

North clubs get into holiday spirit

By Nora Ptacek

As the holiday season rolls around, many members of Appleton North's clubs will get into the giving spirit by donating their time and money.

National Honor Society is active in the community throughout the year, and bell ringing for The Salvation Army is a way they get involved for the holiday season. NHS members are also helping Santa by responding to letters written by first and second grade students in elementary schools throughout the district.

They are also doing Adopt-A-Family where they buy and wrap gifts for families recommended to them in the Appleton district.

"We have over 200 members so we try to put in at least a couple thousand hours helping the community a year. We have people so we'll try and go out and help people," said Mrs. Roberta Baker, the advisor for NHS.

NHS secretary Lexi Woerishofer said, "It's cool from an officer standpoint working with all the members and then seeing how grateful everyone else is that we do the work."

NHS is not the only club putting in hours to help better the community; Student



The officers and advisors of some of the clubs at North that give back to the community. Many of the members donate time and effort to help out the community over the holidays. Photos by Nora Ptacek, Elizabeth Floodstrand and Megha Uberoi

Council also has a lot on their agenda.

They helped out at a soup kitchen, volunteered at the North craft fair and rang bells for The Salvation Army. Student Council turns their biggest community project of the month, the canned food drive, into a school-wide competition.

Student council officer, Maddie Kordyban said, "Personally it always feels nice doing something like that, just benefiting others but then to see as a school to do it there's this sense of accomplishment because you know that you

helped start something and organize something and then it took off so I feel accomplished."

"I know that last year we donated 75 boxes of cans so I know that it helps them get through the holiday season when they see the most people in The Salvation Army," Student Council Advisor Mrs. Teri Berlowski said.

North's Key Club is helping out over the holiday season by wrapping gifts for a local radio station. The station collects the gifts, and Key Club members wrap them. The gifts are then distributed to shelters and hos-

"I think it feels really great seeing the smiles that you put on people's faces, especially during the holiday season"

-Katie Hackbart, Drama Club Officer

for the community," said Andrea Bryson, senior.

The Drama Club spreads holiday cheer by singing Christmas carols at nursing homes. They also collect donations for kids at the Harbor House. North Drama students then deliver the toys dressed up in costumes from previous North shows.

"I think it feels really great seeing the smiles that you make on people's faces, especially during the holiday season," said Drama Club Officer Katie Hackbart.

HOSA will also be bell ringing, and during one of the days Thrivent will match the amount of money raised. They will be organizing a penny war where all the money raised will most likely go towards Adopt-A-Family. HOSA members will be writing holiday cards to patients at St. Elizabeth's Hospital.

"It's rewarding to see that helping out a family who isn't in the greatest times its beneficial, so it's good," said HOSA Officer Dan Heimerl.

HOSA advisor Mrs. Kelly Camber said, "Of course during the holidays everyone wants to celebrate and enjoy the holidays, so since we have some extra money, why not do something nice."

Revised nutrition policy bites into school sweets

By Katharine Hackney

Changes to the school district's nutrition policy will mean fewer cookies and candy for North students during school.

As student nutrition is a prime focus of the Appleton Area School District, the nutrition policy was revised on Oct. 7, 2013 from the original policy made in 2003.

According to the student nutrition policy set by the School Board, the AASD promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of a total learning environment.

Effects of this nutrition policy have already been implemented, but changes and additions are still being discussed for the future.

The food being sold in the commons has already been

changed to the extent of the amended version, so no drastic changes are foreseen.

Any food sold on school grounds that does not meet the AASD student nutrition standards is banned. This includes the food sold in the school store, according to the policy.

"The school store can no longer sell slushies or chocolate chip cookies," said Mrs. Dechant. The nutrition policy does not affect anything that students themselves bring to school, only what is sold at school functions.

The standards in the policy are as follows: per portion packaged or served has to have 200 calories or less, 30 percent of total calories from fat or less, less than 10 percent of calories from saturated fats, zero trans fat, 35 percent or less of calories from total sugars, and 200 grams or less of sodium.

Some students are not convinced on how helpful this new policy will be on school-wide nutrition.

"This whole thing sounds nice in theory, but just because people are given healthy options doesn't mean they'll take them," said Molly Biskupic, sophomore.

On the other hand, Kayleigh Leach said that she is thrilled about the policy since "regular physical activity and a nourishing diet is the key to a fulfilling life."

Many details are still being sorted about the policy in order for the entire school to be up to the standards of the nutrition policy. Since it doesn't meet the requirements, candy is banned.

Candy prizes for games, for example in foreign language classes, will have to change. Mrs. Linda Meyer, a Spanish



Students get school lunches from the cafeteria. The revised nutrition policy will affect what students can buy to eat in school. Photo by Elizabeth Floodstrand

teacher at North, said that although "excellence is its own reward," instead of candy as prizes for class activities, she would now give stickers, small toys, extra points on homework, or healthy food from a Hispanic culture that meets the requirements of the AASD.

Overall, the purpose of this policy is to provide a suitable school environment in order to develop and practice lifelong healthy habits, to encourage students to participate in physical activity, and to support academic performance, according to the policy.

What's new at North? A redesigned school website

By Erik Bakken

Appleton North has made changes in its online presence with a newly designed website. Instead of a blue list of links, there is clearer organization to the site that may be more appealing to viewers.

The old website had been in place for about four years, created by students at North. While it was functional, the orchestrators of the changes to the website wanted something with a more professional appearance.

The organizers of these changes were retired North math teacher Mr. Bob Hillestad, social studies teacher Mr. Joel Hermansen, and North's Principal Mr. James Huggins, all who saw a need for a better, professionally designed website because of many difficulties that had arisen with the old website.

"The old website's disor-



ganization made information hard to find, and so the office would get a lot of calls from people who couldn't find what they needed," said Mr. Hermansen. "We wanted to create a more user-friendly site."

"We think the new website has a very appealing design, and is easier to navigate," Mr. Hillestad said.

The website was also created to be a place where information can be easily accessed by a parent or student, or even someone outside of the North

community.

"We've been getting a lot of good feedback about the new website," said Mr. Hermansen, and that is exactly what the organizers wanted to get for the new changes on the website.

Students have had troubles in the past accessing what they needed to on North's website, such as information for senior pictures and more.

Now the new website seems to be getting more positive initial feedback from students.

"I really like how organized the site is, and how easy it was to find what I was looking for," said freshman Sofie Druckrey.

According to Mr. Hermansen, parents and those outside the North community have been offering their positive feedback as well, so it seems



Johnny Steinbeck uses the new North website. Many people have been offering positive feedback about the new website. Photo by Elizabeth Floodstrand

as if the new and improved website will be a strong asset to Appleton North.

"We hope the students and parents of North High School

as well as the community at large find the North website a very useful and informative component of school communication," said Mr. Hillestad.

New Kwik Trip set to open early next year

By Megha Uberoi

Since the beginning of construction on the new Kwik Trip across the street from Appleton North, students have had questions on how the two stations will interact with each other.

The Citgo gas station hosts a Subway that many students enjoy. Before home athletic events, student athletes walk to Subway to grab a quick bite before the game.

With the new Kwik Trip opening in Feb. 2014, there will be an expanded option of food choices for North students to purchase.

Steven Wroebel, the corporate communications director for Appleton Kwik Trips, said that Kwik Trip does not participate in cobranding.

Cobranding is when a gas station collaborates with a fast food place to have a little restaurant in their gas station.

"Kwik Trip, however, has its own foods program that can be quicker than some fast food places," said Mr. Wroebel. There will be some seating options in the Kwik Trip so people may sit down and eat.

On the other hand, Citgo offers more energy drink options, which are popular with high schoolers, as compared to Kwik Trip according to Mindi Boelter, manager of the Citgo gas station.

