

## Debate to State

### Members of JV/Novice to compete at

by Chloe Daniels-Miller

After significant placing at the Flake Stakes Debate tournament Dec. 2, JV and Novice members of the debate team are heading to Rosemount High School Dec 15. and 16 for the JV/Novice State Tournament.

"I'm really excited about it [the tournament]," said Junior Soren Duggan, "It's the last debate of the year, and every debater wants to go out on a good note. We will all be doing our best."

As the largest JV/Novice tournament of the year, 500+ other competitors from around the state will be in attendance. The first day of the tournament, the debaters will compete in 3-4 rounds, spend the night at a hotel in Apple Valley, and be back the next morning for 2-3 rounds.

Last year, Forest Lake sent nine students to JV/Novice state and this year, 17 will compete.

Debaters won't be the only ones to receive awards. There will also be JV Coach of the Year, and Novice Coach of the Year awards up for grabs.

Forest Lake will be sending both Lincoln-



**Right:** Leeta Carlson and Helen Lininger accept their 1st place trophy in Novice Public Forum from Mayor Stev Stegner.



Douglas (individual debaters) and Public Forum (teams of two) teams to State. The LD topic will be "Resolved: A victim's deliberate use of deadly force is a just response to repeated domestic violence."

"The most difficult part about debating our [LD] resolution is the justice and morals of deadly force; you're either allowing the victim to potentially kill someone, or making them go through a legal system to seek relief from domestic abuse," explained Sophomore Kathryn Haglin, who will debate Novice LD.

The Public Forum topic will be Resolved: Colleges and Universities in the United States should end their early admission programs."

Be sure to listen Mon. Dec. 18 on the announcements during reading time for the tournament results. "I hope the tournaments goes smoothly," said Head Coach Madson, "And I wish all of our competitors the best of luck."

copies of his book. *Signs of Winning* is a novel about a girl, who races dogs, but she is not your average musher, her obstacles are a bit more intense since she is deaf, along with a few other difficulties she has had to undergo in her life.

While all this excitement is going on, there will also be the residential Wolf packs and other wildlife at the center, including bears, hawks, eagles, owls, fox, and lynx.

"People also learn at this event the difference between a domestic animal, and a wild one, such as the wolves, and the dogs," said Callahan. "It's a very neat learning opportunity."

"I went last year, and the experience with the one on one quality time with the mushers and the dogs licking your face, was a hands on experience that I will never be able to replace," said sophomore Taryn Gillespie.

If desired pet dogs are welcome, but do keep the pet on a leash. This event takes place with or without snow.



Sophomores Taryn Gillespie and Brittany Forsblade, with Brittany's siblings, enjoy a day at the '06 Dog Sledding Winter Festival in Columbus. photo provided

## Kleinhuizen, Munkelwitz sign

### Two seniors secure athletic scholarships

by Kacie Waldoch

Many of you may have seen Senior Tyler Kleinhuizen on the football field, but it's in the shot put circle where he's really at home. Kleinhuizen signed a letter of intent to throw



Kleinhuizen. "I sometimes throw for fun, but I would never do two-a-days for fun."

Why did Kleinhuizen sign so early? According to Kleinhuizen, the U offered what he was looking for.

"[It's] everything I wanted," said Kleinhuizen. "To me it was the ideal deal."

Kleinhuizen has been on the FLHS varsity track team since his freshman year. He throws discus and puts the shot. During Kleinhuizen's sophomore year, he placed second in the discus and in his junior year he placed third in shot put. For this upcoming season, he hopes to place first at the state meet in both events.

At the U of M, Kleinhuizen plans to major in the field of sports medicine.

Kleinhuizen is one of the five captains for the upcoming 2007 track team. Even though it is still winter, Kleinhuizen is looking forward to it.

"I'm really excited to take it to the next level," said Kleinhuizen.

by Chloe Daniels-Miller

During Luke Munkelwitz's successful 05-06 wrestling season, a few wrestling recruiters took notice of him, from colleges such as Mankato, Northern Michigan University, South Dakota State and St. Cloud State. While considering Mankato and Northern Michigan, Munkelwitz was offered a scholarship from St. Cloud State. He decided to accept their offer on Nov. 6th and will be joining the St. Cloud State University Huskies in the fall of 2007. He will receive the



scholarship each year he attends SCS, and depending on Munkelwitz's performance, the amount of the scholarship could increase.

"It was really important to me to be involved in a successful team," said Munkelwitz. While wrestling is very important to him, it wasn't the only thing that won him over.

"The school also offers a well known Criminal Justice program," Munkelwitz said. "I'm interested in getting a master's in this because I would extremely enjoy being a police officer."

Munkelwitz has had a strong season so far, placing 1st in the St. Francis Individual Tournament, and is currently wrestling in the 189 weight class.

Know of anyone signing?

forestbreeze@forestlake.k12.mn.us

## Close to home

### Dog Sledding Winter Festival in Columbus

by Brittany Forsblade

Mush! And make way for the Carlos Avery Wildlife Science Center's fourth annual Dog Sledding Winter Festival Saturday, Jan. 13, 2007. The event starts at 11:00 a.m. and ends at 4:30 p.m. The cost for the event is \$5.00 for adults and \$4.00 for kids. Experience a day in the life of a real musher and meet his/her team of dogs.

"Here in Minnesota I think people are a little nervous about being outdoors in the winter," said wildlife science center director Peggy Callahan, "and I think this event brings upon a whole different perspective to the community about what other winter activities are out there, that are fun and safe. It's a unique experience."

During the 2007 festival, there will be dog sledding rides for an additional cost with Joel and Suomi Hills Kennels. There will be Skijoring demonstrations, winter camping, dog nutrition presentations, equipment and technique demonstrations, and for the kids, K9 kid's games. Scott Miller, a local resident, teacher at North Branch ALC, and the author of *Signs of Winning*, will also be there signing

## Valuables Disappearing

by Siri Urquhart

Thefts of items such as iPods, cell phones, and money, have become more apparent at Forest Lake High School in the recent months. Are any personal items worth taking to school at the risk of being stolen?

"Items that are usually stolen are taken from unsecured places. The main place from which they are taken are the locker rooms, which are out of the camerarange," said Matt Smith, FLHS police liaison. "Leaving lockers open in the locker room or sharing lockers with friends, leave items more susceptible to being stolen."

According to Smith, only a small portion of thefts are reported. Students think it's a waste of time to report theft because they think the item won't be found. Since this is only the beginning of the year, not many have been reported.

"About fifteen thefts have been reported so far this year," said Smith.

According to the student handbook, theft is "the unauthorized taking or possession of the property of another." Theft is considered an "unacceptable behavior and is subject to disciplinary action in the school district." According to the secondary school student code of conduct, the minimum

action that can be taken is having a student conference, parent/guardian contact, and possible notification of police or juvenile authorities. The maximum action that can be taken is expulsion or exclusion.

There are many ways to keep items secure and safe during school hours. The best choice is to leave personal items at home.

"My advice to students who don't want their personal items to get stolen are to leave them at home," said Smith. "If you need to have those certain items with you at school, keep them secure, or keep it on you. Don't lend your items to friends because they could be taken from your friends."



Jenna Lynn  
Benefit held Dec. 8

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Point/Counterpoint:  
Dress Code debated



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Movies to see, places  
to go over break...

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Activities Updates



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Speech team begins in January

by Neil Polglase

As the cold of winter slowly approaches, there are many activities getting started. The Forest Lake High School Speech team is just starting to prepare for the long, hard, but ultimately rewarding, road.

In the hallways after school on November 22 nervous and hopeful students were preparing for their Speech audition. Pacing around reciting their category and looking up every once in a while as if to say, “Was that good?”

Every year is different for the Speech team, but this year the try-outs were packed. Around sixty kids tried out and the coaches could only take fifty five.+

“We are really excited with the amount of students who tried out. Still it is really hard to cut people,” said Becky Haven, speech head coach.

Like any other activity Speech requires a large amount of dedication. First, the speakers must pick out a piece to perform. Everyone has a category to narrow down the selection, but aside from that there are no other restrictions besides it having to be published.

Once they have their piece then the hard work really begins. Each coach has around five speakers to help develop their performance. Throughout the year, students must practice their speeches close to a hundred times.

Once the speakers memorize and practice their pieces then it’s time to compete in tournaments. The tournaments can have as many as 1500 speakers to as few as 200. Each speaker gets randomly placed in groups. There are three rounds and then the final round. The tournaments usually last all day, so it takes a lot of stamina to be able to perform throughout the day.

“Everybody is pretty tired at the end of the day.” said Tim Newcomb

The speech team’s first tournament is January 27.

Being on the speech team not only helps students become better speakers, it gives them a great experience, one that prepares them for the future. Both head coaches love to see the difference in the students’ confidences. Speech is something that stays with everyone after all the tournaments and practice. It stays with them all their life.

CUT n’ KEEP  
Calendar

Dec. 22 - Jan.1  
Holiday Break

Jan. 2  
School Resumes

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

Jan. 15  
No School

Jan. 19  
End of Term 2

Jan. 22  
No School

Jan. 29  
One Act Play Performance

SCC Music Preview Concert  
7:30 p.m.

Not-so-secret life of Bob  
FLHS teacher Bob Dettmer new House Representative

by Kacie Waldoch

“Leader With a Servant’s Heart” was the slogan FLHS Physical Education Teacher Bob Dettmer used in his recent successful campaign for State Representative for District 52A.

Being both a leader and a servant have been part of Dettmer’s entire career so far. Dettmer has been a teacher and wrestling coach at FLHS for 34 years. He is married to Colleen and they have three grown children. Dettmer is also been a member of the U.S. Army Reserves for 21 years. The newest leader/servant task Dettmer has taken on is running for and winning a seat in the Minnesota House of Representative.

