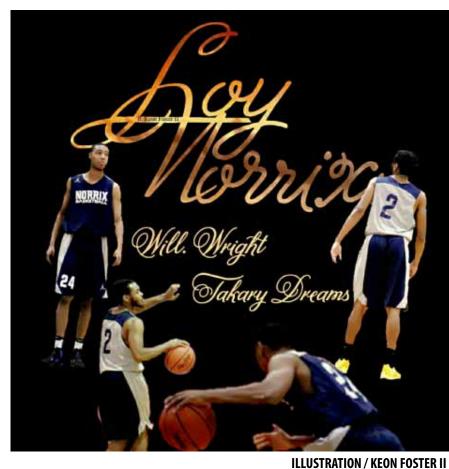


NEW KNIGHTS MAKE A GIANT SWITCH



KEON FOSTER II GRAPHICS EDITOR

The Loy Norrix vs. Kalamazoo Central rivalry has always been a big deal, no matter the sport. If the two schools are playing each other, there will be a lot of people in attendance ready to support their

Central (KC) to transfer over and play sports as a Knight. However, seniors William Wright and Takary Dreams are two new Norrix athletes who used to be Giants.

"I always wanted to be a

students and teammates.

"I am happy to finally be here this year," said Wright, "I'm excited to be playing at Norrix and I feel we will have a good season this year."

Both senior players, Artevian Woodson-Brooks (second year) and Darquarion Williams (first year) are playing varsity basketball this year.

"I like hooping with Will and Takary, they bring a lot to the team," said Woodson, "They fit in like they've been playing all four years."

"Norrix has been missing a few little pieces to complete their team. I feel like they'll be good for the team," said Williams.

Dreams considers himself a Knight now that he's made the switch because of the great vibes he's been feeling during his time spent at Loy Norrix.

"Central, it felt like everyone for themselves," stated Dreams. "Norrix, the chemistry is more 'We're going to work together.'"

Both Dreams and Wright reported that Norrix is giving them a better opportunity at going to college. A relatively accurate claim being that Grant Mitchell (Loy Norrix alumni), one of the many superstars of the men's 2015-2016 basketball team, has graduated and now plays for KVCC (Kalamazoo Valley Community College).

For the past three years,





side of town.

Once you're enrolled in either school, it's unlikely you'll make the decision of switching to the other, and that's just one of the effects of the rivalry between the two schools.

Central's Giants could look down on Norrix athletes because of multiple losing seasons; therefore, you'd think it would be unlikely for someone from Kalamazoo

Knight," said Dreams.

Wright and Dreams, both threeyear Giants, made the decision to play basketball as Knights this year.

"I feel like it was a good choice on my part to leave Central, " said Wright, "I can already say that since being here it has been much better than Central."

Since being at Norrix, Wright and Dreams have experienced nothing but good vibes from

Norrix basketball has produced multiple college athletes who are playing basketball at the next level. Jevontae Hughes, also an alumni of Loy Norrix, has recently decided to play for a team overseas, which makes the switch a smart choice for both Dreams and Wright.

The main difference on the varsity team this year has nothing to do with the game plan, nor does it have to do with uniforms. The

biggest difference this year is the chemistry between the players.

"We're a lot closer to each other," said Woodson-Brooks, "We continue to build more chemistry."

With Wright and Dreams both playing for Norrix, the rival of their previous school, there's likely going to be opposing opinions about the both of them making the switch.

"There are those few who have their opinions, but honestly, I didn't care about their opinions," said Wright.

Neither are bothered by opposing opinions, they appear to be somewhat comfortable with the fact that opposing players may be commenting on their decision. In fact one could say it's almost like they have a body of knight armor around them.

KALAMAZOO CELEBRATES COLLEGE GAMEDAY

GRIFFIN CONLEY COPY EDITOR

Kalamazoo is finally getting some positive recognition. ESPN's pre-game broadcast, College GameDay, for any college football fan, is a big deal. The analysts talk about the games of the weekend, the stories from around college football and spend a great deal of time discussing the matchup they have decided to cover. This year, the College GameDay crew rolled into Kalamazoo before the Western Michigan University (WMU) Broncos' game against the Buffalo Bulls.

The Broncos are one of two remaining undefeated teams in college football this year, attracting the attention of College GameDay. Fans flocked from around Kalamazoo to get as close as they could to the stage that lifted the famed analysts, Lee Corso, Rece Davis, David Pollack and Desmond Howard, above the crowd.

College football hubs all over the nation host GameDay. Cities like Baton Rouge, Columbus, Tuscaloosa and Ann Arbor are among those featured. GameDay arrived at WMU on November 15th and broadcasted Saturday, November 19th, on ESPN.

Immediately the town erupted with the arrival of GameDay. There



PHOTO CREDIT / GRIFFIN CONLEY

Loy Norrix junior Cody Wilkins and WMU fans celebrate national recognition with College GameDay. Sounds from the show were drowned out by the echoing cry of "Row the Boat!"

were crowds of people outside of Sangren Hall on Western's campus when the crew arrived.

"I'm glad to be here to be able to showcase it," said GameDay commentator Rece Davis.

Support for the Broncos has grown substantially since P.J. Fleck took up the head coaching job on December 17th, 2012.

"Historically, this town hasn't really been behind Western Michigan. But since P.J. got here and they started winning, everybody loves a winner right? So, it shows how a community can be unified, there's school pride involved, it's a really cool thing. I'm glad to be here to be able to showcase it," said GameDay commentator Rece Davis.

Kalamazoo treated GameDay as if it was the main event. Each analyst had a donut created in their honor. Sweetwaters, a local bakery, continued to serve donuts during the duration of the crew's stay which was five days.

Not only for those five days, but all year round Michigan is known for its crazy weather patterns, and the weather didn't disappoint while GameDay was

here. On Friday it was 70 degrees and sunny shifting to cold and snowy on Saturday.

"I have never been here before so this is my first time. So I hope it snows tomorrow. Not like the sleet nasty snow, um, it'd be nice if it snowed. I'd be ok with that," said GameDay commentator David Pollack.

Saturday morning rolled around and, sure enough, the wind was whipping and the flakes of snow were falling. Still, many people came out to experience GameDay.

"There were people in a line stretching all the way up to the Bernhard Center. They were camping out the whole night before," said Cody Wilkins, a junior at Loy Norrix High School "It [GameDay] was a once in a lifetime opportunity and I wouldn't have missed it for the world."

GameDay isn't something that small towns like Kalamazoo get to experience very often, if at all. This experience was a way to show the pride and culture of Kalamazoo to the rest of the nation.

"It was more than just a game, it was a chance for everyone to show the tremendous amount of pride that they have in the great city of Kalamazoo. Row the boat!" said Wilkins.

COMMUNITY MOURNS THE SUDDEN LOSS OF FORMER STUDENT JAELA JORDAN

February 10th, 1999 - September 12th, 2016

HANNAH PITTMAN OPINION EDITOR

Jaela Jordan, a Kalamazoo resident, passed away on September 12th, 2016. Jaela was a part of many Loy Norrix students' lives. She left us too soon, but her time with us will never be forgotten.

"There was never a dull moment when it came to Jaela. Ever," Loy Norrix junior Jasmine Huyck reflected on their time together. "She always made you smile or made sure you were happy."

Jaela died suddenly in Kalamazoo, in the early hours of September 12th. She was a senior at Phoenix High School and attended Loy Norrix her freshman year. She also attended Parkwood Upjohn Elementary and Milwood Middle School.

A candlelight vigil was held in her honor on the evening of September 14th at Phoenix High School. Her friends and family brought gifts and messages written for her. Paper lanterns were released in her honor.



A separate vigil was also held on September 14th at Jaela's favorite spot, Woods Lake, with only her close friends and family attending.

