

VOLUME 53 ISSUE 1

LOY NORRIX HIGH SCHOOL

606 E. KILGORE RD KALAMAZOO, MI 49001

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School Lunch Redetermined Yet Again

School Districts Struggle to Make Lunches Appealing and Affordable

Hannah Reinhold
Knight Life News

Remember when we were little snout nosed kids in elementary school and we'd rush home clutching our little backpacks just to plop down directly in front of the television to catch an episode of Jimmy Neutron on Nickelodeon. You may remember how the school lunch was portrayed in the show; old cranky lunch ladies with patched spots of hair on their chin, slopping globs of mush onto Jimmy's lunch tray.

This is a stereotype that has been portrayed in the media throughout the decades to influence opinions at young ages on the quality of school lunches.

"No one likes the school lunch because it's the school lunch," senior Travis Dodge said. He explains almost perfectly the stereotype in a single sentence.

In 2010, the new federal guidelines were implemented for public school lunches. The first lady, Michelle Obama brought the impact of unhealthy lunches on students in their developing ages to the attention of the public. She sought to improve the nutrition of public school lunches nationwide. The



Sydnee Stannard / Knight Life News

Juniors Brian Bartley and Joe Santamaria are eating a meal of pizza provided by the school lunch. Everyday, Kids rely on the school to provide their Lunch.

Healthy, Hunger-Free Kids Act was signed by President Obama in 2010, an act which standards "give school meals latest nutrition science and real world circumstances of America's schools," Food and Nutrition Service.

According to the head of the kitchen at Loy Norrix, Brenda Wolterink, all our school food is approved through the FDA, the

ingredients are fresh, and most meals are made from scratch.

"This year they [lunch headquarters, Chartwells K-12] have implemented that we go back on fats, sodium, and sugars," said Wolterink.

Against whatever negative opinion people may harbor towards public school lunches, officials have been making an effort towards providing healthier options for the

students. Some may also say that however "healthy" the school lunch becomes, it will still not taste good to many high school students.

The effort to make school lunches healthier, however, is costly and an issue that is presented is that not all American families can afford to eat well-rounded nutritious meals. Forty eight percent of Loy Norrix's student

population currently receives free/reduced lunch.

For instance, if you were to go downtown to dine out at FoodDance (a restaurant that uses locally and organically grown ingredients) where a single sandwich that includes two sides costs \$13, compared to going to McDonalds to buy a sandwich off of the dollar menu, a more realistic choice for struggling families is to buy meals when dining out at a fast food restaurant. An issue that this creates is that children grow up accustomed to eating out at fast food restaurants to get their McNuggets on a regular basis and eventually begin to prefer the cheaper processed food to organically grown or gourmet prepared food.

Travis Dodge has purchased lunch from the LN cafeteria since he first came to Norrix; however, he found it very costly, the amount adding up to about \$2.21 each day. Dodge did not receive a big enough portion from the lunches he bought and they were expensive. He came to the decision this year to start packing his own lunch at home and bringing it to school instead.

School lunches are being

See LUNCH page 16



Sydnee Stannard / Knight Life News

Chartwells has introduced a selection of healthier choices such as fruits and parfaits however, the prevalence of fast food related meals remain as options at Loy Norrix High School's cafe.

Skipping May be Appealing, Attendance Appeals are Not



Allie Creamer / Knight Life News

Cindy Sarquiz, attendance secretary, encounters a typical day at Loy Norrix accepting all attendance notes and calls to the office. She said the hardest part is dealing with difficult parents.

Josh Johnson
Knight Life News

It's a beautiful spring day. Seventy-five degrees outside, sun shining, and pre-calculus class is the last thing on your mind. What do you do? That's right, you sneak out of downstairs K-wing door with all of your friends and go to the beach! Unfortunately, while getting a tan, you also get an unexcused absence in each class you have missed.

"Oh well it's only one absence," you say, and truthfully, most Loy Norrix students are not going to get into trouble for skipping one time. The

problem evolves when there are six more beach days and all of the sudden you have seven unexcused absences in one class.

Junior Brian Bartley received 14 absences in his international business class last year. On his seventh absence Brian went to the office to fill out an attendance appeal. On his appeal he wrote that he still had an A average in the class and he deserved credit. He also had to have "legit excuses" for why he missed so many classes.

When asked if Brian would think twice before skipping again he

responded, "No, it's so easy to get away with."

Loy Norrix principal Johnny Edwards, stated that on a student's seventh unexcused absence in one class, they could potentially lose credit. A student losing credit is not solely based on attendance though. Edwards stated that the student's grade in the class is a major factor. If a student has an F and seven or more absences, no credit will be given.

However, if a student has seven or more absences and an A in the class, the attendance appeal is much more likely to be accepted. Along with a passing grade, the student must also present proof (doctor's appointment, death in the family, other exceptional circumstances) as to why they did not attend their class.

Edwards addressed Bartley's claim that attendance appeals are easy to get away with. Edwards replied, "When you turn in that paperwork, we take it as your word, the system isn't 100% and sometimes it is going to be beaten."

Edwards also stated that the attendance procedure has not changed since last year. For returning students, there is no confusion because last year a small booklet containing the attendance procedure was passed out to every student at the beginning of the year. This year, that is not the case. When looking in the student planner, under the section "Attendance Procedure", the student planner reads,

"The attendance procedure revisions were unavailable at the time of the printing of this document."

How will Loy Norrix students receive credit in all of their classes when they have not even been told the attendance procedure? They won't.

Senior Corinne Swarthout has also gone through the attendance appeal process. Last year Corinne filled out an attendance appeal for her Health class (17 absences) and her Honors English 11 A Class (11 absences). Corinne held an A average in her Health class, so the attendance appeal was accepted. However, Corinne was not so lucky with her Honors English appeal, and it did not go through.

When she asked why her Honors English appeal did not get accepted she was told that her reasons for missing class were not sufficient.

Corinne was also asked if she would think twice before skipping again because of the attendance process and she responded, "Yes because graduation is important to me!"

Most students at Loy Norrix are doing the right thing as Edwards said. "Last year we had an average of 89% attendance, which is the highest it has been in the Kalamazoo Promise Era," said Edwards.

By informing our student body of the attendance rules, procedures, and the appeal process hopefully we can raise that average even higher.

Teachers Control Their Classrooms: Do Not Cross the Line

Allie Creamer
Knight Life News

Some teachers laugh and joke where others are more serious. All teachers have different ways of teaching and controlling their classes. There is always a certain line that is not good to cross.

Teachers control their classes their way so that students can learn and teachers can teach. Students should pay attention to how their teachers act so they do not cross a line.

Gym teacher, Mr. Duckett who likes to be called by a respectable title, controls his gym class by getting his students' attention. He always needs students to be focused on him so they know the directions and what they're about to do. Mr. Duckett is always trying to get kids' attention any way it works.

"I don't know anyone who can be successful who can't get a classes attention," said Mr.

Duckett, "When I need your attention there are no if's, and's, or but's."

Mr. Duckett also believes that students do have rights, but should have only a few. When students have too many rights then who is teaching?

"I'm very authoritarian, in other words, there is limited democracy," said Mr. Duckett, "You speak when spoken to."

Mr. Duckett's rules are for safety purposes, they are for the students. He wants the students in his classes to feel protected and to know that they can ask a question without being ridiculed for it. He will give his kids one or two warnings and if they can't seem to understand, he sends them out. Mr. Duckett doesn't argue with his students, that's when a teacher loses their credibility.

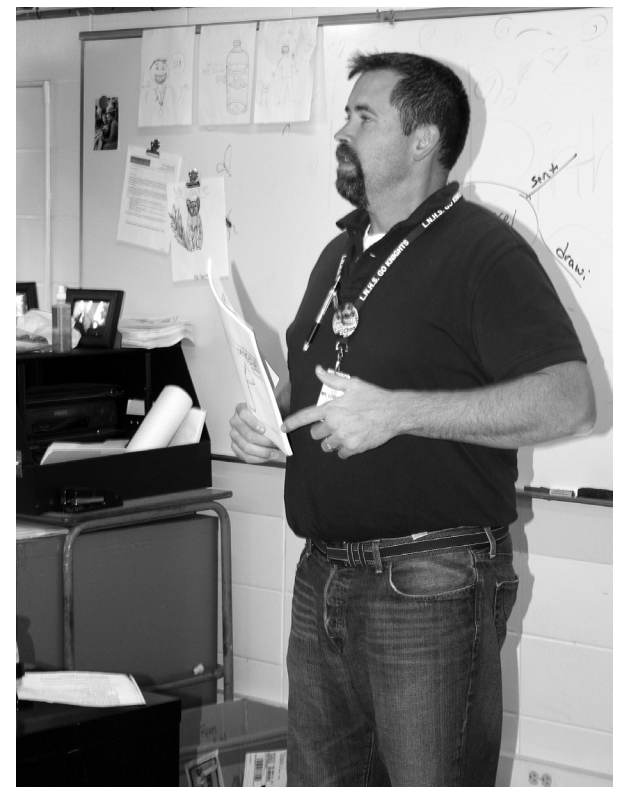
Junior RayQuan Hunter doesn't like the way Mr. Duckett gets his attention, but it still works.

"He calls me by my last name," said Hunter, "I don't like people calling me by my last name." Even though Hunter doesn't necessarily like being called by his last name, Mr. Duckett now has his attention.

Sometimes students will get mad and Mr. Duckett will get mad as well. "It's okay for students to see you angry," said Mr. Duckett, "People can make you angry, students get angry so why can't they see me angry."

In the beginning of the school year or trimester, social studies teacher, Ryan Allen shows little emotion. He wants to let the students know that there is a line that can not be crossed.

"I don't show a lot of emotion the first couple of days," said Allen, "Just to set the tone." After those few days he likes to focus on building relationships with his students. Allen believes humor is a great way to start.



Allie Creamer / Knight Life News

Science teacher Mark Lowrie enjoys doing hands-on projects. He passes out papers for a contest about who can make the best science t-shirt.

The Weight of High School in Pounds

Loy Norrix Students Feel Burdened by their Backpacks



Allie Creamer / Knight Life News

On October 30th, junior Roland Bissonnette found it especially hard to carry his 32 pound backpack after he injured his back.

Danielle Kahler
Knight Life News

32 pounds. 32 extra pounds of baggage being lugged around Loy Norrix every single day. Junior Roland Bissonnette wins the heaviest backpack award.

Although many other students claimed to have the heaviest backpack, saying that their backpack would “break the scale,” the average weight was around 17 pounds, which is almost the equivalent to carrying around a car tire.

