

# FLHS teacher gets call from the Hall

## Bob Marzolf inducted into FFA Hall of Fame

by Brittany Forsblade

You hear about hall of fames all the time, what usually comes to mind is sports or fishing hall of fames, but for FLHS agricultural teacher Bob Marzolf it's the FFA Hall of Fame.

"Through the years I have developed an incredible passion for agriculture education, and FFA is really at the center of that. It's more than a job," said Marzolf, who was recently inducted into the FFA Hall of Fame.

Over 26 years of teaching, Marzolf has gone through different stages that brought him to where he's at today.

"I went through different stages as a teacher. As a young teacher my first stage was just plain survival. Second stage for me was becoming a better teacher, to just continue looking for ways to do it better," said Marzolf. "For instance, I never knew much about horses, and Biotechnology, now I know a ton, but it took a huge effort on my part to be educated in every aspect. Agriculture changes all the time, so I'm always making some sort of an effort," said Marzolf.

The next stage was wanting to give back to the profession. Marzolf served as President of the MN Association of Agricultural Educators. Last year, he went to a summer workshop conference at the Mayo Clinic in Rochester. The keynote speaker at the conference was the head researcher for the Mayo Clinic.

"After he had finished speaking he just happened to sit next to me," said Marzolf, "I got a chance to talk to him afterwards, and I asked him if the Mayo Clinic would consider putting on a workshop featuring Genomics, and he said 'yes'."

Genomics is the study of all of the nucleotide sequences, including structural genes, regulatory sequences, and noncoding DNA segments, in the chromosomes of an organism.

This wasn't as easy as it sounds though. Marzolf worked hard this past year getting this dream workshop organized, and keeping in contact with the Mayo Clinic.

"I just got done sending out emails to the teachers, because this June, teachers have an opportunity to participate in the Genomics workshop," said Marzolf, "Nobody gives us that; you have to go get it yourself. I worked real hard to do this, and it was my way of giving back."



Teachers and fellow agriculture people noticed Marzolf's big effort and hard work. Mike Miron, FLHS agricultural teacher, thought it a good idea to nominate Marzolf into the FFA Hall of Fame. Along with Miron's sister Ann (a state FFA officer, and 06' FLHS graduate), and his father Fran (chairman of Agriculture Advisory Committee). All three of them put in a nomination for Marzolf.

The nominations went to a state committee and they looked over the nominees. Out of the seven people inducted, Marzolf was the youngest. At a large advisory meeting on April 9, and without Marzolf knowing, Miron announced that Marzolf was going to be inducted into the FFA Hall of Fame.

"I was really surprised. I had no idea they had even nominated me," said Marzolf.

Besides teaching Agriculture, Marzolf also keeps a hobby farm of his own, that he has been keeping since 1984.

"I raise Simmental cows, they're Swiss cows that come from the Valley of Sim in Switzerland," said Marzolf.

Marzolf has contributed to agriculture in so many ways. For nine years Marzolf has been apart of the MN Extension Committee for 4H. He helps students enter the state fair every year, and the Washington County Fair.

"The coolest part of what I do, isn't the state kind of stuff, the coolest stuff is the ways we contribute to the community," said Marzolf.

Marzolf holds true to his words. Pretty soon he and the FFA students will be doing landscaping for the little triangular park next to the Forest Lake Dairy Queen.

For info  
and pictures  
of FFA's open  
house, see  
pg. 2

# College: In or out of state?

## A guide on how to choose a school for after graduation

by Siri Urquhart

Sure, the best schools enroll students with the best grades and the highest test scores. There are some college names that impress more on a sweatshirt. But how can someone figure out which school is the right choice? Seniors are already done, but juniors and sophomores need to start now. There are some important things to consider when deciding where to apply. Many don't spend much time thinking about them, though, and may end up unhappy as a result - even at a so-called "great" school. As juniors and sophomores, taking the time to think about these things now, one will be able to know what really matters, and what college has the best fit.

### Factors

In determining whether an in state or out of state college is the best option, the size of the institution should be taken into consideration. Colleges come in all sizes, from a school in California that enrolls only 26 students to schools like Penn State, which enrolls 30,000 or more. Which one is better? That depends on the individual. Going to a small or large high school, growing up in a city or rural area, or being in a place that's familiar are things that should be contemplated when choosing a college or university.

Colleges come in many different "shapes and sizes." Some have large graduate programs and devote much of their time and resources to research. Others enroll only undergraduates and

focus their attention on teaching and learning. Some schools have a specialty in one specific area, like engineering or writing, while others are best known for giving their students a broad education. Other differences include whether schools are single sex or coed, if they have a religious affiliation, and whether they are public or private. The options really are almost limitless.

### Location

A major thing when considering post high school options is location. There are colleges in every living environment imaginable, from tiny towns right here in Minnesota to the middle of New York City. If someone lives in the suburbs, choosing an urban campus can be an adventure. On the other hand, if one is used to the suburbs and mall life and choose a college in a rural area, will you run screaming into the Student Center some night looking for noise, lights, and people? Reflecting about how big of a change is necessary and the hometown in which someone has lived will help a lot with this issue.

Closely tied to location is the issue of how far from home someone is willing to go. For some people, going to college is a chance to explore a totally different part of the country. For others, they want to make sure they can have dinner with their family once a week, or go home to do their laundry. When deciding how far to go from home, think about how likely one is to get homesick, and how much money one can afford

to spend in travel. On the other hand, with email and cell phones, one can still feel close to home regardless of where you are.

### Cost

Cost is one thing that most *parents* think about when the topic of college comes up, but not all colleges cost the same amount, as there are different types of financial aid at different schools. Sometimes grades, musical talent, or athletic ability are enough to be able to earn a scholarship. Public universities often offer much lower tuition rates to in-state students, but their fees to out-of-state residents are usually pretty similar to private schools. Private institutions charge everyone the same high tuition, but they often have privately-funded scholarship monies available, so it's worth applying to them even if the price tag seems too high. Even though cost is an important issue to look at when determining what college or university to attend, it shouldn't outweigh other factors.

### Student Body

All college students are not the same. Some schools, particularly large schools and those in big cities, tend to have students from a wide range of ethnic, social class, and religious backgrounds. Other schools, especially small schools and those in very rural locations, tend to have fairly similar students. Other things to think about in the student population are whether most students live at the school or commute, or how old the average student is.

If a potential major or field has already been

chosen, it's important to make sure to go to a college somewhere that will help in preparing for that profession. Some schools are particularly well known for a specific major. Going to one of these schools will put one in a great position to get a job in that area when you graduate. Many freshmen however are not sure what they want to do. College freshmen should choose a school that will give them plenty of options. Some schools require students to take classes in a wide range of areas during their first year or two. These schools are great for students who either want a well-rounded education or are trying to figure out what area to focus on. Other schools let students just dive in to their chosen majors without a lot of other requirements. These schools are great for focused students who know what they want to.

Going with instincts is a major part of choosing a college or university. If a place feels right, that's important. Similarly, if it just feels wrong, no matter if parents or relatives influence someone's decision to go there or how good it looks on paper, it probably is. College is a very personal choice, and after considering all the other objective factors, the fact of the matter is that it comes down to the individual. Visit potential colleges, and see how it feels walking around their campuses. Imagine going to school there. Once one finds a place that they like, they'll be well on their way to finding the best



Spider-man 3  
review  
Pg. 9

The low down on  
graduation tickets  
Pg. 4

What is favorite  
teacher is doing  
this summer?  
Pg. 3

A look at the towns  
of ISD. 831  
Pg. 6-7



## Tips and tricks to tanning

by Siri Urquhart

Willing to eliminate pale skin in return for a fierce tan? Join the club. With summer just around the corner, many people start to consider the best way to get that sun-kissed glow; turning to self-tanning lotion, tanning booths, laying out in the sun, or a mixture of these.

To lots of people, summer means going to the beach or soaking up some rays at the pool. In fact, according to kidshealth.org, most Americans, including up to 80% of people under the age of 25, think they look better with a tan. Before deciding to sacrifice healthy skin by heading to the tanning booth or baking out in the sun, skin and sun exposure should be taken into consideration.

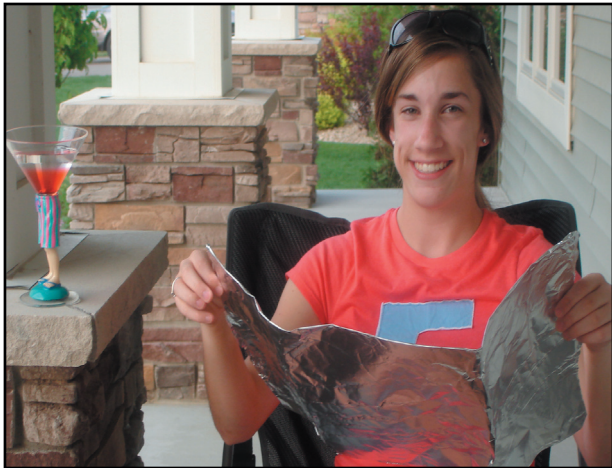
The sun's rays contain two types of ultraviolet radiation that reach your skin: UVA and UVB. UVB radiation burns the upper layers of skin, causing sunburns. UVA radiation is what makes people tan. They penetrate to the lower layers of the skin, where they trigger cells called melanocytes to produce melanin. Melanin is the brown pigment that causes tanning. Melanin is the body's way of protecting skin from burning. Darker-skinned people tan more deeply than lighter-skinned people because their melanocytes produce more melanin. Just because a person doesn't burn does not mean that he or she is also protected against skin cancer and other problems.

### Dangers/Risks

UVA rays may damage a person's immune system, making it harder to fight off diseases and leading to illnesses like melanoma, the most serious and deadly type of skin cancer. According to kidshealth.org, skin cancer is an epidemic in the United States, with more than 1 million new cases diagnosed annually. Although the numbers of new cases of many other types of cancer are falling or leveling off, the number of new cases of melanoma is growing. In the past, melanoma mostly affected people in their fifties or older, but today, dermatologists see patients

in their twenties and even late teens with this type of cancer. Experts believe this is partly due to an increase in the use of tanning beds and sun lamps, which have high levels of UVA rays.

Cancer isn't the only problem associated with UV exposure. UVA damage to the skin is the main factor in premature skin aging. To get a good idea of how sunlight affects the skin, look at the skin of an immediate family member and see how different it is from your own. Much



Siri demonstrates tanning with an an aluminum "tan fan".

of that is due to sun exposure, not the age difference.

