

KL

KNIGHT LIFE

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THE TOWER GETS SLICK WHEN WINTER HITS

Lindy Moored

After a fresh snowfall, the parking lot at Loy Norrix turns into a mess of slush, cars, buses, and bodies before the 7:33 a.m. bell calls students to class.

While students truck their way through the slippery slush in the morning, a frozen mixture on the ground sticks to the shoes and bodies of those headed to the tower to enter LN.

"In the morning the tower looks dangerous. It's super slushy and there's water everywhere," said sophomore Jessica Hoogerheide.

The tower at Loy Norrix is the main entryway for students, visitors, and the occasional Jimmy John's delivery person. This glass enclosure is an iconic image of Loy Norrix with it being the focal point of the building from the outside. It is used as a reference point for directions and is a prominent part of LN seen every morning by those who come inside.

"The tower is very aesthetic. It's nice looking and also has a notable look for our school," said Athletic Office secretary Deb Gaugier.

Viewing the tower in the morning can be positive or negative for those coming to Loy Norrix. The tower offers a vision of positivity as the start of a new day and new possibilities but it also offers an image of danger to the morning arrival.

Snow and slush stuck to the bottoms of shoes is stomped off at the base of the tower stairs by those seeking entrance to LN. After over 15 hundred students make their way up the incline to class, the amount of frozen matter accumulated at the base of the stairs is enough to cause stress for that walk up the two flights of stairs.

"The stairs are just dangerous. It's slippery and every morning you see students slipping and sliding up the stairs," said Officer Hampton the main security personnel who monitors the tower.

Approaching the tower is a task by itself because one has to assess the situation before executing the climb. The amount of snow as well as calculating how far to reach in order to grab hold of the railing that lines the staircase are things to take into consideration upon entering LN. Always step slowly so your shoes can get a grip in case the slush causes you to slide and tumble.

The tower at LN can be difficult to maneuver no matter the time of year, but the winter season specifically impacts the flight of stairs. Winter for the tower creates wet conditions leading up

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JOHN COLLIN-IZATION

LOY NORRIX'S WRITING SYSTEM ACHIEVES ITS GOALS DESPITE STUDENT CRITICISM

Maxwell **Evans**

High-schoolers don't lead simple lives. From debating with friends over the merits of limited government, to figuring out whether James and Janice are more than *just* friends, topics of conversation in this interesting time of life are plentiful.

With all of these pressing concerns, it's funny how one seemingly unimportant conversation never seems to go away: the writing system used at our school. The John Collins method of writing is a topic that has riled up students ever since it was first implemented at Loy Norrix in the 2009-10 school year.

The Collins program streamlines the editing process. Instead of pointing out every mistake in a student's paper, the system uses Focus Correction Areas, or FCAs. These FCAs are guidelines that explicitly state what will be graded in the assignment, which district superintendent Michael Rice feels is the best way to create successful young writers.

"Too much scrutiny can crush the spirit of a writer. What students need is a mix of high standards and

encouragement," Rice said.

English teacher Anne Lewis has been a driving force behind the Collins program since its inception at Loy Norrix. Although she is the de facto leader, Lewis' job managing the John Collins team is entirely voluntary and comes with no extra perks.

"There's not even an official title. Sometimes I call myself the Folder Team Leader," Lewis said. [Teacher Brian] Neel calls me 'Jane Collins.'"

Despite the lack of benefits or official recognition, Lewis does not feel unimportant.

"One of the reasons that the program is so successful is because someone has made themselves completely responsible for it, and that's me," Lewis said.

While the program has succeeded in English classes, John Collins has also been implemented in subjects that aren't so writing-heavy. This doesn't appear to have been a significant problem. Teachers of non-English subjects, such as business teacher Christie VanFulpen, don't always have to scramble for reasons to give out writing assignments.

"At first I was like, ahh! One more thing to do," VanFulpen said. "But once I got past that, it wasn't so hard. I haven't changed the amount of big writing assignments, we just have more small ones to do."

Former Loy Norrix principal and current Director of Secondary Education Johnny Edwards has had the unique experience of seeing the program from two different angles. He has been able to see both the personal effects, as a building principal, as well as the statistical growth, as a district administrator. He thinks John Collins is useful, but the program itself is far less important than the way that the teachers implement it.

"We could've plugged any program in and had success," Edwards said.

"We haven't succeeded because of John Collins. We've succeeded because of the staff's dedication to sticking with one program and doing it well."

Lewis agrees.

"It's a really good program, but if teachers weren't so committed nothing would work," Lewis said. "That's the secret ingredient. Our commitment to it [John Collins] is really high, and I've

never really seen anything like it in my career."

Teachers and administrators generally seem to feel that the program has been a success, but the student body is far less appreciative. Oftentimes, students rail on the program, but have no real reason to complain other than for the sake of complaining.

Senior Jerome Smith's dislike of the writing program isn't so superficial, however. He feels that on a personal level, the program's repetition and structure are more of a liability than an asset.

"John Collins teaches you how to be a lazy writer," Smith said. "[The FCAs] don't let you stretch your creativity; it puts your writing in a bind."

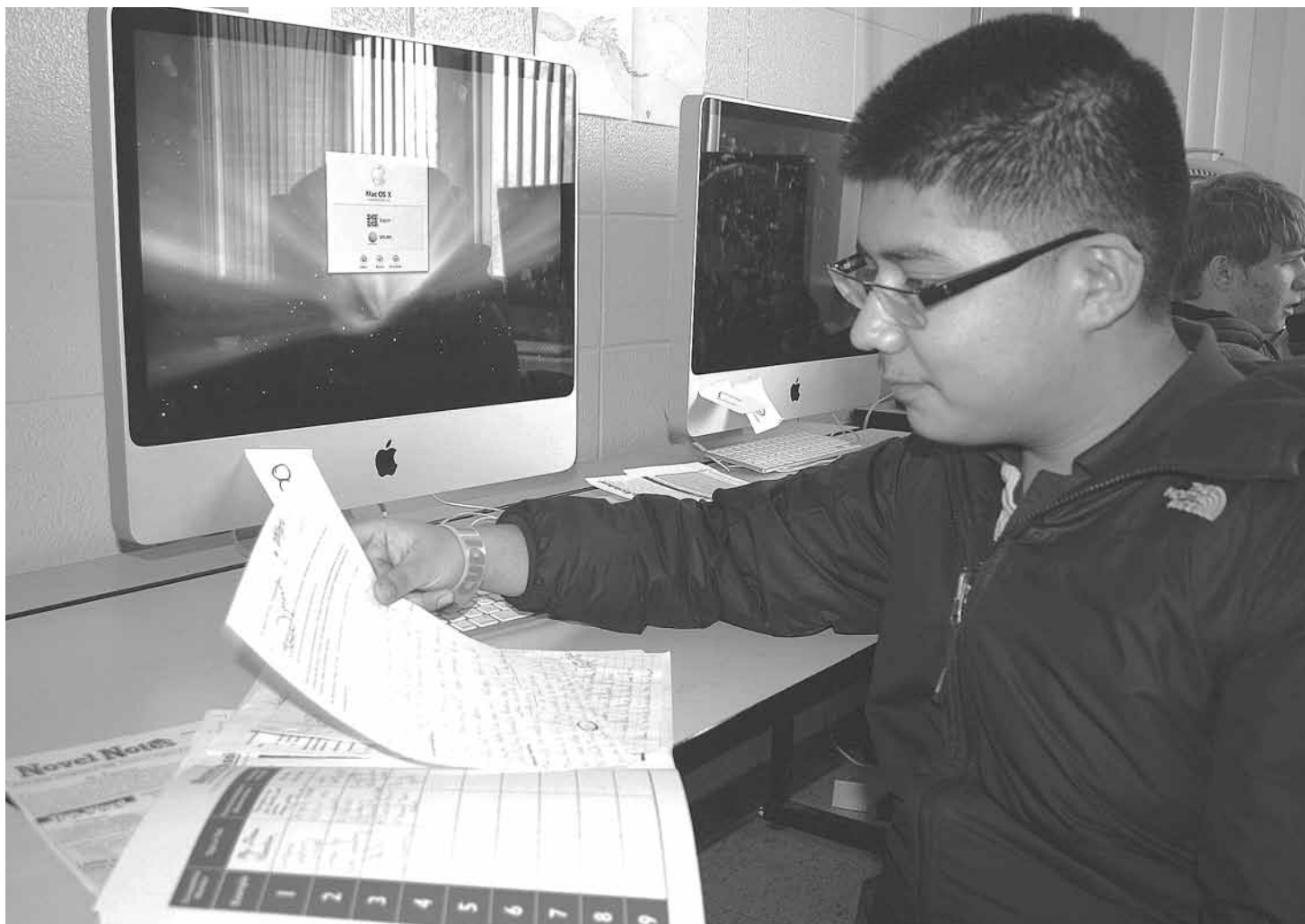
Smith feels he is well acquainted with the system, but doesn't see how it has been to his benefit.

For students like Smith who feel that the process is tedious or restrictive, Superintendent Rice drew on his own childhood memories for a parallel.

"As a kid, I hated antibiotics. I didn't like them, but I couldn't deny that they helped me," Rice said. "Sometimes I had the same feeling about the work on my writing. I'm glad now that I had teachers that worked hard with me on my writing, just as I'm glad that I had the antibiotics."

Perceived results vary on a person-to-person basis, but the statistics point to the system's overall success. In addition to Norrix's five-year streak of increased writing scores, the district as a whole has seen its writing levels go up four years in a row. Rice wants students to see the long-term benefits of the program instead of focusing on the small annoyances that come with it.

"Fourteen-to-eighteen year olds are not going to love any writing program," Rice said. "But communication skills are invaluable. If you can write, you can get a job anywhere."



Luis Juarez looks over and organizes his John Collins folder after receiving some assignments back in his Honors English 11 class. When pressed to provide a reason for his dislike of John Collins, Juarez said, "I just don't like it." **Photo Credit / Maxwell Evans**

front page: Senior Brad Miller walks up the tower stairs before school starts. The tower improves a couple days after a fresh snowfall. Photo Credit / Lindy Moored

JUNIORS: PREPPING FOR THE ACT

Alex Brown

This is the famous time of the year where teachers start preparing their students for the American College Testing or commonly known as the ACT. This is more than just a quiz and a grade. This test has value and can very well help in deciding your future and is a key to many opportunities.

The first step is to relax. Breathe. There are many materials available to you in order to help you prepare for a test of such magnitude. Even for those not taking the test this year, if you're college bound, you will eventually, so don't just flip the page.

"Students don't know what's expected of them, especially on writing," explained English teacher Brianna English.

Teachers are in this school to teach. As such, they are one of the number one resources to help you prepare for the ACT. There are workshops available after school, and some teachers dedicate class time to preparing you on certain subjects on the ACT.

