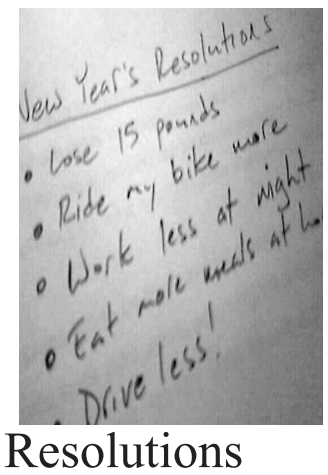
the appleton north
NOCTILUCA
Appleton, Wisconsin January 2010 Vol. XV Issue V

Inside this issue:



Resolutions

Teacher Feature

Performance Team

Movie Review

Three causes to change the world

By Megan Van Boxtel

Whether you choose to support a cause or not, charity is an important way for people in need to, well, get out of need. Most everyone can agree that charities are a good thing, but for teens, supporting them is not always an easy thing to do. Even if you can't donate enough money to save an entire African village, it's good to know about a few causes to better understand the way many people in the world may live. Here are a few causes that work hard to make the world a better place to live for everyone:

{Apples & Bandaids}

The clever name of this non-profit organization comes from creator Matt Clevenger who explains that "When I was a kid, bandages could fix everything and an apple a day kept me healthy." After growing up and realizing that that wasn't necessarily true, Clevenger created an organization designed to "reach out to a hurting and starved world".

www.applesandbandaids.com

Apples & Bandaids is an organization designed to help aid hungry and impoverished countries.

Establishing awareness of poverty around the world and raising money for third world villages around the world remains the one true goal of Apples & Bandaids. They are supported in these ideas by quite a few musical acts that have donated their time and energy to help raise awareness. The Scene Aesthetic, Danger Radio, and Every Avenue are just a few bands willing to lend a helping hand.

Fashion lovers should rejoice in the name of Apples & Bandaids. The charity works together with Adoni clothing company and an agency known as Empowering Lives. These two partners allow Apples & Bandaids to be successful. By purchasing a unique t-shirt designed by Adoni, Empowering Lives will provide food, medicine, and education to third world countries. With every shirt purchase, 50 percent of the profits are donated to help those in need.

Clevenger adds, "The idea is to meld fashion with our values and although we cannot avoid the consumer-driven culture we live in, we can change the focus and make it more meaningful."

For more information or to buy a shirt, check out www.applesandbandaids.com or their Myspace page.

{Charity: Water}

According to www.charitywater.org , one in eight people on this planet have access to clean drinking water. That statistic represents nearly a billion people who go without sanitary water on a daily basis. At Charity: Water, clean drinking water is brought to developing countries because an astonishing 80 percent of all sickness and disease is attributed to a lack of unsafe drinking water.

By building wells in developing communities, clean drinking water can be given to a person for almost 20 years. The issue in these villages does not stem from a lack of freshwater sources; the problem comes from people having no way to get to that water.

See **Van Boxtel**, p.2

South Pacific in-concert

By Chelsea Ashland

As the semester comes to a close, the Appleton North music department is anything but winding down. The upcoming in concert performance of South Pacific has North buzzing with excitement.

Based on the Pulitzer Prize winning novel, Tales from the South Pacific by James A. Michener, South Pacific intertwines love and racism during World War II in the Pacific.

The musical, South Pacific by Rodgers and Hammerstein, first premiered in 1949. A year after its release, it won the Pulitzer Prize for drama. It has won ten Tony Awards in the years following its release, including the prestigious Best Musical, Best Score, and Best Libretto. Continuing its popularity, it was turned into a film in 1958 and again into a televison movie on USA network in 2001. The show has had many revivals, most recently in 2008 that was nominated for 12 Tony Awards, winning 8.

With such high standards, the up-coming North performance has a lot to live up to. While the performance is an "in-concert" version of the popular musical, it is sure to live up to such expectations. Junior, Chloe Elzey explains an "in-concert" performance.

"An 'in-concert' performance differs from a regular musical performance in several ways: only the main characters are in costume, there is no set, the characters have music and dialogue in hand while on stage, and there a full orchestra is also on stage during the performance. Also, an additional alteration to the arrangement that North is creating is having multiple students play each character providing more roles for enthusiastic students." Even with these differences, North's performance of South Pacific should be nothing short of magical.

Many of the participating students are displaying their excitement. Elzey is very thrilled about her role as Bloody Mary in one of the performances. Not only is she playing the role of Bloody Mary, she is also playing in the orchestra. "I am very excited to be a part of South Pacific most of all because I can be a part of both [a character and the orchestra]. I will play viola in the two performances that I 'm not playing Bloody Mary. It is really a once in a lifetime chance to be able to sing with a 90+ piece orchestra."

Photo by Chelsea Ashland

Junior Chloe Elzey will play Bloody Mary in North Orchestra's upcoming in-concert performance of *South Pacific.*

When asked, many students who are participating in South Pacific said they are very excited to display their hard work. Natalie Duncombe, a cellist in the North Orchestra, and Katie Blise, a percussionist in the North band, say, "It is a great experience to be able to be on stage during the performance. We really feel a part of the focus as the vocalists. Plus, we really enjoy working with the other branches of music as one big North music department."

The performances of South Pacific are set for January 28 and 29. With expectations high,

Appleton North's "in-concert" performance of South Pacific will surely be outstanding.

Van Boxtel: Causes, from p.1

The input needed for Charity: Water to be successful is very little compared to the large overall effect. By engaging an entire community in building a well for a very small cost results not only in attaining drinkable water, but a feeling of community ownership by the men and women who have worked to provide the water.

Since 2006, Charity: Water has helped over 820,000 people gain clean drinking water. Without help, millions of people may continue to go without the clean drinking water that most Americans take for granted.

{Project for Awesome}

Not necessarily dedicated to single charity, Project for Awesome is a YouTube sponsored event designed to raise awareness about multiple important causes. December 17th is the official date of Project for Awesome where YouTube vloggers (bloggers who use video for communication instead of writing) create videos dedicated to the specific charity they support.

The goal is to get these videos to climb the "most discussed" and "top rated" pages on YouTube and of course to encourage people to donate. At www.projectforawesome.com , it is said that "the videos slowly start to take over the entire site. Last year, we caught the staff of YouTube completely off guard, and they couldn't believe we'd duped them and, in a way, hacked their site."

What is interesting about Project for Awesome are the videos made by avid vloggers and amateurs alike. Videos have a wide range of topics. From being funny, stupid, or informative; they all have a common goal: to promote charities. Music videos, dance routines, and any other type of bribing material are used to get viewers to pledge their support.

In a world where the internet seems to rule daily life, Project for Awesome succeeds in a creative way to educate and sponsor its charity. With over 1,000 videos posted in 2009, they certainly have achieved some exciting goals.

Search "Project for Awesome" on YouTube to watch videos from pre- 2009 to learn how powerful the internet is.

Three Causes Worthy of Attention:
Charity: Water
Project for Awesome
Apples & Bandaids

Cocoa & Cram helps relieve stress of finals

Photo by Zac DeRidder

The juniors and seniors of Link Crew are very willing to help apprehensive freshman study for finals.

By Nate Correia

First semester finals are always a huge stressor, and for most freshmen this will be the first time they will have taken a final exam. Many might not know what to expect or how to study for tests that cover so much material. Because of this, Appleton North Link Crew has set up the 5th annual Cocoa and Cram; a free program for freshmen to study for finals and enjoy hot chocolate at the same time. Appleton East and West Link Crews have also set up Cocoa and Crams.

According to Mrs. Baker, a Personal Financial Management teacher and a faculty adviser for Cocoa and Cram, fifty Link Crew leaders and some teachers are available to help students study for many different subjects.

Link crew leaders and teachers were in the North Commons to help students study and prepare for upcoming exams between 5 p.m. and 9 p.m. on Thursday, January 14th. Computer labs were also be open for studying, writing papers, or finishing other work.

"[Cocoa & Cram] is a free program for freshmen to study for finals and enjoy hot chocolate at the same time."

To many freshman, the thought of mid-terms and final exams can be a daunting prospect. However, Link Crew is here to show freshman that, when taken one step at a time (and with much determination), finals can be a less overwhelming process.

With the comfort of hot chocolate, hard-at-work studiers can enjoy a toasty beverage along with each other's company.

Contact Mrs. Baker or any Link Crew member for details on the study sessions.

Good luck to everyone on finals!

2000-2010: A memorable decade in review

Graphic by Siri Pairin

The '00 decade brought with it many challenges and achievements alike.

