

KNIGHT LIFE

VOLUME 54 ISSUE 3

LOY NORRIX HIGH SCHOOL

KALAMAZOO, MI

FEBRUARY, 2014

KNIGHTLIFENEWS.COM

Students of Kalamazoo County Take to the Stage



The Thursday Night Band that consists of Malachi Cox bass (far left), Celeste Dely drums (back left), Kevin Rice lead singer and guitar (front middle), Ben Dunham guitar (back right), Owen Edwards singer/ keyboard player (far left) are playing at Bell's Eccentric Cafe for DC Strong. Photo Credit / Sarah Stevens



*Senior Ben Dunham plays his Les Paul.
Photo Credit / Sarah Stevens*

*Sarah Stevens
Co-Editor-in-Chief / Business Manager*

You hear the low roar of the crowd, the lights are slowly making the air around you hot, then the drummer sets the beat. You play your heart out as the crowd cheers.

The Kalamazoo Academy of Rock or KAR is helping young artists join bands and show their potential as musicians. It gives the student time with a private tutor for their instrument, real stage experience and a chance to work in a professional recording studio.

"It's just a totally different experience playing with other people and having to work off of them. You just get this energy going when you're on stage instead of sitting in a basement pretending to be a rock star," said Loy Norrix senior Ben Dunham, a guitarist for the Thursday Night Band.

Dunham has been playing the guitar since the summer of his 3rd grade year. He was playing in the Loy Norrix Jazz Band when it was suggested for him to talk to Jeff Mitchell, the director of the Kalamazoo Academy of Rock. He auditioned and was placed in a band by his skill level.

Eight other Loy Norrix Students play in the five bands at the Academy. Another student, junior Malachi Cox, plays bass in the Thursday Night Band. Cox was inspired to play the bass by the famous Beatles bass player, Paul McCartney, so when his father got his brother a guitar, he got a bass.

used the money raised to help childhood cancer patients in need of strength through fellowship, spiritual healing and financial gifts. DC Strong was able to raise \$1,346 for their cause.

KAR has also helped other causes like Tsunami Relief, Family and Children Services, Active Water and Boys and Girls Clubs.

"We're providing not only musical education, but I think for all the musicians involved, they get a sense of pride in what they do. It helps their self confidence to get up there to play in front of people," said Mitchell.

Dunham's college acceptance letter from Kalamazoo College recognized his work at the Kalamazoo Academy of Rock, reading, "I can clearly see that music and Kalamazoo Academy of Rock in particular, has played a crucial role in molding you into the well-rounded individual you are today."

Practices for the bands are held in the old Gibson factory, downtown Kalamazoo, where legends like B.B. King, Eric Clapton and Les Paul have visited to see where their guitars were born.

"It's a great stress reliever considering all the stuff I do at school, being able to just go, be there for two hours with the band. I've really just like made some good friends," said Dunham.

KAR gives these musicians a place to go each week for two hours and express their musical side with the help of a director and private tutor. The Academy is run by tuition; each student pays to have two-hour band rehearsals and a 45-minute private lesson each week.

"It's a really fun and open environment to learn and grow in," said Cox.

Not every musician knows how to start a band or get gigs and the KAR wants to help with that.

Jeff Mitchell said, "That's what seems to hold people up. It's tough to get a band together. That's what we provide, not only do we provide a band for the musician but a real chance to play in a rock club."

Jeff Mitchell, who has been a piano instructor in Kalamazoo for 23 years and has been playing for 56 years, started to work some rock into his lessons as he collected electric keyboards. He had two dedicated students from Norrix, Joe and Andy Santamaria, plus a few others who were the core of the Academy.

Mitchell then broke the rock segment off from his regular lessons and created the Kalamazoo Academy of Rock. What inspired KAR was the movie "Rock School," which is a documentary where a man named Paul Green starts The Paul Green School of Rock Music in Philadelphia.

KAR benefits the community by hosting a charity event once a year in January. The latest charity benefit was performed January 26th to raise money for DC Strong. DC Strong

For other information you can contact the KAR at:

Director: Jeff Mitchell

Email: jeff@photomitch

Phone: (269) 342-7374

Website: kalamazooacademyofrock.com

Facebook: Kalamazoo Academy of Rock

Upcoming events:

June 3 - summer sessions start

August 3 - Performance at RibFest

August 9 - The 411 Club



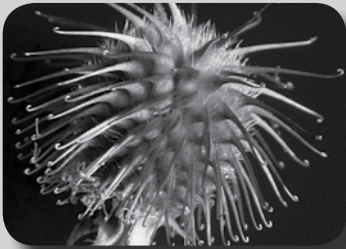
Engineers Take Inspiration from Nature

Darcy Billian and Jacob Mays
Chief Copy Editor and Assistant Comic Editor

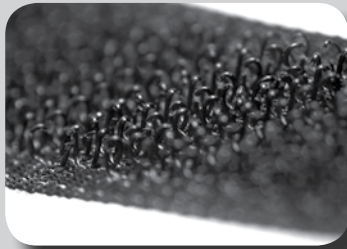
Many animals have body parts that perform tasks more effectively than human engineering can. For this reason, engineers have taken to copying animals' ideas. The field of studying nature and using it to improve human design is called biomimicry.

Burrs: The Clingy Friend

In 1948, a Swiss amateur-mountaineer and inventor, named George De Mestral decided to take his dog for a nature hike. Mestral and his dog returned home covered with burrs, the plant seed-sacs that cling to animal fur in order to travel to fertile new planting grounds. Mestral neglected his matted dog, and with a burning curiosity ran to his microscope and inspected one of the many burrs stuck to his pants. He saw all the small hooks that enabled the seed-bearing burr to cling so viciously to the tiny loops in the fabric of his pants. Inspired by this, Mestral created velcro.



Zeephyris | Wikimedia Commons



flickr.com/photos/amagill/89623378/

Whales: More Aerodynamic than they Look

Humpback whales are kind of weird. They're massive creatures, with adults weighing almost 80 thousand pounds, but they're also very acrobatic. Frank Fish, an ironically-named marine biologist and fluid dynamics expert at Pennsylvania's West Chester University, noticed this discrepancy, as well as the fact that humpback whale flippers have bumps on the leading edge – which should make them less aerodynamic. Fish grabbed a whale flipper he had lying around and constructed two models of it – one with the bumps, called tubercles, and one without them. He then tested them in a wind tunnel. As it turns out, the tubercles break up the flow of fluids and make it so the angle of attack (basically, how much the flipper is facing forwards or sideways) can be increased, lowering the flipper's stall speed.

Stall speed is the speed at which a wing or flipper stops working because there's no longer enough fluid moving over it.

Lowering the stall speed of windmills could noticeably increase their efficiency, and make wind power a better investment. Fish now runs a company, Whalepower, that manufactures windmill blades based off of humpback fins.



Photo Credit / Mike Baird/Flickr



G. Canonizado 2009

Slugs: Glue to the Heart

Around 40 thousand babies are born per year with heart defects often requiring use of stitches or staples to fix. These sutures (like seams, but on people) can be damaging to the heart and its functions. Researchers have found that slugs emit a slime with adhesive properties.

A team from Boston Children's Hospital and MIT mimicked the slug's slime in the lab and came up with an adhesive that is uber sticky, water- and blood-proof, and dries in seconds via UV light. It's even biodegradable. This glue is a possible replacement and innovation of permanent medical adhesive.



Karl-Ludwig G. Poggemann



John Kimmins

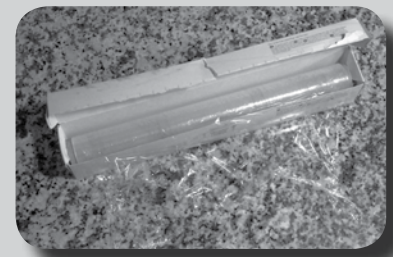
Sharks: Entirely Covered in Teeth.

Sharkskin is covered in thousands of small, sharp scales known as dermal denticles. This makes it rough to the touch. Because of this roughness, it has been used for hundreds of years as sandpaper to smooth out rough edges. New research suggests that the denticles also help keep sharks clean. Engineer Tony Brennan investigated and found that the scales make it difficult for algae and bacteria to grab hold.

A newly-founded company called Sharklet took this idea and ran with it, producing an antimicrobial plastic wrap based on shark skin.



Albert Kok

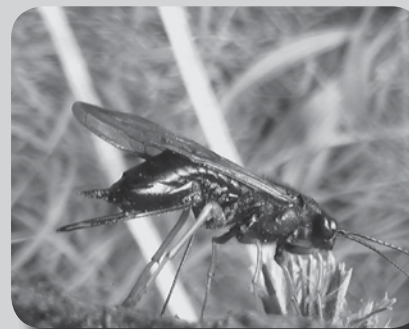


en.wikipedia.org/wiki/Plastic_wrap

Horntail Wasps: Good for Space Drills

Horntail wasps have two tails, but neither one is used for stinging. The horntail wasp uses its tails to bore into tree trunks and lay eggs. How the wasps accomplished this used to be a mystery, since drills usually require a lot of force behind them to be effective – something that wasps are too small to provide. What scientists have found is that their two tails alternate between gripping the wood and drilling deeper, so minimal force is needed.

A new neurosurgical probe based on this concept has already been proposed, and astronomers suggest that this type of drill would be useful for mining on asteroids, where gravity is minimal to nonexistent, and force is therefore limited.



en.wikipedia.org/wiki/File:Sirex_noctilio_Pinus_ra-diata.jpg



en.wikipedia.org/wiki/Asteroid

Power Walkways Provide Clean Energy



Pavegen tiles debuted at the 2012 London Olympics.
Photo courtesy of Guardian Professional

Jillian Ko
News Editor

Would you believe that you can create energy simply by walking down the hallway? Generally, people worldwide are starting to care about the environment but aren’t completely willing to commit extraneous effort toward a cause. Luckily, as communities become more environmentally aware, technology evolves as well. Pavegen Systems is a technology company that has developed an easy way to decrease an individual’s carbon footprints. They’ve created paving slabs to convert energy from people’s footsteps into electrical power. This energy production is called piezoelectricity; it’s the electric charge that accumulates in various materials in response to applied mechanical stress. The word itself literally means electricity resulting from pressure. The first major commercialization of these energy walkways occurred during the 2012 Olympics in London. There were twelve tiles installed in a tube station connecting to the Olympic



The largest installment of the technology is located at the Simon Langton Grammar School. Photo courtesy of Pavgen Systems

Park. The Pavegen technology is practical in areas with high foot traffic like metro stations, offices, schools, shopping centers, etc. According to Watt Now, an organization devoted to renewable energy and recycling, the power generated from the pathways can be used to “charge batteries or to power low-energy applications, such as street lamps, signs, alarms, or speaker systems.” The top surface of the flooring unit is made from recycled rubber and the base of the slab is constructed from over 80 percent recycled materials. The system can be simply retrofitted in place of existing flooring systems as well as specified for new developments. The Pavegen technology offers one of the first tangible ways for people to engage in renewable energy generation and to provide live data on footsteps wherever the tiles are. In Canterbury, a city in England, the Simon Langton



There were six tiles at America’s Cup for tourists to experience. Photo courtesy of Pavegen Systems

Grammar School has implemented Pavegen tiles. In September 2013, the school installed 24 kinetic tiles. The principal, Matthew Baxter, said that the tiles have “sparked an interest in sustainable technology in a number of our students.” Pavegen extended to the US during yacht races at the 34th America’s Cup. Pavegen Systems explained that spectators used Pavegen tiles as “control pads to race a virtual Lexus hybrid car, using off-grid energy generated from their footsteps.” Although the technology still has yet to prove itself truly efficient, it also provides an interactive opportunity to engage people with sustainability and energy understanding. Schools in the United Kingdom have already implemented it into their hallways and although there are no plans yet, soon educational facilities all over America could use Pavegen as well.

Loy Norrix Remembers Programs of the Past

Irving Quintero
Public Relations

Loy Norrix was built in 1960 and since then it has gone through many changes to become what it is today.

Changes in Lunch

Many years ago, each wing had its own lunchroom. Due to the need of new classrooms, the lunchrooms were divided into classes like the computer lab in C13 said VanLieu. In a different time students had the option to leave the campus during lunch. Speeding to get to class in time caused the students to be involved in accidents, and parents complained about this freedom, which caused for the privilege to be taken away. Now there is a rule that no one student can leave campus. Substitute teacher and former LN student, Leonard Duke, said, “All the doors used to be unlocked, so you could actually walk outside between classes and stop by your locker and get to class on time. It was a lot faster that way.”

Artwork Painted Over

This past summer the school was repainted. With this new paint job, we lost a great piece of art that was located outside of D13. The painting of a student showed different perspective views and was done by an artist when the school was built. A plastic shield protected the paintings, so it wouldn’t be vandalized. The painters removed this plastic and painted plain blue on top of it. This is not the first time this has happened. On another occasion, painters painted over a design of the original construction plans for Loy Norrix, which used to be located in the cafeteria. The art department teacher Cindy VanLieu said, “Who hires these people?”

Schedule Alterations

Leonard Duke said, “Classes used to be fifty minutes long. Now if your teacher is mad, you have to deal with them for an hour and fifteen minutes, and now you guys have a mandatory stand up and wait in front of the door for the last ten minutes of the class. We used to use all our time.”