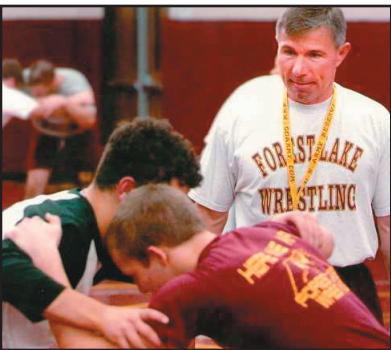
Many know Dettmer as a teacher. He has taught many of the gym classes that FLHS offers. One of his favorite classes to teach is Outdoor education.

“I love the outdoors and all the activities we do in the class,” said Dettmer.

He also likes teaching weight training and of course, the ballroom dancing unit.

In addition to being a teacher, Dettmer has coach for many years. He coached soccer and track, which he retired from last year. The sport Dettmer is most well known for is wrestling. Dettmer has been a wrestling coach for the past 34 years.

In fact Dettmer has already had second



generation wrestlers. Dettmer’s career wrestling coaching record is 366-134-2. He has also coached 14 state champions, the most recent being last year’s 152 state champ Jordan Kolbow.

Over the years Dettmer has had 62 wrestlers place at state and 111 have participated. In 1993, the team was State Champions and since then teams placed 4<sup>th</sup> and 5<sup>th</sup>. In 2004 after many years of coaching, Dettmer was inducted into the National High School Wrestling Hall of Fame.

So, after such a decorated career, why is Dettmer changing jobs? He decided to run for State Rep. because his rule of 90 was coming up, but he wasn’t ready to retire completely. He said that he served his country in the Army, the school, community, and parents as a teacher, and he is ready to serve the state as a Representative.

“I’m interested to see how everything functions and works at the state level of government,” said Dettmer.

With the new tasks at hand, Dettmer will be taking a leave of absence from teaching starting in January, when he takes his oath into office, then he will officially retire from teaching in June with the 2007 graduates. Although he is

excited to be part of the legislation, he will miss FLHS.

“I’ll miss the other teachers and all the great students.”

Juggling head wrestling coach duties and the duties of his new office would also be difficult. So, Dettmer has already promoted social studies teacher Rich Eliot to co-head coach to take over when he can’t be present. .

“I wanted to retire when I still really enjoyed and loved it,” said Dettmer.

He will officially retire as wrestling coach at the end of this season, but he will come back as a volunteer.

When that happens he’s looking forward to getting to do “just the fun stuff”.

He won’t be able to be at every practice because of committee meetings during the week. The House doesn’t meet on weekends; however, so he plans to be at all the tournaments and most meets.

Whether you know Dettmer as a teacher, coach, or co-worker all of FLHS will now know him as a state representative.



Real World Marketing  
Class discovers world fantasy football

by Brad Kopp

At this time of year many football fans are deep into their fantasy football leagues. At FLHS the marketing class has brought a little of this action to the classroom.

Students of business teacher Al Anderson developed their own sports franchise and have been competing against each other for a part of this quarter. The classroom might seem like an odd place for fantasy football, but Anderson thinks otherwise.

“Even though we are talking about football, the principles can be applied in everyday life,” commented Anderson.

Fantasy football was an appropriate activity for the marketing class because, a lot of the most popular marketing businesses deal with sports. It is a good way to have a little fun while



learning.

It may seem like it’s just guys that are in to the fantasy football craze outside the school, but inside is a different story.

“Most girls have had positive reactions,” commented Anderson. “They like showing up the boys.”

Anderson has been using this technique for two years including the 2006-2007 year, and it seems to be a positive experience.

“It adds a little fun to the class, and it’s more interactive,” commented Drew Cremisino. “When your interacting it’s more fun to learn.”

If your into the fantasy football craze, and would like to learn a little more, give Marketing a thought.

Get to know ‘em...  
Front office profiles of the month



Karen McCurdy  
Administrative Assistant

by Nicole Bernfeld  
**Name:** Ann Skoglund  
**Job Description:** Varies. Deals with student organization accounts, schedules, rosters.  
**Time Here:** 7 years  
**Before FLHS:** Graphics  
**School:** St. Cloud State  
**Hometown:** St. Cloud, MN  
**Home Life:** Married with two kids; son, Lorin (Gustavus) and daughter Krista (U of M)  
**Hobbies:** anything outside, read, relax  
**Favorite Ice Cream:** Spumoni; “really good stuff”  
**Advice:** “Balance in life is really good, so try to get some of everything. You don’t have to be good, just have fun with it.”



Ann Skoglund  
Activities Assistant

For more  
information  
on fantasy  
football, see  
Mr. Anderson!

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



## Weather *inside* is frightful? Behind the strange temperatures at FLHS

by Brittany Forsblade

Brrrrrr...it's freezing in here! Sound familiar? You've all said it, or at least know some classes in this school are a lot colder than others, or in other cases a lot warmer. According to Head Custodian Bill Schwartz there are many reasons for why these sorts of temperature conditions occur.

"There are many reasons why you may notice the temperature issues. One of the biggest being the air handlers," said Schwartz. "Air handlers supply the heat for the school, and one handler covers more than one classroom. With that being said, there may not be an even temperature circulation."

In the 100 section there is one large and one small air handler for the whole sector. In the 300 wing there is one large air handler for all of the classes. Altogether, the school has 15 air handlers, and the halls do not contain any.

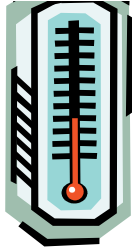
"We have so many teachers, students, and classrooms that complain about rooms being too cold or too hot," said Schwartz. "We adjust the air handlers to be equal for all classes to feel more comfortable as best we can."

Each handler is set for 80-90 degrees to keep

classes between 68-70 degrees. The temperature is set differently during the summer time. For a big facility such as this school, however, the heating budget can be pretty expensive. The school heats with two boilers, one handles the building and one is used as a back up. They run on natural gas or fuel oil.

When the temperatures outside hit 20 below, the school has to go into what is called Curtailment. Curtailment is when the gas company cuts back our natural gas. The school switches over to using fuel oil, so homes in the community are able to use more heat. Curtailment usually happens about once or twice a year. It is also used in the summer when temperatures are extremely hot.

"Since I have been here, we have had a curtailment at least once every year," said Schwartz. "My best advice is if you have a class you know is extra cold, or not comfortable to you in some way, come prepared and bring an extra sweatshirt if needed. If a teacher gives us a call regarding the temperature, we will try to do our best to get your room's temperature adjusted to the best overall comfort of everyone."



## Cheese, anyone? Expiration dates checked and questioned

by Chloe Daniels-Miller

A couple weeks ago, while some students were eating lunch, they noticed an 8-02-06 expiration date on the packages of a few small blocks of cheese. Being that cheese is a dairy product, they were concerned about the quality of the food.

Expiration dates are USDA mandates used to regulate freshness of all products, and are especially helpful with refrigerated dairy products.

The truth about expiration dates, however, is that they're usually to be used more for advice, than command. They can also be confusing; The dates can mean quite different things. According to a Business Week online article by Pallavi Gogoi, "sell by" is more a guide for the store to know how long it can display a product for sale. The "best before" or "best if used by" date refers to a quality or flavor of the food. "Use by" works more like an actual expiration date, similar to that on medicines. Taking them after the use by date is not recommended.

Head cook at FLHS Corrine Wald stated that when the school received the cheese, they did speak with the USDA but were assured the cheese was in fact safe to eat. How can this be, you ask? When dairy products are only

refrigerated, like at grocery stores or your fridge at home, you do need to be more aware of expiration dates. But with the cheese in question, after it was packaged, it was frozen. It remained frozen through the delivery process, and also while at school. It did not sit out for an extended amount of time before it was served to students.



To clarify a few other foods served at the school, like chips and mayo in packets when it's sub sandwich day, these have oils or fat which will spoil and taste bad *a while* after their expiration dates. Surprisingly enough,

eggs (as found in mayo) have a pretty long shelf life and can last as long as *five weeks after* the sell-by date if refrigerated properly.

Ultimately, most of these labels should be used more as a guide, rather than a hard and fast expiration date. So don't tweak if your cheese or chip dates are a little past the current day.

"We do look at dates, and toss food if need be, but in the case of the cheese, we are assured it's safe," said Wald.

Remember, it's recommended that a healthy diet consist of 3-4 servings of dairy per day. Don't skimp on the cheese. Have you had your three today?

## Cafeteria's black box unveiled

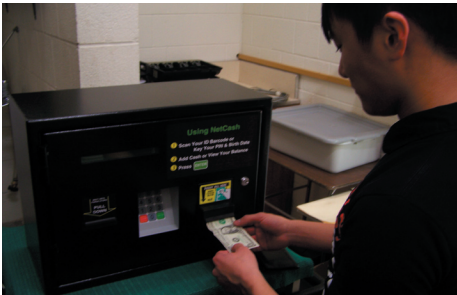
by Siri Urquhart

Just like the black box in the cockpit of an airplane is used to help in times of distress, the black box, in the cafeteria is meant to help. It relieves the concern of having to wait in long lines day after day in the cafeteria.

"It allows students to deposit cash into their account," said Ginger Carney, a lunch lady here at FLHS.

The school lunch program will no longer accepting cash in lunch lines after Dec. 31, 2006. The cash machine is used to help serving lunches run more smoothly.

"The lines have been getting way too long



because so many people have cash," said Carney.

The cash machine accepts bills of any denomination, but does not accept coins. To be able to deposit cash into your account, you need your PIN number and birth date to access your account. You can even get a receipt.

