

# Schultz signs with U

## Senior Trip Schultz baseball recruit

by Brittany Forbade

Take me out to the ball game, because senior Trip Schultz has signed a letter of intent to play Division I Gopher baseball for the University of Minnesota – Twin Cities.

Schultz had been considering a variety of offers from the likes of Notre Dame and Creighton University (Omaha, Neb.) as well, but on Oct. 8, in the FLHS media center, he finalized his decision.

“Since I’m a hometown boy and from Minnesota,” said Schultz. “I’m close enough [at the U] family and still come

Location only factor into his decision, however.

“Being Minnesota, along with the aggressive scholarship offer, the U of M seemed like a good decision,” said Schultz.

Schultz is being recruited as an outfielder, although he also pitches.

“One of my dreams is to be a professional baseball player, so this is a step in that direction,” said Schultz.

Even though he’s been playing baseball for thirteen years now, Trip was also one of the



Senior Trip Schultz signed a letter of intent to play baseball for Division 1 Univ. of Minn. on Oct. 8 in the media center.

senior members of the Ranger football team this fall.

“Baseball is my first love, I like football a lot too, but I am better suited for baseball,” said Schultz.

Shultz is still undecided on what he will be majoring in at the U, but there’s one thing you can count on, and it’s that he’ll be playing his game – baseball.



# FFA adopts a family

## Annual holiday food drive begins Nov. 27

by Neil Polglase

People say holidays are the time for giving, but a small group of students and faculty at Forest Lake High school are not only saying that, they are making it happen.

The FFA food drive happens every year. Seniors and juniors might remember boxes of perishable food from previous years, but they may not know the story behind them.

Mr. Miron and Mr. Marzolf, FFA advisors, hope to make a difference not only in their students’ lives, but they wish to help less fortunate families.

“It’s [donating food] a lesson for the kids and a really valuable experience,” said Marzolf.

The food drive is a chance for students to show their generous side. It is a contest between every first hour to see who can collect the largest amount of food. However the most important part of the contest is what happens after it. The food is distributed to families who are struggling, around the community and to local food shelves. The families are referred by churches or neighbors that know they have fallen on hard times.

After the last day of collecting the students in FFA will start delivering the food to the families.

“Students come back with tears in their eyes with the stories they have sometimes,” Marzolf said.

Last year there were a total of about 3,000 cans given to the food drive, but Marzolf and Miron are hoping to do even better this year.

The food drive starts Nov. 27 and



continues until Dec. 15. Every first hour class will collect the cans. The food should be non-perishable which means it will stay fresh over time.

The award for the class that collects the most is a class breakfast made by FFA. Even though Marzolf and Miron rarely hear compliments from students, they know it means something to them.

“Students love to do it. I can see it in their eyes,” Marzolf said.

So, when November 27<sup>th</sup> rolls around, be sure to donate all you can.

### Want to donate?

Listen for announcements, and bring canned goods Nov. 27 - Dec. 15

# New folks up front

## Cindy Jones and Scott Urness join dean staff in FLHS’ Student Services office

**Name:**  
Cindy Jones



**Position:** Dean of students with last names Lo-Pe

**Schooling/ Degree:** Alfred Adler Graduate School: Master’s in Psychology, University of Minnesota: License in K-12 Counseling

**Hobbies:** Community Theatre, Furniture Refinishing

**Piece of Advice:** “You always have a choice.”

**Work experience:** Behavior Specialist at the Forest Lake High School, department of human resources, waitress, actress, and a film production assistant

**Why do you want to be a dean:** “I’ve finally found something I feel I am good at.”

**Name:**  
Scott Urness



**Position:** Dean of students with last names He-Li

**Schooling/ Degree:** St. Cloud State: Bachelor’s Degree, Master’s at St. Mary’s University, Administrators from St. Mary’s University

**Hobbies:** Fishing, watching kids in sports and dance, cooking

**Piece of Advice:** “Work hard, never give up, and most of all, persistence pays off.”

**Work experience:** 13 years teaching 6th grade at Linwood elementary. Mainly Social Studies and Science but also a little bit of everything else

**Why do you want to be a dean:** He enjoyed classroom but wants to move onto the next step. Plus he hopes to be a principal someday and this is just the next step.

# Give and let live

## Fall blood drive Wednesday, Nov. 29

by Meagan Seim

Finding time to help others in need is hard, but donating blood is easy and less time consuming than thought.

The FLHS Student Council is hosting a blood drive on Nov. 29 and they’re asking for as many students as possible to sign up. But many people will not sign up. According to the American Red Cross, about 60% of the U.S. population is eligible to donate blood but only 5% actually choose to do so.

For the people willing to donate, however, there are some restrictions that are carefully followed before the actual process of giving blood. First, the donor must be at least 17 years of age, and weigh at least 110 pounds. From there, questions are asked to decide whether or not the potential donor can donate. Questions pertaining to any recent piercings or tattoos, traveling destinations, recent immunizations or vaccinations, infections, or currently used medications will be asked.

A person, upon permission, can donate blood after waiting for 8 weeks, or 56 days, since their

last donation. There are many forms of blood donation, for example, the donor may choose to donate blood, or tissue, or even plasma.

Deciding to be a donor may not only help others, but it can also help the donor, giving him, or her, a sense of pride in knowing that by taking an hour out of their day, they may have just saved the life of another person, or persons. Mission accomplished.

“Giving blood is a good cause,” said Student Council President Kim DeMars. “It’s

been successful every year we’ve done it and it’s a good way for students to get involved in the community.”

So sign up in the FLHS activities office to be a part of the fall Blood Drive Nov. 29 in the FLHS Fieldhouse.



### Giving Guidelines:

**Must be 17 years old**

**Weigh over 110 lbs.**

**Wait at least 8 weeks (56 days) between donations**

‘Winter Fashion’

The Latest Trends.....Pg. 4

‘Everything Winter’

Ice Fishing, Skiing, Snowmobiling, and More.....Pg.6-7

‘Swing Dancing’

at the Caves.....Pg. 8

Matt Nicklason

in the student- athlete spotlight.....Pg. 11



# IClub: International/Interact

## IClub spreads diversity awareness at FLHS

by Nicole Bernfeld

Last year’s International Club, run by Spanish teacher, Annie Dahl, and Interact Club, run by Language Arts teacher, Laura Livermore, have been combined. It is now called I Club and is run solely by Dahl.

“It was disconnected when it first started out in 2003,” said Dahl, “but it’s now combined to represent French, German, and Spanish altogether.”

“I Club gives you a chance to meet new people and get to know the exchange students. There’s

exchange students can meet people in the school and to celebrate their being here. I Club is currently working on ideas for a holiday service project, and the members are keeping busy.

“We’re continuously working on the Culture Fair that’s going to be held in April,” Dahl said, “and we have helped Rotary Club (our Interact sponsor) with some initiatives, such as setting up for events, and their Adopt-A-Highway program.”

“I started when I was in 10<sup>th</sup> grade when one of my friends asked me to go to a club meeting with her,” said Laura Krengel. “I’ve been in International Club ever since and this year I’m the treasurer. I like it because it’s relaxed chaos, it’s not in any certain order where someone tells you what’s planned and that’s what you do, but it’s organized enough so people know what’s going on. It’s basically a big group of friends hanging out.”

“I’m in I Club because I love Mrs. Dahl! It’s also a fun way to meet people, and hang out with friends,” Tori Nerud said. “I Club is fun and you can be involved with it without it taking over your whole life, you still have time for other things.”

I Club has many activities that are just for fun. They have fundraisers to raise money for club trips. For example, members recently went to the Mall of America. Some members would also say that the Culture Fair is fun, from their experience last year with it, and at the end of the year, they go on a trip to Valleyfair for an entire day.

I Club has decided on doing a winter item drive. Members have started collecting hats,



Adviser Annie Dahl leads a recent IClub meeting in her classroom after school. The IClub meets an average of one Monday a month.



FLHS students socialize after a recent IClub meeting. IClub is currently planning a holiday service project. photo by Nicole Bernfeld

also free food!” said Dianna Schave. “I like I Club because it’s fun, and for the food.”

I Club’s purpose is for students to learn about other cultures. It also allows a place where the

gloves, scarves, and socks during all lunches and will continue through the holidays. For every item a student brings in, they will get their name on a raffle ticket to be put in a drawing for prizes, and yes, a pair of socks or gloves count as only one item. They have also started their next fundraiser, selling packages of coffee. They will sell for \$8. For more information, see Mrs. Dahl or an I Club member.

Right now, I Club has about 80 members, but anyone is welcome to join at anytime. To join, simply show up at one of the meetings. I Club meets once a month in Dahl’s classroom (307). All dates are posted outside the classroom on the I Club bulletin board.

# Faculty Profile:

## An aspiring teacher, an inspiring story

by Neil Polglase

There are many teachers who students may recognize every year they come back, but there are also those who are new. Mr. Colb, a student teacher, is new this year in the world language department.

Colb loves helping Mrs. Colton, French teacher, but most of all Colb loves the language.

“I first took it [French] in sixth grade. At first I liked it because I was good at it, but later I really fell in love with the language,” said Colb.

Colb worked in the French department for a year at Century Junior High and now he is trying to get his teaching license. He is also going to Bethel to earn his masters degree. Colb hopes to get a job in the district after he gets his license.

“I live in Hugo so it would be nice to work in the district,” said Colb. “It’s so quiet up here and I love that.”

Colb earned his undergraduate degree at the University of Minnesota. As a freshman, he just wanted to make money, so he majored in business and French. Colb soon figured out what really matters.



You can find Mr. Colb in the world language office most of the time. photo by Neil Polglase

“...money isn’t everything. Finding something that drives you, something you’re passionate about that’s important,” Colb said.

French was what Colb found. He studied abroad in France for six months later in college and learned a lot about their culture and the language.

Colb hopes to be teaching his own French class one day and there is no doubt that he will continue searching for that dream.

## Forest Lake Debate Tournament

Saturday, Dec. 2

20 teams competing

300 - 400 competitors

100 judges

5 Divisions

First Round: 8:30 a.m.

