



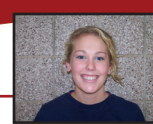
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# Introducing...

## The newest members of the FLHS staff



Donald Pults, English



Christine Glomski, Dean (SU-Z)



Courtney Zafft, Food Choices



Jamie Pfeifer, German



Jeff Neidt, English



Kim Peterson, Activities Assistant

by Kurt Johnson

Teachers have been coming and going from Forest Lake High School for years. Some of them left behind legacies that will be remembered for years to come. Others haven't had that long yet to build their legacy, but are starting this year.

Some of us this year have already met some of the new teachers and staff.

Recently we interviewed Christine Glomski (dean), Kim Peterson (office) Jeff Neidt (teacher), Donald Pults (teacher), Courtney Zafft (teacher), and Jamie Pfeifer (teacher) to see how they like their first year here. Here is what they said:

### How long have you been teaching?

**Glomski:** I've taught for nine years.

**Neidt:** First year teaching high school. I taught a year at a university in Germany before.

**Pults:** I've had two full years of teaching.

**Zafft:** This will be my first full year of teaching.

**Pfeifer:** This is my first year.

### What do you think of Forest Lake?

**Glomski:** I love the people I work with.

**Peterson:** We love Forest Lake.

**Neidt:** I like it a lot; both the students and staff are pleasant to work with. And I haven't met anyone pretentious so far, which is a real treat.

**Pults:** The students are wonderfully dynamic and have a strong spirit.

**Zafft:** The community is really welcoming.

**Pfeifer:** I like it here, the students are great and the staff is fantastic.

### Do you have any other job?

**Glomski:** I have kids, so the family things.

**Peterson:** No, this is more than full time.

**Neidt:** I am a writer, and just finished my first book. Also a friend and I have a advertising and marketing business.

**Pults:** I have two other jobs. I help and work with the disabled and deliver the newspaper on the weekends.

**Zafft:** No.

**Pfeifer:** No, this takes so much time I don't know where I'd put one.

### Any classes you really want to teach but haven't yet?

**Neidt:** I am and love teaching creative writing already so... no.

**Pults:** British Literature. It kills me that I can't teach Shakespeare yet.

**Zafft:** Food choices and interior design.

**Pfeifer:** Actually no, as the only German teacher I will eventually teach everything I want to teach.

### What do you think of the students?

**Glomski:** Very good students with lots of personality. They seem very open.

**Peterson:** I love them, we're having a great time. I get to see a lot more of them now.

**Neidt:** I love the students, there driven and hardworking. And if you have that, you can do anything.

**Pults:** They are wonderfully dynamic and have a strong spirit.

**Zafft:** Respectful. I had a fun

group last quarter.

**Pfeifer:** My students are pretty hard working and dedicated to what there doing. It just seems like a nice place to learn and work.

### What inspired you to teach?

**Glomski:** Always had a positive school experience and just knew what I wanted to be

**Neidt:** I went to Germany. I wasn't teaching; I was writing, and the teacher I should have had died, so they asked me to teach the class and I liked it. After that, I came back and changed my major.

**Pults:** I worked 15 years in the real world and didn't find it fulfilling. Volunteered for a bit and found it very fulfilling.

**Zafft:** To make a difference.

**Pfeifer:** I had amazing teachers in my schools, and I love German and high school students, so it just seemed like a logical choice.

### What are your hobbies?

**Glomski:** I run long distance marathons and am in school again to get my doctorate in education.

**Peterson:** Decorating, antiques,

Photos by Amanda Nyberg-Markling

scrapbooking, and reading.

**Neidt:** I'm into sports; baseball and hokey specifically. I also write and spend time with my girlfriend.

**Pults:** Playing with my 3 kids, baseball and I love to read.

**Zafft:** I love sports; played softball in college. I like cooking and garage sales too.

**Pfeifer:** I really love to travel, and I read all the time. I really enjoy gardening too!

### In one sentence what sums you up?

**Glomski:** I just enjoy life.

**Peterson:** For once in my life im at a lose for words.

**Neidt:** Honest, not afraid to speak my mind, and willing to help if you put in the effort.

**Pults:** An energetic, crazy person who loves to make a difference in the lives of others.

**Zafft:** A sensitive, honest, fun person.

**Pfeifer:** I try not to take life too seriously.

## FLHS hopes to start Olweus

by Allie Cockburn

Olweus is a program designed to prevent bullying in the school. The program is generally for K-8 students, but FLHS is transforming that program into something more fit for the high school scene. Currently the SADD team has been discussing the system and will help the transition of the new program.

"We are hoping to get student involvement," said Dean Cindy Jones. According to Jones, bullying is also found online, through websites like myspace. That kind of cyber bullying has a trend of sneaking into school and causing disruptions.

"Once you hit 'send', it's a permanent record," said Jones. The cyber bullying also happens through text messaging.

Jones says that students need to step up and get involved in helping out others.

"Stop bullying others by accepting individual differences," said Jones.

If bullying is seen, students should step up and help out.

# Lights...camera...action!

## A look behind the scenes of Ranger News

by Danielle Proulx

Every week the students of Forest Lake High School get to watch the latest Ranger News. Ranger News is produced by students on topics that interest, well, teenagers. What is produced on camera is the result of hard work in and outside of the classroom. "One story takes about a week to a week and a half, with writing, shooting, re-shooting and then voice-overs it can take a while," said senior Casey Wittrock.

During the week, the crew (the students who put the stories together each week) is busy running around, filming stories,

putting together and writing new scripts for the next segment. While doing these, there is also deadline, which is when a segment has to



Ranger News, brought to you by Bethany Lincoln and Brytanie Mertes. Lincoln and Mertes are part of the first semester class.

be finished. "Deadline, deadline is definitely the hardest part," said Wittrock.

While Wittrock claims that

meeting deadline is the hardest part, Senior Caitlin Lehner disagrees.

"Editing the stories because it takes so long!" Lehner said.

The one thing that Lehner and Wittrock do agree on is that being out reporting is more fun than being an anchor.

"You get to do more, you get to come up with the story," Lehner said, "You're not just given a script; anchor is cool too though."

"You get to talk to a lot of



The crew works on filming the latest Ranger News. Students produce a weekly segment of Forest Lake news. Photos by Steve Peterson

people while anchors just get to sit there and talk from someone else's script," agreed Wittrock.

So be watching as students put on more issues of Ranger News. If you're interested, see your dean and sign up for next year.



# GPA or Hard Classes?

## Which do colleges look at?

by Erica Hanson

What’s more important, taking challenging classes or your GPA? Is it worth taking a challenging class and getting an average grade, or should you focus on your GPA? Some students may have a

“Colleges are always looking at the courses and then weigh that against your GPA,” Caldwell said. Caldwell also suggests that when college “weigh” they look at your ACT score; it should relate to your GPA. If your GPA is low and your ACT is high you’re taking too easy of classes.

Some courses that have the potential to improve the transcript are any AP (Advanced Placement) or CIS (College In the Schools) class, upper level world language classes, and upper level shop classes.

The transcript is an important asset to getting into college. Things that look good on your transcript are good grades, and a balance between academic and vocational course. Academic courses include math, science, social studies, and English. Vocational courses include shop, music, FACS, and gym classes.

When choosing electives, you should be choosing classes that have something to do with your career choice, according to Caldwell.

“Two years ago GPA would be more important then taking challenging course, but we’ve done a lot to change that,” Caldwell said, “Students now realize it’s good to have both a good GPA and to take challenging courses.”



Balancing a good G.P.A and Hard classes  
Photo By Hannah Norwig

schedule with hard, advanced courses and are earning an average or below average GPA. On the other hand some student may be taking courses and are getting average or above average GPA. Who’s better off when it comes to the transcript? According to Jim Caldwell, the dean for D-Ha, the student taking the hard, advanced courses and is earning an average or below average grade.

“If you don’t have a challenging course, but you do have a high GPA, you won’t get accepted to a 4-year college,” said Caldwell, “I had a senior last year who had a 3.7 GPA, but since she didn’t take challenging courses, she didn’t get accepted into the U of M.” Colleges will take into consideration the more difficult course.

Happy  
Thanksgiving!

# The ACT or the SAT?

## The 411 on each test may help you decide

by: Amanda Nyberg-Markling

If you are going to college you know that taking the ACT or the SAT is required, some students can be unsure of which test to take. The two measure different skills.

“Midwest colleges prefer the ACT, western and eastern colleges prefer the SAT, and if you aren’t sure if your post secondary plans, you would be better prepared if you took the ACT.” said Val Handstad, Career Resource Center “The material would still be fresh in your mind.” If you have any questions, stop by the Career Resource Center. It is located in the in the student services office. Here are some differences between the ACT and SAT taken from [www.kaplan.com](http://www.kaplan.com). SAT

It has two verbal sections and a critical reading section. The two

verbal sections take a total of 60 minutes with 35-36 questions in the first portions and 30-31 in the second portion. Total verbal section time is 75 minutes and 78 questions. This section has scoring ranging from 200-800. The SAT verbal sections include analogies, sentence completions, and critical reading. Vocabulary knowledge is emphasized.

There are three math sections. Total math section time is 75 minutes and 60 questions, with scoring range same as the verbal section. This section has almost the same number of arithmetic, algebra, geometry, questions along with some probability and logical reasoning questions. The SAT is interested in your ability to use key facts and apply them in the math problem. Math ac-

# Post Secondary Options are many at FLHS

by Erica Hanson

Seniors do you have a plan? What are you going to do after high school? Do you plan on attending a trade school? A two or four year college? Maybe Military is your calling, or you want to start working right away. All of these are post secondary options (P.S.O).

Lacking these options after high school may be a scary thing for some, but that’s where Val Handstad, the career resource director, comes in. Handstad may not make your decisions for you, but she helps students discover their options.

“I think there’s a place for everybody. It’s just about personal choice,” said Handstad. “The obstacles [to not having a plan]... would be personal, like not preplanning or planning at the last minute.”

According to last year’s survey, 49% of FLHS seniors know what career they want to pursue when they finish high school. 38% of seniors have several ideas but haven’t completely decided which career to pursue, and 11% are thinking about careers but have no idea where they’re heading, and only 1% of seniors aren’t concerned about their career paths.

Out of the students who have “a plan”, 51% of seniors have been accepted to a 4-year college, 16% of seniors have been accepted to a 2-year college, 6% of seniors have been accepted into a technical program, and 3% of seniors have been accepted into the military.

Students need to take certain tests if you want to attend any college, trade school, or the military. The most popular test

taken is the ACT. The others are the SAT and the ASVAB.

