

CAT TALK



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What I wish I had known in high school Millbrook's staff perspective



By Alana Topakian
SECTION EDITOR

They walk the same halls as us, they interact with the same people, and they show the same passion for Millbrook as its students. Who are they? The Millbrook staff.

Not only do they guide us through the tumultuous time that is high school, the Millbrook staff has also shown to have some of the best advice on surviving high school and life thereafter. Concerning finances, education, extracurriculars, and life, the staff has a wide variety of advice to give to their students.

Finances
Regarding finances and money, most teachers answers were the same, just wishing someone had been around to teach them basic financial literacy. Mr. Adams, a history teacher, said, "If you work, fund a Roth IRA beginning at age 16 and do it every year thereafter (instead of waiting until college or beyond). In the words of Albert Einstein, 'Compound interest is the 8th wonder of the world. He who understands, earns it... he who doesn't... pays it.'"

Education
Learning never ends, a concept many students do not want to grasp. It will stay a constant in your life, whether you are learning through your failures or successes. Knowing that, students should make a point

to try harder in their classes, push themselves to be all that they can be, and strive to succeed. If it is



Photo by A. Topakian

Showing pride in how Millbrook looks, Ms. Hodge, a custodian for the past three years, works hard to keep our school clean. Even though Ms. Hodge likes her job and knows it is important, she wishes she had made some different decisions in high school.

already senior year for you, then work hard to get as many scholarships as possible because you

will be surprised how many have simple qualifications. Also, do not make learning just about getting good grades and going on to college so that you can become a slave to the clock. Work for your own advantage, learn for yourself and your own gain of knowledge, and you will get much farther. And math? English teacher Mrs. Genesky said, "Any math beyond

addition, subtraction, multiplication, and simple division never comes back. Ever."

Extracurriculars
Extracurriculars are something many teachers wish they could take part in if they could go back to high school. Clubs, sports, everything available that can expand your horizons is something you need to join. Too many students stick to what is in their comfort zones or what their friends are doing and never allow themselves to gain more knowledge and unearth talents unknown, and learn the value of failure. World Languages teacher Mrs. Wagnen said, "Make a point of trying out for a sport or participating in something that you might not be good at. Even if you don't succeed, you gained a valuable experience and learned

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Gaining the right to love



By Oliver Ficker
STAFF REPORTER

The fight for same-sex couples to have the same rights as other Americans has been long and difficult. However, there have recently been great strides towards marriage equality. On Friday, October 10, same-sex marriage was legalized in North Carolina. This development came as part of a wave of many states having same-sex marriage legalized due to court decisions.

It began with the Fourth Circuit Court of Appeals' ruling that the ban on same-sex marriage in Virginia was unconstitutional. The Supreme Court decided not to take the case, therefore approving of the ruling but containing it to the jurisdiction of the circuit court, which includes North Carolina, South

Carolina, West Virginia, and Maryland. District Court Judge Max O. Cogburn, Jr, applied the decision in a North Carolina court case, effectively deciding that the ruling affected North Carolina law. This made North Carolina's Amendment One, which has banned same-sex marriage in the state since 2012, unconstitutional. When asked about the recent ruling, junior Spencer Yoder said, "I dislike how long it took to get to this point, but I'm glad that we've finally fixed this." All of the states in the Fourth Circuit have joined the now thirty-five states that recognize the freedom for same-sex couples to marry.

Since the decision, many couples have been able to celebrate their love. The first same-sex marriage in the state was on October 10 between Chad Biggs and Chris Creech in Wake County. They waited, along with other couples, in the Wake County Justice Center the entire day for the ruling to be announced. There has been a surge in marriages in the state since then. On the first Monday after

SEE LOVE, PAGE 2

Congratulations Mr. James!



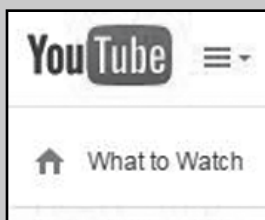
Photo by M. McPherson

2014-2015 Teacher of the Year



Check out the electronics that are on many people's lists for Santa.

SEE PAGE 5



Tutorial videos have proven to be a fantastic study tool for students all over.
SEE PAGE 10



Should you be allowed to decide when you are going to die if you are terminally ill?
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This Day in History

Compiled by the
Cat Talk Staff

December 4

1791 - Britain's Observer newspaper was first published.

1812 - Peter Gaillard patented the power mower.

1945 - The U.S. Senate approved American participation in the United Nations.

1965 - The U.S. launched Gemini 7 with Air Force Lt. Col. Frank Borman and Navy Comdr. James A. Lovell on board.

1977 - Jean-Bedel Bokassa, ruler of the Central African Empire, crowned himself emperor in a ceremony believed to have cost more than \$100 million.

1980 - The bodies of four American nuns slain in El Salvador two days earlier were unearthed. Five national guardsmen were later convicted of murder.

1984 - A five-day hijack drama began as four men seized a Kuwaiti airliner en route to Pakistan and forced it to land in Tehran. Two American passengers were killed by the hijackers.

1987 - Cuban inmates at a federal prison in Atlanta freed their 89 hostages, peacefully ending an 11-day uprising.

1992 - U.S. President George H.W. Bush ordered American troops to lead a mercy mission to Somalia.

1996 - NASA's 1st Mars rover launched from Cape Canaveral.

1996 - Orlando Magic tie NBA record of fewest points scored since inception of 24 second clock losing to Cleveland Cavalier, 84-57.

1997 - NBA suspends Latrell Sprewell for 1 year for attacking his coach.

2006 - An adult giant squid is caught on video by Kubodera near the Ogasawara Islands, 620 miles south of Tokyo.

2012 - 29 people are killed by a mortar attack in Bteeha, Syria.

2012 - Typhoon Bopha makes landfall in the Philippines killing at least 81 people.

2013 - Xavier Bettel becomes Luxembourg's first openly gay Prime Minister.

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something about yourself."

Life

Admittedly, life as a teenager is full of its own bumps and bruises, but it is through our trials that we become adults. Many decisions made as a teenager are made carelessly, no thought to how the future will be affected. Ms. Hodge, a custodian said, "I wish I would have known how some of the decisions you make when you are young decide how you will live when you get old. Because there is nothing wrong with what I am doing now, but if I would have known the things I know now, then my life would be totally different." Her words resonated within most other responses. Mostly though, in regard to just life in general as a high schooler, students need to stop conforming, stop letting the need to achieve swallow any semblance of happiness, and stop wasting time on friends that do not deserve it. They need to start taking chances and risks. They need to gain new perspectives of the world. And most of all? Students need to realize that everything is not about them. Mrs. Belmares, an English teacher, said, "I wish I had known that the world is not about me. I wish I had understood that my actions or inactions affect the people around me. There was a guy who wanted to be a part of my group of friends and because he was what we considered 'dorky,' we didn't make the time for him. Although we were never mean, we were never kind. And in thinking: 'I don't really need a friend like that,' I was unable to realize that maybe he needed a friend like me."

All in all, high school is not too bad, and the advice that those older and wiser than us can give is advice to be listened to and followed.

LOVE, CONTINUED FROM PAGE 1

the decision, when most counties in the state were first able to start implementing the new policy, 379 marriage licenses were issued to same-sex couples.

There have been negative reactions from some in government positions across the state. Six judges have decided to resign since the decision. Like the other judges, Bill Stevenson of Gas-religious beliefs resigning, ex-cannot approve that he believes religion. Gr-Tommy Holland the state made law must be up-istrates despite on the moral-marriages. North President Pro Berger is one of tors that has ex-for legislation state officials the to marry same-undermining the Despite this pushback, marriage equality in North Carolina has not yet had any significant threat. Senior Alec Duncan said, "People will love who they want to love inevitably, and prohibiting them from getting married because of your own personal beliefs is ridiculous." Governor Pat McCrory has recently expressed his willingness to defend marriage equality as he continues his term. He explains that his job is to enforce the law, and the law is that same-sex marriage is legal.

There has been action taken by right-wing groups against the changes to the law in the state. The North Carolina Values Coalition sent emails to many North Carolina government officials soon after the decision took effect, claiming that the officials had the right to refuse to marry same-sex couples. However, there is precedent against this argument, as it was also used during the legalization of interracial marriage in the 1970s without success. It seems that for now the right to marriage is safely guaranteed to all North Carolinians and is likely here to stay.



Washington couples were some of the first to take advantage of the legalization of same-sex marriage in their state in 2012. Recently, couples in many other states, including North Carolina, have finally gained the right to marry.

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Life in Beijing

Face masks and chilly fingers



By Madisen Judge
STAFF REPORTER

Madisen Judge is a past newspaper staff writer for the *Cat Talk*. Madisen, along with MHS students Allen Trainer, Izzy Wheeler, and Noa Feldman, is spending the year in China as an exchange student. In this and future issues of the newspaper, Madisen will share her experiences with us.

Last issue I mentioned the smog. Now as it has begun to get cold, the smog has gotten worse and worse. It is because coal is free in China. The government gives it to people to heat their homes during the win-

ter. This, along with the factories' regular pollution, creates a hazy environment where it is impossible to see more than 200 yards at night. We have finally busted out the face masks, and there is a very large variety to choose from. My favorite masks so far have been the American flag that you can proudly plaster across your face while your friend can sport the matching British flag.

Gloves have also been at the top of our "to buy" list for a while. The great thing about BRS (Beijing Royal School) is that it has a very open floor plan which includes walkways that do not have windows and hallways that lead to the outside without

doors. According to semi-reliable sources, they will put doors up before it gets really cold. Writing in class has slowly become a job only done with numb fin-



Trying not to get our pants soaked in the Yellow Sea, we posed for a picture with our host sister's cousin, Yang Yang, which means sunshine. We met Yang Yang's entire extended family during the home stay and they came from various places throughout China. Yang Yang came all the way from the Tibetan Plateau!

gers. Part of the weather getting colder means that there

are a lot of holidays around the corner, and that means holiday breaks. While people in China do not celebrate many Western Holidays, there are still plenty

fairly American traditions. At BRS, the kids love to celebrate Halloween. The little kids have a whole carnival in the gym and all dress up as little super heroes and princesses. The older kids also had a party on November 1st. There were haunted houses, tables selling food and drinks, and a fashion show held by Fashion Club. Chinese students love to dance which can only be experienced truly by attending one of their two hour long dance circles. There was no trick or treating, but we still ended up with enough candy to hold us over until next spring. The candies in China are mostly hard

candies that are fruit, caramel or cream, but a lot of sweets have red beans in them, oddly enough. The cafeteria has started to serve suspiciously warm red bean filled rolls that can only be described as interesting.

