

Dangerous drivers

Cell phone laws target teen drivers

by Tommy Monahan

As of January 1, 2006 a new law will now be enforced that aims to stop teens from talking on the cell phone while driving. The Minnesota Legislature hopes that this will stop some of those new drivers' accidents. It will be applied to teens with provisional licenses or learning permits. This means that about 400,000 teenagers will be affected by this law.

Some of the worst distractions to a motorist are the use of cell phones. According to the National Highway Traffic Safety Administration, 2,600 traffic deaths were caused due to people using cell phones while driving. In Minnesota alone, it is estimated that 14,000 motorists are on the phone and behind the wheel at any given time. Teens seem to be presenting a large portion of those accidents. During the years of 2000 to 2004, 293 16-18 year olds were killed while driving on Minnesota roads.

This was one of the crucial factors that was brought up when the Minnesota legislature was pondering this law in July of 2005.

"Driving is a multi-tasking activity, so all other distractions need to be limited," said FLHS SADD adviser, Chuck Moses. "When you combine cell phone use and other distractions to driving, it's a recipe for a crash."

SADD, a local group of students at FLHS is in full support of this act of banning cell phones. They feel it is a smart decision on the legislature's part. Stopping teens from talking and driving will cut down on auto related accidents.

Many people want to ban not only cell phones, but drinking, smoking and eating while driving. This would be almost impossible to enforce and the coffee community would be outraged if they were unable to drink their beverage of choice.

"Pretty soon we're going to be required to wear helmets while driving," said junior Brandon

Anderson after hearing of the new law.

It is estimated that 25% of drivers commit violations when on the phone

"When coming across a vehicle that is operated by a younger driver, we are mainly focusing on their physical characteristics. It is at that point that we begin looking for driving conduct," said FLHS liaison Sean Lafferty.

All hope is not lost; at age 18 drivers can obtain a non-provisional license so they can once again talk on the phone and join the millions of Americans who do the same.

But the State of Minnesota would still love if drivers put down the cell phones and stop some of those other distractions as well unless it was absolutely necessary.

"You may be an experienced driver, but that doesn't make it sage to drive distracted," said Chuck Moses. "Take your ears off the phone, put your hands on the wheel and your mind on the road."



It's the Law...

No person shall operate a motor vehicle while using a mobile telephone to engage in a call while a vehicle is in motion.

Penalties: Violation of the Cellular Phone Law is a traffic infraction, which may result in a fine of up to \$100 plus court administration fees.

Exceptions: The operator uses a hands-free mobile telephone, which allows the user to communicate without the use of either hand. When the sole purpose of the phone call is to communicate an emergency to a police or fire department, a hospital or physician's office, or an ambulance. Police officers, fire fighters and operators of other authorized emergency vehicles while in performance of their official duties.

**information taken from the SADD and Minnesota Department of Public Safety websites.*

Inspired speakers

place 3rd at Duluth

by Andy Setterholm

Forest Lake High School's 05-06 speech team commenced competition Sat., Jan. 28 at Eden Prairie High School.

Forest Lake, captained by a seasoned trio of seniors Paul Joachim, Caleb Rotach, and Rachel Piersdorf, is defending their section title for the 28th year running.

The event at Eden Prairie led up to a larger meet Feb. 4 at Duluth-Denfield. Speakers Paula Regnier and Paul Joachim both took first place in their respective categories of creative and humorous speaking in Duluth.

The team's impressive coaching staff includes Tim Newcomb, Henry Hebert, Ben Chamberlain, Andrew Waldron, Becky Haven, Cindy Hess, and Robyn Madson. The coaches have been recruiting talent from around the high school to compete in this year's events.

"I was in speech in 8th grade, and then I joined again last year because some of my friends from theater encouraged me to," said Junior Paula Regnier. "Also, my brother was in speech all of his three years at FLHS and he loved it."

Forest Lake, who had 18 speakers at last year's class AA State Tournament, hopes to make a triumphant return to state competition this year.

The team will compete at the section 7AA Tournament April 1 in Duluth. State competition will ensue on April 21 at Bloomington Jefferson High School. The team will be hosting the Streeter Speech Tournament Feb. 18.

EVERYBODY DANCE!
What: Snow Flake Fest Formal Dance
When: TONIGHT (Feb. 10) 7-11 p.m.
Cost: \$5...tickets at lunch

Frozen fishermen abound

Joy of fishing doesn't end when the snow flies

by Dan Carey

The sport of fishing in Minnesota does not end when the weather gets chilly. When fall changes into winter boats are put into storage in favor of ice houses that will remain on the frozen waters until early spring. Ice fishing is the outdoor sport of choice in the winter.

Some people go once or twice and use portable ice houses but for those who seem to spend their whole winter on the ice, a comfortable ice fishing house will give die hard fishermen a warm place to catch fish after fish.

"It's a good time," said Junior Nate Dilling.

The ice house is probably the key to having a good time although numerous people always elect to go fishing with no roof over their head.

Another choice for a fish house is a portable house. These houses usually feature an interior that pops right out of the ground. These houses are meant to be pretty easy to set up so you can get right to fishing and when you're done or moving, just collapse it and take it with you.

Unlike the six foot fishing poles used in the summer, ice fishermen use a smaller version. These little polls are designed to be easy to use

Growth of a nation

Black History Month honors civil rights leaders

by Josh Nelson

A man named Carter G. Woodson first developed the concept of Black History Month back in 1926. Originally known as "Negro History Week," Black History Month is recognized every February. And on the 80th anniversary of this event we recognize some of the famous people and events who helped shape our nation.

Reverend Jesse Jackson

Politician, religious leader and civil rights activist. Has campaigned for Democratic nominee for President in '84, '88

Thurgood Marshall

Former Supreme Court Justice, appointed by Lyndon Johnson in 1967, Marshall was the justice in the famous civil rights case Brown v. Board of Education.

Malcolm X

A former militant leader who believed that there could be peace between black and white folks. He was also controversially assassinated by what is thought to be a Black Muslim group.

Martin Luther King Jr.

Reverend and civil rights activist who gave the famous "I Have a Dream Speech" in 1963. Was tragically gunned down in 1968.

Rosa Parks

Famous female civil rights leader who became famous after refusing to give up her seat in the back of the bus to white people in 1955. She



Carter G. Woodson

also worked as a member of the NAACP. Parks recently passed away this last year.

George Washington Carver

Born a slave, Carver often worked around plants and crops. He found many ways to diversify crops and soil. Famous for developing many products from the peanut.

W.E.B. Dubois

Famous for founding the NAACP in 1909.

Denzel Washington

Famous African-American actor who has starred in popular movies such as *The Manchurian Candidate*, *Antwone Fisher*, and *Remember the Titans*.

Michael Jordan

Possibly the most famous athlete of all time, Jordan led the Chicago Bulls of the National Basketball Association (NBA) to six championships.

Lawrence Olivier

First African American man to be nominated for, and win an Oscar.

Timeline

1849 – Harriet Tubman escaped from slavery via the Underground Railroad.
1863 – The Emancipation Proclamation signed by Abraham Lincoln freed all slaves.
1936 – Jesse Owens won 4 gold medals at the Olympic games in Berlin, Germany.
1947 – Jackie Robinson became the first black Major League Baseball player.
1955 – Rosa Parks refused to move from her seat in the back of a bus, leading to her arrest.
1963 – Martin L. King Jr. delivered his famous "I Have a Dream" speech in Washington D.C.
1965 – Malcolm X assassinated.
1968 – Martin Luther King Jr. assassinated in Memphis, TN.
1974 – Hank Aaron became baseball's all-time home run leader.
1983 – President Ronald Reagan signed a bill to recognize the third Monday every January as Martin Luther King Jr. Day.



Dr. MLK Jr. was a revolutionary speaker and leader of the American civil rights movement.



One of the many ice houses that have taken over Forest Lake. Inhabitants must beware, the ice is thin. *photo by Dan Carey*

in a small area and are a lot easier to use instead of sitting back six feet with a regular pole. Also, tip ups, which are used for fish such Northern Pike, rest over the hole as the line is in the water and when you get a bite, a flag pops up so you know to reel in your prize.

Although it is the dead of winter, you also have to be sure that the ice is thick enough before you go driving your truck out onto it.

According to the book *Modern Methods of Ice Fishing* by Tom Gruenwald, most deaths in ice fishing come from either falling through the ice when walking or while driving out onto the lake. Most lakes will have signs posted that advise against motor vehicles going onto the ice.

Always know how deep the lake it before you go fishing and when you do drive out on it, it may be a good idea to unbuckle your seat belt and roll down the windows which would lead to a quick escape if you do fall through.

With the weather being warmer than usual for this time of the year, make sure the ice is safe before going onto it.

Some lakes may have a sign posted that will forbid motor vehicles from traveling onto the ice but others may not.

To ensure safety while ice fishing, contact the Minnesota Department of Natural Resources at (651) 296-6157 for further information about area lake conditions.

House of books Wyoming Library open for use

by Brandon Anderson

A new library has recently opened in Wyoming at 26855 Forest Blvd. On Aug. 5, 70 people attended the groundbreaking for the Wyoming Area Giese Memorial Library. The people came to celebrate and thank everyone involved with designing, planning, and fundraising. The Chisago County Board of Commissioners passed a 6.5 million bond for the Wyoming Library and county expansions in North Branch, Lindstrom/Chisago City, and Rush City. Now it is finally finished despite a slow start. The architecture was inspired by the original Wyoming Train Station. It is named after Myles Giese who is a well respected man in the community.

They are open six days a week and are closed on Mondays. On Sunday they're open from 1-5, Monday from 10-8, Wednesday and Thursday their hours are noon-8, Friday they're open from noon-6, and their Saturday hours are 10-2.

According to the Forest Lake Times the library is accepting donations of all sizes and would be greatly appreciated. Additional library



The Wyoming Area Giese Memorial Library opened for public use on Dec 6 2005.
photo by Dan Carey

books, CD's, and DVD's will be purchased with each \$20 donation. For each \$1200 donation you will get a name plate on one of the library's computers. For each \$50 donation for landscaping the donor will get a personalized garden walkway brick. Personalized bookplates will be given for each \$100 donation. If you want to contact the library for donations or further information call (651) 462-9001.

If you're looking for a book, CD, DVD, or need information for a school project then stop by the new Wyoming library.

information taken from the Wyoming Library webpage

Changing of the guard Officer Matt Smith new police liaison

by Dan Carey

If you go to the office and take a look at the police liaison's office, you will see a new face sitting behind the desk.

Officer Matt Smith took over Sean Lafferty's FLHS duties on Jan. 31 due to Lafferty being promoted to Sergeant. Smith has been a police officer for two years. He was a part time officer at Howard Lake before coming here to Forest Lake. Smith attended Minnesota Technical College followed by the University of Minnesota where he received a Bachelor's degree in Criminology. Smith has also been a part of the National Guard and the Army.

Smith volunteered for the FLHS liaison opening and was selected out of a group of potential officers who applied. Since taking the job, some training has been required. Smith traveled around with Lafferty as part of his training period. He met some staff and students and also learned what to do in the case of different emergencies that could happen. Smith also learned about all the security cameras in FLHS.

When Smith is off duty, he enjoys spending time with his wife and four-year-old twins. Smith also enjoys being around computers.

"I'm a computer junkie," said Smith.

Even though Officer Smith is new to FLHS, he urges students to keep a well balanced life. If you happen to see Officer Smith in the halls, don't be afraid to say hi to him as he loves being around people.