With this new black box in the northeast corner of the cafeteria, it makes the process of getting through the lunch line run more efficiently.

## Time for college? Students should prepare for future, now

by Meagan Seim

It may be a few years away or it may be next year, but the question is still the same: What do I need to do to prepare for college? With registration coming in January, here is a checklist to consider.

### Sophomores:

The focus during sophomore year is to make sure to take challenging classes. Transcripts are the main focus when colleges review an application. Advanced Placement (AP) classes or simply challenging courses show a students' ability to take a challenge and work hard, which is a plus for many colleges.

Although it isn't required, taking the Pre-ACTs during sophomore year is a good idea. It will help prepare for the actual test, and again, hopefully help raise the final test score.

"Overall, good work habits is the main focus for sophomores," said Assistant Principal Kathy Ungerecht. "Everything else comes junior and senior years."

### Juniors:

There are even more things for juniors to get done and check off their list.

While continuing to keep up a steady, yet challenging coursework, be sure to maintain a strong GPA. Look into the requirements for admission to each college you're interested in. Attend college fairs and financial aid/parent nights as much as possible to get a feel for what to look for and which college you prefer. Toward the end of the year, start to make college visits and meet with admissions representatives.

"Students should be sure to take their ACTs in the spring and just keep up their schedule," said Ungerecht. "Look into as much as possible."

### Seniors:

With only a year left before setting out on your own, there are many things to take care of.

"The most important thing is: this is not the time to coast!" said Ungerecht. "Senior year is preparation for college."

Many students tend to take the "easy" classes and find the "easy" way out. It may be fun at the time, but in the long run, this could hurt your chance of acceptance, even if you have kept up your classes during the rest of your high school career. Colleges have been known to look at students' transcripts during junior year, accept them, and then review their transcripts again during their senior year and actually withdraw their acceptance. This *can* be easily avoided.

If you didn't do so well on your ACTs the first time, retake them at the beginning of the year. You'll want these scores for your college applications. Most colleges fill up fast; so, even if it seems unlikely that this will happen, register early. The earlier you register, the better chance you have of getting your preference of classes. Plus, you will have a better chance of getting housing accommodations and not put on a waiting list.

Good transcripts are not the only thing that colleges look for, however. They also look for students who have been involved throughout their high school career. Whether you are a member of the drama club or the captain of the football team, colleges look for dedication and leadership. Be sure to volunteer as much as possible, for the school, and also the community.

"Volunteer," said Ungerecht. "Being a well-rounded student will help."

So whether you are a sophomore, junior, or senior, there are plenty of things to be done, classes to take, and people to see!



## Jenna Lynn Fundraiser Cancer victim's benefit proves a success

by Neil Polglase

On a usual Friday night in Scandia the community center parking lot only has a few stray cars, but on December 8<sup>th</sup> the parking lot was full of cars and so was the street leading into it. Anyone who was there that night knows December 8<sup>th</sup> was no usual Friday.

There are points in everyone's life when it is clear you won't be able to go on without the help of others. Although no one knows when this will occur very few expect it to be when you're a junior in high school.

Jenna Lynn is a junior at Hill Murray High School. She was first diagnosed with cancer when she was fourteen years old. Lynn was treated and the cancer faded, but now two years later, the cancer has come back. Lynn has already been through chemotherapy and while their insurance company covered the cost the first time, they cannot continue to help. The cost

has already exceeded the limit of one million dollars. Now the Lynn family must find a way to pay for chemotherapy again.

So, on December 7 there was a benefit held for Lynn at the Scandia community center. It cost seven dollars to get in and everyone got a dinner and snacks. There were also several musicians who played including three Forest Lake High School students: Taryn Gillespie, Chris Sherwood and Neil Polglase. The response was overwhelming. Over a thousand people came to support Lynn. There weren't enough places for everyone to sit.

Although it is uncertain what will happen in the future everyone is hopeful. The most important part of the benefit was that it was clear Lynn is not alone. If you wish to help out Jenna Lynn please contact CONTACT. Even a call of support helps.



## Carpentry update

photos by  
Amelia Matheson

**Members of the Carpentry 2 class are close to completing the inside *and* outside of their house.**

Left: Carpentry 2 class poses in front of the newly sided house to the east of the student parking lot.

Bottom: Freshly taped sheet rock walls inside the carpentry house the class built on school property.



12 · 21 · 06



# Point/Counter Point

## Enforcing the high school dress code

Skimpy is neither classy nor fashionable

by Chloe Daniels-Miller



Decency in what you wear is not only a way to represent your personality and creativity, but it is also a direct reflection of how you value yourself. I'm not saying anything about the cost of clothes, but I am talking about the lack of clothes and the increased amount of skin being paraded around our high school.

As fashion from places like Paris and NYC are plastered in every magazine, many of our students have been led to believe that wearing these trends are required to fit in. It seems the best way to do this is to choose distasteful clothing. Reality Check: this is not fashion, nor is it decent.

You may say, "What I wear is *my* business," and I suppose it is, but, "Morals are private. Decency is public," said Rita Mae Brown.

My question to those who feel they need to dress this way is, why waste your years in high school blending in? Or even worse, standing out in a negative way? Is this really how you want people to remember you? And if someone *was* to take notice of you dressing this way, chances are they're not going to have a very positive remark.

Do you think it [indecent] attracts guys? Maybe some, but then what does that tell you about them? When you appear "easy" because of what you wear, it sends all the wrong messages, and it's shallow and immature. Guys like a challenge. Be creative. It's fashionable, attractive and classy. Show some value in yourself. "It's[indecent]amaturityanddisrespectissue," said senior Kalli Swedin, "It shows they don't respect themselves when they dress that way."

It's disrespectful to other students, but especially to the teachers. They're trying to teach, and they shouldn't be made uncomfortable by indecent dressers. It is awkward for

teachers, both male and female, to encourage students to dress more appropriately, because whatever they might say has the potential to be misconstrued by an offended student. When people are uncomfortable around you, don't be surprised when they won't go out of their way to help or get to know you. This holds true both in and out of the learning environment.

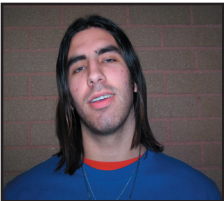
Have no fear girls, there's a simple solution to this indecent exposure. It's simple: wear a longer skirt, keep your underwear in your pants, make sure your shirt isn't see-through, wear pants without any holes in the butt (or have some stylish fabric sewed to the inside), keep your shirt or tank pulled **up**, and you should be good to go. And no, legwarmers still don't cut it. They don't make the length of your skirt any longer. This is Minnesota, not California. Dress accordingly.

And guys, you're not off the hook. There are these nifty gadgets sold in nearly every clothing store. You probably even own a few. A helpful thing called a **belt**. They come in many materials and colors, and as an added bonus, they have multiple holes to ensure none of us will have to see your "Bart Simpson" boxers during class. Pants are to be worn at the waist. And your waist is not *below*, but *above* your fanny. No wonder so many of you are late to class with your pants so low. What if there was a fire? Tighten those belts, boys.

It's important to be mindful when choosing what you wear. How people perceive you really effects what they think of you, especially when they don't know you. Take the fashionable, creative, and *classy* route; respect yourself and others by what you wear.

Free will should govern clothing choices

by Neil Polglase



Free will. Here in the United States people like to tell us we are a free country, but I cringe when certain subjects come up. A subject that comes up quite often in our high school is the dress code. It is a very heated discussion. There are many people who have the opinion that there should be more strict rules. I don't think they are wrong, I just think they don't understand what

that everyone in our school has enough common sense to pick out an outfit without rules or restrictions to guide them. People usually think of chaos when they hear no rules or restrictions, but I don't think there would be chaos. No one should have the power to regulate what we wear. Where would it stop? We might be wearing uniforms or maybe we would have to cover all of our skin. Then pretty soon we would all be walking in a line, marching the same way, all our freedom gone. So, where should it end? It should never begin. Students are smart enough to know what to wear. Everyone should have the privilege to choose without restrictions. So let your voice be heard no matter what you are wearing, even if you are wearing nothing. We all deserve free will, every man and every woman.

What about girls and boys? Of course you must have different rules for them, but that my friend, is called sexism. There are many different people that go to our school. Every person is unique. Still I must repeat that I think everyone can make their own decisions. People learn from their own decisions and they grow from them. Having a "higher power" regulate our clothes only breeds problems. As long as we are regulating clothes, we might as well restrict hair length and eye color. I believe this sounds familiar.

I am all for compromise, but when we start giving up our freedoms that is when we must say something. I know the examples I have given are not close to happening, but once a step is taken in that direction, it is very hard to take it back. So, no matter what your style is, even if you aren't sure what to think, just remember that one step is too far.



Since Neil's outfit is too baggy, Chloe gives him a rainbow colored belt to hold up his pants.

comes next. Once we start to regulate our free will then we start to dictate. It only takes one tiny step to fall over the edge into the canyon of oppression. So when people ask me about the dress code, I just tell them, "Free will". Students here at Forest Lake High school know the guidelines of what to wear. I believe

Want to put in your two cents?  
Contact the Forest Breeze staff at  
forestbreeze@forestlake.k12.mn.us

### Last chance to order a yearbook!

If you don't know if you've ordered a yearbook yet, check the list outside of room 642.  
It's not too late to order, you have until January 5th.  
If you preorder, you'll get one for sure.

Order at [www.smart-pay.com](http://www.smart-pay.com) or call 1-800-898-7004

## ASK Anything!

Why are we not allowed to wear coats or jackets in school?



by Bryanne Gream

Ever wonder why we cannot wear our jackets in school? Well, to tell you the truth, it's pretty self-explanatory.

