

# Behind the scenes of Love Struck week

By Katharine Hackney

Before the first day of Love Struck Week, Student Council spent roughly an hour Sunday night setting up what they fondly call “Heart Attack.”

Appleton North High School’s main staircase and adjacent walls were covered with about 1,700 paper hearts, one for every student. Student Council is one of the main participating clubs in Love Struck Week; the poster that hung in the main staircase was created by Student Council, the pep rally was assembled and organized by North’s Student Council. The dress up days were decided by Student Council during one of their meetings, any member was free to suggest a dress up day, then it was put to a vote. The dress-up days were finalized based on staff approval, said Student Council officer Malory Goggans.

In addition to the contributions made by Student Council, Drama Club sought to make this year another successful one. Singing telegrams were in high demand again this



Members of North’s Drama Club deliver a singing telegram to Kenady Duesterhaus during Spanish class. The Drama Club sold 150 singing telegrams to deliver to students on Feb. 13. From left: Liza Long, Allie Frank, David Gansen, Emily Vandenberg, Katie Hackbart, and Molly Sina. Photo by Mrs. Linda Meyer

year and were a big hit among the students. Drama Club officers held auditions for the singers that performed the Singing-Telegrams this year. They went

around the school Thursday, Feb. 13 delivering the singing telegrams to the recipients. Liza Long, one of the singing-telegrammers estimates that 50

more singing telegrams were sold in comparison to last year. “Last year felt much more lax, but this year we were constantly bustling around,” Long said.

Sophomore Nolan Lostacco said that “the Singing Telegrams were a pleasant and welcomed distraction to class.” Math teacher Mr. Terrance Wittmann buys singing telegrams for the entire math department every year, so during this year’s pep rally as pay-back the math department sent him a little surprise in the form of singing students. Mr. Wittmann was serenaded by the voices of David Gansen, Liza Long, Molly Sina, Allie Frank, and Katie Hackbart. Among the other singing groups that delivered the abundant singing telegrams were Fourte, a Barbershop Quartet made up of juniors Joey Krohlow, David Fischer and Alex Hasse, and senior Alex Vechart.

Throughout the week quite a few different “Valentines” were sold in the commons during lunch hours: Flowergrams were sold to students to give to their special someone

by DECA, a total of 14 heart shaped balloon-grams were sold for the same purpose by HOSA.

The GSA bought about 500 wrist bands to sell; club members created and sold origami hearts and flowers during lunch hours in order to increase funds for future club activities. The origami hearts and flowers took four to five hours to complete and \$95 of profit was made, according to Elizabeth Floodstrand, senior Alliance officer.

Students had differing opinions in regards to Love Struck Week. Senior Tone Yu was disheartened about all the hype that occurs around this week every year: “there are so many other more meaningful holidays that actually revolve around an important cause. I just don’t feel that Valentine’s Day deserves this much attention.”

In contrast, Sarah Deltour said that there wasn’t enough build up and excitement to the week. “This year’s Love Struck Week just didn’t seem as exhilarating as last year’s,” she said.

# Winter Olympics shines spotlight on Russia

By Erik Bakken

## Commentary

The world’s foremost winter sporting competition came again in February as the world watched their favorite athletes from around the globe compete for the gold, silver and bronze medals in the Winter Olympics.

***“What better way to put Sochi on the world stage than to host the Winter Olympics. It would put Sochi back in the international spotlight and bring financial success to the struggling city.”***

Hosted in Sochi, Russia, a Black Sea resort town, the games were to be controversial from their conception due to the harsh history of Rus-

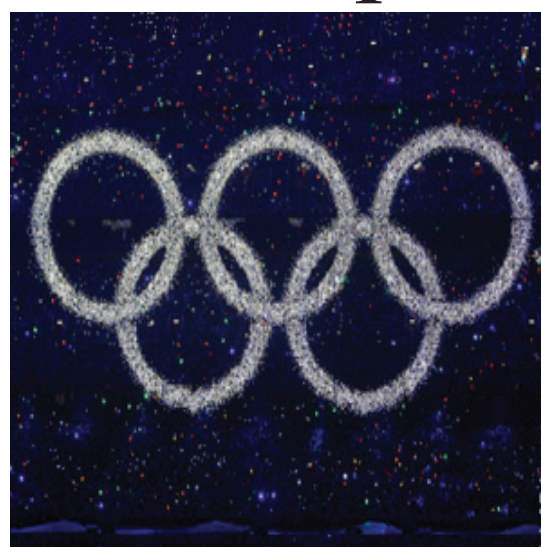
sia’s iron fist and the still forceful government in place.

Also, the Russian Olympic Games caused controversy with the rather strident anti-gay policy in place in the former Soviet country. And again, threats of terrorist groups caused rigid security measures to ensure safety for all athletes and spectators to the games.

Even throughout all the controversy that surrounded the Sochi Games, the front man of the Olympic efforts in Russia, the Prime Minister Vladimir Putin, pushed to have Sochi in the spotlight.

The Olympics are both a huge financial benefit to the hosting nation and a gargantuan financial investment, and this is what Putin had been planning for.

Sochi was becoming the declining resort city of Russia as people flocked to other, cheaper resort towns on the Black Sea and Sochi was left



Scenes from the opening ceremonies of the Winter Olympics being held in Sochi, Russia. Before the Winter Olympics, Sochi as a city was experiencing a decline in tourism. The Winter Olympics have put this city back into the spotlight. Photos from USA.gov

with frequent construction and rebuilding.

Sochi, the unofficial Russian “summer capitol”, was in a tourism decline and needed a boost.

What better way to put Sochi on the world stage than to host the Winter Olympics. It would put Sochi back in the international spotlight and bring financial success to the struggling city.

But in order to do this, Russia has spent over \$50 billion (a record breaking amount) on stadiums, hotels, and virtually giving the entire town of Sochi a makeover for the Games.

With an average of 22 million viewers nightly in the U.S. alone, this enormous financial investment may just pay off for the Russians.

Matt Antoine, a fellow

Wisconsinite, won Team USA a bronze medal in the sport of men’s skeleton. He is a graduate of Prairie du Chien high school. Matt Antoine was the first U.S. athlete to medal in the skeleton since Jimmy Shea’s gold in 2002.

While the games ended on Sunday, Feb. 23, spectators have the 2016 Summer Olympics in Brazil to look forward to.



## Thai movie stars visit North



Xa Thao and Chia Yang visited North on Jan. 20. They spoke to the Hmong students about the differences between life in Thailand versus the United States. Photo by Mr. Thai Lee



Mr. Thai Lee set up the opportunity for Xa Thao and Chia Yang to visit Appleton North. His Hmong Literacy Class posed for a group photo with the movie stars. Photo by Mr. Thai Lee

By Caroline Duncombe

On Jan. 20, two movie stars walked the halls of Appleton North. Xa Thao, actor/director from Thailand, and Chia Yang, an actress from Thailand, made a stop at Appleton North to visit Hmong students here during their concert tour in the U.S. They have both starred in numerous movies such as Plam Ib Vuag and Tij Laug Xab, which have a distinct style from that of American movies. “Hmong movies are based off of real life, but they are also comedic and can be romantic,” explained Kaila Lor, a student at Appleton North. These two movies are popular Hmong movies. Dr. Salad Vang sponsored Xa Thao’s and Chia Yang’s four month tour in the United States. The actors plan to tour from Wisconsin to California to celebrate the Hmong New Year, which was on Nov. 20. Mr. Thai Lee, a teacher of one of the Hmong Literacy classes at North, was able to set up this opportunity to have Xa Thao and Chia Yang visit

Appleton North. The actors were supposed to come in November, but due to another concert booking in Minnesota they had to postpone the meeting until January. “We were upset when we didn’t see them the first time, but happy when we got to see them later on,” Kaila Lor said. The Hmong students at Appleton North were very excited to see Xa Thao and Chia Yang come in and speak. The students got to hear them talk about life in Thailand and how it is much different from life in the United States. One of the main differences is how cold Wisconsin is compared to Thailand. After performing two songs from their concert tour, the actors left the students with a good piece of advice: students should study hard because they have the opportunity to receive a good education in the United States. In Thailand many children do not get the opportunities that students have here. The experience was enjoyable for both the actors and the students as they got to learn about each other’s lives.

