

## From the High School to the Ballroom

### Student Council sponsors Snowball Dance Saturday at Tanners Brook Golf Course

By Krysta Nelson

As many of you have heard, the Student Council is putting on a mid-winter dance on Feb. 7 at Tanner's Brooke Golf Course from 8-11 p.m.

"The Snowball Dance will bring a great deal of excitement," said Lee Anne Brockman, the Student Council advisor, "and at this dull time of year, a dance is a great thing to go to."

The committee putting this event together is led by seniors Molly Baatz, Mallory Messin, and Alisha Colling. According to Brockman, the group is excited.

"They have a lot of good ideas to make the night special," said Brockman.

The committee decided to change locations based on input from peers. Dances at the high school are not as memorable. The decorated ballroom will help turn the mood around.

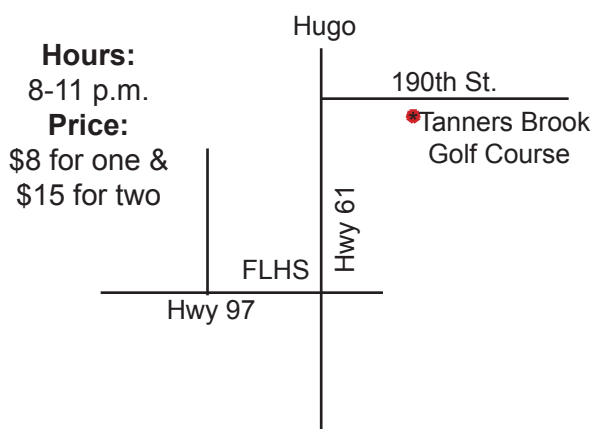
Messin says the dance will be a lot of fun.

"Students should go because it's important for students to stay

involved and show their school spirit," said Messin, "Plus, this is going to be one of the best dances the school has ever had with a live band and a DJ."

There are a limited number of tickets available. It costs \$8 for one ticket and \$15 for two. The higher prices will help cover costs for the more formal occasion.

"It's a fun, new experience," said Baatz. "We've heard for so long that dances should be outside of the school, and so we organized one at a place that's appropriate yet elegant. Come and join the fun!"



Directions to Tanners Brook Golf Course:  
(from the high school)  
Take Hwy 61 South.  
Turn right onto 190th Street.  
It is two blocks down on the right.

**Hours:**  
8-11 p.m.  
**Price:**  
\$8 for one &  
\$15 for two

## Car groups on government's drip

### Will a stimulus package jolt the auto industry?

By Dennis Sprute

The banking and credit crises continue unabated. At the same time, the car industry crisis roars down its bailout road to survival. While the German car industry endured "only" an 18 percent loss, which is one of the weakest years since the 1989 reunion, America's loss is the most drastic. Only 13.2 million cars were sold in 2008 unlike 2007, when 16.2 million vehicles were sold. In December, it became even worse. Car sales of all companies combined, crashed twice as fast – dropping a whopping 36 percent! This drop is a big driver and victim of the recession. Fewer and fewer U.S. citizens get credit, or they avoid buying a car because making house payments, buying food and other necessities are more important. After the horrible year of 2008, the U.S. is threatened by an even worse car economy in 2009. General Motors has had it's worst year in 50 years. But also, big German car companies, like BMW or Porsche, and even the leader in the field, Toyota, will be facing rapid downswings this year. Experts predict decreases of the sales and don't see a brisk recovery.

With about 3 million vehicles

sold in 2008, General Motors's sales dropped almost 23% in 2008 – including a staggering 31% in December. Business rival Ford dropped from 21% to 32% and Chrysler was hit the hardest. After a loss of 30% in 2008 Ford dropped a



disastrous 53% in December. Together, their U.S. market share will decline to more than 50% for the first time. All this adds up to enormous losses for each company and the industry as whole.

On the brink of bankruptcy, General Motors and Chrysler recently received multi-billion dollar emergency credits from the U.S. government. They were provided with \$17 billion that should last at least until March. President Bush emphasized that all the money has to be paid back under strict conditions. Even Canada's Prime Minister, Stephen

Harper offered to help with another \$3.3 billion. Also, one of the big Chrysler copartners, Cerberus, plans to be proactive and came up with a shotgun-marriage with General Motors, which would cost another \$1 billion and 40,000 employees could lose their jobs. In general, the companies that suffered the most – General Motors, Ford and Chrysler – announced that they are planning on canceling one third of the 96,000 current jobs. In Minnesota alone a thousand workstations would be affected.

Among the German car companies old bull BMW suffered the most. BMW's U.S. sales dropped about ten percent – 300,000 cars – in 2008. December sales dipped a stunning 36%. Without the subcompact Mini the decrease would have been even worse. At the same time, big companies like Mercedes (dropped more than 11% and more than 32% in passenger car sales) and Porsche (decreased 25%) got off with more than a slap on the wrist. It remains to be seen what is going to play out, but one thing is for sure: It's not going to be a bed of roses.

# Winter Wonder Week

@forest lake high school

**MONDAY**

Get Up & Go Day

**TUESDAY**

Twin Tuesday

Boys Volleyball Tournament at 7, FLHS

**WEDNESDAY**

Wacky Wednesday

**THURSDAY**

Class Color Day

Seniors Red / Juniors Blue / Sophomores Green / Staff Yellow

Boys Swimming & Diving Varsity Meet at 6, SWJH

Gymnastics Meet at 6, FLHS

**FRIDAY**

Maroon & Gold Day & Dance off

Pep Fest

**SATURDAY**

Girls Varsity Hockey at 7:30, FLAA Sports Center

Snowball Dance at 8, Tanners Brook

## Ind. Living class places nationally

### Stenberg and 17 other students place in top 25th percentile

By Cassie Olson

While reading the *Star Tribune*, FAC's teacher Barbra Schellinger found an article by a *New York Times* columnist about the Financial Literacy Challenge, a test that has only been around a few years. This year she thought her Independent Living classes would give it a try. So, between Nov. 3 and Dec. 12, over 75,000 students nationwide took the test and eighteen students from her class, placed in the top 25<sup>th</sup> percentile.

"I was very proud of all of them," said Schellinger.

These eighteen students got a certificate of recognition: Seniors Cameron Belden, Kelli Cooper, Emily Dupree, Chelsey Hagen, Derek Hanson, Chelsey Koch, Sierra Kraitier, Tom Loude, Joe Odegard, Brittney Radden, Amanda Sample, Derek Sandkamp, Ben Stenberg, Christina Tkach, Timothy Welty, Mia Xiong and Junior Kayne Angell.

