

THE FOREST BREEZE



Vol. 75 Issue 7 Forest Lake High School May 6, 2009

Drumline heads to Intl. Championships

Students finish at top of round with experience to remember

By Eric Snidarich

This month the Forest Lake Drumline headed to the International Championships down in Dayton, Ohio. The students were pumped up and ready to get there and compete.

"I was ecstatic, excited to see RCC and Music City Mystique," said sophomore Ben Lunn. "I was not happy about the 13 hour bus ride though."

On the first day, students came in waves with their luggage. After the bus was loaded, the two bus drivers treated the line to a comical coverage of the rules of the bus.

The next stop was the parking lot at the Dayton Mall. The students unloaded the trailer to start practicing in the parking lot on stomachs full of doughnut and flavored water.

A little before noon, the directors were tracked down by mall security guards saying that the team had to leave the lot at noon before the mall rush as they needed the parking spaces.

As the students reloaded the bus to head to the practice location, students beat frantically on drum pads to practice one last time before finally getting into uniform. Once the bus arrived in the parking lot of the University of Dayton Arena, students unloaded the



The drumline practiced in a parking lot in Dayton, Ohio before they competed. Photo provided by FLHS Drumline.

trailer once more and began their one hour of competition practice. A guide from the arena led students to the on-queue area.

"That was the first show where I actually had butterflies," said junior Carlie Boudreau.

After the previous drumline finished playing FLHS headed down the 50 degree incline, with slow breathing and careful steps. As they arrived at the bottom, there was another line playing on deck perform.

"I wasn't thinking about anything, I was about to fall asleep from the bus ride," said Lunn.

The directors of the FLHS

drumline instructed students to turn their backs to the curtain and lean their heads on the wall.



Setting up to practice in a mall's parking lot. Photo provided by the FLHS Drumline.

"Just sit and focus," said Director Mike Zondervan. "Do not pay attention to the lines playing before you; just focus on your show; close your eyes. This is your very last performance, make it your best!"

As the tension grew, students tapped out their parts on the wall while waiting for their turn to show the audience what was what. Soon after, Forest Lake was instructed to move onto the floor. As they followed in a line to the open lighting, the crowd cheered. They unfolded their floor and took positions, getting ready to play an amazing show.

"I was just really focused on trying to make this my personal best show," said Boudreau.

The announcer said "Take the floor!" And Forest Lake took it. They finished playing and the crowd cheered. After they were done performing, the students rushed to pack up their things and get off the floor before they

ran out of time.

On the return trip up the ramp, students were excited and felt like they played their best and were ready to move on. They competed against 59 lines in their class. Forest Lake finished 13 out of 14 lines in their round with a score of 76.775.

"It was definitely the best show ever," said Ashley Lambert, sophomore.

**BLOOD
DRIVE
TODAY!**

**In the
fieldhouse**

8 a.m. - 2 p.m.

**Help save
3 lives!**

Short term stay, long term memories

FLHS hosts several German exchange students during month of April

By Dennis Sprute

Every year, FLHS is flooded with exchange students. And especially with Germans. This was the case this year, too. Four students who stayed for a year or half a year, five more German kids spent a month here.

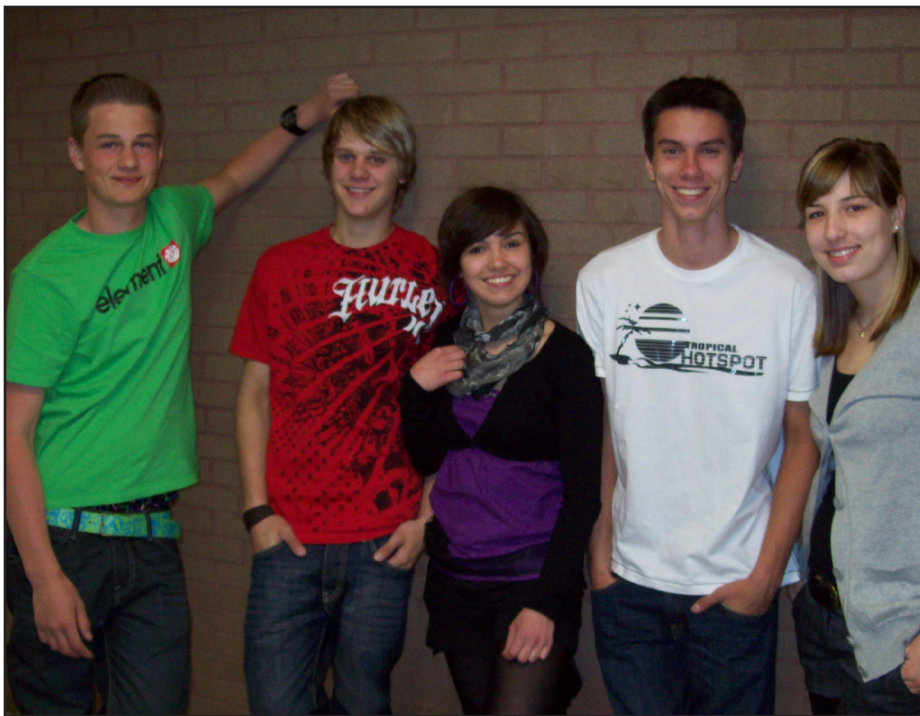
Unlike the kids who stay a whole year, this actually works as an exchange. The American hosts will have the chance to go to Germany for a month also and attend high school there.

"The American students can host a German without any German knowledge but two years of German class are required to go over," explains German teacher Ms. Jamie Pfeiffer.

The program, the students are traveling with, only does exchanges with German schools.

"It is always a joy to have some native speakers in class," Pfeiffer adds. "They can confirm some of the things I tell the students about Germany because some don't believe me."

On the other side, she can also tell they are from another country.



(From left) Alex Kuster, Julian Schnaubelt, Cissa Schmallenberg, Nik Mowat, Katrin Kraft. Photo taken by Dennis Sprute.

"Their class behavior is way different. They are very chatty. But all in all, it is always a great and positive experience," said Pfeiffer.

Even though the stay of the five

students lasted only four weeks, they had many stories about their experience in the land of opportunity.

"You take a first step outside the airport and all you see is these

humongous trucks and cars," Nik Mowat says. The 17-year old from Stuttgart was also flabbergasted when he saw Ranger News.

"It's incredible that they have a daily update – in terms of television!"

"And like it wouldn't be cold enough already, everybody is walking around in flip flops, no matter what temperature", Julian Schnaubelt adds.

The 17-year old from Frankfurt was hosted by Junior Natalie Emohlz. She enjoyed having a foreign kid around for a month.

"On one side you get to know about their culture and stuff, on

the other side you can teach them some cool things about the United States," said Emohlz. She laughs when she tells about Julian's addiction to Eggos. "He had them like every day," said Emohlz.

Alex Küster is all smiles as he states, that, "America was a shopping paradise. Everything is so cheap and there is no tax on clothes."

But the Hessians' facial expression turned into a sad look quickly.

"There is tax on any kind of food. The double cheeseburger for example is \$1.07 with tax. Therefore they always give you change back."

Lissa Schmallenberg has figured out quickly that making jokes works way different in Forest Lake:

"Whenever you are being sarcastic, you have to say Just kidding' otherwise they take you for real.

There is one thing all of them agreed about though. "It is an awesome and fun experience to come to this great country!"

Forest Lake to cut \$3.5 million

By Kyle Arbuckle

As you may or may not have heard, a large portion of the school's budget has to be cut for the following next year. This means that a few classes, activities and teachers won't be at FLHS for the '09-'10 year. Everyone at FLHS will be impacted by this large deficit.

The district had to cut \$3.5 million from the entire budget for the 2009-10 school year, which is used for elementary, junior high, and the high school. That money was then cut equally from each school. \$762,000 was cut from the secondary category which was FLHS, Century Jr. High, and Southwest. That means that FLHS will be missing \$381,000 next year. So what won't be here next year?

The first thing that we will miss is the Career Resource Center (CRC). According to Principal Dr. Steve Massey, the CRC will still be there, but the director, Val Handstad, will not.

The second thing that will be cut is one of the already short-staffed custodians. According to Dr. Massey, this means they will have to work later to get the job done.

The media assistant will be cut, leaving the library short staffed. The library will still be open until 4:30 P.M.

All activities the school offers will remain, but the fees to join them will increase. The amount increased is dependant on how long the activity runs. If it's longer, the amount increased will

be more. The fees for each sport will be increased by \$4 a week.

Also very noticeable to students will be the 4 teachers from FLHS who won't be here next year. The choices of what teachers will be cut was decided by a number of things. First, they decided by what classes were in highest demand. So, if a class has several sections, the teacher was less likely to be cut. The second aspect was if a teacher was tenured or not. If a teacher is tenured it means they have been teaching at this district for 3 consecutive years and have signed contracts for their fourth year. Once a teacher has achieved tenure, their job is much more secure. On a lighter note, the most popular electives will still be here next year.

