

## Achievement in Academics, Athletics, Arts Moberg, Isaacson win FLHS 2007 AAA Awards

by Kacie Waldoch

“Seniors who have excelled in the classroom, on the athletic field, and in the fine arts” is, according to the activities department on the school web page, what students need to be awarded the AAA award, which stands for excellence in the areas of Academics, Athletics and Arts. Each year, one boy and girl from the senior class are awarded the AAA award. This year’s winners are Alissa Moberg and Scott Isaacson.

The process of deciding the winners starts with the nominations of students by deans which ends up with about 10-12 seniors nominated. From there, the ones chosen are instructed to fill out a form. The form is then looked at by a committee of deans, teachers and coaches. They look through the applications and decide the winners based on their involvement in all their activities and awards they have received, including captainship.

The committee also looks at how each one is involved in their community. After the winners

are chosen, they go against other AAA winners in the region. If they are chosen in this section, they go against every winner in the state for a chance to win a \$1000 dollar scholarship.



Moberg is involved in and captain of both the synchronized swim team and the swimming and diving team, where she swims the 50 freestyle and 100 breaststroke. She also participates in symphonic winds where she

plays the French horn. She is all-conference for synchro, it’s also her favorite activity is because it’s so different and still a challenge. As for college goes Moberg knows she will always stay in the pool whether it’s for a club or intramural team. As of right now she is narrowing down colleges although she is unsure of what major she will take on.

Juggling all these activities can be hard at times.

Moberg said “I’m usually tired and always

going, but it’s worth all the memories.”

Isaacson is involved in both the fall musical and the spring play; he is the captain of the boys swim team in the winter where he swims the 50 and 100 freestyles. He also plays the Sax in jazz band and symphonic winds. Isaacson loves to do all his activities even though at times he has to make sacrifices, “I have to give up a lot of down time when things get busy”.



He enjoys theater the most because he feels good about working hard and then going on stage and performing, he also loves the “great crowd.”

Isaacson plans on going to the University of Minnesota where he will major in engineering, but also hopes to stay involved in both music and theater. Although he is not going to compete in swimming he says he will keep swimming to stay in shape.

Both Moberg and Isaacson were honored to win the AAA award for Forest Lake high school and are awaiting to hear the winners of regions.

## Giving With Style

### Bracelet fad has monetary benefits

by Chloée Daniels-Miller

Similar to fashion, accessory styles come and go. What’s popular one season might not be around the next. Some accessories are cute or shiny, some spiky, and some expensive. But amidst the various accessories worn here at the high school, some students are trying to make a positive difference with their rubber or silicone wristbands.

These awareness and support bracelets are mostly all the same size, but their colors and purposes range considerably. Behind every wristband, there’s a story.

It all started with the yellow ‘Livestrong’ cancer awareness campaign wristbands. Founded in 1997 by cancer survivor and champion cyclist, Lance Armstrong, the Lance Armstrong Foundation inspires and empowers people with cancer.

There have been over 20 million of these rubber bracelets sold worldwide. There are many charities and causes that use the proceeds



from these bands to raise awareness for their campaigns, and they’re a great way to show your

support for a cause that is special to you. These bands are made of quality silicone, similar to jelly bracelets that used to be very popular, but these bands are more durable.

A few popular wristbands found here in the high school are camouflage Support Our Troops, pink breast cancer awareness, blue for Beat Bullying, and multi-colored with positive sayings.

These bands can be found on charity or organization websites to order in packages. Keep a lookout for these bands and support a good cause!



## Bullying focus of ‘nothing’ campaign

You may have seen the posters around the building that say, “Say Nothing, Do Nothing, Stop Nothing.” The FLHS SADD team is mounting a campaign to raise awareness about school bullying.



We would like to see action taken to reduce bullying at FLHS. “Say Nothing, Do Nothing, Stop Nothing” means that

it is your duty to report bullying when you see it. If you say nothing and you do nothing, you won’t stop anything. The bully is not the only one responsible. The blame lies also on the bystander. The bystander that does not take action is not only allowing it to happen, but they are giving non verbal permission for it to happen again.

We would like to encourage the student body to watch for bullying incidents and to help make this school a better place to learn. No student should have to fear coming to school due to an easily prevented problem.

submitted by Lindsay O’Brian and Paul Goedeke



Members of the FLHS Drumline practice in the cafeteria before a recent competition. The line will next compete at Champlin Park High School Feb. 17 at 6:30 p.m.

photo by Brittany Forsblade

No school Fri., Feb. 16 or  
Mon., Feb. 19

## FLHS celebrates winter season

by Siri Urquhart

Winter is finally here! With the snowflakes flying and the temperatures dropping to below zero, it’s the perfect time for Snow Week.

“Snow Week is somewhat of a tradition we’ve had at the high school for a long time,” said Student Council Advisor David Livermore.

The week of Feb. 5-9 held a series of theme based dress-up days, along with activities. Mon. was Get Up and Go day, Tues. was College Clothes day, Wed. was Decade day, Thurs. Patriotic day, and Friday, Maroon and Gold Day.

In addition to the theme days, many people participated in numerous activities put together by Student Council. On Tues., many male students took part in the Volleyball Tournament.

“All together, 46 guys signed-up. I was really impressed with the number of sophomores we got this year,” said Student Council Co-President Samantha Cole.

The Volleyball Tournament is a fairly new activity held on Snow Week. It was established only 3 years ago.

“One of our members had seen a Guys’ Volleyball Tournament in another school’s yearbook as an event that they had during their Winter Spirit Week. Everyone liked the idea and decided to give it a try,” said Cole. On Friday, a pepfest and a winter dance, called the Snow Ball were held.

“During lunches on Friday, Student Council had music and held a fun activity during the lunches,” said Cole. “Cotton candy and other treats were a part of the Winter Wonderland Lunches on Friday too.”

Snow Week is always a time to show school spirit and participate in winter sports and activities.

“This week was about celebrating organized and fun winter activities, for both inside and outside of school like ice skating and sledding,” said Livermore.

Snow Week has been a tradition at FLHS for quite some time, and will continue to give the winter season a little jolt of spirit during Minnesota’s long winter season.

## Is Forest Lake too thin?

### The growing epidemic of eating disorders

by Jordan Lutz

“Eating disorders are a problem,” said Heather Karstens, the nurse at Forest Lake High school. “Many students don’t eat lunch at school, and don’t eat at home. It’s not frequent, but maybe once a month I will get someone who has an eating disorder.”

Eating disorders are a growing issue. In fact, research suggests that about one percent of female adolescents have anorexia, the most common eating disorder. That means that about one out of every one hundred young women between ages of 10 and 20 are starving themselves.

According to Raderprograms.com, Anorexia is a disorder where there is a restriction of food and the refusal to keep a minimal normal body weight. Any gain or thought of gaining weight is extremely feared. Other common disorders are bulimia, being overweight, obesity, and binge eating.

Contrary to popular opinion, eating disorders are not solely a mental problem, says Debbie Roust, a District Nurse based at the high school.

“It’s not a mental health issue per se. It’s a disease – much like diabetes – and it needs treatment,” said Roust.

The media also plays a big part in

eating disorders, according to statistics at Raderprograms.com. More than half of teenage girls are, or think they should be, on diets. They want to lose all or some of the forty pounds that females naturally gain between 8 and 14. About three percent of these teens go too far, becoming anorexic or bulimic.

“I think it’s a problem because you see in the media, celebrities who have eating disorders; people think that if they’re like a celebrity then they will be like by other people,” said senior Shannon Sneepp.

“The majority of the people I see with disorders are mostly tenth grade girls,” says Karstens. “They will come in and they don’t feel well, because they don’t eat.”

Roust suggests that if you know someone with an eating disorder, keep talking to them.

“If you confront someone with an eating disorder too much, they may shut down,” said Roust. “Encourage them to find a trusted adult to tell and to get some help. There’s no Band-Aid or quick fix solution for eating disorders. A good place to start is your doctor. Since eating disorders can damage the entire body, a doctor can perform a complete physical to make sure no damage has already been done.”



## Carpentry 2 makes final touches

by Amelia Matheson

The first semester of the 2006-07 school year is over and that also means the Carpentry two class has finished the rambler house outside. The house has a living area, kitchen, three bedrooms and two bathrooms. There are two doors to get in, a front and a back, and the sliding glass door. There is also an area in the house for a future staircase for when it is moved.

