



Influential women March is National Womens' History Month

by Tash Thompson

Womens' History Month began in 1978 as "Womens' History Week" in response to the Womens' Movement. In 1987, Congress expanded the celebration and declared March as Womens' History Month. When many people think about Womens' History Month, they think about Rosa Parks, Amelia Earhart, Helen Keller, Harriet Tubman, and Susan B. Anthony. Some of the lesser-known, but equally important women who are often pushed to the sidelines.

Joan of Arc

Joan of Arc was one of the first women to die for religious nationalism. She led a 12 thousand strong army across enemy territory, and single-handedly stopped the siege of France by the British. She did all this before she died at the age of 19.



Juliette Low

Juliette Low founded today's largest girl and young women organizations in the world, Girl Scouts. She assembled the first troop of Girl Scouts on March 12, 1912.

Dorothea Dix

Dorothea Dix worked hard to improve the living conditions of the mentally ill. In 1861, she was appointed to be the Superintendent ant of the Union Army nurses, and she recruited strong women to

serve as nurses on the Civil War battlefield.

Ella Fitzgerald

One may hear Ella Fitzgerald referred to as the First Lady of Jazz. She became revered by fans and fellow artists by singing her fine art. Through her career, she won 13 Grammy awards and innumerable honors.

Billie Holiday



Billie Holiday was another fine jazz singer. From 1933 to 1943 Billie recorded over 200 sides and never made a penny in royalties. 1936 to 1943 were Billie's finest days, when she sang with saxophonist Lester

Young, whom nicknamed her "Lady Day."

Indira Gandhi

Indira Gandhi was the first woman Prime Minister of India and the first woman to be elected to lead a democracy.

Lillian Hellman

Lillian Hellman was a playwright and an activist. Many of her plays centered on social consciousness issues and often spoke out against different political views, like Fascism.



Jump, Jive and Wail!

The NHS held a swing dance on March 3, complete with lessons for the students wishing to break away from more modern dancing styles. Several students showed up in their Sunday best to jump, jive and wail to the tunes of the FLHS Jazz Band. The NHS raised money for the local LifeLinks Care Center.

photos by Katie Walker



Time to donate Blood Drive April 4

by Andy Setterholm

The FLHS Student Council will hold their first blood drive of 2006 on Tues., April 4. This is their second Red Cross sponsored event this year. The Nov. 16 blood drive produced far more donors than 118 overall first time. This is being students Spring Student Council would like to remind donors of the restrictions on blood donations. Donors must be at least 17 and weigh more than 110 pounds. If you decided to travel anywhere exotic over spring break, be prepared to answer a few extra questions from the Red Cross staff about your trip.



According to the Red Cross, 60% of Americans are eligible to donate, yet only 5% ever do. Of those who do donate, about 15% are high school or college students. Few people realize the demand for blood. Often times, the Red Cross is only 48 hours away from being completely empty. The Red Cross uses the blood to treat accident victims and patients with chronic blood disorders. One donation of blood is enough to save the lives of up to three people.

Spring play on the way

Performances begin May 4

by Abby Pooch

Auditions for the FLHS spring play The Importance of Being Earnest took place on Tuesday, March 7. Postings of the results appeared by Wednesday. There are nine main roles, which will be filled by Scott Isaacson, Tyler Sperry, Aaron Brown, Luke Mayfield, Paul Joachim, Amanda Luke, Katherine Monberg, Kendra Jaeger, and Paula Regnier. The play will be directed by Mrs. Cindy Hess and co-directed by Mr. Andrew Waldron.

The performance of the play will be on May 4-6 (Thursday, Friday and Saturday) and May 12 and 13 (Friday and Saturday). It will show at 7:30 each night and the cost for tickets will be \$6 for adults, \$5 for students and seniors and \$10 for preferred seating.



Blankets for Birchwood

44 blankets donated

by Abby Pooch

Quick fingers deftly thread a needle. A soft, light snipping sound accompanies a rhythmic humming as the two permeate the air with their mechanical melody. For two weeks, the sewing machines of the sewing design and production class have been humming to the tune of selflessness. The sewing class has made polar fleece blankets and walker bags to give to the residents at Birchwood, a board and care facility in Forest Lake.

"This is the first year we have done this," said Mrs. Barb Schellinger, the sewing teacher. "I wanted to do a service project with the class, and so I called Birchwood and they gave me this idea."

The class as a whole made 44 blankets and the same number of bags, as each sewing student made one of each. They had planned to go to Birchwood on March 3, but a wide-spread flu epidemic hit the residents and they were not allowing any outside visitors, for fear of spreading the outbreak.

The sewing design and production class is for all levels of sewers.

"Some people come into this class as experts



Sewing students Karrie Knops and Amanda Borchardt sew blankets for Birchwood health care center Forest Lake. photo by Abby Pooch

at sewing," said Mrs. Schellinger, "and some know nothing at all."

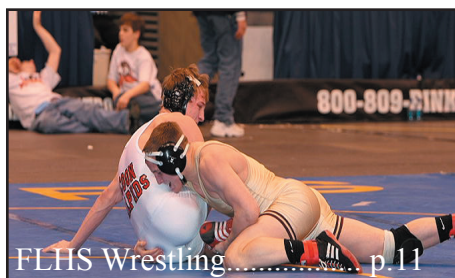
The class is centered around non-garment projects such as blankets, bags and pillows. At the end of the quarter, students perform a final project that is at their skill level. They get to choose what they do. Most students make something like a bag, comforter, quilt or pillow. Then they will be graded according to their level of skill and how accurately they performed the project they chose. Plus, they'll have a new blanket, pillow or bag to take home with them as a reminder of the other people – the residents of Birchwood – who will also reap the benefits of these cuddly comforts.

April 29, 2006: PROM

Are you ready?
See p. 6-7 for
planning tips



Get the run
down on
American Idol.
See p. 8 for
details



Happy St. Patrick's Day!

Check out its history and more fun facts about the day on p. 12.



New Faces at FLHS

by Tommy Monahan and Katie Walker

When students graduate high school there are many opportunities available for them. They can go straight into a job. The military technical school or community college, and many decide to go to college. At Forest Lake High School there are number new student teachers who have done just that. They are the student teachers who have decided to end their college careers on a high note.

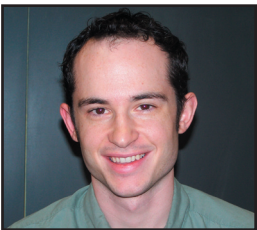
Lindsay Jarombek

is from Osceola, Wisconsin and teaches General Biology A along with cooperating teacher Brad Ward. She attends the University of Minnesota, and will be finishing off her teaching debut at the high school at the end of the third quarter. Jarombek hobbies are reading, staying in shape, fishing, and hanging out with her dog.



John Merth

teaches Political Science at the high school and will be for the remainder of the year. Growing up in Crystal, Minnesota, Merth is a student at the University of Minnesota while he earned his Bachelors degree in political science from St. Johns University in Collegeville, Minn. In his spare time, Merth likes to go camping, biking, skiing and rock climbing. Merth believes there are many benefits to taking a clas in political science. "Information you learn directly affects your life," said Merth.



Shawna Grapentin

is currently student teaching cultures and cuisine and i n d e p e n d e n t living along with cooperating teacher Diane Dugas. She is attending the University of Minnesota. "I really enjoy working here it has a



great staff and students," said Grapentin. Grapentin also holds down many jobs on top of student teaching, she is a server at the Mall of America, does research on campus, works for admissions and owns her own business making greeting cards and check book covers. In her downtime, she works out everyday and studies.

Josh Pluemer,

or Mr.P, is a native of Burnsville, Minnesota. Pluemer teaches Marriage and the Family at the high school with cooperating teacher Sandy Teichner. Pluemer earned a Bachelors degree in Marketing from University of Wisconsin - Eau Claire. He is currently working toward a teaching license and Masters of Education through the University of Minnesota - Twin Cities. His hobbies include: playing basketball, soccer, guitar, going to concerts, and listening to local music (rock and hip hop). "I'm excited to be here. It's a cool experience and I've learned tons from faculty and students," said Pluemer.



Sarah Tessmer

teaches a wide range of classes at FLHS. Tessmer is originally from Harmony, Minnesota, a small farm town of a little less than 1,000 people on the Minnesota-Iowa border. Tessmer fits well teaching in the Agriculture Department, considering she grew up on a farm. She teaches floral design, plant science, animal science, and youth leadership. "I really appreciate how nice and helpful everyone is," said Tessmer. Tessmer is earning a degree in agricultural education at the University of Minnesota. Her hobbies include reading, playing piano, hanging out with friends, and watching wrestling.

Not Pictured

So, whether you have these student teachers for a class, or simply seem them in the hallways of FLHS, say hello and wish them luck.

Debate team has 'best season in years'

by Carl Magnuson

The debate team ended this year's season in January with what Robyn Madson, the debate coach, calls a very good season. Madson says the team did great overall. "The topics weren't that hard," said Senior Liz Powell, "We did alright." Some of the highlights this year were Emily Habisch, Shannon Joyce, and Powell, who placed third at state finals in her category, public forum. The team tackled such issues as judicial activism and whether or not eminent domain is unjust. "This year's success is attributed to the fact that there's more stable coaching on behalf of Ms. Sunne and John Brown," said Madson. The success wasn't as big as some of the members would've wanted, but they did well nonetheless. "We did very well, it was the best season in years," said Madson.

5 bills through for Student Congress

by Carl Magnuson

With the '05-'06 season behind them, Forest Lake High School's (FLHS) Student Congress has plenty to be proud of. The season ended on March 3. In a Student Congress season, each school submits legislation. The participants debate and eventually vote on each hypothetical bill. One of the main objectives in Student Congress is to appeal these bills. This year, five out of the 12 bills FLHS submitted went through. "We were up against the best speech teams in the nation," said Head Coach Robyn Madson, "You usually don't get that many through." The students involved devote as much time to building their arguments as they see fit, but the group only meets once or twice a week. In such a political environment, as a whole, the team doesn't lean to one side. "We have both sides," said Madson. "We have the raging Republican and the bleeding heart liberal." One of the bigger successes for the team came in the victory of Shannon Joyce, senior, who came out of the competition as the unofficial first runner-up in nationals. "We did very well," said Madson. "It was a great experience."

DECA sends 10 to state, 3 place

by Tommy Monahan

The Minnesota DECA (Distributive Education Clubs of America) is an association of students who are planning careers in marketing, management and entrepreneurship. Today 170,000 marketing students, 4,500 marketing teachers, enjoy the benefits of membership in DECA. There are four levels of DECA competitions high school, college, professional and alumni divisions. DECA's objective is to support the development of marketing and management skills in various career areas. They have activities set up to the specific career interest of students that include technical skills, basic scholastic and communication skills, human relations and employability skills, economics and free enterprise. Matt Mollet is an active member of the DECA program and has been competing for the Forest Lake program all this year. "Basically DECA is an association of marketing students," said Mollet. The whole DECA team goes to competitions against other schools to compete in business role plays. At Forest Lake High School the DECA program is smaller than at most schools. On March 5, 6, and 7 four people went to State for the Forest Lake team with two of those placing in the top twelve. "The other schools that we compete against actually have DECA as a class compared to us having it as an extracurricular activity." "Its really fun and I love competing," said Mollet.

Senior Portrait Photography



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The Forest Breeze

The student newspaper of
Forest Lake High School

Forest Lake High School
6101 Scandia Trl. N
Forest Lake, MN 55025

(651) 982-8575
llevake@forestlake.k12.mn.us

Staff members:

- Brandon Anderson
- Maya Bryn
- Dan Carey
- Ben Fick
- Jamison Hull
- Stacey Johnson
- Carl Magnuson
- Tommy Monahan
- Melissa Monson
- Josh Nelson
- Abby Pooch
- Andy Setterholm
- Tyler Scanlan
- Tash Thompson
- Katie Walker

Adviser:

Laura LeVake

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.

