

KL

KNIGHT LIFE

VOL 55, ISSUE 4 APRIL 2015

KALAMAZOO, MICHIGAN

TRUANCY

AN UNCLEAR POLICY AND A CLEAR WAY OUT

Felippe Santos

Sometimes being a student at Loy Norrix can be a little tempting. Through the windows, the outside world seems to call out to those stuck inside, and many students choose to answer. With the school system's emphasis on keeping kids in school, it's odd that it is easier to leave school than it is to re-enter.

Students skipping class and leaving the building happens on a pretty regular basis at Norrix, and the procedure and consequences for doing so are somewhat unclear. According to the 2014-2015 Student Handbook, truancy is "being absent from school/class without prior knowledge and consent of a parent/guardian," which is the only time the topic is addressed in the handbook.

Just recently, assistant principals Kelly Hinga and Chris Aguinaga went around to 2nd hour classes informing students about "spot" suspensions. This is the new procedure for students who are caught exiting the building and attempting to re-enter. Students are suspended for the rest of that day, and are able to return the following morning. However, this new protocol was explained in late March, yet has been in effect for the entire year.

Security officers tell the students they are unable to come back to school that day.

"If you leave and come back, you could have anything on you," said Jacqueline Hampton, the security guard in the tower. "You could come back high or something."

SEE TRUANCY PAGE 6

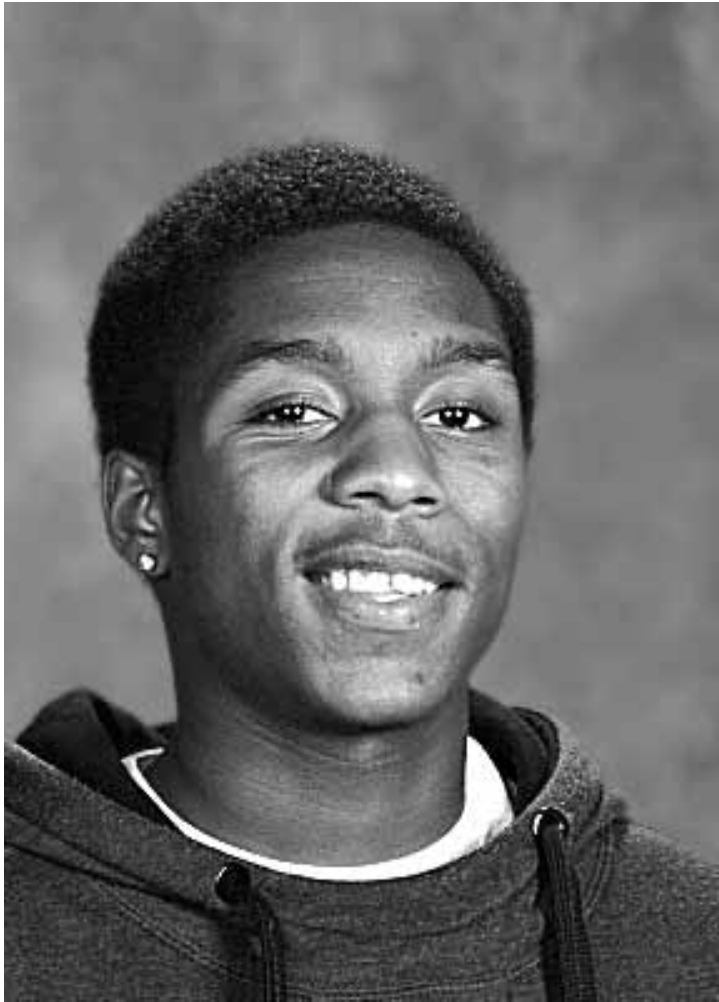


This is a photo illustration. The two students pictured are not actually leaving campus.

LOY NORRIX MOURNS THE LOSS OF JUNIOR, CARL BRAGG III

Taylor **Timmerman**

CARL V. BRAGG III
8/10/1998 - 1/25/2015



Carl Bragg's school photo from his junior year.

A Kalamazoo resident and Loy Norrix junior took his own life at age 16 on January 25, 2015. He was born August 10, 1998 in Chicago, Illinois. He was the fifth child of his mother, on Charlene Sander's side, and his father is Carl Bragg II.

According to Carl Bragg's girlfriend, Lashenik Webb, Loy Norrix senior, she's expecting his child on August 11, 2015, one day after Carl's birthday.

Carl's funeral was held at Galilee Baptist Church on February 4, 2015. Approximately 100 people attended his funeral including some Loy Norrix staff such as Danetta Blake and the former principal of Loy Norrix, Johnny Edwards.

According to Lashenik Webb, Carl loved to rap, dance, and play basketball.

"He was a great guy and overprotective of the people he loved. He was an amazing guy," Lashenik said.

Carl's best friend was Loy Norrix junior Seth Larthridge, he has numerous memories of hanging out together.

"He was like family because I would help out at his grandma's house all the time. He was cool, we kicked it everyday. He was like my brother," said Seth.

Loy Norrix Spanish teacher Christina Holmes honors Carl by saving a memorial spot in her classroom with a photo of Carl. Christia Holmes only knew him for three weeks when he attended her Spanish 1A class and he had already made an impact on her.

"He was the joy in the classroom. He's the one that made the classroom light and joyful. When he wasn't there, you could tell because the atmosphere was different. If you didn't get the chance to meet him, I know that he would have been a positive aspect in your life," Christina said.



Junior Carl Bragg, senior Lashenik Webb, junior Marcuse Bowden, and junior Danyelle Whitley pose for a group photo in the middle of the C-wing hallway.



Spanish teacher Christina Holmes reserves a corner of her classroom to honor Carl Bragg. Students have made posters and written loving comments around his photo. **Photo Credit/ Taylor Timmerman**

"He was the joy in the classroom. He's the one that made the classroom light and joyful." ~ Christina Holmes



REGISTER NOW FOR FALL 2015

Kalamazoo**VALLEY**TM
www.kvcc.edu/worthit



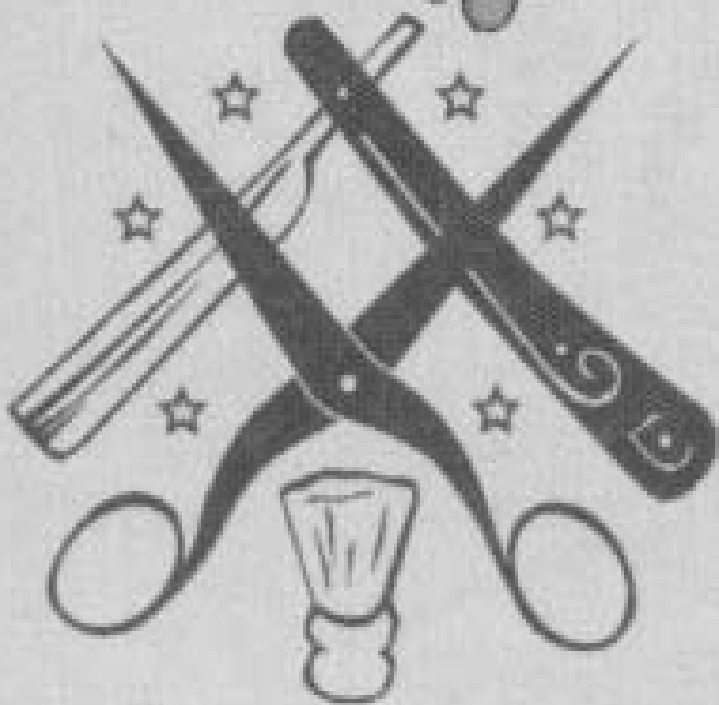
Coachlite Cutters I&I

LET US EASE YOUR WALLET TODAY!

\$2.00 OFF

A HAIRCUT

Call or Stop by today



Westnedge Ave. 269-344-9007

Shaver Rd. 269-327-4006

NEW SECURITY OFFICER SUPPORTS STUDENTS

Caitlin **Commissaris**

This year a new member was added to the Loy Norrix security staff. This addition to the school seems to have brought a new way to handle student behavior and activity in the hallways. Usually, you would expect a misbehaving student to be taken out of class by security and sent directly to a detention room. However, recently hired Officer Vicki Codine, has a different way to handle this kind of behavior.

"I've only given out one referral since I've been here. If I see a student skipping in the hallway, I believe that a hug will do more for them than a referral. It's all about positivity, that's what gives you motivation," Officer Codine said.

Once a new guard is hired, the first thing they do is go through a Crisis Protection Institute (CPI) training, given by the KPS administration, which teaches them techniques on how to deal with combative students. Then they go through the general working orders of campus safety, go over a list of things that they are required to do, and sign off on it.

"We try to hire guards that have experience in dealing with younger kids, and if they don't have that experience, we try to help them develop those skills," Officer Williams said, who is in charge of

training the new staff.

Codine has been working in security since 1996. Before coming to Norrix, she was a security guard at Kellogg Community College. She just moved back to Kalamazoo from Tampa, Florida to assist her daughter, a student at KVCC, and her son, a student at Western.

"It was hard for me when I retired from the police department to come and start dealing with kids because I was used to doing things my way, or I was going to take them to jail, and you really can't do that with kids. If you don't care about the students then you probably shouldn't have this job," Williams said.

Not only does security work on weekdays, but they are also needed for school events and sports on the weekends. Codine signed up for security at all of the upcoming basketball games; she played basketball all throughout high school and still enjoys the sport.



Officer Codine stands by a quote that says, "The problem is not the problem. The problem is your attitude about the problem. Positive beats negative." **Photo Credit / Caitlin Commissaris**

LOY NORRIX DRESS CODE FOCUSES ON LEGGINGS



From left: Brandon Whitmore, Courtney Richardson, Isabelle Whalen and Maileen Bugnaski stand in leggings they wore to protest the school dress code. **Photo Credit / Katie Srodes**

Clayton **Barker**

When push comes to shove the stronger usually wins. In the case of the educational system, we would consider this to be the administration, principals and teachers who hold power. One significant force that undoubtedly goes unnoticed is the student body.

Dress code policy has been up for hot debate nationally and recently at Loy Norrix high school, as administrators Chris Aguinaga and Kelly Hinga have, over the past couple of weeks, visited almost every second hour classroom in hopes to spread

the word and reinforce school rules. Rules such as wearing your identification badge and taking your hat off of your head when you walk through the doors all necessitate the school dress code.

This dress code mainly relates to the women of Norrix. The Loy Norrix dress code specifically states "leggings and spandex pants are not permissible." The dress code doesn't apply as much to men even though there are regulations for them.

School is a place to learn. When you call a female out of class because they're wearing leggings, yoga pants or even tight jeans, you put the female on the spot and make it seem that her body is more important than her education.

This has been the recent message at Loy Norrix according to the six Loy Norrix students who spoke on the dress code at the March 26th Kalamazoo Public School Board meeting. The monthly board meeting is a place in which board members discuss policy, talk about new rules or additions to KPS and even give honorable mentions to first graders who turned their academic career around. The public is also allowed to speak directly to the board members and community for a period of three minutes each addressing issues they feel are important.

Olivia Stier, a senior at Loy Norrix and one of six who spoke at the board meeting explained her recent run-in with the anti-leggings dress code. "I cried when I got home." She went on to say "I felt gross. I felt humiliated. I felt defeated," recalling her profound experience after security guards peered over her body enforcing the dress code policy.

Senior Hannah Campbell with a prominent opinion on the dress code did not attend the board meeting but said, "The dress code should be changed because it isn't constructive and objectifies students,

especially females and puts an unfair stress on us when our bodies are policed inappropriately, and that's something we shouldn't have to worry about when we're trying to learn."

Some students think the enforcement of the Norrix dress code can result in sexual harassment. Junior Ruby Hensley went on to say, "I honestly don't think it's up to the teacher for what a student wears."

