

‘A realistic experience’
Carpentry puts learning to test

by Amelia Matheson

What’s 1300 sq. ft., has 3 bedrooms and is being constructed on FLHS property? It’s the 2 bath rambler being built by the Carpentry two class. Taught by Kevin Rivard, students are building the house on the old ice rink on the west side of the student parking lot. Students in the Carpentry two class work outside on the house during third and fourth hour every day.

“October 11 was so cold,” said Luke Kubitschek.

“We’re trying to get walls up and the roof on before it gets too nasty,” said Rivard. “We had a late start, the rain slowed us down. But now we’re doing pretty well.”

Students take this class for a variety of reasons.

“I want to be a carpenter,” said David White.

“I am interested in carpentry and this is a realistic experience,” said Rick Schmidberger.

Most of the supplies were purchased at McCarron Lumber.

When it is finished, one of the ideas is to auction it off and have it moved.

“Most schools auction them off, but we were thinking we could advertise it, and then if someone buys it, we can customize it too,” said Rivard.

Having hands-on experience is only one advantage to building this house.

“Working with all the guys is the best part,” said Brett Goss.

“Power tools,” said David Wheeler, talking about his favorite part of the class.

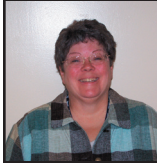


Students in Kevin Rivard’s Carpentry 2 class work on a house on the west side of the student parking lot. Upon completion, the class plans to sell it to pay for the supplies used. photo by Amelia Matheson

The class hopes to finish the house by the end of the semester.



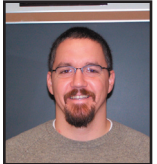
Andrew Marrier
Band



Barb Teawalt
Special Services
28 years
Used to work at South-west



Hannah Stander
Special Services
1st year



Joe Mueller
Language Arts
5th year



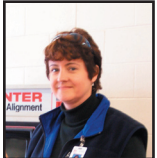
Linda Rupp
Science
13th year



Lynn Seely
Special Services
1st year



Katie Martinelli
CDC
5th year
Chemical health treatment center



Catherine Gooding
Industrial Technology
10th year



Katie Thenshelle
Mathematics
3rd year



Jim Pearson
Mathematics



Deanna Greiner
Special Services
Subbed 4 years before licensed
1st full-time teaching job



Dan Koch
Social Studies
1st year

National Merit Scholarship Program

Isaacson, Patchin, Zastrow honored from FLHS

by Bryanne Gream

A total of 1.4 million students nationwide took the pre- SAT exam, the qualifying exam for the Nation Merit Scholarship program. Three Forest Lake High School achieved national recognition. Scott Isaacson was named a semi- finalist, and seniors Paige Patchin and Stephanie Zastrow have been named Commended Scholars.

“It’s a big honor, because not many people get the opportunity,” said Isaacson. “It’s also really good to have on a job or college resume.”

“I was very surprised. I thought it was just a test,” said Patchin. “In the near future it will help me to fill out my college applications.”

Finalists will be named sometime in the next few months.

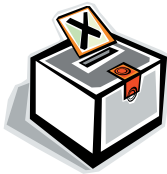


Paige Patchin



Scott Isaacson

Zastrow not pictured



Eighteen and eligible
School levy and local elections approach

by Chloe Daniels-Miller and Meagan Seim

Can’t wait to turn 18? Have a cigar with your dad, try to get lucky at the casino, or get that cool piercing or tattoo you’ve always wanted..?

Ahh, the joys of turning 18. These might be fun, but there are obligations when one turns 18 and becomes an adult. For the guys, this is signing up for the selective service, and for all of us, to be educated citizens and vote.

With upcoming elections for county officials and state representatives, there are candidates running for city council, county commissioner, sheriff and mayor, just to name a few. Also on the docket is the 2006 Levy for Learning. It has become a much-debated issue in Forest Lake.

Recently, white signs saying “Vote Yes; Renew the Levy” have appeared on many community members’ lawns. This is prepared and paid for by the “Yes for Schools” Vote-Yes campaign. Many of these signs were handed out at a recent levy rally. The Vote-Yes campaign strongly encourages voters to approve the levy. They feel it’s a vital part of helping the school district and community stay ahead.

Daree Selby is the Chair of the Board of Directors of the Forest Lake Chamber of Commerce, which is an organization that supports Forest

Lake businesses.

According to Selby, a “yes” vote would “promote stronger schools, which would in turn promote a stronger community and local economy.”

At the same time, some feel the levy is improperly written or would impose undesired taxes on Forest Lake citizens. These folks make up the “Vote No” campaign.

Eric Langness, Forest Lake District School Board member since January, supports the “Vote No” campaign.

“When the levy fails, it should change the mindset of some senior board members...who don’t listen to alternative strategy,” said Langness.

He feels that the presented levy doesn’t give enough choices to voters and that a failed levy will build trust between the district and the



Paul Goedeko, Lindsay O’ Brian, and Christina Slowinski show their support for voting photo by Amelia Matheson

community.

So you 18-year old wonders... If you’re eighteen and eligible, before you get out and vote, make sure you educate yourself. See you at the polls Nov. 7!

More new staff...
See pg. 2

‘Most Memorable Halloween Costume’Pg. 4



Homecoming Coverage
Coronation, Tailgating, PowderpuffPg. 6-7



Seussical Musical opens soonPg 9



Amanda Nelson, Paige Patchin in the student-athlete spotlight Pg. 10-11

Dressed to impress, speaking their best Debate team heads to Eagan Wildcat Invitational Oct. 27

by Chloe Daniels-Miller

As fall sports are deep into their seasons, the Forest Lake Debate team is heating up. With a successful tournament under their belts, a handful of new talent, and some snazzy suits, the Forest Lake Debate Team is ready to study up to take their opponents down.

With team meetings in Head Coach Robyn Madson's room after school Monday-Thursdays, and tournaments at different high schools on most Fridays and every Saturday, the debaters are proving to be a hard working, involved group of students.

Debaters compete in two styles of debate; public forum or the Lincoln-Douglas (referred to as LD). Public forum consists of two debaters on each side speaking their side of a resolution, or topic, in a set amount of time. The two teams have different time limits to prove how their case is better, and how their opponent's case is wrong. This takes place in front of one or two judges.

LD is relatively similar, except that there is only one debater per side, and only one judge. Both styles debate on different resolutions. Resolutions change monthly, and the regular season finishes in mid-December. Some debaters will further their season by competing in the Section and State tournaments in January.

On Saturday, Oct. 7 at Bloomington Jefferson High School was the team's first tournament. Public forum debaters competed in five rounds, while LD had four. Attending the tournament were roughly 500 other debaters, from high schools around the state.

Forest Lake's public forum debaters Caitlin Jensen and Lisa Zimmerman won three of their five rounds, and placing 8th in the tournament, "Debate totally rocks, and you should join!" Caitlin Jensen said.

Senior Captain Danna Bergantine was awarded a trophy for her third place in Varsity LD.

"We're doing really well, and there's a lot of potential. Last year, two of our debaters made it to state. We hope to send more debaters this year," Bergantine said.

LD debaters also had a strong tournament. Everyone won at least one of their four rounds.

"It was awesome that everyone had at least one win. We're off to a strong start. We have some great new talent, too," said Madson.

Besides talent, there's another new member of the debate team. Joe Mueller, also a new teacher to FLHS, is the assistant coach. Mueller feels debate is a beneficial activity,



Members of the FLHS Debate team pause during practice for their upcoming tournament to pose for a snapshot.

"I like the idea that it pushes students to intellectual practice," said Mueller.

The unofficial dress code for each tournament is dressy. With most debaters preferring to compete in full suits, they resemble a team of seasoned young lawyers off to win an important trial.

