

## Think smart, stay safe McAllister heads up SADD's campaign

by Neil Polglase

Jennifer McAllister, a senior at Forest Lake High School, wants to help out her peers. This may be true for many people, but McAllister has taken it a step further than most. She recently volunteered to be the leader of SADD's Positive Choices Campaign.

The PC campaign is all about protecting the lives of youth and ultimately protecting their future. The whole campaign centers on underage drinking. The pledge that is taken by students nationwide isn't just about never drinking. It understands that drinking does happen; the real mission is to make sure kids know how to safely handle that situation. Mostly they want an understanding that drinking and driving should never happen.

Parents get involved in this too. They must take a pledge just like their child, because without a good role model it is hard to really understand the message.

McAllister has taken the pledge and is now promoting the PC campaign as much as her schedule allows.



"It's nice to get out there and help others and really do something good," McAllister said.

Although this is a nationwide campaign, the Forest Lake chapter is new this year. Robert Family Funeral Homes is the sponsor and is even giving McAllister a scholarship for her efforts. McAllister may be graduating this year, but she hopes the program is continued next year.

"I want someone else to get a scholarship too," said McAllister.

There are many people who have helped McAllister with her duties; the whole SADD team. Although this chapter is new it is already picking up steam. More and more people are coming to help with this mission and McAllister knows she couldn't have done it alone.

If you wish to take the pledge, the process is quick and easy. Go to [www.Positive-Choices.org](http://www.Positive-Choices.org) and take the pledge. It only takes a few minutes and not only will you be protecting yourself, but also your peers.

## Student Congress finishes season

by Neil Polglase

A growing concern in our world today is the lack of interest of our younger generation in politics. Although opinions are not easily changed, the Student Congress of FLHS is a beacon of hope, so to speak.

The Student Congress is a group of teenagers who basically play the role of a senator. They discuss important issues and create bills to pass about these issues. Members compete by promoting their bill to judges.

"It's pretty laid back...we have fun," said Robyn Madson, Student Congress coach.

The process is all very democratic of course, voting for speeches and leaders. Members of Student Congress range from hard-core right to

"hippie" left, yet they still manage to get along. "It's all about working together," said Madson.



There is no doubt strongly opinionated people can thrive in this environment. When a lot is changing, it's important to keep up on everything in the world.

"I have two goals at the start of every season: help them [students] become more informed and hopefully more intelligent. Then, of course, to have fun doing that," Madson said.

The season for Student Congress is short but sweet. It only lasts for about a month. There is no question at the end of it all; these students will have become more informed, and that is never a bad thing.

## Extreme Makeover: Home(coming) edition Task Force looks to improve Homecoming Week

by Chloée Daniels-Miller

After the slew of raunchy behavior that surrounded the 2006 Homecoming Week, district administrators, faculty, parents and students are getting a head start on devising a new approach to homecoming week.

The newly-formed Homecoming Taskforce recently met in late February to discuss their goals, including getting more students involved in the homecoming festivities and revamping the spirit week to ensure a safer and smarter homecoming for next year.

"It's a fine line we're dealing with," said Principal Dr. Steve Massey. "As much as we want to preserve homecoming tradition, as far as royalty goes, there are some parts of that tradition that simply cannot go on any longer. It's the hazing and vandalism we as a school and community are most concerned with. We don't want to slash royalty altogether, yet if things don't change, there's no guarantee we can still have it [royalty]."

Members of the taskforce include Superintendent Lynn Steenblock, School Board Member Dan Kieger, Massey, Officers Matt Smith and Sean Lafferty, Deans Jim Caldwell and Ben Fisher, and a few junior and senior student council members.

### Spirit Week Organization

The taskforce is currently analyzing several

aspects of homecoming. One of these is reorganizing the spirit week as a whole. This could mean adding events such as a homecoming dance, which some schools treat as a mini-prom, moving the Battle of the Bands back into the week, and spreading the logistical

responsibilities of spirit week to other student groups besides just Student Council.

"If we were to add more activities to the week, we might need to assemble a separate homecoming committee, or recruit some help from NHS, SADD, FFA, iClub, etc.," said senior Student Council Secretary Kari Colucci,

"It's fun, but a lot of work!"

The taskforce is also working on developing a new way to promote homecoming candidates and royalty. This could include reducing the number of candidates up for 'election', shortening the duration of the candidate's candidacy to a half week, and/or moving the royalty crowning back to the pep fest or even earlier in the week.

"We crowned at the homecoming game this year because we wanted the alumni and community to be involved, but that might need to be revamped also," said senior Student Council Co-President Samantha Cole.

### Changes Proposed

Homecoming activities and logistics aren't the only aspects of homecoming that might be beefed up next year.

*Continued on page 2..."Taskforce"*

“As much as we want to preserve homecoming tradition... there are some parts that simply cannot go on any longer.”

Principal Steve Massey

Want to show the relatives?

Check out *The Forest Breeze* on-line!  
[hs.forestlake.k12.mn.us](http://hs.forestlake.k12.mn.us)

## The big question: Flu shot or not?

by Siri Urquhart

We're well into the Minnesota winter season, and that means illnesses like the flu. With the recent deaths in Minnesota from influenza, many wonder: to get a shot or not to get a shot? That is the question.

"There have been overall 8 reported cases [in FLHS] of influenza so far this year," said FLHS nurse Heather Karstens. "There have been more reported cases this year than in the past few years."

According to the United States Food and Drug Administration, the flu is caused by a virus.

"Influenza is a respiratory illness. The influenza vaccine does not protect against what people refer to as 'stomach flu'—gastroenteritis," said Kristen Ehresmann, R.N. and Section Chief of Immunization, Tuberculosis, and International Health Section at the Minnesota Department of Health.

Infants and senior citizens are the most vulnerable to contracting the flu, but high school students are susceptible just as well.

"Anyone with a high risk condition like asthma, diabetes, kidney disease, or heart disease, should receive a flu vaccine regardless of age," said Ehresmann. "Also contacts of high risk individuals, health care workers and anyone wishing to avoid influenza."

There are many benefits to the influenza vaccination.

"Getting an influenza vaccination will provide protection against the 3 strains of influenza anticipated to be circulating during the current flu season," said Ehresmann.

Along with benefits, there are minimal risks to receiving an influenza vaccination.

"The most likely 'adverse event'...would be redness and soreness at the injection site," said

Ehresmann. "With the nasal spray, sometimes recipients report a stuffy nose."



Kristen Ehresmann speaks on influenza. MN Daily

With most high school students not having health benefits like many adults, price becomes a factor.

"If students don't have health insurance, they can contact their local public health agency and get a flu shot as part of the Vaccines for Children program free of charge," said Ehresmann.

Along with the price of the vaccination, a vaccine's duration should be considered.

"The vaccine's protection lasts less than a year. That is part of the reason that influenza vaccines are given annually," said Ehresmann. "The other reason is that the influenza strains that circulate can change and the vaccine needs

to be reformulated to provide protection against new strains."

We're already well into the winter season, but it's never too late to get a flu shot.


"Influenza vaccination begins in October and continues through the flu season. Folks generally think about getting vaccinated in November and December," said Ehresmann.

Just recently, a new type of vaccination called the nasal-spray vaccine can now be offered to anyone who would rather not get a shot.

"The nasal spray is very effective, and would be considered a good choice for high school students. I suppose it would come down to a person's preference for shots or a nasal spray," said Ehresmann.

It's up to the choice you make, whether you would like to be vaccinated or not. To keep from getting the 102 degree fevers, a sore throat, and visiting the bathroom every few minutes, a flu vaccination could prevent you from spending those long weeks at home being sick.

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**Lacrosse new FLHS sport**  
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## Catchin' enough Z's?

Doctor's afraid of sleep "epidemic"

by Siri Urquhart

Sleep problems are reaching epidemic proportions, and are estimated to be the #1 health related problem in America. Most teens are regularly falling short of the amount of sleep they need every night. A study released last year by the National Sleep Foundation (NSF) showed that 75% of teenage respondents were not getting the recommended amount of sleep on school nights. High school seniors who participated in the poll recorded only 6.9 hours on average.

"The experts feel 8 to 10 hours, and to be honest the recommendation in this age group is 9 hours. Pre-teens can probably get by with 8 hours, but often more sleep is required again in the high school age group," said Dr. Frank L. Rimell, pediatric otolaryngologist and Associate Professor in the Department of Otolaryngology at the University of Minnesota.

Most high school students have a lot of activities going on in their lives, as well as attending school, so sleep often gets pushed off to the side.

"High school kids are busy. School starts early and most kids in this age group like to stay up past 9 pm. Most experts feel that the average high school student has a biologic clock that is set to wake up around 8 am and go to sleep at 11 pm," said Rimell. "Realistically, most kids have to get up around 6:30 to 7 am and yet stay up until 10 to 11 pm. They are only getting 6 to 7 hours of sleep at night while their bodies need 9."

Not getting the recommended amount of sleep leads to inability to be able to perform normal, everyday activities.

"Incapability of paying attention affects everyday activities," said Rimell.

There are some steps that can help to adjust how much sleep you get each week.

"Trying to go to bed early is easier said than done. A useful plan would be at least to try and go to bed early to get those 9 hours of sleep Tuesday and Wednesday evenings. There are a lot of scientists who believe the body can 'bank' sleep and make up for

lost sleep. It is probably better to be exhausted toward the end of the week when you can make it up on the weekend," said Rimell.

If you're having problems with getting enough sleep physically, there are some ways to fix that. However, they are not highly recommended.

"Obviously the use of stimulants may help in the short term, but often hurts the body in the long term. Heavy caffeine often leads to poor quality of sleep so that you're even more tired as the week goes on, requiring more caffeine followed by more poor quality sleep," said Rimell.

Even though high school students have busy lives with school, sports, jobs, and other activities, time should always be set aside for sleep.

"Make sleep a priority," said Rimell.



## Online view of you

School View access primer for students

by Nicole Bernfeld

Most of the students at FLHS have heard about Schoolview, the site that allows every student and their parents to access their grades at home. Most of the students also probably don't know how to access it. So, here's how each student can set up an account so they can look at their grades on their own schedule.

In order to access your Schoolview account, you need to get a username and password. You can get both of these by contacting Karen McCurdy through her email, [kmccurdy@forestlake.k12.mn.us](mailto:kmccurdy@forestlake.k12.mn.us). She will then send you the information you need to set up your account.