By Christian Bakken

With the close of the '00 decade, the world has time to reflect on some of the momentous events of the past ten years. In all aspects of life, apparent differences have been made that revolutionized the world as we know it in politics, culture, communication, and the environment. In American politics, one of the first major events of the decade was the close and contested election of President George W. Bush in 2000. The September 11 terrorist attacks in 2001 next plunged America into the War on Terror, followed by invasions of Afghanistan and Iraq. Trying to eliminate terrorist threats became a worldwide issue with bombings in Madrid, London, Indonesia, and across the Middle East and parts of Asia. This caused attention to be brought to Islamic fundamentalism and separatist groups throughout the world.

Another issue brought to light in the past decade was skyrocketing fuel costs paired with Al Gore's popular and somewhat controversial documentary An Inconvenient Truth. The world was awakened to the pitfalls of dependence of fossil fuels and omnipresent climate change, which led to a "green revolution" in technology and a new set of eco-friendly laws.

Disasters across the globe, such as the Indonesian tsunami of 2004, Hurricane Katrina in 2005, and the Sichuan earthquake in 2008 placed burdens on governments already overloaded with problems. International relations reached a new low with the rise of the "Axis of Evil" in Iran and North Korea, and a belligerent Russia and China growing in prominence.

"Differences have been made that revolutionized the world as we know it."

Despite political issues, technology was a bright spot of the decade. It advanced at a quicker rate than any other time in history, and with the establishment of Internet corporations such as Google, Myspace, Facebook, and Wikipedia, global connections and information were changed forever. IPods and Smartphones created a new market in handheld electronic devices, music, and communication. Space technology advanced as well, with the landing of rovers on Mars, new telescopic images of the earliest universe, and the birth of commercial spaceflight unfortunately marred by the Columbia explosion in 2003.

In economics, the decade began with a small recession when the dot-com bubble burst, yet lax regulation and rampant spending drove one of the greatest economic booms experienced around the world. However, with the collapse of housing markets and the global financial system, the close of the decade ushered in the worst recession in eighty years. The election of Barack Obama, America's first black president, was welcome to people and corporations struggling through the economic crisis. World economic connections and exponential growth in developing countries, especially China and India, permanently altered the power structure in the world, while the Euro united the old European economic powers. So as we bid adieu to the 2000s and anxiously await the new horizon in 2010, let the lessons of this past decade resonate internationally.

Let your voice be heard

The Noctiluca staff graciously accepts any letters to the editor which will be published as space allows. Please limit submissions to no more than 250 words. Anonymous submissions will not be printed and all writing is subject to editing via our policy statement below. All letters to the editor can be dropped off in the designated folder on the door of the Publications Lab at the south end of the LMC, or e-mailed to Mrs. Bruce, the staff advisor, at: <brucesusanne@aasd.k12.wi.us>

Noctiluca Mission Statement

To publish news, information, entertainment and opinion articles for and about student, faculty and administration activities, interests and policies. Our goal is to maintain high ethical standards and provide a forum for free and responsible expression of student views. The newspaper strives for a high level of competency welcomes diversity of scope, depth and breadth of coverage in order to heighten mutual understanding and awareness through our entire school community.

Noctiluca Policy Statement

Published ten times per year, the student newspaper of Appleton North High School is a forum in which its student editorial board makes decisions regarding its contents.

Unsigned editorials express the views of the majroity of the editorial board. Letters to the editor are welcomed and will be published as space allows.

Letters must be signed, although the staff may withhold the name in certain circumstances.

The paper reserves the right edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy and disruption of the school process, as are all contents of the paper.

Opinions in letters are not necessarily those of the staff, nor should any opinion expressed in a public forum be construed as the opinion or policy of the Appleton North High School administration, unless so attributed.

The *Noctiluca* reservees the right to publish images in both print and online format.

Contact Information

Appleton North High School
5000 N. Ballard Road
Appleton, WI 54913
Phone: (920)-832-4300

Will you make a New Year's Resolution?

By Patrick Carroll

Almost all of us do it. Once a year, we all think of something we want changed in our lives. Oftentimes we decide from a list of aspects of ourselves that we wish to improve. These can range from doing better at school to quitting smoking.

When we finally decide on what our ONE thing we wish to change is, we tell ourselves that at the beginning of the year to come we will change that part of our lives.

Why do we only decide on one thing to fix in our lives? Maybe it is because we believe that with only one thing to change we will actually have a chance at improving ourselves.

Why are we not able to do more with one entire year? If we do not like changing ourselves we will never be able to actually improve unless we have a clear and powerful motivation to do so.

Also, why do we always choose to start at the beginning of the next year? We believe that each year brings us a new start, but think about it, do you feel much or any different the day after December 31st?

No. This is the same with each New Year that comes. We just want an excuse to hold off our desperate attempt to change ourselves.

We as people in general do not like change; we try our hardest to hold onto the way that our life is right now. We need a fierce motivator to change the habits we have formed.

It is my belief that New Year's resolutions are pointless. People say they will change whatever they decide to fix in their lives, and for the first couple weeks they actually walk the walk and talk the talk. Unfortunately, after this brief period of time, they no longer feel motivated and start to falter in their goal.

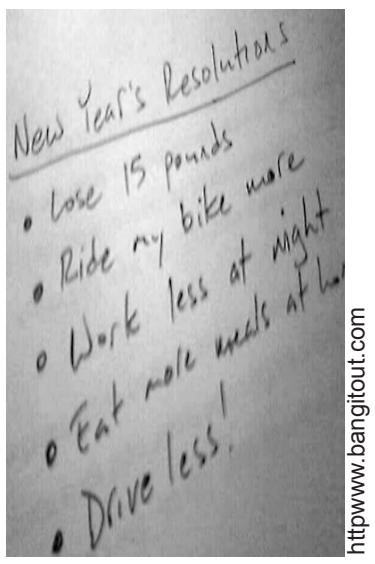
After the first month or two the person has almost if not completely given up on this change. For those who actually are motivated enough to stick to their resolution then congratulations to you!

If you to are so motivated as to keep your resolution then why do you have to wait until the next year? What is holding you back from achieving what you most desperately want to change?

I will tell you what is holding you back from your resolution: YOU. You are the one who believes that it takes a whole new year to change who you are, but the truth is that you are capable of making a change in yourself at anytime of the year. So will you make a New Year's resolution?

Photo from http://terryfallis.com

Happy New Year Appleton North High School!



httpwww.bangitout.com

Carpe diem: Seize the day

By Brooke Resch

2009 was a year to look back on with some pride, some shame, and a few laughs. Moving on into 2010, we should all consider making a few adjustments this year.

Firstly, no one should give Kanye a microphone.

As Idol comes back full force, resolve to vote for whichever contestant you like the most. If your favorite fails to capture the title, no crying. When you neglect to vote, you should not complain.

Look forward to a great year in entertainment. Many celebrities died last year so I expect whoever is left to be more inspired to make some good music and movies while they are at it.

The most important resolution that any high school student can set for themselves is both simple and common—carpe diem.

Many people tell themselves that they want to live more spontaneously or try new things, and they are onto something. Your high school career will likely be over after four years, so do not waste it. Yes, education is vital, but the experiences associated with a high school education are

See **Resch**, p. 4

Editorial Staff

Kal Riebau.....Editor-In-Chief
Siri Pairin.....News Editor
Ivan Fan.....Opinions Editor
Paige Resch.....Features Editor
Brooke Resch.....Centerspread Editor
Melissa Cameron.....Sports Editor
Megan Van Boxtel.....Culture Editor
Zac DeRidder.....Photography & Graphics Editor
Katie Hermsen.....Copy Editor

Susanne Bruce.....Staff Advisor
Teresa Hahn.....Staff Advisor

Contributors

Chelsea Ashland
Nate Correia
Christian Bakken
Patrick Carroll
Carlotte Hale
Chelsea Juen
Bill Hackett
Peter Hale
Michelle Kilsdonk
Sean Lyons
Sarah Burts-Kust
Jackie Reynders
Laina Wydeven
Jensen Enz
Abigail Zabronsky
Maggie Hackett
Alex Vanden Boogard

The *Noctiluca* is also available in an online format.
Visit us at www.aasd.k12.wi.us/north

google.com

Editor's Note:

Letters to the editor are encouraged and will be published as space permits.

