

You're being watched

by Tyler Scanlan

Many words come to mind when thinking of the FLHS parking lot. Words like hectic, messy and in some cases, unsafe. Realistically, one parking guard can't patrol the whole parking lot all by herself. Consequently, vandalism to cars and other dangerous acts can and have gone unpunished.

That is about to change with a piece of \$5,200 equipment to be installed upon arrival within the next few weeks. The new purchase will be a wide-angle camera. It will be able to get a complete view of the parking lot and provide live and recorded footage day and night.

"If there is a fender bender and the kid runs off, we'll have it on camera," said FLHS principal Steve Massey. "If we have kids that are sneaking out and smoking, we'll have it on camera. If there is a fight out there, we'll have it on camera. If there is vandalism, we'll have it on camera."

There have been issues with people roughing up cars, fighting, and even some cases of siphoning gas from other students' cars.

"We have cars that get dinged



In order to curb vandalism and other crimes, the FLHS parking lot will be getting a security camera soon.
photo by Brandon Anderson

and nicked. Last year we had a kid drive up and run over some of the new trees we planted out there," said Massey. "Vandalism isn't enormous, it's more kids skipping and fights that might go on out there, although there haven't been many. But when there are, we want to see what's going on."

The camera may sound extremely expensive for a school that has had financial issues over the years, but it's a good value for what it does.

"We could hire four parking guards that couldn't do as much

as that camera can, so it's a cheap way of getting good visual surveillance," said Massey.

The camera has already been ordered and will be installed as soon as it arrives, within the next couple of weeks.

"The reality is that most kids in this school want that parking lot to be safe," said Massey.

Once the camera is installed FLHS students can relax and stop worrying about their cars in the parking lot. The school will have a new watchdog to keep the parking lot a safer place.

Patchin plays at state tennis

by Tommy Monahan

Even though Paige Patchin, a junior tennis player at Forest Lake High School didn't win any of her matches at the state tournament October 28 in Bloomington, she felt it was a great experience for her.

"I lost to two great athletes, and I am fine with that," said Patchin.

Paige was unable to pull out victories in her matches, one against Kathryn Schmidt from Woodbury and the second loss to Deborah Maroney from Roseville. Each match of both sets was well played and had close scores; but the opponents had the crucial points to win the sets.

There was an amazing amount of maroon and gold at the tournament. A lot of High School kids from Forest Lake were cheering Paige on, her fan base was by far the biggest there and it helped give her a boost of confidence during her matches.

"The fans were so much fun, I was so glad that all my friends and family

were there," said Patchin.

Paige has been playing tennis since her dad / Coach Greg Patchin started teaching her how to play in the third grade. Ever since then, she has been playing on a constant basis. Greg Patchin was very proud of his daughter after successfully making it to state two consecutive years.

"Even though I didn't play so well my dad was still really proud of me," said Paige.

Paige wasn't the only one from Forest Lake tennis to advance far in the post season; senior Hilary Franke and freshman Quinne Patchin advanced to the doubles quarter final, but unfortunately lost to the team that would eventually end up winning third at state.

"They played so well I was really proud of them," said Paige. "All in all it was a fun and successful season."



'Tis the season Rifle deer season success in area

by Stacey Johnson

For all outdoor lovers, blaze orange is the style of the month. For the past several weeks, nearby woods and fields were swarming with hunters looking for the big game.

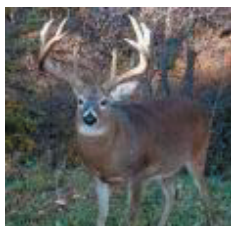
Some came home with the big prize, while others came home with just stories. A few successful students were juniors, Laura Zimmerman and Brandon Yetter, and sophomore Peter Zastro.

"It was alright. I shot an eight pointer," said Zastro with a smile.

"It was good. I didn't see a lot of good size deer, but I shot a doe!" said Zimmerman.

Even though it seemed there weren't as many people hunting this season, the deer were hard to find.

"I didn't see a lot while I was hunting," said junior Steven Bontjes. Bontjes went to International Falls, Minnesota for five days.



Could this be the location or just the deer out-smarting the hunters?

"I go hunting with my dad, uncle, my two cousins, and grandpa up in Sandstone, Minnesota," said Yetter. Yetter shot a buck during opening weekend for rifle.

Other hot spots include Chokio and Moose Lake, Minnesota. The prime hours range from 5:30 a.m. to around 11:00 a.m.

When out in the woods, it is a good idea to have a scent killer so the deer cannot smell you.

"I have found that white lightning scent killing spray works the best," said Yetter.

With just a few more weeks left of this year's hunting season, Zimmerman warns students to make sure safety comes first. Rifle season went from Nov. 5 to Nov. 20, while bow season ends Dec. 31.

Give a pint, save a life

by Andy Setterholm

Last week on Nov. 16, students and staff had the opportunity to save lives. The annual Red Cross Blood Drive came to Forest Lake High School to take donations from willing students aged seventeen and above. A single donation was enough to save the lives of three people in need of blood.

Donors lined up in the foyer to complete paperwork, eligibility forms, and a quick blood test. After a prick of the finger and a quick round of twenty questions with a Red Cross representative, donors were shepherded to donation stations. Medical staff selected an arm vein and sterilized the skin. In went the needle and out came the blood. When the bag was filled with a pint of blood, donors were slowly escorted to the snack table. Fluids were replenished with water and orange juice, while hunger was satisfied with Cheese-Its, Oreos, and Hoppin' Hickory Beef Jerky.

At the end of the day, the final count stood at 118 donors, 83 being first time donors. The Red Cross had a goal of 87 donors from FLHS. Their goal was easily met and representatives



FLHS student Dustin Bentley calmly becomes one of the 118 people who gave blood at the Student Council Blood Drive Nov. 16. photo by Andy Setterholm

were pleased with the turnout.

The 118 units collected will be shipped across the country to Red Cross blood centers for future use in treatment of specific blood disorders or during emergencies.

The Blood Drive will be returning next year to collect from students and staff. If participation is anything like it was this year, another successful charity drive is in FLHS's future.

Holiday Drive '05

WHAT: Interact Club Donation Drive

WHEN: Starts TODAY and runs through Friday, Dec. 2

HOW DO I HELP? Bring small gifts for boys or girls (ages 2-14) They will be sent to third world countries for children in need.

WHERE: Bring items to your first hour class - it's a contest!

Interact Club needs your help!

IDEAS: school supplies, hygiene items (i.e. combs, hair ties, bar soap, toothpaste and a toothbrush), hard candy, socks, small toys, mini cars, etc.

DO NOT BRING: used items, perishable food, liquids, medicines, items that are breakable or related to war.

A consumer's worst nightmare

Make-up counters are breeding grounds for bacteria

by Katie Walker

Bacteria, E.Coli, and Feces; three words people never want to hear associated with make-up counters, but they're associated with make-up counters in ways some could never imagine. Think about it, that woman that 'forgets' to wash her hands, where does she go after the bathroom? She goes to try on some new make-up; she slams her finger right into that cute hot pink lip gloss, and rubs it onto her lips. Ooh the bacteria!

People may think this is a joke, but it's an everyday occurrence, the free makeovers that attract women to makeup counters all over the U.S. may leave them with a colony of bacteria swarming over their faces.

Dr. Elizabeth Brooks, from Rowan University, has been testing makeup samples from 20 makeup companies and found that makeup samples taken at different periods showed between 67 and 100 percent gross bacterial contamination. That means between 67 and 100 percent of the products showed at least some level of contamination, though the levels may have varied from product to product.

Over the last two years, Brooks and co-researchers have conducted up to four sampling "runs" at makeup counters on Fridays, Saturdays and Sundays. During those runs, they used sterile swabs to take samples of products, including skin, eye and lip makeup, that were used by women to try on "open" makeup samples before purchasing packaged products. The team used the swabs to transfer the makeup to a container of agar, a substance on which cultures can grow. Brooks said generally what the team uncovered

was staph aureus. These bacteria can be found on human skin and generally is not a health concern but it can become problematic if it is introduced to the eyes, nose or mucous membranes.

"It certainly is not hygienic even if it is not a huge health concern," she said. "If it got into eyes, someone could get bacterial conjunctivitis. It's certainly not



a risk we should be taking for makeup."

"Most infectious diseases are transferred person to person via germ hands," said Philip M. Tierno Jr., PhD, director of clinical microbiology and diagnostic immunology at New York University Medical Center.

According to sources, contaminated make-up testers can lead to problems on the skin's surface, or can transfer whopping pinkeye, and even spread herpes. Retailers are not to blame for the bacteria left in make-up counters; it's the poor hygiene of customers.

"At all the stores we visited, we observed employees disinfecting cosmetic counters and the surface of make-up testers," said Dr. Brooks.

Next time you go try on make-up, take these things into account: The less customer traffic (not the weekend) = the less bacteria. Avoid testing on lips and eyes, which are the most vulnerable to infection (the back of your hand is a safe place to test these things). Wash your hands with soap and water before visiting the make-up counter (at least use a hand sanitizer). Try make-up on where a sales person is visible enough to oversee hygienic usage. Have a make-up artist put the make up on you themselves (the artist are trained to be sanitary, therefore everything they use SHOULD be safe. Test only products from a pump or a single use package. Last but not least, if you really want to be safe, then don't use testers at all, and buy make-up from a store that you can return it to (be sure to ask about the policy first).

After reading this story hopefully make-up consumers will think a little more sanitary. The most popular day for make-up shopping is Saturday, so if you want to avoid the bacteria, feces, and E.Coli, then avoid the make-up counter on the weekend. The survey proves it in itself. Out of 8 students that try on make-up at counters, 6 of those do not wash their hands first, and that's make-up consumers right in Forest Lake! Information taken from: www.telonica.com, www.nbc/primetime.com

Shoppers beware

by Maya Bryn

Crowded shops, great bargains, large sales, ecstatic women and patient men, all things typically seen on one of the busiest shopping days of the year. Black Friday, which is the Friday after Thanksgiving, is when 75.6% of consumers begin their holiday shopping. (According to the Nat'l Retail Federation)

The term "Black Friday" was created because the day after Thanksgiving was the day that most retailers went from being "in the red" to being "in the black". Surprisingly, even though items are sold by the thousands while it is still dark outside, "Black Friday" isn't typically the day with the highest sales income.



Books, CDs, DVDs, videos and video games are the top gifts bought. Next are the clothes and clothing accessories and 34.6% of all gifts are purchased are toys.

When a person bravely steps into a store on Black Friday, consumers find themselves in a different world filled with discounted items. If you were to go to a local shopping mall, you would find hallways filled with different merchandise and middle isles overflowing with popular goodies and great deals.

For the people who dislike crowded shopping malls and chaos, "Black Friday" probably isn't the right day to start holiday gift buying. These folks should avoid the shopping centers. For the people who live for the day, good luck, and try not to get trampled.

Keepin' the beat

by Jamison Hull

As Forest Lake Drumline Director Mike Ferry counts out the beat, members of his drumline wait anxiously for their cue. This is Forest Lake Drumline that comes around every year around the fall season going all the way to Nationals in Dayton Ohio.

Last year the drumline made great strides towards making a tradition of excellence. They won about half of the meets during the last year's regular season and earned best pit despite performing first and they took third overall at state. These were great accomplishments because they had to miss Preliminaries.

