

Photo courtesy of Jamie Bullock



# Spring Break scoop

by Danielle Proulx

Love spring break? The proposed calendar for next year has no traditional spring break included. Instead, the school board is proposing a calendar with two weeks at Christmas. According to several school board members, the thinking behind this is if there is a spring break, then school would go into the second week of June. In the last thirteen years since any of the seniors have been in school, it has gone into the second week of June not once, but six times. In each of these years, the total amount of days off has been an average of 18.31. This year, there are 18. “There is a spring break,” said Superintendent Lynn Steenblock in a phone interview, “It’s the

April 9, 10, 11, 12, and 13.” Included in those dates are Good Friday and Easter Sunday. School board member, Eric Langness commented on the loss of spring break in an e-mail. “You will likely see me argue the points of vacation importance and teachers need to reenergize,” said Langness. Two of the other board members who agree with Langness are Julie Corcoran and David Gay. In a recent e-mail Corcoran said, “At the meeting last week, I did challenge the proposed calendar. I am working with the Board Members and administration to see what compromise can be made so we can still have a Spring Break.” School board members are

not the ones who actually draw up the calendar for each year, but they do help decide which calendar they feel will benefit the students, staff, and their families the most. There are other calendars that were proposed, but none that worked as well as the calendar without spring break. “Absolutely [there are other calendars]. We have calendar A, calendar B, calendar B1, calendar B2, calendar C and that’s all we have,” said Steenblock. These calendars were not used for various reasons, including going to school on Christmas Eve, or going to school after graduation, neither of which would have worked well. “Board Members did not see the

calendar until last week [when it was proposed]. We are not involved with the planning of the calendar,” said Corcoran. “I am not in favor of cutting spring break and I do not think the other board members are either, but the school calendar is not just about spring break,” said Board Member Dan Kieger. “This calendar seemed to be the calendar that met most of the scenarios,” Steenblock said. The other calendars that were drawn up were not officially shown to the school board but were in fact drawn up. “I think that the best thing [to do] is have your parents and the students e-mail the other Board Members,” said Corcoran.

# Hot in the Lot Del Rio’s tip top Chevy Nova

by Joe Lichtscheidl

Senior DJ Del Rio, winner of “Hottest Wheels” for the yearbook, knows muscle cars. He drives a black 1974 Chevy Nova. The car is in tip top shape with over 250,000 miles on the car, but on the new engine, just installed, he has not yet driven it. The new engine has 500 horsepower and can do a quarter mile in 10-11 seconds.

“Frontwheels shouldn’t power the car; the back ones should lift the fronts up,” said Del Rio. In the future he plans to paint the car yellow with



Photo courtesy of The Forester.

black racing strips and possibly do some custom interior work. He bought the car for \$5,000, and since then, he has put \$15,000 into it with much more to come on the paint job and interior. “The car does some awesome drifts but it burns tires way too fast,” said Del Rio. “And don’t get any ideas because the car is not for sale.” Look for Del Rio in the lot in his sleek muscle car.

# 50 FLHS students graduate early

by Kurt Johnson

For most students, the next nine weeks will be slowly counted down as the school year comes to an end. However, for some seniors, their vacation is just beginning. Around 50 FLHS students have taken the option to graduate early, making their spring break there summer vacation. Of course these students have already worked hard in the past to gain the requirements that they need to graduate early, and many are

looking forward to sleeping in and gaining some extra money before they go off to college next fall. Students in the classes of 2008 and 2009 need 28 credits to graduate from FLHS, so in order to graduate early, the seniors have had to continuously succeed in the classes that they have already taken. Dean Scott Urness commented that early graduation is good for students who have jobs and want to save up some money

before they go off to college. “We like to keep students in school as long as possible because we offer such an extensive curriculum here, but for students who have jobs and have the opportunity to graduate early, I really don’t see a problem with it” said Urness. For students graduating in 2010 and 2011, graduating early will be harder because of the future schedule change, there will be less credit opportunities,

however, students will be required less credits that students graduating in 2008 and 2009. As the last quarter continues, remember that the school year isn’t over for the rest of us. Keep on, keeping on and mark your calendars for summer time. For students who will no longer be with the rest of us, enjoy your extra long summer!

# Students educate and analyze in FLHS classes

by Hannah Norwig

## Psychology of Childhood

Psychology of Childhood is a one-quarter class offered to 10-12 graders. In this class, students operate a playschool program for 3-5 year olds. Students plan and teach the playschool children. In the few weeks before the playschool children start coming, students explore the areas of physical, intellectual, social, and emotional development in children. “This class is unique because students have a hands-on experience learning about children,” said Leslie Heidel, Psychology of Childhood teacher, “and it’s not necessarily designed for people who want to go into child care or education careers.” In this class, students also study theories of many professional child psychologists and learn how to make and write out teaching

and lesson plans. This class may count as a college credit if you take Exploring Childhood A and B. “People from the community look to it as a good, solid program,” said Heidel. **Media** Media is a one-quarter class that studies, interprets, and analyzes television, newspapers, magazines, the internet, and film. Students learn about the elements and structure of forms of media. “It’s unique because instead of using the media to study other subjects, we’re studying the media itself,” said Media teacher Robyn Madson. Paul Wieland, another Media teacher, says that students should take this class because it offers a variety of interest and it’s a challenge. “It doesn’t look at typical English



Psychology of Child students make posters for a lesson plan. Photo by Blake Patrick

literature,” said Wieland, “It treats T.V., news, and film as literature.” Madson adds that you should take this class if you are interested

in learning more about T.V., film, and print, and cultural and technical aspects of these things.

## Cut n’ Keep Calendar

**March 28**  
No School  
End of Quarter  
Spring Break Begins

**April 7**  
4th Quarter Begins

**April 11**  
FL Festival of Cultures at 6-9 p.m.

**April 12**  
ACT Testing at 8 a.m.

**April 18**  
Band, choir, & orchestra concert at Bethel College  
7:30 p.m.

**April 26**  
PROM!!!

**April 28**  
NHS Induction Ceremony

## The Forest Breeze

The student newspaper of Forest Lake High School

Forest Lake High School  
6101 Scandia Trl. N  
Forest Lake, MN 55025

(651) 982-8575  
forestbreeze@forestlake.k12.mn.us

### Staff members:

Tracie Anderson  
Shea Carr  
Sarah Everett  
Annie Hinrichsen  
Kayla Hofeld  
Kurt Johnson  
Joe Lichtscheidl  
Renee Noren  
Hannah Norwig  
Blake Patrick  
Stephen Peterson  
Danielle Proulx  
Meagan Seim  
Tyler Wilcox

### Adviser:

Laura LeVake

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.





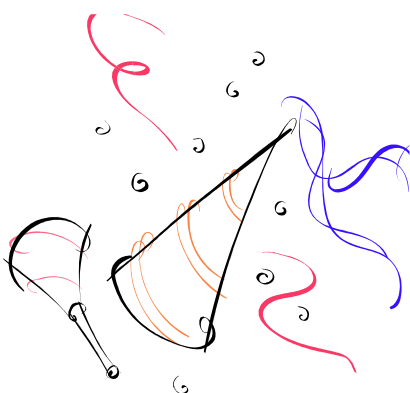
# At the Wedding Connection...

**All your prom needs!**

**10-50% off all in store dresses**

**Tuxedos by Savvi and Anderson**

**Carrying Garters & Prom Shoes**



*Catering to  
All of your  
Prom Needs!*



**Wedding Connection, Northland Mall • 651 - 982 - 4722 • [www.weddingconnectionfl.com](http://www.weddingconnectionfl.com)**

Sharp dressed men get their  
Prom Tuxes from

***North Country Bridal***

*Lake Shoppes Mall*

**(651) 464-8222**

◊ Look for your Savvi Tux Bux ◊

Now open Sundays, noon - 4  
for your convenience!

Register to win a Wii or \$25 iTunes card.





# Sex can wait...

## Say 'no' to your prom date

by Hannah Norwig



As you know, abstinence is the practice of refraining from sexual activity. As you also may know, not everyone practices it. Yet, it remains the only 100 percent effective way of preventing pregnancy and sexually transmitted diseases (STD's). The idea of having sex on prom night is common. But while it might seem like everyone is "doing it," the truth is, a lot of people aren't.

Everybody knows that prom's definitely a night to remember, but do you really want it to be *the* night? The decision to have sex for the first time is very personal, and the pressure to do so can be high. But prom can still be the best night of your life even if you don't

have sex. So, why do some teens still choose to take part in sexual activities on prom night even if they aren't ready to?

"I think that everyone has that feeling to be wanted and loved," said junior Katie Johnson, "but

they go about it the wrong way."