### Remedies

Just because UV rays cause numerous problems doesn't mean avoiding the sun altogether is the only option. Sunscreens or sunblocks, which block the sun's harmful rays, are one of the best defenses against sun damage because they protect the skin without interfering with comfort and activity levels. Even when serious about protecting skin, someone may want the glow of a tan. Luckily, many products on the market will let you tan safely and sun-free. One safe way to go bronze is with sunless self-tanners. According to kidshealth.org, these "tans in a bottle" contain dihydroxyacetone (DHA), which gradually stains the dead cells in the skin's outer layer. The "tan" lasts until these skin cells



slough off, so exfoliating or vigorously washing will make the color fade faster. Typically, these "fake bakes" last from several days to a week. Trying a few brands of self-tanner to find one that looks best with a specific skin tone is sometimes necessary. Options include sprays and lotions and they're easy to use.

For a subtle, goof-proof glow, kidshealth.org suggest to try one of the new moisturizers that contain a modest amount of fake tanner, letting the skin gradually build up a little color without blotches and staining, or the smell that some people dislike. According to kidshealth.org, all of these options are cheap, too, usually around \$10. Ask a friend to help apply self-tanner to spots that can't be reached, like the back, for even results all over. And be sure to wash it off of body areas that normally don't tan, like the palms of your hands and soles of your feet, otherwise, they'll just look dirty.

Another option might also be to check out salons that offer airbrush tanning. Airbrush tans may look more like a natural tan with more even results. With an airbrush tan, a salon technician will hook up a DHA solution to a spray compressor, and spray the tan onto the body. The eyes, lips, and nose will be covered to protect them during the process, which takes anywhere from about 5 seconds to 1 minute. A few hours after the application, the tan will start to appear. With both self-tanners and airbrush tanning, better results will be attained if the skin is exfoliated with a scrub brush before the tanner is applied. This evens the skin tone and removes dead skin cells.

With both types of sunless tanning, sunscreen is still necessary when going outside to protect the skin from the sun's rays. Fake tans don't generate melanin production, so they won't protect you against sunburn. But the upside is that you get the warm glow of a tan while you keep your skin beautiful for years to come!

### Did you know...?



Tans weren't always the rage. Being as pale as possible was once desirable in some countries because a tan was a sign of manual labor. The wealthy could afford to have other people do that work for them, so the paler the people were, the richer they seemed.



In the 1920s, Coco Chanel (fashion designer) returned from a vacation to the French Riviera with a deep tan and suddenly tans were the symbol of the rich.



In Minnesota, if you are under 16, the tanning device operator must witness a parent or guardian sign a warning statement.



In Wisconsin, no one under 16 is permitted to use tanning devices.

### Get the Facts...

#### UV radiation can cause:

- Wrinkles
- Brown age spots
- Blotchiness
- Leathery, older-looking skin

#### Vitamin D is the "sunshine vitamin"

- The body gets some of its Vitamin D from food and some by making it from sunlight
- Myth: you need to spend time out in the sun without sunscreen in order to get enough vitamin D. NOT TRUE! More than enough UVB rays still get through sun screen to help the body get

## The Scoop on FLHS Food Service

by Chloée Daniels-Miller

When it comes to lunches with chicken or turkey gravy, students at Forest Lake sure don't seem to mind. But there's more to the lunch process here at FLHS than waiting in line, finding a table, and beating the tray dump rush. There's a lot of behind the scene work that goes on to make your favorite lunches and treats.

First, because the FLHS food service participates in the National School Meals Program (NSMP), it must abide by rules and policies set by the United States Department of Agriculture. FLHS Food Service operates under an "Enhanced Food Based Menu Plan" in an offer vs. serve basis. This means five food items are offered, and a student should choose at least three of these for their lunch. This will equal 1/3 of their calories needed per day.

All food is ordered one-three weeks in advance of when it is served. Some of it is frozen and some, like fruits, come canned. Still other food is made from scratch. Items like milk, bread and produce arrive a week in advance.

Some dishes need extra preparation like Jell-O and cooked noodles. Lasagna takes two days to prepare, and turkey gravy takes four.

When it comes to student response, FLHS Cook Manager Corrine Wald said that it's obvious when some lunches aren't as popular.

"The spicy chicken/pizza middle line is usually how we gauge if the students don't care for a certain meal, and we try to plan accordingly," said Wald.

On an average day, the FLHS food service serves approximately 1,100 full lunches

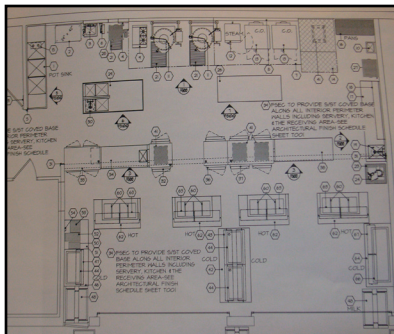
to students and some faculty, and 120 full breakfasts. These numbers don't include A La Carte purchases, or those meal choices purchased separately.

Recently, a school-wide student poll was issued in hopes to more accurately gauge the students body's general favorite lunches, their thoughts about the new healthy choices, and what they would suggest for food options. If you have not taken the poll, please pick one up at the cash register when you enter your PIN, fill it out, and return it to the register to receive a prize!

### A whole new look coming soon...

This summer, the FLHS food service kitchen will be completely re-vamped during an extensive renovation project. It will begin the last week of school and is projected to be complete mid August before the next school year. The re-vamped kitchen will be complete with new appliances and new kitchen workplaces for the 13 kitchen staff, and the existing middle wall separating the Lakes and Ranger lines will be gone, allowing for 4 lines; 3 serving lines and one A La Carte line.

Kathy Hoff, District Food Service Specialist said, "The main reasons for this renovation are that most of the existing kitchen equipment is outdated, and there will be more room in the kitchen for the staff. Also, the flow of the serving lines should be smoother and allow for easier access to the students with less mats and cords on the floor."



## '07 FFA Open House



pictures by Amelia Matheson



# “What!? Teachers have jobs outside school!?”

SUMMER JOBS

Some of them do, and here are a few...

by Chloée Daniels-Miller



Mrs. Hess

“I will be directing a summer theatre camp for 2-12 graders in St. Francis. They will be performing *Cinderella*.”



Ms. Dugas and Mrs. Kaiser

“We’re sales associates at the Cub TCF.”



Ms. Guy

“Last summer I installed the plumbing and electrical in a cabin up north. This summer, I’m going to serve at a pub and do some roofing work.”



Mr. Waldron

“I’m a reservationist at a golf club. It’s nice because I’ll get good hours, and be able to take it easy and surf the web or read books during calls. Plus free rounds of golf.”



Mr. Buck

“I will be coaching community K-12 basketball and golf camps, as well as coaching my daughter’s 9<sup>th</sup> grade girls soccer team.”



Mr. Johnson

“I’ve had a small painting business for about ten years. My friends and I paint houses in the metro. It’s called Mr. Johnson’s Awesome-Spectacular Paint Business Inc.”



Mr. Mueller

“I’ll be driving empty school bus from the manufacturer in Tulsa, Oklahoma to the sales place, who actually sells buses to our district.”



Ms. Madson

“I’ll be teaching 9<sup>th</sup> grade summer school... to 10-12<sup>th</sup> graders.”



Mr. Rivard and Mr. Jurasin

“We build decks around the Forest Lake area. We call ourselves Wobbly Construction... and we do OK work.”

# Holidays to say ‘thanks’

by Dan Carey



## Paying tribute to Mom

What’s a better way to pay respect to your mother than having a whole day dedicated to her? Presents, bed in breakfast are just a couple things moms should expect on Mother’s Day.

First observed around 1870 in Boston, Mother’s Day was created after a proclamation by poet Julia Ward Howe. Howe gave the “Mother’s Day Proclamation” suggested the holiday be celebrated every year from 1872 onward. The first official celebration of Mother’s Day was by West Virginia in 1910 and soon, President Woodrow Wilson signed a bill declaring the second Sunday in May as Mother’s Day on May 14, 1914.

Mother’s Day was created to celebrate motherhood and give respect to mothers around the world. Many traditions call for the wearing of roses or carnations. A red flower represents a living mother while a white flower represents one’s mother who has passed away. Yearly flower sales hit \$424 million in the United States while Mother’s Day cards earn \$147.9 million.



## Remembering fallen heroes

Memorial Day. A time for remembering the fallen soldiers that gave the ultimate sacrifice protecting our country. How did this federal holiday begin?

Memorial Day, started after the Civil War to mourn the loss of Union soldiers. According to Yale professor David Blight, Memorial Day was started in 1856 by liberated slaves. The slaves mourned the loss of the Union soldiers who fought for their freedom. This gathering was held in Charleston where a Confederate prison camp was once erected.

The official birthplace of Memorial Day was in Waterloo, New York, due to the village celebrating Memorial Day every year on May 5. Waterloo was the home of Civil War General John Murray who had a friendship with fellow General, John A. Logan. These two Generals

helped spread the holiday around the nation as “Decoration Day”.

The name “Decoration Day” was the primary name for the holiday as its alternate name of Memorial Day was first used in 1882. It wasn’t until after World War II that Memorial Day became the more common name

Memorial Day is also connected to many traditions. The main tradition of Memorial Day is the annual running of the Indianapolis 500 which is considered to be the biggest race in the world. Other traditions include visits to monuments dedicated to fallen soldiers and many church services. Memorial Day weekend also represents fishing, camping, and other outdoor activities.



## One for Dad

To have a male counterpart to Mother’s Day, many proclaimed a day be set aside for the many fathers in the country.

Father’s Day was first recognized on July 15, 1908 in Fairmont, West Virginia. The first Father’s Day celebration was a church service suggested by Grace Golden Clayton to pay respects to 361 men who died in a mine explosion in the nearby town of Monongah, West Virginia.

Another proponent in the drive to declare a Father’s Day was Sonora Smart Dodd who’s father, a Civil War vet, raised a family of six alone. These drives made Father’s Day a holiday that was observed by many states but not an officially recognized by the Federal Government.

Many presidents, including Calvin Coolidge, suggested Father’s Day to be a national Holiday in 1966. Finally in 1966, President Lyndon Johnson made Father’s Day a national holiday to be celebrated on the third Sunday in June. The first “official” Father’s Day wasn’t recognized until 1972.

Father’s Day is the 4<sup>th</sup> biggest card sending holiday with an average of 95 million cards being sent to the near 66.3 million fathers in America. The majority of gifts come from sporting good stores and hardware stores, as many fathers receive fishing rods, golf clubs, and tools.

# The different social cultures of FLHS

Walking the halls, do you notice the different groups around you?

by Jordan Lutz



Entering any high school, one will be overwhelmed with the amount of cliques. It seems as if everybody is in one group or another, even if they seem to be the people that like to be by themselves they are grouped as the ‘loners’. So what’s the deal with all of these cliques and different styles in FLHS?

“I’m not close enough to really see groups of kids but I know that kids will hang out with others with similar interests,” said Dr. Massey the Principal of FLHS. “It’s not necessarily a bad thing unless kids are being exclusive or not welcoming other kids.”

Forest Lake, like any high school does have cliques. Walking through the halls or even hearing conversations, one can pick out the invisible lines separating person from person. There are many kids that are really active and involved with school and on the opposing side, the kids who have nothing to do with school outside these brick walls.

