

Political Breakdown

Who's who in the race for the presidency?

by Kurt Johnson

2008 is here and with that means one thing for certain. The next presidential election. As a nation, we have had our biggest turn out for caucuses and polls in over twenty years. Minnesota's was held on Super Tuesday.(Feb.5th) There are four candidates still in the race so, for all the students and staff in FLHS who will be voting in the next presidential election, here's a simple breakdown of who some of the politicians are, and what they stand for. Not all issues will be covered, as some candidates have spoken little about them or there is insufficient knowledge on the issues.



Hillary Clinton
Home State: New York
Party: Democrat
Age: 60
Religion: Christian (United Methodist)
Experience: First lady of U.S. 1993-2001, U.S. Senator 2001-Present
Health Care: Seeks to: provide manageable health care to all, without turning any one down period.
Women's rights: Hillary seeks to change the fact that women earn 77centsforeverydollaramaneans; firmly supports Roe vs. Wade.
Education: Plans to invest heavily in providing programs to help parents learn how to parent; remove NCLB completely and

fund IDEA (a program for those with special needs); invest 100 million dollars to provide public and private summer internship programs; create "green schools" to reduce energy costs and reduce environmental hazards.
War in Iraq: Implement a three-step program to end the war immediately and bring troops home, starting with the first 60 days of her Administration; work with the UN to mediate peace with surrounding nations and provide reconstructive funding.
Environment: Double funding for basic alternative energy research, help make 20 million homes more energy efficient, provide 20 billion dollars worth of "Green Vehicle Bonds" to promote energy efficient vehicles; create a "National Energy Council" within the White House to ensure implementation of the plan across the Executive Branch.

Mike Huckabee
Home State: Arkansas
Party: Republican
Age: 52
Religion: Christian (Southern Baptist)
Experience: Governor 1996-2007, Lieutenant governor 1993-1996)
Sanctity of Life: Has always been pro-life, believes Roe vs. Wade should be overturned; supports the Supreme Court's decision to forbid partial birth abortions, opposed to embryonic stem cell research.
War in Iraq: Opposed to a timetable withdrawal, saying, "This country has never declared war

until 'a week from Wednesday,' we have always declared war until victory." said Huckabee.
Education: A firm believer that art and music programs are essential to education; plans to reform NCLB so states can create their own benchmarks.
Immigration: Supports the Senate's 3 billion dollar plan to deploy 23,000 more agents, add four drone planes, build 700 miles of fence and 300 miles of vehicle barriers, and put up 105 radar and camera towers; crack down on those who overstay their visas.



Photos from cnn.com

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Circle of Us makes a beat

Student-led drumming group meets at CLC



by Annie Hinrichsen

When you think of the words, Circle of Us, what comes to mind? To those who don't know, it's a youth drumming group created by your very own FLHS sophomore, Kyle Cold. Circle of Us drums together at the Teen Center on Thursdays from 3:30-4:30p.m. Most of the drummers actually aren't musicians and have no musical background. The group does simple rhythms and it's mostly about learning. "I love drumming, but drums are expensive, so I talked to some friends to see what we could do and

we created Circle of Us," said Cold. "Right now, we're using five gallon buckets and we have a Didjeridu," said Cold. A Didjeridu is an Australian instrument made out of wood and played like a trumpet. "The purpose of music is to bring people together," said Cold. Cold brings all of his drums from home for the group and Home Depot supplied the group with gift cards and they bought supplies they could use for drumming. Circle of Us is also open to the public, so anyone who is interested is welcome. Right now the group

averages around eight people. "Our equipment isn't doing so well. After a few months of beating on the buckets with sticks, they aren't in the best condition, so we taped some of the instruments with different colored duct tape. It looks pretty cool," said Cold. "Drumming on buckets isn't the most peaceful sound, but coming together with music is the whole purpose," said Cold. If you have any questions about the group or want to join, ask Kyle Cold or go see the group at the Teen Center on Thursdays. "We've had people from toddlers

to people in their 60's come down and just start drumming with us, so anyone who wants to can join. They don't need experience. It's just about music," said Cold.



Photo by Kurt Johnson

Big catches in 'Land of 10,000 Lakes'

by Joe Lichtscheidl

Ice fishing is one of the greatest winter sports in which you can participate. What's better than to go ice fishing in the land of 10,000 lakes? Many people around FLHS enjoy this popular winter sport. Dean Scott Urness is an ice fishing enthusiast.



Photos provided by Katie Thunshelle

Urness has been ice fishing for 32 years and says he loves every minute of it. He enjoys fishing on Lake Mille Lacs; his largest catch to date is a 30-inch walleye, which he ended up letting go. Another big time ice fisherman at

FLHS is Senior John Goossens. When he is not breaking pool records for the boys swim team, he is out on the ice reeling in his next big catch. Goossens enjoys catching Northern at his secret spot where his lure of choice is sucker minnows and a tip up. Tip up fishing is done with a line attached to a flag that is triggered when a fish hits it. The flag pops up when a fish is on the line. "Some people call it lazy fishing, but I call it strategy fishing," said Goossens. Finally, another ice fishing enthusiast is FLHS's Math

Teacher Katie Thunshelle. She has been ice fishing for eight years, but has been fishing with her dad since she could walk. She loves fishing walleye and it is great because her largest catch is a 30 1/2-inch walleye. "I have an ongoing battle with my husband because he caught a 30-inch walleye, but it weighed more than mine," said Thunshelle. "So I have length and he has height."



Thunshelle and her husband have been ice fishing for many years and have a very large portable ice house where they enjoy spending much of their winter. Many more people around the high school enjoy this past time and have their own ice fishing story to tell. So if you're interested in checking out this favorite winter pastime, ask around, and you'll be sitting by a tip up in no time.

Running Aces opens in April

Minnesota’s only harness racing venue in FL

by Annie Hinrichsen

Wondering what’s being built by the freeway? It’s actually the Running Aces Harness race track, opening in Columbus this spring. The mile oval track is scheduled to open in April and the card room in July.

But why put a horse track here in Minnesota? According to Karen Eide from the Southwest Casino Corporation, Minnesota has always had one of the highest percentages of horse ownership per capita of any state in the country. In the mid 1980’s, Canterbury Park was selected to be the horse racing venue and when it first opened they offered Thoroughbred, Quarter Horse, and Standard Bred (harness) racing. The facility dropped harness racing after its first year and in 1989, the Minnesota Legislature authorized construction of a second race track in the Metro

Area to be devoted exclusively to harness racing in order to stimulate development and growth of that portion of the industry.

“Harness racing in Minnesota has a rich history going back to the well-known record holder Dan Patch (a horse) who was known as the ‘World’s champion harness horse,’ “ said Eide. “We

expect a large crowd of people. The track will be a fun family experience in a beautiful setting,” said Eide.



Running Aces track. Photo by Kurt Johnson.

Eide also believes the track will stimulate business in the City of Columbus and the surrounding area, including Forest Lake. Businesses will get more visitors coming to the area to enjoy the entertainment and also by buying good and services by Running Aces.

Running Aces will be the state’s only harness racing venue and the second horse track in Minnesota, next to Canterbury Downs. It’s expected to create 600 jobs paying above minimum wage, so if

you’re interested, you can find information to apply for a job at: <http://www.runningacesharness.com/employment/index.php>; Eide also pointed out that state law requires employees to be at least 16 years old. The track will have many seasonal jobs, some of which will be trackside. There will be eight races a day with races starting at 7 p.m. The racing season will last fifty days a year but the card room will be open year-round. The building will also be open for community meetings and special events. In April, when the racing starts, I hope you go see a couple races and enjoy it. It sounds like the track is going to be pretty fun and a place to go with friends and family. It should be a good experience.

Northland Mall gets facelift

by Steve Peterson

Eyesore: *noun* 1. Something unpleasant to look at, tacky
2. Northland Mall in Forest Lake

Pace Development, a Bemidji-based developer, has big plans to totally renovate and rejuvenate one of Forest Lakes ugliest buildings.

As told to Mark Nicklawski of the *Forest Lake Press*, Pace Development said, “We want to redevelop the Northland Mall into a bigger, better-looking, and more environmentally-friendly shopping center.”

The mall would include a



Northland Mall today. Photo by Kurt Johnson.

90,000-square-foot Marketplace Foods, which would be the largest grocery store in the north-metro area. It will also hold up to 30 new or relocated tenants. Also talks of adding a new liquor store and a buffet-style restaurant are also in the works.

A gas station and other restaurants are being considered in the



New look for Northland Mall. Courtesy of FL Pioneer Press.

design. These would tentatively be located on the east side of the newly redone parking lot.

Renovations are also planned for the Northland Plaza and the Lake 5 Theater to help them blend with the newly renovated mall.

Northland mall was built in 1979 and hasn’t seen much TLC since. As told to Mark Nicklawski

of the *Forest Lake Press*, Pace Development principal Keith Johanneson stated, “This is a great opportunity to change the appearance of Highway 61.”

The renovation of the Northland mall is to increase economic growth and activity in the Forest Lake area. The renovation would also bring in more job opportunities for the residents of Forest Lake and the surrounding areas.

This is a great opportunity to bring some life and class to the south end of town.

Hot in the lot: Zastrow’s hidden ride



Peter Zastrow’s camouflage truck. Photo by Joe Lichtscheidl.

by Joe Lichtscheidl

Senior Peter Zastrow knows how to design his own ride. Zastrow is a huge hunting enthusiast and has taken his passion for hunting into how he designed his car. Zastrow hand painted his Chevrolet

camouflage and has made his car very well known around school.

