

FFA caught red handed

Members caught using steroids

By Kellie O'Brien

According to a tip provided to *The Forest Breeze*, the Federal Bureau of Investigators (FBI) received a tip from a former Future Famers of America (FFA) member that steroids were being used by all club members since the beginning of the school year. This particular informant, who will remain anonymous, was banned from the club because he was delinquent on his club due. As a result of being banned from the club, he sought retaliation in the form of exposing this dirty secret of the FFA.

"This is unacceptable, I can't believe this happened," said Robert Marzolf, Agriculture teacher.

In order to fully investigate the accusations, the FBI set up hidden cameras and microphones in all of the classrooms used by

the FFA.

The head of the FBI, Steve Johnson said, "Hidden cameras offer the proof we need to bust this case open."



After several weeks of video surveillance, the FBI was able to capture several FFA members using oral and injected steroids. Thus, the case has now been elevated from a local school issue to a federal investigation with

charges pending.

Students of the Forest Lake FFA club have all been given strong warnings for using illegal drugs on school grounds. They have been expelled from school and are awaiting a trial date.

Because of the severity of this case, Activities Director Joel Olson, has canceled all club activities and competitions for the remainder of the year.

Olson said, "I am so disappointed in our students that I am speechless."

He has also put in place a new mandatory Steroid Drug Testing Policy for all FFA club members. For complete details of the new policy, go to the Forest Lake High School web site: <http://hs.forestlake.k12.mn.us/>.

FLHS 'heating up' this spring

By Cassidy Zebro

Budget cuts. That's all we're hearing these days. With all things needed for change put into perspective, add one more cut to the mix. Now, for those standing up, you may feel the need to sit down at this time. Remember to breathe. There will be no air-conditioning this semester. That's right, regardless of the temperature outside; this school will not stay cool.

"The school believes keeping the school cool is not a necessity. It's more of a pleasure, and the money is needed elsewhere," said Principal Steve Massey.

This decision is not completely insane, there are a few upsides. For one, there's the dress code. For those girls and guys who have always felt restricted to what they can wear, listen up!

Is how are we supposed to stay cool in school going through your head about now? Well, we've researched some ideas to help us all live through this semester.

As we all know, money may be an issue when getting prepared for this tragic mishap, so here are some of the free ideas.

"I've heard that dogs stay cooled off by panting, so we could give that a shot!" said senior Claire Annette.

"What about those good old-fashioned paper fans? Talk about saving money!" said Math teacher Chris P. Bacon.

"Cover the windows, or turn off the lights! It may be time to teach by flashlight," said Agriculture teacher Justin Kase.



For those willing to spend a little money, but not much, here are some other cool ideas (pun intended).

"I have a spray fan I used last summer

during softball, those things work like a charm I'll tell you!" said FLHS Sophomore Constance Noring.

"Water bottles will definitely help too, keep them on your person at all times," Junior C. Senor said.

Those are just a few ideas; feel free to use your own imagination! It may be smart to start thinking of cheaper ways to go along with this school's cut and the economy in general.

Medallion Hunt

By Cassie Olson

The Breeze Medallion, at last Good for you it's finally back This time not in my old form But maybe a bottle, a can, a tack.

At 15 feet, I do reside Now am I inside? Or again outside? Expand your gaze far and wide.

Knock first, then enter Listen to staff banter I reside in a metal case Isn't the brain a tricky place?

Strange creature infesting Forest Lake

By Eric Snidarich

This past St. Patrick's Day, reports came from ice fisherman all through the day that something was lurking under the Forest Lake ice, but it wasn't a fish. The Forest Lake Police Department examined each description and gave a public comment this past weekend.

"The report issued last Tuesday, March 17: has been investigated thoroughly and is our top priority," said FL Police Chief Mike Patterson.

"At this time public safety is a top priority. We do not yet know what this disturbance is, but we do know there are more than one hundred of them under the ice. They have been described as long, thin creatures that seem to slither through the water," said Patterson

How to teach without teaching

Many FLHS faculty attend workshop, implement new strategies

By Daniel Lindahl

Over spring break, all teachers attended a workshop entitled, "How to Teach Without Teaching, a Teacher's Guide." The workshop was led by Issac Ateechin, a well known teacher of the concept of LAME, Learning After Mood-Swing Educators. The concept of LAME really got the teachers excited about learning from how not to teach. It taught the teachers valuable lessons on and off the retro carpet. English teacher Paul Wieland told me he has never learned so much in his life.

"I'm really excited to be LAME," said Wieland with a grin that made his goatee dance.

Dr. Massey commented on the subject by saying, "Of all the workshops we've had this LAME seminar really got our teachers to upgrade their performance more than ever."

There has never been a more excited atmosphere among teachers, other than the day that Mr. Leventhal and Mr. Ward were discussing quitting from Forest Lake High School and co-managing a Men's Warehouse.

Students have been noticing the difference as well. Senior Ben Wisemann was more excited than anyone.

"A lot of the teachers at the school have mood-swings, and now they can have them behind a curtain or out in the hall, and then come out and teach like a group of crazy flamingos that are good at teaching!"

Statistics show that sophomores are the most ready to benefit from LAME, with Juniors coming in a close second. "Seniors are having

a hard time using LAME, said Dr. Massey, "I think they are too use to the old system by now to be taught by LAME." Some believe that this concept will take a few years to implement, but Issac Ateechin claims it's as quick to implement as it is for burgers to come to you from McDonald's, where he will be dining on April 1st, 2009.

Not every educator understands the concept of LAME. Mr. David Livermore commented that he wishes the school would go back to its old approach.

"I don't think being LAME will help me with my students," said Livermore. "And I'm sick of the LAME concept all together."

Massey understands this belief.

"I think some teachers have a hard time being LAME because they aren't ready for it, it's a big step for any teacher to take," said Massey.

According to a teacher survey *The Breeze* conducted 80% said they were ready to be LAME and 10% said they were not, the other 10% were joining Cleary's crocheting club. The LAME system from the outside seems to have fewer errors than the Twin's infield, and that makes a great case for using it.