One student in particular, Senior Ben Stenberg, earned a spot in the top one percentile in the nation. Meaning that out of the 35 questions, Stenberg answered 34 correctly. One more right and

he would've earned a \$100,000 scholarship to the school of his choice. Only 400 students got into the top one percent and they all will receive a medal.

"I was really surprised that I got that high," Stenberg said, "It's kinda cool."

The test looks at subjects such as finances, literacy, savings, and liability, as well as insurance, which was the only thing Stenberg had trouble with. The students actually hadn't covered all the questions in class before they took the test.

"It was about life experience and stuff," said Stenberg.

Stenberg and the other students were featured in the *Pioneer Press* on Dec. 3, 2008.

The Office of Financial Education in the U.S. Department of the Treasury hopes that the honors that students are able to get are inspiring to get other students to focus on financial education.

If you would like to take the test next year, take Independent Living in either your junior or senior year during first semester. Schellinger won't mind having more national winners in her class.



# Preparing for battle

FLASH Power Robotics Team welcomes new members

By Eric Snidarich

Robotics, cutting edge technology, career exploration, all in the hands of a small group of teenagers here at Forest Lake High School focused on a new year of problem solving, technical issues, and building friendships, along with healthy competition.

All of this is made possible through an organization called FIRST. Founded by Dean Kamen, inventor of the Segway PT and the iBot, FIRST (For Inspiration and Recognition of Science and Technologies) takes students from around the world and puts them into a situation where they only have six weeks to brainstorm, design, and create a fully functional robot that follows the regulations of that year's competition.

Forest Lake's place in all of this is the same as everyone else: to learn about engineering, marketing, and problem solving while in a friendly environment. The main goal besides career exploration is gracious professionalism.

Team Captain, senior Richard Ziegler agrees with this concept.

"It's not of any major concern as to whether we win or lose, because it's more about having fun along the way," said Ziegler.

Gracious professionals learn and compete like crazy, but treat one another with respect and kindness in the process. No chest thumping tough talk, but knowledge, competition, and empathy are comfortably blended.

"We need people who have specific skills that they are good at,

especially in mechanical and electrical," said Ziegler. "I wish we had people who were fluent in these things, and who were able to quickly pick up on what we are doing."

It is Forest Lake's second year with the FIRST program, and this year is going much better than



their rookie year.

"So far the season is going well, we seem to be in better shape than last year," said Ziegler. "Overall, I feel that we have a great group of students involved, and tasks are being accomplished."

The team is called FLASH Power, and it is lead by; chemistry teacher Lynda Rupp, and Ziegler, technical advisor for the team.

"We do need a lot more people to join," said senior Joe DeVore. "There are many jobs that need to be done, but we don't have the people to do them."

The team has already assembled their creation.

"From the mechanical part of the robotics team we are doing good this season," said DeVore, "We started out with a complex idea, but a few days later settled on a much simpler plan."

The game this year is called Lunacy. The game is played on a 27 x 54' field known as The Crater. Alliances of three teams are started at bases on either side of the field. The crater is covered with a slick polymer called regolith that provides a unique surface for robots to drive on. Special wheels are used to create a low friction reaction with the floor. This replicates the one-sixth gravity reaction of driving on the moon. With a low friction playing surface, wipe outs and high speed collisions are expected.

At the beginning of the game, Payload Specialists are positioned at opposite sides of the crater. Each robot is placed on its launch pad with the trailer touching the wall of the crater. Robots are allowed to start the game with up to seven moon rocks in their possession.

During the autonomous period where robots drive around without outside control, payload specialists attempt to throw moon rocks into the moving trailers. At the end of the autonomous period, human players step forward to take control. Robots can guide loose rocks back to the payload specialists.

"I encourage anyone who thinks they want to do any type of engineering or other technical fields to join robotics. We could easily use 6-8 more people," said DeVore.

Last year the team finished 27 out of 54 teams at the competition. This year's competition will be at Williams Arena at the University of Minnesota sometime in April.

# Congratulations to the FLHS Theater Department!

By Joe Loeffler

Awards were recently announced through the Spotlight Musical Program, some Forest Lake students were selected.

The Hennepin Theatre Trust, a non-profit organization, established the Spotlight Musical Theatre Program to honor the excellence of high school musical theatre. Think of the Tony Awards which acknowledge Broadway excellence, only a little of a ways down the ladder.

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The winners from Forest Lake High School are:

## AWARDS

**Senior Jessica Pimpo** for Outstanding Performance in a Leading Role for her performance as Hope Cladwell.

**Senior Kristine Shields** for Outstanding Performance in a Supporting Role as Penelope Pennywise.

**Senior Stephanie Williams** for Outstanding Performance in a Supporting Role as Little Sally.

## HONORABLE MENTION

**Senior Ben Tolzmann** for Outstanding Performance in a Leading Role for his performance as Bobby Strong.

**Junior Gweir Glewwe** for Outstanding Performance in a Supporting Role as Officer Barrel.

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*The Breeze* would like to congratulate all the performers nominated and the rest of the cast for making *Urinetown* a highly entertaining musical.

**REMEMBER:**  
**Valentine's Day**  
**is soon!**  
**Candy Grams**  
**on sale**  
**during lunch.**



## 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.

# Volunteers needed! Youth Advisory Board

## Description:

Students work together to coordinate local service projects. In the past, teenagers on the Youth Advisory Board have hosted carwashes to benefit Locks of Love and made goodie baskets for new moms at the hospital. Currently, the group is trying to create tobacco free zones around Forest Lake.

They meet every fourth Monday of the month from 6 to 8 p.m at the Youth Service Bureau in Forest Lake (244 N Lake St.)

## Requirements:

Teens in grades 7-12

## Contact:

Tovah Rykken

## Phone:

651-464-3685

## E-mail:

tovah.rykken@  
ysblakesarea.org



# WANTED: YOUR CLOTHES

## NHS Clothing Drive

### When

The entire month of February

### Description

Bring your gently used clothes to school and you will be helping teens in the following Family Pathways Youth Programs: D.R.E.A.M. Girls, Circle of Friends & Teen Centers.

### Prizes!

For every 3 items you donate, enter your name in a drawing. Monetary donations are welcome!

