

CAT TALK



OCTOBER 23, 2014 VOLUME XLVI ISSUE 1 MILLBROOK HIGH SCHOOL 2201 SPRING FOREST ROAD RALEIGH, NC 27615

This Day in History

Compiled by the
Cat Talk Staff

October 23, 2014

1707- The first parliament of Great Britain meets.
1814 - 1st plastic surgery is performed in England.
1824 - First steam locomotive is introduced.
1869- John William Heisman, who revolutionized college football, is born.
1915- 25,000 women march in New York City, demanding the right to vote.
1921 - Green Bay Packers play first NFL game, 7-6 win over Minneapolis.
1925- Host of *The Tonight Show* for 30 years, Johnny Carson is born.
1929-The first transcontinental air service begins from New York to Los Angeles.
1941 - Walt Disney's *Dumbo* released
1942- Michael Crichton, writer of *Jurassic Park*, is born.
1946- The United Nations General Assembly meet in New York for the first time.
1958- An underground earthquake traps 174 miners in Springhill, Nova Scotia, the deepest coal mine in North America at the time. By November 1, rescuers from around the world had dug out 100 of the victims, marking the death toll at 74.
1964 - Japan beats Russia for first Olympic Gold in Woman's Volleyball.
1973- A U.N. sanctioned cease-fire officially ends the Yom Kippur War between Israel and Syria.
1976- Cat Deeley, English host of *So You Think You Can Dance*, is born.

SEE THIS DAY, PAGE 2

And then there were none A glance into the mystery



By Drew Prentice
STAFF REPORTER

After a long, hard day of work, you return to your home only to find that you have been sent an invitation to an island off the coast of southern England named Soldier Island for a late summer vacation. You decide to go, being tired of work, and upon reaching the boat to this island, you find that seven other people have also been invited to the island. After the eight of you start to get to know each other on the boat ride to the island, you arrive and find two more people already on the island. After the boat driver leaves, a voice suddenly comes from a nearby CD player, accusing all ten of you of murder, which happens to be true. The ten of you also find ten little sol-

diers and a poem saying how each soldier died. One by one, people start dying the exact same way the soldiers in the poem died, until the only one remaining is you.

This was the story chosen for the drama department's fall play, *And Then There Were None*. Originally written by Agatha Christie in 1939, this book went on to be one of the best-selling books in the world, listed at #7 on the list with over a million copies sold. Since it is so popular, the story is also the best-selling mystery book to ever exist. Christie created a script for a play of *And Then There Were None*, but changed the ending to attract more audiences and

make the play more interesting. However, a separate theater was given permission to keep the original ending, meaning there are two possibilities for the play. It seems that the ending will not

an older play, it's a great story, and it's also great to work with. We were also able to modernize it, in an effort for it to appeal to younger audiences." While at the moment the majority of these

changes are unknown, they will certainly make the play even more interesting. Some changes we do know of include the fact that some of the characters are portrayed by actors of a different gender and that one of the characters had their name changed, though



Photo by D. Prentice

And then there were none cast from left to right: KC Hollifield (Mrs. Rogers), Jake Weddle (Blore), Collin Yates (Wargrave), Sydney Hewitt (Dr. Armstrong), Ben Fisk (Mr. Rogers), Avery McClure (Lombard), Melanie Berriman (Vera), Jammin Wade (General Mackenzie), and Sarah Zimmer (Emily). Not pictured: Gabrielle Goodman (Annette) and David Thomas (Naracott).

be the only thing that this play changes, however. When asked why he chose the play, Mr. Kotzian, the director of the fall play, said, "I chose to use this play because we haven't done a real murder mystery yet, so I thought it would be interesting to try. It's

this is likely due to the name change in the original plays. This play is sure to be a brilliant performance portrayed by very talented actors. The main cast that will be acting in this play are Da-

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Getting a glimpse of Governor's School A summer to remember

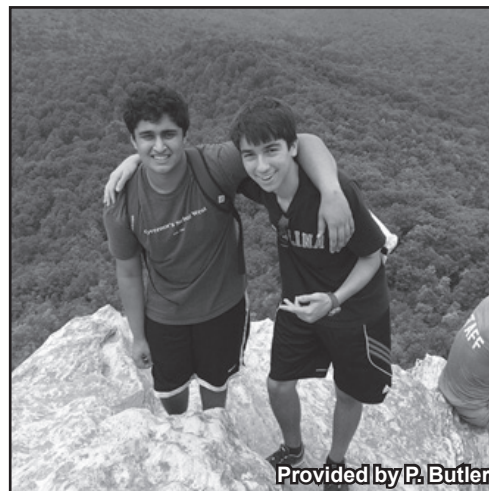


By Lexi McCool
SECTION EDITOR

Applications for the 2015 Governor's School summer session are now in progress and will continue until March 12, 2015, when accepted students will be notified of their admission into this rigorous and enriching summer program. Under this demanding application process, students are nominated by a teacher for one of eleven Area I disciplines: Art, Choral Music, Dance, Theatre, Instru-

mental Music, English, French, Spanish, Mathematics, Natural Science, and Social Science. Select students' applications are further reviewed and approved by their school, school system, and ultimately the Governor's School program. Students may attend for one of the five art disciplines the summer before their junior year and for any of the eleven disciplines the summer before their senior year.

After spending six weeks on the Meredith and Salem College



Provided by P. Butler

During a field trip sponsored by Governor's School, senior Patrick Butler explores Hanging Rock in the mountains of North Carolina with other Governor's School attendees. Patrick was selected last year to attend Governor's School for Spanish.

campuses, known as Governor's School East and Governor's School West respectively, students often describe the program as the best summer of their lives. But what makes it so special? Last year five students from Millbrook were selected for the program, and all five agree that their lives were significantly changed for the better and that their entire ways of thinking were challenged.

Monday through Saturday students are exposed to lessons and discussions not only in their area of attendance, but also in philosophy and ethics, known on the

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Learn more about the force behind Millbrook's Executive Board.
SEE PAGE 7



Got poetry? Check out the Poetry Club and all it has to offer.
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Mrs. King and Coach McInnes take on the ALS Ice Bucket Challenge.
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THIS DAY, CONTINUED FROM PAGE 1

1976- Canadian actor, Ryan Reynolds is born.
1981 - US national debt hits \$1 trillion.

1983- A suicide truck-bombing at Beirut International Airport in Lebanon killed 241 United States Marines and sailors; a near simultaneous attack on French forces killed 58 paratroopers.

2001 - Apple releases the iPod.

2002- 50 Chechen rebels storm a Moscow theater and take about 700 people hostage, during the 57 hours 120 hostages were killed.

2011- Libya's interim rulers declare the country liberated, marking the end of Muammar Gaddafi's 42 year tyranny.

2012 - 12 people are killed and 40 are injured in a hospital fire in Tainan, Taiwan.

October is the month that recognizes the following:

Bullying Prevention

Bullying Prevention Month started as a one week event founded in 2006 by PACER's National Bullying Prevention Center. In 2010 the event was expanded to the entire month of October. Bullying is an ongoing problem plaguing children, adolescents, and even adults. This month was created to draw attention to the devastating effects of bullying.

Breast Cancer Awareness

Breast Cancer Awareness Month was founded in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries. The goal is to promote mammography. The pink ribbon was chosen to be the symbol by Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, when she created the Breast Cancer Research Foundation.

AIDS Awareness

President Ronald Reagan declared October to be National AIDS Awareness Month in 1988. His goal was to educate the public and prevent the spread of this disease. The acronym AIDS stands for Acquired Immune Deficiency Syndrome. This is a late stage of the Human Immune Deficiency Virus (HIV). As of yet, there is no known cure for this ailment, however, some medications can be used to improve the quality and length of life.

PLAY, CONTINUED FROM PAGE 1

vid Thomas as Naracott, Gabrielle Goodman as Annette Marston, KC Hollifield as Mrs. Rogers, Jamin Wade as General Mackenzie, Ben Fisk as Mr. Rogers, Sarah Zimmer as Emily, Collin Yates as Wargrave, Jake Weddle as Blore, Sydney Hewitt as Dr. Armstrong, Melanie Berriman as Vera, and Avery McClure as Lombard. The play will be performed on November 6, 7, and 8, with tickets being \$5 for Millbrook students and \$10 for the public. Come out and support our drama department and have a truly mysterious experience.

GOVERNOR'S SCHOOL, CONTINUED FROM PAGE 1

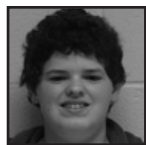
Governor's School campus as Area II and Area III. "Area II," as senior Patrick Butler who attended Governor's School for Spanish explains, "was definitely the more profound philosophical class. Ethics, social beliefs, and knowledge were often in question, and we discussed how each of these topics pertained to pop culture and history." Area III was a chance to explore yourself personally and consider your beliefs, values, and expectations while discussing how each of those concepts fit with society as a whole.

Almost every night students would meet in the auditorium for convocation which generally consisted of a performance by one of the art areas, a guest speaker such as Daryl Hunt, a man falsely incarcerated for 19 years, or thought-provoking films such as *Beast of the Southern Wild* or *Run Lola, Run*. After each of the convocations, students were given the opportunity to ask questions and discuss their ideas on the topics presented that evening. When not in class or attending convocations, Governor's School students could be found outside on the central Quad meeting students from across North Carolina, exploring the surrounding town, or partaking in organized field-trips.

Living with one another for six weeks and having the opportunity to discuss topics most high school kids are not pushed to consider helped to forge strong friendships between the attending students. As senior Abby Gostling, who attended Governor's School for Social Science, said, "The one thing made my experience so unique was the tight bond between my roommate and me. We had the ability to talk about deep topics that aren't a part of typical day to day conversation, in casual everyday settings, such as at the lunch table."

Perhaps it is these strong friendships or the ability for students to fully delve into subjects they are exceptionally passionate about that make the Governor's School experience so rewarding. Perhaps it is the ability for students to share viewpoints central to their values and identity, or the chance to discover and discuss topics which rarely reveal themselves in typical school settings that make students tick. Overall, everyone in attendance can agree that Governor's School instilled an immense appreciation for art and an increased level of tolerance for others' opinions. Governor's School allowed students to realize the value in questioning everything, and the power of genuine discussion.

The truth behind ISIS



By Chase Jamison
STAFF REPORTER

ISIS is a terrorist group that began in the Middle East. America had not heard of ISIS until recently. However, now the group is in the news practically every day. Sophomore Duncan Mehan said, "I think everyone should know what is happening around the world especially if ISIS is a threat."

