

# CAT TALK



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## This Day in History

Compiled by the Cat Talk Staff

### January 29

1595 - William Shakespeare's play *Romeo and Juliet* is probably first performed. First published early 1597  
 1845 - Edgar Allan Poe's "Raven" 1st published (NYC)  
 1886 - 1st successful gasoline-driven car patented, Karl Benz, Karlsruhe  
 1891 - Liliuokalani is proclaimed Queen of Hawaii, its last monarch.  
 1896 - Emile Grubbe is the first doctor to use radiation treatment for breast cancer  
 1904 - 1st athletic letters given (Univ of Chicago football team)  
 1924 - Ice cream cone rolling machine patented by Carl Taylor, Cleveland  
 1954- Oprah Winfrey is born  
 1959 - Walt Disney's "Sleeping Beauty" released  
 1959 - 'The Great Smog' hits London, many die of chest and lung-related illnesses  
 1964 - Most lopsided high-school basketball score 211-29 (Louisiana)  
 1975 - First American Annual Comedy Awards, hosted by Alan King  
 1984 - President Reagan formally announces he will seek a 2nd term  
 1988 - Largest NBA crowd-Boston Celtics at Detroit (61,938)  
 1988 - United Airlines Boeing 747SP, circles world in 36h54m15s  
 1989 - Episcopal Church of the United States appoints Barbara Harris as its first female bishop  
 1989 - Orlando Arena opens  
 2014 - Scientists discover how to convert normal cells into stem cells in mice

## IB exploring the Extended Essay Extravaganza



By Kiley Burns  
EDITOR-IN-CHIEF

On January 16, the seniors of Millbrook's International Baccalaureate (IB) Diploma Programme conducted the Extended Essay Extravaganza, a presentation that is the culmination of these students' work on their extended essays over the past year.

The extended essay (EE) is a mandatory core component of the IB Programme. It is a 4,000 word research paper that allows students to conduct in-depth independent research or investiga-

tion on topics of their choice. Students work on this paper over the

also be used for further research in college. The extended essay



Photo by K. Burns

After researching the role of German strategy on the success of the Royal Air Force in WWII, senior Abby Gostling presents her findings at the Extended Essay Extravaganza. The Extravaganza allows IB seniors to showcase the research they have conducted over the past year.

course of their junior and senior years. For many, the essay can

must concentrate on one Diploma Programme-approved subject,

and this year's seniors' topics ranged from history and world religions to physics and biology.

Senior Molly Crabb discussed her paper on Epigenetics, gene suppression of methylation by environmental factors rather than mutation. She chose this topic because of its controversial and relatively new nature. She was even surprised by her initial research when she found that plants and some animals can be profoundly affected by the treatment of their ancestors. When asked what she found most rewarding about the EE process, Molly said, "It was rewarding to actually have an opportunity to learn something I was really interested in and have an ambitious paper and experiment.

SEE ESSAY, PAGE 2

## Obama and the curious case of immigration reform



By Mitra Norowzi  
SECTION EDITOR

Known as the melting pot, the United States has always maintained an influx of immigrants. The country's foundation was built by immigrants. However, in recent years the prevalence of undocumented immigrants, approximately 11 million of them, has led to complications. The naturalization process, bogged down in bureaucracy, is overwhelmed. Large corporations take advantage of undocumented workers by underpaying and overworking them without regulation. In efforts to combat this, President Obama gave a speech that in-

voled his executive powers as President in late November. This was to the extreme chagrin of Congress, particularly now that

who have lived in the US for at least five years. The executive action will also extend the 2012 Deferred Action for Childhood



In a speech released on November 20, President Obama unveiled executive actions taken to reform immigration. This controversial action, if not disputed, could affect four million immigrants living in the US.

the partisan balance has shifted following mid-term elections.

In his speech, President Obama granted temporary legal reprieve to undocumented immigrants

Arrivals in order to allow young immigrants under 30, who are here legally, to apply for a deportation referral. Both groups will have to reapply every three

years to maintain their status. The benefit of this is that immigrants would not have to fear deportation within the three year reprieve period for receiving say, a traffic ticket, because they are not breaking the law by being in the country. The act also increases funding for border control and modify the current processes of immigrant detention. Special considerations will be given to immigrants whose work would improve the US; engineers, scientists, mathematicians. All in all, the measures enacted by the action will impact around four million immigrants, according to the Migration Policy Institute. These policies will not grant immigrants access to the Affordable Care Act or expand visas for migrant farm workers.

Controversies regarding the legality of this action have abounded.

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Is the media too critical of the first children?

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Check out the impact that classical music has had on today's music.

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How did the new playoff system affect college football?

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## ESSAY, CONTINUED FROM PAGE 1

Becoming an expert by yourself is an extremely rewarding feeling.” The EE Extravaganza allows seniors to reflect on what they have learned, and Molly learned firsthand that science requires more failures than successes and sometimes is not definite. Molly added, “Even though my hypothesis was not correct, I still learned more and am in the process of finding success!”

Senior Hailey Glick believes that the value of the extended essay lies in its ability to be applied in a variety of situations. Her essay analyzes the United States’ lack of involvement in the Holocaust, a topic she chose because she is Jewish. She also elected to undertake this subject to improve in her weakest subject, history. Hailey has used her essay as a topic in scholarship applications, college interviews, and even a few Jeopardy questions. When discussing the most rewarding part of her experience, Hailey said, “The best part was the connections I made with research professionals who focus on my topic!”

A lot of the extended essays also included experiments, such as senior Tristan Emm’s physics investigation. He conducted an experiment incorporating the Rubens tube, a tube that demonstrates standing sound waves using flames. Tristan found that his knowledge of physics expanded beyond the experiment, however. “In the process of the paper portion, I learned new physics concepts about standing waves and nodes and anti-nodes,” Tristan said, “I found it very surprising that so few scientific research papers were published about it.” The extended essay allows students to expand their knowledge and investigate new topics that they normally would not in the classroom.

The Extended Essay Extravaganza provided the IB class of 2015 with the opportunity to present their research in front of parents, teachers, and peers. It was also a valuable learning experience as many discovered that it is easier to write about your research than talk about it. Many IB juniors were also in attendance and were able to understand the work that goes into this paper and receive advice from the seniors on the process.

## REFORM, CONTINUED FROM PAGE 1

ed. Critics say that the President acted outside of his powers in issuing a blanket reprieve. Since what Obama is offering is temporary reprieve rather than complete amnesty, which has been done by presidents in the past including George W. Bush, it seems to be allowed thus far. The legality of executive action relies on the concept of prosecutorial discretion. This rule allows the head of the executive branch to decide where to concentrate law enforcement so that one section, such as immigration, can receive more resources. Even so, the distinction between what is allowed, and what is not, is murky. Sophomore Kelly Hruska said, “I can understand and support a president taking matters into their own hands, but it would make me slightly antsy to see checks and balances being disregarded.”

Whether or not President Obama’s actions are entirely justified, his initiative has succeeded in creating a dialogue regarding immigration. His efforts are focused on the areas of making naturalization more efficient, strengthening border control, cracking down on companies who exploit undocumented workers, and creating paths to citizenship in order to encourage immigrants to come out of the shadows and get right with the law without fear of immediate deportation. Junior Jessica Lane said, “I think it was a really admirable decision to make, and I’m so glad that steps are finally being taken to make sure there’s less of a risk for immigrants of being exploited for the benefit of businesses and corporations.”

# Not funny anymore

## Allegations against Bill Cosby



By **Oliver Ficker**  
STAFF REPORTER

Actor Bill Cosby has been facing much criticism recently over allegations that he repeatedly raped and drugged young women earlier in his career. Although these allegations have been around since 2005, public attention was brought to them by a recent viral video of comedian Hannibal Buress. The video shows Buress doing a bit about the lack of public awareness of the allegations. Once the video gained popularity, news outlets began to cover the situation as new women came forward.

So far there have been over 20 women that have publicly accused Bill Cosby of sexually assaulting them. Many of them tell similar stories of being drugged by him and losing consciousness. One of the women to come forward recently was Joan Tarshish. On November 17, she spoke out, saying that Cosby sexually assaulted her on two separate occasions. She claimed that in 1969, when she was 19, Cosby made her a drink in order to drug her and make her pass out. Tarshish explained that she

did not go to the authorities because she was afraid that no one would believe her. The day after Joan Tarshish came forward, model Janice Dickinson described a similar incident that occurred in 1982. Dickinson recalls that Cosby gave her a pill and a glass of red wine. This caused her to pass out so that Cosby could sexually assault her.

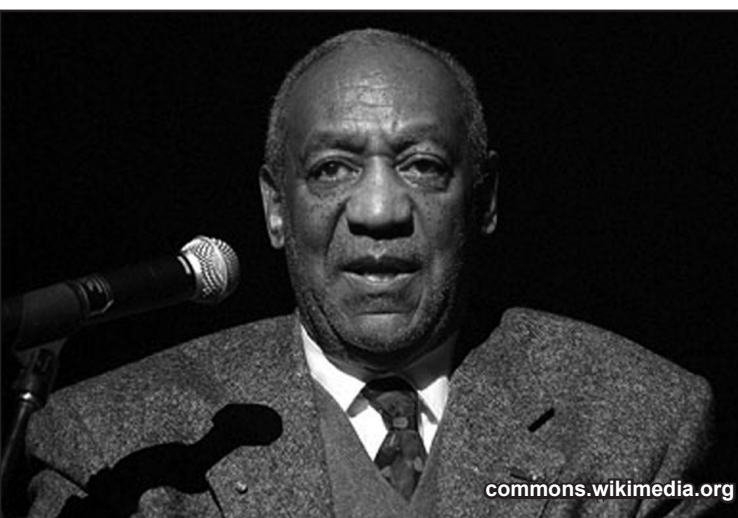
Many of the women cite fear of humiliation and disbelief as their reasons for not

reporting the incidents to the authorities at the time. Even when telling their stories today, the women who have come forward are criticized by some who believe the women are merely looking for money. However, when Bill Cosby was fighting a civil suit in 2005, only one woman sought any compensation, while fourteen other victims of sexual assault were also willing to testify in the case. The case was settled outside of court.

The huge wave of allegations against Bill Cosby is distressing for many people because of Cosby’s influence as a role model and household name. Senior Matthew McCloskey said, “It’s strange to think that someone who was a role model for so many people might have done these aw-

ful things.” Cosby is known for many works in his acting and comedy career, including his creation of and involvement in *The Cosby Show*. On the show, Cosby played the Cliff Huxtable, a father trying to raise his children to succeed in the real world. He was scheduled to star in a new NBC sitcom, but the project was abandoned due to the allegations. Cosby also created the popular children’s show *Little Bill*, which taught children life lessons through the experiences of the character Little Bill. Even Hannibal Buress thought of Cosby as a role model comedian, admiring his ability to do clean stand-up so successfully. Cosby was often in positions where others could look up to him. Senior Sam Goodrich recalled, “When I took my Special Olympics track and field relay team to the Penn Relays, they got to meet Bill Cosby. He was super nice with the athletes, and the next year he shot the starting gun. It’s so awful to think about knowing the things he’s done.”

Bill Cosby has been criticized for his handling of the recent allegations and public attention. In an interview with the Associated Press, Cosby refused to answer the interviewer when asked about the allegations. After the interview, Cosby asked the interviewer to not release any of the footage of him answering the question, implying that doing so would be unethical of the Associated Press as a journalistic entity.



Back in 2011, Bill Cosby had an easy time speaking at events, such as this one at Girard College. However, recent negative attention has caused many of his projects to be canceled.