Johnson says she bases what she believes about teenage sexual relationships on her religion. She believes that sex should be saved until marriage.

Senior Lani Petrulo has similar ideas. She believes that everyone can make their own decisions and judgement about when it's okay to start having sex, but relationships without sex are better in the long run.

"It tends to either make or break a lot of relationships," Petrulo said. "I think most

I agree with both Johnson and Petrulo. Wait until marriage. Sex will be so much more meaningful because I think that besides marriage, having sex is the ultimate expression of love for someone. So, why would you want to have sex with someone you didn't love? Your virginity is something you can only give away once, and once it's gone, you can't get it back. Wouldn't you rather give it to someone who is special to you, rather than to your prom date?

When it comes down to it, is sex really worth the risk? If you

aren't ready to have a child, then I don't think you're ready to have sex because that is always a risk you have to keep in mind. Also, sex can take over a relationship and everything else can become forgotten. Many people regret doing it afterwards, too.

If you're not sure about it, it's best to wait, because like I said before, your virginity is something that you can only give away once. Sometimes people get caught up in moments, but try to avoid making a decision you know you're going to regret.



teens in sexual relationships are probably just thinking 'that'll never happen to me,' and when they get pregnant or get an STD, they are shocked despite the fact that they've been having sex with everyone they know."

# No taste for television

## Inappropriate shows pollute the networks

by Sarah Everett



A few weekends ago, I was sitting at home watching my regular

T.V. shows. It was late and I was waiting to be too tired so I could go to bed. It was at this time that I was rudely awoken by a commercial for an up coming T.V. show that, I noticed, promoted every type of inappropriate act you could imagine. After this horrific commercial was

over, I got to thinking. Today, there are so many inappropriate shows on T.V. I found it rather disturbing that even I have watched these T.V. shows and never paid a second thought to how much sex, violence and racism I was being exposed to.

You may be wondering what television shows can you possibly be talking about? If you're just like me, you probably have grown accustomed to these shows and may not notice how bad they are. I've noticed that shows like *South Park*, *Family Guy*, along with other culprits, are adding to

this ever-growing problem. These T.V. shows have taken upon themselves to promote the worst kids of racism, sex and violence, and the worse part is, a lot of people still watch them, even though they teach horrible values.

One of the main reasons, in my opinion, these inappropriate T.V. shows are bad is the fact that they can be reached at any age level. Most of these Television shows that I'm talking about have been directed in the form of a cartoon. This is really bad because that means these T.V. shows are probably targeting the

# Long live the king and queen

by Kurt Johnson



Of all the memorable experiences that we students take from high school, many would easily say that prom is definitely one of the most vivid.

Whether they are good or bad, there are all kinds of stories to tell. Whether you go all out with \$200 dresses and tuxedos, rent limos, eat at fancy restaurants or party after prom, memories are created. I would even say that prom is over-rated, but nevertheless fun. So you would think that it is safe to say that with all that goes on already, why add a prom king and queen?

Forest Lake abandoned the prom king and queen tradition many years ago, even though we still kept the Homecoming king and queen. Some say we just don't need to have two popularity contests in a year or that it brings down prom because so many become too stressed about the competition. Others say no one really cares and we just don't need it, period.

Theirs plenty of reasons that prom isn't bad and actually is good for students. First off, it's a tradition. Today's society seems to be losing value in traditions. Of course that isn't always a bad thing, but when it's something our fathers and

mothers have been participating in for a few generations, it just adds to the events importance.

Secondly, competition builds character. Sure, the student social life is stressful enough even with out the drama of prom king and queen, especially with the pressure of "finding a date." However I believe having winners and losers drives ambition and is rewarding to those who put forth valiant effort. I also don't think that prom king and queen drama would ruin the prom experience for students. For all the students who don't care about not having a royalty, then they most likely wouldn't care if we had one.

Finally, we gain school pride by having royalties. Remember back to homecoming week, when we saw more school pride than any other time of the year. Of course, a good amount of that had to do with it being football season, but students were involved with the homecoming royalty as well. Students were gossiping about it all week long, and the 8 competitors were voicing their candidacy all over. To me, it looked good clean fun for everyone.

That alone is a prime example of why the royalty tradition adds, not harms, to out high school experiences. So join me when I say, "Long live the prom king and queen!"

# Take us out to the ball game

## Twins' season gives fans hope for an exciting year

by Annie Hinrichsen



With just 5 days until the official start of the season, the Minnesota Twins have been getting back into baseball with spring training. So far, things have been going pretty well considering we've lost who I think are two of the best players in MLB. Johan Santana, who was with the Twins since 2000, and Torii Hunter, who was with the Twins since 1997, are now

part of the Twin's past. No more Gold Glove Awards or Cy Young Awards, no more amazing diving catches or 235 strike-outs in a season, and now there is a huge hole emotionally in the dug-out because Hunter and Santana were the ones who usually pumped everyone up. I would cry, but there's no crying in baseball, right?

Of course we also got some new players in their place. From the New York Mets the Twins acquired outfielder Carlos Gomez, pitcher Philip Humber, pitcher Kevin Mulvey, and pitcher Deolis Guerra. Also got more than a dozen

new guys hoping to create a solid team this year. A few examples are Jason Pridie, Denard Span, Delmon Young, and Jose Morales.

Also, newly starting is veteran pitcher Livan Hernandez who we are paying five million dollars for, and is scheduled to be the starting pitcher on opening day, so he better be worth the money. This means he better be just as good as Santana, or he's lost my vote. Another upcoming player is Adam Everett, shortstop, who used to be with Houston. Last year, he had a season-ending injury when he broke his leg. I read he's "one of

the best shortstops in the league," so let's hope that statement is right.

There is also good news on pitcher Francisco Liriano's Tommy John surgery. He has been throwing in spring training and Manager Ron Gardenhire says he's doing really well. But don't be expecting a huge comeback from him just yet. He needs at least a season to get back to where he was before.

There are probably a lot of people wondering about the new stadium. It's on schedule for the Twins to start playing in, in April 2010. The Twins also announced they are spending another \$22

million on the park which brings the total cost to \$522 million. I'm so happy the stadium is outdoors. I can finally experience a baseball game like it's supposed to be and enjoy the scenery of Minnesota, even if it is only a bunch of buildings. It will be sad to see them leave after 28 years in the Hubert H. Humphrey Metrodome, but I guess a whole new team deserves a whole new field!

The home opener is March 31 vs. the Los Angeles Angels (Hunter's new team) at 6:05p.m. Buy your tickets and cheer on the new, hopefully improved, Twins!



# SMART Boards

## Unnessary cost or needed technology?

by Tyler Wilcox

Technology is expensive for schools and a great example is the SMARTboard. SMARTboards can cost upwards of \$3,000. The entire cost of installation and parts here at FLHS is \$3,400. That's a tough bill to swallow for any public school. The question is, is a SMARTboard worth the steep price? The answer is yes, and our school needs to take a more active role in getting them into the classrooms.

FLHS currently has a total of four SMARTboards. Only one of them has been purchased by the school as a whole. Of the remaining three one has been won and the other two have been received through grants. The school needs to be doing more to integrate this technology into the classroom. Many other public schools have invested

in SMARTboards for every classroom. This isn't necessarily the school's fault, but the school has actually been preventing funding for SMARTboards. A group of teachers wanted to have a raffle to help raise money for SMARTboards, but they weren't allowed to do so because the school didn't want teachers fundraising. The school should support teachers who want to take a more active role in the school. Especially when cuts are being made every year.

Even more important than finding the funding for the SMARTboards is the SMARTboards themselves. Students today are very tech-savvy. A majority of kids have cell phones and know how to easily navigate electronic devices such as computers and DVD players. New technology excites

people. A SMARTboard in the classroom excites students. It brings something new to learning. Embracing new technology like this will reduce the personal electronic problem at the high school as well. Personal electronics are almost feared by teachers in their classrooms, but the addition of technology will eventually lead to a better classroom environment.

The greatest benefit SMARTboards bring to learning is the common ground between the teacher and the student. The student can relate to the SMARTboard; it's something new and technological.

Teachers are having a harder and harder time communicating to their students because of the generation gap. A SMARTboard helps solve that problem. The teacher can communicate through something the students

find interesting. Let's face it, the overhead is out of style.

If we don't start keeping up with technology, and implementing it into the school, we could face far worse problems in the future. New technology might require equipment we would've had otherwise with SMARTboards. All we're doing is delaying the bill of technology. The SMARTboard might be obsolete in a few years, but that's what happens with all technology. It becomes much harder to input new technology if a school hasn't been updating its technology consistently. If we fall behind now, we may never catch up.



FLHS's SMARTboard technology. Photo by Blake Patrick

# Go Rangers!

## FLHS is lacking team spirit

by Steve Peterson

We're loyal to you Forest Lake! That is the first line of the FLHS fight song but how many of you know the rest of it?