This year despite losing eleven members to graduation, Ferry is very optimistic about the leadership and quality of his drumline. Of these returning senior Matt Madsen is the captain of the Battery and junior Kelsey Robinson is the captain of the frontline

"We have a good crop of young talent so we are sitting pretty well," said Ferry.

Besides being a young group the drumline has some lofty goals set for this coming year explained Ferry,

"Max out the show that we have and be successful at national championships."

To achieve these goals Ferry has chosen songs from the new System of a Down CD Mesmerize. The theme for this years show is "Theories of Chaos".

"I come and listen to the music 3 times a week so it might as well be cool," Ferry said laughing.

This is Ferry's third year as drumline director and he encourages anyone 7-12 grade to join. They must like music and be able to learn.

"All you need is to

understand music and be willing to learn and we can work with you. Oh and you have to be in shape they are carrying around drums that can weigh up to 40 lbs.

The drumline has its first show the first in February and continues throughout the year until State and Nationals in early April. ntinues throughout the year until State and Nationals.



photo by Jamison Hull

'Yeah, I am right'

Debate team competes Dec. 3

by Abby Pooch

The debate team is still going strong while their season is already half over. The team did quite well in their tournament over the October 29 weekend. Helen Lininger and Kaitlin Jensen got fourth place.

"We're learning a lot and we've had some really good growth," said Robyn Madson, the head speech coach.

In the tournament on the weekend of November 5 in Apple Valley, the team didn't do as well as they usually do because it was a national tournament with teams from all around the country.

"We were in the middle of the pack," said Madson.

The team of about 18 meets every day after school to work on their next debate topic. They have two new topics for their November/December debating. One of their topics is whether the United States Federal government should fund Hurricane Katrina relief and rebuilding by ending President Bush's tax cuts or not. The other is whether judicial activism is necessary to protect the rights of American citizens. The team's next tournament is Saturday, Dec. 3.

FFA adopts a family

by Melissa Monson

Every year the Forest Lake High School's FFA holds the Adopt-A-Family food drive. Agriculture teacher, Mr. Miron says that the drive was here when he was at FLHS ten years ago, so it is clearly a longstanding tradition.

In the past, all of the classrooms within in the school donate food through their homeroom. Homerooms often have contests to see who can raise the most food.

First, second and third place all get prizes for all their hard work. Spanish teacher Annie Dahl's homeroom seems to win every year.

"I think the food drive is very important and I take it very seriously. I do offer motivational incentives to encourage maximum participation.(However), to me the word bribe carries a negative connotation. Let's feed some hungry people," said Dahl.

Joining FLHS, Forest Lake and Scandia Elementary schools are involved with the drive this year as well. Different schools are involved every year depending on connections with FFA across the Forest Lake district.

The food collected goes to Family Pathways in Forest Lake, who then gives it to needy families across the district. Two or three families are picked based on who needs food the most. The food is then distributed on a first come-first served basis. Food left after the families have taken what they need is given to the community based on a FFA group decision that's decided later.

The food drive is held Nov. 18 through Dec. 19. If you are starting to feel the spirit of giving already, donating to the food drive would be a great way to start.



Students in Jeff Lewis' Environmental Science classes competed to see which drawing would be used on containers in a district-wide recycling effort. Here, Ashley Schaub (11), Nicole Paulson (11), Alena Dzubic (11), Laura Unger (12), Allison Niemczyk (11), and Cory Tuckner (12) show of their drawings that resulted in a six-way tie. Students had about two days to complete their entry and they needed a theme that dealt with paper recycling. The drawings have been laminated and will be attached to recycling boxes around the district.

photo by Ian Gildersleeve

Recycle Forest Lake!



A touch from Forest Lake

by Katie Walker

A touch from the Forest Lake Area (FL) may not seem like much, but it proves to help many people in need of things like help with holiday meals, or even warm blankets for the cold weather for which Minnesota is famous.

Family Pathways

Family pathways, a non-profit organization is always working to help people in need who reside in the FL area and counties close by.

For the holidays, Family Pathways does a city wide fund drive called ‘Round-up’.

“It’s so easy, we just ask people [at the cash register] to round their total up to the next dollar, for holiday donations,” said Debbie Vaughan, the manager of Wyoming Family Pathways.

Wyoming Family Pathways uses the rounded up money to help families with holiday meals.

“Last year alone we provided over 300 holiday meals for local families in need,” said Vaughan.

If you would like to get in on the donations through Family Pathways, all you have to do is go to Family Pathways, purchase whatever you wish, and round your total up.

Operation: Blanket Forest Lake

While people are doing their part in the community, FLHS is also participating in the holiday donations.

The International Club has been making fleece blankets for people in need. They work every Monday during their meetings to reach their goal of 50 blankets. As of Nov. 18, they had made 11 blankets. They started Oct. 31 and they’re hoping to be done before the holidays.

According to Mrs. Annie Dahl, International Club advisor, it’s important to help people in need, and there’s a lot of ways to help.

“If we have the capabilities, it’s important that we use them to help the people in need,” said Dahl. “The best part is that the students came up with the idea [of making blankets] on their own.”

In order to pay for these blankets, the International club is holding a donation bingo.

They’ll go from door to door with scratch off cards and ask the person to play donation bingo. Each person chooses a box to scratch off, and

the box says a price between \$0.05 and \$3.00. The price in the box becomes the price of the bingo card. It’s like playing the lottery, only you win the satisfaction of helping someone in need.

If you would like to join the International club and help with making the blankets, Dahl says the doors are always open for more. Even with 85 members, their

philosophy is: the more the merrier.

The donations are necessary, and according to Dahl, the school doesn’t have the funds to pay for this. That is why the International Club has stepped up to help.

If you know someone in need of a warm blanket this winter contact Mrs. Dahl.



A member of the International Club works on a fleece blanket for their service project. photo by Katie Walker

Be our guest!

9 foreign exchange students spend a year at FLHS

by Abby Pooch

Many people may have noticed there are a few new students roaming around the hallways this year; nine to be exact. That’s how many foreign exchange students at FLHS.

Hallo from Koblenz



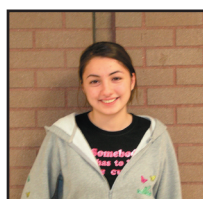
Nina Schneider is from Koblenz, Germany. She is sixteen and can speak French, German and English. She started to learn English when she was in fifth grade. Schneider says that she became a foreign exchange student because she “wanted to have new experiences, make foreign friends and know more about a different culture.” So far, she says, she likes Minnesota. She says the people are very nice.

Hallo from Stuttgart



Ben Haeberle is from Stuttgart, Germany. He speaks French, German and English. His host family is the Seversons. He became a foreign exchange student because he wanted to learn American culture and language. Here at school he is involved in soccer and wrestling. Haeberle says that he likes Minnesota because of the different landscape and scenery, though if he could have picked a different country to go to he says he would have gone to England or Norway.

Hola from Ecuador



Maria Rueda, called Majo, is from the country of Ecuador. She is 18 and can speak fluent Spanish and English, and a little French and Italian. She is involved in International Club. She decided to become a foreign exchange student because she wanted to practice her English and learn more about the American culture. Majo also says, “I wanted something new.” Rueda says that at first it was hard for her to make friends because the people were not very open. Now, however, she has loads of friends here.

photos by Jamison Hull

Hallo from Hannover



Lea Stoffers comes from the German city of Hannover. While in America, however, she lives with her host family, the Neruds. Stoffers says she became a foreign exchange student because it is an important experience for her life. Stoffers says she really likes the United States because the people here are really friendly. She is sixteen and already can speak German, English and Latin. At school here she is involved in International Club and was also in the chorus of the play *Hello Dolly!*

Hallo from Oberstenfeld



Caroline Streufert is from Oberstenfeld, Germany. She decided to be a foreign exchange student because her older sister was one in Eden Prairie. She also says she likes the language and wants to improve her English. Streufert knows how to speak German and English and will be taking Spanish I during third and fourth quarter. The U.S. was her first choice to go to and he really likes the United States. For an after-school activity, she was involved in soccer this fall. She is currently involved in Student Council and International Club. She says she likes the sports here because the school runs them. In Germany, says Streufert, she would have to join a private sports club.

Hallo from Berlin



Anita Heeman is from Berlin, Germany. This 16-year-old knows German, English and French, but her favorite class here at FLHS is Team Sports. She played tennis and she is currently signed up for basketball. She is staying with the Wedger family. Her favorite activity outside of school is four-wheeling on her host family’s ATV. Heeman says that she became a foreign exchange student because she wanted to learn the culture and the language better.

FACS Department

Starting third quarter the sewing basics class will be making lap blankets, aprons, and wheel chair tote bags for Birchwood. Birchwood is a home for senior citizens located in Forest Lake.

Mrs. Schellinger, Fac’s department teacher, has been thinking of doing a service project for a while now, and finally found the chance to start one. After speaking with Dr. Massey, Schellinger was able to organize this project.

According to Schellinger, it’s always important to help others in some form or another. This project will not only help people, but it will create positive press between the high school and senior citizens.

“Sometimes seniors may not have a positive view of teenagers, and this is also a way teens can show their respect for their elders,” said Schellinger

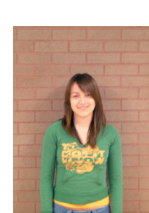
If you would like to help with this project, Mrs. Schellinger is looking for fabric donations including: mid-weight polar fleece, mid-weight cotton fabrics such as denim, duck, and broadcloth. All fabric amounts should be in 2 yard increments. Donations can be brought to Mrs. Schellinger or to the front office.

Hallo from Germany



Nicole Janus is another one of the many foreign exchange students from Germany. When she was in third grade, she started to learn English, although she didn’t really start learning grammar, writing and such until the fifth grade. Janus is fluent in English, German and Polish. She has also had four years of Latin and a quarter of Spanish. She decided to become a foreign exchange student because she wanted to learn English better, live in a new culture and learn more about the U.S. from a citizen’s point of view. Her favorite parts of the United States are the people and the variety of school sports. Some activities she is involved in are tennis, Hosanna church, the ski team, orchestra and International Club.

Hallo from Hamburg



Kiraz Demir, from the city of Hamburg, Germany, began learning English in fifth grade. Now, not only can she speak English and German, but she also knows Spanish, Turkish and Latin. She decided to become a foreign exchange student to learn more about our culture and to improve her English. Here at FLHS, she is involved in International Club and is going to try out for the basketball team. She says her favorite class so far is German. When Demir has free time, she likes watching movies such as her favorite, *Moulin Rouge*, and hanging out with her friends.

Sawatti from Bangkok



Pratchavan Sananvatananont, more familiarly known as Bon-Bon, is from the city of Bangkok, Thailand. She is 15 right now and has been learning to speak English since she was five. Besides Thai and English, she also knows Mandarin Chinese. Her favorite aspects of the United States are the food and the clothes. Her favorite thing to do is to go shopping and her host family is the Mladnicks. She decided to become a foreign exchange student because her dad was one when he was 17.

The Forest Breeze

The student newspaper of Forest Lake High School

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The Forest Breeze is a monthly publication created by students in the journalism class at FLHS. *The Forest Breeze* welcomes 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.