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# Life in Beijing



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.*

Nothing beats the holiday blues like sitting in the Apple Store listening to "Baracuda" by Heart with your roommate and a stranger you met on the street. Definitely not the way I thought I was going spend the New Year, but you know, that's China for you. The holidays

in China are interesting to say the least. We celebrated Yule, Christmas, and New Years in what now just seems like a blur. The only remaining reminder is the shreds of wrapping paper and the fake tree my friend Izzy and I conveniently moved to our dorms from the downstairs entrance. Yule is a Pagan holiday dating back to the 4th century. Many of today's Christmas traditions and themes were adopted by Christianity in an effort to convert Pagans during the era of the Crusades. One of the exchange students, Ellix, celebrates this holiday, and we chose to celebrate along with him. Part of coming to China is about broadening your horizons and being able to view things from a different perspective. Many non-Christian holidays are pushed under the rug due to society's current commercial values with specific holidays. By celebrat-

ing Yule we were trying to emphasize the importance of other holidays that are often disregarded and ignored. Yule is a time of rebirth in winter, and people decorate their houses with winter flowers and plants. We took our Christmas tree and turned it into a holiday tree by decorating it with pinecones and natural objects.

Our holiday tree seemed to be left behind by previous exchange students because most people here do not celebrate Christmas. People do celebrate the commercial aspect of Christmas here, however,

Tacky Christmas decorations and flashy lights fill the bartering shop stalls, and carols are played in all of the McDonalds. At school, all the classes celebrated with having a party

teachers. The teachers invited us out to dinner at a quirky restaurant called 4 Corners that has the best home cooked food on this side of the Pacific Ocean. It was a hodgepodge of ancient Chinese architecture and European cafes combined into one. People from all over the world come to Beijing, and there is no better time to meet new people than on Christmas. The restaurant owner was from America, but the people that

lection were two potatoes, mountains of socks, and a few floral leather skirts.

One of the traditions of BRS is to have a New Year's performance for the whole school. The exchange students got together to do a dance from the well-known classic Mean Girls. Needless to say, China sure has a new appreciation for the "Jingle Bell Rock" dance from the movie. To celebrate the actual New Year, the foreign students decided that staying in the dorms was not enough and went out with Chinese friends to ring in the New Year. We went out to dinner to celebrate, and our friend Wendy happened to get us in to an exclusive New Year's party that lasted until seven in the morning. Confetti cannons and balloons replaced fireworks because of awful pollution brought on by the freezing temperatures, but they did not make any less of a bang!



The foreign teachers and students enjoyed the first home cooked meal in China with zeal, getting thirds and fourths.

on Christmas Eve. That was another strange thing; they all seemed to celebrate it on Christmas Eve instead of the actual day. The exchange students celebrated it on the traditional day with the other foreign

sat next to us and sang carols with us were a mixture of French, English and Turkish. On our dorm hallway, we bought each other gifts with our limited funds and opened them at three in the morning. Among the col-

## Alarming infant mortality rates in US



By Brittany Hubbard  
STAFF REPORTER

Imagine remaining nameless until your teeth grew in or until your first birthday. In some cultures, that is a familiar practice because of the extensive amounts of infant deaths. The amount of infants that die before the age of one per 1,000 births, also known as the infant mortality rate, is used to measure the health of a nation. A high infant mortality rate is often contributed to living in a third world or developing country. In these countries, every day resources such as clean water, adequate food sources, and housing can be scarce, limited, or nonexistent. Along with little to no resources, the women are generally inadequately educated.

It is very true that developing countries tend to lack in many areas, such as in their poor standards of living, limited resources and little to no education, let alone basic clean practices such as sterilizing utensils and hand washing. As a result, many of the

infants born will not make it to their first birthdays. In the US, a majority of Americans receive some form of education, adequate resources to survive, and safer living conditions than those in developing countries; however, an alarming infant mortality rate of approximately six infant deaths per 1,000 births exists. Senior Ashlie Johnson said, "It is a national embarrassment because the infant mortality rate in the US is higher than any of the other 25 wealthy countries' mortality rates." According to the U.S. Department of Health and Human services, the United States spends more on health care than any other country but still lags behind most industrialized nations.

In South Dakota, there are five counties in which less than fifty percent of pregnant women receive prenatal care during their first trimester. They also ranked fifth highest in the nation for mothers that smoke during their pregnancies. Consequently, South Dakota's infant mortality rate is approximately eight infant deaths per 1,000 births. Senior Chyen Charles said, "Due to some people's choices, they affect the health of their infants during development in the womb, which causes later

health defects after birth that can lead to death of the infant." The American Indian population has higher tobacco use than the national average. As a result, the infant mortality rate amongst American Indians is about twelve infant deaths per 1,000 births.

Before advances in medicine and technology, infant mortality rates could range from 200 deaths per 1,000 births and up. Prior to the nineteenth century, basic preventive practices were not widely utilized until Ignaz Semmelweis made the suggestion of doctors washing their hands before delivering babies, after drawing a correlation between infants dying and lack of routine hand washing.

High infant mortality rates are often associated with areas around the world that we tend to generally see as less industrialized or even lacking in what we know as second nature practices such as hand washing, proper diet, etc. However, being an industrialized country, we too have an alarming number of infant deaths prior to the age of one. High infant mortality is no surprise to this country for varying reasons, whether it be by choice, limited income, person belief, or coincidence.

## Give the gift of life this month



By Audrey Kahwaty  
SECTION EDITOR

This year, you can give the gift of life to someone in need after the winter holidays that are filled with gifts and family. January is National Blood Donor Month and perpetuates the spirit of giving.

The need for blood is constant. Giving your blood can mean you are saving someone else's life, and you are not harmed in any way by this selfless act. There are actually health benefits for you when donating blood. You get a mini

physical through the American Red Cross when you donate. This means your pulse, blood pressure, body temperature, and hemoglobin are all checked out. In order to donate, you must register, go through the mini-physical, donate, and then snack in order to bring your blood sugar back up. Senior Haley Smith says, "The free snacks add a lit-

tle bit of fun and eating to a somewhat boring activity."

There are many places you can donate. Throughout January, it is likely you will see American Red Cross blood drives all over the community. Any day in Raleigh, you can head to the North Raleigh Blood Donation Center on Brandford Way near Strickland Road. Also, you can go to the Raleigh Blood Donation Center on Peartree Lane off of New Bern Avenue. In

form normal activities), be at least 17 years old, and weigh at least 110 pounds. Tips to have a successful donation can be to make sure you have enough iron in your diet, hydrate, have a healthy meal, and do not forget your identification. If for some reason you do not meet these requirements, there are other ways you can help the cause as well. You can set up your own blood drive, or even simply donate financially to the

American Red Cross in order to help people in emergency situations. Considering every two seconds someone in the United States needs blood, you easily could be saving someone's life by tak-

ing part in this selfless act. Are you afraid of needles? There are many others with the same problem. Senior Ryan Gorman says, "It really does not hurt if you don't think about the fact that a needle is going inside you!" Most say the feeling of accomplishment they get at the end of the donation is worth the slight pinch at the beginning.



Donating blood can help save someone's life this year. Being a blood donor makes anyone a hero.

order to expedite the process, you can schedule an appointment time on their website, [www.redcross-blood.org](http://www.redcross-blood.org). On this website, they provide anything and everything you could possibly need to know before donating blood. Eligibility to donate blood is as follows: you must be in good health and feeling well (meaning you can per-



# Foods Around the World



By **Oliver Ficker**  
STAFF REPORTER

Croatia is a small county on the edge of Southeast Europe, bordering countries like Hungary to the north and Serbia to the east. Throughout history, many different groups have influenced Croatian culture.

Modern-day Croatia was once a part of the Austro-Hungarian Empire, which controlled it up until the end of

World War I. After the war, Croatia became part of Yugoslavia. The independent nation of Croatia came to being in 1992 with the disintegration of Yugoslavia. Austrian, Hungarian, Italian, and Turkish influences at vari-

ous points in history have helped to shape Croatian culture. The food of Croatia clearly reflects the exciting history of the country. Mediterranean staples like filo dough, figs, and olive oil find their way into some Croatian dishes. Tomatoes and pasta show the Italian influence on parts of Croatia.

Croatian dishes are diverse and draw from a large array of ingredients. Senior Bella Cermin explains, "Croatians know goulash, which is a stew with beef; gnocchi, which is a noodle made of potato; and ajvar, which is a spread we

many Croatians dishes. There are also plenty of delicious desserts in Croatian cuisine. According to Bella, "We have something called krafne, which is similar to donuts. We typically fill those with marmalade and nutella."

Pie is another sweet treat one would find in Croatia. Croatian pie is made differently than pie in the United States. Pie, also known as pita, has a similar texture to cake. The dough is less flaky, and it is usually baked into rectangles. The American con-

cept of pie would better fit with Croatian strudel, which also has a filling but is made

put on everything." Spices and herbs such as garlic, oregano, paprika, cinnamon, and rosemary add to the flavor of Croatian meals. As Croatia has a large coastline and many islands on the Adriatic Sea, seafood plays an important role in

of a flakier dough. Croatian pie can contain a variety of flavorful fillings. A commonly used one is cheese, resulting in something similar to a cheesecake. This recipe uses apples as the filling for the pie.



en.wikipedia.org

## Croatian apple pie

### Ingredients

#### Dough

- 3 ¼ cups flour
- 1 tsp baking powder
- 1 egg
- ½ cup sugar
- ¾ cups butter
- ½ tsp cinnamon (optional)
- 2 Tbsp breadcrumbs
- Powdered sugar for topping

#### Filling

- About 10 apples
- 3 Tbsp sugar
- 1 tsp cinnamon

### Directions

1. In a large bowl, mix together the egg, sugar, and butter.
2. In a separate bowl, combine the flour, baking powder, and cinnamon.
3. Pour the flour into the wet ingredients. Mix into a dough, taking care not to overwork the dough. Wrap and let cool in the refrigerator for about 30 minutes.
4. Peel apples and grate into a large bowl.
5. Mix in the sugar and cinnamon.
6. Preheat the oven to 350 degrees.
7. Divide the dough into two equal parts. Roll out both halves on a floured surface.
8. Line a 9x13" baking pan with one half of the dough, covering the bottom and sides of the pan.
9. Sprinkle the breadcrumbs over the dough, then add in the apple filling.
10. Use the rest of the dough to cover the pan.
11. Bake for 45 minutes, then sprinkle with powdered sugar.
12. Cut into squares and serve.



Cut into nice square pieces, this pie is made in the Croatian tradition. Croatian desserts draw from both Central and Southeast European culinary practices.

en.wikipedia.org

# THE REAL DEAL

## A violent Valentine



By **Alana Topakian**  
SECTION EDITOR

Couples gaze lovingly into one another's eyes over a candlelit dinner, their displays of affection visible as they celebrate February 14, otherwise known as Valentine's Day. The holiday is a celebration of one's love for another, yet the history behind the day is a bit more bloody. Junior Brian Lobos said, "I always saw Valentine's Day as the one where my money was drained to buy the girl I liked flowers and presents, but knowing how much more history is behind the day is really cool."

Many Americans know of St. Valentine and his brave, yet sad, story. For those who do not know, St. Valentine was a priest who was beheaded on February 14, around 278 A.D. He had been performing marriages for young couples, something that Claudius, the emperor at the time, had made illegal. Claudius wanted to keep the young men from having any attachments so that they

would be more willing to become soldiers. Valentine then gets caught for his misdeeds and is sent to jail. There, he meets and befriends a girl, who is one of

his jailer's daughters. His final act before death was a farewell note to the girl, signing it "From Your Valentine."

The problem with the story is that, in reality, historians are not sure of St. Valentine's real identity or origins. Catholic religion actually honors three St. Valentines, all martyrs of love, that are mentioned along with

the date of February 14. However, their association with the idea of love is not as clear. Legends vary, but most historians have agreed that the date of St. Valentine's death became blended with the Pagan festival called the Feast of Lupercalia around the fifth century. The Feast was one

St. Valentine's day to take away Pagan rituals. The day then became more of a theatrical interpretation of Lupercalia, continuing to celebrate fertility and love, but in a much more civilized manner. The holiday grew even more popular when Chaucer and Shakespeare decided to romanticize it in their works.

