



Not your average athlete

Junior Jake Bredenbeck places in world racquetball competition

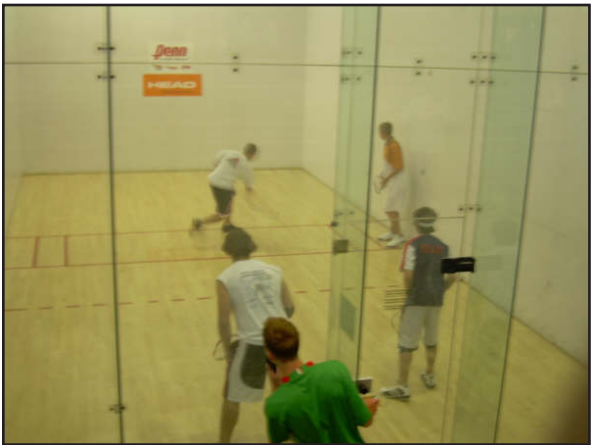
by Sarah Everett

Going to another country is hard, but it's even more difficult when you have to compete there. Well, that is exactly what Jake Bredenbeck, a junior at Forest Lake High School, did.

Bredenbeck plays racquetball. Racquetball is a sport that pits a team of two, three or four against another team of the same amount, and they try to score points. There are three types of sets: singles, where it's two-on-two, doubles where it's four-on-four and cut-throat where three play against three. You win a match by scoring 15 points, unless there's a tie, then another game is played to 11.

This past December, Bredenbeck was able to not only qualify, but also win nationals, which meant that he qualified to play on the United States team. The United

States Racquetball Team is made of the best players in the nation. When you play on the United States racquetball team, you are able to go to other countries and face off against their best. This



Bredenbeck plays a racquetball match.

is exactly what Bredenbeck was able to do.

"We were down playing in Bolivia," Bredenbeck said. "The experience there was completely different. You never really see what you have until you visit a place like this."

Bolivia is far away from home, but it also meant he got to see a little of the world between games.

Bredenbeck was in Bolivia for about three weeks during the second quarter. As you can assume, this was very difficult when dealing with homework and classes, but Bredenbeck pulled through.

"I couldn't really bring homework there because of a weight restriction on the plane," Bredenbeck said. "So I'm still trying to catch up." Other than catching up on missed homework, Bredenbeck stated that missing school was actually pretty cool.

"It was very hard coming back to school," Bredenbeck admits. "I really didn't want to come back to school after being there for three weeks. Now it's back to the same routine."

Besides students from the U.S. competing for first, there were many other countries including Ecuador, Mexico and Canada.

Bredenbeck played doubles on the United States team. Facing off against the best that Bolivia had to offer, Bredenbeck

and his partner finished in second place.

For the most part, competing at the international level is a challenge. You have to first acquire a taste for playing racquetball and then make it as far as nationals. After winning nationals, you are able to play on the U.S. racquetball team and go to other counties. So in other words, you should have a lot of love and commitment for playing this game if you want to try and make it that far. Bredenbeck has played racquetball for 12 years now and got started through his family.

"I have been playing ever since I was four," Bredenbeck said.

Bredenbeck found his interest at such a young age when his parents would bring him to the club and "hit around" a few balls with him.



Junior Jake Bredenbeck dons his US Racquetball Team gear. Photos and logo provided.

"Besides tournaments, which are all over, I have played at the club pretty much my whole time," said Bredenbeck.

This short spread of play as a kid, soon turned in to a full-flying hobby. Although he has been playing for such a long time, Bredenbeck admits to not taking any lessons.

No matter how hard going to another country, missing school and placing second in an international tournament sounds, it apparently isn't enough to keep Bredenbeck away. He is already planning on qualifying for the international tournament next year, trying for first.

"Hopefully I'll be able to win nationals again this year," Bredenbeck said.



America through new eyes

Moritz Klein



Jonas Koenig



Richard Egbert



Mercela Ramos



photos by Blake Patrick

by Steve Peterson

Students each year, from all over the world, come to the FLHS to get the chance to see what the United States has to offer. This year, we were lucky to have four students come to FLHS: Marcela Ramos (Brazil), Richard Egbert (Germany), Moritz Klein (Germany), and Jonas Koenig (Germany). We asked them a couple of questions so we could get to know the newest members of FLHS a little better.

What is the biggest difference between school in the United States and school in your home country?

Ramos: The biggest difference is that in Brazil you don't get to choose the classes you take, also everyone who is in the same grade are in the same classes. Another big difference is that the teachers

change classes and the students stay in the same class.

Egbert: We don't have school sports. If you want to play sports, you have to join a club.

Koenig: We have a whole different school system; we have three different types of schools. You are in the same school as kids with the same intellectual level.

Klein: We get a group of people in the fifth grade and we will have class with them until we graduate

What is one thing that has been hard to adjust to in the U.S.?

Ramos: Talking in English, even though I knew how to speak English before, I was nervous that I was going to make mistakes.

Egbert: The time difference and it was hard for people to understand me with my accent.

Koenig: No big problems. I was confused with the whole lunch money thing.

Klein: The first thing my family told me was that it is unusual to hang out with friends in the United States.

What is one thing you like about the US?

Ramos: I like the fact that everything is very organized and I like how well the public schools work.

Egbert: Schools offer more classes and sports. The driving age is 16 here compared to 18 in Germany.

Koenig: Food, football, people, and the National Anthem.

Klein: The school spirit.

What has been your favorite thing you've done since coming to Forest Lake?

Ramos: Everything related to snow!!

Egbert: Playing soccer for the school and going to the Mall of America.

Koenig: Playing football and my trip to Chicago.

Klein: Meeting new girls!

What is one thing you miss from your home country?

Ramos: My family and friends, hot weather, and food.

Egbert: Food

Koenig: Family and friends

Klein: Friends

One Act Play

Boys Next Door takes to stage

by Kurt Johnson

Lights, camera, action! The one act play's final curtain has been drawn and the student actors have taken their final bow. *The Boys Next Door* by Tom Griffin was this year's featured show, and was performed in front of a live audience Jan. 25th and at their sections tournament Jan. 26th.

The story is about three mentally handicapped men, Arnold (sophomore Gweir Glewwe), Lucien (junior Samuel Kolbow), and Norman (Derek Waller) who live in a group home. Their funny adventures and difficult challenges after their long time caretaker Jack (junior Ben Tolzmann) who has always helped them in the past, has to leave them.

As the story plays out, we learn how even those with disabilities can overcome the challenges while laughing along the way, even though the story is not making fun of those who are handicapped.

Other students in the play include



Photo by Blake Patrick

sophomore Bailey Parenteau as a Shelia, and junior Bre'elle Erickson as two characters, Mrs. Warren and Senator Clarke. Off stage junior Sara Palmer, the assistant director, and senior Leigh Severson, chief of set construction, vigorously worked to help out wherever they could to make the show successful.

The play is directed by Jill Birk, who previously was the artistic director at North Branch for 16 years.

"It was a great opportunity and sounded like a fun challenge," said Birk. "The kids are just wonderful!"

Whether you enjoyed witty comedy or the play's compelling message, *The Boys Next Door* was a hit!

Environmental Club doing world of good

by Kurt Johnson

Environmental Club is glowing with pride as the prolonged wait to get recycling boxes for cans and bottles inside classrooms is finally over.

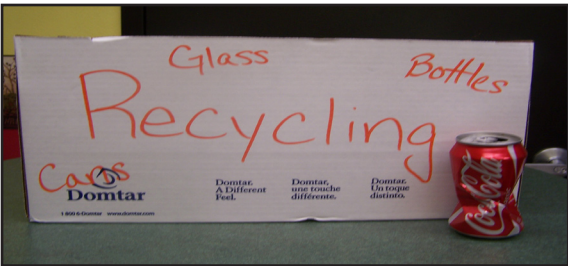
Club members and teachers have taken it upon themselves to help make our school a better place. After gathering and labeling boxes as “bottles and cans recycling”, students went from class to class to give them to teachers to place next to the more common paper recycling bins.

The only catch is that they ask students to remember to use them rather than throwing their garbage away. Bottles and cans should be completely empty, preferably rinsed out thoroughly and the bottle caps taken off, though not required.

Club members will be making rounds each week to collect the boxes and take them to their homes to recycle, as the school administration is not funding this project.

According to thegoodhuman.com, an average of 40 billion soft drink cans and bottles are thrown away each year. This is enough trash to reach the moon and back about 20 times.

So, when you’re finished with your water or energy drink, look



One of many recycling boxes set up by Environmental Club. Photo by Joe Lichtscheidl

around for the small box in the corner that’s labeled *cans and bottle recycling* and do the world a little good.

The power of sleep Studies show keys to improve sleeping habits

by Kayla Hofeld

According to the American Sleep Disorders Association, the average teenager needs between 9 – 10 hours of sleep each night; hormones critical to growth are released mostly during slumber. Yet most studies show that teenagers generally get an average of 6-7 hours of sleep, far short of the desired quota for healthy teens.

“Improper sleep can affect everything from productivity at work and safe driving to a person’s overall health,” says Sleep Specialist Dr. Anthony Quaranta.

Simple lifestyle changes may be the answer to a solid night’s rest.

Some tips for good sleep: If you’re already having trouble sleeping at night, don’t screw up your body’s internal clock even more by napping in the

middle of the day. If you must, sleep less than 30 minutes and early in the day to prevent difficulty falling asleep later.

