

# Global Week celebrates diversity

By Ally Price

Appleton North students and staff are preparing for Global Week. The event is made up of many presentations by several students, student groups, community members, and teachers and has one main goal.

“The purpose of Global Week is to expose students to other viewpoints, cultures, and perspectives,” said Mrs. Paula Meyer, a Spanish teacher at North. She is one of the individuals in charge of organizing the event, along with the rest of the World Language department.

Global Week is an opportunity for various members of our school’s community who have traveled the globe, are intrigued by global issues, or belong to or are interested in other cultures to share a piece of this culture with the rest of the student body. Students will be able to learn about and experience things that they aren’t familiar with.

“It’s great because it broadens students’ perception of the world around them by providing windows into a diversity of



The Life skills class teaches peer acceptance during Global Week last year. Students are exposed to many different perspectives on life and cultures during Global Week. Photo from The Almanac

cultures,” said Saul Roselaar, sophomore.

“Global Week will be similar to previous years in its format; it will differ slightly because we have different presenters each year,” according to Mrs. Meyer.

Global Week falls on the

week of Jan. 26 through the 30 this year. Tuesday, Jan. 27 and Thursday, Jan. 29 will be when the speaker presentations occur. On these days, during each hour of the day, there will be a cultural presentation happening, usually in the auditorium. Any teacher who wants

to attend can choose to go to the presentation with their class rather than teach a lesson that day. These presentations are completely optional for teachers; if they want to take their class, they can, but if they don’t want to, they can teach just like other days.

On Monday, Wednesday, and Friday of that same week, or the 26, 28, and 30, all World Language students will use their class time to watch an international film. This film is usually a film about people from another country or culture. This film is one that is produced in the country which it is about such as India or China, rather than by the U.S. or another big film industry. This lets students see that culture’s viewpoint and style of film, rather than having it be interpreted by another culture.

This year’s film is a Dutch film called “Nono, The Zigzag Kid.” Some of the groups presenting include: the Chinese, Indian, and Hmong Clubs; the Life Skills class; the group of band students who went to Austria; the Jazz Band; and two community members who participated in a bike pilgrimage in Spain.

The two days of presentations and the film are intended to give students insight into foreign cultures. Global Week aims to be educational for everyone, whether they be a student, teacher, or presenter.

## Standards-based grading deviates from archetype

By Erik Bakken

Standards-based grading systems are the most prevalent deviant from the typical point-based scale used by the majority of teachers across the country today.

The standards-based grading system differs from many grading scales in that it aims to identify the knowledge that a student has gained in the class through assessments. This is rather than simply a percentage or letter grade that may reflect several different assignments and not the student’s actual attained knowledge.

“With standards-based grading, a student’s grade is a direct reflection of their understanding in the class,” said Mrs. Kristen Klunder, a Calculus teacher at Appleton North who utilizes standards-based grading.

She says that her grading practice will hopefully teach students to learn to learn, and



Mrs. Kristen Klunder teaches students during an AP Calculus AB class. Mrs. Klunder is one of the teachers at North who utilizes a standards-based grading scale, which is becoming more frequently used. Photo by Megha Uberoi

not just learn for a grade.

According to Mrs. Klunder, it can be difficult to make the switch from point-based grading to standards-based grading. Teachers need to re-work assessments in order to identify strengths and weak-

nesses of individuals. Instead of just marking a student’s answer incorrect, standards-using teachers must look into the students answer to identify skills that are lacking.

“Standards-based grading can offer students insight into

**“With standards-based grading, a student’s grade is a direct reflection of their understanding in the class.”  
-Mrs. Kristen Klunder, Calculus teacher at Appleton North**

which standards are strong and which skills may be weaker. I hope that with standards-based grading, students will be able to better identify what they struggle with so they can work on those skills in order to improve,” says Mrs. Klunder.

Standards-based grading is being used at the elementary school level and partially at the middle school level, and it may be integrated into the

high school level in the Appleton Area School District in the future.

Among those benefitted from standards-based education are AP students. This is because prior material is frequently re-assessed in standards-based environments in order to make sure that students understand material from the entire course and don’t just learn for a single test and then forget the material afterwards.

“Standards-based grading can be confusing at times because it is so different from many other types of grading at North, but in practice it seems to work well,” says Brennan Arnold, a sophomore AP Calculus student in Mrs. Klunder’s class.

Standards-based grading certainly diverges from the paradigm of grading scales, and North may see a transition to this grading method in the future.



# Wellness Screen aims to identify mental disorders

By Megha Uberoi

The Wellness Screen program, formerly known as Teen Screen, is a screening tool students may use to screen for mental illnesses such as depression, anxiety, and other emotional disorders.

"This past semester every Monday the people who ran the Wellness Screen were here and students who volunteered with parental permission took the exam," said Mrs. Strick, Appleton North's social worker.

"Students learned about the opportunity through their freshmen health class," said Mrs. Strick.

The Wellness Screen is run by Samaritan Counseling.

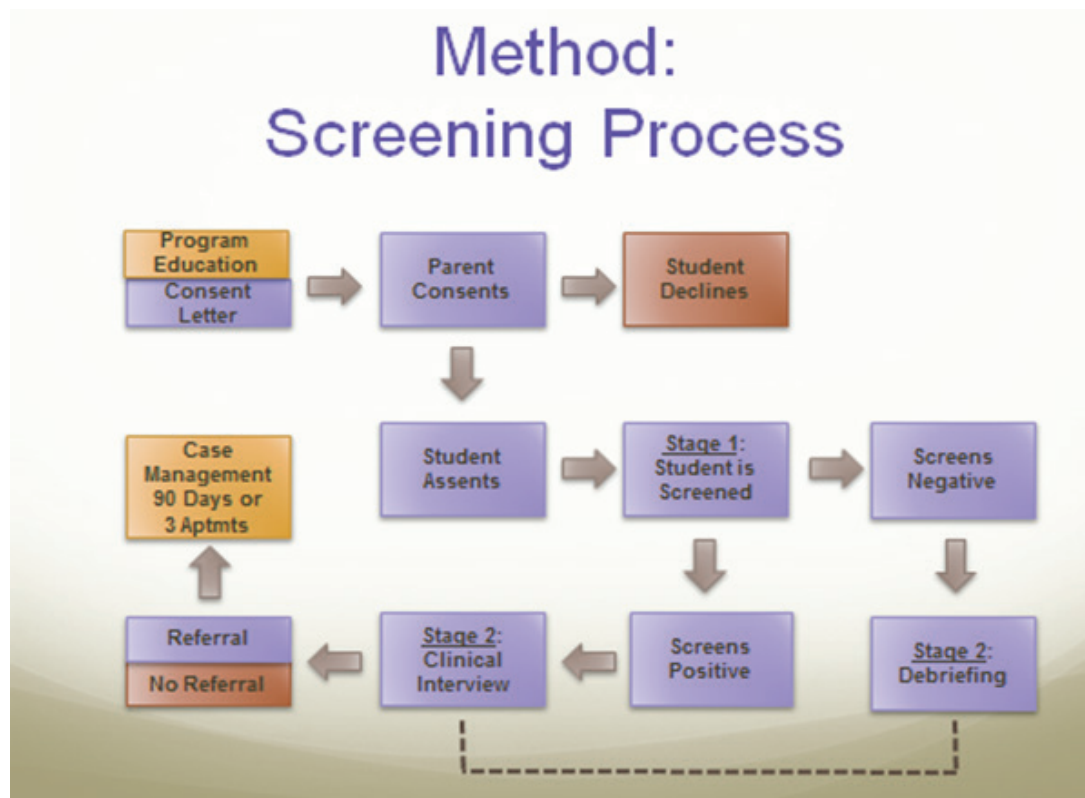
Mrs. Sarah Bassing-Sutton is the Program Director for the Wellness Screen and oversees the program at all of its different sites.



