



FFA members posing for a team photo after winning a chapter award.
Photo provided

FFA students in Indianapolis

By Kellie O'Brien

What do you think of when you hear National FFA Convention? Like most of us, we all think "What is that?" Well just ask FLHS students, Chloe Miron, Kayla Erickson, Krysta Nelson, Carter Lee, Andrew Miron, Sarah Williamson, and Bailey Schwartz. They all attended the National FFA Convention this fall in Indianapolis, Indiana.

"The National FFA Convention is the largest annual youth gathering in the United States," said FFA advisor Mike Miron. "Forest Lake FFA members joined over 54,000 fellow members and participated in general sessions and leadership workshops, heard from National FFA officers and attended the nations largest youth career fair."

"The National FFA Organization offers the nation's largest agricultural career fair for youth. More than 1,300 booths representing colleges, agriculture related companies and potential career areas are present at the career show. Students who attend discover numerous agricultural careers and explore opportunities in post-secondary job training and education," said Miron.

They also visited a Dow Agro Sciences Laboratory, Bungee International-the world's largest soybean processing plant, and

Integrity Bio fuels. They also went to the "World's Toughest Bulls and Broncos" rodeo and a Taylor Swift concert. "It was so much fun. It was pretty much amazing," said Bailey Schwartz.

The FFA was founded in 1928 and FFA members have been meeting annually ever since. The Forest Lake FFA won an outstanding award while they were at the convention.

"The Forest Lake FFA Chapter was named a 3 Star National Chapter by the National FFA Organization which places the group among the top five percentile of chapters across the U.S. The recognition was earned as a result of an application submitted by the students, which identified successful activities in the areas of student, chapter and community development. These activities and the supporting documentation were first evaluated by a state committee, where the Forest Lake FFA was named one of Minnesota's ten best, and then advanced to national competition for additional review and recognition," said Miron.

There is such a diverse group of activities within the FFA organization if this is something you may be interested in getting involved in, talk to one of the FFA members or Mr. Miron in the Agriculture Department.

Debate has more rookies

By Megan Daly

Few students are rewarded for correcting statements made by others or arguing in public, but the Forest Lake Debate team has made these activities an art form.

Debate is a contest, or competition, where two or more speakers present facts and ideas to support an opinion. Extensive research and strategy are used against opponents, and the team works hard to make their presentations to the judges everything they can be.

There are three levels of experience for debaters, first level students are referred to as novice, second level is junior varsity and third level is varsity. All levels of debate are able to take place in one of two categories, LD (Lincoln Douglas) or public forum. Public forum enables you to work on and present your arguments with a partner, whereas LD is a one-

on-one battle.

This year the FL debate team has had an extremely high number of novices joining and senior Jermy Weed, one of three captains, believes it is a positive addition to the team.

"We have more novices this year that we defiantly expect to see next year," said Weed.

Why are so many people deciding to join debate this season? Sophomore Amy Bellows says the reason she joined is for college aspirations.

"I joined because I wanted it to look good on my high school transcript," said Bellows.

Others joined because of the learning opportunities.

"You learn all these new topics you would never think of researching but they actually come in handy," said novice debater Emma

Haseman.

Debate is a great way to educate your self on new and exciting topics and strengthen your writing and speech skills. Natalie Hoidal, also a novice debater, said that the work load is more like that of a normal class.

Regardless of the reasons for joining, the team's new members are proving their skills at the tournaments.

"We seem to be placing more in tournaments," said weed.

In fact Forest Lake held the Flake Stakes invitational on Sat. Nov. 15. This massive tournament consisted of 30 different schools, and was held in not only the high school but Century as well.

It is plain to see Forest Lake debate is having a successful season, and they will continue to finish out the year strong.

FLHS Blood Drive

A photograph showing two female students in orange shirts sitting in chairs for a blood donation. A female volunteer in a blue American Red Cross uniform is standing next to them, holding a blood pressure cuff. The background shows other people and tables set up for the event.

Student Council Member Bolly Baatz reads aloud a book to council colleague Tiffany Vue. The Student Council hosted the annual fall American Red Cross blood drive on Nov. 19 and it raised 148 pints of blood from FLHS and community members. Each pint has the potential to save three lives.

Photo by Katlin Johnson

Have a great Thanksgiving Break!

'See You At The Pole' comes to Forest Lake

By Kyle Arbuckle

Wouldn't it be great if there was a place where no one judged or criticized you for how you looked or what you believed in? Believe it or not, there is a place like that at FLHS.

According to student leaders, See You at the Pole is a gathering to worship God and to proclaim his holiness.

"We ask God to reveal himself to the school," said Senior Joseph Loeffler, who is a student leader. "See You at the Pole is for anyone who has the will to live for God. If you believe in God, come and

increase your faith. Say that God is real and he is alive," said Loeffler.

According to student leaders, See You at the Pole isn't for people who just want to make themselves feel better for doing something "right", it is for people who want



to get serious about God. "We started See You at the Pole on the 24th of Sept. and hold it

every other Wednesday at 7," said Loeffler. "We pray the things on God's heart for the school. Singing worship songs in the name of God, thanking him for what he has already done in the school."

The other Wednesday is spent in math teacher John Buck's classroom, and all other weekdays are spent in the cafeteria. The same activities are done at all events.

"I started See You at the Pole at our school, out of pure obedience to what we are called to do, to serve God" says Loeffler. "I don't

always like getting to school at 6:30 a.m. everyday, I do it for God because of what Jesus did for me. I want other people to understand what Jesus did for them."

"When people make fun of me for doing what I do, it encourages me to keep it up," said Loeffler. "Then I know that I am doing the will of God."

See You at The Pole is a gathering of people to bring Christian light to FLHS. Come to See You at the Pole and check it out. I will see you at the pole.

Help yourself by helping others

Beginning of monthly feature

By Krysta Nelson

“Volunteering is a healthy activity that allows people to focus outside of themselves,” according to NHS advisor, Becky Haven.

When students volunteer “they connect with other people, their perspectives are broadened, and it gives a boost to how they see themselves,” said Haven.

This feeling of satisfaction and involvement is one that people who don’t offer their time will most likely never experience to the fullest. Whether teens sign up for one simple activity or a long-term commitment, volunteering is beneficial to both the community and the volunteer. As an added bonus, being a volunteer looks wonderful on a college or scholarship application and can



help you decide what you may enjoy doing as a career.

In addition to the administration’s goals for advisory, *The Forest Breeze* wishes for all FLHS students to participate in volunteering during high school. We will highlight a local volunteer opportunity in each issue with hopes that you will help others in the community and come up with fun volunteer ideas of your own.

Volunteers Needed:
Circle of Friends
Peer Buddies

Description:
Volunteers are paired up with a teen with special needs. Fun group activities held every other Thurs. 6:30-8 p.m.

Requirements:
Teens in grades 9-12; must have good listening skills, be a good role model, and like to have fun.

Contact:
Bonita Carlson,
651-462-4398,
or e-mail
bonita@familypathways.org

Forest Lake Sports Complex

Year-round fields, arenas and courts included

By Eric Snidarich

Around Forest Lake there are a lot of new renovations and projects. Among them is the newly finished Sports Complex located at the southern most end of Forest Lake off of highway 61.

Forest Lake Mayor Stev Stegner says the complex will bring more jobs to Forest Lake.

“The complex includes an indoor sheet of ice, a field house that can be flooded for another sheet of ice, three softball fields, one baseball field and four soccer fields.” said Stegner, “And we have a concrete section set up for a possible move of the skate park to the complex.”