Genevieve Nicolow another of the six students to speak at the board meeting is concerned about the younger females at Norrix and said, "Especially since there are fourteen year old girls getting sent home every day and what goes on behind the scenes to send them home is gross." She later said, "Anywhere else that (enforcing the dress code) would be sexual harassment, but since it's the dress code it's just procedure."

On March 27th, one day after the school board meeting, administrator Chris Aguinaga emailed teachers at Norrix saying, "The administrative team is currently reevaluating the school's dress code in the student handbook. While this is happening, effective immediately, please allow all students wearing leggings into your classroom."

Loy Norrix Principal Rodney Prewitt puts his take on the dress code as well. "The dress code should be consistent amongst all high schools in Kalamazoo," Prewitt continued, "I'm a firm believer of dressing for your future."

Prewitt also mentioned he would never make students wear an identification badge without wearing one himself, "I lead by example."

KPS administration is looking at possible changes for the LN dress code for the school year of 2015-2016, and the new guidelines will be published in the student handbook.

FINDING YOUR OWN VOICE IN A WHIRLWIND OF OPINIONS

Lindy**Moored**

Family, adults, educators, friends, and social media deliver advice and information into our lives. Influence from a wide range of individuals can make it difficult for youth to feel confident when making personal decisions. Receiving different advice can make decision-making complicated, and there is uncertainty in what to feel.

Parents and educators may give the same student opposite advice. Social media displays text and photos instantly from people across the world that can differ from something our friends tell us. We are surrounded by different opinions and these conflicting views make it difficult to choose “what is right” to feel.

We are told to step out of our comfort zones, take a risk, and be adventurous. At the same time we are also told to make

a plan, prepare to be successful, and be organized.

“I know a lot of my friends they just say to take a fun class, take an easy A class, but I feel like why not work now to make my college life easier. My mom thinks I should take classes that are challenging,” said junior Audrey Lyons.

Pressure from peers, adults, and social media gives the desire to please all parties involved, but depending on the situation, making decisions can vary in ease.

“I’m the kind of person who has a strong opinion, and I’m not swayed easily by pressure from friends. If I know something is going to benefit me in the future then that’s the better choice,” said Lyons.



Illustration by Lori Umbanhowar

ADULTS

Once school officials and other adults outside of a parent of guardian enter a child’s life, learning from these outside factors shape a child.

“In the fifth grade I got in trouble for gossiping, and my parents never talked to me about gossiping. Mrs. Stolarsky helped me, and I never gossiped again after I got sent home from school for gossiping,” said sophomore Sheridan Britney.

An individual could grow up in a home where their parents have strong opinions on politics and religion and shelter them from media, but in school, they can be introduced to many different opinions from other adults about these topics.

A government class introduces students to other political ideologies and a health class gives students information which their guardian might not have shared.

Advanced Placement Government and Politics teacher Art Williams explains how his government classes shine some light on topics that may not be explained to a student outside of the learning environment.

“I hope they [students] have a clearer understanding of the two sides Democrat, versus Republican. They might get a one-sided view from their parents,” continued Williams. “I had a student write at the end of her final exam ‘I used to think I was a Democrat’ because her mom was, but since she had this class she was uncertain which means she was thinking about it.”

Parental guidance helps youth as we grow older. We find things our parents have done that we may decide not to do ourselves.

“I never want things to be messy like it was when my parents got divorced. I would be honest with my kids because I didn’t get that from my parents,” said senior Nathan Jaworowski.

Heavy situations like extreme differing viewpoints between parent and child or family separation with divorce shows a kid how to handle things differently if the roles were switched.

SOCIAL MEDIA

There is a twitter page titled “Common White Girl” which attracts 5.2 million followers around the world. The page tweets out text such as, “Can we just have a minute of silence for all those good hair days no one important saw you.” The page features posts shared to thousands, and the tweets include a range of topics from food to relationships. Ideas found on social media sites swirl around in our electronic world.

Different viewpoints are shared online and it can easily shape our thoughts and actions with such a strong presence of ideas at our fingertips. We read a tweet that describes having a good hair day, but the cliché phrase, “What you look like doesn’t matter, it’s all about what’s on the inside,” also has presence in our society.

Another popular Twitter page titled “Fitness & Nutrition” draws a crowd of 2.2 million followers and tweeted out to its followers, “No more, I’ll do it tomorrow. Now or never baby.”

While Fitness & Nutrition encourages people on their Twitter Newsfeed to get things done and stay active, “High School Problems” seen by 600 thousand followers brings a different message to news feeds. “High School Problems” tweeted out, “My life is a constant cycle of waiting for the weekend and then doing nothing.”

The latter page encourages its followers that it’s okay to be lazy, but the former promotes getting up and getting things done. Stumbling upon these two tweets on a Twitter feed has the ability to impact its audience in differing ways.

“If you’re someone who’s sick and tired of the way your life has been going then I think that you would be inspired by the Fitness and Nutrition tweet. If you read the High School Problems tweet first then you would probably agree with that. It depends on the type of person you are,” said Lyons.

FRIENDS

According to Mayo Clinic, having friends in your life increases happiness and offers a sense of belonging and purpose. Having friends shows how others live and make choices. A friendly relationship opens opportunity to learn from people with different lifestyles.

“My mom thinks my friends are stupid, but I still hang out with them. Previous actions in my life has made my mom think differently about me and my friends, but at the end of the day she still loves us,” said Jaworowski.

Outside of the home life, youth can find themselves bonding with others and forming friendships. The relationship which blooms between friends can feel better than confiding in a parent or learning from an adult.

“My friends teach me loyalty and you just get that bond. You can’t talk to your parents about everything like you can with your friends,” said Jaworowski.

WHAT TO DO

Ron Burch has been a substitute teacher at Loy Norrix for about three and a half years but prior to that, he was an English teacher in the building for twenty-two years. He’s been through college stress and career hardship. With all of his life experience, Burch gives his best advice on how to find your own voice and make decisions with pressures from friends, adults, and social media.

“That’s what I would suggest people do [when making decisions]. Think about it and take their time. Think about it as opposed to there’s big decisions and little decisions,” Burch continued. “Sometimes we have to let ourselves fail, not do so well, struggle. I would ask people to follow their curiosity. We all have things that come easy for us and some that we struggle with. You can look at decisions and almost ‘yes’ and ‘no’ them to death and get stuck, but you’ve got to make a decision based upon how you feel. Look at your possibilities and don’t just jump into things because it sounds cool.”

FIVE YEARS OF CHANGE AT LN



A new and improved cafeteria gives students more options to choose from for lunch. More lunch lines also make getting food faster so students have more time to eat.

Photo Credit/ Evelyn Banks

Evelyn Banks

A lot has changed at Loy Norrix High School the past few years, physically and societally. While the “Glass Palace” looks and feels the same from the outside, there have been many alterations and modifications on the inside, such as upgraded steps, a cleaner entrance, a new and improved cafeteria and revised rules and policies.

“The tower steps used to be disintegrating and dangerous, but now they are improved,” said team teacher Jennifer Ko.

“The tower looks better than it used to. It seems neater and cleaned up, it’s beautiful,” said senior Jasmine Butler.

Whether you are a staff member or a student, everyone has witnessed some positive and negative changes during their time at Loy Norrix.

“Another thing that has changed at Norrix is that

people are more polite to one another. Students open and hold doors for each other and the level of nastiness has gone down,” Ko said.

Ko also said she remembers a time the use of technology was not allowed.

“There used to be a rule that no technology was allowed to be used in class at all, by students or teachers,” said Ko.

Now technology is everywhere and teachers allow students to use their cell phones for their class work, to listen to music and even check their grades on eSchool.

“I use eSchool to check my grades, attendance and my classes for the next

trimester. I check my grades at least once a week,” said Butler.

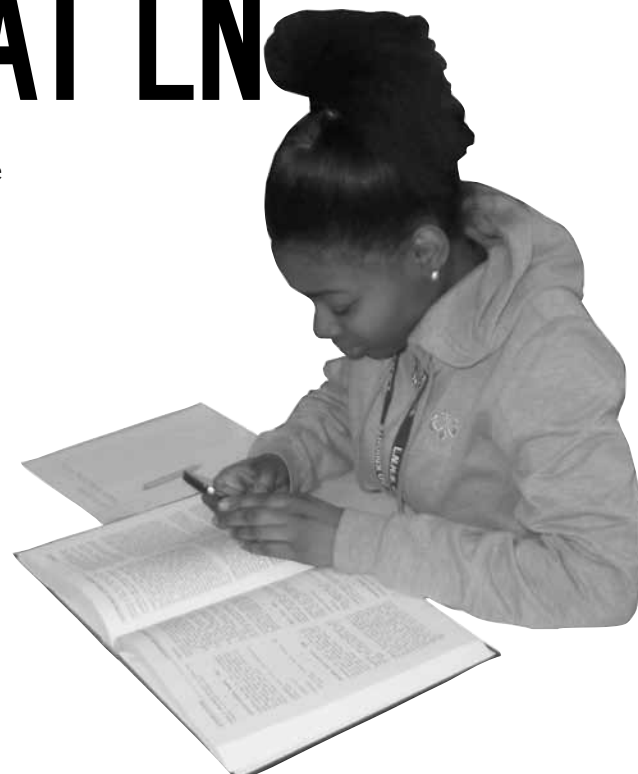
Whether major or minor, Loy Norrix seniors often feel things are different from their freshman year.

“Since freshman year it seems like a lot has changed. The dress code is different and the teachers seem stricter [as far as work],” said senior Ja’la Tolin.

The dress code policy at Loy Norrix used to be enforced upon every student. For example, there was once a rule that girls could not wear leggings and boys could not wear muscle shirts or tank tops. The dress code policy hasn’t changed much, but staff is more lenient, and less consistent.

“The dress code is the same, but as trends change students push the dress code,” said Assistant Principal Kelly Hinga.

“Back in the day, ripped jeans weren’t in style, but now we see it more and the rips [in student’s jeans] are getting higher and higher. It used to be ruled that skirts and shorts could not be shorter than your arm’s length. Now it was changed to two inches above the knee, but people still think that the rule is for skirts



Senior Jasmine Butler

and shorts to be arm’s length,” said Hinga. “I would change the consistency on enforcing the dress code and making it less vague.”

Rules and appearances are not the only things that have changed over the years. Students are also doing better as far as academics.

“I see more students taking AP classes and more students going to college after they graduate,” said campus safety officer Frank Williams.

According to MLive, the number of students in Kalamazoo Public Schools taking AP courses has increased by 147 percent. Students are now working harder to improve their grades and get into good colleges.

Even though many rules and ways of teaching have changed, there are still many positive factors about Loy Norrix and the fact that Loy Norrix is a safe place for learning remains the same. Teachers and staff always work hard to make sure students are safe and get the knowledge and education they need to be successful.

TRUANCY FROM PAGE 1

Granted, students have come into the building with illegal items, like the gun brought in March. The measures in place don’t really prevent bringing in items like guns or drugs. When entering the building in the morning, security guards are posted at the doors checking for I.D.s, but no bags or people are searched.

“We try to think about [truancy] like the police do,” said Assistant Principal Kelly Hinga. “We’re not going to catch everyone. Some people will slip through the cracks.”

The inability to catch every student that leaves without authorization is an issue that can’t be helped. For the kids who are caught, the protocol itself is problematic.

Technically the consequence for truant students is an immediate administrative suspension; you are not allowed back in the building for the remainder of that day. In the KPS District Code of Conduct, truancy is not addressed at all, but the protocol for a suspension is. It says, “Students may be suspended for one (1) to ten (10) days upon a violation of the Student Code of Conduct.” The problem is, truancy is not a violation, since it isn’t addressed district’s Code of Conduct.