## In Brief

### Author event to take place at North

Want to better understand the anxious mind? Appleton author Lisa Klarnier will present Understanding the Socially Anxious Mind. This event is based on her book, *Releasing the Secret Pain: Moving Beyond Social Anxiety Disorder*. The event takes place on April 8 from 6:30-7:30 p.m. at Appleton North. The event is designed to help raise awareness of social anxiety disorder (SAD) by educating on the disorder, understanding the causes, and gaining insight into effective therapies.

### Poetry Slam events to happen at Harmony Cafe

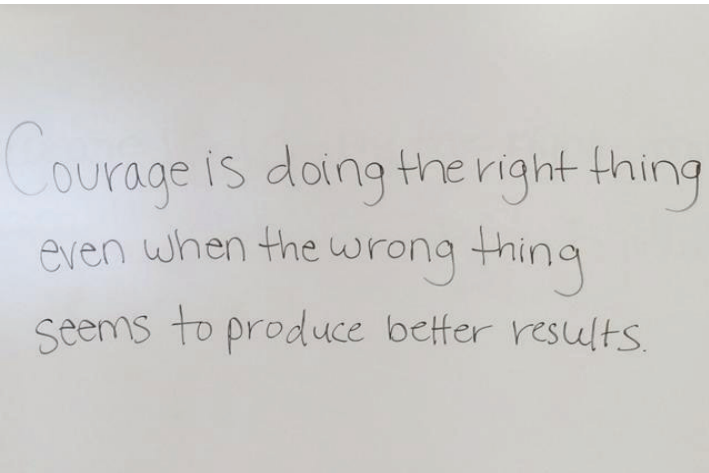
Poetry Slam is an event created to practice the art of performance poetry. Since March 1 at Harmony Café, anyone willing to participate can come recite poetry. The events take place Saturday nights from 7-9. People who participate can perform their favorite poem or their own original poetry. The audience is outgoing, active and fun. Random judges for the contest will be chosen from the audience and top winners will receive special prizes. There will also be an opportunity to listen to Poet Laureate of Wisconsin Ellen Kort recite her poetry. Poetry Slams are sponsored by the Appleton Education Foundation and the Fox Cities Book Festival.

-Noctiluca Staff

## North participates in Clubs of Courage

By Nora Ptacek

Courage is doing the right thing when the wrong thing seems to produce better results. This quote was shared with students all through Appleton North as part of a collaborative project with various clubs that take place at North. This project was inspired by guest speaker Bob Lenz, who shared with Appleton North students and staff his entertaining and meaningful presentation talking about value, courage, and respect (VCR). Appleton North staff wants to help spread that message even more. To do that one of the key points (value, courage, and respect) will be focused on by teachers and students every quarter. Mrs. Powell, Peer Helpers advisor and leader in the courage project explained the goal of the project. “Hopefully this project will impact students to have the courage to stand up for what they believe in. I hope it inspires them to do that and hopefully it will have a long term effect. We want to inspire and build courage among our students.”



Mrs. Powell is the advisor for the Clubs of Courage project. Quotes such as the one above were shared with students in classes to promote courage week at North. Photos by Nora Ptacek and Megha Uberoi

**“Hopefully this project will impact students to have the courage to stand up for what they believe in.”**  
-Mrs. Powell

This quarter there will be a focus on courage. As part of the courage project during reading time on Feb. 4 students wrote their response to the question “what is courage” on a card.

The cards were displayed in the main hallway as a quilt of courage during Lovestruck Week. Monday, Feb. 3 was National Courage Day. In an announcement, Rosa Parks was remembered as the woman who quietly refused to give up her seat for a white passenger on a segregated bus, thereby launching the Civil Rights Movement. It was a day of celebration to commemorate those who have found the courage to stand up for who they are.

On Feb. 4, Link Crew Leaders visited freshman classrooms and talked to them about courage and the shoe drive North is participated in through Goodwill. All the work that is being put into the courage project aims to encourage students to stand up for something they believe in. Whether that involves speaking up in class, joining a new activity, or simply striving to make their community a better place, Appleton North continues to promote the essential quality of courage.

If interested in writing for News, contact Megha Uberoi on Facebook.



## Noctiluca Editorial

# AASD should update more than computer hardware

The kid in class with a laptop, typing away notes at incredible speeds and cross-referencing the Internet in discussions has always had an edge. He may catch some undue ostracism and a watchful glare from a teacher, but it is undeniable that students should learn how they learn best.

Being equipped with a mobile device in class is a classic case of getting with the times. The referendum passed by the people of Appleton on Tuesday, Feb. 18 borrows millions of dollars to fund school technologies, with the goal of making portable computers available to high school students throughout the Appleton Area School District.

The most significant referendum on the ballot was the onetime borrowing of \$25 million by the AASD for a myriad of upgrades focused on science, technology, engineering, manufacturing and mathematics.

Although most of the funds for upgrades in graphic arts and industrial workshops are reserved for Appleton East and West high schools, Appleton North will gain improvements to windows, electricity, and student technology use.

According to the AASD, students will be allowed to check out their own computers like library books, returning them by the end of the year. This is an excellent and exciting idea, an essential part

of a modern school system. It frees students and their families from the hidden costs of school with up-to-date technology.

But with schools soon improving their hardware, it is more important than ever for the AASD to update its archaic restrictions on it.

Despite dramatic changes in patterns of Internet use, the AASD continues to censor online resources with unpredictable and outdated filters. Although e-mail is no longer the hip new way to waste time talking with friends and is needed to coordinate jobs, interviews, colleges, and extracurriculars, we are forced to make do with the school's closed system. College Con-

fidential and other forums are the go-to sources for answers to specific problems and brainstorming with groups, but all remain blocked. Even random assortments of sites such as Cracked.com, censored in categories such as "Uncategorized" or "Questionable," may contain the one obscure bit of fact or inspiration necessary to complete a research assign-

ment.

All of these resources are censored, trapped like dolphins in tuna nets. But while dolphins are helped out from the nets, such sites are often denied indefinitely from enterprising students.

Student access to personal computers shows an understanding that school is not just a place to sit down, shut up, and listen, but a place to be connected. The AASD has committed to spend millions of dollars bringing school tech into the twenty-teens, but restricts access with policies from the era of "You've got mail!"

The efforts of the referendum are appreciated, but basic necessities would be nice too.

***"Although the way internet is used changes dramatically, the AASD continues to censor online resources with unpredictable and outdated filters."***

# No thank you: North's advice-giving has gone too far

*The World of Allen*

"Many a little makes a mickle."

"The cat in gloves catches no mice."

"Hunger is the best pickle."

— Benjamin Franklin



*Sam Allen is opinions editor and a senior at Appleton North*

on with my day. It was not a productive whirlwind.