The truth behind ISIS (Islamic State in Iraq and Syria) is that they are a terrorist organization that wants to control most of Iraq and Syria. It is not just a group of extremists; they are almost like a whole new country in the middle of Iraq and Syria. There are three different groups of Muslims: the Sunni Muslims, the Shia Muslims, and the Kurds. ISIS is part of the Sunni Muslims. They were not considered a true threat until this year, but now they have become

more aggressive. What people may not know is they have been around a long time, originally as part of al-Qaida. They normally keep to themselves, but recently they have gotten very violent in their actions. They originally tried to convert people without force, but in recent years have used militia action and force. As a result of these recent attacks and to discourage future attacks, the US military has begun

should have. Junior Griffin Simmons said, "We should have troops on the ground by now." They nearly doubled in size every 2 months and are growing at a dangerous rate. Soon ISIS will have control over most of Iraq and Syria. ISIS has even had an effect on certain cities in the US that have a high Muslim population. All these events began with the beheading of an American reporter who went missing in 2012 and



en.wikipedia.org/wiki/free-syria-army
Conversing during the Battle of Aleppo, the FSA (Free Syrian Army) is making a plan of attack. The FSA is fighting against ISIS, but is not trained for combat.

bombing the oil mills that ISIS has taken control over, lowering the amount of fuel and income. However, this had had little to no effect on their cause. They even have wealthy Muslims providing them with money and vehicles, giving them more power and fueling their war efforts.

The US got involved in the war on August 8 when the first bombing runs began, but when we decided to fight back in their expansion, some US citizens believe we did not take ISIS as seriously as we

was never seen again until a live video was posted on September 2 of his death. A video was posted shortly after that showed the conversion of American soldiers to fight for ISIS. Pictures of three soldiers from the United

States military were recovered showing them fighting against ISIS, one of which was a 28 year old from Wisconsin who joined a group of freedom fighters in northern Syria. There has been a lot of activity going on in the Middle East which has caused terrorism and chaos. President Obama has begun training and arming Syrian rebels to fight against ISIS. This may be a step forward, but the world continues to wait and see how and when President Obama and America will fight back.

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News Briefs

By **Brittany Hubbard**
STAFF REPORTER

Same-Sex Marriage

Same-sex marriage has been and still continues to be a battle cry throughout the US. Around sixty percent of Americans live in a state where same-sex marriage is legal. Recently, North Carolina became one of those states. U.S. District Court Judge Max O. Cogburn, Jr., overturned the ban of same-sex marriage, claiming that it was unconstitutional. Immediately after the ruling, homosexual couples ran to the court house to join each other in matrimony.

Guns at NC State Fair

Gun rights group, Grass Roots North Carolina, recently argued that a change in state law makes it illegal for the fair to ban concealed-carry permit holders from bringing guns to the fair. Families were concerned, and as a safety precaution, many were opting to sit this year out and not attend the fair. As a response to the uproar, Agriculture Commissioner Steve Troxler ruled that guns would not be allowed at the NC State Fair. North Carolina residents are thankful for the judge upholding the policy of banning weapons at the State Fair in a timely manner.

Nobel Peace Prize

The Nobel Peace Prize is an international prize that is awarded annually by the Norwegian Nobel Committee. The 2014 recipients of the Nobel Peace Prize are Malala Yousafzay and Kailash Satyarthi. Malala Yousafzay is a 17 year old Pakistani activist for female education. She is currently the youngest recipient of the Nobel Peace Prize in any category. In October of 2012, Malala was shot in the head by members of the Taliban for campaigning for female education. Kailash Satyarthi is a 60 year old Indian child's rights activist. He founded the Save the Childhood Movement to campaign for child rights and the end of human trafficking. Malala Yousafzay and Kailash Satyarthi were awarded for their efforts on improving the education and living for the oppressed youth.



By **Madisen Judge**
STAFF REPORTER

Madisen Judge is a former newspaper staff writer for the Cat Talk. Madisen, along with MHS students Allen Trainer, Izzy Wheeler, and Noa Fieldman, 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.

Believe it or not, the sky in Beijing is actually blue sometimes. Though reliable sources have informed us that we should wear a mask when there is smog, we have yet to feel any ill effects.

"I look forward to naturally learning the language as I get more immersed into the culture."

-Madisen Judge, junior

Overall, China is not as many outsiders expect it to be. While it does have what seem to be some very outdated methods to do things

and relics of an older world hidden all over, the country is still very modern with the perfect balance of culture within it. Most of the teenagers that we have met

are very willing to share their culture and are very open minded. During one conversation with a Chinese student, Eric, he said, "Much of the older generation is still very wary of outsiders because of the lack of education during the Cultural Revolution, but the younger generation is very accepting towards Western culture."

Over the past few weeks, we have explored parts of Beijing with the friends we have made in school. Since very few students stay at the school over the weekend, we are given the opportunity to especially

ful. I have seen people give up their seats on the bus or subway multiple times. Public transportation is very efficient, if a bit overly crowded. The only real

Life in Beijing

Language barriers and smog



Provided by M. Judge

While at the mall with friends, Madisen and the other exchange students accidentally became models for a popular street fashion magazine. Many people ask them for photos when they go out or simply take pictures from afar because foreigners are rare around the area in which they are staying.

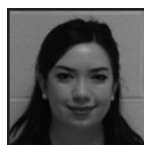
issue that comes up when trying to get around the city is not yet being able to read any of the signs. Our friends are extremely helpful when it comes to guiding us around. They have tried teaching us Chinese, and while very encouraging, they are not the best of teachers. I look forward to naturally learning the language as I get more im-

mersed into the culture. As exchange students, at school we have large gaps in our schedules and are left with a lot of free time. The school itself is very large with several buildings and has five floors. It has kids from every grade starting from kindergarten up to twelfth grade, and all students live at the school during the week. The actual teachers are very helpful, and most of them speak English. Classes are very college style and are all taught in English with a few exceptions. My AP Art class is taught in Chinese, and while that poses some issues, the class is more tactile than listening.

Our Chinese teacher, Mrs. Guan, has been nothing but helpful and is helping us improve in leaps and bounds. Overall, I have been impressed with the way we have been treated around China, both at school and outside. The remainder of this school year will prove to be a valuable learning experience for all of us.

Fighting an invisible enemy

West African Ebola outbreak



By **Mitra Norowzi**
SECTION EDITOR

Ebola is no longer limited to the West African region. There are now reported cases in America, and Americans as well as other global citizens are taking more action. Junior Nina Wilder said, "Americans didn't care until it became a western problem," and it is certainly true that westerners have become more motivated to stop the outbreak now that it is so close to home. A Liberian man in Texas, Thomas Duncan, was the first person in the US to be diagnosed. He died October 8 and the CDC is still struggling to create proper protocol. However, he contracted the disease overseas. Nina Pham, a nurse who treated him, is now the first American to contract the virus in the United States. A few days after her diagnosis, an additional nurse tested positive for Ebola. Questions

concerning how they were infected and the safety precautions for health workers remain. Hospitals in the Triangle claim to have precautions in place. A vaccine has been effective in animal

trials but, to utilize it on humans now would raise many ethical questions. Alternatively, if scientists wait several months to complete testing, the outbreak may become completely out of control. A United Nations spokesperson estimated that the outbreak could be contained in six to nine months if a huge global response occurred.

The Ebola, or Zaire, virus is an extremely infectious, often fatal disease characterized by intense fever and internal bleeding. It

is spread through contact with infected bodily fluids. The beginning of the epidemic was in Guinea in December of 2013 and has since spread to other West African countries includ-

ing Liberia, Sierra Leone, Nigeria, and Senegal. As of September, this outbreak has resulted in more cases of Ebola than all prior cases combined since the disease's discovery in 1976.

On August 8 the outbreak was officially deemed a 'public health emergency' of international concern.' The World Health Organization estimates over 7500 cases with a 70 percent fatality rate, but most scientists agree this prediction errs on the conservative side. Part of the reason the epidemic has spread so fiercely is the weak health care systems in West Africa. They do not possess adequate medical centers to treat patients, supplies, or the technology necessary to record and track reported cases. In fact, ten percent of

Healthcare workers in Liberia transport an infected, young patient. Liberia and Seregal are the countries hardest hit by the Ebola outbreak.

Ebola deaths can be attributed to health care workers. Also, there are still large areas of rural villages in West Africa that do not have access to much modern communication technology. Many instances of sickness in such places do not even get reported. This is a huge problem because stopping the disease if each sick individual and every person they have had contact with is not tracked will be difficult. Therefore, the atmosphere in the affected countries is one of panic: Junior Ugonna Onuoaha said, "This Liberian girl that works at IBM with my bro said her dad in Libya said they are starting to disinfect the streets with bleach..."

So what should be done in the meantime? Junior Raniel Mendoza advised, "It's spread through frequent contact of bodily fluids. So keep what you have to yourself to keep you and those around you safe." One can also donate to organizations such as the American Red Cross and UNICEF if they wish to help contribute to containment efforts.



Healthcare workers in Liberia transport an infected, young patient. Liberia and Seregal are the countries hardest hit by the Ebola outbreak.

Foods Around the World



By Oliver Ficker
STAFF REPORTER

Jordan is a small country in the Levant, bordering Saudi Arabia to the south and Syria to the north. Jordan's government is a constitutional monarchy, with both a king and elected officials. Jordan suffers from a lack of resources, such as oil and water. Although it is mostly desert, a variety of foods grow well in the more hospitable parts of the country. Senior Omar Moh'd remembers one of his favorite parts of Jordan: "I really enjoyed the fig and olive trees; they were everywhere." One other delicious food from Jordan is kanafa, a sweet pastry made with dough, cheese, and nuts.

Kanafa is a popular treat during Ramadan, the ninth month of the Islamic calendar, during which many Muslims around the world fast every day from dawn to dusk. Legend says that kanafa was made because there was a prince that had a hard time making it through the day during Ramadan because he had a large appetite. A physician created kanafa for him to eat in the morning so he would not be hungry for the entire day. Kanafa is the perfect meal to prepare for a long day without food because it provides the body with plenty of sugar and fat for energy throughout the day.

Kanafa is not just isolated to Jordan. As senior Omar Moh'd puts it, "Kanafa represents the rich culinary diversity of the Levant." Although kanafa consistently depends on dough, cheese, and nuts, this is just about all that binds the many unique varieties of this dessert together. The three basic types of kanafa are *knishnah*, which is made from long crunchy noodles, *na'ama*, which is made from semolina dough, and *mhayara*, which combines features of both. Kanafa can be made in a flat shape like a cake; however, it can be made into a convenient handheld treat in the shape of a nest. But no matter what, kanafa is a delicious treat that anyone can enjoy.

Kanafa, a delicious treat from Jordan



Photo by O. Ficker

Fresh out of the oven, this kanafa is ready to be served. Although it is a popular treat during Ramadan, kanafa can be eaten any time of year.