Matt Smith is the new police liaison at FLHS.
photo by Dan Carey



AT A GLANCE:

Name: Matt Smith

Experience:

- 2 years, part time police officer
- Army and National Guard

Education:

- Minnesota Technical College
- University of Minnesota
Degree in Criminology

DATES TO REMEMBER:

Feb. 20: Teacher In-service Day, NO SCHOOL

Feb. 24: MIDTERMS

Feb. 27: Band Concert, 7:30 p.m.

March 2: Parent/Teacher Conferences 4-8 p.m.

March 7: Spring Sports Sign-Up

In\$ure your licen\$e

The 411 on how to protect your ride while a teenager

by Melissa Monson

Every teenager is excited to get their license. However, no one thinks of how expensive it is to have a car. First, you must have a car, gas to run it, and most importantly, car insurance.

Even though it's expensive, car insurance is required by law and is offered by many different companies. Some major companies are American Family, Geico, Allstate, Progressive and State Farm. After answering a series of questions, quotes can be created online on each website.

Which insurance do I buy?

The type of insurance all depends on the type of car. Agent Brian Sprino from Central Insurance Services in Cambridge said it's best to get a car that runs well, but that you aren't afraid to lose. If you have a nice car, full coverage insurance is recommended. But, if the car is only worth \$1500, it isn't worth having full coverage because insurance costs are high.

Cost Factors

An insurance policy's cost is based on actuarials; studies insurance companies conduct to find out who's most likely to get into an accident. 16-18 and 80 and older, are age groups with the highest risk. In addition to actuarials, an insurance premium is based on how far and how often you drive, and where you live. Fraud is also a big factor in determining rates. When companies have to pay out, the consumers' rates go up.

There are also taxes on everything, including insurance. About 20% of a premium is just taxes. If you get into an accident or get a ticket, your rate goes up. On the other hand, there are a few discount options. If you're on the A or B honor roll (a "good student"), have a clean driving record, have air bags or an alarm system, you're eligible for a discount. This rate

varies depending on the company.

A customer's credit score also determines premiums. Good credit can result in being charged 70% less on your premiums. Since most teens don't have credit established, it usually means they are charged more. However, according to Sprino, there are ways to establish credit. Even though it takes awhile to develop credit, a student could get a credit card, charge small amounts, and pay it off right away. Sprino suggests, however, that the best way to establish a good credit rating in a short time is to take out loans. He said to take out a \$1,000 loan from three banks, make the payments on time, and then you will have established a good credit rating.

"As soon as you're able, get your own insurance," said Sprino.

This is meant to help establish credit as well as to free parents from the burden of worrying. If a teen gets into an accident under their parents' policy, the accident affects the entire policy and not just the teen's record. Sprino also mentioned that better rates are often an option if you are insured by the same company as your parents.

Types of Insurance

So how do you determine what it is best? The state minimum is \$30,000 person/\$60,000 accident and \$10,000 property. This means that if you get into an accident where someone is injured, \$30,000 is rewarded to one person for medical bills and such. \$60,000 corresponds to the total amount paid out for the accident. So,



if there were two people injured, each would get \$30,000. \$10,000 is the total amount paid for damages (to the car or any other property). This often doesn't cover everything. So, just because it is the cheapest insurance, it isn't always the best. Sprino suggests higher limits of insurance, more than the state minimum.

He also recommends \$250,000 person/\$500,000 accident/\$100,000 property for teens.

Comprehensive, collision, and personal injury protection (pip) insurance are also available in several forms. Comprehensive insurance covers if you hit an animal, if your windows are smashed or anything that's non-collision. Collision is for if you are in an accident. If you get hurt in an accident, pip is worker's compensation, which covers lost wages and medical bills. Most of the above have deductibles for which the insured sets the limit. If you have a \$500 deductible, that means you pay the first \$500 for car repairs and the insurance pays the rest. Overall, the higher deductible you have, the less you pay for a premium.

So, what do these numbers look like for an average teenage driver? Geico gives a quote of \$1,239 for six months for an 18-year-old female driving a '97 Ford Taurus, but this is just for the state minimum. Progressive gives \$1,481 for six months, so it varies according to company. If you would like to find out how much it would be for your vehicle, check out the websites for the companies listed above for an online quote.

Even though insurance fluctuates, one thing is certain: researching various insurance types is the key to getting the best policy.

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.

Crossing the line FLHS student expelled for intent to sell

by Katie Walker

Seniors at both Forest Lake High (FLHS) and the Alternative Learning Center (ALC) are coming ever closer to graduation day, but one senior isn't looking forward to that day. In fact, Tucker Dewolf, ALC senior, won't be allowed to attend the ceremony due to the school board's recent decision to expel him.

"It's very disappointing to me; I can't even get a real graduation ceremony for committing one mistake," said Dewolf.

Dewolf's mistake was that he was caught with oxycotin (a central nervous system depressant).

According to howstuffworks.com, Oxycotin's action appears to work through the central nervous system and activates a variety of responses that also include euphoria. Most individuals who abuse oxycotin seek to gain the euphoric effects.

Dewolf was caught on a first time drug possession, with 21 of these pills in a medicine bottle. Dewolf wanted an easy way to make money, so he decided to sell some of these pills.

"I've never gotten into any trouble like this before. Sure, there was a suspension or two for inappropriate language, but that's nothing compared to drugs," said Dewolf, "If I could go back in time I would've never done it, and I'll never try it again. I don't do any drugs, and never have."

Another FLHS/ALC senior was also caught with a medicine bottle of Oxycotin and Perkaset last year, it was also their first paraphernalia offense.

"I was suspended for one week and had to do a drug assessment" said the student, whose name will be withheld because she is a minor.

"Sally" was in the same predicament as Dewolf, yet received a one-week suspension. The difference was that Sally had the Oxycotin to use herself, and Dewolf had it with the intent of selling.

"Tucker's a good kid. I only got one week suspension, and he's expelled," said Sally.

"If she didn't get expelled, then I shouldn't either," said Dewolf. "I made one mistake, and many other people make a bunch [of mistakes], and they still go to both the ALC and FLHS."

According to Dr. Massey, the reason any student would be expelled is because the issue is serious enough to violate safety.

"Simply having Oxycotin, or having a bunch with the intent to sell, are two entirely different issues," said Massey.

According to Massey, when a student is suspended, the school does an investigation, and then they go to the school board, where the decision on a possible expulsion is made.

"We want to protect a student's rights," said said ALC principal Gayle McGrane.

At a hearing including the ALC principal, Tucker's dean, and the arresting police officer, Tucker's grandmother stated very clearly to the school board that he had never done anything like this before. Following the hearing, the school board had a closed meeting, during which they decided to expel Dewolf.

"The ALC and FLHS have the same basic range of rules, and going through an expulsion is a set process," said McGrane. "An expulsion is something considered very carefully, with a lot of investigation. We'd rather keep students in school."

"Expelling a student is an awful thing, but we have to preserve the safety of others," said Massey.

Due to Dewolf's mistake, he will meet a teacher twice a week to get work, and still get a diploma, although not the way he had wished.

"All I do now is work. My days are boring and slow," said Dewolf.

Dewolf's advice to anyone thinking of making a little extra illegal money: "Don't try it."

If you know someone who is using Oxycotin or other drugs, call the toll-free Oxycotin Addiction Helpline at 1-800-942-2056 or the toll-free Addiction Helpline at 1-800-516-2571.



Service with a smile

by Stacey Johnson

Friendly faces in the lunch room are seen everyday working the candy shop and washing tables. Who are they? These students are known as the school store employees.

The school store employees are Forest Lake students who work the store and clean tables at lunch. Their duties are all part of a class where they are graded on their participation.

According to Teri Anderson, one of the store supervisors, the experience is very beneficial and they enjoy their work.

"I like washing the tables more than working the store," said Senior Sara Grahm.

"They receive job experience, work with money, and customer service," said Anderson.

The money the store makes is used for additional opportunities and rewards for their class, such as field trips and other activities.



However, only certain people are able to work at lunch. According to Anderson, students are picked in the beginning of the year. They work on a schedule, rotating from working the store one week to washing tables the next. They are graded on how well they do each day and how well they participate.

photos by Samantha Aune

Up for a challenge? PSEO, CIS and AP classes offer unique opportunities

by Tash Thompson

They come to school late, they leave early, and some might just simply do not go to high school. Who are they and what are they doing? They are post secondary enrollment option, or PSEO, students. These students are normal students who go to college for part time or full time to earn high school credit and free college credit.

Post Secondary Enrollment Option

Cassandra Garin, FLHS senior and College of St. Catherine's PSEO student, said that PSEO is a good way to adjust to college. PSEO is free, but it is a lot of work. Standards are a bit different in the college scene compared to high school. College classes expect students to prepare outside of class by doing homework and studying, and to be prepared in class to take notes, and participate in learning and learning activities.

"Teachers are less lenient about late work," said Melissa Monson, FLHS and Century College PSEO student.

College is expensive; therefore, college-bound students would be wise to earn whatever free college credits that they can.

"It's a smart move for free college," said Monson.

PSEO students are still able to participate in extra-curricular activities.

"International club rocks," said Garin excitedly.

Garin also participates in the Youth Advisory Board (YAB), and works at Marketplace Foods. However, she does not work on days that she has college, international club, or YAB.

"It [PSEO] is a good way to get used to college, a nice way to meet people, and you get college and high school credit and learn to be responsible," said Garin.

Vicky McDougall, FLHS Dean of students, recommends PSEO to students that are highly motivated learners because the responsibility is the student's.

"If or when a student decides to become a PSEO student, it is totally up to the student to keep up with school credits," said McDougall.

According to Holli Hebl, FLHS Dean of students, PSEO is a good way to get an early taste of college life, and it is free college. However, students do need to take more responsibility regarding the high school too.

"Students should be in contact with the school at least twice a semester," said Hebl.

PSEO classes are a good way to earn dual credit, experience a new experience, and to build on your responsibility for students whom are willing to work to learn.

College in the Schools and Advanced Placement

If you can't or do not want to drive the distance to be a PSEO student, there are other opportunities to earn college credit without leaving the building. FLHS also offers College in the Schools, CIS, and Advanced Placement, AP, classes. There are a few differences, but you can still earn college credit for both.

There are often CIS or AP classes that you can take and fulfill a required high school credit at the same time you have the chance to earn a free college credit.

CIS classes are normal high school classes that integrate an equivalent college class into the course work for the regular high school class. Students must simply register for the class, and do the class and homework, and they will get the college credit, providing that they passed with a C or better.

AP classes are a little different. They prepare students to take an AP test in the spring to get out of the class in college. The disadvantage to AP classes is the \$70 testing fee. However the same class in college could cost about \$300 per credit, and most classes are three to four credits.

CIS and AP classes are a great way to get college credit. Attaining college credit in high school can save time and money at college. However, students do need to be prepared to work a little harder and take more responsibility to do well in the class.



The light on tanning

by Maya Bryn

During the cold days of winter, many of us flock to the tanning facilities to work on achieving a golden tan. The summer-like feeling people get from indoor tanning can be consider a vacation.

For those who don't know much about tanning or those who want to know more, here are some facts.

Many people tan for different reasons; some believe it is therapeutic, some like the quick results, the timer control and much more. Some experts say that the right amount of exposure to ultraviolet (UV-B) light, can actually help create both physical and psychological health. Plus, UV-B rays can help the body produce a form of vitamin D. Our bodies need this vitamin to help fight off disease.