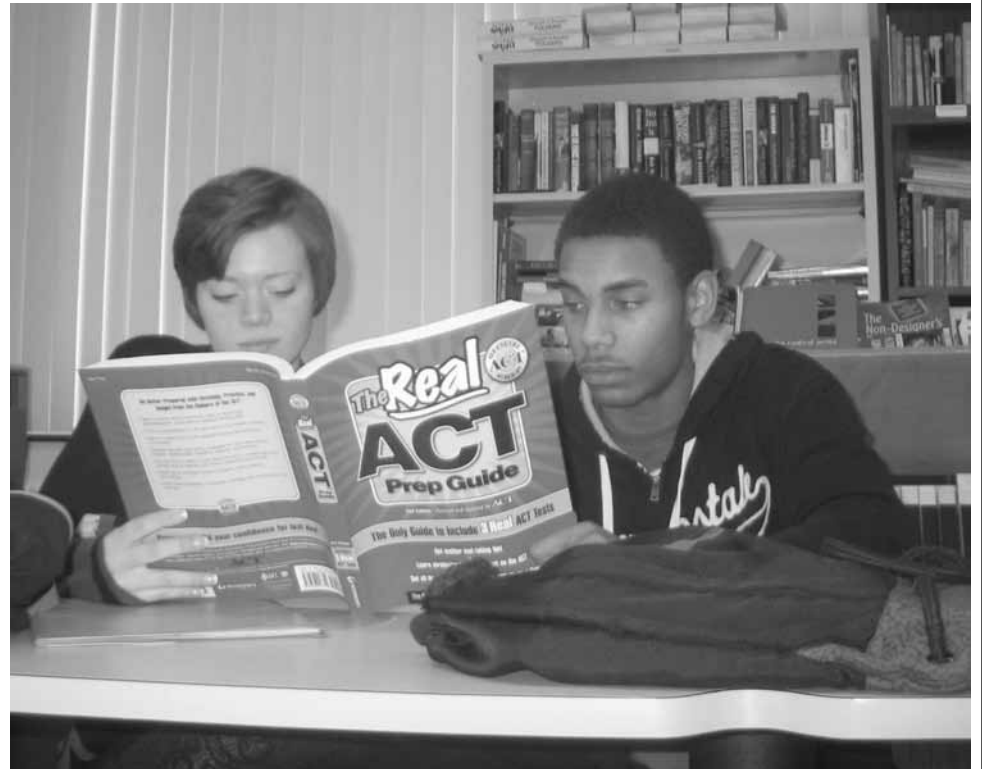
"If you have any trouble with basic

Algebra, fix that before you go into [the ACT]," advised senior Sam Gulliver.

The subjects that are tested within the ACT are Math, English, Science, and Writing. The knowledge required for the Math portion of the ACT is basic algebra. English is analytical reading and the persuasive writing response. Science is primarily interpreting and pulling information from graphs and figures.

Other than basic review of the listed subjects, to get a feel of the possible types of questions that will appear on the ACT, a practice test and review booklet is available online at ACT's web site, www.actstudent.org/onlineprep.

You can also request a login to the web site via a College Readiness teacher. Similar materials are also available in the Loy Norrix guidance office. These materials exist so you can see the full expectations of the ACT and whether or not you are prepared to meet that bar of expectation.



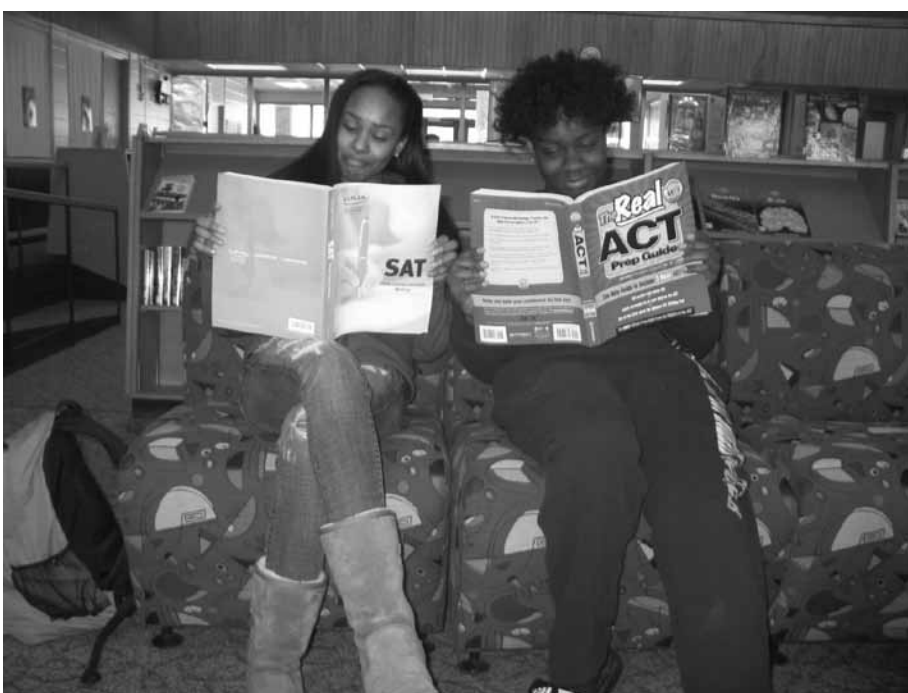
Juniors Arya Malmgren (left) and DQ Hunter (right) are shown examining an ACT booklet. By reading the textbook, they may improve their readiness for the upcoming test. **Photo Illustration / Alex Brown**

CLASS OF 2017 SWITCHES TO SAT

Sophia Boismier

Junior year is the year for standardized testing. All across the

country juniors take a standardized test, and those scores determine what



In the library, sophomore Hailey Timmerman (left) examines a SAT preparation booklet while junior Tajanae Lewis (right) looks at an ACT preparation booklet. **Photo Illustration / Sophia Boismier**

college they go to. It determines their future. Whether it be the ACTs or the SATs, these tests are a pretty big deal.

Since 2007, Michigan juniors have been preparing for the day they take the ACTs.

On Wednesday January 7th, the Michigan Department of Education announced that the class of 2017 will be the first to make the switch to the SATs.

That means this year's Juniors are in the clear, but for this year's Sophomores, new territory is about to be entered.

The ACTs and the SATs are both standardized tests but there are some differences.

The American College Test, or ACT, is a test that evaluates the knowledge that a student has learned throughout their time at school. You test in these areas: english, math, science, Reading, and you must take an essay.

The Scholastic Aptitude Test, or SAT, counts questions against you when you get them wrong. It has three areas: Critical Reading, Math, and a writing essay.

Switching to the SATs will require

switching from ACT prep to SAT prep. By 2016, the juniors would have been prepping for the ACT since middle school. Making this transformation will definitely be a challenge.

According to the Daily Tribune, switching to the SATs will cost about \$17.1million, saving the state about \$15.4million.

Taylor Brown, a sophomore who will start talking about the SAT next year, has a strong feeling on this new transition.

"I think that the switch is fine for the fact that the state is saving money," said Brown, "but I think that they need to switch with a lower grade. In middle school they start to prep us for the ACT and the fact that they are making us take the SAT is pretty much a waste for all of the curriculum that we have been taught in the ACT."

Next year, Juniors will still be able to take the ACT, but they will have to pay to take it.

THE LEGAL DISCRIMINATION OF LGBT CITIZENS GETS STRUCK DOWN IN THE SENATE

Kyron **Williams**

Michigan Representative and Western Michigan University graduate, Jase Bolger proposed The Religious Freedom Restoration Act (RFRA); a bill introduced mid-November of 2014 in Michigan. Though the bill was struck down by the senate the next month, it was believed by many Michigan residents that the bill was going to be passed.

The RFRA implied that the government of Michigan would protect the religious beliefs of workers and business owners.

On page three, in lines six through nine of the bill — House Bill No. 5958 — it is stated that "'Exercise of religion' means the practice or observance of religion, including an act, that is substantially motivated by a sincerely held religious belief, whether or not compelled by or central to a system of religious beliefs."

Even though Bolger claims this bill wasn't proposed as a means to discriminate against Michigan's gay citizens, there would have been no way to get around discrimination of some sort.

If this bill would've become a law, it would have made it legal for business owners to hang "Straights Only" signs outside of their business, which is similar to what a lot of

white business owners did as a way to discriminate against the black community in the 1950s and early 1960s. Though it would be unlikely in Kalamazoo, some business owners in other parts of Michigan could have wanted to do something such as hanging up signs that read "Straights Only," to protect themselves from religious infringement. Putting "Straights Only" signs may seem extreme, but it could have very well happened had this been made into a law.

In Leviticus 20:13 from the Christian Bible, it claims "if a man lies with a man as one lies with a woman, both of them have done what is detestable. They must be put to death; their blood will be on their own heads," and even though the vast majority of religious individuals wouldn't cut off a gay man's head for being gay because murder is also a sin.

Some people agree with RFRA supporters about how the law would have been used to protect from infringing on a person's religious beliefs, but senior Jorjah Fleming believes that any law made to discriminate in any way is a step backwards in the societal time line of America, and that this is a direct reflection of the 1950s.

Fleming said, "I believe that

allowing the discrimination of any group of people is just taking a step backwards in history America has seen certain people not served by businesses before, and it was banned with the Civil Rights Act of 1964. Sadly, this did not cover sexual orientation, which is why we saw this

of Rolling Stone magazine cited that Michigan beat out Tennessee and North Dakota for the #5 spot on the list, not because they have less LGBT people, but because there have been more LGBT related hate crimes in Michigan than there have been in the other two states.

“ALLOWING THE DISCRIMINATION OF ANY GROUP OF PEOPLE IS JUST TAKING A STEP BACKWARDS IN HISTORY”

law being considered."

The state of Michigan is not a very accepting place for the LGBT community as it is. Michigan doesn't include sexual orientation in the hate crime law. We are one of the 18 states that don't have sexual orientation as a motivation for hate related crimes.

On the Rolling Stone Magazine's website, the article "The 5 Worst States for LGBT People," Nico Lane

"While having more gays than those others, the state has a disproportionately high crime rate, with one survey ranking Michigan as high as second in the nation," Lang explained in the article.

It hasn't been said whether this bill will come up again in Michigan, but it wouldn't be a surprise if it were to resurface at a later date.

LNHS GIVES BACK TO THE COMMUNITY, MORE COULD BE DONE



Zhi Xin Wee and Tiara Blair received Dr. Lewis Walker Social Justice certificates for their exceptional community service work.

Photo Credit / Marshall Mead

Marshall **Mead**

It takes a village to raise a child, and in this case, our community is the child with many great villagers nurturing it. Many Norrix students go beyond the call of duty in terms of spending their free time giving back to the community, especially seniors Tiara Blair and Zhi Xin Wee.

During the recent Kalamazoo City Commission meeting, Blair and Wee each received Dr. Lewis Walker Social Justice certificates, a handshake from both Mayor Bobby Hopewell and Principal Rodney Prewitt along with a check for 200 dollars. Both students were elected by Beth Washington for their outstanding participation in many community service events.

Loy Norrix and the city of Kalamazoo offers opportunities for students to spend time performing community service. From Habitat for Humanity to local Red Cross blood drives, there is no difficulty finding programs that allow you to serve the community. For members of the National Honors Society, it's mandatory to perform 15 hours of community service per trimester.

"I did my community service through National Honors Society, Peace Jam, mentoring at Edison elementary and cleaning up the school ground," said Wee.

For Zhi Xin and Tiara, however, the satisfaction of helping out the community is all that really matters.

"I want to be the one who impacts the community and not the one who sits back and waits for something to change," said Wee. "I think it's a lot of fun because of how it makes people happy and how it impacts their lives."

Even though there are a large number of groups and events where you can perform community service through Loy Norrix, not enough people are giving their time for the community. For the years she has spent at Norrix, Zhi Xin has gone through great lengths to make sure that each charity drive at Norrix is as successful as possible, but she believes that more could be done from the rest of the student body.

"We do these huge can food drives, but nobody really donates," explained Wee.

Blair also agrees that more students should put more time into community service.

"Not all Loy Norrix students are doing their share, but there are those few who have gone out of their way to help make our community a better place to be," said Blair.

The sheer power of community service can be just as rewarding as helpful, and it isn't difficult for many to get into giving back to the community. Zhi Xin believes there's many ways to help out the community.

"Be a role model by mentoring a kid that can look up to you," said Zhi Xin. "Be a leader and follow a leader."