The students at North have differing views on how the two gas stations will affect



Construction progresses on the Kwik Trip gas station across the street from North. The new gas station is set to open February 2014. Photo by Elizabeth Floodstrand.

their lives.

Freddie Xu, a sophomore, said, "I am fine with the new gas station. It makes it more convenient for students to go to, but it is still about the same distance compared to the first gas station. For competition between the two, I think the first one at the corner will still do fine with respect that it is easier to access from the intersection, but I think the level of student visits will drop. However, if the new gas station does not have a fast food section, then most activities that go very late will probably still go to Subway in the first gas station."

Tyler Fencl, a sophomore, feels that "one or more of the customers for the old gas station may choose the other gas

"There will always be competition in every business, but it is a good thing that will benefit both our companies."
- Jessica Hartjes,
Kwik Trip
store leader

station, reducing its income".

Esther Roselaar, a junior, said that "both gas stations will not be able to earn their maximum profits, but now students have two choices on where to go to get food."

When the two gas station managers were asked whether

the new gas station will affect their sales both said that the competition will be healthy for their businesses.

Kwik Trip store leader Jessica Hartjes said "There will always be competition in every business, but it is a good thing that will benefit both our companies."

Mindi Boelter, of the Citgo gas station, feels the same, and she "is looking forward to the great competition the new gas station will provide."

Related article
Point versus Counterpoint: The new Kwik Trip across the street

SOS club offers support to students

By Caroline Duncombe

According to the National Comorbidity Survey-Adolescent Supplement (NCS-A), about 11 percent of teenagers have had depression by age 18. This statistic affects many students at Appleton North as well as teens across the nation.

However, a new support group called Students Offering Support (SOS) has started at North to help support students with depression, anxiety, and other mental health issues.

Nycole Fassbender, the founder of SOS, explains that the point of SOS is to offer support to students under confidential and intimate settings.

"I just want to help people be happy," Fassbender said, "and to tell them that, 'You are not alone.'"

"Intimacy is an important part of this club. It's all about listening and asking questions, but we're not therapists," said Mr. Eastman, the SOS advisor and a teacher at North.

Students who feel depressed, anxious, or who have any problem to talk about or address should consider coming to gatherings of SOS meetings are every Wednesday at Copper Rock Café, across the street from North, at 6:30 a.m. and every other Monday in Mr. Eastman's room.

Noctiluca Editorial

Salt is a condiment, not a criminal

There was once a time when people could say “Those two go together like salt and pepper” without a hint of irony. But with North’s removal of pepper’s longtime companion, individualized packets of finely ground, iodized salt, we lose much more than old sayings.

Salt is not simply a rock to chew on for sustenance. Salt is a staple, a tradition, and as much part of a place-setting as silverware and napkins. Nonetheless, the first seasoning known to mankind has been banished from high school cafeterias by the USDA in the interest of cardiovascular health.

If only salt was so simple. Let’s begin by understanding how people get their daily salt intake. The Food and Drug Ad-

ministration tells us that only six percent of our sodium comes from adding salt to food at the table. Take a reasonably large section of the student body, physically active boys (who according to the FDA require 3,200 calories each day) and the salt they may have shaken onto their 800 calorie school lunches should have only accounted for less than two percent of their daily intake of sodium.

So whatever total effect is meant to be had on students’ health by eliminating their choice of salt is statistically

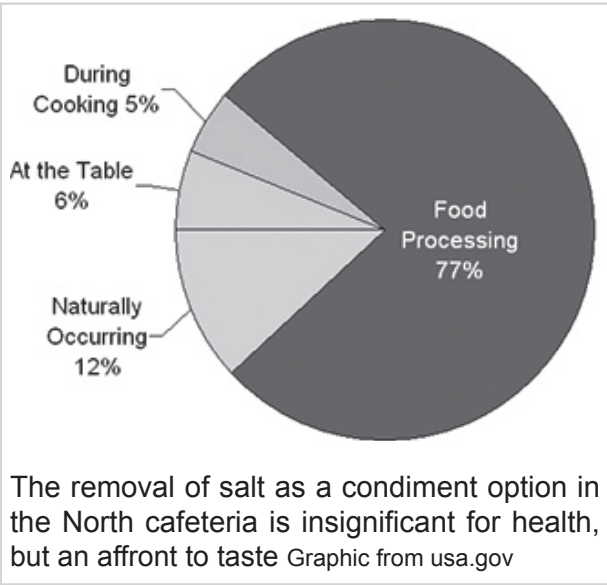
less significant than filing off an iceberg’s tip, and it has not been without consequences. “It’s a commonly used ingredient that makes people want to eat healthy things,” said North

senior Brian Prestley. “And people should have a choice.”

The “healthy things” that Prestley later explained as now undesirable included the side of corn, which contains one solitary milligram of sodium, making it as unseasoned as if it came straight from a field. A serving of steamed carrots contain even less sodium than their fresh counterparts. The peas fare little better than the carrots. “If it’s not salted, it tastes bad,” said Erika Brown, another North senior. “If it tastes bad, you’re not going to eat it.”

Back in the day, North students were able to season even the blandest of healthy options to taste with a pinch from a salt packet. Now, it is a legitimate concern that healthy food is merely thrown away, wasting a good deal nutrition more than is made up by cutting salt.

The Centers for Disease Control and Prevention states that “Individuals who are 51 years and older and those of any age, including children, who... have high blood pressure, diabetes, or chronic kidney disease” are predisposed to have negative health effects from too much salt. Regrettably, a choice has been made for everyone else, including the vast majority of North students below the age of 51 with first-rate kidneys.



Point

By Anne Marie Medema

What is wrong with having two gas stations right next to each other? I find it to be a good idea and I don’t see a problem with it. The sight of two gas stations right next to each other is commonplace. If you are on a road trip and pull off a highway, there will be a bunch of gas stations all crowed together in front of you. When you come into a town, there are often gas stations on either side of the road, flanking the entrance and marking the outskirts of that town.

Remember, it’s not just North students that use the adjacent gas station. It’s all the residents from the surrounding area, people passing through Appleton, the surrounding businesses, and FVL students down the street. I can tell you from experience that the lines at the current CITGO can get long. It’s a miracle that so many people can fit in the store area, but sometimes the line of customers gets a wee bit long and impossible to deal with. I am not being impatient or whiny, but three hungry sports teams is a force to contend with. Besides the Subway, other parts of the store often become overstuffed. Let me put it to you this way: it can be like trying to fit

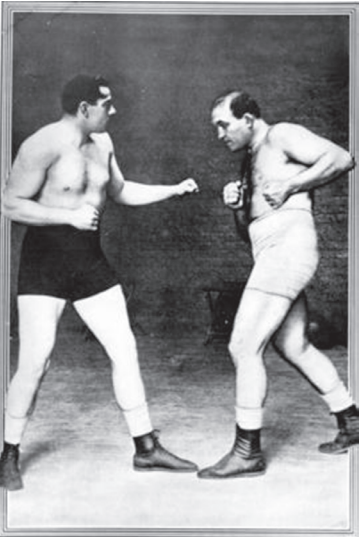
the entire varsity football team into one classroom while they are all suited up. It’s crowded, very crowded.

The Kwik Trip could cut lines massively once it opens with its wide variety of food to choose from. Some of its choices are healthy, some not so much, but all the same it’s the options that matter. Kwik Trip also has decent coffee at decent prices. The sizes are large and the costs small, and it’s just as good as any other.

Also, CITGO and Kwik Trip can give each other some good, vigorous competition. A little competition can never hurt and is healthy. All of us have competition in our lives, so why not add some more across the street?

Mr. Zietlow, the director of real estate for Kwik Trip, said that “If there is no competition, businesses can charge whatever they want, they can sell whatever they want, and the quality wouldn’t necessarily have to be any good because you have no option.” Mr. Zietlow believes that “the free market is incredibly vital to our community.” Kwik Trip will bring us some variety, and, after all, sometimes our lives need a little variety now and then.

