

One-Act takes on infamous Bard

by Carl Magnuson

Following the success from last year, the One Act Play is returning to Forest Lake High School for another run. This year, the play is *The Tamer Tamed* by John Fletcher, a sequel to William Shakespeare's *The Taming of the Shrew*. The production will be directed by English teacher Andrew Waldron, who choreographed *Hello Dolly* earlier this semester. Its a play written at around the same time of Shakespeare [its a] sequel that actually interests me, said Waldron.

The auditions for the play were held on Dec. 8 and more than a dozen students vied for the core seven roles set up for the play. "It's a good group from what I can see," said Waldron. "[They're] dedicated and they're willing to make it successful."

The One Act Play works on a schedule built around competitions held in Princeton, North Branch and St. Paul, provided the group makes it that far. Rehearsals run from Dec. 14 to Jan. 3, so the group has quite a while to practice their roles before competitions. The play was written by one of Shakespeare's contemporaries, Fletcher, and takes place right where Shakespeare left off by thrusting the main character of the first play, Petruchio, into a state of chastity. The male characters end up learning a lesson in 'taming'. "*The Taming of the Shrews* subjugates women at the end, so this play is a nice reversal," said Waldron.

The language used in this play is not commonplace and takes some getting used to, so the auditions were ripe with Victorian pleasantries and Shakespearean sonnets.

"[My chances are] pretty good there aren't all that many guys," said senior Tim Peterson.

The original version of the play lasted roughly two and a half hours, but Waldron cut it down to seventeen pages to fit the criteria of one act competitions. The students in the play will have to sit down and dissect the complex Victorian language.

Shakespeare was writing for the common people," said Waldron, "His language was so loaded with images and ideas and insults," said Waldron.

Mr. Waldron has only been teaching at FLHS for almost a semester, but he choreographed *Hello Dolly* this fall. "It's hard to compare a musical to Shakespeare. The great thing about doing a straight play, is you can focus on acting a text instead of music notes and dance steps," said Waldron.

The crew will be performing Jan. 28 in Princeton for subsectionals. Permitting they qualify, finals will be held Feb. 4 in North Branch. If they make it to the State tournament it'll be held on Feb. 9 in St. Paul. There will also be a public showing at FLHS in late January, but the date is yet to be determined.



The cast of *The Tamer Tamed* began production with a read-through. photo by Carl Magnuson

Snow star

Ralles snowboards to fame

by Katie Walker

It may seem that Kristopher Ralles, Forest Lake high junior, is always at the slopes. That may be true - Ralles goes snowboarding six times a week.

The reason? According to Ralles, being a good snowboarder, like any other activity, takes a lot of practice and time.

At the prime age of 9, Ralles started snowboarding, taking after his older brother, Eric. His brother taught Ralles how to snowboard and inspired him too.

When training, Ralles does spin offs, jumps, and flips off jumps, and hits rails.

"My brother taught me everything I know," said Ralles.

Ralles' brother not only taught him everything, he is now Ralles' coach and manager.

Ralles has 7 sponsors including: Palmer, Smith, DC, SP, Dakine, Holden, and the FL Project.

According to Ralles, in order to get sponsors you have to ride a lot.

"I ride a lot, and I got noticed," Ralles explained.

Ralles participated in an open division national snowboard competition in California, at Mammoth Mountain. An open competition is where any age can participate.

"I took third in nationals," said Ralles.

As far as local slopes, Ralles leans toward the "wild" side.

"Wild Mountain has the best hills," said Ralles. "My favorite mountain is Spirit."

The annual Winter X Games is a sports action event, featuring athletes from across the globe competing for medals and prize money in the following sports: Moto X, Ski, Snowboard and Snowmobile. The X games take place in



FLHS Junior Kristopher Ralles looks to shred into the professional ranks. photo by Katie Walker

Aspen, Colorado until 2007. The 'X' games are definitely a possibility for Ralles in the future.

"I want to compete in the X games one day," said Ralles.

Ralles' friends have faith in him to become a professional snowboarder.

"He [Ralles] can go pro in two years," said close friend Will Montes.

According to Ralles' friends, he doesn't let the snowboarder fame go to his head, and he stays humble.

"He's fun to ride with, and he snowboards because it's fun," said Montes.

Ralles has been in one movie called *MinnaSoldiers*, based on snowboarding. Ralles' brother Eric and fellow snowboarder produced the movie. Anyone can purchase *MinnaSoldiers*, featuring Ralles doing various snow board tricks, at the FL project, located right in Forest Lake.

So far, Ralles' hard work has paid off for him, and he continues to strive for his goals of a professional snowboarder.



Talking up a title

Speech team looks to win 24 straight section titles

by Jamison Hull

With twenty-three straight section championships already under their belts, what can be the goals for the Forest Lake Speech team this season?

"We want to send at least one person in every category to state and two people to nationals," said senior captain Rachel Piersdorf.

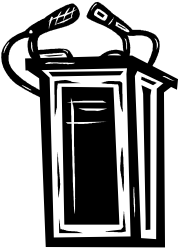
This would be the first time the team has sent anyone to nationals since 2001.

The Forest Lake Speech team has a few firsts this coming year. They will be allowing ninth graders to participate and they have three new coaches: Cynthia Philips Marche, Ben Chamberlain, and Andrew Waldron.

"Mr. Waldron and Ms. Marche worked with many of us on [*Hello Dolly*] and they had really great ideas on acting, which is a big part of speech," explained Piersdorf. "We are also really confident about Mr. Chamberlain coaching. Just from hearing him tell a story you can tell he will be a great asset."

Of course last year's State Coach of the Year Henry Hebert will be back with a reduced role.

In another first, Tim Newcomb and Becky Haven will be the speech team's first ever co-head coaches. Rounding out the coaching staff is returning Robyn Madson, who also heads up the debate team.



With only four returning seniors, some may wonder about the leadership on the team. All of the captains feel very strongly about their squad.

"We are an extremely young team because we lost a lot of upperclassmen, but lots of sophomores showed leadership qualities and great work ethic," said Piersdorf. "We also have last year's junior captain Caleb Rotach returning."

As a young team continuing a great tradition, the captains are stressing team chemistry.

"It is an equal amount of both team chemistry and individuality," said senior captain Paul Joachim. "There is definitely a duality. You work with a team all the time, but then when you compete, you are all on your own."

The speech team's first tournament will be Jan. 28 in Marshal, MN and their home tournament will be Feb. 18 at the high school.

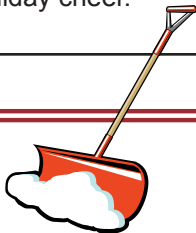
Singing in the holidays



Members of the National Honor Society went caroling in the Birchwood retirement home in Wyoming on Dec. 3 to spread some holiday cheer. photo contributed by Tara Olson

Plan ahead...

2nd semester parking permits now available in the Student Services Office. See pg. 3 for more information.



Computer problems?

Worms, e-mail, a Trojan Horse linked through viruses

by Ian Gildersleeve

It's almost three in the morning. You're sitting in your room at your computer; empty pop cans and bags of chips litter the floor. Your dog is already asleep on the bed, but you can't sleep. A big paper for school sits on the screen in front of you. It's almost done; you need a break and decide to check your email.

A message has your name in the title, but you're not sure who it's from. You think it might be one of your friends who just got a new email address. You open it to find nothing but weird letters and numbers. Shaking your head, you close the email and get back to work on your paper. Just before you finish, your computer freezes.

Cries of rage rip through the house, waking the dog and most likely your parents. You quickly reboot the computer, hoping to get your stuff back. After it's done uploading you can't find your paper. Or anything else, for that matter. The entire hard disk is empty; erased. You've been hit with a virus.

What is a virus? It's not that much different from a regular biological virus. Just like a biological virus must attach to a cell to infect other cells, a computer virus piggybacks on programs to spread itself to other programs and documents.

The Beginning

Viruses first started in the mid to late 80s. This was because computers were then becoming common in homes, businesses, and colleges. Many more people had access to computers. Today, most every house has a computer with internet access. Even if they don't have their own, people have the ability to get to the internet, whether it's at school, work, or the library. This means that millions of people are able to access computers. Unfortunately, some of these people like to cause destruction.

Different types

Many people don't know that there are actually several different types of computer viruses. "A computer virus is a computer virus," they might say. Not true. There are four different types of viruses that can infect your computer. The first is the **traditional virus**. As said above, this virus is a small piece of software that piggybacks onto a program. Every time that program is used, the virus is activated, allowing

it to reproduce and create problems.

Next up is the one that people find the most common and is the newest type of virus to hit the computer world. It's the **e-mail virus**. The virus is loaded as a word document or as an attachment into an email and is sent off. Sometimes it's easy to spot these - the message has a strange subject. There are also



the ones that have a friendly message with the recipient's name in it. When opened, the virus's auto-execute feature activates, or the recipient clicks on the attachment. The virus instantly copies itself to the first 50+ people in the victim's address book. Then, it starts to infect the original computer.

"**Worms**" are like a regular virus, but a little more sophisticated. They run on computer networks, looking for holes in a computer's security. They replicate quickly, copying themselves from machine to machine, and can create a lot of problems. One problem is they can slow down a system so much it comes to a complete halt, making it impossible to use.

The last type is called a **Trojan Horse**. Sounds cool, doesn't it? It's not very cool at all. A Trojan Horse is something downloaded. The file name says it is one thing, like a game, but it's actually something else. It does damage while you run it. These types of viruses are quickly discovered and are able to be deleted. Friends can also warn one another about the virus, cautioning against downloading it. Unlike other viruses, however, the Trojan Horse cannot replicate itself.

Protection

You're probably wondering how to protect yourself from these viruses. There are several, but the best way is to get the program called UNIX. This program's security features don't allow any viruses to get through (or at least not yet). Other virus protection software is also a good idea. You can find some good programs and compare prices at <http://shopper.howstuffworks.com/products/Software/SF-6/BEFID-96394/KEYWORD-Computer%20Viruses/MD-0>. Common ones are Norton Antivirus, SpyWare, etc.

For email protection, most email services now have virus protection, but it's not fool proof. Microsoft applications come with a standard feature called Macro Virus Protection (it's turned on with default). It disables the auto-execute feature that email viruses have. When it detects a virus, it pops up a dialogue window to warn the user. Many users ignore this window (seriously, how many times has a dialogue window popped up on the computer when you are using the internet and you just ignore what it says and click "OK"?) and some people turn the feature off. If you have Macro Virus Protection, make sure you don't turn it off and pay attention if the dialogue window pops up. It could save your computer.

Final Tips

Never download an attachment from an email that contains an executable. If it ends with .doc, .xls, or .gif and .jpg it won't do damage. If it ends with EXE, COM, or VBS, then it could do damage to your computer. So be careful with downloading attachments from email.

Lastly, simply avoid programs from unknown sources on the internet, like games or music. By purchasing the actual software and following the other steps from above, you can keep your computer virus free.

In general, viruses are on the wane. Technology is becoming so advanced that people are able to safeguard themselves. There are always people who are going to try to bypass the security that has been set up. They will create new viruses and try to find a way to create havoc. Be cautious on the internet and take as many precautions as you can to keep your computer safe.

Cut n' Keep

JANUARY

Monday, 2nd
No School
(Holiday Break)

Tuesday, 3rd
Classes Resume

Monday, 9th
9-11th Grade Registration
6:30-8 p.m.