The car at one point belonged to his mom which was later handed down to him. Even though this car is extremely old and does not get the best gas mileage, it has not given Zastrow any problems. Zastrow is able to repair much of the car when it has a problem.

“The car was beginning to show rust and a sign of aging, so I decided it was time for a paint job,” said Zastrow. “Plus I love hunting

and needed a good hunting truck.”

Zastrow is constantly turning heads with his car and has been able to get paid for driving his car by getting a sponsor. The large stickers on the side of the car were put there to show off the company and by doing so, Zastrow is making money by driving his car.

Look for his car in the lot, but don’t be surprised if you can’t find it because it blends in very well.

Breaking the cycle of abuse

by Renee Noren

There are hundreds of songs everyone has heard about how much love can hurt, but someone who loves you should never abuse you whether that person is a parent, relative, friend, boyfriend or girlfriend.

Abuse can be physical (slapping, hitting, kicking), emotional (bullying, teasing, humiliating), or sexual (nonconsensual sexual contact). According to [abuse.com](http://www.abuse.com), any type of unwanted sexual advances that make you uncomfortable are red flags that

there is something wrong and that you need help. So, what should you do if you are suffering from abuse?

“You have to seek out someone you can trust to get help, it can be a friend, a teacher, or a counselor that can help you get resources,” said AP Psychology teacher Sara Cameron.

“It’s uncommon (here at FLHS), when we have to address abuse,” said Kirsten LaFean, one of FLHS’s Behavior Intervention Specialists. “It’s an intense issue.”

Like at many schools, just

because we don’t hear about abuse doesn’t mean it’s not happening. There are always people here at school to help.

“Victims of abuse should know it’s not their fault and we can help them find resources,” said LaFean. “We care about their well-being.”

By getting help and talking to the deans or counselors here at school, you can get access to resources that will empower you with advice, information, and support.

“The trauma to the mind is the most difficult to overcome,”

said Cameron. “Abuse can cause some students to be withdrawn socially because they feel they have a huge secret that they don’t want anyone to know.”

Whether you’re suffering from abuse or one of your friends or family members is a victim, tell someone so that precautions can be put into place.

If you need help, call the Minnesota Abuse Victim Hotline at 1-866-223-1111.

Cut n’ Keep Calendar

Feb. 25
band concert
7:30p.m.

Feb. 26
Boys BB
7:30p.m.

Feb. 27
Blood Drive in field house
7:00a.m.

Feb. 27
Yoga class room 363
2:40p.m.

Feb. 28
Girls’ hockey banquet
Hosanna Lutheran Church

Feb. 29
Boys Basketball
7:30p.m.

March 4
Precinct caucus day
6:00p.m.

March 6
FFA banquet
3:30p.m.

March 7
Drumline show
3:00-6:00p.m.

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.

Unique Classes:

Students discover more about the earth through science and art

by Hannah Norwig

Photography

Looking for a class to fill up your missing art credits, but don't want to take the standard Fundamentals of Art or Design Basics? Photography counts as an art credit and has no prerequisites. "It's fun because most students don't shoot film, they shoot digital. So they get to learn to process it into a photo," said Photography teacher. In this class, students use a 35 millimeter camera to take different styles and techniques of photos.

Then, the students develop their photos in chemicals. Students are graded on how well they expose and process their photos and film by using the techniques they have learned. Picture taking assignments include the elements and principles of design, lighting, and the exhibiting of their work. Students also experienced darkroom techniques, which is the room where photographs are developed. This class could potentially lead to 3 college credits if you take Photography II as well.

However, you need at least a B- to move on to Photography II. **Meteorology** If you are interested in science-related courses, try signing up for Meteorology. It is about the earth's weather and climate. In this class, students watch a variety of films, videotapes, and slides. They also do laboratory exercises. The topics this class covers are weather instruments, cloud identification, weather maps, general processes and operation of the earth's atmosphere, storms,

and processes of precipitation. Climate is discussed with special emphasis on Minnesota along with daily discussions of current weather. Weather modification and atmospheric pollution are also covered. Plus, this class counts



Mr. Lewis' Meteorology class. Photo by Kurt Johnson.
as a required science elective.

Urness kisses Queeny

Pennies for Patients drive successful

by Sarah Everett

If you had a chance to help someone, would you do it? What if helping someone meant that you could make the teacher of your choice kiss a goat, would you do it then? Well, that's exactly what this year's fundraiser, Pennies for Patients, did. Students gave money were able to select a teacher to kiss a goat at the pep fest. You have already seen the result of this fundraiser, but here's the background. Pennies for Patients is a medical organization that collects money from schools across the country so they may improve the life of their patients.

"Pennies for patients help folks with lots of bad illnesses like leukemia and lymphoma," said Kelly Wing runner up to kiss the goat and Spanish teacher. All the money raised during the week of Feb. 4 went to helping people with different treatments, medications, and medical bills. So, how does a teacher get involved with something like this? Student council scouted

the building for teachers who were willing to put their lips on the line and kiss a goat. "In our meeting we nominated potential teachers, then asked if they would do it," Tony Yang, a sophomore in student council



Scott Urness has first kiss with Queeny the goat. Photo by Sarah Everett.

said, "Most of them agreed to it." This year was the first time that we had a goat kissing fundraiser, but it was a big success. "AJ Bohler was the one who started the idea," Yang said. After everything was set up, students were able to donate their money. Over all, the whole student body managed to raise over \$900. In the end, it was Dean Scott Urness who ended up kissing the goat.

"It was a very nerve-racking experience," Urness said. "I knew that the goat was nervous and it made me feel bad." Aside from being nervous, the whole experience didn't sound that bad. Just a quick kiss and you're done. The crowd at the pep fest sure seemed to like it more than Urness did though. "I wasn't all that surprised," Urness said. "I figured I was going to get picked when Mr. Wing threw some money in my jar, so it wasn't a big surprise." After everything was said and done, is there still hope for the faculty wanting to enter again, maybe for next year. "I would enter again," Urness said. "It's for a worthy cause." After his experience there has to be a couple of tips that a master goat kisser might pass down to other's who might be in his position in the future. "My advice to others is you need to be gentle, but firm," Urness said. The money that our school managed to raise went directly to the Pennies for Patient's fund.

What's asthma?

The wheeze disease

by Danielle Proulx

Asthma. Kids talk about it constantly in physical education to get out of running or explain why running is so bad for them. But what is asthma? What does it do? How do people know they have it? "There are around 50 to 65 kids with asthma that go to FLHS that we know of," said school nurse Heather Karstens. "Many kids at the high school level can just handle it alone so we don't even know about it." According to the website below, asthma, (pronounced az-muh) is a chronic disease that affects the airways. The airways are tubes that carry air in and out of the lungs. With a person who has asthma, the inside walls of the airways are swollen. Which makes the airways very sensitive, and they tend to react strongly to things the person is allergic to. "Allergies, weather and exercise are things that cause kids to have an attack," said Karstens. "Some kids also get attacks from smells, especially cleaning products, and sometimes, when they are sick, it can get bad," said school nurse Lisa Leibke. When the airways react, they get narrower, and less air flows through to the lung tissue. This causes symptoms like a whistling sound when they breathe (this is called a wheeze), coughing, chest tightness, and

trouble breathing, especially at night and in the early morning. Asthma can't be cured, but most people with asthma know how to control it so they can live a comfortable and active lifestyle. When asthma symptoms become worse than usual, it is an asthma attack. During an asthma attack, muscles around the airways tighten up, making the airways narrower so less air flows through. When someone has an attack they may get a look of fear or pain on their face but just reminding them to stay calm and breathe from their gut can help a lot. Swelling increases and the airways become even narrower. This extra mucus also narrows the airways. If asthma isn't properly taken care of, it can cause those who have it to miss school, work and activities they enjoy. Asthma can also cause death if it isn't taken care of. If you think you have asthma go and see a doctor right away to find out what triggers attacks. "If someone has an attack and they don't have an inhaler, they need to stay calm and put their arms up," said Karstens. "I've also heard the old wives tale of drinking warm water or coffee but, I don't know if that one really works." For more information on asthma, check out www.nhlbi.nih.gov/health/dci/Diseases/Asthma.html.

Five years in the War on Terror

When will our troops come home?

by Blake Patrick

Five years ago, March 19, 2003, Bush announced that our military coalition forces were in the early stages of "military operations" to disarm Iraq, free its people, and defend the world from grave danger. It has been almost five years since we've gone to war with Iraq, and as a country we have had a considerable amount of casualties, 33,000 to be exact. With approximately 4000 troops

dead and over 29,000 wounded. At first, our goal for Iraq was to save its people and the other countries it threatened, and after a month the Iraqi army had been virtually disintegrated. But, as the war raged on more and more complications arose. After we overthrew Saddam Hussein, there was the complication of what was going to happen to the Iraqi government, and whether or not the US would stay

until the problem was solved. This caused various rebellious groups and any remaining Saddam troops to take up arms, which lasted a year, killing 1,000 American troops and untold Iraqi civilian deaths. Not long after these events, it was discovered that Iraq had no weapons of mass destruction, and would not be able to develop one anyways. Until this day, we are still in Iraq solving any

further complications that may arise. How long until our troops come home remains a mystery. The situation in Iraq has caused problems here in the U.S. as well. Now when ever we see a Muslim or a man dressed in a turban we think too commonly of them as terrorists. The war has cost us a considerable amount of money, approximately 466 billion dollars and rising! Although the war has brought us closer

together as Americans, It also awakened us, to realize that there are major problems around the world and not just here in the U.S. Hopefully the war in Iraq will soon come to an end so that we may bring our troops home. How has the war in Iraq affected the joining of the army though?