Some may not be ready, but the teachers at FLHS seem to be more than ready to be LAME. The school is ready for a change, and unlike the country, we can't have Obama fix it for us. We must get LAME. Issac Ateechin's concept is so revolutionary that it's controversial. We know all good things are controversial, so let's give it a shot!

tried pulling it up, but something on the other end kept fighting. I finally got my buddy over to help me pull it up and once we got it part way through the hole, we stood still in shock."

The creature has given new light to the investigation.

After a recent release of animals at the Forest Lake Pet Store, police found that all the snakes released have indeed infested Forest Lake.

"We suggest take care when you're out on the lake fishing, swimming or boating. We still see the infestation as dangerous and until every creature is accounted for and captured, we will not stop watching out for the public," said Patterson.

The public is urged to contact FL Police with any sightings of the snakes.

Changes for '09-10 school year

6 day school week

By Cassie Olson

You have all heard about the four day schedule the school board was thinking about for next year. But now that the idea is out the window, the school board has been thinking about a different plan that won't have many kids jumping for joy.

"We have put out the idea that Forest Lake Area Schools will have a six day schedule," said board member Jerry Ulrich. "Students will have Saturday added onto the school week."

The school board emailed The Breeze, so students could find out in a subtle way about the abrupt change and also so they wouldn't get 'attacked by outraged students'.

"The school district has been talking about it for years and we just think that it's going to improve testing scores," said Ulrich, "The two days off in between Friday and Monday days are really hurting students, they tend to forget to do homework or they have too much 'fun'."

The school feels that students forget what they know within the weekend. In the new schedule, students would have only Sunday

off and they would have a shorter amount of time to forget things. The controversy inside the school board is that the school year will be too long, so the school will offer a one-day school week for parents who think that their children will need it. It will not be mandatory, but you will need to show up for at least ten of the days if you do sign up.

The advantage the school board sees is that students will be getting school off at the end of April. Whereas the schedule in question would have us getting off at the end of April.

"Students will talk about how this will cut into time they need for work, but they must remember we are letting them out almost a month and a half earlier and they will be able to take longer days and have longer hours to work during the summer," said Ulrich.

The school board has yet to give the okay for school principals, deans, and other administrators to put this 6-day week on the official school calendar. The plan will be going through a final review April 16.

Less talking, more eating

By Krysta Nelson

One of the major changes for next year is the new lunchroom rules. Principal Dr. Steve Massey claims the issue we now face during lunch is the lack of food consumption.

"Our students are not getting enough food during lunch. They are all busy socializing," said Massey.

The school board has decided to eliminate that issue. Starting September of next year, the lunchroom will be silent.

"Everyone will be able to focus on refueling for the rest of the school day instead of talking with friends," said School Board Member George Lewis.

The school board has also made a decision to have a required diet. All students must purchase or bring a certain amount of food to fill their nutritional needs. Junior Katrina Sochet has a strong opinion on the decision. She thinks it is a good idea and sides with the school board.

"I believe that this solution will benefit our students and create a healthier student body," said Sochet. "I also feel that some



Megan Daly and Cassady Zebro practice their silence in the lunchroom.

teens are not going to agree with the rules. They might cause an uproar."

Anyone who does not follow the silence rule or nutritional requirements will be put into a solitary lunch area so they can have more supervision.

"I know that this will not work," said sophomore Carrie Bellen. "Students will not abide by the rules even if they are punished."

Despite some students' opinions, Lewis is confident with the new idea.

"We hope that students will appreciate our concern for their health," said Lewis.

Although not everyone agrees with the new rules, the decision has been made. The new year's lunchroom will definitely be a different environment than FLHS students are used to.

Uniforms required for students

By Cassady Zebro

Well, the seniors get lucky. As a result of the ridiculous wardrobe worn by students of today, there has been a decision made that will affect the students of next year and generations after. Forest Lake High School will be dressed in uniforms next year.

"We feel the outfits seen throughout the halls day by day are ridiculous," said English teacher Joe Kerr.

"Don't even get me started on the students' sense of fashion either," said Al Bino, another Math

teacher. "I mean, have you seen how much girls are covering up with outfits that aren't even cute? Some look as though they're dressed for a blizzard at their worst."

"They just don't mesh, I'm glad they're bringing the student body

together to look the same. I mean, who needs their own personality when they can be the exact same?" said Physical Education teacher Dan Saul Knight.

"Oh and don't even get me started on the boys, their jeans look like they're about to fall off," said Math teacher Chris P. Bacon. "I don't mind the little bit of boxers showing, it's just the hugeness of the pants



that gets to me."

The school has decided to put style and class into our school starting this coming year. Want to know what the uniforms will look like? Well, have you ever seen Gossip Girl? If not, there's a picture given to give a glimpse of their uniforms. Those will be our new ones for both boys and girls. For those not notified of what the trend is in Gossip Girl, feel free to go to this website for more information: www.gossipgirlclothingshop.com.

Dunce cap returns for punishment

By Megan Daly

When students encounter trouble in their high school careers, they are often curious as to what punishment is fit for their crimes. Our school, however, has had a creative epiphany when it comes to this subject. That's right, the dunce cone is back!

The Forest Lake Area School administration has come to the conclusion that unless you have actually done something illegal, teachers no longer have the right to send you down to the dean or principal; teachers will now attempt to correct behavioral problems through the process of humiliation.

With its roots originating in ancient Asia, research has shown that a school of monks who lost an intellectual battle wore dunce caps as punishment. That's why they are considered a

symbol of stupidity. If it's good enough for monks, then it's good enough for Forest Lake.

Dr. Massey has high hopes for the dunce cone method.

"We will be fine tuning the exact methods of use for our new

Not only are the new teaching tools expected to correct behavioral problems, but they are environmentally friendly. Due to budget cuts the Forest Lake FACS department will be hand crafting dunce cones out of the schools recyclables.

"We are aiming to clean up the schools atmosphere, both physically and emotionally. To be quite honest this is a cheap and efficient way to mass produces a product that we need." Said Massey.

Students can expect to see the florescent orange cones showing up in classrooms throughout the district by the beginning of next quarter, if you have any questions or comments feel free to email them to Dr. Massey: 8401@forestlake.k12.mn.us.



Photo by Eric Snidarich

behavioral regulations, but I have a feeling this is going to work out perfectly." Said Massey.