The State of Michigan Suspension and Expulsion Policy furthers the explanation.

“For a suspension of 10 days or less, a student is entitled to minimal due process protections, including oral or written notice of the accusation(s),

what disciplinary measures are being proposed, and an opportunity to respond. If feasible, the notice and hearing should precede the student’s removal from school.”

Protocol for a standard 1 to 10 day suspension is clear, but there are many variables that are not addressed regarding suspensions and truancy. Parents expect that their children be at school during the day; if their child is suspended during the school day, how do they know what their child is doing?

According to the Student Handbook, the only time a parent must be contacted about a suspension is if the student has an IEP or a 504 plan. If the student leaves campus and comes back, odds are they have access to a car. When students are told to leave

campus, they are essentially free to do as they please.

Suspending truant students is fine. Administration has the right to discipline students how they please, as long as it adheres to school, district and state policy. The issue with it is the procedure is not clearly published anywhere for students or parents to see.

What students can see is an open door and the opportunity to leave and be told to not return.

KAMSC STUDENTS PERSEVERE THROUGH THEIR ACADEMIC STUDIES

Lori **Umbanhowar**

Students of Kalamazoo Public Schools know that a full school week can be stressful, but students who attend classes at the Kalamazoo Area Math and Science Center have to endure an additional load.

“At KAMSC you basically spend half of the day there and have more rigorous classes. I have chemistry, computer studies, and pre-calculus,” said sophomore and second-year KAMSC student Duncan Wallis.

As a freshman and a sophomore you must take a specific set of classes. These initial six classes are meant to create a base for future classes and to enhance a student’s knowledge. You are allowed to choose your classes as a junior and a senior but are required to take physics.

While these three classes prepare students for a college-like environment, the amount of work can be quite taxing. What is more challenging is the scheduling. While Loy Norrix is on a trimester schedule, KAMSC is on a semester schedule. At times like ACT or exam weeks, students have to decide what classes to attend, or they must attend full school days. This can be especially disorienting at the end of exam weeks when KPS students have Friday off, but KAMSC is still on its

normal schedule.

Junior and third-year KAMSC student, Eryka Swank, commented on how she approached the scheduling

“I have had to learn how to prioritize. It sounds bad but I have to put KAMSC first. I also have to get rides there from other people,” said Swank.

Even with all of this juggling, students are able to find perks to being a part of the KAMSC community. KAMSC has many events for the students to attend that include them into their exclusive community. Activities include the KAMSC Formal, Science Olympiad, Project Day, and even a Sci-Fi Film Festival.

The Sci-Fi Film Festival is a great time for the students to have a small bit of relaxation time. Movies that were shown include “Sharknado,” “Robo Cop,” and many more. The marathon is 24 hours of movies, popcorn, and hanging out with friends.

“Yeah, we watch a bunch of really bad movies and like one good one that came out recently. They all have something science related, but they are really inaccurate,” Swank said.

Even with fun days like the film fest or the formal dance, finals loom close on the horizon. KAMSC finals are formatted differently than KPS finals

in that each class is given two and a half hours for the exam. These are separated into one exam a day, three days in a row. These extensive exams cover content from the entire class and are incredibly difficult.

“It’s all really intense. It’s

emotionally and mentally draining,” Swank said. “It is a really big relief when it’s all done though. You make a lot of sacrifices, but if it’s what you really want to do later in life, it’s worth it.”



Ellie Epskamp-Hunt and Lyric Kleber work on a lab in KAMSC. Here they work on dissecting pieces of pig. **Photo Credit / Kelsey Banks**

SENIORITIS CATCHES UP WITH NORRIX SENIORS DURING THE HOME STRETCH

Rachel **Wheat**

After three years of early mornings and homework, students hit that fourth year, the home stretch, and senioritis strikes. By senior year it is common that a student has often spent 12-13 years of their life in school. As students end or continue their education, it’s hard for them not to become burnt out.

With ACTs done, college acceptance letters having arrived and the end so near, seniors lose sight of their goals.

According to the College board Website, “Colleges may reserve the right to deny admission to an accepted applicant should the student’s senior-year grades drop” leaving many students who fail to work hard the last semester in jeopardy of losing a spot at their future college or university.

Students doing their homework during lunch and studying for a test an hour before are typical symptoms of senioritis. Seniors choose Netflix and friends over homework which is not necessarily a bad thing, but it’s also not a good thing.

Is this actually a real thing or is it just laziness? Senioritis is laziness. But the amount of laziness increases as the year goes by.

“I have had senioritis since

freshman year,” senior Sydney Nephew explained.

“School seems easier, but I just don’t want to do the work,” said Emily Worline.

With the idea of school ending, senioritis looms over the 12th graders, but it can often create problems and have a negative impact in the long run. Students must remember that colleges look at transcripts after the students are admitted. College admission offices are not oblivious to laziness and senioritis brought on by the last trimester of senior year.

According to the website ProQuest there is a “negative impact of the senior slump on students’ efforts to prepare for postsecondary education and training”.

Senior year for most people is not the last year of education, people go to technical school and college or go into training for a new job. Senior year is viewed as a blow off year, but it might be one of the most crucial years of high school. So be careful to avoid a case of senioritis.



Cassidy Haan sits back and enjoys her lunch as a senior. She is ready to graduate and move on to the next step in her life. **Photo Credit / Rachel Wheat**

FORGOTTEN SUPERSTITIONS OF THE PAST

Alex Brown

Superstitions are a fleeting pleasantry within our culture today. Our culture has been uprooting itself from the deeply rooted religious culture and moving towards a culture of technology and media. As this change occurs, we begin to lose the fears once held by the nation and turn to social fads of the occasional viral video or tweet. The superstitions of old have become just everyday things that are ignored by many.

Examples of some well known superstitions are things like saying, 'Bless you' when someone sneezes, the bad luck of Friday the 13th and breaking a mirror. Now these are no longer feared but more of a movie highlight or ignored entirely.



"BLESS YOU"

According to psychiclibrary.com, the phrase "bless you" originated in the Puritan times, with a belief that saying that phrase after someone sneezes would prevent the devil from stealing their soul, or losing it altogether.

Today, however, the phrase isn't used to stop a soul from being snatched but instead to be polite. Even farther than that, today no one questions the existence or use of the phrase, whatsoever.

"I say 'bless you' cause society expects me to, and it's just a reflex. Besides, what else am I supposed to say?" said senior Bryce Davis.



"BROKEN MIRRORS"

If someone breaks a mirror they will be plagued by a full seven years of bad luck, or the superstition itself just doesn't exist.

"When I break a mirror I'm like 'Nooo!' then I'm like 'Wait, this is stupid,'" said freshman Isabella Wikle.

However, the superstition of a broken mirror originated in ancient Rome and Greece in the 1600's. Back then, your reflection reflected your soul, and it was believed that every seven years your body would undergo rejuvenation, or a renewing of one's self. So having seven years of bad luck would be a break in the person's physical well-being. While in Venice, breaking a mirror would make you an indentured servant to the mirror's owner for seven years.



"FRIDAY THE 13TH"

Friday the 13th is the infamously unlucky day of horror. This originated in medieval times as a combination of two unlucky things. Previous to this, the number 13 and the day Friday were still considered unlucky in their own respect. No one knows why they weren't combined until this time. After this time, however, they became combined into the horrible Friday the 13th rumor we know today.

"I don't believe Friday the 13th is an unlucky day. Due to the movies, it's more built up fear than actual fear," said senior James Davis.

NORRIX HOSTS FIRST FORENSICS TOURNAMENT IN YEARS

Sophia Boismier

The 2015 Forensics season started off on February 29th, when the team got to compete on their home turf. Loy Norrix hadn't hosted a Forensics Tournament in a long time. Sharing this tournament with Battle Creek, this year was the start of our 1st annual Battle Zoo Forensics Tournament.

Forensics tournaments take all day and occur every Saturday for the whole month of March. Waking up at 5:30 a.m. and getting home around 8:30 p.m. depending on where they go. The team travels all over the state to compete in tournaments. The main invitational competitions are at Grand Rapids Christian High School, Portage Northern High School, and Holland High School. After that, there are Regionals and States. Competitors have to break finals at Regionals to be qualified to compete at the State competition.

These tournaments are a mixture of stress and caffeine, which is to be expected when you have to show up at school on a Saturday at 6:20 a.m.

There were a lot of first year team members who joined the Norrix team this year who felt it helpful that the first tournament was at their very own school.

"It wasn't as intimidating as I expected it to be," said junior and first year competitor, Max Offerman,



The Norrix Forensics Team sits and claps for awards during the end of the day award ceremony. This took place in Norrix's very own Kasdorf Theater.

Photo Credit / Sophia Boismier

"The tournaments seem daunting, but being familiar with the host school and having a team answering any questions you have is what really helped me feel comfortable right from the start."

Typically, the teams go to a school that they've probably never been to before, and on top of trying to

do their best and remember their piece, they have to try and figure out what room they're in. This time at least, nothing was foreign or new this year.

"It was nice not having to desperately rush around trying to find where each round was," Offerman said.

For members who have already been doing forensics, this tournament provided an opportunity to break the stereotypes of Loy Norrix and show the forensics world what Norrix really has to offer.

"I was excited! I thought it was really cool that they asked us to do it, I was excited to show people who think poorly of or look down on Norrix [that this] is a good school and so are we," said sophomore second year team member Nora Hilgart-Griff.

During a tournament everyone competes in three preliminary rounds. After they are finished with those rounds, they have to wait to see if they make it to the semi-round. Then, they wait and see if they made it to the final round. If they make finals, that means they placed and they get to stand up on the stage at the end of the day during the award ceremony.

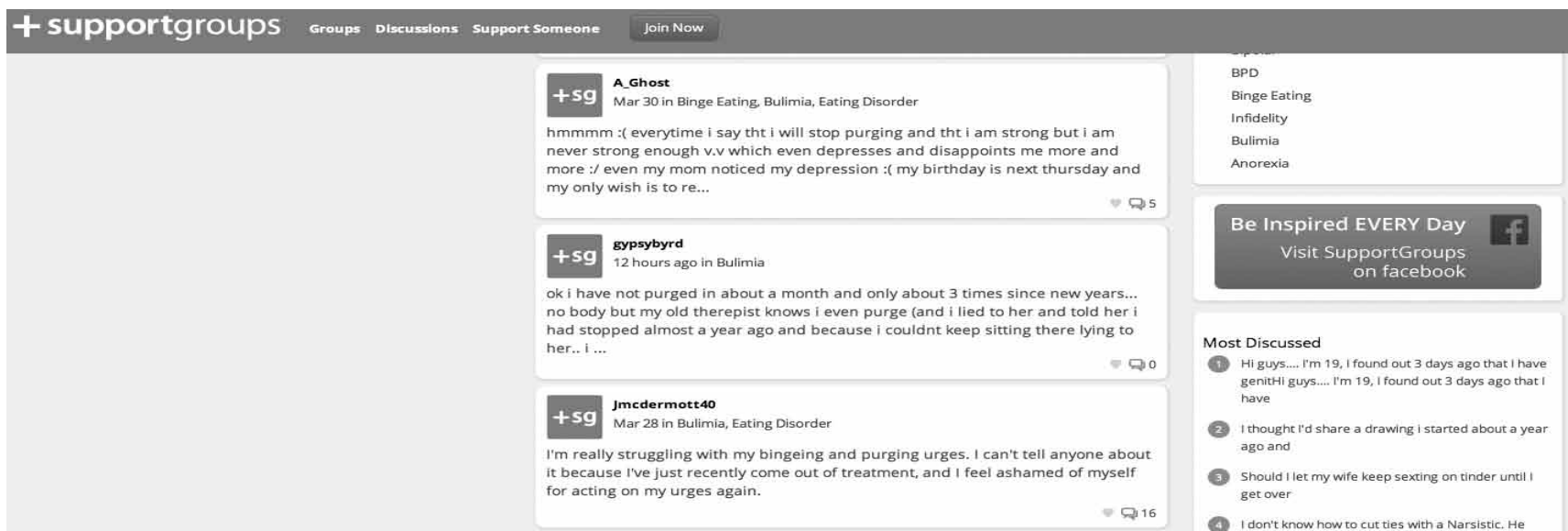
Six entries from Norrix, all in different events, made it to finals out of thirteen events.

