



## What would it be like to be invisible? Invisible Children's Legacy Tour stops at FLHS

By Maxwell Nelson

On Tues., March 30, students at FLHS got a strong dose of reality. The Invisible Children, an organization helping children who face extreme hardships in the Ugandan Civil War, came to FLHS to educate students about the horrifying situation in Uganda and how students can help children in Uganda through Invisible Children's scholarship program.

Around 25 years ago, a man named Joseph Kony started a movement called the Lord's Resistance Army (LRA), which has been moving throughout Uganda abducting children from their schools and families. Much of this war centered in Northern Uganda, where Invisible Children is active.

Three years ago, Junior Natalie Hoidal went with her mom to

Uganda for one month, two summers in a row to help at a hospital. From speaking with children at the hospital, she was educated about the tragic war and living conditions of Ugandans and motivated to help stop it.

Hoidal, who organized Tuesday's presentation, has occupied much of her time helping the people affected by the war.

The Invisible Children came upon its Legacy Tour, which is designed to help Ugandan children get better education. The Legacy Tour consists of ten teams that cover various regions of the U.S. Eight of the teams include Ugandan natives. Traveling throughout middle America, covering cities in nine states from Oklahoma through Minnesota, including Forest Lake was Adam Palumbo, Lindsey Williams, Stephen Beseau, Claire Yvonne

and two Ugandan natives. Pepito Francis spoke to the sold out crowd at FLHS along with

his mentor, Geoffrey Howard. While traveling, the group stays with host families. Eighteen year old Pepito, who was born in Northern Uganda and has experienced the tragedies of war, spoke to the audience about his experiences.

When he was three, Pepito's dad was murdered and his sister was later abducted and killed. Pepito had only his uncle and his grandmother, once his mother abandoned him, but they abandoned him as well. He has no family.

Pepito had been living in camps for the internally displaced (IDP camps) where living conditions are terrible. Pepito's life in the camps was portrayed in a documentary made by the Invisible Children, and last year, he joined their scholarship program.

Now traveling with the Legacy Tour for the next three months, Pepito plans on returning to Uganda after the tour to complete his education to become a lawyer. He has made immense progress

in his education, thanks to the Invisible Children.

When he returns, Pepito will be supported by the Invisible Children but will have some part time jobs to help pay for rent.

Pepito and the roadies urged students to purchase t-shirts, bracelets or sign up as a sponsor for the scholarship fund. One-hundred percent of the money donated went straight to the scholarship funds of Ugandan students.

The presentation was a learning



An "Invisible Child" himself, Pepito Francis spoke to a full house on Tues., March 30 about his experiences in his homeland of Uganda. Photos by Dorothea Olson.



Adam Palumbo and Pepito Francis speak with a student reporter.

## Area towns offer diverse menu of activities, food

By Rose Nelson

Recession leave a dent in your pocketbook? Can't afford a \$300 plane ticket? That's okay. From rock-climbing to delicious vanilla bean ice cream, here's a list of places with plenty of things to do, about a half hour's drive away.

### TAYLORS FALLS, WI. (25 min.)

#### Visit Interstate State Park

Hwy. 8

The scenic park straddling the St.

Croix River will keep you occupied for awhile. You can climb the cliffs of the St. Croix River Dalles, canoe the flat-waters of the beautiful St. Croix river, or enjoy a match of sand volleyball.

#### Plan a trip to Wild Mountain

37200 Wild Mountain Rd.

Now that the snow has melted (*finally*), the races can begin! You can earn yourself some serious cash by mastering the alpine slides (think the summer version of the

luge). Also, the go-kart tracks and newly-renovated water park will provide a day's worth of activity for you and a group of friends.

#### The Drive-In

Hwy. 95

Known for their mouthwatering hamburgers and homemade root beer, The Drive-In is recommended for anyone with a great taste in food. Just look for the big frothing mug of root beer sign.



Photo from taylorsfalls.org

### STILLWATER, MN. (20 min.)

#### P.J. Asch Outfitters

413 Nelson St. East

A long time ago, someone thought

it would be cool to construct a 6,000 sq. ft. climbing wall on Stillwater's historic grain elevator. No explanation needed.

#### 45 Degrees

209 South Main Street

Of course, not *literally*. The 45 Degrees store has some, "exceptionally cool gears and gadgets". If your weekend camping trip getaway is ruined by a forgotten bag of adventurous outdoor gear supplies, 45 degrees will welcome you with a woody embrace. Except if it's past 7 p.m.

