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Creed sparks controversy

Panel reviews
parent's request
to ban book

By Catie Edmondson

A request to ban *The Body of Christopher Creed* from the Appleton Area School District (AASD) freshman Communication Arts curriculum has reached the district committee level, sparking a controversy that has not occurred in the district for the past two decades. The challenger, an Appleton East parent, is concerned about the appropriateness of the book for ninth graders.

Any adult resident of the AASD can challenge the appropriateness of a book. Challengers must first contact the teacher to discuss their concerns. The challenger's child is typically presented with an alternate assignment. If the challenger wishes to pursue the matter further, they meet with the principal and district staff. If the challenger is still dissatisfied, they can request that a Building Material Re-

view Committee is convened. This committee reviews the book and decides if the challenger has a valid claim. If the committee's decision is unacceptable to the complainant, he or she may file an appeal with the superintendent. The challenger began this process in February 2010. The request is now at the District Materials Review Committee level.

According to the complaint filed with the District, the challenger objected to the language, which she described as "riddled with profanity and sexual slang"; "sexual situations and discussions"; "disrespect to adults"; and the plot events of "hacking into the school's computer" and "breaking into the Creed's house." She stated that in her opinion, the material is appropriate for juniors or seniors, but questioned whether it is appropriate for a ninth grade classroom.

The AASD Materials Review Committee is comprised of six community representatives, three student representatives, a media specialist, a principal, a district administra-

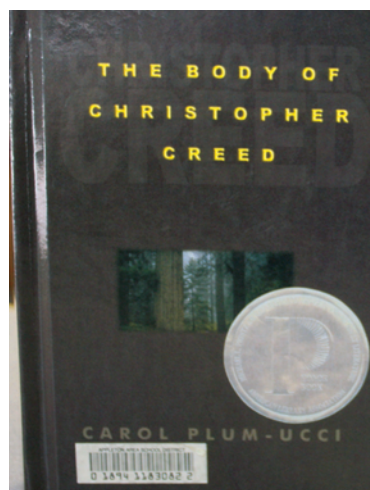


Photo by Jensen Enz

"The sole criterion for the final decision is the appropriateness of the material for its intended educational use."
- AASD Instruction & Assessment Handbook

tor, and a teacher representative. At the initial committee meeting, committee members were each given a copy of the book to read. Senior John Wulterkens, the student representative for North, told the Noctiluca that he has read *Creed*, which he considers a good book, and stated that he understood the basis for the challenger's concerns.

The committee will make a recommendation to the superintendent regarding the challenger's complaint. According to the AASD Instruction & Assessment Handbook, "The sole criterion for the final decision is the appropriateness of the material for its intended edu-

cational use." The committee is slated to make their decision at their October 25 meeting, which is open to the public. Those who wish to comment must fill out a form. They will be allotted a maximum of three minutes to speak, or five minutes if they represent a group.

The Noctiluca asked the author of *Creed*, Carol Plum-Ucci for comment. Plum-Ucci defended her usage of sexual references and profanity, and concluded: "We're not writing the Bible. We're writing stories about kids that kids can relate to, so they can walk in their shoes and hopefully pass through the coming of age with more ease."

Spotlight on Homecoming 2010

Lighthearted
look at life
after court

By Natalie Duncombe

As the glitter and music of Homecoming fade away, and throwback outfits taken back to grandma's attic, most of the students of Appleton North return to their daily lives. While the masses return to the humdrum of tests, homework, and less wacky school attire, a select few carry a new distinction about them. Have these students, our Homecoming court representatives, also returned to their former lives? Or have they instead changed because of their experience? The following are excerpts from interviews with senior court members Samantha DeRidder and Evan Jozwiak, and homecoming King Vinnie Biskupic and Queen Chloe Elzey.

How did you feel when you



Photo by Eliane Suave

Senior court members Mallory Dieck, Andrew Maltbey, Eliane Suave, Mason Pingel, Chloe Elzey, Vinnie Biskupic, Sam DeRidder, Evan Jozwiak, Erin Rausch, and Brady Fulcer pose during the dance.

learned you would be on court?

CE: I literally died from excitement. I only stand before you today as a direct result of emergency resuscitation.

EJ: I had a similar reaction. It felt almost as if an angel had come down and given me wings although that might have been the Red Bull.

VB: For me it was just the most exhilarating feeling. I was floating on air, similar to you, Evan. I was invincible

and nothing could bring me down. I feel as if I found the key to my soul.

SD: This was such a surprise! I'm used to just sitting in the library memorizing the Guinness Book of World Records to be sure I was the most up-to-date fact nerd, but court really brought me out of my shell.

Do people in school treat you differently since you've been on court?

VB: I don't know about the rest of you, but people have

been treating me better than ever. I'm sitting high on the social totem pole right now.

CE: Unfortunately, I've had some haters, but I go home and look at my tiara and everything feels alright. I also find comfort in the fact that I have superior guns. (Flexes arms for emphasis.)

EJ: I've actually had a really positive experience. People come up and open doors for me or buy my lunch. Now everyone knows my name although not everyone knows how to pronounce it.

SD: While walking with Evan; random people have bowed to us in the hallways. It's nice to see that level of respect for royalty.

Have your future plans changed since court?

CE: Originally I was planning on attending college for music, but now that's out of the question. I plan on entering the Miss America Pageant and starting a career in infomercials off of my imminent success.

See Duncombe, page 2

Appleton Youth Education Initiative plans for the year

By Joanne Zhou and Jaffna Mathiaparanam

As much as we all try to deny it, the school year has started off in full steam. Last summer's fun becomes fond memories as classes resume in their usual rigor of lessons and homework, dragging every student back into the routine of early wake-ups and late night studying. For many, ACT and AP testing also loom at the edge of our vision, which can bring a lot of anxiety to an already overwhelming day.

The Appleton Youth Education Initiative (AYEI) is based on the goal of encouraging students to begin considering ambitions for college and the opportunities beyond high school. Aware of the challenging high-school-to-adult-life transition, AYEI has decided to help its peers attain the best preparation for this and is in the process of setting up a number of programs at all three Appleton high schools, beginning with an ACT test prep session.

In late January, AYEI will hold a student-led ACT prep



Photo by Joanne Zhou

Returning executive board members from the 2009-2010 school year have even more ideas this year.

session to help students who have yet to learn the insider's secrets to mastering the tests, similar to the sessions we already have for midterms.

A big advantage to doing well on these exams is getting a study book to, of course, study from and the AYEI came up with a program that would keep these books available to students at their own school library. This would be very convenient for check out and much less expensive for students, assuming most students wouldn't read ACT prep books in their free time and would rather spend their money differently.

Another idea from the AYEI includes mentoring from college students for juniors and seniors who are attending universities they are interested in. The information from mentors would give students perspective on the school rather than the professional summary on most college websites, arming possible college freshmen with insight they would have never acquired otherwise.

Hopefully the school year hasn't blown anyone completely off their feet and even if it has, the AYEI wants to give students the best opportunities for success during the next hectic nine months.

Haunted House rises from dead

By Laurel McKenzie

It has been blood, sweat, and tears this past month, as the drama club builds their annual Haunted House, an important fundraiser that goes to support upcoming productions.

Going in for its twelfth consecutive year of production, the house is fully constructed and operated by the student-led organization. Five drama club officers organize the meetings, rooms, actors, and technicians of the house, in less than a month.

"The fact that it's made with the sweat and blood of North students makes it that much more powerful than any of the other professional houses in the area," Gina Berceau, senior and officer said.

Sweat and blood it is, and not all of it fake. It takes about 18 hours total to construct the house in the theatre, from putting up the frames for the maze to adding the final touches of foliage on the forest.

Some new rooms are also being conceived. Samantha Rude, another officer and senior, revealed that a heart

room was in the works, and perhaps a room taking off of the production *The Crucible* in the form of an exorcism. The rest of the rooms are decided by the drama club, who submit ideas to be used in the house.

A costume contest also has been added to the drama department's effort to raise money. Guests who arrive wearing a costume will have their picture taken and entered into a contest, with prizes including tickets to the upcoming winter musical, *The Phantom of the Opera*.

The house opens to the public October 28 at 6 p.m. and runs evening hours starting at 6 to 11 and will run through October 30 with afternoon hours on October 29 and 30 from 1 to 4 p.m. A flashlight tour is provided for young children in both age and heart.

Tickets are \$7 per person, \$5 for children under 12, and discounts are available for groups of ten or more.

Activity passes are not valid for tickets. Persons with applicable medical conditions should be aware that fog and strobe effects will be used.

Orchestra plays Madison concert

By Megan Van Bostel

Orchestra students will travel to Madison October 28 and 29 for a convention in which they will play for Wisconsin teachers involved in strings programs. The concert will highlight songs that relate to each other in pairs. Of these, two baroque pieces, two tangos, and two pieces by the same composer, Grainger, will be performed.

