



'NUF SAID! Ranger Nation the years' hottest fashion

by Annie Hinrichsen

You hear a roar from the crowd and it's coming from a blob of gold and maroon catches your eye. Across the basketball court where the girls are playing to the opposite side, is the boys' basketball team, all wearing the exact same shirt. So what's going on? Ranger nation has arrived.

"We're selling them (T-shirts) for merchandising class. This has never been done before; it's our big project for the year," said Senior Chelsie Sobieck.

The T-shirts allow students to get in free to all Ranger home games, excluding hockey. They were sold during lunch, but can be purchased through Joel Olson, Activities Director. They're 10\$, and only 5\$ if you have a season sport's pass.

"The idea was first thought of

by the girls' basketball coach, Jen Wagner, who got Olson and Dr. Massey involved. From there the rest of the office got involved. There was a committee with all the coaches and office staff," said Dean Scott Urness.

The whole point of the shirt is to make the school and community more involved in their schools.

"The shirts show kids are part of a Ranger Nation. It looks kind of cool when you look over and everyone is wearing the same thing and kids are yelling and having fun," said Urness.

The shirts are also a good deal for students who go to a lot of games.

"I think the shirts are a great idea. When you're a coach and you look up and see your school colors represented...It's

pretty cool," said Urness.

The proceeds cover the loss of admission due to the shirts. The shirts are also being sold at junior highs and a flyer was sent home to elementary students' parents.

"We've sold about 200 to elementary-aged kids," said Urness.

If you have any questions about the shirts or what they're for, ask Ms. Bullock, the merchandising teacher, or any of the deans in the office. Buy a shirt and support your Rangers!



Senior athletes Chelsie Sobieck, Brad Kopp, Corey Moore, Tory Jung, and Megan McKenzie sport the new Ranger Nation T-Shirts. Students may wear the T-shirt to get into any home game (excluding hockey) for free. Photo provided by Jamie Bullock

Want to join the Nation?
Stop in to the Activities Office
\$10 each, \$5 with a season pass

Survey suggests FLHS has good hand hygiene

by Kurt Johnson

The best and easiest way to prevent diseases is to simply wash your hands. Before and after eating meals, handling body fluids, and after using the restrooms. If done properly, soap and water can kill 99% of all bacteria that cause sicknesses such as the flu and the common cold. People are more vulnerable in the winter because of all the time spent indoors.

So how many FLHS students wash their hands after using the restroom? More importantly, how many wash their hands with soap to insure all the bacteria on their



hands are killed?

In order to answer these questions, several students and I collected a survey. We recently hit the restrooms to awkwardly watch how

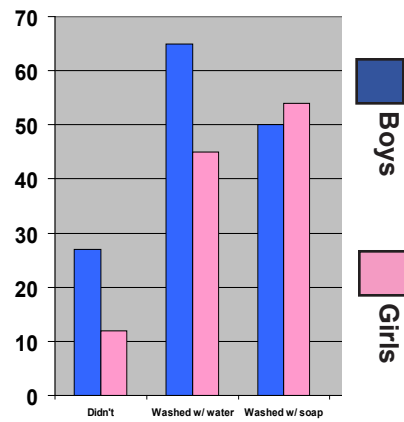
many students wash their hands. Though the county officially recommends you wash your hands with soap for at least 25 seconds, we didn't time each student to see how long they did wash.

As you can see, this survey was only taken of 184 students out of 2,000+ students and staff, but it gives a sample of how many practice hand hygiene. It is also taken into consideration that some students might have only washed

their hands because someone was watching. So should the school board look into hiring staff to promote hand washing? No. It's not the responsibility of any one to make sure we practice good hand washing techniques besides ourselves.

So before and after meals, and especially after using the restroom, help prevent diseases and take the time to wash your hands.

Note: Thank you to all those in the Introduction to Health Care and journalism classes who helped me collect the information.



Please ma'am, may I have some more? The inside scoop on the ladies in the FLHS kitchen



by Kayla Hofeld

You see them every day, their smiles, and you eat their food. Although you see them, you don't know them, nothing more is really said besides a quick hello and your name. I got a chance to get to know these wonderful ladies. You don't know what you are missing until you really get to know someone.

So here's to you ladies, thank you for the time and effort that you women take to make our breakfasts and lunches a little bit brighter with the smiles that emanate from your face each and every day.

Length of employment at FLHS?



Louanne Murphy- two years
Betty Nelson- Ten years
Lauralee Johnson- Six years
Monica Keckhafer- Since the beginning of the year.
Jenny Rohe- One and a half years as well as subbing for two and a half.

What do you like about the job?

Murphy- The hours are perfect, great co- workers and the kids.
Nelson- Working with my children and other moms. Playing with food.
Johnson- Interacting with the teens!
Keckhafer- The staff and students



are very nice to be around.
Jenny Rohe- I like the people. And the ability to be home when my son goes to school and comes home.

Who is one of your greatest inspirations?

Murphy- My father.
Johnson- Chuck Swindol
Keckhafer- My mom, she has always been there for me, and has been so giving to others.
Rohe- My dad.
What are your Christmas plans?:
Murphy- Spending time family
Johnson- I'm looking forward to spending time with my five children and my daughter-in- law



Keckhafer- My mom and brother are coming in from International Falls.
Rohe- Going ice fishing

Do you have another job?

Murphy- I'm a full time mom.
Nelson- Nursing Home Serving elderly dinner.
Johnson- Yes, I do. At Kohl's
Keckhafer- I am a domestic engineer, working the balance of my day after leaving FLHS.
Rohe- No

What are your hobbies?

Murphy- Running, down- hill skiing and scrapbooking.



Nelson- Ebay, Barbie kitchen
Johnson- I love traveling, scrapbooking, writing, reading and cross country skiing.
Rohe- Fishing and scrapbooking.
Keckhafer- I like to rearrange furniture, paint and make stained glass.

A sentence that describes you...

Murphy -A caring, sensitive individual who is thankful for the life she has.
Johnson- We are never too old to continue educating ourselves: I'm all for pushing ahead in life!
Keckhafer- I like to try to see the best out of life, and try to be fair.

Unique Classes

Flips, tucks, and the scoop on all of the above

by Amanda Nyberg-Markling
Gymnastics

Did you know that there is a gymnastics class offered at Forest Lake High School? This is a fun way to get exercise and shake up your daily routine. Throughout this course tumbling skills will be emphasized. Additional activities include skills on the vault, rings, parallel bars, uneven bars (girls only), balance beam and floor exercise. Students will also work on their cardiovascular fitness, muscular strength, and endurance, and flexibility. Students will set goals, design and apply a personal fitness plan and evaluate the plan with a final paper. The only prerequisite for this class is to have completed Physical Education in 10th grade. “It’s a fun class to teach, to see the students learn new skills and take some risks,” said the instructor Nancy Ellias. This class has a variety of students from basketball players



Mrs. Elias's 4th hour gymnastics class studies the art of the balance beam. Photo by Allie Cockburn.

to gymnasts, and for the grade, skill isn’t the biggest part of it. Gymnastics is a great class to try whether it’s for the first time or you just want to further your skills.

Journalism

Who puts together the Forest Breeze? It’s the students that are part of the journalism class.. The Breeze is run entirely by students with the guidance of the instructor, Laura LeVake. The students come up with the news stories, write them, edit them, and put them on

the page layouts to be published and read by fellow students. You might not know, but a lot of work goes into making an issue of *the Breeze*. The students have about a week to get the interviewing and other information for their articles. Following this would be about two days to edit the stories, and then some students are selected to put together the pages, which takes four or five days. The jobs there are photographers, editors, and page designers. Students get



Seniors Kurt Johnson and Tyler Wilcox hard at work on a page for the issue. Photo by Allie Cockburn.

to have experience with each job and get a new one each issue. Then the pages are sent off to be published and then distributed on home room days. Then the process begins again the next week. The prerequisite for this class is to fill out an application to the instructor and through selection. This class is great for students who enjoy writing, but want to try a different type,” said LeVake. “Also students who are interested in journalism or want to have their voices heard.

What’s hot in the lot

Senior Randy Becker pimps his own ride

by Joe Lichtscheidl

Senior Randy Becker loves working on cars. Becker drives a 2003 Chevrolet 1500 HD with a brand new engine. He got the truck at the end of September this year after he sold his other truck as a birthday present to himself. He bought the truck with a six inch lift, dual exhaust and tinted windows. He put in a TV but says that he plans to put in more TV’s in the back on the head rests. Becker bought the truck because

he needed to upgrade from his old truck. In order to pay for it he had to pull out a loan but says that it was totally worth it because he has the best car in the lot. “I don’t think there is a louder or better looking car in the lot,” said Becker. Becker is in auto mechanic’s first and second hour and plans to continue his work on cars upon graduation from FLHS. The truck had to get a new engine but that

has been the only issue with it so far. Once he got the new one, it ran like new. In the future he plans to put in subwoofers, new tires and rims and put TV’s in the head rest. Watch out for Becker with his beast of a truck that stands



Randy Becker's 2003 Chevrolet 1500 HD. Photo by Joe Lichtscheidl

above every other car in the lot.

Considering college? Consider this

by Joe Lichtscheidl

When applying for colleges, students need to keep in mind the size and location of their ideal school and the environment that they can work best in. They should also look at the opportunities the school has for a good major and how you will benefit from the school. Finally, they should look at affordability and sports that are offered by the school. “The reason that these schools are the top ten are because they are the most affordable and they are in the best location,” said Val Handstad, the Career Resource Center Director. The following list is compiled from a survey of 100 students chosen at random. The answers are arranged in order.

