



To our fellow FLHS students: A letter from *The Breeze* staff

We, the staff of *The Forest Breeze*, are happy to bring you the first edition of our printed paper for the 2009-10 school year. We would also like to inform you on the goings on of the school newspaper in the past 2 ½ quarters. Our objective is to bring the student body of FLHS important newsworthy stories that teens can relate to.

We will be doing this two ways: the traditional print issue that will be distributed to you once a month, and our online issue will be published and updated once every two weeks (or as stories become available) on the school

website. We encourage you to read *The Breeze* and become involved with both sources. There was an announcement last year that the journalism program would be cut for good. So, we are grateful to be able to continue reporting on issues in and around the Forest Lake area. We hope you will enjoy reading the stories as much as we have had fun writing them.

Sincerely,

Student Editor Megan Daly
and the rest of *The Forest Breeze* staff

Winter Wonder Week

Festivities underway

By Maxwell Nelson

Rootbeer floats, talent shows, spirit days, ice cream, dance offs and a Snowball Dance. You won't find a day without wonder in this year's Winter Wonder Week, from Feb. 22 - 27 at FLHS.

Led by the Student Council, the week gives students an opportunity to cure their winter blues. Just as each day is an opportunity for great fun, it is also an opportunity to help fund school clubs. So, what is the purpose of Winter Wonder Week, to fundraise or to just have fun?

For the free fun, students have an opportunity to dress up in a fun way everyday at school, following a schedule with coordinated outfits and boys volleyball game on Monday. However, attending the game costs \$2. Also, though not fun for many students, there is an opportunity to save lives through the Red Cross Blood Drive on Wed. Feb. 24 in the South Field House. On the final day, and to top off the free events, there will be a pep fest from 1:45 to 2:30p.m., which will include a "So You Think You Can Dance?" dance off for boys.

With all of this free fun, there will also be fun you'll have to bring your wallet for. If you plan on attending the boy's volleyball tournament on Mon., make sure to bring \$2 to the High School Main Gym. Also in the Main Gym, there will be a varsity girls basketball game at 7:15p.m. on Tues. On Wednesday, SADD (Students Against Destructive Decisions) will be offering rootbeer and orange floats for \$1 during all lunches to help them

fundraise. The National Honor Society will provide students with a chance to show off their talents Thurs. at the "Rangers Got Talent" talent show at 7p.m. in the High School Auditorium. The talent show will cost \$3 for adults and students. Kids under 5 are admitted at no cost. On Fri., there will be Cold Stone Ice Cream being sold by DECA during all lunches. There will be six flavors to choose from. Also on Friday, to finish off the school week with a bang, the successful Varsity Boys Basketball team will have a game at 7:15p.m. in the main gym versus East Ridge. It is also senior night at the game. Then, if you're in the mood for music and dancing, The Snowball Dance will be held Sat. from 8-11p.m. in the Main Gym at the high school, sponsored by Student Council.

So with all of these events, some free, some not, what is the purpose for Winter Wonder Week? According to Dave Livermore, one of the Student Council faculty leaders, "WWW" is "A week to celebrate winter."

For Student Council at least, there is no fundraising purpose other than Pennies For Patients, which runs from Feb. 15 to the 26 and collects money for leukemia and lymphoma patients. However, FFA, SADD and DECA are all using the week as an opportunity to fundraise.

So, the premise of Winter Wonder Week is for all students to just have fun and cure the winter blues with an opportunity to help support school and community clubs.

Students save lives Red Cross Blood Drive today

By Nicole Hovatter

The impact of donating blood: saving lives. By donating one unit of blood, three lives can be saved. The gift of life could be given to someone who was involved in a tragic accident or a life-threatening illness and is in need of a blood transfusion. Today, student council is hosting a blood drive. Students are encouraged to donate because there is no substitute for donating blood, according to Susan Kluesner, a Red Cross employee.

According to the Red Cross website, only three out of every 100 Americans donate blood. If blood donation makes such a difference, why don't more people do it?

"It's one of two things. One is qualifications, but a lot of high school students don't qualify, since they are young and not healthy. The other reason is that people don't make the time to donate," said Kluesner.

For those nervous about blood donation, Kluesner also had some advice.

"Remember the importance of what you are doing. You will only feel a pinch at the beginning and it is worth it," said Kluesner.