Cut n' Keep Calendar

19 Days Left of School for Seniors!
21 Days of School Left for Underclassmen!

May 8, 9
Spring Play Performance
Enemy of the People
7:30 p.m.

May 11, 14, 18, 27
Spring Music Concert Series
7:30 p.m.

May 25
NO SCHOOL
Memorial Day Observance

June 1
Senior Academic Awards Night

Student of the Month FLHS picks best and brightest

By Johanna McDowell

Each month three or four seniors are chosen to be student of the month here at FLHS. The deans and assistant principals get together and discuss the seniors in our school and their outstanding academic work and any other school activities they are apart of like sports, theatre, or a club. When the students have been selected they are treated to lunch at Stella's on 97 along with some of the Rotary Club members, staff and local business people.

"I was really surprised when I

got chosen because I didn't know we had a student of the month, but the food was good!" said senior Samantha Opsahl.

At the lunch they are given a certificate and take a picture that will be in the paper. They choose students September through May and there are no scholarships that come along with this, but the feeling that you were chosen because you stood out, worked hard, and are a good role model that our school is always looking for is a great achievement.

NHS welcomes new members

By Johanna McDowell

Towards the end of the school year, FLHS holds the annual induction ceremony for incoming National Honor Society members. These members are all juniors who will be seniors the next school year.

There are many requirements that must be fulfilled in order for someone to be apart of this. A student must qualify for NHS with a 3.5 or higher GPA. If you make the decision of applying you will have to answer a few questions and also list community service projects you have done. Once that is finished each applicant must elaborate one of the service

projects for an essay you will turn in. Students are asked to complete 50 hours of community service during their senior year.

"Service is important because it shows the compassion and humanity we all have for each other as people in a community, country and world", said Ms. Heather Guy, NHS Adviser.

Guy and Mrs. Becky Haven are the advisers of NHS and are there to help guide the students to pick the best kind of service to help the community.

"I liked NHS because I got to do the service hours with my friends, so we were helping the

community together," said senior Ashley Grell.

NHS is a lot of fun but also a commitment to your community to help make it better, and to show them the character you have and what you learn from it. Being a leader in your community is a great trait to carry on with you into the future.

Induction Ceremony:
May 13



The Forest Breeze

The student newspaper of
Forest Lake High School

Forest Lake High School
6101 Scandia Trl. N
Forest Lake, MN 55025

(651) 982-8575
forestbreeze@
forestlake.k12.mn.us

Staff members:

Kyle Arbuckle
Liz Brown
Megan Daly
Dan Lindahl
Joe Loeffler
Johanna McDowell
Charlie Nelson
Krysta Nelson
Kellie O'Brien
Cassie Olson
Eric Snidarich
Dennis Sprute
Cassady Zebro

Adviser:

Laura LeVake

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.

FFA Open House

Annual event draws large crowd



Simon sniffs out the school

Drug dog Simon and K-9 officer serve FLHS together

By Krysta Nelson

According to the American Kennel Club, the Labrador Retriever has been the most popular breed in the United States for the past 18 years. Due to that fact, when most people see a black Lab, they don't think much of it. Yet, what if they saw the Lab with a police officer sniffing cars in a local parking lot?

Meet five-year-old Simon. Many of you have seen or at least heard of this dog in your years at FLHS. K-9 Simon is the Washington County Sheriff's Office Drug Dog.

"The South Washington County Education Foundation worked with 3M to purchase K-9 Simon to be used in all schools in Washington County," said Investigator Keith Anderson of the Washington County Narcotics Unit. "The cost to purchase Simon was \$7,500."

Investigator Anderson and Simon go into the schools at the request of the school's administration. Simon is able to detect a variety of drugs.

"Simon can find marijuana, methamphetamine, heroin, hashish, cocaine, ecstasy, psilocybin mushrooms,



K-9 Simon poses in front of the awards he received at the 2007 National Certification Competition. Simon finished 1st place for indoor searching, 1st place as regional team, and 13th place overall. Picture provided by Keith Anderson.

khat, and graba," said Anderson. Simon went through extensive training to be able to sniff out these drugs.

"There is a training process in teaching the dogs the odors and then we teach them the response that we want the dog to exhibit

when they locate the odor," said Anderson.

The training time varies depending on the individual dog, but usually lasts about 6-12 weeks. Next, the assigned handler trains with the K-9 for two weeks. Even after receiving their license, the

training is never completely over.

"The K-9 team has to undergo a certification every 12-18 months through the United States Police Canine Association," said Anderson. "This shows that they are proficient in their ability to work as a team to locate hidden narcotics."

Being a drug dog handler is a huge commitment. The K-9 team is constantly together.

"K-9 Simon lives with me and he is with me 24 hours a day," said Anderson. "When I am at the office or going to the store, Simon is along."

Anderson explains how it is difficult to become a drug dog handler.

"It is a lot of work. You have to choose a police agency that

has a K-9 program. The handler costs are anywhere from \$12,000 to \$20,000 per year. Then it is a matter of being selected by your agency's administration," said Anderson. "It is sometimes luck by being at the right place at the right time."

So, next time you see Investigator Anderson and his black Lab partner you will know a little more about this interesting team and how they work together to keep our school drug free.

Quick Facts:

Simon is 5 years old

He is a black lab

Training lasts between 6-12 weeks for the dog

K-9 Simon lives with his training officer 24-7

3M sponsored Simon's purchase for use in Washington County

It's not the pepperoni

Dreams more than widescreen imagination

By Elizabeth Brown

You may think dreams are just something meaningless that happens when you sleep, but in reality, and according to psychologists, they can tell you a lot about yourself. There are endless possibilities for dreams, but many occurrences in dreams have the same basic meanings. There is no right or wrong way to interpret dreams, it is up to you to interpret your dream the way you see it.

Some dream events are more common. There are many websites that have databases of possible dream meanings and common dream symbols and their meanings. According to dreammoods.com, here are some common dreams and their possible meanings:

Being Chased: This may be a signal of anxiety or fear of something in your waking life. Running is an instinctive reaction to threats. In some cases, the pursuer may represent an aspect of your self. However, if you are the one doing the chasing it may represent a goal or something you are going after.



Test: This type of dream signals you may feel unprepared for a challenge. This dream may also signify that you are being judged.

Falling: This may indicate anxiety, insecurity, or worries. You are feeling unsure or out of control of some aspect of your waking life. This may indicate failure or inferiority in some aspect of your life.

Reoccurring dreams are often triggered by specific life

situations and can tell you the most about yourself. Usually some underlying message in your dream is screaming to be understood. Take the time to process your dreams.

According to FLHS psychology teacher Judy Dittberner, "You can ask a psychologist, but the best interpreter of your dreams is you."

Try to decipher the meaning of the events in your dreams and make parallels between the dream and your life. You may find out more about yourself and discover the answers to questions you may have.

Prom 2009

Collected by Joe Loeffler

Since Prom 2009 was just a couple weeks ago, we thought we'd see what you had to say about this year's formal dance, the biggest dance of the year.

- "It was great! I lost two pounds!"

– Austin White
- "I wish we had something like that after 13th Grade in Germany! That's what foreign kids love the US for!"

– Dennis Sprute
- "I will remember it for the rest of my life."

– Joshua Browne
- "Fun, fun, fun.... DJ made it exciting."

– Missy Casey
- "Bombdiggity."

– Ally Larson
- "Really fun, the party bus was awesome."

– Chelsey Hagen
- "I broke it down in the circle."

– Ben Hoidal
- "It was fun to see everyone dressed up."

– Tiffany Vue
- "It was so hot, I was down to just my suspenders."

– Charlie Nelson
- "Really fun, enjoyed the dinner at Buca, 'The Pope Table.'"

– Bailey Kimbel
- "It was the earliest arriving and latest staying group ever."

– Teacher Brad Ward



Rappers: potty mouths or true artist?

‘Any amateur artist can talk in rythym’

By Daniel Lindahl

Music is defined as the art of arranging sounds in time so as to produce a continuous unified composition through, melody, harmony, rhythm, and timbre. One could argue that rap music definitely is inside of that definition without a doubt. So to help the other side of this argument a little bit, I will concede that rap can be considered music. However, there is good and bad music, and I believe rap music can be considered bad music for many reasons.

Rap isn’t original anymore, its all been done before. The Lil Waynes and Young Jeezys of today are reminiscent of the last generations rappers, or even Eminem and 50 Cent who were the big shots only a few years ago. These rappers know that their style of music is limited in expression. Kanye West’s new music is still rap, but he’s definitely trying to shy away from it. Lil’ Wayne said he’s not going to be a rapper anymore and is going to focus on movies. He was probably out of good ideas a long time before he quit.

Normally, I wouldn’t dare to attack the innocent expressions of a person, but rappers cross the line

too often. They blatantly degrade women as cheap objects, and they make sex out to be the only thing worth living for. Do rap songs inspire people to do good for the world? Do they encourage people to fight for what they believe in? As far as I’ve seen, I’d have to give a resounding no. A lot of people criticize country music for its lack of creativity in lyrics, but rap music is far worse. Show me two rappers who are popular and have something different to say than the rest, and I’ll admit I don’t know what I’m talking about.