The first reason is safety. Classrooms are already cluttered with books, desks, and book bags, why clutter it up more with our jackets?

"It looks tacky when students walk around school with jackets on all day long," said Principal Steve Massey.

The policy in the school's student handbook says, "The high school allows students considerable freedom of choice in selection of school attire, but will not allow dress that creates a health or safety hazard or a perception of a hazard to any person, including the wearer; and/or prevents the student from doing his/or her best due to blocked vision or restricted movement."

If it's perceived as a hazard, could be one, or if it prevents you from doing your best, expect to leave it in your locker.

If you are cold or the room you are in is cold and you know it is going to be cold, bring a sweatshirt or sweater. Bottom line: coats and jackets are not to be worn or carried to class during the school day. Keep them in your lockers.

## Photo Poll

### What is your New Year's resolution?



Shannon Sneep  
"Try to go to Starbuck's less."



Abby Pooch  
"I hope to spend more time with my friends...Dwight, Ryan, Michael, and Pam."



Andy Bothman  
"Workout...and just get ripped."



Lauren Hindi  
"Get three more tattoos."



Mr. Fisher  
"Be a good daddy."



Lisa Blume  
"Have a happy life."



Mr. Waldron  
"I want to start working out."

Alyssa Dunrud  
"Get my driver's license."

Mrs. Kaiser  
"Help Yearbook get a national award."



Chris Bombeck  
"Be nicer to Neil."





# tappenings



at school is out and you'll need something to do! These pages  
ovies to see to make your holidays a little bit merrier.

## for the holidays

you go sledding a lot, they're definitely worth it.  
These range in price from \$10-130 at Target.

### Toboggan:

These sleds are usually long, and made of wood.  
They usually go pretty fast. The only problem is,  
that if you have fluffy snow it can get kicked up  
into your face because of the rounded front end.

These sleds are good  
for single and groups of  
2 or more, because of  
the size. The speed can  
sometimes depend on  
weight and what kind  
of snow you have, but  
that affects pretty much  
all sleds.

These sleds are going  
to be a little harder to  
find, especially if you  
want a new one. A five-foot toboggan at Target  
right now is going for \$40.

You can find most, if not all, of these sleds  
at department stores like Target, Wal-Mart,  
Walgreen's, and Kohl's.

### Places to Sled

Willmar, Kandiyohi County, Minnesota (1)  
Public Access

Rochester, Olmsted County, Minnesota (3)  
Public Access

North St. Paul, Ramsey County, Minnesota  
(1)  
Public Access

St. Paul, Ramsey County, Minnesota (3)  
Public Access

White Bear Lake, Ramsey County,  
Minnesota (1)  
Private, but has permission

Duluth, St. Louis County, Minnesota (1)  
Public Access

St. Cloud, Stearns County, Minnesota (1)  
Public Access

Hudson, St. Croix County, Wisconsin (2)  
Neighborhood, but has permission with  
relatively easy access

## s to do



## Top 20 things to do over break

Need something to do over the vacation?  
Here are some ideas to keep you busy.

- 1) Ice skate at The Depot in Minneapolis. Create a  
human chain; see how many kids you can take out.
- 2) Snowboard at a new hill you haven't tried.
- 3) Sled down an icy hill and see who can keep the most people on a  
sled. May need goggles and helmets.
- 4) Shop all the after-Christmas sales.  
It's never too early to start for next year!
- 5) Sleep for 24 hours straight.
- 6) Wrap presents in a creative way. Add a personal touch...a candy  
cane or a homemade chocolate.
- 7) Have a dance-a-thon to 80's music.
- 8) Rent a DVD from a genre you don't normally see.
- 9) Spend time with your family playing Catch Phrase.
- 10) Go on a blind date.
- 11) Hang out with friends at a new place.
- 12) Go to the Holidazzle Parade and cheer every float that goes by.
- 13) Go on a road trip to Duluth. Even in December, it's beautiful.
- 14) Roast chesnuts over an open fire.
- 15) Build a "snowpeople" version of the Simpsons or your family.
- 16) Bake Christmas cookies and deliver a plate to your neighbor.
- 17) Give the contents of your spare change bowl to the Salvation Army.
- 18) Donate time and items to local Holiday Drives.
- 19) Read a new book from the library.
- 20) Host a New Year's Eve Party. Start singing a solo at midnight and  
see who joins in.

## Holiday Movie Reviews:

*It's a Wonderful Life* is a true classic

by Shea Carr



more commonly known as Jimmy.

In my opinion, Jimmy Stewart made this movie.  
His unique style of acting is unlike any that I  
have ever seen. He can turn a quiet conversation  
between characters that lulls viewers to sleep,  
into a wild outburst that grabs the  
viewer's attention and makes them  
say, "Where did that come from?"

In *It's a Wonderful Life*, Stewart  
plays George Bailey, a man from  
a small town with big dreams of  
traveling abroad. After his father's  
death, George now must try to forget  
his dreams and take over the family  
business.

If that isn't enough to break  
George's spirit, he suddenly learns  
of an \$8,000 loan that was misplaced  
which causes family troubles that  
begin to escalate. George starts to  
develop a temper towards his wife and children  
and goes to liquor for comfort.

After one especially bad night, George begins to

lose the will to live. As it turns out, his only hope  
is an angel named Clarence (Henry Travers) who  
is trying to earn his wings by helping George.

Another notable performance from the movie  
is from Donna Reed who plays George's love  
interest, Mary. Reed showed good chemistry with  
Stewart early in the movie, but it seemed that  
as the film wore on, her influence on the story  
seemed to wear off.

Before I watched this movie, I had heard only  
great things from those who had seen it. With the  
viewpoints I had heard and what I had already  
seen from Jimmy Stewart, I expected only the  
best.

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In the end, my expectations did  
not necessarily get disappointed  
as a whole. When I look at *It's a  
Wonderful Life* as a movie without  
a certain category, I definitely  
feel satisfied to call it a classic.  
Even the fact it's black and white  
couldn't turn me off.

Although the movie is one to  
see, it did not produce the holiday  
cheer I had expected. Since the  
majority of the movie took place  
in a flashback, only about 1/3 of  
the movie was in a winter setting.  
With that in mind, my final  
recommendation is to see it eventually, but if you  
are in the mood for a film that has that Christmas  
factor, find a different one.



## Movies to see

### Miracle on 34th Street inspires belief

by Amelia Matheson



Claus?"

Twentieth Century Fox's 1994  
*Miracle on 34<sup>th</sup> street* is based on  
the 1947 film by the same title. Mara  
Wilson (Susan Walker), Elizabeth  
Perkins (Dorey Walker), Richard  
Attenborough (Kris Kringle), and  
Dylan McDermott (Bryan Bedford)  
are a few of the stars in this holiday  
film.

Susan (Wilson), a six-year-old girl is told by  
her mother, Dorey (Perkins), that Santa doesn't

"We invite you to  
join with us and ask  
yourself this one simple  
question...  
Do you  
believe  
in Santa



really exist. But when Cole's Department store  
hires Kris Kringle, the new Santa for the holiday  
season, Susan asks Kris for something that no

one knows she wants for Christmas  
and is led to believe that there might  
really is a Santa Claus. But then, Kris  
Kringle gets set up by employees  
of Cole's department store's rivals  
and is arrested for hitting someone  
in the head with his cane. It's up to  
everyone to prove that he really is  
the real Santa Claus.

This is my favorite holiday movie  
because it gives a really good  
message. It says that dreams can  
come true if you really believe.  
*Miracle on 34<sup>th</sup> street* is a movie  
that will get you in the holiday spirit. It is a great  
family movie or one to watch with your friends.

## Recipes for the holidays

### Vanilla Hot Chocolate

4 cups milk  
2 vanilla beans, split  
10 ounces semisweet or milk chocolate, cut into  
small pieces

1) Combine milk and split vanilla beans in a  
saucepan; scald milk over medium-low heat.  
Remove from heat, and take out vanilla beans.  
Scrape the seeds from the beans into the milk dis-  
carding the pods. Stir, then let stand covered fro  
5 to 10 minutes

2) Return to medium-low heat, add chocolate,  
and whisk until chocolate is completely melted  
and milk is frothy. Serve immediately.

Serves 4

### Easy Toffee

3/4 cup brown sugar (packed)  
1/2 cup butter  
1 cup chopped walnuts  
1/2 cup semi sweet chocolate chips

Grease a 9x9-inch cake pan. Spread the  
chopped walnuts evenly in the bottom of the  
pan. Over high heat, melt together sugar and  
butter in medium size saucepan until boil-  
ing. Lower heat to medium. Boil over me-  
dium heat for 7 minutes. Pour into the pan.  
Sprinkle chocolate chips over hot mixture.  
Place a cookie sheet over the pan to retain the  
heat and melt the chocolate chips. Cut into  
squares while hot, then refrigerate until hard.  
Break into pieces.





# Holiday

## Holidazzle Parade

by Amelia Matheson

A great way to brighten the holiday would be to attend the Holidazzle Parade sponsored by TCF in downtown Minneapolis. The parade travels from Nicollet Mall down 12<sup>th</sup> street. It includes choirs, marching bands, floats, and many fairytale characters that are all lit up with lights to put you in the holiday spirit. Also this year they have new light bulbs on everything to make the parade



brighter and better.

It was first developed to get the shoppers heading toward the Mall of America and other

malls to shop in downtown Minneapolis instead. The stores have extended holiday shopping hours some shopping can be done before and after the parade. If \$150 is spent that day from shopping in

downtown Minneapolis, between November 20 and December 20, you will be able to reserve a pair of “hot seats” to watch the parade. You can receive up to 8 tickets for spending a total of \$600.