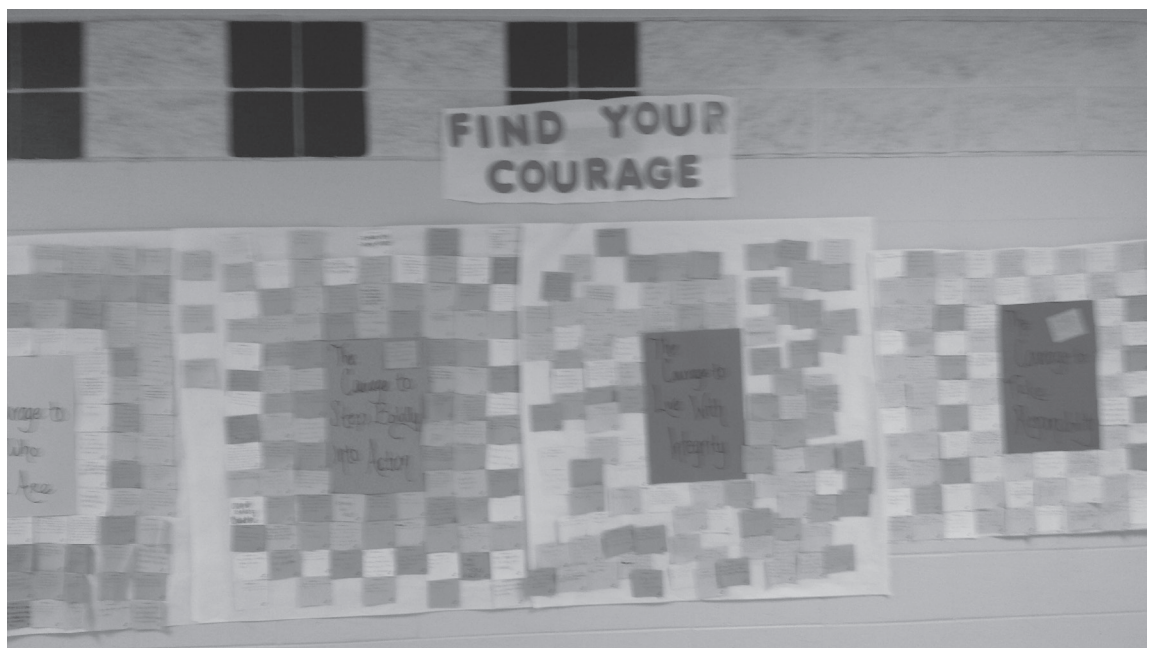
I counted at least three bits of made-up advice for each week, for a total of about 180. One is always in the top left of each week, based on a single "inspirational" word carved within an often unrelated illustration. "Accountable" is coupled with a pic-

ture of confetti, "Knowledge" to a bowl of cooking batter and "Mental picture" to a dog leaping away from what looks like a roiling wave.

Despite my love of pretty pictures and cooking (just that it exists, not necessarily doing it), I don't understand how the whole advice thing fits. If the illustration is only there to be visually appealing, cut out the middleman and leave me with unblemished images of mountainsides or bacon and the like.

If unwanted, the advice within assignment notebooks can be closed up or recycled into environmentally responsible Kleenexes. Avoidance is not so easy with North's aggressive February campaign to promote the word courage.

A collaboration of North clubs have set students coating hallways and classrooms with advertisements for the magic word, when Merriam-



What would our lives be like if we made major life decisions based upon sticky notes? Massive amounts of advice reduce any potential meaning. Photo by Sam Allen

Webster would have clearly sufficed.

Upon viewing a sponsored quote on a whiteboard reading "Courage is doing the right thing when the wrong thing seems to produce better results," senior Brad Lovell made a valid point. "That quote could work both ways," he said. "If you think blowing people up is the right thing, then it's saying you shouldn't stop, regardless of results." Indeed, it's best that most people lack the courage to show up to work without pants.

If this campaign were to draw any effect at all, the results would include a healthy amount of courage being used for evil. Moreover, it would

do so with the disagreeable mass-marketing tactics of online spammers.

***"Anything that has a real chance of spurring someone to action also runs the risk of corrupting a few youth."***

A more believable route to inspiration was found by Bruce Wayne, who set off on a seven-year journey to find true courage and insight. If he could have found it on a sticky-note beforehand, he would have.

Mediocre advice is seen as

a safe and easy way to avoid anything substantial. There is a reason mom sees you off to school with a final "Be good!" rather than a more cryptic "On a level plain, simple mounds look like hills; and the insipid flatness of our present bourgeoisie is to be measured by the altitude of its great intellects." Anything that has a real chance of spurring someone to action also runs the risk of corrupting a few youth.

If that's not a risk our school or assignment notebooks are willing to take, I'll just keep skipping to the planner's weekly facts section. My life is quantifiably better knowing that the waxed tip of a shoe-lace is called an aglet.



## 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 about students, faculty and administration activities, interests and policies. Our goal is to maintain high ethical standards and provide a public 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 public 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.

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## Of all the holidays, why Lovestruck Week?

By Anne Marie Medema

I don't hate Lovestruck Week. I just, well, don't get it.

I mean sure one or two days of celebration and craziness is fine. A whole week? Now that's a bit excessive. Seriously, a week is a bit of an overload. I mean a day or two would just be enough, not too long to be irritating and just plain obnoxious. By the end of the week I'm seeing pink and red everywhere.

Also do not get me started on the hearts. They get everywhere. They are inescapable. Last year I had one attached to my leg for who knows how long until someone finally pointed it out to me. And no, it wasn't even my heart.

So can someone please tell me the point of this week? Is it to give us something exciting in the time of year with



What St. Valentine's Day looks like. Photo from usa.gov

no vacations? Exciting is not the word I associate with this week. Also why choose Valentine's Day? I mean what about St. Patrick's Day? It's celebrated by the United States too. Chicago dumps tons of green dye into the river. Now I'm not saying we need to do something that extreme, really don't. But why don't we have a green week or something? Instead of never disappearing hearts, why not never disappearing four leaf clovers?



What St. Patrick's Day looks like. Photos from usa.gov

If we are going to spend a week celebrating a man who secretly married soldiers in Christian ceremonies because they weren't allowed to get married why can't we celebrate the man who brought

***"Alas Valentine's Day takes precedent at North and the wee St. Patrick will be once again overlooked."***

Christianity to Ireland?

I get the feeling that North isn't paying St. Patrick his full due. Both are saints so why does one get a whole week of celebrations while the other one gets barely a day? Though if you go to the forensic meet the week of St. Patrick's Day, you will be overloaded with green. It's everywhere. Trust me when I say those are some hardcore St. Patrick fans. There is even a contest to see who wore the most green. You would be surprised at the amount of green you can see in an auditorium.

Alas Valentine's Day takes precedent at North and the wee St. Patrick will be once again overlooked.

Oh well, the pink and red wave crashed over the halls once more. Let's hope what it leaves behind did little to no damage to hearts.

## Cheers and Jeers

By Sam Allen



Cheers

**Old-school PSAs-** Where a balding middle-aged man tells you safety is "word."

**Signing up for AP tests-** If you missed the deadline, do enjoy the suffering of others in May.

**The referendum passing-** North may soon have windows that actually open and close, providing air that has not been recycled through 1,600 pairs of lungs.

**The Internet-** Turns out there are a few things on it that aren't cats. Try it sometime.

**Blenders-** Because chewing is for cavemen.

**e^x-** No matter what happens, you stay just the way you are.

**Name tags-** For getting us into and out of awkward situations.



Jeers

**Cheers and Jeers-** For always making a lame comment on the weather. How about that sunshine?

**The estimated 1,500 eyelash mites living in your face-** I think I'll be getting a new face soon.

**The plan to gradually make up our cold days-** Five extra minutes in the morning feels the same as five hours after school.

**The clocks that stop moving a minute before the bell rings-** Somebody must do this for amusement. Somebody evil.

**The dregs of Lovestruck Week-** Torn-up bits of hearts will be sticking to our shoes for weeks.

**Product placement-** Brought to you by Diet Coke, drunk on T.V. by overweight gangsters between fits of rage.

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Visit us at [www.aasd.k12.wi.us/north](http://www.aasd.k12.wi.us/north).