Mrs. Sarah Bassing-Sutton

"The tool targets 9th grade students so we try to get freshmen to participate, and there has to be active parental consent for the student to participate. Other grades can participate of course through referral. This year at North a quarter of the freshmen class participated and some upper-classmen participated as well," said Mrs. Bassing-Sutton.

The tool was originally developed by the Massachusetts



The process illustrated here shows how the Wellness Screen is operated. The intent is to aid students who test positive for mental disorders by identifying symptoms and effects. Graphic courtesy of the Wellness Screen program

***"The test will screen positive [for any mental disorder] 30% of the time."***  
***-Mrs. Sarah Bassing-Sutton, Program Director for the Wellness Screen***

General Hospital and is in the public domain. Overall the tool has very high ratings and validity in the medical community according to Mrs. Bassing-Sutton.

Specifically the exam screens for internalizing issues such as depression and anxiety, and externalizing issues like conduct disorder and oppositional defiant disorders as well as attention issues. However, it does not diagnose disorders, it simply provides opportunity for further intervention.

"The results are completely confidential, but overall the results from Appleton North aligned with common results from the test. Commonly the test will screen positive 30 percent of the time for any of the disorders and that was in alignment with the results from

Appleton North," said Mrs. Bassing-Sutton.

If students are interested in taking the test there are consent forms available in the guidance office, said Mrs. Bassing-Sutton.

"After the test if the student shows signs of a mental disorder based on their test results, the family will be notified and be alerted to some possible resources for that student. The results are scored for all students and talked over with a licensed therapist from the counseling service who runs Wellness Screen. Wellness Screen is simply another way to catch people

who may be struggling with an illness and who may not be as willing to speak up about it," said Mrs. Strick.

For students currently struggling with depression Mrs. Strick gave the advice that "It is always important to talk to somebody. Students can always talk to me or another trusted staff member, I always try to get students who see me connected to community resources. For example NAMI (National Alliance on Mental Illness) offers a free support group for teenagers that meets weekly at NAMI's downtown office."

"Overall the best treatment for depression is medication and counseling. All of times teens who struggle with depression feel alone and depression interferes with their schooling and interpersonal relationships and they just feel lonely. It is important for them to know that they are not alone and depression is really treatable," said Mrs. Strick.

When students were asked about the pervasiveness of depression amongst their peers many responded with oblivity. Junior Connor Flanagan said, "I know that a lot of people suffer from depression, I guess I just was not aware that for so many people, around 30 percent, it is common to deal with depression."

**Related Editorial**  
**Suicide is not a laughing matter, pg. 3**

# How cold does it need to be, to be a cold day?

By Abby Davies and Rachel Flom

In Wisconsin, extreme cold temperatures hit the week of Jan. 7, sparking debate and decision making by school administrators and community members over whether or not schools should be closed or delayed.

According to Weather.com, some schools in Green Bay and Milwaukee were delayed in order to protect students, especially those in elementary school. However, Appleton remained open throughout the arctic blast.

Many factors go into the decision of whether or not to close Appleton Area schools, including transportation, student safety, and national weather service warnings.

The school policy states

that when the National Weather Service has a wind chill warning, wind chills 35 below or colder for more than one hour, school administrators will make the decision whether or not school is closed.

The wind chill temperature reached 33 below each day during the first week back from winter break, so each morning District Superintendent Dr. Lee Allinger had to make the call whether or not it was safe to come into school. Overall, the decision was made to keep the Appleton Area schools open for the week, but some students stayed home because their parents decided that it was a risk to their health.

What many students don't know is that, according to the school policy, parents have the final say in deciding when their students have to come to school on days when it is ex-



The wind chill values during the week of Jan. 7 were especially cold in Appleton, instigating a debate about when school is or should be cancelled due to weather. AASD administration considers student safety first when deciding to cancel or not. Photo by Paige Beckum

tremely cold, or there is bad weather.

These rules allow students to stay home penalty free if weather may be a risk to their safety.

"I would say that we do our best to make an informed decision, and allow parents the opportunity to always make an individual parental decision based upon their own personal

situation. In the end, we will never be able to make a decision that everybody will agree with ... but hope that people can better understand how we reach our decision," said Assistant Superintendant Ben Vogel.

The district administration checks websites, weather and road condition reports, and contacts the bus companies before making any decisions. In most cases, a decision must be made by no later than 5:30 a.m., so the schools must predict how the weather will affect them hours before school starts.

Although many students have brought their concerns to the schools and social media, the administration assures Appleton schoolgoers and their families that the safety of students is paramount when making a determination.



## Noctiluca Editorial

# Suicide is not a laughing matter; words hurt

“I want to kill myself.” A phrase that carries so much weight yet is often said flippantly, not with malicious intent but simply due to a lack of understanding.

A step the Appleton North community needs to take is to understand the weight their words carry regarding suicide. If that can happen the ease in which those words are spoken will cease.

“I hear it all the time and a lot of times people do say it and it’s just for something dumb like homework,” said Sophomore Kayla Muinde.

There’s no doubting the frequency in which the phrase “I just want to kill myself” is said following a petty issue such as too much homework or a bad hair day.

Although some say it lightly, almost jokingly, it can have different meaning to different people and it’s vital that the Appleton North student body understands that some people are not joking when they say those words.

Senior Alex Cronmiller, who said he dealt with suicidal thoughts, shares his reason for opening up to the paper: “I’m personally okay with talking about it, and I’m okay with talking about it because I would rather bring it back up



A representation of the difference in which some people use the phrase “I want to kill myself”. Photo illustration by Sofia Voet

to help someone else rather than shove it down and not make a difference. I’ve been through it and it’s not a good time, it’s not a fun place and I wouldn’t wish it on anyone in the world.”