There are options in the military, like the army, navy or the air force.

“Students visit different services each month. A student’s participation varies,” said Handstad.

Some of the more popular college/universities are the Univ. of Minn. Duluth, Century (a two year college), and the U of M, which is becoming more and more competitive.

Post Secondary Enrollment Options (P.S.E.O) gives juniors and seniors the opportunity to take courses at a post secondary



C.R.C. Director Val Handstad. Photo By Amanda Nyberg-Markling

institution to qualify for college credits. Students are required to meet with their dean if this is an option open to them.

P.S.E.O students are still considered in high school, and are still allowed to participate in the school’s activities.

“Courses in P.S.E.O will fall into almost any department. You still get credits like you would at high school your just taking your course at a college level,” said Margo Geving the school’s Registrar.

P.S.E.O is just an option, it’s not a requirement. P.S.O, on the other hand, is something you should take into consideration.

## Cut n’ Keep Calendar

**November 22-23**  
No School

**November 28**  
Blood Drive 7a.m.

**November 29**  
All District Orchestra Festival

**December 1**  
Girls JV/V Basketball  
1p.m. & 3p.m.

**December 4**  
Tozer Scholarship Meeting  
7p.m.

**December 8**  
ACT testing  
8a.m.1

## The Forest Breeze

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

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



# What’s hot in the lot

## Senior Travis Strike is bumpin’ it old school

by Joe Lichtscheidl

Senior Travis Strike knows what’s up when it comes to cars. Strike drives a white ‘68 Cadillac Sedan Deville handed down from his Grandpa and still running strong with a 325 horsepower engine. Strike has only changed some minor things to his car to keep it running. “Everything ran well when I got it, all I had to do was tighten the brakes and tune up the carbtorator,” said Strike. “I figured I would put some money into it to make it the way I want it since I didn’t have to buy it.”

With his extra money Strike put in a Sony deck, two 12” subwoofers and four 6 x 9 speakers. He also put in a LED light and tinted the windows. “With the tint, no one can see what I am doing inside,” said Strike. He has had the car for two years and has not had any problems other



Travis Strike's 1968 Cadillac Sedan Deville Photo by Joe Lichtscheidl

than one time on the freeway he blew out the radiator going well over the speed limit. Other than that there have been no problems. Sometimes Strike claims that the car takes on a false look. The car is so long that when you turn the wheel enough the car shakes and

looks as though it is bouncing, giving it the hydraulic look. “The best thing about it is when I turn the wheel sharp, it looks like I have hydraulics,” said Strike. Strike is looking to sell this beast of a car but does not have an asking price, so he is asking for offers.

# Want to change the world?

## Environmental Club is trying to make positive changes

by Kurt Johnson

The environment affects us all. Locally, however, FLHS students are volunteering their time on Mondays to try and make a difference in our school and community, as well as educating others on serious environmental issues. Senior Joe Pelton, a student leader of environmental club, has been a member for three years. “We go to environmental club not to be environmentalists, but to hear the opinions and facts of environmentalists,” Pelton said. “We try to give people really good arguments so you can make an

impact and change their opinion. Then hopefully, they can go change other’s opinions, who will change others opinions and so on.” Senior Helen Lininger, another three year member, plans on using what she is learning later on in life as part of an environmental non-profit agency. “It’s a great feeling to be part of such a good cause, and the people are nice,” said Lininger. The members of environmental club help out our school by picking up garbage and liter around school grounds. Also, they are planning on presenting a play

to kids at the elementary school. “The best part is the opportunity to be with a group of people who are interested in making positive changes,” said Pelton. To join environmental club, you don’t have to agree with any specific issues or what should be done to protect the environment, just showing an interest in the environment and being there is all that’s required. Environmental club is completely free to join and meets every Monday at 2:45p.m. in Room 119.

# ‘Bienvenue au Cercle Francais!’

by Amanda Nyberg-Markling

Do you enjoy the French language and culture? Then you should check out French Club, advisor of French Club and French teacher, Colleen Colton, brought back this club that hasn’t been at the high school since the German, Spanish, and French clubs merged into International Club. But it was brought back by several requests from students. Colton said that their purpose is “To make French more visible to in the school and reach out to other students not in French.”

On October 5 there was a crêpe (a type of thin cooked pancake made from wheat flour) party, while the students ate their crêpes they could watch *Sabrina* starring



Junior Karissa Olson won a \$25 for winning the French Club poster contest. Photo by Amanda Nyberg-Markling

Audrey Hepburn. Then there was a beverage tasting on Oct. 25, where students were able try different kinds of French beverages such as Orangina (similar to an orange soda). The week of Nov. 5 was National French week and the French club put up posters around the school as part of a matching game (Qui Suis-Je? or Who Am I?) where the student with the most correct numbers on the posters corresponding with the names on the entry sheet would win a prize. French Club meets every Thursday, and has at least one party each month. They are working on having a Christmas party, for information on parties check out the bulletin board next to the world language office or on the internet at <http://keiludesign.com/french>.



Environmental Club is taking a stand to help change the world. Photo by Hannah Norwig

# Cultures and Cuisine, Psychology add spice to your schedule

## Unique classes are among student’s favorites

by Sarah Everett

### Cultures and Cuisine

Food can be found everywhere; from your very own house to half way around the world. Here at FLHS there are many different consumer ed. classes that are offered, but we found one that not many of you may know about. This class is called Cultures and Cuisine. “A cuisine is how a culture represents itself in food,” Barb Schellinger foods instructor said, “that’s what we focus on.” But just what kinds of cuisine are there? “Here in cultures and cuisine, we look at all different kinds of cuisine. We look at world cuisine, historical cuisine, regional, the cuisine of hunger and international, all the way down to the cuisine of your family. We help them understand that they can be identified by the food they eat,” Schellinger said. This class offers basically any kind of cuisine you can find. In Cultures and Cuisine, you’ll be able to study and taste all kinds

of food from all around the world. Students are able to cook in the lab three times a week so you’re not only learning about the food through text work, but you can also taste the food as well. Aside from studying food, this class offers a range of other skill that are useful in life. “It helpstodevelopcookingskills,” said Schellinger. “From all the different kids of food we make.” Among the food that you’ll be making is pasta from scratch, and many different kinds of food from around the world “Students who take this class will often be more comfortable with cooking and able to try more foods,” said Schellinger. Mrs. Schellinger stated that you need to take Food Choices in order to take Cultures and Cuisine, but don’t let that detour you. If you haven’t already you can take it next year and still have time to take this class. Cultures and Cuisine is offered fourth quarter, spots fill up fast.

“We are able to take 128 kids, but because of our staffing there are only 60 spots,” Mrs. Schellinger said, “It’s a very popular class

### Psychology

Psychology is the science of the mind or mental state of humans and animal, but did you know that FLHS offers a class about it? This unique class is offered juniors and seniors. Psychology lasts for a single quarter and is offered each quarter. There are no prerequisites, other than you have to be at least a junior. For those interested in taking this class, here’s what to do. “In psychology we study a little bit of everything,” said Judy Dittberner, “human behavior, if you’re a left or right brain, but we can’t cover everything. If you are thinking psychology is just another science class you’re going to sit through and do nothing, think again. In this class, students are put through a number of different,

creative activities. From sucking on lemons to saying phrases while trying to balance a ruler, psychology has it all. Dittberner said that psychology is set up so that students can gain a better understanding of themselves. “I want them to better understand who they are and maybe have a little sympathy towards others,” said Dittberner. This class shows you a lot about the world around you and tells you a lot of things that you probably wouldn’t discuss in your other class. In this course, you explore certain brain diseases and talk about people who are handicapped. “It’s really an eye opening experience and teaches students to have humanity,” Dittberner said. “In our connectors, the students have the option of working at a homeless shelter so they can see all the people we choose not to see.” A connector is an out-of-class assignment to complete before the quarter ends. Some examples of connectors are sleep deprivation,

volunteering at a soup kitchen or spending a day handicapped. So why take this class? “Psychology is a college prep that prepares kids for courses they will need to take in college,” Dittberner said. Students who take this class have a better understanding about the psychology course they will need to complete in their college year. They are faced with a lot of the similar material and are able to relate better to the class if they have taken psychology in high school. “The long term effects this class will have on the students go back to what I said before,” Dittberner said. “The students will have a lot more in common with each other and hopefully more sympathy and understanding to those who are different from them.” So whether you are taking this course because you want to get a leg up on college or because you want to better understand your brain, psychology is a great and unusual class to take.



# Is Flake boring?

by Abby McLean

It's a normal week day and you don't have to work, no homework, and you just want to hang out with your friends in town. But when it comes down to what you actually end up doing, there are not that many choices.

There's the Beach where you can just chill in the parking lot and reminisce with your friends, or there's Northland Mall where you can see a movie, shop in the little strip mall or go tanning and chill with your friends. You could also eat at a local restaurant, sit or shop at wal-mart or target or skateboard at the local mini skate park.

That's about it when it comes to something to do in Forest Lake. If you expand your horizons to Wyoming, there is the choice of Stars & Strikes (where you can't go into the pool room anymore unless you are 21 and the bowling is \$8 a person) and the new addition to Wyoming - the library!

People wonder why teenagers get into so much trouble around here, it's because they have nothing better to do. There isn't enough attraction and everything costs money. By the way, if you



Blake Patrick thinking of something to do. Photo by Amanda Nyberg-Markling.

it anywhere around here. Don't get me wrong, I have nothing against Forest Lake, but there just isn't enough entertainment.

If I were to choose what I could change about Forest Lake, I would say that we should get a bowling alley that costs less than five dollars, a well-known and popular mall such as Maplewood, a pool hall that is cheap, nice, and for all ages, and maybe even a drive-in movie theater for a little something extra.

Things such as snowboarding are at least a half hour drive from Forest Lake, and not only do you have to pay for the gas to get there, but it costs \$38 for a daily rate and \$28 for nightly rate. A season pass costs \$390 after Nov. 5<sup>th</sup>, a mid-week pass costs \$295 and same with a weekend pass.

If you want something to do, don't look for it in "Flake town." As far as the town is right now, there isn't much to do besides waste time and spend money.

are looking to go bowling, I would highly recommend Bunkie's bowling in Chisago instead of Stars & Strikes. It's only \$4.50 on normal days and \$3.50 on Wednesdays!

If you are looking for a great time and something exciting to do, I don't think you're going to find

# No way out

## Parking lot safety is in your hands

by Kayla Hofeld

It's 2:30 p.m. and as many other students do, I walk out to the student lot, get into my car and begin to pull out only to be cut off by not one...or two...or three...but SEVEN cars before I can make it out. This causes me to have to wait another 15 minutes for the buses to move forward. In which time the cars that cut me off either make it a few cars ahead or safely make it out of the lot.