Where’s the powder?

by Kristal Flom

The cold is here but where’s the snow? We’ve had a few flurries to tease outdoor enthusiasts, but nothing hs stayed around too long. Don’t worry, most ski and snowboard areas make their own snow when our environment doesn’t, and most have been doing so for a few weeks. Wild Mountain, Afton Alps, and many other areas do; however it has to be cold enough and the ground has to be frozen in order to do so and be successful.

Minnesota is known for its cold weather, so it definitely has a lot of ski and snowboard recreation areas. Some great places to go skiing or snowboarding in Minnesota or around MN are; Wild Mountain located in Taylors Falls about 30 minutes North, Afton Alps located in Hastings 50 minutes away, Trollhaugen located in Dresser, WI, 40 minutes away, Spirit Mountain located in Duluth, 2 hours away, and there are tons more. See the chart below, arranged in order from closest to furthest away.

For local parks, Wild Mountain has some fun slopes, such as the “Wall”, which is the steepest slope they have. Wild also has a board park with a half pipe, rails, boxes, and all the different jumps varying in size. For beginners out there, have no fear, Wild Mountain also has a bunny hill and some easier slopes too.



Afton Alps in Hastings is a fun place to board with its Board Park and they have nice areas for skiers too. For more information about Afton Alps’ hours and ticket prices, you can call 1-800-328-1328.

If you’re looking for a bit more of an adventure, you want to travel outside the immediate area, and are in the mood for a road trip to look for some fresh powder, check out

THE LOCAL LOWDOWN

Slope.....	Wild Mountain	Trollhaugen
Phone.....	(651) 257-3550	1-800-826-7166
Website.....	www.wildmountain.com	www.trollhaugen.com
Adult Lift Tickets.....	\$20 (day and night)	\$34 (day)
(Age 13+)		\$24 (3 p.m.- close)
Child Lift Tickets.....	\$20 (day and night)	\$25
(Age 6-12)		\$19 (3 p.m.- close)
		5 and under free
Hours.....	M-W 10 a.m.- 10 p.m.	M-Th. 9:30 a.m. -
	Th. 10 a.m. - 8 p.m.	9 p.m.
	Fri. noon - 10 p.m.	9:30 a.m. - 10 p.m.
	Sat. 9:30 a.m. - 10 p.m.	9:30 a.m. - 10 p.m.
	Sun. 9:30 a.m. - 9 p.m.	9:30 a.m. - 9 p.m.
Late Night.....	Sat. 4 p.m. - 1 a.m.	Fri. 3 p.m. - 3 a.m.
	\$29	\$24
	Sat. 10 p.m. - 1 a.m.	Fri. 10 p.m. - 3 a.m.
	\$26	\$15
Ski Rental.....	\$19	\$19
Cross Country Ski.....	not available	Adults \$9
Season Pass.....	\$380	\$380

Lost and Found

Missing something? You might find it in the lost and found section of the student services office.

Items include:

- Scarves
- Lip gloss
- Back packs
- Hats
- Water bottles
- Jackets
- School supplies



LOCATION	AVG. DRIVING TIME
Wild Mountain	Taylors Falls ... 30 min. N
Trollhaugen	Dresser, WI ... 40 min. E
Hyland Ski and Snowboard Area	Bloomington ... 42 min. S
Afton Alps	Hastings ... 50 min. S
Buck Hill	Burnsville ... 49 min. S
Welch Village Ski Area, Inc.	Welch ... 1 hour 15 min. S
Powder Ridge Ski Area	St. Cloud ... 1 hour 37 min. NW
Mount Frontenac, Inc.	Frontenac ... 1 hour 39 min. NE
Mount Kato Ski Area	Mankato ... 1 hour 57 min. SW
Spirit Mountain	Duluth ... 2 hours N
Avalanche Board Park	Duluth ... 2 hours N
Giants Ridge Golf and Ski Resort	Biwabik ... 2 hours 42 min.
Andes Tower Hills	Kensington ... 2 hours 42 min.
Lutsen Mountains	Lutsen ... 4 hours NE
Buena Vista Ski Area	Bemidji ... 4 hours 36 min. NW

Exercise for life

by Ben Fick

Everyone should get it. Some do, but others simply don’t get enough of it. Exercise-the act of developing physical fitness. Large groups of the high school population get the exercise they need by participating in athletics all year round. What about the people who don’t? Adults and teenagers alike have been sliding into a desolate trend of laziness. Is it because Americans are all striving for desk jobs, leaving exercise-induced labor jobs for China and Mexico?

Many critics will say Americans should be modeling themselves after the western European lifestyle. That means eating four to six small meals per day as opposed to the structured, large-portioned three. Some people already do this, however it is a lifestyle change that is simply not practical for some and they may wonder, why break tradition?

For psychology class, I gave a survey to 30 individuals in the high school. Half of them were male and the other half were female. The results show the majority of those polled exercise between two and six days per week, and usually workout 30 - 60 minutes. By far, the most popular place to exercise was outside. The most dismal information from the survey

was that only half of the participants drank 8 ounces of fluid during their workout. It has been shown by researchers time and again that one of the most important things you can do during exercise is drink water. This speeds up metabolism and replenishes water lost through sweat.

It is uplifting to see that the vast majority polled do aerobic and strength workouts. It’s best to integrate strength work sometime during an aerobic workout day. Only three to four days of specific strength is necessary, alternating lower and upper body muscle groups. The rest of the week your workout should be goal-specific. Not surprisingly, most of the students exercise for their sport. Those who aren’t in sports were not motivated to exercise and made it a secondary priority. Many were motivated by the fact that exercise keeps people healthy and



will aid in their longevity.

The results of this survey were impressive. Many FLHS students are exercising and varying between cardiovascular and strength work. However, few students plan a workout schedule with specific goals to accomplish. This is definitely a challenge, especially without a coach. Those in sports and serious about improvement should consider getting a coach and developing a plan to reach certain physical and athletic goals. The physical education teachers are willing to help, just ask them. Mr. Jurasin runs a conditioning program in the mezzanine after school, which costs much less than the athletic participation fee or membership to a gym. A weightroom is not a necessity; many exercises can be performed with body weight or other household items. Keeping a written record

will allow individuals to review their gains and help motivate them to continue in the pursuit of their goals. These goals are attainable if you are persistent and bold. Remember, nothing is impossible and everyone is human.

If you want to stay active outside during the winter, keep these safety tips in mind:

Wear layers. This keeps you warmer and allows you to shed as your body heats up.

Protect your head and ears. Wearing sunblock and lip balm also helps.

Wear polyester wool. Socks, gloves and others made of this keeps away moisture.

Use waterproof gloves. They should have removable linings (they’ll dry faster).

Drink plenty of water. You can get dehydrated in cold weather, too.

Pay attention to the weather. Listen to reports before you head out. Use caution.

Stay on marked trails. Play it safe and bring a friend with you.

Bring a cell phone. Use to call for help in case of an emergency.

Taken from the Total Wellness Nov. 2005 pamphlet

Energy Infusion

Energy drinks gain popularity with teenage crowd

A Review by Maya Bryn, Kristal Flom, Katie Walker and Melissa Monson

Students’ lives are becoming increasingly busier than ever. From the time students wake up in the morning to the time we close our eyes, we are constantly on the move. Sometimes they are not enough hours in the day to do all the things that they must accomplish. To accomplish all the tasks throughout the day, one must have energy to do them. As everyone knows, sleep is not always a top priority. So this is where coffee, soda and the newly popular energy drinks come into play.

The four most popular energy drinks include Red Bull, Monster, Full Throttle and Jolt. Some of us on the newspaper staff decided do some experimenting to find out what they taste like. What’s the draw to energy drinks?

Jolt:

Kristal: Jolt Blue to me tastes like a blue icee from the movie theatre, but in pure liquid form. It smells good, tastes sweet, and the first one I would pick out of all four of the drinks we tried. (Tastes best when served really cold!)

Maya: This drink is really sweet and doesn’t have a strong taste. It seems pretty tangy with a slight resemblance to cotton candy. I would probably buy this drink over Red Bull and Monster Energy.

Katie: Flash back to blue icee. It’s very berry, this was almost the best tasting one, but even with the hint of berry, it left me with a gross aftertaste.

Melissa: I agree with Kristal on this one.

Monster:

Kristal: This energy drink’s taste reminded me of Red Bull, but better. It was still very strong, tangy, and I personally wouldn’t buy it.

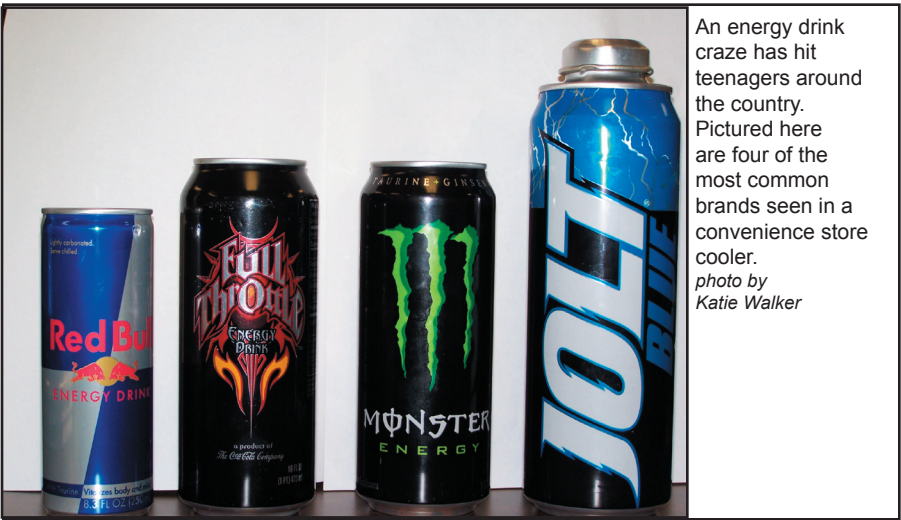
Maya: I agree with Kristal. Its flavor had a citrus twist with a tangy and strong taste.

Katie: I agree with Maya.

Melissa: I agree with Katie.

Red Bull:

Melissa: Red Bull is very sweet, nasty and leaves a bad aftertaste.



An energy drink craze has hit teenagers around the country. Pictured here are four of the most common brands seen in a convenience store cooler. photo by Katie Walker

Maya: I did not like this drink because it did not sit well in my stomach. It was quite strong and the aftertaste reminded me of cough syrup.

Katie: UGH. Icky, I think this drink smells, and tastes horrible. I agree with Maya about the taste.

Kristal: I would definitely recommend drinking this while it’s still cold; I agree with Maya and Katie about the taste.

Full Throttle:

Maya: This sweet tasting energy drink is for consumers who dislike the strong aftertaste of Red Bull and Monster Energy.

Katie: Similar to Mountain Dew, less sweet, I kind of like it, because it has a tangy sweet taste. This is definitely my favorite.

Melissa: I agree with Katie about the taste.

Kristal: I agree with Melissa.

A word to the wise:

Caffeine-sensitive should beware because it may cause tremors, sleep disturbance, and an upset stomach according to <http://www.smartplay.net>. Many people may experience jitters and nervousness according to <http://www.energy-drink-review.org>.

Ingredients

Monster:

Energy Blend (2500 mg) ;L Carnitine, Glucose, Caffeine, Guarna, Inositol, Glucuronolactine, Maltodextrin

Full Throttle:

contains ginseng extract, caffeine, taurine, guarana extract and B vitamins.