Is life undervalued?

Many laws value animal life over human



by Kayla Hofeld

Each year roughly 56,597,034 people die. Many of them from illness, disease, or freak accidents. But sadly, in this day and age, there is a large and growing number of people who die from murder. It seems to me that this murder epidemic is blinding the world to the intense disgust of the actual act.

It seems you can't turn on the news or some channel and at some point in the day, hear about P.E.T.A. or some other group of activists for pet rights. It's a fight

everyone knows about, and many fight for. They fight more for the lives of cats than those of starving children or dying infants. This seems outrageous to me. I have worked in an animal shelter and am disgusted to see animals come in who have been beaten and left on the road or kept in too small of a cage their entire lives. It's heartbreaking and I agree those who abuse animals should be punished but should they really get more of a punishment than if you were to kill a human being?

According to Scott Klusendorf President of life training institute, if you were to kill a baby, you can go to prison for two years, but if you beat, not kill, **beat** a dog with a baseball bat in your front yard, you can go to prison for 15 years.

To put a real life spin on it, in November 1996, Brian Peterson and Amy Grossberg were a high school couple. When Amy gave birth to their son in a hotel room

they smashed his head with a brick and threw his lifeless body into a dumpster. For their crime, they got two years in prison but were out early for good behavior. The same week they were sentenced, a man in Wisconsin was given ten years in jail without the hope of parole because he killed *ten cats*.

Do we value pets more than we value newborns? Do humans value the lives of animals more than those of humans? I absolutely think so. America is losing its sense of moral outrage. America has been so desensitized to people dying, or babies dying that it no longer seems as horrific as it once was.

Go ahead. Fight for animal rights, or whatever else you believe in, but don't - forget your fellow man - no matter what age. The unborn, infants, kids, teenagers, adults, or elderly - they all matter. They're all human, just like you and me.

Letter to the Editor

Permanently pledge allegiance

My fellow Americans, my fellow students, I can only speak for myself when I say these things for a singular act has many reasons. I do not stand, nor say, nor pretend, the Pledge of Allegiance. It is not out of disrespect though, nor out of disbelief in God. It is not out of spite for the war or the leader of our free country. I do not act the Pledge of Allegiance because I do not believe it has an expiration date. I have said it once and have to this day honored every word I said. Now I am simply reaping the benefits of such an allegiance.

I am not sorry to you Danielle Proulx, or anyone else who feels insulted. I am not sorry because it is not me or anyone else who acts similarly who insults you. It is you own misgiving and uncertainties that hurt you. When I sit respectfully, staring at the American flag I listen. I listen to every word of my classmates. When I am doing this I am questioning myself about why I am sitting, and making sure I am

still doing the right thing. Yet you know what my classmates are doing? They are droning, mindlessly key phrases of the pledge, not giving it a second thought.

So friends ask yourself, who honors and respects the rights we have more? For rights we do have. They who do not exercise them and remind unaware of their freedom or those who take a chance and reflect upon their actions and bless they who gave us the chance.

For those of you who have joined me or have already been remaining respectfully silent, I urge you to continue. But, I also strongly recommend that you ask yourself why. If you come up with an honorable conclusion, one free from spite, then I salute you, my fellow American.

Kyle Cold
Sophomore

Feminism is for everyone

Sexism isn't just a one way street



by Kurt Johnson

Forest Lake and the world in general have been dealing with anti-Semitism before time was even recorded. From such petty things as race, religion, nationality, or in today's society, wealth, fashion, or body weight, people have created a mental superiority over one another. Too many times, our society has seen the atrocities that come from

such bigoted beliefs. The one that goes most unnoticed though, and might have lasted longer than any of the others, is the sexism that has subtly corrupted us all.

I speak out today as a feminist, in hope of readers can try and take this ideology with a open mind and respect. Opposed to common belief, a feminist is defined as a person who's for ending sexism, sexist exploitation and oppression as defined by Bell Hooks, author of *Feminism is for Everybody*. It's not a person believing women are superior, or a bunch of men-haters, for those kinds of people are the same thick-headed sexists that feminism opposes. Unfortunately, like almost all other beliefs, it's the extremists who make the news and it's their

far-fetched beliefs that are spread throughout the public.

For those thinking sexism isn't a big problem in our society, wake up. Yes, women are in the work force, yes, we have a woman running for president, and yes, they are protected by rights. Women have made astounding breakthroughs in gaining equal rights even, if it only took more than 1,000 years. The biggest problem lies in the subtle issues imbedded in us since kindergarten. Girls are more emotional and cry more, girls can't play guy sports, and you can't hit a girl because she's a girl! Now don't get me wrong, I'm firmly opposed to first-strike violence, so don't use feminism as a reason to beat up girls. But honestly, in self

defense, it's just silly to submit to violence because she has two X chromosomes!

Men are victims too, though in our patriarchal society, we gain more privileges then women. For example, that some think that it's ok for men to be with multiple women but for girls to do it they're sluts, that all men are perverts, men make more money, etc. From the story of Adam and Eve we have always been first! But why?!

Only because we think we do. Because that's what's been taught to us even if we were never sat down and told men are better than women or women are better than men. Why is it today with all the progress that we have made that we can't look at one another and

see them as a person and judge them on that alone? Why have we chosen not to accept that people are equal even though we've all been formally told this at one time in our world at one point or another. So stop yourself next time you excuse their actions as "Because they're a girl" or say "You're such a guy" or anything like that because there are enough exceptions to those kinds of actions where they aren't universal actions based on someone's sex. Even if it's a joke or because some one thinks its funny, stop that kind of thinking, because in many cases, people's actions can't be excused on something so petty. In short, blame the person, not their gender.

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(NOT AN OPINION)

Barack Obama
Home State: Illinois
Party: Democrat
Age: 46
Religion: Christian (United Church of Christ)
Experience: State Senator 1997-2004, U.S. Senator 2005-present.



Education: The U.S. has about a 70% graduation rate for high school students; therefore Obama has a "Zero to Five" plan to bring children into pre-school at younger ages in hopes of better education later on. He also plans on addressing the No Child Left

Behind's (NCLB) problem by helping schools that struggle rather than punishing them.

War in Iraq: Obama has been opposed to the war from the beginning and warned of "an occupation of undetermined length, with undetermined costs, and undetermined consequences." He plans on immediately bringing home troops by removing two combat brigades each month, estimating 16 months until all troops are home.

Health Care: Obama's plan to cover uninsured is to provide a package similar to the Federal Employees Health Benefits Program (FEHBP, the same plan that congress has) that covers all

essential medical services. Also, he wants a National Health Insurance Exchange to help individuals wanting to purchase private care plans.

Economy: Supports: tax cuts for middle class, trading with foreign nations (to strengthen America's economy) and increase federal funding to basic research groups (finding alternative fuel sources), increase minimum wage, and to crack down on fraudulent mortgage loaners and credit card companies who exploit consumers.

Immigration: Wants to place more personnel on borders, crackdown on those who hire illegal immigrants and work with



Mexico to promote their economic development.

John McCain
Home State: Arizona
Party: Republican
Age: 71
Religion: Christian (Baptist)
Experience: State senate 1983-1987, U.S. Senate 1987-Present

Economy and Taxes: Seeks to: repeal the Alternative Minimum Tax, put a stop to "pork barrel spending" (Pork is usually referred to as the few extra lines that are attached to bills Congress uses to fund side projects), lower tariffs so that American products can reach foreign consumers.

War in Iraq: McCain has agrees

with retired Army General Jack Keane that in order to achieve the Iraq wars goals, more troops are needed; wants to keep senior officers in place, so they will be better utilized. They are rotated in and out of Iraq as frequently as troops.

Health Care: McCain wants to: improve quality of health care and stop prices from rising, all while still promoting competition; increase health education and promote informing the public about alternative insurance plans; save Medicare and Medicaid by allowing private insurance and by creating alternative providers.

Second Amendment: Believes the right to bear arms is fundamental. McCain would rather criminals were punished to their fullest extent, rather than take away citizens' rights.