Civilization is history
New state standards create World History class

by Melissa Monson

As the upcoming high schoolers have already found out, new graduation standards are in place for the 2006-2007 school year. Instead of the 20.5 credit standard that's currently being implemented, 28.5 credits will be required. In addition to the new credit requirements, more specific classes will be required of all students. Two of the four civilization classes currently being offered, Western and Ancient, are being cut for a new class called World History. Students will also be required to take a geography and economics course. The world history class will be a semester course and will cover prehistory to modern times. The class will blend all of the current civilization classes into one, with more emphasis from the ancient and western portions. Since this is a newly required class, the school is buying new textbooks. Veteran Social Studies teachers Ken Mikolajczyk, Tom Hipkins and Sue Stennes-Rogness will be teaching this new course. According to Hipkins, the course has been

around for more than 20 years. "Ancient Civ was a popular course. Many students seemed to like it," said Hipkins. He added that the goal of the class is to give students a broader knowledge of history versus a more in-depth course covering a smaller time span. "I'm sad to see the class go. I'll miss it, there's no question about it," said Stennes-Rogness. The new world history class will cover more concepts, places and people. According to Sten-Rog, if students are motivated enough to find more information on a particular topic, they will learn more on their own. However, if students don't, then she feels that the students aren't really learning more in world history versus the in-depth civilization courses. Principal Dr. Steve Massey said the new class makes sense. "[Once we added world history] it didn't make sense to have western and ancient civ," said Massey. The new 28.5-credit system may seem like a lot of credits to obtain during high school, But new students needn't fret. The new

requirements will be fulfilled throughout the true high school span of grades 9-12. Massey and Hipkins both explained that the state hopes to make schools more consistent. With the new standards, there are more required classes for students to take and fewer electives. The elective credits are changing from 11.5 to 11. "[I think students] prefer to have some choice in what they take," said Massey. Students and staff will have some changes to get used to starting next year. While ancient and western civ were popular history courses, they didn't meet the state's new requirements. On the bright side, the Russian and eastern civilization courses did make the cut. Everyone will just have to cross their fingers and hope that the course will run smoothly during its premier year.



After-school art

by Stacey Johnson

Looking for something to do after school where the mind can be creative and you can meet new friendst? Join art club with Maria Kaiser, visual arts teacher, in the art room every Tuesday after school, to explore painting, drawing, sculpting, and designing.

“I like that there’s a good environment, it’s relaxing, do what you want to do, and it’s free,” said junior Nicole Tetrault, first year art club member.

Tetrault is working on what she calls “a stone architecture thing.” She plans on creating a three-dimensional French castle made out of crea-stone.

Pieces that are created in art club may be displayed around school or can be used for an art class. These pieces can be made in groups or individually. There are no expenses when it comes to supplies and it costs nothing to join.

“All of the supplies come from the art department,” said Kaiser. “Most things aren’t too expensive.”

Art club has been going on at the high school



for about five years now. The idea, however, came from the junior high.

“They had art club at the junior high and we wanted to continue the club here to promote the arts,” said Kaiser.

The club has continued to create beautiful pieces trying to add color and students work to the school. With all of the stunning paintings and works of art, Kaiser was surprised that everything stayed intact so well.

As the year unfolds, Kaiser and her team are planning to add more art to the school that hopefully the student body can enjoy.

“Some students are creating an art history timeline that is continuous and others are creating things that can be hung around school,” said Kaiser.

Even though art club is already started, new artists are always welcome. For more information, see Mrs. Kaiser after school on Tuesdays.

Spotlight: Speech

A look at the basics and participants of the speech team

by Abby Pooch

Wandering through the hallways, you see people positioned at different points, talking to the walls. They yell and shout, gesticulating wildly as they frantically try to entertain or convince unmoving stone. Have you unknowingly ventured into a mental asylum? Have your silent wanderings taken you to the land of the loonies? No, it’s just a speech tournament.

The speech team is a very misunderstood association. Most think speech team is just like speech class, when in reality it is a completely different affair.

The speech team is divided into 13 different categories, with two subcategories: public address and interpretation. In interpretation, speakers take a piece of published writing and “interpret” it. They act it out with voices, gestures, sound effects and poses. The basic rules for these categories are that you cannot move your feet (besides pivoting) or change the script. Interpretation categories include Humor, Drama, Prose, Poetry, Extemporaneous Reading, Storytelling, Dramatic Duo and Creative Expression.

The other subcategory is public address, in which you write your own speech. This includes Informative Speaking, Extemporaneous Speaking, Great Speeches, Discussion and Original Oratory. These categories are meant more to inform than to entertain.

The regular speech team is just one facet of the entire speech program. First of all, there is the National Forensics League (NFL). Many people who are on the speech team are involved in NFL. They compete throughout the year on a point system. Members also compete on the regular speech and sometimes debate teams. When they place in a tournament, they earn points. These points allow them a chance in the national qualifying tournament. If they place, they earn a spot in the national tournament, which is held during the summer.

The *traveling* speech team is a different facet. Members must audition. It is much more selective as there are only about seven members. The traveling team allows for an early start on

the speech season, with more time to perfect and polish their pieces.

Why don’t more people want to join speech? Some of them say that they don’t want to join because they aren’t good at speaking. Many people simply don’t like speaking (which is, much of the time a direct result of not being good at it). Many team members see these excuses as a fabulous reason to *join*.

“Speech has made me a radically different person,” said senior captain Paul Joachim. “I wouldn’t be nearly as confident as I am now and wouldn’t know ten percent of the people I know now [if I had never joined speech].”

Speech not only helps with confidence, but aids in developing skills for the future.

“Speech gave me a lot of life skills,” said senior captain Rachel Piersdorf. “It has helped me with time management and perseverance, to name a few.”

“It gives you an idea of what you can accomplish when you put your mind to it,” said senior captain Caleb Rotach.

Many people pick a career because they think they know it will contain no speech activities. However, they are usually sadly mistaken.

According to the Univ. of Minn. Admissions Office, “Speech is involved with almost all of the various classes we have.”

Speech can help and inspire you to succeed.

“I was a very shy person before I joined speech,” said Mrs. Cindy Hess, FLHS speech coach. “Speech helped me to develop confidence in all aspects of my life including talking to people I didn’t know and talking in front of people. I had such great coaches when I was in speech, and they inspired me by the way they led the team.”

Hess now relays her training to her young speech apprentices by donating her time as one of the six FLHS speech coaches.

Any person can open his mouth and have words come out, but it takes a speaker to really make people sit down and listen.



Wonderful Water

by Maya Bryn

Opening the fridge, you push through the old leftovers and come to a bottle of water and a can of Coke. Which do you choose? You know the water is healthier, but the Coke tastes so much better. In reality, most of us would grab the drink that is packed full of sugar, caffeine and carbs. Why? Usually because its’ taste is good and it gives us the false energy that can sometimes help our mornings become a little more lively.

It is quite easy to forget how much we need and depend on water. According to *Water-Essential to Life*, “Water has been ranked by experts as second only to oxygen as essential for life.” Since water makes up 2/3 of our bodies, it ends up being the key to all bodily functions. *Water-Essential to Life* says, “Everyday your body must replace 2 ½ quarts of water. The water you drink literally becomes you.”

Water aids in controlling the body temperature and blood circulation. It carries oxygen and nutrients to our cells and washes out waste and our body’s toxins. Water also protects the spinal cord, tissues and organs from shock and damage, as well as cushions joints.

“Nothing works right if you don’t have enough fluids in your system,” quoted Dr. Susan Asch from Stillwater Medical Group. She explained that to keep our skin looking healthy and to diminish the chances of cracked and chapped lips, we need to keep up with our fluids.

The effects of not drinking enough water are “Harder stools are very common and it causes the kidneys to shut down,” said Asch.

“Our health depends on it [water], and so does our beauty. Drinking plenty of water helps maintain good skin tone and color,” says *Curves Member Guide* by Gary Heavin

If water is so important, why do people

fill themselves with unhealthy beverages?

“The high fructose corn syrup found in flavored beverages is mildly addictive,” said Asch. It has also been shown that drinking other beverages instead of water can cause you to lose your taste for water.

“Sadly, I haven’t been drinking a lot of water lately so I drink pop more,”

FLHS senior Katie Walker said. Even though the bottled water machines are the only ones turned on during the day, that answer seems to be popular with high school students.

A soda can be a good treat sometimes, but the trick is to limit the intake. Excluding water from your diet will have very negative outcomes. It’s important to find a balance between the two, but most of us need to boost the amount of water we drink.

So, next time you’re standing in front of the refrigerator and come to that bottle of water and Coke, remember just how much your body needs water. Your appearance, bodily functions and weight is at risk if you drink excessive amounts of soda. The choice is yours - choose wisely.



Water is key.

Percentage of water used by different parts of the body:

- ☐ **Brain 75%**
- ☐ **Heart 75%**
- ☐ **Lungs 86%**
- ☐ **Liver 96%**
- ☐ **Kidneys 83%**
- ☐ **Muscles 75%**
- ☐ **Blood 83%**

*Information from Water-Essential to Life

The 411 on college visits

by Ben Fick

After high school, students have countless options. Unfortunately, for those uninterested in extra schooling, the career field is limited. There are a lot of advantages to attending a university or technical college, or going for some sort of training after graduating from high school.

A four-year college results in a Bachelor of Science or Art degree. If after those four years a student decides to go above and beyond, they can work toward a Master’s (M.S.) or Doctorate degree (PhD). A higher degree requires more work, but a higher degree means more competitive career pay.

“The more education you have, the more likely you are to be hired for an executive or managerial position,” said Robert Rummerfield, an assistant director of admissions at Johns Hopkins University in Baltimore. “These positions are more competitive and require more experience.”

So, how does a high school student find the right school? There are a lot of factors to consider. One of the options is the internet. Numerous credible sites have been devoted to helping survey students and understand their particular needs to help pick the right type of training. Knowing the location, cost and educational opportunities offered at a few colleges help a student narrow their choices.

Once the research is done, the selection process can begin. Visiting possible college choices is the next move. Even if the college is one the student is unlikely to attend, it is helpful to see what goes on inside a college campus.

A college visit can be arranged over the phone with the admissions office. The student can pick certain things that he or she would like to see during the visit and this is highlighted on the tour. It doesn’t matter if the visitor doesn’t know anyone at the college, there is still a chance to visit the dorm rooms.

Once at the college, it is important to ask questions directly related to the activities in a regular day of classes. A college tour is usually lead or sometimes accompanied by a current student. It is good to ask about the eating options on campus, how far the dorms are from their classes and how they get from place to place. Visiting the exercise facilities and talking to coaches is also advised if interested in participating in any of the athletic opportunities. Don’t be afraid to ask

questions. The more you know about a college, the better you will be able to look at all your options and make the correct decision when it comes time to apply.

“I waited too long to decide on college,” said FLHS alumni Lorin Skoglund. “I wish I had made my decision much earlier, it would have relieved some stress and made my senior year more fun.”

After the college visit is completed the student will have a much better idea of how college works. Then applications can be filled out and final decisions can be made. Once a decision is made, the stress will be reduced on the student and they can concentrate on having a memorable senior year.



Skimpy winter wear

by Katie Walker



Girls all over the nation are wearing mini-skirts far beyond warm weather. In fact, many Forest Lake High (FLHS) female students wear mini-skirts regularly in the cold winter. I myself interviewed four girls in one day wearing mini-skirts.

I believe girls want to get attention so much that they'll freeze to show off their waxed, fake and bake legs, since during the cold winter, I know you're not at the beach tanning. Teenage girls now days believe that 'skin is in,' and if they didn't then they wouldn't wear mini-skirts during the Minnesota winter time. The general guideline for skirts is whether it reaches the person's finger tips, and people don't even abide by that in the winter.

A various amount of girls, who wear mini skirts, say, they're warmer. Yet I wear my puffy pink jacket, gloves, a cute hat, scarf, and I still get cold. Wow, that's amazing that these girls claim they're warm.

When asked about whether or not they cared what others thought, most girls responded, "As long as they're cute, who cares?"

A lot of the girls would wear long jean skirts, plaid, or corduroy skirts. Apparently those kinds of skirts aren't skimpy enough.

And really, what's the point of wearing a skirt with spandex Capri looking things? If you're going to wear a skirt, just wear the skirt.

Most girls don't even bother checking the weather before wearing their skirts.

Some of the girls said that they just put it on, and walk out. You're in school all day, and they're in school all day anyhow.

During the winter it takes someone who feels good about their body to wear such a garment that catches everyone's eyes, especially those of teen boys, who either have just made it through puberty, or are still going through it.

If you've got it, flaunt it, you don't have it, don't flaunt it. Was the attitude of most girls I talked with.

To that I ask: how is anyone supposed to know whether or not the have it? Is having 'it' having a skinny body with tan legs, or just being average? And why should someone have to decide whether or not they have something to flaunt before school when they're getting dressed?

"I believe girls want to get attention so much that they'll freeze to show off their waxed, fake and bake legs..."

On the other side of the spectrum, girls who wear these skirts believe that just because its cold doesn't mean they should have to cover up. To that, I say, "Didn't your mama teach you anything?"

Living in Minnesota, the wind chill factor should always be taken into consideration.

"I'm worried about their knees freezing. It's really cold, and frozen skin can't be repaired," said Mr. Lewis, meteorology teacher. Lewis also stresses the importance of covering your legs in the cold weather.