Cronmiller continues to say that “Personally when I had those thoughts it was easy for me to play it off as a joke. Depending on the person that’s saying “oh I just want to kill myself” it might not necessarily be a sign, but you can say something satirically when it is actually ac-

curate...you’re saying it in a funny sense but it actually applies to you and people don’t realize it.”

It is important to understand the mood of the situation and context in which someone

***“I hear it all the time and a lot of times people do say it and it’s just for something dumb.” -Muinde***

is saying the phrase. Muinde states that, “after someone

says it you always wonder ‘do you really mean it? Should I tell someone, or are you just joking?’”

Freshman Sarah Rohm said “I notice it a lot and I always wonder if people mean it sometimes.” But, if the phrase is never used lightly, it will regain some of its meaning, then it’s easier to know when someone is serious.

Social media is providing the platform for the joking and light manner in which “I want to kill myself” is said. “There’s this thing going

around called ‘kms’ and it’s an abbreviation that means ‘kill myself’ and I get it a lot from people, usually a text saying it because it’s just lingo,” said Rohm.

Considering the past suicides in the Appleton North community a more sensitive environment surrounds the issue. “Once you go through an event like that, you don’t say that phrase lightly, but before that’s happened you haven’t had the experience and you don’t realize the consequences that come from it,” Cronmiller said.

To help create a better environment in the Appleton North community, students need to understand that the phrase “I want to kill myself” has different meanings depending on the person and should work to not use the phrase lightly or jokingly.

Cronmiller points out that “First we need to have awareness, then begins understanding, after that we can move towards recovery, and then we will have change.”

### Related article

See page 2 for a related article on the Wellness Screen program and suicide awareness.

# Appleton North shows unequal support for extracurriculars

By Saul Roselaar

While all extracurriculars were created equally, they have mutated into a socially acceptable form of discrimination perpetuated by the teachers, students, and administration.

Heroification is the degenerative process of turning ordinary people into heroes. They are viewed without pain, without crisis.

This process has permeated into sports teams across the school, with teachers placing a greater interest in the primarily athletic students over those students who have a more vested interest in their own education, or other extracurriculars.

The teams heroized to the greatest degree at Appleton North are the varsity football and basketball teams. The Appleton North Band students are mandated to at-



Appleton North’s gold pep band plays at the varsity boys basketball game versus Kimberly High School on Jan 9. The band is conducted by Mr. James Thaldorf and senior drum major Alek Combs.

Photo by Alex Neumann

tend multiple football games, and an average of six basketball games as a part of marching band and pep band respectively.

Due to the inseparability of the pep band and the con-

cert band at Appleton North, our band students are forced to support a team some have no interest in, while the sports teams are not required to offer any reciprocal support.

Band students are not re-

quired to play any specific games, as there is a substitute system, in which one student may sub for another, however this ensures that exactly one half of the band is expected to play at each of the 12 games. This results in an average of 6 games per student, except basketball players.

Basketball players who are also in band are expected to perform at only two games that fit their schedule, yet people with far more constricting schedules due to other school activities are assigned six games and then must switch with others for those which they cannot attend.

This is a stark example of the favoritism displayed towards basketball and football athletes, as students in other extracurriculars, including forensics, wrestling, and theatre, are not exempt from performing at all six games.

Most of the time, the number of students in the pep band far exceeds the number of students in the student section. Multitudes of complaints have been expressed of the low student turnout to not-only basketball, but most non football school events.

The athletes should be asking themselves, “Does the glory matter?” The point of band is to feel the music, the goal of theatre is to tell the story, and the aim of debate is to find the truth.

But, for many, the goal of sports has morphed into an unfortunate quest for glory. The admirable participants of all extracurriculars must reflect on why they first joined, enjoy the competition, seek out answers, and feel themselves grow.

But no one should be glorified, just as they shouldn’t glorify one another.



## Noctiluca Mission 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. Its mission is to publish news, information, entertainment and opinion articles about our community. Our goal is to maintain high ethical standards and provide a public forum for free and responsible expression of views. The newspaper strives for a high level of competency and welcomes diversity of scope, depth and breadth of coverage in order to heighten mutual understanding and awareness through our entire school community.

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# If you don't like it, don't participate in it

By Julia Lammers

"It's really liberating to say 'no' to [stuff] you hate."

This line comes from HBO's TV show, "Girls". The show, which I watch clips of on YouTube because my family does not get HBO, is about a group of twenty-somethings and their trials and triumphs in New York.

We high schoolers can all take a lesson from "Girls". In high school, our lives get so crammed with stuff. There is necessary stuff, like hygiene and math homework (sorry), but there is also all that extra stuff we do, not because we have to, but because we think it will help in the end.

There is also the stuff we sign up for, but for whatever reason end up resenting the activity.

For the past two years, I have been a member of Wind Ensemble at Lawrence. Every Monday night, I drove downtown for a two-hour rehearsal. It annoyed me almost every minute. The band itself was not the problem; I was.

I simply did not want to be involved in it, but did it anyway because I thought "Hey, one more thing to add to my resume!"

Each week, it made me stressed out and angry when I had to drop what I was doing

to go do something I did not want to do—just because I had made a commitment.

When I got there, my stand partner asked me overly personal questions ("Do you believe in God?") and shared with me the joys of home school debate team. By the end of the rehearsal, I was ready to cry, scream and/or throw up.

And because I was not committed, I never practiced. Band is a team effort, and even though I was almost last chair (don't tell Mr. Thaldorf) my mistakes contributed to the overall sound.

This year, I decided not to audition again. Let me tell you, it is liberating to say 'no' to stuff you hate. I hope some other student is glad to be there and maybe even goes home and practices.

When we are freshman, it is drilled into our heads to "Get involved! Get involved!" Getting involved in clubs, sports and other activities is great, but do it for the right reasons.

We join clubs because that is what we should do to get into a good college. Then, we become leaders of the club we didn't think mattered in the first place—for college of course.

Join a club because that is what you want to do, not because everyone else has it on

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30	1100-30 (Day Main)	1100-30 (Day Main)	1100-30 (Day Main)

Schedules are finalized for second semester. Some students take complex classes they don't enjoy just to appeal to colleges. Photo by Paige Beckum

their college application. Volunteer for the sake of helping people, instead of helping yourself get hours. You will feel great because you have helped someone and better yet, because you wanted to.

Get involved in activities you enjoy. If you join a club simply to join a club and then show up to the meetings and complain the entire time about how much you do not want to be there, you bring down everyone who genuinely enjoys it.

Bring your time and talents where you will be most happy and stop bringing down those who care.

Maybe it is the small stuff you need to learn to say 'no' to. Working out is great, but taking one night a week off to read a book or spend time with

friends or family is not going to cause the world to end.

If you are like me, sometimes you have to say 'no' to friends on a weekend because you need some time to catch up on sleep or homework. You will feel more relaxed and have more fun once the To-Do list is taken care of.