Jaela's memorial was held on September 15th at Second Baptist Church in Kalamazoo. Her friends talked about their favorite memories of Jaela and paid their respects to her family.

A visitation and service were held on the 16th and 17th. Both were held in Detroit, her hometown. The night of September 17th, a firework show was put on in honor of Jaela. Close friend Claire Khabeiry, a Loy Norrix senior spoke of her funeral.

"That was probably the saddest thing I ever went to in my life. I walked into PHOTO CREDIT / JAELA JORDAN

the room, and I had to walk out because it was hard to breathe. She [Jaela] looked like the most beautiful angel in the world lying there in her casket," said Khabeiry.

Jaela impacted so many students at Loy Norrix, as

well as many students at Phoenix. The community continues to mourn her loss and she will never be forgotten.

NEWS

"There was never a dull moment when it came to Jaela. Ever. She always made you smile or made sure you were happy."

"She was one of the happiest souls I've ever met," expressed Huyck. "She had it hard, but she always managed to be so happy."

A small obituary was printed in the first issue of Knight Life, and it contained incorrect information about Jaela's date of death. The Knight Life Staff would like to apologize for the mistake and retract the incorrect date.

THE ANATOMY OF A CONGRESSIONAL CAMPAIGN

NORA HILGART-GRIFF EDITOR-IN-CHIEF

I've spent the last few months as an intern for the Paul Clements for Congress campaign. Paul was the Democrat running in southwest Michigan against our current representative Fred Upton, on a platform endorsed by Bernie Sanders and the nonprofit organization OurRevolution. I learned a lot about myself, my fellow Americans, and, despite the fact that we weren't victorious in winning the 6th district's seat in Congress, I learned about the path to that coveted Capitol seat in Washington, DC.



2

Announce: Tell the world (or your city, county, district or state) that you're running for office.



Hire your team: You need campaign directors, treasurers, speechwriters and advisors. You should also recruit people to create ads and people to do the nitty-gritty work: phone calls and canvassing (going door-to-door).



Create Your Message: Why are you running? What will you do? Why is that better than the other candidate? Timing is everything-what's the best time to share your message with the world? What's the best medium-TV, radio, phone calls, door-knocking? All of the above? Should you use negative messaging (my opponent is bad, because...) or exclusively positive

6

Get Your Head in the

(Ground) Game: Signup volunteers, interns, or hire more paid staff. Ground game—phone calls, canvassing, simply talking to voters—is how elections are won. Call, knock, repeat. Ask supporters to volunteer, and try to convince those mysterious and crucial undecideds. It's time to talk about how great your candidate is. **Strategize:** Now you're armed with a message, tweaked based on how it played with voters. Now that you've isolated potential supporters and potential attacks your opponent may use, it's time to strategize. Think about your position: are you an incumbent, a challenger, or are you running for an open seat? Will there be a primary? Do you have one opponent or many? Are the people in your area happy with their lot under the currently elected officials, or no? What are the big issues this election? messaging (I will make your life better if elected, by doing these things...).

Find Your Voters: Preliminary surveys of a variety of people participating in your election can tell you who might want to vote for you and who won't and why, what people like about your opponent and what they don't, what parts of your message resonate best with voters, and what your opponent might try to hit you on. It's important to start your campaign armed with this information. You can also obtain lists of voters, perhaps from other candidates or your political party. Registered Democrats, for example, can gain access through the party to Votebuilder via NGP VAN, a database of registered voters and likely democrats.



This is where people like me come in-I devoted 3-6 hours a week to the campaign, making phone calls, knocking on doors, registering voters, and performing any other task I was assigned. This is, believe it or not, a lot of fun. With plenty of food at the office and plenty of company, there's always a conversation to join, and people to celebrate when you actually reach a voter instead of a wrong beeping into your ear. There are more than enough high-fives to go around when you not only reach a voter, but one who will TALK TO YOU, and doesn't support your opponent. It's exciting stuff.

Equally as exciting is finishing your call list and getting a new one, or filling in a bar on a paper thermometer detailing the call goals for the week. It's how I imagine it feels to be elected president, or bite into a hamburger when you're really hungry-a good, good feeling.

A lot of people don't want to talk to you. I had more than one person inform me that they don't tell anyone who they're voting for, "not even my spouse!"

This surprised me. Coming from a family in which politics is not only a topic of discussion, but a practically daily fixture of breakfast-lunch-and-dinner conversation, I could hardly fathom loving and living with someone who has absolutely no idea about your political inclinations.

Many people just want to talk. I listened to a woman who'd had her car smashed by vandals and couldn't afford to fix the window with anything besides duct tape on her substitute-math-teacher salary. What, she asked me, would my candidate do about that? Then there was the man who said he would probably stay home because he didn't believe that any politician was really looking out for him.

"It's hopeless," he told me, "none of them care about you or me or anyone, besides their rich friends. I've given up."

There was a single mother who was terrified to lose her health insurance, which was barely supporting her son's serious medical condition. So many Americans, I found, were scared, standoffish, and barely hanging on.

I tried to listen, and encourage them to vote. There are, I told them, candidates who really do care about you and we need to get them into office.

Get Out The Vote (GOTV) Week: You have spent the last weeks and months identifying who is going to vote for you. You have spent minute after minute convincing undecided voters that your candidate is the candidate for them. At this point, you have done all you can. It is a week to election day, and persuasion time is over. Now it's time to reach out to your supporters and make sure they are, as the title suggests, getting out to vote. For almost any campaign, the script is pretty similar; we're expecting large turnout, so it's important to have a plan to vote. What time will you be voting? How will you be getting there? Do you need transportation provided? Do you know your polling place? It's all a matter of making sure the people who like you follow through, and do what counts-vote.

8 **Election Day:** D-Day. The moment of truth. If you think you get to relax and wait for the vote to come in, fingers crossed, you're dead wrong. This is the time to call in all your volunteers and doorknock like a madman. Make phone calls like you've never phone-called before. Get those supporters out the door and into the polling place. Remind people what materials they need to vote. Some states require photo-ID, but in others you can sign an affidavit, a document swearing that you are who you say you are. Some allow straight-ticket voting (ticking one box to select all candidates belonging to a certain party), and some don't. Be sure voters know that if they're in line by the time polls close, they can still vote. You're only done when the polls close. Then, you sit, you

wait, you cross your fingers. You think of the weeks and months behind you, and you hope-or pray-it was enough.

Donald Trump Elected 45th President Of The United States

It has been one of the most intense and heated elections in American history, and now the results are in. Donald Trump is the United States' president elect. With around 129 million votes counted, only 55% of those eligible to vote cast a ballot in this election. It's the lowest voter turnout since the election of 1996 between President Bill Clinton and Republican Bob Dole. The election results placed Donald Trump as the winner by 74 electoral votes over Hillary Clinton.



LN students react to the 2016 Presidential Election



Liana Luciano, Junior

"I was really scared honestly, I checked the internet. I was terrified, because in my opinion he doesn't care about anyone, he wanted to be president to be famous. He bashes everyone, not just women, he goes after every minority."



Christian Jiemez, Senior

"I was actually surprised. I didn't think he'd actually win. I was a little scared he was gonna deport me too."



Nick Stamper, Senior

"I was very upset, because I don't think very many people understand the implications that are at stake here for many groups of people who call this place home. However, it happened, there's nothing we can really do about it, and we have to move on and accept it."



Hailey Timmerman, Senior

"It was shocking and disappointing, but I'm not scared because there's checks and balances in our government and I feel like a lot of the things he said were to get attention and he's not gonna follow through."



Dantario Shannon, Freshman

"I found Donald Trump being elected to be very peculiar because of all the things he stated in his press confrences and all those things. It's crazy people even voted for him with all the racial accusations he was saying. It's weird.



