

# KALAMAZOO MARCHES FOR BERNIE SANDERS

Nora Hilgart-Griff

A group of people marched down Michigan Avenue and through the downtown Kalamazoo Mall the evening of Friday, March 4th, carrying posters, banners and signs promoting presidential candidate Senator Bernie Sanders (D, Vermont). As they walked, they could be heard chanting support for the candidate, as well as information for Kalamazoo voters.

Revolution! Revolution!

Wall Street got bailed out! Main Street got SOLD out!

Who do we want? Bernie! When do we vote? March 8th!

According to Kristin Grinwis, a Kalamazoo supporter who organized the walk, sharing information about the March 8th Michigan primary was a key aim of the event.

"I've been working with Ben [the Kalamazoo Sanders campaign organizer] at the Kalamazoo office. I knew Art Hop was going on and knew we needed to get out the vote. Several people I talked to while canvassing for Bernie didn't even know the Michigan primary was March 8th, so we wanted to raise awareness," said Grinwis.

According to michigan.gov, a record approximately 1.5 million people turned out to vote in the 2012 Michigan Primary—but that record breaking number was a mere 19 percent of Michigan's voting-age population. So, it's no wonder that each and every campaign is focused on the simple goal of getting people out of their houses and into to their polling





# “MORE TIME LEARNING! LESS TIME TESTING!” LOY NORRIX ADVOCATES FOR FEWER STANDARDIZED TESTS



Students and teachers standing in line welcoming students as they arrive to school. They chant together, “More time learning! Less time testing!” **Photo Credit / Christian Baker**

Ruby **Hensley**

A day in the life of an average American high school student: wake up, eat breakfast, and go to school. Another day, prepping towards another big test. The annual ritual of filling in an endless sea of bubbles with a dull pencil is a feeling many students know too well. The mere sound of a 3-5 letter test acronym makes students cringe and groan: SAT, ACT, M-STEP, MEAP.

However, thanks to the recent change to the No Child Left Behind Act (NCLB), our anxieties over standardized testing may soon be over. The Elementary and Secondary Education Act (ESEA) now leaves many decisions on federal and state testing to the individual states, and it is clear that the Loy Norrix staff and student body are ready to see a change for the better.

From around 6:50 a.m. to 7:20

a.m. on February 17, approximately 20 teachers, 15 students, 2 school board members, 2 support staff, 2 administrators and the KPS Union President conducted a “walk-in” outside the tower to show their support for a reduction of standardized tests. Due to the growing number of supporters as the walk-in progressed, it was easy to see just how passionate Loy Norrix was about this issue.

Kalamazoo Public Schools was not the only district involved in this walk-in. Nationwide, over 9 thousand public school systems participated in the walk-in, uniting to prove the importance of a more curricular, less testing-based national education.

English Department Head Brianna English, one of the teachers who attended the walk-in, feels that standardized tests don’t accurately show a student’s growth.

“Students are expected to show everything they’ve learned in one day, which is unrealistic,” said English. “We’re forced to take time away from our curriculum to do test prep instead of teaching critical thinking and more important skills. Teachers suddenly have to teach kids how to do well on a test they haven’t even done themselves.”

It is clear that many teachers find issues with standardized testing, but standardized testing is also an issue for



Senior Ahmed Younis taking a stand against standardized tests. Younis was one of the other 14 students in attendance. **Photo Credit / Christian Baker**

the district. The further funding of a school district can sometimes be based solely on how their students perform on these state-wide, or even nation-wide tests.

Amanda Miller, Union President of the KPS district, feels that scores should not be the deciding factor on a

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## BERNIE RALLY FROM PAGE 1

their houses and into to their polling places.

Grinwis expressed her excitement at the march’s large turnout.

“The whole thing came together in about 24 hours. I made the event around 6 p.m. the night before, and I think it turned out better than we could have hoped! It’s been fantastic,” said Grinwis.

Indeed, the mood was electric among the crowd. The group shouted, “Feel the Bern!” as they walked down the Kalamazoo Mall, momentarily holding up traffic, and huge cheers rose up every time a car honked its support or a passerby grabbed a sign and joined the throng.

As people dined in local restaurants or shopped at local galleries, they looked out to see Kalamazoo resident Adam Roth leading the crowd, walking at the front of the procession and starting new cheers. His passion for the candidate was clear as he organized the movements of the group.

“When I found out about Citizens United, a Supreme Court decision that allows huge corporations to make unlimited donations to public officials and politicians, I was incredibly

bothered by that because I felt like my voice had been taken away. When I found out about Bernie Sanders, and the extent to which he opposed that, I got really excited,” said Roth, looking out into the crowd. “That’s when I knew I had to get involved.”

Indeed, much of the enthusiasm for the longtime Senator comes from the fact he doesn’t have a Super PAC: organizations, which, according to OpenSecrets: a Center for Responsive Politics, “may raise unlimited sums of money from corporations, unions, associations and individuals, then spend unlimited sums to overtly advocate for or against political candidates.”

The Sanders campaign is instead funded by millions of small-dollar individual donations, at an average of \$27 apiece.

This isn’t the first time a city has joined together in what Sanders himself calls “the political revolution.” On January 24th, in what US Uncut reported as “the first-ever nationwide March for a presidential candidate,” people in more than 35 cities took to the streets to voice their support for the campaign. In Chicago, Portland and Boston, each city’s march drew over

1,000 people; an amazing feat, despite less-than-stellar media coverage of the events.

“That’s what the political revolution is about,” said Roth, “Getting people involved, getting people passionate and giving everybody a voice.”

Roth also encouraged supporters to volunteer, saying “everyone needs to take part and be involved.”

Anyone who wishes to offer their time can go to berniesanders.com to find out how to make phone calls and canvass in their area or visit the Sanders campaign office in Kalamazoo at 4038 N Westnedge.

As the Kalamazoo crowd waved signs reading “Future Voters for Bernie,” “Bernie Sanders: Not for Sale,” “Join the Political Revolution,” “A Future to Believe in,” “Finally, a Reason to Vote” and of course, the unofficial tagline of the campaign, “Feel The Bern,” Kalamazoo resident Scott Spink offered his thoughts.

“I’ve followed Bernie through the years, and I think he’s always fought for the people. He’s fighting against the media, he’s fighting against this establishment party that’s trying to push him out, but he’s been so consistent in his message for his whole



**Photo Credit / Brooks Eisenbise**

life,” said Spink.

Many of the attendees echoed this sentiment, regarding the reliability of Sanders’ politics.

“I think it’s gotta come back to the people,” said Spink, “and Bernie’s got that. He’s always had that.”

## PHOTO FROM PAGE 1

Sophomore Maddie Preussel attends downtown Bernie rally in Kalamazoo. “I really enjoyed supporting a guy who can change the country and the world,” said Preussel. **Photo Credit / Brooks Eisenbise**

# THE OBAMA ADMINISTRATION LEAVES LEGACY

Grace Marshall

"I grew up with Obama, I really did," said senior Luis Juarez. "In 2008 he was elected as president, and it was a time of change for our country and for 'we the young people.' He was elected as we moved on to the next stage in our life, moving up into middle school, and now he's stepping down from office, and we will be graduating high school this year."

This year is Barack Obama's last year in office, and with much of the nation's focus turned towards the campaign trail, Obama's final year has faded into the background. One debate that still remains is, "Was Obama a good president?"

His presidency has been the subject of much controversy, a primary reason being that he is the first African American president. Many have also pointed out Obama's lack of success in fully completing his agenda. Others feel that Obama deserves more credit than he is given.

"No, I don't believe he was as unsuccessful as people portray him as," said Loy Norrix government and law teacher Niambi Pringle. "What people need to understand is that as president you have to go through Congress, and when Congress and the president are from opposing parties, a lot of the work that the president

is trying to do will be stalled. When a president comes in, they need one term to fix anything from the previous presidency and their second term is truly their term."

One milestone moment in Obama's presidency was when, in 2010, he signed the legislation to repeal "Don't Ask, Don't Tell," a policy banning openly gay men and women from serving in the military. He is also the first president to openly support gay marriage. On June 26, 2015, during Obama's second term, the United States Supreme Court ruled gay marriage as legal in all 50 states.

"Our nation was founded on a bedrock principle that we are all created equal," Obama said in an address in the Rose Garden after the ruling. "The project of each generation is to bridge the meaning of those founding words with the realities of changing times -- a never-ending quest to ensure those words ring true for every single American. [...] This ruling is a victory for America. This decision affirms what millions of Americans already believe in their hearts: when all Americans are treated as equal we are all more free."

Arguably, President Obama's biggest accomplishment while in office is the "Patient Protection and

Affordable Care Act," or Obamacare. Signed into law on March 23, 2010, Obamacare gives over 10 million uninsured Americans access to affordable, high-quality health insurance through Medicaid expansion, their employers, and the Health Insurance Marketplace.

In order to get the money to help insure all these people, new taxes have been implemented (mostly on the wealthy and the healthcare industry).

Obamacare's many protections ensure that you can't be dropped from coverage or denied coverage based on your current health status. Additionally, you can't be charged more for being a woman. Other protections ensure that you have the right to a rapid appeal, that health insurance companies can't make unjustified rate hikes, and that these companies must spend the majority of premium dollars on care, not paying executives.

Obama's biggest accomplishment is also his most criticized. Obamacare has faced many obstacles during the implementation of the act.

During the implementation of Obamacare, President Obama promised many times that if people liked their current healthcare plan and their doctor then they would be able



Photo Credit / Wikipedia

to keep them. Many were outraged when the Independence Blue Cross sent its customers a notice saying that as a result of the Affordable Care Act, "your current plan will be discontinued effective January 1, 2014, and you will need to select a new plan by the end of December to avoid any interruption in coverage." Obama was quick to assure everyone that their new insurance would be better, but people remained angry and skeptical.

When the Obamacare website healthcare.gov launched unsuccessfully, the president insisted that Obamacare was more than a

SEE OBAMA PAGE 11



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# TRAGEDY IN KALAMAZOO SHOCKS CITY

Max **Offerman**

The horrific events that unfolded on Saturday, February 20th in Kalamazoo shocked and traumatized citizens of the city more commonly known for its bustling student life, local breweries, appreciation of nature, art scene, and many more wonderful attributes.

Jason Brian Dalton, a husband and father of two, was the lone shooter who made national news after murdering six people and critically injuring two others over the span of only 5 hours.

The first warning signs were present at 5:30 p.m. when Dalton was allegedly driving erratically and refused to stop while with an Uber client, forcing the passenger to eventually jump from the vehicle.

Around 6:00 p.m., he shot a woman who defended children on a playground outside of Meadows Townhomes, but her injuries were not fatal.

A little over four hours later, he murdered a man and his son outside of Seelye Ford Kia Dealership while they were looking at cars.

Shortly after, Dalton's final attack was at the Cracker Barrel on 9th Street,

where he murdered four people and injured two.

Among the victims were, a senior at Mattawan High School and his father, a retired teacher from Battle Creek and her three friends, a 14 year old girl and other innocent people enjoying a typical Saturday night.

He was arraigned on Monday, February 22nd for six charges of murder, two counts of assault with intent to commit murder and eight counts of felony firearm use.

A violent act of this level has not occurred in Michigan since 2011, when a man in Grand Rapids killed seven people. Unfortunately, as of February 2016, this is the 42nd mass shooting in the United States (a mass shooting is defined as an incident with four or more victims).

In response to the terrifying attacks, Kalamazoo pushes for "healing, not hatred" and there were two vigils organized to honor the innocent victims. At one vigil, a pastor clearly demonstrated kindness and grace by leading a prayer for the shooter.

Unfortunately, mass shootings seem to regularly plaster local and national news. Since 2000, the United

States has had the most mass shootings in the world- an astounding 133. The next highest country is Germany, with only six.

This senseless violence has prompted even further arguments on gun control within the Kalamazoo community and around the country. President Barack Obama called Kalamazoo officials shortly after to pay his respects and discuss the incident.

"You've got families that are shattered today... We need to do more [concerning gun control]," said Obama, observing that his executive actions regulating firearm sales are sadly not enough to prevent the violence of mass shootings.

Students of Loy Norrix were not spared from the drama and the fear that enveloped the community on the 20th.

Junior James Rinehart said he was "scared for others and himself," as the situation progressed that night.

Senior Grant Mitchell said, "I woke up [the next morning] to a text saying 'get home safe' and I heard what happened and just thought... that's crazy."

"These things don't happen here"

was a shared thought among many during the night of the shooting.

As a community, this event brought us closer and served as a reminder of how precious life is. Treasure the moments you have and the people who surround you.

Stay strong, Kalamazoo.



Jason Brian Dalton is the convicted shooter in the February 20th shooting.  
**Photo Credit / Kalamazoo County Sheriff's Office**

## UPDATE ON THE KALAMAZOO SHOOTING

Ruby **Hensley**

On the night of February 20, terror struck our town with the random murders of six people in Texas township. Two more were wounded and only recently declared in stable health by Borgess Medical Center. Due to the complexity and senselessness of the situation, there was much confusion these past few months throughout Kalamazoo, even across the country, about what exactly happened during the attacks.