FAME IN THE FAMILY

SECRETARY BETSE KLEPPER'S SON BECOMES NEW 'DAILY SHOW' CORRESPONDENT

Hannah **Stempky**

Chances are you've seen her walking through the halls, working hard in the office, and occasionally popping into a classroom. Loy Norrix's lead secretary, Betse Klepper, is without a doubt a busy woman. From being Mr. Prewitt's assistant to ordering textbooks and supplies to dealing with the bills, Betse Klepper is vital to a typical day at Loy Norrix.

However, once the day is over, Betse Klepper likes to sit back and watch an episode of "Daily Show With Jon Stewart" on Comedy Central to watch her favorite correspondent, her son Jordan Klepper.

"I'm much better at watching [the show] regularly now," Betse Klepper said. "It's on very late, but when I know Jordan is going to be on, I stay up because I always love to see the show the day that he is filming. He'll text me and say when he's on; he must do that."

Betse Klepper has worked at Kalamazoo Public Schools for eight years and has quite a lot of star power in her family. Her cousin is actor Tim Allen, who's famous for voicing Buzz Lightyear in all three of the "Toy Story" movies and playing Santa Clause in all

three of the "The Santa Clause" movies.

"Jordan took a very different path than Tim did, but there's no question growing up that we did a lot of things with Tim. We watched all the movies



Left: Betse Klepper sits working hard in her office. Klepper loves to watch her son on television and is excited for his future. **Photo Credit/ Hannah Stempky**

Right: Jordan Klepper stands in his home, showing off his attire for the Comedy Awards. Working on "The Daily Show" has granted Klepper many opportunities where his comedic ability can be showcased. **Photo Credit/ Laura Grey**

and went to the premieres, so maybe what Jordan saw was that it was achievable because Tim was just a regular guy," Betse Klepper said.

Jordan Klepper is an alumni of



Kalamazoo Central High School and KAMSC, graduating in 1997 with the Heyl scholarship, allowing him to go to Kalamazoo College to major in math and later in theatre as well.

"In high school he never did theatre, but he did Mock Trial, and in many ways that was a theatrical program and may have sparked an interest in him," Betse Klepper said.

"So when he went on to K college he fell in love with theatre. Being at a smaller Liberal Arts school afforded him the opportunity to experience those kinds of things."

After graduating from college, Jordan then went on to start a comedy career in Chicago, performing with Second City and participating in the Improv Olympic. Jordan Klepper then moved to New York City and became a performer at the Upright Citizens Brigade Theatre.

"He gives a lot of credit to I.O. He spent a lot of time performing for and teaching at Improv Olympic," Betse Klepper said.

Once the popular satirical news show needed a replacement for their longtime correspondent, John Oliver,

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AMERICAN FILM ELICITS THREATS FROM NORTH KOREA

Caitlin **Commissaris**

On Christmas Day, an extremely controversial satirical movie was released into theaters. This movie, "The Interview," stars Seth Rogen and James Franco.

The opening scene in the movie is a North Korean little girl singing about the destruction of the United States and about how all Americans deserve to die. In the film Franco plays a tabloid journalist who gets an interview with the North Korean dictator, Kim Jong Un, and is asked to assassinate him.

When Franco meets Kim Jong Un, he ends up thinking that he is one of the coolest guys ever and no longer wants to kill him. Eventually, Franco discovers that Kim Jong Un really does starve his people because all of the food in the market is fake. This is when Franco decides to expose the North Korean dictator for who he truly is in his interview. His plan works and the people of North Korea realize that their leader is not some godly figure. Kim Jong Un goes after Franco and Rogen, and in order to survive, they blow up Kim Jong Un and his helicopter.

"I can see how this film would be taken offensively, but it's just a comedy and shouldn't be taken so seriously. Citizens should not have their freedoms taken away just because someone is offended," said Loy Norrix senior Amara Fink.

In June of 2014, the North Korean government threatened merciless action against the United States if the movie was released. Sony Pictures was then hacked by "The Guardians of Peace," a group that many believe has a connection to North Korea. This group threatened terrorist attacks against cinemas that played "The Interview."

"This movie created a unique situation for studios to deal with. You can't stifle a movie that was already made, it's important that people have the opportunity to see something like this," said Matt Porco, a Social Studies teacher at Norrix.

However, the film ended up becoming Sony Pictures' highest-grossing online release. "The Interview" was the top selling Google Play and YouTube film of 2014.

There is a high demand for bootleg copies of the movie in North Korea because citizens want to watch it. North Korea's United Nations Ambassador, Ja Song-nam said, "The production and distribution of such a film on the assassination of an incumbent head of a sovereign state should be regarded as the most undisguised sponsoring of terrorism as well as an act of war."

The North Korean Government claims that Obama forced the distribution of the movie and that he is the direct culprit.

In response to North Korean threats, president Barack Obama said, "We cannot have a society in which some dictator somewhere can start imposing censorship here in the United States because if somebody is able to intimidate us out of

releasing a satirical movie, imagine what they will start doing once they see a documentary or news report they don't like. That's not who we are. That's not what America is about".



"The Interview" is a satirical film about the North Korean Dictator, Kim Jong Un. This movie stars actors James Franco and Seth Rogen.

KEEPING VALENTINE’S DAY SWEET AND EASY

Lori Umbanhowar

Have you been oblivious to cryptic hints that your significant other has been dropping? Or maybe you put off setting up the holiday date for the last minute? You are in a really tight place now, but do not worry, you still have hope.

No matter what stage your relationship is at currently, you can pick the right little something to make your significant other’s day brighter. The smallest of details, like picking out a card in their favorite color and writing a simple love note, will be noticed. You could even buy them a stuffed version of their favorite animal for a cozy gift.



Make a simple dinner cute and add small details, like making a heart in the sauce. **Lori Umbanhowar**

There is no need to spend all of your money on a fancy dinner in a crowded restaurant. Why not invite your significant other over for dinner? For less than twenty dollars you could have a spaghetti dinner for two. Shopping for the ingredients is your job, but you could invite them over for a surprise candle-lit meal.

If you are looking for a more interactive experience, ask them to be your sous chef and cook the meal together. This invites playful chit-chat and a backup if you can not cook well.

For a step-by-step visual guide to cooking an easy spaghetti dinner visit “Simple, Sentimental, Spaghetti. Making a Memorable Valentine’s Day at Home” on knightlifeneews.com and take a peek at the ingredient list.

If you are seeking a little after dinner entertainment, look no further than the Internet. The wonders of Netflix and other streaming sites make movie night a piece of cake.

Guys, you do not have to suffer through another overly gooey movie. Pick a movie that has action but with an underlying romance happening. Movies like “Iron Man” or “The Mummy” have those lovey-dovey moments that your partner will probably be hoping for but also some great fight scenes to keep you awake.

Neutral movies can avoid any possible complaints from either side of the relationship. Good compromise movies like “Delivery Man” and “Juno” have comedy, drama, and the warm fuzzy feeling that a good date night movie should have. Of course, you could always revert to television series like “How I met Your Mother” if no compromises can be reached.

However, sometimes it is better to surprise your significant other with a romantic movie. Movies like “Warm Bodies” and the “The Princess Bride” are based entirely around the main characters budding love with touches of action. “Warm Bodies” has zombies and is a tale of teen romance between a seemingly impossible couple. On the other hand, the classic movie “The Princess Bride” is about a young man fighting to rescue his true love from a forced betrothal to the local prince.

Less Romantic

More Romantic

The poster for Iron Man 3 shows Tony Stark in his Iron Man suit, surrounded by other characters from the movie.

The poster for Juno shows the main cast members standing together.

The poster for The Princess Bride shows Buttercup and Westley in a romantic pose.

DISCOVERING THE HISTORY OF VALENTINE’S DAY

Audra Penny

What is the meaning of Valentine’s day?

“Valentine’s day is a day for couples to buy things for one another and show the other that they’re special to them,” said junior Jesus Zuniga.

“Valentine’s day can be celebrated with family. My mom always makes homemade chocolate for the holiday and a big breakfast that we all enjoy together,” said junior Josie Fiore.

Although we all celebrate this holiday differently, Valentine’s day is commonly referred to as the Day of Love, and is mainly about giving to others. Usually it is someone you admire, and you give them a valentine that shows you care about them, or hint at a romantic admiration. These valentines you give your special someone can range from a single red rose and card to a giant teddy bear carrying a box of arranged chocolates.

Valentine’s day has helped establish “Singles Awareness Day,” abbreviated as S.A.D., which allows singles to enjoy the traditional Valentine’s day among friends without the pressure of needing a relationship. S.A.D is held on February 15th and allows singles to enjoy a day of celebrating being single instead of wallowing on Valentine’s day about not being in a relationship.

Valentine’s day didn’t always have the popular Valentine traditions we are accustomed to today but instead had a rather dark background.

The story behind this holiday is connected to roots that lie in the Roman fertility ceremony, known as Lupercalia. This rite was celebrated between February 13th-15th or sometimes just on the 15th. The day would consist of visiting the Lupercal cave where the she-wolf, Lupa, allegedly fed Romulus and Remus, who were twins that were abandoned by their parents near the Tiber River. Priests sacrificed goats, which are a symbol of fertility, and dogs, which are a symbol of protection, to gods and smeared themselves with the blood of the animals once they returned to the city. The priests would then run around the streets whipping those who wished to conceive, believing that this would nurture fertility and



ease childbirth.

Another Lupercalia tradition is for men to pick their mates for a year, mainly for sexual activity, not necessarily for marriage. The way they would do this was by drawing from a lottery that held the names of women that wished to be in it during the celebration of Lupercalia.

A mystery of Valentine’s day that is blurred to this day is who the real Valentine was. The truth is, no one knows who the real St. Valentine was. There are three main possibilities:

Valentine was a bishop in Terni, was a priest in Rome or was killed in Africa.

The priest in Rome is the most commonly known Valentine, as he rebelled against the Roman emperor Claudius II’s law that banned younger men from marriage because he wanted them to fight instead. Valentine would perform marriages secretly behind the emperor’s back, but once the emperor found out, Valentine was put to death.

A different story behind St. Valentine is that he was locked up by Claudius II, and while he was in there, he found a love interest in the daughter of the jailer. Before he was sent to death, he sent her a letter, with the ending saying, “From your Valentine.”

The most ironic of all the mysteries of Valentine is any possible Valentine(s) had the same day of their death, February 14th. Historians theorize that all of the Valentines were killed solely on their actions because of what they believed in, Christianity.

This biggest reason why Lupercalia transformed into the Valentine’s day was due to Pope Gelasius I. He combined the St. Valentines’ death to the holiday to expel the religious rituals and make it just a holiday to impress your admirer. It wasn’t until Shakespeare and Chaucer wrote about this new holiday which turned it into the commercial love holiday that we all know today.

The story behind Valentine’s day is complicated, yet we still celebrate it, despite some of the dark and mysterious history it has and make it a holiday filled with love. Valentine’s day is one of the most special days to show affection to people worldwide. Happy Valentine’s day!



Photo Credit/ Linda Zabik
Staff member Jennifer Ko Likes to cross country ski at Kalamazoo Nordic Skiers trail in the winter time. She loves to use her cool skis from the 80's.

Evelyn Banks

Winter is here and the snow has hit hard. Don't be a bump on log, inside watching TV and being on social media when you can be out enjoying the snow. Go ice skating, skiing, or sledding; build a snowman with your younger siblings or maybe even build a snow fort and have a snow ball fight with your friends. Get creative and make up your own games and activities to do in the snow.

Some like Loy Norrix senior Melissa Lee would rather be inside than outside.

"I would rather be inside during the winter because that's where the

WINTER IS SNOW MUCH FUN

heat is, I don't like being cold. When I'm inside I just watch movies, be on the computer or talk on the phone," Lee said.