Finals start at 3 p.m.

Visitors Welcome!

Come and support FLHS debaters!

## CUT n’ KEEP Calendar

Nov. 23 & 24  
Holiday: No School

Nov. 27  
School resumes

Nov. 29  
Student Council  
Blood Drive

Dec. 5  
Tozer Scholarship  
Parent Meeting  
7:00 p.m in Auditorium

Dec. 9  
ACT Testing  
at FLHS

Dec. 10  
Oratorio Concert  
(Band, Choir, Orchestra)  
7:30 p.m in Auditorium

Dec. 11  
Term 2  
Parent Conferences  
4:00-8:00 p.m.

Dec. 22  
No School  
Beginning of  
Winter Break

## 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

## HOLIDAY TREATS!

at First Nails Spa

Full Set: \$20

Manicure and  
Pedicure: \$35

Treating a friend  
for the holidays: Priceless

\*Gift Certificates available\*

830 South Lake St. (next to Big Dollar)  
Need more information? Call (651) 464-6011



by Nicole Bernfeld

SADD is currently running their ‘Say nothing, do nothing, stop nothing’ campaign. There was an instance last year where two groups of students were fighting in the cafeteria after school, and other students were just standing around watching. It involves respect for the students, faculty, and the school. It reflects the idea where if someone turns their back on a fight or discrimination and acts like they didn’t see, nothing is ever going to be done about it, like the fights last year involving racial tension.



## Suessical success Fall musical draws a crowd

by Brittany Forsblade

"You guys have a show", said Artistic Director Cynthia Hess to the cast on the opening night of Suessical the Mussical.

After the tickets had been purchased and counted, the costumes put away, make-up removed, and the set taken apart, the audience had the same conclusion.

"I want to thank Mrs. Hess for being such a great director and Heidi not only for being a great vocal director, but also as sort of a life coach," said senior Brittany Faulkers who played Mayzie la Bird.

"It was such a great experience, and I just want to thank the fellow cast members for making it so fun, and most of all, I want to thank Mrs. Hess for doing an awesome job!" said sophomore Stephanie Williams who played Jo Jo.

"Every person fit their part so well, it was perfect," said community audience member



Sophomore Adam Regnier and senior Brittany Falkers had lead roles in FLHS' production of Suessical as the Cat in the Hat and Mayzie laBird, respectively.

Kim DeMars.

"It was really creative- the way they dressed. The singers were very good- It was very well done," said senior Matt Peterson.

Another big importance to the successful production was the set crew and lighting design directed by Andrew Waldron, junior Abby Pooch and junior Nora Nolden were the stage managers, Cynthia Hess was in charge of costume design, Heidi Sapa was the vocal conductor and Rehearsal Pianist, and the orchestra was conducted by David Livermore.

"The orchestra gave the play a little more spice and suspense at times when it was needed, it sounded great," said sophomore Taryn Gillespie, who played a part in the chorus.

The cast and crew will not be able to forget their lines and go on with life beyond the play yet. FLHS Suessical has only just begun. This coming June, FLHS theatre will step into the spotlight

at the Hennepin Theatre Trust Spotlight Musical theatre program. Twenty-four other area high schools will present their musicals at the Pantages Theatre on Sunday, June 3, 2007.



The Wickersham Brothers sing about the Jungle of Newell as Gertrude McFuzz and the Bird Girls (background) look on. Photos courtesy of the yearbook

Genny Forsblade.

"It was phenomenal, my kids loved it too," said community audience member Bill Hedley.

"The singing was amazing. Mayzie and the Sour Kangaroo were my favorite," said senior

**Have any questions about something you have had on your mind and you just cant figure it out. Ask us and we will figure it out for you. Just send us your question to [forestbreeze@forestlake.k12.mn.us](mailto:forestbreeze@forestlake.k12.mn.us)**

## ASK Anything!

**Why is there no open campus for lunch?**



by Kacie Waldoch

Why is there no open campus for lunch?

There are a few reasons students cannot go off campus for lunch at FLHS. According to Asst. Principal Don Bosch the major reason students can't go off campus for lunch is a safety issue.

"Once in school, the students are our responsibility" said Bosch. Whether the school would be accountable for students out to lunch or not, the staff still wants students to be safe. Many teenagers trying to be in the same part of town at the same time would dramatically increase the chances of an accident.

Bosch also talked about the fact that students may not come back after lunch and that would cause preventable trunancies.

Another small detail students may not have realized is the location of the restaurants to the school. With only 30 min. for lunch, it would be difficult to get back in time for class. Students would rush to get their food and thus, create another safety issue. On the less dramatic side hurrying to eat food could cause students to have tummy irritations.

Considering the increased hazard risk and lack of time students will have to wait until June 9 to eat out for lunch on a regular basis during the week.

## It's Hammer Time



photos by  
Amelia Matheson



**TOP:**  
Members of the Carpentry 2 class work on the rambler.

**RIGHT:**  
Luke Kubitschek puts up a piece of siding.



**Left:**  
Logan Robinson and Brandon Yetter work on installing siding on the house their carpentry class is working on constructing.



The Carpentry 2 class is making progress on the rambler house. As of November 16, they had the roof completed and the windows and doors installed. Kim Insley from KARE 11 News recently interviewed several students for an upcoming broadcast.

## CRC a valuable resource

by Shea Carr

It is unfortunate that one of Forest Lake High School's most useful resources is relatively unknown. The Career Resource Center (CRC), which is located in the library, provides students with information many may not know is available to them.

"The CRC provides resources for students to utilize concerning colleges, secondary school options, and possible careers," said Val Handstad, supervisor of the Career Resource Center.

The CRC presents students with information from schools all over the United States as well as Minnesota. Students interested in researching college and careers can narrow down some of their possible careers by visiting the Minnesota Career Information System On-Line which can be found at <http://mncis.intocareers.org>. Here students can explore career and educational options. This site is available anywhere there is internet access. The user name for Forest Lake students is "forestlake" followed by a password of "rangers."

The site is divided into three sections. The first is information on careers and occupations and the second on education and training. The last section focuses on assessment.

Students can take three tests and get suggestions as to what fields they might want



CRC adviser, Val Handstad, is a valuable resource in the corner of the high school media center. photo by Shea Carr

to look into. The first test deals with a person's skills, the second gives attention to a person's work-related interests, and the third concerns the importance of the person's work values.

With just around 400 students in a school with an enrollment of nearly 2000, along with a handful of parents accessing the CRC each month, it is safe to say many here at FLHS have yet to discover the entirety of their resources.

"Students should do all they can to utilize their resources available to them and just take the time," said Handstad.



Point and Counterpoint:  
Public Displays of Affection

Is PDA really that  
big of a deal?

by Amelia Matheson  
Highschool is the main place people our age meet and couples form. Everyone always remember their high school sweetheart later on in life. People at Forest Lake High School show their affection to one another in several ways, but are their Public Displays of Affection (PDA) really a problem?

Forest Lake High School has about 1900 students in the school so the hallways are packed. But do you really have to dodge the couples to get down the hall? I personally never have, it's always the groups of friends standing and talking. The couples I've seen together are usually tucked away down an empty hallway or by their lockers, not out in the open for people to see and to block their way. Plus, the couples I've seen don't do anything too extreme, or at least for punishment anyways.

If it bothers you to see PDA, then I believe you shouldn't look directly at them. If you aren't staring at them and watching their every move, you won't see what they are doing and it shouldn't bother you. Also, in my opinion, passing time is the time to take a short break from class and socialize with our friends and get ready for our next class. It's like "our" time of the day. So if you are displaying your affection with your significant other during "our time", then you aren't disrupting a class or making it harder for other students to learn. It shouldn't really be that big of a problem and teachers and deans shouldn't have to worry about it.

I do agree that there is a point where you should stop and I believe that students should be trusted to know that point. However, if it gets out of hand or too excessive, then you should save it for later when you have privacy and don't cause a scene. I personally haven't seen extremely inappropriate PDA at the school because I think that everyone has enough common sense to save it for when they are alone at home.

PDA has gone on  
long enough

by Bryanne Gream and Chloe Daniels-Miller

You know the feeling: You're trying not to be tardy to class, and you're postponed due to excessive PDA. Whether the smoochers are next to a wall, or just connected in the middle of the

hallway, it is difficult to get around them due to other groups of students haphazardly congregating in the middle of the hall.

Save PDA for your own time. If you think it's cool, or that you're showing off in some aimless way, think again. There should be more Mr. Wielands to walk right up to these pre-absorbed PDA'ers and

just bellow "ICKY!"

Why aren't they stopped? It's the "teenage thing" to go against whatever guidelines have been set forth. PDA is obviously no different. But that *does not* make it okay. PDA is outlined in the Student Code of Conduct as an **unsuitable behavior**, as in embracing, kissing, etc. No, it doesn't mean you can't hug your friend. But it does mean come up for air!

The Code of Conduct goes on: "Students who **disregard** this policy will be requested to have a conference with their dean and parent/guardian & may be assigned other **consequences**." Parents and deans have too many other important matters to take care of, instead of wasting their time disciplining PDA'ers like five years olds. It shouldn't be their job babysitting those who think they're "too cool" for the rules. After all, it is "Willful disobedience to refuse to follow school rules and regulations." (see "Behavior Guidelines" #10)

If you see PDA-ers in the hall, feel free to be the PDA police. A polite way to ask them to stop is to be direct and to the point. It isn't necessary to beat around the bush when asking them to stop. Simply tell them this is not the place.

This is not rocket science. These are not new rules. If you are a PDA culprit, you need to stop the mackin' while you're in school because you're not impressing anyone or winning points with any of the teachers or your peers. And if you still don't care about the school rules then be prepared for one big **ICKY!!!**

Don't Sweat the Test

ACT success = common sense + preparation

Editorial by Shea Carr



As we all get further into our high school careers its time for most high school students to start thinking about college. Sure, good grades, involvement in extra-curricular activities and the rest of the community all help when it comes to attracting a college's attention, but colleges often put emphasis on another aspect of each potential student.