Friday, 13th
Tozer Scholarships due

Monday, 16th
No School
(Teacher Work Day)

Friday, 20th
End of Term

Monday, 23rd
No School
(Teacher Work Day)

Thursday, 26th
Music Concert 7:30 PM

Saturday, 28th
One Act Play Performance

Monday, 30th
SEC Preview Music Concert
7:30 p.m.

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 length. Unsigned letters will not be printed; however, names may be withheld upon request.

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

International+Action

New club's Holiday Drive '05 a success

by Abby Pooch

In its first year at FLHS, Interact Club is off to a great start. The main goal of Interact Club is much like the International Club: they help the community and the world through service projects for the greater good.

The first service project they did was called Holiday Drive '05. They collected toys, food and money donations from first hour classrooms from Wed., Nov. 30 to Wed., Dec. 7. Then the members from the Interact Club collected the boxes and sorted the items. They put them into gift-wrapped shoeboxes and brought the filled shoeboxes to a dropping point in Hugo and from there they will be sent all over the world wherever they are needed.

The Interact members gathered all the boxes into Mrs. Livermore's room on Dec. 7 and 8 and tallied up the items. The incentive for the project was that the classroom that donated the most money and the classroom that donated the most toys and food got a free breakfast put on by the Interact Club. Mr. Lindstrom's choir class won both categories with \$75 and 57 items donated. The grand total for the whole school was 354 items and \$120.

Interact Club is constantly brainstorming new service ideas. They said that they are planning to start a recycling program in FLHS soon. At meetings, they usually work a service project,

but if they are not in the middle of one, they discuss future projects.

What is Interact Club?

The Interact Club at FLHS is one of about 8,600 worldwide. The name "Interact" comes from the combination of the words "international" and "action."

Interact comes from a larger organization called Rotary Clubs, which are adult service groups. The local Rotary Club suggested to the school board that FLHS form an Interact Club. Mrs. Livermore heard about the idea from a member of the school board, and thought it sounded like a good idea. She talked to Principal Steve Massey and they decided to make it happen.

Interact Club meets every week on Wednesday after school, but many members are unable to come all the time.

"We understand that people have other obligations like sports and such," said Mrs. Livermore. "The members of Interact come as often as they can. Anyone is welcome to come to a meeting. We will be glad for anyone who wants to join."

If you have a free Wednesday afternoon and want to make a difference, head down to room 317 and join Interact Club. They'll be glad you came; you'll be glad you joined.



Holiday Drive is Alive: Members of the new Interact Club gather (above) and sort (below) gifts to be sent overseas to children in third world countries. *photos by Abby Pooch*



Lend a helping hand

by Stacey Johnson
‘Tis the season to reach out and lend a helping hand. Even though the holiday season is over with, the need for volunteers is never ending.
Serving a meal once or twice a week or working with others, not only increases self confidence, but also brings joy to many others.

There are many opportunities around the Twin Cities Area and around Forest Lake. Being a volunteer is non-profitable and time consuming, but according to experienced volunteers, very rewarding. Different places have different requirements such as age, schedule and commitment, but volunteers are always needed and much appreciated.
Some places in need of volunteers are:

Meals on Wheels
Volunteer time and mileage
Chisago City
10600 282nd St.
Looking for drivers and dishing food beforehand
Information: Claudia Monson at 651-257-0580

Northwoods Humane Society
Dog walking and cuddling cats
Forest Lake
7153 Lake Blvd.
Looking for dependable, outgoing people who work well with animals
Information: Vicci Mattsfield at 651-982-0204

St. Francis of Assisi Animal Rescue
Become a foster parent
Many locations; no actual site
Looking for handlers, fundraisers, and transporters
Weekly mobile adoption
Information: 612-387-4869

Wild Life Science Center
Help with endangered species
Forest Lake
5463 W Broadway
Looking for people interested in wild species
Must be over 18 or have an adult present
Information: Krista Lewis at 651-464-3993

Courage Center, Empowering People with Disabilities
Become a role model
Forest Lake, Stillwater
146 North Lake St.
Looking for aquatic assistants, helpers in the teen fitness club, maintenance workers
Must be at least 15 years old
Information: Kathy Hayes at 651-351-2337

Salvation Army
Serving the community
In Roseville and many other locations
Looking for workers at the homeless shelter and thrift stores, and bellringers.
Information: Sarah Lipker at 651-746-3427 or Tom McKee at 651-746-3425

Hope for the stressed

Many stress-related illnesses can be prevented

by Abby Pooch
It happens to everyone. It can be caused by homework, a job, pressure from parents, peer pressure, sports. According to stress-counseling.co.uk, stress is “that uncomfortable gap between how we would like our life to be and how it actually is.” Everyone gets stressed simply because no one is perfect. People are always attempting to make their lives more fulfilling, but stress when they can’t reach their lofty goals. Folks deprive themselves of sleep, food and relaxation to get everything done. In reality, they are doing themselves more harm than good.

Stressed out people have to be careful not to drift into dangerous waters. A person can easily get sick from stress. People who deprive themselves of food and rest are very easy victims.

“People get so worried about schoolwork, jobs and such that it takes a toll on their health,” said Heather Karstens, FLHS nurse.

Many stress-related illnesses are self-inflicted. To get everything done, people eat and sleep less. As a result, they are more susceptible to sicknesses. Stress itself also causes headaches and bodyaches. Senior Kyleen Scheider is an expert at getting sick from stress.

“Sometimes I get so stressed that my vision gets clouded,” she said. “I’ve gotten two seizures from stress. I have panic attacks from stress.”

One way to combat stress is simply to meet it head on. “Just face whatever it is that is stressing you,” said Karstens.

If its your parents, talk to them (politely) and tell them how stressed you are. If your friends are pestering you, tell them to lay off. Odds are, they may not even know they are contributing



to your stress level.
If the source of stress is out of your control, there are several ways to alleviate it. One way is exercise. Stress creates depression for similar reasons that it creates illness. Exercise releases chemicals called endorphins in the brain which give the feeling of happiness. Mr. Tungseth, CIS and AP History teacher, combats stress by exercising. He used to take karate classes that focused on relieving stress.

Another way to lessen stress is to do something that doesn’t stress you out.

“Just hang out with friends,” said Karstens. “Laugh!”

According to the U.S. Department of Health and Human Services, “A good laugh loosens muscles, lowers blood pressure, and may

lower levels of hormones that create stress and weaken immunity. When you laugh, your body moves blood to your heart and lungs, boosting your energy level and making you feel better instantly.”

Everyone has their own way of getting rid of stress. Music seems to be a popular choice. Schneider saves one day a week to listen to Elton John.

“I love listening to music,” said Ashley Kirberger, a senior in AP Music Theory, “that always takes [my stress] away.”

One more way to relieve stress is to talk about what is bothering you. Schneider says that she feels much better when she talks about the problems she is having. Whether you tell your mom, dad, best friend, boy/girlfriend, or write it in your diary, get it out of your system. At school, find a trusted adult, or walk down to the office and make an appointment. Help yourself get rid of stress.

Nurse’s office busy

by Tommy Monahan
With winter here, folks worry about all the illnesses going around. So, is how you live your daily life a health risk? What measures can be taken to prevent these illnesses?

There are many bugs going around FLHS. The most widely seen are the common cold, a sore throat, chronic coughing, severe high fever and, in extreme cases, pneumonia and mono. Heather Karstens, the head nurse at FLHS has seen many sick students already this year. Karstens may see nearly 35-40 kids in a single day. It would seem there is something going around.

“The biggest one out there right now is the common cold, because it’s easily spread,” said Karstens.

According to Karstens, there are ways to

prevent a common cold. One of the ways to combat a cold is to wash your hands thoroughly with hot soapy water as many times as possible during the day, eat good meals and get enough sleep. Most people will fight the common cold and other illnesses just fine. Nowdays there are getting to be more dangerous illnesses out there, such as the avian flu. Many people are worried about this flu due to how much it is talked about in the media, but luckily it has not gotten to that stage yet

“No human can catch the avian flu from another human, it has not mutated into a gene that could end up harming a person,” said Karstens.

Some of the common symptoms for the cold are: runny noise, cough and high fever. If you have these symptoms, remember to take care of your health.

Round two
\$125 permit needed to park in student lot

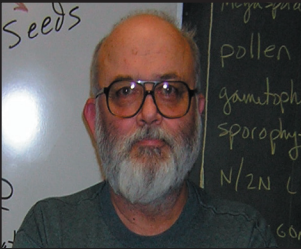
Parking permit applications for the second semester have been available in the Student Services office since Monday Dec. 12. The fee is \$125. Seniors get first pick, followed by juniors then sophomores, on a first-come, first-served basis.
Application deadline for all students is Wednesday Jan. 18, 2006. All permits may be picked up in the student services office. Students must show a valid driver’s license to pick up the permit.



FLHS custodial staff at a glance
Familiar faces



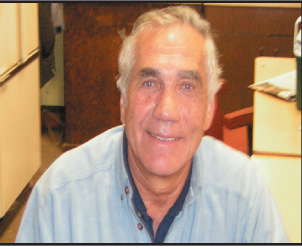
Name: **Bill Schwartz**
Years at FLHS: 3 yrs.
Words of advice: “Go to college and get a degree.”



Name: **Hugh Hehner**
Years at FLHS: 3 yrs.
Words of advice: “Have good attendance and study hard.”



Name: **John Olson**
Years at FLHS: 32 yrs.
Words of advice: “Work hard towards your goals.”



Name: **Harry Rudisill**
Years at FLHS: 14 yrs.
Words of advice: “Buckle down and study as hard as you can.”



Name: **Tim Burton**
Years at FLHS: 12 yrs.,
Head Custodian
Words of advice: “Stay in school and work hard.”



Name: **Perry Peterson**
Years at FLHS: 9 yrs.
Words of advice: “Don’t throw it on the floor. Recycle gum - give it to a friend.”

Not pictured: Craig Willert, Robert Haworth, Jeff Widman, Curt Behm, Ed Ball, Mark Carnes, June Raykowski, and Jim Guiren.



by Katie Walker
Starting Jan 3, 2006 the display case by the front office of Forest Lake High School (FLHS) will have a new look to it, even a diverse one. It will feature a new culture every month.
Students Against Destructive Decisions (SADD) has started their diversity campaign to help Forest Lake High School students gain a better, deeper perspective of their peers from others cultures.

January begins
SADD’s culture awareness campaign

The first culture to be displayed will be Hmong. It will feature authentic books, dolls, and more. In addition to culture awareness, SADD will continue to run a campaign about drunk driving prevention.

With in the next few months, FLHS students will see silhouettes of 15 innocent people killed in drunken driving accidents. Each will be accompanied by the victim’s story.

It's time

Hockey teams need a new barn

Commentary by Dan Carey

To many Forest Lake hockey players, Maroon and Gold Ice Arena in Forest Lake is a place that dreams are born. Maroon and Gold may not be like an arena such as Stillwater or the enormous Schwan's Super Rink in Blaine, but whoever has played at Maroon and Gold knows that it is a sacred place. But even sacred places need a face lift.

The current rink facility was first proposed in 1974, about the same time Forest Lake got its first varsity hockey team. On June 22, 1977, the Forest Lake City council voted 3-1 to go ahead with the building of a new ice arena. The money would be from a grant from the Economic Development Administration.

