

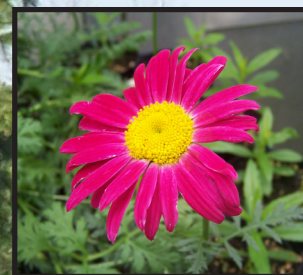
The Forest Breeze

ISSUE 7

APRIL 30, 2008

Goin' Green (See Pages 4 & 5)

Dig in and check out...



Unique Class Outdoor Education

by Tracie Anderson

Out of all the classes offered at FLHS, there are those that are more unique than others. You know what I'm talking about, those classes that Forest Lake takes into its own hands, shines it up, and creates something that no otherschoolcantake. Thismonth's unique class combines physical workouts with life experiences.

Outdoor Education, or Outdoor Ed., is taught by Physical Education teacher Joe Kunshier. Outdoor Ed. is a seasonal class, which means that every class has different activities. For example, senior Kate Babbitt had the class 3rd quarter, which had more wintry activities.

"It's a fun class, I really liked it," said Babbitt. "We got to go cross country skiing, downhill skiing at Wild, do some archery. Oh, and make snow caves and live in them for an hour!"

These were just some of the activities the 3rd quarter class managed to accomplish this year.

Since they were during the wintertime, they had different opportunities than the 1st or 4th quarter students had or may get to do.

"Yeah, we were supposed to go ice fishing out on Forest Lake, but then we lost our privileges," Babbitt said. "I guess that's what you get. You need to watch out for Kunshier, although if you're nice to him then he's nice to you."

The fall and spring classes have a little bit different activities to do. Outdoor Ed. offers: canoeing, biking, orienteering, swimming, and fishing.

Every activity performed in this class is done either in or around Forest Lake. For instance, during the biking unit, each student hops on a bike, wearing a helmet, and they hit part of the bike trail that runs from Hugo to Hinckley.

So, for those of you who love physical activities, learning great life lessons, and just going outside and having fun, sign up for this class next year!

Hot in the Lot

by Joe Lichtscheidl

Junior Cory Capra knows what it takes to have a nice ride. He drives a black Chevrolet 1500 that his dad gave him just in time to roll into the Homecoming football game with. Since then, Capra has modified the truck by adding new rims and tires, a 4" lift and a new exhaust. The truck is in mint condition and runs great.

"The best part about it is I didn't have to pay for it so I can afford to put a little more character into it," said Capra.

In the future, Capra hopes to put in a nicer and louder exhaust and tint the windows. If you see Capra in the lot, watch out because his truck stands taller than most cars out there.



Photo by Joe Lichtscheidl

The Mouse Trap Drama with a murderous twist

by Joe Lichtscheidl

The spring play, *Mousetrap*, is set to kick off in May. The first showing is May 1-3 and also May 9 and 10. There is also a student matinee on Wed., May 7. The cost of the ticket is \$4.

The play this year includes a total of about 30 students including 8 actors and 3 directors.

"We had 40 students audition and I could only accept 8 people for the cast," said Director Andrew Waldron.

Junior Derik Iverson plays Giles, Sophomore Kristine Shields plays Mollie, Senior Emily Wagner plays Mrs. Boyle, Sophomore Nick Bergantine plays Major Metcalf, Sophomore Laura Lundstrom plays Miss Casewell, Junior Bre'elle Erickson plays Sergeant Trotter, Junior Andrew Morrison plays Paravincini, and Junior Sam Kolbow plays Christopher.

The play is a mystery that begins when the characters get snowed in at a bed and break-

fast and someone is murdered. Someone is responsible and they do not know who did it.

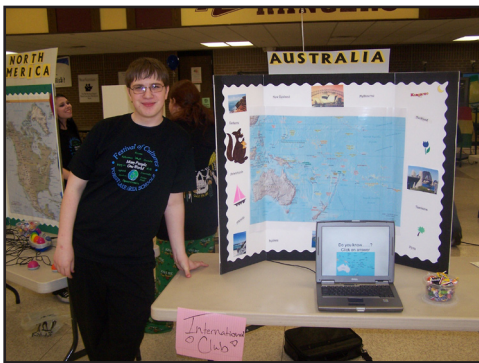
According to Waldron, this play is unique and very difficult to perform because it follows a little different format. It is more like a novel with one plot line instead of a play with little one act plays put together to form one large play.

"The cast first started practicing at the beginning of March and have done very well as a group," said Waldron.

They have encountered a couple challenges along the way such as the fact that most of the actors are comic actors so trying to do a drama mystery has been difficult for them.

The tickets will go on sale on Mon., May 5 and you can purchase tickets from you English teacher, during all lunches, and in the Activities Office.

Festival of Cultures



FLHS International Club hosted the annual Festival of Cultures on Friday April 11.

At left, sophomore Brian Rudisill is overseeing his booth of Australia. At the booth, kids could take a quiz and win candy depending on how many answers they got correct.

Photos by Sarah Everett

At right, some authentically-dressed people attend a stand full of food from their countries.

These booths were spread around the perimeter of the cafeteria and were from all around the world.