However, the bloody history comes back February 14, 1929, when Al Capone decided to put an end to a rival gang, its leader Bug's Moran. The two gangs had been at war with one another for years, but on this fateful day, the war would come to an end. Capone sent a couple of his men, cleverly disguised as police officers, into the garage where Moran ran his bootlegging operation. The fake police officers went in there and pretended to arrest the seven men working within, two of



images.catholic.org

Known as St. Valentine, the martyr of love was only the beginning of a bloody past. Valentine's Day may be a day of chocolate and flowers today, but its history was not always so happy.

that supposedly celebrated love. For the festival, men would sacrifice a dog and a goat, whipping women with the hides of the animals they had slain, as they believed that would make them fer-

them Moran's best killers. When the men were turned to the wall, the assassins gunned them down and were able to get away. No one was ever brought to trial, but the day is forever known as

### Five things you may not know about Valentine's Day

1. It was considered unlucky to sign your Valentine's Day cards in the Victorian times.
2. The first ever box of Valentine's Day chocolate was made by Richard Cadbury in the late 1800s.
3. The average number of Valentine's Day wedding proposals is 220,000.
4. Every Valentine's Day in the city of Verona, where Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.
5. "Wearing your heart on your sleeve" was a phrase coined in the Middle Ages, where men and women would draw names to see who their Valentine would be and wear those names on their sleeve for a week.

tile. Women would actually line up to be whipped, gladly accepting the pain if it meant they would quite possibly become pregnant. Then, there would be a matchmaking lottery where men would draw a young woman's name from a box, and they would be matched for the rest of the festival.

Pope Gelasius I combined the Feast of Lupercalia with

the Valentine's Day Massacre. "The brutal history behind Valentine's Day really surprised me. I always saw it as roses and candy, but apparently it was much more."

senior Kim Maina said.

From flowers and chocolates to cheesy Hallmark Cards, it is easy to forget where the holiday came from, and only focus on what it has become today. Valentine's Day, though one that celebrates love and partnership today, will always be one with a savage past that should never be forgotten.



# Tech Savvy



**By Chase Jamison**  
STAFF REPORTER

For most, one of the devices you use each day is your cell phone. The number of possible apps is overwhelming, and it takes forever to find ones that are actually beneficial. However, the following three apps can be used to do new things you could not normally do on a phone.

One of these useful apps for both the iPhone and Android is an app called moviepass. It gives you deals for in theaters movies for a monthly fee. This is great if you are an avid movie goer or if it just so happens to be a month where a bunch of good movies come out. Sophomore Shania Mills says, "Watching any form of movies for a deal is great." So you could save

half the price on new movies in theaters. The only problem about this app is that, unless you see four movies every month, you do not benefit enough to truly need it. Another problem is that not all theaters accept it. However, another great thing about it is that you can get access to exclusive promotional items that most would not get.

A new Photoshop app that was released recently called Photoshop Touch, which is closer to having a true Photoshop app on the phone that can do as much as one on the computer. Some people have trouble getting phone images onto the computer, so it is a great way to edit photos on your phone. This is why it is worth your time to try it out. It is available for both Android and iPhone, so it is easy to get and use. It is a really cool and effective app if you mess up on a picture and want to change it. As cool as this app is, it

does cost money, but there is a free version available to try.

If you are a big music fan and you are looking for some good bands in the area, the Timbre app is for you. It lets you listen to music from bands playing in your local area or any other set area you want. Sophomore Anthony Glenn says, "This app would be great for hearing new musicians close to home that need my support." If you do not like the song, just swipe the screen and the app will change it. However, it is just bands playing in the area, so do not expect it to be like Pandora. However, this one costs money as well, but a free version is available.

You can find apps unlike any other, but they might not be as well-known as most. It may seem like only a couple of good apps are available for your phone, but there are plenty out there; you just have to know where to look.

## Obama children face criticism



**By Lexi McCool**  
SECTION EDITOR

President Obama's daughters, Sasha and Malia, appear to be two of the luckiest teenagers in the United States. Over the years, they have enjoyed performances by the Jonas Brothers and Beyoncé, have had the unique opportunity to meet the Pope and the Queen of England, and have traveled across the world. Relatively speaking, they have been largely exempt from the constant attention of the media. Like presidential parents of the past, President and first-lady Obama have taken careful measures to protect their daughters and ensure they lead as normal of lives as possible. However, as Sasha, 13, and Malia, 16, continue to grow up in front of the nation, how much longer will this sense of privacy and independence last?

This past November, the two girls attended the presidential turkey pardon, a Thanksgiving tradition

held every year at the White House since the Truman administration. During this event, Sasha, wearing a maroon dress and cardigan, and Malia, dressed in a skirt, tights, and sweater, fell under harsh criticism from Elizabeth Lauten, the former communications director for Representative Steven Fincher. Lauten reprimanded the girls via Facebook for their lax dress and apparent disinterest in White House affairs.

Lauten is quoted with accusing Obama's daughters of being in "those awful teen years" and devoid of class. Furthermore, she rebuked the President and his wife's ideals, stating their "disrespect of their positions" inevitably influenced the girls' behavior. Lauten concluded her on-line post by encouraging Sasha and Malia to dress like they "deserve respect, not a spot at a bar." Lauten's post was met with fierce backfire on social media. Shortly after, hundreds of people demanded she be reproved for her actions, expressing their anger through the Twitter hashtag #FireElizabethLauten. Lauten later resigned from her position under Republican Steven Fincher.

Events like these demonstrate the pressure first children feel to consistently mold to the expectations of the American public. With so much attention directed exclusively at their families, first children have little room to make mistakes. Errors as insignificant as a yawn or nonchalant expression can draw considerable speculation and disapproval. "The power of social media and technology only amplifies the pressure the children of the White House are under," said senior Marian Isdahl. "It is so easy to catch someone on an off day and twist it into a bad example. Their appearance at the turkey pardoning was blown out of proportion by social media."

Attacking the first children has been considered taboo throughout our country's history, and most Americans agree that children have no place in political controversy. "It is almost as if Obama's daughters have to deal with the same stresses and public expectations as their dad," said sophomore David Flowers. "They are only teenagers and should be allowed to act like them without the constant fear of being ridiculed."

## Student Question



### Do you have a strange fear?



"I have an irrational fear of birds because they are twitchy and their bodies move weirdly."

**Sarah Bailey, freshman**



"Women scare me."

**Antonio Bafia, freshman**



"City vents. Whenever I walk over them, I'm afraid they will break and I will fall in."

**Jessica Tomlinson, sophomore**



"Escalators. They are so difficult to get on and off."

**Shaun Gillie, sophomore**



"Tsunamis are my biggest fear because I went through a traumatic event where I was hit by a wave and almost drowned."

**Madison Card, junior**



"Having a daughter because she might grow up too fast and do some unfavorable things."

**Justin De La Cruz, junior**



"The Chick-Fil-A cow. Chick-Fil-A is my favorite thing in the world, but if the cow's there I can't go because I feel like it's going to eat me."

**Ashlea White, senior**



"Balloons because they're so smooth and look like aliens."

**Mark Hallman, senior**



# Wildcat

## Spectacular Student Frances Kim



By Jessica Urbanski  
STAFF REPORTER

Monday after school at their club meetings. In addition, the members of the club need to be informed about what will go on at the meetings, so Frances is in charge of sending out emails to notify all in the club. "I try my best to make sure everyone in the club is doing well," Frances said.

Aside from her being the president of a club, Frances enjoys a rather uncommon sport, archery. Ever since she saw a rerun of a Japanese traditional

and work her way up to getting better using videos. Sharpening her skills is a big part of archery, too.

Another passion of Frances' is drawing. When she was younger, Frances wanted to write and illustrate her own graphic novel. Graphic novels are a great way for a person to express his/her interest in writing and drawing. A graphic novel is basically a novel put into a comic strip format, which makes it longer and have more words than a comic book would.

Cooking is also an interest to Frances. She enjoys cooking traditional Korean-style foods. Some examples of Korean style foods are pork and chicken dishes, stews, and vegetable dishes. She also likes to cook European desserts for her family and her. Sushi is also another dish made by Frances,

because she enjoys cooking dishes that have recipes including fish.

All of the things she does in and out of school make Frances one exceptional Wildcat. From cooking pork dishes to making executive decisions for her club, Frances does it all. Her many talents make her one great student and one great leader.

What do you get when you cross an archer, a scientist, and an artist? The correct response is sophomore Frances Kim. Some of Frances' interests include archery, drawing, and science, all of which makes her a unique Wildcat.

Frances' passion for science is shown through her constant work as president of the Science Olympiad Club. In this club, the members compete with other schools in different events involving different science topics. "There are many topics varying from entomology to fossils to duct tape challenges to egg drops," said fellow member of the Science Olympiad and junior, Gillian Shulman. Outside of those meetings, Frances also coordinates with Ms. Franch, the club's supervisor, about when competitions are held. The next competition the Science Olympiad will compete in is on February 7.

Frances prepares herself and her teammates every



Provided by F. Kim

archery competition on TV, Frances has been hooked. Frances practices at home with her bow and arrow three times a week. Frances has been practicing this sport for the past two years. Getting down the basics is one thing, but progressively becoming better takes hard work. Being that she is a self-taught archer, Frances had to practice hard

## Campus Clubs Art Club



By Brittany Hubbard  
STAFF REPORTER

able to think outside the box.

Most people do not know that Art Club is involved in a lot of the activities happening around the school. They create art pieces for events such as the International Festival and the Winterfest assembly. The club is also involved in the community outside of school. They recently participated in Art Spark. Art Spark is a huge festival held annually in downtown Raleigh. At the festival

classified as art; therefore, there is no right or wrong idea. Senior Ciara Nesbitt said, "Art Club is a great way to gain new friends who love to do what you do." Art Club members use colors, shapes, and texture to express an idea or feeling. Advisor of the club, Ms. Moody said, "Being in the club allows students to break barriers and collaborate to create an art piece by using their hands and imagination." Working collectively as a

For most of us drawing stick figures can be a challenge, one we have faced since elementary school.

It is very unlikely that every single Millbrook student will be good at art, but we certainly all have imaginations and creative ideas. Art can be described as the expression or application of creative skill and imagination, through the

form of painting, sculpture, literature, music and much more. Art is appreciated primarily for its beauty and evoked emotion. Senior Meghan Hunter said, "You do not have to be good at art as long as you have some imagination." In other words, you do not have to be Picasso to be a member of the Art Club; you just have to be innovative and



Provided by E. Trefney

Adding the finishing touches to their drawing, Art Club members participate in the Art Spark festival. Art Spark is held annually to allow participants to showcase their talents.

many types of art are showcased ranging from performing arts to visual arts. Art Spark is known for the detailed chalk drawings. The chalk drawings are usually done in groups of three to five people and can take up more than ten hours to complete depending on how detailed the drawing is.

Many things can be

team, they are able to pull out a sense of reality through their work. The complexity of their drawings beats the simplicity of the average stick figure drawings.

During the meetings, the members discuss new projects to come and collaborate each other's new ideas and working as a team. Meetings are held every other Monday at Smart lunch and once a month outside of school under the supervision of Ms. Moody. If you are interested in evoking emotion through visual art, then Art Club may be the club for you!



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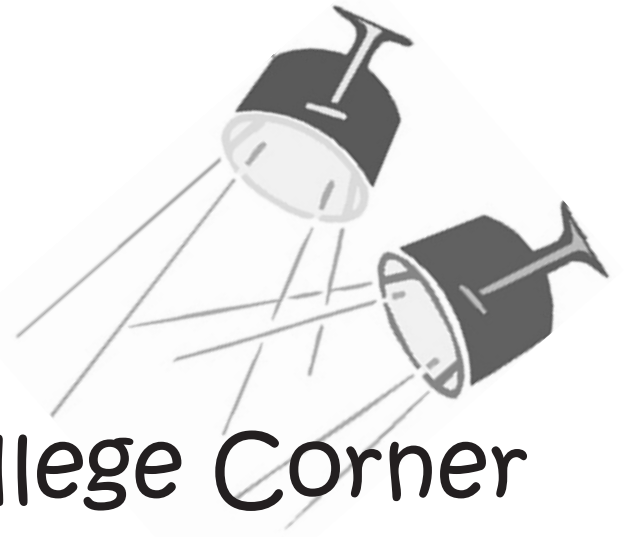
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# Spotlights



## Teacher Tribute Coach James



By Lexi McCool  
SECTION EDITOR

that his opinion of the profession changed. During this time, he realized how important teachers were and the impact they had on his love of learning. He recalls wanting to be a part of that and aspiring to be just like his favorite teachers.