The Forest Breeze

The student newspaper of
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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.

April 6

"Talk With an
Accent Day"

Sponsored by
Diversity Club

Hosted by
Dennis Sprute

See pg. 6
for details

The best there’s ever been

Ranger News wows FLHS with weekly broadcast

By Dan Lindahl

Ranger News is a FLHS staple. With an entire high school watching, they have delivered journalism that is much better than anything ever done. They capture moments that go beyond time, and they know how to deliver news with a positive spin.

Among many reasons for Ranger News’ success is the outstanding audio quality they have accomplished. The music they have chosen comes in loud and clear and without any issues. The idea of “guess hearing” was also coined at FLHS and is implemented in Ranger News weekly. For those who don’t know, guess hearing is when the audio is purposely lower so you have to guess what the speaker is saying. I personally look forward to the “guess hearing” part of the program each week - it engages the listener.



The audio may be great, but it’s the stories that really bring the spice. I really enjoy how friends are able to interview one another. It’s really entertaining to see who is buddies with whom by who they interview. I enjoy seeing how the students act when on camera, and that they know how to be cool enough, unlike all the nerds who don’t belong on film.

Still, the greatness of Ranger News is found in its thrilling

opening segments when the whole staff acts really silly. I personally think it’s the funniest thing ever to see all these students do hilarious things that make me laugh for hours. I love how they haven’t run out of ideas for the segment, but that it sticks to the general same idea that has been done for many years.

The Ranger News is the best news the high school has, and anyone who says different doesn’t know good journalism when they see it. Ranger News has brought the world a great service and provides information that is not only important, but also essential to the viewers. Who else would cover stories about Powerade Ball and the skate park twilight zone? I’m excited to see what these crazy kids will do next, and I’m looking forward to their greatness overwhelming me.

Fish have feelings too!

By Elizabeth Brown

This week the Forest Lake Pet Store was foreclosed upon. Because of the store’s recent decision to become a “goldfish only” store, owner Herb Pringle lost so much money he was unable to keep the store. The Breeze tried to contact Pringle for questions, but his number was disconnected.

The mere idea that this man is free to roam around is appalling. The fact that he is not behind bars shows the weakness in our justice system. Herb Pringle is right up there with Michael Vick. He irresponsibly purchased these fish. This man deserves every death threat he has received and no apologies should be made for him. He should be publicly hung in the Wal-Mart parking lot as an example to all the world that Forest Lake will not tolerate this kind of



disrespect for our gilled friends.

Because of the foreclosure, many goldfish are now left without a home. All the fish have been safely relocated to the local animal shelter, but because of the extreme number of fish housed, families are needed immediately for the fish. The community needs to rally behind these animals, take them into their homes, and show them that all humanity is not evil!

Those interested in adopting fish are asked to call the shelter directly at 651-464-4640, or come to the goldfish adoption day set up for this Saturday, April 4th. Potential adoptive parents can come to the shelter from noon to 4 p.m. and bring their own goldfish bowl. Adoption is free, but those wanting to adopt must pass background checks. I hope to see you there.

Monotone teachers excite school

By Krysta Nelson

I think it’s great that we have a diverse staff here at FLHS. I appreciate the variety of teaching methods when I go from class to class during the day. However, everyone has their favorites. The type of teachers that I feel like are the best are the monotone speakers.

Monotone teachers allow for students to rest. We have five classes to attend and we deserve a break from all of the enthusiasm. It’s nice to be able to sit back and enjoy some shut eye while listening to a repetitious, steady voice for an entire class period.



The technology industry also appreciates those types of teachers. A monotone teacher gives students a chance to listen to some music on their iPods or think about peeking their heads into a classroom from the opposite end of the spectrum. They need to observe the effects of those teachers who are not as fluctuated

Ben Stein wows a class with monotone teaching in “Ferris Bueller’s Day Off”

use their cell phone to text friends. Enthusiastic and passionate speaking teachers should definitely

being a relaxing, hypnotic monotonous teacher:

- 1) Keep your jaw and lips tight. This helps avoid expressive speaking.
- 2) Maintain constant rate and volume. This is key to being monotone.
- 3) Record your voice on a tape. It will allow you to listen to yourself and critique your tone.
- 4) Listen to ClearEyes commercials with Ben Stein and try to resemble him. He is an excellent monotone speaker.
- 5) Practice, practice, practice. Without continuous rehearsing, it will be hard to improve your speaking skills and ability to be monotone.

I encourage teachers to all consider this lecture technique. The benefits are endless.

in speech and possibly take that technique into their classroom. Here are some tips to

Rules of the road (or hallways)

By Elizabeth Brown

Because of recent incidents in the hallways, Forest Lake Senior High officials are instituting new hallway traffic rules to prevent any personal harm to students as they file through the halls. Students have been content to use bad hallway etiquette for far too long and this must change. So here are the new official rules of the hallways:

When making turns or stopping, signals must be used at all times.

Right turn signal: Extend your left upper-arm out to the left, parallel to the road and angle your forearm vertically upward.

Left turn signal: Extend left arm straight in the direction of the turn, parallel to the road.

Stop: Extend your left upper arm out to the left, parallel to the road and angle your forearm vertically downward.

In addition to these helpful signals, I highly suggest stopping in the middle of the hallway, preferably when there is a good line of people behind you. This will startle people and remind them of the new traffic rules.

Stepping on people’s heels almost always makes them go faster, too. This could come in handy when you are stuck behind a clump of sophomores who seem to always travel at a much slower pace than the rest of us. Always stick to your right and keep an eye out for any slow movers or klutzes and we will all have better travels in the hallways.



Major social issue hits FLHS: wearing hats

By Megan Daly

Students at Forest Lake are often told they are the future. That we, the upcoming generation, is soon to be in power of the world and will be expected to come up with resolutions for the catastrophes of our lifetimes. From finding a cure for cancer, to resolving wars and economic problems, we have a lot on our plates. The seemingly most crucial topic that has been brought up however, is the subject of not being able to wear hats in class. How could

it not be noted as an atrocity! At the beginning of the school year, I was in class when a boy sitting a few rows over refused

to take off his hat. The teachers request caused an explosion. They debated viscously. It was all very exciting until at last the

boy screamed some profanities and was kicked out. As he walked out, I just felt as if I should cover my heart and say “God bless America.” Someone was finally arguing for the important things in life. How cruel and unusual is it that the student body should be expected to keep the top of their head uncovered for 7 hours a day? Let me tell you, the genocide in Darfur is a walk in the park compared to the dress codes here.