"It was super exciting breaking to finals,"

SEE FORENSICS PAGE 21

LIVING WITH BULIMIA SOMETHING NO ONE DESERVES TO STRUGGLE WITH

BreonnaBurnside



“Struggling with Bulimia has been hard, especially since it’s been almost a year now since I’ve been diagnosed. It sucks waking up and getting ready for school when you’re disgusted by your own body, but just like a lot of other insecure teenage girls, I wear makeup and do my hair, which makes me feel a little better. I hate the fact that I get so angry at myself when I start to feel hungry, and if I’m home alone I will take care of that by binge eating and then getting rid of it by vomiting. It’s gotten to the point that if I eat a normal amount of food and can’t throw up because I’m in public, I’ll have an anxiety attack and will think about how what I just ate is only going to make me fatter. My life has become so much harder ever since I was diagnosed with Bulimia. I have health complications which are now starting to catch up with me, I have anger problems and my depression has worsened, and I’ve started to slowly isolate myself from friends and family. I’m most definitely not the same girl who walked in Loy Norrix High School my first day of freshman year,” the anonymous Loy Norrix student said.

Today, many girls and young women are diagnosed with Bulimia Nervosa. Even though it is more likely seen in females, young men also struggle with the disorder. Bulimia is when someone who is uncomfortable with their weight, feels guilty when he or she eats, then gets rid of what they ate by either self- induced vomiting, taking laxatives or exercising obsessively.

When people start going through Bulimia it is most likely because

they are unhappy with their weight or feel guilty when they eat or it’s a mix between the two. Women constantly compare themselves with the ideal woman seen on television or magazines. This is why women seem to be diagnosed more frequently than men, because women compare themselves more to other women than men compare themselves to other men. When women today look at the media and see other famous women, they are most likely to first look at the way they look. How great their hair looks, how flawless their skin is and how small their waist and legs are.

Bulimia is very easy to cover up when you first start going through it, because the signs don’t occur quickly. An eating disorder like Anorexia is harder to cover up because someone with such an eating disorder will stop eating completely, whereas a person with Bulimia still eats. It’s just that they get rid of it when no one is watching. There are many people you may be close to, like friends, family, or partners with Bulimia and you may not even know it because they become very sneaky and learn how to hide what they are doing well.

“The only person who will always know if whether or not someone is going through Bulimia is a dentist.

When I went to the dentist I remember at the end of my checkup they told me they could tell that I had been forcing myself to throw up,” the anonymous student continued, “They told my there wasn’t anything they could do unless I was willing to get help and stop doing what I was doing. After I got help they would start a process

that would restore the enamel on my teeth, but until then I would just have to take special care of my teeth.”

Signs to look for if you think someone is bulimic:

- Eating large amounts of food in one sitting
- Hiding food or secretly eating
- Going to the bathroom right after a meal
- Anger or depression
- Redness in or around eyes
- Calluses or dryness on the back of their hand/ knuckles
- Extraordinary weight fluctuations
- Use of alcohol or drugs
- Dizziness and exhaustion
- Tooth decay

If you notice signs in someone like the ones listed above, tell a trusted adult, preferably someone who is close with the person, so they don’t feel targeted.

“I have recently had to start dealing with dizziness, constant headaches, sore throats, and I have also seen changes in my teeth. I have experienced my first blackout which was probably one of the scariest things that has ever happened to me. I don’t take medicine for any of the things listed, but I do take care of my teeth the best I can,” the teened continued, “I coat my teeth with a solution made out of baking soda and water, floss three times a day and brush at least one hour after a Bulimic episode. I have to use a special mouthwash that won’t burn the roof of my mouth which has been affected by the stomach acid after each purge.”

Bulimia is and should be seen as a concern. However, there are many people involved in Pro Mia (Pro

Bulimia) groups. People in such groups see Bulimia as a lifestyle choice rather than a disorder. There are group sites all over the internet and profiles on Tumblr, Twitter and Instagram that give tips on how to make Bulimia unnoticeable and how to take care of your teeth and other complications. There are also “thinspiration” pictures, which are pictures of very skinny women.

“I visit many Pro Mia websites daily and also follow a lot of them on Tumblr. I even started my own blog which I use to talk to people who go through similar things as me. It is like a support group for people who just want to know that they aren’t alone in whatever it is that they are going through whether it be an eating disorder or some type of mental illness,” she said.

Someone who is going through Bulimia will likely feel alone. When they’re ready they will tell someone they trust. That is their way of going and getting help.

According to the website mirror-mirror, 80 percent of the people that receive help recover within three months; however, most likely they will relapse. Most Bulimics are scared to get professional help, so if you know someone who is going through an eating disorder, or if you are yourself, seek help immediately or contact the ANAD helpline at 630-577-1330. The hotline representative will answer any questions you have about the disorder and will give you advice on what you should do next in order to get the help you need to recover.

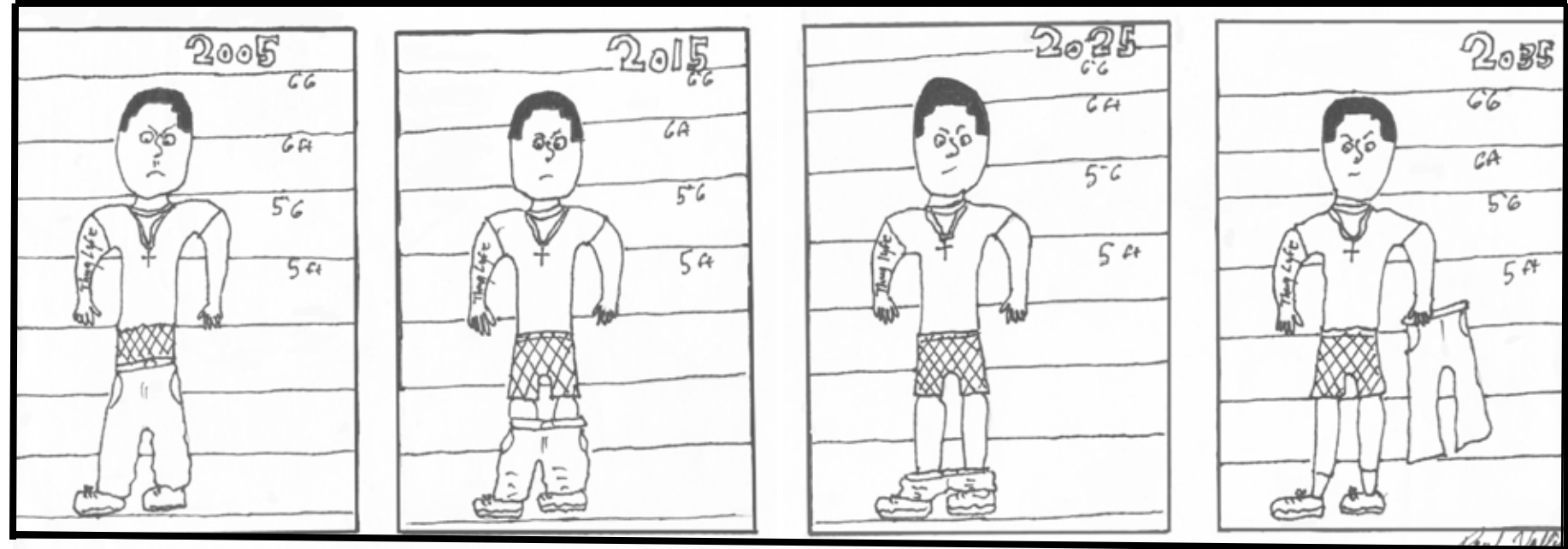
COMICS

CELL PHONE POLICY



Taylor Krupianik

THE EVOLUTION OF SAGGING



Paul Vallier

NAUTILUS GANK BOT (LEAGUE OF LEGENDS)



Kenneth McDonald

TOP RATED MUNICIPAL COURSES



- Visit Our New Full Service Bar • Award Winning Pro Shop • Voted #1 by Gazette Readers
- Book your Next Outing

Milham Park Golf Club
4200 Lovers Lane
269.344.7639

Eastern Hills Golf Club
6075 East G. Avenue
269.385.8175

Red Arrow Golf Course
1041 King Hwy • **269.492.7800**

www.kmgagolf.com

Shop Bellisima Bridal for Prom 2015!

Mention this ad for 10% off

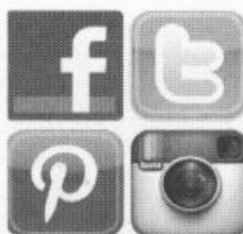
- * Tuxedo Rentals
- * Designer gowns featuring:

Dave & Johnny

Faviana

Johnathan Kayne

And MORE!



Located at:

4427 S. Westnedge Ave. Kalamazoo, MI 49008

269-343-8450

www.bellisimabridalboutique.com



The Kalamazoo Promise[®]



SENIORS: Have you completed your PROMISE paperwork?
Your application AND scholarship acceptance forms are
required before we pay out any tuition!



- Deadline for application: ASAP
- Forms are available in the guidance office.
- Deadline for scholarship acceptance form: As soon as you're accepted into a college/university



-Contact Bob Jorth with questions at (269) 337-0037 or bjorthkalamazoopromise.com



MICHIGAN STATE



M UNIVERSITY OF MICHIGAN



OPINION

SOCIAL MEDIA CONFESSIONS: A BIG WASTE OF TIME



Hannah **Stempky**

For many of this generation, heavily utilizing Instagram, Twitter and Facebook is the norm.

We love to share our own lives with our friends, as well as look into their lives. Scrolling through these networks you can see pictures of family, funny statuses of friends, and people rating each other on how attractive they are.

Conversations of this kind tend to begin with prompts of “like for rate” or “TBH”, which stands for “to be honest,” and they can tell a lot about a person beyond just someone else’s opinion of them. Participating in these prompts

truly reflect immaturity. It is common knowledge that these awkward teenage years are hard, so those participating in this trend can easily appear to be crying for attention due to poor self-confidence.

Of course, everyone wants to hear nice things about themselves, but if a compliment is not made organically, did it really happen? It’s like a person has written themselves a compliment just for other people to give to them.

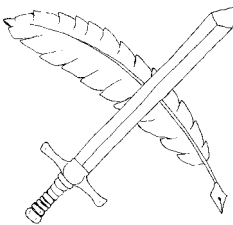
I am all for a progressive society that is more straightforward and honest, but I wouldn’t consider doing this behind a computer screen as communication progress. No one should fear simply complimenting someone in person -- and quite frankly, spontaneous, friendly gestures are more fun and meaningful to receive face-to-face anyway.

Despite the prospect of compliments, we must consider the

possibility, too, that anyone could say something a little too brutally honest. If you felt the need to know a person’s opinion of you in the first place, it’s fair to assume that you may not deal with this rejection well. To add to the hurt, such insults are rarely constructive, so instead, you are just left hurt, and with no idea of how to fix whatever it is someone doesn’t like about you.

This, of course, ignores the fact that teenagers run almost entirely on impulse and emotion, so these internet confessions can stem into unnecessary social network squabbles and an overall distraction from much more important things in life. In addition, creating the posts are just as bad as asking for others’ opinions. First, the usual excuse of boredom for making these posts shows poor character. If boredom really is the true reason behind wanting

SEE SOCIAL MEDIA PAGE 18



PUBLICATION POLICY

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

Direct Letters to:

Loy Norrix Knight Life
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.