From toys to talking

Growing up, we lose reality of ‘the simple things’

by Kayla Hofeld



As I stood in the living room of my friends’ c o n d o this past Christmas season, I found myself in a conversation. We spoke of family, school, future plans and had plenty of laughs in between. It got me to thinking, since when do I enjoy sitting around and having conversations? As children, we believed there was nothing more to life than waking up, playing with toys, sibling rivalry, and naps. That was our world. We ate fish sticks for lunch and chicken nuggets from the dollar menu of McDonalds for dinner. We had no duties, responsibilities and no faults. Life was simple. As a kid, I remember running through the kitchen where I would often stop and wonder why

my parents were just sitting and talking to our neighbors. Adults were so boring. I often thought that my parents must not have had any good toys when they were younger. No red trucks or dolls or train sets to use. Talking to each other must have been a last resort for some good old fashioned “fun”. Now, I find myself enjoying and even savoring each and every conversation I have with my most dear friends. So what happened between the time of playing in the mud and chatting with friends? Are there more interesting things now than there were 15 or 20 years ago? Or did we simply grow up? Adults h a v e a l w a y s called me m a t u r e for my age, that I’ve acted beyond my years mentally. Yet, I still have time to sit in the yard and play with sand. What’s changed? What makes talking so interesting? As I’ve become an adult, my

duties start to pile up and we find that there is so much more than our world of toys. As an adult, we have so much more to talk about;



our voice seems bigger. We are involved in events, we begin to formulate our beliefs, and we start to make our own decisions apart from other people. It is human nature to be curious what others are doing with their lives and to find out what decisions they have made. Discussions come out of that curiosity. The process of going from trucks to talking seems to happen so quickly that many times we do not realize it has even taken place. We get busy and begin to lose sight of the times we used to have in silence, without a care in

the world. We lose ourselves in constant thought and worry. Our tea parties with dolls turn into staying late to finish a chemistry project in a d e s p e r a t e attempt to pass the class with a high grade. Our time playing with trucks turns into nights of falling asleep in the old, badly worn-out arm chairs and our imaginary f r i e n d s disappear, never to be heard from again. Sometimes, I wish that I could disappear into that old refrigerator box which always seemed to have a protective wall which kept worries out. Sometimes, I miss playing in the sandbox with Tonka trucks, but to be honest, I have had many conversations that I would easily trade for 20 minutes of play time. Growing up isn’t easy and it’s not fun all of the time but my friends are growing up too, I’d rather have them to talk to be playing with trucks by myself.

“As an adult, we have so much more to talk about; our voice seems bigger.”

Say ‘no’ to the high school mercy rule

Rule eliminates chance of a good comeback

by Tyler Wilcox



At what point is a basketball t e a m losing so badly that it’s better to speed up the rest of the game rather than continue the torture? The Minnesota State High School League (MSHSL) is trying to answer that exact question. The St. Paul Central girls basketball team routed St. Paul Harding 93-9 in late January, and the lopsided victory has spurred conversation of a mercy rule. Specifics have not been named, but, if implemented, it would use a running time instead of stopping

time to speed the game up. Most high school sports, for example hockey, and baseball, already have mercy rules in place. The real debate is whether it is fair to both teams. Having a mercy rule in high school basketball would only discourage losing teams even more. The rule reminds bad teams of just how bad they are. Sports are meant to be competitive. How can they be when there is a rule telling teams how much better or worse they are than the rest of the competition? It wouldn’t be fair to either team. By using a running clock, it takes away playing time from both teams. Every second on the court is a learning experience,

regardless of whether your team is losing or winning. It also eliminates the chance of a comeback. A comeback of 30 points isn’t exactly likely, but the chance is virtually zero if a mercy rule is put in place. Seeing a team comeback from a huge deficit is one of the most compelling events in sports. The superior team deserves every minute, the same as the losing team. It may just be a stage for their talent, but success doesn’t come without hard work. Why should a great team be shorted minutes just for being great? Most athletes play the game because it’s something they love doing and they shouldn’t be deprived by the score of the

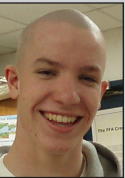
game. High school sports are meant to be as much fun as they are competitive. There has to come a point where a team realizes it’s beaten, but that doesn’t mean they can’t learn anything from the rest of the game. Ultimately, the responsibility should fall on the winning coach’s shoulders. The coach needs to know when he has a game in the bag. They should pull out starters and tell their teams to back off and play conservatively. There shouldn’t be a rule to do the coach’s job at the end of a lopsided game. No matter the score, teams should always compete and play hard. A mercy rule disheartens losing teams and punishes teams for winning.

Who’ll you vote for?

by Joe Lichtscheidl
Many students at FLHS have the opportunity to vote in November and wanted to voice their opinion. Due to age requirements for voting, all the students who participated in the poll are seniors.

Peter Sandager

“John McCain because I like his views and I have faith he will better the economy.”



Soren Duggan

“Barack Obama because I hate conservatives and he has the right ideas.”



Elijah Miller

“John McCain because he is strong on the fundamentals of life and stance on killing unborn children. We can’t let liberals win!”



Brianna Tagg

“Barack Obama because he has fresh ideas and a good campaign.”



Blake Rod

“John McCain because Americans need a better economy and he is the man for the job.”



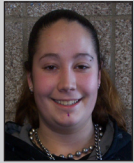
Chaz Hartshorn

“John McCain because I definitely don’t want Obama or Hillary.”



Krista Carlson

“Hillary Clinton because if Obama becomes president, I am moving to Canada.”



Kelsie Jurasin

“John McCain because his views match mine almost exactly, but on the other hand, if Obama becomes president then I will have an excuse to move to the Bahamas.”



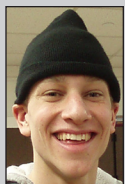
Paige Wold

“Barack Obama or Hillary Clinton because I think conservatives suck.”



John Goossens

“John McCain because that is who my dad is voting for.”



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or Concerns?
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Relationships

Love in the Livermore house

Two teachers met by chance, have been together ever since

by Kayla Hofeld

“To love and to cherish, in sickness and in health.” These are simple words that remind a husband and a wife of the greatest promise they ever made to each other.

Mrs. Laura Livermore, English teacher, and Mr. Dave Livermore, Music teacher, met 11 years ago in Sioux Falls S.D. They both went to Augustana College; However, they

didn’t meet until two years after Mr. Livermore graduated. They met at a bar which they attended for the music. They each had friends in the band playing that evening.

“I remember opening the door to Phil’s pub, I was walking in and she was walking out,” said Mr. Livermore. “Our eyes locked, just for a split second. She carefully

tucked her hair behind her ear and stared at her shoes. My heart stopped, and I thought, ‘who is this person.’ I never forgot that moment.”

Mr. Livermore claims that Mrs. Livermore came up to him and sat on his lap that evening. She however, disputes that fact.

On the way home, her friend told her that Dave

wanted to go on a date with her that Sunday, she obliged. They found themselves in a little hole in the wall that Dave had recently found, the food was cheap and the company was lovely. The attraction was obvious because not only did they go out the next day but they went out the day after that, and the day after that. A short five months later, he decided to propose while on his family’s annual biking trip.

“The timing was right, it was an opportunity where there were a lot of family and friends present,” said Mr. Livermore. “It was meant to be very celebratory.”

“He’s definitely the romantic one in the relationship,” said Laura. “The 2nd day of the trip he had set up these signs on a rest stop exit. They read: ‘Laura will you marry me.’”

She almost didn’t see them because of her excitement of taking a break from their ride, but when she did, she almost fell off her bike. They rode into the parking lot and he got down on one knee and produced a ring out of his bike pouch.

“The funny thing is that earlier in the ride a bee had gotten into

her helmet, when she put her hand in there to get it out it stung her, I just remember hoping it wasn’t

“I used to play in coffee shops all the time, but the week after we met I never played gigs again, I was fulfilled.”
-Dave Livermore

her ring finger. I didn’t want her ring finger to be swollen,” said Mr. Livermore

They got married in Mardi, S.D. on July 25, 1998, which coincidentally happened to be Mr. Livermores birthday.

“I didn’t do that so he couldn’t forget our anniversary,” said Mrs. Livermore “it just worked out that way. The funny thing is that Dave isn’t the type of man I thought I would marry. I grew up on a farm, he was a city boy. When we watch football on Sundays, I’m always the one answering his football questions. He’s not the type of man I thought I would marry but he’s perfect.

“We found things we had in

common, like fishing, that was a big turn on,” said Mr. Livermore.

As many people would say, and the Livermores agree, communication is the key to a healthy relationship. They also believe that openness and understanding of the other person’s present situation is a constant need. Mr. Livermore is happy to add that it was their differences that made things work.

“As teacher, we understand each other’s daily stresses. We’re on the same page most of the time,” said Mrs. Livermore. “You soon learn you can’t change a person, and if you did change them, life wouldn’t be any fun anyways.”

Their goal was to wait five years before kids. They wanted to have some time just to be alone together. They almost made it. Their first child, Johanna, was born just a month short of the five years. They also have a boy named Connor and are expecting a third child, a boy, this April.

“We have been very lucky [with our relationship, jobs, and children.] It’s like all the stars aligned,” said Mrs. Livermore “Everything was strange, but it just felt right.”



Mr. and Mrs. Livermore with children Johanna and Connor. photo courtesy of Mrs. Livermore.

The Kendricks

A love built on friendship and trust

by Renee Noren

Many students at FLHS ponder the thought, ‘Is it *really* important to be friends with someone before dating?’ Teachers Paul and Janelle Kendrick know better than most that some of the best relationships start with friendship.

It began after meeting at Sunday school-preschool at a very young age, and now, 23 years, 12 days, and three kids later, their marriage is as strong as ever. So, we thought we should ask for a little advice for all of the students out there struggling with relationships.

“I would say not to take yourselves too seriously,” said Mrs. Kendrick.

“High school relationships involve a lot of heartache, the more you wait, the healthier the relationship will be,” said Mr. Kendrick.

Paul and Janelle were always good friends in high school, but didn’t start dating until their sophomore year of college. Although they

didn’t go to the same schools, they managed to see each other about once every three weeks.

“If you don’t have a good friendship, and if you don’t have trust, it will never last,” said Mr. Kendrick.

Both Kendricks expressed their thoughts about how vital it is to focus in friends in high school, and not just dating. Often times when a teenager focuses on dating, they forget about the important role that friends play in their lives.



Photo provided.