### Drop off Donations

Student Parking lot door, by the main office or Ms. Guy's (Room #313)



# Packing more than just a punch

By Cassady Zebro

Whether in class, the halls or cafeteria, the great, brightly advertised can of “energy” is in someone’s hand. Have you ever thought of what is actually in those addicting energy drinks? Or why is it, hours after drinking half to a full can of the drink you crash? Well, let’s look at the facts behind these “energy makers.” As studies have shown, they can boost memory and improve concentration, but if someone drinks too much of the main ingredient in these drinks, caffeine, it can set one up for destruction. According to Kathleen Doheny, a Los Angeles-based journalist specializing in health, fitness, and behavior topics, too much caffeine can give someone high blood pressure, high blood sugar, and decreased bone density. The dangers of high blood sugar can be: heart attacks, strokes, full-blown Type II diabetes, and even have been suggested to cause some forms of cancer, as stated by Sari

N. Harrar, former Health News Editor at Prevention Magazine. So, have you experienced the crash effect? Well, the facts are simple. When sugar enters the blood stream, it gives the consumer a blast of energy. Once that sugar is worked off, there comes a sugar crash. That’s when the feeling of tiredness is thrust upon you. These drinks may have already convinced some that they’re the



SOURCE: gamestop.com

perfect substitute for sleep when it comes to staying awake during the day, but that’s not the case. Getting the needed amount of sleep, eight to ten hours a night, is so much healthier and keeps you focused longer than a drink that wears off after a few hours. Sleep has no calories, and refreshes our bodies, it also burns calories while energy drinks add them. As long as one’s careful with energy drinks, and responsible on how much is consumed, then I think the drink is alright. But not everyone is responsible. Some abuse their consumption of these health-hazard-could-be’s. Let’s think more about our health for our future’s sake.

# Shot in the arm in a can

By Megan Daly

As I walk down the hall holding a can of Monster in my hand, I catch warnings from my friends and peers “those are so bad for you!” Evidently, people have come to the conclusion that energy drinks are sugary, caffeine-loaded death wishes that are addicting and unhealthy. I will be the first to admit that once you are used to a shot of caffeine in the morning, it is hard to function normally without it. So, I will just come out and say it, “Hello, my name is Megan Daly and I am a caffeine addict.” There have been articles telling the stories of teens drinking an energy drink and never waking up. What people are failing to see is that the deaths were caused by mixing alcohol or prescription drugs with the energy drink of the “victim’s” choice. In all seriousness, energy drinks have about the same caffeine content as a cup of coffee in each serving. And although there are some herbal stimulants added

to the product, the results leave you feeling alert and awake. The sugar content is higher than a normal can of soda, but one could argue drinking something like this has the same dangers of eating unhealthy foods such as McDonalds. The dreaded energy drink crash is also a negative spin associated with energy boosting products. Be sure to eat something before, or along with the drink. This will give your system something to work with, so you’re not just running on pure caffeine and sugar. Energy beverages make a great supplement - not replacement. This may help ease coming down off a caffeine buzz. When drank in moderation, I doubt energy drinks will have any serious effects on your long term health. If there is ever a food or product you are unsure about, research it and find the circumstances behind the negative rumors and side effects.

# Teens need green

By Johanna McDowell

How much are you making at your job? Do you think you should be paid more? In Minnesota, the minimum wage is \$6.55 an hour. This amount was raised from \$5.85/hr. in 2007. Many teens and young adults look for a job to pay off bills, buy gas, and have extra spending money. But how can this really help us with the wage being so small? With this amount, we now have to work longer hours and some businesses just can’t afford to keep us as long as we want. I think we should raise the minimum wage. Yes, businesses might struggle with the starting wages being raised, but that could bring younger teens into the work force. They wouldn’t need many hours and if the starting wage was raised, a few hours a week

could be helpful in many ways. The shifts could be shorter and it would not be hard to find a job because businesses would always be looking for another employee. According to the US Dept. of Labor, in 1995, minimum wage reached one dollar and it has slowly been increasing. Minnesota has a low minimum wage in comparison to some states with many states already above \$7. Vermont is \$8.06 and Washington is \$8.55 an hour. In July of this year, the minimum wage for our state is to be set at \$7.25 an hour. With this increase, teens will not have to work so much and could enjoy being a kid during high school. In my mind, Minnesota is just starting to catch up.

# Wages low = country up

By Kyle Arbuckle

Whether you’ve heard or not, the federal minimum wage will increase to \$7.25 on July 24 of this year. At first, it sounds pretty good, but the more you think about it, the more it starts to sound like a bad idea. In the current state of our economy, there is nothing good that can come out of a minimum wage increase. Whenever minimum wage goes up, the unemployment rate also increases. Companies are already preparing for the increase. Companies are laying more people off and hiring less as we get closer to July. Right now, our economy is in a state of deflation-our dollar is worth more.



Source: The Oniion

Sounds good, right? Our current inflation rate is 1.07% which is incredibly low. An ideal inflation rate is 3.4%, where companies are earning enough and the citizens aren’t paying too much. When minimum wage increases, companies have one of two choices; increase prices or lay off workers. Let’s use Target as an example. Target employs an average of 50 employees per store and roughly half of them are paid minimum wage. Those 25 people work 20 hours a week, 4 weeks a month. Target has to pay an extra \$1,400 a month per store. Multi-

ply that by the number of stores in Minnesota (65). That’s an extra \$91,000 (roughly) a month just for Minnesota. Target is not just going to pay an extra \$1,000,000 a year (that’s just for Minnesota). They will have to make that money back by raising prices and/or laying off workers. Not only will people lose jobs, but the most likely group of people to lose their jobs are teens. Not only will more teens lose jobs, but teens who are looking for that first job will have an even harder time finding it after the minimum wage increase. A minimum wage increase is the last thing our country needs at this time. If minimum wage has to increase, it shouldn’t be by such a large margin, or they could push the date into 2010. That way our economy would have time to grow and develop, and maybe the unemployment rate wouldn’t be as high.

