

The new café is set to open this spring.

FLHS flooded with week-long campaigns

Wheel of Agriculture and cotton candy a hit for observance of FFA Week at FLHS, Feb. 23-27

By Elizabeth Brown

FFA week was this past week, February 23-27. Forest Lake's own FFA chapter joined with other FFA chapters in a nationwide celebration of FFA. Here at school FFA hosted raffles, sold cotton candy in the cafeteria, and sponsored a variety of other activities. Students got the chance to learn just what FFA is, and hear about the unique opportunities FFA provides.

So, why should students be interested in FFA? Junior Erin Daninger explains, "FFA is a great organization, I've learned a lot about myself and how to be a leader." Daninger is also enthusiastic about the confidence and public speaking skills students will likely gain from involvement in FFA. In order to join FFA students must be in at least one ag class.

So, don't be shy, stop by one



Erin Daninger runs FFA's Wheel of Agriculture during lunch. Lexi Alm and Sammi Holien compete for prizes. Photo by Cassidy Zebro

of the ag classrooms and chat more information from an FFA with one of the teachers, or get member.

World Language Week comes to FLHS cafeteria and hallway

By Krysta Nelson

"There is something magical about learning other languages," said Teacher Kelly Wing from the World Language Department. "This is what World Language Week is all about."

This last week was World Language Week here at FLHS. The department was excited while preparing the week long celebration.

"Students will find out lots of fascinating facts about world languages," said Wing.

There was an international lunch menu all week, as well as world language trivia on the afternoon announcements.

The teachers organized this week because they wanted students to know that taking a language



Connor Everett eats a fajita during World Language Week. Photo by Cassidy Zebro

class has multiple benefits. Senior Samantha Maki understands this concept well.

"I'm very glad I took Spanish through Spanish V. It is beneficial in almost every career," said Maki.

Maki has enjoyed her Spanish classes so much that she has decided to double major in Spanish and International Affairs next year.

"Language is vital," said Wing. "It's not just about conjugating verbs. It's learning about different cultures."

SADD week aims to portray truth

By Cassidy Zebro

On the week of Feb. 23 through Feb. 27, the Students Against Destructive Decisions held their very own SADD week. The main goal of this week was to let students become "more aware".

"It's meant to celebrate and make aware the different things SADD helps prevent," said Judy Hill, an advisor of SADD. "We want to help others become aware of drug use issues, suicide and depression."

During the lunches of that week, activities such as a bean bag toss, Dance Dance Revolution, and Hula Hoops were provided, along with candy prizes being handed out.

SADD even provided two minute videos, following the Ranger News, which covered suicide, depression, and drug use.

"The videos were produced by the students themselves," Hill said.

"We worked on the videos quite a bit, it was over the course of about a month, meeting after school," said Freddy Ogez, a member of SADD and the editor of the clips.

"It was a really long process, especially with editing the videos and making the logo."

When asked about their reactions to the videos, some students said the following:

"Well I think they were a little hard to understand the meaning," said junior Danielle Dresel.

"You definitely needed to watch closely because they were kind of confusing in the way they portrayed their messages they were trying to get across."

"I knew what they wanted to say, it just didn't hit as hard as it should have, but I suppose I couldn't have done a better job," said senior Jake Marier.



Students test their DDR skills at lunch during SADD week, Feb. 23-27. Photo by Cassidy Zebro

"Well the one on smoking was really good, it had a good story line and they showed good statistics!" said junior Trevor Gehrman.

The week turned out to be fun, but a just a little disappointing considering some of the reactions.

"In some ways it was affective, but in others it wasn't so, like hearing the reaction from classmates was really bad, and

not what was hoped for," Ogez said. "I thought the videos turned out better than I thought they would though."

"Overall I think it helped improve the image of SADD, because not many people really new about us," said Laura Lindstrom, a member of SADD. "It turned out to be a positive effect."

Although the week didn't turn out completely as what was hoped, it still had an effect, and that's the important part. If at all

students are interested in SADD, and consider joining in the cause, meetings are held on Tuesdays in Mrs. Hill's room, 127. Even if it's the littlest bit of interest, come down and check it out.

So, take a moment and ask yourself, did SADD week make an impact on you?



Quilting for Charity

On Tuesday, February 24, the 2nd term Quilting and Advanced Sewing students donated two quilts they made to Sharing and Caring Hands of Forest Lake.

Photo Provided



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.

Bands battle it out at Forest Lake’s BOB

Auditions for Battle of the Bands set for March 4; contest on March 18

By Joseph Loeffler

March 18 will mark the eleventh annual Battle of the Bands at Forest Lake High. Auditions start on March 4. If you are looking for a chance, you can sign up for a time slot on the NHS board located outside Ms. Heather Guy's classroom (313).

Auditions are 15 minutes long and you are required to play your best song. The auditions will be judged by a panel of teachers.

"We will be looking for creativity, passion, and good-sounding music without genre orientation," said Andrew Waldron, one of the judges.

According to organizer David Livermore, judges will be looking for a sound that is musical, expresses melody and has a balance.

"It can be as heavy as they want, but they must have dynamics," said Livermore.

The selection of bands that make

it through auditions move onto the real battle that is judged *American Idol* style. There will be a group of judges from McNally Smith School of Music along with the influence of how loud the crowd cheers for the band. One of the promises for the winner is recording time with McNally Smith's studio, as well as many other gifts.

Then there's always the pride and glory of winning it all too.

If your band is looking to play, make sure the majority of members are students from

Forest Lake. Come well rehearsed and ready to play. Remember, genre doesn't matter as long as you have good melody and dynamics. If you have any more questions, talk to Livermore or senior Jessica Springer.



One of many creative posters advertising the Battle of the Bands around the hallways. Photo by Elizabeth Brown

To be or not to be a vegetarian

By Johanna McDowell

Are you a Pythagorean? No it's not the math equation. In the 1800's that is what you were called you didn't eat meat from a cow, chicken or any kind of wild animal. Today, we call it being a Vegetarian.

More and more teenagers are choosing not to eat meat, poultry or fish. Teens choose to become vegetarians for many reasons; peer pressure, they have grown up with it, the feeling of eating something that has been killed, or just for the love of animals. According to teen health if you are not eating meat, you should still maintain a well - balanced diet so you can stay healthy.

A healthy, varied vegetarian diet includes fruits, vegetables, plenty of leafy greens, whole grain products like wheat crackers and breads, nuts and seeds for a source of protein. Some vegetarians also choose to eat dairy products and/or eggs. But to have a healthy diet a teenager needs to have protein. Since

meat is a solid source of protein a vegetarian needs to find it in other foods such as cow's milk and low fat cheese like mozzarella, Sargento and Colby Jack are great protein sources; also any kind

of brown beans, breads, cereals, nuts, peanut butter, tofu, and soy milk are great choices. According to Vegetarian Nutrition for Teenagers reach the age of 21 their bodies are not done growing, so it is also highly recommended that teenagers have about three servings of calcium in their diet each day.

"I choose to be a vegetarian because I love animals and I wanted to challenge myself to not eat meat, and I have done so for over a year," said Senior Lauren McClure.

Being a vegetarian is more common today with any age group. If you choose to do so, make sure you are still eating healthy and staying fit and not lacking the nutrients you need to feed your body.



Several FLHS students donate to Locks of Love

By Siri Urquhart

Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children under the age of 18, suffering from long term medical hair loss regarding any diagnosis. Most of the children who receive hair prosthetics from Locks of Love suffer from a medical condition called alopecia areata, which has no known cause of cure.

Children who receive these hair pieces are allowed to gain a sense of normalcy in their life while going through a difficult time. Locks of Love's goal is to offer a foundation on which they can begin to restore each child's self-esteem.

Some of Forest lake High School's very own students have donated their hair to Locks of Love. Nicole Holmes and Stephanie Williams, both seniors, donated their hair to the organization in 10th and 11th grade respectively.

"Donating my hair made me

feel like I was giving back to the community. I thought someone could benefit from my hair," said Holmes.