Sports Practice

Sports practices have also changed a bit. This year swimming is the only sport that has practices in the morning and after school. Other sports, like soccer, used to do weight lifting in the morning and hold practices after school.

School Store Closes its Doors

Knight Gallery was a school store by Four Corners, which sold pizza, ice cream, fresh baked cookies, chips, hot pockets, candy and other snacks. The store was moved around the 2001-2002 school year to keep all food inside of the cafeteria. Students in Advanced Placement Marketing used to run the store, Knight Gallery. The money made by the students was used for educational trips. Business Education teacher, Barbara Rockey, who was the last teacher to teach the class and supervised the store said, “Things started going bad when the store was moved to the cafeteria.” When the store was at Four Corners the class and the store were connected and ran at the same time, but once the store was moved to the cafeteria, it became difficult to run a class and the store at the same time. The school food provider, Chartwell, declared that no food with sugar should be sold in the school. The class also suffered when the trimesters came into effect making it difficult to run the store during all three lunches according to Rockey. Students can now buy snacks from Chartwell in the lunch line, water from some of the working vending machines, club sales, and from students that sell candy. On a side note, Kalamazoo Central High School has a store that makes enough money to pay a person to run it as well as some students who work in the store, according to Rockey.

Elective Offerings

Students used to be able to take study hall, a class to do their homework under the supervision of a teacher. Classes were once offered like print making, photography, career pathways, Focus on Freshmen and German, but are now extinct at LN. Shop classes like machine, wood, electrical, welding, and drafting were also offered. Drivers’ training used to be a class, which students didn’t have to pay to be enrolled in.

Radio Station Onsite

The school used to have all sorts of cool stuff, like WKDS FM 89.9 radio station. The radio station was run by students both from LN and other schools. Students can still enroll in an Education For Employment class downtown for radio broadcasting, but at LN the only thing left is the tower and the WKDS 89.9, “Your hits place!” radio logo outside of the LNTV room, on one of the walls.



“Scratchin’ Mick,” one of the radio broadcasters for WKDS, appeared in the 1988 edition of Norrix’s yearbook. Photo Credit / Irving Quintero

Bygone Clubs

Clubs have also been abandoned. The knitting club, art club, homemakers, Young Republicans, and Young Democrats are long-gone history. Annual events like the kickball game between Peace Jam and Knight Life don’t happen anymore. Bringing some of the now gone programs back would make our high school more unique. If you’re a student that has a new idea step up and show it to the school, it might just be like the new Tea Club formed by junior Lori Umbanhowar, which has gained rapid attention by several students. Let’s make LN the unique school that it once was.

Freshman Year to Senior Year

Ronniqua Phillips
Copy Editor

Freshman year has always been an important year for students. It's the FIRST year of high school. Everyone has expectations of looking good or the best. They ask themselves questions such as, does my hair look good? Are my clothes the new, hip style that everyone is wearing? Where do I stand in popularity? Everything mattered and trying not to make a big fool out of ourselves was major. Embarrassment is not a fun experience.

People mostly were wearing the same name brand, same hairstyle, same colors, same look, some even had the same attitude. There were the loud-mouthed girls that walked around sucking their teeth, constantly popping their gum and rolling their necks or eyes. Then there were the guys who posed by the B-wing, wearing

the same colors, looking serious and being playful. Students acted their best to fit into their desired group, even if it meant being someone else. This is when many people lost or gained friends.

Sophomore year drifted on to drama; rumors spread and everyone did not seem to get along quite well. It was the "who said what," about who, to who. Plenty of tension was going on. Friendships ended and a lot of people were being called "fake." Students still focused on school. Some students barely showed up because of suspensions or they just wanted to skip. The year was a drag down and many people got caught off guard and instead of focusing on school, their social life became more important.

Junior year, "Rising Seniors." Students

have time to get their heads on straight with school and get the best grades. There was no time to mess up. People started to dress classier. Everyone was playing matchmaker and people you least expected to date, dated. Everyone knew each other and the parties were thrown here and there. It was a calm maintained year.

Senior year is a serious year. It's the last year of high school and all the seniors are rushing to get out. Seniors now just feel tired, don't really want to do much or don't want to be at school in the first place, but they must meet the requirement of 26 credits to graduate, so having decent attendance is best.

Most classes that seniors have now are AP classes and many are in an EFE/EFA. It's the year for students to prepare for their

future and hopefully get accepted to the college they want to attend.

Looking back at high school has taught students a lot of lessons and to be careful of our surroundings. As a freshman it's best to stay focused and take classes serious as if it was the last year of high school and carry that on through sophomore and junior year as well.

There's no time for fooling around and skipping. As seniors it's the year of planning and putting in that final touch for completion. After walking across the stage with a diploma in hand, the next step is college.

Seniors Aaron Davis and Alexis Tyson take the time to look back at the changes and realizations they have gone through from freshman year to now.

Aaron Davis

BEFORE



Freshman Year

AFTER



Senior Year

Did freshman year change you?

"Yes, it made me realize that high school is nothing like middle school, it's a lot different."

What was important for you freshman year? Your goal?

"To try and stay focused on school and nothing else."

Did your attitude change? Did the people you hang with change?

"Yes, I found myself and started kicking it with a small circle of people. You make friends and lose a friend even faster, that's a part of life/high school."

What was the most popular clothing you wore?

"True Religion, Burberry, Jordan's, Meks Colt of individual."

Was being popular (well known) important to you? How has that changed from freshman year to now?

"Never, a lot of people just knew who I was. Since freshman year to now, I feel like almost everyone in the school knows me."

Alexis Tyson

BEFORE



Freshman Year

AFTER



Senior Year

Did freshman year change you?

"Yes, mostly. I know now that things change around school and how fake friends are. You learn the true colors of people."

What was important for you freshman year? Your goal?

"I think my goal was basically to get all A's and B's until I graduate."

Did your attitude change? Did the people you hang with change?

"My attitude changed a whole lot. I figured out that there are a lot of people that slander your name and nobody really knows the truth but you. Also people come and go. I always tell myself... It's just high school."

What was the most popular clothing you wore?

"Nike, Air Forces, dress up clothes, Aero."

Was being popular (well known) important to you? How has that changed from freshman year to now?

"I don't think it was important to me at all, I just tried to be myself all the time and people like when you are yourself, and they tend to follow."

What **NOT** To Do the Week of the ACT & MME

Claire Domanick
Copy Editor



Sophomore Ahnissah Myles looks put together, but avoid sweatpants. Make sure you feel ready to take the ACT. Photo Credit / Claire Domanick



Junior Anna Emenheiser opts for a casual outfit while still looking ready to take on the ACT. Photo Credit / Claire Domanick

- 1) Don't cram.**
If you haven't studied by now, there's no point in cramming. Preparation should start months in advance, and you will be tested on what you have learned over the years, not the night before. Instead, get completely prepared for the morning of the tests: sharpen your pencils, print out your admission ticket, put fresh batteries in your calculator, bring your I.D., and leave your phone at home.
 - 2) Don't start or end a diet.**
This will throw off your body and could have consequences while taking your tests. The ACT is over three hours long, so not only are you tested on academics but also endurance. Eat a balanced diet and don't overload on any sugars or fats. If you have an exercise routine, continue it but don't push yourself too hard. Even if you don't regularly exercise, a light workout before the ACT is a great stress reliever.
 - 3) Don't dress in your pajamas.**
Studies show that you feel better and focus better when you look put together. While sweatpants and a T-shirt may be tempting at 7:00 a.m., don't give in. You'll be surprised by the difference it makes in your attitude the morning of the tests.
 - 4) Don't stay up late.**
While you may be tempted to stay up late the week of, GO TO BED. Multiple nights of lousy sleep could really catch up with you on test day. The morning will come way too early, and it's important to be alert and focused by the time you get there. Think about it, if you sacrifice a week of reading twitter feeds late at night, you could be that much closer to being accepted into your dream college.
 - 5) Don't stress.**
If you've prepared well then you should know the test. Say you don't get the score you want, it's not the end of the world. You can always retake the ACT test. Even if you get a score that you want, try retaking it. Research from ACT shows that 57 percent of students from the class of 2013 increased their composite score on the ACT retest. However, if you're really stressed, talk to friends, go see a movie, do something that you enjoy to take your mind off of the upcoming tests.
- Give yourself an incentive for once the tests are over. With something rewarding in mind, you'll have even more motivation to take the tests. Remember: there is an end!**

KPS High School Teachers and Alumni Agree: Advanced Placement Classes are Worth the Time

Sam Bower
Web Copy Editor

Each grade level in high school has to undergo a different challenge. For freshman it is simply getting used to the high school experience. Sophomores have an easier road, but they are subject to the ACT Plan test. Juniors must take the MME and ACT, along with starting college applications. Seniors are focused on applying to college and making themselves stand out from the rest of the nation's seniors.

Yet, there is a challenge that all grade levels see at some point or another: Advanced Placement classes. These classes are promoted as being more demanding and thought provoking than other classes in high school.

A description on the College Board website says, "The College Board's Advanced Placement courses are college-level classes in a wide variety of subjects that you can take while still in high school. They offer you challenging course work and a taste of what college classes are like."

In May, AP students have the option to take the Advanced Placement test for the subjects they are studying. Earning a score such as 3, 4, or 5 on the test can usually allow a student to gain college credit and skip a college introductory course in that subject. Many students wonder how beneficial these classes really are to their lives after high school. Is all the work that these classes demand useful for the future?

Paige Maguire, a sophomore at Kalamazoo College and recent graduate of Kalamazoo Central, took five AP classes: Spanish, language and composition, calculus, physics, and computer science.

"Expectations in AP classes at KC were a little higher than normal classes, but the teachers were much more involved than professors in college. In college, you have to think a lot more for yourself, not ask your professor," she



AP chemistry teacher Claudia Witt leads a class discussion in her third period chemistry class. They were discussing the chemistry term, "mole". Photo Credit / Sam Bower

continued. "The atmosphere tries to mimic a college atmosphere. In college, a lot of the workload is reading and learning on your own and then discussing in class."

Claudia Witt, the AP chemistry teacher at Loy Norrix, described AP classes as more demanding of students, requiring them to think beyond what they already know. AP classes offer a greater workload, with students being asked to relate topics at a deeper level. Concepts are not simply units that a student must learn and then be tested on, but rather build on each other with similar ideas constantly reappearing.

"In AP chemistry, homework is not worth as much, but good luck on the test if you decide not to do it. This is generally true in science/math courses at the college level too. I'd say that most college students are not successful

unless they put in the effort, and I think that the same holds true at the AP level in high school," Witt said.

Matt Porco, the AP U.S history teacher at Loy Norrix, said that AP classes and college classes are different, yet still beneficial.

"It's different. College meets twice a week. It's different especially in engagement everyday versus twice a week. The students can develop skills such as studying and time management, which help prepare them for college." Porco continued, "Students are asked to think at a higher level. They are asked to write more, and do more time consuming homework. In AP classes, students are typically with other students who want to learn."

Sometimes students wonder about steps they could take to understand concepts better, or

how they could achieve better results in class. AP classes require more dedication and time spent studying, so students want to see their efforts paying off.

"Definitely study groups. It's a good habit to get into before college," Maguire said.

Time management and staying on schedule are also large aspects of success for students in AP classes. These are skills that any professional needs, regardless of the field.

In college, learning how to manage time and balance both work and relaxation are key to having an enjoyable college experience. Maguire says that the one thing AP classes helped her with the most was time management.

"You must learn to manage your free time and make sure that you're devoting enough of it to studying," Maguire said.

Maguire said that the reason she took AP classes was that they offer a challenging and more in-depth learning environment than other classes at her high school.

"I took AP classes because I wanted to challenge myself. Doing the bare minimum isn't helping yourself get any smarter. They were all classes I liked and wanted to be challenged in," Maguire said.

Despite the fact that AP classes are worthwhile and can prepare students for the more intense workload found in college, students may end up taking too many, which in the end may be less than beneficial. Many students who are determined to take every AP class possible also want to be involved in extracurricular activities, whether they be athletics, drama, or clubs.

High school upperclassmen usually have jobs which require them to show responsibility and maturity, but leave less time spent studying. Sometimes all these activities can lead to stress and result in students dropping out of AP classes, or performing below their expectations.

*See **APCLASSES** on page 20*

Top 10 Best Places to Visit in the World

Anna Yudina
Staff Writer

Colorful landscapes or comfortable rooms in hotels, crazy adventures or taking a sunbath on the beach, snowy Alaska or sunny Hawaii. It's always hard to decide where you want to go for a trip.

"It is hard to decide what places I want to visit because I don't travel very much," sophomore Martin Mueller said. "Overall, I want to travel to understand the world and experience the culture of every country."

To present their ideas, students and staff from Loy Norrix listed 10 places in the world they would like to visit. Some people that have already been there also shared their opinions about these amazing destinations.

1. Italy



Italy is a country in Southern Europe. It's famous for its elegance, opera, art, culture and several buildings such as the Tower of Pisa and the Roman Colosseum. The country is known for its tasty food and wine.

"I would like to visit Italy because they have fantastic food," said WMU intern Amanda Heath.

Senior Laissa Campos Reis has already been to Rome, and said that she liked the mood in the air.

6. Japan



Japan is an island nation in East Asia. The Land of the Rising Sun is famous for its well-developed technology, unique customs, and traditions. Lovers of sushi will be lucky to try their favorite food there.

