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Those Magic Changes

The skinny on skinnies

New class format aimed to help increase test scores

by Kayla Hofeld

Changes are natural things at the beginning of a school year at Forest Lake and the sophomores tend to bear the brunt of the change every year. Coming into a school of 1500 from 300 can be a little bit scary. This year, however, they took on a little something new as well.

Forest Lake High School has introduced a new educational program called "skinnies". Every day sophomores change classes 43 minutes into the hour instead of the normal 80. Skinnies are coupled classes including Math and U.S. History. The class of students go either to math or history and then halfway through the regular period switch over to the other. To those of you who may seem confused by this logic, here is the skinny on the skinnies.

Skinnies have been introduced in order to keep students refreshed on math year to year. It is common for this years' juniors and seniors to have quarters, semesters or even years in between geometry and algebra or integrated classes. When passing Basic Standard Test (BST) scores were not a prerequisite for graduation the administration did not find it necessary to fix the problem. But now since the sophomores have to pass the BST English and math test in order to graduate, the administration



With reading time cut from our weekly schedules, seniors Siri Simons and Sammy Steiner take some time outside of school to catch up with a good book. Photo by Renee Noren

decided to close the breaks between math classes. So when a student would normally have a long period of time in between subsequent math classes where it would easy to forget material, sophomores now have skinnies. It is rumored that skinny classes are intended to help transition back to the seven class day. Dr. Steve Massey says however that this is not the case.

"We do not know where we will be in several years, but that was not the intention when creating these new classes."

This year is a trial year for

skinnies but they do plan on keeping this new system if it works out well this year.

Although this system sounds great there are prospective cons to it as well. Massey wonders if 40 minutes in one class is enough and some students worry about getting two classes of homework instead of only one as they would have before.

"Hopefully kids will do better in class and better in math," said Massey. "That is the idea."

Extreme Makeover: Homeroom edition

by Annie Hinrichsen

As the bell rang after first hour on Wednesday, students scrambled to their assigned homerooms to find some of their homerooms were switched. They were no longer with the same homeroom teacher or friends they made the previous year. Dean Jim Caldwell said the homerooms were changed to better meet the needs of all students by better preparing them for their career here and beyond high school.

"They were also changed to create a tighter community with our case loads as they relate to homeroom and the school as a whole," said Caldwell.

According to Caldwell, a Rigor and Relevance committee has been working for two years to revise homeroom for

the challenges of educating students in today's society. Only the students who were shifted from their previous homerooms complained. Some teachers had questions about the changed also.

"In the end, when you are trying to do what is right for the kids, it's hard to argue," said Caldwell.

Mostly the reason the homerooms were changed was to help better prepare students for post secondary education.

"Our goal is for 100% of our students to leave the high school with a plan of attack for a 4 year, 2 year, community, or vocational college or training program. By following through with homeroom and other activities, every student should accomplish this by the time they are seniors," said Caldwell.

What do you think about
our homeroom changes here at
Forest Lake High School?

To find out what some of your
classmates thought, turn to page 4.

Waving goodbye

Activities Assistant Ann Skoglund says goodbye after 7 years

by Kurt Johnson

Ann Skoglund has been working for Forest Lake High School as its assistant activities director for over seven years. Sadly, we had to say goodbye to Ann on Oct. 5th, after her resignation. Ann originally started working for the high school so she could be closer to her kids while they attended Forest Lake High School. Now that her kids are grown up and graduated, it was time for Ann to move onto other things.

"It was a really hard decision," Ann said, "It's just a big family here."

Although Ann may be leaving Forest Lake High School, she is still leaving a part of her behind. Ann is proudly responsible for redesigning the cafeteria and south entrance trophies cases, which included taking and recording

all of our school achievements and organizing it into an easily understood data chart. After that, Ann organized our trophies in order of time and activities. She also picked out our cafeteria banners that include most of our extracurricular activities.

"That was just a really good feeling," Ann said.

Ann will be a sales manager for a plant nursery next month, but won't soon forget us here at the high school. "This was my hardest resignation," Ann said.

Though we are left with hope that Ann may come back to work for us someday, saying, "I would never close that door."

Ann's replacement, Kim Peterson, started her job as Activities Assistant Oct. 4.



Ann Skoglund smiles and waves goodbye to FLHS. Skoglund is now a sales manager for a plant nursery after working at Forest Lake High School for seven years. "It was a really hard decision," said Skoglund. "It's just a big family here." Photo by Kurt Johnson



Kim Peterson will be appearing in the next issue.

"There are so many different parts to this job and I'm trying to learn them all at the same time. It's an information overload."

Find out where Kim Peterson has been hiding in the school for the past five years.

Unique Classes

Monthly feature focuses on non-required classes

by Amanda Nyberg-Markling

Ever wondered what interesting classes are here at Forest Lake High School? This month we are looking into the AP Statistics and Ceramics classes.

AP Statistics

The AP Statistics class is a course that introduces students to the major ideas and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four wide abstract themes: Exploring Data, Sampling and Performing tests, Predicting Patterns, and Statistical Hypothesis. Around 25 students enroll in this class, and the

prerequisite is to have completed Algebra II or Integrated III.

“This class is different from others in its department because it is less mathematical and more directed to analysis of data”, said Mr. Jim Pearson, instructor for the class. This class is rigorous like other AP classes, same set of requirements. Pearson likes teaching this class because,

“It’s a meld between what I did when I taught in mathematics and science, and it has students do high level thinking.”

Ceramics

The Ceramics class is designed

for students to explore the media of stoneware clay. The creative process will challenge students with the techniques of wheel thrown and hand-built construction of pottery. About 25-

30 students enroll in this class, and the class usually fills up so hopeful students are put on a waiting list. The prerequisite is to have completed Design Basics

and Fundamentals of Art. Ms. Nancy Pechmann enjoys teaching Ceramics because

“It’s a passion for me. I love ceramics.”

~ Nancy Pechmann
FLHS Teacher

“It’s a passion for me, I love ceramics.”

How fast you catch on and how much you practice will determine how long it will take to complete a project.

There are ceramic classes offered for adults and also ceramic students may attend. They are on Tuesdays and Thursdays from 6-9 p.m.

Sticks, patties and nuggets, oh my!

A look into why a large percentage of lunch is chicken

by Allie Cockburn

Out with the pork and in with the chicken. Students are given the choice of chicken each and everyday. But the main question is... why? “Kids like to eat chicken,” said head chef Corrine Wald when asked the question ‘why chicken.’ Forest Lake Sr. High goes through 400 spicy chicken patties in one day alone. Around two times a week and about seven times a month, chicken is the main dish. “Chicken is readily available at a reasonable price and well accepted by most students and cultural groups,” said Barbara Kalina in the food and nutrition service at the

Minnesota Department of Health.

“It is a good source of protein,” said Wald. Although over 350 calories are in a spicy chicken patty alone and 14 grams of fat. From chicken smackers to oven fried chicken, there is a lot!

“In general, students do not consume the recommended number of fruits, vegetables and dairy products,” said Kalina. “Veggie burgers can be made upon request in the mornings,” said Wald

“The school lunch is just one meal a day for five days of a week,” said Kalina. Healthier options are available, such as salads, fruits and vegetables.

Chicken, it’s what’s for lunch.



FLHS students eat lunch on Oct. 12. Students have the option of eating chicken every day in the cafeteria. Photo by Sarah Everett

‘I have too much to do!’ Stress every day reality for many FLHS students

by Allie Cockburn

Stress is found everywhere. Schools, work, family, etc.... Knowing how to control stress is what most students don’t know how to manage.

“I try not to get stressed, I put my mind on something to do,” said sophomore Andy Barsness. “Extracurricular activities make it hard for me to think about anything that would get me stressed out.”

Stress is a combination of both schedules and schoolwork. It is not something to lose sleep over or get to the point of not eating.

“My calculus class causes some bad stress [for students],” says math teacher, Larry Matzdorf.

Believe it or not, there is such a thing as good stress. According to research, Eustress is stress that is good for a person, making someone perform a task on time, and have it done well. Bad stress is a feeling of being overwhelmed with everything; feeling like nothing will get done or be done well.

It’s true that stress can control you, if you don’t control it first. Stress levels continue to rise

when a person does not know how to manage it. Getting sleep is the key. No homework assignment is more important than losing sleep over, or getting oneself ill.

“I feel stressed when I don’t have time to plan lessons, and then I feel rushed,” Matzdorf said.

Organization is the answer to reducing stress. A lack of organization is what stresses out many students and prevents them from beginning and accomplishing school work.

“My schedule is my social life,” said sophomore Danielle Lardani. “I can manage money, work and friends really well.”

Learn to take breaks, five to ten minute breaks will give a feeling of refreshment and make it easier to complete assignments. According to FLHS School Psychologist, students need to set their priorities.

“You need to create time for yourself,” said Gibson. “doing something positive, having an outlet makes you feel good about yourself.”

National Merit Finalist Senior Roman Morris earns honor



Senior Roman Morris
Photo by Blake Patrick

Information gathered by
Blake Patrick

Each year a total of some 55,000 high school students are honored in the National Merit program and the National Achievement program.

More than 10,500 of the most outstanding participants receive scholarships worth a total of \$50 million for college undergraduate study based on their PSAT test results.



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Cut n’ Keep Calendar

Oct. 18-19
NO SCHOOL
MEA Break

Nov. 1-3
Once Upon a Mattress
Fall Musical, 7:30 p.m.

Nov. 2
End of Quarter 1

Nov. 5
NO SCHOOL
Teacher Workday

Nov. 8-10
Once Upon a Mattress
Fall Musica, 7:30 p.m.

Nov. 13
Band Concert

Nov. 15
Choir Concert

Nov. 19
Orchestra Concert

Nov. 22-23
NO SCHOOL
Thanksgiving Break

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 te 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 Forest Breeze* writers are not necessarily the views of the students, staff or administration of ISD 831.

What’s hot in the lot

Senior Brandon Brambilla arrives in style

by Joe Lichtscheidl

We have some hot cars in the FLHS student parking lot, but who has the best one and how did they get the money to pay for it?

There is one specific student who has put tons of money and time into making his car the best at the High school. This student is Brandon Brambilla.

He is a senior and has paid for his car with his own hard earned money from Prospects in Scandia.

He drives a '05 Grand Am with many accessories. He recently got a paint job done to his car by his step dad who is an auto body mechanic.