1. University of Minnesota-Twin Cities
Total Enrollment: 50,402
Undergraduates: 28,645
53% women 47% men
Tuition: \$10,084; **Room and Board:** \$6,556
Student to faculty ratio: 15



2. University of Minnesota-Duluth
Total Enrollment: 11,190
Undergraduates: 10,372
49% women, 51% men
Tuition: \$9,606; **Room and Board:** \$5,950
Student to faculty ratio: 22

3. Century College
Total Enrollment: 8,323
Undergraduates: 8,323
58% women, 42% men
Tuition: \$4,409 (No on campus housing)
Student to faculty ratio: 25

4. Winona State University
Total Enrollment: 8,174
Undergraduate: 7,601
62% women, 38% men
Tuition: \$7,324; **Room and Board:** \$5,600
Student to faculty ratio 21

5. University of Wisconsin-River Falls
Total Enrollment: 5,862
Undergraduate: 5,275
60% women, 40% men
Tuition: \$13,202;
Room and Board: \$4,586
Student to faculty ratio: 17



6. Concordia Moorhead
Total Enrollment: 2,814
Undergraduate: 2,814
63% women, 37% men
Tuition: \$22,350; **Room and Board:** \$5,700
Student to faculty ratio: 14

7. Minnesota State-Mankato
Total Enrollment: 14,148
Undergraduate: 12,534
54% women, 46% men
Tuition: \$6,050; **Room and Board:** \$5,083
Student to faculty ratio: 22

8. Saint John’s University
Total Enrollment: 2,044
Undergraduate: 1,919
Men’s college
Tuition: \$26,530; **Room and Board:** \$6,496
Student to faculty ratio: 13

9. Saint Cloud University
Total Enrollment: 16,363
Undergraduates: 14,736
54% women, 46% men
Tuition: \$5,954; **Room and Board:** \$5,680
Student to faculty ratio: 17



10. Wyo Tech (Wyoming)
Total Enrollment: 2,011
Undergraduates: 2,011
2% women, 98% men
Student to faculty ratio: 14

Cut n’ Keep Calendar

December 20
Boys Varsity Hockey
Game vs. White Bear
@ Lake Maroon and
Gold Ice Arena 7:30
p.m.

December 22
Meet @ Trollhaugen
6:00 p.m.

December 24-31
Holiday Break
No School

December 27-29
Boys Varsity
Basketball
Tournament Away

January 1
Holiday
No School

January 7
2008-09
Registration
Open House
6:30 p.m.

January 18
End of term 2

The Forest Breeze

The student newspaper of
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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.

Hannah Taylor competes in pageant

Miss Teen Minnesota has top expectations for contestants

by Erica Hanson

Girls, imagine receiving a letter in the mail presenting you the opportunity to become Miss Teen MN. That’s exactly what happened to senior Hannah Taylor.

Taylor decided to mail back the information needed to participate in the pageant, along with 572 girls ages 15-18. Taylor then received a phone call for a phone interview with a judge. Taylor needed to raise \$895 worth of sponsorships, and she also needed four outfits for the pageant show: a swimsuit, an evening gown, an introduction and interview outfit.

Preparation for the Miss Teen MN pageant was key for some girls.

“I didn’t prepare that much. I did practice my interview with friends and how to walk in heels.”

“Some girls even had coaches,” said Taylor.

The expectations to become Miss Teen MN are almost the same as Miss USA. Miss Teen MN needs poise, able to be at ease, being involved with their community, and the judges look for someone real. Even though Miss Teen MN and Miss USA are run by the same people, Miss USA is more televised and is a lot harder than Miss Teen MN.

Seventy girls, including Taylor, arrived at the Sheraton Hotel in Bloomington, on Nov. 24-25.

Taylor checked into the hotel and received a badge that allowed

they looked in a swimsuit and an evening gown. They were also judged on their confidence and poise.

The next morning, every girl had to practice being in the top 15, 10, 5, and if they won.

That night, they announced the top 15, then the top 10, until they announced who the winner was. The winner of the pageant is the representative for Minnesota, and later goes on to compete in the Miss USA pageant.

Taylor was unsure of what place she got in the pageant, since they only announced who the top 15 were.

“If I would have won Miss Teen MN it would have been pretty cool, but hard,” said Taylor. “I don’t know if I would have liked

the spotlight and always being judged.”

The next pageant for Miss Teen MN is March 8-9, at the Ritsche Auditorium in St. Cloud, Minnesota. If this is something you’re interested you can either apply like Hannah Taylor did or you can fill out an application from their website.



Senior Hannah Taylor poses by the crown and sash awarded to the Miss Teen Minnesota every year. Photo provided.

her to get into the pageant. On Saturday morning, Nov. 24, every girl was to practice for the night show. Sometime before the night show, Taylor had a face-to-face interview with the judges. Later that night, the show started with an introduction of the girls who were participating. The girls were judged on their interview, how

SADD widens scope

Program to also include prevention of other destructive decisions

by Kayla Hofeld

In the past three years, 54 teens died around metro schools. It is more than luck that Forest Lake has escaped falling into the category of a school with teen deaths. This record has been much attributed to the SADD program that has been active in the school for many years. The high school’s SADD group (Students Against Destructive Decisions) continues to encourage their peers in support of lifestyles and actions that are positive.

“The program used to be focused on drunk driving,” said director of SADD, Judy Hill. “We have decided that there are so many more destructive decisions than just that including, racism, vandalism and suicide. We want to address them all.”

SADD is trademarked by two colors of ribbon; yellow and red. The yellow ribbon is used for depression and suicide awareness. As you enter the front doors to FLHS you will see the yellow ribbons display in the trophy case.

“We also have a program to try and teach students to be a lifeline,” said Hill. The program teaches students to reach out to their fellow students in times of need and desparation. To be there for the kids and try to undeerstand where they are at and give them encouragement.

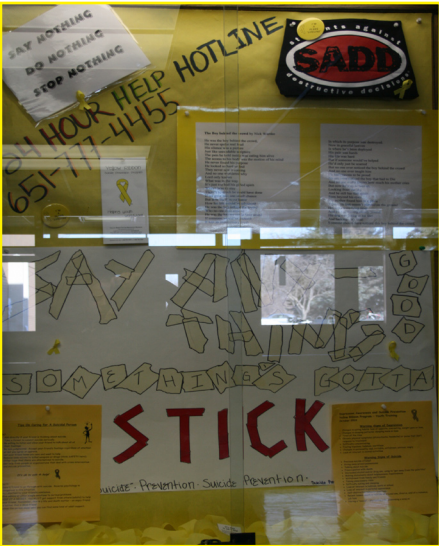
The red ribbon is used to

symbolize alcohol awareness in teens and is connected with MADD (Mothers Against Drunk Driving.)

The SADD program is also popular for it’s Positive Choices campaign, a way to get students to not drink and drive. During the campaign, they are partnered with a local funeral home who support the positive choices campaign.

Students are able to join SADD anytime during the year. They meet after school on Tuesdays in Hills room, Room 127. They also meet during homeroom in the specialized SADD homeroom with Hill.

“Students are involved on different levels,”said Hill. Some are extremely active in the program and others are more floaters.”



SADD display case showing suicide and depression awareness
Photo by Kayla Hofeld

What’s your style?

Students have varying learning styles

by Sarah Everett

Visual, verbal, independently and with groups, these are the different ways that students tend to learn. Are teachers using the most effective way to teach students what they need to know? or are students falling behind because they can’t learn the way they’re being taught? To answer these questions we must first ask the students. Are they learning to the best of their abilities?

When asked whether they learn better working in groups or on their own, senior Margaret Raatz and Autum Holycross, both juniors at FLHS preferred independent work.

“I learn better working on my own,” Raatz said.

“I learn best working on my own too, but I go in before and after school to get help from the teacher,” Holycross agreed.

So, how are teachers teaching in Forest Lake?

“I teach mainly in pairs or small groups, so that the students are able to learn off of each other,” said FLHS Spanish Teacher Megan Espe-Och.

“It really all depends on the class,” Math Teacher Bill Olson. “In my integrated classes, we teach



Teacher Andrew Waldron in front of his class. Photo by Allie Cockburn

in groups, but with traditional math it’s more independent.”

Can we do something more? If students learn better one way or the other, can they be placed with certain teachers in order for them to get the best of their learning, or are they better off learning how to adapt?

Aside from learning independently versus dependently, students can also be visual or verbal learners.

“I’m both a visual learner and a verbal learner; it again, depends on the class,” said Holycross.

“I am more of a visual learner, but it really all depends,” Raatz said. “You need to be shown how

to do things as well as have them explained to you.”

So you’ve now heard the students, so let’s look at how the teachers teach.

“I teach with visuals more than verbally. In my class we tend to take a lot of notes,” history teacher Rich Elliot said. “I would say that it benefits the students to learn visually, but I think it’s a mix of both that works the best.”

No matter what kind of learner you are, teachers consistently try to figure everything into their teaching plans. Whether you learn independently, in groups, visually or verbally, you can expect to get a little of each.

Do you have a story that you would like to share?
Contact us and let us know!

forestbreeze@forestlake.k12.mn.us

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Candidate Controversy

Voters support presidential candidates for the wrong reasons

by Tyler Wilcox



As many of you know the 2008 presidential election campaigns are in full swing. This year, two candidates stand out from the rest. Hillary Clinton and Barack Obama have set themselves apart from the rest of the candidates without saying a word. Clinton because she's a woman, and Obama because of his color. With that in mind, the two candidate's political views have been overlooked by many voters. Candidates should stand out because of their political views, but America's society today is becoming less politically informed.

Many people support Hillary merely because she's a woman. They are uninformed, ignorant, sexist, and they are completely missing the point in having elections. They are undermining America's political system. Most people don't know what Clinton is going to do in the Oval Office, but many people think Capitol Hill needs a woman's touch, especially after Operation Iraqi Freedom. What they don't know is what Clinton is planning to do to America's healthcare system. Clinton wants to give everyone in the U.S. healthcare coverage. Not only is that unrealistic, but it will hurt the medical field. Doctors wouldn't make anywhere near the same salary and there wouldn't be enough doctors in the U.S. due to the lack of monetary incentive.

Clinton has a long way to go politically to be ready for the White House. Voters are riding on the fact that she has been in the White House before during turmoil and knows how to handle the pressure of leadership, but right now, it seems she is saying whatever she can to win the election. Women don't realize that America isn't ready for a female president. There is too much controversy over a female president for it to be a success. Obama faces a lot of the same

pressures as Clinton. Obama is African-American. It hasn't been as publicized as much as Clinton's female voters, but Obama has support of many African-Americans. It again poses the question: How much do they really know about Obama's political background and his political stance on important issues? Obama, like Clinton, wants to see universal healthcare. He has called for action to bridge the gap in the

social classes. Serving just his first term in Congress, Obama's lack of political experience is also a concern, but many voters, regardless of race are unaware of this. I think that it is great that America has an African-American and a female candidate, but not if America can't see the issues at hand and put those issues in front of race and gender. The country as a whole is more important than electing a minority. Change will come with time, but change can't happen until the entire American public is ready. I urge everyone who can vote this year to look into the issues. Don't vote for Clinton just because she's female, don't vote for Obama just because he's African-American. Vote for an educated American public.

