

the appleton north NOCTILUCA

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With help, scars can heal

Self-harm a serious
issue facing teens

By Megan Van Boxtel



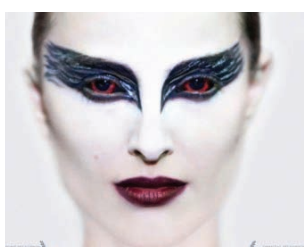
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"I never pictured myself cutting" are the words of one Appleton North student who, despite her preconceived ideas about herself, began the dangerous activity that affects many teenagers nationwide.

Self-harm, in the form of cutting, has affected one percent, or over two million people, in the United States in the past decade, according to Medical Health America. For most people dealing with this situation, the need to injure one's self stems from a need to escape from reality.

"I did it to ease the pain," admits the student who in a confidential interview said she has moved past that part of her life. As she described how her need to self-harm began with a friend's bad influence, she confessed that it was not until a book read in class one day caused her to research her problem and to try to stop

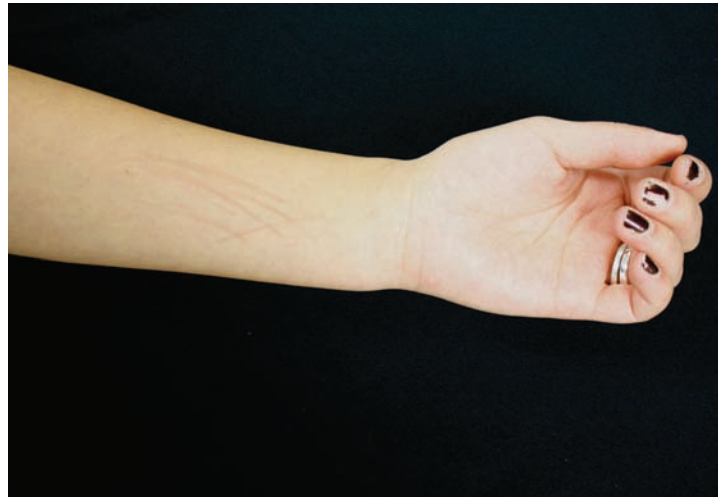


Photo by Jensen Enz

Some use cutting to try to escape from reality.

**"Talking to a trusted
adult is very
important."**

- North school social worker
Debbie Strick

it while she could. Although her family was worried and her focus on schoolwork had dropped dramatically, she noted that it was difficult to stop the self-injury because it actually felt good when compared to what was going on in reality.

Another North student who

admits that he began cutting in the fifth grade and still continues to do so, said in an interview that the self-harm "felt good." Despite the aid of counselors, doctors, and exercise to take his mind off of the struggles in life, this student discloses that he "has yet to find a substitute" for cutting. A fight with a family member triggered his need to self-harm, he said, but now he finds "any excuse to do it."

According to North school social worker Debbie Strick, self injury is a maladaptive

Special Report

How to help someone who is self harming, Page 2

coping mechanism that is used by about one percent of teens. To self injure is to intentionally harm ones body, most commonly by scratching, cutting, or burning. "Self harm does not necessarily mean that an individual is feeling suicidal or is depressed. However, that may be the case depending on the individual," she said.

As self-harm is a problem that affects teenagers more than any other age group in the United States, it is imperative that the causes and effects of such an issue are known so as to prevent it from happening more than it already does. Help is out there, Strick said. "Talking to a trusted adult is very important. Teens that self harm can successfully stop when they learn to use effective strategies for coping with their emotional pain, mounting tension or anger."

Often, help can come from a
See Self-harm, Page 2

Arizona shooting a surprising tragedy

Commentary

By Abbey Edmonds

We are not yet aware of what motivated 22-year-old gunman Jared Lee Loughner to fatally shoot six people, including a young girl and a federal judge, and wound 14 others, including Representative Gabrielle Giffords on Jan. 8 outside a Tucson shopping center.

Newly elected for her third term, Giffords represents the contentious Eighth District of Arizona, the district that borders Mexico. Giffords was hosting "Congress on your corner," an opportunity for the representative and her constituents to interact, listen, and support each other when the assailant opened fire, emptying 30 rounds into the previously serene crowd.

The attacker was taken into custody and now faces five federal charges, including the attempted assassination of the congresswoman. Despite the chaos surrounding the attack, Daniel Hernandez, an intern for Giffords, rushed to her aid,



Photo from Time.com

After the shooting, thousands came together to show support for the victims.

applied pressure to her hemorrhaging wounds, and held her in a sitting position to prevent Giffords from choking on her blood.

Tragically, the carnage claimed the lives of childhood sweethearts Dorwan and Mavy Stoddard, newly engaged Gabe Zimmermann, loving grandmother and avid quilter Phyllis Schneck, John Roll, a fair and dedicated Arizona Chief, and nine year old Christina Taylor Greene, a newly elected official in her school's student council, avid dancer, swimmer, and aspiring major league baseball

player.

During a televised memorial service for these victims, President Obama remarked, "I want our democracy to be as good as [Christina] imagined it. All of us – we should do everything we can to make sure this country lives up to our children's expectations." In the same speech, the president announced that while friends were visiting the Congresswoman's recovery room, Giffords opened her eyes for the first time since the attack – a remarkable and unexpected achievement considering 48 hours before she had sustained

a gunshot wound point blank to her head.

Governor of Arizona Jan Brewer responded to the tragedy saying, "Arizona is in pain, yes. Our grief is profound. We are yet in the first hours of our sorrow, but we have not been brought down. We will never be brought down." Although America bears the weight of this atrocity, it reminds us that no matter our social standing, wealth, or possessions, we are all humans, and that it is our relationships and the impact we have in the lives of others that matter most.

Group helps band build business sense

By Christian Bakken

The Honors Band has partnered with Junior Achievement, a group that promotes understanding of business and entrepreneurship, in an intriguing plan to gain experience working in the music industry.

In this program that Junior Achievement carries out every couple of years with various high school band programs from around the Fox Valley, North's Jazz I will join jazz ensembles from Appleton East, Little Chute, and Oshkosh West in creating a CD featuring several of their top songs. In addition, they will compete against these other schools in marketing and salesmanship.