In Bissonnette’s backpack, you can find 3 large textbooks, along with multiple English books, folders, notebooks, and binders for each class. Bissonnette has noticed an increase in back and shoulder discomfort during each school year.

“Even when it wasn’t this weight, it’s always been ridiculous,” Bissonnette said, referring to his overweight backpack.

As many upperclassmen might remember, freshman year was much easier than the following years. This is

evident through the weight of students’ backpacks. On average, Loy Norrix student backpacks gain 6 pounds from freshman year to senior year. The average amount that freshman carry around is 13 pounds. For sophomores, 4 pounds are added to the weight to equal 17 pounds.

Maybe it’s that AP US History book.

The average weight of the junior’s backpacks is 16 pounds. Seniors weigh in at 19 pounds, hauling around the most weight in the school.

Of course, lockers can help to lighten the load, but not many students at Loy Norrix use their lockers. Students complain that if they do get a locker, it is not located in a practical spot. If all of their classes are in the K wing and their locker is in the B wing, it is not realistic for a student to be able to make it from class to their locker and back to class in 5 minutes.

Junior Arika French has a locker in the A wing where she stores her lunchbox, artwork, and books. She feels that it is hard to get to class from her locker sometimes because “some people just play around in the hallway,” said French.

Teachers often don’t believe that a student can’t make it across the school and back because staff members can do it, so students should be able to also. Students, on the other hand, know that it is almost impossible to move through the always crowded intersection by the bathrooms at the bottom of the A wing. There are just way too many people standing around.

“It makes me frustrated because they [teachers] don’t understand. You can’t just go around pushing people,” said French.

Also, students say that it is annoying when you leave something in your locker that you need for class, so it is just easier to have everything with you.

Students at Kalamazoo Central are not allowed to carry around backpacks

at all. A KC senior, Siennah Miller finds it inconvenient to not have a backpack because she has forgotten things that she needs for class. Miller has made a schedule so that she does not have to return to her locker before and after every class. However, Kalamazoo Central’s layout is very different from Loy Norrix. Norrix is stretched out. KC is more vertical.

“A big circle, on top of another big circle, on top of another big circle. It’s easy to get around,” said Miller to describe KC’s layout.

At Loy Norrix, getting from locker to class and back again is much more difficult. Therefore, high school kids continue to carry around their ridiculously heavy backpacks from class to class everyday.

However, there are things that students can do to help relieve the weight of a heavy load. Tom Kopinski, a chiropractor from the Accord Chiropractor Center in Kalamazoo right by the YMCA, explains that kids can prevent strain by carrying backpacks properly. “The brand doesn’t matter,” Kopinski said, “as long as it has the right amount of padding and is fitted well.”

Using both straps to carry your backpack and not overloading it are small steps to preventing back pain from backpacks. Learning how to stand and lift things is important for good health as well. The expression “lift with your legs” can come in handy when lifting your backpack from floor to desk to back to locker and back again.

“People are unaware of good postural habits,” Kopinski said.

Posture is one of the things that you have control over, along with an adequate amount of exercise and a healthy diet.

Kopinski stresses that both are important. If it does come down to it and something is bothering you that you really can’t fix, you may want to see a chiropractor.



Sydnee Stannard / Knight Life News
Senior Joseph Rivera exercises his new privilege in the hallway.

Loy Norrix’s Cell Phone Procedure Changes with the Times

Cassidy Haan
Knight Life News

Society is changing and it is hard to keep up, but Loy Norrix is trying to do just that.

Loy Norrix has recently revised the cell phone procedure to accommodate the changes that are inevitable. LN has loosened the restrictions on the use of cell phones and iPods. Students have more privileges when using electronic devices now.

Assistant Principal Atiba McKissack said that Loy Norrix should have “the ability to grow as the society grows.”

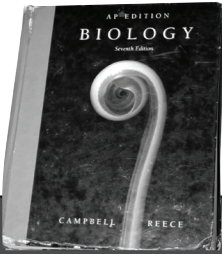
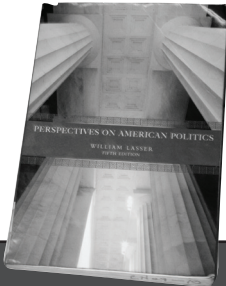
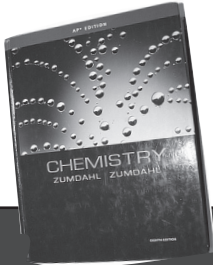
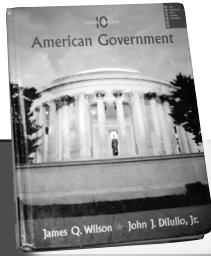
The new cell phone procedure states that cell phones/electronic devices are not permissible during instructional time. Teachers may permit some usage of smart phones for educational purposes only. Cell phones/iPods can now be used for music purposes during breakfast, lunch, and passing times only. Students have to wear a set of headphones so that music is not heard by others. Texting and video camera usage is strictly prohibited.

According to McKissack, communication between administration and teachers contributed to the outcome of the new cell phone procedure. Many students are happier with this change.

Sophomore Hannah Muscara said, “It gives us more freedom which we deserve to have.”

There has been good reaction to this new rule. McKissack himself said he is a big advocate for technology. He is glad that there have not been many referrals for improper cell phone use.

“Thus far it has been positive,” said McKissack.



Freshmen	Sophomores	Juniors	Seniors
13 lbs.	17 lbs.	16 lbs.	19 lbs.

Upperclassmen Long For A Breather

Loy Norrix Should Open the Campus for Juniors and Seniors who Academically Excel

Mia Leiboid
Knight Life News

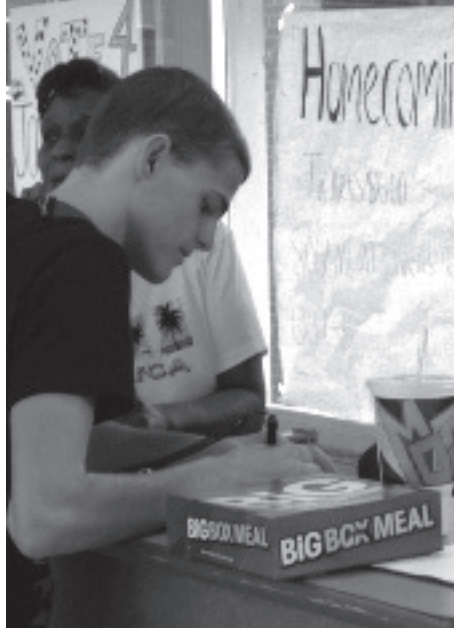
Loy Norrix High School is known for having beautiful student courtyards and windows, providing students with a natural ambiance as they walk from class to class. Although the environment at Loy Norrix is wonderful for learning within the classroom, open campus lunch would benefit the student body outside of the class.

The topic of opening campus for Loy Norrix students has been brought up each year that I've been here. However, the discussion is often left unconcluded. In the rare case that a student does leave for lunch they are reminded that it is against the rules. In most cases, students know that we are not allowed to leave campus during the school day.

Security guard Jacqeline Hampton has mixed feelings about an open campus policy.

Hampton, one of the tower guards, believes that if students heard about a change of rules, they would begin to leave campus when they shouldn't be.

Two main factors that go hand-and-hand with opening campus for students are responsibility and maturity. "They are not mature enough," said Hampton,



Mia Leiboid / Knight Life News

Junior Nic Aranda brings in his Taco Bell after leaving campus for an appointment. Students are only allowed into and out of the building with permission from parents or administrators.

referring to underclassmen.

The largest responsibility that students have at Loy Norrix is attending class, on time; everyday. It is not a secret that allowing students to leave campus is also a huge

responsibility and could potentially disrupt the learning process. Open campus lunch for Loy Norrix students could result in more absences during the school year.

Principal Johnny Edwards of Loy Norrix holds students accountable for their own education. Edwards expects the best from each of the students and wants them to be successful in any way possible. He worries that by opening campus to students, it could increase the likelihood of students skipping afternoon classes, resulting in loss of credit, or worse, the chance to graduate.

It would be nice to have the chance to prove that we, as students, are capable of leaving campus and returning safely and on time.

Senior Brianna Leip believes that "It would be easier to go home for lunch, let alone cheaper." Many students with cars that have the ability to leave campus for lunch would agree.

The current principal at Portage Central High School, Eric Alburtis, is very proud of the policies in which the Mustangs abide by.

"Most of our students make great choices," said Alburtis. The ability to leave for lunch is granted to only juniors and seniors at both high

schools.

Portage Central students and staff along with their counterpart Portage Northern, had to appeal to the school board for the right to have open campus at lunch. Having the responsibility to leave campus for the short thirty-five minutes of lunch is something that many high school students in Portage are grateful for.

Portage Public Schools run grade and attendance checks before they grant their upperclassmen with a sticker on their ID badge. While wearing the badge around their neck, students with the permitted sticker are allowed to exit and reenter the building. The Tower, as well as the Gate House in front of Loy Norrix are both places in which ID badges could be checked. This system would allow administrators to safely monitor who is exiting and entering the building at all times.

Loy Norrix students would enjoy the opportunity to get off campus for lunch, coming back to class refreshed and ready to learn.

Alburtis has a similar philosophy at Portage Central High School, "We all need to get out for a breather," he said.

Crossroads Mall is Keeping Up with the Kardashians

Kiosha Miller
Knight Life News

My addiction to shopping was coming out like a bittersweet monster. As I walked into Crossroads Mall after being gone all summer, I gasped. To my surprise we had new stores in the mall and some of the old stores had been remodeled. The smile that came upon my face was indescribable. I love the remodeling. The look of the mall has changed. It looks more flashy and trendy. All the new stores pop and attract you. People don't just go to the mall to shop they go to hangout too.

Junior Edisia Blair said, "The new stores in the mall make it a better hangout spot. I go to shop more because of the new stores."

We have new stores like Glitter, Gloria Jean's Coffee, Track and Trail, Xtreme Body Center, Zumiez, Francesca's and the Teavana. Teavana offers teas, natural sugar and new better ways to make tea. Glitter has all types of jewelry for only a dollar. It also has accessories like headbands, belts and purses at a very reasonable price.

A lot of stores have been remodeled and the most noticeable is the new Victoria's Secret because it is twice as big as it was before. The new Victoria



secret has changed the original store and gave it a sassy sophisticated look. It has also added a separate mini store for the famous Victoria Secret Pink collection, which has sweats, yoga gear, make-up, lotion, perfume, and much more. This collection is aimed at college students and teens while the original store is geared towards older women.