Luckily, we are no longer in the dark due to the tireless efforts of the people investigating this terrible tragedy. Here are the truths to this case: Six people are dead: Mary Jo Nye (60), Mary Lou Nye (64), Barbara Hawthorne (68), Dorothy Brown (74), Tyler Smith (17) and Richard Smith (53).

Two people, a woman named Tiana Carruthers and Abigail Kopf, were severely wounded but are now on their way to full recovery.

Jason Dalton, the prime suspect and now convicted killer behind these shootings, told police that, according to CNN, "the Uber app literally took over his mind."

According to wzzm13, Dalton is facing "six counts of open murder, two

counts of assault with intent to commit murder and eight counts of felony firearm."

Unfortunately, acts of violence like this are not uncommon in everyday life. In 2015, there were a gut-wrenching 355 mass shootings in the United States.

There have been 49 incidents of mass gun violence within the first 3 months of 2016. Many people in Kalamazoo were shocked that something of this magnitude would affect our town.

Luckily, both Tiana Carruthers and Abigail Kopf are in recovery and doing much better. The community has rallied together to pay for their medical bills on gofundme.com, a website used to provide money via paypal to those raising awareness to a cause, trying to make ends meet, even to pay for school trips. Kopf's site raised over \$65 thousand, while Carruthers' site raised over \$18 thousand.

Although this tragedy is one that has shocked Kalamazoo, situations like these time and time again have shown the resilience that Kalamazoo truly has. We are a community that unites around the common good and this incident will not damage all the good that comes from this city.

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# DEADPOOL BREAKS SUPERHERO STANDARDS

Zach Liddle

On February 12th, “Deadpool” was released. Director Tim Miller is responsible for the creation of this film. This movie is a R-rated film for a very good reason; it contains nudity, violence and swearing. Deadpool, however, is known for his violence and inappropriate language.

Tim Miller created a record breaking film. It had the biggest opening weekend for a R-rated film, the biggest opening weekend for a first time director, biggest 20th Century Fox debut and many more, as stated by Forbes journalist, Scott Mendelson.

“Deadpool” stars lead actor Ryan Reynolds as Deadpool, Morena Baccarin as Deadpool’s love interest and T. J. Miller as Weasel (Deadpool’s friend/weapon supplier). Stan Lee made his normal cameo as well. He was shown as a strip club DJ and had very little dialogue which is the norm.

The movie did a great job of portraying Deadpool. He was made to be very witty and intentionally break the fourth wall which leads him to realize he is in a movie or comic book. This trait gives him the ability to make humorous statements that others cannot make and fully immerse the audience in the movie. This film followed the original comic backstory of

Deadpool as well.

Wade Wilson, a former special operatives agent, is now a working mercenary and picks up jobs wherever he can get paid. He is later diagnosed with cancer and becomes very sick. Wade is later approached, while looking for another payment, by an unknown man in a suit. The man offers him a chance to have his cancer cured if he simply goes through some tests made by an organization called Weapon X.

These tests will give him an ability called “a healing factor” which allows him to heal any wound or ailment almost instantly. This test, while it does give him the healing factor, also puts his cancer into a sort of overdrive and the cancer scars his entire body. He becomes basically a walking tumor.

“Deadpool” was rated an 8.7 out of 10 on its Internet Movie Database (IMDB) page and is awarded an 84 percent on the Rotten Tomato website. Although it was a great comedy, it is not fun for the whole family. This movie contains content that may not be kid-friendly but that is for the parent to decide whether or not it is appropriate for their children. This would mostly fit into the age group of

about 17 and above, young teens at about 15 may find it to be okay.

“Deadpool” was a great film for comedy and action. This concoction of action and humor made \$134 million during opening weekend. Finally, during the post credit scene, Ryan Reynolds confirms that there is movement towards a “Deadpool 2.”



This is Deadpool from a fan’s teaser trailer. **Photo Credit / [www.thewrap.com](http://www.thewrap.com)**



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# AN ASTROLOGICAL CHANGE IN IDENTITY SHOCKS EVERYONE

Caitlin **Commissaris**



**Aquarius** The Water Bearer

Old Dates: Jan 21-Feb 19  
New Dates: Feb 17-Mar 11

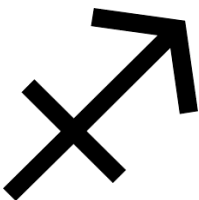
Traits: Trendy, Innovative, Admired, Distant, Eccentric.



**Capricorn** The Goat

Old Dates: Dec 23-Jan 20  
New Dates: Jan 21-Feb 16

Traits: Hardworking, Straight-Forward, Loyal, Stubborn, Not Content Until at Top.



**Sagittarius** The Archer

Old Dates: Nov 23-Dec 22  
New Dates: Dec 18-Jan 20

Traits: Open-minded, Achiever, Loving, Insensitive, Cold.



**Ophiuchus** The Snake Holder

Old Dates: None, New Sign  
New Dates: Nov 30-Dec 17

Traits: Authoritative, Seeker of Wisdom, Progress Well Through Life.



**Pisces** The Fish

Old Dates: Feb 20-Mar 20  
New Dates: Mar 12-Apr 18

Traits: Alluring, Free, Sensual, Sensitive, Can't Function Alone.



**Aries** The Ram

Old Dates: Mar 21-Apr 20  
New Dates: Apr 19-May 13

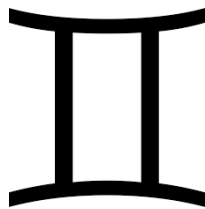
Traits: Brave, Independent, Assertive, Impulsive.



**Taurus** The Bull

Old Dates: Apr 21-May 21  
New Dates: May 14-Jun 19

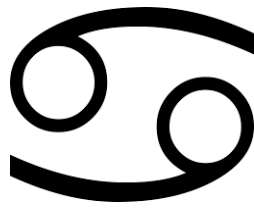
Traits: Tasteful, Sensual, Down to Earth, Pleasure Seeking, Stubborn.



**Gemini** The Twins

Old Dates: May 22- Jun 21  
New Dates: Jun 20-Jul 20

Traits: Dynamic, Talented, Gamer, Two-faced, Mischievous.



**Cancer** The Crab

Old Dates: Jun 22-Jul 22  
New Dates: Jul 21-Aug 9

Traits: Sensitive, Friend-Oriented, Practical, Forgives but Never Forgets.



**Leo** The Lion

Old Dates: Jul 23-Aug 21  
New Dates: Aug 10-Sep 15

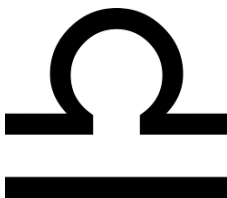
Traits: Creative, Popular, Faithful, Dominating, Proudful.



**Scorpio** The Scorpion

Old Dates: Oct 24-Nov 22  
New Dates: Nov 23-Nov 29

Traits: Self-Reliant, Powerful, Wise, Dominant, Secretive.



**Libra** The Scales

Old Dates: Sep 24-Oct 23  
New Dates: Oct 31-Nov 22

Traits: Irresistible, Adventurous, Indecisive, Complicated Relations.



**Virgo** The Virgin

Old Dates: Aug 22-Sep 23  
New Dates: Sep 16-Oct 30

Traits: Successful, Creative, Likes to Please, Clever, Leader.

If you identify strongly with your astrological sign, prepare for a shock. Due to a shift in the moon's gravitational pull on Earth, the alignment of the stars has been moved forward by roughly a month. Meaning there is a thirteenth sign, so whatever zodiac sign you've identified previously with has most likely changed.

"I am a Scorpio. For me that will never change," said junior Emma Greschak.

Now many are frustrated with this shift in signs and do not feel like they can associate themselves with this new sign, as they have identified with the previous sign since they were born. Some people even have their zodiac sign as a permanent tattoo.

"I am a Leo. I like my tattoo because it means something to me. Ironically the lion is my favorite animal. I can relate to what my sign means and what kind of person someone may be based on their sign," said senior Tate Alexander about his original sign.

Certain people who keep up with their horoscopes say that they relate with the traits of their original sign more so than the traits of their new sign. They have been identifying with the same sign since birth and are not willing to accept a new one.

"I'm definitely a Leo, I don't

think they should have added a new sign out of nowhere because everyone says that their zodiac symbol actually reflects them and their traits," said Alexander.

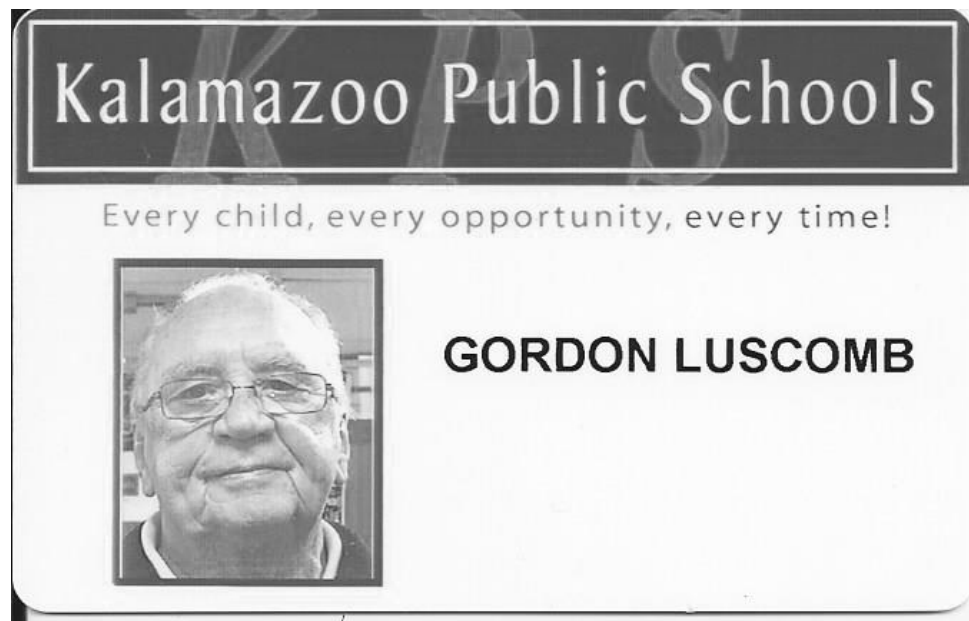
According to TIME, the Babylonians originally had thirteen constellations but only wanted to have twelve. Having twelve signs just seemed tidier to the Ancient Babylonians. This provoked astrologers to throw out one of the constellations, Ophiuchus, which is the sign of the snake holder. However, astrologers were irritated by the inaccuracy of the twelve signs, so they wanted to bring the thirteenth sign back into focus. Ophiuchus is the sign for anyone born between November 29th and December 17th.

The characteristics of this sign differ from the original twelve because it is associated with a real person, Imhotep, which means "The one who comes in peace, is with peace," according to "International Business Times." Anyone under this sign is said to be well-regarded by authorities, a seeker of wisdom and able to progress well through life.

If you are interested in your new sign take a look! You may be surprised at the characteristics associated with the new zodiac sign.

Zodiac Traits taken from: <http://tuttlestechies.weebly.com/zodiac.html>

# GORDON LUSCOMB: LEADING THE FRONT LINE OF LOY NORRIX SPORTS



Makenna **Sandt**

Anyone who has ever been to a Loy Norrix sporting event knows who he is: the man welcoming every person to the game and selling a ticket to them so they can enjoy a night of high school sports.

Gordon Luscomb is the man that people always see at sporting events

here at Loy Norrix. Everyone knows who Gordon is by face, but does anyone truly know Gordon himself?

He has been working at Loy Norrix's home sporting event for about five years, selling tickets and welcoming every person that walks through the doors. He is a familiar face to students,

staff and families. At first, he was just a helping hand to his daughter, who used to work at Loy Norrix's sporting events.

"My daughter used to work at these events, and one day [she] needed help at a game," Gordon said.

Athletic Director Andrew Laboe has known Gordon and his family for a while now.

"Gordon is related to Pam Stohrer. Pam's kids graduated from Loy Norrix and I got to know her kids from teaching them when I was a teacher at Milwood," said Laboe.

Gordon, Stohrer's dad, has now taken over.

Ever since, Gordon helped out his daughter and has now taken over her role. Gordon "runs the ticket booth" at home events and welcomes everyone into Loy Norrix with a smile.

"Now she helps me, and the roles have switched," said Gordon.

Outside of working the games, Gordon is retired and does a lot of other things with his time such as camping and spending time with his grandchildren.

"During the summer mostly I do a

lot of camping, not during the winter, too cold for that. I also babysit my grandson (7) and my great-granddaughter (9 months). I watch them, not full time of course," said Gordon.

"He's retired and looking for an easy retirement job," Laboe continued. "I like him because he's a nice person to greet at the door. We love him."

Luscomb is very fond of his job. He enjoys coming to each sporting event, and he plans to continue selling tickets in the future.

"I have a lot of fun at it [the sporting events and selling tickets], and I get a free bag of popcorn and pop every time," said Gordon with a laugh. "The kids are my favorite part. I enjoy the students."

## PRACTICING INTERSECTIONAL FEMINISM AT LOY NORRIX



Sophomore Gaia Bogan and sophomore Natalie Nelson discuss topics at a Tuesday Feminist Club meeting. The group is discussing cultural appropriation, self defense and cat calling. **Photo Credit / Carsten Strand**

Carsten **Strand**

Feminists get a bad rap. Identifying as a feminist is something that some people are reluctant to do because people tend to incorrectly associate the word with negative things, things like the demeaning term "Feminazi"; the belief that feminists hate all men, or that feminists want to gain power to,

in a way, "overthrow" men around the world.