Emma Hilgart-Griff, Freshman

"It's the DNC's fault because if Bernie [Sanders] had been our candidate, he would've beaten Trump, but Hillary didn't because of all the stupid things she's done, like the emails. It's the DNC's fault, they rigged it [the Democratic



Alejandro Sanchez, Freshman

"To be honest I was surprised, I thought Hillary was gonna win. I don't know, it's just crazy, I hope I stay here in the US. They said the illegals are the ones leaving. I feel like I'm gonna stay. Hopefully nothing goes badly.



Will Carrier, Sophomore

"I was perfectly fine with it honestly. Actually I'm kind of excited to see what will come in up these next four years."

Dakota Access Pipeline Protest Ends in Victory

HANNAH PITTMAN OPINION EDITOR

One thousand one hundred and seventy two miles tribe on the reservation. of underground pipeline are planned to span across the midwest with the construction of the Dakota Access pipeline (DAPL). The pipeline is under construction by Dakota Access, a subsidiary of Energy Transfer Partners. Starting in the northwest region of North Dakota and traveling to an oil tank farm in southern Illinois, the pipeline is a huge project.

The DAPL is controversial because of the potential impact on the environment, as well as the fact that it crosses through the Standing Rock Indian Reservation in North Dakota.

The purpose of the pipeline is to create more reliable transportation to refineries, and improve overall safety in transportation. However, the DAPL is controversial because of the potential impact on the environment, as well as the fact that it crosses through the Standing Rock Indian Reservation in North Dakota. The crossing could potentially damage the water supply for

the population of the Sioux In early planning, the pipeline was proposed to go northeast of Bismarck, ND. However, the U.S. Army Corps of Engineers (USACE) rejected that route because of the potential drinking water threat to the city, which is populated by primarily white people. The plan was then changed to go through the Standing Rock Reservation and Lake Oahe, threatening the drinking water

of the reservation's residents. Jesse Jackson, an American civil rights activist, has called it, "the ripest case of environmental racism I've seen in a long time."

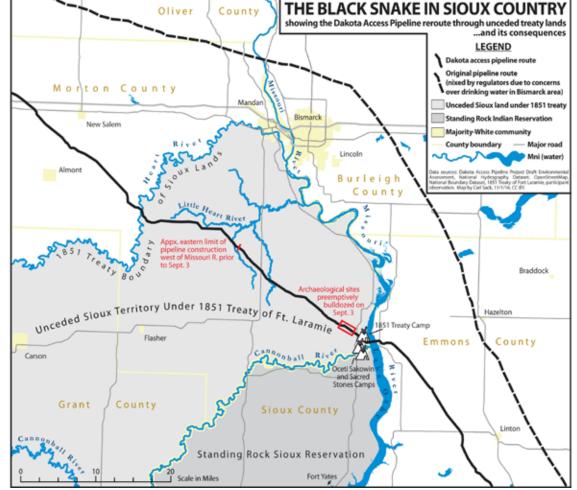
Over the last six months, thousands of Native Americans and many other supporters have gathered at Standing Rock to protest the pipeline. It has become the largest gathering of Native Americans in one hundred years.

> Police became aggressive again on November 20th when they fired water cannons at the protesters in below freezing temperatures.

The protests began in April of 2016 at the Sacred Stone Camp, and it gained national attention in September 2016 when security used attack dogs against the protesters. The dogs attacked at least five protesters. A video of the attack was posted on YouTube and went viral.

> The U.S. Army **Corps of Engineers** (USACE) rejected that route because of the potential drinking water threat to the city, which is populated by primarily white people.

In October, officers in riot gear attempted to force protesters out and riots arose. The officers used pepper spray as well as bean bag rounds on the protestors. Bean bag rounds are typically used to temporarily subdue a suspect, but cause no long term damage. The officers also used a high pitched sound device in an attempt to disperse the crowds. Some protesters became violent and lit fires to hold the police off. Police became aggressive again on November 20th when they



GRAPHIC CREDIT / CARL SACK (HUFFINGTON POST)

fired water cannons at the protesters in below freezing temperatures. At least twenty-six protesters were injured. The police reportedly used tear gas and rubber bullets against the protesters as well.

On December 4th, 2016, the USACE announced they will not be granting permission for the pipeline

to cross under Lake Oahe. Oahe is a burial site sacred to the Standing Rock Sioux and supplies the drinking water to the over eight thousand people who live there. President Obama worked with the USACE to come to this decision. The decision is a huge victory for the Standing Rock Sioux tribe as well as Native American tribes across the

country. The Standing Rock Sioux tribe and its activists erupted into celebration at the announcement. Many were seen hugging, crying and calling out war cries after hearing the news that their efforts to preserve the reservation had paid off.

ARTS & ENTERTAINMENT



MOANA A NEW AGE PRICESS BREAKS THE MOLD **MAGGIE LAGER** ASSISTANT WEB EDITOR necessary.

Disney has truly outdone themselves with their latest animated film. A princess story like no other, "Moana" is a film that speaks to the heart and soul of everyone and anyone, regardless of age or gender.

The film follows young Polynesian princess, Moana (voiced by Auli'i Cravalho), on a quest to restore the heart of the sea to it's rightful owner and, in doing so, save her homeland. Of course, she isn't entirely on her own. First, Moana and her pet chicken, Heihei, must find Maui (voiced by Dwayne Johnson), the shapeshifting individual who is held responsible for stealing the heart of the sea in the first place.

This film, like most Disney films, although targeted at kids, is more than just a children's movie. "Moana's" modern and innovative animation, breathtaking original soundtrack by Lin Miranda, author of the Broadway musical Hamilton, and timely themes make the film a must-see for people of all ages.

While "Moana" is an entertaining film, Disney obviously intended to send some important messages to its viewers as well. Common themes throughout the film include the power of teamwork, compassion, and resilience. "Moana" demonstrates to viewers, young girls in particular, that no matter what challenges you are currently facing, they can be overcome, first and foremost, by believing in and loving yourself. Although, a little help along the way may be

Moana has love and compassion for everyone, be it a chicken or a thief, and she demonstrates through her actions that everyone has something to offer, regardless of their past, intelligence or ability to express themselves through words.

"Moana" is an important and revolutionary film in that it is so different from all of the other princess movies Disney has created. With a few exceptions, previous Disney princesses have done the things that you would expect them to do. They lull around the kingdom, meeting men and singing to birds. Unlike princesses of the past, the only thing about Moana that inherently makes her a princess is the fact that she is the daughter of a King and Queen. If it weren't for that, the title superhero would be more appropriate.





"FANTASTIC BEASTS" IS UTTERLY FANTASTIC SIDNEY RICHARDSON NEWS EDITOR

For all those who love the Harry Potter franchise, there's another new addition to JK Rowling's Wizarding World. "Fantastic Beasts and Where to Find Them" is the latest installment in the world of Harry Potter. However, this story features an entirely new cast of characters. Taking place in the 1920s in the American magic community, it follows collector of young magical creatures and Hogwarts (the British school for wizardry) dropout, Newt Scamander, played by Eddie Redmayne, as he travels into the foreign land. He is accompanied by a disgraced official Perpertina Goldstein, played by Katherine Watson, her sister Queenie Goldstein, played by Fine Frenzy, and muggle entrepreneur Jacob Kowalski, played by Dan Fogler.

This unlikely group of individuals who hardly know each other have to work together to catch a multitude of magical beasts that have escaped from Scamander's possession. To do this, they must dodge officials from the American version of Britain's Ministry of Magic who are trying to maintain their strict statute of secrecy. The American wizards forbid interaction with muggles, or, as they call them, no-maj's. This is far different from the rules we have come to know from the Harry Potter series, where there are even marriages between those with and without magic.