Students with school pride at FLHS are few and far between. If you were to talk to someone who graduated tens years ago, they would say the same thing; our school has no spirit or sense of unity.

Of course, most students show their school pride during

Homecoming, but usually it stops there. It has become a routine that Homecoming is the most important event and nothing else really matters.

As I watch sporting events at other schools I notice something - a student fan section. Our school also has a student sections but not nearly as big as other schools. Other schools are behind their teams no matter what the sport is and that just isn't the case at

FLHS.

I attended sport events like: boys and girls soccer, softball, and realized that I was one of the few student fans there. I don't think this is fair to the athletes because they work just as hard as any other athlete, they just don't get the students following.

The Ranger Nation T-Shirt sale was a fantastic idea and got many more students to attend the games, but we still don't have the student

fan base I think the athletes deserve.

We shouldn't need the school and its faculty to come up with more inventive ideas to attract students to school sporting events; we should be doing this on our own. The athletes are our peers and friends; we should be proud of their accomplishments and make a point to show this.



FLHS needs to come together as a whole, not just a few individuals, and support the athletes no matter the sport.

R-A-N-G-E-R-S...Go Rangers!

# Student's style

## reflects personality

by Blake Patrick

Remember back in elementary school, when your teacher would ask you, "Should you be able to wear what we want to school and not school uniforms?" Most would reply, "Yes, it shows who we are and we should be able to wear what we want."

Today, however, I can't even wear what I want without getting weird looks from other students, or being talked about behind my back. Nowadays people are put in groups based on what they wear and are "labeled".

For example lets' say a guy walks in to school wearing normal jeans, and an Abercrombie and Fitch shirt, most would label him a "Prep" because of his shirt, but what if he wore a black shirt and a pair of Tripp pants? But I'm not here to rant about labels, but to ask you to understand we each have what I like to call a "personal style".

I like to wear Tripp pants (those

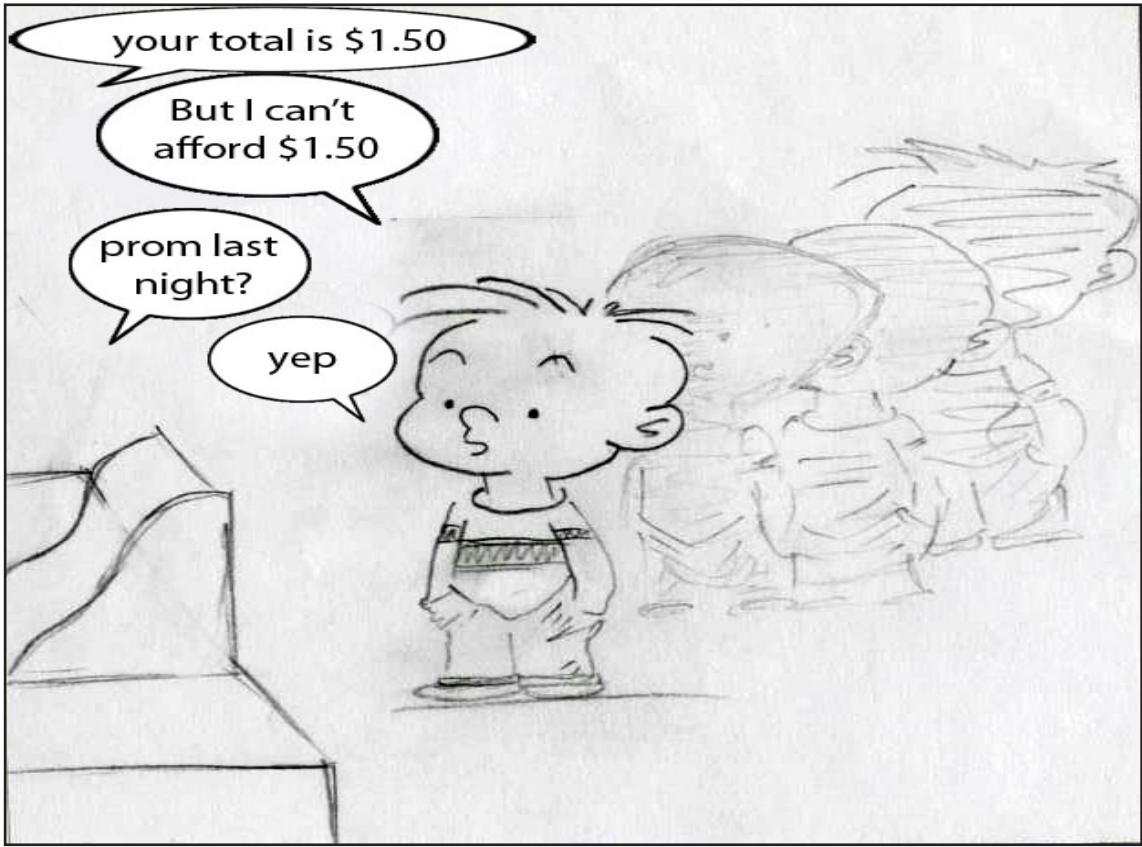
pants with all the chains), an Aeropostale shirt, Adidas, and cut off gloves, because to me they look different, this to me is my personal style. But as soon as I get to school the first thing I hear is, "Wow that kid is so Goth, he's wearing Tripp pants."

Technically shouldn't I be in *three* groups because of my gloves and shirt? Just because I wore a pair of different pants, I got put into a single group. People tell me I can't wear an Aeropostale shirt, with Tripp pants because they just don't go well together, it's just not "right".

Honestly, who ever said that Aero and Tripp can't mix? To be honest I wear what I wear just so I won't get pigeon-holed into a certain group. Don't let people tell you what you can and can't wear together, just wear what represents you, and let others dress in peace.

# The Mind's Eye

by Kayla Hofeld







# The Way You

## Restaurant Reviews

The best places to go before or after prom



by Renee Noren  
Palomino.com  
Restaurant, rotisserie, & bar  
Make reservations by phone:  
(612) 339-3800

Palomino is located on Hennepin Avenue in the theater district of Minneapolis. It offers upbeat city dining on the second level, above Rock Bottom Brewery. It's the perfect restaurant for those on a budget and offers a versatile menu of European-inspired American Cuisine, complete with complimentary bread. The restaurant is decorated with an open kitchen, beautiful glass chandeliers, and spectacular views of downtown.

**Sample Menu Prices:**  
**Appetizers:** \$8-14  
**Roma Style Pizza:** \$9-13  
**Starter Soups & Salads:** \$6-8.50  
**Seafood:** \$20-26  
**Salads:** \$13.50-17  
**Pasta:** \$14-20  
**Meat:** \$13-35

825 Hennepin Ave.  
Minneapolis, MN 55492



Photo's taken from restaurants' websites

by Renee Noren  
Christos.com  
(651) 224-6000

### Christo's Greek

Christo's is the perfect restaurant for those who want to try something new for their taste buds. They offer first-rate Greek food at a very reasonable price for any high school student. With a location in the historic train station in St. Paul, it's great for large groups. If you're driving your car to prom, Christo's offers plenty of underground parking, courtesy of the restaurant. The Mediterranean ambiance makes it a romantic setting for your pre or post prom meal.

**Sample Menu Prices**  
**Appetizers:** \$5.65-9.95  
**Salads:** \$3.15-8.95  
**Pita Sandwiches:** \$5.35-6.95  
**Desserts:** \$2.65-3.75  
**Traditional Favorites:**  
\$11.35-11.75  
**Vegetarian:** \$10.75-11.95  
**Sampler Plates:** \$11.95-27.95  
**Meat:** \$10.95-23.95  
**Seafood:** \$11.95-15.95

Union Depot Place  
214 Fourth St. E.  
Saint Paul, MN 55101



### Bambu

by Renee Noren  
Bambuonline.com

Bambu is a contemporary restaurant with reasonable prices and unlimited menu options. They serve Chinese, Thai, Vietnamese entrees in a unique setting. Their dishes are decorated with a variety of vegetables and unique spices and the presentation of every dish is gorgeous!



### Manny's steakhouse

by Renee Noren  
Mannyssteakhouse.com  
"Life is good at the top of the food chain."  
(612) 339-9900

"My favorite dish at Manny's is their shrimp, crab, and scallop pasta, and I love their hash browns too!" said Senior Brianna Tagg. Although the prices are steep, the cuisine is well worth the extra cash. Manny's is a very upscale, yet casual, fun environment. You can see people wearing anything from nice suits and dresses, to a pair of nice jeans or khakis and a dress shirt. So, don't worry, you'll fit right in wearing your gowns and tuxedos. "The employees are always very proper and dressed nicely," said Tagg. Manny's offers chops, seafood,

and chicken, but is most well-known for their center-cut beef. The most expensive meal on the menu is the \$135.95, Top Shelf Surf and Turf with a 20 oz. lobster tail and Bone-in Tenderloin. Be sure to make your reservations soon so you don't miss out on one of the top ten steakhouses in the nation.