"I'm a huge fan of Anime and Manga, and I want nothing more than to go where it comes from," junior Sean Cummings said.

"It was really awesome with all the skyscrapers and different places to visit, like Disneyland, and the zoo," sophomore Zach Mason said.



Mexico is on the southern border of the United States. It's famous for its Mexican food, hot climate and pre-Colombian architecture. Mexicans speak Spanish, so it can be a place to practice the language.

"It's so different and I hear so many stereotypes about it," senior Dejsha Alexander said.

Sophomore Ruben Ibarra has already visited Mexico, and said, "It's crazy over there and it's fun."

2. Mexico

7. New York City, United States



New York is the most famous city in the U.S. It's a place of nonstop movement and energy, fashion, celebrities, art, and American culture. Tourists aim to visit The Statue of Liberty, the Empire State building, art museums, Central Park and Times Square.

Sophomore Kevin Guerreno wants to go there because it's a big city and there is a lot of new stuff there.

"Everyone's not afraid of showing their true selves," senior Sylvia Albeo said about why she liked New York.

3. Florida, United States



This tropical and nice state on the southeast end of the U.S. is widely famous for Disney World and Universal Studios. It's also an excellent place to relax on the beach for hours.

"It's such a beautiful and warm place to be," senior Kayla Whimper said.

"Cayo Cost Island in Florida was great because the nature was preserved and dolphins swam near us while we kayaked," junior Anna DeRango said.

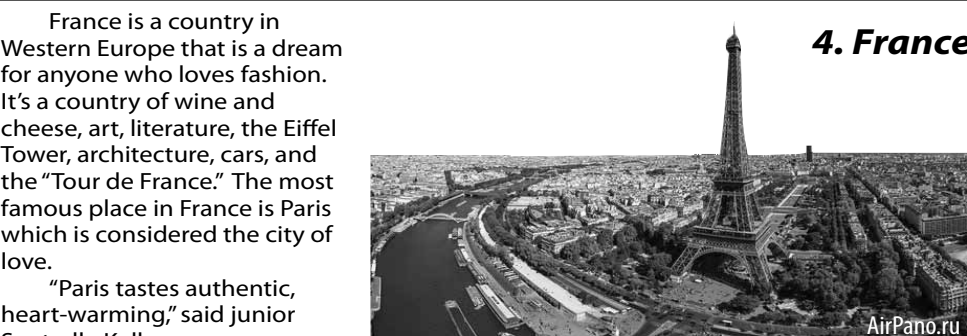
8. London, United Kingdom



The capital of the United Kingdom is full of great architecture and monuments. Buckingham Palace, Big Ben, The Tower Bridge, Trafalgar Square, Westminster Abbey and many old cathedrals are popular places to visit. It's also where the popular group One Direction was formed.

"I love their accents," freshman Erika Wagoner said.

"People there are very nice," said junior Hope Nicholas who has already been to London.



France is a country in Western Europe that is a dream for anyone who loves fashion. It's a country of wine and cheese, art, literature, the Eiffel Tower, architecture, cars, and the "Tour de France." The most famous place in France is Paris which is considered the city of love.

"Paris tastes authentic, heart-warming," said junior Sentrelle Kelley.

"They have good pasta," sophomore Genevieve Nicolas said who has been there already.

4. France

9. Spain



Spain is located on the Iberian Peninsula in Southwestern Europe. It's famous for its art and world class soccer teams "Real Madrid" and "FC Barcelona." Spanish dances are popular all over the world. Paella Festivals of Tomatoes gather thousands of tourists.

"I want to practice my Spanish. My parents always depend on me to translate," junior Sentrelle Kelley said.

English teacher Tisha Pankop has visited Gaudi Park, the Picasso Museum, the Miro exhibit and Salvador Dali's Museum in Spain. "It was the most amazing art tour of my life, and the olives were phenomenal," she said.

5. California, United States

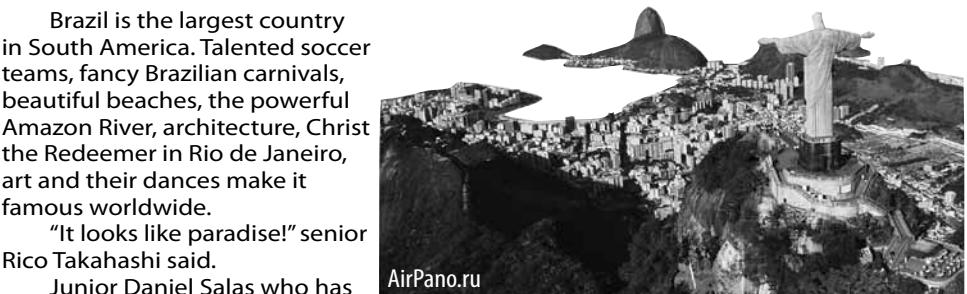


This sunny state on the west coast of the United States is a very attractive tourist destination. It's famous for its long beaches, street graffiti, big cities and Hollywood Hills. It's also a popular place for celebrities to live.

Senior Helayna Barrett wants to go to California because of the sun and wants to learn how to surf.

"I went to San Diego, California when I was really young and the pandas in the zoo were my favorite part," junior Anna DeRango said.

10. Brazil



Brazil is the largest country in South America. Talented soccer teams, fancy Brazilian carnivals, beautiful beaches, the powerful Amazon River, architecture, Christ the Redeemer in Rio de Janeiro, art and their dances make it famous worldwide.

"It looks like paradise!" senior Rico Takahashi said.

Junior Daniel Salas who has already been there liked the music and dancing the most.

Way Back When... Teachers Share Their High School Job Experiences

Mr. Schmidt



High School Jobs:

- Cutting Lawns
- Employee in a plastics factory
- Employee at a State Park

Activities the Jobs Involved:

- Mowing and raking lawns
- Cutting and measuring plastic parts and cleaning the shop
- Worked as a Gatekeeper collecting money at the gates of the park and cleaning outhouse toilets

Worst Part:

- Sunburns
- Really boring and counting and measuring the parts
- Rainy days were boring, a lot of time was spent reading

Best Part:

- Outside being active
- Good money
- Talking to people in the park

Stories:

- Fell asleep on the job at the plastics factory one time and his boss caught him so he got in trouble.
- Had to clean an outhouse toilet that someone had smeared poop all over the walls.

Louis Mitchell
Layout Editor

Ms. Laginess



High School Jobs:

- Worked at a sunglasses hut in a mall
- Employee at a mexican restraunt

Activites the Job Involved:

- Selling, fixing and stocking sunglasses
- Bartender when she turned 18

Worst Part:

- Fixing broken sunglasses because she was scared to break them
- Cleaning the margarita machines because they would get moldy very fast

Best Part:

- People watching at the mall,trying on all the sunglasses
- Talking to people she was bartending for

Stories:

- On halloween a rather large man came into the restraunt dressed up as a tooth fairy

Mr. Duke



High School Jobs:

- Selling ice cream in the summer at county fairs

Activities Job Involved:

- Taking a brick of ice cream, cutting it into eight pieces, sicking a cone on top of each piece, then dippin the cone into chocolate, then rolling them in peanuts.

Worst Part:

- Cleaning the maggots and rotten food out of a unused fridge

Best Part:

- A lot of time to think

Stories:

- One time the Sheriff came to the fair and went to the rubber duck pond. He then turned over each and every duck in the pond, and none of them were winning ducks. Since the worker running the duck pond was cheating by not having any winning ducks in the pond, the sheriff hand cuffed the worker and took him away.

Employed Students give Advice on Getting a Part-Time Job

Jessica Rodriguez
Staff Writer

Imagine going to the store and you see something you really like, a pair of shoes, a phone, or a shirt, for example. As you're walking to the register you realize you don't have enough money on you. Next thing you do is call your mom or dad and ask, "Can I have some money?" Sadly, most parents will say "no." Your next option is to get a job. Of course with a job comes responsibility.

There are some restrictions to having or looking for a job. Most employers hire teenagers at the age of 16, but you can ask for a work permit if you are not 16 yet. A work permit allows a minor to work a certain amount of hours per week.

You might think, where do I apply? You can apply basically anywhere. The typical choices are McDonalds, Taco Bell, Chuck E. Cheese's or a delivery boy/girl for Jimmy John's. "Apply everywhere," said senior Joe Santamaria.

Take advantage of the opportunities given to you. One example is going to a job fair or any open interviews. Ask around. Connections can get you far just by asking friends and family who's hiring. Or go to a website like Snagajob. This website offers a variety of choices when it comes to a job. All you have to do is search for "teen jobs" and a list comes with different positions in different places.

When filling out an application, be sure to use a blue or black pen, no colorful gel pens. Remember, you want to look as if you're responsible enough to have a job. Also fill everything out and make sure you have no grammar errors. Bring your Social Security number and your drivers licence. Some things



Senior Scout Richardson operates the cash register at her job at Papa Murphy's. Papa Murphy's offers jobs to people at age 16. Photo Credit / Jessica Rodriguez

that will be asked are personal information, level of education, position you're applying for, past employment and references.

For a reference you can't use any family members. Ask a close teacher that knows you well enough to give you a good word. You could also ask a close family friend as well, they don't necessarily have to be work-related.

"Follow up on your applications," said senior Rachael Mootz. Don't expect that

once you leave your application there, they'll automatically look at it. After you leave your application, try calling a couple days later to see if they got the chance to look over your application. Or just show up, this shows you have dedication.

"Don't go in there thinking they need you. You need them," said senior Joey Veeder who has been working for the Hispanic-American Council and Pets Supplies Plus since October

2013.

The next step is getting ready for an interview. Try not to be so nervous and sound confident with your answers. Sit up straight and always make eye contact.

Junior Tyler Boyl said, "Take time to think of your strong suits. Know what you're good at and think about how you can help the business." Boyl has worked at Airway Lanes doing a little bit of everything since August 2013.

Senior Helayna Barret said, "Be confident in interviews. Make sure to be punctual, too." Going late to an interview can make you look irresponsible.

When it comes to dressing up, "You shouldn't try too hard, but it's okay to get one of your better outfits on," said senior Scout Richardson who has been an employee at Papa Murphy's since May of 2013.

Try thinking ahead. What do employers look for in employees? "Someone who is responsible, trustworthy, organized and on time," said junior Zacara Savage who mentors children at Prevention Works

What qualities make a good worker? Veeder said, "Someone there on time, shows up when they don't have to and someone that seems ambitious."

Savage said, "Someone who likes to help out."

Don't give up. Just because you didn't get the job doesn't mean you can't find a different one. Looking for a job can be hard, but having a bad attitude won't help. Sometimes employers aren't always hiring and waiting to apply again could get you a job.

Senior Dominique Thompson said, "Never give up...Every no is a step closer to a yes."

Loy Norrix Students Have Fun During Snow Days



Foreign exchange student from Japan Rico Takahashi and senior Laissa Campos Reis enjoy a snow day by making fake boyfriends and shoving snow in each other's faces. Photo Courtesy / Laissa Campos Reis

Audra Penny
Business Assistant

There's that moment when you look outside early on a school day and notice the inches of snow on the ground. As you check the news, you can only hope for the snow day you so desperately desire. Eventually when you see your school pop up on the closing list, you can't do anything but be filled with joy. Snow days are those glorious days that you didn't expect to have off, filled with endless opportunities of what you could do. Although you do get a day off of school, there's always that question of what are you going to do?

Some people, like sophomore Mitchell Farrell, don't really get the day off per se. During the three snow days that occurred in the second week of January 2014, he didn't get the relaxing snow day he planned.

"I was shoveling, and as I would pick up the shovel, it would easily weigh 10 or more pounds," Farrell said.

He went on to say how it took him up to

"I was shoveling, and as I would pick up the shovel, it would easily weigh ten or more pounds."

-Sophomore Mitchell Farrell

two hours just to shovel his driveway. Farrell is not the only one that had to deal with the hardship of shoveling during the snow days that took place in early January. Physics teacher Trevor Stefanick also had to shovel the snow away.

"I had to shovel around 6-8 inches a day," Stefanick said.

Although the snow always plays a big role in a snow day and can cause assignments to pile up, there are plenty of other things that you can do when you get a snow day. Most students really enjoy the fact that they don't have to leave the house to go to school.

Junior Lori Umbanhowar said, "I go out of my way to do nothing. I live out of my pajamas and almost constantly watch Netflix."

Watching Netflix is one of the biggest activities for students when they're given a snow day, considering that they can just laze around and watch some of their favorite shows. Some of the top shows and movies that people

watch on Netflix include: "Olympus Has Fallen," "Nightmare Before Christmas," "Pretty Little Liars," "The Walking Dead," "Sherlock," "Bates Motel," "American Horror Story" and "Orange is the New Black." Along with this, another favorite activity on a snow day is sleep.

Since most students get less than the recommended 8 hours of sleep, it is always a gift to really be given a day off in the week and catch up on sleep. Many students use this time to get more sleep, including sophomore Olivia VanderPol.

"I would sleep in and when I woke up, I would do my homework that I didn't do the previous night," said VanderPol.

Not only did VanderPol take part in sleeping in, but so did Latin teacher Barbara Felkel. Felkel did get to spend time with her husband, cooking Italian food, and writing letters to her friends, but she didn't give up the chance to sleep more.