On November 6, the Atlantic Pacific Economic Conference, APEC, comes to Beijing, and that means that we exchange students have to go on home stay. For the last home stay, I traveled to the Yellow Sea, which is eight hours away, to a small fishing village where virtually no one had ever seen a foreigner before. They were all very open to meeting new people and decided I was much too skinny for their standards and fed me a massive amount of strange seafood. At least I can now add starfish and sea cucumbers to the list of foods I have ever eaten!

Looking back at the dissolution of the Berlin Wall



By Mitra Norowzi
SECTION EDITOR

Following the resolution of World War II, the world was optimistic about the future. With the horrors of war in the past, it was hard for Germany to swallow that a new terror had taken its place: the Berlin Wall. The Allied Powers had taken hold of Germany and divided it into four zones between the United States, France, Great Britain, and the Soviet Union. Eventually the American, British, and French factions were united, but the Soviet section remained isolated from the rest. There was now only West, the new democratic Federal Republic of Germany, and East, the communist German Democratic Republic. Almost overnight, the Berlin Wall was erected as a physical barrier between the East and West. Citizens were displaced, families were separated, and Germany was left reeling. The wall remained intact from 1961 to 1989. This past fall

saw the 25 year anniversary of its dismantling.

Throughout the years, the Berlin Wall became a symbol of Communist oppression for the West. The East German citizens were trapped living under the harsh conditions of Soviet rule. The wall not only separated East Berlin from West, but its 100 mile length effectively cut it off from the rest of West Germany. Manned by guards and dogs, the wall posed a formidable force. The guards were authorized to shoot anyone who attempted to escape. However, there were some successful escapes. It is estimated

"We as a society should remember that people died trying to cross the wall, knowing that they were gonna die just so they could live a better life."

-Juliana Martinez, freshman

that around 5,000 people were able to safely defect during the wall's 28 year tenure. Freshman Juliana Martinez said, "We as a society should remember that people died trying to cross the wall, knowing that they were gonna die just so they

could live a better life." A historic research group based in Poland has confirmed 136 deaths, although others argue the number is well over 200.

As the iron grip of the Soviet Union began to weaken around the region, East Germans started holding mass demonstrations to influence the East German officials. The citizens had been emigrating from East Germany through loopholes in the Hungarian and Czechoslovakian borders. Communist officials could no longer fight against the people, and in November of 1989, it was announced that borders were open. Demolition of the wall began on November 9, but it was many weeks into the winter before the wall was completely dismantled. Germany was at last reunited.

Twenty five years later, we celebrate the fall of the Berlin Wall. Junior Madyson Ho said, "The fall of the Berlin Wall in 1989 symbolized the end of the Cold War. It showed that nothing could stand in the way of freedom and should be remarked as a powerful turning point in history."

Influenza dangers and what it should mean to you



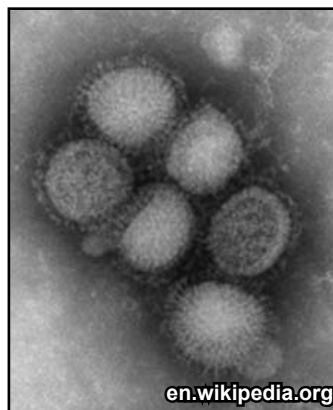
By Chase Jamison
STAFF REPORTER

Many people believe the flu, also known as influenza, is not dangerous or that the flu is just another word for getting the cold. However, the flu is completely different. While symptoms of the cold show up slowly and build up to getting sick, the flu shows up almost instantly and gives you that hit by a truck feeling. It thrives in cool and low humidity environments. When it is cool outside, the virus can stay airborne for much longer. That is why doctors recommend you get the flu shot. Some people think the flu shot can give you the flu. In reality the flu shot only con-

tains a small, dormant part of the virus to help your body learn to fight it off and give you immunity to it. Not getting the flu shot could put you at some serious risks, especially if you have problems with your immune system.

We all remember the H1N1 branch of the flu, commonly known as the Swine Flu, which began in Mexico and was a major problem in 2009. Normally, the US would have had time to create a vaccine for the virus, but because it began in Mexico and not in Asia, where most of the flu branches begin, we had little to no time to create a vaccine. This caused a pandemic. Sophomore Zach Mooney says, "I think the US should be more on top of stuff like the swine flu and not to just assume it will begin in Asia." The original branch of the flu has traveled for hundreds of years. It may not be dangerous to most, but to people with chronic con-

ditions, the flu could cause serious complications, like asthma or chronic lung disease, blood disorder, brain or central nervous system condition, heart disease, liver disorder, a weakened immune system, and more. Although these are rare conditions, if you add up the number of people each year that get the flu, the amount of people at risk is very high which is why it is always safe to get your flu shot each year. Some good ways to prevent another swine flu size pandemic would be simple everyday things like practicing good hygiene. To most that would mean washing your hands and to avoid putting your hands on your eyes and mouth. Those are just for everyday people, however. For doctors and nurses who work with patients that have the flu or other illnesses, it is best to take antiviral medications and, of course, get the flu shot. As simple as it is, these little daily things could spare you from the virus. Of course, do not forget your flu shot. Sophomore John Gunther says, "I think you should always get the flu shot. You never know when the next swine flu size pandemic will happen."



Taken with a microscope, the H1N1 virus from 2004 is gathered here.

Foods Around the World



By Oliver Ficker
STAFF REPORTER

China is the most populous country in the world, with over 1.35 billion people. There are many different dialects of the Chinese language that are spoken within China, many of which are so different from each other that they are mutually unintelligible. However, across all of the Chinese dialects, from Mandarin to Hakka to Cantonese, the same written characters are used for every word, which makes writing an important part of what connects all of China's

people together. Similar to the diversity in the Chinese language, there is much diversity in the foods eaten across China as well.

Dim sum is a type of food in Chinese culture that is bite-sized and served in small portions. It is believed that dim sum has its roots in the Silk Road, as travelers would stop and rest in teahouses to drink tea and have some snacks. Today,



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tea is still a crucial part of this tradition, and it is usually served with dim sum. Dim sum is a very important part of Cantonese culture in southeastern China. People eat dim sum on a regular basis as a way to have fun with their friends and family;

however, dim sum is also a part of many families' holiday traditions. One of junior Lu Xiaomeng's favorite dishes is tang yuan, a soup with balls made out of rice flour. She explains, "The circles in the soup represent harmony, and there is one rice ball for each member of the family." From delicious dumplings to barbecue-stuffed buns, dim sum dishes take on a wide variety of shapes and tastes.

Turnip cakes, also known as loh baakh gou, are one of the many traditional dim sum dishes. Consisting mostly of turnips

and rice flour, the dish is a savory fried treat that is supplemented by tiny bits of sausage, shrimp, mushrooms, or even bacon. The vegetable that is used in traditional recipes is the Chinese white radish, which are also known as daikons.

Turnip cakes

Ingredients

- 3 pounds daikons
- 1 ¾ cups rice flour
- 3 tbsp dried shrimp
- 1 cup Chinese sausage
- 1 tsp black pepper
- 1 tsp sugar
- 1 tsp salt
- 2 tbsp soy sauce
- 1 green onion

Directions

1. Soak dried shrimp in warm water for 10 minutes, then dice.
2. Dice Chinese sausage.
3. Wash daikons and peel skin.
4. Finely grate daikons.
5. Fry the Chinese sausage and shrimp on medium heat for about 10 minutes, then set aside.
6. Heat the shredded daikons in a large wok for 20 minutes, then drain off any excess liquid.
7. In a large bowl, thoroughly mix the rice flour with the excess liquid.
8. Mix in the rice flour mixture into the wok with the daikons.
9. Add the Chinese sausage, shrimp, pepper, salt, sugar, and soy sauce into the wok and mix together into a dough.
10. Put the dough into a small metal pan and steam over boiling water for 1 hour.
11. Let the dough cool overnight in the refrigerator.
12. Cut dough into ½ inch thick slices.
13. Fry slices over medium heat until golden brown on both sides.
14. Garnish with chopped green onion.



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Like most dim sum dishes, these turnip cakes are cut into bite-sized chunks. When eating dim sum, it is not uncommon to drink unsweetened tea.

THE REAL DEAL

Behind the name



By Alana Topakian
SECTION EDITOR

As a kid, there was no better feeling than waking up to find money in place of a tooth, presents from the elusive Santa Claus, or baskets full of candy from the Easter

Bunny. Yet, there was also nothing more disappointing and soul-crushing than learning how all of our beloved childhood night time visitors were not real. Now, the only question we have left remaining is

from where do our revered childhood friends derive? Senior Audrey Welliver said, "I think knowing the history behind Santa Claus, the Easter Bunny, and the Tooth Fairy is vital in really understanding them and why they came to be who they are today."

Taking the tooth that you put under your pillow after it came out and swapping it out with money, the Tooth Fairy is a favorite among kids. Though the knowledge of what her job entails is widespread, the knowledge of her history is not. Myths surrounding the loss of a tooth have been around for centuries, but the actual Tooth Fairy has only been in existence since around 1927. In the past, there were many different rituals that occurred after the loss of

one's tooth. From throwing it into a fire to burying it in your backyard, our ancestors were serious about their traditions. They also had a mouse that would sneak into kids rooms and do the swap from tooth-to-money, a tradition still upheld in places like France. It was not until 1927 that the Tooth Fairy came to America, though. The Tooth Fairy is seemingly a cross between the mouse story and Europe's depiction of a "good fairy." She was invented by Esther Watkins Arnold, for an

Nicholas's name, Sinter Klaas. "Even being Jewish, I love Santa. I love the happiness that he brings to the young kids across the nation," senior Corey Wolborsky said.

A bunny who not only delivers eggs, but presents too, the Easter Bunny is a story brought over from German immigrants of an egg-laying hare. First arriving to America in the 1770s, the story of the Easter Bunny was a simple one. When German immigrants came to America, they brought with



Important parts of one's childhood, the Easter Bunny, Tooth Fairy, and Santa Claus are beloved characters and myths. Not only do they help the growth of a child's imagination, the tales behind their revered idols are just as riveting as they are.

them their custom of having their children make nests so that the egg-laying hare in their fairy tales, called 'Osterhase', could lay its colored eggs. Once the custom spread throughout the country, it also evolved to

include not only colored eggs, but baskets full of chocolates and gifts. The baskets seemed to be a replacement for the nests, and children began to leave carrots in case the Easter Bunny grew hungry from all his hopping.