So as you cheer on the sport teams this season, remember to cheer on the debate team, because if you've ever argued against someone, you know that, "Nothing is more frustrating than debating against someone who knows what he or she is talking about." (Sam Ewing)

SADD Spot

by Nicole Bernfeld

SADD, Students Against Destructive Decisions, started out as a split off from MADD. MADD is Mothers Against Drunk Driving, and is centered only on drunk driving. SADD is focused on any and all destructive decisions and trying to keep students from making them.



October is Yellow Ribbon Suicide Awareness month. For Yellow Ribbon month SADD is giving yellow ribbons to teachers and putting yellow sashes around trees. Also in October, SADD is trying to make students more aware of school shootings. 'Say nothing, do nothing, stop nothing.' So SADD is making students aware of what happened so people will be able to stop events of this kind from happening in the future.

"SADD's goal is to try to get students to make better decisions and helping them do that," said Judy Hill, one of SADD's advisors.

In November, SADD will be working on the school climate, and they will have an all year focus on respect. SADD now has a separate homeroom, meeting every other Wednesday. SADD meets on Tuesdays after school in room 128.

New staff continued...



Elizabeth Slama
Art
1st year

Not Pictured:

Dan Forsythe, Business
Jennifer Schultz, Science
Rich Elliot, Social Studies
Heidi Link, Social Studies

Angela Butler, World Languages
Karen Prosser, Special Services
Don Spears, Special Services



'I don't wanna grow up' Child Psychology classes host Playschool

by Neil Polglase

Every room in the high school has a different experience, but in one room there is a truly unique class. Marilyn Orlich teaches the child psychology class and she believe that the class teaches the students something worth while.

"By taking this class you will understand more of yourself and the kind of parent you may or may not be."

There are thirty-two students in the two classes and before they actually get to work with children there is a one month period when students learn about parenting and the mind of the a young child. Students learn about teaching math, reading and even physical learning.

"Learning to teach is learning to communicate," Orlich said.

With thirty two students and only twelve children to teach, there are four jobs that rotate. Everyone gets a chance to do each job. First, observers who watch the students with the children and give feedback to them later, the planners put lessons together and the preparers make the materials for the lessons. Of course there are the teachers and there are many different lessons to teach the children. Every week, there is a certain theme, such



as jungle or ocean. Everyone has their own schedule which gives the class a very relaxed atmosphere.

At one table a group of classmates joke about why they took the class.

"I'm planning to have twelve children. So this will help me prepare for that," said Sarah Lindeberg, a senior.

Students in the child psychology class know that in the future most of them will be parents and they all want to be ready for that responsibility.

As Orlich circles around the room giving advice to the eager students, it's easy to see she cares a great deal about how well her students are prepared too.

"This class offers a lot of rich experiences and memories that you will not forget. I think every senior should take this class," said Orlich.



Speech Team Fundraiser

WHAT:
Pancake breakfast
and silent auction

WHEN:
Saturday, Nov. 4

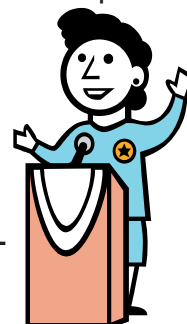
TIME:
Serving breakfast
9-11 a.m.

COST:
\$6 for adults
\$5 for students

Donations are accepted.

Silent Auction
will include
themed
gift baskets

Show your Rang-
er Pride - eat
some pancakes!



The Forest Breeze

The student newspaper of
Forest Lake High School

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

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

“Foreign friends through the lens”

Ten exchange students visit FLHS from around the world

by Brittany Forsblade

The Forest Lake Senior High is proud to announce that there are ten foreign exchange students attending for some or the entire school year.



Andrea Gayton is a senior from Coahuila, Mexico. She will be attending the FLHS the entire school year. So far the biggest adjustment she has had to make is the food. “Everyone here in the U.S. eats a lot more than we do in

Mexico. In Mexico there is not as much,” said Gayton.

Some of the main reasons she came here was for a good experience, improve her English, and to get to know another country and its culture.

Maja Grisonic is a senior from a small town in the Northeastern part of Italy near the sea. She arrived seven weeks ago, and will be staying for the entire school year. As far as food goes, she likes the cuisine at home much better, with the exceptions of brownies.

“I like the Brownies; we have a lot of cakes and sweets at home, but no brownies!” said Grisonic.

Maja came here to have a good experience in a different culture, and to improve her English, and she claims she is not homesick yet.



Constanze Herrmann is a junior from Hamburg, Germany. She will be staying until January. She was only homesick for the first few weeks before school started, but now that

school has started and she is busier, she does not think about home as much. Herrmann came here to improve her English, to learn, and get to know another culture. So far of her biggest adjustments she has had to make is for Herrmann is getting used to the after school life.

“The after school life here is sports and extra curricular activities, and at home we meet with our friends right after school and hang out.” said Herrmann.

Herrmann likes the food both here and at home, but she especially likes the school’s cookies!

Kim Hye Mi is a sophomore from South Korea. Hye Mi will be attending the entire school year. She came here to improve her English, and to make some American friends. A big adjustment for Kim is getting used to the school hours. In Korea for the first and third quarters they go to school from 7am-10pm six days a week. During the second and fourth they go from 7am-10pm five days a week. She likes the food at home much better.

“At home we eat a lot more rice, and fish, and we use chopsticks. It’s pretty easy to use American silverware though”, said Hye Mi.

She has been homesick a lot but it is getting better now that school has begun and she is busier.



Bruno Loredó is from Madrid, Spain. He is a sophomore, and has been here for two months. He will be attending FLHS the entire year. Loredó said he is enjoying himself very much here so far, but he

prefers the food in Spain much more.

“I’m here to improve my English and to get to know a new culture”, said Loredó.

Kittivit Prichavudhi is a senior from Thailand, and he will be attending the FLHS for the entire year. He came here for good experiences, and to meet new people.

“I like the food here a lot, but I get a little homesick every once in a while for my family” said Prichavudhi.



Jana Rotizki is a senior from a small town near Frankfurt, Germany. She will be here the entire school year. The biggest adjustment for her to make was not being able to go to school with her friends from home.

“At home we eat a lot better food, a lot more meat and potatoes,” said Rotizki.

If Jana were at home she would not be a senior, she would still be a junior, because in Germany they attend school longer in each grade then in the U.S.

Guillermo Romeu-Fernandez is a senior from Spain, and he has been here for two months. He will be staying the whole school year.

“It has been a big change, but I like it,” said Guillermo.



He likes the food in Spain a lot more, and they eat dinner at 11pm, so he is adjusting to eating dinner at the average American’s dinner time. Some of the reasons Guillermo came here is because he is tired of Spain and the same old people, and wants to improve his English.

Sven Schauerhammer is a senior from Stuttgart, Germany. He will be attending school at FLHS the whole year.

Schauerhammer said “I like it here a lot, and I don’t miss home at all.”

He came here to improve his English, and to get to know and understand a different country. He thinks the food here is very good.

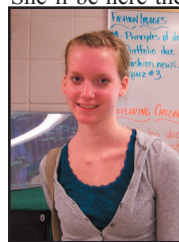
Ida Skaran is a senior from a small town in the mountains of Norway. She’ll be here the entire school year. So far for Ida it’s been a little difficult getting used to fast food, and using a car so much.

“In Norway we walk more than we drive,” says Skaran.

She came here because she was bored with Norway, and wants to improve her English.

“There is more to do here than in Norway,” said Skaran.

Ida is in the musical with the FLHS theatre this fall. She is not homesick, but there are times when she misses her family.



The Forest Breeze bids these students welcome!

Come and Get it! New district policy prompts menu changes

by Nicole Bernfeld

Most have noticed by now, there have been many changes in the cafeteria this year regarding food. There’s no more candy or pop sold at concessions after school, and baked chips have now replaced the Doritos, Cheetos, Lay’s, and other chip varieties. These changes are due to the new District Wellness Policy that has recently been added to the other guidelines for school food items sold to students. The policy is district wide, so it’s not just at the high school where students can’t buy a Pepsi or Mountain Dew or a candy bar on their way to the bus; it’s the whole district.

