

the appleton north NOCTILUCA

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North honors fallen soldier

By Abbey Edmonds

He walked the same halls every day, sat in the same desks, used the same textbooks, and had the same dreams and the same struggles as students today. But on September 17, Army Staff Sergeant Garrick Eppinger was killed in Afghanistan while serving his country.

On November 11, Veterans Day, a special program will be held at North to honor Eppinger, a 2004 graduate, and the graduates of North who have served or are currently serving in the U.S. military.

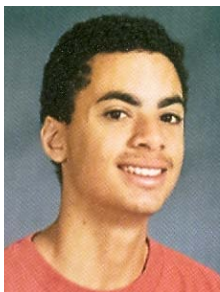
The program will also include the dedication of a memorial to honor Eppinger and Army Sgt. Matthew Hermanson, a North grad killed April 28 in Afghanistan. The memorial will be located above the main stairwell.

Eppinger will be remembered for his service to his country through the memorial, but he is also remembered for his time as a student.

"I always thought that he was really a self advocate. He took classes that challenged him, and he didn't do it just for the grade," said Assistant



Sgt. Garrick Eppinger Jr. with his parents Linda and Garrick Eppinger. Photo courtesy of the Garrick Louis Eppinger Jr. Remembrance Facebook page.



"There are many things people want, but only one thing people need. That is something to believe; without that everything else is pointless."
— Garrick Eppinger Jr.
North Almanack 2004

Principal Mr. Pynenberg, Eppinger's guidance counselor at the time. "There were times when things didn't always

come easily, academic-wise, but he was never afraid."

Pynenberg lost touch with Eppinger after graduation, but

stayed in contact with his sister Amy. "It doesn't surprise me that he wanted to serve his country," he said. "When I first saw [news of his death], I didn't want to believe it. In a roundabout way, we are all family here. I'm so sorry for his family, that his daughter has to go through life without her dad."

A Facebook page has been created in Eppinger's memory

Veterans Day program planned
A special program will be held on Nov. 11, Veterans Day, to honor alumni who have served or are currently serving in the U.S. military. The ceremony helps launch an ongoing memorial recognizing North grads. If you know of anyone who should be included in this project, please fill out the vets information form at www.aasd.k12.wi.us/North.

where friends and family can share memories of him. Eppinger's parents Garrick Eppinger Sr. and Linda Eppinger used the site to express their feelings for their son: "We loved you so much, and we are so proud of you and the life you chose to lead in service to our country, the loving father that you were to your daughter Lenorea, and the wonderful brother and son you were to your family."

Principal Huggins said that "prior to [Eppinger's and Hermanson's] deaths last spring plans were already under way to create a tribute to North
See Eppinger, page 2

New cameras strengthen school security

By Catherine Backer

Since 2004, there were nine security cameras monitoring Appleton North. The cameras were grainy, without refined options, and used VHS to record film. It was time to make a change in the building security — and a change has been made with the installation of new security cameras installed in various areas of North.

According to Sergeant Allaback, North's police liaison officer, there are now twenty-two cameras monitoring the building. Eight were added this summer, said Facilities Coordinator Marty Hintz.

Purchased in March or April of last year, the decision of purchasing the new cameras was made by Mr. Mueller and Sergeant Allaback, with input from Hintz, and Facilities Supervisor

Kevin Veach. Both the number of new cameras and their placement had to be discussed among administration before a decision was made.

In contrast to the old cameras, which took an extensive amount of unnecessary footage, "the new cameras have a motion detection feature which causes them to go dormant if there is no movement in the camera's vicinity," said Sergeant Allaback. This new feature saves energy and memory. The new cameras also have a larger storage capacity and can hold recorded footage for longer, as well as having the ability to view the school's cameras on multiple screens.

"The ability to zoom with incredible clarity [makes identifying subjects much more accessible]," said Associate Principal Mr. Mueller. The

new cameras are hooked up to a system downtown where the security footage can be viewed by the police department, were anything to happen at North.

The new cameras improve security in areas of the school needing attention, such as the front entrance and the commons. With a school the size of North, it's important to sufficiently monitor and capture activity in the building in areas staff presence is lacking, Mr. Mueller said. It is hoped that if students know about the new installations, it will deter them from inappropriate or illegal behavior.

Despite being installed this past summer, most students aren't yet aware of the new security cameras around the building. Some parents (many of freshmen) were informed of the change during this past



New security cameras allow administration to recover from theft and other crime. Photo by Nate Correia.

back-to-school night, and all of the building's staff know, but the majority of students remain unaware of the changes. The faculty hasn't noticed a large change in students' behavior since the installation; Hintz says vandalism "goes in streaks."

Out of ten students asked, only one knew about the newly installed cameras. Most students are indifferent to the change. "I

don't feel strongly about it," said junior Joey Jandacek.

"We want kids to make good decisions, but [with these cameras] we can recover from theft and other crime," said Mr. Mueller. Hopefully the new cameras will secure a safe and peaceful learning environment for all students of Appleton North. "Our goal is to have a safe school," said Allaback.

Occupy Wall Street protests show Americans' economic frustration

By Christian Bakken

In retrospect, it was inevitable. With the recession hitting all Americans hard, and the evident inequalities of America's economic system at the forefront of the messages of left-wing bloggers and leaders, someone would eventually take to the street to protest.

What is surprising, then, is the geographic and numerical scale of these protests, their longevity, and the diversity of the protestors. Thus, the protest movement known as Occupy Wall Street and affiliated movements, after over a month with protestors camping out, picketing, speaking, and marching through the downtowns of hundreds of cities across America and the world, including a small demonstration in Appleton, still remains at the forefront of media coverage.

Occupy Wall Street started on September 17th because of a July article in the Canadian magazine *Adbusters* that proposed similar demonstrations to combat the wealthiest 1 percent of Americans and the financial corporations having a disproportionate influence on the political process, with protestors also drawing influence from the Arab Spring revolutions, the Greek austerity riots, and the protests in Madison over collective bargaining. The protests grew to include thousands in NYC, expanded to cities all around America, and drew support from leaders around the world as their citizens marched in similar protests. Raising money almost solely from small individual or business contributions, pro-



Thousands of protestors march over the Brooklyn Bridge on October 1. Photo by Mat McDermott.

testers have raised enough not only to remain active for over a month but also to run many aid measures for the homeless.

These protestors are extremely diverse, with a mixture of radical left-wing activists, libertarians, environmentalists, the unemployed, normal working-class Americans, and even some of the 1 percent. They have views on a wide variety of topics ranging from the war on terrorism to social issues, and despite having ending the income gap as the driving force of the movement, they have yet to present specific demands for action. Nonetheless, media commentators have pointed at this movement as the left-wing counter to the Tea Party, and Democratic leaders have been quick to throw their support behind the protestors, hoping that America's approval of the protestors and their demands (54 percent of Americans view the Occupy protests favorably, according to a *TIME* poll, and 74 percent support raising taxes on the rich, according to CBS). Conservative leaders have been quick

to attack the movement. Herman Cain said "Don't blame Wall Street, don't blame the big banks, if you don't have a job and you're not rich, blame yourself." Rush Limbaugh commented "When I was 10 years old I was more self-sufficient than this parade of human debris calling itself Occupy Wall Street." Other conservatives like Mitt Romney have expressed sympathy, saying "I look at what's happening on Wall Street and my view is, boy, I understand how those people feel." Ron Paul has expressed outright support for the protestors.

Despite some incidents of vandalism, noise, and violence, on the whole the protestors have remained an admirable degree of organization and peacefulness as the protests continue to expand, and are a laboratory for the effects of the truly direct democracy they practice. Occupy Wall Street may be the agglomeration of years of pent-up rage at America's economic and political system, yet if it as a movement can make some impact on our political system, all Americans will stand to benefit.

Palestine presents big bid for statehood to the UN

By Sam Allen

Sixty-four years ago, a plan for an independent state of Israel was forged by the United Nations. Since then, there has been no end to conflict in this region, but a new Palestinian proposal to appeal to the UN for statehood may represent a radical plan.

From a historical perspective, under the 1947 plan, the Jewish state would get 56 percent of Palestine (mostly desert), have similar populations of both Arabs and Jews, and the city of Jerusalem would become an independent UN-administered entity. The effects of this proposal resulted in what is known to the Israelis as the "War of Independence," but, to the Arabs, as "The Catastrophe." With the Arabs fighting for their sovereignty and Israelis for Zionism, war broke out, ending in major concessions by the original occupants of the land to the Israelis, including Jerusalem, and foreshadowing the years of Israeli occupation to come. Since then, Israel has increased its territory by first 50 percent, then by 200 percent after the Six Day War, and continues to build settlements in the Palestinian-held West Bank.

This is the background for the conflict that rages between the Israelis and the Palestinians. "I don't necessarily support the [historical] intent of Israel becoming a nation," said Asher Sered, 22, an Israeli native with dual citizenship residing in the U.S., who was visiting friends in Appleton. "But it's here to stay."