There are many ways to sun tan. There is a clamshell-like bed which is the most popular. Clients lie on the Plexiglas as the UV-B light shines from above and below. The newer devices include; Airbrush tanning, which is a

spray on tan that is very similar to Mist tanning. There is stand-up tanning beds as well as a very wide variety of Tanning Salon Lotion to help the process. Finally, there are sunless tanning lotions and foaming mousse self tanners.

There are some precautions to think about when tanning. Sunscreen isn't present in all sun tanning products; make sure to check the

labels so the result is a tan not sunburn. Make sure to know the facility and their tanning devices, because some tanning bed lights can be more powerful than the sun, so people who burn easily shouldn't go for long periods of time.

Make sure to use goggles for eye protection and have them fit snugly. To prevent "raccoon eyes" adjust the goggles every so often while you tan, but try not to lift them completely off. To keep a healthy glow, try not to go tanning too often. When heading off to the salon, try to keep the safety tips in mind and don't be in the dark about tanning.



The FLHS SAFE program would like to thank the following local businesses for their support:

- Forest Lake Conoco
- Forest Lake Cub Foods
- Lakes Video
- Blockbuster Video

TREAT YOUR SWEET
What? A sweetheart (4 flavors)
When? Sold during all lunches
Cost? \$1 each
On sale until Monday!

Publicly Disgusting Acts PDAs have no place at school

By Abby Pooch



There are a million things in a school day that distract students from school. Friends want to know what is going on the following weekend. Athletes have to find out when sports practice is and make sure they are there on time. Then there is always that nagging voice in the back of students' minds begging them to take a little nap on the desk.

We don't need anything else distracting us from schoolwork. Many people can't even handle those things. When walking down the hallway, one thing seems to be the most irritating and distracting thing of all - PDAs (public displays of affection). Everyone knows what they are. Everyone knows "that couple" you see by the water fountain every day who appear to be eating one another's faces.

PDAs are unnecessary and uncouth. They are unnecessary because there are plenty of other ways to show affection than physically. Sure, they seem nice for the people who partake in them, but for the rest of the student and staff body who has to witness these nauseating exhibits of the juvenile definition of ardor, it is abhorrent.

Not only are PDAs unnecessary and uncouth, but they are also unhealthy. Sickneses such as the flu, strep, mono and the common cold can easily be passed from person to person through kissing. Though you may not feel sick, a person is most contagious when he/she is coming

down with a disease and cannot yet detect the symptoms. So when someone is kissing their girlfriend/boyfriend, they could be inflicting on them something that they would definitely not want them to have. (And if you do, you shouldn't be kissing them. ☺)

I think PDAs are incorrectly labeled. Some kinds of public displays of affection are just fine. If you display affection by holding hands or saying affectionate things to each other, more power to you. Having tongue-wars is crossing the line. The PDAs

that take place at our school should be called PDRBs for Puerile (Immature) Displays of Repulsive Behavior.

PDAs are also very immature. The basic idea of them is two people attempting to profess how they feel about one another by how long they can be latched on to one

another. PDAs do not depend on any verbal communication whatsoever. If you want to show how you feel about someone, you should tell them verbally, write a note or simply spend time with them (which does not in any way mean having your mouth surgically attached to theirs).

It all comes down to logic in the end. There are twenty four hours in a day, and only six of them are spent in school. Leave time in school for things related to school: classes, making new friends, sports and other extra curricular activities. If you have to make out with your boyfriend or girlfriend, do it after school somewhere where the rest of the students and staff don't have to see it. They don't have any place at school.



Adios Barbie Overweight stereotypes must go

By Maya Byrm



What messages are we sending this generation's group of young people about their body images? When I flip through a magazine like *Seventeen*, *Elle* or *Vogue* all I manage

to see are these half-naked, disgustingly skinny models, who always seem to have a sad or serious look on their faces. Yet somehow, I always think to myself, "God, I wish I had a body like that," or, "I wish I could be that beautiful."

According to the Center for Disease Control and Prevention, in a country where 64.5% of its population is overweight we have taught ourselves to be completely focused on being slim. The images the media projects are all fake. They all lie about the perfection and the thinness because they created an ideal human figure. In truth, there is no such thing as perfection. These are the messages we drill into our children's heads. We project things like, "Make yourself an ungodly small size, so you too can be accepted." These are the messages that spread hate for oneself through the minds of teenagers, who at this age are taking in so much already.

So why do people fall into the trap of excessive dieting which usually result in repeat failure? It is because the people of this country have set the standard for what is beautiful, likeable, desirable and even sexy. Leaving people who don't fit this criteria to look down on themselves and feel like crap.

The author Kim Chernin once said, "If we place pornography and the tyranny of slenderness alongside one another we have the two most significant obsessions of our culture, and both of them focused upon a woman's body."

This quote made me stop and think about how important it is for everyone to learn to develop a healthy body image and realize that our value is not based on our appearance.

Sometimes, people suffer from more complicated problems than other people who are just displeased with their bodies. Some of these diseases include Body Dysmorphic Disorder which is "imagined ugliness." Another kind of disorder is Anorexia Nervosa, which is one of the most common responses to feelings of extreme fear towards gaining weight. Finally, Bulimia Nervosa is a disorder where individuals that are immensely dissatisfied with their body have a

large concern with body weight and shape. All three extreme body image difficulties can end in disastrous ways. The millions of men and women who think they need to alter their bodies are engaging in a constant battle between what they see in the mirror and the image they believe they need to be to become perfect.

I do not mean to say please ignore the media and start protesting the images, because that would be impossible. What I am trying to do is help people face their own problems with their own body image. Here are a few tips on trying to open your mind to accepting yourself from *The Atlanta Journal-Constitution*.

Lighten Your Own Burden

1. Stand up for yourself if you hear someone say something mean.
 - You can say, "I'm a human being; I don't deserve this."
 - You could say, "Oh, and you're supposed to be perfect?"
 - Or, "How shallow of you to judge me based on my looks."
2. Practice rejecting society's lesson that people should be evaluated based on how they look.
3. If you hear someone say something mean to other people, help them by standing up for them or encourage them to stand up for themselves.

With today's society being so judgmental, it is hard to escape the constant reminders of just how people are supposed to look. I know it is hard not to care what others think about you, but when we teenagers step through the doors of our high schools, we are immediately judged. When we walk outside we are judge. It all seem so involuntary. In some ways it's a good idea to judge certain situations with certain people, but to reject someone for their looks is almost like spitting in their face. I believe that our culture needs to get rid of the unrealistic representation of what a human should look like and focus on what is on the inside of a person. To all of us who may not have an "extraordinary" body I say we accept our realistic figures and say "Adios" to Barbie.

If you or a friend are having trouble with your body images and are taking dangerous measures to find fake happiness, here are a few websites that give information about eating disorders and other facts.

<http://ajc.com/health>
http://www.edreferral.com/body_image.htm
http://www.canadiancontent.net/commtr/article_645.html



Voice Your Opinion!

Did you see something that bothers you? Do you want to publicly congratulate someone on an accomplishment? Send us your letter!

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.

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Registration Rat Race Students in Ms. LeVake's homeroom attempt to register using the wireless internet computers. Students huddled around the power source due to weak batteries while Ms. Haven helps reconnect a student to the web.

To be or not to be...a Valentine

Two of our own offer criticism and praise of Valentine’s Day traditions

Celebrate if attached or single Valentines are for the birds

by Katie Walker

St. Valentine died on February 14, 269 AD; he was a priest who would sacrifice anything for love. Under Roman law it was illegal for anyone to get married, but the priest wouldn’t give up his belief in love. Therefore he married young couples secretly underground, until one day he was caught and jailed for life (for disobeying the Emperor). Many young people supported the priest, and went to his jail bearing flowers and notes for him, one girl including the jailer’s daughter, whom became good friends with St. Valentine and believed he was right. The two met in his cell and talked for hours. On the day St. Valentine was to be executed, he wrote her a note of thanks for being such a great friend. The notes ended with “love your Valentine.”

There you have it, Valentine’s Day, is a day worth celebrating. A priest who wouldn’t give up, maybe it does have to do with religion. When I think of Valentine’s Day, I picture happy people who have a day where it’s okay to let people know that you care about them, without feeling awkward. What better reason to tell someone you care about them, than on a day that celebrates love?



Valentine’s Day is a day to cherish the love you have, not necessarily just a ‘lover.’ You can cherish the love you have between friends and family too. Just because I don’t have a “Sweetheart” or someone to “be mine” doesn’t take away from this special day.

For couples, Valentine’s Day can mean pretty gifts with a romantic dinner, and tons of great memories.

Valentine’s Day is a day to gorge on chocolate, get pretty flowers, and give your friends cute cards. Some may argue it costs too much, but why can’t you make cards, or buy cheap cards? It’s the thought that counts.

It’s a tradition, and should never die because of Valentine scrooges. It’s a day to celebrate friendship as the original St. Valentine did. And if you do have a sweetheart, it’s a special day to remember to remind them how much you appreciate and cherish them.

So on this day, don’t be a Valentine scrooge and protest around the halls, wearing black. See it as a day to celebrate friendship, closeness, and love, just as the man, whose day it is, would.



by Melissa Monson

When I think of Valentine’s Day, I think of a fat baby in a diaper shooting “love” arrows at people to make them fall for each other. I’m also reminded of elementary school when you brought valentines for everyone in class. The teacher would make

a project out of Valentines and everyone made a basket for all their cards and candy. Picking out my valentines with the character pictures and phrases was a very exciting process for me.

A lot has changed since elementary school. Now that we’re all older, we only give gifts to our boyfriends and girlfriends. I’ve also noticed that it’s kind of a girly holiday. Instead of just accepting the cultural norms of Valentine’s Day (V-Day) did anyone ever question why we even celebrate it? Does anyone even know where the “holiday” came from? Holidays, and especially Valentine’s Day, have become very commercialistic. This “holiday” came from greeting card, candy, and flower companies - those that make a big profit.

What baffles me the most is that you can tell someone you like or love them any day out of the other 364 (sometimes 365 days) of the year. What makes this one day so special? You can give someone a gift any day of the year. I know

sweets are also a big favorite among people on this day. You can pick any day out of the year to eat way too many of something that isn’t good for you.

Watching the news at Christmas time last year, I saw a story on how depression set in for some during

the holidays. Well, if depression set in during December, how much worse is it during V-Day? For those people alone, it makes them sad because they don’t fit in with the “holiday.” It also seems that the people with “someone special” use this as a day to rub it in other’s faces that they aren’t alone.

I’d also like to mention that everything nice has a hefty price tag. People feel pressured to get their loved one something special without regard to the price tag. This is probably more fitting to adults, but teens don’t usually have a lot of money. There are bills to pay, gas to buy, etc. and getting a Valentine’s Day gift probably stresses them out more than it’s worth. Not many have thought of it, but they could make something if they really didn’t have the money. Of course, no one in our commercialistic society thinks that it’s not what you pay for it, but the thought behind it.

To sum up, Valentines Day has no real purpose, but to put money in the pockets of candy, flower and greeting card companies; put candy in the stomachs of the already not-so-skinny; and to make those alone realize it even more.