The parade starts at 6:30pm and goes until about 7:00pm. The parade started the day after Thanksgiving and goes till the weekend of Dec. 20-23. The parade will be cancelled if there is a severe weather condition or if the temperature is lower than 20 below 0 degrees Fahrenheit.

Most people go to the parade between 6 and 6:15 to reserve a good spot to watch. Warm clothing is recommended because the nights get cold in downtown Minneapolis. There are vendors along the parade route selling hot beverages.



## Places to Go

### Eko Backen

#### Local snow tubing destination

by Shea Carr

Winters in Forest Lake often have people, specifically teenagers, asking themselves what there is to do for fun in the area. Believe it or not, Scandia provides a hilly, outdoor option for those who are not skiers or snowboarders.

Eko Backen has offered snow tubing since 1965 and is located six miles east of Forest Lake High School on Manning Trail.

“We have three different hills. One is the fast hill that we call the ‘expert hill,’ then we have an intermediate hill and a family hill for beginners and younger children,” said manager of Eko Backen, John Fraley.

After the tubers go down the hill they are pulled back up by towropes.

Among other things, Eko Backen offers a 4000 sq. ft. chalet that serves as a warming house. Inside, there are video games, food, hot chocolate,

and picnic tables to eat at while taking a break from tubing. Mainly, however, people visit Eko Backen to get a good old-fashioned rush that can only come from sliding down a steep hill on an innertube.

“This is the place to go as fast as you want on an innertube,” said Fraley.

Eko Backen produces its own snow when necessary and is already open for business. Admission is \$8.50 for ages twelve and under and \$9.50 for ages 13 and up. Regular hours are from 6:30 - 10 p.m. on Friday, 11 a.m. – 10 p.m. with half hour breaks every three and a half hours on Saturdays, and 11 a.m. – 6:30 p.m. with the same half hour breaks every three and a half hours on Sundays.

For more details and information regarding holiday hours and group rates, be sure to visit [www.ekobacken.com](http://www.ekobacken.com).



by Nicole Bernfeld

Are you planning on going sledding this winter but don’t know what kind of sled is best?

#### Saucer Sled:

These sleds are round, made of plastic, and let you spin and turn around. These sleds go really fast down hills in the right conditions, like one that has been used a few times before. Since the sleds are round and dish-like, they don’t allow you to steer or control the sled. These are the sleds that make people go backwards, spin in circles, and end up in a bunch of weeds or trees.

If you don’t know the hill you’re sledding on, and there’s a possibility of big bumps, dips, or drop-offs, this is the sled you probably don’t want to be on. When going down hills on these, it is very possible for you to flip over or fall off. If you like going fast like these sleds will cause you to, but if you do fall off, you could get hurt.

You can get one of these at Target for \$10.



#### Welcome Mat Sled:

This sled is unofficially nicknamed the Welcome Mat, because of how it looks. It’s basically a relatively thin, flat, flexible piece of plastic that can be rolled up for storage. These sleds are used reasonably well on packed, smooth, hills that are no more than a 50-60 degree slant. Anything steeper will cause you to go too fast for the sled and you’ll end up sliding off and have you sliding down the hill on your face. This has got to be the cheapest sled you can buy, but it’s your choice.

#### Snow Tube:

This kind of ‘sled’ is filled with air. It’s easier to control than the saucer, but you bounce up and down more. You can also run into some problems if you have to turn or go in a different direction, other than straight. They are hard to maneuver but have the potential to get a lot of speed. Also, if you set up bumps of snow before you go down the hill, it’s possible to end up flying through the air...if you do it right.

These sleds are a little bit more pricy, but if



## Things

### Popular holiday games

by Shea Carr

As always with the holiday season, there are plenty of new video games and gaming systems out there for today’s gamer. Over the years, the increasing popularity of these video games has led to a huge holiday gift market.

This fall has given consumers a particularly interesting holiday with the arrival of the Playstation 3 on Nov. 17 and Nintendo Wii on Nov. 19. These two consoles, along with Xbox 360, will fight for sales. It is logical for the Xbox 360 to have somewhat of an advantage because of its arrival in Nov. of 2005.

Besides competition between gaming consoles, here are just two of the new games expected to be top sellers this holiday season.

#### Call of Duty 3

This game takes place following the Allied invasion of Normandy in 1944 and focuses on the time between liberating France to the Allies knocking on the door of Berlin.

The player will take on roles of American, British, Canadian, and Polish soldiers as the *Call of Duty* series tries to continue to lay its focus on intense yet realistic gameplay. After establishing a solid fan base for the *Call of Duty* games, the games developer, Treyarch is looking to really hit it home with this first- person shooter. The fact that *Call of Duty 3* will come out on Playstation 2 and Xbox along with the new systems Xbox 360, Playstation 3, and Nintendo Wii is another reason the product should sell well.



#### Guitar Hero 2

*Guitar Hero 2* is the sequel to the video game in which the gamer is the “rockstar.” This game is quite a new innovation in gaming technology. It is not played with the standard controller but instead the player gets to it out on a smaller version of an air guitar.

There are color coordinated notes to match the ones on the gamer’s imitation air guitar. The player has to hit them in sequence with the song that is shown on the screen. The game is sort of in a category of its own and is known to be highly addictive.

One of the new features in *Guitar Hero 2* is the ability to play either the lead, bass or rhythm guitar. There are also new songs to play and numerous multiplayer modes to play against a friend. *Guitar Hero 2* is out exclusively for Playstation 2.

#### Other hot games this season:

##### Need For Speed Carbon

(Xbox 360, PS3, PS2, Xbox, PSP, Nintendo Wii, Nintendo DS and Gameboy Advance)

##### Gears of War

(Xbox 360)

##### Ultimate Alliance

(Xbox 360, Xbox, PS3, PS2, PSP, Nintendo Wii, Nintendo DS and Gameboy advance)



## Road Trip Necessities

### Going on a road trip?

Here are some things to take along to keep the ride entertaining!

- Blanket and Pillow
- Lots of food and drinks
- DVD player and movies
- Book to read
- iPod, MP3, CD player
- Activity book
- Cards
- Cell phone or car phone
- Handheld games
- Magazines
- Cash





## Local Music Monthly: Sophomore Zach Craig brings a new face to post hardcore

by Jordan Lutz

It's December and the local music monthly column has been going steady now for two months. This month, *The Breeze* sat down with sophomore Zack Craig a local guitarist.

"I play guitar in Beauty through Silence," said Craig. Beauty through Silence is a local, Christian hardcore band that started last summer. Members include Ian Axenberg, Emily Palmer, Zack Craig, Mat Kemp, Josh 'Brutality', and Nick Charest. All but Zack and Nick have graduated from high school.

"I would describe BTS (Beauty through Silence) as Christian hardcore/metal/2-step" said Craig. "I'm really into hardcore bands like, The Devil Wears Prada, Norma Jean, As I Lay Dying, and of course, Dead in Doves."



Craig is very active in church and devoted to his Christian beliefs. If you assume that because he is in a Christian band, he is quiet and sober on stage, you obviously haven't been to a BTS show.

Craig thrashes around and is active during the whole set, keeping the emotion of his riffs going. In fact, at a recent show in Wisconsin, he managed to hit one of his own singers in the mouth with his guitar. The show was stopped and the unfortunate vocalist was driven to a hospital, where he had six stitches applied to his split lip.

"I felt so bad about that," said Craig of Kemp's injury. "I hope he'll be okay to sing. I told him I was sorry and he was just like, 'dude, it happens,' so I'm pretty thankful that he's not mad at me."

For more information about beauty through silence, check out their MySpace profile at: [www.myspace.com/beautythroughsilence](http://www.myspace.com/beautythroughsilence)

See Zack in action Dec. 31<sup>st</sup> at the New Years Eve party at Maranatha Church. The show starts at 7:00 p.m. with bands Children of Zion, Write This Down, and Silverline. There is a \$5 cover charge.



**Jump, Jive and Wail  
at the**

**Speech Team  
Swing Dance  
Fundraiser**

**Friday  
Jan. 5, 2007**

H.S. Cafeteria

\$3 per person

Concessions will be sold

Lessons given at 6 p.m.

Dance will be from 7-10 p.m.

## Battle of the Bands IX Annual battle attracts 13 auditions

by Brad Kopp

In the past couple of weeks you might have seen posters advertising the school's Battle of the Bands. This year's battle was sponsored by NHS, and run by FLHS Intro to Guitar and Orchestra director David Livermore.

Livermore has been running the Battle of the Bands all the while he has been teaching at FLHS. There has been a "battle" for nine consecutive years, and has been a success throughout.

"It is a valuable opportunity for students not involved in extracurricular activities," said Livermore.

On Dec. 6, thirteen bands competed for six spots in the Battle of the Bands tryouts. After an amazing array of different musical styles, six victors emerged. The six finalists for the December 13 battle were Sinastrocular, Broken Influence, Arrows of Apollo, Farewell Affliction, Le Fury, and The Heading.

During the actual "battle," the judging was done by people outside the school district. Representatives from the Varsity Theater, the McNally Smith School of Music, and a local pro were the judges. Reminiscent of American Idol, after each band's act, the judges offered individual feedback about the band's sound and appearance on stage.

Once the scores were tallied, Farewell Affliction came out on top, with Arrows of Apollo coming in a close second.

**13 Bands, 6 finalists  
...1 winner**



**TOP:** Arrows of Apollo auditions in the band room. The band took a close second place to Farewell Affliction at the Ninth Annual Battle of the Bands.