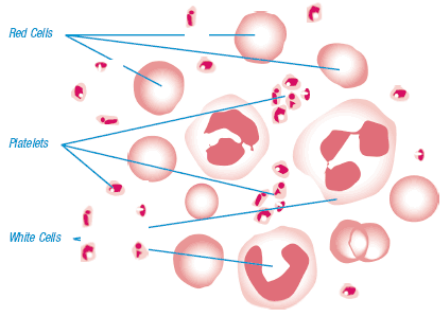
Most donations run smoothly, especially if you eat a good breakfast and keep hydrated, according to David Livermore, a Student Council adviser. There was one piece of advice he put

extra emphasis on: don't be nervous.

"It's normal to be nervous and you will walk out with the satisfaction that you donated," Livermore said.

According to Kluesner, the blood donated from the high school goes to Saint Paul, where it is divided into components and tested (as shown in the diagram). Then, the blood is distributed to hospitals in the Midwest. FLHS hosts three blood drives a year: at the end of Nov., end of Feb, and beginning of May. While it is too late to sign up for today's drive, students will have one more chance to donate in May. 182 units of blood were collected at the last blood drive and Student Council hopes to increase that number to 200. That means about 300 people need to donate.

Blood Transfusions			
Blood Type	%	Receive Blood?	Give Blood?
O+	37%	O+, O-	O+, A+, B+, AB+
O-	6%	O-	Any Type
A+	34%	O+, O-, A+, A-	A+, AB+
A-	6%	O-, A-	A+, A-, AB+, AB-
B+	10%	O+, O-, B+, B-	B+, AB+
B-	2%	O-, B-	B+, B-, AB+, AB-
AB+	4%	Any Type	AB+
AB-	1%	O-, A-, B-, AB-	AB-, AB+



"It is important that our school

hosts a blood drive so that there will be a better chance of people to keep giving if they start at a young age," said Livermore.

In order to donate whole blood, students need to meet certain weight requirements and need to be 17 or 16 with parental consent.

To help in the efforts of saving lives, some donate double red cells. These donors are able to give double by the use of an apheresis machine. This separates the different parts of blood, and after the first unit of blood is donated, the machine returns all other parts to the body.

According to the student council website, O+ and O- blood types are the only ones accepted for this procedure, since the blood from these blood types can be transferred to anyone. Female donors are generally not recruited for this procedure, since females tend to have lower iron levels.

More information can be found on www.redcross.org or by following the blood drive link on the school website.

Dance the night away at Snowball

By Erienne Nelson

Every year, the school puts on several dances. Homecoming, Prom, and the Halloween dance are obvious, but the one that seems to get a little forgotten is Snowball. Occurring during Winter Wonder Week, Snowball may seem to be randomly placed in the year but it may just be the perfect way to cure the winter blues.

The dance will be at the high school, Friday, Feb. 26 from 8 to 11pm. It will be an expression of the school and its spirit. At the dance, the decorations will be themed red, silver and white, although you don't have to wear any of the colors. Last year around 200 students attended; among them was student council member Tyler Colling.

"I went to it last year and I had a

ton of fun," said Colling.

Colling is a member of the committee sponsoring the dance itself. He went on to say it was "like a second homecoming" and "the sophomore prom."

According to another student council member, Heather Jacobson, "The dance is a great opportunity for the whole school to come together. This is a dance that sophomores can go to."

It should be a fun night. But cost is another thing. The tickets cost \$8 for single tickets and \$15 for a couple. The money from Snowball's profits is spent on funding the dance and several other student council funded events, like all the dances for next year.

Tickets go on sale this week during lunches and will be

available through the Friday.

Colling made one last remark about the dance. "People who didn't go wished they had when they saw the pictures."

The 411:

Friday, Feb. 26

Tickets:

\$8 per person
\$15 per couple

8 - 11 p.m.
FLHS Gymnasium

If you can't beat it...

(winter weather, that is)

Seasonal Affective Disorder affects many Pay attention to consistent winter “blahs”

By Dorothea Olson

There’s always that one person just can’t stand winter, a fellow student, family member, maybe even a teacher. The person who’s mood is solely based on the season. Most people aren’t aware that this mood change could actually be a mental disorder.

Seasonal Affective Disorder, or S.A.D., is a type of depression that occurs every year around the same time. Someone with this disorder may get really tired, crave more carbs than ever, and lose interest in fun activities, or just feel really, really crappy.