Rap music is unchallenging. Any amateur artist can create what these rappers have backing their “talking in rhythm”. What happened to the days where you either had vocal skills or you didn’t? I will admit that it takes talent to talk quickly, but is that really an art form? We should be appreciating the singers of our generation as the generations did before us. Are we honestly going to replace the Tina Turners and Michael Jacksons (as the king of pop and not the king of creeps) of our generation with fast talking slobs like Timbaland? In the recent months, I’ve realized how very rare a talented singer is. On

the other side, as I write this a self-proclaimed rapper sits next to me writing the argument to this very article.

It seems like the more predictable a rap song I, the more popular it gets. As of now, a hit can be simply mapped out by these qualities. The song has a distinct bass that drives the music, the song has a highly notated melody that entices people to “boogie”, and the rap song features the coolest cats on the block.

There is so much that is great in music, and we are living in an era in which music is more diverse than ever. If rap music would embrace change and diversify itself, it could be considered a gentleman. Unfortunately it seems as though rap is content continuing down its path as a potty mouthed adolescent.

By Charlie Nelson

Music is a diverse and interesting scene. The landscape is large and



Rapper, Lil' Wayne supporting his grill.

the horizons are far. Some people find their happiness in metal, some in light rock and some in country. Others however enjoy the rhythmic rhyming that is rap music.

Rap’s roots are found in the griots of West Africa. Stories were told rhythmically over drums and some instrumentation. Today rap has developed into a large part of America’s top music. As Ryan Seacrest delivers the “American Top 40” every week, the list is filled with Rap music. So what is behind this new craze, this new type of music that is captivating listeners?

I, myself, used to hate rap. There was no reason behind it; rap was just different and new. All I needed was to give rap a chance.

Rap music is very catchy. If you listen to a song, it will stick with you. The beats, the lyrics, they are all put together perfectly to not only make a song but it is much like a poem. The words flow so smoothly you have no choice but to sink into the music.

Rap is a diverse type of music too, as diverse, or more diverse than rock or any other type of music. Rap can be a party rhyme to energize and excite people in a club or at a party or it can be a Gangsta rap which was popularized by Ice-T and NWA. These raps are more angry and about the violent lifestyle of some inner-city youths.

Rap music is an always changing music. In the 80’s, Melle Mel set the scene for rappers like Notorious B.I.G., Tupac, and Dr. Dre in the 90’s. Since then rap has taken off in even more directions. From Eminem to Kanye West, Flo Rida to Ja Rule, rap offers a wide variety of music.

Whether you are dancing in the club or just sitting around with some old buddies, rap music will satisfy your taste for rhythm, beat, and soul.

Color Guard would let Forest Lake excel in another activity

By Eric Snidarich

Ever seen the flag line leading in front of the marching band on the 4th of July? Ever wanted to be part of a more exciting part of flag spinning? I’ve talked to so many people who would be interested in joining the flag line but want to face some competition.

Most of these students are kids over at the junior highs who don’t want to try out or can’t make it onto the dance team. Well, in the world of high school competitive sports, there is none more intriguing than the Winter Color Guard.

In the United States and other militaries, the Color guard carries the National Color and other flags appropriate to its position in the chain of command. Typically these include a unit flag and a departmental flag (Army, Marines, Navy, or Air Force).

In addition to the flag bearers, who are positioned in the center of the color guard, there are two individuals who carry rifles. They serve several purposes: to identify units, for signaling, and to be a common point of reference for the movements of the soldiers in the unit, enabling them to keep formation.

The flag was a symbol of

the unit. The loss of a unit’s flag was not only shameful, but losing this central point of reference could cause the unit



Google images

to break up. To protect the flag, a detachment of soldiers was assigned to guard the colors, thus named the Color Guard. Modern color guard has evolved over the years into an activity that is a form of dance theater that uses props, along with movement, to express dynamic passages in the music accompanying the show. Modern color guards use flags, sabers, rifles, and occasionally other equipment, as well as a mix of ballet, jazz, modern, and contemporary modern dance.

Many color guards also compete independently in such circuits as World Guard International (WGI). WGI is the “Sport of the Arts” in which teams of highly-skilled individuals work to create and perform complex sequences of dance, music, and use of special

equipment, such as sabers, rifles, and flags to compete.

This organization refers to winter guard as the “Sport of the Arts,” due to the equally athletic and artistic nature of the activity. Performances are indoors on gymnasium floors through the winter season.

The traditional marching band music heard during fall season is replaced with a recording of various musical genres. The gymnasium floor typically is covered by an individually designed tarp (called a floor) that generally reflects the show being performed on it. The members often perform barefoot.

Color guard is a sport as much for males as females, and it is an exciting sport. Some guards even have more males than females. A suggestion to see just how hardcore this sport is, search Google© videos to search “Daunte’s Inferno color guard.” Watch it all the way through.

Many of the greatest shows do cost a lot of money, but that is where sponsorships and donations help greatly, the key is getting word out and showing just what you can do.

If anyone is interested in finding out more about this sport, I urge you to contact me and maybe, just maybe, Forest Lake can excel in yet another amazing activity.

Get outside this spring

By Cassady Zebro

Spring has sprung, the weather’s getting much nicer. Don’t let yourself stay cooped up in your room. Get outside and enjoy the warmth, and or if you prefer, the rain! Summer isn’t the only season to get out there and have fun after all. Stuck on what there is exactly to do? Read on.

So much to do with more daylight, here’s many ideas of what students at our school like to do which are sure to fill up that time period:

Getting ready or just practicing for sports are some good general ideas.

“Hiking, playing tennis, and fishing,” said sophomore Elle Neeck.

“Hitting up the batting cages, swimming, hanging with friends,” senior Kyle Young said.

“I like to play catch,” said junior Molly Dimmerman.

Or, you may be the kind that just likes to make your own fun.

“Dancing in the rain,” Senior Jenni Vilgos said.

“I like to go out in the world and see what it has to offer, like biking on trails or catching some big walleye just to name a few,” said sophomore Aaron Eurich. “Driving through 3-foot deep mud on 4-wheelers,” said sophomore Renee Hoppe.

“In the springtime, I like to play in the puddles,” said junior Alyssa Wojcik.

Some other ideas for the daylight hours are: playing outdoor games

such as baseball/softball, kickball, basketball, golf, beach volleyball, etc., catching those pre-summer rays - tanning, running, and visiting Taylor’s Falls or the St. Croix to sight see.

Nighttime, for some teenagers, it’s the favorite time of day. Need some new ideas - instead of doing the same things each night - anyone? Here are some more favorites to spark new ideas for that nighttime fun.

Some like to relax.

“I like having bonfires,” sophomores Chloe Pikala said.

“I like fishing in the dark and star gazing,” junior Doug Sewall said.

“Hot tubing and watching the stars,” said senior Darian Kaiser.

While others like to be out and about.

“Taking walks by the lake under the stars,” said junior Ben Begenrief.

“Drive in movie theaters opening up,” said junior Mary Babcock.

“Bonfires, stars, driving, playing night games,” said senior Chris Maneske.

“Sitting by bonfires and biking,” junior Mike Reinke said.

Some more twilight hour activities are: hosting parties, watching the sunset, going on a camping trip, walking late at night, and boating.

With all these ideas, what’s stopping you from getting out there now? Get outside and enjoy the not too cold but not too warm weather while it lasts!



Summer is finally here...

...so is tanning, in or outside, good or bad for you?

Against using the bed

In favor of fake rays

By Kyle Arbuckle

Summer is almost here and that means people will begin tanning. But who tans using natural sunlight anymore? It's all about getting that artificial tan, it's much quicker, looks better, and you can do it on a cloudy day. The reality: an artificial tan is more harmful than a natural one.

The sun emits two kinds of rays: UVA and UVB. UVB are the short rays that affect the top layer of our skin, and sometimes causing it to burn. The UVA rays are long rays that reach deep within our skin causing more damage down the road. Students don't recognize tanning as harmful at all because the UVA damage isn't visible right away, but these rays cause a variety of problems. Excessive exposure to UVA rays damages the immune system making it weaker and causing the person to be more susceptible to viruses. Tanning on a regular basis may also cause melanoma or other kinds of skin cancer. There is no such thing as a "safe tan", but tanning beds cause more damage than natural sunlight.

Tanning beds are more harmful because they use more UVA rays. UVA rays cause premature aging

of the skin which makes your skin look rough, wrinkled, and leathery which is very unattractive and unappealing. Tanning may make your skin look better in the short term, but it will eventually cause more problems than it may have been



worth. After tanning for years on a regular basis, you could look 40 years old when you're only 30. Don't get me wrong, your body needs sunlight, you need the vitamin D. Vitamin D strengthens your bones and helps prevent diseases like osteoporosis. There are other ways to get vitamin D other than tanning as well. Seafood such as shrimp and sardines, 1% milk,

provide vitamin D. Vitamin supplements are always an option as well.