Red Bull:

carbonated water, sucrose, glucose, sodium citrate, taurine, glucuronolactone, caffeine, inositol, niacinamide, calciumpanntothenate, pyridoxine HCL, vitamin B12, artificial flavors, and color.

Jolt:

carbonated water, sugar and/or high fructose corn syrup, citric acid, sodium benzoate, sodium citrate, natural and artificial flavor, caffeine, glycerol ester of wood, rosin, and blue 1

Say What?

by Stacey Johnson

Voicing your opinion in high school is not always easy. You might think your opinoin doesn’t matter or no one cares what you think. Well, here’s your chance to stand up. Be honest.



Tell your peers your true thoughts.

This new section is meant to be very close in format to *Dear Abby*, except there are a few twists.

For each issue, I will present a teen-savvy topic, along with a question. Each question will be dealing with the general audience put in a certain situation. Then the question I will pose to the readers is, “What would you do?”

For each of the following issues of the newspaper, a few responses will be chosen from those submitted and comments will be written on your response.

Keep in mind the general letter to editor policy of *The Forest Breeze*. We welcome your response, provided that it is not obscene and does not exceed 200 words. We reserve the right to edit for grammar and length. Your name will not be published; however, we do need your name on the submission so we can verify that you wrote it.

This month’s topic: PEER PRESSURE

How does peer pressure influence your actions?

Situation: *You decide to go to a party with your best friend but you don’t know the host or the other guests. When you get there, people are all over the place and the house reeks of alcohol. The host of the party comes up with three beers in his hand; one for your best friend, one for him, and one for you. You see your best friend grab it and say, “Come on, it’ll be fun!” Everyone stares at you. You don’t recognize any faces and you don’t want them to make fun of you. What would you do?*

Write your thoughts on a sheet of paper and slip it in the box located in Room 374. Your comments will be accepted through Friday, Dec. 9.

Voice Your Opinion!

Is there something going on that people need to know about? Has an individual at school truly made a difference in your life? Do you want your voice to be heard?

Perhaps you would like to set the record straight, or react to an article written in this newspaper. What do you think about energy drinks? Do you read comics? Do you think it’s a good idea to get the security camera in the parking lot?

If there is something going on at Forest Lake High School or in the surrounding community that you think needs to be mentioned, make your move. This newspaper is yours to use. Voice your opinion - let your voice be heard.

Letters to the editor can be for positive or negative reasons, but please remember that the staff reserves the right to edit for grammar and length. Please keep your responses to 200 words or less.

‘Marvel’ous reading

Skip manga, go American when looking for a comic book

by Carl Magnuson

For those of us out there who still live in Wonderland or simply dismiss books without pictures there is a healthy alternative to Shakespeare: comic books.

At first glance, they may not seem like much, but there are those who would disagree.

“Now that’s just not true, some of them are written on par with novels,” said senior Scott Purvis, and avid comic book reader.

History goes deep for comics; they’re considered an art form and have been praised for their success all the way back to their roots almost 70 years ago. Things went unnoticed until Stan Lee wrote *Fantastic Four* in 1961 for Marvel and changed the basis for comics; the focus was more on human characters people could actually relate to.

Some titles have had the privilege of making history and starting up their own prosperous runs like *Green Lantern/Green Arrow*, *Uncanny X-Men*, *Ultimate Spider-man*, and *Strangers in Paradise*. On the whole this has only really shown itself in recent years with the healthy rivalry between DC and Marvel.

On the other side of the table you’ve got Japan and its take on comics called manga which is then later made into anime (Japanese cartoons). The formula was essentially the same deal during

post WWII Japan. However, things slowly moved away from such Japanese icons as *Astro Boy* and *Ultra Man* towards human characters that have some depth. Basically, the only titles worth reading are *Evangelion*, *Gunslinger Girl*, *Cowboy Bebop*, and *Fooly Cooly*.

Japan’s comics often resort to robots and women, usually working in tandem. America, however, perfecting between the sixties and the seventies. The way done is repetitive. “[I dislike because of it has good it’s so offbeat... it’s just hard to get into,” said Purvis.

Basically, with manga somewhat acceptable, you’ve got three choices: commit to a major comic book company like DC or Marvel, read manga, or go underground and read obscure titles like *American Splendor*.

“[*American Splendor* author] Harvey Pekar is real...it’s based on his life...I mean [his new



has been the fusion comics and since the the seventies. most of it’s repulsive and

magna] not the violence, action, but

book] is about him growing up in Cleveland, Ohio,” said Purvis.

Be forewarned when seeking manga because of its monotonous pattern of needless violence and sexual tension. It may sound appealing at first, but it just isn’t worth the money you put into it, at least the bulk of it isn’t.

“A lot of it’s too simple... [they’re] not that intelligent,” said Purvis.

The best route you can take is to stick to American comics and avoid too much involvement in manga; you run the risk of wasting ten dollars on something that could be utterly repulsive. At least with American comics you can check out a title for three dollars and basically expect something worth getting into, unless you decide to read Michael Turner’s *Fathom* or *Soulfire*.

If you’re looking for a good read, check out *Ultimates 2*, *Daredevil*, *Ultimate Iron Man*, *Sandman*, the *Amazing Spider-man*, and *Astonishing X-men*. They’re some good titles that can stand alone and get you introduced to the basics. Among other places, you can buy these and other awesome comic book titles at many different placs, including Shinders and The Source in Roseville.

Dealing with the Cold

“Driving in a Winter Wonderland”

by Maya Bryn

Before You Drive

Did you know that the most serious car crashes in winter happen during clear weather and not during snowstorms? That is because some drivers pay less attention to road conditions when it seems nicer outside. So, before the snow starts flying get your car ready for the harsh conditions of winter.

Plan to give yourself a little more time to get to your destination. Driving slower and not being in such a rush is the best way to drive on slippery winter roads. Remember, looks can be deceiving. If a road looks clear, it might not be.

If You Are

SKIDDING: The most important thing to remember if your car is skidding is **DO NOT BRAKE**. If you take your foot off the accelerator and guide your car in the direction you want your front wheels to go, you will have better luck controlling your vehicle. Not following these steps can cause your car to lock into the skid. To prevent skidding, allow three times the distance to come to a full stop. Also, keep three times the distance between you and the car in front of you. Make sure to test your brakes quite often and remember to pump them when coming to a turn.

STUCK IN THE SNOW: Try not to spin your wheels because this may result in digging yourself in deeper. To solve this problem, shovel the snow away from the tires and lay down salt, sand or cinders around the wheels to increase traction. Having a shovel in your trunk or other tools to use if in this situation would help a lot.

TRAPPED IN YOUR CAR: If you are stuck in this situation make sure to stay in your car and don't run off to find help. To attract help,

show a trouble sign like a brightly colored cloth on the antenna of your car. Do not let your engine run the whole time. Turn your engine on every hour for only ten minute increments. Make sure not to stay in one place and try to keep moving, and if you are not alone in the car, each of you should take turns sleeping in case help comes.

Other Driving Tips

Leave plenty of driving space for maintenance vehicles and plows. Try to stay 200 feet back and do not pass on the right. This year, Minnesota Department of Transportation (MnDOT) installed cameras on the plows to help insure drivers are staying away.

Watch for slippery bridges. Even if solid pavement is in good condition, bridges often ice up sooner than roads. Bridges are entirely surrounded by air; which causes heat to stream out from the top and the bottom of the bridge into the cold air. Therefore, bridges will lose heat more quickly than roads.

4x4 vehicles can be as dangerous as regular vehicles. They may allow you to move quicker than others, but they can't stop any faster. In fact, they often take longer and their traction can be lost at the same rate as a two-wheel drive vehicle so use as much or more caution.

Cars are lighter than trucks. Cars take shorter time to safely respond and come to a full stop than trucks, so try not to cut quickly in front of them. Trucks can be extremely heavy and don't react very quickly, so take precaution.

Information from Oklahoma State University, Healthlink and MoDOT General



Winter wonderland? Wintertime in Minnesota is not a season to be taken lightly. Remember to be safe while driving your car and use extra caution when out on the roads. You'd be smart to take the advice of this article, so you don't have to push your car like these people pictured.

Car Care: 101

Before you start your engines, check it out

by Natasha Thompson

Winter is coming. Winter jackets, snow boots, gloves, hats, and scarves come out of the closet. But what about cars? The roads are wet and slippery. Cars slide, skid and roll. How can these accidents be prevented? Here are some tips on how you can be prepared to battle the winter road.

Get a basic tune-up. Check the hoses, belts, and spark plugs. If necessary change them. Replace your radiator hoses if they are swollen or cracked, or are soft and mushy. Belts should be replaced if they are cracked or frayed. Replace spark plugs if they look bad or if they have a lot of miles on them.

Check fluids. Check your coolant or antifreeze, transmission, and windshield washing fluids, and of course, make sure you have enough gas. The antifreeze or coolant should be a 50:50 mixture of coolant and water. To check this, there is a special coolant test bulb (pictured), a hand-operated pump that tests the density level of the coolant. It costs \$1,000 or more to fix a part in a transmission system, so check your car's transmission fluid level. Make sure you have the car running while you're doing this. It is recommended to add a bottle of fuel de-icer every time you fill up on gas to help prevent moisture in the fuel tank from freezing.

Visibility is key. It's hard to see out of a dirty, grimy windshield. Double check the bottle of windshield washer fluid to see if it can endure -30 degree temperatures. It is useless when you cannot squeegee it off. Also, checking and replacing windshield wiper blades is recommended.

Check tire treads. Bald tires can cause cars to spin out and slide on slippery, wet roads. To do this, place a penny inbetween the treads and the height of the tread should be able to come up to or above Abe Lincoln's head. If

your tires are not bald, it is still recommended to have a tire rotation every 2,000 to 10,000 miles, so there is equal wear on each tire. During the winter, the tires with the least wear and tear should be on the drive wheels.

Check the brakes. Winter roads are slippery; maximum stopping power is valuable. Make sure the brake pad is not worn down, and check for pedal pulsations or sponginess. If your tires are spongy, it will feel like you have to push your pedal in too far. If the brakes pulsate, you will feel the pedal move up and down as you try to brake. If you have anti-lock brakes, do not be alarmed by the clicking noises from your brakes, it's only adjusting your tire speed.

Clear off all snow and ice from the entire car before driving out onto the road. This means your hood, roof, and trunk. Snow flying off cars can be a hazard to those following the snowy vehicle. This could prevent a potentially fatal accident for fellow drivers.

Be prepared. Car maintenance only goes so far. If you get stranded in your car, it is a good idea to have an emergency kit. It is recommended to keep your fuel tank at least half full; it is nice to have gas so the engine can provide a very comfortable amount of heat in case you get stranded.

Wake up five minutes earlier and check the news. Pay attention to weather and traffic reports. If conditions are too hazardous and you do not really have to go anywhere, stay off the roads. Take roads that are cleared and have less traffic. Keep an eight to ten second distance between you and the car in front. If you have a rear-wheel drive vehicle, it may be wise to store sand bags in your trunk to help prevent spinning out.

You can check fluids, windshield wipers, tires, and brakes on your own in your backyard. It is a lot less expensive to do the job yourself, of course, but you could also bring your car into a variety of different shops for a winter check, like Fred's Tire, Valvoline, Jiffy Lube, or Car-X. Either way, be nice to your car by prepping it for winter and be safe!