Back in the day, my grandma was forced to wear dresses or skirts (long ones) to school, even in the winter, and she hated it. Since the women's rights movement, girls no longer have to wear skirts in the cold, but they still choose to. Don't they care about the women who fought for their daughters and granddaughters to be able to wear pants or jeans to stay warm? Its like women have fought for so much, and now they're neglecting the privileges they have, and moving women back to the days when there was no choice to wear pants and be warm.

Wearing skirts in the right time (warm weather) is just fine, but when it's cold the skirt wearing should be put on hold.

I think all the teens who decide to wear 'skimpy' clothing should really be recognized for who you are, not what you wear. Make a statement that would leave a lasting impression about you in a good way.

"People can stare if they want, I don't care," said Zeihl, FLHS senior.

When we as teen girls and young women dress to impress, we don't realize that most of the time we do not impress the person(s) we want. Wearing miniskirts will get attention of any dirty old man, and this is what you must realize. It's not just people your age looking at you, it's people your dad's and grandpa's age too. In fact it's mostly them.

My question to winter mini-skirt wearers, "Why not leave something to the imagination?"

When you wear such skimpy clothing, especially in the winter time, you're leaving nothing for people to imagine, because they're seeing it all, while they should be worried about learning.

My suggestion is to trade in your summer time mini-skirt for some booty jeans (jeans that make your butt look cute) or take the consequences of nasty looks, and remarks like, "Hey did you check the weather today? The high is 20 degrees, what were you thinking?"

Lowdown on the Les

by Tash Thompson

Sex, drugs, rock 'n' roll, and Les Pauls. The Les Paul has been a sly fox in rock n roll since the days of Jimmy Page and Joe Perry. Through its years in rock, the Les Paul has become more of a mysterious light that draws its listeners, much like how the One Ring draws its possessors. The Les Paul has captured many with its beautiful song.

The History

The birth of the Les Paul started when Les Paul himself recommended the idea of a solid body guitar to Gibson guitars in 1946. However, Gibson rejected the idea because they did not yet see a market for a solid body guitar.

In Les Paul's version, he had the final say on every aspect of design for the guitar. However, this version does not line up with how later Gibson had the trapeze tailpiece installed incorrectly.

Nevertheless, in 1952, the Les Paul guitar was born. The first Les Paul was a Gold Top, which had a maple top and a mahogany body, without a serial number. The Gold Top's original color was a nitro-cellulose lacquer finish that contained bronze. Over time, and with wear, the coat developed a sort of greenish color as a result of the bronze being oxidized.

In 1954, the Les Paul Custom and Junior were released. The Custom had an ebony fret board (instead of the rosewood) had a more elaborate guitar body and headstock, and a black finish. The 1954 Les Paul became known as the "Black Beauty" by many of its players. The Black Beauty was the first guitar fitted with the tune-o-matic bridge. It also was fitted with a P90 or Alnico pick-up that was made of aluminum, nickel, and cobalt, in the bridge position.

The Junior Les Paul is a smaller version of the Les Paul with a flat, un-carved mahogany body that had no binding. It had a single Alnico pick-up and the wrap-around combined bridge and tail piece.

The Les Paul was the first guitar to proudly wear the noise-canceling humbucker pick-ups. The humbuckers were first known as PAF for "Patent Applied For." Even after Gibson received the patent for the humbucker pick-up, they continued to call the pick-ups PAF's.

Gibson continues to improve and add more Les Pauls to their collection.

Purchasing a Les Paul

When buying a Les Paul, there are a few things to keep in mind.

Before going out to buy a Les Paul, know your budget. Les Pauls are not cheap. The

suggested retail price for a Les Paul starts at \$798 for a Melody Maker and goes up to \$4,718. However, dealers usually mark down from the suggested price. Dealers' prices may be as low as \$530 for the Melody Maker. Dealers also can sell Custom Les Pauls, which tend to cost a bit more. The Custom models start at \$2,999 for a Custom Shop Les Paul Custom, and go up to \$5,999 for the Jimmy Page Custom Authentic Les Paul. Les Pauls are good quality guitars and hardly ever need any repairs.

If and when you decide that you want to buy a Gibson Les Paul, look online <http://gibson.com> for an authorized Gibson Les Paul dealer. Some dealers are Guitar Center, Musician's Friend, Samash, and American Musical Supply.

When you are looking for a Les Paul, or any other guitar, make sure you get a guitar that's comfortable to play. Some have slimmer necks. The slimmer necks are better for guitar players with smaller hands; it makes it easier to reach all the notes. Likewise, if a person with larger hands plays a guitar with too slim of a neck, they may get hand cramps from trying to make their hands smaller. Try out the guitars at the store. See which ones are most comfortable. Also, make sure you like the guitar's tone for the style that you want to play. Hard rock players may want a lower, more melodic tone, while classic rock players may want a lighter, more harmonic tone.

The Les Paul has mesmerized many with its beautiful song. Through its journey it has been a high quality guitar that has been perceived by many of its captured listeners and servants a well worth its cost. It has captured me many of times with its graceful song, and I am saving my pennies so I can one day become the proud owner of a Les Paul.

Celebrity-Status
Les Paul Guitar Players:

- Jimmy Page (Led Zeppelin)
- Joe Perry (Aerosmith)
- Slash (Guns n Roses)
- The Edge (U2)
- JJ French
- Eric Clapton
- Jerry Cantrell (Alice in Chains/solo)
- Dean DeLeo (Stone Temple Pilots)
- Pete Townshend (The Who)

Subwoofer basics

by Tash Thompson

Boom, boom, raddle, boom. Subwoofers are becoming more and more common in home stereo systems. So, how do these people get the big booms-what do they look for in a subwoofer? Home and car subs may be used somewhat differently, but there are some common aspects to look for in a sub.

Subwoofers are separate speakers especially designed to accommodate the lowest frequencies.

While shopping for a subwoofer, look for a sub that has high definition, and a low frequency definition. High definition can mean the difference between muddy, boomy, blurred bass sound and clear, detailed bass sound. Many subwoofers have a 25-30% distortion rating, which lacks clarity and detail. 5-1% distortion ratings are good to excellent ratings and have great clarity and detail.

A Subwoofer's main purpose is to output low-frequency sound. The lower the frequency response, the more you will feel the bass, rather than just hear it. True subs go down to 25Hz. However, the best subs will go below 20Hz.

For home theater systems, you should be aware of the size of the room that you are putting the subwoofer into. Also be aware of the difference between passive and powered subs. Front-firing, down-firing, and ports or passive

radiators on subwoofers, are good to know before purchasing.

Front-firing subwoofers have a speaker mounted so that the sound comes from the side or front of the sub, and a down-firing sub has the speaker so that the sound goes downward, towards the floor. If you live in an apartment, it may be a better idea to get a front-firing subwoofer.

Passive subwoofers need to have an external power source, like a stereo receiver or an amplifier. The receiver or amplifier must be able to significantly power the sub with out draining power from the main speakers or the tweeters. A powered subwoofer power itself.

The size of the room affects how well the subwoofer will work. The larger the room, the bigger the subwoofer should be, and the bigger the subwoofer is, the more power it will need. However, having too big of a subwoofer may make the bass sound muddy and distorted, rather than clear and detailed.

Subwoofers allow their listeners to feel the music or movie. There are many brands that may or may not meet their consumers' expectations. One brand that has remained high in quality is JBL. I recommend JBL because they'll kick your butt. They're often used onstage at live rock n roll concerts, very enjoyable subwoofers. Budum, budum, boom, budum.

Disclaimer: Anyone absent from school for driving lessons, is unexcused.

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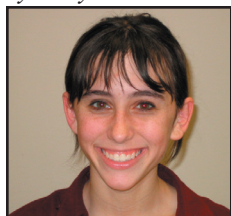


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Beneficial Candy?

by Abby Pooch



It's the classic movie scene; a girl freshly dumped, sits in front of the TV bawling her eyes out, drowning her misery in a box of chocolate. Many people don't know, however, that not only does chocolate make you feel better, it is actually healthy for you.

Chocolate, or *Theobroma cacao*, which means "Food of the Gods," was used very sparingly by ancient people. In some areas, only the king was allowed to have chocolate. It became so valuable that for a long time, chocolate beans were used in place of money. Nowadays, chocolate is no less valuable, as consumers spend seven billion dollars a year on it.

Many people claim that chocolate makes them feel better when they are sad. Some may think this idea is codswallop, but chocolate contains a chemical called phenylethylamine. This raises the heart rate, giving a person the feeling of being in love. Also, chocolate helps to release endorphins in your brain, which make you feel happy.

Most people don't know that chocolate has four times the antioxidants found in tea, which adds to its healthy value. Chocolate also helps to lower blood pressure and prevent clogging of arteries, thereby preventing heart attacks. Dark chocolate is full of antioxidants that help protect blood vessels, and prevent cancer. Cacao and chocolate are rich in minerals that



our bodies need, and it also contains nutrients such as calcium, potassium and key vitamins.

Chocolate is officially known as the "Most Craved Food" in the U. S. and by women world-wide. In the United States, each person eats about 12 pounds of chocolate per year.

Many people protest the eating of chocolate because they claim falsehoods. Some people give up eating chocolate to better their health. These people should rethink their decision.

Many people think chocolate causes acne break outs. This in itself is a falsehood. Medical studies the University of Pennsylvania have shown that in no way does chocolate, or any other food for that matter, cause someone to break out.

People also argue that too much chocolate can make you fat. This fact is undeniable.

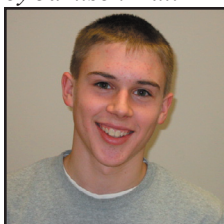
However, chocolate critics leave out the fact that too much of anything is bad for you. Too much water can lead to what is called *water intoxication* and can eventually cause a coma or death. Too much milk can cause bone spurs and calcium build-up which sometimes has to be treated with surgery. Too much chocolate can, truthfully, make you fat, but so can any number of things.

Weightwatchers.com extols the health benefits of chocolate. It says that if a person would eat two ounces of dark chocolate every day, they could enjoy the health benefits without suffering the caloric repercussions. So next time you feel sad, pick up some chocolate. It'll help you to feel better in body and mind.

Failing Spirit

Pep fests need drastic changes

by Jamison Hull



The main goal of people in activities is to be the best. This winter season, many Forest Lake athletes were involved in state tournaments that gave them the chance to do just that. The school tried to put on a pep fest to get the student body excited about the success of their peers. However, this attempt was a royal flop.

First, the student body didn't seem to care. A big portion of the student body didn't even show up. Most students spent the time talking to each other - and didn't even try to whisper. This was plain and simply an insult. There are of course a group of people who do care and showed their enthusiasm. To them I say thank you. You represent our school and community very well. But the overall apathy of the students at the pep fest was a poor reflection of our school and city spirit.

Second, communication broke down. Many teachers were not aware the pep fest was optional and it was difficult for the few teachers at the pep fest to control the large group of students. If the leaders of the school do not know what is going on then how can the students expected to follow?

Third, the point of a pep fest is to get people excited for what the students are doing

and to congratulate them for their success. A gym with a few chairs, a table with trophies, and a podium doesn't scream 'get excited'. With that said, I would like to suggest a few things that could make future pep fests more successful.

First, the school would have to completely commit itself to putting on a good pep fest. Putting on an *optional* pep fest during homeroom doesn't give the aura of excitement or that it matters. The Homecoming pep fest is in the afternoon, during class, and there are a lot of signs around. Kids are excited to go.

If the school really wants to put on a pep fest, they should ask student council to make signs, ask the danceline to perform, and/or get a student to lead the pep fest. The school could also make a photo collage like what they did for the Winter Wonder Week contestants. There are plenty of parents who take pictures at these events. Students participating in eating contests or trying to ski as a group would be other ideas. Whatever the activity, getting students involved is the only way to have a successful pep fest. Without student involvement, pep fests will continue to flop, and our school spirit will diminish even more.

The student athletes of this school work hard toward achieving their ultimate goal of being best in the state. If the school wants to congratulate them, they need to take steps towards planning a better-organized, fun and exciting pep fest.

Groovin' classy

Ballroom dance the new fad

by Melissa Monson



Ballroom dancing is not a new phenomenon. Due to the obscene dancing we have now, however, I see it as an appealing alternative. Ballroom dancing originated in the late-

18th and early 19th centuries in England. It was originally performed at various social events. There even were ballroom competitions, which became very popular in the 1920s. Interestingly, in 1995, the Olympic Committee gave ballroom dancing recognition, naming it a "dancesport." There is some speculation and probably hopes that it will one day become an Olympic sport.

