

# The Forest-~~EDITION~~ FREEZE

ISSUE 8 1/2

JUNE 4, 2008

## By the numbers

912,600 minutes spent in school

15,210 hours spent in school

547,560,000 seconds spent in school

4,680 cartons of milk consumed  
(K-12, breakfast and lunch)

\$4,563 spent for daily lunch

3,120 hours riding a bus (avg. 40 min. each way)

\$2,808 eating breakfast daily

\$2,340 park on a daily pass (10-12)

2,340 days spent in school

\$750 spent on semester parking passes (10-12)

192 standard high school quarters taken

147 hours of passing time used (7-12)

82 ½ days taking tests (1-12)

78 full months (6 ½ years) spent in school

69 hours watching daily announcements

52 different classes taken (grade 1-12)

## 1 graduation day

35 quarters of gym class (K-12)

27 concerts performed (6-12)

11 miles run in gym class

10 locker combinations memorized

2008



Alexandria Technical College  
Kevin Olsen  
Anoka Ramsey Community College  
Karol Andreassen  
Alyssa Anderson  
Alicia Tomlinson  
Brittni Montague  
Nicole Bernfeld  
Michael Gray  
Dani Goudling  
Catherine Fordyce  
Michelle Olson  
Sheila Holeman  
Colton Hedin  
Lindsey Johnson  
Doug Wallenstein  
Naomi Bentley  
Abbie Paulson  
Carly Bass  
Anoka Tech.  
Doug Baklund  
Art Institute  
Matt Collier  
Alex McCoy  
Augsburg College  
Brent Kolbow  
Mor Yang  
A.J. Bohler  
Joe Lichtscheidl  
Aveda Cosmetology School  
Ashley Thompson  
Diana Jensen  
Bethel University  
Christina Nowicki  
Bemidji State Univ.  
Ken Klein  
Nick Wilson  
Brigham Young University – Provo  
Mallory Manning  
Carleton College  
Roman Morris  
Carthage College  
Becka Thraen  
Century College  
Wameng Vang  
Amanda Zupko  
Kayla Running  
Jake White  
Keith Ward  
Kayla Wagner  
MacKenzie McCoy  
Scott Magnuson  
Keecheng Lor  
Alyssa Magistad  
Amie Thao  
Cole Thomas  
Jessica Skogen  
Jessica Meininger  
Kyle Dietz  
Ty Gifford  
Mark Fleischaker  
Alysha Larson  
Pat Larson  
Emily Peterson  
Travis Strike  
Max St. Germain  
College of St. Benedict  
Breanne Mordorski  
College of Visual Arts  
Madeline Crew  
Marie Pasch  
Colorado State Univ. (Fort Collins)  
Courtney Vining  
Cornell College  
Jessica Yang  
Concordia College – Moorhead  
Abby Sauer  
Concordia College – St. Paul  
Jeremy Tetrault  
Jake DuPont  
Dakota County Tech. College  
Matt Zidar  
Doane College – Crete, NE  
Laura Jacob  
Duluth Community College  
Elliot Peck  
Dunwoody Institute  
Eric Kubinski  
Rich Keeney  
Mandy Jadwin  
Gustavus Adolphus  
Frank O’Neil  
Colleen Peterson  
Hamline Univ.  
Hu Chi Vue  
Brittany Richert  
Ricky Vue  
Andrew Rupar  
Hennepin Tech  
Corey Anderson  
Josh Melcher  
Ethan Norman  
Iowa State University  
Tory Jung  
Victoria Nerud  
Jamestown College  
Brandon Phelps  
Caitlin Jensen  
Le Cordon Bleu  
Margaret Raatz  
Macalester College  
Audrey Mills  
Mankato State University  
Matt Steele  
McNally Smith College of Music  
Brianna Tagg  
Metropolitan State Univ.

“AS WE GO ON, WE REMEMBER  
ALL THE TIMES WE HAD  
AND AS OUR  
WE

# 2008 COMMENCEMENT

## Matt Mollet

by Meagan Seim

With the 2008 school year coming to an end, Senior Matt Mollet has one final task closing in on him. As one of three speakers chosen to represent the graduating class of 2008, Mollet adds this to his involvement during his high school career. Among his greater achievements include: Lacrosse, NHS officer, and DECA. Speaking at a graduation ceremony is no small feat. However, for Mollet, the challenge seemed to be just what he was looking for. “I wanted to speak at graduation because it sounded like a fun opportunity and I have a good message to share. (I hope…),” said Mollet, “I’ve had the opportunity to speak to large groups before, so I’m not too nervous. Planning my speech and trying to make it relate to as many people as possible is the hardest part.” While like most, Mollet is choosing to keep the actual contents of his speech



a surprise for the actual ceremony, we can expect great things. “The title of my speech is “The Forest of Flake” and like the trees that make up a forest, I choose to keep silent about it until grad night. However, I will say that it’s a speech a lot of students can relate to and of course I promise to poke some fun at our retiring teachers, Mr. Newell and Mr. Gunderson,” said Mollet. As for future plans, Mollet is still standing strong and looking towards a promising (something) on life. “I’m going to St. John’s University and plan on majoring in Management. I have received a four-year Army ROTC Scholarship so I’ll be busy with that also.”