Seniors Christian Diaz and Ruby Aguilar both class of 2013 said that they like the new Victoria Secret. Diaz likes the perfumes and lotions while Aguilar said, "I like the fact that the floors of the remodeled Victoria Secret are shiny and sparkly."

The Toll House Cookie stand has moved out along with McDonalds, Abercrombie and Fitch. The 10-year leases for the stores in Crossroads Mall from 2001 were complete which is what brought about these changes.

When it came to the remodeling of the mall Diaz said, "The remodeling is

confusing but you can get used to it." Both Aguilar and Diaz miss stores that were in the mall before. Diaz misses McDonald's because it was a good place to grab food while shopping. Diaz also misses Abercrombie and Fitch because he likes to shop there.

Aguilar misses Tollhouse Cookies and does not miss Abercrombie and Fitch, she could simply live without it. She does like the new store Glitter which replaced it.

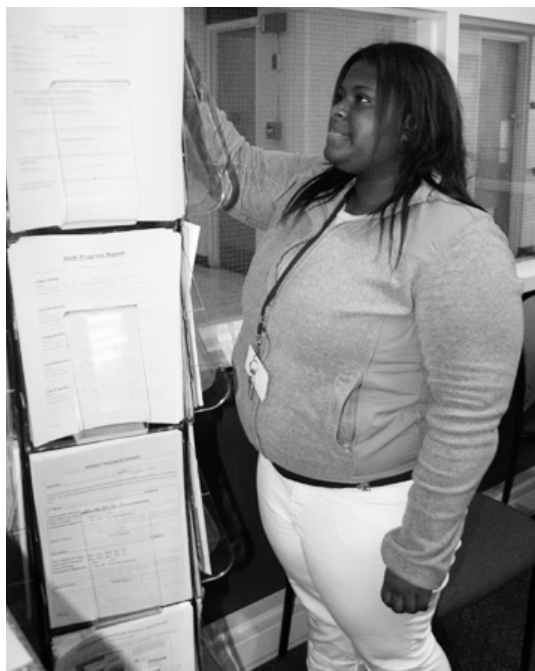
"I like Glitter because I work there and because everything is a dollar. They have good quality stuff at a cheap price," said Aguilar.

So are the changes good or bad? Some stores that were liked have left and the remodeling may be a little confusing because everything is still new. As a

girl who shops all the time the changes are good. Crossroads is one of the few places teens have to hang out and it's important that it stay updated to meet the needs of its costumers. We are getting some stores that they have in Chicago, Los Angeles, Detroit and Cleveland. This is keeping little Kalamazoo updated with trends.



The Struggles Students Face Senior Year



Allie Creamer / Knight Life News

Senior Deshel Doyle looks at a college application submission form to learn more about the process. All information is accessible in the guidance office.

Jena Burkey
Knight Life News

Between staying focused, applying to college, and choosing the right college for themselves, seniors don't know where to start. Senior year is a very stressful time for because they are finishing school and beginning their life journey, but they cannot let laziness (also known as senioritis) affect their grades.

Colleges focus on student(s)' junior and senior GPA when deciding if they are going to accept that student the OKcollegestart website stated. "It is extremely important to maintain good grades - especially in your junior year."

Seniors are starting to realize how important their high school years are while deciding on future careers. Senior Devin Johnston said he wants to go into something with aviation or technology at Western Michigan University.

"It's the only college I have a possibility of getting into," Johnston said, "I would have applied myself more my sophomore and junior year."

Johnston explained the mistakes he made over the years, which include not focusing enough on school and his grades.

Seniors may look back at the struggles they have faced by trying to balance school, homework, and extra curricular activities. Senior Cheryl Mattingly wants to go to Bakers College to become a Veterinary Technician.

"I would re-do my freshman year," said Mattingly. "It was really hard for me." Mattingly explained some of the challenges she went through, juggling school, homework, and the Loy Norrix women's swim team.

Extra curricular activities like the swim team show that Mattingly is a dedicated swimmer. She has overcome the struggles of her grades and swimming with the help from

her teachers, friends and family. They helped her stay focused on school and supported her when she needed it. Mattingly is excited to begin her career and pursue her dream of working with animals.

Some seniors do not believe they have what it takes to get into college so they do not bother with applying. Guidance counselors stress that everyone should apply to at least one college. To get started, seniors should complete and submit a Senior Brag Sheet and register with an online option to process your transcript quickly and effortlessly called Parchment. There is a step-by-step guide to Parchment in the guidance office to teach you how to do it.

School counselors are a great resource if you have questions about applying for college. The first step is to set up an appointment with your guidance counselor. Now is the time to meet with her and discuss the tasks you need to complete for your applications. If you cannot get an appointment, sending an email or visiting them on Tuesdays during lunch for "Counselors on a Cart" to ask them questions that you do not need an appointment for is a good way to get your questions answered in a timely matter.

Various universities including the University of Michigan and Hope College accept the Common Application which can be completed online and sent to the universities virtually. To make your applications stand out, include an essay. If you want the university to know more about you or if you had a dip in your grades and you would like to explain, write the university a letter and submit it with your application.

"Don't be afraid to ask your counselor or teacher for a letter of recommendation," said senior counselor Sheryl Scott.

Another thing to consider is the size of the school campus you would like to attend. The best way to know what sort of college you would like to attend is to visit different schools and really experience the campus over the summer. Sometimes you can sit in a class if you are interested in the school and see how class works. Location is also a big factor, you must decide if you want to be close to home or further away.

Seniors at Loy Norrix are going through the process of choosing a college that best fits the career they would like to pursue. College is costly and some families fear college is not an option based on their financial situation. To get an understanding of the out-of-pocket expenses, look up the universities online or get a hard copy brochure from the guidance office.

Seniors are faced with big decisions their senior year and it is important to look at all the aspects upon graduation and going to college. Juniors need to start thinking about where they would like to go to college and what career they would like to pursue. They can start completing the "senior checklist" needed in order to apply to college, get

Loy Norrix Campus Safety Officers Reflect On Their Lives On And Off Campus



Cherell Langford / Knight Life News

Security Curtis Snell makes sure senior, Jordan Taber cleans off his table when done with his lunch. Snell works all three lunches.

Cherell Langford
Knight Life News

Campus safety officers play a huge role in our schools today. They are not here to control us by telling us what to do all the time, but they are here to help keep students safe and guide us down the right path by making sure we get to class on time, so that we can learn and be successful.

Stacy Foster [Ampey] has been a campus safety officer here at Loy Norrix for 14 years. She loves working with the students and wishes she could build a giant house and have all the students live with her. During Ampey's spare time off campus she likes to shop and spend time with her children and granddaughter.

"One of my best moments here was when I was voted 2 years in a row, by seniors as their favorite campus safety," Ampey continued. "Something I saw that I will never forget is when a student threw up after drinking some pop that had cigarette ashes in it."

"Keeping it 100% real and treating everyone as her own is what she does best."

Curtis Snell enjoys the students and also likes to spend time with his family. He has been a campus safety officer here at Loy Norrix for 6 years. Snell's worst time here was his heart attack scare during an altercation in the lunchroom, but "Snell loves the kids," he continued. "One of my best moments here is working the graduation because I get to see all the students I watched as freshmen become young adults."

As long as you're doing what you're supposed to then you're okay with Snell.

Jacqueline Hampton enjoys being with her family and going to church. She has been a campus safety officer here at Loy Norrix for 2 ½ years.

"My best moment is saying good morning to all the students when they come into school, even though some of them always give me an attitude," Hampton said. "I try to be nice to every one because you never know what they are going through."

Hampton's job as greeting everyone in the morning and securing the towers would be much easier if students would participate and wear their Id's without being told to do so.

LeRoy Robinson has been a campus safety officer here at Loy Norrix for 2 ½ years also.

"Something most students like about me is my personality and that I'm easy going as long as they do what they're told," Robinson continued. "It's sad at graduation time when you don't see all the students that were supposed to graduate not graduate."

His job would be much easier if students would just go to class without being asked to do so.

"My worst times are having to help break up fights when they [students] should be in class," Robinson said. His focus is helping students do right and realize that school is more important than anything.

Security life overall is a

The Korean Invasion

K-Pop Makes a Big Dent in the American Music World



Sydnee Stannard / Knight Life News

Amyre Dennis listening to 2ne1's I love you

Nikia Jackson
Knight Life News

K-Pop is one of those genres that you've probably never heard of, but it is becoming a big sensation in the U.S. People like Amyre Dennis who is a junior at Loy Norrix High School and Dasan Mitchell who is a senior, have both become very fascinated with the genre and the producers behind the genre.

"K-Pop opens you up to a whole new culture, and if you know the music you get to know the people," said Dennis, who was introduced to K-Pop while listening to Japanese artists on Pandora (an online radio station.)

K-Pop consists of dance, Electro-pop, Hip-Hop and R&B. Korean artists have become known for using strong visuals and powerful choreography in their live performances. They don't just focus on singing and dancing, they also focus on the behind the scenes things to. K-Pop performances really appeal to your eyes where their dancing and formation changes are so precise that you don't want to take your eyes off of them.

"The performances are higher quality; they don't just stand there and sing," said Mitchell when asked about K-Pop. Mitchell feels that K-Pop is an advanced version of American pop music because "they put more into what they are doing," said Mitchell.

K-Pop artists differ from American artists because their groups thrive while our solo artists prosper. American groups like N'SYNC, Destiny's Child, B2K, and Danity Kane have become very popular but then after a while things go wrong. The groups start to fight over power, who's the lead singer and why do they get all the attention. In K-Pop it's not like that

everyone in the group gets to shine.

2ne1 is a four-member hip-hop/pop girl group, who was formed in 2009 by YG Entertainment. 2ne1 also happens to be Mitchell's favorite group and one of K-Pops most known girl groups.

"They bring it at every performance and they all have their own distinct personalities," said Mitchell.

2ne1's first debut single was "Fire." The song became the best-selling single of all time in Korea it sold over 5 million copies both digital and physical.

Big Bang who is Dennis's favorite group, because they inspire her, is a five member group that was formed in 2006 Big Bang has been awarded best male group, song of the year and also artist of the year at the Seoul music Awards in Korea (which is an award show founded in 1990 that presents awards to outstanding achievements in the music industry in South Korea.)

There are other popular groups like SHINee who is a contemporary R&B boy group formed by SM Entertainment in 2008. Since SHINee's debut they have released three full albums, and four mini albums with less than eight songs). SHINee has also won many awards like, best new Asian artist and best male group.