I, for one, am a horrible dancer. I can see through my experiences how difficult learning to dance exceptionally well is. I think that you could easily justify making dancing an Olympic sport.

So why the history lesson? Well, shows such as *Dancing with the Stars* have helped revive this age old activity. This type of dancing, if you have ever seen it, is a lot different than the modern type of dancing you would see on a typical high school dance floor.

Now, we shake our booties a lot, rub against each other, and call it dancing. I admit I like to

dance and try my hardest to imitate the Beyonce booty-shake, but you have to admit that ballroom dancing looks much classier than Beyonce shaking her butt. And if we are insulting Beyonce, then I might as well point out almost every rap music video. the girls sport skimpy outfits and rub up against whoever is rapping. Hardly classy.

Another thing I'd like to mention is the media's influence on what people wear, say and do. I catch myself saying, "That's hot," thanks to Paris Hilton's signature phrase. The now popular gaucho pants or the Ipod infatuation could be blamed on the media as well. It seems people don't realize the effect the media has on the general public, whether it's clothing, technology or dancing. I recently read an article in *Seventeen* about the principal banning students

from dancing. The students moaned and claimed that grinding and such was just how they dance. But, think of it this way, would you dance that way in front of your parents or grandparents? The expression, "If you could only see yourself," could probably be applied here.

There is nothing wrong with getting your groove on, but try to groove more and grind less at Prom this year. Try ballroom dancing or any other type of the Tango or Foxtrot. If you swing, swing, swing; swing your partner like Jerry Rice, you'll be the talk of the



Different Tastes

Prospects brings options to the menu

by Ben Fick



Prospects, the newest addition to the Scandia Plaza, offers a relatively wide selection of starters, salads, soups, sandwiches and entrees.

"Finally there's somewhere to eat in Scandia besides Meister's or the Pizza Place," said senior Jamison Hull. "Not that those aren't good places to eat, but we need variety."

Prospects was built during the late summer and fall of 2005. It opened shortly after the new year and recruited several employee positions for cooks, servers, dishwashers and bussers.

"I was trying to get a job as one of the cooks because it would be closer to home than my current job at Norman Quacks," said senior Matt Schlinker, a Prospects employee.

The best starters are the breaded mushrooms or the breaded jalapeno poppers filled with rich cream cheese - both are served with ranch dressing. The sampler platter is always a good option because it offers a taste of any three of the nine starters available.

On the lighter side, the chicken parmesan

is different from most restaurants because it features black olives and crisp Romaine lettuce. A soup of the day is always offered; however, the chili is delicious and always the best choice for those looking to buffer their protein intake.

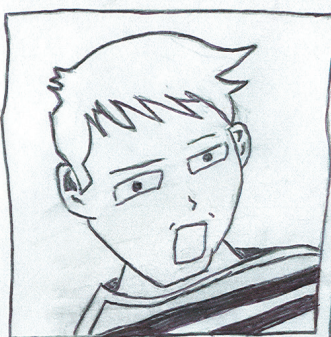
I enjoyed the taste of the Rachel sandwich, a twist on the Reuben because the corned beef is replaced with turkey. This option, in addition to the rest of the lunch time selection, is tasty and items range in price from \$5.25-\$7.50. The steak sandwich and the roast beef are a close second and third to the Rachel.

For dinner, the grilled salmon and the Alaskan cod expose themselves as the most nutritious choices. The superb taste of the Prospect Steak and the Fajita throttle them to the top of the taste awards, however. The Prospect Steak features a 12 oz. char-broiled rib eye that leaves no question as to the size of the cattle it came from. It carries the highest price tag on the menu at \$15.99.

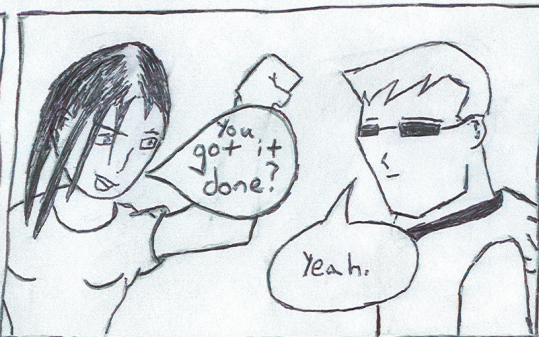
Prospects is open from Sunday through Wednesday at 10:30 a.m.-12 p.m. and Thursday through Saturday at 10:30 a.m.-1 a.m. Stop by and experience the newest taste in Scandia - you won't be disappointed.

BIT O' BREEZE

by Carl Magnuson



You come to class a few minutes early, well-rested, eager to begin the learning process. Suddenly, you realize you forgot to do your term paper!



You look around and, in disbelief, find everyone's done with theirs, ready to hand in. You feel alone and you're can't believe you'd be so forgetful. You begin to worry about what effect it'll have on your grade.



...but, your worries fizzle when you see a disgruntled middle-aged man in the doorway. The legendary substitute teacher has saved the day again! You get one more one more day to procrastinate...

Behind the scenes

by Katie Walker

While the majority of Forest Lake High (FLHS) students are just beginning their plans for prom, there is a select group of juniors who begin planning as early as fall. Prom is on their mind all the time and they know everything ahead of time. Now you have the chance to know ahead of time too.

Juniors plan the dance for seniors, because seniors have too much to worry about during their senior year.

Prom committee advisors include Mr. Brad Ward, and Mr. Brude Levanthal. According to them, the students on prom committee are reaching a consensus much faster than last year.

“That could be completely different today,” said Ward, regarding reaching a consensus.

Prom is solely funded on ticket sales, so there’s much predicting to do. This could be the reason two science teachers advise the committee.

“Tickets will be \$50 – 60 per couple,” said Ward.

Ticket sales are determined after décor price estimates. After a meeting with the decorator, the decorations are decided. Decorations are picked from various prom catalogs. The ticket money also goes to security, chaperones, entertainment, and snacks. According to Ward, in the end, the whole deal costs \$ 15,000 – 17,000.

“We can never precisely predict [ticket costs],” said Ward, “It depends on how much everything costs”

The prom committee needs a bit of a buffer when it comes to a budget, seeing as the ticket sales change from year to year. They usually sell about 800 tickets, so that’s what they base their estimates on.

According to junior committee member, Amanda McGowan, prom will be elegant this year.

“All the elegant dresses are in style now,

so we’re going with what’s in style,” said McGowan.

When it comes to prom décor, some people want fun, and some people want romantic.

“I’m trying to impose a romantic night for couples and for singles, a big fun party with friends,” said McGowan.

The goals of the prom committee are to get everyone’s voice heard, have a mix of both fun and romance, and to have a variety of music play throughout the night.

This year’s theme is “Here’s to the Night,” based off a song by Eve 6. The décor colors chosen after much discussion and deliberation are: scarlet (a dark red, but not maroon) and silver.

The majority vote from prom committee is that “there will be a better DJ than last year,” and one of the girls, Kristi House, FLHS junior, may get a DJ that she has seen at her sisters wedding, who played a variety of music.

This year there’s another new twist to prom committee, the voice of a male student.

Jeremy Koshiol, FLHS junior, enjoys his role as the only male on the prom committee.

“It’s the best thing in the world,” said Koshiol, “They’re always looking for someone with a male input. Plus, I don’t have to pay for a ticket, and my date’s ticket.”

The prom committee is looking forward to seeing their planning in action.

“After a lot of hard work, it’s going to be a night to remember,” said House, Teresa Mitsch, and Tina Chamberlin, all FLHS juniors and members of prom committee.

The only con to planning for prom is that the committee can’t impress everyone, and all who attend won’t approve. McGowan, however looks on the bright side.

“Just have fun. It’s prom night,” said McGowan.

Planning



What do I wear?!

by Maya Bryn

There is one necessity at the top of every girl’s list when planning for prom. The dress: the one article that girls spend the most money on and the most time searching for. This can be tedious

and stressful, but finding that “perfect dress” is all worth it in the end. There are, however, a few things to consider when dress shopping.

The first step towards finding the perfect dress for you is deciding your body shape, are you tall and thin, petite or full figured? Each body type has corresponding styles and cuts that will help hide the flaws and emphasize your best features. The perfect dress will be formed to flatter your figure. Here is a chart to help you find your best silhouette.



Now, if you’re wondering what some of the styles listed look like, here is a description of them and some their benefits. A sheath dress is usually a form-fitting silhouette. It has a hem-line that is mid-calf or shorter and it adds height by showing off the legs as well as gives emphasis to well toned curves and figures.

An empire dress has a waist line that is raised above the natural waistline, sometimes as high as right below the bust. These dresses are often form-fitting.



If you desire an A-line dress, look for a dress that is wider towards the bottom and gently becomes narrow at the top. This pattern should form the shape of an A. This works for disguising bottom heavy figures.

The traditional ball gown is perfect for the true princess. This gown has a fitted waist that continues down into a very full skirt. If you haven’t seen one before, think Cinderella.

Keeping your body type in mind, have fun frolicking through the malls with your friends, or searching the internet for the one dress that beats the rest and makes you shine like diamonds.



The Condensed 411

Pictures

While some do basic, traditional couple pictures, some do buddy pictures too. Feel free to do either one. A basic package ranges from \$20-80. Dance attendees have the chance to take pictures with a professional photographer during the Grand March, and the first half of the dance.

Dining

You will receive a restaurant guide with your tickets, but if you’re planning on a budget, check the restaurants menu online. The Grand March lasts about an hour. You have about 1.5 hours to leave, eat, and get back to the dance.

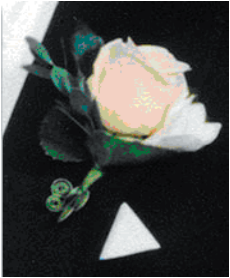
Dates to Remember

Prom – April 29

Grand March begins at 6:30pm

* TIP: get there early, to get out early, and/or to get a ‘good’ spot in line

Dance begins at 8:30 pm and lasts until 11:30 pm



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the Perfect Prom

Dining dilemma?

Many choices offered in St. Paul area

by Ben Fick
Everyone knows what they’re going to wear to Prom. All of the tuxedos have been rented and the girls can’t stop explaining the intricate design of their dresses. One last item must be addressed before actually heading to prom. That item, of course, is dinner.

The best idea is to get a reservation for dinner at least two weeks in advance. This way, the restaurant can prepare for the party and give a rough estimate of how busy they will be on that night. The earlier you call the better. Some restaurants are extremely popular on a regular basis, especially on Saturday nights. When calling a restaurant to reserve dinner there are going to be several things you’ll need to know.

Things to Know When Making Reservation

First, the size of the party having dinner that night. Sometimes the restaurant will have special rooms reserved for large parties and booths for couples. These may or may not be available at an extra fee. Second, if there are any specific foods that you would like to eat or avoid on that night. Special dinner items or entrees are not available all of the time. For example, if you or your date desire steak, lobster, salmon or other exotic seafood or meats, the restaurant can prepare them fresh. Last, of course, the restaurant will require a name and phone number to call back if any changes need to be made.

So, where is there to eat? Downtown St. Paul is full of exquisite diners for all different tastes. Fhima’s, located on 6th Street, is a French Mediterranean restaurant offering a



large variety of foods from burgers and pizzas to lamb and bouillabaisse and other items that can’t be pronounced. The most expensive menu item is around \$34. Kincaid’s is a fish and steak house located on St. Peter Street. Although very expensive, it offers excellent atmosphere and

delicious food and is fun for a night when everyone is dressed to thenines. For believable prices and good service, the Old Spaghetti Factory, Cosseta’s and Cafe Latte are all good choices.

The Spaghetti Factory, however, does not take reservations.

“Last year I went to the Old Spaghetti Factory before prom. It was good and the prices weren’t outrageous,” said senior Ted Steiner.

“When food is too expensive, it takes away from the experience at the restaurant,” said sophomore Roman Morris.

Some of the places to have the most fun at dinner happen to be the restaurants that have yet to be discovered on a large scale. Both Grand and University Avenue are lined with Mexican, Chinese, French, Italian, Thai, and other culturally delicious restaurants.

“Grand Thai is one of the coolest restaurants in St. Paul,” said Junior Zach Clark. “The curry is unbeatable and spicy enough for my taste.”

Whether with a group of friends or just a couple, prom dinner should be a memorable and exciting experience. If all goes well, it will set the tone for the rest of this special evening.

Top Ten Tunes

Fifty students were polled about which song they would prefer for the 2006 prom theme song. The song preferred by these students is “Here’s To the Night.”