Orchestra students have been working hard to prepare for this prestigious event. Cello section leader Jackie Reynders said "I'm honored to be attending such an exciting event in my final year at Appleton

"I'm honored to be attending such an exciting event in my final year at Appleton North."
- Jackie Reynders

North. Although the concert will be fun, I'm even more excited to spend time with my friends on State Street."

Students have the opportunity to work with composers Matt Turner and Michael O'Brien while preparing for this concert. Their perspectives have greatly contributed to the success of each of the two tangos that will be performed.

Re-education on recycling needed

By Jackie Reynders

If a student were to look within a typical recycling bin in any Appleton North classroom they would find a variety of non-recyclable refuse, such as apple cores, used Kleenex, and a variety of other garbage. Even with bins marked plainly as "paper only" or "bottles and cans," many students do not follow these instructions.

This is partially due to a popular misconception that Appleton North does not recycle. The fact is, the school has a contract for recycling and would love to recycle more. The problem, however, is that any recyclable goods contaminated with trash cannot be used. This means the majority of North's recyclable materials are being wasted.



Photo by Jensen Enz

Recycling bins are a common sight in the hall.

Principal Mr. Huggins would like to see Appleton North take strides towards being more eco-friendly by recycling more materials. He believes this can be achieved by "Re-education of students who may not be aware of our recycling policy, replacing old

containers or making them more visibly marked, and more communication with North's cleaning service."

The school uses a vast amount of paper and other natural resources that could be reused in the future if students are more cautious about putting their waste in the proper place.

Senior and active Hope Club member Sarah Czarnik-Neimeyer adds "Recycling is one of the easiest and beneficial things we could do as a school. Students should be more aware of where they throw their trash; together we can really make an impact!"

It is not hard to make earth friendly choices and if the bins are available, students are encouraged to use them as much as possible.

Duncombe, Homecoming, from page 1

VB: My plans haven't changed; I plan on attending school to be a part-time hair-stylist/dentist.

EJ: My first step will be leader of the cello section in Orchestra. Eventually I will become the leader of the free-world.
SD: Right now my future looks full of rockin' parties. I just received an invitation to the next Grammys. That is if I can get

through the trillions of auto-graph requests I've received.
How will you use your influence as member of court to influence others?

EJ: From now on I will be too busy with my court duties to attend class, but I'll still ex-

pect a 4.0 GPA.

VB: My current project is to enslave a small to medium sized portion of the student body to attend to my every whim. I would also like to use my influence to recognize Sk-out Spaarquie's phresh sound.

Dream big, kids.

CE: I'm currently working on attaining worldwide worship.
SD: I believe that through my very presence and aura as a member of Homecoming court, I'll soon be able to bring about world peace.

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 or Mr. Ramponi, the staff advisors, at: brucesusanne@asds.k12.wi.us or ramponiaaron@asds.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 and welcomes diversity of scope, depth and breadth of coverage in order to heighten mutual understanding and awareness through our entire school community.

Noctiluca

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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 majority 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 to 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.

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Comedian brings needed attention to migrant workers

By Siri Pairin

For members of Congress at the recent Immigration, Citizenship and Border Security subcommittee hearing, Stephen Colbert's "words of wisdom" on the subject of migrant farming were anything but dull. Colbert, a political comedian on Comedy Central, told those at the hearing about his time spent working on a farm among migrant workers through the "Take Our Jobs" campaign initiated by the United Farm Workers' Union of America.

"It turns out, and I did not know this, that most soil is at ground level. If we can put a man on the moon, why can't we make the Earth waist-high? Come on, where's the funding?"

While Colbert's mock-conservative act brings humor to the daily news featured in his television show, The Colbert Report, it portrayed an ironic yet slightly inappropriate tone in his message to Congress. It took a great deal of bravery to carry on such a crude and pompous act in front of Congress, but by utilizing his celebrity to draw attention to the issue of migrant farm workers, Colbert justified the old say-



Photo by www.c-spanvideo.org

Colbert shakes hands with a migrant worker after his speech to Congress on the issue of migrant farming.

ing, "There is no such thing as bad publicity."

Migrant workers take huge risks every day of their lives by just going to work.

- Siri Pairin

"I like talking about people who don't have any power," said Colbert when questioned about his support for this particular issue, "And it seems like one of the least powerful people in the United States are migrant workers who come and do our work but don't have any rights as a result."

According to FoodFirst.org, of the two million year-round and seasonal migrant farm workers who come to the United States to perform strenuous and dangerous occupations with little pay, 100,000 are children, and about one million are from Mexico. Without assets like healthcare and disability insurance, migrant workers take huge risks every day of their lives by just going to work.

With three out of four U.S. farmworkers earning less than \$10,000 a year, it's amazing that more people haven't taken a stance on the issue before. Many view immigrants as unwelcome invaders that take the

work and jobs of Americans.

"From what my researchers have found," said Colbert, "There is a lack of labor in parts of the United States, and that seems to say that Americans don't want to take these jobs."

People forget that almost everyone living in the United States today are descendants of immigrants
- Siri Pairin

Although his approach was blunt, sarcastic, and offensive, Colbert delivered his message to Congress eloquently and effectively. Migrant farm workers are among the poorest and worst-off people in the country. More often than not, however, people forget that almost everyone living in the United States today are descendants of immigrants—immigrants who experienced hardships like those coming to the U.S. today. By portraying the close-minded anti-migrant worker attitudes many Americans have, Colbert brought a much needed attention, empathy, and voice to those that, up until this point, have had none.

Comedian Colbert brings mockery to issues on Capitol Hill

By Riley Sutika

Stephen Colbert from the popular television program The Colbert Report, which satirizes Republicans and Republican principles in general, made an appearance on Capitol Hill recently to testify at a Congressional hearing on migrant farm labor. In true Colbert fashion, he turned what could have been a professional meeting of true politicians, into a publicity stunt.

However, Colbert cannot solely be blamed for his actions, which can only be described as a complete embarrassment to Republican and Democratic lawmakers alike. What made Zoe Lofgren, the genius behind Colbert's invitation (and coincidentally a Democrat), think that wasting Congress's time was a wise decision is unfathomable. Perhaps in California, where Lofgren resides, time and money are non-issues but in Washington, a blatant waste of resources is typically frowned upon.

Luckily, there was one responsible liberal present at the joke of a hearing. John Conyers, the chairman of the

committee, quickly realized Colbert's lack of seriousness, knowledge and relevance to the topic and asked him to leave. Not one to miss out on any attention, Colbert of course refused and continued his testimony. Thankfully he did, because for everybody that made it past Colbert's horrendously offensive opening statement, he granted Congress two minutes of genuine insight of his depiction of picking beans along side immigrants for one day.

With unemployment on the rise, it begs the question: Is this the appropriate time for the government to even consider granting immigrants employment over Americans who have lived and worked here all their lives? Further, is this the appropriate time for Stephen Colbert to openly mock the issue?

It is not a joke to the millions of jobless citizens who now believe that the government values immigrants over hardworking Americans. If Stephen Colbert was invited to Capitol Hill to help attract media attention to the issue, nobody can argue that he ac-

complished the goal. However, along with that, he also successfully offended Americans as well as the immigrants he claims he is trying to help.

If this is Mr. Colbert's sole purpose, perhaps he should

stick to his chosen career as a comedian on Comedy Central. There, he is free to offend beliefs on a regular basis, and leave the real work to those committed to helping America, not mocking it.

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Corporate cash threatens political process

By Catie Edmondson

In January of 2010, the U.S. Supreme Court eliminated a significant portion of a campaign-finance reform law established in 2002, ruling that the government can not ban political spending by corporations in elections. The Supreme Court decreed that corporations are individuals, and therefore have a First Amendment right to freedom of speech.

Today, the election process is based more on money than ideas.
- Catie Edmondson

This opens the flood gates for an influx of corporate spending in the political marketplace, allowing corporations to effectively buy votes. Large enterprises can now substantially influence elections in order to benefit their interests, which often conflict with those of the people.

Sadly enough, today, the election process is based more



Representative Penny Bernard Schaber shows her enthusiasm for midterm elections and cautions voters to check their facts about candidates.

on money than ideas. If a candidate with great ideas but a shortage of funds were to run against a candidate with mediocre ideas but a wealth of funds, chances are that the mediocre candidate would win. That being said, a corporation's ability to give a candidate money multiplies the odds of that candidate winning. More money equals more votes. The success of the democratic process relies upon knowledgeable voters making intelligent and informed deci-

sions at the polls. However, the bulk of campaign money is not used to provide information to increase useful knowledge that the voters can utilize. It is used to prejudice ill-informed voters against an opponent with a quick TV ad.

Representative Penny Bernard Schaber, who represents the 57th Assembly district in Appleton shared her thoughts on the Supreme Court ruling. "The decision...is a concern for me because the corporations will have an unprec-

edented opportunity to influence elections."