"I was scared that I would hate shorter hair, but was comforted by the fact it was going to a good cause," said Williams, "I am blessed with hair, and I thought that I could bless someone else with a wig."

Locks of Love allows any salon to cut your hair, as long as specific guidelines are followed. Your hair must be stored in a braid or ponytail for it to be usable. Colored or permed hair is acceptable too. Overall, 10 inches measured tip to tip is the minimum length for a hair piece.

Locks of Love will take anyone's hair, from men and women, young and old, all colors and races. There is no maximum length you can donate. All hair is greatly needed.

Locks of Love is a great non-profit organization, and should be considered if you are thinking about donating.

"Donate! Hair is something you can continuously change: you can cut it, dye it, curl or straighten it. You can always grow it back to your original style," said Holmes.

"Definitely do it. You'll be amazed at the impact a small act like this can make on someone's life," said Williams.

Next time you "lower your ears," consider donating your hair to Locks of Love. Hair is greatly wanted. Help give confidence and comfort to children suffering hair loss.

For more guidelines and information, visit their website: <http://www.locksoflove.org/index.html>

Cribs comes to FLHS

Have your 'crib' featured in an issue of *The Breeze*

By Cassady Zebro

For those who watch MTV, doesn't "That room is so bomb!" run through your mind when "MTV Cribs" shows off their million-dollar-celebrity homes? Have you ever been to a friend's house and seen a really "sick" room, or even thought a room in your own house was beyond amazing?

Well, we're proposing a chance for you students to show off your *own* favorite room at home. Welcome to FL Cribs.

So, you ask, why would we want to do this? Well, besides being given the opportunity to have your room admired by the

students of FLHS, there are also going to be prizes awarded to the

a Breeze spring issue also, along with a quick profile of the room's owner.

Interested? Submit your photos by email to forestbreeze@forestlake.k12.mn.us. The deadline for submissions is March 25. Please, if deciding to participate, keep what's in the picture appropriate, there shall be no: suggestive posters, or explicit materials. If one chooses to display inappropriate items, their submission will be denied.



top two girl's and boy's rooms. The top three to five rooms will be posted in the middle spread of

CSI class recommended for close look at hard-hitting issues

By Joseph Loeffler

Contemporary Social Issues (CSI) is a class well-remembered by FLHS students, for its edgy topics and speakers, and depressing and disturbing images. CSI brings you into reality.

"It's a class that is hard to take in but important to get by your own experience," said Angela Nelson, who has been teaching CSI since 2006. "It's important to focus on the positive solutions and how the course has and is helping many students with their circumstances."

Being a student of CSI myself, it is surely an eye-opening experience. Throughout the course, students study many different tragic cases in the lives of families, as well as throughout the world. They are exposed to the most famous murders and the masterminds behind them.

Taking Psychology before

or during the course helps tremendously in understanding the reasons behind gruesome cases. CSI proves the pre-existent matters and mishaps that happen before any murder, rape or abuse occurs. Not only are the most tragic of stories revealed, but everyday experiences are talked about as well. Covering these matters armors students with warning signs to avoid them if they occur.

The biggest attraction to CSI is its speakers. Convicts, paramedics and others who deal with discussed issues visit to share some of the most gut-wrenching stories around. Most of the speakers have, in fact, faced life or death situations. After listening to a convicted criminal for even five minutes, you get the impression that prison life is far worse than you can imagine.

Of all the aspects and topics covered, you will find one of the greatest essentials for life if you pay attention, vision. Amidst the topics and speakers, students realize the speakers' consequences had nothing to do with bad luck or unfortunate circumstances. It had everything to do with finding a direction and who they are. CSI puts you in a perspective that is not seen too often.

"I never knew how many domestic violence cases were taking place," said senior Daniel Lindahl, who's taken the class. "It really opens up perspectives that aren't always looked through in our culture."

CSI is a well-recommended class that introduces justice to many personal situations; not just people behind bars but hearts being restored.

The Great Gaming Debate

Lindahl and Nelson defend favorite gaming systems

Lindahl: Nintendo's numbers speak for themselves - NES system prevails

By Daniel Lindahl

I am glad at this point in my journalism career to be tackling such a massive and important debate, but this debate is so lopsided, it's almost not fair. Nintendo is at the top of the virtual gaming community along with the franchises by Microsoft's Xbox and Sony's Playstation. Nintendo is a not only a top electronic brand since the 1980's, but it has been around for over 100 years starting as a card game industry in Japan. The brand in itself is enough in itself to beat Sega's brand, but this debate is about whether the Nintendo's NES (Nintendo Entertainment System) is better than Sega's SMS (Sega Master System)

It doesn't really matter what me or Charlie personally believe, the consumer speaks the truth, and the NES destroyed the SMS in overall sales. NES had 61,780,000

overall sales to the 13 million the SMS sold. This means that 4 out of every 5 consumers picked the NES over the SMS. Not only did the consumer speak louder then, but it speaks even larger now as Sega is no longer one of the brands people look to for gaming systems. In fact they haven't produced a system since the 1999 Dreamcast disaster. Dreamcast. Since then, Sega has turned its attention to making games for other consoles. Sega knew it was never up to run with the "big dogs".

Who can forget the games the NES provided? Classics like Duck Hunt, Donkey Kong, and Mario Bros. became staples for the video game industry. The library of games for the NES completely embarrasses the cart of games Sega's SMS had. The one good SMS game was Sonic,

and it's not nearly as good of a game as any of Nintendo's.

As far as gameplay is concerned, there is no better system than the Nintendo Entertainment System. It is still home to some of the most addicting and entertaining games ever made. Who can forget the joy of playing "Duck Hunt" using the plastic gun to shoot those silly ducks. The game Mario Bros. forever changed the way adventure games were made for systems after it's monumental success.

To conclude, the SMS is simply not as good as Nintendo. Anyone who has ever played both systems knows. Sega vs. Nintendo reminds me of a classic scene in the movie "Remember the Titans" where Coach Boone is asking Gary, "Who's Your Daddy?" I imagine Nintendo asks Sega the same question, and every time it ends with Sega finally admitting to Nintendo, "You're my daddy."



Nelson: Sega System is still master

By Charlie Nelson

The world of video games is ever changing. Each new system wows anyone that uses it. But I am an 80's man. I like to sit at home in my Calvin Klein Jeans, bumping some Hall & Oates on my walkman and playing my favorite and the greatest video game system, the Sega Master System.

A lot of you haters of the underdog out there will come up to me and show me all of the statistics. But I will ask you in return, have you ever slipped on 3D glasses? Have you ever held the Sega Light Phaser? Imagine sliding in a Missile Defense 3D Cartridge. The rush inside you grows as the 3D glasses kick in, something that cannot be competed with by the NES (Nintendo Entertainment System).

Another cool feature the SMS hammered into the Video game marketplace was wireless technology. The Master System Compact was wireless before the

modern consoles were. With no cords, players didn't have to hold back. You can just let loose and enjoy the experience that is the greatest video game console of the 80's.

The Sega Master System may not have the name recognition of something like the Nintendo, but if you sit down and play it, you will quickly find out which one is superior. I can't think of a better afternoon than playing "Alex Kidd in the Miracle World," which is one of the SMS's games comparable to "Super Smash Bros" on the NES.

Everything the Nintendo did, the Sega did better. Sega went places Nintendo still hasn't gone today. Don't let the name Nintendo lure you to the old school game console. The name on the front of the console has nothing to do with what lies beneath. The experience of the SMS will blow your mind while the NES will give you nothing to write home about.



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Bad economy should equal lower parking pass fees for FLHS students

By Kellie O'Brien

If you pick up any newspaper or surf any news channel's home page, you can't help but see an article or two on the economic crisis our world is facing. The big headlines typically include the number of businesses closing, the number of people laid off, and the number of homes being foreclosed. All of this is due to the tough economic times that we are going through right now.

In light of this downward spiral, everyone has learned to become more frugal. Many companies and retailers have cut costs on expenses and prices on products. People aren't going out to eat as much, they don't spend their money on pointless items, and everyone is trying to save their money. The Sunday sale ads contain price slashes on many products and coupons for discounts off of products.