So what's the healthy amount of sunlight your body needs? Just around 15 minutes of natural sunlight every couple of days, is enough to get the recommended amount of vitamin D. Sunscreen should also obviously be used to prevent burning. Use SPF 15 or higher and apply it every 20 to 30 minutes for best protection. I also heard from my old science teacher, Mr. Weiger, that any SPF higher than 45 doesn't help. 45 is as high as it goes while still doing any good, in other words, SPF 45 and 60 work the same. Don't forget to use a lip balm with an SPF of 15 or higher as well; your lips are just as sensitive to sunlight as your skin.

So why would you even think about using tanning beds anymore? I don't see any reason to, getting the outside natural tan is a much better idea. It's not as harmful and you can enjoy it and do something fun while tanning. Get a group of friends and go play a sport, bike ride or even just a walk. Go outside, enjoy the nice weather and get a tan at the same time.

By Cassady Zebro

Sure, tanning has its dangers, but why do people still take fifteen minutes out of their schedule to lie in a warm bed? Here are some examples of our reasoning:

Relaxation. I feel that tanning takes my stress away and truly calms me. It has been proven through research; as stated on the website of Health and Wellness. Being able to relax and lay back for fifteen minutes, while warmth surrounds you – especially when compared to the weather outside some days in winter – can be a nice way to escape that reality.

Self-confidence. Many people believe that tan skin makes them look healthy and feel better about themselves. After all, and added definition of the word sanguine – a healthy reddish color – is: cheerfully confident; optimistic. It's been researched that color in people's faces makes them feel more confident. It also can affect one's mood. For example: If I'm having a bad day, after twenty minutes of relaxing in a tanning bed, I feel refreshed and also in a better mood coming out than I did going in.



Conventional tanning bed image from google/images

The last upside of tanning, is the idea of keeping yourself from frying on vacation. According to Health and Awareness, when skin begins to tan, the body produces Melanin. Melanin is defined by MedicineNet.com as being a skin pigment (substance that gives the skin its color). Melanin also acts as a sunscreen and protects the skin from ultraviolet light. Who wants to spend a whole vacation having accidentally burned themselves the first day and have to stay in the hotel for the rest of your time off?

As the opposition says, UVA rays are found in tanning beds and can have harmful effects later down the road, but the same rays are also found in the sun. What's the difference between tanning outside every day – most of the time in the hours of most intense sunlight – and tanning in a bed two days a week? Neither is necessarily "better" than the other.

Tanning may have its downsides, but it also has its upsides. Sure, they're not found in the "what do to do stay healthy" section, but tanning is known for the feeling it gives people.

Spring fashion trends

By Johanna McDowell

With spring already here and summer fast approaching, it's time to start pulling out the tank-tops and shorts, sun dresses and flip flops. No more sweaters or Ugg boots, they are a big don't, because Mother Nature has brought the good weather and its here to stay.

When you get the big crave to go shopping and add some fun things to your wardrobe, you may want to flip through the newest magazines to see what the latest trends are or see how you can spunk up a simple outfit. You never want to over do it because less is usually always more, and you want to make sure your outfit is cute and still follows the school's guidelines. Here are some top trends for you to keep your eyes open for this spring:

For girls this spring and summer, hot pink is in. It's a kick back to some features of the 80's, also with a touch of neon to layer underneath a shirt or as an accessory. Pastels are also in this season. Add ruffles



to it and you are set to walk the streets in style. If you are planning on going out or just to attend a party, the first thing you should look for is something with sequins on it, either a dress or a top should do the trick. And what to put all your everyday necessities in, is an oversize pattern bag, no need to worry about it matching the outfit, with the mix and match also in style, looking different is not a bad thing, but it's unique and will catch the eye.

Boys this season have a similar style this year that will go along with the girls, but one thing you should see them wearing is popped colors, not pop collars but colors that are bold and grab your attention. You might even see the popped colors with the sneakers they are wearing on their feet that are also in style. To add to the outfit, put on a straight pair of denim jeans and a soft jacket, either a bold or neutral color will do. One last thing with the sun always out, a pair of retro sunglasses will help add to your spring time apparel.



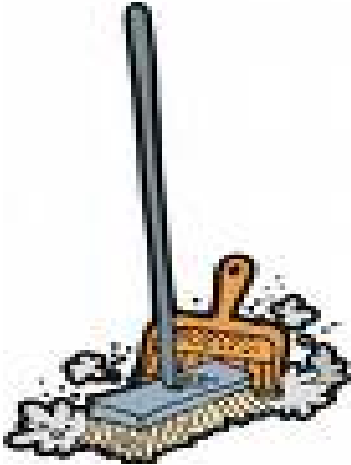
Spring cleaning begins

By Eric Snidarich

Springtime is in the air and with it comes the duties of spring cleaning. You probably know your house and cleaning style better than professionals, but here are some simple tips to help you out while you help your parents during this cleaning season.

1. Work from the top down, inside to outside, to avoid getting what you just cleaned dirty again.
2. For what you do want to keep, create an efficient storage system if you don't already have it. The bonus to doing this? You may not need a major cleanup next year.
3. Before packing away your winter clothes sort through them to discard or donate the ones you don't need any more.

4. Move furniture and vacuum beneath it. Clean any carpets or rugs.
5. This is also a good time to reupholster, repurpose or repair any piece of furniture that is beginning to look shaggy or saggy.
6. Clean out the garage before you tackle the rest of the home. Set aside an area for things you don't need any more. Once you have decluttered inside the house, sell or donate what you wish to discard. Hold a garage sale.
7. Do one area of your room at a time to avoid unfinished jobs. The satisfaction of seeing one part sparkle will make the hard work feel like it's worth the effort.



8. When tidying, reduce trips around the house by temporarily depositing items in one spot en route to but not at their final destination.
9. Do two things at once. While laundry is going, scrub the shower stall.
10. Make small repairs instead of buying new.
11. Invest in good rubber or vinyl gloves to protect your skin and nails.
12. Dust before vacuuming or cleaning the floor. Try feather or lambs wool dusters, especially extendable ones for reaching above window and door casings and into corners. Household rags are invaluable for jobs requiring a damp cloth – natural fibers work best.
13. Use a Swiffer for light dusting, or your favorite broom or vacuum attachment to clean hardwood floors. Then damp-mop with a mild cleaner such as Murphy Oil Soap.

2 distracted 2 drive

By Cassady Zebro

Texting and driving – to most it’s worth the risk, but severe consequences can come of this dangerous habit. Awareness, one of many key rules in driving, tends to be neglected when it comes to that “important” text message just waiting to be responded to.

“Full attention while driving is very important. It keeps the driver and other motorists safe,” said FLHS Police Liaison Chad Worden. “Even a momentary distraction that takes the driver’s eyes off the road can be extremely dangerous. It has been said that it is more distracting than driving impaired on drugs or alcohol in some cases.”

There comes a great risk when deciding to pick up that phone and avert your attention, but do you know the consequences of this hazard and being caught doing so?

“The driver caught texting and driving can be issued a citation which will result in fines and the offense being on the driving record,” said Worden.

Accidents can happen in a blink of an eye; it’s all about being



alert. Nowadays, with how much teenagers text in general, there’s bound to be more accidents on the road.

“I do know that I have heard of at least ten that have happened within the past six months,” said Worden. “With the popularity of text messaging on the rise recently, there has been a comparable increase of incidents as well,” Worden said. “I can safely say that it is more of a problem than it was just five years ago.”

With this, not every text message received is of utmost importance to reply to. One might ask, is there *any* excuse for being able to text while driving?

“Currently, the only exception to allow people to text while driving is to report an emergency,” said Worden.

What excuse does that leave for people who text and drive now? Any little slip-up can lead to a car crash, just because of a simple text message that someone *had* to send. Taking that risk could lead to taking a life. Think before picking up that phone and taking your eyes off the road.

The dark side of technology how it distracts us day today

By Megan Daly

Today it seems advances in technology are occurring more and more often, and teens are eating it up. From social networking sites such as Facebook to texting, there are both pros and cons as to what technology can do for people. You may be thinking, what is the downside to these advances? Other than the everyday distractions they bring like texting when you’re driving or in school? Not only has electronics given you the option to contact anyone at any given time, but it also helps friends stay connected when it’s otherwise impossible.

However, things like loss of human contact are a concern. The theory behind this is if people are staring at a screen all day or having conversations through a keypad, social skills could eventually deteriorate. Along with this, speech experts are saying that texting, especially with children and teens, could overall alter their perception of the English language.



Paraphrasing words eventually sticks and sometimes even shows up in schoolwork, Mr. Mueller, a FLHS English teacher has first hand experience with this issue.

“I’ve seen the word ‘prolly used a lot, and this is pretty rare but I’ve also seen students use numbers, like they will put 2 instead of to, or 4 instead of for.”