Student driving in the parking lot has never been great, but whether you think so or not there is a system to getting out of the parking lot.

First of all, I would like to take the time to those of you who drive smart. Otherwise, the system is not cutting someone off. You may help yourself but you are the one's causing the slow up in the long run. You are the reason that everyone else has to wait. What makes you think you are more special than everyone else that you can just blow by them without a care in the world? Everyone pays the same amount to park. So what makes you think that you have some right to cut off others to get out faster? You don't.

"I think kids drive too fast, they show off too much and they disrespect school property," said Dean Scott Urness. "They squeal their tires and make tread marks; they hit and run, and even don't deal with fender benders."

I almost got broad sided the other day by a senior who just wanted to get out fast. He came driving through several parking space



Several students leaving the school parking lot after school makes for a driving adventure. Photo by Amanda Nyberg-Markling

lanes and without slowing down, cut me off, bypassing all of the traffic. It seems to have become a "cool" thing and potentially "smart" to drive though parking spots instead of driving down the aisle like you are supposed to, but it endangers student drivers and parents who are not used to the "radical" driving of high school students. No wonder the school doesn't update our parking lot. We don't take care of the one we have. Thank you to those of you who drive smart.

The proper way to drive may not necessarily get you out first but students will not be in the lot as long either. Not to mention

how much safer it would be for students. So, I've taken it upon myself to offer a few suggestions for lot etiquette.

#1: Do not pull though spaces - drive down aisles.

#2: If you are being picked up or are a parent; do not wait in front of the first line of parking spaces; you block kids from being able to pull out. Instead park along the sidewalk facing 61, you won't get out as fast, but you won't hinder others from getting out while you wait.

#3: Don't slam on your brakes - ever. You are more likely to cause a rear ending accident; you being the victim. Instead slow down.

#4: When you get to an intersection in the lot take turns,; don't just leave someone hopeless to get in.

Even if everyone was a wonderful and respectful driver we would still have problems getting out of the lot. There are two exits and too many cars.

"The set up is not conducive for smooth flowing traffic out of the parking lot," said Urness.

His suggestion: find something to do after school to keep you busy for a while. So when you go out to the parking lot, it is not so congested.

So come on people. Learn to drive.

# Typical stereotyping

## Stereotyping wrong beyond belief

by Allie Cockburn



What's the first thing that comes to mind when a bleach blonde, overly tan, well groomed girl walks down the hall? Minds can wonder and many minds will come to the same conclusion about that same girl. The stereotypical idea is that she is a dumb blonde. That bleach blonde girl could have the highest GPA in the school and yet she is depicted as brainless. Without realizing it, we stereotyped her.

Stereotypes can be defined in many ways. They are over-exaggerated ideas about groups. I honestly can admit that I stereotype others. I see what I would call nerds in the library in the mornings or what is considered gothic kids hanging around the front, after school. I view them in that manner because of the way they look, the clothes they wear and the people they hang around. I know I'm not the only one that views it that way either.

Most stereotypes are misleading, such as the common 'Flake stereotypes.' Such as how 'Flakers' are stereotyped as racists and druggies. The truth is that drugs have been a part of Forest Lake and still are. But common knowledge would say that drugs are everywhere, not just here! The same goes with

racism. I do believe it is a part of Forest Lake, but it still isn't as bad as it is in other parts of the world.

We all stereotype others without realizing it. We can look at a person and come to a conclusion about them that may not even be anywhere near accurate. Looks are very deceiving and can lead many into trouble. Its wrong but the bottom line is that we all do it. We ignore the uniqueness of individuals and judge them only by a group we believe they belong to.

Social groups are based around stereotypes and that's when cliques come into play. Most cliques are based on appearance and actions, not personality. Drama is created because girls don't get along, even though they are considered to be 'best friends.' The average Joes don't pick one single group to be in and that is because they accept each others for who they are, not for what they look like. They are the ones that are least likely to stereotype.

The main idea is that we all stereotype. It is wrong beyond belief and there is ways we can prevent it. Next time you see that bleach blonde girl or that emo kid in the hall ways, try as hard as you possibly can not to judge them or classify them in that way. See people for who they are, not what the do or look like. And remember the saying... "Don't judge a book by its cover." Take my advice... It will make you a better person in the end.

## 10 Questions that keep me awake at night

Gathered by Blake Patrick

1.How important does a person have to be before they are considered assassinated rather than just murdered?

2.Can you cry under water?

3.Why does a round pizza come in a square box?

4.Why do doctors leave the room so you can change? They're going to see you naked anyway!

5.Can a hearse carrying a corpse drive in the carpool lane?

6.If jimmy cracks corn and no-one cares, then why do they have a stupid song about him?

7.If corn oil is made from corn and vegetable oil from vegetables, what is baby oil mad from?!

8.If electricity comes from electrons, does morality come from morons?!

9.Do the Alphabet and Twinkle, Twinkle little star have the same tune?

10.Why'd you sing the two songs above?



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# A million dollar dream?

## We need to take ownership and support a new FLHS stadium

by Renee Noren



With the soccer, track and field, and football teams using the Forest Lake High School stadium, the wear and tear around the track and on the field are seen by many. As the seasons roll by, our school continues to look away from the problems with our stadium. “The track and field are inadequate,” said Principal Dr. Steve Massey, “and we don’t have enough room in our bleachers for all the fans.” We are the only school in our conference that does not have the ability to host home track and field meets (with the exception of Cretin-Derham Hall who hosts their home meets at Macalester College). This is due to the fact that in 2003, the regulations on high school tracks were increased from six to eight lanes, which

disabled our school from hosting track and field meets. The team continued to practice on the high school track until it became unbearable. There are now holes, screws, and unglued spots in the track that make it impossible to use, even for practice. There is one solution to this problem. We need to start raising money to rebuild our stadium. Massey has done the research, and the current cost of redoing

our track is 2.5 million dollars. I know that many students don’t

happen someday. Whether or not a new stadium will directly affect you in the future, it will be a positive asset for many students in our community. We would no longer be known as “the school who can’t fit their fans at football games” or “the track and field team who can’t host home meets because they don’t have a working track.” Raising this money would give our school a new football and soccer field, 5,000 seat home bleachers where the away stands used to be, a press box, accessibility ramps, an eight lane track, long and triple jump runways, high jump and vaulting pads, and a pole vault runway. The existing 2,500 seat bleachers (which are current-

ly our home bleachers) would be the away stands, so that our students would no longer be blinded by the sun during game time. Our school currently does not have money saved to go toward the 2.5 million dollars and there are no fundraisers in place, but as a school we can change that. I’ve been brainstorming for weeks to think of a proper solution, and I’ve come up with one idea. The school should host an annual 5k run/walk from Forest Hills Golf Course to the High School. The admission fee for the ‘Ranger Run’ would be \$25. This price allows students and people in the Forest Lake community to sign up and help raise money for the school. Every year with this fundraiser, we would be making a big chunk of change to go towards the stadium price. We need to stick together to achieve this goal. There’s just one thing you need to ask yourself: Are you ready to run?



Blueprint of a possible new track stadium. Photo by Renee Noren

# Aim for Target

## The bull’s eye is better

by Annie Hinrichsen



Wal-Mart? Ew. It’s time for people to realize that Target is the place to go. Not only is the old Wal-Mart smiley face getting boring, but the aisles are too small and the store is cramped. Target is a lot more appealing with its red and white bull’s-eye, the wide aisles, and of course the smell of freshly popped popcorn right as you enter the store. There’s also a roomy eating area with ice cream, slushies, nachos, and more. In Wal-Mart there’s a Subway and if you don’t like it, which I don’t, it makes you want to speed-walk right past it. Target offers a wide selection of really cute clothes and shoes while Wal-Mart is way behind in the fashion department. Target offers clothes from designer Isaac Mizrahi, a fashion expert, for a good price. Wal-Mart can’t really offer clothes like that because it’s known for its low prices, which is why so many teens prefer Target. I would rather spend my money on something that’s better quality than something that costs five dollars and is ugly. And have you ever noticed that whenever you really need something and you stop in at Wal-Mart, you can never find it no matter how hard you look? One time I needed a pair of athletic shorts because I forgot mine at home, and can you believe they didn’t have ANY? Then I went to Target and I found them in less than 2 minutes. Target also sup-

plies a little better quality items than Wal-Mart. That is a big decision maker for a lot of people. One thing that Target doesn’t have is a whole section for arts and crafts like Wal-Mart but Target is more organized. Wal-Mart’s aisles are always crowded and only two carts can fit side by side unless the person pushing that cart has their family with them, which makes it impossible to go down the aisle. Target’s aisles are spread out and it’s easier to find what ever you are looking. Target also doesn’t have big tubs of stuff right in the middle of the main aisle making it even harder for more than one cart to get through at a time. Target also carries more name brand things. Even though the name brand stuff costs more, it’s more well-known and people know they can depend on it. The store ads are different too. Wal-Mart doesn’t really show anything in its catalogs that interest people or make them want to go to their store to buy something. Target’s catalogs are brightly colored and are full of things people want and need. Target also sends out a Christmas toy catalog trying to reel in a younger audience. I have to say that I always enjoy looking at the toys to see what kids have nowadays compared to



the stuff I had when I was little. According to Target.com, the store also gives money to charitable programs like the Take Charge of Education program. The store also has given \$200 million to communities and 107,547 to schools since April 1997. Target also supports and donates to the Salvation Army, the American Red Cross, and the United Way. Overall, Target is a much better store than Wal-Mart, especially if you’re a teenager. If you want regular everyday things for really cheap, then you should go to Wal-Mart, but Target gives better quality items. Target also has cuter clothes, wider aisles, and a better eating area than Wal-Mart. So the next time you’re trying to decide between Wal-Mart and Target, remember to aim for Target.

Want to put in your 2 cents? Write a letter to the editor, saying why you agree or disagree!