Being cold is not a good feeling and is a good reason to stay inside, but it is possible to keep your body warm in the winter while outside. First, layer your clothing. Wear a long sleeve shirt under a sweat shirt, underneath a warm winter coat. Put on long johns, tights or sweat pants underneath your pants and wear snow pants on top of those. Wear a scarf, hat, gloves and 2 pairs of wool socks that come up to your calf to make sure no snow or cold air can seep underneath your pants. Last but not least make sure your snow boots are suitable for the snow and cold weather.

There are plenty of places to go have fun right here in Kalamazoo. Echo Valley located on H Avenue is a winter sports park. You can go tubing, tobogganing and ice skating for a very low price. Echo Valley is open January-March on the weekends and you don't need to make reservations before going. Just get together with a group of friends and go have some fun.

Another place to have fun in the snow is Bittersweet Ski Resort in Otsego. They have skiing and snowboarding activities and they have a school to teach you how to ski. Bittersweet Ski resort is open all week

long during the whole winter season. Just go online and check their web site before arriving or call to get all the information you need. There are many other places to go sledding for free in Kalamazoo, including Woods Lake Elementary, Hillside Middle School and Portage Northern High School.

Just because it's cold outside doesn't mean you have to stay in. Being bored all winter is no longer an option. There are things to do and places to go; you just have to stop finding excuses to lie in bed all day.

Get up, bundle up and go have some fun in the snow.

Place	Prices	Days Open
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SO YOU THINK YOU KNOW KNIGHT LIFE

STUDENTS WORK HARD TO PUBLISH SCHOOL NEWSPAPER

Felippe Santos

Five times a year, every student at Loy Norrix is presented with a gift. Some take it for granted, some don't bother to look at it, but those who do are presented with Knight Life, the school's student newspaper.

A lot of students strive to be members of this group and sometimes security has issues with posers, or students pretending to be members of the staff to gain access to the privileges of journalists.

Even though the Knight Life staff do their best to inform their readers, the readers still lack knowledge on the production of the paper itself.

Knight Life is a student-run paper, but just like many organizations in the building, the staff has a faculty advisor.

"This will be my 21st year advising the Knight Life staff," Tisha Pankop said.

Pankop is also the teacher of the Intro. Journalism class, which is a pre-requisite to be enrolled in the Advanced Journalism class. In the Intro. class, students learn how to properly take photos and write articles, as well as learn the very important laws of the journalism trade.

After completing the class, students then have the ability to become enrolled in Advanced Journalism, the class where Knight Life is made. Although the Intro course is only a single trimester, Advanced Journalism can be taken all year. Once in the class, new members are welcomed by returning staff, and then the work begins.

The first step in creating the newspaper is brainstorming. The process normally takes a day or two, and all of the members of the staff meet in groups to discuss ideas and topics that would make good articles.

"It's the most important part," said

Maxwell Evans, the Editor-in-Chief of the print edition of Knight Life. "It gets everyone focused on what topics would interest the readers, and that is the most important part of the paper."

After the brainstorming, everyone picks a topic for their article, and the writing process begins. Reporters for Knight Life have to make sure everything they put in their articles is true, since printing anything plagiarized or defamatory would place legal scrutiny on the program.

The laws in place for professional newspapers apply to us as well.

"We will be prepared for future journalism jobs and we can carry what we already know into our future profession," Business Manager Audra Penny said.

After the interviews and research have been completed, we send our articles to their respective editors. Every category has a specific editor who edits for content, and then there are also copy editors who edit for grammatical and spelling errors.

"We want to have the newspaper be as professional as possible so that we can be taken seriously," news editor Sophia Boismier said.

After the initial edits have gone through to copy and section editors, they then go to the editor-in-chief and then on to the advisor for suggestions.

The next step is to begin layout. To layout the paper, all of the members of the staff are assigned a page to layout using the computer program Adobe InDesign. InDesign allows the staff to use different tools to format the look of the paper, giving us the ability to make the newspaper visually appealing and easy to read. This is where photos are added, as well as headlines and graphics.

After a last review of the layout, the InDesign files are sent to Flashes



Knight Life staff members Jordan Liddle, Taylor Timmerman, Lori Umbanhowar and Andrew Streitel work on their layout pages for the paper. Each staff member is assigned a page that they are responsible for designing. **Photo Credit / Felippe Santos**

Publishers in Allegan to have it printed on newsprint. When it's ready to go, the paper is picked up, stuffed with a Cottage Inn Pizza coupon sheet, and are separated into piles for each class. Then, the copies are delivered to the classrooms so the rest of the student body can enjoy it free of charge.

To give it to the students free of charge, Knight Life staff members have an extra task to complete: selling ads. The paper pays for itself, but only if local businesses buy advertisements in the paper. The website is also an added workload for the staff, but is read by people all over the world.

"The website is important because it isn't limited to just our school," said Rachel Wheat, the Editor-in-Chief of knightlifeneeds.com. "People all over the world can see it, and we get a lot of views from around the world."

2015 is the 55th anniversary of Knight Life, and for 55 years students have been working hard to bring our school news that they care about and relate to.

"When I originally became the advisor, the newspaper was sold throughout the school," Pankop said. "You had maybe 40 or 50 kids buy the newspaper. The publication just covered a small clique of kids that actually read it. I didn't feel it fully represented the student body, so one of my first goals was to put it on newsprint so we could print it more cheaply and distribute it to every student and members of the community."



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SOCIAL MEDIA ACTS AS A STAGE FOR SOCIAL JUSTICE

Ginny Creamer

Wide media coverage on television during the Civil Rights Movement in the 1960's helped the demonstrations easily gain support, as corruption became harder to cover up and injustice was broadcast on a global scale.

Social media has adopted the job by turning networks like Twitter, Facebook, and Tumblr into discussion boards for hot social issues.

Easy access and common use of media has brought attention to recent tragedies such as the death of Michael Brown and Eric Garner, two men killed by police officers as well as Leelah Alcorn, a transgender teen who committed suicide, and The ALS Ice Bucket challenge, calling attention to Amyotrophic Lateral Sclerosis.

Awareness of these issues on a larger scale was magnified under the light of Twitter hashtags, Instagram photos, and Facebook pages dedicated to the cause.

Loy Norrix senior Ciara Barker has followed the "Twactivist" (Twitter Activist) route as a way to raise awareness and share her opinions.

"Any way that I can get my message out, I use," Baker explained, "Social Media appeals to a larger mass of

people, bringing information directly into our hands."

Baker believes that social media has impacted modern movements in a number of ways, saying people wouldn't be as passionate about relevant issues without the constant exposure to them.

Access to large groups of people are at our fingertips and this convenient form of expression is becoming more valued and increasingly popular. Theories, ideas, and opinions are spread far and wide with a click of a mouse.

"With information in our face all of the time, it makes people pay attention and makes them take [these issues] seriously," said Baker.

Loy Norrix Students have made a facebook page called Loy Norrix for Justice which has built a following of over 330 people.

"We chose to use social media instead of an after school club because it is hard to have that kind of time commitment," said Loy Norrix senior and a founder of the page, Daisy McLaughlin "This way, we get information to everyone, not just those that have time to give."

It's page statement reads: "Loy Norrix for Justice is a community



Ciara Baker uses her phone to keep up on current social events. With her phone, she has access anywhere at anytime.

Photo Credit / Ginny Creamer

whose goal is to inform, organize, and take action against injustices that happen in our community and in our world."

Not only have activists moved to using social media as their stage, through this, non-activists have been inspired to join movements, step up, and go into the world with social

justice on their minds. People from all different parts of the world have become connected on issues that affect us all.

Gender inequality, racial inequality, and marriage inequality are widespread issues that have gained momentum through online communication and connections.

SEE SOCIAL MEDIA PAGE 16



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FRIENDSHIP BRACELETS

Taylor**Timmerman**

History:

The friendship bracelet was first invented in South America hundreds of years ago. In 1970 they were brought to America protesting the Mayans who were disappearing in Guatemala. The Guatemalans executed a genocide against Mayans and any Guatemalans who wouldn't kill the Mayans. According to highbeam.com, the bracelets were brought to America by religious groups for use in political rallies, but now friendship bracelets are worn by thousands of teenagers worldwide.

Meanings of colors in friendship bracelets now:

Pink- Kind
Red- Honest
Orange- Energetic
Yellow- Cheerful
Green- Responsible
Blue- Loyal
Black- Strong

The Highs and Lows of Friendship

Sophomores Taylor Brown and Alina Cook got each other Lokai friendship bracelets for Christmas this year. Most of this bracelet consists of clear colored beads and then on opposing sides there is a black and white bead. The black bead is a symbol of the mud of the deep sea and the white is a symbol of water from Mount Everest. The bracelet as a whole represents that through the highs and lows of their relationship they'll always be friends.

Symbolism in Bracelets

Senior Ben Miller collects his bracelets in a religious manner. Every time he goes to a weekend long conference with his church, Unitarian Universalist, the group tells what their favorite time of the weekend was then ties yarn around their wrist symbolizing the bonds they've made. Miller has collected thirteen bracelets.

Theory:

Tie the bracelet onto the friends wrist whom you want to share a wish with and then wear the bracelet until it falls off naturally, the wish will supposedly come true.

The curse of taking off a friendship bracelet

Sophomore Claire Khabeiry had a friendship bracelet with her best friend for three years. Unfortunately this friendship didn't last forever. Khabeiry's says that a little over a month after breaking up with her boyfriend her best friend started dating him. Khabeiry took the bracelet off and never wore it again.

Bracelets from Africa

Senior Jordan Liddle got her bracelets from alumni Magnificent Hanana. Hanana got the bracelets from Africa and gave them to her close friends including senior Katie Srodes. Unlike the traditional friendship bracelet, this group of friends keep their bracelets on until they are no longer friends.

FASHION TRENDS OF 2014-2015

Taylor**Krupianik**

Boots / Combat Boots

Very stylish and comfy shoes that can vary in size, material and color.



Senior Aaliyah Barnes-Fogle
 "As long as it's comfortable and cute then I like it."

Cozy Sweaters

Big over sized sweaters that are comfy, or long and flowy.



Junior Tate Spooner
 "I don't really have a style, I wear whatever I feel comfortable with."

Boot Warmers

They go under your boots and up your calf to keep your legs warm from the cold.



Sophomore Sasha Williams
 "I like wearing bright colors, they're just more cheerful."

Infinity Scarves

A scarf that is connected from both ends. They can either be big and thick or thin and small, also length can vary, and fabric.



Junior Arya Malmgren
 "I love wearing boots and scarves in the winter because it keeps me warm and looks cute."

Skinny Jeans

Form fitting jeans.



Sophomore Kierra Grado
 "I like a lot of flowery stuff, it's pretty."

Leggings

Tight, thin, fabric-like pants that are stretchy and comfortable.



Sophomore Ally McAlister
 "Being yourself is the most comfortable style."