All of these associations and concepts are false. We can now analyze how students, while still staying true to the correct definition, are beginning to move against the negative tide.

Here at Loy Norrix, students

are seeking to make their own definition of feminism and to end the misconceptions that are so abundant when it comes to modern feminism.

"We just looked at each other one day and we're like, 'We should start a feminist club!'" said sophomore Madison Preussel, one of the members that was instrumental in the formation of the club.

Knight Life has not been able to find any evidence of Loy Norrix ever attempting to establish a Feminist club before 2016.

While sitting in English class, three sophomores decided that they were passionate enough and had the drive to start up a new club. Naomi Verne, Kendra Eaton and Madison Preussel began to plan for the club and what exactly it would stand for. They needed a teacher to be the sponsor, and eventually came to Rebecca Layton, a psychology and sociology teacher. Layton graciously accepted and the club got to work. They then started coming up with a name and forming an identity within the school.

The club is called "The Intersectional Feminist Club," (or IFC)

and the "intersectional" part is the kicker. Intersectional feminism is the belief that feminism no longer serves only white, middle class women who are cisgendered and perfectly healthy in body and mind.

When first-wave feminism came about, the movement focused specifically on white women and their rights.

First-wave feminism focused on women's suffrage (the right to vote). Second-wave feminism focused on women's sexual rights like domestic violence, sexual abuse and rape awareness. Finally, third-wave feminism has focused on equal representation of women in popular culture and pushing for the acknowledgment of women in TV, film, music and general entertainment. All of these focuses have mostly been lead and supported by white women and it caters to them specifically as well.

Now intersectionality has appeared on the feminism spectrum. Intersectionality can include everyone, regardless of age, race, sexuality,

SEE FEMINISM PAGE 15



# PRACTICING SELF CARE IN HIGH SCHOOL IS ESSENTIAL



Maple Street Middle School 8th grader Isabella Lager practices her nightly self-care routine. It's a habit she's been trying to get into since the beginning of the school year. **Photo Credit / Maggie Lager**

Maggie Lager

"I work fifteen hours a week, and I have [Kalamazoo Area Math and Science Center] KAMSC. I used to take piano lessons, but I don't have time anymore," said senior Ben Byrd, "KAMSC and a job is absurd."

It's the middle of April and the school year is beginning to take a toll on students all over the school. Balancing a full schedule, a part-time job, homework and pressure from colleges to participate in extracurricular activities is extremely stressful. In some cases, so stressful that sometimes students forget their number one priority: their own well-being.

"It's a balancing act, really, with sleep and homework, where you need to get enough sleep but have enough time for homework," said senior Mitchell Rockwell.

Self-care, as defined by the International Self-Care Foundation, is "what people do for themselves to establish and maintain health, and to prevent and deal with illness."

Self-care is a broad concept encompassing hygiene, nutrition, lifestyle, environmental factors, socioeconomic factors and self-medication.

Contrary to popular belief, self-care is not selfish. It's an imperative part of taking responsibility for one's own well-being and living up to their full potential.

High school students are always being preached to about the importance of getting enough sleep, making healthy choices and managing their time wisely. Though this is good advice, the majority of high school

students could tell you that these standards aren't realistic.

"I think it is a little unrealistic. It's hard for kids who are trying to make high school a meaningful experience," said freshman Michael Heinds.

Everyone practices self-care differently due to a variety of needs, schedules and time constraints. It's important to keep in mind that all self-care is valid and important, whether accomplished first thing in the morning or in the middle of the night.

It's especially important for high school students to maintain their physical health. Having an active and healthy lifestyle doesn't necessarily mean going to the gym five times a week. For those who are struggling to discover a physical activity they enjoy, there are less physically demanding options such as taking a walk or practicing yoga; neither cost any money or require a lot of physical fitness.

For those feeling especially stressed, a good option is to take a bath instead of a shower. Taking a bath is said to improve blood circulation, aid sleep, eliminate headaches and reduce anxiety.

Feeling sluggish? A change in diet could be the solution. A lot of high schoolers eat fast food multiple times a week because they don't have a lot of time or money. While convenient, fast food is high in calories and low in nutrients. By making a trip to the grocery store just once a week, it's possible for anyone to drastically reduce or eliminate fast food from their diet altogether. For those who live with their parents, having a conversation

with them about the food they buy could be beneficial.

Drink a lot of water! Besides being necessary for survival, water is helpful for maintaining a proper balance of bodily fluids, controlling calorie intake, energizing muscles and keeping skin looking healthy.

Self-care doesn't only apply to physical well-being; maintaining psychological well-being is extremely important as well. For high schoolers who suffer from mental illness, maintaining psychological well-being takes on a whole new meaning.

A few general rules to abide by are to always take any medication at the proper time of day, to take the prescribed dose and make sure to prioritize doctor and therapy appointments.

For those who don't suffer mental illness, there are a few tips that apply to almost everyone when it comes to making day-to-day life stress-free and as positive as possible.

It's important for students to avoid overscheduling themselves so much that there's not enough time in the day for them to do things they enjoy. For most, spending at least an hour a day on something enjoyable can be enough to get through even the most stressful day.

"Video games, movie watching and reading are essential," said Byrd. "If I didn't play video games, I'd probably be on drugs or something."

It's helpful to get assignments done when they're due and manage time as wisely as possible. Some teachers will give more than one day to complete an assignment. It's always smart to take advantage of that by doing a little bit of the work each day.

Sometimes an overwhelming amount of homework is unavoidable. It's been proven that the human capacity to focus on a single task is approximately twenty minutes. Luckily, this is easy to counteract by taking short breaks. A break can be anything from just sitting and letting the mind wander for a minute to getting up and making a snack. It really comes down to individual preferences and time constraints.

The benefits of practicing self-care are numerous. According to Live Science, "Self-care tends to improve our immunity, increase positive thinking and make us less susceptible to stress, depression, anxiety and other emotional health issues."

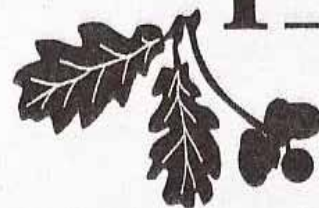
Not only that, but having positive relationships with ourselves can make our relationships with others much healthier and significantly more positive.

"You have to be good to yourself before you can be good to other people," said junior Shane Harrelson. "Because you're the first person that you know how to be good to."

Winter has been hard on everyone. It's almost the end of the school year, it's cold, it gets dark early and students strive to see more of the sun. It's only natural that some have a hard time remaining positive or maintaining their well-being. However, as you battle through the last few weeks of winter, fight mindfully, keeping your physical and psychological health in mind.

You only get one you. Your body and your mind are the most valuable things you will ever have. Make an effort to treat them that way.

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Loy Norrix juniors (from left to right) Reace Hammel, Erika Wagoner and Madeline Skiles and Portage Central junior Alessondra Valle take a break from volunteering to pose on the podium. **Photo Credit / Kathy Nyberg**



The torch is lit to signify the start of the games. Around 1,000 volunteers, athletes and sponsors came to the games. **Photo Credit / Reace Hammel**

# STUDENTS VOLUNTEER AT WINTER SPECIAL OLYMPICS

Rachel**Zook**

Since 1968, the Special Olympics has been transforming communities and giving millions of athletes with intellectual disabilities in the world the opportunity to take part in over 94 thousand competitions every year. According to the Special Olympics website, the Special Olympics has “become the largest global public health organization dedicated to serving people with intellectual disabilities.”

Loy Norrix junior Reace Hammel got the opportunity to take part in this year’s Southwest Regional Special Olympics Michigan Winter Games, which were held at Timber Ridge Ski Area in Gobles, Michigan. Hammel’s Health Science Education for Employment (EFE) teacher offered students the chance to volunteer if they were interested, and she left at the chance to be a part of the games.

“I enjoyed being a volunteer at the Special Olympics because it was really good to give back to the community and spread the love,” said Hammel.

There were several events,

including alpine skiing, cross-country skiing, snowboarding and snowshoeing.

“First there was an opening ceremony, then they skied down the biggest hill with the torch lit and then we split off into our events. We went to the cross country skiing course and guided them if they needed help. Then after that we got all the awards set up and we announced who won and gave them medals,” said Hammel.

Hammel, along with around one thousand other volunteers, helped to make this wonderful event possible here in West Michigan. The event gave participating athletes a chance to train for the regional winter competition and brought joy to everyone involved.

“It was amazing to see their smiles when they got their awards. Even if it wasn’t first place, they were just so happy to be there. It made me feel happy to help such a great organization,” said Hammel.



All the volunteers pose for a group photo in front of the Timber Ridge lodge. Volunteers are all part of the health science EFE. **Photo Credit / Kathy Nyberg**



Athletes complete their course in the cross-country skiing event. The events included snowboarding, alpine skiing, snow shoeing and cross-country skiing. **Photo Credit / Reace Hammel**



# ANIMALS ARE THE NEW THERAPISTS

Taylor **Krupianik**

In difficult times, it's hard to stay positive. Humans tend to dwell on events and it can be difficult to cope. There are types of animals trained for this job. There are service animals, emotional support animals and facility animals.

A service animal can be a dog and, if chosen, a miniature horse. Mini horses can pull up to three times their weight. These animals are individually trained to address the needs of someone with a disability. These animals help the person be alert and can perform everyday tasks such as picking things up that have been dropped, reminding a person to take medication and even pressing an elevator button.

Emotional Support animals are also known as a comfort animal. They are there to comfort and help a person with a mental illness such as anxiety or depression. They are not considered a service animal. Emotional Support animals are not licensed or trained. These animals are typically everyday pets.

Facility animals are mainly located in a clinical setting. Animals like dogs, cats, birds and fish help patients who are hospitalized for a long period of time. Animals often belong to employees who bring these animals in everyday. They have dogs come in at Bronson and Borgess hospitals for the

sick who need a quick cheering-up.

"I went through a breakup and it was like my dog could sense it, and she was just all over me. She wanted to comfort me and just seemed like she wanted to make me feel better," said senior Kia Anderson.

Michele Edison works for the West Michigan Therapy Dogs located in Grand Rapids, Michigan. They are a non-profit organization that works with children, teens and adults. They provide animal-assisted activities and animal-assisted therapy. Edison has a dog named Watson that helps her with her work.

"Dogs are great for emotional trauma. They have dogs that go to a house fire site to help comfort the family. Dogs can also keep secrets. I have had a young boy come to read with Watson one day. I asked him what was bothering him. He said he just found out his parents were getting a divorce. So I told him that Watson was very good at keeping secrets and [asked if] he would like to whisper something to Watson that he wasn't comfortable saying to another person," Edison continued. "He leaned over and whispered in Watson's ear, then he gave Watson a big hug. He had a huge smile and then was interested in continuing with his reading that day."

Edison has also worked with an organization that puts dogs and



Students at the Michigan State University Medical School in Grand Rapids, MI. The students practice giving puppy a check up. **Photo Credit / Michele Edison**

Veterans with Post-Traumatic Stress Disorder (PTSD) together.

"People with PTSD usually have a hard time integrating into society. However when they have their dog with them, they feel very confident doing things they wouldn't do otherwise," said Edison.

She explained how these animals can help anyone who has gone through trauma and things in their lives that have affected them in a negative way.

"The dog provides companionship and love, it helps the person by lowering their blood pressure and knowing that the dog is their best friend. Their dog will take care of them." Edison continued, "I've seen first hand how a Vet with PTSD may become agitated, and as soon as they reach down to touch their dog and

pet them, they ease up and come back down to a calm self and can focus on what is going on."

The study of animal therapy started in the 1990's, and has become a career. Animal therapy has been accepted into everyday psychology.

"Animals are a great way to connect with a person. I see it as the animal being a tool for a regular nurse, doctor, therapist and etc. To use an animal as a tool to help the person or patient to move forward in their therapy," said Edison.

Animals are there for us when we need them, pets and trained service animals. They are our emotional support. Animals are more important than we think, and we need them more than we know.

## DECA STUDENTS LEARN ABOUT BUSINESS AND WIN

Cindy **Bravo**

Some students dream of becoming important business owners, and others plan on studying business for other reasons. There is a group at Loy Norrix which focuses on any type of business career, and it's called DECA.

DECA stands for "Distributive Education Clubs of America." It's an organization that specializes in business and focuses in growing students marketing, management, hospitality, services and finance/accounting. The program is available in more than 35 hundred schools, for high school students, college students and advisors.

DECA is a group to help students in the business industry. They cover many topics that have to do with the business work placement. You can join the DECA group for business management, design, fashion and many more relatable business places. DECA memberships are about \$16, but because there are different



From left to right: Olivia Russell, Chris Hybels, Tori Zehner, Maia Greer. Loy Norrix students attend 70th State DECA Meet in Detroit. **Photo Credit / Atiba Ward**

competitions in different locations, the prices vary.

During the competition there are ten minute role plays. Role plays are similar to an interview. The ten minute role plays are given to show the students' knowledge and skill of the subject covered. One of the DECA leaders are there to listen and evaluate.