K-Pop stars were trainees before they became actual stars. They train on an average of two to five years before being allowed to debut. K-Pop stars have to train so long because their entertainment companies want to know if they are mentally and physically strong enough to endure the hardship of their idol life. They also train so much because they want them to build up stamina in terms of singing and dancing. Some K-Pop stars, like Jay Park, started off as international trainees, which means they are not originally from Korea, they have to learn the Korean language if they don't know it and they also have to get used to Korean customs on top of the typical training.

The first significant K-Pop event to be held in the U.S. is the K-Pop idol Rain's 2006 sell-out concert in New York and six months later in Las Vegas. Many K-Pop stars today are beginning to cross-over, (when one style of music crosses over into another style of music), to America as well.

The latest K-Pop star is Psy with his hit single "Gangnam Style". "Gangnam Style" has done wonders on YouTube with over 221 million views as of September 20, 2012. Other cross-over artists are the Wondergirls with their song "Like Money" featuring Akon. They have also opened on tour for the Jonas Brothers and starred in their own movie called, "The Wondergirls."

K-Pop is not just growing in America, but all over the world. K-Pop has grown in places like Russia, Latin America, Europe, and Africa and it will continue to grow all over the world.

Other K-Pop Stars

SNSD	Seven	B.A.P
JYJ	Miss A	JJ project
F(x)	BOA	Girls Generation
2 am	Beast	Tablo

Hugs Not Drugs: Conveying Bob Marley's True Message



Marcus Boyd / Guest artist

Ben Miller
Knight Life News

When you type "Bob Marley quotes about..." the second suggestion that comes up on Google is "Bob Marley quotes about weed." The first is love.

It is a common view among many teenage groups that Bob Marley's main message to the world is that marijuana is important. I beg to differ. He was a man who fought and sang for the message of love and compassion. In all honesty he did believe in the use of marijuana. It was one of his many beliefs.

Part of the reason people might believe his message was simply marijuana use would be his religion. Rastafarianism does not only promote the use of marijuana, but supports the idea of the Holy Spirit being in "the herb" and smoking it releases this into the person. Just like Bob Marley, this is not the only belief of Rastafarianism. The religion is supportive of peace and love.

Bob Marley once said, "When you smoke the herb, it reveals you to yourself."

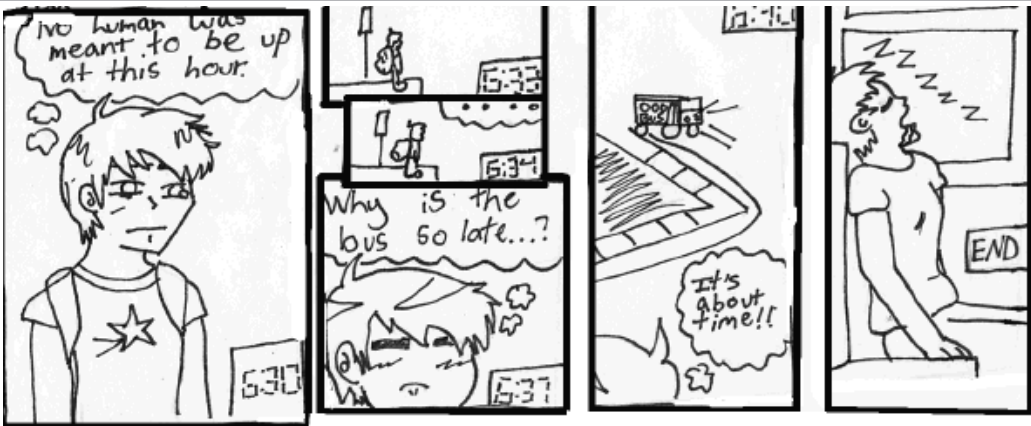
Although this is a point he liked to make, it was not the only message of his music. In 1978, he performed a political concert in Jamaica to calm Bucky Marshall and Claude Massop, two rivaling political leaders. At the end of the concert, the two joined hands with Bob Marley. This is one of the many examples of the true passion he had for peace.

Junior Wyatt Featherstone makes a good point when he said, "I think his message was more than just drug use."

Bob Marley sang about living harmoniously and spoke about loving one another. He saw the good in people. The way he lived his life is what is inspiring, not just his use of marijuana. He was more than a man who believed in drugs, he was a man who believed in peace, love, and life.

"Love the life you live. Live the life you love."
-Bob Marley

DA BUS



Lori Umbanhower / Guest Artist

HALL SWEEP



Rachel Crampton / 1999 Reprint

THE VICIOUS CYCLE



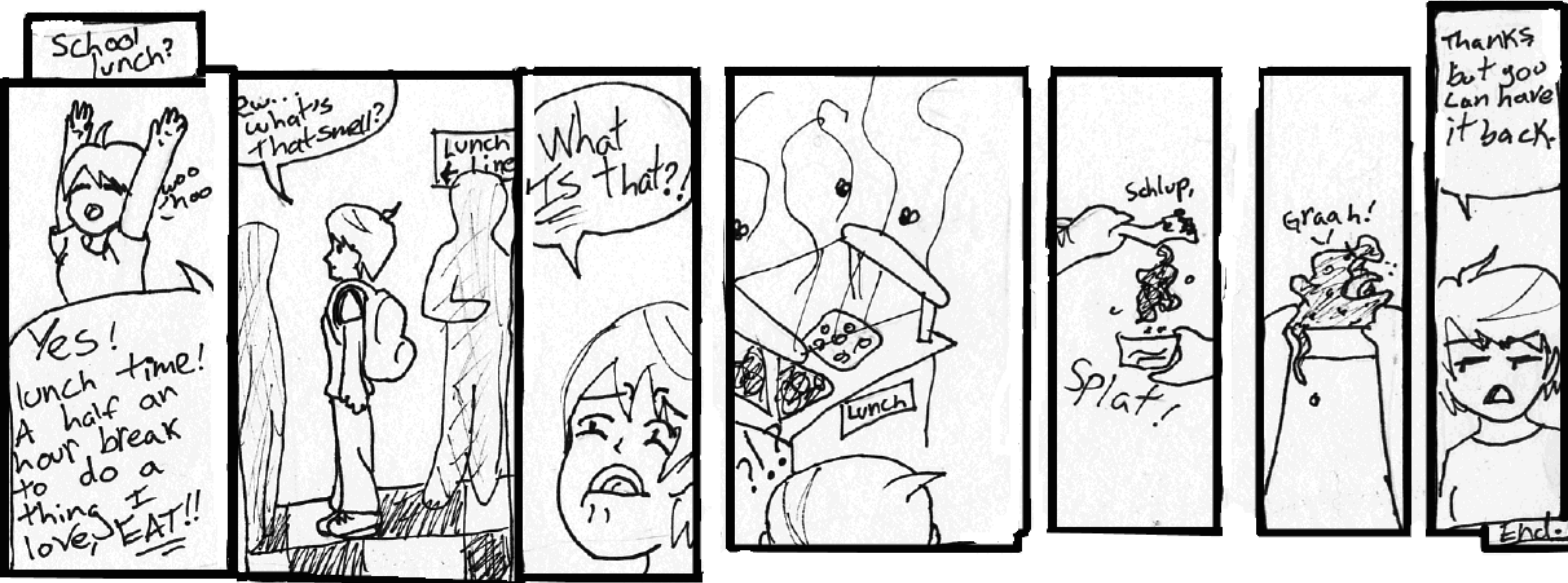
Lori Umbanhower / Guest Artist

FRINGE



Matt Dean-Hall / Guest Artist

SCHOOL LUNCH?



Lori Umbanhower / Guest Artist

Artistic Nails Are a Hit At Loy Norrix



Junior Alexandria Burse gets her nails done at Lovely Nails.



Sophomore Davia Wilson shows her passion to support Breast Cancer.



Senior Ciara Krimmel shows off her nails while working in Spanish III. Her nails were longer, but she nervously bit them off during a Spanish test.

Rachel Reed
Knight Life News



Students at Loy Norrix tend to have elaborate and distinct designs.

All over Loy Norrix, girls of all different ages enjoy designing their fingernails with different colored nail polish. Whether they get it done professionally or to come up with the creative patterns and designs, they are making a fashion statement without even changing the clothes on their body.

Senior Ciara Krimmel and senior Scout Kruegar both enjoy the design and art of painting their nails and both tend to change their nail color quite frequently. While the concept of nail art has seemed to have grown more popular over the past few years, it has actually been a common concept for centuries.

3000 B.C., the Chinese, the Indians, and the Egyptians all used various dyes to decorate their nails to represent social status. The concept of nail art truly started to kick off in the early 9th century when salons began to pop up.

Krimmel gets her nails done by nail stylist moon at Millennium Nails about every three weeks.

"They know me and sometimes give me discounts or do them for free. [My stylist] Moon does the best!" said Krimmel.

Nail art is now not only used as a fashion accessory but as a symbol. For example, painting your nails black may signify or categorize you as "Goth" and a light pink color suggests femininity and innocence. Senior Ciara Krimmel decides what color and design to get based on what's popular and what season it is.

Krimmel started going to salons to get her nails painted not because she wanted to make a fashion statement, but because she was tired of dealing with her nervous habit.

Krimmel said, "I started to do my nails because I used to have the horrible habit of biting my nails when I got nervous until there was little nail left. I started to do them so I would have a reason to not bite them. The more I did them, the better they looked, the better they looked the less I wanted to bite them."

Not only are nail designs done at salons but can also be done yourself. Some, like senior Scout Kruegar, get inspiration for their art from Pinterest, which is a website that allows its users to create theme-based collections of images. Kruegar has tried various patterns and techniques and has even used tin foil as part of her nail art fashion. She applied the tin foil onto her still-wet nail polish at a diagonal to create a clean-cut metallic look.

There are many more interesting and unique ideas to try. For instance, gather several complimentary nail polish colors and a toothpick. Dip the toothpick in your color of choice and make a swirl with the toothpick dipped in nail polish on your nail. Continue to do so with various colors until your nail is completely covered in nail polish.

Another nail style to try is called "the New Half Moon." Cover your entire nail with black nail polish. Then paint the very left side of your nail with a stripe of grey. Finish it off with a white crescent moon along the length of the grey stripe and voila, you have a trendy new manicure.

Although nail art is more popular amongst women, men also have an opinion of the latest fashion trend.

Senior Jorge Ramirez said, "I don't like anything too over the top. It's ugly. And I don't like stubby nails."

Ramirez also says that he prefers a plain, solid color when it comes to girls' nails, although he thinks it's cool when girls have the patience to do intricate designs.



Senior Mataya Simmons lets her creativity shine through her nails.



Iyana Smith fashionably uses white nail polish and silver glitter to add style to her hands.



Junior Izzy Schlinz paints her nails with purple glitter.



If applied very often, dark nail polish leaves nails with a yellow tint to them for a few weeks.