NORRIX TOP 3s OF 2014

MOVIES



- Guardians of The Galaxy
- 22 Jump Street
- Divergent

TV SHOWS



- American Horror Story
- Orange is the New Black
- Family Guy

ARTIST



- Drake
- Beyonce
- One Direction

SONGS



- Tuesday, by iLoveMakonnen ft. Drake
- Shake it Off, by Taylor Swift
- All About That Bass, by Meghan Trainor

FASHION TRENDS

- Leggings
- Sweatpants



BOOKS



- The Fault in Our Stars
- Allegiant
- AP Textbook



WEBSITES

- YouTube
- Facebook
- Tumblr

APPS



- Instagram
- Snapchat
- Facebook

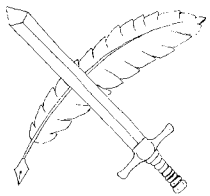
ACTORS/ACTRESSES

- Jennifer Lawrence
- James Franco
- Leonardo DiCaprio



SPORTS

- Football
- Soccer
- Basketball



KNIGHT LIFE STAFF

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Rachel Wheat
Web Editor-in-Chief

Evelyn Banks
Social Network Operator

Clayton Barker
Web Sports Editor

Sophia Boismier
News Editor

Alexander Brown
Comics + Graphics Assistant

Breonna Burnside
Layout Editor

Caitlin Commissaris
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Ginny Creamer
Staff Writer

Jacob Heasley
Web Opinion Editor

Lars Johnson
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Ashtyn Kenbeek
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Taylor Krupianik
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Ben Miller
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Katie Srodes
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Hannah Stempky
Web A+E Editor

Carsten Strand
Copy Editor

Andrew Streitel
Sports Editor

Taylor Timmerman
Copy Editor

Lori Umbanhowar
Comics + Graphics Editor

Kyron Williams
Copy Editor

VIDEO GAMES CAUSE PROBLEMS FOR THOSE WITH ADDICTIVE PERSONALITIES



Ben Miller

In 2003, the video game “Grand Theft Auto III” inspired two teenagers to fire a rifle at passing cars, killing a 45 year old man and wounding a 19 year old girl.

In 2008, four teens who were allegedly obsessed with “Grand Theft Auto IV” robbed a man, knocking out his teeth. They then stole a woman’s car by stopping her and forcing her out. In 2007, two teenagers beat a seven year old girl to death in an act of imitating the game “Mortal Kombat.”

It is true that these tragic events, which are only a few of many, should be attributed to the individuals committing them and not the games. These people could be associated with an extreme form of Internet Gaming Disorder, a new phenomenon found in the Diagnostic and Statistical Manual of Mental Disorders.

This disorder is described as persistent and recurrent online activity resulting in clinically significant impairment or distress. People with

this condition endanger the way they function academically or in their job because of the amount of time they spend playing. They experience symptoms of withdrawal when pulled away from gaming.

An article in “Psychology Today” by Romeo Vitelli says, “Adolescents (particularly male adolescents) seem especially prone to video game addiction though identifying young people who are vulnerable can be difficult given how popular gaming is in people of all ages.

While researchers have linked excessive gaming to different personality factors such as impulsiveness, higher acceptance of violence and lower social skills, gamers having trouble coping with their lives in general can be vulnerable as well. Not only are people dealing with excessive stress and general unhappiness in their lives more likely to become addicted to video games, but gaming addicts are also more likely to be diagnosed with other disorders. These related diagnoses can include attention-deficit hyperactivity disorder (ADHD), depression, and anxiety.”

In other words, those who are already predisposed to socially remove themselves are more likely to become addicted to playing video games. Psychologists have consistently found

that those who are lacking in social support are more likely to commit violent crimes. Therefore, those who are prone to withdrawing socially by habitually engaging in something like playing video games have a much stronger potential to display violent behavior.

What also needs to be taken into consideration is the Social Cognitive Theory. This psychological theory is a behavior model version of the phrase “you are a product of your environment.” The way that people learn is through social interaction, which has been shown to be a focal point of video games. However, when a violent video game is a person’s primary source of social development, they are creating an environment for themselves that teaches violent problem solving.

More specifically, the Social Cognitive Theory shows that people develop outcome expectations based on their environment. So by playing a game which teaches violence as a primary way to overcome obstacles, this person is learning that they should be violent in order to solve their problems.

As previously stated in the article from “Psychology Today,” adolescent males are most likely to compulsively play video games. Adolescence is known to be a primary time for social development. By playing violent video games as teenagers, these young boys are learning to find solutions in violence. This is backed by a 2008 study called Grand Theft Childhood, which reported that 60 percent of middle school boys that played at least one Mature-rated game hit or beat up someone, compared to 39 percent of boys that did not play Mature-rated games.

Given the habitual, impressionable nature of adolescents, video games with excessive violence could be causing harm to the development of young people, particularly boys. The last thing that young men in our society need to be taught is that violence is an effective method of solving problems, especially with those who are more likely to engage in activities habitually. A young boy who uses video games to cope for anger could, in the future, use more harmful things to cope.

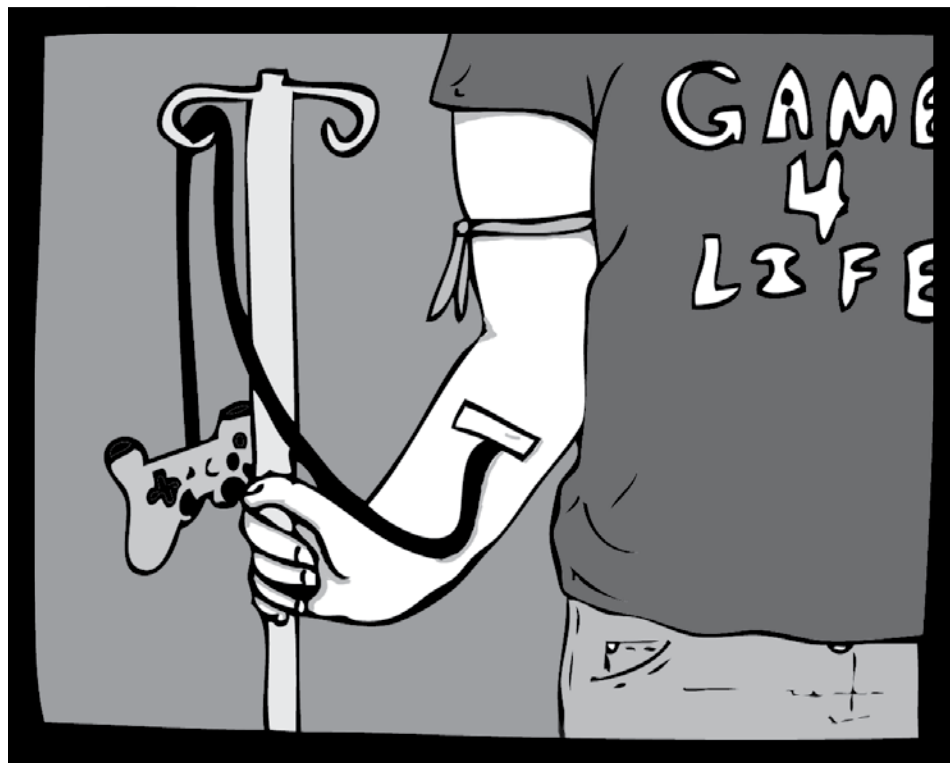


Illustration by Lori Umbanhowar

KS

KNIGHTS SPEAK

What effect do violent video games have on a person’s behavior and brain?



NaQuavion Evans, Sophomore

“If you can do that in video games, it gives people the chance to try it in real life.”



Sidney Ellis, Junior

“I play violent video games, but it doesn’t affect me, but it might affect other people.”

VIOLENT VIDEO GAMES ARE MORE THAN JUST MINDLESS ACTION



Jake Heasley

Violence and video games seem intertwined. Almost every top-selling video game seems to involve violence, others even seem to promote violence, but do they cause violence? No.

Every form of art has been criticized by someone. Puritans burned books, concerned parents banned rock-and-roll and video games are no different. The difference here is that while most people now don't believe that heavy metal is the work of Satan, many people still think that there is a direct correlation between video games and violence.

The important thing to realize about video games is that they are inherently different from books and movies due to their interactivity. While someone may feel immersed while watching a movie or reading a book, they are not a "part" of that world. Video games allow you to alter the world that you are playing and this can create many opportunities for immersion that books or movies can't do.

There have been countless studies about video games and violence, and believe it or not some studies show that video games can cause aggressive behavior. However, this behavior stays strictly in the game, so while a person might yell at his TV when he messes up in a game, there is no evidence to suggest that he would then be more aggressive in the real world.

Anyone can become aggressive. People yell at their TVs when their favorite football team is losing, but no one says that watching football causes violence. The most difficult part of proving that video games cause violence is showing how people react in the real world, and most of the time people leave their aggression behind when they put down the controller. In fact, it might just have the opposite effect. A study published

in the "Massachusetts Journal of Adolescent Health" concluded that violent video games can also help relieve stress among adolescents.

Another factor in this debate is crime rate. Despite what the news may have you believe, crime rates have reduced in the US, especially among teenagers. While "Grand Theft Auto 5" made over one billion dollars last year, the juvenile crime rate has decreased by 71.9 percent since 1995. While video games become more realistic, able to simulate almost photo realistic blood effects, the violent crime rate in the US has been steadily decreasing since 1990. This isn't to say that video games are decreasing violence, it just shows that video games aren't causing or increasing it.

This is the problem with people who claim that video games cause violence, the numbers don't back them up. If a video game can be so realistic that its almost hard to tell that it's not real life, how can violence be steadily declining?

Some people point out that video games can create problems for people with addictive personalities or other psychological problems. I completely agree with this. People who are prone to violence can be influenced by video games in the same way that a person

with an addictive personality can become addicted to alcohol. While most people might not become addicted to either substance, a subset can have severe problems with both examples.

While video games don't cause violence, there is still one question; why is there so much of it?

Violent video games are everywhere and while movies and books have many genres, most video games seem to revolve centrally around violence. The simple answer is that developers are lazy. Violence is easy, it elicits an immediate response from the player and can provide a challenge for them to overcome.

This isn't to say that non-violent games don't exist. There are games that confront huge issues like depression and there are games that exist for the sake of the art in the game. Games like "Journey," which has no violence and only shows your character walking through a beautifully crafted desert, can create an emotion that no non-interactive medium can ever do. However, most of these games are relegated to "indie" or independent games because they tend to be more niche.

Even violent games can have messages. The game "Spec Ops: The Line" shows how strange it is to revel

SEE VIDEO GAMES ON 16



Illustration by Lori Umbanhowar



Lyric Kleber, Senior

"It glorifies violence and numbs the idea of death to kids so they don't understand death."



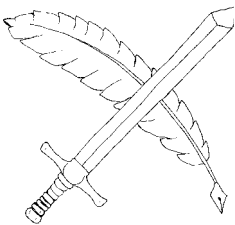
Zackary Sims, Freshman

"Things happen like Ferguson, looting, killing and violence."



Alisabeth Shigwadja, Junior

"Violent video games encourage people to act out. It gives a way for people to relieve stress and anger."



PUBLICATION POLICY

Got an opinion? Disagree with something we've said? Just want to be in the paper? Write us!

Direct Lettitors to:
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606 E Kilgore
Kalamazoo, MI 49001

OR
Submit to Room K6

OR
pankoptl@kalamazoo.k12.mi.us

GUIDELINES:

- 250 words or less
- Must contain author's name, 3rd period & ID number

RIGHT TO WITHHOLD:
Guest columns and personal opinion pieces may be withheld if the piece contains libel or obscenities, disrupts the school environment, invades the privacy of others, or if space is limited.

NOTE TO READER:
Any photography that has been manipulated will be labeled as a "photo illustration."

Knight Life will publish a formal correction of any factual error made in a previous issue.

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BENEFITS FOR DECRIMINALIZING MARIJUANA



Drew **Pawloski**

Cannabis is the third most popular recreational drug in America. According to norml.org, “government surveys say 25 million Americans have smoked cannabis in the past year, and more than 14 million do so regularly regardless of what the consequences are.”

Cannabis is also used medically to treat very serious diseases like cancer, as well as diabetes, ulcers, arthritis, migraines, insomnia, infections, and many others. Unlike marijuana, many other drugs being used can result in an overdose.

Tetrahydrocannabinol, or THC, is the chemical substance in the plant that makes you, “feel high.” Depending on the situation or who is around the user can affect this person’s state of mind.

Marijuana also has the common effect to increase the appetite of the user.

