



Days left of School!

the forest BREEZE

Laugh it up!

Shakespeare’s works (abridged) comes to FLHS theater

by Kacie Waldoch

What does rap, cooking, and football all have in common? They can all be found in this year’s spring play, which is *The Complete Works of William Shakespeare*.

The play is just around the corner and touches on each of Shakespeare’s plays, but mostly focuses on Hamlet.

“It shows all of his [Shakespeare] plays in a fun, comical way,” said Director Andy Waldron.

Waldron went on to explain that the audience doesn’t need to know anything about Shakespeare to enjoy this play; in fact, the play will serve to introduce the audience to the famous playwright. The play has some Shakespearean dialect, but much of it is in modern English.

This hour and a half show is full of a variety of musical styles and situations, and the audience may get more involved than expected.

Waldron decided to produce this particular play because he performed as the Character of Daniel in the show in college.

“I had a great time with it in college and thought it would be fun to do again,” said Waldron.

During rehearsals, according to Waldron, the cast works well together and are very physically expressive and animated, making the show that much more enjoyable. Also, the entire cast plays multiple characters throughout the show and Waldron believes each actor does well at changing their voices and postures.

“The cast works well together at making the play come across clearly,” explained Waldron.

The show’s dates and times are May 3, 4, 5, 11, and 12 at 7:30 p.m.

Shakespeare Shakedown

What:
The Complete Works of William Shakespeare (Abridged)

When:
May 3-5, 11-12; 7:30 p.m.

Where:
FLHS Auditorium

Cost:
\$ 4 students/seniors
\$ 6 adults
\$ 10 patron

Cast:
Caitlin Sapa, Kathryn Monberg, Scott Issacson, Becky Zierke, Derek Iverson, Bre’elle Erickson, Adam Regnier, Tyler Sperry, Jessica Pimpo, and Emily Wagner.

Paula Regnier starring in Movie
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Top FLHS students honored at Legion

by Chloée Daniels-Miller

Who knew a good GPA could get you an Academic Letter, a Certificate of Achievement and a free breakfast? On April 18, at 6:45am at the American Legion Post 225, sponsored the Academic Lettering Breakfast Forest Lake high school students. The award winners were treated to a free breakfast and were given tickets for two guests.

Jamie Bullock is her second year advising the Academic Breakfast.

“I put all the pieces together,” said Bullock, “which includes making the certificates and invitations.”

In addition to the students and their guests, Senior High Deans, Activities director Joel Olsen, and Principal Dr. Steve Massey were in attendance to present the Academic letters to their recipients.

This year, 81 sophomores with GPA of 3.8 or higher, 73 juniors with a GPA of at least 3.7 or higher, and 104 seniors with a GPA of 3.6 or higher received the Academic Letter and Certificate of Achievement.

“What tends to confuse students is that the academic GPA actually starts while they’re a freshman,” explains Bullock, “so students don’t think they need to keep track of it until high school, when they could be working to get it up while they’re still in junior high.

Congratulations to all the seniors who’ve received this award, and if you still have a year or more to go, work on strengthening that GPA so you too can enjoy an Academic letter, a Certificate of Achievement and, of course, a free breakfast.



Students earning an academic letter were invited by the American Legion to be honored and eat breakfast for free. The Legion donated the meals and the dining space. Photo provided

FLHS alumni back from 4-year abyss Michelle Olson recovering meth addict

by Brittany Forsblade

Michelle Olson (Traynor) a local Forest Lake senior high alumni of 1990 experienced a lifestyle for 4 years that nearly killed her. It’s called Methamphetamine.

What lead to Olson’s meth usage was the fact that she was addicted to pharmaceutical drugs, and lost her health insurance, and her doctor got fired, so a friend of hers gave her what she said was just “speed” to try to help her Fibromyalgia. After six months of using “speed” occasionally, one day all of a sudden

“I felt like I was on an elevator and couldn’t get off-Like a bobble head doll,” said Olson.

So Olson went to the hospital and they told her she had a middle ear infection, and sent her home with Dramamine. So she took that and for the next six days she didn’t feel any better, and went back to the doctor two times and they gave her some antibiotics as well, and she still didn’t feel any better. By this time she couldn’t stay in bed any longer, so she went to where she got the “speed” from. As soon as she did some all of the symptoms went away.

“Immediately and sadly I realized at that moment what I had been experiencing was withdrawals and that I was an addict,” said Olson.

Olson’s addiction starting affecting her kids right away, because she had stopped working.

“I became very irritable and impatient with my kids. I stayed up all night long, quit cooking, cleaning, and quit doing family activities. I allowed my kids to do things I never would have approved of before. I basically did this to justify what I was doing wrong,” said Olson.

“I lost my overall value and moral system. I quit having contact with my close friends and family members,” said Olson

“My kids who were 12 and 16 at the time suffered from the loss of these relationships as well- not only had they lost their Mother, but they lost their support system too, all because of my addiction,” said Olson.

All of the old friends of Olson’s became replaced with her new “friends” in the meth world.

“I had nothing in common anymore with people who didn’t use meth. Quickly I began to realize that I had nobody, these new found friends were

not the real thing. But I continued to associate with them, because the drug meant more to me than human beings,” said Olson.

In the beginning, Meth gave her a ton of energy; she was in awe of how she could stay up for days and nights on end and still feel great. It was a wonder drug. She lost a lot of weight, which was a likeable side effect to Olson.

“I also had a false sense of well being, like I could accomplish or attack any task at hand with confidence, I felt on top of the world and like everything was great. But what goes up must come down, everything began to change. I thought it was everyone around me changing, but never me,” said Olson.

Olson began to experience panic and

anxiety attacks, severe dehydration, and dangerously low potassium levels. She would have to go to the hospital and get potassium transfusions which is dangerous to have done, but also very dangerous to not have it done. Her once always perfectly clear skin became blemished and scarred. After 3-4 days of being sleep deprived she began to hallucinate.

“I would see what I would call “shadow people”. They were young children playing hide and seek with me,” said Olson.

She also got horrible ulcers in her mouth known as “speed burns”. She would get cracks in her skin and hands caused by vitamin deficiencies.

“I would also get Neuropathy also due to a vitamin deficiency from not eating or sleeping. That all resulted in pins and needles sensation throughout my body,” said Olson.

“When Olson started using she had a \$250,000 home that she had purchased by herself when she was 27 years old, she was a single parent with two kids, and made over \$100,000 a year. She had two brand new cars, beautiful furniture, clothes, and pieces of art.

“Slowly but surely I began to lose each thing I owned either by bank repossession, theft from

so called friends, and selling or pawning items to pay for my house payment or my drug habit. In the beginning I was spending \$25 a day, and by the end of the four years I was spending \$250.00 a day on drugs,” said Olson.

Olson couldn’t afford that so she began to deal drugs, to support her habit.

“Eventually I ended up getting my car stolen, my house stolen in an equity stripping case, because I was so messed up and people were able to take advantage of me. I lost every worldly possession I had and I am almost 120 days clean sober today, and still don’t have a home of my own, I just got a car I can call my own because I work at a car dealership,” said Olson. “Slowly but surely I will get everything back, but for now I’m starting completely over.”

Meth took a person who was blessed richly in many ways, and made me bankrupt in every way. I lost all respect for myself, and others. The life that was once truly a gift became a burden, and I knew I couldn’t stop, that this thing had me licked-beat.”

Olson was in a very verbally and mentally, and at times physically abusive relationship.

“Between the bondage of addiction and abuse I saw very little to live for.” Said Olson.

As a coping mechanism for dealing with Olson’s problems she became a cutter. Eventually

she attempted suicide for a way out.

“I prayed to God all the time to remove the addiction for me, but it wasn’t until I realized later on into my recovery that I needed to do the work in order for God to help and guide me. The day I turned my life and will over to God was the day my new life began. Today I live happy, joyous, and free, and that burden is once a gift again,” said Olson.

As stated earlier Olson found herself allowing unsavory people into her life and into her home. Not knowing that some of the people were being followed by FBI agents.

“Now my house was being watched, and resulted in three task force raids in the last four years” said Olson.

“Recovery” - pg. 2

“I felt on top of the world and like everything was great. But what goes up, must come down.”

School Uniforms Debated
Page 4



Spring Break trips around the world in depth
Page 6-7



Carpentry House sold
page 3





Talking their way to the top!
The speech team competed in the Section tournament, in Cambridge, Saturday March 31. 12 speakers moved onto compete in the State Tournament held on April 21, 2007. Laura Jacob placed third.

photo provided
Chloée Daniels-Miller

The unseen risks of alcohol

Alcohol poisoning is surprising problem

by Siri Urquhart

Most of us here at FLHS have taken health during our sophomore year. One of the many units discussed in the class is alcohol and its dangerous effects. Of course, most of us know what alcohol can do to people, especially high school students. With prom just around the corner, not just alcohol, but alcohol poisoning becomes an issue. High school students may take this subject lightheartedly, but alcohol poisoning is a very serious matter.

“Alcohol poisoning is a problem on a few occasions, but general consumption of alcohol is more frequent,” said police liaison Officer Matt Smith.

There are necessary steps and precautions to take when caught in this kind of situation.