The ACT has developed into the most important college entrance exam here in schools around the Midwest. The test measures a student's ability in mathematics, reading, English, and science.

I recently took the test on Oct. 28 for the first time and was surprised by some aspects. I found that it was not all that different from tests like the Minnesota Comprehensive Assessment test (MCA's) that we have taken a number of times before in school.

Maybe it was only the prestigious reputation of the ACT that made me think this test was going to be different but when I walked into the classroom I got a taste of what I had expected: a tense, nervous atmosphere. It's true, students do have a right to be nervous. With pressures brought on by their family and the requirements

for college, it's easy to be worried about the ACT.

Once I had the test and my answer sheet in front of me, my whole attitude changed. Suddenly, it was just another test. I took comfort in knowing that I could always take it over. I felt that I cruised through a couple of subjects but as the test wore on, my mind turned more to the idea that the test was almost over, and I had difficulty concentrating on the final part.

If I could make one decision concerning how to improve the ACT test-taking process, there is one notable change that comes to mind.

Students need to have a larger break period halfway through the test. A half hour to grab a bite to eat and clear one's mind should be expected when taking a test approximately three hours long. This is a serious test that deals with students' scholastic futures. Every fair advantage should be given to the test taker.

When offering advice to someone who plans on taking the ACT in the future or maybe already has but didn't like how their first experience turned out, I would give three bits of advice: Eat a substantial amount of food beforehand, get a good nights rest, and study the areas of the test that you feel you might struggle with most.

All in all, this test is only what you make of it and if you can mix in some preparation with common sense, you will be fine.

Winter Fashion:

Individual style is in

by Siri Urquhart

When you open up a copy of "Vogue", "Cosmopolitan", or "Elle", you see elegant models wearing the latest trends. What you might see is the emphasis of volume, more than anything this season. Volume should not be prominent everywhere, but according to "Elle" it should be blown up in proportion on various pieces of clothing.

Certain fashion trends apply to different types of "styles" such as, preppy, punk, bohemian, and girlie fashions.

Preppy

The must have accessory for this upcoming season is a pearl necklace, in a variety of colors. Pearls allow you to dress up a casual look to feminine chic in no time! Since pearls come in numerous colors, they can be worn with just about anything. The most popular color is pink, and you'll get extra fashion points if it comes with ribbon used to tie the necklace together.



Another must have is an Oxford shirt, which is normally a long sleeve dress shirt with a collar. They come in many different colors and patterns. The most basic one for winter fashion is a clean, crisp white one. Oxford shirts can be paired with a jacket; they can be layered, or just worn alone. The best way to wear this type of clothing is to layer a plaid button down shirt with a solid collar v-neck sweater.

Punk

The most popular top this season for the punk rocker (or even the wannabes), is a collared shirt. It can give a more feminine edge to something that's overly harsh. Wearing a collared short sleeve shirt, with a plaid mini skirt, and some thigh high black boots can give you that real rock star look!

Another essential part of a punky girl's wardrobe should be embellished jeans. These should be the main focal point of the outfit and have outrageous pockets that are decorated with beads or cool stitching. They could be paired

with a chain belt, a rhinestone belt, or even a black or white studded belt tight across the hips or off to one side. But, the wash should be light and the fit should be a little tighter.

Bohemian "Boho"

Shoes are a vital part of a girl's wardrobe, and for the Bohemian look, a pair of metallic gold flats will do the trick.



These shoes are best when they're the central point of the outfit. Gold goes very well with dark denim, green khaki, and black pants.

I don't know any girl who doesn't leave the house without a handbag. Beaded handbags are all the rage this season for earthy girls. The best thing about this type of bag is that it comes in an array of styles and colors, so you'll be sure to find one that catches your eye.

Girlie

For the "girlie" look, the skinny scarf is back. This accessory helps to dress down an outfit. It



looks great with a blazer, wrapped shirts, tanks, and colorful, funky tees. The best colors for this season are dusty rose, slate blue, and deep lavender. Too really mix things up a bit, use a crochet or knitted scarf to compliment any shirt.

And finally, what is a girl without a cute tweed or corduroy blazer? These are a must for every girl, regardless of style. For girlie girls, softer colors like pink and tan are the best. They can be worn with jeans to dress up a casual outfit.

This winter season, make a bold statement, and flaunt your style. It could be a mix of those styles listed or find your own unique, one-of-a-kind style. Fashion is something that goes in one year and out the other, so keep up with the latest style trends all year round!

Student Artist Spotlight:

Poetry

Friends

Friends will be there for you till the very end.  
If they are not there for you, they are not "true friends".  
Some friends come and go  
And some friends are eternal.  
True friends will stay,  
And others just go away.  
  
There are friends that lie.  
Those ones say their good-byes.  
All you need to know,  
Are they friends,  
Or are they foes?

By: Nicole Tomai  
Sophomore

Breathes Like Water

Water is like fools of the sky on Earth- Always reflecting  
Always reflecting- Pretty to look at- Feels good to know you have – Moves with the wind – Dries with the sun – Ruined with pollution- Purified in our homes – And it gets deeper when it rains – Reminds me of most people I know and see – Can never be themselves. Not so original – Rather copies or claims to know as much or more then everything and everyone else. Fighting with each other and fate – Like a backwards river – Sideways train tracks – Or lost pieces – There some kind of joke – Those of that Nature... They're all quite lame.

By: Taryn Gillespie  
Sophomore



Jones Soda Company  
The cure for regular cola

Product review by Neil Polglase and Chloe Daniels-Miller

When searching for a refreshing drink, there are so many choices that are similar, but the Jones Soda company is one company that has always been quite unique. There are very few companies today that run their business like Jones. From the unique flavors to the labels submitted by consumers, there is nothing else like it.

Jones started distributing their product in some unique venues such as skate, surf and snowboarding shops, tattoo and piercing parlors, as well as individual fashion and music stores. Jones Soda can now be found in larger chain stores such as Starbucks, Panera Bread, Barnes & Noble, Target, Cub Foods, and 7-Eleven stores.

Jones supplies drink connoisseurs with an impressive array of flavored fun. With distinctive flavors like Fufu Berry, Blue Bubblegum, Berry Lemonade, and Crushed Melon, they're sure to have a flavor to quench your thirst and fit your style.

As Jones Soda started their business with soda, their product line has expanded to include natural beverages, energy drinks, USDA organic drinks,

flavored lip balm, frozen soda pops and Jones Soda candy. They also carry seasonal limited editions. Current limited editions are Berries and Cream for Breast Cancer Awareness, 10<sup>th</sup> anniversary 4-packs and a Valentines pack. The Valentines pack includes two bottles of Love



Neil and Chloe enjoy their favorite Jones flavor, D'Peach Mode. Neil later took it home and slept with the bottle under his pillow.

10th anniversary 4-pack includes two bottles of Jones Soda Current Favorite Flavors: Green Apple and Blue Bubblegum soda, two bottles of Original Favorite Flavors, one Limited edition, numbered Jones Van Hot Wheels®, and last but not least, each pack is uniquely numbered with only 10,500 packs in circulation....ever! This pack can be found at Target for approximately \$10.

So whenever your feeling bored with regular pop, give Jones as a gift, or keep it all to yourself!

Potion #6 soda, one Love Potion #6 lip balm, a CD sampler featuring Sony / BMG recording artists Aqualung, Goapele, and the Fray and a book of Love Coupons. The current

Why was that so difficult?  
Lessons learned from our district's levy campaign

Commentary by Chloe Daniels-Miller

Political signs no longer litter community yards and shallow, ruthless television campaigns ads have finally ceased. Ballots have been cast and counted, and newly-elected politicians are gearing up to take their posts.

Many Forest Lake residents are able to take a very deep sigh of relief because the 2006 Levy for Learning Question 1 has passed. I think a lot of us are pretty levied-out. I know I am. I have never been involved in politics before this levy. The word 'referendum' was pretty impressive but also pretty nonexistent in my vocabulary. I had thought the title School Board Member was only given to someone who advocated positive strength and growth in our schools.

In 2000, a proposed 10-year levy was soundly defeated. Unofficial totals saw the levy proposal defeated by almost double the amount of yes votes. The 2006 levy showed 11,270 in favor and 9,558 against. Even though I'm relieved it passed, all I can think is, "So why was this so difficult?"

Before this past levy is discarded into our memories, I'd like to say how it's changed my view about Forest Lake. Bottom line: It's been a reality check.

I'm extremely glad there are still community members who have faith in the students and support our schools. But why doesn't everyone? Why do some people believe it's logical that a "No" vote would possibly improve our schools? I don't think people really look at the potential of our schools or even students for that matter. And why would they? Maybe they don't have kids or grand kids in the schools. Maybe they live here but their kids go to school in another district. Maybe they only have a cabin here. I've been



assuming that everyone who lives in Forest Lake won't just think of the number behind the simple \$ sign when casting their ballot. Because if that swayed their vote, they need to know that there's a point to life, and no, it is not the decimal point.

There were many sighs of relief when Question 1 passed. I don't think it would matter whether or not every single job position or every activity on that list would be cut in the 07-08 school year. The fact that they were even on the list made them fair game to be cut, and that was reason enough to be concerned. What makes up most of the budget is the teachers and faculty. At the high school alone, there

are some fun new teachers who are really engaged in teaching, and I can't think of one person who wanted any of them to be cut.

While we've been taught to speak up for what we feel strongly about and have our voice heard, our teachers and faculty couldn't. Their hands were tied from 7:30 am to 2:30 pm. It was odd to see them so tight-lipped about it all, especially when curious students wanted to know about the important

repercussions a "No" vote would bring to their school. I'm so glad the students and community stuck up for our faculty and our futures.

In light of the passed levy, there hasn't been any talk of bringing back activities cut in the past or lowering various student costs, but maybe that was the plan for Question 2, which failed in almost a complete reversal of votes.