If you say 'no' to stuff you hate, you can say 'yes' to more of the things you love. Sure, you might not be in the club everyone else is in, but you also won't be involved in activities that you believe are pointless. It will make your life more fulfilling if you do.

In the future, I challenge you to say 'no' to something you simply do not need to do. You will find that it is really liberating to say 'no' to stuff you hate.

# The new security system, a benefit to students

By Fatima Ali

Recently, I was one of the first few people to test out the newly implemented "ID scanners" used mainly for entering through the commons doors between 7:30 a.m. and 3:05 p.m.

Along with other members of Principal's Cabinet, I engaged in discussions with the four principals about how it was essential to develop a new plan in hopes of creating a more secure environment for the students at Appleton North High School.

After many months of brainstorming, debating, and experimenting, we now have a new scanner device which allows us to enter the building, if, and only if we scan our student ID against the scanner.

The first day the scanner was turned on, I tried out this new procedure, but things didn't go so well for me. My ID did not work, and I was barred from entering the doors.



Junior Gaven Desrosiers uses his Student ID to enter the building after school. The change was implemented after much discussion by the Principal's Cabinet. Photo by Sofia Voet

Later, someone graciously opened the door for me, and after several attempts, we managed to fix the glitch in my ID.

Personally, however, I am a very big fan of this new policy, as this gives almost all students a sense of new security, especially after recall-

ing many of the tragic events that have happened in various schools throughout the nation.

This new scanning procedure will make sure that the correct people are entering the building and as a result, random strangers won't be entering the school, unless of course, they enter through the

secure front entrance, which leads them directly to the student services/main office area.

Second of all, I feel as though this new procedure is not really cumbersome, or annoying for us as a student body. I mean it is kind of awkward having to pause in front of a door and hold up our IDs in front of a scanner, but in reality it only takes a few seconds to go through the whole process.

In the long run, this is definitely beneficial to current students as well as the future generation of high school students. Besides, pretty soon, all schools across the United States will be developing a similar procedure, at least for the high school level.

It has been a couple of weeks since we've added this new measure of security, and there have been some glitches with the system starting out, but I trust that this will probably be a procedure that we look back on with a positive attitude.



## ‘Mini Business World’ teaches entrepreneurship

By Rachel Brosman

Students at Appleton North had the opportunity to learn about entrepreneurship, marketing, and the business world through an exciting in-school field trip this past December.

“Mini Business World” was led by Steve Benzschawel in the LGI where students were challenged to rebrand a company.

They collaborated in groups to create a new image for this company by inventing a new product or service.

The only boundaries were that their idea had to pertain to “health and wellness” and be targeted towards kids and/or teens.

From there, each group developed their innovation and split into the areas of CEO, marketing, communications, and finance.

Junior Collin Brinkhoff contributed to the group that created the app “Pick Up”. This application would allow for anyone to schedule a pick-up activity, such as a sport or night game, in their area and invite their friends to join.

Brinkhoff said, “It was a great experience that engaged my creative side, as well as taught me about the dynamics of business. It was a fun and educational way to spend my day.”

It is clear that the director of Mini Business World, Steve Benzschawel, is passionate about entrepreneurship. “Mini Business World programs are designed spe-



Left: Students interested in business and marketing created products and services to market. The event lasted the whole day, teaching students about entrepreneurship. Photo by Rachel Brosman



*“The main goal is to take the great things that you guys are learning in the classroom and start to apply them in a real world setting.”*  
-Steve Benzschawel

cifically for high school students.

The main goal is to take the great things that you guys are learning in the classroom and start to apply them in a real world setting where you can work with others to collaborate on projects and give a professional presentation.” Also, Benzschawel loves to see the process of students learning in a hands-on environment.

“What I have found is that students certainly seem to have fun with the day.

They tend to bring in a lot of knowledge because they’ve been taking great classes and learning so much in school. It’s great to see them take that knowledge and apply it in a different setting to use their interpersonal skills, as well.”

For those that were not able to attend Mini Business World at school, there is another opportunity in the summer. “All of the Mini Business World sessions that I conduct throughout the school year lead up to an overnight summer camp where we hold a

four day program on a college campus. Kids from all around Wisconsin can attend the Business World summer program, and you do not have to have attended a Mini to come,” said Benzschawel.

It was because of this summer camp that senior Cynthia Lor brought this program to North. “This summer of 2014 I attended Business World at St. Norbert College. It was an awesome experience where I expanded my knowledge about business, Wisconsin’s economy, and teamwork.

Steve ended Business World by telling the students that Mini Business World was available for schools, so I contacted him to go through with it.” Lor would not have brought Mini Business World to North if she did not fully believe in it. “Students benefit from this program by learning the nuts and bolts of creating a company, not just the marketing side, but the financing side, too. Also, students learn to work with others to run the company, compromise ideas, and work to establish a better work foundation,” said Lor.

## LK Sassi’s Funhouse

By Lauren Sassi





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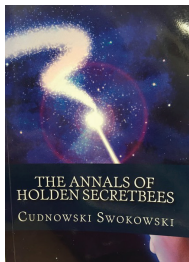


# “Best books ever writ

## Local authors publish third book

By Julia Lammers

Unbeknownst to many, Appleton North has two published authors strolling its halls. Inspired, or rather, provoked, by popular young-adult author Sharon Draper, seniors Tye Swokowski and Chris Cudnowski coauthored and published three books of their own. Their books follow the quest of a young time-traveling wizard wrestler from the future, who after saving the world numerous times, falls victim to his own powers and greed. Hilarity ensues.



The first book began as an assignment for class the authors' freshman year. The cover features a wand because the main character has magical powers.

Photo by Julia Lammers

The two started writing their freshman year as part of an assignment, Cudnowski said.

“Freshman year, when Mr. Edmonds, Teacher of Year 2013 and beyond, lovingly forced us to write a 30,000

---

***“Welcome to the future, where the grass is green and the girls are pretty.”***

**-Annals of Holden Secretbees, Part 1: The Escapades of Holden Secretbees**

---

word novel. Sophomore year we decided to lovingly force ourselves to write a novel, with no time constraints or word limits, only a strict, cannot-stress-it-enough ten chapter limit. We had complete freedom,” Cudnowski said.

Swokowski said they “type [the story] using a keyboard.” But there is more to their method than that.

“Obviously, I would write the first chapter and then give it to my lovely coauthor, Tye,



Sharon Draper, a popular young-adult author, inspired Chris Cudnowski and Tye Swokowski. The duo have made about \$30 from online sales of their book.

Photo from usa.gov.

along with a brief, seven-word description of what happened in my chapter. We had complete freedom, but I cannot stress enough how important the rules were,” Cudnowski said.

The duo were in a way, inspired by Sharon Draper. She came to North during their sophomore year and she told them to “never write books if you want to make money.”