Schoolview has a lot of advantages, as well as disadvantages. Some of the advantages are: you don't have to wait for your teachers to give you a printout of your grades, you can get them at any time, you can check to see if you have missing assignments, and you can do it all from the comfort of your own home. You can also



check absences, and make sure they're logged in as excused or unexcused, tardies, since your parking privileges are revoked if you have more than ten, review your transcript, and, if you have siblings at the school or the junior highs, you can see all their grades too.

Disadvantages are: your parents can check your grades, your siblings can check your grades since there is one username and password per family, they can't be changed by anyone, which is good for teachers, but bad for some students.

You can access Schoolview by going to the high school website, [hs.forestlake.k12.mn.us](http://hs.forestlake.k12.mn.us). Now that you know more about Schoolview and its perks and downsides, more students will start using it. More students using Schoolview means teachers don't have to print grades as often and they can save paper and have time to do other things, like grade tests overnight so we get them back sooner.

## Tourney time for speech team

by Meagan Seim

What's the difference between storytelling, dramatic interpretation, and extemporaneous literature? Members of the FLHS speech team could tell you in a second.

"The team is about halfway through their season and they're doing well. We've got a good extemp reading group and a large informative group," said Speech Coach Becky Haven. "We have a fairly young team this year."

"Attendance at meets varies for every member. Some meets include every sub-group of the team, and some meets only include a few," said Junior, Laura Jacob.

"My favorite part of speech is being with friends and getting to compete with members of others schools in the area. It's a great experience," said Jacob.

Their next meet is scheduled for March 17 at Centennial High School. The section tournament is March 31 at Cambridge. The state tournament is scheduled for April 20-21.

## Congratulations DECA state entrants

Congrats to:  
**Matt Mollet**  
**Nabil Cheikh**  
**Meredith Mattison**  
**Jennifer McAlliser**

## Could Forest Lake be next? Ban on trans fats national trend

by Siri Urquhart

Last December, after heated debates from restaurants and lawmakers, New York City became the first city to ban trans fats from its restaurants. Chicago and Los Angeles have also considered similar bans. Is Forest Lake going to follow the trend?

What are trans fats? According to the United States Food and Drug Administration (FDA), trans fat is made when manufacturers add hydrogen to vegetable oil, a process which is called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats. Trans fats can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, other foods made with or fried in partially hydrogenated oils like McDonald's french fries. Even weight-loss snacks such as popcorn and energy bars contain trans fats. Trans fat is usually formed when manufacturers turn liquid oils into solid fats like shortening and hard margarine. A small amount of trans fat is found naturally, mainly in animal-based foods.

So why all the fuss? Trans fats are also a danger to your health. According to the FDA they are proven to clog the heart, which increases the risk

of heart disease by raising cholesterol levels. High cholesterol, in turn, can lead to high blood pressure, heart attack, and even stroke. Foods that contain trans fats can lead to weight gain and obesity.

Worried about your trans fat intake? It's easy to eliminate them from your diet. When eating out at a restaurant, ask your waiter about trans fat levels. Many fast-food chains have already replaced their oils with healthier alternatives such as monounsaturated fats like canola and olive oils, and polyunsaturated fats such as soybean, corn, sunflower oils and foods like nuts and fish. (KFC, Starbucks, Taco Bell, and Wendy's have; McDonald's and Burger King are working on a substitute).

At home, be sure to thoroughly check food labels. Sometimes trans fats are often disguised on the ingredients list as "partially hydrogenated vegetable oil."

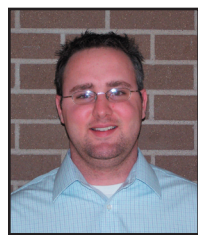
Just because something is trans fat free doesn't mean it's good for you. There are still calories, even if it's fat free. Make healthy decisions now so you won't have to deal with high cholesterol and heart problems in the future.

students and would be an anonymous way for them to provide tips. It's use is also a possibility.

The bottom line is, in response to the blatant disregard to The Student Code of Conduct this last homecoming week, the Homecoming Taskforce plans to enact sufficient measures to prevent those negative behaviors next year.

"It'll be my senior year next year, so of course I don't want royalty cancelled," said junior Spencer Cossalter. "But maybe it just needs to happen so people will actually get the message and appreciate the privilege that Spirit Week really is."

## Quick Take with Student Teacher...



**Kaleb Kromann**

**School Attending:** University of Minnesota, Twin Cities

**Degree:** Agricultural Education, grades 5-12

**Hometown:** Litchfield, MN

**Classes:** Floral Design and CIS Animal Science

**Hobbies/Interests:** Hunting, Fishing, Kayaking, and the National Guard

**Advice:** "Take an Agricultural Education Class!"

## Taskforce from pg.1

"We also plan to put out a heavy message regarding the witnessing or involvement of any sort of hazing or vandalism. Every measure possible to curtail these acts will be taken," said Massey.

Hazing and vandalism often involves unsafe behaviors, defacing of private property, and represents the school in a negative light.

Such obstacles of hazing and/or vandalism that were brought up included 'How can we effectively keep students out of, and away from, these unlawful acts?' One possibility mentioned was instating a school-wide athlete curfew.

"I had it [athlete curfew] while I was in

high school," said Caldwell. "Our coaches would do spot checks the night before a game. They'd give random calls to homes and if you weren't there and actually spoke to them, guess what? You didn't play the next day."

This type of curfew might seem harsh or downright unfair, but in the name of student safety, it's not outside the realm of possibilities.

The taskforce was also presented with the "School Safety Hotline & Helpline" service that incorporates a web and telephone-based tip program for students of the school. The hotline number and website would be available to all

## The Forest Breeze

**The student newspaper of Forest Lake High School**

Forest Lake High School  
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Forest Lake, MN 55025

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

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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.

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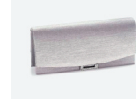


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## SPRING BREAK PLANS

by Chloée Daniels-Miller


Spring is in the air! Okay, maybe the air is still a tad chilly. But things like swimsuits, flip-flops, summer skirts and the smell of sun tan lotions are tempting many students to gaze longingly out their classroom windows to the warmer weather and bright sunshine as they being to count down to 2:30 p.m. Thursday, March 29th. A.k.a. Spring Break '07! Ten marvelous days of doing, well, anything! So, what are *you* doing for spring break?

### So, what are you doing for spring break?


'07




"Absolutely nothing. It's kinda depressing."  
**Brittini LaFontsee**



"I'll be going to Colorado with my family to snowboard."  
**Krister Ralles**




"I might be going to Cancun with my friend and her family."  
**Kelly Dixon**




"I'm going to Costa Rica for biology!"  
**Rylie Olsen**


'08




"I'll fight for my right...to party."  
**Dan Baker**




"I'll be visiting a few colleges."  
**Nora Nolden**



"I'll probably be going out to Wild and ski."  
**Scott Damiani**



"I'm working on finding a way to smuggle myself on a plane and go to the Bahamas."  
**Matt Burger**



"Just chillin' around Flake and working."  
**Stephen Peterson**

'09



"I'll be studying for AP History, shopping, and going outside with friends."  
**Jessica Sudo**



"I'm going to England to visit family."  
**Kevin Schmidt**



"I'll be working... and sleeping."  
**Gabby Selg**



"I'll be traveling to Israel with my family to visit cousins and tour the religious sites."  
**Jordan Hedlund**



"I might be going to Myrtle Beach in South Carolina with my family."  
**Derik Iverson**

# Touring Minnesota by foot

## Minnesota State Park's Hiking Club great way to get outside, exercise, be involved

By Brittany Forsblade

Think you know the state of Minnesota and its land pretty well? There are experiences you will never partake in without joining the Minnesota State Park's Hiking Club.

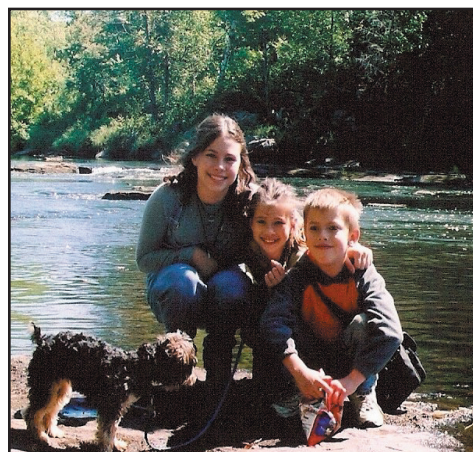
Hiking Club is not your typical club. There are no set meetings, dates, or appointments to venture out at the state parks. You get to choose when it's convenient. You can go with whomever you want, go alone, with family, friends, and you can even bring the dog along.

A hiking club kit can be bought for \$14.95, it provides you with a handbook to record the hikes you've done. Each hike is somewhere between 1-6.2 miles. Whether or not you have completed the hike is determined by the password found half way through the hike. During each hike, you mark down the password in your handbook. Once you have reached your first 12 miles, you will receive a patch from the

state park office you are at. You receive a patch for reaching 50, 75, 100, 125, 175, and 192 miles. After reaching 100 miles, you receive a coupon for a free night of camping at any state park, and a hiking club plaque. Currently my family and I have reached 125 miles of hiking, so with my mom, brother, sister, and me combined we had 4 free nights of camping. The plaques that are sent in the mail are very nice, they have your name on it, and it's just unique to have a plaque for hiking. It's definitely not your typical plaque.

In the state of Minnesota, there are 72 state parks. Being in hiking club allows you to explore everything MN has to offer, and see wildlife, plants, and trees that can only be found in each area. There are historical sites at almost every one of these park, so by getting to know the state parks, and by hiking the trails, you get to know your home.

So those of you who think MN is boring; that it has no diverse climate or land, or that it is flat, I guarantee there are parks that will prove that stereotype wrong. Part of the hikes are near many different bodies of water: rivers, lakes, dams, and streams. Each hike has something special about it, and indicates just why the park



you are at was made an official state park in the first place.

Hiking club also offers many benefits. Yes some of the hikes are six miles long, but by preparing yourself with the shorter hikes first you will be conditioned well for the longer ones. It is very good for you to hike, and work the leg muscles. Even if you are completely exhausted after the hike, you are never displeased with the hike, or regret going on it. It has many health benefits, and strengthens the heart condition. Bonding

with nature also is helpful in a mental way, and brings you appreciation for nature more and more each time you hike. Not to mention you will make some of the best memories of your life.