Maroon and Gold arena was built in 1980. It's first operating season only totaled 28 days. The half finished arena had temporary locker rooms and a makeshift warming room. Maroon and Gold also featured used boards and a used Zamboni. The Forest Lake school district bought the arena for \$500,000. The school district finished the arena and soon after, Maroon and Gold had its first season with positive funds. No doubt there is nostalgia attached to the current ice rink, but standards have changed in the past 25 years.

Although players love to compete at Maroon and Gold, there is no question the arena has seen better days. The idea of building a new arena has been circulating the Forest Lake community for some time now. Maroon and Gold really needs bigger locker rooms. Fitting a team of 25 players in one locker room is a daunting task. The shower facilities are small and people throw their trash in the stalls because they're directly connected to the lockerroom itself.

"They have been talking about getting a new arena for 21 years," said Tom Morazec, Maroon and Gold's rink supervisor. Simple talking should stop, and action needs to begin.

The Schwan's Super Rink in Blaine is going to be adding four more sheets of ice to the four the rink currently has. According to the rink manager, Forest Lake had shown interest in purchasing one of the sheets of ice for \$1 million. Since noone has \$1 million sitting around for the hockey program, and especially the school district, the rink could have been

rented out and would be in use during all seasons, unlike the current Maroon and Gold Arena.

The extensions to the Super Rink will be not be done for another year yet (slated for Oct. 1, 2006), but all four of the ice sheets have already been sold. Forest Lake lost their shot at a piece of ice from one of the best rinks in the United States. The cost may seem enormous, but according to those who know hockey, it was a bargain.

"Forest Lake was actually the first on the list but they backed out at the last minute," said Pete Carlson, Schwan's Super Rink director, "It's a better deal to only spend \$1 million rather than spending \$4 million for a whole new rink."

Although Forest Lake missed a chance at a sheet of ice at the Super Rink, potential plans to build an arena right here in the Forest Lake area are still a topic of discussion in hockey circles.

One idea that has resurfaced many times is that of a community center that contains a hockey rink and other sports fields. It has been discussed that this proposed complex could be built near the Forest Lake Airport. The cost would be shared by the Forest Lake School District and the Forest Lake community. There is no set price on how much the community center would cost. There also has been talk about getting a "mat system" to cool the ice in the current arena. This is, however, a temporary solution to the tune of \$156,680 that will not have much effect.

Although Maroon and Gold is showing its age, the very least the rink needs is an upgraded cooling system. This is a problem that has been plaguing the Arena for years. There are no new plans to put any money into the cooling system like they did to the heating and sprinkler systems, so it seems Maroon and Gold is on its last legs.

Although Maroon and Gold is winding down its useful career, it isn't stopping players from playing on the 25-year old arena.

No matter what happens with the arena situation, Maroon and Gold arena will continue to host games, practices, and open skating, and more dreams will be born. But everyone will be waiting for the day a new birthplace is found.

“The Maroon and Gold Arena is a sacred place... but even sacred places need a face lift.”



Outside the local "barn". The current facility has been around since 1981 and some think it is time for a change. photo by Dan Carey

Coffee at it's best

Kodiak offers hometown service

by Ben Fick

Where is the most primo coffee shop in town? That is a very debatable question. Some would tell you the brand of coffee doesn't matter as long as it tastes pretty good; however, the diehard coffee fans feel differently.

For those who use mochas, lattes, cappuccinos, macchiatos, latteccinos, breves or other specialty drinks to energize their day, location and brand is everything.

There are several excellent coffee shops in Forest Lake. Most of them are familiar; however, some of them are disguised as restaurants. Everyone would be able to tell you the neighborhood coffee shop is Kodiak. It is locally owned and operated. Kodiak has established itself with great customer service and gifts. They offer apple cider, ginger, candy cane, pumpkin and egg nog lattes. Berry Blaster smoothies are also delicious and full of vitamins.

The drinks range from about \$2.50-\$5.60 depending on the variety and size you desire. A wide variety of baked delicacies, cold juices and spritzers complement the specialty drinks. A soup of the day is offered as well. The baked food and soups are usually under \$2. For gift ideas, they have bulk coffee beans, books, selfish treasures, candies and the ever-popular gift certificate. Kodiak is my personal favorite coffee shop in Forest Lake. It is quiet, so you can sit down and read the newspaper or a book. It is also great for meetings and other social gatherings. They offer a drive-through window so you can get your drink and be on your way in a minute. Their hours are Mon.- Fri. 6a.m.- 8p.m., Sat. 7a.m.- 7p.m. and Sun. 8a.m.- 5p.m.

On the other side of town, but not of taste,

Starbucks offers a special holiday menu. The signature drinks include egg nog, peppermint, and Gingerbread lattes. Their hours are similar to Kodiak's. Their drink prices range from \$1.75-\$4.25. One nice touch Starbucks offers that Kodiak does not, is their selection of after-coffee mints and gums. These are especially important if you fear the coffee's signature bad breath. The drive-through makes this one of the most-used coffee shops in Forest Lake. It's true they have the best hot chocolate in town.

The Dunn Bros drive-through is an add-on to the Broadway Car Wash. One nice thing about this shop is that they offer a free paper daily with the drink or baked good purchased. Big Apple Bagel is not well known as a coffee shop, even though they offer Brewster's brand drinks to complement their famous bagels. As a larger café, bagel sandwiches and chips make this a premium lunch spot or breakfast hangout.

If all else fails and coffee or hot chocolate just isn't enough, Culver's, McDonald's and Dairy Queen all offer their form of winter drinks to go with their meals. Culver's has egg nog malts, McDonald's has egg nog milkshakes and Dairy Queen has added the Moolattes. Remember to drink in moderation when it comes to any of these calorie-loaded, caffeine-spiked drinks. All though the short term effects will give you energy, in the long term, you're getting a lot of sugar, fat and even cholesterol. So, if you're in the mood for great-tasting, energy-boosting drinks, head to one of the local coffee shops.



Local resident Steve Hammer relaxes at Forest Lake's locally owned and operated Kodiak Coffee. photo by Ben Fick

For the procrastinators

Last minute holiday gift ideas

by Carl Magnuson

- *Scene It?* DVD trivia game
- *A Bug's Life*: Special edition DVD
- Kermit the Frog T-shirt
- Magic 8-ball
- *Where the Wild Things Are* book by Maurice Sendak
- A magazine subscription
- Mario and Luigi: Partners in Time (Nintendo DS)
- Stevie Wonder: *Time to Love* CD
- *Million Dollar Baby* DVD
- *Mystery Date* board game
- A pair of warm mittens

The thoughtful packages route...

- **Childhood flashback:** Small Lego set + Play Dough + Silly Putty + Silly String
- **The Lazy Afternoon:** a box of hot chocolate + A mug with their name on it + a neck pillow + bag of mini marshmallows
- **The Winter Munchies:** A tin of various flavors of popcorn + Uniquely flavored candy canes + bag of Tootsie Pops

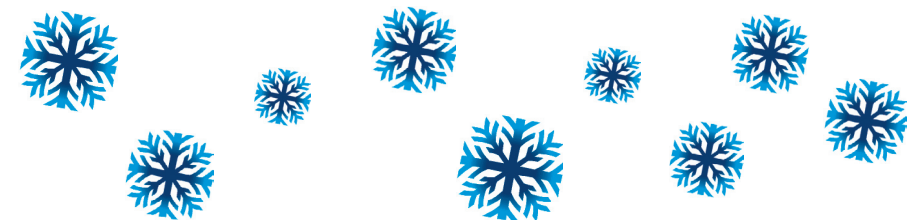


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So many choices Hot cocoa or apple cider?

by Katie Walker

With all the Starbucks, Dunn Bros. and various chains of coffee shops Forest Lake students visit before school, you wonder, can these students even tell the difference? The majority of coffee shops sell three dollar hot cocoas or hot apple ciders, while at the same time, you can buy a box of 24 packets of Swiss Mis hot chocolate or a jug of appl cider for the same price as on 16-ounce drink,

I decided to test the journalistr staff’s taste buds. Not lettin them know my plans, I bought a hot cocoa and hot apple cide from Kodiak coffee, and brought mixed hot cocoa (Carnation) and grocery store cider from my house. During class, I put my peers to the test - to see whether they could tell the difference between the cheaper store-bought or the expensive cafe hot cocoa and hot apple cider (w/ a shake of cinnamon). The following is the opinions of four members of the journalism staff.

Tash: Cider #1: real apples, not very strong, more like warm apple juice.

C #2: more cinnamon, and less “apple.”

Abby: C#1: sharp taste, cloudy appearance.

C#2: stronger smell, smoother taste, smooth appearance.

Tyler: Cider #1: Tastes very appley and feels home made.



C#2: had a very strong apple/cinnamon taste.

Dan: C#1: smells and tastes just like apples. C#2: smells and tastes more like apples mixed with cinnamon.

Abby: Hot cocoa #1: I could barely taste the chocolate.

2: Lighter, creamier, more chocolate flavor, thicker, and much better.

Tyler: HC#1: Was a little watery and diluted for my tastes.

IC#2: Was much tastier, and referred.

an: HC #1: dark, and tastes plain.

C#2: creamy colored, tastes more like cocoa.

Three out of four preferred the second apple cider, which was the one bought in a grocery store. Only one chose the pre-made from Kodiak because he doesn’t like cinnamon.

One person didn’t test the hot cocoa, so three out of three preferred pre-made, store-bought hot cocoa over Carnation packet and water.

The one person that didn’t test the hot cocoa said, “I definitely prefer homemade hot cocoa over pre-made.”

If these four taste-testers are a sampling of the general population, then Kodiak and other coffee shops most likely sell more hot chocolate than apple cider, and most apple cider is bought and enjoyed at home.

FLHS Career Resource Center ~ Presents ~

Annual Career Focus Day

Tuesday
January 31, 2006

If you’re interested in a certain occupation, this is your chance!
Make informed decisions!

Sign up will be Jan. 26 and 27 during all lunches.
You **must** have a ticket to attend.

Registration is on a first come, first served basis.

Listen to the announcements for further details.

Worth ‘a pound of cure’

Keep your health strong this winter through prevention

by Ben Fick

Are you cold enough yet? The winter season is here. It’s awesome for those who love ice and snow, but makes staying healthy quite a bit harder.

When sitting in class, writing down notes on the board, you can hear it all around. People are coughing, sniffing, sneezing, hawking, drooling and dripping everywhere. We all have to get used to those around us who will inevitably be sick all winter long, but you don’t have to submit to the cold or flu yourself.

The following are some suggestions on how to keep healthy, happy and annoying-noisemaking free during the cold and snowy winter months.

- ☐ Drink lots of fluids (mainly water).
- ☐ **Use lip balm.**
Keeps lips from cracking and hydrated.
- ☐ **Keep the house humid.**
Prevents dry nose and mouth.
- ☐ **Get a flu vaccine.**
- ☐ **Eliminate contact with infected individuals.**
- ☐ **Eat hot, spicy foods.**
(like soups, teas and chili)
- ☐ **Eat lots of nuts.**
(walnuts, peanuts, pistachios and almonds)
- ☐ **Sleep.**
8-10 hours or as much as possible
- ☐ **Eat nutrient-rich foods.**
(winter squash, carrots, apples, clementines, and bananas)
- ☐ **Get outside.**
Even if it’s cold, you need the sun
- ☐ **Don’t overeat.**
Stuffing yourself with calorie-loaded, fatty foods causes irreparable artery damage.
- ☐ **Relax.**
Have fun with friends and family
- ☐ **Exercise.**
Aerobic work like running, walking, and xc skiing.
- ☐ **Get lots of vitamin D and C.**
- ☐ **Eat lean meats.**
- ☐ **Eat healthy fats.**
(from flax seed, fish and olive oil)
- ☐ **Wash your hands.**
Dry them thoroughly to prevent skin cracking.
- ☐ **Rinse with a cold shower.**
This is not particularly fun, but it closes your pores and keeps your body warm if you are planning to go outside shortly after you get out of the shower.