“We’ve dedicated our books to her,” said Cudnowski.

Swokowski also said that

they get a lot of their inspiration from the game Minecraft. “We’ve been playing since seventh grade so we’re the most creative.”

The books were published online for free.

“We went to CreateSpace, a self-publishing platform that’s easy for anyone to use, except for Chris. I had to fix a lot of Chris’ mistakes...He sometimes changed the font sizes and centered the type,” Swokowski said.

---

***“Holden’s knife throwing skills are comparable to that one person in the Hunger Games who can throw knives really well.”***

**-The Annals of Holden Secretbees**

---

Senior Jacob Timmons is employed as their editor, but according to Swokowski, he “slacks off a lot.” They pay him a dollar per book.

Over winter break, the authors stayed up all night in

order to write their t and latest book, Lights, C era, Holden. They used F book to update their fan throughout the process. photos, captions by Cudn ki).

Swokowski and Cudnowski have made a small profit their books. They also merchandise online, including a shirt for babies.

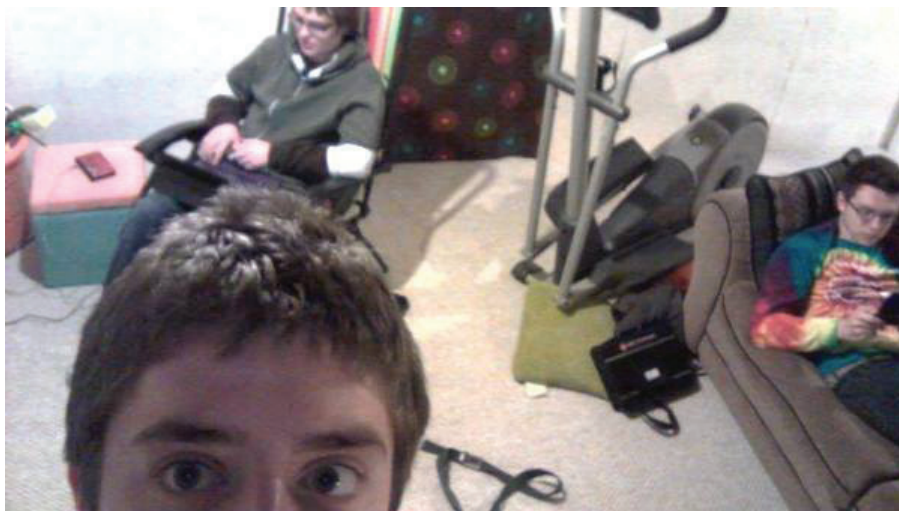
Their books are, according to the authors, well-received.

“It’s the best book ever written. We have a fan, Matt, from Arizona. I’m not going to tell you if he’s related to me. And my mom bought books for Christmas presents for my family,” Swokowski said.

What do the authors see for their future? Cudnowski said, “The video game is not complete, and the movie is complete, but it’s in the early stages of production.

Their books are now available for check-out in the Appleton North LMC and Swokowski encourages students to pick up a copy.

“Please, please, please this book.”



Tye Swokowski, Chris Cudnowski and Jake Timmons “work” on *Holden Secretbees* and *the Order of the Bull Moose*, the second book of the trilogy. Photo by Chris Cudnowski

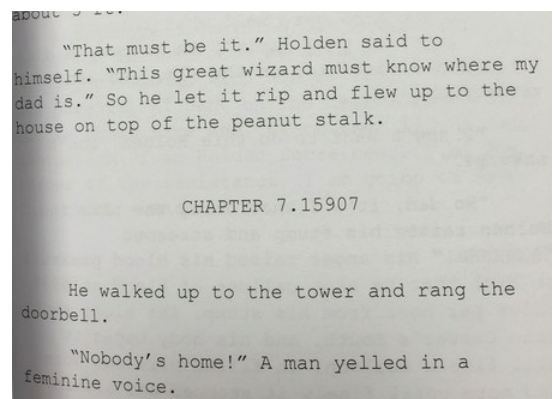
***“Gee, I hope that me killing Lewis and Clark doesn’t have a huge effect on present day America,” thought Holden.***

**-Holden Secretbees and the Order of the Bull Moose**

*Quotes used with permission by the authors.*

***“Welcome to the future, where the grass is green and the girls are pretty. But not in Doctor Robot’s office. Doctor Robot doesn’t have grass in his office, because that would be super weird.”***

**-The Annals of Holden Secretbees**



*The Annals of Holden Secretbees* includes creatively numbered chapters. Photo by Julia Lammers



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“Welcome to the  
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all night write-a-thon  
2k15. In this one night  
we will attempt to write  
1 book in 1 night.  
Pages complete: 0  
Chapters complete: 0  
Books complete: 0”  
Photos and captions by  
Chris Cudnowski



“4 hours into the all night write-a-thon. And this steam  
train of creativity has started to gain momentum. Or to  
quote Holden Secretbees: “The fries are in the fryer, and  
the fat man is still fat”  
Pages Complete: 14  
Chapters Complete: 6  
Books Complete: Three-fifths,  
Laughs Shared: Infinitesimal”

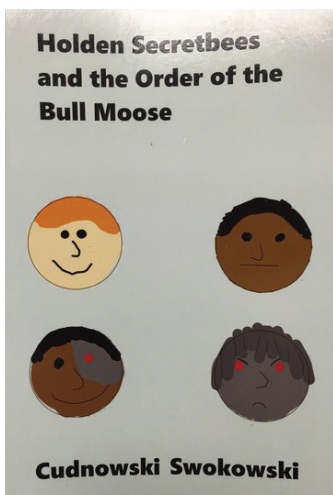
“Almost 7 hours into the  
all night write-a-thon.  
Tye’s writing chapter 9  
and he’s feeling fine. I  
wrote chapter 8 and I  
feel great.  
Pages Completed: 17  
Chapters Completed: 8  
Books completed: 80%  
Literary Geniuses : 2”



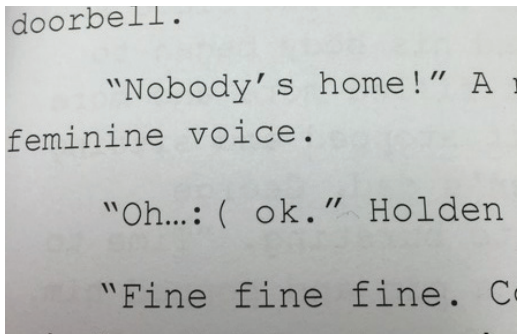
***“I’m not going to die.” said Mrs.  
Secretbees “I’m just going to have my  
appendix removed.”  
“NOOOOOOOOOOOOOOOOOOOO!”  
whispered Holden “That’s just the  
cancer talking!”  
-The Annals of Holden Secretbees***



Here, Tye Swokowski is seen work-  
ing during his AP Literature and  
Composition class.  
Photo by Julia Lammers



The cover of the sec-  
ond book features  
original artwork by the  
authors.  
Photo by Julia Lammers



Emojis are included in the book.  
Photo by Julia Lammers

Order shirts online at: <http://secretbees.spreadshirt.com/customize/noCache/1>



## Kanonji-Appleton Partnership opens doors for travel

By Elise Painton

Traveling abroad is an opportunity Appleton North offers to its students not only through its foreign language programs, but also through collaboration with the Kanonji-Japan Partnership organization.