It’s about time we get our priorities in order, Fight to keep your hats; it’s as important as fighting to keep your lives.



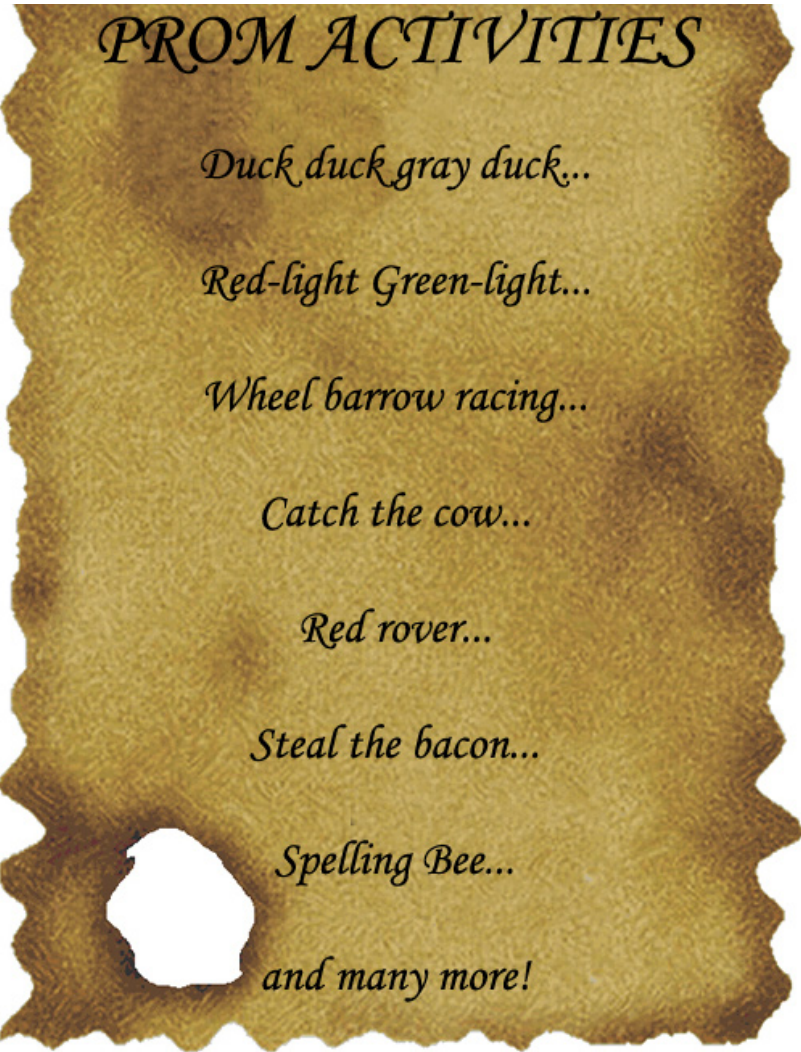
R&B Legend Biggie Smalls rocks a hat Source: Google.com



FOREST LAKE F

WITH THE FLUFF OF THE 1800S AND

Prom is an exciting time for any high school. And this year is no different...the Prom Committee has pulled out all the stops and decided upon an outstanding theme for this year's dance. They've decided to go with a combination theme, and *The Forest Breeze* is the first to bring you the news. Read on for details about Prom '09, where we mix the 'fluff of the 1800's and the tuff of the Wild West.'



Home is where the prom is

By Krysta Nelson

The prom committee has been busy with new ideas for this year's prom night. However, of the biggest changes they've made this year involves the location.

Instead of holding prom at the US Bank Building in St. Paul, the special event has been relocated to our very own high school cafeteria. Prom committee member, Junior Julie Howard, explains the committee's reasoning.

"We wanted to localize the event," said Howard. "I think it will encourage students to attend. Forest Lake is so much more convenient than a big city like St. Paul."

As a result of the change in location, the prom committee will decorate according to a new theme, Wild Wild West.

"The Wild Wild West theme is perfect because we will be in

Forest Lake, which is home to the Rangers," said prom committee member Junior Whitney Rottle.

In addition to the relocation, the prom committee has also decided to raise prices. Instead of having each ticket cost \$30 per person, the price will be \$60 per ticket.

"The price increase is due to security. We needed to pay the security guards to monitor the building and keep students safe," said committee advisor Ward Bradley.

The committee insists that these changes are only to make prom a more convenient and safe event for FLHS students.

"We anticipate some students will be a little worried about these new plans," said Bradley, "but we know that the benefits will outweigh the negatives in the end."

Modest Dress code to k

By Johanna McDowell

For this year's prom, teachers and staff have been having monthly meetings on how to create a dress code. In the past girls have just gone crazy with the way they have entered the dance according to FLHA faculty, there have been too much leg showing, excessive cleavage and way to much back. So for this year's prom the look of the look of the 1800's is what's inquired. Girl's dresses will need to look like they're from circa 1850- complete with ruffles, a tight corset and hand gloves to match the style of your dress. Yes, you may get hot, but don't sweat. The student council will be doing a fundraiser to have massive fans blowing throughout the dance. That way you won't have to worry about the makeup dripping off your face.



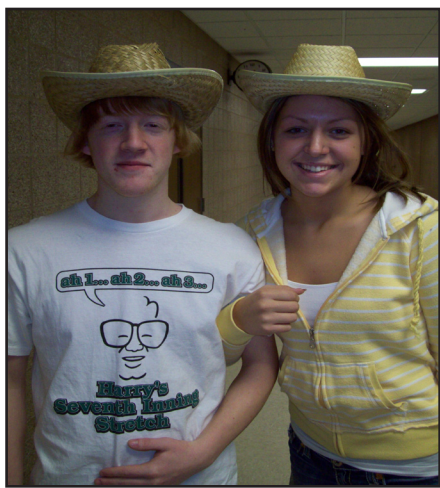
No date? No problem! Student Council to make matches

By Kyle Arbuckle

Do you have a date for prom? If so, then you better cancel the limo ride and stop dress shopping! This year's prom will have assigned dates for each attendee. When you sign up for tickets, each student will be matched up with a person of equal physical appearance – hair color, eye color, height, weight, etc.