Gaming into the new year Computers and consoles and games, oh my!

by Tash Thompson

2005 is coming to an end; it is time to look forward to 2006’s top gaming systems. Dell has the XPS series in desktops and laptops. Sony has the Playstation 3. Microsoft has the newly-released Xbox 360.

Computers

The Dell XPS 600 desktop was built especially for gaming. The XPS 600 runs on the standard Intel Pentium D processor; the latest in technology that is high performance and hiccup free. It runs on two graphic cards that would impress even the biggest computer geeks. This desktop has three, 500 gigabyte hard drives (compared to the XPS 400 which has two 500 GB hard drives) to allow for optimum storage. The XPS 600 has two audio options: Sound Blaster’s Audigy and DirectSound3D gaming. The 400 has Intel High Definition Audio and an optional Sound Blaster sound card. The 600 has a customizable backlit shield in seven colors. The XPS 600 is quiet, has room to upgrade, and a 650 watt power supply (the 400 uses 375 watts). This one of a kind Dell is also usable for writing, digital imaging, web surfing, and playing CDs and DVDs.



The Dell XPS M170 is the best gaming laptop according to *Laptop Magazine* in November 2005.

“Gaming performance is the best we’ve seen yet, in a notebook,” said *Laptop Magazine* in November 2005.

Now, people can play games on the road and at the airports with the XPS M170. The standard Intel Pentium M processor, the Intel 915 PM Chipset, and the Intel Pro/Wireless work together to optimize your gaming experience, reduce power consumption, and the chassis size makes it extremely mobile. This notebook makes you feel like you’re in the game with the GeForce graphic cards, compared to the XPS M140 that has an Intel Media Accelerator 900. The M170 has an 80 GB hard drive, where as

the M140 has between 40 and 80 GB hard drive. It has a stylish gun metal back with 16-color customizable perimeter lighting. The Dell XPS M170 is a high performance gaming notebook with long battery life, is light (weighing in at 8.5 lbs), and easy to carry.

I would love to own either one of the Dell XPS 600 or M170. They both have top-of-the-line gaming performance and are capable of performing more tasks than gaming, like word processing, fast digital imaging and web surfing. I like that the XPS 600 and XPS M170 have the best in performance for both classes. However, I think their prices are their downfalls. Both computers are over \$1500. Sony, Dell’s biggest competitor for high quality computers, has computers for that price as well. However the Sony computers have had better reviews as far as performance is concerned. If I had the money I would prefer a Sony because I adore Sony products and know that they have high performance and durability.

Consoles

The Microsoft Xbox 360 released in late November 2005 has been the most talked about gaming console this year. The Xbox 360 comes with a 2.4 gigahertz wireless controller, an IBM processor, and 512 megabytes of memory. The 360 has varied graphics from game to game. It is compatible with limited games from the first Xbox, and is able to read DVD video, DVD ROM, DVD R/RW, DVD+R/RW, CD DA, CD ROM, WMA CD, MP3 CD, and JPEG photo CDs. Impressive for a gaming console, which is designed only for gaming. The Xbox 360 has three USB ports, two memory slots, an Ethernet port, and four wireless controller spots. The 360 can stand vertically or horizontally, it has interchangeable faceplates, weighs about 7.7



the new ps3 coming in 2006

lbs, and it dimensions are 12”x 3”x10”.

The Xbox’s competitor, Sony Playstation, has not released its counterattack...yet. However the Playstation 3 is to be released in the spring of 2006. The PS3 has nearly photo-like graphics with resolutions from 720p to 1080p. The PS3 is compatible with all Playstation 2 games, and is able to read CD-ROM, CDR+W, DVD, DVD-ROM, DVD-R, and DVD+R. It is able to support up to seven Bluetooth wireless controllers. The PS3 has six USB ports, a regular compact memory slot, a memory stick, and an Ethernet port. Like the Xbox 360 the PS3 can stand vertically or horizontally. The Playstation 3 comes in black, grey, and white. Look for the PS3 this spring.



Between the Xbox 360 and the PS3, I would choose to wait for the PS3 to come out in stores. It has the latest wireless and graphics technology. I have extremely high expectations for the PS3, and I love Sony. But don’t break out your cash yet. The Dells, Xbox, and Playstation 3 are not cheap. If you want the best in gaming, I recommend putting one of these top of the line gaming systems on your Christmas and birthday list (for the next three years).

Current Game System Prices

Dell XPS 600	\$1,700
Dell XPS M170	\$2,400
Microsoft Xbox 360	\$300-\$400
Sony PS3 (estimation)	\$400



'TIS THE SEASON

When the snow falls, and begins to accumulate on the trees, as shown at left in one of FLHS's own evergreen trees, people's thoughts turn toward their respective winter celebrations, spending time with extended family and several days off from school. There are many different traditions throughout the world; some are brought to light in the following pages.

photo by Dan Carey



A Winter Wonderland

Christian

Merry Christmas!

by Melissa Monson

It's that time of year again; Christmas is here. For those of you waiting all year, the wait is almost over. Besides the fact that many people give and receive presents, what do you really know about the holiday?

The word "Christmas" actually derives from the early English phrase, "Christes maesse" which means "Mass of Christ." Christmas is a holiday that's over two thousand years old. It celebrates the birth of Jesus, who was born in Bethlehem, Judea by the Virgin Mary. Since they didn't have accurate calendars back then, he is believed to have been born in 1 A.D. The four books in the Bible that tell of Jesus' birth are Matthew, Mark, Luke, and John.

According to the history channel website, Christmas is celebrated toward the end of December because the Norse celebrated Yule starting on Dec. 21 (Winter Solstice). Dec. 25 is the day the birth of Jesus is celebrated because it was influenced by pagan festivals around the same time frame.

The many Christmas traditions practiced today are from hundreds of years ago and from across the globe. Gift-giving began in Ancient Rome and Northern Europe. People started to decorate trees and send Christmas cards in the 1800s. "Silent Night" and "Hark! Angels Sing" were composed

in the 1800s as well. Saint Nicholas, or Saint Nick as he's more widely known, came about in the 300s, but was changed to Santa Claus in the 1800s. The word Xmas is a shortened version of Christmas, which came from the early Christian church, because in Greek "X" is the first letter in the Lord's name.

Today, many may take part in age-old traditions, or have their own traditions for celebrating Christmas.

"We go to sermon on Christmas Day. We [also] open one present on Christmas Eve and open the rest on Christmas Day," said Junior Ashley Sperle.

Fellow Junior, Kaitlin Peterson, said, "My parents are divorced so we [my brother and I] switch off between mom and dad. This year I'm with my dad. My grandparents are very Norwegian and so we have lutefisk and it's disgusting. (We also have) lefsa. We get a Christmas tree on Christmas Eve, so we usually get it for free."

To those who celebrate Christmas, it may bring more meaning to the season to think about what Christmas is truly about when you are opening up all your presents.



The Herald

Togetherness

Judaism

A festival of lights

by Carl Magnuson

The first day of Hanukkah lands on Dec. 25 this year. This may appear to make the holiday seem like the Jewish equivalent of Christmas. However, the holiday falls on different days every year because it goes by the Hebrew calendar, which has about 29 to 30 days each month and can have up to 14 months in a year. It's called the festival of lights, it's sometimes lavished with eight whole days of gifts, and its symbolism is known to a lot of Americans, but it actually is not all that big a deal to those who celebrate it.

"It's not that important of a holiday...it seems more important because of Christmas," said Sandy Teichner, FLHS teacher and member of the Jewish community.

Long-held Traditions

Hanukkah traditions go all the way back to around 200 B.C. when, in celebration and sadness, a few Jews found a day's worth of oil to light a broken Menorah (a candle holder with eight candles that represent the eight days of Hanukkah). They lit it and watched the candles burn - the flames lasted for eight days. To celebrate this miracle, a few other traditions have followed. One is the dreidel game and Hanukkah songs. There are also tasty foods like latkes, potato pancakes, and sufganiyots, which are basically unformed, deep-fried jelly donuts. Along with the tangible traditions, a special church service is held on the Saturday during the Hanukkah season.

"[There is] a special part of the service on certain holidays...they're little additions..." said Teichner, "[Hanukkah] is not in the Bible, so you don't have to go."

One of the main reasons the holiday endures is because of the attachment the children have to a holiday that can rival the hype of Christmas. One common adaptation of Hanukkah is the streak of presents stretched out over the eight given days.

"Parents don't want to deny their kids, but it gets more materialistic as time goes on," said Teichner.



Being able to speak Hebrew is a major part of Hanukkah and Judaism in general. Songs sung throughout the eight days of Hanukkah, like Dreidel, are usually in Hebrew. Knowing the language is an important part of growing up in the Jewish faith.

"I spoke Hebrew a long time ago, I learned some in college- [the language is] kind of like Russian. But it's prettier and more difficult to write," said Teichner.

One tradition that does stand strong is the dreidel game, which is played with a spinning top and candy or coins. Players take turns spinning the dreidel to see what they do with the mound of candy or coins in the center. They can end up taking all or half of the pool, have a do-nothing round, or instantly lose, so it can end up being a very short game.

So, starting on Dec 25, millions of candles will be lit with the Shamash, or the center candle, on the Menorah in remembrance of a battle with the Greeks over two thousand years ago. However, the celebration starts at sunset the night before because the first day technically begins at midnight.

Muslim

"ASSALAMUALAIKUM"

"May peace be with you"

by Tommy Monahan

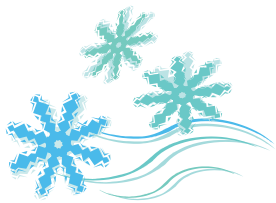
Many people know about the more talked about and celebrated holidays around this area, such as Christmas and Hanukah, but not many know about the celebration known as Ramadan. This is a Muslim celebration of worship and contemplation and also to study the holy Koran. The Muslims feel Ramadan is a time to strengthen family and the community while teaching about ancient faith, while devoting themselves to Allah through fasting (not eating for a religious reason). They have very strong family ties with all relatives. Ramadan is in the ninth month of the Muslims calendar. It was during this month that the Muslims

watched and took place in fasting of Ramadan. It lasted the entire month. While it is daylight they fast and during the evening they eat small meals and visit with each other. Although

the Ramadan occurred already on October 5 of 2005 (according to the Islamic Society of North America) it still plays a big part in the Muslim culture. So until the next Ramadan celebration, Assalamualaikum (may peace be with

you) and welcome to the New Year.





Hmong New Year

Hmong residents of Minnesota celebrate the New Year in large celebrations at the River Centre in St. Paul and the Metrodome. Participants wear traditional Hmong clothing and take part in different traditional ceremonies.



Hmong Culture

It's a new year

by Katie Walker

As the end of the Roman calendar draws near, there is a group of people who are one step ahead, the Hmong.

The Hmong New Year falls in the end of November and is celebrated here in Minnesota in the end of November and December.