After 20 years of failed

negotiations between the Israelis and Palestinians, on Sept. 23 Palestinian President Mahmoud Abbas launched a UN bid to make Palestine a nation once more. On the this current statehood bid, Sered stated "Anytime is a good time to consider statehood, but it won't pass now."

Although the proposal is supported by numerous major nations and entities such as the Arab League, Russia, Spain, and China, opposition and lobbying from the U.S. is bound to cause the proposal to fail. Although most nations, including the U.S., have in the past and even recently called for a return to Israel's pre-1967 borders (a fifth of Palestine's original land-mass), the U.S. believes that any conclusion would have to be made through negotiations, and not unilateral statehood bids. "The two-state solution is by far the best case scenario," said Sered, "But if not that, then the best we can hope for is that Palestinians become less extreme. Israelis too."

This is not the first time Palestine has made a bid to become a nation; in 1989, Palestine launched a campaign to receive any kind of recognition it could, including statehood. But facing strong U.S. opposition, Palestine was denied any new recognition. This is the expected result for the current statehood bid, and President Abbas realizes it. But perhaps a bold and symbolic move is just what is needed to escape the gridlock of 20 years of failed negotiations, and 64 years of failed policy.

Eppinger: Memorial remembers, honors North grads

From page 1



Members of the 395th Ordinance Company attend the funeral. Photo by Ron Page for *The Post-Crescent*.

graduates who have gone into the military.

According to Mr. Huggins, the memorial will feature a permanent section dedicated to Eppinger and Hermanson. Another area will recognize other North grads who served or are actively serving. "Depending upon the response from our graduates and future graduates, the dedicated space can grow," Huggins said.

Veteran information forms, available on North's Web site or in the business office, are



Eppinger

an important facet of the memorial. The sheets include basic information about the grad's military career, and their time at North.

Huggins explained that the Veterans Day ceremony will not only dedicate the memorial, but also the newly renovated space above the main stairwell, including the freshly painted stripes of blue, gold, and silver – the school colors – and inspiring quotations, all which create a space of honor as a reminder of Hermanson's and Eppinger's sacrifice.



The UN General Assembly views an address by Palestinian Prime Minister Mahmoud Abbas on Sept. 23. Photo by nation.com/pk.

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 Mr. Ramponi, the staff advisor, at: ramponiaaron@aasd.k12.wi.us.

Noctiluca Mission Statement

To publish news, information, entertainment and opinion articles for and about students, 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 Policy Statement

Published nine 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.

The Noctiluca reserves the right to publish content in both print and online format.

Contact Information

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

Card playing a valuable, enjoyable hobby

By Austin Herrling

In the month and a half since school started, I have refined my skills at hearts, relearned cribbage, taught canasta, discovered sheephead, and began learning bridge. I keep a list of games to learn, too; it includes gin rummy, pinochle, and shanghai, among others. I am not alone in these games; a number of my classmates are learning these games as I do, and we play nearly every day.

Very often, gaming with friends tends to take place on a console or a computer. These games are engrossing and highly enjoyable; however, very little actual personal contact takes place, and opportunities to play such games are entirely controlled by the availability of technology. Not so with card games. Card games take place in a close and lively environment, and can be played at any time, provided someone has brought a deck of cards. I carry a deck (Airplane brand, blue backs) with me every day, and I know five others who do the very same. Not everyone who plays cards with us carries a deck, but there is always a deck present. The few of us who began



Seniors Jack Gerrits, Austin Herrling, Killian Kvalvik, and Abhishek Parekh enjoy a game of bridge. Photo by Nate Correia.

playing cards have taught the games we've learned to many others; we have no problem finding enough players to make up a four-person bridge game or a five-person sheephead game. We've caught the interest of a few teachers too (some making sure we weren't gambling), and most have expressed approval with the games, considering card playing a valuable skill to have, as one can play cards with anyone, anytime, anywhere.

The teachers couldn't be more correct. Cards are easily accessible and card games are easily learned. Even though not everyone is a champion in

bridge tournaments, it's never difficult to find someone who can at least play go fish. Card games are more than just a way to keep occupied, though, they're a way to stay mentally active, as more difficult games involve a great deal of planning and strategy. Bridge, for example, has an enormous amount of strategy involved. The four of us who usually start games learned nearly three weeks ago, yet we only just started scoring points, due to difficulty, and we have yet to even breach the surface of conventional and accepted strategy. This isn't a deterrent to us though; I've recently taken to glancing at the

bridge column in the paper to glean what information I can. I and others I know have been to poker tournaments; events such as these are easy to find, and very easy to enjoy. With college so close for many of us, we're learning for more than just enjoyment, as cards are an effective means to relate to people we don't know very well.

Card games have a lot to offer and take very little preparation. Decks of cards are cheap, and basics can often be learned for free; just make sure that no gambling occurs on school property. That's against the rules, and can prove quite costly indeed.

Cheers and Jeers

By Elizabeth Floodstrand and the Noctiluca Editors



Cheers

"For the freakin' weekend!"

For the opinion section of the paper - you know you love it!

For all the Halloween candy we have to eat! Yay!

For the OneAct cast and crew and their fantastic performance in the district competition.

For Rodney: "YEAHHH-HUHHH!" Enough said.

To Mrs. Ramponi, for providing delicious food to the hard-working editors.

To the Libyan rebels, for catching Muammar Gaddafi and taking a significant step towards securing a free Libya.



Jeers

For the tummy ache you get after eating so much Halloween candy.

For Fleet Farm's "Toyland" opening up so early; gosh, we just finished Halloween, give us a break!

For college applications, weighing us down and taking up all of our time.

For slow school computers not allowing us to procrastinate.

For the people who walk super slowly and clog the already narrow hallways.

For the ref who called that Michigan State got the touchdown.

Image by Andy Barta

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Visit us at www.aasd.k12.wi.us/north.

Ska concert deserves more attention, worth going to

By Sean Lyons

On December 7th, Streetlight Manifesto and Reel Big Fish will be making a stop in Milwaukee to play the Rave. Tickets are \$21.50 each, general admittance, and the concert will be well worth the money spent.

Ska music, although more popular in other parts of the world, has often taken a back-seat to other musical styles. In the Fox Cities, ska retains a rather cult-like status. Even while typing this article, the word “ska” generates a red squiggly line – I’ve since added the word into this computer’s dictionary, but this only shows how little known ska is. Ska should be in every dictionary though. It’s an important and interesting genre of music dating back to the late 1950s, originating in the Caribbean. It was a time when residents of neighboring tropical islands of the United States first combined elements of West Indies calypso and American jazz, rhythm and blues. This led to the creation of ska, and later a forerunner to reggae, which in turn influenced punk



Aaron Barrett of Reel Big Fish shows his eccentric side. Photo from Google Images.

styles in later generations. History is thus very important to ska, as ska is truly a style developed over a long period of time with a great deal of influences. A more personal reason for writing this (and adding “ska” to my computer’s dictionary) is that I greatly enjoy both Streetlight Manifesto and Reel Big Fish, and I would like for as many people as possible to enjoy them as well. These bands,

while maintaining somehow similar yet opposite sounds, have adapted the framework of ska music and applied their own preferred colors onto the canvas. Indeed, they have turned the genre into something to be admired, as they do not skimp on the fun that there is to be had.

Streetlight Manifesto has a dark side that is best expressed in singer/guitarist Tomas Kalnoky’s lyrics –

lyrics that are of topics circulating on feelings of mortality, the afterlife, images and ideas of personal wars of promise, depression, and isolation. These lyrics immerse the band in a haze of melancholy, but this doesn’t go to say that Streetlight’s sound continually falls victim to Kalnoky’s ominous

***Go to the concert,
and brew yourself a
different cup of tea.
You just might like
what both of these
bands have to offer.***

writing subjects. It’s quite the contrary actually, as the desperation in his tone heightens the other elements that the band exhibits. From their densely arranged horn assemblings, to the tumbling drum fills, and hustling guitar riffs, Streetlight gives an indescribable and somewhat contrarian emission of bangs, danger, and thrills.

Reel Big Fish is what

Streetlight would be if Tomas Kalnoky didn’t so often wallow in depression. The band is fronted by Aaron Barrett, a man with eccentric and clown-like attitudes. A reigning jester of the music industry, he and the band hail from Huntington Beach, California, a fact that becomes evident when analyzing their smoother, surf rock-esque way of interpreting ska. Reel Big Fish, unlike Streetlight’s more studious and yet adventurous styling, has always incorporated oddball humor into their music, which indeed has become a reoccurring theme in their albums and live performances. They often cover songs in unorthodox, almost silly, ways – this is perhaps best shown in their well-known cover of A-ha’s “Take on Me.” It is as goofy and sloppy as always, and oh so wonderfully fun.

Consider this when you find yourself sitting at home with nothing to do on December 7th. Go to the concert, and brew yourself a different cup of tea. You just might like what both of these bands have to offer. How could anyone not?