Over the river and through the woods. Before you head out on the road, whether it's for everyday errands or your holiday travels, make sure you are prepared.



Coolant tester. It is recommended to add a bottle of fuel de-icer every time you fill up on gas to help prevent moisture in the fuel tank from freezing.

“And for the season it was winter, and they that know the winters of that country know them to be sh

ed: The 411 ❄️ n Winter



“If we had no winter, the spring would not be so pleasant...”
- Anne Bradstreet

The Best “I Need a Vacation” Spots

by Tommy Monahan
Better start planning your winter vacation because temperatures as well as snow are falling fast, and if you’re confused on where to go then here are some great ideas for a winter getaway.

Some like it hot

Cozumel, Mexico
If you are looking for a great warm getaway out of the United States, then Cozumel, Mexico is the place for you. The weather is usually in the upper 80s and anywhere you decide to stay, it will be a short distance to the beach. The cheapest round trip airfare for one person is \$497. The prices will change according to family size and preference of airline. There are many affordable resorts in and near Cozumel, and if you get tired of the beach scene, then there are an endless amount of things to do including scuba diving, deep sea fishing, boat tours, and surfing, all near the Gulf of Mexico. You might want to check into package deals for all of these activities.



Cozumel, Mexico

Orlando, Florida
This is an excellent vacation spot in the United States. Like Cozumel, it also has a warm climate. Orlando is a wonderful place to bring the whole family because there is always something to do. There are theme parks such as Walt Disney World. Even though there is not a beach nearby, you can go to the largest water park in the U.S. Blizzard Beach is only a short drive from Orlando. It has the beach plus an amazing amount of water slides and fun activities. Round trip airfare for one person is in the range of \$325. If you decide to drive, count on about 24 hours nonstop and a total of 1580 miles to get to the heart of Orlando.



Orlando, Florida

San Diego, California
San Diego is a fun, family oriented vacation right on the Pacific Ocean with a variety of things to do. There are a number of theme parks, Sea World, an assortment of wonderful beaches, the retired ships and beautiful cities all around like San Francisco. This has an affordable round trip rate of \$330 and a vast amount of options of airports and airlines. The city of San Diego is an awesome trip for either a family or just a group of friends wanting to find a cheap and fun trip. You could also get to San Diego by car, but by the time you arrived, you’d have to turn around and return home.

...Some like it cold

Keystone, Colorado
Keystone may be a good choice experience for the person who wants to find satisfaction in the deep snow. This is a trip designed for skiers and snowboarders who love to go down those long slopes and slalom through the deep powder. This trip is not all just snow slopes. Keystone has a variety of places to go. There are shops all over the town, restaurants on every street, and a ton of family activities. The airfare is very affordable with prices for an adult starting at \$184 round trip. Once there, you would also need to purchase a ski pass for one of the resorts in the area.



Keystone, Colorado

Toronto, Canada
Known as the “New York City run by the Swiss” it has a great deal of things to do with a little Swiss twist. The town of Toronto has entertainment, world-class shopping, hotels all around, fine dining and the largest structure in the world: the CN Tower. This amazing building has a breath- taking view you are sure to never forget. A flight to Toronto tops off at \$400 for one adult, but the money is well worth the trip.



Toronto, Canada

Duluth, Minnesota
For the traveler who doesn’t want to travel too far for a good vacation, Duluth is the place. Only a short two hour road trip from Forest Lake, this city has it all. It has hotels on every corner, museums, world famous restaurants like *Grandma’s*, great boardwalks and cross country ski trails. You can spend all day walking around looking at the shops and monuments that make Duluth what it is. Gooseberry Falls is a great winter attraction. It is only a short half hour drive away from the city.

Everyone needs a vacation once in a while, but the longer you wait to book flights the higher the prices will be. Generally, 21 days before a flight is a good rule to follow. It will also be harder to get tickets cheap because of the holiday season rush.

Singin’ the Snow Day Blues?

Picture this: Forest Lake School District has a snow day. You plan to go snowmobiling, so you try to start the snowmobile. No gas. What do you do? Before you head back inside to check out *I Love Lucy* re-runs and try to dodge snow shoveling detail, try making your own snow ice cream!

1. Gather about 3-4 cups of loose, clean snow and freeze it. (emphasis on the clean, you and your friends are going to be eating this!)
2. After keeping it in the freezer for a while, take it out and add the following ingredients.
Work quickly so the snow doesn’t melt first!
2 Tbsp. milk
1/4 cup sugar
1 tsp. of vanilla extract.
3. After you have mixed all the ingredients together, sample the result and add more sugar and vanilla extract to taste.
4. Enjoy and share with the fam!



- by Natasha Thompson
- Flashlight (with extra batteries)
 - Flares or Reflective Triangle
 - Distress Sign
 - Change for a Telephone (35 cents)
 - First Aid Supplies
 - Basic Tools (wrench, pliers, ratchet, sockets)
 - Fully Charged Battery
 - Warm Blankets
 - String (to walk away from car)
 - Toilet Paper
 - Yellow or Red Flag for antenna
 - Matches (waterproof preferred)
 - Candle (can melt snow, provide heat)
 - Coffee Can (melt snow in)
 - Spoon (clean, dig out tail pipe)
 - Lighter

The Necessities: A Winter Car Kit



Pictured above is an example of a well-equipped emergency car kit. photo by Natasha Thompson

arp and violent, and subject to cruel and fierce storms.”
~ William Bradford, *Of Plymouth Plantation*

A & E

Jarhead is fun, but flawed

by Tyler Scanlan

Jarhead (a term Marines use for themselves) is a war movie, but not in the conventional sense. Within the film no actual war or battle scenes occur. This fact may disappoint some action fans, but action isn't what *Jarhead* is about. It aims to be something more and finds it in some places, while it misses in others. The problem with *Jarhead* certainly isn't the cast. Jake Gyllenhaal (*The Day After Tomorrow*, *Donnie Darko*) leads the way playing the story teller as Marine sniper Anthony Swofford. Peter Sarsgaard (*Flightplan*, *The Skeleton Key*) plays Troy, Swofford's sniping partner and Academy Award winner Jamie Foxx (*Ray*, *Collateral*) as Staff Sgt. Sykes who commands Swofford's unit. Chris Cooper (*Seabiscut*) and Dennis Haysbert (24, Allstate commercials) also make small, but memorable appearances. *Jarhead* is rated R for its constant swearing, bits of violence and abundant sexual content.

Jarhead is about a lot of things, but mostly Operation Desert Storm. The movie doesn't give much background on Swofford going through his life in short clips. The film moves on to Swofford's training which is a lot of physical work and drill instructors yelling four letter words at him. When Swofford finally adjusts to the Marines the war in the Middle East begins and Swofford's unit gets shipped out. Everybody arrives excited for war, but then boredom kicks in and the unit starts to get a little crazy.

Jarhead is a fun movie to watch with many memorable scenes that leave you laughing and



Jamie Foxx and Jake Gyllenhall as Staff Sergeant Sykes and Anthony Swofford in the new movie release, *Jarhead*.

shaking your head. For examples the Marines play football wearing their gas suits in 112 degree desert heat and there is the Christmas party where a drunken Swofford wears two Santa hats, only two Santa hats.

While *Jarhead* does contain fun scenes, it also contains some very beautifully shot and dramatic scenes. One thing that *Jarhead* really has going for it is its vibrant visuals with spectacular scenery and cinematography. In one scene Swofford's unit has to march through a burning oil field. That scene is still entrenched in my mind. *Jarhead* is by no means perfect;

it has some pacing issues which lead to some boring stints. While *Jarhead* has an ending that makes sense, it still leaves the movie with a feeling of pointlessness. While that feeling may be intentional by the filmmakers because it puts you in the Marines' boots, it still is a little irritating. When all is said and done *Jarhead* is an entertaining and visually gripping movie that is worth a viewing.



Upcoming releases

by Tyler Scanlan

Dec. 2:

Aeon Flux, PG-13. This futuristic action film is set in a time where disease has eliminated most of earth's population and many live in a walled facility controlled by scientists. Charlize Theron (*North Country*, *The Italian Job*) is the mysterious operative Aeon Fulx aligned with a rebellion to overthrow the government.

Dec. 9:

The Chronicles of Narnia: The Lion, The Witch and the Wardrobe, PG. This Disney film follows four siblings who travel through their wardrobe to the land of Narnia, where they learn their destiny from the lion messiah. This movie is based on C.S. Lewis' first of seven novels of *The Chronicles of Narnia*.

Dec. 14:

King Kong, rating pending. This is Peter Jackson's first movie since the *Lord of the Rings* trilogy and this film is a remake of the legendary 1933 movie about a big ape that runs amok in New York. Jack Black (*School of Rock*, *Orange County*) plays a director who takes a young actress Ann Darrow played by Naomi Watts (*The Ring* films) and a young actor played by Adrian Brody (*The Jacket*, *The Village*) to a mysterious island. This island is inhabited by mysterious creatures including dinosaurs and King Kong himself.

Mansetti's vs. 'ZAs

by Dan Carey and Brandon Anderson

There are two Italian restaurants in Forest Lake. They are Mansetti's and 'ZAs Italian Minnesotan. Mansetti's just opened this past summer and this is the second year 'ZAs has been in town. They are both nice places to go for Italian dining.

Mansetti's is a Minnesota wide food chain that originated in St. Francis, MN. It offers a menu full of Italian specialties including several types of pizza and pasta entries. They have several pasta combinations to choose from. Their chicken wings are excellent and have a variety of dipping sauces to choose from. There is also a lunch buffet daily Sunday-Friday. It is a nice place to go for any family outing.

Then there is 'ZA which is also an Italian

restaurant in Forest Lake. It is located on 25 North Lake Street, Suite 105. 'ZA began in the late 1900's and its first location was in a renovated Standard Oil station just south of the current location on Lake Street.

'ZA has a menu full of Italian cuisine which includes pizza, calzones, hoagies, burgers, and several pasta dishes. Their calzones are excellent and there are a variety of kinds to choose

from. Their menu has a great variety that anyone in the family can enjoy. They also offer take-n-bake catering. They will make everything fresh to order for you to bake at home. It has a dimly-lit dining area an upscale Italian theme inside with a nice lake view.



Mansetti's

'ZAs

Extra Large 2 Topping Pizza	\$16.25	none
Large 2 Topping	\$14.20	\$17.50
Medium 2 Topping	\$11	\$13.50
Small 2 Topping	\$7.75	\$11
Calzones	no	yes
Burgers and Hoagies	no	yes
Pastas	Yes - 14 choices	Yes - 10 choices
Appetizers	Yes (8)	Yes (5)
Desserts	root beer floats sundaes tiramisu (Italian cake) soft serve ice cream	big baby bundt (chocolate cake)

New Potter shines, worth the wait

by Melissa Monson

Calling all Muggles! The wait is over; you can go see the non-Muggles, witches and wizards to be exact in the fourth installment of the Harry Potter series written by J.K. Rowling. I am an avid Harry Potter fan and while the films only come out yearly, I am never disappointed in what I see. The fourth movie was no exception.

Harry Potter and the Goblet of Fire is PG-13 which is different from the usual PG rating it gets, but it was bound to happen. For those that have read the books, you know it was bound to happen because the stories get darker as the series progresses.