Song Titles	# of People
I Will Remember You by Sarah McLachlan	8
Still the One by Shania Twain	6
Waiting for Tonight by Jennifer Lopez	2
Only Time by Enya	1
A Moment Like This by Kelly Clarkson	9
Anytime You Need a Friend by Mariah Carey	0
A Whole New World from Aladdin	10
Anytime by Brian Mcknight	3
Can’t Take My Eyes Off of You by Frankie Valli	3
Other	8



Transit trepidation?

by Brandon Anderson

There are several decisions to be made when going to prom. One of these decisions is figuring out how to get there. Choosing the right mode of transportation can make the night even better.

The Car

One way of getting there would be driving your prom date in your car. This technique has been used for several years and probably is the most common way of getting to prom. Some choose to drive their own car and some may borrow their nicer parents’ car. Either one is always a good, safe choice to get to your prom.

The Limo

Another fun way to get to prom is taking a limosine. This way you can take your date to prom in style and can even bring your friends and their dates along with you. There are limos of all sizes available to rent at the various rental places around the area. Lee’s Limousines in Wyoming offers several for rental. They have limos that fit six to twenty-two people. The limos are prices at an hourly rate.



The Van

Another cool way to get to prom is to rent a van. Most car rental companies rent out 15- passenger vans. A family member or professional driver could chauffeur you and your friends throughout the night. Some rental companies also rent small buses or vans with a driver. These vehicles can hold from 14 to 30 people. This may not be as elegant, but is economical.

The Horse and Buggy

If you’re in no hurry to get to prom, or want to start earlier, the horse and buggy option is for you. With a blazing average speed of 7 miles per hour, this option is out of the question for prom sites that are too far away. The horse and buggy only works if you have a short ride to prom. This option also takes a lot of planning and can be very expensive. However you decide to get to prom this year make it a safe trip. There are several options out there and be sure to pick the one that’s best for you.

So you want to rent a limo?

These are some prices as listed on Lee’s Limo’s homepage. Prom Prices are subject to change. For most up-to-date prices, check out www.leeslimo.com or call (651) 462-5466.

SIZE	TIME	COST
6-passenger	4 hrs.	\$125 (\$475)
	“ split	\$125 (\$600)
	5 hrs.	\$85 (\$510)
	“ split	\$110 (\$660)
10 -passenger	4 hrs.	\$135 (\$648)
	“ split	\$150 (\$720)
	5 hrs.	\$125 (\$750)
	“ split	\$140 (\$840)
18-passenger SUV	4 hrs.	\$210 (\$1,008)
	5 hrs.	\$190 (\$1,140)



Stretch SUV
Fits 18
passengers
comfortably

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Your Beauty!**
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3-7 PM

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A&E

She's the Man opens tonight

Meet and greet the cast

by Katie Walker and Melissa Monson

When the stars from *She's the Man* (to be released today) came to the Bloomington Hilton, *the Breeze* staff got the insider's scoop. The actors at the press conference were Amanda Bynes (Viola/Sebastian), Channing Tatum (Duke), Laura Ramsey (Olivia), and Robert Hoffman (Justin).

She's the Man is based on Shakespeare's play, *Twelfth Night*, but the language is more modern. Since it's set in a high school, the younger audience can relate to it more. In order to prepare for their roles, the cast got together and watched *Twelfth Night* and *Tootsie*. The entire cast also received a copy of the play, but not all of them read it due to time constraints.

Amanda Bynes and Channing Tatum

Amanda Bynes gets to pose as a male soccer playing high school student, which means she got to go into the male lockerroom.

"I got to live out everygirl's dream," said Bynes, "As an actress it was great."

The filming took 3 months, with 12 hour days, including their 3 week soccer training. Tatum played on his high school soccer team, but not at the level in the movie. Since Tatum had previous soccer experience he didn't have a stunt double, to do stunts like the bicycle kick (which is in the movie).

"I got to learn how to play soccer at another level, and I got to do things you'd never be able to do in real life," said Tatum.

Some people may recognize Tatum from modeling for Abercrombie and Fitch and Armani, but he transitioned from a model to actor.

"I like acting better," said Tatum, "Modeling is fun, [but] acting is by far the job of [my] dreams. You can't compare that [acting] to posing for a picture."

Both Bynes and Tatum commented that they had to run back and forth, which became quite exhausting. They had four minute games, continuously sprinting, which required a lot of endurance. Tatum and others kept kicking the ball to Bynes, because she had to be seen with

Idol talk

by Josh Nelson

In America's favorite reality show, *American Idol*, it's down to crunch time once again. Everyone is fighting to be the next Ruben Studdard or Kelly Clarkson, trying to win the contest for the singing contract. Tryouts are over, the weak competition has been eliminated and the final 16, eight men and eight women, have been decided.

Every Tuesday night is ladies night where the ladies have their singing, every Wednesday night is men's night, when it is the men's turn to sing. Then comes Thursday, the cut down day where fans vote from there cell phones to make the elimination each week. Who will be the next victim? Watch *American Idol* each week at 7pm on FOX. For more information, log onto idolonfox.com.



From left to right: Robert Hoffman, Amanda Bynes, Laura Ramsey, and Channing Tatum. photos by Katie Walker

the ball a lot.

"Everyone would throw [kick] the ball to me," said Bynes.

"[After a while] she would tell us to stop giving her the ball," said Tatum.

The main message of the movie:

Viola falls in love with Duke because he's honest with her when she's pretending to be Sebastian, and Olivia is in love with Sebastian, who's really Viola, for being himself. (It's a lot less confusing if you see the movie.)

"You have to be yourself. Why be with someone who doesn't like you for who you are. Girls want guys who can be like a dork," said Bynes.

"Be true to yourself, and accept people," said Tatum.

The next two actors that came to the conference were: Laura Ramsey and Robert Hoffman.

It's always surprising that stars come from all over, even though they live in Hollywood and Los Angeles now. Ramsey was born and raised in Wisconsin, while Hoffman is from Alabama. Ramsey moved to Hollywood in the hopes of getting discovered. After a year of waitressing, a person she happened to serve was an agent, who asked her to come and read for her.

Ramsey is newer to movies but started out on television (TV). She starred in *The Days*, and TV helped her branch out into movies.

"I got a lot of experience on TV, learning to hit your mark [the mark you stand on for the shot],"said Ramsey, "I'm so glad that opened the door for movies."

Hoffman didn't say much, while we talked with them, but he did talk about his other projects, mostly with comedy. He commented on improv versus scripted, since he is in the MTV show *Wild'N' Out*.

"I think I did it up on instant comedy. I like them equally, one's more fun and one's more rewarding," said Hoffman.

Now that you know the scoop on the four main characters of the movie, maybe you'll want to go see it tonight.

The Sweet 16

- Ayla Brown, 17, Wrentham, MA
- Katharine McPhee, 21, LA., CA
- Kellie Pickler, 19, Albermarle, NC
- Kinnik Sky, 28, Duluth, GA
- Lisa Tucker, 16, Anaheim, CA
- Mandisa, 29, Antioch, TN
- Melissa McGhee, 21,Tampa Bay, FL
- Paris Bennett, 17, Fayetteville, GA
- Ace Young, 25, Denver, CO
- Bucky Covington, 28, Rocking., NC
- Chris Daughtry, 26, McLeansv., NC
- Elliot Yamin, 27, Richmond, VA
- Gedeon McKinney, 17,Memphis, TN
- Kevin Covais, 16, Lewittown, NY
- Taylor Hicks, 29, Birmingham, AL
- Will Makar, 17, The Woodlands

NOTE: When we went to press, this was current. However, as you read this, the number of contestants will have been narrowed down to twelve on Wednesday.

All about the movie...

by Melissa Monson

We all know what it feels like to want something so bad, that you'll do anything to attain it. Well, in Amanda Bynes' new movie, *She's the Man*, Viola Hastings can attest to this, since she poses as her twin brother Sebastian, while he's away in London, to be able to play soccer. Her school, Cornwall, cut the girl's soccer team, but not the boy's team, and her boyfriend, Justin(Robert Hoffman) is the captain, who refuses to stand up for her and her protest. So, Viola had two reasons to pose as Sebastian, to be able to play soccer and to be able to beat her now ex-boyfriend, Justin. Of course, when a girl poses as a boy, hilarity ensues. In my opinion, one of the funniest parts is when Viola, pretending to be Sebastian, is trying to earn some of the guy's respect. Viola calls her girlfriends and gets them to pretend that they all want Sebastian. Meanwhile, all the guys are watching girls hang all over him, which makes Sebastian very popular.

I love the movie's tagline, which sums up the gist of it well. "Duke wants Olivia [Laura Ramsey], who likes Sebastian[,] who is really Viola[,] whose brother is dating Monique [Alex Breckenridge], so she hates Olivia[,] who's

with Duke to make Sebastian jealous[,] who is really Viola[,] who's crushing on Duke[,] who thinks she's a guy." The confusion of teenage love spelled out.

While this would be deemed as a romantic-comedy, I think it is more comedy than romance. I laughed harder during this movie than I have at a movie for a really long time. I think this is the type of chick-flick that guys will actually like. Amanda Bynes shined brightly for all to see with her great comic skills.

Both genders will be pleased with this movie in the fact that they both have someone to pine over Viola, Monique or Olivia are good choices for the guys. Then, Duke and Justin are the eye candy for the girls to go gaga over.

I won't tell you about any more of the funny parts in the movie because I don't want to ruin it for you. So, let me just leave you with this; go see this movie. It's a good choice for this weekend or during spring break when you're oh so bored during a Monday afternoon. The movie opens tonight in theaters everywhere.



Here's me waiting for the cast to arrive at the Hilton.

Who's coming to town

by Tash Thompson

March

17	7pm	Dream Theater	State Theater	All Ages	\$32.50-42.50
19	4pm	Taste of Chaos	Roy Wilkins	All Ages	\$28
19	7:30pm	Donald Fagen	State Theater	All Ages	\$42-62
22	5:30pm	Sevendust	Myth	All Ages	\$20
22	8pm	Anna Nalick	Fine Line	18+	\$16.50
24	5pm	Cheap Trick	Myth	18+	\$32.50-37.50
26	7:30pm	Queen + Paul Rogers	Xcel Center	All Ages	\$39.50-\$200
27	7pm	James Blunt	State Theater	All Ages	Sold Out

April

1	6pm	Korn	Target Center	All Ages	\$37.75
3	6:30pm	Sean Paul	Quest	All Ages	\$25-30
6	7pm	Ub40	Myth	18+	\$32.50
8	5pm	30 Seconds to Mars	Quest	All Ages	\$13-15
9	8pm	Buckethead	Cabooze	18+	\$15
11	7:30pm	The Strokes	Orpheum	All Ages	\$28
12	7:30pm	Train	State Theater	All Ages	\$32.50-37.50
13	7:30pm	Kid Rock	Xcel Center	All Ages	\$35
14	5pm	Rob Zombie	Myth	All Ages	Sold Out
14	6:30pm	Fall Out Boy	Xcel Center	All Ages	\$28.50
15	6pm	Morbid Angel	Star Central	18+	\$20-25
20	7:30pm	Death Cab For Cutie	Northrop Audit.	All Ages	Sold Out
29	8pm	R. Kelly	Orpheum	All Ages	\$48.50-78.50

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Spring Break Special

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Spring Fashion is here

by Maya Bryn and Katie Walker

Oh, the weather outside is soon to be delightful, and last year’s spring wardrobe is frightful. Let’s face it, spring fashion is here, and the colors most seen this season are the gold, champagne, bronze and neutral tones. Black is back and new again, but black is a color that will never go out of style. This is a time to be simple and lighten up. For spring 2006, the classic colors will always be appealing on those bright, happy, clear-sky days, but darkness lurks as well. The gloomy colors have metallic fabrics added to them, rather than last year’s more flashy bold colors. The trick is to find the color that accentuates your best traits. Regardless of your fashion season (see list), you can find something to look good in. Neutral colors do a great job of hiding ‘love handles’. Colors like champagne can look great if it matches your features. Coordination is always the key.

Gals

Long and silky shirts are back, but with a twist. Now designers provide a matching ribbon or belt. For example, Donna Karan’s spring line has included this style. This look accentuates the natural waist line, which is more feminine, and she creates this look without being too girly. From shirts to dresses, the look of Donna Karan’s collection is chic. It’s almost a parody of New York fashion: Little black dresses, black blazers and black slacks, all impeccably tailored for a sleek silhouette. This primary line gives basic black a new meaning, gives off a feeling of classiness and helps people see “black as the new black”, which is what this whole season is about.