While it doesn't play a large role in the film, there is a looming threat found in Gellert Grindelwald. Grindelwald, as many Potter fans know, was a childhood friend of Albus Dumbledore, Hogwarts' headmaster, who terrorized the wizarding world a generation before we met Tom Riddle, the man who faces young Harry Potter as Lord Voldemort, a notorious villain.

As per usual, filmmakers did an amazing job at actualizing the fantastic creatures that Rowling's world has brought us. The story pulls you in and leaves you wanting more. After seeing this movie, you find yourself wanting to know and see more of what this new series has to offer.

The American setting, while off-putting at first to those who are used to seeing Rowling's work set in the United Kingdom, is a great change of pace as the wizarding communities in the respective areas are far different from one another. It is definitely a film that piques one's curiosity.

Rowling has surely outdone herself in satisfying her fans' hunger for another look into her magical universe. This is a must see movie for those who love her past works as well as anyone looking for an exciting and intriguing film.

HANDMADE KALAMAZOO SUPPORTS LOCAL ARTISTS

PEACE, POWER, AND PEOPLE

Martini's Kalamazoo in collaboration with Loy Norrix student journalist presents: A neighborhood spotlight on local dreams



to be informed about the story behind the maker and behind the product itself.

Another amazing thing about Handmade Kalamazoo is the connections they have with their customers. For instance, Alazzawi told Knight Life about a customer she had in last week, an elderly mother and her daughter who had just lost her husband. They came to Kalamazoo to donate some of her late husband's personal goods and do some final things relating to their loss. The two women noticed a hand-painted image of a Gibson guitar. After Alazzawi chatted with them for a while about the piece of artwork and the story behind it, the daughter messaged her the next day and explained how stopping in and meeting Alazzawi and talking to her about everything really made her mother's day. Handmade Kalamazoo and Alazzawi herself don't just sell "stuff," they sell items with stories and people behind them. "It's worth the extra money to buy local because you're supporting people in the community and a lot of times the item is better quality," said senior Maggie Swafford, who loves to shop at local Kalamazoo businesses. Swafford also tells Knight Life, "I enjoy doing my holiday gift shopping at Handmade Kalamazoo." Handmade Kalamazoo has an extensive fan base. Customers come in and buy T-shirts and send them to people around the world who take photos in the shirts, which in turn helps spread the word about the company around to more and more people. Alazzawi explains how people who invest in her brand tend to be customers for not only their lives but for their children's lives. This was proven when Alazzawi said, "Families who have had babies in the Made in Kalamazoo] onesies and now are around

five years old rocking the [Born and Raised Kalamazoo] t-shirts."

Location is important to a business. If you know anything about the Vine

PHOTO CREDIT / JOSH WILD Handmade Kalamazoo owner and founder Missy Alazzawi standing behind the counter in the Handmade Kalamazoo storefront.

JOSH WILD SOCIAL MEDIA TEAM

Small businesses are one of the best things about living in towns and cities. Here in Kalamazoo, Knight Life News recently met a small business owner Missy Alazzawi. Alazzawi owns Handmade Kalamazoo, a small art and t-shirt shop in the historic Vine neighborhood. The shop sells high quality handmade shirts and a variety of art from local artists.

Alazzawi was born and raised in Kalamazoo, just like one of her best selling shirts reads. Alazzawi graduated from Kendall College for the Arts in 2010 with a Bachelor of Fine Arts in graphic design. Alazzawi explained how her college degree has helped her design Handmade Kalamazoo's website and all of their T-shirts.

Handmade Kalamazoo is new to being a permanent shop. While Alazzawi was studying at Kendall, she and her partner Bailey Mead opened Handmade Kalamazoo as a pop-up shop where they would only be open at a location for a month or two before moving to a new location. Strangely enough their permanent location now occupies the site of their very first pop-up shop, 509 Vine Street.

"For the last five years we have been doing pop ups. We have been in our current location [the permanent shop] for only six months," Alazzawi said.

What's unique about Handmade Kalamazoo is that Alazzawi and Mead help their local artist friends by allowing them space in their store to showcase and sell their merchandise. Everything else in the shop, besides the handmade T-shirts, are made by other local artists.

Alazzawi explained that the purpose of Handmade Kalamazoo is to "promote and market other people's stuff." Handmade Kalamazoo wants to "create a space for people to promote their own business," said Alazzawi.

Alazzawi also informed Knight Life, about how they don't only own Handmade Kalamazoo they also own and run Ma Zawi graphic design.

Ma Zawi is a graphic design company that strives to help local businesses, such as Kaleamazoo Chips, Kalamazoo Barre Studio, and Kalamazoo Collective Housing set up their websites and help with the new businesses branding.

Alazzawi explains that she loves all of the products in her store and feels that every item that she has in the store is the best. Each item has a story and so does the artist who made it. When a customer comes in to Handmade Kalamazoo, they have the option



neighborhood and how it's home to a large number of young adults and new families, you also know that Handmade Kalamazoo is in the perfect location.

"Owning a business is hard, you work all the time, you do everything. But what keeps you going is your customers" said Alazzawi.

Alazzawi explained how she thinks that Kalamazoo is great for a small business owner, since Kalamazoo offers many incentives for people to start their own business and even has programs to help fund small business start-ups, such as the grant that was given to Handmade Kalamazoo to help them open up their first shop.

Alazzawi explains how she's been running a pop-up shop at the Kalamazoo Farmer's Market and had people come up to her and say things like, "I'm not spending that much on a T-shirt, I can get that shirt at Target for ten dollars."

However, this isn't true; the shirts made and sold at Handmade Kalamazoo are unique. While Target buys millions of shirts, Handmade Kalamazoo only buys 27 high quality shirts for each batch that they screen print by hand. However, even in an awesome town like Kalamazoo, there are still some people who aren't willing to spend \$27 on a high quality t-shirt. Sure, if you just need a new shirt you can go and get a ten dollar Target shirt, but when you buy and wear a "Born and Raised" shirt, you wear it because it strikes something in you and because you love Kalamazoo, and you support a local artist.

PHOTO CREDIT / JOSH WILD

Handmade Kalamazoo owner and founder Missy Alazzawi standing behind the counter in the Handmade Kalamazoo storefront

ARTS & ENTERTAINMENT

"THE BOOK OF MORMON" SHOCKING, OFFENSIVE AND WONDERFUL

RACHEL ZOOK LAYOUT EDITOR

There are certain things that you want to bring your parents to; baseball games, museums and parent teacher conferences (when you have decent grades). Everyone knows that watching a romantic movie with them should be avoided at all costs, but there are some things that you always expect to be family-friendly. As someone who doesn't know much about theater, I assumed that musicals were one of those things. If you are anything like me, then "The Book of Mormon" will quickly change this naive assumption.

"The Book of Mormon" is a musical that pokes fun at Mormon mission trips and social issues such as race, poverty and sexual orientation. I made the mistake of taking my dad to see it at Miller Auditorium. Being that he is a wistful theater geek and his birthday was coming up, I saw this as the perfect present. So we set off for dinner on campus, and even though I could say a lot about the burrito that left him a bit under the weather, that's another review for another time.

The night was already off to a shaky start after what I'm calling The Burrito Incident so I was excited to just get to Miller and see the show, but of course, we encountered another bump in the road due to my lack of attention to dates. Despite having actually booked tickets for Sunday, the nice people at Miller graciously allowed us to trade tickets to see the musical that night.

So as we set off to find our seats, I noticed something. Some people were dressed quite nicely, in beautiful gowns and collared shirts, and some were dressed like they had just come from class. Now I, not knowing much about the show but assuming that theater equaled classy, was dressed as fancily as any 17 year old can will herself to be on a Wednesday night out with her dad. It may seem like an insignificant thing to notice, but it's small details like these that should have indicated just what type of show I was about to watch.

