

Midterms Coverage
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Fry Quest (pg. 18)

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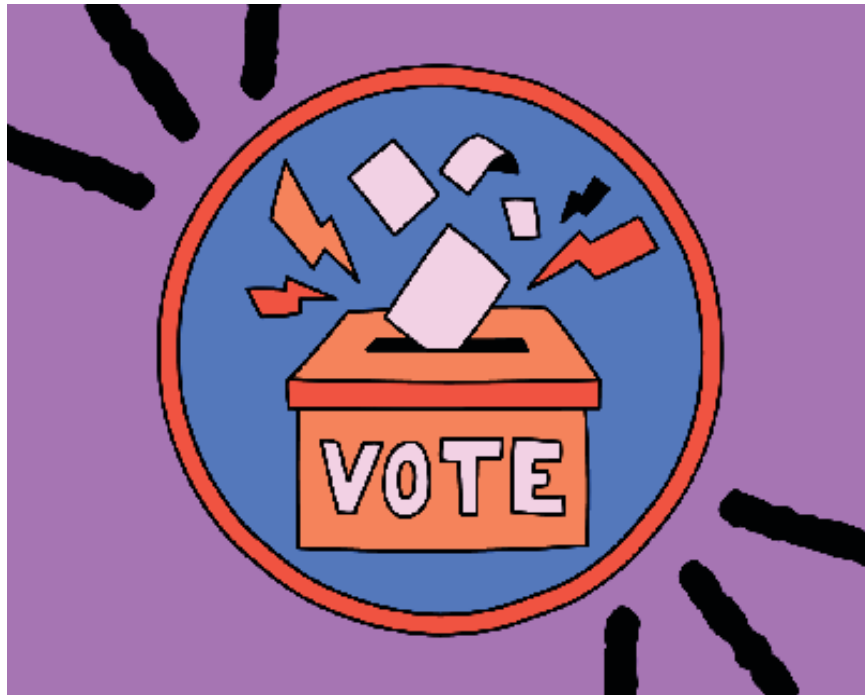
WINTER

2022

District Lacks Adequate
Food Options (pg. 4-5)

Human Rights Shouldn't Be Politicized

By: Amira Owens



This year's midterms are over, but I still have a lot to say. There were many hot topics on the ballot, and people still treated the election like it wasn't a big deal. Elections are always a big deal! This is the time of the year where we are choosing someone to represent us, regardless of what position they're running for.

I know the majority of the student body can't vote, but it doesn't hurt at all to begin to build opinions so that when we can vote, we are able to articulate our feelings and values and vote to change policies that affect not only us but everyone around us. There's just one little problem with this: we are heavily restricted when it comes to talking about politics in school. I've always inquired why, and the response I've gotten has always been some-

where along the lines of not wanting to offend people, that school is a place for "learning" and not politics, and they don't want our teachers to influence our political beliefs, all of which I don't think are good enough reasons.

For starters, high school is supposed to prepare us for the real world. If you can't grasp the fact that people across the world have different opinions than you, good luck surviving. This does not mean different opinions on human rights, even though politics has mainly been circulated around the threat to our rights as individuals. I touched on this idea in my last article about the phone policy. Our school not trusting us to handle ourselves, in situations we should have control over, is a huge disservice. Hearing other people's political

views is not something exclusive to adults. Teenagers have political stances too. Not being allowed to talk about politics for fear of offending someone is getting old. The world is ugly, and the sooner everyone recognizes that, the better.

However, as sad as it may be, politics has unfortunately become a battle for human rights. Reproductive rights are being stripped from us women. And even if you aren't a woman, you should be enraged. School shootings are so common they aren't even breaking news anymore. Hate crimes have become so common that they don't make the front page either. Inflation is so high it's costing almost double to fill the tank, and all goods are increasing exponentially. Not to mention economists think that we'll soon be entering a recession. When I say a lot was at stake for this year's midterms, a lot was at stake. And we still dropped the ball.

Here's what I think: Human rights should not be fuel for a campaign, and they should not be treated lightly when they have the power to make or break our futures. Unfortunately, by choosing to back the Republican or Democrat party means having to choose what human rights to protect, whether it be easy access to firearms, or same sex marriage, reproductive rights and interracial marriage.

Different political views are sufficient grounds to end a friendship, simply for the rea-

son above; human rights and freedom of choice have become political, when they should simply exist and not be tampered with.

This one is a little bit more specific, but Greg Abbott should not have been reelected for governor this year. I have no clue how long he's been governor, so let's assume it's been a while (okay, I looked. He's been governor since 2015). Still, I've yet to hear something good or just something in general that he's done for Texas other than promote homophobia, transphobia and overall disdain for reproductive rights. He even took it upon himself to commend the law enforcement officials who stood by and did absolutely nothing when innocent children and staff were being murdered, applauding their "amazing courage", and

even said, "it could have been worse". Um, are you serious? 21 innocent people were murdered and all he can say is that it could've been worse? If that isn't the kicker, guess what? In the midterms, he won 60% of Texas' vote. If that isn't messed up, I don't know what is. On the flip side, let's run back to the dairy state. Ron Johnson shouldn't have been reelected either. Because honestly, what has he done for Wisconsin? Push his personal beliefs into the laws he supports? These politicians are just angsty men involving their emotions and personal feelings in matters where personal feelings shouldn't be involved, and show their hatred for women's independence in the laws they both support.

Needless to say, the grounds on which we place our votes

are totally insane. The lengths politicians go to in order to get a vote, such as making false claims of sexual assault, racism, etc, just shows how corrupt our "democracy" is. Oh, and one more thing. Clarence Thomas? Get it together man, you're a disgrace. Not only did he vote to overturn *Roe v. Wade*, but he even went as far as to make abhorrent claims about aborted fetuses being in COVID vaccines, which was proven to be false (surprise, surprise). He also recommended the Supreme Court look into overturning cases such as *Obergefell v. Hodges*, *Griswold v. Connecticut* and *Lawrence v. Texas*. So I have an idea; you know, since we're interested in overturning old cases, how about we look into overturning *Loving v. Virginia*, Clarence? No?

Connect 3

By: Sam Petski

Given these 3 concepts, can you find the word that links them all?