## Student Spotlights Flappy Bird engages students

By Alexandria Floodstrand and Leah Dreyer



Photo by Elizabeth Floodstrand  
**Name:** Shannon Butler  
**Grade:** Senior  
**Favorite Class:** Chorus and History  
**Favorite Movie:** "The Hunger Games"  
**Favorite Author:** Sarah Shepherd  
**Favorite Book:** "Wings" by Aprilynne Pike  
**Favorite Quote:** "The only thing we have to fear is fear itself." - Franklin D. Roosevelt



Photo by Alexandria Floodstrand  
**Name:** Mayra Duran  
**Grade:** Sophomore  
**Favorite Class:** Math  
**Favorite Movie:** "Warm Bodies"  
**Favorite Book:** "Bang"  
**Favorite TV Show:** "Pretty Little Liars"  
**Favorite Place to Shop:** The Fox River Mall  
**Favorite Quote:** "In order to help someone up a hill, you need to reach the top first." - Peter Shepard



Photo by Elizabeth Floodstrand  
**Name:** Zaynab Brown  
**Grade:** Junior  
**Favorite Classes:** Psychology and English Language Arts  
**Favorite Author:** Orson Scott Card  
**Favorite Book:** "The Name of the Wind" by Patrick Rothfuss  
**Favorite Quote:** "There is nothing to writing. All you do is sit down at a typewriter and bleed." - Ernest Hemingway



Photo by Alexandria Floodstrand  
**Name:** Raven Wilson  
**Grade:** Freshman  
**Favorite Class:** English Language Arts  
**Favorite Movie:** "Underworld"  
**Favorite Sport:** Volleyball  
**Favorite TV Show:** "Vampire Diaries"  
**Favorite Place to shop:** The Fox River Mall  
**Favorite Quote:** "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - Martin Luther King, Jr.

By David Brooker

The sensation of Flappy Bird has taken users of smartphones by storm in the last month.

With its initial release solely on Apple devices it soon branched out to the Android market. Flappy Bird quickly became the most downloaded game on iTunes, and Google Play was quick to follow suit.

The game has a rather simple and remedial objective: get the bird through as many green pipes— seemingly straight out of Mario— without hitting the pipes.

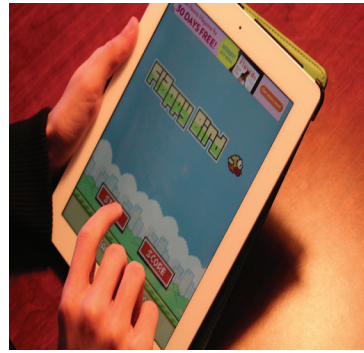
This game has had a wide array of affects on people, whether it has been infuriation and you insist that your bird "didn't hit that pipe," and "you only tapped once," or complete and utter joy as you reach double digits for the first time.

Does such a simple and seemingly silly game really have people addicted and on the brink of insanity? Birds are no longer angry, they are simply flappy and have people enraged or exhilarated.

Most are thrilled at the initial download of the fledgling game, but some simply refuse because they know of the consequences and addiction that is to follow.

"I refuse to download a game that people seem to regret soon after getting it," said Zach Gasick. "I prefer Iron Pants."

This regret is caused by many things it would seem, the constant addiction to the game which leads to a lack of attentiveness to surroundings or the simple addiction to the



The game Flappy Bird looks like something right out of Mario Bros with an 8-bit look. Although the game is no longer sold, devices with the app already installed can keep it. Photo by Aleksandr Combs.

game that eats at one believing that they can do one better than their previous score.

Many will play incessantly until this goal is reached and they can have that moment of glory, at least until the feeling emerges once more. This addiction affects the attentiveness in classes and to friends at social events.

For many of the people who simply refuse to download this game, they believe that it is quite frankly frivolous and a waste of time. These people who refuse to succumb to the temptation that is Flappy Bird seem to be quite content, whereas those who do engage in playing this game that enjoy it aren't quite sure why they do or even how they do for that matter.

This game that should be easy by just having to tap the screen drives people mad and agitates people to the point where they encourage others to not fall into the trap that is Flappy Bird. Despite many not liking the game in any way,

there are those that love the game and accept the challenge.

Granted, this Flappy Bird sensation is mostly likely already fading away as this paper is being published, but it had significant impact while it was here.

Similar, addictive, more challenging games are on the rise such as Iron Pants, so have no fear. There will still be deceptively difficult games to be played on your smart phones.

Alex Hoo put it quite clearly with his statement that "it was fun until it started to suck." He is quite sure this craze will come to pass soon enough.

The difficulty of the game can also be a major sense of anger which can get discouraging, but most fans of the game just play through the scores of zero or one until they hit the jackpot of a huge score. When these scores are achieved excessive yelling, overreaction and bragging can all be expected.

From middle school to high school kids have been picking up Flappy Bird and ignoring lesson plans, and it can be assumed that teachers are waiting for this craze to pass. In actuality the affect on lives is most likely minimal, many just consider it a fun game that will be enjoyed until the next great game comes along, not an obsession.

Flappy Bird may be popular in classrooms, but try to not throw things or interrupt class when you achieve high scores or die one short of that critical high score, but until then, keep on flapping.



Gina Xiong and Nick Smith-back (left) and Jake Chaulklin (above) help out at the Boys & Girls Club. They are members of the Life Skills class at North. Photos by Avery Witt



By Lauren Sassi



# WINTER SURV

When cabin fever strikes, there is only one

## 1. Try hockey or ice skating

*By Emma Kohl*

In the winter, I enjoy playing hockey both inside and outside. I play with my Appleton United Team at the Appleton Family Ice Center (AFIC) or at Jones Park.

If you plan on skating at the Ice Center, it costs \$3 for admission and \$2 to rent skates. If you want to go to open hockey it is \$5 for an hour to an hour and a half of ice time. Jones Park, however, is completely free. Skating is a great activity to do in winter in Wisconsin because it is the perfect temperature outside to keep the ice rinks solid.

What I like most about hockey is that it is great exercise and it brings people together. The most memorable experience I have had playing hockey was being able to skate in the same building that the Wisconsin Badgers play in. I was pretty young when I did this and it made me feel so grown-up under the big lights.



Emma Kohl, a member of Appleton United Hockey, recommends skating as an enjoyable winter activity. Photo from Emma Kohl

## 2. Try

*By Mr. Rudie*

I am a member of the Appleton Curling league on Thursdays. I have been curling since I was a child. My father, Mr. Valeski, and Mrs. U.

Curling is a great sport. It is a mix of the camaraderie involved in team sports and the strategy of a game called *Bonspiels*. Every week, we have a tournament at the Clintonville Boardwalk.

We have started a curling club every Tuesday night. I have been curling in my room.

Also, curling is a sport that is often matches televised. I have seen many matches and I would have beaten everyone!

## 4. Play Skyrim

*By Benjamin “The Based Disciple” Williams*

One of my personal favorite winter activities is playing my level 64 in Skyrim. This activity typically takes place in my living room. Skyrim is pretty nice because it is a fairly low one-time cost of around \$30-\$40 and provides many hours of fun and entertainment.

What I most enjoy about Skyrim is an activity known in the gaming community as “noob-slaying”, the destruction of characters inferior to yours. Some would say that I am the best at noob slaying in Skyrim. Personally, I am not sure that I am the best, but I think that I can safely say I am in the top twenty.

One of my favorite experiences that I had while playing Skyrim was this one time that I went to Riften, one of the towns in the game, and pick pocketed everyone’s clothes. It was a very good time.



Anne Marie’s winter activities involve writing, drawing and reading. Photo illustration by Julia Lamers

## 5. Get cr

*By Anne Marie Medema*

In the winter, I like to sit in my room and drink tea while reading and writing.

I like most that I can be alone and relax from a long school day.

It comes with the cost of tea and the fact that I can be alone for a while, so it’s not much.