The main characters in the movie are the obvious threesome; Harry Potter (Daniel Radcliffe), Hermione Granger (Emma Watson) and Ron Weasley (Rupert Grint). There are many cast members throughout this 2 1/2 hour flick. Since Richard Harris' death, the role of Dumbledore is played by Michael Gambon. Mad-Eye Moody (Brendan Gleeson), Lord Voldemort (Ralph Fiennes), and Cedric Diggory (Robert Pattison) are also critical characters throughout the film.

I woke up at 6 a.m. to go to class and went to the midnight showing without a nap, so I was a little worried I would fall asleep. However, due to my ingenious thinking, I purchased an energy drink to keep me awake. My great desire to see the film also helped keep me awake. Not surprisingly, I wasn't alone; a saw a few girls with their pajamas already on.

For those of you depriving yourself the pleasure of reading the Harry Potter books, at this point in the series, the characters in the movie are fourteen and struggling with adolescence. For the audience this was a delight because the audience can relate to the material and laugh along with it. I think it's funny when Harry sees Cho Chang for the first few times. First, he sees her as he was about to purchase some sweets from the trolley and just can't stop staring. The other time, which was quite funny to watch, was when he smiled at her in the Great Hall and forgets that he has juice in his mouth!

In the Triwizard Tournament, students face grave dangers to earn eternal glory. Hogwarts is the host school for the Durmstrang and Beauxbaton students who also participate in the tournament.



The Goblet of Fire is what students must enter their names into if they wish to compete; however,

there is an age restriction of 17 and older. Only one student per school is chosen; Fleur Delacour for Beauxbaton, Victor Krum for Durmstrang, and Cedric Diggory for the Hogwart's representative. Only three are selected for the tournament, but somehow Harry's name comes out of the goblet. Everyone, even his best friend, Ron, is angry and jealous that Harry was selected even though he is only fourteen.

I don't want to divulge too much information, but the film also surrounds the comeback of Lord Voldemort. The Death Eater's sign is displayed earlier in the film. Coupled with Harry's recurring nightmares, it foreshadows his return.

The only negative comment I will make about the film is the film's length. While it is 2 1/2 hours long, the book is over 700 pages long. I wish the movie could have been longer, but the filmmakers did a good job including the pertinent information and the film never dragged once during that entire period.

Make sure you bring some tissues for the sad parts and some popcorn, sweets and friends to enjoy it. I almost never see a movie in the theater more than once because I think it's a waste of money, but this movie is really worth it. Go see this movie, even if you aren't a fan of the books. The movies are awesome and they may even inspire you to actually read the books!

It's T-Wolves time

Gotta have it?

by Tyler Scanlan

The first thing one might notice about the new Minnesota Timberwolves is the new head coach, Dwane Casey. Despite having a lot of experience coaching, including being an assistant for the Seattle Supersonics for the past 11 seasons, this is his first opportunity to be an NBA head coach. Casey wants the team to focus on its defensive play, which was a weakness last season and for them to play an up-tempo offense, unlike departed head coach Flip Saunders' half-court offense.

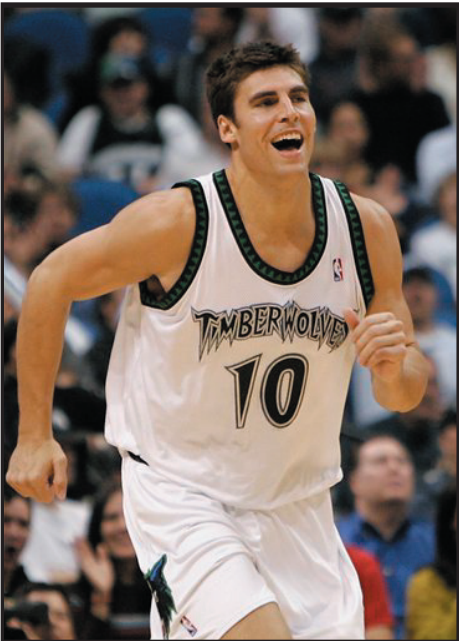
The starting five for the Timberwolves this year is mostly familiar with one very big change. Power forward (PF) Kevin Garnett should be his same amazing self this year and continue to be one of the most versatile players in the NBA. After winning the 2004 Most Valuable Player, Garnett played just as well last year, but the team struggled which probably cost him a repeat of the award. Small forward (SF) Wally Szczerbiak is a strong shooter, and should benefit from Casey's up-tempo style. Center (C) Michael Olowokandi has been very inconsistent, but he is in the final year of his contract, which should add motivation. Casey is hoping to get goof points, rebounds and strong interior defense from Olowokandi every game. Shooting guard (SG) Trenton Hassell is the best exterior defender on the team and will get the tough assignments, like the Kobe Bryants. Hassell is also a strong open jump shooter and has shown ability to slash toward the basket. The new starter is point guard (PG) Marko Jaric was acquired in

a trade for last year's starter Sam Cassell. Jaric is a bit of an oddity for a point guard standing at 6-7, which is tall for a PG and can play SG and SF if needed. Jaric is also a very strong defender with quick hands. He finishes strong around the basket, has a solid jump shot, and has good court vision which makes him a good passer.

Leading the charge for the Wolves bench is PF/C Eddie Griffin. Griffin is an exceptional shot blocker and has 3-point range with his jump shot, even though he is a big man. The Wolves have a two headed monster at back-up PG in Troy Hudson and Anthony Carter. They complement each other very well with Hudson being a streaky shooter and an instant offensive boost off the bench, and Carter being a lock-down defender with a steady hand on the

ball. 1st round draft pick Rashad McCants is a SG with limitless offensive ability. McCants is a good shooter with tons of range and has the ability to get to the basket with excellent dribbling skills and body control. But, McCants is a rookie and needs to work on his defense to get playing time. Rounding out the bench is SF Ronald Dupree, SG Richie Frahm and big men Mark Madsen and Nikoloz Tskitishvili.

The Wolves hope to return to the playoffs this year. They have followed new coach Dwane Casey's plan to start the season playing stronger defense and solid offense.



Wally Szczerbiak and the Timberwolves look to improve upon last season and return to the playoffs.

by Ian Gildersleeve

Christmas is over a month away, but everyone knows that stores started getting ready right after Halloween. Which means you better start finding gifts for your loved ones (or gifts that you want to ask for) before it gets too close to the big day. If you don't know what to get and you don't want to go window shopping for hours, then today is your lucky day. Here are a few popular gifts that you can consider you can just go in, grab, and get out.

Ipod nano



With the end of the production of the Ipod mini there is now a new product from Apple on the market. It's the Ipod nano. With a 2GB hard drive this baby of the Ipod family can be packed with up to 500 songs. You would think that something that could hold that much

would have to be pretty big and weigh a ton, but the Ipod nano is only .27 inches thick and 1.5 ounces. That does mean it is easier to fit in a pocket, but be careful, it also means it is all the more easy to lose.

Ipods are produced by Apple computers. They are specifically made to connect with Macintosh computers (you need Mac OSX v10.3.4 or later for the Ipod nano). Don't have a Macintosh? Don't worry. As with previous Ipods, the Ipod nano is adaptable to Windows computers. The Ipod nano is compatible with Windows 2000 with Service Pack 4 or later, or Windows XP Home or Professional with Service Pack 2 or later. Remember, though, you need iTunes software (Mac OSX comes with it) and internet access if you are going to buy music from the iTunes music store. This little gadget goes for about \$200 and you can buy it at regular stores like Target or Walmart, or get it online at places like Amazon.com.

InVoca Hands-free Voice-activated Remote



This is a lazy person's new best friend. It's a universal remote that is voice-activated, allowing you to command your TV, VCR, DVD, cable and satellite all with the sound of your voice. If you are tired of having to push all those buttons then have no fear. With this remote, you can do several multi-step functions all at once.

You could change the TV to channel 3 and start the VCR all with one, quick command.

The InVoca is easy to set up and accepts 54 voice commands. And if you just want your family to be able to use the remote, it's no problem; the remote recognizes up to four voices and can remember the favorite channels of each separate voice.

Inventions like this may lead to a Matrix like future, but for now the InVoca hands-free, voice-activated remote is just here to help, for a price of \$50. What will be next? Maybe a voice-activated toilet?

Gilmore Girls Season Five on DVD

The dramatic adventures of single mom, Lorelai Gilmore (Lauren Graham), and her daughter Rory (Alexis Bledel) continue in Season Five of Gilmore Girls on DVD. At the end of the fourth season Rory slept with her ex-boyfriend, Dean, who is married. This six-disk set contains all 22 episodes of season five, which shows a rift growing between the mother and daughter, who used to seem more like sisters.

Lorelai's life is on the rise this season with her business, The Dragonfly Inn, being a great success. Her relationship with the local diner owner, Luke, is also starting to grow, which is something long awaited by fans of the show.

Meanwhile, Rory, who is a student at Yale, is continuing her relationship with rich boy Logan Huntzberger. She has stepped into adulthood and it hits her hard, making her college life begin to go down the drain and finally ending with Rory dropping out from the school.

Other well known characters, including Lorelai's co-worker, Sookie, and Rory's friend, Lane, are back to give their delightful contributions to the show.

The DVD set is full to the brim with extras, which include behind-the-scenes footage, commentaries, and an in-depth look at the making of Gilmore Girls' 100th episode.

Don't reach for your wallet just yet, this item isn't available until December 13. But you can pre-order it from places like Amazon.com for only \$38.99 so that it will ship to you once it is available, or you can wait and get it at regular stores like Target for the same price.

Gilmore Girls not your style? Then check out other shows on DVD, including The OC (S1-2), Charmed (S1-3), Buffy The Vampire Slayer (S1-7, Angel (S1-5), Desperate Housewives (S1), Smallville (S1-4), and others.

information taken from: www.amazon.com

New DVD's

by Tyler Scanlan

- November 29:**
Mr. and Mrs. Smith
Family Guy Volume 3
March of the Penguins
- December 6:**
Fantastic Four
Cinderella Man
Dukes of Hazzard
24: Season 4
- December 13:**
The Island
The 40-Year-Old-Virgin
Bad News Bears
Airplane!-The "Don't Call Me Shirley" Edition
- December 20:**
Four Brothers
The Brothers Grimm
The Exorcism of Emily Rose
Must Love Dogs
The Great Raid
- December 27:**
Dark Water
Into the Blue
- January 3:**
Wedding Crashers-Uncorked
Transporter 2
Red Eye

information taken from: www.imdb.com

Concert Calendar

Holiday music is coming to town

Date	Doors	Artist	Venue	Ages	Cost	TICKETS? WWW. ticketmaster. com *Call 989-9393
Dec. 3	6 PM	Steven Curtis Chapman	Xcel Center	All Ages	\$19.75 - \$36.75	
Dec. 3	6 PM	Korn*	Myth	All Ages	\$29.50	
Dec. 6	6:30 PM	Aerosmith*	Target Center	All Ages	\$55, \$85, \$125	
Dec. 8	7:30 PM	Barenaked Ladies	Xcel Center	All Ages	\$45 - \$55	
Dec. 8	8 PM	Ray LaMontagne	Pantages	All Ages	\$27	
Dec. 8	9 PM	Ying Yang Twins	Myth	18+	\$27.50 - \$22.50	
Dec. 9	6 PM	Jingle Ball 2005	Target Center	All Ages	\$18.25 - \$35.75	
Dec. 10	6 PM	Mason Jennings	First Ave	All Ages	\$15 - \$18	
Dec. 10	8 PM	B.B. King	Orchestra Hall	All Ages	\$29 - \$49	
Dec. 10	TBA	American Head Charge*	Star Central	18+	\$12 - \$14	
Dec. 18	5 PM	Jason Aldean	Myth	18+	\$22.50	
Dec. 27	7:30 PM	Trans-Siberian Orch	Target Center	All Ages	\$26.25 - \$42.25	
Dec. 30	8 PM	Marc Cohn	Pantages	All Ages	\$64 - \$104	
Dec. 31	7:30 PM	Louie Anderson	Northrop Aud	All Ages	\$45 - \$75	
Dec. 31	8 PM	Bodeans	Pantages	All Ages	\$53.50	by Tash Thompson

ACTIVITIES

Hockey teams optimistic

by Ben Fick

Girls

The Girls Varsity Ranger Hockey is ready for some new competition. The team is a young group this year, with only one senior and four juniors. Under the tutelage of newly acquired Head Coach Paul Kendrick, the team is taking their fitness and endurance to the next level. Assistant Coach Dan Forsythe will be Coach Kendrick's right-hand man. The junior varsity coaches are Shane Spears and Mike Colb.