NEED MORE KNIGHT LIFE?

Check out the independent voice of LNHS at:

knightlifeneeds.com

BIOLOGICAL FACTORS INDICATE THAT SCHOOLS SHOULD START LATER



Lars **Johnson**

The bane of many a high schooler’s existence is that irksomely intrusive beeping noise that bombards their ears at 6:00 a.m. each weekday. After lethargically silencing the offending technologies, students often stagger through a morning routine and then sleepily stumble their way through the school day.

Countless studies conducted from institutions such as the Nationwide Children’s Hospital and the National Sleep Foundation have indicated that high school students ideally require about nine and a half hours of sleep to lead a healthy lifestyle. This poses a problem as biological sleep patterns, or circadian rhythms, shift during puberty, making it very difficult for teenagers to fall asleep before 11:00 p.m.

It doesn’t take a genius to figure out that even if the majority of students started snoozing at this time, they

would be falling over two hours short of their nightly quotas in order to make it to school on time. Of course, many students work long hours at jobs, are involved in extracurricular activities, or have heaps of homework, which prevents them from getting to bed at a decent hour.

Studies also suggest that neural activity for adolescents is at its lowest during the morning and reaches a peak during the late afternoon. It seems purely illogical to subject students to intense mental processes when their brains are in an addled, sluggish state, and omit the time slots during the afternoon when their cognitive capacity is higher.

Beyond the evidence substantiating that school commencement times obstruct teenage circadian rhythms, they also can be detrimental to schools come winter time. Recently, schools have been announcing “snow days” in the event that the temperature is too low. Of course, if school started an hour or two later, some of those chilly obstacles could potentially be surpassed, and snow plows, salt trucks and traffic would be able to put a dent in the daunting wintery conditions.

Additionally, the safety of children

can be endangered by early starting times. Consider the herds of children who wander about the streets of cities. When mornings are dark and students don’t take proper measures to walk or drive carefully, disasters can easily result.

A study conducted by the University of Kentucky saw a 16.5 percent decrease in teenage car accidents when school start times were delayed an hour, while the rest of Kentucky’s teenage accident rate increased by nearly eight percent. These statistics suggest that it is much safer for teenagers to operate vehicles later in the morning rather than earlier.

An accumulation of biological and practical reasons provide a formidable case against the absurdly early start times the majority of American secondary schools employ. Of course, there are many other logistical factors such as busing schedules that are taken into account by large districts when considering the time-related aspects of the school day, but surely there must be a way to account for them and still push the morning bell past 8:00 a.m.

In order to maintain the physical, mental, and emotional health of students, school systems should seriously consider later start times.



Jacob Elyea, Junior

“If people take the lockdown seriously and they tell us if it’s real or not.”



Ally McCallister, Sophomore

“The lockdown could’ve been called on time instead of waiting later, where lives could’ve been in danger.”



Jordan Brown, Junior

“If people were informed on why there was a lockdown[...] they would be more apt to sit through it cooperatively.”

POINT

ANOTHER SPACE RACE COULD BE JUST WHAT THE WORLD NEEDS



Carsten **Strand**

The first thing that needs to be done with the Space Race is to separate it entirely from the Cold War.

The Cuban Missile Crisis is inseparable with the Cold War. The Berlin blockade is inseparable with the Cold War. But the Space Race should be its own event, the race to go where no man or woman has gone before. Space. The final frontier. The edge of the future.

The Soviet Union and the United States competed against each other for space dominance, to see who could do what in the shortest amount of time. The Space Race ended when Neil Armstrong stepped out on to the surface of the moon.

Now, 46 years after the historic moon landing, we are still benefiting from the outcome. Satellite TV, laptops, smoke and carbon monoxide detectors, GPS, 3D graphics, and countless other inventions were a direct outcome of the Space Race. The Space Race paved the way for large boost in technological advancements, and that is why now is the right time for another one.

In the recent success of rendering with Comet 67P, the time for another Space Race is ripe. This does not mean it is time for another Cold War, but in fact time for another historic advancement in technology.

The thing that made the Space Race so successful was the competition between the Soviet Union and the United States. They each tried to outdo each other in order to gain dominance. Through that, the two countries made advancements that changed the world and their countries for the better.

If a new Space Race were to happen, then we could also use these advancements to help other countries.

That's the glorious thing about the Space Race. We don't know what's going to happen! We don't know what other things we can discover, what things we will need to build in order to reach our goals. The opportunities are

endless, and with that in mind, we can only go up, literally.

The universe supposedly goes on forever.

We are, until proven differently, the only intellectual life form in existence. But this seems so impossible. In a never ending universe, and we are the only thing. It is so implausible to think that we are in fact the center of the universe. Space harbors more secrets than any area of earth. There are more stars in the sky than there are



grains of sand on earth. Think about that.

The ever expanding universe has so many different planets, moons, stars, suns, and mysteries to explore. The Space Race could open new windows for the earth, new ways for us to try to expand our influence, and if we are lucky enough, to connect with different life forms. The advancements in our own technology and our own connection with this universe that is our home would be so ever expanding

SEE POINT PAGE 18

COUNTERPOINT

ANOTHER SPACE RACE WOULD ONLY HURT THE COUNTRIES INVOLVED



Jake **Heasley**

The Space Race occurred from 1955-1972 and created an international desire for new technology, an emphasis

could be nice, the United States and the Soviet Union were anything but friends. World War III could have started on multiple occasions during the Cold War and the Space Race only exacerbated this.

While a friendly competition between the United States and say, China, could sound nice in theory, a re-creation of the Cold War does not. Like it or not, the Cold War and the Space Race are tied together, and no amount of technology is ever worth another world war.

No matter how cool new technology is, a race to find the best tech will inevitably lead to bad products. In order to push new technology out the door, it may not be tested properly, and this will lead to lost lives. Think of the aviators who lost their lives when the United States was testing supersonic jets, or the astronauts who died on the Challenger Space Shuttle. These deaths were unnecessary, and another Space Race could lead to many more.

But what if this new Cold War got hot? What if the United States and China went to war over this new Space Race? While the Cold War never truly became a war, it got very close on multiple occasions.

A war with China or Russia would be devastating in today's globalized world. We now have powerful weapons that we didn't have during the Cold War, and using them against a country could result in the loss of millions of lives. Countries that weren't necessarily in this new war would also be hurt, because the economies of all countries are closely tied together. A war between global powers would be even more devastating today due to the fact that most countries are linked together through the economy.

No one disagrees with the fact that advanced technology is a good thing. However, competitions between countries are not the answer to our problems. Cooperation between countries is key to the modern age. Not only will cooperation lead to better relations between countries like the United States and China, but it will bring some of the greatest minds in the world together under one goal.

Space travel might be necessary in the future, but the Cold War 2.0 is

SEE COUNTERPOINT PAGE 18

VALIDATE OUR FOOD: LABEL GMOS



Clayton **Barker**

As human beings of this beautiful Earth, we are all intertwined through a ubiquitous force, food. Food brings us together for holidays, birthdays and religion, as celebration is centered on food. Food is so simple. We eat and connect. We eat to survive.

Many of us eat food and do not even consider how this food has been produced. As a society, we have been trained to eat food without question or regard of its side effects. This needs to change; humanity needs to understand what they eat regularly.

Much of society wouldn't even know where to start when it comes to analyzing the food we eat, but one of the bigger categories would be GMOs.

A GMO is a genetically modified organism.

A good example of a producer of GMOs is Monsanto. They genetically modify their corns' genes. Monsanto changes the corns' genes to be able to resist their own herbicide Roundup. In other terms, Monsanto changes their corn so it can live through the chemicals which are put on the plants to kill pests.

There are 8 genetically modified organisms on the U.S. food market that include corn, soybeans, cotton, alfalfa, sugar beets, canola, papaya and squash.

As of right now, GMOs aren't labeled when you buy food. This could be an ignominy to all of us, not having significant evidence on this food could create problems.

Researching GMOs is relatively hard because of seed companies' intertwinement with the government. These companies also spend their money very wisely, increasing sales through propagating their products.

Toxins from GMOs have been found in mothers' and fetuses' blood,

concludes Canada's Reproductive Toxicology journal. This needs to be taken into consideration because many pregnant women eat food without such technical considerations, is this GMO free or not?

Another major study to take note of would be Gilles-Eric Seralini's "Long term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize." A test was conducted on rats over a course of two years. At the end of two years, the rats who consumed had massive tumors and health problems. Although the rats declined in health, this study was retracted from the scientific community because the number of rats being tested was too small and food proportions weren't accurate. Many scientists disagree with the retraction of this observation of the rats, saying that is was a legit experiment.

GMOs are so new to us that we really don't know the long-term effects they will have, especially without a significant amount of research. Our generation, from the 90s and early

2000s will soon determine if GMOs hurt us or not. As many already debate whether GMOs cause food allergies, cancer and other diseases' include Multiple Sclerosis, Parkinson's and Alzheimer's.

As a society we need to strive for aptness. Food is imperative to humanity. Without food, civilization will cease. With food that can possibly harm our health and spread disease, life will be unbearable. As Americans we need to open our eyes to the food we eat and understand why 26 countries have banned GMOs and why 60 other countries have restrictions.

This isn't just about America though, this is ultimately about stable life throughout. GMOs can be the source of great distraught throughout the world as they possibly cause disease and wreck farmlands. We as humans need to come together and fight these possibly degenerate crops. With that said, teach others around you about GMOs and keep educating yourself.

EDUCATION REFORM: TIME TO DISMISS STANDARDIZED TESTING



Audra **Penny**

Learning, becoming enlightened, studying and getting an education - that is the job of students ranging from kindergarteners to college goers nationwide. As generations continue to increase in size, so does the importance of our national educational system.

Education reform is a big topic today. Standardized testing should be the dominant topic to take into consideration; specifically, abandoning the idea of standardized testing altogether.

The No Child Left Behind Act (NCLB) signed by President Bush in 2002, mandated that 100 percent of students would reach proficiency in reading and math by 2014, as measured by tests given in each state.

That was an impossible goal to achieve from the onset and ended in failure. The government should not expect every student in America, no matter the race, social class, gender or ability, to have their intelligence rated on a scale based on a test that doesn't hold any uniqueness to any student

statewide or nationwide.

These tests have also become a way to jeopardize students' prospects for advancement and graduation by creating more stressful situations for students.

According to the website Fairset, 17 states require students to pass a standardized test to graduate, and 7 more are planning such tests.

This pressure of having to pass a test to graduate is absolutely unnecessary.

"Standardized testing does accurately measure how much students can stress over a test that is overemphasized for college acceptance but doesn't accurately measure intelligence or improvement," said junior Allegra Kistler Ellis after taking the ACT's.

In the "New York Times" article, "Rage Against the Common Core," it says how, in New York, the number of students who scored "proficient" on standardized tests plummeted by 30 percent in 2013 and some 70 percent scored below the cutoff level in math and English.

These tests aren't showing students increasing their knowledge in different subjects, but instead show that students have dropped drastically in comprehending them. When tests, such as the ACT or SAT affect their future,

it adds only more stressful pressure on students to achieve above average scores to stand out over the one million that participate in these tests yearly.

Eliminating standardized testing can also lead to teachers not being able to instruct the best way suited for them.

With teachers having to prepare kids for a standardized test, such as the ACT or SAT, teachers are more limited to teaching only what the students need to do well on the test; the teachers are just teaching to the test. This impacts the classroom environment greatly because teachers do not have the opportunity to make the class as interesting as they please, but may only direct the class in the way the tests mandates.