# Human trafficking in U.S.

By Elizabeth Brown

Dictionary.com defined trafficking as, “trading or dealing in a specific commodity or service, often of an illegal nature.” Today, in countries all over the world, 600-800,000 human per year are being trafficked. Here in the United States cases of trafficking have been reported in all 50 states. This should make us realize that this issue isn’t just something dramatized occasionally on Law and Order. These people may be used in the sex industry, forced into domestic servanthood, or they may become child soldiers. According to humantrafficking.org, human traffickers lure victims with the promise of a job in modeling or the catering industry. The traffickers often also promise the victim that they may further their education while working. Once the victim reaches the location and meets the trafficker, they are forced into the industry, with no rights, and often, no way out. The United States has set up laws that make it a criminal offense to traffic humans into or from the United States. The Victims of Traf-

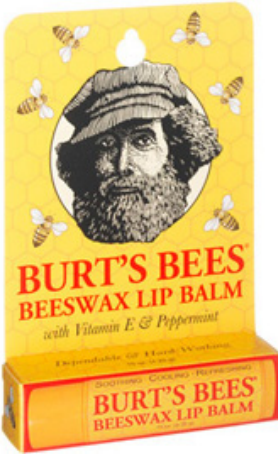
ficking and Violence Protection Act of 2000 allows for a greater maximum sentence for the trafficker, and provides resources for the protection and assistance of the trafficking victims. Under this act, trafficking victims may stay in the United States and apply for permanent residency. Individual states such as Florida and Connecticut have put laws into place where trafficking is concerned. The updated Trafficking Victims Protection Act of 2005 was signed in January of 2006. So, what can we do to help? While it may seem like there is not a lot that the average teenager can do about this problem, every effort helps. This is not jus an issue in foreign countries, human trafficking is happening in this country and it needs to be stopped. There are several organizations and websites dedicated to educating people about this great injustice, and raising money for the prevention of such practices.

**For More Information:**  
humantrafficking.org  
stopthetraffik.com  
stophumantraffice.com

# Hard times demand soft lips

By Charlie Nelson

As I stepped outside this winter, I noticed a familiar feeling. My lips were chapped. I wet my lips, thinking this would help, but, of course, this only made it worse. With nowhere else to turn, I went to my local drug store and came across a wide selection of lip balm. I couldn’t decide which one would quickly ease my suffering. Should I trust the name brand Chapstick? What about Burt’s Bees? Will the generic brands do the job? I know I’m not the only one who has had this problem. As you may have realized, some lip balms are situational. Some are best used to help in the summer and some are better for the



winter. Some ease sunburn while others soothe the dry lips of winter. One of the keys to successful lip balm use is finding what ones are the best for which situation. The blistering cold is causing problems for all of us and is preventing us from having soft, chap-free, kissable lips. So far this winter, I have tried different kinds of lip balm. I have applied everything from Carmex to Fruit Sensations; generic and name brand; flavored and flavorless. The first thing I noticed is the name brand Chapstick and its generic counterparts have the same effect. The generic works just as well. My lips couldn’t read the

label and I saved a few cents in the end. Burt’s Bees and Carmex, to a lesser extent, will give your lips a strong tingly feeling. You can feel it working and your lips are in great shape at day’s end. I would advise you to go for something like this. I have had a bad experience this winter though. I had some Fruit Sensations lip balm. This lip balm left a weird taste and left my lips dry. They were all talk and no game. They bragged of this “sensation” you will get, but it was not sensational. The fruit was not fruity and my lips stayed dry. Some flavored products will do you right though, you just have to pick out which ones will actually heal your lips. You may have to do some experimenting on your own, but if you follow my advice, your lips will thank you.



We all become stressed once in a while, but understanding stress and learning how to deal with it can help students cope. Read on before you reach your....

# Don't wait until you break

Know graduation requirements before registration Feb. 5 & 9.

By Krysta Nelson

As a teenager, it's easy to shrug off teachers' and counselors' constant reminders about graduation requirements, but this is not the way to go, according to Dean Cindy Jones. "Keeping on top of your required classes helps lower the stress involved," said Jones. Also, Jones advises students to go to class and study hard. The credits from a class can only count toward meeting requirements if the grade received is passing. There are many ways the deans help make sure everyone is on track. They go through transcripts in between terms to check individual student situations. "It really is a team effort," said Jones. Deans also provide a checklist to go along with students' transcripts every quarter in advisory. This is so everyone can be aware of what classes they have completed and which ones they still need. Registration is coming up with registration conferences tomorrow night and Mon. Feb.

9. Another way to minimize future stress is choosing classes that will cover required credits and also work to your benefit. "Students should have a career goal," said Jones, "This doesn't mean that their choice is permanent, but offers a direction by which they should choose classes." When choosing this goal, Jones encourages students to look to their family and friends. "Sometimes, those who know you best can help you realize what your likes and dislikes are," said Jones. Additionally, utilizing Minnesota Career Information System (MCIS) through the Career Resource Center can be helpful. This online program highlights different careers and has skill assessment tests to help teens decide what field they would work best in. If you would like more advice about meeting graduation requirements or choosing a career goal, make an appointment with your dean in Student Services.

# The last straw

## How to deal with school stress

By Kellie O'Brien

Have you ever been stressed to the point where you don't know what to do anymore? I think we have all been there at some time in our high school lives. Stress can be blamed on a combination of a challenging schedule, a lot of homework and constant running with extra-curricular activities or part-time jobs. We have all been the victim of a teacher or teachers who assign homework every single night. Some of the teachers don't realize that we do, indeed, have organized activities outside the school day. Stress can have a negative affect on all of us. Some students deal with stress better than others. But, stress can make us physically or mentally ill.

Have you ever experienced a headache or a stomach ache because you were not able to get everything done that needed to be done within the allotted time? What can we do to prevent this from happening or at least ease the level of stress we all experience? "Try to organize your time, do your homework right away, and write things down," according to Dean Scott Urness, "If you get enough sleep and exercise you will feel and do better." These are just a few tips for students to learn. If you practice some or all of them, your level of stress will greatly be reduced or eliminated altogether.

"Try to organize your time, do your homework right away and write things down."  
~ Dean Scott Urness

BRILLIANT

“75-90% of visits to primary care physicians are due to stress-related problems.”

“Teenage girls tend to be more stressed out than boys.”

“The junior and senior years of high school are usually the most stressful.”



WHAT STRESS

Gathered by Megan Daly

- AJ Nielson, 11: "Homework is one of the biggest things that stress me out."
- Jaysa Bobrowski, 10: "Finals week when I have a million projects and tests to do."
- Hannah Dowdal, 10: "Boys stress me out to be quite honest, ha ha."
- Ben Vos, 11: "All the homework on top of sports and other activities."
- Kyle Messerli, 10: "When teachers don't explain things very well."

Ashley H  
Colin An  
Hannah C  
supposed  
Emma H  
Abbie Bo



If you are not in control of your stress, your stress will be in control of you.