The sports complex was finished early spring of 2008, but planning began six years ago. The land was acquired from the Forest Lake Airport. At first there was a little bit of trouble between the financing firm and the city, but it was resolved to lead to the new complex.

According to Stegner the complex fields cost \$1.7 million while the ice arena cost a total \$5 million. The high school is paying

for the boy’s locker rooms at the ice arena, and the boy’s hockey team is giving their input as to how it should be arranged.

The complex was paid for with park dedication funds. When businesses build on city land, they are asked to give some park land or to donate money instead of land.

Since there are so many students playing hockey, they used to have to drive out of town to go to a rink to practice. With the new arena, it is expected to bring people back to Forest Lake, and help people to spend less on gas and time travelling elsewhere. It is also meant to bring more business to restaurants and hotels in the Forest Lake area, increasing jobs and hopefully bettering the Forest Lake economy.

“The field house can be used by anyone in the community,” said Stegner. “It can be used for different chamber events such as scout meetings.”

There are also many other new things coming for Forest Lake. One possible event, if

voted and accepted, will be a new Community Center near the sports complex. Also, once the park and ride near the library is more active, there is room to expand the parking lot to double the current size.



Student art auction to help Environmental Club

By Charlie Nelson

Every Tuesday at 2:45 p.m. in Bruce Leventhal’s classroom, the Environmental Club meets. Around 20 – 30 of FLHS’s best environmentalists get together with a mission in mind.

“Our mission is to improve the way the school works and to help the environment of the school and the world,” said Environmental Club leader and FLHS senior Andrew Morrison.

But what ways do they go about this heavy mission? There are several small projects they work on to achieve the bigger goal in mind. The Environmental Club organizes recycling in classrooms and organizes projects such as the school wide trash pickup.

Some future projects are being planned including a rain garden that will help filter chemicals coming from the school’s parking lot.

On Dec. 13, the Environmental

Club will be taking on a different sort of project. From 2-4 p.m. an Art Auction will be held at the High School to benefit the Club. Donations will be accepted and art from students, teachers and people in the community will be at the auction. Their will also be entertainment provided by the String quartet and by Taren.

The proceeds from the Art Auction will go to various projects the Environmental Club is working on, such as working on replacing the recycling bins



in rooms with something more durable and is waiting on a Co-Materials Dumpster to hold all the recycling that they collect. For more information on the

Environmental Club or the Art Auction, contact Andrew Morrison or go to a meeting.

Calendar

Dec. 8
Music Concert
7:30 p.m.

Dec. 13
ACT Test
8 a.m.

**Dec. 24-
Jan. 4**
No school
Holiday Break
(WOOT!)



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.

What Are Your Thoughts About President-Elect Barack Obama?

“He might be a little inexperienced.”
- Mackenzie Kerrigan, ‘11

“I am a strong McCain supporter. It will be... interesting to see what he does.”
-Danielle Snider, ‘11

“I’d rather have McCain.”
-Kennet Daring, ‘11

“I like his ideas of lowering gas to 99 cents.”
- Daemon Mechan, ‘11

“I think it’s gonna be really big in history and I’m happy to be in this generation.”
- Hannah Dowdakk, ‘11

“It’s gonna change America’s history.”
- Alyssa Yuronick, ‘11

“We’ll see how he does. I just don’t like that he’s against guns.”
-Kyle Olson, ‘11

“So how well do you think Obama knows Osama?”
-Audrey Hanmer, ‘11

“I think he’s pretty cool.”
- Kyle Thielke, ‘11

“It’s a change! I don’t know if it’ll be good or bad, I guess we’ll find out!”
-Abbie Bodene, ‘11

“It’s awesome!”
-Katelynn Thompson-Scapple, ‘10

“I’m just worried about the assassination attacks on him.”
-Danielle Orlando, ‘10

“He wants to raise minimum wage, which means I’m going to get a raise. Which is sweet!”
-Kate Plautz, ‘10

“I think that Americans did not research before they voted to find out what Obama stands for.”
- Erin Daninger, ‘10

“I’m not that excited about it.”
- Jennifer Elsenpeter, ‘09

“I would’ve voted for him.”
- Derek Sandkamp, ‘09

“It’s going to be different.”
- Dan Pignato, ‘09

“If anyone were to get in, it wouldn’t matter, we’re still screwed.”
-Rose Cordell, ‘09

“I’m completely against him.”
- Ashlie Sundstrom, ‘09

“I’m thrilled!”
- Cindy Jones, Dean

Gathered by Cassie Olson

The Debate: Should teens have jobs?

Work now, appreciate it later

Teens aren't adults

By Krysta Nelson

Greeting clients, laminating papers, selling beverages, doing laundry and feeding infants are just a small number of the tasks I did my first year of working.

As a sophomore, I had a job at a health club. At the time I was hired, I didn't know what I was getting into. My official title was "child care worker", but I did much more than babysit. Although I only worked ten hours a week in an entry-level position, I gained countless life tools. I discovered how to communicate with employers, coworkers and clients, the value of a balanced schedule, the importance of a positive attitude, and much more.

Many FLHS students have jobs, but some students and parents think that a part-time job takes their focus away from the important things. They feel that students should not have to be busy with more than school. These people may not realize that working as a teenager is important as well. All students should experience part-time employment at least once before leaving high school.

A portion of students believe extracurricular activities are enough to prepare them for their future. Although I agree that sports and clubs provide a student with positive experiences, a job can offer many unique opportunities. After-school jobs oblige students to learn how



Kyrsta Nelson and tag team Dan Lindahl and Dennis Sprute try to figure out who will win the argument over teen jobs.

to work with people of all ages and in a variety of situations school activities do not include. Also, jobs teach teenagers about responsibility, money management, and allow teens to get a taste of the "real world." These concepts are crucial for a smooth transition from youth to adulthood.

If a student is taking a difficult course load or is involved in multiple after-school activities, I highly recommend they work in the summer instead. Summer jobs provide students with the same benefits, but don't cause a struggle with the school schedule.

With that said, a high school student with a job needs to keep in mind a basic priority list. Above all, school and grades come first. This is the basis of our future. A

job should never be considered more important than schoolwork. Second, activities can increase connections with peers, promote involvement in school, and allow students to focus on their individual interests. A student's job should be third on the list.

The benefits of a part-time job are worth the hard work. Working allows students to gain personal growth, not to mention, provides them with a little extra cash. After working at the health club, I feel an increased sense of understanding of the world around me. I encourage everyone to look into getting a job if they have not already had the valuable experience of employment. When you are older and look back at the skills you gained from your first job, you won't regret it.

By Dennis Sprute and Dan Lindahl

Going to bed late, getting up early, going to school, working on assignments, doing chores, working late on weeknights, and having the occasional extra-curricular activity. Welcome to the life of a high school student.

These days, it is common for a student to have a part time job while in high school. Unfortunately, there are other, more unpopular tasks teens often neglect if they have a job during the week. Many times students aren't home until 10 or even 11 p.m on school nights. If these students consider homework to be important enough to do, they will likely be up another hour. This produces high stress for the student, without mentioning that the average teenager doesn't get enough sleep to begin with.

Contrary to popular belief, teenagers need time to figure out who they are, and time is something that many high school students do not have. The skills a student will learn at a part time job is often something they have no interest in pursuing for a career. For that reason, teens are learning skills they don't need, using the time they **do** need to be able to figure out their future. What ever happened to just being a kid?