The partnership is between the two cities, helping students from Appleton to go to Kanonji, and vice versa.

Two students, senior Mike Clausen and junior Jayden West, traveled to Japan in 2014 through the Kanonji-Japan Partnership. Through announcements and flyers distributed by teachers, the two found out about the trip and attended the informational meeting.

Before leaving for Japan, West took weekly Japanese lessons from a student at Lawrence University. Clausen, when asked what preparation was required said, "you just need a passport and [to be willing to] go on an adventure!"

Clausen said his experience was "perfect," and said "Everyone was so humble, I was on the news, [and] in the local paper, and taught a few classes, even," Clausen said.

West was equally enthusiastic about the trip. "It was a great experience. I spent two weeks there, and stayed with two different families. This trip is different from a normal



Above: Junior Jayden West photographed with one of his two host families. West stayed for two weeks with two families in Kanonji, Japan. Photo courtesy of Jayden West

Right: Senior Mike Clausen also attended the Kanonji-Appleton Partnership exchange. Photos are of different aspects of Japanese culture. Photos by Mike Clausen

tourist trip, since you really get to see everyday life and bond with normal families. Also, everyone there is extremely kind, so don't worry about being a 'foreigner'. It makes for a great cultural experience."

An important component to the Kanonji-Appleton Partnership is the student exchange. West hosted a Japanese student named Mikasi. "It was great to return the favor, since families in Japan had hosted me. Also, you can host a student even if you don't go on the trip. You

don't need to do anything fun or special, just everyday things...even a trip to the grocery store is an adventure for them," West said.

Clausen met with his host brother from Kanonji in Appleton. "We spent a lot of time together! He loved every moment being here. He also really had a thing for Pizza Ranch," Clausen said.

The exploration of a new culture is always a memorable and eye-opening experience. "I think there are tons of benefits



to traveling abroad. You can experience an entirely different culture and way of life. You make friends on the other side of the world, and you can even learn a bit of a new language," West said.

Even small pieces of culture can leave an impact on students who travel abroad.

"This may not seem like a major thing, but everything is smaller there. And I mean everything! Cars, roads, houses, spoons and forks, even the people oftentimes!" West said.

"The biggest [cultural] difference? There [were] actually a lot of differences. Such as sitting on the floor to eat sometimes. The way people acted and how they greeted you such as bowing and never looking someone directly in the eye. I actually only saw one person looking at their phone while they were walking...Everyone was nice, humble, and sociable," Clausen said.

Since his trip, Clausen has connected with the Japanese culture greatly. "The trip made me realize what I wanted to do with my life. I'm going to college in order to teach English as a second language in Japan. It also made me realize that the little things in life have a great impact. Just everyone [gets] along...and the hospitality is crazy. It just over all made me a better person," Clausen said.

On commenting on the personal impact of the trip, West said, "I think the biggest way the trip influenced me was that it made me realize that there isn't just one way to do things. There are lots of things we could learn from each other to improve both of our countries."

For those hoping to seek more information regarding the next trip or opportunity to host, contact school advisor Ms. Nider.

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# Incorporating Marsala into your winter wardrobe

By Rachel Brosman

With the new year comes new trends. These trends will be embodied and influenced by the color Marsala due to the Pantone Color Institute’s long awaited announcement of the color of the year.

Described as earthy, sophisticated, and spicy, the wine derived name “Marsala” is the official 2015 color of the year.

Marsala is a hearty maroon color, with prominent tones ranging from burgundy to copper. Since 2000, the Pantone Color Institute’s designated annual shade has been relied on from industries from fashion, to home decor, to beauty to create colorful modern styles.

Marsala is a relatively neutral shade, which makes it easy to incorporate into any wardrobe.

Especially in these cold winter months of waking up for school at the crack of dawn, neutrals are a teen’s

go-to color palette because of their simplistic appeal.

However, adding brights or pastels into your winter attire is a sure-fire way to get out of a style rut.

Who says bold colors are just for spring and summer?

Freshman Kendra Fischer agrees that color is an important part of any winter wardrobe.



Kendra Fischer



Marsala has been titled the “Color of the Year” according to Pantone Color Institute.

**The Noctiluca:** How do you incorporate color into your winter outfits?

**Kendra:** I believe that having strong statement pieces of clothing in your wardrobe is a positive thing and working around them is the way to go.

For the winter season, I like to wear bright pants and/or boots and pair them with a classic button-down and a sweater.

**The Noctiluca:** The Pantone color of the year is Marsala: a rusty maroon shade. What is your favorite fashion piece that you own in this shade?

**Kendra:** Unfortunately, I don’t own any fashion pieces in Marsala, but I do own nail polish and lipstick in this color. They also work as fashion pieces because they can dress up an outfit any day.

**The Noctiluca:** If you had to pick three colors to wear for the rest of your life, what would they be?

**Kendra:** If I had to pick three colors to wear for the rest of my life, they would



Marsala is being incorporated into a variety of fabrics and styles. From the red carpet ball gowns to the denim pant, this color is trending. Photo courtesy Gap/TNS

colors to wear of all time!

Any color is wearable if worn the right way. Pastel shades such as light pink and baby blue are soft tones that pack a little color into a soft winter look.

Bright colors work perfectly for layering, if the rest of the outfit is kept simple. For instance, a lime green peacoat can look chic (instead of childish) if paired with an entirely neutral outfit underneath.

Also, a bright cobalt blue cardigan is a stylish complement to an all black ensemble.