Widespread protests bring freedom across the globe

By Killian Kvalvik

*“Do you hear the people sing,
singing the song of angry men?
It is the music of a people who
will not be slaves again...”*
– *Les Misérables*

It started, of all places, in Tunisia – a small North African country mostly ignored by the wider world. Authoritarian crackdowns, high unemployment, and repression of speech were commonplace there, thanks to the corrupt leader Zine el-Abidine Ben Ali, in power since 1983. Conventional wisdom held that Tunisia could not change, that it was just one of those countries destined to dictatorship and unfairness for eternity.

But for all the Tunisians had weathered, last December brought the final straw. Mohamed Bouazizi was a street vendor who supported his family of eight with less than five dollars a day. He refused to pay a bribe to a police officer, who then publicly threw him to the ground and confiscated his cart and supplies. The same day, humiliated and in despair, he set

himself aflame and committed suicide.

And so the winds of change began to blow.

First the people of his neighborhood turned out by the thousands to decry this oppression. The protests soon spread to the entire country. Almost all Tunisia’s lawyers and teachers went on strike, and peaceful demonstrators were attacked with tear gas and beaten. On the orders of President Ben Ali, police dispersed demonstrations through force, but they simply could not handle the onslaught of ordinary civilians. Ben Ali fled the country on January 14. The country has now elected an assembly tasked with creating a new constitution.

This alone would be a momentous and uplifting event – but it has turned out to be the first act in a still ongoing drama of liberty, tyranny, and passion on a truly global scale.

Citizens in neighboring Egypt were galvanized by the Tunisian victory and demonstrated for three weeks in central Cairo and Alexandria. Despite being beaten, gassed, and killed by the thousands, despite

being completely cut off from the outside world, despite Orwellian throttling of expression and assembly, resident despot Hosni Mubarak resigned. He is now on trial for his crimes at Egyptian courts in Cairo.

***From Egypt to Wall
Street, from Greece to
Wisconsin, from Yemen to
Syria, people are
awakening.***

In Libya, ruled by bloodthirsty despot Muammar Gaddafi for 41 years, similar protests were met with slaughter on an appalling scale. Ordinary citizens could either join the revolution against Gaddafi’s mercenaries or watch their friends and neighbors get mowed down in a hail of bullets. Against all odds, the Libyan people prevailed with international assistance, finally deposing Gaddafi. Now their only challenge is to create a democratic government from scratch.

But the protests didn’t stop there.

Even in our own Madi-

son, Wisconsin, over 100,000 citizens came out against a governor who gave tax breaks to big business and corporations but saw it necessary to rescind state employees’ bargaining rights, even though they had already made financial concessions. The extent of Governor Walker’s perfidy and corruption certainly does not match those of Mubarak or Gaddafi, but the people whose livelihoods were shattered by Walker’s actions protested – in the exact same manner of the Tunisian and Egyptian protests – and made great political strides, showing the true power of peaceful, determined demonstration.

The most recent wave of change this year is the Occupy Wall Street movement, also known as the 99 percent movement. One percent of Americans own more than a third of America’s wealth; while they pay much lower tax rates than those who make less. Their corporate influence negatively affects politics and laws, using shady campaign contributions to create attack ads and shape legislation through intense lobbying. By refusing to accept this situ-

ation, Occupy Wall Street has shown Americans that a nation without power in the hands of the rich and corporations can be possible. The 99 percent movement has irretrievably changed the national political discourse to include the economically disenfranchised, the poor, and the unemployed.

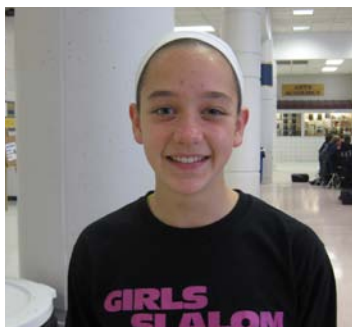
From Egypt to Wall Street, from Greece to Wisconsin, from Yemen to Syria, people are awakening. They are realizing that however imposing, however rigid an injustice may seem, it can always crumble under the weight of an informed, dedicated populace. The sheer magnitude of popular protest is changing the world right now, one demonstration at a time. It is we, the people, that have the final say over all laws and regulations, all censorship and corruption, all progress and awakening.

*“Will you join in our crusade?
Who will be strong and stand
with me?”*

*Beyond the barricade, is there
a world you long to see?
Then join in the fight that will
give you the right to be free!”*

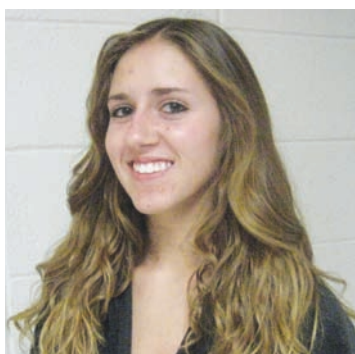
North's Featured Four:

*Profiles of Students
at Your School*



•**Name:** Maggie Burneske
•**Age:** 15
•**Year:** Freshman
•**Favorite Class:** Math
•**Siblings:** Anna Burneske (Senior)
•**Co-Curricular Activities:** Cross Country, Track, Student Council, and Band
•**Hobbies:** Reading, Competitive Gymnastics, watching NFL games, and college hockey. Her favorite teams are the Packers, Minnesota Gophers, and the Badgers. She also enjoys listening to her favorite bands which include Coldplay and U2. Her must-see TV shows are *Modern Family* and *The Office*.
•**Quote:** "Don't live by your past, live by your imagination."

By Maya Murzello



•**Name:** Emily Hamilton ("Shem")
•**Age:** 15
•**Year:** Sophomore
•**Co-curricular involvement:** Drama club
•**Hobbies:** Piano, guitar, theater, singing, reading, listening to music and drawing
•**Personal/Favorite Quote:** "Don't cry because it's over, smile because it happened" – Dr. Seuss.

By Catherine Backer



•**Name:** Abby Zabronsky
•**Age:** 16
•**Year:** Junior
•**Co-curricular involvement:** Noctiluca, Drama Club
•**Hobbies:** She enjoys figure skating, drawing, writing, crocheting scarves, baking cookies, watching movies, napping, playing violin, and collecting all things owl related.
•**Quote:** "The truly 'emo' people are the ones who don't look emo. Go out of your way to do something nice for someone, even if it's just holding open a door or apologizing for bumping into someone. You never know how that random act of kindness will brighten someone's day." – Abby Zabronsky

By Kiya Govek



•**Name:** Eleanor Miller
•**Age:** 18
•**Year:** Senior
•**Co-curricular involvement:** Student Council, NHS, International Club, Lawrence Girl Choir, Manager for Ragazze Girl Choir, Appleton Library Board Trustee, Teen Library Council
•**Hobbies:** She enjoys playing piano, volunteering at the library, jewelry making, card making, watching movies and TV, sleeping, and reading.
•**Other:** She is extremely busy and enjoys her free time. She is currently taking a class at Fox Valley Technical College to get a certified nursing degree.

By Kiya Govek

Enjoying a healthier Thanksgiving

By Arpita Wahal

There are many ways to stay healthy and active over Thanksgiving, whether you are with friends or with family. When leaves begin turning crimson, and trees turn varied shades of red, green and yellow, these colors signal the arrival of fall. These new colors alert Americans that Thanksgiving will be there shortly. When the temperature begins to drop, it is essential to take part in outdoor activities because soon, snow will cover the ground, limiting outdoor activity.

On Thanksgiving Day, families everywhere will be gathered together to exchange dishes of rich, traditional food. From green bean casserole to pecan pie, there seems to be an endless supply of savory dishes to satisfy hungry bellies. Thanksgiving is the perfect opportunity to relax and enjoy these tempting indulgences. If you make the conscious decision to be active, you can go for seconds, or even thirds and still feel great later.

There are countless ways to enjoy a healthier Thanksgiving dinner. First, eat your turkey skinless to eliminate unhealthy fats and cholesterol. Next, be sure to include homemade cranberry sauce in your meal which was introduced to us in the 1600's by Native Americans. Cranberry sauce is rich in antioxidants which help protect against



Photo courtesy of Google Images

cancer.

The easiest way to enjoy a healthier Thanksgiving dinner is to cut down on cream-filled, high fat dishes. The notorious green bean casserole is filled with unhealthy ingredients including mushroom soup and cheese. The good news is that it can easily be substituted by adding cooked string beans, which is a much healthier, simpler dish.

When it comes to potatoes, choose mashed potatoes with gravy instead of sweet potatoes, which consist of lots of sugar and butter. When reaching for dessert, choose pumpkin pie instead of pecan pie which has twice the calories.

After finishing off your meal it's never a bad idea to curl up and take a power nap. Allowing a couple of hours for food to digest will give your body the rest necessary to be active later and gain energy.