"Right now, we're showing them [the players] a lot of the pillars of hockey," said Kendrick. "Everyone is figuring out their specific jobs. They are picking it up quickly and we can see their talent."

The girls have done a new summer training program involving sprint progressions and skating power drills. Most of their workouts consist of plyometrics - bounding or jumping exercises using body weight or a weighted sand bag on the shoulders. Emphasis is on developing legs that will be able to withstand a low skating position for the 45 to 75 second-bouts of hockey.

The starting line of senior captain Anna Johnson, junior captain Stephanie Haider and junior Paige Patchin will be leading the team. The defense is lead by junior Alexa Nelson as well as goalies Casey Carpenter and Kim Frederick.

"Both of our goalies participated in a lot of camps and Alexa always sprints to the puck," said Kendrick. "The girls are working hard and will definitely be a cohesive team this year."

Boys

The Boys Ranger Hockey season is under way. After two weeks of 5:45 a.m. practices the team is well prepared for the regular season.

The returning forward line of senior captain Tom Kubes, Blake Woodward and junior Christian Fogerty will be leading the team this year. With a large group of well-conditioned players, both the Varsity and JV team will be stronger this year.

"We bond like a family and work together well," said Woodward.

The defense is sustaining many injuries right now, but the forward lines are a powerful crew.

"There is a lot of talent on our team; however, we are in a tough conference," said Fogerty.

Possibly the most prominent discussion swirling around the team is the goalie situation.

"It's either sophomore Andy Frost or senior Nate Burris," said Kubes. "Whoever can stop the puck from getting in our net will be the goalie."

Last year, the Rangers were stopped in their section game against Duluth East.

"The Duluth East game was disappointing.

We want revenge," said Fogerty.

"There is a sense of urgency to reach coach's goal of getting to state," said Kubes.

The team has not been distracted by the controversy of installing a new rink to skate on. The current rink needs a lot of maintenance. The money for that project would come from the community.

"We love the barn," said Woodward.

The team can't wait to start playing.

"I'm looking forward to spaghetti and snapple," said Fogerty., referring to the team's before game meals.

The first home game of the season will be against Cambridge on Tuesday November 29 at 7:30 p.m.

"We hope everyone will come out and help support us," said Fogerty. "It's a hockey game, you never know what's going to happen."



High Steppers



5-6-7-8!

Girls Danceline practices in the cafeteria after school. The team began their winter season recently and will be competing in upcoming competitions with other area schools in the areas of high kick and jazz. Stay tuned to future Breeze issues for more information on the team throughout their season.

Wrestlemania at FLHS First home meet on Dec. 8

by Jamison Hull

Last year, the Forest Lake wrestling team was conference champions and section runner-up. This year, the team plans to repeat as conference champs and take the next step to be section champions.

According to Head Coach Bob Dettmer, some of the other team goals are to be aggressive, dominate, have fun, and work as a team.

Coach Dettmer is a physical education teacher at FLHS and has been the wrestling head coach since 1975 after being a wrestler in high school and college.

Dettmer sets up a five phase practice for FLHS wrestlers. The first phase is warm-ups, the second is technique work, the third is drilling the technique, the fourth is live wrestling, and finally phase five is conditioning and strength.

"Over the years I have felt like these phases are the way to run practice," explained Dettmer.

Some days, Dettmer has his team do a Red Flag practice; this entails non-stop movement, including wrestling, for 45-55 minutes.

"Going in, [to practice] you know there will be no goofing around, it's time to get

down to business," said senior captain Patrick Taylor. "You need to have the right mental mindset or it is going to be hell."

This year, the wrestling team is returning over twenty lettermen including senior captains Jordan Kolbow, Eric Morris, and Patrick Taylor. They will also have a strong JV and B team with over sixty 9-12 grade wrestlers.

"Some of these guys are tough, you get them on the mat and they are really tough," Dettmer said.

This year, the team has a few matches against top opponents including last year's state champions, Apple Valley. The first home match will be Dec. 8 against conference opponent Roseville. The Forest Lake Wrestling 2nd Annual Main Event will be held this year against top conference foe Stillwater.

"It [the main event] is a blast, when there are that many people there, it really gets the adrenalin flowing," Taylor said.

FLHS has a rich wrestling tradition, including a state championship in 1993. This year's team hopes to follow in the tradition and have a great season.

New look for swimming & diving

by Katie Walker

Forest Lake High's boys swimming and diving team is ready to plunge into the water. They started captains practices Nov. 22, and the team starts practice today.

Dillon Hudalla, Forest Lake senior and team captain is ready for his chance, hoping to make it to 1st place at sections this year.

According to Hudalla, to be a teammate on the diving/swimming team means being able to withstand a lot of pressure.

"It takes a lot of motivation to be a good diver," said Hudalla.

This will be Hudalla's sixth year diving, and he got into diving because he liked it. He plans on diving in college, but doesn't know where yet.

Hudalla's advice to people thinking of joining: "Start at a young age, because you need lots of practice, and it takes time."

Hudalla is one of three captains on the swimming and diving team this year. Junior Mark Sanddager, and senior Sam Gort are the other captains.

According to Gort, it takes a lot of hard work to be on the swimming/diving team.

"The hard work is worth it, considering the fun atmosphere, and the fun people," said Gort.

There are 12 new members on the swimming and diving team this year. All will be working hard to go to sections, and are aiming to place well in each event.

Golden Gophers get noticed

by Josh Nelson

Men's Basketball

The Gophers are once again facing another season where they are picked to finish near the bottom of the Big Ten conference. Last season, they were predicted to finish dead last, but they ended up finishing fourth out of 65 teams in the NCAA tournament. Senior Vincent Grier is among the finalists for the Wooden Award as the top college basketball player in the nation. Other key returning players include Sophomore center Spencer Tollackson and red-shirt Senior Adam Boone have returned to help lead the Gophers to their first Big Ten men's basketball title since 1997.

Women's Basketball

Although they lost talented center Janel McCarville this past spring to the WNBA, the Lady Gophers should once again finish in the top tier of teams this winter in the Big Ten conference. They return four starters, all with All-Big Ten potential including preseason All-Big Ten member Jamie Broback, three-point specialist Shannon Schonrock, defensive stopper Shannon Bolden, and point guard April Calhoun. The Lady Gophers are ranked 17th in the preseason ESPN polls.

Football

The football team makes its name running the football. Junior tailback Laurence Maroney has rushed for



nearly 1,500 yards this season, and is among the finalists for the Maxwell Trophy for the nation's best all-around college football player. Also, leading the way for Maroney are senior center Greg Eslinger and Senior guard Mark Setterstrom. Junior quarterback Bryan Cupito is also improving, throwing to his main targets, sophomore receiver Ernie Wheelwright and senior receiver Jared Ellerson. The Gophers struggle on defense though, near the bottom of the Big Ten, which will again cost them their first Big Ten championship since 1967.

Women's Volleyball



After a devastating loss to Stanford in last season's NCAA National Championship game, the Gophers are off to a quick

start once again. This season, Coach Mike Hebert has reason to be optimistic that his team will make a return trip to the title match. He has three star seniors returning in Blockers Paula Gentil, Jessica Byrnes, and Athena Mallakis to help him get there.

Men's Hockey

The hope is there for the hockey team to bring a third national title home in four years as they take the ice in the 2005 season. Led by head coach Don



Lucia, the Gophers have reason to be optimistic as they return the scorers of 81 percent of their goals and 82 percent of their assists from last season. The Gophers star players include senior forwards Gino Guyer and Tyler Hirsch, Junior forwards Danny Irmen and Ryan Potulny, and freshmen phenom Phil Kessel. The Gophers will be lead in net by junior goaltender Kellen Briggs.



Nordic skiing plans return to state meet

by Andy Setterholm

Boys

State Champions. It seems that the same schools take the title year after year, schools like Stillwater, Hopkins, and Wayzata. Last year, the boys Nordic ski team completed their break out season and won the championship for Forest Lake. They did it with only one senior on the team.

Lead by senior captains Jamison Hull, Ben Fick, and coach Deno Johnson, the boys Nordic team looks to repeat their success and win state again.

“We’re confident in our team,” said Fick and Hull, “but we’re not cocky.” With last year’s individual State Champion skier Ben Fick returning to the team, it would be hard not to be confident. Several members of the Nordic team spent their off season with the cross country team.

“Cross country is a great way to keep in shape, and keeping the boys together builds team unity and overall team excellence,” says Hull. Athletes participating in cross country in addition to Nordic skiing include seniors Jamison Hull, Ben Fick, and Joe Mitchell as well as Juniors Zach Clark and Leif Nordgren and sophomore Travis Strike.

Nordic competition begins with conference and section meets in December and ends with the state tournament February 17. The Ranger Nordic ski team will do their best to achieve the same prestigious title they held last year. State Championships are not something the average athlete will have the honor of attaining, but the boy’s Nordic team aims to earn it two seasons in a row.



Senior captain Ben Fick

After finishing tird in state last season, the girls Nordic ski team faces an uphill battle after losing five seniors from the varsity team. The girls still have high hopes for their upcoming meets. Captains Annie Dehmlow and Kate Babbitt remain confident in their team of adolescents and seem eager to prove themselves in competition.

“We’re excited to see how our younger skiers perform,” said Dehmlow and Babbitt. The captains themselves are no veterans, both being sophomores. Coach Deno Johnson makes up for the lack of experience with his recently earned State Title. Assistant Coach Ben Saunders is new this year and enthusiastic for the season. The oldest member of the varsity team is in fact Junior Kristi

Beurkle. Having a young squad does not lower expectations for the team in any way. “We want to win the section and take at least third in conference,” said the captains of their goals for the season. The team has been working hard over the summer with the same Nordicwerks program that helped the Boys Nordic team take first in State last season. Without a doubt, the team is young and it will take determination and more hard work to earn success, but the girls are ready to meet the challenge. Meets begin in early December and continue to the state tournament February 17. The team hopes to improve on their performance last year and earn the championship for themselves.

“We had a pretty good season last year but we are in a very tough conference,” said Nancy Ellias, the FLHS gymnastics coach, who is starting her 11th year.