1. Subclasses, Taxes, King Charles III
2. Common Inquiry Starter, WFB Course, A Dog's racket
3. Essay suggestion, vision miracle, a clear solution's strength over a colloid
4. Downfall of Brook Farm, Chicago Disaster, 1967 The Doors Hit Single
5. Winter Musical, Dresden, Non-Sci-Fi Time Travel Fair

District Lacks Adequate Food Options

By: Anavi Prakash



A half empty vending machine with new snack options, such as cereal bars and “reduced fat” chips.

When Ms. Suechting, the librarian, sees a student in the Library Media Center (LMC) for the full lunch hour consistently, she offers them a granola bar because most times, these students do not have a lunch with them.

“It’s not a lot of students”, she said, “but I’m also kind of looking for those students because I know they are here, and I kind of only have to look for students who are in the library, which is limited to a few here and there.”

“Their days are long and we’re asking them to focus in seven different periods throughout the day. You need to have food to sustain that,” Suechting

continued.

In the past two years, food insecurity has increased due to the pandemic. 1 in 5 Wisconsin children face food insecurity, according to Maureen Fitzgerald, a government relations leader at Feeding America Eastern Wisconsin in an interview with the Milwaukee Journal Sentinel.

Some school districts, like Milwaukee Public Schools, have adjusted to assist families by providing food, but the Whitefish Bay School District has not.

Whitefish Bay’s student population does not have many students facing food insecurity, but the Wisconsin Department of Instruction says 3% of the student population qualifies for free or reduced lunch through the National School Lunch Program.

Until the 2019-2020 school year, there used to be hot food options for students, like pizza, at the high school level.

These options, existing alongside open campus lunch, were “marginally” used by students, according to WFBHS principal Amy Levek.

The current food options students have access to this school year are through the vending machines and Bay Store, both of which sell snack foods.

The vending machines have proved untrustworthy since the beginning of this school year, with many students saying they have lost money to the

machines.

Tory Jackson, a freshman, said if he forgot his lunch at home, he would “just starve because I don’t want my money stolen”.

The Food Research and Action Center states that “School lunch is critical to student health and well-being, especially for low-income students—and ensures that students have nutrition they need throughout the day to learn.”

Senior Selina Chhantyal’s experience with the vending machines has been that the food in them isn’t appealing to her.

“I probably would just wait to get home [because] I just don’t want to buy [from the vending machines],” she said.

The prices have also increased, with everything costing \$2.00.

This year, the food in the vending machines is provided by the company Aramark.

Prior to Aramark, Whitefish Bay had contracts with other food service companies, many of which only lasted a few years.

“We’re out of contractors. This is our last option,” said Shawn Yde, the director of business services for the district.

He said the food services in Whitefish Bay schools have always been “unstable”.

None of the schools in the district have a full kitchen, which is one of the qualifications for the National School Lunch Program.

Without kitchens, the district must privately contract with food service providers. The companies are not paid by the district, but earn a profit off student purchases.

Tower Times reached out to Aramark representatives but received no response.

With the Aramark contract, Yde says the schools are focused on providing healthier options.

“I wouldn’t say we leaned in the direction of the healthiest stuff in terms of what students purchase,” Levek said.

The vending machines now have cereal bars and “reduced-fat” chips in addition to the other snack foods they’ve had in the past.

Assuming the vending machines work, students must have money to purchase food from them.

When sophomore Lily Lund forgets her lunch and doesn’t have money with her, she sometimes chooses not to eat, which is “distracting” for the

rest of the school day.

At the middle school, more options are available, because they have one thing the other schools don’t: a three compartment sink.

This sink allows for dishes to be washed easily and in a sanitary manner, putting it in line with health department regulations.

“[The meals at the middle school are] what the National School Lunch Program would consider a Class A lunch. It’s much more nutritious than what we had before,” said Yde.

Middle school principal Mike O’Connor said the school has worked with Aramark to remove unhealthy snacks from the options students have. These include Mountain Dew and Takis.

He added that if a student goes in line to get food and says they don’t have money, they are given food free of charge and the company just “writes it off”.

At the elementary schools,

students have the opportunity to buy milk every day and ice cream once a month. Otherwise, they bring their lunch with them every day.

Chad Nelson, Richards Elementary’s principal, said, “It works really well.”

If a student forgets their lunch, they are supposed to go to the office. If they do, then their guardians are called to bring them a lunch. If that is not possible, guardians are asked for permission to give the student “cheese, crackers and applesauce”, said Jayne Heffron, the principal at Cumberland Elementary.

In short, at the high school, students must be able to pay for the food options they have access to. At the lower level schools, students must self-advocate to get a lunch if they don’t have one.

“Without a back up plan,” Suechting said, in reference to having healthy food options, “I think it would be very stressful as a parent and as a kid too, because they may forget their food and may tell an adult who can help them out or they might not.”

At the high school level, to make the sparse food options students have more available, Suechting suggests creating a system that links food charges to a student’s Skyward account and can be paid later, ensuring students get something to eat.

Another vending machine was empty, except for a few slots, showing the unreliability of the machines.



The girls swim team won second place at state after they went undefeated and won the conference for the first time in 34 years. They also won sectionals for the first time in 6 years.

At the Division 2 state championship, five swimmers broke school records.

Senior Casey Stephens broke records in the 200 and 500 yard freestyle. Freshman Anne Dickinson broke the school record in the 50 yard freestyle and 100 yard backstroke. Junior Emma Dickinson, freshman Kate Antonelli, Stephens, and A. Dickinson broke the school record for the 200 yard freestyle relay. Stephens, Antonelli, senior Madeline Cleverly, and A. Dickinson broke the school record for the 400 yard freestyle relay.

After taking second place in the 50 yard freestyle and 200 yard backstroke, events where no other freshmen placed in the top 10, Anne Dickinson was labeled as a “force” by the Milwaukee Journal Sentinel.

A. Dickinson credits her teammates and coaching for her success this year.

“I think that the coaching and team atmosphere was very good this year and it really helped us all improve a lot,” she said.

She credits her older sister Emma with helping her make the transition to high school sports.

“My older sister definitely helped me a lot when it came to getting to know my team-



The swim team posing with their state runner-up trophy. Photo: Milwaukee Journal Sentinel

mates and helping me understand how high school sports are a lot different from club,” said A. Dickinson.