For the last few months, WAPL DJ Len Nelson has represented Junior Achievement in helping all band students create a business plan and strategy

to produce and sell these CDs to a diverse variety of people. To showcase the talents of the bands to the community, these bands are also holding a concert at the Performing Arts Center in March, 2011.

This program has helped many students gain a better understanding of music and business. "I think it's a great opportunity for the music programs at North to experience a real world music opportunity," says trumpet player Jon Brumm. Trombonist Justin Walters agree. "It lets you explore a whole new aspect of music," he said.

The North band students still have a lot to do in order to obtain a successful outcome for the CD but no matter the end result, they will definitely come away with new practical knowledge about how business and music can be applied in the future.

Self-harm: There is help, hope



Photo by Jensen Enz

Tips to help a friend

- Listen to your friend.
- Talk honestly and frankly; if you are worried, tell them.
- Get help; encourage them to talk to a trusted adult.
- Let an adult know. Talk to a school guidance counselor or social worker if you need help.
- Resources: Crisis Intervention (920) 832-4646; 24 Hour Youth Hotline (920) 731-0557.

friend who knows someone is cutting, Strick said. "If you are worried about a friend who is harming themselves, or a friend that seems depressed, show concern, but not alarm. Listen. In a private setting, help them by allowing them to talk rather than acting out their pain," she said.

"Let them know that you don't want them to see them hurt themselves. Encourage

them to talk to a trusted adult such as a parent, counselor, or social worker," Strick said.

For the North girl who never pictured herself cutting, the stress of everyday life causes her to want to start again. But this brave student realizes that cutting is "just not right."

"Sometimes I have to talk to myself to snap out of it but I know now that cutting won't help me at all," she said.

What follows is a diary excerpt from a North student who agreed to be interviewed about her experience with cutting.

Almost everybody has been through depressing times and stressful situations. Adults at work and teenagers at school feel this kind of stress and emotion. Some can't get their minds off of whatever situation they're in and this feeling can lead to depression...

For teenagers, it's drama, or their parents pushing them to be a perfect kid, or become a straight A student in school...

Clearly, every year more teenagers are experiencing this kind of depression, but there is hope with a little bit of faith.

If you've been under depression, and you still are, I hope you're reading this. If you need help, there's always a way to find someone who can help you....

"If you believe it, then you can achieve it." This quote can be used for anything you wish to achieve in life, especially a situation like this.

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WHAT YOU WANT
OUT OF LIFE AND
HOW TO GET IT.

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Snowball a great night for freshmen

By Catie Edmondson

On Saturday January 8th, freshmen from five Appleton high schools (North, East, West, Fox Valley Lutheran, and Xavier) attended "New Years Eve In Times Square," the annual winter freshmen formal, better known as Snowball. Hosted by East High School's choir, the Easterners, the Snowball Facebook page boasted a total of 244 students attending, but it was clear from the cramped East commons dance floor, the turnout was much greater.

The main complaint regarding the dance was that the temperature of the commons was too high. Throughout any given time, a stream of perspiring freshmen could be observed running to open doors to let in cool air from outside; however, this problem was easily disregarded. Though Snowball was not an official black tie event,

a large number of ladies sported black or black and white dresses, while the go-to look for gentlemen seemed to be a white dress shirt and a colorful tie.

An unexpected twist to the dance was introduced when it was revealed that by entering a raffle, freshmen could "win" the opportunity to dance with a senior, much to the chagrin of the freshmen.

The DJ played many hits, including Enrique Iglesias's "Tonight," Chris Brown's "Yeah 3X," and Train's "Marry Me," but perhaps the most notable crowd reaction came from the playing of Willow Smith's "Whip My Hair." The song's beginning was muffled by delighted shrieks, and girls obligingly whipped their hair back and forth. For many students, Snowball was a wonderful memory to add to their freshman year.

*Let your voice
be heard*

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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.

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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.

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Contact Information

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

Views on Don't Ask repeal

Con

By Riley Sutika

The infamous "Don't Ask, Don't Tell" policy has been a topic of controversy since its adoption 17 years ago, and consequently its repeal has added even more fuel to the debate. A policy that was only adopted as a publicity stunt by Bill Clinton in 1993 has ousted approximately 13,000 service men and women. While the repeal has caused sufficient excitement from gay activist groups across the country, it may be too soon to celebrate.

Not only must military and Pentagon officials implement new plans before lifting the previous policy, a 60 day trial period must also take place before it can be made official. Even if the precautionary measures are met, dozens of questions still exist on where to go from here, many of which have no place even being asked during the United States' current wartime situation.

As a country, we are at a point in time that it is totally unacceptable to divert military efforts from the conflict at hand and even less acceptable to be preoccupied with pushing President Obama's social agenda. The re-education and training of soldiers, which will no doubt be necessary should the policy officially be repealed, requires time, money and focus that we cannot waste on trivial matters when compared to the freedom and safety of the United States as a whole.

First and foremost it should be said that the selflessness, bravery and discipline all military personnel exhibit is admirable regardless of their sexual orientation. It must also be said though that because of the selflessness, bravery and discipline expected from these individuals, a separate set of rules must exist

to ensure their safety. "Don't Ask, Don't Tell" never said 'don't be gay,' it simply says don't talk about it, and for good reason. Hazing, abuse and humiliation are unfortunately more common than one would like to think when it comes to homosexuality. In a predominantly male profession, those risks are inevitably more substantial. In a perfect world, those risks would not exist, but because this is not a perfect world, they do.

The only precaution which could realistically solve the situation is by neither asking, nor telling fellow service members of your sexual affiliation. However, since that solution sounds freakishly like "Don't Ask, Don't Tell", that is no longer an option, thus putting an unknown number of gay and lesbians at risk.

It has also been said that "Don't Ask, Don't Tell" restricts homosexuals of their expression of self. Correct me if I am wrong, but there has not been any draft notices distributed since 1993 which leads me to infer that every single gay or lesbian individual enlisted has full knowledge of military policy and therefore has made a conscious choice to adhere to its standards.

I, by all means, agree and hope that at some point in time the policy will no longer be necessary. However, for the time being, I believe that it is still practical and is in the best interest of both military personnel and civilians alike purely because of the distraction it poses to the war in which we are involved.

