



## RACIAL TENSION FINDS ITS WAY TO LOY NORRIX STUDENTS TAKE MATTERS INTO THEIR OWN HANDS

Ben Miller

On the evening of November 25th, while the people of Kalamazoo prepared to protest police brutality, six students gathered around the Loy Norrix spirit rock with spray paint in their hands and justice in their minds. Set on sending a message, these students painted the entire rock black, then two hands and the words “don’t shoot.” On the other side, “We stand with you #Ferguson.”

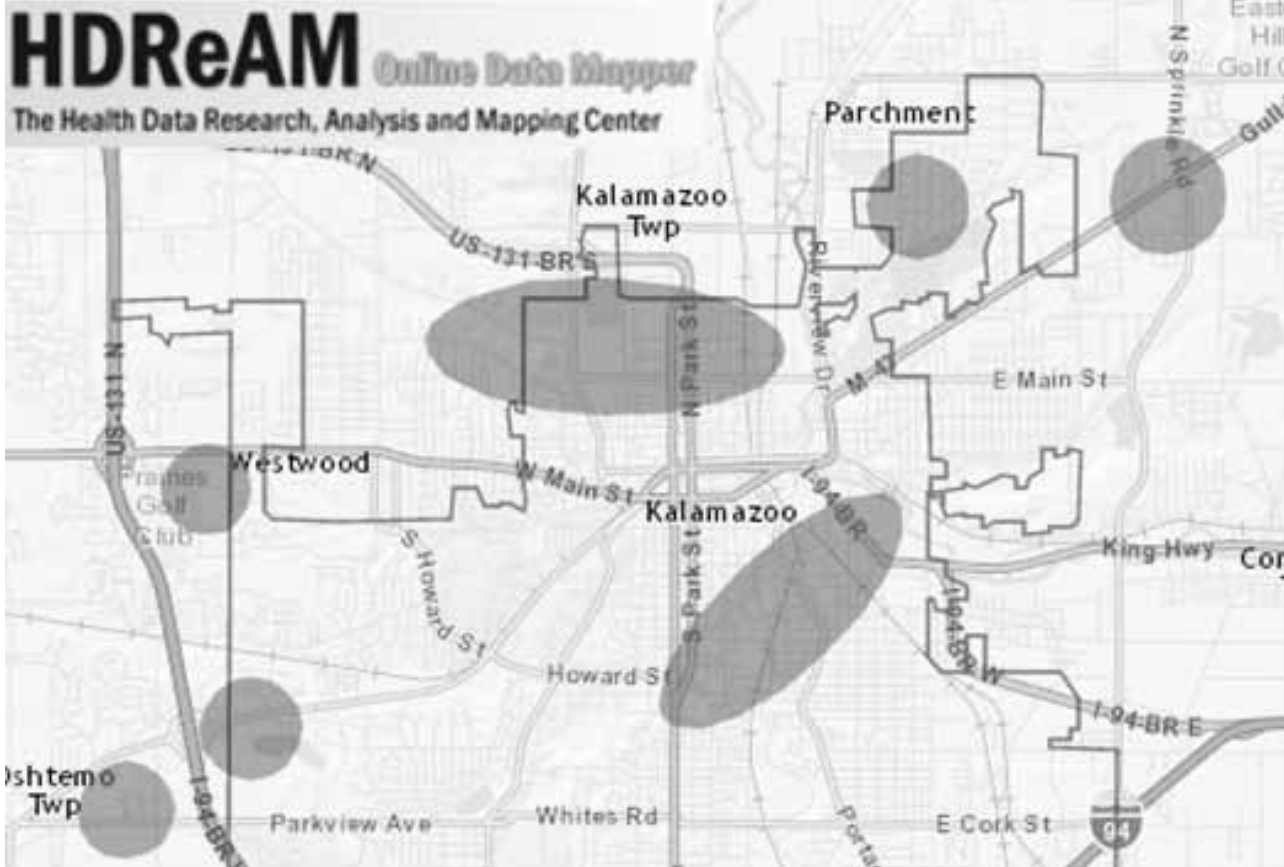
The next day, from the force of what seemed like ogres, the rock was found in the middle of the parking lot across from the soccer field. Turned on its side, it was repainted white with a golden symbol of white supremacy facing up. Although there is no way of knowing how it got there, the lack of drag marks could indicate that it was somehow picked up. One of the students who initially painted the rock, senior Felipe Santos-Souto, commented on their actions.

“Despite their ignorance, there are better ways to express your opinion than vandalizing a high school,” Santos-Souto said. “They vandalized our school, and that clearly came from a place of hate.”

That Friday, around 8 p.m., three days after the original painting, senior America Edwards and her father Chad Edwards repainted the rock blue. America posted about this on Facebook, Twitter, and Instagram, saying “Weird.... It’s blue again. Wonder who did it.” She tagged her dad in this post, along with pictures of the two of them holding blue spray paint cans.

SEE TENSION PAGE 3

# CARE NO MATTER WHAT: TEENS NEED TO TAKE RESPONSIBILITY FOR THEIR SEXUAL HEALTH



This map, put together by WMU’s HDSReAM center, shows the severity of Chlamydia in the Kalamazoo area. Each shaded area contains over four cases per kilometer in pregnant women, and this is just the tip of the iceberg. Many cases go undocumented, and it is suspected that the mapped cases are a small percent of those with the infection in Kalamazoo.

## Genevieve Nicolow

The waiting room is surprisingly inviting, with a spotless hardwood floor and soft grey chairs. Signs advise specific protocol to ensure the privacy of other patients, and the women at the front desk are friendly, discreet and practical in getting you to your destination. From then on, the medical care is prompt and professional, with no reason for dissatisfaction.

Going to clinics like Planned Parenthood isn’t scary or shameful. In fact, judging by recent statistics presented by Western Michigan University’s College of Health and Human Services, it should be a much more common practice for teenagers in the community.

Chlamydia is one of the most commonly diagnosed sexually transmitted infections in the United States, with an estimated (and growing) 2.86 million infections occurring annually. Studies show that 1 out of every 2 sexually active young people will contract an STI by the age of 25, making high school and college students the target audience for STI prevention.

With over 64 percent of students reporting sexual experience before graduating high school, it’s not about abstaining, abstaining, abstaining anymore. Students are making the decision to have sex, and they need to know how to protect themselves. Students today find most of their STI information in high school health classes, which aim to provide students with enough knowledge to keep them safe from STIs for the rest of their lives.

Loy Norrix health teacher Richard Labadie is confident that the course at Loy Norrix does all that it can to protect students. It covers the most common STIs as well as the transmission, symptoms,

treatment, and prevention of the infections.

“We teach a comprehensive approach,” said Labadie, “it does everything that we possibly can do, because ultimately the decision is the person’s.”

Labadie is right. Although health is a required course at most high schools and includes as much detail and information it can on STIs, it can’t put students on a bus to Planned Parenthood to buy protection or enforce the use of it in sexually active students. The good news is that high school isn’t the final frontier when it comes to learning about and preventing STIs.

Western student Drew Benson is a peer educator through the Sexual Health Peer Education program at WMU, and he has seen the necessity of the program on campus firsthand.

“The biggest threats for college students and really everyone’s sexual health is misinformation,” Benson continued, “If you don’t know what to look for in terms of symptoms of STIs, the different methods of birth control or how to recognize and prevent sexual assault, you are most likely to be at risk.”

Between high school and college sexual education, students always have their family doctors and clinics like Planned Parenthood and The Kalamazoo County Health and Community Services Department when they think they may be at risk of an STI. Planned Parenthood provides STI testing, treatment, and vaccines as well as contraception, counseling, exams and protection to ensure safe sex.

It is also important to recognize that Planned Parenthood is not an ‘Abortion Clinic’. Although termination services are available, only about 3 percent of the services performed at Planned Parenthood are to end pregnancies, the other 97

percent are to prevent them.

Ashley Choker, the Youth Programs Manager at Planned Parenthood, understands the importance of letting young people know what is truly available for them.

“We’re a comprehensive reproductive health care provider,” Choker said, “We’re giving you access to the rights you have.”

The clinic also offers counseling to those who need it and services for teens in the LGBTQ community.

Contrary to popular belief, these services are neither expensive nor exclusive to adult patients. The clinic believes in reaching out to anyone at risk of an STI, unplanned pregnancy, or any other risks to their sexual health, and they assure that their services are available to anyone.

“We’re safe and welcoming,” Choker said, “Our logo is ‘Care No Matter What.’”

The clinic offers payment plans based on income to anyone who wants to purchase a service. If you are a teenager with no job and, therefore, no source of income, the treatment is always free. Age is no barrier either.

Clinics don’t want people to have to suffer through an STI or spread it to others because they’re afraid to tell their parents about their sex lives. Planned Parenthood provides confidentiality for most people who receive services, though they are mandatory reporters under specific circumstances, including abusive relationships and other risks to a patient’s health. Aliases and other forms of secrecy help to keep a patient’s business to themselves.

Planned Parenthood does recommend, however, that teens have people they trust involved when it comes to their sexual health, though they understand that this isn’t always possible.

“We encourage parental involvement and parent-child communication or communication with a trusted adult,” Choker said. “I use trusted adult instead of parent because sometimes it’s not their parent that they can trust.”

Teens can make appointments online or over the

SEE SEXUAL HEALTH PAGE 3

Planned Parenthood’s  
Kalamazoo Location

Location:  
4201 W Michigan Ave,  
Kalamazoo, MI 49006

Phone: 269-372-1200

Hours:  
Monday 9:00 a.m. – 7:00 p.m.  
Tuesday 10:00 a.m. – 7:00 p.m.  
Wednesday 9:00 a.m. – 7:00 p.m.  
Thursday 9:00 a.m. – 7:00 p.m.  
Friday 9:00 a.m. – 5:00 p.m.  
Closed Saturday and Sunday

CORRECTION OF “SORROW” FROM ISSUE 1

“Summer of Sorrow” incorrectly reported that Michael Day was shot on May 27th. He was shot on May 26th.

The photo used in the article “Focus Keeping Kalamazoo in its Sights” should be credited to Clayton Seager.

# GUIDANCE COUNSELORS ARE BUSY WITH THEIR MANY JOBS

SophiaBoismier

The top priority for students is to make sure they have all credit requirements needed to graduate. It can be especially stressful senior year when there is a specific time to make sure everything is set for that walk across the stage.

The guidance counselors, Alicia Curry, Sheryl Scott, Susan Benton, and Rebecca Learner, split up the student body between the four of them and help their designated group of students with taking the next step to college. The job of a guidance counselor does a lot more than just scheduling classes and helping people with college though, especially with a school as large as Loy Norrix. These four women have a ton on their plate.

It's true that sometimes it can take a while to make an appointment. It's also true that it can be stressful and frustrating when they don't get back to you right away.

"If it's hard to reach me, I want to know," Scott said, "Bug me, resend e-mail. I want to make sure that you're heard."

Guidance counseling calls for



Sheryl Scott finishes some work during third hour. Scott works on changing student schedules. **Photo Credit / Sophia Boismier**

individual and academic advising, transcript and graduation audits, helping with college applications, and so much more that would fill up the whole page.

"[There is] a lot to do with paper work and administrative duties that take up a lot of time," Scott said. "Bottom line, work that takes away from time with students."

Administrative duties that deal with signing papers, getting things organized, and clerical duties.

"A lot of work is highly confidential so it's hard to give specific examples," Scott said.

Making an appointment is tricky because so many people want to get an appointment with them. At the beginning of November, the secretary, Gracie Coston, at the guidance office said that Alicia Curry was booked all the way until December 5th.

Dealing with problems left and right, Scott recaps the best part of her job that makes all of the work worth it.

"Watching student growth, from going from freshman to senior because there's a lot of people that start rough and end up succeeding," said Scott.