Prior to that he put on rims, front and rear lights, tinted his windows, and put on a new exhaust.

“Cars are something that I have been into for a long time,” said Brambilla. Although he is not taking any auto tech classes he continues to learn and work on cars with his step dad. Expect to see more after market



Senior Brandon Brambilla’s souped up Pontiac GrandAm sits in the FLHS student parking lot every day. Brambilla learns about cars from his step dad. Photo by Joe Lichtscheidl

parts added to Brandon’s car in the future including a newer system and possibly a new engine. Many people, like Brandon, chose to drive to school but are not quite as fortunate to have a car like this.

To nominate a car for the “hot spot”, e-mail *The Breeze* at forestbreeze@forestlake.k12.mn.us

2007 Hunting Seasons

What to know about hunting in ‘07

by Hannah Norwig

Many people are getting excited to get back out in the woods. Nov. 3 marks the opener for firearm hunters and Jake Hall, a junior, tells a little bit about his hunting experiences.

Hall hunts a variety of animals when hunting season comes around. A few of his favorites are squirrels, ducks, geese, and deer. Hall hunts squirrels when he is bored. As for ducks, geese, and deer, he hunts each about once a year. One of the main reasons why Hall hunts is because he enjoys it and

the time he gets to spend with his father. He also enjoys the woods and the time he gets to think.

"I live to be in the woods," said Hall, "If I didn't have to go to school, I would be a rugged, bearded traveler of the woods."

While Hall is waiting patiently up in his tree stand, he plays his gameboy, text messages people, and listens to his iPod.

"I just like being in the woods," Hall said. "It's a great time to think."

As for hunting tips, Hall suggests that you don't make loud noises and don't smell funny.

After all, a white-tailed deer can not only clearly smell you from as far as 100 yards away, but it can usually smell where you've recently walked. Atrophy animal Hall is most proud of is an eight point elk he shot during first time hunting in Colorado.

"It was a freakin' beast!" Hall exclaimed.

So whether you are hunting big beasts in Colorado or squirrel in your parents' own back 40, keeping this tips in mind will help with a successful hunt.

2007 HUNTING SEASON DATES

Sep. 1 - Oct. 30	Morning Dove Season
Sep. 1 - Nov. 4	Snipe and Rail Hunting Season
Sep. 15 - Dec. 3	Deer hunt - archery opener
Sep. 22 - Nov. 5	Woodcock Season
Sep. 29 - Oct. 14	Moose hunt - northeast season
Sep. 29 - Nov. 2	Waterfowl Season Opener
Oct. 13 - Oct. 14	Early Antlerless Deer opener
Oct. 13 - Jan. 1	Pheasant opener
Oct. 17 - Oct. 21	Fall Turkey Hunt 1st season
Oct. 20 - Oct. 24	Prairie Chicken Season
Oct. 20 - March 3	Gray and Red Fox opener
Oct. 24 - Oct. 28	Fall Turkey Hunt 2nd Season
Oct. 27 - Feb. 29	Mink and Muskrat
Oct. 27 - Jan. 6	Otter
Oct. 27 - May 15	Beaver
Nov. 3	Deer - firearms opener
Nov. 24 - Dec. 9	Deer - muzzleloader opener
Nov. 24 - Dec. 2	Trapping opens
	Fisher and Marten
Nov. 24 - Jan. 6	Trapping opens - Bobcat

Hunting Tips:

- Don't make loud noises
- Eliminate your scent
- Know the guidelines and regulations
- Scout out the area before you set up camp
- Have the proper licenses for each hunt
- Bring along things to do while waiting
- Hunt with a buddy
- Bring a camera to prove your success

From across the globe to FLHS



by Kaitlin LaCasse



Richard Egbert
Germany

Egbert has made some friends while being here.

“The people are nice,” he said.

Some of the biggest differences for Egbert have been that there are fewer and longer classes here than in Germany. He said that students in Germany don't have the option of choosing classes like here. You also don't have the option of buying lunch; you have to bring your own.

While being here, Koenig has been to the Mall Of America. “Huge” is the word he used to describe it.

He also said that the lakes are cool. Jonas had fun going to a cabin up on one of the many lakes with the family he is staying with.

He is able to keep in contact with his family through e-mail and blogging. Koenig's two biggest challenges are pre-calculus and football.



Jonas Koenig
Germany



Moritz Klein
Germany

Klein agrees that the language a big problem here because most German students start taking English in fifth grade.

He said that the school breaks are different here at FLHS than in Germany and the school system in general is much different. For vacations from school, in Germany they have two weeks off for Christmas and Easter.

Ramos has been taking English there for four years. She came here to get better at speaking the language and for new experiences.

“Life is really different here, the people, the food, the culture is all really different.” One of the biggest challenges has been not being able to talk to her family very often. They write each other every week but are only able to talk over the phone once or twice a month.



Marcela Ramos
Brazil

A work in progress

Carpentry 2 Update



Students in Carpentry 2 class work on the roof during a recent 4th hour class. Photo by Blake Patrick

by Sarah Everett

The 2007 carpentry II class has been working on a new house to auction off at the end of the semester. This is an up and coming construction masterpiece that is being built right in the High School's own back yard. The students will work on it all quarter and into the next, but it's sure to

be done by the end on the term. So far it's still under construction, but the students are working hard and the house is growing every day. For those of you, who haven't seen the progress, be sure you check it out and keep reading for further updates later on in the year.

Coming next month:
Introducing the new teachers at FLHS

To ban or not to ban?

Smoking ban will help save lives Smoking ban is bad move; restricts wrong things

by Renee Noren

With the Freedom to Breathe Act in effect in the State of Minnesota, lungs everywhere can inhale carcinogen-free air and take a sigh of relief. Many smokers put out their cigarettes Oct. 1, but others just want the state to butt-out.

We all know who they are: the people with hardening arteries from cardiovascular disease, blood clots in their heart from coronary thrombosis, blocked brain vessels from cerebral thrombosis, and not to mention, cancer. No person wakes up in the morning and thinks ‘you know what, I’m going to try my hardest to get cancers of the esophagus, larynx, or lungs today!’ Okay, so no one is that crazy. They just enjoy lighting up and inhaling thousands of chemicals that damage different parts of their body. Even though medical research shows the negative health effects of smoking, they still light up. Because this evidence is available to everyone, smokers shouldn’t satisfy their cravings because the health risks are known by all.

It’s also unfair to those who have no choice but to work in a smoke-filled environment. Let’s face it, in the world we live in, not everyone has the opportunity to quit their job because they dislike the smoky air around them.

“Consequently, non-smokers need protection through the restriction of smoking in public places and workplaces and by a voluntary adherence to policies at home,” said the U.S. Surgeon General, Richard Carmona.

Our state didn’t pass a smoking ban to force citizens to quit

smoking, but to stop non-smokers from having to breathe in secondhand smoke. Those exposed to secondhand smoke take in nicotine and 4,000 other chemical compounds just as smokers do, but commonly

without knowledge of the harmful effects of these chemicals in their bodies according to Quitsmoking.com. The US Environmental Protection Agency, the US National Toxicology Program, and the International Agency for Research on Cancer all classify secondhand smoke as a “known human carcinogen” or cancer-causing agent. They also believe environmental tobacco smoke is to blame for around 3,000 lung cancer deaths each year in the United States.

Non-smokers shouldn’t have to sit in a restaurant or public place and breathe in the habit of those who know and choose to harm their body.

With the smoking ban now in place, I believe Minnesota will see healthier citizens in the years to come, thanks to the Freedom to Breathe Act. There is no safe level of exposure to secondhand smoke.

by Kurt Johnson

On Oct. 1, Minn. passed a state-wide smoking ban that prohibits smoking in all public places. The only exceptions to the ban are in veteran nursing homes, in farm vehicles and farm buildings, for actors who are performing on stage



and on outdoor patios. As for all others, a \$300 fine will be issued to both the violator and the owner.

Most of us at FLHS aren’t old enough to legally smoke, and all tobacco products are already banned on school grounds. I have never smoked cigarettes, and I think that smoking is an expensive, addictive, disgusting habit that people of all ages shouldn’t start. I realize smoking kills. With that said, I could not be more against this ban. It is an abusive, pointless law that our state has no right to pass.

The main reason this ban passed was to decrease employees’ health risk from second hand smoke. The first flaw is that the smoking ban

isn’t enforced in all workplaces. Casinos and veterinarian home workers are still affected by second hand smoke, so why aren’t they protected? Do some workers have a right to be protected more than others?

I think our state recognizes that yes, people have a right to smoke, and they can’t ban that right.

But we also have the right not be exposed to things that harm us. If second hand smoke was proven to directly kill or lead to lung cancer, then this would be an easy argument. But there is still a lot of skepticism about the legitimacy of second hand smoke

studies and what they actually prove. This leaves many people, myself included, skeptical about the effects of second hand smoke. If some, but not everyone, gets lung cancer who are exposed to second hand smoke, does that mean it kills? What about those who get lung cancer but aren’t exposed to second hand smoke? What about the other products that lead to lung cancer?

Even if second hand smoke does kill, this ban still isn’t our solution. Instead of doing something that harms business, our state should simply require that these businesses provide better health care benefits to their workers. Instead of our state doing something that can help

those who are being harmed, it hurts the restaurant business owners by not letting them govern them the way they want to.

Our small business owners don’t have the same regulations as the restaurant chains. They take pride in not having big shot managers telling them what to do. I don’t think it’s right for our state to tell them they can’t allow people to smoke in their restaurants. They have a right to govern themselves. Furthermore, the people choose to eat there. There are plenty of other options for someone who doesn’t want to be exposed to second hand smoke, just as there are options for people who do. For a state to infringe upon my right to choose what kind of environment I can be in is unjust, and is not within the power of our elective officials to do so. Smoking is a legal option for us all.

Want to weigh in with your opinion on the smoking ban?

Send your comments, letters, thoughts, and ideas to *The Forest Breeze* at:

forestbreeze@forestlake.k12.mn.us

Tell us what you think!

Cash or Pass?

Weigh the options; take your pick

by Danielle Proulx

When I want to go to a FLHS football game I don’t have to worry about pulling out my money because at the beginning of the year I got a season pass that covers all sporting events during their regular season. So while all my friends are trying to dig up some extra cash for the game I have to smile to myself and think, “Should have gotten the season pass.”