If these symptoms are found, don’t despair. Four to six percent of the U.S. population found them as well. FLHS Dean Travis Gjerner, who has a degree in psychology, suggests seeing a medical doctor or a counselor. From there, doctors would most likely prescribe medication to help melatonin or serotonin levels. Melatonin is a chemical having to do with hormones, while serotonin deals with mood.



Image taken from Google Images

Each is affected greatly in the cold weather and is due to the lack of light in winter.

Other treatments include light therapy. Where a device that contains white fluorescent light tubes covered with a plastic screen to block ultraviolet rays

helps deal with the low light levels in winter. Seeing as S.A.D. is caused by low light, melatonin and serotonin levels, this treatment helps a lot, according to the Mayo Medical Clinic.

According to doctors, doing activities that help mood levels

or that lower stress levels can, also, be good treatment. Stress relievers such as exercising, walking, aerobics, writing, or just listening to happy music may help. Even if it’s just finding an activity to occupy time, such as Open Minds Club, Speech, or a winter sport.

Most teachers will say that the months of February and March are the most stressful.

“Everyone is more on edge,” said Gjerner, who notices the mood change in both teachers and students specifically in these months.

There are students who are diagnosed with S.A.D., but there are many more who go untreated and try to pass it off as “school stress.”

If you’re looking for an adult to talk to if believed to have this, go to a doctor, parents, even an assigned dean. For more information on the matter, or just to discuss with someone with more knowledge on the topic,

try talking to Principal Steve Massey, Gjerner, or Assistant Principal Kathy Ungerecht. All of whom have Psychology degrees and know ways to help or inform students on S.A.D.

Don’t pass off “winter blahs” as just that. If thought to possibly have S.A.D. then check in with a doctor and find out what can be done to make winter a whole lot more bearable and maybe even enjoyable.

For more information:

American Psychiatric Association (APA)
www.healthyminds.org

National Mental Health Association (NMHA)
www.nmha.org

MayoClinic.com
<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

No triple axels required

Area ice rinks offer break from winter doldrums

By Maxwell Nelson

If you’re looking for something fun and active to do this winter, your options aren’t as limited as you may have originally thought.

With the cold winter air bringing freezing conditions that are inescapable, there is one philosophy that can keep you warm with fun; if you can’t beat it, join it! The Forest Lake Parks Department provides the community with two outdoor skating rinks that people can freely use. The first is Beltz Park, which provides skaters with a well made skating rink and warming house. There is also a small hill that people often use to slide down. Beltz Park is located right next to St. Peters church.



Tiffany Ashmead, a recent visitor of the Beltz Park rink describes her visit with the words, Fun, painful, interesting and it fluctuated in temperature are the terms Ashmead uses to describe her experience. Ashmead says the ice was bumpy but nice enough for her to pick up the knack of

skating again.

“I relearned how to ice skate after two years of ice skating absence,” says Ashmead who when asked if she’d go back again, responds with “Heck yes!”

The second city sponsored ice rink is the Tower Park ice skating rink which is located across the street from Forest View Elementary, right next to the fire department. There are two full sized hockey rinks at Tower Park and one warming house. Tower Park is open seven days a week during the winter season, weather permitting.

There is also a very popular skating facility in Scandia. At the Wojtowicz Skating Park, there is a rink for hockey, a rink for pleasure skating and a warming house. There is no fee for one time users but it will cost you to make reservations.

And if you are one to be hesitant about the cold conditions, there is an opportunity for you to skate freely at The Forest Lake Athletic Association Sports Complex every Sunday from 1 to 3 p.m. The cost is \$5. Skates are available to be rented



Tower park ice rink is one of the many area ice rinks to try out. Photo by Maxwell Nelson

through the Cycle & Skate Pro Shop that is within the building.

So, if you ever find yourself sitting around the house or bored with your friends, go out on the ice and have the time of your life.



Beltz Park
Free,
Dawn ‘til Dusk.

Tower Park
Free
Dawn ‘til Dusk

Wojtowicz Skating Park
Free for one time use.
Monday through
Thursday. 4 to 10 p.m.,
Friday 10 a.m. to 10
p.m., Saturday, Noon
to 9 p.m., Sunday

Forest Lake Athletic Association Sports Complex
\$5 every Sunday
from 1 to 3 p.m.