# Wal-Mart

## Smiley face monopoly hurts local business

by Kaitlin LaCasse



Wal-Mart Super center? Sounds to me like a monopoly here in Forest Lake. The Wal-Mart in town has asked in the past to build a “Super center” in place of our current Wal-Mart. What exactly are Wal-Mart Super centers? They are not only your basic Wal-Mart, but they are also a grocery store. Wal-Mart Super centers gained popularity with the American citizens’ desire for one-stop shopping. Currently, there are no plans in place, but if a Super center ever did get the ok, how much would ‘Flake’ be changed? Probably not very much difference would be seen right away, but over a few years it could radically change. If you put in a Wal-Mart Super center, Rainbow, Marketplace and Target would all be affected. Wal-Mart is constantly pushing out other businesses; we’ve seen that here before. If you can remember, where Home Depot now there once stood a Kmart. If there is a Super center in Forest Lake, it wouldn’t only be pushing out smaller department

stores but also grocery stores. Wal-Mart already has a major monopoly here in Forest Lake because of the fact they supply things other places around Forest Lake don’t, so they make more money than many other businesses. It isn’t fair to the more locally-owned family businesses. If they are unable to compete with Wal-Mart’s prices before, it would only get worse and would affect more businesses. Wal-Mart seriously affects the economy; not necessarily in a good way. Many major factories are forced to close, which causes many people to lose their job. Wal-Mart gets rid of what should be American jobs by sending the work overseas, to keep their “always low prices.” Very few of the products are made here in the United States. There are about 5,000 Wal-Marts, and more are being opened every month. In October alone, 36 new stores opened across the nation. Wal-Mart has said that in an average week, around 1 million shoppers shop in one of the 3,400 stores. The only positive of having a Wal-Mart Super center is that it would be one-stop shopping. But with the other possible effects, is it worth it?





# Real heroes

## Real Heroes

by Kayla Hofeld

*The world believes in super heros like Superman, Batman and Wonder Woman. But what defines a hero? Someone who has imaginary powers? Someone who can fly and do all the things that, as kids, we dreamed of? Like swim underwater, fly, turn invisible or be defeated by nothing but kryptonite. There are heroes closer than Gotham city. They don't have super powers or cool equipment that can help them put evil forces to rest. They are a diffrent kind of hero. They get the job done and sometimes even save the day. So look around you. The real heros are everyday people. Your friends, your teacher, the kid who no one knows. Everyone has a little hero in them. It's up to you to look inside and see it. It was our pleasure to speak to these heroes who have come from our own communities. So take a little time to read about the heroes among us at FLHS.*

## Morris dominates ACT and SAT

### Roman Morris shows hard work really does create testing success

by Tyler Wilcox

Roman Morris isn't your average high school student. He has a good work ethic and has always excelled in school. Even in early elementary school he was a whole year ahead in mathematics. Morris has continued his scholastic success into his senior year. Morris was recognized in our last issue for becoming a finalist of the National Merit Scholarship (NMS). The NMS is a scholarship awarded to students who excelled on the PSAT, a test that is meant to prepare students for the SAT. The NMS board selects the finalists out of the top half of one percent. Normally, about 25,000 students are selected. Students can then apply for the scholarship. Only 8,000 students receive the scholarship. He will find out in February if he receives the scholarship. Morris is very involved in other school activities, he is on the Nordic ski team, he is in NHS, and he helped to start a community youth group called the Youth River Action Program. It is a community

outreach program designed to clean up and conserve the St. Croix River. Morris currently has a 3.95 grade point average, and has taken both the ACT and SAT standardized tests. He scored 33 out of 36 on the ACT, an extremely good score, but he did even better on the SAT. He scored a cumulative 2350 out of 2400. Morris scored a perfect 800 on the writing portion, a 780 on the math, and a 770 on the verbal. "They're [ACT, SAT] very..... specialized," said Morris, "You can pay attention in school, but if you don't prepare specifically you won't do well." He did a lot to prepare for the exams. He took numerous practice



tests online and in books, and wrote over 20 practice essays. Most of the practicing he did was straight from the official websites and official publications. He also memorized about 300 vocabulary words. "That was pretty brutal," said Morris. "I never watch T.V.," said Morris. "After school I do homework and study from 5:30 to 10:30." Spending that much time studying helped him score extremely well on both tests. "I don't know if it [SAT] is the best indicator," said Morris. Now that he has all of his testing out of the way, he can look ahead to what his future holds. He

could probably attend almost any school in the country with his test scores, but MIT isn't in his future. Morris does want to go to a top level liberal arts college. He doesn't know what he wants to be and he hopes to figure it out in college. His top college choice is Brown College in Providence, RI, and his second choice is Carlton in Northfield, MN. He has put himself in a good position for college by taking challenging courses in high school. Morris will have taken 9 Advanced Placement or College in the Schools classes by the time he graduates. Including Calculus, Biology, Chemistry, Psychology, Economics, Spanish, Intro to Literature, and finally both tenth grade AP English and History. He is also known for his moves on the dance floor. "I practice dancing after 10:30," said Morris jokingly. Morris is a testament to what hard work and a little bit, well okay, a lot, of studying can do.

## Not a quitter

### Senior Nicole Olson finishes 2007 Medtronic Twin Cities Marathon

by Kayla Hofeld

7,500 people came from all over the world to run the 26th Medtronic Twin Cities Marathon. This year, Forest Lakes' own senior Nicole Olson was a first time runner annual event. This year's race took place on Sun., Oct. 7. It was hot. By 8 a.m., the temperature was 74 degrees with 87 percent humidity. Ten more degrees and the marathon would have been canceled. In fact, it was the hottest marathon in all of its 26 years. Olson trained long and hard throughout the three months leading up to the race. Olson trained with her uncle, Stillwater native Scott Tomek; they ran 35-40 miles a week. They ran on flats, up hills and Olson even to work. If that wasn't enough, she was also involved in the girls cross country team. "My favorite training day was when we went to the William O'Brian meet and ran 21 miles, then decided to go canoeing afterward. We landed on an island and had lunch - I was so hungry." Olson wanted to run the marathon for one prominent reason.



Olson crossed the finish line with enough energy to get excited, as well as play a little bit of football with her uncle. "It's a tradition," said Olson. Photo provided. "Only one percent of the world ever runs a marathon, I wanted to be in that small percent," said Olson. When Olson got to the start line, she was nervous but excited. With her uncle at her side she knew she would be alright. Olson had also read an article that had said marathon runners often repeat slogans to themselves as they run to keep themselves going.

she kept running. Olson had come not only to run, but to finish. "By mile 11, I was in tears. People began to fall down around me because of the heat," said Olson. "I had to keep reminding myself that God was with me no matter what." Olson was abundantly thankful for all the support she received during the race. There were nearly 300,000 spectators cheering for the runners. They didn't know her name, so they simply called her pink shorts. Yelling things like, "Go pink shorts! You can do it!" "It's amazing because you don't know the people who are there, but they are still cheering for you," said Olson. More than anything, she was thankful for her family's support. She was worried that she might collapse during the last half of the race without her family knowing. "If you collapse, they bring you where you need to go - usually a tent," said Olson. "Your family has to come find you and worry until they do. I was afraid the heat would get to me." Her family was there for her through that too. Her mom and her dad each ran about four miles with her, and her boyfriend, senior Blake Rod, ran seven with her to the end, cargo shorts and all. In the end, Olson finished in 3,106 place and with a time of 4:35:09, just faster than the average time. "My goal was to finish," said Olson. "I was hoping



Olson and tomek pose after the 2007 Twin Cites Marathon on Oct. 7. They displayed their medals and participant shirts with pride. Photo by Anne Tomek

for 4:30:00, but, oh well." Recovery wasn't as fun for Olson; she was limping the next day. Not from pain in her calves or thighs, but underneath her knees and hips. Olson didn't get to race in the last three Cross country meets, including sections. She wasn't able to run much because her coaches wanted her to have as quick of a recovery as possible. Her coaches told her that if she were to run, the muscles would get aggravated and recovery would slow. Olson believes that every moment was worth it, and so did her uncle. While Olson was pushing forward, Tomek decided he hadn't trained for nothing. He walked for a little bit, but ended up finishing 45 minutes later. Olson wants others to know

that marathons aren't just for stereotypical runners or athletes; all sorts of people run. Olson is excited to run another marathon soon. "Five minutes after I crossed the finish line, I knew I was running the Grandma's marathon in June," said Olson.

### Medtronic Twin Cities Marathon Statistics

Numbers of finishers	7,233
Number of females	2,834
Number of males	4,399
Average time:	04:48:01



# S among us

## Outstanding motivation

### Senior Katie Bor excels beyond the average teenager

by Stephen Peterson

So you think you’re busy? Senior Katie Bor is the definition of busy. Whether Bor is studying for an AP calculus test, at dance team practice, at an NHS meeting, or working at Big Apple Bagel, she is always busy doing something. “Being busy keeps you motivated,” said Bor, “It makes you work harder to get things done so you can have as much free time as possible.” Even with Bor’s busy schedule, she has been able to maintain an outstanding GPA and class ranking. Bor is a strong believer in taking AP or CIS classes and also challenging yourself and working up to your full potential. Bor has taken or is going to be taking a number of AP or CIS classes which include: AP calculus, AP chemistry, AP history, AP English, AP Biology, and CIS French V. “I encourage students to take as many AP or CIS classes as possible,” said Bor. “The classes will get you prepared for college.” Bor is also involved in many different school activities including: Forest Lake Dance Team, SADD, and NHS. Bor is an officer for NHS, so she helps set up all the activities and community service projects. Bor also takes

piano lessons at Music Connection in Forest Lake. Bor also holds many jobs throughout the year. She works at Big Apple Bagel and is a seasonal employee at Tamarack Nature Center where she is an assistant naturalist. Early last year Bor wrote an essay to the Minnesota Girls State program, which is an American Legion Auxiliary program to provide “citizen training” for girls entering their senior year in high school. The essay was about what it is like to be an American. Bor’s essay was one of two chosen by the Forest Lake American Legion and she was one of some 400 girls chosen throughout the state of Minnesota. Minnesota Girls State is an opportunity for girls to experience and learn valuable lessons in the field of politics. “Minnesota Girls State was by far one of the best experiences in my life, so far!” said Bor.



Photo by Kayla Hofeld

Minnesota Girls State was held June 10-16, 2007. The girls were split up into different cities and counties making up one big government. Each girl that was chosen to be a member was given a different position in the mock government. Bor held the position of chief election judge for her city. “I organized elections and counted the votes after the election was over,” said Bor, “It wasn’t the most important position, but it took a lot of hard work to get the job done.” Although Bor is not completely sure what her plans are for next fall, she was recently accepted to the University of Iowa-College of Engineering honors program. “Iowa is my first choice at the moment,” said Bor. “I am hoping to earn an environmental or civil engineering degree, but I might also consider chemical engineering, or majoring in math, or chemistry.” Even with her busy schedule Bor can be counted on to do the best job possible. No matter what Bor does in the future, it’s obvious she will succeed.