Since his arrival at Millbrook in 2008, Coach James has impressed students and faculty alike with his positive attitude. Whether he is teaching one of three different math courses, finding ways to better Millbrook through the school improvement team, or coaching the Varsity Baseball team to the playoffs, Coach James's dedication to our school is



Photo by M. McPherson

apparent. His inspiring love for his career and Millbrook earned him the 2014-2015 Teacher of the Year award this past December.

Coach James was born in Monroe and grew up in Wingate, North Carolina, where he attended Forest Hills High School. From there, he pursued degrees in Math Education and Political Science at North Carolina State University and earned his Masters in Education from Wake Forest University. Coach James grew up in a family of educators, yet he vowed to never pursue a career in teaching. It was not until his senior year of high school

Coach James has been teaching for seven years now and loves Millbrook's palpable sense of community. He describes Millbrook as a "unique place that is impossible

to understand until you experience it. All Wildcats, students, parents, and teachers alike, share a common bond." Currently, Coach James teaches three different levels of math: Math 1, AP Statistics, and IB Math SL. He admires each of his classes for different reasons, citing the importance of a strong math foundation in Math 1 and his student's appreciation for higher level math in AP Statistics and IB Math. Senior Anna Rinderer, who is currently enrolled in AP Statistics, describes Coach James as "one of the best teachers" she has worked with at Millbrook. "He

teaches in a way that keeps the whole class attentive and engaged."

When he is not in the classroom, Coach James can be found preparing the Varsity Baseball team for their upcoming season this spring. James knew he wanted to be involved in the baseball program as soon as he began teaching at Millbrook. He received the opportunity to coach the JV team in 2010 and took over varsity in 2012. Coach James loves baseball for both its complexity and ability to be enjoyed by those who do not necessarily understand the game's intricate nature. His favorite part of the year is May during baseball's

playoffs. According to James, every pitch during this time has the ability to end or extend a season. "This can be fun and terrifying all at the same time," he explains.

Above all else, Coach James values the lasting relationships he is able to build with students and players each year. "I'm thankful to have had Mr. James as a baseball coach the past 3 years," explained senior Zach Abdou. "He is a role model for myself and the rest of the team and has given so much to the baseball program. There is no one else I'd rather play for my senior year."

## College Corner American University



By Audrey Kahwaty  
SECTION EDITOR

annual survey of college student three separate times in the past 7 years. This college is especially known for promoting international understanding, hence the incredibly diverse student body which consists of people from over 150 countries. It is not rare for you to encounter a world leader walking across

by Foreign Policy and the Washington College of Law. Admissions to American University are competitive, where 43 percent of applicants are admitted. You must score in the 75<sup>th</sup> percentile on your standardized test scores in order to be considered. However, this year AU has changed to test-optional applications, meaning you can choose whether to include your test scores, and it will not help or hurt you. American University is a great option for any student who is ready to dive into their studies and work hard.

American University, also known as AU or American, is a private, coed, liberal arts curriculum, doctoral, and research-based university. It is located in the capital of the United States, Washington, D.C. The university was chartered by an actual act of Congress on February 24, 1893, when the bill was approved by President Benjamin Harrison. As a member of the Division I Patriot League, AU competes as the American University Eagles. AU was named "the most politically active school" in the nation by The Princeton Review's



media.nbc.washington.com

American University's 84 acre beautifully botanical, park-like campus. The university has six schools, including the School of International Service, which is currently ranked eighth in the world for its graduate programs in International Affairs

Many notable people from actors to famous lawyers, such as American actress America Ferrara and former advisor to President Bush, Frances Townsend, graduated from AU making it a notable private university to consider when applying for college.

## Student Q&A with Maryam Yamadi

*A graduate of the Millbrook Class of 2014, Maryam Yamadi was very active in her four years here. During her senior year she was a Varsity tennis player and captain, Secretary of World Cultures Club, Vice President of Executive Board, and coeditor of the Yearbook staff.*

**What is your favorite part at AU?**

*Definitely the fact it is in D.C.; there are so many things to go do. I never get bored exploring.*

**What is your major? What do you want to do after college?**

*Neuroscience. I want to go to medical school after I graduate.*

**What is the most unique thing to Washington in comparison to Raleigh?**

*In D.C. the internship opportunities are endless. Even as a first semester freshman, I had the opportunity of interning at The Pulmonary Hypertension Association. In Raleigh, internship opportunities are harder to find.*

**What opportunities have arisen at AU?**

*AU's science program is pretty small, but in turn that will provide an abundance of research opportunities with my professors down the road.*

**Are you a part of any clubs and/or organizations at AU?**

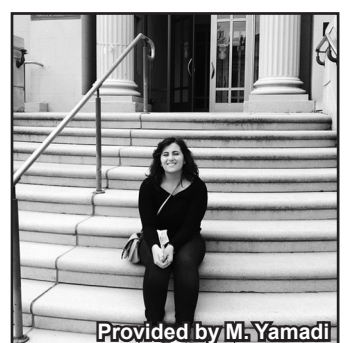
*Not during the first semester, but I am going to participate as a member of the symphony and the literary art magazine in the spring.*

**What do you miss the most about high school?**

*Driving and Chick-fil-a!*

**What advice would you give to a senior beginning their freshman year of college next year?**

*Always take advantage of the opportunity to begin assignments early, even if they aren't due. If you feel like you have nothing to do, then you're doing something wrong.*



Provided by M. Yamadi

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# 2014: A Year



**Seattle Seahawks win Super Bowl XLVIII**  
February 2



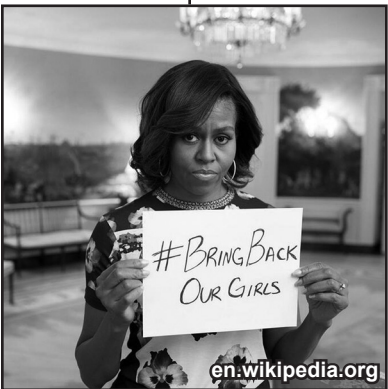
**2014 Winter Olympic games are held in Sochi, Russia**  
February 7-23



**Malaysia Airline flight MH370 goes missing**  
March 8



**Crimea declares independence from Ukraine**  
March 17



**Over 200 Nigerian schoolgirls are kidnapped**  
April 14



**ALS Ice Bucket Challenge goes viral**  
June 30



**West African Ebola epidemic becomes global concern**

On August 8 the Ebola, or Zaire, virus outbreak was officially deemed a 'public health emergency of international concern.' Ebola was discovered in the 1970's, and while we do not know the exact origin, it is believed that fruit bats are the natural hosts. Cases first began to pop up in December of 2013 in New Guinea. The disease quickly spread, and by the summer of 2014 had reached other West African countries, including Liberia, Sierra Leone, Nigeria, and Senegal. The epidemic has severely strained the region's healthcare capacities. Overall, there have been about 7000 confirmed deaths due to Ebola. The US was given a scare when Thomas Duncan became the first person in the United States to have the disease. Since his death on October 8, there have been three additional cases in the US. The CDC has been working closely with airlines and ports to assess the health of passengers coming into the US from hard-hit areas. The average fatality rate for Ebola is around 50%. There is no proven vaccine for Ebola as of yet; however, scientists predict that one will be ready by summer 2015.

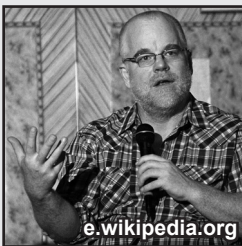


**Same-sex marriages begin in North Carolina**

On October 10, the state of North Carolina recognized the right of same-sex couples to marry. The change stemmed from a ruling given by the Fourth Circuit Court of Appeals, in which they found that Virginia's ban on same-sex marriage was unconstitutional. Because North Carolina is also in the Fourth Circuit, the ruling applied to North Carolina's Amendment One. However, there was no change in North Carolina until District Court Judge Max O. Cogburn, Jr, applied the decision to a court case in the state. Although most counties were not able to begin distributing the modified marriage licenses on October 10, Wake County was able to begin giving marriage licenses that afternoon.

North Carolina is not the only state that has recently changed its laws on same-sex marriage. There are currently 35 states that recognize the right to marriage for all couples, accounting for a majority of American citizens. This is mostly due to action taken in the judicial branch to overturn laws on the state level. In many states that still do not recognize same-sex marriages, rulings have been made in favor of same-sex marriage but are awaiting further progress.

## NOTABLE



**Phillip Seymour Hoffman**  
July 23, 1967-  
February 2, 2014

**Shirley Temple**  
April 23, 1928-  
February 10, 2014



**Maya Angelou**  
April 4, 1928-  
May 28, 2014

**Ann B. Davis**  
May 5, 1926-  
June 1, 2014



**Germany wins the 2014 FIFA World Cup**  
July 13



# Year in Review



**ISIS beheadings draw international attention**

ISIS, standing for the Islamic State of Iraq and Syria, has been a group that has made their beliefs public in the most horrific of ways. Their gruesome beheadings have been broadcast everywhere, the first being journalist James Wright Foley on August 19, 2014. They have also beheaded Steven Sotloff and Peter Kassig, as a revolt against the American administration attacking against them. ISIS was a part of Al-Qaeda before breaking off from the group in 2013 due to a leadership dispute. Since then, ISIS has brought terror to innocents in Iraq, and then to those in America when the beheadings began. On December 17, ISIS attacked a US base in Iraq, attempting to overrun it, making it the first time Americans had to fight them on the ground. ISIS's goal is to eradicate their enemies as well as to become the nucleus of a global Islamic empire. They justify their actions through the quoting of the Qu'ran as they behead and crucify both their enemies and their fellow Muslims. The American government has continued making a stand against their attacks, staying strong and fighting back in the true American way.



**Taliban besiege Pakistani school, leaving 145 dead**  
December 9



**U.S. Senate releases report on CIA torture**  
December 9



**"Black lives matter" protests begin throughout the country**

Since the death of Michael Brown in Ferguson, Missouri, protests have spread all across the country. On November 24, former officer Darren Wilson was not indicted by the grand jury of Ferguson for the death of Michael Brown. That following evening, angry mobs burned and looted buildings in the town and started chants and demonstrations in the streets. The riots in Ferguson, Missouri, caused the city to go into a state of emergency. The National Guard was sent to Ferguson to control riots within the city. Recently, in Raleigh, protests have occurred ending with several arrests. In addition to Ferguson, protests were held in New York City after the death of another African American man, Eric Garner, who was held in a chokehold by an officer. The video of Garner's death was released, resulting in citywide protesting and demonstrations. Even across the globe in London, protests were held to raise awareness for the incidents happening in the United States. Groups of people were also arrested protesters in one of London's malls. Several celebrities have also gotten involved with protesting for Michael Brown and Eric Garner, like Beyoncé, Jay-z, Michael Jordan, and Chris Rock.