#### Luna Rossa Trattoria

402 Main Street

Luna - however you pronounce it is an Italian restaurant built into a cliff. You won't find any other restaurant offering cave tours after scarfing down a plate of ravioli and a piece of red velvet cake.

### MINNEAPOLIS/ ST. PAUL (30 min.)

#### Stroll Grand Ave. & Nicollet Mall

Grand Ave. & 825 Nicollet Mall As the Twin Cities' best shopping districts, Grand Ave. and Nicollet Mall will supply you with plenty of choices when it comes to shops,

restaurants, and entertainment.

#### Minnehaha Park and Falls

Either rent a bike (or double buggy!) or bring your own; the park located along the Mississippi River features impressive trails any biker fanatic would appreciate.

#### Get into the game

199 West Kellogg Blvd, St. Paul

Whether it be sports or entertainment, Xcel Energy Center has it all. Some noteworthy events during April and May.

*Swarm vs. Rochester Knighthawks 4/9 @ 7:30 p.m.*

*Wild vs. Dal. Stars 4/10 @ 7 p.m.*

*Swarm vs. Philly Wings 4/17 @ 7:30 p.m.*

*Swarm vs. Orlando Titans- 4/24 @ 7:30 p.m.*

*Taylor Swift Conc. 5/7 @ 7 p.m.*

#### Cosmo's Restaurant

601 1st Ave. Graves 601 Hotel, Minneapolis

Enjoy the sleek, modern mien of this top-rated restaurant located in the Graves 601 Hotel. The restaurant is "one of a kind" with a menu described as being "tasteful art". You might want to stick to the \$6 smoothies. The menu is pretty pricey.

#### Pizza Luce

119 North 4<sup>th</sup> St., Minneapolis

With a great variety of pizza toppings, Pizza Luce has more variety than you'll ever find. Ever heard of a garlic mashed potato pizza? Well, they've got it. (P.S. Word on the street is, they've got the best pizza. Ever.)

#### The Barbary Fig

720 Grand Ave, St. Paul

The menu is a mix of Mediterranean, Middle Eastern, and North African. If you're brave enough to actually try the food, you'll come back with a memorable experience.

#### Izzy's Ice Cream Café

2034 Marshall Ave., St. Paul

Ice cream is a big deal here. They have over 31 flavors of ice cream. (Yeah, that was my reaction, too!) A few listed flavors are dark chocolate zin, cinnamon, chocolate peanut butter, marshmallow, vanilla bean, and Butterfinger. Yum!

#### Fresh Grounds

1362 West 7<sup>th</sup> St., St. Paul

This quaint coffee shop employs at-risk and homeless youth. All the profits go to the training program. You can enjoy your coffee while at the same time helping people who need it. (and Tues./Thurs., \$2 lattés!)



# Boys hoops earns trip to state tourney

## Section Champs lose first round, but win school-wide support

By Maxwell Nelson

After a monumental season, the Forest Lake Rangers Boys Varsity basketball team is out of the state tournament and their outstanding season is over.

The Rangers played their last game against the Hopkins Royals, Wed. March 24 in their first State Tournament game at the Target Center. Though the Rangers didn't go on to play a second State Tournament game, the team's season was impressive, to say the least. This was their first State appearance since 1999.

After becoming Suburban East Conference (SEC) champions with a conference record of 16-2, the Rangers went on to be seeded 2nd in the 7AAAA Section Championship bracket, and finish as Section Champions.

Forest Lake played three tough games in the section championship to make it into the State Tournament. The Rangers' season ended with a final all-around record of 24-6.

Fourth year head coach Dan Cremisino finds talent, time and effort the key components of the team's success.

"In order to justify all the time and effort you need to put into coaching a high school sport, you have to love to do it," said Cremisino, "To win the SEC was one of our goals as a coaching staff and as a team. We feel very proud to have been able to win one of the toughest conferences in the state. The Section title was great because we had lost in the finals two years in a row. The community and student support was fantastic and it was an important step for our program."

That community and student support was key throughout the season for the Rangers.

"We had a great following this year from students and community, with large crowds home and away," said Cremisino.

Those large crowds followed Cremisino and the Rangers all the way up to the final game of the season. Student and adult fans took a break from their school and work days to see Forest Lake play Hopkins at the Target Center. Though the Rangers lost the game, they attracted a larger crowd than the Royals.