Burn off extra calories by grabbing a buddy to go biking to see all the beautiful fall colors. Bike out on trails and

enjoy the beautiful scenery nature has to offer. If limited to the confines of your neighborhood, a brisk walk can help you incorporate some cardio into your evening. Offering to rake your neighbor's yard is another great way to get active while earning some extra cash.

Many spend Thanksgiving reaching out to others within the community. It's never a bad idea to volunteer some of your time at your nearest homeless shelter or soup kitchen as a way of expressing your gratitude and giving back to the community.

Spending time outdoors is the best way to gain energy. Don't let post-meal drowsiness limit you. Staying fit and active is the key to keeping you from staying glued to the couch all day long.

Every Thanksgiving meal doesn't have to take a huge toll on you physically. Eat right and make it a point to get your friends and family moving outdoors so everyone can enjoy a healthy holiday together.

Fun facts about turkey day

By Isabella Lucas

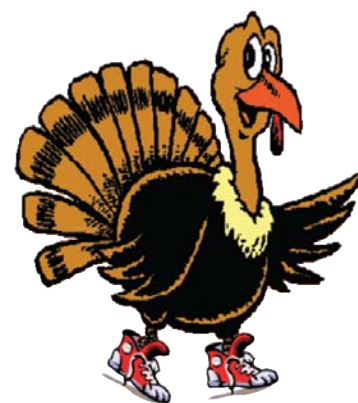
Thanksgiving is right around the corner, so you know what that means... yes, massive amounts of turkey, stuffing, cranberries, and even pumpkin pie. So put on some stretchy pants and try to stay awake while you read these mind "gobbling" facts about Turkey Day.

- 91 percent of the U.S. population makes turkey on Thanksgiving, while only 50 percent put stuffing inside.

- Benjamin Franklin wanted the national bird to be the turkey.

- The heaviest turkey was recorded back in December of 1989, at the massive weight of 86 pounds.

- The average person gains 8 pounds from Thanks-



giving to New Years.

- Over 40 million green bean casseroles are prepared for Thanksgiving.

- Most families have cranberries on the table for Thanksgiving, but only 20 percent of them are consumed.

- Turkeys were one of the first animals to be domesticated.

- Canadians celebrate on the second Monday of

October, and some call it "Yanksgiving."

- For the first time, thanks to a victory over the British, all 13 colonies celebrated Thanksgiving together in October 1777.

- The first Thanksgiving, held by the Pilgrims, was in 1621,— and the massive feast lasted three days.

- Turkey may not have been served at the first Thanksgiving, but venison sure was.

- Jingle Bells was actually written for the Thanksgiving holiday, but it was sung for Christmas too because it was so popular.

- Macy's annual Thanksgiving Day Parade began in the early 1920's.

- Here in the U.S., Thanksgiving is always celebrated on the fourth Thursday in November.

A look at mental illness

Mental illness is a condition marked primarily by sufficient disorganization of personality, mind, and emotions which seriously impair the normal mental functioning of a human being.

Mental illnesses include: anxiety disorder (phobias, panic disorders, and anxiety), bipolar disorder, borderline personality disorder, depression, obsessive compulsive disorder, oppositional defiant disorder, post traumatic stress disorder, and schizophrenia.

If you or someone you know experience any of these disorders please contact school psychologist Mrs. Davis or school social worker Mrs. Strick, talk to your physician, or call the Outagamie crisis prevention center at (920) 832-4646.



Inside depression

By Liza Long

According to statistics from teendepression.org, an average of thirteen percent of teens in America will be diagnosed with symptoms of depression. This number is always changing, but with teenagers accounting for almost a quarter of the population and an already diagnosed 10 million people, the severity of mental illness is at an all time high.

Then why aren't psychiatrists' offices and clinics overflowing with depressed teenagers? The number of teens who seek help is drastically lower than the number of teens who have symptoms. Why are kids so afraid to get help? A lot of this reluctance stems from the belief that admitting to depression is a sign of weakness, especially in males. Females are far more likely to go to a counselor or at least talk to a trusted friend, but many guys fear that confessing to traits of mental instability equates to failure or an inner flaw. Unfortunately, when depression is left untreated, it is very likely to get worse or relapse in a matter of months. Students need to know that having depression or bipolar disorder is nothing to be ashamed of, and talking is the first step to recovery.

Depression is caused by a lack of serotonin which is a neurotransmitter that controls

mood and emotions in the brain. A brain scan would not show this deficiency.

Symptoms of depressed individuals include: shorter attention spans, little interest in social activities, fatigue, and feelings of hopelessness. But scientifically speaking, their brains appear normal. "If you were to scan their brain, it wouldn't look any different" explained North psychology teacher Mr. Meixl.

So why are teens most affected by depression compared to adults? The combination of those awkward adolescent years, pressure, and the overall emotional roller coaster that is high school can make depression harder to cope with for teens. Another North psychology teacher, Mr. Eastman, noted that "teens have both the hormonal issues and a brain chemistry issue, making it harder for them to handle [depression]." Many young adults are afraid to admit to depression because of peer pressure and the fear of being judged by their fellow students. Males are more likely to try to cope with their feelings by themselves because of the negative stereotypes surrounding the issue.

The United States has one of the highest statistics of depressed teenagers, but they also have the best facilities to get help. There is no comparison to third world countries because we are unsure of the number of kids with depression or bipolar disorder

since they do not have the services for proper diagnosis. Mr. Meixl explained why a wealthy nation like ours has such high rates of depression: "the more you have, the more you realize you don't have."

The first step to getting help is talking to someone you trust. Talking to a friend or parent is helpful, but they may not be equipped to handle your mental needs. The next step is confiding in a counselor, like our school psychologist Mrs. Davis and school social worker Mrs. Strick. Performing therapy or joining a support group can always be helpful. In some cases medications are needed to control some of the worst symptoms, but you should only take these if instructed to do so by a qualified doctor. Also, the release of endorphins through exercise instills happiness, so performing physical activity every day is also a factor in the healing process.

If you have a friend or family member suffering from a mental disorder, the best thing you can do is be supportive. Contrary to many beliefs, depressed teens can't just "suck it up" or "snap out of it" as they are often told to do. A mental disorder can't be wished away; talking and therapy are crucial to the healing process. Mental disorders are not something that can be controlled by the victim, but they are the only ones who can begin the healing cycle by reaching out for help.



Unhealthy dating can lead to mental disorders

By Joey Jandacek

Mental illnesses can be genetic, come after a tragedy, or be a result of substance abuse. However, mental illness can also be the result of a poor relationship.

According to the American Psychological Association (APA), being in an insecure relationship can lead to psychological disorders.

An insecure attachment relationship is where an individual becomes so attached to another person that they wouldn't know what to do without them. It is important for each person in a relationship to keep checks on their behavior. An individual with cheerful and happy disposition may find their emotions uncontrollable and often volatile.

Anna Jandacek, a freshman at UW-Green Bay, an Appleton North graduate, and my sister was brave enough to

share her situation. Anna was in a two year relationship with a boy from West High School. While the two were dating, a wide range of emotions became apparent, one minute she was sad and the next she was angry. Anna was aware of the changes in her demeanor, but she was sensitive to others taking note. The toll her unhealthy relationship was taking on her mental state was now apparent to everyone. When approached by friends and family, Anna argued that she was in love with him and tried to convince others that things would get better over time. Late night phone calls with her boyfriend immediately alerted my family to the severity of the situation when we could hear crying and yelling from down the hall. Unprepared for how to handle the situation, my parents could only generate anger in response to consoling and questioning. Living with Anna could only be described as a mystery. We never knew whether she would be irritated or ecstatic. My whole family realized that this relationship was severely altering Anna's happy-go-lucky behavior.

Staying in a bad relationship caused chemical changes in Anna's mind and body which then led to her eventual diagnosis of bi-polar disorder.

Readers, if you believe that you are in a bad relationship, ask yourselves these questions: Is there more arguing than joking around? Is your partner constantly demeaning you? Are they too proud to apologize for wrong doings? If you've answered yes to any of these, maybe it's time to re-evaluate your relationship.



Photos courtesy of Google Images

A day in the life of a depressed teen

By A North Student*

I sat in class staring at the handout the teacher had just given us. I no longer heard the instructions or the lesson. I no longer cared. To say that I was just having a bad day is an understatement. I had been having bad months and unfortunately bad years. Although I tried to fight my sadness and pretend that I was happy, as opposed to completely exhausted and empty, it no longer worked.

My mind had completely shut down and I had given up on the idea of being happy again. The bell rang. I questioned myself, “did this hour really go by that fast?” The truth was, my concept of time had abandoned me. The concept of time, days and weeks had ceased to apply to me. If life ran on the hour hand, I was on the minute hand.

Other parts of my life began to be affected as well. I lost all interest in everything that I used to have passion for and spending time with friends and family became work, not enjoyment. Walking from class to class, I avoided any-

one I knew so I would not be forced to smile; it would have taken too much effort. In the morning it took every ounce of energy to leave my bed because it had become my only source of comfort. Every day I dreaded coming to school. It required too much effort to apply myself to each class. All I would do in class is stare, my mind completely blank.