I like to write poems about the winter. Also, I like to draw wintery scenes from my viewpoint. My favorite thing to do is to watch my younger brother Matt, watching him sleep under a blanket. It is such a peaceful moment in time and to put it in a calming activity for me to do.



# VIVAL GUIDE

thing to do – turn to the advice of *Noctiluca*

## y curling club

of the Appleton Curling Club and curl in  
y nights. I curl with Mr. Moscinski, Coach  
lman’s husband, Chad.

t sport of strategy and skill, and I also like  
olved at the club. Weekend tournaments are  
earlier this year, my team took first place at  
nspiel.

a high school curling club that meets at the  
from 4-6 p.m. If you’re interested, stop by

n Olympic sport, and there are numerous  
Check it out; most of those teams probably  
my team in Clintonville! Good curling ev-



## reative

y room with a cup of

with my thoughts and

and the cost of being  
ch.

the winter landscapes.  
enes and whatever is  
rawing is one of my  
g TV while curled up  
aceful scene. To cap-  
t it on paper is a very

## 6. Embrace it!

*By Ms. Reed*

I deal with the long, cold Wisconsin winter by just mentally embracing it. I dress for the winter weather and get outside. I try to do this every day, even if just for a little while. One of my favorite things to do is take a giant mug of hot coffee and my alpaca blanket out to the backyard. The neighbors, of course, must think I’m a crazy woman. Oh well.

The second thing I do to keep warm in the winter is to keep moving. I love to snowshoe, cross-country ski and play tennis at the racquet club. Oh, yes, and when it *really* is too cold to be outside, I resort to a *lot* of yoga. Namaste.



Ms. Reed embraces the cold weather by spending time outside. She also recommends yoga. Photo from Ms. Reed

## 3. Go snowboarding

*By Tyler Gavinski*

Growing up in Wisconsin, I’ve always been one for winter sports. My favorite winter sports are probably snowboarding and snowmobiling.

The only cons to these sports are that they cost money and if you don’t know what you’re doing, you can really get hurt. I’ve had my fair share of bruises. Even if I get hurt, I’m back out in the snow as soon as possible because let’s face it--I’d rather be in the powder than on the couch.

Usually, I have already texted my friends about going boarding before the news station says that there is going to be a snow storm.

A good snow boarder not only knows how to do tricks, he or she also knows what kind of weather is good for what type of boarding. For instance, you can’t ride a snowboard the same way on ice as you can on the powder or you will go home in pain.

My first year of snowboarding, I remember going out to Nordic Mountain with some friends to improve my skills. My friends decided to go to the terrain park and I decided that I would try it. I remember successfully hitting a few boxes and decided I would try a rail. I got some speed and was getting ready to hit the rail when--just in time--I noticed the guy in front of me fall on the rail so I swerved to avoid him but I swerved too much and rode right off the trail. Let’s just say that I was tired and took a quick break afterwards. But that’s snowboarding--if you’re afraid to get hurt, it will limit your skills.



## January Horoscopes

By Aleksandr Combs

### Virgo

**August 23- September 22**

Your classes may seem a little challenging right now but stick with it. Spring break is just around the corner and if you start slacking off now you will not want to work again.

### Libra

**September 23- October 22**

You may have noticed it has been warmer lately. It is finally time to break out the shorts and flip flops. Remember, if it is above freezing you do not need a coat, this is Wisconsin after all.

### Scorpio

**October 23- November 21**

Feeling a little down after Valentine's Day? You have nothing to worry about. Most of the relationships around you will have ended in the time it takes you to read this.

### Sagittarius

**November 22- December 21**

You want some ice cream? Have some ice cream.

### Capricorn

**December 22- January 19**

The stars say you have some big plans for spring break. They also say it is a bad idea. You know the plans I am talking about. There is no way you can fit a summer's worth of tanning into one week.

### Aquarius

**January 20- February 18**

Sorry I forgot about your birthday, it was really careless of me. The stars say there will be an extra bit of luck for you this month to make up for it.

### Pisces

**February 19- March 20**

Happy Birthday! Don't let the Aquariuses know but you guys are secretly the stars favorites. Keep your eyes open and you may get a surprise this month.

### Aries

**March 21- April 19**

The stars tell me you had a very good Valentine's Day. I do not know what they mean by that though. Knowing you guys you probably just sat at home and watched TV.

### Taurus

**April 20- May 20**

Having trouble with homework? Don't worry about it! If you just copy your friend's work you still did the assignment so realistically you still learn just as much.

### Gemini

**May 21- June 20**

If any Tauruses come asking to copy your homework don't let them have it. They are dirty lazy cheaters who don't want to do any work themselves. If you let them take it they will not learn anything, and they will keep taking advantage of you.

### Cancer

**June 21- July 22**

Doesn't this quarter feel fast? I mean seriously midquarters seem so far away already. It's time to buckle down and get to work.

### Leo

**July 23- August 22**

Looking for your purpose in life? Don't do it. Some philosophers argue that things that don't fulfill a purpose are useless, so if you don't have a purpose it's really an excuse to not do anything ever.

## Joseph Krohlow explores opportunities at North

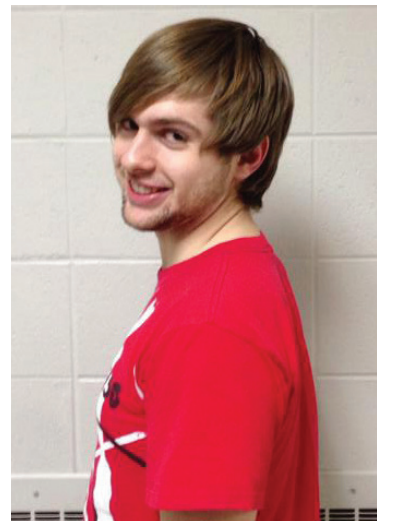
By Aleksandr Combs

For this round of the North Nine students Joseph Krohlow was selected as the junior boy who most exemplifies compassion.

Joseph is a man of seventeen years who came to North his junior year of high school. For his freshman year Krohlow went to school in Seymore where he lives. He chose to come to North because it presented more opportunities for him, and he heard good things about the theatre program. He commutes thirty minutes to school every day rather than pick up his family and move.

Krohlow has been very involved with the theatre since coming to North. This year he secured the lead role as Shrek in *Shrek the Musical*. This takes up a majority of Krohlow's free time, but he still finds time to enjoy other activities such as playing his cello.

Not only is Krohlow in the



Joseph Krohlow is a junior at North. He was named one the North Nine students for compassion. Photo by Aleksandr Combs

musical, but he is also a member of North's own comedy improvisational troupe Improvedy. This is Krohlow's first year in Improvedy, and he enjoys it greatly. He already has three shows under his belt and is becoming an improv pro.