"The Book of Mormon" is many

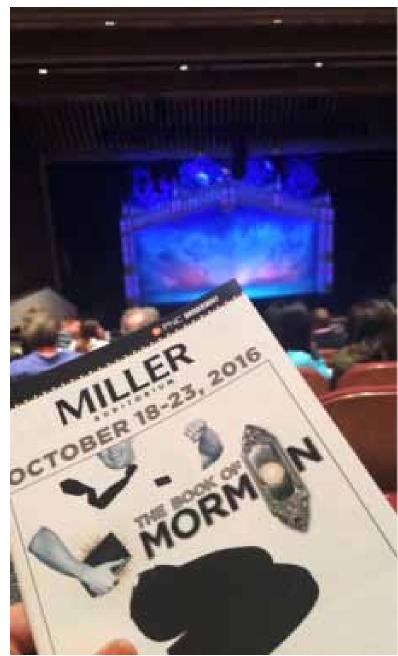


PHOTO CREDIT / RACHEL ZOOK The opening set of "The Book of Mormon" at Miller Auditorium, along with the playbill. The show will continue touring the country until August of 2017.

things. It's vulgar, it's offensive and it's definitely not something to bring your religious father to see as a birthday present (seriously, I'm talking sex jokes and sacrilege galore). Coming from the minds of Trey Parker and Matt Stone, the creators of "South Park," what else could anyone really expect? It's very apparent that the people who wrote a television show starring fourth graders who range from morbidly obese and anti-semitic to being the children of full blown drug addicts wrote this musical.

If you're looking for something a little more tame to see on your next trip to Miller Auditorium, just about anything else will fit that criteria. However, as Parker and Stone do with "South Park," they somehow manage to create something that's shocking and ugly, but still fresh and not crass just for the sake of being crass.

I am not the kind of person who typically enjoys theater. When I think

theater I think Shakespeare and Tennessee Williams, mostly old or serious shows that don't really strike me as being overly entertaining. This show truly did completely change my perception of what theater is and has the potential to be. The singing was phenomenal, the dancing made me want to get out of my seat and join in, and after all the jokes it wasn't just the burritos that were hurting my stomach.

I would praise individual cast members if I thought that some stood out above the others, but this was not the case. Every single person involved was fantastic. The sets were beautiful and immersive, the songs ranged from touching, emotional numbers about characters struggling with personal conflicts to huge dance scenes centered around tricking two unsuspecting Mormons into giving the middle finger to God.

> The singing was phenomenal, the dancing made me want to get out of my seat and join in, and after all the jokes it wasn't just the burritos that were hurting my stomach.

Despite wishing I had taken literally anyone else with me to see "The Book Of Mormon," I thoroughly enjoyed the entire thing. I've been dragged to my fair share of shows around Kalamazoo, but none have left me wishing for an encore like this one did.

If readers can take away anything from this review, I want it to be that I would recommend this show to anyone who is skeptical of how entertaining and current theater really can be, even if you are someone like me who has never been compelled to go to plays or musicals of your own accord.

Go, experience "The Book of Mormon" in all of its politically incorrect glory, and whatever you do, do not bring your dad.

UNIQUE PRODUCER MAKES HIS MUSIC KNOWN BAILEY HANDLEY SOCIAL NETWORK TEAM



PHOTO CREDIT / BAILEY HANDLEY Loy Norrix senior, Jonathan Wilson, smiles for a photograph while talking about his passion for music. His music has made him a popular artist around Loy Norrix.

Loy Norrix senior Jonathan Wilson has had a passion for music ever since he was a young boy. Born in Chicago, Illinois, Wilson moved to Kalamazoo, Michigan when he was six months old. Wilson started writing and making his own music at nine years old after listening to a lot of R&B music. Getting a feel for making music at such a young age has shaped Wilson into quite a unique and popular artist around Loy Norrix High School.

"My mom played a lot of oldies and Motown while I was growing up. Listening to my role models and their melodies inspired me to start my music career," said Wilson.

Andrew DeHaan, a senior at Loy Norrix and close friend to Wilson, is one of Wilson's most loyal listeners. About two years ago he listened to Wilson's music for the first time and ever since then he has listened to everything Wilson releases.

"Jonathan's music gets better and better with everything he releases. Hopefully, more people start to listen to him as his musical talent increases," said DeHaan. "If he really buckles down and makes music a priority for himself, I believe he can take his music as far as he wants to

TWO DIFFERENT GENERATIONS, ONE PASSION FOR COMIC BOOKS



Adam Hosler, the calculus teacher at Loy Norrix, (left) and freshman Liam Dalrymple (right) look through their comic books during spare time. Hosler has a great love for Captain America while Dalrymple favors Batman.

SEBASTIAN RODRIGUEZ GUEST WRITER

When freshman Liam Dalrymple walked into Fanfare Comic Books for the first time he had no idea it would change his life forever.

Unlike most high schoolers who rely on their electronic devices for entertainment, Dalrymple finds amusement by reading comic books.

Dalrymple has a little over 50 comic books. Although he hasn't read all of them, he still enjoys collecting them. Dalrymple is much like Adam Hosler, the precalculus, calculus and AP calculus teacher at Loy Norrix High School. Like Dalrymple, Hosler got into comic books at a young age and has been collecting them ever since.

"I probably have 10-15 thousand comic books worth almost \$40,000," said Hosler.

While Dalrymple's collection is much smaller, he hopes to someday grow his collection to resemble Hosler's.

Both of these individuals are very similar although they were brought up in different eras.

Hosler grew up in the 1980s and relied on comic books as a way to escape the real world. Dalrymple sees comic books in the same light and uses them for the same purpose Hosler does. Hosler and Dalrymple both prefer Fanfare to fulfill all of their comic book needs. Fanfare is a locally owned comic book shop located on the corner of Westnedge and Kilgore.

When it comes to comic books, Hosler and Dalrymple both prefer paperback comics to digital comics.

"They [paperback comics] are a lot more collectible and have a better value and worth," said Dalrymple.

Hosler agrees. "I still have to have the actual paper in hand. I have some digital stuff, but I just like the feel of the comics themselves," said Hosler.

"My favorite superhero is Batman because he [Batman] doesn't have any superpowers but he still manages to take down some of the strongest villains," said Dalrymple.

Batman is an orphan billionaire who handles Wayne Enterprises by day and fights crime at night. Batman was created by DC in 1939.

"My favorite hero would have to be Captain America, I just like the look and the stories," said Hosler.

Captain America is a World War Il hero who has super serum injected into his body in order to become a super soldier and fight the Nazis and Hydra. Captain America was created by Marvel in 1941. Two of the main comic book publishers are Marvel and DC.

Marvel was founded in 1939 under the original name of Timely Comics by Martin Goodman. The first comic published by Marvel Comics was called "Marvel Comics #1." Marvel has undoubtedly grown into one of the biggest corporations in the world, all thanks to the comic book publishings that Hosler and Dalrymple both treasure dearly.

DC was founded in 1934 by "My favorite superhero is Batman because he [Batman] doesn't have any superpowers but he still manages to take down some of the strongest villains," said Dalrymple.

In 2009, Marvel Enterprises was bought out by The Walt Disney Company for \$4 billion dollars, and since then has brought in a whopping \$8.5 billion dollars in the global box office, according to "NEWSARAMA," an American website that publishes news, interviews and essays having to do with the American comic book industry. Malcolm Wheeler-Nicholson under the original name of National Allied Publications. The first comic released by DC was "New Fun: The Big Comic Magazine #1," which was released in February of 1935.

DC has also had a lot of cinematic success with movies such as The Dark Knight (2008), which is often regarded as one of the greatest movies of all time due to Heath Ledger's breathtaking portrayal of The Joker. His performance is often seen as better than Jack Nicholson's portrayal of The Joker in the 1989 Batman movie directed by Tim Burton.