Inadequately managed stress can lead to anxiety, aggression, physical illness, and more.

School stress is the combination of both your schedule and your school work.



STRESS YOU OUT?

# To the point

## Don't assume all teenagers are trouble

Commentary by Daniel Lindahl

What is the truth, does it matter that it is being told or not? Or do we let our assumptions do the job for us? To always assume that every teenager is going to be trouble is like assuming that every adult is responsible. Still to this day teens are being affected by the old assumption that they can't be left alone in a Wal-Mart.

To be fair to adults a lot of teenagers support this stereotype with their behavior. The question is, who is to blame for that? If you were constantly told that you were a troublemaker, then wouldn't that make it natural and somewhat okay for you to be one? We don't like to judge books by their cover, but what if the cover already has a concept predestined for it?

Maybe it's just me that gets treated this way, but I highly doubt it. I don't think I stick out as a rebel by any means, but when I'm in a store, I get treated like one. I don't want to name names, but there are many stores in Forest Lake that are guilty of this. A good friend

and I were in a store recently and were accused of stealing. We were only looking at a product. What's ironic is that the accusation wasn't by a store employee, but a random person shopping. Also ironic is the fact that the product was worth two dollars and we told the man that we were willing to pay for it just so he would calm down. However, his view was that he couldn't believe us. There was no evidence of us even thinking about taking the item so why did he assume otherwise?

Accusations like these don't do anyone any good. I think sometimes adults like that think they will provoke guilt out of teens, but if the teen is doing nothing wrong obviously the only emotion the teenager will feel is anger. This kind of treatment induces a lot of unwanted stress into a teenager's life. This stress makes routine activities more difficult which of course leads to guess what, more stress.

In our society like to have order, and by order I mean explanations.

There is evidence that shows that teenagers do stick out as being rebellious and disrespectful. However, there is the same evidence that shows for adults. Age isn't the issue. People overanalyze facts all too often. It might be true that a brain isn't fully developed until 21, but every teenager knows the difference between right and wrong.

The fact of the matter is that it's all opinion. Some people will never change their mind that teenagers are troublemakers. All a person can do to change would be to contrast their beliefs by acting responsibly and respectfully. Showing society the exact opposite behavior just makes the anti-teen folks look like they don't have it all figured out.

In the end, every single one of us will have a choice about the way we act. All I ask is that you don't peg me with everybody around me, adult or teen. If you're going to judge me then judge my actions, not someone else's.

# Mama Mia! Here we go again...

## Nosey parents add to school stress

By Cassie Olson

When you're a teen you have your own responsibilities and your own problems. But we all have that one problem in our lives that everyone will understand... your parents. Do you ever feel like they are in your life a little bit too much? You're not alone 4/5 students surveyed agree.

"We have students were their parents are still wanting to hold their hand," said Dean Scott Urness.

Whether it is about grades, friend choices, drugs, or sex, some parents just seem to want to know about it all.

The main problem parents seem to have with their children is the friends that they hang out with and what you're going to do with those friends.

"If students have good friends and are involved in school, they stay out of more trouble," said Urness.

One thing a lot of students talked about was the fact their parents tried to relate to them by acting, "hip", mainly moms. Have it be them talking "cool" or making hand gestures to be "gangster".

Which may not seem like a big deal, but it is. It's embarrassing to see parents trying to act younger than they actually are

"I think I can act hip," said Urness, "I can talk cool lingo- that's how I roll!"

While some students say it's their moms who are over-protective many disagree and say it's their dad. A senior female even said that it's only their father that gets into her personal life, especially when partying and boys come into the picture.

Remember that even if you think your parents could be involved a little too much, they may just be acting like a parent. They know when they go to far and they'll stop. Urness wants students to remember that it is parents business what you are doing. They are legally in charge of you until you are 18.

"It's in a parent's nature to worry about their kids," said Urness, "It's their job."

### 5 tips for getting along with your parents:

1. Always keep your cell phone on you, so they can call when needed. But also remind them that they can't call every ten minutes.
2. Talk to them about the problems they might have with some of your friends. It'll help you see into their world.
3. Be honest with them. You'll gain more trust with them and it will allow you to do more things.
4. When you get in trouble, stay clam! If you retaliate you may get in even more trouble.
5. Tell them you love them. Not only when you're in trouble or you know you're about to, but whenever you feel they need a boost.

agen, 10: "Balancing work, school and friends. It's like a circus act."

lerson, 10: "Ummmmm... School."

Carlson, 10: "When my mom catches me doing something im not to and loses trust in me."

aseman, 10: "BOYS!"

dene, 10: "Driving during rush hour stresses me out."

Stress facts taken from www.healiohealth.com, and www.ronicozensandler.com



New TV Releases

Gathered by Cassie Olson

Dollhouse

Premieres Feb. 13 @ 8 p.m. on Fox

The show follows an organization that employs mind-wiped DNA-altered humans known as Dolls who are implanted with false memories and skills for various missions and tasks. When they are not ‘at work’ they are living in a real life dollhouse.

The City

Mondays 9 p.m. on MTV

Whitney Port (from The Hills) leaves California for New York City, to work as an image coordinator for the design house of Diane Von Furstenberg.

Trust Me

Mondays 9 p.m. on TNT

The two most opposite ad agency creative partners also happen to be best friends. Mason handles artistic and Connor is the writer -- and as much as they both try to fight it, they’re never more successful than when working as a team.

The United States of Tara

Sundays 9 p.m. on Showtime

A dark comedy about a woman with a multiple personality disorder who tries to keep it together for her family.

New Seasons

24

Sundays 8p.m. on Fox

Carlos Bernard returns as Tony Almeida and Jack will face a threat that’s not nuclear and a bad guy who’s not a terrorist. Sounds like a whole new day.

Hell’s Kitchen

Thursdays 8p.m. on Fox

This season, there’s a better pool of talent than ever before (even Ramsay’s pleasantly surprised) battling for a head chef position at Atlantic City’s swank Borgata Hotel Casino & Spa.

Kyle XY

Mondays 8p.m. on ABC Family

A Seattle family takes in an amnesiac teen, Kyle, whom they eventually learn has mysterious powers and psychic abilities, the result of a secret human cloning experiment conducted years earlier. This season you get to see the ups and downs of relationships, while you try to find out the mystery of Latnok.