"My greatest pleasure was not getting up at 6 am, but sleeping till 8 or 9 am," Felkel said.

But there are always those students, and teachers, that procrastinate until the last minute. A snow day increases the amount of time that students and teachers have to procrastinate on their work even more. Once students or teachers hear about a possible snow day, they lay off their planning and grading until the next morning/day. But in the case of 10th grade English teacher, Angie Laginess, she put off her work way longer than the two snow days.

"I left my Type III's to grade till I got back from break," said Laginess.

Whether you are living in your pajamas, trying to catch up on sleep, or procrastinating your butt off, everyone wants a snow day when the option presents itself.

So wish for that snow day as we continue through winter, so we can all have that amazing day of free time for whatever we choose to do.

Note: According to a recent KPS email, any days that need to be made up will be scheduled beyond the end of the year. It's not yet known how many days will have to be made up. However, Mid-Winter Break is still February 28th and Spring Break is still April 4th-13th.

Communities in Michigan Host Events for Spring Breakers

Emily Jackson
Co-Editor-in-Chief

Spring Break is April 4th to the 13th.

Great Lakes Art Fair:

Where: Novi, Michigan, at the Suburban Collection Showplace

When: April 11th-13th, started in the spring of 2009 and has continued due to its increasing popularity.

What: A place where people can come together for the sake of buying, creating and enjoying art in all forms. Art will be shown by students at local schools as well as many adults who have been featured at this Art Fair and others.

Price: \$7 for adults, kids 12 and under are free.
More information can be found on Suburban Collection Showplace's official website.

Gail Easter Memorial Race:

Where: Allendale, Michigan, at Grand Valley State University's Kirkhof Center

When: Saturday, April 5th starting at 9 a.m.

What: A race that to raise money for cancer. Van Andel Research Institute has been working with this race since 2010.

Price: \$20 for the 5K or one mile walk during early admission, but the price increases to \$25 on Race Day. \$30 for the 10K during early admission, but the price increases to \$35 on Race Day. More information can be found on Road Race Runner's official website.

Football game:

Where: Saginaw, Michigan, at the Dow Event Center's Arena.

When: Saturday, April 12th at 7:30 p.m.

What: A football game against Michigan's Saginaw Stings and Marion Blue Racers.

Price: Ranging from \$22 to \$33
More information can be found on the Dow Event Center's official website.

Kalamazoo Color Run:

Where: Kalamazoo, Michigan at the corner of Water Street and Eleanor Street

When: Saturday, April 12th from 10 a.m. to 1 p.m.

What: An untimed race where you will get doused with non-toxic chalk color from head to toe.

Price: A team of four is \$35 per person until March 1st when the price increases to \$45 per person. As a solo runner the price starts at \$40 until March 1st and then the price increases to \$50.
More information can be found on Color Run's official website.



Contrary to a stereotypical spring break, students have many options for productive activities available in Michigan. Photo Illustration / Jacob Mays

Regrets of The Past School Years

Regret or Not to Regret, That is The Question



Some people regret not being a part of a certain team. Photo Illustration by Jordan Liddle

Jordan Liddle
Photo Editor

“You have no control over yesterday but you have control over today,” said senior Brittany McNees.

When in middle school we would think about ways we could change ourselves, like the kind of person we want to be, the people we want to hangout with, the things we want to do, or the things we don’t want to do in high school. We make a high school experience in our heads.

Middle school is preparing students for high school so the schoolwork and extra curricular activities will not seem as time consuming.

“In middle school I didn’t do homework, now that I have more I feel like I fall behind,” said freshman Tony Dougherty.

With all of the opportunities in high school, it’s hard to know the best choice that will benefit students without regrets. It’s like the economic concept, opportunity cost.

Referring to decisions made in the past can help show what not to do moving forward.

“There are things you can regret like a certain decision that can help you move on and learn,” said Dougherty.

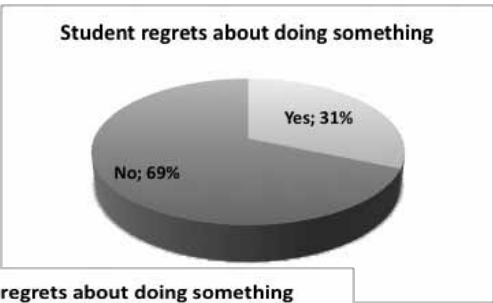
In high school there are many paths a person can take, like focusing on sports, school, social events, or trying to do it all. Regrets in high school can also involve things you did or did not share with others. According to the website mediabistro, “25 percent of people have tweeted something they regret.”

After high school, whether it’s college or a different path, the regrets in the past can give you a second chance in the future.

“I regret not branching out more and meeting more people and trying new things,” said 2013 Loy Norrix graduate Beatrice Powers.

What a person regrets not doing in high school can be done later. There is always a way, but the things a person regrets doing can’t be changed.

Four years seem so long but then all of a sudden we blink and the stuff we pushed off until later turns into regret.



Daily Breakfast Specials
7am-11am everyday for
\$4.95
Fresh ground coffee

10% off whith your school ID for
students and faculty members

Eat Well - Live Well
This is Cafe Meli’s belief with 40 years of experience in restraunt business. We have satisfied thousands of customers. Our newly renovated location is a warm, inviting environment that will make your day happier. Our diverse menu will satisfy everybody’s appetite and our trained staff will meet all of your special needs.



p: 269-342-1400
f: 269-342-0005

Open 7 days a Week
7am-3pm

5200 W. Portage Rd.
Portage, MI 49002

We cater parties!

We cater any day of the
week, up to 160 people.

Cafe Meli Offers:
Homemade soups
Muffins
Sauces
Gravy

Daily Specials all week!

Stop in to Cafe Meli and let
us make your day better!

A Crash Course on “Magic The Gathering”

Lori Umbanhowar
Comics Editor

Imagine yourself a great and powerful wizard, amassing your wealth in land otherwise known as mana (essentially your money). Soon you begin summoning forth knights and dragons, wurms and goblins, demons and angels, all to carry out the destruction of your opponent. Your opponent, who is another great wizard, casts out his creatures to battle yours as the both of you duel with spells and sorcery. This is “Magic the Gathering” (MTG).

“Magic the Gathering is similar to ‘Yu-Gi-Oh!’ but it’s older, more complicated, and has a larger fan base,” explained junior Alexander Brown who plays off and on casually.

To become a deck master in this card game you must grasp a few basic concepts. First your deck will be formed off of the five basic deck colors (red, green, blue, white, or black) which have differing Mana types specific to each color (Mountain, Forest, Water, Plains, and Swamps). Next your creatures, these are what you will primarily use to attack your opponent, which typically have a theme around its color type. After you select your creatures you amass some spells (these have special effects, like an added attack bonus) and you are ready to start.

Since 1993, players have striven for the most powerful card deck to decimate their friends. With a new core set (the basic yearly set of cards) being printed every July and then expansions (sub-sets that come out soon after the core set) emerging shortly after, it is hard to keep up your deck,



Students Alexander Bennet and Nick Byers play a quick round of MTG in school. Alexander is teaching Nick as they play. Photo Credit / Lori Umbanhowar

especially if you are new to the game or not quite a die hard fan.

As long as you do not have the intentions of participating in tournaments (you must have the newest set of cards if you do) you can keep updating your deck as each set becomes available. But this can be pricey as each booster pack costs \$3.99 on average. So what are the best ways to create or re-create a deck? To find out, a local player was interviewed about his playing habits.

Player Tristan Woodsmith is very familiar with the game Magic the Gathering as he has played for the last eight years. Within the last two years or so he has begun playing more seriously in Magic the Gathering tournaments and has been accepted into a team called Perfect Storm, which is based in Kalamazoo. This is very prestigious, especially at his age because most people who play MTG at the tournament level are typically 20 or older. Although he has played primarily in

tournaments recently, he is well versed in casual play.

Of the five deck colors, Tristan recommends that beginners try and use a Green deck as it is beginner friendly, and that it is the color he learned to play the game with.

In regards to game mechanics (card abilities) Tristan said that there is not any ability that is necessarily “bad.” The only ones of a mild complexity that may be difficult for new players would be things like Soul Bound, Banding, or Evolving.

Other card mechanics that may be difficult for a beginning player to understand are things like landwalk and unblockable. The difference here is that a landwalk creature is unblockable as long as the opponent has the land type stated on the card. A card that is simply unblockable (later cards will say ‘can’t be blocked’) is legally and literally not blockable by any other creature.

So whether you are interested in playing against your friends or entering tournaments against fellow players you have the freedom of a customized play.

Magic the Gathering is a card game with endless combinations and play styles. It is a game that is intimidating because of its complexities but is easy to learn step-by-step. So do not be frightened off by the idea of having to go pro and battle long time players, take it easy. Any beginner interested in playing will find it much more enjoyable to casually play with their friends.

The Park Trades Center is a Sanctuary for Artists and Art Lovers

Jake Heasley
Staff Writer

By day, the Park Trades Center looks like an abandoned industrial factory, but on the night of the Art Hop, over 70 artists open their gallery doors to a flood of Art Hop attendees that can be in the hundreds. While none of the artists are alike, the Park Trades Center is definitely a community that comes together during Art Hop.

The Park Trades Center, originally four separate buildings, now holds over 70 artists studios, and the 140 thousand square feet of space is filled to the brim with creativity. The building was built in 1906 and was originally created as a loose leaf binder factory.

In the 1970’s however, artists began to rent out studio space in the building from the Saniwax Company, the owners of the building at that time.

“It’s like one big art colony.”

-Johnson Haas

Now, 40 years later, the Park Trades Center is bustling with activity as over 70 artists paint, sculpt, and draw in their separate galleries. Johnson Haas, a digital and acrylic painter, who has had a studio at the Park Trades Center for four years, loves the community.

“It [the Center] is really cool, it’s this big industrial building and it has all these studios and artists. It’s like one big art colony,” said Haas.



Johnson Haas, a professor at Western Michigan University, shows off his latest painting, *The Syzygy of Pluto*. Photo Credit / Jake Heasley

This seems to be the opinion of many artists at the Park Trades Center. Jon Reeves, an artist who specializes in metal work and is known for his “combat ready” weapons, is also quite happy with the community there.

“I love the Park Trades Center,” said Reeves, “I’ve been in the building since 1995 and I’ve never had a problem with anyone here.”

The Park Trades Center also has quite

a diverse group of artists. Reeves is a metalworker who designs props for theatres all across the Midwest and also sells other metal-related art.

“I have a degree in theatrical design and production and a studio art minor, so metal kind of works artistically for both fields,” said Reeves.

Haas on the other hand is an associate professor of Geosciences and Environmental Studies at Western Michigan

University who tries to connect his paintings to his lectures.

“I show paintings in my lectures and now instead of spending 50 minutes explaining something I can show one of my paintings,” Haas said. “I didn’t expect that at first, but now I realize how well it complements my day job.”

Art lovers and teens alike can look at a diverse bunch of art that ranges from swords to sculptures. These artists all have separate galleries right next to each-other, so wandering the Park Trades Center during Art Hop can lead to a myriad of wonderful works. While studios are not always open to the public on days other than Art Hop, most studios are open during the event for the public to view.

The Park Trades Center is also the center of activity during Art Hop. A tradition in which local artists present their latest work every month, Art Hop has become one of the most popular activities in Kalamazoo because it is one of the only times that artists can show their work to the public on a massive scale. Artists can also sell their work to customers during the Art Hop.

“I try and do every Art Hop,” said Reeves, “It’s nice because it’s Kalamazoo and everything happens at the same time.”

The Park Trades Center has created a haven for the local artists of Kalamazoo. The building allows for artists to rent their own studios and creates a community among them. And every month on the Art Hop, the community comes together to show the people of Kalamazoo the amazing artwork that has been created at the Park Trades Center.

“Watch TV Shows & Movies Anytime, Anywhere.”

Tatiana Berquist
Feature Editor

Netflix along with other instant streaming sites like Hulu have turned us into a generation that has a sense of instantaneous community through social media.

When a new episode airs for a popular show or there is a live event, such as The Grammys, most people are tweeting, snapping, texting and/or posting about what they are currently watching.

“Twitter is like everyone watching TV together”, said junior Emily Worline.

Only forty years ago watching a movie on TV meant flipping through a TV guide and scheduling around that time frame. Some people don’t even have cable now days because it is not needed in order to keep up with your shows.

This lack of planned entertainment also

lessens the time we spend watching TV in the presence of family or friends, which used to be a source for gathering. Although we may not be physically watching with others, many of us watch with our phone in one hand, next to a laptop, in constant contact with others.

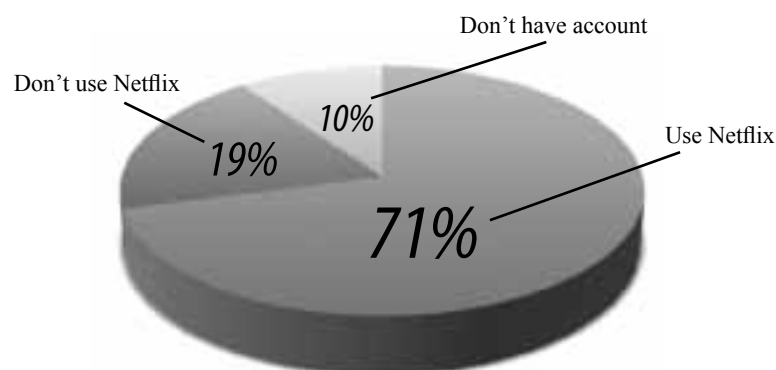
Although this adds to our generation’s increasing lack of face-to-face communication, the emergence of these resources is convenient for many.