Many kids don’t really realize what a deal the student pass is. Joel Olson, FLHS activity director, told me that a season pass is \$40 for the year and that if I went to every home football game and every home volleyball game my pass would be covered.

Even though I hate math, I decided to figure it out. I discovered that if I go to all the home games for football and volleyball alone it would cost me \$16 for football



photo by Danielle Proulx

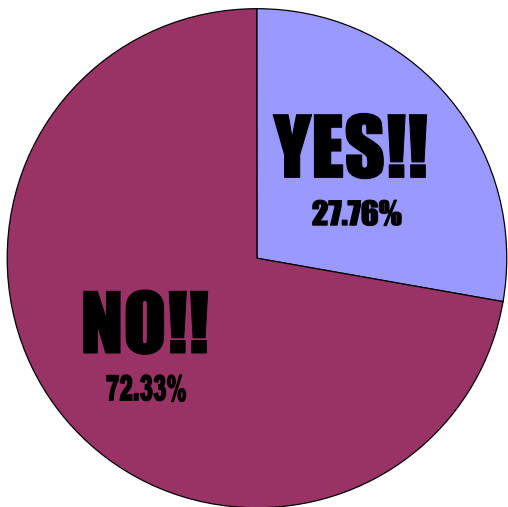
and another \$24 for volleyball, so all together it would be exactly \$40. Unfortunately for me, I play a fall sport and the meets are on the same day as all the volleyball games, so I can never go to those and the only other sport I really love is hockey. The hockey arena isn’t owned by the high school or even the school district so I can’t use my pass there. So is the \$40 really worth it?

Personally I think it is. I don’t go

to basketball games very often but when I do, I can use my pass there and save myself some money. For this season I’m not sure how many home basketball games there are but I know I probably won’t be at them all, so if you are like me you may have some doubts.

Maybe the school could come up with a student athlete pass. Rather than just buying the \$40 pass, student athletes could get a pass that it \$20 or even \$30. That way, it is still cheaper than buying individual tickets for every game and it is worth your money. But whatever you decide, just remember: support the Rangers, no matter what sport. From swimming and diving to basketball, keep going to the games and keep cheering the Rangers to victory!

Homeroom Changes: What do you think?



YES =
I like the homeroom changes

NO =
I don’t appreciate the changes

by Sarah Everett

This new school year came with a few new changes. This year, homeroom is every Wednesday and there’s no reading time built in to the daily schedule.

So, what do the students say about these changes? I went around to a few different classrooms, asking students what they thought. 72.33% of the over 100 students asked said they didn’t like the new changes and should go back to the old schedules. 27.76% of the students said they like it the way it is. So, are these new changes for the better? It’s a proven statistic that kids who read more have a larger vocabulary and can remember facts more easily. In many of the homerooms the teachers don’t enforce this rule already. As long as you’re quiet they don’t care what you are doing. So, are these new changes for the better? Only time will tell.

Grey's is over

Private Practice is worth watching

by Renee Noren

There's something amusing about watching a person start over and try to find the path to the rest of their life. That's something that Dr. Addison Montgomery will be trying to achieve in the first season of ABC's *Private Practice*. This spin-off from *Grey's Anatomy* is geared to be an even bigger success by pulling heart-strings of Americans and making them feel like this neonatologist's best friend.

"I want to start over... start fresh. I'm changing my life," said Dr. Montgomery in the first episode of *Private Practice*.

In this season of *Private Practice*, Kate Walsh's character moves from the responsibility of Seattle Grace Hospital to Santa Monica, California where she'll work with close friends from the past at Oceanside Wellness Center.

With McDreamy and Meredith over, what is left to find out about *Grey's Anatomy*? Viewers have yet to find out what makes Dr. Addison Montgomery tick, and with her own show, they'll have the opportunity for a fresh storyline. With actors from well renowned shows such as *The Sopranos*, *Judging Amy*, *Day Break*, *Prison Break*, and *Veronica Mars*, the show is sure to be a big hit. Kate Walsh is joined by actors Tim Daly, Taye Diggs, Audra McDonald, Amy Brenneman, and Paul Adelstein.

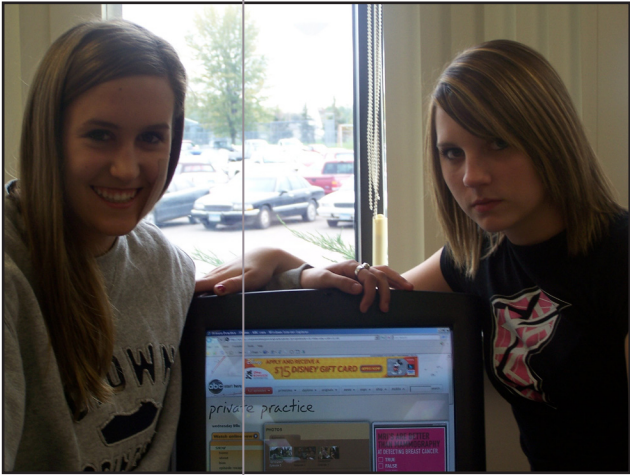
"The tone is a little bit lighter," said Walsh, in an interview with

abc.com, "Grey's is in the best way, sort of high school with scalpels, and *Private Practice*, to me, is more grown-up, and it's more like a squabbling family than it is a group of competitive interns."

This night-time soap, which airs Wednesday at 8 p.m., shows the trials and tribulations of an older crowd. It has potential to captivate a larger audience, but keeps the younger fans entertained with the romance and sex appeal.

With *Grey's* loosing two main characters played by Kate Walsh and Isaiah Washington, they've decided to go back to the same old storyline of George and Izzie that we've seen in every season. It seems that *Grey's Anatomy* is loosing clever story ideas and new ways to twist the plot.

At Oceanside Wellness Center, the doctors are dedicated specialists, but their private lives need a little practice. So, when you sit down with your homework or maybe a snack next Wednesday, make sure the dial's switched to this season's hottest new drama, *Private Practice*.



Grey's will prevail

by Abby McLean

Grey's Anatomy, known as America's number one TV drama, seems to be satisfying to all its viewers. The hour long show is full of interesting twists and turns which keep the fans watching. Do people really think that because

of *Private Practice*, *Grey's* will be over?

Private Practice is kind of a run-off show from *Grey's Anatomy* and is nowhere near as interesting and eventful. Ever since I started watching *Grey's Anatomy*, I have come to actually feel like I know the characters and have fallen in love with each one of them.

I have talked to many people including one of my friends, Charlie Heard, saying that his evening at 8 p.m. on Thursdays includes curling up on the couch and watching *Grey's Anatomy*. Personally, I do the same. I try not to plan anything Thursdays so I can watch it without interruption. Meredith Grey, where the show

gets its name, does the voiceovers and explains events. Although the show is named after her, the other characters' lives are equally involved.

Private Practice is too serious. It makes the audience have to start all over again and introduce themselves to brand new characters. They will have to learn to like each one of them as they've already done with *Grey's*.

I have no problem with *Private Practice* being aired; I just don't think that, in any way, it could overrule *Grey's Anatomy*. This is only the fourth season and it's more popular than ever because so many questions are left unanswered: What is to become of Christina now that Burke is gone? Will George leave Callie for Izzie? Will Meredith and Derek really break up? How will Alex get over Rebecca? Will Callie succeed or fail as the chief? Will Derek open up to Mark? Will Miranda ever be okay with losing the chief position to Callie?

All these questions are to be answered in this season. *Private Practice* hasn't been around long enough to be as involved as *Grey's Anatomy*. *Private Practice* shall not prevail over the one and only *Grey's Anatomy*!

Let us hear your two cents!

E-mail us at
forestbreeze@forestlake.k12.mn.us

Forever remember 9/11



by Kaitlin LaCasse
September 11, 2001. A day many swore that they would never forget.

Most haven't forgotten, but future generations will if no one is willing to say or do anything on the anniversary of that tragic day. When September 11 arrived this year, Forest Lake High School didn't do anything as a school to remember it. Should we make a bigger deal out of it? I think we should.

As American citizens we need to remember and commemorate 9/11 because it had a domino effect on the nation. September 11 essentially started a war. Our troops went to Afghanistan very soon after the attacks.

September 11 has had a major impact on American lives even if not directly. Many people lost their jobs because of the attacks, due to layoffs and airlines had to change their policies. It impacted us by simply changing the way we think. Many myself included became more patriotic or just more cautious about the way we live our lives. We all need to remember, that out of a great tragedy, some good can come out of it. Some good that has come out of it is an increased sense of patriotism. Maybe we stood a little taller when we sang the National Anthem at a baseball game. We all seemed to be more caring.

I realize many people may be opposed to remembering that day because they think that it saddens the families. But if I were a daughter of one of those people killed I'd be more upset by people acting as though, the September 11 attacks never happened.

As a school, we should have at least acknowledged what happened six years ago. We need to acknowledge. Acknowledgement can take many forms, by having a moment of silence or by offering a small prayer service to the people interested. We could do that by lowering the flag to half mast with an announcement talking about why it was lowered, read a poem, or read a story from a family member of one of the victims. We should all remember the bravery of the men and women who stood up for our Freedom. Those attacks brought Americans together.

As President George W. Bush said the following December, "Now, we have inscribed a new memory alongside those others. It's a memory of tragedy and shock, of loss and mourning. But not only of loss and mourning. It's also a memory of bravery and self-sacrifice, and the love that lays down its life for a friend—even a friend whose name it never knew." Schools all over this great nation should officially remember September 11, 2001.

Coats, hats, and hoods: who needs 'em?

FLHS should rethink coat and hat policy

by Abby McLean

Hats, hoods and jackets are not allowed. Is this rule necessary? Should it be one of the school's priorities? The deans and teachers have more things to worry about other than students wearing something to keep them warmer.

Now that it is becoming colder outside, students are starting to wear winter jackets. Inside the school it's just as cold. It is understood not allowing coats is a safety issue, but why isn't it the same with hats and hoods?

Some people become colder because there is nothing to cover them up, or it could just be the fact that since we can't wear jackets to keep us warmer, than why can't we wear a hood to do the same effect? Student James Landsberger doesn't agree with the rule.

"It's ridiculous. The reason why I wear my hood and jacket is to stay warm," said Landsberger. "They [the teachers and administration] think it's disrespectful."

For instance, if there is a fight during school and none of the teachers see it, but the cameras do, and the cuprits had a hood/hat on, you wouldn't know who to look for.