“Kids come to school for many, many, reasons,” said Massey, “classes, courses, academics, and also to socialize with friends.”

But what of the youth that are not active in school?

“We present and provide many things for kids to be involved in, speech, athletics, theatre, etc. But part of it is a step they (the students) have to take to get themselves involved,” said Massey.

There are always kids who just have a different agenda.

“I have other things to do after the school day is over,” said Senior Josh Schreiber. “I like to go to the beach, take pictures, play bass and hang out with my girlfriend.”

For students like Schreiber not being involved in extra curricular activities is not a bad thing. He stays out of trouble and quietly does what he likes to do.

“I don’t find benefit in anything the school has offer after school,” said Schreiber. Students like



Neil Polglase and Megan Seim represent different ways of expression through their music.

Schreiber have interests that the school does not provide in or out of school. He plays in a band and loves music, and FLHS does not have very much in the way of hard-core music scene.

Schreiber does not belong to any cliques although he does not disagree with the statement that there are in fact cliques existing in the school.

Cliques are not just a negative subject, many “cliques” are just groups of kids with the same interests hanging out together, but the real problem is when cliques exclude, bully, or harm

others.

“When kids get involved in conflicts, we don’t know if it’s actually based on whom they spend time with,” said Dr. Massey. “When kids hang out, good and bad things happen.”

Cliques, whether good or bad, have a strong influence over the people involved. Every clique has good and bad aspects, but it is the negative aspects we must watch out for.

“I’d say here at Forest Lake, there aren’t really any groups that would really classify as cliques that engage in negative activity,” said Officer Smith. “There are mainly groups of kids with the same interests that stick together like, athletics, choir, band, just more grouping of friends.”

Some cliques may engage in underage drinking, smoking, and doing drugs. These few examples show the negative side of cliques, because these decisions lead to more destructive actions that can affect other people.

“Once in awhile we will have a problem maybe with some kids standing up for their friends, but it does get resolved through the school. There really isn’t anything that is border lining gang activity,” said Smith. “There aren’t really friends that dedicate themselves to bullying or making destructive decisions.”

Smith stated that from time to time there are some kids with a “reputation” that “act up” from time to time, but he assures that it’s nothing the school can’t handle.

“All I’ve really noticed here is kids hanging out with their friends. They all just have the same interests and share commonalities.”

## 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



# The big skimp

## More graduation tickets/larger venue needed

by Chloée Daniels-Miller



Graduation. The big shebang. The accumulation of your first 13 educational years celebrated. At the commencement ceremony, your friends and teachers are in attendance to share in this memorable experience, but even if it’s a little wet out, say sorry to your stepparents, grandparents, and dearest siblings who cannot attend because of the skimp on tickets. For each FLHS graduation, only two guests per graduate are allowed in the main gym, and three can watch a closed circuit broadcast. Logistically, that’s all the administration can do. The main gym, according to the fire code, can only hold 1,624 people, and it’s tradition to have the ceremony at FLHS rain or shine. But why can’t we change tradition

School	# Students	Guests	Location
Stillwater	713	6-rain/shine	Roy Wilkins Auditorium
White Bear South	700	4 (can request more)	Aldrich Arena
FLHS	625	2 in (3 on TV) 5 out	Auditorium or Football Field
Centennial	510	8-rain/shine	Northrop Auditorium-U of M
North Branch	300	7-rain/shine	Indoors at school
Chisago	264	Open to Community!	At school

(a shocker, I know) to allow more family and friends to take part in the celebration?

### Greener on the other side?

Take a look at what other local high schools do for their graduation ceremonies: Half of these high schools with similar or smaller sized graduating classes rent out auditorium halls for their graduation ceremonies. Interestingly enough, as Centennial is one of those that go elsewhere, they aren’t in the top three that have the most seniors graduating. According to Maggie Washenberger, the graduation ceremony coordinator at Centennial High School, said that they used to rent the Blaine Sports Center for their graduation ceremony, but this will be the third year that they have rented the Northop Auditorium on the U of M’s Twin Cities Campus. She said that the venue change gave them additional seating space for their growing classes’ friends and family to attend. This will be Stillwater’s second year renting Roy Wilkins. According to Secretary Kelly Seivert, the school made the switch from a new venue because their class sizes are getting larger. If it should rain, the ceremony would be held indoors and the students wouldn’t be able to invite as many people. Sounds a bit like Forest Lake. Besides Homecoming, FLHS doesn’t really host other large-crowd events. According to ticket sales and this year’s *Forester*, 3,952 football fans attended this year’s victory Homecoming game against the Stillwater Ponies. If every 625 graduating students brought 5 guests, that’d be 3,125 ceremony attendees. But in the last

five years, there have only been two outdoor ceremonies. Besides, early June is usually hot and humid, -not the most ideal conditions for sitting on metal football stands through various speakers, musical performances, and 625 names read. An indoor (off-campus) auditorium would be temperature-controlled and could allow for more guests and comfortable seating without the setting sun in the audiences’ eyes. The ideal graduation ceremony for FLHS seniors would be indoors at a rented location to allow the graduates to invite 7-8 of their friends or family and shield them from the summer heat. I also think an open-community ceremony would be really a great way to let the community, who has supported us through the years, to celebrate with us. Even if people had to bring lawn chairs and more speakers had to be set up around the football field, I think it’d be well worth it.

**Graduating Class sizes ’00-’07 (including ALC and Guided Study graduates)**

Year	Graduates
2000	510
2001	514
2002	574
2003	531
2004	556
2005	530
2006	575

If class sizes continue to grow, and they will most likely continue to do so with all the housing developments in the area, FLHS needs to reconsider the graduation ceremony plans. Even if this means changing tradition, choosing a new graduation venue is a necessity. Who knows, after a few years it could become its own tradition.

# Do you stereotype?

by Neil Polglase

When anyone thinks of sexual stereotypes they usually think of women. The truth about stereotypes is they affect everyone. In fact sexual stereotypes affect men just as much if not more than women. Society weighs heavily on everyone. The pressures of expectations can make anyone give in to their demands. It has long been believed that men have it the easiest among the two sexes, but I am here to shed some light on that stereotype. Men and boys have many stereotypes to face. The first and foremost is the fact that guys aren’t supposed to show their emotions or feelings in public. We are supposed to be strong and manly at all times. Television bombards us with these messages everyday. Beer commercials, car commercials and TV shows all sway towards this stereotype. The only chance guys get to express their feelings in an “acceptable” way is with anger. There are no words that can explain how unhealthy it is to keep emotions inside. Girls are accepted as emotional people, but the truth is, everyone is emotional. Certain people may be less emotional than others, but it has nothing to do with whether you are a guy or girl.



Another sexual stereotype involving men is during the job search. Every person is unique and everyone has a different style. A guy might try to get a job at a restaurant, but he is turned down because he has long hair. We are in the year 2007, and still we haven’t gotten over stereotypes from 50 to 60 years ago. A girl can go in to get the same job and have even longer hair and get the job. There is no reason for this “type” but it still exists today. It would be the same for women if they were turned away for having short hair. In a world of so many pressures, why must we continue to pass on the legacy of stereotypes? I would love to be in the generation that finally decides to refuse these horrid stereotypes. Girls need to realize they don’t have it worse than we do. We are all stereotyped, and thinking you’re alone in it isn’t going to get you anywhere. I for one am sick of all the stereotypes out there. Racist stereotypes, American stereotypes, foreign stereotypes and sexual stereotypes are still used today, but one at a time we can begin to refuse them. Don’t be just another person who goes along with the stereotypical crowd because our society has been accepting these stereotypes for over 50 years and nothing has happened. So stand up for guys and anyone else who has been “typed” by the crowd. A world without stereotypes is something I would love to see in my lifetime, a place where we can all try to understand each other without the roadblocks of stereotypes.

# Restaurant Review: Old Log Cabin

by Brittany Forsblade

Driving down 97, so hungry I could eat a horse....ahh ha! I’ve spotted a cabin. The Old Log Cabin Bar and Grill, that is. When I walked into the Old Log Cabin, I had great anticipation for what their food would taste like just based off the way they decorated. It was really hot outside, so when I walked in, I was glad it was air conditioned. There weren’t a whole lot of people there at the time, because I came at 3:30 pm. It’s very homey, rustic, and kind of brings you back to a different era in a modern way. Outdoors, Alaska, trapping, fishing, and snowshoeing definitely come to mind. They play 1950s music, which goes well with the whole atmosphere, and the volume is just right. I sat next to a window on the northeast end of the building, and from the view in the window, it looked like I was out in the woods. I ordered the Artichoke Dip as an appetizer. The Artichoke dip comes with spinach and parmesan cheese served golden brown with garlic whole grain toast. It totaled \$6.49, which was worth every penny. It was so good, and the flavor was unbeatable to any other artichoke dip I have ever had before. Before ordering the next item the waitress Anne said that, a lot of people come just for their broasted chicken. So I took her advice and ordered it. The price of the meal was \$8.95, which is really reasonable for all the food you get, and the quality. The broasted chicken is marinated over night, and then deep-fried under pressure, resulting with the juiciest and most flavorful chicken around. With any of the dinners you get a choice of potatoes, but only with the order of broasted chicken can you get the broasted potatoes. They are potato wedges that are cooked in the broaster with the chicken. The food arrived piping hot.



The chicken was delicious, definitely beats KFC any day. The broasted potatoes, were excellent as well, and came with sour cream. With their dinners you also get the choice of a garden salad, cole slaw, a cup of soup, or steamed broccoli. I chose the soup. They had four choices of soup to choose from, which was very nice since most restaurants just have one soup of the day. I got their black bean soup, and it was very good. It had a chili taste to it, yet sort of a spicy tomato soup at the same time. After I finished with dinner, I had some desert (even though there wasn’t any room for it). The dessert menu has 4 deserts. Surprisingly, they had nothing with chocolate. I ordered the Bread Pudding for \$3.29. It requires a good recipe to be good, because I’ve had some really bad bread pudding before. With the bread pudding, I thought coffee would be a good beverage with it for \$1.29. The bread pudding was amazing, it had a taste like French toast with caramel, and it melted in your mouth. The blend of coffee was tasty; it had sort of a buttery taste to it. Aside from the excellent food, the place had some history to it too, that you could find out too just by asking the wait staff. The Old Log Cabin used to be a bait shop and gas station in the early 1900s. John Peltier owned it for 18 years, and it was originally called Third Lake Inn, in the 50s. Part of the cabin is from back then, but they added on. Overall, the restaurant was absolutely delightful. I would have to say it’s my favorite restaurant in Forest Lake. The prices were reasonable, the atmosphere was relaxing, and entertaining by all the cool things they have hung up all over. Good service, good food, and makes an all around good place.