“Being busy keeps you motivated.”

## Student recognized for saving father

### Matt Mollet rescues father by using scouting techniques

by Joe Lichtscheidl

Most people are called to act at some point in their lives but Senior Matt Mollet never thought it would come so soon. November 24, 2006 is a day Mollet will never forget. While skiing at Lutsen Mountain Ski Resort with his family, Matt Mollet’s father Bart, had a skiing accident. He hit an ice patch and tumbled head over heels down the hill. Bart lay motionless for multiple seconds and then began waving his ski pole in need of help. Matt was the first on the scene for his father. Being a Boy Scout, he knew exactly what to do. “I knew it was something serious when I didn’t see him get up right away,” said Matt. “He is not the kind of person to play a joke on me.” Seeing that his dad was bleeding extremely badly and not able to breathe, Matt began applying gauze and opening airways for him to breathe. “I followed the scout motto ‘Be Prepared’,” said Matt. “Boy

scouts teach you a lot of first aid training; they get you ready for all the different possibilities.” He continued to assist ski patrol upon their arrival only minutes after the accident. He was able to calm his brothers and assure them that everything would be ok. “The last thing I needed to do was freak out,” said Matt. “I had to stay positive even though it was a hard thing to deal with.” His father was taken down the hill by way of toboggan. He was then transported to Grand Marais for medical treatment. Seeing that the situation was much worse than they thought, Bart was airlifted to Duluth because he had suffered multiple fractures to his head, neck and back. After several days in intensive care and several months of recuperating, he came away with no permanent damage. Without Matt on the scene to get help, apply first aid and calm

his family, Bart could have died. “You never know what you’re capable of doing until you’re called to act,” said Matt. Matt has recently been accepted to Saint John’s University and will be receiving an Eagle Scout award very soon. Matt plans to put everything he has learned from Boy Scouts in to his future. Matt plans to attend Saint John’s in the fall and go into the army through the Reserve Officers Training Corporation (ROTC). His dad is currently in the army as a military police officer and is stationed in Texas. After spending Thanksgiving with his family, Bart will be deployed to continue his work in Iraq. Matt’s accomplishments don’t stop there. He is also responsible for bringing lacrosse to Forest Lake High School. The sport came to the school in the summer of ’05, but Matt had to find support and

funding in order to start the team. He was able to get \$10,000 from the US Lacrosse Grant Proposal. He had the support of many kids, but more importantly, he was supported by the activities director for Community Ed. Sports, Tim Conely, to form a Community Ed. lacrosse team. The team started out with around 60 kids and one Co. Ed. team. This year, FLHS will have a guys and girls competitive team, and a total of about 80 kids are expected to join. Even though Matt has started a



Matt Mollet stands with his parents outside the capitol. Photo provided.

lacrosse team, completed nearly all of the requirements for Eagle Scout and saved his dad’s life, Matt would prefer not to be called a hero. “I still do not consider my actions ‘heroic’, but am thankful that I was able to be on the scene and make a difference in the outcome of the situation,” said Matt.

## Members of FLHS on I-35W bridge collapse

Terror struck for Livermore family and Peters

by Danielle Proulx

Who remembers where they were when the twin towers were hit? Who was glued to the T.V. as details of Hurricane Katrina flashed by? Or even when they heard about the fall of the I-35W Bridge over the Mississippi? One family who won’t be forgetting is the Livermore family. Laura and Dave Livermore, both teachers at Forest Lake High School, and their two children (Johanna 4, and Connor 2) were on their way to the Twins game in Minneapolis when the bridge fell. To be more specific, they would have been the next car to fall into the river. “We couldn’t see over it, the bridge had buckled up in front of us. I thought that the construction workers had done something,” said Laura. “I pulled out my cell phone and dialed 9-1-1, my husband got out and started directing traffic so we could get off the bridge.” As soon as they could, they got off the bridge, backing up the exit ramp. They traveled over to the 10<sup>th</sup> street bridge which runs parallel to the I-35W Bridge. That was when they really saw the extent of the damage. “To me, the bridge looked like a lift bridge,” said Laura. “My initial thought was, this is strange.” After they decided to go cheer on the Twins that night with their kids, because they felt that their other option was to just go home and watch the live coverage of the collapsed bridge. The shock really hit them the next morning when the 24-hour live reports kept coming.

“[We were] thankful of course, the questions of why were we spared? It was a matter of seconds- we were the next car that would have gone in,” said Laura. \*\*\* Yet another member of Forest Lake High School was on the bridge was Seth Peters. “We were over to the far right lane on the south bound side,” Seth said. “We were on the northern part of the bridge.” He and his cousin from North Branch, Brad Peters, were also headed to the Twins game. While crossing the bridge, Brad’s car actually fell, along with the rest of the bridge. “I thought I was going to die,” said Seth. Now facing that very real possibility. After Seth and Brad got off the bridge, they walked two miles to a hospital where they sat for six hours before they called their parents. “Brad called them, but I’m sure they [our parents] just asked if we were okay. As soon as they knew, they drove down to find us,” said Seth. “Brad’s parents came from his brother’s house in Duluth and met us at the hospital too.” Luckily neither of the two was injured in any way, but they did have to miss the Twins game. But Seth was okay with that. “We were at the hospital until like two in the morning,” he said. They are both glad that they are alive and well to tell you the story today.



Upcoming  
Releases

Gathered by  
Annie Hinrichsen

CDs

T.I.  
Part 3: When the North  
and South Collide  
Week of Nov. 26

Incubus  
Look Alive  
Week of Nov. 26

Plain White T's  
Hate (I Really  
Don't Like You)  
Week of Nov. 26

Beyonce  
Experience  
Week of Nov. 26

DVDs

Hairspray  
Nov. 20

Live Free or Die Hard  
Nov. 20

Superbad  
Dec. 4

Pirates of the Caribbean:  
At World's End  
Dec. 4

Stardust  
Dec. 18

BOOKS

Relic  
by Douglas Preston  
Nov. 27

The Underwood See  
by Michael Lawrence  
Dec. 18

Twisted  
by Laurie Halse  
Anderson  
Nov. 28

Dangerous Girls  
by R.L. Stine  
Nov. 26

The Tourmaline  
by Paul Park  
Nov. 27

Guitar Hero III  
Third installment rates  
high with its new features

by Tyler Wilcox

Guitar Hero III (*GH3*) was released on Oct. 28, and the much anticipated release was successful and the launch had no outstanding problems. The game was released for the Playstaion 2, Playstation 3, XBOX 360, the Nintendo Wii, and even the PC.

A key addition to *GH3* was the integration of bands into the game. All of the songs on the

difficulty against Lou (a.k.a. the Devil) was only beatable through good luck.

*GH3* brings enough new features into the game to entice *Guitar Hero II* owners to buy the sequel. All 71 songs on *GH3* are brand new. The songs are from the 60's, 70's, 80's, 90's and even songs released as recently as 2007. *GH3* also expands the

co-op features. Players can now play a career co-op mode. *GH3* adds one new gametype. Battle mode pits two players against each other just like face-off, but the goal isn't to get the most



Tyler and his friends rock out while playing Guitar Hero III.

previous *Guitar Hero* games were rerecorded by a team of musicians employed by the creators. *GH3* features actual recordings of songs by the original artists. The visual changes are really only noticeable on the XBOX 360 and Playstation 3. The game features 8 different venues to unlock. All the venues in the games look great and aren't just backgrounds. All of them have some sort of interesting theme and many feature moving props.

The game interface has been completely revamped and looks much more sleek and stylish. Game menus are more colorful and interactive, though it does cause some slowdown when selecting options from the menu.

*GH3* doesn't make any major changes with the gameplay of the series at all. One noticeable change is the speed of the game. The game seems to be faster than it was before. The game's only real flaw is its difficulty. The game's songs are either fairly easy or excruciatingly hard. The final guitar battle on expert

points. Star power is exchanged for battle weapons which you can use to make your opponent miss notes. Battle powers do a variety of things, one power forces a player to move their whammy bar back and forth before they can play their notes again, and another power makes all single notes double notes and all double notes triple notes. If neither player fails by the end of the song, the song goes into sudden death mode where the first person to miss a note loses.

Probably the biggest addition to *GH3* is it is now playable over XBOX Live. Players can battle, face-off, or play co-op online with other players. Gameplay online is surprisingly smooth, players experience no lag or slowdown.

*GH3* brings all the fun and challenge from the previous games and applies it to new well-known songs. It can get a little expensive, but the game pays it all back and more. Live and let rock!

Hot Spot: Applebee's

by Hannah Norwig

Looking for somewhere to eat out with your friends other than McDonald's or Burger King? Stop and eat at Applebee's Neighborhood Grill & Bar. It is located across the street from Target in Forest Lake. Many teens go there after school and on the weekends. Not only are you served great food, but the prices aren't bad either! Another bonus is that appetizers are half price after 9 p.m.

**Applebee's hours:**  
Mon.-Sat. open 11 a.m.- 1 a.m.  
Sun. open 11 a.m.- 12 a.m.

Favorite Menu Selections  
For Under \$10:



1. Pick 'N Pair Lunch Combos: Over 60 different choices! (\$5.99+)
2. Veggie Patch Pizza (\$6.99)
3. Mozzarella Sticks (\$6.49)
4. Boneless Buffalo Wings (\$7.49)
5. Crunchy Onion Rings (\$4.99)
6. Appetizing Mini Bacon Cheeseburgers (\$6.99)
7. Chicken Quesadilla Grande (\$7.99)
8. Nachos Nuevos (\$7.99)
9. Appetizer Sampler (\$9.99)

Trace-Dizzle n' Scuba Steve  
Bring you the monthly  
YouTube Movie Review



Trace-Dizzle and Scuba Steve weigh in on YouTube videos. Photo by Kayla Hofeld

by Stephen Peterson and Tracie Anderson

Welcome to Trace-Dizzle and Scuba Steve's YouTube movie review! We have gotten so many great ideas from a lot of people. Thank you so much for sending in your ideas- keep them coming! This month, we went with comedy videos once again; they're our favorite kind.

Trike Tot



**Synopsis:** This video is the shortest one yet, weighing in at 15 seconds. We've all started out in life by riding a tricycle. Whether plastic, metal, or some kind of homemade contraption, everyone has gone through the same horrors of the tricycle. In this video, we see a young boy take his first fall on his beloved tricycle. He starts out on the top of a huge hill, and then gets faster and faster until he just flies off! This movie will bring back a flood of harsh memories.