**Philae probe successfully lands on comet**  
November 12



**Alaska legalizes recreational marijuana use**  
November 4

## DEATHS



**James Garner**  
April 7, 1928-  
July 19, 2014

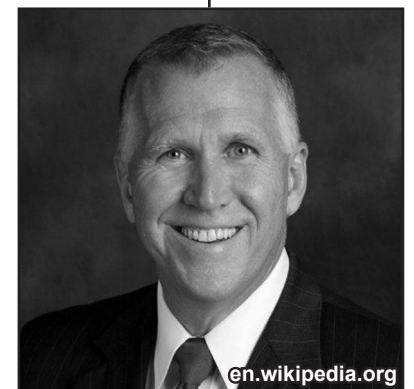
**Casey Kasem**  
April 27, 1932-  
June 15, 2014



**Robin Williams**  
July 21, 1951-  
August 11, 2014



**Joan Rivers**  
June 8, 1933-  
September 4, 2014



**Republicans gain majority in Congress after elections**  
November 3



**Malala Yousafzai and Kailash Satyarthi win the Nobel Peace Prize**  
October 10



**San Francisco Giants win third World Series in five years**  
October 29



# Classic literature for book lovers everywhere



By Jessica Urbanski  
STAFF REPORTER

What do you think of when someone says “classic literature”? Maybe the words old or boring come to mind. The thing is, not all classic literature is boring. Not only are there different genres of classic literature, but there are also different genres for everyone.

In 2013, *The Great Gatsby* was a wildly popular movie. This film was based on a novel written in 1925 by F. Scott Fitzgerald. The story begins at the point of view of Nick Carraway, a man who wanted to learn about the bond business. Nick traveled from his home in Minnesota to West Egg, New York, to achieve his goal. He rented a small house next door to a huge gothic-style mansion. After about a month, when he was settled in, Nick noticed that every Saturday evening huge parties were held at the house next door. A man rumored to

be named Gatsby lives in the house, but Nick had yet to see him. The novel tells the story of how Nick gets to know Gatsby and the secrets Nick finds out about his cousin Daisy and Gatsby’s secret love. The author of this book put in a great amount of detail and imagery into this book, making it very entertaining to read.

If adventures are more of an interest, *The Adventures of Tom Sawyer* is a recommendation.

In Mississippi, young Tom Sawyer lives with his half-brother Sid, his cousin Mary, and Aunt Polly. This novel tells the story of how mischievous Tom can be and how it gets him into trouble. Tom’s adventures vary from skipping school, getting lost in a cave, and even running away with his friends. Unfortunately, when Tom and his friend Huckleberry Finn discover a dark town secret about buried treasure, they realize someone else got there first. The only way to find out

what happens to Tom and Huck is to read this novel.

Fantasy novels contain the right amount of magic to lure in readers. For example, *The Hobbit* has characters varying from Dwarves, Wizards, Elves,

lay ahead of them. A run in with the Elves and the discovery of a mystic ring brings out the magic in this novel.

We may not know what the future is going to be like, but an author can try. Science fiction books like *20,000 Leagues Under the Sea* by Jules Verne. In his story *20,000 Leagues Under the Sea*, and oceanographer name Pierre Arronax gets throw off his ship. In the process of trying to get back on, he stumbles upon a different ship with a strange captain. Though they have never met, he knows Pierre.

The captain, later to be called Nemo, took Pierre and other stranded men on adventures under the sea, like finding the lost city of Atlantis. The story continues to adventure through the oceans of the world with Pierre and his crew until tragedy strikes. This novel is a classic book about adventure and picturing what the future would look like.

Classic literature may be old, but the stories can be just as exciting as today’s.



Stacked on shelves, on your desk, and next to your bed, books are nearly everywhere. Classic books could be great additions to a collection.

and of course, Hobbits. This tale by J.R.R Tolkien originates in the village of Hobbiton where Bilbo Baggins, a Hobbit, lives peacefully. One day a man named Gandalf interrupts his peaceful living and invites Bilbo on a journey to regain the Dwarves’ treasure from the enormous dragon, Smaug. Reluctantly, Bilbo agrees to embark on the journey with Gandalf and the Dwarves, not knowing what dangers

## Jenna Declassified School Survival Skills



By Jenna McMains  
STAFF REPORTER

In a high school full of difficult classes, insane A/B-8 Schedules 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.

The key to success in high school and in life is time management. The mature ability to block out distractions and focus is essential to long term achievement. Wayne Gretzky, a former hockey player and coach, believes that procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy. Every day we students are surrounded with

blitzkriegs of tweets, posts, texts, snap chats and the homework given by our teachers becomes the straw that broke the camel’s back. As a teenager, it can be hard to ignore a hilarious picture on Instagram, but while you are looking at it, you are wasting valuable time and focus.

Tools to limit and control online access to websites and social media abound, but one small issue is that these companies want you to pay them to keep you focused. But never fear, there are many equally as superb tools out there. A quick search on Google for free time management tools yields plenty of results. SelfControl is an application for Macs that blacklists certain websites. The user enters in the websites they want blocked and a period of time. Be careful because even restarting your computer or deleting the application will not unblock the website until the time period ends. StayFocused is a similar application for Google Chrome where you input a

list of blocked and allowed sites. This program allows you to change the settings and the lists at any time unless you are in nuclear mode, which is similar to SelfControl. This sounds extreme but is very helpful.

FORCEDraft is a similar program geared towards writing. Instead of controlling access to social media, it controls the amount of time, or number of words you write. The full screen program cannot be minimized until either the time or word count requirement is met. A similar online program is Zen Pen. The website is very simple looking with an area for text and one simple sidebar. This toolbar includes a full screen mode, a target word count, and a save feature. If you input your target word count, a thin line will appear to the right of the scroll bar. This line will grow as you get closer to reaching your word count goal. Not only are these distraction free zones, but they also encourage students to reach their required word count.

My final suggestions do not involve any revolutionary technology; they instead require good old fashioned self-control. Junior Emiliano Maltrana admits that his biggest distraction is his phone: “Getting notifications and messages while I’m doing homework disrupts my thought process and I lose focus.” His solution is simple: “I leave my phone in my room and try to do my homework somewhere else so I don’t have the option of getting distracted by it.” Blocking out distractions is one part of a good time management strategy. The other is prioritizing. Senior Danielle Wilder, who has two jobs in addition to her school workload, does “homework both in the morning and at night. I prioritize based on what is due tomorrow and with my extra time I work ahead or catch up on sleep.” Making a balanced plan and sticking with it can result in much better grades and a much less stressful journey there.



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## STUDENT MEAL

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Steak..... \$5.45  
Shrimp..... \$5.45



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# Top Ten pump up songs before a test

Compiled by the *Cat Talk* staff

10. "Beethoven's Fifth Symphony"... if a deaf man can write something this classy you can make it through your test without tears.
9. "Girl on Fire"... whether you are a boy or girl, you know the feeling after you pass a test that you didn't study for.
8. "Say Something"... I'm giving up on school.
7. "Lip gloss"... your lips will be the only thing poppin' after you receive your grade.
6. "Halo"... you'll need a secret guardian angel to help you pass this test.
5. "Take Me to Church"... you'll need to pray your parents don't blow up after you get your grade back.
4. "Jesus Take the Wheel"... this needs no explanation.
3. "Not Afraid"... but you should be.
2. "Who's Gon' Stop Me"... from cheating on this test.
1. "We Are the Champions"... because the whole class failed together.



Dear  
Catty...

Dear Catty,

**Help! I am completely addicted to Netflix! As soon as I get home, I am automatically drawn to my television or computer. I know that I have homework and other responsibilities, but I am unable to make myself stop watching. My grades and life in general are suffering.**

**-NetflixAddict**

*Dear NetflixAddict,*

*This is a problem many people struggle with. Netflix is indeed a seductive mistress. My advice to you is to go to a room without a viewing device to do your work in. For homework requiring a computer, try using internet explorer, or another browser that is inconvenient to watch Netflix on. When you have fulfilled your responsibilities, you may reward yourself with ONE or TWO episodes.*

*-Catty*

Dear Catty,

**I am having a hard time balancing school and work. I need to get good grades to get into a decent college but I also need my job to help pay for tuition. What should I do?**

**-ConfusedSenior**

*Dear ConfusedSenior,*

*It is completely normal to feel the need to take on the responsibility of paying for college; however, it is important that you do not continue to let your job be a priority over your school work. You should minimize the hours you work a week to fit your school schedule.*

*-Catty*

Dear Catty,

**Getting to school is such a struggle. Waking up before the sun rises AND when it is bitterly cold is not only unnatural but mean! I want to have good attendance so I can do well in my classes but cannot seem to find a way to get out of bed most mornings.**

**-Sleepyhead**

*Dear Sleepyhead,*

*Getting out of bed and to school can be difficult, but there are ways to help you wake up! Try turning on your lights first thing when you hear your alarm go off. Grab a caffeinated drink and start getting ready. Play your favorite music and try to forget how early it actually is, and before you know it your school day will have started.*

*-Catty*

Dear Catty,

**With Valentine's Day around the corner, I am freaking out about what to get my girlfriend. I want it to be perfect, but also not too expensive. What do I do?**

**-HopelessRomantic**

*Dear HopelessRomantic,*

*It is understandable to be scared about what to get your girlfriend, but remember that this is only high school. Just take her out to dinner and buy her flowers. You have many more years to be extravagant, so save yourself some money and stress this year.*

*-Catty*

## American Roof Tech & Construction Co. Inc.



Jeff R. Jamison

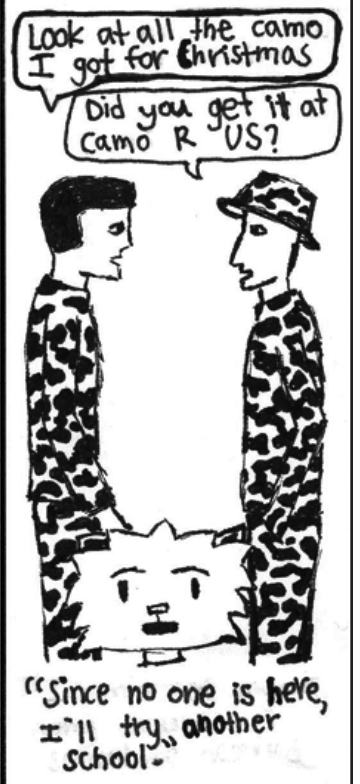
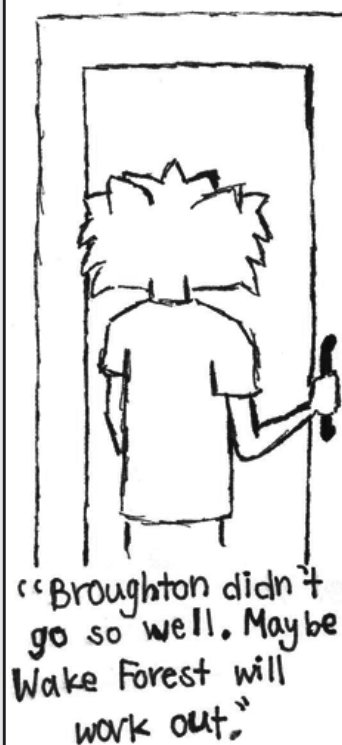
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## Wiley the Wildcat



Drawn by Oliver Ficker  
STAFF REPORTER







By Mitra Norowzi  
SECTION EDITOR

Last year was a good year for us science fiction buffs out there with the release of big blockbuster flicks such as *Guardians of the Galaxy* and *Interstellar*. Luckily for us, 2015 promises to continue to sate our desire for space, science, and aliens. Two such films are set to release within a week!

Tomorrow, January 30, will see the release of *Project Almanac*. The film's premise revolves around a group of teenagers who discover plans to build a time machine in one of their father's basements, and whom decide to actually build the machine. The high schoolers gleefully utilize the machine to improve their lives, such as using an almanac to buy past winning lottery tickets for example, hence the title *Project Almanac*, as well as for the purpose of landing dates. However, they soon discover that time is a destructive and fickle force of nature. Things quickly spiral out of control and paradoxes begin to threaten the lives of the teens as well as reality as they know it. Produced by Michael Bay, the film will star *Chasing Mavericks*' Johnny Weston and *Gossip Girl*'s Sophia Black-D'Elia. One of the

most interesting aspects of the upcoming movie is the 'found footage' style in which it was filmed. This type of filming is designed to look like the characters have filmed it themselves and can be observed in films such as *The Blair Witch Project* and *Chronicle*.