Second, avoid drinking caffeinated beverages before bedtime. Caffeine gives your body an unnatural boost that will keep you up even longer.

Soon after you wake up, expose yourself to bright light. This will help to regulate your natural biological clock. Likewise, try to keep your bedroom dark while you are sleeping so that light will not interfere with your sleep.

Exercise early in the day causes endorphins to wake up your body and give you natural energy. It will also make your body snooze quickly when you lay down for sleep.

When you feel tired, go to sleep. Don’t keep your body up until you fall hopelessly asleep on the floor while doing your homework.

So what makes sleep so important? Once we doze off, we experience 90-minutes cycles of Non-REM and REM (Rapid Eye Movement) sleep. Non-REM, or Delta sleep, dominates the first part of a night’s sleep, while REM, or dreaming sleep, controls the second half. Researchers have shown that most people remember their dreams most often when they awake from REM (Rapid Eye Movement). In REM sleep, our eyes flutter inside their lids, moving from left to right as if scanning the dreams we’re experiencing.

During REM sleep, the brain

actively paralyzes the body, sending signals to muscles in the limbs, face, and mouth that prevent us from acting out our dreams. When we talk or walk in our sleep, it’s often because the brain, for reasons that are not clear, is failing in its attempt to send those paralyzing signals.

While we sleep, breathing and heart rates increase and decrease with predictable regularity, and chemical and electrical activities in the brain can be higher even than during relaxed wakefulness.

Sleep is one of the most important times of day, it recharges our bodies and without it, our bodies would not be able to do all the activities we do on a daily basis.

Tech Schools to consider

by Hannah Norwig

Not quite sure what you’d like to do after high school? Take a look at a few of these colleges. They are private vocational colleges that specialize in one area. Here’s a general overview of what these colleges are about and what they have to offer:

McNally Smith College of Music, St. Paul
Tuition: \$16,940
Entrance difficulty: moderately difficult
4-year college with accredited programs for professional musician, music engineer, music production, and music business.
Requirements:
-High School Diploma (GED accepted)
-Normal high school courses (satisfactory completion)
-Interview
-2.0 GPA
-Regular class attendance
-Audition (if you plan on majoring in music performance)
Women: 20%
Men: 80%

Le Cordon Bleu College of Culinary Arts, Minneapolis/St. Paul
Tuition: \$18,309
Entrance difficulty: open admissions
Vocational school of culinary arts. Offers diploma, Certificate and Associate Degree.
Requirements:

-High School Diploma (GED accepted)
-Interview
CenterPoint Massage & Shiatsu Therapy School & Clinic, Minneapolis
Tuition: \$12,537
Entrance difficulty: moderately difficult
Vocational school teaching the art and science of therapeutic massage.
Requirements:
-High School Diploma (GED accepted)
-No required tests or letters of recommendation
Women: 72%
Men: 28%

Cosmetology Careers UnLTD, Hibbing or Duluth
Tuition: \$7,200
Entrance Difficulty: open admissions
Vocational school of cosmetology. Diplomas and certificates offered.
Requirements:
-High School Diploma (GED accepted)
-Entrance exam
-Interview
-One letter of recommendation
-Cumulative grade average of 75%
-Successfully complete required hours
Women: 96%
Men: 4%

Start college early

PSEO offers chance for students to earn college credit

by Amanda Nyberg-Markling

Doyouhaveabadcaseofsenioritis? Or want more challenging courses? Consider PSEO. PSEO (Post Secondary Enrollment Options) is a program that allows juniors or seniors to attend classes at a college part or full time. This program allows the student to continue their high school education while also starting their college education; the credits earned in PSEO count towards high school credits and depending on the college or university you plan on going to, the credits could also transfer.

A junior that starts in this program can only be in it for two academic high school years, for seniors, the students can only be in it for one high school year. According to the Minnesota Board of Education, more than 7,000 students were in the PSEO program last year-including 321 students from private high schools and 700 students who were home schooled.

As part of PSEO, students do not have to pay for tuition, fees, and required textbooks. They do have to provide their own transportation. Depending on the institution, a school bus could pick up the student for a fee.

Being a part of PSEO program students can still participate in high school sports.

“The first thing you would do is talk to your dean about it.” said Val Handstad, Career Resource Center. Your dean would provide you with a list of colleges and universities that have the program and you would choose one that you could meet the criteria for.

For PSEO the Dean of Admissions will usually look at your class rankings and/or GPA. In some cases they look at your ACT or SAT score. Other requirements include letters of recommendation, but the requirements depending on which college you want to go to.

When it comes to applying, it would be best to call or visit the dean of admissions of the school to discuss questions, admissions requirements, and deadlines. Students are requested to inform the high school before March 30 if considering being in the program for the following year.

When it comes to choosing to participate, start early. This is an important decision, and the student should be responsible for seeking out information and counseling at both the preferred college and here at the high school.

Cut n’ Keep Calendar

January 31
FAFSA Worshop @ Media Center 7 p.m.

February 4-8
Winter Wonder Week

February 7
Registration
conferences 4-8 p.m.

February 8
NHS sponsored
Swing Dance
7:30-10:30 p.m.

February 9
ACT testing at 8 a.m.

February 11
Registration
Conferences 4-8 p.m.

February 15
Teacher Inservice
No School

February 18
Teacher Inservice
No School

The Forest Breeze

The student newspaper of
Forest Lake High School

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

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

When the internet goes bad

Cyber bullying a bigger problem than most think

by Allie Cockburn

Cyber bullying is the root of many bullying situations that ar brought into school theses days. It can be through text messages, emails, instant messaging, blogs and ext. This kind of bullying can be spotted in many ways; from sending mean, vulgar, or threatening messages, to impersonating someone else online, to even leaving messages on someone’s phone.

Cyber bullying is an emotional type of pain. In a recent study done by Pew Internet & American Life Project based in Washington DC, one out of ever three U.S. teenagers fall victims to cyber bullying.



“Cyber bullying is just as painful as in person. It can have the same emotional effects and can still cause kids to be depressed. The only real difference is you can’t physically hurt the person,” said sophomore Danielle Dresel.

Numerous news stories are related to cyber bullying, such as the stories about Ghyslain Raza. An overweight Canadian boy accidentally left a video of himself out. In the video he was twirling a stick and pretended to be in Star Wars. That boy’s family later sued his fellow classmates who took the video. Those students had posted the

video on the popular site YouTube and Raza’s video became the most downloaded video in 2004. He is now going through psychiatric treatment indefinitely.

Raza’s case is one out of millions who are suffering the effect of cyber bullying. The new cyber world is a harmful place in itself because of identity theft. Such sites as MySpace or Facebook are common sources where bully’s gather there information on their target. The bully’s then can use that information anyway they want to; whether it be



directly threatening the person or posting things about them.

The cyber world is a place where anyone can be whoever they want.

Bullying online is easy to get away with because it can be completely anonymous and the false information can spread from one person’s hands to another. People never accidentally hack into accounts of others or accidentally spread false rumors on blogs or threatening texts, it is intentional.

“If you can keep responding back, then they know that they are getting to you. Don’t respond back to anyone you don’t know,” said Dean, Cindy Jones.

Internet sites like www.stopcyberbullying.org suggest tips to help stop bullying.

Check it out to find more information about:

How to stay away from bullying situations

Are you a cyber bully?

“Netiquette”

How to prevent bullying

Why teens cyber bully

Unique classes of the month: Explore C.S.I. and Creative Writing

by Amanda Nyberg-Markling

Contemporary Social Issues
What interesting classes do we have for you this issue? While checking out the classes in the Social Studies department, Contemporary Social Issues catches your eye. This class can be taken by juniors or seniors and fulfills the social studies elective requirement.

This course has four different sections based on topics: school issues, such as juvenile crime and justice; domestic issues, such as child abuse and teen dating violence; chemical abuse, like teen chemical use and street drugs; and teen sexuality, with topics like abortion and adoption. Some class activities include small and large group discussions, lectures, videos, and 10-15 guest speakers.

Carley Galle said, “The guest speakers are the best part. My favorite was Joe Graft; he came to speak to the class during the Chemical Abuse unit.”



Mr. Wieland talks to a Creative Writing class. Photo by Blake Patrick

Creative Writing

Another unique class is Creative Writing. This class helps students develop an awareness of their five senses, expanding their imaginations by alerting them to the relationships between things and people. Students write for an audience and learn the difference between public and

private writing. Exercises focus on writing scripts, short fiction, essays, and poetry. Students look at various authors’ work to provide a basis for writing.

This class can be taken by juniors or seniors. Junior Kayla Randall said, “I liked the drama unit. We wrote plays and acted them out for the class.”

Hot in the lot

Great athlete, great car

by Joe Lichtscheidl

Senior Abi Iverson knows how to arrive to school in style. She drives a black ’06 Pontiac G6. She was given the car brand new as a 16th birthday present from her dad. The car runs great with no problems and only 50,000 miles. The car sees a lot of use because she has driven it to Kansas and Ohio for basketball.

Since getting the car she has put on 18” racing rims and an automatic unlock system.

“I love my car,” said Iverson. “I wouldn’t trade it for any other car.”

Iverson recently won “Hottest Wheels” for her sporty car which will be published in the yearbook.

In the future she plans to tint the windows and possibly put in a speaker system. She has not taken any auto tech classes but she knows enough about cars to set up the perfect ride.



Iverson leans up on her ’06 Pontiac G6
Photo by: Joe Lichtscheidl

Know of a car that’s
“hot in the lot”?

Tell us about it!

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Jump, Jive and Wail!