**ABOVE:** Members of the band Broken Influence play a song in their set during the finals of the Battle of the Bands.



**ABOVE:** The band Sinastrocular was one of the six bands that auditioned and made the final cut for FLHS' recent Battle of the Bands.

**RIGHT:** NHS student volunteers take tickets outside the auditorium doors during the final battle.



## Student Artist Spotlight: Junior John Jaros

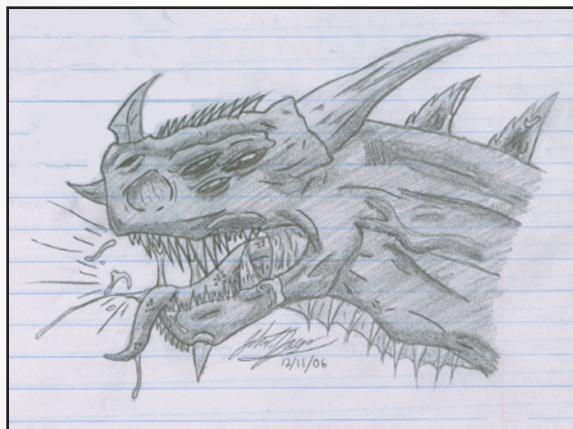


Junior John Jaros likes to draw animae and dragons in his spare time. Below are some of his more recent drawings.

**LEFT:** Spike

**RIGHT:** Damsik

**BOTTOM:** Krahnus, using PhotoShop CS to color and place it on a different photo.



## The Sacred Grounds Espresso Cafe

Has music playing usually every Saturday  
Come in and get a calendar,  
and check out who is playing.





Restaurant Review  
Local Jelly Jar worth a visit

by Brad Kopp



The Jelly Jar Café is a fairly new addition to the Forest Lake area. I pulled up to the café on the east side of Lake Street on an early weekday morning. Upon entering the café, the first thing I noticed was the country design. It was filled with antique egg beaters, jelly jar wallpaper, and even a deck of cards for a couple of the regulars. I sat down at a booth in a room filled with the sounds of country music. As I gazed around I spotted a board that had all of the specials handwritten on it. They had a breakfast special for \$3.99 that consisted of two eggs, toasts, and sausage. I knew that was clearly the way to go, so I ordered the special with a large orange

juice. The waitress was efficient and polite, she didn't even write down my order. In the meantime I looked around and noticed all of the booths and tables that were starting to fill up with Jelly Jar regulars. After a short five minute wait, I fixed my eyes upon a steaming Jelly Jar Special. I finished up the sausage and eggs, and then moved on to the toast. But there was something missing; jelly. Not too far away from my orange juice was a stack of every flavor imaginable. After completing my meal I approached the counter to pay. I expected to break the bank for such a delicious meal, but to my surprise, it came to slightly over \$5. A restaurant with such good food and atmosphere should definitely go on your list, because it earned a spot on mine.



The Jelly Jar is located in downtown Forest Lake across the street from Kodiak Coffee. photo by Brad Kopp



Concert Calendar

List compiled by Chloe Daniels- Miller

Staying home for winter break? Go catch a show!			
Dec. 27-29th 8 p.m.	BoDeans	Fine Line Music Cafe	\$41
Dec. 30th 7:30 p.m.	Ryan Daniel Just Live, Shorty Emcee & Capestany	Club 3 Degrees	\$7
Dec. 30th 8 p.m.	Trans Siberian Orchestra	Excel Energy Center	\$35 and \$45
Dec. 31st 7:30 p.m.	Phil Vassar and Little Big Town	Target Center	\$31.25 and \$36.75
Dec. 31st 7:30 and 10:30 p.m.	Carrie Underwood (18+)	Mystic Lake Casino Casino Hotel	\$50- \$75
Jan. 3rd 7:30 p.m.	Dancing with the Stars	Excel Energy Center	\$38.50, \$48.50, and \$58.50
Jan. 6th 8:30 p.m.	Kinetic Music Presents: Scarlet Haze, Drift Effect, Far From Falling, Q Public	Fine Line Music Cafe	\$6
Jan. 13th 7:30 p.m.	Asleep at the Wheel	Mayo Civic Center Auditorium	\$14- \$20

Movie Review  
The Holiday is typical romantic comedy

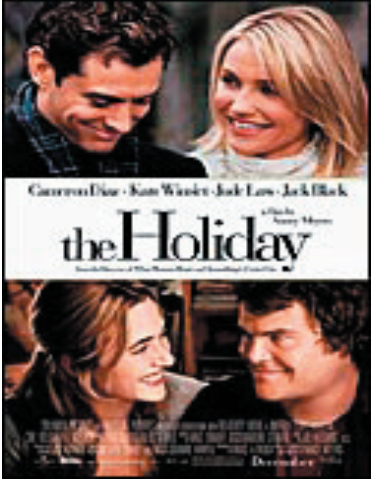
by Meagan Seim



As the holiday season rolls around, so do many holiday movies. Among them, opening Dec. 8, was *The Holiday*. In *The Holiday*, two brokenhearted women, one living in L.A. (Cameron Diaz), and one living in England, (Kate Winslet) decide to trade homes, and lives, for two weeks during the holidays. Amanda, played by Diaz, is an extremely wealthy workaholic who makes movie trailers, and has all the best things in life. Whereas, Iris, played by Winslet, is a quiet, want-nothing-but-happiness woman, who writes wedding columns. Having nothing in common but being alone and heartbroken for the holidays, they decide to switch lives, with finding a new guy the last thing on their minds. Amanda, however, soon finds a love interest on her doorstep. Graham, (Jude Law) Iris's widower brother comes unexpectedly to her door the night of her arrival, and ends up spending the night. Over the next two weeks, they find themselves growing closer and closer,

move on, they find consolation in each other and sparks fly. Jack Black, playing the part of Miles, was by far my favorite actor in this movie. You usually see him in your typical comedy, but not this time. Starring in a romantic comedy, Black played his part well. He managed to keep his usual, comical character, yet this time he added more. He added heart, making his character the "comfy teddy bear" that every girl falls for. Not only was it a surprise to see Jack Black in a romantic comedy, but it was an even bigger surprise to see him starring opposite the "perfect romantic", Jude Law. But when you mix the "perfect romantic" with the "comfy teddy bear", the outcome is undeniable. However, even if you're one of those hope-less romantic types, this movie isn't all that believable. In the real world, people don't go from being completely heartbroken

even after the unexpected introduction of his two daughters. Iris, determined there are no good guys left, ends up meeting Arthur, (Eli Wallach) her retired, Oscar-winning, screenwriter, neighbor. Claiming their first meet as a "meet cute" (from a movie), their friendship quickly grows. When Amanda's ex-boyfriend's best friend, Miles (Jack Black) shows up to gather some of his friend's things, since he is no longer welcome at the house, an instant attraction is felt, setting a whole new meaning to the "meet cute". The only problem is, he has a girlfriend. Slowly, the two begin to spend more and more time together until one night he finds his girlfriend with another man. Determined to



Movie Releases



- list composed by Meagan Seim
- In Theatres**
- Dec. 20**  
- *Letters from Iwo Jima*  
- *The Painted Veil*  
- *Rocky Balboa*
- Dec. 22**  
- *Curse of the Golden Flower*  
- *The Good Shepherd*  
- *Night at the Museum*  
- *We are Marshall*
- Dec. 25**  
- *Black Christmas*  
- *Children of Men*
- Dec. 27**  
- *Notes on a Scandal*  
- *Perfume: The Story of a Murderer*
- Dec. 29**  
- *Arthur and the Invisibles*  
- *The Dead Girl*  
- *Fast Rack*  
- *The Flying Scotsman*  
- *Miss Potter*  
- *Pan's Labyrinth*
- Jan. 5**  
- *Absolute Wilson*  
- *Black Gold*  
- *Code Name: The Cleaner*  
- *Happily N'Ever After*
- On DVD**
- Dec. 26**  
- *The Black Dahlia*  
- *The Descent*  
- *Jackass Number Two*
- Jan. 2**  
- *The Covenant*  
- *Snakes on a Plane*





# ACTIVITIES

## Dehmlow striding right Junior Annie Dehmlow loves to ski

by Amelia Matheson

Annie Dehmlow is a junior at Forest Lake High School, but she first became interested in Nordic skiing from watching her older brothers and sisters' meets when she was six years old. She started Nordic skiing when she was in 7<sup>th</sup> grade.

"Meeting people and 'team time' are my favorite parts of Nordic," says Dehmlow.

Last year, she attended Junior Olympics in Houghton, Michigan. People from all over the United States compete at the Junior Olympics.

"It was so fun and you get to meet people from everywhere," said Dehmlow. "It was a great experience and I want to keep going back."



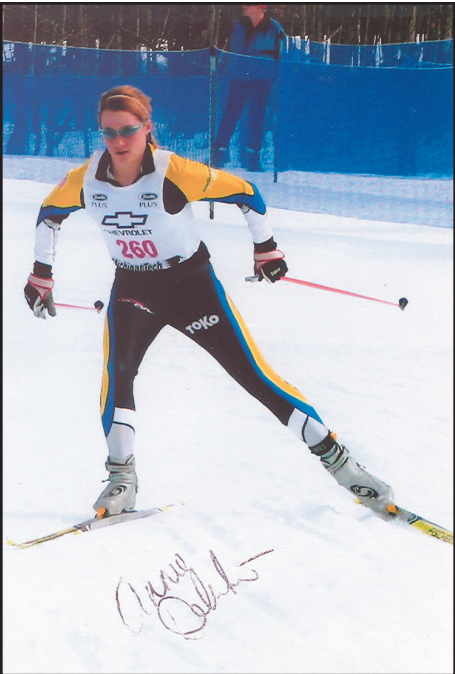
She had to compete in USSA races and the Junior Olympic Qualifiers to make it to Junior Olympics.