Versus:
The new Kwik Trip across the street



Photos from usa.gov



Counterpoint

By Brian Prestley

As every North student and staff member surely now knows, a new Kwik Trip is nearing completion adjacent to the existing CITGO station on County JJ. Many people may find it rather amusing to see two adjacent gas stations, but this situation is certainly not unheard of. What’s a little healthy competition, right? Upon further investigation, one might begin to wonder if this instance really is healthy competition.

The term “free market” is most likely not a term that the majority of people use frequently. Those working in business may use it more frequently while discussing the subject to which it refers, while others may have never used it in their entire lives.

However, I think most people could agree that using the term “free market” 13 times over the course of a short interview might indicate a concerning level of obsession.

Such free market fandom can be found in Hans Zietlow, Director of Real Estate of Kwik Trip. When asked about the benefits to North students of the new gas station, Zietlow responded with a diatribe about the “free market,” accusing

the interviewer of being “anti-competition” and threatening to hang up. Expounding on this tangent, Mr. Zietlow further sang the praises of the free market: “...so that is what the free market system has to add to our culture and our society that is so vitally important. The free market system is incredibly vital to our communities, to business, to jobs, to everything; if there’s no free market system then the quality of everything goes down. That’s the part about the free market system.”

So the free market system seems to be very important indeed, maybe even past the point of healthy competition. Is the new Kwik Trip really about business, or is it for the purpose of proving a point? He states that “competition is extremely healthy.” But nowhere does he mention the importance of how a company presents itself.

This intense and singular focus on the “free market” seems to take ideas of competition to unhealthy levels. These arguably unhealthy values would seem to run counter to two of Kwik Trip’s official core values (even listed on their website): respect and humility. Those bananas may not be as cheap as you think: they come with ideology.

The new Kwik Trip brings healthy competition that will benefit North students. Interview by Sam Allen
Interviewer: “And do you believe that could be beneficial to these students who, say, would otherwise go to a different store for their food, or, just be more accessible for them?”
Mr. Zietlow: “I wouldn’t necessarily say more accessible, just made with higher quality, but I think that in the end consumers are going to try everything and pick the best... I wouldn’t want to say anything negative about a competitor, but what I would say is people in a free market system should try everything and then not take anybody’s word for it, but just take a look at both and let consumers decide what they think is better than the other stuff.”

The new Kwik Trip may not be reflective of “healthy” competition. Interview by Sam Allen
Interviewer: “Students of Appleton North High School, which is adjacent to this location, make frequent trips to the existing convenience store across the street. So what does Kwik Trip have to offer these students that they could not find elsewhere?”
Mr. Zietlow: “By the way, is this an anti-competition interview? If it is I’ll hang up right now, because I think that the world works on a free market system and that’s the way the state zoning law works, so it would be illegal for somebody to say you can’t build because there’s another existing business there...”

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LMC pass policy needs to change

By Miller Jozwiak

Former Supreme Court Justice William O. Douglas once said "The right to be let alone is indeed the beginning of all freedoms." The relevance of this quote derives from the fact humans thrive when given real personal freedom.

Those freedoms are regularly constrained by figures of authority, for better or for worse. One of the places in which authority oversteps its bounds by not letting students alone is Appleton North's LMC. The aim of the LMC's policy is to keep track of students, keep noise down, and keep it clean.

Although these are positive intents, the policy has adverse effects on students. It is not the librarians' fault the policy is so firm, they inherited it, but they do have the power to amend the policy for the better.

The LMC's constant pressure on students is analogous to the watch Kim Jong-Un keeps on his second class citizens, although Dennis Rodman has yet to make an appearance in the nonfiction section. Perhaps this is because when Mr. Rodman travelled to North Korea he was allowed to leave; if he were to wander into North's library he would be imprisoned, at least until the hour ends.

In a recent poll 80 students, 20 from each grade, were asked whether they found the policy to be "restrictive and overbearing for students" or "helpful and good for student's safety," 87.5 percent picked the former. The numbers clarify the student body's disdain for such a strict policy, but the policy included more questions. When asked to rate the entire policy as a whole on a scale of one (worst) to five (best), 50 percent answered one, 27.5 percent two, 12.5 percent three,

and 10 percent four.

Understandably no one rated a five, after all nothing is perfect, but why was the highest a one? Perhaps it is the mockingly juvenile colored passes for lunch hours that are comparable to something seen at Ferber Elementary.

Students were encouraged to leave comments on their surveys, if they pleased. The comments varied from "Being able to come and go may prevent stress for me" to "More leniency may get crowded, and I feel safe under the current policy." Senior Sam Moeller said "The state of Wisconsin recognizes me as an adult. I've never broken the law, thus never have been imprisoned, why does the library have the right to lock me in like a felon or child in day care?"

The fourth question asked students if the policy ever inhibited them from completing school work, 88.75 percent said yes, with 98.75 percent of them saying a new policy would help them complete

"When asked to rate the entire policy as a whole on a scale of 1 (worst) to five (best), 50 percent answered one, 27.5 percent two, 12.5 percent three, and 10 percent four."

school work with ease.

Should the library ever release their grasp on students' freedom to be let alone, would they be able to handle the responsibility that would follow? 98.75 percent of students thought so.

The student body is asking for change through a new policy.

As the classic idiom goes, there's no time like the present.



North's LMC disallows students from leaving once they enter, which can result in frustration. Photo illustration by Julia Lammers and Sam Allen

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1 Are you a: Freshman ☒ Sophomore Junior Senior

2 How do you feel about the library's policy for lunch/off hours?
(1) Restrictive and overbearing for students or (2) Helpful and good for students safety

3 Rate the policy on a scale of 1-5 (5 being best, 1 being worst)
1 2 3 ☒ 4 5

4 Have you ever felt the policy has stopped you from finishing school work?
Yes ☒ No

5 Do you feel if the policy was more lenient you would be able to handle the power responsibly?
Yes ☒ No

6 Would a more lenient policy help you complete school work with ease?
Yes ☒ No

PLEASE ADD ANY COMMENTS OR OPINIONS ON THE LIBRARY'S POLICY AT THE BOTTOM OF THE PAGE

Eighty Students were given surveys like this to voice their opinions on the LMC's policy for lunch and off hours. Photo by Sam Allen



Teacher feature: Mr. Eastman



Photo by Kate Bennett

By Kate Bennett

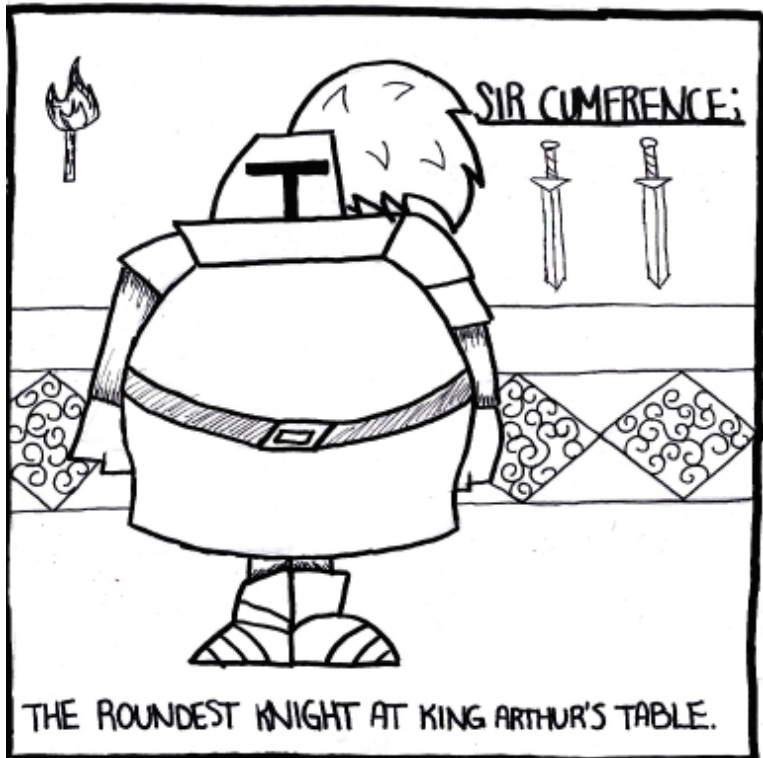
Mr. Eric Eastman, a science teacher, is no stranger to the world of education. This will be his 14th year as a teacher, and his 10th anniversary at Appleton North. "I just love the subject," he says. "I enjoy working with young adults, sharing my knowledge, and learning right along with the students."