At right, a group of little girls play a game from their native country.

To festival attendees, their game resembled a variation of jump rope that we play here in the United States.

At right, a group of girls parade around the cafeteria in authentic Thailand wear.

There were a few intermissions like these throughout the night, including dancing and music from different cultures.



Speech at State

Giving conversation a new look

by Steve Peterson

The Forest Lake Speech Team had an impressive showing at the section tournament at Cambridge-Isanti on April 14. The Rangers took 3rd out of fourteen teams. The team has taken first in the section tournament for 21 out of 22 years.

"For the number of students we had on our team, we did really well as a team," said Head Coach Tim Newcomb.

Although the team did not qualify to go to the state tournament, they sent six individuals including: Senior Tracie Anderson (Informative), Senior Ellen Anthony (Prose), Senior Nora

Nolden (Extemp Reading), Junior Catharine Hagland (Discussion), Junior Andrew Morrison (Creative Expression), and Junior Bailey Kimbel (Great Speeches).

"This is the most individuals we've sent to state in awhile," said Head Coach Newcomb.

The state tournament was held on April 19 at South St. Paul High School. The six individuals did not qualify for the final round at the state tournament.

"Just making it to the state tournament was an amazing experience," said Senior captain Ellen Anthony.

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Cut n' Keep Calendar

May 1-3
Spring Play
7:30 p.m.

May 2
FFA Open House
8 - 2 p.m.

May 8
Spring Conferences
4 - 8 p.m.

May 9-10
Spring Play
7:30 p.m.

May 12
HS Choir Concert
8 p.m.

May 13
HS Band Concert
8 p.m.

May 28
POPS Concert
7 p.m.

June 5
LAST DAY OF
SCHOOL!

The Forest Breeze

The student newspaper of
Forest Lake High School

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

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

Life as a T.A. Be a teacher’s assistant

by Annie Hinrichsen

Being a teacher’s assistant (T.A.) has its perks. With most teachers, their assistant may have a few things to do but when they finish the student pretty much gets a study hall.

“A T.A. assists teachers in whatever job the teacher needs, like sorting papers, running passes and that stuff,” said Dean Scott Urness.

“I have my assistant correct basic worksheets and enter grades into the grade book,” said Ron Tungseth.

Being a T.A. doesn’t help with college, but it’s a good way to learn work skills and how to prepare yourself with having a boss that tells you what to do.

“You don’t get any credit for being a T.A. but you have to be

qualified for the job,” said Urness.

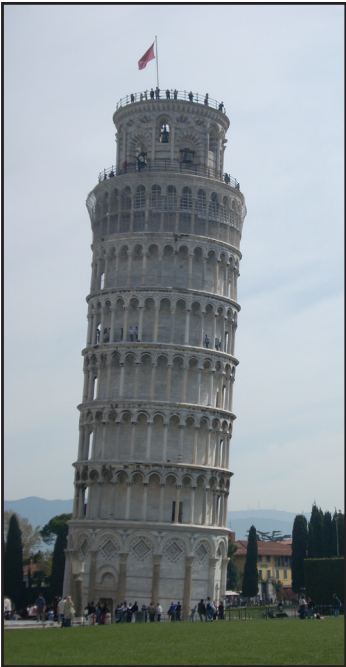
To be a T.A. you have to be on track to graduate in time, have not failed any classes, and it helps to have a good relationship with the teacher you want to work for.

The same as any other job, you have to be ready for rejection. If the teacher doesn’t want an assistant, he/she does not have to accept you.

“I have three T.A.’s and they help tons,” said Tungseth. T.A. Sammy Steiner said, “It’s fun and different than being in a regular class. We get a lot of free time.”

If you are looking for something to do and you have all of your credits done, you may want to look into being a T.A. for your favorite teacher. They would probably appreciate it.

Euro-Band Returns



The Euro-Band plays their first concert in Otterling; the second concert of the trip. Photos provided by Tracie Anderson

Fresh faces around the school

by Meagan Seim
Andrea Duff
Language Arts



Degree?
B.A. in

May 9
Plans after college?
Go back to subbing and hopefully find a job!
What high school did you attend?
White Bear Lake High School

Kelly Knutson
Business



Degree?
Master of Arts in Teaching with an emphasis in Business Education
College?

Bethel University.
Hobbies?
Spending time with my wife, racing stock cars, and riding motorcycles
Favorite thing about FLHS?