"We thought it would be an interesting variation at this year's prom," says Brad Ward, prom committee advisor. "We really needed something to 'spice' up the boring old routine, and this is what the kids came up with."

The matching will be conducted by a database. Forms will be handed out March 30 for attendees to fill out their physical appearance information. You will then be matched with corresponding forms of the opposite gender. If you submit false information of your appearance to match up with a certain person, there will be consequences. There will be several monitors at the dance assuring you are dancing with your assigned date, and only your assigned date. You will find out your match when



Junior Eric Snidarich and Senior Kellie O'Brien are excited for prom. Photo taken by Cassie Olson

you arrive at prom.

This year's prom will also have a "lock-in" feel to it, considering that after your date has been assigned, you won't be able to leave until the evening has come to an end. You will be required to dance with your date in at least 8 songs or a 30 minute time span. This is a courtesy dance; the prom committee has made a pledge to make sure nobody's feelings are hurt just because you may not want to dance with them. Also, the

rules regulating the occurrence of public displays of affection (PDA) include requiring dance's to remain at arm's length from your date while dancing.

"We would like there to be the least amount of PDA as possible," said Ward. "We had a big problem with that last year and we don't want it to happen again."

Students haven't had the same opinions on the new changes for prom.

"I think it's dumb, they should just let us do whatever at prom," says Senior Luc Richard. "Everyone already pays a fee, which should be enough to let us do whatever."

The prom committee has made these changes not only to prevent PDA but also to not make anyone feel less of themselves. Too many people in the past have gone to prom alone and we are trying to prevent that at all costs.

This is good news for certain people who have a hard time gathering up enough courage to ask someone out, and even better news for people who can't make decisions! Come to prom and have a great time with your assigned date. You won't be disappointed.

PROM OF 2009

THE TUFF OF THE WILD WILD WEST



is hottest

be enforced at FLHS Prom



or armpit stains in you're newly bought ten dress. Girls will look more modest and grown up with these type of gowns, and will not have to worry about any certain areas being exposed.

"The staff thought they would

it wasn't that bad, so I don't see why the girls here can't give it a shot," said Dean of students Scott Urness.

Every girl that plans on attending prom this year will have to bring her dress in to school and have it judge by a faculty panel.

"Last year a girl went to prom practically wearing a paper bag only it was fabric, that just looked so trashy on her, and I am surprised nothing fell out." An anonymous senior said.

"I think this style of dress is very nice and elegant, I will feel grown up in it," said Kellie O'Brian.

There are many stores still selling these dresses today, and if it is too much, don't be afraid to whip out that old sewing machine and give the skills you know from sewing basics class and try it.

the have this new rule set, and see how it goes this year. I mean I wore one for Winter Wonder Week and



Music from country's best: Ray-Ray and the Rednecks

By Elizabeth Brown

Are you looking forward to dancing to the latest hits of the top 40 at prom this year? Well too bad! This year the prom committee is proud to announce that Ray-Ray and the Rednecks will be playing this year at prom. Ray-Ray and the Rednecks will be covering country-western hits such as "All My Rowdy Friends are Coming Over Tonight" and "Here for the Party." Students will walk the Grand March to Eddie Arnold's famous "Cattle Call."

il think the student body will appreciate this change of pace from the usual songs played at prom,i said student council member Bubba Arnold. "Country-western music adds an element of class and is truly timeless. It's not just about rusty trucks and mullets anymore. The student council is about being progressive, introducing country

music to a whole new set."

Prom will have an overall country theme this year and students are instructed to wear their finest

themed this year," said senior Nelly Wok, who is in charge of booking the band, "I can't wait to soak in the country-western culture, plus I'm a huge Gretchen Wilson fan."

Students will have a grand old time dancing to hits such as "Hicktown" by Jason Aldean, "Hillbilly Deluxe" by Brooks and Dunn, and Ray-Ray and the Rednecks will be bringing back their fan favorite cover of "Okie From Muskogee."

The night will end with a knee-slapping

rendition of iCotton Eyed Joe." So, put in your false teeth, comb your mullet, and plan on attending prom 2009 for a night you won't forget.



western themed threads.

"I'm thrilled that prom is western

Fine dining at its best

The dream Prom dinner destination

By Charlie Nelson

Sweat is falling and knees are shaking as prom draws near - so many things are on the minds of young people around Forest Lake. Fear is growing as the time to find a date gets short. Getting a tuxedo or dress seemed so far away, but now you wish the money you blew on that Razor Scooter was back in your pocket. With everyone pinching pennies, where can you save and still have a terrific experience? The answer lies in the food.

There are a lot of stereotypes out there about fast food. People think it isn't romantic, isn't healthy, isn't delicious. I tell people who say this to think again. A fast food restaurant is the perfect place for a prom dinner. Sure, your Hummer limo won't fit through the drive through, but who wouldn't want to sit down under the florescent lights that will light up your dates eyes? Who wouldn't want to take in the atmosphere of a play place? Who

wouldn't want to smell the oils that will make your meal the masterpiece it is?

Welcome to the dream prom destination. Inside your favorite fast food restaurant lies the fantasy of every girl, the dream come true of every guy, and the perfect night for every couple. All eyes on you and you walk on a cloud. Nobody could ask for anything more.

Whether you choose the golden arches or the castle painted white, you will have a delicious meal on your tray. Another great thing about fast food is you don't need a breath mint after. The grease melts away the germs that

cause bad breath, something the mint and gum companies are still trying to match.

So be the envy of the world, the cock of the walk, and the best smelling person at prom. Hook arms with your date, strap on the feed bag and dig in. The food is the anchor to a night you will never forget. Make it worth it and visit a high class diner, fast food style.