The fast growing trend of romantic blouses has flourished this spring. Look sophisticated and fresh with the airiness of a woven top. These shirts include clean lines and bring back the many shades of white to the fashion world. Blouses don’t have to contain large frills and tons of material. You can look elegant in a blouse that has a hint of Victorian lace, crochet or small ruffles. The best thing to wear with them is sleek, dark jeans or a pencil skirt. Capri’s are also changing this spring. The new Capri style will be just below the knee. This allows more leg to show and looks great with heels. Any outfit wouldn’t be complete without the proper foot attire. This season is recreating the funkadelic “sole” of the 60’s and 70’s. Yes, the wedges and the platform. A few studs, a colorful printed heel and maybe even a little sparkle on the straps are variations. The styles range from ballet wedges to peep-toe pumps, coming in many different colors and heights.

Couch potato guide

New TV shows begin this spring

by Brandon Anderson

As the winter season is coming to an end, there are some new T.V. shows just beginning. *Free Ride* premiered on FOX on March 1. It shows Sundays at 9:30 p.m. A comedy about a college grad who moves back home with his parents in Missouri. He finds life is not how he left it and deals with his life changes. *Blade* is a sci-fi series, based on the *Blade* films, that will premier June 1 on Spike TV. It follows the character of Dhampir Blade (Kirk Jones) who is half human-half vampire and is on a mission to discover the hidden vampire society. *Breaking the Band* is an reality series on E! that premieres May 1. It’s about breaking into the music business on the journey to becoming a superstar. A new drama series that premiered on NBC on March 3 is *Conviction*. This is a legal drama from Dick Wolf that focuses on young New York attorneys as they struggle with demanding caseloads that challenge their lack of experience. *The Evidence* premieres March 22 on ABC. It is an hour-long show on Wed. at 10 p.m. It is *CSI* and *Law and Order* with a twist. All of the evidence is presented at the beginning of each episode, and they go back in time so the

Today, the 70s queen shoes are more modern and a less outrageous. The most popular jewelry this season are the pieces with an exotic flavor and a mysterious, personal feel.

Guys

Don’t think you’re out of the fashion loop, guys. Neutrals are great for you too. For example, try wearing tan pants with a tight white undershirt, and a nice brown jacket. Baggy is just out of here - it’s no longer a cool style. Instead of three or four sizes too big, just try one size larger, or wear the right size. You have to find the right brand that fits you best. Khaki cargo pants work well, but you must compliment them. Try various shades of tans or brown shirts. For spring, a pair of tan or jean shorts, just below the knee, are both comfortable and practical. Birkenstocks seem like they’re making a big comeback this year with neutral colors. If you don’t like sandals, get some tennis shoes that look good with shorts. (Ladies can tell when you’re wearing the same old winter shoes from two years ago.) Investing in a good pair of shoes will benefit yourself, especially if you do just wear one pair per season. Don’t be afraid to mix it up. So, this spring, let the crisp wind flow through your hair as well as your clothes. With so many light, airy styles to choose from, being in style shouldn’t be very hard on you or your checkbook.

Pictures courtesy of google search: Spring fashion

- • • • •
- **Fashion Seasons:**
- **Spring/Summer:**
- Blonde hair, fair skin.
- **Looks good in:**
- pale yellows, light pinks,
- **Try:** Incorporating neutrals with
- pink and yellow, including various
- shades of tan, beige, and black.
- • • • •
- **Autumn:** Red hair with pale skin.
- **Looks good in:** The right shade
- of oranges, browns, and possible
- tans. ...This spring will be good for
- you; neutral colors are in style.
- • • • •
- **Winter:** Dark hair, dark eyes,
- various skin tones.
- **Looks good in:** Wearing browns
- and gold tones that bring out your
- eyes.
- People may finally realize that
- brown eyes are as pretty as
- blue. This spring is your time
- to shine.
- • • • •

Been there, done that

16 Blocks is typical Willis action movie

by Tyler Scanlan

16 Blocks is an intense and very well acted humanistic action movie about a depressed cop and energetic prisoner facing their demons. The movie is very well done, but gives a feeling of been there, done that. The movie revolves around three characters, all of which are interesting and extremely well acted. Bruce Willis (*Sin City*) stars as Jack Mosley, a cop who stopped caring about his job and himself a long time ago. Mosley is the anti-cop and is chubby, balding, constantly sweating and resorts to alcohol to get through the day. The prisoner Eddie Bunker is played by rapper turned actor Mos Def (*The Italian Job*) who is always enjoyable in his roles and really brings his Bruce Willis and Mos Def character to life. Bunker has a quick wit and is full of life making Mosely and him an interesting team. The third character is the bad guy, who is actually a cop, Frank Nugent acted by David Morse (*Proof of Life*). Morse brings a fiery passion and relentless drive to Nugent making him the perfect villain to Mosley’s jaded hero.

The story follows Mosley through part of a tiring night shift. At the end, he gets stuck having to transfer a prisoner (Bunker) to his court hearing 16 blocks away. Mosley decides to stop at the liquor store on the way. Meanwhile a man attacks Bunker in the car, Mosley manages to gun him down, and this sets forward one of the film’s many nerve rattling chase scenes. It turns out Bunker is a witness to a crime in which Nugent and much of the police force was involved. Nugent wants to eliminate any evidence against them, which involves getting

Cartoons’ development

By Carl Magnuson

Growing up, Saturday morning was the highlight of many a child’s week because some channels showed the unthinkable: four straight hours of cartoons. Children that normally would have a hard time rolling out of bed on a school day sprang forth from the covers to watch their favorite characters and their many adventures. Animation has grown to span many forms of media and has had a lasting effect on audiences across the globe.

The Early Years

Cartoons started being entertaining because they were funny. Disney ruled with Mickey Mouse and Donald Duck. Warner Brothers and Merrie Melodies also created a viewer-ship with Bugs Bunny and other Looney characters. Mickey Mouse first starred in *Steamboat Willie* which aired in 1928, and Bugs Bunny showed up in 1940. Warner Bros. later created Merrie Melodies in 1931, a collection of short, one-shot cartoons. From 1930 to 1940, Disney won 8 Academy Awards for such shorts as *The Three Little Pigs*. Meanwhile, Warner Bros. colored their cartoons.

The ‘60s and ‘70s

While America enjoyed the adventures of such characters as *Yogi Bear*, *Betty Boop*, and *The Flintstones*, Japanese animator Osamu Tezuka created *Astro Boy* (a feature length movie that eventually spawned a television series) and thus started the craze known as anime. Following *Astro Boy*, Japan released memorable shows such as *Mach Gogogo* (*Speed Racer*) and *Space Patrol*. Meanwhile, Warner Bros. left the business in 1961, leaving Disney to create such classics as *101 Dalmatians*, *Winnie the Pooh*, and *The Jungle Book*. Amidst this mild success for Disney, television was blessed by the coming of *Scooby Doo*. Television also saw the beginning of *The Jetsons* and the revival of super heroes in cartoons with *Spider-man*, *Batman and Robin* and *Superman*.

rid of Bunker. Mosley decides that it is wrong, and he and Bunker spend the rest of the film on the run from Nugent and his law-breaking cop buddies, while trying to keep their court appointment. Mosley and Bunker continue to reveal more about themselves throughout, making for interesting characters and an unlikely partnership.



All three of the actors nail their characters down and fly through the film with great emotional sharpness. There are a few moments in the film that really shine in which Mosley and Nugent are in stand-offs. In these scenes the characters throw around some excellent jargon and really build up their odd situation of being ex-partners, friends and now enemies trying to kill each other.

The film is shot in a gritty and stale-colored fashion that fits the film well. Bunker has many irregularities that act as relief for the intensity of the film. For the role of Bunker, Def has created a specific voice which is funny and original, but at times can be irritating and leave you wishing he would shut up.

The story of the film is original and has some solid twists. Unfortunately the film’s ideas are very familiar and the results of the twists have been seen. The film’s concept is pretty pedestrian, but does lead to some great situations, like the stand-off moments or the extremely dramatic bus scene. *16 Blocks* is a good action thriller far an entertaining diversion for a couple of hours. If you like good acting in gritty cop flicks check out *16 Blocks* because it will be right up your ally. 3.5 out of 5

At this point, cartoons had a hold on many forms of media and began to take hold of the famed Saturday morning slot.

The ‘80s and ‘90s

It wasn’t until the ‘80s that Disney released their movies on home video. Along with this revelation came *Beauty and the Beast*, an entire cable channel, and the computer animated *Toy Story*. During this revival of success, Warner Bros. started up again with Steven Spielberg’s *The Animaniacs* on TV. Pixar Studios’ widened the use of computer generation in *Star Trek II: The Wrath of Khan*, and *Stuart Little*. Japan had its greatest motion picture success of all time with Hayao Miyazaki’s *Princess Mononoke* in 1999 which widened America’s fascination with anime.

Into the 90’s. cartoons weren’t left to children anymore. Animation on television saw risky shows like *The Simpsons*, *Ren and Stimpy*, and *South Park*. Children were pleased by the creation of The Cartoon Network and wowed by the coming of *The Teenage Mutant Ninja Turtles*. The ‘90s changed animation and its content in ways Walt Disney could never have imagined.

Cartoons of Today

So far in the 21st century, there haven’t been as many changes that have shaken animation. Most notably is the coming of Adult Swim on the cartoon network, a simple compilation of popular anime and a few grown-up American shows. Shows like *Family Guy*, *Futurama*, and *Aqua Teen Hunger Force* have dominated the once anime-drenched Adult Swim. Anime, however, has retaliated through a less conventional means: straight-to-DVD episodes. One of the newer fads for animation is collecting entire seasons of cartoons on DVD, both American and Japanese.

Things have definitely changed for cartoons, but the classics are still around, and some of the newer cartoons retain some of the simple pleasures Disney and Warner Bros. made popular at the beginning.

ACTIVITIES

PARADE OF CHAMPIONS

FL Represents Kolbow State Champion at 152 lbs.

by Jamison McHull

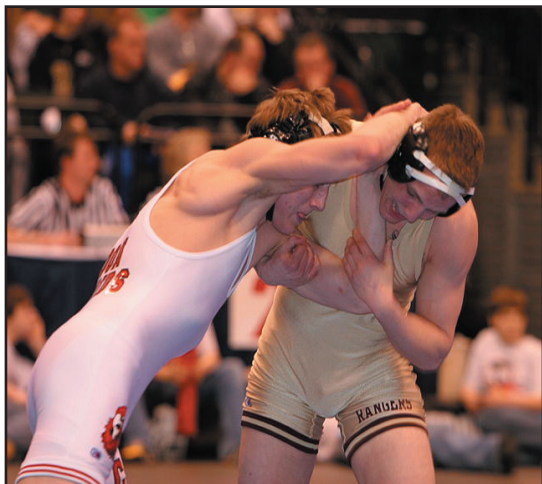
Although the Forest Lake Wrestling team did not make it to state competition as a team, their athletes still represented the school well in the individual state tournament. The team sent six wrestlers to state this year as individuals; 8th grader Charlie Jannsen wrestling at 119, Senior Matt Joyer wrestling at 130 lbs., Senior Pat Taylor wrestling at 145 lbs., Senior Jordan Kolbow wrestling at 152 lbs., Junior Luke Munkelwitz wrestling at 160 lbs., and Senior Derek Peterson wrestling at 275 lbs.

"It was fun having 6 guys this year because after wrestling you could just relax and hang out with everyone. It really helped me get relaxed between matches," said Kolbow.

After the first day of competition, Junior Luke Munkelwitz and Senior Captain Jordan Kolbow advanced while the other Forest Lake wrestlers went into consolation rounds.

Munkelwitz went 3-2 in the tournament and finished in fifth place. Kolbow continued his year's success going 4-0 and becoming the state champion after getting second last year.

"I think the experience helped a lot this year," said Kolbow, "I wasn't as nervous before my



Jordan Kolbow wrestles Coon Rapids Matt Curtis on his way to the state championship. Photo by Jeff Joyer.

championship match."

Kolbow finished the year with a 38-1 record, only losing in team sections when he was moved up a weight class to try and help the team make it to state. With Kolbow's impressive season, he posted a new school record of 183 wins and 41 losses. Next year Kolbow will be attending the University of Minnesota where he plans to continue wrestling at the Division I level.

Record Setters Swimming and Diving fares well at state

by Katie Walker

As the winter sports season comes to an end, the boys swimmers and diving team, have state championship awards to be proud of. The team broke records throughout the season, one which was the 403 relay by one second, on Sat., Feb. 25.

In Woodbury, the Diver Dillon Hudalla scored 278.05 and broke the FLHS record for six dives.

At sections, he broke the FLHS record for 11 dives, with a score of 418.65. This year, Forest Lake sent one diver and two relay teams to state.