**Trace-Dizzle:** I can't believe we stumbled upon this video. We were just looking at other videos when this one popped up. When this movie starts out, you just know what's going to happen, and you just start laughing. This movie definitely makes me laugh super hard, but then when you realize what you're laughing at, you stop...then you laugh again.

**Scuba Steve:** As sad as it sounds, this was one of the funniest videos I've ever seen. Everyone knows that it's funny when people wipe out on their bikes (as long as they're OK). It was just so obvious what was going to happen, that I started to laugh even before he when flying through the air. No matter how many times I watch it, I'll laugh every single time he goes flying into the woods.

HornBlasters 3



**Synopsis:** This movie clip is 50 seconds long, but full of non-stop surprises. This is just one episode out of many of a website called HornBlasters.com, but the movies come up better on YouTube. There are two or three men that have installed a hydraulic and electric train horn onto the front of their car. Now, keep in mind that this is on a small suburban vehicle, very unsuspecting. The horn is very loud and scares the crap out of everyone (including animals).

**Trace-Dizzle:** This is a video my brother showed me and I thought it was sweet. I really wanted to do that to my own car, but then I realized that was a bad idea. The thought of going around and scaring people by car is always funny too. However, I tend to do that anyways while driving with my brother; but to only people we know...sometimes. All I know is I love to watch people being scared, and this video definitely fulfills that love.

**Scuba Steve:** I love watching people get the crap scared out of them. It is probably one of the funniest things to watch. I mean how can't you like to watch people get scared? It's just too funny not to laugh. This is something I definitely would do with my friends. Anyone know where to find a train horn?

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

Let us know!  
forestbreeze@forestlake.k12.mn.us



# All Clear to show skills

## Band debuts at First Avenue Dec. 2

by Hannah Norwig

If you didn't get a chance to see *All Clear*, a local band, perform at homecoming this year, be sure to go to their next show on December 2<sup>nd</sup> at First Avenue in Minneapolis. They are a pop/punk/rock band who have been playing together for about three months.

The band members include Junior Noah Kalhagen, bass guitar, Junior Seth Bostrom, guitar and vocals, and as of now, Junior Joe Loeffler on drums. Their main drummer is Luke Bostrom, who is in college. Seth and Luke are cousins. Each band member has played their instrument for about three or four years.

They currently have six songs they practice and play as a band. Five of those are done and one is in progress. The five which are done are called 'Forget,' 'Try,' 'Show You,' 'Typical,' and



All Clear performs at Homecoming tailgating 2007. Photo courtesy of All Clear.

'You Can Just.' Bostrom says his favorite song is 'Show You.' "It's our fastest and funnest song we have," he said. "The process

Bostrom also says his favorite part about being in *All Clear* is being able to lead and write for his band. Some of the members of *All Clear* have a few of their own favorite bands, as well. They include: *Blink 182*, *Angels and Airwaves*, and *Set Your Goals*.

As for T-shirts and other band merchandise, they don't have anything yet.

"We don't have much money," said Bostrom.

As for *All Clear's* future as a band, Bostrom says that they will hopefully be touring and recording after college.

So, don't forget to check them out on Dec. 2<sup>nd</sup> at First Avenue in Minneapolis! You can also check out the band by visiting their Myspace page: [myspace.com/allclear](http://myspace.com/allclear).

# Book Review: The Pilgrims of Rayne

## Eighth book of The Pendragon series keeps interest

by Blake Patrick

What if the destiny of the universe rested on your shoulders? Would you let it slip into chaos or would you risk your life to save it. The *Pendragon* series is about a teenager by the name of Bobby Pendragon. One day he is taken to an abandoned subway by his Uncle Press, and is taken to a portal through space and time called a flume. The flume brings him to a Territory by the name of Denduron, a different world entirely which is also on the brink of a civil war.

It is here that Bobby learns that he is to be a traveler (defender of the universe), but not just any traveler but the leader of them all. Of course with every good fantasy there has to be a villain. Saint Dane wants to tip Halla (everything that ever was and ever will be) towards chaos so that he may remake it as he desires. To save Halla Bobby must save all 10 territories from destruction.

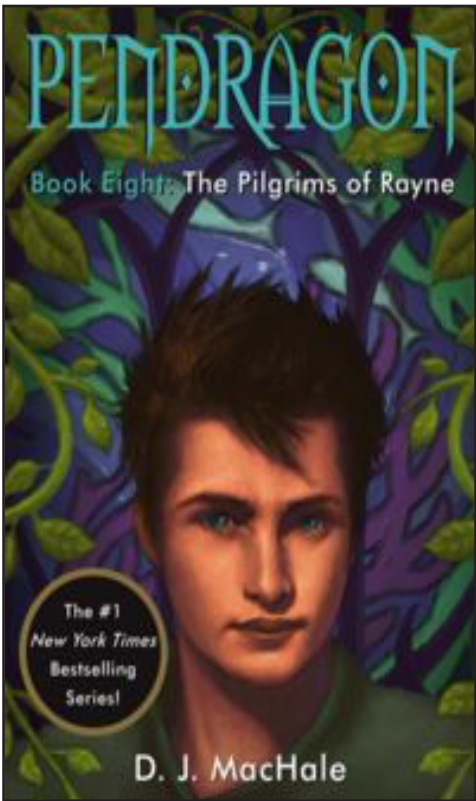
Bobby is not alone. There is

a traveler from every territory, and it is their job to help him tip their territory in the right direction. With every traveler is an acolyte (helps other travelers who visit their territory, and helps their traveler by keeping them from losing their minds).

In book eight of *Pendragon: Pilgrims of Rayne*, Bobby is in Ibara, the next territory he must save from Saint Dane. Though the people there live simply, by growing or fishing for food and living in grass huts, there are signs of advanced civilization, including artificial lights and other technology. Bobby meets a group of children outside the main social group called the jakills. The traveler of Ibara, Siry is part of this group. Their group was formed; because they all had something in common... they wanted to know what was outside their lonely island of paradise. Ibara is ruled by a council called the Tribunal (their job is to run the village and what they say is law!).

Siry and his gang despise the tribunal, because when someone goes to them asking what's outside the island they disappear. In book eight Bobby must find out what were Saint Danes plans for Ibara, and does it have something to with the disappearances of the villagers who want to know what's outside of their paradise? Later how ever he discovers that there is more to the island than he thought.

If you love fantasy and war then these books are for you. If I were to change something in this book it would be how confusing Saint Danes' plans are to tip Halla towards the convergence (once all territories are in chaos). If you plan on reading the *Pendragon* series,



there are eight books and they all are amazing, so get reading!

## COMING SOON TO THEATERS NEAR YOU

Gathered by Renee Noren

### November 16, 2007

Beowulf PG-13

Love in the Time of Cholera R

Mr. Magorium's Wonder Emporium G

Margot at the Wedding R

Redacted R

### November 21, 2007

August Rush PG

Enchanted PG

Hitman R

Stephen King's The Mist R

This Christmas \*

I'm Not There R

Nina's Heavenly Delights PG-13

### November 30, 2007

Cassandra's Dream \*

Pathology \*

Awake R

Flawless PG-13

The Sasquatch Gang PG-13

### December 7, 2007

The Golden Compass \*

Atonement R

The Amateurs R

Grace is Gone PG-13

Timber Falls \*

\* Movies are not yet rated

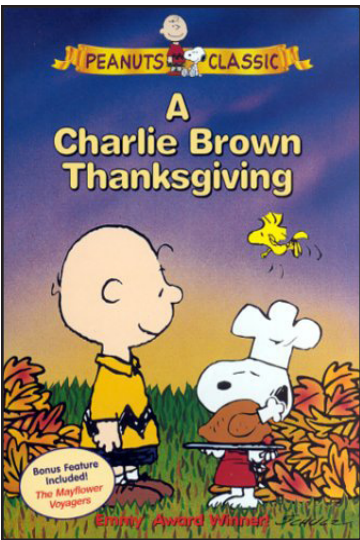
## FAMILY PATHWAYS

Volunteers Needed



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## Join the tradition



by Renee Noren

Over Thanksgiving break, don't forget to watch *A Charlie Brown Thanksgiving*. Before or after your turkey and stuffing, sit back, relax and watch Snoopy and Woodstock prepare toast and popcorn as Charlie Brown's main dish. Whether it's your first time seeing this 1973 classic or you enjoy watching it every year with your friends and family, be sure to check out Thanksgiving's Emmy Award winning movie with the entire Peanuts gang.



# Athletes of the Month

by Stephen Peterson



Senior Megan McKenzie

Megan McKenzie, a senior captain on the Ranger volleyball team, isn't just your average volleyball player. McKenzie has been on varsity since eighth grade and has been one of the top setters in the conference for many years. This season, Megan averaged 30 assists per match and she recorded her 3000<sup>th</sup> career assist on Oct. 9 in a match against conference foe Mounds View.

"I didn't really know how close I was to getting my 3000<sup>th</sup> assist," said McKenzie, "it came as a nice surprise."

McKenzie helped lead the Rangers to a 24-6 season record overall and a 7-1 record in the conference. The Rangers finished second in the conference; their only loss coming from conference champs Woodbury.

"We have been playing really well as a team," said McKenzie.

McKenzie also led the team through the section tournament with victories over North Branch and Grand Rapids before falling to Andover in the section finals.

McKenzie is looking to attend Winona State University next fall and is undecided if she will play volleyball next year.



Junior Zach Waldoch

Junior Zach Waldoch is one of the top runners on the Ranger boys cross country team. Waldoch had many top ten finishes throughout the 2007 season, including a few first place finishes as well.

"I had a good regular season, the team had a good season as well," said Waldoch.

Waldoch carried that momentum into the post season with strong finishes at the conference meet and sections. "My best race of the year was at the conference meet," said Waldoch. "I ran a 16:33, which is a personal best for me this season."

Waldoch earned All-Conference honors for his top finish in the conference meet on Oct. 11 at Falcon Ridge in Stacy.

Waldoch also won the section meet with a time of 16:52. It qualified him for the state meet Nov. 3 at St. Olaf College in Northfield.

"I want to finish in the top 25 in the state tournament, which would give me All-State honors," said Waldoch. "As a team, we want to finish around tenth place."

Waldoch finished 21 out of 100+ runners with a time of 16:37.

# Thanksgiving football worthy tradition

by Tyler Wilcox

Thanksgiving is just around the corner and that can mean only one thing. Football. Football on Thanksgiving Day has been a tradition in the NFL since even before the merger of the AFL and NFL into today's NFL. The tradition of football on Thanksgiving started with high school and college football. The NFL didn't start scheduling games on Thanksgiving until 1920.