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7:30-10:30 p.m.
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Lessons start at 7p.m.

Students and Seniors: \$4
Adults: \$6

Open to the community

Singing to the music

Music Festival hits just the right note

by Erica Hanson

The music festival is hosted every year for students involved in musical classes. Every year a different music director organizes this event. This year, it’s choir director Mr. Lindstrom’s turn to organize the music festival.

The music festival will be held at Faith Lutheran Church in Forest Lake, on Feb. 10. Six other schools will join them, including Chisago Lakes, North Branch, Cambridge, Princeton, Andover and St. Francis. There they will spend their day singing until 2 p.m.

Since Lindstrom organizes the

festival, he has the job of making a schedule for the seven schools participating. The performances are set up so there are only one or two performers singing at the same time from the same school. In Faith Lutheran, there are six to seven rooms for choir students to perform in. Each room is filled with judges.

Choir students can either sing solos or sing in an ensemble. An ensemble can be a duet, a trio, or any other combination up to 24. Students also have the opportunity to form a pop singer group.

Not every choir student has to participate in the festival, only the

ones who choose to. Some prepare their solos with private lessons or one-on-one time with Lindstrom.

Since the festival is held on a Monday, only the choir students and adults are allowed to attend. There is no entrance fee. The musical festival is paid through region fees, from basketball tournaments, hockey tournaments, and so forth.

Some of the judges are retired educators, and sometimes voice teachers from colleges will attend. The educators will give advice to the performers on how to improve in certain areas.

“The opportunity for students to perform is my favorite part,” said Lindstrom.



Disrespect in the classroom

Teachers don't need it and neither do you

by Sarah Everett



Throwing papers, drawing on the desks and talking over the teacher, these are all examples of a disruptive classroom. There's no order and no respect for the teacher, or anyone else for that matter, and the worse part is, our schools are becoming more and more like that today. If you go into a typical classroom, you may encounter these problems for yourself. The Teens these days seem to carry a major lack of respect for the teachers and the schools. This significant disregard for themselves, the students

around them and the teachers is awful. Disruptive kids only aim to hurt the learning environment and the students trying to learn from it. Teachers are people who spend a lot of time, planning activities and lesson plans, taking their good time out of their day, coming in early and staying late so that you can get full benefits out of your schooling and be better prepared for the future. Now, to go disrespect people who try to contribute so much to your future is the worst way you can disrespect someone. Sure, you can say that you didn't want to come to school today or why should you care about, but if you don't care about yourself then care about others. Aside from disrespecting the teachers, disruptive kids also disrespect the students around them who are actually try-

ing to learn and get ahead in life. If those aren't good enough reasons then think of this. People in other, third world countries, don't have the opportunity you have and would never act the same way. They value what their teachers have to say and would never even think about disrespecting them. They don't have the opportunity to throw paper around because they can't afford paper, or write

on desks because they don't have desks. The disrespect that some students show towards their teachers and fellow students is unacceptable and not needed. If I have to go to school, then I like to make the best of it and get the most out of it. I don't like it when people around me are distracting me from learning. I think that something honestly should be done about this problem because it's not only hurting the people committing this crime, but

it's also hurting the people around them, the students who actually care about their education and where they're going in the future. I know I don't like to put up with it and I'm sure the other's who care doesn't like to put up with it also. So, to those of you who like to disrupt and disrespect your teachers and your classmates, stop and actually think about what you are doing. Teacher's try their hardest to make sure that you have a good head start in life and you may actually learn something from them. Going to school, although at time does seem like a drag, is a really good thing. It helps you get a better education so that you have a step up on life when you graduate and blowing off your work, disrespecting teachers and being disruptive isn't going to help.



Photo illustration by Blake Patrick

The Mind's Eye

by Renee Noren



Dumping the cash

Are presidential elections worth it?

by Renee Noren



Every four years in the United States there is a national popularity contest that is Presidential elections. In a campaign for the presidency, money has become the underlying cause of who succeeds in the race. Since 1980, the best-financed candidate has won eight out of the ten primaries. These million dollar campaigns are plaguing the true meaning behind elections and making them about who can afford to run for president. But, why are campaigns so expensive? A campaign for the presidency will cost you:

1. \$600,000 to run a telephone back with operators making 2 million calls,
2. \$525,000 to run a week's worth of TV commercials in New York alone,
3. \$50,000 to mail fundraising letters to 100,000 people for donations,
4. \$12,000-\$15,000 per month for an experienced campaign manager,

Travel and hotel costs for the staff, Renting halls and preparing stages, Salaries for staff members. More than half of the money raised by a presidential candidate goes to media costs. The first primary advertisement for 2008 hit the airwaves on Dec. 16, 2006 by Republican presidential hope-

ful Duncan Hunter. For the 2004 presidential elections, George W. Bush raised \$274.7 million and John Kerry raised \$253 million, before accepting public funding for their general election campaigns. Many politicians expect there to be a \$100 million entry fee to be considered a serious candidate in this year's election. With the money being raised to pay for all of the fees listed above, it seems that the candidates are spending money carelessly, especially when our country has a grave deficit and a growing list of expenses. We need to find a way to change the elections so that it isn't about who has the most money. Every person in this country should have the opportunity to become president if he or she desires it, but today it has become

limited to the elite and wealthy. I propose that 10% of all donations to presidential candidates and their campaigns must be given to a charity or research purposes in the United States. With this 10% being given, it not only helps good causes in our country, but it shows what is important to our future president. Seeing the candidates donate a portion of the money they raised lets us as voters view them on a more sociable level. It also allows the candidates who did not win still feel a sense of importance in the United States by knowing they made a donation that could change a life or even cure a disease. Because presidential elections should be more than a popularity contest, and because elections today waste money that could be

going to superior causes in the United States, we should instate that 10% of all donations made to presidential campaigns must be donated to superior causes.

Team respect

Be supportive, not destructive

by Annie Hinrichsen



I walked into the girl's locker room the other day to see the basketball bulletin board ripped to pieces. I wondered, what happened to Ranger pride? This school lost its team unity. There are team rivalries throughout school and some kids aren't friends with other people just because of the sport they are in. Some teams stereotype other teams questioning their athleticism of the team members. It needs to stop. Rangers need to have a little more pride in themselves and their school. What's the point of team rivalries? Do they want to feel superior? Putting other teams down and ruining their stuff is immoral. Everyone goes to the same school so why not support each other? One way to support other teams is by going to each other's games or meets and cheering the

team on. That was the whole purpose of the Ranger Nation T-shirts. To join the school together with matching T-shirts! What gives a team the right to say they are better than another? Just because a sport is a lot different than another one doesn't mean it's better or worse. If another team actually took the time to watch another team's practices and games/meets, they would see that everyone has to work together and has to have faith in their teammates. The only difference is how the game is played. The next time you see someone from a rival team, talk to them! Say hi and ask how their season is going. Go to one of their games/meets and cheer them on. They will probably end up doing the same for you. Have a little pride and forgive and forget about past experiences. Be a true Ranger and cheer on all the Ranger teams, no matter what they say about you. That's what being a Ranger is all about.

Comments
or concerns?

Write a letter
to the editor.

forestbreeze@
forestlake.k12.mn.us

Five period day approved

Schedule change might be just what the doctor ordered

by Joe Lichtscheidl



Forest Lake High School has been on a four period day for more than ten years and it is time for a change. For multiple reasons to benefit the students Principle Dr. Steve Massey has proposed a five period day and the school board has approved.

The mandatory math exam in April that all students, beginning with the class of 2010, must pass in order to graduate is one of the driving factors in the decision for a five period day. Most students do not have math for half of the year because full year courses are completed in a semester. The new schedule would allow many students to take math all year. It would also shorten classes for the courses that don't need a full block period to teach, allowing enough time for the courses that require a full period. The five period day offers the best of both worlds because many classes

become really hard to sit through on a pure four period day.

Teachers would be required to teach four of five classes. By doing so, the school would be saving a lot of money which could potentially benefit the classrooms and the learning experience by putting more money into the classroom such as the smart board which would definitely increase efficiency in the classroom. The four period day has also produced significantly lower test scores than having more classes each day. Through information gathered by the administration, it was shown that math, reading and writing test scores tend to be higher with more periods.

On the five period day students would have three 50 minute classes in the morning and two 90-minute classes after lunch. Every teacher will have to teach skinny and block classes and the number of credits allowed per year would go from 8 to 7. By doing this, students will be required to have 26 credits for graduation of the 28 credits available. This will make time for the CIS, AP, math

and chemistry classes that require a longer hour and will shorten the classes that do not require such a long class period.

The five period day has been passed and is scheduled to begin next year. I agree with the five period day. It has many benefits

for the students and should raise test scores significantly as well as shortening the classes that do not require the full 90 minutes. Because your high school career greatly affects your future, the five period day is the best way to get the most out of high school.

	Semester 1		Semester 2	
1st hour	50 minutes		50 minutes	
2nd hour	50 minutes		50 minutes	
3rd hour	50 minutes		50 minutes	
4th hour	90 minutes	90 minutes	90 minutes	90 minutes
5th hour	90 minutes	90 minutes	90 minutes	90 minutes

Five period day will be used starting in the 08-09 school year. Graph taken from District 196 website.

Viewers have had enough

Writer's strike hurts network TV

by Kaitlin LaCasse



Since the writer's strike started in early November, several lame shows have been airing. This puts us in the spot of needing to wait to find out what's going to happen on the shows we usually watch. I've seen some really lame shows advertised for and/or watched.