I was raised to believe that the military worked for the best interests of the country as a whole, not to raise the popularity polls in a certain President's favor or to protect the feelings of a certain group of people. In the interest of freedom, it may be time to temporarily abandon the campaign promises and focus on the bigger picture.



www.hopesvoice.org

With the repeal of Don't Ask Don't Tell, many gay, lesbian, transgendered, and bisexuals can join the military and be open about their sexual status.

Pro

By Andrew O'Neill

When Defense Directive 1304.26 was put into place in 1993 by the Clinton administration, some viewed it as discrimination against gay, lesbian, transsexual and bisexual Americans. However, I look back and see it as a step forward. Previous to that, there was an absolute ban policy in place since 1982.

If you have a single humanitarian bone in your body, it is clear that discrimination against those of various sexual orientations is just plain evil. I'd say, as a country, we're fairly fortunate to have people who still wish to defend our nation even after all of the harassment and unfairness they have had in their lives. It doesn't seem right to keep our eyes closed, prevent them from fighting for a cause they believe in, or at least let them serve their time and enjoy the privileges of being a veteran.

The "Don't Ask, Don't Tell" policy (DADT) of the military prevented the investigation of sexual preferences of service members. However, if a member of the military was openly homosexual, or performed sexual acts that were considered unacceptable, they would be investigated and discharged. The repeal of this policy allows openly homosexual or bisexual Americans to serve in the military, giving them equal rights.

According to *The Washington Post*, around 12,500 service members have been discharged from service due to breaking DADT policies, averaging about 1,000 members a year from 1997 to 2001, but slowing to an average of around 730 people a year for the past nine years.

Compared to the 1,445,000 active military members and 833,616 in reserve, this may seem like a small amount. However, I was under the impression that discriminating against anyone is frowned upon in this country, no matter how small the minority. I find it very hard to think of a reason to disagree with that, therefore making it the obvious choice to allow gay, lesbian, and transsexuals to serve openly in our military and to be allowed equal rights with all other citizens.

DADT was a step forward in gay rights. Now it has run its course and the repeal of this policy is the best thing for the military, the best thing for this country, and the best thing for those of all sexual orientations. Steps will need to be taken to prevent harassment and to encourage group cohesion within military units, which has long been one of the arguments against having homosexuals in the armed forces.

The long-term effects, however, will be small compared to the positive effects of ridding the forces that represent our nation of discrimination.

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Muslim-Americans face prejudices

By Brooke Resch

America has spent the length of its history dealing with prejudices. Benjamin Franklin always maintained a strong opposition to German immigrants, Asian-Americans were held in internment camps during WWII, and African-Americans went without legal recognition as equals until the 1960s. Fortunately those prejudices have become politically incorrect and socially less-acceptable in the years since.

Today, however, a new group has entered into the spotlight: those of Muslim faith. With a slew of "Mosque" and "Koran" headlines appearing throughout recent months, many Americans find it difficult to distinguish between the problems and the propaganda.

In January 2009, Barack Obama used the word "Muslim" for the first time ever in a presidential inauguration speech.

Unfortunately, with the trending discrimination against Muslims, many began associating President Obama with those groups responsible for tragedies like 9/11. His presidential term appeared to mark a new-age for other religious minorities in America, including Muslims.

During the summer of 2010, however, anti-Muslim sentiment grew among the American public in response to the possibility of a Mosque construction near Ground Zero—the site where the Twin Towers collapsed in New York City. Soon afterwards a Koran-burning was scheduled by a small congregation in Florida.

The media's portrayal of recent news events concerning the Islamic faith has promoted religious anxiety in its audience.

While Americans showed to have their greatest "discomfort" for Muslims in the months following 9/11, their

insecurities have recently risen again. A 2010 poll showed that 38 percent of Americans feel that Islam "is more likely than other faiths to encourage violence." Even more telling, over half of those polled felt that there exists "a lot of discrimination against Muslims."

Even though America experienced relative hysteria in 2001 and 2010 over Islamic practices, those were the exceptions to the rule. Religious tolerance continues to improve with every generation, in spite of the occasional lapses, according to the Pew Poll.

Most issues in the "race debate" continue to be worth discussing; discrimination, anti-discrimination, affirmative action and other age-old concerns are still relevant today.

Religious acceptance for the Muslim community is now coming into focus as perhaps the most topical aspect of prejudice in modern America.

Acceptance toward gays remains important issue

By Irissa Danelski

Equality in America got started with "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights," and ever since then, our country has worked toward the equality presented in this declaration. In the spirit of Martin Luther King Jr. Day, we look back on years of equality-driven growth for the United States, and how some Americans are yet to be viewed as equals in the eyes of their peers and their government.

As racial equality becomes ever more attainable, another type of equality is disputed. This equality is for those who are homosexual. From the only very recent repeal of Don't Ask, Don't Tell, to the yet un-attained marriage rights for gay couples and the discrimination that caused adolescents to take their own lives, equality for the gay community is an ongoing fight—a fight that mirrors the fight led by Dr. King years ago.

In March 2010, a Mississippi school district canceled the prom largely due to the controversy caused by a lesbian who wanted to take a

female date to prom. Though the lesbian student was admitted to classes, she was not allowed to equally participate in all school activities due to her sexuality. This incident seems to echo the racial discrimination shown in the case of Brown v. The Board of Education in 1954.

This case proved that separate but equal was not truly equal and allowed students of all races to go to school together. During the integration of schools, nine students' lives were in danger due to potentially violent protestors at Little Rock Central High School in 1957.

The United States has come a long way in terms of equality.

Today that case is seen as a groundbreaking moment for Civil Rights. If equality continues to expand in America, it is likely that the same will one day be said of the Mississippi prom.

In late 2010, the "Don't Ask, Don't Tell" policy was repealed. This law had previ-

ously allowed military servicemen to be discharged if their homosexuality became known. With the recent repeal, however, homosexuals can openly join the military.

In contrast, the military has been racially integrated for over 60 years. Segregation in the military was repealed when General and future President Eisenhower decided to integrate troops during WWII. This was later made into an executive order by President Truman in 1948 and became law soon after.