Ingredients

- 1 pound ricotta cheese
- ¼ cup crushed pistachios

Dough

- 1 pound shredded phyllo dough
- ½ pound butter, melted

Syrup

- 1 ½ cups sugar
- 1 cup water
- ½ of a lemon

Directions

1. Combine sugar and water in a deep pan on medium heat.
2. Stir in the juice from the lemon.
3. Bring mixture to a boil, then simmer until thick and syrupy.
4. Put syrup to the side to cool and preheat oven to 350 degrees.
5. In a large bowl, mix dough and butter very well.
6. Use half of the dough to cover the bottom of the pan.
7. Layer the ricotta cheese over the dough
8. Use the rest of the dough to cover the ricotta cheese.
9. Place in the oven and cook for 35-45 minutes.
10. After removing the pan from the oven, pour the syrup over the kanafa.
11. Garnish with pistachios.

THE REAL DEAL Make-up



By Alana Topakian
SECTION EDITOR

For most girls, putting their makeup on in the morning

is a ritual. It is an ongoing cycle of the inability to walk outside without their foundation, powder, eyeliner, mascara, eye shadow, and lipstick. We do this without thought of the fact that our makeup, much like us, has a past. Our everyday habits originated from sometime in makeup's history, but for most all of us, it is not about the past. It is about the present, the now, the need to look good for whatever

event is going on, the need to show who we are as a person.

Senior Lexi Ankrum said, "Makeup is the free-

dom to express yourself; it is art. It is your creation of you and what you want to be that day."

The first sign of makeup appeared around prehistoric times, our ancestors having decorated themselves with natural pigments found in fruits and plants. Then, around 3200 BC, women in Mesopotamia

started manufacturing their own cosmetics for the first time ever. Skip to 1500 BC, and makeup is now common in Egypt among all but the lower class, and then today where makeup is commonplace among all.

Surprisingly, when makeup was first used in Egypt, its ingredients were found to be very toxic. Among some of the common ingredients

priately, makeup is a fun way to express yourself and highlight your natural features. It is definitely so much better to use natural rather than toxic ingredients, because looking good is not worth feeling bad."

Cosmetics have quite the past, including a time during the Middle Ages when it was considered immoral to wear it. Churches would ban their



Photo by A. Topakian

Beginning her daily routine, senior Julia Schultz applies her makeup. Women have been using cosmetics to enhance their beauty for a long time.

churchgoers from wearing it, making women have to crush flower petals to create rosy glows in their cheeks and pink shines on their lips as a replacement. Committing those indecencies was considered a sin to their religion, but the pressing need to look beautiful was unstoppable in its fury. Yet, through their continued use of cos-

metics, the trend continued onward until today, allowing women to

enhance their natural beauty with the use of makeup. Just think if our ancestors had never continued using their

makeup as they did, the world would be an incredibly different place. Makeup may not be a necessity, but it is a fun way to highlight your natural, or not so natural, features. From sophisticated, to gaudy, to barely there, makeup has continued to stay throughout history, making its mark in the only way it can: on our faces.

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Tech Savvy

Future of gaming



By Chase Jamison
STAFF REPORTER

People may think the future of virtual reality is far from today, but it has never been closer than before with the Oculus Rift. For those of you who do not know, the

caught on because it produces games that provide you with a new and exciting gaming experience. Some of the hype has even gotten to the students; Sophomore Timmy McWilliams said, "I cannot wait to play the remakes of some of my childhood games." It has also helped bring back what horror games have not been in years by giving people an in the game feel we have been waiting for. By in game feel we want is almost like

free. The Oculus Rift is so successful that even Steam has games that support it. For those of you who do not know what Steam is, it is a company that sells games on the internet. They sell these brand new games for 10% off even before they are released. For the people who worry about the price, it is \$350, which is less than most consoles and is available for purchase on www.oculus.com. They released the Oculus last July. The Oculus Rift was made

Oculus Rift is a goggle like gaming device almost like wearing a pair of TV screens on your eyes. Freshman Austin Yeates said, "It is one of the coolest gaming systems around."



Virtual reality gaming has been attempted before, but none can compare to the Oculus Rift. Although this is just the first version of the Oculus Rift, it is still pretty cool.

by Palmer Lucky in 2012 but was then purchased by Facebook for \$400 million in cash, \$1.6 billion in Facebook stock, and then another \$300 million to help Oculus

Some people say that the Oculus is clunky and a little big, but it is basically like wearing a console on your head according to the beta testers of the product. However, that is what you need to play these games. The Oculus has recently

those virtual reality arcade games where you were on a roller coaster and the chair would shake. Now people can barely find the guts to play these games without scaring the life out of them. One of the coolest parts is that a lot of these games are

VR meet certain financial targets. They have also started to partner up with Samsung to make one for the Samsung Galaxy Note 4. One day maybe this will be sold in gaming stores all over and get the recognition it deserves.

Student Question

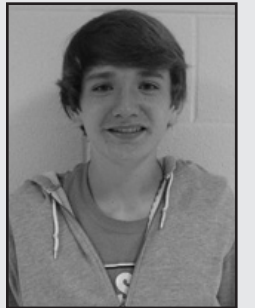


What was your favorite Halloween costume as a child and why?



"Probably when I wore my pajamas because it was comfortable."

Katlyn Kedzierzawski, freshman



"I was a ghost with a Mickey wizard hat when I was eight. I thought I looked cool."

Andy Bennison, freshman



"Powerpuff Girl for three years in a row because I loved looking like Bubbles, my favorite character from the show."

Ahyonna Pitts, sophomore



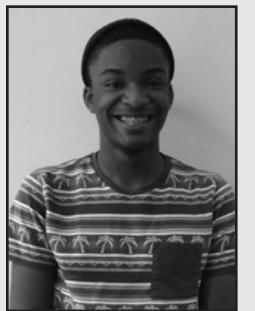
"When I was Mario because it was ironic."

Mario Pinzza, sophomore



"When I was little, I was a bee and I looked really fat and cute and plus I had a stinger, and who doesn't want a stinger."

Meghan Curtin, junior



"Bob the Builder because I was the only black Bob the Builder in the country."

Justin Lundy, junior



"When my mom dressed me up as an apple because most kids were pumpkins, but no... I was an apple."

Gena Habib, senior



"A robot made out of cardboard with a light bulb for my nose. My nose got lost, though, and a lady loaned me a carrot for its replacement."

John Banask, senior

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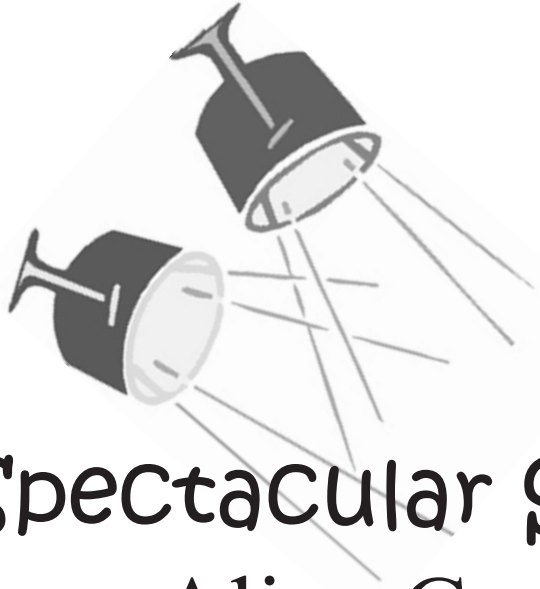
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Wildcat

Spectacular Student Alina Greene

Campus Clubs Poetry Club



By Jessica Urbanski
STAFF REPORTER

Talent is defined as being skilled or having a natural ability for something. That is exactly what sophomore Alina Greene has, talent.

Millbrook has its very own talent showcase, Eklektikos, which was held on October seventh. Alina Greene auditioned for the showcase's preshow hoping to have a solo performance. Striking success, Alina was giving the opportunity to perform a solo acro-dance routine at Eklektikos' preshow. You may recognize her from last year's preshow, too. Most freshmen do not get involved in the school early on, but Alina wasn't one of those students. Her performance combines modern dance moves with acrobatic skills creating a graceful routine. "My favorite part of the dance is the fluidity. Everything runs smoothly and just

looks nice," she said. To make her routine near perfection, Alina practiced every day for at least three hours. The choreographing of the dance took about five hours over a period of several days. "The creative juices started flowing after three Starbuck's refreshers each. Memorizing it and working to get close to perfection was definitely the hardest part and took



Photo by J. Urbanski

Alina Greene

up most of our time," she said describing the process of choreographing the routine. Sophomore Anna Davis helped form moves for the routine. "We tackled the routine piece by piece," she said.

Practicing for a solo performance takes hard work in the gym. Alina

takes trampoline and tumbling lessons from eNeRGy Kidz to better her gymnastics skills. This class focuses on floor skills, trampoline practice, and spring floor work. Practice makes perfect, which makes for a great show. "My word for this year is opportunity. I believe that Eklektikos is a major opportunity for me and other Millbrook students to show off what hidden talents we have," Alina said.

Alina Greene participates in after school activities at Millbrook, too. Alina is a regular member of the Science Olympiad, which is held on Monday's after school. In addition, Alina is a part of Millbrook's Digital Media Academy classes in which she expresses much interest. Millbrook's Drama Club also attracts this sophomore. Alina loves musicals and plays but does not have enough time to be in one of the school's. Once the club starts back up, Alina will attend the after school meetings of the Drama Club. From her solo performance in Eklektikos to the Science Olympiad, Alina Greene does it all.



By Brittany Hubbard
STAFF REPORTER

Rapping, singing, writing: it is all poetry! "I want people to grasp on the meaning of poetry," said junior Jessica Lane. A formal definition of poetry may sound something like "a way to express feelings and emotion by placing emphasis on ideas through style and rhythm. It also uses devices such as assonance and repetition to achieve musical attributes. Poems frequently rely on their effect of imagery, word association, and the musical attributes of the language used." But in Poetry Club, there is a more practical approach of the meaning. Poetry is defined as expression.

Being a relatively new club, the officers of Poetry Club want to make it clear that in the club individuals are welcome to embark on the first amendment, freedom of expression.

"Poetry club is a safe place to express oneself through singing, writing, games and performance," said senior Joy Black.

A notable game for the club consists of a play on words. The members brainstorm any topic at random. Following the choice of a topic, participants call out any word that they feel is affiliated with the chosen topic. The challenge is to then write a poem refraining the use of any of the affiliated words that were previously brainstormed. A memorable scenario would be the topic of women. Many words were pulled out, such as female, beautiful, human, she, girl, makeup, feminine and the list goes on! The members were then left to construct a poem of any style without the use of the listed words. While that may make some cringe, all of the Poetry Club members jumped in, feverishly accepting the challenge.