The students!
Least favorite thing about FLHS?
There’s not enough time for me to teach everything that I want to teach.
Are you married?
Married for 4 years next month
How long are you here?
End of the quarter
Plans after college?
Hopefully find a teaching job somewhere around Osceola, WI
What high school did you attend?
Three Lakes High School (WI)

Katie Peterson
French
Degree?
French and ESL (English as a Second Language)
College?
Bethel University.
Hobbies?
Singing, watch hockey games,



I like to go dancing
Favorite thing about FLHS?
The French Students.
Least favorite thing about FLHS?
I don’t know if I have a least favorite thing...feeling like a student because I’m not very old.
Are you married?
Nope.
How long are you here?
Until the end of the school year
Plans after college?
I applied for a job in France next year to teach English. After that I want to come back to MN for a teaching job.
What high school did you attend?
White Bear Lake

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Friday
May 2

8 a.m. - 2 p.m.
in FFA Wing



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Be the change you

Go green! Tips for teens

Eco-friendly ideas to stop global warming

by Renee Noren

Americans have been given a crash course on living green in the last couple years. There are lists and lists of things that adults can do to help, but not many of these eco-friendly ideas are directed towards teenagers. Nowadays, there has been a major shift in how we live with organic foods, clothes made of recycled materials, and the concept of reduce, reuse, and recycle is now more evident in our homes. Besides tossing your plastic bottles in the recycling bins around the school, there are many other ways that students and young adults can help Mother Earth.

1) You can recycle more than paper, glass, aluminum, and plastic. Old shoes can be given to Nike's Reuse-a-Shoe program which will make soft rubber playground flooring for kids. Even old cell phones can be properly recycled by visiting grcrecycling.com to find out more information.

2) Looking for a way to save time and trees? The answer is online banking. Millions of tons of wood can be saved every year by simply

using online banking systems. Every bill, payment stub, and print-out wastes paper from our trees.

3) When you put in lunch money for school, skip the receipt; you can even do the same when using an ATM.

4) Eliminate the time and fuel you use to drive to the mall. Instead, shop online.

5) SLOW DOWN! Don't swerve in and out of traffic to get somewhere faster. Leave a little early for your destination. It will improve your fuel efficiency by about 30%, according to Diane MacEachern, author of *Big Green Purse*.

6) Shop the thrift stores. By picking up something vintage, you aren't taking away from the environment because there is no harm in reusing.

7) Batteries are used for everything from television remotes, cameras, calculators, and handheld Nintendos. So, save some green in your pocket as well as the environment by using rechargeable batteries. The regular ones end up in landfills and fill the ground and

water supply with dangerous toxins.

8) Ladies, buy makeup you can refill like eyeliner. Avoid buying products with excess packaging. You will end up saving raw materials, energy, and money.

9) When we were younger it used to be exciting to get mail, but now it just goes in the trash. Stop getting insane amounts of catalogs and magazines. They add up to more than 4 millions tons of paper a year. You can sign up at catalogchoice.org to make sure they don't end up in your mailbox.

10) Lots of materials and energy go into plastic cases that CDs and DVDs come in. Use online music stores and DVD clubs (Netflix, GreenCine, iTunes).

11) For all the water drinkers out there, pick up a reusable water bottle! Even though plastic bottles can be recycled, it is still better for the air to get one you can reuse.

12) After you're done on Facebook, MySpace, or even writing a school paper, don't just leave the computer on. By skip-

ping the screensaver and completely shutting off the computer you can save a lot of energy.

13) The Environmental Protection Agency (EPA) estimates that 40 percent of the lead in landfills comes from tossed electronics. So, if your iPod quits, consider getting it repaired.

14) Buy local. Everything from the milk you drink, to the eggs you have for breakfast can be bought locally from farmers here in the Forest Lake Area. Buying locally helps lower carbon dioxide emissions.

15) When printing copies, double-side and single-space, you'll use about 75 percent less paper. Also, consider making smaller margins to save the trees. Check out greenmaven.com for information about all things green.

As teenagers, we don't conserve enough water, we put anything and everything into our landfills, we use too much food, and we chop down trees that rid the air of carbon dioxide. Today, our number one enemy is global warming.



Americans use 2.5 million plastic bottles every hour.

During the time it takes you to read this sentence, 50,000 12-oz aluminum cans are made.

Over 80,000,000,000 aluminum pop cans are used every year.

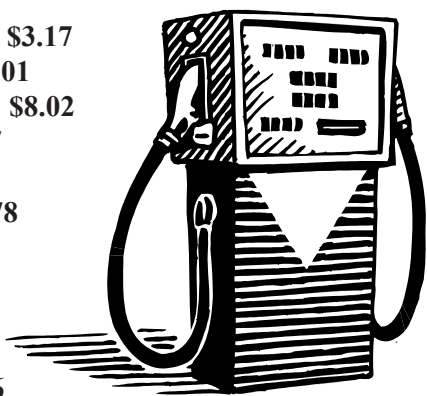
A 60-watt incandescent bulb lasts about 750 hours; a fluorescent bulb lasts between 7,500-10,000 hours.

A gallon around the World

Gathered by Renee Noren

Pennsauken, New Jersey: \$3.17
Kailua Kona, Hawaii: \$4.01
Amsterdam, Netherlands: \$8.02
Caracas, Venezuela: \$.17
Puerto Rico: \$1.74
Kuwait City, Kuwait: \$.78
Iceland: \$8.06
United Kingdom: \$7.72
Canada: \$2.44
Oslo, Norway: \$9.16
Hong Kong, China: \$7.56

Information from: money.cnn.com



Cars vs. Trucks

How different vehicles affect the environment

by Annie Hinrichsen

If you own a truck you might want to think of getting a car pretty soon. Well, that is, if you have decided to "go green."