Students can be doing things that are a lot more productive than flipping burgers or cleaning

tables. Students can be involved in extra-curricular activities, which I would argue teach a lot more than a part time job would ever teach. I would also argue that a students overall self-esteem is higher when involved in extra-curricular activities rather than a work environment.

It's pretty simple to say that teenagers can prioritize school over jobs and keep their grades high. It's a much harder thing for students to actually do it. In the short term perspective (which students often use for decisions), jobs give you a wallet full of money. School on the other hand doesn't give anything tangible. In the long run, school is helping build both intellectual and social skills.

Overall, there is a way to have your cake and eat it too. Work in moderation while enjoying yourself and keep your grades up. However, if the people you work for demand a certain number of hours, look in to finding a better situation. It's easy to push things to the side for money now, but if a student can keep their head straight and focus on school now, the scholarships earned later may double or triple the money earned from preparing someone's lunch. That is definitely something worth the time to think about.

The Pledge deserves more respect

By Elizabeth Brown

Respect. It is something we all could use a little more of. We are told to respect our teachers and fellow students, but there is one thing we all need to respect a little more. That is the Pledge of Allegiance and the flag.

I am not trying to convince anyone to recite the Pledge of Allegiance. To argue about whether one should say the pledge or not is beating a dead horse, and that gets us nowhere.

What I do want to say is that those who choose not to say the Pledge of Allegiance should show some respect. Respect for the flag, the pledge of allegiance, and those who stand and recite the pledge. Students who choose not to say the pledge should at least stand in silence during the pledge. The time allotted for the pledge is not meant for gossiping or discussing what you're doing after school.

It is a similar situation to if you spoke during prayer at a church. If I am not part of a certain religion I may not participate in the prayer, but I would respect those who are praying.

One thing for us all to remember is that we are pledging our allegiance to the country, not taking an oath to agree with everything our elected officials do or say. By reciting the pledge we are pledging our allegiance to the



country and the freedoms that it provides us, and vowing to stand and protect our country and its people, and let's not forget what the flag stands for. It represents the freedoms we have in the United States and the lives that were given for those freedoms. This is also the same freedom that allows you to choose whether or not to recite the pledge.

If you refuse to say the pledge at least respect those who are saying it, and respect the flag. So, next time the announcement is made for the pledge of allegiance, regardless of if we say the pledge or not, let's all stand in respect and think about why we make the choices we do concerning the pledge.

Everyone can learn how to dance

FL Dance Studios offer variety of classes

By Eric Snidarich

Whether it is a self choreographed hip hop mix or a ballroom dance with a partner, dance is an art form that lets you feel comfortable expressing yourself. Dance also requires a lot of hard work, practice, commitment, and discipline.

There are so many different kinds of dance that anyone can find something they are interested in - from ballet to hip hop, ballroom to competition. And for some of these genres, there is a need for a partner. Dance is not just for girls. In ballroom dance especially, there is a need for male dancers. Dancing has just started to rise in popularity with men due to television shows like *So You Think You Can Dance* and *Dancing With the Stars*.

If you think you're too masculine to dance, such as an athlete, it's been said a great way to practice footwork is to try ballet. Ballet is also a great way to work on upper body strength.

"I feel that dance is beneficial to everyone, for many reasons. The first being the obvious...it is a

great form of exercise, which we all need," said Robin Lind, staff at Dance Tech in Forest Lake. "It is a great way to meet friends and it helps to build self-esteem and confidence, as well as strength, agility and coordination."

In the Forest Lake area there are two studios; Dance Tech and The Dance Factory. There are also a few class options available through community education. Both options are a great way to learn how to dance.

At Dance Tech they offer boys classes for free the first year. Although this excludes ballroom due to rental fees, it is a great way to explore and see what you are truly interested in. Various genres

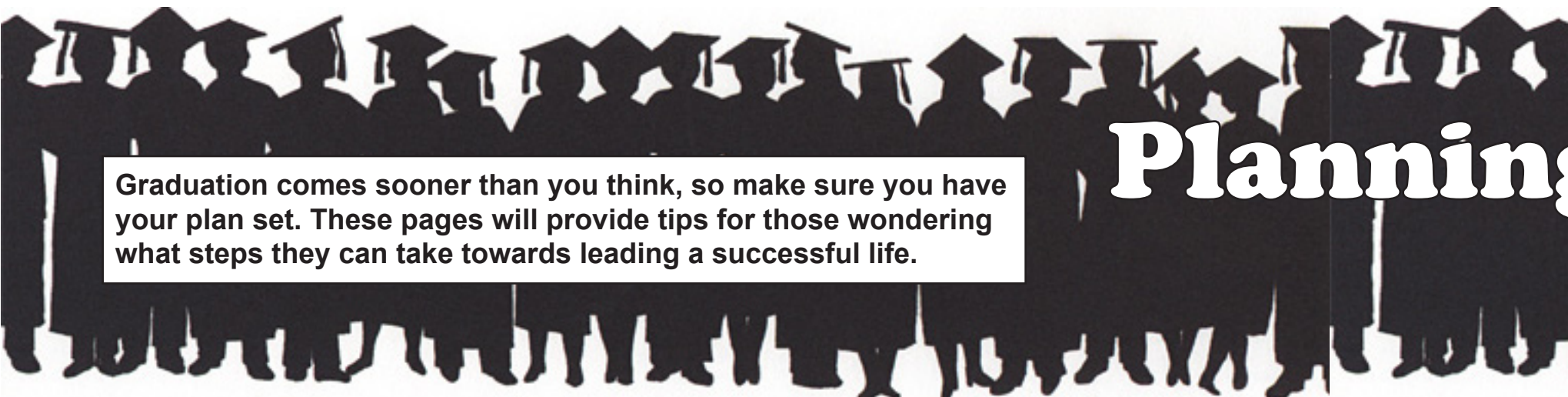


include; hip-hop, jazz, tap, ballet and ballroom.

Even though ballet demands a lot of practice to be good at it, ballroom is a great way to show off your skills. You can see this if you've ever watched either of the television shows stated above. Ballroom is best practiced with a partner of course. Whether with social or recreational ballroom dance, it takes a lot of practice to be able to spin your partner around and to lift them into the air without dropping them.

There is a wide variety of social ballroom dances including the fox trot, tango or waltz which use a standard pattern of steps. It is always more comfortable dancing with someone you know, as well as someone that is about the same height as you.

No matter what you think about dance, it is a great way to use your time and strengthen your mind and body. So go to Dance Tech and try a free year of dance and see what you think.



Graduation comes sooner than you think, so make sure you have your plan set. These pages will provide tips for those wondering what steps they can take towards leading a successful life.

Planning

SOPHOMORES

It’s never too early to start planning for life after high school

By Cassie Olson

The sophomore class has a total of 527 students, all of whom are looking toward the future. Dean Cindy Jones encourages students to keep this in mind when choosing your class schedule.

“Take classes that follow the line of work you’d like to do in the future,” said Jones.

One sophomore who is planning is Steven Pignato. This quarter, Pignato is taking AP US History, Chemistry B, German III, American Literature, and Orchestra, in which he plays the cello.

“I’m pushing myself and so are my parents for me to get good grades,” said Pignato.

Pignato is working to earn good grades because he is looking into attending Gustavus Adolphus College in St. Peter, MN.

According to Jones, looking for a college is a critical need for

sophomores to start doing. It’s also not too early to try to figure out what area you would want to major in, or even minor.

At colleges all around America, you can major in mathematics to the performing arts, religious affiliation to engineering.

“I’m thinking about trying to minor in music when I get into college,” said Pignato.