Letters can be dropped off in the designated folder on the door of the publications lab on the south end of the LMC or emailed to Mrs. Bruce, Noctiluca staff advisor at:

brucesusanne@aasd.k12.wi.us

Kal Riebau, Editor in Chief and the Noctiluca Editorial Staff

Let your voice be heard

The Noctiluca staff graciously accepts any letters to the editor which will be published as space allows. Please limit submissions to no more than 250 words. Anonymous submissions will not be printed and all writing is subject to editing via our policy statement below. All letters to the editor can be dropped off in the designated folder on the door of the Publications Lab at the south end of the LMC, or e-mailed to Mrs. Bruce, the staff advisor, at: <brucesusanne@aasd.k12.wi.us>

Noctiluca Mission Statement

To publish news, information, entertainment and opinion articels for and about student, faculty and administration activities, interests and policies. Our goal is to maintain high ethical standards and provide a forum for free and responsible expression of student views. The newspaper strives for a high level of competency welcomes diversity of scope, depth and breadth of coverage in order to heighten mutual understanding and awareness through our entire school community.

Noctiluca Policy Statement

Published ten times per year, the student newspaper of Appleton North High School is a forum in which its student editorial board makes decisions regarding its contents.

Unsigned editorials express the views of the majroity of the editorial board. Letters to the editor are welcomed and will be published as space allows.

Letters must be signed, although the staff may withhold the name in certain circumstances.

The paper reserves the right edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy and disruption of the school process, as are all contents of the paper.

Opinions in letters are not necessarily those of the staff, nor should any opinion expressed in a publc forum be construed as the opinion or policy of the Appleton North High School administration, unless so attributed.

The *Noctiluca* reservees the right to publish images in both print and online format.

Contact Information

Appleton North High School
5000 N. Ballard Road
Appleton, WI 54913
Phone: (920)-882-4300

Resch: Carpe diem, from p. 4

in short supply and these experiences should be felt more often. Freshman may still feel like they have a long way to go by attempting to find the occasional new room or recall whether or not they are obeying the dress code, but seniors are already counting the days until the end. Do not waste your days in high school—once they are gone, they will be gone forever.

In September, everyone blinks and by January they are asking themselves "Where did the semester go?"

I suspect that when we hear an adult say "those four years fly by", that we nod our heads regardless of whether or not we enjoy the "flying" part very much. Classes feel long and lunch hours seem short, but at three o' clock we put another day in the books. By the end of the year, the days will be gone. It will fly by.

So for me, I resolve to smell a rose—you should too. Grab some "free knowledge" and "give someone a high-five".

I think that if we resolve to utilize the opportunities presented to us this year, that 2010 will bring us less stress, fewer vampires, more fun, and more memories than 2009.

Calling all writers...

Feel strongly about an issue? Write for the Opinions section! If you just want to express your feelimgs about health-care reform or about why the movie Avatar is amazing, the Opinions Section is here for you! Come to our meetings to get your voice heard. We hope to have you as a part of our staff soon.

Indignation & Vindication

By Bill Hacket

I noticed an article in the paper a few weeks ago that seemed to contain some instances of misinformation. I feel that criticism that is given in consideration to the criticized without malicious intent gives the opportunity for improvement without offending the author.

I realize that these articles were written several weeks ago, but to my understanding it was made clear that the diocese was going to hold a meeting regarding the potential closure of Catholic Central.

I would also like to examine the article "Religion conflicts with Rx", from the Center Spread. While the rate of people claiming religious exemption has grown, the percentage is still negligible—a mere 3 percent.

Why this issue is pressing is beyond my comprehension. I also noticed that Rita Palma was not mentioned. Palma, being the one of the most vocal parents on the subject, essentially abandoned her position by having her child vaccinated while attempting to carry her appeal to the state supreme court.

"Religious intolerance present in America." I would like ask the author of this piece if she truly believes that people determine their whole lives based on religion? Even if they do you think they do not know what they are getting into? The people you are talking about are ignorant and deserve everything they get.

As for those that sit during the pledge, I feel for them. There are days where I have been too lazy to stand up to say a few lines that I have said almost every day for practically my entire life.

If Pat Robertson wants to think he can make God rain hell down on everyone he disagrees with, just because he has access to a microphone and a radio station, it is fine. It is called freedom of speech.

The article about religion in science class was well written but the opinion is flawed. If someone wants to learn intelligent design they should utilize the teacher as a source, but until the government decides that it should be taught in the public schools, anyone looking to learn it as the truth can learn it on their own time.

"Sex Education in Wisconsin" was an intelligent article with little balance for a news article. I fail to see how teaching alternative methods of birth control—something that has not been proven to be completely effective—is better than teaching abstinence, the only 100 percent effective method of birth control.

I suppose it is possible that teens would feel compelled to find out more but can they be expected to be more responsible than adults? Does this bill mention that they should teach the risk of sterility, or cancer?

This bill is a manifestation of the political posturing that republicans and democrats have embodied since their conception. These maneuvers burn the precious life blood of freedom for the pride of a group of elites that consider themselves above the law.

I suppose that the general idea I'm trying to convey is that criticism should be given more freely and be more willingly accepted. I hope that is how my criticism will be taken, even though I can be cynical. This is an outlet where I can be constructive and avoid potentially dangerous back lash.

Our Take: The editorial new year

By Noctiluca Editorial Staff

Happy News Year and Happy New Year Appleton North! As we soar into the second decade of the 21st century, we editors are heartened that students like yourselves are taking the initiative to create New Years resolutions. We think it is truly wonderful that you are all reflecting on your thoughts and actions.

Keep sharing your opinions with us, no matter what the topic is about. We as an editorial board look forward to the scuffles and heated debates that will come with the new year.

In reponse to the letter above, we offer to the author our sincere pledge of good journalism. Our staff always tries to the best of their own ability to find and publish credible, accurate information when obtaining and writing stories for the Noctiluca.

www.pittsburgh.bbb.or

The new year will be filled of people pursueing their New Years resolution. Will you have one?

However, we would also like to emphasize the fact that we are all entitled to our own opinions and continue to encourage future responses from other concerned readers.

We appreciate these remarks concerning a number of different articles, and we liken to the fact that many of our students feel strongly about the issues brought up in the paper.

For us on the editorial board, our News Years resoultion is to have the best season of the Noctiluca yet. We're all crossing our fingers, and we know how you feel. Whether you're a learning freshman, a content sophomore, a stressed out junior, or a senioritis stricken senior, truth is, it's going to be a long, busy, exciting 2010 Appleton North—just keep your chin up and it will go by smoothly.

Teacher Feature: Mr. Edmonds

By Peter Hale

"'F' for failure, 'F' for flunk, 'F' for, frankly I don't care anymore!"

So says Mr. Fox, a character created by choir director Mr. Aamot for this year's Holiday Classics, and brought to the stage by one of North's Com Arts teachers: Mr. Edmonds. In real life, however, Mr. Edmonds expresses quite different feelings about his job.

Mr. Edmonds grew up in the Fox Cities area, and went to Neenah high school. He graduated from both Lawrence University, and Viterbo University in La Crosse, WI. He has been working at North since it opened in 1995 and has really enjoyed himself.

"I feel lucky to be in school with such great kids" he exclaims. "It is a great [school] year."

Photo By Brooke Resch

Mr. Edmonds shows his happy-go-lucky side while at his desk.

The majority of his students feel the same. Edmonds, who teaches rigorous Com Arts for freshman, Creative Writing for all grades, and a new freshman reading course called Literature for Life, is known for keeping things lively and interesting in the classroom.

In his debut performance, his character, Mr. Fox refocuses on helping students to learn after his life is touched by the light of Christmas. Edmonds enjoyed playing this role, and appreciated the opportunity to act with Mr. Howard, a retired North teacher who was also in the play.

Edmonds enjoyed his time on stage very much, but he admits to some challenging moments. "Ben Vogt and I got turned around in the script a couple of times" he laughs. "We had to do a little improvising."

Edmonds argues that for him there was an even better side to this experience than being on stage. "The best part for me was that I got to see Holiday Classics six times." He says. "It is always wonderful to see the kids perform."

When talking about Mr. Edmonds, one might say "F" for fabulous, "F" for friendly, and "F" for fun.

Mr Edmonds Q and A

Q: What is your favorite color?

A: Blue, and I don't know why.

Q: If you could be any condiment, what would you be?

A: I would be blue cheese dressing, because it's got an attitude.

Q: What have you learned from your job as a teacher?

A: The world is a very strange, curious, interesting place.

Q: Is there anything you would like to do after teaching?

A: I would be an automechanic, carsalesman or a realator.

Q: What is your favorite food?

A: Pizza. Cheese with mushrooms and red onions. It is so good.

Q: is there anyone you feel has influenced you.

A: I'd like to thank my mother, especially for the big things.

Horoscopes: January

By Sarah Burts-Kust

By Paige Resch

Aries (March 21-April 19)
With the help of your friends, you will solve the movie trivia this week.