Such as *Dance War* – this show is kind of a spin off of *Dancing with the Stars*. By the way, *Dancing with the Stars* fans, the season shouldn't be affected by the strike. Two of the judges from "Dancing," Carrie Ann Inaba, and Bruno Tonioli are building "dream teams." The two teams will go head-to-head in themed dancing/singing competitions each week and America will be the judge of which team is better. The losing team captain (Inaba or Tonioli) will have to eliminate a member of their team, until there is finally a winner.

What is the point? Don't we already have shows on air that do basically the same thing? Shows like *American Idol*, and *So You Think You Can Dance*. Honestly, do we need more singing and dancing shows?

Another show I saw was *Clash of the Choirs*. This isn't as bad- at least the captains of the teams were recognizable, and the money won went to charities as opposed to someone's pocket. I still can just imagine the conversation when coming up with that idea. "Hey, what if we got a few celebrities together and sent them back to their hometowns and have them become a choir director and then have them create a choir."

"Yeah, maybe, but what's the point?" "Well, there really isn't one; it's just a show to take up some space in primetime." "Well what's going to make people want to watch it?" "Well so that people actually want to watch it let's give money to charity." "Yes! Let's do that."

All the shows popping up are reality shows for the reason they don't need writers. If that's the problem, why not just rerun *Fear Factor*? Or maybe they could put some new reunion type shows on from the first season of *Survivor* or *Big Brother*. That way we aren't stuck watching people thinking that they can sing or dance when they really can't.

For the sake of good, quality primetime television, and maybe sanity, let's hope that the writer's strike comes to an end soon.

Laziness or Disrespect?

Students should stand for pledge

by Danielle Proulx



I do not understand why people do not think that they should have to stand for the pledge of allegiance. I know they claim they have the "freedom" to sit. (I say "freedom" because many of those who do not stand are not 18 yet and do not really have any freedoms yet) but I do not agree. Do they think it is okay to disrespect the country that gives them that freedom? Without this country they could not sit while the rest of us are standing.

I know that some use the excuse that they do not believe in God and it says "...One Nation under God..." Just because a person does not believe in God does not mean that gives them the right to sit. If the term God in the biblical sense bothers them so much, just don't say the words. The pledge is not to God but to honor our country.

Another argument people give is that they do not believe in the war on terrorism. I don't necessarily support the way we're going about it but that does not give me a reason to sit during the pledge. If it wasn't for people in the armed forces putting their lives on the

line, we might not even have the right to sit during the pledge. You should be thanking them for what they are doing for this country, rather than shunning the flag they love enough to give their lives.

A third reason to sit heard is that they do not like President Bush. News flash people- President Bush is not the country. Yes, he is our President and we elected him, but he is not the United States. When people pledge their loyalty to the country that does not mean they are pledging their loyalty to President Bush. That is why we don't say "I pledge allegiance to the President of the United States of America..." But instead we say that we pledge it to our flag, the symbol of one of the greatest countries in the world.

So the next time you hear, "Stand for the pledge," stand. You never know how much you could be offending someone in the room who has a family member fighting for your freedom. And for those who stand alongside me, say something to those who are sitting. Ask them to stand up for their country.

Who is your dream date?

Gathered by Renee Noren

- Melissa Richie (10)
"Johnny Depp."
Shannon Bys (10)
"James Franco."
Molly Dimmerman (10)
"Ryan Sheckler, no explanation needed."
Kate Plautz (10)
"Matt Damon."
Joey Cain (10)
"Probably Britney Spears because we have the same hair."
Gabi Selg (11)
"Jonathon Rhys Meyers."
Shaylene Wodaszewski (11)
"Jude Law."
Austin Perrin (11)
"Jessica Alba."
Tony Kuefler (11)
"Hillary Clinton."
Andrew Orth (11) –
"Jennifer Aniston."
Josh Beck (12)
"Jessica Alba and Carrie Underwood because they're amazing!"
Jamie Bucholz (12)
"McLovin!"
Tim Endorf (12)
"Mary Walters."
Abbie Paulsen (12)
"Lil Wayne."
Nicole Olson (12)
"Blake Rod because he makes me smile."
Mr. Kendrick
"Mrs. Kendrick."

Have a story for *The Breeze*? Let us know!
forestbreeze@forestlake.k12.mn.us

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Moments in

by Renee Noren

There are many important happenings in each of the 12 months of the year, but February has some exceptional occurrences that often go unrecognized. February is International Friendship Month, Black History Month, American Heart Month, and more than 20 other significant names to be recognized by. With a month so historical, we thought it necessary to tell everyone about these amazing Moments in Time.

- National Caffeine Addiction Awareness Month
 - Library Lover's Month
 - American History Month
 - National Crime Prevention Month
 - National Sign Up for Camp Month
 - National Weddings Month
 - National Embroidery Month
 - Responsible Pet Owners Month
 - Scouting Month
 - Return Shopping Carts to the Supermarket Month
 - Children's Dental Month
 - International Boost Your Self-esteem Month
 - Sleep Safety Month
 - Sweet Potato Month
 - National World Understanding Month
 - Canned Food Month
 - Plant the Seeds of Greatness Month
 - National Cherry Month
 - National Grapefruit Month
 - National Hobby Month
 - National Snack Food Month
- from www.everythingpreschool.com

Escaping t

by Erica Hanson

Many of us were taught in elementary school about Harriet Tubman and the Underground Railroad. We learned that the slaves used the Underground Railroad to escape to the North, that they used the North Star to guide them on their journey. However, we weren't taught the important details like who started it, or how many fugitive slaves there were. The Underground Railroad actually started on Feb. 1, 1787 by Issaiah Hopper, a white Quaker who believed all humans are equal before God. The Underground Railroad was actually a railroad or underground. It consisted of many paths and roads. Fugitive slaves traveled through swamps, over mountains, across river, and sometimes by boat. The Underground Railroad was

Two birthday celebrations in one

by Sarah Everett

Feb. 18, also known as President's Day, is a holiday that each year our school celebrates in order to remember all the presidents born in Feb. This holiday is still legally known as Washington's birthday, because he was the first president of the U.S., and he was born in Feb.

So, why is Washington's birthday now known as President's Day? It all started with Congress, back in the year 1968. They wanted to create a three

national holiday. In the year 1971, President Nixon proposed we combine Washington's and Lincoln's birthday into one big super birthday holiday so that we can celebrate them both at one time.

Next they had to focus of picking out a name. As an answer to this problem, it was proposed that the holiday be named President's Day. Congress voted and finally, in 1971, President's Day was officially made into a national holiday.

President's Day is the third Monday of the month. It was created by the state so that we can celebrate two most remembered presidents of all time.



Gold medal game

by Danielle Proulx

Feb. 22, 1980, a day that will live on in sports history forever. That was the day that the U.S. Hockey team beat the unbeatable Soviet Union, earning a spot in the gold medal game. After beating the Soviet team they became heroes.

Mark Johnson scored two of the four goals on the Soviets, Mike Eruzione made the winning goal for the team. Jim Craig was the American goalie. Then there were the "Coneheads" Mark Pavelich, John Harrington and Buzz Schneider-all three were from Northern Minnesota and had a play so difficult to follow they were the only three who could pull it off. Overall there were 11

players from Minnesota on the team as well as two from Wisconsin. "The Miracle on Ice" as it became called, was not the day the U.S. team won the gold medal, as many believe, but rather it was the day they beat the Soviet Union to advanced to the gold medal game. The team ended up beating Finland for the gold on Feb. 24, 1980, but it wouldn't have happened without the goals from Johnson and Eruzione. It was said that after the game, the team's bus had to inch through a crowd of people to get to where the press conference would be held, one of the players started singing, "God Bless America" and the rest of the team joined in.

3

4

In 1899, the Philippine-American War began.

10

11

Nelson Mandela was released from prison in 1990, after 27 years.

12

Romance in th

by Allie Cockburn

Ahh, love is in the air and the romance to people is blooming. From Cupid's arrows of those to chocolate in heart shaped boxes, secret Valentine's Day is a favorite for many ready couples. It's a day to celebrate love for one Valenti another and appreciate the time they have to have spent and will spend together.

There are many stories for the history of the infamous St. Valentine's Day. Some say that it has religious backgrounds, others go as far as saying a man in a jail (whose name was Valentine) loved the jail keeper's daughter and a day later they fell in love. It's a mystery as to St. Valentine where the day actually came from, time exists but it's celebrated in the same way. out to Couples go out and share gifts, anything chocolate, and express the love they time v have for one another. Hundreds of just ki thousands of Hallmark cards are given some



24

25

In 1913, the 16th amendment was ratified authorizing income tax.

Winston Churchill annouced Britain had its own atomic bomb in 1952.

In 1974, magazine b

Features of February
Flower: Primrose
Birthstone: Amethyst
Characteristic: Sincerity

Time

the South

ntary a railroad in one way. They would use secret code names for words that, if said out loud, wouldn't give them away. The places they would rest and eat at were called "stations" and "depots". Conductors were responsible for moving the fugitives. Lines, or safe houses, were 15-20 miles apart. The South lost 100,000 slaves between the years 1810 and 1850. Plantation owners became concerned about the large amount of slaves escaping to the North, so they persuaded Congress to pass the Fugitive Slave Law. The location of the Underground Railroad was from Kentucky and Virginia, across Ohio and Indiana. In the northern direction it started from Maryland, across Pennsylvania and into New York. It included thirty-four states and two territories.

the air

le, along with teddy bears. Some e cards are just signed "from your admirer." Whether or not you're to tell someone how you feel, nes Day gives you the opportunity e a secret identity and still get a chance to express yourself. Even though **Feb. 14** is known for the love of couples, others take the time to celebrate the day alone and celebrate love in general. It's a time to feel good about oneself and enjoy oving the way of life and nature. Valentines Day is a day to spend xpressing oneself and taking time love life, people or just about g. So whether it is spending with that special someone or cking back and relaxing... take time out for Valentines Day.