Mr. Eastman spent his first four years teaching at Appleton Central High School. "It was a very different experience from teaching at North; it really prepared me for teaching in a normal school setting, especially with dealing with things like discipline and unmotivated students."

A teacher of biology, psychology, and AP psychology, Mr. Eastman thoroughly enjoys all of his courses. "I think my favorite subject is whichever one I am teaching at that moment."

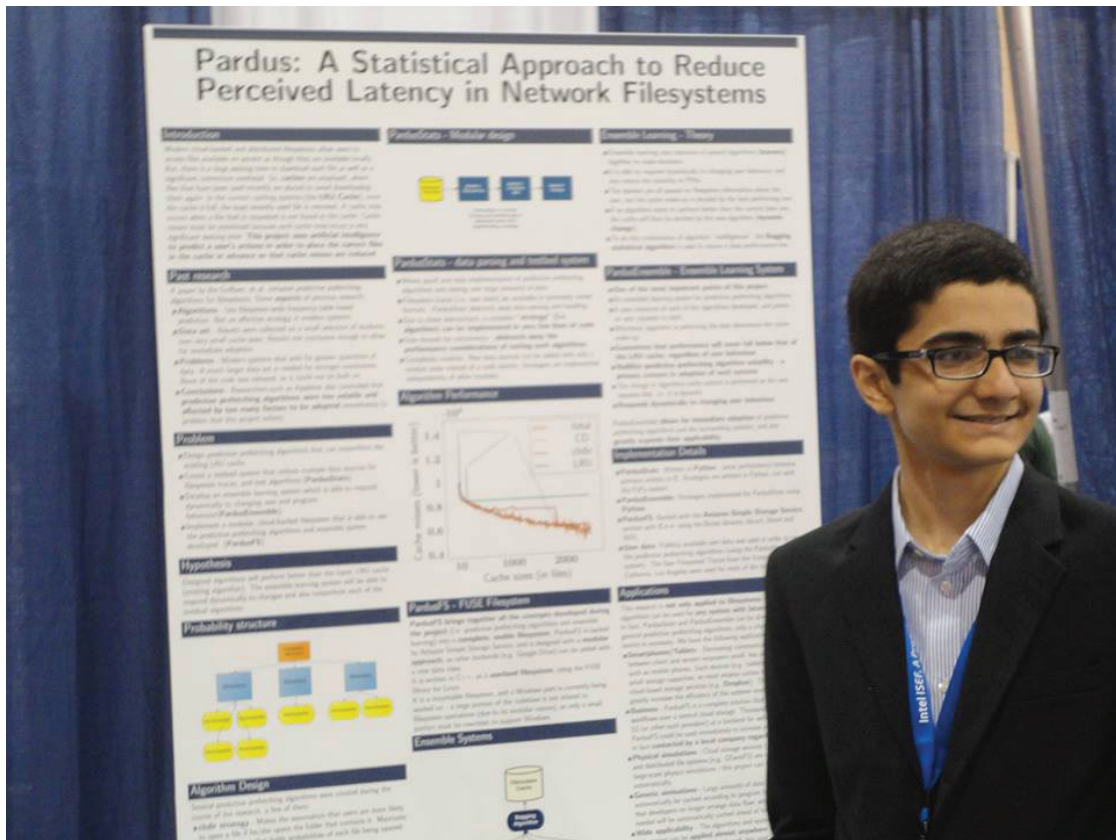
Mr. Eastman is a prominent member of the North community, not just as a teacher, but also as a coach and club sponsor. As a past baseball coach of 12 years, Mr. Eastman currently coaches varsity basketball. He also sponsors a new club called Students Offering Support, or SOS. "We offer support to students who are dealing with mental illnesses, either in themselves, or in a friend or family member. We try to provide help and resources, as well as spread awareness on the topic of mental illnesses."

As the end of first semester draws near, Mr. Eastman wants his students to keep up their hard work, especially seniors. "Don't catch senioritis; you've been working for this the last 13 years, so don't quit now!" He also wants all of his other students to keep up with their studies. "If you don't understand something, ask! Be your own advocate, and keep working diligently all throughout the year!"



By Kate Bennett

North student shines with his project at world science fair



Pandya with his award-winning presentation. His project focused on computer science and improving the performance of phones. Photo from Dhaivat Pandya

By Maya Murzello

Appleton North junior, Dhaivat Pandya, won four awards and prizes worth about \$3,000 at the Intel International Science and Engineering Fair (Intel ISEF) in Phoenix, Arizona in early May of 2013.

The Intel ISEF is held every year and high school students from around the world display new innovations in the fields of science and engineering. Overall, there were about 1,500 students representing 70 countries.

Pandya focused his project on computer science. He wanted to "improve the performance of file systems on commodity phones." Pandya's unique concept of "predictive pre-fetching" stood out from the rest. His project helped smart phones run faster by remembering the users'

program history and predicting future uses of that program. "For example, after recognizing the pattern, my project will automatically open the folders when the user opens that program," said Pandya.

In recognition of his project, Pandya won The Intel Grand Award, a trip to Switzerland to visit the European Center for Nuclear Research (CERN), and awards from the Association of Computing Machinery and Go Daddy. His trip to Switzerland was for two weeks and he was able to see one of the few particle accelerators in the world.

Technology companies like Intel and General Electric have already contacted Pandya asking to use his project in their software.

Pandya came up with idea for his project from reading research papers and searching

for a topic. To make sure the idea was feasible, he contacted a professor at the University of Wisconsin-Madison. "I identified a problem that I was able to solve and then I went ahead and solved it," Pandya said.

Pandya works as a software developer for websites such as sitepoint.com. This is also what gave him motivation for the project. "I wanted to have an impact in the area of computer science since I enjoy it," Pandya said. He plans to apply to top computer science schools such as Massachusetts Institute of Technology and Stanford.

From this experience, Pandya learned "that determination and perseverance are extremely important. There were several points during the research where I wanted to quit, but, I didn't."

Students promote world languages at Highlands Elementary

By Monica Stoeger

North foreign language students recently shared a slice of culture with a group of enthusiastic little learners.

On Nov. 9, AP Spanish students and German students took part in International Day at Highlands Elementary. The purpose was to expose upper-level elementary students to French, German, and Spanish, the three languages many will choose from to take in middle school.

Each language put on their own cultural experience through

a variety of activities.

Spanish students taught kids the national food dish of Spain, paella, and reenacted La Tomatina.

"La Tomatina is an annual festival in Buñol, España. In the month of August, a food fight erupted a number of years ago in which two people started throwing tomatoes at one another. Visitors come from around the world to take part in this tomato fight," said Sra. Linda Meyer, a Spanish teacher at North.

"The festival begins in the morning. Someone has to climb up a greasy pole to cut off a ham. For two hours, people go crazy and throw tomatoes at each other. After the two hours, they have a lot of paella cooking contests and concerts," Sra. Meyer said.

Extensive preparation was needed to re-create the festival.