Traditionally two teams have always played on Thanksgiving Day- the Detroit Lions and the Dallas Cowboys. The Lions tradition started when their General Manager noticed the city's baseball team, the Tigers, were getting a lot more of the Detroit media attention. The first game Detroit player on Thanksgiving Day was against the Bears and they sold out their stadium. An estimated 26,000 attended and

25,000 more would've bought tickets if they had been available. The instant success began the



Turkey Day tradition. Both Detroit and Dallas play this Thanksgiving, against the Green Bay Packers and the New York Jets, respectively.

Another tradition that developed over the years was the turkey leg award. The award was originally given to the MVP of the Thanksgiving Day game, but over the years, it has been given to more than one player. Broadcaster John Madden created this award in 1989. The award has always been kind of humorous and the player or players that receive the award get a leg of John Madden's six legged turkey. Yes, that's right, a six legged turkey.

No matter how much you like to eat, you can't eat all day on Thanksgiving. Having football on Thanksgiving is a great idea.

It gives football fans more to look forward to on Thanksgiving. I do feel for the players who have to play on Thanksgiving. They go out on a holiday and have to do their job instead of being at home with their families on Thanksgiving. I think one big reason it has survived so long is the influence by the T.V. stations who televise the game. Most people are home from work on Thanksgiving and football is just about the only thing on. Money is the driving force behind the tradition.

Without Thanksgiving Day football I don't know what I would do all day. Thanksgiving is only one meal; it takes an hour, maybe two at most. Without football all anyone would have for entertainment is their own wacky relatives. Intoxicated relatives you only see twice a year are only funny for so long. I watch football all day long. It doesn't matter who plays it's more about being a fan of the game.

No matter how ridiculous John Madden gets, the tradition of Thanksgiving football lives on.

# Debate season rolls on Hedlund wins recent novice Flakes Stakes Tournney

by Josh Zidar

As the 2007-2008 debate season rolls on, teams are preparing for upcoming tournaments that mean a lot to each member. There is the NFL tournament which will qualify a certain number of students from the surrounding areas to go to Nationals. The state tournament will take place in a couple of weeks and on top of that there is a tournament that takes place right here in Forest Lake. Also, the team will be competing in an overnight tournament which will take place in Apple Valley.



Debate Team Member  
Jordan Hedlund.  
Photo by Hannah Norwig

On Saturday November 11th, the debate team had their Forest Lake tournament. Junior Jordan Hedlund took first place on the junior varsity team in the Douglas Lincoln debate.

"I just went in with the hope of winning. That's all I needed, I was confident," said Hedlund.

In debate, there are two different kinds of teams. First, there are LD teams which are composed of individual competitors. Then there are the Public teams which are teams of a couple people.

The LD teams debate on topics that have to do with philosophy, whereas the Public teams debate on how they can fix a current issue.

The teams have just received their topics for upcoming events. The LD teams will be debating on "United States plea bargaining in exchange for testimony."

There is a limited amount of time to prepare for the tournaments so the team is working hard to be sure they're ready.

The team will compete on Nov. 30. Chosen debaters will compete to qualify for nationals, on Dec. 8-9. To round out Dec. competition, the team will travel over night to the Blake tournament on Dec. 14.

# 411 on Fall Sports

by Sarah Everett

This year's fall sports are slowly coming to a close and the school is preparing itself for winter. So how exactly did all those fall sports turn out? Here's the information on the activities that have ended their seasons.

## Football

The football team had their good share of wins and losses from August through October. The season, however, ended with a loss.

## Soccer

The soccer season started out frustrating, but after long practices the team had some success. They ended up winning a section game against St. Francis, lost against Anoka.

## Tennis-

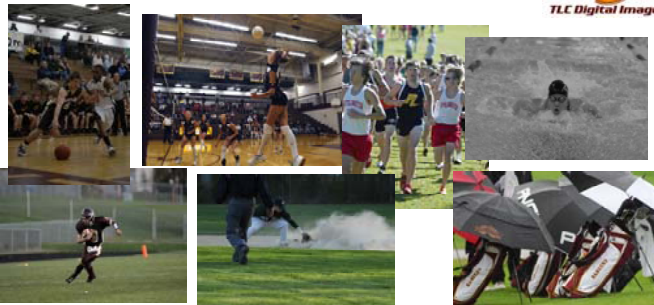
The tennis team played very well through out the whole season and achieved a lot of their goals. One of their greatest accomplishments was finishing second in sections

**Volleyball-** The girl's volleyball players had a great year. The team was very enthusiastic about moving on to state. However, after a long, ruthless game, the team ended up losing to Andover in the section finals.

## Cross Country

The boys cross country team was impressive in gaining win after win at their meets. Their team made it to state. The girls cross country team has also done well with their meets.

Check out your Forest Lake sports images @



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

# Drumline prepares for upcoming season

by Kaitlin LaCasse

FLHS Winter Drumline is just starting but the anticipation has been building for veteran drumliners like Senior Liz Johnson since the end of last season. Over the summer, drumline coaches Jordan Cox and Jordan Beim offered clinics for interested students as well as current members. This year, they are also welcoming new coach Kaitlyn Erickson.

Johnson said that some of the biggest challenges for the drumline are mostly size issues. They can't get the complete sound they would like with the

amount of people they have. So, it's always a challenge to make everything work with so few people.



Typically there are around 30 members in a strong drumline. Last year, the FLHS drumline had 16. This year they are looking to increase members.

People never get cut from drumline and no musical or percussion experience is necessary to join. Everyone is welcome. They will teach you everything you need to know to be successful.

Johnson describes drumline as an eye opener and a window

to hidden potential. She says drumline has increased her confidence.

"Drumline applies to life. You must have discipline in both life and drumline," said Johnson.

If you're interested, check it out to see what you think. Johnson said that drumline has changed her life.

"I couldn't imagine my life without drumline," said Johnson.

If you're concerned about the schedule, Johnson said it can be a little crazy, but this year they will have set practice times. Things could change a little depending on how they do at competitions. There will be 11 shows, starting in the first part of February and going through April.



# Alpine ready for another strong season

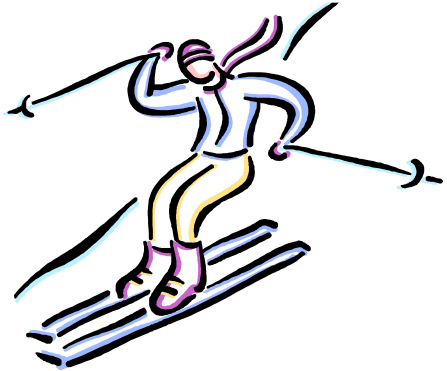
by Joe Lichtscheidl

The boys and girls alpine ski teams are coming off a strong finish in '06-'07. They are expecting to have a very strong team because they are experienced and they did not lose any team members last season.

The team goals are to build up the team even more and place top in Conference to send a good team to state.

The team does not just show up to practice in the winter and expect to be better than the year before. They have to spend most of their off season training in some way.

"Most of the team does some sort of training in the off season," said Senior Captain Brett Stolberg. "Whether that is another sport or



weight training, we are in shape and ready for the season."

Leading the 2008 Alpine Ski team are Senior Captains Stolberg, Kevin Gamlin and Carley Bass.

You can expect great things from the Alpine Ski teams this year. The season is now underway, but as Bass said, "It is never to late to join."

If you are interested in joining the team, talk to any one of the captains.

# FLDT looks to kick off winter season strong with 35 girls

by Danielle Proulx

When it comes to high kicks and the splits there is no one better to look at than the Forest Lake Dance Team. This year dance team is made up of girls from freshmen to seniors and is coached by Angela Nelson and Cheryl Smoczyk. During the winter season, for the fall season they are coached by Kathy Jurasin and Lisa King.

During the fall the dance team isn't a competing team. In 2006, the Minnesota State High School League (MSHSL) committee decided that all Minnesota dance teams would not compete in the fall but only in the winter making the dance season shorter.

"It's pretty cool," said Kelsie Jurasin, of the dance club. "We get to break it up with coaches, switch it up a bit. It isn't a big difference."

"All the teams treat it as a sport,"



Forest Lake Dance Team look to dance their way to victory. Photo provided by TLCDI.

said Siri Simmons. "The only hard part is that we can't communicate with our winter coach."

Jurasin and Simmons are the dance team's captains. There were 52 girls involved in dance club this fall. While most of them stay for the winter season, the team loses a few girls to other sports.

Dance team tryouts for the winter season were held October

22 and the 23 after MEA. 35 girls made the team on either a varsity JV or jazz team and a varsity or JV kick team. There are 16 girls on JV jazz, and 12 on JV kick, the varsity jazz team has 18 while the varsity kick team has 20. The girls could make a combination of any of the teams.

The coaches were watching for several dance moves for the varsity teams, if a JV dancer wishes to move up she can, but has to learn the varsity dance on her own time then perform it for the coaches. For more on the Forest Lake dance team, go to [www.youtube.com](http://www.youtube.com) and type in Forest Lake Dance Team.

# Boys swimming has eyes on state meet

by Renee Noren

With the boys swim team preparing for their first meet on Dec. 13, they're pushing themselves to the limit at every 6 a.m. practice.

"During practice there's no down time," said junior Zach Curtis, who has been on the team since seventh grade.

"We swim 5,000 to 7,000 yards of distance and sprinting and try to get all the areas of swimming covered in one practice," said senior captain John Goossens.

With the boys' 'harder you stroke the faster you finish' attitude, they are setting various goals for the season.

"Our goal is to send at least one relay and four individuals

to state," said Goossens.

"I'd like to see the 400m and 200m relays to state," said senior Frank O'Neil.

"We want to win true team sections again to go to true team state," said captain Kevin Brennhofner, "and yes, we shave our legs before sections."

"Other than attracting all the ladies in the school, shaving your legs is more psychological when it comes to swimming," said O'Neil.

The team had their final captains' practice Nov. 19. They begin their Monday through Saturday practices after Thanksgiving and continue their season into February.

# Gymnastics team hits the floor

by Annie Hinrichsen

With the loss of seniors Adriane Kraus, Nicole Paulson, and Stephanie Sampair, the Rangers gymnastics team is back and ready for action. Nancy Ellias has been coaching the team for 13 years and is excited to start the season.

Ellias said the team will miss the seniors; they were strong Varsity competitors.

"As one year ends and a new one begins; we adjust to the changes," said Ellias.

The new captains for this year are Madeline Crew and Chelsea Uram who hope to lead the Rangers to victory.

This year, the team will work on challenging skills, conditioning, and they are going to try to keep

all the girls healthy and injury-free.