Contrary to popular

belief, there is not a specific right or wrong answer in Poetry Club. Some readers like to be spoon fed when it comes to poetry, and because of poetry's nature of emphasizing style rather than using language purely for its content, poetry can hit a sour note with many. Members of the Poetry Club, however, enjoy being left to decipher between the ambiguity of theme, tone, style, etc. While there are reasonable interpretations, there can never be a definitive interpretation.

Poetry in Poetry Club is not the same type of poetry found in an English class. The pieces of literature that the members share are relative to the common interest of teens. If you enjoy using your imagination, playing complex games, rapping, and fellowshiping with new people poetry club may be a great club for you to consider! The meetings are held on Tuesdays at 2:30- 3:30 in room 1407.

"Poetry Club is a safe place to express oneself through singing, writing, games and performance."

-Joy Black, senior

STUDENT MEAL

Served with broccoli, mushroom, and fried rice

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



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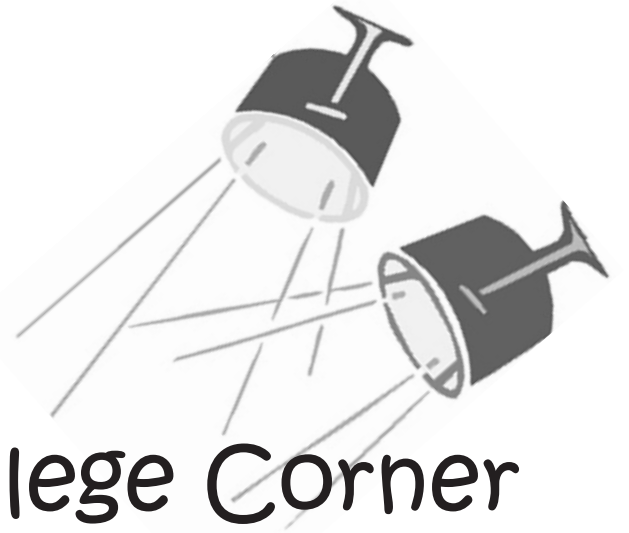


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Spotlights



Teacher Tribute Ms. Fonke



By Lexi McCool
SECTION EDITOR

Ms. Fonke is undoubtedly one of the most involved teachers at Millbrook. Whether it be planning Chemistry and Theory of Knowledge lessons or organizing Executive Board meetings over the summer, she is always working hard to improve the Millbrook community and inspire students through her lively and fun-loving personality. A North Carolina native, Ms. Fonke was born in Fayetteville and grew up between there and Marietta, Georgia. While she was in school, Ms. Fonke's favorite subject was math and, as she admits, throughout high school she struggled in chemistry. Understanding this challenging subject quickly became a goal of hers, and through many hours of extra studying, she was able to develop a strong grasp of the topic. She went on to receive her undergraduate degree, a Bachelor of Science in Science Education with a concentration in Chemistry from East Carolina University.

Originally, Ms. Fonke did not plan to become a teacher, but she knew she

wanted a job involving high energy that would allowed her to work with others frequently. Realizing she understood a subject not many others did prompted her to take up teaching and share her love and knowledge of chemistry.

Ms. Fonke began teaching at West Craven High School in Vanceboro, North Carolina, where she taught for one year before becoming a part of the Millbrook staff in 2010. One of Ms. Fonke's favorite aspects of Millbrook is all of the opportunities available to students. This appreciation is strengthened especially after coming from a school like West Craven, where students did not have access to as many resources or as strong a support system from their school community. She encourages students here to realize that everything they need is right at their fingertips and prompts them to fully utilize all of our schools benefits.

Ms. Fonke is known around Millbrook not only for her dedication in the classroom, but also for her endless work as advisor of Millbrook Executive Board. With this role, Ms. Fonke works to plan and publicize all things Millbrook, from Spirit Week, to the Food Drive, to the Winterfest talent show. One of her favorite activities Executive Board participates in is community service. Being advisor of such an extensive

club is no easy task, but as senior and Student Body President Mikie Hayes puts it, "Executive Board would not be the same without her guidance, energy, and great advice."

Ms. Fonke decided to dedicate her time at Millbrook to Executive Board because she feels the relationships formed outside of the classroom are ultimately the most important. She reflects on coaches she had while in high school and describes not only how they impacted her, but how she hopes to have a similar impact on her students' lives. Through all of her leadership, friendship, and service Ms. Fonke has certainly done just that. Senior Tobi Kalejaiye said, "Ms. Fonke has taught me that high school is anything you make of it. Executive Board is a group of students who decided it was worth it to put in the extra hours to make their experience awesome and serve their school while having fun. I never would've learned the importance of becoming involved without her."

When she is not busy orchestrating Millbrook's various events, Ms. Fonke enjoys being outside and participating in triathlons. During the weekends she can be found rock climbing, cycling, and attending concerts. No matter what she is doing, Ms. Fonke always adopts a positive and happy-go-lucky attitude.

College Corner USC



By Audrey Kahwaty
SECTION EDITOR

University of South Carolina (also known as SC, South Carolina, USC) is a public research university in downtown Columbia, South Carolina. Founded in 1801, South Carolina offers a firm grounding in general education courses as well as nearly 200 masters and Ph.D.

programs. It is also one of the top business schools in

the country. The mascot's name, Cockey, came about because the school's athletics' nickname is the Fighting Gamecocks. It is an SEC school, making a huge deal. University of South Carolina has a wide range of opportunities to offer from being the number one Public



USC is known nationwide for its Greek life. Its Greek village is the home of 20 sorority and fraternity houses.

University Honors College are considered competitive to being voted one of the

nation's best first-year experiences. Since USC is a liberal arts school, it can be great for a student who is not sure what they want to major in, since there are so many individual schools within the University. Many students from North Carolina attend the University of South Carolina because some can get in-state tuition based on their GPAs or scholarships they are awarded. If one wants to apply to USC, there are some requirements to consider. Students with at least a 3.5 GPA are considered competitive for admission.

Student Q&A with Alexis Pendergraft

Alexis Pendergraft was a varsity soccer player all four years of high school and graduated with the class of 2014. Now, she attends school and plays soccer in Columbia at the University of South Carolina.

Why did you originally choose to go to USC?

I looked at a lot of different schools for collegiate soccer all over the south, but in the end I loved University of South Carolina's athletic environment, the soccer team/coaches, and I could do a lot of different things with a Liberal Arts school.

What is your favorite part about college life at USC?

Everyone loves the athletics. The seats are always full at any of the sporting events, even women's soccer games. Especially with football, there is nothing like game day and Sandstorm in Columbia.

What classes are you currently taking?

Chemistry III, Chemistry Lab, University 101, Math 121-Business Calculus, Criminal Justice 101

What is your major?

BS Psychology and minor in Criminal Justice

Is it difficult to balance schoolwork and soccer?

It is hard at first to fit in soccer, school, and sleep, but we have mandatory study hall and tutors/advisor that help organize all of our academics. That helps a lot so we can then have a little bit of a social life too.

What is the most important thing you have learned since attending USC?

Living on your own is actually a lot scarier than you think! I was so ready to get out of my house and North Carolina, but now I miss my family and friends, my mom's food, and North Raleigh a lot more than I thought.

What would you say to someone considering USC?

I would say it is a great place to go to school because it is a good balance of education, and there is lots of fun stuff to do too. There are a ton of different things you can do with the majors offered here and a big social scene as well!



Provided by A. Pendergraft

Standing on the soccer field with one of her teammates, Alexis Pendergraft (left) sports her team's uniform. Being a student-athlete can be stressful, but there are also many advantages.

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Varsity quarterback Reid Herring drops back for a pass during Millbrook's 28-0 win over Broughton.



The Maniacs celebrate a Millbrook first down.



'Merica Monday

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From left: Emily Willis, Brianna Pendergraft, Julia Vandermel, Taylor Tippins

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From left: Brooke Bennett, Emily Stine, Saige Hunt, Madeline Clark



Homecoming Queen
Mariah



Tropical Tuesday



Wacky Tacky

COMING

2014

f a Wildcat



From left: Dazia Powell, Ashley Taveras, Adja Ndiaye, Maya Lee, Addison Harman



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From left: Jordan Williams, Tobi Kalejaiye, Mariah Murphy, Chase Crain, Olivia Collins

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Mr. Williams performs his original song "I'm a Wildcat" at the Homecoming Pep Rally.



The JV Cheerleaders perform a stunt at the Homecoming Pep Rally.



Wednesday



Throwback Thursday



Blue & White Day

Jenna Declassified

School Survival Skills



By Jenna McMains
STAFF REPORTER

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

Hint number one online flashcards. They are not only the eco-friendly way to study, but are also quite effective. Junior Anurupa Banerjee, who uses Quizlet when studying for Latin, loves that "it simplifies complex subjects and it is easy to change information, plus having the app means I can study anywhere."

Quizlet is generally known as the king of web accessible and mobile study helpers with its easy layout, fun games, and many modes, but it also has some drawbacks. A few of these are that of the two games it has, they require other skills such as lightning fast reading and typing. Its notable positives include a going-to-beast-this-test learn mode where all the flashcards you get wrong, automatically get put into the virtual study

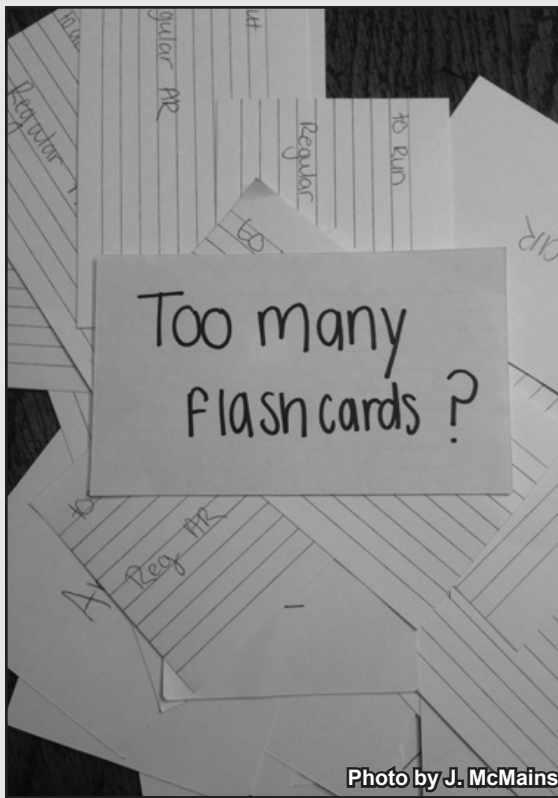


Photo by J. McMains

Flashcards can get lost easily and be bulky. Using a flashcard app on your smartphone eliminates both of these problems.

again pile and students can make their own personal flashcards. Also Quizlet allows you to not be tripped up by capitalization or punctuation by including

a "Override: I was right" button. Sophomore, Alex Tena's favorite quality is "it keeps me and all the information organized," but does Quizlet need to be concerned about the multitudes of other up and coming study tools?