## Laura Jacob

by Kaitlin LaCasse

As the school year comes to a close, all the seniors are preparing for graduation, some are preparing for it a little differently. A few of the students of the class of 2008 are preparing to help send off their peers with some words of wisdom, Laura Jacob is one of them. Jacob wanted to speak at commencement to be able to let her classmates know that they aren’t alone. “It’s one chance to send a message to the whole class at one time.” Jacob said, “and send them off with some important words.” Jacob says she isn’t nervous about actually speaking due to how much public speaking experience she has. “I think it will be fun! I am nervous about people wanting to hear what I have to say, though.” Said Jacob who

has been involved in the speech team, drama, NHS, and concert choir in her three years at FLHS. Jacob is being secretive about the content of her speech though. “You’ll have to be surprised!” Jacob said “Let’s just say everyone loves a good PB&J!” Next year Jacob will be going to Doane College in Nebraska, she will be studying to be a high school English, theatre and speech teacher.



## Advice to Seniors

“Make the most of every opportunity and be the best you can be.”  
- Kathy Ungerecht, Assistant Principal

Be safe, be responsible and don’t get caught up in the moment. Congratulations you have accomplished a lot!  
- Officer Matt Smith, Police Liaison

“The world is full of important things.”  
(Vince Lombardi)

“Life favors those who are prepared.”  
-Jim Caldwell FLHS

Renee Noren  
Noukhiag Xiong  
Nick Running  
Michigan Tech  
Katie Bor  
Milwaukee School of Engineering  
James Nelson  
Minneapolis Business College  
Amanda Bissonette  
Heather Hartman  
Emily Reed  
Dominic Taylor  
Minn. School of Business  
Heather Kush  
Sue Thao  
Yeng Lor  
Minn. School of Cosmetology  
Minn. State Univ. - Mankato  
Chelsea Uram  
Lani Petrulo  
Blake Rod  
Nicole Olson  
Paul Hill

Justin Crowley  
Normandale  
Casi Werman  
North Dakota State Univ.  
Kristi Anderson  
Ben Willms  
Micaela Wallace  
Danielle Boldenow  
Eric Sessing  
Brytanie Mertes  
Krystal Plouff  
Mary Jensen  
Kevin Gamelin  
Amanda Damboway  
Britta Johnson  
North Park Univ. – Chicago, Ill.  
Caleb Anderson  
Ben Mullen  
Northern Michigan Univ.  
Kaity Krengel  
Northwestern Technical Institute  
Brent Borowick  
Josh Tester

Ottawa University - Kansas  
Alyssa Birdsall  
Pine Technical College  
Michael Petroske  
South Dakota State Univ.  
Peter Sandager  
Mary Jo Nora  
Southwest Minn. State Univ.  
Cody Kendrick  
Staple’s College  
Travis Hangen  
St. Ben’s Univ.  
Chelsie Sobieck  
St. Catherine College  
Colleen Royce  
Mary Walters  
RaeAnn Jaeb  
Katie Bigelow  
St. Cloud State Univ.  
Taylor Klausen  
Melissa Kohs  
Casey Wittrock  
Cori Moore

Kelsey Blum  
Meagan Hauge  
Calvin Larson  
Melissa Kohs  
Steven Bentley  
Miranda Nelson  
Sam St. Germain  
Billy Stege  
St. Cloud Tech  
Eva Kloos  
St. John’s Univ.  
Chris Pignato  
Matt Mollet  
St. Mary’s Univ.  
Jake Rivet  
Ben Banse  
Caitlyn Williams  
Jared Haider  
St. Olaf College  
Dani Clark  
Bridget Peterson  
Sarah Mitchell  
St. Paul College



TOGETHER,  
LIVES CHANGE, COME WHATEVER  
E WILL STILL BE, FRIENDS FOREVER”

“Graduation Day” Vitamin C

EMENT SPEAKERS

Carlene Schuder



by Tracie Anderson

Each year, there are always three brave seniors who make a decision to stand up in front of their nearly fellow peers, and read their hand written speech. The third speaker of the night is Carlene Schuder. Giving a speech is one thing, but what about giving it in front of peers, parents, and teachers you’ve seen and conversed with through every school you’ve attended?