One thing that everyone knows is, college is very expensive. But the school has many ways for you to get financial help and sophomores can start looking into those options. The school’s website, www.forestlake.k12.mn.us, has a list of local and community scholarships sophomores can start looking at.

“My family doesn’t have the money to send four kids to college,” said Pignato, “so I have to get good grades so I can earn a scholarship.”

According to the front office, there are several things that colleges look at when choosing to accept or reject your application.

“Involvement in school, community service and a solid course of study with solid grades look good on a college application,” said Ungerecht.

After school activities and good grades, show a good work ethic and a willingness to contribute to the Educational Community.

Pignato even does some of the following: he plays soccer in the fall and is on the lacrosse team in the spring. He’s even thinking of joining Student Council next year.

Like Ungerecht said, “Everything you do in high school leads to what happens in college.”

And as Pignato is already figuring out, it’s never too early to start working toward college.

JUNIORS

Don’t wait until it’s too late to plan

By Cassady Zebro

“Whether you like it or not, as soon as you turn 18, you’re going to be thrown out into the world of reality. One of the charges of public education is to make students as prepared as possible to succeed,” said Scott Swendiman, a math teacher at Forest Lake High School.

For juniors who are wondering what they can do to become

successful for the next year and three quarters of their high school life and beyond, listen up.

First, keep in check with your classes in order to graduate. Juniors need 27 credits to, and should have 13 coming into this year.

“There’s not much room for error with the required classes needed,” said Dean Christine Glomski.

For those juniors curious of what required classes should be completed by the end of this year (assuming 10th grade requirements are met), the list of classes and their credits can be picked up from your advisory teacher or dean.

“There is no one ‘right’ way to do it. Those courses just have to be done by graduation,” Glomski said.

For the juniors who don’t have some required classes finished, there are many options to stay on track for graduation.

“Students can stay before and after school, there’s also tutoring in the library on Mondays and Wednesdays, headed by the NHS Students,” said Glomski.

“Online classes are available, and those do cost money if you’re in high school full time. You can also talk to your Dean about guided studies, which are through the ALC, to earn missing credits. There’s also what we call sixth hour math, which is from 2:30-3:15 for students who struggle in math,” said Dean Scott Urness.

Second, once required classes are taken care of, there comes the planning of what you want your future to look like. There are multiple ways to prepare for this.

If you’re looking into colleges, the Pre-College Calendar, for all grades, can be found on the FLHS website.

“If you start to think about colleges, you should make an appointment with Val Handstad in the CRC,” said Urness.

There is also a website for exploration into careers and colleges, called the Minnesota Career Information System (MCIS).

“This resource will allow students to look at occupations, wages in Minn. and the U.S. and also the growth of that occupation. It enables them to see exactly what skills are needed and what the expectations are for the occupation,” said CRC Coordinator Val Handstad.

For those who don’t think college is for them, there are other options.

“If a student is interested in a specific occupational area without training and simply wanting to just ‘work’ they could possibly do some type of ‘on the job training’, or attend an apprenticeship school for a specific skill in the trades,” Handstad said.

The two most important things in preparing to be successful is to have a plan and to keep learning.

“The world of work is changing rapidly. To keep up and make a decent wage, we need to continue learning. Students need to remember that without some type of training, in a post secondary setting as in a technical certificate program, 2 year or 4 year school, they are decreasing their marketability and most likely will only be able to maintain a minimum wage earning,” said Handstad. “It is important to have a plan and set goals. Successful people make goals...When students start to look toward their future and plan ahead, they give themselves many more options and are able to make choices based on what they personally want instead of what is leftover because there was no plan.”

- Scott Swendiman
Math Teacher

Underclassmen checklists

Sophomores

1. Have a goal on what you want to be
2. Start interviewing people who hold jobs that are interesting
3. Get to know Val in the Career Resource Center
4. Do MCIS
5. Take the Plan Test
6. Go to the College Fair next year
7. Look into 3 careers choices
8. Look at classes that have those 3 careers in mind
9. Develop good work habits and study skills
10. Study hard
11. Pass classes
12. Work on your literary skills, learning how to read and access info through text

Registration Conferences

Feb. 2 and Feb. 9



Required Classes for Juniors:

Math:
Algebra 1 a & B (1 credit)
Integrated 1 A & B (1 credit)
Geometry A & B (1 credit) OR
Integrated 2 A & B (1 credit)
Algebra 2 A & B (1 credit)
Integrated 3 A & B (1 credit)

Science:
Biology A & B (1 credit) OR
AP Biology A & B (1) OR
Forensic Biology (.5)
Comparative Anat. (.5) &
Methods in Field Bio (.5)

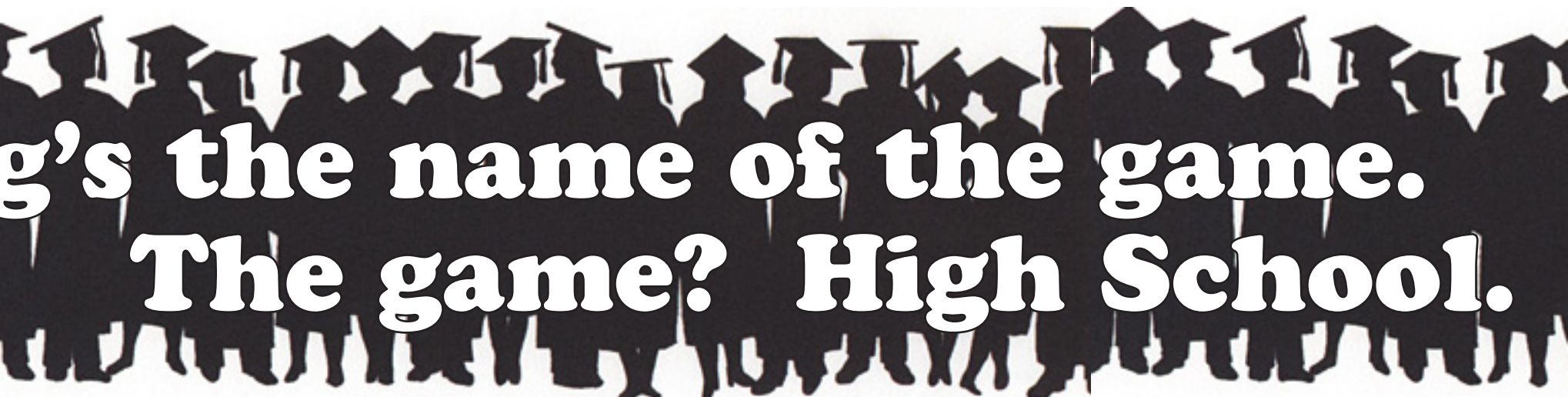
Art:
2 Art Electives (.5 credit each)
Visual or Performance

English
Speech or Communication/
Theory & Practice (.5 credit)

Electives:
3 English (.5 credits each)
World History A (.5 credit)
World History B (.5 credit)
Economics (.5 credit)
Social Studies Elective (.5)
Science Elective (.5)

“Students can stay before and after school; there’s also tutoring in the library on Mondays and Wednesdays, headed by the National Honor Society Students.”

-Christine Glomski, Dean



g's the name of the game. The game? High School.

Get started with your search at the Career Resource Center

By Dan Lindahl

Are you planning on doing anything with your life after high school? If the answer is yes, you will find that the Career Resource Center could help you. The Career Resource Center's purpose is to assist students with resources for colleges, military, scholarships, ACT/SAT tests, web based career exploration programs, and college and military representative visits. "Basically, the goal here is to assist students with any post high school plans," said Val Handstad, the career resource coordinator.