**Sample Menu Prices:**  
**Appetizers:** \$11.95-19.95  
**Entrees:** \$19.95-87.95  
**Specials:** \$7.95-135.95  
**Salads:** \$8.95-12.95  
**Vegetables:** \$ 5.95-13.95  
**Desserts:** \$5.95-21.95

Hyatt Regency  
1300 Nicollet Mall  
Minneapolis, MN 55403



### Buca di Beppo

by Joe Lichtscheidl  
Bucadibeppo.com  
(651) 772-4388

Buca di Beppo is a very well-known restaurant with a great atmosphere for prom. They offer a huge variety of dishes with steep prices but well worth it. The dishes are quite large which makes it easy to share a meal and it is much cheaper that way. Buca is very casual but you will find many people dressed for the occasion. The servers are well dressed and very friendly. Buca is most well known for their Italian food, but they also offer multiple seafood dishes. Prices start at \$12.49 and range up to \$29.99. You will find exactly what you are looking for at Buca di Beppo's for a great prom experience. Make your reservations soon because space will be limited.



**Sample Menu Prices:**  
**Entrees:** \$11.99-31.99  
**Pasta:** \$9.49-29.99  
**Pizza:** \$10.99-19.99  
**Salad:** \$8.99-17.99  
**Side Dishes:** \$4.99-10.99  
**Desserts:** \$7.99-31.99

2728 Gannon Road  
St. Paul, MN 55116

### LA Nails

1432 S Lake St.  
(by Lake 5 Movie Theater)  
Phone: 651-982-6076



**Special \$ 22 for full set or less for groups!**  
**Just call**

Walk-in welcome

**Hours:**  
**Mon.-Sat. 10am-8pm**  
**Sun. 11am-5pm**

www.LeesLimo.com

(651) 462-LIMO(5466)  
(612) 333-LIMO(5466)  
(763) 323-6636

Lees Limousine

**Prom Specials!**



### Outrageous Tan Inc.

26589 Forest Blvd. N  
Wyoming, MN 55092  
651-462-7222  
www.myspace.com/outrageous



# You Look Tonight

## Prom Fact Box

**When**  
April 26, 2008

**Where**  
US Bank Building  
180 East Fifth Street  
St. Paul, MN

**Time**  
Grand March: 6-7 p.m.  
Dance: 8:30 to 11:30 p.m.

**Cost**  
Keep your ears open, the cost will be mentioned over the announcements!

**Theme**  
"The Way You Look Tonight"

**Colors**  
Burgundy and Silver

**Professional Photos**  
Generally available for 6-7 p.m.  
and 8:30 - 11 p.m.

## Prom spending The dollars add up

by Kayla Hofeld

Teenagers' wallets will soon become just a little bit thinner and budgets just a bit tighter. Checking accounts will plummet and savings accounts will be dented. Prom season is coming and most people wouldn't dare miss out.

Everything you hear in the hall and in class is prom, this prom that, my dress, this party bus that. How much a person or couple is willing to spend on prom is really quite shocking. According to deborarachelle.com a couple will spend an average of \$800 to \$1,000 dollars during prom. That figure includes dinner, transportation, hair, makeup, flowers, tickets, nails, jewelry, apparel, shoes and accessories.

Spending that much on too many things is outrageous and for others not possible. So from my head to yours here are some thrifty tips that will have you prom-ing it up with more cash in your wallet.

1. Skip dinner. Instead of going out, have a pre-prom party and serve your own fancy meal at home with friends.
2. Girls: Go thrift store shopping. Large stores often carry gently used dresses for dirt

cheap. (\$8-\$20). See if a friend will lend you last year's dress;

"I got my dress at the Forest Lake Pathways for \$25 and it was brand spanking new," said senior Carlene Schroder.

3. Play hairdresser. Have your older sister or friend do your hair instead of getting it done in a salon.

4. Same goes for nails. You can buy fake nails at Target or Wal-Mart or just paint them yourself.

5. Ride in style with an even better price. Instead of paying for a limo with just you and your sweetie, pool your money with four or five couples. There will be a little less room in the limo, but more money in your wallet.

6. Re-use. Wear shoes you already have or choose a necklace out of your own jewelry box instead of shopping for a new one. See what your parents have. Believe it or not you may like some of their vintage items.

Being classy doesn't have to be spendy. You can be chic for cheap, you just have to look for deals and think outside of the "high end store" box.



Asian prices make it the perfect spot for your prom.

**Sample Menu Prices**  
**Appetizers:** \$4.50-7.95  
**Soups & Salads:** \$2.50-12.95  
**Chinese:** \$8.95-12.95  
**Seafood:** \$11.95-16.95  
**Thai:** \$9.95-12.95  
**Vietnamese:** \$7.95-14.95

1715 Beam Ave  
Maplewood, MN 55109

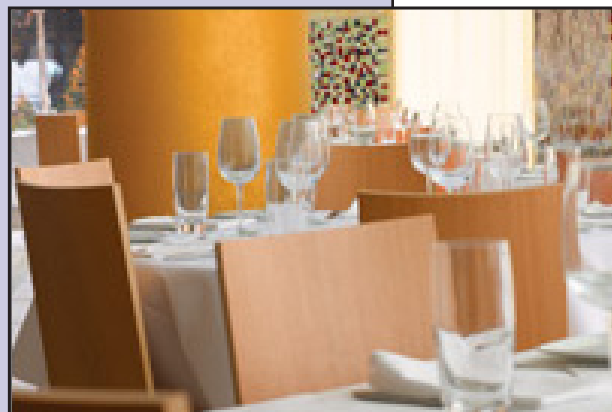
## Masa

by Joe Lichtscheidl  
Masa- masa-restaurant.com

(612) 338-6272

Masa is a high class Mexican restaurant which offers a large variety of food. All the Mexican food served, is prepared by one of the top head chefs in the Twin Cities. Although the prices are steep they are elegantly prepared and formally served. It is sure to provide you with a great prom experience. They offer a large variety of dishes and are most well known for their Mexican food.

The head chef was born in Mexico and moved to America at age



17 so he knows what it takes to prepare the top Mexican food. This atmosphere and elegant food is sure to be what you are looking for. Make your reservations soon because space is limited.

**Sample Menu Prices:**  
**Appetizers:** \$7.50-9.50  
**Entrees:** \$17.50-24.50  
**Side Dishes:** \$4  
**Salads:** \$6.50-8.50

1070 Nicollet Avenue  
Target Plaza  
Minneapolis MN



Check out more Prom ads on page 12.



# Face to face with deadly medicine

## Looking into the eyes of the “undesirables”

by Renee Noren

As any history-buff will tell you, 1933 to 1945 was one of the darkest times our world has ever seen.

During this time, the Nazis strived to cleanse the German society of individuals they viewed as “weak.” The Nazis were driven by racist beliefs and ultimately corrupted Europe and killed six million Jews. *Deadly Medicine: Creating the Master Race* is the latest exhibit at the Science Museum of Minnesota in St. Paul and will remain there until May 4. The exhibit is from the United States Memorial Museum and is sure to give anyone amusement.

This extraordinary historical exhibit includes photographs,

documents, and film footage from American and European Holocaust collections. It gives demoralizing information on the ‘racial hygiene’ that occurred and gives attendees a scary insight into the mind of Josef Mengele. Mengele, who was nicknamed “the Angel of Death”, prepared hellish rituals of death on the prisoners of Auschwitz concentration camp. You’ll learn of the ‘public health measures’ taken by the Nazis and their programs for killing the “undesirables.” The Nazis enlisted pediatricians, psychiatrists, family doctors, and nurses to teach them about euthanasia which was what they considered “justified murder.”

The \$11 entry fee is definitely

well worth it. Whether you know everything there is to know about the Holocaust, or if history really isn’t your forte, the information you gain will amaze and terrify you.

The moment I walked into the exhibit and started looking at the artifacts, I felt uneasy about everything I saw. It scared me to think that everything in the history of the papers and photographs I saw actually happened. The more I saw, the more sad I felt learning that these people in the pictures in front of me died without a chance.

My favorite part was looking at the photographs because you could feel how the people felt for just a moment.

I found everything I learned remarkable, but after five or ten minutes viewing everything, the room felt too stuffy and I had to leave. It was definitely as interesting as I had hoped, and I encourage everyone to take the time to check it out.