The same should hold true for schools. With less government funding, schools need to be looking at everything on which they are spending money. One area is student parking permits. In order to keep students participating in the parking permit program, the schools should cut the price of the permit to make it more affordable

to families. Not every student has the option to ride a bus and that is why families are forced to purchase the permit. If schools would evaluate the program and provide a report on the effect of cutting prices, they might be surprised at their findings. What I mean is, is it really necessary to pay \$125 dollars to park at school? I think a more reasonable cost would be roughly \$75 dollars a semester. The money we are paying is not being used on the parking lot or our lot would be a lot neater and the yellow lines would be repainted.

In my opinion, I think it would benefit the student body greatly to see an analysis of the program and some recommendations for future reduction in the price structure.



Top Ten Worst Bands of All Time

Commentary By Dan Lindahl

The ten worst bands of all time made this list for multiple reasons. The main ways I judged bands were appearance, musical talent and structure, and lyrics. So in no particular order, I present the Just Quit Playing Music Awards.

1. **Nickelback (or Hinder)-** With their signature sound of guitars playing power chords that don't sound well together mixed with lyrics that are so stupid that it's good they sing them. That way they can hide them behind the lead singer's voice which sounds like a blender full of sand paper.
2. **Green Day-** I totally understand what they are about, but the problem is that what they're about is totally stupid. There are politics for a reason, and politics can't be perfect, so Green Day needs to get over themselves. Green Day wrote a song called "Wake Me Up When September Ends", but honestly I don't think anyone wants to wake them up if they keep writing such terrible music. Also has anyone noticed that Billie Joe Armstrong has hardly any range in his vocals?
3. **Slipknot-** Brutality meets stupidity in this band. They have talent to make good music with their parts being so intricate, but they choose to use their talent to make music that isn't thrilling to listen to at all because of how generic it is. We get it, you're brutal, now shut up.
4. **Korn-** These guys are basically the strangest people on the planet, and they don't even use that strangeness to make music that is different from a number of other bands. For the life of me I can't

figure out what Korn is trying to accomplish in their music. They also stick out from the pack for having the worst guitar tone I have ever heard on a professional recording.

5. **Maroon 5-** This band at least tries something new, but it's still lame. To sum it up, a boy band finds instruments and tries to write music, nice try.
6. **98 Degrees-** The only thing more degrading than being in a boy band is being a third string boy band to N' Sync and the Backstreet Boys.
7. **Tokio Hotel-** The most overrated band of the past year is making noise for yet another bands signature sound namely other terrible bands before them like Hoobastank, Lincoln Park, etc. "That type of music shouldn't be what represents Germany", said Dennis Sprute expert on Germanic bands.



8. **Hollywood Undead-** Are you serious? Are these the guys from Slipknot trying to do hip hop? They describe themselves as rap/metal which makes for a sound with bumpy percussion and grungy vocals, I think that's enough of an explanation to why they are terrible.
9. **Cannibal Corpse-** With the singer sounding like cookie monster on steroids, and no rhyme or reason to anything in their music for example the song "Bloodlands", this band has to be on this list.
10. **Poison-** I think Bret Michaels should stick to dating 20 women at once on "Rock of Love". Poison was the worst of their time because they tried to be like Aerosmith, the Police, and Guns N Roses, and they failed miserably.

Feel That Fire scorches its way up the music charts

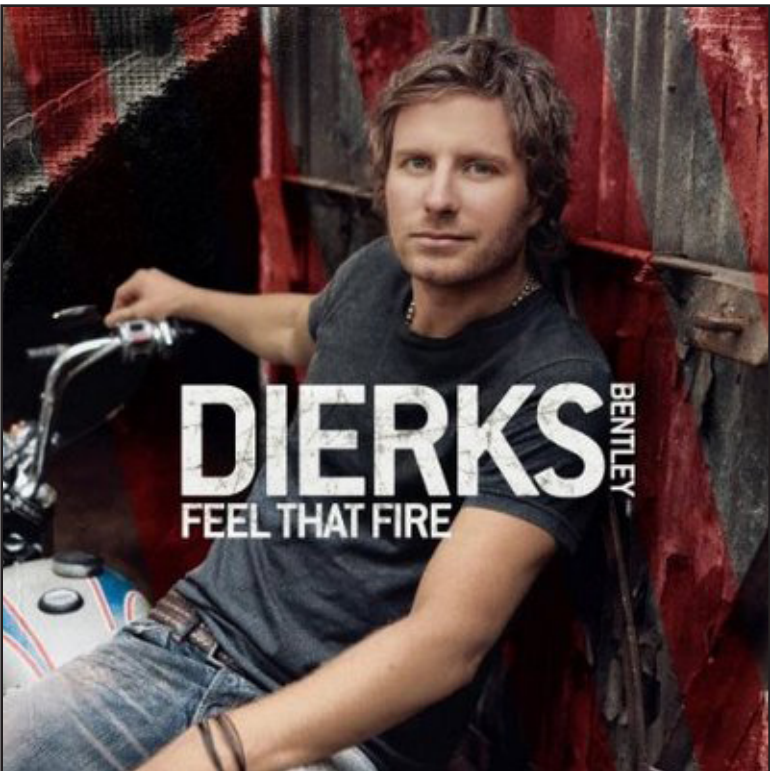
Review By Cassady Zebro

'I want the record to be like a show,' said Dierks Bentley, on CMT's *Insider Interview*. 'I want it to be like an experience. That's why that first song starts off with the motorcycle going through the gears. It's like I'm getting ready to take you on a little journey. That's the whole idea.'

Dierks Bentley has always done a tremendous job on bringing us along those journeys of his within his songs. As of Feb. 14, Bentley's new album, *Feel That Fire*, has traveled all the way up to being number three on *Billboard's* All-Genre listing of the week's 200 Best-Selling Albums. The album knocked Taylor Swift's *Fearless* out of its spot in which it had been for three months.

Bentley has been unbelievable in his success. He's outstanding at relating his music to his audience. Be it young or old, quiet or loud, heartbroken or in love; he's covered it all. It seems he takes all angles into account.

With all under perspective, overall I thought the album turned out to be a great success. However, I like songs that relate to me, and not too many of these songs did. So, I was a little disappointed as a result. Of course, that's just my opinion. Otherwise, the songs were still good, very upbeat and fun! My favorite song would have



to be a tie between "Feel That Fire" and "I Wanna Make You Close Your Eyes". Reason being, for "Feel That Fire", the song is just so upbeat and filled with enthusiasm. It interested me from the start when I first heard it on the K102. As for "I Wanna Make You Close Your Eyes", I love deep, calm songs and that song seemed very much to have both elements. It's the kind of song I could fall asleep to – in the good way that is.

For those interested in buying the CD, you can find it in stores such

as Walmart and Target, anywhere with a music section. I bought mine for \$13.99 at Walmart, but online stores such as Amazon.com have been selling them for pretty cheap also. On iTunes it can be purchased for \$9.99 also.

Feel That Fire is a great CD for those who like to crank up energetic music in the car, singing and having a good time. Dierks Bentley is admirable for his variety in of songs, and the way he touches people's hearts and minds with his music.

If you have your own opinion or commentary on the articles, please feel free to email us about them at forestbreeze@forestlake.k12.mn.us.

Foreign cookies get yays and nays

Review By Kyle Arbuckle

Have you ever been down the international food aisle at Cub Foods? You would be amazed to see all the uncommon foods and drinks that are available. At first, I couldn't find anything that I would be willing to eat. I looked long enough to find some German chocolate.

I tried two kinds of snacks. One was Choco Leibniz by the company Bahlsen; it was a butter biscuit (kind of like a graham cracker) with a chocolate covering. It tasted very good like delicious milk chocolate with a moist cracker inside. The price was \$2.79 for a box that contained nine cookies that were 1"x2"x1/8".