Just a week later, *Jupiter Ascending*, will premiere on February 6. The space opera is written, directed, and produced by the



filmmaking twins Lana and Andy Wachowski. Space opera is a subgenre of science fiction and refers to works that contain elements of drama, romance, and comedy, in addition to typical science fiction characteristics. There is not any singing in a space opera; the name is actually a play off of soap opera. The film will feature Mila Kunis as Jupiter Jones, a seemingly ordinary Earth girl whose genetic code actually marks her as interstellar royalty and heir to Earth. Her destiny is told to her by Channing Tatum's

character, Caine Wise, a genetically engineered ex-military hunter. Wise makes it his mission to protect Jupiter from the characters of Eddie Redmayne, Tuppence Middleton, and Douglas Booth who star as alien royalty who would rather not share Earth with her. The film will also star Sean Bean as Stinger, a former colleague of Caine's who is spliced with bee DNA, but is trying to live



a normal life as a human. Is it too early to cross our fingers and hope Bean's character does not die for once? It has been reported that the filmmakers have gone to great lengths to produce the movie with as few digitally manipulated stunts as possible, which ensures better quality.

It is time to get into the science fiction mood: Both these films are a great option for a trip to the cinema within the next few weeks. With both rated PG-13, they kick off another year of exciting sci-fi movies.



By Drew Prentice  
STAFF REPORTER

Relaxing, suspenseful, and upbeat are three very different adjectives, but they all do have one thing in common: they all can be used to describe classical music. There is no definite term to describe classical music. Some people have said that classical music is any form of music that has been around for centuries, while other people claim that classical music is music created using violins, pianos, and other instruments. Despite its definition, many people think that classical music has died out completely. However, classical music has existed for many years and continues to survive today.

Classical music originated from ancient Egyptian music, more specifically the Egyptian orchestra, which was created in 2695 B.C.E. After the fall of Rome, classical music was divided into different time periods. The first was the early period, and the first division of this period was Medieval music (Fall of Rome or late 400 C.E. - 1400). Chant was the predominant form of music during this time and fell under two categories: Gregorian chant or songs sung one note at a time, and

polyphonic chant, which came after Gregorian in the Middle Ages and consists of two or more independent lines sung at the same time.

The next division, known as Renaissance music (1400 - 1600), increased the use of instruments and began using bass instruments. One of the bass instruments they used was the bassoon, a woodwind instrument designed to play low tones. They also began playing the harp, the flute, the trumpet and early keyboard instruments at this time. Sheet music had begun to form as well, so that musicians could play without the need of a composer.

After Renaissance music, a new music period emerged: the Common Practice period. This is when the main structure for current classical music finally formed and when the most famous composers were alive. The first division of this period, Baroque music (1600-1760) caused classical music to become much more complex by using a continuous bass line and instruments such as the violin and the organ. Famous German composer Johann Sebastian Black also lived during this time but did not become famous until centuries after his death.

Classical period music (1730 - 1820) overlapped Baroque music, but still made a few changes to the genre at the time. In this time, the piano became the dominant keyboard

instrument in an orchestra, and clarinets were being used more often. Joseph Haydn, now known as "Father of the Symphony" and Wolfgang Amadeus Mozart created classic pieces of music and, in turn, caused the popularity of classical music to increase greatly.

Overlapping the end of the Classical period music genre was Romantic music (1780 - 1910), where emotions began to intertwine with how classical music was written. This era was best known, however, for one of the most famous composers in the world, Ludwig van Beethoven. Despite being deaf, Beethoven wrote some very famous pieces, such as *Für Elise* and *Symphony No. 5*. It was also during this time period that pianos became popular, and more percussion and brass based instruments were being used.

The next time period, known as the Modern and Contemporary era, which started in the late 19th century and continues on today, saw a large dip in classical music's popularity. Diversity was encouraged in classical music, but as it became more diverse, entire new music genres were formed. There are still many examples of classical music today, such as in cartoons and Millbrook's orchestra. Though the future of this genre remains unknown, it is still known as the basis for every music genre we know.

## Boy Bands: then and now



By Alana Topakian  
SECTION EDITOR

Boy Bands, a term created in the 90's to define a vocal group of males that fit a certain criteria, are known and loved throughout the world and throughout history. Women worship them, men envy them, and for seemingly understandable reasons. Not only do they have talent, they also have the money and the looks to back it up. They are usually in their teens or 20's, and normally perform to primar-

ily a female demographic. Yet Boy Bands are ever changing, and their fame can be very fleeting. From the Beatles to One Direction, Boy Bands have changed music.

Though the actual term was not created until 30 years later, the Beatles remain the backbone of the Boy Band genre. The Beatles especially were key in creating the 'Boy Band stereotypes' like how there are is always one cute guy, one quiet guy, one funny guy. They were also key in creating the catchy tunes that are now in basically all pop music songs. Next came the Jackson 5, the first to bring family to the genre. New Edition popped up around the early



Bands like the ever popular Backstreet Boys changed the Boy Band genre. From the Beatles to One Direction, the evolution of boy bands is a part of music history that no one will ever forget.

80s, cementing the mold on how Boy Bands need to be

attractive, talented, and also successful.

It was not until the 90s though that Boy Bands got really big, starting with the band New Kids on the Block. They were started by the same man as New Edition, Maurice Starr, and made more money than Madonna and Michael Jackson. Then came the Backstreet Boys, a band whose bad-boy attitudes and melodies made them dominate the music industry in the late 90s. As senior Jaden Trahin said, "The Backstreet Boys are where it is at." NSync was next, a band that had the still famous Justin Timberlake in it. Of course, then came the Jonas Brothers, three musicians who not only

played their own instruments, but also wrote their own music. Finally, we have the currently popular band One Direction, a group of guys who were put together through the X Factor, and have not only revitalized the boy band genre, but taken it over.

Boy Bands are a part of music history that will never go away, as there are more than enough girls on the planet who could not live without them. Senior Hannah Harris said it best when she said, "Boy Bands are like a guilty pleasure- although their lyrics may only be viewed as skin deep, their songs are just too catchy to not sing along to at the top of your lungs."



# Sound Opinions



By Frances Deese  
STAFF REPORTER

Robin Hood stole from the rich and gave to the poor, and it seems that our society today needs a real Robin Hood. Many of the richest people in the nation have become very greedy with their money. Money swallows them up and blinds them; they cannot see that people are suffering and are not as lucky as they are. They seem to believe that it is not their right to give to the poor, even if that means millions more of people left are suffering.

However, not all billionaires hoard their assets, Bill and Melinda Gates and Warren Buffett started The Giving Pledge in 2009 and made it public in 2010. The campaign requires the billionaires who join the campaign to donate 50% or more of their wealth to charity. The goal of the campaign is to invite the wealthiest individuals and families of the world to give their wealth to philanthropy. There are 127 endorsers with names that include Bill and Melinda Gates, Warren Buffett, Paul Allen, Steve Case, Ted Turner, and Mark Zuckerberg. While this idea is amazing, it is very sad that only 5% of the world's billionaires have signed the pledge. Some of those who have not signed it claim they will not because it is just a PR stunt. Even if this were the case, insane amounts of money are being donated to those who need it. This campaign helps the less fortunate receive opportunities they normally would not have.

The Walton family of Walmart has given \$393 million to their foundation, The Walton Family Foundation. The Waltons are often criticized for being greedy because with over \$93 billion, giving away anything shy of a billion will seem small. The public is left to wonder why these people give away such little of their wealth. Because the Waltons and others similar

to them have such copious amounts of money, they do not see poverty up close and personal. They are in a little shell of people with the same amount of money as them and have not experienced poverty in a long time.

While it is important for the uber rich to donate money, their time is very important as well. J.K. Rowling has written 3 books where all the money goes to charity, and they have raised almost 30 million dollars. Rowling has given away almost



Being one of the trio that started the giving pledge, Warren Buffett has been very philanthropic, along with Bill and Melinda Gates. Buffet has vowed to and is in the process of giving away 99% of his wealth.

\$160 million.

Bono is one of the world's largest philanthropic performers. He has brought together many people from different backgrounds to work together for a larger goal and help the poor. He has donated to over 36 charities and has received many awards.

This year there are 2,325 billionaires worldwide, which is seven percent more than last year. Their combined wealth is 7.3 trillion. Even though it is their money, I believe many billionaires do not realize how many people have very little. People often think that when donating, only one contribution will get things done. However, smaller contributions over time add up and giving time can help out even more. A lot of the uber rich do not want the public to know their financial situations or how much they are giving. I can understand this to a degree, but I do not think it should stop them from giving at all. Even though these people earned the money they spend, there are 1.2 billion people worldwide who live in extreme poverty. Giving back to people makes you feel very good. All of the luxuries that billionaires spend their money on are not a need, but food for the hungry is.

# The war on drugs race



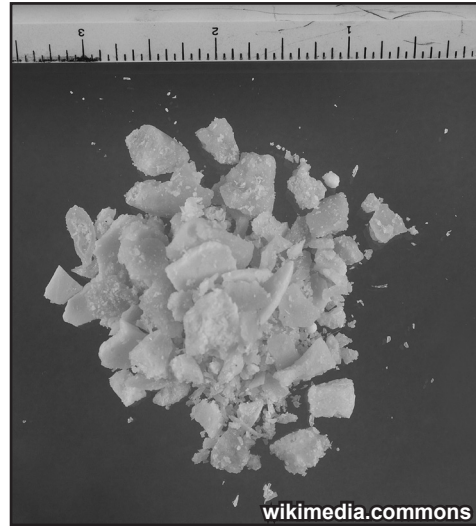
By Mitra Norowzi  
SECTION EDITOR

America does not have the best track record when it comes to racial issues. Here in the 21<sup>st</sup> century, we like to think that systematic racism has been expunged from public policy, but that could not be further from the truth, particularly in the case of drug policy. The War on Drugs was created in 1982 by the Reagan administration to garner support for its second term, despite the fact that drug abuse was on the decline. A 'tough on crime, tough on drugs' rhetoric was popular at the time. Anti-drug propaganda featured dominantly black Americans as drug users, forever casting them into a role that demonized them and guaranteed that they would always be regarded with suspicion by law enforcement. However, the effects of this policy can still be observed today, and

they are not positive.

The brutality of the drug war is one of the best kept secrets in the nation, and no one is willing to look behind the curtain and see the ugly truth. Rates of drug use and selling are fairly even across all racial groups, but low income areas of color seem to be the only areas targeted by law enforcement. According to the National Survey on Drug Use and Health, 38.2% of white young adults, 30.6% of young African-Americans, and 27.5% of Hispanics reported participating in illicit drug use. However, Blacks and Hispanics are far more likely to be stopped and searched for drugs than their white counterparts. In terms of being prosecuted for drug

related crimes, African-Americans have a 20% higher chance of serving jail time than whites, while Hispanics have a 40% higher chance of serving jail time than whites.



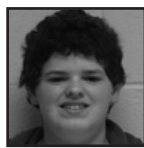
Crack cocaine, typically associated with blacks, is another example of disparities within the war on drugs. According to the US Sentencing Commission, almost 80% of crack cocaine offenders were black in 2009.

Drug laws concerning the abuse of crack cocaine remain some of America's most racist laws. Anti-drug propaganda would have us believe that it is mainly black people who use crack cocaine, but again, the rates of abuse are

fairly steady along racial lines, although use is a bit higher amongst the poor. There is a 100:1 ratio in the severity of sentencing for possession of crack cocaine and powder cocaine. This means that a person found with three grams of crack cocaine could get a four year sentence for instance, but someone found with powder cocaine could only receive that same sentence if they had three hundred grams of the substance. Almost eighty percent of sentenced crack cocaine offenders were black in data found by the US Sentencing Commission in 2009. In 2010, the Drug Policy Alliance's lobbies to reduce the sentencing ratio to 18:1 were successful.

Even though we have come pretty far in the area of race, drug enforcement disparities are just one example of how much further we have to go. To reduce the amount of non-violent minority prisoners, and the subsequent effects their imprisonment places on their families and communities, we must take racial bias out of drug policy and enforcement.