“I’m pretty nervous. I keep imagining myself up on the podium, thinking ‘Is this real?’ This speech is representing my whole educational career,” said Schuder.

Although she is very nervous, she has a lot of motivation to just get up there and speak. Motivation is her key driving force that is pushing her forward

“It was my last chance to give a message to all of my peers. I’ve always been motivated to give inspiration. Plus, it’s a good chance to get rid of my fear of speaking,” she said, jokingly.

Usually, when these few kids speak at graduation, they want to make it unforgettable and something that will portray a message their peers will take to heart. This year, Carlene has something planned out that she is very excited about and not only is something that she can relate to, but everyone who has seen a picture or painting in their lives as well.

“The title of the piece is *Displaying the Canvas*. In this speech I compare life to a painting. I explain how the process of an artist’s idea relates very closely to our journey in our lives to discovery,” said Schuder. “I first thought of this idea because when I saw the speaker at my sister’s graduation, her analogy was with life and ice cream, and I thought it was pretty bad. So that was another motivation for me, to create a better analogy that everyone can connect with!”

This speech is actually very befitting of Carlene she is attending the U of M Twin Cities for graphic design, with a minor in photography.

Ron Tungseth

by Annie Hinrichsen

Out of all the teachers in school, U.S. History teacher Ron Tungseth was chosen as the student-elected speaker at the 2008 graduation ceremony. To him, it was “totally unexpected” and a “nice surprise”.

“I always assume students generally don’t want to hear what I have to say,” said Tungseth.

For Tungseth, writing the speech was hard because of trying to narrow the themes down to one or two. He had a lot of ideas for the speech.

He also thinks it will be hard speaking to students that might not listen to him for ten minutes.

“It is tough knowing a lot of the students there just want to be done,” said Tungseth.

As for nerves, you might think Tungseth would have the whole speaking in front of an audience thing down, but he doesn’t



claim to. He does have an idea of how he can make it easier to speak in front of close to 600 students and their families though.

“I’ll just focus on the ‘class’

like it’s one of my classes - then I think I’ll be okay,” said Tungseth.

The main points he’ll try to relay to the class of 2008 is getting out vs. cocooning and the differences between the old and new worlds.

As the vote shows, the graduating

class of 2008 has confidence in his ability to speak during their ceremony. After a welcoming statement from the Superintendent Lyn Steenblock and Principal Dr. Steve Massey, Tungseth will talk to the class of 2008 for the last time Thursday, June 5.

“Every decision from here on out is life changing. As the Seniors go out into the world, they want to be clear on what their ultimate goal is. Always, *Always* be true to you personal convictions.”  
- Steve Stegner, Mayor

“Be patient and true to yourself, find what you are passionate about, college or work and go for it without challenge.”  
-Vicky Monzel, Secretary

will to excel and the will to win-they are more  
ant than any event that occasions them.”  
Lombardi) - Dr. Steve Massey, Principal

no are most prepared”  
Dean

Sam Pfenning  
Robert Kelly  
**Traveling**  
Courtney Newkirk  
**Undecided**  
Jake Kogler (Junior Hockey)  
Feng Yang  
Kevin Thao  
James Henry  
Carley Galle-Osby  
Bethany Lincoln  
Jesse Robinson  
Josie Barron  
MiKayla Culp  
Jason Chandler  
Nate Runtsch  
Denni Main  
Marianne Spiess  
Todd Strickler  
Kendra Liljeblad  
Hannah Taylor  
Sarah Zopf  
Spencer Cossalter

James Jara  
Matt Gustafson  
Kurt Johnson  
Alex Ralph  
Josh Lee  
Bjorn Ley  
Larry O’Connell  
Joesph Jandrich  
Tony Boicourt  
Alex Torkelson  
Kori Kirberger  
Colton Flores  
Eric Lamwers  
Matt Smaker  
Alex Reimer  
Tara Miller  
Brittny Beck  
**Universal Technical Institute (UTI)**  
Kyle Close  
Jim L’Allier  
**Univ. of Miami**  
Abby Pooch  
**Univ. of Minn. - Crookston**