Another downside to advances in technology is the ability to spread pictures and conversations at mass. This is especially disastrous when it is related to sexting which is basically phone sex over texting which can be sent along with pictures. When theses things are forwarded to others, it spreads like wildfire and has the potential to ruin a person’s life.

Although it is mostly convenient to be able to talk to almost anyone at anytime, it can turn ugly when related to something negative. Think about your involvement with technology and don’t use it for the wrong reasons

More really, it’s not you.

By Joe Loeffler

Is technology slowly killing romance? It won’t take long for a yes to break forth from your lips as you gaze around our culture, or if you were asked to prom by via texting. What will happen to a generation that stays its course of 1,000 plus texts a month, and countless hours of Facebook and Myspace? Although all of these forms of communication are great, are they more beneficial or disruptive?

Texting is quick and an easily-accessible tool for specific situations. For in instance, you can’t hear someone because you’re

at a concert or you are running late; but where is the line drawn that keeps “old fashioned” courtesy still in play?

Senior Josh Thompson and Junior Taylor Lipp agree that texting is secondhand for communication. “She usually gets pretty mad if I decide to text instead of call,” said Thompson.

The couple tries to avoid texting, but what happens when pressure arises? You know that tense break-up that no one wants to be apart of or talk it over. Texting seems pretty cool then.

“There is a loss of respect and

authenticity in texting,” explains Sophomore April Robinson. “I woudn’tbelieve it if someone were to break up with me over a text.”

And there shouldn’t be reason to. According to Etiquette Expert Ceri Marsh, it’s a pretty big red flag if the



What’s hot, and what’s not-the best

By Cassie Olson

The Top Feeds

Youtube.com: Ranked as the fifth-most-viewed website today, *YouTube* has videos that will amuse anybody. Funny, gross, informative or just plain useless videos are all over. From learning how to make a hot ice, to hearing the annoying high-pitched voice of Fred. All ages will get a kick out of this website.

Facebook.com: For everyone of all ages, the new and improved *Myspace*. *Facebook* is lower than *Myspace* in the number of views they get in a year, but *Facebook* is so much better. Unlike *Myspace*, you can have a *Facebook* at any age. They have an instant messenger you don’t need to download and when you go onto somebody’s

page, you don’t have to hear the overplayed music they listen to.

Photobucket.com: Have an older computer or your computer is prone to viruses? Want to keep all the good memories from the family trip or just hanging with friends? You can upload all your pictures into your own album and share with whomever you want. But if you’d like to have your pictures only viewable by you, no problem, just lock that album.

Playlist.com: Like listening to music? But the songs you want to listen to are songs you don’t want to buy? Listening to music for free at playlist is a legal and safe way. You can make different playlists of different genres or just different

moods. They also have ANY song you can think of.

Tumblr.com: Having a bad day and just need to vent? Want to go on and on about nothing? Blog about it! Sure most people who talk on Tumblr probably don’t have many people read their blogs, but just being able to rant about the on-goings in your life can sometimes be therapy for some. It’s like a personal diary, sure it can be read by anyone who happens to pass by it, but odds are, they don’t know who you are.

The Bottom Eaters

Gaiaonline.com: Welcome to the anime world of meeting creepy people and immature teenagers, if

itsme



person pursuing you can't be bothered to pick up the phone. They are showing that they aren't ready to get involved. Marsh strongly believes texting should not be used for more emotional messages. "Couples have arguments over text because of a simple misunderstanding in wording or tone," said Marsh. Meet Bob and

Is technology ruining our relationships?

Martha. Martha is really looking forward to her date with Bob tonight. Martha texts Bob, "Hey Bobby, what movie wud u like to c 2nite? What do you think about Saw 21?" "Hm. I wudn't really like that," replies Bobby. Martha- "WAT? U promised me a date Bobby u promised!!!!" Bobby- "No Martha, I just don't wanna see Saw 21." Martha doesn't reply out of fierce anger. Sound familiar? I'm sure all of us have encountered a number of miscommunications in our past, whether it was a major disruption or funny mishap that it could have been avoided. I'm not

writing this to encourage throwing out texting altogether but instead of our parent's learning how to text, we might be missing out on a very important ingredient to the way of communication. People used to ride around on ponies for days in order to receive a letter, but now it takes less than a couple seconds. The pony may have turned into a cellphone, but don't let your creativity and thoughtfulness turn into a couple buttons. It's one thing to buy a card but an entirely new dimension to make it.

Sleep with one eye open

Parents use services to keep an eye on kids' texts

By Krysta Nelson

Most FLHS students have cell phones and the majority of those cell phones allow for texting and picture messaging. Cell phone technology can be a great tool of communication. However, some people feel that cell phones can present a dangerous situation for teenagers and young adults. Parents sometimes do not feel comfortable with their children using their phone without supervision.

"With cell phones we have cyber-bullying, sexting, and hugely increased child exploitation," said Bob Lotter, the CEO and inventor of My Mobile Watchdog through an email interview.

Cyber-bullying is the use of modern communication technology to harass, threaten, or embarrass an individual. Sexting is sending sexual pictures or text messages over mobile phones.

My Mobile Watchdog (MMWD) is a program that parents can purchase to alert them when any unapproved messages or calls have occurred on their child's phone. Parents can read full text messages and see any pictures sent or received from the phone.

"MMWD has come on the scene as the only real and complete solution for parents to monitor and thus protect their children from

these threats," said Lotter.

The My Mobile Watchdog company emphasizes the fact that the program is not spyware.

"The child knows our application is present and working on their cell phone," said Lotter. "MMWD is a tool, not a solution. Parent and child working together is the only real solution."

Lotter feels spyware can be a very detrimental decision for parents and their children.



My Mobile Watchdog®

"Spyware damages the trust between parent and child," said Lotter.

Students from FLHS share their opinion on this issue.

"This eliminates teenager's privacy and leaves no trust in us," said Junior Kayla Erickson.

"This takes away the independence of young adults," said Senior Kyle Young.

Despite some teenager's oppositions, MMWD is becoming a popular program.

"Our growth is expanding each quarter especially since parents have become aware of the sexting phenomena," said Lotter.

More information can be found on their website, mymobilewatchdog.com.

TING

book



TWORKING

st and worst on the web

Forest Lake isn't enough. Gaia is a social networking forum where the more you talk to the vast amount of people, the more you earn money to buy clothes for an avatar that you can dress up like a character from your favorite anime show.

Twitter.com: What are you doing? Stalker alert! Twitter is a mini-blogging network that you can update what you're doing via web, text, or by another downloaded application. CNN, Katy Perry, Larry King, Miley Cyrus, and even Barack Obama have twitters. Want to follow them?

Myspace.com: Of course you've heard of it. You get a background, have music, share your pictures and talk to friends.

It's the old way of connecting with others. But unlike 2005, Myspace just isn't fun anymore. Plus, unlike Facebook, if you're older than 21 and you have a Myspace, it's just wrong.

Vampirefreaks.com: Knowing that the top member on this website is called "suicide_nurse" says something. This is like the Myspace for people who claim they are actually vampires. The site features top pictures and cults that are relevantly new. You can also see what music these vampire freaks listen to.

What do you think?

FaceBook and MySpace are seemingly constantly competing for teenagers' time and money. So, where do the two cyber-networking sites rank at FLHS? We asked nearly 100 students to find out a cross section's opinion about these internet giants.

Myspace:
boys-12
girls-24

Facebook:
boys-33
girls-18

Neither:13
Poll taken by
Cassie Olsen

If your opinion isn't represented here, or you think the difference in opinion is larger, feel free to write us your opinion at: forest_breeze@forestlake.k12.mn.us

Top Ten 80's movies

By Megan Daly

We all know the 1980's has left its mark as it has passes through the decades. The fashions, music and movies it produced are just as much a part of today's culture as they used to be. During this decade, the silver screen was set on fire with the introduction of the cheesy teen angst film. The following is a list collected from various internet reviews and rankings of the top 10 movies from the 1980s:

The Breakfast Club (1985). Five high school students, all different stereotypes, meet in detention, where they pour their hearts out to each other, and discover how they have a lot more in common than they thought



Back to the Future (1985). Marty McFly, a typical American teenager of the Eighties, is accidentally sent back to 1955 in a plutonium-powered DeLorean "time machine" invented by slightly mad scientist

Ferris Bueller's Day off (1986). Ferris Bueller has played hooky numbers of times, and this time he's got the entire school and more believing he is on the verge of death. On this special day off, Ferris invites his friend Cameron Fry and girlfriend Sloane Peterson to his day of fun

Heathers (1989). Three high school girls named Heather run an iron clad social clique at high school. One of their anointers, Veronica, isn't sure she wants to fit into the clique, particularly when she has to snub some of her old friends at the Heathers' behest

Dirty Dancing (1987). In the 1960s, Frances "Baby"

Houseman, a sweet daddy's girl, goes with her family to a resort in upstate New York's Catskill Mountains. Baby has grown up in privileged surroundings and all expect her to go on to college, join the Peace Corps and save the world before marrying a doctor, just like her father. Unexpectedly, Baby becomes infatuated with the camp's dance instructor, Johnny, a man whose background is vastly

different from her own.