According to Apao Xiong, Forest Lake high school (FLHS) senior, the Hmong calendar is one month ahead of the western calendar. That means the Hmong New Year falls on a different western date each year.

This end of the year celebration marks the end of the harvest season, with family reunions, feasting, courting, games, singing, a parade, traditional dancing, and a fashion show. Celebrations can also feature bull fights and cock fights, although not in Minnesota.

"The new year is celebrated for good luck to the next rice harvest," said Xiong.

Xiong celebrates the New Year at home or at relative's houses.

Pattoua Vang, FLHS junior, celebrates the New Year at the River Centre in downtown St. Paul.

"The Hmong new year is celebration is at the River Centre and the Metrodome, on Saturdays, and Sundays at the end of November and December," said Vang.

"We dress up in traditional Hmong clothing," Vang said. "Last year I wore what felt like a 10 pound necklace."

According to Vang, typical foods eaten during the celebration include: rice, sausage, chicken, beef, and the common drink is tapioca.

According to Xiong there's a traditional

game called ball toss played.

"The person who drops the ball on a good throw has to give something [like sing a traditional song or give up a piece of silver or a belt from his or her costume] to the other person," said Xiong.

At the end of this game everyone's belongings return to them.

The first day of the New Year is special for unmarried young men and women. They will gather in the field all dressed up in their new clothing, wearing many ornaments and special decorations. Forming two lines the boys and girls toss a soft ball and sing to each other. The ball is a symbol of the relationship between young men and women. The ball toss helps them get to know each other, so they can get married and live together.

It's also a tradition to walk under lemon grass, for washing away the old and bad news, and bringing forth the new and good news. Family members walk under new year's poles three times forward, and three times backward.

After this ceremony families return home to celebrate other ritual ceremonies including: honoring the elders and ancestors (pe tsiab), and calling of the spirit (hu plig).

The Hmong New Year remains one of the principle Hmong celebrations. Dances, ball toss games, beautiful clothing, and special food continue to make the New Year a colorful and exciting experience.

Some information taken from: Hmongtimes.com, www.laofamily.org, and www.wausauhmong.org.

African Culture

The First Fruit Celebration

by Tash Thompson

The First Fruit Celebration, or Kwanza, is a one-of-a-kind African celebration. Kwanza spotlights the values of community responsibility, self progress, and family. Celebrating Kwanza has a great deal of similarities to the American tradition of Thanksgiving.

Kwanza is the celebration of the first harvest of the first fruits. Each tribe or community in Africa come together all over Africa to sing, eat, dance, and drink. Families bring food they grew or items they had made to present at the feast, which is usually held on December 31.

There is also an African American tradition based upon the celebration of Kwanza, which is called Kwanzaa. The extra "a" was put in place to separate the difference between the African and African American traditions.

There are seven principles and symbols in both Kwanza and Kwanzaa. They are: unity, self-determination, collective work and responsibility, cooperative economics, purpose,

creativity, and faith. Families often set up an area of their home with these symbols and adorn the space with red, black, and green. Red for the blood they have shed, black for the face of the African American, and green for hope and the motherland.

The African American people set up a candle holder, which rests on a mat, and seven candles to represent the seven principles.

Kwanzaa is celebrated from December 26 through December 31. It was created by Dr. Maulana Karenga to help African Americans come in touch with their heritage. Dr. Karenga formed Kwanzaa on the basis of the African traditions of Kwanza. Today, Kwanza(a) is a tradition that African Americans and native Africans celebrate every year to celebrate the values of family, self progress, and community responsibility.

Information taken from: <http://www.officialkwanzaawebsite.org/>, <http://www.tike.com/celeb-kw.htm>, <http://www.afrocentricnews.com/html/kwanza.htm>

Pagan

Yule celebrates the sun's return

by Maya Bryn

For the people who live close to the soil, Yule, or the winter solstice, is vital.

This day is when pagans celebrate the sun and its light, and the departure of the Holly King (Dark Lord, Old Saint Nick or Father Time) and the coming of the Oak King (Sun King or the New Year's Baby). Peace and charity is the theme of this day.

There are a few similarities between Christmas and Yule. Christmas emphasizes the coming of God's Son, while Yule celebrates the return of the sun. Celebrated on Dec. 21, Yule is the longest night of the year. The meaning of the world "Yule" is believed to stand for "wheel". It symbolizes that the wheel of the year completes a full circle at this time.

This holiday was first celebrated by northern Europeans because they braved cold, dark winters. The sun's light was scarce, so there were many more hours of darkness than light.

"Their health and survival depended on

the fertility of the crops, the animals, and the women," Tristram P. Coffin quoted in his book *The Book of Christmas Folklore*. Therefore, they celebrated when the sun's light and its warmth returned. It's a time when they give thanks the daylight hours are about to get longer.

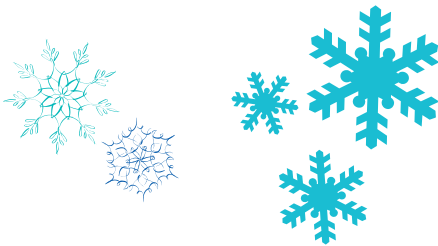
The most commonly known piece of Yule's tradition is the Yule log. The log, harvested from the owner's land or given as a gift, was prepared by decorating it in seasonal greenery, pouring cider or ale on it and then dusting it with flour before lighting it. The log is traditionally left to burn overnight, and then left to smolder. Then it is ceremonially put out. People who celebrate Yule like to prepare food like cookies and caraway cakes soaked in cider.



They serve fruits, nuts, pork dishes, turkey, eggnog, ginger tea or spiced cider. Activities of both past and modern day Yule include: decorating the Yule tree, exchanging presents, stringing popcorn and cranberries and hang them on the trees outside for the birds. They place holly on fireplaces, doors and windows to ward off, snag, and capture evil spirits before they can enter and harm the household.

In Norway, work is looked down upon on Yule. Therefore, no wheels are to be turned - it shows impatience with the wheel of the year. People prefer not to kill any bird, beast or fish since peace and charity is what the Yule holiday also celebrates. Yule is a time for people to connect to nature, pay their respects to it, as well as give thanks to the sun for its warmth and light.

Information taken from: www.wicca.com/celtic/akasha/yule.htm



FOR WINTER HOLIDAYS

New Releases

by Maya Bryn

The following list is of some recent popular music CD releases, and ones to look forward to at the beginning of 2006. Prices are from walmart.com and as of 12/16/05.

DEC. 4 - DEC. 10, 2005



Eminem **\$10.88**
Curtain Call

Korn \$10.88
See You on the Other Side

Various Artists
Our New Orleans: A Benefit Album for the Gulf Coast

Lil' Wayne \$12.88
The Carter Vol. 2 [Explicit Lyrics]

Lindsay Lohan \$9.72
A Little More Personal (Raw)

Alanis Morissette \$13.88
The Collection [Limited Edition]

Sugarcult
Start Static

The White Stripes \$8.88
Walking With a Ghost, plus 4 Live Tracks

DEC. 11- DEC. 17, 2005

Bo Bice **\$9.72**
The Real Thing



Madonna \$9.72
Confessions on a Dance Floor

Daddy Yankee

\$13.88

Barrio Fino en Directo [Explicit Lyrics]

Rammstein
Rosenrot [Limited Edition] [Import]

Youngbloodz \$14.88
Ev'rybody Know Me [Explicit Lyrics]

James Newton Howard,Composer \$14.88
King Kong [Soundtrack], original score

Anthony Hamilton \$10.88
Ain't Nobody Worryin'

DEC. 18- DEC. 24, 2005

Mary J. Blige **\$13.88**
The Breakthrough



Jamie Foxx \$14.88
Unpredictable

The Notorious B.I.G. \$13.88
Duets

Donna Summer
I Got Your Love [CD-Single]

Ryan Adams \$12.88
29

Coldplay
Talk [CD-Single] [Import]

Barbra Streisand
Come Tomorrow [CD-Single] [Import]

DEC. 25 - DEC. 31, 2005

Ricky Nelson \$14.88
Greatest Hits

Bruce Springsteen \$27.88
Born to Run: 30th Anniversary Edit

Delirious \$13.88
Mission Bell [Enhanced]

Sevendust \$12.88
Best of (Chapter One 1997-2004) [Explicit Lyrics]

Jonah33
The Strangest Day

Miles Davis \$22.49
1958 Miles [Limited Edition] [Import]

JAN. 1 - JAN. 7, 2006

James Horner, Composer
Legend of Zorro, Soundtrack



Eric Dublin
Welcome to Mercytown

Scooter \$8.99
Apache Rocks the Bottom [Import]

Motorhead \$19.49
Best of Motorhead [Import]

Christmas films Favorites of all time

by Josh Nelson

Even if the weather changes every five minutes during Minnesota winters, there are a few things that are certain. One of them is holiday movies. Below is a list of the Top Ten Favorite Christmas Movies of all time.

1. *A Christmas Story* 1983 Melinda Dillon, Darren McGavin; PG

This is the most comedic and classic Christmas movie of all time. It's the story of a little boy named Ralphie who receives a Red Ryder BB gun for Christmas. His dad repeatedly warns him that he will shoot his eye out. He ends up breaking his glasses with the end of the gun. This is just one of the interesting journeys he faces.

2. *National Lampoon's Christmas Vacation* 1989 (Chevy Chase, Randy Quaid); PG-13

Right up there with *A Christmas Story*, this is an extremely funny holiday movie. The film is full of hilarious bloopers made by most of the characters. The dysfunctional Griswold family host their family Christmas. They invite other dysfunctional family members over and unexpectedly, cousin Eddie comes to live with them for a while. Many other humorous mishaps occur in this, the second greatest Christmas film of all-time.

3. *Miracle on 34th Street* – 1947 (Natalie Wood, John Payne, Edmund Gwenn); G

When most kids get old, they start to realize that there really is no Santa Claus. This is no exception for little Susan Walker. One day, Susan visits the Macy's store where she sees a man who she believes is a fake Santa Claus, but what she doesn't know is that this is actually the real Kris Kringle. He struggles to get Susan to believe. Unlike the top two movies on the list, this is a serious family movie.

4. *Dr. Seuss's How the Grinch Stole Christmas: 1966* (voice of Boris Karloff);

Forget the ridiculous remake with Jim Carrey, the original *How the Grinch Stole Christmas* is a children's Christmas favorite. The cranky Grinch tries to make all the citizens of Whoville have a terrible holiday season. He steals gifts, ornaments, and even the Christmas tree. In the end, the heart of the Grinch grows, and he changes.

5. *A Christmas Carol: 1951* (Alastair Sim, Kathleen Harrison) NR

It's the traditional Charles Dickens story of the Christmas crab Ebenezer Scrooge. The man, who despite the joyful holiday season, seems to always be unhappy. This movie has been re-created many times, but this is the original, filmed in 1951. Scrooge, who is constantly rude to everyone during the holiday season, eventually comes to his senses.

6. *The Santa Clause* 1994 (Tim Allen, Eric Lloyd) PG

Struggling father Scott Calvin (initials S.C.) tries to balance his job with raising a son. One night, Calvin and his son went outside to find Santa lying dead in his yard. As a result, Calvin must take over Santa's duties. From that point, he begins to have odd, Santa-ish things happen to his body, but he needs to save Christmas. *The Santa Clause* is fun for the whole family.