Fact: Transportation is the largest single source of air pollution in the United States. (ucsusa.com)

According to ucsusa.com, even if every vehicle on the U.S. roads in 2009 met federal emission standards, there would still be 500,000 tons of smog-forming pollution every year. Most of this smog comes from SUVs and trucks. The only way to totally get rid of that amount would be to ride your bike to school. You could also get a hybrid car, but most high school students can't afford that. To help the environment, carpool, walk, or even take the bus to school.

Fact: Only four nations in the world produce more heat-trapping carbon dioxide than the U.S. (ucsusa.com)

This pollution is expected to cause worse smog, an increase in asthma-triggering pollens and molds, and a

rise in the number of heat-related illnesses and deaths. SUVs emit more pollution than smaller cars as much as 40% more exhaust.

Current federal tailpipe standards allow sport utility vehicles and light trucks to pollute over twice as much as the average new car. The gap doubled in 2001, allowing cars to become cleaner while the light trucks continue to receive special pollution exemptions.

SUV and light trucks have been getting more popular which has resulted in an additional 5,000 tons of pollution a day. This is the same amount of pollution as 40 million cars, which is five times the number of cars sold last year.

According to ucsusa.com, the "greenest" car you can buy is the Honda and the worst polluter is the Chrysler. Its small pickup trucks produce more smog than any other class of vehicles from any other automaker. (ucsusa.com)

In 2002, the lifetime fuel cost

of an average light truck cost \$10,502 compared to only \$7,521 for an average car. That's a difference of \$2,981. With the sky-high gas prices these days, those numbers have most likely doubled.

In the long run, getting a car costs you less money and is better for the environment.

Leaky faucets that drip at the rate of one drip per second can waste more than 3,000 gallons of water each year.

You wish to see in the world



-Gandhi

Clean air please!

China clears the air in prep for '08 Olympics

by Renee Noren

The 2008 Olympic Games are being held in Beijing, China starting Aug. 8. With more than 9,000 construction sites, 12 new competition venues, four subway lines, and a new airport in Beijing alone, the Chinese are preparing

for the games. One promise Beijing has made is to clean up the air before the Olympics came to town. According to many professional athletes, dirty air is a performance issue and may easily prevent records from being broken.

"We're definitely hoping for the best, but preparing for the worst," said Jon Kolb, a member of the Canadian Olympic Committee in an article by ABC News.

Many coaches and officials are worried about the athlete's per-

formances due to the high levels of pollution in China. In December, the Australian Olympic team announced they will not arrive in Beijing until the last moment to prevent overexposure to the bad air quality. On most days, the city is covered by a thick cloud of smog from factories outside of Beijing and the cars that fill their streets. Seeing blue skies is rare and it is usually only sunny after it rains.

"It looks foggy most of the time, but the kids there consider that normal," said art teacher Elizabeth Slama who visited China in July of 2007. "When I asked the kids what the weather was like they said it was sunny even though they couldn't see the sun."

The Chinese recently declared that the 2008 games will be the "Green Olympics." To help with this effort, they have planted millions of trees around the Beijing area. The government believes that a long-term solution to their extremely high pollution levels is not possible right now because they don't want to risk their economic

development by shutting down many of their coal burning factories.

So, in the next few months, the government will be taking approximately one million cars off the streets of Beijing and will temporarily shut down factories which spew out harmful chemicals. By using solar and wind power they are hoping to control the weather during the games to help clear out the smog as well.

But the most interesting tactic of the Chinese government is their plan to 'seed the clouds.' By shooting artillery shells that contain dry ice into the sky, scientists hope to make the clouds drop their moisture, causing it to rain. Planes will also be used to drop chemicals into the clouds.

The week of the games, the use of guns will form part of the world's largest rainmaking force and hopefully give athletes cleaner air.

It is still yet to be seen if all of their efforts will come out ahead because Beijing currently adds about 1,200 new cars and trucks to their roads everyday.

Every year, enough plastic film is made to shrink-wrap Texas.



One of the many stadiums built in Beijing for the 2008 Olympic Games. Photo provided by Elizabeth Slama

Earth Day

Give a gift, plant a tree

by Sarah Everett

If you can recall, back in grade school when you were given a tree every April to plant at home. You may remember this as Earth Day. Today, as a student in high school, we no longer celebrate Earth Day with the rest of our classmates, like back in the day, but there are still lots of things that you can do for the environment on your own.

This year, Earth Day fell on April 22, 2008 which was a Wednesday, but there was still a lot of commotion centered on this day. Students from all across the country were helping out in the effort to make our world a better place.

So what is Earth Day, exactly? Besides planting trees to make your yard a better place, Earth Day is a day put aside to celebrate the advances we've made in improving

our world, as well as make plans to help it become a better place. The United States has passed the National Clean Air Act (which is a program made to clean up our air), putting money towards saving the wetlands, and set up roadside clean up groups. Over the years, all of these acts have been a great success when trying to clean up our world and more acts are on their way.