Senior Peter Kettner said, “I love that I can watch practically everything on my phone or computer whenever I find the time.”

With all the extracurriculars, sports, work and school that teenagers are involved in, most don’t have the time to watch “Teen Wolf” every Monday at ten. This is probably the reason why sites like Netflix are so popular.

Netflix is the world’s leading subscription

When surveyed about the topic, Norrix students reported the following:



service for watching TV episodes and movies over the internet along with DVD by mail.

Joining is \$7.99 per month with a free month trial prior to joining. You can watch Netflix on a phone, tablet, TV or computer. As of September 2013, Netflix reported global streaming subscribers at 40.4 million, with 31.2 million in the U.S.

Along with the majority of students at Loy Norrix who use the site, most students spend their time watching TV series rather than movies. Out of 200 Loy Norrix students, survey said practically all students watch at least every other day if not every day. The “other” portion of the graph represents students that do not themselves have an account with Netflix but use their friends or only use Netflix during vacation

or school breaks.

The most popular shows among students include “American Horror Story”, “Gossip Girl”, “Breaking Bad” and “Family Guy”. Along with streaming television series, Netflix has their own original series such as “Arrested Development” and “Orange is the New Black”, both of which have received multiple award nominations.

As time goes on it’s likely that we’ll only continue to increase our usage of these types of sites.



Kalamazoo VALLEY™

NOW I KNOW...

www.kvcc.edu/register

Watch the videos!

ACT CODE
2016

AMANDA K. NURSING

Comic



Irving Quintero



We Need Your Comics!

The Knight Life Graphics and comics team is looking for artists of all skill levels to submit comics.

So if you like to draw in class this is your time to shine!

For full submission guidelines stop by K-6 or contact Lori Umbanhowar at loriumbanhowar@gmail.com

Attention Graduating Seniors

If you have interest in speaking at your commencement ceremony, you need to sign-up in Mr. Kitzman's room, B-18, by Tuesday, March 11th.

There is also a general meeting that you should plan on attending Tuesday, March 11th, right after school in room B-18.

This meeting will only last about 30 minutes.

The Kalamazoo Promise®

Free help with FAFSA!

Do you need help completing your FAFSA? Trained volunteers will be available at these upcoming events:

The Kalamazoo Promise covers tuition and mandatory fees only. It does not cover room, board, books or other expenses. Please take advantage of these opportunities to insure that you receive as much funding as possible for your college education!

February 22, 10 a.m. - 2 p.m.
Northside Association for Community Development
612 N. Park St.
Contact Sasha Mitchell/Tamala Smith

February 24, 5 p.m. - 8 p.m.
Kalamazoo Central High School
Computer Room # 553
Contact Dean of Students, Angelita Aguilar.

February 28, 4 p.m. - 7 p.m.
Youth Opportunities Unlimited
422 E. South St.
Contact Lisa Smith

Bob Jorth is available in the Loy Norrix guidance office for appointments or can be reached at: (269)337-0037 or bjorth@kalamazoopromise.com



Diamonds in the Rough

Three Albums You Might Not Have Heard

Maxwell Evans
Arts and Entertainment Editor

Take out your phone. If you don't have one, take out your iPod, get on your computer, find a place where you store your music. Put it on shuffle. It's reasonable to assume that eventually, you might hear "I came in like a wrecking ball," "I woke up in a new Bugatti," or some other popular lyric. Teens usually like listening to popular music; this is no new trend. Because of this, spending time at Norrix would make it seem like 2013 was a year for anthems about holding on and going home, being radioactive, and being a good girl and knowing it. But sometimes, it isn't the Drakes, Imagine Dragons and Robin Thicke that define a year in music. It's the "unknown" artists that rank among the most remarkable. These are the albums that didn't get enough credit for being the most creative, chill, or just all-around awesome music to be found this past year. They are the three most underrated albums of the past year.



Jack Johnson

From Here to Now to You



"Mellow." It was the word Mattawan High School junior Justin Hodges thought most described Jack Johnson, a surfer-songwriter who has been releasing relaxing songs since 2001. Johnson's brand of chilled-out bonfire music has won him fans ranging from surfers to toddlers who loved his soundtrack for the movie "Curious George." For those who follow him, the release of "From Here to Now to You" was just more of the same from the always-happy Hawaiian. "I like the clean sound, meaningful lyrics, and laid back tunes," Hodges said. So why wasn't the album more popular? "I Got You" was released as a single, but other than that, Johnson remained quiet until the album's release on September 17th. By then, the ideal time for this kind of music, summer, was winding down. Also, those interested in danceable pop music will find no reason to pick up this album of laid-back, cheery songs. While it debuted at #1 on the Billboard pop charts, many teens haven't heard of the album or even Jack Johnson. "I've never really heard of him," Loy Norrix junior Collin Rickstad said. "[Johnson] isn't really somebody I've ever listened to." "Yeah, I can't imagine it being too much of a hit [with high-schoolers]," Hodges said. "But it still did well on its release. These mellow tunes will stick around for a while." Johnson's latest album isn't just full of "mellow tunes" though. "'Radiate' and 'Tape Deck' were best, because they're out of character with upbeat tempos," Hodges said. "From Here" may have lost popularity with teens because of its end-of-summer release. Yet as this spring and summer begin to creep closer, you'll need a soundtrack. Look no further than this surfer dude from Honolulu. He has the perfect music for taking a boyfriend or girlfriend to Lake Michigan, sipping a virgin margarita and saying, "I Got You."

Mac Miller

Watching Movies with the Sound Off



Mac Miller was never expected to be deep, dreamy, or interesting. The Pittsburgh rapper created an underground fanbase on the strength of party starters like 2011's "Donald Trump." Then he released "Watching Movies," and quite a few of his fans were confused. Where were the raps about scoring girls and stacking paper? Mac was supposed to be a fun guy, but this new album featured "Remember," a song about coping with a friend's death. Grief and remembrance were really killing the vibe. He also released it on June 18, the same day as Kanye West's platinum-selling "Yeezus" and J. Cole's gold album "Born Sinner," so "Watching Movies" sort of got lost in the crowd. All signs pointed to this album being a disaster. Of course, the album is no disaster. Those who listen to all 19 tracks are treated to a dreamland of clever raps over extremely creative beats. Miller even produced many of the tracks, under the pen name Larry Fisherman. Mac did near-perfect work on his own, but he also recruited some of the best rappers to help. The album's features read like a list of the best almost-famous rappers, ranging from classic thug ScHoolboy Q to 19-year-old phenom Earl Sweatshirt to the mysterious Jay Electronica. Miller seems to understand that his album wasn't what his longtime fans were expecting. However, he did throw in a raunchy song called "OK" with fun-loving rapper Tyler, The Creator to prove he still knew how to have a good time. On "OK," Miller raps, "Album filled with all sad songs, but this the one that I can laugh on." "Watching Movies" won't win over fans who want the old Mac back. But Miller proved that he's not just a party-hardy frat boy anymore. He's a mature, talented rapper with a bright future.

Jai Paul

Jai Paul



It seems that almost everything Jai Paul does is weird. In 2007, he released a song called BTSTU, and it was three years before anyone really noticed it. But when he posted it on MySpace in 2010, the song's popularity exploded. Even stars like Drake and Beyonce recorded remixes. He responded to possible stardom by disappearing and not releasing any new music. The British songwriter returned for a moment in 2012, releasing the song "Jasmine" on the website Soundcloud. This only made fans hungrier for a new album. So when a Jai Paul album appeared on Bandcamp on April 14, fans were understandably excited. Sixteen songs mixing smoky R&B, Paul's soft vocals and random Harry Potter soundbites were the perfect relief from six years of mystery. Kalamazoo Central sophomore Joseph Richardson enjoys the vocals, but feels they aren't even the greatest bit. "I think the production was the best part of the album," Richardson said. "[The beats] made the album feel different than any other I had heard before." However, as usual with Paul, some things about the album seemed really weird. "BTSTU" and "Jasmine" appeared on the album, but they, along with all of the other songs, were untitled. At times, the album also sounded low-quality, like someone had recorded it on a phone. All weirdness was confirmed with an official tweet from Jai Paul: "...Demos on Bandcamp were not uploaded by me... Please don't buy," Paul said. This meant the album was a fake. Someone had stolen rough copies of the songs and put them on Bandcamp hoping to make some money. The album was deleted by April 17th. Currently, the only way to listen to "Jai Paul" is to find it on YouTube, or break the law and illegally download it, which is immoral and in no way condoned by Knight Life. However, the perfection Jai Paul put into these 16 songs is enough to make it one of the most original "albums" of the year, even if no one else was supposed to hear it yet.

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.

KNIGHT LIFE
EDITORIAL BOARD

Tatiana Berquist
Darcy Billian
Sam Bower
Breonna Burnside
Claire Domanick
Ben Dunham
Stokely Eller
Maxwell Evans
Emily Feenstra
Jared Graves
Jake Heasley
Leslie Hemenway
Emily Jackson
Jillian Ko
Jordan Liddle
Jacob Mays
Jay McIntosh
Alexis Meinert
Ben Miller
Louis Mitchell
Audra Penny
Ronniqua Phillips
Irving Quintero
Jessica Rodriguez
Joe Santamaria
Sarah Stevens
Alba Tizon
Lori Umbanhowar
Lian Wardrop
Rachel Wheat
Alana Whitehead
Jameelah Williams
Anna Yudina
Reed Zapf

Need more Knight Life?
Check out the Independent Voice
of Loy Norrix High school at

KNIGHTLIFENEWS.COM

Here you will find up-to-date articles
and an archive of your favorite print issues.

Staff Editorial:
Confusion With Vaccinations Leads to Children's Deaths

"Vaccinations will kill your children!" the
media shouts at the millions of worried parents
in the U.S.

It is flu season, so sickness is at its peak,
and many unvaccinated children roam the
infected hallways of elementary and preschools.
Shooting chemicals into your infant's body
from the time they are born is sometimes
a hard concept for parents. And yes, we do
not know for sure how our bodies will react
to the chemicals in any given vaccine. But
vaccinations are life saving in many cases.
Massive debates are based around this concept
in the media, online and, in the minds of
hundreds of scientists and parents.

Jenny McCarthy, former playboy bunny,
has a son named Evan, who was diagnosed with
autism. She took a study by Dr. Wakefield that
links vaccinations to autism and publicized it.

According to "National Geographic,"
these studies were faulty, but many people
still believed them. She said that the required
vaccinations gave her son autism. Many children
later died because their parents chose not to
vaccinate them against certain illnesses. The
autism theory has been discredited and Dr.
Wakefield lost his license, but there are other
side effects that can be brought about with
vaccinations.

Since it is wintertime, it is cold, dry and
often times brings sickness upon us. Not
only is it flu season, but more severe illnesses
are roaming schools. Especially in a school
environment, with many people in close contact,
young children are much more susceptible
to sickness that can be prevented with the
immunizations required to enter kindergarten.

The state of Michigan requires the
Polio, DTap, MMR Hepatitis B, and Varicella
(chickenpox) for a child to enter kindergarten.
Yet some students are exempt due to religious
and philosophical beliefs, or health problems.
Because of these allowed exemptions, many
children have gotten sick and put other children
in danger. This where the debate is fueled,
should these exemptions be allowed?

Vaccination requirement could be seen a
violation of personal freedoms, thus creating a
controversy surrounding a person's vital rights.
The state of Michigan allows exemptions
for religious beliefs and health problems as
do many other states, but Michigan is only
one of 17 states that allow exemption to
vaccinations based on philosophical, personal
or conscientiously held beliefs. This basically
discredits the "requirement" for vaccinations,
because anybody can say that they don't believe
in vaccinating their children.

In Michigan, and the other states that allow
philosophical exemptions, people are able to
take advantage of the system. They are able
to choose whether or not to have their child



Jacob Mays

vaccinated, even though it is in fact required.

All parents want what is best for their child
and this topic is a huge decision in parenting.
Nobody wants to put their child in harm's way,
that is why many people choose to have their
children vaccinated, and many people don't.

With vaccinations and any medicine in
that case, you always run a risk. This is the
major reason parents are uncomfortable with
vaccinating their young children. The perpetual
risk of an allergic reaction or the body not
responding properly to a vaccination is a valid
concern. Because vaccinations are still fairly
recent in comparison to human life, we don't
have one hundred percent certainty that there are
no risks to vaccinating children.

However, many parents believe that every
young child, regardless of the exemptions,
should be vaccinated for the well being of other
children. If a child is sent to school without their
proper vaccinations, they have a much higher
chance of developing and spreading illnesses.
Unvaccinated children, due to parental fear,
have created a resurgence of diseases such as
whooping cough and the measles. .

According to Beth Sokol, in 1952, three
thousand people died from polio, and in 1950,
34 thousand died of tuberculosis. The goal
of vaccinations is to prevent the resurgence
of illnesses and to save thousands of lives.
That could be completely preventable with
the absolute requirement of vaccinations. The
personal decision to have a child vaccinated or
not can have a deadly effect on the children that
they are in contact with.