# Inspired to succeed

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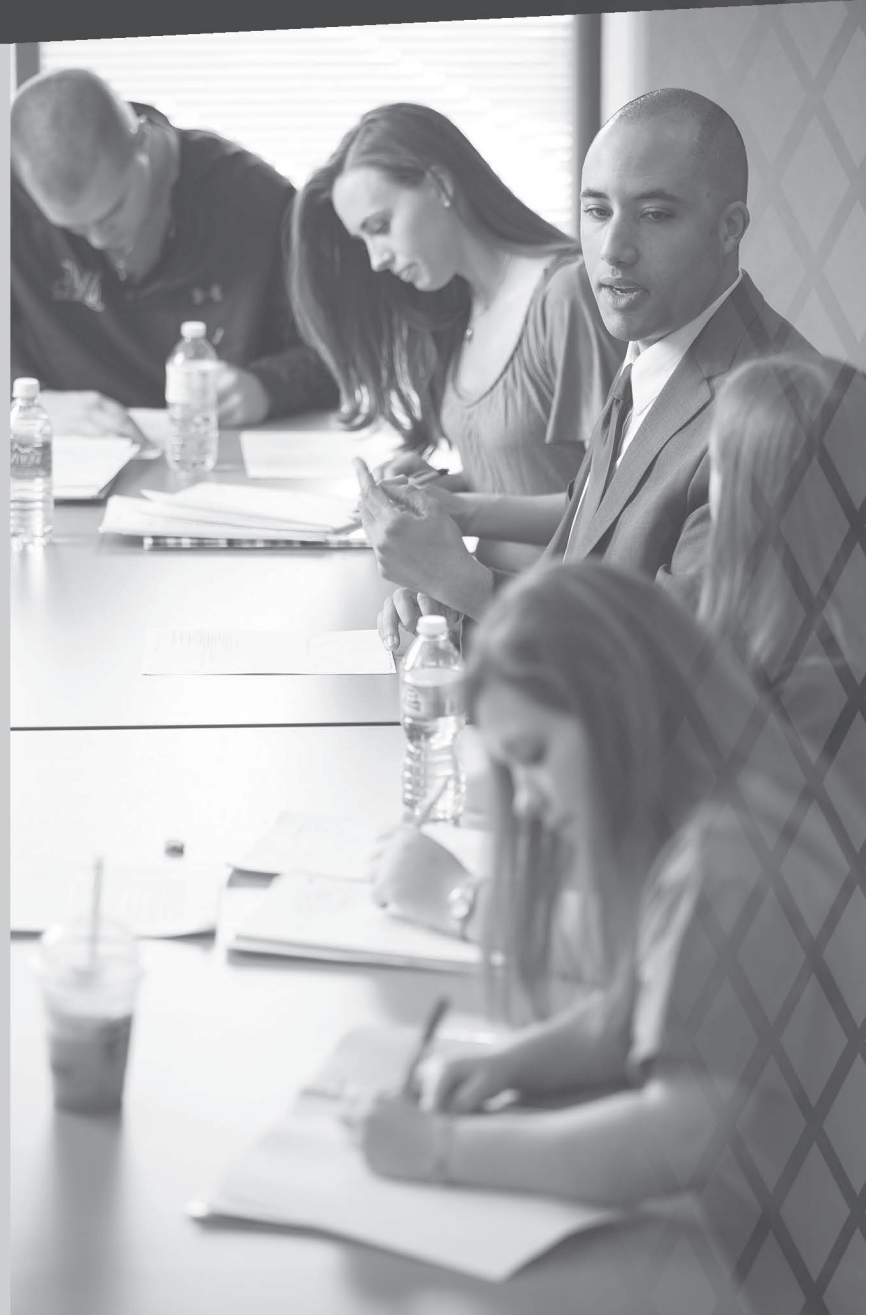
At Marian University, you'll be inspired to succeed through its more than 50 majors, outstanding residence facilities and dining options, more than 40 clubs and organizations, and our 19 NCAA athletic programs, including Track and Field.

Achieve your goals today by applying online at [www.marianuniversity.edu/apply!](http://www.marianuniversity.edu/apply!)

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# Upcoming spring beauty trends

By Rachel Brosman

As folks in Appleton consistently freeze while braving the outdoors, designers and fashion shows have been rolling out new trends since last fall.

Approaching the joyful season known for its budding blossoms, Wisconsin will only see a slight thawing. Without this opportunity to pull out the floral sundresses and beaded sandals on the fashion forefront, spring also brings a series of trends for makeup, hair, and nails.

## Black & White

Though not usually considered lively spring colors, black and white are ultra-versatile staple shades for eye makeup. A deep jet black adds dimension and depth to the eyes, when lined on the inner rims.

On the upper inner rims of the eyes just below the eyelashes, lightly line with a black kohl pencil to emphasize the eyelashes without having the intense look of liquid liner. The lower inner rims may be lined for a dramatic, sultry appeal.

For a night out, whether it's

Night Storm or the varsity women's choir concert, a cat eye, created with liquid, gel, or felt-tip eyeliner, elongates the eyes for a sophisticated look.

When you wake up too late and need to freshen up your face, put down the dark shades, and swap them out for a creamy white eyeliner or eyeshadow instead.

## Bold Colors

Annually, Pantone selects a "color of the year" which inspires beauty and fashion trends worldwide. This year's shade is "radiant orchid," which is a light purple fuchsia hue.

This color is seen in the rich, bright lip colors seen on the spring runways. Along with shades of bright red and orange, these lip colors can be easily worn to school in the form of a lip gloss, which gives you hydrating moisture and a pop of color, without the overwhelming hassle of lipstick.

On the eyes, cool colors such as a crisp green and ocean blue can be a subtle surprise accompanying an otherwise fresh, natural face.



Mario Sevilla/San @ Jose Mercury News/MCT

With the swipe of a liquid liner, there's no increasing drama of a bright shadow all over the lid, just a fun twist above the already defined lashes.

## Hairstyles

With these unique makeup styles, the face should be easily framed by a soft hairstyle.

Embracing your natural textures, imperfect hair is all the rage. If your hair is not working out that day, an optimal solution is to just get it out of your face.

Ponytails at the nape of the neck are perfectly in style, in their own sporty fashion,

but can be glammed up with a bejeweled hair-tie or floral accents.

Another fast style is to braid the hair, the messier the better, for a Bohemian look. As a more chic and put-together option, braids can be coiled around the top of the head like a headband.

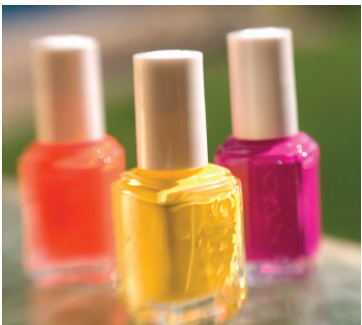
Lastly, the tousled romantic style hair is a beautiful look that can be achieved as a messy updo, braid, or even just curled with a wand.

## Manicure Madness

Over the last few years, nail art has become all the rage. This season has taken a more simplistic outlook on this trend, focusing on classic looks with a modern twist. As with the aforesaid lip colors, tangerine is a bright color that looks outstanding and unique on the nails.

Another look is to paint the nails one solid color, and then draw a vertical stripe down the center of each nail, dividing it in half. Preferably in a metallic shade, the simple stripe makes nails look like art when it really just took an easy extra step.

The half-moon manicure is



Mark Cornelison/Lexington @ Herald-Leader/MCT

achieved by placing a semi-circle on the bottom half of the nail, and painting the rest of the nail in one shade, then removing the semicircle to paint that portion another shade.

For the final nail trend, the modern French manicure is slightly more challenging. The classic French tips which are seen time and time again at every salon are tried and true.

Instead of using the usual light pink and white, use a nude color for the base and a bright color of your choice for lining the tip of the nail. This creates an unexpected pop to a sophisticated manicure.