"The country as a whole is more important than electing a minority."

The Mind's Eye

by Renee Noren



Teens not mature enough to drive

by Blake Patrick



If there is one thing that scares me the most about driving, it would definitely be other teenage drivers! One reason is because when I'm in school all I hear about is how someone either failed their driving test or how they miserably failed at the drivers test. I don't know about you but that kind of gets me wondering, how well they will drive when they finally do end up passing the test. Another reason would be that when I'm at school I also wonder if most of the kids who do start driving are mature

enough to do it. I mean I also have my doubts on friends. A lot of my friends are always talking about how they got wasted one day or high another and if you ask me I wouldn't trust them to drive me anywhere. But I also here parents talking about how they don't trust their kids with driving because they lack a "mature" mind. Now answer this, would you take a ride from someone who had a really bad history of vehicular accidents (whether in a car, snowmobile, etc...). But hey there some ups to all these downs! The younger we start the more experienced we will be when we get older (no matter how many accidents we get in). Some teens have no choice but to drive because of jobs as you

get older. My dad always tells me if I'm not responsible enough to do the laundry at home, I'm not responsible enough to drive (what does that have to do with driving). There are also those who pass there tests on the first try and you know what...congrats! In my eyes if you pass the test on your first or second try your probably mature enough to drive (don't get to full of yourselves). But there are records that show that, car accidents are the leading cause of teen deaths. Don't get me wrong, there are some people who do really well at driving even though they ended up taking a drivers test six times (not mentioning any names). In general, I think that most teens are not ready to drive.

by Allie Cockburn



I'm sure for many of us; we want that iPod touch or new cell phone, or maybe those \$150 jeans from Hollister for Christmas. We want our parents to splurge with our presents, but for what reasoning? What do those possessions do for us? Is it the fact that we feel as if we fit in more if we have them? Many questions can lead us to wonder why we need those simple objects. One day, two girls were talking about what they wanted for Christmas, and one of them said they didn't want that much, but then began naming off brand name clothing and purses. It is a horrible thing that parents spoil their children; it's even worse when they don't know that it's causing them emotional harm. A new study at the University of Minnesota found a link between insecurities and materialism in kids. It said that the more items handed to kids, the more children will believe they need those possessions to feel good about themselves. Material possessions offer hope to teens going through difficult times and at low points, but can harm the self-esteem in them based upon the study at the U of M. With the more possessions

handed to children, the more they believe they need those objects to fit in. You see it every day; people flipping open their brand new cell phones and showing it off to their friends. It's a simple thing to buy teens exactly what they want, but it's taking a huge psychological risk. Helping someone's self-esteem increase by doing things such as acts of kindness to others or accomplishments made by one self. Many tips taken from websites suggest ways that teens can become more active in helping others around the holidays. Helping the poor or working at a food shelf is one of the many numerous ways to feel good and help out others at the same time. Obviously, not all kids with materialistic possessions have emotional problems. It's just those that believe those possessions will bring them happiness and success. Maybe some just like expensive things more because of the quality of it. If you believe that you want those higher priced gifts, take into account that maybe those parents or friends of yours don't have the money to buy you those gifts. Also consider saving up your own money to buy the things you want or for more important things. Think about life lessons and spending your money wisely. You may find that spending your own money is actually a lot harder than it seems.

Comments or concerns?
Write a letter to the editor.
forestbreeze@forestlake.k12.mn.us

Merry Christmas or Happy Holidays?

by Annie Hinrichsen



Merry Christmas... or is it Happy Holidays? The debate over what to call the Christmas/holiday season has been going on for a while. It seems that every year there is some new argument over a school or department store re-naming something to 'holiday.' There are now 'holiday' wreaths, trees, parties, and other things that used to have Christmas in front of them. There was even controversy over President Bush putting 'Happy Holidays' on his cards instead of 'Merry Christmas.' Personally, I don't think it's that big of a deal.

I can see where Christians want to call it Christmas because it's

part of their religious beliefs. Atheists also celebrate Christmas but they don't celebrate the birth of Christ. From what I can tell, people who think that the term Christmas makes some people feel left out are the ones who care about what to call it. Even if in the news it's spoken as 'the holidays', people can call it what they want. It's not going to change a person's own opinion. On the other hand, some people who celebrate it are very strongly opinionated, getting mad when someone calls Christmas, 'the holidays'.

In my opinion, whatever you call it is fine. Yes, I celebrate Christmas, but it is also a holiday just like Thanksgiving, Easter, Mother's Day, and so many others. Whatever you call it, Christmas or Holiday, it means the same thing: getting together with fami-

ly to celebrate whatever religion you are and what you believe in. For me, Christmas means being with my family, opening presents, and stuffing myself with really good food.

The definition of Christmas according to the American Heritage Dictionary is: A Christian feast commemorating the birth of Jesus.

The definition of Holiday according to the American Heritage Dictionary is: A religious feast day; a holy day.

Either way you look at it, Christmas or Holiday means something about eating and religion. So, Merry Christmas or Happy Holidays; whatever you want to call it, just make sure you spend time with your family and friends, and have fun!



Peer pressure: The good, the bad, the ugly

by Danielle Proulx



Peer pressure. We all know what it is and we all know that it exists, but what can we do about it?

Peer pressure isn't just saying, "I won't be your friend if you don't do (fill in the blank)." But, that isn't the only form of peer pressure. Students deal with many different types of peer pressure; including, being ignored, reasoning, put-downs, rejection, and a look.

Many kids today just go along with the peer pressure because it is easier to go along with it than to say no. But in today's world we need to remember that it isn't just going to affect us today, what we do to ourselves now will affect us in the future, also. Between the ages ten and twenty, our brains are really developing us into the adults that we are going to be someday. If you ruin your brain now with drinking and drugs, what will you use for the rest of your adult life?

There isn't only bad peer pressure, but there is also good peer pressure, like fitting in with the kids who do their homework and get good grades and are popular the right way, by being kind to others. When kids are following a good example it isn't often talked about. It's the bad peer pressure that gets the most attention, rather than the other way around.

Everyone deals with peer pressure. People tend to think that peer pressure only happens to girls, but it can happen to guys too. Peer pressure isn't gender based; it hits everyone, includ-

ing adults. So don't think that once you're out of high school you don't have to deal with peer pressure anymore, because you will. It happens throughout your whole life. Even though the type of peer pressure is different, it's still pressure.

Some ways to help say no to peer pressure is by finding the right friends. The friends that don't do the things that you were raised to believe are wrong or bad, like smoking or cutting classes, are the ones that you should hang out with, not the kids that are doing the things that you know are wrong. That doesn't mean that everyone should just ditch their friends when they are doing something wrong, sometimes just saying 'no, thanks' is all that it will take to make them realize what they are planning to do is wrong. But when it isn't, then it's time to walk away and be with other friends that are doing the right thing. That way, you have a way to get out when you know something's wrong. But the real danger is not knowing when to say no. If it doesn't feel right then don't do it. If you just listen to your gut feeling, you're in good hands.

For more information on peer pressure, try the following websites. These pages don't just have information on peer pressure, but on many different subjects including teen pregnancy, abortion, and so many other issues that many teens deal with.

<http://www.teenbreaks.com>
<http://www.reachout.com>
<http://www.kidshealth.org/teen>
<http://library.thinkquest.org>

Passing time should stay the same

by Sarah Everett



We sit in class for an hour and twenty-five minutes a day with little time to get up and stretch our legs, unless you ask to leave the room for one reason or another. However, these minor breaks from class can cause you to miss a lot of work. Because class is so fast paced, even missing ten minutes can make you fall behind. That is why the school gave us ten minutes of passing time, so that we have some time to walk around and not sit in a class. For those reasons, I think passing time should remain at ten minutes, because it allows us to take a break from the classroom.

In my personal case, I think that lessening the passing time would be pretty depressing because I like to get up and move around. I wouldn't be able to stand being in class any longer than we already are without at least a little break in the middle. If we make the passing time less, that gives me and every other person in this school

less time to talk to their friends, stretch their legs from sitting for over an hour, maybe stop at the restrooms, and get to class. This, to me, wouldn't help the students at all.

Aside from the point that you need to be able to walk around, your mind also needs to rest. I like having those ten minutes away from class so that I can adjust my thought process and rest my mind. If we were to lessen the passing time there wouldn't be any rest time for our minds to switch from one class to another, or simply get away from learning all together, at least for a few minutes. If the passing time were to grow shorter, then you would need to instantly jump from one subject to another, not having that option to think about something other than school for a couple of minutes.

Another thing that will affect students if the passing time is lessened is you have less time to hang out with your friends. I don't know about you, but being able to talk to my friends at school for at least a little bit is the very thing that gets me through my school

day. If you took that away from people I'm sure that at least half of the school would go semi-crazy because being able to talk to someone other than a teacher probably means a lot to most of us.

Even if you like to avoid your friends during passing time, you still will have troubles with other things that are somewhat easy to do with your ten minutes. One of those things is, a lack of time to get to your locker and back to your classroom. It takes about three minutes to get from one end of the school to another and if your class is on the opposite side of the school than your locker, you're going to be late for your class every day. This will cause you to get detention or a number of other punishments.

So, to say the least, if we change the passing time to anything shy of ten minutes, there are going to be a lot of screwed up schedules, not to mention it would mess up a lot of different people. So in order to keep the sanity of the students, I think that the passing time should stay the same.

Ten minute passing time between classes is unnecessary

by Allie Cockburn



It's very understanding that people want time with their friends to just talk, but the bottom line is that there is no need for 10 minute passing periods.

Some may need time to talk to other teachers or take care of things before class starts, but those things can be done before or after school. And, if you really need the time, that's when you get a pass from a teacher. I know what it's like to want to talk to

your friends, but it should never be at the expense of your education. Creating less time for passing periods would mean more time for teachers to get in every last word that they want to say and for students to get more time to ask teachers questions. Those few minutes are the difference between understanding what a teacher says or not.

I do not believe that creating shorter passing periods will make the hallways more crowded. On the contrary, I believe that the hallways will be less crowded because people will not have the time to block them to talk to any-

one. Everyone would be too worried about getting to class on time to even consider that.