In the U.S., it is illegal to fire any employee for their race, gender, national origin, disability, religion, or age. There is no such federal law for sexual orientation.

The United States has come a long way in terms of equality, thanks in large part to the charismatic speeches and devotion to the cause that Martin Luther King Jr. provided. Although the United States is not entirely free of racial prejudice, it is making progress in discouraging discrimination. Just as the issue of racism is not socially tolerated, accepting those of untraditional sexual orientations is trending and becoming more and more of an important issue in the U.S.



Global Awareness Week unifies school

By Natalie Duncombe

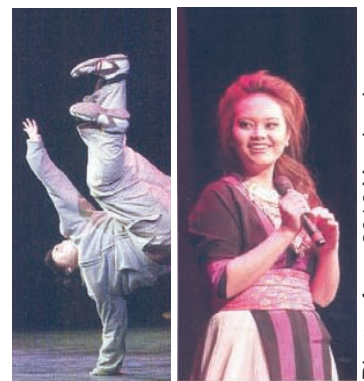
The best week of the school year is fast approaching. Global Awareness Week will run from January 31st to February 4th, 2011.

Although some students anticipate the week because it gets them out of their normal classroom setting, it is important to realize the reasons for having this week.

In a time where global issues hit close to home and as the United States continues to play a major role in international affairs, it is increasingly necessary for students to have an understanding of other countries.

This week also brings a focus to the global nature of the Appleton North population.

Highlights will be student presentations about their travels, Latino Culture, Indian Culture and the always anticipated Hmong Culture Show.

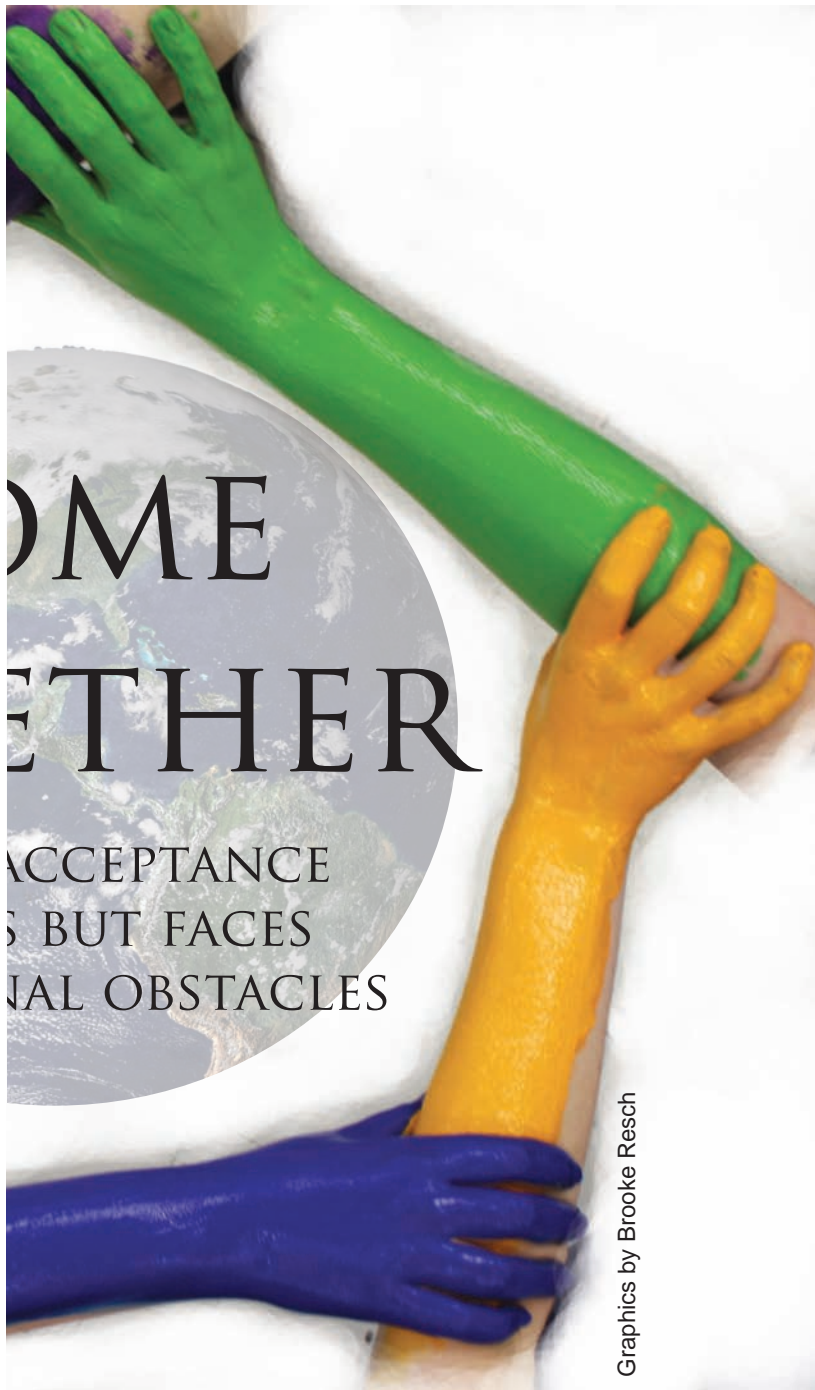


Photos from 2010 Yearbook

The Hmong Culture Show has a reputation of mixing traditional and modern aspects of life as a Hmong teenager.

Hmong Club President Charlie Xiong says that they are working on "a show you'll regret missing," with "a fashion show, traditional dance, and of course the light show finale."

Global Awareness Week is an exploration to cultures from around the world—all from a seat in the auditorium.



Media plays part in reflecting diversity

By Monica Stoeger

As the media in general moves forward we see more and more changes. One of these changes mirrors the growing diversity within our society.

The media seems to be more accepting by promoting all backgrounds, races, and ethnicities. In the past, it primarily portrayed Caucasian people.

Television is considered the most progressive form of media. It illustrates many mixed marriages and relationships. Television networks and programs that feature mixed races range from children's networks like Disney Channel to news-oriented channels like CNN. There is an underlying message of unity, one that asks viewers to accept each other for who they are. The majority of characters in many television programs are now treated as equals.