Want to give Hiking Club a try?

Check out [http://www.dnr.state.mn.us/state\\_parks/clubs.html](http://www.dnr.state.mn.us/state_parks/clubs.html)

### BY THE NUMBERS:

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## ASK Anything!

Why doesn't FLHS  
have prom royalty?



by Chloée Daniels-Miller

Here at FLHS, we have royalty for Homecoming Spirit Week (HSW) and Winter Wonder Week (WWW) but some schools have royalty for a different school function; Prom. Maybe you have a friend or cousin who has prom royalty at their school. So, why don't we crown a prom king and queen?

"I don't recall ever having prom royalty at FLHS," said Principal Dr. Steve Massey.

"Re-introducing prom royalty has been brought up before," said Mr. Brad Ward, the Junior Class Advisor and in charge of prom for 16 years, "but we wouldn't want to take away from HSW and WWW by making it a popularity contest. The logistics for putting prom together are substantial as it is, even without royalty."

**Timing is everything.** Spirit Week is five fun-filled school days with a student pep fest leading up to the big game and crowning of royalty. WWW is also five days of themed dress

up, royalty (with the exception of this year) and a pep fest. Prom is only one day, for four hours on a Saturday.

**Inclusive or exclusive?** Spirit Week and WWW are during school so all students can participate in the activities and cast their votes on the royalty.

"With prom, only about 800 students attend," said Activities Director Joel Olsen. "And some students are excluded by the costs; everything from tickets to tuxes."

"I think more students are involved in Spirit and Winter Wonder Week," said senior Tyler Kleinhuisen, "I think three sets of royalties would be a bit much for one year. And if there was a prom royalty, only the people who were actually going to prom would vote. So pretty much the whole sophomore class and a good amount of the juniors wouldn't even be involved."





# Coffee lovers, listen up!

The best place to find a white mocha in Forest Lake

by Kacie Waldoch

As a coffee lover myself, I decided to help out other caffeine addicted FLHS students find the best brewed cup o’ Joe in Forest Lake. I decided to go to four locations actually in the City of Forest Lake and order the same drink, a White Mocha, to keep the comparison fair.

A “white mocha” is made with white chocolate syrup, shots of espresso, steamed milk, and comes with the option of whipped cream, so it’s not exactly black coffee.

The first stop was Starbucks, located on West Broadway by Cub Foods. Although there was a line, the service was fast and efficient. A “tall”, which is 12oz., White Mocha cost \$3.30. The drink was thick and delicious with more chocolaty taste than coffee flavor, and very filling.

The next stop was at Dunn Brothers coffee, located adjacent to the Broadway Carwash. It



Kacie was pretty wired after all that taste testing!

was a drive thru only, and although there was a small wait, it was well worth it. Their White

Mocha was lighter, with an even amount of coffee and chocolate flavor and a 12oz. cup cost \$3.58.

Kodiak Coffee; located next to the City Looks salon on Hwy 61, was next on the list. “Kodiak Flake” is their version of a White Mocha which cost \$3.04 for a single shot. The “Flake” was also a delicious drink, and if you’re looking for more coffee than chocolate, Kodiak’s

your place.

The last stop was Big Apple Bagel, which is located next to Forest Lake Floral also along Hwy. 61. Their White Mocha had a stronger coffee taste as well, but had a smooth light taste. For a 16oz. cup it cost \$3.50. So for size value on the dollar, Big Apple Bagel is

the best choice.

So I guess it boils down to personal taste. Not being one to be super decisive the four locations serve four different purposes. If you’re looking for the typical coffee shop, chatting conducive atmosphere, Starbucks is a good choice. If its mealtime, hit Big Apple Bagel and you can get a delicious bagel sandwich to go with your drink. If you’re in a hurry, do the drive through at Dunn Brothers, and if your hair needs a trim grab a drink from Kodiak and drink it in the chair at City Looks Salon. Because when it comes to coffee, all four hit the spot.



Dunn Bros, Bruggers, Starbucks and Kodiak were all tested for White Mocha greatness.

## So what’s the difference?

\* **Espresso:** A strong brew made by forcing steam through finely ground coffee.

\* **Cappuccino:** Espresso with an equal amount of steamed milk and froth.

\* **Latte:** Espresso with steamed milk, topped with froth.

\* **Mocha:** Espresso with dark chocolate, steamed milk and whipped cream.

## Know your Joe?

☐ Coffee is the most popular beverage worldwide with over 400 billion cups consumed each year.

☐ Coffee represents 75% of all the caffeine consumed in the United States.

☐ The average espresso drive-thru business sells approximately 200-300 cups of espresso and coffee based drinks per day.

☐ 65% of coffee drinkers prefer to add sugar and or cream.

☐ The United States imports more than \$4 billion worth of coffee per year.

# Point/Counterpoint

Should the Ten Commandments be displayed in public or kept from view?

by Jordan Lutz



I’m sure many of the people reading this have heard about the ongoing dispute concerning the banning of the Ten Commandments on public property. This is a heated debate indeed, but before I start, let me clarify that I am a Christian and I’m not slandering or questioning Christianity.

Supporters of the keeping of the Ten Commandments argue that they are the sole source of American law and therefore should not be removed. Of course, there is no way to cover the many aspects of American law in a couple columns in a school newspaper.

Christians embrace the Ten Commandments as a part of the history of Christianity, but there have been many instances throughout history where the Ten Commandments have been confused with or applied to the law that binds society together.

According to *Findlaw.com*, the Magna Carta, for instance, forced King John to give up many rights to the aristocracy; it was the first declaration that stated that a ruler was under law and introduced freedom of religion, no taxes, and a jury of peers. The vast majority of American laws, including the laws against killing and stealing, were borrowed from British common law, a law I don’t believe originated from the Ten Commandments.

A piece from *Different strings.com* claims that the Ten Commandments monument and the attempts at justifying it by claiming they are the foundation of American law, are not true. In fact, other resources say it was based on English Common Law and that the common law existed while the Anglo-Saxons were yet Pagans, they had not even heard the name of

Christ. In other words, neither American laws nor English common law were founded on the basis of Christian beliefs, since they were totally unaware of the existence of Christianity. They simply could not have based laws on something they were totally unaware of.

There is also, in our country, a separation of church and state. We are a democracy, set to protect individual rights. People who do not believe in God should not have to see or feel like they are overpowered by someone just because they do not have the same beliefs. I have no argument against free speech. People who want to speak out for or against God in government should be able to, but there is a line. Having the Ten Commandments in government buildings implies that our government is strictly based off of them. It would be different if every government building also had other religious values represented.

I believe the majority of the population in this country at the time of our initial independence was Christian, and would’ve had no objection to having Christian values posted anywhere. However, times are changing. Today, more and more people are making different decisions than those before them. There are more Scientologists, Jews, Hindus and many other creeds and religions that feel they are not having input into a government that is supposed to be for them.

If the government is going to have the Ten Commandments in government buildings, there should also be values of other religions and philosophies posted alongside. The Ten Commandments are standards to live by, not laws, and should not be used to guide such a diverse country.

by Dan Carey



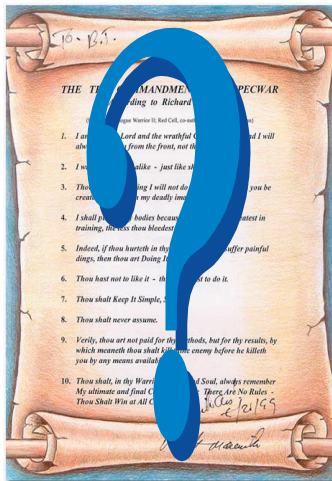
want them eliminated at all costs.

Outside of the Montgomery, Alabama courthouse, there is a statue that has stood there for many years. The statue depicts the Ten Commandments. It is no bigger than a small child, yet there is so much angst surrounding it. Is it really that hard to walk by it and ignore it instead of tying up our judicial system over a statue?

It’s no secret that most citizens of the United States claim to follow Christian beliefs. Now, the minority of those who do not support or believe in God are trying to eliminate what the majority supports and has supported since the birth of the United States in 1776.

Are the Ten Commandments really that religious? Sure they were written by God, but if you knock out the first four commandments, all that’s left are laws that many governments have followed for many years. The Commandments tell one not to murder, steal, or commit adultery. What happens if you break these? You get a ticket to jail. Another two commandments tell

Christmas, Pledge of Allegiance, and the Ten Commandments. What do they have in common? Non God-believing religions just can’t seem to ignore them and



one to respect their parents and to not be jealous of their neighbors. Those commandments sure remind me of your typical law book.

So if the Ten Commandments go, what’s next? Rockefeller Center is a spectacular attraction during the Holiday season because lights and ice sculptures surround a giant Christmas tree. That Christmas tree that has graced Rockefeller Center for many years is now called a “Holiday” tree. Yes, the same people who oppose the Ten Commandments being in public display are attacking trees. If the Christmas tree must undergo a name change, why not switch the Menorah to the “Holiday Candle?” Let people have Christmas and let people have Hanukkah or whatever holiday they support. If you don’t support it, ignore it.

With the U.S. getting more and more diverse, do we really have to fret over a tree, a pledge, or a statue? If you don’t support it, don’t get upset. Simply ignore it.

## Want to weigh in on this issue?

Voice your Opinion!  
Let your voice be heard!  
Write a Letter to the Editor!