I am positive that even the slowest of a walker can get to one part of the school to their locker and then to their class in under ten minutes. Prior to the four hour periods years ago, students had five to six minute passing periods and my father, a retired liaison at FLHS, had even said that students were more then capable of making it to their classes on time. Ten minute passing periods are too much time for many students to the extent that I personally can go from my 3rd hour class to my

4th with 6 minutes to spare. Mind you that those classes are on complete opposite sides of the building and I even have time to stop at my locker.

School is supposed to be an educational setting and many teachers do agree that it is also a social learning experience for students as well. Who's to say that the social setting isn't in class as well as out? Most of my friends I have are ones that I meet in class. In the end, people just want time for friends, even if it is time that is lost in the classrooms.

Being cooped up in the classroom for 85 minutes straight

could cause a want for more time between classes to stretch and talk to friends. Although, ten minutes is a long time to just do nothing. Even taking off about 2 minutes of that is more then enough time to stretch out and say what you need to say to friends.

With a shorter passing period, students would be more pressured to get to class, that they wouldn't even consider lollygagging around. It may be a debatable issue to the student body, but I believe there is no need for ten minute passing periods.

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Walking in a Wild

Wild's the way to go Troll clubs the competition

by Joe Lichtscheidl

With the snow falling and the runs opening up, everyone is grabbing their snowboards and running for the slopes. But which ski resort is best? With 17 runs, including one double black diamond (expert only), seven black diamonds (most difficult), four blue squares, four green circles, and of course the Soaring Eagle Half Pipe and Terrain Park, Wild Mountain is definitely the better choice.

Wild Mountain is in full swing, with all the runs open, three chair lifts and two tow ropes. The chair lifts at Wild hold four people when one of the chairs at Troll holds only two. With any amount of people at the park, you will have to wait twice as long to get on the chair at Troll.

Wild Mountain is set up perfectly. A tow rope is set up at the snowboard park to decrease traffic at the chair lift. With such a variety in the difficulty of the runs, it is easy to teach ski/snowboard lessons, and there are many runs that'll challenge the experienced skiers/snowboarders.

Wild Mountain is open Mon.-Fri., 10 a.m. to 10 p.m., Sat. from 9:30 a.m. to 1 a.m. and on Sun. from 9:30 a.m. to 9 p.m. Wild Mountain offers such great hours, it's never hard to find a time to hit the slopes. They offer great rates on some top-of-the-

line equipment and have a great staff to help you with anything.

Wild Mountain not only offers skiing and snowboarding in the winter, they also offer snow tubing. No equipment is needed; just a lot of fun. You never have to do any work because once you get to the bottom, they take you up on a conveyer lift.

They also offer much excitement in the summer with the different water slides, the Lazy River, the extremely fun alpine slides and the go-karts.

The chalet at Wild Mountain offers a warm and inviting atmosphere with plenty of space and very good food. The best would definitely be the fries or the nachos. They also have the Eagle's Nest which is a sit down restaurant that overlooks the ski hill.

Whether it is summer or winter, and you are looking for something fun to do, Wild Mountain is the place to go for all your excitement needs. From the food to the double black diamonds, Wild Mountain has it all and much more.

by Erica Hanson

Trollhaugen or Wild Mountain? There are so many things that make Troll a better place to shred than Wild Mountain.

First is the board park. Wild's board park is on a steep hill, when Troll's board park has a much more steady hill. At Wild, you can only get onto the towrope at the end of



the board park. At Troll, you can get onto the towrope any time. All together, the board park at Wild isn't that great. At Troll's board park, there's more of a variety of rails, boxes and jumps. Wild mountain limits their variety on how much and how difficult they are.

If you're just learning how to snowboard, Troll is a better place to learn. At Troll, there are two

bunny hills, one for people who are just starting out, and one for those who want a little more of a challenge but aren't ready for the runs yet. There's only one bunny hill at Wild, with a towrope in the middle. On the left side of the towrope, it's more of a short cut for snowboarders/skiers that are on the

"Sunshine" run. Who wants to be run over by speeding snowboarders/skiers? Ski runs and the board park at Troll are a little bit more advanced, but that must be why all the sponsored snowboarders end up there. Troll has a

better food selection too. At Wild, people who are under 21 without an adult can't go to the lodge and eat good food. We get stuck with fewer, not-as-appetizing food. At Troll you can get a cheap snack at the food counter, or you can go upstairs and eat some actual food. The lodge upstairs is like a restaurant with cheaper prices.

If you're big on snowboarding/

skiing and you want to be able to be on the slopes all day, Troll is your place to go. Troll is open Mon.-Thurs. 9 a.m.-9:30p.m. Wild is open Mon-Fri from 10a.m.-10p.m. Troll is open earlier and stays open an extra half hour. Plus, Troll has different, more student-friendly hours on Friday, 9:30a.m.-3a.m. If students go after school, they'll have more time on the slopes and at the board park.

Troll is also cheaper. Even if it's only by a few dollars, it still makes a difference. Full season passes for adults at Wild are \$390, but Troll is \$10 less. Full season passes for kids at Wild are \$255, but are \$5 cheaper at Troll. There's not much of a dollar difference, but with buying all the equipment for the sport and the season pass, it adds up.

Lift tickets are even cheaper at Troll (\$27), but only by a dollar. With the price of lift tickets and food, you'll have to be rich to snowboard/ski at Wild.

The prices, the food selection, the board park, the hours, and more, make Troll the better ski resort.

Sickness Prevention 101: Keeping away the cold

by Danielle Proulx

With the coughing, sneezing, stuffed up noses and sore throats, everyone seems to be trying to get better or avoiding the common cold. The cold spreads quickly and easily; it can be caught by breathing in the virus, directly from another person who is sick or by touching a surface that has the virus on it then touching the nose or mouth.

"I get five to seven kids in here a day," District Nurse Lisa Leibke said, "Most of those kids do stay in school."

Most colds are only contagious for about two to four days after symptoms show up, but can also be contagious for up to three weeks, according to kidshealth.org.

Trying to keep it away? Try to steer clear of second-hand smoke and someone who has a cold. Second-hand smoke makes the chances of getting sick even higher, according to kidshealth.org.

Everyone knows washing hands is a good way to stay healthy. Here at school, it's hard to do after every Kleenex is used, so try to find the nearest bottle of Germ-X. Most teachers have them in their room.

"Wash your hands," Leibke said, "If you can't wash them, hand sanitizer is the next best thing."

Another great way to stay healthy is to keep food and drinks to yourself. No matter whose drink it is, they could already be sick

and not be showing symptoms.

The fastest way to get rid of a cold is to get plenty of sleep, drink lots of water or juice and make sure to wash your hands often.

"We always tell kids to drink lots of fluids, like water, and get rest," Leibke said. "Vitamin C is good; try drinking orange juice or eating oranges. Also try to avoid caffeine and any type of pop because they dehydrate the body when it really needs the hydration."

So to stay healthy this school year, or get rid of a cold faster, just remember to drink plenty of fluids, get a good amount of sleep, wash your hands (or at least sanitize) and eat Vitamin C.

Snowmobiling: Rules for your safety

by Hannah Norwig

The feeling of exhilaration and freedom you get from riding your snowmobile across the fluffy, white Minnesota snow can be very exciting. Junior Sara Whitney says her favorite place to snowmobile is Carlos Avery. She has been snowmobiling since she was ten. "I snowmobile because it's fun and my boyfriend races," Whitney said.

Be safe and know the rules. Did you know that it is illegal to drive a snowmobile over 50 mph in Minn.? Many snowmobilers don't follow these rules, and it can

cost them their lives. The average number of deaths per snowmobile season in Minnesota since 1998 is 16. That's roughly 10 less than Wisconsin's.

Whitney was in a snowmobile accident recently.

"Me and my friend were riding over a driveway and the snowmobile flipped," Whitney said, "We didn't get hurt, though."

Excessive speed is the leading cause of snowmobile deaths, with alcohol trailing close behind.

When someone drinks and rides, they are not only endangering your own life, but others' lives as well. If your BAC (blood alcohol concentration) is over .08, you will be charged with snowmobiling under the influence. Alcohol also increases chances of hypothermia because it lowers your body temperature. If you are stopped for speeding,

police officers are

authorized to give you a ticket for speed violations.

Another important thing to keep in mind, never snowmobile on a frozen body of water unless the ice is at least six inches thick. For bigger vehicles, such as a car or small truck, 8-12 inches is the recommended thickness. Four inches is the least recommended for walking.

Next time you go out snowmobiling, be safe and follow the rules. You are only putting yourself and others in more danger when you don't.



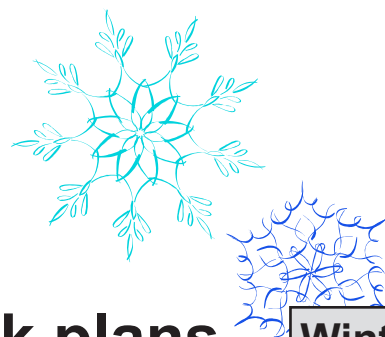
Emergency Car Kit Contents:

by Annie Hinrichsen

Ever break down on the road and not have the one thing you need to fix your car? Here is a list of simple things to keep in the trunk of your car. Just put them in a box so they don't roll around.

- 1) Cell phone and charger
- 2) Bottled water
- 3) Flashlight with extra batteries
- 4) First aid supplies
- 5) Basic tools (wrench, screw driver, anything needed to fix your car)
- 6) Tire gauge (for checking air pressure)
- 7) Maps (of where you are going and where you are)
- 8) Rope-cotton or nylon (for pulling somebody or yourself out of the ditch or elsewhere)
- 9) Snacks (granola bars, things that won't perish)
- 10) Flare

Winter Wonderland



How to make the perfect snowman

by Allie Cockburn

Helpful tips:

- *It's easier to pack the snow/make a snowman when it's warm.
- *Pack the snow as tight as possible; it's less likely to collapse.
- *If you want it to look like Frosty, add an old broom and put legs on the bottom.
- *Make sure the sections are spherical. Try to get any lumps out.

Things needed:

- Snow
- Old hat
- Scarf
- Coal or rocks (eyes)
- Sticks (arms)
- Full carrot (nose)

- Step 1:** Role three spherical balls, each one a bit smaller.
- Step 2 Put one on top of the other, in order.
- Step 3** Make sure it is sturdy, then add the scarf, hat, coal, sticks and carrot.