"I had high expectations at the beginning and this exceeded them. It turned out really, really well," said Kevin Rivard, the carpentry two class teacher.

"It's better than expected, it's awesome," said senior Brandon Yetter.

The house is planned to be auctioned off in late February or March. The starting price is starting at \$65,000-70,000 dollars. The cost covers the price it took to purchase all of the materials; it does not include the labor, or the cost of moving it off school grounds.

The favorite part of the class and experience wasn't just working with wood.

"Seeing the finished product," said senior Rick Schmidberger.

"The hands on work and no homework," said senior Logan Robinson.

"Learning all the different tricks about how to build different projects," said Yetter talking about his favorite part of the experience.

The experience ended more extensive than planned.

"We weren't planning on putting the floors in at first, but we did, and it looks great," said Rivard.

The foundation from this house is staying so the carpentry two class next year can build another house on it.

"I'm sad the class is over," said senior Brett Goss along with many of the other 2006-07 carpentry two students.

"We had a good time, I enjoyed working with the students," said Rivard.



## Who's in your network? The MySpace and Facebook craze

by Jordan Lutz

Networking sites are sweeping the nation. The majority of teens use online networking sites such as Facebook or the biggest site by far, MySpace.

Over half of American teens have online profiles and visit them on a daily basis. According to the *Scholastic News Service*, older girls are more likely to use social networking sites for strengthening pre-existing friendships and/or relationships. Boys, on the other hand use it to flirt and make new friends as well. So what are the ups and downs of online networking? Some teens would say it's nice to have another way to contact your friends, meet new people, and maybe even your soul mate.

So maybe the soul mate is a stretch, but it seems that on these sites (MySpace in particular) there is something for everyone.

"I really like MySpace because of the musical part of the site," said sophomore Zack Craig. "It really lets you promote your band, and find new bands."

MySpace is used more than actual band websites. So you could imagine how nice it is for bands to use the site as a promotional tool, and it offers a direct way to contact fans. This goes for anything: athletes can have profiles, even buildings, locations, and stores have profiles.

Facebook, on the other hand, targeted mostly college students and provides a way for students to contact each other and meet new people. MySpace targeted all age groups and has more of a variety of people, places, and things to see.

Although many good things can come out of sites like these, there is more potential for negative things to occur as well. Many people could become targets of harassment or sex crimes. Many parents and adults shun Myspace for many reasons like these. So when you get out of class today and log on to your favorite networking site, be careful and don't give out private information, about yourself, your phone number, or your address. One never knows who will take that kind of information to heart.

## National FFA Week:

## 'More than animals and crops'

by Meagan Seim

*Blue Jackets, Gold Standards* can mean several things, but to the Forest Lake FFA members, it means only one thing: National FFA Week. From Feb. 17-24, the Forest Lake FFA, along with nearly 50,000 members around the nation, will be celebrating National FFA Week. Beginning in 1928, the Future Farmers of America (FFA) reached out to all 50 states, Puerto Rico and the Virgin Islands.

"This year we're planning on going to the elementary schools and junior highs, spreading FFA Week. We're also planning on selling carnation on Feb. 14 at the High School. We're just going to try to get our name out," said Senior FFA member, Cory Rime.

Opportunities to develop a supervised agricultural experience learning project, attend

national leadership conferences, serve their communities with civic engagement and learn life skills draw the attention of thousands of members worldwide.

According to the National FFA Organization, FFA is committed to developing character and leadership skills and preparing members for a lifetime of civic leadership and career success, FFA is a great "next step" towards "life after high school". In fact,

one of every 5 Americans is employed in the food, fiber and natural resources industries of agriculture, and FFA plays a big part in that.

"Our goal is to show people that FFA is more than just animals and crops. It's a lot of fun," said Rime.



## A day to celebrate music Ensembles play in SEC music festival

by Meagan Seim

The Suburban East Conference (SEC) Music Festival hit high notes on Feb. 5. The SEC Music Festival, held once a year, is a place where choirs, bands, and orchestras from all over the Suburban East Conference get together and perform music for each other and critiques.

"It's a day for musicians to get out and have an entire day to celebrate music," said Orchestra director, Dave Livermore.

The main focus of the festival is to do just

that, celebrate music. There is no judging or competition, which makes for a bit more fun. Students display their talents with their performing class during the day, and a select few have the opportunity to perform with all conference ensembles in a night concert, and let their talent really shine.

"My favorite part of the day is just getting to know students from other schools. It's all about learning from each other," said Junior Choir Member, Laura Jacob.

## The source for sources What to look for when researching

by Siri Urquhart

Any teacher will tell you good sources are very important. From a research paper to an AP English project, solid sources are essential for a well-written assignment.

Many sources, especially websites, can be misleading and may not even relate to your topic. So here are some important issues to consider when researching:

The URL (Uniform Resource Locator) tell you a lot.

A URL indicates what kind of website you're looking at. A web page created by an individual may contain the individual's name, followed by a tilde (~) or a percent sign. These types of sources are not necessarily "bad;" however, it's important to investigate the author very carefully.

The domain shows what kind of website you are looking at. Sources such as that end in governmental (.gov), educational (.edu), network related (.net), an organization (.org), or commercial (.com), are reliable depending on the topic. Most importantly, make sure the website fits with the topic.

Also, look for who published the page, the agency or person operating the website. To make sure the source is truthful, have a source that is published by the source. For example, a government operated website would be a fantastic source to use.

Scanning the Website

Another thing to look for is the author, organization or whoever is responsible for the content on the page.

Two other important parts are the date and the author's credentials. Make sure a source is up to date. Depending on the type of research being done, the date may or may not be a concern however. The author's credentials are essential in finding a good source. Anyone can put anything on the internet, so this takes some common sense as well. Does the content seem like it is written by someone qualified to write on this topic? Wikipedia, an online encyclopedia, is a perfect example. *Anyone* can add information to any topic, whether it is truthful or completely made up.

What Do Others Say?

To find out if other websites link to a specific site, [alexa.com](http://alexa.com) is a great tool. Just paste the URL in the search box, and [alexa.com](http://alexa.com) will show the traffic rank, subjective reviews, site statistics, and contact information for the domain name.

Another way to find out what types of websites link to a certain site is to use a link; search in either Google or Yahoo! To do this, type link; in the search box, followed by the URL of the page you're investigating.

The World Wide Web can be a great place to accomplish research on many topics. But putting documents or pages on the web is easy, cheap or free, unregulated, and unmonitored (at least in the United States). Documents are easily copied and/or falsified and errors could be intentional or accidental. The burden is on you, the reader, to establish the validity, authorship, timeliness, and integrity of what you find on the world-wide web.

### CUT n' KEEP Calendar

February 14  
Valentine's Day



Feb. 16 and 19  
No School  
President's Day

March 1  
Parent/Teacher  
Conferences

March 13  
Blood Drive

March 16  
Next issue of *The Breeze*  
distributed

### *The Forest Breeze*

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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



Dress code is positive change

Commentary by Kacie Waldoch



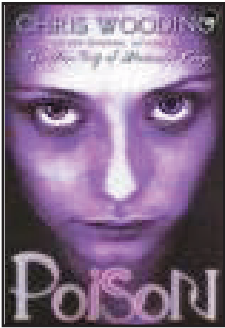
In the past, it was left up to individual sports teams to decide whether they should dress up for a game, but things have changed. The new rule is that each sports team must dress up on game days. At the beginning of the year, activities director Joel Olson gave the coaches an option: to dress up in nice clothes or wear a team shirt with dress pants. Some may not like the dress code because there have several games in a week and they don't want to wear or wash the same thing repeatedly. Recently, Olson made the change that if a team has more than one game in a week, they may wear their team gear. This is a good change, but when this happens, the team should all be wearing the same thing and be presentable, not sloppy. If a team dresses down so much as to appear sloppy, that attitude carries through all day and defeats the purpose of the policy. When athletes are dressed up, it is easy for

people to tell what sport they are in and you are dressed for success. People say dressing up for an interview or job increases your chances of getting the job because you look like you want it. I believe the same can be said of anything. The debate and speech teams have always dressed up, and they have done well. Why shouldn't the sports teams? People look sharp and confident dressed up, and athletes look more intimidating and more united. Rather than wearing jeans and a T-shirt, making that extra effort makes the athlete, as well as the team and school, look respectable. Case in point: the football team dressed up every game day. Everyone knew who they were and they all looked good. There might not be a direct correlation, but the team had a really strong season, whereas the soccer team, who never dressed up, had entirely different results. Every team should dress up and respect and understand it's good for the team and the school. You never know, dressing up could help your team with a successful season.