GUEST SINGERS

BUFFALO JILL AND GOOD OL' JOE

SINGING:

"I WISH I WAS IN TEXAS",
"KISSING A DONKEY",
AND EVERYONE'S FAVORITE
"I WANT MY PONY BACK"

‘She’s gone country’ Hannah Montana shows best of both worlds

By Cassie Olson

Hannah Montana the Movie is released April 10, but I got the inside scoop and saw the movie already. Now if you don’t know, Hannah Montana is a show on the Disney Channel, about a girl, Miley Stewart, who lives a double life. By day she plays the “Plain Jane” that is picked on by the popular girls, oooh tss. By night, she becomes super singing sensation Hannah Montana, who is the envy of every teenage girl. But, h, it’s a secret, nobody can tell the difference because she wears a blonde wig that changes her entire look.

In the movie, Miley starts to get a bigger head and her dad, Robby Ray Stewart, brings her back to her old home in Tennessee to show her who she really is. But she has always had ‘the best of both worlds’. Now, she has to pick just one. While she is in the process of trying to figure

out what she wants to pick, she catches up with old friend Travis,

who throws Miley off a chicken coop with her voice. Wow, does



the hunky hillbilly from Crowley Corners.

If you thought that boys and fame is all that’s wrong with this girl, you are in for a ride. She has a fight with her best friend, Lilly,

that girl have some talent.

There are special appearances by: Taylor Swift, Rascal Flatts, Tyra Banks, Vanessa Williams, and even more. Swift sings on stage at an open mic night. Ras-

cal Flatts sings at her grandma’s birthday. Banks gets into a fight with Hannah at a public store over shoes, but the best is when Williams gets cake thrown on her after Lilly’s birthday cake explodes all over her and many other cast members.

The movie also shows some of the perks of living in Tennessee: horse back riding, painting a chicken coop, and swimming under a waterfall. But forget swimming suits, it’s Disney Channel movie, they have to wear all their clothes.

Now, why would Disney spend all this money on a movie that won’t change the show? You might as well not go -you know she’ll spill that she’s Hannah Montana to the whole world. Just read about the ending on Perez Hilton’s website or even watch “What the Buck” on YouTube and they will tell you all the details.

Hey, Süße...

By Dennis Sprute

As a German exchange student, I have to deal with a German



accent every day. I gentle on vowels, pronounce the “r” like I was gargling or make the “th” sound like a “s”. From some people, I get ridiculed for it, but from others, such as the ladies, I get high compliments. Supposedly, a German accent is sexy. So, if you’re looking for a way to impress some women (or even some men), I have the perfect day for you. On April 6, Forest Lake High School will be having “Speak with an Accent Day.” This is a perfect opportunity to try out a new and fun way of speaking and to, without a doubt, impress some ladies (or some men). I guarantee you that with the new suave and sophisticated sounding voice, you will rule during this spring time of love. Flowers will be blooming and seeds will have sprouted.

Pimpo to appear on ‘Idol’ Easter egg hunt set for April 11th

By Johanna McDowell

This year one of FLHS top seniors choristers Jessica Pimpo will be heading to Los Angeles to audition for the 10th season of American Idol. Putting many hours into each day, Pimpo is ready to show the world that she will become the next American Idol. For her first song she will sing Twinkle Twinkle Little Star.

She’s rehearsed this many times for years, singing at many charity events and the senior center in her home town of Forest Lake. Although she is outgoing, Pimpo is also a little nervous.

“The thing I am most nervous about is meeting Simon face to

face, I just don’t know what to expect to come out of his mouth!” she said with a laugh.

“But I am thrilled I get this experience, everyone watch and vote on TV!” said Pimpo.

The excitement will take place in the early fall when the season starts up again on September 10th on channel 9. Pimpo entered a contest held at FLHS and

got a free pass to audition.

“I am very proud of her and the hard work she puts in,” said a friend.

So Rangers be sure to tune in at cheer on your own fellow student here at Forest Lake and don’t forget to vote.



Lindhahl applauded for his contributions to journalism

By Charlie Nelson

In an article that shook the pipes of the school, Forest Breeze staff member Daniel Lindahl wrote about the ten worst bands of all time. All students took notice, realizing Lindahl’s natural skills as a writer and his instinctive knowledge as a music critic.

Not only was it the school that realized Lindahl’s pure brilliance, but the editors of *Rolling Stone* magazine saw the article as well.

“I was reading high school newspapers like I do if I wanna have fun,” said *Rolling Stone* editor Danny Oblong, “and I come across this Dan Lindahl fellow - complete idiot. But the kid’s got entertainment value. Publish him up.”

With a Forest Lake writer being published in a world

famous article, he is bound to be recognized locally. A celebration is scheduled on the shores of beautiful Forest Lake on July 8th. Maroon 5 will be performing to celebrate Lindahl’s achievement. The story will be published in

Rolling Stone in mid-June.

“I wasn’t surprised when I heard because I’m the crap,” Lindahl said,

“I’m glad I’m getting exposed so I can start dating Christina Milian.”

The world is open to new opportunities for this inspiring young author as the door opens on a new life. As humble as this young man is, he still sees the sun on the horizon, feels the wind on his back, and he knows he is about to climb to the top of the journalism world.



By Megan Daly

It’s often a shock to be at school those first couple of days after spring break ends, and most students count down the days until another break, such as the extra long weekend we get off for Easter and Good Friday. For those of you not celebrating the holiday, however, Forest Lake high school is going to be holding a school wide Easter egg hunt.

Now, you may be wondering, why would I drive into school on a weekend to pick up some cheesy plastic eggs and score only

a few pieces of candy? The catch of this new event, sponsored by



the Forest Lake school board, is to stimulate the student economy. One egg, hidden somewhere on school grounds will be holding \$500 in cash. Others will contain gift cards for everything

from local restaurants to gas stations. A few eggs may even have free parking passes for the quarter.

Forest Lake’s football coaches closet crocheters

By Joe Loeffler

“To cover the homeless and clothe the needy” is the motto of C

and J’s Crochet. And C and J’s Crochet as been faithfully crocheting since 2005. C and J’s Crochet is located right behind Walmart off 35. It is there that the blankets of over 1,500 families are made. It’s simply an amazing accomplishment for the work of only two men who run the store, FLHS teachers, Joe Jurasin and Matt Cleary.