Earth Day, however, isn't just for congress or even adults for that matter. Many students across America and even in Forest Lake are jumping on the wagon and getting involved in Earth Day. One of your very own school groups is helping in this cause and that group is the Environmental Club.

First of all, the Environmental club is a group of students and teachers who have made them-

selves aware of causes in and around the school that might just help it to become a better place.

This year, the Environmental Club support Earth day by hanging signs around our school and putting tips on the announcements on how a student would be able to help their environment. One of their most important displays was cell phone recycling.

"We're going to try and get some of the junior to do our ideas next year," Leigh Severson said, "since we didn't get to them all this year, so they'll be more prepared."

Aside from the Environmental club, the agricultural department is also a good way to get involved in the environment. They supported the environment this year by having an open house on Arbor Day, which was the 26. The agricultural

department used Arbor Day to promote the environment and inform kids more about what they can do to preserve it.

So if you want to get involved you can try getting signing up for the Environmental Club. They're a great way to get together with some fellow classmates that are also interested in the world and how to help it.

Even though Earth Day only comes once a year, you're not limited to helping the world on that one day. So whether it's planting a tree in your back yard or joining environmental club or even one of the agriculture classes, there's a lot that you can do to help your world for today and tomorrow.

The junk mail Americans receive in one day could produce enough energy to heat 250,000 homes.



Artist of the Issue

Online gallery shows Swanson’s art

by Annie Hinrichsen

The artist of the issue is not your typical teenage high school girl. Sophomore Emma Swanson has her own unique drawing style different from others people may have seen. So where does she get her inspiration?

“I get inspiration from *Star Wars* and other people’s art,” said Swanson.

For those of you that don’t know her, she has been a loyal *Star Wars* fan for many years. This would explain her favorite artist, Grant Gould.

Grant Gould is an American

comics artist and illustrator from St.Paul. He is known for his Topps Sketch Card work for the “Revenge of the Sith” set and “The Lord of the Rings: Evolution.”

“The kind of art I draw is partially cartoony and animated. I color it in using Photoshop and I have an online gallery,” said Swanson.

For most artists, drawing takes up most of their time.



“Sometimes I go weeks without drawing and then I get an idea and I can go for an entire day,” said Swanson.

Just by looking at her online gallery anyone can see she has a lot of talent. She first draws it on paper and then puts it on the computer where she uses Photoshop to color it.

If you would like to see her art online, go to: www.mandomemory.deviantart.com. It’s definitely well worth a look.



YouTube Review

Troubled Tracie and Stirred-Up Steve’s entertainment picks

by Tracie Anderson & Steve Peterson

Alright! It’s so glad to see that you have chosen once again to read Stirred-Up Steve and Trouble Tracie’s YouTube review. This is the prime spot where you can stop, sit, and find two new YouTube videos to show off to your lame-o friends that don’t read the newspaper... just kidding, they’re not lame, they just make poor decisions. Well, this issue is leaning towards the humorous side once again. These two videos were hand picked with love and care just for you, the precious reader! So sit back and enjoy while you read our reviews, then go home and see the wonder for yourself.

If you watch this 100 times you will still laugh.

This is the shortest clip we have ever reviewed. Weighing

in at around 4 seconds, this is something you need to watch closely. This clip features two boys that are dressed for success, soccer style! One boy is the “goalie” who stands directly in the center of the goal while the other boy stands 15 feet away and takes a penalty kick. The ball sails through the air, but goes off to the right. It seems as if he is going to miss, but then it bounces off of the post and smacks the “goalie” square in the face! **Troubled Tracie**

I feel like a lot of people have seen this video, and even if you have, this video is still hilarious! I play soccer and I play the position of goalie and I can feel for that guy! I’ve been hit in the head so many times that I can’t even remember my last name! Just kidding...anyways, I think this clip is another one of my

favorites, right up there with the little kitten that throws up that we showed earlier!!! I suggest you all watch the video over and over!

Stirred-Up Steve

The title of the video says it all, you can really watch this video 100 times and it is still funny. I think any video where someone gets hurt is hilarious! I as well am a soccer player and have seen players get hit in the head many times and it is always funny!

100 vs. 1

This clip is 1:54 long and involves a lot of people. This is some sort of Asian game show where, I’m assuming, one hundred people just swarm in on an unsuspecting person. They either start chasing this said person, or they ambush them somehow and just openly embarrass them. This crowd of people is unstoppable

and is good for a laugh!

Troubled Tracie

I came across this randomly in class one day and I thought it was hilarious! Who the heck thinks of these types of things?! I mean, taking a hundred plus people and just gathering on a street to go chase someone! This is honestly something that I really want to do, how great would that be to get that many people in on it? Anyone up for it?

Stirred-Up Steve

Again another Japanese type game show that is hilarious...go figure! These Japanese game show clips are my favorite! I don’t know who has the time to come up with these but thank you for doing it. I mean having 100 people chase one innocent person...what a great idea to entertain people. This is one of my favorite videos yet!

Who’s your favorite Idol?