They ask questions based on what the students major in during the event, but the students never know what is going to be asked.

There are three types of competitions: regionals, states and international. DECA has five emerging leading skills to experience throughout this event: Ignite, elevate, empower,

aspire and thrive.

DECA has been at Loy Norrix for over 20 years, but it recently started to gain attention. There are about 25 members from Loy Norrix. The group recently participated in a competition. Five students who participated are going to the finals.

Junior Tori Zehner who is part of the DECA group, recently participated in the one of the competitions and won the three medals to go to the finals. Zehner said that she was very nervous and did not feel ready for the interview. Showing up confident and acting like she knew what she was talking about made a difference.

"I was surprised, I did not expect to win at all. I didn't really feel prepared, but I performed with confidence and that's very important," said Zehner.

Atiba Ward, who teaches classes like business finance, runs the DECA group at Loy Norrix. He saw potential and wanted to be a part of this great

SEE DECA PAGE 11



## WALK-IN FROM PAGE 2

district's performance.

Miller said that a reduction in standardized tests will benefit students. "We can teach the whole child! We can teach things through discovery and real learning. We are not trying to raise people who can fill in a bubble, we want to raise people who can think."

The reduction of these tests will also teach more real-world skills that students require before college, as more time is taken out of basic curriculum for each test. KPS school board member Ken Greschak commented, "If we have more time in the classroom, there will be more time for learning."

Teachers, administrators and school employees are not the only ones with this point of view; in fact, many students feel the same way, wishing they had more practical knowledge before college, including senior Joanna Yiu.

"[Testing is] all that the schools teach to, we don't learn functional, real things," said Yiu. "I really think [reducing testing] would allow more well-rounded students [who] could take more extracurriculars. Overall we would have smarter students."

With the change of testing policy from NCLB to ESEA, there is hope for the student bored of filling in bubbles, the teacher frustrated with teaching test prep, and the district employee

tired of letting bad test scores dictate the success of their schools. With ESEA, education could get the boost it needs and give students the education they deserve.

## DECA FROM PAGE 10

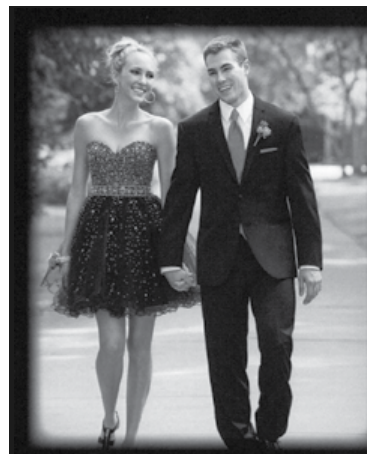
opportunity. Ward wanted to get students involved and he wants to help them strive for success.

"I saw how good the club educated the students and helped them academically," said Ward.

The students meet once a week and they talk about ways to fundraise and how to prepare for the final competition.

Some Loy Norrix students participated in the State Deca meet that was held in Detroit on March 12th. There were three thousand students who came from around the state.

Loy Norrix students won three medals, Tori Zehner who competed in Principles of Business Management, received two medals, one for overall performance and a gold medal for top role play in her category. Chris Hybels who competed in Sports and Entertainment Marketing also received a gold medal for top role play in his category.



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## OBAMA FROM PAGE 3

law, and though the website was a mess, the underlying law was sound. Recently, however, many have begun to debate whether or not Obamacare deserves all the hate thrown its way.

"I think the American people are afraid of change and the fact that the status quo has run the country for so long, they were irritated that someone that they believed shouldn't have been president was able to come in and shake things up," said Pringle.

President Barack Obama's second term began on January 20, 2013. Since his return to the oval office, he has led the United States into a new deal with Iran regarding their nuclear program. Before the deal, it would have taken Iran two to three months to assemble a nuclear weapon, now it would take twelve months or more.

Obama also brought the United States into accord with 194 other nations that will limit the world's greenhouse gas emissions.

On a televised address from the White House, President Obama, who regards tackling climate change as a central element of his legacy, said, "This agreement sends a powerful signal that the world is fully committed to a low-carbon future. We've shown that the world has both the will and the ability to take on this challenge."

As of 2016 the biggest thing on President Obama's agenda is gun violence. Since the shooting at Newtown in 2013, Obama has been working to remove the easy accessibility of guns.

"My biggest frustration so far is the fact that this society has not been willing to take some basic steps to keep guns out of the hands of people who can do just unbelievable damage," said Obama in a Q&A with the CEO of Tumblr.

Unfortunately Obama has struggled to make any headway against gun violence. Instead of becoming a reality, gun restriction has become one of the biggest partisan debates of Obama's presidency.

The biggest argument from Obama's opposition on gun violence is that his restrictions on gun ownership violate the second amendment, the right to bear arms.

"I don't believe what he is doing violates the second amendment, and I don't believe that because I believe that the constitution is a living document which means that the constitution changes with the times. I think that the people who are angry with Obama believe that the constitution is a literal document meant to be read and interpreted exactly as it is."

Pringle continued, "Obama's background is in constitutional law and as someone who has studied and has taught constitutional law, he knows how to create laws that don't violate the constitution."

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On January 5, 2016, President Obama unveiled his new strategy to curb gun violence in America. His proposals focus on new background check requirements that will enhance the effectiveness of the National Instant Criminal Background Check System.

Obama gave an address at the White House on January 5, during which he spoke of his plans to create tighter restrictions on gun ownership.

"Yes, it will be hard, and it won't happen overnight. It won't happen during this Congress. It won't happen during my presidency. But a lot of things don't happen overnight. A woman's right to vote didn't happen overnight. The liberation of African Americans didn't happen overnight. LGBT rights -- that was decades' worth of work. So just because it's hard, that's no excuse not to try," said Obama during an address given at the White House shortly after the new gun ownership restrictions were implemented.

A president's final year in office is often his least successful or least active year owing to the fact that most people are focused on the presidential candidates for the upcoming term, but despite this, it would seem as though Obama deserves recognition for what



# PROM 2016: AN IN-DEPTH LOOK

Paul Vallier



With prom comes the glitz and the glamour, the one night of the year where students go all out dressing their best. With the glamour comes the cost of what it takes to prepare for prom night. Each pay their part and here's what the cost will look like between the two to make the night unforgettable.

*Both:*  
*Tickets: \$50 Each*  
*Dinner: \$50-100*  
*Corrsage: \$30*  
*Tuxedo: \$100-300*  
*Haircut: \$15-20*  
*Promposal: \$10-15*



*Hair and Makeup: \$40-50*  
*Jewelry: \$15-20*  
*Dress: \$200-500*  
*Boutonniere: \$25*  
*Shoes: \$20-50*

Photo Credit / Chris Hybels

Christian Heintzelman

Lashenik Webb

Photo Credit / Mark Bugnaski / mlive.com

## A FAIRY-TALE PROM WITHOUT GOING BANKRUPT

Caitlin Commissaris

Prom is a night that upperclassmen have dreamt of since they were children. It is the one evening that they get to live out their own personal fairy-tale. Everything is planned out to perfection.

There are some individuals who like to go all out on prom, spending hundreds of dollars on the significant evening. Overpriced dresses are purchased, limos are rented and fancy dinners are eaten. However, going to prom doesn't have to mean burning a hole in your wallet. There are many ways to go to prom in style on a budget.

The Dress: The prom dress is a very important aspect of the night. Girls always imagine prom as the night they are the princesses. However, you do not need to spend over \$100 on a dress to look like royalty. There are many secondhand stores that you can go to and you might just find a hidden gem that suits you perfectly. Some of these

stores include J-Bird Vintage, Goodwill, Plato's Closet and Second Impressions. Nobody's going to know how much you spent on the dress but you.

The Tux: Gentlemen, it is your time to impress! There are many places available that offer tuxedo rentals. You can also purchase one for cheap at a secondhand store or even Goodwill.

"I got my tux from Goodwill; function over fashion," said senior Ethan Leverton.

Food: Many couples go out for a fancy, sit-down meal before dancing the night away. Although, if you are trying to save money there are other options. Making a delicious home-cooked meal may even be more romantic and much less costly.

Set up candles around the table or even go to a park for a nice picnic! The extra work and thought you put into this will please your date and less money comes out of your pocket. There are also nice, inexpensive restaurants

around town that you could take your date to without spending too much. You could go to Applebee's, Bilbo's or even Old Burdick's.

Transportation: You don't need a limo to get to the prom. Why spend all the extra money when you could just drive yourself? If you don't have a car then carpooling with friends is always a fun option!

There are ways to minimize the costs of prom from all aspects. You do not need to have an abundance of cash to enjoy your prom. You can get your formal wear for a decent price at a secondhand store and still look amazing. No one is going to know where you bought it or how much you spent, but they will see you and know how much fun you are having! Remember it is the memories that count. With all these aspects being brought into consideration, your night will be unforgettable and your bank account won't be annihilated.



Alex Lutz asked Kate Puca to prom over the morning announcements. Puca replied with an excited yes. A sweet and memorable promposal. **Photo Credit / Caitlin Commissaris**

## CHRIS' TOP TEN WAYS TO ASK A GIRL TO PROM

Chris Hybels

### THE AVERAGE JOE WAY:

1. Have your high school marching band play your darling's favorite tune while you stand holding a "Prom?" sign.
2. Write "Prom?" on athletic equipment that correlates to their sport, such as on a softball, and toss it to him or her.
3. Ask for permission from your significant other's parents in order to decorate their room with "Prom?" written everywhere.
4. Spell out "Prom?" with Chicken McNuggets. It is cheap and also very delicious.
5. Just ask nicely, what's the worst that can happen?



Paul Vallier

### THE FANTASTIC FRANK WAY:

1. Rent advertising space out on the side of a semi-truck asking your beloved to prom. To make it more special, obtain your commercial driver's license (CDL) and drive the semi to her house.
2. Mow down a cornfield so it spells out "Prom?" and then show it to her on Google Earth. Just watch out for Old Man Bodfish, he doesn't like kids messing up his crops.
3. Enroll in an aviation program at Western Michigan University in order to learn how to skywrite "Prom?" for your potential date.
4. Have President Barack Obama sign an executive order that has your date legally bound to go to the prom with you. We all know this wouldn't be the first executive order of the Obama Administration.
5. Rearrange the stars to spell out "Prom?" Just make sure you don't interfere with the International Space Station. NASA is a little picky when it comes to the space station for some reason.

Photo Credit / Chris Hybels



Illustration / Taylor Krupianik



# TEENS STRUGGLING WITH ATTENTION DEFICIT-HYPERACTIVITY DISORDER



Junior Kierra Grado working on her John Collins writing portfolio in Honors English 11 A, trying her best to focus on the task at hand.

**Photo Credit / Dagnija Tomsons**

## Dagnija Tomsons

Junior Kierra Grado struggles to focus as she stares down at a math problem right under her pencil. For about a year and a half, she's been struggling with Attention Deficit-Hyperactivity Disorder, or, as it's more commonly known, ADHD. She taps her pencil multiple times and looks up to talk with a friend, completely forgetting about the worksheet stationed on the desk.

People who have ADHD are either born with it as a result of mothers who were smoking or drinking during pregnancy, birth complications or very low birth weight. While other people get exposed to it over their lifetime by exposure to lead or other toxic substances, extreme neglect, abuse or social deprivation. It's a common thing for children to have, especially as the disease grows into the teenage and even the adult years.

There are three different types of the disorder: Predominantly Inattentive Presentation which is where the child is distracted easily and can forget things. Predominantly Hyperactive-Impulsive Presentation is where the child is quite fidgety and talks a lot. The last is Combined Presentation, which is a combination of both, where the child is fidgety and distracted easily.

Grado was born with Combined Presentation, being both distracted and fidgety.

"I specifically have ADHD Inattentive, which means that I'm more prone to not focus than I am to be hyperactive. I can't be classified as Attention Deficit Disorder (ADD) because I have almost half of the symptoms of ADHD," said Grado.

ADD is when the child is 'spacey' and not paying attention, much like Predominantly Inattentive, but slightly different. Grado didn't understand what this would mean until she realized she would have to adapt her life around this kind of problem at the age of fourteen.

"My first reaction after I found out was just shock. I wasn't prepared for it. I didn't want to have it and wanted to find a way to get rid of it. At the time I didn't really understand that it was something you were born with and something you couldn't get rid of. I didn't want people to know because I didn't want to feel labeled," said Grado.

She didn't realize she had this disorder until her parents began mentioning little changes in her attitude and the way she went about her daily life.

"My parents were the ones to notice that I was showing some of the symptoms of ADHD. My step-mom had read books on it, at first out of curiosity and then to be able to understand how to raise a child with it. My step-mom was the one to suggest that I get tested for it," said Grado. "It took a long time for them to notice though because most of the time children with ADHD get very frustrated with their assignments and tend to throw fits over things, but I was doing that on a daily basis. They thought it was only because my parents had just gotten divorced and that I was upset about that which kind of masked the ADHD problems."

Surprisingly, life didn't change as drastically for Grado as she had originally thought. It was more subtle and barely even registered in

her mind for quite some time.

"[...] At first my parents and brother treated me a little bit differently, but they realized that I wasn't really that different than I was before. Just now they knew how to help me," said Grado. "It did change the way I thought about my life for the first few weeks, but slowly I realized it wasn't that bad."