Book Review:  
A poison not harmful to your health

Review by Nicole Bernfeld

Swamps are not exactly the most ideal place to live, but in the book *Poison* and her family live in a swampy city called Gull in the Black Marshes. It's wet, dank, and weird things live in the water. Children are constantly disappearing or falling in, never to be seen again. Poison has a chance to leave Gull where she has always been disdained by the villagers and her stepmom. The only downside? The reason why she has a chance to leave. When *Poison's* infant sister, Azalea, is kidnapped by the Scarecrow and her dad and stepmom aren't doing much to find her, Poison secretly leaves to search for her baby sister. She must stay in a creepy old house occupied by a mean old lady called the Bone Witch (or Maeb), in order to get to the mystical world, the Realm of Phaerie, where someone might know something about her sister. Along the way, she meets some new friends who are, for the most part, happy to help her. When she gets to the Realm of Phaerie and meets the Phaerie Lord and inhabitants, Poison's life changes many



times over. The only thoughts on her mind are staying alive and figuring out why everything happened. There's just a few things she doesn't know about her sister, her destination, and her destiny. This book is thrilling, mysterious, and enthralling. It's a true page turner, one that will have you reading into the early morning, and any other time available. It's full of misleads, twists and turns, hints, and surprises. The author, Chris Wooding, filled this book with events and people that are going to make readers want to actually read it. I liked this book because it was very difficult to put down. It always kept me thinking about what was going to happen next and trying to figure out the ending. If you like fantasy, the supernatural, fairies, or just odd but good books, this one's for you.



ASK  
Anything!

Where does the school  
draw the line when it  
comes to 'sugar pushers'?

by Chloe Daniels-Miller



With the school no longer selling pop during lunches or in vending machines, students are left to supply themselves. Craving a sugar and energy fix, some students still bring pop from home, but many prefer to buy it, and candy, from other students. This practice, however, is not allowed at FLHS. Principal Dr. Steve Massey explains why there's a difference between personal profits and fundraising, "We know that consuming pop on a daily basis is just bad for health; one of the reasons the school doesn't supply it anymore," said Massey. "There will always be those students who drank multiple 20 oz. bottles, or even the liter bottles." According to Massey, excessive sugar consumption isn't the issue. "Regarding selling pop and candy, we don't have a big rule about it, but we still cannot allow students to act as private vendors and disrupting classes with their product," said Massey. Even if students only sell during passing time, it still is brought into the classroom and makes for a distraction. "First pop, then candy, and then who knows what will be sold in the halls? Although many students sell candy for school fundraisers, they're discouraged from selling it during class hours, because it can be an academic disruption," said Massey. So if you're looking to get your sugar fix, bring it from home.

Learn to park and be patient!

by Chloe Daniels-Miller



Although we've been experiencing a milder-than-most winter in Minnesota, student drivers need to be prepared for cold weather emergencies, and learn (if we haven't already) how to park and drive despite the snow on the ground. We've all be traveling and witness a car accident somehow related to ice or snow at sometime or another. Safety needs to be number one while driving, especially in the winter, and especially for students! The Minnesota Department of Safety gives some reminders when it comes to winter driving: Drive below the posted speed limit when road conditions are less than ideal – speed limits are intended for normal pavement conditions. Turn on lights to see and be seen. Keep lights clear of snow. Avoid using cruise control in winter driving conditions - don't let the cruise control make a bad decision for you. If your car is equipped with anti-lock brakes, understand how to use them and what to expect when the feature is activated. Travel prepared; make sure your vehicle is in good working order. Tires should be in good condition for maximum traction. It's always a good idea to have a kit in your vehicle with winter items. Keep your windshield washer fluids full and have good wiper blades so you can keep the windshield clear. Keep plenty of fuel in the tank. You never know when you may be delayed or stranded. In addition, learn how to park. Even after a mild dusting of snow, cars are parked haphazardly in the student lot and pose a danger to other vehicles. They either jut out too far, park at such an angle that another car can't get out, or sometimes park with more



than four feet between two cars. We all want to keep our vehicles safe from dings, but wasting more spots than you need is just not courteous. When the final bell rings, the parking lot is a mad house. Parked cars waiting to pick up students block those trying to leave, students try to 'sneak' in so they don't have to wait for one more car, and drivers simply *don't* watch for others. The most blatant, unsafe, and impatient disregard for safety are those who race out of the lot to beat an oncoming bus or make it through a yellow light. You've probably experienced spinning tires by the first exit. Not only is it unsafe to attempt to beat an oncoming bus in these conditions, but there are always students walking through intersections. Vehicles can easily become uncontrolled on hard-packed snow or ice. The same goes for stopping at lights. **Take your time.** You might think you're a hot shot fishtailing or racing to beat oncoming vehicles, but I assure you that no one will think so if you rear end someone, roll into a ditch, or run a red light and get in an accident. Even if your schedule demands are tight, decide that safety is more important. Sometimes, you only need to give yourself an extra five minutes, but it'll be time well spent rather than spending hours in an accident. So be safe while driving this winter season.



Better hallway etiquette needed

Commentary by Dan Carey



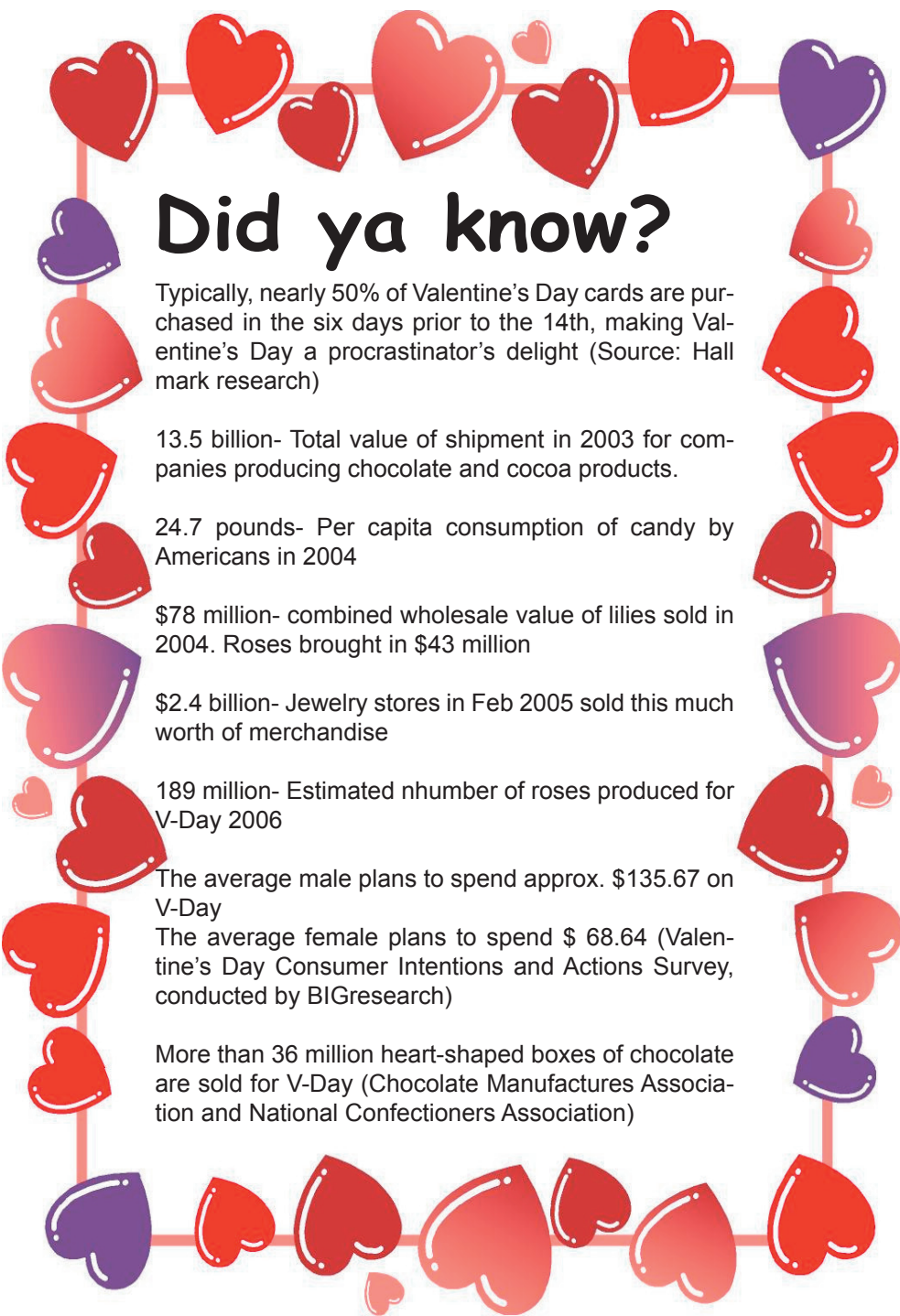
What makes the average blood pressure of a student or staff member rise during passing time rise? Fran Drescher? The Minnesota Vikings offense? The answer is: Walking in the hallways. Here is some hallway etiquette that may keep blood pressures lower around FLHS Although some may be having fun chatting away with their friends after a grueling class, all 1,920 of us have to get through the mob that gathers outside of every locker bay and the intersections where the hallways connect. Why must people gather in the middle? You don't see construction workers eating their lunch in the middle of the road do you? **Solution:** Move away from the middle of the hallways. After you stumble through the crowded main hallways, you may get stuck behind someone who text messages as they walk; drastically slowing their speed. **Solution:** Either perfect the skill of multi-tasking or quite simply, find an out-of-the-way spot to talk to your friend that's 20 feet behind you. Once you make it through the hallways, you may encounter a door. Save someone a \$5,435 bill for a broken nose. **Solution:** *Slowly* open a door to exit the classroom. We don't need any he-men/women out there barging through a door.