The Forest Lake gymnastics team is lead by seniors Kelsey Callahan and Tasha Tyler.

The Forest Lake gymnastics team will compete in 16 meets this season. The beginning of the season was November 14 and it will run through February 28, 2006. “All of the girls will be setting goals as the beginning of this year,” Ellias said. The gymnastics team lost three seniors last season but Ellias thinks the team will do well this season even though the Suburban East Conference is one of the best in the state and The Rangers will look to be right in the middle of the fight in the SEC.

Girls

The girls basketball squad at Forest Lake is also looking forward to a productive season this year in the Suburban East Conference. They have many returning players, four seniors. One of them is senior Renee Frericks.

“We have a new coach, great returning players and new players as well,” said Frericks. That new coach is Jen Wagner, who along with Frericks, will try and lead her team back to the state tournament.

“We can make it, we have a weaker section,” replied Frericks. But like the boys team, the girls also have many tough teams to compete with in the conference. “Roseville and Cretin-Durham Hall will definitely be a tough competition this year for us, they also have strong returning players like us,” said Frericks. “I expect us to finish somewhere in the top four in the conference,” said Renee when asked where in the conference they would finish.

Captain Frericks will try and lead her team to victory in North St. Paul on November 29th at 7:30 against the Polars in the Rangers first test of the season.

New season, new coach for alpine

by Brandon Anderson

Winter is coming up fast and that means a new season for the FLHS alpine ski team. Team members are waiting anxiously for the first snow, so they can hit the slopes at Wild Mountain in Taylor Falls where they practice twice a week during the season.

Kyle Oberg takes over as head coach this year and he hopes to bring the team success this season. Forest Lake has both varsity and junior varsity teams. There are ten athletes who make varsity and the rest are on junior varsity. The team captains are senior Erik Stolberg and sophomore Brett Stolberg.

The Rangers lost a lot of seniors last year and have a young team. They hope to exceed expectations and have a successful season

“With proper training and good coaching we could be a surprise team this year,” said junior, Matt Hentges.

The Rangers’ home meets are at Wild Mountain and they compete against other teams in the Suburban East Conference. For meets, the skiers are ranked from one to ten on each team and the two top ranked go against each other. Then the second ranked skiers go against each other and so on.

The Rangers’ open their season on Monday, January 9 against Cretin-Derham Hall. It is at Afton Alps at 4:30 pm.

Gymnasts leap into season

by Dan Carey

As winter approaches, so do Forest Lake Senior High’s winter sports. For the 2005-2006 season, the Forest Lake Ranger gymnastics team is looking to better their record.

The Forest Lake gymnastics team is lead by seniors Kelsey Callahan and Tasha Tyler.

The Forest Lake gymnastics team will compete in 16 meets this season. The beginning of the season was November 14 and it will run through February 28, 2006.

“All of the girls will be setting goals as the beginning of this year,” Ellias said. The gymnastics team lost three seniors last season but Ellias thinks the team will do well this season even though the Suburban East Conference is one of the best in the state and The Rangers will look to be right in the middle of the fight in the SEC.

In the Penalty Box

Shocks, Surprises in 2005

Commentary by Dan Carey

What a year for professional sports in the United States. Another curse has been broken and one of America’s favorite sports is back in full swing. What else could happen? The sports are full of shocks and surprises.

MLB

In Major League Baseball, the Chicago White Sox got off to a hot start with superb pitching from ace Mark Buehrle. Slugger Paul Konerko led the team to their first World Series win since the 1919 Black Sox Scandal. The White Sox could continue their AL Central dominance if the Twins or the Indians can’t land any key free agents.

NHL

After a year in exile, the National Hockey League is back in arenas. The NHL was locked out last season due to a tense labor dispute. With shaken up rosters and new rules, the NHL looks to regain the popularity of the early 90’s. I think the Detroit Redwings, with their veteran team, will be back to their old dominate selves and re-monopolize the NHL. If the Minnesota Wild want to make the playoffs, they will need to have their younger players such as Marian Gaborik, Pierre-Marc Bouchard and Brent Burns play like veterans. Also, the Wild need to depend on goaltenders Manny Fernandez and Dwayne Roloson to keep the Wild in the game against high offensive-powered teams such as the Redwings or the Colorado Avalanche.

NFL

The National Football League is also in full force. Some teams are overcoming the injury bug to prove to be powerhouses. With the emergence of Quarterback Carson Palmer, the perennial bottom-dwelling Cincinnati Bengals will look to shed their poor image and challenge Peyton Manning and the Indianapolis Colts as the best NFL team. The injury bug has hit the Green Bay Packers and New England Patriots especially hard. The Pats will try to defend their Super Bowl title even though they lost All-Pro defensive backs Rodney Harrison, Duane Starks, and Tyrone Poole for the season. This makes the Patriots secondary extremely vulnerable against the pass.

In the NFC side of the league, Peyton Manning’s younger brother Eli is leading the emotional New York Giants to their best offensive performance in years after the deaths of owner Wellington Mara and co-owner Robert Tisch. With star running back Clinton Portis taking care of running the ball, the NFC West has a new challenger in the Washington Redskins. After taking last in the NFC North last season, I wouldn’t be surprised if the Chicago Bears overcome their woeful offense to be the surprise team of the league.

Although some teams surprise and disappoint, a few individual players, like Carolina Panthers’ Steve Smith, continue their stardom. After coming back from a broken leg, wide receiver Smith is tearing up the NFL with Jake Delhomme throwing him the ball. The Panthers will have to continue their superb passing game in order to stay in the mix of the tough NFC South.

NBA

In the NBA, the San Antonio Spurs, with 2004-05 NBA MVP Tim Duncan and swingman Manu Ginobili, are the favorites to defend their NBA championship. The Miami Heat look to knock the Spurs off their throne with NBA All-Stars Shaquille O’Neal and Dwyane Wade looking to make it to the finals after a crushing defeat to the Detroit Pistons in seven games in the Eastern Conference finals last season. The Timberwolves and new coach Dwane Casey will have to rely on veterans Kevin Garnett and Wally Szczerbiak to pick-up the rest of the team and get back to the glory the Wolves have enjoyed in the past.

With the rate the sports are going now in November, there’s bound to be more shocks and surprises as America’s sports world is in full swing. What will happen next? The Vikings win a Super Bowl? OK, maybe it seems unrealistic, but I wouldn’t mind a surprise this time.

High hopes for Ranger hoops

by Josh Nelson

Boys

The Forest Lake Rangers boys basketball team is once again trying to win a spot in the state tournament for the first time since 1999. Coach Gunderson, has high hopes for this season. They return six players from last season, three of them starters.

“We have a lot of experience which will allow us to compete in the conference,” states Gunderson. But the team faces many challenges in the conference, many other teams in the conference have returning players as well.

“Roseville, Woodbury, and Stillwater all have solid players returning to their line-up,” replied coach Gunderson.

“And Cretin-Durham Hall comes to our conference this year also.” It’s unknown record-wise where to find the Rangers in the conference this year, but it’s known that their effort is going to be there every night.

“It’s hard to say what the other teams are going to do, or who’s going to make the team or not. There are many factors,” said Gunderson. “but the effort will be there.”

The state tournament is the target for any team, and the Rangers are one of those teams. They’re trying to make the tournament for the first time in six years. They figure to be challenging at the end of the year, but it’s to early to know.

“There are so many factors to making the state tournament, a team has to stay healthy the whole year,” says Coach Gunderson.



Girls Basketball started practice November 14 and has their first game November 29

FUN WINTER IDEAS:

Boil several cups of water, toss it into the wind and watch it become snow.

Go ice skating in your driveway.

Have a snowball-throwing contest featuring a large bull’s-eye target in the snow.

Make a family of snow angels. Give them hair and clothes with birdseed.

Make a snowman. Substitute your head for the snowman’s = great photo opportunity.

Make snow ice cream (see page 7)

Make a tasty marshmallow snowman.

Build an igloo. Use big containers to pack snow, and create “bricks.” Spritz it with water – it’ll freeze and create a shiny exterior.

Holiday Season

P U D G E R M A
L E A N V V
N H E C A G J O F A S H
Z I V S M A N I O R S H D
A K W E C I O D S M O E
G O O P K N A P I N G L
U N C E M R I N E A O P I
S C O O G U G S Y R W I N S B
F E B B C C B B N F E I N G A O
C E F Y O K G W M
P D K P E K A F L E W S W
M I T T E N S R O C K S W N O
A S Y M M E T R I C K O O C H O N
Z O O S T I N A P O X H O T S
A M B O S S I R I T I M P

BOARDING
COOKIES
FIREPLACE
JACKET
PIE
PUMPKIN
SKIING
SNOWMAN

BOOTS
DECORATIONS
GIVING
MITTENS
PLOW
SHOPPING
SNOW
SNOWMOBILE

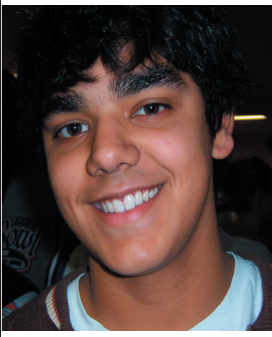
COCOA
EGGNOG
HOT
PANTS
PRESENTS
SINGING
SNOWFLAKE
SPIRIT

What did your family do for Thanksgiving?



Lindsay Johnson
Junior

“We went to my aunt’s house and watched football.”



Shane Munasinghe
Junior

“ We had a nice family dinner at the table.”



Jake Loffler
Senior

“All of my relatives came over for a great feast.”



Amanda Pringle
senior

“We had a big family get together and a huge dinner.”



Caitlin Slattery
Sophomore

“My family had a huge party.”



Jake Schmidt
Sophomore

“We had a big family get together and a huge .”

Chex Mix

- 6 tablespoons margarine or butter*
- 2 tablespoons LEA & PERRINS® Worcestershire sauce
- 3/4 teaspoons garlic powder
- 1 1/2 teaspoons seasoned salt
- 1/2 teaspoon onion powder
- 1 cup mixed nuts
- 1 cup pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 3 cups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal

*Do not use spread or tub products
Heat oven to 250°. Melt margarine in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated.

Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. 12 cups snack.

Microwave Directions: Melt margarine in large microwavable bowl uncovered on High. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Important: Because microwaves cook differently, time is approximate.

1 serving(1/2 cup): 130 calories(60 calories from fat); 7 g fat(1.5g saturated); 0 mg cholesterol; 340 mg sodium; 16 g carbohydrate(1 g fiber); 2g protein.

High Altitude (3500-6500 ft): No changes

Is Chex Mix a bit too hard for you?
Try the following recipe for banana cream pie to add a little flavor to the holidays. If it is as easy as it looks, and tastes as yummy as it looks in the picture, you’ll be in for a tasty holiday treat for the whole family!

Pie

Easy as Pie?

Easy Banana Cream Pie

- 1 pkg. vanilla wafers
- 1 pkg. vanilla pudding (not instant)
- 2 bananas, sliced
- Whipped cream

Line a glass pie pan with vanilla wafers. Make the pudding, following package directions. Pour half of the pudding over the cookies, then put a layer of sliced bananas on top. Cover with the rest of the pudding, and top with whipped cream. Refrigerate for 4 or 5 hours, then serve.

SERVES EIGHT

TAKES 30 MINUTES TO PREPARE