The Secret Life of the American Teenager

Mondays 7p.m. on ABC Family

Love triangles; kids in therapy; teen pregnancy -- season 1 shot out of the gates with more OMG moments than Gossip Girl. And it gets even more intense in season 2 with Amy and Ben get married and Amy learns the sex of her baby. Plus, will she keep it or give it up for adoption?

Rescue Me

Wednesdays 9p.m. on Fox

Recently divorced fireman Tommy Gavin is coping with the fear of his job and the unease he feels watching his ex-wife as she starts to date other men. To better keep tabs on his ex and stay close to their three kids, he moves across the street from them. This season Michael J. Fox joins the show for a four-episode arc as Janet’s new boyfriend, who’s wheelchair-bound and a “great character,” promises Denis Leary.

‘Es lebe das heilige Deutschland’

‘Long live our holy Germany!’ *Valkyrie* more of a refreshing history lesson than a typical Hollywood production

By Dennis Sprute



“I have served my country but betrayed my conscience.” With those words, Tom Cruise discloses the trailer that has

Claus Graf Schenk von Stauffenberg, an honorable man with aristocratic ancestry. He is a famous national hero in Germany due to his attempt to save his country. But many Americans might have never heard of the significance of July 20, 1944, on which this movie is based. Stauffenberg was a conservative patriot and officer in the Third Reich. He sympathized with the revisionist aspects of the Nazis



been broadcast for weeks. On December 25th *Valkyrie* came to the theaters. The plot focuses on the most famous of the 15 failed attempts to kill ex-German-dictator Adolf Hitler. The movie seems like it should be another Hollywood blockbuster; popcorn entertainment for the whole family. Well-known director Bryan Singer (*X-Men*, *Superman Returns*) and leading actor Cruise (*Mission: Impossible*) are only two of many stars in the movie.

*Valkyrie* is not exactly a typical Hollywood Tom Cruise \$300 million production. It snaps the viewer back to reality. This should not be another movie review but give uninformed people an understanding that the movie is based on a real story. It is the story of

in the beginning. He anticipated more crimes and incompetent warfare by the Nazis, which led him to get involved in active resistance. By the early 1940s he became a very high order of priority.

An attack on a German base in North Africa caused Stauffenberg to lose his left eye, his right hand and three fingers on his left hand.

This incident was a crux of the matter and main reason for his turning away from Hitler. He joined the “Operation Walküre”

[*Valkyrie*, from Norse mythology, a “chooser of the slain”].

The plan, originally approved by Hitler to maintain law & order in case Germany was bombed, was converted by Stauffenberg. The revised plan not only included the assassination of Hitler but also the elimination of his comrades-in-arms to abolish the Nazi’s system. The plan was to kill Hitler with a bomb during a briefing. But the coup failed, and Stauffenberg and his followers were ar-

rested and shot in the same night. With his final breath Stauffenberg triumphantly yelled: “Es lebe das heilige Deutschland!” (Long live our holy Germany!)

‘Not all Germans were Nazis’

A native German’s perspective on *Valkyrie*

Review by Dennis Sprute

The whole story and the film have a special meaning for me, too. Of course, National Socialism is the first thing most Americans think of when they think of Germany (and I’m speaking from my own experience as a native German). Of course, what the Nazis did was insane and was the biggest crime that was ever committed in history. This movie is worth watch-

ing because it shows how life really was at that time and the big strain people had to stand. Also, it shows that not all Germans were Nazis, and that there were some that even did something against the National Socialists. At this point, I would like to address to those people who think that we still have a tyranny, and kill jews. Maybe some folks should have paid more attention in history class. Also, judging Germans by their historical background is very narrow minded. Even though most of us haven’t even been born back in those days, we try very hard to forget that atrocious time in our history. The conversion Bryan Singer made from the real story to the movie was impressive (which I didn’t expect, to be honest), even though the bar wasn’t raised that high. Trivias like the the fact that Stauffenberg didn’t work out the *Valkyrie* plans or let Hitler sign it is acceptable since it still is a Hollywood production. There were scenes that curdled my blood because the movie is so authentic. It brings out how fraught this time was for any contemporary witness. Germans really didn’t know who they could trust or could not trust, and betrayal led to a quick death.

I am happy that that dictatorship is over and we have a good working democracy again (with a female chancellor). National Socialism is over and NO, Hitler is not alive, and we don’t have tyranny anymore.

FLHS students asked for creativity

By Eric Snidarich

Poetry is a style of expression that is becoming popular among teenagers. Whether to express the loss of a loved one, or the start of a beautiful relationship, it is used to show one’s true emotions.

Poetry has been around for more than 5,000 years and is still growing in popularity. Ancient poetry was usually passed from person-to-person by word of mouth. Now with the internet, it is possible for a new writer to become very popular without officially publishing their works.

Poetry is a form of art that uses strategic wording and language. It uses words instead of pictures to create a mood that can be soft and sweet or full of rage and strong words to conjure strong images in the mind.

Poetry can also be used to vent a conversation. The author often addresses the subject that they are having issues with as “you.” Poets try to spoon feed their emotions to the reader, add a couple rhetorical questions (maybe only the writer understands) and more

often than not, rhyme. Common themes among teenagers are love, death, innocence and anger.

Human thoughts change, but general human behavior hasn’t changed much over time. Anything that can be said in poetry probably has been said, but in different ways. Poets must try to be original. Poetry is often written in verse style split into stanzas, although sometimes there are artistically formatted poems that may look like an apple or a swan on a lake.

No matter your style, poetry is a great way to practice language. So get the gears in your mind running and start writing poetry, show it off to your friends, and upload it to a reliable site and see what kind of comments you get.

Every month *The Breeze* will publish a poem from students here at the High School. If you would like to submit a poem of your OWN work, please drop it off at Ms. LeVake’s Room (374) and it will be considered for an upcoming issue.

Upcoming Movie Releases

Gathered by Kellie O’Brien

February 6:

*Coraline*

*Fan boys*

*Free style*

*He’s just not that into you*

*The Pink Panther 2*

*Push*

February 13:

*Confessions of a Shopaholic*

**Friday the 13th**

*Gomorra*

*The International*

*New York, I love you*

*Two Lovers*

*Under the Sea 3D (IMAX)*

February 20:

*Fired Up*

*The velveteen rabbit*

*Youth in revolt*

February 27:

*Assassination of a High School president*

*Crossing over*

*Street fighter: The Legend of Chun-Li*



Clive Owen in *The International*



# The great weight debate; let’s wrestle with the facts

The Forest Lake Boys Wrestling Team are aiming to wrestle ‘above and beyond,’ despite making weight, they’re off to a great start this season. They faced off against Park on Jan. 29 to walk away with wins from both Varsity and Junior Varsity.