The new Wellness Policy for the district has guidelines to how much of certain items and how many items are needed for meals. For breakfast, there are four required food groups, and for lunch, it’s five. The required groups for lunch include milk, veggie, fruit, bread/grain, and meat or meat alternate. These are also included in the National School Meals Program, which is where schools get the meals and food items. The school also has to abide by rules and policies set by the United States Department of Agriculture.

Some of the more noticeable changes include: replacing the foods that are high in fat and fructose with foods that are less fatty and not processed, to make school lunches healthier. The reason for all the changes is to get healthier foods to the students.

Some of you may have also noticed that not all the foods people would think of as ‘not healthy’ are gone. Items like the Kempswiches, big chocolate chip cookies, and other items,

are all still around. This is because they use a whole grain flour to make the cookies and the ice cream sandwiches have calcium. Dr. Steve Massey also commented that they are trying to create an overall balance between healthy foods and foods that are interesting and appealing to students. Massey doesn’t think that anything else will change this year, but he does say that there may be more eventually.

“There’s a real fine balance between healthy food and interesting food. We want to keep the



food interesting and appealing, but we do have an obligation as a school system,” said Massey.

He also remarked that if someone wanted to bring a brown bag full of donuts and eat them all, no one was going to swarm them and take them away. The school only has to monitor what is sold in the cafeteria.

The District Food Service Coordinator, following the school and state guidelines of

what is required for school meals, has had to make these changes. The District Food Service Coordinator Supervisor, Joy Cook, said the district is trying to get healthier foods to students as directed by the Wellness Policy. Cook said the district is getting rid of items with empty nutrients, like pop and candy.

“The cookies and ice cream sandwiches have ingredients, like calcium and whole grain flour, which make them justifiable,” said Cook.

The schools are now trying to offer students more whole grain which means less ala carte items. Cook commented that the finances may be impacted a little by removing these items, but they have to follow the guidelines and think about the health of the students.

Cook said the limited Red Baron pizza available has nothing to do with the new policy or the district. It also has nothing to do with the kitchen, as many students thought. There are simply more kids who want the pizzas and not enough for everyone. The pizzas will not be discontinued and will still be in the concession line. Though due to problems with the supplier and high demand, there won’t be as many available, at least for the months of October and November.

For more information on the information in this article, visit the ISD #831 website: www.forestlake.k12.mn.us and click on “food service”

Tradition: How far is too far?

by Kacie Waldoch

“Hazing” has been associated with college fraternities, where college pledges are subjected to “harmless pranks” in order to become members. Over the years, hazing has found its way into high schools across the country, and “harmless pranks” have become more aggressive.

Traditions can be positive, but there are the “unwritten traditions,” as FLHS Activities Director Joel Olson would call them, that aren’t so positive. Traditions such as these don’t necessarily start out bad, but as Olson would put it, “people one up each other.” That’s when fun, harmless traditions can turn into hazing.

According to the FLHS parent/student handbook “‘hazing’ means committing an act against a student...that creates a substantial risk of harm to a person, in order for the student to be initiated or affiliated with a student organization, or for any other purpose.”

Even with the consent of the person being hazed, it doesn’t lessen the punishment.

Some may think there is a difference between hazing and initiation, but Principal Dr. Steve Massey explains that “initiation falls under hazing.” Although there are some types of initiations that do not cause a “substantial risk of harm to a person,” it could upset a person and make them retaliate and as Massey would put it, “things could get bad.”

There is also the question about whether being on school grounds matters when punishment is considered. The answer is no.

According to the handbook, “This policy applies to behavior that occurs on or off school property and during and after school hours.” It also warns that depending on the extent of the “hazing”, the punishment will be “...sufficiently severe to deter violation.”

Regardless of the extent or purpose of hazing, Massey said there’s no question - “It’s dead wrong.”

Have an idea that would make a great news story? Let us know! forestbreeze@forestlake.k12.mn.us

ASK Anything!



Why are costumes not allowed in school for Halloween?

by Kacie Waldoch and Chloe Daniels-Miller

Make-up, masks, and crazy costumes are what Halloween is all about, but why not at high school?

In elementary school kids weren't allowed to put on their costumes until their party or concert. They couldn't wear them because teachers didn't want the kids distracted from the lessons that day. In high school, when there is no party or concert, Halloween is still a day of learning. Principal Dr. Steve Massey feels that costumes aren't a place for the learning environment and may distract students from their studies.

Student population is another reason why costumes are not allowed.

Massey said, "They [costumes] would be hard to regulate." The office would spend all day trying to decide what costumes are appropriate and what ones wouldn't be acceptable for school.

With a school of 1900+ students, security is also a huge issue. Dean Jim Caldwell explains why costumes would hinder school security,

"In light of recent school violence across the county, there is an increased awareness of who comes in our building," said Caldwell.

Because students aren't obligated to show forms of ID when they enter the school, there would be no way to tell if someone other than a student entered with an intent to harm if masks were allowed.

"They [costumes] might scare other students and would be impossible to regulate," said Caldwell.

So this Tuesday, Oct. 31, have a safe and fun Halloween, but you'll have to dress-up on your own time. Leave the costume at home and come to school ready to learn.

"Curiosity is the very basis of education and if you tell me that curiosity killed the cat, I say only the cat died nobly."
Arnold Edinborough

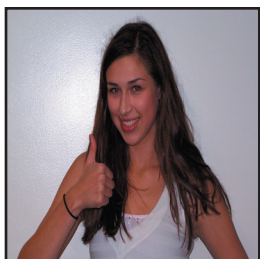
Have you ever wandered through the halls and wondered something about the highschool?

If you have a good question, send it in. You might see the answer in our next issue!

forestbreeze@forestlake.k12.mn.us

What is your most memorable Halloween costume?

by Chloe Daniels-Miller



"One year I went as Belle, from the Beauty and the Beast. I had this pretty yellow, frilly dress. I was loving it!"

Victoria Yamry, Senior



"One year I dressed in a baby costume. It was pretty bad; I had a hunch back and I don't think I got any candy that year. Come to think of it, it was only 7th or 8th grade."

Tommy Monahan, Senior



"I was a black cat. The costume was fuzzy with a hood, ears and a tail. I had painted-on whiskers and a black nose, too. It was kind of warm, but fun!"

Colleen Peterson, Junior



"Once I went as a princess in a pretty pink dress, and my eye shadow and make-up was dramatic."

Chelsey Hagen, Sophomore



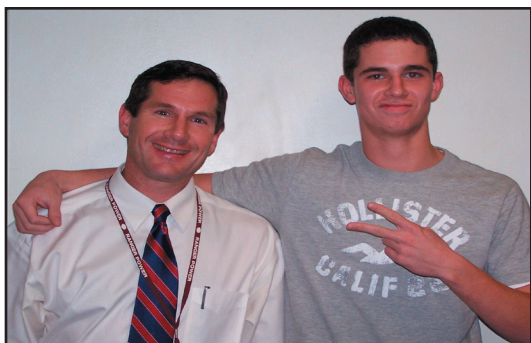
"A BMX racer! I made it look like I'd crashed by bike; I rode around looking all scraped up with blood on my face. I got a lot of candy, and people thought it was pretty cool."

Corey Anderson, Junior



"I was eight and I went as a Power Ranger with some friends. I was the blue one, and I had face paint (my mom did it) and we got a ton of candy that year- like two pillowcases!"

Jake DuPont, Junior



"I was a fire fighter! I must've been about six, but it was pretty cool. I had the whole outfit; coat, hat and boots."

Dr. Massey, Principal

"I think I was about six. I went as a tiger and I had these painted-on whiskers I didn't like. But I did get a pillowcase of candy that year, so it was pretty good!"

Justin Nelson, Junior



"I was a cute pink bunny with ears and a pink nose."