Rudeness to go



by Melissa Monson

I’m sure anyone with or without a license has been through a drive-thru at McDonald’s, Burger King, Culver’s or any other “fine” restaurants. How many of you can say that you’ve been the one working the drive-thru? Well, I was one of the employees placed on drive-thru for the Wyoming McDonalds. Just from working there for seven months and getting some experience in the fast-food customer relations, you realize that it isn’t all that pleasant. I now appreciate the nice customers who come through the drive-thru.

I don’t know if people realize exactly how their actions make the fast-food employee feel. It seems to me that people lose their manners when they go to a fast food establishment. When I was working the second drive-thru window, where you are handed your food, many people



came through while talking on their cell phones. To me I find this extremely rude. I’m trying to

tell the person to have a nice day, but it’s a little hard, because I don’t want to interrupt their conversation. Not only is it rude to the employee working, but it’s rude to the person you are talking to as well. “Hey, so and so, hold on while I order my food and while I ask for eight packets of hot sauce, ketchup and pepper.”

The cell phone is a rude device if used in the drive-thru, but it’s equally rude to have your music blaring while you come to the window. One time, I had the window shut while I

was waiting for the food to hand out and the window was shaking because of how loud this guy’s music was. I was trying to tell the guy that he had to pull into the parking lot because his food wasn’t ready, but it was a little difficult. Then I had to bring his food to him and I had to

knock on the window to get his attention since he had turned his racket back on.

Secondly, comments people make are outrageous. From personal experiences, I was called a “dummy” and told that I was rude when the customer was being rude to me. It’s a little hard to be nice to someone being so not nice to me. My fellow co-workers have told me their experiences with customers. One told me that people have thrown food at her and said some explicit phrases while they were either paying for their food or receiving it. The sad part is that since the customer is always right, we have to be courteous to those being rude to us. I never quite mastered that skill.

Sometimes, the rudeness knew no bounds. The sexual comments or references that people made shocked me. One time I went outside to hand out some food and these two guys said, “Hey there, pretty lady.” That isn’t that bad in comparison to my fellow female co-workers. One old man bought an ice cream cone, licked it and looked suggestively at my friend while he did it. Another of my friends had a similar situation. Certain people came in everyday, so

we call those our regulars. One of our regulars, who happens to be in his 60s or 70s, had his order taken. However, when asked if that was it for his order, he said that that wasn’t it, but that he wasn’t going to ask for “it.”

One more thing I’d like to mention is that the person running the second drive-thru window is not psychic. When people would come up to the window, they’d ask me if I had any ketchup, mayo, or whatever condiment that they wanted in the bag. Neither McDonalds nor any restaurants that I know of have a list of standard condiments to include in the bag. However, I would reply with a “no” and that I could put some in the bag. I can’t read minds and people should remember that phrase when assuming.

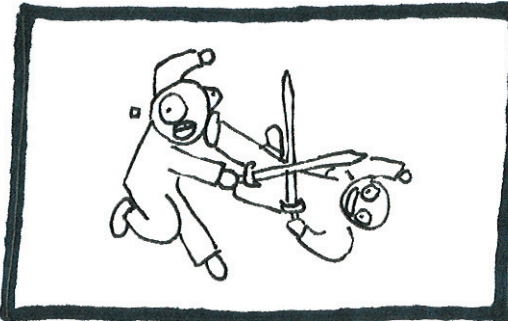
Well, now that I’ve made some peace with this issue, let me remind you to please be nice to fast-food employees. They don’t get paid enough for the amount of work that they do. Another thing to think about is that at least one of your friends probably works at a fast-food restaurant; treat the strangers you encounter like you would your friends. And the next time you drive through, leave the rudeness at home.

BIT O’ BREEZE

by Carl Magnuson



Journalism has become an epic quest. We, as journalists, are charged with creating the greatest newspaper. The process seems like the quest for the Holy Grail.



At times we tend to clash with people. Be it the student we’re getting quotes from, the adviser, or each other.



But hey, as soon as the paper’s out, we get to celebrate!

So, Punxsutawney Phil saw his shadow once again, condemning us to six more weeks of winter. Not all hope is lost. Instead of sitting inside, playing PS2, sipping a Full Throttle to keep warm, here are some great, alternative wintertime activities that will get you through the long winter months with a more natural, up-beat attitude. If you're pinching pennies, these are all close to home and you can have fun on a budget. So, what are you waiting for? Be creative. **Go Alternative.**



Winter camping Not just for the summertime

by Stacey Johnson

This season, many tents will be pitched in wooded areas near lakes. Why? It's winter camping time.

Winter camping is similar to regular camping. Families and friends pitch a tent, enjoy winter activities, and take pleasure from being outdoors.

According to Junior Brenda Abel, clothing, equipment, and food are big factors in planning a fun trip. Warm clothing and layers will help trap in heat and reduce the risk of hypothermia. Common clothing materials used are wool, fleece, polypropylene, polar guard, and down.

"Hats, mittens, and boots are general necessities," says Abel. Other necessities include "Idiot strings" (which are strings that connect mittens to the coat), Gore-tex clothing (allows ventilation but are also waterproof), and bibs.

Equipment is also important when preparing for a trip. For more serious campers, a good pack would measure at least 5,000 cubic inches and have internal frames, which allow better movement. For more casual campers, a back pack is the best approach. Make sure it is securely fastened to the body for easy



traveling.

For sleeping and heating conditions, make sure the sleeping bag will form to the body, not allowing open spaces. The most efficient heating source would be a camp stove, because

wood is hard to find in the wintertime to build fires.

Foods such as meat, fruits and vegetables, bread, and butter should be consumed while camping. These products provide the sugar, fats, and proteins that the body needs. Do not eat snow! The body burns too

many calories trying to transfer solid to liquid. This can quickly lead to hypothermia. Make sure to drink a lot of water, especially if one hikes. Water can be achieved by purifying lake or stream water, or by melting snow. If melting snow, purification is not needed.

The shelter used needs to be strong, sturdy, and dependable. A four season tent, which is a tent that is used for all seasons, would be the best. Room is especially important for equipment and accessories. Always make sure the tent is secured to the ground and closed to keep outside air and snow out. Remember to stay dry, warm, and just have fun!

For more information please check out <http://www.princeton.edu/~oa/winter/wintcamp.shtm/#trip%20planning>

Martial Arts A deeper meaning

by Carl Magnuson

There are plenty of ways to relieve stress in Forest Lake and the surrounding area, one of which is thousands of years old. Martial arts are a way to get in shape and a way to look deeper into philosophy. The kinds that are most recognizable are Karate, Tae Kwon Do, Judo, Jiu-Jitsu, and Tae Bo. There are quite a few kinds available and choosing one depends on age, skill level, preference, and what you hope to get out of it.

"It's fun stuff when you get to kick and punch people," said Tim Peterson, senior, who was once a student of Tae Kwon Do "It's a calming experience. You focus on one thing and take your mind off of another."

A regular session in a dojo (martial arts school) can consist of forms to memorize, sparring, and working with weapons. Bladed weapons are scarce among dojos, because they have little children learning the trade.

Outside of class Tim Peterson has had time to play around with his Bo (stick) form.

"Early on, I was too young for weapons, so we worked a lot on forms and tests for new belts,"

said Peterson.

Adversely, soft martial arts have different methods such as meditation and philosophy.

"There's much more emphasis on defense, relaxation, concentration, and health," said Ron Tungseth, a social studies teacher at Forest Lake High School "Hard martial arts touch on this too, but not to that extent."

There are plenty of benefits to choosing soft martial arts over the harder, more intense ones.

"If your personality is less confrontational it's a better fit," said Tungseth "If you don't just want the exercise [it fits], you're not just beating people up."

Martial arts students have to listen intently to what their sensei (instructor) says and practice hard outside of class in order to reach the level of black belt. But this is merely the course of those taking Karate; newer styles of martial arts have a different approach.

"[In the Ultimate Fighting Championship (UFC)] different styles of martial arts have been introduced like Brazilian Jiu-jitsu and Muai

Go AL

Art museums Bringing people together

by Maya Bryn

Can't decide what to do with your weekends? Are you into art? Then open your mind and get creative at two of the most renowned fine art museums in Minneapolis. The Walker Art Center and The Minneapolis Institute of Arts. Both are places where people of all different art backgrounds can come together and discover the many aspects of art design.

The Minneapolis Institute of Arts (MIA) first opened its doors in 1915 and introduced the gigantic neoclassical, Greek-looking structure to the art world. If you are running low on cash, don't worry, the Institute is a free museum for the benefit of the general public. Their mission: "[We] are dedicated to the national leadership in bring arts and people together to discover, enjoy and understand the world's diverse artistic culture."

MIA has a lot of great stuff to see and explore. Some of their collections include: Art of Asia, Modernism, Photography, Animal Locomotion and World Myths and Legends in Art. They also provide art programs for youth and adults. For example, they have a youth studio painting program and an adult class called Creating French Baroque. In all, the Minneapolis Institute of Arts is a great place to expand your horizon and allow you to get an up-close look at some of the greatest art collections around.

For more information about events, collections, hours and directions, call the 24-hour museum information line at (612) 870-3200.

Walker Art Museum

The Walker Art Center had its grand opening in 1927. In the 1940's the center's main focus changed to modernistic art. At that time they had received sculptures from famous artists

like Pablo Picasso, Henry Moore, Alberto Giacometti and many others. Over the years the museum introduced examples of contemporary art, performing arts, films and many educational programs.

Last year, The Walker was remodeled and, as an end result, doubled in size. Opening in April 2005, this museum now has a lot more indoor and outdoor facilities, a larger library and many other new editions. The Walker Art Center's main mission is to, "[Be] a catalyst for the creative expression of artists and the active engagement of audiences, examines the question that shapes and inspire us as individuals, cultures and communities."

The gallery admission isn't very expensive. \$8 for adults, \$5 for students/teens (with ID), \$6 for seniors and free for children under 12.

The Center offers many different exhibits to choose from as well as classes, workshops, artist residencies, family events, theater and tours. Some of the exhibits



Outside the Minneapolis Institute of Art

are Contemporary Prefabricated Houses, Andy Warhol/Supernova, The Shape of Time and Mythologies. This museum is for people who love modern art contemporary pieces. People who like bold art that carries a message and isn't always done on a piece of canvas will love and appreciate all the talent that The Walker Art Center has compiled.

If you would like to get information about parking, rentals and directions please call the Information/Ticket line at (612) 375-7600, or visit them on the web at <http://info.walkerart.org>

There are many things to investigate at both museums. Since both are aimed at bringing people and art together, they have done so many things to make sure people feel welcome and interested when they discover the diversity. Just come ready to have an open-mind and a relaxing time at the art museum.

Tai," said Peterson.

There are plenty of options when it comes to martial arts in the Forest Lake Area. There is the Kyoshin Ryu Academy on twelfth street SW in Forest Lake, Sun Yi's traditional Tae Kwon Do on highway 97 in Forest Lake, Forte's American Karate on Fallbrook Ave. in Wyoming, and The Black Belt Academy Inc. on Aberdeen street NE in Ham Lake.

Practicing martial arts is meant to teach self defense, help you get in shape, and to find a philosophy, it's not meant for learning to learn how to beat someone senseless.

Marial arts can be used to defend yourself, but don't think you can be a superhero. Junior Jake Herring who does saifighting knows better. When asked what he'd do if faced with a mugger Herring said, "It's best to give him what he wants and try not to get violent."

So, it might not be all flying kicks and death grips, but martial arts are still worth looking into if you're interested in learning how to defend yourself, get in shape, or just to have fun.