Thank you to the students who fulfilled your civic duty to vote! Thanks to those who worked hard to educate people about what the Levy really means to the schools. I hope the fact that it passed doesn't upset those No-voters too much when they see our middle-schoolers playing sports, our high-schoolers benefiting from great teachers, and our district providing for the future of our students.

Music with munchies

Editorial by Chloe Daniels-Miller



Remember lunch on homecoming Friday? What do you remember most? No, not the food, the music! While there was a bubble-gum-finding-pie-eating contest, there was also

music playing in the background. It made for a fun, relaxing lunch experience. It'd be nice to have music in the lunchroom a little more often. Maybe not every week, but it would be enjoyable on a monthly basis. The type of music would need to be reviewed before being played, and there would need to be student commitment of responsibility to ensure that it ran smoothly. It could be once or twice a month, and Student Council

members could run it. There could also be different themes of music to be played, provided by students.



As several students have already voiced their support of the idea, it looks like it could be feasible. Senior Bethany Erickson thinks it would make for a nice atmosphere.

"There are all types of music that could be played, and if it was on a Friday it would be relaxing and enjoyable," said Erickson. Senior Matt Arnsdorff agrees.

"It'd be much better than the usual chit-chat," said Arnsdorff. Dr. Massey isn't opposed to the idea.

"Creating a positive atmosphere is always a good thing," said Massey. "But we need to keep in mind not to promote a party atmosphere in between classes, because that would be distracting to the learning environment. A student group could manage it to promote a positive and productive opportunity."

Have some thoughts?  
Write a letter to the editor!

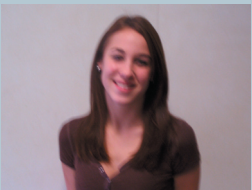
Photo Poll: For what are you most thankful?



"My family."  
- Dane Dewall, '09



"My family."  
- Caleb Snaza, '09



"My close friends."  
- Kelsi Gruber, '09



"My students."  
-Mrs. Schellinger



"Snow for snowboarding."  
- Rachele Willy, '08  
"The sport of basketball and my mom."  
- Abi Iverson, '08



"Altoids and smarties."  
- Hannah Taylor, '08



"Family and friends."  
- Lanimakana-maiakua Petrulo, '08



"My health."  
- Amber Diemert, '07



"My friends."  
- Matt Schwartz, '07



"My family... I like my boys."  
- Mr. Cleary, Teacher and Coach



"My family."  
- Megan Mckenzie, '08



# Winter Fun

## Check out the slopes

### Wild Mountain Taylors Falls, MN

Lift ticket:	Days	\$15
	Nights	\$15
Sat. nights	4 p.m.- 1a.m.	\$30
	10 p.m.- 1a.m.	\$20

Prices from Nov.25 - Feb. 24

<b>Hours</b>	
Mon. - Thurs.	Noon-8p.m.
Friday	Noon- 9p.m.
Saturday	9:30am- 10p.m.
Sunday	9:30a.m-9p.m.

### Trollhaugen Dresser, WI

<b>Hours</b>	
Mon.-Thurs.	4p.m.-9p.m.
Friday	4p.m.-10p.m
Saturday	9:30a.m.-10p.m
Sunday	9:30a.m-9p.m.

### Buckhill Burnsville, MN

<b>Prices</b>	
<b>Adult lift tickets:</b>	
<b>Weekdays&amp;Nights</b>	
All day	\$24
Nights (4p.m.-close)	\$24
Early bird (10a.m.-1p.m.)	\$10
<b>Weekends&amp;Holiday</b>	
All day	\$35
Night(4p.m.-close)	\$24
Morning(9a.m.-Noon)	\$22
Afternoon(1p.m.-6p.m)	\$30
Sunday Night special (7p.m.-close)	\$10

### Spirit Mountain Duluth, MN

Sunday - Thurs.	9 a.m. - 8 p.m.
Fri. - Sat.	9 a.m. - 9 p.m.
Holidays (Dec. 24, Jan. 1, 13-15, Feb. 17-19)	9 a.m. - 9 p.m.
Christmas Eve	9 a.m. - 5 p.m.
Christmas Day	1 p.m. - 9 p.m.
<b>Adults (13+)</b>	
4 hours:	\$22
8 hours:	\$25
Gold:	\$27
<b>Saturdays and holidays</b>	
Adult nights	\$20
4hours	\$35
8 hours	\$40
Gold	\$45

## Wild winter ahead Snowboarders pumped for season

by Bryanne Gream

Winter is around the corner and you know what that means Christmas, cookies, mistiltoe, eggnogg, and of course, snowboarding. Everyone is talking about the snowboarding season and how excited they are about it.

“Im so pumped for snowboarding. Wild Mountain is my favorite place to ride. Their rails and boxes at wild are insanely mad,” said sophomore Jeff Villafuerte.

Wild Mountain in Taylors Falls is currently open with one Beginner with a tow rope and an intermediate run with a chair lift. They are gradually adding more runs as time goes on. Trollhaugen, Spirit Mountain, and Buckhill are currently open as well.

“The board park is a lot better than the surrounding areas,” said Senior Tom Schulz, who has been snowboarding since sixth grade. “The people, rails and jumps they have set up are better.”

“I like snowboarding because it is a good alternative to skiing – its a lot more exciting,” said Senior Josh Schreiber. Schreiber has been snowboarding at Wild Mountain since the third grade also, and often boards with

fellow Senior Erik Magnuson.

“I like hanging out with friends on the slopes – it’s a lot easier to gather up with others,” said Magnuson.

Some people pick their slope of choice because of their past experiences.

“I have a season pass to Wild Mountain,” said Junior Kyle Dietz. “I’ve been going to Wild Mountain my whole life. I go with my friends about three times a week.”

So get your snowboard and

boots ready and hit the slopes.



Krister Rallas doing a 50-50 on a handrail. photo by Nate Harrington of the FLP team



Krister Rallas busting out a switch back 540. photos by Nate Harrington of the FLP team

## Hit the slopes Many friendly places to ski nearby

by Jordan Lutz

Finally! Winter is *almost* here and that means snow fun for everyone! While some people will enjoy making snow men, throwing snowballs at little dogs, and eating Campbell’s Chicken noodle soup, some older, sophisticated and proper people enjoy skiing.

“I’ve been skiing for 2 years,” says Senior Kristi Buerkle. “I was on the team sophomore year and junior year; I don’t think I’m going to be on it this year.”

Buerkle got into Skiing sophomore year when Coach Deno Johnson asked her into the sport.

Wait a minute! I better inform you on the sport before I go on. \*ahem\* in the beginning, skiing was originally used for work. The oldest known version is a wide short ski found in Sweden and has been shown to be over 4500 years old.

These skis were first used by hunters and travelers they were commonly used during the long winters in Northern Russia and the

Scandinavian countries.

The first organized events in skiing, jumping and a type of cross-country race, started in the early 1800’s, and now, over a century later skiing is still as strong as ever.

Now that we have that covered, lets check back with Kristi, “I like skiing for recreation more than for competition. There’s less pressure.”

If you want to find some great places to ski this season check out Wild Mountain in Taylor’s Falls, Trollhaugen, or Spirit Mountain in Duluth.

“My favorite place is Giants Ridge in Biwabick, but around here I would have to say, Spirit Mountain, although, Trollhaugen is the best for Nordic skiing,” said Buerkle.

So go grab a fashionable pair of snow pants and get your hind parts out to a slope as soon as possible.

## Got gear Ice fishing just a

by Brad Kopp

Carhartts, heaters, and strikemasters are just a few things that come to mind if you’re getting the ice fishing jitters. Ice fishing season is just around the corner, and has many avid fishermen on the edge of their seats, waiting for the first sign of ice.

“I just can’t wait to catch a lot of fish,” said Eric Nosie

Ice fishing is a popular activity in Forest Lake due to the fact that the ice fishing contest takes place here. This year many avid fishermen will flock to the small town of Forest Lake to compete in the contest.

The contest is one way to show off your skills. Most students in FLHS just enjoy fishing with friends and family to have a good time.

“I’m just excited for just hanging out with some of my uncles, cousin, and dad,” said曹 Triemert.

Ice fishing has been around since the 1900s.



Get out of the house and get in some skiing time this winter season



photo from Google Images





# For Everyone

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## around the corner

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when early Native American's used spears to catch fish. Although this kind of fishing is still around, the majority of fishermen use a rod and reel with a brightly colored jig. A brightly colored jig is common because it is easy for the fish to spot, and it attracts them.



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There are many other things that are used in ice fishing like an ice auger, heater, ice scoop, and of course, bait. When you're out in the middle of a lake in the dead of a Minnesota winter, a GPS is helpful to find your way back to shore, or to pinpoint a good fishing spot.

To stay out of trouble with the DNR, you will need to purchase a fishing license. Licenses go for 18 dollars for a Minnesota resident of 16 years of age, or older.

If you want to try a new activity this winter, give ice fishing a try.

## Pumped to hunt

by Brad Kopp

If you wake up before the sun on a weekend morning there is only one reason; deer hunting. It is a recreational sport that keeps the deer population under control while providing a healthy source of food.

This deer season seems to be going well for most hunters.

"It's been good so far I got a doe, and I'm still hunting next weekend, so hopefully I'll get a buck," commented Cole Anderson.

There are two types of hunting firearm and bow. There are different seasons for each; firearm season started on Nov. 4, bow on Sept. 16, muzzleloader on Nov. 25.

To legally hunt for deer in Minnesota you need to purchase a license. A deer license costs 14 dollars for residents less than 17 years of age and 27 dollars for residents over 17 years old.

Each license is valid for one deer, either a male or female deer. Only one main license is allowed per person. Additional antlerless licenses are available at an additional cost of 14 dollars.



Photo from Google images

When applying for your license you need to know the zone and area that you are going to be hunting in. Most stores that sell licenses have a map that shows Minnesota's zones and areas.

## Relax on ice

by Meagan Seim

As winter approaches, many season sports and leisurely activities begin to settle in. Among them, the traditional ice skating. From skating on a homemade pond to skating in an ice arena, people of all ages find it quite relaxing to glide along the ice, and maybe throw in a few spins or twirls.