# YouTube Review

## Little boys meet raging squirrels!

Welcome to this edition of Tracie’s and Stephen’s YouTube review! This time, we were a bit short on time, so instead of searching for videos ourselves, we asked around the school. Hearing many great video ideas from many different people, we landed on some two awesome videos. We’ve tried before to stray away from the comedic videos, and it didn’t work...which is still the case this time. These two videos will hopefully have you laughing and/or sharing them with friends around the internet!

### Charlie Bit My Finger

This video is 55 seconds long. It involves (I’m assuming) two brothers sitting on a chair in their house. The smaller boy’s name is Charlie while the other boy’s name is anonymous it’s never really mentioned. The first boy has Charlie sitting on his lap, then

for some odd reason he inserts his finger in Charlie’s mouth. Then Charlie commences to bite down on said finger.

### Tracie

I first heard of this movie back in second quarter in ceramics class. We were all bored and the computer was open, so Ellen Anthony decided to fill me in on this video. It didn’t sound funny at all the way she explained it, so I decided even though it didn’t sound that funny, to check it out anyways. This movie took a while to grow on me, but after a while, I loved it! I thought the kid was hilarious, just his voice and both of their facial expressions were priceless! I also love the fact that the older kid who gets bit has a little British accent...so cute!

### Stephen

I also heard about this movie

in second quarter in ceramics. First of all, why would you put your finger in somebody’s mouth? I am glad that this kid decided to do it though! This video is HILARIOUS!! The kid’s face and voice just make the video so much better.

### Squirrel Attacks Deer

This movie is a short one, only 14 seconds long. The stars of this movie are not humans about a squirrel and a deer (obviously). I think this clip was originally taken from Funniest Home Videos or something like that, because there is an announcer’s voice in the background. The setting is in someone’s back yard by a bird feeder. The deer is just munching away while he gets a little too close to the squirrel’s food.

# Blake’s Book Review

## Going beyond Harry Potter

by Blake Patrick

There’s a new wizard in town, and no, this has nothing to do with Harry Potter. The story starts out with a new born by the name of Septimus Heap who is pronounced dead by the midwife (supposedly, he is to have hidden powers, for he is the seventh son of a seventh son). During the night his father (Silas Heap) finds another newborn in which he names her Jenna.

*Magyk* takes place 10 years after these incidents, in a village run by a series of wizards and witches, and are all watched over by one single wizard known as the “ExtraOrdinary Wizard”. It is their job (other than the queens) to help protect the village and its people. Not only that but the must also take on one single apprentice.

In the story the queen has a child before she was assassinated. This child went missing that very same night, and during this time the old ExtraOrdinary wizard was also killed. 10 years later Jenna (girl found by Silas) finds out that she is the heir to the throne, but there is one problem. After the assassination a man known as the Supreme Custodian took over, and has the new ExtraOrdinary replaced by a Necromancer by the name of DomDaniel.

The story is about Jenna and her new family trying to rightfully reclaim the castle, and have the old ExtraOrdinary wizard returned. Durign this time they run into constant trouble with Trackers, assassins, and many other dangerous obstacles.

I really enjoyed this book, because it wasn’t anything like the *Harry Potter* series, and the book constantly keeps you wondering, what’s going to happen next. If your into anything that has to do with magic, witches, wizards, etc, then this book is definitely for you. There is currently 3 books in the *Magyk* series, so if you are planning on reading, then get started!



photo gathered from <http://www.elbakin.net/fantasy/photos/magyk.jpg>

### Tracie

I literally found this video within 10 seconds of searching. You can find so much random stuff on YouTube- I love it! This movie is short and hilarious, mainly because it’s just so random and you’d never expect a squirrel to take on a deer that size! I don’t know why the person decided to start videotaping the animals feeding at the bird feeder, but I’m glad he did, because I just keep watching this video over and over again, and I laugh



Photo taken by Kayla Hofeld

every single time! I can’t wait to show this video to my brothers!

### Stephen

I thought the video was going to be kind of dumb but boy was I wrong. This is such a random video but I love it! The deer is ten times bigger than the squirrel, but the squirrel still scared the crap out of the deer. Videos with point at all are my favorite!

# School’s making prom safer for all

by Meagan Seim

Prom night has always been, and always will be one of the most anticipated events of high school. Sadly enough, prom night is also one of the most dreaded events for many parents and loved ones. Every year, hundreds of high school students don’t make it to prom, let alone home afterwards. This year’s school faculty, however, is working harder than ever to lower these numbers.

“The school does close coordination with St. Paul Police and the security department of the building/location of the event. Specifically...there’s been discussion by staff of screening students as they come into the door for the presence of alcohol and also the possibility of checking purses/

bags for weapons or contraband,” said Officer Matt Smith, FLHS Police Liaison.

Not only is the school district itself working hard, but the city of St. Paul is doing its best to pull its weight too. There are several ways for them to help, but above all, presence is a must.

“[The city is offering] good officer coverage of the event in addition to meeting with the school staff to learn names and identities of those unwelcome at the event,” said Smith.

While learning names and identities may seem like a small feat, in reality, it seems to be one of the wisest ways to catch those who do not belong.

There are also many ways we

can make sure the 2008 prom is safe and fun. The simplest way to ensure our safety is an obvious one, and has been drilled into our heads since we reached junior high: don’t drink and drive. It is up to us to prove to the younger generations that it is possible to have fun, safely.

“Make good choices: Avoid opportunities to consume alcohol and/or drugs. Stay close to other friends that also want to have a safe and sober prom,” said Smith.

The school and its supporters are doing everything in their power to help us; now it’s our turn to return the favor and have fun in the process!

# Make a Positive Promise

by Tyler Wilcox

This spring, Positive Choices is offering a Positive Promise to students under 21 that plan on being alcohol free until they turn 21. Positive Choices is a public service organization whose goal is to raise awareness about safe methods of transportation while you or your friends are intoxicated. Students looking to participate in the program can take the Positive Promise online at the website listed below.

The Positive Promise states that the student will make an effort to stay sober until they are 21 and that they will not drive home with someone who has been drinking. It also states that you will offer a ride home to someone who has

been drinking.

Students who take the Positive Promise only need personal information, like your name, location, and e-mail address, to sign up. Just for taking the Positive Promise you are entered into a scholarship drawing. If your parents co-sign, your chances to win the \$500 scholarship are doubled.

Last year was the first year for the Positive Promise and over 50 people have already gone online and taken the Positive Promise. The Positive Promise is being supported by the school SADD chapter. You can take the Positive Promise online at [www.positive-choices.org](http://www.positive-choices.org).



# Good TV returns

## Smaller shows not so lucky

by Shea Carr

Now that the writers’ strike is finally over, some of our favorite television shows are beginning to come back on air with new episodes, but other less fortunate s h o w s have fates still to be determined. But at least Americans everywhere will no longer have to settle for sick jokes like *Terminator: The Sarah Connor Chronicles*. While there have been some shows providing legitimate entertainment for TV watchers with episodes shot before the strike, such as *Medium*, *Lost*, and even *The New Adventures of Old Christine*, many shows have left their fans in the dark during the strike period. *Grey’s Anatomy* and *Desperate Housewives* fans, for example, have been forced to wait some time. *Grey’s Anatomy* fans have not seen a new episode since Jan



Friday Night Lights, a hit among critics and a loyal base of fans, has had trouble with ratings.

10. Not to worry for them though, ABC will begin airing five new episodes beginning April 24. *Desperate Housewives* has not been out of action quite that long (since February 15) and will air 6 new episodes beginning April 13. As for the shows with futures in doubt or ones the strike has likely killed, *Journeymen*, *Friday Night Lights*, *October Road*, *Las Vegas*, and *Cane* top the list as the most notable with uncertain destinies. With the threat the strike has brought upon some shows, fans can only hope executives at broadcast companies, namely NBC, CBS, and ABC will be able to see the potential in shows with struggling ratings. More information on the status of your favorite shows can be found at [tvguide.com](http://tvguide.com).

# The art of science

Senior Elle McGee creates work of art for science wing

by Kayla Hofeld

People have always created and appreciated art. The early Romans and Greeks for example are well known for their works. Portraits and Murals are a way of capturing the past or collaging ideas and thoughts into a small space.

Senior Elle McGee has that same thought.