Step 4 Make a friend for your snowman!



Picture created by Allie Cockburn

Choices for break plans

by Kaitlin LaCasse

Any plans for Winter Break? Here are some ideas to resolve break boredom.

You could head over to Wild Mountain for a day on the slopes, skiing or snowboarding. Their day rate is \$38.00 for adults and \$28.00 for children. Rentals start at \$24.00 for the day.

If you want some cheaper fun check out Wild Chutes Snow Tubing, located in Taylor's Falls. Rates are \$15 for the first two hours and \$3 for every hour after that. They are closed Christmas Eve and are open Christmas Day: 3p.m. – 7 p.m., Dec. 26 - 28 12p.m. - 8p.m., New Years Eve 12p.m. - 8p.m. and New Years Day 12p.m. - 6p.m.

For ice skating, you have a few options depending on how far you want to drive and your budget. One option is Beltz Park next to St. Peter's. It's free and has a warming house. It depends on the weather when the rink will be ready for skaters. Another option is the Maroon and Gold Ice Arena which will have an open skating session on Dec 31 from 11a.m.-1p.m. The cost for the open skate is \$3 for adults and \$2 for children. Your third option is the Depot Ice Rink in downtown Minneapolis. Admission is \$6 for those 17 and under and \$8 for 18+. Hours vary over break so if you interested check out www.thedepotminneapolis.com

For some fun sliding down the hills, head over to Eko Backen for some Snow Tubing. Hours over break are: December 22 through Dec. 31: 11 a.m. – 10 p.m. Jan. 1 & 2: 11 a.m. -7 p.m. They are closed Christmas Eve and Christmas Day. For three hours the cost is \$12 plus tax.

For some Minnesota Holiday tradition head down to Nicollet Mall for the Holidazzle parade. The parade runs until Dec. 23 on Thurs- Sun. The parade begins at 6:30p.m. on Nicollet Mall between 12th and 4th Streets. It is outside, so remember to dress warm.

If you're missing summer you could check out the Shoreview indoor Tropics Water Park off of Hwy. 96. Admission is \$6.50 for non-residents 17 and under and \$7.50 for 18+ (not including sales tax). For more information check out their website; www.tropicswaterpark.com.

Another option is bowling; fairly close by, you've got the options of Stars and Strikes (Wyoming) or Bunkie's (Chisago). Bunkie's cost is \$3 per game and \$1.50 shoe rental. Stars and Strikes has a wide variety of activities from bowling to laser tag to an arcade.

Have a fun and safe winter break. See you in the New Year!

Winter Safety Tips

- Gathered by Danielle Proulx*
- In order to stay safe this holiday season *The Breeze* staff would like to give you some helpful holiday travel tips.
- Avoid dangerous situations:**
- DO NOT ride with someone who has had ANYTHING to drink.
- Make sure you get plenty of rest before you leave.
- Give yourself plenty of time to get where you're going
- Wear a seatbelt (It's the law!)
- Always keep your car doors locked and the windows rolled up
- Stay in your car if there is a minor car accident. Slightly roll your window down rather than get out. Some criminals use this tactic to get you out of your car.
- Give yourself plenty of room in between cars
- Let up on the gas pedal rather than hitting the breaks
- The Breeze* staff hopes you have a happy and safe holiday vacation!

Age-old skiing v. snowboarding debate

by Kaitlin LaCasse

Sitting on a chairlift, overlooking the slopes, only two things could give you the chance to do this, skiing and snowboarding. Here are some reasons skiing is better than snowboarding:

Balance is a big issue and completely different depending on whether you're skiing or snowboarding. When snowboarding, if you get slightly off-balance, you fall. If you over correct, you end up in the same spot - on the ground. It takes a lot more to get a skier to topple over than a snowboarder. Mostly because you have the ski poles to help catch yourself and your feet aren't connected to the same board.

Skiing isn't as insanely challenging as many make it seem. It presents a challenge, but not to the point of wanting to break your skis in half. It gives you the chance to spend more time on the slopes and less time sitting on the ground reattaching yourself to the board. With skiing, you simply need to put the skis on once, get of the chairlift and head down the slope.

As for tricks, yes skiers can pull them off, and I'd like to point out, we don't need our own terrain park to do them. There are plenty of people out there who can pull off some pretty amazing tricks, like Olympic freestyle skier Jaret Peterson. Once you've mastered a trick on skis, you have that great

feeling of accomplishment.

Skiing also allows you to have a board for each foot. It is possible to cross your skis, but after you've done that once, you learn not to. Skiing also allows you to go downhill facing forward as opposed to facing sideways.

Skiing allows you the chance to leisurely glide down the slope. You have more speed options, even though most times you choose to go fast, you could slow down. That's not an option snowboarding; you have one speed - FAST. Skiing also doesn't limit you to complete slopes. If you decide to go across a ridge, you can with little trouble- you've got your ski poles to help.

Skiing has been around for thousands years. Just because a snowboard is the 'cool' thing to be riding down the slopes on, doesn't mean that it's the only thing out there. Skiing has earned its spot on the slopes and it's definately here to stay. And that's exactly why skiing will, and always will be, better than snowboarding!

by Sarah Everett

There is a certain rush that you get from riding down a slope, one, that you can only get from snow boarding. Many people say that skiing is better, but they are sorely mistaken.

First of all, the main thing that makes snowboarding more fun

enjoy the ride down.

Second, snowboarding allows you to open your options and try new tricks that you normally wouldn't be able to do when skiing. Since you don't have to worry about where your skis are, you're able to do a lot more. Skis are definitely more of a burden on your whole downhill experience than snowboards are.

Aside from hindering you when you are actually riding them, Skis are harder to transport than a snowboard is. With a snowboard, you have your goggles and boots, plus the one snowboard. But with skis, you have goggles, boots and two different skis to keep track of. This can cause more lost room in your car or garage or house. Because of this you may not be able to have room for any of your other things. Not to mention you can lose different items more quickly

that a snowboard. This only adds to the constant hassle skiing puts in your life, a hassle that isn't there for people who own a snowboard.

Skiing can be considered an older version of snowboarding because skiing has been around longer than snowboarding. So maybe it's time for skiing to take a rest. Snowboarding is a fun, new sport that is quickly catching fire and is an up-to-date way to have fun in the snow. You get the cool new, high-tech gear that makes you look that much cooler. When you're snowboarding you have the best gear of any kind and the most fun. Plus all of this gear is safe and cool.

It is time for skiing to stand down to snowboarding because, finally, skiing is being upstaged. Snowboarding is faster, safer and gives you a better thrill. Overall, snowboarding a better sport than skiing and probably always will be. For those of you who haven't ever gone snowboarding, then I urge you to give it a try. After trying it I can assure you, you won't go back.



than skiing is simply that it isn't as complicated. With snowboarding you have one board and don't have to concentrate on individual skis. When you're skiing, however, Skis always have that constant threat that you are going to cross your skis or get them hooked in a drift, sending you falling to the ground with a mouth full of snow. They always add to the burden of actually making it to the bottom of the hill and don't allow you to

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Energy Park wins Battle of the Bands



Energy Park



The Sending



An Honest Lie



Alevial



SNL

by Kurt Johnson

Are you ready to rock? Well, if you were one of the 10 bands that tried out for this year’s Battle of the Bands on Dec. 10, you apparently were. Only five bands made the cut this for this year’s battle, each earning 30 minutes to rock out on stage in front of a live audience. Time to get the band equipment on and off stage was not included.

The five bands who got to play on stage this year, in order, were “Alevial”, “The Sending”, “An Honest Lie”, “Energy Park Drive”, and “SNL”. This year’s

judge pool was Mike Coffee, teacher at FLHS and musician, Steve Peterson, music teacher at McMally Smith College of music, and C. J. Johnson, student at Hamline University and former student of FLHS.

This year’s Battle of the Bands cost \$3 to get in. The money gained goes to paying off some of the yearly Battle of Band expenses, such as paying for judges, prizes, technical crew and the security needed to have this tradition. The rest of the money is being saved

to help the National Honors Society (NHS) and Family Pathways do projects to help support our community.

Laura Livermore, an English teacher and adviser of NHS, said she likes this event because it is a competition that students who aren’t in sports or activities look forward to.

“It’s a chance for a different group of students to show their talents in a different way,” said Livermore.

Heather Guy, also an English

teacher and NHS advisor, added, “We had a much larger range of people trying out this year. From musical sound to age range.”

Lending a helping hand, stage crew helped put on a smooth show by assisting musicians instruments and overall stage set up.

Laura Jacob, senior and this year’s stage manager, said, “It’s a lot of confusion. People are running everywhere and asking ‘What do I do?!’”

This year’s winners were, in first, Energy Park Drive, and in

second, The Sending.

Without a doubt, Battle of the Bands has become a talented, hardcore, electrifying, exhilarating tradition for FLHS, and gives local bands a time to shine and recognize their talents.

For all those rockers out there, or those who just love music, support the local student bands. As all great artists know, they would be nowhere without their fans.

Local Artist

Red Dress White at Club 3 Degrees Jan. 11

by Hannah Norwig

Red Dress White, a local rock/hardcore/pop band, is making its way to the top. Members of the band include: junior Patrick Kiloran, who plays rhythm guitar and sings the lead vocals, junior Ben Leone on drums and background vocals, senior Max Kinley, who plays lead guitar and does background vocals, and sophomore Jack “Specto” Vondrachek who plays bass guitar.

Kiloran, Leone, and Vondrachek attend Liberty Classical Academy, and Kinley goes to Tartan High. Kiloran has played guitar and sang for about two years. Leone has played the drums for an impressive 10 years, and started singing even earlier. Kinley has been playing guitar for about four years, and Vondrachek has only

played the bass guitar for about a year. However, he has played the guitar for about five years and



was trained classically.

Red Dress White played their first show on March 31, 2007. They have been a band for about a year.

“Ben and I had been making music together since the summer of 2006 and decided to do something with it. In December and January of last year, we

recruited Jack and Max,” Kiloran said.

The band has played many more shows since then. They have played at venues and clubs including R2 Center, Club 3 Degrees, The Core, Club 1, The Toybox, The Garage, and at Rage Fest ’07.