Television commercials likewise highlight people of many races. Dove soap commercials in particular promote

the positive message "everyone is beautiful."

During commercial breaks, it is not unusual to note a wide range of ethnicities interacting within a 60-second feminine product promo: an Asian, a Caucasian, an African-American, and a Hispanic all are featured.

Music features artists from all kinds of backgrounds and economic upbringings, especially the rap genre. Primarily an African-American form of expression, it now appeals to a broader demographic, thanks in part to a young white man from Detroit named Marshall Mathers. He is more commonly known as Eminem.

Magazine articles and ads feature all varieties of models, whether the difference is size/shape, skin color or age. The popular Milk Mustache poster ads honor role model celebrities from all walks of life.

As our world changes, the media changes with it. Much of society's acceptance of diversity comes from the positive images in today's media.

Race-relations explored at North

The Noctiluca recently surveyed over 100 students to see how they felt about discrimination in our school.

Appleton North has a zero-tolerance policy when it comes to discrimination. The second behavioral expectation in the Student Handbook—right behind physical violence—relates to racial acts and slurs.

Even with that policy in place, discrimination slips through the cracks. Twenty-five percent of those who were polled said that they had been discriminated against while at school. Over one-fifth of students admitted to having discriminated against others while at school.

Those numbers are upsetting to most people, while others consider them to be far less than the true average. One senior poll respondent said that 97 percent of students have discriminated against others; they added that their estimate included those who do it "jokingly." "People do it without even knowing it."

On the other end of the spectrum, one junior—who reported never having been the offender or the victim in a discrimination issue at school—said that 25 percent of students are guilty of discrimination, at most. "I feel that Appleton North is a safe and racially ac-

cepting environment. Students here learn to appreciate others' diversity." A fellow Junior agreed with her, saying "We are very accepting from what I can see." They added, however, "If there is any discrimina-

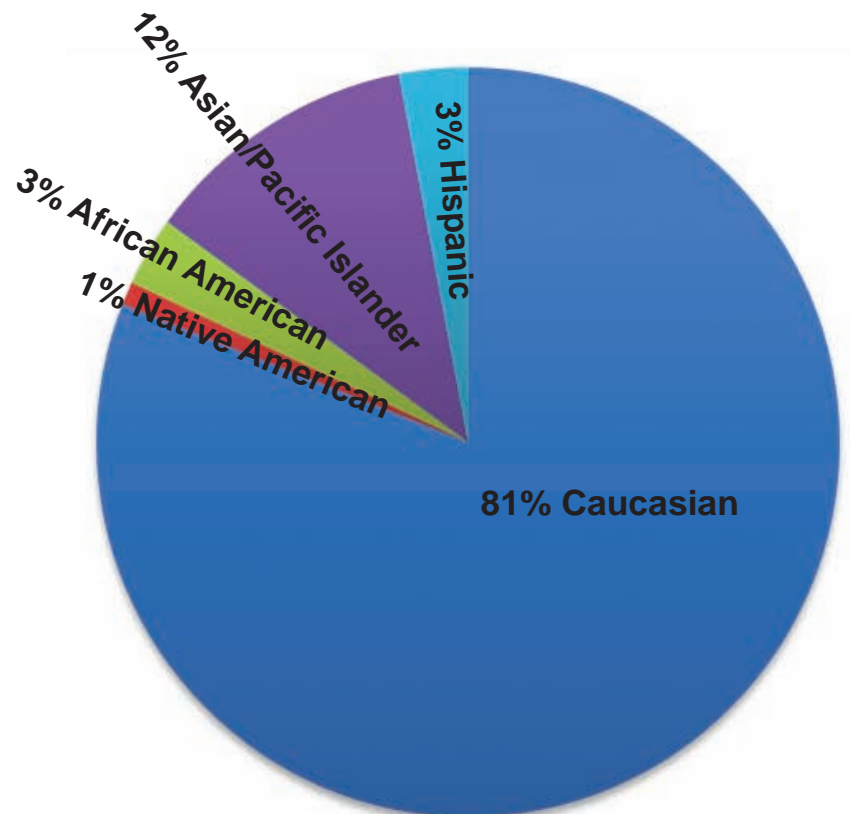
tion, it is usually joking among friends, but it is important to be cautious since it can really hurt someone."

The idea that "jokes" are not always "jokes" to everyone in the room was seen in one response to the survey. "There are obvious groups that develop within racial, economic and other groups that thrive upon the exclusion of others."

In general, the feelings about racism and discrimination at Appleton expressed in the survey were that it is at least under control. While there were disagreements on how much it exists, there was no response that would leave anyone to believe that the situation is unmanageable. Still, in the words of one Senior, "[Discrimination] creates barriers between people, which keeps us from becoming a unified group and community."

North demographic data

Source: Appleton Area School District



Poll results*

Have you racially discriminated against others in school?

Yes 22.4% No 77.6%

Have you been discriminated against in school?