The Gibsons

They believe that spending time together is key

by Meagan Seim

Forest Lake High School Psychologist, Eddie Gibson and Paraprofessional, Theresa Gibson, both of Forest Lake Area Schools have been married for 28 years, and they’re still going strong.

“We met as blond dates our senior year in high school. We went to different high schools in the same city,” said Eddie.

From there, it seems, their relationship continued to grow.

“We found it easy to talk to each other and had a lot in common,” said Eddie, Theresa seconds that opinion, adding, “Eddie probably says the same thing.”

After dating for one year, Eddie proposed to Theresa. They then spent the next four years planning out their wedding. Their wedding ceremony in Topeka Kansas, just like their relationship, was no small feat. Surrounded by the ones who loved them, their wedding party consisted of 20 groomsmen and 20

bridesmaids.

“It was a good time...” said Eddie.

Finding things they both share a common love for has helped keep their relationship lasting, according to Theresa. Both Eddie and Theresa share a love for the martial arts; they own a Tae Kwon Do school here in Forest Lake. Their family has been active in the martial arts since the kids were little.

“We’re very active together. We work together in the school and then we go home and work out and do other activities. People always ask us if we get sick of each other, and sure we need our space sometimes, but we love doing stuff together,” said Theresa.

“Theresa is a 5th degree master and I am a 7th degree senior master instructor,” said Eddie.

“Our family has always been close. We all share the same interests and we love the martial arts,” said Theresa.

Spending time together and appreciating each others interests, like the Gibsons, seems to be a big key in keeping a healthy relationship.



Photo provided.

Relationships

Young Parents

Students Thao and Xiong speak about the joys and hardships of having a child in highschool.

by Sarah Everett

Imagine going through school on a normal day, not really worrying about anything past tomorrow night. Now, think about walking these same halls after you've had a baby, everything changes. There

are young parents at forest lake high school who go through that same experience every day. One of those parents is Sue Thao.

Thao is a student who has entered parenthood, and is now trying to figure out how to balance her life. In fact, this is one of the biggest challenges that she's had to face while going through high school with a kid.

"I would say that finding a way to balance life at home and taking care of my kid is the biggest challenge," Thao said. "It's gotten better after I'm taking easy classes like sewing, but then 4th hour I have a college course, so I need to balance that."

This seems like it

would be a huge change in your life and something that if you're not ready, you shouldn't do. Having a child as a young adult, you need to be very mature and know that your child now comes first. This is something that Thao has learned that it has probably been the most rapid change she has experienced, as she stated.

"The most dramatic change I've experienced is now I have to think about my son first," Thao said. "I always put him first which means I have to work everything around him."

And putting someone ahead of you is something that you always have to think about when being a young parent. Having a child at any age means that you have to think of someone before yourself, but this is amplified while you're in high school because now you have to balance what your needs are around what your child's needs are.

But having a child doesn't mean that everything has to be bad. If

you are truly ready and know what you're getting yourself into, then there are good things that come along with the struggles. Thao stated that she couldn't think of any really hard parts in her life. She has everything fairly well-managed. So, when you have a lack of things that are bad, you tend to focus on things that are good.

"It's really hard to think of one really good thing," Thao said. "I mean I get mad at my son sometimes, but when I see him smile it makes it all better."

Thao has been married to Chia Xiong coming up on two years. Their second anniversary is March 5.

As a parent who has already been through the worst and the best of things, Thao had one message of advice.

"I would say that you should go out and have fun before you have a kid," Thao said, "because having a kid does take a lot of time out of your day."



Parents Chia Xiong and Sue Thao with baby Sean.



Sean at 11 months old. Photos provided.

Family Friendly

Parental relationships affect all others

by Meagan Seim

Relationships are always what you make of them. Whether it be your relationship with your best friend, your worst enemy, or that special someone in your life, the choices you make define who you are. But are our choices, as children and teenagers, weighted by the examples set by our parents and guardians?

"Absolutely. How parents treat their kids, each other, their friends, everyone is often reflected in their children's behavior. Many times you see kids acting in the same way doing exactly the same things their parents do," said Assistant Principal, Kathy Ungerecht.

"Yes, I choose relationships carefully," said Senior, Laura Jacob, "Values, respect and honesty are qualities I am drawn to in people."

Unsurprisingly, this is the same example set for her by her parents.

"I think most parents view their parents opinions as only semi-important, which is common for

most, aging from 13-18, yet their relationships show otherwise. Most will be friends with whom their parents like, date only "approved of" significant others, and disregard anyone their parents do not approve of," said Senior Jessica Degenarro.

"Often kids are more likely to act like one parent than the other. I see it in my own children," said Ungerecht.

Everyone says their parents opinions don't matter, but is this really true? Do kids really want to disobey their parents and could truly care-less about what they say or ask?

"I think kids listen underneath, but disregard what their parents say on the outside," said Ungerecht.

Putting on a tough act seems to be the way to go, but who's really fooling who?

Whether it be a dating relationship or a simple friendship, parents often have a big impact on the way their children act. Like it or not, their life decisions greatly affect our own.



Photo from nmfamilyedcenter.com

Friends from the beginning

by Danielle Proulx

"Make new friends but keep the old, one is silver and the other is gold." Several friendships at FLHS align to this song, and there are some that were formed as far back as kindergarten, others are from junior high and some from high school.

Sophomores Jordan Smoczyk and Constance Berger, are one of those sets who have known each other since they were born.

"Constance and I have been friends since before we were born," said Smoczyk. "Seriously, we are nine days apart and a few days after I was born, we had our baby showers together and have been friends ever since!"

Ty Cremisino and Griffin Lentsch both play basketball and are juniors at FLHS. Cremisino and Lentsch have been friends ever since fifth grade.

"We met at basketball, and things just worked," Cremisino said.

Juniors Josh Thompson and Andy Rabe have been friends since 8th grade. They mainly snowboard together but catch up on the weekends.

"We just like to hang out and

have fun," said Thompson.

Katie Stout and Lauren Gravelle, FLHS juniors, have been friends since they were 13. The two girls like to go shopping and love to see movies together; they also bond while watching their favorite TV show.



Katie Stout and Lauren Gravelle

Juniors Trevor Welk and Kyle Auger have been friends since they were in kindergarten and are still good friends.

"I guess Kyle and I have been friends for so long because we just share a lot of the same interests," said Welk.

Juniors Krista Milne and Annie Kriz hang out most nights of the week.

"I started to hang out with Krista in 8th grade but we really clicked in

10th grade," said Kriz. "That's when we started hanging out with each other almost every weekend."

Each group of friends took a quiz to see how well they knew their best friend. There were 15 questions ranging from their favorite movie to their home phone number, and with most of the friends listed there had very few wrong. The main thing that has kept these friends together is trust.

"I like having someone I can tell anything to and know that they won't tell anyone else," Milne said.

Other important characteristics in a friendship is communication and loyalty.



Josh Thompson and Andy Rabe
Photos by Danielle Proulx.

"I know that she would stand up for me if someone is being rude or mean, that's just what we do," said Kriz.

No matter if the friendship is old or new, just knowing

they are always there is enough. Through thick and thin, friends are there. So, to quote another song, "A circle is round, it has no end, that's how long I'll call you friend."

Speedy and Turbo’s YouTube Review

by Stephen Peterson and Tracie Anderson

Welcome to Speedy and Turbo’s YouTube review! This issue, we haven’t scoured the Internet looking for those classic YouTube videos just for you. Instead, we have taken the liberty to listen to those of you who have put forth some of your favorite videos. Hence, this issue has two videos that are not compatible with each other nor could be compared as one being better than the other.

Star Wars Trumpet Solo

This video is 2:53 long, featuring Stacy Hedger (aka Miss Douglas County, Arizona) on the trumpet. This was an Arizona Beauty Pageant held in 1993. The routine is a mixture between choreography and her playing the Star Wars theme along with the help of a sound track. This isn’t the classic version of Star Wars, but instead a more upbeat version with a funk overtone.

Turbo

Joe Spanjers via Facebook first brought this video to me, and I didn’t know exactly how to react. I was either in pure shock that this was real, or I was amazed at how

bold and awkward the 90’s really were. I think this video is hilarious, not only because I am a huge Star Wars fan, but also I’ve been playing the trumpet for 6 years now, and this was just bad. I just think her entire routine is hilarious and she just had the guts to go and do it. I would’ve given her my vote out of pity/comic relief/admiration. Here is a link from a blog that is FULL of equally hilarious comments that people have made about this video, my dad and I could not stop laughing! http://blogs.pitch.com/plog/2007/10/stacy_hedger_revealed.php

Speedy

The first thing that comes to my mind is AWKWARD! Really? Are you serious? Someone is actually doing this as their talent. If you are going to play the trumpet as your so called “skill” you should at least be good at it. I just couldn’t stop laughing! I just didn’t even know what to say. All I can say is that must have been embarrassing.

Human Tetris

There are approximately four of these videos, and this is the very

first. This is a 4:18 long clip taken from a Japanese game show, from who knows when. There are two teams, red and blue, who compete against each other both as individuals and as a team. The contestants start at one end of the platform while on the other end; a door opens and reveals a silhouette cut into a Styrofoam wall. The wall starts moving towards the opponents, if they fit through they are awarded points, if not the wall pushes them into a pool of water where shame and humiliation awaits.