# Senioritis hits Forest Lake

Seniors can’t wait for graduation to come...8 days to go!

by Kacie Waldoch



Teachers may be wondering why their all-senior classes are not doing as well as their other classes or possibly more empty then they should be. This could mean that their class is suffering from senioritis. This is a condition that affects the majority of seniors during their fourth quarter of their final year in high school. For some this may come as early as the first quarter of the senior or even junior year. This would most likely be termed something else, however- like juniorima or sopharia. For those of you who might be wondering if you have this common ailment, perhaps a list of possible symptoms would be helpful with a diagnosis. For example, some of the symptoms involve assignments. This may vary from simply slacking on assignments, not finishing or not doing assignments at all. Also teachers may also find a summer plan list on the back or in some extreme cases in the middle of an assignment. Students may also at times confuse one class with another. For instance, during their twenty minute exploring childhood speech they may break out singing the song they have been practicing for in choir or for the answer to a proof in their algebra II class could be “Romeo, wherefore art thou Romeo” from the Shakespeare story they are reading in English. Senioritis normally occurs when a senior has been accepted to their college of choice or has all their credits complete. This situation causes them to feel they are at school for no particular reason. Although this condition may seem severe, it is not harmful to the student, and it’s vital for teachers not to take

the senioritis infections personally. It’s no ones fault, not even the student’s themselves. It is a result of an overdose and/or a combination of fluorescent lighting, hard chairs, same old lunches, and Friday quizzes. Also cases of senioritis worsen as the lake water gets warmer, the sun shines brighter, road trip plans get finished, and the days get longer. Some possible cures for this condition include taking a week off, sleeping in and going on a road trip, but because of the circumstances this can not be achieved until after June 7<sup>th</sup>, so the most important thing to know about senioritis is that....\*

**\*Editor’s Note:**  
*The Forest Breeze Staff apologizes to any students curious about Senioritis, but due to this terrible disease, Kacie Waldoch was unable to finish the rest of her article.*



# Point/Counterpoint: Seniority VS.

“I don’t really support it, but I’ll try to explain it.”

by Chloée Daniels-Miller

Seniority. What is it? A feeling ? An action? A mentality? I guess it’s a little of this, a little of that. Generally, it can mean acting like you’re better than someone who’s younger or acting negatively towards them just because you can. It could even be considered saying “hi” to an acquaintance in the lunch line (who’s considerably closer to the trays than you) and finding something irrelevant to chat about until it’s time to get food, also known as “budging”. I guess I don’t see the harm in it- I’m guilty of it. And true, if everyone did it, it’d probably be chaotic. But we’re seniors, you know, salute us! So does simply being a senior justify much these days? Who knows. I’m not writing this to persuade anybody that seniors *should* act like this- I’m just calling it as I see it.

I think one of the “problems” or “issues” seniors tend to have with underclassmen (generally, I mean sophomores, because many of the juniors think they’re cool enough to be us, as the senior and junior classes are pretty close through friendships) is ascertain...lack of maturity. Because we were once at that stage, we recognize that this might be the case. It’s like at a job; if there’s someone older than you and you’re being obnoxious with your friends, they’ll scoff at you and hope you get the point. It works the same way in high school.

There’s no doubt, however, that seniority gets taken too far. I’ve seen various paper and eraser items tossed at younger students while they’re walking through the halls or chatting with their friends during passing time. I tend to turn a blind eye towards it like the rest of my class, but I don’t support it. I think being mean just because you’re older definitely doesn’t show that you’re wiser. To get a couple laughs from a few buddies doesn’t make bullying worth it. Real mature. So what’s the difference between budging in line and throwing things at people?

No clear line; seniors aren’t the only ones who do either act, so can we really label it an act of “seniority”?

True, some seniors carry an aura of “don’t mess with me, I’m too cool for school”. We all know them, and we all know they’re full of themselves. Deliberately picking on underclassmen isn’t cool, but someone will still pull the ‘ole “I’m bigger = I’m better” argument. I personally looked up to seniors who were leaders and role models.

And I do have to sympathize with the sophomores a bit. That sophomore year is weird. You still have your friends back at your junior highs who think you’re *so awesome* because you’re in big high school now. And then a few teachers might make a little joke about your “sophomore-isms”. You probably look up to or know a few seniors, maybe from a sport or activity, and even they’ll give you crap about being a “lil’ sophy”. Then you have the few

“High school is hard enough as it is.”

by Neil Polglase

As my last year of high school comes to an end I am starting to realize something; throughout the world and throughout history no good has come from thinking you are better than someone else. Being superior to someone only causes problems. This is of course how I feel about the subject of seniority.

I’ve been at the high school for three years now and I’ve seen and heard some pretty hateful thing between seniors and the underclassmen, especially sophomores. This has always been confusing to me. In the scope of life a difference of one, two or even three years of age are so small. In fact there is a thing called your peers, which is defined as the people around the same age as yourself. These peers can relate to some of the experiences you have been through. So, I don’t think I’m better than any of the sophomores, juniors or seniors.

I understand that it does feel good to have power over someone, but power is often misused. Seniority is a power that is misused horribly. We’ve all heard of hazing and its things like the homecoming hazing that makes me a little disappointed in my peers. We are all here together why make it worse than it has to be? Going to high school can be tough so why do we torture each other? It just leads to problems; maybe a senior has a bad day and takes it out on a sophomore. I’ve seen seniors push sophomores in the halls and say something to the effect of “get out of the way sophomore” as if they are better just because there is a two year difference in age.

Seniority can be a good thing, like the year chant during pep fests. I am not saying seniors shouldn’t have any perks, but it is the attitude of superiority that some seniors harbor that I disagree with. Underclassmen do look up to seniors, but when we decide to take advantage of that, there are more repercussions than we think. When a senior degrades a sophomore or junior, then when that person becomes a senior they feel they should be able to do the same. It is a false sense of power and that can corrupt someone faster than anyone can realize.

So when it is your turn to pass on your legacy choose support, not degrade your peers. In the end it doesn’t make you stronger to be better than someone, it makes you a weaker person for in truth we are all people. No title can take that away from anyone. Ten years later from now it won’t matter if you twenty eight or twenty six, so why should it matter if you are eighteen or sixteen?



What type of senior are you? Senior Chloe Daniels-Miller book flopped Sophomore Brittany Forsblade as Senior Neil Polglase helps her pick up her water bottle.

seniors who’ll just walk right through you in the halls. But hey, you can take comfort in the fact that you don’t have to do any SAT/ACT’s, college visits, college or scholarship applications or college placement exams...yet.

And don’t take it too seriously; what you might think is seniority is really just those “We’re not laughing *at* you, we’re laughing *with* you” moments. Even if you aren’t laughing, it’s still supposed to be innocent fun (and not to mention, ya know, tradition).

And think about it, you’re only about 11 days away from never being a “lil sophy” again!

## Senior All-Night Party

### Last chance to say goodbye

by Kacie Waldoch

You may have seen a poster up around the school or on the TV screen postings for the Senior All Night Party. The party is right after the graduation on June 7, starting at 10p. m. and will end at 5a.m. at Southwest Jr. High.

Before graduation, the seniors are to park at the Jr. High and a bus will bring them to the high school for the ceremony. Afterwards, the bus will bring students back for the party.

The all-night party is made possible by the parent/teacher volunteers and donations of money and prizes from different businesses as well as families. The money from the ticket sales also play their part in paying for food and prizes.



The price for the party is \$35 for the tickets bought in advance or \$40 at the door. There are other perks if you buy your ticket in advance. If the ticket is purchased the first day they go on sale, May 17<sup>th</sup>, then you will receive seven raffle tickets to be entered in a drawing to win prizes, if it’s purchased the second day the buyer would receive six raffles, and so on. There are many activities at the party, including: movies on the big screen, a velcro wall, diving for treasure at the bottom of the pool, casino, hypnotist, laser tag and more.

For some of the activities, prizes can be won. Prizes, range from key chains to cup holders to gift cards to the grand prize of a flat screen TV. Tickets sales began during lunches on Thursday, May 17<sup>th</sup> and ended yesterday, but tickets aill be sold at the door. Seniors enjoy your to FLHS’ version of 007 Casino Royale.

## Don’t Worry Seniors!

All-night party tickets can be purchased at the door!

## “Road Trips for Dummies”

by Siri Urquhart

Summer is quickly approaching, and what a better way to celebrate then to go on a road trip with friends or family. Whatever your destination, if you just want to “get away from it all,” a road trip is the best remedy. Now, you can’t just hop in the car and decide to go wherever summer takes you. Going on a road trip takes careful planning for your getaway to be memorable and to go as smoothly as possible.

Obviously, the most essential item you need is a car. You will want to have a full tank of **gas** before the trip. In addition, make sure your automotive maintenance is up to par, meaning you have had a recent oil change and you have tires that still have tread on them.

What would a road trip be without any **money in the bank**? Probably the most important thing you will want to pack is your source of money, whether it is cash, a **credit card** or a checkbook. Do not store these items in luggage cases. Rather keep them close to you in a wallet you have in your back pocket or in a purse you will carry with you at all times. If you are only carrying a credit card, have about twenty to thirty dollars in a safe place for those potential **cash** expenses, like toll booths.

Be sure you have printed out directions to your destination. There are several great online mapping utilities like MapQuest that allow you to type in a starting address as well as a destination address. This will give you a street by street reference on how to get to your destination. AAA is a great source for maps if you or your parents have a membership. If you are visiting several places or staying at different hotels, print out several different sets of **driving directions**. Also, you will want to carry an updated road map for the area you will be visiting. In case you get lost, you cannot rely solely on the printed direction sheets, so you will want to have a map with you at all times.

The most important road trip necessity: a cell phone. I’m not suggesting talking while you drive, but if you get lost, blow a tire, overheat an engine or need medical assistance, a cell phone is indispensable. If your friend or family member has a different carrier, have him or her bring a phone as well, because you never know which carrier will have a working signal at any given moment. Don’t forget the car charger and the A/C charger as well.

On any normal day, but especially when taking a long road trip, you will want to carry an emergency **car kit** and a first aid kit in your car. These types of kits can be purchased at most automotive stores. On americanfamilysafety.com, car kits can be purchased for \$40.00. If you can’t afford one, you can always make your own. Make sure to include a flashlight with batteries, booster cables, screwdrivers and other tools, essential emergency items, reflective triangles, and first aid supplies are just some things you could include in a homemade car kit.

The prices for snacks and drinks at gas stations and convenience stores can be pretty expensive, so pack enough snacks and drinks in a cooler to tide your hunger while driving. Bringing a cooler filled with pop, juice, and water along with chips and other snack foods is a great idea to curb your hunger.

If your road trip is going to be a long one, you will want to pack your favorite music CDs. iTrip is great to use. Just plug it into your iPod and you’ll be able to listen to anything you want through FM radio. If you are going to be a passenger, pack some light reading (if you do not **get car** sick while reading in the car) and your DVD player with some favorite DVDs, if you have one. Road games such as the alphabet game are fun to play to make the long ride go faster.