At their first conference championship since 1988, Stephens took first in the 200 yard freestyle and the 400 yard freestyle, setting conference records for both. A. Dickinson took first in the 100 yard freestyle and the 100 yard backstroke, setting conference records for both. Both relay teams set conference records for the 200 yard medley relay, the 200 yard freestyle relay and the 400 yard freestyle relay.

At sectionals, Stephens set a school record in the 500 yard freestyle and A. Dickinson set a school record in the 100 yard backstroke, a record she beat at state. Antonelli, Emma Dickinson, Stephens, and A. Dickenson set a pool record in the 200 yard freestyle relay. In the

200 yard freestyle, Stephens took first and Cleverly took second.

Stephens, who will swim at Miami University next year, said, “The team atmosphere was what gave us an edge. The dynamic this year was so unique and so supportive, and it uplifted us to do our best.”

“We have a lot of depth in the team, and we have a lot of very talented freshmen this year as well,” she added.



Casey Stephens swimming in the 400-yard freestyle relay. Photo: Milwaukee Journal Sentinel

When the boys soccer team beat Pulaski in the semifinals, the majority of the student body was watching and cheering them on.

For sophomore Paula Acosta, this was her first soccer game.

“It was super cool and I love the school’s spirit and everyone cheering,” Acosta said. The student section was made up of freshmen and juniors wearing white and sophomores and

seniors wearing blue. Some students even painted their faces blue.

The Blue Duke student section began cheering early, when co-captain and senior Henry Triggs, assisted by fellow co-captain and senior Will Smith, scored in the second minute of the game. The Dukes’ next three goals came from Smith, sophomore Sebastio Ferraro and junior Quinn

Muderlak.

Their win over Pulaski was something Acosta saw coming. “Honestly, I just predicted that Whitefish bay would win, because I did not just pay \$16 for them to lose,” she said.

The state finals game was the following Saturday, November 5, where the Blue Dukes took home the silver ball after losing to Oregon in an 8-7 shootout.



The soccer team lines up for the national anthem before a previous game against Madison Memorial. Photo: Chloe Bowers (@cbowersflicks)

Henry Triggs (C, 12) and Yanis Bengana (11) fight a Madison Memorial player for the ball.

Photo: Chloe Bowers (@cbowersflicks)



MIDTERMS:

AN OVERVIEW

Midterm elections this year were pivotal for both Democrats and Republicans. Historically, midterms see the loss of representatives and senators from the president's party, and this year has been no exception. Democrats held onto the House and Senate by a narrow margin in 2020; especially the Senate being a perfect 50-50 split. This election cycle, however, has seen those chambers threatened by Republicans, especially the House. In Wisconsin, however, it's a bit more complicated than it looks.

THE U.S. SENATE

Wisconsin voted to elect Ron Johnson, the incumbent Republican, for his third consecutive term. His win was not without harsh opposition, however: Democrat Mandela Barnes, the current Lieutenant Governor of Wisconsin, received barely a half percent fewer votes than Johnson did. This was one of the most heavily watched elections of the election cycle, seeing as Ron Johnson has gone back on his promise of only two terms in the Senate, as well as his views being some of the most conservative in the Senate, including his amplification of false claims of election fraud in Wisconsin during the 2020 presidential election.

THE U.S. HOUSE

In all of Wisconsin's congressional districts, the incumbent representatives were reelected (including Milwaukee's Gwen Moore, winning the 4th district election by 53 percentage points) except for the 2nd congressional district. Ron Kind, the Democratic incumbent, retired after having served as the district's representative since 1997; this left an open seat in an increasingly Republican district — Donald Trump won the district in both 2016 and 2020 by a few percentage points. Republican Derrick Van Orden challenged Kind's seat in 2020 but lost. However, he ran again this year and won, beating Democratic State Senator Brad Pfaff by four percentage points. This was a big win for Republicans, who sought to flip House seats this election cycle in an attempt to control the House.

GUBERNATORIAL ELECTION

The governor's race, with incumbent Democrat Tony Evers taking on Republican businessman Tim Michels, was a close-knit win for Democrats. Evers won by about three and a half percentage points, keeping his governorship for a second term. As mentioned before, Barnes is the current Lieutenant Governor, but due to his Senate race, he was unable to run with Evers for the position. In his place will be Sara Rodriguez, the state assemblywoman from District 12 (The district includes much of Brookfield, the Grove, Wauwatosa, and West Allis). This was a sigh of relief for Democrats, as the possibility of all three branches of the state government being dominated by Republicans was a real possibility.

STATE SENATE AND ASSEMBLY

The state senate and assembly were hot topics during the midterms. Republicans were shooting for a supermajority, or 60 seats of the 99 in the house. Republicans nearly achieved this goal — winning only 63 seats. One more would have split catastrophe for the Democrats. A supermajority has the authority to block vetoes from the governor. Tony Evers as governor has vetoed a lot of bills and kept the state from being totally run by the Republican party. In our district, Democrat Deb Andriano was re-elected for her second term in the state assembly, beating out Republican and former County Executive candidate Patrick Nash.



Seniors Take Advantage of Right to Vote

By: Maggie Sthroben

There are few seniors at Whitefish Bay High School who can vote, but out of seven eligible seniors interviewed, they all voted. The big races these seniors got to vote in were for the senator and governor of Wisconsin. Ron Johnson beat Mandela Barnes to remain senator with 50.5% of the votes.

For governor of Wisconsin, incumbent Democrat Tony Evers beat Tim Michels with 51.2% of the votes. When asked about their voting experience, many seniors felt positively.

"It was a really fun and rewarding experience," said Tess Bruett.

Jasper Schoen and Reese Cot-

trill agreed it can be a long line to wait in, so it might seem tedious, but once closer to the voting stations it seemed to go quickly.

The seniors who voted said they did because they wanted something good to come out of the election and felt it was an exciting first experience.

I Chose Issues Over Parties for the Election

By: Lucy Wu

In Wisconsin, incumbent Democratic governor Tony Evers defeated Republican candidate Tim Michels, owner of Michels Corporation.

When I researched the election, I looked into several issues. Both candidates had stances on different topics I agree with.

As someone who strongly supports abortion rights, my primary focus is abortion rights.

Michels is pro-life; however, he claimed that if elected, he would sign legislation that supports exceptions for rape and incest, which is not entirely satisfactory.