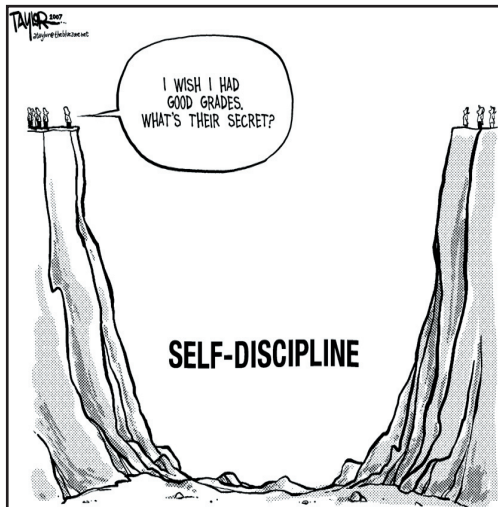
forestbreeze@forestlake.k12.mn.us

Yeas

- to snow days
- to spring being around the corner
- to technology (when it works)
- to spring break
- to sunshine
- to *Grey’s Anatomy*
- to vacations
- to sailing with *The Breeze*
- to 9 days left of 3rd quarter
- to spring sports

Nays

- to poor parking in the lot
- to the flu bug
- to homonyms
- to fluorescent lighting
- to long bus rides
- to prom expenses
- to horses (they neigh)
- to the new Ranger News
- to staying home for spring break
- to no coats in school



Scholastic News Service



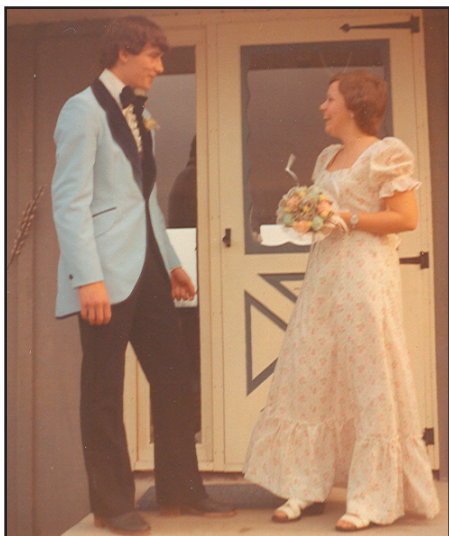


# Promenading Th

## FLASHBACK

### Who's Who?

Guess which faculty members' prom pictures are shown below. Need help? Answers are at the bottom of page 7.



**Union Grove, Wis. Prom 1975** made the national news via Paul Harvey's radio show. Why? Because our prom was at the Lake Geneva Playboy Club! Sadly for the high school boys, the dance was held at the ski lodge so no bunnies were to be seen. Current fashion was the Gunny Sack nostalgia look; lots of lace and ruffles and bows in the back. Even the guys had ruffles on their shirts.

**Who Am I?**

I had broken up with this cad for numerous reasons (including his lying, cheating, and poor motorcycle driving skills) but got back together with him a couple of weeks before the prom. At that time he accused me of only wanting to get back together so I'd have a date for prom.

Of course I told him he was mistaken! (But he wasn't.)

**Who Am I?**



Marion Prom '81

Look real close, and you can see scabs on her elbows and bandages on her shoulder, although the knee scabs and scalp stitches are well hidden. This **Fridley Prom** happened less than a week after a she had a significant bicycle accident riding in the annual Iron Man Bike Marathon.

**Who Am I?**



**Cathedral High School Prom of '79** was held in the cafeteria. My date was from another school (a non-Catholic at that), and the tickets were cheap and I doubt we did dinner before (but can not honestly remember). I had taken sewing class and made my dress.

**Who Am I?**



## 'The night where tee

## A look back at Prom through

by Amelia Matheson

Ballrooms, beautiful gowns, stunning tuxedos, and limousines are some of the things people think of when we think of prom. However, prom used to be simpler. Prom wasn't mentioned in high school yearbooks until the 1930's, but historians believe they have been around since the 1800's.

According to historians, prom first began in colleges of the Northeast based on the debutante balls that the rich and well bred had. It was first referenced from the journal of a student from Amherst College in 1894. They were strictly chaperoned and only the senior class was allowed

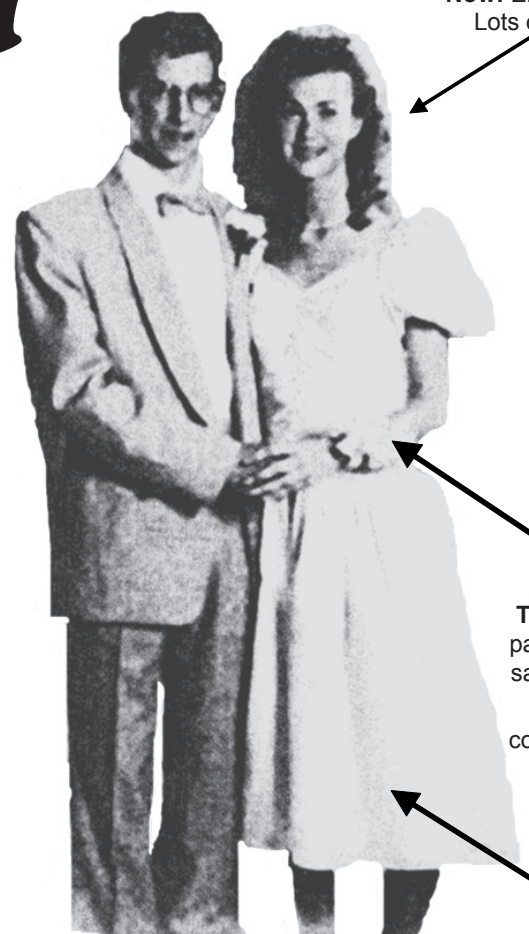
to attend. It became known as "the prom" in the 1890's. Prom is a short for 'promenade' which means the march of the guests at the beginning of a ball or other formal event.

High school proms began in the early 1900s and were considered to be simple affairs. However, new clothes were not purchased for these. Students would go in their Sunday best. Prom consisted of dancing, socializing and tea. When the car arrived in the 1920s and 1930s, students experienced more freedom and prom expanded into a yearly class banquet. Seniors wore their party clothes and danced the night away.

## Then

### TUXEDO

**Then:** Bowtie, shirts with ruffles, different colors.



**Then:** Big, po  
**Now:** Either do  
Lots of hair s

**Then:** S  
pastel co  
sages, an

**Now:** E  
colored b  
and v

**Then:** Ruffles,  
paste  
**Now:** Bright c  
straps, h  
sparkles

## 'I've Had The Time of My Life'

### Forest Lake Prom, 1988

by Amelia Matheson

"I've Had the Time of My Life," was the name of the song playing on May 27, 1988 at Forest Lake High School's annual prom. Couples got all dressed up and rode to prom in limos or their own cars excited for the night ahead of them. However, preparations for prom had been taking place throughout the whole day.

Students who had purchased a prom ticket were dismissed from school on Friday so they could stay home and get ready for the night ahead. Most of the girls' dresses had sleeves that were not covering their shoulders, but were resting upon their arms instead. The sleeves on these dresses were generally big and puffy as well. Dresses were usually both short and long and had a ruffled A-line. Instead of their hair in up-dos, many girls wore their hair down. Exotic flowers were worn in guys' tuxedos and on girls' wrists. The style was considered to be from the fairy princess to the vogue sophisticate look. Guys' tuxedos were

basically the same as they were now except bowties were more commonly worn and shirts with ruffles were popular too.

Prom didn't end when the dance was over, however. Several couples and groups of friends went on road trips or fun outings. The most common activities for after prom were canoe trips down the St. Croix River, a trip to Valley Fair, or heading to a cabin for the long weekend.

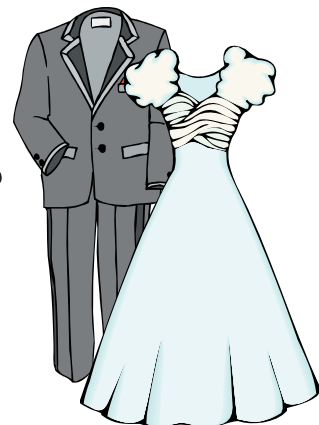
The price for prom was much cheaper then it is now. The cost was around \$15 for a person, and dresses were around \$75.

Even though 20 years have passed since the 1988 prom, it is still one of the most remembered nights of every seniors' life.

Information taken from the 1988 Forester.



# Through The Ages



## Teens become adults' the years

In the 1950s, prom began to become more elaborate and expensive. Girls were more concerned about their outfits and everyone wanted to be named prom royalty so they could have an automatic high social status. It became more of a junior and senior prom and was moved to bigger and better places.

In the 1980's several teen movies were aired advertising prom as the 'ultimate coming-of-age event' in a young person's life.

Today's proms have become all-night expensive affairs. Some also have post prom activities that extended into the early hours of the next day.

Limos, fancy dresses, and glamorous locations are all considered to be standards of prom. However the tradition of a guy asking a girl still stands, more and more girls are asking their dates to prom instead of waiting and wondering if they'll be asked.

Over the past 100 years, prom has gone from a very strict banquet to an expensive and enchanting extravaganza. It is known as the night where teens feel like they begin to become adults.

Information taken from [www.prettyforprom.com](http://www.prettyforprom.com).

**AIR**  
puffy, and down.  
down, or an up-do.  
spray needed!

**&**

**FLOWERS**  
small bouquets with  
colored flowers, cor-  
d and wrist corsages.  
Elaborate, bright  
bouquets, corsages,  
wrist corsages

**DRESS**  
scooped neckline,  
el colors  
colors, spaghetti  
alters, and  
s or ruffles.



Photo courtesy of InStudio photography located in Stillwater, MN  
<http://www.instudio.info/main.htm>



**TUXEDO**  
Now: Usually black and a tie

# Now

## 'Wonderful Tonight' Forest Lake Prom, 2007

by: *Amelia Matheson*

"Wonderful Tonight," by Eric Clapton will be the theme song at this years Forest Lake High school prom. Prom will take place on April 28, 2007 in the great hall of the US Bank building in St. Paul. Most couples or groups of friends are announced at the grand march where they make their entrance. This year, the Grand March will begin at 6pm. The dance then starts at 8:30 pm and goes until 11:30 pm.

Most girls today go and get their hair done, nails done, get a fancy dress, jewelry and sometimes even a tan before the big night. Dresses are usually longer and come in all styles. Puffed up dresses are less common and the slimmer dresses are more in style. Halter dresses and strapless dresses are the most popular for prom. Some other popular dresses include lace on the back or open backs, and others have slits on the sides. Guys still wear tuxes that are generally the same. Regular ties are worn more often then bowties, however.

Couples or groups of friends may rent a limo to drive them around for the night or borrow a relative's luxury car. Professional pictures are taken before, during (for an additional cost), and after prom to remember all the exciting events of the night.

This year's prom ticket cost is \$30 each or \$60 per couple. Tickets may be purchased in early April at lunches or after school. There will be a prom link on the school website with restaurants and ticket details.