A really good way to reach them would be by e-mail, or just make an appointment. It's nothing personal if they don't answer right away because for a guidance counselor, there are so many things to do and not enough hours in the day.

**SEXUAL HEALTH FROM PAGE 2**

Teens can make appointments online or over the phone, keeping in mind that some STIs take from 2 weeks (Chlamydia and Gonorrhea) to a few months to produce accurate test results.

So, it's clear that there is nothing stopping teenagers who make the decision to have sex from doing it safely, and this is something that should be at the top of everyone's mind whenever they choose to have sex.

Labadie, Choker, and Benson encourage students to use sources like CDC.gov, PlannedParenthood.com, family doctors and clinics to get any information they may need about sexual health.

In terms of quick advice to ensure safety and prevention, Labadie suggests to always use protection, limit the number of partners, and make sure that you're in a trusting relationship with any partner that you're involved with.

"Sexual Health is a very important thing to be aware of. Making the choice to have sex is not a bad thing, but you have to protect yourself to enjoy it," said Benson.

*Front page:* Felipe Santos-Souto takes part in painting the rock in support of Ferguson. His and his friends' efforts were masked by the repainting of the rock with a white-supremacist symbol.

**TENSION FROM FRONT PAGE**

The rock remained in the middle of the parking lot until it was moved back by a student who wishes to remain unnamed to its original location. There are marks which still remain on the ground, tracing the 100 or so feet that the rock had to be moved.

When asked if any information was found on who moved and painted the rock, Principal Rodney Prewitt said, "Yes, we turned all information over to the law enforcement agency."

When the rock was initially moved and repainted with the white power symbol, seniors Olivia Stier and Daisy McLaughlin decided to create a Facebook page called Loy Norrix for Justice, which now has 312 members. "We knew that it wasn't just us out there who were mad about this. We knew that there was a bigger community in Loy Norrix that was really outraged that probably needed other sources or outlets to talk about this kind of stuff," Stier explained. The page is described as "... a community whose goal is to inform, organize, and take action against injustices that happen in our community and in our world." So far, this "action" has consisted of an organized "Die- In." The information is a strong suit of the group, with regular posts about local protests, including the rally in downtown Kalamazoo on

December 5th and the Kalamazoo Central protest on December 8th. In regards to his thoughts on student response, specifically Loy Norrix for Justice, principal Prewitt said, "I support all student activities as long as they are peaceful, and do not interfere with the educational process, and infringe on the rights of others. Some of our main goals here are to increase student achievement, provide a safe environment, and to have a positive educational experience. As you know, everyone does not support the same cause in every aspect of life so that is why we promote the goals mentioned."

If anything, painting the rock with the white supremacy symbol has raised more awareness of racial issues. The attention and unity this has drawn has brought hope to the community of Loy Norrix.

"It definitely opened up eyes to the kids who thought that racism didn't exist in Kalamazoo, and that's why I think it's really important," Stier said. "They need to continue to have their eyes open that these things are literally everywhere in the school, in your workplace, on the sidewalk. It's everywhere."



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# TEACHERS ARE PEOPLE TOO

## CLAUDIA WITT SHARES ASPECTS OF HER PERSONAL LIFE

LindyMoored



Claudia Witt packs her school bag with papers to grade when she gets home. On this particular day, Wit was preparing to attend a department meeting after school before she heads home. **Photo Credit / Lindy Moored**



**Above:** Witt spent three weeks this past summer taking a class that toured around Pictured Rocks in Michigan's Upper Peninsula.



**Left:** Witt poses with her dog, Luna. This photo is being used for her 2014 Christmas cards.

**Below:** Witt poses with some of her high school friends during their senior year.



**Far Right:** Witt took a class through Michigan Tech this past summer titled "Geology of Utah's National Parks." She measures her hand compared to a dinosaur footprint.



**Above:** Witt is very close to her immediate family and she misses being close to them since she moved to Kalamazoo.

All photos provided by Claudia Witt

"Oh my gosh that's my teacher!"

One might say this if they saw an educator outside the walls of Loy Norrix.

"I saw Mr. Kitzman at Carrabba's a while ago with his family. He was waving at me and I didn't know if I should go say hi or what I should do because we weren't in the school setting. It was weird," said senior Autumn Ackerson.

It is a difficult thing to comprehend that yes, teachers have personal lives too. They go through busy weekends, heartbreak, and have unique aspects to their lives other than academics and providing knowledge to their students.

Students exit the building when the school day is over but teachers often stay in classrooms to get work done. When the grading is finished and lesson plans are completed, our educators escape the world of LN to tend to their personal lives.

"This school year has been a huge lifestyle change for me because I have more free time than I've had in the past," said science teacher Claudia Witt.

Depending on the day, Witt doesn't leave Norrix until at least 3:30. Working extra after the bell rings at 2:20, she then goes home to do more work for her classes.

"I don't like to sit on a bunch of work. If I give my students homework everyday, I should be getting things done too. I go home and grade papers while watching TV and prep for the next day," said Witt.

When Witt leaves Loy Norrix she goes home to her boyfriend and rescued black lab, Luna.

In past years, Witt has had a much more busy schedule than her current one. She used to teach swimming lessons and would meet with the Kalamazoo Central AP Chemistry teacher throughout the week, all while earning her Master's degree from Michigan Technological University. She is finishing up her Master's program and now has time to do other things this school year.

"I've been trying to cook more since I bought my first house this year. After dinner I watch the Red Wings and I also try to workout during the week. I go over to my cousin's house a lot to have dinner with their family," said Witt.

Losing her mother during her first year at Central Michigan University

inspired Witt to become an educator and positive mentor. Her mom's passing encouraged Witt to become a teacher, which led her to a lifestyle that combined a career and personal life.

Claudia Witt is a go-getter and likes to get things done right away. She has always lived a busy lifestyle dating back to her high school years.

"In high school I was super busy with marching band and swimming in the fall, and water polo in the spring. I had good friends and I was really involved. I always have to have something to do," said Witt.

Staying busy throughout her life has given Witt success from having goals and accomplishing them with her motivated personality.

"My greatest accomplishment most recently has been buying my first house and being financially stable. I pay for everything myself and I earned my Master's degree all by myself. I feel good about the fact that my car is paid off. The bank doesn't own it, it's mine," Witt said.

Being a teacher is such a large part of Witt's life because not only is teaching what she does during the day, but it's a part of her home life and personal life. The hardest part of having a career that impacts all aspects of her life is that she has the typical "always grading" teacher stereotype.

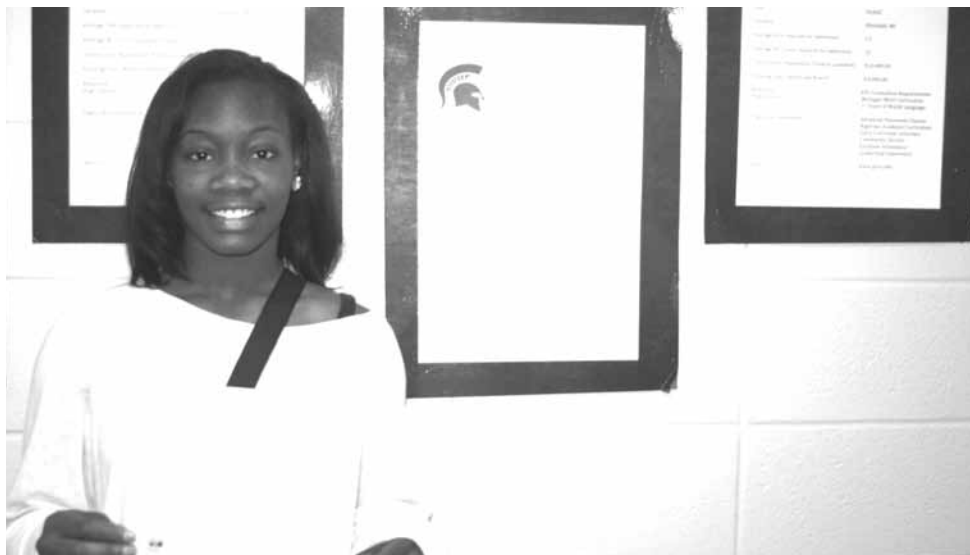
"My family comments on how I'm always grading. They say, 'Oh there's Claudia grading like always,'" said Witt.

Despite a less busy schedule, Witt still has things to do during the school week. On the weekends she tries to "chill and do nothing." Intentions of relaxing is overruled when she gets things done on her days away from Norrix.

"Once I start my day in the morning, I get going. When I'm teaching I'm focused on that and there's nothing else I'd rather be doing," said Witt.



# SENIORS AWAIT DECISIONS AS THE APPLICATION SEASON COMES TO A CLOSE



Senior Champagne Bennett shows her acceptance letter to Michigan State University. Many seniors are expecting their letters to come early December.

**Photo Credit / Lars Johnson**

Lars **Johnson**

Hands shaking and eyes wide, you carefully peel the envelope open, hoping with all of your might that the phrases “we regret to inform you,” or “we cannot offer you admission,” are nowhere to be found on the page within.

With application season nearly finished and many decisions already being delivered, the seniors of Loy Norrix are anxious, excited, fearful, and curious about what lies ahead.

For most college-bound students, the application process begins long before senior year. Keeping up grades and amassing a repertoire of

extracurricular is a pivotal step in the journey to getting acceptance to a university.

Beyond academic proficiency and other activities, one of the things students should give some thought to well before starting applications is where to apply. The Kalamazoo Promise has certainly lifted a burden from many students, but it is not the single determining factor to be considered when choosing a school.

“I am applying to U of M and Western because of their musical theater programs,” senior Autumn Dietrich said.

Anna Emenheiser, another senior, has applied to a diverse range of colleges, including Michigan State, Kalamazoo College, Hope College, and the University of Chicago. Emenheiser is interested in majoring in physics or engineering, and said that the quality of a school’s science program is an important factor to her.

“The size of the school was important to me, as well as how good their science programs are,” Emenheiser said.

While it is important to develop an idea of where you want to apply early on, the bulk of the application process takes place during the first half of senior year. The first part of most applications is a painless endeavor to get through, consisting of an array of questions regarding basic information, academics, interests and intended majors and extracurricular activities. The majority of an applicant’s time and energy is spent writing a flawless set of responses to the various essay prompts posed by each college.

Ranging from the generic, “Why do you want to come to this school?” to the one of the University of Chicago’s infamous essays “So where is Waldo, really?” the prompts can be tricky to approach, especially considering they are the best opportunity to sell yourself to a college on a personal level.

“The essays were the hardest part,” Dietrich said. “I wanted them to be perfect, and it took me a while to get

ideas.”

In addition to the basic application, students must submit a few other supplemental materials to colleges. Among these are standardized test scores, transcripts, and letters of recommendation from teachers or other adult mentors.

“[Applications] are very stressful,” Dietrich said, “to top off the huge list of things I need to do for them, keeping up with homework and extracurriculars is overwhelming.”

With many colleges becoming more and more selective, the application process can easily become distressing. For example, the University of Michigan’s acceptance rate has gradually fallen over the years, and now lies at just over 32 percent. As natural as this feeling of stress can be among seniors, there are ways to alleviate the pressure.

“Start early,” Emenheiser said when asked for any tips she had, “If you have Common App schools, then start the essays over the summer.”

“I am ready for everything to be over,” Dietrich said, “I am very excited for what is coming, and even if I don’t get in, there are a lot of opportunities out there.”

As grueling as applying to colleges can be, the sweet satisfaction of reading a congratulatory acceptance letter makes it all worthwhile.

# LINK CREW RISES OR FALLS: IT’S UP TO US

Felippe **Santos**

When you walk into Norrix for the first time as a freshman, it can be pretty intimidating. Over a thousand kids sharing the halls with you, some of them preparing to enter the real world as young adults, you still have 3 years before you have to take the ACT. That is why for the last two years, every freshman has been assigned a Link Crew Leader, an upperclassman who fills the role of a student mentor.