Comic books are an integral part of American History as they have always been available when the American people needed a hero figure. Prime examples of this are Captain America and Superman who were available to the American people during World War II.

Superman and Captain America gave the American people hope that someday the world might be a better place and they continue to instill that same hope in Dalrymple and Hosler today. Wilson's music inspires a variety of emotions in its listeners.

"Jonathan somehow balances completely joking around and getting the job done, which is my favorite part of working with him. When the product comes together, it is awesome to hear because we know everything that we put into the process was finally worth it," said Rinehart.

"It all depends on the type of song he makes. Some songs are more of a hype song, like 'Trap Song,' that gets you motivated and energized, and others are more mellow and get you in your feelings, like 'Searching for Arizona," said DeHaan.

James Rinehart, a senior at Loy Norrix and musical partner to Wilson, has made multiple songs with Wilson and has a great time doing it.

"Making music with Jonathan is fun for the most part. He is very talented and there is a lot of goofing off that goes on in the music making process, but when he gets to work he goes into a mood where he cannot be stopped." Rinehart continued, "He has multiple talents and knows what sounds good for his type of music. He doesn't listen to anyone else's opinion when it comes to making his music because he makes music that he wants to hear."

To Rinehart, there a couple things that makes creating music with Wilson so enjoyable.

SEE UNIQUE PRODUCER PAGE 6

FEATURE

COMPARING AND CONTRASTING: IPHONE 6 AND IPHONE 7



6

ERIKA WAGONER ASSISTANT LAYOUT EDITOR

As the tradition continues for Apple products, the new iPhone 7 was released on September 16th, 2016. Senior Rachel Thompson is one of the few students who got their hands on the highly demanded phone by preordering the phone before its release date.

When asked what she likes the most about the phone Thompson said, "The camera, it focuses so nicely and it's very clear."

One of her complaints like many other iPhone 7 users is the new design that excludes a headphone jack. This means the iPhone 7 user must purchase the new AirPods that Apple has created to accommodate the loss of the port. "You get headphones that go with it that go through the lightning port

but it's still not the same," explained Thompson. "It comes with a dongle [type of adapter] to adapt headphones but it makes things difficult because you can't just grab a pair of headphones, you have to make sure they fit [the adapter port] first."

With the many new qualities added to the iPhone 7 there's no questioning why it became sold out in many cell phone stores around the world for about a month after it was released.

The cost of the iPhone 6 ranges from \$199-\$399 depending on the storage size on the phone, while the iPhone 7 costs \$649-\$769 due to it being a new phone.

"I recommend the phone because it's very nice, cool and sleek," said Thompson. When asked if she had to choose between the iPhone 6 and the iPhone 7, she said the iPhone 7 without any hesitation.

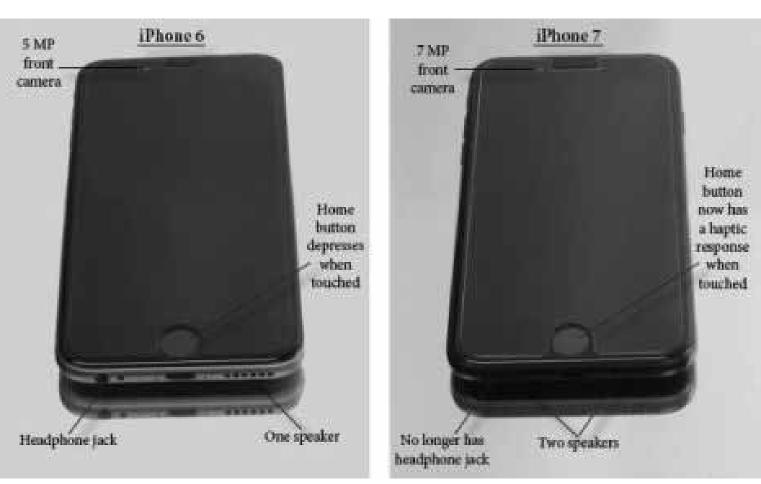


PHOTO CREDIT / ERIKA WAGONER

On the left is the iPhone 6 and the right is the new iPhone 7. This photo compares the physical differences between the two.

FROM UNIQUE PRODUCER PAGE 7

"Jonathan somehow balances completely joking around and getting the job done, which is my favorite part of working with him. When the product comes together, it is awesome to hear because we know everything that we put into the process was finally worth it," said Rinehart.

Wilson makes music not only for himself but for others as well. He makes music as a form of expression and to release emotions, which he does in such a creative way that a variety of different people can vibe to. Music is his passion and he enjoys making it for his listeners. Not only are his listeners people who support him as a young, up-and-coming artist, they listen because they enjoy the way his music makes them feel.

Wilson wants to take music far into his future but he isn't going to force something that isn't there.

"I'm optimistic on where my music will lead me, but I just let it do its own thing. I make what I make and you can take it or leave it. We'll see where it takes me, I'm not one-hundred percent sure yet," said Wilson.

Wilson has plenty of listeners throughout Loy Norrix and the community, but he wants his music to reach even more people.

"Man, just let everyone know to go visit floatwjon. com and give my music a listen. I need everyone to come float with Jon," said Wilson.



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NIVERSITY OF MICHIGAN

FEATURE 7 BUILDING COMMUNITY IN THE AMERICAN CLASSROOM



PHOTO CREDIT / FRANKIE STEVENS Becky Cooper helps students in her ATYP AP Literature & Language class at Western Michigan University. Pictured from left to right Becky Cooper, Emma Michael, and Lily Dorstewitch.

AIDAN LANE GUEST WRITER

"If somebody has been kicked every time they try to get up, or they feel that way, they'll stop trying," said ATYP teacher, Becky Cooper before the beginning of her AP English Literature class at WMU.

Cooper's class is based around a fundamental theory of education that seems to be lacking in the average U.S. classroom: the concept of community.

In the first world spectrum of education, the United States is considerably stunted in its students' academic performance according to The Organization for Economic Co-operation and Development (OECD) test scores. Once an educational powerhouse, the U.S. has failed to make strides in improving its education system. While other countries excel at at finding new and effective learning methods, the U.S. has fallen behind. Students in Finland, for example, have been outperforming U.S. students for over a decade, by over 30 points on average, leading the world in education reform.

Although many social and political factors were involved in the educational restructuring in Finland, a particularly interesting aspect of the change includes advanced teacher education and classroom inclusivity.

During Cooper's education for teaching in an alternative high school environment, she and many other teachers were reminded that they were nowhere near as important as their students.

"It gave the instructors tools for ending a conflict cycle, instead of having our egos in the forefront of the classroom. It reminded us that it's about the students," said Cooper, referring to techniques she's learned for dealing with problems in the classroom.

The absence of student emphasis seems to be a grievance of many students throughout the nation.

"I think definitely that classes this year are drill-sergeant orientated. I feel like for most of my classes, we are learning to a test instead of learning creativity and such," said disheartened sophomore Ellie Nagel-Bennett.

This is a belief not only held by Nagel-Bennet, but by students in general. The Department of Education's push for increased standardization in the public school system during recently has played a large role in this feeling. As community diminishes in the classroom due to increasing impersonal tests and standards and students become distant, quality of education declines, straying from its full potential. A key factor in this community environment is an attitude of acceptance and equality.

"We need to look at how we're approaching students, how our own biases and prejudices affect our leaning in the classroom," Cooper said.

Professional essays such as "Alternative Schools: The State of Art" support the notion that students are rarely the problem; the fault lies primarily with the classroom. If students do not feel accepted in their schooling environment or even the surrounding community, then exceptional or even adequate academic performance cannot be reasonably expected.

A strict educational hierarchy exists in the American public school system, treating the nation's pupils more as mass produced workers than yearning disciples in need of nurturing. Although an instructor is needed in the classroom, the current structure causes many students to feel like they are insignificant, wasting their time, and taught tests, not how to understand material.