During this time I had never felt so lost and alone. Even in the crowded hallways of school I still felt as if I was the only one there. I only lived in my mind, my surroundings made no impact on me; it was as if I existed only in my brain

and I watched my life as if it were a movie in front of me. In addition to being disconnected from the world, my thoughts were only of hopelessness. I felt as if I existed in a thick, unending fog. Nothing seemed clear and everything seemed foreign.

Finally, I decided it was time to reach out and get help. I broke down to my mom after weeks of wandering in a haze. I visited a doctor and received much needed medication and therapy. Now as I look back, I find it hard to believe I let myself feel lost for so long. I had continued to give myself “deadlines” to feel better, as

if setting a date would suddenly lift my spirits. The most important message I learned from this experience was to let in those around you who care about you. In doing so, my support system was strengthened and I developed a genuine bond with people I trust. Although I am still struggling with my depression, I have learned to lean on others to help me through tough times, and now I am finally hopeful to once again feel happily free.

**Due to the sensitivity of the topic, the Noctiluca has chosen to keep the writer's identity anonymous.*



Find Relief from Stress and Anxiety

By Sara Duesterhoeft

As teens, we have a lot on our plates. School work, athletics, volunteering, social life, dating, work, the list goes on and on. Therefore, it isn't uncommon to experience a fair amount of stress and anxiety.

In fact, it is important that everyone experiences some anxiety as it helps to boost performance; however, when there is too much negative anxiety and stress our performance is hindered. With teenage anxiety levels teetering on excessive and with a constant need to perform at our best, learning skills to manage anxiety is a must.

In order to gain a better understanding about anxiety and

to relay information on stress and anxiety management, I sat down with Linda Nett, an Occupational Therapist who has worked thirty-one years with St. Elizabeth Hospital's Outpatient Rehabilitation Services.

Everyone experiences some anxiety and stress since a normal amount acts as a performance booster. But how can one tell if the anxiety they experience is helping them or hindering them? “There are many situations in everyday life in which it is reasonable to react with some anxiety: studying for tests, learning new important information, driving in traffic, social interactions, dating, etc. However, when the anxiety persists long after the situation has passed and interferes with everyday life, it can be classified as an anxiety disorder,” says Nett. Interferences with everyday life could include: “insomnia, headaches, hyperventilation,

excessive sweating, trembling, and stomachaches,” symptoms often treated by Nett. Obsessive Compulsive Disorders and phobias are also classified under anxiety disorders. Anxiety involving negative obsessions about appearance, test-taking, and fear of public speaking all fall under anxiety disorders as well.

Now that we know our constant hair primping, nail-biting, and cold-sweating hands are due to our body's natural stress response, how can we keep these feelings from negatively affecting us?

When it comes to the normal, everyday anxiety, we generally treat ourselves. Some ways that we relieve anxiety naturally include: gearing up to meet a challenge by practicing, studying, and preparing; living a healthy balanced lifestyle through eating right, exercising, and getting at least 8 hours of sleep; having posi-

tive social interactions and relationships, as well as unwinding with various relaxation activities. Lynda Nett emphasized that “relaxation is a key point in maintaining healthy anxiety levels. Everyone has different methods of relaxation, for some it could be reading a book, meditating, or taking a hot bath, for others it could be playing a computer or video games. An important part of my job involves teaching relaxation techniques that will help lessen anxiety.”

Activities that promote relaxation are the best treatment for anxiety: meditation, yoga, and deep breathing exercises allow the body to relax and quiet the stress response. For people who have difficulties self-regulating and reducing anxiety there are skills they can learn to lessen anxiety, skills typically taught by a professional. “On top of normal anxiety and stress management methods,

those suffering from excessive anxiety may benefit from relaxation skill training such as paying attention to self-talk, changing negative talk to positive talk, developing assertive communication skills, and improved self-esteem,” suggested Nett. A professional can aid in the acquiring of these skills as can some further individual research. Jay McGraw's *Life Strategies for Teens* and *The Anxiety and Phobia Workbook* by Edmund Bourne, Ph.D., are both excellent resources for acquiring calming techniques.

Anxiety and stress are a normal part of life, but they should not impede on your life or performance. After a hard day's work, it is important to give our body and mind proper time to unwind and recoup. Remember, you are in control of your body and mind, and at the end of the day only you hold the key to your body's inner sanctuary.

Teacher Feature: Mrs. Milheiser



By Peter Hale and Arpita Wahal

Mrs. Milheiser is a new face to the North library after the retirement of Mrs. Tellock, who worked in the district for 38 years.

Though it may seem daunting to replace a longtime member of the LMC, Mrs. Milheiser seems to relish the challenge. "I enjoy the opportunity to be in the lives of the kids here. I'm working hard to learn the names of students," she says.

Mrs. Milheiser has her master's degree in education, and her bachelors of Science in elementary education, which allows her to teach grades one through eight. She also has a degree in library science which allows her to work in public and school libraries. Her past experience includes working at Bondwell Elementary school and Madison Middle School.

In addition to being part of the library, she enjoys being a part of student activities. "I've been to many concerts and sporting events. It's nice to be a part of the student activities."

In her spare time she enjoys reading, gardening, mowing the lawn, shoveling snow, traveling, and spending time



Mrs. Milheiser is new to the North Library this year.

Photo by Nate Correia.

with her friends and family.

As the new full time librarian/media specialist, she has already started brainstorming new ways to improve the North library. With the help of some student volunteers, she has created an entirely new space in the LMC in which students can learn and be instructed.

In addition, she is looking for ways to encourage students to read for fun, especially during reading time. "I'm looking for kids' opinions on how to get the word out on good books."

Mrs. Milheiser seeks to maintain the excellence at the North LMC while finding new ways to meet the needs of students.

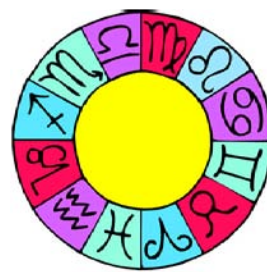
TREKking thru Highschool

By Abigail Zabronsky



November Horoscopes

By Neha Siddiqui



Aries (March 21- April 19)

You may suddenly realize that your nose takes up a lot of space on your face. Try not to breathe when you drink water, and it will shrink even if it seems that you haven't.

Taurus (April 20- May 20)

You will breathe in the next 20 seconds. You will blink at least once today. If not, you should probably see a doctor unless you're already dead.

Gemini (May 21- June 20)

Sorry, your horoscope is out of order. Please insert another dollar or use a different vending machine. We apologize for the inconvenience. Have a nice day.

Cancer (June 21- July 22)

As the weather cools down, you may begin to notice a change in your clothing. Don't worry, this is completely normal. To prevent this, drink plenty of apple cider vinegar and don't have hat hair. Wear sunscreen and pray for summer.

Leo (July 23- August 22)

Fall sports are coming to a close, and you should definitely work out this winter to stay in shape. Leos are the most likely to gain weight in cold weather.

Virgo (August 23- September 22)

Try not to hog attention this month, instead focus on others. If you run into a long-lost friend or relative, make sure to stop and chat, because they have been thinking a lot about you lately, and you have too even if you didn't realize it until now.

Libra (September 23- October 22)

You constantly worry about what other people think. If you worry more about what you think, you may find that others think better of you.

Scorpio (October 23- November 21)

Plan a birthday party next Saturday and invite everyone you talk to on a regular basis. The stars show that you will have the best weekend of your life!

Sagittarius (November 22- December 21)

Sagittarians love to entertain their friends, family and total strangers. They would be very successful in Improv.

Capricorn (December 22- January 19)

You like to know what's going on in the lives of everyone in the galaxy. However, you tend not to know what's going on in your own. If you are lucky, your friends will tell you.

Aquarius (January 20- February 18)

Aquarians use the phrase "Dude, do you know," quite frequently when discussing philosophical concepts. They should avoid wearing rain boots until 2012 if they do not want to slip on a lizard in student services.

Pisces (February 19- March 20)

Pisces have no sense of direction and often get lost on the way home, having to text their parents and ask what their address is. If this is your first year driving, be extra mindful of road signs and snow, and take a friend along who can show you the way.

Heard in the Hallway

By Katie Fleming

"OMG, Steve Jobs died?! Nooooo!"

"Uh oh, we're gonna be late.... runnnnnn!!!"

"HAPPY BIRTHDAY!!!!"

"Do we have homeroom today?"

"Fantasy Football stresses me out more than school."

"NO, I don't want to be the only guy there!"

"That is suchhh a cute outfit!"

"It's soooo colddd!! Why is it so cold in here?"

"Do you have gum? I need gum!"

"Why are you so immature?"

"The pool is freezing today, good luck!"

"Omg that's due TODAY?"

"Does anybody have any extra socks?"

Hear something funny? Something weird? Something random? Contact Katie Fleming in person or on Facebook. It must be fit to print.