Taurus (April 20-May 20)
You will keep up with your New Year's resolution for at least two months

Gemini (May 21-June 21)
You will run into someone soon, and forget their name. Bummer.

Cancer (June 22-July 21)
The warmest day of the month will be your favorite day of the year. Next month will have even warmer and better days for you.

Leo (July 23-Aug 22)
You will keep finding yourself in a hurry. You'll need to slow down.

Virgo (Aug 23-Sept 22)
You will wear a new outfit to school and recieve a lot of compliments.

Libra (Sept 23-Oct 23)
Your cell phone is your lifeline. Try turning it off more often.

Scorpio (Oct 24-Nov 21)
You will slip on the ice as you rush to the school building, but don't worry, you will only injure your pride and your self-esteem.

Sagittarius (Nov 22-Dec 21)
Congradulations! You will have a very good hairday tomorrow.

Capricorn (Dec 22-Jan 19)
This is your month. Make it as spectial as you can. Start by eating more junk food.

Aquarius (Jan 20-Feb 18)
You will make amends with one of your teachers. The other ones will not change their minds about you until after finals.

Pisces (Feb 19-March 20)
People don't take you seriously because of your good looks, but you will be getting mkore respect in the year 2010.

Wordsearch: Try your skills

See if you can find...

GOALS RESOLUTIONS TWENTYTEN
NEWYEAR NEWYEAR CAPRICORN JANUARY
FINALS SEMESTER SOUTHPACIFIC PACKERS
PLAYOFFS WINTERSPORTS

B Y S F F O Y A L P E R P V O
C S R E K C A P N R E U R D D
D F C C J D V B M T X S E Q C
Y I P I S M W T S M T R S R B
Q A S R F U I E A R S N O N M
Y H X L S I M Q O S M R L E N
W U I J A E C P K T D V U T E
P E P E S O S A H Q I V T Y W
Z R Y C A R G O P M S G I T Y
P C A L E N K Y L H Q V O N E
C L R T S R S R G J T M N E A
H Y N B F I N A L S P U S W R
B I N R O C I R P A C V O T I
W B C E Y J M N W C W F T S U
F R C S J T X J A N U A R Y F

The new year brings reason to give

By Paige Resch

January is National Blood Donor Month, and it couldn't come at a better time.

Blood is needed in the wintery seasons more than any other time of the year. Typically, the winter sees more car accidents which lead to more people in need of blood transfusions. Unfortunately, there is difficulty keeping up with demand in the winter because so many people are busy around the holidays and fewer people take the time to donate blood.

Fortunately, blood can be donated by anyone who is healthy enough and old enough. A donor can be as young as sixteen, with parent permission, in Wisconsin. They must also be at least 110 pounds or more depending on gender and height.

People who can not donate blood can still help make a positive impact on their community. They can contribute cookies and food to donors because they will need to eat afterwards. Also, according to the American Red Cross, it is usually temporary when a person is told that they can not donate blood on any one day. These people are encouraged to try again later.

There is more than one way to donate blood. Depending on the medical situation, certain components of blood are needed. The most important harvested components of blood are red and white blood cells, platelets, and plasma. Each of these can be donated separately. The donor can also participate in whole-blood donation. Different combinations of these vital products are used for surgery patients, premature infants, patients with cancer and sickle cell disease and even burn victims.

The most often used products of donation are red blood cells. People who wish to donate only red blood cells need to follow more specific health requirements.

A person's blood type is a good way to decide what type of donation to make. For example, the best donors for a traditional whole-blood donation have blood types O or B while plasma donations are best given by blood types A and AB.

Healthy donors can also sell their blood plasma to corporations like Biolife and make up to $60 per week doing so. However, in the spirit of National Blood Donor Month, it might be a nice gesture to donate plasma and other blood products for charity during the month of January.

North resolves for self-improvment in 2010

By Michelle Kilsdonk

When asked about what they wanted to improve upon in 2010, North students came up with a variety of answers.

Some were interested in "[building] more muscles."

Others just wanted "To spell beter."

Many students were concerned about their grades and and schoolwork, saying that they wanted "to get [their] grades up," and "pass all [of their] classes."

Impressively, though, many students were puting others before themselves in their New Year's resolutions.

Some said that their goals for 2010 were to be better people and give back to the rest of the community.

Some may be impressed to find out that teenagers are thinking so unselfishly, but they shouldn't be surprised. With all of the charitable work that North students do every year, 2010 should be no different.

If the year goes as planned, our building will be full of smarter, healthier, nicer students this upcoming year.

"To make better choices and not be so stressed out with cheer and school."

Ashley Clark, sophomore.

"To be a better person."

Claire Malchow, sophomore

"To make a difference in someone's life."

Allison Xiong, junior

"I will take time to enjoy the simple things in life."

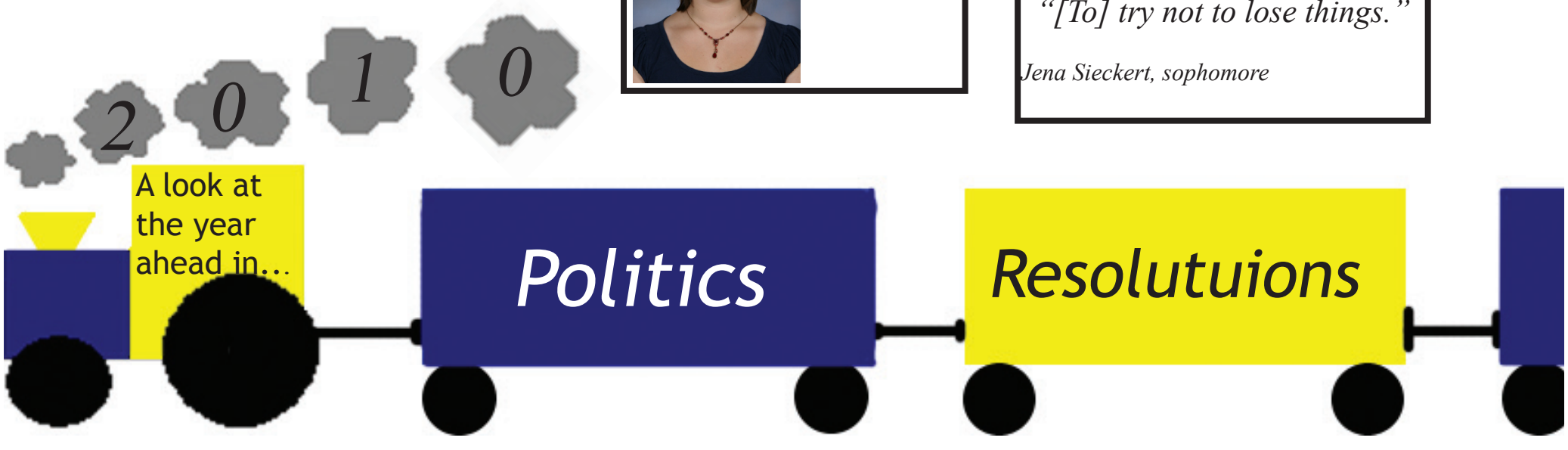
Chelsea Ashland, junior

"My New Year's resolution was to not make a resolution. It's going well."

Zac DeRidder, senior

"[To] try not to lose things."

Jena Sieckert, sophomore



Viva la resolution! a New Year's editorial

By Sean Loyns

graphic by Brooke Resch

Cynics and optimists have both been questioning the importance of Resolutions.

Did you even mean it? The yearly commitment, (if you made one) did you mean it? Honestly, when someone states his or her resolution, anyone within earshot can assume that what the person said must have been that person's weakness. Take me for example, what was mine? SEAN BOLDY STATES: "My New Year's resolution is to successfully form and maintain a band, and to have at least one gig. (Or for those of you who are less "down with it," a public performance.)"

That, ladies and gentlement of Appleton North, is my personal resolution. For those of you who know me, you more than likely are aware that I'm an avid music fan, and a non-boastful—I hope to call myself decent—guitar player. If you've jammed with me, I hope you'd agree, but if not, that's cool; everyone's entitled to his or her opinion. And if you haven't, then you should ask for my number. But amidst these ramblings, you've probably been able to gain the notion that the past year was full of band attempts.

Yes. Yes, it was.

That's where I failed, Appleton North. I didn't work hard enough to dry the ink on a well-oiled music-making machine. Despite the fact that on a hypothetical wish list of mine, a band ranks just about near the top.

So, why didn't I work hard enough? To be perfectly honest, I'm not entirely sure. I guess other things just got in my way, whether it was a fear, an excuse, a fight, or anything. Now that I look back at those various reasons, it seems as though I wasted more time on the things that were so trivial and, in turn, they took my attention away from my main goal. I lost sight on what I considered important, and I wasted more time doubting myself, and what I had worked on, than on stepping out and keeping the effort up.