# No true separation of church and state



By Chase Jamison  
STAFF REPORTER

The separation of church and state has been a constant debate in the US. We claim to have separation of church and state, but do we really? Just like our founding fathers used religion to make many doctrines, it seems that our government officials continue to do so today. Some argue that it is not separate for reasons like that our government was made on religious beliefs when our country was founded, but is that reason enough for this to continue?

One of the reasons why people would say religion interferes with government decisions is the topic of gay marriage. Most people normally think of marriage as a term anyone would use, but it was originally a religious term used to describe a

union between a man and a woman. In today's society the term has lost most of its religious meaning. This is why it is not right for religious views to interfere with the government and people's lives. Why should our government care who we fall in love with and want to marry?

The same can be said for some people trying to control other people's bodies. By that I mean another person should not be able to control another person's body by telling them that they cannot get an abortion. Even in cases where the baby is endangering the mother's life, some people have tried to step in saying it is murder. Most of the time the so called person is just a pile of multiplying cells and is yet to have taken a human form or shape. I think people need to stop worrying about the unborn

kids and more about the born ones who were abandoned as an infant because these people were pro-life. They want the kid to live but will not take responsibility for them after they have been born. What is the point in being pro-life if you just abandon the child at birth?



With separation of church and state, most find it hard to decide which road to go down. People use propaganda all the time to try and sway your view on it

As strange as it is, a law in Texas states that in order to hold public office one must acknowledge the existence of a supreme being, preventing people who are not Christian from being involved in local government. The worst part is that this law or laws

like this one can be found in Arkansas, Maryland, Mississippi, Tennessee, South Carolina, and even in North Carolina. A law in Vermont states that it is illegal to deny the existence of God which is unacceptable in today's society and should have been removed long ago, or it should have never been considered a law in the first place.

There are countless other reasons as to why there is no true separation of church and state. You would think that a country founded on religious freedom would want to be accepting of all views. However, the problem is not that not enough people want to separate church and state. It is that too many people are okay with it being a part of the government. Even in the Pledge of Allegiance (that you say almost every day of the week) you recite the words "under God." For a country founded on religious freedoms and who is a melting pot of people who worship God, other gods, or no god at all, it is time to get religion out of government decisions.



# Athletes must become role models



By Hannah Bailey  
SECTION EDITOR

From academic issues to players' inappropriate behavior off the field, college sports scandals have taken a huge spotlight in the media lately. ESPN's Samantha Ponder said it best, "We're asking that you don't lie, you don't cheat, you don't steal, and you don't disrespect women." She was talking about the Jameis Winston incident where he yelled lewd and inappropriate comments about women while on Florida State's campus. Her comments were specific to Winston's situation, but they can be applied to all college athletes.

Hundreds of kids look up to college athletes like Winston as role models, and they have a responsibility to those kids to live up to their expectations. Whether

they want to admit it or not, that is a college athlete's job. The expectations are not too high for athletes. It comes with the territory of being a star athlete and someone who is the face of a university's athletic program. Because of their stature in society, athletes have an obligation to



Showing great sportsmanship, Michigan quarterback Devin Gardner consoles Ohio State's T. J. Barrett after he injured his ankle during their rivalry game. College athletes must become role models like Gardner after his act of kindness.

try to use their status to influence positive images for their fans to look up to. Athletes need to see themselves as role models and responsible members

of their community and use their power for good.

College athletes, like most people, are not perfect. No one expects them to be either, but what we do believe is that they should be held accountable for their actions on and off the field. To be a leader, you have to act like one, no

matter the situation. That means admitting when you are wrong and always trying to do the right thing.

Athletes who struggle with their role as a leader

should look to other athletes who have made a positive impact and image for their community. For example, when Ohio State played Michigan in football this year, Ohio State's quarterback J.T. Barrett was injured during the game. Michigan's quarterback Devin Gardner

put their rivalry aside when he came over to Barrett and consoled him. In one act of kindness and good sportsmanship on the football field, Gardner has become not only a star football player, but an excellent role model for his fans to look up to.

College athletes are role models whether they like it or not. What they do does have an effect on the fans who watch them on and off the field. Athletes must take the opportunity they have been given with their athletic abilities and talents to create a positive image within their communities.

# A dangerous love Teen dating violence



By Alana Topakian  
SECTION EDITOR

Love, defined as an intense feeling of deep attraction, is an emotion many teenagers have felt in the past or currently feel for someone else. Yet, when it comes to being romantically involved with someone, 1.5 million high school students have been intentionally physically harmed in the last year, by the person they were 'in love' with. Sadly, most of those students also stay with the abuser, making excuses for the abuser's behavior.

Violent behavior becomes apparent between the ages of 12 and 18, and dating begins around seventh and eighth grade, increasing the likelihood of dating violence. The biggest problem involving teen dating violence is that only 33% of teens are likely to tell anyone about the abuse, due to both lack of knowledge regarding the

law and an understandable want for confidentiality that has been fed by their fear. Also, most states do not include dating in their definition of domestic abuse, so the abused are unable to receive restraining orders against their abusers.

Dating violence in teens is an ignored problem, that once faced could make a huge change within many teenagers' lives. Even

parents are not knowledgeable about the violence that could be currently occurring within their teenagers relationship, and even worse, 81% of parents believe that teen dating violence is not an issue or are unsure if it is an issue. That lack of knowledge is something that we need to put an end to, instead choosing to educate both parents and teenagers on the dangers and reality of teen dating violence.

Teen dating violence also has many long-lasting effects on the abused. Victims of

violent relationships, especially those only in their adolescence, have higher risks of developing substance abuse problems and eating disorders. They are also at a higher risk of promiscuous behavior and further domestic violence.



Additionally, physical and/or sexual abuse victims are six times more likely to become pregnant, and two times more likely to get an STI. Furthermore, one out of two victims of violent relationships commit suicide, compared to 12.5% of non-abused boys and girls.

When it comes to North Carolina law regarding teen dating violence, our state allows us to get a protection order. If you are under the age of 18, then you need the person who has

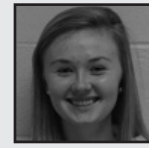
custody of you to file for a protection order. You also need to prove to the court that giving you a protection order is necessary.

How do you know if you are a victim of teen dating violence, or part of an unhealthy relationship?

Some of the main warning signs to look out for from your partner are extreme jealousy, an explosive temper, constant put-downs of himself, an erratic mood, extreme

possessiveness towards you, fake accusations, physically inflicting pain on you, and repetitive pressure on you to take part in sexual acts. If you find that your partner or relationship fits these qualities, try to find a trustworthy adult to talk to. Also you can check out the website [www.loveisrespect.org](http://www.loveisrespect.org) to learn more about teen dating violence, and get a chance to speak with a knowledgeable adult on how to handle what you are going through.

# Mistreatment of migrant farm workers



By Lexi McCool  
SECTION EDITOR

This past fall, Millbrook's Executive Board spent a Saturday morning harvesting collards at Goodwill Community Farms in Durham. Before being unleashed upon the rows and rows of collards, we were made to watch a pesticide safety video, explaining the dangers of these poisons and how best to protect ourselves against over-exposure.

Watching this overly simplified, seventeen minute video was unnerving. What stood out to me were not the troubling side effects of pesticides, however, but the fact that this same video was used to instruct migrant farm laborers about their rights in the fields. Often, a short and simple video like this is the extent of an immigrant worker's direction and training. Videos such as these have developed into more of a formality than a genuine attempt to inform the worker of their freedoms and power. These films are largely ambiguous and are often shown in English, not in the migrant farm laborers' first language.

Agricultural labor is in many aspects modern day slavery. Workers are paid sub-poverty wages and operate in inhumane working and living conditions. Overall, farm workers have the lowest annual income of any United States wage worker. Sixty-one percent of agricultural laborers earn an income that falls below the poverty line, with the median income for the group being less than \$7,500 a year. Furthermore, wages in this area have decreased by twenty percent over the past twenty years, even after being adjusted for inflation. Contributing to workers' low annual incomes is the practice of paying employees based on how many buckets of produce they pick—more commonly known as a "piece rate." Piece rates offer a disincentive to take adequate breaks for water

and rest, as they have a direct impact on worker pay. In theory, workers who do not earn the minimum wage under the piece rate should be fully compensated; however, oversight for adequate pay is lax.

Lack of oversight by farm supervisors and the government has also lead to sub-standard living conditions, an inappropriate number of washing and bathroom facilities, and poor access to healthcare and education. Families are often overcrowded in unsanitary housing circumstances and are forced to pay extremely high rents. Farm laborers do not have access to clean water, soap, or proper utilities to wash themselves or their clothes. This allows pesticide residue to build up on their skin, causing medical issues ranging from reproductive problems to diabetes and cancer.

More often than not, migrant farm laborers are not informed of their rights or are afraid to report abuses for fear they will be punished. With six out of every ten migrant farm laborers being undocumented, managers and supervisors will always be able to threaten deportation should a worker attempt to stand up for his community's rights. Generic "training videos" do not aid the situation any. Instead, workers continually rejected their right to overtime, sick leave, and maternity leave simply because they do not have a full understanding of the protection they are entitled to. They are consistently overworked and exposed to crops and spray that jeopardize their health, all without the ability to unionize and defend their rights.

Regardless of your stance on immigration policies and undocumented workers, farm supervisors and growers should not be allowed to exploit desperate employees for a profit—bottom-line. We should all be concerned with the rights of other people, especially while their labor provides us such a necessary service. Everyone should work to raise awareness of this mistreatment and push for proper education of migrant farm laborers working in our agriculture sector.



## College football playoffs



By Hannah Bailey  
SECTION EDITOR

The national championship trophy is not all that changed in the college football postseason this year. January 12 marked the first day a national champion was determined by the new College Football Playoff Selection Committee. Four semifinalists were chosen from the ten Football Bowl Subdivision (FBS) conferences. Alabama was ranked number one followed by Oregon at number two, Florida State at three, and Ohio State at four. Big 12 Contenders Texas Christian and Baylor were left out of the top four after Ohio State's dominating win over Wisconsin in the Big 10 championship game. The Big 12 teams were left out because the conference does not have a championship game, and TCU and Baylor were co-champions of the conference. Ohio State, the four seed, went on to beat number two Oregon and Heisman winner Marcus Mariota to become the first ever FBS playoff national champions.

The new playoff system was put in place to keep the excitement from the regular season continuing throughout the postseason. The College Football Playoff makes it so that every game counts even more than they have in the past. The new format includes a four-team playoff system. The four teams that participate in the playoff bowl games are determined by the selection committee that consists of a group of former coaches, student athletes, administrators, journalists, and current athletic directors. The selection committee meets throughout the college football season to determine rankings of teams in the FBS conferences. At the end of the regular season, the four highest ranked teams play each other in two semi-final bowl games that change every year on New Year's Day. The semi-final games are rotated through the New Year's Six bowl games: the Sugar Bowl, Rose Bowl, Orange Bowl,

Cotton Bowl, Peach Bowl, and Fiesta Bowl. The two winners of these games will go on to compete for the title.

For the first playoff, number one Alabama played number four Ohio State in the Sugar Bowl, while numbers two and three, Oregon and Florida State played in the Rose Bowl. These four schools were selected by the committee because of their strength of schedule, head-to-head matchups, championship games, and other factors.

In the Sugar Bowl, fourth ranked Ohio State upset number one Alabama 42-35. After the Rose Bowl, Oregon also advanced to the championship game after their dominating 59-20 win over last year's national champions Florida State. The game featured a matchup between last year's Heisman winner Jameis Winston and this year's winner Marcus Mariota. It was just the third meeting of two Heisman winners in college football history.