“You should obviously call 911 and get necessary medical attention for someone who has alcohol poisoning. Use first aid, CPR, and make sure the person is turned on their side so they won’t choke on their vomit,” said Smith.

According to www.collegedrinkprevention.gov, the blood alcohol concentration (BAC) can continue to rise even while the person is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulates throughout the body. It is dangerous to assume the person will

be fine by sleeping it off. Alcohol poisoning is the most dangerous thing about consuming alcohol because there are no warning signs like there would be for a heart attack.

According to the Be Responsible About Drinking (B.R.A.D.) organization website, eight drinks puts a man at 100 pounds at a .30 BAC level. This extremely high level of intoxication can result in death. Six drinks put a 100 pound woman at a .30 BAC level, which also could result in the possibility of death.

It’s easy to prevent alcohol poisoning from occurring if self-control is used.

“For someone who is at the legal drinking age, the best way to prevent alcohol poisoning is through moderation. They should eat food during or before drinking alcohol. This will help the absorption of the alcohol in the body,” said Smith.

As for high school age kids, the best thing is to stay away from alcohol.

“Obviously it’s against the law for high school students to be drinking,” said Smith. “With alcohol out of the picture, there’s no possibility for alcohol poisoning.”

“Recovery” continued from page 1...

To Olson’s fortune there was never anything found in her home, and she was never charged. But she did confess to being a meth addict. It was enough for Child Protective Services to get involved. Her kids were placed out of her home for four months and separated from each other. She had to undergo three urine analyses a week for six months, and attend an out-patient treatment program, which was no use when she learned how to cheat the UA test.

“I lied my whole way through treatment,” said Olson.

The police became frequent visitors at Olson’s home for domestic calls.

“Things didn’t change until I got sick and tired of being sick and tired. That’s where I had to find myself before I actually got the help I needed. Most recovery addicts know it as your “rock bottom”. My rock bottom was being left for dead in a hotel. I was strung out, broke, no food, no car, no

money, no friends, no drugs. Just me and my withdrawals,” said Olson.

But it wasn’t only withdrawals from meth; Olson was withdrawing from a very dangerous class of drugs called Benzodiazepines commonly known as Valiums, Xanax, klonipens, or “ruffies”. These particular drugs are the only other drug other than alcohol that humans can die from the physical withdrawals. In fact these drugs are given to alcoholics when they go into rehab to safely detoxify themselves.

“I not only had the most intense upper addiction, but I was also on a dangerous downer addiction. And everyone knows you don’t mix your uppers with your downers,” said Olson.

The combination is lethal when using it if it’s not done in a tapering fashion by medical professionals. Since Olson’s use of “ruffies” was not administered by professionals, she ended up close to death.

“By the time I made it to the hospital and

Introducing...



Shawn DeLoach
Student Teacher

College attended? – Gustavus and St. Scholastica

Likes about teaching? – “The students are all really nice and this school has a great atmosphere.”

Dislikes about teaching? – “I haven’t found anything yet.”

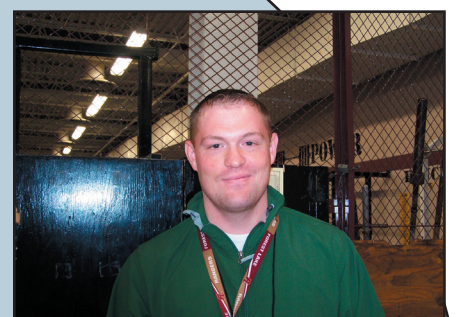
What classes do you teach? – Algebra 2B and Consumer Math

High school? - White Bear, 1991

What did you do before teaching?
Computer programmer

Hobbies? Still goes to school and lesson planning, reading, video games, and hanging with friends

What did you want to be when you were younger? Astronaut



Joe Kunshier
Long-Term Substitute

College attended? - Augsburg

Likes about teaching? – “Seeing the students progress”

Dislikes about teaching? – “Having to check the stairwells”

What classes do you teach? – Outdoor Ed. and Weight Training

High school? - Forest Lake, 1998
Married to Gretchen (Kolbow), FLHS ‘98

What do you coach? – “Wrestling, but I hope to coach as many as I can”

Why teaching at Forest Lake? – “It’s where I feel at home”

Hobbies? Strength training, hiking, fishing, and the outdoors

What did you want to be when you were younger? “I wanted to produce hunting and fishing videos”

• Got a news tip?

• Want your story idea published?

• Have a comment on an article?

• Know of a good restaurant or movie to review?

Send it to us here at *The Breeze*



Today marks Michelle Olson’s 120th day of sobriety. Her boyfriend, Tim is also a recovering meth addict. photo by Brittany Forsblade

“It was the first time I had been in the back of a police car and felt peace and hope.

they asked me why I was there, I said ‘My name is Michelle, and if you don’t help me I am going to die’,” said Olson.

That’s when they asked Olson what lengths she was willing to go to be clean and sober. They told her that her life depended on how seriously she took it.

“I thought they were going to check me into a nice hospital bed, but instead they sent a police escort to take me to a detox facility in Hastings to begin a ten day taper off withdrawal program,” said Olson. “It was the first time I had been in the back seat of a police car and felt peace and hope.”

After the ten days in detox, she was transferred to Dellwood Recovery Center, located in the Cambridge Hospital.

“It was there where my life began to transform. The staff doesn’t only care about saving lives, they care about saving souls,” said Olson. “Miracles do happen there, and I am one of them. If it wasn’t for them and for Jesus Christ restoring me to sanity, I wouldn’t be where I am today.”

The Forest Breeze

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

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

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

Prom Redefined

Punk Rock Prom is a more casual substitute for Prom

by Jordan Lutz

Every year students spend hundreds of dollars on prom, the dance that marks the end of each teenager’s dramatic social life. But what if your one of those people who doesn’t want to spend a lot of money on the infamous dance? What if you just want to kick back and relax in a not so formal environment? Well then consider taking a trip to The Underground, in Grace Alliance Church this year, for Punk Rock Prom.

Not only is it relaxing, but you can come dressed in whatever you want, maybe a nice tan corduroy mismatched suit or a 1950’s style dress that you found in your grandmothers attic. Punk Rock Prom is something that everyone can enjoy, live music, food, and tons of fun to go around.

“Punk Rock Prom is basically the same thing as a regular high school prom, but its for the kids who don’t want to attend their high school Prom,” said Doug Lanz, an active leader in The Underground church and vocalist for the local indie band Spirit of ’76.

“Kids don’t have to feel embarrassed to come in their beat up old dodge; it’s just a place where everyone can feel comfortable,” said Lanz. “You don’t have to have a date if you don’t want to either, a lot of kids come with a bunch of their friends and just have a blast.”

Ryan Tnjack, Jacob Tromburg, Kevin Byuer

and Doug Lanz started Punk Rock Prom about three years ago in the basement of Grace Alliance church is Forest Lake, also known as The Underground.

“It was actually Ryan’s idea to have a ‘punk rock prom’ where kids could go who hated their high school prom and wanted something livelier and less dry,” said Lanz.

The first two years the dance was held, received a lot of positive feedback and a strikingly large amount of people.

“It was pretty crazy; when we first had Punk Rock Prom we were actually on the front page of the Forest Lake times both times and had over 300 people attending. There were even people from the cities who came up,” laughed Lanz.

Like a regular prom, PRP has music, but not the typical ‘time of your life’ stuff.

“We’ve had bands like Small towns Burn a Little Slower and Children 18:3 play and actually Spirit of ‘76’s first show was at PRP the first year. Only then our name was ‘Trophy Life’, said Lanz.

The last few years the gang in charge of the dance has gotten food donations from local fast food restaurants. This year will be no different.

Lanz hopes to get Small towns Burn a Little Slower, Children 18:3, and Write this Down to play at this years Dance.

“I’m even hoping to get maybe some international bands to play, but we might have to up the ticket cost because we’d have to pay them. The price has been three dollars to get in, and we’re actually looking at renting that Burger King Bouncer thing, which is like 200 dollars to rent so that would contribute to the ticket cost as well.”

This year, the crew in charge of PRP hopes to try a ‘grand march’ and like each year, give awards to the best dressed.

“Every year we give awards to the best dressed guy, girl, and couple,” said Lanz

“They get like a little trophy; everyone dresses up in one way or another.”

Although there is no set date for this years Punk Rock Prom, Lanz hopes to have it in May.

“I’d expect a big turnout, I would say every year we’ve had it there have been no less than 300 people, and it’s just so much fun to have something not as constricting and less formal for people who, for whatever reason, don’t want to go to their high school prom.”

Want to try it out, but still want to cut a rug at the Prom Saturday? Nothing says you can’t do both, just be sure to grab your chuck tailors heading out the door.

Get up and go!

Spring perfect time to begin exercising

by Siri Urquhart

With spring well underway, it’s the perfect time to go outside and get that heart pumping. Exercise is important to maintain a healthy body and an overall healthy lifestyle.

According to both the FLHS school nurse, Heather Karstens and Chuck Moses, the health and wellness coordinator for ISD #831, high school students should be getting 30 minutes of exercise each day.

“High school students should exercise enough to work up a sweat,” said Moses. However, high school students have lots of activities going on outside of school, and don’t have the time to exercise.