The Karate Kid (1984). Daniel is new in town, and is getting picked on by the local bullies, who all are adept in karate. Determined to stick up for himself, Daniel begins to teach himself karate, only to discover that the caretaker at his apartment seems to be a grand master in karate

Say Anything (1989). An improbable couple meets after high school graduation and must deal with their friends, family, and other pressures just to stay together. Lloyd Dobler is an average kick boxer with a good heart but limited ambition. Diane Court is an aloof genius who is very closely protected by her father.

Sixteen Candles (1984). The fifteen-year-old has a crush on the most popular boy in school, and the geekiest boy in school has a crush on her. Her sister's

getting married, and with all the excitement the rest of her family forgets her birthday!

Risky Business (1983). A suburban Chicago teenager's parents leave on vacation, and he cuts loose. An unauthorized trip in his father's Porsche means a sudden need for lots of money, which he raises in a creative way.

E.T. (1982). A group of aliens visit earth and one of them is lost and left behind stranded on this planet. The alien is found by a 10 year old boy, Elliot. Soon the two begin to

communicate, and start a different kind of friendship in which E.T learns about life on earth and Elliot learns about some new values for the true meaning of friendship.

MOVIE POLL:

What decade of movies do you think rates at the top?

What are your Top 10 movies?

Share your opinion:
forestbreeze@forestlake.k12.mn.us

Hulu takes over the web

By Eric Snidarich
Something new in the world of internet TV is becoming very popular. Hulu, a website that provides free viewing of previously aired episodes from television shows through the support of advertisements and commercial breaks. At this point Hulu is only available to persons within the United States. Hulu provides the videos in flash format, which can still load relatively fast for people who still have dial-up. Hulu was a entertainment venture created by NBC Universal as well as



News Corp. One of the websites major competitors is Joost. Hulu is denounced from a chinese proverb that means "holder of precious things."

But in literal terms, it refers to a Chinese gourd which is often used as a container for water or liquor. Hulu was named when the site went live, but it was only

announced, it did not have the content yet. It invited users to be part of the beta test. Later the private testing was only continued with invitations but later, users could invite friends to become part of the phenomena. Hulu's first major advertisement was through NBC's broadcast of the superbowl starring Alec Baldwin. Baldwin humorously exposed the secret plan behind Hulu as an evil plot to destroy the world. Now there are more than three different commercials starring other celebrities.

CONGRATULATIONS
to
Junior Derek Waller
for being named by the
Minnesota Music
Educators Association
(MMEA)
as a violinist to the
Minnesota All-State
Orchestra

Waller will be among the musicians playing at the Forest Lake High School's spring concert on May 18. At the event, the school's orchestra will perform the entire Tchaikovsky String Serenade, a 32-minute work in its entirety.



Information provided by Ross Bennett,
Director of Communications for ISD 831

Avenged Sevenfold's fifth album rates high on the list

By Kyle Arbuckle

With their 5th studio album, *Live in the LBC/Diamonds in the Rough*, Avenged Sevenfold kicks out another set of songs guaranteed to satisfy the biggest metal heads. It contains a live DVD of songs they played on their tour and a second CD that has eight new songs, two re-mixes of songs on their 4th album and "Walk", a Pantera cover.

The LBC DVD was very good. They did a good job of making you feel like you were at the concert. The camera switched around a lot really fast getting good shots of strobe lighting effects combined with smoke machines and the roar of the crowd in the background. The camera follows the fingertips of front men Zacky Vengeance and Synyster Gates during the dual guitar solos. Vengeance is left-handed and Gates is right-handed, and during their harmonizing solos, they stand back to back, which looks spectacular. The camera also focuses on the drum solos or times when the drummer-"The Reverend"- is singing.

The DVD was overall very enjoyable; one that I would go back and watch a couple times. The stage show is worth watching more than once. The extras in the DVD, however, were sparse and not very entertaining or worth watching. They consisted of a slew of introduction videos for each city they traveled to that each lasted about a minute or less and were relatively all the same. The other extras were videos they

played during the concert you already saw during the live show. On the other hand, the *Diamonds in the Rough* CD was alright. Out of the 11 tracks, eight of them were new. Out of those eight songs, there were only a few great songs that will be remembered. The other songs of the eight new tracks were much slower and a lot less heavy than their *City of Evil* album.

It seems like their CD's are getting worse and worse each time. On the *City of Evil* album, I thought every song was great. On the self-titled album, I thought that most of the songs were good, but not all of them. On this new album, only about 4 songs are comparable to the last 2 albums. The 2 so-called "remixes" weren't much different than the original tracks. I had to listen really closely to even notice a difference. The Pantera cover songs sound just like the original, so if you like Pantera or that song, then you'll like the cover.

Overall, the DVD left me with some images and stage effects to remember, and I find myself going back and back again listening to the "good" tracks of the album. I say it's worth a buy, only \$15.88 for a live DVD and a 11 track album is a good deal in my book. I suggest to pick this up if you are an Avenged Sevenfold fan. If not, try buying one of their older albums, like their best CD- *City of Evi*- first to see if you like the style of their music.

Movies affect the audience

Sprute believes action movies creates tough guys leaving theaters

By Dennis Sprute

We all like movies, don't we? At least there should be a lot to like about movies. Great acting, heart breaking scenes, and everything accompanied with a great soundtrack. But there are even greater things about movies. I am bespeaking the effects movies have on their viewers.

It is obvious that love of movies make us happy and let us think that the world is hunky-dory. Dramas will fill our eyes with tears (of course not the tough guys' ones though) and comedies will make us laugh until our stomach hurts.

But then there are the action movies. Some attentive observers will recognize how people, especially males, assimilate to such movies. Many viewers walk



Vin Deisel in *Fast and the Furious*. Photo collected by Megan Daly

out of the theater shaking from the high volume and many action scenes. But most guys, however, are close to doing a forward roll in typical 007 manner. Even funnier was when I went to see the *Fast*

and *Furious* movie a couple of weeks ago. The place was crowded and males dedinitely outbalanced the females. For those of you who have never heard of that movie: it is a car movie with Vin Diesel starring. He is ripped, he is cool, he is strong – just like all men want to be.

Walking out of the theater was such a joy afterwards. Every guy had a deadly look and you didn't want to get too close to him. To put the lid on it, several guys had the tough pose of a gorilla, frowning, and with a broad back and legs opened as wide as barn doors. The show continued as I made my way to the parking lot: men posed on the hoods of their cars, having their arms crossed. The sound of roaring engines

was unmistakable! Some others literally burned out of the parking lot. So watch out next time you out for a movie. Houses might explode and cars might be chasing you.

Do movies affect the way you see yourself?

Do you see these behaviors in your friends?

Check in with your opinion at
forestbreeze@forestlake.k12.mn.us

Keys Cafe a hit

Forest Lake has a very warm, welcoming restaurant to visit

By Kellie O'Brien

Imagine walking in the doors of a brand new restaurant and the smell of the bakery just pulls you into a huge chocolate brownie with caramel and chocolate syrup covering it. Well, that is the newly-opened Key's Café & Bakery in Forest Lake.

"The bakery is phenomenal, it has been such a huge hit," says Celine Carlson, owner of Keys. Their number one dessert is "Our Famous Chocolate House Cake", it's a chocolate cake with white frosting inside and the outside, drizzled with some chocolate on



The display case full of goodies as you walk into the Keys Cafe establishment.

the top. Everything made in their bakery is homemade and so far that their bakery cases are sold out each night. Noel Haseltine, general manager of the restaurant, is the daughter of Brian and Celine Carlson, the owners. Brian and Celine also

have two sons: Jon Proulx and Josh Carlson. The five of them all work at Keys and they can't be more pleased with the service. "We are so well-received and can't thank the community enough. Thank you, thank you, thank you," Carlson said. "This must be the burger and fry town, because they are so popular," said Haseltine. There are a few dishes that are a great success; old fashioned meals, turkey dinners, and most popular



A look at the inside, dining area at Keys Cafe that recently opened on Broadway on the west side of the freeway. Photos by Kellie O'Brien

are pancakes and omelets. Even though the business is amazing, they are still looking for a few more people to join their team. They are looking for people with experience in hosting and

waitresses/waiters. The hours at Keys are Monday through Friday: 6 a.m.-9 p.m., Saturday: 7 a.m.-9 p.m., Sunday: 8 a.m.-8 p.m. and the coffee shop opens at 5 a.m. daily.

Coming to your iPods and DVD players

Compiled by Elizabeth Brown

CONCERTS:

Keith Urban
with Zac Brown Band
Target Center, Thursday May 14
7:30p.m.