“I’ve always hungered for a unique hobby of my own,” said Cleary. “Once I found Jurasin

in the weight room crocheting one day, I knew what I was born

somehow find the time to put their hooks together and give abundantly.

“Just any spare time I have I get the hooks out and start crocheting, I mean there’s another family out there waiting for the sock, shirt and hat I am making. I can’t delay,” said Jurasin.

Greater than any weight lifted or touchdown scored, these men have the dream to sow into the lives of needy families by giving back to their community in the Forest Lake area.

C and J’s Crochet is open seasonally from 4 to 8 p.m., all materials are free. If you are or know of a family in need, please contact Jurasin or Cleary at born2crochet@gmail.com.

C&J’s Crochet



to do... to crochet.”

And that’s not just what they do, besides coaching and teaching Jurasin and Cleary

Can you sleep with your eyes open?

Need recruits for FLHS staring contest, opportunity to letter

By Eric Snidarich

Next year, Forest Lake will be participating in the Minnesota High School League Staring Contest Circuit. This new sport is making its mark while entering its third year being recognized as an official sport with the State High School League. With the increase in interest, FLHS is already looking for team members for the upcoming season, starting in the winter of 2009. The season will last through the end of March.

To be eligible to try out, you must pass a school-accepted physical, as well as submit to multiple drug tests for muscle relaxers. There are 15 open spots, so hurry and get your spot saved.

Tryouts for the Staring Team will be held this Saturday, April 4, so now is the time to start practicing.

The rules are simple, but

if you violate any of them, you are asked to voluntarily step down or be disqualified. The game is organized by sets and matches. Each participant is seeded according to class seniority.

First, there is absolutely no ocular lubricants allowed. If you are found carrying or using eye moisturizing materials you will be dropped from the competition. The spacing between each participant's face must be 2'6"-3' with only a varying movement window of 4 inches toward or away from your opponent.

Also, elbows are only allowed on the table for 20 seconds during

the match, and only once per match. Any action other than staring is specifically prohibited.



Senior Krysta Nelson and Junior Kyle Arbuckle practice staring contest. Photo from Cassie Olson

This means laughing, making faces, winking, nodding, talking, touching, bobbing, etc, are not

allowed. Before the match, both participants must have their eyes closed until the referee announces the match has started. After all distractions are taken care of and the match has started, each student is timed while a referee watches for a winner. A winner is selected after one participant gives in and closes their eyes. After the set is over your average time from each match will be added to the average time of each of your previous matches. After the tournament, two awards

will be given out. The first will be the tournament victor, and the second to participant that made it the furthest into the tournament with the highest average time. The winning student earns a point for the school they represent. To qualify for state finals students must have individual times above the statewide average and made it to regional semi finals. After state finals, the school with the most tournament points gets and award, as well as the school that won the State tournament.

Students also have the chance to earn a Forest Lake letter in this activity. Requirements are not fully worked out yet, but will be soon. So if you see students next year with a large eye on their letter jackets, you know how much those students mean to this school.

3-time Olympian to help coach FL volleyball

By Johanna McDowell

Three time Olympian champion Misty May-Treanor will not be digging up balls in the sand next fall, or preparing for the 2012 Olympics with partner Kerri Walsh, but what Misty May-Treanor will be doing is attending the Forest Lake High School gym and assisting the Ranger Volleyball team for the 2009 school year.

"I am very happy that she will be joining our program this year, we always strive to be the best, and Misty will be a great help to our team", said coach Alm.

The team is big fans of the Olympian star, and wrote a letter to May-Treanor asking for a little help to make the team shine next year. With all the hard work the girls have put in and the help from May-Treanor she will help the rangers in their quest for a trip to state.

"I am very excited to work with her, she has the best sets!" Said Betsy Kelly

"I have never been to Minnesota before, and I am thrilled to take up this opportunity to help out," said May-Treanor

She will arrive in early August to get to know the coaches before tryouts, May-Treanor will also hold a clinic a week before tryouts after captains practice to help the girls fix there skills that might be weak.

With the help of May-Treanor the Rangers will be unstoppable. Every serve will make it over, the sets will be set perfect, the ball will be just the right height for our front row to kill the ball, and every teammate will hit the floor to pick the balls up and set it up again.

Propel ball sweeps FLHS halls

New team looking to take conference

By Kyle Arbuckle

Towards the beginning of the year, Ranger News took an inside look at Propel Ball. As a result, FLHS began an after-school Propel Ball League. But there have been issues. Many players are suspected of using performance-enhancing drugs to beat the competition. If Propel Ball is to become an official school sport, it must be regulated, by conducting an annual urinary analysis for the sport. You may be wondering, what Propel Ball is and how it's played.

Propel Ball is a game that is played by 2 players. A half-full bottle of Propel water is used as the game "ball", which is struck back and forth across the table by the participants. You must

strike the ball with an open hand, without cupping the ball. The object is to make the bottle fall off the opposing side of the table while protecting your own.



Photo from Google.com

There is a center divider line on the table to separate each player's play area. Players may not cross this line to hit the ball.

This game also requires a referee who monitors the game

watching out for potential fouls, to confirm goals, and to keep track of the score. The game must also be recorded on a camera for occasional booth review. Players are allowed to challenge the ruling of one call per match. A match consists of 11 points and a player must win by 2.

The sport can be completely one sided at times and certain players have been on extremely high winning streaks. Performance enhancing drugs have been suspected as the reason.

"I've seen a lot of games in the history of Propel Ball, but none

as one-sided or ridiculous as the ones that have been taking place lately," says Propel Ball Referee and Veteran Cage Nicolas. "'Non-juicing' players are getting fed up with these one-sided games."

Proper action is being taken to regulate performance enhancing drugs. On April 6, a Urinary Analysis will be required to participate. If a player refuses to be tested, he or she will not be able to participate. This will hopefully stop players from juicing and will turn Propel Ball into a fun, fair sport like it was originally intended.

"Once the Propel Ball UA goes into effect, I will be able to enjoy it as much as I did when I used to play," said Nicolas.

Want to battle a gator?

FL starts gator wrestling squad

By Joe Loeffler

What makes a sport a sport? If there was one sport that could define the word sport, it'd be gator wrestling. And with agreement of the school board and staff, it has been added to the activity list for next fall, although you can wrestle gators all year round if you'd prefer.