Why must people always bang on doors and walls of classrooms when walking past? Do you like being distracted when doing tough homework or a test? Me either. **Solution** Keep your hands off the walls and doors. If you must annoy someone, bang on your doors when you get home or join drum line. While going to lunch, is there really a need to sprint down the halls to get your food three or four minutes early? There really isn't a way to avoid looking like a fool. The commute to lunch shouldn't be compared to the Daytona 500. **Solution:** Dig out your lunch box and pack a good old homemade lunch if you're that hungry. How many times have you been walking down the hallway behind someone and they come to a complete stop and talk to their friend right there? When driving with other vehicles behind you, can you just slam on the breaks and go the other way? The answer is no. **Solution:** Check your blind spot before slamming on the breaks. Adding to the cluster of sounds near the locker bay are people that insist on screaming. Screaming wreaks havoc on the ear drums of those around you. There is no need for this. **Solution:** If you need to get the attention of a friend that's down the hall, catch up to them and tap them on the shoulder. Help decrease blood pressure. Use good hallway etiquette.





# Love Is In



## Did ya know?

- Typically, nearly 50% of Valentine's Day cards are purchased in the six days prior to the 14th, making Valentine's Day a procrastinator's delight (Source: Hall mark research)
- 13.5 billion- Total value of shipment in 2003 for companies producing chocolate and cocoa products.
- 24.7 pounds- Per capita consumption of candy by Americans in 2004
- \$78 million- combined wholesale value of lilies sold in 2004. Roses brought in \$43 million
- \$2.4 billion- Jewelry stores in Feb 2005 sold this much worth of merchandise
- 189 million- Estimated number of roses produced for V-Day 2006
- The average male plans to spend approx. \$135.67 on V-Day
- The average female plans to spend \$ 68.64 (Valentine's Day Consumer Intentions and Actions Survey, conducted by BIGresearch)
- More than 36 million heart-shaped boxes of chocolate are sold for V-Day (Chocolate Manufactures Association and National Confectioners Association)

*Let us always greet each other with a smile for the smile is the beginning of love.*  
*- Mother Teresa*

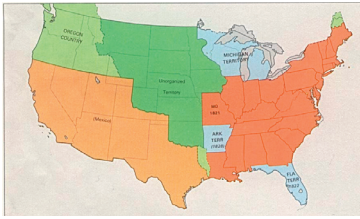


*The way to love anything is to realize that it might be lost.*  
*- G. K. Chesterton*



## Places to dream about: Romantic sounding places

- |                        |                      |
|------------------------|----------------------|
| Valentine, Neb. & TX   | Loving County, TX    |
| Loveland, Colo. & Ohio | Lovington, N.M & Ill |
| Lovejoy, GA            | Loving, N.M          |
| Loves Park, Ill        | Love County, Okla    |
| Lovelock, Nev          | Romeo, Colo. & Mich. |
| Love Valley, N.C.      | Romeoville, Ill      |
| Loveland Park, Ohio    |                      |
| Lovelady, Tx           |                      |



## Behind the big day The history of Valentine's Day

by Jordan Lutz  
Valentines Day your mind flashes instantaneously to pictures of roses, chocolate, and Power Ranger valentines that say 'Be Mine.' Yes, this is truly a heartwarming holiday for the young and old; a time to share your feelings with a significant other, or a time to make lame attempts to achieve the status of being another's significant other. Valentines Day wasn't always so cute, warm, and fuzzy.  
This wonderful holiday actually stretches all the way to the fourth century B.C. The Romans engaged in an annual young man's rite of passage to the god Lupercus. The names of teenage women were placed in a box and drawn at random by adolescent men. Thus, a man was assigned a woman companion for the duration of the year, after which another lottery was staged. After eight hundred years of this, the church fathers decided to end this practice.  
According to church tradition, St. Valentine was

a priest near Rome around the year 270 A.D. when the Roman Empire had almost come to an end. The empire was too large to be shielded from outside aggression and internal chaos with existing forces. Therefore, capable men were required to be recruited as soldiers and officers.  
When Claudius became the emperor, he felt that married men were more emotionally attached to their families, and would not make good soldiers. So, to assure quality soldiers, he banned marriage. Valentine, a bishop, would meet with young couples and secret marry them. After Claudius arrested him Valentine's jailer asked him to bless his blind daughter, he wrote to the girl, and signed, "From your Valentine." This phrase has lived ever since. On February 24th, 270, Valentine was executed. Thank goodness you will suffer such consequences that Valentine did, so have fun and enjoy this Valentines day, and if you haven't already, find that 'oh so special' someone.

## Gifts for him and her



### For the Guys

- Tickets to their favorite sporting events or concerts
- Best Buy gift certificate
- DVD or CD
- Cologne
- Video game
- Jewelry
- Clothes
- Your phone number
- A photo collage of yourselves



### For the Gals

- Quality time together
- Shiny jewelry
- Gift certificate
- A romantic night out
- Roses
- Chocolate
- Coupon for salon
- Candle-lit dinner
- A quality hug
- Your phone number
- A photo collage of yourselves

## Valentines Cards: Simply Sweet or Simply Silly?

by Chloée Daniels-Miller  
180 million. That's how many Valentine's Day cards Hallmark claims are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.) As Wednesday, Feb. 14 is approaching, some students are decorating their lockers with pink and purple cut-out hearts and buying Valentines candy, while others pay no attention to this day of love and happiness. So how strong is the Valentines pulse here at FLHS?  
"I think they're cute and fun. If I could do them, I would, but they take time."  
Jenni Faust '07  
"They're cute and sweet and they show your friends you love them."  
Sadie Jorgensen '09  
"They're romantic and original. I'd probably give them out."  
John Kingbird '09

"I do them every year. I use cartoon cards."  
Nick Thorson '09  
"They're cute. Kind of silly, but they're worth it."  
Taylor Klausen '08  
"They show the kid at heart,"  
Lisa Blume '07  
"They're cool and friendly. I'd rather give than get them, just for the joy of giving."  
Jeff Isaacson '09  
But, alas, some students just aren't feelin' the Valentine's pulse.  
"I haven't handed them out since 6th grade."  
Dan Carey '07  
"They're just a complete waste of time."  
Joe Anderson '08



# Love The Air

## The truth about love Who is Cupid?

by Siri Urquhart

Valentine's Day is just around the corner, and it wouldn't be complete without Cupid, the symbol of love. But is the story of Cupid a myth, or reality?