Representative Schaber also explained that under current Wisconsin Campaign Laws, she is not able to coordinate with outside interest groups, nor control what others say about her as a person, an elected official, or her voting record. "That means that a group may put out either positive or negative information about me, both which can be untrue or can be true," she clarified. When asked if she thinks this

case will affect the 2010 Wisconsin midterm elections, she responded, "There will be a small impact on local races in some parts of Wisconsin, but the bigger impact will be seen and felt in the Federal Position races. I think we will see the gubernatorial candidates, the senate candidates and the congressional candidates being singled out by third party corporations."

"The decision...is a concern for me because the Corporations will have an unprecedented opportunity to influence elections."
- Representative Penny Bernard Schaber

It is inevitable that when the midterms come closer, we will be barraged by print and TV ads urging citizens to vote for Joe Smith, or to be wary of Jack Jones. Do our democratic process a favor and find out from the candidates what they actually stand for.

Polarizing issues influence midterms

By Rafe Allen

As an outspoken free thinker, I take time to look at the issues facing our world and country at the moment. Global issues like the war in Afghanistan, the ongoing peacekeeping efforts in Iraq, nuclear proliferation by North Korea and Iran and the global financial meltdown, the after-effects of which are still being felt today. Then there are the domestic issues composed of economic legislation such as the recent healthcare bill, the Bush bailout continued by Obama, other government spending and also of social issues such as gay marriage, abortion and gun control.

As the midterm elections approach, each of these issues are put into place as candidates listen to feedback from constituents. It's clear people are very upset. One cause of this anger can be found in disappointment over the inability of current lawmakers to get bills passed. What many angry people do not realize is that the conservative members of the legislature are rejecting anything Democrats try to pass. In February a bill was introduced by Democrats to help pay for the long term medical

costs of the associated problems caused by inhaling toxins and other harmful particles for the 9/11 responders and clean-up workers who have since developed respiratory and digestive tract maladies. The Republican members of Congress fought the bill, striking it down in July. The GOP claims that the bill would "raise taxes and kill jobs." This strategy is the strategy of not governing to make Democrats look bad. And guess what, it's working.

"When 2012 comes, the wave will have broken hard and fast."
- Rafe Allen

The public also is angry with social issues manufactured by conservatives to prevent meaningful legislation from getting passed. The ending of abortion will not change anything from the standpoint of anything but ethics. Along with gay marriage and gun control, social matters are designed to appeal to ethics and fear. This is a clever tactic as it funnels all of this unguided anger against legislators who have never touched these subjects in a legislative manner for or against. Fear tactics are

one of the most ancient forms of persuasion as anger is one of the easiest emotions to manipulate; the Tea Party has proven this time and time again. And after its origins as a group of financial conservatives, it was hijacked by disgruntled radicals who transformed it into the group it is today lead by self proclaimed revolutionaries such as Glenn Beck and Sarah Palin.

The Tea Party is going to influence the midterm elections tremendously, and they are going to win this election riding the wave of anger and fear. But this wave will not last for long, the Republican Party is splintering and infighting between traditional conservatives and the Tea Party is the wedge in the previously solid conservative base.

When 2012 comes, the wave will have broken hard and fast, with the economy recovering jobs and people getting their livelihoods back, and conservatives will be left with legitimate conservative politicians with hurt feelings and with failed greenhorn legislators who rode the wave into office in 2010. But I can tell you now, I will be able to vote in 2012, and it will be a good year.

Conservatives rally



Illustration by Andy Barta

Conservatives have been critical of President Obama.

By Bill Hackett

Conservatives are very optimistic about the upcoming elections. There is substantial amount of discontent about the lack of action by the liberal majority; this is encouraging when coupled with the substantial push from the Grand Old Party. There is quite a bit of optimism about the midterm elections; the Republicans hope to take the majority

in Legislature.

I have been around for almost seventeen years and I now see that the more things change, the more they stay the same. I took several attacks for my conservative stance because the Republicans chose to block even the most moderate of policies put forward by Democrats. I cannot wait to watch liberals do the same thing and try to rationalize it, and I look forward to the GOP trying to put forward the same motions that the Democrats attempted. Both parties try to demonstrate how different they are while they are just getting more and more similar.

This is why I try to distance

Conservatives are very optimistic about the upcoming elections.
- Bill Hackett

myself from the bi-partisan system in its entirety. I am not seceding from the union but I prefer the idea that a loose confederacy of states can be just as, if not more effective at preserving individual freedoms while keeping the country safe in its entirety. I am a conservative, not necessarily a Republican.

FEATURES

Appleton, Wisconsin

October 2010

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Enjoy every day of October

By Jessica Stohr

Everyone knows that October 31 is Halloween, but there are 30 other days in October that can be celebrated as well.

October is all about food. It is the official Popcorn Popping Month, Pizza Month, and Cookie Month.

Also, don't forget to recognize National Angel Food Cake Day on the 10, National Dessert Day on the 14, National Pumpkin Cheesecake Day on the 21, National Pasta Day on the 25, or National Candy Corn Day on the 30.

This is also the month for remembering stuffed animals. On October 11, Snuggles gets to see high school on Take Your Teddy Bear to Work (or school) Day. However, in America, beauty is seen in diversity. So on October 28, all stuffed animals are recognized on Plush Animal Lover's Day.

October also has some historical dates. October 9 is the day Leif Erikson, a Viking explorer, became the first non-Native American to set foot on the west hemisphere. Centuries later in history, but only two days later on the calendar, comes Columbus Day.

There are still other ways to get into the spirit of October. On the fifth, remember to do something nice, especially for the teachers at Appleton North, as it is both Do Something Nice Day and World Teacher's Day. Also, "you're never fully dressed without a smile", so make sure to wear one, especially on October 7, the World Smile Day.

Finally, Halloween is a fun way to end October. Don't procrastinate on pumpkin carving and candy buying. The "all hallow" festivities are meant to be embraced throughout the month.

Trick or treating starts at 4 pm and lasts four hours, ending the month of October. Candy distributors are encouraged to either turn on their porch lights, or even better, decorate their yard or door.

Images by Andy Barta

Horiscopes: October

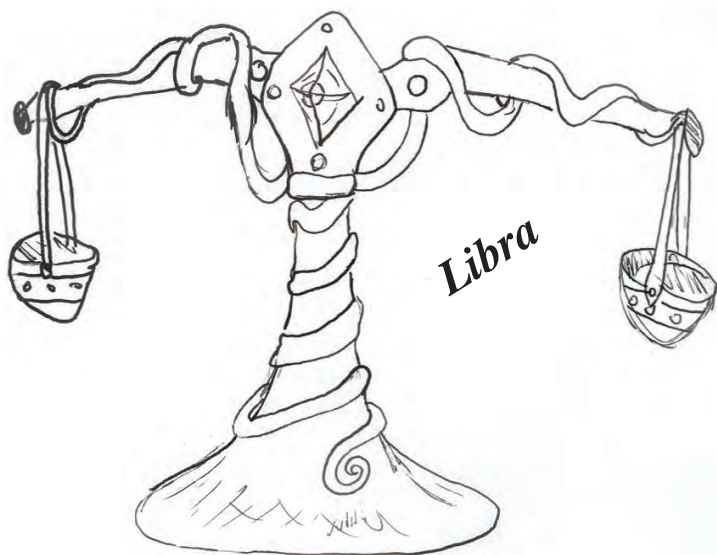


Image by Sarah Burts-Kust

By Paige Resch

Aries (March 21-April 20)
You will experience a mild ailment and wonder whether or not your horoscope really is all-knowing.

Taurus (April 21-May 20)
You will endure frustration while filling out a form. Do not lose faith; time heals all paper cuts.

Gemini (May 21- June 20)
The night of All Hallows Eve will reveal a sign to you.

Cancer (June 21-July 21)
Let go of the desire to control everything. New friends will help pick up the slack.

Leo (July 22-Aug. 21)
Seriously, eat something different for lunch. You are starting to fall into a rut.

Virgo (Aug. 22-Sept. 21)
You will soon be faced with a great decision. Follow your instincts.

Libra (Sept. 22-Oct. 22)
Do not forget to remind people that it is your birthday month. Embrace the attention.

Scorpio (Oct. 23-Nov. 21)
Do not worry; your horoscope has come through this month. It says not to trust paper fortune tellers.

Sagittarius (Nov. 22-Dec. 20)
You are at risk of falling asleep during class. Try to hold out at least until your lunch hour.

Capricorn (Dec. 21-Jan. 19)
Enjoy more of the simple things, like the cream inside a Twinkie, or the crisp, cold air.

Aquarius (Jan. 20-Feb. 18)
Wear your slippers as often as possible. Just please keep them at home and at school.

Pisces (Feb. 19-March 20)
Pay attention to the painted rock. It holds hidden meaning on your past, present, and future.