To preserve nail polish longer, store it in the refrigerator.

To minimize chipping, paint a little across the edge and under the nail tip to thicken the polish which increases its chances to stay on longer.

5000 years ago, the Chinese used a mixture of Arabic gum, egg whites, gelatin and beeswax.

Vintage, Indie, Coffee Shops: *Being A Hipster Today In Loy Norrix*



Shakira Green
Knight Life News

Juniors Andy and Grace Santamaria

Shakira Green / Knight Life News

He let out a little laugh, smiled and politely asked, “Who told you I was a hipster?” said junior Wyatt Lennen.

Edgy haircuts, scarves, Elvis Costello glasses, and a slightly vintage outfit with oxford shoes are the style. The thought of listening to any popular music makes them cringe. You will most likely find them hanging out at an Indie concert or coffee shop. This is the stereotypical description of a hipster.

What exactly is a hipster? The truth of the matter is there really is no legitimate definition for one. Really having a definition might make hipsters mainstream, and that of course would not make hipsters, hip. If there was a definition of our generations’ hipsters it would be the description above. There are different definitions since the term has been used for many things throughout the years.

“A hipster is someone who’s independent of a specific style, not one thing in general,” said Lennen, “They stray away from the norm before it’s cool.”

If a person is asked if they are a hipster it is more likely that the response will be a frown and a rejection of the assumption of being a hipster (hence being independent of a certain lifestyle).

Lennen of course, is considered to be a hipster among his friends. The way

he dresses usually consists of skinny jeans, a simple t-shirt, Converse, a scarf and a hat. In his spare time he goes to coffee shops as well as the local art hops. Even though he may be labeled as a hipster because of these things he slightly shrugs it off.

“It’s an interesting extremely new concept,” said junior Grace Santamaria, “The pop culture icon is now the hipster, but it comes with a stigma attached to it.”

This stigma ranges from the “I don’t care” attitude hipsters are supposed to have and the laid-back lifestyle they live. The attitude is not always “I don’t care,” there is a stereotypical assumption that hipsters don’t care, however that is not necessarily the case.

Lennen picks up a book titled “Mentor Book of Major American Poets” and said, “I like poetry.”

In Lennen’s spare time, when he’s not skateboarding or doing cross country, he reads and writes poetry. Lennen considers himself to be a shy perfectionist, which is why he only allows certain people to read his work. There are only a few that read his poetry as well since he does not like to be criticized about his work either.

Santamaria on the other hand participates in theatre. She works at the Fancy Pants Theatre and has been stage

managing since she was about 13 yrs old.

With an extremely wide grin she said, “I want to do that with my life,” [speaking about the costume department]. “There’s so much research involved with it as well as art.”

Her favorite is Shakespeare as his work can be plays or used for an English course. When she is not doing theatre she is singing, doing forensics, or artwork.

The things hipsters do in their spare time plays a part as well. On average most hipsters are found in coffee shops propped up with a Mac and a Cup o’ Joe. They have the highest quality of technology to do their work. That work is usually photography.

Lennen goes to coffee shops and some of Santamarias’ artwork is photography.

Being placed under this label usually creates a negative thought in some people’s minds. Even though there may be a negative view to the label, some rise above it. In all actuality they applaud it.

“I’ve been accused of being an adult hipster,” said Loy Norrix art teacher Cindy VanLieu, “I like it ‘cause they’re trying to be cool, or hip,” smiling widely with quotations over the word hip.

VanLieu simply loves hipsters. She

even says her daughter is a hipster who plays in an Indie rock band. Indie rock is the main music genre associated with hipsters. If their favorite band or musician is a part of the Indie genre, this would be another quality hipsters are supposed to have. The Indie genre is related to the independent music scene.

As a result, hipsters do not listen to the radio or watch music channels, like MTV as it is common. Not listening to popular music is a must as the type of music you listen to matters.

The qualities hipsters are supposed to have vary. So, in all honesty anyone could be a hipster these days. You may not find one like the description above, but you will see them.

“Hipsters are everywhere,” said Lennen.

Most of them of course, will not admit it. Why?

“It’s like fight club, you’re not supposed to speak about it,” said Santamaria. “No one speaks about being a hipster because you’re not supposed to.”

KNIGHT LIFE PUBLICATION POLICY

Got opinions? Disagree with something we've said? Just want to get your say in the paper? Write us!

Direct Letters to the Editor to:
-Knight Life Loy Norrix
606 E Kilgore
Kalamazoo, MI 49001
-Submit to Room K6
-pankoptl@kalamazoo.k12.mi.us

Guidelines:
250 words or less, must contain author's name, third period, and ID number.

Right to Withhold:
If space permits, guest columns, personal opinions, contains libel or obscenities, disrupts school environment, invades privacy of others.

Notes to reader:
Any photography that has been manipulated will be labeled as a photo illustration.
-Knight Life will publish a formal correction of any factual error made in a previous issue.

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STAFF EDITORIAL Positive Peer Pressure is the Best Way to Beat Bullies

According to the National Education Association, in the modern American Public School 25 percent of students claim to be repeated victims of peer-to-peer harassment. Only 10 percent of these cases are said to have some sort of intervention by another student and only 4 percent by adults.

Bullying is defined by Michigan Compiled Law 380.1310b as "any written, verbal or physical act, or any electronic communication, that is intended, or that a reasonable person would know is likely to harm, one or more students either directly or indirectly."

Bullying, a growing problem that affects a majority of the young population today causes many psychological problems in students as well as disrupts the learning environment of schools. As read in the September 2009 issue of the "Harvard Mental Health Letter" repetitive harassment by another person can significantly affect the still developing brain of a student.

Only 1 in Every 10 Students Will Intervene

When They See Bullying



Chronic bullying can cause hormonal imbalance, reduce connectivity in the brain, and damage or disrupt the growth of new neurons in the brain. Bullying is therefore a form of mental, as well as physical abuse when bullying results in violence.

Forty-nine of the fifty states in the US have passed some sort of legislation to combat bullying. This legislation, however, appears to be doing little to actually put an end to bullying. With bullying rates still at more than 25 percent in 2012, we need to reconsider our efforts to put a stop to it.

People cannot be legislated to be nice in nature. They need to learn and accept that bullying is wrong and accept being kind to others as a social norm.

Students today find it normal to poke fun at others. In any type of school environment poking fun at somebody less fortunate than you can be considered a "cool" thing to do. Students may think that they're just cracking a joke, and the individual being ridiculed may even play along, but in most instances that student may be deeply hurt by whatever comment has been made.

As far as bullying is concerned, peers are the ones who can really make a difference. If students set examples, other students will follow.

Intervention is the most possible way to stop bullying. If students set the example that bullying is wrong, and step up to tell their peers that it's not fun, it will create an entirely new environment in schools.

Bullying will still exist, of course, but the main motivation for bullying will be erased. Kids will still want to speak their opinions of others, but they won't go out of their way to ridicule others for a seat at the cool table.

Students should take bullying into their own hands. The voice of the majority in a public school can make a big difference, and activism against bullying can change the way it's viewed in schools forever. Student activism groups, student pledges, and students simply letting people know that bullying is not okay is the quickest way to stop

see BULLIES page 12

The Stay At Home Nation: Today's Teens Miss Out on Innocent Fun of Past Generations



Aerion Caldwell
Staff Writer

As a teenager I should wake up every day feeling invincible, but instead I find myself bored at home with my smart phone, reality TV, and my family.

I often hear adults reminiscing on the good old days about how when they were our age they had clubs, house parties (without shootings,) roller-skating, lock-ins, fun factories, and more. Why were all these things taken away as they got older? As technology advanced, the fun, wholesome activities disappeared.

Here in Kalamazoo we are considered a college town. Most businesses direct

their products towards that demographic.

However, we are not in college yet. We need places specifically designed for teens. Airway Lanes, the movie theaters, and maybe the Kalamazoo Public Library are the only places for teens. Those places don't classify as hangout spots to many.

The library has a teen section that you have to remain silent in and events that do not appeal to the teen interests. Functions being held there are more for preschoolers and children of younger age.

Airway Lanes has a teen night that very few go to because it's boring and expensive, and besides, who really knows how to bowl anyway? When you attend, you expect it to be a fun teen night, but instead the alley is filled with the same preteens you are trying to escape. It costs 15 dollars to get in, and everything else is extra. I

thought this was created for teens to have fun at a low reasonable price.

The movies, that's pretty self-explanatory, you are only allowed to watch movies there. Stay any longer and you might get kicked out. I wish there were more things to do in Kalamazoo for teens and people in general.

"It's limited. Not much to do for the youth or the adults," said former Loy Norrix student Jalen Boyd.

The YMCA is an option, but in order to attend you need a membership that varies with age. There are a lot of things you can do there like basketball, tennis, swimming, and lots more, but you cannot just sit there and hang out with friends.

Malls are a fun place to hang out, especially for us girls, but the mall in Kalamazoo is played out. People would get all cute just to go to the mall. Now you just

go there to shop. If you do not have any money, there is no reason to go.

"I think it's very outdated and not very family orientated because their variety of stores are limited and it's not kid friendly," senior Courtney Prescott continued. "People with kids will find they'll get bored easier, and, as for teens, they do not update their fashion enough or frequently. Making it a less pleasurable place to shop."

Wouldn't it be cool if teens had a club to go party at which did not have alcohol or drama? Or an arcade full of games that did not cost much? What about a teen coffee shop with open mic and free Wi-Fi? These are the type of things we would actually go to and enjoy without the nagging and complaining of adults.

Who knows, if we keep speaking on the topic what started off as ideas, perhaps they will become a reality.

Students Lose Friendships to Gain Followers



Sydnee Stannard
Knight Life News

We all have one friend that is overly obsessed with texting, tweeting, and talking on the phone. No one wants to talk to someone who isn't listening to a thing they are saying because they are too worried about refreshing their Twitter feed or uploading pictures of themselves in their bathroom mirrors.

I would prefer to have a verbal conversation rather than worry about Bob and Sally kissing at the football game on Twitter.

According to Pew Research Center Publications, seventy-five percent of teenagers in the United States have cell phones. Eighty-eight percent of those teens are text-messagers. Eventually, no one will be talking face to face, we will all communicate through technology.

When people are reading something on their phone, they become oblivious to everything and everyone around them. People don't have to talk to one another; they can communicate one hundred percent through their computers and phones and eventually

they will.

Senior Olivia Lyszyk, explained how upset it makes her when she tries talking to her friends and they don't pay attention.

Lyszyk laughed as she reflected on a time she insulted her friend, "I said, 'and you are just really annoying and have a weird face and don't care... right?'"