There will not be a time in the next ten
years that both sides will be able to come to
a consensus. So there must be a compromise
made regarding this controversial topic. When

considering legal exemptions for the state
of Michigan, health reasons are completely
necessary and even religious reasons have
a point, but philosophical exemptions are
unnecessary.

Philosophical, or your own personal
beliefs, make the "requirement" a lot less strict.
This discredits the "requirement" and basically
allows parents to have a choice to vaccinate
rather than have a requirement.

If the State of Michigan takes away the
right of philosophical exemptions, people with
serious health problems won't be put in danger,
and the right of freedom of religion will not
be violated. All other people will be required
to vaccinate their children, this could decrease
number of illnesses and quite possibly abolish
the measles and whooping cough.

With this policy, we would be joining
a number of other states that do not allow
philosophical exemptions; we would have
severely healthier kids and we would not be
discriminating against religious views, or putting
any child that holds a health problem in danger.

Parents are often misguided by what they
hear or see in the public. Vaccinations have
many positive and some negative side effects
that really help lead a person to the decision
whether to vaccinate their child or not. Allowing
religious and health exemptions decreases the
number of children not getting vaccinated,
while not ignoring basic personal freedoms.
Conversely, not allowing philosophical
exemptions, more children will go unvaccinated
and children will risk serious illness.

Vaccinations and the decision to get a child
vaccinated is a serious decision, but sometimes
for the wellbeing of others, policies should be
enforced. Lives could be saved.

Letters To The Editor

Dear Editor,

I think you did a really good job design
on the newspaper layout. I know you didn't
make it, but you approved it. Although I am a
little concerned about the Candy Crush page,
especially that it is a colored page. You guys
could've done a smaller version of it and put a
chart of statistics.

Ammy Zuniga, Freshman

Dear Editor,

I like your article about students who skip
school reveal their reasons. I agree that many
students skip because they are sick, or don't
want to be in school, and it will be very difficult
to wipe out skipping, but there are other
reasons some people might skip because they
have difficulties in that class and are unable
to change their classes. Some students skip
because they didn't even ask for the class.
Some students skip and go to the library to
work on missing work because they can not
use a computer during class. Although there
are other reasons students skip, those are just
a few I know of.

Alex Alexander, Freshman

Dear Editor,

I would like to see more women's basketball
in the newspaper. I read the articles about the
men's basketball, but I only saw one picture
from the Lady Knights basketball team. I think
there needs to be more on the Lady Knights
basketball to show that both men and women
are equal in all terms, including basketball.
Claire Knabeirg, Freshman

The Disadvantage of being Royalty: Why Norrix Shouldn't Have a Winterfest Court



Alexis Meinert
Copy Editor

It's halftime. The sound of constant chatter fills the gymnasium as basketball players file out of the Loy Norrix gym. Right on cue, there's a touch of static from the microphone as a voice comes over. They're about to announce the Winterfest Court. A slightly hushed silence falls over the students and adults that litter the stands. There's still several conversations going on around you and not many people seem to notice. When the king and queen are announced, sharp snaps of balloons breaking are heard and the Loy Norrix gym falls silent. The shock fades into laughter and erupts throughout the entire gym. The poor soul who was elected queen stands in the middle of the floor, drenched in ice water. She's lead from the room by a group of people. The principal calls out the kids who threw the water balloons. The players come back inside and the game continues, even though nobody is really watching.

Students enjoy the Winterfest dance that Norrix provides, but what about the crowning moment? Winterfest is one of the two dances in which LNHS offers the opportunity of crowning a king and queen, nominated and elected by the student body. Presented with

flowers and a crown, you can see how happy they are to have received such an honor, but what about the kids who lose? They get to stand in the background while everyone, at least those who are paying attention, cheer on the king and queen.

Many schools throughout the United States seem to support having a king and queen for Winterfest. Some schools even crown a prince and princess, students with the second highest votes. Being on the court certainly seems to have its perks. Men get to dress nicely while the women get to wear pretty dresses that they freeze in due to the late winter weather.

The court seems more like a popularity contest than anything. When the ballots come out, there are little gasps of excitement or surprise, maybe even a few whispers about how they "can't believe that he or she is doing this." All you hear in the days before election is: "Vote for So and So" or "I'm voting for (insert name here)" or my personal favorite, "I don't know any of the people running. Who are you voting for?" Nobody really stops to think twice about the options at hand. Instead, their eyes seem to stray directly towards the most familiar name, if there is one.

Plus, there are the girls or boys that don't have enough confidence to run. There are students throughout LN who aren't as popular, so being put on the spot in such a manner isn't the easiest of tasks. The self-confidences of girls has gone down significantly over years. According to the website Do Something, over 70 percent of girls, ages 15 to 17, avoid daily activities when they feel bad about their looks. Nobody wants to build up the courage to sign up only

to have it thrown in their faces if people mock them.

But is having a court really necessary? From personal experience, I've realized that when it comes to the crowning moment, not many people pay attention. I've been asked several times after the announcement who won, only to answer back that even I didn't know.

After the crowning of Norrix's 2013 Homecoming King and Queen, there was a bullying incident against our queen through social media. With the possibility of bullying, fewer students want to put themselves out there and run for court.

In West Branch, Michigan, a student who was elected Homecoming Queen as a prank. She planned to drop out of school but was convinced by her sister to stay and take the crown instead. It's situations like these that can hurt or even ruin someone's life. No one seems to take the time to think over their actions.

At Champlin Park High School, a senior girl was elected onto her winter dance court. The school objected to her running due to her sexual orientation.

High schools should just get rid of the courts entirely. No one pays enough attention to either know the candidates or to actually listen to who gets crowned, and there's a bullying hazard. While there may be a lot of people who want to keep the courts going, there's an equally high portion that want the royal courts to just disappear. It's time to overthrow this belief that having a Winterfest court is necessary, dethrone the king and queen and go back to just having fun.

KNIGHTS SPEAK

HOW DOES
POPULARITY AFFECT THE
VOTING FOR
WINTERFEST COURT?

SOPHIE NIELSON
Freshman



"If the person knows more people then they'll get more votes. Their looks are also a big factor."

MAX OFFERMAN
Sophomore



"Popular people will generally get more votes. The more people you know, and if more people like you, you'll get more votes."

CHEYENNE GANDY
Senior



"If people don't know you then they won't know to nominate you."

OONA KOTAJARVI
Senior



"I'd rather vote for a really nice person who is not popular than for a person who is popular and not nice."

MYLES PREUSSEL
Sophomore



"Sometimes people vote for the non-popular people to make them feel better."

KAYLA DEKOEKKOEK
Senior



"I feel like if you're different, you will have a majority vote."

BRENDAN FEENSTRA
Freshman



"If they advertise a lot and bribe people to vote for them then they have a good chance of winning."

Winterfest Days



Monday



Tuesday



Wednesday



Friday

Dear Editor,

I like the article "Students Who Skip School Reveal their Reasons" by Rachel Wheat. It's well written and it's nice to hear what others have to say. You can even relate or agree with them if you don't skip. Sometimes class can be boring and you wish you weren't there. It's interesting to hear what others say and it turns out you think the same thing. It's also interesting to know what's going on in school. I think the article explains the subject well. You don't know what's happening while in class.
Makayla Bush, Sophomore

Dear Editor,

The article "Loy Norrix Seniors Apply to College" was full of great information that I will surely keep in mind when the time for me to apply to college comes. This article points out the importance of college applications and making a decision. Now that I've read this article, I plan on making an appointment with my counselor in the near future to talk about college and my future. Overall, this was a well-written article that supplied readers with very beneficial information. Keep it up!
Katrryn Walsh, Junior

Dear Editor,

I read the story "Suicide Prevention", and I thought it was well done. Often in stories based on depression and suicide they don't tell the other side of the story, from the perspective of a person scared to lose a loved one. I think it's extremely important for people to understand how common this is and how they can help.
Ruby Hensley, Sophomore

Sex in Youth Culture

Combating the Fear of an Important Part of Life



Ben Miller
Opinion Editor

We're all familiar with "the birds and the bees" or "the big talk." The idea of this talk is to set us up for the world of sex, but when the time comes, this is diluted by uncomfortable errs and ums, shaky voices, and the word embarrassed written across your parents' red faces.

We are all uncomfortable with the entire notion of sex, but it seems that no one can put their finger on why. To me, if we are struggling to talk about something so important as this, we ought to dissect it.

"Setting us up for the world of sex" is a difficult task. Any loving parent would hate to say goodbye to their children, and to many people intimacy as one of the steps in letting your child grow up. But why do we see sexual affection in that light? Is it because they are becoming an adult? The loss of innocence? Maybe a combination of both? Regardless, this is a difficult thing for a parent to take in, so they have trouble teaching their children about it.

One of the important parts of "the talk" is having safe sex. However, because of this

uncomfortable feeling of releasing your baby boy or girl into the wild, many parents will skip over information about safe sex because it scares them so much.

It's not just our parents that are uncomfortable, though. The fact that sex is a part of life should make it an acceptable topic to discuss. In the process of doing research for this article, I typed into Google the phrase "statistics about the teaching of safe sex" on a school computer. When I tried to click on an informational website, I was redirected to a page that only said "Sorry, 'statistics about the teaching of safe sex' is not an acceptable search."

This is a prime example of the fear that we have of anything related to sex. If I am unable to even research safe sex, who is to say that kids are being taught how to protect themselves from unplanned pregnancy and the dangers of sexually transmitted infections?

Skipping over this subject matter isn't always unintentional or just a product of discomfort; many people will teach their

children that they should not have sex until marriage. This is also known as abstaining from sex, or abstinence. Unfortunately, according to DoSomething.org, teens who have comprehensive education, which teaches about safe sex, are 50 percent less likely to have an unintended pregnancy than those with an abstinence-only education.

Yes, in an ideal world, teenagers would listen to the warnings of condoms breaking and contraception failing and just decide not to have sex.

However, even if this were the way things are, what message does abstinence really teach teenagers?

Hearing that having sex is wrong is a common thing that youth hear from adults. An



Lori Umbanhowar

example of this is when sex and drugs are put into the same category. Doing this condemns the idea of intercourse to being this immoral thing that puts you on "the wrong path in life."

Having sex is natural! It may be unsafe to do it carelessly, but it's an important part of life. Given that we, as mammals, are sexual beings, it doesn't make much sense to shame one another for this normal activity.

Another aspect of this harsh judgement and pressure is the type of influence peers have on one another when it comes to sex. Girls are all too often called some ugly names based on their number of sexual partners, whether that number too high or too low. The frustrating thing about this judgement is that people believe there is a standard for how many sexual partners a person should have.

Sex is an individual's own responsibility. If Person A decides to do something that has no impact on Person B and Person B feels the need to judge or criticize Person A, it seems like Person A isn't the one with a morality issue.

Given that oversexualized media is prominent in our culture, sex plays a big role in the lives of teenagers and adults alike. However, this does not mean that we need to shrivel up and teach teens that sex before marriage is playing right into the devil's hand.

People need to know the facts about sex and understand what it means to be a sexual being. The best way to accomplish this is the teaching of safe sex without the shameful feeling attached to abstinence education. Give us the information and let us decide ourselves.

Miley Cyrus is a Genius



Lian Wardrop
Feature Editor

By now everyone in America has seen Miley Cyrus half naked twerking, or trying to twerk on something. This is what makes Miley Cyrus a genius. What many need to consider is all these videos and performances where Miley is running around in scantily clad clothing are very likely calculated steps that have led her out of the Disney child star world and into the adult pop scene.

According to a timeline of Miley's career

"People" magazine, she started her career in 2005 when she was thirteen as the character Hannah Montana who was "an average teen with a double life as a famous pop singer." Unlike many Disney child stars who have disappeared after their show was canceled like "The Suite Life of Zach and Cody" stars Cole and Dylan Sprouse, Miley has not disappeared into the has-been Disney oblivion.

People may think that Miley's hair cut in 2012 started the bad girl, horrible role model phase in her career. It actually marked the stage where she became famous as an adult pop singer and split away from the country music scene. Then Miley made it big time in 2013 with the release of her album, provocatively named "Bangerz."

The transformation from child star to adult that Miley went through is tame compared to that of Britney Spears and Lindsay Lohan. Miley has smoked some doobies from time to time and admitted to "Rolling Stone" magazine,

"I think weed is the best drug on earth." Even if Miley cut her hair it was not similar to when Britney Spears shaved her hair off. After Britney's Disney career, she became entangled in a custody battle and shaved her hair off.

Lindsay Lohan is another example of a former Disney star that grew up and hit a really big rough patch. Lindsay is still struggling with drugs and alcohol and can no longer find people who want to hire her. According to CNN, Lindsay had a total of 250 days in rehab over a five year period and had been sentenced to 120 days of jail time, although she only had to serve less than two weeks of it. Miley, on the other hand, has never really had anything hardcore illegal happen like being arrested for possession of pharmaceutical narcotics, or getting arrested for drinking while driving.

Miley made a conscious decision to turn into a wild girl on stage and that has increased her overall wealth and fame. In 2008, Miley had a net worth of around 25 million dollars and

now Miley is worth around 150 million dollars, according to Forbes magazine. Not only has her income increased but her exposure has too. The music video, "Wrecking Ball," has close to five hundred million views, and the video where Miley twerks at the 2013 Video Music Awards has gotten over a billion views. The amount of views these videos are getting are not just a coincidence. Miley's actions grabbed the attention of generations, the older generation was horrified at the crazy young woman with barely any clothing on running around, and the younger generation was looking at her with either contempt or secret admiration.