Megan Meyer  
Peter Follese  
Alex Lexvold  
**Univ. of Minn. - Duluth**  
Ben Ulrich  
Meagan Seim  
Thomas Yang  
Dana Amundson  
Nabil Cheikh  
Kristianna Lockwood  
Jacob Thieschafer  
Tori Shelafoe  
Elijah Miller  
Jake Olson  
Katie Larson  
Cole Goodyear  
Kelsie Jurasin  
Logan Evenson  
Brett Nelson  
Eric Nosie  
Brian Spiess  
**Univ. of Minn. - Twin Cities**  
Makayne Tulgren

Muanqys Vang  
Tue Xiong  
Adam Kettler  
Jeanette Chalgren  
Tyler Wilcox  
Krista Schuwerck  
Evan Striker  
Leigh Severson  
Tim Endorf  
Luke Daninger  
Christy Newell  
Krystle Pflpson  
Mike Peterson  
Caitlin Lehner  
Joe Pelton  
Nora Nolden  
Briana Gray  
Justin Nelson  
Katie Smith  
Jake Serres  
Siri Simons  
Ashley Strantz  
**University of Minn. – Moorhead**

Jimmy Stein  
**Univ. of Minn. – Morris**  
Emily Wagner  
William Reely  
Brett Stolberg  
**Univ. of Montana - Missoula**  
Carli Amatuzio  
Cassidy Cunningham  
**University of North Dakota**  
Andrew Van Heel  
Andrea Collins  
Spencer Conrad  
John Goossens  
Brandon Brambilla  
Matt Hitchcock  
**Univ. of St. Thomas**  
Brad Kopp  
Eric Roush  
Mike Berken  
**Univ. of Wisc. – Eau Claire**  
Tracie Anderson  
Lauretta McGee (Elle)  
Teryn Danielson  
Emily Spanjers  
**Univ. of Wisc. – Madison**  
Ellen Anthony  
Sam Steiner  
**Univ. of Wisc. - River Falls**  
Lee Underdahl  
Steve Peterson  
Courtney Kirchner  
Katie Anderson  
Lindsay O’Brian  
Josh Back  
Kristen Lobermeier  
Ellen Monson  
Dillan Edelen  
Scott Damiani  
Annie Drener  
Amanda Soye  
**Univ. of Wisc. – Stout**  
Christine Connelly  
Monica Mattison  
Luke Mayfield  
Rae Moen  
Chelsie Degendorfer  
Jim Dimmerman  
Lauren Lenart  
Sean Nelson  
Taylor Jeans  
Heather Johnson  
**Univ. of Wisc. – Superior**  
Brian Rivard  
Jessica Duffy  
**U.S. Military Academy – West Point**  
Vince Shaw  
**U.S. Naval Academy – Annapolis**  
Thomas Fick  
**William Woods Univ. – Fulton, Missouri**  
Alyssa Wick  
**Winona State Univ.**  
Brittnie Zachrison  
Kathy Crudo  
Donnie Hedin  
Christina Slowinski  
Kara Eggers  
Anna Thordson  
Mary Blake  
Megan McKenzie  
Kelly Kent  
Kayla Lindstrom  
Jamie Lehman  
**Work**  
Andrew Voelk (Burlington N. Santa Fe RR)  
Travis Wright  
Joe Rothmeyer  
Nate Runtsch  
Nick Rosenow  
Matthew Bauer  
Andy Chariand  
Brian Malmstedt  
Jorge Morales  
Stephanie Benoit  
Micah Boerem  
Ginger Becker  
Brianna Derks  
Dane Goldeman  
MiKayla Krysinski  
DJ Del Rio  
Andy Chartrand  
Matt LaCasse  
Derek Westemeier  
**Military:**  
**Air Force**  
Corey Stedje  
**Army National Guard**  
Kayla Lindstrom  
Joel Fraley  
Sean Fredsall  
Derek Dovolos  
Eric Roush  
Dan Baker  
Jon Chaika  
Jeff Waterman  
Matt Mollet  
Cory Stearns  
Donald Maroschek  
**Marines**  
Jake Traner  
Corey McIntosh



# Retiring teachers bid farewell

## Chuck Gunderson

## Tom Newell



**What will you miss most about FLHS?**

The students, faculty and administration as well as the energy that everyone puts into daily activities

**How long have you been teaching at FLHS?**

15 years

**How long have you been teaching overall?**

I've been teaching 33 years in the Forest Lake School District.

**Where did you go to high school? College?**

Denfeld H.S. - Duluth  
U of M Duluth  
St. Thomas

**What do you plan to do in retirement?**

I'll read and be active- Never stop moving. I want to travel to Italy, Spain and France this sum-



mer and destinations unknown! Although I have to try and get to South America, Australia, New Zealand and Asia at some point in time.