THC relieves pain, but it doesn’t have the same effects as some opioids like heroin, morphine and other drugs extracted from a poppy plant. According to livescience.com, “cannabinoid receptors are concentrated in certain areas of the brain associated with thinking, memory, pleasure, and coordination and time perception.”

Decriminalizing cannabis in the United States would also decrease the amount of arrests made involving marijuana. More than 693 thousand people have been caught up with the law for possession charges of marijuana in 2013.

“Going through a huge court process for a small amount of marijuana is useless to taxpayer’s money. I think by decriminalizing marijuana it would decrease incarceration rates in America,” senior Evan Vanhorne said.

There should be no reason for this many arrests over a plant that is used for medicine. According to norml.org, “approximately 609 thousand Americans were charged

with possession of marijuana. The remaining individuals were charged with sale/manufacture, a category that includes all cultivation offenses.” Legalizing cannabis would only raise the amount it would cost.

Legalizing cannabis would let people over the age of 21 to grow up to 6 marijuana plants and be able to travel with less than an ounce. Nobody would go to the store and buy it because the government would tax it. The government should not be in control of marijuana production because they would only rush the growing process and then sell inferior marijuana for a very expensive price.

Senior Gabe Wikle’s view on legalizing marijuana is that even when it is legal for recreational use, the minority will still buy from a personal dealer and not purchase through a store. This would defeat the purpose of legalizing cannabis.

“The discrimination of the justice system would be justified under legalization by claiming minorities were buying illegal weed while pardoning white marijuana users,” Wikle said.

By decriminalizing marijuana, you would be able to carry cannabis for personal use and not go to jail or get a

possession charge. Nineteen out of 50 states have decriminalized cannabis.

Most states that have decriminalized marijuana already have a limit for the amount you can carry, which is around 24-30 grams limit per-person. Having this law gets rid of all those petty fines and trips to jail for having a very small amount of this illegal substance.

So many people in this world use cannabis, even with the amount of trouble you can get into for using, so many people continue to use cannabis all over the United States.

Decriminalizing will not only reduce the amount of people that would get in trouble over a small amount, but police officers won’t have to worry about cannabis as much. Not only that, but with the new generation taking control of society, and new research being done on marijuana, change is to come.

SHEDDING LIGHT ON THE SUSAN G. KOMEN FOUNDATION



Clayton **Barker**

Let’s race to the cure! This slogan is used by the Susan G. Komen breast cancer foundation. Because one out of every four US citizens dies from cancer, I would say it’s safe to race to the cure. The heinous Susan G. Komen foundation helps us donate money to the desired researchers looking to cure this deplorable disease.

The Susan G. Komen Breast Cancer Foundation, which sports the winsome pink ribbons, was founded by Nancy Brinker in 1982. The ribbons have been the face of the breast cancer society. This foundation, though, has faced its share of criticism.

Pinkwashing is a portmanteau word created specifically for this foundation, a word that’s combines the meaning and sounds of two words; pink and whitewashing.

Pinkwashing is a form of “cause

marketing.” “Cause Marketing” is all in the name; if there is a good cause, citizens will gladly partake.

A good example of “cause marketing” is when you go to the store and you’re in the yogurt section. You have three choices to choose from, but one of them donates their money towards breast cancer research. The idea that you’re helping a “cause” will be very influential in your decision on the yogurt you want, which is exactly what this foundation does.

The word pinkwashing exists for this foundation for a reason though because this foundation is unethical and disrespectful to any cancer patient and especially any female that has in any way dealt with breast cancer.

There are many cases like this. The NFL did donate to Komen. According to “Medical Daily” for every \$100 sold for NFL/pink merchandise, \$12.50 goes to the NFL; only \$11.25 goes to the Susan G. Komen Foundation. When you buy these products with the pink ribbon, you do donate most of the time, but it’s a small amount considering the overall merchandise profit.

The Susan G. Komen Foundation also is under scrutiny because of its decision to campaign with KFC. “Think

before You Pink” says even though KFC donates 50 cents a bucket, although KFC is Komen’s biggest donor, I still think KFC campaigned for their own financial benefits. KFC and Komen campaigning together is hypocrisy at its finest. Fat and greasy foods contribute to an unhealthy lifestyle, and an unhealthy lifestyle later leads to issues like cancer and in women particularly breast cancer.

Another example of this is the perfume released by Susan G Komen. The perfume called “Promise Me” was commissioned in 2011; this perfume contained a number of toxins which are supposedly causes of cancer. This was no mistake either, if you as a company are so crazed to stop cancer you could’ve concocted a better, safer perfume. The website “Think before you pink” also states that research Katie Ford Hall finds that for every bottle of “Promise Me” which costs \$59, \$1.51 of it will go towards research.

The Susan G. Komen Foundation also had ties with Planned Parenthood. According to CBS News, the Komen foundation bestows annually around \$600 thousand for free mammograms. This tie got cut because of the US Congress’s eye on abortion rights.

Ties to Planned Parenthood also got cut to save money. The tie getting cut had inauspicious results. Groups who support abortion left their ties with this foundation while people who are against abortion united.

Nancy Brinker, the founder and CEO up to 2012, made \$417 thousand in 2010. Nancy Brinker stepped down as CEO in 2012, but not her salary. Nancy got a facelift and salary lift in 2012, making \$684,717 thousand for the year. This is an extremely large salary considering what the foundation’s purpose is, which is donating money to cure cancer. This is quite an ignominy, considering this money could go to cancer patients or research.

Breast cancer in order to be cured needs more positivity. Putting faith into foundations that possibly lie and disown women need to be eradicated. Yes, this foundation does donate towards cancer research, but it also promotes cancer in the products they advertise with because of the chemicals in these products. Let’s invest ourselves into ethical cancer systems that teach us cancer prevention, not only that but let’s raise these women up from breast cancer. Let’s empower women from this fecund disease!

NO SHAVE, NO SHADE

IT'S MY BODY, I CAN SHAVE IF I WANT TO

Katie **Srodes**

Years ago, in a land before time there were men and women. Both had hair and in fact they dressed themselves in more fur, just to survive and stay warm.

Along came some history of the world and in America during World War I, the men left the country to go to war in France. Because the men left, American razor companies such as Gillette and Schick had no one left to market to, and they wanted to make their money. Thus began the plot to make women hairless.

This last part may sound a little extreme, but in reality this is where these ideas began. These companies began marketing these razor blades to women with slogans such as “Look like the French Women” (who were in fact quite hairy) and completely changed their angles for sales aiming them towards the women of America. Gillette holds archives and tells the history of the company and how they began this switch in marketing to women.

“[Gillette] made women want to shave their arms, and also want to buy a Gillette to do the shaving,” said Matthew Pisarcik, Founder of Razor Emporium & Razor Archive.

Women began to buy into this idea and started shaving their underarms, and then because of silk shortages during WWII, shaved their legs and from there it just kept progressing. As of now photoshop will remove any stray hair present on the entire human body that was missed in initial hair removal. Advertisements for women that have the opportunity for skin to show make sure that the skin is shiny, looking smooth and free of all body fuzz.

There is no scientific difference between hair in males and females, it is just the conditioned response to women that make it seem so different or wrong. Not shaving is still completely hygienic and not actually as bad as people make it seem. In fact,



Pictured (top, clockwise) Olivia Stier, Lily DeHollander-Bird, Katie Srodes, Sophie DeRango, Ginny Creamer, and Lily Krone. These young women take pride in their own bodies. **Photo Credit /Jordan Liddle**

according to Braun razors, on average men's beards have almost the same number of hairs as a woman's lower legs and underarm area combined!

These advertisements starting from almost a century ago created the social norm for women to shave. Girls see these ads at young ages and the media influence begins to hit them like a brick as young as elementary school.

There are very few widely seen opponents to these statements, too. No one is promoting the idea that

body hair is beautiful, and that is what makes it weird for women to have it.

The choice of shaving or not can be a personal preference and it can also be a statement.

Not shaving completely goes against the carefully and economically beneficial molded norms for gender roles. Who would think that gorgeous, well groomed women have underarm hair?! It can almost literally blow people's minds. Going against what your assigned gender norms are contributes to the non-conformist

the women who put more pressure on each other. It can become a beauty contest quite quickly and some girls can be harsh when they see something they disagree with.

Once puberty begins both females and males grow hair naturally. No one is asking young boys “Hey, man! Why is your leg hair so long?” It is a conditioned response for people to think of women with long luscious locks on top of their heads, but from there down, it is a whiskerless, bald land.

“It's really important and especially for females to realize that their value isn't based on what the man thinks of you but of what you think of yourself,” senior Olivia Stier said.

You don't hear nearly as much about the harm hair removal treatments can bring, either.

Shaving alone can cause razor bumps, ingrown hairs, or allergic reactions. With waxing, similar problems can be seen with the addition of pain. You literally are taking each little tiny piece of hair and ripping it straight out of your body hundreds at a time. If you miss any spots and decide to pluck them with tweezers, just imagine the same effect as waxing, except one at a time and additionally agonizing. If you aren't the do-it-yourself type go to a spa or beauty salon and let them do it for you! Even better they can use special lazerbeams to burn the hair follicles to their death.

I truly do believe everyone is beautiful in their own way.

“I think that beauty is a personal choice on what makes you comfortable and what makes you feel empowered,” sophomore Lilly DeHollander-Bird said.

Women own the right to look they way they want to and the way they choose. That can mean the woman who acts the exact way the

SEE NO SHAVE PAGE 16

GREY'S ANATOMY CREATES UNREALISTIC EXPECTATIONS FOR THE MEDICAL FIELD



Rachel **Wheat**

“I want to be a doctor because it looks cool on TV” is absolutely the worst possible excuse a person could make. An average Doctor spends nine or more years in school and interning to learn how to perform life saving procedures. Comparing this profession to TV shows like “Grey's Anatomy,”

“ER” and “Royal Pain” is frankly unrealistic. Television is creating an unrealistic look into healthcare.

The show “Grey's Anatomy” is about medical interns doing their residency at Seattle Grace Hospital. It's filled with blood, scalpels and love affairs. Although it may be compelling and entertaining, it sits far from reality. Residents sleep with the attending doctors, hospital hallways are filled with romance, and doctors perform advanced surgeries where 95 percent of patients survive. All of these I'm sure exist, but it's not the true reality of being a doctor.

Doctors go to school for many years

to learn a specialty with the aim to help people live. They have to experience blood and guts, and unfortunately death. Sometimes shows such as “Grey's Anatomy” do not show these true and often depressing realities.

According to the website TheDO, Grey's Anatomy is “portraying the residents' lives as exciting, dramatic whirlwinds, the show makes real-world residency seem less difficult,” when in reality “Surgical interns do a lot of scut work, such as drawing stat labs, putting in orders for nurses, talking to patients' families, rounding with social workers.” Not only is this unrealistic it has many medical inaccuracies; TheDO explains

“Errant residents on the show are lightly punished for offenses that would get them kicked out of any actual residency program.” This is a prime example that people should certainly not base “Grey's Anatomy” or any other fictional medical show on reality.

Yes, this is entertainment and yes, it's supposed to be unrealistic, but people find themselves basing their perceptions on shows such as this.

Don't make your career decisions based on a Television show because their number one goal is entertainment, not accuracy.

ANTIBIOTIC RESISTANCE POSES A REAL THREAT



Lars Johnson

In the medieval era, contracting even the most harmless of infections could be a death warrant considering the somewhat barbaric medical practices of the age. Nowadays, the human race possesses advanced medicines which can fend off illness, but these defenses may not last forever.

Lately, a hot topic in science has been antibiotic or antiviral resistance. In light of the persisting flu season and the situation with the ebola virus, such a subject has gained even more relevance. Although life threatening diseases are not extremely common in a high school, there is still reason to inform and caution students about the more unscrupulous dangers they pose.