Miley said in Reuters, "I almost feel like people think of me as dumb...I'm like, I'm smarter than you think. You know, I understand what you're trying to do. It's all a mind game and whatnot."

As Miley might say, "this is our house/this is our rules/and we can't stop."

Dear Editor,

What is the point of the wasted space on the top of page 3? Why include things that are not that important? I know that students dreams are important but what do these answers show up on a school newspaper when it doesn't have to do with school. The question should be what would you like to do in your lifetime because "What would you like to do before you die" sounds scary. These students and teachers could have lied because they are afraid of what others would think if they told the truth.

This is just my personal opinion, so if you don't want to listen you don't have to. I am just sharing my thoughts with someone else.

Why title it Loy Norrixx's Bucket list if it's not the schools' bucket list, it's the students bucket list. Since it's the students and teachers bucket list and the list is talking about outside of school it's actually not a bucket list because each student and teacher only gave one of their thoughts not a list. These are my reasons why this story has no purpose being in the 'school' newspaper. Only things related to school should show up in this newspaper.

Vanessa Briseno, Freshman

Dear Editor,

The newspaper was outstanding. I had a lot of information especially with the vapor cigarettes I did not know that there was a rule or even a law against smoking vaporized cigarettes. I mean the cigarettes don't really do anything to the body because they help prevent smoking.

Justin Roberts, Freshman

Dear Editor,

I really found your article "Killstreaks to Killers" very interesting. Also the article "the Consequences of Social Media: Job Loss and Legal Ramifications." The reason that these two

specific articles stuck out to me are because they are actually true and are happening today. I can relate to most of the examples that are presented in these articles. I like how you used real students as actual examples. Also these articles added to my knowledge of the topic because I didn't know that you could actually go to jail for cyberbullying. Another thing I didn't know was that anything on your social media pages could possibly affect your chances of getting a job in the future. I really enjoyed this article because it actually gave me helpful advice that could help me in the future.

Anthony Goggans, Sophomore

Genetically Modified Organisms are Vital to our Food Supply



Ben Dunham
Web Editor-in-Chief

We've all seen the horror stories on the internet questioning if science has gone "too far." There are (fake) pictures of humans crossed with dogs, birds with arms and some animals that simply cannot be explained. In the midst of all this fear-mongering, however, there is some truth: scientists have been modifying the genetic code of many of the foods that we eat, and I can almost guarantee that you have eaten these crops.

Genetically Modified Organisms, or GMOs, are a hot-button issue around the globe. An organism is classified as genetically modified when its genes have been changed in some way through various scientific processes. Nearly all of the fruits and vegetables that we love to eat today are products of genetic modification in some way or another, whether they be altered in a laboratory or bred for

specific purposes on a farm.

The fact of the matter is, it's almost impossible to avoid GMOs today, so we ought to just accept them.

Without genetic modification, our food supply would be nothing like it is today. A perfect example of this can be shown in bananas. In their original state, bananas were slimy pouches of brown mush that didn't really taste sweet at all. As time went on, however, human intervention modified the banana to become gradually more plump and sweet until it has become the fruit we know today. The same process took potatoes from being small, tasteless, rock-hard lumps into the large versions we eat now.

Many people are afraid of genetically modified organisms because they feel that scientific alterations of our food can only lead to unintended consequences like diseases and mutations. Although this seems to be a logical conclusion, GMOs have never been shown to have any negative effects on people or other animals in a laboratory setting. In fact, the only paper that suggested a link between GMOs and cancer in rats was forced to be retracted in 2013 due to false data and poor record keeping. In this particular study, the rats that were studied were already incredibly susceptible to cancer and were not kept in properly maintained environments.

I'll admit it; GMOs are a pretty scary thought. We've taken the foods we know, added and subtracted some genes, and come up with a whole new organism that we are now putting into our bodies. The thing is, these organisms have been repeatedly tested by administrations like the FDA and CDC and have shown only to be safe. In most cases, the genes of two things that we already eat were crossed.

One of my favorite examples of a GMO is the frost-resistant tomato. Scientists took tomatoes that were previously very susceptible to cooler temperatures and spliced in the genes of a fish. When they finally found the right combination, they were left with a tomato that still looked and tasted the same, but had a new resistance to temperatures incredibly lower than they could before. The best part about it is that, from the perspective of our bodies, eating these modified tomatoes is no different than eating a regular tomato with some fish.

These modifications allow for us to have tomatoes available year-round, including the winter months when it is too cold to grow tomatoes most places in the country. In previous years tomatoes would only be available in certain times of the year when they are able to be grown and harvested, with long gaps in between.

Without genetic modification, we would not have nearly as many crops available as

we do today, and the crops we did have would be much more expensive, as they would be susceptible to diseases and the elements. For example, before the 1950's the most popular bananas in the world were Gros Michel, a completely different species than the ones we know today. All of these bananas were wiped out by a fungus known as the Panama disease. The entire banana industry had to change over to the genetically modified Cavendish bananas as a result, and without this change we would not have any bananas on the market today.

These price-hikes are already shown in the rising market for "organic" and "natural" foods. The average price of a non-genetically-engineered "organic" crop is always much higher than the modified counterpart. For example, a pound of "organic" potatoes costs around \$6 on average, while their unmodified counterparts cost around \$3.50. Without GMOs all of our food would be that much more expensive, and not just crops. Many of our livestock are fed genetically modified wheat, meaning that without this modification we will see prices for meat skyrocket across the board.

Genetic engineering is already completely integrated into our food supply and is nearly impossible to avoid. Modified crops have been repeatedly proven to cause no harm to consumers, and without them many people would go without food.

Cuisine in Class: Students Bellyache over Food Policy



Joe Santamaria
Staff Writer

"Food and drink are not permitted outside the cafeteria." This clause in the student handbook has caused much controversy and many disagreements between students, teachers, and administrators.

The question that has been disputed and misunderstood by multitudes of students is should students be allowed to eat in class? Yes, food is necessary for survival. No one is disputing that fact. But is it a complete necessity to eat while in class? Knight Life correspondents tirelessly traveled all around Loy Norrix, searching for the answer.

While nibbling strawberries in the classroom, junior Hannah Muscara was asked how she felt about the restrictions placed on eating in the classroom. She said: "I like eating in class, I do it all the time."

When asked extrapolate on her standing,

Muscara noted that students' "...lunch schedules can be really weird...I don't normally eat lunch at 10:30, and I get hungry throughout the day."

This is a familiar situation to most Norrix students. First lunch begins after second block, which ends at 9:59. By most accounts, this is not a conventional time for eating lunch.

Rychard Kozminski, a senior at Loy Norrix explicitly typifies the sentiment of the student body. "That's bull. There shouldn't be a rule for when kids are hungry and need to eat."

The thoughts of the students exemplified in one sentence. Kozminski continued by bringing to light the object of health issues.

"If their [a student's] stomach is dying and they're about to pass out because of it, that will be on the teacher." It seems that the students at Loy Norrix do not appreciate this limitation.

Knight Life correspondents ventured to discuss the matter with teachers to get a better picture of this issue of utter importance.

Choir teacher and musical director of "Young Frankenstein" Julie Pellegrino brought a new variable into the equation. "Bugs.

We had ants like right over here," she said, making a motion imitating scurrying to her right. Pellegrino said she does not permit food "unless it's been cleared ahead of time," and "sometimes during lunch."

Physics teacher Trevor Stefanick was asked

his perspective: "It doesn't bother me as long as you clean up after yourself. But that being said, most people don't clean up after themselves."

The Loy Norrix student handbook page fourteen, section B states that "food/drink are not permitted outside the cafeteria," and on this page is where we began an interview with Assistant Principal Freshman & Sophomore Academics Jeffery Boggan.

"I got a dirty building," Boggan continued that his concern with food in the classroom is the cleanliness of the school. "Keep our environment clean...that's the bottom line."

The fact of the matter is that the student body as a whole does not understand that a clean school starts with the students. Sure, there are custodians, but even the cafeteria is a pigsty. Custodians don't have an opportunity to clean much because they're spending all of their time taking care of students' trash.

"Maybe you think you're in a restaurant, and the waiter or waitress is going to come by and clear your table...did you just tip him," Boggan said.

In order to try and contain this waste epidemic, Boggan resorted to appointing security guards to make sure students don't leave the cafeteria trashed.

Boggan said, "I got two girls arguing over here, someone selling something over here," and

containing food should be no type of priority.

But Mr. Boggan, what about EFA/EFE/KAMSC students, who are scheduled with limited/no lunch? Those students "are part of a program, but still a part of Loy Norrix," meaning that the policy in our community should be followed by every member in this community.

Boggan said, "I don't want food/drink out of the cafeteria...I got one doggone main hallway, and you're telling me I can't have a clean hallway?"

Students who have an issue with this policy, here is the root of the "bull". It's clear that the policy is no matter of punishment, or in any sense a deprivation of natural rights. If you want to eat in class, start cleaning up. It appears that the policy is in place because people plop their "droppings" wherever they please, not because students are steadily losing liberties.

Walking trash to a trash can is really not hard at all. Throwing trash on the floors and throwing milk cartons at walls is throwing our school into 80's high school movie stereotypes. Though it's not as easy or as ironically angry as throwing trash on the floor, eating in classrooms would be a possibility if the environment could remain clean. If students miraculously attain the ability to walk trash to the trash cans, we may become a more privileged student body.

Dear Editor,

I read and very much enjoyed your slang words defined by teachers and then students sections. It gave a good laugh for me to enjoy with my sister.

Emily Suzor, Freshman

Dear Editor,

I read the article about the vape pen. I understand what you guys are talking about but I don't see why it is such a problem. Personally, I don't own or use a vape pen, but if it doesn't have tobacco in it, then it shouldn't be a problem. The kids shouldn't use them in class, but if they are outside waiting then it shouldn't be a very big situation

Destinee Pittman, Freshman

Dear Editor,

I really enjoyed reading the Loy Norrix Slang Dictionary. My friends and I were all laughing in class. There can be so many different perceptions on what a word can mean. Finally someone decided to interview teachers and find out how different it really was. Great job!

Janna Pollens-Voigt, Sophomore

Dear Editor,

I was reading about "School Policy Fails to Address New Technologies." I thought this was very interesting. I think a "E-cig" should not be allowed in school. I think they are a big distraction. If someone sees you with one another person will want one and it can get out of control. So I honestly don't think they should be allowed in school. I also think if [they're] seen it should be a consequence.

Deidra Shannon, Freshman

One Step Towards Victory

Loy Norrix Sports Teams try to Gain Recognition within the School

Reed Zapf
Staff Writer

When someone is asked to think about a high school sport they are quick to think of football, basketball, soccer, or track, but many would not even consider the other great sports that thrive within the high school body.

“People don’t view [bowling] as a sport, they view it more as a leisure activity,” said Zach Brandt, bowling team captain.

High school sports can be the focal point and stress reliever for the day-to-day student. Whether you play football or hockey, there is a drive that keeps you playing the sport, regardless of the teams win-loss ratio. At the end of a game or a practice, players are doing what they love.

This sense of pride and passion for a sport is what makes sports enjoyable for spectators and players alike. However a high school team is not truly a team of the school unless the student body and the administrators are actively involved.

Without the energy or even the acknowledgement of the students in the school, the team is no more than kids meeting up to play a sport when class is over.

Every sports team should be treated equally and fairly regardless of the popularity of the sport. Potential players of the less popular sports such as hockey, are steered away from getting involved in that sport due to funding issues.

There are some schools that have made policies due to budget cuts to require all players to pay-to-play a sport, which overall is a good way to get more students involved in more sports. Because a player has already paid to play a sport they are more apt to join another



The Kalamazoo United Men’s Lacrosse Team does wall sits at Four Corners in Loy Norrix. The team must do their conditioning in the hallways due to a lack of space elsewhere in the school. Photo Credit / Hope Nicholas

sport which increases participation in sports that otherwise would have low participation. Once a student has already paid to play a sport it would motivate them to play more sports during the school year.

Portage Public Schools is one of a few school districts that have implemented pay-to-participate policies into their middle school and high school sports.

Portage Public Schools’ implementation of the pay-to-participate policy is because of a lack

of funding from the state of Michigan. Pay-to-participate is a policy that requires all students to pay to be involved in an extracurricular activity.

This policy requires any participant of an extracurricular activity to pay an annual fee of \$150 at the high school level with a maximum fee of \$275 for more than one participant in the same household. Advocates of this rule would say that the fee makes it fair for everyone to play a sport regardless of a fee that comes along

with it, while opponents of the rule would say that it inhibits some students to participate in an activity they have been in for years.

If every participant were to have to pay-to-play within Kalamazoo Public Schools, it would make the underappreciated sports reachable and appealing to more students. The students that have already paid to play a sport earlier in the year would be more inclined to try a sport they otherwise would not have before, possibly as a way to get their money’s worth for their year of playing sports.

However some athletes are being steered away from sports such as lacrosse and hockey because of the added fees that go along with them. Some sports can cost between 1 and 18 hundred dollars without adding on the cost of equipment. If sports like hockey cost less then the player will have more money to spend on better equipment.