Check out the county park websites for more ice skating rinks in the area.



Snow and fun not in short supply at Scandia’s Eko Backen

By Cody Eggers

Are you looking for a great place to have tons of winter fun? Then go to Eko Backen! According to John Fraley, It is Forest Lake area’s premier tubing area.

“Eko means echo like in a cave, The family that originally lived at Eko Backen would yell across the hill and hear echoes in the distance. Backen means hill.”

Eko Backen has three separate tubing hills, including a beginner hill and an expert hill for the most advanced snow tuber. There is also a 40,000 square foot chalet that includes private party rooms that can be rented for \$50. A three hour tubing pass for adults 13 and older is \$12.50 and includes a tube and use of all three hills and the tow ropes. Ideal conditions for snow tubing are about 15 degrees in temperature and just a

few days after a fresh snow.

Eko Backen also makes snow early in the season and continually throughout the year. Each of the hills are groomed completely everyday. Much of this work and Eko Backen’s daily operationa are carried out in part by teens that go to Forest Lake High School,

Eko Backen is open on weekends and most holidays and school vacations. Their normal hours are 5:30pm-9:30pm on Fridays, 11:00am-10:00pm on Saturdays and 11:00am-6:00pm on Sundays.

So next time you’re looking for a fun winter activity remember to head down to Eko Backen in scandia. Directions and more information can be found online at www.ekobacken.com.



FLHS students pose for a picture during a recent outing at Eko Backen. From FLHS: Maria Haselbauer, Heidi Witzel, Nicole Hovatter, Jessica Siewert, and Joseph Dina.

Quick facts about Eko Backen:

*Cost: \$12.50

*Located in Scandia

*Open week-ends

*For more info: www.ekobacken.com

... join it!



To love or not to love?

Winter brings bad memories for native Minnesotan

Commentary By Nicole Hovatter

I am a native Minnesotan. I have a Minnesotan accent and I love tator tot hotdish. I love everything about this state- except for winter. Frankly, the cold and snow make it very hard for me to be Minnesota nice between the months of Nov. and Feb. (and sometimes even March).

NAY!

As far as I’m concerned, there are only two good things about winter: hot chocolate and hand warmers, but then there is the problem of not having access to these things- then you’re really stuck. I have pleasant memories about winter as a child, except for a few. On Christmas, I stayed awake and wondered if Santa’s sleigh would crash because of blizzard conditions, while other children were asleep with visions of sugarplums dancing in their heads. There was also the time

when I fell into an ice fishing hole and got soaked with cold water. Activities like sledding, skiing, and ice fishing can be fun, but for uncoordinated people like me, partaking in these activities

is a gamble. When it comes to skiing, I spend more stuck time in the trees than skiing down

the slope.

Not only do you have to be super-coordinated and a little crazy to have a knack for winter activities, I feel like I am gearing up for a mission to Mars every time I go to the grocery store. My head is mummified with a scarf and I am bundled up from head to toe. Usually, I am in a rush for my hot chocolate and I run (as fast as I can, while trudging through the snow) out to my car. Then, right when I can feel my hair starting to freeze, I fumble through my purse for my car keys. It is very

hard to find things with gloved hands. Gloved hands also make it difficult to text and I have found it impossible to text while out in a snowstorm.

It seems like everything I do in the winter takes ten extra steps to complete. Even starting up my car takes ten minutes. (Since I have an old car, it takes a few extra times to get the car started.) Then I have to scrape the ice off of the windshield. Then I have to sit inside the car, shivering, until the engine is heated up before I can blast the heat.

Finally, when my excursion out of the driveway is almost complete, the snowplow goes by. I try to make a quick getaway out of the driveway but my efforts are futile and I get stuck in the snow bank.

There is also the issue of getting snow in your boots, but writing about it brings back more bad memories. It’s a dog-eat-dog world out there. So cheer up, all you fellow winter haters - spring is just around the corner.

Love the state, love the snow!

Commentary By Megan Daly

Winter is what Minnesota is known for. It brings special opportunities for outdoor activities and, personally, I believe it gives the residents of our state an edge.

According to www.DNR.state.com, Minnesota receives on average 36 to 70 inches of snow per year, and winter junkies have learned to put that dumping of white stuff to good use. Ice fishing, snowmobiling, snowboarding and skiing, none of these beloved pass times would be possible without our fickle friend, snow.