At the end of the day, bright hues are all about experimenting with proportions, taking fashion risks, and infecting the world with your colorful rays of happiness.

be black, bluish pink, and burgundy. These are my favorite



## What’s on your playlist?

By George Kunesh



Wesley Sommers  
Freshman



- “Tuesday”  
-ilovemakonnen ft. Drake
- “Loyal”  
-Chris Brown
- “Grillz”  
-Nelly
- “0 to 100”  
-Drake
- “Only”  
-Nicki Minaj

Maddie Cuff  
Sophomore



- “Carry On Wayward Son”  
-Kansas
- “Hum Hallelujah”  
-Fall Out Boy
- “Paradise”  
-Coldplay
- “Killer Queen”  
-Queen

Alyssa Gruender and  
Claire Riebau  
Juniors



- “Booty Wurf”  
-T-Pain
- “Drop It Like It’s Hot”  
-Snoop Dogg
- “Kiss Me Thru  
The Phone”  
-Soulja Boy
- “SMFWU”  
-Timeflies
- “Atomic Bombs”  
-Atomic Chloride

Alex Reis  
Senior



- “Houdini”  
-Foster the People
- “Spiderhead”  
-Cage the Elephant
- “Running”  
-Ivan and Alyosha
- “The End”  
-Fitz and the Tantrums
- “Lost Love”  
-The Temper Trap

Mrs. Vandenheuvel  
Teacher



- She literally just said  
“Pandora shuffle”

Interested in writing  
for the culture  
section of the  
Noctiluca?  
Contact Caroline  
Augustine Via  
Facebook



## Improvedy brings forth the fun

By Maddy Schilling

As the year continues, so too does the variety of events offered at Appleton North High School, from athletic competitions, to music concerts, and much more.

Since the year 2000, one such function has been available to the general public and will continue this year, an event entitled Improvedy.

This comedic show takes inspiration from the hit TV series “Whose Line is it Anyway?” as it blends aspects of suggestion-based sketches and improvisation into its ensemble.

When asked about the experience of participating as a member of Improvedy, sophomore and first-time member Emma Knutson said with a smile, “It’s pretty rad. We really get to know each other well. I mean, I hardly knew one of the kids and I hijacked his car once. I guess we have this bond that really helps come showtime.”

Improvedy blends a number of skits, varying with each show, from impersonations in games like “Date Game,” to the classic “Whose Line is it Anyway?” to the end-of-the-show traditions of pun-based “185.”

Each of these scenes and so many others rely on ideas



Improvedy includes skits, games, and a lot of laughs. Members of Improvedy from left to right include Tim Rausch, Ben Whiley, Joey Krohlow, Jack Russell, Alek Combs, Jon Hale, Chris Cudnowski, Emma Knutson, and Claire Riebau. Photo by Appleton North High School Theatre

### Commentary

from the audience, whether they be written and collected at the beginning of the show or just shouted out at random, while a chosen narrator of sorts introduces each game prior to its start.

Knutson continues to describe the experience of being a part of such a tradition and keeping it alive. “Well, our goal is to explore the world around us through ourselves in a form of laughter and bring the universe to a consensus of peace,” she said serious for a time. “It’s a pretty special experience that I’m actually really glad to be a part of.”

Improvedy is currently the only existing high school comedy troupe in Appleton and shows are held in the Appleton North High School Commons on scheduled Saturdays at 7:30 p.m. Concessions are available.

Improvedy +members Jack Russell, Ben Whiley, and Tim Rausch perform a skit with an audience volunteer Saul Roselaar. Photo by Appleton North High School Theatre



#### Performance Dates:

- Saturday, Feb. 14
- Saturday, Apr. 24
- Saturday, May 22

#### 7:30 p.m.

#### Ticket Prices:

- \$5 general admission

#### Purchase Details:

- Tickets can be purchased at the door
- Performance is in the North Commons.

## Listen to The Kooks newest album

By Caroline Augustine

British Rock band The Kooks released their fourth album, *Listen* with the additional sound of their new drummer, Alex Nunez.

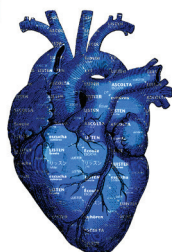
Although the band has a strong 1960’s British Invasion influence with the distinct vocals of Luke Pritchard, this album brings forward newer elements as well.

There are nods to jazz, gospel, and even R&B in the new album with songs such as “Around Town” and “West-side.”

After debuting their single “Down”, the album has received mixed reviews. Personally, I appreciate their blending of old and new music characteristics.

Currently, the band is tour-

THE  
KOOKS  
LISTEN



The Kooks release their fourth album *Listen*, which includes 11 original songs.

ing in Europe and Australia with no United States dates released.

It is evident that they are exploring newer sounds, while staying true to their roots.



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# Wrestling in relentless pursuit of victory

By Alex Henwood

Wrestling requires the utmost conditioning, speed, agility, and mental toughness. When walking out onto the mat, it is you versus the other man, just you and your athletic ability versus his.

"Unlike many other sports, you don't have your entire team behind you to help you. When you're out on the mat it's you against your opponent, nobody else," said senior wrestler Dellas Vandenberg.

He also notes that he loves the challenge of wrestling, and that there are few sports, if any, as physically demanding as wrestling. Requiring nearly every muscle of your body, wrestling challenges those willing enough to take it on, both mentally and physically.

Like every sport at Appleton North, the wrestlers have high hopes for their season, with great leadership in senior captain Dellas Vandenberg and senior Jake Trofka.



Senior wrestler Jake Trofka stands victorious on the mat after a match. Trofka has been on the team for four years. Photo provided by SR photos

berg and senior Jake Trofka. "Being leaders on the team is a big responsibility

for me and especially for Dellas as the team captain where he shows great leadership and

## Commentary

great responsibility for being the only official captain of the team," Trofka said. They take on each day with a championship attitude as they are "in relentless pursuit" of their team and individual goals.

Trofka said, "Our team goals are always to self improve and this year as a team we really took that to heart. For lifting weights we went from one lift a week to three and as a team you can see it and you can feel it which helps me a lot in matches."

With coaches, Coach Clough and Coach Buchinger, who have collegiate wrestling experience, they as a team know what it takes to be successful and that is why they challenge themselves daily.

As Vandenberg keys into an opponent and prepares for a match, he mentally recognizes the physical war about to take place,

"You're trying to physically and mentally break your opponent. It's pretty much a fight," yet as grueling as it is and as brutal as it may seem, Vandenberg said, "Oh and the best part would have to be the challenge, getting through the workouts with your teammates, and competing, knowing you just defeated your opponent, and then getting your hand raised."

Something in that moment of having their hand raised drives a wrestler, it is the simple action that allows for all glory. It is the moment where they know all their hard work has paid off.

As the winter beats on and the days continue to grow shorter, you will find the wrestlers working, pushing, and powering through the early morning workouts and the long after school practices. All this in that relentless pursuit of that single moment of glory where they stand in the middle of the mat, hand held high.

# Boys' swim team eagerly awaits state

By Logan Sprinkle

Looking ahead to their biggest meet of the year, the Appleton North/East boys swim team is eagerly waiting for the State team meet with hopes of dominating their competition. Ranked first both in the conference and in sectionals, the Appleton North/East swim team is currently undefeated. Senior captains Manny Hernandez, Shane Murphy-Pociask, and Connor Deitrich currently lead the way for the team in leadership as well as winning individual events time and time again.