There are many successful examples of students using the CRC to their advantage. "I was able to bring in an occupational speaker and several students ended up getting jobs from the speaker coming in," said Handstad. Another example is with a student who had not made post secondary plans. In the late spring Handstad was able to facilitate a meeting with the student and a culinary school, which he eventually attended. The student is now a chef. These are just a couple examples of students who have been helped by the CRC's resources.

There is a variety of resources for students to consider using, but one that comes highly recommended is MCIS (Minnesota Career Information System On-Line). The link for MCIS is mncis.intocareers.org.

The school's username is "forestlake" and the password is "rangers". The website has a variety of helpful tools students can use when considering post secondary plans. If a student isn't sure what they want to major in it can show them anything from what each major is about, to what

the CRC is widely used, however, I'd like to see all students take advantage of the resources available to them," said Handstad.

No matter what your future plans are there is no question that the CRC can help every student in some way. Whether it is searching for the college of your choice or



Val Handstad, the Career Resource Center Coordinator, stands in the college information section of the CRC in the Student Services Office. Photo by Kyle Arbuckle.

schools offer those programs. MCIS even shows what the job outlook and average wage of any job in Minnesota or the United States. It also shows scholarships and the tuition cost schools across the country. Handstad encourages students interested in checking this website out to come and visit her in the Career Resource Center to set up a username.

Handstad believes that more students could benefit from the Career Resource Center. "Overall

even if you just need a part time job. Even if you don't know what you want to become in the future, being able to take advantage of opportunities like the Career Resource Center is one step toward a successful future.



Several classes with college credit at FLHS Options abound for students looking for a challenge

By Katlin Johnson

At Forest Lake High School we offer 26 advanced classes. There are AP and CIS classes at the high school and PSEO, which is off campus.

CIS (College in School)

There are 11 CIS courses which are offered at FLHS. In order to get college credits, the requirements for the CIS classes have to be met before signing up for the class. If the requirements are met then college credit will be given, if the class is passed.

AP (Advanced Placement)

At FLHS, 15 AP classes are offered. College credit may be earned if the AP Examination is passed; it is not guaranteed. There are various requirements to be met for AP classes, depending on the course. If you are interested, make sure the pre-requirements are fulfilled.

"My favorite part of AP is being able to talk and hear other peoples' opinion," said AP student Cody Hillyard.

PSEO (Post Secondary Enrollment Options)

To qualify for PSEO seniors must be in the top 50% for their class, and juniors the top 30%. Century College, Alexandria Technical College, Anoka-Ramsey Community College, Minneapolis Community and Technical College, and Saint Paul College are only a handful of the colleges in Minnesota that offer PSEO programs.

"A lot of students don't do it because they want to stay with their friends," said Urness.

SENIORS

With light at end of tunnel, still lots to do

By Kyle Arbuckle

As a senior, you might be wondering whether or not you want to go to college or what college is right for you. If you haven't already toured colleges and selected the best options, frankly you're behind.

First, if you haven't already decided whether or not to go to college, think about your future.

"To have any chance to get a decent wage and be successful is to go to college," said Don Bosch, FLHS dean for students A-C. "The only chance to be successful without going to college is going into the family business."

The way our economy has fallen into a recession, and how the unemployment rate seems to get higher every year, students need to go to college.

"Students should've already started touring colleges during their junior year," said Bosch. "If students still need to tour colleges, a good time to do that would be winter break."

Ideally, the ACT/SAT should've been taken at the end of the student's junior year. That way you can take it as many times as you need to during your senior year, if necessary.

According to Bosch, when it comes to applying at colleges, the sooner the better.

"Students usually apply between November and December," said Bosch. "Make sure you apply to three-five colleges, don't rely on one college to work out for you."

Part of that application process is to ask a teacher for a letter of recommendation. When a student asks for a letter of recommendation, give him/her a "brag sheet".

According to Bosch, the sheet should include any clubs you've

been in at school, or any community service you have done.

"A 'brag sheet' should contain more than just academic statistics," said Bosch. "Colleges want a student that is holistic or broad."

You might not want to go to college because it is too expensive or you don't want to be paying off a loan the rest of your life. This is where financial aid comes into play.

"A good way to get financial aid through the school is FAFSA," said Bosch.

FAFSA (Free Application for Federal Student Aid) is a program that is dependant on family income; some students may not be eligible for it. Students can also apply for low interest loans and government grants.

"Figure out what the college can provide for you financially," said Bosch. "There are always the academic and athletic scholarships too."

Another good way to get financial help is through local community scholarships. Several award you money based on certain career interest.

So again, if you haven't already toured colleges and applied a couple places, you are behind, but it's never too late to prepare for college.

Tour colleges over winter break, and ask them what financial aid they offer. Apply for the FAFSA program to see if you qualify. If you haven't already taken the ACT/SAT, take it as soon as possible.

Make sure you are paying attention to what colleges you are getting accepted to and what ones you are not. If you are behind, it's easier to catch up sooner than later; if you are ahead, keep up the hard work.

"The goal of FLHS is to ensure that all students...will graduate with the skills necessary to attend college without the need to take remedial classes in the areas of reading, writing, or mathmatics once enrolled in college. Each student will have the opportunity to pursue...a relevant high school program (career path) that will prepare him or her for a selective college or university or a demanding technical school or training program."

- FLHS Registration Guide

A Quantum of Letdown

New James Bond movie fails to impress

By Dennis Sprute

“A Quantum of Solace,” that’s what you sense when at least the popcorn and the pop was good. The 22nd film of the James Bond series, based on Ian Fleming’s novels, is just a solid action-thriller. No more, no less. The sequel of “Casino Royale” gets the short end of the stick in comparison, even though it is the most expensive 007 production ever (\$230 million).

The setting seems stylized, while the plot is very simple. The MI6 agent is confronted between revenge for the deadly betrayal of his girlfriend Vesper Lynd in the previous movie and the plans of an ecologist who wants to dominate the world, a world where morality is only a question of how much money you have and even allies are not trustful anymore. Dominic Green’s role is not that of the stereotypical villain; he doesn’t seem evil enough ,except for his significant, brown eyes. His



hitman looks more like a dork with a monk-like haircut than an ice cold killer. Additionally, Bond girl Olga Kurylenko is weak and the title song “Another Way to Die” by Alicia Keys and Jack White doesn’t sound Bond-like. Quick cuts make the movie hectic and seem like another Jason Bourne movie. James Bond isn’t the Playboy he used to be, the normal erotic undertones are missed (especially when he doesn’t get the woman at the end). Bond behaves more humanly and shows his feelings, drawn by the loss of his love

which is not typical for the British macho, at the end there is room for yet another sequel. The gold star goes to the protagonist, Daniel Craig, who plays the character Bond with a physical presence and portrays him with an icy surface under which internal pressures are brewing. The expression of “edge of your seat” is not one that I would use to describe this flick from the beginning though. Thus, the usual factor of an agent thriller like they used to be is missed eagerly. Action fans, in my opinion, would get their money’s worth, but the fans of the classical James Bond will absolutely not. “James Bond – A Quantum of Solace” has license to be only one of many action thrillers without the 007 élan.

Restaurant Review:

Khan’s Mongolian Barbeque is in a league of its own

By Dennis Sprute

If you go south on Snelling from 36 in Roseville you will see an orange sign saying “Khan’s Mongolian Barbeque”. Entering the restaurant, you will see a loud business, waiters all running around and the clatter of dishes. Above all, you will be surrounded by the smell of heat and grilled meat.