“Students first have to recognize that it’s a priority and make the time!” said Moses.

“We all waste time in our day and can easily find time to exercise if we really wanted to.”

No matter where or when, exercise is effective.

According to Moses, the best time for students to exercise might be early evenings instead of talking on the phone, playing on the computer, or watching television.

Since not many teens have money to burn, there are many activities that require minimal or no money. The best way to not spend any money at all would be to do outside activities in the nice weather.

“Teens won’t need any fancy equipment to get a good workout. They can walk, jog, bike, run, or play a game or sport they enjoy,” said Moses.

If some students don’t enjoy those types of activities, or want to stay inside, joining a health club or fitness center will do the trick. But, some can be costly.

“There are local gyms and sometimes paying a monthly membership fee motivates people to go, but sometimes not. Locally, there are a few health clubs that would work for teens. The Forum, Curves, and others will charge about \$40-60 per month, but that can be a bit pricey for teens,” said Moses.

Some students may have trouble developing a specific workout plan, but it’s not too hard to find what will suit their needs.

According to Moses, focusing on cardio first and then mixing in some strength training a little later is the best routine to follow. The cardio will raise your heart level and get you in shape faster.

“But, be careful not to do too much too soon if you are out of shape,” said Moses.

All in all exercise is not too hard to find, and there are many different ways to make exercise fun and affordable. It doesn’t matter if it’s outside or inside. All that matter’s is making an effort to maintain a healthy lifestyle.

“Take the stairs instead of the elevator or walk places instead of drive,” said Karstens. “Just use common sense.”

Going, Going, Gone!

The Carpentry 2 class recently sold the finished rambler for \$65,000 on March 15. It will be shipped to Morganville, MN.

Congratulations

Both Treble and Concert Choir received three Superior ratings from each of the three judges at the choral contest on Thursday April 19.

Student Congress heads to Nationals

Daniels-Miller qualifies for National Tourney

by Dan Carey

Chloe Daniels-Miller, a senior at FLHS, excelled at the Student Congress sectional tournament on March 23 and earned herself a spot in the student congress nationals.

Daniels-Miller, who participated in both Debate, Speech and Student Congress, will be attending the John C. Stennis National Student Congress in Wichita, Kansas. To make it to Wichita, Daniels-Miller qualified for nationals after the section tournament which was held March 23.

Daniels-Miller and her fellow qualifiers came up with the Credit Card Consumers Bill of Rights which they will be speaking on in session and hoping to pass while at the tournament. Also competing at the tournament will be senior Shannon Joyce, who qualified for Nationals through Speech.

Speech/Debate/Student Congress coach Robyn Madson will accompany Joyce and Daniels-Miller while they compete in the national tournament in May.



Cynthia Hess: Theater extraordinaire

by Amelia Matheson

Have you ever wondered what it would be like to be a star or involved in a famous play in a theater? Mrs. Hess, one of FLHS’s English teachers, has had that experience for over 30 years. For 25 of those years she was acting. She’s also been directing for 14 years and designing costumes for 18 years. Some of the many well-known shows that she has been involved with include: *The Wizard of Oz*, *Beauty and the Beast*, and *Little Women*.

Before her teaching career, Hess attended Anoka Ramsey Community Theater where she received her theater minor. However, her interest in theater started in high school where her friend asked her to be in a play with her. She was cast as an elf in *The Hobbit*.

“The really cool part about that was that they brought in a teacher who taught them how to fence,” says Hess. Since then, she has worked in several theaters that range from high schools, colleges, and community theaters, including St. Francis Children’s Theater where she will be going back to this summer for her 4th year. She has also worked with Elk River Community

Theater for 10 years doing lights, sets, make-up and hair design, and of course, acting.

“One of my favorite memories was playing Queen Aggravain in *Once Upon A Mattress*,” said Hess. “I also liked having my eldest daughter on stage with me and my youngest daughter designing costumes with me.”

Even though Hess loved the theater, she ended up going back to college to St. Cloud State University for a degree in teaching.

“I have always taught something in some form my entire life, so I decided that it was about time to make it a full time career,” said Hess.

Throughout her years in theater and teaching, she has watched students who could hardly talk in front of people during auditions become the highlight of the performances.

“My favorite part of being part of the theater is watching children grow as they experience live theater,” said Hess. “I highly recommend theater to everyone no matter their age or talent. It gave me great confidence, self-esteem, and I have made some lifelong friends.”



The finished Carpentry 2 house

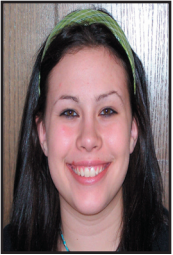
photo taken by Jordan Lutz

Point/Counter Point

Should school uniforms make an appearance at FLHS?

Requiring students wear uniforms helps stop bullying and encourage modesty

by Brittany Forsblade



Everyone likes a diverse school, with disparate unique students. The way students dress is a good way of expressing the unique person you are, or what your relative style is. But is clothing the right way of expressing yourself at school?

I would have to say not. Contrary to the popular opinion, I believe that Forest Lake Schools should require uniforms. Uniforms do not make everyone the same. There are many advantages for having uniforms in school. Your personality stands out more, you are not looked down upon for not following the “trend”, and you don’t violate the dress code.

When you’re in class, one of the things most noticed about another person is the clothes he/she is wearing. You don’t even have to take more than one glance to make a judgment about someone else because of the clothes he/she has on. Good or bad judgment, is it really right to judge based upon the way he/she dresses, even if you’re not even trying to? No it’s not. It happens naturally. That’s why school uniforms provide a way to look past the outer self, and notice the inner more easily.

When the outside of everyone is the same you notice special things about everyone else besides the way they dress. You even remember names better, rather than “the girl in the

Abercrombie sweater”, or “the boy with the tight pants.” School uniforms provide a way out of false judgment, and provide a deeper outlook into another’s soul.

The next reason in favor of school wide uniforms, which I think is pretty obvious is other students sometimes get made fun, or looked down upon, because they simply don’t follow the trend. Some don’t have a fit budget at home to purchase what’s “in”. With uniforms no one is criticized for not dressing a certain way and everyone is happy. It’s most definitely not

a right to minimize person for not dressing the way you think they should.

Lastly, school dress codes are violated all the time. Whether modesty is a

moral value to you or not, it is a distraction at school for guys and girls. School uniform will eliminate improper dress code, because you will be wearing the attire you are required to where, and there is no selection to make you choice otherwise. A dress code will never eliminate the problem of students deciding to dress they want, but it could come close. However, uniforms can eliminate dress code violation completely, and it never becomes a distraction.



Required school uniforms stifle style, individual expression not allowed

by Siri Urquhart



I’m sure many people in the City of Forest Lake have only heard of parochial schools practicing the school uniform policy. St. Peter’s Catholic School right here in Forest Lake portrays that image to the T. I attended St. Peter’s for 7 years, and I know exactly what wearing

a uniform is like. Contrasting that experience with wearing something different everyday in the public school system, I would say not having a uniform policy is still the way to go.

The pros to wearing a school uniform are not pros. Uniforms do cause bullying from other kids who don’t wear uniforms. I remember when I first started going to St. Peter’s, we would ride a shuttle bus over to the high school, and mainly junior high and high school students would make fun of me and my friends just because we were all wearing uniforms.

Uniforms are also very uncomfortable, and some can be very unflattering or just plain ugly. When students have to wear something that’s unattractive and repulsive, it’s not good for their self-image. Some schools that have a uniform policy have very strict guidelines on what colors can or cannot be worn to school. Specific shoes, socks, and certain ways of putting the uniform together are enforced as well.

One must think that wearing the same thing everyday to school would not cost as much. But, uniforms can become costly. It clearly depends on the price.

According to Donald’s Uniform Store here in St. Paul, it costs about \$150 per child to clothe them in school uniform attire. The basic uniform consists of three pairs of pants, one pair of shorts, three shirts, one sweater, and sweatshirts that you purchase at your respective school for boys, and two jumpers, two blouses, one sweater, one pair of pants, one pair of shorts, and sweatshirts for girls.

Tying in with uniform costs, what happens when you get home and don’t want to wear your uniform out with your friends? Not only would your parents have to buy you uniforms

for school, but they’d have to buy you clothes to wear outside of school too.

The obvious reason students don’t want to wear uniforms is because you won’t be able to express your individuality and style. Self expression is something that’s very important to development as a human being, and uniforms would take that away. Everyone would be wearing the same thing. There wouldn’t be any uniqueness amongst high school students.

Think of how many students attend FLHS. Think of how hard it would be to control how students wear the uniform. Uniforms are difficult

to enforce in a public school setting. Even at St. Peter’s Elementary, students find other, more “attractive” ways to wear the uniform. The latest trends and fads like flared pants and more of a preppy style influence how students wear the uniform, and the whole concept is completely useless.

Remember the sitcom *Fresh Prince of Bel Air*? In the show, Will Smith attended Bel Air Prep, and he always wore his school uniform inside out. This is an example of what would happen if a school uniform policy



was adopted by public schools.