By Cassady Zebro

The FLHS Wrestling Team’s season has started well, coming into the new year with a record of 4-2.

“The season has gone as expected, the players are wrestling to their abilities,” said Coach Billy Pierce. “We’re trying to inspire our players to go above and beyond, take it to the next level.”

As known, wrestling is both an individual and team sport, and the individual standings have turned out well for many. For the “Rumble on the Red” freshman Ben Morgan took first, his record being 18-0, juniors Kevin Nelson with a record of 14-3 and Charlie Janson with 15-4 both took second, and in fourth was freshman Tyler Isaacson with a record of 13-7. By the end of that tournament, the team took seventh out of 58 teams.

“I’m very proud of them, these were higher ranked teams and

they did well,” said Pierce.

A past big event for the team was the Park Cottage Grove match which was on Thursday, Jan. 29, at home. JV and Varsity came out victorious, JV winning 47-33 over Park and Varsity 36-27. Their next home game will be Feb. 6, 7:30 p.m. at Hastings.

## The Weight Debate

“I don’t believe in telling kids to cut weight or they can’t wrestle,” said Head Coach Billy Pierce. It’s really the boys’ decision. We give out information about healthy ways to lose weight, talk about it, and the guys are made to ask any questions they have.”

The need to cut weight can easily become something that players want quick results for; turning

them to use some dangerous methods.

“Cutting weight is a very sensitive issue,” Pierce said.



FLHS Boys Wrestling in action. Photo taken by Cassady Zebro.

So, as it is, here’s just a reminder of some methods that shouldn’t be used to lose weight, and some that can be.

According to an article in the

*Cornell Daily Sun*, two very dangerous ways of cutting weight and their hazards are: dehydrating and not eating while working out vigorously. Dehydrating may seem likely to work at first, but can lead to dangerous consequences. Water is a necessity after all. Not eating has many similarities to the eating disorder anorexia. This causes a decrease in energy, slower metabolism, and can lead to long-term malnutrition, along with other health problems.

There are, however, healthy ways to lose weight, maybe not

in the same time frame as one might like, but they’re healthy. These methods are as follows: diet and exercise, eating simpler, consuming less sugars and starches; working out brings weight down and doesn’t shock the body. These are some of the methods Pierce encourages his athletes to follow if they need to cut weight.

If one’s able to stay at the same weight and get into the season making their weight match after match, it becomes easier for the body to adapt, as stated by Scarlata, a wrestling trainer.

As with many subjects in the world, there’s a right and a wrong way of going about fixing or preventing problems that could occur with whichever option chosen. The consequences must be looked at before the choice. This is one sensitive subject that should be taken seriously and be looked at in the right light.

# Hockey teams look to improve season record

By Kyle Arbuckle

This year’s girl’s hockey team has been improving as the season goes on. They have been developing new skills and improving old ones.

“There is always room for improvement,” said Jeff Neidt, Head girl’s hockey coach. “I can see improvement in our players each game. Even though we have lost games, the games were very close.”

Some things the girls have been doing well at this year is hustling. They have speed and they know how to use it.

“The players have been developing great leadership skills,” said Neidt, “Junior Charise Kendrick and Senior Ashley Grell have been great leaders for the team and have helped lead our team to some victories.”

Their record is currently 7-8-1. The team will be entering the second toughest conference in the state.

Junior Goalie Lonna Anderson has a 95% block rate and fellow junior Sarah Solheid has been stepping up and scoring goals. The team’s next home game on Feb. 7 against Woodbury. Game time is 7:30 p.m.

## Boys

By Megan Daly

To the FLHS community, hockey is a generally well liked sport. When attending home games at the new sports complex, the stands are filled with students and fans. So far in their season the Rangers Boys’ Varsity Hockey Team has beaten Anoka, Cambridge, Mounds View, and Coon Rapids. However, Head Coach Aaron Forsythe said the team is looking to be more consistent in the second half of their season.

“We’ve had our ups and downs,” said Forsythe. With past year’s scores ranging from 11-13-2 in 06’-07’ and 13-13-0 in 07’08, the Rangers are 3-8-2 in the 2008- 2009 season. However, the season is not over. So come support the Forest Lake hockey team at their upcoming home game against White Bear on Feb.4, JV starts at 5:30 p.m. Varsity starts at 7:30 p.m.

# Just keep swimming

By Krysta Nelson

The FL boy’s swimming team is keeping their heads held high this season.

“We’ve tied one duel and lost two others,” said senior Clint Krummi.

Krummi along with seniors Jeff Isaacson, Zach Curtis, and Kevin Lalla are leading the team this year as captains.

Although the team lost a lot of good swimmers last year, Krummi

is optimistic.

“We’re going to win sections,” said Krummi.

The boy’s next meet is tomorrow, Feb. 5 at the Southwest Junior High Pool at 6 p.m. against Cretin-Derham Hall. After they end the regular season, the team will compete at Sections Feb 27-28 at Northdale M.S. Pool.

# Gymnasts turn to impress

By Johanna McDowell

This year, the Rangers Gymnastics team has had its up and downs. In the beginning of the season, Senior Sam Opsahl had an ankle sprain and was out for a few matches. But the girls had an outstanding turn out at a recent meet where they took 2<sup>nd</sup> just falling behind Roseville who is ranked in state.

The team has a lot of young talent this year and hopes to carry it throughout the rest of the season. The team’s current record is 7-2 and hope to keep up the great work.

“I’m really surprised on how well our team is doing this year, were doing a good job”, says Senior Samantha Opsahl.

The rangers have a few top competitors on the team and have been on varsity for a few years now. Taylor Brett has been competing since ninth grade and knows how to stick it.

“I’m doing pretty well, and do my best at each meet”, Junior Taylor Brett said.

Be a great fan and bring your friends to create a ranger nation to help cheer on our girls!

# Boys team plays ‘An exciting brand of basketball’

By Kyle Arbuckle

The boy’s basketball team has been training hard and showing their opponents how to play, as this year’s Rangers make their way through another season.

“We play an exciting brand of basketball,” said Head Coach Dan Cremisino. “We like to push the ball up the floor and fast break. We trap and mix defenses on the court.”