Landsberger commented that he wears a hood and coat to be warmer. Landsberger has a different opinion about whether or not the rule should change.

"The school is too cold and they shouldn't have to spend their money towards warming it up when it is unnecessary," said Landsberger.

Dean of Students Cindy Jones's opinion about hoods, hats and jackets was simply stated,

"It is due to keeping the school community safe," said Jones. Jones thinks it should be enforced. "With 1800 students it's hard to recognize one that might be here to do harm."

Could it be as easy to store something harmful in a jacket? Couldn't you do the same in a backpack or a book bag? Jones

agrees. According to Jones, the rule will not be tweaked at all to state that only jackets would be allowed and hoods and hats still aren't.

"No, I wouldn't change it. But I am not responsible to make that decision," said Jones. Jones admitted to being one of the teachers or deans that are very strict about this policy. Jones's opinion on this matter is very strong because she doesn't want anything to happen to the students, which is understandable. But if a student would want to harm anyone, not being able to wear a jacket wouldn't stop them.

Students have varying opinions on the issue. Junior Meghan Schneller is okay with the restrictions.

"I think the rules are fine. If



Junior James Landsberger likes to wear his hood to stay warm. Photo by Abby McLean

Back to the

Book weight adds up

Heavy textbooks take toll on the back

by Tracie Anderson
Students’ backs all over world

since the beginning of time have been put to the test of the dreaded backpack. Whether they’re in elementary school, or college; their backs are screaming uncle.

Forest Lake High School is like any other high school and dishes out its fair share of homework and bookwork, but do we dish out too much? While walking around the school with a handy dandy bathroom scale, the Breeze searched out the heaviest bags and books.

We happened to land on a behemoth of a bag, and the owner was Junior Katie Miron. It happened to be that her bag was the heaviest out of all, weighing in at an earth shattering 32lbs. So why all the weight?

“Cause I have a lot of school stuff in there,” said Miron. “It’s kind of ridiculous.”

Miron is a classic example of being troubled with having a lot of bookwork that has to be lugged home almost every night of the week. Even though her backpack was almost half her size, she puts it on with a smile because she has the best kind out there.

Many chiropractors agree that the best kind of back pack that a kid

should have, is the kind with two shoulder straps for better support. The single strap bag hurts your shoulder that it rests on, especially if you have as many books as Miron does. According to www.kidshealth.org a backpack should not be worn too low because there is an extreme risk for significant lower back problems.

Even though these are just suggestions on how to ease the back troubles, you still might find yourself being weighed down by bookwork. In case you’re wondering how much these books actually weigh, the top 10 heaviest books at FLHS are:

1. AP Biology	
2. British Literature	7.5 lbs
3. AP Psychology	7 lbs
4. Biology	6.5 lbs
5. American History	6 lbs
6. Pre-Calculus	5 lbs
7. Calculus	5 lbs
8. Physics	5 lbs
9. Algebra	4.5 lbs
10. Trigonometry	4 lbs

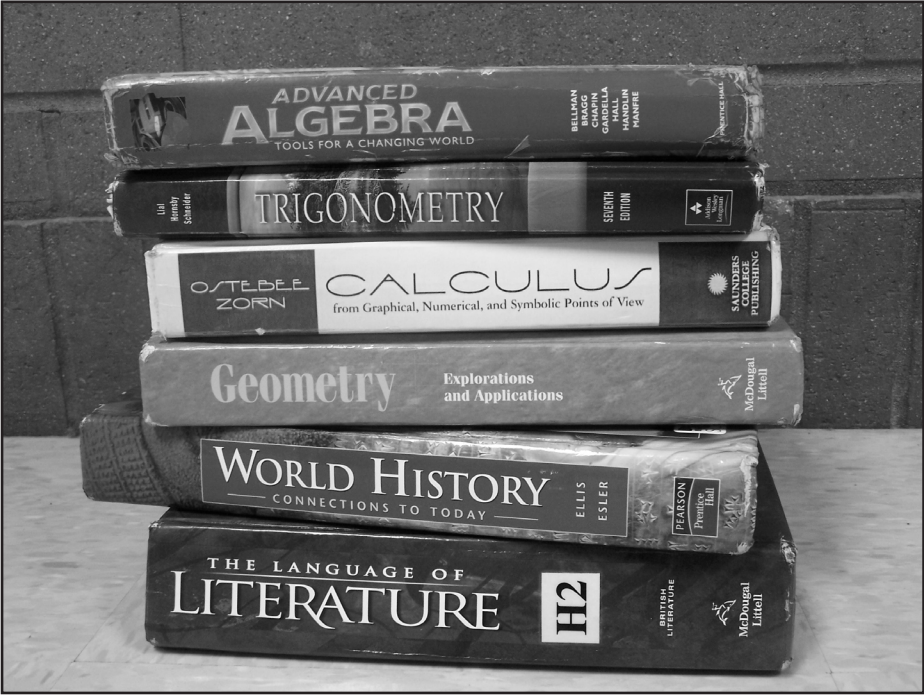


Photo by Tracie Anderson

Desks hurt more than

School chairs are not physical

by Sarah Everett

Have you ever been sitting in class, trying to concentrate but your chair is just so uncomfortable that you can’t? This is the problem that a lot of students now days face during class. Sitting for as long as and hour and a half can really take a toll on your body and the poor seating arrangement makes it worse.

“Yes, I think that kids being uncomfortable in their chairs can affect their learning,” Mrs. Jami Fraupfeifer, the Forest Lake High School German teacher said. “Having more comfortable chairs gives the kids more space so they can move around.”

She even agreed that if the school could replace the normal desk chairs with a more comfortable chair, we should.

Uncomfortable seating can be a huge problem in the school. Students are almost always hearing about test scores and how low or high they are. These test scores reflect everything a student has learned and retained during the school year. Being uncomfortable makes it harder to concentrate on what the teacher is saying and therefore may have a huge impact on the testing scores.

“Testing scores could be higher if there were different chairs,” said Fraupfeifer, “Although it really



The school's

depends on the student.” Learning does differ on a child’s learning behavior, but on the other hand the kids learning environment has a lot to do with it. It they are in a calm, relaxed place, somewhere where they don’t have to worry about how comfortable they are, they’re more likely to pay attention and do their work. But if someone is distracted by how much their back hurts, then they are more likely to concentrate on getting more comfortable, therefore forgetting everything that the teacher was trying to say.

“There have been students in my class who have complained about their backs before,” said Elizabeth Slama, a Forest Lake art teacher.

What’s all the buzz on energy drinks?

Energy drinks, the good the bad and the unhealthy; is what we do to stay awake w

by Tracie Anderson

When students everywhere in the U.S. need to satisfy their caffeine addiction, they turn towards their precious energy drinks for a three hour buzz. Young adults have turned to these drinks so often in 2006 that according to Time Magazine, it resulted in a 55% increase in sales. However, are they all the hype that money can buy? According to sophomore CJ Bruner, they are.

“I started drinking them in 7th grade. I started with MDX™

to Amp™, to Monster™, to Rockstar™,” said Bruner.

Even though nowadays, Bruner enjoys just Rockstar™, there are dozens of different drinks to choose from. Just to name a few sold in Minnesota are: Rip It™, Monster™, Amp™, Sobe™, Hydrive™, Freck™, Vault™, Nos™, Bawls™, Red Bull™, Snake Eyes™, and Jolt™.

Before taking a look at these new age energy drinks in detail, let’s look at the beginning. Everyone

has heard of Red Bull™ energy drink and its rumors. Just to clear up this urban legend, according to altmedicine.about.com, Red Bull™ got its name from an amino acid taurine that was 1st discovered in bulls. This amino acid is in the bull’s muscles not in its urine or semen, so there is none of that “stuff” in Red Bull™, just taurine. Red Bull™ was created by Dietrich Mateshitz and was introduced to Europe in 1987, then in the U.S. in 1997.

Since Red Bull™ was introduced to the U.S., students’ addiction to caffeine has taken off. It’s not just drinks anymore; it’s in gum, lip-balm, candy, sunflower seeds, even soap. Caffeine-laced products are everywhere, and everyone took the bait. In fact, according to Time Magazine 55-90% of the U.S. population ingests caffeine daily.

“I drink two Rockstars™ a day,” admitted Bruner. “One in the morning, and one at night.”

While students sip back their

energy drinks, have they ever wondered when enough is enough? Studies have shown that an occasional 100mg-600mg is just fine, but a typical consumer slams about 200mg-300mg a day. That’s about as much caffeine that’s in two-three cups of coffee.

To get into the straight up facts, according to Time Magazine, too much caffeine is about five 8oz servings per day of anything with over 80mg of caffeine. The typical cup of coffee has 80mg-150mg

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Basics

Don't just hurt your back Keep it healthy



Most common desk and chair combination. photo by Erica Hanson

"In fact, I had students complaining about it just the other day." Now if these kids had the proper support from the chairs they were sitting on, would they be able to get more work done?

"If we do replace the chairs in the school with new ones, I think we have to be careful," said John Buck, a Forest Lake math teacher. "If kids get too comfortable then they might fall asleep."

Back problems in the school are a problem worth discussing. It affects kids every day. So what should a school do? The school board needs to take the initiative to help the students and fix the chair problem. It could benefit not only the kids,

but it could also benefit the school.

"It might be fun to experiment with this," said Buck. "Have, like, a crazy chair day, where everyone brings in a different chair."

As for an expert's take on this situation, chiropractor Hastings has this to say.

"I greatly think that posture is very important when sitting. It's called ergonomics," said Dr. Hastings.

"Pretty much every person that comes into

my office comes in because of back problems. 80% of all Americans have problems with that." So, if back problems are a big issue than why isn't the school doing anything about it?

"I would say that the ideal chair is one that would give your body maximum support without taking away from the activity you want to perform," said Dr. Hastings.

"It can affect a student's learning because it affects the human body," Dr. Hastings said. "It can pinch the nerves and not allow the blood to flow into the brain."

If even the experts agree the seating arrangement in the schools are not healthy than why do they do it? Something should be done.

Time flying by too fast?

How to keep track of your time without losing your mind

by Allie Cockburn

From sports practice to homework to work, students struggle to manage their time.

"I am involved in NHS, FFA, and I'm captain of the Varsity swim team," said senior, Peter Sandager. School phycologist, Eddy Gibson put more emphasis on busy schedules.