All sports should be respected within the school, without respect these sports cannot grow. The popularity of the sport should not be the determining factor of whether or not the sport is respected by the student body and administrators. At the same time, fees, although necessary, are unfair to some sports and can create a stigma towards them. Even if society in general does not think the sport is important, students should be able to enjoy it without any added difficulties.

The longevity of less popular sports within our school will outlive the disrespect they are given. The integrity of these sports will get stronger with increasing support from the student body and administrators. Participation, passion and the coaches are all there, but what’s missing to create more winning teams is respect and equality.

Loy Norrix Women’s Basketball Team Stays Positive Throughout the Season

Emily Feenstra
Web Photo Editor

“We kind of have rituals. Before some games, Champagne will bring speakers and we listen to ratchet music,” said Hannah Meyers, a junior on the varsity team. “When we’re all together or on the court, we communicate well and are generally close.”

Meyers explained how their team’s main problem is that the players have a lot of turnovers that cost the win.

The woman players have had up to 20 turnovers in a game with a record of 3-12.

The team has had many hard losses throughout the season. Kalamazoo Central was the team’s toughest loss with the score being 14-49. They have also had close losses like losing to Strugis with the score being 31-39.

The only day of the week the woman players have off is Saturday. Every other day the players either have a game or practice. The practices are generally 2 hours long. On Mondays and Wednesdays, they have weight training and spend half an hour in the weight room.

The players run and condition most, if not all of practice. This helps them improve how they play on the court.

Meyers said, “One practice when we were doing wall sits, we starting singing our ABC’s to distract from the pain. It was the absolute worst.”

Meyers said, “For motivation, we feed off of each other’s energy. When one person starts doing well it kind of has a domino effect.”

“Some of the smaller schools have always played together throughout the years. To stay positive we play our best and keep going. If we’re playing an undefeated team, instead of looking at it as we’ll lose like everyone else they’ve played, we look at it as a good thing because we’ll be their first loss,” said Michalea Whalen, a player on the freshman basketball team at Loy Norrix.

The Loy Norrix Women’s Basketball Team has stayed positive throughout the season, despite the many struggles that they have faced. In the third game of the season they lost shooting guard Avi’ance Alexander, who is one of their key



Kayla Dekoekkoek works hard to block the ball from Marshall. She has been playing basketball since middle school. Photo Credit / Brendan Feenstra

players. She tore her ACL and Meniscus.

Point guard Grace Labadie was also out a few games because of pulled muscles. This was the result of playing both soccer and basketball. Now she is back in the games.

The team also lost shooting guard and small forward. Arieyonna Yarbrough from the game who got a concussion a few

games in.

Even though these problems are tough to face, the girls still come out and give their all every game.

When comparing crowd attendance between the men’s and women’s team at games, there is a significant difference.

According to Jere Longman of “The New York Times,” women’s basketball is following the same developmental area as men’s basketball, which began its N.C.A.A. tournament in 1939. Complaints have grown about a lack of equality in the women’s game.

“I definitely think that more people should support the girls’ play. When you support your team you support your whole team. We wear the same name as the boys do on the front of their jerseys,” said Kayla Dekoekkoek, a senior on the Loy Norrix Women’s Basketball Team. “We have a pretty tough conference this year. No easy wins, we have to play to our full potential every game to get the win. The girls all have very contrasting personalities and all bring different talent to the table. At the end of the day, we all come together and love each other.”

The team has built a strong bond this season. They are there for each other on and off the court. They bond by texting each other and going out to breakfast.

Dekoekkoek tries to make to encourage her team with a positive environment. She also encourages her teammates to do well in school and offer a listening ear whenever they need to talk. There have been many times where her teammates need advice about a variety of things.

Dekoekkoek said, “Being a senior is about setting examples. It’s not all about basketball, it’s teaching life lessons as well. You need to leave your impression on your team, make your difference for the better. Making sure you are always there for all of your team.”

The girls value each other and know that without each other, the team’s talent would not be the same.

Dekoekkoek said, “I know my team is really talented and I love these girls to death. They are all here for the right reasons and they work hard.”

A City Divided

The Showdown between the Knights and the Maroon Giants

Jared Graves
Sports Editor

One city split down KL Ave and West Michigan Ave. One side is painted in white and navy, while the other is maroon and white. Knights hail in the south and Giants dominate in the north.

Kalamazoo Central founded in 1858 was the first public high school in Michigan. One hundred three years later the younger brother was born, and ever since Loy Norrix has been fighting for the spotlight.

“I don’t like losing, but I can accept it.”

-Rodney Prewitt

Both schools have produced champions like Loy Norrix alum TJ Duckett and Kalamazoo Central alum Derek Jeter. In the past decade Loy Norrix has produced 20 wins over cross-town rival Kalamazoo Central in media/money driven sports; (football, men’s and women’s basketball, baseball, and soccer).

But what does the word rival mean? A person or team that battles for superiority against the other continuously. This word also has different meaning person to person,

Athletic director Andrew Laboe said, “Rivalry means you respect the opponent.” Norrix vs. Central isn’t any ordinary game, it’s a full out battle you never want to lose. Many teams and players don’t see this as a game that they want to win but one they need to win. Winning this game can set the tone for the

whole season or measure the success of a sports season. Respect is a key component to having a healthy but competitive rivalry. Michigan State University’s Men’s Basketball coach Tom Izzo said it best in his remarks towards rival Michigan, “Do I respect John

Beilein? Tremendously. Do I respect U-M? Tremendously. Do I like them? Not one bit.” There has to be a line of respect that should be established to prevent unnecessary violence to occur.

“I like rivalries personally because its motivation for me but I don’t take it to a level of disrespect,” said Loy Norrix Principal Prewitt. Norrix and Kalamazoo Central only being 5 miles apart creates a lot of familiarity between the athletes. Many of them grew up together playing rocket football, little league baseball, YMCA basketball, and AYSO. It’s similar to two brothers playing in the backyard. You never want the other to win because you won’t live it down until the next time you play. “We know everyone there and we want to be known as the best in the city,” said junior Spencer Welsh. Losing against to the other school will be heard across the city, and no excuse can cover it. That’s why this game is so important. That’s why you want to say “We Run Kalamazoo!”



Davion Phillips gets up after a big play for Loy Norrix against Kalamazoo Central in 2009. The Knights lost 7-6 in a hard faught battle. Photo Credit / Knight Life Staff

The Sweetest Smell of Them All

Michigan State is Victorious in the Rose Bowl

Stokely Eller
Copy Editor

Michigan State defeated Stanford 24-20 through four quarters of hard fought football to win the 100th Rose Bowl in Pasadena, California on January 1st, 2014. It was their first trip to the Rose Bowl since 1988. After a rough first quarter, the Michigan State football team rallied to win one of the most exciting Rose Bowl games ever.

Michigan State gave up 146 yards in the first quarter alone. One of Stanford’s first half touchdowns was a result of sophomore Quarterback Connor Cook throwing an interception that Stanford’s Kevin Anderson returned for a score.

Michigan State quickly turned things around in the second quarter, giving up only 23 yards and one first down. Michigan State carried this momentum into the second half. Cook connected with Tony Lippett early in the second half to secure the 24-20 victory.

Connor Cook finished with a career high 332 passing yards and two touchdowns.

“We just fought back tonight and some type of way we got it done.”
-Head Coach Mark Dantonio

Michigan State’s Rose Bowl win will have many benefits to the university. First, the athletic team will have a larger budget for recruiting and therefore be able to bring in better players. Winning a bowl game results in a \$2.8 million payout to the Big 10. Also, following the win ticket sales are predicted

to go up, bringing in even more money to the university. Team merchandise sales will also increase in the coming years. Aside from the obvious benefits to the athletic programs, Michigan State’s Rose Bowl win will also attract more students. “Seeing Michigan State students on T.V. celebrating the win is something everyone wants to be a part of” said Athletic Director Secretary Debra Gaugier. “Putting any college in such a positive light on a antional scale will only attract more people to the University,” said Norrix swim coach Paul Mahar.

Rose Bowl games serve several purposes. First and foremost, they are one of the most widely watched athletic events. Playing in a bowl game is an excellent marketing platform for the participating schools. Winning a bowl game also brings money in for the entire conference. This increase in funds leads to better competition in the following seasons.

Bowl games also benefit the host city. The influx of fans traveling to watch the game brings money to hotels, restaurants, and other businesses. For example, the Fiesta Bowl has contributed more than \$1 billion to Arizona’s economy in the past half-decade. “The campus has had a much more positive vibe since the Rose Bowl win,” said MSU freshman Andrew Labadie. “There’s a lot more energy now.”

Michigan State University has set themselves up for a very successful season next year. The Rose Bowl win is just another prestigious achievement on the MSU football resume. Coming off of such a big win, as well as keeping quarterback Connor Cook, gives the Spartans quite a bit of momentum next year. Michigan State football will definitely be a force to be reckoned with.



Spartan fans celebrate after Michigan State’s 24-20 Rose Bowl upset in Pasadena, California. The crowd of 95,173 exceeded the Rose Bowl’s seating capacity of 94,000. Photo Credit / Deb Gaugier

March Madness

Students determine NCAA Winners

Jay McIntosh
Sports Editor

March Madness or Madness March? Regardless of how March gets looked at it's a long month when it comes to the intensity of each game played with the elimination fear in the players heads. The tournament is set to begin on March 18th this year. The top five contenders for the best National Collegiate Athletic Association basketball teams of all-time are Kansas, Duke, North Carolina, University of California Los Angeles and Kentucky.

The winner on any given year is difficult to determine although on some years the full bracket of teams can be guessed by a few people in the world, typically resulting in a cash prize.

In the most recent year, Louisville



delivered an unforgettable season with an unstoppable offense even through the loss of player Kevin Ware due to an injury. Later that season the Louisville Cardinals showed all of the hard work to the public with a win in the NCAA championship.

Elijah Mabon



SYRACUSE

"Syracuse has a good group of guys that know how to play with each other in tough games," senior Elijah Mabon.

Syracuse were the National Champions in 2003.

Jaylun Means



Michigan State University

"They have the best team chemistry and Point Guard Keith Appling knows how to handle and distribute the ball well," senior Jaylun Means.

Michigan State were the National Champions in 2000 and have made it to the final four eight times.

Terrehl Kelley



ARIZONA

"That's my home and they were ranked #1 in the Nation for a while now," senior Terrehl Kelley.

Arizona won their last National Championship in 1997.

Aviance Alexander



Indiana Univeristy

"They have Will Sheehey to shoot all day. Assembly Hall basketball stadium is a hard place to play at," junior Aviance Alexander.

Indiana Univeristy has not won the National Championship since 1987 although they were the runner up in 2002.

Knights Swim to Victory



Senior Peter Rossi swims backstroke against Battle Creek Central. He scores well in preparation for the Loy Norrix Invitational and MISCA. Photo Credit / Maxwell Evans

Breonna Burnside
Photo Editor

Paul Mahar, Loy Norrix swimming Coach, and Assistant Loy Norrix Coach David Diget worked hard to get the swim team in good shape for this season.

Having to sacrifice winter break and after school hours every day from three until five-thirty and Saturdays from eight until ten-thirty, swimmers have become more dedicated and have improved their swim times and diving skills this year.

Thirty-five students tried out and Coach Mahar ended up keeping 33. Out of the 33, 28 of Loy Norrix swimmers compete in swimming; five are divers. The team consists of eleven freshmen, ten sophomores, six juniors and six seniors.

"Overall this year's team is really strong and the newbies are stepping up and helping make it a good year!" said Coach Mahar.

February 4, 2014 the swim team dyed their hair blonde, which is a swimming tradition for the majority of teams and it's something crazy to do before they shave their hair. Soon after that, they shave their hair off because throughout the season swimmers' hair gets damaged from the chlorine and it also helps cut time from races. Swimmers can choose whether

or not they want to dye and shave their hair, but mostly every swimmer does.

Swimmers seniors Lucas Erway, Peter Rossi, Milo Velkoff, sophomore Lukas Sprinkle and junior Sam Bower were chosen to swim February 8, 2014 at Eastern Michigan University.

Two big upcoming events are the conference championship, which is February 21st, and the state championship. The last event is MISCA (Michigan Interscholastic Swim Coaches Association).

The swimmers have managed to keep focused and jump right back into practicing even after losing approximately eighteen hours of practice due to snow days.

APCLASSES from page 5

"I'm not saying students shouldn't be challenged, because I think that fighting through a struggle and working hard is important, but there is a point where enough is enough. Taking on too much for an AP student is sometimes a mistake. Time management is huge," Witt said.

Porco agreed with this idea, but viewed taking too many classes a different way.

Porco said, "Sometimes students get in over their heads—too many at one time. That is a normal part of the AP process. These students want to learn. They struggle. They need support. I want to push people."

Teachers want students to put forth effort in all their classes for multiple reasons. Students can learn skills while taking AP classes that can help them when they reach college, and AP classes can also help students

find their strengths and weaknesses.

"I hope students gain a more in depth understanding of history and connect it to the present. Skills such as studying and time management prepare students for college," Porco said.

Taking AP classes can instill within students a drive to succeed. Taking AP classes will present students with time constraints at one moment, and fun the next. AP classes can aid in teaching qualities that lead to a well-rounded person. These classes require students to be organized, challenge their minds, and eager to solve problems or work with other people.

Witt said, "These are key elements to being successful, regardless of the field they choose to study."