"I go to the Forest Lake Arena a lot during the winter. I love skating and Sundays work well for me because it's the one day I'm off from work," said senior, Shayna Matheson.

A few spots where you can ice skate include: the Maroon and Gold Ice Arena in Forest Lake, the Chisago Lakes Arena in Lindstrom, the Centennial Ice Arena in Circle Pines, or

the East Bethel Ice Arena in East Bethel. Cost for all rinks is between \$2-4 per person and you can skate as much as you want for 2 full hours.

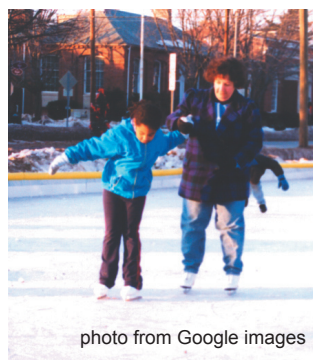


photo from Google images

## Have fun and be safe on the trails

By Bryanne Gream

As winter draws near there is a couple of things you need to know before you hit the snowmobiling trails. Students ages 11 to 15 are eligible to complete the course offered by many different counties. Adults ages 16 and up are eligible for certification. You must complete and pass an Independent study snowmobile CD, or a youth snowmobile Certification class. Check out the chart that accompanies this article for the next snowmobile safety class near Forest Lake.

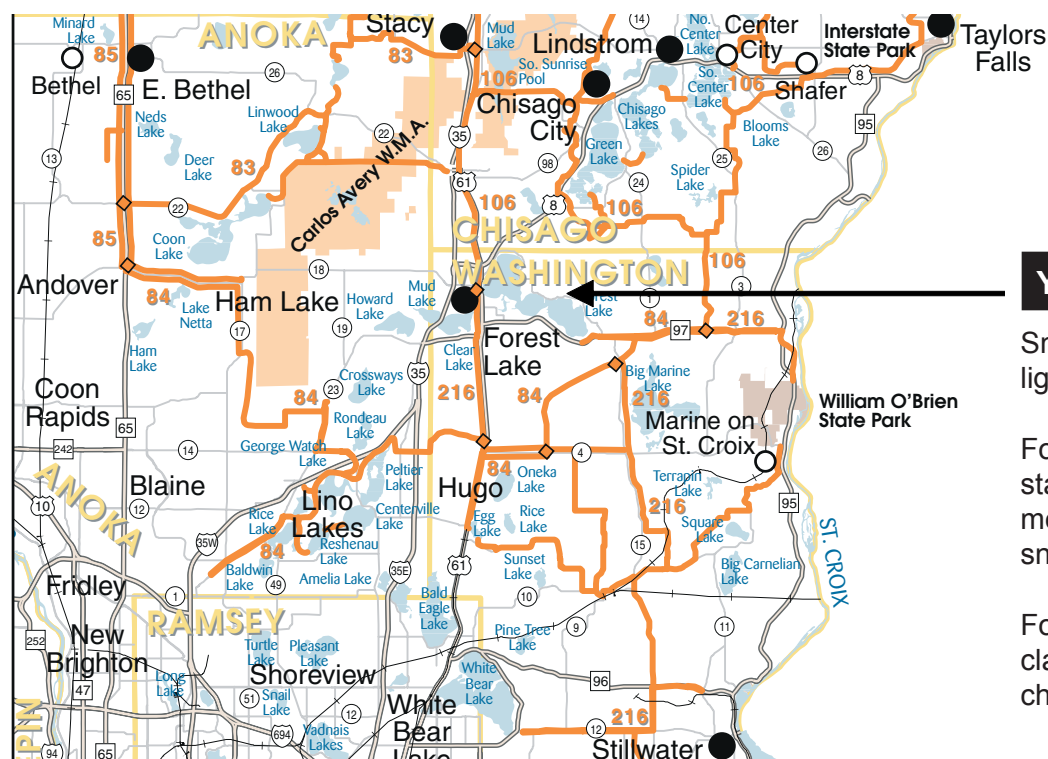
"It is very important to get your snowmobile safety, so many things can happen when you're out on the trails," said Mary Stoffel from the Camp Ripley Safety Training Center in Northern Minnesota.

"My favorite sled is a Articat. They are the best kinds of sleds," said sophomore Maxx Koenig.

The training course includes how to operate a snowmobile, the do's and don'ts in snowmobiling, and the importance of being safe. Accidents can result in an injury or even death. If this happens you must file a report in 48 hours after the accident. If you want to ride on private land you must ask the owners permission.

"In 2005-2006 22 people died, 49 injured, 251 accidents reported and 213 injured. Keep in mind that doesn't mean all accidents are reported," said Stoffel.

So get your snowmobile safety certificate and be safe while riding. You don't want to add onto the number of accidents or even death.



**You are here.**

Snowmobile trails are the light gray lines.

For a map of the rest of the state of Minnesota's snowmobile trails, check out [snowmobiletrails.com](http://snowmobiletrails.com)

For snowmobile safety classes offered in the area, check out [DNR.com](http://DNR.com)

## Ski-doo ~ Yamaha ~ Articat ~ Polaris





# Lookin' For a Fun Night on the Town?

The Caves of St. Paul offer five-star entertainment every Thursday night

by Chloe Daniels-Miller

While out-of-school activities around the Forest Lake area have been centered primarily around the movie theatre, Perkins, Applebee's, or the new bowling alley, some students have ventured out of city limits and have found a distinctive outlet to "get their groove on".

Modern dance and night clubs appeal to a certain genre of club-goers. But while they play modern, energized music and often have light shows, the provocative dancing causes some people to feel uncomfortable in this environment.

For those students looking for an alternative night on the town, The Wabasha Street Caves in downtown St. Paul attracts a surprising array of swing dancers every Thursday night. The Caves feature a clean, fun environment and attracts equally fun and diverse swing dancers, young and old. College-age students enjoy The Caves because it's inexpensive (about the price of a movie ticket) and it's close



Besides Thursday swing dance nights, the Caves also hosts tours to educate visitors about it's rich "gangsta" history.

to many metro schools. High school students, like Senior Derek Vogel, simply enjoy going swing dancing.

"Swing dancing is the bomb!" said Vogel.

The "Thursday Swing Nights" host live big bands. Five or six of these bands, including The Moonlight Serenaders and The Minnesota Jazz Orchestra, rotate Thursdays to bring authentic 1940's swing music to The Caves.

While most Cave-goers prefer to dress casually, a few like to dress up. Gals wear fun skirts, cute dresses, or dress pants and the guys like to look snazzy in their Fedora hats (with a feather).

Swing dancing is a fun, four-step dance most have learned in sophomore Phy Ed class. At The Caves, dancers with all experience

levels have a great time. It's fun to learn new stunts and swing tricks! There's also a casual swing lesson at 6:15 p.m. each Thursday and

live music from 7-10 p.m.

Students may be apprehensive about driving in the cities, but it's really a breeze to get there. It's right by the Science Museum and the Xcel Energy Center, across the river on Wabasha Street. Easy directions and more information can be found at [www.wabashastreetcaves.com](http://www.wabashastreetcaves.com).

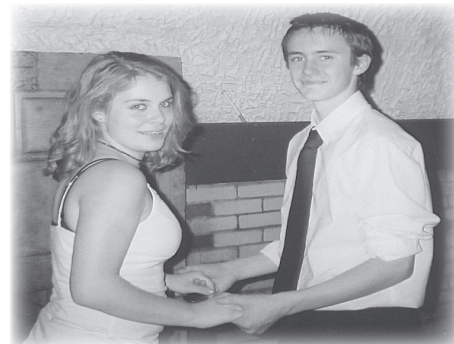
Cover is \$7 and parking is free, so get a group together and spend a night on the town!



Seniors Derek Vogel and Paige Patchin show off their swingin' style.



Seniors Anne Husfeldt and Alissa Moberg take a moment to strike a pose.



Juniors Liz Johnson and Jon Chaika had a fun night at The Caves.

Photos by Tyler Kleinhuizen

## Music department teams with community

by Amelia Matheson

Choir and Orchestra students along with volunteer community members and alumni will have two Saturday rehearsals leading up to the Dec. 10 concert where the combined group will perform the *Carmina Burana* in both Latin and German. There are 24 movements in the *Carmina Burana* and the group will be performing all of them. They will be recorded on the second Saturday of rehearsal and cds will be able to purchase.

*Carmina Burana* was inspired by the composer Carl Orff. The *Carmina Burana* came from a group of about 200 medieval songs and poems in 1803. Orff liked the collection because of the varieties of the sad, humorous, and suggestive verses. It is the first part of a trilogy called *Trionfi* or Triumphs. Orff also created the method known as the Orff-Schulwerk or Music for Children method which is what the elementary schools use to teach music to children.

The performance is at 4 pm in the Forest Lake Senior High auditorium on Nov. 10. Admission is \$5 with an available \$20 family max.



LEFT / BELOW LEFT: Sinfonia Orchestra and Concert Band team up to bring *Carmina Burana* to life. They will have two Saturday rehearsals. The performance will be Dec. 10.

BOTTOM: Concert Choir, led by Jim Lindstrom, will harmonize chords in a mixture of Latin, German, and French for *Carmina Burana*.

Photos by Chloe Daniels-Miller



### Do You...

...know of any restaurant, movie or 'night on the town' that needs a review?

...know of any fun upcoming events in the Twin Cities area?

...know of any local bands or performers who have upcoming gigs?

We're looking for your bright ideas and input!

[forestbreeze@forestlake.k12.mn.us](mailto:forestbreeze@forestlake.k12.mn.us)

## Restaurant Review: The Orchid

"Sweeter than the average wonton" ★★★★★

by Neil Polglase

There are many restaurants to visit in Forest Lake, but if you are willing to travel outside that area, The Orchid in White Bear is a delicious change of pace.

From the outside, The Orchid seems eloquent and welcoming. Inside, they maintain a very calm and relaxing atmosphere. The restaurant has a lot of space to seat people and a bar for a little alcohol.