These creatures are not only a part of our history, they are a part of our lives, having touched our hearts with the memories they brought. Though the pain of learning their falsehood was great, the love carried for them was greater and much worth the years we spent believing the Tooth Fairy, Easter Bunny, and Santa Claus existed. And through our continued recycling of these characters, we let our future generations enjoy the amazing memories given to us.

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Tech Savvy



By Chase Jamison
STAFF REPORTER

It is no mystery that electronics will be a big hit this year, but which ones are at the top of the list? There are three electronics that everyone is on the lookout for, so grab them while you can since pretty soon, it may be too late.

The iPhone 6 and 6 plus are the fastest selling phones on the market. The iPhone 6 and 6 plus are a big hit this holiday season and are being sold nearly everywhere that sell electronics, but it does not mean you will be able to walk into a store and purchase one. Most stores are still currently ordering, but the arrival of the phone by the holidays may be hit or miss at this late date. Much changed between the iPhone 5 and 6, like a bigger screen and upgrades to the hardware to make it a more reliable device. In addition, they are simple, which helps people understand what you

can do on the phone, and the customers are loyal. Before Samsung stepped in, there was no rival company. So the people who bought Apple products long ago and have had them ever since want to keep what they know best. Now with some Droid-like adaptations, die hard Galaxy users may find the iPhone 6 more to their liking, as well.

TVs sell every year, but it is what people are buying with them that people want this year. The Roku 3 is a streaming device that allows you to access Netflix, YouTube, Hulu, Amazon Instant Video, and many other video providers. The hardest part about buying new things for your TV is that you always end up having to keep track of extra remotes. However, with the Roku 3, you can download an app that allows you use your cell phone to change the channel. It also allows you to link with your TV provider's box, so along with having access to your instant video apps, you can watch TV and other add-ons with one device. You can even use the remote it comes with like a controller for

games because it contains motion control technology, so it is almost like a Wi-mote.

While more and more companies are trying to get involved with instant video and other TV add-ons, some companies took a different route by deciding to expand the tablets use and make them like a more mobile laptop. Tablets like ones made by Samsung and Apple now have their own internet connection without Wi-Fi. Not only do both Apple and Samsung rule the cell phone market, they now are a part of the tablet industries. With the Samsung Galaxy Tab and Apple's iPad and iPad Air, it makes it look like both companies are rivals in yet another form of technology.

While these may be most wanted electronics, there are still others that people are trying to get their hands on. Stores that sell primarily electronics will most definitely be the busiest between now and Christmas. Therefore, if you have not already completed your shopping, you better get started so that you are not one gift short!

Superheroes really do exist

By Audrey Kahwaty
SECTION EDITOR

From time to time, you probably hear of crazy-sounding stories about anything from a heroic man saving a drowning child to a teenager who has devoted his earnings to finding the cure for cancer. It seems as though these heroes are not only underrated, but most of us do not hear much about their selfless acts to make the world a better place. It is because of these undeniably kind-hearted people that we have not given up on the struggle to keep peace across the world.

A 22-year-old skydiving instructor, Robert Cook, was on a plane with 21-year-old Kimberley Dear. She was about to make her first ever skydive with Cook as her instructor. Sophomore Maddy Goldman reflected on if she would ever make the jump: "Skydiving sounds like the most terrifying experience ever. I don't know how people have the bravery to take that chance in the first place." Soon after the plane took off, the engine mysteriously failed in midair. Before they knew it, they were headed straight for the ground at full speed. Cook kept Dear calm the entire time and instructed her to sit on his lap and get ready for the impact. He stayed incredibly composed and told Dear exactly what she needed to do in order to try and survive the plane crash. He then turned his and her bodies so that he was underneath her and could take the majority of the impact when they were to hit the ground. When they initially crashed, his body softened the blow for her. Robert died immediately when he hit the ground. He gave up his own life for a woman who was a complete stranger to him.

Then, there are stories where people are simply heroic when they are in the right place at the right time. A 12-year-old boy, Colton Reeb, was staying in a cabin in Australia on a vacation with his family. He was walking to an outhouse close to the cabins on the camp site, when a huge male cougar attacked him from behind. The cougar locked its paws around Reeb's neck and bit his head. Marc Patterson, a nearby camper, heard the boy's screams and immediately rushed outside to see what was going on. Patterson approached the animal and began kicking it in the head multiple times, but the ferocious cougar did not even flinch. Determined to save this boy, he tried another tactic. He jumped onto the back of the animal, wrapping both of his knees around it, and began strangling the cougar. Miraculously he tore the cougar off of Reeb. The cougar freed himself from Patterson's grasp and took a threatening stance. But Patterson did not back down. He stood and growled back at the animal, intimidating the cougar enough to distract him so the boy could run away. Reeb completely and easily recovered from his injuries, and life is completely back to normal for him thanks to this selfless man's actions that day.

These are just two of many examples of modern day heroes who we are all extremely lucky to say exist. These brave passerby's risk their lives to help people that they have never met before. After hearing of these stories, senior Jacob Madey said, "It is so nice to know that there are still many people out there so willing to help others. I hope if one day I was ever in a deadly situation that someone would help me, and these types of stories give me a sense of security."

Student Question



What is your most memorable travel story?



When we went to Discovery Cove for my 12th birthday to swim with the dolphins and the dolphin brought me a buoy that said 'Happy Birthday, Kayla!'

Kayla Pope, freshman

Well in the Bahamas, it was about midnight and I was at a gift shop. I dropped a hot sauce bottle. Glass got into my hand. The store owner walked me 2 miles to the emergency room. Now I have scars on my hand.

Zane Mondshein, freshman



I was in London and I slipped walking up the steps of Westminster Abbey and my arm was bleeding. My grandma insisted that I get something to wrap it up. She decided to approach a black police van. As the van swung open, five machine guns pointed at us. The driver came out and inspected my arm and then let us inside the van. My grandma and I sat in a van with seven British cops for an hour.

Haley Kotzer, sophomore

I got dysentery in China and everything came out everywhere. In Italy, I caught an octopus instead of a fish. It started flopping around and the tentacles got stuck on me.

Alex Gordh, sophomore



I went to Florida and stayed at Embassy suites. One day I went to the bathroom only have a roach start crawling on my thigh while I was sitting on the toilet. I ran out of the bathroom, pants down and everything!

Brea Perry, junior

On a road trip, we stopped for gas right next to a car exactly like ours. When I came back from the bathroom I hopped into the wrong car and they actually did not notice until they drove off with me in it.

Ikenna Iloabachie, junior



On a mission trip to Costa Rica, I got sidetracked looking at a baby monkey and didn't realize my group had left. Of course, I was lost long enough for it to start pouring in the middle of the rain forest.

Camille Thompson, senior

On a family vacation a guy carrying a monkey asked if I wanted to take a picture with it. Monkeys are my favorite animal, so of course I said yes. The monkey sat on my shoulder while the man took our picture. Then, I felt a hot streak running down my back. The monkey peed on me. I no longer like monkeys.

Jordan Sterrett, senior



Wildcat

Spectacular Student Dawson Lane



By Jessica Urbanski
STAFF REPORTER

The transition to cold months means the start of Drama Club and school plays. Junior Dawson Lane is definitely prepared for this time of year.

"I'm the Lights Crew Chief. So basically, I'm involved in every school production," said Dawson. "I'm in charge of designing and creating the light schemes." Dawson helped create a light scheme for Millbrook's fall play, *And Then There Were None*. When working on a show, he stays anywhere from four to six hours after school creating and making light schemes for a show. In addition, Dawson has spent several weekends rehearsing with the cast to perfect his light designs.

At these rehearsals, Dawson reads the script, discusses matters with directors, and plans the designs. On top of that, he cues the show with the stage manager, physically gets the lights into the correct position, and

programs the light board so it is ready to go when the show starts. "Dawson spent time designing this amazing light scheme for our fall play. At the very end, all of the lights shut off, and the only light showing is coming from under the stage, making the light look like candles. Since we cannot have actual candles on the stage, we had to improvise. Dawson did a great job on making



Photo by J. Urbanski

Testing out the equipment, junior Dawson Lane practices for the school's play. Dawson is the Lights Crew Chief, so he programs the light panel.

the best of a situation," said fellow classmate Jake Weddle.

Dawson Lane is also a student in the Tech Theater 3 class. This course prepares him with hands on skills he will, and does, use to prepare for and put on shows. Along with the Theater 3, Theater 4, and Tech Theater 4

students, Dawson will be participating in a class play created and directed by the students. Each student inputs ideas for what the play should be about. The students of these classes are given a few months to write and rehearse the play they created. The students' class play will be performed for the school this month. Once the fall play was performed, Dawson began working on and designing a brand new light scheme to go along with the class play. For the play, Dawson will design lights, as he usually would be doing, but this time with input from his classmates. This play will be performed on Friday, December 5.

In addition to Tech Theater, Dawson is a regular member of Millbrook's Drama Club. Drama Club brings him and other people who have the same interests together. At the meetings, Dawson and fellow Millbrook students take time working together on light schemes.

Lights Crew Chief and Drama Club attendee Dawson Lane plays a huge role behind the scenes. Even though he is backstage, Dawson's role in school productions is major. He may have long hours of rehearsal, but the hours only gives him more practice for doing what he loves.

Campus Clubs World Cultures Club



By Brittany Hubbard
STAFF REPORTER

Are you a food lover? And are you scared to try new foods? World Cultures Club may be the club for you!

Being an IB school, it is important that we look at the world through a global lens. Numerous courses and clubs are offered here at Millbrook that incorporate unique cultures from around the world. The World Cultures Club is a prime example. Every month the club has a different focal point of the globe.

If that does not catch your attention, there is food! World Cultures Club is not just an ordinary club that talks about different cultures; they experience them! The meetings are held at different ethnic

restaurants every month. The advisors, Teresa Cronin and Courtney Turner, feel that through cuisine, a better understanding of a country or specific area around the world can be developed. Officer Anna Rinderer said, "Exploring new cultures through cuisine is an important aspect of World Cultures Club. The club is enlightening, and it allows you to experience foods you would not otherwise experience."

the list goes on. However, attending the meetings and being involved will increase the acceptance of new things and allow students to realize that a weird smell or food to one culture is the norm for another. An example is Kanki, which had a huge turnout. So many people wanted to attend that two separate trips were required. Kanki is a Japanese and sushi restaurant that prepares food with an artsy presentation.