The ambiance does have an Asian tilt, the seating is ordinary and surrounded by lights that bathe everything into a snug yellow. With an open kitchen and a large buffet line, the feeling of walking through a run down restaurant may put some people off.

A small line of hungry customers waits right in the front to be led to their table by the busy host. When I went, the wait staff was extremely attentive, and was great with kids. Also, our server went out of his way to explain the way things work. Without even having ordered, we were served a small plate with a spicy chicken wing, beef soup and a cracker with dip.



Buffet Line at Khan's

While the wings were totally convincing in taste, the cracker and the dip have a harsh aftertaste. In addition, they served a sugar roll filled with a soft paste. For drinks you could order soda, Jasmine tea or Fuki Plum. The buffet is not evocative of a gourmet restaurant since all the served food is frozen. Themed “create your own stir fry”, you will come upon a large selection of meat, veggies, noodles and sauces that you will fill in a bowl. At this point I include a tip for everybody: cram your bowl full even though it might look hoggish. When cooked on the griddle, the amount of food shrinks considerably. The selection of the sauces could pose a challenge for many visitors since there are suggested combinations for each. The bowl

is then given to a cook who puts them on a very hot griddle. It takes them five minutes to be done because the griddle requires a copious use of oil. And if you tip the cooks, they hit the gong. Overtaking the fizzling of the griddle, the food finds its way into your mouth. The spicy taste is not to disclaim. It’s mouth watering! That fun of “create your own stir fry” and the food were worth the \$13 and the tip for all-you-can-eat. All in all, I can say that this is one of the more individual restaurants. Japanese Teppanyaki (cooking meat and veggies on a large hot griddle) might not hit everyone’s taste. I totally enjoyed it and recommend it to everybody who wants to experience something new away from fast food and formal restaurants.



Local Band Spotlight:

Energy Park Drive

By Dan Lindahl

With influences that range from Cartel, Forever the Sickest Kids, and Motion City Soundtrack to Kingston Falls, the band Energy Park Drive has been able to create their own unique sound, but the band strives for bigger horizons than that. Though only Ethan Prosser goes to the high school all the other members are alums of FLHS. The band consists of Prosser, Erik Moody who goes by “Moody”, brothers Mark and Eric Rolseth, and Adam Kettler.

The band’s goal is to play catchy and upbeat songs. “We play high energy, fast, pop music”, said Prosser. Lyrically speaking, Energy Park Drive tries to tell stories in their songs. “We write about adventures and every day stories that people can relate to,” said Prosser.

Energy Park Drive (EPD) has a loyal fan base already in Forest Lake, and they are expanding into other parts of Minnesota. One local venue you can count on catching Energy Park Drive at is the Nesting Grounds in Wyoming. EPD has had some trials in their tenure as a band. They recently have been on a short break due to their singer leaving the band. EPD is excited to return bigger and better than ever.

These young men aren’t just great musicians they’re great people as well. Their fans don’t just come to see a great rock show, but also to hang out with a band



that doesn’t have any problems with ego. “They’re one of a kind, said senior Jake Hall, who enjoys dancing to the band’s music. Prosser knows the best days of the band are ahead. “We are really excited because we are going to be recording an EP with Jordan Schmidt in March.” An EP is a CD that is put out that is longer than just a single, but too short to be considered a full length release. For those that don’t know the name Jordan Schmidt it might interest you that he has produced music by All Time Low, Sing it Loud, and Jamestown Story to name a few.

With a recording on the way and a bigger and better sound, the name of the band makes sense. It comes from a street in Saint Paul. For that reason and many others it makes sense to assume this band is going full speed ahead. See when their next show is: www.myspace.com/energy-parkdrive

Twilight: Two fangs up

By Cassie Olson

Twilight, a novel by Stephenie Meyers, came out in the theaters last Friday, but I, along with the crazed *Twilight* fans went all out and saw the movie at the midnight premier. I bought my tickets last Tuesday to see the movie at the East Bethel 10. When I got my tickets, they told me to get to the movie theater around 10:30 p.m., because the line would start to form. Of course, I wanted to be one of the first people in line, so I got there at 10 p.m. to find only one other group of people there. I just assumed that we were early and that people would start to pile in. About forty-five minutes later, the only people who were there was the group of three in front of me, my group of six people, and seven others. At this point, I was a little upset because there was no reason I needed to show up early. At 11 p.m., they started to let everyone into the theater to get into their seats. And when the movie started, only half of the theater was full.

Twilight is a story about a girl, Bella Swan (Kristen Stewart), who moves in with her dad, Charlie (Billy Burke), in a small town called Forks. When she

goes to school, she meets a very different person, Edward Cullen (Robert Pattinson), who seems almost scared of her. But what she doesn’t know, is that she should really be afraid of him. One wrong move and she could be his lunch. Edward is not part of a normal family, he’s a vampire. Soon, a mere mortal and a dangerous creature find a love they can’t hide. Like reading any book that gets transformed into a movie, scenes are taken out and even added in, and this movie was no exception. If you read the book just remember to not think about the book, even though it is very hard. It is such a good book and it gets so close to you and you are close to the characters it’s hard to see anything change. Without giving away to much the movie changes everything from taking out parts of the plotline to the smallest details like how fast Bella’s computer is. But all in all, I give the movie four stars out of five. If you would’ve asked me right after the movie, I would have given it two because throughout the whole movie, I was looking for ways it compared to the book. But looking back, it was an amazing movie and I recommend it to anyone.

The hoop scoop

By Kyle Arbuckle

Coming from last years 19-10 record, the FLHS boy’s basketball team hopes to improve their record and make it to state.

“We come off a season where we missed going to the state tournament by less than 5 minutes,” said head Coach Dan Cremisino.

After defeating four of the top ten teams and achieving an eight game winning streak, the team comes from a great season, with the return of some talented players. Some of those players include:

Seniors, Griffin Lentsch, John Young, Tony Kuefler, Ty Cremisino; Juniors, Zach Riedemen, and Doug Sewell.

“We have lost two good scorers from last season and we have players who can step in and fill those roles, but they will have to prove it,” said Coach Cremisino.

“Our goal is to build a program that stands the test of time. We want to continue to improve and stay strong year after year.”

The girl’s basketball team has large goals this season.

“Our goals are to win the SEC conference, win the section and place at the State Tournament. Our top competitors in our conference are Park of Cottage Grove, Woodbury, Cretin-Derham Hall and White Bear Lake,” said Jennifer Wagner, girl’s basketball head coach.

According to Coach Wagner, the two top returning seniors are Gina Lange, and Annie Berner. Last season’s record of 16-11 will hopefully improve this year.

“We have to become more consistent outside shooters, handle pressure better, and develop stronger dribbling and passing skills,” said Wagner.

The first home game is on Friday Dec. 5 for girls, and Saturday Dec. 6 for boys. Show up and show some ranger spirit.



Girls gymnastics looks to build on last year’s success

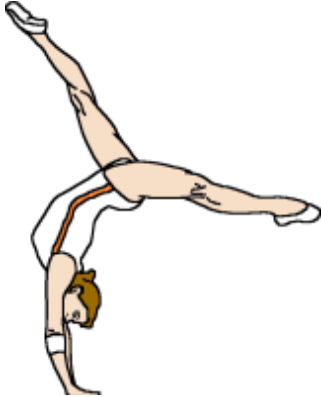
By Cassady Zebro

Last year ended well for the Forest Lake Gymnastics Team, with placing 4th in the toughest conference in the State, the Suburban East Conference. With the team starting up again on Nov. 17, their Head Coach Nancy Ellias hopes for another great season.