However, from last year to this year, many changes have been made to the Link Crew program, which leaves some of us wondering if Link Crew is a program that works.

Link Crew was started at Norrix during the 2013-2014 school year, so the sophomores this year were the first ones to experience the program.

“I didn’t like it,” sophomore Olivia Mears said. “It didn’t feel like it was accomplishing its initial purpose of helping us through freshman year.”

Boomerang Project, the association which created the Link Crew program,



The 2014-2015 Link Leaders lead the class of 1964 around the school grounds for their 50 year class reunion. Link Crew has taken up a leadership role for the whole school, not just the freshmen. **Photo Credit / Lindy Moored**

has a web site that lists the four things that contribute to Link Crew’s success; orientation, academic follow ups, social follow ups and leader initiated contact.

This year’s freshman orientation was a great example of what’s missing in our Link program. Out of the 500 plus freshman that are currently attending Loy Norrix, only about half

of them attended the orientation.

There is no one person to blame for this. Link Crew orientation is in the summer and isn’t mandatory, but one of the key steps to a successful Link Crew program is the orientation. If half of the students aren’t made aware, how could anyone expect the Link Crew Leaders to efficiently follow

up on students both academically and socially?

Another huge factor in the success or failure of our Link Crew program is the attitude of freshman and Link Leaders. The only way positive change can happen is if all the students and faculty involved have a positive outlook. The head of the Link Crew, Angela Laginess, has only high hopes.

“We’ve expanded the number of things we do,” Laginess said. “The implementation of the [Link Crew] class has really helped because we are able to get so much done during the class that we wouldn’t get done normally.”

The class wasn’t the only thing new to this year’s game plan. Link Crew organized the Cocoa and Cram among many other events for freshman throughout the school year. Another thing added to Link Crew’s responsibilities is the Link Alert. Similar to a referral, the Link Alerts are used if a teacher is having trouble

**SEE LINK CREW PAGE 8**

# STAY STRESS FREE DURING YOUR DAY

Breonna Burnside

Simple things in our daily routines can create stress. Being a teenager can be stressful whether it's from school, a job or any type of relationship. Often people deal with stress in unhealthy ways, which can cause more stress to build up. Dealing with the buildup of stress the wrong way can make a day or week complicated. Here are some ways that can be helpful when it comes to dealing with stress:

Photo Credit / Breonna Burnside



"I listen to music when I am stressed because it's a time for me to zone out and just relax," said Junior Jasmine Brooks.



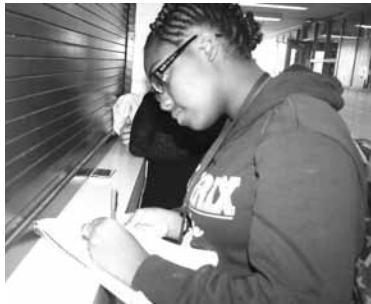
"When I am stressed I find a quiet place to relax. At school I go to the library," said Junior Kaila Starks.



"I exercise because when I'm stressed it takes my mind off of things and is an enjoyable and healthy way to past time," said Senior Jerrel Lipsey.



"I talk to someone when I'm stressed and need advice on how to deal with what's going on," said Junior JeNessa Boggan.



"When I'm stressed I write because it's a time where I can be myself through my words," said Junior Savonna Rush.

**1. Music-** whether it's your favorite a random song on the radio, music is a way to deal with stress. Calm songs can be helpful because calm songs relax you. Calm music can have a good effect on our physiological functions. It slows the pulse, lowers blood pressure, and decreases the amount of stress hormones. Try making a playlist on your phone for when you are stressed.

**2. Relax-** find a calm place to take a break. If it's at school, ask the teacher to step outside the classroom. If you're at home or somewhere more private, you can do things like read, write, meditate or even just watch one of your favorite movies. Taking your mind off what is bothering you will lower your stress level and will give you time to figure out a solution for whatever is stressing you out.

**3. Exercise-** working out is a great way to relieve stress. It can be as simple as going for a walk, a jog or a trip to the gym. Exercise also distracts your mind from the stress and focuses on your body's movements, improves your mood and helps the stress go away. Exercise increases the stream of oxygen in and out of your body. It also increases your brain's making of endorphins.

**4. Talk to someone-** telling someone what is going on can help. The person that you choose to confide in may help find a solution for how you can make things less stressful. Having a special person that you can go to when you need help or advice is positive! Try talking to a friend, teacher or your guidance counselor. Talking to someone can make your day better.

**5. Pick up a hobby-** whenever you start feeling stressed, do something that you have great interest in. It could be drawing, writing, reading or shopping. Do something that you like to do and something that makes you happy. Even if it's something you are doing alone, time by yourself can be very beneficial.

## The Kalamazoo Promise

**The Kalamazoo Promise is better than ever!**  
We have expanded to include 15 private colleges in partnership with the Michigan Colleges Alliance.  
We still continue to offer scholarships at 15 public universities in Michigan, as well as 28 community colleges.



### Colleges

Alpena Community College  
Bay de Noc Community College  
Delta College  
Glen Oaks Community College  
Gogebic Community College  
Grand Rapids Community College  
Henry Ford Community College  
Jackson Community College  
Kalamazoo Valley Community College  
Kellogg Community College  
Kirtland Community College

Lake Michigan College  
Lansing Community College  
Macomb Community College  
Mid Michigan Community College  
Monroe County Community College  
Mott Community College  
Muskegon Community College  
North Central Michigan College  
Northwestern Michigan College  
Great Lakes Maritime College  
Oakland Community College

Schoolcraft College  
Southwestern Michigan College  
St. Clair County Community College  
Washtenaw Community College  
Wayne County Community College  
West Shore Community College

### Universities

Central Michigan University  
Eastern Michigan University  
Ferris State University  
Kendall College of Art & Design  
Grand Valley State University  
Lake Superior State University  
Michigan State University  
Michigan Technological University  
Northern Michigan University  
Oakland University  
Saginaw Valley State University  
University of Michigan  
Wayne State University  
Western Michigan University

### Michigan Colleges Alliance

Adrian College  
Albion College  
Alma College  
Andrews University  
Aquinas College  
Calvin College  
Hillsdale College  
Hope College  
Kalamazoo College  
Madonna University  
Marygrove College  
Olivet College  
Siena Heights University  
Spring Arbor University  
University of Detroit Mercy

see **Bob Jorth** with questions:

appointment in guidance  
(269) 337-0037  
bjorth@kalamazoopromise.com

# GRADES DIP WHEN FLU SEASON HITS

Katie Srodes

How could you possibly focus on the test in front of you when all you can hear is the sniffing of the person sitting behind you? Of course, there's not much they can do to stop it because it's a constant fountain of snot, but they just really needed to come to school and take that test, and they didn't want to get too many absences or else they wouldn't get credit for the class.

Staying healthy, or the struggle to, is something students battle with every year during the wretched "flu season."

School and work are where people are packed together, and all their germs combine. However, some are more lucky than others.

"I just have an Iron Man immune system," said senior Iyana Williams.

After being a vegetarian for a year, Williams speaks of vegetarianism as a healthier way of living. She says that she avoids becoming ill by eating fresh foods, soy products and staying away from meat. Williams says that being a vegetarian is not so hard with delicious soy products like fake chicken nuggets.

"It's harder in terms of holidays because everyone is asking, 'Why aren't you eating anything?'" said Williams.

Thanksgiving and other winter holidays are known for the good eats, and it would definitely confuse people when you turn down the heaping plates of homemade food.

With the holidays come illnesses.



Brooks Esienbise giggles as she eats her kale chips. Esienbise stays as healthy as possible during flu season. **Photo Credit / Katie Srodes**

The weather turns cold and maybe somehow you forget (or disregard) your parents' warnings to wear a coat, and the sniffles begin to turn to coughs with less sleep and pretty soon everyone has it and the flu is in full effect.

Many students stick to the technique of crossing their fingers during flu season and hoping their friends don't get sick. If worse comes to worst, or their parents suggest it, students get the little poke that sends

away all their troubles, the flu shot.

According to the Center for Disease Control Prevention (CDC), the number of people who have had this year's seasonal flu virus is low; however, it is expected to dramatically increase within the next few weeks. A common misconception is that getting a flu shot will give you the flu, which it will not. The flu shot, however, does have certain circumstances that can cause severe allergic reactions, low grade

fevers and aches.

"Flu shots are incubated in egg, so I actually can't take the flu shot," said junior Brooks Esienbise.

Esienbise is allergic to eggs, so she has to watch her diet carefully and considers herself healthier than most. Although sometimes lacking protein, Esienbise can't have the simple guilty pleasures of eating things like doughnuts because they are made with eggs, so whenever she is in the mood for something sweet, she has to make it herself. Admitting to slight laziness, the effort is not always worth it, so Esienbise usually ends up eating healthy instead.

"I can just expect to get the flu at least once every two years," said Esienbise.

There are different strains of the flu that arise every flu season, and although some people may be immune to one strand, there are always new ways influenza will find around vaccines.

If by sad chance you get the flu, the best ways to get rid of it are to stay home and away from others and wash your hands very often. The CDC provides a lot of information on the flu and different tips to stay healthy.

"[In] most cases, you should stay home and avoid contact with other people except to get medical care," said the CDC.

## GOING OUT TO EAT

Rachel Wheat

Being in high school often means stopping at McDonalds or Taco Bell to get lunch or dinner. Most students cannot afford to go to a fancy sit down dinner or a four course meal while working a minimum wage job or not working at all.

Eating out is often a very prevalent part of a student's life, but it's often not the most healthy way of eating. Young people chose convenience by stopping at T-bell for happy hour and getting a McChicken at McDonalds.

"Taco Bell is so good and it's cheap, and I'm broke so it's affordable," said Sabrina Nieves.

Fast foods are chock-full of sodium and fat and sugar. By going to local and unfortunately more expensive restaurants you are able to have a significantly more healthy meal.

"I like eating out at nice restaurants, but that's not realistic being seventeen years old," said senior

Autumn Ackerson.

Lack of money and time for students draw attention toward fast food and away from chain restaurants.

Being a high school student or an adolescent promotes unhealthy eating which often leads to lowered immune system and eventually sickness.

According to livestrong.com "Teens with bad eating habits are more likely to suffer from obesity, fatigue, nutrient deficiencies and poor cognitive and physical performance at school."

This not only creates a negative impact on the student in the present it also can create future problems.

According to Medical Daily, "These teens were also more likely to consume fast food two or more times per week and less likely to eat healthy food including fruits and vegetables."

With these factors, how are students supposed to eat healthy? One resolution that could help students eat healthier and save money is to be



Sabrina Nieves sits in the cafeteria with her packed lunch. Packing your lunch is healthier and can save money. **Photo Credit / Rachel Wheat**

prepared. Pack a lunch if you know you are staying after school. Think ahead and be prepared.

At this time in our life it is really

crucial to eat healthy and keep a balanced diet. This is sometimes hard to achieve, but students need to be prepared.

# THE RISE OF FEMINISM: LOY NORRIX REFLECTS ON GENDER EQUALITY

Hannah **Stempky**

On September 20, 2014, United Nations (UN) Goodwill Ambassador and adored Hollywood actress, Emma Watson launched a feminist campaign known as “HeForShe.” In this announcement, she vocalized her concern for gender equality and the need for both genders -- not just females, to support the feminist movement. Social media blew up after this speech, informing men and women of younger generations about what they can do to support feminism.

“HeForShe” is a large-scale campaign for feminism, but on a smaller scope, students and teachers of Loy Norrix are just as active in the movement advocating for feminism right here in Kalamazoo.