Turbo

Chaz Hartshorn showed me this video, actually our entire class. We were all in our third hour, waiting for the bell to ring, so he hopped on a computer and showed us all the video. I have seen odd Japanese game shows before, so I knew it would be good. These clips are all hilarious in watching what dumb strategies these people come up with, although few do prevail in the end. My favorites are the group ones where



Photo by Kayla Hofeld

sometimes they are forced to just jump at the wall and fail miserably. Plus, for those of you who do watch, the pool is filled with water, not urine!

Speedy

Like all Japanese game show clips, it is hilarious! And like all Japanese game shows there is no

point to this game other than to humor the crowd and the other contestants. People just aren’t smart. I’m just going to throw that out there! The game doesn’t even look that hard. I’m sure you could just drive through the center of all of them and win. It is just funny to watch people humiliate themselves on TV.

Book review: Freakonomics

The strange and hidden facts of life
by Blake Patrick

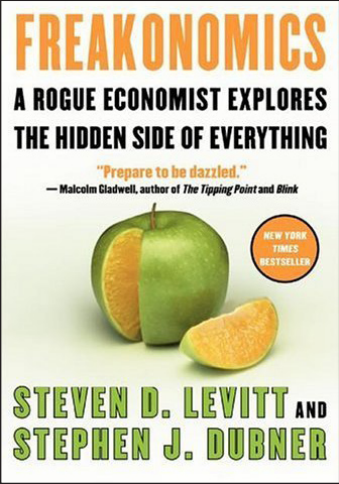
Why did crime rate decrease in the late 1990’s? According to the book *Freakonomics*, authors Steven D. Levitt and Stephen J. Dubner believe it was not the increase of police or jobs that did it. Believe it or not, they believe the decrease in crime was due to abortion. This is just one of the many questions and answers found in the book *Freakonomics*.

Most of the questions and answers found in *Freakonomics* may not seem like they were answered by a normal economist, that is because Steven D. Levitt is no ordinary economist my friends. Levitt and Dubner take the normal and abnormal questions of everyday life and answer them in weird, but sometimes obvious, ways. *Freakonomics* is a great read for anyone who is into the strange facts of life.

An example of their work would be the question what do school teachers and sumo wrestlers have in common? They explain their theory that they both can and will (not all) cheat. They mention how teachers will sometimes boost the test scores of students to meet requirements, and some sumo wrestlers let others win just so they can rise in reputation.

What I liked about *Freakonomics* the most was that it looked hard to read at first glance, but Levitt and Dubner do a great job explaining everything in detail, making it easier to read than a normal economist’s book.

So if you’re into weird facts and interesting economical topics, I suggest you go to the nearest book store or library and check this book out. You may like it even if you’re not totally into economics.



Speech all-star Laura Jacob takes third at state

by Kurt Johnson

Senior Laura Jacob is flourishing in speech once again this year. Double entering in extemporaneous reading and humorous, Jacob won first place at Eden Prairie and claimed second place at the Duluth Invitational. These are small accomplishments to taking third place at state for the last two years, which any who competes in such a competitive activity will tell you is no picnic.

Jacob’s speech career started in 7th grade at Century Junior High School, but really started when she was seven years old, when she started her career in theater.

“Speech kind of sounded similar, so I decided to join.” Jacob said.

As some know, speech is one of FLHS’ long-lasting winter activities, lasting from late January to the middle of April.

“I love the competition and the way I feel when speaking,” said Jacob. “It’s fun because you can do whatever you want, just as long

tending the awards ceremony in June.

Jacob’s teammates have also been doing exceedingly well on the speech circuit: **Derik Iverson** (11) placed third at Eden Prairie and first at Duluth in informative speaking; **Eve Yang** (10) won first at Apple Valley in novice informative speaking; **Tracie Anderson** (12) took third at Duluth in informative speaking; **Bailey Kimball** finished third at Duluth in great speeches; **Kathryn Haglin** (11) earned third place at Duluth in discussion, **Laura Lundstrom** (10) placed third at Eden Prairie in novice original oratory; **Joe Spanjers** (11) took third at Duluth in drama, and **Andrew Morrison** (11) finished first at Duluth in creative expression.



Senior Laura Jacob. Photo by Kurt Johnson

as you’re impressive.”

Jacob also was given Honorable Mention for her leading roll for her performance as Lady Aggravain in Once upon a Mattress, from Spotlight on Musical Theater which is sponsored by the Hennepin Theater Trust. She will be at-

CONGRATULATIONS TO OUR ONE ACT PLAY CAST AND CREW!

For the first time in FLHS history, the FLHS entry entitled “The Boys Next Door” earned first place in the region 7AA One Act Play competition. The cast and crew competed at the State Tournament on Feb. __ at The College of St. Catherine.

Congratulations to: Gweir Glewwe, Samuel Kolbow, Ben Tolzmann, Derek Waller, Bailey Parenteau, Bre’Elle Erickson, Sara Palmer, Lehigh Severson, Rich Ziegler, and Director Jill Birk.

Artist of the month

Leyna Gifford, anime artist at Forest Lake HS

by Sarah Everett

We’ve all seen a dozen different artists around the U.S. making their work known, but if you want something new and different than check out the up and coming artist and Forest Lake High schooler Leyna Gifford who is a junior. Gifford has perfected the Japanese cartoon style, anime, gaining popularity in the U.S. “I started drawing anime when I was in 7th grade,” said Gifford. “I wanted to draw comics and ever since then, drawing has been my life.” Gifford has been practicing a kind of art style for just about four years now. Gifford has man-



Leyna Gifford

aged to take her art to a new kind of level, developing different ways of drawing that are sure to take her to the top. However, drawing like this doesn’t happen over night, it involves lots of hard work. “I draw as much as three to four pictures daily,” Gifford said. “Usually I only keep one to two of them though.” So why only Anime? First Gifford didn’t want to limit herself to the worldly colors that the traditional American art limits itself to. “I love how, in manga, the characters aren’t limited to human aspects,” Gifford said. “They can have amazing attributes that

a normal person wouldn’t have.” Secondly, Gifford claims that drawing manga is simply fun. It allows her to have the stretch room that she needs to expand her drawing style, and that’s exactly what a great artist wants. They don’t limit themselves to coloring inside the lines or going by the book; they expand into their own forms. With this style of art, Gifford is able to stretch and break humanly rules. “With anime, the characters can have any hair color they want and still be considered human,” Gifford stated. So, how did Gifford get started in drawing anime? It is, after all, from Japan. “I got started in anime because it was a huge part of my life,” Gifford said. “I like watching anime

because the stories and plot lines were more in depth than normal cartoons.” So, if you’re looking for something a little out of the ordinary, check this girl out. You can always find her drawing away in the library before school or hanging out in the halls after school, and Gifford is always ready to talk about her art. So if you want to learn more about this



Character Leax by Leyna Gifford

cool new art style that is catching fire in America, go and find her, you won’t be dissappointed.

From flags to angels

Tattoos that are making their mark in FLHS halls

by Meagan Seim

Tattoos were first introduced over 5,000 years ago for tribal reasons and the tradition quickly spread. Using tattoos as a way to express themselves, many people began to get tattoos of various objects representing their strongest ideas and beliefs. For most, the tattoo they choose is sort of like their trademark. It shows who they are or what they stand for. “I got a tattoo of a heart on my foot mainly because I love hearts. They kinda represent who I am,” said Senior Stacey Michalek.



Photos by Meagan Seim

For others, the tattoo they choose could be their lucky charm. Things such as dice, fairytale characters, and animals often fall under this category. “I got a tattoo of 19 random stars on my back. [pictured] I’ve wanted it since I was like 16 and 19 is my lucky number, so I chose to get 19 stars. I also love Prince and Oprah, which is how I chose the color purple for each of my stars,” said Senior Cassidy Cunningham. For some, the tattoo they choose pays tribute to someone or something in their lives. And for many, their tattoo represents a combination of these things. “I have a tattoo of my dad’s ini-

tials. My dad is really important to me,” said Senior Breanna Daniels. The percentage of adults with tattoos keeps continually growing. Many teenagers look forward to their 18th birthday for that reason alone. They can finally get the tattoo they’ve been dreaming about for the last five years of their lives. “I got my tattoo with my friend, mainly just because it was my 18th birthday,” said senior Carli Amatuzio. “I guess there’s no real significance to mine.” While tattoos are fun and creative



Breanna Daniels

to have, there are also many risks involved in getting one. Since tattoos are created by the use of needles, blood-borne diseases such as AIDS, HIV, hepatitis C, hepatitis B, tetanus, and tuberculosis. These can be prevented by not using a needle that’s been used or a needle that has touched another person’s open skin. Skin disorders and allergic reactions, especially in areas where red ink is used, are sometimes common in the area of a tattoo. Tattoo artists who do not follow

proper infection-control procedures also create a greater chance of skin infections. Tattoos can also cause complications to the affected area during Magnetic Resonance Imaging (MRIs). For more information about the risks of getting a tattoo, visit <http://www.mayoclinic.com/health/tattoos-and-piercings/MC00020>. Each tattoo means something different to each and every person. Whether it be serious or funny, spiritual or just because, a tattoo as a life-long commitment that expresses who you are.



Stacey Michalek

Hot spot in Forest Lake Area

Nesting Grounds offers unique coffee experience

by Shea Carr

The truth is there are many different places for people in the Forest Lake area to choose from when looking for a good coffee or espresso experience. But if one ventures north only a small distance, they will find the Nesting Grounds, a coffee shop located on highway 61 in Wyoming, which holds several traits unique to the others around Forest Lake. For instance,



Photos by Kurt Johnson

its reputation as a spot for bands and musical performers has grown among teens in the area. Every Friday night (and sometimes Saturday), usually at 6:30 or 7 p.m., the Nesting Grounds becomes the place for teens to come and listen to punk rock bands and acoustic performers. Aside from providing entertainment to customers, the Nesting Grounds also practices economically-friendly business policies.