But after much reflection, I now have a clear idea of what I want in a band, a quote from Batman Begins stuck inside my head, and two side projects on my hands, I feel as though I have a refreshed standing point on my issue.

I realized that although I inquired whether you were sincere or not with your yearly pledges, perhaps there is a chance that those people did, actually mean it. It just may have been a scenario where their vision of what they wanted themselves to improve on became cloudy due to challenging events that showed up at untimely instances in their lives. Whether it was doubt or fear, like myself, or something entirely different that somehow managed to hinder you. So, unlike my usual articles, where I most often times jab people, in this I offer my own inadequacies of commitment, and I offer my own best wishes to those of you who are struggling to make changes in your lives. Whatever it may be, I wish you, students and various staff of our high school, the best of luck in your New Year's resolutions.

"Why do we fall, Master Wayne; so we can learn to pick ourselves up." –Alfred, Bruce Wayne's (a.k.a. Batman's) butler.

Getting healthy and staying healthy this year

By Brooke Resch

Three of the top five New Year's resolutions are health-related. Journalists and researchers continue to place 'losing weight' as the most popular resolution every year. Not too far behind is 'quit smoking,' 'improve general fitness,' and 'quit drinking'—which sneaks in around number six on the list of most common resolutions most years.

Health experts say that along with the traditional approach to a healthier lifestyle—eating right and exercising more—Americans should make additional efforts to improve their overall health. Washing hands was strongly promoted during the peak of the H1N1 breakout, but people should continue the habit to ward against more common, but ever present, viruses.

Another forgotten element of healthy living is vitamins. Extreme dieting often neglects nutrients while trying to restrict fat. Americans should consider eating their veggies in addition to cutting calories and exercising as a natural way to get their vitamins and minerals. Wisconsinites have an added demand when it comes to their diets. Research shows that at places above the 40 degrees North latitude line, like Wisconsin, the skin has a hard time keeping up with the vitamin D demand, particularly in the winter. A lack of the nutrient can increase the risk of fractures, depression, MS, some cancers, stroke and heart disease. To replenish vitamin D, milk and most cereals can provide a good amount. For those with a stronger stomach, eating liver and onions also provides substantial vitamin D.

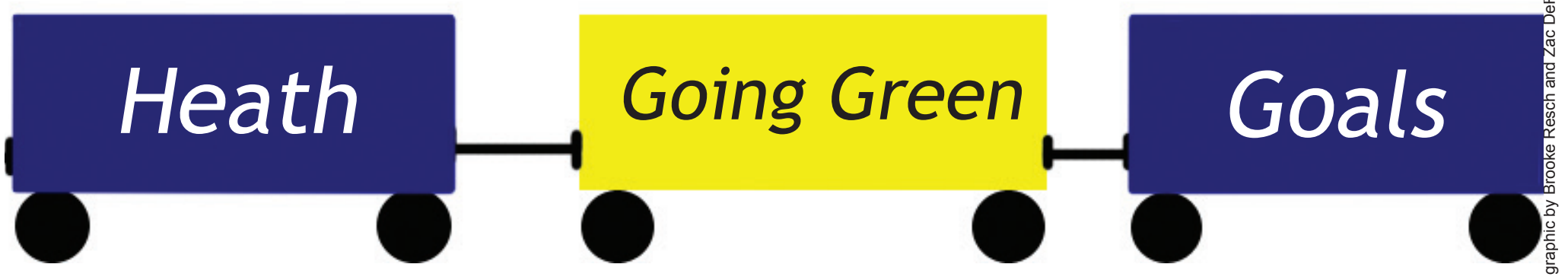
Losing weight and improving are priorities for many Americans making their New Year's resolutions.
photo from http:www.athleticbusiness.com

The best way to stick to a fitness resolution this year, as it is always, is still by adjusting daily activity and dieting. Many companies are promoting "challenges" to encourage consumers to use their products. These challenges are oftentimes beneficial, but should be considered carefully before being entered.

The *Nestle Pure Life* Challenge encourages consumers to drink Nestle water as opposed to soft drinks. This is certainly a healthy switch, but water straight from the tap is much cheaper and, in Appleton, has just as much quality. The theory of "everything in moderation" should still be considered while on this challenge, as replacing all beverages (including milk, juice, and antioxidant-rich green tea) with water can have adverse affects.

The Activia challenge claims to regulate a person's digestive tract in two weeks. It is proving to help with digestive regularity. However, if considering this challenge to improve one's health, look into natural alternatives. Eating fibrous foods often means getting other nutrients like whole grain in the same bite. Activia provides little nutrition, other than its claim-to-fame, bifidus regularis, that can not be found in a glass of milk.

So while Americans resolve for a healthier year, they need to consider not only traditional and commercial ways to better their bodies, but hygienic and natural approaches towards their goals as well.



graphic by Brooke Resch and Zac DeRidder

Resolving for a brighter future

By Brooke Resch

When every year kicks off, millions of Americans look back on the twelve months gone by and try to establish goals to live better in the next twelve. New Year's Resolutions are more important to have—and stand by—in 2010 than ever before.

It's not surprising that going into the new year, most New Year's resolutions revolve around weight loss, money management, and putting down cigarette packs. Fortunately, USA.gov has placed "helping others" as the ninth and "Spending time with family" as the most common resolutions of the year.

Although health, money, family, and charities are all very noble goals, research shows that after six months, less than 50 percent of Americans have stuck to their resolution. By the end of the year, that number shrinks to ten percent.

www.saidaonline.com
Millions of Americans make New Year's Resolutions every January.

If all of this nation's man power committed to their resolutions, our country would be healthier, have closer families—which has been shown to reduce drug use, improve test grades, and lower stress amongst teenagers—and have more people giving back to their local communities.

Most would be richer, too. This year promises to be challenging for people's financial goals. From the household to the government, people are resolving to tighten their budgets.

Other common resolutions are "To fall in love", "To get organized", and "To learn something new".

People were setting similar goals in Ancient Rome. New Year's Resolutions date back to 153 B.C., when the Romans' mythical god Janos was believed to be looking back into the past year and forward into the next. People followed his lead and anticipated the upcoming year, usually by planning ways that they could improve themselves from the last year.

It's debatable whether or not New Years resolutions are a productive pastime, but when considering the health and lifestyle improvements, it is clear that making resolutions has a definite up-side.

Going Green in 2010

By Jensen Enz

A New Year is upon us, and with it comes resolutions – some to be kept and some to be forgotten; however, it would be wise to add one specific resolution to this New Year: to go green and never turn back.

In the modern world of today, technology trumps all and oftentimes the environment is forgotten, though, in recent years attention has been brought to the state of things and everyone, yes, everyone can do things to help; Al Gore isn't the only one who can make a difference.

There is plenty that the young, Wisconsin, high school student can resolve to do. Convince your parents to turn down the heat – the house does not need to be at a toasty 75 degrees all the time, and, if it's any incentive, it will save the family money too. Install compact fluorescent light bulbs, they use less energy and last longer. Unplug things when you're not using them – a phone charger left in the wall for a week without ever charging a phone is still using energy! Save on gas by walking, biking, or carpooling to school or work with friends; not only will you reduce the amount of gas you use, it'll save money and biking or walking can help ward off obesity. Cut back on the bottled water – it's expensive, wasteful, and the disposable plastic bottles aren't the only option, there are always reusable aluminum bottles.

And, as always, recycle—it's the age-old, feel-good way to be green that's easy for anyone to do. Anyone and everyone can make a difference in the new decade by going green in the New Year.

Underground By Laina Wydaven

Conscience Chaos By Sarah Burts-Kust

Ask Nuse Debb: Chicken pox

By Charlotte Hale

Although mostly seen in small children under the age of 10, chickenpox can occur at any age, child to adult. The most widely known symptom for chickenpox is the characteristic small pimply rash that cover the face, scalp and chest, and to a lesser extent, the arms and legs.

Most cases seem mild, and at most, a nuisance, but there's no telling whether a child's or adult's case will be severe, and even fatal. Fortunately, there has been a vaccine created that is safe, easy to make and accessible.

Q: What are the other symptoms of Chickenpox?

A: If you are experiencing chickenpox, you will get a rash, along with fever, headache, loss of appetite, a dry cough, and general discomfort.

Q: What causes Chickenpox?

A: Chickenpox is cause by the varicella-zoster virus, which is highly contagious and spreads quickly. It is spread by direct contact with the rash or being coughed on or sneezed on. It takes 48 hours to develop the symptoms.