“When I was in high school, I didn’t ever identify as a feminist,” said English teacher and yearbook adviser Brianna English.

Despite growing support for the movement now, the old stereotypes of feminism still exist.

“People are afraid to identify themselves as feminists because of the negative connotation,” English said.

Today, English proudly considers herself a feminist and openly supports the cause, regardless of the assumptions that the movement is misandristic or “man-hating.”

The feminist movement today focuses on issues regarding women’s reproductive rights, access to birth control, equal pay opportunities, and abolishing the harmful idea of gender roles, and supporting other equality movements.

“Intersectionality is really important in feminism,” English said. “It brings up issues of any kind of discrimination and addresses them. It definitely helps with traditional gender roles that males are ascribed to as well, so no one has to feel like they are put into those boxes.”

“As someone who dresses very girly, I know that some people won’t take me seriously and it’s problematic,” English said.

Feminism created the basis of abolishing all double standards between genders, giving everyone the ability to represent themselves.

Double standards between men and women exist everywhere. While it is considered appropriate for a man to not wear a shirt at the beach or in casual settings, for women it is considered public nudity



Junior Allie Kissler and teacher Brianna English discuss the values of feminism and gender equality. Both consider themselves proud feminists. **Photo Credit / Hannah Stempky**

and therefore unacceptable. Another example would be while women are able and expected to wear makeup, men wearing makeup are considered to be less masculine.

Although these standards have become culturally ingrained in our society, feminists believe it is no excuse for the sexualization of a woman's body and the contrasting requirements for beauty between genders.

“Becoming a part of the feminist movement at a young age can help women recognize sexism and put an end to it in their own way.” Sophomore Sophie Derango continued, “Feminism makes a lot of sense to me.”

As addressed in Watson’s UN speech, feminism is not just for women. Although the feminist movement is primarily geared towards women, men play an important role in its progression.

“Hopefully [men] can build a deep-rooted respect for women through the feminist movement, and use their privilege to end sexist oppression,” Derango said.

Though negative connotations that may be attached to feminism still exist, the movement still needs support from both genders in order for women to achieve total equality.

“A lot of people, men or women, will think women are below men,” senior Gabe Wikle said. “Less of us men realize there is a power structure put into place that makes life as a woman harder than a man, and until they realize that and challenge their own privilege and actively talk about it, it’s going to remain a problem.”

With spotlights on women like Miley Cyrus because of the revealing clothing she wears while performing, society is perpetuating discrimination against women.

The way many women want to express and represent themselves is more discussed than achievements in their careers. In comparison, male celebrities gain attention through their achievements and their career progression.

“We still live in a culture that minimizes female accomplishment, making some feel less than human and instead, [like] sexual objects,” Wikle said.

In today’s culture, many women feel the pressure of perfecting their appearance more than striving for success in careers and education. Such ideals continue the gender roles which assume men will be the breadwinners of the family, while women stay at home and take care of the kids.

“Women are steered towards certain careers, away from science, engineering, and physics, and when they do get in that field, it’s harder for them to get a job; it’s harder for them to be respected,” said Wikle.

The movement today looks to those like Emma Watson who are using their visibility to advocate for the cause. It is important to bring more people to understand feminism, although public figures should not be the only reason for its advancement.

“To abolish all the misconceptions of how women are supposed to act, it’s so important for everyone to get involved,” Wikle said.

## LINK CREW FROM PAGE 5

with a freshman. The teacher would then fill out a form and give it to Ms. Laginess, who in turn gives it to the respective leader. Then the leader is sent to talk with the student who is in need of guidance.

“We’ve had a lot of great turnarounds with students who’ve gotten those Link Alerts,” said Laginess.

Regarding the lack of attendance at the orientation, there are always difficulties when trying to get hundreds of people in one place. Because of the construction in the school over the summer, it was very difficult for Link Crew to host their orientation, so the fact that not all of the students showed up was a blessing in disguise; there would have been no room for all of them. However, steps regarding next year’s orientation have already been taken, and the new plan will not only benefit Link Crew, but it will hopefully relieve some of the stress on administration and freshman as well.

“Our goal is to not only make orientation mandatory, but also to roll in registration as well,” said Laginess.

“So make it an all day event where they do the Link Crew orientation in the morning, we would provide lunch for them, like a barbeque with their Link Leaders, and then after that they can get their registration, get their I.D.s and get a tour of the school.”

The point of Link Crew is to help incoming freshman become more involved in the school community, as well as to help them be successful in their first year of high school. A lot of people, including myself, were unaware of all of the good work Link Crew is doing, and that is where the community aspect of the program comes into play. How can we expect freshman to be involved if the rest of our student body has no idea what good is being done? On average it takes most Link Crew programs five years to become embedded in the everyday routine at a school, and our program is on its way. But for it to be truly successful, we as a school have to be as invested in the success of our freshman as our Link Crew Leaders are.

# BIMBO'S STAYS STRONG AFTER 55 YEARS

Drew Pawloski

When you walk into Bimbo's Pizza you are greeted by an employee and blown away by the great smells of thin crust pizza, many ingredients and mozzarella cheese. The current owners of Bimbo's Pizza are Ron and Sue Smilanich. Ron and Sue's son

Matt, and his wife Gayle will be the 3rd generation to operate Bimbo's. Before then the owner was Robert Smilanich who came from Chisholm Minnesota.

Thinking someone from Minnesota wouldn't be into the pizza business, Robert Smilanich was introduced into the pizza business by a Greek friend

of his. Smilanich got into the pizza making business by accident; in the 1960's pizza was something new. Pizza was thought to be taking place of the hamburger and kids began to adapt to the great flavors Bimbo's served up.

The name "Bimbo's" came from his brother-in-law. His nickname was

Bimbo.

Bimbo's has been in Kalamazoo since 1959 and is still producing hot pies left and right. Bimbo's offers 17 tasty types of ingredients for pizza including ham, beef, shrimp, anchovies, banana peppers, bacon, pineapple, chicken and jalapeno peppers.

Spencer Welsh a senior at Loy Norrix has been to Bimbo's with his family multiple times. His favorite pizza from Bimbo's is the House Special, which comes with pepperoni, beef, mushrooms, green pepper, onion, cheese, and sausage.

"It has all of my favorite ingredients, and I love thin crust pizza," said Spencer Welsh.

Bimbo's is located on E. Michigan Ave. in downtown Kalamazoo. Having a restaurant in a downtown environment has a big effect on business. Being downtown draws in many people from out of town due to events at Arcadia, Art Hop, parades, and other local events that happen in downtown Kalamazoo.

Even though Bimbo's has only been there since 1959 the building on the other hand has been there since 1873.

"The food and ingredients are the same," said Ken Dahlka who has been going to Bimbo's since they have opened up. "I remember coming down to Bimbos in the 1970's and it brings back great memories." Bimbo's has been the same since 1959, their plan is to stay that way and keep it simple.

The old architecture and exposed brick inside the building makes it feel like nothing has ever changed, which is true. The process of making all the ingredients has been the same since 1959, with only adding more toppings to the menu and cheese bread.

Manager Mike Rappleye who has been working at Bimbo's for 9 years loves his job and its not just because he gets free pizza.

"The main reason why I like my job so much is because of the people," said Rappleye. Rappleye works almost everyday and sees similar faces due to people who come in on a regular basis.

"It gives me warm feeling when people order food and ask for me to make their pizza," said Rappleye.

Bimbo's is a small business that thrives to keep making people happy. On December 20th Bimbo's will be having their 55th anniversary. This means that the pizzas that you order will be 55 percent off, but you would have to dine in to get the discount.

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# BALANCING RELATIONSHIPS AND FRIENDSHIPS

Taylor**Timmerman**

## I'M “IN LIKE” WITH YOU



Hannah Muscara and Aaron Eshleman take silly pictures before the prom of 2014. They have been dating since two months before prom. **Photo Credit / Jessie Fales**

There are many different types of romantic relationships you can find students involved in at Loy Norrix. There are obnoxious couples who make out in between every class period acting like they won't see each other ever again. On the other side, there are couples that are realistic and realize they probably won't last past high school. However, all high school relationships are different.

Senior Hannah Muscara has been in a relationship with senior, Aaron Eshleman, for eight months. You would think that being this far into a relationship they would be in love. False, they do not love each other but they definitely like each other.

Muscara and Eshleman only hang out about once a week and prefer to hang out with their friends more often.

Neither Muscara or Eshleman take their relationship extremely seriously.

“High school relationships are fun, but you should focus on the present and not the future,” Muscara said.

Many girls depend on romantic relationships to help increase their own confidence level, but not Muscara. She is emotionally stable and she feels bad for students who believe they need to be in a relationship all the time.

“Teenagers act like you need to be in a relationship 24/7 in order to be happy, learn to be happy with yourself,” Muscara said.

## I'M IN LOVE WITH YOU



Leverton and Williams had third hour together for first tri. They enjoyed walking to fourth hour together. **Photo Credit / Taylor Timmerman**

A boyfriend will dislike it if his girlfriend stops hanging out with her friends to spend more time with him, social anxiety support website states. The boyfriend may feel uncomfortable because he feels that his girlfriend is too dependent on him.

For juniors Ethan Leverton and Hali Williams, this is not the case. They have been dating for almost two years and Williams usually doesn't hang out with her friends. She will either spend time alone, with her boyfriend, or hang out with him and his group of friends. Jefferson doesn't mind because he enjoys bringing her around his friends.

In the beginning of their relationship, Williams' friends confronted her about how she wasn't hanging out with them as much anymore.

“When you first get into a relationship, you get super excited and you just want to be with that person all the time,” Williams said.

Don't get Williams wrong though, she loves her friends and her friends love her. Her friends just have very busy lives, and it didn't work out when Williams added Leverton into her schedule.

Leverton and Williams hang out on average about three times a week, and at least once a week they hang out with Jefferson's group of friends.

Even though they love each other, they are not planning their futures so they can be together.

“I don't want us to have to plan our lives around each other because that isn't fair,” Williams said.

## SHE SOLD ALL HER MAGIC BEANS

In the children's story “Jack and the Beanstalk,” Jack trades his cow that is going to give his family money for some magic beans that a man gave Jack. In the beginning of the story, Jack is happy when he's climbing up the beanstalk. It isn't until the giant tries to kill him that he realizes it was a bad idea to trade the cow for these beans. When Jack gets back to the cottage, he cuts down the beanstalk and kills the giant in the process. Then Jack and his mother are rich and live happily ever after.

When Jack trades the cow for beans, he thinks that will make him happy.

Loy Norrix Senior Jasmine VanLoo traded all of her friends and family to hang out with her boyfriend.

“In the beginning, you're in the honeymoon phase. You tend to only want [to] be with them. So instead of being with your friends and family, you use all of your attention on your boyfriend or girlfriend.” VanLoo said.

VanLoo talked about how in the first two months of her relationship, she realized that she was ditching all of her loved ones for her boyfriend but still continued to ditch them anyways.

“When I got out of my honeymoon phase, I felt so disappointed in myself for cutting off great people in my life. Not to say my boyfriend isn't a great boyfriend, I love him deeply, but I was naive to think it was okay to put our relationship in front of everything else,” VanLoo said.

VanLoo has been dating her boyfriend for almost three years, so she is out of the honeymoon phase and now does a very good job balancing time to hang out with friends, family and her boyfriend.

It wasn't always easy. VanLoo would run into conflicts when her boyfriend had the same lunch as her and her friends. She would alternate days that she would sit with him and with her friends.

“I felt like a rag doll. Some days I wouldn't even go to the lunchroom because I felt so bad about choosing who to sit with that day,” VanLoo said.

Once VanLoo was completely out of the honeymoon phase, she realized how disrespectful had been towards her family and friends. Despite how many times VanLoo ditched her friends, those who stuck with her have a stronger bond with VanLoo now.