“We kind of played at Sonshine ’07, too,” Kiloran said as he laughed. “We were going up there to try to play the Impromptu Stage, but our name was never picked at random. So, we set up on the lawn and started playing.”

Red Dress White currently has about 11 or 12 songs they practice and play as a band. Their most well-known songs are called “Come Back,” “Pilots Don’t Cause Plane Crashes; It’s The Flight Attendants,” and “A Shallow Grave Would Be Just As Good.”

“We have some new ones

that we haven’t recorded yet, and hopefully they become popular too,” said Kiloran.

Leone has written two of their songs, but Kiloran says he is the primary writer. He also says that it is when they all put their skills together they make the songs sound like they do.

As for where he sees the band in the future, Kiloran said, “Well, probably very fat and bald! But for real, I think if we worked really hard, kept playing and improving, and getting connections, we could become a popular touring band. We just try to do our best and see what God wants to do with us.”

If you are interested in seeing Red Dress White perform live, be sure to go to one of their upcoming shows: Jan. 11- Club 3 Degrees, Jan. 18- Club 1, Feb. 9- The Core, and Feb. 29 at Nesting Grounds in Wyoming. You can also check out the band and get more information about their upcoming shows by going to their myspace page: myspace.com/reddresswhite.

Hot Spot: Drive thru or dine in at Max’s

by Stephen Peterson

Max’s Groove House isn’t just your ordinary restaurant; it’s a mix between a coffee house and a restaurant.

According to the Max’s website: Max’s is the place to be and to be seen. With a unique environment, it is a restaurant where you can sit and relax while you enjoy a cup of coffee or deli sandwich. With a wide range of food and drinks, there is enough to please just about everyone at prices that will please them as well.

The price range is very high-school-student-friendly and the food is much better quality than you would expect for its price. Max’s serves breakfast, lunch, and dinner. They also serve a variety of different drinks including: coffee,

tea, smoothies, energy drinks, and juice.

Max’s is also Wi-Fi ready, so if

you need to get some work done but want to enjoy a friendly atmosphere and good

service, Max’s is the place to be. So whether you want that extra boost of energy in the morning, grab a quick bite to eat on your lunch break or just want to sit and enjoy a relaxing dinner with that special someone, Max’s has it all at prices that won’t hurt your budget. According to the Max’s website: “The Groove House serves up good music, with fresh food and drink, the way you want it from morning to night. It truly is a restaurant for all reasons.”

Max’s Hours are Mon.- Fri. from 6a.m.- 9p.m. Sat. from 7a.m.- 9p.m. and Sun. 7a.m. from 3p.m.



Upcoming Concerts:

Gathered by Hannah Norwig

Dec. 22, \$12

Four Letter Lie/ The Audition/
Gloria/ Camera Can’t Lie
Varsity Theater
Minneapolis

Dec. 29, \$17

Quietdrive/ Dropping
Daylight/ June/ Sing It
Loud/ Soviet Machines
First Avenue
Minneapolis

Jan. 26, \$21.75-\$54.75

Martina McBride
Target Center
Minneapolis

Jan. 31, \$10

We The Kings/ Cobra
Starship/ Metro Station
Varsity Theater
Minneapolis

Feb. 4, \$38-\$73

Matchbox Twenty
Xcel Energy Center
Minneapolis

Feb. \$14

Saosin/ Armor For Sleep/
The Bled/ Meriwether
Station 4
Saint Paul

DVDs

Dec. 26

The Brothers Solomon- R
Eastern Promises- R
Rush Hour 3- PG 13

Dec.31

The Covenant- PG 13

Jan. 2

Resident Evil:
Extinction- R

Jan. 8

3:10 to Yuma- R

Jan. 15

Good Luck Chuck- R
Mr. Woodcock- PG 13

YouTube Review



Welcome back! I can see the anticipation written all over your face to see what this issue’s videos are. We usually go along the path of humor and comedy, which isn’t all that bad since humans are a creature of habit. Although this week we went with more of those, “cool /what the heck” kind of videos. One of the videos leaves you pondering and scratching your head all day long. The other will just leave you in awe of what some people can do...or in awe of how much free time some people have on their hands. Enjoy!

David Blaine Changes Coffee into Money



I know I know, everyone has at least heard of David Blaine, or at least of what he’s done. Most people say he’s fake, or he’s dumb, or whatever. But here is a video of him just roaming the streets doing what he does best, freak-ing people out with his magic. Even if you dislike David

Blaine, just at least take one minute out of your life and watch this video...please? Oh, and this movie is 52 seconds long.

Travis

I think that this video is flippen sweet. Even though deep down I know that it isn’t real, it’s still pretty cool to watch. I just keep asking myself,” Why would anyone want to invest so much time just to prove that they have ‘magic powers’ or something like that.” But then I watch the video and realize...maybe he isn’t talented at anything else, so at least he’s got magic going for him.

Stephanie

I think David Blaine is amazing, I wish I could do half the tricks he can do. He can make you believe that he can do pretty much anything even though most of the things are illusions. I love watching David Blaine’s magic tricks. Even though I know most of things aren’t real, they still amaze me.

Yamakasi



Now, make sure that you find the movie that is 1:40 long, because there is more than one video under this name, and the one that’s 1:40 long is the correct one. Some people call

this man the Urban Ninja, but a lot of people could be called an urban ninja. This guy can jump off buildings at incredible speeds and heights, and can land almost any jump from any height. He has lots of talent and really puts his body to the test with some of the stunts he pulls. When you watch this video, just keep in mind that this shouldn’t be attempted at home, only if you’re an urban ninja or have the supervision of an urban ninja!

Travis

My brother first stumbled upon this video a couple years ago and was amazed at it. He has always been into trying to do dumb things to impress people, and this was something that he thought he could do well. Although he could barely do any of these things and eventually hurt himself, I still go back and watch some of these videos. I personally think that everyone and anyone that can do those types of stunts (well and unharmed), has my respect, to a certain extent.

Stephanie

This video amazed me! I don’t know why you would ever want to risk your life for other people’s entertainment but I’m glad this guy did. Although most people could do this if they tried, I still find this video amazing!

Book Review

White is for Magic

by Blake Patrick

White is for Magic is a very interesting read and is also second in it’s the series. The suspense is superb, and the book is fast-paced. The main character, Stacey is easy to like and she brings the reader into the story. From there, Laurie Faria Stolarz does the rest by creating an intriguing plot with just the right amount of surprises and twists. The new character, Jacob, adds just enough to make this novel just a little bit more intriguing than Blue is For Nightmares.

In the first book you learn that Stacey has the power to see visions in her dreams (predict the future mostly), but these are no normal dreams they give her clues as to what will happen to someone (pretty much how they will die and where). And in the first she was having dreams about her friend Drea being locked up, and in the end she ended up getting kidnapped by an obsessive lover. Stacey visions end up leading her to an abandoned house in which

she finds and saves her friend. The lover is arrested and sent to jail (promising revenge on Stacey).

Like the first book the second is more of a chick flick than of one of blood and gore. In this book Stacey is having nightmares again, but these are different.

They are no longer about someone who is going to get die, they are about people who are already dead. Shortly after she has these visions she throws up. Now she must figure out what her puking and the dreams are trying to tell her, and who will be next on a killer’s hit list.

Amidst all this chaos comes a new character supposedly having nightmares also, but his are different...they are about her being killed. In the second book Stacey must choose to trust this new stranger named Jacob or continue on investigating for herself. Like before if you are more into chick flicks then this book is more for you, and if you have read this book and haven’t started reading the others...

START READING!



Mass Effect:

Latest video game from Bioware allows for individual tastes

by Tyler Wilcox

Leaping across the galaxy, chasing down bad guys and living above the law? Sounds like fun, sounds like Bioware. Mass Effect was released late Nov. The game was created by a company called Bioware, also creators of the popular games Jade Empire and Knights of the Old Republic. Bioware is known for its lengthy role playing games and unique dialogue system. Mass Effect is no different.

Bioware has announced that Mass Effect is the first of an eventual trilogy. The game does an amazing job with the gameplay, dialogue, storyline, and presentation although it is extremely open ended and complex.

Mass Effect is a third-person shooter, but the combat isn’t focused entirely around shooting. As the game starts, you choose your character’s military and family background. Your decisions change the dialogue of the game. For example, you can choose to be orphaned, or maybe your parents were space travelers. Your character was either a survivor of a terrible battle, a war hero, or a ruthless military leader

known for getting the job done .

Mass Effect takes place in the year 2183 and the “mass effect” is actually a physics phenomenon. In your journey through the galaxy, you meet many different alien races. Humans found an ancient device on Mars, made by the extinct Prothean race that advanced Earth’s technology 200 years making space travel a reality. Some people actually learn to control and use “mass effect”. All in all, it is a lot like “the force” from Star Wars.

Mass Effect’s storyline is a lot to take in. At the beginning of the game you try to uncover another Prothean ruin and you find out that the Prothean race was wiped out 50,000 years ago by a machine race called the Reapers. Then a government agent turns evil and tires to bring the Reapers back. You’re job is to stop him, uncovering more secrets about the Protheans along the way.

During game dialogue, you get to choose how your character responds in conversation. You have anywhere from 2-6 options: one “good” option, one neutral, and one mean. You character has both

paragon (good) and renegade (evil) meters that fill according to your actions and responses. The unique dialogue system keeps the story-filled game more interesting and less structured.

The game is presented almost like a movie. The character animations look perfect, and Mass Effect really takes advantage of next generation graphics. The characters’ lips move in sync with the talking and there are very few graphical hiccups. One of the disadvantages is that you can’t skip any of the in-game cinematics.

Mass Effect’s combat system is as complex as you make it. Depending on the character class you select, shoot, support your teammates, or throw objects around at people. There are four different types of weapons: pistols, assault rifles, shotguns, and sniper rifles. Only the soldier class can use all four weapons. The actual fighting is challenging and fun. You can take cover behind objects and the environments are destructible. Using powers and abilities can be tedious during combat, but the game pauses when you are choosing your abilities. The game

is able to keep the combat fun with a variety of ways to fight.

Mass Effect suffers from an extremely complex equipping system. Each weapon has two upgrades and each set of armor has one. That means you have 56 items and upgrades to manage. It gets to be too much to keep track of. You end up focusing on just three characters since you can only have three (including you) in your party at one time.