The School Of Choice at Appleton North High School

(920) 731- 2121
driversedfoxcities.com

We offer classroom sessions at your school. We pick you up from school or home for the Behind the Wheel portion to complete your State required drivers education program. Call us or check the class schedule on our website.

Year of the cheese: Wisconsin sports in review

By Trent Tetzlaff

Milwaukee Brewers:

It's been a year filled with ups and down for the 2011 Milwaukee Brewers. The year originally began on a low note when newly acquired pitcher Zach Greinke injured himself playing a game of pick-up basketball which ended with him on the disabled list for the first few weeks of the season.

With seemingly nothing going well for the Brewers in the beginning of the season, a spark was found when the Brewers made a trade for the relatively unknown outfielder Nyjer Morgan. Morgan brought fun and a loose attitude to the clubhouse by creating an alter ego for himself, named "Tony Plush." Immediately Morgan created a flare for the rest of the team not only in the clubhouse, but also on the field due to his solid .300 batting average. Morgan created a buzz through Milwaukee by creating T-shirts for his alter ego as well as making tremendous defensive plays in center field.

Getting under other teams skin, Morgan and the Brewers found themselves in a playoff hunt coming down the stretch of the season. With MVP candidate Ryan Braun having one



Ryan Braun gets set to belt another home run. Photo courtesy of Google Images.

of his best seasons ever by belting 33 homers and swiping 33 bases, the team seemed nearly unbeatable in the later stages of the season.

Coming into the season, no one believed the Brewers would have a chance to compete considering the lack of pitching depth in previous years. But with the signings of starting pitchers Zach Greinke and Shaun Marcum, the Brewers reassured their fans that they were indeed true contenders. With a strong regular season finish, the Brewers coasted to their first division title in over 29 years, and also clinched home field advantage

for their first playoff series against the Arizona Diamondbacks.

Thanks to a game-winning hit in game five by "Tony Plush," the Brewers then rolled onto the National League Championship Series with nothing stopping them.

But as we know, all good things must come to an end. With the Brewers pitching collapsing and the Cardinals bats erupting for hits galore, the Brewers were suddenly eliminated in six games by the St. Louis Cardinals.

"With seemingly nothing going well for the Brewers in the beginning of the season, a spark was found when the Brewers made a trade for then- relatively-unknown outfielder Nyjer Morgan."

The future of our beloved Milwaukee Brewers is still up in the air this offseason with 3-time All Star Prince Fielder due for a new contract next year. Many fans may cringe when they hear this, but fans, don't expect Fielder to be patrolling first base on opening day next season for the Milwaukee Brewers.

Wisconsin Badgers:

Coming off an agonizing loss to TCU in the 2011 Rose Bowl, the Wisconsin Badgers had high expectations coming into the 2011-2012 season. Starting out the season ranked tenth in the nation, the Badgers finally gained some nationwide respect. During the offseason the Badgers hit the jackpot by acquiring senior quarterback Russell Wilson, a transfer in his last year of college eligibility from North Carolina State.

Wilson decided to try to out-play his talent for baseball, as he was a highly coveted middle infielder and was drafted in the 4th round of the 2011 MLB draft by the Colorado Rockies. Indecisive about which path to choose, Wilson decided to give football another chance after starting at quarterback for three years at NC State. This move turned out successfully for Wilson, who quickly adapted to the Badger offense, while additionally leading the Badgers to



As of Oct. 29, Russell Wilson has led the Badgers to a 6-2 overall record and a 3-1 conference record in the Big 10. Photo courtesy of Google Images.

a 6-2 start with an enormous win over conference foe Nebraska.

Many analysts and fans believe that Wilson is a substantial Heisman contender, especially considering he has already passed for over 1,500 yards and tossed 14 touchdowns.

However, although the spotlight may be on Wilson, he does have many other weapons surrounding him to aid the Badgers in competing

for a national title, such as the skillful dual threat running combo in junior Montee Ball and sophomore James White. Yet, along with an exceptional running game, the Badgers also add to the mix the athleticism of senior receiver Nick Toon, whose father was a former NFL star. With much expected for the 2011-2012 Badgers squad, they will take this season one game at a time and hopefully ride their momentum into the Rose Bowl game.

Green Bay Packers:

After an improbable Super Bowl victory in 2011, the Green Bay Packers are highly favored to make a return trip this year. After barely sneaking into the playoffs last year and subsequently winning five games in a row to make it to the Super Bowl, the Packers are looking to make the road to a championship less challenging this year.

With key injured players such as tight end Jermichael Finley and running back

Ryan Grant returning to the lineup this season, this Packers roster looks even more potent than last year, if that is even possible.

After a 7-0 start to the 2012 season, the Packers seem nearly unbeatable with Aaron Rodgers playing at an MVP level and his supporting cast performing effectively too. Keeping this knowledge in mind, fans should expect nothing less than a return trip to the 2012 Super Bowl in Indianapolis, Indiana.



Aaron Rodgers celebrates winning Super Bowl XLV with teammate Clay Matthews. Photo courtesy of Google Images.

Player profile: Sam Moua

By Trent Tetzlaff

Sam Moua Senior Libero, Appleton North Varsity Volleyball.

Accolades: Second team all-conference as a sophomore, unanimous first team all-conference as a junior.

Q: What is currently on your iPod?

A: Drake, Lil Wayne, J.Cole, Fabulous, DJ Khaled, Wiz Khalifa, 50 Cent, Mac Miller, Maino, T.I., Eminem, Juelz Santana, Young Jeezy, Lupe Fiasco.

Q: What is your favorite food?

A: Anything that my mom cooks.

Q: College plans?

A: I plan to go to college, not decided yet but I plan to play volleyball in college.

Q: Best memory from your years as a varsity volleyball player?

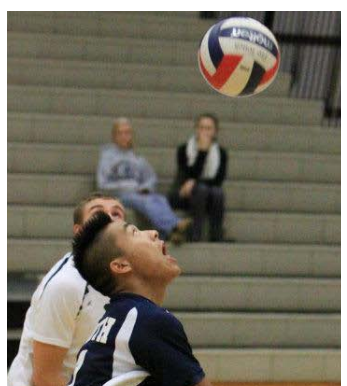
A: Going to state my sophomore year and having a state record.

Q: Hobbies/Interests outside of volleyball?

A: Spending time with family and friends, bowling, just hanging out.

Q: What will you miss the most about your team?

A: Being with them every day for practices, games and tournaments; we're like a family.



Sam Moua ranges over for a pass. Photo by Chavlovich Photography.

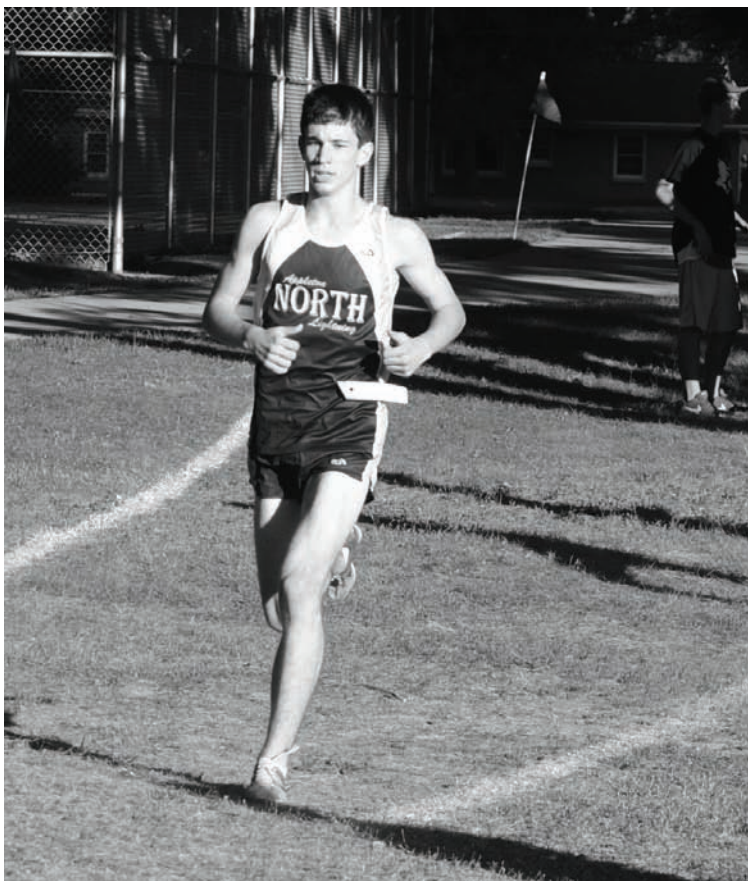
North runners compete at State

By Max Edwards

For the first time in the last 10 years, and the 2nd time in North's history, the Appleton North Boys varsity cross country team qualified for the WIAA State Cross Country Championship by placing second out of 12 teams at Sectionals on October 21st.