Q: I've never had the chickenpox, can I still get it?

A: You can, but there is a possibility that you are immune to it. 30% of American's are born with a specific gene that makes them immune to catching chickenpox.

Q: Can I die from the Chickenpox?

A: Yes, if your case turns severe. This is most likely in newborns; women that are pregnant, teenagers and adults, or people that have impaired immune systems due to radiation or chemotherapy.

December Sudoku answers

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

Try this month's sudoku

2		9			6	7		
		1	9			4	8	6
			8	3	1			5
			1			8	7	9
9			3	6	2			1
4		5			9	6		
8		6		1		9		
			5					4
5		7			4		2	

Performance teams begin road to Nationals

By Emily Bruce

Appleton North High School hosted the 6th Annual Lightning Bolt Explosion Cheer/Dance Competition on Saturday, January 16, 2010. The event competition began at 8 am with doors opening at 7 am for teams and individuals and concluded at 8 pm with final dance division awards. The event was a fundraiser for the Appleton North Performance Team (tumble and dance teams) and was open to the public.

Over 1000 athletes from all over Wisconsin competed in team cheer and dance performances as well as individual events. Athletes were scattered throughout the venue with dance performances held in the Orlin Zieman Auditorium, stunting and individual cheer performances in the Mezzanine Level Gym, and large group cheer and dance competitions held in the Main Gymnasium. Volunteers from the Performance Team, along with their parents, National Honor Society students, former North alumni and the community worked to make it a smooth and welcoming day of competition for the 55 visiting teams.

By

The performance team, dance squad rests up at a recent Freedom competition.

Head Performance Team Coach and event coordinator, Heidi Brooks said, "For some of these teams, it's like going to state competition. They look forward to it all season."

One of the highlights of the event was the special needs team performance at the end of the cheer portion of the competition. This group, affiliated with Tri County Gymnastics – Cheer Friends, is a group that gives those with physical and cognitive disabilities the opportunity to shine as a member of a team in cheer and dance formations. The team works hard throughout the year and put on an amazing show filled with energy and heart for which they received a standing ovation from the crowd and fellow competitors. For their efforts Cheer Friends earned the most spirited award sponsored by Happy Joe's Pizza who sent their mascot, Joe the spotted Dalmatian, to present the prize.

Another high point of the competition was the ALL-STAR and SPASH co-ed varsity cheer performances. Seeing little girls flung into the air and caught by big burley boys is quite inspiring and these routines surely caught the crowd's attention. Several times it appeared like the "flyers" would hit the gym's rafters.

While North's Tumble and Dance teams did not compete in the event, they did plan exhibition performances. However, both teams ran into some difficulties. The tumble team was unable to complete their scheduled demonstration due to a team member's health; and the dance team performed their jazz routine twice as their initial performance was plagued by music issues. Despite the difficulties on Saturday, each team continues to do well at competitions and each has received a bid to the UDA National competition.

The North Dance team will compete in the Chicago land Dance competition and Regional's at UW-Oshkosh before heading to Florida in February. The Tumble team will compete in the Milwaukee Bucks competition and regional and state meets before their trip to Florida in March.

Boys' basketball team stays focused, stays tough

By Kal Riebau

The Appleton North Boys' Basketball team has already doubled their win total from last season, but they don't plan on stopping there. The team looks to continue their hard work and success by staying focused and staying tough: mentally, physically, and emotionally.

"This year we have to play as a team, no matter what. We are not going to be the biggest or the strongest and we know that. So we know we have to go out onto the court and give it our all and work harder and want it more than the other team," said junior Brett Backman.

The team is composed of three seniors, seven juniors, and two sophomores, making them very inexperienced. "We are a very young team, and we still have a lot to learn and a lot to work on, but I can tell that we are a group of guys that don't mind putting in the hard work in order to make the program a contender," said junior shooting guard Trevor Smith.

Photo By Max Edwards

Foul shots plagued both teams at the game; North ultimately prevailed.

And a contender the lightning have been, recently playing top-ranked teams like Neenah and De Pere to the very end and defeating a hot Oshkosh West team in the last few weeks.

"We have been playing really well lately. I think it has a lot to do with everyone following the game plan and knowing their role on the floor at all times," said Backman. "Different kids have stepped up when we needed them, everyone has been making smart decisions with the ball, playing good defensively and we are hitting big shots when it matters."

Photo By Max Edwards

West player attempts offensive manuever against tough North defender.

Overall, the team is finally starting to come together and really beginning to mesh. While talking with a few players, the future seems bright and there is a lot to look forward to for this young basketball team. "My favorite part of it all is working hard at practice all week and then finally stepping out onto the court knowing your prepared and ready to just play. There is nothing like it," said Backman.

"I love being able to interact with my friends and coaches while playing my favorite sport and still having fun," added junior point guard Kyle Sperl.

In the near future, the Lightning looks to continue their success in an up-coming game against cross-town rival Appleton East at home.

Athletes of the month word hard, play hard

Eric Trunk: Basket baller

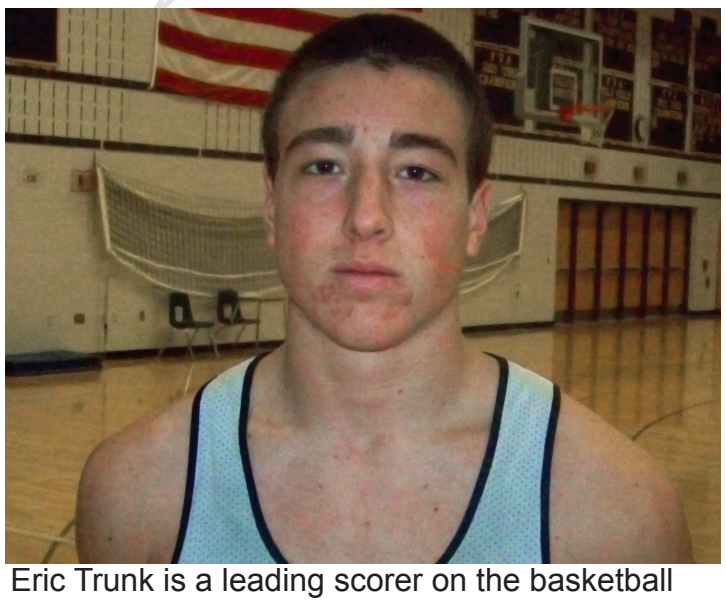


Photo by Zac DeRidder

Eric Trunk is a leading scorer on the basketball team.

By Melissa Cameron

As a role model, senior Eric Trunk looks up to basketball legend Michael Jordan. "I think he is the greatest basketball player that has ever played." he stated. Trunk also looks up to his dad, who always displayed continuous support and encouragement throughout Eric's basketball career.

A talented player in more than just basketball, Trunk regards his favorite memeory of sports as this record-breaking Lightning football season. "Blocking a field goal in the playoffs against SPASH this year," sticks out particularly in his mind as the most memorable moment.

As for the future, Trunk hopes to attend Madison and obtain a Master's degree in mechanical engineering. He hopes to finish off high school with a fun senior year and a chance to finish off his sports strong.

Eric Trunk

Describe yourself.
-Hardworking
-Competitive
-Resilient

What's on your iPod?
-Coldplay
-Lil' Wayne
-Jack Johnson

Sydney Schultz: Hoop goddess

Photo by Zac DeRidder

Senior Schultz plays guard on the girls' team.

By Alex Vanden Boogaard

When asked about her favorite high school sports memory, Sydney Schultz replied "Going to the state track meet three years in a row, and taking 7th in the 1600m relay my sophomore year."

It's no surprise Sydney is a leader on the girls' basketball team and would like to finish the basketball season with a winning record and a deep run into the playoffs.

She admires the leadership of Ryan Braun because he's a good athlete and a good role model for everyone.

Sydney's future is plenty bright as she aims to attend Northern Michigan University majoring in biology. She looks forward to running track as a Wildcat.

The person who has influenced Sydney the most is her grandfather Don Jirschele, "He has always supported me and shares his wide knowledge of sports with me."

Sydney Schultz

Describe yourself.
-Dedicated
-Competitive
-Intelligent

What's on your iPod?
A variety of things... namely Kanye West, Jay-Z, and Fall Out Boy.

The Future?
Become a physical therapist.

Cassy Hemmen: Top performer

Photo by Zac DeRidder

Cassy Hemmen leads the Varsity tumble team as the sole upperclassman.