# 2007

## Hungry from all that dancing? Check out these restaurants!

List compiled by *Nicole Bernfield*

All of the following restaurants are within a small distance from the site of Prom 2007. There is a little bit of everything - from fancy Italian, to casual Mexican (see Restaurant Review on pg. 8). Contact individual restaurants for reservation information.

More information will be following in the packets you will receive when you purchase your prom tickets.

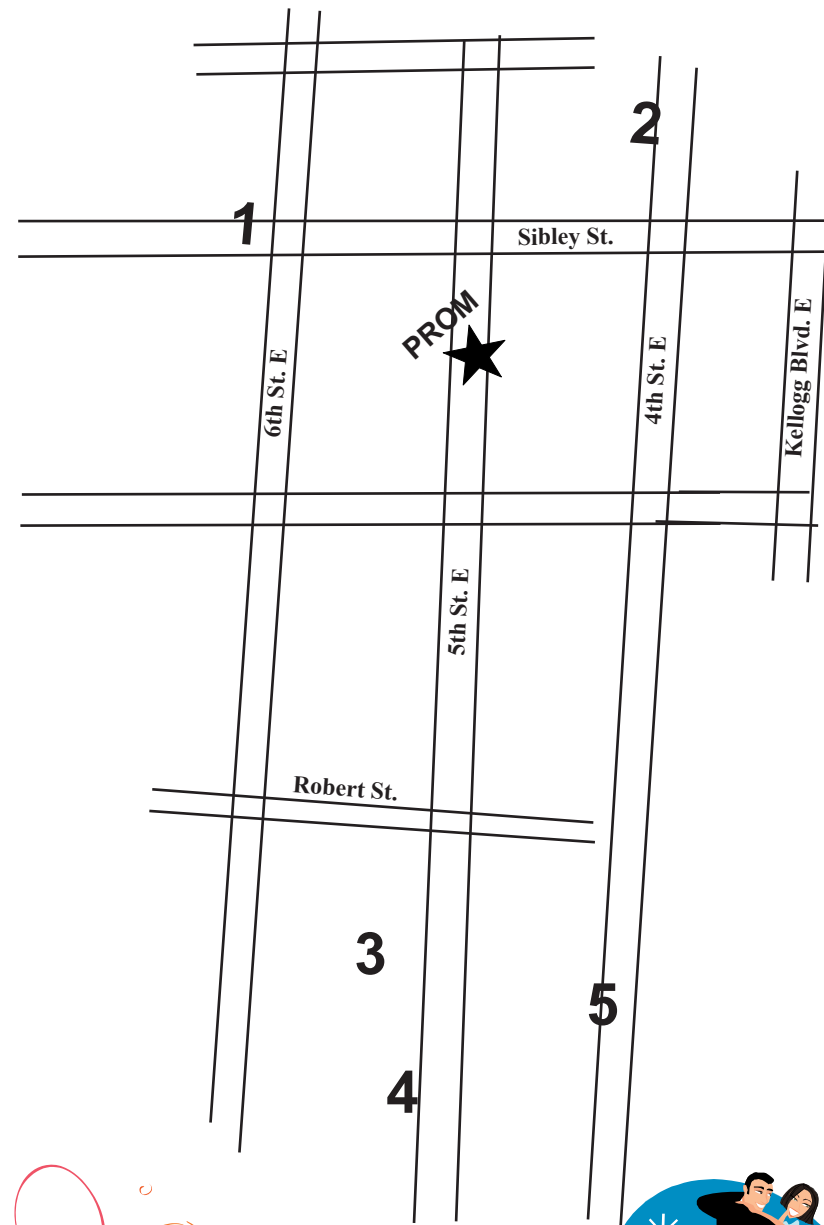
- 1. Trattoria da Vinci**  
-Type of Food- Italian  
-Price Range- \$7.25 (salad) - \$24.95 (8 oz Filet Mignon)  
**-Distance from Prom- about 1 1/2 blocks**

- 2. Christo's**  
-Type of Food- Greek  
-Price Range- \$2.35 (cup of soup) \$8.95 (salad)  
**-Distance from Prom- about 2 blocks**

- 3. Eddington's**  
-Type of Food-  
-Price Range- \$3.29 (baked potato) - \$9.69 (large pasta salad w/ bowl soup)  
**-Distance from Prom- 1/4 mile**

- 4. Sakura Restaurant & Bar**  
-Type of Food- Japanese  
-Price Range- Unknown  
**-Distance from Prom- < 1/2 mile**

- 5. Chipotle**  
-Type of Food- Mexican  
-Price Range- \$5.00-6.00  
**Distance from Prom- < 1/2 mile**



1. Mrs. Barb Schellingner, FACS Teacher 2. Mrs. Coleen Colton, French Teacher 3. Mrs. Lee Anne Brockman, Technology Specialist 4. Mrs. Ann Skoglund, Activities Assistant



# Restaurant review: Chipotle not ‘run-of-the-mill’ Mexican food

by Nicole Bernfeld

Do you like Mexican food but feel like skipping the run-of-the-mill items at Taco Bell and Taco John’s? Why not try Chipotle?

Chipotle has many combinations of a few different dishes. Customers can get a burrito, fajita burrito, tacos, hard or soft, burrito bol, or a salad. First of all, the burritos are huge. They have rice, beans, meat, salsa, and cheese or sour cream. The fajita burrito is basically the same except instead of beans you get sautéed onions and peppers. The tacos choice comes with three soft or four hard shell tacos and your choice of meat and toppings. The salad is just that, a salad. It comes with romaine lettuce, choice of meat, salsa and cheese, and chipotle-honey vinaigrette.

Unlike Taco Bell or Taco John’s, customers have five different options for meat. Chicken, marinated for hours and grilled, steak, marinated and grilled, barbacoa, spicy, shredded beef, braised with chipotle adobo, cumin, cloves, garlic, and oregano. Carnitas is pork, seasoned with thyme, bay leaves, juniper berries, and fresh black pepper. For the vegetarians there’s the ‘Vegetarian’ option, which substitutes guacamole and vegetarian black beans, instead of meat and other animal products.

I went with the three soft shell tacos. They were small, more like a fajita shell than a taco



shell, but they were excellent. I had them with the barbacoa beef, shredded cheese, lettuce, and sour cream. The beef varies on the spiciness scale, so be prepared. If you do get it when it’s spicy I have one piece of advice for you, don’t lick the sauce off your fingers! If you do, you’re likely to make yourself look like a chimney with the smoke coming out of your ears. If you like something a little milder, try the steak. It’s still got a bit of a kick to it, but it’s not scorching. It also has a slight sweetness to it, which helps take away the initial shock and helps ease the elevating of the spicy.

Chipotle restaurants are all designed the same. There is not a lot of them around, which is a downside, but they are worth looking for, and worth the drive when you find one. A few of the closer ones are in Blaine, in the new shopping area, Vadnais Heights, Coon Rapids, and Maplewood. They have a very nice layout and atmosphere. The prices are more than reasonable with the prices for the main orders between \$5 and \$6. Three tacos at Taco Bell or Taco John’s cost a little less, but Chipotle’s tacos are better quality. Customers order their food buffet-style, like they would at a Subway. Chipotle is worth way more for your money.



## Step- 2- 3- 4...

Students in Mr. Gunderson’s 4th hour Physical Education class “cut a rug” as they learn the classic ballroom dance moves in their recent dance unit.

photos by Amelia Matheson



# Movie review: Carrey goes dramatic in *Number 23*

by Kacie Waldoch

*The Number 23* was a thrilling surprise. The movie was unexpectedly funny with Jim Carrey’s sarcastic humor. The plot quickly unraveled as Walter Sparrow (Carrey), a married dog walker, began to read the book, *The Number 23*. As he read, he imagined himself as the main character, Fingerling. Fingerling is a detective who tries to figure out how the number 23 could drive a young blonde to kill herself. With a few coincidences and clues, the story slowly comes together as Sparrow finds he has more to do with the book than he thought.

Carrey really showed many different acting talents as he played the roles of both Sparrow and Fingerling. They were both very different than regular slapstick comedy roles Carrey has played in previous films. Each character also went through many mental changes, which help Carrey’s talents shine through as well.

Previews portrayed the *The Number 23* as a horror film, but it was surprisingly an intense mystery. It definitely followed the criteria as a thriller, but didn’t break the horror barrier. The movie had a great cast and interesting plot, but got long before the final climax. So, I give the movie three out of five stars.



See it for yourself at:

Forest Lake 5

White Bear Township

East Bethel



The Ranger benches out back proved their worth on Thursday, March 1 snow storm that sent students home early. The overnight snow resulted in a snow day Friday, March 2.

photos provided by Diane Dugas



## One Moment in Time

# Student Artist Spotlight: Junior Tony Boicourt comments on society through poetry



Junior Tony Boicourt has been writing poems for a little over a year.

“I started writing one day, as a way to release my emotions, I write a lot about things I disagree with in the world,” said Boicourt.

Boicourt is also working on a trilogy of Sci-Fi books, so be on the lookout.

To See more of Tony’s work, check out the site below:  
<http://sir-cool.deviantart.com>

### Changes

Its funny how in a single week,  
so much can change,  
No matter how much you dislike it,  
It’s probably for the best,  
Even if it makes your cry, and even a little more shy,  
Even if you don’t know where you were,  
Or where you are,  
You will always find someplace to go,  
That’s the way life works,  
Or so I’ve learned,  
It’s not always easy to feel the burn,  
But you do grow,  
And if in the end you have nothing to show,  
At least you know,  
You tried...

### Mr. President

All you see  
Black, and white,  
All you see  
From left, to right  
Burning faces, that you,  
Helped ignite,  
Burning faces, once so merry,  
Burning faces, your job, to bury,  
From behind the desk of the free,  
You have turned the nation into a mockery,  
Just know, when judgment day comes,  
From our lord, them, him, her, or me,  
Just know,  
You are guilty.