Keane
with Mat Kearney and The Helio Sequence
The Myth, Friday, May 15
7p.m. \$32.50 advance/\$35 day of show

Lady Sovereign
with Chester French & Hollywood Holt
Fine Line Music Café, Saturday
May 16
6p.m. \$16 in advance/\$18 day of show

Taking Back Sunday
with Anberlin and Envy on the Coast
First Avenue, Tuesday, May 19
5p.m. \$25

First Avenue Presents Camera Obscura
Cedar Cultural Center, Saturday, May 30
8 p.m. \$15 advance/\$15 day of show

CD RELEASES:

Friday, May 15
Green Day
21st Century Breakdown

Tuesday, May 19
Eminem *Relapse*

MOVIES:

May 8:
Star Trek

May 15:
Angels and Demons
Management
The Brothers Bloom

May 22:
Dance Flick
Easy Virtue
Night at the Museum: Battle of the Smithsonian
Terminator Salvation

May 29:
Drag Me to Hell
Up

COMING TO DVD:

May 12:
Possession
Taken
The Grudge 3

May 19:
24: Season 7
My Bloody Valentine 3D
Paul Blart: Mall Cop
Valkyrie

May 26:
New in Town

Check out the local movie theaters:

Forest Lake Theater 5

East Bethel Theater

White Bear Lake Theater

Rosedale AMC

Maplewood Mann Theater



Looking for a memorable season

By Cassady Zebro

The Forest Lake High School’s Boy’s Baseball Team has begun their season.

“We’re off to a good start, we currently have a 4-2 record,” said Head Coach Brian Raabe.

With promising starting stats, the team also has big goals for this season, some were even seen last year.

“We want to win all non-conference games, get a bye for the first round of playoffs, and go to state,” Raabe said. “For

the most part, our goals are the same; however, since we have so many seniors, this will be their last chance to make something memorable happen.”

The expectations are set out putting into consideration the age group of the team.

“I expect a good season because of the talent and leadership we should get from a senior-dominated team,” said Raabe.

The team’s next home game is today, 6 p.m. at Shumacher Field. The B squad will be playing at home tomorrow at 4:15 p.m.



Micahel Swenson throws a pitch photo provided by Clint Riese, FL Times

Boy’s Track has great anticipation despite injuries

By Elizabeth Brown

The boys track season is off to a great start in spite of some injuries. Seniors Jimmy Plain, Dan Blaser and Cory Kost are currently out, with back, hamstring, and knee injuries, but Plain and Blaser are scheduled to return soon. Their coach has high hopes for the team this year, including competing at state June 5 and 6 at Hamline University.

“We are expecting big things this season and hope to be a state caliber contender if healthy,” said head coach Paul Kendrick.

The team’s top sprinters are Senior Dan Blaser in the 100 and 200 and Junior Josh Nielson in the 400. Senior Griffin Lentsch is the top athlete in the triple jump and high jump. Senior Jake Lepisto is the top athlete in the shot and discus and Senior Mark Buerkle is top in the long jump and sprints.

“Seniors Andy Orth, Zach Waldoch, and Nate Moen will be our top, core distance runners,” said Kendrick.

With a strong team and plenty of ambition it seems that the boys track team is on its way to state this year. Fans are encouraged to



Rory Alt clearing 13-6 in the high jump photo provided by Clint Riese, FL Times

attend or cheer the team on at the conference meet, May 19 and 21 at Park.

**Conference Meet
May 19 and 21**

Focused and determined

By Kellie O’Brien

Dust off the baseball glove, wash the softball jersey and bend that cap to make sure it held its shape over the winter months. It’s softball season, once again!

Whether its Forest Lake High School girls’ softball or Forest Lake Recreational softball, the parks will soon be buzzing with families watching and participating in the games of the season.

This year, our Rangers softball team created a new web-page which introduces the players as well as this season’s schedule. By using the following link, you will also find the contact information, fundraising information and a photo of the team: www.rangerssoftball.org

After talking to Coach Ryan, it seems that the team is doing well so far.

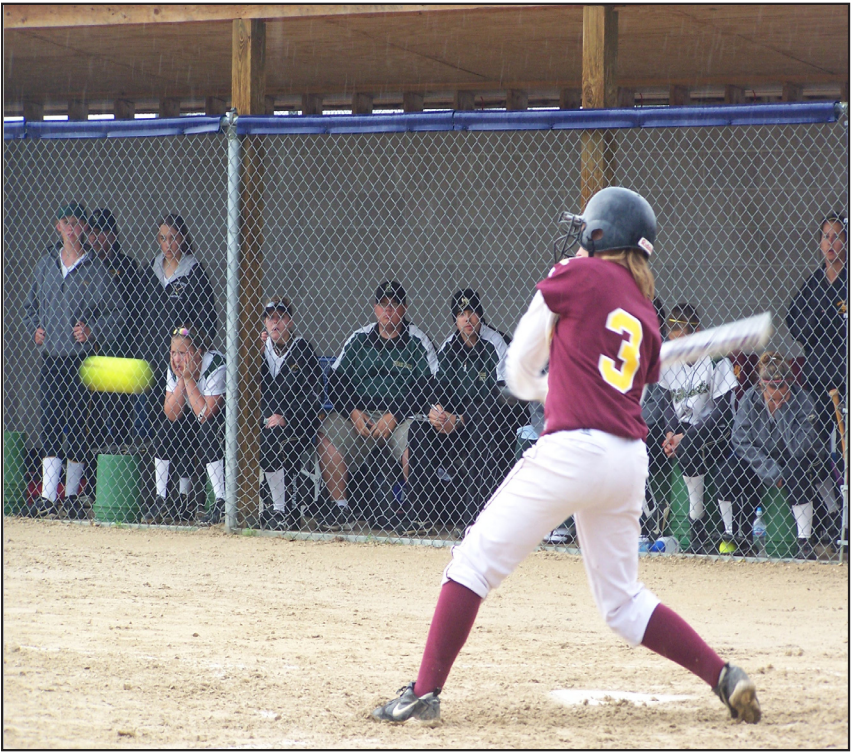
“Practices and games are going well. We’re 3-3 so far this season, but 3-1 in our conference. Up until Saturday, we’ve been playing extremely well as a team. Our pitching has been an asset with senior Alyssa Dunrud carrying much of the load,” said Angie Ryan, Head Softball Coach for Forest Lake High School.

When the girls contribute to the team and keep a positive attitude, they do their best.

“Our defense has held strong

tough competition...

“In our conference our toughest competition will be Hastings, and in our section, our toughest



Annie Hinrichson takes a swing Photo Provided

with many players contributing positively and our hitting picked up after the first two games of the year. We should do well this year, we have lofty goals and I know we can achieve them if the girls truly believe and come to games/practices intense and focused each day.”

But they do have a

competition will be Chisago Lakes,” said Ryan.

Next time you drive by the softball fields in the Forest Lake area, stop and watch a game. Softball is a spectators’ game as well as a players’ game. Show your support of our teams and cheer for them during the upcoming season.

Sections and State

Boy’s Baseball

Sections - Saturday, May 26th

State - June 11-12th

Girl’s Softball

Sections - May 20th

State - June 4-5th

Boy’s Golf

Sections - May 20th

State - June 2-5th

Girl’s Golf

Sections - May 20th

State - June 2-5th

Boy’s Track

Sections - May 27th

State - June 5-6th

Girl’s Track

Sections - May 27th

State - June 5-6th

Boy’s Tennis

Team Sections - May 18-19th

Individual Sections - May 20th

State - June 2-5th

Synchronized Swimming

Sections - May 15th

State - May 21-22nd

Several factors for lower numbers

Technology, money, environment shrinks FLHS sports' rosters

Commentary By Charlie Nelson

One of the highlights of high school for many students is the athletics. The opportunity to play on a team can be a memory some will never forget. This has been a tradition in high school for many decades. Football games on Friday, gyms filled watching basketball games that go to the buzzer, and many more sports the fill the entire school year.

The question is, if this is such an exciting tradition, if students and the community love the sports so much, why are the participation numbers falling? Statewide the numbers for high school sports are going down. What is the reason for this? Are students finding stimulus elsewhere or is it simply the price tag to play for the school?

It isn't just sports that has participation dropping, all after-school activities seem to be having less and less students join. It can't be that this generation of kids isn't



A game of pick-up basketball source: World Wide Web

driven. All generations are looked upon as 'not as good' even though they are really the same as the one before.

One reason for why I believe activities don't have as much participation is the price. As students progress and get older, the cost of

sports goes up, and the cost will increase even after this year. A lot of people have to make a decision, sports or something else. Money comes into play here, things are expensive and decisions need to be made. Some people even need to work to make money for cars,

insurance, college and just plain fun. As times get harder, certain things need to be thrown off the boat.

Besides money as an issue, the world is also changing. Around America, there are many new things to do. Computers are faster, iPods are cooler and there are new things to do around every turn. This gives everyone something to do at all times. No more needing to go places and do things for entertainment; that ship

has sailed. Now a night at home can be just as entertaining, for some, as playing in a sport.