As I sat down with my friends a waiter was there almost instantly asking us what we wanted to drink. Looking around there was a mix of families, couples and even a few guys there to watch the Sunday night football game at the bar.

When we were ready the waiter took our order without even writing it down. The food came really fast and was quite tasty. The vegetables were crunchy and the rice was moist. Everything was fresh and still hot.

Since the restaurant is right across the street from the movie theatre, it would be a great place to enjoy on a date. It is a perfect setup really. The lights are set low and the music is soothing. It sets the perfect mood.

If you are searching for a nice place to have a romantic evening out, you can go to a movie



The Orchid serves up plentiful helpings of delicious fresh Vietnamese and French dishes.

and eat out at The Orchid. Of course it is not limited to that. Anyone who loves food that's worth their money will love The Orchid. The leftover food is enough to warrant the small white containers that will hold your food until your hunger comes back.

The Orchid offers a dining experience that is unique compared to what Forest Lake has to offer. So, if you want something different or if you just want some good food, The Orchid is a sure bet. There is no doubt that The Orchid is, as one of my friends said, "sweeter than the average wanton". I am giving it 5 out of 5 stars.

## Movie Review: *The New World*

Good movie for Thanksgiving season ★★★★★

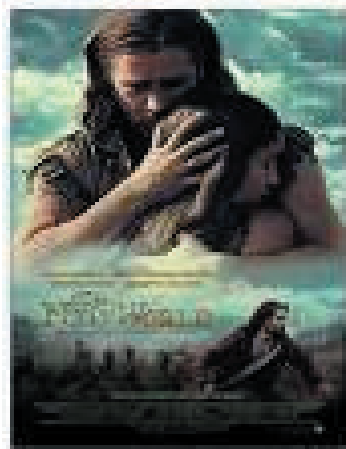
by Jordan Lutz

Thanksgiving is almost here. What better way to prepare for the holiday than to eat mashed potatoes and turkey ahead of time? Watch a movie while eating turkey and mashed potatoes. Do you have an idea of what movie to watch?

My pick would definitely be *The New World* because of its Thanksgiving spirit. Directed by Terrence Malick, the movie takes place during the 17<sup>th</sup> century when English settlers were starting to explore new land. One of these explorers is Captain John Smith (Colin Farrell), who is captured early in the film and taken hostage by the Native Americans. He is sentenced to die when a young girl saves him. This young girl is Pocahontas, played by Q'Orianka Kilcher.

The story follows Pocahontas' relationship with Smith until he is presumed dead and leaves the picture, only to appear later on. After this, a new character steps into the story, named John Rolfe, played by the

mighty Christian Bale. Rolfe plays Pocahontas's next love interest. Shortly after she meets Rolfe, they are married and have a child. The rest of the movie leads up to a dramatic decision made by Pocahontas, whether to stay with Rolfe or return to Smith.



This movie, despite being beautifully shot, was actually quite slow, and there is barely any dialogue. There is a lot of beautiful scenery and a lot of talking about how much Rolfe and Smith love Pocahontas. But there is such a thing as too much romance and scenery.

Orianka's performance as Pocahontas was very good, being that it was her first major picture. Performances by Farrell and especially Bale do not disappoint. In short, if you want a relaxing movie with wonderful

scenery and a story that fits the season, rent *The New World*. Don't rent this film if you're looking excitement. I would definitely rent this movie after you eat, so you can rest.



Local Music Monthly:  
Taryn and Her Band of Brothers

by Neil Polglase

Taryn Gillespie is a sophomore at Forest Lake High school, but she is not what some would consider the “average” student.

Outside of school in her spare time, Gillespie loves to write music and play guitar, but this hobby does not stop at a casual pastime.

“I would love to have music as my profession,” Gillespie said.

True she is not hit the big time yet, but Gillespie is on her way. She has performed music in places all over the state including; Miesters Bar in Scandia, Grumpy Steve’s in Minneapolis and Mall of America.

Gillespie has been playing guitar since she was in sixth grade. Her father, a small time musician, inspired her when she was younger.

The connection between her family and music is very strong. Gillespie keeps close to her two brothers through music. In fact, they are in a band together. *Taryn and Her Band of Brothers* play at larger venues where a solo act won’t work.

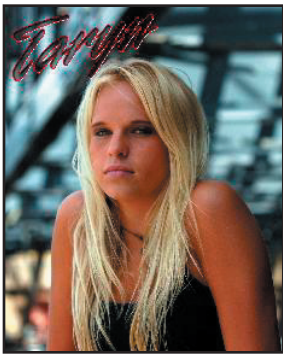
The music that Gillespie plays is a mix of her songs and cover songs. Some artists that Gillespie said influence her music are Jewel and Bob Dylan. She has been labeled by some as a singer/songwriter.

“I like to write about stuff that people can relate too,” said Gillespie.

To Gillespie the songwriting process is very natural.

“...words just fall out of the sky usually,” said Gillespie “...and I have to be in the writing mood.”

Gillespie knows she will always love music



Taryn and Her Band of Brothers’ next performance will be on December 1st at 7:00p and December 9th at 7:00p at the Mall of America in front of the Nordstrom Stage.



and her dream job would be traveling the world performing her music. Everyone that knows her says that someday that will happen.

If you know of any up and coming local bands and feel that the word should be spread, contact The Forest Breeze. You can leave a message for Ms. LeVake, take to one of the staff, or go to their website which can be reached through the school website.

Concert Calendar

List compiled by Siri Urquhart

For further information [www.ticketmaster.com](http://www.ticketmaster.com) (651) 989-5151

Nov. 24 7:00 p.m.	<b>Panic! At The Disco</b>	Target Center Minneapolis, MN	\$28.25
Nov. 25 7:30 p.m.	<b>Dierks Bentley</b>	Xcel Energy Center St. Paul, MN	\$28.00
Nov. 26 9:00 p.m.	<b>Sharperpalooza ft. Ludacris</b>	Myth Nightclub Maplewood, MN	\$45-300
Dec. 2 7:00p	<b>Michael W. Smith</b>	Xcel Energy Center St. Paul, MN	\$35-75
Dec. 2 8:00p	<b>Guns n’ Roses</b>	Target Center Minneapolis, MN	\$38-75
Dec. 6 6:30p	<b>Senses Fail</b>	First Avenue Minneapolis, MN	\$17.00
Dec. 7 7:30p	<b>Aerosmith/ Motley Crue</b>	Target Center Minneapolis, MN	\$47.75-123.25
Dec. 8 7:30p	<b>The Who</b>	Xcel Energy Center St. Paul, MN	\$52-202
Dec. 11 5:00p	<b>Hoobastank</b>	Fine Line Music Cafe Minneapolis, MN	\$18.00
Dec. 16 7:00p	<b>The All-American Rejects</b>	Roy Wilkins Auditorium / RiverCentre St. Paul, MN	\$23.00
Dec. 22 8:00p	<b>The Slip</b>	7th Street Entry Minneapolis, MN	\$9.50
Dec. 31 7:30 & 10:30p	<b>Carrie Underwood</b>	Mystic Lake Casino / Hotel Prior Lake, MN	\$50-75

Movie  
Releases

list composed by Siri Urqhart

November 22

The Fountain  
For Your Consideration  
Tenacious D:  
The Pick of Destiny  
Déjà Vu  
Deck the Halls

November 24

Valley of the Wolves: Iraq  
Unconscious  
Dhoom 2

December 1

The Nativity Story  
Rescue Dawn  
3 Needles

December 8

Breaking and Entering  
The Blood Diamond  
DOA: Dead or Alive

December 15

Eragon  
Venus  
Dreamgirls

December 20

Charlotte’s Web  
Night at the Museum

December 22

We Are Marshall  
Curse of the Golden  
Flower  
Rocky Balboa

For other movie releases,  
check out the website  
[www.moviefone.com](http://www.moviefone.com)



Movie posters taken from moviefone.com



## Ranger ski teams set to defend titles

### Alpine starts competition January 4

by Siri Urquhart

#### Boys

“My goal for the team is to help the younger kids to get better so they’re really good when they’re seniors,” said junior captain Brett Stolberg. “I’d like for us to place in the top five at sections too.”

Coach Kyle Oberg will continue coaching the boy’s team this season.

The Boy’s Alpine Ski Team season is already underway with captains’ practices that started at the beginning of November. Many younger kids are joining the team which poses some obstacles for the team.

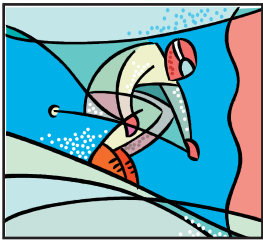
“We have some good talent and a lot of the new guys have potential,” said Stolberg.

Last season, the Alpine Ski Team placed 7<sup>th</sup> in sections and their overall team record was 3-4.

With meets starting in the beginning of January, the team may face some tough teams.

“I think our biggest competition will be Chisago Lakes and Mounds View,” said Stolberg.

Their sights are set high for their first meet against Hastings on Jan 4, 2007. Until then, the team will continue practicing at Wild Mountain every day after school once the snow flies.



#### Girls

The Girl’s Alpine Ski season starts November 13. Captain’s practices and regular practice have already begun.

“My goals for the team are to have good year and do well in all the races. And have fun!” said senior captain Carly Bass.

This year, many younger students will join the team, because many seniors graduated, from last years team leaves room for improvement.

“This year will be a building year, along with good talent,” said Bass.

For the Rangers, last season was very successful, with senior captains Allison Beebe and Rebecca Keller.

“Last season, we had a very good team,” said Bass. “It’ll be hard to beat last season’s team.”

Coach Kyle Oberg is remaining the coach of the team and has high expectations for the team.

The South Eastern Conference is full of tough competition for all athletics, even for alpine skiing.

“Stillwater!” Bass quickly replied with a smile.

The Alpine Ski Team’s first meet is on January 4, 2007 against Hastings.

### Nordic eyes state for three-peat

by Siri Urquhart

#### Boys

After dominating the Team State Championships last year, what is next for FLHS’ Nordic Ski Team?