McGee is currently working on a mural for the science department. Elle is in art club and is an independent study student; she does most of the work on the piece during fourth hour. This is her first art class in the high school. She took it just because she wanted to get away from all of her AP biology classes and the rest of her challenging courses. “We haven’t had any new art



McGee's work in progress. The original plan was to have multiple puzzle pieces, but hers is the only one that will be completed. Photo by Kayla Hofeld

in the school for a while, and the little art that the school does have is getting old and boring; I wanted to bring something new the halls,” said McGee. Darian Kaiser informed me she got the idea of creating a biology mural coincidentally from AP biology, a class McGee and Kaiser had together earlier in the year. Mr. Leventhal was also a really big help as to what McGee should

be putting on her project. “For me, art comes naturally,” says McGee, “Except Crayons, I hate crayons. They are messy and sloppy, I can’t color inside the lines.” Everyone’s question, however, is When will she have it done? She may have some long nights ahead of her. “There’s no way I will have it done by spring break, hopefully by the end of the year. I’ll find time to do it... somehow,” said McGee. “It’s taken me while,” says McGee, “I’m counting down the days” Make sure to seek out McGee’s masterpiece which will be hanging outside of Mr. Leventhal’s and Mr. Ward’s rooms in the science hallway.

# No one can handle the truth

Fox’s new reality show puts the con in controversial

by Sarah Everett

*Moment of Truth* is a new television show that has been airing on Fox for the past few weeks. Okay, here’s the deal about *Moment of Truth*. Basically it is a game show that asks its contestants personal questions about their life, marriage, and family. Contestants are hooked up to a lie detector and have to answer the questions truthfully. If they can get through 21 of these questions, they win half a million dollars. The only catch is your family, friends and other meaningful people are there, sitting in the same room, and you have to answer in front of them. These questions often target a contestant’s personal life and exploit secrets and regret these people might have, often to the point where it could wreck a friendship or break of a family or end in divorce. The *Moment of Truth* is a horrible, downgrading television show that wrecks people’s lives and often times their relationships. I don’t agree with what the *Moment of Truth* has to bring to our public viewing other than a few moments of regret and remorse for the contestant who’s personal life is probably over with after playing on this show. If you ask me, I



Fox's new reality show "The Moment of Truth" asks some questionable questions. Photo gathered by Tyler Wilcox.

don’t know how this television show will survive very long after their first airing. In their first show, the *Moment of Truth* managed to create a shocking display after asking a female contestant personal questions about her marriage, while her husband was sitting right in front of her. They even had her ex-boyfriend come in for a special live appearance and ask her if she thought her marriage was a mistake. When I heard this I thought, “Oh, that poor girl.” But then I heard her answer-she answered yes. As if marriage isn’t strained enough, now you have to go and play a game show like this, wrecking it even more. And what are you going to get out of it anyways? A measly 500,000

dollars. The only things that’s going to be good for is settling the divorce papers after the show is over with, and that’s if you even get through the show. Regardless of the money, *Moment of Truth* is a terrible display of what happens when you get some bored people together who want to wreck other people’s lives. The only thing that would make this show anywhere near appropriate is if it were scripted. There is hope that this show doesn’t hurt people as much as it seems. According to one source I found online, Foxreno.com, the *Moment of Truth* is a scripted show. However, I could not find any mention of it being scripted anywhere else. For the sake of those people and the sack of what television is coming to, I really hope this show is scripted, because then it wouldn’t make out the producers and the viewers as being so heartless. *Moment of Truth* is a pretty heartless show that likes to exploit the problems normal people might have in a relationship. So, don’t support the decline of television. It isn’t fun, and in my opinion, should be taken off the air.

# Forest Lake Area Hot Spot

## Don Julio’s authentic Mexican food hits the spot

by Steve Peterson

If your looking for a great place to go to eat with family, friends, or that special someone, then look no further then Don Julio’s Mexican Restaurant located off of highway 61 in the Lake Shoppe center right next to ACE hardware.

Don Julio’s is one of the best Mexican restaurants in town. With a huge menu including: tacos, quesadillas, nachos, enchiladas, Mexican desserts, and much more. Don Julio’s has anything you want at a price that won’t break the bank. With meals ranging from about \$5-8 dollars; Don Julio’s is an affordable option for a quick lunch or hearty dinner. My personal favorite meal is the Chicken Enchiladas. They cost about \$6 and it’s enough food to feed a small army. You also get free



Don Julio's Mexican restaurant offers great food and an great atmosphere. Photo by Steve Peterson

chips and salsa while you wait for your food! With an authentic Mexican atmosphere, Don Julio’s is a great place to sit back and enjoy your time with friends and family. Whether you are looking for a light lunch or a hearty dinner, Don Julio’s is the place to go. Don Julio’s is by far one of the best Mexican restaurants that I have ever been to. With fast and friendly service, it is sure to be an enjoyable experience time and time again. So stop in and sit down and relax while you enjoy an authentic Mexican meal at Don Julio’s.



# Winter Sports Wrap Up

## Gymnastics, skiing, swimming, and wrestling produce state entrants

by Renee Noren  
**Nordic Skiing**

The FLHS Nordic ski team competed at sections on Feb. 6. “Sections went awesome, we swept the meet,” said Shawn Wright. Steve Coozennoy, Ryan Wright, Ben Brodin, Elizabeth Peterson, and Annie Dehmlow all participated at the State meet on Feb 15. The team won state and Southwest 8<sup>th</sup> grader Elizabeth Peterson also received all-state honors.

**Alpine Skiing**

The alpine ski team took 7<sup>th</sup> at sections. They sent Senior Captain Carly Bass to state where she took 25<sup>th</sup> out of 30.

**Wrestling**

At sections, FL beat St. Francis 37-36, but lost to Coon Rapids 45-26. Five boys from the team competed at the state meet. Southwest 8<sup>th</sup> grader Ben Morgan is now the

112 pound state champion. He is the 16<sup>th</sup> state wrestling champion from FLHS. FLHS’s Charlie Janssen placed 5<sup>th</sup> in the 140 pound weight class. Kevin Nelson, Andy Kolbow, and Captain Brent Kolbow also competed.

**Boys Hockey**

The boys lost their first Section game against Grand Rapids (4-2) on Feb 19. “It was a fun season, but I wish we could’ve had a better outcome,” Senior Captain Jake Kogler.

**Girls Hockey**

Girls hockey ended their season sooner than they’d hoped. “[The ref] called off one of our goals,” said Senior Captain Bri Gray. They ended up losing against Proctor (1-0) on Feb. 9 in their first section game.

**Dance Team**

The girls placed 3<sup>rd</sup> in kick and jazz at Conference, and managed to take 2<sup>nd</sup> in kick at the Conference Championships.

**Boys Basketball**

The boys basketball team played Duluth East in their 1<sup>st</sup> section game. On March 14, they beat Coon Rapids 67/55 at Elk River and had a close game against Cambridge-Isanti on March 19. They held off the blue jackets until half-time and finished their final game with a score of 52/43.

**Girls Basketball**

Girls basketball played Blaine and lost in their section game on Feb. 28. “It didn’t end like we wanted it to, but our record was still better than previous years,” said Senior Mary Blake.

**Gymnastics**

Gymnastics competed at



Sophomore Charlie placed 5<sup>th</sup> at state in the 140 lb weight class. Photo courtesy of Jamie Bullock

state on Feb. 22. The team sent Maddie Crew, Taylor Brett, and Chelsea Uram to compete.

**Boys Swimming**

The boys swimming and diving team finished their season strong

sending two individuals and one relay to state preliminaries. Elijah Miller and John Goossens both competed at state finals where Goossens set a pool record in his 50 and 100 freestyle.

# Las Vegas here he comes...

## Soren Duggan takes Student Congress to Nationals

by Kayla Hofeld

Senior Soren Duggan found himself chasing gold during his last section competition in Student Congress late in February. There were only a few spots open to go to nationals and Duggan wasn’t going to miss it. There are three section meets in Minnesota and only about four people get to advance to nationals from each.

“We had to debate a bunch of topics, there are different bills

that we present, debate then decide, then we move on to the next subject,” said Duggan

Duggan displayed exceptional performance and legal action and was one of the twelve chosen for nationals. He will be the only Forest Lake student attending the competition. The pressure however didn’t seem to weigh him down too much

“I was really excited [about the turnout of this season], my goal was



Photo by Blake Patrick

Student Congress Nationals in June!

to go to nationals,” said Duggan. “That’s what I want to do is be a politician, so it’s what I would be doing for the rest of my life.” Soren is leaving in June for the national competition which will be held in Las Vegas.

# Tennis team optimistic but uncertain

by Tyler Wilcox

With Spring just around the corner, the tennis courts are being cleared off and the nets are being put back up in preparation for the tennis season. This year’s boys tennis team is looking to post a good record and its success will depend a lot on their role players. Returning from last year are nine letter winners as well as a host of seniors. The team has been training hard in the off season.