Many people think uniforms would put a band-aid on the school violence problem. Just because everyone is wearing the same attire doesn’t mean there won’t be formations of cliques and gangs because school uniforms do not change a person’s beliefs or morals. The wearing of uniforms would only delay or even prevent students from learning how to coexist with people whose personal taste differs from their own. Instating a school uniform policy may give students the impression that conformity is the way to prevent conflict, and this is not an appropriate message for schools to send.

So far in today’s society, it has **not** been proven that uniforms improve academic, behavioral, or social outcomes. If these results aren’t reached, there’s no point in establishing a school uniform policy. Unlike the 28 counties in the District of Columbia, Minnesota does not have laws requiring students to wear uniforms. Let’s keep it that way.

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Retro Dressing: Two sophomores set trends at FLHS

by Chloée Daniels-Miller

Think of your own fashion... Name brand designers? Bright tees and holey jeans? Fancy bangle bracelets or flashy flip flops? Personal style can be as creative as the imagination envisions, and for two Forest Lake students, their fun fashion twists set them apart.

Sophomores Heidie Kalsnes and Bailey Kimbel strive to dress apart from the crowd and they’re not afraid to either try something new, or dress up an old favorite.

“I really like ‘60s retro outfits and dress tights,” said Kimbel. “I pull some of my style from my older sister, but I like to just dress up in general.”

Aside from style, Kalsnes finds fun, creative clothes in often overlooked places.

“I definitely dig thrift stores because I can find stuff nobody else will have. I also make some of my clothes,” said Kalsnes. “I especially like buttons and skinny jeans.”

Where to start? Some people like to start

their outfits from the ground up with jeans, and others always start with a shirt, but Bailey and Heidie prefer to pick one item and build their outfits around it. A good strategy to do this is to find a top or a fun pair of shoes and downplay the rest of your outfit to draw attention to this

“focal point”. Fashion might sound like art, and for some people it is.

“Sometimes I’ll wear dress tights and a skirt because I love my boots and they’re always hidden under jeans!” they both said.

“My mom thinks I dress weird,” said Kalsnes. “but it’s cool. Bailey and I compliment each other a lot. I think people notice we dress different, but no one really says anything about it.”

A misconception about fashion style is that, “The more you pay, the better you’ll look” but these two fashionistas have a different approach. They rarely pay full price for anything because they can buy more if they shop for the deals or during sales.

“My favorite place to shop would be H&M. The prices are affordable and they have basically

because their clothes are so cool, but the deals are often hard to find. So I’m classic Target and thrift store shopper,” said Kalsnes.



Two junior fasionistas show off their styles in the halls of FLHS.
Photo by Chloee Daniels-Miller

everything I like,” said Kimbel.

“Urban Outfitters would be my fave place

“It also wouldn’t be as fun to shop and make up your own outfits.”

“Cheeseburger, please!”



Find the right one for you in Forest Lake

by Brittany Forsblade & Jordan Lutz

Spring has finally seemed to settle in Forest Lake, the sun is shining (at least for the moment) and the anticipation of summer lingers above each student’s head. With the amazing season comes many amazing activities; the beach, the wave pool, wakeboarding, tanning, and of course food. We decided to try the most popular fast food restaurants in Forest Lake to compare all of their cheeseburgers by taste, size, greasiness, health, price, and bun quality.

The first place we stopped was the Forest Lake Dairy Queen. I thought the char grilled flavor was the best part of it. It was a medium sized burger and the patty was a good size and it was 540 calories. Jordan liked that the patty tasted more like a real quality beef patty, but it was still definitely fast food. Plus there were more condiments on the burger, and it totaled \$1.80.

Next we went to White Castle. For about 60 cents we got a palm sized burger. I thought it



smelled pretty bad, but the meat wasn’t too bad, and the flavor was pretty good. Jordan hated the onions, hated the overly creamy cheese and the smell made him sick to his gut. He didn’t care for White Castle at all. That little thing ended up to be 160 calories.

Our next stop was Culvers, “The Home of the Butter Burger.” Jordan recovered from his White Castle sickness while waiting for the burger to arrive to the car. I thought the bun being toasted wasn’t very good. It was seasoned very well, and tasted real. Jordan on the other hand loved the toasted buns. He thought it was seasoned very well, and it tasted like “real tough loving beef”, not a quote from him. This burger didn’t come cheap however; it was \$3.15 and had 320 calories.

After we finished with the legendary Butter Burger we thought it was right to pay dues to the king, Burger King that is. I thought the burger tasted very similar to Dairy Queen’s, but better.

Jordan liked Burger King a lot as well, but thought it tasted typical. This bad boy totaled \$1.37, and claimed 367 calories.

By now our stomachs were filling with beef and grease, and we had to get to the remaining restaurants before heading home to eat a snack. We took a bow to the king and headed for the Golden Arches. We hit McDonalds, put our smiles on, and ordered a regular cheese burger. We split the burger, and with our smiles still on took in the greatness of the classic sandwich. I thought it was a little greasy but it still had a good flavor I liked the diced onions but the cheese was not melted enough. Jordan loves McDonalds; there were no complaints from him at all. We paid \$1.05 and split the 320 calories.



Our last stop was Wendy’s we only had one burger and this was a packed one. We ordered the \$3.13 cheeseburger and devoured it in no time at all. I thought it had a lot of stuff on it and I liked the mayonnaise and the lettuce, Jordan thought it was pretty loaded but he didn’t

like the onions at all. This was packed with 420 calories. So, after searching around town we were finally able to decide which burger was the best.

I personally liked Dairy Queens burger the best of all, because of the Charbroiled flavor and the fact that it was not very greasy. I didn’t like the calorie level, but the price was worth every penny. It quenched my burger hunger. I also like that the burger was wrapped in tin foil because it stayed firmly wrapped and fresh. The sesame seeds were definitely an up.

Jordan thought McDonalds was the best, simply because it was the cheapest, and wasn’t White Castle. The calorie level was okay, and for the price one would receive a decent sized burger. He did, however, like Culvers, if you are going for quality and not just quantity then check their burgers out.

Now remember, these are just our opinions, we just wanted to give you some helpful insight on the quality of the burgers right here in Forest Lake. So whenever you’re feeling like a burger, well then consider these places.

Safe driving = discipline + distraction Basic driving tips for staying safe

by Siri Urquhart

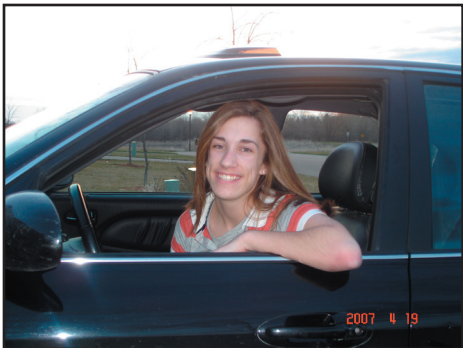
Red means stop. Yellow means be prepared to stop. And green means go. What do these all have in common? Some basic things you should’ve known since you were two about how to drive a car. But now that we’re all in high school, it’s time for an intense revitalizing driver’s course.

My dad, Ken Urquhart, is the Captain of Commercial Vehicle and Bus Safety which is a branch of the Minnesota State Patrol. I hear about all sorts of issues like the bus crash in Ham Lake, MN among many other things my dad has to deal with at his job. The State Patrol put together a presentation for a company safety officer’s seminar that has to deal with disciplined attention.

First of all, what is disciplined attention? The dictionary definition states that disciplined attention is using visual techniques to achieve mastery over attention while performing complex and challenging activities and applying these techniques to achieve a safe and smooth performance. The most important tool when using disciplined attention is obviously your eyes. According to the presentation, in 70-80% of all activities, the eyes are directly connected to attention and predict your actions and the actions of others. They lead steering, breaking, elusive actions, merges, intersections, cornering, and much more. Your eyes are ahead of your actions by just one tenth to seven tenths of a second. Visual development is definitely necessary to become a good driver.

But there’s a catch. There are all kinds of factors, natural and psychological, that disrupt normal driving routines. The eyes

can get “stuck.” The eyes stick with fixation, tunneling, getting lost in a scene (eye panic), and distractions. As you begin to gain speed in a vehicle, your range of vision decreases because you’re going faster. Target fixation and tunneling increase with fear, visual surprises, unfamiliarity, anger, nervousness, distractions,



and age. This process continues quickly with arousal then freezing, and this can continue until you become calm.

A major distraction while driving is the use of a cell phone. It’s illegal for a person less than 18 years of age to talk on a cell phone while they’re operating a motor vehicle. The latest research concludes if you put a 20-year-old driver behind the wheel with a cell phone, their reaction times are the same as a 70-year-old driver who isn’t using a cell phone. Basically, it’s instant aging without the wrinkles and arthritis. So since the majority of us are under the age of 18, this is important because sooner or later, we’ll all be able to talk on a cell phone while operating a vehicle. Personally, I think it should be illegal

for anyone to talk on a cell phone while driving. Cell phones cause you to take your attention off the road and place more importance on the latest gossip your friend is telling you on the phone.

To fix these kinds of problems, the State Patrol recommends using expansion. Expansion is using your eyes to look at all parts of the scene. Studies that compare beginner drivers and experienced drivers conclude that the professionals keep their eyes moving to all parts of the scene at all times. They don’t become transfixed on traffic and tunnel. It’s a conscious exercise.