Cram, another member of the online and mobile flash card dynasty, has a plethora of pre made sets, an alluring matching game, and a great memorizer. The downside to the magnitude of possible sets is that it can be hard to pinpoint the exact one that you want

and desperately need. Once you find your set, however, the memorizer is a great way to learn the terms, and then, when you

feel confident, click your way over to the Jewels of Wisdom Matching Game. This game is surprisingly fun and intriguing. Who knew that fun and studying could come in one online package? Cram is definitely worth your time to check out and might end up helping you ace that test.

The last competitor for today, so you can go and study, is Memrise. Some Millbrook teachers have been known to root for this underdog because of the pre-selected flashcard lists for different courses, its hint option, and the emails. Memrise is definitely more structured, which can be a pain if your course is more

sentences, it might just be the undiscovered diamond. It has an FFA-style gardening theme and will send emails about watering said garden so that the virtual flowers grow and your class average increases. The shining star of Memrise is by far the hint option where you and other students can share helpful hints or mnemonics ranging from ROY G. BIV to low d high minus high d low over low squared. Shout out to all the artists and calculus students. If your stack of flashcards is taking up too much space in your freshmen-

"[Quizlet] simplifies complex subjects and it is easy to change information, plus having the app means I can study anywhere."

-Anurupa Banerjee, junior

teacher-made than state-mandated, but with its mixed up study methods including matching, typing, and forming

and mobile tools out there. One thing is for sure, no matter which website you pick, your report card will thank you.

Freezing for a good cause



By Hannah Bailey
SECTION EDITOR

If you have been on social media the last few months, then you have probably seen countless videos of people dumping water on themselves. From Ellen DeGeneres to Millbrook's principals, it seems like everyone has participated in the ALS Ice Bucket Challenge.

Amyotrophic lateral sclerosis, also known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects motor neurons responsible for controlling muscle movements. When the neurons die or degenerate, they stop sending messages to muscles, which then gradually weakens the muscle. Eventually the brain loses the ability to control voluntary movements. ALS does not affect intelligence or a person's mind.

Approximately 5,600 people are diagnosed with ALS each year in the United States. The disease can strike anyone. It does not discriminate against race, ethnicity, or gender. 90-95% of cases in the U.S. are sporadic, but the disease can be familial, or inherited. The life expectancy of ALS patients averages around two to five years, but can vary depending on the patient. Most ALS patients are diagnosed from ages 40 to 70, but can be diagnosed in their 20s and 30s. No two ALS patients have the same experience with the disease because the disease is so variable. The cost for medical care and equipment for ALS patients can be very significant especially in the later stages of the disease. As of now, there is no cure or treatment that stops or reverses the progression of ALS.

Pete Frates is the former Boston College baseball player who created the Ice Bucket Challenge. Frates was diagnosed with ALS two years ago. Before he was diagnosed, his life revolved around baseball. Pete was playing in a men's baseball league when he suffered a wrist injury that would not heal. He also began to notice that he was

losing strength and was becoming tired more easily. Once his symptoms began to affect his playing, Pete looked up his symptoms online and found out that he was suffering from ALS.

a bucket of ice water over their head. They then nominate three other people to participate in the challenge. Those who are challenged have 24 hours to participate. The challenge

participant does not want to complete the challenge, then they could donate \$100 to an ALS charity of their choice. Many people chose to donate to the ALS Association. The ALS

participate because I was nominated. I was aware of the disease and what it does to the brain and thought it would be great to raise awareness about it. Even though I didn't donate



Photo by M. Putnam

Getting drenched with water, Mrs. King and Coach McInnes participate in the ALS Ice Bucket Challenge after being nominated by Leesville. The Challenge has raised money and awareness for ALS.

After his diagnosis, his goal was to get people talking about the disease and to get people to donate to help find the cure for ALS. That is where the Ice Bucket Challenge originated.

In the Ice Bucket Challenge, participants film themselves pouring

can be done alone or with a group of people. Senior Sophie Misshula said, "I decided to do the challenge with the Women's Golf Team after one of my teammates was nominated. We then nominated the Women's Tennis Team to participate." If the

Association has raised more than \$114 million from the Ice Bucket Challenge. The movement has made a huge impact on ALS. It has brought awareness about the disease and has raised more money than ever before for the fight against ALS. "I decided to

money, I did help to spread the word. So, I feel as if I did make a difference," said senior Katya Popov-Tropina. The donations go towards raising money for ALS research and helping ALS patients live more comfortable lives. Raising money also helps give ALS patients the right treatment and care they need to live a fulfilled life. ALS-based organizations like Team Gleason and Project A.L.S. have felt the impact of the challenge. It has brought awareness to their cause and donations that will help them in their fight against ALS. The fight against ALS does not end with the Ice Bucket Challenge. Educating yourself about the disease, keeping awareness up, and raising money is very important if we want to find a cure for amyotrophic lateral sclerosis.

Top Ten Traits to put on a college application

Compiled by the *Cat Talk* staff

10. "Works well under pressure"...for the certified procrastinator.
9. "Knows how to prioritize"...for the student whose only after-school activity is napping.
8. "Involved in community beautification"...for the student who expresses themselves through vandalism.
7. "Consistently stands up for beliefs"...for the student who was arrested twice for gang fights.
6. "Wildly resourceful"...for the student who uses Sparknotes religiously.
5. "Educational philanthropist"...for the student overwhelmed with an unrealistic amount of fines and fees.
4. "Works well with others"...for the student with the wandering eyes.
3. "Will stop at nothing in the name of research"...for the avid Twitter stalker.
2. "Emotionally involved in academics"...for the student who has a break down during every test.
1. "Committed to leading an active lifestyle"...for the student who has had to repeat gym three times.



Studying while socializing, a perfect mix



By Jessica Urbanski
STAFF REPORTER

As school starts and classes kick back into gear, homework comes into the equation once again. Many local cafés and coffee shops near Millbrook are suitable for after school study sessions and socializing.

Many students have expressed interest in local cafés. Jubala Village Coffee, located in Lafayette Village, is a convenient place for students to complete homework or meet up with friends. "I go to Jubala basically every day after school because they have great coffee, food, music and it's just a really chill place," said junior Justine Vandermel.

This coffee shop has both indoor and outdoor seating which is great for doing homework or sitting down and relaxing. "I went with my family one day, and we bought biscuits that were amazing," said sophomore Sophia Rumford. "The outdoor seating also allowed us to bring our dog." In addition, internet connection is available for online assignment completion. Jubala also serves food and drinks which makes a nice

after school snack. Jubala has delicious waffles and biscuits prepared by hand each morning.

Similar to Jubala, Sola Coffee Café serves food and drinks. Sola Coffee is a local business that is located on Lead Mine Road. This cozy café has indoor and outdoor seating available. Free internet

varying from light snacks to full meals. "Their great quality and tasteful meals can definitely reflect in their meals," said junior Elizabeth Trefney. Several close locations make this café easily accessible for students. One Panera is located on Six Forks Road in the Colonnades, while another is off of Capital Boulevard. Free internet connection is available in every one of the Panera Bread cafés as well.

Another location close to Millbrook is Moonlight Swirl Frozen Yogurt. On Falls of Neuse, Moonlight Swirl is within 2 miles of the school. This makes it easy for students who need a place to go after school. Modern and bubbly, this frozen yogurt shop is welcoming to students. Indoor and outdoor seating is fit for socializing as well

as getting homework done. Frozen yogurt makes a great after school treat, too.

All of these are a great alternative now that students have to leave the building at 2:30. Some of these places are in walking distance of the school, getting students out of the school before that required time. Students can visit all of these places to get studying and homework done or just to meet up with friends after school.



Photo by J. Urbanski

Enjoying a cup of coffee, sophomore Anna Davis talks with a friend at Jubala Coffee. Jubala Village Coffee is a popular place for students to go after school.

connection is also included. Sola has also been known for their famous donuts. The quiet environment is adequate for studying or an afternoon alone. Within ten minutes of the school, Sola Coffee is right around the corner.

If a coffee shop is not a first choice, Panera Bread could be a pleasant alternative. Panera Bread, a chain of cafés, is a location with a change in scenery. Panera Bread offers foods



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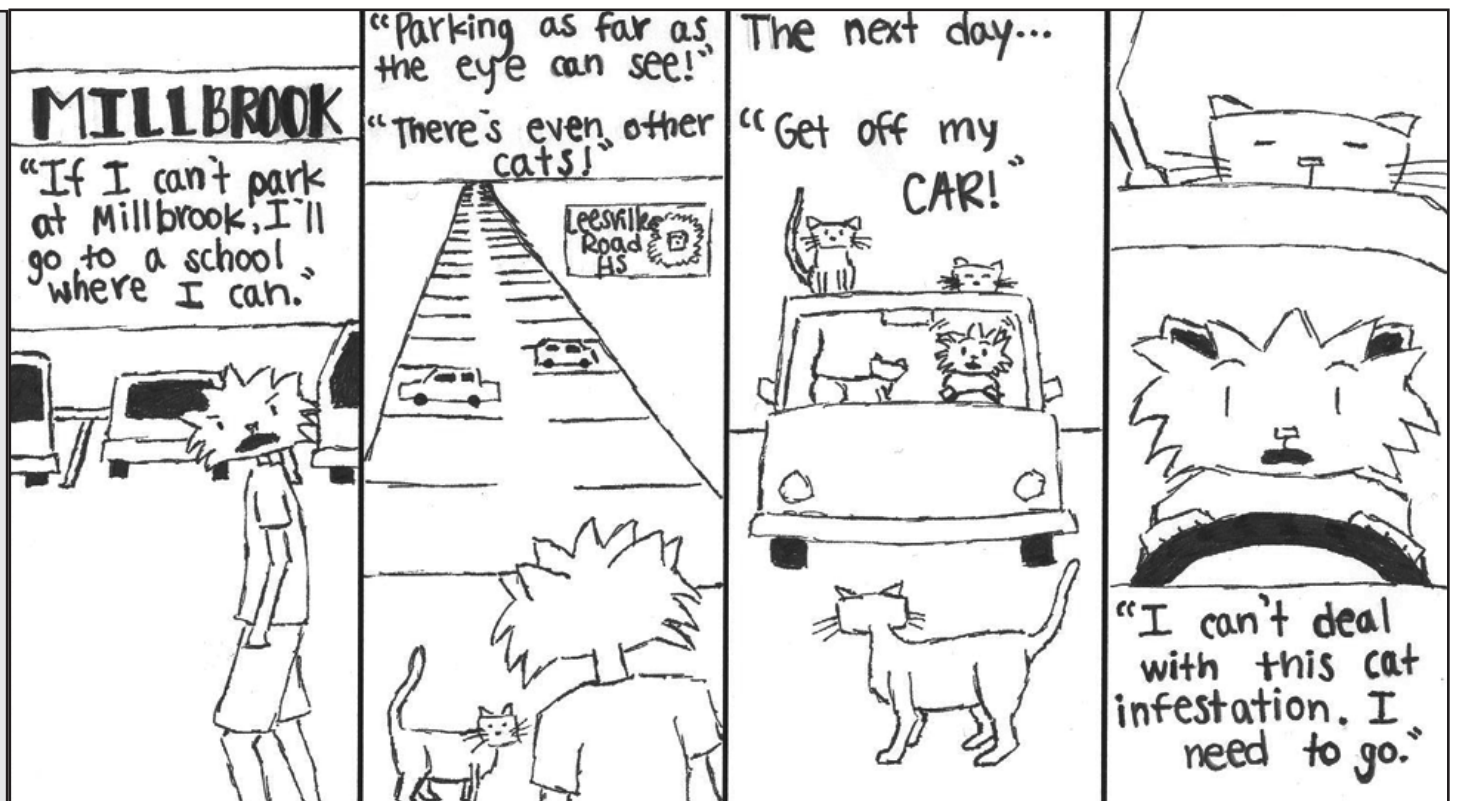
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- Prom
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Wiley the Wildcat