"People" began sales.

Look out for Phil on Feb. 2

by Kaitlin LaCasse

Feb. 2 is Groundhog Day. It's the day groundhog Punxsutawney Phil comes out of his heated burrow located on Gobblers Knob in Punxsutawney, Penn and checks to see if he can see his shadow. If Phil sees his shadow, it means there are six more weeks of winter. If he doesn't, then spring is coming right around the corner. Phil has been making predictions for over 120 years and is the only weather predicting groundhog. In 1993, the movie *Groundhog Day* was released, starring Bill Murray. In the movie Murray's character repeatedly goes through the same day (Groundhog Day) over and over again. Groundhog Day started being observed in the early 1800's by German settlers. Groundhog Day is based on the German holiday Candlemas Day. Candlemas was a celebration of the midpoint between the Winter Solstice and Spring Equinox. The jump to groundhogs was made by the Germans because the Hedgehog played a role with Candlemas in Germany. The Groundhog appeared similar to the Germans. Early Christian settlers started their own version of Candlemas; it was a day that clergy would bless and give candles to their townspeople, and the candles would be lit and placed in the windows of their homes. So, remember to check the news Feb. 2, to find out how much longer this winter will last.



1

8

9

Mother Goose appears in print (Boston 1717).

Hershey's Chocolate was founded in 1894

Safety supported with 9-1-1

by Joe Lichtscheidl

The first ever 911 call was made on **Feb. 16, 1968** by Alabama Speaker of the House, Rankin Fite from another city hall room to the police department where it was answered by Congressman Tom Bevill. This changed the lives of many forever. The telephone was invented on June 2, 1875, but the idea of creating 911, the standard emergency number, did not appear until almost 100 years later. Most emergency calls went to the operators where they were giving useless information to other people, which caused major delays in emergency response. The president of AT&T and the Federal Communications Commission made 911 the nationwide emergency number. The Ala. Telephone Company was the first to implement the 911 emergency number. Haleyville was the first to receive the 911 system which has dramatically affected the lives of many. Today they have made it possible to make 911 calls on your cell phone when you are out of reception or your phone is turned off because of the importance of emergency calls. It is also possible to call the emergency 911 number on a pay phone without paying because the emergency number is so important. Without the very simple yet genius idea for 911, America would be very unsafe and struggling.



In sync with the solar year

by Steve Peterson

Have you ever wondered what leap year was all about? According to infoplease.com, leap years are added to the calendar to keep it working properly. The 365 days on the regular calendar are meant to match up with the solar year, but the calendar year is a touch shorter than the solar year. The solar year is about 365 days, 5 hours, 48 minutes, and 46 seconds to be exact. So after four years, the calendar year is about one day off. So they decided to add one day to the calendar every four years. If the day wasn't added to the calendar every four years, after a century, the calendar year would be off by about 25 days from the solar year. So instead of summer starting in June, it would be pushed back about a month and wouldn't state until mid-July. The idea of adding a leap day to the calendar was first thought of by the Egyptians to keep the calendar year in sync with the solar year. But the Romans were the first ones to adopt the idea of adding the leap day to their calendar; they became the first to designate **Feb. 29** as the leap day. As it stands right now, the calendar year and the solar year are about a half a minute off. So at that rate, it will take about 3,300 years for the calendar and solar year to be off by about a day.

- Rules for a Leap Year:**
- Most years can be divided by 4 evenly.
 - Centuries are not leap years unless they can be divided by 400 evenly.

Local Artist: The Sending

Humor makes good music for local townspeople

by Hannah Norwig

The Sending is not your typical local band. According to Junior Dan Lindahl, who plays bass guitar and is the lead vocals, their experience together has been “full of gut-wrenching humor.” The other band members include Alec Philippi, 16, who plays the drums, Jordan Lindahl, 22, who plays the keyboard, and Stefan Lindahl, 19, who plays the guitar. “We’re all pretty silly,” said Dan. Dan says he is an avid *Office* fan and has music in his mind 24/7. He is also the self-described mouth of the group. “Mainly because I like hearing my own voice,” he said.

Philippi is a big Nebraska Cornhuskers fan and a Pokémon master. Dan described Jordan as being the “weirdest human in the world, which also makes him very hilarious to be around.” Stefan provides the smart humor in the group. “He’s also pretty athletic, so he makes the rest of us self conscious,” Dan said as he laughed. *The Sending* has been playing together for about two years, but started to take it all seriously about a year ago. They also have a CD that just came out called *Contrasts*. It has six songs on it. “We have about four more

songs to go along with that, and more that are in circulation as we speak,” Dan said. *The Sending* has played at many clubs and venues including Club 3 Degrees, Nesting Grounds, and other places in Minnesota and Iowa. Dan says that in the near future he sees the band just doing what they’ve been doing while continuing to improve themselves as musicians and as people. As far as the years to come, Dan says he has no idea where the band will end up. “We’ll leave that up to God to decide,” he said. Interested in seeing *The Sending*

play live? Their next show will be Feb. 29 at The Nesting Grounds in Wyoming. For more information

on the band and their upcoming shows, check out their MySpace page: myspace.com/thesending.



photo from myspace.com/thesending

T-Rex and Stegosaurus’ YouTube Review

Dino duo attacks internet, looks for funniest videos around

by Tracie Anderson and Steve Peterson

Once again, here at the YouTube watching/judging facility, Stegosaurus and T-rex have been picking through YouTube videos to find the best of the best, just for you. Even though last month

we tried going with non-comedy videos, we decided that was lame. So this issue has two fresh off-the-rack clips ready to be watched and enjoyed by your two peepers, yes peepers. Bon appetite!

Golf Player Hits a Seagull

This clip is 16 seconds long and is set on a golf course, my guess is somewhere in the United States. There is an old woman that has the very cliché old woman sunglasses, hat, shirt, and granny shorts combination and she is getting ready to tee off. It is just her and her friend out there on the course, the only two eyewitnesses to this event about to unfold.

not only because of how she hit the bird, but her initial reaction.

Stegosaurus

I really don’t know why this video is funny but it is! This clip is hilarious. If one of your friends did this you would be laughing forever. I just couldn’t stop laughing after I watched this clip. It has to be one of my top five favorite videos.

Cup Stacking World Record

There is an event out there that is called Sport Stacking. It was started in the early 80’s but didn’t catch on until nationally until the 90’s. The current world record for the individual cycle stack is 7.23 seconds by Steven Purugganan. When you watch the video, you will catch on quickly of why this is so popular and how it is done for the most part. This video is 25 seconds long, even though this is not the current world record holder; this

girl was at one point.

T - R e x

I saw this video way back when I was in about 7th or 8th grade, you know the age where you can’t get enough of video clips that you think are hilarious and cool, but there’re not. Although this one I think is still sweet till this day. Even though yeah there are faster people and/or cooler videos out there, I just think this one is great because it really shows the pure nerdy-ness/creativity of not only Sport stacking, but also the 90’s.

Stegosaurus

This video is AMAZING!!!! I don’t know how the kid stacked those cups so fast but I give props to him. I just don’t understand how someone can move their hands so fast. I was just in awe when I saw this clip. I wish I could stack cups as fast as that kid can! This has to be one of the coolest clips I’ve ever seen.



photo taken (and manipulated) by Kayla Hofeld

American Gladiators

Comeback reality show that never gets old

by Tyler Wilcox

Seeing everyday people get beat up on reality television never gets old, and now *American Gladiators* is back. The show originally aired in 1989 and ran until 1996 when the series was discontinued due to prosecution for fraud. NBC has now brought the show back. *American Gladiators* pits amateur athletes not just against each other, but against the show’s own gladiators. Many of the show’s gladiators are body builders who are far superior in strength and size. The Gladiators all have short cheesy nicknames like Titan, Mayhem, Crush, and Venom. The competitors compete against the gladiators in four preliminary rounds where they earn points based on performance in the events. The two contestants competing then must race each other in the Eliminator, a long grueling obstacle course. The winner of the race moves on and the loser goes home.

The series started with 24 amateur athletes, 12 men and 12 women. Each episode, two men compete against each other, and two women compete against each other. There are nine total events: Assault, Gauntlet, Hang Tough, Powerball, Pyramid, Joust, the Wall, Hit and Run, and Earthquake, plus the Eliminator. Many events are events from the old show that are slightly modified; only two events are new to the series. All events give the contenders a chance to earn points. For example, in



Photo taken from: blogmuscle.files.wordpress.com

Pyramid, the object is to beat your opponent to the top of the pyramid within a minute. In their way is a gladiator ready to throw them back down. If they get past a certain point on the pyramid, they score five points,

race each other to the finish. Unlike in the preliminary events, no gladiators stand in their way. The first obstacle is an eight foot wall then a twenty foot swim underwater. Next the have to climb 30 feet on a wet cargo

net. Then they grab onto a large cylinder and roll a short distance. Next they have to operate a hand bike across a gap and run down three narrow beams. From there, they have to climb the pyramid and zip line down to the last stage of the course. The Travelator is last and is a reversed treadmill sloped uphill. Finally they climb just a few stairs and crash through the barrier to complete the course. As you can tell the Eliminator is no cakewalk and is more than just your ordinary obstacle course. The winners advance to the final grouping of men and women. The eventual champions win \$100,000, a brand new 2008 Toyota Sequoia, and the right to become a gladiator on the next season. If you like hard hitting, action-packed competition, *American Gladiators* is the show for you. *American Gladiators* airs on NBC on Mondays at 7 p.m.