Granted, there are some downsides to the winter weather, such as bad roads, seasonal depression, and having cold fingers and toes, and these should be taken seriously. But seeing as how it flurries for about five months out of the year in our northern climate, residents should embrace the uniqueness of our

surroundings.

I am proud to be a girl of the north, and I can’t get enough of snow. I’m all about the flakes and flurries and I have pleasant memories associated with winter.

For god’s sake, my dad took me on my first snowmobile ride when I was six months old.

I was hardwired for this!

Baking cookies over the holidays, watching delicate snow fall on the windows, going snowboarding with friends and smelling the sweet crisp air on the chairlifts, attending the Holidazzle parade all bundled up and holding a warm cup of coffee. All of these are winter memories and the list goes on and on. If you’re a Minnesotan, own the title. We put up with things people from other states shudder at, and we should embrace what makes us unique by loving the snow.

YEA!

Failure to climb Olympus

Percy Jackson movie good, but pales in comparison to book

By Erienne Nelson

If you have been to the movies recently or tuned in to a few commercials, you probably have noticed the book-adapted movie *Percy Jackson and the Olympians*, known most often by fans as *PJO*, has come blazing onto the screens. There are some big names popping up in the adaption, among them Jake Abel, Sean Bean, Uma Thurman, Pierce Brosnan, and fresh faces as well.

Despite all these big names, if the movie is good an entirely different question. Being a big movie goer and a fan of the book, I'd have to say it's decent. Try to compare it to the book, however, and you might end up ripping your hair out.

Overall, the general plot of *PJO* is that Zeus's lightning bolt, more powerful than a nuclear bomb, was taken from him by an unknown thief. When it is revealed that Percy, our protagonist, is the son of Poseidon, he becomes the most prime suspect. Zeus, (Sean



Bean,) threatens that if it's not be returned by the solstice, there would be a massive war that would make the Trojan War seem like a pillow fight. So, Percy sets out to clear his name with the help of his protector, Grover, and Annabeth, a fierce daughter of his father's rival Athena.

I don't want to give too much away, but the storyline from the standpoint of someone who has never seen the book is sound. There are constant references to mythology with a fresh spin, just

as with the book, but there are a few parts that go unexplained, such as why it is so rare for a child of the big three (Zeus, Poseidon, and Hades) to be born.

Next to the book, the changes in the movie are almost unforgiveable, however. A few characters are entirely wiped from the map and the villain is shifted to another pair of characters. The dominant role is taken over by the real lightning thief and the more minor villain becomes too cliché. Their ages are warped, as Percy

was supposed to be 12 in the book. Smaller aspects, like who captures the flag during the game and Annabeth's "honey blonde hair" made a change to medium brown, angering a few fans. More subtle changes include Percy's relations to his father

But looking at the whole picture at the end of the movie, it's clear why they made these changes. The villain in the book requires another several movies to truly wrap up, as he is much more severe than the one they set up in

the movie. Alexandra Daddario is a fierce actress for the role of Annabeth and they did not have time to introduce Clarisse either or Luke, Annabeth, and Thailia's story. The housing idea was to try and pull the story a little away from the Harry Potter stereo type the series has taken on. Perhaps this is also the reason for having the time of year change when the kids go to Camp Half Blood.

Over all, the storyline was nothing like the original other than the basic face of it. A movie will never fully compare to the book, as you don't get a sense of Percy's massive personality. But removed from this, on a four star scale, I would give this movie a three-and-a-half to a four. The graphics are fairly cool; the plot is fast-paced without removing all character love, and the interpretation of Percy's powers make for some cool yet problematic circumstances.

Where's the Ranger spirit?

Nelson questions FLHS pride

By Maxwell Nelson

You see it in every movie of a high school – school colors everywhere, students hyped up for the game, everyone sporting school gear with the school mascot nearly everyday. With the implication that most American high schools are like this, how come ours isn't?

When you look around FLHS students are wearing their personality, but what about the school spirit and team pride? Why

does it take a "spirit day" or an upcoming game for a student to sport school colors?

Ever since I can remember, there are only two weeks during the school year students "feel the spirit". Those two weeks are Homecoming in the fall and currently Winter Wonder Week. So, once again, what is it that makes us lack spirit in every other week?