Hi-ya! Two karate students spar at Forte's American Karate in Wyoming. Photo provided by Melissa Monson.

TERNATIVE

Snowshoeing

Photos by Andy Setterholm. Demonstrated by Jamison Hull.



Hull uses a jump turn to go into reverse.



Hull uses kick stepping to get up the hill.



Hull treks in the wilderness of the FLHS campus.

Stay in shape

by Jamison Hull

Many people love to hike during the summer, so why should they stop during the winter? Snowshoeing can be a fun alternative to hiking during the winter season.

Snowshoeing is believed to have been started over 6,000 years ago when Native Americans used modified slabs of wood on their journey from Asia to North America. As time went on, people used snowshoes for hunting, gathering and traveling until the 1970’s, when recreational use became very popular.

As many people plan to go snowshoeing, there are some tips and techniques that need to be kept in mind.

Tips

- Always check your gear before your trip to make sure you don’t forget important things, like food and water.

- Pack a lot of food and water for breaks along the way.
- Go in groups for safety.
- Alternate leaders in the group as time goes on because breaking the trail is more difficult than following.
- Take breaks as necessary, but do not get a chill.
- Make sure you are always hydrated

Techniques

- Kick stepping- used to go uphill, push the toe of the shoe into the snow in order to pack down the snow enough to support your weight.
- When going downhill, put most weight on the back of the shoe and dig into the snow.
- When trying to turn around you can plant your poles on either side of you and jump, twist and finally land.

Gear

- Warm clothes. Dress in layers, preferably polypropylene for insulation.
- Hat- (two or more in case one gets wet).
- Gloves- Not too thick. Great gloves are cross country skiing gloves
- Gaiters- (keeps snow out of .your boots).
- Boots- waterproof hiking boots are fine as long as they keep your feet warm and dry.
- Snowshoes- many different qualities can be anywhere from \$40 to \$300.
- Poles- For more strenuous trails.

Some local places to snowshoe are at William O’Brien in Scandia, or in your own backyard. No matter where you trek, remember to be safe, dress warm, bring food, and bring water, even when it’s cold.

Alternatives to winter whining

- Snow ball fight**
Dodge, duck, dip, dive, and dodge!

- Ice sailing**
Skating with a boat type sail.

- Dog sled racing**
Hook your best trained dog to your fastest sled and race a friend.

- Ice fishing**
Watch the tip-up

- Boot hockey**
Hockey with a ball and wearing boots.

- Sledding races**
Ready, set, sled!

- Broomball**
Swatting a ball across the ice into a goal-like structure

- Ski joring**
Horse/Dog-drawn cross country skiing.

CAUTION: Make sure you have a well-trained animal.

- Snow shovel races**
The old fashioned way of sledding.

Ice skating Fun for the whole family

by Katie Walker

All through the halls of Forest Lake High School (FLHS) the phrase, “There’s nothing to do in this town,” is heard. Well, lucky for FLHS students, there is at least one fun and free thing to do, ice skate.

Students can ice skate for free at the following rinks: St. Peter’s, Scandia, Roseville, and White Bear Lake. Of course there’s an ice skate rental charge, for the average price of \$ 2.

Downtown St. Paul also has a free ice rink It’s located in between 5th and 6th street on St. Peter Ave, across from Rice Park. This rink has a skate rental charge, but if you bank with Wells Fargo, it’s free. The Wells Fargo skating has 200 brand new skates, and is the only ice rink with an artificial system (the ice never melts). This ice rink is open from Nov.10- Feb. 10.

The Scandia rink is open for free skating any time. Well anytime weather permits.

If you don’t have ice skates, you can always play broom hockey (an ever growing college sport) at any ice rink. Broom hockey consists of five people to a team, playing hockey, only in boots. You can also play broom ball, or even a simple game of keep away. Just watch out for those who are ice skating.

When the weather fails and students want to go ice skating, they can go to the Maroon and Gold arena, which charges \$2 for students and \$3 for adults. The Maroon and Gold arena has a warming house with food. The arena doesn’t have skate rental, but people could rent from Cycle and Skate.

“Think of how much money it costs for a family movie, and what it costs to come here,” said Kyle Remitz, an arena worker.

There’s open skate on Fridays from 11am-1pm, and Sundays from 2-4pm.

“Ice skating is fun for the whole family,” said Remitz.

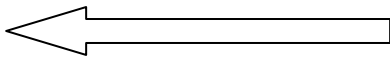
So when you want to go do something, keep ice skating in mind. Don’t get flustered because of melting ice. Remember, there’s always indoor rinks.

The fact remains, it’s a better deal than spending money on a movie. Plus, it’s good exercise.



Future stars in the making at Maroon and Gold Arena in Forest Lake. Open skating hours at the arena happen every week and provide a good, healthy, alternative form of exercise during the long winter months. Photo by Katie Walker.

Where can I skate?



Safe, fun clubs for teens



by Abby Pooch

On the weekend, sometimes it is very hard to find something fun to do with a group of friends. If you don’t want to go out to eat or to a movie, there really isn’t anything in Forest Lake. Dance clubs are a fun way to spend time with friends. They usually don’t cost more than a movie and popcorn would, and you can have fun while exercising in a fun environment. The next question, though, would be which one to go to. Here are a couple of choices recommended by FLHS students. The clubs are listed in order of closest to furthest in relation to Forest Lake High School.

Waterworks

Music: R&B and Top 40
Located: 3rd Ave., Hugo
Hours: 9 pm to midnight
Cost: ages 16-17, \$12
18-20: \$10 guys and \$8 girls
No alcohol allowed

Club Cancun

Ages: younger than 25
15-20 every Thurs.
Music: R&B and Top 40
Located: Rice St., St. Paul
Hours: 8 pm to midnight

Energy

Ages: Teen
Music: Techno
Located: Rice St., Maplewood
Hours: 8 pm to midnight
Cost: \$9

Stargate

Ages: Friday is 16+ night
Wednesday is 18+ Dance Party
Music: Rap, Hip Hop, Techno
Located: 1700 Rice St., St. Paul
Multi-level dance floor
Light show (strobe lights, etc.)

The Warehouse

Ages: 15-20
Music: Top 40, Late 90’s hits
Located: 2554 Como Ave., St. Paul
Pool tables

Backdoor of Tropix

Ages: 15-20
Located: 3rd Ave. N. Minneapolis, MN
Hours: 9 pm to midnight
Cost: ages 16-17, \$12
18-20, \$10 guys and \$8 girls
No smoking

Club 3 Degrees

Ages: All ages welcome
Music: Christian oriented, live music from local and national artists
Located: 113 North 5th Street Suite 402, Minneapolis (near Target Center)
Cost: \$7
Three Levels
18,000 square feet
No alcohol, no smoking



Evolution a typical sequel

by Tyler Scanlan

In every sense *Underworld: Evolution* is what people have come to expect from a sequel, more spectacular action and less plot. It’s not a bad thing; it is just the simple fact of what happens with *Underworld: Evolution*. That said, it works well for the film. *Underworld: Evolution* returns the cast of the original and adds onto it with some interesting characters. Kate Beckinsale (*Van Helsing*) reprises her role as death dealer Selene who spends her time killing werewolves (Likans). Beckinsale’s pale complexion and stunning overall look make her the perfect fit to play this deadly vampire. Scott Speedman (*Dark Blue*) also returns as the now hybrid half vampire and half werewolf Michael who really flexes his muscle in the fighting scenes. Bill Nighy (*Shaun of the Dead*) also nails his performance in his return as the vampire elder Viktor. The main new addition to the cast is Tony Curran (*Flight of the Phoenix*) as Marcus, the original vampire who spends most of his time in full bat form conquering his foes as he flies around the screen.

If you haven’t seen the first movie this section will spoil the ending. The story of *Underworld: Evolution* takes up moments after the original ends and follows Selene and Michael in their struggle to survive against the werewolves, humans and now the vampires since Selene killed Viktor at the end of the first movie. The original vampire Marcus has risen again with a vengeance and has hopes of reuniting with his Brother William a savage werewolf imprisoned by Viktor at a hidden location. The beginning of the movie is spent in ancient times and shows a very cool village battle between the werewolves and vampires wielding swords that sets up Marcus’ crusade to free his brother. The story then moves onto Marcus emerging as a power who, in full form, resembles a normal vampire bat with a human body and size with a bad temperament. He is very impressive in the film as he uses his wings as stabbing weapons and pretty much destroys anyone who opposes him. While Selene and Michael struggle against Marcus and his will to reunite with his vicious brother, the film goes into the origin of vampires and werewolves, which can be interesting



Kate Beckinsale as the vampiric death dealer Selene in *Underworld: Evolution*.

at times, but bogs the film down and leaves the audience waiting for the next slick action sequence.

If you liked the original *Underworld* go see this one. It stays true to the original, while upping the ante. The action sequences are really what makes this film click, from the acrobatic gunplay of Selene to the brutish fist fights with Michael against werewolves and Marcus. Each of the *Underworld: Evolution*’s action scenes have interesting and entertaining flavors to them right down to the epic final showdown. When not earning its R rating with its gory fight sequences the film struggles to find its groove. It tries to develop a loving relationship between Selene and Michael, but never quite finds the right note. The plot’s biggest twist ends up having a predictable and audience pleasing result.

Underworld: Evolution suffers many problems of most second films in this likely trilogy

because it is merely the bridge between the plot heavy first movie and what is sure to be an exciting grand finale of a third film. The story moves from point A to point B, while filling in plot points that will be necessary for a third film. Besides the sterile plot, *Underworld: Evolution* is a very good film and in many ways better than the drawn out original. The acting is very well done, especially by Beckinsale and Nighy, who steals every scene he is in. The action is flashy and smooth throughout, and film finds its own identity in this outing. *Underworld: Evolution* is basically a worthy sequel to the original and improves on it in many ways, while setting up what will likely be an exciting and bloody good time of a third film. 3 out of 5.



Olympic glory approaches

by Josh Nelson

The 20th Winter Olympiad is nearly upon us. Every four years since 1924, countries send their best representatives to compete in the games. Athletes from all over the world, from 85 different countries, from Albania to the Virgin Islands, will join together in Torino, Italy, a city just outside of Rome. February 10-26, the athletes will compete to bring joy and a big gold medal around their neck, back to their home land. They will compete in various activities in 15 different sports over the 17 day span in hopes of achieving Olympic glory. Once again the Americans are expected to do very well. Some gold medal hopefuls include Bode Miller in slalom skiing, Apolo Anton Ono in speed skating, and Michelle Kwan in figure skating, but there are other athletes headed to Torino from close to home.

If you wish to know the complete schedule, visit www.2006turino.org or www.nbcolympics.com.