Despite outstanding support, the Rangers were unable to carry enough energy onto the court to keep up with the Hopkins Royals.

"Based on what I saw on film, we knew we were facing the best team in the state. We felt we could compete with them though because we were pretty good also. We had a plan to compete, they just played better than we did," said Cremisino.

The Forest Lake Rangers have gone 78-37 with an Academic Champion Title, a Section Championship and a SEC Championship in the four years Cremisino has been head coach.

Many key senior players will be moving on to bigger things next year, and Cremisino is proud of the work they have done and what they have accomplished.

"They won a lot of games over the past three years, broke individual and team records, and represented our program very well in the community. They left the program in better shape than where they found it," said Cremisino.

The coming years will be very exciting for Forest Lake Varsity Basketball. The program intends to repeat the



Senior Zach Riedeman sprints down the court in the first round at the State Tourney.



### Say Champs!

FLHS Senior members of the varsity boys basketball team pose for a picture after they defeated Duluth East to win the Section, en route to a spot in the Minn. State Basketball Tournament. Pictured from L to R: Parker Winning, Zach Riedeman, Doug Sewall, Dustin Wener, Sam Miller, Tyler Bey, and Ben Bogengrief. Photo courtesy of the FLRangerHoops website.



Senior Sam Miller goes up for a layup while Tyler Bey and Doug Sewall look on.

# Softball looks to the Section Champs, S

By Dorothea Olson

The snow is melting and the grass is starting to show which means it must be spring. That also means spring sports such as fast pitch softball begin. With tryouts happening recently, the varsity softball team is gearing up to start playing.

"We are excited for the season to begin and are ready for the competition," said Head Coach Angie Ryan.

According to Ryan, their biggest competition is likely to be Hastings, who took third in state last year. But with the talent-loaded team this year, they are looking to be successful and have

their sites aimed high.

"We believe we will do extremely well. We have a lot of talented players and many have extensive varsity experience," said Ryan.

The team consists of eight seniors: Lexi Alm, Annie Hinrichsen, Sam Holien, Ashleigh Matheson, Haley Mills, Kate Plautz, and Tisa Phinney. The team's goal this year is to win the conference, section, and even the state championship.

"Our one big goal is to win state," said Hinrichsen. "We've set smaller goals, like to have 3 or less errors per game, in order to make that happen."

Holien stated she hopes to "[see]



# Battling the wind, s Ranger nordic race

By Nicole Hovatter

The Nordic ski team had a successful season this year, with the boy's team finishing second at state and the girl's team sending juniors Liz Peterson and Cassie Thobe to state. There were 20 skiers total on the team, 10 girls and 10 boys. The team's coach is Deno Johnson and the assistant coach is father Dave Johnson.

"I have been coaching Nordic skiing since 1993. I have coached grass roots athletes to Olympians. Nordic to me is the coolest sport there is. Hard charging through the woods - it's not grandpas walking on skis, that's for sure. Athletes hit high speeds and you have to be a real animal to be the best," said Deno Johnson.

The team practices two hours every day after school and every Saturday at Trollhaugen. William O'Brien state park is closer to home, but they were not usually able to practice there, since there was not always enough snow on the ground. Even when there was no snow at all, they had practices in the

summer on rollerskis, in order to stay in shape.

Senor Amber Anderson was the captains of the girl's team, along with Liz Peterson, a junior. They boy's team had three captains: Mitch Wohlk, Steven Coozenoy, and Michael Howe, all seniors.

It is clear that all the athletes on the team are dedicated to their sport. Their goal was to win at the section meet.

"How well you do at a meet determines your season," said Anderson.

The team made it through the conference meet and did well in the sections, which were held in Elk Creek. The state meet was at Giant's Ridge.



# Three-peat as State appearance

other girls cry when we beat them the championship game.” Holien along with Matheson, both seniors, are determined to not only go to state this year, but win it. Holien plays shortstop while Matheson plays first base. Matheson, however, does not look forward to when the last game is completely finished. While Holien is just excited about the coaches saying they are not cold out while they are still dressed for winter weather. The varsity team practices every day after school, and their first home game is April 12 against Woodbury at 7 p.m.



Tisa Phinney is one of the senior leaders of the softball team this year.