According to PROCON online, on Sep. 11, 2002, students at Monterey High School in Lubbock, TX, were prevented from discussing the first anniversary of the 2001 terrorist attacks because they were too busy with standardized test preparation. Also, a national 2007 study by the Center on Education Policy reported that since 2001, 44 percent of school districts had reduced the time spent on science, social studies and the arts by an average of 145 minutes per week in order to focus on reading and math.

The fact that teachers have to guide their students through hours

of specific material, and sometimes practice tests to help them achieve a decent score on a standardized tests, is outrageous. This creates a classroom setting that doesn't offer creativity, but instead a classroom that is dull, boring, and tedious. Teachers need to have the ability to teach their class in a way that is interesting for the students and promotes students to participate and learn.

With teachers and students suffering from standardized testing's grip on the educational system, there's not a valid reason to have them around still, except their main purpose: measuring the knowledge of students. Since we've had standardized testing, we haven't really thought about how to accurately know how students are doing in school, but Finland has figured out a solution on how to eliminate standardized testing.

According to Stanford University researchers Linda Darling-Hammond and Laura McCloskey, "Finland topped the international education (PISA) rankings from 2001-2008, yet has no external standardized tests used to rank students or schools [by using] assessments that encourage students to be active learners who can find, analyze, and use information to solve problems in novel situations.

SEE TESTING PAGE 18

LETTERS TO THE EDITORS

Dear Editor,

I really enjoyed the article about the tower and how it gets slick. All four years I've been here it's always been like that. Sometimes even worse with the entire stairs covered.
It can get crazy when there are a lot of people all going at once.
Nate Toennesen
Senior

Dear Editor,

I read the article, "LNHS Give Back to the Community, More Could Be Done." I really liked this article because there is so much that we could do for our community. While there are lots of things, like canned food drives, going on at Norrix, not many people donate. I think that in order to get people's help, it has to be a cause they're passionate about. It would be great to get all students involved but I don't know how.
Erin Kloostra
Freshman

Dear Editor,

I read Lars Johnson's article, "Antibiotic Resistance Poses a Real Threat," and I really agree with the facts that he gives. Taking your medication is very important, and in fact can make you even sicker if you don't finish your prescriptions. Just because you feel better doesn't mean the bacteria or virus is gone. Also everything doesn't need an antibiotic. A common cold probably just needs rest and fluids. This is a topic that everyone should be educated about. You're responsible for your health , so follow directions.
Amber Cunningham
Senior

Dear Editor,

I read the video games article by Jake Heasley and I definitely found a lot of mistakes in it. "...[N]o one say that watching football causes violence." Yes people do, tons of news goes around during football season of fights breaking out. Horrible comparison. Also, there are stories coming out about the deaths and abuse from/to kids. Those games may be for older people but kids can get them. When they are young and see that, they don't always understand it's not real. They think it is real and that is when problems occur.
Isabella Valdez
Sophomore

Dear Editor,

Out of my four years of going to Loy Norrix, the Knight Life news articles has been one of my favorite things about this school. An outline where kids can learn about current and relevant news and receive a student's own outtake on it is essential for every learning environment. It's also a great way for those students in class to have a place where they can express their journalistic creativity and skill. I am so glad that controversial subjects, such as race, LGBT, feminism, and political terrorism are brought to the student news, informing us about the world around us. Keep up the good work Knight Life!
Cierra Baker
Senior

Dear Editor,

I read the article about social media being a place to discuss, share, and inform people of the current social justice issues that occur in our world. I do agree that social media is place for us to learn about what is going on in our world, and I think that more people should use it to do so. Not just social media, but the internet as a whole is a remarkable thing where you have any information you want/need at your fingertips! I really enjoyed the article.
Lexi Terrian
Sophomore

Dear Editor,

I am writing to comment on the cover article for volume 55, issue 3, "The Tower Gets Slick When Winter Hits." First off, shout out to Joe Outinen's butt for making it on the cover photo. I wish the cover story would be a more meaningful story. We all know the stairs get slippery when they are covered in slush. Put a real story on the front page next time, like what you did with the story of the Loy Norrix spirit rock in last month's paper.
Jonah Van Dyk
Senior

Dear Editor,

I read the article John Collin-ization. I personally do not think there should be certain FCA (focus correction areas) that writers should have to focus so strictly on. I think us as students should be able to write on a topic in what format we want as long as it gets our point across.
Noel Cavey
Sophomore

CONTINUATIONS

FROM POINT ON PAGE 16

that we would literally not know what to do with all of the information.
The competition factor was what made the 60's Space Race so successful. The Soviet Union and The United States wanted space dominance because they were fighting to show who was the best. Isn't this what we do every four years at the Olympics? Bring our best athletes to a host country, and play sports for days, to see who is the best? Why could we not use the same format with space?
Instead of a short period of time, we let the scientists have a five to ten year period in which they will see who can complete a list of tasks, and at the end, award them for their service. The competition would fuel the countries to do their best, and to do their country justice. At the end, all of the countries win, and humanity wins. With all of the technological developments, we could funnel them into stopping ozone depletion, try to stop climate change and help get clean water to people in third world countries. All of these things could come from space. It's just a matter of how far we are willing to go.

FROM SOCIAL MEDIA ON PAGE 15

to seem superior to people by judging them, there is something to be said about how wisely you use your time. Rather than openly judging your peers on the Internet, consider picking up a book or developing an interesting hobby.
Secondly, your social networking page is supposedly a reflection of you as a person. By making these posts, it can imply that they lack overall depth of character and maturity because they have fun by passing judgments on others.
Asking for others' opinions can seem needy, if addressed in the proper way, self-awareness and understanding your effect on others is an essential part of living a comfortable life. The problem is when it looks like you are begging for self-assurance and/or feeling the need to broadcast your feelings about others to everyone else on to social media. Don't be afraid to ask your close friends what they think your best and worst qualities are; you can learn how to emphasize the best qualities and improve the worst.
Stop publicly judging others on social media. Stop asking people you barely know what they think about you -- because I can tell you right now, they are going to tell you that they don't know.

FROM COUNTERPOINT ON PAGE 16

not. The Space Race, while sounding nice, was a time of terror for many humans. No amount of technology is worth WWII and competitions between countries are unnecessary and even harmful. Cooperation between countries is the key to the future and human beings have a better chance at space travel with a united world.

FROM TESTING ON PAGE 17

If we implement what Finland is doing, we would still be able to get rid of standardized testing, but still accurately measure how students are doing.
Eliminating standardized testing is a major factor that needs to be considered in America's educational system. This will not only benefit students ability to learn, but allow teachers more freedom to make their own curriculums. Our schools have become stressful environments for students to learn in, so why shouldn't the nation seek to change this area in our education system to benefit generations yet to come?

LOY NORRIX ORCHESTRA PLAYS PERFECT AT FESTIVAL

Katie**S**rodes

Draw in the still air and catch your breath. Hold it in ever so slightly until the first bow slides across the strings, perfectly and simultaneously in tune with the entire ensemble. It's almost as if you are a member of a string army with fathomless sounds coming from the cellos and bass, violas and violins piping and chiming, and the extended, graceful arms of the conductor, Sandra Shaw, guiding you into battle.

This year your very own Loy Norrix Orchestra has reached perfection.

"I knew we were going to do well, but we were the only orchestra to get straight 1's," violinist Ashley Bynum said.

Michigan School Band and Orchestra Association (MSBOA) is an organization that holds festival every year. The state is broken up into classes, like how sports have divisions. Schools are given scores based on their performance. Scores go from 1 to 5, with 1 being the best possible. It starts district-wide then from there, depending on scores, schools can continue to the state-wide level of this competition.

Thirty-seven ensembles attended

the Michigan State Band and Orchestra Association festival in Plainwell, Michigan on February 27. Seven ensembles received "superior" ratings but Loy Norrix's orchestra was the only orchestra to do so.

"[Orchestra] is a very traditional art, and I enjoy seeing how different people come together to create a very complex final product," said Bynum.

In Shaw's four years of teaching the orchestra at Loy Norrix, enrollment in the program has been increasing by about ten students each year.

"We've come so far with Mrs. Shaw has been pushing us more each year, we've only gotten better and better," cellist Syri Ruynan said.

Loy Norrix's Orchestra did not actively compete in this event until last school year, when they also got straight 1's across the board for all five categories. The categories include: tone, intonation, rhythm, technique and interpretation.

This event holds many rules and regulations including at least one song must be chosen off of a previously decided list. Schools also get to prepare three pieces to play with as much rehearsal as the teacher decides to



Adam Dorstewitz and Nicole Andre play violin in orchestra. They are practicing *Così fan Tutti* by Mozart for the MSBOA competition. **Photo Credit / Malachi Cox**

practice beforehand. Because of snow days and all other absences, sometimes the bands and orchestras have a shortened time to learn the music.

"This year, [the orchestra] learned to play more challenging music in five weeks than they normally would have

in seven," said Shaw.

Although the orchestra has decided to not go onto states, they represented District 11 exceptionally well and

SEE ORCHESTRA PAGE 21

FACE EATER: LOCAL BAND TAKES KALAMAZOO BY STORM



Gabe Wikle, bassist, practices for the band's upcoming house show. **Photo Credit / Olivia Stier**



Riley Martin, Ethan Leverton, and Ivan Simmons at band practice. **Photo Credit / Olivia Stier**

as a platform to express concern for the oppression that is so prevalent in America. One of the band's main focuses is modern sexism and overthrowing the patriarchal society that we live in.

"Our society is constructed to benefit men and it needs to stop - there is too much physical violence and social violence," Wikle explained.

The band's lyrics explore this idea, expressing a need for change as well as a hatred for sex crimes committed in America.

Capitalism is another topic that is passionately critiqued by the band's songs.

"Something we mainly focus on is the disease of capitalism," Leverton said.

A disdain for this economic and political system is shown through the lyrics: "Feed the poor/Eat the rich." These lyrics show, yet again, their push for equality in all aspects of life.

Not only are their lyrics all their own, their sound is original as well.

"Their sound is unique because

SEE LOCAL BAND PAGE 21

Ginny**C**reamer

Shaking the foundation of friend's basements and recently, Satellite Records, "Face Eater" is a band composed of Loy Norrix Students Ethan Leverton (Guitarist), Riley

Martin (Guitarist), Gabe Wikle (Bass), and Devon Bailey (Drums).

"We chose our name to be as brutal as possible," Martin said.

Just like their name, Face Eater's

music is equally as intense. Loud guitar solos and thundering drums are the background to powerful lyrics that call attention to social and political issues. The band members use their music

KALAMAZOO SHOULD BAN CONCERTS THAT BAN THE YOUTH



Maxwell **Evans**
Opinion

There's heartbreak, and then there's heartbreak.

Sure, it's always hard to have your heart broken by a girl or boy who hits you with the "we should just be friends" line. But the pain of a breakup is nothing compared to the pain of having your musical idols come to your hometown, and being unable to go because of other people's decisions.

Two legends of hip-hop, Detroit trio Slum Village and Bronx producer Pete Rock, appeared at Bell's Eccentric Cafe on March 14. Yet because the concert was held at a venue that openly serves alcohol, potential concertgoers had to be 21 or older to be admitted.

Some background: Slum Village is the group where legendary beatmaker J Dilla got his start; many rap fans proclaim him to be the greatest producer in hip-hop history. Kanye West has claimed how he "work[s] on behalf of Dilla," and mainstream rappers like Big Sean and Kendrick Lamar have rapped over his beats. After dying of lupus in 2006 three days after his 32nd birthday, Dilla (a Detroit

native) has become a Michigan hero and hip-hop saint, and his former crew carries on his legacy.

Co-headliner Pete Rock is no slouch either. After getting his start with rapper C.L. Smooth and crafting the beat for their hip-hop classic "They Reminisce Over You," he's worked with rap legends including Nas, Run-DMC, and Rakim.