When the Nordic season ends, Dehmlow

continues to work at other sports. In the spring, she participates in track. In the summer, she does rollerskiing or 'Nordicwerks', and in the fall, she does cross country.

Dehmlow was a captain for the Girls Nordic team her sophomore year. Senior skier Leif Nordgren is filling captain duties this year. Her goals for this year are to be in the top 10 at state and make it to Junior Olympics yet again.

She wants to go the University of New Hampshire and continue on the Nordic Ski



Junior Annie Dehmlow skis at the Junior Olympics photo provided

team. She hopes to get a scholarship through skiing.

So far this season, Dehmlow has led the team to victory taking 1<sup>st</sup> place in both meets.

"Ski on, ski hard, but ski smart," said Dehmlow.

## Wrestling undefeated Scratching and clawing their way to the top

by Kacie Waldoch

The Forest Lake wrestlers are keeping with tradition with a successful beginning of the season. So far, the team is undefeated with five wins.

"It's setting the tone for yet another successful year," said Senior Captain Luke Munkelwitz after their first wins.

The Rangers won their first home meet against Mounds View on Dec. 1. The next day the team wrestled in the Chisago Lakes tournament where they defeated Hibbing, Chisago Lakes and Blaine.

On Dec. 8, the Rangers beat the Raiders in Roseville.

The team participated in the individual tournament at St. Francis on Dec. 9 and the team won the tournament with four wins.

## Swim and Dive plunge into season First meet Jan. 4 at Roseville

by Shea Carr

The Rangers swimming and diving team has begun the first portion of their season. Last year's team had a successful year by going to True Team State and sending four individuals to the state meet. One of the only dampers to the season was the loss to Blaine by two points in the section finals.

The team took fourth place out of eight at this year's conference relays, finishing ahead of foe Cretin- Derham Hall. Because of the Suburban East's strength in Swimming and Diving, this is an encouraging beginning to the season.

During the Christmas holidays, the Rangers will not get a break like many students. Instead, they will be working hard at their two-a-day practices during parts of vacation.

Aside from the hard work swimmers put in swimming at the pool, there are many other discomforts for the boys behind the scenes.

"The chlorine really dries out your skin, drives your eyes nuts, and makes your hair pretty much dead," said Junior swimmer John Goosens.

Whether the struggles for the Rangers are against their opponents or against their pool, it should be a highly interesting and competitive month.

The team will have its first meet after break at Roseville on January 4. The next home meet is on January 9 against Hastings and will begin at 6 p.m.



## Stay toned through holiday break 8 quick indoor exercises to firm your body

Information compiled by Bryanne Gream

### Upper-body Strengtheners

**A) ARMS-** Step towards her so that your front legs are 12 inches apart. Bend elbows 90 degrees. After she touches her palms together, place your wrists outside hers.

**B)** Resist while she pushes her hands apart until they're just beyond her shoulders. In one continuous motion, return to A. Do 3 sets of 25, then switch.

### Triceps Press

**A)** Face your partner with your feet shoulder-width apart. Bend your arms so your hands are at shoulder level and place your hands (palms down) over hers (palms up)

**B)** While your partner resist, press your hands down to waist level. Return to position. A in one motion. Do 3 sets of 25, then switch.

### Backward leg extensions

**A)** Face your partner and join right hands. Crouch down and lean away from each other for balance.

**B)** Stand up on left leg while swinging right leg back and left arm out to the side. Return to A, switch arms, and repeat on other leg. Do 3 sets of 10 on each side.

### Modified bicycle

**A)** Lean back, lean on your elbows, and press the soles of your feet will extend your right legs while bending your left legs.

**B)** Switch by extending your left leg and resisting with your right. Repeat 10 times on each leg.

### Quads Press

**A)** Lie on your back with your knees slightly bent. Have your partner lean into you so his/her chest is resting on your feet and his/or her hands are resting behind your upper thighs.

**B)** While he/ or she balances on the balls of his/ or her feet, bend your legs into your chest. Return to A. Do 10 times, and then switch with your partner.

### Lower-abs flexion

**A)** Lie on your back as your partner stands behind you. Grab her legs just below the knees and lift your legs until she can touch your toes.

**B)** Have your partner push your legs away. As she does, tighten your abs to help stop your feet from hitting the ground. Go back to A. Repeat 10 times. Switch.

### Patty-Cake sit-up

**A)** While you and your partner lie on your backs, alternate your legs so that your right ankles are stabilized between each other's legs.

**B)** Pull yourself to a sitting position using your abs, and touch right hands. Return to A. Sit up again-this time touching left hands. Repeat 10 times with both hands.

Information taken from *Seventeen* magazine.

Demonstrations by: Seniors  
Madalyn Raasch and Alisha Johnson





# ACTIVITIES

## Hockey active during break

### Girls head to Blaine’s Schwans Cup Tournament

by Brittany forsblade

“We’ve been playing really good, the season is off to a great start,” said senior hockey player Bri Craig.

FLHS girl hockey team’s current record of 6-1-1. The games are only half over, however the team will still be busy over break with practices, games, and the Schwan’s Cup Tournament. The tournament will be held at the Schwan’s Super Rink in Blaine, on Dec. 27-29. After the Schwan’s Tournament, the team will turn their focus to doing well in conference play.

“We have a really good chance of going to state, if we keep our game up, and remain focused,” said Craig.

The team has a good chance to maintain that focus, starting with their next home game Saturday, Jan., when they will host Stillwater. The team will also be hosting the Raiders of Roseville Jan. 9. The Varsity begins at 7:30 p.m.



### Boys have ‘great expectations’ for Chisago Lakes

by Brittany Forsblade

“Were making a really good strong effort, and I think it really shows,” said sophomore defense player Matt Wethammer.

That sentiment can be backed up by the teams record of 2-1. There have been a few minor injuries throughout the team but senior Andy Hardy injured his arm and needed 12 stitches.

Over winter break, the team will be participating in the Chisago Lakes Tournament, held at the Chisago Lakes Ice Arena, Dec. 28-30.

The team will face off Two Harbors the first game in the tournament. Their expectations are high.

“If we don’t come out with a first place, we’ll be pretty disappointed,” said junior center Jake Kogler.

The team will travel to Roseville on Thursday, Jan. 4 at 8a.m. The team will host Brainerd on Sat. Jan. 6. The puck drops at 7:30p.m. for the varsity game and for the JV. Tonight at 7:30 p.m. B-squad is at 6:00 p.m. and JV starts at 4:00 p.m.

## Forest Lake’s best kept secret Local teenage bowling team

by Meagan Seim

Give me a spare, a strike...a gutter ball. With the 2006 Season finished, the Forest Lake bowling team has failed to leave the lanes unnoticed.

“We practiced two days a week, Monday and Tuesday, for three hours at a time,” said Junior, Jordan Hoppe.

It’s no wonder why the bowling team hasn’t gone unnoticed. Commitment to the team has helped them to prove their standing, on and off the lanes. With eight teams in their conference, including Anoka and Andover, the team has plenty of



competition.

An interesting fact, however, is that the Forest Lake bowling team is not school sponsored.

“They just don’t recognize us as a sport. We’re not the only ones though, most [other bowling] teams aren’t sponsored by their school,” said Hoppe.

Unfortunately, Hoppe doesn’t think the bowling team will be recognized as a school sport for at least another five to ten years.

Watch for next year’s team, with Captain Justin Crowley and Assistant Captain Jordan Hoppe. If you want a chance to be on the 2007 team, talk to coach Jim Gardener.

## Basketball bounces into season Holiday tournaments ahead for both

by Brad Kopp

### Boys

Forest Lake boys Varsity basketball started off their season with a win against Como Park Dec. 2. Their roster is filled by eight seniors and three juniors. At press time the boys’ team was 3-0 and had high hopes for the rest of the season.

“We’re going to make it exciting for the fans,” commented junior guard Ryan Brown.

The team seems to be adjusting to their new head coach Dan Cremisino quite well.

“I’m really excited, he is very knowledgeable and has good intentions for the program,” said senior forward Josh Williams.

Over the holiday break, while most of are playing with their Christmas toys, the basketball team will be traveling to play in the Anoka Holiday Tournament. There, they will face Wayzata in the first round on December 27. The tournament continues through the 29<sup>th</sup>.

The team will be taking on Tartan in tomorrow’s home game at 7:30 p.m.. After the holiday break, they will face Woodbury. Game time is 7:30 p.m..

by Brad Kopp

### Girls

The girls’ basketball team kicked off their season three weeks ago against Champlin Park. Despite loosing graduated star guard Renee Frericks, the team has high expectations for the rest of the season.

“I think that as long as we play as a team, we have a good chance of making it to state,” said Junior guard Abi Iverson.

The girl’s team will not be taking a breather over the winter break. They, like the boys team, will be competing in a winter tournament. The girls will be testing their skills at the Rogers Tournament.

“We want to play well as a team, and win the tournament,” commented senior guard Alisha Johnson.

After the winter break, come check out the girls’ next home game on January 4 when they take on Woodbury. After that, they face Hastings at home on January 9th. Jump ball is thrown at 7:30 p.m..



## Athletic Spotlight

### Stephanie Zastrow works to rule the ice

by Bryanne Gream

When students leave early it may be to go to work, skip, or to go to a doctor’s appointment. That’s not the case for FLHS Senior Stephanie Zastrow – when she misses school, it’s to go to figure skating practice.

Zastrow has been ice-skating since she was six years old. At the time, her parents only signed her up for group lessons, never knowing that she would later on love doing it.