### Impervious Optics

I touch you, and feel nothing,  
Only your sweet perfection,  
It Pulses through me like nothing else,  
True texture, lies in your eye’s,  
The only reason i feel,  
I feel what i don’t have,  
And it makes a part of me, sigh.  
I’m with you and smell nothing,  
Only your sweet perfection,  
It Pulses through me like nothing else,  
True fragrance lies in your eye’s  
The only reason i smell,  
I smell what i don’t have,  
And it makes a part of me, shy.  
I listen to you, and hear nothing,  
Only your sweet perfection,  
It Pulses through me like nothing else,  
True words lie in your eye’s  
The only reason I hear,  
I hear what I don’t have,  
And it makes a part of me, cry.  
I look at you and see nothing,  
Only your sweet perfection,  
It Pulses through me like nothing else,  
True beauty lies in your eye’s  
The only reason I See,  
I see what I don’t have,  
And it makes a part of me, die



Music Monthly: Inside ‘Sinostrocular’  
Local band looks to make it big after “Battle”

by Jordan Lutz

You may have seen them at this year’s Battle of the Bands under the name Sinostrocular, an up and coming band from the Forest Lake area. Whose sound is described as ‘older rock with a punk twist.’ One could even add a pinch of Jazz and Latin into the band’s broad musical spectrum.

“We formed about a year and a half ago in August of ‘05,” said keyboardist Derrick Iverson, “When we started, we were playing mostly pop-punk covers, like Bowling for Soup and Goldfinger, we even did some Green Day.”

In addition to the covers, the band has a major string of influences.

“I’m really into Tool, Nirvana, and Fathom,” said guitarist Rory Alt, who is also involved in another band named Trick Lock, in which he plays the bass. “Trick Lock has kind of a punk rock style.”

While Alt seems to have a harder edge, Bassist Jef Caine seems to like more of an alternative style.

“I really like the bassist from the Red Hot Chili Peppers,” said Caine.

Caine joined the band about two months ago and has been playing bass since the sixth grade.

Another talented musician, who has been playing for over four years, is drummer Derek Sandkamp.

“I love to drum,” says Sandkamp, who is also involved in Drumline and the Band program. “I’m in the band more for fun, not money or recognition, and to also grow as a musician.”

Sandkamp is into bands like Dream Theatre and is also involved in another band called Vicissitude.

“I’m not sure about the spelling,” comments Sandkamp, “We’re more of a progressive metal band.”

The band (formally Sinostrocular) is currently working on a new name and writing some of their own material.

“I really want to stay away from covers,” said sophomore vocalist Jacque Calling, who has a heavier taste in music. “I’m into Breaking Benjamin, Flyleaf, Evanescence, and Korn.”

Calling is proud of being the vocalist of the band.



Drummer Derek Sandkamp and Vocalist Jacque Calling perform during the Battle of the Band auditions.

“I think there needs to be more girl rock bands, and that more girls need to show their talent,” said Calling.

All members of the band have pretty strong support from their parents and friends.

“My parents are glad I’m doing something,” said Caine.

“My friends love what I do; they support and encourage me,” said Calling. “I think people should support their friends’ decisions no matter what, even if it’s a bad one.”

The band currently has no shows lined up, but has played at birthday parties and is hoping to have shows for this summer. They plan to play in next year’s battle of the bands.

“I can’t wait to come back next year and take first,” said Iverson with a smile.

Want to see Sinostrocular?

Talk to any of the band members to ask when their next show is and for more performing information.

Cheers  
& Jeers



**CHEERS** -To Spring Break...  
WOOT WOOT! (The countdown is on!)

**JEERS** -To March coming in like a lion. Will it hold up its end of the bargain and go out like a lamb?

**CHEERS** -Cheers to blood donors... Thanks for your consideration!!

**JEERS** -To no Winter Wonder Week royalty. Thanks to the careless “fun” some had at others expense, we have to regain trust.

**CHEERS** -To the fact spring is just around the corner! Time for nice long walks and runs and not wearing coats outside!

**JEERS** -To spring cleaning... Why clean inside when we’ll be spending so much time outside??

**JEERS** -To really small dogs. C’mom. I want to pet it, not wind it and have it make little squeak sounds.

**JEERS** -To the Perkin’s cooks who cut my toast diagonally. I want every bite to have an equal bread to crust ratio

Have a cheer or jeer you want to add?  
Please E-mail us:  
forestbreeze@forestlake.k12.mn.us

Movie  
Releases



list composed by Andy Setterholm

In Theatres

**Mar. 16**  
- Shooter  
- Premonition  
- Dead Silence  
- I Think I Love My Wife  
- The Wind that Shakes the Barley

**Mar. 23**  
- Reign Over Me  
- Teenage Mutant Ninja Turtles  
- The Hills Have Eyes 3  
- Pride  
The Last Mimzy

**Mar. 30**  
- Meet the Robinsons  
- Blades of Glory  
- The Lookout  
- Rescue Dawn  
- Skinwalkers

**April 6**  
- Grindhouse  
- The Pleasure of Company  
- The Reaping

On DVD

**Mar. 13**  
- Casino Royale  
- The Holiday

**Mar. 20**  
- Rocky Balboa  
- Blood Diamond  
- Eragon  
- The Nativity Story

**Mar. 27**  
- Happy Feet  
- The Pursuit of Happyness  
- Turistas

**April 3**  
- Charlotte’s Web  
- The Good Shepherd

**April 10**  
- Bobby

**April 17**  
- Freedom Writers  
- The Last King of Scotland  
- Notes on a Scandal  
- Smokin’ Aces

**April 24**  
- Deja Vu  
- Night at the Museum  
- The Queen

Concert Calendar

List compiled by Siri Urquhart

| Date & Time       | Band Name                    | Location                            | Ticket Cost      |
|-------------------|------------------------------|-------------------------------------|------------------|
| 3/17/07 @ 5:00 PM | Anti-Flag                    | Trocaderos Minneapolis, MN          | \$15.00          |
| 3/18/07 @ 4:30 PM | Gym Class Heroes & P.O.S     | First Avenue Minneapolis, MN        | \$14.00          |
| 3/18/07 @ 6:00 PM | Newsboys                     | Target Center Minneapolis, MN       | \$25.00- \$45.00 |
| 3/19/07 @ 7:30 PM | Christina Aguilera           | Xcel Energy Center Saint Paul, MN   | \$55.00- \$85.00 |
| 3/21/07 @ 6:00 PM | Relient K                    | Myth Maplewood, MN                  | \$17.00          |
| 3/25/07 @ 7:00 PM | Taylor Hicks                 | Mystic Lake Casino Prior Lake, MN   | \$42.00- \$53.00 |
| 3/26/07 @ 5:00 PM | It Dies Today & Comeback Kid | Station 4 Saint Paul, MN            | \$12.00          |
| 3/20/07 @ 8:00 PM | The Roots                    | First Avenue Minneapolis, MN        | \$24.00          |
| 4/4/07 @ 5:00 PM  | The Early November           | Station 4 Saint Paul, MN            | \$12.00          |
| 4/6/07 @ 7:30 PM  | Snow Patrol                  | Northrop Auditorium Minneapolis, MN | \$26.00- \$30.00 |
| 4/7/07 @ 5:00 PM  | Halifax                      | The Loft At Barfly Minneapolis, MN  | \$10.00          |
| 4/12/07 @ 7:30 PM | John Legend                  | Orpheum Theatre Minneapolis, MN     | \$41.50- \$71.50 |



# ACTIVITIES

## Hit the field

### Baseball try outs begin Monday

by Brittany Forsblade

The FLHS baseball team's practices will begin March 19, with try outs that will last between 4-5 days. Brian Raabe will be coaching, with his assistant Tal Gravelle. Team captains are Seniors Trip Shultz, and Drew Cremisino. The team's two bat boys are the coach's sons Zackary Raabe, and Brett Gravelle.

The teams enter the 2007 season with high hopes.

"Our season went great last year, finishing with a 21-6 record coming within one game of the state tournament," said Raabe.

According to Raabe, some of the team's top returning players are; Shultz, Cremisino, Brady Banse, and Christian Fogerty.

Over spring break the team will be practicing like normal, preparing for their first game of the season.

"Our goals are to play hard every game and win as many games as possible," said Raabe.

That quest will start at home and opens at Schumacher Field on April 3, 4:15 p.m. against Coon Rapids. Their next game will be in Roseville on April 9, 4 p.m.

## Full team with great leaders

### Softball starts season with high hopes

By Brittany Forsblade

Close to 70 9-12<sup>th</sup> grade girls converged on the FLHS gym and field house last Monday. Why were they there? To try out for a softball team.

After a 4-17 record last year, Head Coach Angie Ryan remains optimistic when looking ahead.

"This year, we have a lot more experience to draw from and plan to contend for the conference championship," said Ryan.

Seniors Stacey Johnson, Kacie Waldoch, and Junior Kathy Coudo will lead the team as captains. The team returns several starters and players with varsity experience. Seniors Amber Diemert and Johnson lead the outfield, Juniors



Alyssa Dunrud is expected to be a leading pitcher

Crudo, Jessica Skogen, Kelly Kent and seniors Chelsie Nelson, Waldoch and Megan Hinrichson return to the infield, while senior Amy Lalla and sophomore Alyssa Dunrud return to take the mound for the Rangers.

Since the team's first game is the Monday after spring break, there is no break for the team. Instead, the team will be preparing for regular season games by scrimmaging Rosemount in St. Cloud and hosting a scrimmage with Andover.

According to Ryan, the team has high expectations for themselves this year.

"We want to be in the section championship game, have a winning record and be in the top three teams in the conference," said Ryan.

The team ventures to reach these goals with the first game on April 9, against White Bear Lake. The first pitch will be thrown at 4 p.m. The team's first home game will be April 11, against conference rival Moundsview. Start time is 4 p.m.

## New girls JV golf team

### Strong numbers for boys as well

by Meagan Seim

What do bogey, birdie, eagle, and albatross all have in common? Golf. As spring rolls in, so do the FLHS golf teams, with many goals set in mind.

#### Girls

"We hope to improve on last year, which means a conference title, and to be competitive at the Section tournament," said Girls Golf Coach, Joel Hall.

The #2 and #4 golfers in the SEC conference will be back for the Rangers in freshman Betsy Kelly and Mallory Messin. Along with four other returning letter winners, Kelly and Messin look to lead the team in depth.

"We have great leadership from the upper class in Nicole Tetrault and Emily Wislicenus. They are a fun group, and make it fun to coach," said Hall.

Hall is expecting around 20 girls to go out for golf, with six golfers on the varsity squad and 12 on the newly-established junior varsity. The Varsity team isn't going to be the only team in the spotlight this year.

"I couldn't be more thrilled and excited about the JV this year," said Hall. "They will have a full schedule, finally, and will hopefully continue to help move this program into a successful position in the SEC."