"[W]e had to research about the tomatina, and we created posters and organized activities," said Lauren Keenan, a

senior AP Spanish student.

Language students educated the children in a variety of different events. The children rotated through stations.

"[In the Spanish portion] kids were first educated about La Tomatina. Then they learned about paella through a fun song. Next, we had a mini tomatina where kids threw rubber tomatoes at a poster representing Buñol. Kids [made] crafts and enjoyed some animal crackers and juice from Spain," Keenan said.

Learning another language may also promote understanding. "Through education about other cultures, kids learn the importance of tolerance and love. Personally, I learned about how something as simple as knowing a language can bridge a huge gap between cultures," Keenan said.

"It was a lot of work, but it was a wonderful learning experience. I got to meet a lot of great people," said Srta. Leah Zwiers, a student teacher for Sra. Meyer.

Holidays around the world

Not everyone at North celebrates Christmas. In fact, even using ‘the holidays’ does not encompass the beliefs of everyone; many religions celebrate major holidays at other times of the year. To get a different perspective on what ‘holiday’ means to them, North students share their personal and family traditions.

Editor’s note- If you don’t see your religion represented and would like to continue the conversation, email Lammers via Facebook. Opinions, stories and feedback are welcome!

Christianity

By Alex Vechart

I’ve been raised in a Christian family my whole life. My Faith in God has remained very strong throughout my teenage years with the help of my family.

When the holidays roll around, we love to celebrate Christmas. My family celebrates this holiday because it is the birth of Jesus Christ, our Savior. We all get together with cousins and celebrate this magnificent holiday to remind ourselves each year that there is a



Savior and that we can put all of our trust toward God and His Son, Jesus.

Along with celebrating, each year we go to a tree farm and find a Christmas tree we like. We then chop it down and bring it back to

our house.

Decorating it is probably one of the most fun parts because we get to spend quality time with each other and just enjoy everyone’s company.

Christmas is one of the few holidays where everyone in my family is home, and that’s why it’s among my favorites.

It’s also nice to have a bunch of Christian friends who don’t celebrate Christmas just for the presents, but celebrate it for the true

meaning, the birth of God’s Son, Jesus Christ.



Alex and his sisters pose for a picture at the Christmas tree farm. Photo courtesy of Alex Vechart

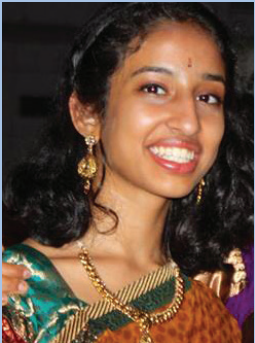


Hinduism

By Jaya Mallela

Every year Diwali, or Deepavali (deep meaning “light”, -avali meaning “row”), is celebrated by many people all around the world, including my family and me.

This festival is considered one of the most important Hindu festivals. It is celebrated between the



Jaya and her family celebrate Diwali with sparklers. Photo courtesy of Jaya Mallela

middle of October and the middle of November. Diwali was on Nov. 3 this past year.

People celebrate it by lighting oil lamps, lighting

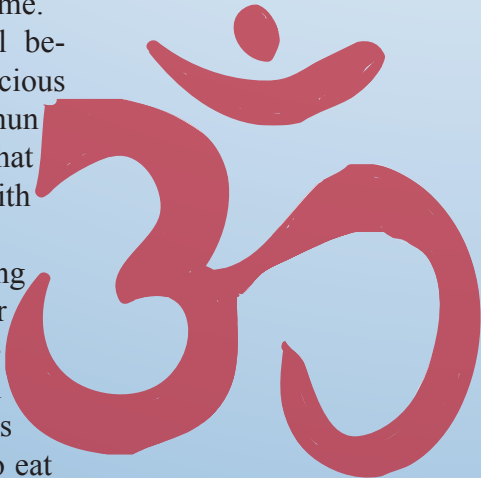
a 14-year exile on Diwali. The Pandavas, a group of five brothers, also returned from a 12 year exile on this day. A vicious demon, Narakasura, was killed on this day by the god Krishna. Hindus also worship the goddess Lakshmi, praying to her for wealth and prosperity in the year to come.

I enjoy this festival because of the delicious sweets, like gulab jamun (sweet dumplings that are fried and eaten with a syrup).

Lighting and watching firecrackers is another exciting part of Diwali celebrations. Each year, my family invites friends and relatives to eat

sweets and light firecrackers. My mom makes a lot of sweets, decorates the house, and lights many diyas, oil lamps in clay pots.

Diwali is a lively festival that people in the United States and the world enjoy each year.



World

the term
regions cel-
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al stories

contact Julia

Islam

By Zaynab Brown



Eid al-Fitr is my favorite holiday not only because you get presents but mostly because it is a time when everyone in the Muslim community gets together and enjoys the celebration.



After an entire month of Ramadan, which is a month of fasting, it truly marks the completion of another successful year. It is also a time for everyone to just enjoy each other’s company and some good food while uniting with those who also fasted daily for the past month.

When I was younger, probably in fifth or sixth grade, the day of Eid fell and we all packed up that morning. I was excited because I got to miss school. We went to the local establishment that was hosting the prayer that year (we couldn’t fit 300-400 people at our local Masjid, our place of worship).

It was cold that year as Eid al-Fitr fell sometime in winter, so we were all bundled up in our winter jackets.



Zaynab and her family celebrate by gathering with friends and family. Photo courtesy of Zaynab Brown

After we had prayed it was time to leave, but I couldn’t find my jacket in the huge pile of coats. After searching for several minutes, I concluded that someone must have taken it. I was stricken. It was my brand-new jacket and I wouldn’t be able to get a new one for a while. I thought Eid had been ruined.

However, a man ap-

proached my mother, a man that we had never seen before nor have since and gave my mom the money for a brand-new coat. Now, we did end up finding my jacket (things do tend to get rather mixed up when that many people are just dumping everything in one place) but when we went to give the money back, he refused. “It’s Eid,” he said.

Judaism

By Esther Roselaar

In a school of nearly two thousand students, only three practice Judaism, a religion with roots reaching through many millennia. The small representation within the Appleton North community constitutes for a general lack of knowledge about the religion.



Having lived in Appleton for the majority of my life, I have never found this to be a bad circumstance, but rather a perfect opportunity to educate others on this branch of religion.

As one of the only Jewish holidays known to non-Jews, Hanukkah is often assumed to be of great importance to our religion. The celebration of Hanukkah stands with relatively little importance compared to most of the other holidays observed by Jews.

Purim, a holiday celebrat-

ed in March, celebrates a time when the Persian Jews were saved from extermination.

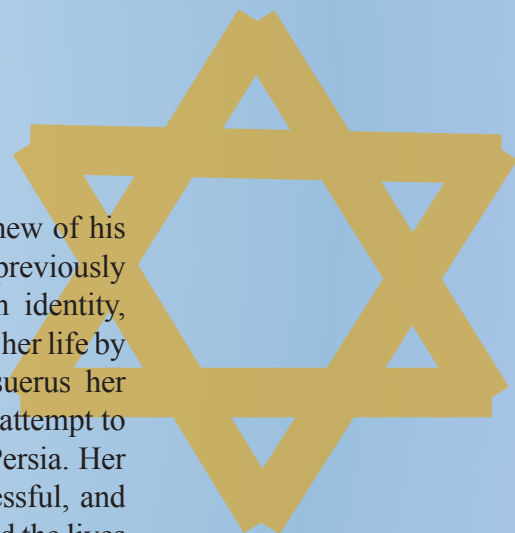
The story of Purim begins with Haman, an arrogant and jealous advisor to the king of Persia, who was upset that Mordecai, a Jew, refused to bow down to him.

Feeling vengeful, Haman plotted to exterminate the entire Jewish population of Persia, managing to convince the King that they didn’t obey his laws. King Ahasuerus gave Haman the right to do as he pleased with

the Jewish people.