Mass Effect is extremely open ended. You have mission objectives, but there are many side quests to take on and extend the game. This open ended game style actually seems to hurt the game itself. You find yourself choosing between over a dozen options.

Mass Effect has amazing replay value. It may not have online play, but the enemies are always just as strong as you. For example, if you are at level 30, the enemy will be equally tough as it was when you were level 1. Once you beat the game, a new menu option is unlocked allowing you to

play through the game again with your existing character. You don’t lose any of your equipment or abilities and it is a great way to try side quests you neglected on your first trip through the galaxy. It isn’t ever the same trip twice.

Overall, Mass Effect delivers fun, diverse gameplay and a compelling storyline. The good far outweighs the bad. It is a definite buy for XBOX 360 owners. Mass Effect blows away the competition. Let’s just hope we don’t find anything on Mars.



Athletes of the Month



Photos by Stephen Peterson

by Stephen Peterson

Senior **Kim Fredrick** has been a varsity goalie since seventh grade and has become one of the top goalies in the conference. The Ranger girl's hockey team has had an outstanding start to the season. The girls are 7-1-1 overall and 2-1-1 in conference play, their only loss was to Hastings 3-1. "Despite all the drama that has been going on, we have really come together and started playing well as a team." Said Fredrick. Fredrick has led the Rangers by doing an outstanding job between the pipes for the Rangers. She has held their opponents to a 1.14 goals per game. Fredrick also has three shut-outs so far this season. Her shut-outs came against St. Francis/North Branch 3-0 on Nov. 17, Park of Cottage Grove 3-0 on Nov. 24. and White Bear Lake 0-0 on Dec.8. The girls have high expectations for the rest of the season and are hoping to make it to the state tournament.

Senior Captain **Jake Kogler** plays right wing for the Ranger boys' hockey team and is one of the top players on the team. The boys are 4-0-0 overall and 2-0-0 in conference play so far this season getting wins over Cambridge-Isanti, Grand Rapids, Park of Cottage Grove and Hastings. "We have started off the season really well," said Kogler, "We are playing really well as a team." Kogler has seven points so far this season. Kogler scored two goals against Cambridge-Isanti, one against Grand Rapids and one against Hastings; in addition he collected an assist against Grand Rapids and two more assists against Park of Cottage Grove. "Getting seven points in four games is a nice way to start the season," said Kogler. The boys hope to win the 7AA section championship and go to the state tournament.

On thick ice
Boys and girls hockey teams on a roll

by Danielle Proulx

Boys
So far this year the boys' hockey team is 4-0. The team goal for the boys is a high one, "Our goal this season is to make it



Junior Paul Moberg defends the goal. Photo by Todd Proulx

the first Forest Lake boys hockey team to make it to state. It all depends on how much improvement we make by March," said Forsythe. So with Moberg in the net, Garry at defense, and Morgan at center, the Rangers have their sights set high. The boys' next game is Thurs. Dec. 20 at home against White Bear Lake at 7:30. The JV team starts at 5:30 p.m.

Girls
One team that is already on their way to win a spot at the state tournament is the girls' hockey team. The girls' record is currently at 7-1 their only loss coming to Hastings on Tues. Dec. 4. "The team is doing very well," said Head Coach Heidi Link. "It is a great start to be 7-1-1. We still have some things to iron out, and goals to reach as we work our way through the season, but I think the girls are up to the task."

"We are working really hard," said junior Ashley Grell. "So far we've only lost one game." In addition to the goal of making it to State, the girls also want to be the best passing team in Minnesota. "Number one goal is always to have the girls have fun," Link said, "but number two is to win 17 games this season, and the third goal we have is to win sections and go to state." They all know Link has set some high goals. By improving their reaction to the play, strength, conditioning, fore-checking and power-plays the team will become even more of a threat. The girls' next game is Dec. 26 at the Schwan Super rink in Blaine. They also have games there on the 27, and the 28. Their next home game is on Tues. Jan. 8 at 7:30 p.m. JV starts at 5:30 p.m.



Sophomore Jamie Thorson goes for the puck. Photo by Jamie Bullock

Smile and strike a pose
Dancing their way to the top

by Allie Cockburn

The girls Varsity Dance Team kicked off the winter season with tryouts end of October. The team tries out for the choreography committee. The choreography committee creates the dances the girls do and it can be lettered in. The teams are judged on choreography, uniformity, formation and technique. The dances have a jazz routine which takes on a disco mix and the kick routine



Senior Kendra Jaeger flashes a smile. Photo by Todd Proulx

has dance music. Team captains this year are Kelsi Jurasin and Siri Simons. Along with coaches Angie Nelson and Cheryl Smoczyk, they have been working hard with the team this year on the new dances. The team took third at their first meet December 3, and was very close to beating Cretin-Derham Hall. "There's potential to go places this season," said sophomore Constance Berger. Their next competition is at Roseville Area High School 6:00 on January 10th.

Taking it to the hoop
On the court and in your face

by Stephen Peterson

Girls
The Ranger girls' basketball team is off to an outstanding start. After losing six seniors from last year's squad, the underclassmen know they were going to have to step up and play up to their full potential if they wanted to be a force in the always tough Suburban East Conference. "Everyone worked really hard in the off-season to improve and now everything is coming together," said Head Coach Jen Wagner. "The younger players have really stepped up this season," said Senior Captain



Gina Lange goes up for the shot. Photo by Stephen Peterson

Abi Iverson, "We have been able to count on them to play well." The girls are 6-0 so far this season. At the time of press the Rangers have collected wins

against Champlin Park, North St. Paul, Elk River, Anoka, Mounds View, and Hastings. "I've been in the varsity basketball program for four years," said Iverson, "And we've never had a 5-0 start." "You couldn't have asked for a better way to start off a season," said Senior Captain Audrey Mills. The Rangers next game is tomorrow, Dec. 20 at Cambridge-Isanti. Tip-off is at 7:30 p.m. Come cheer the girls on to another victory. **Boys**
The Boys basketball team is looking to build off last season's success by being one of the top teams in the conference. The team high expectations for the season and are looking to make it to the state tournament. "The season should go pretty good," said Senior Captain Brandon Phelps. "We are a fast pace team and we work well as a team." After losing many starters from



Senior Brandon Phelps takes it to the hoop. Photo by Todd Proulx

last year's team, the underclassmen know they will have to step up and play a huge role if the team wants to be successful this season. Leading the team this season will be senior captains: Ryan Brown, Brandon Phelps and Justin Nelson. The boy's opened the season on Dec.8 at St. Paul Como, the Rangers went on the win 60-54. They lost to Blain on Dec. 11. The boys play Friday, Dec. 21 against Champlin Park at Champlin. Tip-off is at 7:30 p.m. The team also has a holiday tournament from Dec.27-29 in St. Cloud.

Check out your Forest Lake sports images @

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

Good luck to all the sports teams over winter break!

Ready...Set...Speak!

Speech team to start competitive season

by Kurt Johnson

With all the winter sports out there, many students forget to take into consideration the other activities that our school has to offer, such as the speech team. This year, around twenty five students made the team, and are preparing for to give their speeches.

There are 13 different type of speeches that fall into the categories of either being extemporaneous or public announcements. Extemporaneous is more of an oral interpretation and requires some theater skills

whereas public announcements require students to present speeches formally. Both take the skills to give their speeches in front of their opponents and judges, which is no easy feat with public speaking being the most common fear.

Tim Newcomb, the head coach of the speech team, commented that he was excited and nervous for this upcoming season. With a lot of new members on the team, the experience that has been seen in earlier years is even more valuable now. Though, with

new members, the opportunity presents itself to bring out the best in some of the newbies.

“It’s nice to have new faces on the team. It will give a fresh approach. I’m excited to start a lot of fresh traditions,” said Newcomb.

Last year, the speech team has sent two speakers to state and would like to do so again this year. Look for more follow up stories on the progression of the speech team in future issues.

Debate finishes season strong

by Tyler Wilcox

Rebuilding is always a slow process and the Debate team is heading through a rebuilding phase this season. Making progress is top priority for a rebuilding team regardless of the activity. Despite the fact that the debate team is rebuilding they do have a strong core of seniors to work around. Caitlin Jensen, Kurt Johnson, Soren Douggan, Leeta Carlson, and Margaret Raatz. The Debate team has been able to make positive strides this year. Co-Coach Mrs. Madsen is helping the younger Debaters learn and develop their skills.

“The year has gone pretty well, definitely a rebuilding year,” said Madsen.

The Debate team has been

practicing and competing since the first day of school. They’ve gotten better as the year has progressed, but there’s still room for improvement.

“I think, follow through, we need more experience and for kids to stick with it,” said Madsen.

A lot of kids at other schools debate all through their junior high and high school careers. It gives their teams more depth and experience.

“We get three years if we’re lucky,” said Madsen.

Debate flies under the radar as an extracurricular activity at Forest Lake High School. Lately the Debate team has been debating Plea Bargaining and whether the

U.S. could take military action against Iran. It’s natural that Debate flies under the radar.

“A lot of people have the wrong impression of what we do,” said Madsen.

The past two weekends have been big for Debate. They had JV Novice State and National Qualifiers in consecutive weekends. Two weeks ago at JV Novice State sophomores Neck Bergantine and Laurel Pelton made it to the quarterfinals. The team struggled at National Qualifiers, and had no one break into the quarterfinals. Sections and State are coming up this January for the team as they look to finish off the season strong.

Boys swimming eyes success

by Danielle Proulx

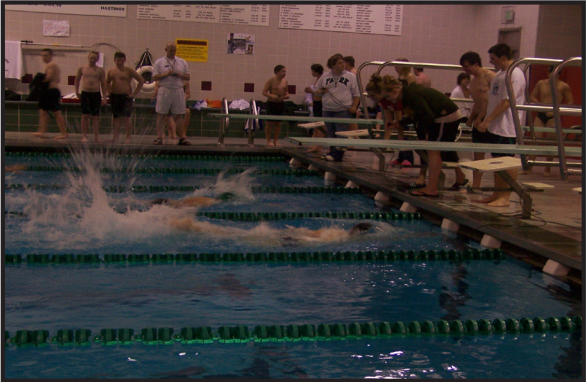
The boys swim team is ready to make it all the way to sections. With many of their seniors taking top spots this year, the boys are confident.

“We are hoping to win sections,” said senior captain Peter Sandager.