In Roman mythology, Cupid is the son of Venus, the goddess of love. In Greek mythology, he was known as Eros, the son of Aphrodite. According to Roman mythology, Cupid fell madly in love with Psyche, despite his mother's jealousy over Psyche's beauty. While he was married to her, he also told her never to look at him. He visited her only at night. Psyche's sisters convinced her to look at Cupid despite his warning. She lit a lamp one night so she could see him. Cupid then left her.

Psyche wandered in confusion for a period of time, searching in vain for Cupid, and happened upon the temple of Venus. Venus, looking to destroy her, gave Psyche a series of dangerous tasks, each one more difficult than the previous one. Her final

task was to deliver a little box to the underworld and get some of the beauty of Proserpine. She was warned not to open the box. But again, curiosity overcame her and she opened it. There was nothing in the box but deadly slumber.

Cupid, who really loved Psyche all along, came upon her lifeless body. He forgave Psyche and swept the deadly slumber back into the box. The gods then made Psyche a goddess.

Cupid is the god of love, in particular, romantic love. He is often represented blindfolded because love is often blind. His "weapon" is darts or arrows. The tips of the arrows have been magically treated to produce uncontrollable love in the first person seen be Cupid's victim.

Don't be fooled by the chubby, arrow-bearing angel who adorns modern Valentine's Day cards. You never know when you'll be his next victim.



***"Love is like a river, always changing,  
but always finding you again  
somewhere down the road."  
-Kelly Elaine***



## Point/Counterpoint: Taken or single in high school? All You Need Is Two

by Amelia Matheson



Having someone there for you, caring about you, and someone you can share good times with and remember forever, are some of the best parts of being taken. In my opinion, being taken in high school is better than being single.

If you're single, seeing all the couples together makes you wish at times, that you could have that too. If you find someone you're interested in and they feel the same way and are really sincere about it, I encourage you to go for it. You don't have anything to lose and that person could end up being your soul mate.

Time is one of the reasons some people are single. But honestly, they don't take up more time than you're friends. Personal activities take up most of your time outside of school and if you're taken it makes you want to work harder and do better at them because you know you have someone there supporting you.

Being taken also allows you to have someone close to you that you can have fun with. You can go on dates or just

hang out and always have a good time. Memories like these from high school stay with you forever.

Aside from a good companion, being taken also allows you to have a great friend and maybe even your best. I know that when your friends aren't there or let you down, that person will always be

there for you. If you're sad, they will cheer you up and make you feel important again. Good friends do all these things too but if you have a significant other, it means a lot more. You can confide in them and you can be yourself around them without being embarrassed. It's a good feeling to know that someone will always care about you and will be there for you and we can all honestly say it feels good to know that someone is attracted to us in a way that's past friendship.

Even though being taken is great, I'm not saying that everyone is good for you and that you need to have a boyfriend. For me, having a boyfriend right now has made me happier and work harder in life at everything I do, and has made my junior year really enjoyable and memorable. I'm not saying you *need* a boyfriend, but I recommend having one because of all the things I've mentioned.

It's not uncommon for everyone to have least one bad relationship, and if you don't, you are very fortunate. My advice to you is to get to know the person really well first and make sure you can trust them and know you can have a good time with them. If you do, then I say take a chance and take it to the next level because I believe it will definitely be worth it if everything goes well.

I think that everyone should be able to have this significant other in high school because I think it makes your high school years complete and something you will definitely remember forever.



## Photo Poll: Who's your Valentine?

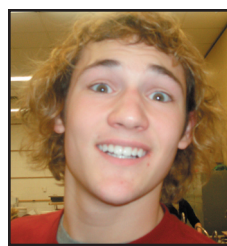
"Andy Frost."

-Senior Brent Faymoville



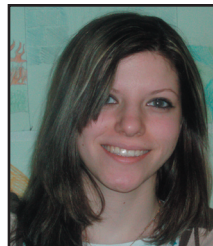
"Brent Faymoville."

-Junior Andy Frost



"Shannon Sneeep."

-Senior Andy Fritzinger



"Lee Vasey."

-Junior Dana Kisla

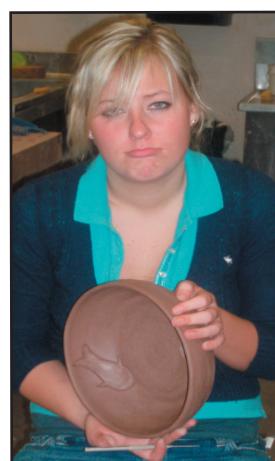
"Teresa Mitsch."

-Senior Brittany Brahs



"Brittany Brahs."

-Senior Teresa Mitsch



"My bowl."

-Sophie Reuter

## Flying Solo and Loving It

by Brittany Forsblade



Bob Dylan once said, "You can't be wise and in love at the same time." I couldn't agree more with this statement especially for a student in high school. First things first, I don't believe that dating is bad, or being in a boyfriend/girlfriend relationship is wrong either. However I think it can be bad when it takes away focus, and has an unnecessary influence on you.

You may notice that when you date or others you know are in a relationship there is a lack of focus, due to a temptation to be fixated or obsessed. High School years are three of the most important years of your life that require focus in order for you to do well, and succeed. In high school, it would be hoped that you do your best in school, follow your dreams, find a career that suits you, make the best of the years you have left to be young, and just experience the things you won't be able to get a taste of at any other age. Relationships sometimes hinder these sorts of things from happening. This special someone, is on your mind a lot, whether you notice it or not. I think you should be focusing on yourself, and creating your own self, and who you want to be, without another person interfering with the process of doing that. Focus on doing well in school, making yourself right, before you decide to bring another person into your life that would call for a part of your focus and attention.

With every person you date, they influence, or change you in some sort of way. Maybe it is a good change, but I'm talking in other ways. So many girls and guys will go way out of their way to meet the needs of their boyfriend/girlfriend, which actually causes a lot of stress. A lot of relationships are full of stress and anxiety. That's the last thing a student in high school needs. Keeping your distance from these sorts of relationships when

you're still young will only better you. You will develop independence and wisdom too. The most important needs to be met are your own, which is stressful enough. Not to mention there are many different maturity levels: if you don't watch out you could be hurt badly by someone who is immature, and unthoughtful. It's not good to be willing to change who you are for another person. You should be yourself no matter the status. Don't go all out trying to be someone you're not just to maintain a relationship. Relationships also have a good name for compromising. If your opinion didn't fit the other's opinion they will meet in the middle so both are "satisfied". Who would really be satisfied by compromising? You are either for something or against something, there is no in between.

Maybe you are not even in a relationship, but that doesn't mean you should be constantly searching for someone, or feel incomplete because you don't have a boyfriend/girlfriend to make you happy. You should be content, because if you're searching for someone else to make you happy, you are insecure with yourself. You should take advantage of the freedom of being single, and do what you want to do. Don't waste your time in high school consumed with the search for Mr.Wrong or Mrs.Right. Chances are, searching will only bring you to people that aren't worth your time.

I am not discouraging the developing of good friendships with the opposite sex. It is actually a healthy to do so. All that is required is the qualities and traits of a regular everyday friend. But I just don't see the point to being taken, when you can be exploring, and focusing on yourself. There is a time for everything; be patient.



Restaurant Review:  
A little taste of Italy and home

by Siri Urquhart

Does the smell of spaghetti and garlic bread make your mouth water? Then ZA's Italian Minnesotan restaurant, off of Broadway and Lake by Lakeside Park, is your best bet to curb your Italian cravings.

ZA's Italian Minnesotan is a quaint little restaurant with an outside veranda overlooking the lake. The sounds of Italian music and the wonderful garlicky smells make you feel like you're in Italy. Strings of lights are spread all around the ceiling, and little candles and flowers adorn the table tops. The lighting isn't too bright, which makes it a romantic place for a date on a Friday night or for a family gathering.