Now that I’ve just started driving, I’ve become aware of what’s going on out on the road. I see people eating, putting on make-up, talking on phones, or gazing at a car accident on the side of the road. It’s so easy to get distracted while you’re driving and it can cause fatal mistakes. What I’ve learned from my dad especially is to always stay calm while you’re driving. You shouldn’t bring your aggression, anger, fear, or any other emotion that could cause you to do something dangerous out on the road.

Another thing to remember while driving is to always have a plan of escape. You should always assume that the car closest to you is going to make a mistake. Thinking of how you’ll avoid those types of situations is always key while driving.

The average driver makes 400 observations, 40 decisions, and one mistake every two miles. And that’s only when a driver’s sober! To avoid the one mistake that may cost you your life, or endanger someone else, keep your eyes fixed on what’s ahead.

CHEERS

Cheers to school almost being over. Only one more quarter!

Cheers to spring and all the sunshine it brings.

Cheers to hamburgers and hot dog stands, because they mark the start of summer.

Cheers to no ice and clear roads for safer driving.

Cheers to John Wayne’s upcoming 100th birthday. May The Duke’s memory live forever.

JEERS

Jeers to people taking out their anger through fighting.

Jeers to prejudice. It’s lame.

Jeers to noisy people while you’re trying to work. Have some respect, please.

Jeers to warm pop when you think it’s going to be cold.

Jeers to snowed-out spring sporting events. It’s not supposed to snow in the spring - even in Minnesota!

Jeers to no lunch money. You don’t want to add too much at the end of the year, but you still need some each day.

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heard! See your name
next to your opinion in
The Breeze!

SPRING BREAK AD

Parlez-vous Francais?

French students visit NE France

by Nicole Bernfeld

Over Spring Break and the first week of this quarter, 16 French students went to France. They left on Thursday, March 29 and arrived in Paris, France the next day.

For the first five days they stayed in hotels in three different cities, Paris, Bayeux, and Saint-Malo. On April 4 they began their six-day long family stay in Rennes. For the last two days of their trip they stayed in hotels in Amboise and Paris, and returned to the U.S on Thursday, April 12.

According to Coleen Colton, the french teacher here at the high school, there are many advantages to going to other countries while in high school.

“You become more open to new ideas and have a greater understanding of other cultures. You learn the dynamics of other cultures and it’s not black and white to you anymore,” said Colton. “The downside to going to another country is it’s very stressful for the teachers, but there are no downsides for the kids, they learn about themselves.”

Senior Ashley Jaszczak was very happy that she had gone to France.

“It was awesome! It was the best spring break I’ve ever had! I liked seeing all the older buildings



French students in front of the Notre Dame Cathedral.
Photo provided by Coleen Colton.

practically the entire town and we had lots of huge dinners. I couldn’t have asked for a better family.”

“The family stay was really fun. It was intimidating at first to be with a family that spoke French, but in the end we were all best friends. I will remember it always,” said Jaszczak.

The students got to travel a lot outside the family stay. They got to visit the Louvre, the Orsay Museum, and the

Eiffel Tower. Some even walked through the Catacombs, where the bones of thousands of Parisians are.

In Normandy, they paid their respects to thousands of American soldiers buried at Colleville-sur-Mer, the site of the D-Day invasion of World War II. They visited Mont St. Michel, the walled city of Saint Malo, and the castle of Amboise and Clos Luce, home of Leonardo da Vinci.

The last day in Paris was chaotic. We went from Notre Dame to the Arc de Triomphe to dinner on the Champs-Elysees, followed by a night cruise on the Seine River.

“It’s always a challenge to fit in everything the students want to see. In a couple years, I might be ready to do this again!” Colton said.



French students sit inside a tank designed by Leonardo Da Vinci.
Photo provided by Coleen Colton.



Anna Mladnick with her French host sister.
Photo provided by Coleen Colton.

and stone cottages. It’s nice to know that buildings so beautiful could last so long,” Jaszczak said.

Each student stayed with their own host family for six days. The families lived in or around Rennes in Brittany. Senior Katie Peterson was very enthusiastic about her family stay.

“My family took me all over Brittany. I met

Where
in the
World?



Vive la
France!

TRIPS AROUND THE

Sprechen sie Deutsch?

German students experience new cu

by Chloée Daniels-Miller

During Spring Break ’07, while many Flakers traveled to Duluth, the Wisconsin Dells or even Mexico, seven German students took a trip outside their comfort zones to experience authentic German and Swiss culture.

Although this was the first time to travel to Germany for the students, German teacher Sara Schneider’s first visit to Germany was while she was in high school.

“It was neat to take the students on a trip similar to what I had first experienced,” said Schneider. “I had lived in Germany for three years, so each

town on our trip, except for one, was familiar to me.”

During the eight-day trip, the students visited Berlin, Bavaria, Nürnberg, Munich and Dresden in Germany, Lucerne in Switzerland, and the Czech Republic.

Even though many student travelers stay with host families in foreign countries, the German students all stayed together in various hotels along the way.

“The hotels were inexpensive and really geared to travelers,” said Schneider. “They were smaller than American ones and they had fewer amenities than what we’re used to here. The last one didn’t have a telephone or a T.V.”

“It was cool to go out and see new things,” said German student sophomore Ben Stenberg, “but it was kind of boring at night because our curfew was eleven.”

During the day, the students’ itineraries included tours in the mornings and break times for lunch.

“After our tour, we’d get three or four hours

Where in the World?



to walk around and have lunch. The food wasn’t too different. The stroganoff was better than here and there was a lot of fish and meat. They’d also serve a light soup during the meal,” said Stenberg.

Junior Lani Petrulo noticed the slight repetitiveness in their food.

“It was pretty much always meat, mostly beef, over carbs, like mashed potatoes or rice. There were also a lot of Italian pizzerias and we actually had to search for an authentic German restaurant for sausage and pretzels and we finally found one in some back

alley,” said Petrulo. “Their milk was really different than ours; it would be warm, sweet, and unpasteurized. So the first thing I asked for when I got home was a cold glass of milk!”

Although the students didn’t stay in host homes, they were still able to experience the culture and language the area had to offer.

“The people’s accents were different than what we’d learned in class because they’d chop off the endings of words to shorten it up,” said Stenberg.

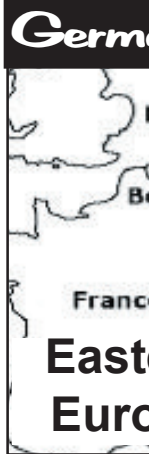
“I noticed the accents were different between the Switzerland-German, the Czech-German and the actual German-German. The Czech one was the hardest to understand. We resorted to a lot of hand gestures!” said Petrulo.



Students on Germany trip visiting the Brandenburg Gate in Berlin.
Photo provided by Sara Schneider.



German travelers at Nymphenburg. Photo provided by Sara Schneider.



View of Neuschwanstein Castle used this castle as Kingdom. Photo provided by Sara Schneider.

“The world is a book and those who read only a page.”

-Sai

ADVENTURES

*“The Journey is the reward.”
-Chinese proverb*

WORLD

Culture in Europe



Petrulo, who had kept a detailed journal about the trip, noticed the cultural differences between Germany and the U.S.

“It seemed like a very open society; there would be billboards of guys kissing guys or girls kissing girls, or we’d see pet dogs in malls and restaurants, just things our society either really looks down on or just doesn’t allow,” said Petrulo. “The scenery was also very preserved. When we visited a government center, the parking spots



Neuschwanstein Castle. Walt Disney got his inspiration for Magic Kingdom from this castle. Photo provided by Sara Schneider.

had been made *around* the trees, which were nice because here we just bulldoze everything, build, and then replant. The Autobahn was pretty cool. Since we were in a bus, we had to stay in the 60-90 kmh (37-56 mph) lane, but other cars were zooming past in the 130-200 kmh (80-125 mph) lane.”

“Probably the strangest thing I noticed was the cigarette smoking,” explained Stenberg. “When we landed in Amsterdam, people were smoking in the airport and it was just really different than here. There were also the cigarette vending machines, which I had never seen before. They’d be on the streets and in the hotels, too.

Take it from these students, foreign travel can be a fun, interesting and educational experience. During their trip to Germany, Switzerland and the Czech Republic, they were able to experience a different way of life, and provided them with life-long memories to share with family and friends.

se who travel,

nt Augustine

¿Hablan el Español?

Spanish and biology students explore the rainforest

by Amelia Matheson

The tropical country of Costa Rica was one of the destinations for some of Forest Lake High School’s students over spring break. Spanish teacher, Megan Espe-Och, and Biology teacher, Bruce Leventhal, took a group of 14 students of both Spanish and biology students on this adventure.

Costa Rica lies between Nicaragua and Panama. It also borders the Caribbean Sea and the Pacific Ocean. During the trip, the students kept a blog of everything they did each day.

The group flew into the San Jose airport on April 2 at night. On their first full day there, they saw many different animals including large iguanas, varieties of snakes, turtles and miniature crocodiles.

The group visited Poas Volcano which is a still-active volcano in part of Costa Rica’s most developed national parks.

After that, they traveled to the Hot Springs where the students relaxed in the warm waters. Arenal Lake was another destination on their trip where they went kayaking. They also saw the La Fortuna waterfall.