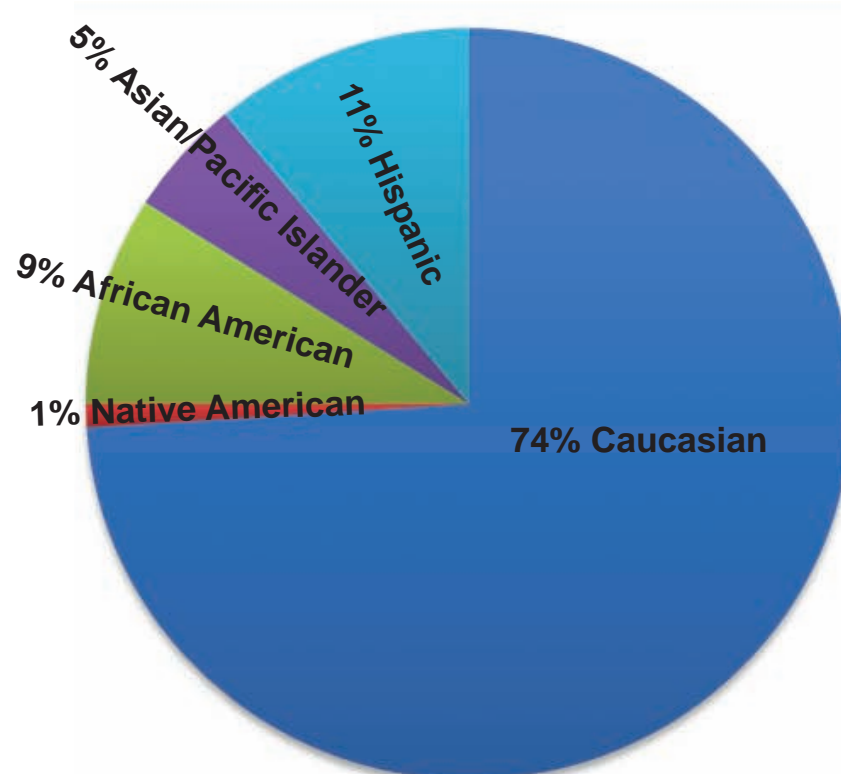
Yes 25.2% No 74.8%

The average student at North believes that 51% of their peers are guilty of racial discrimination.

*100 Appleton North students were surveyed

National demographic data

Source: U.S. Census



Making better New Year's resolutions

January holidays: from cats to cake

By Kiya Govec

January is the first month of the New Year, a time of endings and beginnings. It is still not too late to set a New Year's resolution, and make a promise to achieve a personal goal.

Each year, around 45 percent of adults commit themselves to a New Year's resolution, a process that can be arduous and stressful, or easy and life-changing.

New Year's resolutions can help to achieve a long-standing goal if committed to and done right.

While around 50 percent of those who set a New Year's resolution make it past the first six months, studies show that only 12 percent actually succeed in achieving their goals. There are a few common mistakes that people make, leading to the breaking of their resolutions.

One main reason people fail to achieve their goal is that they forget about it. It is good to write down a New Year's resolution, and make it easily accessible and visible in everyday life.

Another obstacle is not having enough support. People who tell their family and friends their goals are more likely to achieve them than those who keep their goals to themselves.

By announcing their New Year's resolutions, people can receive moral and tangible support from others. They will also be less likely to encounter set backs because of what others are doing.

Although these problems are important and easy to over-

come, many people overlook them.

To bypass many of the challenges of setting a New Year's resolution, there are a few easy steps to follow. To succeed in a New Year's resolution it is important to choose a goal that is important and personal.

Choosing a goal that others want makes the resolution seem far away and unimportant. Make sure that the goal is important, but also achievable.

For bigger goals it is a good idea to break them into smaller steps. By setting a timeline for these steps, it is possible to incorporate them into everyday life and work toward a bigger, life-changing goal. The results of these steps should be tangible, to give a sense of achievement along the way.

Twenty-two percent more men succeed in their New Year's resolution when they participate in setting smaller goals.

For women, it is more effective to share their goal with friends and family to gain support.

New Year's resolutions may seem impossible and formidable in the first few days, but by following these steps, that goal will get closer every day.

Always make sure that the goal is personal, not what others expect, and be committed to achieving it. Good New Year's resolutions can be a project, goal, or the breaking of a bad habit, but when done right they have substantial results.

By Neha Siddiqui

January is well-renowned for being the start of the New Year, filled with parties and impossible resolutions, but there are some wacky holidays that are totally unknown. Here are a few holidays that you should know about:

Of course, January 1st is New Year's Day. But besides that, it is also the Tournament of the Roses Parade Day. January 2nd is Happy New Year for Cats Day, so everyone with cats should have had a party that day too. January 4th is World Hypnotism Day and the 6th is Epiphany Day.

Those who are sick of someone have permission to speak their minds on "I'm Not Gonna Take it Anymore" Day on January 7th. After that, they can take a bath to cool down

on National Bubble Bath Day, January 8th, which is also Elvis's birthday.

The 10th is U.N. Day and the 14th is National Dress Up Your Pet Day. January 16th is Religious Freedom Day, truly a holiday for all Americans.



Enjoy hot tea this month. Get into it with new flavors and honey.

The third Monday of January is always Martin Luther King Jr. Day, which this year falls on the 17th. National Hat Day is the third Friday in Jan-

uary (bring your thinking caps to finals!).

January 18th is Pro-Life Day. Macintosh Computer Day (go Apple!) is the 25th. The 26th is National Peanut Brittle Day, with the following day being Chocolate Cake Day.

Bubble Wrap Appreciation Day is always the last Monday of January, so make sure to have a moment of silence and pop some of it that day.

Other than these holidays which happen on separate days, January itself is Hot Tea Month, National Blood Donor Month, Oatmeal Month and National Soup Month.

Clean Out Your Inbox week is the week of the 24th, so make sure to really cleanse that e-mail memory and make new room for the brand new year.

January Horoscopes: Aquarius

By Paige Resch

ATTENTION: It has come to the attention of the *Noctiluca* staff that there is a "new" horoscope called Ophiuchus that shifts many people's signs. This sign is based on the sidereal zodiac system, which is based on the constellations and is used in the east. The tropical zodiac system used in the west is based on seasons and has not changed.

Aries (March 21-April 20) You will read an inspirational poster and be uplifted. The poster will probably have Garfield on it.

Taurus (April 21-May 20) Bring a pillow on the next car ride you go on. Otherwise you will wake up with your neck stuck at a ninety degree angle.

Gemini (May 21-June 20) Don't pay any attention to fortune cookies; they are unreliable. Only pay attention to your horoscope.

Cancer (June 21-July 21) Eat your favorite food, and then eat it with ranch dressing (even if your favorite food is spaghetti).

Leo (July 22-Aug. 21) Afraid of scrubbing away the last of your summer tan? Wash your hair in the sink.

Virgo (Aug. 22-Sept. 21) Finals may be over, but not forever. Don't wait until May to lose all sleep.

Libra (Sept. 22-Oct. 22) You will leave your dinner in the microwave, forget about it, and find it the next morning.

Scorpio (Oct. 23-Nov. 21) You will see a hilarious youtube video. Don't forget to share it with friends, or make your own funny cat video.