The second snack I tried was called Ballerina by the company

Göteborgs from Sweden. These were cookies with a hazelnut cream filling. These cookies were \$1.69 and were cheaper than the Leibniz snack. They were not

a handful of salt combined with bat intestines ground up in a blender," claimed Senior Dan Lindahl. Senior Dennis Sprute, who is from the same region as the cookies, said "Mmm, that tastes like home."

Obviously, you can see that the Choco Leibniz tasted much better than the Ballerina snacks. It's not about which snack was better but was the trip to the international aisle worth it? Yes. Go check

out the international food aisle at Cub Foods. You may find some interesting food that you might like more than our regular everyday snacks. I would go there again to buy more Choco Leibniz cookies or even try something new. These were definitely worth my time and money.



as good and left a bad aftertaste in my mouth as if I had just bit into an orange peel. I wouldn't recommend these at all. Maybe I just don't like hazelnut, or maybe they are just bad in general. I had two other people try them and see what they had to say.

"Ballerina cookies tasted like

Hardwood Creek Library Student Art Show

When: March 18 - April 22

Time: During library hours

Library Hours:

Sun. 1-5 p.m.

Fri./Sat. 9:30-5 p.m.

Mon.-Thurs. 9:30-8 p.m.



Who do Augustine



By Cassie Olson

Walking into a room of people singing Johnny Cash, Jason Mraz and Taylor Swift you wouldn't expect them to be talking about a 15 day trip just mere minutes later, would you? But that's the personalities of the class that are high spirited and very funny.

"It's more of a learning experience for speaking and understanding the language," said senior Krista Milne.

The students in the group consist of nine girls and one boy, junior Gweir Glewwe.

"I'm more excited about going to France then the people I'm going with," said Glewwe.

The group will be leaving for the trip March 5 and returning March 19. They are going to the cities Paris, Aix en Provence, and Nice. They are going to go to

many exciting places, including a perfumery in Paris. Also, when in Aix en Provence, they are staying at a host family's house for six days.

"I've been talking to my host sister," said Milne. "I'm excited."

But the trip didn't come together just like that and it's free. Some of the students have been planning this trip for over a year now and have been doing different kinds of fundraisers, such as bagging groceries at Cub.

"Last year I sold bon bons," said junior Angee Gauerke. "The rest of the money came from my parents."

The students seem to have wanted to go to France since they knew about it. Now the adventure is just days away. Have fun and be safe!

French Club makes a visit to France

By Daniel Lindahl

Many people go on exciting trips to some of the most beautiful places on earth over spring break, but what about the rest of us? Some of us are left to enjoy our week off in the remote fast food utopia known as Forest Lake. So you may be wondering what can I do if there's nothing to do?

After careful consideration and some help I have compiled a list of to do's when you're not doing do's. If you are like me you have to believe that there are some fun things to do in this town when your friends are having their fun in the sun.

I'll start with a few things that you can do going solo over break. One activity to do would be to watch your favorite movie. Some of my suggested flicks are; The Man on the Moon, the Pursuit of Happiness, the Count of Monte Cristo, or possibly go back to your childhood and watch Toy Story or my favorite Space Jam.

If watching movies over break sounds about as fun as chipping your tooth on a wild hockey puck to the face then some of these other options may suit you better; Take a drive to a new place, catch a local show at Nesting Grounds or a national show at the Myth or Station 4, learn to play an instrument, or possibly the most rewarding option catch up on your sleep.

I think most of us would agree that activities with friends would be a lot better than hanging by yourself over break. Your friends and you could make a YouTube video and attempt to get famous, go to the Mall of America and get some new threads, hone your skills for the upcoming battle of the bands at the high school, or host a dance-off in your garage. However dancing is probably only a reasonable option for Juniors and Sophomores, Seniors don't dance.

Those are just my recommendations for having a good break, but what about other opinions? I went

to Spanish teachers and leisure specialist Kelly Wing to find more ideas. "I like to play guitar, watch the Good, the Bad, and the Ugly, find goofy stuff on YouTube, do projects around the house, and update my one piece spandex wardrobe," said Wing.

The best advice any of us could give would be to do what you love to do. It's very difficult to be bored doing something that you love, and technically we could consider that a paradox.

So whether you start a rock band, play rock band, learn to dress like a rock band, or ignore rock bands all together and do something completely different. Make your break fun by being fun yourself. Don't blame the world for being boring. Have fun and do something you like to do. Because the world isn't boring, you're boring.



“The World is a book, and those who do not travel read only a page.” - St. Augustine

By Dennis Sprute

Spring Break is not only a time of relaxing from school for a week and putting up your feet, but also a time of traveling. Many students will spend this time on vacation. The FLHS orchestra is going to be going to New York from March 6-10. “It is a study and performance tour”, explains teacher Mr. David Livermore. Next to performing “art, pop, and culture stand well to the fore”, Livermore says. Visit to Lady Liberty, a sightseeing tour, and seeing The Lion King, are only a few of the fun events on the schedule.

The group doesn’t necessarily have to go to New York, but Livermore stated that it’s the “cultural center of the USA”. Next to all that entertainment, the orchestra will perform at the Lobby of the United Nations and at the Cathedral Saint John the Devine. There will be no competition though. The group will also meet David Bark, a traveling conductor worker. The students who will participate had to pay for the trip themselves, but also did some fundraising like a pancake breakfast, and a dinner concert at Max’s Groove House.

Orchestra students head to New York

By Cassady Zebro

Unsure of what to do over break? Need a reason to get out of the house? Does getting ahead of the game with the free time that may lie ahead of you interest you? For those juniors and seniors who haven’t gone yet, Spring Break would be a great time to visit those colleges you’ve been meaning to tour. It also gives you a good excuse to get your parents to let you go somewhere warm if colleges down south are of interest.

Before you head out on a visit there are some basic standards of etiquette to be aware of before you arrive at the college of choice.

“Students should call the schools and set up an appointment or check the school website to see if there are specific visit days already in place,” said Val Handstad, CRC Coordinator.

When visiting, there are certain ways one should act. Keep in mind that they are also “interviewing” you.

“One of the most important things for students to remember is that their actions are a reflection of ‘them’. Remember you are there to ‘tour’ the school but you also want to be respectful,” Handstad said.

Along with respect, comes maturity.

“Act mature, and have good, interesting questions; ask about areas of interest to you,” said Dean Christine Glomski.

Questions can range from areas of interest, to areas of study, and what types of extra-curriculars are available, and where the nearest hang out/study areas are.

There are great benefits to visiting colleges earlier rather than later.

“The earlier a student has scheduled their visits, the more time they will have to focus on making a choice based on if the school will fit them academically, socially, and culturally,” said Handstad. “Visiting a school earlier enables a student to be better prepared and

not ‘rush’ into a decision, simply because it is last minute.”

“When stepping on a campus, you can get a gut feeling, and you’re able to picture yourself actually living there or not,” said Glomski.

Although, selecting the right school isn’t only based on that gut feeling, that feeling is a plus; there are many more areas to explore.

“There are many characteristics that should matter to a student when selecting a school and it would be helpful to identify some of those before making a decision to visit a school,” said Handstad. “The Career Resource Center has helpful checklists for students that can help them in their search.”

If your choice is to visit colleges over break, remember to be respectful, do your research, ask thoughtful questions, and take your time on your decisions. Don’t let yourself stay bored this Spring Break, think ahead.

Make a plan to visit some colleges around Minnesota

New *Friday the 13th* has ‘fresh take’

By Megan Daly

Friday the 13th raked in 4.2 million dollars on its opening day on (ironically enough) Friday, February 13.

Although there are 11 different movies and variations associated with the *Friday the 13th* series, the 2009 re-make was a seemingly fresh take, combining the storylines of old and new.

The 1st (and original) *Friday the 13th* was released in 1980. It told the tale of a summer camp, cursed with an “omen of death“, being fixed up and re- opened after 30 years of neglect. One little boy named Jason had drowned there after two of the counselors were not paying attention. After his death two counselors were murdered and numerous fires

were started.