## What's on your playlist?

By Caroline Augustine and Isabel Edmonds



Rachel Sina  
Freshman



- "Grace Kelley"  
- Mika
- "Waiting on the World to Change"  
- John Mayer
- "Love is All I Got"  
- Feed Me & Crystal Fighters
- "This Is What It Feels Like"  
- Armin Van Buuren
- "Let it Go"  
- Idina Menzel
- "True to your Heart"  
- 98 Degrees & Stevie Wonder

Jack Russel  
Sophomore



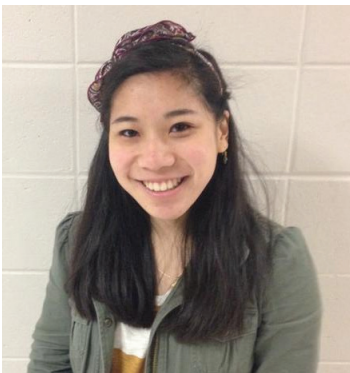
- "I Sat by the Ocean"  
- Queens of the Stone Age
- "Book Of Saturday"  
- King Crimson
- "Welcome to Japan"  
- The Strokes
- "Seven"  
- Sunny Day Real Estate
- "Everybody Wants to Rule the World"  
- Tears for Fears
- "No One's Deserving"  
- Daylight

Fionna Rausch  
Junior



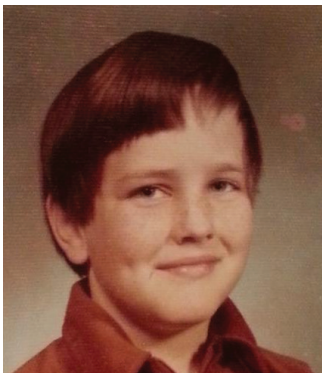
- "Dissolve Me"  
- Alt-J
- "Tear Down the House"  
- The Avett Brothers
- "World News"  
- Local Natives
- "Big Parade"  
- The Lumineers
- "Homeward Bound"  
- Simon and Garfunkel
- "Campus"  
- Vampire Weekend

Katie Hackbart  
Senior



- "I Won't Go Home Without You"  
- Maroon 5
- "If I Fall"  
- The White Tie Affair
- "You Make My Dreams"  
- Hall and Oates
- "Hummingbird Heartbeat"  
- Katy Perry
- "International Smile"  
- Katy Perry
- "Counting Stars"  
- OneRepublic

Mr. Edmonds  
Teacher



- "White Album"  
- The Beatles
- "Harvest Moon"  
- Neal Young
- "Wrecking Ball"  
- Bruce Springsteen
- "I Found Love"  
- Wilson Picket
- "You Are the Best Thing"  
- Ray LaMontagne



## North Theatre lets their freak flag fly

By Catherine Backer

If one happens to stick around school after the final bell rings, one may notice that every available orifice is brimming with activity. From the choir room comes the sound of tight harmonies and passionate solos; in the main stairwell fellow students are running through some eccentric blocking; the whirl of sewing machines leaks out of the green room and the astounding volume of the orchestra permeates the hallway. What in the world could all of this frenzied preparation be for?

In March Appleton North Theatre will present *Shrek the Musical*, a new stage production bursting with energy, fantasy, adventure and more than a few moving messages. Unlike past North musicals, auditions for *Shrek* were held over a month earlier than usual due to the high demand of costumes, technical details and vocal preparation required. This early start has launched the students and volunteers for *Shrek* headlong into the action from day one.

Sometimes it can be easy to look at everything on stage and forget about all of the intense work that goes on backstage before and during the show. Stage manager Katie Hackbart explained her part in the making of *Shrek the Musical*.

“Overall a stage manager does all of the unthought-of



Cast member Olivia Kuenster and fellow actors rock out to the tune “Freak Flag” as part of choreography. Students rehearse in upstairs classrooms. Photo by Ella Jansen

### Commentary

aspects of a show. I do a lot of organizing and preparation for rehearsals and shows. I also work directly with the cast, answering their questions and catching them up on things they missed. During the shows I work more so with the tech crew backstage, managing the shifts and set changes in the show,” Hackbart said.

Katie isn’t the only student involved directly with pre-production. Senior Liza Long took on the creative job of assistant choreographer. She attends each dance rehearsal, helping the students review past choreography and learn new material one 8-count at a time. At times Liza teaches

the group, at others critiques their work and sometimes gives individual attention to students, answering their questions.

“I think *Shrek* is unique in its choreography because it’s not just one style of dance. Throughout the show we have typical musical theatre moves (*Freak Flag*), we have dancers doing doll-like movements (*Duloc*) and jazz dance as well. We might even throw some tap dancing in there too. The best thing is that there might be more than one style of dance just in one dance number,” Long said.

Another way *Shrek* is diverse is when it comes to costumes and makeup. Tina Hoff, a graduate of North, is head of makeup for the show as well

as assistant costumer.

“There are so many characters that are also animal in nature, so underneath costumes we have to engineer padding in specific places to give the look of muscles and the shape of what that animal would have. It’s not something we’ve really done before,” Hoff said. *Shrek* is incredibly demanding costume-wise; the musical requires about 150 costumes to be sewn from scratch.

Makeup is a key component in the transformation from human to fairytale creature as well, making *Shrek* one of the most makeup-heavy shows that North has put on in years. The makeup for *Shrek* himself is highly detailed and involves prosthetics, crepe hair,

green stage makeup and air-brushing techniques.

In just a few short weeks, all of these elements will be combined to create a show that’s definitely one to see; *Shrek* will be unlike anything that’s been seen on the North stage. From technical crew work to dance to costumes and makeup, the hard work that is being put in for *Shrek the Musical* will pay off when the curtain opens.

### Performance Dates:

- March 6-9, and 13-16 at 7 p.m.
- March 8, 9, 15, and 16 at 1 p.m.

### Ticket Prices:

- \$12, general admission

### Box Office Hours:

- Monday and Thursday, 3:30-5:30 p.m.
- Tickets can also be purchased at the [appletonnorththeatre.com](http://appletonnorththeatre.com).



## Music to the beat of your heart

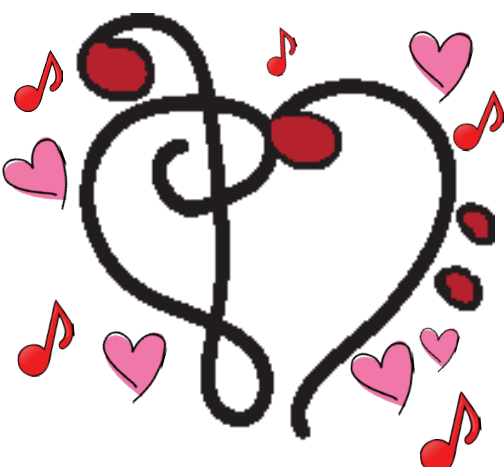
By Elise Painton

As another Valentine’s Day comes and goes, some of us are head over heels for the person we just don’t have the nerve to talk to, we’re buying flowers for a significant other, and for some of us, spending the day with our one true love: music.

It seems that no matter how many heartbreaks we experience in our short high school careers, music is a very effective substitute.

So, without ado, here are ten songs that chronicle stories of infatuation, friendship, first loves, and breakups.

1. “Flightless Bird, American Mouth” – Iron & Wine: Honestly, I don’t really understand the title of this song, or what any of the lyrics have to do with the title since I haven’t bothered look-



ing them up. is tough; we’ve all been taught that.

It’s pretty eerie, and the Keys’ men, Dan Auerbach and Patrick Carney, pay tribute to many cases of love’s tribulations and it’s tolls. This is one of few.

3. “Crazy For You” – Best Coast: “..want to kill you, but I’d miss you”, sums up this song pretty well. Front woman Bethany Cosentino belts out tales of infatuation and surf-pop inspired love tales, all while exerting her power to sing like an angry teen girl.

4. “Wouldn’t It Be Nice” – The Beach Boys: A classic, and for a reason. It’s always interesting to hear how the same head-over-heels feel-

ings can be transcended down to a new generation forty-eight years later.

5. “Latch” – Disclosure: With a huge breakthrough in the electronic music industry after the release of their album “Settle”, Disclosure brings “Latch” to the table, a charming garage tune featuring the vocals of Sam Smith.

6. “Shiver Shiver” – Walk the Moon: Walk the Moon pays tribute to the feelings of butterflies in your stomach when you stand next to your crush. It’s fun, spunky, and undoubtedly lovely.

7. “Out of My League” – Fitz and the Tantrums: The title says it all, but the song speaks volumes to everyone at some point.

8. “My Girl” – Otis Redding: Love is timeless, just as is this classic.

9. “Settle Down” – The 1975: Of course a playlist about love can’t be complete without the story of a forbidden love, so “Settle Down”, a product of Manchester’s The 1975, fits the bill.