The state qualifying boys team consisted of Tanner Daines (sophomore), Max Edwards (junior), Gunnar Goeden (sophomore), Matt Hendrickson (senior), Jordan Knapp (junior), Conor Tarnowski (freshman), and Calvin Van Ryzin (senior). Justice Jentz (freshman) and Max Ritzow (freshman) were the alternates for the state meet. Edwards placed 64th, followed by Van Ryzin (96th), Daines (138th), Hendrickson (160th), Goeden (177th), Tarnowski (183rd), and Knapp (184th).

When asked to sum up the boys season, senior leader Van Ryzin said, "Our team overcame a lot of obstacles this year. We had younger guys step up, and when it mattered most, we got the job done."



Jordan Knapp competes in the Green Bay Southwest Boys Varsity 5K on September 9th. Photo by Max Edwards.

The girls' varsity team placed third at sectionals, narrowly missing state qualification. Kendra Jensen (freshman), who placed 110th at the State Meet, was the only Lightning girl to qualify indi-

vidually for the season's final meet.

The state meet took place at Ridges Golf Course in Wisconsin Rapids on Saturday, October 29th, with the first race starting at 11 a.m.

Girls Tennis wraps up season

By Catie Edmondson

The girls varsity tennis team ended an exciting season with a 6-3 record, ultimately placing fourth in the FVA conference, and sending the number one doubles team of Abby Ross and Jena Sieckert to the state tournament.

"It was a very exciting year for this team; we had many ups and downs," said Coach Scott Burt. "I thought we did really well in the conference. We were able to pull out a lot of close 4-3 matches. Many different players had to step up to win that last match, including many thrilling third set wins. Our strength is our mental toughness... winning matches 4-3 and winning three setters is very difficult to do consistently."

Number one singles player Kelly Stymiest agreed: "This year we did really well. We beat Neenah, which was our biggest win. We had pretty good depth as a team."

Although Burt believes "we underachieved as a team at the conference tournament," he notes that the sea-

son "ended on a very bright spot by getting [Sieckert and Ross] down to state...It was great to see them play really well, beat a top team, and play hard against another."

"To go to state was the biggest accomplishment in all my four years. I was proud of myself and Abby for making it this far because we worked so hard for it," Sieckert said. The doubles team won their first match before losing to the eventual fifth place team in the second round.

Next season, the team will need to fill many key positions, as seniors will vacate

six out of the ten spots. "We will need our returning varsity players to step up and lead this team and our new players will need to be willing to put in the necessary work to jump up a few spots in the line to be competitive," said Burt.

"The FVA is always tough; there are many good teams in the conference. It will be tough to top Oshkosh West, which is a top six team in the state, but with young players dedicated to winning, you never know what could happen two or three years down the road to make Appleton North the top team in the FVA," said Burt.



Jena Sieckert and Abby Ross stop and pose for a picture at the WIAA State Tennis Tournament. Photo by Robert Ross.

Appleton United Girls aim to continue success

By Andrew Vanden Boogaard

Though the Appleton United Girls Hockey team made a tremendous postseason run to the state tournament in Madison last March, that remarkable accomplishment does not take away from their high expectations this year.

With the loss of only three seniors, the United Girls look to continue their success due to the return of seniors Anna Westmark and Jennifer Cramer (Appleton West), junior Katie Trucco, and sophomore Emma Kohl.

Altogether, don't be surprised to see the United Girls repeat this year with another state tournament appearance.

Plus, with the help of returning coaches Pat Dier, Elsa Westmark, and Dale Kohl, look for the United team to

**Support the
Appleton United
Girls Hockey Team!**

**6:15 p.m. Tuesday,
Dec. 6**

**Appleton Family
Ice Center**

bring back an experienced coaching staff.

Furthermore, the United team will also be bringing back some effective veteran leadership in Westmark (Captain), Cramer (Assistant Captain), and Kohl on offense, while defensemen Trucco (Assistant Captain), Emily Cramer (Appleton West), and goalie Libbey Breaker (Appleton West) will challenge opposing offenses.

Altogether, don't be surprised to see the United Girls compete once again this year at the Alliant Energy Center in early March.

United Boys get fresh start

By Alex Henwood

As the leaves begin to fall and the chill of another Wisconsin winter approaches, so does another thrilling time of year: hockey season!

This year, with recently-named head coach Cliff Watson Sr. and the loss of 7 seniors, Appleton United prepares once again to hit the ice. "There will definitely be a different look about the team this year," said senior captain Evan Henwood. This reference is in regard to the great amount of youth that are expected to play at the varsity level along with a changed logo and new jerseys that United will be sporting this winter.

Henwood, a senior forward, and recently named Captain, will be joined by several talented return players as United looks to get back to the top of the Badgerland Conference. Junior Keon Schmidt and sophomore Cooper Watson will anchor the United defense with the support of senior Patrick Clarke of Appleton East and junior Kenny Cardew. Additionally, the offensive attack will be led by Henwood,



Defenseman Cooper Watson fights for the puck with a Superior forward. Photo by Andrew Vanden Boogaard.

senior Craig Malcolm, senior Nick Kapheim and junior Tyler Tumey of Appleton East. Moreover, the United team expects to have a more successful season this year and a chance to be able to compete for a state tournament birth once again.

"We are all excited and ready to get back on the ice," said assistant captain Tyler Tumey about the upcoming season. So as the days grow shorter and the weather begins to cool, know that you can look forward to the upcoming United season.

What's on your Playlist?

By: McKenna Rakestraw



Freshman: Lauren Hoyer

"Moves Like Jagger"
- Maroon 5

"Don't Stop Believing"
- Journey

"Smile"
- Uncle Kracker

"You and I"
- Lady Gaga

"Party Rock Anthem"
- LMFAO

Favorite: Lauren loves "You and I" by Lady Gaga because it's such a popular song and it's got a fabulous beat to dance to with all her friends!



Sophomore: David Deltour

"John"
- Lil Wayne

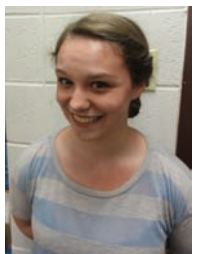
"Too Easy"
- Tyrese featuring Ludacris

"I'm a Boss"
- Meak Mill featuring Rick Ross

"Tony Montana"
- Future featuring Drake

"She Will"
- Lil Wayne

Favorite: David enjoys "John" by Lil Wayne because he likes the awesome beat.



Junior: Emma Trueblood

"All Those Pretty Lights"
- Andrew Belle

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In remembrance

By: Max Edwards

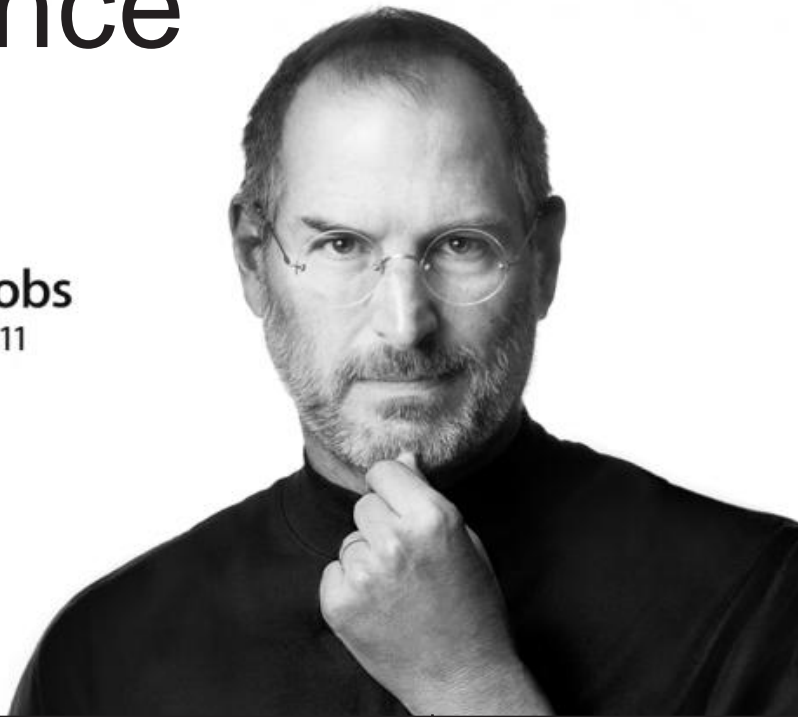
The world has recently lost a creative genius, one who was instrumental in redefining the standards and pushing the boundaries of personal computing and technology in recent decades.

On October 6th, 2011, Apple Co-Founder Steve Jobs passed away after an eight year battle with a rare form of pancreatic cancer. Many people in the tech world paid their respects after hearing the news, which broke just days after the consumer electronics giant announced the highly anticipated iPhone 4S, the next installment in the wildly popular line of Apple smartphones. Most of those who didn't know of Steve Jobs until stories of his death began rapidly cycling through the Internet have most likely been in direct contact with a product or service that Jobs had a large role in creating.