If you are still not convinced, there is cupcake night, movie night, and holiday celebrations in conjunction with the monthly restaurant outings. The advisors know that students are busy with

work, sports and other extracurricular activities, so they strive to ensure that the club is not too demanding. Senior Elise Phinazee said, "World Cultures Club is a good way to experience other cultures by the way of food." If you are interested in becoming a member, see the World Cultures Club Information board located in the main building next to the office for more information.



Photo by B. Hubbard

Watching the chef's presentation, the World Cultures Club members enjoy their meals at Kanki. Each month the club meets at a different restaurant.

Put Cookout, Chick-fil-a and Bojangles to the side for a moment. Joining the World Cultures Club is an opportunity to try new foods. Several of the restaurants that the club holds its meetings at are not the typical meet up for majority of the student body because the name of the food is hard to pronounce, the picture of the food does not look appetizing, the smell is weird, and

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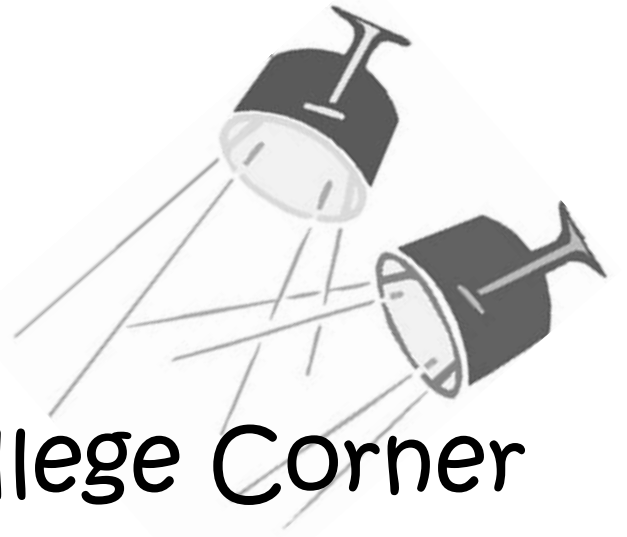
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Spotlights



Teacher Tribute Coach Schneidewind



By Lexi McCool
SECTION EDITOR

When asked what prompted him to begin teaching, Coach Schneidewind joked that his motivation stems from “the bell ringing every morning at 7:25am.” For this devout teacher and coach, the bell not only marks the beginning of class, but the beginning of a day filled with civics, economics, psychology, and track practice. No matter what Schneidewind undertakes on campus, he consistently stands apart for his willingness to help others and his unique sense of humor.

Schneidewind was born and raised in Lansing, Michigan, and went on to study at Michigan State University. There, he received his undergraduate degree in Sociology and his masters in Curriculum and Development. It was during his time at Michigan State that he discovered his love for coaching track. Upon moving to Raleigh, Schneidewind began his teaching career at Millbrook in the fall of 2004. He admires

Millbrook for its diverse student body and enjoys having the opportunity to work with students at such an essential time in their lives. “Teaching,” said Schneidewind, “is everything I ever wanted in a career.” He explains how the profession allows him to be challenged on a daily basis and to help make the world a little better of a place.

When he is not in the classroom, Schneidewind



At this year’s Cap-8 meet, Coach Schneidewind beams as his runners flash their certificates indicating they received All-Conference honors. All-Conference means they placed in the top 14 of all competitors in the Cap-8.

can be found working with students on the track and cross country teams. After a successful cross country season this past fall, he is excited to see what the winter track season has in store. Coaching track and cross country provides Schneidewind the unique opportunity to be a part of a fun and hard-working team. He commends each of his student-athletes for taking their sport seriously, but not “too seriously.” Each year, Schneidewind looks forward to the end

of the year banquet and having the time to reflect upon and admire the accomplishments of each athlete.

His time as the track and cross country coach has also allowed him to form close relationships with many of his students. As senior Tyler Trocinski, who has been working with Schneidewind since his freshman year, explains, “Schneid has had a huge influence on me. He’s not only helped me become a faster runner, but has taught me what it means to be a leader and what it means to truly work hard at something. He has really pushed me as a person and as an athlete to be better than I ever thought I could be. I owe a lot to him.”

Outside of school, Schneidewind enjoys spending time with his wife Emily as they prepare for the arrival of their first baby in February. He also enjoys traveling and has visited areas such as Africa, Europe, and Canada. His favorite place to visit, however, is the mountains of North Carolina. On the weekends he can be found exploring interesting parts of the state, playing piano, and, of course, running.

College Corner Duke University



By Audrey Kahwaty
SECTION EDITOR

Located in Durham, North Carolina, Duke University is known for being one of the most scholarly private research universities in the nation. The university spans over 8,600 acres on three campuses in Durham, as well as a marine lab in Beaufort, North Carolina.

Their athletic teams, known as the Blue Devils, have acquired 15 well-earned na-

tional championships. Duke offers 46 art and sciences majors for undergraduates, four engineering majors, and 49 minors. It is home to some of the most productive faculty in the nation, who have made incredible breakthroughs in science continuously since the beginning of their time. The student to

Duke is extremely competitive to get into; it was ranked the tenth toughest university to be accepted into by *The Huffington Post* based on admissions data from 2010. An ACT composite score that would make you competitive while applying for Duke is be anywhere between 30 and 34. The

SAT reading score needed in order to make you competitive is between 670 and 760, while the SAT math score is between 690 and 790. Duke has so much to



today.duke.edu

offer from award-winning curriculums and majors, to an abundance of sports.

Student Q&A with Amir Williams

Amir Williams was Senior Class President for the Class of 2014. In addition, she was a member of the Service Club, vice president of National Honor Society, and was voted by the student body to be our 2013 Homecoming Queen. While staying active in these and other areas, Amir also earned her IB diploma.

Are you a part of any other organizations around school such as sports or clubs?
I am Vice President of Gilbert-Addoms House Council, Secretary of East Campus (Duke’s campus for first year students), a part of Spoken Verb- poetry/spoken word club, America Reads, and America Counts Tutoring.

Has it been difficult to connect with others and make new friends throughout campus?

Not at all. There is a misconception that Duke students are elitist, which I believe stems from the fact that it is a top 10 university, but I have not found this to be the case at all. What I have found to be true is that everyone is curious and open to learn about you and your background. Everyone is so kind, and the community of first-year students is tight knit due to the fact that we live on a campus made up of our entire class.

What has been the highlight of your academic experience?

The highlight of my semester has definitely been the Focus Program (Knowledge in the Service of Society). Initially, I was hesitant to apply, but I have already had so many rich discussions and experiences. In these few short weeks, I have already begun to build strong relationships with peers and professors through the program.

What is something about Duke you wish everyone could know?

I want to squash the misconception that all Duke students are braniac, egghead chemistry majors who devote their lives to reading their textbooks. While these students do exist, they are certainly not the majority. Duke students are engaged, balanced, involved and yes, we know how to have fun! From laser tag on the quad to casual conversations with Jhalil Okafor, I have yet to experience a dull moment at Duke.



Provided by A. Williams

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Holidays Around the World

Canada Boxing Day

When? December 26

What is Boxing Day? Boxing Day is similar to our Black Friday. Traditionally, it is the day that employers give their staff presents, called boxes.

Important Traditions: Canadians celebrate Boxing Day by giving to the poor, tipping and celebrating those who work for you, and shopping for great deals.



France Christmas

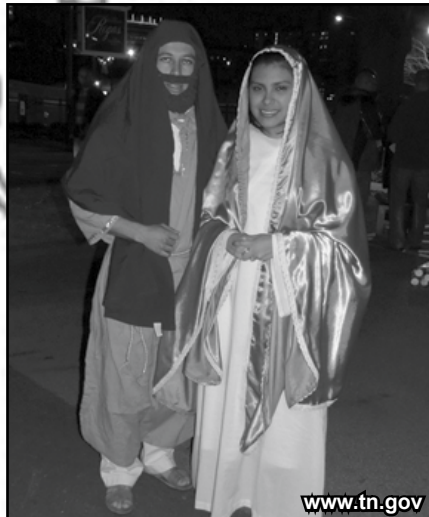


Mexico Los Posadas

When? December 16-24

What is Los Posadas? Las Posadas symbolizes Mary and Joseph's journey from Nazareth to Bethlehem in search of a safe place to give birth to the baby Jesus.

Important Traditions: There is a neighborhood party in a different home each of the nine nights.



When? Celebrations begin on December 8 and continue through New Year's Day

Important Traditions: Christmas trees are not very popular in France; instead they burn a yule log from Christmas Eve to New Year's.

Fun Fact: Children put their shoes by the fire for Santa Claus to put fruits, nuts, candy and small toys in them.

Ecuador New Year's Eve



When? December 31

Important Traditions: Statues made of scraps of paper and clothing are made to represent things that people hated in the past year and are then burned.

Fun Fact: Some men have to dress up in wigs, makeup and miniskirts to represent last year's widows. They then stop passing cars and dance, attracting laughing crowds. The car driver must pay the "widows" if he/she wants to pass.

South Africa Day of Goodwill



When? December 26

What is the Day of Goodwill? The Day of Goodwill has evolved into a bank holiday and day filled with shopping.

Why is it celebrated? It is known as a day to recover from the indulgence of Christmas and is to be celebrated with family and friends.

und the World

Sweden St. Lucia's Day



When? December 13

What is St. Lucia's Day? The holiday is celebrated in honor of St. Lucia, one of the earliest Christian Martyrs, who was killed by the Romans in 304 CE because of her religious beliefs.

Important Traditions: Families observe the holiday in their homes, and the eldest daughter dresses in white and serves coffee and baked goods, such as saffron bread and ginger biscuits, to the other members of the family.

Iran Yalda

When? December 21

What is Yalda? The holiday was originally created to celebrate the birth of the sun god Mithra and his triumph over the dark forces of Ahriman.

Fun Fact: In ancient Persia during Yalda, traditional power dynamics would flip- masters would work for their servants or Kings would act as peasants and switch places with a mock King for the night.



Tanzania Independence Day



When? December 9

Important Traditions: The Uhuru Torch is a symbol of freedom and light in Tanzania. Each year the torch is taken to the summit of Kilimanjaro, which is north of Tanzania.

Fun Fact: The president grants pardons for hundreds of prisoners. These prisoners are usually over 70 years old or who have cancer or other fatal diseases.



Thailand River Kwai Bridge Festival

When? A week in late November/early December

What is the River Kwai Bridge Festival? The River Kwai Bridge Festival originated as a tribute to the Death Railway and the Hellfire Pass. During World War II, thousands of Prisoners of War and Asian laborers died while constructing the 415 km long bridge.