“We’re planning on taking conference and sections again,” said junior Shawn Wright.

The Boy’s Nordic Ski Team has already begun practicing for their upcoming season. During the summer, all members participated in NordicWerks to train for this fast approaching season.

A lot of new, younger members are joining the team this season. Bringing up some fresh faces will allow some progress to be made for the team to do as well as they did last season.

“We lost a lot of good seniors last year, but we had a good turnout of new kids this summer. I’m excited about the prospects,” said senior captain, for both the boys and girls teams, Leif Nordgren.

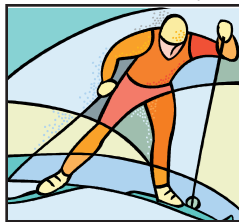
This season they hope to meet their expectations and excel in all of their meets, tournaments, and sections.

“I think we’ve got a good team –we trained hard this summer and we have a good coach,” said senior David Kasl.

Their first meet is on Dec 19.

#### Girls

The Girls Nordic Ski Team is also already up and running, or rather skiing. Captains’ practices have already begun and the team is preparing to do as well as they did last year. Last season, the



Rangers were Suburban East Conference Champions, Section 2AA Champions, and the State Champions of the Minnesota State High School League.

“My goal for the team is to come together. We have a lot of younger kids on the team and only one senior,” said junior Annie Dehmlow. “I would like our team to be in the top three at sections too.”

Even though the stakes are high, the team’s outlook is positive.

“I think we’ll have a good, solid team this year,” said Dehmlow. “Our coaches will help with that.”

The team’s season doesn’t start till the end of December, but the Rangers are already practicing everyday after school to wipe out their competition.

## Basketball tryouts roll

### Teams bouncing off in the right direction

by Shea Carr

#### Boys

The Ranger boys ended last season with a loss to Johnson/City Academy in sections but had a 15-13 record overall and will look to build on that. With the result of coach Chuck Gunderson’s resignation, the Boy’s Basketball team will have a new look this year as they will start this season with new head coach, Dan Cremisino. The team looks to be lead by Seniors Aaron Jacobs, Drew Cremisino, and Josh Williams.

The team will kick off the season against St. Paul Como Park on December 2. Look out for Winter sports schedules to start appearing soon.



an exciting season. Don’t miss the girls’ first tip-off on Nov. 28 against Champlin Park.

**Boys Home Opener:**  
**Saturday, Dec 2**

**Girls Home Opener:**  
**Saturday, Dec 2**

## Hopes skating high for hockey

by Meagan Seim

#### Boys

Most high school students don’t like to awake up before the sun, or before rush hour traffic begins, but for FLHS hockey players, early mornings are a reality.

“We’ve been having conditioning practice at 5am every morning,” said senior captain Jake LaMott.

As we all know, most sport teams have certain rivals that make the season even more interesting. Forest Lake Boy’s Hockey team is no different.

“Duluth East, White Bear, and Roseville are our major rivals. Roseville’s the definitely our biggest,” said LaMott.

Their first game of the season will be at Cambridge-Isanti on Tuesday, Nov. 28, at Cambridge High School. If you’re interested in watching the J.V. game, be there at 5:30pm. Otherwise, the puck drops at 7:30 sharp.

#### Girls

The girl’s hockey season has already had its kick-off. Under the watchful eyes of captains Paige Patchin, Stephanie Haider, and Alexa Nelson, these girls have been working hard.

Working hard, it is anticipated by many that this year’s hockey team will be one of the best. We’ll see what they have to bring to the table.

Their next game is Saturday, Nov. 25 at Coliseum Arena in Roseville. The puck drops at 7:30 p.m., or come early to see the J.V. team play at 5:30 p.m..

**Boys Home Opener:**  
**Friday, Dec 1**

**Girls Next Home Game:**  
**Tuesday, Nov 28**



## Wrestling ‘taking the torch’

### Team faces Mounds View in home opener

by Kacie Waldoch

Wrestlers are getting out their headgear and scales as they are preparing for the up coming season.

“We are excited for the upcoming season,” said senior Captain Luke Opsahl “we’re ready to carry out the wrestling traditions.”

Last year, the Forest Lake wrestling team was “a team to watch” according to the Dec. 1, 05 issue of the *Pioneer Press*. The team ended the season with a record of 23-5 and six wrestlers earned a spot at state, two of whom are returning this season. The two state participants returning are: senior Luke Munklewitz who at 160 pounds placed 5<sup>th</sup> and freshman Charlie Janssen who wrestled at 119 pounds.

“Every team is unique and has its own personality,” said Head Coach Bob Dettmer. “This team will take the torch, learn to work hard, set goals, and support each other.”

According to senior Captain Shawn Saxe the 2006-07 squad should still be “a team to watch”

“The lower weights and the upper weights should still be strong,” said Saxe.

Saxe also believes the middle weights will fill in although many of the graduates were from this category.

On Sat., Dec. 2, the Ranger wrestlers will compete in the Chisago Lakes tournament, which the team won last year.

The first regular meet of the season is at FLHS on Fri., Dec. 1 against Mounds View. The first Varsity match will start at 7 p.m.

## Take Down!



Senior captain Luke Munklewitz vs. St. Francis at team sections  
photos provided by Jeff Joyer



Senior Brandon Yetter at Individual Conference Tournament  
Photos provided by Jeff Joyer

**Wrestling Home Opener:**

**Friday, Dec 1**





# ACTIVITIES

## BMX racing on the go Rehbein Arena re-opens in Lino Lakes

by Brad Kopp

When most people think of biking they think of taking a leisurely ride through the park. But a new style of riding is growing bigger by the moment. This type of riding isn't leisurely nor easy, it's the sport of BMX racing.

BMX racing is done on an indoor or outdoor track that is groomed and maintained daily. The sport of BMX is growing in the Forest Lake area with the reopening of Rehbein's Arena just off of Anoka County Road 23 in Lino Lakes.

"It's a good track and the people are really cool," commented rider James Stevenson.

The track just received a new owner, and is stepping up its efficiency. Rehbein's is open for practice three days a week. Anybody is welcome to practice for a small fee of \$10. There are races on Saturday and Sunday that are open to any ABA (American Biking Association) member. There are race classes for all ages and skills from novice to expert. There are racers as young as eight and as old as 40 riding.



BMX rider at Rehbein Arena. Photo Provided from joeythebomb.com

Most of the racers at Rehbein's and other tracks around the country are working toward one thing the whole year; Grand Nationals. Grand Nationals are the biggest ABA race event in the US. The 2006 Grand Nationals is set to take place on November 23-26 in Tulsa, Oklahoma. There are no qualifiers for Nationals; any ABA member can compete. A more local race is the Land-o-Lakes Nationals which are located in Minnesota.

For anyone who would like to give BMX racing, ABA offers a free one day membership where riders can experience racing without a serious obligation. This offer is available at ABA tracks around the world, for more information about ABA tracks around the U.S. check out [www.ababmx.com](http://www.ababmx.com).

A few things that are necessary to provide to ride on the track are a bike, pads, long pants, long shirt, and a full face helmet. If you don't have a helmet or pads they will provide you with them free of cost.

If you are looking to try a new exteme sport, stop by Rehbeins Arena and give it a try.

## Gymnastics starts Team prepares for Dec. competition

by Brittany Forsblade

As gymnastics competition approaches this coming December, the FLHS gymnastics team has several goals in mind.

"We want to keep the kids healthy and injury free," said Head Coach Nancy Ellias. "We also want to qualify individuals for state and to have a fun season where kids improve their skills."

This year, team captains are seniors Stephanie Sampair, Adrienne Kraus and Nicole Paulsen, who placed sixth in the bars event at the state meet last year.

The team practices everyday from 2:30-5:30 p.m. in the field house. The captains are in the process of conditioning the girls for new skills and developing quality.

"We're doing a lot of hardcore conditioning,

so the girls are getting real strong," said Kraus.

"We have a tough conference," said Ellias. "Six teams out of the top ten in the state are in our conference."

The team lost four seniors, and four due to injuries from last year. According to Ellias, some of the top returners are Paulsen, Sampair, Kraus, Maddie Crew, Chelsea Uram, and Taylor Brett. According to Kraus, much of this year's team is also made up of seventh and eighth graders.

That young talent will be put to the test soon. Their first meet is on Thursday, Nov. 30, against Lakeville. Their first home meet is on Dec. 7 against Stillwater.

"I think we have a lot of good hard working girls with a lot of talent," said Sampair.



## Winter dance team kicks off First competition at Roseville on Dec. 4th

by Bryanne Gream

This winter season the dance team is working hard to make their way to the top.

"This year our major goal is to make it to state. They take the top three teams from each section to state, and last year we got fifth," said Head Coach Angela Nelson.

This is Angela Nelson's first year as a coach. This year the Captains are Victoria Yamry and Jenni Faust.

The dance team had 53 girls try out to get a place on the team.

"Our JV and Varsity are even teams, said Yamry



Dance team working out.

"We're going to have a lot of young talent for years to come," said Faust.

This year there are seven competitions and eight if they make it to state.

"We want to have a strong season throughout," said Yamry.

Their first competition will be held at Roseville on Dec 4 at 7p.m. The dance team's first home meet is the Conference Championship for the Suburban East Conference.

"We want to do better in the conference this year," said Faust.

The conference meet will be Jan, 22 at 6 p.m.



Danceline practicing after school.

## Boys S&D takes turn in pool Team expects great year beginning Nov.27

by Jordan Lutz and Stacey Johnson

The Forest Lake boys swimming and diving team are getting ready to dive into their season. With the loss of seniors Dillon Hudalla and Sam Gort last year, senior captain Mark Sandager still has confidence in this year's season.

"We lost one of the best divers in state and one of the best swimmers," said Sandager. "They will be hard to make up for but I think we'll do just as well."

The team is coached by Barb Vailodash and senior captains are Sandager, Matt Alden, Tyler Sperry, and Scott Issacson.