7. *Tim Burton's: The Nightmare Before Christmas* - 1993 (Chris Sarandon, Catherine O'Hara); PG

After living in Halloween Town all of his life, Jack Skellington is ready to celebrate the holidays. He takes a trip to Christmas Town and decides to get the help of some residents. After Santa is kidnapped, it is a wild journey for Jack to save Santa, at the same time he turns Halloween Town into Christmas Town. It's a comedic cartoon that may be inappropriate for children, but it is good enough to be number seven.

8. *Rudolph The Red-Nosed Reindeer* 1964 (voices of Burl Ives, Paul Soles)

This movie is not only about Rudolph, but also the awkward elf Herbie as well. It's a horribly animated classic story of Rudolph who doesn't fit in with his peers because of his irregular, red nose. He tries everything to fit in - he even puts black coal on his nose to hide it. Then there's Herbie. He wants to trade his elf shoes for a dentist job. This is a classic cartoon telling of Rudolph and Herbie's journey to self-discovery.

9. *A White Christmas: 1954* (Bing Crosby, Danny Kaye, Rosemary Clooney) NR

It's a story that probably not too many teens have seen; it's a little corny. It's the story of Bob Wallace and Phil Davis who have escaped from military service during World War II. They form a song and dance team and travel around the U.S. to perform. When they go to perform at a Vermont restaurant, they find the owner is their former military commander. It's a romantic movie women would enjoy more than men. This is why it slipped to the bottom of the list.

10. *Elf* 2003 (Will Farrell, Bob Newhart, James Caan) PG

Buddy is a human raised by an elf in the North Pole. Buddy, who is a lot larger than any of the other inhabitants of the North Pole, adapts to the ways of the elves. When Buddy is an adult, he finds he is not really an elf, but a human. He decides to meet his biological father (because his mother died). He arrives in New York and is immediately out of place. After finding his father, Walter, other accidents ensue, which makes this a good holiday film.

* some info from imdb.com

Fa La La La La

by Melissa Monson

Fa la la la la la la la! With Christmas just around the corner, many things are coming into season, including Christmas carols. After polling 50 random FLHS students and staff, this list of Top 15 songs came into being.

Top 15 Christmas Songs (ranked by popularity)

1. Rudolph the Red-Nosed Reindeer
- * 2. Frosty the Snowman
- * 3. Mr. Grinch
4. White Christmas
- * 5. Jingle Bell Rock
- * 6. Jingle Bells
- * 7. O Holy Night
- * 8. Rockin' Around the Christmas Tree
- * 9. Silent Night
10. Little Drummer Boy
- *11. Have Yourself a Merry Little Christmas
- *12. Joy to the World
- *13. It's Beginning to Look a lot Like Christmas
14. Feliz Navidad
15. Silver Bells

* = ties



Concert Calendar

by Tash Thompson

December

30	8 p.m.	Marc Cohn	Pantages Theater	All Ages	\$53.50
31	6 p.m.	Gingerjake	The Quest	Under 12	\$8
31	7:30p.m.	Louie Anderson	Northrop Auditorium	All Ages	\$45-\$75
31	8 p.m.	Bodeans	Pantages Theater	All Ages	\$50
31	9 p.m.	Staija	The Rock	18+	\$10

January

14	6 p.m.	Anthrax	First Ave	18+	\$25
21	8 p.m.	Led Zeppelin	Target Center	All Ages	\$21.75-\$51.75
25	6:30 p.m.	KT Tunstall	The Quest	All Ages	\$10-\$12
27	7:30 p.m.	Bon Jovi	Xcel Energy Center	All Ages	\$49.50-\$89.50

...check out Ticketmaster.com for more details and other concerts.



Narnia magic

by Abby Pooch

What do the king of the jungle, an evil, magical woman and a piece of furniture have in common? They’re all the main parts of the movie, *The Lion, the Witch and the Wardrobe*, released Dec. 9.

The story *The Lion, the Witch and the Wardrobe* is the story of four children sent to the country to escape the bomb raids in London. They discover a magical land called Narnia, where it has been “winter forever and never Christmas” for at least a hundred years. Susan (Anna Popplewell), Lucy (Georgie Henley), Edmund (Skandar Keynes), and Peter (William Moseley) find themselves in a place that has been waiting for them far before they were even born. As the children rush to rescue Mr. Tumnus (James McAvoy), Lucy’s faun friend, the children discover they have a huge part to play in the final destiny of Narnia.

The book *The Lion, the Witch and the Wardrobe* is the second and most famous book in the Chronicles of Narnia series, written by C. S. Lewis. The book targets young kids, though people of all ages would enjoy it. The movie is very close to the book. It does a much better job of sticking to the original story than any of the *Lord of the Rings* or *Harry Potter* movies. The only things I could see that are changed are things that add suspense. For example, the small battle in the book was expanded into an epic battle in the movie. I found many lines in the movie that were taken directly from the book.

It is evident that the children actors and actresses were slightly amateur. Edmund has



a weaker personality than I was expecting. He lacks gestures and really strong facial expressions that I think are needed. The rest of the children are much better. Lucy is the best at acting. She has strong facial expressions and is the perfect mirror of little sweet Lucy from the book. Peter is also a dynamic actor. He has the right emotions at all the right times and acts the part of the protecting older brother with perfection.

The special effects are incredible in most scenes, but questionable in a few. There is one scene where you can tell that the background is completely computer generated, and the beavers look quite fake. Aslan, the lion, is one of the best parts. He looks exactly like a real lion. The wolves are second best after Aslan because their hair moves, making them look like they are real and not giant stuffed wolves.

The characters are developed very well. Almost all of them are just like I had pictured them. Lucy is sweetly innocent, Peter is kind, yet firm and brave, and Edmund is selfish and stubborn. Susan, however, is different than I had pictured. I thought of her as kind and gentle, but she seems more snobby and cold. The rest of the characters are exactly as I had imagined them.

Overall, this is a great movie. I would give it four out of five stars. It sticks to the story and has a great cast. I strongly recommend seeing this movie while it is still in theaters, because the battle scene and the scene with Aslan on the stone table really come alive on the big screen. Go through the wardrobe (or movie theater) doors and throw yourself into the enchanting land of Narnia.

Kong king of effects

by Tyler Scanlan

Peter Jackson’s first movie since *Lord of the Rings* establishes him as one of the best big movie directors working today. Everything about *King Kong* is big, with the movie running over 3 hours and costing \$207 million to make.

The movie has a very respectable cast to complement computer-generated counterparts. Naomi Watts (*The Ring*) stars as Ann Darrow, an out-of-work actress who gets a chance to play the role of a lifetime. The big movie director, Carl Denham, is played by Jack Black (*School of Rock*) who strays from his comic norm with a dramatic role. Also starring is Adrien Brody (Oscar winner for *The Pianist*) as Jack Driscoll, a famous playwright who is writing the movie for Denham. Another notable cast member is Colin Hanks (*Band of Brothers*), who plays Denham’s assistant, Preston.

The story of *King Kong* is one that many already know. It starts out showing the struggles of Darrow and Denham in America during The Depression. By chance, Darrow and Denham meet and she is cast as the lead in his new movie. Denham wants to shoot this movie on an uncharted island for which he has obtained a map. While running from his studio, which is trying to shut him down, Denham eventually manages to make it to his mysterious island. Once on the island, natives kidnap Ann and try to sacrifice her to *King Kong*. This is when the action picks up with Kong proving his dominance in his kingdom and the ship’s men trying to save Ann.

The money put into *King Kong* really shows. The computer generated characters look amazing



and lead to some dazzling fight sequences between Kong and the various inhabitants of the island. One thing Jackson did really well was give Kong a genuine personality that appeals to the crowd. Kong seems amazingly real for being a 25-foot tall ape. With a movie this big, the action scenes are expected to be great. They don’t disappoint. Kong looks very real as he tears his way through the jungle. At one point, he fights three T-Rexes at once, and eventually creates chaos in New York City.

One thing that surprised me about the movie is how creepy the natives of the island and the other over-sized creatures were. This gives the movie a very adult tone and leads to its PG-13 rating. Without good acting, all of the incredible special effects could have gone to waste. Luckily, that’s not the case. Naomi Watts is spectacular; she captures the emotions of every scene perfectly, with the rest of the cast doing a good job as well.

Then there is Jack Black. He being cast in this kind of role feels weird, but to my surprise, he did a good job playing a serious character with only a few hiccups along the way.

In the end, *King Kong* is an amazingly well done movie that, in many ways, lives up to the hype. It does have some acting inconsistencies and a couple of plot holes, like the logistics of transporting the beast, but these problems don’t drag the movie down too much. *King Kong* flies through its three hours and is a very fun and emotional experience worth the price of admission. 4 out of 5 stars.

Is it really yours? mspace.com sweeping the nation

by Katie Walker

Myspace.com is the latest web page hype for high school students across the nation. Forest Lake is no exception. Many Forest Lake High School (FLHS) students have pages on mspace, or have friends with pages. Until recently, students could access their mspace.com accounts from school.

According to Lee Anne Brockman, FLHS technology specialist, mspace.com is an online community.

“It’s for people to meet others in a virtual place,” said Brockman.

According to Brockman, mspace is a distraction and counter-productive.

“There’s nothing about mspace that is truly congruent with our educational mission,” said Brockman.

Myspace is used by all sorts of people from all walks of life. According to Brockman, mspace has no personal or data privacy.

“Myspace is nowhere for minors to be, especially during school,” said Brockman.

My space, however, attracts minors from all around, looking for an easy way to meet new or talk to old friends.

Maya Bryn, FLHS junior, was referred by a friend. “I did a page because it looked like fun,” said Bryn.

According to Bryn, people get to meet others and leave fun messages.

“On mspace, I look at my mail and read friends’ comments. I also add pictures and look at other people’s profiles,” said Bryn.

Jessica Kelley, FLHS senior, also has a page on mspace. Kelley just logged on and signed up for free.

“I decided it’d be sweet,” said Kelley.

According to Kelley mspace is an easy way to stay in touch with long distance friends.

“I keep in contact with my friend



(and foreign exchange student last year) in Germany,” said Kelley.

According to Kelley mspace is for whatever you want.

“You can meet people, find love, and look for marketing contacts,” said Kelley.

Both Bryn and Kelley keep general information on their pages. They also agree this website could attract pedophiles, and take caution when accepting new people to be their friends.

“Keep private information, private,” said Kelley.

“I’m general [she doesn’t share personal information], and talk to the people I know,” said Bryn.

There are many male students on mspace too; one from FLHS is Senior Tomm Carlson.

Carlson, like many others, was attracted to mspace because of friends.

“My friend just signed me up,” said Carlson.

According to Carlson, mspace takes too much time and doesn’t like using it. He is perfectly comfortable with himself, and his friends being broadcasted on the internet, however.

“You can look at anyone’s profiles but you can only comment on them if you’re a member,” said Carlson.

While mspace.com is a place for students to leave fun messages with friends, there is also a danger in showing pictures of yourself and your friends to the world via internet, especially when anyone can view these images. It’s important to be very general. Don’t give out your real name, address, phone number, or even school. Remember that anyone can lie on the internet.

Myspace is closed to students in school, and, because of the nature of the website, has been blocked from Forest Lake for good. Many people can interact on mspace.com, they will have to do so outside of the school network.

Renting a movie? Options abound: local, chain store or web

by Tyler Scanlan

The snow is falling and the temperature is dropping, so what is one to do with free time? If you aren’t a fan of winter your available activities are narrowed down to the indoors. A great thing to do while inside is to sit down with family or friends and watch a movie.