When I walked into ZA's, the hostess seated my family and me at a table. When I

opened the menu, there was a wide selection of many different Italian foods. From salads to raviolis, pizza and calzones, the list was endless. The waitress was very quick to get our drinks and take our orders for dinner.

I ordered iced tea and the lobster ravioli. It was by far one of the most flavorful and tasteful meals I ever had. The ravioli pasta that contained the crab had black and white stripes like a zebra. The juicy lobster had that "melt in your mouth" taste that I love. It was delicious. The raviolis were drowning in succulent marinara sauce with little flecks of parsley. The food quality was excellent, but it isn't a super casual meal. You can come to ZA's in jeans and a t-shirt, or nice black pants and a dress shirt. The prices are

very reasonable, and won't put a dent in your pocketbook. For instance, the lobster ravioli was around 11 dollars.

ZA's Italian Minnesotan is a great place to go with family, friends, or your date. The hostess and waiters are very friendly, the ambience is fantastic, and you get your food very quickly.

If you ever want to take a quick little trip to Italy, or listen to Italian opera music, stop by ZA's Italian Minnesotan to have some of the best tasty Italian cuisine offered in Forest Lake. I give this restaurant 5 out of 5 stars.



Local Music Monthly:  
A touch of Tagg: singer and songwriter

by Neil Polglase

Forest Lake continues to reveal more and more talent every month. This month the spotlight focuses on junior Brianna Tagg. She is a singer/songwriter who plays piano and guitar.

"Playing music is just something I can do to relax," Tagg said.

Four short years ago, Tagg started singing and playing guitar. She soon got involved in a bluegrass band headed by Taryn Gillespie, another former music monthly performer. Tagg sang back up for Gillespie and the experience helped her grow musically, but she still wanted to get out on her own.

For some playing music is everything they want, but to others, like Tagg, writing their own music is the ultimate goal. Tagg began to write

her own material.

"Experiences help me write my songs, but also I try to put myself in other people's shoes too," said Tagg.

Being a songwriter is tough business, they never know when an idea will come into their heads.

"Sometimes an idea comes to me and I'll be in a restaurant so I just have to write it down on a napkin," said Tagg.

Tagg performs in Stillwater at the Daily Grind at least once a month. She also performs at The Mall of America. Tagg is also in the process of recording a CD right now. Tagg says her producer, Dean Bois, is a great influence on her.



"He [Bois] really inspires me to become a better musician," Tagg said.

In the future, Tagg hopes to go to college for music and continue her career as a performer.

"I love performing and just watching people's reactions to my music. Everyone puts their own meaning to it," Tagg said.

She would also love to help other artists produce their own records.

In the end, Tagg knows she will be playing music for a long time because the main reason she does it is because she loves it. "...Not everyone is going to like my music... but for me, writing and performing music is so satisfying," said Tagg.

Movie Review:  
Blood and Chocolate: an interesting mix

by Nicole Bernfeld

Along with the new year there's new movies. One of those movies in particular is *Blood and Chocolate*, an interesting and suspenseful movie with fantasy, angst, romance, horror, and of course, drama. This movie stars 21-year-old Agnes Bruckner as the main character, Vivian. Hugh Dancy stars as Aiden, Olivier Martinez as Gabriel, Bryan Dick as Rafe, and many other great actors and actresses.

The movie begins in America with the main character, Vivian Gandillon, as a little girl. Three men come to her house and when her father goes outside to confront them, he's shot and killed. Vivian's mother takes her and her siblings into the basement, but they're either shot or trapped inside when the men set the house on fire. The only one who gets out is Vivian.



The next scene is in Bucharest, Romania where Vivian and her family, her family of loup garoux, or 'werewolf' roughly translated to Romanian, were originally from, and Vivian is now nineteen. She lives with her aunt and works in a chocolate shop. She's having trouble with who she is and her family isn't helping out much. Her cousin, Rafe is also a loup garoux. He feels he can do what he wants and ignore the laws. So when Vivian meets an American artist, Aiden, and they start hanging around each other a lot, he feels threatened and doesn't

like it. He demands that Vivian doesn't see him anymore. They continue to meet and Rafe tells the leader and his father, Gabriel, who tells Rafe to take care of Aiden. Rafe fails.

Aiden is then forced into a challenge. The 'challenge' is basically a sporting event for the loup garoux. The human has to outrun the entire pack through the woods to a river that he doesn't know the location of. If he makes it across, he gets to live, if he doesn't... well, let's just say it's not something you'd want to try.

The actors, plot, and setting combined with well integrated songs that go great with the movie, make this movie a success in my opinion. This is a very good movie that will have you glued to your seat. It's the perfect length, not too long so you're waiting for it to end, and not too short so you're wondering where the rest is. This movie had great special effects, scenery, and just the right amount of conflict. Anyone interested in fantasy, supernatural, or suspense should definitely go see this movie. If you're not, you should go see it anyway, because it's very good. I give this movie five out of five stars.



C  
P O E T R Y

R

These poems were submitted through students in Mr. Waldron's 2nd quarter Creative Writing classes.

N

You don't have to be a creative writing student to get your poem published! Just give your poetry a chance... submit your piece of artwork or poetry or photography today!

E

R

Love of My Life ~ Karrie Knops, '08

Unheard voices head throughout the silent night  
Whispers speaking softly in my ears  
Why am I all alone in the moonlight  
Angel lips speak the words of unspoken fears  
Darling don't cry, for I'm with you tonight  
You whispered in my ear, darling I'm here  
Tears streaming down your cheeks with fright  
I promise darling, I am always near  
My angled lipped beauty, I want you for life  
I will not die without holding you tight  
I love you more than anything in my life  
I will not die without holding you tight  
I love you more than anything in my life  
When you kiss me, you make me melt like ice  
Your in my dreams every single night  
I know you will not cause me any strife

Place of Peace  
~ Ashley Murschu, '09

Peace, serenity, insightful, and great  
such a place exist could be fate  
Sitting there in wonder, pondering your thoughts  
Of the want to find a place your mind has  
always sought  
natural, beauty, full of glory  
Such a place may be found in a story  
If there were a place so divine  
the beauty may make one feel blind  
Vast, pleasing, and true  
could be a place exciting and new  
You never know until you try  
to discover the place that pleases your mind

DVD Releases

Feb. 13

*The Departed*  
*Half Nelson*  
*Infamous*  
*Marie Antoinette*  
*The Quiet*  
*School for Scoundrels*  
*Zoom*

Feb. 20

*American Hardcore*  
*Babel*  
*Crossover*  
*Flushed Away*  
*A Guide to Recognizing Your Saints*  
*Keeping Mum*  
*Man of the Year*  
*The Prestige*  
*Shut Up and Sing*

Feb. 27

*Conversations with God*  
*A Good Year*  
*The Heart of the Game*  
*The Return*  
*The Boynton Beach Be-reavement Club*  
*For Your Consideration*  
*Riding Alone for Thousands of Miles*  
*The U.S. vs. John Lennon*

March 6

*Borat: Cultural Learnings of America for Make Benefit Glorious Nations of Kazadhs-tan*  
*Confetti*

March 13

*Casino Royale*  
*Harsh Times*  
*Shortbus*

March 20

*Letters From Iwo Jima*  
*The Nativity Story*  
*Night at the Museum*  
*Rocky Balboa*

March 27

*Everyone's Hero*  
*Blood Diamond*  
*Come Early Morning*  
*Fast Food Nation*  
*Happy Feet*  
*Let's Go to Prison*

Want to submit any poetry or artwork?

Contact us!

forestbreeze@forestlake.k12.mn.us



# The need for speed

FLHS girls find joy in the fast lane

by Amelia Matheson

Want to compete racing around a track? Go-Kart racing is a sport for all ages that can be competitive or just for fun. FLHS Junior MiKayla Krysinski and Sophomore Shelby Simons are two go-kart racers. Krysinski races at the Eau Claire raceway in Wisc. for the Midwest Karting Association (MKA). Simons races at Flying Pines Kart Raceway in Balsam Lake, Wisc. for the World Karting Association (WKA).

“It’s the best thing I could have ever gotten into,” said Krysinski.

There are several different classes and kinds of engines in go-karting due to the many kinds of chassis (frames) and tires.

Racers have to pay each day they race. Racers buy a pit pass and pay for their kart and everything that goes with it.