# Golf teams expect success for 2010 spring season

By Cody Eggers

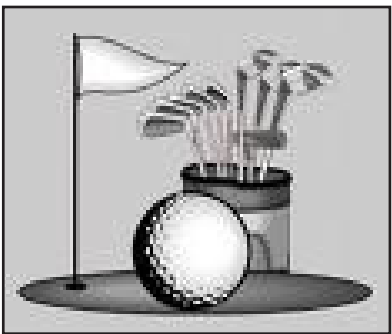
Some of the most successful school sports teams you may not know much about or give much appreciation to is the boys and girls Ranger golf teams. These golf teams are some of our best Ranger sports teams and will both prove to be so again this year. The girl’s team is coached by coach Joel Hall a teacher from Century Junior High and coach Joe Mueller, a teacher here at the high school. Last year the girl’s team had a very successful season and went all the way to the state meet, they have gone to state twice in the last three years. This year the girls have two returning golfers and are looking to have a solid starting lineup. According to coach Mueller,

“This year is our best chance to win state, the next couple of years will be rebuilding years.” The girl’s team also

has a secret weapon, Betsy Kelly. Kelly is an outstanding golfer and already has a golf scholarship to Colorado State University. The girl’s season starts on April 19<sup>th</sup> for the JV team and 20<sup>th</sup> for the Varsity. The boy’s team is led by coach John Buck and coach Jeff Wilson both teachers here at the high school. Last year the boys team also had a very successful season. Last year the boys team was conference and section champs. According to coach John Buck, “Our team’s goal for this year is to once again be conference and section champions.” The boys team has three

returning all conference players, senior Doug Jeans, Junior Shane Sampair and freshman Max Kelly. The boys first meet is the April 13<sup>th</sup> River Oaks Invitational, Then the April 15<sup>th</sup> Bunker Hill Invitational. The Boys first conference meet is April 19<sup>th</sup>.

The Boys and Girls golf teams have been highly successful in the past and hopefully will both have outstanding seasons again this year.



# now, cold s toward goal

to keep Last year the boy’s team made it to the state championships. However, when you compare this season with last season, there were considerable achievements for the team. There were rookies who experienced success this season. Thobe made it to state when it was only her second year on the team and placed 48 out of 120 athletes. Tomas Macecek also had never cross country skied before but “became the best exchange student to ever Nordic ski in Minnesota by a long shot. He was AC and section medalist after 8 weeks on snow,” said Deno Johnson. All in all, the team had its fair share of challenges and successes. “It’s challenging and fun and you get to know everyone because it’s like a family,” said Anderson.

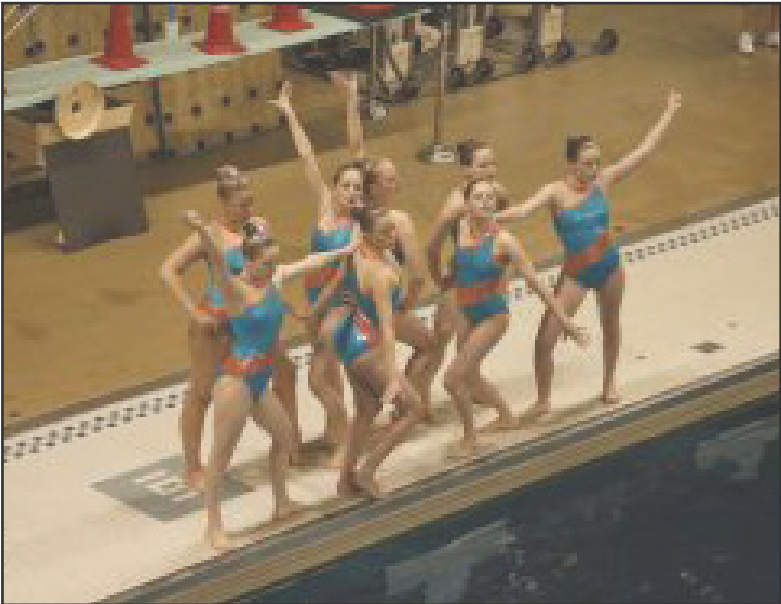


# Synchro set to make a splash in ‘10

By Erienne Nelson

As one of the many swimming programs available at FLHS, synchronized swimming is known for its elegance and poise. It combines elements from three different sports: dance, gymnastics and swimming. Swimmers can perform alone, in duos, trios, or the whole team. Forest Lake’s team consists of 36 girls who have been waiting for the season all year. To stay in shape, many of them took up other sports, especially other kinds of swimming. The team took fifth at state last year and had numerous top seven finishes. They hope to keep it up this year. “Hopefully we will do really well [this season,]” said Head Coach Laura Davison. “All of [the swimmers] are in long division now.” The first meet versus Maple Grove went excellently. Katherine Anderson took home the best score and was one of the many winning Forest Lake members.

