baked tortilla chips with 1/3-cup fat-free bean dip and salsa
- Half a cinnamon-raisin bagel with light cream cheese and all-fruit spread
- Whole-grain cereal with skim milk
- Light popcorn with two Tbsp. fresh grated Parmesan cheese
- Plain, nonfat yogurt with all-fruit spread
- 12 grapes or 10 fresh strawberries with low-fat string cheese
- Fruit shake – skim milk blended with frozen fruit and vanilla
- Dill tortilla rolls – a rolled tortilla with fat-free cream cheese, lemon juice, fresh dill, and Creole seasoning
- Homemade low-fat bran muffin and skim milk

Information from Forest Lake Schools *Total Wellness* pamphlet, compiled by Abby Pooch.

The engine that could

Auto class Homecoming fundraiser has unusual twist

by Katie Walker

Shawn Kost, Forest Lake High junior won a fifty dollar gas card from the auto/tech department’s homecoming fundraiser.

This homecoming fundraiser was like none other done before. A three dollar bet to play, and it got students out of class on homecoming day.

The object of the game was to form a hypothesis of how long a car could run with out coolant and oil.

Any student could participate who be bet \$3. The bets were for slots of time that the car would seize up. The winner (Kost) received a fifty dollar gas card. The \$ 50 gas card came from part of the money raised. The rest of the money raised is going to hand tool purchases in the auto department.

An estimated 40 students and 10 teachers placed bets on the engine. Placing the winning bet, Kost guessed 7:50 - 7:59. It turned out to be his lucky day.

“I just bet on the highest number that was left,” said Kost.

The engine actually ran for 32 minutes.

“That stupid engine should’ve never run that long,” Rutten said.

According to Rutten, after every 12 minutes the time would start back at zero

min./sec.

Rutten organized this auto gathering on Friday of Homecoming week, during third hour. This homecoming activity was organized to teach FLHS students the importance of oil and coolant in automobile engines.

According to Rutten, this event is so unique because no one would do an experiment like this on their own vehicle, unless the car was worth absolutely nothing to them.

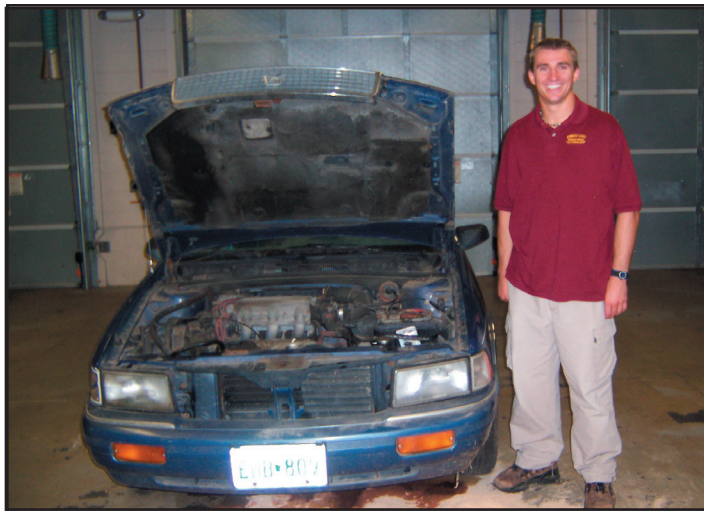
The original car to be used, (which is what most placed their bet on) was a Pontiac Grand Prix. The auto department was unable to use it because, the ECM (ngine control module) was removed. It was used for a presentation board in basic auto class and couldn’t be replaced. Rutten claims the different engines could have possibly made a difference.

“I believe foreign engine tolerances are more accurate,” Rutten said.

The car used instead was a Plymouth Acclaim, with a Mitsubishi engine.

The car was also only idling, which is a lot different then driving around with or with out people.

Mr. Rutten is a safety-conscious person when it comes to running a car without



A different sort of lesson

Auto teacher Ryan Rutten set out to teach his students a lesson about basic auto care, and it has become a Homecoming fundraising tradition.

photo by Stacey Johnson

liquids such as oil.