These are two of my musical heroes. Their music isn't squeaky clean, but these artists manage to rap without straying into blatant vulgarity and misogyny that gives the genre a bad name. Meanwhile, on May 10, kids of any age can go listen to Tyler, The Creator in Grand Rapids. For those who don't know, Tyler, The Creator's lyrics regularly involve homophobic slurs, creatively violent ways to commit murder, and rape threats.

By opening the show to all ages, state law has determined that I am mature enough to buy a ticket to listen to Tyler's verbal felonies. However, the same laws have determined that I cannot handle myself in an establishment that serves alcohol. This kind of hypocrisy makes one thing very clear. There's no consistency involved when putting an age limit on shows.

My solution to this hypocrisy problem is simple: The city of Kalamazoo should enact an ordinance allowing all youth over the age of 13 to attend any concert.

Kalamazoo has a lot of potential to

become a spectacular music town, and in many ways, it already is. Local bars like Bell's and Shakespeare's Pub bring local and retro artists into the spotlight, and a stray blockbuster like Wiz Khalifa or Kid Cudi even shows up every once in a while. What better way to promote a love of the arts than to let the youth experience all kinds of music?

There are usually two types of age-limited shows, 18+ and 21+. 18+ shows are often for artists who perform mature material, while 21+ shows are typically reserved for establishments that serve alcohol.

18+ shows exist for two main reasons: to protect younger kids' innocence and to protect the older listeners' interests. The artist's management is attempting to keep young kids from hearing mature subject matter, and clearly, nobody wants little kids running around when they've paid good money to see a show. However, a teenager should not be an unwelcome distraction, nor will they be too immature to handle the subject matter of the music being offered.

Preventing those under 21 from attending concerts where drinks are served isn't some heroic effort either. These limits aren't saving innocent youth from experiencing the horrors of adult drunkenness. If you're old enough to have heard of Slum Village, you're old enough to handle yourself in a secure environment where alcohol is being served to other people.

Basic security measures should

already be in place to prevent a crowd from getting too rowdy when they get tipsy, so there is no reason why a respectable establishment wouldn't be able to handle a few teenagers who wanted to go see a concert around a bunch of adults.

Some are scared of the underage youth themselves becoming inebriated at these shows. However, it's not like the bartender would be handing shots to the youth without ID. Establishments that serve alcohol could buy inexpensive neon t-shirts in bulk and hand them out to all underage attendees. Keeping a close eye on those in neon tees, to make sure they aren't sneaking drinks from older friends, would prevent bars from unwittingly housing underage drinkers and potentially losing their liquor license or even their business.

What comes out of your headphones is only half of the musical experience. Being up close and personal with somebody you've grown up idolizing is the other half. That feeling should not be denied because someone pre-judges a youth's level of maturity, or because some adults want to drink in the private company of other adults.

The city of Kalamazoo should become a trailblazer and get rid of these ludicrous age-limited shows. A city that already promotes the arts incredibly well would only benefit more from having youth and adults share in the joy of music together.

BOOKS INSPIRE STUDENTS

Taylor **Krupianik**

Imagine picking up an old or new book, feeling the leather cover, opening it up and smelling that book smell. For book lovers it's the best thing in the world, but not as great as imagining yourself being part of the story and joining the characters on their journey with limitless on the possibilities. Books have hidden experiences. Maybe it makes you want to write your own stories, gives you an idea for an essay, or maybe learn new words you didn't know before.

"Books made me want to write my own little stories, and I learned you won't get anywhere if you just give up, you have to fight for it," said junior Alexis Martin.

Books are a great way to use your imagination and get thinking. Dr. Seuss once wrote in his book "I Can Read with My Eyes Shut!" "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

Books have had a great level of inspiration on people who love to read. The best teachers in life can be books, or a character in a book. The plot of a book can reflect in some people's lives. There are many great books out there.

"There was a certain book about a girl trying to 'save the world' and I thought then 'hey, if she can do anything she puts her mind to, so can I,'" said sophomore Laura Martin.

Many books have an interesting moral, such as not giving up, finding the motivation to try better in life, or fighting for what's worth working for in life. Books like "Maximum Ride," "The Mortal Instruments," and "The Hunger Games," have these types of motivations.

"Maximum Ride" is about a girl named Maximum Ride, or Max and her family. She is two percent bird and 98 percent human and so is her family. The family members aren't all related;

SEE BOOKS PAGE 21



Sophomore Laura Martin reads the novel "City of Glass," by Cassandra Clare, in Mr. Weaver's classroom. **Photo Credit / Taylor Krupianik**

FOLK SINGER FATHER JOHN MISTY TALKS ABOUT THE IMPORTANCE OF COMMUNICATION

Kyron Williams



Album: I Love You, Honeybear

Artist: Father John Misty

Genre: Folk

Release Date: February 10th, 2015

On February 10, 2015, Joshua Tillman, former drummer of the folk band Fleet Foxes, released his second album under the stage name, Father John Misty (FJM). Listening to the first couple of tracks on the album, you would think it was some type of folk-synthetic fusion because of “True Affection,” which sounds like it was made with a lot of synthesizers compared to the rest the tracks on the album—synthesizers are technology-based instruments. The rest of the album after “True Affection” sounds like folk music.

“True Affection” is one of the highlights on the album. Not only does it stand out due to the intricate sounds of the synthetic drums but because of

the subject matter in the lyrics. The lyrics describe how we live in an age of constant technological advancements in the way we communicate. There is a lot of communication done through texting, calling, messaging, etc, rather than communicating face-to-face as our parents and grandparents did when they wanted to see each other.

“True Affection” features FJM talking to someone on the phone (you can tell based on the sound of the dial tone as the song starts) and asking “When can we talk with the face, instead of using all these strange devices?”

Another highlight of the album is track 10, “Holy S---.” The song basically takes a stab at institutions, social

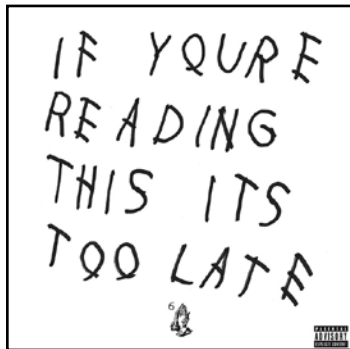
norms, and other problems in America and around the world, which I’m glad someone is talking about. There is also a theme of people being able to stay together despite opposing opinions.

Towards the end of track 10, FJM sings (As there’s a definite crescendo in the instrumental), “...what I fail to see is what that’s gotta do with you and me,” after naming the many problems with society today.

All together, this album is one of the best releases so far this year. I’m giving it a 4/5 rating because FJM delivered an album that features songs that talk about real problems in our modern society that need to be fixed.

RAPPER/SINGER DRAKE HOPES TO CHANGE THE STIGMA ATTACHED TO HIS NAME

Kyron Williams



Album: If You’re Reading This, It’s Too Late

Artist: Drake

Genre: Contemporary R&B

Releases Date: February 17th, 2015

One of the few highlights on this mixtape is definitely track five, “No Tellin’.” This song features Drake telling us that he is not the same Drake he was in 2011 when his album “Take Care” came out. The sappy songs on “Take Care” designated Drake as an emotional mess and has caused him to be the center of “many an internet joke,” according to Anthony Fantano, a music reviewer on YouTube.

“No Tellin’” proves that Drake is no longer the sensitive sap he has been known for the last couple of years, but instead, he is just as violent as some of his counterparts. This song also proves that in the music industry, there’s no

guarantee that you will be able to stay relevant. Even though in the opening track “Legend,” Drake claims that when he dies, he’ll be a legend, there’s obviously still no way to guarantee constant fame.

The low points on the album are “10 Bands,” “Preach,” “Wednesday Night Interlude,” and “Now & Forever.” “10 Bands” is just clichéd rap music that features the artist bragging about how he has money, as if we didn’t know. “Preach” and “Wednesday Night Interlude” feature PARTYNEXTDOOR whose auto-tune make the songs hard to listen to. The problem with “Now & Forever” is that Drake manages to utter

the phrases “Leaving,” “Gone,” and “No More,” a collective 56 times in less than 5 minutes. After two minutes of listening, I was already tired of hearing it.

Of the 17 tracks, there are only four that are worthy of one star, so there are definitely a lot of okay tracks on this mixtape. The mixtape is a 3/5 because I was indifferent about the majority of the songs. There were a few songs that I loved, there were a few I very much disliked, and there were a lot that left me noncommittal.

FROM LOCAL BANDS PAGE 19

topics and a name that’s as harsh as their music counters a fun and lighthearted side of the band.

“On top of other things, we do this to have fun,” Wikle said.

Their fan base is a large group of friends, making gigs a scene that’s packed full of dancing, thrashing and singing along.

“It’s really amazing watching people dance to your music,” Bailey said.

On March 7, 2015 Face Eater played at Satellite Records, a local Record Shop in Kalamazoo. Fans out the door, this was the biggest crowd that any show has had at this venue.

“Everyone is rolling deep and supporting, which is really cool,” fan Zoe Burdick said.

The band has increased the amount of gigs significantly, playing three shows in the month of March alone. This momentum is moving the band in a positive direction so keep an eye out for future shows and experience the exciting experience that is Face Eater.

FROM FORENSICS PAGE 8

said Hilgart-Griff. “And I think it had a lot to do with being at Norrix. Not only was I in my own environment, I definitely wanted to do well at our own tournament.

Hilgart-Griff became the Poetry 9/10 champion at Battle Zoo.

“[It was] really fantastic. Since it was the first tournament I had no concept of how I would do,” said Hilgart-Griff.

During the tournament, competitors were reciting their pieces to the walls along the main hallway where Norrix students usually hang out everyday. In the cafeteria, everyone was waiting for their next round and being nervous to see if they made it to semis or finals, all at the home of the Knights. The day before, the team got together to make the school presentable for the tournament.

From cleaning rooms and turning the teachers lounge into the judges lounge, to posting results for semis and finals, the tournament was a huge effort, but also a huge success. Loy Norrix happily looks forward to hosting its next tournament in 2017.

FROM BOOKS PAGE 20

they were created in an experimental facility they broke out of and are being hunted down by wolf-like creatures from the experimental facility. The story goes on and they face many difficulties but don’t give up.

“The Mortal Instruments” is about a girl name Clary Fray who lives in New York, and her life isn’t as what it seems. Her mom is taken from her, and she goes on a journey with her new friends to find her mom, who aren’t part of the world she grew up in. To find her motivation she never backs down and keeps going no matter how hard it gets and no matter how scared she is.

“The Hunger Games” is about a corrupt government making kids kill each other in order to survive. There can only be one person left standing. A girl, Katniss Everdeen breaks the rules, and she keeps pushing through to survive with the determination not to give up.

Books have created many different adventures and taught us many lessons, going through these experiences can stick with us in our lives and inspire us to do better.

FROM SOCIAL MEDIA PAGE 16

ask your close friends what they think your best and worst qualities are; you can learn how to emphasize the best qualities and improve the worst. Stop publicly judging others on social media. Stop asking people you barely know what they think about you -- because I can tell you right now, they are going to tell you that they don’t know.

FROM ORCHESTRA PAGE 19

instead of participating further, they plan on preparing for their upcoming spring events and music to come.

Shaw advocates for the upcoming concert with the full orchestra, including winds and percussion, on May 11 at Chenery Auditorium.

TITLE IX IMPACTS SPORTS THIRTY-THREE YEARS LATER

Andrew**Streitel**

Men and women often compete to be the best at what they do. It is known to a lot of people that when it comes to sports, women do not get as much attention as men do. They receive less television time and fewer people come to support women’s teams that men’s teams.