"Forest Lake has never before sent two relay teams to state," said Diving Coach Deb Welch.

According to Welch, this has been their most productive year all around.

"The team has done exceptionally well, and worked extremely hard," said Welch, "They took a lot of first, second, and third places in the conference [meet]."

"It [this season] went great. Our times overall dropped for every person. They've done great," said Assistant Coach, Adrian Christoffersen.

"They had an outstanding season. They showed true dedication to improving their times," said Barbara Validash, Swimming Team Coach.

The team worked their way up in regular

meets, to making goals for the state meet, held at the University of Minnesota Aquatic Center on March 3. The team met many of these goals.

"Having qualified to compete at the state level is an achievement," said Validash.

Senior Sam Gort finished 16th in the 500 freestyle at the state meet.

"It feels good, and I'm excited [to compete at state]," said Gort.

Junior Mark Sandager finished 24th in the 100 fly and 17th in the 100 backstroke. The two relay teams got 15th place and broke FLHS records.

Going into the competition, Hudalla was ranked first, but he got off to a shaky start.

"I hit my feet pretty bad on the

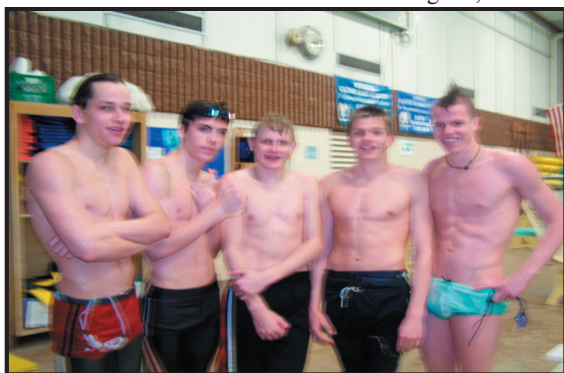
board during my second dive," Hudalla said. Hudalla improved throughout the competition, and ended in fourth place.

"We all got PB's [personal bests]. It was a great way to end the season," said Sandager.

The swimming and diving team will suffer the loss of three seniors, Dillon Hudalla, Sam Gort, and Ryan Peterson.

"Next year they'll do really well. Underclassmen have stepped up this year," said Welch.

"We had a lot of fun swimming with seniors, and we're going to miss them," said Sandager.



State participants. L to R: John Goosens, Elijah Miller, Dillon Hudalla, Sam Gort, and Mark Sandager.

CONGRATULATIONS
to all FLHS' state participants

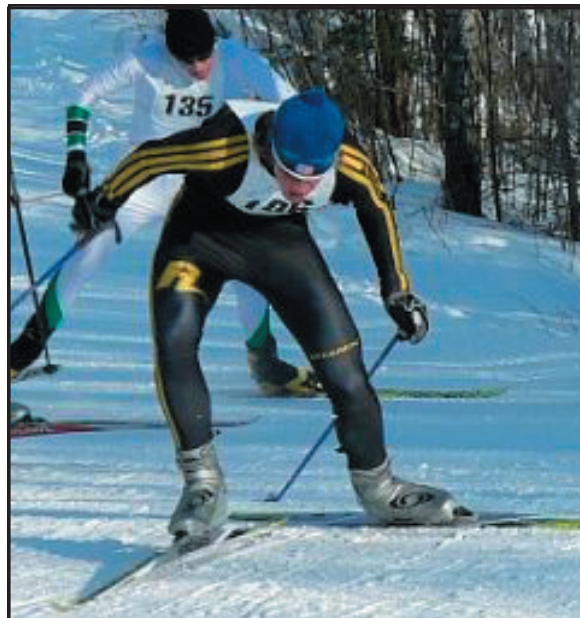
Back to Back

by Andrew O'Setterholm

The Forest Lake Boys Nordic Ski Team captured their second consecutive State Championship to end their undefeated 05-06 season. Senior Captain Ben Fick became the most successful Nordic ski racer in Minnesota history with his first place finish, his second consecutive State Championship. Forest Lake was a dominant force in the Suburban East Conference, winning every meet Minnesota had to offer. The team put on an impressive show at the State Meet, with Fick taking first overall, followed by Senior Ted Steiner in seventh place, Junior Leif Nordgren in 11th, and Junior Zach Clark in 19th.

"Winning state twice in a row was a great achievement for us," said Senior Captain Jamison Hull. "It proved to everyone just how committed we were and how hard we worked to attain this goal."

All season long the Nordic team proved their mettle as they traversed the state, sweeping competition after competition. Even while star skier and Captain Ben Fick was out of state and even out of country, the team dominated the races. Ted Steiner placed first at the SEC meet while Fick was away with the Junior Olympic Team in Finland.



Ben Fick passes the competition on his way to his second state championship. Photos provided by Wendy Hull

Coach Deno Johnson's summer training program ensured that no racer would be left unchallenged in the off season. Nordicwerks SkiKlubb, run by Johnson, is a summer program designed to improve the mental toughness of athletes as well as their physical durability. The entire varsity team attended over the summer and returned for the 05-06 season ready to win.

Though most are still basking in the glory of

a second consecutive state victory, others are already looking forward to next year's ski season. Juniors Zach Clark and Leif Nordgren will lead the charge into the 06-07 competition, followed by sophomores Travis Strike and Ben Brodin. Though Clark and Nordgren are veterans to the steep competition in Minnesota, and they will have to continue their hard work to maintain Coach Johnson's high standards for the Forest Lake Nordic program.



Two-time state champs. L to R: Ben Saunders, Zach Clark, Ted Steiner, Jamison Hull, Leif Nordgren, Ben Fick, and Deno Johnson.



Luke Munkelwitz Wrestling at 160 lbs. 5th at state



Matt Joyer Wrestling at 130 state participant



Pat Taylor Wrestling at 145 state participant



Dillon Hudalla Diving 4th at state



Nicole Paulson Gymnastics 6th at state



Derek Peterson Wrestling at 275 lbs. state participant

Not pictured: Charlie Jannsen wrestling at 119 lbs. state participant.

Twins Territory
Good choices being made

Commentary by Tyler Scanlan



Last year was a disappointing year after three consecutive ALCS championships for the Minnesota Twins. Their pitching was spectacular, but their offense couldn't score enough to keep the team afloat. With the offense stagnant, the team made an attempt to improve in the off-season by adding many quality hitters to the line-up.

The team signed Rondell White from the Detroit Tigers, Tony Batista formerly of the Montreal Expos and traded for Luis Castillo from the Florida Marlins. White is a very solid right handed hitting outfielder who will be used primarily as the designated hitter for the Twins because he is injury prone and the team has a plethora of better fielding outfielders. When healthy, White hits around .300 with 20 home runs and 80 RBIs.

Batista is a right handed power hitting third baseman who will have to fight for a starting position after spending last year playing in Japan. Batista is an all or none player who hit a very good 32 home runs and got 110 RBIs, but only hit .241 while piling up strikeouts in his last American season.

The real prize of the off-season moves was gold glove second baseman Castillo. Castillo gives the Twins something they have been missing for a long time, someone they can put in the number two place in the batting order. Castillo is a switch hitting, speedy player who bats around .300, is aggressive on the base paths and brings World Series winning experience to the team.

The Twins are also looking for improvement within the team. Center-fielder Torii Hunter is expected to be 100% healthy by the beginning of the season after ankle surgery last year. Catcher Joe Mauer is also looking to continue to improve his patient hitting while trying to add some more home run power.

Two players that need to play well for the Twins this year are youngsters Jason Bartlett at shortstop and first baseman Justin Morneau. Last year Bartlett looked great in spring training, but lost his confidence and his starting job early in the season. Last year was the season from hell for Morneau after a promising year in 2004. Morneau was being counted on for some major power hitting, but started the year hurt and never recovered. He's looking for a fresh start by changing his swing to get the critics back on his side.

There is also a pivotal battle shaping up for the starting job in right-field, the spot vacated by long time Twin Jacque Jones. Lew Ford and Michael Cuddyer are the front runners for

the job with Jason Kubel being the dark horse coming off a severe knee injury. Ford started the year at DH last year, but struggled until moving back into the field after Hunter got hurt and returned to his normal line drive hitting. Cuddyer brings the promise of power, but often strikes out trying to swing for the fences too much. Kubel is a talent; he has the make up of a lead-off hitter, but will take some time to get back to form. He will likely start the year in the minors and be brought up down the road for hitting help.

The pitching should return to its exceptional form from the last few years. Leading the rotation will be Johan Santana, who is arguably the best pitcher in baseball. Veteran right hander Brad Radke is one of the best control pitchers in baseball. Carlos Silva looks to continue to improve his pitching in his third year as starter, and continues to be the workhorse of the rotation. In the fourth spot is the much criticized Kyle Lohse who always shows flashes of brilliance, but struggles with pitch selection. The fifth spot is another battle between Scott Baker, Francisco Liriano and Matt Guerrier. Baker is a promising prospect that is the favorite to win the spot and shows excellent control and mound presence like rest of the rotation. Liriano will probably start the year in the bullpen, but eventually will force his way into the rotation. Liriano was minor league player of the year and is the most promising pitching prospect in all of baseball. His pitching ability is comparable to Santana, with his fastball being faster, his slider biting more, but his change up isn't on the same levels as Santana's. The Twins have one of the best bullpens in baseball. They return most of last years members with Joe Nathan continuing to be one of the best closers in baseball and Juan Rincon and Jesse Crain developing as possibly the most potent set-up men combos in baseball.

The Twins organization has made a valiant attempt to improve the team with their limited assets in the off-season. The team will start the year with Lohse in the forth starter spot and



Baker in the fifth, but this likely won't last. Before the end of the year look for the inconsistent, and over-paid Lohse to be

traded to a pitching starved team for a solid batter because Lohse is still young and has value. A move like this will open the door for Liriano to show off his stuff and start baffling hitters. As it stands now, this Twins roster would have to have a lot of career years to pass the improved World Series Champion White Sox. That said, this team is in position right now to be a very good team that will, barring injuries, compete for the Wild Card and possibly the division if the team trades some of its expendable parts for that elusive big bat for the middle of the line-up.

March Madness hits

Commentary by Josh Nelson



For some, the best time of any sports season begins in March. It's not because of spring training, or winter pro sport's playoffs, but for the guys who don't get paid, the college athletes. The turning of the calendar to March brings March Madness, the time when college basketball fans everywhere sharpen their pencils to fill out their elaborate brackets with who they predict will win each of the tournament's 64 games. A lot of money will be won and lost, whether it is in Las Vegas or in the local office pool. The 2006 National College Athletic Association (NCAA) basketball tournament will floor many of the country's best teams who are familiar to the tournament, some new-comers who look to upset their opponents, and then there are the teams that basically don't stand a chance. No matter which category the teams fall into, it's a fun time for all. In case you are not familiar with the tournament format, here are some possible questions.

How does the tournament work?

The tournament contains 65 teams, broken up into four divisions. The divisions are named after where their division title game takes place. This season, the divisions are Atlanta, GA, Oakland, CA, Washington D.C., and Minneapolis, MN. Each of these divisions contains sixteen teams who are seeded on a one to sixteen basis, one being the top seed will face the sixteen seed, being the lowest. In the division with the overall strongest team, there is a playoff game for the final sixteen seed, called the play-in game where the 64 and 65 rated teams compete just to take on the number one seed in the first round. In the first round of each division game, the one seed will play the sixteen seed, the two seed plays the fifteen seed and so on. After a winner is determined in each division, each team travels to the host city, this year in Indianapolis, in the Final Four. The winner of the bracket is the National Champion.

When do these games take place?

This year the first round games take place on this Thursday, March 16 and Friday the 17, the second round games take place on the 18 and 19, the Sweet Sixteen on the 23 and 24, the Elite Eight on the 25 and 26, the Final Four on April 1, and the National Championship game will take place on April 3. The early round games run all day long, with games starting as early as 11am and the late games ending around 11pm. All tournament games can be seen on CBS.

Who are the favorites this year?

Most years of the tourney, the same teams usually end up battling for the title, and the same is true this year. The Duke University Blue Devils have one of the best starting line-

ups in the country, including all-American guard J.J. Redick, and all-American center Sheldon Williams. They should be in the running for the championship. The Connecticut Huskies also have a talented group of players with guard Marcus Williams, forward Josh Boone, and all-American guard Rudy Gay, they should also be a favorite. Other favorites include: Texas, Memphis, Gonzaga, Ohio State, Villanova

Who will play the role of "Cinderella" ?

Cinderella is the word introduced by college basketball analyst Dick Vitale to call the underdog small schools that have success in the tournament.