"I feel like I'm wasting my time in half of my classes," sighed junior Carter Keck. Keck, just like many other kids in class, feels a lack of motivation and connection within the classroom. School seems more like a meaningless system than a scholarly community.

A multi-faceted approach is needed to solve the educational divide.

"It's a community issue, it's a structural issue, it's an individual issue, it's my relationship with the student," said Cooper.

Once community is finally integrated into the classroom, American education can become competitive in the modern global market. As students start to feel like they are in an environment where they can prosper, the attitude towards learning changes in a positive light, fostering a new generation of American citizens adequately prepared for the strenuous complexities of life.

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FEATURE

THE HOLIDAYS THAT LOY NORRIX STUDENTS CELEBRATE

JONNIE PALONE & BILL BOWSER

Winter is a time when most cultures and religions celebrate what is significant to them. Christmas is one of the most widely celebrated in America. Several holidays are also celebrated, traditions like Hanukkah, Kwanza, Ramadan. A wide of variety of these holidays are celebrated here at Loy Norrix. Often, people will celebarte more than one of these holidays.

PHOTOS & ILLUSTRATION / JONNIE PALONE

CHRISTMAS TRADITIONS CELEBRATED AT LOY NORRIX



Dontavier Smith, Freshman "When my family celebrates Christmas, we all get together at one house and we all open our presents at the same time."



Carly Loken, Freshman "When my family celebrates Christmas, we all go to my grandparents house and I get to see my cousins. I'm looking forward to seeing all my family again and not having school."



Rowan Mathieson, Sophmore "I celebrate Christmas but the other side of my family celebrates Hanukkah. When I was little I would always get hot sauce in my stockings. My whole family from all over the state will come down and we'll socialize or watch a game if one is on."



Danielle Broadhagen, Sophmore "This Christmas we're going to Key West, Florida and traveling down all the keys. I enjoy opening presents. Every year we go over to my grandmas house and open presents. Last year was memorable because got a donkey."



Resse Palen, Junior "Every year, before Christmas we go down to my grandparents house and celebrate it with all the family on my mom's side. And the during Christmas we got to visit my dad's side. We all have dinner, watch TV and do stuff together as a family."



Dylan Raab, Junior

"My family and I celebrate Greek Christmas, which is a week before Christmas. We eat lamb at dinner and we have a traditon of breaking eggs together for good luck. Who ever's egg breaks last has good luck for the year."



Joshua Killingsworth, Senior "I celebrate Christmas around this time of year, more like the holly jolly commercialized Christmas mainly, I enjoy the aeshetic. We decorate, have family over on Christmas Eve and we all have dinner."



Jonah Haw, Senior "We put lights on the house and get a nice tree two or three weeks prior. We decorate the tree and have wreaths all over the house. We buy presents for each other and open them on Christmas day, we also go to church every Wednesday during the Advent. And on Christmas Eve, we have a big dinner."

TRANSPORTATION AT LOY NORRIX AFFECTS STUDENT LIFE

JONNIE PALONE A & E EDITOR

The first day with your own car and license opens a whole new world of freedom and opportunity to do what you want when you want. Having a car gives students the independence and freedom to work around their own schedule. Many of the students at Loy Norrix High School drive themselves to school with their own car and have their driver's license. Having a means of transportation can be life changing as it makes getting around much easier and more manageable for students. Students benefit from having the freedom to drive themselves to school. To park at Loy Norrix, students must have a Loy Norrix parking pass on their car window. According to Loy Norrix campus safety, last year approximately 150 to 200 parking passes were issued for students. Students that drive themselves to school have to pay for gas and keep up on car maintenance. Those that drive to school either get money from their parents or support themselves with a job. Students often drive their parents cars to school but also get their vehicles for their birthdays or save up money from part-time employment to get a car. Danny Mailloux, a Loy Norrix senior, has been driving himself to school since the beginning of sophomore year and drives a Mazda MPV van.

continued, "It's easier to come to school when you drive yourself because I can get there at my own pace and not have to worry about anyone else getting me there flexibility in the morning.

"Getting up for school is a lot better with a car because you can wake up later and get to school on your own time," said Mayer.

Preferred Method Of Getting To School

There are many benefits to getting your license in high school, and driving to school is one that stands out to many students.

"Having a car lets me have the independence to drive to school when I want, so I can get there on time without having to rely on anyone else." Mailloux late or too early."

Thomas Mayer, a junior at Loy Norrix also drives himself to school daily. Mayer has been driving since the beginning of this year. He got his license the day he turned 16.

Getting to school in the morning can be hard for some students once they get their license. With added freedom students now have more responsibility to overcome the desire to sleep in.

"Having a car makes it easier to get to school and you can sleep in longer in the morning," said Mayer.

"Having a car would allow me more freedom as to what I'm doing, so if I want to hang out with friends, I could do that easily. Just getting to and from work would be a lot more convenient," said Machin

A lot of students have to wake up very early to catch their bus or ride to school with their parents.

According to Kalamazoo Public Schools students have to be prepared to catch their bus within at least a 15 minute window on top of getting ready for school. Students have to go outside and be prepared for their bus to arrive 15 minutes early. Students that drive themselves manage their own time and have more Driving is a goal that students reach for during high school, but for those who do not have a car take other means of transportation.

Noah Machin, a senior at Loy Norrix, has been riding the bus his whole high school career and continues to because he has not gotten his driver's license. Driving a car can make life a lot better, especially if you have a job or a busy schedule. Machin feels having a car could impact his life positively.

"Having a car would allow me more freedom as to what I'm doing, so if I want to hang out with friends, I could do that easily. Just getting to and from work would be a lot more convenient," said Machin.

Although many prefer to drive themselves to school, riding a bus can be fun and rewarding also. When you ride the bus you can see friends and talk to students you normally wouldn't see or hang out with.

"It allows me to spend time with some of my friends that I may not see or talk to during the school day," said Machin.

Transportation is something that affects all students lives. Students manage with taking the bus daily, but if you have a license you can experience the flexibility and freedom student drivers have. Make getting to school a priority whatever your method of transportation is.

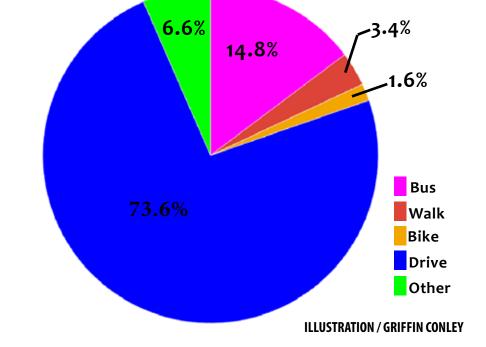




PHOTO CREDIT / JONNIE PALONE

Junior Deangelo Sanders walking to his bus with a grin at the end of the day. Sanders walks down past the gym to catch his bus.

FEATURE

THE BOOK OF MORMON'S GABE GIBBS VISITS LOY NORRIX DRAMA STUDENTS

GRACE MARSHALL WEB EDITOR

In a recent review in Loy Norrix Knight Life, Rachel Zook called the Broadway musical, "The Book of Mormon," "shocking, offensive, and wonderful."

On Friday, October 21st the Loy Norrix drama students were visited by special guest, Gabe Gibbs. Gibbs is currently playing Elder Price in the second national tour of "The Book of Mormon." Gibbs was born in Muskegon, MI but later moved to Rochester where he met Paige O'Shea, the Loy Norrix drama teacher. O'Shea asked Gibbs to come talk to her students as a professional actor, give them advice and answer questions they had.

"My biggest take away from what Gabe said is to just be yourself. If acting and singing is something you want to do just go for it. If it doesn't work out then try something else, but if it's something you love you'll find a way to do it," said Loy Norrix junior Grace Erway.