Ask Nurse Deb: Energy drinks and nutrition bars

By Arpita Wahal

Many teenagers believe that consuming energy drinks or energy bars can increase their athletic ability, consequently improving their performance.

Several of these indulgences are nutritious to some extent, yet can create many negative impacts.

Although energy foods do possess health benefits, they are relatively minor in comparison to the counter effects. Energy drinks contain nutrients and supplements providing a temporary boost of energy.

"As long as you have a healthy lifestyle and are consuming balanced meals, you will be provided with the energy you need."
- Nurse Deb

The negative impacts of energy drinks outweigh the health benefits by all means. Energy drinks are frequently loaded with caffeine. An overabundance of caffeine is often associated with negative impacts on a young teen's well-being.

In some instances, a nutrition bar may also serve as a healthier alternative to other snacks. Nutrition bars consist

of more nutrients than a bag of chips.

"The large amounts of caffeine in energy drinks can cause an increase in heart rate and blood pressure," Nurse Deb Werth said.

In addition to caffeine, energy drinks consist of many ingredients even scientists aren't entirely familiar with. The combination of sugar and caffeine can also create addictions in teens who frequently consume these in overabundance.

"As long as you have a healthy lifestyle and are consuming balanced meals, you will be provided with the energy you need," Nurse Deb said.

In actuality, energy drinks and nutrition bars will never serve as a replacement to a well-balanced meal. Energy products consist of sugars known as simple carbohydrates. Complex carbohydrates are what truly satisfy, refuel, and replenish the body.

Nurse Deb recommends that all athletes consume meals rich in protein and carbohydrates prior to a vigorous workout to obtain necessary energy.

Energy bars and energy drinks aren't harmful to an individual's well-being if consumed in moderation. However, they will never exist as an appropriate alternative to a well-balanced meal.

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Do contact sports and video games lead to teen **AGGRESSION**?

Football against violent stigma Administration takes steps to combat campus hostility

By Brooke Resch

Force equals mass times acceleration. This equation doesn't just frustrate physics students; it hangs over the heads of parents in the bleachers at football games.

The anatomy of a football player has evolved over the last few decades from a "tough guy" to a human wrecking ball. Athletes in today's leagues condition more than ever before to prepare for games. North football coach Mr. Meixl says that players are more dangerous today than they have been in years past. "It's the way we condition," commented Meixl. "We've learned better techniques to make kids stronger and we have a speed and agility program. Because of what we know now, kids are bigger, faster, stronger than they were 10 or 20 years ago."

Those well-trained athletes make for one dangerous sport. When someone is massive and can accelerate quickly, there is greater force. Most high-school-level defensive backs can exert a half-ton of force on a tackle, according to physicist professor Timothy Gay. This number is what alarms parents and keeps coaches up at night.

There is no better example of the potential dangers in football than sophomore Kyle Miller's injuries from an October 7th game. In a Junior Varsity game against Appleton East, Miller was seriously injured. He suffered a broken rib, which resulted in a lacerated kidney and a "nicked" spine. This incident has brought the dangers of football into the local spotlight.



Concussions and injuries are a constant concern of football players, coaches and fans. Many ongoing studies being conducted by the NFL suggest that brain damage caused by concussions can linger for decades. Some also are finding that mental diseases like depression are more common among former football players.

However, football is not just an event where young men are built into human weapons and then sent out onto the field to

**"Number one is their safety."
- Coach Meixl**

kill the opponent.

North's football staff takes measures to make sure that players know how to play safely. "One of the things we do is teach proper tackling technique because, yeah, there's gonna be contact. We want our kids to be safe. Number one is their safety. On Tuesdays we have Tackle Tuesdays. It's not live-out crushing people," said Meixl.

Varsity lineman John Wulterkins commented that "[Tackle Tuesdays] work on proper tackling so we don't injure ourselves in the game. They're challenging, but useful."

Meixl added, "We used to do a drill years ago called 'The Nutcracker.' [Since then] we've learned better drills to use to keep kids safe."

North also has implemented a protocol for all athletes who

are known or suspected to have concussions. "We know so much more about brain science today [it] that is a concern."

The fact is, however, that football is a contact sport. It is inarguably a testosterone-infused game where aggressive plays are encouraged. There are concerns that this instills a violent mindset in participants. There is an ongoing

debate between experts whether this is true or if football serves as an outlet to release stress in a healthy way. Coach Meixl added "I don't think the intent is to release tension or to increase violence in kids. I think football is a good outlet for some kids, whether it's the contact or the sense of belonging."

It is still hard for some fans to believe that football doesn't encourage violence. There are serious, although rare, injuries, that happen in practice and gameplay and those shouldn't be ignored. Also, typical football pep-talks include phrases that sound graphic. Meixl commented that "We use some of those terms like 'crush' or 'destroy' but they're to encourage physical play, not to hurt the opponent. Kids who aren't being aggressive are often more in a position to get hurt."

Clearly, football is hostile and players are aggressive on the field, but it's all in the name of safety.

For more information on Kyle Miller and his condition, visit www.caringbridge.org and enter *millerkyle*.

By Maggie Hackett

Usually, when students from other Appleton schools think of students at Appleton North, they automatically think of preps, not fights.

But last year at North there were numerous fights; most of which happened during passing time in between classes.

When asked about the fights, Mr. Mueller commented on them and how they can be prevented.

"We educate students about the rules and regulations through the video that everyone views the second week of school and provide information in the student handbook about violence. I express to the staff on a regular basis to immediately report if they see two people arguing, become physical, etc. When we hear from students and staff that a fight may occur we immediately have a conversation with them to confirm if there are issues."

If there are issues, Mr. Mueller follows up with the students and their parents during a meeting to resolve the prob-

lem.

Both Mr. Mueller and Mr. Allaback, the PSL officer, are informed of fights by either staff or students.

When prompted on how he prevents such fights from happening, Mr. Mueller said, "The staff attempts to be as visible as possible during passing time to deter violence or report anything suspicious."

As Mr. Mueller stated, the staff is to look out for any suspicious behavior between students; such as two students raising their voice in the hallway.

"The staff attempts to be as visible as possible during passing time to deter violence or report anything suspicious."

- Mr. Mueller

October Word

see if you can find...

AGGRESSION	CONTACT
BOILING POINT	HALLWAY
CONSEQUENCES	INJURIES
W	Y
Y	T
H	A
T	K
Y	A
A	K
K	T
E	R
T	G
R	O
G	O
O	
J	I
I	K
K	Y
Y	I
I	E
E	V
V	G
G	
N	N
N	K
K	R
R	L
L	B
B	U
U	O
O	
Q	J
J	Y
Y	E
E	A
A	H
H	B
B	H
H	
F	U
U	Y
Y	R
R	E
E	H
H	A
A	A
A	
W	R
R	B
B	H
H	R
R	A
A	Y
Y	V
V	
V	I
I	M
M	L
L	S
S	B
B	B
B	
X	E
E	R
R	U
U	A
A	Z
Z	T
T	U
U	
M	S
S	B
B	J
J	U
U	E
E	C
C	N
N	
I	P
P	S
S	V
V	T
T	G
G	I
I	Z
Z	
T	X
X	W
W	R
R	L
L	L
L	G
G	
C	G
G	L
L	I
I	I
I	N
N	D
D	
I	Y
Y	C
C	O
O	V
V	X
X	Z
Z	
V	S
S	B
B	C
C	O
O	N
N	S
S	E



What do you think, Appleton North?

Noctiluca polled a sampling of Communication Arts classes and asked for anonymous opinions on violence. About 90 students responded:

Do you think there has been an increase in violence or violent acts at North?

31% yes
66% no
3% unsure

“Not games or movies, but I think that TV make us a bit more violent.”

Is society more violent because of the influence of violence on TV, in games, and in movies?

47% yes
45% no
2% unsure

Do you play video games rated PG-13 or Teen? R or Mature?

61% yes
26% no
11% unsure

“[The media] glamorizes violence.”

“The coaches encourage kids to ‘light it UP!’ and ‘Kill Somebody.’ Obviously not literally, but after hearing that for several weeks it might increase violence in those students.”

Do you think that contact sports (like football or hockey) encourage violence?

13% yes
84% no
3% unsure

Have you been involved in violence at North High School? Either as a victim or perpetrator?

13% yes
86% no
1% unsure

Does violence in video games affect students?

35% yes
62% no
3% unsure

Video games becoming increasingly graphic

By Kiya Govek

Video games are everywhere. Children and adults are exposed to thousands of video game advertisements throughout the year. Sixty-five percent of American households play video games, and the average gamer spending 18 hours playing per week. Two of every five gamers are female, so all demographics are included. All age groups are exposed to video games, the average age of gamers being around 32. Because of this widespread impact, many people debate the morality of popular violent video games. But what kind of impact do violent video games actually have on society?