The team has players that can score inside and out. They have been working efficiently this year,

but have had some problems.

“We need to work on finishing games up,” said Cremisino. “We have lost three games that we had a lead in the second half and didn’t end up winning.”

The team has some good players that work well together. Top scorer Junior Zach Riedemen, rebounder Junior Doug Sewall, and assist leader Senior Ty Cremisino. Their next home game is February 10, against Stillwater. JV plays at 5:45 p.m. and varsity starts at 7:30 p.m.

# Ski teams race to Sections Nordic

By Jake Hipp

The Nordic ski team is off to another good year. Their most recent race was the 10<sup>th</sup> of January at the Giants Ridge Invitational. The boys took 2<sup>nd</sup> and the girls took 13<sup>th</sup> out of 73 teams. At the SEC Super Meet on January 6<sup>th</sup>, the boys took 1<sup>st</sup> and the girls took 3<sup>rd</sup>.

The team hopes to get better and continue to win races.

“We need to continue to stay focused during practice,” Said Sophomore Julia Hipp.

With the state meet in a few weeks the rangers hope to do well as they did last year. Last year the Boys finished 1<sup>st</sup> and the girls did not qualify, but had a 20<sup>th</sup> a 23<sup>rd</sup> finishers.

If the team continues to strive forward the both have a good chance to do very well in state.

## Alpine

By Elizabeth Brown

With two out of three meets won for both the boys and girls teams, the Forest Lake Alpine Skiing season is off to a great start. The teams home meets are held at Wild. Seniors Nicky Kumerow, Ciara Robinson, and sophomore Kara Gamelin are the girls having exceptional seasons. On the boy’s team senior Scott Brunjes, sophmores Shane Sampair and Tyler Brunjes continue to impress.

“Our strength is deep,” said Kumerow, who is also a team captain, “If we all have solid runs and consistency we do well.”

The team was cheered on by their supporters on January 27<sup>th</sup> which was Fan Night. The event was held at Wild Mountain in Taylor’s Falls. Their competition was Woodbury and Park.

## Don’t Forget!

Wear your Ranger Nation T-Shirt to get in FREE to all regular season home games (except hockey).



Look-A-Likes around FLHS

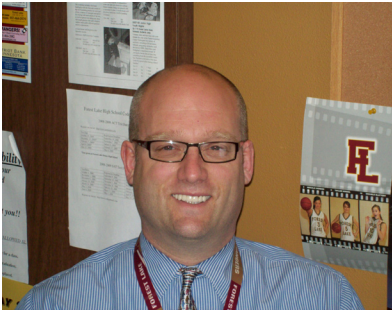
Know of a Look-A-Like at FLHS?

Let us know!

Send us an e-mail:  
forestbreeze@forestlake.k12.mn.us



SportCenter's Scott Van Pelt



FLHS Dean Scott Urness

By Dan Lindahl  
We have been looking around the school for people who look like celebrities. For this issue we've found a look-a-like in one of our school's deans, Scott Urness, who looks like ESPN SportCenter's Scott VanPelt. One of their major similarities is found in their name.

**Breeze:** Do you know who you look like?  
**Urness:** Yes, Scott Van Pelt, from Sportscenter.

**Breeze:** How does it feel to look like Scott Van Pelt?  
**Urness:** It's pretty cool, I enjoy watching sportscenter, and he's a cool character. It could be worse.

**Breeze:** Do you have anything in common with Scott Van Pelt?  
**Urness:** We're both sports fanatics, his job would be a dream job to me. I've loved sports my whole life and I'm sure he must enjoy it to have the job he has.

**Breeze:** Is it annoying to be compared to Scott Van Pelt?  
**Urness:** No

**Breeze:** Any funny stories about being recognized as him?  
**Urness:** I haven't been called out on the street or anything, if it were to happen I'd love for someone to give me some free tickets to something!

Winter Wonder Word Find

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Want to have you voice heard? Have an idea for an article? Is someone needing recognition for a job well-done? Let us know!  
forestbreeze@forestlake.k12.mn.us

Winter Humorscopes

By Eric Snidarich

Aquarius  
(January 21 - February 18)  
You need to get more exercise, but can't tear yourself away from the computer. Do what I do: glue your keyboard to the ceiling, and get yourself a mini-trampoline!

Pisces  
(February 19 - March 20)  
Today you will bolt up from your bed, grinning like a maniac, and shout "labor omnia vincit!" (the motto of Oklahoma) in ringing heroic tones. This could be the start of something interesting... Tonight: Buy a Latin dictionary and find out what you just said.

Aries  
(March 21 - April 19)  
It's time to seriously consider indoor golf. How else are you going to use terms like "mashee" or "niblick" in casual conversation? You will also find the word "impecunious" popping unbidden into your mind, at regular intervals. Eventually, you'll go look it up in the dictionary.

Taurus  
(April 20 - May 20)  
Unknown to you, people think you are a wimp - just because of your weak handshake. You need to get one of those hand exercisers, and use it constantly for a few months. Then, crush their little hands into pulp!

Gemini  
(May 21 - June 20)  
Uh oh. The cows have come home, and the fat lady is about to sing. Better come up with some new excuses, quick! You can do that while you're coping with the unpleasant result of the cows coming home.

Cancer  
(June 21 - July 22)  
Excellent day to blow soap bubbles in unusual places. See if you can get them to drift by people that are thinking too hard.

Leo  
(July 23 - August 22)  
Today you will find a note, folded into quarters, and torn from a steno pad. Surprisingly, it will refer to you. Even more surprisingly, it will refer to you as the object of adoration. Sadly, it will be impossible to determine who wrote it, and nothing will ever come of it.

Virgo  
(August 23 - September 22)  
Today you will read a small booklet titled How To Make A Fortune in Frog Farming, which will change your life.

Libra  
(September 22 - October 22)  
Today you will be seized with the urgent desire to buy a harmonica, which you will take everywhere with you, on one of those coat-hanger thingies around your neck.

Scorpio  
(October 23 - November 21)  
Nobody knows the trouble you've seen. Except for Bob, that is. You know - the quiet neighbor, with the binoculars?

Sagittarius  
(November 22 - December 21)  
Good day to curl up with a good book. Later, you will build a fort out of your furniture and some sheets, and shoot rubber bands at people.

Capricorn  
(December 22 - January 20)  
A peaceful lunch outing with friends turns vicious when the plastic spoon you are eating with comes back to bite you. Tonight: Keep away from the plastic forks.