Lyszyk's friend was tweeting and had no idea anything negative was being said about her. It makes it really difficult to connect with someone if there is a constant buzzing from a cell phone.

It can be really irritating if the person you are trying to talk to is texting someone they barely know or don't actually talk to in real life. People text people they don't know very well and act like they do or like they have been friends for years.

The majority of the time people will say things via text that they would not dare say to someone's face. They might have a lot to say via text message, but in person could be completely different.

According to a poll done by the 95.9 FM radio station, forty-five percent of the 10 thousand people surveyed have used their mobile device to end a relationship.

Many relationships end over a text message or a social network. People

don't even have the courage to break up with someone face-to-face. It's unfortunate that in today's society it is acceptable to not face your fears; you can just send a text or direct message on Twitter to end your relationship.

Senior Sha'kira Green said, "Technology is bad to a certain extent. People get too attached to their phones and make it their life. It makes them miss out on actual connections and bonds between human beings."

Although technology will continue to advance over the years, we need to use it to our advantage and not to lose ourselves and become distant from the world around us. In the Pew study, they found that 58 percent of twelve year olds now have a cell phone, up from 18 percent in 2004.

We need to limit ourselves to what we use our electronic devices for and who has one, or the age that kids will begin to get a cell phone will continue to decrease in the future. Social skills and verbal communication are key to survival and everyday life.

When you are with people and you spend your time tweeting and not talking, you aren't going to get to know people and form bonds and real relationships with them. We should use our voices to the best of our abilities and not just use our electronics.

KNIGHTS SPEAK

What could schools do to prevent bullying?

Jelani Martin,
Freshman



"People can sit down and talk to people who bully and see if they went through anything that drove them to do it."

Sarah Cabriaes,
Junior



"Get people who have been bullied before to open up because the best way to get to someone is emotionally."

Sam Barnes,
Sophomore



"Have more attentive security guards because they act more like friends to students than protectors."

D'vaughna Nichols,
Sophomore



"Schools can prevent bullying by students standing up for their peers."

Megan Zabik,
Freshman



"They could do seminars with skits to see how bullying affects people."

Simone Smith Ozier,
Senior



"People can stop being insecure about themselves and actually think about the action their committing."

The Secret Space Story of Cell Phones: Why You Need to Care About NASA



Ben Dunham
Knight Life News

Nearly everybody knows that the National Aeronautics and Space Administration, or NASA, is responsible for the first successful mission to the moon. They also know about the Curiosity Rover that landed on Mars in August of last year. People know that NASA is all about planet and space exploration, but they don't realize just how close these million-mile-away missions are to home.

There are countless examples of technologies we use every day that started from NASA research. The first and most important example would be the integrated circuit (IC), which is a pivotal piece of every electronic device out there. The IC is what allows the components of electronic devices to continually get smaller and faster.

They drive nearly everything we care about today, from computers to cars, and everything in between. In fact, this NASA spinoff is sitting in the pocket of nearly 6 billion people worldwide. That's right, cell phones.

The world runs on cell phones. Nearly all of us know and accept this idea, which is supported by the fact that the cell phone industry is rapidly approaching a net worth of 1 trillion dollars. The entire world is obsessed with texting, tweeting, updating facebook, and uploading pictures to instagram. People love being in constant contact and feeling like the whole world is paying attention to them. Cell phones are one of the most important pieces of our culture in the net generation.

However, nobody seems to appreciate the fact that cell phones are a direct result of space technologies and exploration. As I said, research and development for the first integrated circuit was funded by NASA for the Apollo program. The original IC has been optimized to become smaller, faster, and cheaper at an alarming rate, which has finally lead us to where we are today.

We owe the existence of multi-billion dollar technologic giants such as Apple and Microsoft to NASA and its initial research. The credit goes to the entrepreneurs that started them, like Bill Gates, who, although truly a genius, could not have started Microsoft without the knowledge gained from NASA. The world we live in today was built on NASA research.

The fact is, we don't know what we'll find and create when we go on missions into space. There's an unbelievable amount of technology out there; we just need to find and develop it. Instead of getting excited about what we already have, we need to look forward to what we don't have.

There is an infinite amount of universe for us to explore, and people have no idea what sort of technology we can create from it. The only way to figure out what it can do for us is to explore it, and the only way to explore it is to put faith in NASA.

PROPS
AND
STOPS

PROPS

Men's soccer season
17 consecutive wins, woot woot!

Cell phone policy
Finally, a compromise.

Fall
Between Halloween, Thanksgiving, and changing colors, whats not to like?

Text homework reminders
Thank you technology!

STOPS

Lunches
I'm supposed to eat that?

Weather
It's getting nippy out.

Hallsweep
Missing class VS. being 10 minutes late... is it really worth it?

Spirit week
What happened to the status quo?

Administrators Take Dress Code "Below the Belt"



Erin Romph
Knight Life News

Most girls at Loy Norrix High School could agree that leggings and athletic shorts are among some of the most comfortable clothes to wear. However, these articles of clothing are strictly unacceptable according to the student handbook because they are considered inappropriate and a distraction. This has created frustration among many students.

"Sometimes I want to wake up and throw on some leggings to be comfortable, but I can't," said senior Noelle Scott.

According to Michelle Martin, author of the article "How do the Clothes Kids Wear Affect How They Learn?" students learn better in clothes they find comfortable.

To encourage learning, she said, "Clothing should also be comfortable and nonrestrictive, as students must sit for much of the day."

Therefore, students should be able to wear comfortable clothes in an environment where learning is the top

priority.

"When I wear leggings, I'm trying to be comfortable, not impress anyone," said junior Layla Marvin.

Apparently skin-tight, form-fitting leggings are a distraction to learning, and therefore girls are unable to wear them. However, thirty Loy Norrix male students were asked if they had ever been so distracted by a girl's outfit during school that they were unable to focus on their work.

After only three of these students said yes, it seems that leggings are not as distracting as many seem to think. Students are here to learn, not obsess over clothing and bodies.

"When I wear leggings, I'm trying to be comfortable, not impress anyone," said junior Layla Marvin.

To come to a happy medium, girls should try to be more conservative. How? By wearing a longer top covering their bottom when wearing leggings.

I believe that the student body should have a say when it comes down to what we can and cannot wear. Many students disagree with the dress code because it does not allow free expression. Free

expression through clothing helps students develop an identity as an individual.

When asked whether or not she could express herself through her clothes, senior Sarah Wright said, "No, because you express yourself through your clothes, and if you can't wear what you want then you're really not expressing yourself."

Senior Raven Vanderbilt, finishing Wright's sentence, said, "You're expressing the school," because students must wear what the administrators want and feel is appropriate.

Although the dress code is restrictive, there is good reasoning behind the procedure. Loy Norrix's behavioral interventionist, DaNetta Blake said, "Appearance is something you should always take pride in."

Blake stressed the importance of safety, respect, and maturity in regards to the student dress code. "I want them [students] to respect themselves," she said.

Blake also discussed how the student dress code is enforced in order to prepare us for college and hopefully the workforce.

"The way we dress," Blake said, "it speaks volumes."

Although these arguments are very reasonable, there are some articles of clothing that are harmless. Athletic shorts

fall into this category. Athletes take pride in the sports they play, and not being able to wear athletic shorts in school becomes frustrating.

Many students in the past have been kicked out of school for wearing soccer shorts. In the spring, the women's soccer team is required to wear their team uniform to school on game day.

Volleyball spandex, however, would be considered inappropriate for school. If you would not wear it in public, do not wear it to school. However, athletic shorts are long enough to where students should be allowed to wear during school.

"It's not fair that we get kicked out when it's our way of showing off that we have a game," said senior soccer player, Jessica Lethiot.

Unfortunately, it becomes common in the springtime that students arrive to school in their team uniform and are not allowed to go to class. The students are simply supporting their team and their sport.

So how is education, the top priority of the school, being maintained by forbidding students to attend class?

When I show up to school, I am there to learn and get my promised education; however, it proves difficult when I am banned from going to class because of my outfit.

Letters to the Editor

Dear Editor

During my freshman year I really enjoyed Knight Life. It made me feel like a high school student. Everyone always put a little bit of themselves out there. We all are connected one way or another. Knight Life would inform me of everything I was not sure of or didn't know. It really was an awesome school paper.

Electra Ross
Sophomore

Dear Editor

I find the piece "30 Things to Do with You Knight Life Newspaper When You Are Done Reading It" really entertaining. I feel that it shows the creativity of LNHS students. Reading this piece

made me laugh and I got to share the joy with one of my closest friends. Students who do the paper should write more articles like this. Just in case I need a pair of emergency underwear!

Margarette Danver
Sophomore

Dear Editor

I would love to see more history about your school. I really liked hearing about the pranks pulled back in the day. It's really interesting. I really liked the prank where the person spray painted the sidewalk and the person's family had to clean it up, not just that person.

Jacob Atkins
Sophomore

Dear Editor

I think, for the new school year coming up, you should put more facts about high school. Many in coming freshmen get anxiety for starting high school. Many mentors explain high school, but not the way we see it. There should at least be one whole paper about what high school is like. I think it would help many students get over the fear of high school. It may also help parents get over the fear of sending their children to high school.

Dominique Ollis
Sophomore

Dear Editor

I have just read the article "Nacy Mollhagen set to retire," by Lucas Leibold. I only got

to have Mrs. Mollhagen one trimester but I grew close to her in those 12 weeks. I go in there every day to hear a new story she has. Mrs. Mollhagen will be truly missed because she taught kids how to be creative. Lucas did a great job with this article.

Olivia Stier
Sophomore

Dear Editor

I am writing about the article "Colorful Art Teacher Nancy Mollhagen Ready to Retire" because I have always enjoyed the time I spent in her class. Every day was another adventure. It's a shame that this is happening but I will always remember her.

Ash Freed
Sophomore

From BULLIES page 10

bullying at the roots.

Students involved with team and community groups can show bullies how the bonds of friendship and how it's better to work together as opposed to ostracizing any one person and making them feel left out.

The staff can also make a stand to fight bullying. School officials can provide easy ways to report bullying and get help, they should make these anonymous and should keep them anonymous unless they have permission from the student otherwise.

Staff can also try to have relationships with students that want it, so that the students feel like they can talk to teachers easily.

Bullying is a growing problem of today and has easy solutions if students just take a stand to say it's not okay.

TEACHERS from page 2

"If you always have a smile," grinned Allen, "you can't go wrong."

To make sure he keeps students from crossing the line he has a pattern. First he is stern, then he uses humor; he makes his relationships and then goes back to stern. Even though Allen likes to use humor to build up relationships, he always has to make sure he brings it back. There are some students who take the joke too far. Allen tries to act how he would want students to act towards him.