"I believe today's society is

much more fast paced than it ever was. You need to keep up with things and

people, and together it causes stress. When you feel like you're spinning your wheels and not making any progress, that's when you know it is too much," Gibson said.

Senior Kathy Crudo is involved in NHS, Hockey, Tennis, Softball, and Choir.

"I have no time to be lazy," said Crudo.

"They need to create time for themselves like doing something positive to make them feel good about themselves. It's real important to find time for yourself," said Gibson.

"My schedule is my social life," said sophomore Danielle Lardani. She holds down two jobs during the school year and is active in dance outside of school. When asked how he manages his time, sophomore Luke Bohnan said, "I just wing it."

"Write down things involved in. Try to keep some type of planner," Gibson advises.

Have an idea for a feature story?
Or do you have comments
about this month's?

Send us your ideas and comments!

forestbreeze@
forestlake.k12.mn.us

Worth the risk?

Caffeine and soft drinks have 34mg-50mg can. While energy drinks pack in 75mg-100mg PER SERVING! One of the main concerns health officials have is that most people sip coffee slowly, while energy drinks are gone in an instant.

Energy drinks are a wild beast that is hard to understand. Everyone has their own reason for drinking them, whether it be the taste, the caffeine, or can collecting; it's addictive.

"I just drink it to get hyped," exclaimed a student.

Whatever your reason for drinking energy drinks, just make sure you can go to bed.



What gets you through the day?

by Kurt Johnson

If you sometimes feel you just can't make it another day in school, don't worry, you are not alone. Somehow we all do it. Recently, some of Forest Lake students were asked how they get through their school day. Here are some of their methods...

"I look forward to after school."
Kassie Carson, 10

"My friends."
Tori Clemens, 10

"I smile and laugh a lot!"
Constance Berger, 10

"I suck it up."
Josh Werner, 10

"Coffee and friends."
Mallory Backer, 10

"By hoping for the day to end."
Janelle Peterson, 11

"I take it step by step, hour by hour."
Kathleen Dunsmore, 11

"Looking forward to sleep."
Amanda Sample, 11

"Thinking about spending time with Troy Garey."
John Kingbird, 11

"Very carefully."
Chelsee Wahlquisty, 11

"Daydreaming."
Hunter Moon, 11

"Looking forward to running after school."
Peter Buol, 11

"By relaxing and not doing my homework right away."
Jeremy Olsen, 11

"With yogurt, cheerios, coffee, and Caitlyn Jensen!"
Elle Mcgee, 12

"Gatorade."
Dylan Eddlen, 12

"Caffeine, lots of it!"
Logan Evenson, 12

"Well its not very hard!"
Shawn Writght, 12

"Music."
Larry O'Connell, 12

"Sleep during my second hour."
Chris Pignato, 12

New release *Halo 3* doesn't 'finish the fight' with *Gears of War*

by Tyler Wilcox

Less than a month ago the most anticipated game in gaming history was released. *Halo 3* was an instant hit, selling \$170 million dollars in copies on opening day release. *Gears of War* didn't even come close to that. Regardless of how many copies were sold it's the content of the game that matters. *G.O.W.* comes out on top of *Halo 3* in that aspect.

Gears of War

Gears of War was the first great game to be released onto the XBOX 360. *G.O.W.* was a somewhat controversial game due to its mature graphical content. *G.O.W.* was a third-person shooter, the camera located at a fixed point behind the character. The *G.O.W.* trademark was its "cover system" which enabled players to "take cover" or hide behind objects such as walls or pillars. It also allowed them to aim out from under cover and just as easily go back under cover.

Halo 3

Halo 3 was the most anticipated game release for the XBOX 360. It was also rated M for mature by the Entertainment Software Rating Board (ESRB), but *Halo 3* is definitely not as focused on the graphic violence like *Gears of War*. *Halo 3* is a first-person shooter where you see through the eyes of the character. *Halo 3* is more of a run and gun shooter, less focused on tactics and more focused on continuous, fast-paced action and firefights.

Single Player

Each game's solo player campaign mode is difficult. *Halo 3* has four difficulty settings (Easy, Normal, Heroic, Legendary). *G.O.W.* has three difficulty settings (Casual, Hardcore, Insane). Each game presents a slight challenge to players on the medium difficulty

setting. They also both cause controller malfunction when you throw the controller in frustration after dying for the umpteenth time on Legendary or Insane.

The *G.O.W.* campaign is, in my opinion, clearly ahead of *Halo 3*. The enemies are smarter and present more of a challenge individually than the enemies of *Halo 3*. I found myself almost bored at times when playing through the *Halo 3* campaign, killing the same enemies over and over again in the same way.

Another thing that severely disappointed me was the utter lack of boss fights in *Halo 3*. Instead of putting you up against a stronger enemy, *Halo* pits you against more enemies. The *G.O.W.* boss battles were extremely challenging and fun. The final boss in *G.O.W.* (General Ramm) was next to impossible to defeat without a friend playing with you. *G.O.W.* gives a much more satisfying feeling when you defeat an enemy. The enemies don't just fall over like in *Halo*, they do any assortment of gruesome things, for example, dismemberment or beheading. It gives the player a greater feeling of closure.

Let's face it though, the solo campaign isn't what's important anymore. A game's online capability seems to hold a greater importance in the mind of a gamer.



Reviewer Tyler Wilcox finds that *Gears of War* weighs in with a better overall package to create 'a beautiful game'.

Online Multiplayer

Both games deliver in online play. Both are fun and intensely competitive. *G.O.W.* pits two teams of four against each other in four possible game types. *Halo 3* has an almost infinite amount of game types. Players can create their own game types, and edit anything short of the map itself. *Halo 3* thought of that too. The new "forge" mode allows players to not only fight each other but edit the map as they play, leading to one very interesting game.

Halo 3 relies on its "matchmaking" system based on skill level. *G.O.W.* does not allow players to group together before searching and it creates problems when two players try to get into a match together.

Halo 3 has a much better ranking system than *G.O.W.* It

uses simple experience points and army ranks to show a person's skill level. It also has levels (1-50) for each game type giving even more specific information. *G.O.W.* doesn't have any of that.

Both games do a very good job of giving the player a fun and competitive game. *G.O.W.* brings tactical fun to the table. The cover system creates small bugs in the game, but nothing major. The levels are beautifully designed and give players a lot of different ways to win. *Halo 3* tops *G.O.W.* despite all these things. *Halo 3* has fast-paced chaotic games much like the single player. Team strategy is greatly underestimated in *Halo 3* and without a cover system; players rely on motion sensor radar to see where players are. *G.O.W.* has no radar, and players must stay more

observant and it also rewards flanking. *Halo 3* has the definite edge in online play, but not from lack of fun from either game. It isn't the gameplay but the game options that put *Halo 3* so far ahead in my book.

In the end, both games are must haves for XBOX 360 owners, but I give the final nod to *G.O.W.* *G.O.W.* took old concepts like the cover system and health system and perfected them into one beautiful game. *Halo 3* isn't missing anything but a compelling single player campaign. *G.O.W.* was just overall more fun. Finishing the fight wasn't nearly as good as many thought it would be. All the hype around *Halo 3* has inflated it into this be all end all game and *Halo 3* doesn't live up to the hype.

Book Review: *Eclipse* *Eclipse* great addition to great *Twilight* series

by Blake Patrick

Ever wonder how someone would react if they found out that one of their loved ones wasn't human? Well you can find out. *Eclipse* is a great book for young adults (especially if you're into romantic stories with girls falling in love with vampires). *Eclipse* is book 3 of its series. The series is about a girl name Bella Swan, who moves away from her mom to go live with her dad, Charlie in a the small Washington town of Forks. During her stay she meets Edward. At first he tried to avoid her, but couldn't when she wouldn't leave him alone, asking why he would be such a jerk to her when they just met. After Edward saves her from a car accident without a scratch on him, she comes to the conclusion that he is definitely not human. Her old friend Jacob tells her an ancient story and after she figures out that she was right and that Edward was actually a vampire, they fall in love.

After an incident with Edward's "family", he leaves her and she spirals into a deep depression, which causes her physical and mental pain. Not long after this Bella starts to get feelings for her friend Jacob who actually turns out to be a werewolf. After a failed attempt at suicide, Edward is reunited with Bella, and this creates problems with Jacob (werewolves and vampires despise each other). Book three is about Bella's struggle to choose what life she would want for herself. Either she gets married to Edward (at 18) and become a vampire, and live with her love forever, or Stay human and live the remainder of her human life with Jacob, and never have to worry about getting into trouble ever again. This book is great for all you readers who love romance, and conflicts between two supernatural beings. There are some funny parts in this book,



like when her father Charlie awkwardly tries to have a sex talk with Bella. Overall Bella doesn't have any healthy relationships, yet they are not portrayed as unhealthy- just romantic. If there was anything I would

change in this book it would probably be Bella's stubbornness. If you are a big reader and you need a book to read then I would definitely recommend you read the entire trilogy of *Twilight*, *New Moon* and *Eclipse*.

Have a book, show, movie, restaurant, or CD you think should be reviewed?

Let us know!

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Upcoming Media Releases

Gathered by Blake Patrick

MOVIES

Bryan Loves You
(Horror, R)

P2
(Horror, R)

Beowulf
(Action, Animated, War, PG-13)

Hitman
(Action, PG-13)

The Mist
(Sci-fi, Horror, R)

BOOKS

Empire
(Fantasy, Fiction)

Breaking the Rules
(Fiction, Romance, Mystery)

The Book
(Non-fiction, Autobiography)

DVD

Day Watch
(Unrated)

Spiderman 3
(PG-13)

Captivity (R)

Talk to Me (PG-13)

Transformers
(PG-13)

Planet Terror
(Unrated)

Scrubs 6th season
(Not Rated)

Sopranos 6th season, part 2
(Not Rated)

CDs

Avenged Sevenfold
(*Avenged Sevenfold*)

Baby Bash
(*Cyclone*)

Jimmy Eat World
(*Chase the Light*)

R.E.M (*R.E.M live*)

Nicole Scherzinger
(*Her name is Nicole*)

Underworld
(*Oblivion with Bells*)

Dan Wilson
(*Free Life*)

Neil Young
(*Chrome Dreams*)



Eicart and Nehpets: YouTube Movie Reviews

by Tracie Anderson and
Stephen Peterson

Welcome to Eicart Nehpets's YouTube™ review. Give us any movies and we'll put them to the test. Send any video that you think can sustain the wrath of Eicart Nehpets at our e-mail address: forestbreeze@forestlake.k12.mn.us

The major point that we are highlighting, is that basically everything can go over the internet, and we feel the need to bring you some of the top notch movies that are floating around out there in every issue.