Important Traditions: The highlight of the festival is the Sound and Light show which depicts the history of the Death Railway. The show includes fireworks, a light performance and music.

Merry Millbrook



By Lexi McCool
SECTION EDITOR

Deck the halls with Adirondack chairs, porch swings, metal art, and table runners? This year Millbrook's Career-Technical Education (CTE) courses are sponsoring the event Merry Millbrook. Here, items like these and much more will be on sale for students, faculty, and family to purchase.

for a friend," remarks sophomore Ian Pearlszig. "It would be really cool if the apparel and other CTE classes could find a way to personalize each of the items." Mrs. Jones, the current apparel teacher, has reached out to local businesses in order to obtain a monogramming machine for students looking to give their gifts a more personal touch. The machine will be available on campus during both days of the Merry Millbrook event. The other goal of Merry Millbrook is to bring awareness and interest to the CTE classes offered



Photo by L. McCool

Working on a kimono, senior Maya Alexander prepares to sell items like these at Merry Millbrook. Merry Millbrook is a chance for faculty and students to purchase holiday gifts while supporting CTE classes.

This occasion serves as an exclusive and exciting opportunity for individuals to get a jump start on their holiday shopping. Items will be available to purchase in Mrs. Jones's and Mrs. Broadwell's rooms, 1801 and 1803 respectively, during lunches and after school from 3-7pm today and tomorrow.

CTE classes, such as apparel, have been hard at work all first semester preparing for this festive event. The Apparel class has been intently sewing decorative items, ranging from pillow cases to Christmas stockings to nearly everything in between. Clothing articles such as kimonos, bowties, and infinity scarves will also be on sale during this time. The goal of Merry Millbrook is to provide relatively inexpensive gift ideas for the Millbrook community during the holiday season. "I think it's a really unique concept and resourceful way to find a present

at our school. Motioning around the extensive apparel room, complete with nearly fifteen sewing machines and hundreds of fabrics, Mrs. Jones explains, "Too often, students don't know this huge classroom even exists. My hope is that Merry Millbrook will change that."

Senior Nicole Senna agrees that there is a general lack of knowledge concerning CTE classes and encourages other students to enroll in such courses. "I am excited for Merry Millbrook," she

"Too often, students don't know this huge classroom even exists. My hope is that Merry Millbrook will change that."

-Mrs. Jones

explains, "It gives the Apparel II class a chance to do what we love and show all of the students and faculty at Millbrook what we are able to make. This event has provided a very fun and useful reason for sewing."

Giving the smart way



By Hannah Bailey
SECTION EDITOR

The holidays are approaching, and they say it is better to give than receive. But is it okay to give something you have already been given? Regifting is a practice that used to be taboo. Nowadays, it is becoming more and more popular. "I don't think [regifting] is a terrible idea, especially if it's going to go to waste and you're not going to use it, but I do think it depends on what the gift is and the occasion," said senior Sophie Khan.

Regifting is the act of giving someone a present you have already received from someone else. Regifting is a great way to save money during the holidays. It also saves you time during the holidays. If you already have a gift that would be perfect for someone, why go out and spend your time and money on a new gift? The holidays are ultimately about spending time with

your friends and family. Regifting is a great way to preserve that precious time with your loved ones.

While regifting may be less taboo than it used to be, there are still several rules to follow when giving someone an already gifted present. For example,

Always remember who gave you the present in the first place. Senior Sylvia Bailey said, "Regifting is okay as long as you don't give it to the person who gave it to you." It is also good to remember who gave you the present so you do not regift it to someone

and you can always explain yourself. The most important rule when thinking about regifting is always to play it safe and buy someone a present if there is any doubt on whether you should regift a present.

There are a few gifts that should never be regiven. Partially used gift cards, personal items, personalized item, promotional items, food, or perfumes are just a few of these items. Old stored away gifts that have been taken out of the box, but are rarely used are not gifts that should be regifted either. The gift needs to be new and unopened. It is always best to keep handmade items someone has given you. If it has any sentimental value to either you or the person you gave you the present, never give it away. Regifting nice items is always a good idea. If there is any doubt to whether the present is appropriate, then you should not regift it.

Although it was once thought of as tacky, cheap and rude, regifting, under the right circumstances and the right intentions, is an acceptable practice. Reduce, Reuse, Recycle, Regift.



the gift you are regiving needs to make sense for the person who will be receiving it. You would not buy your brother fuzzy pink slippers, so you should not regift them to him either. Another good rule of thumb when recycling presents is to never give away meaningful gifts or a gift from someone who is meaningful to you.

in their circle of friends or family. This is the best way to avoid hurt feelings. Never regift something just because you do not like it. It is best to only regift when you believe the item will be perfect for someone else. If someone asks you if you have regifted something, it is always best to tell the truth. Admitting you did it will save hurt feelings,

Jenna Declassified School Survival Skills



By Jenna McMains
STAFF REPORTER

In a high school full of difficult classes, an insane A/B-8 schedule and gross homework assignments, Jenna, that's me, and my two lucky interviewees try to do the impossible and create a guide to help you survive the academic side of school.

Hint number two: video tutorials are a spectacular way to review what you are learning in class with another teacher, who thankfully will not call you out for Snapchatting. YouTube is teeming with videos that are not only helpful, but also are very interesting. With a person talking, you are far less likely to fall asleep during those late night study sessions, and

you can also press pause if the instructor is speeding through the material a touch too quickly. Another great benefit of using tutorials on YouTube is that they are accessible on your smart phone, computer, or even television.

Two brothers, John and Hank Green teamed up to create Crash Course, a series of world history, U.S. history, chemistry, psychology, literature, ecology, and biology tutorial videos. These

videos are sometimes even shown in class by Millbrook teachers. Senior Kaitlyn Woollen uses Crash Course Psychology videos "because they are informative, they help me remember the basics, and they are to the point so my time isn't wasted." The graphics and animations shown in Crash Course help keep the videos more interesting than just watching a person talking for 10+ minutes.

Another well-known video creating organization

is Khan Academy. Their YouTube videos range from being about physics, calculus, and probability to macroeconomics, cryptography, astronomy, and computer science. Khan Academy also has other YouTube channels with similar videos in Spanish, Russian, Mandarin

"[Crash Course Psychology videos] help me remember the basics, and they are to the point so my time isn't wasted."

-Kaitlyn Woollen, senior

and Portuguese, which is super helpful if English is not your first language. Freshman Charles Villazor uses Khan Academy when learning about quadratics "because math can be hard and the videos help explain it in a way I can understand." The videos might seem more boring than some because they lack the graphics, but they are packed full of information and are the quintessential re-teaching videos. The simple handwriting format of the videos makes it very

easy to follow, click pause and be able to review everything that was explained since it is all written out on the screen. Khan Academy does not just help students; they currently are teaming up with Bank of America to educate Americans about what better money habitats look like.

If you have ever zoned out in class or did not one hundred percent understand what your teacher was talking about, then check out YouTube and its assortment of tutorials. A quick search about your topic, for example cell theory, will not only pull up many tutorials, but also some raps that might be worth checking out and other clips from trusted educational websites and programs. Video tutorials are the tutors of the future as they are free and accessible anywhere. So get with the good grades program, and find your new, favorite, free tutor today!

DIYs to consider for the holidays



By **Brittany Hubbard**
STAFF REPORTER

While it would be convenient to run to the store, find the perfect gift, and come back home in a timely manner, it is very unlikely to do so as we approach the holiday season. Crowds are many and lines are long, parking spaces are limited and shopping carts are gone, not to mention some of the scrooges that decide to share their holiday cheer with the world during this time. A way to eliminate that stress and headache while adding a creative personal touch to the season is to create decent gifts or holiday decorations with the objects you may have floating around the house. Senior Meghan Hunter said, "It is more personal to make gifts for the holidays, and it shows that you care about the person by taking the time to create the gift."

It is not uncommon for people to create decorations or even gifts. Senior Kourtnei Monroe said, "The benefit of doing crafts to use for the holiday rather than buying them is the feeling of accomplishment and the fun you have while creating the items."

For some of us being artistic is more of a challenge than it is for others. Ever since elementary school and maybe even daycare, arts and crafts have been taught in some way throughout many of our classrooms. How hard could it be to combine what we have learned over the years and apply it to add a personal touch to the holiday season? For ideas on possible decorations or gifts for the holidays, good websites to visit are www.hgtv.com, www.countryliving.com, and www.pinterest.com. For easier access, Pinterest does have an app for smart phone users.



An example of a simple craft is to make glittery ornaments to decorate a Christmas tree. You will need glass bulb ornaments, ultra-fine glitter, a funnel and floor finish. To begin, remove the cap from the ornament. Use the funnel to pour one tablespoon of floor finish into the ornament. Gently swirl the liquid around inside the ornament to cover the entire surface area. Use the funnel to pour a good amount of glitter into the ornament. Twist the ornament around to be sure the glitter will cover the entire surface area. Wait 10-15 minutes before putting the cap back on to the glass ornament. Repeat the steps until you have created the number of ornaments you desire.



To decorate, your home it might be a good idea to make votive candles. Ideally, they would go along the steps of your porch. To create them you will need several glass cylinders or mason jars, rock salt, votive, and matches. First, you should gather all supplies. Fill 1/5 of the container with rock salt. Place votive in each container, and secure it down into the salt, then light the candles. Arrange along steps or in your desired location.



To set everything in place, create an angel tree topper. You will need paper plates, a black marker, a stapler, decorative paper, scissors, craft glue, gold craft paint, a small paintbrush, and a gold-rimmed button. First, trace the angel design onto the back of a paper plate. Then cut out the design. Staple the two back ends of the angel together, creating the angel's cone shape. Cover angel shape with decorative paper then cut the shape into wide strips, overlapping strips as you go. Using the angel's wings as a template, trace around the wings onto the decorative paper. Cut out the shape and glue decorative paper onto the wings. Paint the angel's head with gold craft paint. To create a halo, add a gold-rimmed button to the back of the angel's head with craft glue.

December Horoscopes



♐ Sagittarius - Nov. 22 - Dec. 21

Drawn-out daunting projects are wrapped up with the help of friends. Make sure that your finishing touches aren't rushed. Friends offer a helping hand.

♑ Capricorn - Dec. 22 - Jan. 19

Sit back and enjoy some soft tunes... you need to relax! Take a leap of faith and put your trust in that unexpected person. The results will be surprising!

♒ Aquarius - Jan. 20 - Feb. 18

Your sense of what you want and what you need are at odds. Way your options and go with the one that will not affect anyone else. Keep your head high.