Adrianne O'Connor, Sophomore

"When I was about 11, I went as a baby clown. I had a painted face, big baby feet, a nuk and a rattle."

Crystal DuBois, Sophomore



We were lions!

"My mom made my costume. I was with my cousins trick-or-treating- we were a pack! We had face paint on, too."

Tom Gabrielson, Senior

"I was about seven, and I went as Simba. I'd bought my costume from some store called The White Elephant. It had a long tail and my face came out of it's mouth. But then some guy in a gorilla suit made me cry."

Brandon Sunberg, Senior

Support Forest Lake DECA, show your Ranger pride

DECA raising funds for 2005-06 season

Information provided

Members of Forest Lake DECA will be selling new Ranger Gear to raise funds for the Central Regional Leadership Conference and to pay for contest fees.

Show off your Ranger Pride and lend your support to this academic association.

DECA is an Association of Marketing Students, and their mission is to enhance the education of students with interest in marketing, management and entrepreneurship. DECA helps students to develop skills and competence for marketing careers, to build self-esteem, to experience leadership and to practice community service.

High School students who are interested in business are welcome to join, contact Ms. Jamie Bullock, in the Business Education Department.

The Ranger gear being sold is mostly all new, and it's a great way for athletes and non-athletes alike to show off their Ranger pride.

The items (some shown to the right) will be on display in the front display window near the main office.

There are also more products on the website. To place an order go to <http://hs.forestlake.k12.mn.us/> and follow the link on the main page to the order form and pricing.

All orders and monies must be received by Nov. 9, 2006.

Items should be in sometime mid-December. Listen to the FLHS morning announcements and check the website for updates.



"We're loyal to you, Forest Lake!"

DECA is giving students a chance to sport their Ranger pride through a new line of products.

More items can be seen on the website address listed in the article.

photo provided

Student Artist Spotlight



Want to be published?

Submit your snazzy, award-winning quality artwork or photograph digitally to forestbreeze@forestlake.k12.mn.us or to Miss LeVake’s mailbox or classroom (374).

The Breeze staff reserves the right to choose which pictures or drawings to use in each issue and will follow the editorial policy listed on page 2.

TOP: “La Fille D’Hiver”
by Sarah Reely, senior

LEFT: “The Fairy”
by Chelsie Sobieck and Caitlin Slattery, juniors

Heard in the Halls

.....
We asked several sophomores the question, “What is your first impression of the high school?” This is what they said.
.....

- Way longer passing times, its awesome!
Jerry Wineman

•The High School isn’t as big as a thought it was.
Scotti Sampair

•Its pretty BIG school, so many people in the hall way at one time its crazy. I guess that is what makes it interesting. I like it though
Jessica Thacker

•Its a lot different than last year, the classes are different and harder, but it is overall better than the Junior High by far.
Kyle Jensen

•My first impression of this school year is that its fun. It’s a lot more fun than the junior high and alot easier. The classes are alright. I like the high school.
Jacy Houle

•High school is dope compared to Junior High. But so far this year has been good. Homecoming was fun. Classes aren’t the best but it’s cool
Charlie McKenzie

•High School is more fun because there is a lot more support and cheering for sports which makes them more fun to go to.
Ashley Grell
- Right now, the school year has been going great, meeting a lot of new people, seeing friends again, and just being back at school is fantastic.
Tyler Rosdahl

•I think that it’s a lot different than junior high (in a good way). It definitely seems to go faster and faster every year. It’s hard to believe that almost 2 months of school has gone by already.
Matt Nicklason

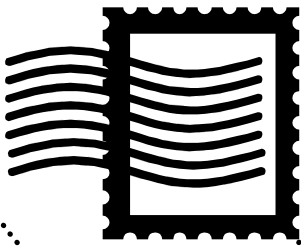
•The seniors pretty much run the school.
Corey Manning

•The Forest Lake High School is probably the best school I have been too. I like it.”
Alex Anafarta

•My year has been going ok.. I think i’m failing English though.
Nick Beuning

•High School was chaos at first for me bec- fause i came from NLA which only has like 3 or 4 halls.
Hannah Fitzmorris

Letters to the Editor



Is something “stuck in your craw?”

Do you agree or disagree with a point of view a reporter has taken? Does someone deserve kudos for a job well done? Do you want to tell that favorite teacher what you like about his/her class? Let your voice be heard.

Do you just want someone to notice you? Do you just want to reminisce about your pet that just died? Give a shout out to your ‘homies’? Let your voice be heard.

Maybe you have a great suggestion that just needs an outlet, or maybe you want to give advice out that no one would listen to you say in person. Maybe you just have a great idea for a news story or editorial. Let your voice be heard.

Let your voice be heard.

You can e-mail your letter to forestbreeze@forestlake.k12.mn.us or turn in a paper copy to Miss LeVake’s mailbox or classroom (374). Please keep a copy for yourself - originals will not be returned.

CUT n’ KEEP
Calendar

- Oct. 28**
Ski Swap 8-1pm
FLHS Cafeteria

Nov. 2
End of Quarter 1

Nov.2-4
Fall Musical 7:30pm
FLHS Auditorium

Nov. 6
No School

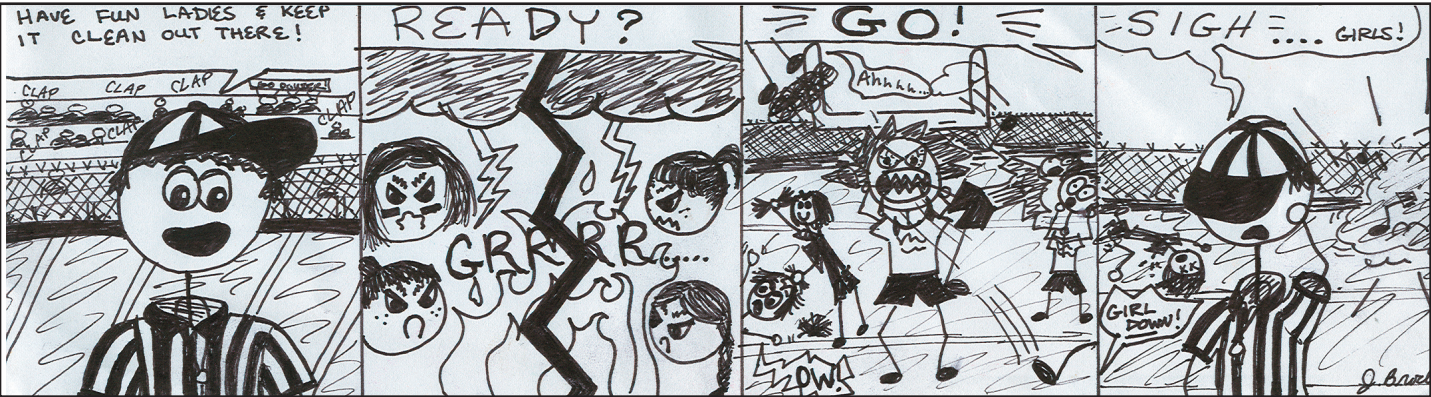
Nov. 9-11
Fall Musical 7:30pm
FLHS Auditorium

Nov. 14
Band Concert 7:30pm
FLHS Auditorium

Nov. 16
Choir Concert 7:30 pm
FLHS Auditorium

Nov. 20
Orchestra Concert 7:30pm
FLHS Auditorium

“Powder Puff Gone Wild” by Justine Brodin





Rangers "huddle up" during the game.



Homecoming

The Big Game

by Amelia Matheson

"We're gonna ride them ponies!" was the message coursing through the school on Homecoming Day 2006, and the football team definitely did. The fans cheered and students ran on to the field after the last second of the victory for the Rangers. The team defeated the Stillwater Ponies with a final score of 28-20 with two touchdowns from Senior Trip Schultz, running back, and one from Junior Dillon Grant, running back and Senior Matt Hansmann, quarterback.