Zastrow works out for two-three hours a day, six days a week at the Pleasant Arena in St. Paul. Zastrow takes private lessons with her coach Ted Engelking.

Zastrow’s favorite figure skating role model is Michelle Kwan.

“She [Kwan] is a determined skater and a good sport, and also a generally good person outside of skating,” said Zastrow.

This last year, Zastrow competed in at least five or six competitions. She competes as a part of the U.S Figure Skating Association.

“I like competing because I like to work hard and see the positive results,” said Zastrow.

Zastrow has seen her share of positive results. Last year, she placed third in the region, fifth in the section and was first alternate for nationals. One of the highlights from those competitions was her short program.

“I had a clean short program at regional and sectionals,” said Zastrow.

In the region competition, Zastrow competes against athletes from Minnesota, Iowa, Missouri, North and South Dakota, Wisconsin and part of Michigan. Sectional competitions, which were held in Alabama



last year, covered the middle third of the United States. This includes Colorado, Texas, Tennessee and Kentucky. This season, Zastrow has similar goals.

“I hope to qualify for sectionals and nationals,” said Zastrow.

No matter how she does, Zastrow believes she has learned a lot from figure skating.

“Skating teaches you life lessons, how to set goals and how perseverance really does pay off,” said Zastrow.

And perseverance has paid off for Zastrow. If you see her missing school or leaving early she isn’t sluffing off, she is on her way to practice.



Senior Stephanie Zastrow doing a very flexible spin at her last competition.

photo provided by Zastrow

## Gymnastics Update

by Siri Urquhart

The FLHS Gymnastics team just finished up their first few meets this season. They came out with a bang and defeated Lakeville, their first match up this season. This is the first time Forest Lake has defeated Lakeville in gymnastics.

“Our first meet went better than I thought it would,” said Nancy Ellias, head coach of the gymnastics team.

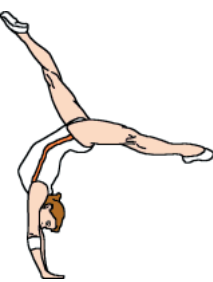
With their first win of the season, the team still leaves room for improvement, however.

“The team needs to increase their skill and difficulty level,” said Ellias. “We need to increase our mental toughness, execute our skills better, and stay healthy!”

The team is chalk full of young talent, as well as more experienced seniors who have returned from last year.

“[2007] Stephanie Sampair and [freshman] Taylor Brett are doing well,” said Ellias.

Just because winter break is coming up doesn’t



mean the team will take a break.

“We work primarily on skills over break,” said Ellias. “We go to a big invitational Jan. 6 at Roseville.”

As well as for every sport here at FLHS, the Suburban East Conference poses some tough competition for the team.

“Our toughest competition is everyone in the Suburban East Conference, especially Roseville, Stillwater, and Park,” said Ellias.

The gymnastics team is looking forward to an intense season, with intense conditioning and doing their best.

“My expectations for the team are that we will be competitive in our conference and section,” said Ellias. “Not only that, but stay healthy, improve, and have fun!”

The Rangers hope to continue to have a fun and exciting season. Their next meet is Jan. 18, 2007 against Cretin-Derham Hall.

## Sports Calendar

Girls’ Basketball - Jan 4 vs. Woodbury @ 7:30

Boys’ Basketball- Dec. 22 vs. Tartan @ 7:30

Alpine Skiing- Jan. 4 vs. Hastings @ Wild Mtn. 4:30

Nordic Skiing- Jan. 6 vs. Duluth East @ Giant’s Ridge 9:00am

Boys’ S&D- Jan. 11 vs. Hastings @ 6:00

Gymnastics - Jan. 18 vs. CDH @ 6:30

Wrestling- Jan. 5 Triangular @ 5:00

Boys’ Hockey- Dec. 21 vs. CDH @ 7:30

Girls Hockey - Jan. 6 vs. Stillwater @ 3:00



Happy Holidays!

Variety of holidays celebrated around the world

by Nicole Bernfeld

Judaism

-Chanukah (Dec. 16-23) Jewish Festival of Rededication

The Chanukah story began during the reign of Alexander the Great who conquered Syria, Egypt, and Judea but allowed the peoples of these lands to continue practicing their religions. A century later, two groups revolted against Antiochus IV and according to the Talmud, there was very little oil left that had not been defiled by the Greeks for the rededication of the Temple. There was only enough oil for one day, but the Menorah burned for eight days and an eight day festival was declared to commemorate the miracle. The Jews were commemorating the oil during the festival, not the military victory of defeating the Greeks. Jews don't glorify war.



Asara B' Tevet (Dec. 31) Tenth of Tevet

This is a minor fast day that marks the beginning of the King of Babylon, Nebuchadnezzar's seize on the city of Jerusalem in 587. Also, it marks the beginning of the battle that would destroy the Temple and send the Jews into an exile from Babylon that would last for 70 years.

Shinto

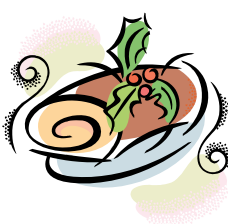
-Omisoka (Dec. 31) - New Year

On this day, the Japanese gathers in families to get ready to welcome the New Year. They clean

the entire and hang up New Year's decorations. The symbol hanging on the sides of the front door is three pine branches (pine is for longevity, prosperity, and purity), bamboo, and straw, which is said to be able to have the power to good fortune to the house. Above the front door hangs a decoration that indicates a purified place to welcome the New Year's divinities. Then, at midnight, a bell in all Buddhist temples rings 108 times. 108 represents all the bad desires which man is afflicted with.

Christianity -Christmas (Dec. 24/25)

Christianity didn't start celebrating Christmas until the fourth century and as late as 1740 was a normal workday for New World Puritans. The Puritans thought it as a Pagan holiday and forbade any celebration, decoration, or acknowledgment of the day. It later came to be a celebration of the birth of Jesus. Santa Claus is based on the real person, St. Nicholas. He was shy but wanted to give money to poor people, so he climbed up on a roof and dropped a bag of money down the chimney, which landed in a sock that a girl had hung up to dry by the fire.



the rebirth of the Sun. Yule and Winter Solstice celebrations came long before the Christian Christmas celebration, and December 25th is also known as the birth date of Mithras, the ancient Persian Sun God and guardian against evil. Most of today's Christmas traditions are Pagan in nature like holly wreaths, Christmas trees, Yule log, mistletoe, and Santa Claus. Living trees were brought inside to provide a warm home for the wood spirits, and decorated with cinnamon sticks, apples, and bells. The five pointed star, the pentagram (the one without the circle), the symbol of the elements: earth, air, fire, water, and spirit was hung on top of the tree. Yule is a time for rebirth and new beginnings, and to set goals for the new year.



Information taken from: [www.EarthCalendar.net](http://www.EarthCalendar.net), [www.tryskelion.com/yuleintr.htm](http://www.tryskelion.com/yuleintr.htm), [www.japan.chetz-alice.fr/Culture/Japan/Omisoka.htm](http://www.japan.chetz-alice.fr/Culture/Japan/Omisoka.htm), [www.jewishvirtuallibrary.org/jsource/Judaism/holiday7.html](http://www.jewishvirtuallibrary.org/jsource/Judaism/holiday7.html), [www.hebrew4christians.com/Holidays/Winter\\_Holidays/Asarah\\_B\\_Tevet/asarah\\_b\\_tevet.html](http://www.hebrew4christians.com/Holidays/Winter_Holidays/Asarah_B_Tevet/asarah_b_tevet.html), and [www.soon.org.uk/christmas.htm](http://www.soon.org.uk/christmas.htm).

Paganism/Wicca

-Yule (Dec. 21) - Winter Solstice

Yule is celebrated on the winter solstice, the longest night of the year, and acknowledges

Heard in the Halls



What is your favorite holiday movie?

Seniors Anna Reinertson and Becka Stenberg "Elf"

Sophomore Jimmy Vilendrer "Charlie Brown Christmas"

Senior Andy Meyer and Sophomore Tori Thompson "Christmas Story"

Junior Corey Landry "Elf"

Senior Sophie Reuter "Jack Frost, it gets me everytime"

Sophomores Andrey Shrom and Jamye Schreiber "Santa Clause, he is so cute"

Senior Jessica Mielzarek "The Grinch, it's hilarious"

Junior Roman Morris II "Ice Princess, I haven't seen it yet, but I heard it was good."

Senior Brittany Falkers "Love Actually, Hugh Grant is hot."

Senior Cory Rime "Santa Clause."

Junior Kelsie Jurasin "Family Stone, it's crazy, but it makes you feel warm inside."

Senior Scott Magnuson "Rudolph the Red Nose Reindeer, because he is jolly. Everyone loves Rudolph!"

Junior Travis Benedict "Santa Clause, it's super funny"



Yeas

- to winter break
- to getting/giving presents
- to winter sports
- to the holiday season
- to Newsies
- to skin moisturizer
- to shorter lines (thanks black box)
- to linerider.com
- to holiday movies
- to Starbucks
- to new beginnings

Nays

- to homework over winter break
- to being late
- to no snow
- to burning your tongue on hot chocolate
- to getting your tongue stuck to a pole
- to dry skin
- to colds
- to icy roads
- to curfew

Lord of the Things

How often do you race through the school's hallways and not notice the little things in life? How often do you really "stop to smell the roses?"

The Breeze staff found familiar objects around the school to see "up close and personal." Challenge your friends to a game of "Guess What Object Was at the Bottom of Page 12 of The Forest Breeze." See how perceptive you really are. You may surprise yourself.

1

2

3

4

5

6

Photos taken by Chloee Daniels-Miller and Kacie Waldoch