“The beginning of the season is always exciting. It’s a new beginning, and a fresh start with new kids on the team, since the seniors from last year have graduated,” said Ellias. “It’s always a hopeful time of anticipation and promise. I am excited to see the leadership, maturity, and skills that have occurred with the girls since the previous season. I get to know the girls very well since I have many of them on the team for four to six years, and they are tremendous individuals!”

Some of the top girls from last year’s team returning are: Senior

Scotti Sampair, Juniors Taylor Brett and Esther Jandrich, and Freshmen Jessie R a m b e r g , M a r i s a M o r a v e k , Olivia Olesiak and Allie Bey.



Ellias has great intentions and goals for the girls this season.

“I really hope we can qualify as a team for State this

season and also qualify at least three or four girls for Individuals at State,” said Ellias. “My main goals every season are to keep my athletes healthy, free from injury, to be able to improve their skills and most of all, to be good people!”

From Nov. 17 to the end of the season, Feb. 27, the girls will be working hard to achieve their goals they set. Their first home meet is on Nov. 4.

More than just for kicks

By Krysta Nelson

The winter dance team is gearing up for a promising season. The girls and their coaches have high goals this year.

“We are looking to move our scores up from 54 out of 100 to the 60s and 70s range in Jazz, and for kick we are looking for consistent scores in the 70s and our first scores in the 80s,” said assistant coach Cheryl Smoczyk.

According to Smoczyk, the team needs to work on greater precision of placement for the varsity team and more flexibility in the JV team.

However, this year the team has great work ethic and a wonderful group of hardworking seniors. Captains Kaitlyn Bryant, Kathleen Dunsmore, and Allyson Kohler are choreographing the dances.

The girls will be dancing in their first invitational all day on Saturday, Dec. 6 at the Target Center. Student tickets are \$2 at the door. Their first conference meet is Monday, Dec. 9 in Roseville at 6 p.m. Students are encouraged to come and cheer on FLDT.

Hockey teams ready to hit new ice

By Johanna McDowell

The boy’s hockey team is made up of just about all seniors. This year the team will have 12 seniors on the ice. There is no doubt that these boys won’t be good. Captains this year are Kyle Young, Paul Moberg and Brad Ristow; these boys will bring good leadership and great skills to team this year.

“This year will be very good; we have a strong team and the majority of them are seniors and therefore we will have an experienced team so we have a great opportunity to do something with the year,” Young said.

“Home games and playing for the first time in the new arena”, said captain Paul Moberg.

The boys are excited to get the year started and look forward to playing games in their new arena.

“This year we will have a very tough team; a team that will wear its opponents out,” said Head Coach Aaron Forsythe.

“Our toughest teams will be our first four games this year against Elk River, Anoka, Grand Rapids and White Bear,” said Forsythe.

Their first game away in Elk River Nov. 29 at 7:30 p.m. and first home game on Dec. 6 at 3:30 p.m.

GIRLS

With the season well on its way only two seniors will skate on the varsity ice this year; Stephanie Williams and Captain Ashley Grell. With many young girls, mostly freshman, the team will have to pick up the pace and work hard.

“Well, they are really going to have to step up this year and perform at a varsity level. I’m proud of them so far and believe they can do it,” said Grell

The girls couldn’t be more excited to play in the new arena this year. They even got to



design their new locker-room and are thrilled to use it. No longer will they have to share the ice with the boys. Tryouts went well and now the girls are ready to work hard at practices and games. There first game was held at the new sports complex on November 15th verse Proctor. The girls fell 5-1 but played great. Come see the girls in action next at home on Dec. 6 at 3 p.m.

Girls, boys nordic ski teams take off in new season

By Megan Daly

The boys and girls Nordic Ski teams ended their seasons on a high note last year, and this season the team seems to be picking up right where they left off.

Although snow is just starting to appear in Minnesota, the Nordic Skiers have been conditioning and training dry land style. Both the boys and girls teams practice intensely six times a week. These practices however, pay off big when it comes to the meets FL Nordic attends. Coach Deno Johnson trains both teams.

“They (the boys and girls) train together and race separate, so they are really two separate teams,” said Johnson.

These practices consist of 150 minutes of skiing, sprints, technique drills, and timed trials. But, the work and commitment put into their conditioning gives team members the confidence and strength needed to win meets. Both the boys and the girls have their first meet on Dec.4, and the teams are getting excited.

“I love the feeling I get when the tips of my skis are sitting on the starting line, and I’m waiting for the countdown to start,” said sophomore Jen Scott.

The FL Nordic season is just beginning, so be sure to keep an eye out for their many victories to come over the next winter.

By Charlie Nelson

The Boy’s Swim Team is getting back into the water after a year in which they sent five swimmers to state. Unfortunately for the Ranger Boys four out of those five have graduated along with a very good senior class. The remaining swimmers aren’t ready to roll over though. They are ready to compete and try to get swimmers back to state.

Senior captain Clint Krummi said, “Our team and section is very close so we will have to bring it up a notch to take sections”

Krummi expects to make it

Wrestlers back on mat

By Katlin Johnson

Forest Lake High School has a l w a y s had a very driven and competitive wrestling team, is that what we should be expecting this year? When asked about goals for the season wrestling coach Bill Pierce said,

“I let the wrestlers and team captains decide their goals for the season, but we hope to continue to improve as last year and get more competitive at section”.

The teams top returning athletes are Ben Morgan, freshman, Charlie Jansson, junior, Andy Kobel, senior, Kevin Nelson, junior, and Caleb Corrow, senior.

to state in his senior year along with some other swimmers. Even though swimming is the main aspect of the swim team, when asked what he enjoys most on the swim team he told me, “The Food.”

The swim team hosts breakfasts and dinners to raise money for the swim team. If you are interested in swimming and eating, the team is accepting new members for the team until December 1st, so if you like swimming and eating, look them up.



Freshman Ben Morgan, '07-08 State Champion is one of the top returning members of the team. Photo from forestlakewrestling.com

Morgan, Nelson, and Corrow are state entrants from last season. The team’s biggest opponents are Hastings and White Bear for conference, and Anoka, Coon Rapids, Cambridge, and St. Francis for sections. All of these t e a m s , including Forest Lake, placed in top twelve of state last year. The teams are very competitive because

“They are very great youth feeders, they have tradition and strong coaching”, according to Pierce.

The team’s first match is home on Thursday, Dec. 4 against Cretin-Derham Hall.

And that's the way the turkey cooks

A hearty dinner shared starts tradition

By Kellie O'Brien

Do you have any idea how Thanksgiving began in America? Most of us don't; therefore, this article is going to give you the quick low down on the entire holiday.

In 1621 the pilgrim colonists and the Wampanoag Indians – shared a big feast together. You and I would call it a hearty dinner. But, the term “thanksgiving feast” was adopted for this particular event.

The feast was actually a symbol of peace between English colonists and Native Americans. The funny thing is, however, the Native Americans had always celebrated with a big feast each fall

because they had a huge amount of crops they harvested from their fields. In this particular year, the Native Americans asked the newly – established colonists to join them in their feast.

Although it is not certain of the exact menu served back in 1621, it is safe to say that the history books did record that our early diners enjoyed venison and fowl.

Today, you and I celebrate this feast with a form of fowl – that would be our turkey.



We gather with our family and friends to continue the tradition that began over 350 years ago.