By Alex Vanden Boogaard

Being a varsity performer of the tumble team for the past two years has made Cassy a vital leader of the team. Her greatest accomplishment came last year at nationals. "It was our best performance of the entire year. It was an amazing feeling walking off the mats knowing we hit the routine and gave it everything we had."

She would like to meet a gold medal gymnast, particularly Nastia Liukin because "she is an all-around amazing athlete."

Cassy is very thankful for her family and she would not have started cheer if it were not for her older sister, Ally.

Cassy is eager to attend college although she is undecided on a major.

As for athletics, Cassy plans on participating in cheerleading and track into college.

When asked about her future, Cassy replied "End the season strong, have my best track season yet, and enjoy the rest of my high school career... then move on to college!"

Cassy Hemmen

Describe yourself in three words:
-Hardworking
-Energetic
-Competitive

What's on your iPod?
-Michael Jackson
-Glee
-The Beatles

Josh Kinney: Swim shark

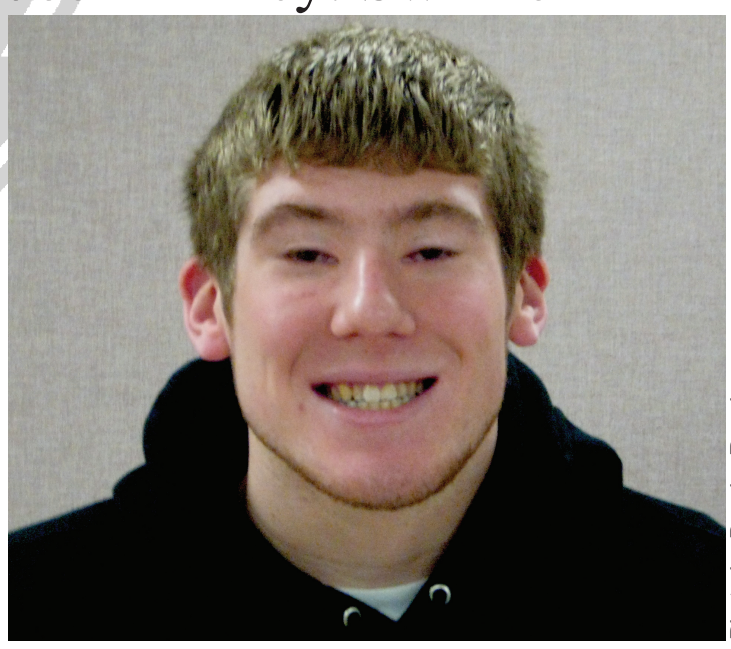


Photo by Brooke Resch

Senior Josh Kinney is a strong swimmer in both the 200 Medley and 100 Breaststroke.

By Alex Vanden Boogaard

Josh Kinney's greatest swimming accomplishment is getting an All-American and school record time at state last year.

Kinney is a hardworking swimmer with a lot of potential. He is a determined, positive and outgoing athlete who leads by example.

Curt Beutler, Josh's club swimming coach, has influenced him the most throughout his athletic career. "I first met him when I was 8 years old and from day one he has always opened up the doors to new possibilities that I had never considered before. He always finds a way to make you succeed."

When asked about role models, Kinney responded "Lance Armstrong because he basically looked death in the face and said 'go away'... I'd like to know how it has affected him as a person and what aspects of having cancer make his drive greater than before."

Kinney plans on swimming for UWM (University of Wisconsin Milwaukee) and pursue a degree in marketing. As for his goal in the future, Kinney replied, "My goals for the future are to find a way to succeed in life while having fun."

Josh Kinney

What's on your iPod?
-Rap
-Lots of beat techno, such as DJ Inphinity

Sports Goals:
"My goal for swimming is to continue to better all of my times and win a big Meet at a College level."

New year, new music: what 2010 has to offer

By Megan Van Boxtel

Out with the old and in with the new. As January kicks off the 2010, it's time to clean out those music libraries and replace tracks of last year with something fresh. A couple of English girls, an acoustic heartthrob, and a band from Weston, Wisconsin may just be perfect for distracting those of us overcome with the terrible boredom associated with the winter season.

Florence Welch, lead singer of indie band Florence and the Machine, has successfully conquered Britain and is moving across the pond, enticing the American fan base with imaginative lyrics and eccentric music stylings. Their debut album, Lungs, surfaced in the United Kingdom this previous summer and almost immediately peaked at the number two position on the English music charts. According to the band's website, the album "is made of harps, choirs, drums, elevator shafts, bits of metal, love, death, fireworks, string quartets, stamping, sighing, strange electronic wailing, lambs, lions, broken glass, blood, moon, stars, drink, coffins, teeth, water, wedding dresses and the silences in between." Although the music videos tend to be a bit strange, Florence and the Machine have won over their audiences with irresistible melodies that have been known to stick within a person's head on repeat for days on end.

Photo from Barnes and Noble. com
Lungs debuts Florence's musical talent succesfully.

Another highly anticipated popular British artist of the new year has a name as fun as the up beat songs she creates. 18 year old Pixie Lott from London, has one album to date and so far, 100,000 copies have been sold in the United Kingdom alone. What makes Pixie Lott any different from any of the other young musicians, such as Miley Cyrus or Demi Lovato, seems like an appropriate question in today's music scene where fame is often not synonymous with talent. In Pixie's case though, she manages to create those guilty pleasure tracks with far more vocal and songwriting abilities than most.

A further music suggestion for 2010 is a 26 year old artist from a small town in Texas. A true independent artist, Brad Skistimas of Five Times August redefines simplicity with his acoustic musical style and down to earth attitude. The singer/songwriter chooses to focus on music rather than the glamorous lifestyle many bands tend to fall into. "It's my firm belief that an unsigned artist can make it on their own without the money and image of the corporate music market." This incredible work ethic has managed to pay off as Skistimas celebrates the recent success of his album, Life as A Song. Fans of Jason Mraz or Jack Johnson may find Five Times August to be the perfect addition to any mellow playlist.

Photo from Amazon.com
Five Times August has great potential for 2010.

One last musical group makes the list for artists who have great potential in 2010. Windsor Drive, a band based out of Houston Texas but initially formed in Weston Wisconsin and commonly known to perform locally have the striking lyrics and catchy melodies needed to make music lovers of any genre fall in love. This four piece group has already released two EPs with many a soulful song prevalent on each. Altogether quite young, Windsor Drive has proven their talent in a range of musical aptitudes. Although it's not exactly apparent where "Windsor Drive" is located, this unique band will take you on a trip like no other.

Pop culture over the last decade

By Katie Hermsen

As 2010 begins, a monumental decade in pop culture comes to a close. The world has been buzzing for ten years about various subjects in entertainment, literature, sports and technology.

With the launch of the iPod in 2001, CD's became practically obsolete as the world of music became digitalized. Itunes became royalty among other sites such as Rhapsody and the user-friendly design of all things Apple enticed buyers worldwide.

Video gaming systems soared in popularity among kids and teenagers throughout the decade. From Xbox and GameCube to Play Station and Wii, video games became more interactive and smart. Use of video game consoles expanded among adults as well, especially with the release of Nintendo Wii and Wii Fit.

Anyone could become a star with the rise of reality TV. Survivor, American Idol, The Amazing Race, The Biggest Loser, The Apprentice, The Bachelor, and Dancing with the Stars were hugely popular among TV watchers of all ages. Also finding niches were food, home and garden, and news networks in the world of cable. DVR, TiVo, Hulu, and other sources of online programming revolutionized the way the world watches television. Convenience became a top priority in American homes when considering how and when to watch favorite shows.

Photo from Facebook.com
Facebook has revolutioned social networking.

Viewing videos online became a whole lot easier with the inception of YouTube in 2005. Posting and watching viral videos became an art. YouTube and other similar sites allowed unknown musicians to make it big and just about anyone could access videos of any kind.

Use of social media sites also skyrocketed in the last decade. Myspace, Friendster, Facebook, and Twitter gave internet communication a whole new dimension. Social networking developed among internet users young and old and it seemed that overnight, everyone was "on Facebook".

Books such as Twilight and Harry Potter exploded in fame with readers of all ages. Each series made the transition from print to the big screen and stimulated the imaginations of those interested the magical and mythical worlds.

With widespread steroid use among professional athletes, success in the Olympics, and sport player scandals, sports often made headlines worldwide in the last decade. Drug testing became commonplace, not only in baseball but in high schools nationwide. Michael Phelps won a record-setting eight gold medals in Beijing, adding to the success of American athletes at the Olympics. Recently, Tiger Woods became known not only for his stellar golf skills, but for his pension for infidelity.

Photo from Nintendo.com

Despite international drama between leaders and countries, pop culture was first on the minds of many Americans during the '00 decade. The first decade of the new millennium will always be remembered for its technology, entertainment, and revolution of the way people communicate with each other.