"It seems like a promising idea" said Activities Director Joel Olson, "But that's probably because it was mine."

Gator wrestling will start at the beginning of November; in order to wrestle there is mandatory health insurance forms, parent's consent and down payment of \$500 for a possible funeral. Competitions will be held on weekends with

more intensity than most people can handle; viewer discretion is advised.

"I'm looking forward to some real competition" said Senior Wrestler Dan Blasar, who won't be here next year. "I'm sick of humans; I'm ready for a real challenge."

"Start preparing now" said Paul Kendrick, who



Photo created by Joe Loeffler

took the position of Head Coach, "Gator wrestling is an art, artists know how to paint and in gator

wrestling you die. Just make sure you know what happens after you die."

A 1 1 practices will be held at the Minnesota Zoo. If you would like to prepare for the season simply email the zoo at mnzoosocthecroc.org.com.net to set up appointments, Forest Lake is not liable for lost or torn ligaments before, during or after practices. If you would like to go out for the Gator Squad this year, see Kim Peterson in the Activities Office.

Show, show, show, your goat

Guess who the goatee belongs to...



A



B



C



D

Goatees bringing sexy back

By Charlie Nelson

Ever since the beginning of time, men have always been looking for a clue, a clue in the art of attracting the opposite sex. It wasn't until recently that the men of the world looked to the animal kingdom. The peacock is a bird that has mastered the art of seduction using the tool of its colorful and beautiful tail to attract females. For the first time, men are using this technique.

Successful men all over the world are growing these beautiful and effective tools. In my weekly lunch date with St. Louis Cardinals slugger Albert Pujols, I brought up the subject of the goatee. Though he

asked not to be quoted directly, he implied that since he grew his goatee, his "game" improved on and off the field.

Needless to say, I was shocked. I had been close friends with

Pujols for a long time now and I

always knew he had many levels of magic in him. I never once imagined that so much of his jaw dropping appeal was held in his goatee. For the first time, the power of the goatee sat in front of me. As I looked at Albert sipping on some coffee, I saw



the light twinkle off his goatee. I could hear the girls all around the restaurant in awe of his facial hair. This truly is the ticket; this is the key to a woman's heart.

Now the thought in your mind might be, this is all coincidence.

Pujols isn't attractive because of what's on his face. He is a millionaire baseball player. He is famous. Well think again. FLHS student Johnny Fly recently started growing a goatee too.

"I have always have had trouble getting a date," Fly told the Breeze, "So I decided, why do I shave everyday. I let myself get a full beard. Then I turned on the TV and saw Michael Moore flaunting a beautiful goatee. Leading by his example, I shaved my beard to be a goatee. Now look at me. Would you imagine a High School student dating Ashanti? Not without a goatee you wouldn't."

It seems commercials and the media will feed you gentlemen many different ideas on what you need to be to be attractive. In the end, it doesn't matter what you look like. The clothes you wear could be rags. The car you drive could be a Dae Woo. It seems in life, things come down to a simple goatee. Wear it with pride fellas.

History of the goatee

By Joe Loeffler

You have to ask yourself, "Where did this amazingly stylish fashion which we call a goatee originate?" Then ask, "Who wouldn't want to look like a goat?" You can't deny it's every person's goal in life, male or female. "Yes, I want to look like a goat, then my death can come."

"It's the only thing that wakes me up in the morning" said Junior Cody Edelen, "Just to look in the mirror and joyfully anticipate one more hair to cover my chin, and knowing I'll make it someday, or die trying."

And that's the kind of faith that spurs on the flying banner of the goatee; knowing that many have gone before us and received their reward. It's no surprise to look at any human with Asian descent and see a goatee; the claim of such beauty was birthed amongst their continent. I, for one, have much respect for their heritage and honor them for imparting such a gift and calling to look like a goat. It's obvious to look back now at all the rulers of Asia and what the desire of the heart truly was. They didn't want a dynasty; they wanted

to keep their goatee. Royalty was given by the growth of goatee and those crowned were crowned to maintain it.

Around the 1300s, soon after the end of the Asian Dynasties, there grew a longer and more beautiful goatee that claimed throne in Europe for four more centuries. From King Arthur to Charles there grew a magnificent goatee that lasted decades and decades.

Sooner than later the envy and jealousy grew too great and the goatee needed a new home, these were the years of the Scissors Wars (1435-1343). The last man standing upon the aftermath of these wars left him to find a new home to grow a goatee peacefully amongst his goats. Today this man is still known as Iluv Megoatee and this home is what we call America. To some degree the royalty of goatee has lost its toll but there still lives a legacy shaven or unshaven. In the midst of a world that longs for fame, money and pleasure I stand on a greater glory, to grow my goatee. No, beards are for pansies and wizards.

The newest hot look is here

By Kellie O'Brien

We all love the commercials we see during the holidays for the infamous Chia Pet. It's that wonderful animal that we can spread a mixture of seeds and mud on the outside of the body, water it and watch it grow and grow.

The makers of the Chia Pet just announced they are marketing a new product called the Chia Goatee. Yes, the Chia Goatee. You read that correctly. This new product and its tag line is, "The Chia Goatee, You See!" Commercials for this new product are scheduled to begin airing on national television April 1, 2009.

The Chia Goatee is just as adorable as the Chia Pet in a different sort of way. The product is made out of clay, just as the

Chia Pet, but it sculpted in the form of a head and shoulders with the mouth in a slightly-opened



position.

In order to transform the Chia Goatee from clean-shaved to fluffy green, you need to mix the seeds and dirt to a pasty consistency and spread it all over the chin and cheeks of the sculpture. Once that step is completed, you simply water it and watch it grow.

Typically, a Chia Goatee takes about six weeks to fully mature. As with the Chia Pet, the Chia Goatee will accept a hair cut and a shave from time to time.

Orders for the new Chia Goatee can be placed by calling 1-800-555-GOAT (4628) or by going to their website at: www.chiagoateebaby.net and pressing "ORDER NOW." All pricing information is located on the website.



Before



After



What Handsome Dudes



A= Mr. Dan Koch, B= Mr. Paul Cleary, C= Mr. Matt Cleary, D= Mr. Brad Ward