Be bold on Black Friday

By Johanna McDowell

“Black Friday” is known around the United States as the Friday after thanksgiving. Many stores sky rocket their sales that day and doors open as early as 6 a.m. Parents often go to these store events to get a good deal on something there child wants for Christmas or just anyone they need to buy a gift for.

“I have not gone before, but I would like to go this year to get a taste of the real hustle and bustle of the holiday season,” said senior Kellie O'Brien.

People are always lined up outside doors before they open and sometimes they stay over night just to get the good steal on an item. To prepare for this years Black Friday, you can go online and print coupons off and bring

them to the stores you choose. There are many stores that do this event so just take a look.

1. <http://www.dealtaker.com/blackfriday.html>, Sports Authority has the entire stock of all Adidas bags 30% off and also men and women's running shoes on sale for only \$39.99.

2. <http://www.blackfriday.info/>, Target has great deals this year like the Aiptek 8MP Digital Camera/Camcorder (Red) for only \$69.00 and also the Kodak 7" Digital Picture Frame w/ Quick Touch Border for only \$59.00

3. <http://blackfriday.gottadeal.com/>, Dicks has some great deals like a Men's NFL Replica Screen Print Jersey for only \$49.98, also the Garmin nuvi 205 Widescreen GPS Navigation System for a good deal at \$149.98.

Black Friday store openings:

Kohls - 4 a.m.

Old Navy - 5 a.m.

Dicks Sporting Goods - 5 a.m.

Best Buy - 5 a.m.

Sports Authority - 5 a.m.

Target - 6 a.m.

Tanger Outlets (North Branch) Midnight

What's your favorite Thanksgiving food?

- “Sweet cream tots” - Tony Kuefler, senior
- “Sausage” - Camille Gross, senior
- “My grandma's pumpkin pie with Oreo crust” - Lena Anderson, jr.
- “Mash potatoes” - Lauren McClure, senior
- “Mash potatoes with gravy!” - Paige Debeau, junior
- “Buns and Ham” - KC Pringle, junior
- “Banana cream pie” - Amber Grell, sophomore



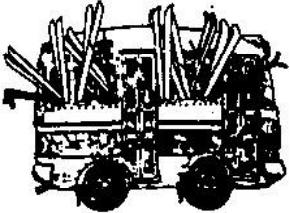
VENTURERS SKI & SNOWBOARD CLUB

Welcome to our Ski and Snowboard Club. We're a non-profit co-ed Snowboarding and Skiing group that's fun and affordable. We Snowboard and Ski Sundays beginning Dec. 7, 2008 through Feb. 22, 2009. All youth, young men and women, in grades 9-12 are eligible and welcome to join.

Registration and Shuttle Cost for Local Sunday Trips
Dec. 7, 2008 thru Feb. 22, 2009 = \$155 Lift Ticket Each Sunday: \$17 (save \$\$)

SAVE \$10 overall by registering at the sign up night.
Rental is available at the resort areas with our group discount. Shuttle stops near you!

Ski - N - Snowboard



VENTURERS

Informational Meeting!
Thurs. Dec. 4th 7:00 pm
Forest Lake High School RM 117

Questions? Can't make it?
Call Bill @ 651-254-9179
Or email horeckabill@msn.com
Bring in this ad and save \$10!



Great tasting Turkey Day treats

Gathered by Kellie O'Brien

PUMPKIN GOOEY BUTTER CAKE

Ingredients:
1 package yellow cake mix
1 egg
8 tablespoons butter, melted
1 (8ounce) package cream cheese, softened
1(15 ounce) can pumpkin
3 eggs
1 teaspoon vanilla
8 teaspoons of butter
1 (16ounce) box powered sugar
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg

Directions:
Combine cake mix, 1 egg and 8 tablespoons melted butter. Mix well with electric mixer. Pour into 13x9 pan, which has been lightly coated with vegetable spray. For the filling, beat cream cheese and pumpkin until smooth. Add eggs, vanilla, butter and beat. Add powered sugar, cinnamon and nutmeg. Mix well. Spread over batter and bake 40 to 50 minutes at 350 degrees.

PUMPKIN COOKIES

Ingredients:
1 cup oil
3 cups sugar
2 eggs – beaten
3 teaspoons vanilla
5 cups flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons nutmeg
2 teaspoons cinnamon
1 teaspoon allspice
¼ teaspoon ginger
1 ¾ teaspoons salt
1 29-ounce can solid-pack pumpkin
2 cups semisweet chocolate chips
1 cup chopped walnuts (optional)

Directions:
Pre-heat oven to 350 F. Beat oil and sugar to mixing bowl. Add eggs and vanilla, beating well. Sift flour, baking powder, baking soda, spices and salt together. Add to sugar mixture alternating with pumpkin, beating well after each addition. Fold in chocolate chips and nuts. Drop of teaspoon-fuls onto greased cookie sheets. Bake for 10 to 12 minutes or until golden brown. Cool on wire rack.

Thanksgiving Jokes

- 1) What did the Turkey say before it was roasted?
- 2) Why did the turkey play drums in his band?
- 3) What type of music did the Pilgrims like?
- 4) What is a turkey's favorite dessert?
- 5) What did the mama turkey say to her naughty son?

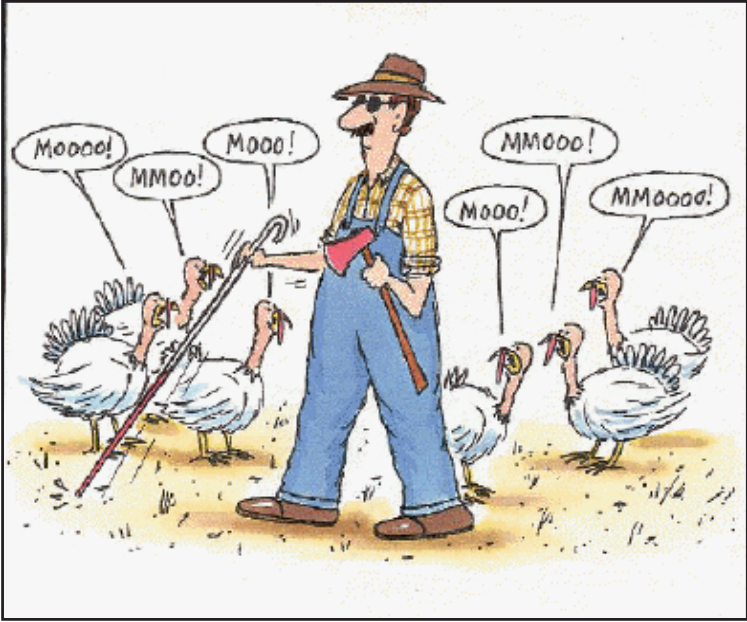
(Answers at the bottom of the page)



Benefits of burning the bird

Found by Johanna McDowell

- 1) Salmonella won't be a concern.
- 2) No one will overeat.
- 3) Everyone will think it's Cajun Blackened.
- 4) Uninvited guests will think twice next year.
- 5) Your cheese broccoli lima bean casserole will gain new appreciation.
- 6) Pets won't pester you for the leftovers/scraps.
- 7) The smoke alarm was due for a test.
- 8) Carving the bird will provide a good cardiovascular workout.
- 9) After dinner, the guys can take the bird to the yard and play football.
- 10) The less turkey Uncle George eats, the less likely he will walk around with his pants unbuttoned.
- 11) You'll get to dessert quicker.
- 12) You won't have to face 3 weeks of turkey sandwiches.



Comic taken from www.humormatters.com/holidays/thanksgiving.htm