This is also a heads up that EVERYTHING is posted on the internet, so be careful what you search for.

It is another important detail that You Tube™ is strictly for your own time, and not during school, or on the school computers.



photo by Kayla Hofeld

Have a
YouTube movie
you'd like to see
reviewed?

E-mail your
suggestions to us!

October's picks

Kitten Surprise



SYNOPSIS:

This movie is 38 seconds long and stars three kittens. It starts out with the two kittens fighting and wrestling. Then near the end, the other kitten enters and gets involved. You're going to have to see how it ends for yourself.

Eicart: I LOVE this video. My brother sent me this video during the summer, and we both just sat there and cried. We were laughing so hard, he even bolted towards the bathroom because he almost wet himself. This will always be one of my all time favorite movies because it's just so random. I can't give away the ending, but its freakin' hilarious!

Nehpets: When I first saw the video I thought the beginning was kind of boring but then I saw the end of it and I just couldn't stop laughing. It was one of those videos that you watch over and over and it never gets old. It was probably one of the funniest videos I've ever seen, and it is for sure one of my absolute favorites. It's just so random I don't know how you couldn't like it.

Muffins



SYNOPSIS:

This movie is 2:20 long. It stars just one man and one man only, but he's dressed as an old. It is a faux commercial about Cunningham's Muffins. It starts out with regular muffins and turns into muffins of unusual nature.

Eicart: The first time I saw this I thought it was super dumb. Then I kept hearing a ton of people talk about it and say things from it, so then I decided to look at it again. After I watched it the second or third time, I just broke out laughing. It's just so bizarre and so creative that I think it's hilarious! It gets better and better when you watch it, and I quote it all the time now.

Nahpets: This is by far one of my absolute favorite videos. I just couldn't stop laughing when I watched this. It is just one of those videos that is so dumb it's funny. Seeing the guy dress up as the old woman is just hilarious in its self. I don't know how many times I've watched this and it never gets old to watch. "Asbestos muffins, I'm making them asbestos I can!"

Not so local anymore

Senior Brianna Tagg on a path to musical success

by Joe Lichtscheidl

The life of an artist (singer/composer/musician) is not easy. Just ask Brianna Tagg. She began her musical career at age five when she started playing the piano. From there she got into violin at age thirteen. Once she had the violin down, she taught herself how to play the guitar at fifteen, and that was also the year that she began performing for the public.

After achieving musical success, Tagg wrote her first song at age fifteen, she now has eighteen songs. She writes all her songs about life and the constant changes that it brings.

"Kind of how life can change drastically at any moment. And you have to be thankful for what you have even though what you have might not be picture perfect in your own mind" said Tagg.

She gets her inspiration from her own life and from her mom who is always there for her and supportive of her.

"Inspiration for my songs comes from my personal experience of

a broken family," said Tagg. "For my songs I also put myself in other people's situations."

"Any artist that can perform live and sound good and your performance is good...I look up to anyone who can do that because it's not easy to go out in front of hundreds of thousands of people," said Tagg.

In order to be a performer, you must be able to play in front of hundreds, even thousands of people. Tagg has no problem with this. She can handle the pressure and the people, but the only time she gets nervous or embarrassed is when her friends are there.

"I get embarrassed sitting in front of a small group of friends or anyone I know just playing and singing, I think it's a lot easier playing in front of hundreds of people you don't know because your not going to see them again" said Tagg.

You can expect to see Tagg



photo by Renee Noren

in the future. She plans to keep performing and taking her music to another level.

"I'm always going to be involved with music for the rest of my life and hopefully someday be able to entertain...I want to keep entertaining people with my music and hopefully produce music someday in the future" said Tagg. Look for Tagg in downtown Stillwater, at the Mall of America, or at a local coffee shop or festival, and stop by and listen to her amazing talent.

It's not all about the candy

The truth about Halloween

by Erica Hanson

Halloween is the one day out of the year where children can dress up in costumes, and go door to door asking for candy. It's believed that on Halloween, the dead could return to Earth as witches, goblins, ghosts, black cats, or in other weird forms. Halloween was originally called All Hallow's Eve because it landed on October 31st, the eve of All Saints Day.

Ireland believed this day was marked as the time when the sun retreated before the powers of darkness. To protect themselves from evil forms they used Wychelm, witch hazel and holly. An old Scottish superstition, which is still shown through Halloween decorations, was the witches. Those

who sold their souls to the devil left a magical stick in their beds, which looked like themselves. Then they would fly up the chimney and off through the sky on broomstick with their black cats.

On to a lighter subject, surprisingly there are more people going trick or treating then expected. Since girls tend to mature

faster then boys, you would think there'd be more boys trick or treating then girls. Curious

as to when students think their too old for trick or treating, Matt Whelan a FLHS sophomore said, "Never, it's a time for old people to become kids again."

Meagan Willis a FLHS sophomore said, "I hope

that isn't real because that'd be just creepy, and I wouldn't want to believe it," about the old beliefs on how the dead came back to life on Halloween.



photo by Erica Hanson

Top 10 scary movies

Gathered by Erica Hanson

If you're planning on having a scary movie marathon on Halloween night, here are the scariest movies voted by some peers. [Ordered in no particular way]

Jaws (R)

When a gigantic great white begins to attack a small island, a police chief, a marine scientist, and a fisherman set out to stop it.

Bride of Frankenstein(R)

Dr. Frankenstein builds his monster a mate.

The Exorcist (R)

The Exorcist is based on a novel. A troubled cleric tries to help a psychologically damaged teen.

Halloween (R)

A psychotic killer escapes on a mindless rampage while his doctor chases him through the streets.

Saw 1 (R)

Two men wake up in the secure lair of a serial killer who's been nicknamed "Jigsaw" by police because of his unusual calling card.

Texas Chainsaw Massacre (1974) (R)

Five friends visiting their grandpa's old house are hunted down by a chainsaw wielding killer and his family of grave robbing cannibals.

Exorcism of Emily Rose (R)

Emily Rose dies under the care of her parish priest and believes she has become possessed by the devil.

Hills Have Eyes 1 (R)

A suburban family is being stalked by a group of psychotic people who live in the desert, far away from civilization.

Friday the 13th (R)

Many years after two summer camp councilors were killed; the owner decides to reopen, in spark of a series of grisly murders.

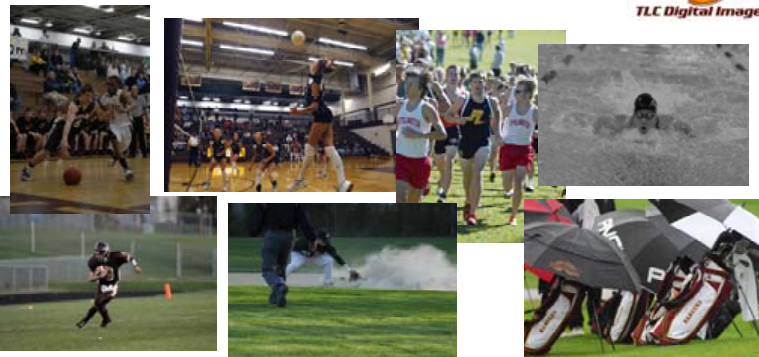
Freddie vs. Jason (R)

Freddy Krueger and Jason Voorhees return to terrorize the teenage population. Except this time they're out to get each other too.

Don't see a movie on the list you think is scarier?

Let us know!

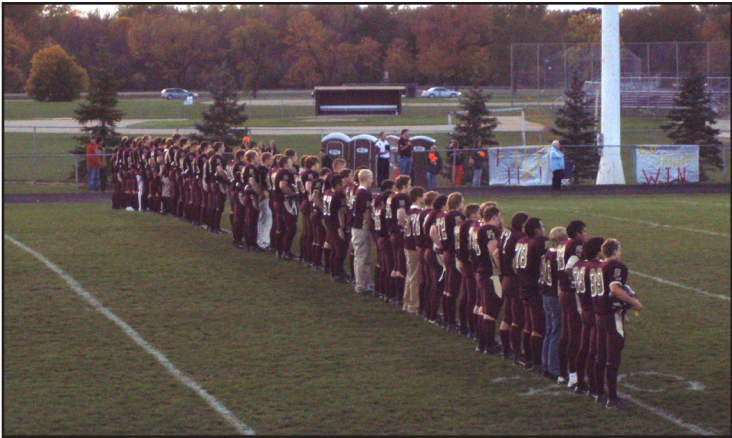
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<http://www.tlcdi.photorelect.com>

Ranger football team heads to Roseville tonight

‘Hopefully we will end the season with another win.’



Ranger Football Team shows honor to the flag by singing the national anthem prior to the game. Photo by Danielle Proulx

by Danielle Proulx

The 2007 football team has really worked hard this year and it has showed. It hasn’t been easy though. This year, the captains are Seniors Troy Garvey, Luke Daninger and Kenny Klein.

“The seniors and the captains are the leaders of the team; we all look at them as the leaders,” said Junior Trevor Welk,

“The captains have been giving good speeches to get us pumped up,” Welk said. “It’s too bad that two of them are hurt.”

Assistant Coach Scott Urness agreed with Welk, “It was a gigantic loss,” Urness said, of

the injuries. “Not only for how they play, but for their leadership on the field - we miss them big time.”

“Our biggest challenge this year was bonding the juniors with the seniors,” Garvey said.

“I think that they do what’s important,” said Urness. “If they didn’t bond so well as a team we wouldn’t win any games.”

Their next game is tonight in Roseville against the Raiders. Last year the Rangers didn’t have the chance to play the Raiders but Garvey doesn’t think that it will be too much of a problem.

“I feel we are a much better team than Roseville,” Garvey said, “We should beat them.”

“I think it’s going to be a tough game, they beat Park a few weeks ago,” said Urness “Hopefully we will end the season with another win.”

At press time, the Raiders were 2-4, while the Rangers’ record was 4-7.

“I hope to win the last two season games,” said Welk, “And I’d like us to do well at play-offs.”

The game starts tonight at 7 p.m.

Boys soccer finishes season strong

by Stephen Peterson

With only five seniors on the varsity roster of the Forest Lake boys soccer team, the underclassmen knew they would have to step up to be able to compete in the Suburban East Conference.