Everyone doesn’t have an infinite supply of movies and with theater costs so high, many may wait for movies to be out on DVD. When perusing Forest Lake your movie rental options may seem pretty limited with the only stores being Lakes Video and Blockbuster.

Both of these places have wide selections with reasonable costs and are located off Highway 61 in downtown Forest Lake.

Blockbuster will cost you \$4.30 for a movie, with new releases rentable for two days and older flicks for a week. Blockbuster has a new policy that claims to abolish late fees. What this means a few extra days doesn’t cost anything, but after the movie is overdue for a week the movie is sold to you and the full price is charged to your account. If the video is returned within 30 days after it is sold to you the account will be refunded for a \$1.25 restocking fee.

Lakes Video has many levels of releases. A gold label is new and is a two day rental, a yellow is a three day rental, silver is a five day rental, and movies with little color stickers are week long rentals. At Lakes Video, old movies are less than two dollars and newer flicks are



about \$3.50. Also at Lakes Video if you rent three movies you get the fourth movie free.

If you are a fan of things coming to you; it’s now possible to rent on the internet. These deals are very good if you rent a lot of movies. There are two options: Blockbuster.com and Netflix.com. Both cost \$17.99 a month, allow you to rent three movies at a time, and both have unlimited rentals a month. However these services are not identical with Netflix.com there are over 50,000 movies available to rent, were Blockbuster.com has over 40,000 movies available to rent. To counter that, Blockbuster gives you three in store coupons. Two of the coupons are for free movie or game rentals and the third is a special deal on pre-viewed movies for purchase.

Then there are the video games. With games, Blockbuster costs about \$8 per rental for a week and Lakes Video costs only \$3 for five days. Just like with movies, video games have two internet sites for renting, Blockbuster.com and Gamefly.com. Both places offer a game at a time for \$21.99 a month, and you can keep the game as long as you want. Unlike Gamefly, Blockbuster also offers a deal where you can buy one previously used game and get half off another.

All of the rental options in Forest Lake are high quality and offer something a little different. The one that is best for you depends on which one of the various perks benefits you the most.



ACTIVITIES

Expectations up for ski teams Alpine and Nordic aiming for State Meet

by Andy Setterholm

Alpine

The alpine ski team began practices recently, meeting twice a week at Trollhaugen Ski Area to prepare for their season. The boys team is led by senior captain Erik Stolberg and sophomore captain Bret Stolberg. The team is looking forward to their upcoming season, though they will face it with only four seniors on the team of about 20 skiers.

“We are a younger team this year,” said Bret.

True to his word, the team includes five skiers currently in the seventh grade. The team still hopes to do well in their conference and possibly even win the section. The team went 4-3 during the 2004-05 season, and captain Erik hopes the team will improve.

“We want to be in the top half of our conference,” Stolberg said, “And we want to do really well in our section.”

Under the watchful eye of coach Kyle Oberg, the team will train hard for races that begin in early Jan. The team will begin regular-season competition on Jan. 9 against Cretin-Derham Hall. The team opens their home meets schedule against Stillwater. Both begin at 4:30 p.m.

Nordic

Boys Nordic Skiing began their season as defending state champions with an impressive victory at Trollhaugen on Dec. 6. The team achieved a perfect score and swept the top four places. Senior captain Ben Fick placed first overall, followed by senior Ted Steiner, junior Zach Clark, and junior Leif Nordgren.

Dec. 8 marked another Ranger victory as Fick took first place, followed by fellow captain Jamison Hull.

Captains Fick and Hull were extremely pleased

with the performance of their team in their first races of the 2005-06 season.

“I think we worked harder than the other teams and it really showed in the race,” said Hull.

The team did work hard in the off season, training with coach Deno Johnson and the Nordicwerks program.

A perfect start for the team sets high expectations for another State Championship this February. It would make Nordic Skiing the first program in FLHS sporting history to bring home back-to-back state championships. The state meet will be held February 17, and the Rangers will undoubtedly be racing for the title.

Fick took first place last year and hopes to do the same this year. Hull was not able to participate last year and is highly anticipating the state race this year.

High-kickin’ Rangers

by Andy Setterholm

Danceline kicked off the 2005-06 season on Dec. 5 with a meet in Moundsview. The girls placed fourth and hope to improve as the season continues. Kelsea Griffin and Jessica Geisner are two of the five captains on the team, all of whom hope to make a return to the State Tournament this year.

“We went to state a couple years ago,” said Griffin. “It would be really cool to get back there this year.”

The team has the potential to return to the State Tournament this year. Nine dancers are seniors, leaving no question as to the amount of experience on the team.

The state tournament will take place Feb. 17 and 18 at the Xcel Energy Center in St. Paul. State is a long way off so for now, the team will focus on meets in the near future.

The girls’ goals for the season include winning their section and placing in the top three slots at the conference tournament at the end of the season. The team competed at home on Dec. 19 and at the North Branch Invite on Dec. 20, but results were not available at press time. The girls travel to Stillwater Jan. 9 starting at 6 p.m., and will host another conference meet on Jan. 12. The competition begins at 7 p.m.

Basketball seasons tip off Girls host Minnetonka tonight; boys head to Hastings tourney

by Josh Nelson

Boys

In their first contest of the year on Dec. 3, the Forest Lake High School boys basketball team held off a feisty St. Paul Como team. They started 1-0 on the season with a 60-56 win over the Cougars.

The Rangers got up early and had the lead at halftime, but St. Paul Como led a storm in the second half. Fortunately, the Rangers held on tight for a big win. The Rangers were led by Senior Nate Robertson who scored 23 points, leading all scorers.

In the second game of the season, it wasn’t the same story for the Rangers. They were defeated by the 7th-ranked Centennial Cougars, by a score of 53-41. On Dec. 27, the Tuesday after Christmas, the Rangers will be in Andover, taking on the Huskies. Then on Jan. 3, the Rangers will begin conference play against the

Woodbury Royals at Woodbury High School. Tip off will be at 7:30 pm. Their road trip will continue as they travel to face Cretin-Derham Hall on Jan. 6.

Girls

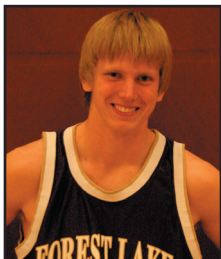
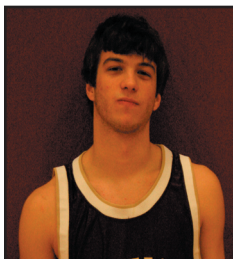
The girls got off to a tough start this season with losses to North St. Paul by a score of 50-40 on Nov. 29, and also to a tough North Branch team 46-37 on Dec. 2.

The next game of the year had a much better result with the girls defeating the Irondale Lady Knights on Dec. 6, 65-54 to move their overall record to 1-2.

Coming up tonight, the girls will face off against the Minnetonka Skippers right here in Forest Lake. Game time is 7:30 p.m. The team will have a little break until they host a conference game against Woodbury on Jan. 3. Tip off is again at 7:30 pm.

Leaders of the Pack

Two leaders of the boys varsity basketball team are seniors Chris Rugar and Nate Robertson. They are helping their team get off to a winning start in the 2005-06 winter season.



Get it!

Junior Varsity center, junior Ben Gort, gets some air in a recent attempt at the jump ball to start the game. The boys travel to Andover to take on the Huskies, Dec. 27.

photo by
Stacey
Johnson

Gymnastics team soars Rangers reach goal of 140 team score

by Dan Carey

The FLHS gymnastics team kicked off their season with a conference meet at Stillwater on December 1. The gymnastics performed well, but lost 141.325 to 136.3.

On Dec. 8, the gymnastics team competed against SEC rival Roseville. Although Forest Lake recorded a score of 141.025, the Raiders edged the Rangers out with a score of 142.45

Even so, the team achieved one of their goals for the 2005-2006 season.

“Scoring 140 in a meet is pretty good,” said FLHS head gymnastics coach Nancy Elias. “The team had a goal to score 137.”

Forest Lake achieved that goal with strong performances by Junior Nicole Paulson, who took second in the All-Around by

placing well in all of her events. Forest Lake also had a strong performance from senior captain Tasha Tyler, who placed 3rd on beam, 3rd on floor, and 3rd in the All-Around.

Although the Rangers started their season 0-2, there is plenty of room for improvement.

“We need to work on sticking on the beam better,” said Elias.

Forest Lake also had a meet in Chisago past the press deadline on Dec 13. Forest Lake competed at home against Woodbury on Dec. 15. The gymnastics team is idle during Christmas vacation, but resumes their schedule on Jan. 5 with a home meet against White Bear Lake. The meet will begin at 6:30 p.m.



Going in Circles

Junior Nicole Paulson works towards perfection on the uneven bars event at a recent home meet. The team opened their home season hosting Roseville, and will compete next at White Bear Lake Jan. 5.

photo by Dan Carey

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Chompin’ at the bit?

Area offers non-season sports options

by Andy Setterholm

Fall sports are finished for the year. For many athletes not in a winter sport, the wait for next season is overwhelming. Fortunately for sports enthusiasts, there are many recreational leagues available to players of all ages and skill levels.

National Sports Center

Off season soccer players can compete in a six-on-six indoor soccer league at the National Sports Center (NSC) Blaine. Space can be rented for lacrosse, football practices, or any other training purposes. The NSC installed turf previously used by the Metrodome, providing an ideal surface for dry-land training and indoor sports.

One of the most popular indoor activities at the NSC is the six man soccer league. Several teams consist of players from prominent high school teams (Stillwater and Moundsview) and some top-flight summer club teams (Oryx and Blackhawks).

St. Croix Valley Recreation Center

For those looking for a place to play or train, NSC is not the only facility offering ideal indoor space. The St. Croix Valley Recreation Center is very similar to the NSC. The turf is almost identical and both are equipped with portable

soccer nets, and dividers for fields. Tuesday and Thursday evenings are free at the center; anyone can walk in and play their sport of choice. But be warned, the area does fill quickly. Lacrosse teams take up a lot of the space, as do pick up games of football and soccer. The center is available to rent for private practices for \$130-\$170 dollars an hour. The cost depends on if it is during peak business hours.

Corner Kick

Corner Kick in Blaine is the largest of facilities and the official training site of the Minnesota Swarm, a professional lacrosse club. At 55,000 square feet, Corner Kick boasts three indoor soccer fields, with over 500 teams competing in various sports and using extensive training equipment.

Soccer is the featured sport of Corner Kick, but lacrosse is a close second. There are numerous training programs and several different competitive leagues for all ages. Dodgeball is also a featured sport, with competitive leagues for men, coed, and high school coed teams.

With three extraordinary facilities and a multitude of competitive leagues for all sports, off-season athletes should have no trouble finding a place to play or train until next year.

The puck stops here

by Katie Walker

Girls

The girls varsity hockey team’s record as of Dec. 16 is 2-7-0.

According to senior captain, Anna Johnson, the season will last until February if the team makes it to state.

Johnson said the girls team practices every day, unless they have a game. Johnson wants more fans to show up for the games during winter break.

“It makes us work harder when more fans show up,” said Johnson.

The team will be competing in the Schwan Cup at the Super Rink in Blaine, December 27-29. Game times are to be announced. For more information, visit the FLHS home page online.