Deal or No Deal host writes autobiography about struggles with OCD

By Chelsea Juen

Howie Mandel is a comedian, actor, game show host of the popular show Deal or No Deal and now–an author. Here's The Deal: Just Don't Touch Me, released November, 2009, gives the world an insight of Mandel's day-to-day life with obsessive-compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD).

Mandel tells readers about his constant struggles with OCD and ADHD in both his professional and personal life. Readers will learn how his disorders affect himself, his family, friends, and career. Fans have known for just over a decade that Mandel is a "germophobe", and rather than greeting contestants on Deal or No Deal with a handshake, he greets them with a fist bump. As a child, Mandel was exposed to a very small amount of germs. Mandel's mother would constantly disinfect any germs that crossed his path while his grandmother covered her furniture in plastic.

However, Mandel's battle with obsessive-compulsive disorder is far deeper than just a fear of germs. Mandel also shares to the world his fears of feeling isolated and uncomfortable, hurting others, dying, and his biggest fear of all losing control. His fears never go away; he obsesses about whether or not he will still be alive or not before he has completed writing a page of his book.

Mandel tells the reader about how his anxious feelings disappear when he is performing his stand-up because all eyes are on him. Since childhood, Mandel has craved one hundred percent of attention. Mandel claims he lives in the past and the future because of his OCD, but being on stage is the only time he can live in the present.

Mandel shares stories of his fears, gigs, health, family, friends, and his witty, outrageous pranks. There are stories from every aspect of his career, from starting out as a carpet salesman and stand-up comedian to acting in several films and TV shows. His honest and humorous stories are entertaining and easy to relate to

Mandel's sense of humor allows him to find humor in the most dark, serious, and terrifying subject matters. Here's the Deal: Don't Touch Me will make the reader laugh out loud, understand his lack of handshakes, and respect Mandel and his family.

This is a wonderful book for people who became fans of Mandel's at any point in his career, those who enjoy reading biographies, those who suffer with OCD and/or ADHD, and for those who are in need of a laugh.

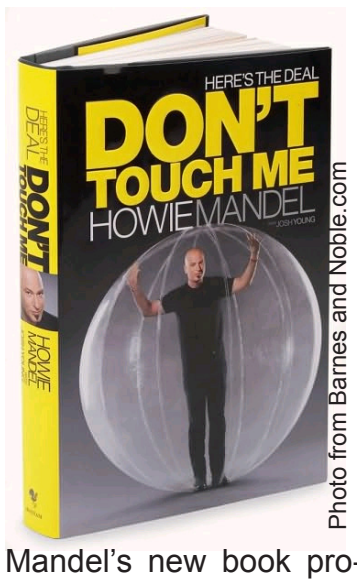


Photo from Barnes and Noble.com

Mandel's new book provides for an interesting read.

Fashions of the new year

By Jackie Reynders

A new trend among Appleton North students are the usage of leggings in an ensemble, usually of the plain and black variety, in place of pants. This confuses and irritates many students who believe leggings are definitely not pants, but many other North students embrace the look on a daily basis.

"I think leggings look really nice by themselves. They are a stylish alternative to sweatpants because they're so comfy," says one female student. Others disagree, asserting the only place for leggings is under a dress. Many girls are under the belief that leggings are not an acceptable form of pants unless worn with a dress. Their similarity to tights and whether or not wearing those all of the time brings much concern to this same group of people.

Leggings first became popular in the age of jazzercise. Then, they were used for exercise; now, they are used for every day wear. In larger cities, wearing leggings has been going on for awhile and is quite common. Recently in Appleton, a growing number of girls have caught on to this trend and can be seen wearing leggings and t-shirts with UGGS or some other form of boots in the halls. The question is, are leggings an acceptable substitution for pants? Are they stylish or inappropriate? This issue is not likely to be resolved any time soon.

Photo from fashiontribes.typad.com

Leggings are everywhere this winter season.

Sherlock Holmes

By Jensen Enz

The 2009 adaptation of Sherlock Holmes, based on the books by Arthur Conan Doyle, can easily be overlooked with the rest of the releases this holiday season. With movies like James Cameron's visually stunning Avatar and the already wildly popular Up in the Air, it's hard to choose which film to go see. Time must be put into busy schedules though for a few hours of humor, drama, mystery, and romance, that Holmes has to offer.

The film begins with Watson (Jude Law) and Holmes' (Robert Downey Jr.) capture of Blackwood, the main antagonist of the story, who is then sentenced to hang. Not too long after, Watson, the ever loyal sidekick of our hero gets married much to Holmes unhappiness. It is when Holmes, bored and lonely, is asked by Irene Adler (Rachel McAdams) to find a missing person by the name of Reardon. Holmes, disguised in order to find the identity of Adler's employer, instead discovers that, three days after his execution, Blackwood's tomb is found broken out of, from the inside out, and that eyewitnesses claim to have seen him alive and walking away. Holmes and Watson, with Adler at their side, are after Blackwood yet again, and so, the film moves onward.

This latest remake of the popular Holmes franchise isn't like that of previous years. This time around Holmes is portrayed as borderline manic depressive eccentric, and the film has fun exploring the not usually seen side of this character – because, no, in Arthur Conan Doyle's books Holmes isn't always the stuffy, hat wearing, robe donning man he's often been made out to be. This Holmes appeals to today's crowd, as does the rest of the action packed movie. "I liked it; it was really good." Recounts sophomore, Morganne Reed, "It kept me on the edge of my seat… it really did!"

On top of the thrilling action scenes, the leading duo, Holmes and Watson have plenty of onscreen chemistry to keep viewers even more transfixed with awe.

New Moon: A film worth missing

By Siri Pairin

In a sore attempt to improve the overall quality of film, Twilight: New Moon producers hired a new director, took a new approach and even threw in a shirtless werewolf to try and capture the attention of Twilight readers and movie buffs alike. With the paralleled use of monotone "I love you"s, repetitive "Edward don't!"s and scene after scene of blank-faced gazing into each other's eyes, Kristin Stewart and Robert Pattinson certainly lived up to the expectations from their previous film.

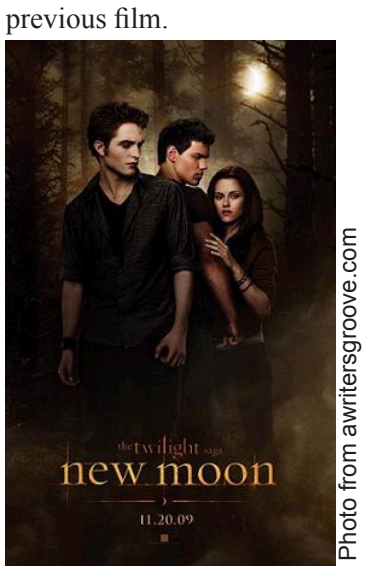


Photo from awritersgroove.com

New Moon falls short.

In the film, Edward, Bella's only apparent reason for existence, leaves their hometown of Forks, Washington in an attempt to protect her from the "unnaturalness" he and his vampire family bring into her life. Up-holding her signature deadpan and infamous look of boredom throughout the entire film, Kristin Stewart attempts to portray the devastation and depression Bella faces for month after Edward-less month. However, pity is the last thing viewers find themselves feeling for the clumsy damsel when her loneliness is stifled by the impossibly buff, russet skinned Quilute boy named Jacob Black (who just happens to be completely loving, sensitive and incredibly attractive).

Throughout the movie, Jacob's obvious feelings for Bella grow, and Bella's insane obsession with a ghostly apparition of her one true love leads her to random acts of recklessness such as jumping off a cliff. After much confusion, the climax of the film not only boasts Robert Pattinson's obnoxiously pale and noticeably-less-buff-than-Jacob torso, but also the beautiful Italian countryside.

The couple, reunited at long last, is forced to face the worlds most ancient and royal vampires, ominously called Volturi. Residing in Volterra, Italy, the Volturi rarely exhibit clemency toward those at their mercy and rely heavily on Dakota Fanning's icy stare to torture their enemies and prisoners. In an attempt to flaunt Summit Entertainment's up-to-date special effects, Edward is thrown about the vast throne room sending ravenous vampires and chunks of marble flying everywhere.

After a narrow escape (from a nauseatingly romantic situation that probably could have been avoided altogether) Edward and Bella return to Forks. The final scene of the film portrays the lingering chemistry and love between Bella and her best friend Jacob, the ironic animosity between the vampire and werewolf arch-enemies, and a proposal of marriage that has fans and movie viewers just as confused as the bride-to-be herself.