"It was amazing. It's something I've been dreaming of doing since fourth grade and it's really cool to accomplish," said Tyler Kleinhuizen, a senior captains.

"We won, and did well. We rushed a lot of yards. It was a good game and everyone did well," said Head Coach Matt Cleary. This is the first time the Rangers have won a homecoming game since 2000 when they defeated Mounds View.



We're Loyal to Y
We're Loyal to Y
To you we'll all be
We'll fight
We're the Ran
And we love the
RAH! RA
We're fighting for
We'll always be t
All hail to the
Hail to the ma
We're loyal to y
R-A-N-G-E-R-S



Forest Lake Dance Team dancing at the pepfest.



Fire up those grills!



FLHS Students cheering on the Rangers.



Tailgating and grilling out before the big game.

by Kacie Waldoch

A little rain couldn't keep devoted Ranger fans away from tailgating before the Rangers took in the Stillwater Ponies and the crowning of Homecoming King and Queen on Sept. 29.

With umbrellas in hand many students gathered hours before coronation in the high school parking to cook their own food.

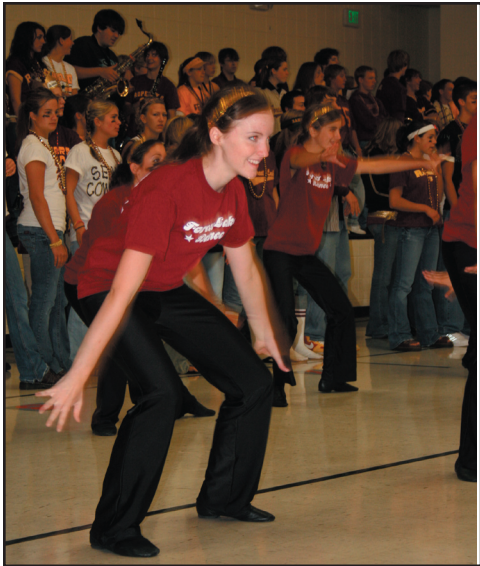
"It was hard," said tailgater Alicia Fick on cooking her own food, "because my brats kept falling through the grill." Despite the grilling problems and rainy weather, Fick said there were a lot of people and it was a fun time.

New this year, the student council joined the FFA in the shop garage to sell cheese curds and cotton candy. To entertain tailgaters, local band, Arrows of Apollo, performed live.

FFA member Michelle Medina said that sales weren't too great due to the weather and location of the stand, but plans for next year are already in the works.



FLDT and the varsity football players gettin' down!



Student Council face painting on homecoming.

GO RANGERS!

Homecoming 2006

You, Forest Lake

You Forest Lake,
true, Forest Lake
to the gun
gears each one,
maroon and gold.

H! RAH!

You, Forest Lake
true, Forest Lake.
Rangers bold,
maroon and gold
You Forest Lake.

GO RANGERS!



Erickson, Carpenter reign

by Amelia Matheson

Every year during Homecoming week students of Forest Lake High School nominate ten seniors for royalty. The girls nominated in 2006 were: Becky Zierke, Ali Jones, Samantha Buol, Allie Carpenter, and Kate Harrison. The guys nominated were: Michael Wiggins, Josh Erickson, Derek Vogel, Josh Peterson, and Scott Isaacson.

Before the game on Friday night, everyone watched the nominees walk onto the football field. A crown was eventually placed on Erickson's head by Jacob Heider, the 2005 Homecoming King. A tiara was placed on Allie Carpenter's head by Danielle Gibson, the 2005 Homecoming Queen.

"It was just a fun experience," Josh Erickson about being a candidate, "My favorite part was the privileges we got, like being out of class."

"My favorite part was sharing the experience with my friends who were also on the court," said Carpenter.

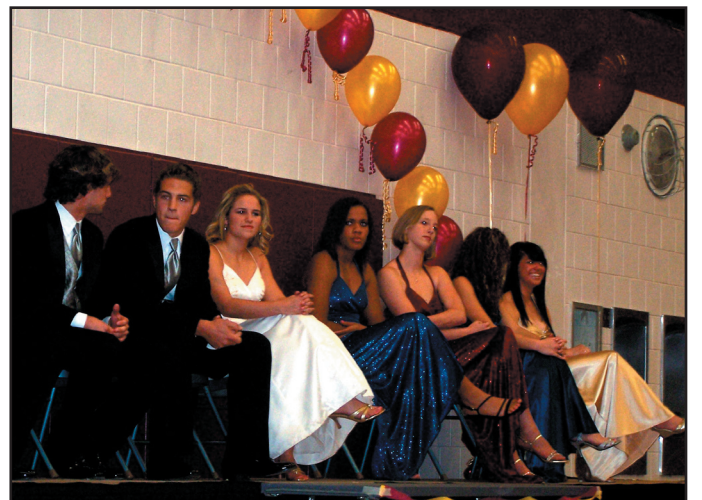
"I will never forget the feeling when they called my name. It was definitely a once in a lifetime experience."



Homecoming court awaiting crowning on the football field.



Josh Erickson and Allie Carpenter after crowning.



Homecoming Royalty at the pepfest.



Powderpuff playoffs

by Brittany Forsblade

The Powder Puff Game is a relatively new tradition for FLHS. This year's game was held on Sept. 23, the Monday of Homecoming week. For those who don't know what the Powder Puff game is, it is an event where the girls get a chance to give football a try. This year the games took place on the Ranger football field, and people from the community and students were welcome to come and watch.

There were six teams, with two teams from each class competing. The two senior teams were The Senior Knockouts and the Rangers. The Senior Knockouts took first place with the junior team Da Buffet taking second.

"We were definitely the underdogs," said senior Jana Bjorlin on her team's victory.

The coaches for the Senior Knockouts were seniors Andy Hardy, Alex Lindeberg, and Luke Opsahl. Lindeberg sums it up by saying, "We dominated!"



Photos by Amelia Matheson
and Ms. Dugas

Local music monthly: Bassplayer brings diversity to local scene



by *Jordan Lutz*

There has been a major change in mainstream music and its style. Khaki pants and broken hats have been replaced by metalcore fanatics and post hardcore breakdowns. The scene is changing, and the number of local bands is increasing immensely. In fact, it has been said that Minneapolis is the new Seattle. In short, the music scene is exploding, and the counterculture is slowly but surely taking over the mainstream. The music epidemic has spread and this year, *The Forest Breeze* is going to focus on local artists of all kinds.

Through all the screaming, rapping, tapping, and shredding, one of the things most bands have in common is the gender of their members. The majority of bands are filled with testosterone levels higher than the salt content in a McDonalds five course meal. Luckily, *The Breeze* found some diversity within the local scene.

“It’s kind of lame that not many girls play just because guys sometimes put them down and say that they shouldn’t be in a band,” said Emily Palmer, 19, a resident of Forest Lake and the bassist of the bands Dead in Drones and Beauty through Silence. Emily plays alongside four male band mates, one of which is her boyfriend. “I’ve never really had any trouble with people, at least not to my face. I think it’s dumb that they won’t play because of what people will think of them.”

Palmer is active in her church band and



One of Palmers' biggest influences is the metalcore quintet; As I Lay Dying .

enjoys the “almost mainstream” scene; her favorite bands are Norma Jean, As I Lay Dying, and AFI. “I definitely like the fact that the counter culture is getting more accepted but isn’t super popular,” said Palmer

Palmer is active in Dead in Drones, a brand of music she describes as “punk metal”, and is getting her Christian hardcore band, Beauty through Silence, started.

“I like playing because you get to play with your friends, and meet new people at shows.

It’s not really that different playing with a bunch of guys, because I’m just there to play.”

Palmer plans to keep playing and adding that feminine twist to a scene that’s been getting stale for years.

Palmer adds,” Don’t listen to what people say, and just do what you want. If you want to play, then play.”