"Treat me how you would want to be treated," said Allen, "I try to model how I want to be treated."

Other students such as senior,

Logan Franklin, seem to pick up on that. Logan sees how Allen works with his class and noticed that you get out what you put in.

"If you put in the effort and time then he will [put in the time and effort as well]," said Franklin, "If you don't then you won't get that respect."

Librarian Jack Sewell has to keep the whole library under control. He may seem strict at times but that is because there are rules you have to follow in the library. He doesn't always want to act like that.

"I'd rather be like this all the time," said Sewell as he put on his raccoon hat and smiled, "but because its a school, there are requirements."

Sewell initially tries to be nice to

the students as they walk in, always greeting them and asking them politely to sign in. Usually if a student comes in quietly and doesn't mess around, he won't even bother with them unless they need help.

"If students comes in and behaves we may not notice them," said Sewell, "If they look around or mess around then they are noticed." Jack Sewell sets regular ground rules in the library, you have to have an ID, a pass, and sign in.

Senior Noelle Scott agrees that Sewell does a pretty good job at keeping the library under control.

"Other students may think he's too controlling and strict," said Scott, "but at the end of the day he does his job, everyone is usually quiet and doing their work."

Science teacher, Mark Lowrie also believes in a strong relationship with his students. He likes to interact with the class and has them work hands on with projects.

"I don't like a teacher in front of the class," said Lowrie, "and the students just copying things down." Lowrie thinks that the students have more to do with how he teaches. If the class is well behaved he can get away with more and be more humorous. If the class is more rowdy than he has to hold it back

and be more strict.

"The ability of a teacher to teach a class," said Lowrie, "is based on the students." Some classes act up more than others. There are students who will do anything for attention. That is where that line comes into play. Some kids love to cross it.

Senior Lia Camarillo sits in the front of the class by Lowrie. She believes that he is a nice teacher and that they do have a nice relationship.

"I sit right in front of him so I don't have a choice but to talk to him," laughed Camarillo, "but we're both funny and he's really easy to talk to."

Students are going to have to learn how to adjust to different teaching styles. Students should make sure to pay attention so they understand how the teacher works. That way students and teachers can have a good relationship. The students can learn and the teachers can teach.

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Loy Norrix Athletes Deal With Injuries

Brianna Leip
Knight Life News

Her opponent hears a crack as soon as she comes down from the hit. There is a slight silence that overwhelms the crowd. She falls to the ground, grasping her knee, anticipating the news that will come from the trainer. Her season and possibly career just ended.

Athletes depend mostly on their bodies and how they will perform. When their bodies are not working to their full potential, neither is their endurance to play sports.

The new head volleyball coach, Kristy Clark, is dealing with many injuries this season. These injuries have made it difficult for her because she is not able to train with the whole starting lineup.

"The more players hurt the less options you have as a coach," Clark explained.

Katryn Walsh, a sophomore who plays varsity volleyball, is currently recovering from a shoulder injury. Walsh was out for about 2 weeks during the beginning of the season due to this minor setback. Walsh is very upset that she could not play. In her case, the only thing she can really do to make her shoulder better is rest, which is the same position a lot of other injured athletes are in.

For some athletes, it is more difficult to recover emotionally. It is hard to watch your team play on the court or the field and sit on the bench cheering them on.

Senior Sarah Townsend who is a member of the Loy Norrix swim team, is one of those athletes that has been affected emotionally. She was recently

diagnosed with Tendonitis in her right shoulder, which is an inflammation in the tendon of the shoulder. Being injured and a senior on the team makes it difficult.

"It's disappointing that I can't do as much," Townsend exclaimed.

During Coach Clark's volleyball career she also had to deal with multiple injuries. Clark commented on how difficult it was to be injured, especially at the peaks of her career.

"Physically it's obviously very difficult and painful, but the mental trauma an athlete experiences with a severe injury takes a very long time to manage and deal with," said Clark.

As an athlete, it is difficult to stop pushing yourself even when you are injured. So many times an athlete will ignore a minor injury and it will proceed to get worse, resulting in time off or even the end of one's athletic career. According to Clark, it is important to tell someone when you are hurt and not try and push through the pain.

"Trust what your body is telling you. If you hurt and push through pain you'll end up in more. Being the 'hero' doesn't get you anywhere," said Clark.

To lighten the hardships that her athletes go through, Clark is implementing new practice schedules where some days are less challenging than others. She thinks it helps not to push hard every day, but to still stay focused and remain healthy.

"That's the hardest part about it," Clark continued, "It's something that changes you as an athlete and there really wasn't much you could have done. Injuries happen."



Kristy Clark / Guest Photographer

The volleyball team put together their own photo shoot this year. They wanted to base their accomplished season on the personal relationships they have with one another.

Volleyball and Football Teams Compete as a Family

Parker Gray
Knight Life News

Hundreds of fans watch a Loy Norrix Football game, physically witnessing the navy and white chemistry on the field. They see a squad of tightly banded teammates, all in the game for one purpose, to stomp all over the opposing team. The fans see the obvious, but teammates are really much more than just a part of a team; they are in fact, a family.

"On and off the field, teammates have to protect you, like a family," junior varsity quarterback Josh Mills said. He is a valiant talent on a team that wears navy and white with pride. The colors represent the relationship between the players that is like that of a very close family, even when the times get tough.

Austin Thompson, who is also a member of the JV football team said, "When I got injured, my entire team was there for me, even though me being hurt doesn't make or break the team."

The football team has had a rough season, but their value of each other is not undermined. "They are my second family," Thompson said.

These qualities stay consistent in not just football, but volleyball as well.

Jordan Liddle, junior varsity volleyball player said, "My teammates are there for me because we are so close for having a mutual love for volleyball, and the time we spent traveling and training together."

"This year, my friend and I had to run 5 down and backs in thirty seconds 2 times, and my entire team joined and cheered for us," Liddle explained, and continued to point out how she and her teammates show this kind of affection for each other on a regular basis.

"The way I see it, if you're not close with your team, you just won't be as good on the court or on the field,"

Liddle said bluntly.

As part of a team, it is such an important aspect of success. It is a concept generally only considered to be in a Hollywood film, but it really does happen in the real world.

Mills is a testimony to this. "We talk about our problems as a team and then we move forward," he said simply, explaining that it is because of the family like qualities that allow them to get past issues so easily. He was also quick to say that "Problems we face as a team help us grow as friends, improving everything else that happens in football."

Once you have been on a team at Norrix, navy and white leaves a stain that never washes off, keeping bonds alive even after the glory of playing is over.

Mills confidently said, "Playing with people for such a long time makes for lasting friendships in the off-season." Thompson added, "Even when the season is over, we are still a team at heart."

In so many cases alike, friends appear when they need to rely on you and are nowhere to be found once they have what they need.

"In volleyball, I know my teammates are really there for me at all times, not just when they can benefit from it," Liddle said.

A teammate is much more than just an everyday friend you see around in the halls.

Through the jokes in the locker rooms, spectacular wins, the tough losses, the lectures, the consequences of mistakes, the high moments and the low moments, the fights, the mental frustrations, and all of the other challenges Loy Norrix teammates have to face, a team never fails to pull through for their family. Once you are a teammate, you are always a brother or sister.



Kristy Clark / Guest Photographer

The Loy Norrix Volleyball team received new jerseys at the beginning of the season. Loy Norrix senior, Erin Romph, decided to wear her white jersey based on her absence due to her injury.

Spring Athletes Spend their Summer at Conditioning

Sarah Stevens
Knight Life News

The hot summer sun beating on their backs. Sweat beading off their skin. Day after day working together to get better.

Most fall athletes spent their summer running, tackling, and learning game strategies. Volleyball, cross country, and football were some of the fall sports that required athletes to participate in summer conditioning.

The Loy Norrix football coach Sean Bergan said that over sixty of his football players spent four days at football camp working on techniques for the upcoming fall games. There, the football team worked together learning offensive and defensive plays.

When asked how summer conditioning helped players, Bergan said, "It brings camaraderie between players sacrificing together."

Summer conditioning gets the players physically and mentally in shape for the upcoming season. The players must come together to become a team.

Bergan said that his most memorable moment of the summer was when the weight room was full of his dedicated football players.

The captain of the Men's Cross Country Team, junior Joey Veeder, spent five days a week

almost all summer running with his teammates.

Veeder said, "Students don't run as fast and don't get the times they want if they don't come to summer conditioning."

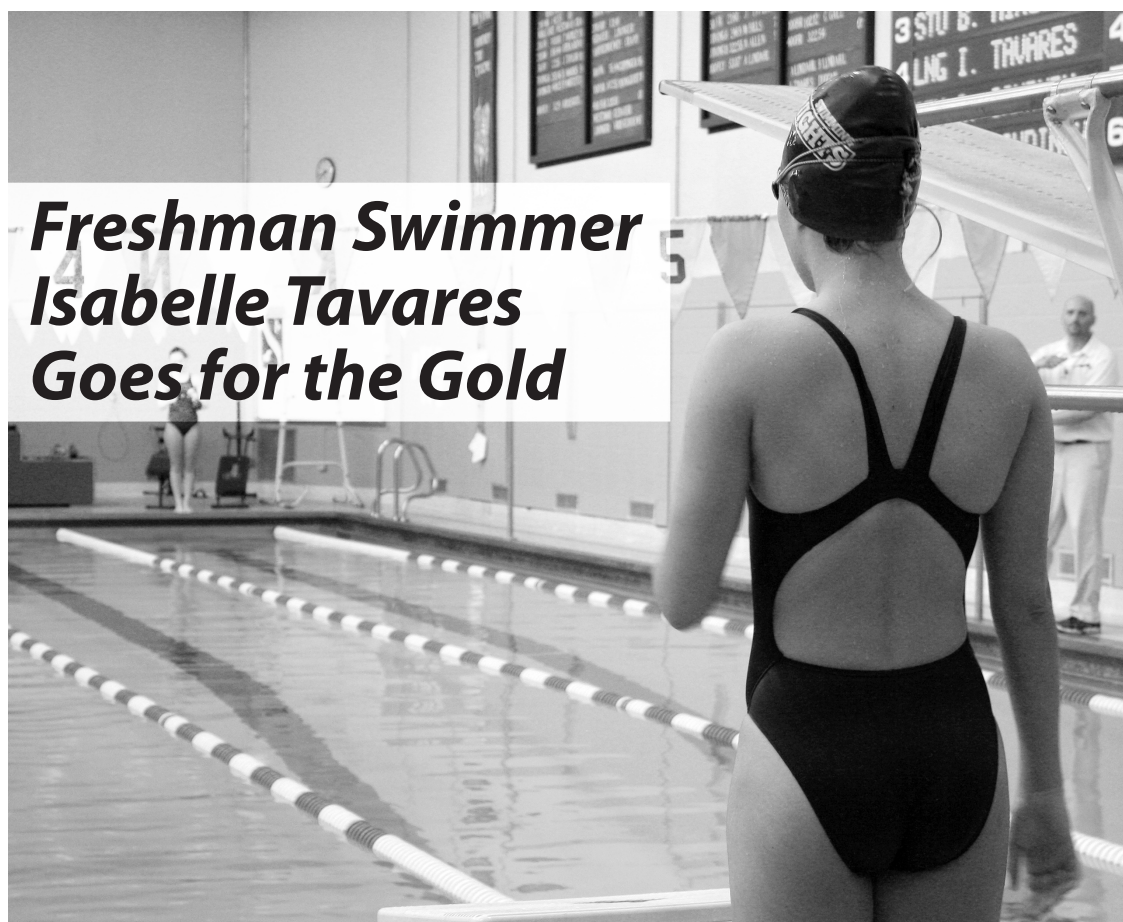
Veeder's best moment was all of summer conditioning because he just loves to run.