“We have something called fair trade,” says barista Kim Motyka. “We buy our beans directly from the farmers.” By purchasing from the farmers, the middle man is eliminated, and thus, gives the farmers better prices for their products. The likable characteristics of the Nesting Grounds also extend toward the quality and choice of their drinks. They boast many more syrup flavors than Starbucks or Caribou. To compliment the coffee and espresso, the Nesting Grounds does its best to satisfy customers’ hunger. “We have a wide selection of baked goods and sandwiches including really awesome scones,” says Motyka.

A couple other aspects I enjoyed most about the Nesting Grounds include the atmosphere and layout of the seating, which caters to two different styles. In one area of the store, customers experience a cozy, home-like feeling with a fireplace and armchair furniture. On the opposite end, there is a more practical and typical layout with high tables.



Inside the Nesting Grounds

Apart from visiting the Nesting Grounds to see what they’re all about, more information can be found at their website: www.nestinggroundscoffee.com or at their myspace.

March Madness

65 teams, 64 games, 1 winner

Commentary by Tyler Wilcox

65 teams, 64 games, one winner. March Madness is just around the corner, and the smell of an upset is already in the air. March Madness is the nickname for the huge tournament held to decide who the best college basketball team in the nation is.

The process begins in early Mar. with selection Sunday. This year's selection Sunday is being held on Mar. 16. A committee is put together and they decide who qualifies for the Big Dance. Each conference winner automatically qualifies, but there aren't any other guarantees. Once the brackets are set, the flurry of games start.

Upsets make the tournament what it is. If the best four teams made the Final Four every year no one would watch. Knowing that one bad game could cost a team their tournament elevates

the level that the games are played on. Every year it seems there is a different Cinderella story about a team playing its best basketball in March. Each of the 65 teams has a chance to cut down the nets at the end of the tournament.

The tournament is divided into 4 regions with 16 teams in each one. Each team is seeded 1 through 16 and the teams are matched up 1 and 16, 2 and 15, etc. There is one play-in game where two teams play for the final spot in the tournament. It is used as a kick-off event for the tournament. Never in tournament history has a 16 seed beaten a 1 seed, but it is only a matter of time until a school pulls off the impossible.

One of the greatest Cinderella runs in tournament was in 2006 when the George Mason Patriots were an 11 seed and played

Michigan State in the first round. They beat Michigan State and made one of the most memorable runs in tournament history. They beat powerhouse North Carolina in the second round, followed by a sweet 16 victory over Wichita State. In the Elite Eight they faced the Connecticut Huskies, the number 1 seed in the region. They beat Connecticut by 2 in overtime to secure their place in the Final Four. The Patriots went on to lose their next game to Florida, but that finally ended an amazing run by an unexpected team.

Unlike the Bowl Championship Series(BCS) college football uses, the tournament does a much better job of declaring a true national champion. There isn't any dispute after the season of who the real champion is.

Student Congress

Students exercise free speech

by Shea Carr

Among the many activities for students at Forest Lake High School, some are not nearly as well known as others. Student Congress might very well be one. It started in late January and is an event offered by the National Forensic League in which students take on the role of United States Congressmen.

The main competition between schools is to get bills and resolutions written from each school passed by the congress. After writing bills, students from each school divide up into four categorized committees: public welfare, economy, foreign affairs, and state and local to discuss the bills.

The season is winding down to the stretch and FLHS

Student Congress members are looking to achieve big things.



"Sending someone to nationals is the big goal right now," says Junior student congress member Kathryn Haglin, who recently scored an impressive 44 points in

a competition on February 12th.

Congressmen can earn points through their speeches, voting, and participation in debates. This is when confidence and knowledge of parliamentary procedure come into play as key skills.

While a team member going to nationals is the big goal for Forest Lake, there are certainly other accomplishments to be won.

"Students can also win exceptional speaking awards," added Forest Lake Coach Robyn Madson.

The Student Congress continued to test their speaking and debating abilities at their last meet on Feb. 22.

Drumline finds success in young talent

Performances on Fri. Mar. 7, and Sat. Mar. 8

by Sarah Everett

This year's winter sports headed off in a great direction, but among the most successful is the drumline. Drumline started their practices way back in Nov. and have come a long way since then. Their actual season started, the last week in Jan. and they have been scoring big.

Their first two shows went very well with the Forest Lake drumline team scoring fifth at their first show and sixth at their second. Along with scoring great at their first and second shows, drumline also made way with gaining a lot of new players, and with new players comes lots of hard practice. The drumline team



Photo by Sarah Everett.

has been working their hardest to make it to the top.

"We want to improve skill wise, but also become a better team as well," said Lindsay O'Brian, a member of the drumline team.

If you want to check out the drumline team in action, their

next two performances are Fri. March 7, 3-6 p.m., at the Forest Lake High School and Sat. March 8 at 8a.m. also at the High school. They will be performing, but not competing. Make sure to wish the drumline good luck as they finish out the rest of their season.

Athletes of the issue

Taylor Brett and Ryan Wright



by Stephen Peterson

Sophomore Taylor Brett is one of the top performers on the Ranger Girls Gymnastics team. Brett is one of the strongest gymnasts on the team. She has helped the team to a fantastic season.

Brett has made a difference in every meet and every event she competes in. Brett has many first and second place all-around finishes this season including her first place all-around finish against Roseville, where she scored a 37.275.

Brett has placed first in the all-around 7 of 12 varsity meets so far this season.

She holds many of the highest scores on the team including: a 9.5 on vault, a 9.35 on bars, a 9.5 on beam and a 9.55 on floor.

"This has been my best season so far as placing in each event and all-around goes," said Brett.

Brett helped the team to a second place finish in the section tournament held on Feb. 15 and she placed first in the all-around and qualified for the state tournament as an individual.

"My goal is to place in the top 10 at the state tournament," said Brett.

Junior Ryan Wright is a member of the Forest Lake Nordic Ski team. Wright is one of the key skiers on the team and has been one of the many which has made the Nordic Ski team one of the best in the state.

"My season was amazing," said Wright, "I won about half of the races I competed in."

Wright had many first place finishes throughout the year and helped his team to a first place finish at sections and a fourth place finish at the state tournament on Feb. 15. Wright also made it to state as an individual by placing 2nd overall at the section meet.

"My best race of the year was at the section meet", said Wright, "I placed 2nd overall and had the best classic time of the meet."

Wright received All-Conference and All-State by placing forth in the Suburban East Conference meet and placing fourth at the state tournament. While the team took first!

Wright also qualified for the Junior Olympics which will be held in March in Alaska.

The 411 on DECA

Competitions and events

by Sarah Everett

DECA's state competition:

Matt Mollet a senior here at forest lake high school and currently in DECA placed first in district 4 vice president of business of industry, food service role play and entrepreneurship written project

Nabil Cheikh a senior at Forest Lake High School take first in Chapter President Business Services, Role play, economics in marketing and Entrepreneurship written project

Both, Mollet and Cheikh have competed at the State Conference for their third year in a row. In order for them to qualify for State, Mollet and Cheikh needed to place at least 8th in a competition holding 460 students.

Vanessa Melcher a sophomore at Forest Lake High School placed in Marketing Management Role Play.



Photo Provided

Joe Russell and Junior placed in automotive services role play. Upcoming DECA events:

The DECA State Career Development Conference takes place March 9, 10 and 11 2008 at the Hyatt Regency Downtown Minneapolis where there will be over 1200 conferences.

DECA is a co-curricular before and after school business club which is opened to all students. If you are interested in joining next year, meetings will begin in September, or see Ms. Bullock for more information.

Flipping their way to fantastic

Gymnastics team second at sections

by Annie Hinrichsen

Gymnastics is coming to an end and there have been a few outstanding team members this year. Sophomore Taylor Brett has taken first or second in the all-around almost every meet she has competed in and Senior Captain Maddie Crew has also placed in several all-around competitions throughout the season.

“Taylor, Maddie, and Chelsea are some of our best competitors,” said Head coach Nancy Ellias.

Now with Senior Captain Chelsea Uram back into the swing of things, hopefully she will end her last season as a Ranger gymnast very well.

“Chelsea is doing much better. At the last meet against Hastings she competed in the all-around and got her highest vault score this year,” said Ellias.

The team placed fourth

in conference which is an improvement over last year. So how is the team expecting to do next year?



Ranger Gymnast on the bars as coaches and teammates look on.

“It’s going to be hard. We’re going to miss Chelsea and Maddie but it depends on who tries out for the team. Hopefully some new

talent comes in here,” said Ellias. Sections were Friday, Feb. 15. They were hoping to qualify a couple of people for state.

“We want to get at least second. Cambridge, St. Francis, and Forest Lake are the top three so those two are going to be our biggest competitors,” said Ellias.

The results of the sections were pretty good. Overall, the team took second place which is what they were aiming for. Brett took first on bars, second on vault, fourth on balance beam, and first in all-around. Crew took second on floor and fourth in all-around, and Uram took fourth on vault. All three girls qualified for State. Congratulations to those three!

Basketball finishes strong

‘We don’t want the season to end’

by Danielle Proulx

The boys basketball team is 15-7 this season and looking to keep the losses at 7.