Violent video games may be a cause of increased violence in students. This may be because of the encouraged and rewarded violence in these games. Virtual realities teach children, teens, and adults that it is acceptable to solve problems with violence. Some stimulants in the game

that show up in real life, such as an accidental shove, may trigger unwanted aggression. Violence in the video games may trigger fear of becoming a victim of that same violence in real life, and therefore lead to increased violence as an attempt at self defense.

However, video games may not be entirely responsible. Increased aggression may come about as a result of hostile people starting and playing violent video games, not the other way around. A survey in 2007 showed that video games could provide people with a safe outlet for anger, without real consequences. Still, there is a danger that the anger may just be fueled, not released.

A study conducted by Brad Bushman of Ohio State University and Bryan Gibson of Central Michigan University showed that increased aggression due to violent video games may linger up to 24 hours after the game is turned off. People who think about a violent video game throughout the day after playing it are more likely to have increased aggression. Increased heart rate due to any violent video game can last 10 minutes after playing, while definite aggression will last around 5 minutes afterward. This could have unknown long term side effects. But what if this aggression were harnessed for a better cause?

The Marines and the U.S. Army have started using video games as a way to train recruits. They are much less money than the alternative expensive equipment. The Marines adapted an existing



Many popular video games, such as *Call of Duty*, simulate being a soldier in a warzone.

video game called Doom II for training use. Instead of shooting and fighting against fantasy characters, recruits fight against Nazi-like soldiers.

The point of these games isn't so much about the shooting aspect as the leading aspect. Marines work with each other in the game to learn teamwork and leading skills. The only problem with this is that these shooting games can train soldiers to shoot at anything and have no problem doing so. If video games are not used, it will mean more money is spent on buying training equipment. If video games are

used, it will mean the Marines and the U.S. Army can spend their money on other important equipment, but it will also mean soldiers who shoot automatically, soldiers that have trained in a virtual world instead of the real one.

Even if video games may be beneficial when used for training, many associations such as the American Medical Association, American Academy of Pediatrics, American Psychological Association, American Academy of Family Physicians and American Academy of Child & Adolescent Psychiatry state that video game usage in children and adolescents probably will have a negative effect. Violent video games introduce violence to children at an early age and continue encouraging it throughout their life.

These games that are such an integral part of an American's life could have a huge impact on the crimes and violence in schools, work, and other public or private places. If violence becomes acceptable for a child, they will still believe it is an acceptable solution to problems as an adult. If people who play violent video games do not think about them when they are not playing, they are less likely to be effected by the rewarded aggression. If restraint is exercised and those who play realize the line between fantasy and reality, there is no increase in aggression. But if children, teens, and adults forget that line, violent video games can lead to crimes and violence.

Graphic design by Brooke Resch



CONTACT VICTIM
ALWAYS VIOLENCE
TRIES VIRTUAL REALITY

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



Video games began with innocent objectives, like in Pong, but have since transformed to include increasingly violent and racy content.

FEATURES

Appleton, Wisconsin

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Teacher

Feature:

Frownfelter

By Catherine Backer

A flash of sequins and leopard print fly down the hallway. A tall, freckled, fashionista turns the corner on edgy high heels. Is it model right off of the runway? No, it is the much beloved Mrs. Frownfelter, lovingly known as Frownie.

Director of both the Men and Women's Overture Choirs and Women's Choral Society, Mrs. Frownfelter brings music to innumerable students. But what do students truly know about Mrs. Frownfelter?

As a high schooler, Mrs. Frownfelter was a very involved student. She took part in swing choir, swimming, volleyball, National Honors Society, musicals, and was the president of Masters Singers. She also taught swimming lessons and was a lifeguard during high school as well.

Those in any of Frownie's classes know that she loves to spurt random, hilarious stories to brighten their days.

One of these time-old tales is the scar story. When Mrs. Frownfelter was on the varsity freshman swimming team, she remembers the team being required by the upper-classmen to not shave their legs because it is a disadvantage while swimming.

"I turned into a beast. I had at least two and a half inches of jet black hair growing out of my legs," says Frownfelter. Pressing extremely hard, Mrs. Frownfelter attempted to shave part of her wild legs. Not only did the hair shave off, but layers of skin came with it.

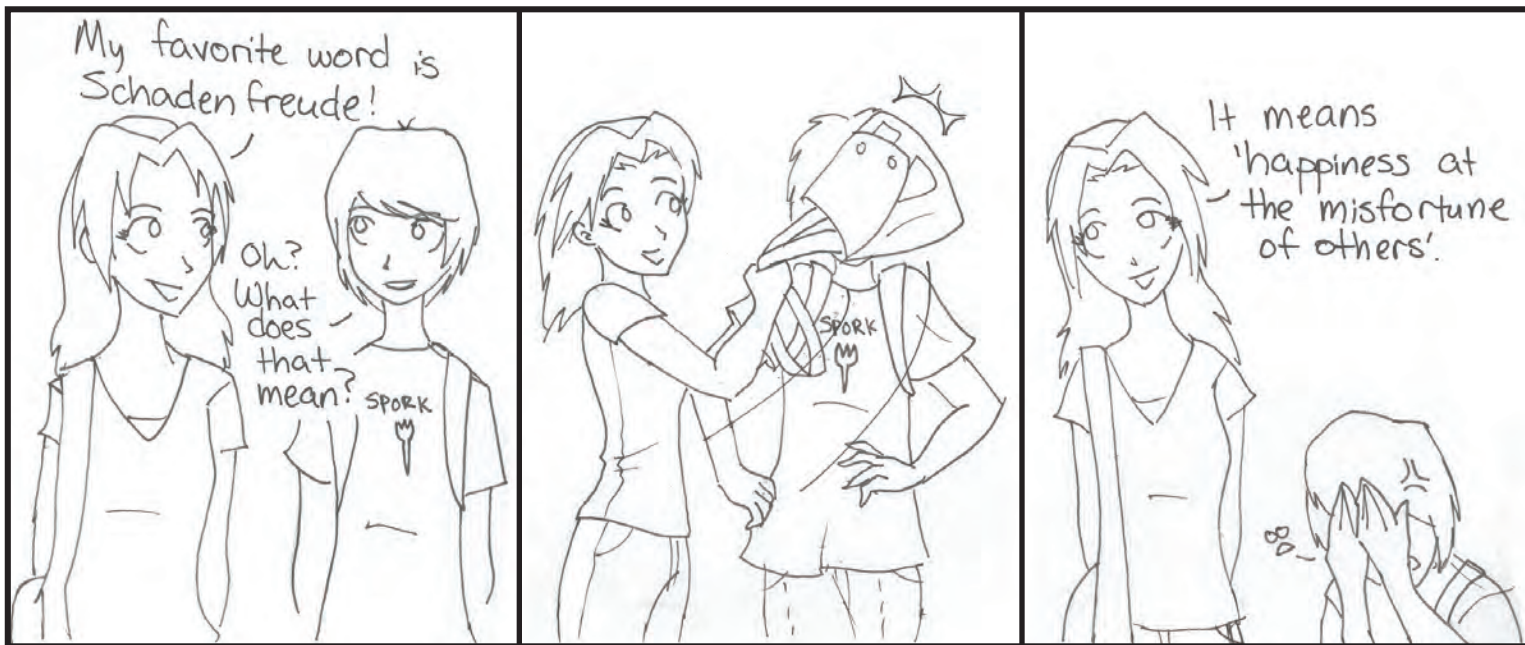
"It was eight inches long and about two-thirds of a razor blade thick right along my leg bone."

She then had to walk right past the varsity men's swimming team to staunch the blood with towels. They fondly called her "bleeder" thereafter.