Katy Renaldi and Katie Srodes, sophomore volleyball players, shared a few memories from summer conditioning. Renaldi's most enjoyable moment was playing Queens of the Court against her fellow teammates. Queens of the Court is when one team goes up against the Queen team, if you win then you become the new Queens of the Court. The team spent hours battling each other to ready each other for other schools competition.

The hardest part of summer workout for Renaldi was when they had to run sprints. Each day they spent half of practice conditioning which involved running.

Srodes' worst moment was when coach had them jump up on boxes to work on their agility and leg exercise. Legs inflamed from the exercise she had to move on and work with her team to learn plays.

Loy Norrix's fall teams worked very hard last summer to bring home wins for the Knight family.



Olivia Stier / Guest Photographer

Isabelle Tavares is in the zone. She is looking at her battle ground, ready for the competition to begin.

Anthony Foti
Knight Life News

"On your mark!" There is a pause, everything is silent. The next couple of seconds will determine who wins and who loses. Who goes home the victor and who goes home unsatisfied. The focus is there, the swimmers are ready, her heart pumps. "BEEP!"

Isabelle Tavares was born to be a swimmer. She is part of a family whose whole life is in the water. "My mom and my dad were both swimmers and so are my brothers, so I kind of grew up to be a swimmer," said Tavares.

Isabelle has been in love with swimming since she was six years old and has never wanted to quit. She has high hopes for the future, after only competing for about two years.

Isabelle and her family has a strong connection with the country of the Dominican Republic. She has known the coach for a long time and hopes it will pursue her to make the team and get her to Rio de Janeiro in 2016.

"I want to make the [Dominican Republic] National team and then hopefully that will get me to the Olympics," said Tavares.

Be the fastest and win the race, every competitor wants to be first to hit that wall.

Tavares gets out of her

groove when she doesn't meet her mark.

"My worst moments are when I don't reach my goal; I really beat myself up for that. When I don't reach them then I just forget about it and then I move on," said Tavares.

There is a lot going on in Tavares's head before every race. The best method to get focused is for Isabelle to listen to her music and avoid talking. She focuses on how she wants to swim and what she has to do to win.

"I just listen to music, and think about my race," said Tavares.

Being a swimmer is not easy on a freshman. Time is the biggest thing that Isabelle has to give up for swimming. When you practice before school on Mondays and Wednesdays for an hour and a half, after school every day for two hours, and even on Saturday mornings, it is not easy to keep up on schoolwork.

"I know it will get tough. I think I will be able to do it. I just need to keep focused," said Tavares.

Isabelle has been a big motivation to the women's swim team. Coach Paul Mahar sees this as an opportunity to push the team to its maximum potential.

"Having her coming in, the team has accepted her and they

have all become focused on swimming faster in the pool," said Mahar.

Swimming isn't an individual act. It takes an entire team of hardworking swimmers to win. Training is crucial to have everyone ready to swim when the first meet comes. Mahar is excited for the swimming program here at Loy Norrix. He likes to see someone ready to compete, and he sees a lot of potential in Isabelle for the next few years.

"It takes a swimmer 5-7 years to reach their potential, so the earlier the swimmer starts, the chances are they will reach their maximum potential throughout high school," said Mahar.

Isabelle has competed against some of the top swimmers in the Dominican Republic. She went for a spot of their National team. After giving it all she had she missed her mark by .2 seconds. Not bad for a 14 year old high school freshman from Kalamazoo, Michigan. Isabelle plans on going back and competing again for another spot in November 2012.

The Loy Norrix women's swimming team has seen one of its best groups of swimmers this year according to Mahar.

After defeating Kalamazoo Central, the team has high hopes in the SMAC and state finals.



Allie Creamer / Knight Life News

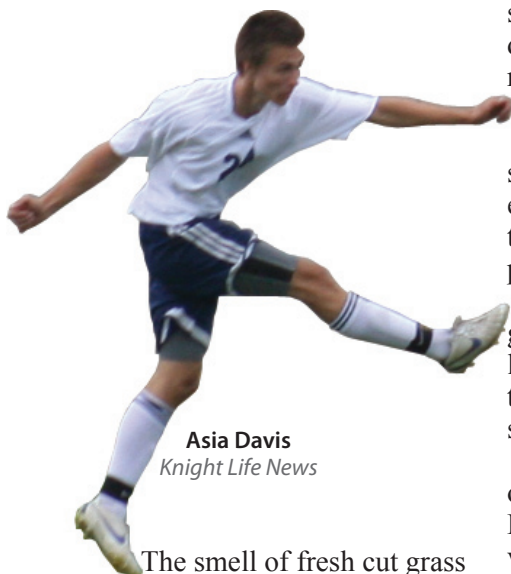
The Loy Norrix mens soccer team is one of the many athletic teams that conditioned and trained during the summer. Knights strive to be in top performance going into their 2012-13 seasons.

Varsity Soccer Team Develops A Culture of Success



Varsity Loy Norrix Knights take a victory lap after winning the soccer game against Kalamazoo Central 2-0. The Knights went on to finish their impressive season 18-5.

Asia Davis / Knight Life News



Asia Davis
Knight Life News

The smell of fresh cut grass fills his nose. An inhalant, a stimulant, a catalyst for what he is. A soccer player.

One of the four leaders of a team with 16 consecutive wins. Andrew Labadie is one of the four captains of the varsity soccer team that has had the most consecutive wins in Norrix history.

Coach McCullough said their success is due to their motto, "Scholar athletes outworking our opponents organized as one."

To the team, education comes first. Last year the varsity soccer team was ranked top 10 in the state for having one of the highest GPA's, Loy Norrix was the only public school in Michigan to make the top 10.

McCullough set the precedent that school comes before soccer. The head coach holds after

school tutoring in his room every day before practice starts. Players are required to attend if you have less than an A- in any class.

The reasoning behind putting school before the sport is that education will take you further in life than a far fetched dream of being a professional soccer player. Less than one percent of high school athletes go pro. For example, Labadie would like to go pro, but he intends to go to college for psychology and social sciences.

How else can you beat your opponents than to outwork them? During practice the team often visualizes what the other team is working on or doing in practice; asking themselves if they're working to the absolute best of their ability. They're practicing to be better than their opposition because playing soccer there is a mirrored position on the opponent's side. For example, for every forward trying to score there's a defender trying to stop him.

"You have to win your battle for us to win the war," said McCullough. "Individually you have to win your own battle for us to succeed as a team."

Organized as one relates to the team as a brotherhood. Each junior varsity or freshmen soccer player has a varsity or upperclassmen to mentor and help them not just with soccer, but school. It helps freshmen get acclimated faster to the drastic change of high school. Giving advice on past teachers and also helping them become better athletes is

the mentor's job.

Louis Morales is the mentee of Labadie and thinks of him not just as a mentor but a friend. Both junior varsity and varsity teams attend each other's games to show support. Attending the games also gives the mentors a chance to take notes on their mentees game and point it out later.

"When I'm on the field and I make a mistake, later he'll point it out and help me improve on it," said Morales.

Both the junior varsity and varsity team work together as one program. Often in sports junior varsity and varsity are treated as two separate entities. At Norrix they work as a whole and not as individuals. There is no star on the team. They shine as a whole, just like they win as a whole.

"We're all on the same page. Working towards one goal. One organized family," said McCullough

To many running up and down a field chasing a soccer ball may seem tedious and boring, but to these boys it's a passion.

Labadie grew up playing soccer and thinks of it as the most fun way to spend his time. The average person may not understand the devotion to running up and down a 100 yard long field and a black and white ball, but according to Labadie "You can run forever if you need to."



SCHOOL LUNCHES from page 1

cooked in a way to attempt to appeal to the "average" student buying lunch. While there are efforts to increase nutrition, the lunches remain similar to foods that are presented at fast food restaurants like burgers, fries, and pizza.

A large percentage of the student body at Loy Norrix holds contempt for the options presented in the lunch lines. Many may say the reason for this scorn is that the appearance of the food is disgusting and they base their opinion of the meals on that observation. An example of this is the pizza that is covered with a thick layer of gleaming grease.

Our school lunch is nothing compared to meals that include organic ingredients or gourmet prepared food like at FoodDance. However, there has been an effort on the part of the school district and the government nationwide to increase the nutrition presented in the meals offered.

Seniors Ben Schreck and Cody Gall have both made the decision this year to bring their own lunches, as did Dodge. They had previously purchased school lunch, however, they now feel comfortable packing their own lunches that appeal to their specific tastes. Gall mentions that he prefers to pack a more nutritious meal for his lunch because he has a regular healthful diet outside of school.

Contrary to the popular opinion, KPS has made several attempts to improve the school lunches, however, an ever-persistent issue is the appeal of the meal options to high school students. An appealing aspect to some students may be a lunch that contains healthier ingredients and some students may prefer lunches that have bigger portions, another attractive trait of lunches may possibly be meals that are also presented at McDonald's.

SECURITY GUARDS from page 5

show favoritism towards certain students because we all come to school to learn, and should all be treated fairly." Senior Davian Phillips said, "What we expect from the security is for them to respect us like we should respect them and to make sure the school is safe. Advice that security has given to us is stay in school, stay away from drugs, wait until college to have a significant other, strive hard to get where you want to go, let nothing get in your way, and most importantly take advantage of the Kalamazoo Promise while you can."