♓ Pisces - Feb. 19 - Mar. 20

The desire to try new things and meet new people is overwhelming. Pull yourself out of that rut and be adventurous. New relationships will blossom toward the end of the month.

♈ Aries - Mar. 21 - Apr. 19

An opportunity will arise to make a great first impression. Be sure to take it! People that played a small role in your life to this point are brought to the forefront.

♉ Taurus - Apr. 20 - May 20

Financial issues are not near as bad as they seem. Hard work will overcome and things will smooth themselves out. Be wary of people you don't trust.

♊ Gemini - May 21 - June 20

Let go of that grudge that you have been carrying around with you. Unlikely partnerships with old foes prove fruitful. Be kind to your peers! They will remember it.

♋ Cancer - June 21 - July 22

A situation will arise where you will need to step up and take charge. Don't make unbalanced decisions. Think of the group first, yourself second.

♌ Leo - July 23 - Aug. 22

A large gathering brings out the best in you. Let your personality shine through and set yourself apart from the crowd.

♍ Virgo - Aug. 23 - Sept. 22

Refresh your body and mind with new experiences. Don't be afraid to try unusual things. Spend some time outside with friends and family.

♎ Libra - Sept. 23 - Oct. 22

Clear the air. A chance to make positive changes will present itself toward the end of the month. Avoid a crucial financial mistake.

♏ Scorpio - Oct. 23 - Nov. 21

Family members test your patience as you try to relay concerns to them. Be patient and don't lose your temper. They will come around!

Sudoku

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

Fill all the blank squares with the correct numbers. In a 9 by 9 square Sudoku game:

- * Every row of 9 numbers must include all digits 1 through 9 in any order
- * Every column of 9 numbers must include all digits 1 through 9 in any order
- * Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Top Ten smells that make you think of the holidays

Compiled by the *Cat Talk* staff

10. Moth balls...from storing the tacky Christmas sweater that you haven't worn in a year.
9. Struggle mixed with blood and scotch tape... as you try to wrap a present that's in the most impossible shape ever (when in doubt, bag it).
8. Snow...the fresh smell forced into your nostrils from the huge snowball you took to your face.
7. Pine... the aroma hits you as soon as you step foot into any store after Halloween.
6. Turkey, bread, stuffing, apple pie...anything baking in the oven can send you into an instant food coma.
5. Peppermint...because that's the only thing you smell when you walk into Starbucks between November and January.
4. Pumpkin Spice...let your inner white girl come out.
3. Gingerbread...from the houses that don't look nearly as good as they did on the cover of the box.
2. Money... otherwise known as the only gift you get after the age of 10.
1. The smell of strong tension as your family discusses political views.



Dear Catty...

Dear Catty,

My grades are lower than the Grand Canyon, and I cannot seem to pull them up before the holidays. What should I do?

-NotSoGoodGrades

Dear NotSoGoodGrades,

I remember when my grades were just as low. One way I managed to get them up quickly was attending tutoring, doing my homework, and turning things in on time. If your parents are pushing you to raise your grades ASAP, make sure any late work is turned in and every night you are spending a few extra minutes studying your notes.

-Catty

Dear Catty,

I can't decide what college I want to go to. Everyone wants me to go somewhere different, and I do not want to let anyone down by choosing a college they do not like. What should I do?

-ConfusedforCollege

Dear Confused,

Choosing a college is a very important and difficult decision to make when you are a senior, but it is your decision. You will spend four or more years of your life there, so you want to make a good choice. Whatever college you choose should be the one you like. Your friends and family will support your decision if they see that you are happy.

-Catty

Dear Catty,

With the holidays just around the corner, I always feel the need to buy each of my friends a gift. However, the costs can seriously add up. How can I make all of my friends feel special without breaking the bank?

-FrenziedFriend

Dear Frenzied,

It is important to keep in mind that holiday gifts do not have to break the bank. Elaborate and expensive gifts are not necessary to remind each of your friends and family members that you are thinking of them. It may sound cliché, but it really is the thought that counts. Even small gifts can mean a lot, so do not worry!

-Catty

Dear Catty,

I'm struggling moneywise. I have a job, but gas and the allure of buyable objects are murdering my bank account. I don't know how to save, no matter how much I attempt to do so. What do I do?

-Shopaholic

Dear Shopaholic,

I understand completely. It is hard not to walk into a store and buy everything, but you have to be strong. Though gas is lowering in price, you will still need to work on saving. A good idea would be to put at least half of your paycheck into savings, and then keep the rest as spending money. Another idea would be to put away at least \$5-\$10 a week. It isn't enough money to keep you away from buying that gorgeous Tory Burch purse, but slowly it will add up AND you'll have practiced saving techniques!

Good luck!

-Catty

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Wiley the Wildcat

Drawn by Oliver Ficker
 STAFF REPORTER

ITB ITB

Welcome to Broughton Wiley. Here is your scarf!
 You must wear it everywhere.

Later at the game
 Gasp!
 Oh no!

Who wears a scarf to a basketball game anyway?

"Well Leesville didn't work out, so maybe Broughton is the place for me."
 "Cool, this makes me feel right at home."
 "Okay let's try something new."



By Mitra Norowzi
SECTION EDITOR

The holiday season is all about spending time with family. Some families do this by participating in holiday activities, and others prefer to curl up and watch a movie together. This month, consider going to see a family-friendly fantasy movie. This genre is perfect for the holidays because of its magical elements, and it can be enjoyed by children and adults alike. Two movies that fit this description are *The Hobbit: The Battle of the Five Armies* and *Into the Woods*.

The Hobbit: The Battle of the Five Armies will be the third and final installment in the wildly popular Hobbit trilogy. Rated PG-13, the film

will premiere December 17 in the United States. The plot of the movie picks up immediately where the film's predecessor, *The Desolation of Smaug*, leaves off. The dwarves, led by

Thorin Oakenshield, have unwittingly awakened and released the fierce dragon, Smaug, who is determined to wreak havoc on Middle Earth. Meanwhile, the evil wizard Sauron grows ever stronger, setting the stage for an epic battle between light and dark forces. Peter Jackson returns as director, and many Lord of the Rings actors will return to reprise their roles: Elijah Wood as Frodo, Orlando Bloom as Legolas, Christopher Lee as Saruman, and Ian McKellan as Gandalf.

Then on December 25, Christmas Day, *Into the Woods* will premiere. This movie will be a musical fantasy, and Disney's first theatrical adaptation of a



awardsdaily.com



wikimedia.com

Broadway musical. With a rating of PG, *Into the Woods* is appropriate for all the members of your family. The film will be set in a magical alternate universe and will combine

elements of many Grimm fairytales, intertwining their plots and characters in unprecedented ways. In it, a baker and his wife, played by James Corden and Emily Blunt, discover that they have been cursed to never have children by an evil witch, played by Meryl Streep. They embark on a quest to break the spell with the help of fairytale characters, such as Cinderella and Little Red Riding Hood. The rest of these fairytale characters will be played by an all-star ensemble cast, including Anna Kendrick, Chris Pine, and Johnny Depp, as Cinderella, Cinderella's Prince, and the Big Bad Wolf respectively.

Both of these movies are excellent choices for those looking for an epic, fantasy packed story. Consider viewing in 3-D or IMAX to maximize on the magical fun.

Music Now

Holiday song origins



By Drew Prentice
STAFF REPORTER

December holidays are meant to be very relaxing times. Families from all over the world gather to celebrate these important days with memorable smells, the all-important gift giving, and large feasts. However, the holidays are no fun if they are without one important thing: the music!

Music's involvement in the holidays, more specifically Christmas, began way back in the fourth century in the Roman Empire when Latin was still spoken. The first songs created by the Latin people were sung in church and were not meant for anything more. Those songs still found their way into the holidays, and in the thirteenth Century, an Italian preacher named Francis of Assisi influenced the creation of carols in France, Germany, and Italy. These carols reached England in 1426 when the English priest and poet John Audelay made 25 carols that were sung house to house, much like our current traditions. Soon enough, these carols

became a staple of the holiday traditions.

Some of the popular Christmas songs had a very different origin. "Jingle Bell Rock," one of the most popular Christmas songs to date, is a remake of the original "Jingle Bells" song. It was created by Bobby Helms, a very popular solo country artist at the time, around Christmas of 1957. The song instantly became a hit, reaching all the way up to the sixth most bought song in stores by U.S. Billboard. The song also went through various remixes by different artist,

"Nosed Reindeer" in 1939 for Montgomery Ward, a retailer that was similar to our modern Sears or Walmart. May's brother-in-law and radio producer that wrote other Christmas songs, Johnny Marks, decided to take the story of Rudolph and make it into a song. Though the song was initially sung by Harry Brannon, the song really got popular when Gene Autry, a famous country singer, played the song himself and made it the #1 song of the 1950's.

So despite these origins, what are the real trends

between these two songs and other popular Christmas songs? Usually, when people think of Christmas songs, classical may be their first thought. However, some songs actually have country roots, since they use string instruments like guitars and violins. Even "Jingle Bells Rock," which has the word rock in the name, is considered a country song due to its use of different string instruments. Additionally, these songs are always cheerful and are rarely pessimistic. It is this cheerful nature that makes Christmas songs such an important factor in our holiday fun.



flickr.com

Standing in the North Pole, Rudolph stares at his unique red nose. This story was the basis of the song, "Rudolph the Red-Nosed Reindeer," one of the many popular Christmas songs.

like George Strait, Aaron Tippin, and Rascal Flatts, but Helms's version is still the most popular.

Of course, some famous Christmas songs were made from specific Christmas stories. "Rudolph the Red-Nosed Reindeer" is a very popular song that is even older than "Jingle Bell Rock." Robert L. May created the original story of "Rudolph the Red-

STUDENT MEAL

Served with broccoli, mushroom, and fried rice

- Vegetable..... \$4.20
- Chicken..... \$4.95
- Steak..... \$5.45
- Shrimp..... \$5.45



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Billboard's Top Ten Holiday Songs

1. "All I want for Christmas is You" by Mariah Carey
2. "Do You Want To Build A Snowman?" by Kristen Bell, Agatha Lee Monn and Katie Lopez
3. "The Christmas Song" by Nat King Cole
4. "Rockin' Around The Christmas Tree" by Brenda Lee
5. "Jingle Bell Rock" by Bobby Helms
6. "Little Drummer Boy" by Pentatonix
7. "White Christmas" by Bing Crosby
8. "Underneath the Tree" by Kelly Clarkson
9. "Feliz Navidad" by Jose Feliciano
10. "A Holly Jolly Christmas" by Burl Ives



Sound Opinions



By Frances Deese
STAFF REPORTER

With the election behind us, we look to our new politicians, who are public servants and ready to make our community a better place. The question is: what did they do to obtain that swivel chair and plushy office?