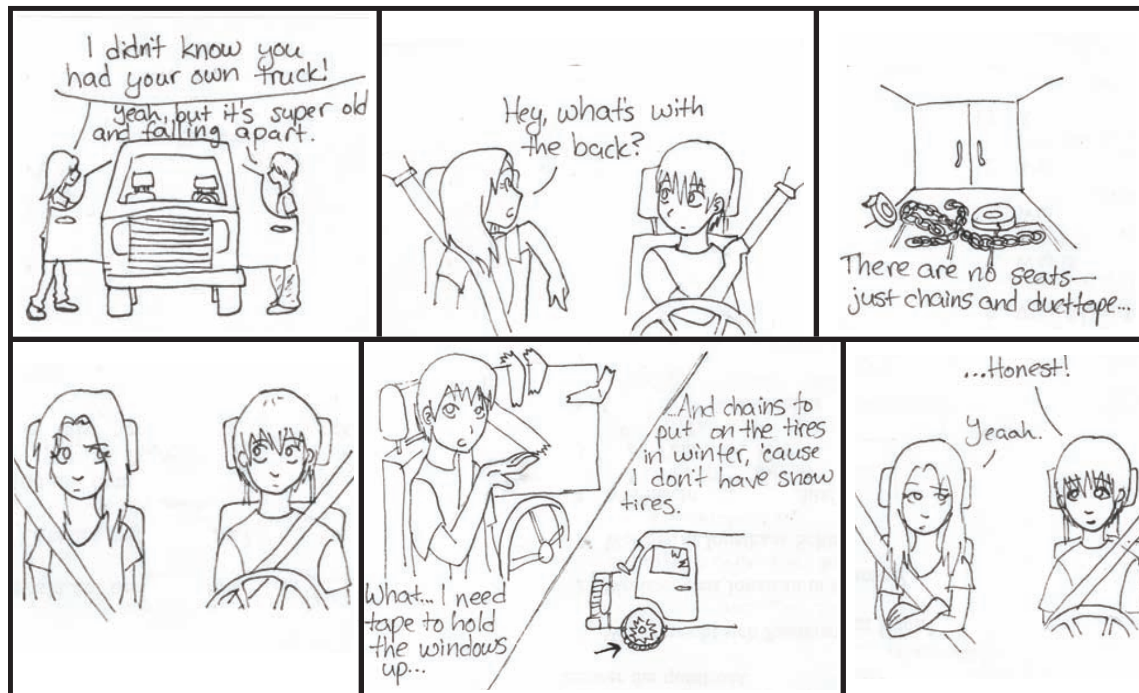
Sagittarius (Nov. 22-Dec. 20) Go to Starbucks and try to order a cheeseburger. If they are trying to expand their brand, they should be able to provide you with a cheeseburger.

Capricorn (Dec. 21-Jan. 19) Write a letter to the editor. Let your voice be heard.

Aquarius (Jan. 20-Feb. 18) Beginning the new semester with a new birthday will bring balance to your life.

Pisces (Feb. 19-March 20) You will be indecisive. Now try deciding whether or not you believe this horoscope.

TREKKing thru High School By Abigail Zabronsky



January Sudoku

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

SPORTS

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Boys swimmers take a final flip for season

By Andrew Vanden Boogaard

As the final stretch of the Appleton North swim season gets set to begin, senior co-captain Alex Bryson's expectations are still high. "We are in the core part of our season right now, and this is when we as a team really need to focus in order to remain in reach of our goals."

These goals include, for instance, winning a conference championship; something that has never happened in the history of Appleton North. "Obviously it would be an enormous accomplishment to win a conference championship," junior co-captain Jake Iotte said, "I mean, just think, through all the years that North has been open, it hasn't happened once. We can be the special group that finally breaks through and does it." This goal will not be an easy one to achieve. During the past decade, Neenah High School has secured the con-

ference championship repeatedly, winning it the past nine out of 10 years. "We know what's at stake and we know the history. It's been a long time since someone took the title from them, and we want to be the team that does it," Bryson said. Along with Bryson, Iotte says, "Many people that we have competed against as well as swam with during the off-season have been from Neenah. We are aware that they are talented, but so are we. And I think, come Conference time, we have the team depth and a good shot to beat them."

In order to achieve this goal, much work must be done to set the team on the right path. "I think it really starts with your off-season training," sophomore Jordan Kinney said, "For instance, Jake and I both swim on the Fox Valley Wave club team, and Alex swims for the Fox Cities Youth Team during the fall and other parts of the year. A lot of it really comes

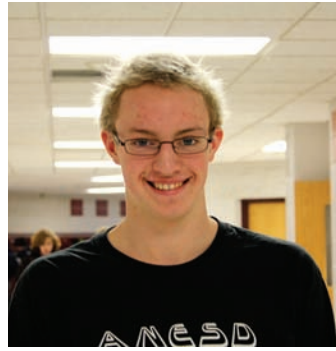


Photo by Jensen Enz

Alex Bryson works hard to improve his times.

down to your preparation." This preparation might be the key; for although Jake, Jordan and Alex all train with separate club teams during the off-season, they are continually looking for ways to get better in their specific events.

Along with preparation being a key to the team's success, a helpful and willing coaching staff is a strong addition as well. "Skip [head coach Scott Stepanski] and Schuelke [assistant coach Mike Schuelke] are continually pushing us to get better," says Bryson. "Whether we are simply practicing for a dual meet, or for

the final state meet, they just don't quit. They keep us moving and make sure that every meet is a stepping stone until the conference meet. They do everything they can to push us and make sure that we are achieving our fullest potential."

Each of these three swimmers has extremely high potential. Ever since their freshmen year, Bryson, Kinney and Iotte have each gone to the state meet and excelled to even greater feats, each performing in the 400 Freestyle and 200



Photo by Jensen Enz

Jake Iotte hopes to win conference.



Photo by Jensen Enz

Jordan Kinney continues to work towards his goal.

Medley Relays. In addition, Bryson and Iotte each finished in the top 15 in the state during their respective events last year. Bryson performing the 200 IM (9th) and 100 Backstroke (13th), and Iotte competing in the 200 (6th) and 500 Freestyles (7th).

Obviously, the bar is set quite high for these individuals. Look for them during their Conference (in Fond du Lac, February 5th), Sectional (at Neenah High School, February 12th) and State (in Madison, February 18th and 19th) meets to see them, and their team, make new strides.