So, pack up the car, put on some shades, blast some music, and have an amazing and memorable road trip this summer!



# Who We Are And Why

*A few of the towns that make up the Forest Lake School District*

We all come from different towns. Even within the 9-person *Forest Breeze* Staff, 7 towns are represented. We all call FLHS our home and high school, but where do we come from?

The following articles give a glimpse into what makes ISD #831, the second-largest school district in the state by square mileage, unique.

Please note that we were not able to cover all of the towns FLHS students call their hometown.

## By the Numbers:

**8,000**  
Number of students transported daily

**1,500,000**  
Number of miles traveled in 2006 school year

**107**  
Number of buses used throughout District #831

**60**  
Number of times the buses could travel the circumference of the globe



## Linwood Town offers year round fun

by *Chloée Daniels-Miller*

If you think Linwood is too far off the beaten path to interest you, you’re missing out! Linwood is only five miles West of Wyoming on Viking Blvd. (County Rd 22). Linwood is full of year-round activities to interest all ages in a natural, secluded environment.

### The Basics

It has six lakes with boat access, nine parks, two churches, an elementary school, a gas station, a fire house and a Senior Center.



Island Lake Park photo provided by Chloée Daniels-Miller

### The Numbers

Linwood has an area of 36 square miles, but 2.5 of those are water. As of 2000, a census from the US census bureau showed that Linwood is home to 4,668 people, but its population has grown in the last few

years as a result of various home developments in the area.

### The Recreation

Driving through Linwood, the DNR-managed Carlos Avery Wildlife Preserve will surround you in all its natural beauty. Many local as well as out of town hunters use Carlos

Avery because of its 20,000 acres of marshland, lakes and dense forests that support a rich wildlife habitat. The ditches off CR 22 are often used as snowmobile trails for the young and old. Ice fishing is also popular on Linwood’s numerous lakes.



If winter isn’t your forte and you appreciate nature, Linwood has miles of wooded, well-managed trails and scenic spots to enjoy. From the Martin Lake Picnic Area across from the Martin Lake boat launch, there is a spot to park and take to the trails. These trails are easy

## Hugo

## Quaint town in between two cities

by *Kacie Waldoch*

Hugo is a small town in between two big towns, Forest Lake to the North and White Bear to the South. To the west of 61, Hugo consists more of small homes and town homes. On the east side of 61, there are more farms found. This “small” town is actually 36 sq. miles since the 70’s when the township and city incorporated.

There are 59 students from Hugo the attend FLHS, but school district 831 isn’t their only option. Hugo has residents in many different school districts,

## Ham Lake

## ‘Provides entertainment with a laid back feel

by *Dan Carey*

Ham Lake is the furthest town to the west of the Forest Lake school district. With 12,710 calling the city home, Ham Lake has many of the same features Forest Lake has but spread out over a larger area.

Established in 1855 by a group of men, they named the city “Ham Lake” after a nearby lake which resembled a giant ham. Before the name Ham Lake, the city slightly south was called Glen Cary with means “beautiful valley.” Many settling found the name hard to pronounce forcing the new town to name the city



including: Forest Lake, Mahtomedi, White Bear, Stillwater, and Centennial.

Hugo doesn’t have a bowling alley or a movie theater, but it focuses more on outside recreation. There are many trails for activities like rollerblading, biking, or running, but there are also trails for horseback riders. In fact, the Subway even has a place to tie up horses. The town also has many parks and is in the process of building more.

In the summer time, the town host a block dances

after the ham shaped lake.

Ham Lake grew in popularity and officially became

a city on January 8, 1974 with fire chief Eldon Hentges serving as the city’s first mayor.

For entertainment, Ham Lake has a nice bowling alley complete with a pro shop, snack bar, and a volleyball court

outside. Although Ham Lake doesn’t have a movie theater, near by East Bethel hosts Muller Family Theater complete with stadium seating which is worth the couple mile drive. For the golfer, Ham Lake suits the sport well with 26 golf courses within ten miles from the center of Ham Lake.



## Scandia

## ‘May be the best kept secret in the state

by *Neil Polglase*

Scandia may be small but it is big in love. It is a small town, there is no hiding that. But sometimes, it’s nice if you wish to relax and have a good time. There is much to see and do within this great town.



Gammelgården in Scandia that explains the history.

For food there is Scandia Pizza (one bite and you will never be the same), Miesters, the new Prospects restaurant and of course the always delicious Scandia Café. For fun there is the ice rink/skate rink, Big Marine Lake and much more.

There is also Taco Daze every year usually sometime in early September. There are of course tacos and other foods. It runs all day and night with fun that ranges from fishing tournaments to

## Stacy A small town with many perks

by *Amelia Matheson*

Seeking to visit a small, laid back, relaxing town? Then Stacy, MN is definitely the right place to go. Just north of Wyoming is where you will find the town of Stacy, about 12 miles from Forest Lake. In 2005, the population was around 1,387 people, making it more than 5,000 people less populated than Forest Lake.

Sports and leisure activities are available in Stacy. Falcon Ridge is a 27-hole golf course including 18 championship holes and a 9 hole executive course. Golfing on a weekday is \$13 for 9 holes, where as on a weekend its \$15. People under the age of 17 can golf for \$10 for 9 holes. Falcon Ridge is located on Falcon Avenue/County Road #78 in Stacy.

Softball is another sport that goes on in Stacy. On 61, just north of the town are the Rick Doyle Memorial fields where softball games and practices go on. A new building was recently built here that has a concession stand inside with an area to sit out of the sun. Another ball park in Stacy is at the bottom of the hill in the Stacy Park.

Pizza, refreshments and tons of other foods can be found at Tim’s Country Cupboard, the gas station in downtown Stacy. Along with the food,

gas is usually affordable here compared to the gas stations in the cities. The restaurant is on the left side of the building and the store is on the right. Subway was also recently added to the city of Stacy.

Every August, the first of two Stacy Daze is held at the local Stacy Park. There are games for kids, food, small tents of merchandise, a petting zoo, tractor pull, and a parade. The annual softball tournament also goes on during Stacy Daze and its also a big time for socializing for all the people who live there.

Once again in September, the second Stacy Daze is held. Only instead of being held in the afternoon, this one is held at night. Either a band or a DJ provides music for people to dance to. There is also lots of food and beverages, and to top the night off, there is a firework show that you can watch from the top of the hill at the park.

Stacy is a small town that is perfect to lay back and relax in. Hanging out at the park, playing a game of softball with friends and family, going for a walk on the bike path, playing a round of golf, and eating at one of the restaurants could take up a whole afternoon for a very low cost.

## Lino Lakes

## ‘The town people drive through

by *Nicole Bernfeld*

Shopping centers, movie theaters, and bowling alleys...these are the things you *won’t* find in Lino Lakes. You will, however, find the Rice Creek Chain of Lakes Park Reserve, five banks within a one mile radius, Super Target, and a Kohls, among other things.

There’s a small skate park at the old City Hall, a boardwalk behind Lino Lakes Elementary school through the woods, and by summer 2008, there is going to be a YMCA next to the new City Hall just off Lake Drive. Miller’s on Main Bar and Grill has great food and a relaxed atmosphere, if you’re feeling a bit hungry. There’s also a Dairy Queen Grill and Chill, McDonald’s, and two Subways.

Lino Lakes covers an area of 33 square miles in Anoka County. The Dakota Indians found that there was an abundance of wild rice and small game. There are still some Indian burial grounds

in the area. The first unit of government was the township of Centerville organized August 11, 1857. The population was just under 300 people organized into three communities. The Germans settled west of the lakes, the Swedes settled south, and the French settled east. In the 1950s, villages started annexing land from Centerville Township and the people of the township voted to form a village. Several names were suggested for the new village and most of the contained ‘lakes’ in part of it, the origin of ‘Lino’ is unknown. On May 11, 1955 the village of Lino Lakes was formed.

The highlight of Lino would have to be the new Super Target and Kohls that was built in 2005. Having a Super Target for quick grocery runs is very convenient. They make it so we don’t have to go to Blaine and The Village shopping center to go shopping.

The downsides to Lino would be the fact that



# Where We Come From

## Forest Lake School District student population

### Fishes

and a carnival for everyone to enjoy. The mayor of Hugo is Fran Miron, father of LHS Agriculture teacher Mike Miron, who is so a resident of Hugo. [Hugo] is a Rich tradition community ommitment, to being good neighbors, “said M. Miron. Every year on the weekend after school is let ut, the town has “Hugo Good Neighbor Days” here there is a parade, carnival and dancing. This town is full of tradition and still growing.

### Back feeling’

Ham Lake has a nice business center that includes restaurants, tanning, and other fine amenities within a block. Also in the heart of Ham Lake is a country outfitter which fills the need for anyone with the heart of a cowboy. If you want to go fishing in Ham Lake, Ham Lake and Coon Lake should fill any anglers fishing desires. As two of the largest lakes in Anoka county, the two water bodies provides great fishing, public beaches with lifeguards, picnic shelters, and natural hiking trails with camping amenities. If you get sick of the same old things in Forest Lake, Ham Lake should provide the same entertainment with a different, laid back feeling.

### st town’

art fairs. Sometime in the afternoon there is the parade where candy falls like rain in a hurricane and everyone battles for the sweet goods until they can hold no more. Later in the night, everyone can enjoy some live music. Anyone who has ever been to Taco Daze knows who basically the whole town of Scandia comes out to have fun. There are 103 FLHS students that live in Scandia. Most of them went to Scandia Elementary and are subject to bursting out in songs they learned back in the first grade. Sure Scandia is only fifteen minutes from Forest Lake heading west on highway 97, but it’s a very different town. There are no Wal-marts or Targets, only privately owned businesses that enjoy the peacefulness of a little town. Everyone in Scandia is friendly and anyone feels welcome wherever they are. There are a lot of good towns that are represented at FLHS, but Scandia may be the best.

### n’

no one outside the area really knows where it is or has never heard of it. A lot of people get it confused with Land O’ Lakes! Why? Who knows? Also, there’s getting to be more and more people living in Lino (16,791 in 2000, 19,698 as of April 1 2005). There’s more and more buildings being built too, like houses, strip malls...more banks, and, for some odd reason, a hotel. Lino Lakes would probably be classified as the town people drive through to get to the place they want to go.