Drawn by Oliver Ficker
STAFF REPORTER





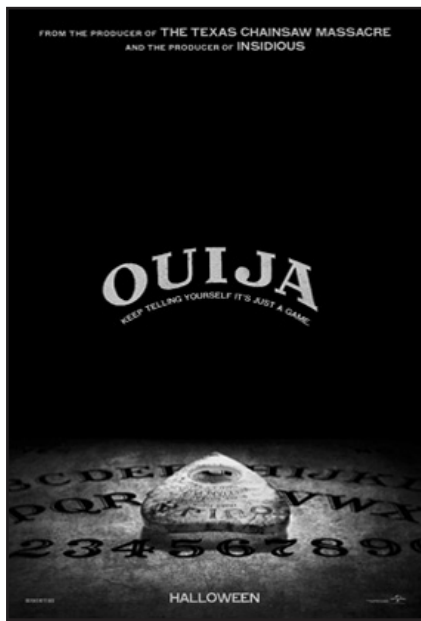
By Mitra Norowzi
SECTION EDITOR

There are several things that are representative of October. Among them are the changing leaves, pumpkin spice lattes, and, you guessed it, scary movies! As Halloween looms ever nearer, consider checking out one of the many horror films debuting at the end of the month.

October 24 marks the premiere of Hasbro's supernatural horror movie, *Ouija*, rated PG-13. The film is based on Hasbro's iconic Ouija board, a game that allows one to communicate with spirits. It is also Hasbro's first major blockbuster. The film follows a group of friends who must contend with their darkest nightmares after they use a Ouija to attempt to contact a deceased friend who died in a violent,

mysterious, accident involving a Ouija board. They soon realize that they have played around with forces much more real and malevolent than they believed. The film will star Daren Kagasoff, Douglas Smith, Olivia Cooke, Ana Coto, Bianca A. Santos, Erin Moriarty, and Vivis Colombetti. Your friends or parents have likely told you not to mess

Nicole Kidman, awakens after a car crash to discover that her life is drastically different. Her husband, Colin Firth, tells her that she loses her memory each night. He shows her scrapbooks of their life together, but she remains skeptical. The film follows her struggle to get a handle on her life and discern what is real, what is not, and why someone



with Ouija boards because it is not a game; this movie embodies that concept.

If the typical ghosts and blood combination is not your cup of tea, then try out the psychological thriller *Before I Go to Sleep*. The movie hits theaters October 31 and will feature several prominent stars including Nicole Kidman, Mark Strong, Colin Firth and Anne-Marie Duff. The movie is based on the 2011 novel of the same name. It begins with a woman, played by

might not want her to know. Working with her psychiatrist, she begins to unravel the mystery. The concept is similar to the Adam Sandler and Drew Barrymore movie, *50 First Dates*, albeit much more sinister and violent.

Both movies have compelling plot points and would be an excellent way to embrace the Halloween spirit. So this October, raise your heart rate with just one of the nail biting thrillers currently available in theaters everywhere.

Music Now

Music performed with unexpected objects



By Drew Prentice
STAFF REPORTER

When talking about musical instruments, most people will mention drums, guitars, pianos, and your other basic instruments. Few people, however, will say anything about common household objects that are also capable of producing music. Objects like brooms, pencils, and even trash cans can make music.

Though there is no term directly acquainted with music made by random objects, experimental music, a term created by American artist John Cage in early 1955, seems to sum it up very well. Experimental music is a genre of music

that is played in a certain way so that the outcome is unpredictable. While some artists that make music for this genre rely on modifying instruments that are already available, some brave artists use objects to create their instruments. For instance, a composer named Bill Milbrodt, who was so exceptional that he won an Emmy for a musical score he wrote, created the Car Music Project. To make this project a reality, Milbrodt hired multiple auto

mechanics to completely disassemble his car. He then hired a metal sculpting team to take the parts of his car and turn them into instruments. These car-made instruments were given puns as names, like "the exhaustaphone," a saxophone created out of a car's exhaust pipe, or the "percursion," a drum set made out of different car parts. He then proceeded to perform occasionally by himself, but soon formed a team of musicians to play regularly.

While making instruments from common objects is very impressive in itself, creating music with just the unmodified objects is on an entirely different level. That is exactly what the

"I loved the way Stomp used regular everyday items like buckets and rods to make their music."

-Eric Zandels, sophomore

group of performers named Stomp does. Stomp was a band that formed in the United Kingdom in 1991, created by percussionist Luke Cresswell and composer and director Steve McNicholas. Cresswell and McNicholas originally worked with a street band named Pookiesnackenburg and a theatre group called Cliff Hanger, and they made street comedy musicals until they created the idea of Stomp. The basis behind Stomp is that it

is a percussion band, but by using brooms to sweep rapidly to make music and trash can lids and basketballs to slam against the floor to serve as drums instead of normal instruments. This turned out to be a huge hit, and Stomp performed at many places in the United Kingdom and soon enough, worldwide. While the band normally consisted of eight members, an extended version was used with 30 cast members for the Brighton Festival and later in Melbourne, Australia. In 1997, this band recorded one of their performances, editing it and making it into a television special called *Stomp Out Loud*. This special was so famous that

it received four Emmy nominations and was made into a DVD that music teachers show to their students. To this day, Stomp is still performing all around the world, with their most recent accomplishment being their performance in the 2012 London Olympics closing ceremony.

Performers such as Car Music Project and Stomp are just two of the few bands that now use objects to make music. Nonetheless, as the music industry continues to grow, it can be expected that this way of creating music will grow as well, maybe to the point where random objects will be labeled as an actual music genre.

Leaving a legacy

Joan Rivers



By Audrey Kahwaty
SECTION EDITOR

The comedy world was dealt a huge blow on September 4 when Joan Rivers' death was announced to the media by her daughter, Melissa Rivers, at age 81, was at a clinic for a scheduled endoscopy by Dr. Lawrence Cohen. The procedure was intended to diagnose and cure her sore throat and hoarse voice. Investigators

have said that they believe as the procedure began Rivers' vocal cords began to swell, cutting off the oxygen flow to her lungs which led to cardiac arrest.

Rivers is known not only for opening up many doors for women in the comedy world, but for her not-so-subtle ways of telling people how she felt. Her jaw dropping comments not only surprised people but put a smile on their faces.

Her famous question she would ask stars, "Who are you wearing?" rings in most peoples' ears as they hear the name J o a n Rivers. Rivers was known for her love of fashion and designers



Joan Rivers
readthehorn.com

seen being worn by superstars. While there has been controversy over whether her lines were too

cut and dry and possibly offending, there is no doubt that she was a wonderful star who knew how to keep the audience laughing. She showed the world that you do not have to fold to any career norm or stop at any certain age if it is something you are still good at and passionate about. While her approach could sometimes be harsh, Rivers definitely left some great positive messages behind as well. She realized the power of laughter and committed herself to a non-stop power driven career of humor. Millions of people have smiled because of her, and

even if she did occasionally make her audience cringe, she accepted it all as a part of her comedic process.

Her efforts to make the comedy career an equal opportunity to people of all races and genders proved to people that comedians really can be anyone. Whether you agree with her comedy style or not, she owned it. In a society where most people point fingers and make excuses rather than taking ownership over their actions, Joan Rivers was a breath of fresh air. She never thought before she spoke and unapologetically

lived on, which most comedians cannot truly say they do.

Rivers will always be a huge icon in the comedy world, not only for her refreshing and unique way of making people laugh, but also because of her dedicated work with others. She was a mentor to many and helped a lot of up and coming comedians find their way through the entertainment industry. She demonstrated the power of laughter, hard work, and determination in every move that she made. She will be missed but her lessons will live on forever.



Sound Opinions

The bare minimum



By Frances Deese
STAFF REPORTER

In 1894, New Zealand became the first nation to create minimum wage laws, the lowest acceptable pay to laborers. With a growth of seven dollars, United States minimum wage laws have come a long way since 1938. Today 23 states and Washington, DC, have minimum wages above the \$7.25 federal pay. Washington, DC, has the highest minimum wage in the country with \$9.50 an hour. This past June, Massachusetts voted to increase the minimum wage over the next several years to \$11 an hour by the year 2017. While it may seem our country has a high base pay, it is quite the opposite.

1,580 full time jobs have been added. A recent study from the Economic Policy Institute said increasing the minimum wage to \$10.10 an hour would raise the economy by \$22 billion in the initial phase period. While consumers may have to pay a little more, the overall outcome on the economy will be positive.

Often workers with minimum wage jobs must rely on additional support from the government. If these workers were to receive larger incomes, they could become more independent and would not have to rely so heavily on social programs. Laborers paid extra have



Photo by F. Deese

Busily scooping ice cream, sophomore Jordan Stallings fills a customer's order at Bruster's. Many high school teens work minimum wage jobs.

Great Britain has a minimum wage of \$8.53, France \$10.02, Netherlands \$10.23, and Luxembourg at \$11.36. This year in his State of the Union address, President Barack Obama called on Congress to raise the minimum wage to \$10.10 an hour. The president soon signed an executive order to raise it for individuals working on new federal service contracts. Many at this time argued that raising minimum causes inflation, job cuts, and places burdens on smaller businesses.