Gathered by Renee Noren

“David Archuleta. He’s pretty good and Jason Castro too -he’s gorgeous!”

-Mary Blake (12)

“Jason, David Cook, and the Irish chick are good, but I think she is going to win it.”

-Miranda Nelson (12)

“Carly Smithson. She has a strong voice and good personality.”

-Nikki Scheiller (12)

“I love David Archuleta! He’s so cute!”

-Shelby Simons (11)

“David Cook is my favorite. He’s original.”

-Chalamarr Hayes (11)

“David Cook has a really good voice, and he seems like he’s a cool person.”

-Katie Nolden (11)

“David Archuleta because he’s really REALLY good.”

-Anne Bleninger (10)

“Carly Smithson because I like that she has a different voice from everyone in the other seasons.”

-Taylor Winkel (10)

“David Cook -I think he rocks.”

-Mr. Urness



American Idol: The Final Five

by Joe Lichtscheidl

This season of *American Idol* is coming to a close. America will have to choose between five contestants. The 17-year old David Archuleta, the rocker David Cook, the crazy dreadlock

guy Jason Castro, the soulful Syesha Mercado, and shy Brooke White. On Wed.April 23 Syesha Mercado

and Carly Smithson faced elimination in the bottom two. Carly Smithson ended up leaving the show. This is season seven of *American Idol* and it is boiling

down to the last five weeks. The next show is tonight at 8p.m on Fox 9. The season finale is set to air Tues. May 20 and Wed. May 21. Don’t forget to cheer on your favorite contestants and cast your vote.



photos taken from americanidol.com

Summer Readin’

by Sarah Everett

The common stereotype of our school library is that it’s full of old books that aren’t interesting and therefore not worth reading. However, this isn’t always the case. The reason why our school library gets this kind of rep is because people don’t take time to find out what it actually has to offer. Below is a list of carefully picked books from our school library that are suggested reads.

1. *The Fortress*-Catherin Gavin
2. *Cry to the Hills*-Clarence Lewis
3. *The Hidden Target*-Helen MacInnes
4. *Freedom’s Journey*- Donald Yacovone
5. *The Prince and I*- Rosemarie Buschow
6. *Eyewitness books*
7. *Kandinsky*- art book
8. *Heart and Blood*-Richard Nelson
9. *How to Fix Everything*- Bill Marken
10. *The Sunflower Forest*- Torey Hayden

Weather problem for softball

by Annie Hinrichsen

Due to the horrible weather, the softball teams haven't been able to play many games this year. So far, the varsity team is 4-1.

The Rangers lost the first game against Park was lost 5-7. "Defensively, we need to improve and make the routine plays. We had four errors in the game that cost us the win," said head coach Angie Ryan.



Sophomore Lexi Alm trying to avoid a tag. Photo taken from website.

Because of the cold weather, the girls haven't had much time to play outside. "I think this is part of the reason we're having as many errors as we are because we haven't been outside more than five times this spring to be able to take ground balls and do defensive situations," said Ryan.

The Rangers beat top-ten ranked Woodbury 3-2 on April 15; with senior captain Kelly Kent sending in the winning run on a drag bunt. "We're going to go far this year. Even though we're young, we still have a lot of talent," said junior right-fielder Nicole Holmes. "Offensively I feel confident in our abilities. All of our batters can hit and that is going to help us tremendously," said Ryan. The Rangers play at Park tonight, then at Woodbury tomorrow. The next home game is May 5 against Stillwater, both sophomore and varsity teams starting at 4p.m.

Golf teams have high expectations

by Sarah Everett

Both boys and girls golf teams have been working hard towards their first tournaments and are expected to come out on top. Joe Mueller, JV girls coach, has already stated he expects his team to do great. Their next conference meet is against Roseville, Woodbury, White Bear Lake, Stillwater, Park, Mounds View and Hastings on Monday, May 5. "Last year we only lost one

player," Mueller said. "And we still have our star golfers sophomore Betsy Kelly." The team went to state last year and are expected to do just as good this year. The boy's golf team is planning on doing just as well as the girls, so don't start betting on one or the other quite yet. "We have very high expectations for this up and coming season," Mr. Buck, coach of the boys

golf team, said. "Eight of our top nine golfers have returned from last year and we're off to a great start." In fact, they placed 2nd in their first conference meet and 1st in their second meet. The boys varsity team has their next conference meet against Brainerd on Thurs. May 1.

Lacrosse starts season with bang

by Meagan Seim

This year's JV and Varsity Boys Lacrosse teams started with a bang. Their first game, held on April 14, against Spring Lake Park, brought the Varsity team their first win of the season. Going into overtime, tied 5-5, Forest Lake pulled ahead 6-5, gaining their first win for the season. The JV team played hard, but in the end, lost 1-4. Their next games were held at home against White Bear Lake. A final score of 9-12, showed the Varsity team their first loss of the

season. The JV team ended with a score of 0-6, their second loss of the season. For the JV team, a rough start is only a bump in the road. As many say, practice makes perfect. "Working on our passing skills, communication and conditioning are our main focuses right now," said JV Captain, Jon Chaika. Catch their next home game on May 2 vs. Holy Family,



Photo by Meagan Seim on the practice football fields. JV game starts at 5 p.m.; Varsity starts at 6:30 p.m.