### Columbus

## ‘A nice place to grow up and grow old in’

by Brittany Forsblade

The city of Columbus hasn’t been a city for very long. Columbus was incorporated September 26, 2006. In the census taken in 2000, the population was 3,957. Columbus is a beautiful area; it holds the dream of many; to live by woods, waterfront, and wilderness acreage. The downside to most towns like this to live in is being far from big city life. Well that’s not the case for Columbus. Columbus is located on the Anoka sand plain, which makes it easy access to gander the Twin Cities of Minneapolis and St. Paul. Columbus also has a good set of parks. If you are or are not a Columbus resident you should

consider visiting the parks in Columbus. Main Park is a 39 acre park on both sides of Kettle River Boulevard by the City Hall. It holds 39 acres, and the facilities in the park include four ball fields with backstops, benches and bleachers, football/ soccer field, a double tennis court, a t-ball field, a sand volleyball court, a picnic shelter, grills, tables, ample parking, and benches throughout the park. Howard Lake Drive Park has a four seat swing set, a sandbox, a bike rack, and a picnic table. It is a 2.4 acre neighborhood park across from West Iverson Street. 162nd Avenue Park is a 1.9 acre neighborhood park containing a 4 sear

swing set, a sandbox, a basketball court, a picnic table, and a bench. Columbus is also the home of the Carlos Avery Wildlife Science Center. It is a non-profit organization, open to the public. They are the home of 43 gray wolves, 10 red wolves, 5 hybrids, 2 lynx, 1 red fox, 7 birds of prey, 3 black bears, 2 gray fox, and much more. It’s a good place to learn and know more about wildlife, and conservation. Besides all the wildlife and scenery Columbus has to off, it also has two churches, and Columbus Elementary School. It’s a nice place to grow up, and also a good place to grow old in.

### Wyoming

## A bustling city in past and present

by Jordan Lutz

Have you ever wondered about the town you live in? Maybe its history or what it’s useful for? Well, I live in Wyoming and I was asking myself these very questions so I did some investigating into the history of Wyoming, Minnesota. According to the city website; the City of Wyoming was named from the Wyoming Valley of Pennsylvania, where a group of its first settlers came in 1855. Wyoming was the first stop on the stagecoach route from Rice Street in St. Paul to Duluth. In the 1860s travelers heading for Duluth would stop and spend the night and change their horses. Stagecoach traffic began declining in the late 1860’s, to be replaced by steam locomotives. By the 1870’s, the old St. Paul & Duluth Railroad had a rail line through Wyoming to Duluth. One of the most famous locomotives on the main line (and later the branch line) was Northern Pacific. The train was built in 1905

and operated until 1950, when it was retired. Wyoming was labeled as a village in 1902 and didn’t become a city until 1974. Construction of the I-35 freeway pushed Wyoming into a boom period in the late 1960’s and 70’s. It became a bedroom community, the majority of whose citizens commuted to the Twin Cites to work; the city has shown impressive growth. The estimated 1995 population of the city was 2,669. Estimated population in 2004 was 3,500. This is based on the State Demographer’s estimate. I moved to Wyoming in 1991 and it has changed quite a bit from the very quiet, sleepy town it used to be, especially with the addition of Stars and Strikes the newly added bowling alley/ entertainment center. The city is growing in size and population at a rapid rate, and more people seem to be moving to the small city. By 1915, Wyoming had a weekly newspaper, the *Wyoming Enterprise*, it reported Wyoming

had a bank, a hotel, an orchestra, an opera house, electric lights, a baseball team, two barber shops, two secret societies, a good potato market, and plenty of lots that could be purchased for as little as \$50. Times have changed alto since then, the population is approaching 4,000 and more room is being made for commercial growth. A new library was built last year next to the fire department which offers books, CD’s, DVD’s, computers with internet access, wireless internet, a children’s area, and a fireplace and reading area. One could say that Wyoming has always been related to transportation, first the Native Americans, then the stagecoach lines and railroad. In the 1960’s the freeway was built increasing the population greatly. Wyoming is a small city with great potential; any great city must start somewhere.

### Forest Lake

## From a little village to a city full of life

by Siri Urquhart

FLHS is made up of many diverse students who come from very different towns. According to the high school database, 807 students at the high school are from Forest Lake. The small town of Forest Lake has big history, and this history has contributed to the spirited city that it is today. According to the Washington County Historical Society, the first settlers found the land in the township rolling and covered with a large growth of timber, scattered with marshes. Because much of it was not easily farmed, and because it was 14 miles from the St. Croix River, the highway of the early immigrants, Forest Lake was one of the last townships in the county to be settled. The lake named by the first settlers for the lush timber on its shores was called by the Dakota Indians, “The Lake They Bury Eagles In.” In 1867 there was little on the site of downtown Forest Lake. The nearest settlements were Wyoming, Centerville and Marine on St. Croix. According to the Washington County Historical Society, Forest Lake Village got its start as a fuel stop for the Lake Superior and Mississippi Railroad, which opened in 1868 to Wyoming, and soon ran from St. Paul to Duluth. The village was established in 1868 by the railroad, which immediately established a woodyard, water tank, and depot at the site. According to the Washington County Historical Society, German-born Michael Marsh established a resort hotel, mercantile store and boat landing

on the northwest shore of Forest Lake. For a while, Marsh’s hotel was the only business. The post office was located in Marsh’s hotel, and March became the first postmaster. The first Swedes arrived in the township in 1869 and soon other businesses followed. The North Shore House, later renamed the Marsh House, became a famous resort, entertaining guests from all over the world. Presidents



Summer Resort built by H.D. Gurney in 1876. Photo from the collection of WCHS dated 1881.

McKinley and Cleveland were visitors. By 1893, Forest Lake was established as a resort. By 1897, there were four trains a day to and from St. Paul. Excursion trains ran daily and breweries and factories in the Twin Cities held their summer outings in Forest Lake. Two large dance pavilions operated at the same time and also offered public entertainment. The picnic grounds on the lake in the center of town featured tennis courts, a bandstand, a coaster slide and a bathhouse with bathing suits for rent.

The 18th Amendment of 1919, prohibiting the sale of beer and liquor, brought changes to Forest Lake. Deprived of their favorite beverages, many otherwise law-abiding citizens turned to making “home-brew” in their kitchens and basements. The making, selling and distributing of illegal spirits fostered the gangster era. Chicago gangsters were known to hang out around White Bear, Big Marine and Forest Lakes. While John Dillinger and “Baby Face” Nelson were renting cottages at nearby Big Marine Lake, the infamous “Ma” Barker and her gang occupied one of the cottages behind the Forest Theatre. Several gangsters were known to occupy the Smith cottages on the east side of Forest Lake. The City of Forest Lake was integrated in 1893 with 175 residents; it became a legal city in 1974. Since then, it has shown impressive growth, from a population of 4,600 in 1980 to 6,900 in 1999. In the 1990 census, the township boasted 12,250 residents. Since the annexation of the Township into the City of Forest Lake on September 26, 2001 the population has increased to over 15,800. Our little town of “Flake” grew from a tiny village, to a resort, and is now a lively city which some of us here at FLHS call home.





A & E

All Senior Band is ready for their “Last Hurrah”

by Neil Polglase

There is a new band out there in Forest Lake, but they are hardly amateurs. Two of the members are behind the band that has won the past two years of Battle of the Bands at Forest Lake. The members of this new band includes seniors; Mitch Houle (vocals and guitar), Joe Montean (lead guitar and vocals), Andy Davis (bass) and Shawn Mouacheupao (drums). They are The Last Hurrah.

“This is by far my favorite project of all I’ve done,” said Houle of the band. They like to describe themselves as a mixture of rock, jazz and experimental. Houle says it’s a mix of the two bands he was part of in this years Battle of the

Bands. Some of Last Hurrah’s influences include Alexisonfire and Sound Of Animals Fighting. Though the band is just starting they already played their first show at The Nesting Grounds in Wyoming and have more performing to do in the future including a show at The Red Sea in Minneapolis. Although their upcoming shows may be in Minnesota they have higher aspirations. “My life goal is to tour the states,” Houle said. Although some may enjoy practicing with each other more than the pressures of performing, this group is definitely not in that



Last Hurrah’s bass player Andy Davis. Other band members were unavailable for pictures.

category. “Do you like practicing football and then not playing the games? No,” said Houle. With all the band members being seniors it is unclear if they will stay together or not after graduation. Houle says he hopes they can stay together. Houle is the songwriter of the group and really thinks he’s finally coming into his own at penning his thoughts into song. “You just have to say what you are thinking,” Houle said. Although the future of the Last Hurrah is uncertain these savvy veterans will continue to

enjoy the time, and shows, they have together as a band. “Everyone in the band is my best friend and that has never happened before,” Houle said.

Stay tuned for more shows from the band The Last Hurrah!

Concert Calender

June 5		
7:30 p.m.	Gwen Stefani	Xcel Energy Center @ St. Paul
June 7		
7:00 p.m.	Maroon 5	Fine Line Music Café @ Minneapolis
June 8		
7:30 p.m.	Soul 2 Soul Tour	Tim McGraw and Faith Hill
	Xcel Energy Center @ St. Paul	
June 11		
7:30 p.m.	The Fray	Target Center @ Minneapolis
June 13		
6:00 p.m.	Chevelle	Myth @ Maplewood
June 15		
8:00 p.m.	Phil Vassar	Jackpot Junction @ Morton
June 25		
5:00 p.m.	Bowling For Soup	Fine Line Music Café @ Minneapolis
July 21		
1:30 p.m.	Family Values Tour ft. Evanescence, Korn, Atreyu, Flyleaf, Trivium, Helyeah!, Neurosonic, Droid	Flaotrite Amphitheatre Somerset, WI
July 23		
7:00 p.m.	Nickelback	Target Center @ Minneapolis
July 25		
7:30 p.m.	Kelly Clarkson	Xcel Energy Center @ St. Paul
August 23		
7:30 p.m.	Brad Paisley	Minnesota State Fair Grand Stand @ St. Paul
August 27		
7:30 p.m.	Weird Al	Minnesota State Fair Grand Stand @ St. Paul

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\$15 Manicure  
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Call 651-464-6011 for your appointment today!

Congratulations!

To the cast and crew of the spring play

The Complete Works of William Shakespeare (Abridged) on an entertaining production.

Summer Music Festivals in the area

Where is your favorite band playing this summer?

by Jordan Lutz

Summer break is just around the corner, hopefully you have big plans maybe camping, going to Alaska, California, or even overseas for some great foreign food. But if you’re just going to be sitting at home eating ice cream and watching Law and Order re-runs everyday, then you should definitely try to hit some of these summer festivities.

VANS WARPED TOUR

For the music and extreme sports lovers there is The Vans Warped Tour. This summer tour has been running strong since Kevin Lyman started the tour in 1993. The concert brings in 10,000 to 30,000 people every show, be sure to check it out.

Some of the artists on this year’s warped tour: A Static Lullaby, All Time Low, Bad Religion, Bayside, Big D and the Kids Table, Bleed The Dream, Bless the Fall, Chiodos, Circa Survive, Coheed and Cambria, Cute is what We Aim For, The Fall Of Troy, Family Force 5, Hawthorne Heights, The Matches, New Found Glory, Poison the Well, Red Jumpsuit Apparatus, The Starting Line, Throwdown, Underoath, The Unseen.