When looking at the fear of inflation, we can look at the price of a Big Mac. If the base pay were to increase to \$15 an hour, the Big Mac would only rise \$2 to about \$6.62. The ice cream company Ben and Jerry's pays their entry level employees \$16.13 an hour, decided by the living wage in Vermont. While you may think ice cream would be ten or \$15, it is only \$4.99 for 16 ounces. With an increase in minimum wage, jobs are added. This year, as ten states have raised their minimum wages, about

additional money left over to spend on shopping, and therefore, help to boost the economy. With increased money flowing through the economy, there is a higher need for jobs. Workers who make more money in their job are less likely to quit because they feel happier and are satisfied with their jobs. Employees keeping their jobs also means that there is less money spent on hiring new workers and training them.

Recently, companies such as Gap Inc., In-N-Out, Ikea, REI, Whole Foods and Ben and Jerry's have raised their minimum wages anywhere from \$9 to \$16.13 an hour. With an increase in base pay, employees can save more of their money for their children, go back to school, or buy a home. With an increase in pay, hardworking middle and lower class people are able to have greater opportunities and for their children. In the past three decades, the minimum wage has only been increased three times. It seems quite unfair that talented, hardworking people are paid so little in such laborious jobs.



By Oliver Ficker
STAFF REPORTER

The United States is one of the few industrialized nations that still uses the death penalty. Many of our allies, including the UK, France, Canada, and many more, already abolished the death penalty long ago. However, executions are still carried out in many states in the US, putting us on the same list as China, North Korea, and Iran.

Capital punishment infringes on the rights granted to the American people in the Constitution. The eighth amendment protects citizens of the United States from "cruel and unusual punishment" being inflicted upon them. The current methods used in the United States to carry out the death penalty could fall within the realm of cruel and unusual. Because European manufacturers have stopped supplying the United States with the drugs used to administer lethal injections, recent executions have had trouble finding substitutions and using them properly.

Ending executions

This July in Arizona, the execution of Joseph Wood led to him living for nearly two hours after his injection. Also this year, the execution of Clayton Lockett was administered in Oklahoma in April, but authorities refused to release information on what drugs were used. The execution was halted after twenty minutes, but Lockett died 43 minutes after it began from a heart attack.

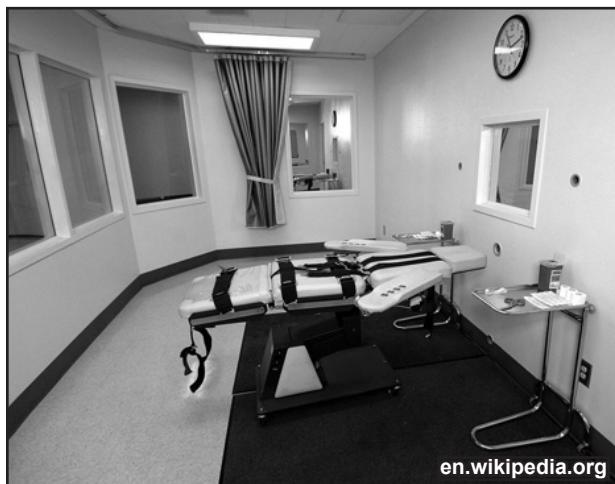
I am not trying to call for sympathy towards these men. The crimes they committed were horrendous, and they

botched executions do elicit sympathy from the public to some extent.

I can understand why people feel that the use of the death penalty is justified in certain cases. It is difficult to think about those who took the lives of other human beings without feeling disgusted at the thought of them being able to continue their own existence. However, there are cases in which the suspect that is convicted for a crime is not actually guilty of committing that crime. Although this sounds like it would be rare, DNA evidence alone

Recently, one of these miscarriages of justice was righted when Henry Lee McCollum was released after 30 years on death row, along with his brother Leon Brown who was serving a life sentence, both for the rape and murder of an 11-year-old girl. The mentally disabled brothers were found guilty due to false confessions given by them after coercion from authorities. Although the crime that these brothers were accused of was abhorrent, they were not the ones who committed it. I can agree that crimes such as these are horrible and deserve severe punishment, but executing innocent people is a crime in and of itself that cannot be justified in any justice system.

The death penalty does not work to enforce justice in our society. Life sentences are a viable alternative to capital punishment. It does what the justice system is supposed to do: keep the public safe by removing criminals from society. Life sentences are not soft on crime; they enforce the law and are a severe consequence for those who commit horrendous actions. Also, unlike the death penalty, a life sentence can be taken back if someone is found to be innocent.



en.wikipedia.org

Containing medical equipment and many viewing windows, this lethal injection room in California is used for executions. Lethal injections have become very dangerous since Europeans stopped supplying the United States with the necessary drugs.

deserved to be punished to the fullest extent of the law. Unfortunately, these

has helped 317 innocent people be exonerated after being wrongly convicted.

The Silent Killer

Is it technology?



By Alana Topakian
SECTION EDITOR

It does not matter whether you are walking the halls of school, a crowded sidewalk, a bustling mall, or even catching a late night bus ride home; there seems to be one common factor among all humans today: our eyes are glued to our phones. We seem to all have this inability to disconnect from our electronic devices, even using them when out at dinner or sneaking texts during class. There are computers and tablets and phones and game consoles and so many other technologically infused items stealing our attention away. We cannot escape them! To make it worse, instead of finding ways to disconnect from 'cyberspace', we are inventing more and more things that just pull us deeper into it, making

it seem as if technology will become humanity's downfall.

It has become an addiction, checking texts and letting our brains fill with the screech of music from our head phones. It has become a habit, turning on our TV's to do nothing else, but channel surf and playing with our tablets to entertain us in the most tedious of ways. It is almost as if we humans are brainwashed by these items, only getting worse as the days go on. To make it even more horrible,

it seems as if everything is turning into some type of 'smart' object. Smart phones, smart televisions, smart cars, smart homes, even smart watches! It makes you wonder if these

smart objects are, in turn, making the consumer using them less smart.

Everywhere you turn you can see technology taking over. We depend on it to the point that, without our radiation filled items, we would be left utterly helpless. Junior Jason



Photo by A. Topakian

Surrounded by electronic devices during class, junior Noah Johnson is consumed by them. Technology has grown to the point where seeing people with many devices is common.

Nguyen said, "We are so absorbed with technology that we do not do simple things like go outside, or other daily activities that are not related to technology. It distracts us from doing our work, causing big accidents like when people are texting while driving, and is the leading cause of laziness nowadays. It gives kids poor eyesight and causes a deeper sense of

fear with common outside beings. I have no doubt that technology will be our downfall."

We go through life in an electronic-induced haze to the point that kids are growing up with their heads down, instead of involved in the world. We are literally walking, embracing, and obsessing over the path to our own destruction, oblivious and blind to the fact. All we are willing to see is how exciting and fun our new gadgets are, not how they are taking over. Soon we will be walking around with our electronics fused to our brains, literally unable to function daily without them, robots in our own sad way.

There are so many ways we can stop ourselves from continuing down this path, one example being everyone trying to separate from our items so that we do not depend so much upon them. Though without doubt, if we are not to change our habits soon, technology will fully take over, and we will not be able to do a thing about it.

Damage after the game is over



By Frances Deese
STAFF REPORTER

Whether they were a ballerina for two months or have been playing basketball since age three, every athlete has had a sports injury at one point. There are several types of sports injuries. The first type is an acute injury meaning the damage occurs suddenly with severe pain, swelling, with the athlete not being able to place weight on a leg, knee, ankle, foot a weakened arm or hand. Chronic injuries occur after you have played for a long time, and include pain when you play, or exercise, swelling or a dull ache when you rest. Growth plate injuries occur

in children and tweens who are still developing their cartilage, where they are most likely to fracture, and are most often seen in contact sports.

While blood and bones poking out are serious injuries, sometimes the most serious sports injuries cannot be seen. Concussions have been taken more seriously in the past couple of years, but the diseases and brain damage caused by them is virtually unknown. Chronic traumatic encephalopathy or CTE is a degenerative disease found in patients with multiple head injuries. While little is known about the disease, symptoms include mood change, memory loss and aggression. Athletes who suffer from CTE have died of drug and alcohol overdose or gunshot suicides. In 2012 Javan Gelcher who played for the

Kansas City Chiefs shot and killed his girlfriend Kasandra Perkins in their

concluded that Gelcher suffered from CTE. Since 2011 seven other former



Photo by F. Deese

Warming up for a game against Sanderson, the JV Men's Soccer team runs and stretches out. Stretching is a great way to prevent injuries.

apartment with his mother and the couple's three month old child, Zoey, in the background. He then drove to a parking lot of the Chief's practice field and shot himself in the head. In December of 2013, Gelcher's body was reexamined and test results

or current NFL have died of self-inflicted gun shot wounds.

Common in almost any contact sport especially skiing, basketball, football and soccer, ACL tears are very serious. Sophomore Claire Griffiths, who played on the Women's

Varsity Soccer Team this past season, said, "This kind of injury can put you on the sidelines for up to a year. Coming back from an ACL tear is very long and very hard. An injury like that is taxing both mentally and physically. I think the athletes need to do a better job taking care of their bodies after games and hard practices." One in five athletes re-tear their ACL after returning to their sport within the first two years of their first injury. The risk of arthritis sky rockets, and patients will have 60 year old knees at age 30. This type of injury can be prevented through strong muscles in the hips and hamstrings.

Aside from brain injuries, 40% of former NFL athletes said they have had or need a joint replacement. Professional athletes are four times more likely to develop Alzheimer's and

ALS. Sophomore Casey Cabaniss, who is a first year Sports Med student said, "I don't like seeing people hurt because, as an athlete, I've had all sorts of injuries, and I know how much of a toll it takes on you mentally and physically to be injured and out of the game. That's why we really try our best to prevent injuries and when they do occur, to treat them as necessary and as efficiently as we can." Little things, such as taking the day off from practice or wearing a brace, can prevent serious injuries that will keep your body from becoming too worn out. Keeping hydrated, eating a healthy diet, and wearing protective gear will help athletes avoid injuries. Overuse in athlete's leads to lifetime pain, surgery, and fatigue, but following Sports Med's orders and resting can keep athletes on the field for years.

Sports Med everyone should know



By Brittany Hubbard
STAFF REPORTER

Whether you are playing in your backyard or competitively for a team, it is essential to be aware of ways to avoid sustaining an injury. Although exercising is great for your health, hurting yourself while doing it is not. Sports Med students focus on aiding injured athletes during games and practices, preventing future injuries, and improving their overall ability to respond.