This all leads to a 24 hour killing spree where teen after teen is picked off by Jason’s MOTHER! This schizophrenic old woman believes Jason is telling her to kill the teens to avenge his death.

The 1980 story plot is tied into the 2009 version. Although in the first movie Jason never actually shows up (except as a mutilated dead child that pops up out of the lake randomly) they use the storyline of how his mother was killed to show why Jason has come back to kill anyone that dares enter the camp or the woods around it.

Both versions have victims of the same kind. Teens that have come to the woods to have fun, smoke weed, have sex, and get wasted.

This can only lead to one thing in the world of scary movies, death in surprisingly diverse ways. Besides the exception of Clay, Played by Jared Padalecki who has come to find his sister who was kidnapped by Jason due to her resemblance to Jason’s mother.

Although this movie seemed to lack an intriguing story line, if it’s a blood bath you want then it’s a blood bath you’re going to get. It was not so much an interesting movie as it was just waiting for the next person to get killed off

Friday the 13th is rated R for sexual content, gore, and disturbing images. It is now playing in most theaters.



The original *Friday The 13th* released in May of 1980. Directed by Sean S. Cunningham.



The remake *Friday The 13th* released on Feb. 13th, 2009. Directed by Marcus Nipsel.

Upcoming March Releases

By Kyle Arbuckle

Not doing anything spring break? Check some new music, go see a movie at the theatre or buy a new DVD. Here are some releases with the corresponding dates they will come out.

- CD’s (Album name, Artist)**
All I Ever Wanted - Kelly Clarkson, March 10
Scream - Chris Cornell, March 10
The Distance – Taylor Hicks, March 10
Metamorphosis – Papa Roach, March 24
American Soldier – Queensryche, March 31
DVD’s
Role Models, March 10, Unrated, Seann William Scott, Paul Rudd
Milk, March 10, R, Sean Penn, James Franco

- Rachel Getting Married*, March 10, R, Anne Hathaway, Rachel Buchman
70th Anniversary of Pinocchio, March 10, G
Cadillac Records, March 10, R, Adrian Brody, Jeffrey Wright
Happy Go Lucky, March 10, R, Sally Hawkins, Eddie Marsan
Movies in Theatres
Watchmen, March 6, R, Billy Crudup, Malin Akerman
Race to Witch Mountain, March 13, PG, Dwayne Johnson, AnnaSophia Robb
Knowing, March 20, PG-13, Nicolas Cage, Rose Byrne
I Love You, Man, March 20, R, Paul Rudd, Jason Segel
Duplicity, March 20, PG-13, Julia Roberts, Clive Owen

How’d you like to be stuck in a hole?

By Elizabeth Brown

Recently, I went to the Guthrie to see the play *Happy Days*, starring Sally Wingert and Richard Ooms.

Written by Samuel Becket, *Happy Days* tells the story of Winnie, a woman who spends her existence buried in a hole from the waist up. She spends each day in her hole with only a few items in her tote to occupy her. Her husband Willie, who seems to live in a different hole in the ground, is nonresponsive to her chattering for the majority of the play.

I went to this play looking to broaden my theatre experiences. I was not disappointed. Beckett, also the author of *Waiting for Godot*, is known for his absurdist plays, which means there is no meaning to be found in the world beyond what we give to it. This said, the play basically had no storyline.

I really have mixed feelings about this play. I usually go by

the rule that if a play makes you think about it for a while after you have seen it, it is great theatre. Well, it certainly made me think, and the acting was great, but there were times during the first act where I felt my head nodding. I wondered if the end would ever come. After the first act, I was reluctant to go back. But, I was holding out for the second act, when Winnie was buried from her neck up.

The second act was definitely more interesting. Winnie rapidly went insane. She rehashed the stories she had told in the first act, and began to scream randomly. My favorite part of the play was when Willie, Winnie’s husband climbed the mound of dirt. As he strained to reach the top, and possibly blow off her head, or his head, the play ended.

One is left to make what you can out of the end. My personal opinion is that Willie was trying to reach Winnie to kill her with her own gun, the one that she could no

longer reach.

This play was certainly unusual. It was basically a two hour monologue. After mulling over this play I decided that overall, it made me kind of mad. The philosophy of existentialism, there is no meaning to life besides the meaning you give it, leaves the audience very unsatisfied, because there is no solution to the play, or basis on which to start. The play, though deliciously bizarre, is a bit disappointing in that it has no point, or actual storyline. Anyone could write this stuff, but it took great actors and director to make it tolerable. With that in mind, it makes me wonder if I enjoyed the end not so much for its morbid nature, but because it was the end.

If you go, I’d suggest getting rush/discounted tickets for \$15. Seats are general admission, for *Happy Days*, which is in the Dowling Studio, so I’d suggest getting there early. *Happy Days* runs through March 8.

Dancing in St.Paul’s haunted caves

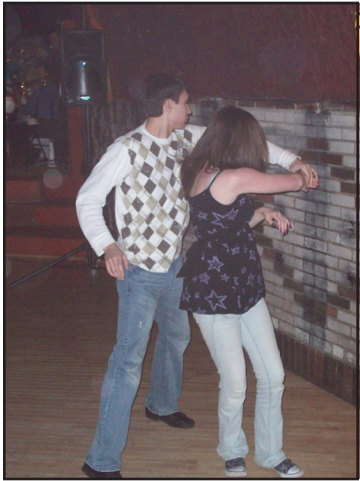
By Cassie Olson

When I was asked if I would like to go to The Caves to go swing dancing the first thing I thought was... this is going to be lame. But when you get there all you think is wow. When you arrive you see a building that’s built into the side of a plateau. Thought to be haunted, the caves are in St Paul, just off Wabasha St.

Every Thursday night they have swing dancing from 6 to 10 p.m. for seven dollars. They have live music playing by The Moonlight Serenaders, TheMinnesota Jazz Orchestra, Beasley’s Big Band, Swing Beat, and others.

If you don’t know how to swing dance, no problem. Lessons start at 6:15 and are taught by Your Pal Al, Cave Man Dave or Cindy Lindy. They teach all the basics, foot work and spins. Then it’s all up to you. You can either start out dancing or you can go in one of the back hallways and practice your moves.

Guys, it’s been told that you should be the one to ask girls to dance. So don’t be nervous to ask. Most will say yes. As for girls, don’t be afraid when asked to dance by a stranger. After one



One of our one, junior Amelia Maroschek, dancing at the Wabasha Caves. Photo by Cassie Olson

song you can sit down with your friends again. But that doesn’t mean that you can’t ask as well.

A few tips: it is a semi-formal place. You can dress up or even wear a nice pair of jeans. Also, if you have long hair, it may be a smart idea to put it up. If you don’t your hair will be in your face all night. Lastly, wear shoes you will be comfortable in. Wearing the wrong shoes will leave you feeling sorry later. So, get you dancing shoes and your groove on, and I’ll see you at The Caves!

Literary Spotlight: Jessie Hutchings

In The Mirror I See
I look in the mirror and what do I see,
I see a person that used to be.
A person with love,
With joy,
And pride.
A person with dreams that didn’t abide.
A world of fear,
Of hate,
And pain,
The hopes and dreams you never gain.
You could never believe what it’s like,
To be lied to and used,
When your personal feelings are always abused.
The hurt inside will never go,
But that’s something only I know,
So now the tears have gone away,
But the hurt inside will always stay.

Every month the Breeze will publish a poem from FLHS students. If you would like to submit a poem of your OWN work, please drop it off at Ms. LeVake’s room 374. This month is a poem from sophomore Jessie Hutchings.
By Eric Snidarich

What inspired this piece?
“Things that happened during the 9th grade.”
Where do you get most of your inspiration?
“Most of the poems I’ve written were about my dad who’s left me twice, but I have also written some about wanting a boyfriend.”
How long have you been writing?
“Since the 8th grade.”
About how many have you written?
“I think between thirty and forty, somewhere along there, but a lot are unfinished.”
Why did you start writing?
“I always used to hate writing until we had a poetry assignment in class and I liked it.”
Do you plan to continue writing in the future?
“Yeah, definitely, but it is hard to come up with words at some points. I have a lot to say, but it gets hard to put it into words most of the time.”
Are there any post high school plans that deal with your writing?
“Not really, I’m not going to do much with it, it’s just a little hobby.”
Are you taking any writing classes at the high school?
“I plan on taking creative writing, maybe. But I need technical writing for the career field I want to get into.”