Teams like Gonzaga, St. Joseph's (PA), Nevada, Southern Illinois, and others teams have had past success, putting them on the map of the college basketball globe. This season, watch out for teams like George Washington, George Mason, Davidson, Bucknell, Wichita State and others to possibly pull off upsets in the early rounds of the tournament.

My Predictions:

FIRST ROUND

Atlanta Region – Duke, George Washington, Syracuse, LSU, Southern Illinois, Iowa, NC State, Texas
Oakland Region – Memphis, Bucknell, Pittsburgh, Kansas, San Diego State, Gonzaga, Marquette, UCLA
Washington D.C. Region – Uconn, UAB, Utah State, Illinois, Michigan State, North Carolina, Wichita State, Tennessee
Minneapolis Region – Villanova, Wisconsin, Nevada, Boston College, UW-Milwaukee, Florida, Northern Iowa, Ohio State

SECOND ROUND

Atlanta Region – Duke, Syracuse, Southern Illinois, Texas
Oakland Region – Bucknell, Kansas, Gonzaga, UCLA
Washington D.C. Region - UConn, Illinois, North Carolina, Wichita State
Minneapolis Region - Villanova, Boston College, Florida, Ohio State

SWEET SIXTEEN

Atlanta - Duke, Texas
Oakland - Kansas, UCLA
Washington D.C. - UConn, North Carolina
Minneapolis - Villanova, Ohio State

ELITE EIGHT

Atlanta Region - Duke
Oakland - UCLA
Washington D.C. - UConn
Minneapolis - Villanova

FINAL FOUR WINNERS:

Duke, Villanova

CHAMPION Villanova

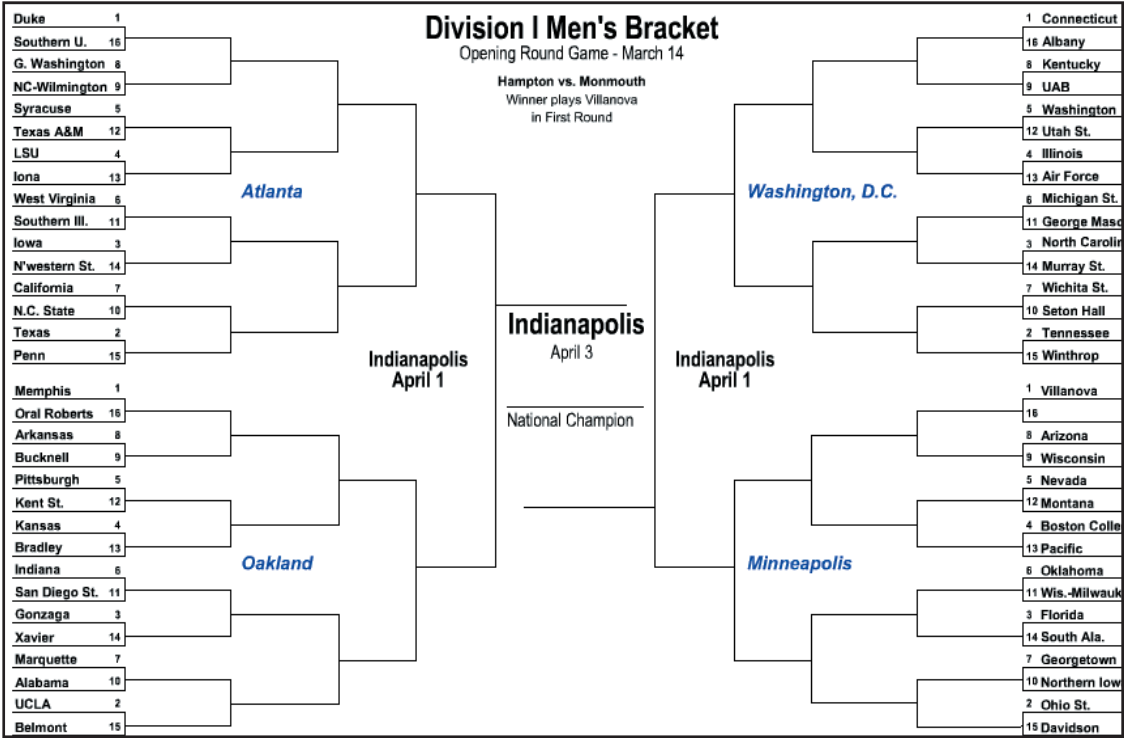
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History of St. Pat’s Day Irish dancing

by Tyler Scanlan

Drunken little leprechauns wearing green suits holding pots of gold, shamrocks and dancing to Irish music are all typical pictures brought to mind when thinking of St. Patrick’s Day. Unlike like these crazy and funny themes St. Patrick’s Day can be traced back to very humble beginnings.

According to St-Patricks-Day.com St. Patrick’s Day started in honor of a man named Maewyn. Maewyn ran from Irish slavery and headed to Gaul where he studied Christianity, after becoming close to God in his six years of slavery. In Gaul, Maewyn adopted the Christian name of Patrick and returned to Ireland as a Saint. There he took it upon himself to convert all Pagans to Christianity. He is often noted for standing upon a mountain and banishing all the snakes from the island of Ireland. There are no snakes in Ireland, but it is likely that there never

were. The story is now looked at as symbolism of Saint Patrick driving the Pagans from Ireland, who often worshiped snakes. The holiday is celebrated on March 17, because it is the day that Saint Patrick died.

Over the years St. Patty’s Day has become much more commercialized and based off of stereotypical Irish culture. Things like shamrocks, green, red hair and the luck of the Irish are quite prevalent and popular during the now widely recognized holiday. This St. Patty’s Day remember to have fun while absorbing the Irish culture, but also remember to wear green to avoid the horrible pinching.



by Dan Carey

When you think of St. Patrick’s Day, you may only think of little green leprechauns and the drinking of alcohol, but what you may not know is that it goes so much deeper than that and one of the most popular forms of Irish culture in dancing.

The origins of Irish dancing can be traced to before 400 AD. As time went on, the Irish art changed throughout years as everyone seemed to have their own personal variations of the dance. Among the first practitioners of the art was the Druids over 2,000 years ago. The Druids would practice the dance around the sacred oak tree and the sun.

According to 16th century writings, three dances are mentioned: The Irish Hey, the Rinnce Fada, and the Trenchmore. These dances were so well done that Sir Henry Sydney wrote to Queen Elizabeth I that the dancers he saw were very beautiful and first class dancers.

Although here in America, the Irish dances are scarce until St. Patrick’s Day, the Irish culture practices these dances at parties, weddings, anniversaries, and other social events. The performing of the Irish dancing is highlighted in Dublin, Ireland with the World Championships on Easter.

Now when St. Patrick’s Day rolls around, you could always give up looking for leprechauns and go to an Irish festival that has the ancient



What are you doing for Spring Break?

- “Going to Mexico and have a good time relax and get sun burnt”
Calvin Larson, sophomore
- “Try to play baseball everyday and go fishing, lots of fishing”
Steve Bontges, Junior
- “Im going to Colorado to catch the last of the winter season”
Jessica Mielzarek, Junior
- “Try to go camping and chill at my friend’s house”
Ryan Haus, Junior
- “I plan on going to the movies and just hanging out with friends”
Kirin Chavez, junior
- “I’m going visit San Diego University and see if I like the campus,”
Amanda Nelson, Junior
- “Heading down to the Wisconsin Dells for some fun in the sun,”
Corey Kuefler, Junior
- “I’m staying home to train for the mile and two-mile,”
Zach Clark, Junior
- “I’m going mountain climbing,”
Ben Fick, Senior

MARCH HAPPENINGS

- 17th: St .Patrick’s Day
- 19-25: National Clutter Awareness Week
- 19-25: National Spring Fever Week
- 20: First Day of Spring
- 20: Proposal Day
- 21: Flower Day
- 25: Pecan Day
- 25: National Family Day
- 25-31: National Cleaning Week
- 27: American Diabetes Alert Day
- 28: America’s Subway Day

Irish cinema top ten

by Josh Nelson

With the celebration of the Irish holiday, St. Patrick’s Day, it’s time to take a brief look at a few of the best Irish movies compiled by imdb.com. Many of these movies are unknown to most of us, but in Ireland they are some of the best movies of all-time that are centered around Irish themes, are set in Ireland or have Irish characters involved. Here are the top ten:

10.) *Angela’s Ashes* (1999)
(Emily Watson, Robert Carlyle)
This film is an adaptation of Frank McCourt’s bestselling memoir about growing up poor in Limerick in the 1930s and ’40s. The film traces Frank’s first communion, first job, and first sexual experience and ends with 19-year-old Frank arriving at the Statue of Liberty. In this film is a large feeling of melancholy suffused with optimism.

9.) *The Crying Game* (1992)
(Forrest Whitaker, Miranda Richardson)
While guarding a British soldier named Jody who has been taken hostage, IRA volunteer Fergus befriends him. When Jody is killed, Fergus tracks down the soldier’s lover Dil, and the pair soon discover that they are sexually attracted to each other. Jaye Davidson creates an unforgettable character as the vulnerable Dil (“I’m loud, darling, but never cheap.”), and there were many unexpected twists and turns of this highly original movie, which was nominated for six Academy Awards.

8.) *The Commitments* (1991) (Robert Arkins, Michael Aherne)
A group of working-class young men from the poorest district of North Dublin form a band that plays soul music. The film follows the ups and downs of the band as

they go from gig to gig, performing their own version of numbers like “Mustang Sally” and “Try a Little Tenderness.” There’s not much plot here, but the dialogue, the characters, the energy, and the music are irresistible.

7.) *The Dead* (1987)
(Anjelica Huston, Donal McCann)
Based on the James Joyce short story, *The Dead* was legendary director John Huston’s last effort. Set during a festive holiday dinner, the film reveals the vulnerabilities of the characters as they revel with song, talk, and alcohol. Anjelica Huston stars as an unhappy wife who makes a sad confession to her husband that only reinforces his regrets.

6.) *Some Mother’s Son* (1996)
(Helen Mirren, Fionnula Flanagan)
In 1981 Northern Ireland, a mother faces the decision of whether to let her son die for his cause. Kathleen Quigley (Helen Mirren), finds herself in the middle of the Troubles after British police invade her home on Christmas day and arrest her son, Gerard (Aidan Gillen), for involvement in an IRA bombing. The 1996 film focuses on the hunger strike led by Bobby Sands (John Lynch) in which 10 protestors, including Sands, died.

5.) *In the Name of the Father* (1993) (Alison Crosbie, Emma Thompson)
In the Name of the Father is based on a true story when an IRA bomb exploded in England, killing several people. Soon Gerry Conlon, a petty thief from Belfast, was convicted of the bombing. But after languishing behind bars for 14 years, Conlon and his father were completely exonerated and released. The tale of the miscarriage of justice is well-told in this movie, and the film



shows how the relationship between son and father is developed during their years in prison.

4.) *Odd Man Out* (1947)
(James Mason, Robert Newton)
James Mason became a Hollywood star after this 1947 gripping chase movie. He plays IRA leader Johnny McQueen who’s wounded during a botched bank robbery. He barely escapes and stumbles through the streets of Belfast, with the police quickly closing in. The film was remade in 1967, as *The Lost Man*, starring Sidney Poitier.

3.) *The Quiet Man* (1952)
(John Wayne, Maureen O’Hara)
John Wayne digresses from his dusty trademark Westerns with this spirited love story set in lush Ireland. This stunning labor of love earned Ford a 1952 Oscar, and its beautiful scenery and score were also recognized.

2.) *Barry Lyndon* (1975)
(Ryan O’Neal, Marisa Berenson)
Ryan O’Neal stars as a young Irish rogue/social climber who finds disappointment when his ambitions are finally realized. The film runs more than three hours, but Kubrick’s pacing, lush cinematography, and artful costumes keep viewers engaged. A stunning, complex epic that has become one of Kubrick’s most artistic, sumptuous efforts.

1.) *My Left Foot* (1989)
(Daniel Day Lewis, Brenda Fricker)
My Left Foot poignantly tells the true story of Christy Brown, an Irish writer-painter who was born with cerebral palsy and only had the use of his left foot. Daniel Day-Lewis won a Best Actor Oscar for his portrayal of Brown as an adult. Brenda Fricker won a Best Supporting Actress for her role as his mother, a stunning portrayal of the Irish lower class.
Information gathered at www.imdb.com

Quarter 3
Ends Friday,
March 24

ST. PATRICK’S DAY
WORD SEARCH

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:

Mustang Sally
Conviction
Ella Fitzgerald
Ireland
Baltimore
Admissions
Edge
Joe Perry
Science
Thief
Joyce
Administration
Tootsie