For more information about Emily and her band, check out her band’s myspace page at www.myspace.com/thedeadlybeloved

Be sure to check out her new project, *Beauty through Silence* at www.myspace.com/beautythroughsilence.

‘Eternal Sunshine’ revealed

by *Jordan Lutz*

Have you ever wanted to have a secret identity or be known by a different name? For FLHS senior, Neil Polglase, a second identity is a reality. However, the identity is not so secret anymore.

“I play guitar and piano in coffee shops around the Minneapolis and St. Paul area, and I go by the name ‘Eternal Sunshine,’” said Polglase.

Every second identity has an inspiration, and for Polglase, it was no different.

“I got the name from my favorite film, *Eternal Sunshine of the Spotless Mind*,” said Polglase. “The movie is about how your experiences make you who you are, and I believe that that’s true about life in general. If we didn’t experience what we do, we wouldn’t be the same person.”

Polglase finds clarity in music. When he performs in different venues around the metro area, he plays acoustic sets and also loves to write his own music.

“I like to write about anything,” said Polglase. “People, nature and just regular daily events influence me and the songs I write and their moods.”

Neils’ musical influences are Bright Eyes, The White Stripes, Kings of Leon, Etta James, and Dashboard Confessional.

“One of the reasons I like music is because everyone can connect with it,” said Polglase. “It’s a universal language.”

Want to see
Eternal Sunshine
for yourself?

Check out these performances coming up:

Tues.	Nov. 14	8:30-10 p.m.
Wed.	Nov. 22	8:30-10 p.m.
Thurs.	Dec. 28	8:30-10 p.m.

*All performances FREE of charge

*All performances at Dunn Bros. Coffee on Grand Avenue in St. Paul

*Need details and directions?
www.dunnbrosgrand.com

Concert Calendar:

List compiled by Siri Urquhart

For further information www.ticketmaster.com (651) 989-5151

Tue, 10/24/06	5 p.m.	Hellogoodbye
Thu, 10/26/06	6:30 p.m.	Switchfoot
Fri, 10/27/06	7:30 p.m.	O.A.R.
Mon, 10/30/06	7:30 p.m.	James Blunt
Fri, 10/27/06	8 p.m.	Vince Gill
Thu, 11/02/06	7:30 p.m.	Christine Lavin
Mon, 10/30/06	5 p.m.	Gwar
Fri, 11/24/06	7 p.m.	Panic! At The Disco
Thu, 10/26/06	7 p.m.	Bo Bice; Jordis Unga
Sat, 12/16/06	7 p.m.	Go Fish Christmas Tour
Sat, 12/02/06	7 p.m.	Michael W. Smith
Fri, 10/27/06	8 p.m.	Electric Six
Sun, 10/29/06	7:30 p.m.	Bob Dylan
Sun, 11/05/06	5 p.m.	Hinder
Sun 11/05/06	7:30 p.m.	Red Hot Chili Peppers and The Mars Volta
Tue, 11/07/06	8 p.m.	Ben Lee and Rooney
Wed, 11/08/06	6:30 p.m.	Atreyu

Station 4 (St. Paul)	\$13-15
Trocaderos (Minneapolis)	\$20
Target Center (Minneapolis)	\$25.25-27.75
Northrop Auditorium (Minneapolis)	\$29.50-50
The O'Shaughnessy (St. Paul)	\$35-39
The O'Shaughnessy (St. Paul)	\$22-24
First Avenue (Minneapolis)	\$14
Target Center (Minneapolis)	\$28.25
Myth (Maplewood)	\$25
Target Center (Minneapolis)	\$18.26-28.26
Xcel Energy Center (St. Paul)	\$35-75
First Avenue (Minneapolis)	\$10
Xcel Energy Center (St. Paul)	\$35-75
First Avenue (Minneapolis)	\$15
Xcel Energy Center (St. Paul)	\$41.10-61.10
Fine Line Music Café (Minneapolis)	\$15-35
Myth (Maplewood)	\$22-25



Last days Guitar students get some sunshine in class

Top Left: Students in David Livermore's guitar class spent fourth hour outside, enjoying the sunshine.

Bottom Left: Two students in Introduction to Guitar, taught by orchestra director, David Livermore, strum a tune together on the west lawn of the school grounds.

Bottom Right: Orchestra director, David Livermore goes over chords and a song with two students from his guitar class.

A Woosical Seussical Musical

FLHS fall production opens Nov. 2

by Meagan Seim

Remember the days of wockets in pockets, ninks in sinks, and wosets in closets? How about big feet and little feet or itchy-itchy ichabods? Well, they're back, in a different scene than ever before.

The *Seussical Musical* is based on at least 15 of Dr. Seuss's books. Including some of his most memorable characters. The musical that has been brought together by the talented team of Lynn Ahrens and Stephen Flaherty and the students at Forest Lake Sr. High have decided to "bring on the show".

Laura Jacob, a junior and participant in the school production, loves the musical.

"It's not like any other performance we've done," said Jacob. "It's got a little bit of everything in it and about 90% of it is performed in song."

The cast of the up and coming *Seussical Musical* is working hard to make sure their performances are top-notch and entertaining for people, young and old.

"It's a lot of work, but in the end it's all worth it," said Jacob.

Well, theatre attendees can be the judge of that. The *Seussical Musical* runs Nov. 2, 3, 4, 9, 10, and 11 at 7:30 p.m. in the Forest Lake High School Auditorium. Tickets are \$5 for students and seniors, \$6 for adults or a Patron ticket for \$10.



Horton (Scott Isaacson) finishes a song with the bird girls while rehearsing for FLHS' fall musical production, *Seussical Musical*.



TOP: The Sour Kangaroo (Paula Regnier) is hoisted up by the Wickershamro Brothers in a rehearsal for the fall production. Director Ms. Cindy Hess, watches as her cast members rehearse.

LEFT: Cast members rehearse choreography for a number in the upcoming play, *A Seussical Musical*. It opens Nov. 2.

photos by Brittany Forsblade

Restaurant Review:

Don Julio's offers local flavor to Mexican cuisine

By Brad Kopp

The smell of chicken fajitas and soothing sounds of "La Macarena" are just a few of the things I noticed when I sat down for a meal at Forest Lake's newest Mexican restaurant, Don Julio's. Upon entering the restaurant located in the Lakes Shop Shopping Center, I was greeted and seated at a roomy table. Looking down, I saw a menu that is full of every imaginable Mexican food. There were lunch specials that ranged from \$4 to \$6, and dinner specials that ranged from \$7 to \$8. There were meals with tacos, burritos, rice, and chalupas. The food came amazingly quick and the smell was mouthwatering.

I gazed upon a plate full of steaming hot taco salad with a side of homemade tortilla chips. After devouring my food I went to the cash register to pay for my meal, and to my surprise the price was quite good. It was just under \$7 for an amazing meal in an amazing setting that made me feel as if I was in Mexico. The only



Don Julio's, a restaurant in the Lakes Shop Shopping Center, opened recently for the enjoyment of the Forest Lake public. photo by Brad Kopp

negative thing about the restaurant was that there was a slight language barrier between the waitress and the customer. I would definitely recommend Don Julio's to any person looking for a nice place to catch a quick bite to eat or

just to try something new. I give it _ out of 5 stars.



The Departed doesn't disappoint

The star-powered film leaves expectations, embraces critical praise

by Neil Polglase

When I entered the dark theater to watch *The Departed*, my expectations were high, but I soon forgot as the blood began to flow. The fundamental idea of a movie is to transport the viewer to another place and entertain them. *The Departed* certainly did that. Director Martin Scorsese is widely considered one of the best directors ever. With a resume of films like: *The Aviator*, *Goodfellas*, *Raging Bull* and *Taxi Driver*, it's easy to see why. Scorsese, born in New York City, injects his energy into every movie he does and big name movie stars gravitate towards him.

The Departed has an amazing cast that includes: Leonardo DiCaprio, Matt Damon, Jack Nicholson, Vera Farmiga, Mark Wahlberg, Martin Sheen, Alec Baldwin and many other great performers.