VanLoo's friends who stuck by her side gather around her. She is glad she can sit with her friends during lunch. **Photo Credit / America Edwards**

## GIRLFRIEND VS. BEST FRIEND



GK Wells is snapchatting his girlfriend in school. Right now she's his best friend on Snapchat. **Photo Credit / Taylor Timmerman**

Loy Norrix Junior GK Wells has been dating his girlfriend from Portage Northern, Nikki Sorkorman, for roughly four months. Sometimes they run into complications because she cares about little stuff more than he does.

Wells had a different girl listed as “best friend” on Snapchat and Sorkorman complained that she didn't appreciate his “best friend” on Snapchat being another girl and she wanted to be listed as his “best friend.” A best friend means that they have sent many snaps to each other over a certain period of time.

Wells stopped Snapchatting the other girl to please his girlfriend. Even though he respects his girlfriend, Wells doesn't understand why Sorkorman made it such a big deal about having a different girl as his “best friend” on Snapchat.

“I don't care what she does, but she cares what I do,” Wells said.

Although the couple disagrees on certain topics, they love each other. Sorkorman only worries on occasion because she cares about him.

## THE HUMAN CONDITION

For those of you who do not know the simplest rule of the Girl Code, it states that a girl is never in any circumstance allowed to date a friend's ex. Dating your friend's ex could lead to some complications along the road.

Girl Code is meant for petty teenagers, not for adults in their thirties. Girl Code ends when your maturity level increases, for some ex

girlfriends, these rules never die.

Loy Norrix English teacher and Knight Life advisor, Tisha Pankop, married one of her best friend's ex boyfriends, Chris Corrion, and they have been married now for five years.

Corrion and the old friend dated for two and a half years. Four years after they broke up, Pankop and Corrion started dating. Meanwhile, the old friend got engaged to be married



in the spring and invited a group of her friends, including Pankop and Corrion, to stay the weekend at a house in South Haven. The plan was to enjoy breakfast all together the morning after the wedding.

Prior to Pankop and Corrion being invited to the wedding, the ex knew that they were dating and seemed to be supportive of their relationship. It wasn't until the new couple agreed to stay at the house with everybody that the soon to be bride uninvited Pankop from attending her wedding.

“I think suddenly she pictured us as a couple at her wedding and she couldn't deal with that,” Pankop said.

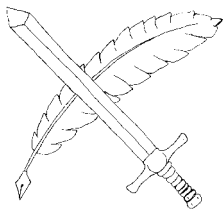
Pankop explained how hurt she was to be uninvited from her close friend's wedding because of jealousy.

When a few friends from the group got to the house and found out Pankop was uninvited and Corrion wasn't there, they decided to skip the breakfast after the wedding to visit Tisha and Chris who didn't attend the wedding.

After this incident, little things like her unfriending Pankop on facebook caused their friendship to completely end. They are still in the same group of friends; therefore, they still see each other periodically and act friendly to each other.

“We're kind and pleasant when we see each other, but I miss her as a friend,” Pankop continued, “Whether it's the medieval times, year 1950, or the 2000s people do not change. First grade crush, high school romance, it's jealousy, it's hurt feelings, its insecurity, it's the human condition.”

Pankop and Corrion stand in front of Niagara Falls right before they get married. **Photo Illustration**



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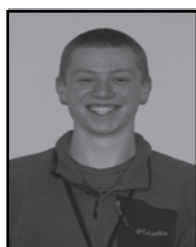
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# POINT: GENERALIZING THE IMPOVERISHED LEADS TO MISINFORMATION IN REGARDS TO MINIMUM WAGE



Ben Miller

A flood of angry, nasty words like stupid, bratty, whiny, entitled, and lazy have been used by a vast amount of conservatives to describe those who benefit from welfare, food stamps, or any other government programs designed to help those in poverty. A particularly sensitive example of a subject attacked with this kind of language is the question of raising minimum wage.

In researching reasons against raising the minimum wage, I have found countless articles with overwhelmingly negative, harmful language. This is the type of language my English and debate teachers would describe as fallacious. More specifically, this is the fallacy of ad hominem, which is to attack your opponent.

One of the harshest examples of this was an article headlined, "The Minimum Wage Delusion, and the Death of Common Sense." In this article found on Forbes, contributor James Dorn includes arguments presented through a blatant attack, saying "the belief that increasing minimum wage is socially beneficial is a delusion. It is short-sighted and ignores reality."

Is this the side of the debate you would put your trust in? Someone who relies on insults and angry words to get their point across? To be fair, this columnist does provide arguments to back his severe opinions. However, much like the evidence many others have used to oppose a raise in minimum wage, these facts were based on generalizations.

"Law of demand! If we give people more money, prices will go up!" This is an argument that has been used time and time again, and happens to be another fallacy I learned about in my debate class three years ago: hasty generalization. This is to ignore the

facts and details of a situation and to back your claims by looking at the vast, general concepts of a topic. Doing this could mean ignoring the needs of individuals, such as an impoverished person or family.

One thing someone who opposes minimum wage might forget to think about is who would benefit from a raise. Contrary to common belief, those who make minimum wage are not all teenagers. According to the United States Department of Labor, 88 percent of those who would benefit from a raise in minimum wage are age 20 or older.

Another fact that could potentially be ignored is how a small business would pay for this new raise in minimum wage, hence the "law of demand, mo' money mo' problems" argument. The Department of Labor also said that a June 2014 survey found that three out of five small business owners support a raise of minimum wage to \$10.10, and 58 percent say raising the minimum wage would increase consumer purchasing power.

Another harmful thing found in generalizations about what is best for the economy is how we improve one of our nation's largest problems: poverty. Professor of economics at the University of Massachusetts Arindrajit Dube published a paper on his studies which showed that raising the minimum wage by ten percent would reduce the number of people living in poverty by 2.4 percent. Furthermore, raising the minimum wage to \$10.10 would lift 4.6 million people out of poverty. Unfortunately, some people don't find this evidence to be good enough.

"Pick yourself up by your bootstraps and get yourself out of poverty!" Yet again, sensible arguments are met with harsh generalizations. It is

more difficult to get out of poverty than by simply picking yourself up by your bootstraps with hard work. On average, poor individuals have a one in three chance of escaping poverty in any given year, and roughly half of those who escape poverty will become poor again within five years according to urban.org.

The problems presented here get even harsher when looking at who this applies to. Urban.org also says that women and minorities have a much more difficult time escaping poverty. Considering that, according to CBS News, 55 percent of those who make minimum wage and 73 percent of those who depend on tips to make a living are women.

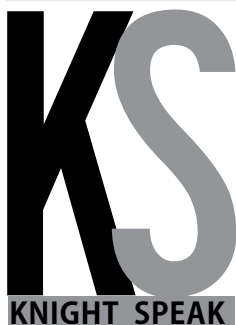
If that doesn't already make it clear that women and minorities



Illustration / Lori Umbanhowar

would greatly benefit from a raise in the minimum wage, here's another example. McDonald's, the go-to example of a company where workers make the minimum wage, hires more women and minorities than any other company.

This is why we shouldn't be so quick to generalize. When we think of people simply working their way out of poverty or how the law of demand applies to our economy, it's important to remember that these are real people we're talking about. Saying that those who have to live on minimum wage are lazy or spend their money wrong is just a lack of empathy for the circumstantially disadvantaged.



KNIGHT SPEAK

What will happen if the minimum wage is raised?



Sam Siegel, 12th grade

An action such as this would be an amazing step forward for America, but there would also be consequences.



Donovan Sarno, 11th grade

"A lot of people will be happier. Considering my mom is working on minimum wage, she would benefit from that."

# COUNTERPOINT: MINIMUM WAGE SHOULD NOT BE INCREASED



Carsten **Strand**

Students at Loy Norrix progressively hit personal milestones everyday. Your first car, getting accepted to college, graduating, your first time being legally employed. You're no longer babysitting for your older brother's kids, or mowing the lawn for the elderly lady next door, in hopes that they will pay you ten or fifteen bucks. This money was easily spent on candy, movie tickets, and video games when you were younger.

Now you have to worry about paying for gas, saving for college, or

be increased. This increase will take away from small businesses, and it will raise the unemployment rate.

Raising minimum wage takes business away from small businesses. If minimum wage were to be increased, it would draw resources and business from the stores of these small companies, who are able to function based on the fact that they can afford to pay their employees minimum wage. Some of these companies are right here in Kalamazoo, some are well known stores that have five to six employees.

The companies that would be able to pay their employees the increased minimum wage are the big corporations, not these small businesses that Kalamazoo is based on. Because these companies pay their employees minimum wage, and can have the rest of their money devoted to the running of their company. If

Suddenly, these employees that are demanding that minimum wage is increased at the expense of these small business owners, who worked hard to get their business to where it is. Not only is this taking away from the business owners, but it takes away from the community.

Everyone has seen the "Shop Local" signs around town. What if there were no more local shops, and all of your shopping was done at a giant chain store for everything you would ever need? This will be the reality that we face if we increased minimum wage.

The unemployment rate would rise if we were to raise minimum wage. Employers would suddenly need to make tough decisions in regards to who they really need working for them. This would mean the termination of people who were "non-essential" to the company. This means that people who are not managers or workers that have not been at the company for a good amount of time, will be cut. This means people who had just gotten a job at a company after searching for one for a while, will soon be religiously looking in the classified section of unwanted copies of the "Kalamazoo Gazette," posting flyers for a babysitter on the telephone pole outside of the public library, or spending entire days driving up and down the streets of Kalamazoo and Portage job hunting.

Unemployment has been down nationally consistently from 10.0 in December of 2009, to October of 2014, where it clocked in at 5.8 percent.

We can not set ourselves on a track to more unemployment. An argument was raised in the Knight Life staff debate about this exact topic that "If we raise minimum wage, people would have more spending money to pump back into the economy."

Minimum wage is NOT meant to be spent on things like expensive trips, movies, or other luxury items. It is meant to support yourself or your family. People need to realize that when they work for minimum wage, that all of their money needs to be used to help themselves meet basic needs, like food, water, a place to live. They cannot use the money they earn to buy themselves an expensive dress, or to buy a new BMW, or any other extravagant items that are just simply not possible in

**SEE MINIMUM WAGE PAGE 16**



**Illustration/ Lori Umbanhowar**

buying any of the other adult things that begin to pop up. Soon you will have to bring in a birth certificate, a social security number, and countless other documents so you can legally be employed. That means that you are going to have to start thinking about minimum wage. It's probably not a problem for you right now, but there are some people who have to live on \$8.50 per work hour, as this is the current minimum wage.

A vast majority of people are calling for an increase to minimum wage. While I personally think that it would have been nice to get a little more money out of my job at McDonald's that I worked at all summer, I still believe that minimum wage should not

minimum wage were to be increased, these companies would have to devote a much larger sum of money to the payment of their employees, which in time could lead to the collapse of these companies.

This leads to employers having to cut a majority of their workers, which would most likely be those with the least amount of experience, the youngest workers, the least skilled, or the people with a lowest education. Those are the people that minimum wage was created for, the people who have nowhere else to go, or nothing to do, because they made mistakes in their life at a young age, or they didn't work while they were in high school so that they could go to college.



Mari Toliver, 10th grade

"The common stuff like food would go up because if you raise minimum wage, you would have to raise other prices to balance it."



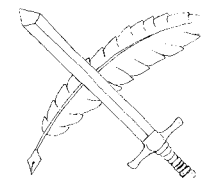
Christian Heintzelman, 11th grade

"It would make people want to get jobs because they don't want a job if [the wages] aren't high enough."



Maileen Bugnaski, 10th grade

"I think the economy will be better."