Queen Esther knew of his plan, and having previously hidden her Jewish identity, she decided to risk her life by telling King Ahasuerus her true identity in an attempt to save the Jews of Persia. Her attempt was successful, and Queen Esther saved the lives of the Jews of Persia.

This holiday holds even more relevance to me, since I was born around the time of this holiday and my parents chose to name me after the protagonist of the story, Esther.



Agnostic

By Amber Schumacher

When my friends talk about what they did at youth group the other night or church the past weekend, they suddenly clam up when they remember that I’m atheist. Or at least identify as atheist—in actuality I’m agnostic, but the general public doesn’t know the difference between the two and it’s easier to not have to

explain it to everyone.

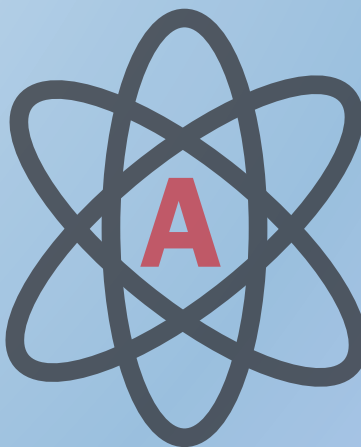
Atheism means you don’t believe in any religion or higher being, whereas agnostic means you don’t really know if there is a higher power.

Agnostic individuals don’t believe in organized religion and don’t actively practice anything. Being agnostic to me means be-

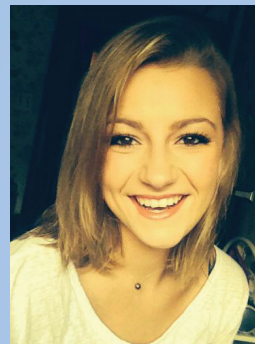
ing open to the idea of some sort of god existing but just not being sure about any one theological idea.

My whole family was raised either Catholic or Lutheran. However, nobody in my immediate family practices anymore and has adopted agnostic views.

Due to the Christian background of our family we



celebrate Christmas and Easter with everyone. However, instead of focusing on the religious aspect of them, we use them as an excuse to get our families together.



December Horoscopes **Pillow Fight**

By Kate Bennett

Virgo

August 23- September 22

Be sure you're always staying true to you. Try letting your conscience be your guide this month. Remember, if you follow your heart, everything else will fall into line.

Libra

September 23- October 22

Beware of procrastination this month. Your future shows signs of missed assignments and late projects if you're not careful. Try and get things done as soon as you can, for it'll pay off in the end.

Scorpio

October 23- November 21

Life feeling a little bland? Shake things up this month. Go somewhere new and try a new activity.

Sagittarius

November 22- December 21

You're a great leader, but you've still got a ways to go. Try changing your dynamics, for fresh faces can bring new ideas. Really make an effort to

tap into your full potential.

Capricorn

December 22- January 19

It's your time to shine. This month will be the perfect to take on some new challenges and responsibilities. Try new activities and branch out in different directions, and you'll be amazed at what you can accomplish.

Aquarius

January 20- February 18

An interesting financial transaction is coming your way, so be ready for some change. You'll be given the opportunity to make it or lose it, but don't worry, this change is "mint" to be.

Pisces

February 19- March 20

Be on the lookout for a relationship revision this month. Whether it is something old or something new, just watch out, and make sure it doesn't get you blue.

Aries

March 21- April 19

Stay alert for some important information in the next few

days. Remember to keep your hopes high, and your ears open wide.

Taurus

April 20- May 20

A great opportunity will arrive for you in the near future if you are willing to take it. It may be hard to see, but if you can spot it, the benefits could be limitless.

Gemini

May 21- June 20

Sunshine is headed your way. The stars have aligned, and they are in your favor this month. You can expect blue skies in your future.

Cancer

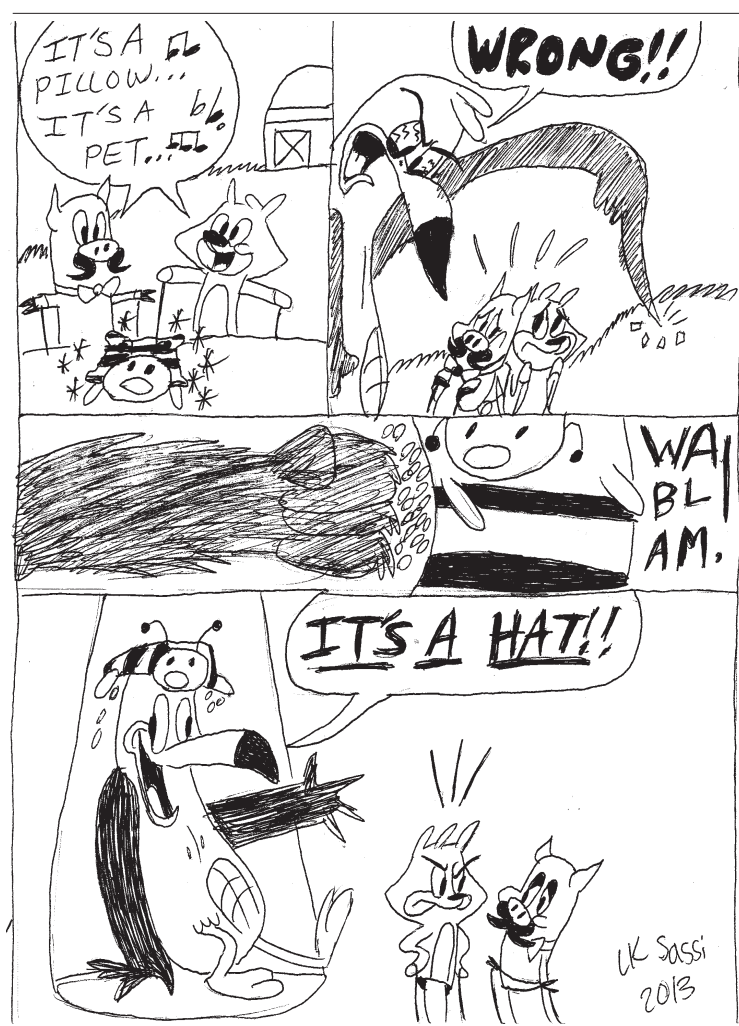
June 21- July 22

Remember that things can't always go your way, and compromise is key. Try seeing the world from a different perspective.

Leo

July 23- August 22

It's time for you to spread your wings and be a social butterfly. New people add new energy, so try and expand your friend group.



By Lauren Sassi

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Forever 21 expands in Fox River Mall

By Rachel Brosman

The new Forever 21 in the Fox River Mall has received plenty of hype, and according to our students, rightfully so.

Now the largest non-department store in the mall, Forever 21 has greatly increased in size.

This retailer was known for its tight spaces, limited dressing rooms, and crammed-in clothes; however, it has taken on a new look.

Stretching from Target to the Macy's wing, including two spaces previously owned by Eddie Bauer and a spa, the size has tripled.

The entire outline is veiled by glass, so that customers can see the merchandise from all angles while simply walking outside the store.

Upon entering, shining neon lights display the different sections, clothes are aligned wall to wall, accessories adorn the middle area, and a new shoe section takes its place in the back.

The dressing rooms are far

more organized as well as multiplied, especially compared to the small temporary space Forever 21 occupied while their renovations to the new store were being done.



Isabel Stratton

Overall, the new store provides a clean, chic background for Forever 21's famously inexpensive and trendy clothing.

This can be a make or break time for many retailers, although Forever 21 should not have a problem considering its popularity. For this new store, it will be the first holiday season it experiences.

Holiday shopping has come quickly, so don't count out clothing as a gift option for friends and family.