Best-kept secret of Forest Lake dining

By Kellie O'Brien

Can you imagine eating a warm, crisp piece of toast with a layer of the best jelly in town on it? Of course, there is nothing better than to wash it down with your favorite

flavor of coffee or juice. If you are looking for a new place to go for breakfast or lunch, why not try

the new café that opened a few months ago in Forest Lake? The Jelly Jar Café is conveniently located on Lake Street right across from Taco John's. They are open seven days a week, and the hours are from 6:30 a.m. to 1:30 p.m.

The Jelly Jar Café reopened under new ownership. The new owners are local residents of the Forest Lake area. Gary and

Sally Beaudet, who were regular customers of the Café, invested along with the former manager of the Jelly Jar Café, Jeannie Sager, to open the doors to the local

customers. It is their hope and dream to eventually serve dinner, but for now their menu only includes breakfast and lunch.

The menu, however, ranges from a large variety of breakfast foods to an extensive variety of luncheon favorites at reasonable prices.

The minute you walk through the door, the aroma of the home-cooked meals will easily convince you to take a seat and browse the menu until you find a favorite dish.



Jelly Jar Hours:
7 days a week
6:30 a.m. - 1:30 p.m.

Lillian's, the purse store next door

By Megan Daly

Up and down the main streets of Forest Lake there are a few interesting businesses, from a chocolate shop to a pet store,

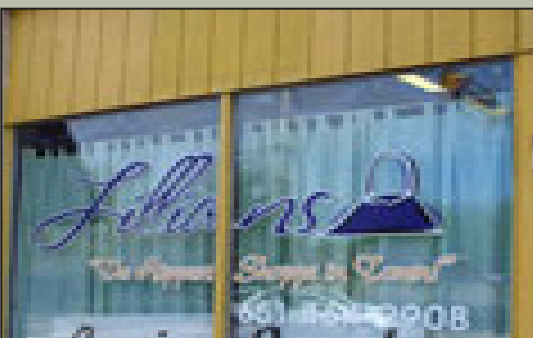
even a psychic. But what about that one yellow building that is only open 3 days a month?

That would be Lillian's. Referred to by its founders as "The hippest store in town," this shop is dedicated to handbags, jewelry, sunglasses and other boutique style accessories.

The store that started as a tribute to a woman referred to as "Grandma Lillian" is now franchised with stores all over the country. Minnesota alone has 18 shops scattered across the metro area. The Forest Lakes store is owned and operated by Krissi Larson. So what significance does a "knock off" purse retailer bring to our town? According to

the Lillian's website, "It's about bringing fashion to modern day women at reasonable prices." And believe me, it does.

When first walking into the store,



The outside of Lillians Purse Store located on 61 in Forest Lake. Photo by Megan Daly

there is a sensory overload. The walls are full from ceiling to floor with bags of all shapes colors and sizes, and the prices

are extremely reasonable. The reason, they are not real name brands; Lillian's resents the term "knock off", However, In a letter written to the public by Lillian's CEO Cindy Deuser, she states that Designer-Inspired bags are not counterfeit or fake. And that is all Lillian's sells, Designer-Inspired products.

If you want to check out what Lillian's offers, they are open the first Thursday- Sunday of every month. Thursday, 10am - 8pm, Friday, 10am - 5pm, Saturday, 10am - 5pm, Sunday, 12pm - 4pm.

A new look at foreign music

By Eric Snidarich

Well, I was interested in introducing a new concept of foreign music reviews so I got right on it. This issue I am going to give you insight to a couple artists; one well known techno DJ, and the other, an African pop artist duo.

First I'll tell you a bit about my uncommon and very interesting dive into African Pop Culture. In the music I was looking through a particular couple struck me as a need to see. This couple is a duo called Amadou and Miriam. Miriam Doumbia (singer) and Amadou Bagayoko (guitarist) formed a musical and romantic partnership after meeting as teenagers in school for the blind in Mali. The couple got married and Amadou became the instructor for Mali's Institute for the Young Blind music program.

The couple mixes african blues with jazz, and it comes out with feeling. A distinct beat along with guitar solos, the duo is something worth looking into.

My next artist is an up and coming pop techno DJ known as Basshunter. Born in Sweden as Jonas Erik Altberg he was later diagnosed with Tourettes. He started creating music using FL Studio on his own homepage. He later got calls from dance clubs to DJ. HE signed his first contract with Warner Music then later released his first single *Boten Anna*. He became a European celebrity after his debut album labeled *LOL* <(^,)>. Altberg re-released his song *Boten Anna* with rewritten lyrics called *Now You're Gone* to appeal to a foreign market. After an unintentional leak of *I Can Walk on Water*, *I Can Fly* he cancelled a planned release of *Please Don't Go* to subscribers of an internet music newsletter.

So now, after a brief intro to some new or popular artists, I hope you have fun looking around the foreign world of music and pop culture. Thank you and have a great spring break.

The scoop on this year's Academy Award winners

By Dennis Sprute

On February 22, the 81st Academy Awards took place in the Kodak Theater in Los Angeles. As every year, movies from the previous year were awarded.

This year the Australian actor Hugh Jackman was hosting the show. He gave proof of his inimitable talent when opened the evening with an enjoyable dance. Later he continued bringing in little musical elements during the show.

A big scandal failed to appear, but as it seems with every year, new

heroes were born. The creators of *Slumdog Millionaire* may add themselves to that list. The British production, that tells the story of a young Indian who lives

in the slum and gets the chance to participate in the Indian version of *Who Wants to Be a Millionaire*, was the surprise of 2009. It was awarded eight from ten possible Oscars, among them Best Film and Best Director.

The Curious Case of Benjamin Button, however, was an

underachiever. The story about a man (Brad Pitt) who ages backwards and thus affects his relationship to his lover and his entire life, was "only" awarded three Oscars from 13 possible nominations. Sean Penn was awarded the Best Leading Actor for his amazing performance as a gay politician in *Milk*. Kate Winslet was finally, after three unsuccessful nominations in the previous years, awarded the Best Leading Actress for her performance in *The Reader*. The late Heath Ledger provided for the emotional part when he was awarded the Best Supporting Actor posthumously for his performance as the Joker in *The Dark Knight*. The audience was deeply moved by Ledger's family's speech who

received the prize. Ledger is the second actor who was awarded with Oscar after his death after the British actor Peter Finch.

Spanish actress Penelope Cruz was awarded the Best Leading Actress for her performance in *Vicky Cristina Barcelona*. In, total 24 Oscars were awarded this year. All in all the production was worth watching it for those who are interested in movies and the people working on those. The movies that were awarded were deserving of the prize, but I didn't understand why great movies like Clint Eastwood's *Gran Torino* or Bruce Springsteen's soundtrack for *The Wrestler* were not even nominated.



Applebee's 2 for \$20 a steal

By Johanna McDowell

Do you like to go out to eat on a Friday night, maybe after a big game or just so you won't have to cook? Well, if you live in Forest Lake there are some good restaurants to choose from, but with the economy so low we don't have a lot of extra money to spend so where are the great deals? At our neighborhoods grill Applebees! It's a fun place to go with all your friends and family and also eat great food. Right now Applebees will let you get one appetizer and two entrées for only \$20. It's an even better deal if you split it with a

friend. That way, you will both be satisfied. A few words to the wise about the deal though, so you aren't caught off guard. First the deal applies to only selected items. For the appetizers they include; mozzarella sticks, crunchy onion rings, boneless buffalo wings and spinach and artichoke dip. For the entrée's they also include a variety of nine different things like the chicken finger basket, bacon cheeseburger and the 7.oz house sirloin to just list a few. The final tab doesn't include any beverages or tax, so unless you drink water, be

prepared to pay a little extra plus tip.