“We lost 6 of 7 games and that’s not like us,” said Senior Captain Ryan Brown, “So I guess just getting out of our slump.”



Senior Justin Nelson takes a shot. Photo by TLC images

This year, the guys have been working hard to beat many teams, and it hasn’t been easy.

“Stillwater was a hard team to play. They have really good offense and a good big guy, and we don’t have height,” said Brown.

“They [Stillwater] didn’t miss the first time we played them,” added senior Captain Justin Nelson.

The boys hope to go to state this year; their section is one

they think they can dominate in.

“We have an easier section,” said Nelson, “Even though no section is easy, we do have an easier one.”

“Our section is easier so we will be pretty disappointed if we don’t go to state,” agreed Brown.

The team hosts Park on Friday, Feb. 29. Tip off is at 7:30 p.m.

Girls

This season, the girl’s basketball team has been a rollercoaster of wins and losses. They were in a small slump this season but now they are back on track, winning over Woodbury and Duluth East.

The girls are also looking to go to state this year. They would like to be in the second seed in section and are very confident they can make it to state.

“We would like to make it to state, we don’t want it to end,” said Junior Alisha Colling. “We want to make it through sections.”

When the girls team faced off against Roseville on Feb. 18, they

had a good feeling they were going to win. Their feeling was dead on, and the girls beat Roseville.

“It’s going to be really sad [when the season ends],” said Colling.

“We hate watching the seniors leave; it’s very emotional.”

The girls last regular season game was on Feb. 22 against Stillwater. They hope to end the season with a conference win. Come support the Rangers Thurs., Feb. 28 at FLHS when they play their first section game.

“We find out who we play after the game on Feb. 22,” said



Michelle Slattery shoots a freethrow. Photo by Steve Peterson.

Colling. “I think everyone is nervous and excited because we want to perform well.”

Catch the Wave

Boys swimming and diving excels at sections

by Tyler Wilcox

The boys swimming and diving team has been a pleasant surprise this year. The swimmers have put some wins together and are sitting right around .500 for the year.

“(We’re) Doing pretty good, half and half on meets, better than we thought we’d be doing,” said Senior Captain Peter Sandager.

At sections the boys took second place. A no ka took first. The boys swam well, Senior John Goosens set a new school record in the 50 meter freestyle with a time of 22.39 seconds. Sandager took first in the 500 freestyle with a time of 5:10.62.

As the season winds down, the boys are looking ahead to the fast approaching state meet on Mar. 1. This year the boys have been involved in many close meets. The close meets the boys have been in are only going to help

them at state

“Cretin is our biggest competition, our meet was close, we lost by five points,” said Sandager.

The swimming and diving teams have both benefited from strong individual performances. Goosens has been consistently good this year for the swim team, while Junior Jeff Issacson and Sophomore Conner Florand have been performing well for the diving team.

The diving team has also been hovering around .500 for the year. Much like the swim team they have performed better than they thought they would’ve at the beginning of the year.

“We’re doing really good, but we’ve lost a couple to injuries,” said Junior Diver Jeff Issacson.

The boys diving team competes at sections during print.



Junior Zach Curtis on the block. Photo courtesy of Mary Nora

Next challenge: Alaska

Nordic skiers head to Junior Olympics

by Hannah Norwig

On March 7-16, the Junior Olympics will be taking place in Anchorage, Alaska. Three members of the Forest Lake Nordic Skiing team will be competing in them. They are: Junior Ryan Wright, Sophomore Mike Howe, and Sophomore Steven Coozennoy. Wright will be competing in the J1 category, and Howe and Coozennoy will be competing in the J2 division. They will be competing against over 500 skiers from around the world.

To qualify for the Junior Olympics, each skier must compete in eight different qualifying races. The races take place in Telemark, WI, Dresser, WI, and Grand Rapids, MN. You are given a certain number of points based on the place you take in these races. The top nine

people on the overall points list qualify for Alaska.

Wright says that the boys have been doing intense training to prepare for the Junior Olympics.

They have been training six days a week, Monday through Saturday. They train for an average of two and a half hours a day.

“We do intervals, speed training, strength training, and easy distance,” said Wright.

At the Junior Olympics, Wright, Howe, and Coozennoy expect to finish in the top 30. Wright says his goal is to become an All-American.

“There will also be plenty of time for sight seeing and other fun activities,” said Wright, who is looking forward to going bowling.



Tracie’s Animals Anonymous

Middle Eastern “rock rabbit” makes its big debut

by Tracie Anderson

In this issue, I didn’t look for the ugliest or grossest looking animal. Nor did I look for the cutest of animals. This issue, I found the most puzzling and odd creature that could be created on this planet. This creature is not only a zoological puzzle, but it will leave you scratching your head or sitting down at home wanting to Google it. These pictures do this creature no justice, what makes it so strange lays underneath its fur, and underneath its buck teeth. Mother Nature must have run out of ideas for creating an animal. It almost seems as if she put pictures of other animal



parts up on a dart board, closed her eyes, threw the darts, pieced them together and that’s how this creature was put forth. First, before we get to the odd facts, we need to go over some simple background checks of this furry mammal. This creature is known as a Hyrax or “rock rabbit”. There are twelve different types of Hyrax which are split up into two groups, tree hyrax and rock hyrax. They live primarily in the rocky parts of Africa and the majority of the Middle East. These creatures lived throughout most of Africa, the Americas, and parts of lower

Europe. They were also much larger, about the size of a lion, until they evolved today to the size of an overfed rabbit. Hyrax live in large groups usually consisting of a single male with all females. Hyrax have developed poor internal temperature regulation, in order for them to stay warm they either huddle together or bask in the sun like reptiles. Some physical characteristics of this animal is that they are smaller and have a type of coarse brown fur. They have smaller feet that have pads on the bottom that sweat constantly for grip on the rocks or in the trees. Each foot has three toes which end in hoof-like ends. They are not aggressive and might keep as nice pets, but they need their space and such, so that would be a horrid idea. They have very prominent canines that look ferocious. But don’t be alarmed;

they aren’t even used for eating. These are hardcore herbivores that would never attack you unless you were provoking it somehow, with a stick or something. All around, they are kind of boring until you hit the deeper anatomy and biology of this creature. *Illustrated Encyclopedia of Animals* not only gets to the point, but also sums up this creature’s oddness quite nicely. To quote page 157: “The Hyrax is a zoological puzzle. A small rabbit-sized animal, it has a skeleton similar to that of a Rhinoceros and its nearest relative that just needs to be found! is the elephant!...their teeth are

unlike those of the rodents, which hyraxes resemble in appearance. The hyrax’s brain is also unlike a rodent’s and its stomach is nearer to that of a horse’s. The curious mixture of rodent and hoofed animal may in fact be the nearest living relation to the long extinct common ancestors of horses, tapirs, rhinoceroses, hippopotamuses, and elephants. To complete the confusion, the hyrax is Greek for “shrew”. So, check off another weird creature that you’ve never heard of, and consider yourself one step closer to finding that true weird animal



Crazy kicks around FLHS

Photos by Renee Noren

Boogie Shoes...



Kelsie Jurasin



Kim Pagel



Kristen Lobermeier

Boots wit da fur...



Megan McKenzie



Officer Smith



Kendra Jaeger

Reeboks wit da straps...



Derek Keeney



Marie Pasch



Jim Berntson

Things you didn’t know about St. Patty’s Day

Gathered by Steve Peterson

Information taken from: History.com

- St. Patrick is believed to have driven the snakes from Ireland. Once a pagan himself, St. Patrick is one of Christianity’s most widely known figures.
- Every year since 1962, the Chicago River is dyed green.
- In 1737, Irish immigrants began observing the holiday in Boston, and held the first St. Patrick’s Day Parade in New York City in 1766.
- The first St. Patrick’s Day parade took place in the United States (not in Ireland).
- Last year, close to one million people took part in Ireland’s St. Patrick’s Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks.
- Until the 1970s, Irish laws mandated that pubs be closed on March 17 (St. Patrick’s Day).
- In 1995, the Irish government began a national campaign to use St. Patrick’s Day as an opportunity to showcase Ireland to the rest of the world.
- The shamrock, which was also called the “seamroy” by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring.
- The original Irish name for leprechauns is “lobaircin,” meaning “small-bodied fellow.”
- There are **34.7 million U.S. residents** who claim Irish ancestry. This number is almost nine times the population of Ireland itself (4.2 million).

10 Things About Tattoos...

Gathered by Hannah Norwig

1. Tattoos are puncture wounds, made deep in your skin, that are filled with ink.
2. About one in every four Americans has a tattoo.
3. A “scratcher” is an untrained tattoo artist who works out of studio.
4. A tattoo artist’s needle travels through the skin about 2,000 times per minute.
5. The ink is injected into the dermis, which is the second, deeper layer of skin.
6. The word “tattoo” comes from the Samoan word “tatau,” meaning to mark or strike twice.
7. Tattooing has been used as a way of smuggling secret messages across enemy lines in times of war.
8. The world’s most tattooed person, Tom Leppard, has 99.9% of his body covered in leopard-skin design. (The only places not tattooed are inside of his ears and between his toes.)
9. The tattooing machine is based on the design of the doorbell.
10. The top five tattoo designs are tribal, crosses, stars, butterflies, and fairies.

Quote
of
the issue

“The heart of a fool is in his mouth. The mouth of a wise man is in his heart.”

-Benjamin Franklin
January 1706 - April 1790