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Good fitnessgram scores lead to healthy lifestyle

By Brooke Resch

It has been preached in classrooms and gym classes for years: lead an active lifestyle. Many specialists consider fitness to be a gateway to success in life. Television commercials equate physical health—and attractiveness—with happiness. But does the rhetoric of the teachers, professionals, and media hold true?

The iconic fitness assessment featured in many movies and cartoons is the climbing of a dauntingly long rope; however the most popular method of measuring physical fitness today is The Fitnessgram.

The Fitnessgram measures the five main components of physical fitness—muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Data collected from across Appleton in 2004 revealed that good scores on the Fitnessgram were strongly correlated to higher standardized test scores. Most significant was the relationship between curl-ups and math proficiency.

Healthy Fitnessgram scores aren't merely linked to academic achievement, but also to general success in life. Be-

ing involved in sports has been proven to be a useful networking tool, helping job hopefuls meet and get to know their prospective employers through their common interests in sports.

According to job search expert Alison Doyle, exuding confidence is an integral part of being hired or promoted.

The media claims that the fit are happier than everyone else. Commercials for video games and fast food always feature smiling—and rarely overweight—consumers. Zantex, a weightless supplement, touts in its slogan "It's great to be thin!" No significant link has been made between good Fitnessgram scores and improved outlook on life, but health and happiness have long been considered connected to each other. Joseph Pilates, inventor of the popular Pilates workout technique, once said "Physical fitness is the first requisite of happiness."

So the Fitnessgram—the only effort-based test that every North student takes—is not just an opportunity to get away with the minimum requirement. It is a reflection on one's fitness, inadvertently reflecting their academic achievements, job success, and happiness.

Thriller *Black Swan* enthralls audiences

By Jessica Conradson and
Corinne Austin

A tale portraying the battle between good and evil, *Black Swan* blew audiences away. A story about a girl named, Nina, an uptight perfectionist, *Black Swan* shows one dancer's struggles to achieve two different characters perfectly.

The real challenge for Nina is to transform into the *Black Swan*, a free willed seducer. As Nina battles to keep from being consumed by her new roles she tries to keep a grasp on reality. Plot twists and intense emotion keep audiences on the edge of their seat.

Not only has this compelling movie been rightfully nominated for an Academy Award, Natalie Portman, whose stunning performance captivated audiences has also received a nomination.

Perfection dominates the life of ballet dancer Nina Sayers in the film *Black Swan*. Released in theaters this year, *Black Swan* is rising to the top at the box office, while a majority of confused movie goers still remain hesitant to see this film.

If you are among these confused citizens, you most likely

have assumed from the trailer that *Black Swan* is about a naïve ballet dancer turned insane. Congratulations, you are partly correct. However, if you are critical and assume that the movie is just another psycho-thriller that happens to revolve around ballet, you are wrong. This film is a delicate balance of both, and apparently a winning one with its four Golden Globe nominations and twelve Critics' Choice Awards.

The movie revolves around Nina Sayers, played by actress Natalie Portman. Nina is a ballet perfectionist, young, ambitious, and employed at a New York ballet company. She lives with her retired mother, also a former ballet dancer, resulting in Nina's routinely boring and controlled life.

When the company director chooses *Swan Lake*, Nina's favorite show, as the company production, he announces that the lead must not only portray the white swan, but the black swan as well. Shortly after, the company's "go-to" lead is let go due to her age, giving a dream opportunity to Nina. During auditions, it is clear that she is perfect for the white swan role; however, she must learn to embody her dark side



Nina struggles to identify with both her dark and her light side as she dances the dual roles of Odette and Odile in the famous ballet, *Swan Lake*.

in order to dance freely and perfectly.

The arrival of a new dancer suddenly brings her enemy, a "black swan" persona, with whom Nina competes to earn and maintain the role. Her determination, once normal, now borders on danger and obsession. The dark role envelops Nina's mind and gradually, violently takes over. As she strives for perfection, viewers are left shocked and question-

ing if what they have seen is real, or just her disturbing, insane hallucinations.

In order to show the dark progression in Nina's thoughts and actions, the director goes above and beyond, but also too far. Thus, a warning: this film is rated R for many reasons. Essentially, *Black Swan* is about Nina exploring her dark side, so there are disturbing images of self-injury and scary delusions, as well as

sexual content.

Overall, *Black Swan* surprisingly delivers an experience worth remembering. It is a disturbing yet beautiful film about the pressure of perfection and the destruction it can cause, all centered around breath taking choreography and in the end, an amazing show. This movie deserves every award it is nominated for, although a PG-13 version would be greatly appreciated.

Fashion statement: Only you can prevent jeggings

By Laurel McKenzie

We all knew this time was coming. The unfortunate thing is, it came. Yes, you know what I'm referring too. When the skies darkened, cracks in the earth appeared, and from the fiery pits of Hell appeared...

"You're speaking in the past tense," you're saying now. "Armageddon hasn't happened yet."

Well, my friends, I'm not talking about Armageddon. No, I'm talking about something far worse. I'm talking about jeggings.

From their faux detailing and total lack of practicality to their just-one-size-too-small embodiments, jeggings are the worst of the worst of the hybrids. Ligers are terribly dangerous and threats to humanity, and coffee-machine-toaster combos are just plain pointless. But jeggings top them all.

Let's look at this logically. What is the typical pantwear for today's age? Jeans. But if you want to be dressy, what does one wear? Tights. Tights and a dress, or a skirt. So why

would you combine them? Where is the merit in a pair of jeggings? You can't be lazy in them like you can be in jeans, yet you still look undressed when you wear them to formal events.

Being a complete expert in fashion and Paris and all that jazz, I know what I'm talking about. And I'm talking about jeggings. And how they're crimes against humanity. I mean, forget liberal revolution-

ists under house arrest, Amnesty International should be focusing on abolishing these. A motion ought to be passed against these things. Flash the Bat Signal, we've got a problem. Denim-elastic atrocities,

on the loose.

Let me just wrap this up with some sage advice about fashion (which I happen to possess a lot of): Only you can prevent jeggings.

So don't wear them.

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