Evers is a radical advocate for pro-choice legislature: not only did he file a lawsuit to overturn Wisconsin's 1849 criminal abortion ban in June, but he also declared that doctors prosecuted under the abortion law will be given clemency (a pardon). I agree with Evers on this issue.

Another matter I value is gun control. Gun violence continues to plague communities like Milwaukee. According to the Milwaukee Police Department, 2022 is on track to have the worst gun crime rates.

Evers supports a universal background check requirement for every gun purchased in Wisconsin, community safety initiatives and red flag laws to allow for the temporary removal of firearms from people who police deem a danger to the community.

Michels does not support red flag laws and supports access to more guns. He pledged to lift restrictions on firearms.

I don't agree with Michels' inaction when it comes to gun violence and I strongly appreciate the solutions Evers is proposing because I believe they are necessary to combat this ongoing issue.

One of the largest topics throughout the gubernatorial debate is the legalization of

marijuana.

I actually agree with Michels, who does not support recreational marijuana use, on the topic.

I appreciate Evers's motive to use the revenue that would come in from legalizing marijuana for public school funding, but I do not think marijuana is the right solution to increase school funding--especially due to the dangerous effects such as cancer. If marijuana is legalized, we will likely see more teens getting access, and marijuana use during adolescence causes permanent brain damage. We will inevitably encounter cases of DUIs, addiction, and mental health issues for any age.

In the end, looking into these issues is how I created my opinion about the gubernatorial race. It's important to remember that everyone has their own political opinions.

Club Column: CyberPatriot Team

By: Emma K Dickinson

With each new school year, many new clubs and opportunities pop up for students. Among the new clubs at Whitefish Bay High School this year, CyberPatriot combines STEM skills with cybersecurity. The beginning of CyberPatriot at Whitefish Bay came from junior Emily Doucette, who attended a cybersecurity camp over the summer.

"I thought it sounded like a great opportunity for WFB students," Doucette said. She, along with Mrs. Logan made the club a reality this fall.

But what actually is CyberPatriot? By definition, CyberPatriot is "created by the Air & Space Forces Association to inspire K-12 students toward careers in [STEM] disciplines critical to our nation's future. At the core of the program is the National Youth Cyber Defense Competition, the nation's largest cyber defense competition that puts high school and middle school students in charge of securing virtual networks," according to uscyberpatriot.org.

Both Doucette and Mrs. Logan recommend the club to anyone interested in cybersecurity and computer science. With STEM being a blossoming field and the US STEM workforce comprising of "36 million people" according to the National Science Board's website (ncses.nsf.gov), it is no surprise that clubs such as CyberPatriot are becoming increasingly popular.

The team participates in competitions where team members must secure computer systems in six hours.

"We are given three unsecured computer systems- one windows, one windows server, and one Linux Ubuntu," explained Doucette.

She continued, "we are given a Cisco routing challenge. We have a continuous six hour time frame in which we must secure all of the systems and eradicate any cyber risks." "Meetings consist of students practicing problem solving on practice images, creating checklists of steps to make networks more secure and reflecting on lessons learned from previous competition rounds" said Mrs. Logan.

Members of the club also learn about a variety of cybersecurity topics to expand their knowledge in the area.

The commitment to this club

is spending one to two hours a week practicing and developing vital STEM skills. Committed students also compete in three six hour competitions throughout the fall.

"I love seeing the students' excitement when they successfully complete challenges and identify and correct network vulnerabilities on the virtual machines," said Mrs. Logan. Doucette said, "This club has taught me the importance of teamwork, and how when you're feeling stuck or overwhelmed it's important to keep pushing through."

CyberPatriot is an amazing opportunity for any students seeking to develop their STEM skills at Whitefish Bay High School.

For more information, contact Emily Doucette at 24emily.doucette@wfbschools.com or Mrs. Logan at linnea.logan@wfbschools.com.



The CyberPatriot Logo.

Theater Program Bags Fall Play

By: Margaret Murphy



A scene from Act 2 of The Importance of Being Earnest.

Across the audience, smiling intrigued faces watched opening night of the fall play, *The Importance of Being Earnest*. In this play, two friends, Jack Worthing and Algernon Moncrieff lead deceptive lives creating trouble for their romantic pursuits. Written by famous playwright Oscar Wilde, the audience watches a plot filled with twists and turns of Worthing and Moncrieff's plans.

The play lit up with butler Lane, played by Winfield Mitchell, setting up an afternoon of tea in an aristocratic home. Within seconds, viewers were transported back in time to lavish high society life in Britain in the late 1800s. Then, sharply dressed Algernon Moncrieff, played by Taigh Moran, waltzes into the room leading

a witty and humorous conversation with his butler, which I and many of the audience laughed at. The hilarious wit carried through the play.

Later, Jack Worthing, played by Sam Petski, arrives to tea time where the real drama begins to unfold. Moncrieff confronts Worthing, who has been coming to London under the false identity of "Earnest" as a

way to escape from his country home and niece, Cecily Cardew played by Brooke Koehler. Act 2 impressively brought us to Worthing's country home. As soon as the curtains opened back up, the audience became immersed in a classic English garden filled with sprawling trees, flowers and grand architecture. The act brought extra drama for Cecily and Gwendolyn Fairfax, Worthing's love interest played by Yana Furhman. My personal favorite though, was Moncrieff and Worthing's harrowing fight about muffins and cake.

In Act 3, the final set took the audience inside Worthing's country home, where he, Moncrieff, Cardew and Fairfax, sort out their troubles.

I can confidently say that the play took the audience through many laughs, surprises, and puzzling dilemmas.

Now, you might have heard the rumor going around that the play was three hours long. The rumor is true and it was a long three hours, but those three hours were worth it.



A scene from Act 3 of The Importance of Being Earnest.

How to Practice Self-Care This Winter

By: Hallie Amalo

Let's face it: taking care of your mental, physical, and emotional health in the winter isn't easy. When the sun sets before five o'clock, you allow yourself to fall into autopilot. Schedules get busy and sometimes it almost feels like you'll never have enough time to do anything that makes you happy. You realize you took the constant sunlight and warmth for granted and can't stand shivering in the cold anytime you go outside now.