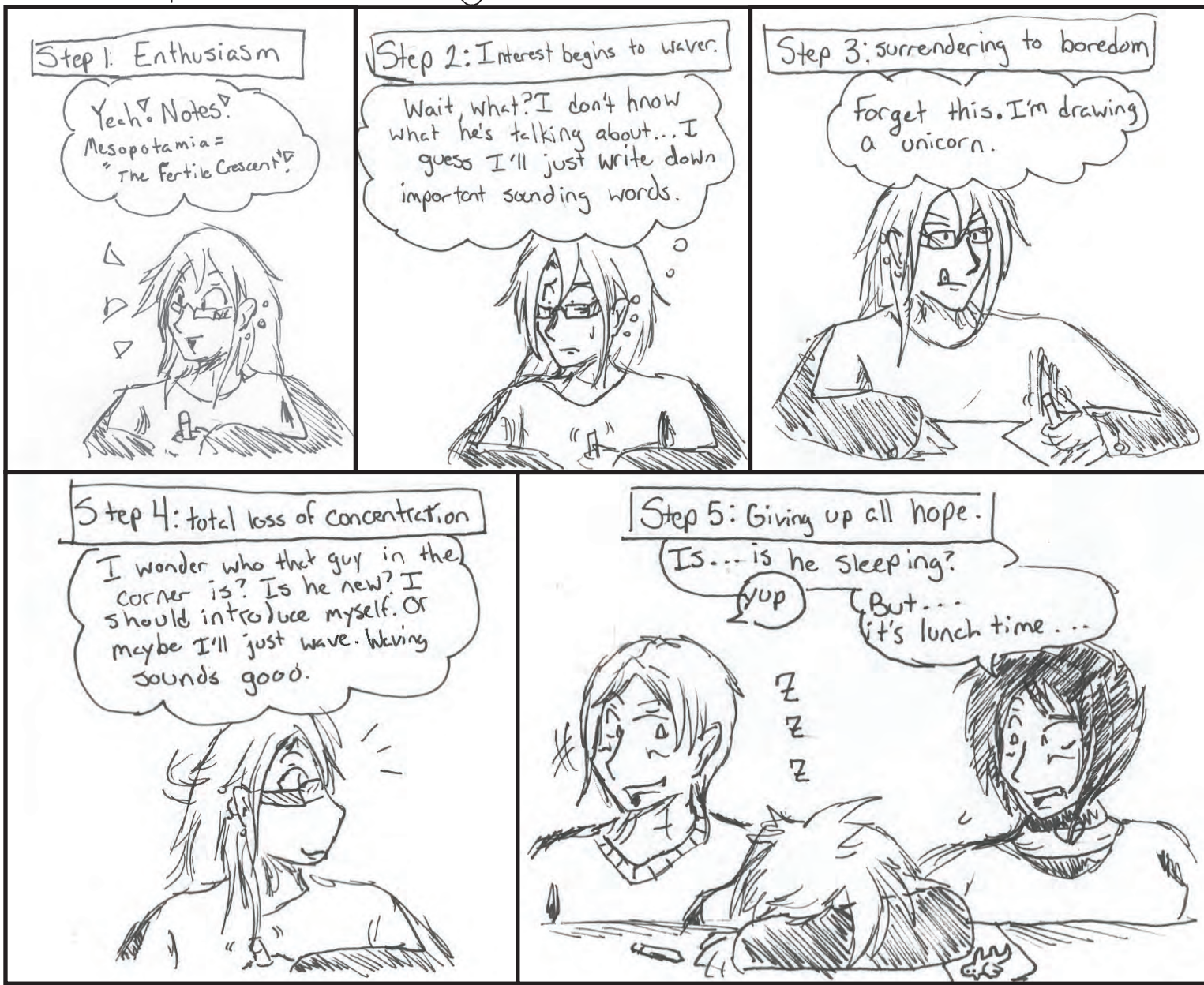
All of Frownfelter's students appreciate her sense of fashion, but wonder where it comes from. "Being fashionable is almost like wearing a costume... you can be whoever you want to be, and it makes you feel good." She especially loves to wear animal prints.

With a life mantra of "Work hard and play harder," Frownfelter truly is a playful teacher, hard at work.

TREKing thru High School By Abigail Zabronsky



Five Steps to Failure By Sarah Burts-Kust



October sudoku

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

September sudoku answers

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

Watson checks into Ohio State

'The Annihilator' verbally commits to Buckeye hockey

By Timothy Westmark
and Rachael Weber

What do you get when you cross a hockey stick, testosterone, and a 6' 3" killing machine? Not a bird, not a plane, but the ideal hockey player known best as Clifford Watson. On Monday, September 27, 2010, at 7:23 p.m., while watching hockey on his couch with his family, the Appleton North High School junior verbally committed to Ohio State for hockey.

"Mark Osiecki has always been a coach I really respected," said Watson in a steamy, odor-filled locker room after a tough skate. "He used to be an assistant coach for the Wisconsin Badgers hockey team so when he became the head coach at Ohio State, I couldn't resist his offer."

Watson was drafted this year in the later rounds of the USHL (United States Hockey League) by Sioux City, the same organization that drafted Matt Paape, a former standout

from North.

Although Watson is playing high school hockey this year, Sioux City still holds his rights and it is likely he will play for Sioux City next season and for the 2012-2013 season before joining Ohio State. His arrival in Columbus is dependent on his development.

It all started 13 years ago at the Blue Line Ice Arena in Sheboygan. As soon as his blades touched the ice, his father knew he was destined for greatness. Watson quickly surpassed the skill level of opponents his age and began traveling far and wide in search of worthy opponents.

Watson has spent his past two years playing for Appleton United during the team's most historic seasons ever. With his assistance, United has won two conference championships along with many other accomplishments.

Watson is also a member of Team Wisconsin, an all-state team that gets high recognition from scouts across the



Photo by Helene Watson

Watson looks for space to head up ice in a game.

country.

It is rumored that scouts began salivating when they first laid eyes on his immaculate puck handling skills and flawless ability to obliterate any forward who skates within "the death zone" (common-

ly feared by hockey players abroad as the area up to 20 feet in front of Watson's person).

Mark Osiecki, the renowned coach of the Ohio State men's hockey team has a likely chance of coaching Watson in the future.

Watson enjoys long morning hockey practices followed by big breakfasts composed of protein, chocolate milk, and at least four bags of potato chips.

When inquired about this peculiar selection of food-stuffs, Watson replied, "It's all in the potato chips. They provide me with all the essential vitamins and minerals that help me grow big and strong. I wouldn't put my faith in anything else to help me refuel more adequately after a pains-taking workout."

**"Mark Osiecki has always been a coach I really respected."
- Cliff Watson**

Regardless of what makes the gargantuan Watson such a proficient hockey player, his future opponents are already quivering at the thought of going toe-to-toe with "The Annihilator" in a Buckeyes' hockey game.

Watson's friends and family continue to applaud his successes and wish the best for him in his future.

Runners poised to peak at right time

By Alex Vanden Boogaard

For three Appleton North Cross Country Runners, success is measured by dedication, preparation and perseverance. Rachael Weber, Jenny Jones and Mary Kate Ontaneda hope to build on this recipe to peak at the right time.

This recipe begins quite literally with what they eat. It is important to have a solid base the night before a meet and drink plenty of water. "I drink about three bottles of water before the meet," junior runner Jenny Jones said.

"The night before a meet, we always have a team spaghetti dinner," senior runner Rachael Weber said.

It's very common for athletic teams to have spaghetti dinners before a big meet. Not only do athletes lay a good foundation for themselves the night before a race, but they develop communication and trust from their teammates and host families. It's obvious these events have strengthened these runners' camaraderie.



Photo by Susan Greenwood Powers

Rachael Weber hopes to win the state meet.

"The expectations I had for myself coming into this year were to run under 16 minutes," Mary Kate Ontaneda, the number three runner on varsity said. "We also want to be competitive in every race, have a fun season, and enjoy every meet and workout, because it's hard, but a lot of fun."

What really separates Ontaneda from last season is the work that she put in during the offseason. "I went to our cross country running program that we have over the summer; running every other day really helped to prepare me for the season."

As for Weber, she wanted to focus more on being a leader and helping the team improve. "I want to finish this season knowing that I put everything into it and worked as hard as I possibly could," Weber said. "As far as racing, I want to be able to train smart and peak at the right time, which will hopefully be in Wisconsin Rapids at the state meet."

Although Weber hasn't necessarily ran her best at the state meets, she continues to improve and make strides towards her ultimate goal of winning it all. "So far, my fastest time is 15:09 this season, which is a



Photo by Kelly Stymiest

Jenny Jones continues to improve her times.

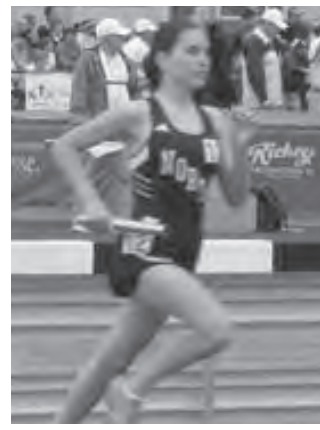


Photo by Kelly Stymiest

Mary Kate Ontaneda continues to compete.

big improvement from where I began. I feel really strong and am really confident about improving my times in my next couple of races," Weber said. Her fastest time ever is a blistering 14:24 and although it seems unattainable, Weber would be the first to say it is.

When asked about her favorite course, Weber replied "easily, Seymour. The course is flat for the most part, but at the end there is this absolutely gigantic hill. By the time I get to the top, I lose most feeling in my legs but running down the hill is enjoyable."

Jones has already reached

her personal plateau. "I have already broke my personal record for the season with a time of 15:34 and work to improve it every day."

As physically demanding as cross country is, Ontaneda and Weber each have their personal favorite songs and artists that get them going before each race. "I don't have a set artist, but my best friend and I always have to listen to 'I'll Make a Man Out of You' from Mulan and 'Monster' by Skillet before every race."