## Upcoming Home Meets:

Blaine, April 4  
Cretin-Derham Hall, April 17  
Andover, April 21

At #1 singles, 8<sup>th</sup> grader Dusty Boyer will anchor the team, followed by Seniors Spencer Conrad and Sammy Steiner, at #2 and #3 singles. The #4 singles spot is the position most up in the air as the season inches closer. Any number of players could end up there, Seniors Paul Hill, Ben Mullen, or Josh Magistad. Whoever doesn’t end up playing the 4<sup>th</sup> singles spot, will most likely be at the #1 or #2 doubles position. “I think we are pretty solid at 1-3 singles,” said Coach Greg Patchin.



If the team can put together wins at the lower positions they will be able to have a very successful season. There are some factors that can throw consistency out the window. “The key to the early season is weather,” said Patchin. Weather is an often underestimated factor in tennis, but Patchin who has been coaching tennis for a long time knows not to write it off. The boys’ first meet is April 4 against Blaine at Forest Lake.

# Track teams have potential

by Joe Lichtscheidl  
**Boys**

The boys track team is just beginning a new season and they have high hopes for the year. Senior Captains Kenny Klein, Dillon Grant, Brandon Brambilla, Dalton Keep, and Dillan Edelen lead the team and have no doubt they will bring home a state championship. “Win state and nothing less,” said Grant. The boys have been training all year round doing weight training and running treadmill at the Blaine Sports Center. The team is very strong all around but their best events are expected to be the 4x100 and 4x200 relays. Come support the boys team as they have their first meet of the season on March 22 at 4 p.m.



**Girls**

The girls’ team has also been working hard to get ready for the season. Many of the girls have been training off season at Blaine Sports Center, running treadmill to get in shape for the season. They have a large team of 80-90 girls and have many good runners coming back. The strong point for the girls team is their sprinting, but they also have a very deep high jump team. The team is lead by Senior Captains Renee Noren, Christy Newell, Audrey Mills, and Annie Dehmlow. “We have great potential this year and I think that we can send our 4x200 relay to state this year,” said Newell. “The team is very young in their distance but we have many girls coming up who will fill the position very well.” The girls first track meet of the season is April 8, at White Bear.

# FLHS golf ‘slaves to the weather’

by Sarah Everett

This year’s spring sports golf teams have been working hard for the up and coming golf season. “Officially our practice doesn’t start until Monday March 10,” said Mr. Buck head coach of the Forest Lake golf team, “but we are already working hard to prep for the season.” And working hard they are. The golf team is already outside as much as possible, running through their drill, even though the weather isn’t the best. “We’re slaves to the weather,” Mr. Buck said. Along with practicing outside, they’re also doing a lot of indoor work as well, mainly strength training to get in shape, but they are also working on the mental aspect of the game as

well. To be a good golfer, you need to have high concentration. All in all, the Forest Lake girls and boys golf team is pretty pumped for the up and coming season and has high hopes for what is going to come. Their first meet they will be attending is April 10<sup>th</sup> at the University of Minnesota, where they will be playing in a tournament. If you want to catch them playing at Forest Lake then you’d better remember this date, because it’s their only home meet. May 5, which will also double as a SCC conference meet. That’s where we go and invite lot’s of other schools to come to Forest Lake and play. So if you want to check them out, make sure to keep tabs on the dates.



# Softball confident in new season

## Watch out Park, here we come...

by Annie Hinrichsen

It's that time of the year again when girls tie up their cleats, put their hair in ponytails, and put on a game face- softball has started. Although last year didn't go as planned (10-13), Head Coach Angie Ryan is excited for the new season to start, with a new chance to prove her team has what it takes to get to State. Try-outs went well with more than forty girls turning up. The girls were judged on throwing, fielding, hitting, and overall form and attitude. Since Ryan hasn't been able to coach the girls in the off-season,



Junior pitcher Alyssa Dunrud returns to the line-up this season

according to high school rules, she is looking forward to doing that again. "I expect the best season I've had as a coach yet. This is my fourth year as the head coach and I think we have more talent than we've ever had before," said Ryan. Ryan also stated that this year there is a great group of girls who work hard, get along, and are very competitive. The goals for the season are to get third in State

and win sections. They also want to finish in the top two in their conference. "Our conference is one of the best in the state, so it will be tough, but I believe we can do it," said Ryan. Eight of the fifteen girls on the roster have had varsity playing experience, and Ryan is confident the team will do well on both offense and defense. "I think we'll have the best offensive team Forest Lake softball has seen in a long, long time. We also should have strong defense. We should be strong on both sides of the field," said Ryan. With the first game soon after spring break, the girls will have no time off. The first JV game is on April 1 during spring break, and the Varsity and Sophomore teams start the season April 9 against Park with Varsity starting at 4:00p.m.

# Lacrosse team makes their debut

## Boys' and Girls' to kick off inaugural season

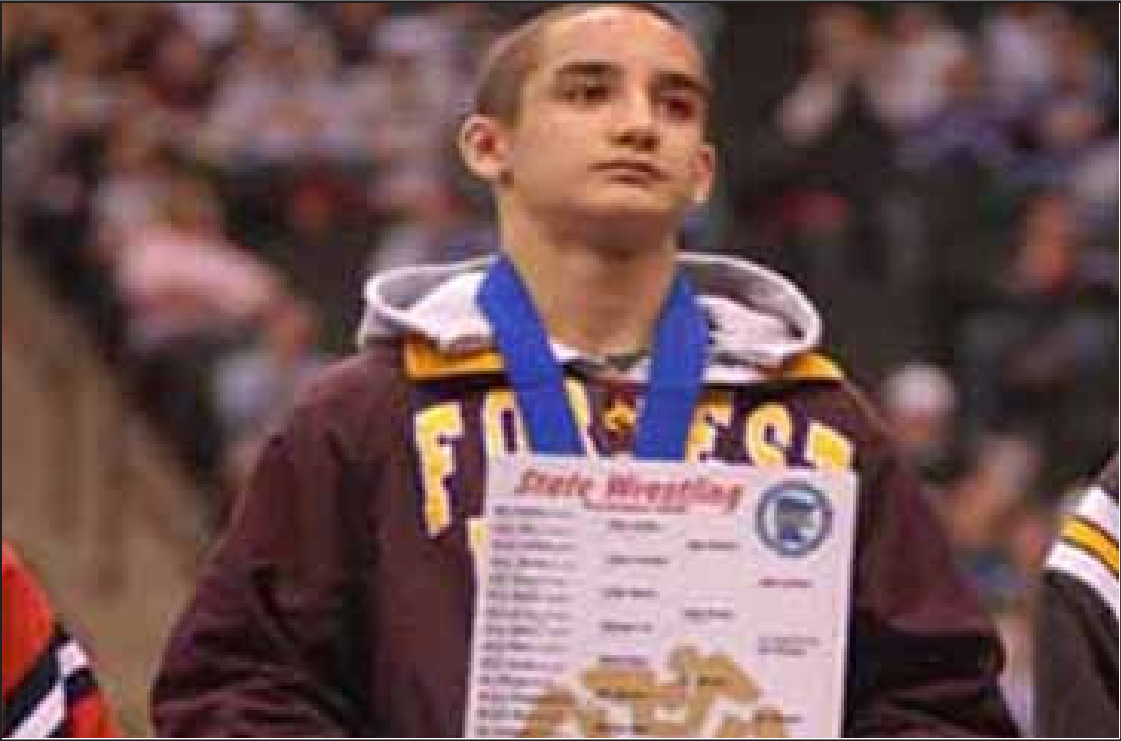
by Meagan Seim

Started by Matt Mollet and Nabil Cheikh, Lacrosse began as an intramural sport in 2006. Since then, the team has been working hard to become a sport of its own. From funding given to them by US Lacrosse, the team was able to start itself off, teaching lacrosse skills to anyone interested. While lacrosse is still not on official part of Forest Lake Area's Activity list,



the teams are considered Varsity sports. Not only is there a boy's Varsity Lacrosse Team, there is also a Girl's Varsity Team in the competition rink this year. Run through Minnesota Boys Scholastic Lacrosse Association (MBSLA), both

teams compete with teams from all-over the area, ranging from Duluth, to St. Paul. While captain's practices have been held since February 15, official try-outs for the team were held starting Monday, March 17. As for this seasons goals... "Score goals, win games, break arms, have a crazy awesome season, and rock it in Duluth," said Cheikh. Their first game is scheduled for April 14 at Spring Lake Park. JV starts at 5:30 and be sure to catch the Varsity team at 7:30!



Congratulations to Southwest eighth grader Ben Morgan, the 112 pound State Wrestling Champion!