“I err on the side of caution,” Rutten said.

Rutten believed the car would run from 4-6 minutes. Fellow colleague, Mr. Nichols, tech. department teacher assumed the engine would run for 30 minutes. Nichols was right.

Many believe this was a way for the auto/tech department to tie into school spirit week, and teach Forest Lake students a valuable lesson.

“This was very positive for the auto/tech. department,” Nichols said.

Even if the lesson didn’t turn out as expected, there is still valuable advice to remember.

“If your oil light comes on, don’t think you’ll be safe for a half hour,” Rutten warns Forest Lake students.

Mr. Rutten has plans to further experiment with the Plymouth, and the Pontiac has been towed away to an impound lot.

Head to Pine Haven

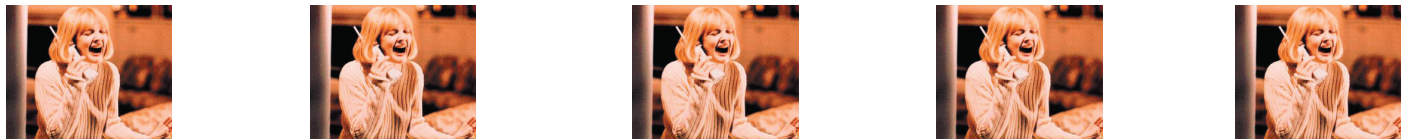
by Josh Nelson

Lots of people on Halloween look for a place to go to be scared. The older you get, the less scary things are. But there is still one place you can go to feel a chill, but also have fun, and that’s Pinehaven Farm. If you have never been to Pinehaven Family Farm, it’s a family farm just off of Highway 35N on Frontage road in Wyoming. On any ordinary the farm has things like petting zoos with different farm animals during the summer, and opportunities to cut down trees and other holiday activities during the winter. But the main attraction around Pinehaven is their Halloween display. How popular is the Halloween attraction? During any given day there is an average of somewhere around 200 people. During their Halloween season, they see any where from 500 to 1000 people.



Every year when they have their main celebrity visit, the attendance has gone over 1000 people. In 2004, the crowd was introduced to the formerly possessed Linda Blair of *The Exorcist*. This year, crowds can come see their favorite superhero, the original Batman, Adam West. You can also take a spine-tingling journey through their haunted house, take a ride on the haunted hayrides, and can pick your own pumpkins

for carving. “You’ll have a good time and get the crap scared out of you too,” said Mike Rath, a regular employee at Pinehaven. If you’re looking to take a trip to the Pinehaven family farm for their Halloween exhibit, it runs every day through all of October. It’s open Sunday through Thursday 7 pm to 9 pm, and Fridays and Saturdays from 7 pm to 11 pm. The cost is \$14.50 for adults and \$12.50 for kids under 12. The original Batman Adam West will also be making an appearance on the 14th and 15th of October. So go on out to Pinehaven – you will be glad you went, and they will be glad to have you. If you want more information on the Halloween exhibit at Pinehaven, you can talk to FLHS juniors Rath, Steve Bontjes, or Dann Carlson.



MUCH ADO ABOUT SCARY MOVIES

by Ashley Scheiller

Thrills, chills and those frightening images that have one on the edge of their seats chewing nervously at ones nails, just wanting to say “No, don’t go in there” or “watch out, he is right behind you.” Movies such as *Halloween* and *Scream* are chalk full of the bloody and gory scenes. It is appalling and gross, but the gore is what makes the horror flicks what they are – mesmerizing and appealing to a vast population of teenagers and adults alike. Companion to the horror flicks, we also have the “thrillers” or suspense movies. These movies play off people’s fears. A good example of this would be *Saw*. It fits the profile of both a horror film and a thriller – as it plays off of person’s fears and certain noises and sights can give a person snippets from a movie. Don’t forget all the graphic and very bloody scenes, with the convincing screams of excruciating agony. If one enjoys the aftermath of the film’s effects, for example, you jump 10 feet in