As for Weber, she prefers Eminem and his inspirational lyrics in the albums *Straight From the Lab*, and *The Marshall Mathers LP*.

The closer the end of the season comes, the closer these girls become. "The best part about being on the Appleton North Girls Cross Country team is the friendships that are formed," Ontaneda said. "I've become so close with some of the girls on my team, they're like a second family. We tease each other, push each other, and are never bored together. It's wonderful!"

SPORTS

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Girls golf makes progress, sends two to Sectionals

By Andrew Vanden Boogaard

Last year the Appleton North Girls Golf Team had four seniors, and experience to prove it. This year they bring three juniors, three sophomores and five freshmen to the table.

Expectations may not appear to be very high, yet Coach Greg Huenink looks at this situation in a more positive light. "We set goals that are of a relatively high standard" he said. "We wanted to be able to have a team score of 200 (which is when five girls golf, and we take the four highest scores), which we achieved. Also, we wanted to send someone to the Sectional meet, which we accomplished as well."

Consequently, the team didn't send just one girl to the Sectional Meet, but two. Both Lauren Jennings and Maddie Severson qualified for the Sectional meet, which was a tremendous achievement for the team. What makes this feat even more special was the way that it was accomplished. "Golf is different than sports like basketball, football or soccer," states Huenink, "it's all about the individual, and when

a junior and a sophomore can go and compete with larger and tougher competition, that's definitely something to be proud of."

Besides, again unlike the team-oriented sports of baseball and volleyball, golf does not have a captain or a person who assumes responsibility for the entire team. Instead, as Huenink describes, "It's the individual against the golf course, and that's what we look for. Who's working hard, who's trying to get better? The upperclassmen and more experienced golfers try to lead by example, and it's exciting to watch."

But above all else, while North does have some respectable play, commitment from the girls is still needed. "We want more girls to commit themselves to get better, and the drive to get better is what we continually look for," Huenink said.

In total, North will return at least 11 players next year, as well as compete with higher goals, more experience, and an overwhelming drive to be a contender for next year's conference and sectional titles.

Moss's addition adds lethal threat to Vikings

By Andrew Vanden Boogaard

Brett Favre has his shocking new receiver waiting; now it gets interesting. The Minnesota Vikings acquired future Hall of Fame receiver Randy Moss last week in a blockbuster trade which now puts Minnesota, though still two games behind the NFC North Division leader Chicago Bears, in the thick of it all.

"I'm very fortunate to be back home where it all started," said Moss. "I didn't really know what to expect. [But] I'm back home." And for Moss, that's all he will need. Moss is now ready to get back to what he does best, and that's being a deep threat on the field and a motivator off it.

In addition, if records hold true, look for Moss to have an immediate impact on the Vikings offense. "I still feel obligated to make this thing happen because when nobody wanted to give me a chance the Minnesota Vikings did give me a chance," Moss said to ESPN.

It's a good thing that the Vi-



Photo by dailymail.co.uk

Randy Moss is back and will be a target for Favre.

kings did give Moss a chance; now the Vikings are back with an offense which could still power its way into the post-season. With a stellar running attack with Adrian Peterson, tremendous talent with Bernard Berrian and Percy Harvin, a tough tight-end with Visanthe Shiancoe and, of course, Moss, the Vikings look back on their way.

Yet with all this mass hysteria, the Green Bay Packer's still remain focused on them-

selves and ready to do the jobs they already have. The Pack remain impartial to what has gone on and are trying to stay alert with their own problems and game-plan.

Nevertheless, a fan can't help but become excited with what has gone on and feel ready for the October 24 showdown between these two teams at Lambeau. But as of now, each team tries to remain calm and take this situation day by day and week by week.

Girls swimmers working hard

By Trent Tetzlaff

Not many high school girls would wake up at 5 a.m. singularly for swim practice, but the Appleton North Girls Swim Team does. Many wouldn't think of swimming as a tough sport, but the long hours put in by the girls show that it is harder than it looks.

"The team is doing an incredible job in the pool this year."

- Jordan Johnson

Three days of the week, the girls will have two practices a day; one in the morning, and one after school. These long hours that the girls put in each and every day pay off greatly and their record shows it.

The team is 4-2 so far in dual meets this season, losing only to two tough conference opponents in Neenah and Oshkosh North.

"The team is doing an incredible job in the pool this year," says junior swimmer Jordan Johnson, "along with



Photo by Amy Siracusa

Jordan Johnson prepares for a flip turn at practice.

keeping good grades, and keeping a fun social life."

Some of the top swimmers on the team include Meghan Wilson (breaststroke), Maggie Garvey (fly), Andrea Bryson (freestyle), Ally Enterline (freestyle), Maci Iotte (freestyle), and Mikaela Schwantz (freestyle).

Although the team has many great individual swimmers, it's more about working together and winning as a team.

"It's a tough thing to do, getting up most days at 5 to go swim, and then having to swim after school with homework

and all, but in the long run it's worth it," says junior swimmer Amy Siracusa.

"It's a tough thing to do getting up most days at 5 to go swim."

- Amy Siracusa

The team still has three meets remaining; two at home against Berlin and Fond du Lac, and one on the road against Oshkosh West. The swimmers will keep up the hard work as they try to make a final push towards state.

Boys Cross Country sees surge in new runners

By Max Edwards

With the Appleton North Cross Country Team's season in full swing, participation is at a record high. "We have a nice mix of experienced and novice runners," mentions Coach Tom Phillips. "Our experienced runners offer leadership and 'race smarts', while our novice runners offer enthusiasm and a willingness to learn."

This year, 60+ runners, including new as well as returning athletes, are under the direction of an excellent coaching staff, including head coach Annette Jadin and assistant Stephanie Vanlanen. When asked about the boys team's status, Jadin answered, "The core of our boys team is made up of a group of young runners. We have been working hard throughout the season in practice and invitationals in order to be prepared for our conference and sectional meets coming very soon."

"Our numbers have always been [high], but this season, we have more boys than usual,

due primarily to the high number of freshmen," adds Phillips.

The current boys varsity line-up includes: Tommy Ziolkowski, Jordan Knapp, Max Edwards, Patrick Lowery, Austin Herrling, Matt Hendrickson, Calvin VanRyzin, Russell Doupe, and Alternate: Gunner Goerden.

Many runners on the team happen to be underclassmen, and this gives the coaches confidence that the team will gain strength in the coming years. "The cross country coaches are very pleased with the work ethic of most of the cross country runners. [The majority] of our athletes are working very hard in practice. [Many] are setting personal records in the most recent meets, and the ones who aren't already have very fast race times," said coach Doug Davis.

Looking into the years to come, Phillips said, "Because of the balance of new and veteran runners, we plan on being conference contenders in the foreseeable future."

Muse takes over Milwaukee

By Sarah Dalgleish

Five thousand fans greeted the genre-bending artists Muse on October 6 at the Bradley Center. The band's return marked the end of a six year hiatus to Milwaukee.

Native Brits Chris Wolstenholme (on bass), Matthew Bellamy (lead singer, guitarist, and pianist), and Dominic Howard (on drums) were joined by up and coming band, Passion Pit.

A surprising performance by Passion Pit opened the show, showcasing their eclectic sound. Despite the strong electronic influence on the album, the band impressed Milwaukee, especially with lead singer Michael Angelakos's high pitched vocals. Their hit songs off their new album "Manners" were well received by the crowd.

While Passion Pit concluded, fans pondered the purpose of the three sky-high towers being erected in the background. Their question was finally answered when Muse took the stage. As the opening notes of "Uprising" filled the arena, the towers began to split apart to reveal each band member standing on their own personal pedestal. While



Photo by abduzeedo.com

Muse incorporated a laser show into their performance and eyeball balloons over the screaming audience.

they played, the towers with built-in holographic screens projected images of the band. Onlookers were stunned, but still doubted the show could get any better, especially after their performance of their number one hit song off their album "The Resistance."

The show, like the colossal towers the band played on, ascended new extremes. The light technicians treated the fans to a laser show consisting of hundreds of neon green la-

sers piercing the effervescent audience.

Throughout the concert, the towers were utilized as not only a set, but for effect. Hypnotized fans watched images of biological anatomy, hundreds of seeking eyeballs, montages of politico-social messages, to figures trying to swim to the top of the towers or tumbling down stairs.

The images, normally so contrary, fit together when Muse brought to the stage,

complementing their songs and coexisting to create an unforgettable experience.

Midway through the set, Matt showed off his piano grandeur in the song "United States of Eurasia." This song was a change of pace from the rest of their upbeat songs.

Fans were ecstatic to see that the band did not limit themselves to playing only songs off their new album. They brought back some old time favorites such as "Star-

light" and "Supermassive Black Hole."

A stellar guitar solo concluded "Starlight" and huge eyeball-like balloons filled with confetti were thrown into the crowd. The band members joined in on the fun, head butting the balloons to the audience.