Self care is key to not only surviving, but enjoying the winter months. When you take care of your mental health, acknowledge your emotions, and move your body, life is guaranteed to improve. Self care can push the impression that you have to look good to feel good, but it doesn't have to be a twenty step skincare routine.

Here are some ways you can take care of yourself in the depths of this winter:

- Whenever you're feeling exhausted or stressed, try making yourself a hot drink. This can be coffee, tea, hot chocolate, or any drink of your choice. According to Healthline, warm beverages improve circulation, decrease stress and keep you hydrated.

- Think about the last time you expressed gratitude. Maybe it's recently, but the only time most people consciously express gratitude is during Thanksgiving. Remembering gratitude in the winter is

extremely important for your mental health. It may not seem like much, but gratitude significantly improves your mood if it's done regularly. Grabbing a journal and trying your best to appreciate the little things can go a long way.

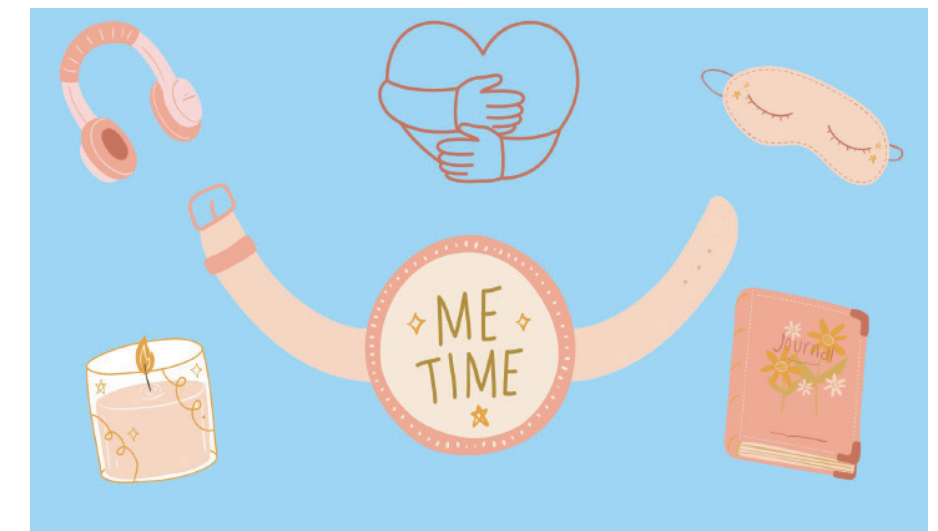
- Depending on your favorite type of exercise, try to get moving like you would outside in the summer. As soon as the weather dips below fifty degrees, everything seems to slow down. To stay active you can do yoga, stretch, cardio, weight lift, run or walk around the block in your fuzziest sweater.

- Although it might be hard to find motivation, read books. If you haven't cracked open a novel in a couple of months, try to find an intriguing one that can give you both a break from your phone and some

time to escape the world. Some of my favorites are *The Invisible Life of Addie Larue*, *Better Than the Movies*, *Mexican Gothic*, and the *Caraval* series.

- When homework piles up and exams begin to approach, fixing your sleep schedule will set you up for success when it comes to self care. It's perfectly fine to stay up late watching *Gilmore Girls* once in a while, but making an effort to sleep consistently is key. The CDC recommends 8-10 hours of sleep per night, but the majority of high school students only get an average of 7 hours.

- Even when it gets difficult, remember to take care of yourself just like you would for a loved one. Life is stressful, so be kind to your body, mind and wellbeing.



Teacher Playlists

By: Sofie Peck and Ayusha Niraula

As music tastes evolve from generation to generation, it's hard to keep up with everyone's specific tastes in music. Because of this, we decided to interview a few staff members from each department to find out what the teachers here are listening to! For many teachers, especially Ms. Alsch, this question was very challenging. For the most part, everyone's tastes ranged from the early 70's to nowadays pop music. A lot of these choices did not come as a surprise as Ms. Gleason chose "The Scientist" and Dr. DeRose chose "Scenes from an Italian Restaurant."

We enjoyed this very fun and fantastic activity and had fun times and tan lines like and subscribe!



Ms. Levek

Glory Days - Bruce Springsteen
Small Town - John Cougar Mel-lencamp
Holy War - Alicia Keys



Mr. Johnston

Bohemian Rhapsody - Queen
Love Theory - Kirk Franklin
Disney Fly Medley - Voctave
(A'Cappella Group)



Madame Madler

How Soon Is Now? - The Smiths
Pride (In the Name of Love) - U2
1979 - The Smashing Pumpkins



Mr. Gard

Hallelujah - Leonard Cohen
Underground - Cody Fry
Eleanor Rigby - The Beatles

Ms. Rodriguez

Inner City Blues - Marvin Gaye
This Must Be the Place - Talking Heads
You Can Never Tell - Chuck Berry



Ms. Alsch

Can I Kick It? - A Tribe Called Quest
Bam Bam - Toots & The Maytals
Skokiaan (South African Song) - Louis Armstrong

Ms. Freeman

Big Energy - Latto
Still Feel - Half Alive
Majestic - Wax Fang

Mr. Mewes

Harry Hood - Phish
Echoes - Pink Floyd
Tweezer - Phish

Mr. Finder

Hotel California - Eagles
Killer Queen - Queen
Hey Jude - The Beatles

Mr. Scott

Black Summer - Red Hot Chili Peppers
Heat Above - Greta Van Fleet
Blinding Lights - The Weeknd



Mr. Johnson

Grapejuice - Harry Styles
Moonlight In Vermont - Frank Sinatra
Valerie - Amy Winehouse

Dr. Derose

American Pie - Don Mclean
Sweetest Thing - U2
Scenes from an Italian Restaurant - Billy Joel



Mr. Ellefson

It's the End of the World As We Know It
(And I Feel Fine) - R.E.M.
In the End - LINKIN PARK

Mr. Spencer

Every Window Is A Mirror - Joywave
Sugartooth - Brandi Carlile

Ms. Cattey

Escape - Enrique Inglesias
Call Me Maybe - Carly Rae Jepsen
Girl In The War - Josh Ritter

Ms. Gleason

Immigrant Song - Led Zeppelin
Stay - Rihanna
The Scientist - Coldplay

Wisconsin's Migratory Birds

By: Thor Gabik

In Wisconsin, there are two main bird species that migrate in the winter.