Forever 21 shopper and sophomore student, Isabel Stratton, gave insight to her thoughts on the branch.

The Noctiluca: What was your first impression of the new and improved Forever 21?

Stratton: I was over-

whelmed by the size at first, but everything is so cute! A lot of the clothes are the same from the last store, but they are still super cute.

N: How many times have you shopped at Forever 21 since the new store opened?

Stratton: I've gone two times. I need to go more, though.

N: How do you feel our local Forever 21 compares to ones in bigger cities?

Stratton: It used to be worse, really bad actually. Since it's been re-opened, it's a better comparison to the big city Forever 21's. I like the old one, but it was too small and crowded.

N: What are your favorite items from Forever 21?

Stratton: This is so hard! Oh my God, I don't even know. I really like the basics section, socks, jewelry, jackets, sweaters, and scarves. I have these knee socks that say OMG on them and a pair of dinosaur earrings.

N: During the holiday season, do you buy more for

yourself or others?

Stratton: I don't have that much money to shop for myself, but to be honest, others.

N: Will the Fox River Mall be a guaranteed stop for your holiday shopping?

Stratton: Yes, for sure. I can always find something for my friends and family there.



Sophomore Elise Painton shops at Forever 21.



People stop at the new Forever 21 to get Black Friday deals. The store, now expanded, offers a wide variety of clothing and accessories. Photos by Gillian Payne



What's on your playlist?

By Isabel Edmonds



Jacob Wright
Freshman



- "Marry Me"
- Jason DeRulo
- "Wake Me Up"
- Avicii
- "The Fox"
- Ylvis
- "Hold on We're Going Home"
- Drake
- "Counting Stars"
- OneRepublic
- "Holy Grail"
- Jay-Z ft. Justin Timberlake

Alyssa Gruender
Sophomore



- "In Da Club"
- 50 cent
- "Barbie Girl"
- Aqua
- "Hips Don't Lie"
- Shakira
- "Achy Breaky Heart"
- Billy Ray Cyrus
- "YMCA"
- Village People
- "Kiss Me Thru the Phone"
- Soulja Boy Tell'Em

Katie Flood
Junior



- "Broomstick"
- Draco and the Malyfoys
- "The Imperial March"
- John Williams
- "We're All in This Together"
- High School Musical Cast
- "What Makes You Beautiful"
- One Direction
- "Year 3000"
- Jonas Brothers
- "Best of Both Worlds"
- Hannah Montana

Erik Gerhardt
Senior



- "Hold On"
- Wilson Phillips
- "I'm not Calling you a Liar"
- Florence and the Machine
- "Peanut Butter"
- RuPaul ft. Big Freedia
- "Acapella"
- Karmin
- "Do What U Want"
- Lady Gaga ft. R. Kelly
- "Cat Dancer"
- Leslie Hall

Mr. Rudie
Teacher



- "Rebels"
- Tom Petty and the Heartbreakers
- "Play a Train Song"
- Todd Snider
- "Motel Cowboy Show"
- Reckless Kelly
- "Let There Be Rock"
- Drive by Truckers
- "Time for me to Fly"
- REO Speed Wagon
- "I was in the House When the House Burned Down"
- Warren Zevon

'Tis the Season for Holiday Classics

By Elise Edwards

As days get colder, the winter season brings with it Holiday Classics, a North tradition put on by the choirs. Even in November, students are well underway in preparing full choir pieces, ensembles, and skits for the show.

"We go through our songs every day, practicing through our classes. There are also little skits written by the choir members and we pick which ones will work best onstage," Varsity Men's member Austin Solheim said.

According to the members of the choirs, they all must work as a team to put on a good show.

Senior Duncan Schneider, a member of the Varsity Men's choir said, "The choirs really get to come together as a team that grows strong. They prop each other up."

These choirs include the Varsity Men's and Women's choirs, Women's Choral Society, and North Choir.

Another music tradition is the orchestral ensemble that precedes each show with classic holiday music. Seniors from North's symphony orchestra conduct their peers in carols from several holiday



Students from the North Choir rehearse songs for this year's Holiday Classics concert. Photos by Caroline Augustine

Commentary

celebrations as audience members enter the auditorium and find their seats.

Why put on Holiday Classics?

Schneider said, "North does Holiday Classics to instruct the people of the area about the various styles of music that have been present throughout history during the winter time. Parents often come to see their children sing and come away

with a completely new understanding of holiday music."

In addition, North students who come to celebrate and enjoy the hard work of their peers largely populate the audience.

Emily Vandenberg, a North Choir senior, expresses, "My favorite thing about this year's holiday classics is that a lot of the skits in between are written by choir members. This brings a nice personal touch to the

performance."

This gives students a chance to share funny, serious, or weird traditions or occurrences that have happened in past holiday seasons.

Of course, the beauty and charm of the show is aided by a fun, wintery set and a heartwarming lighting design.

Overall, this festive ensemble captures the charming essence of this holiday season.

Holiday Classics

Dates:

- Wednesday, Dec. 18, 7:30 pm
- Thursday, Dec. 19, 7:30 pm
- Friday, Dec. 20, 5:00 and 8:00 pm

Tickets:

- Adults, \$10
- Seniors (62+) and students, \$8



The Holiday Classics poster is displayed in North display case.

Lady Gaga unveils latest album

By Elise Painton

After much anticipation, Lady Gaga's newest album ARTPOP has been released. Within its first track, "Aura", listeners can get a glimpse at what the next hour will be like—intense, futuristic, ultra-poppy, and undoubtedly weird.

It seems as though only months have passed since "Just Dance", the iconic pop songstress's single, debuted on radios.

Since then, she's reached the status of international pop star, making a name for herself with not only controversial opinions, but outrageous hair and makeup choices.

Whether one likes her music and wardrobe or not, she has kicked off an incredible career.

With the assistance of highly skilled producers like Zedd, Madeon, and others, the album has a very distinguishable sound.

"Venus" and "Gypsy", both produced by Madeon, have a much more electro-pop feel to



Lady Gaga acknowledges her fans while performing at the 54th annual Grammy Awards. Photo by Robert Gauthier/Los Angeles Times/MCT

them, whereas "G.U.Y." and "Donatella" show a more intense and dark side, with the assistance of Zedd's production.

The album alludes to Greek and Roman mythology in multiple cases, as well. Contributions from artists like T.I. and R. Kelly are almost unexpected, but seem to flow well with the album.

Gaga's style and image are very universal, but this does have its differences from prior albums like *The Fame* and *Born This Way*.

A clear transition is made compared to the brighter side of "Born This Way", "Hair",

or "The Edge of Glory". It's a more mature and dark side of her music and it's different. Not only from her older material, but the other things played on the radio.

Of course, "Applause" is a lighter song, but it still has a more regal tone than her prior releases.

One thing that doesn't change about this queen of pop is her best known trait—she's still just as weird as she was in her "Paparazzi" days.

Gaga's music is catchy and unique to many, and it's inventive. Don't go anywhere, because "The Queen" hasn't left.

Recipe of the month: Molasses Cookies



By Molly Biskupic

Now comes the time for crackling fires and warm cookies. Here is a recipe that is sure to get you in the holiday spirit.

Ingredients:

- ¾ cup butter
- 1 cup brown sugar
- ¼ cup molasses
- 1 egg
- 2 cups flour
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. cloves
- 1 tsp. ginger
- 1 tsp. cardamom

Directions:

Soften butter in microwave, and cream it with sugar molasses and egg.

Sift together dry ingredients, evenly mixing the spices.

Little by little, add the dry ingredients to the but-



Kirsten Luce/Newsday/MCT

ter mixture. Mix until a thick dough has formed.

Either roll out dough into a thin sheet, and use your favorite cookie cutter to cut it, or press small balls of dough evenly on a cookie sheet. Space each cookie about an inch and a half apart.