When asked why the teams of both North and East were combined, junior swimmer Daniel Viedma said, "We are combined because of the size of East's team. If they were a single team, they would not be very big so we combine in order to make our team bigger as well as theirs." This is seen commonly throughout the conference with Appleton West and Kimberly combining as well in order to have larger teams.

In order for the team to get to state though, they must overcome first conference and then sectionals. The confident Appleton North/East swim team looks forward to these meets, and no one is

more excited than senior captain Manny Hernandez.

When asked about the goals for his team this year, he simply stated, "To win conference and sectionals for the fourth consecutive year and to bring the most people to state possible." Manny Hernandez holds high expectations for his team and believes state should be the team's most important goal. This year boy's swimming is fighting for the conference and sectional titles with the intentions of getting them for the fourth year in a row.

This year is special in some ways as the Appleton North/East swim team has divers, something they have not had in the past. The team believes that the new divers are the key to winning more meets as divers typically bring in more points for the teams. The divers will help the team substantially throughout the year and help towards achieving team goals.

The Appleton North/East boys swim team continues to look ahead, first with the remaining season, conference, and then sectionals; but the team is determined that nothing will come in the way of their quest to win state.



The four seniors on the team, from left, Conner Deitrich, Tristan Beise, Shane Murphy-Pociask, and Manny Hernandez. Murphy-Pociask goes to East High School and is a captain on the team. Photo provided by Manny Hernandez



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# Boys' basketball embraces change

By Ashley Pierson

This has become a year of great change for the boys varsity basketball team, as the team has only two returning seniors, JacQuan McGraw and Zach Gasick, and only one other returning varsity player, Tony Mattioli.

When asked about how they had to adapt the team from last year to this year, Gasick said, "We've had a lot of sophomores and juniors step up on varsity. They consistently hold their own against seniors who are bigger and stronger than them."

As a co-captain, Gasick knows the importance of leadership. "It all starts in practice, so I try to keep them focused and moving with a purpose," he said.

Having a young team filled with many sophomores can play to the team's advantage. Mattioli, a junior and second year varsity athlete for the basketball team said, "I do think being a younger team

gives us an advantage. There are only improvements from here on out. Once all of us get on the same page, we will have a bright future." Also, having a young team can come with challenges.

Mattioli commented, "Our main challenges this season won't be our opponents, rather the adversity that each and every one of us goes through day in and day out. I am so proud of the ten boys that have stuck with the team thus far, I wouldn't want to have anyone else on the court with me but them. Building on what we have is important, and like I've said, we have a bright future."

The team can only improve this season and Gasick said he already sees improvement. "The fundamentals are starting to improve already. With less travels, less bad turnovers, more rebounds, etc." Mattioli also commented on his thoughts for the improvement during this year's season; "Our biggest achievement that



Senior captain JacQuan McGraw goes in for a shot during a game against Fox Valley Lutheran. This is McGraw's fourth year playing basketball at North and his second year on varsity. Photo by Alex Neumann

our team could possibly make this season would be to come together and have a sense of camaraderie. The only thing stopping our inexperienced team from success right now is just that. Once we start believing in each other, that's when we'll start to succeed."

So far the team has yet to have any team bonding sessions, but the captains are sure that the season is still young and there is plenty of planning underway.

Mattioli said, "With every game that we've experienced so far this season, things just keep coming together. With only three returning players from the varsity squad this year, two to get significant minutes, every single one of us has gone through a lot of change. Prior to this season, this group of guys has never played together before. It's kind of crazy to think we've already made this much progress."

## Senior swimmers commit to D1, D2 schools

### Manny Hernandez

**Years swimming:** 11

**Teams involvement:** Appleton North, Fox Valley Wave

**Favorite part of swimming:** Staying in shape all year and being part of a team.

**Least favorite part:** Getting into a cold pool at 5 a.m.

**Greatest achievement:** Qualifying for Junior Nationals. This is the highest level that I have qualified for.

**College attending:** "The North swim team has a lot of meets coming up, so stop by." - Manny Hernandez

University of Wisconsin-Green Bay. UWGB is a small, Division 1 school on the edge of Green Bay. I chose to go there because I like how open the campus is and the school offers the major that I would like to study (human biology). Also, I was offered an athletic scholarship package I couldn't decline.

*Edited from an interview with Julia Lammers*



### Connor Deitrich

**Years swimming:** 7

**Team involvement:** I swim on the Fox Valley Wave Swim Team when the Appleton North High School Swim Team is out of season.

**Favorite part of swimming:** My favorite part about swimming has to be racing at the end of the season. Everybody is fired up and racing is intense. I swim my best times at the end of the season.

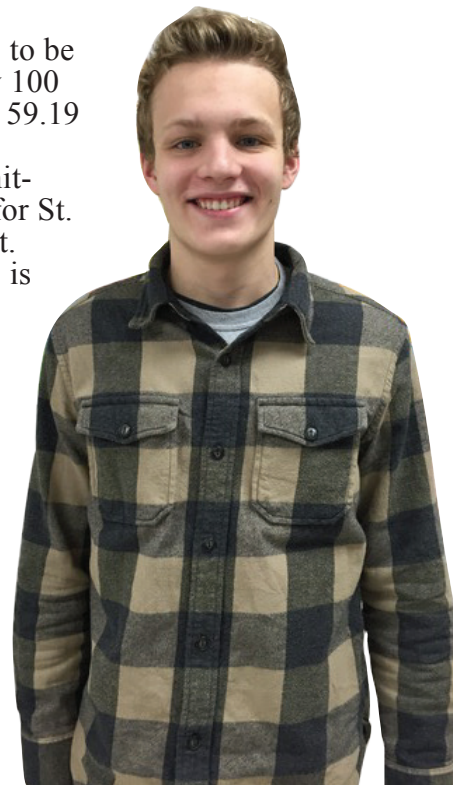
**Least favorite part:** Sometimes it is very hard to wake up at 4:45 for morning practice three times a week and practice in the afternoon Monday-Saturday. I am constantly exhausted, but in hind-sight, it's all worth it in the end.

**Greatest swimming achievement:** My greatest swimming achievement has to be when I broke 1:00.00 in my 100 yard breaststroke. I swam a 59.19 and qualified for Jr. Nats.

**College attending:** I committed early decision to swim for St. Cloud State University in St. Cloud, MN. St. Cloud State is a Division 2 school with a student population of about 16,000. Quite a few swimmers from Appleton North now swim at St. Cloud. Those swimmers include Alex Bryson, Andrea Bryson, Macy Iotte, and Jordan Kinney. I felt like part of the team while I was on campus and St. Cloud checked all of my boxes.

Go Huskies!

*"Four years as a swimmer for Appleton North and I wouldn't trade it for anything."*  
-Connor Deitrich



Manny Hernandez and Connor Deitrich both signed to swim for UWGB and St. Cloud, respectively. They swim for North and Fox Valley Wave currently. Photo courtesy of Manny Hernandez.