Canadian Goose

The Canadian goose is considered to most, a nasty nuisance. The Canadian goose, an umbrella term used to classify eleven different subspecies, has almost gone extinct multiple times in the past century. Their population declined at the beginning of the 20th century due to unregulated hunting. The Migratory Bird Treaty Act helped protect the birds by setting a regulated hunting season in place. Through regulated hunting seasons, the Canadian goose population is not only strong but increasing. In Wisconsin, the most common species is the giant Canadian goose.

Canadian geese have become a problem mainly due to people feeding them. By feeding these animals, they will continue to remain in that spot and expect people to feed them. This benefits no one. People food is not healthy for these animals, especially during breeding season, and the geese will show aggression towards people who don't feed them, which has led to accounts of geese biting people or hitting them with their wings. The best way to ward off geese if they are trying to get food from you is to scare them, discouraging them from trying to approach you.

Geese are most aggressive during the breeding season.

Don't be an idiot. If a goose is with its goslings or sitting on a nest, do not approach the goose or try to pick up a gosling because it looks cute. In Illinois, a man was kayaking in a small pond and kayaked over towards a swan nest because he wanted a closer look at the cygnets. The swan, from the same genus as geese, defending its young, attacked the man, knocked him out of his kayak and proceeded to peck him until he drowned. Do not become a statistic. Observing from a distance is safe for the viewer and for the animal.

In Whitefish Bay, Canadian geese's main natural predators are coyotes, bobcats and humans. Of those three, humans make the biggest dent in keeping these animals at bay.

Overall, be smart. Don't feed geese if you see them and don't approach them, especially during breeding season. Follow these guidelines and you'll stay out of trouble.



An artist's rendition of a mourning dove.

Credit: Thor Gabik

The Mourning Dove

The Mourning dove is the bird that wakes people up with its trademark cooing, but what many people don't know is that Mourning doves are more than just their cooing. A Mourning dove can be easily identified by its small head, slender body and long tail, which tapers to a point. When they fly, a white spot on their tail feathers is visible. These birds are very swift and agile while in flight. They have been clocked at speeds of anywhere between thirty and sixty miles per hour.

As of 2022, they are one of the United States' most abundant bird species. For nesting purposes, they prefer single trees, surrounded by open land, which allows them to see predators more easily and effectively evade them. They also mate for life and have a wide diet. They eat seeds, berries and ingredients in most common bird food mixes. The Mourning dove is a ground feeder, which is why they can be found eating under backyard bird feeders making them susceptible to predators. Their natural predators in Whitefish Bay include raccoons, snakes, hawks, owls and domesticated cats and dogs. So, just like with geese, be cautious with your food, especially berries, or a mourning dove may just swoop by and grab some.

The Expansion of Whitefish Bay

By: John Egan

What put Whitefish Bay on the map was Fredrick Pabst of Pabst Brewing buying a piece of lakeside land in Whitefish Bay, and building a resort on it. As many as 15,000 people would come to the resort per day. Its highlights included a ferris wheel, restaurant and hotel.

People who lived in the city could take a train from the Milwaukee and Whitefish Bay railroad, or take one of the Pabst steam boats from downtown. Just three years later on June 7, 1892 the village's then 300 residents came together and started the village of Whitefish Bay. However the resort only lasted for another 22 years after the village formed before closing due to a lack of popularity.

For the first 30 years of its existence, the village had approximately 500 residents. That changed during the roaring '20s, when the population spiked from less than 1,000 to over 5,000 in just 10 years. The large growth in population increased the demand for Whitefish Bay to have its own high school.

Originally, there was a schoolhouse in what is now Schoolhouse Park across from the library, but it burned down in 1918, and was replaced by Henry Clay School, the current middle school.

In 1932, Whitefish Bay High School's construction was completed. The cost was \$450,000, around an estimated 8 million dollars today. The



school was designed for expansion, allowing the school to grow with ease, with the Memorial Gym, Auditorium, English Wing and Field House being added on throughout the 40s, 50s, and 60s. The most recent addition was the fieldhouse in the early '70s. During WWII 700 staff, students, and alumni of Whitefish Bay High School served in the military. What is now the WWII Memorial and Armory Field, was once a National Guard Base. The WWII memorial was originally constructed in Buckley Park, but was made of wood and did not last, so it had to be recreated in Armory Park.

Four years after the end of WWII Thomas Balisteri opened Sendiks on Silver Spring.

Starting as just a fruit market it is now Whitefish Bay's staple grocery store. Whitefish Bay used to have another competitor to Sendiks, Food Lane, but a fire in 1991 put it out of business and it did not succeed in reopening.

Winkie's Variety Store opened as part of a chain owned by Wilbur Winkie.

Following WWII, Fox Bay Cinema also opened, but it did not survive the pandemic, although there have been pushes to have it reopened.

Today, Whitefish Bay continues to thrive as a community and has one of the highest rated school districts in the state of Wisconsin. The current population is just under 15,000 people.

Fry Quest

By: Fiona Meaney



In life, all we can do is try to find our purpose. For some, it may be creating art or helping others, but for me, it's always been about food. In this case, it's about french fries. Unfortunately, I could never find any good restaurants to visit solely based on their fry game. Instead, I decided to visit four different Milwaukee based restaurants with some trusted companions and gather data on these crispy, salty, delicious nuggets of pure joy. We based our rankings on five different factors: overall flavor, salinity/salt-level, crispiness, fluff to crisp ratio and dip-ability.

Ranked on a scale from 1-10, the highest possible score is 50. For example, Culvers fries scored a total of 35.49 points. Its highest rank was dip-ability, with an 8.66, and the lowest was a 5.5 for crispiness.

I conferred with my peers on what were the best fries in the best restaurants in our lovely city of Milwaukee. I got a plethora of suggestions, and

narrowed it down to four fry joints.

4th: Comet (32.07)

They're supposed to have great fries, according to my mom, so you can understand my surprise when they tasted like burnt salt sticks. They made my mouth hurt. They were way too crunchy and the smaller fries were completely crispy all the way through, which isn't necessarily a bad thing, except the main flavor was SALT AND CHAR. The highest rating these fries got were tied at 7.55/10 for both flavor and dip-ability, and the lowest was the fluff-to-crisp ratio with 4.66. In short, they were slightly soggy potatoes all the way through.