Although many support the new playoff system and believe it has been a good change for college football, there is some talk that there should be more than four teams in the playoff. Senior Jenna Franciosi agrees: "The selection process in ranking and choosing football teams is an art. Football is popular in some measure because the outcome of a game between evenly matched teams is so often decided by emotional commitment, momentum, injuries, officiating, and sheer luck. There's no way they could've picked just four teams perfectly, more teams needed to be included in order to correctly show who is 'number one.'"

The new college football playoff has changed college football significantly this year. It is likely that without this change, Oregon and Ohio State would not have been in the championship game because they would not have been ranked one and two through the old system. The new College Football Playoff system will be in place for the next 12 years. Senior Cole Tolson said, "I feel the playoffs made college football much more competitive than in the past years with the BCS bowl system. The games were very exciting."



By Frances Deese  
STAFF REPORTER

When we think of winter, we think of fires, blankets, snow and staying inside. Winter is not known for the season of workouts outside. The weather can frustrate many who still want to stay active but do not necessarily want to go to the gym every day.

Ice skating is a great way to stay active. Anyone can quickly learn to skate, even if you have to hold onto the wall. There is the more casual and fun rink on Fayetteville Street, Ipreo Raleigh Winterfest. This rink is very entertaining because it is right in the middle of downtown. It will be open until February first, so hurry because there are only two days left. It is also an outdoor rink and gives you even more of a winter feel. For an indoor rink, there is the Raleigh Ice Plex and the Polar Ice House. Going ice skating is also

## Staying active in arctic temperatures

very cheap, between five and ten dollars. Sophomore Rachel Cannon said, "Ice skating is such a unique and fun sport because it incorporates dance while on thin blades."

If you enjoy skating, hockey is a great way to keep in shape.

Hockey is rapid and action packed. Sophomore Emma McGrath says, "I grew up around hockey, and almost all of the guys in my family play it. I like the intensity and that it's fast paced."

While most ice skating rinks do not offer hockey equipment, there are plenty of secondhand sports shops. Hockey can also be played in the street. After a couple hours of hockey, a Carolina Hurricanes game at the PNC arena is a great way to end the day.

Raleigh is not known for its great skiing mountains; however, there are several ways to get into skiing in

this town. This year the Raleigh Premier Ski and Outdoor Organization celebrates its fiftieth year. RSOC's goals are to provide people with similar interests in activities ways to connect and participate in many outdoor sports.



Ice skating is a great way to exercise because it is fun and easy to learn. Skating is also easy to access because of its affordability and because all rinks have rentable skates.

The organization has more than 300 members. It hosts several ski trips throughout the year to anywhere from here in North Carolina, to New Zealand and Australia. Raleigh's Slope and Sail Tours offer day trips to Wintergreen Ski Resort. The tour bus leaves North Raleigh for Wintergreen five days a week and also stops in Chapel Hill

and Durham. It runs trips Wednesday through Sunday. If you want to get into skiing but do not want to buy equipment, the Alpine Ski Center on Glenwood Avenue allows you to rent equipment. The prices are very reasonable; a three day rental is under 70 dollars.

While snow is required, sledding is a great way to get exercise and have a lot of fun. There are many hills in the Triangle, hence Chapel Hill and Hillsborough. It is rumored that the intersection of Tadley and Markham Drives in Chapel Hill has one of the steepest hills in the

Triangle. Even if you do not want to drive 30 minutes, there are most likely steep hills in your neighborhood.

While the winter months seem to stand still, you can still be active. The cold will not stop you from getting exercise and enjoying it. Turning to winter sports for the time being may open your eyes to how much you enjoy them.

## The risks and precautions of snowboarding



By Drew Prentice  
STAFF REPORTER

On Christmas Day, 1965, Sherman Poppen combined two skis together to make the first snowboard, initially called a snurfer, for his daughters to surf down a small snow slope. Since then, the sport has gained popularity, and snowboarders have begun to take on more dangerous areas and slopes. Amazing tricks and high risks have caused many to want to join in on this sport, but some realize just how dangerous snowboarding is. "I have never considered snowboarding because a lot of my friends have been injured in the sport," said junior Siddharth Jindal. There are many risks that a snowboarder must be aware of before they begin.

It is also necessary that they learn how to prevent these dangers from occurring.

There are a multitude of injuries that can happen during a collision or fall while snowboarding. The most common injuries are to the wrists. As a person is falling, his or her first reflex is to land on the palms of his or her hands. It protects the rest of the body, but it causes all the pressure of the fall to go towards the wrists. One common prevention for this is to land on the elbows, but this can cause serious damage to the elbows as well. The best method for one to land is with his or her entire body, dealing minimal damage across all of it. Due to the feet being strapped in, the amount of leg injuries is minimal, but still possible, so try to avoid making too sharp turns that can twist your legs. Proper safety equipment should also be used, such as knee pads, gloves, and soft boots, as hard boots can damage a person's feet during a

crash. Failure to use this equipment often results in higher risk of injury.

Beginners are more likely to get injuries due to lack of experience. In fact, about half of a snowboarder's injuries occur during their first season of snowboarding. One of the biggest struggles beginners have is keeping control of their board. "The worst experience I've had snowboarding occurred the second day of learning. I was practicing to control the board; I lost control on a medium slope and could not stop unless I crashed, so I took the fall and ended with minor injuries," said junior Kerem Korkmaz. Falls are the leading cause of injuries in snowboarding and are typically caused by lack of control of the board. There are several ways to maintain control of a board, but the most common way snowboarders stay in control is by moving in a zigzag pattern. This causes the snowboard to slow down and makes it easier to

control.

Jumps are, unsurprisingly, the second most common cause of injury in snowboarding. Making a jump at high speed can be very difficult to pull off, and landing is even more difficult than jumping. One way to avoid getting into a crash is to watch how others take on the jump, observing their speed and motion. Then, when performing the jump, a snowboarder must feel that they are in control. If they feel like they are not in control of the board, they should try to avoid the jump entirely. When approaching the feature, bending the knees slightly, then straightening them as the feature is reached is essential for completing a safe jump. When landing, try to make sure the board is level with the ground and land evenly with both feet.

Snowboarding can be a dangerous sport, but with these precautions in mind, it can be much more fun and less hazardous than one may think.



# SPORT OF THE MONTH

## Gymnastics



By Hannah Bailey  
SECTION EDITOR

The gymnastics team is back and flipping their way to victory. Their coach Rachel Katz-Garland is leading the team to success. When asked about the team, she said, "We have a huge group this year, 20 total and half of them have never been on the team before. I'd love to see as many of them compete as we can allow. We have a large graduating class, and it'd be nice for all of them to go out with a bang!"

The gymnastics team has a history of excellence at Millbrook. Last year the team was the champions of the Cap-8 Conference. The last few years, the team has

also been the state runner-up. The team believes they have a great chance to win the title this year, but the competition will be tough. To prepare for the strong competition, the team is working on the small details that will separate them from other teams including upgrading their difficulty and working on the aspects of the routine the judges will be focused on the most. The team focuses on perfecting things like making sure their legs are completely straight in their tumbling and making sure their handstands are vertical. Coach Katz-Garland is proud of the improvements the team has been making all season. She said, "All of our girls have done an amazing

*"Even though we're all on different levels in gymnastics and all have different strengths, we still support each other on whatever we're working on."*

-Carrie Kleitsch, senior

job this year on working on little improvements that help over time. The

new freshmen came in and made a huge impact. Our sophomores started working on refining skills for the upcoming years. And the juniors and seniors really came out as leaders putting in a lot of effort that will be passed on for years." She specifically highlights team members Sydney Vaughn, Katherine Schudy, and Mary Angela Argyropoulos. Juniors Sydney and Katherine, who have never competed in gymnastics before, have put together routines to compete

this season. Coach called Mary Angela, who is a senior this year, "a staple on the Gold team earning numerous event awards individually."

Coach Katz-Garland wants the girls to not only do their best on the mat, but also in the classroom.

She said, "I have high expectations for each athlete in terms of school, how they appear and treat

made many friends. She said, "My favorite part of being on the team is getting closer with people that I

also said, "Even though we're all on different levels in gymnastics and all have different strengths, we still support each other on whatever we're working on."

The team has one competition left in the 2014-2015 season. The Cap-8 conference meet took place on January 16. Millbrook fans can then see them compete at States on January 30

and 31. Coach Katz-Garland is proud of the team; she said, "Competing in front of hundreds of spectators is always a challenge, and it's great to see some of the girls be able to highlight all the work they've done in practice."



Competing with the gymnastics team, senior Mary Angela Argyropoulos performs her routine on the uneven bars. The gymnastics team has worked hard all season preparing for the state competition.

people both in and out of school and on the field. My girls need to be coachable and should be able to take some of the lessons they learn in the gym and apply them to life!"

As a member of the team, senior Carrie Kleitsch has

wouldn't have ever met if it weren't for gymnastics." Because there are so many new members in the gymnastics program, the team has worked hard to come together and have their best performances during their meets. Carrie

## Cats on the Prowl

By Kiley Burns  
EDITOR-IN-CHIEF



Name: Taylor Keyes

Grade: 12

Birthday: July 28

Sport: Track and field

Event: Triple jump

Why did you start playing this sport?

One of my middle school teachers forced me to try out, and I fell in love.

What is your team like this year?

Stronger than ever! We have so many great seniors that have really stepped up to support the youngsters. We are a family.

Worst moment in a meet: When any of the relay teams drops the baton and everyone's heart drops

Interesting fact: 75% of high school students do not know the difference between high jump and pole vault.

Favorite quote: "People are dying every day that have never died before."

-My grandmother



Name: Evan Houze

Grade: 9

Birthday: October 4

Relationship status: Oh so single

Sport: Freshman Basketball

Position: Forward

Why did you start playing this sport?

I had nothing else to do, so I picked up a basketball

Likes: Pizza and UNC

Dislikes: Rain

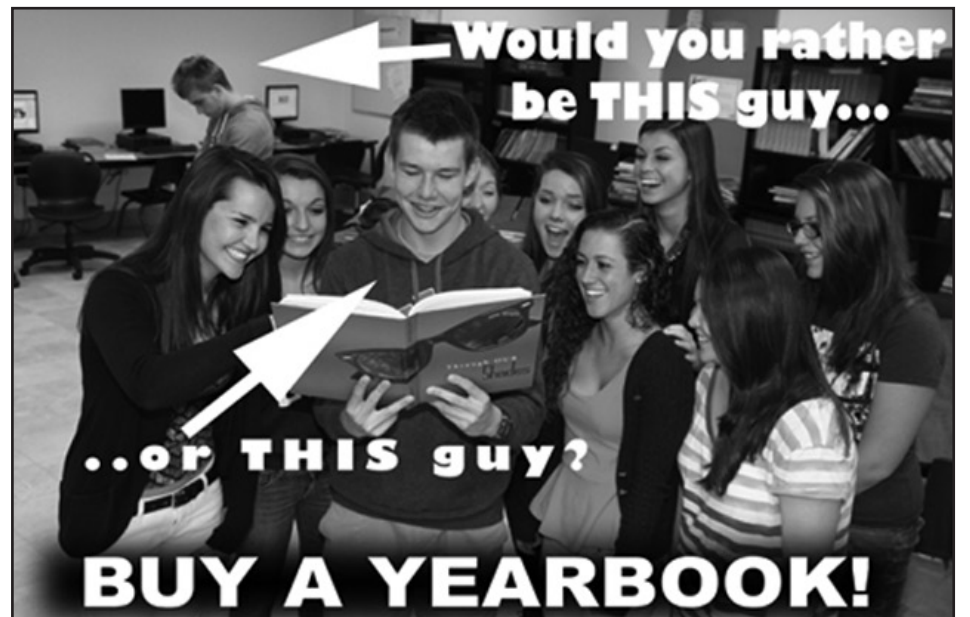
Hobbies: Basketball is all I spend my time doing.

What is something you wish you had more time to do? Be with my family

Best moment in a game: My first 20 point AAU game; I was stupid hype.

Worst moment in a game: Missing a free throw that would have sent the game to overtime.

Interesting fact: Andrew Jackson is my great, great, great etc. uncle



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