Head Coach Barb Vailodash agrees.

“The goal is to win sections again. We have the talent to do so,” she said.

Their first swim meet was on Thurs. Dec. 6 at conference relays of Stillwater. They placed fourth out of eight teams. The team is strong in most of the events.



John Goossens places first in freestyle at Park Dec. 13 Photo by Renee Noren

“We are good in pretty much everything but backstroke,” said junior Kevin Lalla.

The captains are seniors Peter Sandager, Kevin Brennhofer, and John Goossens.

“The captains are great leaders. Their position starts in May of

the previous year, by attending the Central States Swimming Association meeting,” said Vailodash. “With an emphasis on attending the leadership meetings and many, many more swimming-specific meetings, it’s held in Chicago. The captains get the weekend to learn about leadership, as well as each other’s strengths as a leader.”

Overall, the boys are looking forward to a winning season. Catch the wave at the next home meet Jan. 3, at 6 p.m. against Roseville. The meet is at Southwest Junior High pool.

Alpine skiing’s first meet Jan. 3

by Sarah Everett

Now that summer sports are at an end, the winter sports teams are gaining speed and the Alpine ski team is one of them.

Alpine started Nov. 12 and the team has been working hard to make sure they’re in top condition for their first meet against Mounds View on Jan. 3.

“We’ve actually been taking it pretty easy,” Nicky Kumerow a student here at FLHS said. “We’ve been doing dry land training and plyometrics to work on our agility. Plyometrics are a lot of work and involve a lot of

running.”

What does the team have planned for their future meets?

“The boys are definitely going to win state,” Scott Brunjes said. “The score is going to be eight in all.”

As for what the girls have planned?

“We’re going to do pretty decent at our conference meets and place at least fifth in sections,” Kumerow said.

So how does an alpine skier get scored?

“Your score is based off of

two runs and each run is times,” Brunjes said.

“There are ten places you can get with ten being the lowest and one being the highest,” Kumerow said. “The first person gets ten points, second gets nine, all the way down to the tenth which gets one. Then you add the scores of the team and place it out of 55.”

Next time you see the alpine team having a meet (meaning their first meet at Mounds View), go out and support them because they’re working hard for it.

Gymnastics flipping into new season with meet on Dec. 20

by Amanda Nyberg-Markling

The gymnastics team is flipping into a new season; their first meet was December 6th, against Park Cottage Grove and won. Taylor Brett, Maddie Crew, and Chelsea Uram placed in their events. Brett placed first on vault, bars, floor and all around. Crew placed second on floor, beam, and all around, and Uram placed third on vault.



Senior gymnasts Chelsea Uram and Maddie Crew Photo by Allie Cockburn

“Our strengths are that we have good leadership and a solid number of returning letter winners,” said Coach Nancy Ellias “Our weakness is inexperience.”

This year is a young team; there are three upperclassmen, seniors Uram and Crew, and junior Scotti Sampair.

One of the team’s goals for this season is to place in the top two

in sections and send four girls to state. They hope to increase their overall scores varsity, 146, and junior varsity, 134.

Their next meets are Thursday Dec. 20, against Roseville and Thurs. Jan. 3, against Woodbury. Both meets will be here at the high school and will be at 6:30 p.m.

Nordic to have Christmas Camp over break

by Kaitlin LaCasse

Even though Winter Break is here and its time for some Rest and relaxation the Nordic Ski team will be working just as they always do. Over winter break the Nordic team is going to go to Ironwood, Michigan for Christmas Camp and ski for four days.

During the off-season many of the Nordic skiers join track, run cross-country or swim. In the summer months when there isn’t any snow the team is still hard at work, running, and using nordicwerks, the team also does plyometrics.



Senior Ben Brodin races to finish. Photo provided

The team’s hard work, even when they could be relaxing, pays off. At their first meet the girls took second place and the boys took first. Senior Annie Dehmlow took second in individual competition and Senior Ben Brodin took first. The meet was the first time skiing

on snow this year.

“It’s harder to race if we haven’t skied on snow,” Junior Megan Gooley said.

Sophomore Michael Howe said that the team has stayed close to the same the past two years.

“Some of the younger guys have gotten faster, but we also lost important seniors from last year,” Howe said.

If the first meet was any sign, the team will be competitive this year.

For more activities’ schedules, go to hs.forestlake.k12.mn.us/ go to activities and click on “Activities schedule and calendar”

The Winter Solstice

Stonehenge: not just the seventh wonder of the world

by Renee Noren

Set your clocks for 12:08 a.m. on Dec. 22, 2007 to experience the “sun-stand”, also known as the winter solstice. Marking the shortest day and the longest night of the year, as well as the first day of winter, the solstice is a phenomenon that has been celebrated for centuries. Many ancient cultures built architecture such as tombs, temples, cairns, and observatories to be aligned for the day of the solstice. Throughout history, people have observed the winter solstice and created traditions to celebrate the rebirth of sunlight.

Around 2300 B.C., ancient farmers built Stonehenge as an astronomical calendar. They

consider Stonehenge as a place of worship where they gather on the day of the solstice.

There are hundreds of megalithic structures like Stonehenge around the world that show the importance of ancient traditions. From Africa to here in the United States, these historical markers have shown the impact of sun-light since before 2000 B.C.

So, whether you have nothing better to do, or you just want to be a part of a historical celebration, be sure to check out the winter solstice on Sat. the 22nd.



Picture taken from outbackoutline.net

considered it a sacred site and gathered there for ceremonial events. Today modern pagans still

Anderson’s Animals Anonymous

The world’s most disproportionate creature in the animal kingdom

by Tracie Anderson

I can tell by the expression on your face, that the gerenuk is the weirdest thing you’ve ever seen! Well, it shouldn’t be if you’ve been reading my articles. The gerenuk is the animal for the December issue and one might say that it’s unique. Even though there are many animals that are odd, only a few make my list of extreme animals. It seems there are really only two continents that contain extreme animals: Australia and Africa. What are the odds then that gerenuk hail from Somalia? For those of you who have no idea where that is, it’s in Africa. gerenuk live in places from the thorny Savanna to the dry desert. They adapt very well to their surroundings.

Just like antelope, the gerenuk’s main predators are cheetahs, lions, leopards, and hyenas. Unlike common antelope, gerenuks are amazing eaters. It’s not really what they eat or *how* much they eat, it’s how they eat. gerenuks have an extra vertebrae in their spine that allows them to stand

on their hind legs for long periods of time. Since they are able to stand this way, they usually eat the higher leaves in a tree. These leaves have more water in them, making the leaves the gerenuk’s primary source of water.

When it comes to friends, who



knew that gerenuks are actually very picky? When it comes to hanging out with other gerenuks, girls stay with girls, and guys stay with guys. They only mix together when...you know, when they want little gerenuks running around, but that’s a different story. gerenuks

usually hang out in groups of one to five individuals within each groups’ territories (approximately two square miles).

The most shocking thing I read about this animal, is what it does with it’s young, especially new-borns. The female gerenuk is looked at as either very caring or just plain sick. Here are two things that just made me squirm a little bit in my computer chair. The first is that when a baby is born, the mother goes off on her own, away from her groupies, and has the baby. That doesn’t sound too bad until reading that when the baby is born, the mother quickly licks the entire baby clean, then to protect it, she *eats* the afterbirth! Of course, I told my mom and all she said was,

“Oh, you are so immature, she’s just being a good mother! Although that is pretty gross.”

The second gross fact is that the mother stashes the baby in a bush for the first weeks of its life. Then, since the mom doesn’t want any predators snooping around

10 more questions that keep me awake at night

Gathered by Blake Patrick

- 1.What do you do when you see an endangered animal that is eating an endangered plant?
- 2.If you got into a taxi and the driver started driving backward would the taxi driver end up owing you money?
- 3.Why do fat chance and slim chance mean the same thing?
- 4.Why did kamikaze pilots wear helmets?
- 5.If 7/11 is open 24 hours a day, 365 days a year, why are there locks on the door?
- 6.Where does the lost sock in the washer and dryer go?
- 7.If you’re an atheist and swear on the bible, have you committed perjury?
- 8.Whose cruel idea was it for the word lisp to have an “s” in it?
- 9.Why do you have a hot water heater when you don’t need to heat hot water?
- 10.How can someone draw a blank?

Top 10 things to know about water

Gathered by Tyler Wilcox

- 1.Soft drinks are made up almost entirely of water.
- 2.Water dissolves more substances than any other liquid
- 3.All of the earth’s water is 326 million cubic miles
- 4.The United States uses 346,000 gallon of water everyday.
- 5.Flushing a toilet actually accounts for a majority of a person’s daily water usage
- 6.Americans drink over 1 billion glasses of tap water a day.
- 7.There is the same amount of water on earth today as there was when earth was formed
8. Water is the only substance that can be found naturally in all three states: solid, liquid, and gas
9. 90% of the earth’s fresh water resides in Antarctica.
- 10.Water contains 0 calories, 0 fat and 0 sugars.



New Year’s Resolutions

Gathered by Kurt Johnson

So what’s your news year’s resolution? Is it to try something new? To give something up? Or is it to just improve on something your already do? If you haven’t thought about your resolution, here is what some other students are planning on doing in 2008.

- Carissa McGlade** “Play lacrosse better”, 10
Brianna Ervin “Learn to snow board”, 10
Helen Beto “Come to school more”, 10
Amber Torud “Get on the A Honor roll”, 10
Veronica Carlson “Spend more time with my family”, 10
Josh Sommer “Try and stay good friends with my friend Cassie”, 11
Richard Ziegler “Talk less”, 11
M.J. Longtin “Not to be so stressed out.”, 11
Kelsey Cadwallader “Study harder”, 11
Andrew Morrison “Memorize all the words to the Magic School Bus theme song”, 11
Mallory Manning “Go somewhere I’ve never been before”, 12
Brianna Ervin “Be on time for first hour”, 12
Dominic Taylor “Donate my hair”, 12
Brett Nelson “Try harder in school”, 12
Allal Lea “To be accepted into the college of my choice”, 12
Alex Riemer “Fix my car”, 12
Meghan Butler “To form a traveling acapella band with Makagne.”, 12
Joe Pelton “To make sure Meghan Butler follows up on her resolution.”, 12

Quote of the issue

“Obstacles are those frightful things you see when you take your eyes off the goal.”
-Henry Ford