The popular Netflix TV show, *House of Cards*, shows a ruthless politician named Frank Underwood

who is only concerned about his own agenda. Underwood forms allies, constantly manipulates people, and even kills two people to get what he wants. It seems like in the past couple of years, politicians

have gotten more greedy and self-serving. While *House of Cards* is fiction, we question how many politicians have pulled a Frank Underwood.

Before they have even officially taken the seat in their new office, politicians will do nearly anything to win the race. The name John Edwards is common in the political landscape because he was a U.S. Senator for North Carolina and a nominee for the Presidential and Vice Presidential campaigns in 2004 and 2008. He became much more known all over America when in 2011 he was indicted on counts of illegal campaign contributions to cover up his extramarital affair and his child from the affair. The trial went into a deadlock and was declared a mistrial. The judge said he would not retry Edwards. It is not fair that money can be used to alter the image of someone trying to make the laws for our country. It seems that the overall better person should win and not have to use illegal money to get there. In the 2014 race, over one billion dollars was spent on advertising.

While it may not be illegal, campaign commercials have become quite an issue. It is a classic case of destroying someone else to make yourself look better.

A little girl from Raleigh named Carson Park wrote letters to both Senate nominees Kay Hagan and Thom Tillis asking them to stop with the negative ads. She asked in her letter why the candidates did not talk about how they would serve their people. She criticized the ads for only making mean comments about the other candidate. Park also talked about how the negative political ads do not help you to understand who the person is. A little girl realizes that negative ads do nothing but cause annoyance among voters. Political ads should focus more on the positives of the



Shown with his allies, Frank Underwood glares at the camera and plots how he will rise up the political ranks. Many politicians use the tactics that Underwood uses such as bribery and alliances.

candidate rather than one little thing their opponent might have done wrong.

When you were a kid, you might have sided with someone in an argument just because they were on your soccer team or your parents were friends. When politicians go against another political party because it is not their party affiliation, it seems very childlike. When you are an elected official it is your duty to make your community a better place. Politics has become too much of a social title, another thing to discuss at parties.

The great part of our country is that we, the people, run it. The everyday John Doe gets to decide who makes the laws or even run to make them himself. Today, it seems that politicians are hand-chosen years before. Politicians will do nearly anything to get onto the ballot. Politicians are also too self-motivated, thinking only of how something will affect them come the next election. There is too much of an emphasis on specific political parties, and not if individual ideas are smart. We all need a refreshment of people who are genuinely willing to help the country, and are not just looking to rise up the political ranks.

Erratic behavior

Mental illness or personal issues?



By Jessica Urbanski
STAFF REPORTER

Over the years, mental illness diagnoses have become more frequent than uncommon. Varying from famous movie stars to singers to childhood stars, mental illnesses are not taken lightly. In addition, social media and the internet have been sources to the public displaying how bad mental illnesses can become. Mental illnesses have led to erratic behavior in the media for multiple famous individuals, but is all erratic behavior a mental illness?

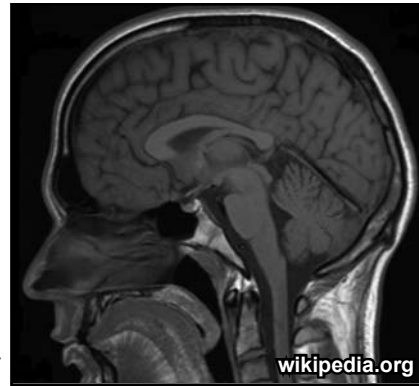
Twitter, a popular social media source, is an easy way to share information about people and events. Recently, many people in the spotlight of fame have been noticed for their erratic behavior, which is assumed as a mental disorder. Think back to the 1990's when Kurt Cobain took his life. Cobain had struggled with drug addiction and was later checked into Exodus Recovery Center for overdosing and going into a short coma. After he

checked out of the facility, Cobain went missing for a week and was later found dead in Seattle. This unfortunate loss of a famous rock band singer was due to the fact that, aside from his drug abuse, depression ruled his life.

Mental illnesses are becoming more frequent in the news. Lindsay Lohan, famous actress and model, has stood in the news spotlight often in the past few years for drug abuse. In this situation, Lohan has a personality disorder and lack of control over herself which led to her unpredictable behavior. Lohan has Narcissistic Personality Disorder which affects the way she perceives herself and the world around her. This means that Lohan sees herself as extremely important and others completely irrelevant. In Lindsay Lohan's situation, mental illness does affect her stability and tendency for erratic behavior.

Another case of erratic behavior in the media is childhood star Amanda

Bynes. Rumors of her mental instability have been flying around on social media. Some reasonable happenings give Bynes the name of 'crazy,' but does she really have a mental illness? Reports from Bynes' mother show that her daughter has no mental disorder or illnesses. In an interview with Huffington



Using neuroimaging, doctors around the U.S. can identify stressed areas in the brain. Mental illnesses can now be detected easily with modern day technology.

Post, Bynes' mother said that anything written about her daughter should not be taken seriously. Although Amanda Bynes has said many controversial things on Twitter, her mother thinks otherwise. Bynes has been tweeting things about other celebrities varying from Rihanna to Michelle and Barack Obama. Bynes tweeted, "You look so ugly tryin' to be white," to

Rihanna. "Barack Obama and Michelle Obama are ugly!" was another tweet directed towards the President and First Lady.

In late October, Amanda Bynes return to a psychiatric facility was announced. Bynes was required to stay in the facility for 30 days after having a DUI and a shoplifting incident. The doctors of Bynes requested for the judges to extend her stay from her previous visit on October 10. Bynes' erratic behavior has not only put her into a facility for her health, but has assured that she could possibly have a mental illness. Despite her mother's words, Bynes is beginning to travel down a dark path. Hopefully, this facility will help Bynes realize that she may have an issue and get her life back on track.

Mental illnesses can and have affected many people in the spotlight of fame. Social media spread information about a persons' condition quickly, too. Erratic behavior can be common for those who have mental illnesses, and most of the time a mental illness is behind everything that's happening. It seems more often than not, mental illness is an underlying factor for people who have erratic behavior.

Dying with dignity



By Frances Deese
STAFF REPORTER

When we feel like our pets are not having an acceptable quality of life, we put them to sleep. When a person with a terminal illness wishes to end his or her life on his or her own terms, he or she can only do so in five states. Assisted suicide is the act of taking lethal drugs prescribed by a doctor for a patient with a terminal illness. Oregon has had assisted suicide laws in place since 1994. New Mexico, Washington, Montana and Vermont have had these laws in place since the early to mid-2000's. You must be 18 years old, have a terminal illness, and be expected to live six months or less to

have aid in dying. When requesting assisted suicide, you must be of sound mind, have two doctors confirm you have a terminal illness, and have two witnesses present.

Recently the story of Brittany Maynard, who moved from California to Oregon to take advantage of the Death with Dignity Act, has surfaced in the news. Maynard was 29 years old and almost a year ago was diagnosed with stage four glioblastoma, a malignant brain tumor. In a video with over eight million views, she described how she wishes to live her life the way she wanted to and how choosing when to end her life did that for her. Maynard could have lived an indefinite amount of months, and she would have stayed in hospice, not truly living for many months, while her family and friends watched. Maynard passed away on November 1, surrounded by her husband, mother, stepfather and best friend

inside her Oregon home. She slipped into a painless, irreversible sleep and several hours later, was dead. To me, this is far better than the recent seizures she had from the tumor, burns she would receive from radiation, or sickness and fatigue she would feel from chemotherapy.

Many news outlets allowed her to share her whole story and opinions, and so Maynard helped to give a better image to the Death with Dignity act since "Dr. Death" in the 80's and 90's. Dr. Jack Kevorkian helped aid over 100 people in death. He was charged on March 26, 1999, with second degree murder and the delivery of a controlled substance. Kevorkian's medical license had been revoked eight years before, and therefore, he was not allowed to have the drugs in his possession. After a two day trial, Kevorkian was found guilty of second degree homicide. He was to serve ten to 25 years in prison, but in the end was

allowed parole on June 1, 2007, for good behavior. It is quite ridiculous that he even served any time at all when the patients chose to die. With assisted suicide, the patient gives the drug to themselves, and they are of sound mind when requesting the drugs.

Choosing to end your own life through lethal drugs when you have a terminal illness should be legal. Assisted suicide is most often a better route than having to endure lots of pain and misery because of your illness. If a patient is told they only have a number of months to live, they should be able to then choose how they want to live them. There is no time wasted in hospitals trying to find a cure that will not come. Patients can fulfill their last wishes and do the things they wish they had done earlier. In the end, someone who has a terminal illness and is suffering, whether physically or mentally, should be allowed to choose when they die.

Bubble soccer

A classic sport's bouncy remake



By Drew Prentice
STAFF REPORTER

Soccer is a very popular sport around the world. The goal of the game is simple—work with a team to get the ball in the goal; the team with the most goals wins. However, to avoid injuries, there are regulations that prevent players from coming into contact with each other, such as tripping or pushing. What if there was a way that soccer could be played safely without those

regulations? That is exactly what bubble soccer does, and in a very comedic way.

Bubble soccer is almost identical to normal soccer, but there is one major difference—the player is surrounded by a giant

bubble from the waist up. This bubble allows players to bump into other players using their bubbles and fall to the ground, yet not get hurt. In fact, this act of bouncing into each other is encouraged since it makes the game so unique and fun. When a player is bumped into, he or she falls to the ground and keeps rolling, causing the audience and the players alike to erupt in laughter. “I love how the players roll around when they fall over!” said sophomore Ciarra Barito. Some players have found different uses for their bubbles, like catching the ball when it is kicked using the hole on top of the bubble (though this counts as catching the ball with their hands, so this is only

“I think bubble soccer is great for people who want to play a sport without any possibility of hurting themselves.”

-Jackson Decourcy, freshman

used as a joke).

Bubble soccer had a very different beginning than your typical sports. In late 2011, Henrik Elvestad and Johan Golden, the

Norwegian hosts of the comedy sports talk show “Golden Goal,” introduced bubble soccer on their show as a hilarious new sport.