The boys also had to get used to the coaching style of new head coach, Aaron Tilsen.

“Coach Tilsen is very intense,” said senior captain Chris Pignato. “He is very competitive and wants to win.”

The boys, 4-10-2 overall and 3-9-2 in conference play, have had their ups and downs throughout the season. Even though they don’t have the best record in the conference, they have been in almost every game and played hard right through the final whistle.

“We have made huge improvements from last year,” said Pignato. “It’s like we’re a



Junior Foward Jeremy Stiner moves the ball up field in the game against Park of Cottage Grove, the boys went on to win 2-0 on Sept. 12. Photo by Forest Lake Times

whole new team.”

One of the highlights of the boys’ soccer season was their four game unbeaten streak, two wins and two ties. The boys picked up two key conference wins, one against Park of Cottage Grove, 2-0, and the other against Hastings, 2-1. They also picked up two important ties coming against conference foes

season strong with a 3-1 win over the Roseville Raiders on Oct.4 and looked to carry that into section play. The Rangers started post season action Oct.11. The boys got the fourth seed and battled the fifth seed, St. Francis, but the results were unavailable at press time.

Roseville, 1-1, and White Bear Lake, 0-0.

“It was the best two weeks,” said Pignato. “It was like we were unbeatable; we really came together and started playing like a team.”

The boys finished the

Girls soccer ends regular season with win

by Stephen Peterson

“Anything can happen. Anything is possible.” That was the motto for the 2007 Forest Lake Ranger girls’ soccer team. Although the girls finished 2-15-1 overall and 2-14 in conference play, that doesn’t mean that the season wasn’t filled with success.

With new head coach Hanz Lehrke, the team was looking to rebuild.

“One of our goals was to work well with Hanz and get used to his style of coaching on and off the field,” said junior forward Molly Zuzek.

With four of the nine teams in the Suburban East Conference ranked in the top 10 in the state, the girls knew it wasn’t going to be an easy task.

“Woodbury is the toughest competition in the conference,”

said Zuzek. “They have been ranked number one in the state for the last few years and no one is able to beat them.”

Their first win came against rival Hastings, 2-1, on Sept.10, the girls’ first conference win in two years. It came as a big motivation to finish the season strong.

“It was nice beating Hasting,” said Zuzek. “We played really well as a team; it was nice getting our first win.”

The girls finished with a 1-0 victory over the Roseville Raiders on Oct.4. The girls looked to carry



Senior Captain Mary Blake steals the ball from the Hastings midfielder on Sept. 10, at Forest Lake. The Rangers went on to win 2-1. Photo from FLHS website

that momentum into the section tournament.

The Rangers started section play on Oct. 11. The girls, seeded seventh, battled the second seeded Anoka Tornados, but results were unavailable at press time.

Cross country teams compete at sections soon

by Joe Lichtscheidl

The FLHS boys cross country team has been phenomenal this year. Senior Shawn Wright is one of the captains. All FL squads won the St. Francis meet on Sept. 13, sweeping the meet.

“We haven’t done that in awhile. It was impressive to see all the divisions win their races,” said Wright.

The two captains, Wright and Senior Ben Brodin, lead 29 teammates. Both have been on the team since 7th grade and have never seen a season this good.

“We finally got a grasp of the group running mentality,” said Brodin.

The responsibility of a captain is huge, and Wright and Brodin have taken the job.

“We set up events such as spaghetti dinners, make necessary phone calls to team members, and order the team T-shirts,” said Wright.

Wright enjoys cross country for several reasons.

“I chose cross country because my sister was in it and once you’re in it, you can’t really quit. The guys become like family,” said Wright. “You can expect to see us in State this year and do really well. This is our first time, in a long time that we will be going to

State.”

To meet this accomplishment, the team must place second at the section tournament Oct. 25.

Girls

by Renee Noren

The girls cross country season is coming to a close.

“The season is going fantastic because we’ve doubled the size of the team,” said Head Coach Eric Kaluza.

“The team came together as a family,” said senior captain Sarah Mitchell.

Starting off with a shaky first meet, they are currently ranked in the top six in conference, top four in regions, and are hoping to make top two in regionals for their ultimate goal, the state meet.

The girls are sad to see the season go by so quickly.

“I’ve been on the team since 7th grade,” said senior captain Annie Dehmloew, “it seems like the season is going too fast since it’s my last year.”

In the future, coaches expect the size of the team to double and to be ranked with the top teams in the state. The section meet is Oct. 25 at Elk River Country Club. The state meet will be held Nov. 3 at Saint Olaf college in Northfield.

Girls swimming and diving wraps up regular season

by Erica Hanson

Rochelle McKenzie’s favorite part about being the girls swim team coach is watching her girls succeed and seeing the hard work pay off.

As of Oct. 12, the team’s record was 2-2. This year the team’s biggest competition was Cambridge and Roseville. This year’s captains are Seniors Mary Walters, Ashley Schmitz, and junior Erin Eagen. Walters likes swimming for a variety of reasons.

“I like all the people, a good work out and it’s a fun sport,” said Walters

Some of the top performers this year are sophomore Sarah Williamson, junior Julianna

Dahlager, senior Mary Walters, junior Darian Kaiser, sophomore Erin Liljedahl, and junior Laura Oberg-Hauser.

The swim team is preparing for sections with lots of hard work.

“I don’t want them to think it’s a cake walk,” McKenzie said.

“Last year, the team took first in the team competitions at sections,” said McKenzie. “It would be nice to take first again.”

Walters believes the swim team’s biggest competition in sections is Blaine and Cambridge.

If the girls swim team were to get 1st or 2nd at the sections meet, they would qualify for state. Sections are in Blaine Nov. 9-11.

Winter sports seasons begin soon!

Check out the athletic department’s website for sign up and practice information.

Once upon a musical

Fall musical hits the stage

by Kayla Hofeld
The fall musical is coming around the corner with quite a bit to shout about. The Forest Lake drama department is producing *Once Upon a Mattress*.

This year’s production is a high-energy story that will take you back to the land of fairytales. Although the play has been done twice, it has been 10 years since the last one.

“It seems like we’re on a ten year cycle,” said Artistic Director Tim Newcomb.

If you saw the last productions, do not expect they’ll be the same. They have slightly modernized with new choreography, new sets and of course, new actors. The story was chosen to be repeated because Newcomb was unsure of what sort of musical and acting talent would be coming in this year. The script did not demand a strong lead and it gave him a lot of flexibility in casting.

“Instead of having one main character there are about nine who equally help tell the story,” said Newcomb.

He was pleasantly surprised when the cast came in with great talent.

“We have some core male vocals,” said Newcomb, “Everybody is



Derik Iverson and Laura Jacob practicing for “Once Upon a Mattress.” Photo by Kayla Hofeld

picking up the music so well.”

Once Upon a Mattress is a comedy with a lot of energy. It is also appropriate for most ages, according to Newcomb. The story itself is based on the childhood tale of *The Princess and the Pea*. It is set in medieval time but is like a cartoon on stage - everything is exaggerated. *Once Upon a Mattress* is the story of an awkward character finding love and success.

“More so than most, it [*Once Upon a Mattress*] is an ensemble cast,” said Newcomb, “It’s a blend of several characters.”

Once Upon a Mattress opens on Thursday, Nov. 1 and plays every Thursday, Friday and Saturday through Nov. 10. Performances begin at 7:30 p.m.. Doors open at 7. The student matinee will be produced on Friday, Nov. 9.

Girls tennis dominates

by Tyler Wilcox

The FLHS Varsity Girls Tennis team has had one of its best seasons in recent memory. The girls are 13-2 overall and 6-2 in the SEC.

Sophomore Brianna Odegard plays first doubles for the varsity. Odegard feels like she is playing slightly in the shadow of her older brother Luke, who won over 100 matches. The coaches expect her to be a good player judging by the performance of her brother.

“It’s hard,” admits Odegard.

Head Coach Greg Patchin has helped his team put together a strong season. Up until last year, Patchin taught at Southwest Junior High. Patchin is now retired from teaching in the classroom, but it doesn’t stop him from teaching on the court.

“He’s doing a really good job as a coach, the best he’s ever done. His

mind is on tennis all the time,” said Odegard.

Patchin runs a summer practice program for both the boys and girls teams. Odegard participates in the program and it helps the players keep form while not in season.

Patchin puts a lot of stress on strong doubles teams and it has shown so far this year. The three doubles teams for Forest Lake are a combined 50-4. That record, plus Audrey Hammer’s success at third singles (15-1) have helped the Ranger Girls win a lot of matches.

“Our success is better than it has been- we have lots of depth,” said Odegard.

The girls make their run at state starting with subsections at home against North Branch, Monday, Oct. 8.



Sophomore Brianna Odegard warms up for her match against Blaine.

Volleyball rockin’ the court

by Annie Hinrichsen

So far, the volleyball team is making headway with Meagan McKenzie and Chelsie Sobieck, captains, leading the team to victory after victory on the court. The team is now 15-2 hoping to keep up their good record. “Our season is going very well,” said head Coach Sherri Alm. “We have high goals and we’re going to continue to improve.” One thing Alm and Sobieck agree on is that the team has to play hard to win the section finals and also to hopefully win the conference.

Alm thinks the chances of making state are pretty good.

“If we can stay on task and minimize our errors we can make it to state,” said Alm.

The team has definitely improved this year, and according to Sobieck, communication has lot to do with it.

“We’re being a lot more vocal on the court,” said Sobieck.

Alm thinks that every individual has improved this year and it’s obvious since it’s mid-season now.

“The chemistry has improved and our fitness has improved,” said Alm.

The Duluth East Invite on September 29 went over well with a second place finish with three wins and one loss. Hill

Murray took first place, beating the Rangers in the championship game.

“We’ll be sure to beat them if we see them again though,” said Sobieck.

With state coming up soon the team has much to work on.

“We need to work on getting to our lines and staying focused in the games,” said Sobieck.

Coach Alm says they need to work hard at closing blocks and running the offense faster.

“Although growing taller would help!” said Alm with a laugh.

Fantasy Football not a passing fancy

Commentary by Josh Zidar

Have you ever been upset with the decision making of your favorite sports team? Think you can do better? Well, believe it or not that option has been available for sports fans around the world for quite some time through an event known as fantasy sports. Through a variety of leagues you have the option of showing your stuff as a “manager” of a team.