the air when the phone rings, freaking out and running out of the room when the T.V turns to static for no reason, then thrillers are the way to go. If the thrillers or horror flicks have you scared or looking over your shoulder twice, you are not alone, according to a study called “Tales from the Screen: Enduring Fright Reactions to Scary Media” done at the University of Michigan. Ninety percent of the students studied experienced lingering effects of a scary movie either from childhood or adolescence. The effects ranged from inability to sleep to avoidance of certain situations seen in movies. In accordance with the effects, researchers have also found that 52 percent had experienced physical symptoms after watching a scary movie that ranged from screaming and crying, to nausea and violent shaking. No matter if it is a horror film or thriller genre, these are the movies today’s society

craves, especially teens. With so many horror flicks to choose from, know wonder why more people have nightmares, yet we just keep on coming back for more. Not much to do on Halloween? No good parties, or trick-or-treating has lost its original status? Then grab a friend, plop down on a nice comfy sofa with a big bowl of yummy popcorn, and turn on one of these classic Halloween movies. Just because it’s Halloween doesn’t mean the movie has to be scary, but it does help add to the mystery of Halloween.

Top Ten Halloween Movies

Scream

The Ring

What Lies Beneath

Saw

Darkness Falls

Scary Movie Trilogy

The Shining

It’s the Great Pumpkin, Charlie Brown

Hocus Pocus

Beetlejuice

TRIVIA TIME

How well do you know your Halloween trivia?

Samhainophobia is the **fear** of Halloween.

Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers at #1


Halloween **candy** sales average about 7 billion dollars a year in the United States.

Jack o’ lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

Pumpkins also come in White, blue and green.

In 1962, the **Count Dracula Society** was founded

Ancient Celts believed ancient spirits roamed at night. They wore **masks** to avoid being seen as human.



Tootsie Rolls were the first wrapped penny candy in America.

Bobbing for apples is thought to have originated from the roman harvest festival that honors Pomona, the goddess of fruit trees.

If you see a **spider** on Halloween, it is the spirit of a loved one watching over you.

SPOOKY SITES

by Dan Carey

Once a year, all logic is thrown away for a holiday that many people; young and old celebrate the age-old holiday of Halloween. Year to year, there are different things to do: hay rides, haunted houses, and good old trick or treating. This year, try one of the following options:

Pine Haven

If you are looking for a good time with mostly high-schooled kids, go to Pine Haven Farm for their yearly hay ride and pumpkin launching. From their high-powered CO₂ cannon where they launch pumpkins a long distance into the acres of pine trees for a nice show. You cannot forget the main attraction, the haunted hay ride. Many students of the Forest Lake area attend or work at the month-long attraction at Pine Haven. Pine Haven also offers many other attractions such as tricycle races with friends or family, picking your own pumpkins and a concession stand to fill your needs. See accompanying Pine Haven article for more information.

Camp Spooky

For a more family-friendly atmosphere you could drive down to Bloomington for the Mall of America’s *Camp Spooky*. *Camp Spooky* is a Halloween version of Camp Snoopy, with ghostly characters and spooky rides. If you have a little brother or sister they will be able to go trick-or-treating all over *Camp Spooky*, with different characters passing out a variety of goodies. If you have a thing for creepy creatures, *Camp Spooky* also has a Creepy Critters Show featuring; snakes and other horrifying creepy creatures. Take a trip down to Mall of America for more of a family friendly scare. *Camp Spooky* is open October 7, 8 14, 15, 21, 22, 28, and 29 from 5-10 p.m.

Zoo Boo

If you love animals and love a good scare, go to Como Zoo located in St. Paul, where they are hosting their 18th annual Zoo Boo fundraiser for families and young children. If you have some spare pumpkins, try your luck at the pumpkin carving contest. You can also hang out with over 100 different characters that entertain you and the rest of your family. If you’re bringing a younger family member, be sure to dress them up in a spooky costume or if you feel like it, dress up your self for a great family time and a nice baggy of treats. The Zoo Boo will take place October 22, 23, 28, 29 and 30 from 5-7:30 p.m. The event is held rain or shine.

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No matter what you choose to do, remember to be safe and don’t eat all your sweet rewards in one sitting