Monster monitor ahead of curve at CES ‘08

Annual convention in Vegas displays new technology

by Tyler Wilcox

Technology is always advancing and every year the newest technology is on display in Las Vegas at the Las Vegas Convention Center. The convention center is home to the Consumer Electronics Show (CES). All the major electronics companies are there showing off their latest high tech gadgets. Over 2,700 exhibitors filled the convention center with the latest in audio devices, home theatre accessories, television sets, and digital imaging devices. Big companies like Microsoft, and Samsung dominated the floor with flashy TVs and high-tech computers. All the products were impressive, but three particularly caught the eye, and made you say, “wow”.

Alienware, a computer hardware and accessories company, released its biggest computer monitor to date. Alienware has always been the top producer in computer parts for gamers and their monster monitor shown off at CES is just another example. The monitor itself is over three feet wide, and it is a rear projection monitor. The monitor is curved

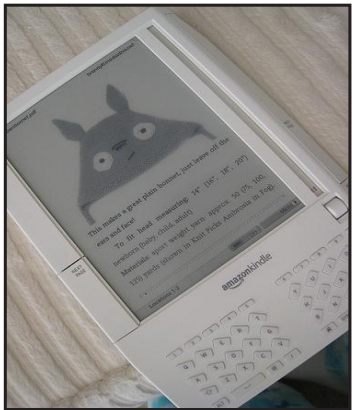


Alienware's monstrous monitor, measuring over 3 feet in length. Photo from wired.com

to accommodate for its size. It is meant primarily for gamers and is designed to fill your peripheral vision. The screen resolution on the monitor is 2880x900, and if that doesn't mean anything to you, a normal computer monitor has a resolution of 1280x1080. The ratio of the huge monitor is 16:5 while a normal monitor is 5:4. The monitor on display at CES was merely a prototype and the actual product won't be released until late 2008. The price has not been announced.

Amazon showed off their

portable reading device, which



Amazon's new Kindle. Photo from amazon.com

is already released to the public, but good luck getting a hold of one. Amazon is currently sold out of their hot new Kindle. The Kindle is a lightweight, thin, and easy to use portable book. The device is Wi-Fi enabled, and it accesses a site that allows you to download over 90,000 books. The device then allows you to open the downloaded book and read it on the screen. The Kindle uses a black and white screen, but it is state of the art. The interface is made up of tiny little balls that are black on one side

and white on the other. The balls rotate accordingly and once in place don't move until you open a new page on the device. Not only does it look crystal clear, it saves battery power. The Kindle is currently \$399, that is, if you can get a hold of one.

The third and final device is laughable. Taser International introduced the first ever taser with an mp3 player. The taser has a one gigabyte memory and can hold about 150 songs, not to mention the 50,000 volts you can send through someone's system. The taser comes with a holster and is fully equipped with a laser pointer for aiming purposes. The music doesn't even stop when you need to zap someone. The taser actually comes in different styles including leopard print! The taser can be purchased for \$349.99. The only question now is, where's the iTaser?

This year at CES was one that left many questions and very few answers. Where is Microsoft's iPhone killer? Blu-Ray or High Def? But most of all, what will they think up next?

Book Review: *Jurassic Park* Survive the beginning

by Blake Patrick

“Mr. Hammond, there is a problem with that island. It is an accident waiting to happen,” said Dr. Ian Malcolm in the classic book of *Jurassic Park*. *Jurassic Park* is a fictional story set on an island off the coast of Costa Rica. It is operated by a dinosaur lover by the name of John Hammond, whose dream is to bring the miracle of reincarnating an extinct life form using bioengineering to entertain the public, well the rich public anyway. Hammond has brought dinosaurs back to life using the latest bioengineering technology, and wants to show them off to the world.

When the company funding Jurassic Park becomes concerned with the island, Hammond is forced to hire experts Dr. Alan Grant and Dr. Ellie Sattler (paleontologists) and Dr. Ian Malcolm (mathematician, and honestly, my favorite character) to check out the park.

At first they are astonished, that they were actually seeing live extinct beings living in such harmony, but it doesn't take long for the dinosaur paradise to turn to a disaster.

Throughout the story, Malcolm is constantly trying to convince the party and Hammond that the island won't work. How can we know the behavior of a creature that has been extinct for over 65 million years? Is the way they were cloning them the way dinosaurs were suppose to be like? Eventually, the “perfect system”

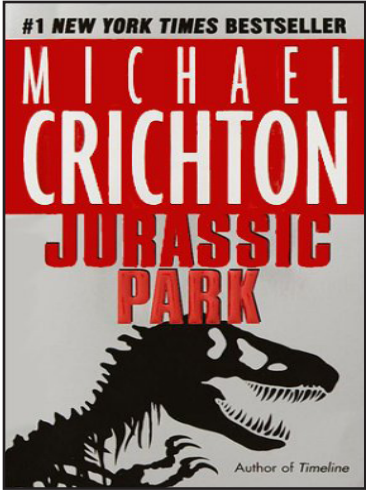
that is supposed to keep track of the dinosaurs and make sure they can't breed, fails due to massive system flaws and the park turns to chaos.

So much for their perfect theme park!

If you like reading, harder to read fiction and like to read about humans

trying to save their skin, then this book is for you. What I really like about this book is that it uses specific details to show how the dinosaurs are created. If you decide to read this book or already have, pay careful attention to Malcolm's chaos theory-it plays a key role in why the park goes to “chaos”.

I suggest you go get this book and read it (can be found here at the media center), but I will warn you the book is a little boring in the beginning, but it definitely makes up for it in the end.



Giving credit where it's due

FLHS' Sausen, Wittrock win top art awards

by Kayla Hofeld

For some, art is like driving in rush hour traffic. You do everything you can in order get out of it, but you do it when you have to. But for others, art is a way to get everything their thoughts out. They are the Picassos and Michelangelo's of our time; of our school. Most times, however, they go unnoticed except for a single set of glass display cases in the hallway. It is now time to give these artists the recognition they deserve.

There are two art competitions held in the winter that student artists, who excel beyond the classroom, are able to enter. They can win scholarships, awards, certificates, and cash prizes.

The first competition is the Minnesota Scholastic Art Awards (MSAA). The MSAA is a statewide regional affiliation of the National Scholastic Art Award program. Selected artists in grades 9 – 12 can enter up to five pieces per person through their art teacher. The pieces must fall under categories including: ceramics, computer art, sculpture, painting, and photography.

FLHS students have already entered their pieces for this competition. Some of the entries

were made by, Amanda Sausen, and Casey Wittrock. Sausen and Wittrock each walked away with high honor wins. Sausen won a gold key for a jewelry piece and silver for a pen drawing she made. Wittrock won a gold key for his set of 3 prints. Gold and silver

Forest Lake is a small school and doesn't enter anywhere near that number, but as art teacher Mrs. Nancy Pechmann said quantity doesn't matter.

“There are schools like Stillwater who bring the maximum entry number every year, but we as Forest Lakers, win something every year.”

The judges pick only 100 items that will place for money prizes ranging from \$1000 dollars to \$100 dollars, as well as certificates for participation.

Pechmann believes there's a big difference between the tow art shows

“MCAD is more bizarre, their pieces are more like ‘wow what the heck’ and a lot of the time I don't like half of them.” Said Pechmann, “The Best 100 show is more traditional art, it's ‘safer’ art. I'm excited to see them.”

There is an open exhibit for the MSAA to view the selected pieces now through Feb. 17 at the

MCAD Morris building. Go to www.mcad.edu/msaa for more information on MSAA and exhibit times. The Best 100 competition will be exhibiting from March 7-26 at the AZ gallery in St. Paul. Gallery hours are Friday 5 p.m. - 8 p.m., Sat. and Sun. 10 a.m. - 2 p.m..



A beautiful work of art drawn by Jeremy Tetrault. Photo by Kayla Hofield

are the highest honors in each category; it is a huge achievement for them.

The second competition is called the Best 100 Competition. This competition is put on by St. Paul's Jaycees. Schools around the area are allowed to enter up to 150 items into this event.

Prepping for spring sports

Ranger athletes getting ready for spring seasons

by Renee Noren

Many spring sports start in late February and early March. With track and field, baseball, boys tennis, and softball just around the corner, Ranger athletes are getting in shape and preparing for their sports.

Staying in shape during the off-season is difficult for many high school athletes. Between jobs, homework, and being a teenager, many students don't have time to think about fitness until their season starts.

"Pre-season training helps reduce injury and increase level of fitness, so they have midseason form and peak better during the season," said Boys Head Track and Field Coach, Paul Kendrick.

After school, you can usually find Kendrick helping students with running form on the school's newest training tool. Many track and field athletes have been

working on technique with the treadmill in the weight-lifting area.

"It helps build fitness, works on proper running mechanics, and develops speed. Another thing that doesn't get recognized is it builds confidence too," said Kendrick.

"It pushes you and it's timed so there's a set speed you have to go," said junior Erin Daninger.