Biathlon

Men
Sat, Feb 11
Men’s 20km Individ.
Tue, Feb 14
Men’s 10km Sprint
Sat, Feb 18
Men’s 12.5km Pursuit
Tue, Feb 21
Men’s 4x7.5km Relay
Sat, Feb 25
Men’s 15km start

Women
Mon, Feb 13
15km Individ.
Thu, Feb 16
7.5km Sprint
Sat, Feb 18
10km Pursuit
The, Feb 23
4x6km Relay



Bobsled

Men
Sun, Feb 19
Men’s two-man final
Sat, Feb 25
Men’s four-man final

Women
Tue, Feb 21
Women’s final

Speed Skating

Men
Sat, Feb 18
Men’s 1000m
Tue, Feb 21
Men’s 1500m
Fri, Feb 24
Men’s 10000m

Women
Sun, Feb 12
Women’s 3000m
Tue, Feb 14
Women’s 500m
Thu, Feb 16
Women’s Team Pursuit

Curling

Men
Mon, Feb 13
Norway v. USA
Thu, Feb 16
USA v. Sweden
Mon, Feb 20
Canada v. USA

Women
Mon, Feb 13
Norway v. USA
Tue, Feb 14
USA v. Canada
Thu, Feb 16
Sweden v. USA
Mon, Feb 20
USA v. Great Britain

Snowboarding

Men
Sun, Feb 12
Men’s Halfpipe
Thu, Feb 16
Men’s SBX
Wed, Feb 22
Men’s PGS

Women
Fri, Feb 17
Women’s SBX
Thu, Feb 23
Women’s PGS
Mon, Feb 13
Women’s Halfpipe

Ice Hockey

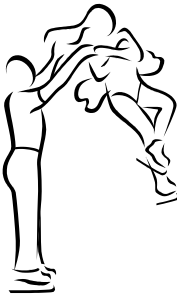
Men
Sat, Feb 18
Slovakia v. USA
Sun, Feb 19
USA v. Sweden
Tue, Feb 21
USA v. Russia

Women
Sat, Feb 11
USA v. SUI
Sun, Feb 12
Germany v. USA
Tue, Feb 14
USA v. Finland

Figure Skating

Men
Tue, Feb 14
Men’s Short Program
Thu, Feb 16
Men’s Free Skate

Women
Tue, Feb 21
Ladies Short Program
Thu, Feb 23
Ladies Free Skate



A & E

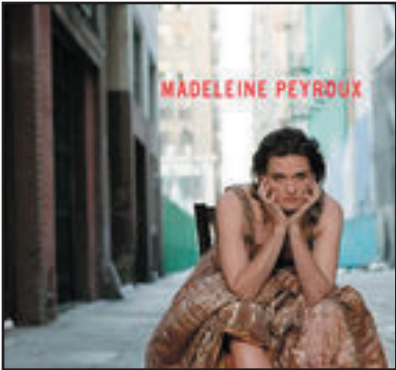
Underground music surfaces

by Carl Magnuson

For those who want something new to listen to, it can be difficult finding something new and exciting. But, never fear, there are alternatives to what the radio and MTV can dish out. What you have to do is go outside your boundaries and try new genres. The kind of music you don't listen to can come off as strange and otherworldly, but there are some real gems out there if you know how to look. So, please open your mind and forget what you think you know about music.

Ladytron:

This group from the UK has continued to produce albums that trump their previous releases. Ladytron doesn't boast any recognition in America, for the most part, and they don't play any sort of music that the American youth would like, either. They play electronic music and, at first glance, most of their songs would be associated with dance clubs. So far, they've released three albums. They started with a lackluster, lo-fi album called "604", then moved onto "Light and Magic", which let their mystic strong suit show. Witching Hour, an album that gave the group and the genre some respect was the third. They have a habit of producing songs with dual uses; the music fits with most any occasion, but more importantly, it can draw a trance that leaves you with a lasting aftertaste. One of the songs that I can't shake is "Blue Jeans", a hip, smooth song that has some striking lyrics. Their newest release has one track that has their fans, new and old, drawn to this quartet even more. It's called "Destroy Everything You Touch" and it showcases all of the band's strengths: hypnotic beats, strange lyrics, and beautiful melodies. Yet it doesn't have that special spark that critics say it has. The only considerable gripe I have is that some of their songs are completely unbearable, because sometimes they lack good lyrics and they even



introduce piercing sounds from time to time. Other than that, they have a way of creating a sort of musical therapy; it's addicting. Some might consider the style of music repulsive, or unoriginal, solely based on their genre. It takes some insight to realize that Ladytron is doing something that no other band has the guts to do: ignore the fans and the ignorant by perfecting techno. It really is a wonder that they made it this far into their career and I'm glad they have.

Madeleine Peyroux:

This American living in Paris has released two albums in eight years and it seems lazy, but it's overshadowed by what she's done. For the most part she's known for covers, but she's got a way of pulling off different genres and songs that may seem out of place. Her first CD, "Dreamland", is a compilation of different covers of older songs, both American and French. Her soft, smooth voice blends well with lots of kinds of music, especially the blues. Her first album has plenty of great songs that have true replay value. "Always a use" comes to mind because it seems that she was meant to sing those lyrics. Playing that one song through my headphones gives me solace whenever I need it. At first, I thought of her as a female Michael Bublé (a young, Sinatra-like singer), but she's a lot more than that. If I were to compare her to anybody, I'd have to say that most of her music reflects Billie Holiday's style. She doesn't necessarily have the allure Billie had, nor does she try to rush her songs, but the effect is still similar. Her newer album, "Careless Love", came out in 2004 and the single, "Don't Wait Too Long", was actually playing on the radio. She just turned 30 not too long ago and she's just now getting acclaim for her brilliant style. Her music had a big affect for a while, but quickly faded away because of her lack of substance. She lacks any sort of funk, but she still deserves to be listened to.

The Pillows:

The Pillows are a band out of Japan that have been playing a half angry, half subdued sort of punk/grunge since 1989. Their genre's odd, but they're a simple group of guys making music. Their names are Yamanaka Sawao (guitar/vocals), Sato Shinichirou (drums) and Manabe Yoshiaki (guitars) and they know how to rock softly. They've gotten respect from making music for Foooy Cooly, an anime barely three years old, and recently getting one of their albums released in the U.S. ("Penalty Life"). At times, they tend to play a liquid, basic rock that fits well with Sawao's voice, but they've been known to play some heavy tunes too. Some of their songs have a harder edge to them, like "White Ash", but others seem sentimental and even saddening, such as "Juliet" and the short, wordless ballad, "Beautiful Morning With You". They've got a talent I haven't seen in the U.S. and they keep a sad style of music alive ten years past its death. They're gutsy and talented, but that doesn't help them when they lose some of the American fans in their lyrics. I mean, it's easy enough to follow along in "Ride on Shooting Star" and "Hybrid Rainbow" because they're straight out of a cartoon show, but you can't sing along with inaudible English or rapid-fire Japanese. Some of their songs start off with unbearable sounds or drawn-out, dry verses, but they do come around and end up being some of their more memorable songs. For the most part, they play an instantly nostalgic type of music. I would rather pop in one of their CDs as opposed to the over-played American rock bands; they've got some odd skills.



Oscars



The Oscars are quickly approaching on Sunday, March 5. at 7 pm on ABC. Every year the Oscars are given to the brightest of the film making community. And the nominees are...

Best Picture

Brokeback Mountain
Capote
Crash
Good Night and Good Luck
Munich

Best Actor

Phillip Seymour Hoffman-*Capote*
Terrence Howard-*Hustle & Flow*
Heath Ledger-*Brokeback Mountain*
Joaquin Phoenix-*Walk the Line*
David Strathairn-*Good Night and Good Luck*

Best Actress

Judi Dench-Mrs. *Henderson Presents*
Felicity Hoffman-*Transamerica*
Keira Knightley-*Pride & Prejudice*
Charlize Theron-*North Country*
Reese Witherspoon-*Walk the Line*

Best Director

Ang Lee-*Brokeback Mountain*
Bennett Miller-*Capote*
Paul Haggis-*Crash*
George Clooney-*Good Night and Good Luck*
Steven Spielberg-*Munich*

Best Animated Film

Howl's Moving Castle
Tim Burton's Corpse Bride
Wallace & Gromit in the Curse of the Were-Rabbit

Visual Effects

The Chronicles of Narnia
King Kong
War of the Worlds



CONCERT CALENDAR

by Tash Thompson

FEBRUARY

11	TBA	Buckcherry	The Rock	18+	\$13\$16
13	6pm	Seether & Shinedown	Myth	All Ages	\$25
15	8pm	Robert Randolph	First Ave	18+	\$22
19	6pm	Staind	Myth	All Ages	\$30
25	5:30pm	Pat McGee	Ascot Room	All Ages	\$16\$18
25	8pm	Tristan Prettyman	Fine Line	18+	\$35

MARCH

4	4pm	Opeth	Roy Wilkins	All Ages	\$28
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In a theater near you

by Tyler Scanlan

Feb. 10:

Curious George, **G**, This animated adventure brings the classic books about George the curious monkey to life with Will Ferrell (*Anchorman*) starring as the man in the yellow hat.

The Pink Panther, **PG**, This flick brings back the humorous movie series with an ensemble cast. Steve Martin stars as Inspector Clouseau with Kevin Kline, Jean Reno, Beyonce Knowles and Jason Statham also starring.

Final Destination 3, **R**, This movie continues the theme of the first two of if you survive a horrible accident in which you are supposed to die that death will come back and get you.

Firewall, **PG-13**, This movie is a thriller starring Harrison Ford (*Indiana Jones*) as bank security specialist who must steal \$100 million from his own bank to save his family from kidnappers.

Feb. 17:

Freedomland, **R**, Samuel L. Jackson (*Pulp Fiction*) stars as a detective who must solve the kidnapping of a young girl as the mother (Julianne Moore) blames the kidnapping on an African-American man, who Jackson believes is innocent.

Feb. 24:

Running Scared, **R**, Paul Walker (*Fast and the Furious*) stars as a mobster who must recover a gun used in the murder of a cop before the cops or his bosses find it.

Ultraviolet, **PG-13**, Directed and written by Kurt Wimmer (*Equilibrium*) this movie is set during a futuristic civil war between the government and a mob of genetically altered humans. Milla Jovovich (*Resident Evil* films) stars as Violet one of the vampire like super humans who is trying to protect a young boy who is caught in the war.

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ACTIVITIES

In the penalty box

What's ahead for the NFL offseason



by Dan Carey

After crowning a new Super Bowl champion on Sunday with the Pittsburgh Steelers upending the Seattle Seahawks 21-10,

the NFL will take a six month hiatus to give the players, coaches and fans a chance to rest. The off season is used to heal injuries and spend time with friends and family. Although most of the players get a chance to rest, front offices around the NFL, including the Minnesota Vikings, are trying to better their teams.

The Vikings started their first year under new ownership letting coach Mike Tice go. Tice, who had a coaching record of 32-33 in his 4+ seasons as the Vikes' head coach, was released quickly after the Vikings season finale win over the Chicago Bears. Taking over for Tice is ex-Philadelphia Eagles quarterbacks' coach Brad Childress. Joining Childress is new offensive coordinator and ex-Green Bay Packer's quarterbacks coach Darrell Bevell and new defensive coordinator Mike Tomlin. Hopefully new coaches will bring a new era of winning Vikings football.

One of the biggest needs of the Vikings is to land a running back that can rush for over 1,000 yards. Twenty-six-year-old running back Jamal Lewis is a free agent this year and will probably not be re-signed by the Baltimore Ravens. The 5'11, 245 pound Lewis features the rare combination of raw power and the ability to make tacklers miss. Lewis, who was jailed last off-season for dealing drugs, came back to the NFL to have his first sub-1,000 yard season in his 5-year career. Lewis would be a nice fit in Minnesota due to his size which MN backs haven't had in many years.

Another running back which the Vikes could use is Shaun Alexander. Although there's a chance Alexander may resign with the Seahawks, they may not be able to afford someone who wants a dollar amount that matches his phenomenal play. Minnesota is one of a few teams that has the salary cap room to sign him. Whoever gets the 28-year-old back will receive the services of arguably the best back in football. The

Vikings also need help at linebacker and expect to address that need during free agency or the draft.