There are two forms of treatment: medication or therapy. Medication can come from the family doctor or referred from a specialist. Therapy is more based around helping with the child's behavior. Doctors often find that doing both medication and therapy at the same time is very helpful.

Grado takes medication every morning. However, last summer her doctor decided she didn't need to take them, since she wasn't doing any school work.

"I would just like people to know that not everyone who has ADHD has the same level of it. There are people who have it really bad and others, like me, who don't have it as bad," said Grado.

It's hard for people to even see that a child has ADHD, since there

could be other excuses that the child, or the child's parents, hide behind. The child could be quiet and well-behaved but struggling to stay focused on the teacher giving a lecture, like Grado. Conversely the child could be loud, like any disruptive teenager, but really unable to stay on one topic at a time.

Grado went to her father to ask him about his concerns on the issue of the disorder.

Tony Grado said to his daughter, "I think they over diagnose. If you have an issue, we're more than happy to help you get help. We'll help you get medication, but you have to be willing to get help for yourself too. I think it's more of a maturity thing [...]. Bottom line is, you can get help if you are willing to."

Once the disorder is diagnosed, it's best to see a specialist for ideas on how to improve the child's life, like with Grado. Her parents support her, and this makes her feel much more confident than in the beginning when she and her family went into this blind.



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## FEMINISM FROM PAGE 7

health and even gender. The difference between feminism and intersectional feminism is that intersectional feminism looks at issues that the feminist movement has not looked at before in-depth.

Issues like the fact that white women make more money than black or hispanic women, or that there are a number of incidents in which minority women are victims of police brutality (see Sandra Bland). These ideas started to gain traction with third wave feminism, but Intersectional Feminism has really taken the groundwork, and transformed it into a legitimate movement, almost worthy of the title "Fourth-Wave Feminism."

Another thing that makes this club progressive is their inclusion of male members. The important thing to remember with intersectionality is that the movement does not only have to include females. Contrary to popular belief, there in fact are men out there that acknowledge that women are definitely less empowered in society than men. A good handful of males have already gotten involved in the IFC. One good example is Officer Eric Dunklin, a security guard here at Loy Norrix.

"They are good meetings that

are open to conversations about personal and worldly issues, and it is comfortable. There is no pressure to speak or anything, you can just come and listen," said Dunklin.

"The fact that boys are included in the club is very important to its functionality because it shows that anyone can be a feminist," said junior Emma Greschak.

Before intersectional feminism gained popularity, men felt as if they were being excluded from the conversation. This is a problem, because no one can achieve equality with only one side cooperating. Unfortunately, the IFC has experienced a bit of a backlash for starting the club.

"A few particular males came to the first meeting and tried to get us riled up by asking very pointed questions, and some posters for the club were torn down in both the boys and girls bathrooms," said Preussel.

Despite these backlashes, the IFC is still going strong.

"The first few meetings have been great, with over thirty people. We might have to find a new place to meet, because my classroom might not be able to handle the amount of people who are attending," said Layton.

The club is already setting their

sights on expanding, and they are making serious progress. The IFC plans on volunteering at the YWCA, formally known as the Young Women's Christian Association. Just like feminism, the YWCA has done a lot to try to re-brand itself in the past few years, when they changed their name from the Young Women's Christian Association to just simply the YWCA USA, Inc. in December of 2015. They no longer only cater to young christian women, but every single woman that wants help or a place to stay. The IFC plans on donating things that the YWCA runs out of a lot, like pads, tampons and other necessities.

"We are gonna put body positivity posters all over the school, get on the morning announcements and overall become more involved with the community in general," said Greschak.

The IFC is trying to create a place that is not only safe for everyone who attends, girl or boy, but something that Loy Norrix can be proud of.

"It looks good for the school, and brings a positive feeling to Loy Norrix," said Preussel.

It is important to have clubs like this one in Loy Norrix. It is a friendly, welcoming atmosphere with wonderful students.

Building an understanding and a sense of mutual respect is essential to the basics of feminism, and that is what the IFC is focused on here in Loy Norrix.

The IFC is always looking for new members, and is a friendly community that absolutely anyone can fit into. The IFC meets every Tuesday from 2:30 to 3:30 in Ms. Layton's room, K-12.



Sophomore Naomi Verne is a member of the group. She is leading a discussion on cultural appropriation. **Photo Credit / Carsten Strand**



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# LETTER GRADES: IT'S TIME TO CONSIDER AN ALTERNATE ASSESSMENT



Grace Marshall

A fish and a monkey are presented to a panel of judges. The judges are arranged in a half circle around a tree twenty feet high. In the center of the half circle, one judge sits in a chair larger than all the rest, he is the chief.

The chief stands, "In the interest of fair assessment, we have designed one test for both of you, to be graded by us. You must climb the tree in the center of the clearing."

The monkey quickly scrambles up the tree reaching the top in seconds, but the fish, try as he might, cannot scale the tree.

"Because the monkey can climb the tree, he shall receive an 'A'," says the chief, "but the fish cannot, so he has failed and will receive an 'F'."

Albert Einstein once said, "Everybody is a genius, but if you judge a fish by its ability to climb a tree then it will live its whole life believing it is stupid."

A monkey and the fish are very different in their abilities; students are the same. Grades provide a way to assess students, but they don't account for the fact that students have a different way of learning and thinking. In order to create a more level playing field, grades should be removed from the modern day school system.

In modern education, the idea is that good grades lead to admission into a good college which then leads to a successful career that ultimately leads to a comfortable life.



Um/ka

Illustration/Taylor Krupianik

With all the emphasis placed on grades, students are more likely to cheat in order to achieve higher grades because good grades will lead to a successful future. Unfortunately, these ideals promote a fear of failure in students.

Former Loy Norrix English teacher, Rob Bradford, knows all about student fear of failure and said, "That's why kids cheat because as long as the grade is the number one reward, then a kid will do anything to make sure they have that A, whether that means plagiarize, whether that means copy off another student, whether that means quickly throw together a crappy assignment last minute. They'll do whatever they have to to get that A as opposed to actually taking the time and taking the effort to actually learn the subject material and get better at it."

Bradford is currently working as a middle school

humanities teacher at Kazoo School, a local, independent, private school that chooses not to use grades.

Bradford and many others believe in the importance of intrinsic motivation--a concept that recognizes people learn and work more successfully if they are self-driven by their own interests and not forced to learn things because they should.

"If you can actively instill that perspective [of intrinsic motivation] in a child early on then the grading at a high school level doesn't matter because they're learning to learn," said Corey O'Bryan, an algebra and geometry teacher at Loy Norrix.

At Kazoo School, teachers assess a student based on their social-emotional and academic growth in progress reports. Progress reports are short essays written by the teachers about each individual student. This gives parents a better idea of their child's growth, not only

in terms of academics but also in their behavior and maturity.

"Replacing letter and number grades with narrative assessments or conferences, qualitative summaries of student progress offered in writing or as part of a conversation, is not a utopian fantasy. It has already been done successfully in many elementary and middle schools and even in some high schools, both public and private," said Alfie Kohn in his article, "The Case Against Grades." Kohn is a well-known author and public speaker on human behavior and children's education.

Unfortunately, not many students have the means or opportunity to attend a school like Kazoo, due to the expensive tuition of private schools. This is why it is so important to implement alternate methods in public schools. If students can't come to schools that are small

SEE GRADES PAGE 18

# KS

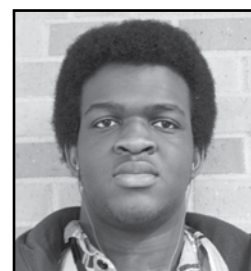
KNIGHTS SPEAK

What can be done to help solve the problem of illegal immigration?



Junior Erika Wagoner

[We need to] have better security and more ways to check peoples' validity for residency in the U.S.



Sophomore Justin Page

[We need] a more efficient means of immigration.

# ILLEGAL IMMIGRATION: AN UNKNOWN KEY ROLE IN SOCIETY



VanessaRodriguez

When people think of illegal immigrants, they think of a bad guy. It may be the word “illegal” or “immigrants” that gives off a questionable feeling, but what if the word “illegal” was replaced with “undocumented”? Are the thoughts different or still the same? Take it a step further and replace “undocumented immigrants” with “citizens.”

Undocumented immigrants have the potential to become the ideal citizen. So, instead of talking about the words, how about talking about the people behind “illegal immigrants?” What are the benefits Americans have that are granted by illegal immigrants? What common misconceptions do most people have?

It is known that most people will not take a risk on starting a new business due to the fact that it might not launch, and who wants to spend money on a possibility? As stated in The Bloomberg Report, “immigrants are 30% more likely to start new businesses.” So in other words, immigrants are willing to go for a risk most Americans won’t, creating new jobs along the way. The amount of these new jobs can add up to 203,000 per year.

What’s better than more jobs? The amount of income from immigration supports the economy. Immigration can “increase US gross domestic product (GDP) [...] by an additional \$1.4 trillion over 10 years.” This means that the U.S., as a whole, earns back money from immigration. Americans themselves would “earn \$791 billion in personal income” over those same 10 years.

In comparison, Americans would never earn as much money without the support of immigrants. Americans benefit from more job opportunities

and increased income from the same immigrants that most people want out.

Most people would like to believe that the 11 million was calculated to the most accurate it could have possibly been, at least, according to Pew Research. What if that “11 million” wasn’t really 11 million? Reading how Pew Research came to that number, “the initial calculation that [they] have estimated on how many unauthorized immigrants are in the survey, or census, not the total in number in the country.” This number is merely an estimation.

What must be understood is that the U.S. census conducts research annually based on regional data. The

## Immigration can “increase US gross domestic product (GDP) [...] by an additional \$1.4 trillion over 10 years”

entire U.S. population is not calculated until the top of the decade. This estimation is not complete data and cannot be used to represent that 11 million number.

In addition, it can be noted that the data coming from the U.S. census depends on the honor system of responses. In other words, they are depending on the general population to tell the truth about the number of people living in the household. This invites several logical flaws and problems in the data.

In short, the data will never be accurate enough to quote as fact. The problem is complicated when we look at how Pew Research attempts to fill the holes in their logic. Pew Research does their own survey which is in fact culturally bias.

In the Pew Research survey, it “[...] sorts immigrants in the survey which are most likely to be unauthorized immigrants by looking at where they were born, when they came into the US,

how old they are, how they are related to other people in their household, what kinds of jobs they have, what kinds of income and whether they are getting government benefits, among other factors.”

Apparently, if someone has a questionable job and are receiving government benefits, they just might be an undocumented immigrant. That said, anyone can be likely ruled as “undocumented” or “illegal” if they answer the survey in a way they deem questionable.

People also have to assume that there are some that did not take the survey at all. How are they accounted for? How does Pew Research factor in this lost data? Pew Research makes up for this by “making upward adjustments to our estimates for the under count that fall in the range of 10% to 15%.”

In other words, make even more estimations and adjustments to their already flawed data. Plainly stated, there is no way to get the number for those who did not take it unless it’s made up.

People want a better life, that is a given, and they try their best to make it. Reality can prove that to be much harder than anticipated, for native and foreign born alike. However, many Americans want to blame those hardships on immigrants, illegal or not.

Many Americans want to believe that those coming into the country are nothing but trouble. Yet immigrants have the possibility to improve the US economy, make new job opportunities, and increase personal incomes.

Instead of seeing illegal immigrants as the bad guys, why not look toward the good things they could bring? Take a moment, a few minutes, to think of the positive effects immigrants have in the possibility of giving to the US and its future. Americans can only ever grow if they are willing to see past the labels and seek the opportunities before them.

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

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Sophomore Brandon Douglas

Make the process a lot easier. Accommodate for the difference in learning standards.



Junior Na’Quavion Evans

There should be better security along the border and we should help the economies of the bordering countries.



Junior Alexander Neal

We should have a general regulation on reviewing peoples’ Visas.



# XANAX: RISE OF A HIDDEN DANGER



Kendra Curtis

In recent years, drug problems throughout high schools have become a more prevalent issue. According to surveys by the National Institute on Drug Abuse (NIDA), the most common drugs abused by teens between 8th and 12th grade are marijuana and prescription drugs.

Since marijuana is the most publicized and talked about drug that's used and abused throughout high schools, it's become the highlight of the debate deciding what is or isn't safe for teens. The debate of whether or not marijuana should be made legal due to the possible dangers of it has almost completely covered up the issue of just how dangerous prescription drugs are.

There is one prescription drug that has become much more popular and has been easy to obtain, specifically, an

anti-anxiety pill known as Xanax.

Xanax is classified as a Central Nervous System (CNS) depressant that's essentially used as a sedative or tranquilizer. It's main purpose is to slow brain activity so that it can treat anxiety, sleep disorders, acute stress reactions or panic/anxiety attacks. In order to obtain a drug such as Xanax, a doctor must prescribe it to you under a diagnosis of anxiety or some form of a sleep disorder.

"At first, it was a new feeling of relief because I wasn't having the symptoms anymore but my feelings towards them have changed more and more," said Portage Central junior Alesondra Valle, a prescribed user.