Antibiotic and antiviral resistance are phenomena that can arise from a variety of scenarios including genetic mutations and abuse or overuse of an antibiotic. While the former is something which can't exactly be remedied, misuse of antibiotics is an issue which needs to be nipped in the bud for the good of the public.

Modern medicine may be evolving at an increasingly rapid rate, but bacteria and viruses are evolving right along with it. According to the Centers for Disease Control and Prevention about two million people are infected and 23 thousand people die each year as a direct result of antibiotic resistance.

While measures can be taken to help prevent resistance, there is no way to eliminate it completely as of yet. With this in mind, it is important to be aware of the precautions that should be taken to protect oneself. To begin with, it is always wise to acquire a flu vaccine each year. In the case that you acquire the flu or some other illness first, then

you should most definitely adhere to any instructions your doctor gives you. Failure to take a full prescription, or taking too much can not only endanger yourself, but could potentially cultivate antibiotic resistance.

When bacteria or viruses are exposed to an antibiotic, some "susceptible" bacteria are destroyed, while others survive and have a higher chance of resisting future doses of the medication. For this reason, it is incredibly vital that patients take the entirety of their prescriptions when dealing with bacteria and viruses.

Senior Angie Bissonnette believes that medication abuse amongst high school students is a serious issue. "If people just followed doctors' orders and took the proper amount of prescriptions, [everything] would be fine," Bissonnette said.

Not all forms of medication abuse lead to antibiotic resistance, but they can critically jeopardize your health. Many severe consequences can arise from irresponsible drug

use ranging from hospitalization to death. Regardless of the nature of the consequence medication abuse may lead to, it is a practice which is harmful to all involved.

On a related note, some people feel as though vaccinations or prescriptions can be dangerous to use as they can allegedly lower the health of the immune system and may contain questionable ingredients. Similarly some doctors are hesitant to prescribe antibiotics in order to limit resistance, but will most definitely make them available to those who are ill.

Antibiotic resistance is one of the most formidable opponents facing the field of medicine these days. Each individual must take part in the battle against this issue by being responsible with their own medications. Of course, it would never be a good idea to endanger your health for the sake of a possible consequence, but caution should be taken when handling medications of any sort.

FAME FROM PAGE 5

Jordan Klepper sought out the job.

"I got asked to prepare and write a piece and as I moved my way along the audition process, I eventually ended up doing it with Jon [Stewart]," Jordan Klepper continued, "A few days later they were showing me my office and telling me I was going to be on the show that night."

Now being a part of the "Daily Show" family, Jordan Klepper has had opportunities to meet the guests that appear on the show, as well as work with Jon Stewart himself.

"He's [Stewart] a true pro, and is great at making me feel freakishly tall," Jordan Klepper jokes. "As far as guests go, I've gotten to meet some of my comedy idols - John Cleese and Ricky Gervais - but the height of surreality was achieved when I got to rap in front of the Wu Tang Clan. Even if my skills were lacking my excitement was not."

Reflecting back on his family's influence on his career in comedy today, Jordan Klepper gives much credit to his mother and father.

"Choosing to go into comedy is not a popular choice, but my mom and dad have done nothing but encourage me to follow my gut. Also, my mom and dad are two of the funniest people I've ever met; I steal all my chops from their table" Jordan Klepper said.

As the mother of this new Daily Show correspondent, Betse Klepper could not be more proud of her son and his accomplishments. As her son continues his comedic journey, Loy

Norrix's lead secretary will continue to support his comedic aspirations.

"CHOOSING TO GO INTO COMEDY IS NOT A POPULAR CHOICE, BUT MY MOM AND DAD HAVE DONE NOTHING BUT ENCOURAGE ME TO FOLLOW MY GUT. ALSO, MY MOM AND DAD ARE TWO OF THE FUNNIEST PEOPLE I'VE EVER MET; I STEAL ALL MY CHOPS FROM THEIR TABLE."

-JORDAN KLEPPER

"In this sort of field you suffer so many rejections with some acceptances as well, but it's a tough field," Betse Klepper said. "One day you are a working, struggling, actor and the next second you could have one of the greatest jobs in comedy. I don't know where he's going, I'm just so glad he's there now and I think he is too."

VIDEO GAMES FROM PAGE 13

in virtual violence, with moments that show how problematic it is to treat war like a game, it constantly criticizes the player for enjoying the violence it displays, while also displaying said violence in a very unflinching manner.

No medium should be judged on the value of its worst products. People don't judge books only by "Twilight," and people don't think movies are pointless simply because "Transformers" made over one million dollars at the box office. Similarly, games shouldn't be judged by "Call of Duty," the medium should be judged by the games that offer great stories, beautiful art, or innovative gameplay.

Frequently, games are dismissed as violent fluff but to do so ignores the potential that games have. Being interactive gives games an edge over movies and books when it comes to drawing players in and sometimes violence can help with the story. There are violent movies that have received critical acclaim and no one has called them excessive, why should games be any different? Games don't cause violence and deriding them because of violence can cause people to miss the true purposes of some games.

NO SHAVE FROM PAGE 15

mass American media pushes her to be, make-up loving, clean-shaven, and oh so beautiful. That is her personal decision. This also means that the woman who decides this is not the life she wants to live may let it all grow out and be just as beautiful, if not more. Hair removal is painful, sometimes expensive and a lot of work. Frankly, some people see it as not worth that privileged type of beauty. This leads to their discovery of natural beauty instead.

"If you are opposed to it or grossed out by it, you should reevaluate your views on women and think about how American western culture and beauty standards have affected your perception of what a woman really is," said sophomore Sophie DeRango.

If you think that regular body hair growing under armpits is weird, do something crazy to change it! Men get designs and things shaved into their heads so why can't girls do the same to their wonderful bodies? Dying hair also keeps things interesting and shouts female empowerment. Who could possibly forget about the humorous idea of braiding those beautiful armpits?

In other words, do what you want, it's your body and therefore your choice. Humans growing hair is completely natural, so if someone wants it to grow free, let them be.



LETTERS TO THE EDITOR

Dear Editor,

Speaking Mexican is not a language or something you can speak. I hear people telling Hispanics, including me, to stop speaking Mexican when really there is no way we can stop because there is no language that’s called speaking Mexican! We speak Spanish. We can’t stop speaking that if that’s what you mean. It’s like us saying stop speaking white or black! There is no skin or race that is a language! Except for Japanese and Chinese. But you guys get my point.

Gloria Lara
Freshman

Dear Editor,

I liked the newspaper story about social media’s effect on Ebola jokes. As a student, I understand it’s easy to just laugh it off when someone makes an Ebola joke, but it’s a very serious matter that shouldn’t be laughed about. Mr. Larson brought up a good point in class one day by saying Ebola is a disease just like Aids or Cancer! Would you laugh and make jokes about someone with Cancer? I don’t know what kind of sick person would. We are lucky in Michigan that Ebola isn’t a big threat to us, and we should do all that we can to help those affected, not laugh at them. So anyway, I liked this article.

Erin Kloustra
Freshman

Dear Editor,

I read Genevieve Nicolow’s article, “Care No Matter What: Kids Need to Take Responsibility for their Sexual Health.” I was very impressed with the article’s detailed coverage on important issues such as sexual health education, STI prevention, and health clinics. Nicolow did a great job reaching out to valuable sources such as the Youth Programs Manager at Planned Parenthood. Teens need to know their options when it comes to sexual health, and the article thoroughly outlined crucial information from multiple reliable sources.

Anna DeRango
Senior

Dear Editor,

I read the article “Guidance Counselors Are Busy with their Many Jobs,” by Sophia Boismier and I really enjoyed it. I definitely agree

with the stress associated with being a counselor. I feel that counselors are rarely treated with. Personally, Mrs. Scott has helped me out above and beyond, so I am very grateful for her.

Katryn Walsh
Senior

Dear Editor,

This newspaper addition was very opinionated. Through the spirit rock, to the use of Ebola Jokes. These articles show the diversity in Loy Norrix and how we value opinions. But then there are those articles who change your mind on everything. You realized how much you take things for granted, such as Austin Kiewiet.

We have all seen him around school and clearing a way for him. Austin suffers from a disease that make his bones brittle and results in a wheel chair. This was an amazing addition to the article.

I’ve seen some of the struggles Austin goes through everyday. Bullying, just getting through the congested halls and even the snow with his chair. This article will help many understand his condition, but also open their eyes to how blessed they are. As a generation of judgement, including this article was a great choice.

Mariah Sarelis
Freshman

Dear Editor,

I think it’s a good idea to have a Link Crew. It’s helpful for some Freshmen. But some Freshmen don’t know who their Link Crew mentor is. Just last week I met mine. I don’t like that you said out of 500 plus Freshmen, only half went because I didn’t have a ride, so I couldn’t make it. There are many reasons why half of the Freshmen didn’t come. I think that it’s the Link Crew mentor’s job to meet all the students they’re helping because I had so many questions this year and I didn’t have a mentor now at the middle of the school year. I don’t have questions and I just met my Link Crew mentor.

Gloria Lara
Freshman

Dear Editor,

I really love the fact we even have a paper copy of the newspaper because I like to get the information but I always forget to go online. Also I like the layout of the newspaper I think it looks good. I do think you should have comic strips in every single issue.

Sydney Loomis
Sophomore

Dear Editor,

I recently read “Balancing Relationships and Friends” by Taylor

Timmerman in your most recent volume of “Knight Life”. From the start, the pictures and title intrigued me and overall I thought it was a really good article. I really liked the Jack and the Beanstalk analogy. My only concern is you talked about the mushy couples at school that are always making out, yet there was no opinion nor interview about those type of couples. Personally I would be interested about reading about that. However, I really liked the article and thought is was very well done.

Anna Kushner
Sophomore

Students Respond to Article on Racial Tensions

Dear Editor,

I read the article Tension on page 1 of the school newspaper. Honestly this article touched my heart and maybe even my soul. It is a very touchy subject but it is truly amazing how this brought awareness to the community of Kalamazoo!

It is very upsetting that this happened to our school rock, which has been here for generations upon generations, but I’m just happy that it is back where it belongs and not only that, I am very happy that this action is getting more students involved, even at our rivalry school, Kalamazoo Central. The fact that we are raising awareness peacefully is even more important and heart touching. Truly amazing!

Phaudrea Potts
Senior

Dear Editor,

I really appreciate the boldness of putting the stories out there that not most people would like to be aware of. It helps decrease the amounts of ignorance we have within our school and community. People deserve to know what is truly going on with all the injustices that lurk in the shadows right under our noses. Bringing this to light makes us face our realities and conquer the greater evils that bring down our quality of life and jeopardize certain groups of individuals safety.

These “uneasy to read” yet virtually important articles must never be silenced or censored. The articles such as “Tension” bring light to avoided issues when most others are too afraid to bring them up. They can spark hate and frustration, but it’s important we overcome such problems that are left undiscussed. Who else would do it? People are too ashamed, scared, or voiceless to bring to light stories of injustices and inequality.

Jonah VanDyk
Senior

Dear Editor,

I read the 1st article on the first page. When I read how 6 students painted the rock black I felt happy that people do care and support Ferguson. I read further down. I was shocked to read that someone would actually vandalize the property but most of all, they dragged race into the spirit rock. I’m actually glad that something like that happened, so students here are aware that racism still exists! I think it’s crazy how ignorant people judge others based off of their color of skin. I didn’t expect to see something like this here or any other place, really it’s 2015!

Diamond Shannon
Freshman

Dear Editor,

This is a touchy touchy topic but apparently some did it as a test. Everyone is allowed to voice their opinion. They decided to see if people would treat it differently because it’s the other point of view. The first people to paint it also vandalized it technically, but the other point of view was punished.