A game closer to home is Jan. 3 at 7:30 p.m. against Mounds View at the Maroon and Gold Arena in Forest Lake. The team travels to face Cretin-Derham Hall on Jan. 7. White Bear Lake comes to town on Jan. 10. The puck drops at 7:30 p.m.

Boys

According to forward Dustin Kendrick, the FLHS Rangers’ varsity boys hockey season record as of Dec. 16 is of 2-2-1.

Now that the hockey season has begun, the chemistry on the ice is getting better.

“Things are starting to come together better,”

said Kendrick.

The girl’s team isn’t the only one who likes to see fans at their games. Kendrick also believes a big crowd can have a big impact and really help the team.

“It’s fun when you get a big hit, or score a goal and the whole crowd cheers,” said Kendrick.

During winter break, the boys hockey team will be competing against three teams in class A, in Thief River Falls. They will

begin competition Dec. 28 at 7:30 p.m., Dec. 29 at 5 p.m., and Dec. 30 at 1 p.m.

“The tournament is going to be fun, but challenging, and in the newest built hockey rink in Minnesota,” said coach Housley.

“We’ll be pumped from the six hour bus ride to Thief River Falls,” said senior captain Tommy Kubes.

The team has a goal of beating every opponent twice, especially White Bear Lake, Hastings, and Stillwater. According to coach Housley, the Jan. 7 home game against conference foe White Bear Lake is going to be very critical for them.

“In order to beat a team twice, we have to beat them the first time,” said Housley.

“We’ll have to bring it,” added Kubes.

After break, the team will host White Bear Lake Jan. 7 at 7:30 p.m. at the Maroon and Gold Ice Arena.



Building the team

by Jamison Hull

During time off from school, the Forest Lake wrestling team tries to continue their success.

The holiday break will be a building time; they will have some time off and some difficult practices.

“Over holiday break I like to give my athletes time off,” said Head Coach Dettmer. “Family time I feel is important, and we set up three practices.”

Each year, Dettmer also sets up scrimmages with other schools.

“We try to give our athletes experience

by scheduling scrimmages over break,” said Dettmer.

As break is coming, the wrestlers will be at Bemidji High School tonight for a triangular meet with Bemidji and Little Falls. After school resumes on Jan. 3, the Main Event will be held on Jan. 6 in a dual meet against conference foe Stillwater.

“We want to fill the gym for the Main Event,” Dettmer said, laughing.

The Main Event will start at 7:30 p.m. in the old gym.



Jordan Kolbow takes down Ryan Turry during a recent practice. The wrestling team will compete against Stillwater in the annual “Main Event” Jan. 6. They will travel to the Anoka Tournament on Jan. 7.

photo by Tyler Scanlan

Swimming against the current

by Brandon Anderson

The FLHS boys swimming and diving team is starting up with a splash. This is Head Coach Barb Vailodash’s 16th year coaching. The diving coach is Deb Welsh.

The team practices at Southwest Junior High and there is a varsity and junior varsity team. The season started at the end of Nov. and ends at the beginning of March with the state meet at the University of Minnesota Aquatic Center. The divers had their first meet at Stillwater on Dec. 8. The swimmers’ first meet was at Park Cottage Grove on the same date. Sections start on Feb. 23, 2006 and the State Meet starts on Thurs. March 2, 2006. They have “Senior Night”

against Woodbury on Thurs. Dec. 9, 2006.

The captains of the swimming team are seniors Mark Sandager and Sam Gort. The captain of the diving team is senior Dillon Hudalla.

The team will not compete during the break from school, but the team has several meets coming up. The swimmers and divers will travel to Cottage Grove Junior High to take on Park Jan. 5. The team will compete in an invitational on Jan. 6 against White Bear Lake at the University of Minnesota Aquatic Center. The boys return home for a meet against Roseville at Southwest Junior High on Jan. 12. The meet begins at 6 p.m.

Fantasy Sports Leagues

Not just football

by Brandon Anderson

Sports fans all around the world are getting interested in fantasy sports. There used to be just fantasy football, but now there is basketball and baseball as well. It is getting more and more popular with students at FLHS. There are more and more leagues to join and several internet sites that have leagues.

The Way it Works

Fantasy football has been around for several years and has become more popular each year of its existence. The season begins with a draft, either online or at designated location. In most football leagues, you pick one quarterback, two running backs, three wide receivers, one tight end, one defensive team, and one kicker. The statistics each player puts up each week are accumulated into points. The team that scores the most points each week wins the game. Each league has a different scoring system. You go head-to-head against a different team each week. There is a league commissioner in each league that sets up the rules and posts the scores and standings each week. Trades can take place with other players; teams can add players that nobody has and drop ones they do have. In the last few weeks of the NFL regular season, the playoffs for fantasy football start. The teams with the best records go to the playoff bracket. To win the championship, teams usually have to win 2-3 playoff games and if a team loses a game in the playoffs, they’re out, just like in real life.

Fantasy Basketball

Fantasy basketball has only been around for a few years. Drafting is the same as in fantasy football, but you pick a point guard, a shooting guard, a guard, a small forward, a power forward, a forward, two centers and two utility players. Like fantasy football, each team goes head-to-

head every week against a different team. There are nine categories that you try to win. Some of the categories are points, assists, rebounds, field goal percentage, and blocks. Unlike fantasy football, with fantasy basketball you have to put your starters in everyday, because there are NBA games almost everyday. There are fantasy playoffs in the last few weeks of the NBA season and playoffs operate on a single elimination

system, the same as with fantasy football.

Fantasy Baseball

Like basketball, fantasy baseball has also only been around for a few years. Drafting works the same as fantasy football and basketball. You pick one of every infield position, three outfielders, and eight pitchers. There is head-to-head competition each week. In these leagues,

there are ten categories of stats in which you try to gain the most points. Some of the categories include: runs scored, batting average, homeruns, strikeouts, and pitching saves. Again, just as in basketball, in fantasy baseball, players need to be entered everyday because there are MLB games almost every day of the week throughout the season. You can also trade players with other teams, pick up players that nobody has, and drop players you do have throughout the season. There is a trade deadline, however, towards the end of the season.

Fantasy sports are a great way to meet new people and make new friends who are as interested in a sport and its players as you are. They are also great for every sports fan who loves to compete. You don’t have to be the best athlete to run a fantasy league of any kind. Just pick the sport you enjoy following the most and start a league with some co-workers, friends, or join an online league. Fantasy baseball is coming up fast, join a league now and let the fun begin.



Nice Nog!

by Ben Fick

What is it that connects cold weather and egg nog? Why is this one of the first things that pops into people's heads as soon as Thanksgiving comes around?

"My mom goes out and buys it as soon as it hits the grocery store shelves," said Junior Stacey Johnson. "It's just traditional."

There is a rich history, as well as flavor, behind egg nog. The grocery store is full of different egg nog brands. Coffee shops use it in their specialty drinks for a sweet and tart taste. Even the fast-food chains like McDonald's and Culver's add egg nog milkshakes and smoothies. It is also possible to concoct your own egg nog recipe from household spices, flavorings and of course milk and eggs.

At this time of year between Thanksgiving

and New Year's, egg nog becomes the most popular dairy drink around. Whether it is served hot or cold, egg nog is a drink that's sure to give everyone something to smile about. Egg nog even has its health benefits, if drank in moderation. It contains a large amount of protein and essential nutrients. Unfortunately fat and sugar tag along with the beneficial ingredients.

It is a social tradition to toast friends and family with egg nog during a holiday dinner. The tradition was carried over from the Old World, and has flourished in the United States ever since. President George Washington's signature drink was made with egg nog. Here's a simple and soothing recipe for egg nog that will slide down the throat and leave all who drink it with a superfluous feeling of satisfaction.

Great Egg Nog

4 eggs
1/4 cup sugar
1 quart milk, chilled
1 1/2 tsp vanilla
1/4 tsp salt
Nutmeg



Beat three whole eggs and 1 yolk until very thick and light in color. Add 1 2/3 tablespoons sugar, beating in thoroughly. Stir in milk, vanilla, and salt and pour the mixture into glasses.

Beat remaining egg white until almost stiff, add remaining sugar and beat until peaks appear. Top each glass of eggnog with a spoonful of meringue, sprinkle with nutmeg and serve immediately.



The treble choir, with director Mr. Lindstrom, spent a few hours caroling in the community at the beginning of December. The treble choir caroled at Target, Upper Deck and for the Chamber of Commerce in the banquet room at Cornerstone Café for the Retired Educators Association. The treble choir also sung carols for the folks at Fairview Lakes Hospital, in the auxiliary unit.
photo by Katie Walker

Holiday Hot Chocolate

by Abby Pooch

With Minnesota finally reaching its infamous temperature lows, most people are searching for some way to warm up. Hot cocoa can warm you inside and out. It warms your hands outside as the smooth chocolatey taste warms you up on the inside. Some people, however, may be sick of the same old, powdery hot chocolate. Here are a few original hot cocoa recipes that are easy to make and a lot more tasty than Swiss Miss or Nestle.



Homemade Hot Chocolate

4 cups milk
3 T. granulated white sugar
3 tsp. cocoa powder
1/4 tsp. vanilla
3 pinches cinnamon
Mini marshmallows to taste
Cinnamon sticks for stirring

Combine milk, sugar, cocoa, vanilla and cinnamon in a medium heavy-bottom saucepan. Warm over medium heat until steaming. Stir frequently. Pour into mugs, top with mini-marshmallows, use cinnamon sticks to stir.

What's On Your List?

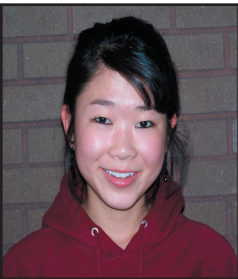
by Dan Carey and Stacey Johnson

QUESTION POSED: What's on your Christmas list this year?



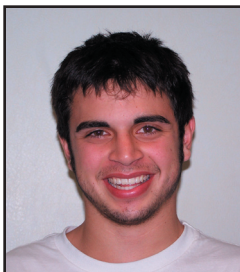
"Mostly just Rock& Roll CD's"

Ken Monson, Senior



"An IPOD and gift cards"

Sarah Stout, Senior



"I think we're going to Michigan to go snow-boarding."

Will Montes, Junior



"A couple of CD's, money, and gift cards"

Kim Demars, Junior



"Xbox360, pretty sweet!"

Sam Steiner, Sophomore



"Money and gift cards and I get to go to Florida."

Jess Skogen, Sophomore

Celebrate good times!

by Tommy Monahan

As the New Year is coming up many teenagers are pondering how exactly we can bring in the year of 2006. Well here are some fun and safe ideas that could help you do just that. These are the activities that will help you bring in the New Year while having a great time doing it.

- Watch the famous ball drop
- Go out in the cold and ice fish
- Have a campfire inside or out
- Sit and watch the stars
- Watch college or pro football
- Go to a safe new year's party
- Go skiing at a local slope
- Watch the cheesy holiday shows on television with popcorn
- Have a big celebration dinner with your friends
- Whatever you do, stay up until midnight to welcome the new year



The famous New Year's Ball of Times Square in New York City, NY



Dick Clark and Ryan Seacrest are co-hosting this year's New Year's Eve celebration.

WORD SEARCH:

Throughout this month's issue of *The Forest Breeze*, there are key words in some of our stories. As you're reading this issue, search for these words as an added challenge.

Words to look for:
arena
snowboard
career
Shakespeare
dreidel
St. Francis
attendance
Rotary
common cold
minors
effects
compete
host
league