Location: Hubert H Humphrey Metrodome, Minneapolis, MN  
Sun, Jul 29, 2007 11:00 AM  
\$27.75 on ticket master  
For the complete list check out: [www.warpedtour.com](http://www.warpedtour.com)

WE FEST

For those of you who love country, be sure to check out WEfest “heaven in 2007” WEfest is the biggest outdoor country music festival and campout in the Midwest, held in Detroit Lakes MN.

August 2nd, 3rd, and 4th.  
Tickets cost \$150 for a 3 day admission.  
Some of the Artists playing this year:  
Keith Urban, Toby Keith, Willie Nelson and Family, Sheryl Crow, Trace Adkins, John Anderson, Josh Turner, The Wreckers, Carolina Rain  
For the complete list, check out: [www.wefest.com](http://www.wefest.com)



SONSHINE

From pop-punk acts like Reliant K to hardcore kings, xDEATHSTARx and With Blood comes Cleansing. This music festival should be perfect for all types of music, rock, rap, metal, and hardcore come together to worship for this Christian festival, there are 3 different stages and I won’t forget to mention a skatepark. If you are at least a tad bit interested go and check their site for the full list of over 80 bands! Make the wise decision to make it out to Sonshine this summer in Wilmar, MN for this three day musical event. Check out their site for more information: [www.sonshinefestival.com](http://www.sonshinefestival.com)  
Ticket info for Sonshine festival online or by phone: [www.iTickets.com](http://www.iTickets.com) or (800) 965-9324.

MINNESOTA BLUEGRASS AND OLD TIME MUSIC FEST

August 9-12 2007

El Rancho Mañana, Richmond, MN  
In 2005 the International Bluegrass Music Association’s nominated the Event of the Year Award, to the proud runners of this festival. They want to put on the best festival that anyone could attend. Here’s a



quote from their official site:  
“Our main stage features concerts with professional touring groups from throughout the United States. In addition there are specialty shows and nightly dances in our Showcase Tent, over thirty workshops in the Workshop Tent, children’s shows and activities in The Family Area, jam sessions in The Gathering Place, acoustic surprises on the Marketplace Stage, and lots of good food and merchant booths. And all of this will be in a family friendly atmosphere at El Rancho Mariana Campground & Riding Stables in Stearns County (MN).”  
Artists include so far:  
The Del McCoury Band, Laurie Lewis & The Right Hands, Alan Minde Gazette, The Orpheus Supertones, Dan Gellert Druha Trava, Kenny & Amanda Smith, The Boohers, Eric & Suzy Thompson and many, many more! Visit this site for ticket information; [www.minnesotabluegrass.org](http://www.minnesotabluegrass.org)

STATE FAIR

Everyone knows what this epic Minnesota event is, great food, animals, rides, and music all around; this is a must for Minnesotans in general. This year, musical performers set so far are: Brad Paisley, Weird Al, Vince Gill, B.B king, Al green, Etta James and Her Roots Band, Mercyme with special guests Aaron Shust. This isn’t just a music extravaganza as many of you know the State fair has absolutely everything.



TICKET INFO: 2007 ADMISSION PRICES

Regular admission at the gate: adults (13-64) \$11; seniors (65 & over) \$9; kids (5-12) \$8. Children under 5 are always free! These do not include music tickets.

Discount admission tickets: \$8 (more discount ticket information). Discount admission tickets are available prior to the fair until Wednesday, Aug. 22, 2007.

Parking: \$9 or one additional pre-fair discount admission ticket (\$8). See [www.mnstatefair.org](http://www.mnstatefair.org) for more information

Don’t see your favorite band listed on one of these websites?

Check out the band’s website to see when they come to town.



# Spider-man 3 delivers in action

## #1 superhero movie, receives praise and disappointment

by Neil Polglase

Right from the start it's easy to see that *Spiderman 3* was all about more; more villains, more special effects, more romance and so on. Some of it doesn't work but overall *Spiderman 3* is a well made, entertaining block buster.

At the start we find Peter Parker (Spiderman), played by Tobey Maguire, where the last movie ended. Everything is going well, his marriage and his life. Of course this does not last. Throughout the movie we see Spiderman battle Sandman, who is a not an entirely unlikable bad guy, a creature called Venom and even his good friend Harry Osborn. Osborn of course is still planning



to avenge his father's death which he believes was Parker's doing. Then, to top it off, Parker even has love life trouble. To fit this all in one movie, the length runs at about 2 hours and 30 minutes.

Living up to the first two movies of course is going to be hard because they were both loved so much. The third may not be as good as the second or maybe even the first, but it is very entertaining. It offers some of the same odd humor as in the first

two (A really funny dancing montage with Parker comes to mind). Then of course there are the special effects, some of which are truly amazing.

When we go to movies the main purpose is to be entertained. Sure movies can be used in so many different ways, but they are mainly a form of entertainment. There is no question *Spiderman 3* delivers in that aspect. A quote from Parker in the movie really sums it up for me, "dig on this" and I did. I give it 4 out of 5 stars.



### Movie & DVD Releases

list compiled by Neil Polglase



#### Movies May 25

Pirates of the Caribbean 3: At the World's End  
Bug

#### June 1

Knocked Up  
Mr. Books  
Day Watch

#### June 8

Ocean's 13  
Surf's Up  
Hostel: Part II

#### June 15

The Fantastic Four: Rise Of The Silver Surfer  
Nancy Drew  
Fido  
Eagle Vs. Shark

#### June 22

DOA: Dead Or Alive  
1408  
Evan Almighty  
A Mighty Heart

#### DVDs

#### May 27

Hannibal Rising

#### May 30

Norbit  
The Messengers  
After The Wedding

#### June 6

Breach  
Ghost Rider  
Days Of Glory

#### June 12

Primeval  
Blood and Chocolate  
Daddy's Little Girls

#### June 19

Miss Potter  
Bridge to Terabithia



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Check out the  
first annual  
edition of  
*The Baby  
Breeze*

Distributed  
during reading  
time on  
Monday, June 4.  
Look for senior  
quotes, pictures  
and more!

#### CUT n' KEEP Calendar

May 28  
Memorial Day (No school)

May 30  
POPS Concert

June 5  
Glen Miller Orchestra

June 4  
Baby Breeze distributed

June 6  
Last day for seniors

June 7  
Last day of school  
Senior all night party



### Congratulations!

to Victoria Yaeger for winning  
a Senior Scholarship from the  
Perpich Center for the Arts

# Loving the lake while lazing away

## Lakes provide great entertainment

by Amelia Matheson

When Minnesotans think of summer one of the first things that comes to mind are the lakes. There are lots of things to do or see while lying on the beach or cruising around the lake. Some ideas for water activities are listed below.

Water skiing is one of the many sports that go on. It was invented in 1922 in Lake City, Minnesota and is participated in all over the world. Water skiing is just skiing on the water by being pulled by a motorboat.

Jet skiing, WaveRunning, and Sea-Dooing are all names for another popular water sport. Jet skiing is the name brand for personal watercraft which was invented by Kawasaki Heavy Industries; however the name has become a general trademark. It is a recreational watercraft that a person sits or stands on top of rather than inside it.

"I go jet skiing every now and then," said senior Luke Kubitschek. "I like how it doesn't hurt when you fall off but I don't like how there is no brakes and the steering sucks."

Fishing Opener started on May 12 for Minnesota, and it was the day that all fishermen and women looked forward too. The largest walleye ever caught in Minnesota was in 1979 in Seagull River in Cook County. It weighed 17 lb 8 oz and was 35.8" long.



"I enjoyed fishing opener weekend this year," said senior Rick Schmidberger. "The weather was nice and I caught some fish."

Tubing is another activity that goes on a lot in the summer. You can have one person being pulled behind or several. The tube is usually tied to the boat by a rope and is pulled behind when the boat is cruising across the lake.

Occasionally in the summer, people have parties or get together on Pontoon boats. Pontoon boats are great for having lots of people on and are also very popular around

Minnesota.

Canoeing and Kayaking are also popular in Minnesota especially on the St. Croix River. Canoes can hold up to 4 or 5 people and kayaks hold 1 person. Both activities require a lot of paddling. The person in the back of the canoe usually steers.

There are plenty of lakes in Minnesota to participate in these entertaining water activities over the summer. Head to the beach for a day and try some out!



# ACTIVITIES

## Baseball team coming together

by Brittany Forsblade

FLHS baseball team has played a nice season; the team has been coming together more all around. Even with the record of 6-10, sections are looking good to head Coach Brian Raabe.

“We’ve had an up and down season, more ups than downs, so were just aiming for wins,” said Raabe.

Over the season, the Rangers have improved and have learned to work more together.

“We’ve been playing a lot more consistent lately and coming together more on all parts of the game,” said senior captain Drew Cremisino, “Pitching has gotten really good, and defense has improved as well.”

Along with the team’s ups, they’ve had a few downers.

“Our biggest problem was not being able to put everything together. We have greater strengths in certain areas, rather than all,” said Raabe, “In order for us to do well we have to put everything together to succeed.”

FLHS played Chisago Lakes Area on May 22 for a double header. Sections begin next week, and the first game will be played at the Highest-Seeded Team’s field.

## Softball team finishing strong

by Kacie Waldoch

The young pitching dual of sophomores Alyssa Dunrud and Cheree Franklin helped lead the Rangers softball defense this 2007 season. The strong outfield trio consisted of Senior Amber Diemert in center, Senior Captain Stacey Johnson at right, and Junior Kelly Kent in left. The grade ranging infield was occupied by Senior Megan Hendrickson at third, Junior Captain Kathy Crudo at shortstop, Freshman Sam Holien playing second, Senior Chelsie Nelson at first and Junior Jessica Skogen behind the plate.

Junior Krystal Plouff and Senior Amy Lalla helped the offense as DHs as well.

“We hope to finish the regular season game strong in our game against Cretin,” Johnson said before the game on May 17. Captains explained that individually, the girl’s reached their goals, but as a team they fell a little short on their regular season goals.

The girls played their first section game on May 21<sup>st</sup> at the highest seeded team. *The Breeze* went to press before the results were in. If they won sections continue through May 31<sup>st</sup> and the state tournament will take place at Caswell Park in Mankato on June 7 and 8.

## Spring Sports Updates

## Boys tennis ever learning

by Dan Carey

The Forest Lake Boys’ Tennis team got off to a slow 2007 season which has carried to the later half of the season. The 5-10 Rangers are coming off of tough losses against Suburban East Conference rivals Stillwater, Woodbury, and White Bear.

Even with the sub par record, team captains Seniors Robert Gavanda and Calvin Kirkhoff remain optimistic especially with the team winning two of their past three meets.

“We’re getting more experience every match,” Gavanda said.

“We should be #1 seed in our sub-section,” Kirkhoff added

The Rangers will look to enter the sub-section 7AA tournament in late May with momentum

from the seniors and hopefully bring the team and individuals to the State Tournament in early June.