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# FAST FIFTY: HOW TO POORLY REPRIMAND MISCONDUCT



Clayton **Barker**

Snitches get stitches, right? That's the common phrase used by elementary kids all the way to grown adults.

Rightly so, as people might tell on someone for having drugs, weapons or participating in illegal activities based on what the narc presumes as right or wrong.

Where do you draw the line when it comes to telling on someone? Do you feel the need to turn someone in for having drugs on them even if it doesn't hurt or affect you in the least? Would you tell on someone if they have a weapon? Weapons, of course, are the real danger. The independent organization Kalamazoo Silent Observer is the program which places Fast Fifty into Kalamazoo Public Schools. Fast fifty is a simple concept. If you know someone has drugs or a weapon on them, you can turn them in anonymously for fifty dollars.

I for one am against this program. Having this program in Kalamazoo Public Schools is a bad thing. Fast Fifty introduces the prison institution into

our school.

A major problem with this program at Norrix involves the students who will be affected by it, which are the students who are involved with drugs. Yes, we know school isn't the place for drugs. Yet students at Norrix come from such a diverse culture, drugs aren't introduced to certain students as illegal. Also the consequences aren't drawn out clearly to these students who partake in illegal activities. This doesn't make drug use okay either, but these students who use drugs shouldn't be tossed into the legal system for usage; these students should instead receive therapy and immense help.

Putting at risk teens into this system will create greater chances of them going to prison. Throwing teenagers into the legal system at such a young age is also detrimental to their success and will leave a lasting impact their whole life.

You might not have a clear picture of prison; it is a horrible place. Teenagers in prison are subject to sexual assault. Prison has a first hand relation to mental diseases too, such as depression and anxiety. According to the New York Times article *Throwing Away Young People*; teenagers put into adult prisons also become thirty-six more times likely to commit suicide.

The one advantage to Fast Fifty is the safety of other students when it

comes to weapon usage in school.

But do I really care if my peer in first hour has weed on him? Not at all, I could care less what other people do as long as it doesn't hurt me. Seriously what do you get, besides money, for telling on someone? You could possibly ruin their lives by putting them into recidivism. The Daily News article *Sentencing and Jailing Teens as Adults Can Ruin Their Lives*; eighty percent of teens released after serving time in prison will continue to commit crime. So ask yourself, is prison a really effective deterrent of crime?

As children and growing adults, high school is the last place we have before we go into the real world. The choices you make in high school are some of the most important. Even in high school we can get put into the prison cycle. In some cases one decision you choose to make can put you into jail/prison.

You probably wonder how you could be put into a prison cycle while being so young. Fast Fifty would be one of the direct causes of this. Instead of actually solving the problem for which Fast Fifty is used for, we decide to put this student in the legal system. This student will now be labeled as bad for a long time, if not their whole life, when really they aren't bad they just made a bad choice. Now let's look at the cycle from the beginning.

One day this "bad" student decides to come to school with drugs on him, a bad choice, not person. They then proceed to get caught with drugs on them because of Fast Fifty. This drug offense could result in a MIP, minor in possession, or possibly jail time. This situation will now be on their record for the rest of their life. It will be hard for them to get into college or get a job. Fast Fifty is the base cause of illegal activities like prostitution and selling drugs for income because of the persons inability to further educate themselves or get a job. Eventually the person who got in trouble from Fast Fifty in high school will get caught doing illegal activities and get put back into jail or prison and the cycle repeats.

Fast Fifty is not the way to deal with troubled students, especially not by going behind their backs to tell on them for money. Getting to the heart of the problem is the way to deal with this, sort out differences, and look at cause and effect of their choices.

As a community we need a support system for students who live troubled lives. Let's raise them up and show them the right path to follow. Also, as a community and nation, we need to fix the broken neighborhoods and infuse them with love and inspiration to prevent weapon and drug use. Putting

SEE FAST FIFTY, PAGE 16

## LOY NORRIX PARKING LOT: WORSE THAN A SET FOR "DEATH RACE 2000"



Lori **Umbanhowar**

The final bell of the day rings releasing a hoard of teenagers into the halls and soon to the school parking lot. The long line of buses fills with a large majority of the students. Anyone else who parked behind the yellow wall of buses must now play Frogger to dodge distracted parents.

Engines rumble to life all around

now. Backing out of your spot, you follow every driver's training guideline and are perfectly in the clear not to hit anyone, but that does not win this race. People are perfectly willing to whip around your reversing car going a solid 40 mph for no apparent reason.

Lining up to get out of the parking lot? Forget it. It is a game of chicken in a bottle neck, passive aggressive and scary. People have no shame in just cutting line in front of every other driver and shooting out into traffic just to get stopped at the exact same light with everyone again.

In short, I hate driving to school. I know I am not the most perfect driver to ever grace this world, but I have no interest in participating in "Death Race

2000" in my mother's car every day.

I am the only line of defense for that poor black Nissan Sentra, and that really is not much. The poor thing is not a junker like the typical first car a teenager would have. So while I am driving around in a Fabergé egg my fellow students are whipping around like the transcontinental race just began.

I do not get why everyone races to leave school all at once. Between the number of people parked and the number of parents that show up, it has got to be impossible for all of them to leave before the buses. Five minutes is just not enough time for that.

What is the huge issue with waiting an extra five so traffic clears? Besides

having space to pull out, it will give you time to mosey to your car and leave at your own pace. Heck, you could hang out with your friends and chat for a little longer. There is no need to rush.

Okay, so I might be using a bit of hyperbole, but comparing the parking lot to a racing movie from 1975 is not that far off. Student drivers are as predictable and as cautious as fictitious racing villains.

Call me the resistance, but I am not okay with the state of the parking lot. Perhaps spreading awareness and leading by example will slowly change student behavior in the parking lot for the better.

# LE

LETTERS TO THE EDITOR

**Dear Editor,**

I read the article on the first page. It was good and interesting. May I please advise that next time you give more detail about what happened to Mike Mike. More detail about the shooting. For people that don't know, it will give them an idea of what happened.

Also, you mentioned 15 year olds

are being killers. You should give some background on that situation. Gang violence and what not. Overall I enjoyed reading about this.  
*Damian Harvey*  
Senior

**Dear Editor,**

In reading the article "Being An

Athletic team Captain Is An Art", it has inspired me as a JV football player to get good grades and to try and improve my skills. Knowing most of these captains myself you gave me a sense of how hard it can be to be a captain of a sport.

*John Mitchell*  
Freshman

# SOCIAL MEDIA ENABLES TEENS TO MAKE JOKES ABOUT EBOLA ACCEPTABLE



Audra **Penny**

Envision, you're walking into school early in the morning, feeling under the weather with what you know is just a cold. Your friends see you before class and ask if you're feeling alright. You answer saying, "Yeah I think I'm just getting a cold." Suddenly, out of left field, your friend makes a joke, saying, "Better hope it's not Ebola."

Although Ebola is actually a deadly virus infecting over four thousand people worldwide, teens, instead of helping inform others, mock the virus and the seriousness of it. The main source of this is quite simple, social media.

This disease was first discovered in African back in 1974, but this outbreak is the biggest outbreak, has social media contributing to the madness.

As helpful as social media can be for promoting awareness in these kinds of events, social media has caused Ebola rumors to take a turn for the worse. Although there are several Twitter accounts that will help followers gain the most up-to-date information about the people who have Ebola and where it is located, there are immature people running accounts such as @WAGGEA that mock Ebola, even though the disease has killed thousands of people in this outbreak.

@WAGGEA is one of these negative accounts on twitter which has over 8 thousand followers. This Twitter account pioneered the hashtag #waggea, meaning "We're All Gonna Get Ebola." @WAGGEA continues to give you scenarios of stupid activities that people can now do under the mindset that they are going to eventually die from Ebola.

"Just pantsed a cop #WereAllGonnaGetEbolaAnyways #waggea," @WAGGEA tweeted on October 19th.

This new hashtag gives people another excuse to really go out and make foolish decisions. You could say that this replaced YOLO from 2012.

As social media is making it socially acceptable to make "clever" and "humorous" jokes about Ebola, it has now come to a point where people are saying that no matter what kind of sickness they have, they might have Ebola. At Loy Norrix, there are countless examples of this being used in conversation.

"Everyone else is participating in the jokes so I feel I can," junior Alex Lutz said.

Lutz usually expresses his "jokes" when his friends around him are coughing, have a fever, or not feeling well because Ebola starts out with similar symptoms to many seasonal illnesses. Ebola's beginning symptoms include headaches, fevers, and body aches; more severe symptoms can include a rash, vomiting, and constant diarrhea. How this differs from just the common cold is that the vomiting can progress to puking blood or passing blood in their urine, along with blood coming out of their skin, eyes, or mouth.

Misinformation is also leading to unnecessary panic that is spreading faster than ever before due to people tweeting inaccurate information

about the spread of the disease. Due to social media spreading rumors in Iowa, the Department of Public Health was forced to issue a statement that dismissed the false account of Ebola being in the area.

"I don't necessarily think it's funny to joke about it, but it's almost just to show there's no fear in it," junior Tanner Franklin said.

Franklin, along with Lutz, actually uses Ebola as a noun to compare if others feel as bad as people with the disease might, since they're experiencing similar symptoms, albeit on a less-extreme scale. Franklin used the Ebola illness to compare how his sickness he had in late October was "nearly as bad" as Ebola.

What makes this so bad is that these actions are not only immature, but it also disregards the fact that this disease is serious and should be taken that way. Although we have a small chance to spread the disease in the United States, specifically Kalamazoo, MI, there's no reason that we need to contribute to the matter by joking around and acting like people aren't dying from this disease, when already 4800 lives have been lost.

# DEBATES SHOULD BE MORE THAN JUST A SHOUTING MATCH



Jake **Heasley**

Imagine that every time you said something, someone immediately shouted, "SHUT UP!" You'd probably feel pretty annoyed after the second time someone said it. This is what it sounds like every time I watch a debate on Fox News or it's liberal counterpart MSNBC. There is no respect for other opinions and the entire argument devolves into a shouting match.

On channels like CNN and Fox News, the loudest person always wins the debate, no matter which side has the better argument. If the purpose

of an argument is to educate a person about your point, yelling at them will only solidify their views against you. TV shows have no interest in educating viewers or showing the best side of a debate, they want to retain the viewers that will agree with whatever the news anchor says.

The most obvious examples of this are the famed Nixon-Kennedy debates. These debates were one of the first times that appearance won over actual debate skills. While Kennedy and Nixon had similar ideas and the debate seemed relatively even, there is no doubt that Kennedy won the debate. The reason for this is simple, Nixon didn't look as nice as Kennedy.

With a five o'clock shadow and a low fever, Nixon came off as sweaty, pale and ugly. Kennedy, on the other hand, wowed the audience with his tan and perfect hair. Even though the candidates seemed evenly matched,

Kennedy won by the virtue of being better looking.

In a perfect world, an argument would end with both people agreeing with the best point. However, arguments usually stem from the fundamental differences between people and both sides usually are unable to consider the other point.

Our society has an ingrained "Us vs. Them" mentality. We divide ourselves into groups, and whoever is outside of a group is an intruder and cannot be trusted. We see this in politics, news programs and even our daily lives.

The government shut down because the Democrats and Republicans couldn't agree, debates on the news turn into shouting matches, and even small children divide themselves into groups to alienate others.

An "Us vs. Them" mentality is

used to dehumanize the people outside of someone's select group. The "us" creates a sense of community, a society that shares your similar interests and a group that gives people power. While community is not a bad thing, the "them" part of this statement is where problems arise. "Them" is a fictional bogeyman, a group of people that may not share your interests and therefore are awful people. This creates an enemy for your group.

The problem with this line of thinking is twofold. First, It immediately devalues any other opinion on the subject. While there may be many sides on the issue, those that disagree with you are inherently in the camp of "other." Their opinion no longer matters because it isn't yours.