Xanax is used to balance and boost a chemical known as gamma-aminobutyric acid (GABA) in your brain. If a person doesn't have the unbalance of GABA in their brain and proceeds to take Xanax unprescribed, a series of side-effects can occur. This can include dizziness, increased memory loss, a drastic loss in appetite, trouble concentrating, blurred vision and other permanent body damages.

"It's like you just sit there, and you can't really do anything because your body doesn't feel like it's there," said

Valle.

While the use of Xanax does help with severe anxiety and sleeping problems, there's a serious problem with teenagers abusing this prescription drug. Many who abuse the drug only see it as a party drug and don't understand the consequences of it, causing a higher rate of use.

In fact, earlier this school year in October of 2015, a Western Michigan University freshman was found dead in her dorm room due to the mixture of alcohol and Xanax. For those with prescriptions, doctors prescribe taking as little as 0.75 milligrams of Xanax and never recommend more than 2 milligrams at a time. Any dosage higher than 2 milligrams can cause overdose depending on body size and mass. This doesn't include how easy it is to overdose while mixing other drugs or alcohol with Xanax.

Throughout high schools, the selling and abuse of prescription drugs, specifically Xanax, has become a bigger and easily hidden problem. Xanax causes slower reaction times and allows an unprescribed user to have similar effects as if they were drunk. This can put students in dangerous situations, such as driving while under the

influence of a drug that gives them the same response as consuming alcohol, which can have serious or deadly consequences.

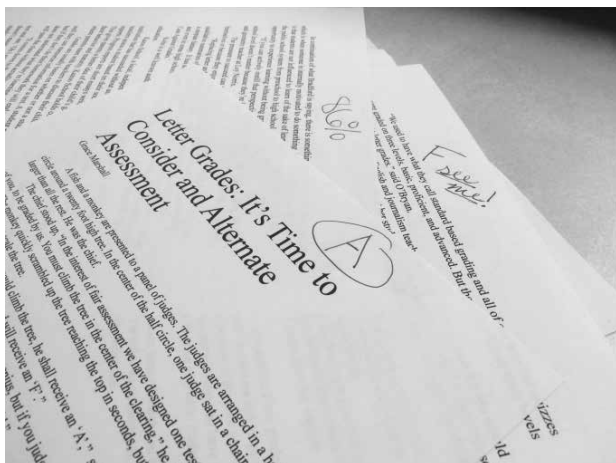
The repercussions of drinking and driving are extreme due to the huge negative stigma and deadly consequences belonging to it. Xanax doesn't have the same punishments. Since it's only seen as an anti-anxiety medication that can be prescribed to patients, the effects of it are overlooked.

The fact that driving while under the influence of Xanax is almost the same as driving while under the influence of alcohol isn't a highly known fact. Since this fact isn't highly known, people are putting others and themselves in dangerous situations while behind the wheel just as they are when drunk. So, many don't know that a prescribed drug can cause just as many deadly accidents as alcohol can.

The scientific and medical use of Xanax is to lower anxiety and help with sleep deprivation. Yet, teens have started using it more and more as a party drug despite the extreme consequences.

"They're only like a band-aid, they just cover up the problem," said Valle.

## GRADES FROM PAGE 16



Letter grades are an antiquated method of assessing students. Research has shown that not all students excel in the same areas, and grading should be adjusted in order to accommodate all students.

**Photo Illustration / Grace Marshall**

enough to take into account each individual, then we must bring that environment to them. This will not be easy, mainly because Kazoo School has one hundred students total (preschool to eighth grade) creating a one to five teacher to student ratio, comparatively, Loy Norrix has a 1 to 130 teacher to student ratio. With so many students per teacher, Loy Norrix teachers don't have enough time to individually assess each student; however, Loy Norrix has implemented alternative grading scales in the past.

"We used to have what they call standard based grading, and all of our tests and quizzes were graded

on three levels, basic, proficient and advanced. But then, we still had those levels translated into letter grades," said O'Bryan.

Grades are usually based on whether or not a student has turned in their work and their performance on tests and quizzes. A student might understand a subject perfectly, but if they don't do their homework, they will end up with a lower grade. On the other hand, if a student does not understand what they're learning about but turns in all of their homework then they will pass the class without actually gaining any knowledge.

"It comes down to the idea of competitiveness, I think that so many times people take a test and see, 'Oh I got a 94 and, oh, that kid got a 92, so I guess that means I did well,' when that doesn't mean anything because maybe they could have done even better," Bradford continued, "I think that grades are a number that put people in a ranking order, and that's not where people need to be thinking. They need to be thinking about, 'What did I not know before this unit started, and let me think of all the things that I now do know' and I might go from knowing nothing to knowing half of it and technically that would be a fifty percent and I'd get an F but I grew so much. Where another kid walked in knowing most of it and grows from being a quote unquote 85 to a 91, but there was no growth there."

Despite the negative aspects of grades, some upsides do exist. Grades provide a form of assessment for colleges and employers to use on all students. Grades also teach students to hit deadlines. Sometimes it is necessary to do unpleasant work to succeed. Similarly, in school there are assignments that are required to be completed to pass the class.

Grades encourage students to complete their work on time.

So the question remains, how can public schools find a way to eliminate grades while still retaining a system of assessment for their students? Not to mention, students who wish to attend college need to be able to prove their qualifications in their applications.

"I believe that if a student doesn't receive what they deem a high enough grade then they will be so distracted by their grade that they will miss the learning opportunity that comes with a mistake. I propose, in an ideal world, the teachers don't give grades but instead give suggestions for ways to improve their work," said Loy Norrix English and Journalism teacher Tisha Pankop.

Moving away from a letter grade based scale would be a long and difficult process. However, schools can begin to move forward by only using letter grades to determine the scores of students taking core classes. This way colleges have a way to rank students' traditional academic abilities. Electives are a way for students to explore career paths or pursue a hobby outside of English, Math and Science. Electives are usually more flexible in their curriculum and can survive without the rigid standards brought on by grades. It is not a huge step, but it can make a world of difference in the way education influences students' futures.



# THE DARK ACT: DENYING AMERICANS THE RIGHT TO KNOW



Clayton Barker

Over 60 countries have restrictions and 26 countries ban GMO's, so many wonder why the USA isn't in this conversation. GMO, which stands for Genetically Modified Organism, is mainly found in food products. According to many polls, over 90 percent of Americans want their food labeled indicating whether or not it has been genetically modified.

The Safe and Accurate Food Labeling act (H.R. 1599) has recently caused dispute among Americans and government officials. This bill doesn't sound that bad at first, who doesn't want to eat safe food and have it labeled accurately? Many Americans and government officials oppose this bill though and have renamed it the DARK act, which stands for Deny Americans the Right to Know, hinting at the real intentions of this bill.

The DARK act found on Congress. Gov states why H.R. 1599 would be so dangerous if put into law. "The FDA may require a GMO food to have a label that informs consumers of a material difference between the GMO food and a comparable food if the disclosure is necessary to protect public health and safety or to prevent the label from being false or misleading. The use of a GMO does not, by itself, constitute a material difference."

The DARK act goes on stating GMO labeling is only relevant if there is a material difference in GMO's in comparison to conventional crops (not genetically modified). Later stating that "The use of a GMO does not, by itself, constitute a material difference."

This DARK act firmly states that GMO's are no different than regular crops, suggesting that it is reasonable to label GMO's as natural food. Genetically modified food in no way is natural, you'd be hard pressed to find a genetically modified food growing by itself, unless a farmer planted a genetically modified seed. GMO's aren't natural and would have never been found originally in nature before they became mass produced.

You tell me if this certain GMO sounds natural to you, GMO cabbage, which isn't on the market yet, contains genes from a scorpion in it. Yes, I said scorpion, the scaly animal that

resides in deserts. Putting the scorpion gene into cabbage protects it from a caterpillar that eats the cabbage. The scorpion toxin will be continually released killing any caterpillar. Scientist's claim that this toxin has been modified and cannot harm humans. Let's hope this to be true.

Considering the cabbage as actual food is okay, but to take the next step and eat this Frankenfood is extensive. It's faulty to eat this food because of the surrounding controversies with certain GMO foods. Many GMO's have been planted with lies around them. Although some scientists (many also say it's bad for human consumption) say this food is safe to eat, changing up the human genome on a whim, for beneficial profits seems rather absurd and dangerous as we truly cannot know GMO's can affect the human genome in hundreds of years.

Read here is the DARK act from congress.gov.

"(b) Determination Of Material Difference Between Food From Genetically Engineered Plants And Comparable Foods.—

"(1) IN GENERAL.—For purposes of subsection (a), the use of genetic engineering does not, by itself, constitute information that is material for purposes of determining whether there is a difference between a food produced from, containing or consisting of a genetically engineered plant and a comparable food.

"(2) LABELING REQUIRED.—The Secretary may require that the labeling of a food produced from, containing or consisting of a genetically engineered plant contain a statement to adequately inform consumers of a difference between the food so produced and its comparable food if the Secretary determines that—

"(A) there is a material difference in the functional, nutritional or compositional characteristics, allergenicity or other attributes between the food so produced and its

comparable food; and

"(B) the disclosure of such material difference is necessary to protect public health and safety or to prevent the label or labeling of the food so produced from being false or misleading in any particular."

Thus labeling will be required for genetically modified food if they can determine that is, is different nutritionally or allergenically from food that isn't genetically modified.

## Food allergies in the United States have raised 50 percent overall since 1997 to 2011. Coincidentally GMO's became prevalent in 1996.

"For these reasons, the DARK act cannot be passed. It is no secret that genetically modified foods are nutritionally and allergenically different.

For example, golden rice is genetically modified. Golden rice, although not on the food market yet is undergoing trials as the pro-GMO community has hopes in finding it safe, efficacious and viable for human consumption. This select GMO golden rice, is selectively modified and enhanced to have more vitamin A in it.

One cannot argue that this 'golden rice' isn't nutritionally different than any conventionally grown rice. Having been enhanced with vitamin A, if this GMO makes it on the market it will need to be labeled (so why would someone even write the DARK act, considering golden rice's main intent is to be nutritionally different to help third world countries with vitamin A disorders.). But that isn't the purpose of this bill. The DARK act has been proposed to help out the pro-GMO community and potentially harm the conventional and organic community if

passed.

In terms of allergenicity, GMO's have been known to have had a hand in the allergy epidemic. Robyn O'Brien, who published the book "The Unhealthy Truth" in 2009 has found some alarming facts. According to her book, the year genetically modified soy was released in the United Kingdom, soy allergies raised 50 percent. Researchers have also found that soy's trypsin inhibitor, which is what's found to cause many allergic reactions in soy, has been found to be 27 percent higher in genetically modified soy.

Many might argue "I don't eat soy." Soy is in almost everything and in almost all of fast food. Soy is also in 75 percent of foods in supermarkets and 91 percent of this soy is genetically modified. So if we know genetically modified soy does in fact have increment on soy allergies, with a country that is going through an allergy epidemic, one begins to wonder.

While the argument is still scientifically up in the air on whether or not GMOs increase food allergies on a mass level, there is proof they can raise allergies explicitly. Sadly as a food eater and writer, it's very difficult to find sources and studies of any kind that prove or disprove the idea of GMO's causing a widespread allergy epidemic. This is mainly because there aren't many studies done that have been peer reviewed and hold credibility without conflict of interest.

Food allergies in the United States have raised 50 percent overall since 1997 to 2011. Coincidentally GMO's became prevalent in 1996. To try to push the DARK act through America's legal system saying GMO's don't increase food allergies at this point is controversial. Not having conducted proper studies on GMO's and allergenicity, stating GMO's have not had an effect on the allergy epidemic sounds more like opinion, rather than fact.

Regarding the Safe and Accurate Labeling Act, better known by its opponents as the DARK Act which stands for "Deny Americans the Right to Know" is a disgrace to this country. To see a bill which is an oxymoron within itself trying to make its way through the government is very pathetic. If this bill does get passed, it will show just how corrupt the government has become with corporate interest, indubitable strengthening the pro-GMO community.



# LETTERS TO THE EDITOR

Dear Editor,

In “Where do They Stand?” by Nora Hilgart-Griff, Mr. Wright said, “Ted Cruz wants a libertarian society with limited government.”

This is simply not true. Ted Cruz opposes same-sex marriage, a key point in the libertarian rhetoric of maximized freedom. He also opposes legalization of marijuana. What limited government wants to dictate how you live your life? The government is a protector, not a parent. Ted Cruz also supports mass surveillance. That’s hardly a libertarian position. Ted Cruz may support a more open economy and gun rights, but he is not in favor of a more libertarian society.

Senior, Connor Peterman

Dear Editor,

I liked the article “Sexual Harassment in School Has Come to be Expected.” I really agree with what is said in the article. I thought the quote, “Sexual harassment is basically stuff that you shouldn’t say to your mother” gave a broad example of what kind of stuff is being said. Fear of sexual harassment is why girls mostly feel so uncomfortable when having to walk in front of a group of boys. Sexual harassment can happen to any gender, men and women, and it makes people get an uneasy feeling about normal things such as walking to class or shopping for groceries.

Young girls that can’t even wrap their heads around sexual harassment, who are still playing Barbies, living in a fairytale, shouldn’t have to deal with how sexual harassment is becoming a normality. No one should.