“One single, Dusty Boyer and two doubles, Calvin and I and Sammy Steiner and Spencer Conrad should go to state,” said Gavanda. “We need everyone to step up and sweep doubles and win first singles to get four points for state.”

The boys’ will jump into the post season in late May and will look to make it to the



state tournament June 5.

## Track in top 4 Boys track runnin’ hard to the end

by Meagan Seim

As the school year comes to an end, the FLHS boy’s track and field team starts to “wrap it up”. Running hard, jumping long, and throwing hard, the team has worked their way to the top. (Enter team standings here)

All-Conference, Sectionals, and State are coming up and the team is working hard to prepare. “At this point in the season, we are fine tuning our technique in all events, doing more mental preparation, and doing quality versus quantity in our workouts,” said Coach, Paul Kendrick.



Senior Zach Clark runs the mile at White Bear Lake. photo by Chloe Daniels-Miller

“We should be in the top 4 in the conference,” said Kendrick, “I am expecting several All-conference individuals and relays.” As for sectionals and state, expectations are no different.

“In the section meet we are going for a repeat as section champions. We should qualify 8 to 10 athletes for the state meet and place in the top 10 as a team,” said Kendrick.

Overall, this year’s team has done well. With strong leadership from captains Zach Clark, Tyler Kleinhuizen, Alex Warren, and Brandon Yetter, they have improved greatly. In all areas of track and field, a lot of strength, endurance, and will-power are needed to get where you want to go”. Chloe Daniels-Miller



Danielle Boldenow jumping hurdles toat White Bear Lake. photo by Chloe Daniels-Miller

“We make great strides and have improved over last year,” said Kendrick.

Conference finals end on May 24 at Stillwater High School. After that you can catch your team on May 26 and 30 at Grand Rapids High School for Section Preliminaries and Finals.

## Proof by action Girls track beat obstacles

by Megan Seim

With only a few days left of this school year, this year’s FLHS Girl’s Track season comes to an end. Exceeding expectations, their record this season has proven their abilities.

“The talent level, the comradery, and the respect that each of them have for every person on this team has made this my best year as a

coach. All the credit belongs to them as athletes and fine young adults,” said Head Girl’s Coach, Eric Kaluza. “Our captains are awesome. Brittini LaFontsee, Kristi Buerkle, Kelsey Kosman, and Kierstin Nygaard have been fantastic. But I also see Nicole Roubik, Steph Haider, Kelsey Tietje, and Bridget Holmes as our senior leaders too. This has been a great year for all of our seniors and I can’t wait to watch them perform at college.”

Proving that working hard can get you somewhere, even the youngest members of the team have showed their ability and strength.

“The big obstacle is consistency with our younger athletes,” said Kaluza, “They’ve been getting stronger and better as the year

has progressed, and I see them performing their best at the regional and state meet as our team is tapering down.”

Expectations for what this team has to bring to All-Conference and Regionals.

“My expectations for the team are to get as many athletes into finals as possible. The girls have a real shot at placing high in all the sprinting events this year. They’re fit and fast!,” said Kaluza. “At regionals, we hope to go out and try to win the team title. If we compete to the best of our abilities, we can have a great day!”

“We’ve had two meets there and a long practice one afternoon. The sprinting core looks good and some of our field athletes are peaking at the right time. Our distance team is almost there and we have a really good 4x800 that will get our team off to a fantastic meet as they are the first event,” said Kaluza.

Conference finals are being held today starting at 4:15, Section Finals begin May 30 and State Finals begin June 8.

Surface =  $4\pi r^2$

Biology

Surface =  $4\pi r^2$

Geometry

Surface =  $4\pi r^2$

Philosophy

Surface =  $4\pi r^2$

History

Surface =  $4\pi r^2$

Home Ec.

Surface =  $4\pi r^2$

Astronomy

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THIS IS TWINS TERRITORY

page 10

the forest breeze

page editor: brittany forsblade

5 • 24 • 07



On guard!  
Language Arts Teacher Robyn  
Madson has hidden talent: fencing

by Neil Polglase

Lurking in our halls is a teacher who could probably out duel anyone in the school. Dueling by fencing that is.

English teacher Robyn Madson was really into fencing when she was a senior in high school; in fact she even went to the junior high Olympics and the Midwest Fencing Championship.

Madson joined the high school team for a good reason, at least to her it was.

“There was a really cute boy on our high school team,” Madson said.

The boy left the team later, but Madson stayed and became a really great fencer. Madson loved the competition of the sport.

“It was so fun. You get a rush of adrenaline just like any other 1-on-1 sport,” Madson said.

As a senior in high school Madson placed 33/90 in EPEE and 17/70 in SABER at the junior Olympics. EPEE and SABER are both types of swords used in fencing.

When Madson went to college she didn’t



Neil Polglase and Ms. Madson fight a “duel” with paper swords.  
photo by Chloee Daniels-Miller

have enough money to continue with the sport. Fencing is expensive she warns (you have to buy swords, a fencing suit and some other equipment), but it is great fun if you have the money.

Fencing may just be a fun memory now, but Madson is still competitive.

“I use the same competitiveness in Debate now,” Madson said.

Still you should be careful with what you say around Madson, she might challenge you to a duel.

A day with giants  
A look into the MN Twins Media Day

by Dan Carey

My heart was racing as my nerves kicked in as soon as I woke up. For one day and one day only, for now at least, I would be among giants that reside in Minneapolis. I was to be in the presence of a batting champion, the MVP of the American League and numerous other stars. For one day, I was to be a part of the working media and spend my afternoon with the Minnesota Twins.

The Minnesota Twins Student Media Day started off in the Halsey Hall room where the student media got to ask questions to Twins players, pitcher Matt Guerrier and catcher Mike Redmond. No one wanted to speed up so I took my liberties and asked the first question directed towards Mike Redmond. The two players did a great job keeping the mood festive with and really set the tone for the rest of the press conference.



Twins General Manager Terry Ryan, along with Twins President Dave St. Peter entered the room for the next press conference session. I also took my new found bravery and asked another set of questions regarding the new Twins stadium and injured pitcher Francisco Liriano.

Ryan, who is known to tell it like it is, slightly raised his voice at a student who asked a question that wasn’t properly fact checked. Ryan made an example of this and urged the media, no matter how old, to ask questions that have correct facts. I thought it was great, not that the kid got “yelled” at but the fact he wants proficiency for the media no matter how old or experienced.

locker-room and right by the bullpen. James Woods, my photographer for the day, and me joined the rest of the student media to view the Twins taking their batting practice. After watching a



Catcher Mike Redmond answers questions in a pre-game press conference with students.  
photos by Dan Carey

personal home run derby between Joe Mauer and Justin Morneau, we were led back through the corridors and back out of the stadium to reenter the Dome for the game.

The Twins Media Day was a rewarding experience that gave the high school media an inside look at what takes place in the basic day of a baseball journalist. Some may think that all a sports writer or writer in general, does is sit back and watch the game and put something together in five minutes after the game. As Mike Herman,



The M&M Boys, Joe Mauer and Justin Morneau wait their turn in batting practice.

the Twins Manager of Baseball communications said, most of the time the writers have to ask him what just happened as they were too busy to watch the game.

My aspirations to be a journalist were hampered last year with many writers including Bob Sansevere of the Pioneer Press advising that journalism is a tough business to make a decent living in. The days of not having a high school/ college degree and getting a good writing job ala Sid Hartman are long gone. As former Star Tribune editor Dick Cullum once described, “Writers are a dime a dozen, but reporters are impossible to find.”

Not a recruit?  
Check out the intramural sports  
scene at your college to stay active

by Kacie Waldoch

Football, baseball, tennis, basketball, and swimming are just a few high school sports that students can go ahead and play in college. What about the sports that are not played in high school, but can be found at college? There are many students who are going to try knew sports when they get to college.

Senior Stacey Johnson, who is attending the University of Nevada this fall, is ready to take up a new sport when she gets to school, broomball.

“They told me that when Minnesotans come play, they all do really well, so I thought I should try it,” said Johnson.

Broomball is one of many intramural sports that can be found in colleges that are not offered at FLHS. Another example is at the University of Minnesota. They have major sports as part of the Gophers, but they also have intramural sports. These sports



included: bowling, ultimate frisbee, extreme baseball, broomball, flag football. They also have court sports such as squash, racket ball, and hand ball. According to the U of M website fees for intramural and court sports range from as cheap as \$20 to \$190 for the sports with more equipment needs and sports facility. Players can create your own team or join individually. There is also the option of men and women teams or co-ed.

Each college has different types of intramural and sports club sports, so if you may want to join one go to your college’s website and find out what they have to offer. Joining intramural sports might be fun and a great way to meet new people in college.

Golf teams have strong  
conference finishes  
Boys and girls teams at top of conference

by Amelia Matheson

The FLHS golf teams are working their way to the top this season. Both teams have matches two-three times a week and they usually take place during school.

**Girls**

The girl’s team is tied for first in conference and took first in their home invitational on May 7. There are 18 girls in golf and six of them play on the varsity team.

“I think we all are great golfers,” said senior captain Nicole Tetrault. “Everyone is getting better day by day and I can’t wait for sections to roll around.”

Sections for the girls’ team were May 23 and finals are on May 28. The SEC conference tournament is on May 30.

tournaments and is second in the conference.

“I feel that we are doing well but just haven’t peaked as a team so far,” said sophomore John Young. “That’s alright though, because you want to peak at the right time, and that time is coming up.”

There are 6 people on the varsity team and 6 on the JV team. Senior Kyle Lewis and Junior Andrew Kelly have the lowest stroke averages.

“I think that I’m playing a solid role for the team but I just need to step it up a little bit,” said Young.



Sections for the guys are today and finals are on May 28. The state tournament is on June 6.

“Everyone has had a great season,” said senior captain, Lewis.

**Boys**

The boy’s team has won four invitational

CONGRATULATIONS  
and GOOD LUCK!  
to those teams and individuals  
competing at State competitions  
this spring.  
Thank you for representing our  
school so well.



# FINAL SAY

## Sailing away with the Breeze..

Compiled by Amelia Matheson

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

Jordan Lutz Senior



"Newsies and eating pizza"

Nicole Bernfeld Junior



"Page designing and Neil."

Dan Carey Senior



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

Siri Urquhart Sophomore



"The movies, pizza, and brainstorming."

Neil Polglase Senior



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

Brittany Forsblade Sophomore



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

Chloee Daniels-Miller Senior



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

Kacie Waldoch Senior



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

Amelia Matheson Junior



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

## Points to Ponder



Compiled by  
Brittany  
Forsblade

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

How much faith does it take to be an atheist?

Do Lipton employees take coffee breaks?

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

Do cemetery workers prefer the graveyard shift?

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

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

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

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

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

How can the complete works of Shakespeare be abridged?

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

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

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

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



The Forest Breeze Crew

# Happy Spring!



## Yays

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

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

## Nays

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

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