Watching the movie, I found myself easily engrossed in the developing plot and most of all, the characters. The film follows two main characters; William Costigan (DiCaprio) and

Colin Sullivan (Damon) who are both cops but find themselves in very different, but equally brutal situations. Costigan is an undercover cop trying to bust the crime lord, Frank Costello (Nicholson) and Sullivan is a young cop rising through the ranks by playing both sides. Every lead actor and actress seems to fit their part perfectly. Even the Boston accents are genuine.

The Departed creates a world that is so violent and cruel it makes you cringe. I do want to warn those of you who are a bit squeamish. There is a great deal of violence and swearing in most of Scorsese's films and this one is no different. Every movie fan should see *The Departed*, even if violence bothers you. The performances by the actors and actresses will be well worth the time and money. If you want to see a well-directed, well-acted and well-written movie, go see *The Departed*. I give it 4 out of 5 stars.



Looking Behind:

Mid-October Television Sitcom Nielson Ratings

Percentage of all households

1. Grey's Anatomy: 14.6%
2. CSI: 13.5%
3. Dancing With the Stars: 13.2%
4. Desperate Housewives: 13.1%
5. Dancing With the Stars (re-sults show): 12.3%
6. CSI: NY: 11.6%
7. CBS NFL: 11.6%
8. CSI: Miami: 11.5%
9. 60 Minutes: 11.3%
10. Criminal Minds: 11%



Looking Ahead:

Movie Releases

Oct. 27:
Saw III
Running With Scissors
Babel
Catch a Fire

Nov. 3:
Volver
Flushed Away
Santa Clause 3
Borat

Nov. 10:
Stranger Than Fiction
A Good Year
The Return

Nov. 17:
Happy Feet

Nov. 22:
The Fountain

Dec. 3:
Apocalypse
The Good German

Football focus: words

Team’s weekly words create inspiration on field

by Kacie Waldoch

“Check the scoreboard” isn’t a cheer that Ranger football fans got to say too often in previous years, but this year it was a favorite among fans.

“We are right where we want to be,” said Head Coach Matt Cleary after the team’s upset win against the Stillwater Ponies on Sept. 29. They are looking to be section champs which would take them to state.

“We worked a lot harder in the off season,” said Captain Matt Schwartz regarding one of the many differences the team has seen this season. Also, new this year is that each week the coaches choose a word that the team would center quotes and their team talks around. Confidence, discipline, joy, determination and perseverance are among the inspiring words. The new word is put up in the locker room on Mondays, it’s so the team can be inspired and focus on one thing each week.

The Rangers record is 4-3 and the two losses come against two highly ranked teams. Assistant Coach Ryan Johnson explained that the team has good talent and the players worked hard in the off season with the dedication to win. That dedication was tested on Wednesday, October 18 when the team faced Hastings in the final regular season game. Playoffs start on the Oct. 24 and kickoff is at 7 p.m.



The Ranger offensive line starts out a play against the Stillwater Ponies during their Homecoming match-up on Sept. 29. photo by Amelia Matheson

***For more on the Homecoming game vs. Stillwater, see page 6**



Nelson, Successful in the class and in the water

by Brad Kopp

When thinking of an all-state athlete combined with an academically skilled student, senior Amanda Nelson fits that description.

Nelson is a senior captain of the FLHS swim team and she has achieved many things in the water as well as the classroom. In fact, in 2005, Nelson placed sixth in the state meet for the 100 yard butterfly with a time of 58:18 seconds, finishing just behind her biggest competition, Rachel Fredrickson of Stillwater.

Nelson also competes in the 200 medley relay, 200 freestyle, 50 freestyle, 200 freestyle relay, and 200 Individual Medley. Nelson set pool records for the 200 freestyle, 100 butterfly, and the 200 individual medley. She also helped the relay team in achieving a pool record in the 200 medley relay. The 200 medley relay record has been broken by Nelson’s group four times.

The 2006 state meet will take place on November 20-22 at the University of Minnesota Aquatic Center. Nelson hopes to compete and show college scouts her abilities.

Many colleges have offered Nelson scholarships for either swimming or academics, but Nelson hopes to attend the University of Illinois at Chicago next year. The UIC is a Division I college with an outstanding swim team. Along with swimming in college, she wants to attend medical school.

Even though she’s gathered many accolades in the pool, it is clear that Nelson’s grades are most important to her.

“It’s called a student athlete, not athlete student,” said Nelson.

It’s also clear that Nelson has a lot of motivation that will send her in a positive direction, even after her swimming days are over.

Soccer teams look to build

by Shea Carr

The Ranger boys have been through many highs and lows this soccer season.

“Spaghetti dinners and our win at Irondale were lots of fun,” says Senior defenseman and captain Andy Nelson.

The Rangers finished their regular season with a 1-15-2 record. The team closed their schedule by tying the 15th ranked team in the state, White Bear Lake.

This upset future Lake could be the years t h e relative shows the of Forest soccer bright in to come. However, Rangers still had sections to play and held high hopes going in.

“We’re just going to go in and try to upset somebody,” said Nelson.

It looked like the team was heading in that direction when they took St. Francis to overtime, but the boy’s eventually lost the game in penalty kicks.

Girls

The girl’s soccer team has also had a trying season this year. With a regular season record of 3-14-0, the girls still had their share of highlights.

“Scoring on Stillwater was a good moment,” said Junior midfielder and captain Danielle Boldenow.

The Rangers failed to reach their goal of winning a conference game but still looked to the section tournament for some success. Unfortunately, they could not pull out a win and ended their season with a loss to St. Francis 2-1.



Tennis team ends season 10-2



Patchin sisters finish strong

by Kacie Waldoch

Once again the Forest Lake girls tennis team had a successful season with ten wins and only two losses in their regular season.

According to Junior Kathy Crudo, the team’s game plan was taking it “one game at a time.” Crudo believes that the team had a lot of team unity and good work ethic.

The team’s season came to an end on Oct. 10 against Mahtomedi, the number one seeded team in the state.

Individual sections started Fri., Oct. 13, and it wasn’t an unlucky day for doubles partners and sisters Senior Paige and Sophomore Quinne Patchin.

The girls’ victory over Stillwater advanced them to second round where they defeated Anoka and Blaine. They lost to Centennial

in the next round, which put them in the bracket for third place.

The sisters ended up in third place after their win against Moundview with scores of 1-6, 3-6, 6-4.

The bond as teammates is only made stronger by the fact that the Patchins are sisters.

“She is my favorite to play with,” said Quinne about Paige.

With Paige one of the graduating seniors this year, Quinne will need to find a new partner for next year. But with a foundation of section experience to build on, that may not be a big chore.

After school weightlifting for everyone

Want to build tone and metabolism and cut down on the love handles? Then check out the FLHS after school weightlifting program.

“It’s a great way to meet people,” said faculty supervisor Joe Jurasin, “and it also helps you get stronger and quicker.”

The weight program is available to all students of FLHS, whether or not a school athletic team is part of your schedule.

“For those students not on a team, it creates a sense of belonging,” said Jurasin.

If a student is in a school-sponsored sport, and is out-of-season, there is no cost to lift. The program costs \$30 per season/\$90 per year, for those students not in a school-sanctioned sport.

“We begin each new season after each team’s tryouts,” said Jurasin, “so, the next season will begin after the winter sports have had theirs.”

The after school weight program has been going on for many years, but Jurasin has been in charge of it since 1992.

“Lifting weights is something you can do for the rest of your life,” said Jurasin. “I’m 43 and have been doing this for a long time.”



Senior Drew Cremisino is working his muscles as Senoir Mike Schwartzbauer spots him.



Sophomores Shelby Simons and Leah Tetrault work with the medicine ball during the after school weight training hours.

Weightroom Hours:

Monday-Friday 2:45 to 3:45

To sign up, see Mr. Jurasin after school in the weightroom on the mezzanine

Winter seasons begin soon!