With high hopes, the JV team heads to the course in Woodbury on April 17, and the varsity begins their season on April 19 against Woodbury at Prestwick Golf Course.

"The SEC is tough. Woodbury, Roseville, and WBL are always tough, but the Rangers should do just find," said Hall.

#### Boys

With 40 golfers on the FLHS Boys Golf Team last year, Head Coach John Buck has his work cut out for him.

"I kept them all to build future development," said Buck.

The myriad of golfers will be led by the team's lone senior and captain, Kyle Lewis. Several sophomores and juniors return to help the team as well.

This year, the numbers will have to be cut because of logistics.

"The golf courses we use don't have enough room for that many players," said Buck. "We will have a developmental program for kids who do not make the competitive team."

Looking ahead to the season, Buck sees several rival schools.

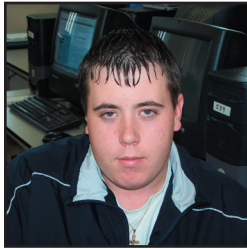
"White Bear, Woodbury, Roseville, Cottage Grove will battle us for the [conference] title," said Buck. "But we want to win the conference and section, and give a run at a state championship."

The team heads to the links at Bellwood Oaks Golf Course in Hastings on April 10, then heads to Faribault to compete in an invitational on Friday, April 13.

## Can the Twins win it?

### Teams on top, but for how long?

Commentary by Dan Carey



What do you get when you have an MVP, the AL Batting Champion, a Gold Glove, and a CY Young award winner on one team? A World Series contender.

Coming off a magical 2006 season, the Minnesota Twins are once again on top of the AL Central. How long will they be on top? With an offense full of Piranhas and a couple sharks thrown in, they could spend years on top. But to remain on top, the Twins will have to, for the first time in awhile, hope the pitching staff comes through.

The Twins 2006 rotation started a bit rough but when phenom Francisco Liriano was moved into the rotation in favor of struggling Carlos Silva, the starting five was, on paper, one of the best in the league. Even though question marks in the four and five spots prevented the rotation from being the best in baseball the top three held down the rotation.

Jump forward ten months. Liriano is lost for the season due to Tommy John surgery, Brad Radke retired after 12 seasons, and Carlos Silva can't throw the best pitch in his arsenal. But there is always Johan Santana joining Boof Bonser as maybe the only sure things in the rotation. Look for Silva, Ponson, and Ortiz to join Bonser and Santana in the opening day rotation.

To help combat the loss of arms in the rotation, the Twins went out and signed two low risk/high reward pitchers Sidney Ponson and Ramon Ortiz. Both Ponson and Ortiz are looking to resurrect their careers as Minnesota may be the final chance for Ponson to prove his worth after disastrous stints with Baltimore and New York. Also competing for spots are rookies Matt Garza, Glen Perkins, and two year veteran Scott Baker will look for another shot for a spot in the rotation and for Baker, this may be his final shot.

The year 2007 may be the year where the Twins don't have holes on offense. With Tony Batista failing at third base last season, Nick Punto took the job and ran with it. The 29-year-old Punto filled in at third and hit .290 and had a stellar glove at the hot corner. Joining Punto,

and having a successful season of his own, was shortstop Jason Barlett who also played great defense while hitting .309. He played every game at short stop for the Twins when he took over the position from Juan Castro in mid July. Twins fans should look forward to seeing Bartlett develop into one of the better shortstops in the league.

Yet another success story from 2006 was the sudden emergence of Jason Tyner as he filled in for an injured Torii Hunter. The speedster Tyner fit in perfect with the Twins' "small ball" approach to the game and will be the favorite for the left field spot going into spring training. Punto, Bartlett, Tyner, and veteran second baseman Luis Castillo make up the piranhas named by White Sox manager Ozzie Guillen for their quick play, ability to bunt, steal bases, and play fundamentally sound baseball.

Swimming with the piranhas are the "sharks" of the lineup. The new "M&M" boys Joe Mauer and Justin Morneau are the current version of the 1960's "M&M" boys Mickey Mantle and Roger Maris. Last season, Mauer became the first catcher from the American League to win a batting title as he hit .347 for the season, narrowly beating superstar shortstop Derek Jeter and second baseman Robinson Cano both of the New York Yankees. Jeter was to be out done again as Justin Morneau became the first Twin to hit 30 home runs in a season. Along with Morneau's 30 homeruns came an outstanding .321 narrowly beating out Jeter for the AL MVP award.

Michael Cuddyer also picked 2006 to have his career season as he took over right field. Cuddyer showed a great arm patrolling the outfield, tallying up 11 assists from right field and hitting 24 homeruns and .284 to match his stellar arm.

Adding to the Twins exciting defense is perennial Gold Glover, Torii Hunter. After battling nagging injuries towards the middle of the season, Hunter became the second Twin to hit 30 homeruns after a 19 year absence of a true power threat.

With the Twins' great bullpen, offense and defense, all the Twins need is their starting pitching to come through if they want to have the type of magical season like they did last year. The magic and excitement of another season begins in 17 days.

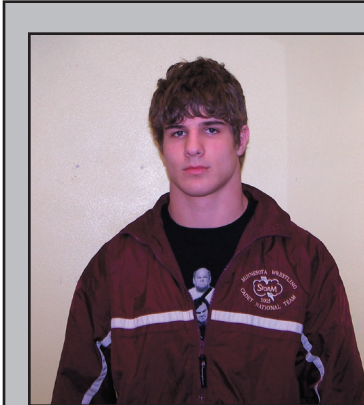
## Starting with a splash

### First synchro meet March 20

By Kacie Waldoch

Cranes, herons, knights, and tubs are moves the synchronize swimming team is perfecting for the upcoming season. The 2007 synchro. team's season began March 5 and they are practicing their moves at the Southwest Jr. High pool. This season's captains are Senior Ann Husfeldt, Senior Carrie Peterson, and Senior Alyssa Moberg.

"The first two weeks are hard and boring," said Husfeldt, but they are worth the fun times for the rest of the season, like being with the girls and putting jell-o in their hair. The team puts jell-o in their hair because it's the strongest gel that holds it back.



## Congratulations!

**Luke Munkelwitz**  
**Minnesota AAA**  
**State Champion**  
**171 lb.**



# ACTIVITIES

## Track and Field time trials Boys at Bethel, Girls at St. Olaf

by Chloée Daniels-Miller

Both teams started captain’s practice on Feb. 27 and started team practice on March 2.

### Boys

This year the ’07 boys’ Track and Field captains, under the direction of Head Coach Paul Kendrick, are seniors Brandon Yetter, Tyler Kleinhuizen, Matt Schwartz, Zach Clark and Alex Warren. The first outing for the team will be time trials at Bethel University this coming Monday, March 19.

“At Bethel, we’ll pretty much just see where the team is at time wise,” explained Schwartz.

They’re next meet will be Conference relays are on April 10<sup>th</sup> at White Bear Lake High School.

“Most of the team members are sophomores, and we have some pretty fast juniors this year, like Dalton Keep and Dillon Grant. Kleinhuizen should place pretty high in shot or discus this year, too,” Yetter and Schwartz said about this season.

Although it’s early in the season, the team already has season goals in place

“We’d like to make at least 3<sup>rd</sup> in our conference, top five at True Teams, and at least 12<sup>th</sup> at the state meet,” said Clark.

### Girls

This year the ’07 girls’ Track and Field captains, under the direction of their new Head Coach Erik Kaluza, are seniors Kristi Buerkle, Brittnei LaFontsee, Kelsey Kosman and Kirsten Nygaard. The captains are leaders in their events, with Buerkle focusing on the 200, 400 and possibly to 800 meter dashes, Kosman in the 100m. dash, Nygaard in the Shot and Discus, and LaFontsee in the long jump.

The Varsity will be traveling to St. Olaf March 26 for time trials, and on April 10 the Varsity will be at White Bear Lake.

The team has set a goal of making at least top four in the conference.

“Last year we ranked 7<sup>th</sup> place,” said Nygaard, “and we have some really competitive, teams in our conference, so we hope to be pushed by them to set higher goals for ourselves.”

“We have a pretty young team this year,” said Kosman.

“We’re seniors and finishing up [track], but I think it’ll be really good for the younger athletes to be able to develop under a new coach,” said LaFontsee

## Boys Tennis travel to Blaine first

by Neil Polglase

As soon as the snow melts this year, there will be a group of students rushing to the tennis courts. The green balls will fly and the rackets will swing through the air. The boy’s tennis team will be out to play once again.

“I’m really anxious to play tennis,” said Junior Sammy Steiner.

The team is expecting to do well this year, although they lost some key players due to graduation. Everyone is hoping they can make it to state this year. The head coach of the boy’s team is Greg Patchin. The team loves the relaxed atmosphere Patchin creates, even though some say he can be a bit long-winded.

“Patchin can talk up a storm,” said Captain Calvin Kerkoff.

The team did well last year, but didn’t make it to state. With young talent coming in and some veterans, a main goal is to make it to state this year.



The team starts practice the week before spring break. If they earn a trip to the state meet, the end of the season would not be until June. The team begins their quest for a state berth April 10 when they travel to Blaine. Their home opener is against the Raiders of Hastings on April 12.

Now, all they have to do is wait for the snow to melt.

## Mollet’s quest realized FLHS Lacrosse gains school endorsement

by Amelia Matheson

Although the sport of lacrosse has been around for ages, it took the motivation of Junior Matt Mollet to bring it to Forest Lake.

Lacrosse is a fast-moving sport which features the goal-scoring and checking of hockey, the offensive strategies of basketball, the throwing and catching of baseball, and the running of soccer.

It all started when Mollet was a freshman at Southwest Junior High and became interested in lacrosse.

“My biggest inspiration was watching the MN Swarm Lacrosse team play and wanting to learn the sport myself. I also wanted to be able to teach others the game of lacrosse,” said Mollet.

He was searching the internet for information on it and found out about US Lacrosse (the national governing body of lacrosse). Some of the information this organization and this site had was on coaching

tools, a stick loan program, new start manual, and equipment grants.

“‘Wow,’ was my first reaction to the sport and the website,” said Mollet.