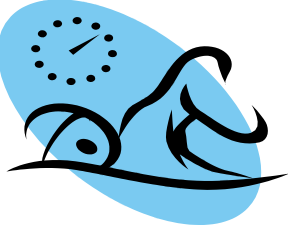
With an outstanding record last year, the team looks to compete in 15 meets regular season.

"This year, our section is getting better and our conference is one of the best in the state," said Sandager. "We should do extremely well at both conference and section meets."

Each meet consists of 12 events which includes three relays. In a relay, a team is made up of four swimmers who race against other teams for the best time. Other events are made up of individual swimmers also racing for time. There are four different strokes:

fly, back, breast, and free.

The season starts Nov. 27 and the first home meet is Dec. 14, at Southwest Junior High Pool at 6 pm.



## Athletic Spotlight: Matt Nicklason soaring to new heights

by Brad Kopp



Sophomore Matt Nicklason, a sophomore at FLHS, enjoys riding and jumping his snowmobile in his spare time.

Nicklason started riding when he was 14 and is still riding this day.

Nicklason has earned himself a good reputation with other riders in that amount of



Matt Nicklason snowmobiling through the mud. Photo provided.

time. He has earned a spot on a snowmobile freestyle team called 715 Riders. It all started when he was at Hay Dayz and he was handed a flier from 715 Riders. He checked it out and has been with 715 for about a month.

"It has been really fun, they took me in and showed me the tricks of the trade," said Nicklason

Nicklason just didn't get on the team by playing video games all day. He spent a

lot of time working on his techniques and tricks. Most of this work is done in Baldwin, Wisconsin with Jeff Madison, who is a part of



Matt Nicklason. Photo provided.

Frontier Films.

"Weusually ride for a couple of hours, hang out, and then ride some more," said Nicklason

When Nicklason rides he wears a helmet and a chest protector. These things keep him safe when he is developing new tricks and tweaking his double cans. This will help Nicklason, "ride until I can't ride anymore."

While many students at FLHS will be thinking about what they are going to get for Christmas; over Christmas vacation, Nicklason will be traveling to Billings, Montana to compete in freestyle show on New Years Eve that will be run by Legion Freestyle.

With enough practice you might spot Nicklason soaring high in the future X-Games riding with his favorite riders, Nate Hagg and Sam Rogers.

Want to know more about the Forest Lake High school winter sports?  
You can visit the school website for upcoming meets, competitions and rankings.





Simple Recipes for the Holidays

Want to surprise your family during the holidays? Serve up these simple dishes!

Recipes compiled by Siri Urquhart

Apple Crisp

Ingredients:

- 5 cups tart apples, peeled, cored, and sliced (about 12 apples)
- 2/3 cup sugar
- 3 Tbsp. flour
- 1 tsp. cinnamon
- 1-1/2 cups brown sugar
- 1 cup butter, melted
- 1-3/4 cup flour
- 2 cups quick oats

Preparation:

Preheat oven to 350 degrees Fahrenheit. Place sliced apples in a 13x9” glass baking dish. In small bowl, mix together 2/3 cup sugar, 3 Tbsp. flour and cinnamon. Sprinkle over apples. In large bowl, mix together remaining ingredients until crumbly. Sprinkle over apples in baking dish, pressing down to work crumb mixture into apples. (Dish will be very full). Bake at 350 degrees for 50-60 minutes or until apples are tender, mixture is bubble, and topping is browned. Let cool at least 30 minutes before serving. Serve warm with ice cream. Serves 10.



For more easy recipes, check out [www.pillsbury.com](http://www.pillsbury.com)

Thanksgiving Turkey Cookies

Makes: 16 cookies

Ingredients:

- 1 roll (16.5 oz) Pillsbury Create ‘n Bake refrigerated sugar cookies
- 1 container (16 oz) chocolate creamy frosting
- Candy corn
- Orange decorating icing
- Black decorating gel
- Miniature candy-coated chocolate baking bits

Preparation Directions:

Heat oven to 350°F. Bake cookies as directed on roll. Cool completely, about 20 minutes. Spoon chocolate frosting into resealable food-storage plastic bag; seal bag. Cut small hole in bottom corner of bag. On each cookie, pipe frosting on outer edge of half of cookie. Arrange candy corn over frosting for feathers. Pipe orange icing onto each cookie to resemble turkey face and feet. Use orange icing to attach baking bits to turkey face for eyes. Pipe black gel on baking bits for centers of eyes.



Holiday Caramel Chex Mix (1/2 Recipe)

Makes: 9 servings (1/2 cup each)

Ingredients:

- 2 cups Corn Chex cereal
- 2 cups popped Pop Secret microwave popcorn (from 3.5-oz bag)
- ½ cup mixed nuts
- 3 tablespoons butter or margarine, cut up
- 1/3 cup packed brown sugar
- 2 tablespoons light corn syrup
- ¼ cup white vanilla baking chips
- ¼ cup dried cranberries

Preparation Directions:

- In medium microwavable bowl, mix cereal, popcorn and nuts.
- In microwavable measuring cup, microwave butter, brown sugar and corn syrup uncovered on High 45 to 60 seconds, stirring halfway through microwave time, until mixture is boiling. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High about 3 minutes, stirring and scraping bowl after every minute, until cereal just begins to turn brown. Spread on waxed paper or foil. Cool 15 minutes, stirring occasionally to break up.
- In medium microwavable bowl, microwave vanilla chips uncovered on High 30 to 45 seconds, stirring every 15 seconds, until melted and smooth. Add 1 1/2 cups of the cooled cereal mixture to melted vanilla chips; toss gently until evenly coated. Spread on waxed paper or foil. Cool until set, about 30 minutes. In serving bowl, mix both cereal mixtures and cranberries. Store in airtight container.



Shop till you drop!

Pre-holiday gift ideas

by: Amelia Matheson

Are you thinking about doing some early Christmas shopping and need some gift ideas? Thanksgiving Day weekend is the most popular shopping time of the year for the upcoming



holidays. Most of the stores have sales the day after Thanksgiving known as “Black Friday” because it’s the day retailer balance sheet move out of the red and into the black.

Contrary to popular opinion, a lot of money is not required to buy a great gift for someone close. A cuddly stuffed animal would be a great gift for a budget of \$10. Some other gift ideas for under \$10 are mittens, hats, or scarves to keep someone warm during the cold winter. Candy is always a sweet treat for the holidays too such

as starbursts, tootsie rolls, jolly ranchers, jelly bellies, etc.

Have a little more to spend? An iTunes card for under \$20 would be a great gift for music lovers so they can go online and download some of their favorite songs to put on their iPods or MP3 players. Another gift idea for a loved one could be chocolate such as Ghirardelli and Hersheys. Action, romance, comedy, or horror movies would also make great gifts for the holidays.



There are also gifts for under \$50 that would be great Christmas presents. Jewelry can always be a great gift for a significant other such as bracelets, rings, necklaces, etc.

Gift Certificates for around Forest Lake would be a way for them to choose what they want.

Some restaurants

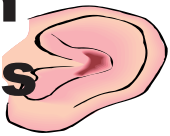
are Applebees, Starbucks, Perkins, and Norman Quacks. Target, Walmart, and Home Depot would allow them to purchase something for themselves or for their home. A gift card for Lake 5 theatre would let them grab some popcorn and see a movie.

Happy Shopping!



For more gift ideas, check out [target.com](http://target.com), [walmart.com](http://walmart.com) or [kohls.com](http://kohls.com).

Heard in the Halls



What is your favorite holiday memory?

“Thanksgiving when our dog ate all the pumpkin pies!”  
- Jess Simmons, senior

“Being able to go outside and not go to school the day after Christmas.”  
- Matt Pikus, senior

“Sitting in my grandparents living room opening presents on Christmas morning.”  
- Tom Olson, senior

“When I got the Millenium Falcon in fourth grade. It’s a big toy that shoots lasers!”  
- Ricky Mickschl, senior

“Last year my best friend sent me tulips for the first time. Now he is my boyfriend.”  
- Jennie Zieman, senior

“When we were little, at Christmas, our dog pulled us around on a sled.”  
- Lindsey Quale, senior

“Getting up early on Christmas morning when I was younger, jumping on my parents bed, bugging them to get up so my sisters and I could open our presents.”  
- Joe Spanjers, sophomore

“At my grandma’s, Santa came riding a four-wheeler.”  
- Heidie Kalsnes, sophomore

“The time I woke up Christmas morning and found a brand new karaoke machine under the tree.”  
- Sara Palmer, sophomore

“Decorating the tree every year.”  
- Derek Vogel, senior

“Making Christmas cookies with my mom, grandma and aunt.”  
- Carrie Peterson, senior

“When I spent Christmas in Florida and we made a snowman out of sand.”  
- Alisha Johnson, senior

“My aunt got an allergic reaction to wine.”  
-Andrew Morrison, sophomore

“Playing Pajama Sam, with cousins, on the computer at Christmas time.”  
- Josh Peterson, senior

“Baking cookies at Christmas.”  
- Adriane Krauss, senior

“When my brother and I went to the ice rink, he would push me on the ice and pretend to run over my fingers with his ice skates. We were bonding.”  
- Catey Hintzen, senior

“Eating at grandma’s for Thanksgiving.”  
- Sara Ellertson, senior

Years

- to sports
- to sweatbands
- to hot apple cider
- to high heels
- to Christmas
- to gym classes
- to Buffalo Wild Wings
- to bows
- to snow days
- to 1/2 price appetizers
- to theatre

- to naps
- to new people
- to comfy sweats
- to myspace
- to muscles
- to braids
- to people against PDA
- to the first snow
- to sleeping in
- to roadtrips
- to last day of school

Days

- to driving in bad weather
- to working over winter break
- to PDA-infested hallways
- to socks and flip flops
- to pants under skirts
- to black licorice
- to telling a joke and no one laughs
- to only four classes
- to speeding tickets

- to waking up late
- to missing breakfast
- to high gas prices
- to writing college applications
- to tests
- to ponchos
- to harder classes
- to paying for parking
- to not enough sleep