When it comes to fantasy sports, c o n t e n d e r s compete in a variety of leagues.

First, they must choose what sport they want to take part in whether its football, baseball, golf etc. Then the player must find a league. You can get a group of friends together and make your own league or go to one of a website like ESPN.com and join a league with people over the internet. A league of 10 to 12 players get together on a select draft day to pick their respective teams.

At the moment, we are in the middle of football season. So what goes through the mind of someone who’s drafting for the upcoming football season? Well, there are a couple of strategies used, but the one thing you need to keep in mind when drafting is consistency. There is nothing more important then having a player who will constantly get playing time and have multiple opportunities to put points on the board. There are many other strategies when it comes to your

league draft; some like to draft players who are known as possible sleepers while others would rather go with players who have proven themselves. As for me, I go with those who have proven themselves simply because I don’t take risks.

The popularity of fantasy sports has grown immensely right here at FLHS. As if sports weren’t popular enough, instead of students only talking about the game last weekend, they’ll talk about the players more in-depth and how good or bad they are predicted to do against specific teams.

As a fantasy sports player myself, I know both the up and downside to playing. For instance, because you have players on many different teams, it forces you to keep updated on those teams, something you might not ever do otherwise. On the other hand, it can also decrease the loyalty fans have for their hometown favorites. If they have a player on their fantasy team playing against the hometown team, you will likely hear something like, “I’m cheering for the Vikings to win but I hope Brett Favre throws all over their defense.”

The sign up date for fantasy football has passed for 2007, so you’ll have to wait until next year. However, if you’re a fan of hockey then you may want to look into a fantasy hockey league, which starts up in the next week. That is, if you think you can take the heat.

Spotlight Athletes of the Month:

Shea Carr and Kendra Yeager are true teammates



by Hannah Norwig

Senior Shea Carr, a senior on the Rangers football team, is an important part of the team. Carr has played football since he was in fourth grade. His attitude, attendance, and effort have been described as great, great, and great, by Head Coach Matt Cleary.

“His effort is always go, go, go,” said Cleary. “I always like players who work hard.”

Carr has one of the best attendance records on the team. He even goes to the weightroom to keep in shape for football. His favorite part about being on the team is hanging around the guys. Carr benefits the football team by working hard, being a team player, giving great effort, and by doing what he is asked to do.

“I just do my own part,” Carr said. “We all have our own jobs, and if I do mine, it’s better for the team.”

Carr said that in five years, he will be graduating from college. However, he doesn’t plan on playing football in college. He will be cheering from the sidelines.



Senior dance team member Kendra Yeager has only been in dance for three years. According to Yeager, she has also made a lot of friends on her way there. Yeager’s first year of dance was actually when she was at Forest Lake High School. She had no prior dance experience.

“Everything I know about dance, I learned in FLDT,” Yeager said. Yeager said the dance team wants to go to state this year. Competitions are also her favorite part of being on the team.

“I love the competitions,” said Yeager. “They make your heart pound.”

Yeager is an important part of the Forest Lake Dance Team. Head Coach Angie Nelson said Yeager is a strong senior leader and a dedicated, hard worker. She is willing to try new things, follows directions, and gives 100 percent.

“Kendra has a good attitude,” said Nelson. “If she doesn’t want to do something, she just shuts her mouth and does it anyways.”

Nominate an Athlete of the Month!

forestbreeze@forestlake.k12.mn.us

According to Nelson, Yeager’s attendance is outstanding; she shows up to practice, even if she is sick. Nelson enjoys having Yeager on the team for many reasons.

“She is always trying to be better for the team, and I think it inspires younger athletes,” Nelson said.

FLDT has practice every week, Monday- Thursday at 3 p.m., and sometimes on Fridays and Saturdays. The dance team’s first varsity conference meet will be Monday, Dec. 3, at 7 p.m.

As for Yeager’s future in dance, she said she plans on trying out for the dance team in college. She will also be earning her Bachelor’s degree in preveterinary medicine.

Check out the activities website for more information on the football and dance teams.

Tracie’s Animals Anonymous

Exotic bush babies uncovered

by Tracie Anderson

Have you ever found yourself being compared to a bush baby? Well, if you haven’t, just ask Senior Mary Blake about how it feels. One of the main characteristics that links Blake to the bush baby, are her big blue eyes that are always on the lookout.

“At first I didn’t know what a bush baby was and I thought nothing of it. Then I saw the picture of one and I was like, ‘Whoa!’” said Blake.

One of the other characteristics that the bush baby has, but isn’t linked to Blake, is that they are carnivores. They eat mostly whatever they can find that isn’t bigger than they are.

: primarily snakes, frogs, birds, and various insects.

For those of you who have been compared to a bush baby,



consider yourselves lucky. In my opinion, they have to be one of the coolest animals in the whole African rain forest. For those of you have no idea what the heck a bush baby is, let me fill you in on this amazing squirrel-like

creature.

Bush babies are found primarily in the western central part of Africa. Bush babies are about the size of a regular old American squirrel, give or take a little.

The bush baby actually has

nothing in common with the American squirrel other than it’s a mammal and its size. Some of its most distinguishable features are its huge eyes, huge ears, and long tail. Its tail is twice as long as its body. These animals are actually considered primates. They have such freakishly big eyes because they’re nocturnal. With those big eyes, they have obtained almost perfect night vision, and can see their prey instantly. It’s one of their best known features, those big lovable eyes that you can get lost in.

Their big ears also contribute to their amazing pin-point hearing. It’s said that a bush baby can hear a cricket walking on dry leaves 15 feet above it. The other purpose its outstanding hearing serve is to hear each others cries’ and chirps.

So what do their cries sound

like? Bush babies were actually named after their cries were heard by British biologists. They sound exactly like a human child crying, and bush babies are a family-like creature. They live in family groups which usually contain one mom and her baby bush babies... or bush baby babies? Although, when the sun starts to rise, they find four to six other families and sleep as one big “Baby Bunch Family,” due to safety in numbers.

Researchers have actually recorded that various African tribes have taken bush babies for pets of their own. Bush babies have always been kept in the dark for a long time because they are more of a lesser creature. Hopefully this article has opened up your view on those few weird creatures out there, and your views on the bush baby.

MEA madness

Fall break result of convention

by Sarah Everett

On October 18 and 19, schools all across America have a break, a break that we now call MEA. MEA break, also known as Minnesota Education Association, is a program that was set up to keep teachers informed on issues in school and to go over programs that may help them in future teaching.

The fact is that MEA actually doesn’t exist anymore. Now, Minnesota Education Association is known simply Education Minnesota or EM said English teacher and EM representative at large.

“Education Minnesota is the opportunity for educators to learn about education issues,” Laura Livermore said.

Over the expanse of these few days teachers from around the United States can get together and learn about strategies people use in the classroom to benefit both them in the working area or students in the learning area.

“They talk about any sort of issue,” Livermore said. “From data collection to reading out loud.”

They use this time to set up positive programs for students who have trouble working in the classroom as well as programs for students who do well. Not only do teachers attend these informational conferences, students can also attend the conferences according to Livermore.

“The point of going to the convention is to become better teachers.”-Laura Livermore

“EM benefits the students,” Livermore said. “The point of going to the convention is to

become better teachers.”

EM isn’t just for the profit of teachers discussing retirement programs or teacher’s aid, it has a lot to do with helping the students. In fact, the main points of these conferences are to benefit the students. The MEA conferences offer tips and suggestions to parents who need help effectively involved with their child’s life

“They talk about any sort of issue that can be talked about,” Livermore said, “but it’s mostly current issues.”

A main program that everyone is familiar with is the no child left behind program. This program is constantly being brought up at conferences to make sure that no child is being left behind and everything is going well. The EM also developed a number of extensive ethical programs that include reporting child abuse if they see it and setting up the teacher’s code of ethics, making sure that kids not only feel safe in school, but they also feel safe at home. All of this is focused together to make sure that every student takes advantage of every aspect that school has to offer.

Current news on what is happening at this year’s convention can be found at the Education Minnesota website. Some of the things they will be discussing include a possible summer camp option for students and other issues regarding education over the summer.

Next time you have MEA break, remember that in downtown St. Paul 70,000 educators will be talking about the future of our educational system.

Top Spot

Big Apple Bagel offers to go or dine in

by Kayla Hofeld

For those of you who think that there is nothing to do in Forest Lake think again. The town of Forest Lake and its surrounding area is full of fun things to do. From golfing to hiking, from great food to great entertainment. Lake Street and Main Street Broadway are cluttered with fast food joints and shops. The smaller buildings are often hidden from sight or forgotten. One of those smaller buildings is this months feature hot spot.

The prime morning stop for many high school students, including yours truly, is directly off of highway 61. Big Apple Bagel is a locally owned shop and in my opinion harbors some of the best breakfasts around. Choose from a great variety of wholesome freshly made bagels, cream cheese spreads and delicious sandwiches to tickle your taste buds.

Big Apple Bagel is so much more than fabulous bagels, muffins and cream cheese. The restaurant offers a casual, yet comfortable atmosphere in which

you can order to-go or linger in the dining area with their wide assortment of breakfast and lunch items, treats, and beverages including juices, coffee, pop and specialty drinks.

“I love their bagel sandwiches, I work there and I have not gotten sick of the food,” said senior Kristen Lobermeier, “My favorite is the Swiss melt with Olive Cream Cheese. Mmm!”

My, the writer’s, favorite is their big apple club. It’s full of honey ham, smoked turkey, juicy bacon, American cheese, mayo and lettuce. It also comes with tomato but why would I ruin it like that.

So next time your stomach rumbles, stop in and grab something tasty at Big Apple. Be



aware that if you plan on stopping in before school, make sure to give yourself a little extra time.. The sandwiches and smears are made fresh to order and many people stop in. You may have a little bit of a wait, it is well worth it.

So don’t give up on Forest Lake! There is plenty out there to do, you just have to keep looking for all the secret places in town.

Have a Top Spot to profile?

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Top Ten:

Things to know about yourself

by Kurt Johnson

Like knowing things? Then this column is dedicated just to you! See how many things you know on this issues top ten...things you should know about yourself.

1. Social Security Number

2. Allergies

3. Blood Type

4. Address and Phone

5. Family Medical History

6. Birthplace

7. Parents’ Surnames

8. Right or Left Handed

9. Ethnicity

10. Birthdate