**How do you feel about leaving?**

You don't leave, you just move on to a new season of your life.

**What is your favorite thing about teaching?**

The students keep you young at heart.

**Why are you a teacher?**

It was something that I always wanted to do, to teach P.E. and coach basketball. It was more fun than it was work, and as Mr. Mikolajcz always reminds me, "Gunder, you're right where you want to be."

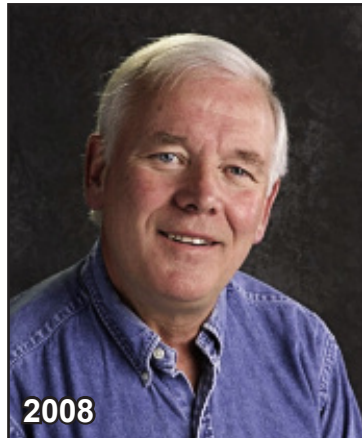
*Thank you  
and have a  
wonderful  
retirement!*

**"It was more fun  
than it was work."**

- C. Gunderson

**"I can honestly say  
I never had a  
boring day the  
past 31 years."**

- T. Newell



**What will you miss most about FLHS?**

I'll miss the excitement and energy levels that were constant with the young adults in my classes.

**How long have you been teaching here?**

I got the first job I applied for 31 years ago at Forest Lake High School and I have been here ever since.

**How long have you been teaching?**

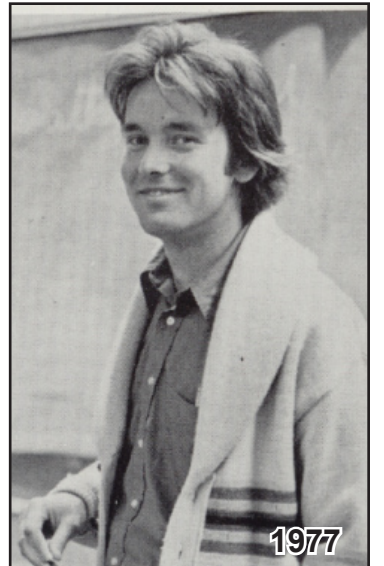
31 years.

**Where did you go to high school? College?**

Benilde High School  
University of St. Thomas.

**What do you plan to do in retirement?**

I planted 4,000 Christmas trees so far and plan on planting at least that many more.



**How do you feel about leaving?**

I will miss the students and staff a great deal.

**What is your favorite thing about teaching?**

My favorite thing is the everyday fun. I can honestly say I never had a boring day the past 31 years.

**Why are you a teacher?**

I passed on other opportunities that would have paid better. I've never been sorry I chose this career. I'd like to think I had a positive impact on students and the Forest Lake Community. I thank the community for a satisfying career.

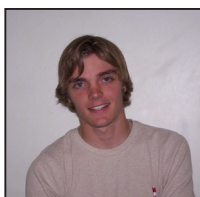
## What will you miss the most about high school?

### A few seniors sound off about their high school memories

Gathered by Steve Peterson

"The great, awesome, funny, and helpful teachers that I have encountered."

- Casey Wittrock



"Prom."  
- Kristen Lobermeier

**"You have brains in your head,  
You have feet in your shoes,  
You can steer yourself in  
any direction you choose.  
You're on your own,  
And you know what you know.  
You are the guy who'll  
decide where to go."  
~Dr. Seuss**

"Theatre cast parties."  
- Emily Wagner



"Italian Drunkers."  
- Ben Ulrich



"Being called down to Mr. Urness' office."  
- Brad Kopp



**"Map out your future - but do  
it in pencil. The road ahead is  
as long as you make it. Make  
it worth the trip."**

- Jon Bon Jovi



"Not having to pay for school."  
- Colleen Peterson

### You know you're a senior when...

"...sophomores move out of the hallways for you."  
Bethany Lincoln

"...you develop an illness called senioritis and you don't feel it's necessary to go to first hour."  
Kelsie Jurasin

"...you go to McDonald's instead of first hour."  
Chelsie Sobieck

"...you sleep three outta four of your classes."  
Jake Rivet

"...you have a gym class for every hour 4<sup>th</sup> quarter."  
Danielle Boldenow

"...you're about to graduate."  
Kenny Klein

"...you start signing yearbooks for the last time."  
Meagan Seim

"...you're immune to 'spicy' chicken."  
Tracie Anderson

"...you do everything for the last time."  
Renee Noren

"...the deans don't care what you do."  
Joe Lichtscheidl

"...you spend all summer saying goodbye."  
Peter Sandager

"...you get 80 million grad invites."  
Steve Peterson