For some people, being in an activity or not just comes down to being comfortable in the environment of the sports world.

Some people prefer to play pick-up games, with their friends or on their own to playing in the team environment. Whether this is because of the pressure of the games or the atmosphere that is cultivated in team sports, it is a big negative for a lot of students.

When it comes down to it, it is the schools responsibility to make sports appealing if they want students to keep participating. Although sports have been around for a long time, they are not the only thing to do anymore; they are now one of many options.

The school needs to find a way to have sports be affordable for students if they want the students to participate. Sports also need to be seen as something fun and something that is worth the time and work. If the school can convey that when asking students to participate in sports, the numbers will rise.

FL embraces lacrosse

By Cassie Olson

Lacrosse, with over 80 students in this sport you would think that it's a high school sport, but it isn't. Community Education currently runs the sport.

"It's never been approved by the school board," said Joel Olson., the activities director here at FLHS.

Olson also says that whether lacrosse becomes a high school sport is up in the air and right now it could go either way. The sport is now open to any grades between seventh grade and senior year.

The team practices after school everyday from three to five at

the Central Learning Center. The boy's team has now played two games, but unfortunately has lost both.

"They just need to become more of a team," said boy team manager Allie Guindon, "Most of the boys are younger and don't care if we win or not."

"We defeated four of the five teams we have played," said junior lacrosse player Carissa McGlade.

Whether next year lacrosse is a high school sport or not, you'll always know that we'll have a high spirited team and outrageous fans!

A look to the past

Former athletes on staff

Compiled By Elizabeth Brown

Social Studies Teacher Ron Tungseth played soccer for Augsburg College and was a captain his senior year, 1982.

English Teacher Laura LeVake pitched for and was captain of the Grove City College softball team from 1998-2002.

Social Studies Teacher Aaron Forsythe played hockey for Minnesota State University - Mankato from 2000-04 before playing professional hockey for a year.



Above: Health and Physical Education Teacher Dan Forsythe played baseball at the University of MN. He also walked on and played a little hockey there from 1972-76. Photo provided by D.Forsythe.



Photo provided by Sharon Wilson.

Above: Physical Education Teacher Jeff Wilson played football and baseball for Bethel College 1978 – 82. Wilson also tried out with the Minnesota Vikings in '82 as a punter, the Buffalo Bills in '83 and the USFL Arizona Wranglers in '84.



Above: FACS Teacher Courtney Gbolo played softball at UW Stout from 2002-06. Photo provided by Gbolo.

Animals are wonderful companions

By Krysta Nelson

More Americans own pets than ever before, according to the American Veterinary Medicine Association. Approximately, 60% of United States households have at least one pet. This is a drastic percentage, considering the fact that only 35% of households have children. Although most of these owners love their pets, it is easy for people to take advantage of their companionship. It is obvious to most pet owners why the statistic is so high.

“Pets do so many great things for a person’s mental and physical health,” said Veronica Ward, the companion animal science teacher at FLHS.

Despite the obvious benefits of pets, it is easy for people to take

advantage of their unconditional love. The one group of people who can really appreciate the unique affection a pet provides is those who are exposed to a Therapy Pet program.

Therapy Pets are pets, usually dogs, that are specially certified to visit at hospitals, nursing homes, jails, or anywhere that may need some cheering up.

“It is definitely a day brightener and something to look forward to,” said Elizabeth Jensen, the Therapy Pet Program Coordinator at Gillette Children’s Specialty Healthcare in St. Paul.

The Gillette volunteers and their canine partners routinely

visit the hospital to provide emotional support to all involved.



“The dogs do not only bring joy to the patients, but also the siblings, parents, and staff,” said Jensen.

Although different types of animals can be registered as Therapy Pets in some organizations, Gillette tends to stick with dogs.

“We had one llama in the past, but now we allow only dogs to visit due to infection control,” said Jensen. “Our program started with 1-2 dogs in 1989 and has grown to 17 dog/handler teams.”

Not any dog can walk into Gillette, those that are Therapy Dogs must have proper

certification. There are multiple organizations that test handlers and their dogs such as Therapy Dog International, Delta Society, and Therapy Dog Incorporated.

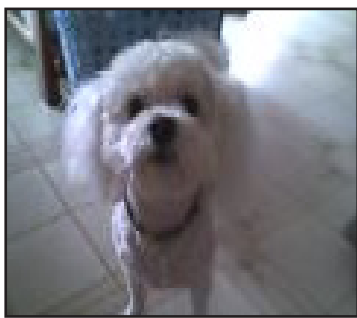
“Both myself and the rest of the staff at Gillette love having the pet therapy teams come in to visit the patients and families,” said Jensen. “All the work that is put in with their dogs to train them to become certified and ongoing training is very worth it when you see how much the families and patients appreciate the visit.”

The benefits of interacting with a pet are endless, as one can see when they look into Therapy Pet programs. People who own pets and are able to see them everyday are very lucky to have that luxury.

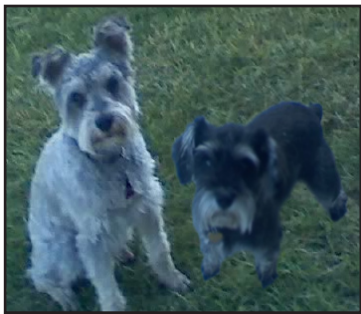
Johanna dog, Lucky



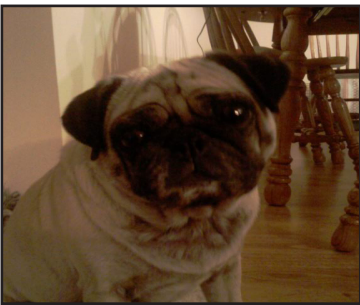
Eric’s dog, Champ



Cassie’s dogs, Bam Bam and Pebbles



Kellie’s dog, Wrinkles



Charlie’s & Dennis’ dog, Verner Hussein



Breeze Staff’s



Megan’s dog, Desilu



Krysta’s dogs, Jazz and Radar



Joe’s dog, Scruffy



Cassady’s dog, Charlie



Pug love

Breed makes great family dog

By Kellie O’Brien

Soft, cute, cuddly with a personality to match. No, I’m not referring to a kitten. I am talking about the infamous Pug puppy. At first glance, thoughts come to mind of the movie, “Men in Black.” But, there is more to the Pug breed than meets the eye.

The special facial features make for a unique mask. Whether the puppy is a fawn color or completely black, they are a breed separated from the rest because of their unique face. What truly makes a Pug a wonderful pet is their personality. They seem to love everybody. Their friendly disposition is infectious and they love being showered with attention from anyone willing to contribute some time to them.

History says the Pug breed has been in existence since 400 B.C. and Pugs were included in some famous paintings. For

example, William Hogarth’s painting entitled, “House of Cards” included a pug. William Hogarth was actually an owner of pugs and used them many times in his paintings.

Proper nutrition comes into play with the Pug breed as well. Their typical life expectancy is about 12 years, but they have been known to live well beyond the age of 12 if provided with the proper diet. Some Pugs are known to also have several food and skin allergies. So, good hygiene and skin care is important when caring for this breed of dog.

All in all, Pugs are not only a popular dog, but they are a lovable dog. If you’re in the process of researching the purchase of a family pet, check out the Pug breed. You may be surprised at how easily they adapt to a family setting.

Top Five Exotic Animals

By Dennis Sprute

If it is about animals, cute and disgusting can be close to each other. That’s what I found out when doing this research. I discovered a bunch of weird animals. Some live in the water, some crawl, and others fly.

5) **The Electric Eel** lives in South American waters. The thing that makes him special is the fact that he can generate powerful electric shocks.

4) **The Mexican Axolotl** is a salamander that lives, of course, in Mexican waters. He grows up to nine inches. The funny thing about it

- it never grows up.
3) The first thing that stands

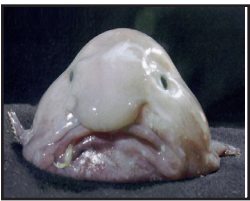
out about the **Amazon Horned Frog** is its size. He grows up to 8 inches, relative to a tea cup. He lives in the Amazon Basin which flows from Colombia to Brazil. They are

aggressively territorial, and some have been found dead in the wild with the remains of an impossible-to-ingest victim still protruding from their mouths. Their ravenous appetite and huge mouths have earned them the nickname “Pac Man frogs.”

2) My number two is the **Blobfish**. There is actually nothing special about that fish except the fact it looks really gross. The Blobfish can grow up to 35 inches, lives in very deep water in the North Pacific Ocean by the coast of Japan, Bering Sea, and California. They are normally

fished by deep sea fishers.

1) The picture of the



Parahuman will make many people doubt its existence. This kind of “animal” doesn’t really exist - it is bred by scientists. It is a human-animal hybrid. Scientists have added genes and chromosomes from both animals but also human. The main reason for breeding these kind of creatures is for the



transplantation of organs. Reading all this might not be as interesting as looking at a picture of such a creature! My number one, the Pig Human!