Last year, the team reached almost all of the goals they set at the beginning of the season. The only goal they didn't reach was sending individuals to the State Meet.

"We were in fifth place out of nine teams in our conference, which is the most competitive conference in the State," said Ellias. "Six of the top ten teams in the state came from our conference and we were one of those six," said Ellias.

With new people joining and the



The gymnastics team looks to develop strong chemistry over the year. File photo.

pressures of a new season, Ellias is being optimistic.

"It's a fresh start and it is always fun to see the chemistry develop with a new mix of gymnasts," said Ellias.

# Returning seniors key for boys and girls basketball teams

by Danielle Proulx

The Ranger boys basketball team had a great year in 2006-2007 and is looking to repeat it this year. With the loss of some key seniors, the team is hoping to get in some new talent for this year, starting with the juniors.

"It's hard to know what we are going to have for talent this year," said Head Coach Dan Cremisino, "We haven't had tryouts yet so we don't know who we are getting."

Returning seniors this year are Ryan Brown, Brad Kopp and Brandon Phelps and the captains will be voted for after tryouts. A few other guys that the other teams should watch out for are juniors, Ty Cremisino, John Young and Griff Lentsch, and Seth Peters.

Team tryouts will be held the week of Nov. 26 - 28 from 3-6 p.m. in the main gym. Their first game is on Sat., Dec. 3 against Como Park at Como Park. The

first home game of the season is on Fri. Dec. 14 against Coon Rapids. Tip off is at 7:30 p.m. Be ready for some Ranger basketball victory this year!



2006-07 point guard Ryan Brown looks to distribute the ball this year. Photo provided by TLCDI.

## Girls

This year, the Forest Lake Rangers girls basketball team isn't a force to be messed with. Last year the girls ended the season with 8 wins and 18 losses and this year they are looking to turn those around.

This year there are seven seniors, returning to lead the team Abi Iverson, Danielle Boldenow, Audrey Mills, Kasey Kolnberger, Katie Anderson, Mary Blake, and Caitlin Slattery. Iverson and Mills will fill the role of team captains this season. "As a team, we are all looking really strong. A lot of the girls improved this summer so that will help," said Mills.

The girls have their first home game on Nov. 27 against Champlin Park tip off is 7:30 p.m. So get pumped and watch the girls basketball take the lead!

# Nordic team looks to maintain past success

by Renee Noren

The FLHS Nordic ski program has quite the reputation in the state of Minnesota. The boys won the state tournament in 2005 and 2006, and finished 2<sup>nd</sup> to the Hopkins Royals in 2007.

The girls have continued to be steady competitors since their 3<sup>rd</sup> place finish at state in 2004. The team is hoping to start their 2007-08 season off with a strong finish at their first meet on Tues., Dec. 18 at Troll Hollow.

"Our idea is to win conference, sections, and state," said captain Shawn Wright.

"I'm looking forward to the state meet at Giants Ridge in Feb.," said senior Annie Dehmlow. "The team always has tons of fun up there."

Everyday they prepare for competitions by skiing for 2 hours with emphasis on sprints and technique. Even when the season is over, the team continues to practice using the Nordicwerks



Senior captain Annie Dehmlow is already excited for the girls' meet at Giants Ridge. Photo by Renee Noren

program led by their coach, Deno Johnson. They roller-ski and run June-Aug., five days a week.

With their discipline and year-round dedication to skiing, the Forest Lake Nordic ski team is looking to be a force in the conference, section, and state tournaments once again.



# Anderson's Animals Anonymous

## The Cassowary is 'proof that even Mother Nature has her off days'

by Tracie Anderson

Once again, I've scoured the internet, books, and movies, searching for the most interesting animals known to man. For this issue, I stumbled upon a very peculiar bird called the Cassowary (Cass-o-wear-ees); proof that even Mother Nature has her off days.

There are three types of Cassowaries, but in this article, we'll spotlight the Southern Cassowary. This bird is the second largest flightless bird in the world, after the ostrich. Weighing in at 130 lbs. and reaching heights of up to 6 ½ ft, it is the largest bird in all of Australia. Even though these huge birds are flightless, they are amazing swimmers.

Speaking of amazing things, the Cassowary can actually kill a man in one swipe! They have three toes, and the middle toe has

a 5 in. long talon. Using their feet in a lunging scraping motion, the talon can cut through flesh like a knife through butter.

A few years back, an Australian zoo keeper was feeding the Cassowary and making fun of it for its ugliness, when he was suddenly attacked. He couldn't survive the bird's talon and died shortly after.

Stepping away from all of those odd facts, let's look at the basics about this awkward animal. Cassowaries live in rainforests or tropical surroundings. They only eat fruit that falls from trees. The cassowary helps reseed the forest: 21 different types of trees count on the Cassowary's digestive process.

Since these birds live on the

ground in the rainforests and can run up to 32 mph, they need some sort of head protection. Hence, Mother Nature equipped them with a helmet (casque). This helmet-like structure on the top of their head protects them while running through the forest and it can be used to dig for food. They are the only bird in the world to have a protective casque on their head. Cassowaries also have a deep, throaty call that is said can be heard three miles away.

One of the odd characteristics of the Cassowary is how they raise their young. When it's time to mate, they partner up and the females pick a good male to have chicks with. The female lays four to six green eggs. Then, the female leaves the male with them while she runs off with another male. The female obviously wears the pants in this relationship. Don't worry, after nine months, she come back to check up on



the family after the eggs have hatched.

Cassowaries are very much endangered birds that are trying to make a comeback. Although they may not be the most popular bird, they got a break in 1992 when they were featured in the movie *Ferngully* (I know what you're thinking, and yes, it is the movie with the evil black blob). These birds show us that the world is full of so many different creatures; you just have to open your eyes as big as a bush baby to find them.

# From The Breeze kitchen to yours

## Great little dinner ideas for Turkey Day

Thanksgiving is all about family, friends and gorging ourselves with as much food as you could possibly imagine. So to keep up with America's favorite tradition here are some recipes from grandma's kitchen.

Gathered by Kayla Hofeld

### Cranberry Crumb Pie by Eagle Brand®



- 1 (9 inch) unbaked pie shell
- 1 (8 oz) package cream cheese, softened
- 1 (14 ounce) can Sweetened Condensed Milk
- 1/4 cup lemon juice from concentrate
- 3 T. light brown sugar
- 2 T. cornstarch
- 1 (16 ounce) can whole berry cranberry sauce
- 1/4 cup cold butter or margarine
- 1/3 cup all-purpose flour
- 3/4 cup chopped walnuts

#### DIRECTIONS

1. Preheat oven to 425 degrees. Bake pie shell 8 minutes; remove from oven. Reduce oven temperature to 375 degrees.
2. In large mixing bowl, beat cream cheese on low until fluffy. Gradually beat in EAGLE BRAND® until smooth. Stir in lemon juice. Pour into pastry shell.
3. In small bowl, combine 1 T. sugar and corn starch; mix well. Stir in cranberry sauce. Spoon evenly over cream cheese mixture.
4. In medium mixing bowl, cut butter into flour and remaining 2 T. sugar until crumbly. Stir in nuts. Sprinkle evenly over cranberry mixture.
5. Bake 45 to 50 minutes or until bubbly and golden. Cool. Serve at room temperature or chill thoroughly. Store leftovers covered in fridge.

### Pumpkin Soup

(from allrecipes.com by Lea Ogawa)



- 6 cups chicken stock
- 1 1/2 teaspoons salt
- 4 cups pumpkin puree
- 1 teaspoon chopped fresh parsley
- 1 cup chopped onion
- 1/2 teaspoon chopped fresh thyme
- 1 clove garlic, minced
- 1/2 cup heavy whipping cream
- 5 whole black peppercorns

#### DIRECTIONS

1. Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
2. Puree the soup in small batches (1 cup at a time) using a food processor or blender.
3. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream.
4. Pour into soup bowls and garnish with fresh parsley.

## Top ten things to know about... The United States

by Allie Cockburn

On the immigration test, there are things that some Americans don't even know. Here are some things you should know...



1. There are 50 stars in the American Flag.
2. George Washington was the first president.
3. The longest river in the U.S. is Mississippi.
4. The most populated state is California.
5. Alaska has the largest amount of land mass.
6. The White House is located in Washington D.C.
7. The United States Gold Reserve is in Fort Knox,
8. Kentucky.
9. The Rio Grande River separates Mexico and the U.S.
10. The three branches of the federal government are Legislative, Judicial and Executive.
11. The richest man in America is Bill Gates.

## Quote of the issue

Doing what we can to make you sound smart

by Kaitlin LaCasse

Quote of the issue, when you use it you sound smarter, who knows that you took it from the *Forest Breeze*?

The quote of the issue is from Jesse Jackson. Jackson is a civil rights activist and was born in 1941.

Jackson met Martin Luther King Jr. in 1965 only three years before King died. Jackson ran for Presidential election in 1984 for the Democratic party, he ran again in 1988. Jackson remains a civil rights activist today.

Never look down on anybody unless you're helping him up.

Jesse Jackson

## What are you thankful for?

Gathered by Stephen Peterson

With the holiday season fast approaching, it gets people to stop and think about what they are thankful for in their lives. So what are you thankful for?

"Friends and Music."

- Calley Jones, 10

"My parents, my soccer coaches and teammates, and an all around good life."

- Jamie Thorson, 10

"Belle and Sebastian."

- Grant Armstrong, 10

"Meeting new friends."

- John Pitt, 10

"Friends."

- Nicole Larson, 10

"To live an amazing country."

- Matt Sprangel, 10

"My house, friends, and family."

- Sarah Morris, 10

"Friends and family."

- Katie Nenn, 10

"Mittens and Caffeine."

- Ellie Krueger, 11

"Family and that my brother is still alive after fighting in the war in Iraq."

-Kristen Werness, 11

"My phone and car."

- Matt Urban, 11

"My friends and family."

- Keylie Carver, 11

"Food!"

- Tiffiny Vue, 11

"Family and my awesome brother Mike, who is a teacher at the high school."

- Katie Miron, 11

"Great education."

- Sam Kolbow, 11

"Energy drinks!"

- Molly Zuzek, 11

"All my friends"

-Ariel Spiess, 12

"Music."

-Tim Endorf, 12

"Life."

- Danielle Boldenow, 12

"My loving and supporting family."

- Audrey Mills, 12

"My amazing sense of humor."

- Keith Ward, 12

"Parents."

- Cortney Forbes, 12

"My job."

- Heather Hartman, 12

"Shoes."

-Annie Dreher , 12