3rd: Benji's (37.66 points)

These fries, in my very strong opinion, are the best from this list. Their highest score was for crispiness, with a 9.1, and their lowest was the salt level with 5.66. They weren't rock solid, and had a wonderful layer of crisp, which led to magically light and fluffy potato in the center. They seemed to be lacking some salt, but overall, they were wonderfully warm, crispy, and light, and were a delight to have next to my pancakes during brunch.

2nd: Cafe Hollander (39.5)

These were recommended to me multiple times, and they're served in a weird cone shaped thing, so I was totally down.

Their highest score was an 8.5 in both salinity and fluff to crisp ratio. The salt level brought out the flavor of the fry very nicely, and the fluffy interior matches perfectly with the crispy outside of the fry. Their lowest score was a 7 in the overall flavor category. There wasn't anything very special about them; they were just a bit better than average in the flavor category. But, they still slay and I highly suggest getting the basil mayo aioli with them; it's PERFECTION.

1st: Lake Park Bistro (42)

It was suggested more than four times, which is more than any other restaurant. These guys are thinner than the usual french fry, and have a slight curl to their shape from the slice of the potato. Their highest score was in the dip-ability category, where they scored a 9. They are excellent for dipping in lots of different sauces, particularly aiolis or the sauce from mussels. Their lowest score was an 8 in salinity and the fluff to crisp ratio. They were wonderfully thin and crispy, and packed with lots of flavor. There's a good reason these fries made number one on the list.

Have any foods or restaurants that you'd like ranked? Let me know! Email me at 26fiona.meaney@wfb schools.com.

Baked Pretzels

By: Magnolia Judy

Growing up with my mom making these pretzels after school, at family gatherings, and more, led me to love their taste and smell like an old friend. They're so easy and delicious to make; plus they'll always make any house smell like a bakery. The recipe is from the 1975 edition of *Joy of Cooking* and makes either three dozen 6-inch sticks or twelve 6-inch pretzels.

Ingredients:

- 1 cup of 105 - 115 degree water
- 1 package active dry yeast (2 ½ teaspoons)
- 2 ¾ cups sifted all purpose flour
- 2 tablespoons softened butter
- ½ teaspoon salt
- 1 tablespoon sugar
- 4 cups water
- 5 teaspoons of baking soda

Start by combining the hot water and yeast in a mixing bowl. Once dissolved, add 1 ½ cups flour, butter, salt, and sugar. Beat for at least three minutes. After stirring in 1 ¼ cups flour, knead the dough until it loses its stickiness. Let the dough rise in a covered bowl, preferably in a warm place until it doubles in size. Punch down and divide into 12 pieces for pretzels (or 36 smaller pieces for sticks). Roll out 12 pieces of dough into 18-inch long and pencil thick ropes, slightly tapering the ends. Twist into classic pretzel shape by crossing ends and folding over. Let them rise on a greased baking sheet until they've doubled in size. Preheat the oven to 475 and boil a solution of water and baking soda. Without using an aluminum pan for the mixture, carefully lower pretzels into the water with a slotted spoon. Leave for one minute or until they rise to the surface. Return them to the greased baking sheet and sprinkle with coarse salt. Bake for about 12 minutes until golden brown and less for the sticks. Lightly brush them with butter to give luster and enjoy! They're best served right away, but can keep for about a week in an airtight container. Cool before storing.



This editorial was written in February, 1993 by then editor Amy O’Neil.

So, Bill Clinton is our new President. I’m happy. He proposes many changes and re-form. I’m happier still. He plans to lift the ban on homosexuals in the military. I’m ecstatic. But I am furious at the opposition that has been voiced since Clinton’s proposal. Not because people are using their constitutional right to opine against something, but that the opposition is full of such hate, close-mindedness and vengeance. Wake up and smell the nineties, folks.

The reason why I applaud efforts to allow gays in the military is because being the active feminist I am, I understand the frustrations of other groups of people who have been discouraged by society. And the plight of homosexuals to serve their country is not at all superficial. Gay men and women who are patriotic to their country deserve the chance to be in the military.

Yet the Pentagon has insisted that homosexuality is a threat to discipline and national security. (This is like saying women shouldn’t drive tanks into battle because none of them know how to drive. Or that blonds shouldn’t be in the front lines because they might use the wrong end of the gun.)

Yes, it is “illegal” to serve in the military if one is gay. The military enforces this policy



Bill Clinton when announcing the “Don’t Ask, Don’t Tell” bill. Photo: Ron Edmonds AP/REX/Shutterstock

by spending a low estimate of **\$27 million annually** to chase suspected homosexuals out of military ranks. \$27 million. Oh yeah, this is a **great** use of the taxpayer’s money...

My question for the military is how can they justify the fact that during periods of war, why the regulations against gays have been roundly ignored.

The point is: It’s time for change. Just as when Truman lifted the discriminatory policies against blacks in 1948, the the same revolution must occur with the policies against gays.

The time. for change has come. As we slowly learn that homosexuality is an inborn trait and not a social disease,

everyone must learn to master their fear of each other. In battle, there are more important things to think about than who is or isn’t gay. (It’s not of as if gay soldiers will start hitting on the rest of them. And may I remind all of you of those heterosexual soldiers involved in a certain scandal called “Tailhook”? I thought so.) As with women and Afro-Americans, adaptation and accommodation of gays will take decades.

But that is no matter, because at least then gays will not live in fear of being discharged for something they have no control over. Let’s stop this homophobic attitude in this this country; I insist that the military follow suit.

Thanksgiving break just ended and while it brought opportunities to rest, eat massive amounts of apple pie and catch up with friends and family, it came with a price. I’m talking about the weeks leading up to the holiday when we had exams and large projects in pretty much every class. Every minute of our time was filled up with work.

To make matters worse, we have additional tests upon returning to school. To me, this begs the question: Is the rest provided by Thanksgiving break actually beneficial if the period surrounding it is so stressful?

I argue it does more harm than good. Personally, the intensity of schoolwork before and after the break makes it hard to properly enjoy myself during the time we have off. Instead, I mostly have to devote the time to recovering from school.

According to studies done at Harvard Medical School, 62% of Americans report having greater stress levels during the holidays. For students, this could include their schedules full of family events AND school work.