The other problem with this mentality is it dehumanizes the other group. In the news today, those that

SEE DEBATES PAGE 17

## Dear Editor,

I read the article "Coming to America," and it got me thinking: what would it be like to go to a place with a language you barely know and people that don't even know you exist? Honestly, I've never been outside of America, so I wouldn't know. However, reading this article gave me so much

insight on something I had no idea about. Foreign exchange students deserve much more credit for what they do than what they actually receive.

Taylor Tillison  
Sophomore

## Dear Editor,

I read "Lewis Unwillingly Gives up Seniors to Focus on Sophomores." I think that this is very sad. Seniors should get to take Mrs. Lewis' College English class because it will help them further their college experience, which is very important.

Now some might say that teaching

sophomores for the MME and ACT is more important, but that is not correct. They are both important and therefore Mrs. Lewis should teach both.

Ian Colburn-Jaynes  
Sophomore

# PROS AND CONS OF UNDERAPPRECIATED APPS AND WEBSITES

Kyron Williams



## Pinterest:

Pinterest is an app/website where you can create, discover, collect, share and store different pictures, projects and collections of content users have uploaded.

## Pros

Using Google Chrome, there's a Pinterest button that gets added to your browser extensions if you choose.

There's an app and a website.

There's a wide variety of content posted by people of different interests, so you can always find something you're in to.

## Cons

If you add the Pinterest extension to your extensions with Google Chrome, a "Pin It" button shows up on every picture you put your mouse over.

Upon signup, "Male" and "Female" are the only options for gender identification. There should be an "Unidentified" for people who prefer not to identify their gender.



## Tumblr:

Tumblr is a blogging app/website where you can share photos, videos, stories, music and ideas with friends by using different tags that pertain to what you're posting.

## Pros

There's an app and a website.

Between the 194.6 million blogs, there's a wide variety of content posted, so there's always going to be something for everyone.

Tumblr allows you to use and upload gifs unlike a lot of other social media sites.

Tumblr has some of the most kind and supportive people that are willing to help you with problems you have.

## Cons

The newest Dashboard update has taken the white border from the pictures, something that users have become used to.

You can publicly send anonymous messages to some people, inciting hateful messages to others.

There are also blogs that promote illegal and illicit drug use, self harm, eating disorders, and other unhealthy activities.



## Flickr:

Flickr is an image/video hosting website/app owned by Yahoo where you can upload and embed photos.

## Pros

There's an app and a website.

You can make Gallery Canvas Wraps, Premium Photo Mounts, and Photo Books from your personal pictures

You can look at content on Flickr without a Flickr account, but you need an account to upload and order content.

## Cons

Since Flickr is owned by Yahoo, you can't just make a Flickr account with your normal email, unless you have a Yahoo email. If you already have a Yahoo account, this wouldn't be a con, but in the Google world, it is.

The web platform design is cluttered.

The Gallery Canvas Wraps, Premium Photo Mounts, and Photo Books are expensive.



## Wanelo:

Wanelo is a shopping website/app where you can save, organize and buy clothing and accessories.

## Pros

There's an app and website.

It is easy to organize products you like by making different wish lists and adding products you like to the desired list.

There's a wide variety of content from different clothing and accessory stores.

## Cons

It takes a while to learn how to use the app.

Once you start using the app, whether you're buying things or not, you can get addicted and mindlessly start to look through products you will never even think to buy.

## DEBATES FROM PAGE 15

disagree with the person reporting often have their arguments distorted to the point of it being a different argument entirely. This relates back to the inherent problem with arguing today. People don't understand the others arguments. Everyone, myself included, is guilty of rushing to conclusions and this only hurts a debate.

If you assume to know someone's argument before they even make it, then you're just attacking a point of view that's as tangible as a ghost. People need to remember that no matter how much you dislike someone's opinion, they still deserve to have their point of view portrayed accurately.

Volume usually dictates who wins a debate these days. Usually if someone resorts to shouting, it means that their argument doesn't hold up. Now it's so commonplace, you can't

hear either of the arguments over the incessant noise. It's universal as well. Fox's Sean Hannity shouted down a guest about the Israel issue and a debate between Rev. Al Sharpton and Cornel West about President Obama got particularly heated on MSNBC. When you shout at someone to get your point across, you only solidify their views against you and it helps no one.

Arguing should not be about beating the other person into submission. It should be about respectfully debating a point and understanding the other point of view. No one will get anywhere if people only shout at each other. No one wants to consider that their opinion might be wrong, but it is necessary if we are to progress as a society.

## MINIMUM WAGE FROM PAGE 13

a minimum wage budget. Living on minimum wage is possible. There's a Wiki Guide page on exactly how to live on minimum wage, through budgets, and ways to keep your life moving.

Minimum wage should not be increased because there are too many negative long term effects for it to be helpful. The immediate reaction would be a good one because, of course, more money for everyone! Sadly, it's an unrealistic system to keep up. Slowly, the decline would speed up like a

## FAST FIFTY FROM PAGE 14

these puerile students in prison to get raped and beat only to get released from prison with mental disease isn't solving anything, remember that.

One last point, how anonymous is Fast Fifty really? What if the person you told on finds out and wants to retaliation? Have you thought of

snowball, rolling down a mountain, growing in size, and increasing in speed until it's a full on avalanche. If minimum were to be increased, we would have to roll back the minimum wage in a few years to stop the decline of small businesses, and to try to stop the ever increasing unemployment rate. This is not sustainable, and we can continue to rebuild our struggling economy after the collapse in 2008.

these consequences? Next time you want to use this program, think about how it will affect others. Think of other ways to deal with a non-violent situation to help this person.

# NEW SCHOOL RAP DESTROYS THE MINDS OF YOUNG LISTENERS

Evelyn **Banks**

Students listen to an average of 2.5 hours of music a day. Every student at Loy Norrix has different tastes in music, and the music we listen to usually reflects our personality. Whether you like pop, jazz, hip-hop, rock, or R&B, the music you listen to can affect many different areas of your brain that make you react emotionally and physically.

A lot of people believe that hip-hop, specifically rap music, can have a negative impact on the brain. Some rap exploits women and portrays a drug-dealing lifestyle as the life you want to live.

“Rap makes people want to do bad things, like go out and kill others and themselves,” said junior Daquayveon Kizer.

Most rappers rap about sex, violence, drugs and alcohol because that is what sells. They don’t think about the pictures it sets in the young minds of their listeners. Rapper Trinidad James talks to XXL Magazine about his song “All Gold Everythang.”

“When I made that song, I wasn’t thinking about the kid who was going to listen to the song. I wasn’t telling you to pop a Molly, I was just telling you my experience,” said Trinidad James.



Sugar Hill Gang was the first group to make rap music popular.

**Photo Credit / Flickr**

Trinidad James also told reporters he only raps about violence, sex and drugs because conscious rap doesn’t make money.

A recent study done by the Prevention Research Center in Berkeley, California, suggests young people who listen to rap and hip-hop are more likely to abuse alcohol and commit violent acts.

“My little brother who is in the 8th grade listens to rap. His favorite rappers are Chief Keef, Migos, Lil’ Durk, Lil’ Herb and Lil’ Bibby. Chief Keef raps about shooting people and Lil’ Durk and Migos both rap about ‘getting money.’ The music he listens



Lil Wayne is the 5th most popular Hip-Hop artist on the Forbes list since 2010.

**Photo Credit / Deviantart**

to has affected his behavior in many ways and has caused him to be put in alternative school,” said senior Jasmine Miller.

Rap today is so different compared to old school rap. Old school rap has ended due to changes in both rapping techniques and the music itself. We consider rappers like LL Cool J and Run DMC as old school rappers. Rappers in the 70s and 80s had more appreciation for women and their lyrics were more about rhythm and rhyme. The first influential rap artists were Sugar Hill Gang. Their record “Rappers Delight” released in 1979, was the first rap song to popularize rap.

“Rap only influences people negatively if the content is negative. It all depends on what the person is rapping about,” said math teacher Travis Smith.

We know the rapper Lil’ Wayne for his style of southern rap, or gangster rap. Southern hip-hop is known for its sound and slang. Some southern rappers incorporate car culture, fashion trends, nightlife, and unique lingo in their songs.

On the other hand, rapper, Macklemore is considered alternative rap. Alt-rappers are less concerned with pop hooks and dance moves; their main goal is to tell a story.

According to TeenInk.com many teens listen to music as an escape.

“I listen to rap, but I don’t think it affects or influences me. It influences people when they think they can live the rap life,” said senior Mikqwan Crayton.

Most kids on TeenInk.com say when they listen to rap music that relates to them it lets them know they are not alone. For some, rap music is an escape and a positive genre of music. For others it’s a negative form of music filled with controversial topics and sexism. It all depends on where you’re standing.

# MUST WATCH ON THIS HOLIDAY VACATION

Ashtyn **Kenbeek**

## THE POLAR EXPRESS



Do you remember that moment as a kid going to school around Christmas time thinking about the content of your Christmas list to mail to Santa, the cookies and milk that will be there when you go to sleep but gone when you wake up? Then your friend tries to tell you Santa is not real, and you suddenly question everything like “do your parents eat the cookies and drink the milk?” Is the letter really sent to a big guy and little elves.

In “The Polar Express” a young boy gets a chance to truly see what happens

to his letter to Santa when he boards a train on its way to the North Pole.

Not only is this a movie but it originated as a well-known book written by Chris Van Allsburg. The story starts off in Grand Rapids, Michigan, the hometown of not only the main character but also of the author.

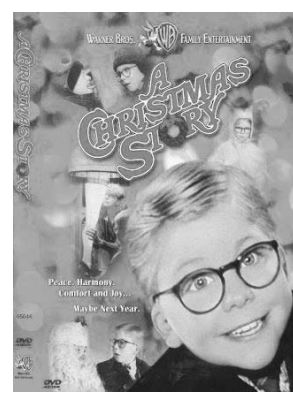
In some parts the characters pop out at you and strike you as real. The cinematography was so well done in giving the characters a life-like feel. It gives a true look at the modern use of technology.

“Some of the characters are a little scary,” said sophomore Rachel Zook.

Through this whole film, the main character’s name is never said which leaves a little magic in the movie. This gives everyone watching a way to connect with the feeling of believing. The nameless aspect of the character gives us the chance to fill in the blank with ourselves.

We can all relate to him and it makes us remember our childhood and the way we once waited to hear the reindeer on our rooftops.

## A CHRISTMAS STORY



“You’ll shoot your eye out,” is a common theme in this movie when nine year old Ralphie Parker, played by Peter Billingsley, wants a Red Ryder Carbine-Action 200-Shot Range Model Air Rifle for Christmas.

“I’ve watched it for a long time with my family and always laugh,” said senior Hannah Muscara.

From the leg lamp and the commentary made by adult Ralphie, what isn’t there to laugh about?

If you find that you become an ultimate fan of this classic movie, you

could always visit the restored house in Cleveland, Ohio. That is open for year-round tours with a gift shop so you can buy your own leg lamp.

This is a great film for many people to remember that Christmas is not

happy all the time. It has some flaws. One of the best things in this movie is that nobody’s perfect, one example being the dad who gets mad and starts cursing when the furnace stops working or when the dogs eat the turkey.

You know the feeling of opening up gifts on Christmas morning, tearing and unwrapping until you unveil the gift you’ve been waiting for all year. So does Ralphie, when he wakes up on Christmas morning, he does not know if he will find the air rifle he needs to protect him from the imaginary criminals.

# COLLEGE RECRUITMENT IS A JOURNEY



Loy Norrix soccer stars such as Jay McIntosh and Mia Leibold started their career here at Soccer Zone. Soccer Zone is the host of the TKO soccer club.