Sophomore, Isabel Deary

Dear Editor,

I read your article, “Flint Water Crisis: Thousands Devastated By Lead Contaminated Water,” and it caught my attention to many things. I liked how you stated actual facts on what’s been going on with the Flint Water situation. It helps inform me on what’s actually been going on. I have family that stays there and I had no idea on how much it could affect their state of health. I wanted to thank you for addressing the problem. I never looked that close into the issue because I didn’t think it was a serious thing. With the information that you provided, it allowed me to see the crisis in a different perspective. Flint is, and has been, crying out for help for a while and our government is ignoring it. I thought that the government had everything under control, but I can see now that they’re neglecting the situation completely. Learning this makes me pretty upset and I wish that they would do something about it quick because they don’t see how much of a negative effect it is on innocent people. You put the article together really great and I like how you received opinions from others on the issue.

Senior, Jazemine Hairston

Dear Editor,

I think overall it was a great day. Coach Covault did a great job getting the event up and the article [“Loy Norrix Men’s Basketball Honors Veterans In Military Appreciation Game” by Paul Vallier] is good. It is always great when anyone can recognize someone who has served for our country, so this day felt good. Meeting all the military people, talking to them was really nice.

After we lost the game by a buzzer-beater

everyone on the team was mad, but coach said before going out to the event to “change our moods because some of the military people have went to war, they have seen friends die, they’ve had to shoot people, losing by 1 point is nothing compared to that.” We played our hearts out not only for a conference championship, but also for the veterans and active members. They said even though we lost, they appreciated the way we played.

Senior, Timothy Whittaker

Dear Editor,

I read “LGBT Community Still Feels Oppression in TV Shows” and I still can’t believe that parents think that a TV show is going to “make their kids gay.” “Steven Universe” is one of my favorite shows and I’ve always admired how it supports the LGBT community. Homosexuality has always been around even in different species, so this isn’t some new thing. For thousands of years, people had to hide who they were and with all this new knowledge and freedom, homosexuality is still treated like a sickness someone could catch. I know who I am and my peers know who they are. People who are homosexual, heterosexual or something else, were born that way and this kind of oppression is telling them to hide who they are. It took too long to gain equal treatment for women and African Americans, and they still don’t get the respect they deserve. The time it’s taking for ignorant people to grasp the concept that they can’t tell anyone else what to do is insane. If there is a God, why would he want this?

Freshman, Zoe Brown

## CHAMPS TREATS HIGH SCHOOL STUDENTS LIKE PRESCHOOLERS



Luis Juarez

Conversation, Help, Activity, Movement and Participation are the foundation of the acronym CHAMPs, a method of classroom management used by teachers. This is an acronym of a program used in elementary schools that regulates what small children can and cannot do. This same program is being used here at Loy Norrix High School.

High school students, like myself, see CHAMPs as a joke because there is no real use for it. It’s seen as a non-entity where it’s implemented into the classroom, but teachers don’t enforce it very much, except for a few.

“I don’t think CHAMPs is effective, especially in high school,” said junior Margaret Swafford. “First of all, it’s not implemented in most classrooms. As far as I’ve heard, teachers don’t like using

it, and students don’t either. [CHAMPs] it’s used a lot in elementary and middle schools, and as 14-18 year olds, we should be able to handle ourselves without that system.”

Swafford makes a good point, we need to steer away from a program that diminishes the meaning of a “college-going culture,” as stated in the student handbook. You don’t see colleges using CHAMPs, so why implement it in high school? Students should be able to behave as young adults and be treated as such.

According to [dailyteachingtools.com](http://dailyteachingtools.com), “The overall goal of the CHAMPs classroom management system is to develop an instructional structure in which students are responsible, motivated and highly engaged in the specific task at hand.”

CHAMPs as I see it, is meant more for younger kids who need discipline. They can’t seem to engage in what’s going on in the class because their attention spans seem to wander and are likely to be less motivated. CHAMPs in a high school setting is a little unsettling since the students feel inferior because it makes them

feel like they’re little kids who still need help learning how to do public schooling, even though they don’t. You’re sitting down in your chair, the students are doing their work, paying attention, being good listeners and then your teacher is just saying CHAMPs, conversation level zero unnecessarily.

We get it, we don’t need to be told at all how to behave, we’re not little kids. The majority of high schoolers can be motivated and they know how to engage in tasks as long as there are instructions going along with the specific task.

Though some may say CHAMPs is necessary because all high school students don’t know how to behave or have a sense of self-control, that isn’t entirely true. In fact, most students know how to behave and they know that there are consequences for their actions. It’s the consequences of those few that negatively affects the rest of the student body.

“I think CHAMPs is a great strategy for the transition to high school, for many of our younger [9th grade] students,” said English teacher Anne Lewis. “It’s also great for teachers

looking for a way to ensure learning.”

If we’re going to implement CHAMPs, teachers should only use CHAMPs in specific class hours where students can’t seem to get it together. I also believe CHAMPs was meant for the new incoming teachers who need some form of structure or system that can help them with the learning process between themselves and the students. CHAMPs should be optional.

If staff and students can agree that CHAMPs isn’t meant for everybody, then why enforce it upon experienced teachers, Advanced Placement and Honors classes? When instead CHAMPs could be implemented and enforced for those new teachers and younger students who actually need it.

Also, we should work on what we already have and improve on that. The new acronym system CSG, which stands for Commit, Succeed and Graduate, is not only a good example to keep moving forward, but also a good rule system we can build on.

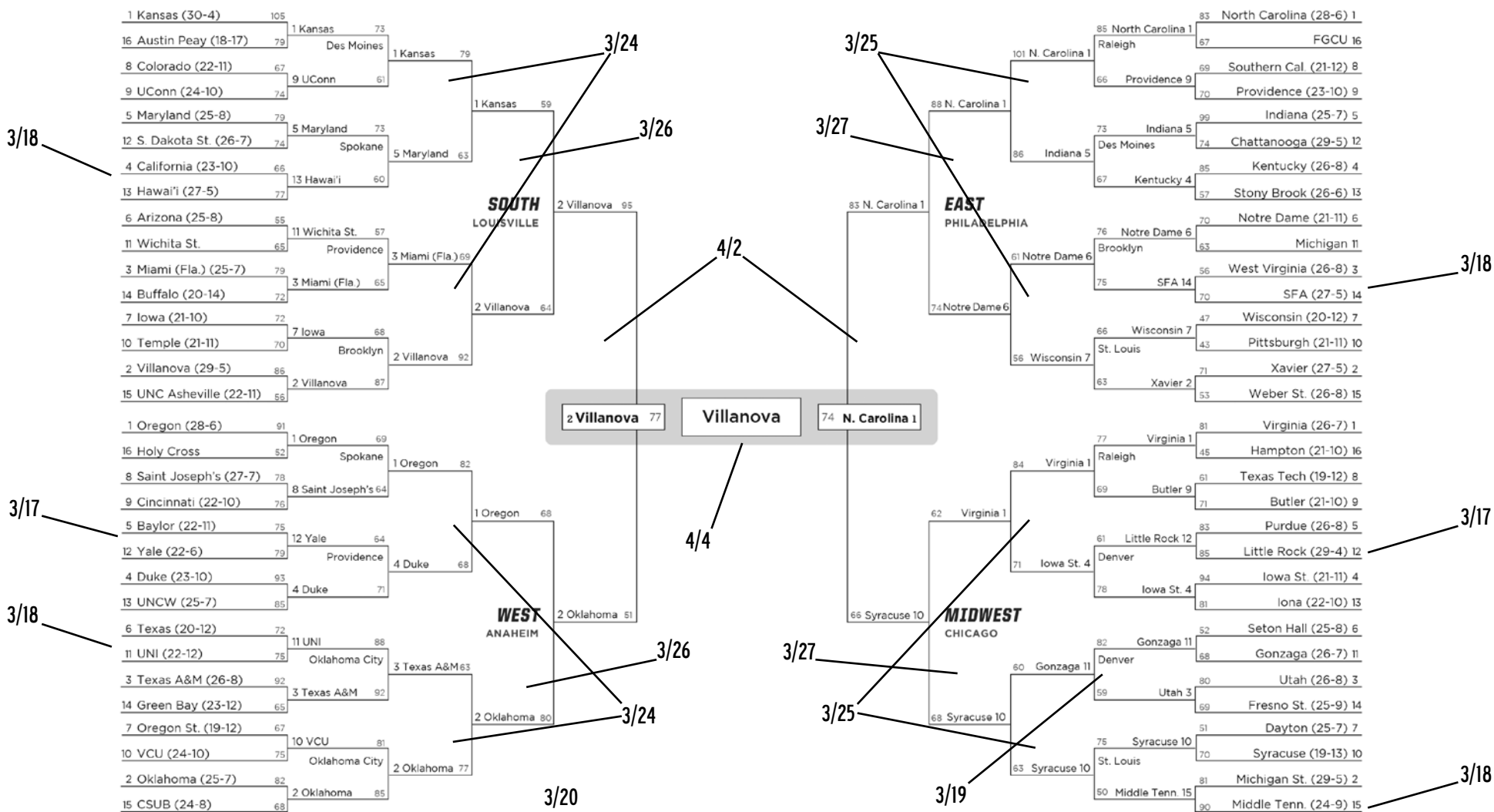


# WELCOME TO THE OTHER DANCE

## MARCH MADNESS TAKES OVER AS TEAMS COMPETE IN THE “BIG DANCE”

ZachMason

In March, there is a certain event that the whole country goes crazy for: the NCAA basketball tournament. What is known as “March Madness” sweeps across the nation, and this year is no different. As the nation fills out their brackets, 68 teams compete to try and win the national title. It’s win or go home, and with every team’s season on the line, each game is more important than the last.



### 3/17- FIRST TASTE OF MADNESS:

The first upset of 2016 came courtesy of the Yale Bulldogs, returning to the tournament for the first time since 1962. They beat the Baylor Bears 79-75. Later that day, Arkansas Little-Rock stunned Purdue in double-overtime 85-83. Wichita State also beat Arizona 65-55, adding to the Shockers’ recent success in the NCAA tournament.

### 3/18- BRACKETS GET BUSTED:

Every year, there is a day where brackets get ripped up. With four huge upsets taking place, March 18 was that day in 2016. First, Hawaii dismantled California 77-66. Then, Middle Tennessee shocked the world when they knocked off the Michigan State Spartans, who were the co-favorites with Kansas to win the whole tournament. Middle Tennessee won 90-81. Stephen F. Austin then beat the West Virginia Mountaineers 70-56, adding to their upset of VCU in 2014. Northern Iowa capped off the crazy bracket-busting day by hitting a half-court buzzer-beater to stun the Texas Longhorns 75-72. This marked the first time in NCAA tournament history that a 13, 14 and 15 seed all won on the same day.

### 3/20- THE IMPOSSIBLE HAPPENS:

Northern Iowa looked to continue their run in the tournament as they faced the Texas A&M Aggies. With a 69-57 lead and only 44 seconds remaining, it looked like they would do just that. However, the Aggies would go on a historic run and score 10 points in the final 30 seconds to force overtime. Texas A&M would go on the win in double-overtime, 92-88. This marked the largest comeback in the final minute of a game in NCAA Division 1 history. After this game, Wisconsin knocked off Xavier in the final seconds of the game. Trailing by three with 11.7 seconds left in the game, Bronson Koenig of Wisconsin hit two three-pointers, one at the buzzer, to send the Badgers to the Sweet Sixteen.

### 3/19- BULLDOGS TEAR APART UTES:

The Gonzaga Bulldogs faced the three-seeded Utah Utes as an eleven seed after upsetting Seton Hall 68-52 in the first round. However, they played as if the roles were reversed, absolutely dismantling Utah 82-59. The Bulldogs prove that they are just as strong as the Gonzaga teams in the past few years, despite a few uncharacteristic slip-ups in the regular season.

### 3/24 AND 3/25- THINGS HAPPEN “AS PLANNED”:

In every game in the Sweet 16, the higher-seeded team won. This means the South and West regions of the brackets will feature match-ups between one- and two-seeds in the Elite Eight. In the South region, the one-seed Kansas Jayhawks handled the five-seed Maryland Terrapins 79-63. The Jayhawks will face off against two-seed Villanova, who steamrolled three-seed Miami 92-69. In the West region, one-seed Oregon knocked off Duke, the reigning NCAA champs, 82-68. The Ducks will face off against two-seed Oklahoma, who beat three-seed Texas A&M 77-63. In the East region, North Carolina became the first team in history to score in the triple-digits as they handled Indiana 101-86.

SEE MARCH MADNESS PAGE 23



# SAM FTOREK'S RISING CAREER IS CHANGING HIS GAME



Sam Ftorek watching the game from the player's box. Behind him are two members of the Kalamazoo Wings team. **Photo Credit / John Gilroy**

Alexis **Martin**

The Kalamazoo Wings hockey team has been playing hockey since 1974 at Wings Event Center, previously known as Wings Stadium. The team has come a long way since then. In the past five years, they have had over 20 thousand people in attendance (each season spanning between two and three thousand in attendance). In 2006, while the team was a part of the UHL (United Hockey League), they won the Colonial Cup.

Six years ago, the Kalamazoo Wings team welcomed player Sam Ftorek onto the team as a forward, and he then moved up to defensemen. Ftorek has been playing professional hockey for 17 years.