Mollet began by thoroughly reading the New Start Manual he started receiving in the mail. He wrote a proposal for a lacrosse program and began meeting with Community Education and Tim Conley, the athletic coordinator of Forest Lake. Community Ed decided to support the new lacrosse program.

Mollet wrote and applied for a grant from US Lacrosse to help fund the team. It was accepted and the new lacrosse program received roughly \$10,000 dollars worth of equipment.

“Students should play lacrosse because it is a new sport and a new opportunity to be one of the first to participate in the Forest Lake Lacrosse program,” said Mollet.

“I chose lacrosse because I used to play



Girls Scrimage



Scrimage

hockey a lot and I wanted to get back into it but I was too far behind,” said Setterholm, “Lacrosse is a similar sport plus my conditioning for soccer helps a lot.”

This year is the first year that Forest Lake will have a competitive boys lacrosse team playing in the MBSLA (Minnesota Boys Scholastic Lacrosse Association) for grades 9-12. It begins March 19 and their first game is April 18 at 5:30pm against Spring Lake Park. Their first home game is April 20 at Wyoming Elementary.

There is also a Club Lacrosse Team that is co-ed and for grades 7-12 which begins April 9 at Century Junior High.

Thanks to Mollet’s hard work and perseverance, Forest Lake High School students can now experience an age-old sport.

## Fan-tastic Forsythe Dan Forsythe 2-sport U of M athlete

by Dan Carey

How many people can say they’ve played under a legendary hockey coach *and* was drafted by a professional baseball team? At least one, and he walks down the halls of Forest Lake High School everyday. Physical Education teacher Dan Forsythe has a sports history of which not many students or staff are aware.

While playing football, baseball and hockey throughout high school at North St. Paul, Forsythe was able to play in the prestigious Minnesota state hockey tournament and was voted to be part of the All-Metro team. His team was successful in baseball too, as Forsythe also helped his summer American Legion team win a state championship in 1971 with a personal pitching record of 19-1.

Forsythe was then awarded a scholarship to play baseball at the University of Minnesota. Before he enrolled at the U of M, however, Forsythe was drafted as a pitcher by the New York Mets. Forsythe decided to ignore the \$10,000 signing bonus and instead fulfill his Division I scholarship and pursue an education.

One day after a baseball practice, Forsythe was approached by legendary hockey coach Herb Brooks. Brooks was aware of Forsythe’s performance on the hockey rink, and invited Forsythe to walk on the U of M hockey powerhouse. Forsythe made the team and spent his first season on the Gophers’ junior varsity. Forsythe became close with his head coach and hockey Hall of Famer, Herb Brooks.

“He [Brooks] was very intense,” Forsythe said. “He was just like he is in the movies; the more you swore at him, the more he liked you.”

Forsythe played one and a half seasons with the Gopher hockey team before hurting his knee while blocking a shot during a game. As a result, Forsythe quit hockey to focus on baseball. During his tenure on the baseball team, Forsythe played with Hall of Famer Dave Winfield and roomed with another Hall of Famer, Paul Molitor, during road trips.

“I was kinda the old guy who kept things in order,” said Forsythe. “That was my assignment

from the assistant coach.”

Forsythe eventually earned a letter in baseball in 1976.

During a road game against Texas A&M, Forsythe hurt his throwing elbow which forced him to find a new way to pitch. No longer could Forsythe throw in the mid 90’s. Forsythe ended his baseball career after injuries prolonged his stay on the sidelines.

“I was junk,” Forsythe said. “I had to learn how to pitch again. I had to throw more curveballs and sliders.”

After hockey and baseball were put behind him, Forsythe graduated from the U of M with a major in physical education and health, and took up coaching. All the while, he continued to be mentored by Brooks.

“I would talk to him on the phone or in person. We’d talk about STP and grassroots hockey. Trying to get more young kids to play hockey,” said Forsythe.

Looking back, Forsythe is happy to have chosen his education over professional sports, as his injuries forced him out of sports and into the teaching and coaching world sooner than expected.

“A lot of guys would not go to class, and end up playing professional ball for awhile. But after they were done, they ended up in jobs they didn’t like,” Forsythe said. “I was very fortunate that my injuries led me into a job I enjoy.”

Forsythe began his coaching career in St. Peter, Minn. where he and his wife Karen had their three children; twin daughters Kristi and Amy (now 22 years old) and son Aaron, who is currently a substitute teacher at FLHS. All were involved in sports throughout their careers.

Forsythe coached the Forest Lake boys hockey from 1984 to 2000 and is currently an assistant coach for the Rangers’ girls hockey team.

“You learn a lot through sports,” said Forsythe, “and you do it because you love it.”

## Spring Sports Start-up Dates

Boys Baseball- March 19

Boys Tennis- March 26

Special Olympics- April 12

Girls Softball- March 12

Track- March 12

Golf- March 12

*\* If you haven’t been in a sport this year you need to turn the following forms into the activities office:  
Health Questionnaire Form  
Insurance Form  
Fairview Athletic Trainer Form  
Physical Exam (good for 3 yrs.)*

**All forms must be turned in before start date!**



# FINAL SAY

## Double Take: Take Two

Seiferts '09

Ashley

Brittany



**Ashley:**

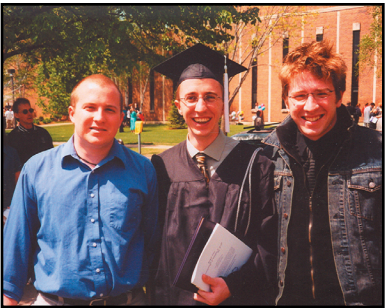
**Dislikes** sharing everything, but **likes** someone always there for you as a best friend.

**Brittany:**

**Dislikes** sharing everything, but **likes** that there is someone always there for you.

Waldrons, faculty

Shawn (twin), Mr. Waldron, Dan



**Mr. Waldron:**

**Likes:** "You don't have to buy a birthday present for each other, because it would be more like trading. And you don't have to remember his birthday."

**Dislikes:** "We don't always get along, and since I am the younger one by three minutes, he uses that against me."

Hansens '09

Alex

Ashley



**Alex:**

**Likes** that theres always someone else to hang around with, but **dislikes** that you don't get along very well, cause you're around them all the time.

**Ashley:**

**Likes** that theres always someone to be with, and hang around, but **dislikes** that they don't give you enough of your own personal space.

Kolbows '09

Ruby

Sam



**Ruby:**

**Dislikes** that he can get a little annoying, and the small arguments we get into, but **likes** that you to have somebody else to talk to.

**Sam:**

**Dislikes** the small arguments we get into, and that there's not enough personal space, but **likes** that someone is always there to gossip with!

Wittnebels '09

Christina

Rachael



**Christina:**

**Likes** that there's always someone there, but **dislikes** that it gets really annoying!!!

**Rachael:**

**Dislikes** that she has to include her in everything, and that she gets on her nerves. Sometimes our Parents mix us up, but **likes** that you have a best friend who is always there to hang out with and talk to.

Vilendrers '09

Jimmy

Krista



**Jimmy:**

**Dislikes** everything but **likes** abusing her.

**Krista:**

**Dislikes** that it's boring and that he dates all her friends, including her friend right now.

## Points to Ponder...



### Chapter 2

Compiled by  
Kacie Waldoch



•Shouldn't a vacuum cleaner be called a floor cleaner? Otherwise shouldn't we be cleaning vacuums with it?

•If Donald Duck doesn't wear pants, why does he ware a towel when he gets out of the shower?

•Which is worse, regreting doing something or regret not doing something?

•If a dog is mans' best friend, then what's womens' best friend?

•If its called 'Iced Tea' why doesn't it come with ice?

•Why can Goofy talk, but Pluto can't?

•Why doesn't Tarzan have a beard?

•What hair color do they put on the driver's licenses of bald men?

•A bus station is where a bus stops. A train station is where a train stops, so what happens at a work station?

•If the #2 pencil is the most popular, why is it still #2?

•If a turtle doesn't have a shell, is he homeless or naked?

•Would a fly without wings be called a walk?

•Isn't it a bit unnerving that doctors call what they do "practice"?

•How famous do you have to be to have your murder be considered an assassina-tion?

Some points taken from:  
[www.jokesandhumor.com](http://www.jokesandhumor.com)  
[www.cs.wisc.edu](http://www.cs.wisc.edu)

### The Search Continues...

Help us find the rest of the twins at FLHS!

If you have the names and grade of other twins, or you yourself are a twin, we'd like to know!

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



## Crossword Puzzle



### ACROSS

- To knock lightly
- Foot (Latin)
- Thick stew made of rice and chicken and small game
- Chordophone
- American time
- Belgian city
- One who navigates a ship
- Climbing plant
- An ugly evil-looking old woman
- Person who resembles a non-human primate
- Neither
- Tai Long
- An index of the cost of all goods and services to a typical consumer
- A gesture of affection
- Dine
- A sweet treat
- A clergyman having authority over a diocese
- Used esp. in medicine and photography and in dyes
- Expatriated
- Animal found in some subways
- Narrow ridges (Swedish)
- Small amount
- A spongelike cake leavened with yeast
- Derek \_\_\_\_\_, Harvard
- A workplace for the conduct of scientific research
- Dwelling place of some animals
- Musical piece
- To think creatively
- A smooth fabric of silk or rayon
- Maya \_\_\_ of Vietname Veterans Memorial
- A fabric woven from goat and camel hair
- The Muse of lyric and love poetry
- Take in solid food
- Company that rings receipts

### DOWN

- To emit a low droning sound
- Also known as
- Possibly
- Sled
- The compass point midway between east and southeast
- Long marrow strips of leather
- Gomer \_\_\_\_, marine
- Near, against
- A citizen of Iran
- Twisted yarns
- Those who use
- 007's creator
- Felt sorry for
- Sino-Soviet blocok, abbr.
- A Chinese Moslem
- Per \_\_\_\_, unit of population
- Kilo yard, abbr.
- Marks on the skin
- A straight thin piece of bar
- Of she
- A citizen of Iran
- Take hold of
- the 7<sup>th</sup> letter of the Greek alphabet
- Open to change, adaptable
- Excessively fat
- About Sun
- Japanese seaport
- A way to ask if desperate
- Tonight's host
- Breathe noisily
- To assume a position
- \_\_\_ Farrow, actress
- Peacock network
- Unit of corn

First person to stop by 374 with this finished receives a treat

Need help? Answers on pg. 9