“Good motors are anywhere from \$800-\$1400, new tires can be \$100 each and a new chassis can be anywhere from \$500-\$1100,” said Simons.

Although expensive, racing can be an exciting sport with many extra bonuses as well.

“It’s a rush! I love it! My favorite part is seeing the speed I can get up to,” says Krysinski.

“It’s a lot of fun but it takes hard work to get the set up for the track right, and a lot of dedication. My favorite part is when you know you’re put to the back (because you spun someone out or caused an accident) and then pass them one by one until you’re in the lead and win,” said Simons. “I also get to spend time



Sophomore Shelby Simons (pictured) and Mikayla Krysinski excel in the fast and exciting sport of Go-Karting.

with my dad.”

Both girls grew up in racing families and have both earned personal achievements and awards.

Simon’s family has been involved in go-kart racing for 11 years. She’s been racing since she was 8. Last year at nationals, she qualified six<sup>th</sup> out of 40 karts. She also won the points champion two years ago.

“It’s a lot of fun and just a way to get away. When you’re on the track you’re by yourself doing your own thing. I would recommend it to others, especially girls, because we need more girls involved!” said Simons.

Krysinski’s family has been involved in go-kart racing for four years and she has been racing for two. She was Rookie of the Year the summer of 2005 and in the summer of 2006, she took fourth overall. She was the only girl and youngest in her class.

“I recommend others to do it. It’s very addicting-once you start,” said Krysinski. “You can’t stop.”



# Just kickin’ around

by Brittany Forsblade

The FLHS dance team is heading into the end of the season, with the anticipation of making it to the state competition. The team has been placing a consistent third place throughout the season.

“Our main focus is to take top three in sections, and go to state,” said Head Coach Angela Nelson.

Their focus was tested last Sat., Feb.10 at sections. If the team makes it into the top three, they earned a trip to state. The state competition will be held Feb.16-17.

“The season has been great, we were able to beat Stillwater in Jazz and Kick for the first time,” said

Coach Nelson. “Technique is getting much better, along with strength; I have seen a big improvement since the beginning of the year.”

With or without a trip to state, the team is already looking to next year.



The Dance team performs at halftime during a recent girls basketball game. photo by Brittany Forsblade

“We have a young team, we are losing five seniors, but the majority is younger, so we’ll come in really strong next year with the same girls,” said Nelson.

# For the love of snow

Alpine and Nordic teams wrap up regular seasons

by Neil Polglase

There is a group at Forest Lake High School that knows truly what it means to be a team.

Three days a week after school during alpine season the team is on a bus and on the slopes at Wild Mountain until 8 p.m. The only time for homework is on the bus. Although these late nights may be exhausting, the team loves the peace and fun of skiing.

“The practice nights are great because you are with friends,” said Junior Captain Carly Bass.

“When I’m skiing, I don’t have to worry about anything else,” said Junior Captain Brett Stolberg.

The Alpine boys and girls teams also practice together. The long rides up to Wild Mountain are on one bus, and every person on both teams knows everyone else. The older members even help younger teammates with their homework.

“...We are on a team, but you are also independent when you race. I love that about it [Alpine],” said Stolberg.

The Alpine ski team is almost done with their season, only sections remains. Sections competition was pushed back two days due to the extreme cold. It took place February 7-8.

by Meagan Seim

As their season comes to a close, the Nordic Ski team leaves with a swoosh. This year has gone well for both teams, as seen in their promising placements.

Finishing in 4th place, the girls had an excellent season. Both, Annie Dehmlow, with an 8th place finish, and Liz Peterson, with a 12th place finished, dashed to S.E.C. all-conference honors.

Ending with a victory, the boy’s team won their 4th straight S.E.C. title. Among others, Ben Brodin returned home with a Conference runner up, posting the fastest skate time of the day, Ryan Wright returned home with 7th place, Travis Strike returned with 8th, Shawn Wright with 13th, Steven Coozennoy with 18th, Dave Dasl with 19th, and Roman Morris returned home with 20th place.

“All of our meets are at Trollhaugen, it’s the only place with snow!” says Junior player, Roman Morris. “They could be on golf courses too but that’s just boring.”

Check page 8 for coverage on wrestling manager and Special Olympian Micah Riter

# Skating towards the end

by Dan Carey

The 2006-07 season for the FLHS boys hockey team has been a rollercoaster as they have played to a 9-11-1 record so far.

The Rangers have been led by the solid play of top scorers Seniors Christian Fogerty, Alex Lindeberg, and Junior Jake Kogler with 56 points between the trio.

The Rangers will compete against Cretin-Derham Hall and Woodbury soon and hope to get a good seed for the Section 7AA playoffs. If they make it to the state tournament, it would be the first time in school history.

“We need to play hockey the way we need to if we want to make it to state,” said Junior forward Tom Fick.

## Girls

The Forest Lake girls are currently in the middle of an outstanding season. The Rangers are being led to a 13-6-2 record by Head Coach Paul Kendrick and have outscored their opponents 62-50 so far during the regular season. The Rangers entered the Section 7AA playoffs as the number three seed and battled Hermantown Feb. 8 after our press deadline.

# Treading through the competition

by Chloée Daniels-Miller

As the Section and State meets draw near, the boys swimming and diving team are pushing themselves. On Jan. 13, the team placed first at True Team sections, beating their section rivals, Blaine, by over 100 pts. The win qualified them to go to the True Team State meet on Jan. 20.

“...Last year they beat us by 3pts,” said Senior Captain Tyler Sperry.

“Beating Stillwater again at True Teams was a big confidence booster for us,” said Senior Captain Scott Isaacson.

At the Maroon and Gold Invite on Jan. 6, Senior Captain Mark Sandager broke the school record in the 100m freestyle, and was extremely close to breaking the 200m freestyle record.

“I’m really working to beat this record either at the Section or State meets,” said Sandager.

“As Sections draw near, the main thing we’re all working hard for is trying to send everyone to Finals, and more swimmers to State,” said Senior Captain Matt Elden.

The state meet is March 1-3. Before then, the Rangers race in hopes of beating records at the JV Conference meet at Stillwater on Sat. Feb. 17 and at the Section meet at the Northdale Pool, Feb. 22-24.

# BB to sections

by Nicole Bernfeld

“We’ve gotten a lot better as a team throughout the season. We’re developing our roles as players and the team is beginning to know where they stand and what they do,” said junior Brad Kopp. The boy’s varsity basketball team’s record so far is 9-7. The team is doing very well and they plan on continuing to do well and improve as the season continues.

“We’re doing alright. We’re improving. We’ve lost against some pretty top-rated teams, but we hope to peak at section playoffs,” senior Matt Hansman said.

The team’s next game is tomorrow night at 7:30pm against Woodbury at FLHS.

## Girls

“Our team had a rough start, but we’re better now. We’re really close and we have a lot of fun,” said senior Janelle Winiecki.

The girl’s varsity basketball team’s record so far is 7-11. Despite their record, the team remains optimistic.

“We started out slow but we’ve definitely improved. We hope to do very well the rest of the season...We’ve been short players who have been out sick, but we’ve made up for it,” said senior captain Alicia Johnson.

The team will play Woodbury at Woodbury High School tomorrow night at 7:30 p.m.

# Flipping through the season

Gymnastics enters sections meet after good season

by Brittany Forsblade

The FLHS gymnastics team is wrapping up the season with sections Feb.17. How much further they go depends on the results at the

section meet will be more like a mini state meet.”

Even with a tough road ahead, Ellias has high expectations for the team.

“Were hoping for qualifying individuals in every event: vault, bar, beam, floor, and all-around,” said Ellias.

Two individuals have really stood out so far, and are anticipating a trip to state which are senior Nicole Paulsen, and freshman Taylor Brett. As of Jan.30, both girls were on the state gymnastics honor roll. Paulsen is ranked eighth in all-around, tenth on beams, seventh on bars, and ninth on vault. Brett is ranked tenth in state all-around and seventh on floor.

“It is a talented team, and if they keep working hard, they will achieve their goals,” said Ellias.



Nicole Paulsen begins her beam routine.