Last June, Ftorek agreed to take the position of assistant coach, working with head coach Nick Bootland. With his new position as assistant coach, he will be with the Kalamazoo Wings in the players box helping lead the team to win their games.

After working under head coach Nick Bootlands guidance, the two have gotten to know each other very well, which only strengthens their working relationship.

Ftorek said, "I believe working with Nick [Bootland] as the assistant coach, we will continue to make a great tandem. We get along really well, love hockey and desire the best from and for our players. It will be different looking down the bench to him, not over my shoulder, but we will continue to have a great working relationship."

Working his way up the ladder, from playing forward up to defensemen, after 17 years he finally got the coaching position that he has wanted.

"I told my wife when we first met that I was going to play hockey for a living. She asked what I was going to do after that, and I told her I was going to be a coach," said Ftorek. "So

I played as long as I could and then things worked out that I could stay in Kalamazoo and jump on board as the assistant coach."

Every hockey player has their own inspirations and role models, whether it's an Olympic player or someone close to home.

"My father was my role model growing up. He won a silver medal in the 1972 Olympic games in Sapporo, Japan. He then went on to play in the National Hockey League (NHL) and World Hockey Association (WHA). He taught me all about the game and showed me how much fun you could have playing, if you put in the hard work behind the scenes," said Ftorek.

However, just having an interest in playing simply isn't enough. As Ftorek's father said, you have to put in hard work. That means long practice hours or coming home late from an evening game (these can span from three to four hours, often continuing until ten or eleven at night).

"As a player, game days were full of little things that we did to get ready for a 7:30 p.m. start of work. We would be at the rink at 9 a.m. and on the ice at 10 a.m. for a quick practice. After practice, stretch, cool down and head home. I would have a snack, hang with the kids and then take a nap. Wake up at 3:30 p.m., eat a bowl of pasta," Ftorek continued, "[I would] get dressed in a suit, have a big bowl of ice cream and

head to the rink. I'd arrive around 5 p.m. and start getting mentally prepared for the game. It is a long day, but can be so much fun."

Ftorek has three children who often stand by the players' tunnel at the beginning and end of each game period waiting to see their father come off the ice. One can't help but think that it is such a precious sight, watching them wait for their father with their mother sitting in the stands and keeping an eye on them with the help of the dedicated season attendees.

"My best moments as a player were the last few seasons, being able to see my kids standing by the door when I was stepping on and off the ice." Ftorek continued, "They kept things in perspective when things were not going the way that I may not have wanted. They were always happy to see me, win or lose, and ready to give me a healing hug on the bad nights. Hopefully giving them great memories of family time at the rink were my happiest moments."

As of March 8, 2016, the teams season standings are at 26 wins and 25 losses out of a total of 51 games. There are currently 15 games scheduled, five of them scheduled to play at the Wings Event Center for the rest of the 2015-2016 game season throughout the rest of March and beginning of April.

## LOY NORRIX SOFTBALL COMMITS THEIR OUTFIELD TO THE NEXT LEVEL

Paul **Vallier**

Three commitments, over a .400 batting average, and genuinely feared in the SMAC conference, those are just a few ways to define the Lady Knights outfield of Loy Norrix. Made up of senior Megan Lohner, senior Keisha Harris and senior Maia Greer. Lohner is committed to the University of Michigan Dearborn, Harris to Olivet College and Greer to Olivet College.

The three Loy Norrix outfielders have played with or against each other since the age of nine. Between the three of them, Harris, Greer and Lohner, have all played four years of varsity and have carried over a .400 batting average. They are rumored to be "feared" by most coaches in the area.

"We are confident we will field the best outfield in West Michigan, maybe the state. No matter where our competition hits the ball, there will be a very good outfielder on it fast. These girls are lightning, waiting to be unleashed," said Ray Lohner, who has been the varsity softball coach for the past two seasons, and has just recently

stepped down to a manager position.

A true combination of threat is what these three players bring to the Loy Norrix softball team. Harris with the power, Greer with speed and Lohner with contact and consistency.

"Kiesha hits the ball like a hammer. Her hands, when she hits, are the fastest I've ever seen. Megan is a true triple threat. Whatever you try, she will get on base, and when you see [Maia] run the bases, you're not surprised college coaches take notice," said Lohner.

The three commits came together and scored over forty percent of Loy Norrix's runs last season and plan to lead the team to another successful season in their last chance as high school softball players.



The three Loy Norrix outfielders run out to their positions in a game last spring. Many college coaches have had their eye on each of the three lady Knights. From Left to Right: #23 Keisha Harris, #4 Megan Lohner, #7 Maia Greer. **Photo Credit / Kristi Johnson**



# ABBY WAMBACH RETIRES, INSPIRES YOUNG ATHLETES



Abby Wambach on June 21, 2013, the day that she broke Mia Hamm's record for most goals scored. Wambach retired as the top goal scorer in the world with 184 international goals. **Photo Credit / Onward State**

Abby **Farrer**

It was a moment that was watched in silence. The US Women's soccer captain takes her cleats off for the last time. With a smile and a wave, Abby Wambach stepped off the field. It's a day that will go down in history. Wambach is a face, voice, and talent that made an impact on women's soccer.

Abby Wambach was born June 2, 1980 in Rochester, New York. The youngest of seven children, she grew up roughhousing with her older brothers. As she got older, sports were a large part of her life, playing basketball and soccer in high school. After graduation, she focused on a career in soccer.

Post graduation, Wambach would attend the University of Florida. As a freshman, she took her university to win their first and only National Collegiate Athletic Association championship in soccer.

In 2002, Wambach was the number two overall draft pick (Women's United Soccer Association) and was drafted by the Washington Freedom. She played alongside Mia Hamm for the start of her career. Hamm was an influential player and role model to Wambach.

Wambach has made a difference both on and off the field, by showing young women that they don't have to fit

perfectly into society.

"Wambach not only encourages young girls to become great soccer players, but she also shows them how to become better women," said Loy Norrix junior varsity soccer coach, Corey O'Bryan.

Not all role models, however, are always perfect. With Wambach's recent arrest on April 3, 2016 for driving under the influence of intoxicants, shows that even role models have to own up to mistakes. Wambach has issued an apology to her friends, family and fans.

During the 2008 Olympics, Wambach had to watch her team while she sat on the sidelines. With a broken leg and a head injury, all she could do was hope for the best. However, the gold medal wasn't what she was looking for. Her eye was set on the World Cup. In 2011, the US team fell short of the title with a 3-1 loss in Germany.

Every 4 years, the United States Women's National Team (USWNT) would fall short of the World Cup. It was a devastating thing for the team, but in 2015 the USWNT redeemed themselves after sixteen years without a win. The 2015 win came through hard work and learning from the past years mistakes. The team came together as one. Fans could tell when the team was having a hard game. No matter how badly they played, the team worked as

one.

"She inspires girls to get up and play soccer. People don't realize that girls are good at it," said sophomore Kenzie Fox, "They think it's a man's sport."

Wambach has shown that there are no true stereotypes in the game. Her image does not fit the stereotypical women with long brown or blonde hair, that women don't really know how to play or they are not tough enough to play the game. She may not have looked the part, but she did play the part. No matter what, she gets her point across and makes her voice heard.

"I use my voice because I know that when you're the youngest at a dinner table, the loudest person usually gets heard. I learned that at a pretty young age [with seven siblings]," said Abby Wambach on Entertainment Sports Programming Networks (ESPN) Women.

Wambach has become a role model for soccer players around the world, from little kids to professionals. She wants players to set their own records and have their dreams.

"Forget the medals won, the records broken and the sacrifices made," Wambach said in an ad for Gatorade. "I want to leave a legacy where the ball keeps rolling forward, where the next generation accomplishes things so great that I am no longer remembered."

## MARCH MADNESS FROM PAGE 21

### 3/26- ONE SEEDS GO DOWN:

The first two games of the Elite Eight saw two of the four one-seeds in the tournament go home. In the first game, Buddy Hield scored 37 points to lead the Oklahoma Sooners over the Oregon Ducks, 80-68. Hield's 37 points bring his total to 117 on the tournament, and he continues to make a push for the Wooden Award, given to the National Player of the Year. Later that night, the Kansas Jayhawks squared off against the Villanova Wildcats. Kansas, one of the favorites to win the tournament, had been playing like a championship-caliber team, but they met their makers in 'Nova. The game went down to the wire, but the Wildcats were able to close out the game in the final seconds by hitting free throws and icing the game away, ending up with a 64-59 victory. This became the third straight opponent that Villanova beat in the tournament that had been ranked in the AP top 10 at some point during the regular season, after defeating Iowa in the second round and Miami in the Sweet 16.

### 4/2- THE STAGE IS SET:

Both Final Four games were absolute blowouts. In the first game, the Villanova Wildcats took down Wooden Award winner Buddy Hield and the Oklahoma Sooners 95-51. The Wildcats continued to shoot at a blistering rate, going an outstanding 35 for 49 from the field. Not only did head coach Jay Wright get a great performance from his starters, but his team showed great balance as they were able to get solid performances from many of their bench players as well. Their 44 point win-margin was the largest in Final Four history. In the nightcap, North Carolina toppled their ACC foe Syracuse 83-66. Although the Orange were able to stick around for the first part of the first half, they were just outmatched by this UNC squad. Led by their talented starting line-up, featuring stars such as Brice Johnson and Marcus Paige, the Tar Heels tore apart Syracuse's zone-defense that had shut down their previous opponents. The outcome will be the the seventh meeting between Villanova and North Carolina in the NCAA tournament, with the Tar Heels winning the last four in a row.

### 3/27- ORANGE SHOCKER:

Each Elite Eight game in the East and Midwest regions featured an ACC match-up. The ACC absolutely dominated the tournament, with its teams sporting a combined record of 16-3 prior to these two games. The conference also had six teams make it to the Sweet 16, and four of those six made it to the Elite Eight. In the first game, the Syracuse Orange overcame a 14-point halftime deficit to shock Virginia 68-62. After losing five of their last six games to end the regular season, Syracuse snuck their way into the field of 68, and according to some analysts, probably shouldn't have. The Orange have capitalized on their opportunity, becoming the first 10-seed to make it to the Final Four and only the fourth double-digit seed to make it. Later that night, the North Carolina Tar Heels became the only one-seed to make the Final Four this year, as they beat Notre Dame 88-74. North Carolina already led the NCAA in total Final Four appearances, and adds one more, bringing it up to 19.

### 4/4- 'NOVA FINDS UNC'S "ACHILLES HEEL":

In what was arguably the best National Championship game in recent years, the Villanova Wildcats won their first title since 1985, beating the Tar Heels 77-74. North Carolina's "achilles heel", so to speak, was their lack of depth, as their bench accounted for only 6 points, which put all the pressure on their starters. Villanova recieved valuable minutes from both their starters and bench players. 'Nova sophomore Phil Booth came off the bench averaging less than seven points per game this season, and put up a career-high 20 to lead all Wildcats players. The end of the game was when things really heated up. Trailing by nine points with about five minutes left, Brice Johnson and Marcus Paige fueled a Tar Heel rally to bring the score within three with 13 seconds left. After inboundng the ball, Marcus Paige hit an amazingly-clutch, double-pump three-pointer to tie the game at 74 with four seconds left. However, the Wildcats would crush their hopes at overtime as Kris Jenkins would hit a deep three-pointer as the buzzer sounded to win it for 'Nova.



# LOY NORRIX HIGH SCHOOL

## Officer Eric Dunklin:

**What do you enjoy doing when you are not here at Loy Norrix?**

I am a total music head. I love everything about music, from producing and recording, mixing and performing. I have a little group that goes around and critiques each other on our music.

**What does music mean for you?**

Music is a way of expression, it's calming. It is something that you can learn and always grow from. Music is extremely social, and it brings everyone together. Every musician can always get better, and musicians can always come up with new ideas. People will never stop making music because you can always make something different.



## FACULTY Q+A

## Pam Landis the Librarian:

**How long have you been here at Loy Norrix?**

I have been here for 10 years, starting in 2006. That means that I have seen three different principals in the building. Mr. LaPrairie, Mr. Edwards and currently Mr. Prewitt.

**What would you say to people who do not typically use the library as an academic resource?**

Come check us out! We open up at 7 a.m. in the morning every morning, and we are open for all lunches unless there are too many classes using the library. We are one of the only public school libraries in the Kalamazoo area that do that, open in the morning and at lunch for the use of the school body. Come print your paper or check out a book or just relax before going to class.



**KALAMAZOO SOCCER CLUB**  
wishes all Loy Norrix teams a successful  
Spring season! *Victoria per Scientiam!*  
Don't miss KSC try-outs on JUNE 18<sup>th</sup>!



For try-out info, visit [www.KalamazooSoccerClub.com](http://www.KalamazooSoccerClub.com)

## Assistant Principal Erin Middleton:

**Everyone typically asks what the worst part of your job is, but I want to know what the BEST part of your job is?**

I enjoy being out in the hallway at passing time and during lunch. Getting to talk to every kid and interact with them is something that I did not get to do when I was just a counselor. That is the best part of my job.

**What would you say to students who are not super involved with extracurriculars here at Norrix?**

Step out of your box, step out of your comfort zone! There is something for everyone here. At least try something once and who knows, you might actually like it!