“The wind made kayaking a bit difficult but the scenery was quite beautiful to look at,” said Christina Nowicki in the group blog.

“If you were to journey a little bit beyond the waterfall, you reached wonderfully calm water that was fun to wade and swim in,” said Nowicki in the group blog.

Later on in their trip they traveled to Monteverde

where on the way, they saw more exotic animals.

“We have seen more animals then we knew existed,” said the students on the trip according to their blog.

The group also took a horseback riding tour of the Cloud Forest which is near the Continental Divide. The group also traveled to a school to see the children.

“It was *such* an incredible experience,” said Mallory Manning in the group blog.

After arriving back at their hotel after that, they took a tour of the jungle at night where they saw, yet more animals including birds and tarantulas.

On April 6, the students got up and adventured on to the Monteverde Mountain where they zip-lined through the rainforest.

“This day was filled with thrill, excitement, and surprises and was definitely my favorite day of the whole trip,” said Rylie Olson, in her blog entry, “I will always look back on my Costa Rica experience and remember this day above the trees!”

Later during this adventure, they went to Manuel Antonio National Park where they saw many animals and hung out on the beach.

The group returned home on April 10 after an exciting spring break.

“My favorite part of the trip would have to be the experience with a different culture,” said Mary

Blake. “There were so many once in a life time experiences. I think the two most memorable would be going on a zip-line through the rainforest and being able to interact with children at a school we went to. It was definitely worth it.”



FLHS students sitting at the airport in Costa Rica. Photo posted on the students' blog.



Manning hanging out with some Costa Rican children at the school. Photo posted on the students' blog.



Rylie Olson zip-lining through the jungle. Photo posted on the students' blog.



Enjoying the rainforest. Picture posted on the students' blog.



Where in the World?



Photo Poll: Spring break destinations

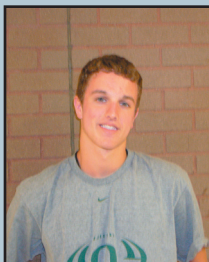
Compiled by Chloe Daniels-Miller



Logan Evenson '08
“I went to Utah with my family and snowboarded. It was great because you could go really fast in just your tee shirt and snowpants.”



Katie Lodge '07
“My friend moved to Eau Claire, Wisconsin, so I went on a road trip to visit her.”



Justin Crowley '08
“I went to Florida with my family and the best parts were the beaches and the fishing. The worst part was that it got chilly- down to 60 degrees!”



Jeremy Hirdler '09
“I was chillin’ in Rochester with my family. The food was great, but it was way too cold!”

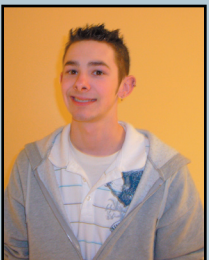


Emily Reed '08
“One of my friend’s dads had a connection...we went to NC. I got to drive Jeff Gordon’s old Nascar. I went 142 mph.”



Tina Chamberlin '07
“A bunch of us went to Mazatlan, Mexico. There were some pretty creepy people and weird things happened, but overall it was a blast.”

Mark Thesenvitz '07
“I worked almost every day!!”



Kamille Porter '09
“I had a great time with friends!”



Denni Main '08
“I went to MOA and shopped.”



Student Artist Spotlight: Not your typical student summer job Senior actress Paula Regnier to star in indie film

by Neil Polglase

At the age of 10, Paula Regnier was in her first play. Seven years and 37 plays later, Regnier is getting her first shot at the movie “biz”.

“I’m more excited than anything else,” said Regnier a senior here at Forest Lake High School.



Regnier’s uncle does everything from producing to acting in movies and Regnier of course is a talented actress. Then one day this fall she got the call from her

uncle about the movie. Regnier didn’t really have to do any auditions because they knew she was perfect for the part right from the start.

The movie is *Tarzan*, and Regnier will be playing Jane, the main female character, in her first acting job out of high school. Filming will start this summer in July. Although the movie isn’t a huge production it will be showing in some theatres across the U.S. It may not show anywhere around Minnesota, Regnier does get tickets to the opening showing.

“I’m curious about how I will look on screen,”

said Regnier.

Regnier may have reason for self-confidence, but she sees acting in a very modest view.

“Acting for me is about stepping outside yourself.”

Regnier is now a senior at Forest Lake High School and she is planning to go to UW-Superior for her generals next year. After that her future is unclear. Regnier knows if another acting opportunity comes up she will take it over anything, but there are always other options.



Regnier as the Sour Kangaroo in FLHS’s production of *Suessical The Musical* this past fall. Photo courtesy of Yearbook.

She loves theatre and anyone who saw her in this year’s musical, *Seussical*, knows she has a great singing voice as well. She has pursued singing in some ways, like trying out for American Idol, but Regnier prefers acting.

Regnier seems destined for show “biz” and maybe one day she will be a famous actress with all the money in the world, but of course her modesty would remain.

“The first thing I’d buy would be acting lessons,” said Regnier.

Dying to try a new restaurant or see a movie? Here’s your last chance! Send us what you want to be reviewed to forestbreeze@forestlake.k12.mn.us



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Restaurant Review: Max’s Groove House A ‘groovy’ place to dine for all ages

by Neil Polglase

It’s a Sunday afternoon at Max’s and business is pretty quiet. Mingling with the customers, even sitting down and having a beer with one, is the owner Max Stephens.

This breakfast, lunch and dinner restaurant has that small town feel to it. Max, also the owner of Big Apple Bagel in Forest Lake, brings that friendliness to Max’s.

With a wide assortment of food, Max’s really appeals to all. For those early risers, they have egg sandwiches and omelets, for the high school lunch crowd there



Max’s Groove House is located at the intersection of Highway 97 and County Road 61. Photo by Neil Polglase

are sandwiches, salads and hot dogs, and of course, for a nice dinner they have fish, steak and pizza made with fresh ingredients. I had the fruit salad and all of the fruit was hand picked

by Stephens for prime enjoyment. There are scrumptious desserts including: chocolate and blueberry cheesecake and caramel apple cake.

All the menus prices are very, very affordable.

The space is nice and modern. The lights hang from the ceiling right above the tables and the hi-tech bathrooms put anything else in Forest Lake to shame. They have six or seven flat screen TVs for entertainment and three that will soon show the menu and even a drive in that will also soon be opened.

Of course Max’s just opened and there are some problems they have to sort out. Servers still don’t quite know the menu, but that is easy enough to fix. The food is fresh and well made, and that is the most important

aspect of a restaurant. The atmosphere is great and with time, Max’s could be one of the best, if not the best, restaurants in Forest Lake.



Max’s Groove House’s Hours of Operation:

Monday-Friday
6 AM - 9 PM

Saturday
7 AM - 9 PM

Sunday
7 AM - 3 PM

‘Don’t cling to the past, and make good choices’ Meet the Robinsons: A look into the future family

by Brittany Forsblade

The Disney movie *Meet the Robinsons* was a delightful and fun film. I felt it was definitely more geared for the entertainment of children, but some adults would find it enjoyable too. The story had a very positive moral to never keep resentments; don’t cling to the past, to make good choices, and to keep moving forward. In the movie it especially emphasized the moral, by how Lewis no matter what kept trying, even when an invention didn’t work. It was cute, and made you feel warm at certain parts.

One thing I didn’t like about the film was how they overloaded it with characters, there were so many family members I couldn’t keep track, but the graphics and animation were



awesome. Unlike several Disney animated movies, they are not animated animals, but people. It was nice to see how the story took every character to a better level in the end. It’s inspiring for young kids, and helps remind them to build their dreams up, and that their future is in their own hands.

It is about a young orphan boy named Lewis, who is abandoned by his mother at birth. The kid is a genius, and has what you would call an “inventors mind”. While thinking deeply about getting adopted one day, he comes to think that the only person that ever wanted him or will want him is his real mother. They just don’t have a way of knowing who she is, what she looks like, or where she is. The next thing that

pops into Lewis’s mind is that somewhere in his memory he does know what his mother looks like. He begins to study the brain to make an invention that could read your brain and show you the exact memory you wanted on a screen. From there a whole adventure begins that keeps you guessing all the way to the end of the film. Overall I liked the movie quite a bit; the ending was the best part, because everything and every character matched up with the plot of the story.



Want to see *Meet the Robinsons*?

Lake 5 Theatre: Mon -Thurs
5:10, 7:20, 9:30

Fri - Sun
12:50, 3:00, 5:10, 7:20, 9:30

Top 10 Things to do on the Weekends During the Spring Season

1. Grab some ice cream at Cup n’ Cone in White Bear Lake.
2. Rollerblade on the path along Highway 61.
3. Do your homework outside on the grass.
4. Do some outdoor “spring cleaning.”
5. Have a picnic at a nearby, local park.
6. Have a bonfire, including ‘s’mores!
7. Play flash light tag. Remember, the sun sets pretty late now...
8. Take pictures of beautiful scenery.
9. Ride your bike to Blockbuster.
10. Go to Beltz Park by St. Peter’s Church and play some beach volleyball!

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.