Davison also reports that the team is hosting two home meets that should be really fun. A dress rehearsal is May 1. Tickets will be on sale for \$5. She hopes people will come on out and support the FLHS swimmers.



The FLHS Synchronized Swim team strikes a pose at the completion of their routine. The girls’ next meet is April 13, when they host Stillwater at Southwest Pool. Photo courtesy of the team’s website.

Next home meet: April 17



# SUSPENSE, FEAR AND GORE, OH MY!

## Thriller that makes you think: *Shutter Island* has solid plot

By Nicole Hovatter

When I saw the preview for *Shutter Island*, I knew I had to see the movie. I'm definitely not a fan of blood and guts horror movies, but am always in the mood for a good psychological thriller. I anxiously anticipated the release of *Shutter Island* and the movie did not disappoint.

First of all, *Shutter Island* lived up to my very important expectation for a horror movie: it needs to make you think, instead of stare at mediocre special effects. The movie is centered around Teddy Daniels, played by Leonardo Dicaprio. He is a U.S. Marshall investigating the disappearance of a patient at a mental hospital, named Rachel. The mental hospital is on Shutter Island



and there is only one boat that shuttles to the mainland. Since Rachel couldn't have gotten off the island, everyone is puzzled at her disappearance. Even more baffling, Rachel escaped through a locked door. During his search, Teddy dreams about his wife who died in a fire two years before. In his dream, she tells him Rachel is still on the island, along with Andrew Laeddis, the man who started the fire. During a conversation between Chuck and Teddy, it is revealed that the real reason Teddy took the case is to find Andrew Laeddis, since he disappeared after he

was admitted to the mental hospital. The plot definitely kept me on the edge of my seat. The only negative part of the movie was that the plot was dragged out, but the acting compensated for the movie being a little slow. Leonardo Dicaprio is famous for bringing any story to life, and he did exactly that in *Shutter Island*. Dicaprio made the story both interesting and believable. The plot and acting were excellent, but the special effects goofs also kept me entertained. When I talked to people who had seen the movie several times, I found out there were several goofs in the movie, none of which took away from the film. It may seem like there are a lot of plot twists, but there are more at the end of the story. There is only one way to experience the ending, and I highly recommend it. See the movie! While it's not newly released to the theaters, and it's not currently playing in the Lake 5, East Bethel, or North Branch theaters, there are still several places still showing it.

### Movie Theaters Showing *Shutter Island*:

White Bear Township Theater: 11:20 a.m. 2:00 4:40 7:10 9:45  
Rosedale AMC: 12:30 3:30 6:40 9:45

## ‘Scary’ has changed over the years

By Erienne Nelson

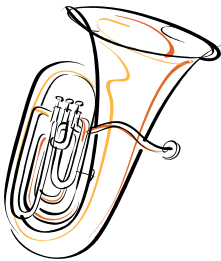
Fear is a powerful thing, but what is it about piercing screams, chills and thrills, the things that go bump in the night, and even Dracula himself that people can't get enough of? What makes people grip their seat and even more importantly, why do people put up with the madness that is horror? The biggest question of all, why do things that horrified parents not horrify their children? Whether they get off on a cheesy B horror movie, a wild roller coaster, or jumping out of a plane, human beings seem to crave fear. According to local psychologist, Barb Erickson, fear is needed for survival. "Without fear, you can't survive," Erickson said. "Pain is like fear. If you don't feel pain, you could put your arm on a hot stovetop and it'll be gone. Similar with fear." Erickson also stated some people are "fear junkies" with an addiction to fear. It's "kind of like a drug." When a person gets afraid, a part of their brain called the amygdala is activated. It releases chemicals that induce the "flight or fight response," getting the body ready to run, stand by, or battle. According to Erickson, this is a very craveable, addictive feeling. In this day and age, fear's face has changed. In Erickson's eyes, society has been desensitized. She also acknowledges that there

are three real categories for horror: blood and gore, psychological thrillers, and chills and thrills. Society needs more and more of a shock factor in order to be truly afraid. The blood and gore movies have taken over where the psychological thrillers once were. Movies Erickson finds terrifying like *Birds*, *Psycho*, and *Twilight Zone* have faded into the background. Erickson credits this influence to society and nature vs. nurture. In a study from Observational Learning Bandura, groups of children were placed in a room with a bobo doll. One group had seen a video with an adult hitting a bobo doll; the others were unexposed. The group, who had seen the video, beat up the doll and the unexposed didn't. This may account for some of the cravings for increasing gore in movies. Then again, Erickson stated, "high aggression leads to high aggression." This referred to how aggressive children were more likely to watch aggressive programs to match. In the end, fear is an important part of life. Without it, there would be no judgment of safe versus danger. Fear keeps things more organized and straightforward. "But too much of any good thing can kill. Fear is no exception," Erickson concluded.