Instead of spending the big bucks to grab established stars in free agency, rebuilding teams such as the New York Jets and the San Francisco 49ers will look to nab a star rookie in the NFL draft. As of now, the Houston Texans hold the #1 pick in their hands and it's no secret that they will take 2005 Heisman Trophy winner Reggie Bush. The Texans' problems lie in the poor play of their offensive line. It wouldn't be a shock if the Texans traded the 1st round pick to a team such as the Jets who need a running back to start rebuilding. The Texans would be in a good position to draft offensive tackle D'Brickashaw Ferguson out of the University of Virginia to anchor the woeful Texans front five.

With the next two picks, expect two quarterbacks to be taken with Matt Leinart going to New Orleans and Vince Young going to Tennessee. Young should get a lot

of experience quickly because current Titans quarterback Steve McNair has taken Young under his wing the last couple years. McNair should help the young quarterback develop and Young should be the Titans starter when McNair retires.

Although the Vikings aren't in position for Bush, Leinart, or Young, the Vikings are in prime position to pick up one of two running backs that would look good in purple. If the Vikings fail to sign Lewis or Alexander, Coach Childress are leaning toward LenDale White (USC) or local product Laurence Maroney (U of M). Both backs have a small question mark over their head: Can they carry the load of an every down running back? The Vikings haven't had an every down back since the abrupt retirement of Robert Smith after the 2000 season. Both Maroney and White have the speed to make defenders miss and the power to run through arm tackles. That's exactly what the Vikings need for a balanced offense.

No matter what the Vikings do this offseason, expect them to come out challenging for the NFC North title next season. Will the Vikings shed their loser gimmick? We'll see. Opening day is only six months away.

Coach Childress and Owner Wolf have their work cut out for them.

Slammin' Ranger hockey

by Tommy Monahan

Girls...

With some tough losses late into the season, the Ranger girl's hockey team hopes to bounce back and finish off the season on a winning note. They stayed with some of the top teams in the conference, and are hoping to prove themselves in the post season.

"All of us have been working really hard for the past two weeks so we can advance far into sections," said junior Alexa Nelson.

The girls pulled off a spectacular win against Cottage Grove last week. Alexa Nelson scored the tying goal late into the third period, sending the game into overtime. Then Kathy Crudo got the last goal to win the game.

Their final record for the post season is 8-12-2. The Rangers sections began on Tuesday, February 7. No matter what happens in sections the girls still have had a successful season.

"We have really worked hard to get where we are," said Junior Paige Patchin.

Guys...

FLHS boy's hockey team has hit a hot spot and has sparked up some outstanding wins this season. With less than 5 games left into the Rangers season, the boys are pulling off some crucial wins before entering sections.

"It's been a real fun season we all are working well together," said Junior Cody Carlisle.

The team has been greatly progressing as the year winds down and is showing vast improvement. They have accumulated a record of 8-12-2 so far in the season.

The Rangers next game will be tomorrow at Roseville when they take on the raiders, the game starts at 7:30. Then the post season truly begins when sections quarter finals start.



Fight 'em to the buzzer. Senior David Gaurke (25) fights a member of the Cloquet hockey team for the puck right after the face off in the game on Monday, Jan. 30.

photo by Abby Pooch

Keepin' the ball bouncin'

by Josh Nelson

Boys Basketball

After getting off to a 7-2 start and a number ten rank in the state, the Rangers boys basketball team has come back to earth a little bit with an overall record of 11-6 and are 4-4 in the conference. Recently, the Rangers lost a close one to the Stillwater Ponies, 55-49. After trailing by double digits in the first half, the Rangers battled back to take a one point lead. Unfortunately they ultimately couldn't hold the lead in the end. In the loss, junior Josh Williams scored 11 points and senior Nate Robertson added 10.

The Rangers got a win through in their next contest at White Bear, 58-53. In the win, Robertson scored 12 points as did junior Aaron Jacobs. The winning streak continued against Park Cottage Grove with a big win: 49-41.

The Rangers will be in action tonight at 7:30 pm in Hastings in a rematch with the Raiders. Their next home game will be on Feb. 24 against Cretin Durham Hall.

Girls Basketball

The girls basketball team is on a mini-roll after a two game winning streak over Park Cottage Grove and White Bear Lake. The girls dominated White Bear from start to finish winning the game 65-48. In the victory, the Rangers were led by senior Renee Frericks who scored 19 points and grabbed 8 boards. Anne Berner chipped in another 16 in the win.

The girls had no let down two days later when they took on Park Cottage Grove. In a very low scoring affair, the Rangers held on for a 38-28 victory. Frericks scored a game high 10 points for Forest Lake. The Rangers next faced off against Champlin Park in a non conference match. The Rangers were outplayed by a tough team, losing 70-53. With the loss, the girls hold a record of 8-8, 4-5 in the conference.

The Rangers will be in action tonight hosting the Hastings Raiders, then will travel to Cretin to take on the Raiders on Tuesday, Feb. 14.

Morning Hoops

by Tyler Scanlan

It is so early that the sun hasn't even shown signs of coming up. The school halls are empty and as quiet as the desert. Every Thursday at 6 a.m., the only sound at FLHS is of basketballs bouncing on the court and of squeaking sneakers reverberating through the empty halls. This is the sound of the weekly student versus teacher basketball game. In these games, there are many familiar faces taking on the students such as biology teacher Mr. Ryan Johnson, tech teacher Mr. Ryan Rutten and even school Principal Dr. Steve Massey. Every Thursday, these and other teachers compete with students including regular senior players Caleb Rotach, Jeff Kohler and Aaron Tetzlaff.

This tradition has been going on for quite some

time. The level of play in the games is pretty high and the games are usually close in score. This weekly event goes on until roughly 7 a.m. and the players squeeze in as many games going to 11 as they can during this period of time.

"The morning basketball is pretty fun and it is cool to play against the teachers in a non-classroom atmosphere," said Kohler, a regular player of the morning basketball game. "Massey is pretty good. He even cut my lip with an elbow during a game, so it gets pretty intense, while staying fun."

The weekly basketball game is too early for most, but for those who do drag themselves out of bed for the early 6 a.m. start, there is a fun and interesting experience to be had.

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Nordic eyes State

by Andy Setterholm and Brandon Anderson

Boys Nordic ski racing continues its undefeated season as the state tournament approaches. Internationally acclaimed skier and team co-captain Ben Fick has dominated the high school competition this year after winning the individual state title last year.

The team, coached by Deno Johnson, is en route to win its second consecutive state championship.

“We’ve won all our races this year and we’re feeling really good as a team about going to state and doing well there too,” says senior co-captain Jamison Hull. State competition begins February 17 at Giants Ridge in Biwabik, MN.

New student adds to team success

There is a new student at FLHS and a new member of the nordic ski team. His name is Leif Nordgren and he is a junior this year. Leif is a native of the Rocky Mountain state, Colorado, and then he moved to Scandia, MN when he was in the eighth grade. He was home-schooled for eighth through tenth grade. He lived in the Stillwater District which prevented him from joining the FLHS nordic ski team, so he decided to attend FLHS this year. Now he is learning to balance his school work with his skiing.

Gymnasts in first round of sections

By Dan Carey

On Jan. 26, the Forest Lake gymnastics team tied their season high in points when they defeated SEC Rival Mounds View 142.65 to 132.675. The Rangers were led by junior Nicole Paulson as she took first place in four events and took home first place in the All-Around.

On Feb. 2, the Rangers hosted Hastings and beat their previous season high with a 143.425 to 125.85 victory over the Raiders. The meet featured Junior Nicole Paulson once again placing first in the overall. Others placing for the Rangers were Senior Captain Tasha Tyler and Junior Janel Duffy

The Rangers traveled to Park to take on the Wolf Pack after press deadline. The Ranger gymnasts will compete at Irondale in the first round of the section playoffs.

Leif has been skiing very well this year, placing high in most of his meets. He took fifth place at Troll Hollow on Jan. 24 where the team dominated the competition and finished in first place. He also just took first place at the Mount Itasca meet.

“Leif is having the year of his life. He is skiing very well for us this year,” said teammate Jamison Hull.

Girls

Girls Nordic ski racing knew they were facing a challenge at the beginning of this 2005-2006 season. The team, captained by Sophomores Kate Babbit and Annie Dehmlow, has had flashes of success, but struggled to remain consistent.

The team is devoid of seniors, but not experience. Returning skiers Kristi Buerkle and Annie Dehmlow have consistently placed in the top spots in all their races this year and are hopefuls for the state tournament beginning February 17. There is virtually no sense of urgency about the team, however, as graduation will claim no members of their squad. This season is getting better and there is no place to go but up next season.

Alpine section showdown Feb. 7

by Andy Setterholm



As the winter season continues both girls and boys alpine ski teams are boasting great results. In a meet against Park Cottage Grove and Woodbury on Jan. 23, the boys alpine team beat both opponents and Erik Stolberg showed great leadership getting first in both.

The girls team beat Park, but lost to Woodbury. Carly Bass turned in great finishes with a 1st place against Park and a 2nd place vs. Woodbury. The boys were 4-2 and the girls 3-3 heading into sections against such teams as Chisago and Duluth East at Spirit Mountain on Feb. 7.



Look out below!

FLHS varsity wrestler Ryan Turry slams his opponent to the ground in a recent match. The team heads to Stillwater to compete in the SEC conference tournament tomorrow.

Photo provided by Coach Dettmer

Wrestlers pinning down great year

by Jamison Hull

As the Forest Lake wrestling team continues their preparation for the post-season, some athletes have reached some very prestigious accomplishments.

Senior captain Jordan Kolbow set the school record with his 165th varsity win. He has been on varsity since his 7th grade and this year has been dominating opponents going 23-0. Senior captain Eric Morris also earned his way into the 100 win club. This season he has gone 18-5 to enter this club of 15 Forest Lake wrestlers.

“They understand the word ‘work’ and it rubs off on the rest of the team,” said Head Coach Bob Dettmer of Kolbow and Morris.

The Forest Lake wrestling team is pursuing a share of the conference championship. On Jan.

27 the team lost to Hastings in a dual match that kept them from having sole possession of the championship.

“It was a difficult loss, but you have to take the medicine with everything,” said Dettmer.

After the loss, Forest Lake traveled to the White Bear Lake tournament where they rejuvenated themselves with a first place finish.

“We wrestled like we needed to wrestle against Hastings at the tournament,” said senior wrestler Matt Joyer.

The Suburban East Conference tournament will be held tomorrow at Stillwater High School to see if Forest Lake can take home a share of the championship.

Swimmers aim for 3-peat section title

by Katie Walker

The Forest Lake high (FLHS) boy’s swimming and diving team plunged into first place True Team at sections. The team went on placed 10 in the true team state meet. As of January 30 the team’s record was 5-2.

Winning the first place True Team award means that they’re the best in the division.

“I fell pretty good about winning the True Team award it’s fun, and I won four metals.” said teammate Jon Gavanda.

“We’ve over come our talent lost, and we can still do better as the season progresses.” said junior captain Mark Sandager.

With all that has been won, the team still has higher goals to achieve.

“We want to keep winning sections, for the third year in a row.” said senior captain Sam Gort.

The section finals will be held at Northdale Pool in Coon Rapids, on Feb. with about 20 Forest Lake high students competing. According to Sandager, there’s a lot of potential on the team for going to state.