Movie & DVD Releases



list compiled by Siri Urquhart

In Theatres

- April 27**
-The Condemned
-The Invisible
-Next
-Kickin’ It Old School

- May 4**
-Lucky You
-Spiderman 3
-September Dawn

- May 11**
-28 Weeks Later
-Delta Farce
-The Flock
-The Salon

- May 18**
-Shrek the Third
-Captivity
- May 25**
-Bug
-Pirates of the Caribbean: At World’s End

On DVD

- May 1**
-Dreamgirls
-Diggers
-Alpha Dog
-The Hitcher
- May 8**
-Because I Said So
-Catch and Release

- May 15**
-Stomp the Yard

- May 22**
-The 40-Year-Old Virgin

- May 29**
-Hannibal Rising

CUT N’ KEEP
Calendar

- April 28**
Prom
U.S. Bank Building in St. Paul
- April 30**
NHS Induction Ceremony
- May 3-5**
Spring Play
7:30 PM in Auditorium
- May 4**
Agriculture/FFA Open House
- May 10**
Parent/Teacher Conferences 4-8 PM
- May 10-12**
Spring Play
7:30 PM in Auditorium
- May 14**
Band Concert
8 PM in Auditorium
- May 15**
Choir Concert
8 PM in Auditorium

Concert Calendar			
list compiled by Jordan Lutz and Neil Polglase for more information go to www.ticketmaster.com or call (651)-989-5151			
Thurs. 4/26/07 5:00 PM	As Cities Burn	Station 4 St. Paul, MN	\$10.00
Sat. 2/28/07 5:00 PM	Black Flood Diesel	First Avenue Minneapolis, MN	\$7.50
Sun. 4/29/07 5:00 PM	Insane Clown Posse & Twiztid	Myth Maplewood, MN	\$30.00
Sun. 4/29/07 6:00 PM	Misery Singals	Station 4 St. Paul, MN	\$10.00
Sun. 4/29/07 7:30 PM	OK Go	Midwest Wireless Civic Center Mankato, MN	\$15.00
Mon. 4/20/07 6:00 PM	Duncan Sheik	Varsity Theater Minneapolis, MN	\$10.00-\$20.00
Wed. 5/2/07 8:00 PM	Adult.	7th Street Entry Minneapolis, MN	\$9.50
Wed. 5/2/07 8:00 PM	Air	First Avenue Minneapolis, MN	\$29.00
Wed. 5/2/07 8:00 PM	Amy Winehouse	Varsity Theater Minneapolis, MN	\$15.00
Wed. 5/2/07 8:00 PM	Aqualung	Fine Line Music Cafe Minneapolis, MN	\$15.00-\$65.00
Thurs. 5/3/07 8:00 PM	Los Straitjackets	Turf Club St. Paul, MN	\$15.00
Fri. 5/4/07 8:00 PM	Electric Six	First Avenue Minneapolis, MN	\$9.00
Mon. 5/7/07 8:00 PM	The Rapture & Shiny Toy Guns	Fine Line Music Cafe Minneapolis, MN	\$18.00-\$68.00
Mon. 5/14/07 7:30 PM	The New Cars	Mystic Lake Casino Hotel Prior Lake, MN	\$33.00-\$44.00
Tues. 5/15/07 5:00 PM	Hellogoodbye	Trocaderos Minneapolis, MN	\$15.00

Dancing in water

Synchro soon to meet Stillwater

Boys Tennis:

Team takes on
Woodbury Royals


The Rangers had meets with both Cretin-Durham Hall and Roseville after press deadline. The Rangers will look to improve on their record and move up in the SEC standings. The Rangers meet with Woodbury May 1, White Bear Lake May 3, Cambridge-Isanti May 7, and Mounds View May 8.

to the Varsity Boys
Basketball Team on earning
their 2nd consecutive
**AAAA Academic
State Championship!**


“Twins Territory” advertising urges fans to have fun with the team

The newest Minnesota Twins commercials are airing now and feature a magic show with Michael Cuddey; Johan Santana and Joe Nathan car pooling to the Metrodome; Mike Redmond growing Joe Mauer's sideburns; and Nick Punto and Jason Bartlett in a fish tank. Tune in to Twins telecasts to catch these commercials or log onto www.Twins.Mlb.Com. With steroid controversy seemingly taking over baseball, nothing brings fresh air to the sport than the Minnesota Twins bringing out their inner child. It's a shame more athletes refuse to laugh. But in Twins Territory, the fans come first and the players know that.







Biology




Geometry




Philosophy



History



Home Ec.






Astronomy


LEARN ALL YOU NEED TO KNOW AT STUDENT NIGHT.


At every Wednesday night game*, Twins baseball is in session. Because students can get a \$4 ticket with a valid student I.D., and Hormel Hot Dogs* are just a buck. So take your seat, and let the lesson begin.


*Some restrictions apply.


<p><i>Student Night</i> presented by Star Tribune \$4 Cheap Seats ticket (with Student I.D.) StarTribune <small>©com</small></p>	<p><i>Hormel Dollar-A-Dog Night</i> presented by Country Hearth (limit 2 per person)</p> <div style="display: flex; align-items: center;">   </div>	
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FOR DETAILS CALL 612-33-TWINS OR VISIT TWINSBASEBALL.COM









ACTIVITIES

Young lacrosse team working hard to build strong program



As the Lacrosse team suits up for practice (right), the girls strike a pose in their uniforms (bottom).

Photos provided.



by Nicole Bernfeld

The FLHS lacrosse team has their goals set high for this season.

Junior co-captain Jared Haider says, "We're hoping to be undefeated. We're going to work really hard."

Senior captain Matt Mollet said that since it's a new program and their first time playing competitively, they're pretty much just teaching the game and building a good team.

"We're teaching the team members the skills they need for next year's season," said Matt Mollet.

They only have two seniors on the team this season and the rest are juniors and sophomores. They also have a few freshmen and a couple eighth graders on the team.

The team plays against Spring Lake Park on April 18. The team returns home to face Spring Lake Park again on the twentieth.

Check the Activies Website for the team's next home game.

Bobblehead posters turn heads Softball team hosts Moundsview tonight

by Amelia Matheson

The bobblehead phenomenon has been successful for the major league baseball teams and Forest Lake High School's Varsity softball team is hoping their bobblehead posters have the same effect.

Their season started on April 9 with a tough loss of 8-7 to White Bear Lake, but there is still a lot of season left to play.

"Even though we lost, we'll get them next time, there isn't a doubt in my mind," said Kacie Waldoch, a senior captain.

By the end of the season, the team hopes to be in the top three at conference, bat a 7.300

average as a team, and go to section finals.

Joining the varsity team this season are freshman Sam Holien, Lexi Alm, and Ashleigh



Matheson.

"It's really fun, I'm learning a lot and I've made a lot of new friends," said Matheson.

The next Junior Varsity game is April 26 at 4 p.m. at Mounds View. The next varsity game, which is also Parent's Night, is April 30. The sophomores play at 4:30 and varsity at 7 p.m. against Roseville.

Boys focused on wins Young baseball looking to improve



by Kacie Waldoch

With a large mixture of sophomores, juniors, and seniors, the FLHS varsity baseball team is working hard to have another strong season. Last year the team won the section conference title and they would like to win it again this season, and ultimately, get a high seed in sections and go to state.

"Coach says 'We need to stay focused at the game ahead, not looking past anyone. Then we need to find a way and execute,'" explained Senior Captain Drew Cremisino as the team's game plan for the season.

According to Cremisino the team's strengths are their defense and pitching, with their only weakness being inexperience at the varsity level.

"We lost a lot of good players, especially in the infield," said Cremisino, "but we have a lot of guys ready to step it up." The season however began a little shaky, due to the unusual April weather,

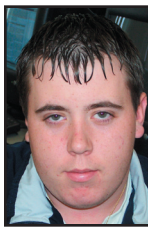
"The bad weather has been putting a downer on the season so far," said third baseman Senior Christian Fogerty after the team's second game had to be rescheduled because of snow.

Now, with the spring weather fully underway the team is ready to go, with their next game against Hastings at 4 pm tomorrow night at Hastings high school. The team's next home game (Schumacher) is on April 30 against Roseville at 7 p.m.

Vikings have draft potential

by Dan Carey

Coming into the 2007 offseason, the Vikings have a few holes to fill. Tight end, wide receiver, and offensive line are some of the needs that the Vikings need to once again sit on top of the NFC North. The Vikes had the sixth most amount of money to spend at the start of free agency which is always a good thing. Apparently, someone



forgot to send head coach Brad Childress and the rest of the Vikings staff a financial sheet.

The Vikings have left many fans scratching their heads. Instead of signing higher-end free agents, the Vikings signed career backup tight end Visanthe Shiancoe and

wide receiver Bobby Wade. Although those names may not ring a bell, the Vikings could hit football gold with the low risk/high reward type of players they gave a purple jersey in 2007. Instead of spending money in free agency, however, the Vikings will look at the NFL draft April 28 to improve the holes that haunted them in 2006.

The Vikings have the seventh overall pick and they hold many options. They can stay at the seventh pick, move up in the draft for a top three pick or move down into the later picks and get more draft picks in the process via trading players or other draft picks.