"The deal just started up so it will be running for another month or so," according to the waitress.

With a deal like that, you won't be leaving hungry and there could even be some left overs to take home and eat later.

**Have a Restaurant
to Review?**

Let us know!
forestbreeze@
forestlake.k12.mn.us

FLHS Theater Department presents:

An Enemy of the People
By Henrik Ibsen

Auditions held:
Tuesday, March 3
from 2:40-5 p.m.
(in Auditorium)

*Listen to the Afternoon Update for more
information of what to bring with you*

Drumline making noise

By Krysta Nelson

The FL Drumline has been marching forward this season. Head Director Liz Johnson is pleased with the line's accomplishments.

"The drumline has taken a huge step forward from the last couple of years," said Johnson.

The group has already placed first at two shows. Johnson explains their strong points.

"They have a high level of precision and discipline," said Johnson. "They put so much time and energy into it."

Senior Captain Derek Sandkamp is also proud of this year's line.

"Each year we've seen large improvement in participation and skill level," said Sandkamp, "and this year definitely continues the trend."

The drumline has challenges to overcome that some other high school team's may not be able to relate to. FL Drumline must look

the part as well as sound the part at the same time.

"If every single person isn't uniform in what they are doing, they stand out," said Johnson. "They also need to perform well musically."

Anyone can participate in drumline.

"We are always looking for new members, from junior

high through high school," said Sandkamp.

No musical experience is necessary to join the line. They are only looking for participants with the correct attitude.

"Drumline requires determination, an ability to retain information with sometimes little repetition, precision, and passion," said Johnson.

The drumline season starts in October and ends in April, so dedication is key.

"The activity is so rewarding," said Johnson. "Members create friendships as well as grow as musicians."

The FL Drumline will be performing at the FLHS Percussion Festival on Sat., Mar. 7. Tickets are \$7 for adults and \$4 for students.

"It'll be awesome," said Sandkamp. "Hope to see you there!"



Gymnastics team 6th at state

By Daniel Lindahl

The Rangers gymnastics team shocked many with their upset against Cambridge-Isanti by less than two-tenths-of-a-point on Feb. 20th. The win enabled the squad to go to the state tournament at the University of Minnesota's Sports Pavilion on Feb. 26. The Rangers went in to the event ranked 12th in the state.

Samantha Opsahl and Taylor Brett advanced to the state meet as individuals as well. Brett competed on the vault, bars, floor, and all around. Opsahl won the balance beam title and qualified for the vault, floor exercise and all around events.

This was the sixth time the Rangers have been to state as a team, and it was the first time since 1997. The team was very excited to represent their section and finished 6th at the state meet

as a team. The squad went 8-4 this year and took second at the Minnesota Girls Gymnastics

Kristin Johnson, Carol Suess, Maria Williams, Ashley Brett, and Matt Blackstad.

The Breeze would like to congratulate the team and thank them for doing a great job representing Forest Lake.

CONGRATULATIONS GYMNASTICS!

Note: Thank you to Ross Bennett, District Public Relations Coordinator, for information included in this article.



Officials Association Invitational. The members of the team are; Samantha Opsahl, Taylor Brett, Scotti Sampair, Julia Hurtley, Jordan Boniface, Esther Jandrich, Jenny Kunshier, Allie Bey, Jessie M. Ramberg, and Olivia Oleshak. The coaches of the team were head coach Nancy Elias, and assistant coaches; Joel Lynn Tinklenburg,

The Ranger dynasty Boys Nordic wins 4th championship

By Krysta Nelson

The Nordic Ski team ended their season with a bang this year. Head Coach Deno Johnson is very pleased with the team's success.

"The team was stellar," said Johnson, "simply the best in Minnesota."

The group won their fourth state title in five years. This year they finished with 380 points, beating Hopkins by 18 points.

"The team's success comes from the awareness of its tradition and its past," said Johnson. "Champion performances are in the team's DNA."

Senior Captain Ryan Wright placed third overall at the 2009 state meet, after finishing fourth last year.

"I'm pretty happy with the outcome of the season," said Wright. "I wasn't expecting to place well considering my injuries, but everything turned out."

Wright is also very happy with his teammates.

"We went in and got the job done," said Wright.

The skiers were honored at a welcome home ceremony on Wed., Feb. 25 in the library after school.

"It's hard to put into words what these kids accomplish," said Activities Director, Joel Olson. "They get it - hard work in July pays off in February."



Spring sports are coming

By Kyle Arbuckle

The snow is melting, the weather's getting warmer, and the birds are chirping. That can only mean that spring sports are starting very soon. Make sure you know when to sign up, when practice starts and what to bring.

To be able to participate in any FL activities, you need to have the following information turned in to Kim Peterson in the activities office.

What you need to sign up for a spring sport at FLHS:

* FLHS Emergency Contact & Insurance Information Form signed by parent/guardian (one per sport)

* Fees and \$100 deposit (returned from the coach at the end of the season, after equipment and uniforms are returned) Pay on-line available

* Fairview Athletic Trainer Consent to Treatment Form, signed by parent (one per year)

* MSHSL Athletic Eligibility Annual Health Questionnaire Form signed by a parent and the student (one per year)

* MSHSL Sports Qualifying Physical Clearance Exam Form (good for 3 years)

After you have these things turned in, bring the card from Peterson to your coach so you can participate. Synchronized swimming (\$189) starts March 2; Golf (boys & girls), Softball, and Track (boys & girls) all start on March 9 (each are \$176); Baseball (\$176) starts on March 16; and Tennis (boys, \$149) starts on March 23. All require a \$100 deposit except for Tennis.

Spring Sports Start Dates:

Synchronized Swimming: March 2
Girls Softball, B/G Golf, B/G Track: March 9
Baseball: March 16
Boys Tennis: March 23

Got gym? Wondering where?

Forest Lake's Top 3 work out facilities are a place to start

By Elizabeth Brown

Is winter getting you down? Try a workout to get moving! There are several health clubs in Forest Lake to join. I decided to do some research to find the best deal on memberships.



Photos by Elizabeth Brown

First up is Snap Fitness. This is fairly new in town, occupying the space the Brick House Eatery left when it closed. The fee for a membership is \$34.95 per month, plus a \$15 dollar access card fee, and they do not offer any student discounts. A downside to Snap Fitness is that anyone under 18 may not work

out without a parent present, which would inconvenience a lot of high school students.

Anytime Fitness is located in the Northland Mall. Anytime has a student rate of \$37.95 a month, and is open 24/7. Though high school students may have a membership, they can only work out during staffed hours. I

was told by a staff member that the average age of a member is between 30 and 50 years old, which could turn off some high school students.

The place that I found to be most accommodating for high school students was the Forest Lake Health Club located off highway 35 on the Broadway exit. Forest Lake Health Club members pay their fees in 3-month quarterly costs of \$109 dollars plus tax; unfortunately they offer no student discount. The club tells me that their members are of diverse

ages, and there are many high school students who go there.

The Forest Lake Health Club and Anytime Fitness offer the most student friendly memberships, but those serious about finding a great deal may need to look outside Forest Lake.



- The 411:
- Snap Fitness**
\$34.95/mo.
 - Anytime Fitness**
\$37.95/mo.
 - F.L. Health Club**
\$109/3 mo.



Take me out to the ball game

'The league is ready to take on a young, but promising Twins team'

By Charlie Nelson

A year ago today the winds of change were blowing in Fort Myers, FL. The franchise faces were gone and a litter of young players were running around camp. The once nameless faces, known just as spring training numbers to the average fan, turned the Twins into one of the best stories in the league last year.

This year things are different, the once nameless players now are being chased for autographs and the league is ready to take on a young, but promising Twins team.

The Twins have worked for years on cultivating young pitching prospects. They were often criticized for passing up trade opportunities that would cause them to lose the young pitchers. Well, the young guns have arrived. Scott Baker headlines the starting five and is the oldest hurler at age 27.