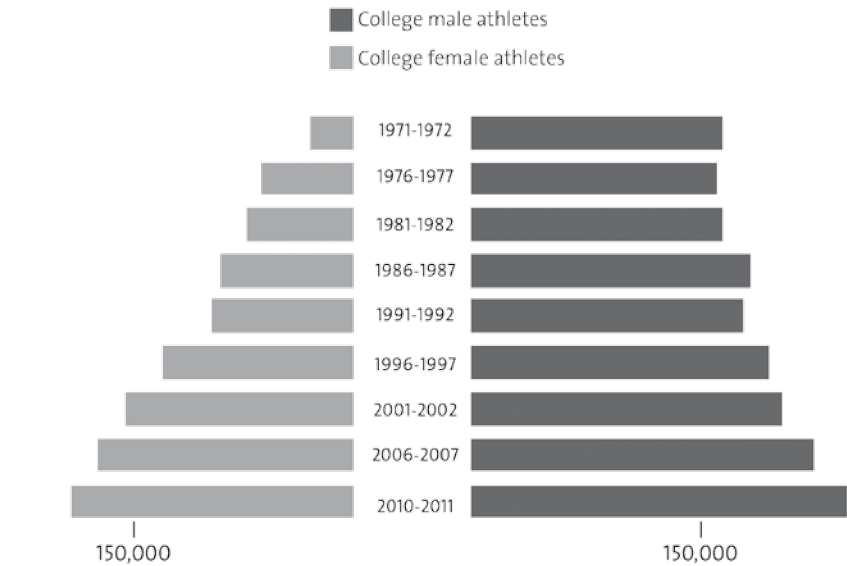
Women believe that it is sexist that they do not get as much attention as men do in sports. However, in 1972 that all changed when a piece of legislation called Title IX, in the Education Amendments made it so that schools that receive federal funds had to provide female students with equal opportunities to compete in sports. This brought a lot of change to sporting teams around the country.

Men’s teams were discontinued because of Title IX so there would be an equal number of men’s teams as there were women’s teams. Title IX makes it so thatschools that are funded by the government have to have an equal opportunity for women as they do men in sports.

“Sports should be funded by how many people play them, not forced equality between men’s and women’s sports” junior hockey, baseball, and cross country player Zach Mason said.

Colleges around the country have cut many men’s sports that were popular so women would have

This graph shows the difference in number of men and women collegiate athletes in the United States throughout the years.



an equal opportunity to compete in sports. The NCAA is the governing boud of collegiate sports, and they had to comply with Title IX as soon as it came in effect. More than four hundred men’s athletic teams nationwide have been elimated as a result of universities’ needing to become NCAA compliant.

The year before Title IX was enacted, there were about 310 thousand girls and women in America playing high school and college sports. Today, there are more than 3.3 million women competing in sports.

“Women still are not seen as equal to men in sports,” junior soccer player Jane Labadie said.

Women want to be considered equal and they haven’t been in a long time. Women’s sports are not shown on television as much as men’s. women’s sports usually only receive television time when they are in the playoffs, or if the best two teams in that sport are playing each other. However, when it comes to men’s sports, youcan find them all over television. Even the least popular men’s sports would air rather than a popular women’s sports.

“It’s a male dominated society and that’s why we do not receive as much attention as men do,” senior volleyball player Katryn Walsh said.

Men’s sports usually have games at a later time so more people can come to them. when you look at Loy Norrix basketball, rarely do you see a packed house for women’s varsity games. However, when the men play after the women’s game, people start to stroll in.

Hackett Catholic Prep has tried to make it so that more people come to the women’s games. The men and women’s basketball teams at Hackett switch every week who plays the later game.

“People would leave after the guys game if they played first but if the girls played first, more poeple would be at the games because the guys play after,” senior at Hackett Joe Wenzel said.

In Hackett’s situation it did not make a difference who played first.

Title IX has affected the sporting world in a dramatic way. Men and women have become more equal than before. They are still not equal, but Title IX has made a huge steps forward in the right direction to create equality among men and women when it comes down to sports.

FOUR SENIORS, FOUR YEARS NORRIX BASEBALL GOES FOR A WINNING SEASON

Drew**Pawloski**

Four years ago four freshmen made varsity and have continued to play for Loy Norrix all four years. Senior Austin Thompson, who has been playing baseball for thirteen years, is one of the four.

“We had our first practice and looked solid already. I think we can do big things. We have the talent to have over a .500 winning percentage, and we have a great chance to make a run at districts,” Austin Thompson said.

During the first couple years of competing on a varsity team at such a young age, the Knights weren’t doing as well as they thought they could. This year the varsity team has six seniors, six juniors and four sophomores so the team is not as young. Being a freshman on varsity has increased the former freshmen’s skills and prepared them for the older players they will be facing throughout the season.

Senior Spencer Welsh, another one

of the four, has been playing baseball for six years. While being on varsity as a freshman, Spencer gained a lot of skills by just playing with older people.

“It was intimidating playing on varsity freshman year knowing everyone on the field has a lot more experience then you because you’re the young buck,” Welsh said.

The age difference between a freshman and a senior is pretty big, knowing that an 18 year old could be pitching to a 14 year old.

“While playing on varsity your skills will develop much faster because you’re playing with the best talent and you want to be able to compete. Compared to previous seasons I think we look pretty solid this year,” senior Welsh said.

Jerrell Lipsey another one of the four, has been playing baseball for eleven years.

“The team looks great,” said Lipsey, “We have a lot of potential and team



Senior Austin Thompson prepares for the next pitch against Niles. The Knights have strong start to the season with a 3-2 record.

Photo Credit / TaylorTimmerman

chemistry.”

Being on varsity for four years has helped the athletes get closer to coach

NORRIX WRESTLING TEAM JOURNEY FROM DISTRICTS TO STATES

Scott May

The Knights’ wrestling team had a memorable year. Second year coaches Alex Hill and Derrick Parker had two wrestlers, senior Brady James and junior Nick May, reach 100 wins this year. The team had a 13-11 season overall and a 5-6 record in the SMAC conference. This was the first winning season for the Knight’s wrestling team in over ten years.

Junior Nick May led his team with a record of (54-4) for the season at the 189 weight class while wrestling up one weight class at 215 when the coaches needed him too. Weight classes are made so that wrestlers can wrestle at their weight, so there is better competition. Wrestlers are not allowed to wrestle in a weight class if they have not weighed in at that weight class before. The wrestlers can be exactly the weight or less a, but they can only wrestle up a maximum of one weight class above your original weight class.

“Making weight can be really difficult at first, you have to change your diet completely, you have to run every night on the treadmill if it’s too cold outside too make weight,” Brady said.

May has wrestled at the 189 weight class for two years. Last year during his sophomore year he made it through the district tournament but was knocked out of regional’s and did not qualify for states.

This year May had a different story. He was one of two wrestlers for the Knights who qualified for regional’s, along with Brady. May placed second in districts while James placed fourth. Before districts, May was ranked twelfth overall in the state and was given the third seed in districts. The top two seeds were wrestlers who had dominant season at the 215 weight class, but decided to cut weight and drop down to the 189 weight class.

Being in one of the most competitive regions with the greatest number of ranked wrestlers, May was a heavy underdog and was not suppose to make it out of the first



Nick May locks up with the openent at the beginning of the match. May won the this semi-final match to move on to wrestle for the state title. **Photo Credit / Scott May**

round of regional’s according to Michigangrapplers.com.

“I was upset by it and it kind of brought my mental toughness down because losing in districts is only the beginning of the post season but it also pushed me to train harder and work with my coaches on my mistakes,” said May.

Proving Michigan Grapplers wrong, he went on to win regionals. Along the way, he beat the second third and eighth ranked wrestlers in the state to claim the regional title. James was knocked out of regionals after losing back to back matches.

Since May placed well regionals, he was given the third overall seed in the states tournament. Similar to March Madness, this benefits the

higher seeds since lower-seeded wrestlers have to wrestle the higher seeded wrestlers. This gives the higher seeded wrestler a greater chance to win and move on.

In states May won all of his matches bringing him to the Division I, 189 weight class state championship match. May wrestled Walled Lake Central senior Alex Sovel who he had already beat in regionals.

“I thought I had a good chance of winning, knew I could win and what I needed to do to win unfortunately when it was time to get on the mat I didn’t execute,” May said.

During the match both wrestlers worked to both get one escape point. Then in the final minutes, May was penalized for stalling. A stalling call is

when a wrestler is wasting time on the clock to not gain or lose any points. This put the other wrestler up 2-1 in the final minute. May lost his match due to a controversial no call with ten seconds left to go in the match.

May picked the wrestler up to slam him, which gives you two points. Yet May put his opponent on the mat, the ref said May moved out of bounds, making his slam unable to receive points. As soon as the ref called it the crowd erupted in boos for a bad call.

To May, this is a stepping stone to his ultimate goal of winning states. He made it so far into the post-season especially when he wasn’t supposed to make it nearly as far as his did.

“Second place is a good place to sit,” said May’s mother Liza May.

FROM BASEBALL PAGE 22

Brian Neel. Building a trust and a good relationship with the athletes.

“My first game on varsity as a freshman I was a little nervous, but I prevailed. Being on varsity made me become a better player because it helped me grow and develop skills a lot faster,” Lipsey said.

Senior Scott May is the last of the four. He has played baseball for fourteen years.

“I am pretty excited for the

upcoming season, I am pretty confident with the team but you never know until you step out on the field.”

“Being on varsity helped me in ways, but it made me adjust faster and for the next 3 years I knew what to expect,” May said.

Brian Neel, varsity baseball head coach has built a very good relationship with the 4 athletes and is missing the opportunity to coach his own son who is a freshman at Mattawan.

“This [coaching the four athletes]

is the main reason I stuck around to coach this year,” Neel explained.

With having such an age difference from this year, to four years ago when the team was very young. Neel feels that this will be a very competitive and enjoyable year of baseball.

“The team has 6 seniors and multiple juniors, with this difference we should get a lot of wins and be a lot more competitive,” Neel said.

Over the four years, the four athletes have developed a very strong set of

skills to be able to compete with other varsity athletes.

“They all have developed very well and put in the time and effort,” Neel said.

With the effort the athletes put in the team is looking very good for this year’s season. The four athletes believe that they can lead a winning season this year and make it to districts by having good chemistry and a much more experienced varsity team.



GAY-STRAIGHT ALLIANCE

WE MEET EVERY FRIDAY

FROM 2:30 - 3:30

IN ROOM K-14

Q+A WITH SOPHIA DERANGO

Jordan Liddle

You don't have to go to a Nobel Peace Prize rally to meet a social activist. We have Sophia DeRango right here at Loy Norrix, who fights for equality and wishes to guide teenagers going through eating disorders in the future.

In certain situations, people feel like they aren't being attacked or heard because of how they feel and their personal opinions. People should feel safe and able to voice their opinions in an open environment.

"As President of GSA I plan and attend every meeting. I'm friends with this big group of people that come every time. I try to be a mentor to them. My responsibility is to provide a safe environment," said sophomore Sophia DeRango.

The Loy Norrix Gay Straight Alliance is a place for education on sexual orientation, inclusion in schools, anti-bullying and anti-discrimination laws and rights that LGBT students have in schools.

Sophia also enjoys running, reading and writing. She is involved in a writing program at Western Michigan University.

"I would like to go into gender studies in college, also social justice, which is learning how to be an activist and making a difference with stuff you care about," said DeRango.

DeRango was raised with the mindset of a feminist, with her father as a role model. She grew up learning the way the world works, inspiring her to help make a change.

"When I'm older, I want to help teenage girls with eating disorders. Ideally I want to be someone who works on a magazine that talks about important issues that can help teenagers," said DeRango.

DeRango struggled with an eating disorder. This sparked her interest in starting a campaign that would be in all public schools to help educate students on eating disorders.

"I want to bring awareness. There are programs like the Gryphon Place for suicide and self-harm, but there are no programs at Loy Norrix specifically to help with eating disorders," said DeRango.