This showing appeared on YouTube, titled “Golden Goal - Boblefootball - Bubble football/ soccer (w/ English subs)” and gained over four million views. During the following year, bubble soccer’s popularity kept growing until

the game was being played all across Europe. Due to its popularity, many more videos of the sport have been uploaded to YouTube, making the sport popular in even more countries, including Japan, China and the United States. As this game grew in popularity,

more bubble soccer focused businesses were created, like “BubbleBall” and “Bubble Soccer USA,” which both offer rentals

largest factor is the price. Depending on where it is bought, just one bubble suit can cost anywhere from \$100-\$300. Most

soccer. Just like normal soccer, safety is an issue, just not as evident. If a person is heavy enough and does not use the proper

equipment, the bubble might pop. Also, the bubble only covers the waist up, meaning that a player’s legs are still vulnerable to injury. These injuries are very rare, though, so the sport is very safe. “I think

bubble

soccer is great for people who want to play a sport without any possibility of hurting themselves,” said freshman Jackson Decourcy, who watched a video of the sport. Despite all these complications, bubble soccer is a unique sport and will continue to grow in popularity around the world.



During an attempt to gain possession of the ball, a player (left) is bumped onto the ground by her opponent (right). A player’s ability to push others away without causing injury or being fouled is a big game changer and is one of the many reasons bubble soccer is so popular.

and the ability to buy these bubbles for people. Some businesses even offer package deals for those who want to create their own bubble soccer businesses.

Despite how popular this sport is, very few people actually play it rather than watch it. There are many reasons for this, but the

businesses do not even offer buying just one bubble suit, and instead insist on giving people a full set. The cheapest set is usually a six pack (three players per team) and costs around \$1000-\$3000 dollars, and rentals usually cost \$300 for one hour.

Payment is not the only worry in playing bubble

Where have all the women gone?



By Kiley Burns
EDITOR-IN-CHIEF

After competing in the 1984 Summer Olympics, gymnast Mary Lou Retton was the first official spokeswoman for Wheaties, a brand known for its athlete endorsements. She appeared on the cereal box with a smile on her face and her fists in the air and starred in a commercial in which she used the punch line, “Watch out big boys!”

Retton’s campaign was a breakthrough for women in sports advertising; however, female

athletes still attain minimal media coverage. According to TIME Business, major U.S. television networks devote

1.6 percent of airtime to women’s sports, which is down from 6.3 percent in 2004. Across both TV and print media, female athletes make up, at most, 8 percent of overall sports coverage, yet women make up 38-42 percent of all participants in sport and physical activity. Junior Austin Cobb, acknowledging the lack of coverage of women’s sports, said, “The only times I ever watch women’s sports are during the Olympics or World Cup because they are representing our country, and I am passionate about our country.”

Now, how does this compare to their male

“I think this is an issue because women are making great strides in sports and deserve the recognition, rather than being over-sexualized.”

-Morgan Flowers, senior

counterparts? That same TIME study found that of the sports figures featured as endorsers on 11.9 percent of television commercials,

almost 9 percent are male. These men are also portrayed as skilled athletes, while the portrayal of women athletes has shifted to a focus on their appearance and femininity. The disparity between the focus on female athletes’ skills and their appearance has increased since Mary Lou Retton’s Wheaties ad. Ultimately, images that ignore or trivialize females undermine the importance of women’s sports and the respect for the abilities of female athletes.

Nicole Lavoie, associate director of the Tucker Center for Research on Girls and Women in Sports at the University of Minnesota, credits the fact that men make up a majority of executive boards with the flashing of flesh in ad campaigns for women’s sports. In May, 2011, in hopes of increasing the sport’s popularity, the World Badminton Federation declared that all female players must wear skirts on the court “to ensure attractive presentation of

badminton.” Also in 2011, the LPGA released its first ad in four years, featuring 108-ranked, überfeminine player Natalie Gulbis. The objective is to spread awareness of the sport, yet there is no evidence to suggest that these ploys are effective.

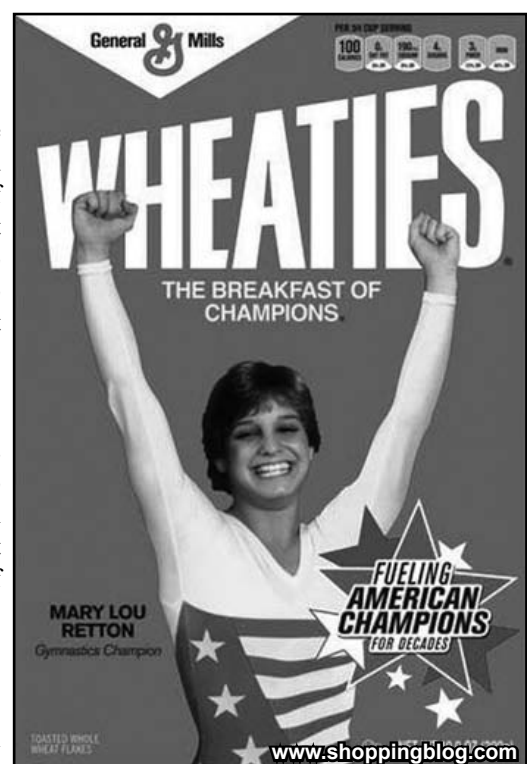
These campaigns conform to gender norms in order to combat the issue of homophobia—that female athletes are lesbians. Five professional German soccer players posed for German Playboy in accordance with the 2011 Women’s World Cup with the intention of disproving the masculine image that is usually associated with

female soccer players. Senior Morgan Flowers said, “I think this is an issue

sexualized or having their sexuality questioned.”

This past October, 12-year-old McKenna Peterson from Phoenix, Arizona, wrote a letter to Dick’s Sporting Goods after receiving its basketball catalog and noticing that it lacked female representation. An avid athlete and WNBA fan, McKenna rattled off stats about her favorite female basketball stars, and commented on the fact that the only female in the catalog was sitting in the stands. Her dad tweeted the letter, and, sure enough, representatives of Dick’s became aware of it. Dick’s CEO Ed Stacks sent a letter to McKenna apologizing and promising to feature prominent female athletes in next year’s basketball catalog.

From 1984 to 2014, the presence of female athletes in sports coverage is still rare.



After winning the all-around gold at the 1984 Olympics, Mary Lou Retton became the first spokeswoman for Wheaties. Few female athletes are featured as endorsers.

because women are making great strides in sports and deserve the recognition, rather than being over-

SPORT OF THE MONTH

Swimming



By Hannah Bailey
SECTION EDITOR

While the weather is getting colder, Millbrook's swim team is just warming up. Since practices started in late October, the team has been working hard to be successful this season. They are looking to build upon the foundation laid by last season's team. The team practices daily at Millbrook Exchange in

order to ensure that they are becoming the best and strongest swimmers in the Cap-8.

The swimming program consists of two teams. Both the women's and men's teams have big goals for the season. Coach Lawless would like to see both teams win the conference this year and believes they have a good chance to do so. Senior swimmer Elizabeth Underkoffler said, "I'm really excited for the upcoming season!"

"I'm really excited for the upcoming season! We have a lot of returning swimmers and a bunch of fast, incoming freshmen, so it should be a really great year!"

-Elizabeth Underkoffler, senior

We have a lot of returning swimmers and a bunch of

fast, incoming freshmen, so it should be a really great year! Our guys have won Cap-8 the past two seasons and are looking for another win there, as well as hoping to place high at regionals and states too. The girls are hoping for a Cap-8 win this year along with the boys. Our relays have been really strong in the past, and we're hoping to bring a larger team to regionals and states this year. I know it will be bittersweet for a lot of us seniors, and we hope to have the best year yet!"

Elizabeth holds the team record for the 200 individual medley. She also recently committed

to be a part of North Carolina State University's swimming program once

team record for the 100 free with a time of 46.39. He looks to continue his

who are fast because they have good training from swimming year round. The program did not lose many seniors last year, so there is a lot of experience on this year's team. Their first meet was November 18. You can see them compete next on December 10. To stay updated on the team's progress, you can follow the team on twitter at @swimmhswildcats.

The team has a busy schedule ahead as they work towards regionals and states. This year's

North Carolina High School Athletic Association, NCHSAA, state championship will take place Saturday February 14, 2015, while regionals will be held the weekend before. Conference meets take place at the Triangle Aquatic Center. Come out and support your swimming Wildcats throughout the winter sport season.



Signing their letters of intent, seniors Elizabeth Underkoffler and Chris Kohut look forward to swimming in college, Elizabeth at North Carolina State University and Chris at the University of North Carolina Wilmington. Along with the rest of the team, they are working hard to be successful this swim season.

her successful Millbrook career is over.

Another senior swimmer who has recently committed to swim in college is Chris Kohut, who has committed to swim at the University of North Carolina at Wilmington. Chris already holds the team record for the 200 freestyle with a time of 1:41.40 and the

success in these events this year. Kohut said his personal goal "is to be state champion in the 100 and 200 free," while his team goal "is to win Cap-8 for the third year in a row."

The team has improved in many ways this season. There are a number of great swimmers on the team including the freshmen

Cats on the Prowl

By Kiley Burns
EDITOR-IN-CHIEF



Photo by K. Burns

Name: Bria Bryant
Grade: 9
Birthday: July 14, 2000
Relationship status: Single
Sport: JV Cheerleading
Position: Base

Why did you start playing this sport?
I had to quit gymnastics, so I wanted another sport to participate in.

Awards, honors accomplishments: I am proud to be a captain. I have lots of medals from competitions.

What is your team like this year?
One of the best teams I have ever been on. I love them all.

Likes: UNC!!! Go Heels!

Dislikes: Duke (ew)

Worst moment in a game: Cheering in the rain

Pre-competition ritual: Listen to music

Favorite class & teacher: Civics with Coach East

Hardest class & teacher: English with Ms. Blair

Interesting fact: I love pink!

Favorite quote: "I can do all things through Christ who strengthens me."



Photo by K. Burns

Name: Crayton Saby
Grade: 11
Birthday: June 8, 1998
Sport: Varsity Wrestling
Weight Class: 113
Amount of time playing this sport: 10 years

Why did you start playing this sport? My dad introduced me to it at a young age, and I enjoyed it.

Awards, honors, accomplishments: Two-time Cap-8 All-Conference, 2014 Regional Runner-up

Likes: College wrestling, mac and cheese, wrestling shows, movies, pizza

Dislikes: Sanderson

What is something you wish you had more time to do? Whale watching

Best moment in a match: Winning in the regional semi-finals to advance to the state tournament last year

Worst moment in a match: Losing to Wake Forest my freshman year, forcing us to tie for the team conference title with Wake Forest and Sanderson.

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