“I hope the team sends more people than ever to state,” Said Sandager.

Banning Racial Mascots NCAA making a list and checking it twice

by Andy Setterholm

Nineteen NCAA colleges have come under fire for their school mascots, nicknames, or logos promoting what are believed to be racist stereotypes of Native Americans. The 19 schools, including the University of North Dakota’s Fighting Sioux, Florida State’s Seminoles, and the University of Illinois’s Illini, will be banned from hosting any of the NCAA’s 88 championships beginning Feb. 1, 2008. These schools may individually appeal their case to be removed from the list.

The University of North Carolina at Pembroke won their appeal to keep the nickname “Braves” for their teams. The school, originally intended to educate only Native Americans, proved that their school was following tradition in using the term “Braves” rather than using it as a derogatory or stereotypical depiction of Native American culture and they still boast 21 percent Native American enrollment.

Walter Harrison, NCAA Executive Committee Chair, has been an active advocate of cleaning up NCAA sports, especially the championships. In a recent NCAA News report, Harrison gave his reasons for the new host-site rule.

“Colleges and universities may adopt any mascot they wish, as that is an institutional matter, but as a national association, we believe that mascots, nicknames or images deemed hostile or abusive in terms of race, ethnicity or national origin should not be visible at the championship events we administer,” said Harrison.

True to Harrison’s word, the NCAA does not have the power to change every offensive mascot or logo they come across, but they can avoid those schools that promote a hostile environment.

Some are not taking well to the NCAA’s newest policies on mascots and nicknames. The University of Illinois, Champaign remains on the list of schools containing offensive Native American material. Chief Illiniwek, the popular Illini mascot, is still being described as ‘stereotypical’ and ‘derogatory’ by NCAA executives and Native American spokespeople. Those people who discourage the use of Chief Illiniwek are growing in number. Spokespeople stress that Chief Illiniwek’s ‘Fancy Dance’ is a demeaning interpretation of actual Native American culture. The Illini have appealed to be removed from “the list”, but failed.

The 19 schools on the NCAA’s list are encouraged to educate their students on the nicknames’ origin to help students realize the value of respecting the culture of others. Changing their nicknames, logos, and mascots turned out to be the best option for several schools on the NCAA’s list previously comprised of over 30 schools, but what about those schools still on the list that are convinced their nicknames are well earned and respectful?

The NCAA is still accepting appeals and this issue is certainly nowhere near closure. Continuing cooperation from Native American leaders with the NCAA will eventually lead to a solution, but none is in the near future.

Practice makes perfect.

The Forest Lake dance team practices after school in the cafeteria amongst the numerous maroon and gold banners sporting Ranger pride. The team heads to the section competition tomorrow.

Photo by Melissa Monson



Dance team looks to take sections

by Melissa Monson

What does loud music, sweat, a group of girls, and a cafeteria all have in common? All of the qualities belong to the Forest Lake (FL) dance team.

Three out of four teams at North Branch placed first. The varsity squad placed first in jazz and kick, while the junior varsity squad placed first in jazz. The team had their performance season this past fall and is currently in their winter competitive season. Senior Tara Olson has faith in this year’s team.

“The kick dance is the best its ever been,” said Olson.

Olson also added that two of this year’s dancers, Jackie Kling and Jessica Geisner are both all-conference dancers.

Coach Kristin Gustafson commented on this year’s team as well.

“(The) dances are more difficult and we’re pushing harder,” said Gustafson.

Speaking of pushing harder, the dance team just had a fundraiser on Feb. 4. The fundraiser was a dance clinic taught by the dance team and local dance studios. The team then chose one person to perform at a dance show later that evening.

The team’s hard work will be put to the test tomorrow, Feb. 11 where they will take part in the section competition. They will dance against Mounds View, Stillwater, Rochester, and Centennial. If all goes well, they could move onto the state conference championship.

Heart core facts

Fun Valentine's Day stats and history

Information gathered by Abby Pooch

- ABOUT ONE BILLION VALENTINE'S DAY CARDS ARE SENT IN THE U. S. EVERY YEAR
- 73% OF PEOPLE WHO BUY FLOWERS FOR VALENTINE'S DAY ARE MEN
- 3% OF PET OWNERS GIVE A VALENTINE TO THEIR PETS
- THE LARGEST NUMBER OF VALENTINES GO TO TEACHERS
- ABOUT 110 MILLION ROSES ARE SENT OUT
- SOME BELIEVE IF A WOMAN SEES A ROBIN FLYING OVERHEAD ON V-DAY, SHE WILL MARRY A RICH MAN AND BE HAPPY. IF SHE SAW A GOLDFINCH, SHE WOULD MARRY A MILLIONAIRE.
- THE FIRST VALENTINE WAS SENT BY CHARLES, DUKE OF ORLEANS TO HIS WIFE IN 1415. HE SENT IT FROM PRISON.
- 36 MILLION BOXES OF CHOCOLATE ARE SOLD
- AMERICANS SPEND MORE THAN \$1105 MILLION EACH VALENTINE'S DAY ON CANDY
- SECOND ONLY TO CHRISTMAS, V-DAY BRINGS OUT THE CARD-GIVER IN PEOPLE, WITH AN AVERAGE OF 1.01 BILLION CARDS PURCHASED EVERY YEAR.
- RICHARD CADBURY INVENTED THE 1ST VALENTINE'S DAY CANDY BOX IN THE LATE 19TH CENTURY.
- THERE ARE AT LEAST SEVEN SAINTS WITH THE NAME VALENTINE.

Chocolatey goodness

Choose the right sweets for your sweetie

by Tash Thompson
Women love their chocolate. It is among the most sought-after gifts for women on Valentine's Day, sitting among rings, flowers, and movies. However, keep in mind there is such a thing as good and bad chocolate.

I recently had a chance to try several of the less expensive chocolates and have made a few observations.

I tried the Ghirardelli Squares, the Hershey's Pot of Gold, Cadbury truffles, Mrs. Field's Decadent Chocolates, and the Maxwell's chocolate assortment box (pictured below). The boxes ranged in price and quality. I bought these chocolates at Marketplace Foods, however, you can get them at other grocery stores, Wal-Mart, and Target. My favorites were the Ghirardelli Squares and Cadbury truffles.

The Ghirardelli Squares
These are small candy bars with a little bit of filling in the middle. There is a double chocolate filled square, a caramel square, and a dark chocolate with mint square. The caramel is as caramel does and follows your mouth as you bite and pull away from the square. However, the Ghirardelli squares are well rounded chocolates. They are not too sweet and they are not under-sweetened. They were really enjoyable.

Cadbury Truffles
These had a nice chocolate smell, and you could smell some of the filling from outside the chocolate. The chocolate was smooth and rich. The luscious raspberry truffle was excellent.

Maxwell's Assortment & Hershey's Put of Gold

Maxwell's and Hershey's chocolates were consistently too sweet. I was also unsure what I should expect from the chocolate even if I found the picture and name. Hershey's dark chocolate desperately needed to be darker and richer.

Mrs. Field's Decadent Chocolates

These were not as bad; however, when I see the words "decadent chocolates," I think high quality. There was one heart-shaped, dark chocolate truffle that didn't quite taste as high quality as the word "decadent." The milk chocolates were alright, but nothing special.

In conclusion, if the young gentlemen out there are going to buy your special lady chocolate, be sure you know if they like milk or dark chocolate, and know the quality of what you're buying. The Ghirardelli Squares were the best tasting for their price. However, if you wish to spend a little more and want a better-looking box, Cadbury's is the way to go. They have nice chocolates, a pretty box, but are a little more expensive than Ghirardelli.

Hearts and a noose

A look into the grim origins of Valentine's Day

by Abby Pooch

The true origins of Valentine's Day are deeply shrouded in doubt. There are several theories as to who Valentine was and why his day is celebrated so widely.

One of the most accepted stories takes place in the fifteenth century. It says that the emperor, Claudius, decreed that none of the men should be allowed to marry so that they would be fit and able to go fight his wars. Valentine was a priest, and rising up secretly against Claudius, he married young couples in secret. When Claudius found out about Valentine's insurrection, he hanged him.

While in jail on death row, however, Valentine fell in love with a young woman who visited him. Before he died, he gave her a letter telling her of his love. He signed it "From Your Valentine." Now, people use the same phrase to proclaim their feelings for others.

Why in the middle of February?

There are several possible reasons why Valentine's Day takes place when it does. One says that Valentine was martyred in the middle of February. However, this theory is highly improbable due to how long ago he lived and the doubt surrounding his life. The other idea is much more likely.

The pagan holiday, called Lupercalia, was a holiday of fertility and cleansing in which the Romans would clean their homes, and offer sacrifices to the gods including offering a goat to the gods Romulus and Remus. Then they proceeded to perform fertility rituals like dipping the shredded goat hide in blood and running through the town with it.

After Valentine was martyred, the Christians wanted a day to celebrate his life without being persecuted for honoring the death-day of a "traitor." They decided on a day that

was also a pagan holiday, so it would appear to the pagans as though they were celebrating their holiday when really they were celebrating the life and death of Valentine.

Several things now related to Valentine's Day actually came from Lupercalia. For example, the phrase "wearing your heart on your sleeve" comes from the practice of having the bachelors draw a single girl's name out of a barrel, then putting it on his sleeve so that the girl would know who to go to.

As the true meaning of Valentine's day is a day when goats and saints are slaughtered, it is quite different than the candy-giving day that we now celebrate.



There're plenty of chocolates to consider when shopping for that special someone. These are but a few of the tasty varieties of chocolate to think about.
Photo by Tash Thompson

The groundhog cometh

Punxsutawney Phil predicts six more weeks of winter

by Tyler Scanlan

The thought of that little furry rodent popping its head out the ground and predicting whether the second half of winter would be pleasant or cold is a funny thought to many. Groundhog Day dates way back to the German holiday Candlemas Day, which stated that if the sun came out on February 2, the halfway point between spring and winter, that the second half of winter would be cold and snowy. The holiday evolved over the years until in 1841 the first documentation referencing that if a groundhog pops out of its hole and sees its shadow that there will be six more weeks of cold winter. If not, the remaining weeks in winter will have a moderate temperature. Groundhog Day was officially made a holiday in 1886 with the celebration occurring in Punxsutawney, Pennsylvania and the groundhog himself was given the name Punxsutawney Phil. After that,



Groundhog Day remained known, but fairly unimportant until 1993.

In 1993, Columbia Pictures released the film *Groundhog Day*, starring Bill Murray as a TV weatherman who is having the worst day of his life at the celebration of Groundhog Day occasion. He is forced to relive this day over and over again until he figures out to change his ways and become a better person. The movie was a huge comedic hit and led to the expansion of the Groundhog Day tradition to what it is today.

The current Punxsutawney Phil made his prediction on February 2, 2006 that the remaining six weeks

of winter would be cold after seeing his shadow this year. If this upsets you, don't despair. The current Phil is only forecasting at a 39% accuracy rate. We'll have to wait and see if Phil is right this year, and look forward to see what he has to say about the winters to come.

Valentine's day word hunt

While you're catching up on the news, search this month's issue of *The Forest Breeze* from cover to cover for the following words:

- Expulsion
- Cambridge
- Architecture
- Airbrush
- Zygi Wilf
- Underground railroad
- Ice fishermen
- International Club
- Slenderness

- Kissing
- Cadbury
- Potential
- Conference
- Nicknames
- Seahawks
- Massey
- Claudius