Once we return, I face the challenge of readjusting to the patterns of school and extra-curricular activities. While it’s tolerable to have to adjust

after winter break, because its length justifies the time it takes to get back into school-work, I find it exhausting to have to return after Thanksgiving, when the break is less than a week long

From my perspective, the general culture of our school seems to support the idea that the level of stress experienced by students is normal. That’s another conversation, but Thanksgiving break does nothing but exacerbate the stress.

I think it would be more worthwhile to use the time we spend on break to learn more, rather than squeezing in tests and projects into time that can barely fit them.

· School ·

Question Column

By: Caroline Kuhn

What is the best pie flavor?

Apple 34.5%	Pumpkin 34.5%
Cherry 8.6%	Keylime 8.6%
Pecan 5.1%	There is no such thing as a good pie 1.7%
	Other 7%

What is your ideal place to spend the holiday season?

Home 39.7%	Near family 24.1%
Literally anywhere warm 15.5%	In nature 8.6%
In another country 3.4%	
Other 8.7%	

What political party would Santa be part of?

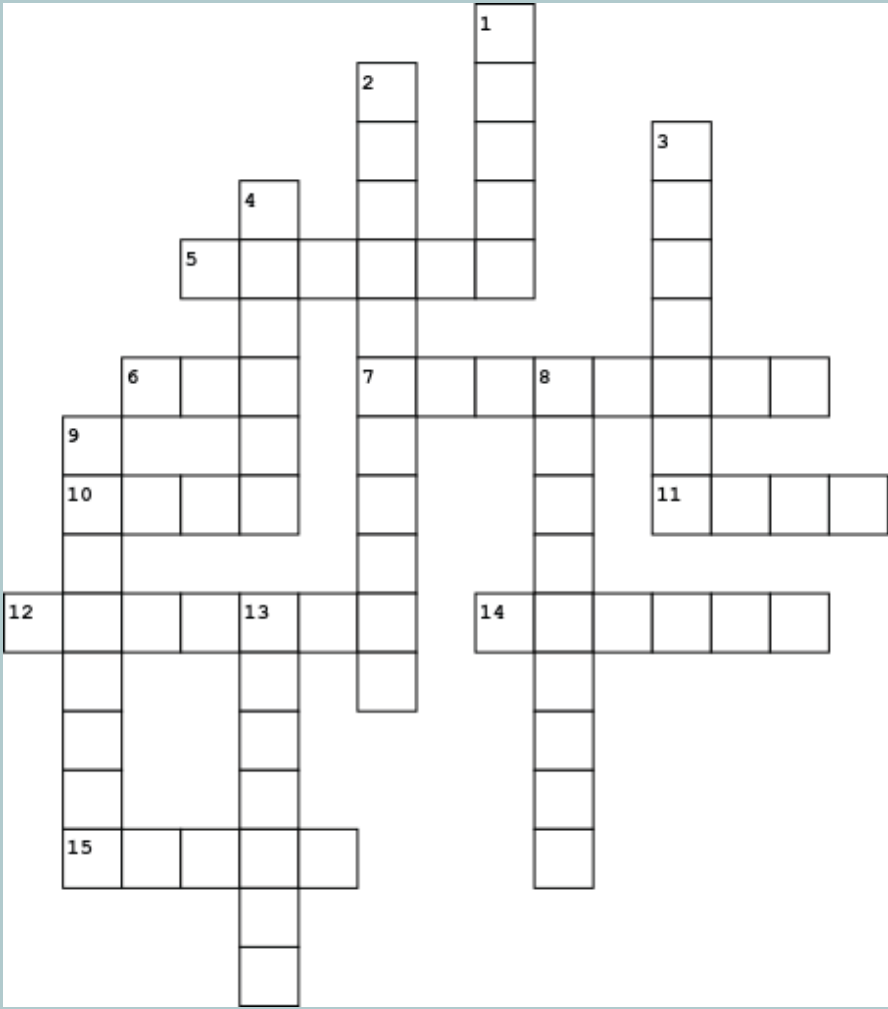
Republican 35.2%	Libertarian 18.5%
Democrat 13%	
Reindeer Conservation Efforts Party 7.6%	
Wisconsin Progressive Party 3.7%	
Other 22%	

When does the holiday season start?

November 55.2%	December 31%
October 8.6%	Other 1.7%

Crossword

By: Ella Smullen



Across

5. Somebody who creates works of art
6. Binary code is composed of two numbers: zero and ____
7. Schoolwork to be avoided and put off until last minute
10. When writing something, it's important to do this afterwards
11. Falls from the sky during

- winter
12. Something that protects you against infectious diseases
14. Defensive member of a soccer team
15. Long assignment for English class
- Answers on the back page

Down

1. Spooky Halloween entity

2. Known for singing "All I Want For Christmas Is You" (she's defrosting!)
3. When the answer to a question is really clear
4. Time sensitive; something to be completed immediately
8. Sophomore year social studies class
9. A number that isn't positive
13. Spring break trip

Answers on the back page

Letter From the Editors

By: Anavi Prakash, Bill Lewis & Ella Smullen

This issue had the quickest turnaround time yet. We wanted to get it in your hands before winter break, which meant starting planning right after the first issue came out (in October!).

The entire team worked incredibly hard to make this issue a reality and we gained new members along the way. We have a strong start to reach our goal of five issues by June!

Our goal for this issue was to focus more on current events, which we did by covering the midterm elections through graphics, facts and opinions. We also stayed true to capturing events around the school community, like the multiple successes our sports and theater programs have had so far.

Our next issue will be out at the beginning of second semester. We're excited to keep

putting out content relevant to the student body. If you have ever considered joining Tower Times, we would love to have your voice featured in the next issue.

Be on the lookout for announcements about our next pitch meeting. If you have questions/comments/concerns about anything, feel free to contact any of the editors.

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CONNECT 3 ANSWERS
1. inheritance, 2. wood/would, 3. clarity, 4. five, 5. Renaissance
CROSSWORD ANSWERS
ACROSS: 5. artist, 6. one, 7. homework, 10. edit, 11. snow, 12. vac-
cine, 14. goalie, 15. essay
DOWN: 1. ghost, 2. Mariah Carey, 3. obvious, 4. urgent, 8. econom-
ics, 9. negative, 13. Ireland