The best option for the Vikings depends on what they look to accomplish. Only two quarterbacks are going in the first round: LSU's JaMarcus Russell and Notre Dame's Brady Quinn. Russell should go first overall and there

is doubt Brady Quinn will fall to the seventh pick. If a team decides they want Quinn as their future, the Vikings are in prime position to trade the seventh pick, move to the middle and receive at least another second round pick. There is no need for the Vikings to draft another young quarterback who is not a sure thing.

If the Vikes do move back into the later picks, they will try to fill their biggest hole, wide receiver. With one receiver going within the first five picks and another four wide receivers with first round potential, the Vikings should find their man in Robert Meachem or Dwayne Bowe. Meachem, a product of Tennessee, has an excellent frame to beat corners and can stretch the field with a 4.45-4.47 40 yard dash. Meachem corrected some slight ball catching



Robert Meachem would be a great fit for Tarvaris Jackson and the Vikings. OrlandoSentinel.com

problems at Tennessee just before he decided to declare for the NFL draft. LSU's Dwayne Bowe has superb hands and great ball concentration, but his main knack is his speed and will be regarded as a possession receiver, which is something the Vikings need.

If the Vikings decide to stay at the seventh pick, the Vikings should look at LSU safety LaRon Landry who has moved up draft boards after a strong showing at the Senior Bowl and the Scouting Combine. Landry has the speed and tackling that makes for a solid safety and will bring youth to an aging Vikings secondary.

Another option would be to grab a pass rushing defensive end to take pressure off the secondary. Defensive ends Gaines Adams and Jamaal Anderson are the best of the end class and one, if not both, will most likely be there at pick seven. Adams, a 6'5, 260 lb. Clemson

defensive end, runs a 4.67 40 yard dash and would definitely be the more prized end if both him an Anderson are sitting on the board at seven.

Yet another option, and perhaps the best to help the Vikings, is a trade up to the top three picks. A top three pick would mean the Vikings would be in prime position to draft the greatest wide receiver prospect since Randy Moss, Georgia Tech's Calvin Johnson.

Johnson amazes scouts with his size (6'5"), strength, hands, and his 4.37 40-yard dash time. Johnson has all the potential

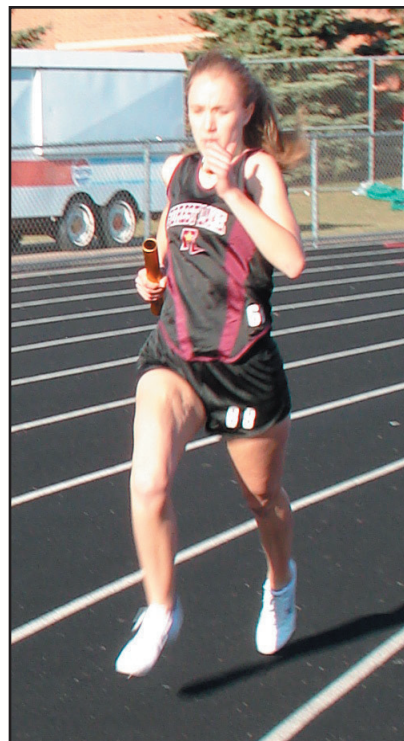


Calvin Johnson could be the first player taken in the draft. NationalChamps.net

to be a better version of a young Randy Moss but has an attitude of Indianapolis Colts wide receiver Marvin Harrison whose good demeanor should be followed throughout professional sports. Johnson would immediately make the Vikings' passing game better, but is Johnson worth the picks the Vikes would have to give up? Probably yes. Johnson will give the Vikings the same excitement Moss did when he lit up defenses and also provide a positive role model as he matures. Who wouldn't want "CJ" on their team?

No matter what the Vikings decide to do during the rest of this off season, they need to put a better product on the field that will sell tickets and not put fans to sleep. If not, expect a better draft pick next year.

Girls Track heats up at recent tri-angular meet



Abbey Sauer at the girls' recent Stillwater meet. Photo provided by Brittni LaFontsee

At the girls' first season meet against Stillwater and Roseville, many girls met or beat their personal bests. Kristi Burkle broke the Forest Lake High School 100, 200 and 400 meter dash records. Kelsey Kosman ran an impressive 200 meter dash, making her the 9th fastest runner in the state.


On the field, the girls' won both the Long and Triple Jump events.

"The team showed awesome potential and there has already been some great improvement this season!" Said one of the Senior Captains Brittni LaFontsee.

FLHS Multiples: Part III



by Chloe Daniels-Miller

Tungseth, faculty
Rick Ron



Mr. Tungseth
+ "We were extremely close growing up. I always had a constant companion. And we rarely resented sharing... it didn't really bother us."
-"During college, we had had some separation issues."

Dunckels, '09
Neil Trent




Neil
+ "We're into the same sports, so the competitive edge is pretty cool."
- "He can get annoying."
Trent
+ "We're involved in the same things."
-"Sometimes it's annoying, and we'll get into fights."

Coopers, '09
Kari Kelly






Kari
+ "There's always someone there to offer advice."
- "People get us mixed up."
Kelli
+ "There's always someone to go places with."
- "She'll go in my room and wear my clothes, and people mix us up."

Ellias, faculty
Pat, 3 brothers, Pete



Mr. Ellias
"Me and my twin, Pete, are completely opposite; he is blonde and has blue eyes, and I have black hair and black eyes. As kids, I was into sports and the outdoors, and he was into motors and things like that. Identical twins usually have a special connection, but even though we are fraternal twins, my brother and I were very close."

O'Neils, '09
Megan Sean Molly



Megan
+ "There's always someone your age around the house."
-"Getting our licenses, because our parents want us to have a job first, and our birthdays."
Sean
+ We all have similar classes in school, so it's nice having someone to help you if you need it."
Molly
+"There's always a friend around." -"Teachers always seem to notice and mention it."



Points to Ponder

by Nicole Bernfeld

If the alphabet was backwards, what would we call it?

If the sun never set, would we still have night?

Why is there only an arrow to turn left at a stoplight?

What's the difference between a four way stop sign and an all way stop sign?

When does the building stop on a building?

How would someone in the army read a face clock?

Why do the numbers on a phone go 1-9 but the numbers on a keyboard go 7, 8, 9, 4, 5, 6, 1, 2, 3?

Why is a yearbook called a yearbook if it doesn't cover the whole year, or even the school year?

What is cottage cheese and why do we eat it?

Can a circular box really be called a box?

Why don't two wrongs make a right?

Why does everyone wear a fanny pack in front?

Why is the word for the fear of long words so long?
(Hippopotomonstrosesquippedaliophobia)

Why can you never find something at the one moment you need it most, but know exactly where it is when you don't?

If the solution to the problem is another problem, is it really a solution?

Why is it called a fire alarm if it detects smoke?
Why does the 'smoke' alarm go off when you burn a pizza, but not when you start something on fire?

How can you fix something that's not broken?

Can a chocolate covered, chocolate chip granola bar really be considered healthy?

If a cordless phone can only be used within a certain distance from the stand, what's the point in it being cordless?

What does that extra light switch in your house really go to?

If the only difference between a bench and a chair is the size, then really what is the difference?

Why is the hour hand on a clock the smallest, but measures the most amount of time?

Is a school bus still a school bus if it's not taking you to or from school?

What's the point of a button that says 'Do not push'?

If a shoe lace isn't in a shoe, is it just a piece of string?

Is a t-shirt with no sleeves still a t-shirt?

Riddles

1. In the NBA, how many men are on the basketball court for each team?
Five, many people say 10 here but the key is "each team"

2. If you were running in a race, and passed the person in 2nd place, what place would you be in now?
You would be in 2nd. You passed the guy in second place, not first

3. There is a common English word that is nine letters long. Each time you remove a letter from it, it still remains an English word - from nine letters right down to a single letter. What is the original word, and what are the words that it becomes after removing one letter at a time?
The base word is Startling - starting - staring - string - sting - sing - sin - in - I

4. In a major league baseball game, a pitcher faced only 27 batters. Every batter he faced, he struck out. He allowed no hits and no runs, yet his team lost 4-0. How could this be?
-He came in as a relief pitcher in the top of first inning with no outs after the dork starting pitcher had already given up four runs!

5. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
-Yesterday, Today, and Tomorrow!

<http://www.riddlenut.com/show.php>

Sound Off

YAYS...
To being done with scholarships!
To creating your own parking spot
To the softball poster
To Ms. Madson- for obvious reasons!
To only 5 Mondays left in the school year!
To "Hats off" Day
To Greek mythology
To having your act together
To the upcoming Spring play! ... Go Shakespeare!
To Senior Skip days.
To the Star Wars rap
To Siri's long articles
To the last quarter

NAYS...
To moving the Ranch dressing
To having to move your car b/c you made your own spot
To April snow
To State required tests
To only one more day off this year (excluding Senior Skips, of course!)

To senseless violence
To planning for prom
To Greek mythology
To too much homework and projects when it's so nice out
To pneumonia
To chick fights- grow up and get some class!
To racial slurs from old white radio hosts

Listen Up!

If you have a point to ponder, cheer/jeer, or a yay or nay that you want to share, then contact the breeze at, forestbreeze@forestlake.k12.mn.us

There is one more issue left this year, so dont go unheard!