Was it the people that repainted the rock that moved it? If so, that is over the top. But if not, was it someone that was angry at the opinion?

I refuse to give names but I think about our rights to an opinion. Just think about the other point of view. Do we no longer have rights to an opinion?

Just to clarify, I support the protest to police brutality and equal rights. I also support our rights as Americans only one opinion is like Communism. I have a Communist friends but he doesn’t act on it violently. He stays within the law. Just remember the right to an opinion.

Warren Wakeland
Freshman

Dear Editor,

I read the article “Racial Tension Finds Its Way to Loy Norrix.” I think this is a really positive way to reach out to people who support this. I do however think this is a big chaos. It has been in my opinion causing more arguments. As a school we should be sticking together. To help support this we should be providing facts from outside. Not just what happens in LN. Overall great article. Really gets people motivated about supporting to fight against police brutality.

Yaressy Arevalo
Sophomore

RENE NAVARRETE'S ADDICTION TO WEIGHTLIFTING



Sophomore Rene Navarrete takes a break from lifting. He also enjoys other sports, including wrestling and playing football for Loy Norrix. **Photo Credit / Scott May**

Scott May

We all have addictions. They can be anything from a television show to some kind of food. For Rene Navarrete, his addiction is working out. This addiction formed from Navarrete's hard work, which has turned into his success from his accomplishments.

"Every time I make an accomplishment, the more I want to work harder. It turned to my addiction basically," said sophomore athlete Rene Navarrete.

Navarrete's hard work has earned him a chance to join the Olympic weightlifting circuit.

The Olympic weightlifting circuit is a circuit of competitions where an athlete performs a select style of lifts called the Olympic style. There are two different lifts that are in the Olympic style, a power clean and a clean and jerk, both similar movements.

The power clean movement is when you crouch down with a straight back then lift up while driving your hips up and out, transitioning into a shrug. From the shrug you then drop underneath the bar and catch the weight as you're standing up.

A clean and jerk is the same movement, but after you catch the bar while standing up, you then extend your arms putting the weight above your head.

"The Olympic style of weightlifting is one of the most difficult movements technique-

wise to master," said strength and conditioning Coach Tyler Depuydt.

To compete at this level, Navarrete has to constantly work on his form and his strength. Since Navarrete is in the middle of wrestling season, he can only condition three times a week at most. When Navarrete is not in wrestling season, he conditions for wrestling every day.

"For me the weight room is like my second house. It helps me release stress from school and home," Navarrete said.

There are many reasons for which Navarrete has been chosen to work with a USA Weightlifting Senior coach. Some of the obvious reasons are his strength, hard work and dedication to accomplish his goal of going to the state finals and winning first place for his weight class.

Jeff Swenarton heard about Navarrete and decided to help him out. The two met through Navarrete's biggest influence, Coach Depuydt. Swenarton went out and bought a pair of Nike Romaleos 2 weightlifting shoes, then donated the shoes to Navarrete to help him out.

Depuydt has helped Navarrete, from picking him up when Navarrete is down, to helping with injuries and even with his diet to make sure he is receiving all the nutrients he needs to push on with his journey to hopeful success.

STEP BY STEP OF A POWER CLEAN



THE SET UP

Line your feet up with your shoulders, then squat down.



THE PULL, PART 1

Lean back so you're on your heels, then drive upward.



THE PULL, PART 2

Extend your ankles, knees and hips. This is called the triple extension.



THE CATCH

Pull yourself under the bar into a full squat onto your deltoids.



THE JERK

Extend your arms straight up, catching the bar with your arms fully extended.

TOWER FROM FRONT PAGE

to the hustle and bustle of the Norrix atmosphere.

"We have put rugs down, and Steve the custodian tries to mop to make the floor so it's not as wet but there's only so much you can do. We also put a blower at the bottom to dry the floor," said Hampton.

Efforts to decrease moisture in the tower with rugs and a blower have made a positive impact on the ability to enter LN. The rugs absorb wetness and gives grip and the blower pushes air on to the floor to make the surface of the floor more dry. An abrasive strip of tread is featured on every stair to help provide grip.

Potential danger within the tower is overshadowed when positive characteristics of this structure are taken into consideration. Windows that make up the walls of the enclosure offer sunshine to show through and the tower allows a view of above the entrance for security.

In regards to a quality of the tower which benefits all of us at LN, the distinct main entryway for Norrix provides security benefits to look over the parking lot and action in front of the building.

"The tower gives safety because I can see everyone who comes in and out and I can monitor cars," said Officer Hampton. "I can also recognize peoples' parents as they come up."

An open staircase is featured in the tower which splits left or right half way up. Moisture from the outdoors comes inside, slides off the open slots in between each stair, and pools on the floor of the entry's structure.

A study done at the Prince of Wales Medical Research Institute explains that climbing stairs requires visual processing as well as the ability to feel safe while moving. The open risers on the stairs gives a view of the floor below and may cause an individual to feel a stronger sense of danger from a visual alteration along with the wet conditions.

"Last winter a parent slipped right by me and I helped her up, but the tower is so dangerous," said Hampton.

Steve May
Owner

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IT'S MORE THAN JUST A GAME

LOY NORRIX VS. KALAMAZOO CENTRAL

Andrew **Streitel**

Every year there is one game that sticks out on the schedule. If you don't win any games all year you need to win this game. For Loy Norrix that game is usually against Kalamazoo Central, our bitter rivals. It is a huge game in our community. Both teams put it all on the line to win this game.

When it comes down to playing the other team in town, students go all out.

"No matter what the sport is, students show up to those games more than the others," Athletic Director Andrew Laboe said.

Students want their school to win but also have a competition against each other's student sections. You always want to be the loudest crowd you can be.

Games against Central are more than just a game. Student athletes want to have bragging rights over many of their friends that may play on Central's teams.

Simeon Smith switched from Central to Norrix after he moved into Norrix's district. He said that it is hard to maintain friendship with his friends from Central because of the rivalry.

The rivalry is very heated between these two schools and has been for a very long time. The basketball games between the two teams used to be played on Saturday mornings to control the crowd. The games were so popular and both schools did not have the capacity to hold all of the fans.

"It's a friends-against-friends game, and that makes the athletes play at a higher level," Laboe said.

Most of the athletes that play for the schools know the other team extremely well. Many went to elementary school and middle school together. It's like playing your brother or sister out there and really makes the house divided.

The Boggan family is a prime example of that. Most of the Boggan kids attended Norrix but now their mom, Valerie Boggan, is the principal at Central. She has to support both teams.

"When we play Central she supports me, but goes back and forth," junior Janessa Boggan said.

Principal Boggan attended Loy Norrix High School when she was younger. Her family all went to Norrix.



Senior Spencer Welsh attempts a free throw during the Norrix vs. KC basketball game on January 30th. Welsh has been on the varsity team for three years.

Photo Credit / Andrew Streitel

Now she is on the other side of the rivalry and it has a different impact on her.

The games against Kalamazoo Central are huge events within the community. Everybody heads to the game when it's as big as the Norrix vs. Central rivalry. These games have given us some great memories that belong

in the record books. Just look at the football game this year. The game went into overtime and we won by 1 point. The rivalry is as good as it has been in a long time.

SWIMMING 101

THINGS YOU SHOULD KNOW ABOUT THE MEN'S SWIM TEAM

Ashtyn **Kenbeek**

The swim team has been growing in the past two years with a record of 35 students this year, up from 27 in 2012-2013.

"An increase of athletes and the focus becoming better is more apparent," said swim coach Paul Mahar about the difference between this year's team and past teams.

This year's team has nine freshmen, ten sophomores, twelve juniors and four seniors. They have a goal of building a foundation for the program. There is a focus on coming together and being faster as a team.

"With the swim team we have this family bond where you have to work hard and work together," said sophomore Vaughn Taylor.

In a standard dual meet (one school against another school) the most points earned between both teams is 186. A perfect tie would end with ninety-six points for each team. In an invitational there are more than two teams, the first twelve places earn

points. A whole meet consists of twelve events including diving. The points you earn in a meet does not only help your team win, they also determine whether you get a varsity letter. As a freshman you need to earn thirty points to qualify for a varsity letter, twenty-five points as a sophomore, twenty as a junior, and fifteen as a senior.

Depending on the event that is being swam, you have more than one heat that makes up an event. The last heat, also called the varsity heat, is the only one that can score points for the team and for the varsity letter.

The week of January 25th- 31st is known as "Hell Week". This is because every day there are two practices, unless there is a meet, one in the morning at 5:30 a.m. to 7 a.m. and another in the afternoon.

"I am extremely tired, and it hurts to walk," freshmen Alexander Schneider said about Hell Week coming to a close.

Another reason for the term Hell Week is that the team is now



Swimmers compete against Mattawan and Hackett on February 5th. The swim team has posted a 2-4 record so far. **Photo Credit / Ashtyn Kenbeek**

swimming up to 10 thousand yards a day. This is a gradual build up of yards starting from the beginning of the season.

"I've really enjoyed having kids really sacrificing for the program all throughout the year," said Mahar. "I had a lot of boys swim this past summer," referring to the club team he also coaches the Kalamazoo United (KU) Krakens.

Taper, February 16th- 27th, the

team will decrease yardage from about 10 thousand yards to 4 thousand yards. This decrease in yards helps the team to rest and come back after the two weeks and swim the best they have the whole season. It's just in time for a conference on Friday, February 27.

"It's like a brotherly competition. We all have a general cockiness, that makes us want to be better than the person next to us," said sophomore Nick Loken

Q+A WITH SHUKRANI NSENGA

Jordan **Liddle**

“If I would have passed my classes and exams in Africa I would have gone to college at fifteen or sixteen. That is actually common if you are smart, it doesn’t matter what age you are,” said Senior Shukrani Nsenga.

Shukrani Nsenga is sixteen years old and she was born in Tanzania and raised in Malawi and at age fifteen she moved all the way across the world to Kalamazoo, MI and now attends Loy Norrix High School.

“Before I came here I was supposed to be on my last year of high school, but when I transferred because I was only fifteen, I had to basically start over,” said Nsenga.

Nsenga attended Tukombo Girls Secondary School in Nkhata Bay, Malawi. She began high school after her sixth grade year at the age of eleven.

“My school was eight hours away from my house, I stayed at school for three months and then went back home for two weeks,” said Nsenga.

The classes at Tukombo are different then at Loy Norrix. Here the main subjects math, science, English and social studies are seperated into topics. At Tukombo there are not all different classes for each subject, which forces students to manage their time

“We’re ‘forced’ to grow and mature in a positive way, we were never spoon fed,” said Nsenga.

Nsenga likes reading preferably school work, she likes reading for the knowledge, and loves all of the sciences. During Nsenga’s free time at Tukombo, she and her friends played disc golf.

Rwanda is composed of three ethnic groups the Hutu, Tutsi, and Twa. On April 6, 1994, a plane carrying President Habyarimana, was shot down. That is when the violence began. The Hutu were trying to oppress the Tutsi. Weeks after this began 800 thousand men, women and children were killed in the Rwandan genocide.

“I’m a refugee because my mom is a refugee, she experienced the genocide in Rwanda. My mom fled because it was hard, she was a part of the Hutu, and since she fled she is now illegal in that country,” said Nsenga.

Nsenga was able to come here because of the resettlement process where her family had to be interviewed by different agencies.

According to the United Human Rights Council three quarters of the Tutsi population were murdered along with thousands of Hutus.

“My mom lost most of her family in the genocide. I think it affected her a lot because she was my age,” said Nsenga.

Even though Nsenga has been through some difficult experiences, she has realized that you should focus more on the positive in life.

“In all I have experienced, I’ve learned to save my breath for the run. School is all I can treasure right now because the opportunities I have are rare for some,” Nsenga said.