**Photo Credit / Andrew Streitel**

Andrew **Streitel**

Most student athletes' dream is to play on a big time college team. Student athletes try to improve upon their game every time they step on to the playing field or court, hoping to get noticed by a college scout. The college recruitment process can be a long journey, but if you have the right people around you, it can be an enjoyable one.

Loy Norrix soccer star Jay McIntosh graduated 2014, and has been through this experience therefore has excelled with the help of his family and friends.

"My uncle and my mom helped me the most with choosing the best school for soccer and academics," said

McIntosh.

It is important to consider both your sport and academics when choosing your school. Coaches and scouts may brainwash you with all of their tricks, such as telling you things that might not be true to try and lure you to their school. However, you have to make the decision based on what school is best for your major.

Big time schools look for big time athletes that they want to recruit. Becoming a division one athlete takes a lot of time and effort. You have to put in the extra hours it takes in the weight room or after practice to become a division 1 athlete.

Playing club sports or being part of the Amateur Athlete Union (AAU) is really beneficial to your recruitment. This program helps athletes get recruited and helps them get noticed by college coaches.

Travel or club sports do the same thing for athletes by getting players in front of college coaches; they just don't have the AAU title. AAU does not support every sport. If there is not an AAU program for a specific sport, players will play club.

McIntosh said playing well in high school and then being able to transfer that to club really brought the attention of his skills to the scouts. Showcase tournaments are a big event that scouts come to watch their prospective athletes.

"I was mostly recruited by the head coaches who attended my showcase tournaments," said Mia Leibold, 2013 graduate and a former Loy Norrix student athlete.

She now plays division 1 soccer at Oakland University and went through the recruitment process.

Coaches use tournaments like these as a feeding ground to recruit players. This puts a lot of pressure on the student athletes performing in these types of tournaments.

"For me, I really liked the pressure when I knew they were there and typically played really well in front of

them," said McIntosh.

Have the right mentality to play your best everyday because someone could be watching should make it easy to play in front of the coaches. Many of the top athletes in today's society will tell you that you need to have the right mindset to become a great athlete. You have to always want to be better than your competition.

If you are getting frustrated that the coaches aren't reaching out to you, don't be discouraged. Each division level has its own rules on when they can talk to you and when they can't.

Division 1 schools can only start talking to you in your junior year of high school. Division 2 schools can start talking to you after June 15th in the summer before junior year. Division 3 schools can talk to you whenever they want.

Being recruited by a college or university can be a very exciting time in your life. You are going to make one of the hardest decisions of your life. Make sure you make the decision not based on the athletics, but also on the academics. If you have a career ending injury, you have to make sure that you will be happy at the school you pick even if you don't play a sport. You have to look at schools that have your major then look at the athletics to see if you would fit well on their team. It will be a long hard journey but it will be worth it.

## NEW MUSCLE IN THE KNIGHTS STRENGTH AND CONDITIONING PROGRAM

Scott **May**

The weight room: meaningless to some, but to others it is their key to a future they have always dreamed of.

Training is becoming a little bit easier with the help of new strength and conditioning coach Tyler Depuydt. He has made many changes to the weight room and the weight-training program. Depuydt worked with the athletic department to update the non-beneficial equipment for the new workouts being set for the athletes.

"I created [the] sports-specific programs geared more towards the athlete and general fitness, and adapted our weight room to accommodate us doing athletic movements to prepare our athletes for their sports," Depuydt said.

These workouts help protect the players by reducing their chance of injury. It also helps the athletes excel in their sports.

"I think it's good getting kids in the weight room participating and motivated," baseball coach Brian Neel

said.

Depuydt is updating the equipment piece by piece, but he has made cosmetic changes to the once dull weight room.

The weight room and the trainer's office were painted. A detailed portrait on the back wall, painted by Spencer Young, shows a baseball player.

Although many athletes and other Norrix students are interested in the weight room, some individuals stand out more than others. According to Depuydt junior linebacker and wrestler Nick May, sophomore wrestler Rene Navorete, and sophomore volleyball player Hannah Lee have been going above and beyond expectations in the weight room. Depuydt says this is due to their hard work and dedication spent in the weight room.

With all the time spent in the weight room, athletes received free Norrix strength gear through a reward system that Depuydt set up for the summer workouts. In a 30-day period, the more days you attended the workouts, the more free gear awarded.



Spencer Young free-hand painted this mural over the summer. It is located in the athletic training room right next to the weight room.

**Photo Credit / Scott May**

"A goal of mine is to influence my teammates to get better and stronger and faster so we are all around a better school athletically," May said.

May's efforts in the off-season have earned him a pre-season ranking of 6th in the state at the 189 pound weight class. He has succeeded along with influencing other to join his effort in the weight room.

"One of my first inspirations was Nick, seeing him squat. I told myself one day I need to close to the weight he's squatting," Navorete said.

Navorete is now one of the top lifters in school and is now almost squatting triple his weight. With both coaches and students following behind Coach Tyler's workouts and changes, it looks like there are big things to come on the horizon.

# SLAM DUNKIN' INTO THE SEASON

Caitlin **Commissaris**

When you walk into the gym your eyes are directed to the baskets above, your focus will remain on the ball throughout the game. You can imagine taking that brown, leathery sphere and slamming it through the net. The crowd will scream and you'll have a moment to rejoice on your victory, but within seconds you have to snap back into defense.

As basketball tryouts draw near, athletes work on their skills. Many potential members have been going to open gym basketball after school to practice.

"This season I am excited to play my last year with people I've played with before," senior Eddie Gillon said.

Gillon is looking forward to playing against Central and his main goal is to defeat them because last year Norrix, was defeated by Central.

"I think this year we'll do really well because we have many returning players so this year we can improve and get better as a team," Gillon said.

He also talked about how close the team is to each other and the bond that the players share and said that they enjoy hanging out after practice or on

the weekends.

"I'm excited about seeing a new group of kids and getting them to work together," freshman basketball coach and Loy Norrix teacher Randy Rowe said.

Rowe is the only basketball coach that teaches at Norrix, he teaches Geometry, AP Statistics, and Statistics.

"I know the varsity team will do better this year because they practiced in June over the summer and solid players are coming back," Rowe said.

The Lady Knights are also excited about the season. A team goal that they have this year is to win the district championships.

"Last year we didn't have all of our players but this year we do. Many of the girls have increased their skills, each of us have a certain role to play on the team," said junior Janessa Boggan, a varsity basketball player.

The women's team struggled through a 3-17 season last year, but this season will be the time to strengthen returning players.

"Before our games we are all in the locker room getting ready and getting ourselves into the right mind set, it can be a very intense moment," Boggan said.

Boggan has faith that the team will



The Norrix freshman basketball team warms up at practice. They stretch with a basketball to get familiar with the sport. **Photo Credit / Caitlin Commissaris**

do a lot better this year than last year because her teammates have improved significantly since last season.

"It can be stressful at times but you have to focus on school and sports individually and not both at once, because it will just overwhelm you,"

said sophomore Ashantai Sandifer.

Sandifer was on the varsity team last year as a freshman. She also plays volleyball and runs track.

This year the Loy Norrix Knights are going to shine bright and make this season a good fight.

# EDUCATION CAN PREVENT CONCUSSIONS

Carsten **Strand**

Concussions are one of the most dangerous injuries that an athlete can possibly have. It can sit an athlete out of games for weeks, as they try to train and get back to peak performance. But concussions have also been known to kill young athletes.

There were 60 sports-related deaths of young athletes in 2009; 50 in 2010; and 40 in 2011. Approximately 8,000 children are treated in emergency rooms for sports related injuries each day.

These numbers are really awful representation of the terrible injuries that these athletes risk every time they get off the bench. Kids with so much potential and high standards are suddenly destroyed in the blink of an eye.

Megan Lohner has had two concussions in the past year, and if she has her third, she will be sidelined for even more time. The first concussion happened while playing volleyball, where she dived for a ball and was kicked in the head.

"I stayed in the game, even though I probably shouldn't have," Lohner said.

The second concussion occurred when a softball hit her in the head during a varsity softball practice. Concussions are dangerous because that can happen



Megan Lohner plays softball for the Knights last spring. Her concussion was a definite setback to her playing time. **Photo Credit / Kristi Johnson**

so quickly and you won't even know it, but there will be symptoms the next day.

"I had major headaches, I was nauseous, and I was sensitive to light," Lohner said.

The National Center for Biotechnology conducted a study about athletes that have more than one concussion, and they

found "severe deficits in the areas of attention, concentration, memory, and judgment in 81 percent of the players."

Concussions have sidelined plenty of Loy Norrix sports players. From softball, to basketball, to football, to soccer. All sports are constantly getting riskier in terms of concussions.

Paul Vallier had a concussion during his sophomore year. While playing

football for the Knights, he experienced head to head contact with a player from Portage Central. After being diagnosed with a concussion, he started the road back to recovery. He was off the field for two weeks, therefore missing 2 games.

"When you work so hard for something, it's really hard when it's taken away from you," said Vallier.

Rachel Zook has had a total of four concussions ever. Her fourth concussion came the day before her first varsity soccer scrimmage. Another player kicked Zook in the nose, breaking her nose and giving her a concussion. Zook was off the field for 3 months.

"Concussions are the worst injury because you can't see what's wrong, like with a broken arm," said Zook.

Athletes are commonly told to "walk it off" or to just take the pain in order to stay in the game. This is not the correct approach to having a concussion, as it is very dangerous to stay in the game after having a concussion.

Concussions are a serious medical injury that a lot of athletes must deal with on a daily basis. If you think you have a concussion, make sure to get the proper medical attention.

# Q+A WITH AUSTIN KIEWIET

Jordan **Liddle**

“I was raised by my mom, grandfather and grandmother, who all taught me that there is a bright side to everything. Had they not taught me that at such a young age, who knows where I’d be now,” said senior, Austin Kiewiet.

Austin Kiewiet is a senior at Loy Norrix High School, he loves to draw, play video games and listen to music.

“I’ve been drawing for as long as I can remember. One day I just picked up a pencil, and the next thing I know I’m drawing,” said Kiewiet.

After Kiewiet graduates this spring, he is thinking about going to KVCC. He is not sure on a career quite yet but knows he wants it to be involved in illustrations. His favorite things to draw are TV and video game characters.

“I have been through different experiences where, if I had not been with the right people and had I not had those around me, I probably would not have been as optimistic as I am all the time,” said Kiewiet.

Kiewiet was born with Osteogenesis Imperfecta. According to the Osteogenesis Imperfecta foundation it is a genetic disorder characterized by fragile bones that break easily, it is also known as “brittle bone disease.”

He can walk but not a very great distance, just walking down a hall exhausts him. Due to weather issues, sometimes he has to use a manual wheelchair which can be very difficult in the hallways of LN.

“My chair does not like snow. The problem is, between me not liking snow and my chair not liking snow is that I can’t stop because of it,” said Kiewiet.

Kiewiet has had to overcome some physical as well as mental obstacles. He is only eighteen, and in that short amount of time, he has already had over twenty surgeries. Also when Kiewiet was seven, he got into a car accident and his body got severely damaged.

Kiewiet’s father passed away when he was fourteen. He realized that after his father’s death, he began to take on his father’s personality.

“He was always negative and he would put people down. It wasn’t until I nearly hit my brother, that I realized that something needed to change, so that’s when I actually remembered what my granddad taught me,” said Kiewiet

The person who has influenced Kiewiet the most is his grandfather. He has taught Kiewiet a lot more than anyone else he knows. He has taught him lessons that he lives by and will continue to use for the rest of his life.

“He taught me there is no reason to be upset about the little stuff because it is always better than what others have been through, and it’s always going to get better at some point,” said Kiewiet.

Kiewiet’s grandfather taught him a lot so he turned all the lessons learned into a motto.

“If you have time to worry then just smile.”