Girls softball pitcher, Alyssa Dunrud has been using the school's weight training program to give her an extra advantage this spring.

"Weight training makes me faster and stronger so I can pitch fast and get more power for



hitting," said Dunrud.

Even though spring sports are a few months away, Ranger athletes are still putting their best foot forward.

Dance Team

Girls hope to do well at sections Feb. 9

by Amanda Nyberg-Markling

Who has those high kicks and dazzling smiles? Why it's the girls of the Forest Lake Dance Team and they have been having a fantastic season.

At competitions, routines get scored 1-10 on uniformity, choreography, formations, and technique. In a kick routine the number of kicks required is from 55 to 75, the forest lake dance team has 65. According to junior Jenni Vilgos, "The varsity has been getting sixes and sevens." "Junior varsity

has been getting fives and sixes," said freshman Emily Grahek

Their last meet was January 14th at Cretin-Derham Hall, the team placed third in kick and fourth in jazz.

"What the girls had been working on this season was their technique," said Coach Angela Nelson "They have improved from last year."

And coming up February 9th is the big Sections in Eagan; the time hasn't been decided yet, so be on the lookout so you can cheer on the dance team.

Nordic and Alpine Skiing

Seasons wrap up

by Danielle Proulx
Alpine

While battling the icy winds and the snow falling in their faces, the boys and girls alpine teams are also battling it out with their opponent and the clock.

"The biggest challenge would probably be having everyone stand on the runs, not fall. Having the younger kids step up and score some points," said Senior Captain Brett Stolberg.

The team has done really well this year and plans to keep it going; they are planning on going to state.

"I'd like to be conference champions as a team," said Stolberg, "and I'd like to go to state."

Stillwater and Roseville will prove to be their biggest challenge.

"I think they are both going to have good teams this year," said Stolberg.

Their next meet is tomorrow at Wild Mountain against Roseville at 4:30 p.m.

Nordic

There is yet another team that battles the winter weather, but not up on the slopes. The FLHS Nordic team is doing pretty well this year, and their goals are set high.

"We want to win sections as a team," said Senior Kate Babbit.

"The difference between nordic and alpine is that we have to work harder," said junior Ryan Wright. "Gravity does their work for them, but we have to go up the hills too."

The team also hopes to send many of their athletes to Alaska for the Junior Olympics this year.

"I want us to win state and I would like to qualify for Alaska," said Wright.

Their last regular season meet is tonight at Como Park Golf Course against seven teams from their conference. The meet starts at 10:00 a.m. Sections begin on Feb. 6 up at Giants Ridge in Biwabik.

Wrestling

Team hopes to reach semi-finals

by Blake Patrick

As you know, the wrestling season started late in November and they have gone to many tournaments and matches over these past few months.

"We struggled early on in the season," said coach Billy Pierce, "but we are a young and inexperienced team this year."

Pierce hopes to make it to the semi-finals Friday, February 14-15, in the sectional tournament.

"It would be a great finish and goal for our team," he said. "Sections this year are tough. We have to play against 4 teams placed within the top 12 teams in Minnesota (Anoka, Coon Rapids, St. Francis, and Cambridge)."

"This team is loaded with talent," said Pierce, "we've made some great gains this season."

Pierce hopes to come out with a victory against Stillwater

Gymnastics

Teammates step up

by Annie Hinrichsen

After taking 5th place out of 16 teams at the Minnesota Girls Gymnastics Officials Association Invitational on Sat. Jan. 5, the Rangers gymnastics team haven't been doing as well as they hoped.

With senior Chelsea Uram unable to compete because of a dislocated knee, sophomore Taylor Brett has stepped it up to fill her place and has been doing really well. At the invitational, Brett took first on the vault, uneven bars, the balance beam, and the all-around.

Coach Nancy Elias said the team is doing pretty well, but the scores aren't as high as last year. The team won their last meet



FLHS gymnast warms up for a recent meet. Photo by Blake Patrick

versus White Bear Lake Fri. Jan. 10.

"Chelsea Uram did the bars last week and might compete in the beam this week. She's slowly recovering and we're working her back into the meets," said Elias.

The team's next home meet is Thurs. Jan. 31 against Mounds View. Varsity starts at 6:30pm.



First year Ranger Head coach Billy Pierce talks to the wrestlers before practice starts. Photo by Blake Patrick

tomorrow.

"They have some decent individuals this year," said Pierce. "I hope to finish out the conference with a decent victory."

Catch the wrestlers in action! vs. Stillwater tomorrow

Boys Swim Team

Ready to test strength at sections

by Renee Noren

The Ranger boys swim team is having a strong mid-season and looking forward to sections and state.

"We plan on winning sections and we expect to send all three relays and about ten individual swimmers to state," said Senior Captain Peter Sandager.

The boys start tapering in the beginning of February to let their bodies slowly ease into recuperation, so they are able to get their best times.

Right now, their biggest competitors are large teams like Stillwater and Woodbury. The boys are excited to test their strengths Feb. 21 at Section Preliminaries, and Saturday Feb. 23 for section finals. The divers will prove their talent Feb. 22.

If all goes well, the Rangers



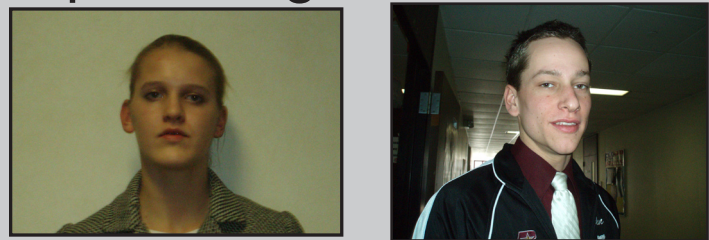
FLHS swimmers start a race. Photo by Renee Noren

will be sending their strongest swimmers to the State meet at the University of Minnesota's Aquatic Center on March 1.

Boys compete at sections Feb. 21 and 22

Athletes of the Issue

Top-scoring teammates



by Steve Peterson

Junior **Anne Berner** has been on the varsity girls basketball team since she was a freshman, and has been one of the top post players in the Suburban East Conference.

Berner has helped lead the Rangers to a 10-5 record and 4-3 in conference play.

Berner averages 15.7 points and 10 rebounds per game. On Dec. 20, Berner scored a season high 28 points and 27 rebounds in a non-conference win against Cambridge-Isanti.

“I’m playing much better this season then I did last season,” said Berner.

Berner has been a leading scorer for the Rangers this season. Berner picked up 22 points and 15 rebounds in a conference loss to White Bear Lake on Jan. 8; she also picked up 11 points in a conference win against Roseville on Jan. 11 and 18 in a conference loss to Woodbury on Jan. 15.

The team is looking to carry that momentum into the rest of the season.

Senior **John Goossens** is a captain on the Forest Lake Rangers boys swim team. He is also one of the top swimmers in the conference.

Goossens has had many strong showings at the meets so far this season. Goossens recorded his fastest time in the 50 yard freestyle, 23.03, at the Maroon and Gold meet held at the University of Minnesota Aquatic Center on Jan. 5. This time gave him a third place finish overall out of some 40 swimmers. Goossens helped lead the Rangers to a ninth place finish in the maroon division. He also recorded his fastest time in the 100 yard freestyle, 53.09, and the 100 yard butterfly, 1:01.37, at the Roseville and Hastings meets.

Goossens has high hopes for this season and is looking to make it to the state meet. Goossens also is looking to break two team records in the 50 yard freestyle and the 100 yard freestyle this season.

BB ahead of competition

by Danielle Proulx

The Forest Lake boy’s basketball team has been on fire these past few weeks. Losing only two games all season, the boys are now 8-2. The only losses came from Blaine and Woodbury. Seniors Brandon Phelps, Mike Person, Brad Kopp, Justin Nelson, Alec Johnson and Ryan Brown lead the Rangers.

“The seniors are definitely the leaders of the team,” said senior captain Phelps, who played his third game back after a sprained ankle. “It’s hard to play because I can’t cut, run or jump on it as hard because it hurts. When I got back to playing, I needed to work on my endurance because I didn’t do anything for so long.”

The boy’s offense is a fast passing, scoring routine. The team pushes the ball well and all the boys get the chance to score. And the defense leaves only a little to be desired, that little being height.

“I think that it’s an advantage because we can use our speed and quickness on defense and offense to create mismatches and trapping opportunities,” said Phelps.

“The hardest games of the year are going to Stillwater and

maybe Cretin Derham Hall,” said Senior Captain Nelson.

The Rangers have home court advantage against Stillwater on Feb. 21 and Cretin Derham Hall on Feb. 26. Both games start at 7:30 p.m. The next home game for the Rangers is on Feb. 1 against Armstrong at 7:30 p.m.

The girls play Park on February 1, at 7:30 p.m. here at the high school. Their defense leaves little to work on but they do need to work on a few things, “We need to work on the little things like boxing out and finishing in the paint,” said Colling.

Finishing in the paint, in other words, means they need to make their shots down by the basket, not just making the shots from outside.

This year, the leaders of the girl’s team are the seniors and quite a few of the juniors. Three of the top juniors on the team are Molly Steele, Annie Berner and Gina Lange, “We all work really well together, the team is like my second family,” said Colling.

Their goal for the season is to make it to state. These girls know they have lots of work ahead of them and that every game is its own challenge.

See the girls in action Feb. 1, at 7:30 p.m. when they host Park.



Junior Gina Lange shoots a free throw in a recent game. Photo by Steve Peterson

Girls

The Forest Lake girl’s basketball team is on a roll. Their record is 10-5 as of Jan. 18.