“We have one of the toughest sections in the state,” said Head Coach Nancy Ellias, “In our section, there are five teams from the top 11 in the whole state. Our

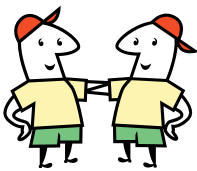


Double Take

Introducing some of the twins at FLHS

by Nicole Bernfeld

There are a few twins at Forest Lake High School and every sibling has their own pro or con about being a twin.



McCoys '08

Kenzie

Alex

Kenzie:

"You always have someone to talk to, but you have almost no alone time."

Alex:

"You have someone to be friends with growing up, but they're around all the time and you can't get away."

St. Germain's '08

Max

Sam

Sam:

"You can blame stuff on him, but you can't be alone a lot."

Max:

"If we have the same classes, we can help each other, but we have to share everything."

Magistads '08

Josh

Alyssa

Josh and Alyssa:

"If one of us is gone, we have someone to get our homework, but we're always asked if we have a sister/brother and if we're twins."

Statistics

50%+ are born before 37 weeks.

93% of triplets and higher will be less than 5lbs 5ozs, compared to 6% of singletons.

35% are left-handed, double that of the general population.

Children of identical twins are genetically half siblings.

If identical twins marry identical twins, their children will legally be cousins, but genetically, full siblings.

Over 90% of multiples are delivered by Caesarian section.

information taken from:twins statistics website

Let us know what sets of Ranger twins are missing.

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Krzewinas '07

Aaron

Nathan

Nathan:

"You always have someone to hang out with, but we fight a lot."

Aaron:

"A lot more people recognize you, but people, mostly teachers, get my name mixed up with my brother."

Mieritzs '07

Alex

Ashley

Alex:

"You always have someone there for you to talk to, but you can't really be yourself. Everyone thinks you're the same person."

Ashley:

"You always have a best friend, but someone always looks like you."

Micah Riter: a student with many hats  
FLHS' Wrestling Manager and Special Olympian

by Kacie Waldoch

Washing mats, taking care of the dock box, changing videotapes, cheering are some tasks for wrestling team manager Micah Riter.

"It's a fun sport to watch and to be a part of," said Riter.

Riter also really enjoys wrestling parties held at a wrestler's home after the weekend tournaments. He likes watching the team, but he really likes watching Senior Captain Luke Munkelwitz's throws. Riter loves pumping up the team and being a part of wrestling.

"He's a great asset to the team," said Head Coach Rich Elliot.

"He [Riter] brings a sense of humor to the team," said Senior Captain Luke Opsahl.

Riter gets along with all the wrestlers, but one that he really looks up to is senior Brandon Yetter.

"Brandon is a good wrestler and a good guy," said Riter.

Riter has been the team's manager since his sophomore year when Coach Bob Dettmer told him about it at a church function and he thought it sounded fun.

Riter doesn't only like to watch sports. He also enjoys being an active participant in FLHS' Special Olympics teams. He competes in fast walking and shot put in the spring and bowling in the fall. Last year, Riter placed first in the fast walk event and broke a record. He also placed in the shot put. Riter's most memorable moment was last year at state, when many of the wrestlers went to watch and cheer him on.

Riter plans to be manager next year as well as compete in the fast walk and shot put this spring.



Micah Riter manages the wrestling team in the winter and competes in speed walking (seen here) in the spring.

photo provided

Points to ponder...



Compiled by Jordan Lutz



Ever had absolutely nothing to do? Fear not, here are some things to think about while you're working at your mediocre job, waiting for the doctor, or zoning out on someone talking to you about things you don't really care about.

Chapter 1

- If 7-Eleven's are open 24 hours a day, seven days a week, and 365 days in a year, why do the doors have locks?
- If a man is standing in the middle of the forest speaking and there is no woman to hear him, is he still wrong?
- What do you do when you see an endangered animal eating an endangered plant?
- Why don't sheep shrink when it rains?
- Why do they put Braille on the drive-through bank machines?
- What was the best thing before sliced bread?
- If the entire world is a stage, where is the audience sitting?
- If you try to fail, and you succeed at failing, then which have you accomplished?
- Is it possible to be totally partial?
- What's another word for thesaurus?
- Can you be a closet claustrophobic?
- Why cant women can't put on mascara with their mouth closed?
- Why is it that psychics don't win the lottery?
- Why is abbreviated such a long word?
- Why is lemon juice made with artificial flavor, while dishwashing liquid is made with real lemons?
- Why do people point to their wrist when asking for the time, but don't point to their behind when they ask where's the bathroom?
- If con is the opposite of pro then is congress the opposite of progress?
- Why do deer only cross at the deer signs?
- What would Neil Polglase look like wearing leather pants?

Now that you have some points to ponder, you won't be bored for awhile. If you don't get through this list because you think it's lame, then try to sneeze with your eyes until you can see yourself doing it.

Some points taken from  
<http://www.cs.wisc.edu/~mberman/ponder.html>.

Yays

- to getting a valentine from some one special
- to the four day weekend this month
- to those who have lots of school spirit
- to college acceptance letters
- to blood donors
- to Superbowl commercials
- to paydays at work

Nays

- to Bree, Shea, Brad for having to leave The Breeze
- to snowstorms
- unplowed student parking lot
- to the new breakfast for lunch
- to slow computers
- to STD's
- to college applications
- to ventriloquists
- to -20 degree weather

Dates to Remember

\*February 14  
Valentine's Day

\*February 16  
No School/Teacher Workday

\*February 19  
No School/ Holiday



# FINAL SAY

## Sailing away with the Breeze..

Compiled by Amelia Matheson

As The Forest Breeze finishes up the year, they talk about their most memorable parts of being in journalism and part of *The Forest Breeze* crew.

## Points to Ponder



Compiled by  
Brittany  
Forsblade

Jordan Lutz

Senior



"Newsies and eating pizza"

Nicole Bernfeld

Junior



"Page designing and Neil."

Dan Carey

Senior



"Twins Media Day and the people in the class was a great memory too"

Siri Urquhart

Sophomore



"The movies, pizza, and brainstorming."

Neil Polglase

Senior



"Spreading the love, baby, spreading the love,"

Brittany Forsblade  
Sophomore



"It was better than any of my other classes and because Neil's in it."

Chloee Daniels-Miller  
Senior



"Doing photo polls and opinion articles and Neil was a hoot."

Kacie Waldoch

Senior



"The *Newsies* and always producing an issue."

Amelia Matheson

Junior



"Pizza and getting close to all the action of homecoming and taking pictures."

If they arrested the Energizer Bunny, would they charge it with battery?

How much faith does it take to be an atheist?

Do Lipton employees take coffee breaks?

If a book about failures doesn't sell, is it a success?

Do cemetery workers prefer the graveyard shift?

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

Why do people who know the least know it the loudest?

If Jimmy cracks corn and no one cares, why is there a song about him?

Where do forest rangers go to get away from it all?

Is it still a Bar-B-Q if you're not grilling anything with Bar-B-Q-Sauce?

How can the complete works of Shakespeare be abridged?

If water can't run uphill then how does plumbing work?

If Twinkies never expire, why do they have an expiration date?

If time flies when you're having fun, explain endless summer days.

Some taken from:  
[jokesandhumor.com](http://jokesandhumor.com)



The Forest Breeze Crew

# Happy Spring!



## Yays

- to graduation!!
- to grilling outdoors
- to the FFA Open House
- to being able to tan outside!
- to the '07 yearbook
- to bright and sunny days
- to summer freedom
- to energy efficient light bulbs
- to prom pictures
- to sunglasses
- to Neil's horrible pick-up lines

- to the POPs concert
- to the fishing opener
- to windows down and bare feet
- to going to the lake
- to golf
- to Starbucks
- to Neil's horrible pick-up lines
- to loud music on a sunny day

## Nays

- to the senioritis plague
- to chilly, almost-rainy days
- to FREEZING cold class rooms. It makes it hard to learn!
- to AP exams in the spring
- to skin cancer from tanning
- to turbo announcements on the TV's!
- to the parking lot when school lets out
- to projects and finals
- to handing out grad invites
- to the exchange students

- going home soon
- to spring fever
- to dull, windowless classrooms
- to prom drama
- to hot, humid cars after school!
- to CIS US History midterm
- to Tennis/Soccer/Track/Lacrosse when it's hot outside