10. “She Moves in Her Own Way” – The Kooks: Another British band, but more classic in sound. The story they tell through the lyrics transcends well through their instrumental, creating a nice environment, and making it almost impossible to not tap your foot to the rhythm.

Although these may not be the typical Taylor Swift love story, they carry a blend of alternative sounds with the classic romantic tails we’ve all come to hear and know. Perfect for anyone, single or taken.



# Catching up with Connor Gross

By Justus Oesterreich

## COMMENTARY

Connor Gross was a phenomenal setter for the volleyball team that went undefeated and won the State Title last year. He was named Wisconsin Player of the Year, and was also named a First Team All-American. His phenomenal skills and height led to a Division 1 scholarship offer from Ball State University following the state tournament. He accepted the offer and is continuing his volleyball career at the next level. The Ball State

Cardinals season has just begun and they are 3-3, while Connor has played sparingly. I recently caught up with him for a Q & A.

Noctiluca: What inspired you to play volleyball?

Gross: My inspiration came from my brother playing before me. He went to state three times and I saw how much fun he had playing volleyball. That's basically what made me give it a try my freshman year.

N: What was your favorite volleyball moment?

A: Winning the state title for sure. Something I will never forget.

N: What do you miss the most about playing high school volleyball?

A: Definitely playing with my best friends, I will never find an atmosphere like that in my life. Also, tournaments on the weekends were pretty awesome too. Most importantly though, beating Kimberly was always the greatest feeling in the world.

N: What was the hardest transition from North to Ball State?

A: Probably balancing my school work and volleyball has been the toughest thing to accomplish. Also, being far away from home was not the easiest thing to adapt to.

N: What are your goals for the year?

A: My season goals are obviously to play, but hopefully become a solid leader on and off the court. It's hard to develop as a freshman but the hardest part is to demand

respect from my teammates, which I think I have done a pretty good job at so far.

N: How are your teammates responding to "CGA" the language that you created in Appleton?

A: My teammates have been adapting pretty well. Time is always key in changing the way people think, but as of now let's just say people are on board. So far, only a couple of my Freshman teammates are everyday users but as the years go on, I can only see that number growing.

# Dance team competes on the national level

By Becca Finger

Four years ago the girls dance team was faced with an obstacle.

A switch in coaches was put into place and that replacement altered the entire team. This year senior captains Natalie Mologne, Kate Zuck, and Maddie King decided that they were not going to let a past alteration be a hindrance to their team. They set a goal at the beginning of the season that the team would work together and focus on being one united force this year.

Each practice they worked on improving their technique and trying to be better than themselves in past seasons and also better than other teams which they would be competing against.

Along with focusing on synchronizing their routines, the girls also place in high importance the act of bonding with each other and becoming



The dance team competes at the national championship in Florida. Through hours of practice and hard work, the girls unite as one. Photo by Jane Zuck

friends.

"Since the season is much longer than typical one season sports, getting along with each other is crucial," Mologne said.

"The relationships we build not only make the experience more fun, but it also helps us stay motivated to know that

there are 18 other best friends around you who have the same goals," she said.

The dance team knows that good relations with each other builds team confidence and improves their performance. The girls excelled in their competitions this year, especially in

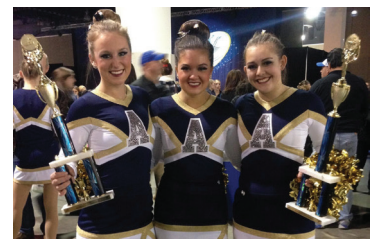
Milwaukee where they took first in a UDA competition which got the girls started on a good path to nationals in Florida.

The team went down to nationals this year as the only team representing Wisconsin in Florida. While at the competi-

tion the girls gave two performances and did well despite being placed into a difficult prelim.

"I am extremely proud of our team this year because it has been the best team North has had. It was a big accomplishment getting to nationals," said Zuck.

Now the team is wrapping up a long season with their heads high; it was a year full of high standards and strategic goals and the girls are very happy with the season overall.



Team captains (from left to right) are Natalie Mologne, Kate Zuck and Maddie King. Photo by Jane Zuck

## Athletes of the Love Month: Cheer and Basketball

### Ashley Pierson, Junior

**1. When did you start cheering?** When I was in sixth grade I joined the Fox Valley Stars.

**2. What do you love most about cheering?** I love the feeling of weightlessness and adrenaline of flying through the air.

**3. What is your best memory from this season?** Going to nationals this year and making it to semi-finals.

**4. How will the team do next season?** Unfortunately we are losing two phenomenal seniors, so we will adjust accordingly.

**5. Do you enjoy cheering on Jared Friday nights at basketball games?** Absolutely it is one of my favor-



Pierson cheering at a football game. Photo from Ashley Pierson

ite aspects of being a cheerleader.

### Jared Dudley, Senior

**1. When did you start playing basketball?** When I was in second grade I started shooting hoops.

**2. What do you love most about playing basketball?** I love being a part of a team that's like a family to me.

**3. What is your best basketball memory from this season?** Beating Oshkosh North this season was big. They were ranked fifth in the state.

**4. What is the thing you will miss the most about high school hoops?** Easily watching Mike Lukas dunk over little boys on Friday nights.

**5. Does Ashley's cheering make you play better?** Yes definitely. It feels good



Dudley has been playing varsity basketball since his sophomore year. Photo from Jared Dudley

knowing she is there to support me.



# Weight room has new supervisor and times

By Miller Jozwiak

"The U.S. Department of Health and Human Services recommends that young people aged six to seventeen years participate in at least sixty minutes of physical activity daily," reports the Center for Disease Control and Prevention website.

Currently, the national statistic is only being met by 29 percent of the high school population in the United States, according to the website. This causes a rise in concern because not creating a habit of physical exercise in the present leads to a life of laziness.

The website states that falling into the daily habit of exercise from ages of fifteen to seventeen results in a natu-

ral pattern for that individual throughout life.

To help combat this problem of unhealthy lifestyles, North High School's administration allows the weight room to be openly used after school under the supervision of new-to-North teacher Mr. Bleck.

Although this is Mr. Bleck's first year teaching here, he is familiar with the school being an alumna.



Mr. Bleck also helps run NASSA.

Former supervisor Mr. Danny Rivers left the position after starting his own personal health business



English teacher Mr. Ramponi uses the open gym to prepare for this hurling season. Hurling is a traditional Irish sport similar to lacrosse. Photo by Miller Jozwiak

Rivers' Fitness. In addition to supervising after school hours of lifting and North Agility Strength Speed Acceleration

(NASSA), Mr. Bleck made the decision to open the equipment up for use eighth hour specifically for students with privilege.

Students in need of gym make-ups can also have their slip signed by Mr. Bleck if they choose to exercise after school.

"This gives students an opportunity to live a healthy active lifestyle and set habits that will allow them to do the activities they please for life" Mr. Bleck said when asked to comment on why students should exercise.

Fighting obesity is a main concern at the local, state and national level today. The open weight room policy at Appleton North gives students the opportunity to help in this fight.

## January sports in review



Another two seniors from Appleton North's football team made collegiate commitments. Ryan Eiche (left) and Garrett "Ronnie Coleman" Rano (right) committed to the Northern Iowa Peacocks. Both were starters for North's offensive line this year. Photo provided by Garrett Rano



The basketball team celebrated their senior night on Feb. 14 with a win against Oshkosh West. The seniors from left to right are Jared Dudley, Cole Erickson, Gunnar Goeden, Mike Lukashewich, Kenny Cyrus, Austin Nelson, Ian Gerrity and Max Johansen. Photo provided by Ian Gerrity



Sophomore hockey star Trenton "Silky Mitts" Bliss shows off his handling skills in a game against Neenah/Hortonville/Menasha Rockets. Photo provided by Carver Watson