One of the reasons we don't have a lot of school spirit is because of our lack of a mascot. Our team name is the Rangers, but we have lacked a sufficient mascot to go along with the name. Our current logo is an F and an L placed right next to each other.

It's logical, but lacks excitement and an image students can really get excited about. There isn't a lot of enthusiasm in the alphabet.

Besides this, Forest Lake has never been the school for championship winning sports teams or athletically-committed students. Every once in a while, we get one great team or a great player that excites the student body, but rarely does our school come together, united and full of pride. Many students have the feeling that our community isn't prideful and thus our school often reflects that.

Thirdly, FLHS is a fairly old school with thin walls, small windows rarely seen, and dark, dank colors that provide a glum atmosphere. This, as you can imagine, isn't something to be proud of. When you enter the school, you see brown walls and old style that doesn't necessarily remind you of sunny, happy times. When most rooms are in the center of the school or away from windows, it's hard for students to think of the school as a place to find a smile.

Also, at FLHS, students often get a false impression of their school and community. Others believe Forest Lake is a drug area and

most students are druggies. At any high school, you will find students involved in drugs. But because of rumors and gossip, people are led to believe that drugs are more common than they actually are. This viewpoint on drugs in Forest Lake gives students a tremendous lack of school spirit, as well as an excuse when we don't measure up to other schools.

But, our lack of spirit even runs down into our junior highs and elementary schools. Younger students sense the lack of effort in some high school students to become honorable athletes and scholars. Many students here just don't care about the sports or competitive clubs enough to cheer them on. Students find other things in their personal lives to enjoy rather than school-based activities.

However, you have to acknowledge the fact that many kids are in a club, sport or school based activity. But the problem is, students find pride in their specific clubs and sports, rather than the school behind it. For example, students who are on the basketball team or the speech team find pride in being a member of those teams, rather than being a member of the school.

There are many things besides what I've mentioned that play into our lack of school spirit at FLHS but none of the reasons are unfixable. If the students want it, spirit is possible for Forest Lake. But in the mean time, we can always find pride in our own individuality. After all, our personalities make us Forest Lake more than anything else.



DECA celebrates success



2010 Photo DECA, An Association of Marketing Students
Front row: Carrie Turi, Annie Carlson, Amanda Kuhnert, Vanessa Melcher (3rd year member and Chapter President), Katie Kuhnert (in maroon) Gilbert Tamfu (3rd year member) Back row: Lauren Brink, Charlie Smith, Kayla Doherty, Cole Aden

Article Submitted

This is the 11th year FL students attended the District 4 DECA Career Conference that was held at the Radisson Hotel in Plymouth, MN. Forest Lake competed against 11 other schools with a total of 485 students in attendance.

COLD STONE
CREAMERY

FLAVORS

SWEET CREAM ICE CREAM WITH OREOS
COFFEE ICE CREAM WITH HEATH BARS
MINT ICE CREAM WITH CHOCOLATE CHIPS

\$3

A Cold Stone Creamery ice cream creation in a white cup.

\$3

CAKE BATTER ICE CREAM WITH SPRINKLES
CHOCOLATE ICE CREAM WITH CHOCOLATE CHIPS
COTTON CANDY ICE CREAM WITH SPRINKLES

Friday-February 26 during lunches

Six students placed in the top ten. This qualifies them to compete at the State Career Development Conference the first week of March.

Qualifying students include:
Cole Aden (Retail Merchandising) Charlie Smith (Quick Serve Restaurant) Gilbert Tamfu (Food Marketing) Lauren Brink (Marketing Management) Annie Carlson, Kayla Doherty Amanda Kuhnert, Katie Kuhnert, Vanessa Melcher (Business Services Marketing & Public Speaking) Nicole Olsen, Automotive Services and Carrie Turi.

**Congratulations
and Good Luck
at State!**

COLD STONE

CREAMERY



FLAVORS

SWEET CREAM ICE CREAM WITH OREOS
COFFEE ICE CREAM WITH HEATH BARS
MINT ICE CREAM WITH CHOCOLATE CHIPS

\$3



\$3

CAKE BATTER ICE CREAM WITH SPRINKLES
CHOCOLATE ICE CREAM WITH CHOCOLATE CHIPS
COTTON CANDY ICE CREAM WITH SPRINKLES

Friday—February 26 during lunches