Girls track starts season well

by Tracie Anderson

You've seen them everywhere around the school, whether they're inside or outside, everywhere you go there they are. A massive group of girls that's always running, always jumping, always throwing heavy objects! This mysterious group of girls is the FLHS Girls Track team. The team's population this year has exploded. With a roster of 85, this team is unstoppable. There are 10 seniors, 16 juniors, 27 sophomores, 22 freshmen, and we can't forget about those 10 eighth graders. Although it is still early

in the season, they're doing pretty well so far. "Our team is huge this year, and we have a lot of good people on it," said sophomore long jumper Lynette Benson. "One of our greatest features is that the team is so young; we have a lot of depth which is amazing," said Senior Captain Audrey Mills. The girls have the Hamline Relays May 3, then True Team at White Bear



Sophomore Anne Van Heel practicing 100 hurdles. Photo by Renee Noren

Lake on May 6. Sections is still a ways away on May 28 at Elk River.

Boys track comes together

by Renee Noren

Due to inches of rain and snowfall, many of the boys track and field meets have been canceled, but they continue to dominate whenever a competition arises. "Getting through the weather has been the biggest challenge," said Senior Captain Kenny Klein. The boys have participated in about a half-dozen meets so far.

"We've really come together as a team and everyone has been working really hard," said Senior Captain Brandon Brambilla. "We have high expectations this year." The boys track and field team is now the largest activity Forest Lake has to offer with 90 participants. The size of the team definitely works to their advantage.

"Having a big team gives us a lot more depth and it will really help us out for True Team," said Senior Captain Dillon Grant. Although there are no home track meets, be sure to check out their next meet on May 1 at Park High School if the weather permits.

Athletes of the Issue



by Kurt Johnson

Sophomore **Betsy Kelly** looks forward to this spring's games of golf. Kelly has been playing golf since she was a little kid at age 4. However she made the varsity team as a 7th grader. With six players on a team, the overall objective in golf is to score the lowest amount of points in the tournament. Athletes can win either individually, where Kelly took 3rd place at state last year, or as a team, where Kelly assisted the team in taking 5th place at state. "I love the sport and meeting new people," Kelly said. "It's different because you can be friends with the other teams." Kelly wants to pursue her golf career in Division I in college; however, she is more focused on the current season at hand.



Junior **Dan Blaser** sprints past the competition in track. While track has only had a few meets this year, Blaser has already managed to take first in the last conference relay in the 4x100 meter relay. "The 4x1 is a blast with the guys!" said Blaser. Blaser, who also plays football and wrestles for the Rangers, was recommended by his old baseball coach to try out for track in 9th grade. Since then, Blaser took 8th place last year at state with his teammates Dillon Grant (12), Dalton Keep (12) and Mitch Koenig (12) in the 4x100. While there haven't been any open events yet, the track season runs all the way into June, so expect to hear his name in the morning announcements' list of achievements.

Tennis hopes to finish strong in Sections

by Steve Peterson

The Forest Lake Boy's Tennis team is looking to be a force in the Suburban East Conference. Looking to build on last year's success, the Rangers are a young team. Freshman Dusty Boyer, Senior Spencer Conrad, and Senior Sam Steiner are players to watch this year for the Rangers. "Andrew Rupar and Tyler Wilcox are a good third doubles team," said Senior Captain Sam Steiner,

"We are hoping to finish higher in the conference this season and get to the section finals as a team". The boys picked up their first win of the season over Chisago Lakes, 7-0, on April 14. The boys lost two close matches to Centennial, 3-4, on April 16 and to an undefeated Cretin-Durham Hall, 3-4, on April 17. The boy's next match is at WBL High School on May 1. The match starts at 3:30p.m.

Baseball hopes to go deep in Sections

by Joe Lichtscheidl

The boy's varsity baseball team came out fighting. They crushed Duluth East at the dome April 3 for the first game of the regular season winning by ten runs. "The team has lots of talent and a very deep pitching squad" said Senior Captain Brent Kolbow. They hope to use that talent to knock out their toughest competition Cretin Durham Hall and go deep into sections and beyond. "The team is 100 times better than last year and we have some

amazing talent," said Senior outfielder Cole Goodyear. The captains for the team are Kolbow and Senior Tom Fick. Fick broke his hand in the third game of the season, Wed. April 9. The most challenging part about the season is they were not able to play outside for the first several weeks of the season making it hard to get good practice time on their field. Their next game is at home Friday, May 2 at 7 p.m. against Hastings.

Strong leadership in Synchro

by Kaitlin LaCasse

The Synchronized Swim Team is looking strong this season, with several great swimmers and strong leadership from their captains. Sophomore Laurie Tomnitz said although there haven't been very many meets, the team is doing well. She expects they will be strong by the time sections rolls around. Synchro has around 55 members this season. They compete as solos,

duets, trios, or as a team. Tomnitz says Synchro is a challenge. "Synchro requires both strength and awareness of all your muscles from your facial expressions to the way you point your toes, and everything in between," said Tomnitz. "You have to be able to know what your body looks like without being able to see yourself." Synchro's next meet is at the SW Pool, May 1 at 4:30 p.m.