“If everyone comes ready to play we should do well against Park,” said junior Alisha Colling.

Catch the next home game!

Check the schedules on-line

Varsity hockey seasons still going strong

by Joe Lichtscheidl

The Forest Lake Boys hockey team is having a phenomenal season starting out undefeated and still going strong.

“We are having a lot of fun,” said Junior Left Wing Kyle Young.

The team has been working together very well especially when they beat Grand Rapids in overtime at their rink for the first time ever.

“The team has great chemistry and that is one of the main factors in our success,” said Senior Captain Tom Fick.

The team’s biggest competition is White Bear and Duluth East who they firmly believe they can defeat. You can expect to see the boys do well in sections at the end of Feb.

“We have to take it one game

at a time but I expect that we will do very well,” said Fick.

Come and cheer on the boy’s hockey team at their upcoming games and help push them to sections and state making this the best season in many years. The next game is tomorrow at White Bear Lake.

Girls

The Forest Lake Girls hockey team is also having a very strong season, starting out 7-0 and have recently been in a slump but say they will be turning their season around and be very successful overall.

“The most exciting part about the season was the first seven games

when we were undefeated,” said Senior Captain Briana Gray.

The girls have backed off the heat a little, falling into a dry spell but plan to turn the season around and be very successful in Sections and go to State.

“We have not been playing as a team. We are a lot better than that and you will see that when we turn this season around,” said Senior Miranda Nelson.

The team’s biggest competition is Stillwater and Roseville who the girls believe they are good enough to beat.

Come cheer on the girl’s hockey team as they try to turn their season around. The next game is Feb. 2 at Cretin-Derham Hall.



photo provided by Jamie Bullock

Check out team schedules: at hs.forestlake.k12.mn.us

Drumline practices for February 2 competition

by Kaitlin LaCasse

Winter Drumline is getting warmed up for the 2008 season. They have been preparing for their first show Feb. 2.

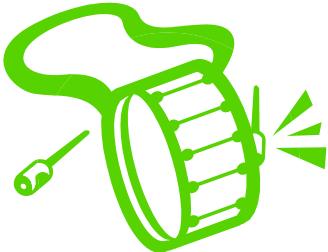
They practice an average of 12 hours per week three hours both Tuesdays and Thursdays and six hours on Saturdays.

The show this year is called “Circuit.” There are 20 members this year: ten of those are return-

ing members. To the majority of returning members, Drumline has become a major part of their lives.

“One of the best things about Drumline is that it is a great stress reliever,” Said Sophomore Carlie Boudreau, “I look forward to drumline 24/7.”

This year Drumline is looking to be the absolute best they can be. In past seasons they have generally placed well.



SEC Music Festival

Monday, Feb. 4
Roseville, MN



Participants: Choirs, Bands, and Orchestras from schools in the Suburban East Conference

For the love of chocolate

Small town chocolate house worth the expense

by Sarah Everett

Have you ever found yourself, right in the middle of class when, all of a sudden you're craving some creamy milk chocolate? Well then you might want to take a stop at Daniela's.

Daniela's is a chocolate shop that is all about catering to its customers. All of their products are made in the best possible way. Because of all the time and effort that is put into their products, Daniela's is making itself known as the best place to buy chocolate.

Aside from the fact that their chocolates are great, the staff is great as well. From personal experience, Daniela's has the nicest staff in town. The owner makes sure each customer feels welcome. Anyone who stops in Daniela's is sure to get a warm welcome and great customer service.

So, what exactly does Daniela's sell?

"We sell anything from chocolate truffles to ice cream to chocolate cigarettes and cigars," Owner Daniela Meneghetti said.

Daniela's has a little of something for everyone in its store. They have, chocolate, but they also have assortments

of sour, hard, and gummy candy. They also have candy with toys in them and old classics like candy cigarettes. One of their most popular products is the Gelato ice cream, available only in the summer. If you want something a little warmer for your taste, you could always try some of their famous hot chocolate from Europe.

Although these products seem like they should cost a fortune, they really don't. Daniela's prices are actually pretty reasonable. They sell chocolates anywhere for 60 cents all the way up to \$60. Although it seems like a high price the cost is well worth it. They have an assortment of about 130 different kinds of chocolates.

"They should just stop by to smell the chocolates when they walk in," Meneghetti said.

Once you do, you are sure to be hooked.

It is also probably the only place in Forest Lake that you can pick up a souvenir.

And for those of you who are



photo by Sarah Everett

thinking of Valentines Day, Daniela's is a great place to pick up a gift. Not only can you get chocolate there, but you can also buy chocolate with little love notes in it.

"I think Daniela's is a good place to get chocolate," Katie Murphy, a junior at Forest Lake high school said. "They have every type of chocolate you can imagine there, and they're good too, but sometimes it can be a little expensive."

So if you don't mind paying a little bit extra in cash for a little bit better quality, then Daniela's would be a great place for you to go when you're getting those chocolate cravings. Daniela's is located at 145 Lake St S.

Tracie's mystery monster

Alligator gar makes swimming in Mississippi unsafe

by Tracie Anderson

Ah, third quarter at last. All of these new classes, new people, new teachers, it really got me in the spirit. The spirit to write a new article! So here it is the newest animal to enter my personal Wall-of-Shame.

When I was searching for another possible animal candidate on Google, this one just happened to pop its little face onto my screen. I have never heard of this type of animal, nor did I believe that it even existed

(especially in the United States). As you have can see, this is no featherweight and shouldn't be taken lightly. This u n g o d l y creature is

called the Alligator Gar, or its scientific name Atractosteus spatula. It is one of the biggest fish found in the United States. It can range anywhere from 100-300+ pounds, and it is dangerous. There are no known deadly alligator gar attacks, but there are some reported bites here and there. The most an alligator gar will do to a human is bite a hand or foot if the limb is just dangling in the water, or when people try to feed it (it's happened). Alligator gars mainly stay on a diet of just fish, but has a sweet tooth for blue crabs. However, they do prey on waterfowl, turtles, small wildlife, and sometimes hunters' decoys. The alligator gar has been around for thousands of years, but was



discovered in the United States in 1803. Their geographical living space starts from the bottom of Illinois, and reaches to some parts of Central America. They live primarily in rivers, marshes, and lakes and they also inhabit the Mississippi River basin, which does mean you can find gar in Minnesota even though I highly doubt it will be an alligator gar. They do span through Texas and Florida and have been known to travel into salt water.

Although these are not considered game fish, people love to hunt for them-yes, hunt. They are primarily

caught by bow hunting, using a bow and arrow with the arrow attached to a fishing line that you pull in as soon as the arrow pierces the fish. Depending on how big the fish is, it takes at least half to a full hour to get it on land or in the boat. Most fishermen tips state the fish should be dead before entering the boat because it is just like reeling in an actual alligator. It will thrash, bite, and move around any way it can to get back into the water. Even though this fish is incredibly ugly, yet fun to hunt for, it is starting to become endangered and is now on the threatened species list in some states.

Even though we don't see all those fancy alligator gars in



photos from:optictalk.com

Minn., we do have their cousins that are a heck of a lot smaller than that beastly alligator gar. If you can't find any in the water, just wait until the end of August they are plopped into the big fishpond at the Minnesota State Fair every year (don't throw coins in). Other little interesting bits of information are: alligator gars have a unique swim bladder that allows them to gulp in air instead of through its gills, and females can live up to 50 years while males only 26 years. Sorry guys.

These fish are crazy weird and are so ugly that they can make an onion cry. I hope you enjoyed reading about one of the biggest, ugliest, and weirdest freshwater fish to roam the waters of the United States of America. So this ends another animal mystery,

10 things to know about Chocolate

Fun things to know about its yummy goodness

Gathered by Danielle Proulx

As Valentines Day creeps up around the corner and people flock to the store to buy that special someone something special I got to thinking about chocolate. Why is it that so many people buy their loved ones chocolate? So I went onto Google and found a few interesting facts.

1. Chocolate was first a drink.
2. Spain was the first "civilized" country to make and sell chocolate.
3. Consumers in the US eat a combined average of 3 billion pounds of chocolate each year.
4. Chocolate has a stimulus that makes people feel as if they are in love.
5. Men who eat chocolate may live longer.
6. Chocolate can help you remember things (like test answers)
7. Aztec Indians called chocolate "Food of the Gods".
8. Chocolate has over 300 ingredients .
9. The first chocolate shop was opened by a Frenchman who lived in England.
10. Some types of good bacteria actually crave chocolate.

Unique names in school

The reason behind the names

by Meagan Seim and Annie Hinrichsen

How many people do you know with the name John, Amanda, Matthew, or Jessica? People have a great variety of names although now days we have heard the same name over and over in classes.

Isn't it nice to hear names out of the ordinary once in a while? *The Breeze* staff put the wind in the sails as we sought out the meanings and origins of the unique names in our school.



Nabil Cheika (12)

Origin:
Named after his dad, the name is morrocccon.



Desmond Hansen (10)

Where he got it from:
Named after a football player.



Merrick Manning (11)

What it means:
His name means "ruler of the sea"

Adila Hasik (12) not pictured.
Her name is Bosnian, Bosnians do not have middle names.

Quote
of
the issue

“ The most wasted of days is one without laughter ”
-e.e. cummings, poet
October 14, 1894 - September 3, 1962

How many times do you go through a day crabby or burdened, thinking so much of problems or busy schedule that you actually forget to laugh. If that day isn't wasted in wallow and pity what is it?