# Athletes of the issue

## State contenders Janssen and Bass



by Meagan Seim and Steve Peterson

**Sophomore Charlie Janssen** has proven to be one of the greater assets of the FLHS wrestling team. Janssen has helped to lead the wrestling team to a great 2008 season. "I had a pretty good season," said Janssen, of his overall season. Competing in the 140 pound weight class, Janssen had many top scoring matches and helped lead the team to sections. Finishing in 2nd place overall at sections, Janssen's performance led him onto state as an individual. In the 140 pound weight class, Janssen finished 5th overall at the state tournament. "Overall, this year went ok," said Janssen. As many say, hard work and perseverance pay off in the end!

**Senior Carly Bass** is one of the top performers on this year's alpine ski team. A captain on the ski team, Bass's hard work helped lead the team through a fantastic year. "It was a pretty good year for me," said Bass, "It was a good year for the team too." Bass clinched the top spot in all but two races this season. Bass helped lead her team to a six and five finish for the overall season, qualifying the team for sections. Bass finished ninth out of around 100 sectional competitors. This granted her a spot at the state tournament. Finishing 25 out of 30 competitors at state, Bass finished the year with a bang!

# Not your average swim team

## Syncho looks to match '07 success

by Shea Carr

After an impressive 4<sup>th</sup> place finish at the state meet last year, the Forest Lake Synchronized Swim team is looking for another successful season this spring. This year's team is lead by three captains: Seniors Aayla Anderson and Diana Schauve, and Junior Julianna Dahlager. With the loss of several seniors from last year's team, the Rangers are looking for some new faces to have an impact. "We lost 13 seniors, so we need some girls to step up this year," said Dahlager. Despite the loss of so many seniors, Head Coach Laura Davison is not excusing this year's team from accomplishing big things.



Photo from team website

"We would like to send at least five routines to state," said Davison. In their way is tough competition from schools like Stillwater and Columbia Heights. Anderson however, feels the team is definitely up to the challenge. "Everyone puts in quality time and really works hard," says Anderson. "We want to finish at least in the top four at state again." With so much uncertainty mixed with great confidence, the Forest Lake Synchronized Swim team is clearly headed for an interesting season. Their next meet is April 8 in Osseo and the first home meet is April 22 against Columbia Heights at the Southwest Junior High pool.



"Hometown Banking With Your Neighbors & Friends"

(651) 462-7611

26741 Felton Ave \* Wyoming, MN 55092  
6115 Stacy Trail \* Stacy, MN 55079  
www.wyoming-bank.com

Member  
FDIC



# Tracie’s Animal of the Issue

by Tracie Anderson

Ah, there’s nothing like a good article on Narwhals...wait, Narwhals? Raise your hand if you don’t know what the heck a Narwhal is...ha! Ok ok, I know what you’re thinking, “What the heck is a Narwhal?” Well, I’ll give you a hint; this creature has a minor role in the movie *Elf* starring Will Ferrell. It’s in the very beginning when Buddy the elf leaves the North Pole. All of the creatures say goodbye to Buddy, and Mr. Narwhal pops up out of the water and says, “Bye Buddy...”

Alright, enough of that silly stuff. Let’s touch up on some biology on the Narwhal. These whales are related to the white whale, and beluga whale. They grow up to about sixteen feet long (not including the tooth) now that’s not that big for a whale, but you have to admit that’s still pretty big for a creature. These animals are born at just five feet long, and then grow up to their full size after about 4 months. The females are smaller than the males however, and also weigh less. When Narwhals are born, they average at 175 pounds then can blowup to around 1 ton; that’s a lot of Narwhal! The name Narwhal actually means “corpse whale” in Old Norse because of its skin texture and color. They have blue-grey skin with dark splotches on their body. However, that name should change because I took a vote in class and everyone thinks that Narwhal should mean “unicorn of the ocean.” Another



Picture taken from internet

interesting fact is that Narwhals can dive up to 20 minutes at a time!

Next, we’ll look up where they hang out. Narwhals are found primarily in Arctic waters by the North Pole, Greenland, Hudson Bay, Siberia, and just icy cold waters of the Arctic Ocean. They eat just two things and two things

only, fish and squid. They are fairly docile creatures that hang out in families, or pods, and are extremely social animals. They have been known to make high pitched squeals, clicks, and whistles to navigate and to talk to each other. There are approximately 10,000 to 45,000 Narwhals currently in existence on the Earth. A Narwhal’s average life span actually is about 50 years long, which is pretty dang close to the human’s lifespan.

Finally, the good stuff...the tooth. If you haven’t noticed from the picture, Narwhals have a long tooth/tusk protruding from their forehead. These things can

actually grow up to 7-10 feet long! They actually fight with them, kind of like sword fighting. When they fight with them, it’s called “tusking.” Males are the only Narwhals that have these teeth. Yes, like I said, they are teeth. Narwhals have rows of teeth, and two of them just keep growing and growing (remember for males only). They grow in a counter-clockwise direction only, and have a hollow inside. Although all purposes aren’t known about the tusk yet, scientists are dead sure that they are for either a jousting weapon, amplifying their sounds they make, or for attacking their prey. These are in fact tusks and do contain ivory, yet unlike elephants, these tusks do not grow back.

Well, there you go, another amazing animal that has been placed on this amazing planet! Not only is this whale odd looking, but it lives in waters that are uninviting both for some creatures and humans. Although these animals are fun to look at, they are hunted down for their ivory. They are however allowed to be hunted by Inuit Indians that live in the Arctic areas, but other than that, they are poached. These are amazing creatures that look like they come from a different world. So now you have another notch in your “weird animals on this Earth” belt, so go out and watch the movie *Elf* and watch for Mr. Narwhal, and tell your friends all about this odd and amazing creature!

## Prom Ads continued from p. 6-7

Tel. No.  
**651.464.7850**

---

91 N Lake Street  
bellaflowers-forestlake.com  
Forest Lake, MN 55025

Extraordinary  
Flowers  
for  
Extraordinary  
People

20% off Prom  
Corsage & Boutonniere Combination

Floral Department

**Cub FOODS**

2013 Broadway Ave. W  
Forest Lake, MN 55025  
651 982 4511  
Fax 651 464 5387

PROM FLOWERS  
@REASONABLE PRICES

Cub Foods  
a SUPERVALU company

## What does FL need?

by Steve Peterson

- Justin Nelson 12-** Chipotle!
- Emily Spanjers 12-** A YMCA
- Brett Stolberg 12-** A mall or just more stores in general
- Nora Nolden 12** - A FACE LIFT!
- Katie Bor 12** - More open-minded people
- Chris Pignato 12** - A community college
- Gabi Selg 11-** A Buffalo Wild Wings
- Kayla Gambeski 11-** An indoor water park
- Annie Berner 11-** A place to eat that is actually nice!
- Ashley Barna 11-** An amusement park with roller coasters
- Tisa Phinney 10** - Olive Garden
- Ashley Marrone 10** - City like qualities so it doesn’t seem like we are out in the boondocks
- Garrett Renn 10** - People with respect for the community.
- Mercedes Monroe 10** - Coldstone!
- Lexi Alm 10** - A nice clean beach.

## Points to Ponder

by Meagan Seim

1. What’s another word for thesaurus?
2. What was the best thing before sliced bread?
3. Why is it that the other line always moves faster?
4. In libraries, do they put the bible in the fiction or non-fiction section?
5. Why is it that no matter what color bubble bath you use, the bubbles are always white?
6. How come people tell you to stay a kid as long as you can, yet the moment you do anything childish or immature, they tell you to grow up?
7. Why is it that people duck in the rain? Do they really think the rain won’t hit them?
8. How come there’s a speed for light, yet there’s no speed for dark?
9. How come we all want to go to heaven, yet no one wants to die?
10. Why is there a little countdown (like 8, 7, 6, 5, 4) near the bottom of the copyright info page in the beginning of many books?

## 10 Things to do in Forest Lake over Spring Break

by Meagan Seim

1. Take random pictures of things, places, and people with your friends
2. Create a movie with your friends.
3. Go to the Mall of America.
4. Go for a road trip.
5. Go to as many fast food restaurants as you can in one day.
6. Plan a night out with your friends.
7. Play hide and go seek in random stores.
8. Make a scavenger hunt around the whole town with your friends.
9. Have an 80’s movie night with your friends.
10. Spend a day with your grandparents.

## Whatcha doin’ over Spring Break?

by Sarah Everett

1. Hanging with some friends at the Kalahari- Jessica Leatherman and Nikki Lyons
2. Scouting for colleges to go to- Kathryn Haglen
3. Traveling all the way to California- Jenny Lombardo
4. The fabulous state of Florida- Samantha Rudisill
5. Traveling to Europe with the Euro-band- Becky Schultz
6. Hanging out with friends- Jerry Wineman
7. Doing absolutely nothing- Tony Yang
8. Going to Memphis to visit my dad- Sean Winters
9. Visiting my grandpa- Samm Dahlberg
10. Going to Grand Marais- Mr. Leventhal