"As a first responder, I think that first aid and CPR are basic concepts of sports med that everyone should know," said senior Cameron Newman. First aid knowledge is knowing how to recognize an emergency and being able to assist the illness or injury until help has arrived. CPR is an acronym for cardiopulmonary resuscitation, a procedure that alternates chest compressions and rescue breaths. CPR is useful when someone has stopped breathing or their heart has stopped beating.

In addition, everyone

should know the steps to prevent injury while taking part in regular everyday physical activity. They should know how to properly warm-up, wear protective gear, use the correct technique, know their limits, and cool down.

Failure to warm up sufficiently is a common cause for a sports injury. An ideal warm-up should last anywhere between five and ten minutes, beginning with stretches in the area involved during the specific activity. A proper warm up starts off slow and gradually intensifies, allowing increased blood flow to your muscles. Each warm-up is specific to the game or exercise that you are participating in. For example, if you were playing softball, you would want to start off with dynamic stretches, a mild jog that progresses into a sprint, followed by throwing and catching drills.

Using the correct protective gear is a given when playing contact sports. You may also consider protective gear when riding a bike, rollerblading, running, etc. Common protective gear includes mouth pieces, shin guards, gloves, and helmets.

The technique you have developed can also bring on an injury. In other words, misusing athletic

equipment can harm you. For example, walking backwards on a treadmill is not recommended and will most likely result in an injury.

Do not overdo it; know your limits! Instead of trying to be Beyoncé while exercising, you should gradually build your stamina. If you are training for a 10k, start off with one mile, then two miles, three miles and so on.

Last, but certainly not least, it is important to drink the right amount of water before, during, and after your physical activity. Water helps regulate all body functions. Ideally you should drink water religiously, but especially when you are active to prevent dehydration.

"The things we learn in Sports Med prepare to handle emergencies as well as giving us practical medical knowledge. Unlike most subjects in school, we can actually apply what we learn outside of school in our everyday life," said senior Chanel Cross. Sports med is a course to consider if you would like to be well-equipped with how to help someone who is injured or has become ill. However, even if you are not able to take the course, Sports Med knowledge is a must for all active people and those who wish to broaden their health knowledge.

Rude awakening for the NFL



By Kiley Burns
EDITOR-IN-CHIEF

On August 28, 2014, NFL Commissioner Roger Goodell announced that the league established an unpaid six-game suspension for first offenders of the domestic violence policy and a lifetime ban for a second offense as part of the NFL's personal conduct policy.

The change in policy came in the wake of criticism over a two-game suspension of running back Ray Rice after a video was released of Rice dragging his unconscious wife out of an elevator (this was later increased to six games and then an indefinite suspension). Many have criticized this suspension as too lenient, particularly in comparison to the usual four-game suspension bestowed upon violators of the league's substance abuse policy. Senior Bryce Hailey said, "I think it is absurd that people make excuses for a football player. They should have the same punishment as the average citizen. We don't make excuses for bullies

who beat up kids, so why for them? It's because these players provide entertainment, and people enjoy seeing their team win."

There have been 83 domestic violence arrests, making it by far the NFL's worst category, with a relative arrest rate of 55.4 percent. The 55.4 percent is four times higher than the league's 13 percent arrest rate for all other arrests. Domestic violence accounts for 48 percent of arrests for violent crimes among NFL players, in comparison to the 21 percent national average.

The NFL has just recently received condemnation for its handling of those accused of domestic violence, but here is how it has handled punishment in other cases:

In 2000, wide receiver Rod Smith was accused of throwing around, choking, and banging the head of his former girlfriend and mother of his two children during an argument. Smith denied hitting his former girlfriend, but pleaded guilty to a reduced charge of verbal harassment and was sentenced to two years of probation and 36 weeks of domestic violence counseling. The NFL fined him \$25,000, but he would not have to pay that if he adhered to his probation. He was not suspended.

In 2012, Dallas Cowboys wide receiver Dez Bryant was arrested on a misdemeanor domestic violence charge after his mother called the police claiming that they got in an argument and Bryant grabbed her, bruised her arms, and hit her across the face with his cap. The NFL did not suspend or fine Bryant, but placed a strict set of conduct guidelines on him.

On August 31, just three days after Commissioner Goodell unveiled the new NFL policy against domestic violence, San Francisco 49ers defensive end Ray McDonald was arrested on an accusation of felony domestic violence. McDonald allegedly became involved in an altercation with his fiancée who showed police minor bruises on her neck and arms. The NFL has not taken action in this case, and the 49ers are allowing due process to take its course before placing any punishment upon McDonald.

Commissioner Goodell has come under fire over his handling of the Ray Rice situation and other domestic violence arrests. Goodell believes that by enacting this new policy, the NFL will reflect its no-nonsense stance when it comes to domestic violence in the league.

SPORT OF THE MONTH

Varsity Football



By Hannah Bailey
SECTION EDITOR

The leaves are changing and the weather is getting cooler, which can only mean one thing: football season is here! Led by seniors James Smith-Williams, Cole Tolson, Julian Williams, and Marcus Marshall, the football team is on a mission to win a state championship.

The team has high expectations this season. Along with state championship aspirations, the team wants to dominate the Cap-8 and win their first conference title since 2004. Last year, the

team went 10-4 (5-2 Cap-8) and got to the third round of the state playoffs before losing to Wake Forest in four overtimes. After the tough loss that ended last season, this year they are looking to improve upon that record. Coach Inscore expects the players to play as a team and get better every week. Senior James Smith-Williams said, "We are practicing with more intensity and a faster tempo, in order to ensure we are the most in shape team on any given Friday. The leadership from the seniors is strong, and we have vocal leaders on both sides of the ball. I think it's going well. We dropped a tough one to East Wake, but it's better to

"Work ethic in practice has gotten better every week and they have learned from mistakes. This team has a lot of talented individuals, and if we come together as a team, then we can reach all our goals."

-Coach Inscore

get that over with now, then to lose in conference play.

The only goal I have is to win a state championship." The team is 5-2 (2-1 Cap-8) as of publication date. After the loss to Wake Forest, the team is looking to move forward with the rest of the Cap-8 schedule. They did just that during the Homecoming game against Broughton the next week. Excitement filled the air, as the Maniacs game out in full force to cheer on the team. Defense shut down Broughton's offense throughout the game. Offense scored 28 points on Broughton's defense through three quarters. Unfortunately, a storm came through town and the game was called after lightening and rain delays.

The final score was 28-0.

The JV Football team is also having a great season so far. The team has a 5-1 record going into the game versus Wakefield. Coach Bunting said, "The goals

of our team this year is the win the Cap-8 Conference Title. Unlike varsity, we do not have playoffs, so Cap-8

For the last five years, the JV team has either won or tied for the conference title. Bunting also said,

schedule. The team still has Heritage, Leesville, and Sanderson to play in conference. The Leesville

game will be away, while the Heritage and Sanderson games will be at home. Sanderson will be the last regular season home game of the year as well as Senior Night for the senior football players and cheerleaders.

The team is working hard to reach their goal of being state champions.

Coach Inscore said, "Work ethic in practice has gotten better every week and they have learned from mistakes. This team has a lot of talented individuals, and if we come together as a team, then we can reach all our goals."



Provided by J. Smith-Williams

Walking on the field for the coin toss, seniors James Smith-Williams, Julian Williams, Marcus Marshall, and Kengera Daniel serve as the captains for the Enloe game. The football team is working hard to win the Cap-8 title this season.

games are our playoffs. We prepare as a team to make sure we are in the best position to win each game." This year the team is mostly made up of freshmen, who Coach Bunting believes have really stepped up and made some great plays.

"This says a lot about our kids, our coaches, and our program." Millbrook's football program has a bright future ahead.

The varsity team looks to continue on with a successful season through the rest of the Cap-8

Cats on the Prowl

By Kiley Burns
EDITOR-IN-CHIEF



Photo by K. Burns

Name: Christy Johnson
Grade: Senior
Birthday: October 22
Sport: Women's Varsity Golf
Amount of time playing this sport: 9 years
Why did you start playing this sport? I do not have to run.
Any awards, honors accomplishments: All-Conference, States, Academic All-Conference, MVP
What is something you wish you had more time to do? Get ready in the morning, but honestly I would probably still wear Nike shorts.
Favorite class & teacher: IB English with Mrs. Genesky
Favorite quote: "Those who are happiest are those who do the most for others" -Booker T. Washington
Role model: My dad because he is always there for me.



Photo by K. Burns

Name: Noah Davison
Grade: Sophomore
Birthday: October 6
Sport: Men's Varsity Soccer
Position: Goalkeeper
Why did you start playing this sport? I love the speed and competitiveness of the sport.
What is your team like this year? Very hard-working and tight knit.
Likes: University of North Carolina
Dislikes: Duke University
What is something you wish you had more time to do? I wish I had more time to spend with my family.
Favorite quote: "Being a good person is like being a good keeper; no matter how many goals you save, some people will remember only the one that you missed."
Role models: Tim Howard, goalkeeper for the U.S. men's national soccer team.

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Brittany Hubbard & Mitra Norwozi

Position: Staff Reporter
Regular Feature: Campus Clubs
Pet Peeve: When people remind me of how short I am; I am aware.

Position: Editorials Editor
Regular Feature: Lights, Camera, Action
Passion: Feminism! Down with the patriarchy!



Lexi McCool & Kiley Burns

Position: Sports Editor
Regular Feature: Teacher Tribute
Passion: Bumming. It is a ritual I practice every day.

Position: Editor-in-Chief
Regular Feature: Cats on the Prowl
Pet Peeve: When people spell my name incorrectly. It is Kiley, not Kylie.



Jessica Urbanski & Frances Deese

Position: Staff Reporter
Regular Feature: Spectacular Student
Pet Peeve: The school-wide "no pajama" policy

Position: Staff Reporter
Regular Feature: Sound Opinions
Passion: Building my MySpace Empire every day after school

Meet the Staff



Drew Prentice & Chase Jamison

Position: Staff Reporter
Regular Feature: Music Now
Passion: Growing out my beard so that people will notice it

Position: Staff Reporter
Regular Feature: Tech Savvy
Pet Peeve: When people taunt you by saying, "You mad?"



Hannah Bailey & Audrey Kahwat

Position: Features Editor
Regular Feature: Sport of the Month
Passion: UNC! I am definitely "Tar Heel born, Tar Heel bred."

Position: News Editor
Regular Feature: College Corner
Pet Peeve: Anything messy or anyone who makes a mess



Alana Topakian & Oliver Ficker

Position: Entertainment Editor
Regular Feature: The Real Deal
Pet Peeve: People who walk slowly. I am from New York; the only speed I go is fast.

Position: Staff Reporter
Regular Feature: Foods Around the World
Pet Peeve: When people hum along to a song

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