The pitching staff is developing into a potentially great group of arms. From control guys in Kevin Slowey to guys with nasty stuff like Francisco Liriano, this young staff is poised to improve on last year's success.

The defense behind the young pitchers has improved as well. The outfield has four players who deserve to start fighting for three spots. It is likely all four will get playing time with a base three as starters. Delmon Young is being predicted to be the odd man out with spark plugs Carlos Gomez and Denard Span taking Center and left field; the veteran Michael Cuddyer would take back right field after a year plagued with injuries.

There are many factors going into who gets the final spot. Most fans see Young as a problem, who is seen as uncoachable. He is filled

with potential but needs to listen to those who know more than him. Gomez is wild and exciting to watch. He needs to tone down his swing and focus more on the game. Span is turning into a great outfielder; he just needs to avoid



the dreaded sophomore slump. Cuddyer was injured for most of last year and while he was healthy, he struggled. He is working hard to retain his position in right field.

Too much talent is never a

problem but Twins manager Ron Gardenhire has his hands full, a bruised ego can be a poison in the locker room.

The Twins infield is ever improving as well with the addition of free agent Joe Crede. Crede, who killed the Twins last year while playing for the White Sox, was an all star before encountering back injuries for the second year in a row. If Crede can stay healthy, he will secure the job at the hot corner for the Twins, which has been a revolving door since the loss of Corey Koskie. Crede brings power and gold glove caliber fielding to the Twins and is a welcome addition to the ailing third base spot. The rest of the infield is the same as last year with former MVP Justin Morneau at first base, Alexi Casilla at second, and Nick Punto at short.

The Twins infield has power corners and speed up the middle. Casilla, who had a breakthrough

year last year, seems to be the answer at second base. He has speed, fielding ability and is developing bat control. Punto is where most Twins fans are concerned though. He has had up and down years. He is one of the best fielders on the team but his batting comes into question. If he can keep his batting average up, he will hold onto the shortstop position, but Brendan Harris is waiting for him to slip up.

The Twins are a young team that can be a dark horse in the American League. They have young and improving pitching that should be able to lead them through the season. Their combination of speed and power could produce a lot of runs like it did last year. With some key franchise players and a lot of young talent, the Twins should be at the top of the AL Central.

MN Swarm Lacrosse game; a cheer for all

By Cassie Olson

Fri. Feb. 20, I went to see the Minnesota Swarm lacrosse team play against the Boston Blazers, at the Xcel Energy Center. I got two free ThunderStix for being one of the first 200 fans through the door. Since I had on-the-glass seats I got to go into the Fishing Lodge, which has free drinks and popcorn for adults and kids. Also, with some of the accommodations before the game, you can play pool on the upper level in the fishing lodge.

When the game started, everyone went wild. When each of the starting players ran onto the field, fire shot up, and even the mascot got the shooting flames.

Let's just say the start of the

game wasn't that great. The Blazers scored a shot right past Swarm goalie Nick Patterson. But the Swarm came back when they scored only three minutes later. Boston scored four more times in just over 3 minutes. At that point, I could hear people behind me betting that we were going to get crushed. The rest of the quarter consisted of three more Swarm goals, and one Blazer goal.

The second quarter wasn't much better. Boston scored twice more before the Swarm switched out Patterson for Kevin Croswell. Croswell however let a goal in 14 seconds later. Ward and Pollock made two more goals making the score 5-9, Boston.

Like other professional athletic events half time consisted of the performance team dancing and an award chance for two lucky guys

to get a prize from K D W B's Dave Ryan. The contestants didn't even guess at the movie lines from *Apollo 13* and *300*.

Back on the field, the third quarter was intense. Even though between the two teams together only scored



Photo by Cassie Olson

four points it was intense. Since we were on the glass, and the net Swarm would score on was on our side. I got to see all the action.

Including when someone overthrew a pass and it hit the window behind the net and bounced back to Chad Culp that put it in the net in a flying shot. The quarter ended with two shots by Minnesota and two by Boston.

The beginning of the fourth

quarter finally made it look like the Swarm wasn't going to winning. The Swarm answered Boston's three goals by scoring another three goals. After the ball went from one side to another, the last goal of the game, Boston scored on an open net.

In the end Boston won a 12-15 score. The game was fun and even if you, like me, don't know the rules of the game, you'll catch on really fast. It's a fun time and afterwards if you want you to, you can watch high school teams playing on the field. Tickets price from \$13-\$65 and you can buy them online, www.mnswarm.com, or at the gate.

Celebrity Look-Alike St. Pat's Puzzle

By Daniel Lindahl

For this edition of “Look-Alikes” I’ve targeted this year’s homecoming queen Sam Opsahl and country music star Taylor Swift. Do the similarities go beyond the curly blonde hair?



Taylor Swift



Samantha Opsahl, '09

Do you know who you look like?

Yes

How does it feel to look like Taylor Swift?

It feels kind of cool I guess because I like her as a person and think her music rocks.

Do you have anything in common with Taylor Swift?

Besides our blonde curly hair we both like country music, but that's about all I know about her.

Is it annoying to be compared to Taylor Swift?

Sometimes it is because I don't like when people obsess over celebrities. Other than that, no not at all.

Any funny stories about being recognized as her?

No, just when people say, "You know who you look like?" and I know exactly what they're going to say!

St. Patrick's Day Shenanigans

Gathered by Elizabeth Brown

Minneapolis Saint Patrick's Day Parade

Tues. March 17 at 6:30 p.m.
on Nicollet Mall
A great way to end your Saint Patty's Day more information at mplsstpats.org

Saint Paul 43rd Annual Saint Patrick's Day Parade

Tues. March 17 12 p.m.
A longtime tradition, more information at stpatsassoc.org

Crowning of Miss Shamrock

Tues. March 17 7 p.m. O'Gara's Bar and Grill in Saint Paul



Don't Worry....

Student Council had a goal of collecting 165 units of blood on Wed., Feb. 25 at the Red Cross Blood Drive. They surpassed that goal with a total of 179 units.

Student Council Member Brittany Radden reads to Kelsey Lochen (left) as she gives blood to distract her.

Photo by Eric Snidarich

Humorscopes

By Eric Snidarich

Aquarius January 20 - February 18



Todaya as a joke, you willa make funa ofa how somebody talka. You willa get beata up.

Pisces February 19 - March 20



You will hear screams coming from a Hungarian restaurant while you are walking by. Don't worry, though. That's normal.

Aries March 21 - April 19



You will have a little too much punch at a party this week, and will amuse the other guests by flopping around on the floor and making “Ark! Ark!” sounds. But who cares?

Taurus April 20 - May 20



You will make some new friends today. One of them will be on some sort of “sacred quest”, which will make a good ice-breaker. (“So...what's with the coconuts?”)

Gemini May 21 - June 20



Your neighbor thinks his dog is so smart, it's starting to bug you. Cover a book with a book cover that says “Quantum Physics for Dogs”, and train your dog to lay next to it, along with a pad of paper covered with scribbled equations and a chewed-on pencil.

Cancer June 21 - July 22



Squid day, again. Try to make the most of it. Perhaps you could go around with a bucket of squid, and give one to each of your neighbors.

Leo July 23 - August 22



You will be forced to re-evaluate your teachers' IQ when you discover that he is looking forward to the release of “Titanic II”.

Virgo August 23 - September 22



Good day to make a nice pot of gruel. Isn't it strange, how difficult it is these days to find gruel on the menu at restaurants? Perhaps you should start your own restaurant (e.g. *The Gruel Pot*).

Libra September 23 - October 22



Between now and the vernal equinox, trust anyone with freckles. After that, trust no one.

Scorpio October 23 - November 21



You'll get one of those pieces of toast tomorrow with a really big hole in it, and the jam will squish out the bottom.



Sagittarius November 22 - December 21

Good day to use the expression “just dandy” as much as possible. Tomorrow: “okey dokey” day.



Capricorn December 22 - January 19

You will have a secret rendezvous with a representative of a large foreign corporation. The password will be “Fling me a spicy burrito, Stanley.”