Like any successful technology company, Apple has innovated and built off of their self-created "hits." Through humble beginnings in Steve Jobs' garage, Apple founders Steve Jobs and Steve Wozniak built the foundation for what would expand astronomically and evolve with the consumer technology industry. Apple can be credited with the invention of revolutionary iPod music players. Their incredible prevalence around the world, paired with the popularity of the iTunes Store, caused them to capture a huge chunk of the market share in the personal portable entertainment electronics category. Building off the success of the iPod models, Apple released the first model of the iPhone which re-defined mobile communications and arguably paved the way for industry-leading smartphones available today. Another example of Apple's dominance in the mobile field is the incredible success of the iPad and its successor, the iPad 2. These tablets have captured the vast majority of the market share in the tablet category of electronics.

The Mac, iPod, iPhone, and iPad certainly weren't the first personal computer, original mp3 player, initial Internet-capable phone, or first touch-screen tablet, but the way they accomplished their designated task was different from every previous product in these cat-

Steve Jobs
1955-2011



Apple.com
Apple through the years: Highlighted products that show the company's astronomical growth



Apple 2

The first personal computer. This model kicked off the firestorm of success and innovation that Apple would have until the present day.

Apple iMac

The iMac was the first computer to render the Floppy disc obsolete. First produced in 1997, it omitted the then diskette drive. Replacing it with the USB Drive.



The iPod

The iPod revolutionized the way everyone listened to music. Everyone seemed to have one. It was ultra portable, and convenient for situations where music was needed.



The iPhone

First introduced in 2007, the iPhone quickly took off in sales, efficiently combining video, photo, music, voicemail, and internet capabilities all into one small device.



egories. Apple gave these categories of products their own "often imitated, never replicated" style, and along with designing the hardware, and designed the intuitive software that accompanies the elegant hardware.

Steve Jobs was an instrumental driving factor in his company's success. The brilliant marketing strategies he put in place at Apple have contributed greatly to their success.

Aside from his executive position at Apple, Jobs himself has always been a very private individual. But Jobs' biography, written by Walter Isaacson, was scheduled to be released on October 24th, 2011. Isaacson has interviewed Jobs on numerous occasions and the biography, which Jobs has given permission for posthumous publication, will reveal many interesting personal details on

the man's ideals and philosophies. After going on presale, the book soon jumped to number one on the best-seller list.

In 2005, Steve Jobs was invited to speak to Stanford University students at a commencement ceremony. "The only way to do great work is to love what you do," Jobs said. "If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

The tech world would never have evolved just as it did without creative, charismatic, and inventive individuals like Steve Jobs. His contributions will forever be appreciated.

Max Edwards is an Appleton North junior. You can reach him on Facebook. Visit his Facebook page to see a detailed timeline of Apple's success.

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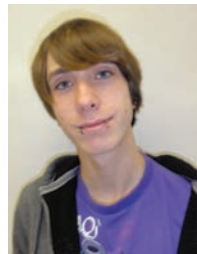
"Home"
- Edward Sharpe and the Magnetic Zeros

"October"
- Broken Bells

"First Day of my Life"
- Bright Eyes

"Ugly Dress"
- Jesse Woods

Favorite: Emma's favorite was a tough choice, but she concluded as "First Day of My Life" by Bright Eyes. She simply loves the no-nonsense vibe and how the lyrics are relatable and how they leave you with a heavy heart.



Senior: Henry Augustine

"What I Got"
- Sublime

"Scary Monsters and Nice Spirits"
- Skrillex

"Californication"
- The Red Hot Chili Peppers

"Jammin'"
- Bob Marley

"On My Level"
- Wiz-Khalifa

Favorite: Henry quickly chose "What I Got" by Sublime because it will forever be his favorite and he loves the relatable lyrics.

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Staff: Mr. Edmonds

“Harvest Moon”
- Neil Young

“Ring of Fire”
- Johnny Cash

“Won’t Back Down”
- Tom Petty

“These Arms of Mine”
- Otis Redding

“Love and Happiness”
- Al Green

Favorite: Mr. Edmonds loves “Won’t Back Down,” the Tom Petty version, not to be confused with the Johnny Cash version where Tom Petty is a background singer. It’s simply a great song.

McKenna Rakestraw is an Appleton North junior. You can reach her by Facebook.

“What’s on your playlist” is a rotating monthly column. Each month features a different interviewer/writer.

Want to get involved with the Culture section?

Ask for Sean Lyons at the next Noctiluca homeroom meeting to discuss possible projects or ideas.

Fall fashion week brings new styles

By Corinne Austin

As the runways of fall fashion come to a close, it is necessary to note a few highlights.

3.1 Phillip put on a fabulous display of neutral earth tones, with many leather and knit combos. He also continued with one of the major trends; all white.

Chanel finished with a great show concocting a few twists on their signature tweed ensembles. Focusing mainly on grunge and menswear, Chanel’s head designer, Karl Lagerfeld, stated that this fall collection reflected, “the world (as) a dark place.”

Oscar de la Renta also pursued a look with neutral earth tones. The show consisted of a lot of mixed tribal prints with lush accents of fur.

Alexander McQueen brought

an exciting twist of neutral tones with fur. Of course, McQueen’s Sarah Burton ended the show with a variety of exquisite gowns keeping Alexander McQueen’s legacy alive.

The Fall 2011 couture collections were also something to be excited about. Chanel brought very exotic dress structures with combinations of color, prints and textures. Givenchy took the trend of all white to the extreme by using only white fabric for the entire collection. The gowns all contained beautiful, detailed lace with sheer, alluring accents. The runways of New York, Paris and London were all blessed once again with a phenomenal fall showcase.

Corinne Austin is an Appleton North senior. You can reach her on Facebook.



Sarah Burton debuts Alexander McQueen gowns in Paris. Photos courtesy of Google Images.

D.C. Comics reissues entire catalog, hopes to increase readership

Hello readers! My name is Matt Hendrickson, and this column is here to introduce you to geek culture and geek news. This column will be a reoccurring theme in the culture section, and in it I will talk about all things geeky. My first topic is one that will be sure to unite all of the “super” fans of geeklore, and that is the wonderful universe of comic books.

I’m willing to bet that in the last few years you’ve seen movies based on comic book superheroes: Batman, Iron man, Superman, the X-Men, (about a third of all superhero names end with man). But I’m also willing to bet that you’ve never actually read one of their comics.

There are two reasons for that. First, to read comic books, you need to have a higher suspension of disbelief than you do for movies.

Second, comic books just aren’t as popular as they used to be. Granted, they’ve never been what you’d consider a mainstream form of entertainment, but the popularity of the medium has varied over the years.

With that being said, if you’ve ever been interested in reading comics, I have good news for you.

In an effort to boost sales, DC Comics has recently rebooted its entire continuity, the continuation and connection of their Superheros to their pasts and to each other. This basically means that they pushed the reset button on their universe, intending to start each series over with 52 number one issues, including titles like “Action Comics”, which had reached number 905. This is a big step for the company, which is best known for creating the super heroes such as



From The Depths of the Basement

Matt Hendrickson gives insight into Geek Culture

Batman and Superman since its founding in 1934.

The writers and executives at DC believe that continuity makes it difficult for new readers to understand what is going on when they buy an issue. This presumably causes potential readers to avoid comics. In doing this, DC has allowed new readers to be able to read their comics without being put off by years of continuity.

Wasn’t that nice of them?

Matt Hendrickson an Appleton North senior, you can reach him via Facebook.



Artist Spotlight

By Calen Schruender

For those of you who haven’t heard, positive vibes are the latest and greatest concept to hit the world since sliced bread. You may be wondering, “where did this concept come from? And how did it get popular?” Well boys and girls, listen to one song by Mod Sun and you will have your answers... and more.

First of all, MODSUN stands for “movement on dreams, stand under none,” as the only player in his self proclaimed genre “hippy hop,” Mod Sun



Mr. Positivity: Dylan Smith, A.K.A. Mod Sun

is all about positivity and being happy no matter what the circumstance. This scruffy bearded, long haired, twenty four year old has been a part of the underground rap scene for a few years now, and he shows no sign of leaving. As of now though, the mainstream isn’t to keen on letting Mod Sun in anytime soon, but the artist has

been making waves in the underground.

He has gained mild success with his latest mix tape “Blazed by the Bell”, which was released in September and received 20,000 plus downloads from datpiff.com the first week. Now you may be wondering how can someone be positive no matter what?

But have no fear because it isn’t so hard once you put your mind to it. First off, consider this piece of insight from Mod Sun himself, “you’re alive, what more could you ask for?” Think about that for a moment; now think of something in your life that is stressing you out. Now whatever it is that may be bothering you, it will

get better if you stay positive. Devote yourself to positivity and positivity will devote itself to you. When you have a free moment, go listen to Mod Sun, I promise, you won’t regret it. One more thing, don’t forget to smile!

Calen Schruender is an Appleton North senior. You can reach him on Facebook.