## ‘Tuba Jake’ helps revive pep band

By Dorothea Olson

His teachers know him as Jake Matheson, but the school knows him as Tuba Jake. He's a junior who changed FLHS during his sophomore year by re-establishing Pep Band after its end in the 80's. Matheson noticed a lack of spirit at sporting events and thought music would help. "It was sad at sports, there was no school spirit," said Matheson. But the band didn't start off with a bang. Progress was slow with a total of 14 members last year. Popularity of the band has since picked up and has gained numerous members- leaving them with a total of 23 players. So far this year, they've played for 28 events. Matheson's nickname is pretty popular and many students know the name, but many aren't aware of just how much he's achieved. His musical skills exceed the av-



erage high school student's. "Tuba Jake" started playing the tuba in sixth grade and hated it at the time due to the fact he couldn't get the hang of it. Ever since then, he's progressed his musical skills to play eight instruments. According to Barry Zumwalde, FLHS band director, the tuba or euphonium is his best instrument. Matheson not only student leads the pep band but conducts for concert band at the high school, and shares his passion and talent with neighboring elementary and junior high schools. He hopes to one day be a high school band teacher. "He created opportunities that will help him," said Zumwalde. According to Zumwalde, Matheson's dedicated, organized a generally good musician and is creating a solid path to achieve his goal. "Tuba Jake" has influenced FLHS, as well as younger Rangers to pursue their passions in music.

## Battle of the FL Bands an eclectic success

By Megan Daly

The annual Forest Lake Battle of the Bands took place Tues., March 16. This year's lineup featured four bands ranging from pop to rockabilly, and influences from jazz to metal. The sets contained original music and covers. There were four judges: two from McNally Smith College of music, one Forest Lake alumni and one employee of the local music shop, Music Connection. The first place prize was recording time at McNally Smith, with the assistance of a trained studio tech. The first band, Remedial Drive, included seniors Reuben Stenberg, Ben Vos, Tony Yang, Tyler Firkus, and junior Jake Shields. Their set was typical to that of a contemporary rock influenced band, which brought great variety to the genres presented. "Hearing all the different genres of music that the bands of our school like to play, and the unique sound that each band comes up with," was one of Stenberg's



favorite parts. One of Remedial Drive's songs, "Sarah Spread Your Wings" was a tribute to senior Sarah Morris, who recently passed away. They took fourth. Most of the crowd was on their feet in anticipation for A Boy and His Dog. Their surprising and unique sound, recently introduced to Forest Lake, earned them the third place prize. "Our influences range from Miles Davis to After the Burial to Mgmt. We try to take a very eclectic approach to writing where no genre, melody, time signature, etc. is out of the picture", said senior Cody Hillyard. Other Forest Lake students featured in this group include junior Steve Hefta on drums and senior Ben Lunn on auxiliary percussion. Their set consisted of all original material with everything from double kicks to swing guitars. Third to play was a modern pop group. Intervene has seniors Kyle Arbuckle on drums, Justin Drewlo on bass and DJ LaFontsee

on vocals and guitar. This fierce threesome got the judges' attention with their execution of original material and their cover of Journey's "Don't Stop Believing". "The best thing for us to progress in our abilities as a band, is not to hear that people love us, but to hear every little thing we do wrong so we can destroy it in practice and get it perfected," said LaFontsee. This mentality earned Intervene first place. The last and most colorful band to perform was Dead Bundy and The Neat Neat Neats. This combination of 50s rockabilly and punk was energetic and unexpected. It is not often punk guitars are met with the sound of a stand up bass, but the outcome was fabulous. Fans enjoyed a Buddy Holly cover Dead Bundy preformed. Members Matt Spraugel, Justin Drewlo, Travis Hunter and Chris Wilson earned 2nd place. As this competition becomes more diverse, it'll be interesting to see which bands battle it out in upcoming years.