Tracie’s Animals Anonymous

by Tracie Anderson

Wouldn’t it be cool, if you had the power to combine animals? I mean, think of your three favorite animals, whether it’s body type or personality, and put them together in any order. For me personally, I would combine a squirrel, rhino, and a hawk! How sweet would that be? Something that is lightning fast has horns and can fly; it could be unstoppable! Well, I wish that was the animal for this issue, but this animal is still pretty dang cool. I see you’ve already looked at the picture, and I can tell by the look on your face that you have no idea what the heck that thing could be! Is it really a combination of two or maybe three animals? Well, to answer one question at a time, the name of this unusual animal combination is Okapi. They have been obviously named the “Forest Giraffe.” Okapi are the closest relative to the giraffe, and vise



Image from Google

versa. Okapi have almost the same body type as a giraffe, but their neck is quit a bit shorter. At the shoulder, Okapi reach heights to about five to six feet, and their body length is also about six to seven feet long. Some other noticeable measurements on the Okapi’s body is their tail which is 12-17 inches long. Oh, and just like their cousin the giraffe, they have a super long tongue. The Okapi’s tongue reaches lengths of 12 inches! Yuck! It is prehensile and can strip leaves and buds right off the branch. Oh, and I almost forgot, it’s blue, not like a navy blue almost black but a midnight blue. Now, their color markings are VERY obvious and unique, even though it does look like they stole their stripes from a certain other creature. They have a velvet-like coat which is generally dark chestnut-brown or purplish red in color. They of course have those

distinctive patterns of horizontal stripes on the upper legs. The lower legs are white, with dark garters at the joints. The vaguely horse-like head is generally lighter, with a black muzzle, and is supported by a thick neck. The ears are large. Males have two skin covered ‘horns’ or knobs on the forehead which develop between one and five years of age. These are some rugged creatures; they live in the heart of African jungle, hence their given name “Forest Giraffe.” They are solitary animals that only meet up with each other around mating season. Although you would think that this looks like a pretty tasty animal, they only have one known natural predator, which is the leopard. Okapi have a life span of about



Image from Google

30 years! When the females are pregnant, their gestation period (or when they’re pregnant) can range anywhere from 14-15 months! Yikes, that would be an awful experience; thank goodness humans are only nine months. They love to eat fruits, veggies, and salads (grasses/leaves). Okapi are one of the coolest looking animals on this planet. I mean, what other creature out there is a mixture of a horse’s body, a zebra’s stripes, and a giraffe’s tongue! The only other creature that I can think of that is a mixture of many different kinds of animals, is the platypus... which is a great candidate for my list of animals...hmmm... the possibilities are endless!

Top 10 things to know about RECYCLING

Gathered by Kaitlin LaCasse

1. New Jersey has the highest recycling rate of the states 56%.
2. The five most common recycled things are aluminum cans, glass bottles, paper, plastic and steel/tin cans.
3. Recycling one aluminum can saves enough energy to run a TV for three hours.
4. Every ton of recycled steel saves 2,500 pounds of iron ore and 1,000 of coal.
5. During WWII when raw materials were scarce, 33% of all paper was recycled. After the war, this number decreased sharply.
6. The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours.
7. The first real recycling program was introduced in New York City in the 1890s.
8. Paper made from recycled paper uses 70% less energy to produce.
9. The foil that Hershey’s Kisses is wrapped in is recyclable.
10. Most bottles and jars used contain at least 25% recycled material.



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QUOTE OF THE ISSUE:

“DON’T GET TOO COMFORTABLE WITH WHO YOU ARE, AT ANY GIVEN TIME YOU MAY MISS THE OPPORTUNITY TO BECOME WHO YOU WANT TO BE.”
—Jon Bon Jovi

13

10

9

8

7

4

11

6

2


3

1

12

14

BREEZE
CROSSWORD



Directions:
This crossword puzzle is brought to you by Renee Noren. This crossword puzzle has a reward! The first three people to successfully complete the puzzle will win a \$5.00 gift card to Starbucks. Once you’re finished report to Ms. LeVake’s room, #374. Good luck, no cheating!

- Across:**
- 1) The speech team placed _____ at the tournament on April 24.
 - 3) Last name of the youngest American Idol finalist.
 - 7) Varsity boys baseballs player who broke him hand this month.
 - 9) Boy band who recently announced their return.
 - 11) Title of the spring play.
 - 12) _____ individuals made it to State for speech.
 - 14) American Idol finalist with dread locks.
- Down:**
- 2) The #5 suggested read.
 - 4) Holiday on April 22.
 - 5) Location of boys tennis match on May 1.
 - 6) The speech team placed ____ at the tournament on April 24.
 - 8) JV girls golf coach.
 - 10) Art teacher who has been to China.
 - 13) City with the highest gas prices.