The evening was spectacular. Muse surpassed all expectations and is definitely a must see for any Alternative/Rock lover.

House returns to FOX

By Monica Stoeger

"Everybody lies..."

When you hear this quote, it can only mean one thing: Doctor Gregory House, played by Hugh Laurie, is back with a new medical mystery to solve.

Fans had waited in anticipation of September 20, the day the seventh season of FOX's House M.D. premiered. Having endured some new twists and turns, fans were left asking, "Now what?" Perhaps the most intriguing plot line House

enthusiasts were anticipating involved the manipulative diagnostician and his boss, Lisa Cuddy (played by Lisa Edelstein). After both confessed their undying love to each other, the two lovebirds decided to enter into a full-fledged relationship.

House M.D. is a medical drama involving Dr. Gregory House, his capable medical staff, and assorted other co-workers.

The opening of each show revolves around the patient

and the symptoms which lead to their being admitted to the hospital. These symptoms range from the very simple to the very extreme. The patient is later referred to Dr. House when no other doctor can come up with a proper diagnosis.

After multiple failed attempts at a cure, the patient often deteriorates toward a critical condition. Racing against the clock, House and his teammates must reach a conclusion, and save the patient.

Even though this physician may display a poor bedside manner, exhibiting little sympathy, and often shouting at patients, he is a genius when it comes to diagnosing mysterious maladies that threaten his patients' lives. Though he suffers from a bad leg and a serious drug addiction he is one of the best medical professionals there is.

House is not afraid to break the law in order to solve his puzzles; he even goes so far as to break into houses, or steal patients personal belongings. Fortunately, he almost always succeeds in saving each patient.



Photo by poolsby.com

Tune in on Mondays at 7 p.m. for House M.D.

Television review: Pretty Little Liars premieres

By Corrine Austin

Picture a girl, effortlessly skinny, long wavy blonde hair, a heart shaped face, and deep sapphire blue eyes. She may be just a fictional character but for four wandering girls in the pristine suburb of Rosewood, this girl was more than real. On June 8, a new show about hidden secrets and lies premiered to much enthusiasm from fans of the Pretty Little Liars books.

Two can keep a secret, if one of them is dead... what really happened the night Alison DiLaurentis disappeared?
-Corrine Austin

Her name was Alison DiLaurentis. All of the boys wanted to date her, and all of the girls wanted to be her. Other lead characters include Aria Montgomery, a misfit to her peers, Spencer Hastings, competitive

both in school and on the field, Emily Fields, competitive swimmer and Hannah Marin a chubby "loser" that no one wants to be around.

All four were suddenly chosen to become Ali's new best friends, creating an unexpected clique. During a celebration in Spencer's barn, Ali unexpectedly disappears.

The show began on the anniversary of Alison's disappearance. With Aria back from a year in Iceland with her family, Spencer an incessant over-achiever, Emily a champion swimmer, and Hannah now the new "it" girl at school, their lives are pretty normal until a text message suddenly changes everything.

Each of the pretty liars are found to have had a motive for wanting Alison dead. In a show that entices you from the beginning to the end of season one, the eerie words, "because two can keep a secret, if one of them is dead," will continue to make viewers wonder what really happened the night Alison DiLaurentis disappeared?



www.susanboylemusic.com



www.leonalewismusic.co.uk



www.britneyspears.com



carolburnettfan.com



www.jenniferlopez.com

Glee features Susan Boyle, Leona Lewis, Brittany Spears, Carol Burnett, and Jennifer Lopez in its highly anticipated upcoming season.

Great expectations for Glee's second season

By Isabella Lucas

On September 21st, the hit musical comedy show "Glee" wowed viewers with its season two premiere. Ryan Murphy is accompanied by Brad Falchuk and Ian Brennan as co-creators for the weekly one hour show, jam packed with all the drama, music and comedy you could ask for.

"Glee club... it's about expressing yourself, to yourself."
- Will Shuester

The show follows Will Shuester (Matthew Mor-

ison) as he pursues his goal to bring back the passion for McKinley High's Glee Club while showing his students they each have their own star potential. Not so thrilled cheer leading coach Sue Sylvester (Jane Lynch), executes a series of diabolical plans to put a stop to Will's goal and to benefit her cheer leading team, the Cherro's. During season one, while educating his students, Will said "Glee club... it's about expressing yourself, to yourself."

In the upcoming season everyone can expect surprises and shocking moments that will be talked about by all true Gleeks. Susan Boyle, Carol

Burnett, Brittany Spears, Leona Lewis and Jennifer Lopez will guest star on the show.

As a gleek herself, North's overture choir teacher Mrs. Frownfelter is thrilled about the new season.

When asked what she wants to see in the approaching episodes, Mrs. Frownfelter said, "I would like Rachel to not look like a cartoon when she sings. She over exaggerates and it drives me nuts."

Thinking about the highly anticipated Britney Spears episode, Frownfelter exclaimed "I would like Uncle Jesse (newly dubbed Carl on Glee and played by John Stamos) and Will to do a duet and have

a dude fight over the ginger."

Mrs. Frownfelter would also like to see "the cute girl with down syndrome join glee club for a while" and "more songs from Kurt, Brittany and Santana as Britney Spears, Beyoncé and Lady Gaga."

On September 21st, the hit musical comedy show "Glee" wowed viewers with its season two premiere.
- Isabella Lucas

With the season premiere, Coach Sue said "I will no longer be carrying around a photo

ID. Know why? People should know who I am."

This next season is expected to bring with it not only appearances by popular celebrities, but also great song selections and spectacular performances by the cast. The cast is especially excited about performing a selection of Beatles songs, handpicked by Sir Paul McCartney accompanied by a note reading: "Hi Ryan, I am hoping you would consider some of these songs for Glee".

If music and drama spark your interest, listen to Coach Sue and find out about the cast, the music, and the guests on Glee!

Artist of the month: Bruno Mars rocks the music charts

By Sara Sigman

"When I see your face, there's not a thing that I would change. Cause you're amazing, just the way you are." His words could melt a girl's heart, and Bruno Mars seems to know that.

The 25-year-old from Honolulu, Hawaii is a new artist to most people, but has actually been involved with music his entire life. Coming from a musical family, he would perform with his father's band in Hawaii for tourists. His brother also is the drummer for his current band.

When he was 18 he moved to Los Angeles to pursue a solo career. When things didn't go well, he became a songwriter. He formed the production group The Smeezingtons, with business partner, and best friend Philip Lawrence they became very successful. Their most notable work is producing "Right Round" for Flo Rida.

He went from behind the



Photo from Wikipedia

The Bruno Mars album has been highly anticipated.

scenes to center stage by performing on songs he had written for other people. "Nothin' on You" with B.o.B and "Billionaire" with Travie McCoy were the songs that first got him noticed as a performer. But it wasn't until his first solo single, "Just the Way You Are", when Bruno Mars started becoming a household name. It recently became #1 on the

Billboard Hot 100 Chart. His debut album, Doo Wops and Ho Li Gans, is out now.

So how did he get the name Bruno Mars? His actual name is Peter Hernandez. He got the nickname Bruno after the wrestler Bruno Sammartino because he was "kind of a chunky baby." He later added Mars because he was "so far out of this world."

Read *Paper Towns*

By Megan Van Boxtel

Quentin and Margo have been neighbors forever. As different as two people can be, Margo surprises Quentin one night by appearing in his window. She then proceeds to lead him on an unforgettable nighttime adventure. Quentin is left thinking he has just created an unbreakable bond with Margo but when she suddenly disappears without a trace, Quentin, the last one to really see her, is left to pick up her trail.

A paper town, otherwise known as a fictitious location placed on a map for either fun

or copyright reasons, is one clue Margo leaves behind. It appears as though these clues are left for Quentin to piece together but does the elusive Margo really even want to be found?

John Green writes with such realistic clarity in this novel. Mysteriously clever, the plot takes unprecedented twists at every page turn.

Paper Towns is Green's third young adult novel. Looking for Alaska, An Abundance of Katherines, and most recently, Will Grayson, Will Grayson have gained credible successes thus far as well.

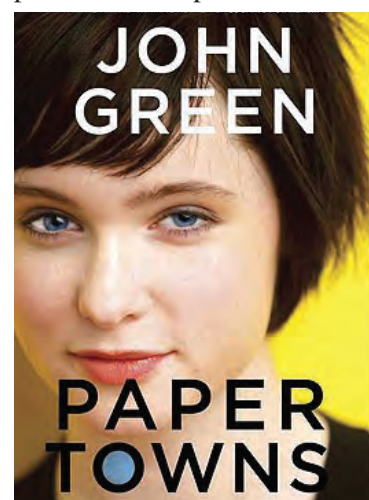


Photo from Wikipedia

Paper Towns is truly an exciting young adult read.