Llisten to announcements for more details

ACTIVITIES

Ranger volleyball sets sights high

Section play begins Oct. 25

by Siri Urquhart

“IT’S TIME FOR THE RANGER DANCE! IT’S TIME FOR THE RANGER DANCE!” Sound familiar? The Rangers varsity volleyball team starts off with this cheer before almost every third game. They’re 7-1 in conference.

“The season so far is going extremely well. We all play our roles very well,” said Ellen Nelson, senior captain.

“We’re doing very well this season. We’re 4-1 in our conference so far,” said Megan Becker

“I was a little disappointed with the game against Cretin-Durham Hall, but we played well,” said Head Coach Sherri Alm, who has been coaching the Rangers for 19 years.

When the Rangers played against Hastings, on Oct. 28 Community Education volleyball players were invited to come and watch the Rangers. On Oct. 2, all Community Ed. volleyball players were invited to a one hour practice to help them develop better volleyball skills.

“It was crazy. There were lots of girls and it was fun. I think we’ll have a lot of good teams

in the next 10 years,” said Becker.

“It was so much fun,” said Alm. “The younger girls were excited and very appreciative. I told the varsity girls that they think they’re Team USA Olympians.”

Up next for the Rangers is Sections on Oct. 25, 27, 31, and Nov. 2. The team has high goals for the post season.

“I hope we make it to finals and play a great last match,” said Coach Sherri Alm.

“My expectations for sections are to play our hearts out and accomplish our goal of going to state,” said Nelson.

“My expectations are to go to the championships and taking first,” said Becker.

The last time the Rangers made it to state was 2002.

“I think we have a chance of making it to state,” said Nelson.

“We’re just going to take one game at a time,” said Alm.

Section play begins Oct. 25 at Forest Lake High School. Game one will begin at 7 p.m.



From left to right, Caitlin Lehner, Ellen Nelson and Megan Mckenzie cover Jamie Bucholz as she spikes the ball on Cretin- Derham Hall.

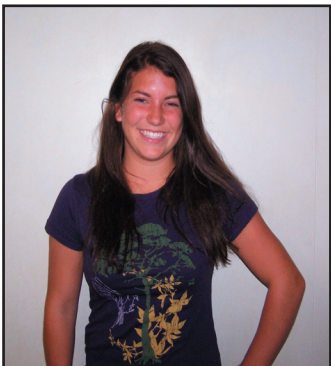
Patchin a girl of many talents

by Brad Kopp

Leading the Rangers varsity tennis team to a current 7-2-2 record is senior captain, Paige Patchin. Patchin has been playing varsity since 8th grade under the teaching of her coach, who also happens to be her father, Greg Patchin.

“Having my dad as my coach is both good and bad, it’s like a double edged sword,” commented Patchin. “I get a lot of practice with my dad, but I also get complaints about how things are going.”

When she is not on the court working on her backhand, she is doing schoolwork. Patchin is not only one of the top tennis players in the state; she is also a Commended National Merit Scholar. Patchin is still unsure of what college to attend, and what she wants to major in.



It took a lot of practice to earn good grades; even more practice to earn a few school records. Patchin set a record for the most wins in FLHS history for boys and girls, by recently breaking the 100 all-time wins mark. Patchin’s wins sent her to state two years in a row, which is also another FLHS record.

Patchin didn’t just get to where she is today by taking it easy. She has put in many hours by herself, and with her father. Her main drive is her passion and love for the game of tennis.

In the future, Patchin hopes that tennis will be in her life in one way or another, whether it is teaching a clinic or just hitting the ball around. Patchin has the drive on and off the court, to go places in life, even if it’s not in tennis.

Cross Country off and running

by

Amelia

Matheson

The Forest Lake Boys’ Cross Country team is doing the best they have done says Captain Zack Clark. The team goals were to be in the top two at sections and go to state. Zach Waldoch is a sophomore who is already on the upper half of the varsity team and is doing very well so far says Clark. The team will compete at sections on Oct 25 at Goodrich Golf Course. The state meet is Nov. 4th at St. Olaf College. Leading this team is Coach Deno Johnson.



Captain Kristi Buerkle, Emily Peterson, and Sarah Mitchell lead the Girls Cross Country team on a run during practice.

Girls

The Girls’ Cross Country team has also had their share of success. According to Senior Captain Kristi Buerkle, the team has had a lot of good performances and has placed very high in some of the bigger meets. One of those bigger meets is the Section meet on Oct. 25. It will be held at Goodrich Golf Course in Maplewood.

“As a whole, everyone did really well at conference,” said head coach Kristen Fairman, who co-coaches with Mary LaBossiere. “Hopefully, the conditions will be more hospitable so the girls can go for personal bests.”

There are 17 teams in the section and solid competition.

“I really want the seniors to be able to race their best, since it’s the last race of their career,” said Fairman, who is in her second year at the helm.

The team finished seventh in the Section Meet in 2005.

“We’re looking for a top 5 team finish this year,” said Fairman.

The Girls’ team goals are to stay strong and work together as a team.

“In cross country, every person helps with scoring, so it’s important to have a solid group of girls competing,” said Buerkle.

If the team or individuals qualify, the state meet is Nov. 4th at St. Olaf College.

Open Gyms Begin



Winter sports start soon and some athletes are getting a head start. Listen to the announcements for specific starting dates for this year’s winter sports season.

Alec Johnson boxes out Jordan Knoop (above).

Brandon Anderson drives to the basket (right).

Other winter teams have begun captain’s practices. Check out the announcements for more info.



Got Rhythm?

Tryout for the FLHS Dance Team!

WHEN: Oct. 23-26

TIME: 3-5 p.m.

WHERE: FLHS Fieldhouse

* Must attend all days to be considered *

Final Say

What is your favorite piece of advice received to date?



"I was Buddy Holly"
-Jordan Lutz



"Quote me"
-Neil Polglase



"Live life to the fullest."
-Bryanne Gream



"You have to expect things of yourself before you can do them."
-Brad Kopp



There's a big world out there. Bigger than prom, bigger than high school, and it won't matter if you were the prom queen or the biggest nerd. Find out who you are and try not to be afraid of it.
-Chloee Daniels-Miller

The Breeze staff: Jumping off to a great start



From Left to Right: Jordan Lutz, Shea Carr, Neil Polglase, Kacie Waldoch, Brad Kopp, Brittany Forsblade, Bryanne Gream, Meagan Seim, Amelia Matheson, Chloee Daniels-Miller, Nicole Bernfeld, Siri Urquhart.



Question everything
-Nicole Bernfeld



♪ Be true to your heart ♪
-Kacie Waldoch



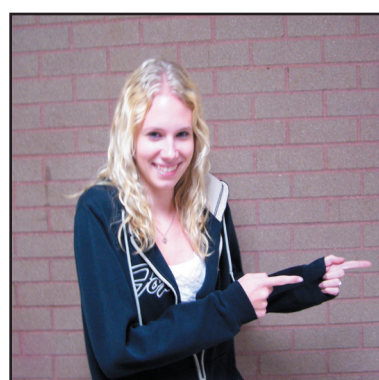
"What doesn't kill you will only make you stronger"
-Siri Urquhart



Behind every beautiful thing there is some kind of pain
-Brittany Forsblade



You never fail unless you stop trying.
-Meagan Seim



Follow your heart.
-Amelia Matheson



Whatever you commit to give it your all.
-Shea Carr



Seeing Double?

This is the color version of the photo on page 4.

FLHS DECA is selling Ranger gear to raise funds for their upcoming contests.

To support DECA and increase your Ranger Wardrobe, get decked out with DECA's new line of Ranger gear.

For details, see page 4.

WORD FIND:

Find these words in October's issue of *The Forest Breeze*

vote
Seuss
carpentry
speech
playschool
lens
tradition
pride
costumes
spotlight
sunshine