Bake at 375 degrees for 8-10 minutes. Once cooled, store cookies with a piece of bread in an airtight container.

Recap of boy's volleyball season

By Justus Oesterreich

The 2012 Appleton North Lightning Boys' Volleyball Team was perfect in every aspect. They ran the table, and capped off their perfect season at Wisconsin Lutheran College against Burlington. This was the first Volleyball State Championship by a team from the Fox Valley Association since Kaukauna's 1982 victory. Needless to say, the bar was set extremely high for the 2013 edition of the Lightning.

North lost every starter from the State Championship team to graduation, except for middle blocker Mike Lukashewich.

The Lightning were not favored to make a return trip to the state tournament. They began with a sluggish start

Commentary

early in the year when playing at Kaukauna. North was without Junior Outside Hitter Liam Mahoney in this game because of his bout with mono. The Lightning were swept and showed a lack of chemistry on the court.

This was expected early on because of the limited amount of time they had spent playing together. They featured a new setter, Kody Fiorito who replaced state player of the year, Connor Gross. Gross was also a first team All-American and earned a scholarship to play at Ball State University.

North also suffered a Home loss to Appleton East early in the year. Liam Mahoney's absence was noticeable in this game as well. The Lightning

had many areas to improve on if they wanted to repeat a deep run in the playoffs.

Mike Maass who was National Coach of the Year in 2012, struggled to find his best rotation. He tried out Josh Moua, Patrick Johnston, Ian Gerrity, and Liam Mahoney at the Libero position before finally settling on Jared Dudley. With the return of Liam Mahoney, the Lightning started to hit their stride.

They beat Kimberly, in a thrilling five set match at Home, followed by a win against Kaukauna in the Triangular a week later. They were obliterated earlier in the year, but proved that they could hang with the eventual Conference Champions in Kaukauna.

The WIAA Playoffs started and the Lightning drew a third seed in their bracket. Appleton East was the second, and Kaukauna received number 1.

North made quick work of Green Bay East, and became Regional Champions. This set up a rematch with Appleton East. The game was played at East, and the Lightning won in four. Bringing them to the sectional title game against Kaukauna. The Lightning lost the first two sets, and it looked as if their season was coming to an end.

Appleton North rallied back to win the third set, and gained momentum. They contained the Conference player of the year Carter Belling in the third, and looked to do so in the fourth as well. The Light-

ning demolished the Ghosts in the fourth and forced a fifth set. The winner would go to State, and the loser would go home.

North took a 14-12 lead, and were one point away from the improbable comeback. However, Kaukauna had other plans, as they won the next four points and clinched their state birth. The loss was excruciatingly heartbreaking, but showed how far that they had come.

The Lightning had been swept by Kaukauna earlier, and now were one point away from defeating them on the Ghosts home floor. The 2013 season was by no means a failure even though they did not accomplish everything that they wanted.

Connor Rolain: King of all defensive-backs

By Miller Jozwiak

Each year the best defensive back in the state is awarded the coveted Jim Leonhard award. The award represents hard work, dedication, and a thirst for victory.

The award is named after Jim Leonhard, a man who went from small division 7, Tony, Wisconsin, host of Flambeau High School, then to tying the record for the most interceptions as a walk on for the UW-Madison Badgers with 21, then becoming a starter in the NFL after not being drafted because of his size. This season North's Con-

nor Rolain won the award, the second Lightning to win it in the award's five year history.

Rolain has seen varsity playing time since his freshman year. He continued improving through his sophomore and junior year, quickly becoming one of the best players in the Valley Football Association-North. This season he was forced to play on both sides of the ball, making him twice the threat. His assiduous work ethic was fully rewarded when he additionally earned all-conference, all-region, all-state, VFA-North defensive Player Of the Year and VFA-



Rolain shows his all-state ability with fellow captain, DB, and friend Evan Polce. Photo from Connor Rolain North DB of the Year.

"I'm a very proud parent. Works hard all year long

even in the off season. Jim L. would be impressed seeing those bone crushing tackles,"

said Dr. Richard Rolain, Connor's father.

Rolain said this about winning the award "It means a lot to me to win the award. I remember watching Joe Makeever win it as a freshman so I had a good idea what it took to win it. I have to give all the credit to my coaches for pushing me hard and getting me better and my team mates because they're the reason I love playing the game."

Rolain's four years of hard work culminated this season into the Jim Leonhard Award crowning him King Connor of the Defensive-backs.

Meet the athletes of the month: Basketball

Mike Lukashewich, Senior

1. When did you start playing basketball? I started when I was in third grade at the YMCA.
2. What's your best basketball memory? I think hitting a half court buzzer beater to force overtime against the Running Rebels back in the NBBC days.
3. Who is your favorite basketball player at any level? Aquille Carr from the Delaware 87ers. Just watch his mixtape.
4. Why should people come out to the games? The 2014s are here.
5. Who is better: you or Jenny? Well the last time we played one-on-one in fifth grade she beat me pretty badly. Her shooting and the fact she can dunk



Lukashewich goes up for a dunk last season. Photo from Mike Lukashewich

clearly makes her the better player.

Jenny Woychek, Senior

1. When did you start playing basketball? I started playing in the third grade as well.
2. What's your best basketball memory? My best memory is beating Kimberly last year. Mackenzie Greisch scored a last second shot to win by one. We were the only team in conference to beat them.
3. Who is your favorite basketball player at any level? Josh Gasser. I just like that he was able to come back after a serious injury and have a big impact on the team.
4. Why should people come out to the games? "You get to see the beautiful Anna Batley ball it up from the three point line"-Anna



Woychek, second from the right, on game day. Photo from Anna Batley Batley

5. Who is better: you or Mike? Obviously Mike.

Girls' hockey anticipates new season

By Becca Finger

As winter draws near, there's one thing that the girls of the Appleton United Hockey team look forward to: the start of their season.

This season holds a lot of new opportunities for the team, which was ranked fourth out of eight in total points scored in their division last season. This will serve as solid ground to build up from, as the team only lost two seniors last year, Katie Trucco (North) and Laura Larabell



Captains from left Emma Kohl, Jenny Miller, and Juuli Spellman. Photo by United Hockey

(North). The girls on the team are excited for the beginning

of the season and to leave their marks on the ice.

The new senior captains Juuli Spellman (North), Emma Kohl (North) and Jenny Miller (West) will step up to lead the team this season. Spellman says that she anticipates a great year coming up.

"I strongly believe we're going to do great things this season, we have so much talent and heart on this team," Spellman said.

The close-knit girls this year have high goals set for

conference. New coaches from last year will also contribute to the success of the team. Molly McKeever, a junior at North, said "they know the game well and they really help us a lot."

This year's first line will not be too different from last year, aside from the departed seniors and a minor switch by Kohl from forward to defense. All in all, the team looks to stay consistent and intent on their goals and to keep moving up in their division.

November sports in review



Senior hockey player Cooper Watson plays for Team Wisconsin. This month Watson committed to play D-1 hockey at Michigan Tech and was called up to Sioux City Stampede in the USHL. Photo from Carver Watson



By Hayden "Opossum" Kreul

Junior Liam Mahoney drives to the hoop in his first varsity game against Xavier during the Big Apple Classic. The Lightning lost narrowly 56-54. Photo from Liam Mahoney



Head football coach Rob Salm preps his team for what would be their last game of the 2013 season against Hudson. Photo from Appleton North Football



Girls' volleyball team jumps in celebration after winning the sectional final in Ashwaubenon. Photo from Kiera Miller



Senior captains Dan Rothbauer, Mark Gajewski, Connor Rolain and Evan Polce before a game at the coin toss. Photo from Connor Rolain



The North student section gets rowdy at the girls' volleyball sectional final in Ashwaubenon. The Lightning beat Appleton East in three games. Photo by Scott Rohloff