Erway has played roles in two shows at Loy Norrix, Penelope Pennywise in "Urinetown", and Rosie Alvarez in "Bye Bye Birdie". Gibbs went to Emerson College in Boston, MA where he studied musical theater and later switched his major to acting. After graduation, Gibbs moved to Los Angeles to pursue acting in film, television, commercials, and theater.

Towards the end of his visit, one student asked Gibbs what his biggest piece of advice for students was.

"It's so much more about working hard and showing up and being kind. There will be people that are better than you but people [in the acting industry] want to work with nice people," said Gibbs.

"I found Gabe's advice very helpful. I think in the theater world that you very rarely hear that you're wanted and so having a very successful adult who has chosen theater as their career, tell you that theater is important and that you as an actor in training are important, is very refreshing," said Erway.



PHOTO CREDIT / GRACE MARSHALL

To answer Sophia Boismier's question about the differences between T.V. and theater, Gibbs pretends to break up with Boismier two different ways, like he would on stage, and in front of a camera.



PHOTO CREDIT / GRACE MARSHALL

Gibbs explained how film was all about actions and theater is all about text. Gibbs illustrated this point with an exercise where he had one student stand on the other side of the room while he silently used body language and a door to indicate he wanted the student to leave the room. Gibbs explained that in film you can communicate without words while in theater words are how you convey to the audience what you want.

"My biggest take away from what Gabe said is to just be yourself," said Erway.



PHOTO CREDIT / GRACE MARSHALL

Gibbs talked about the difference between acting on camera and on stage. He acknowledged that a lot of people think that film is a lot quieter and theater is louder. Gibbs framed the differences in another way.



PHOTO CREDIT / GRACE MARSHALL Gibbs answers a question about having an agent as an actor. Gibbs' advice was to hold off on having an agent early in the game and focus on finding

FUNDAMENTALS OF HEALTH SCIENCE



PHOTO CREDIT / MEGHAN LEWIS

Senior Grace Ritchie focuses on correct application and removal of personal protective equipment. Mrs Kuzmick watches Grace to make sure she knows how to put it on correctly and makes sure it's tied right. "Putting on the PPE was difficult but all the practice helped a lot," said Ritchie.

MEGHAN LEWIS FEATURE EDITOR

gigs yourself.

Fundamentals of Health Science is an Education for Employment (EFE) class taught at Kalamazoo Valley Community College. The class is for juniors and seniors in high school who are looking to go into the medical field.

The class is taught by Cheryl Tiernan and Mrs. Kuzmick and helps prepare students for the real medical world by allowing students to experience a hospital setting for a year. Not only does the class help prepare students, but they can also earn college credit upon successful course completion. Tiernan teaches in the classroom and Kuzmick instructs during labs. Kuzmick also sets up workplace observations and does all of the check offs. Check offs involves demonstration of a certain skill then students receive credit for knowing how to do the skill. The class also prepares students by requiring scrubs or professional dress and having a professional environment.

So far, students have been taught patient identification, cleaning up a spill, fire safety, correct hand washing, solution identification, correct medical abbreviations and much more. Currently students are working on correct application and removal of personal protective equipment.

"Putting on the PPE was difficult but all the practice helped a lot," said Ritchie.



PHOTO CREDIT / MEGHAN LEWIS Junior Belicia Brides, senior Cassie Quisenberry, and senior Grace Ritchie stand in line waiting to be checked off. Three students check off at the same time so they don't feel so much pressure.



Junior Alena Kocesas demonstrates putting on gloves correctly. It's the first thing she takes off and one of the most important things according to the center for disease control and prevention.



PHOTO CREDIT / MEGHAN LEWIS Mrs. Kuzmick watches her students check off on personal protective equipment. She's looking for the correct application and removal of gloves, goggles, a gown, and a mask or respirator.

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SIDNEY RICHARDSON NEWS EDITOR

Being a police officer nowadays is hardly a dream for today's youth, as the occupation receives more and more hate. Stop for a second and think of what it has to be like for the cops that don't brutalize citizens because that is the vast majority of United States police officers. Protests that direct hate towards the profession and not the individuals who carry out these brutal acts, take a toll on officers who are doing their job without doing harm.

Police brutality is such a tricky topic in modern America, you probably think of all of the cases that you have seen on television of innocent lives being taken by seemingly careless or prejudiced police officers. Many tend to generalize police brutality when criticizing the police system, creating a harsh and negative stereotype around the profession.

Police brutality is a big issue in America. Just this year a total of 788 people have been killed by police according to "The Washington Post." And according to The National Law Enforcement Officers Memorial Fund, there are about 900 thousand sworn law enforcement officers. While these are surprising numbers, misplaced hate is never good and a large majority of officers don't deserve the criticism as they protect the peace. Police officers have enough to focus on without the people that they strive to protect on a daily basis criticizing them at every turn and resenting them.

Police officers are put in life threatening situations and have to make difficult judgement calls often. Sometimes there's no right answer. There are always going to be times that people don't agree with the call, and sometimes it is in fact the wrong call, but in that moment the officer had to make it. Snap decisions aren't always cut and dry. It's easy to look back and say what they should have done. However, the reality is that we, the citizens, were not in the situation and that the officers did what they felt was necessary to save lives and protect the peace.

A large number of citizens bash police and the profession and even protest their actions. These acts of civil unrest have created an added danger for our officers.

"Being a law enforcement officer," said resident Loy Norrix School Resource Officer Devin Palmer, "is a dangerous job. I signed up for this job and knew of the dangers from the start. I feel like as an officer, you can't let the things going on in the world make you nervous or afraid when you are on duty.

LET'S NOT BRUTALIZE THE POLICE FOR THE ACTIONS OF A FEW

> I do feel that officers really need to keep their heads on a swivel and be extra alert and take into account the heightened tensions that exist between a small portion of society and police."

Officers have to focus on the job at hand regardless of what others think of them. The negativity certainly doesn't help them focus on preserving the peace.

"I deal with the negativity surrounding my job by the way I think. I always have it in my mind that I am just doing a job," said Officer Palmer of the added danger of his job. "There are good

To fix these issues and bring awareness to the problem, we need to not only change the way the system works but we need to have cops speak out against the actions of their peers.

days and there are not so good days. I always try to look at the positive things in my life when one of my days at work is not going the greatest."

The United States needs to break these negative connotations that come with being an officer of the law. Community policing is a great way to achieve this. According to Devin Palmer, community policing is working with a population to make their environment safer for everyone.

"I think that community policing is a good way to challenge some of the negative stereotypes against police. Treating the people that you serve in the community the way you would like to be treated or the way you would want your family treated is also a key in my opinion," said Officer Palmer. "There is a very small portion of society that I feel no matter what you do, simply will not like police, but even those people need to be treated with respect."

There are ways of handling difficult situations that keep all parties safe. We should take lethal options, primarily guns, out of the hands of cops who are just doing their everyday duties in favor of non-lethal options, like tasers and pepper spray. Taking deadly weapons out of officer's hands unless completely necessary will greatly decrease the number of citizens killed by police. These non-lethal options are perfectly capable of subduing a criminal without killing them. Police are moving toward non-lethal options, as they carry them on their person, but have yet to move away from carrying firearms at all times as well.

"In addition to carrying a firearm, KDPS

[Kalamazoo Department of Public Safety] officers have several other options of less lethal force. Typical less lethal options that KDPS officers have are tasers, pepper spray and batons," said Officer Palmer.

Primary use of non-lethal options leaves room to retroactively figure out if the suspect was in fact a criminal. We've seen plenty of cases in the media of citizens killed under the pretense that they were a clear and present danger to the officer and the public, who later were found to be unarmed and innocent like in the case of Charles Kinsey, a therapist who was shot while trying to calm his autistic patient. There have also been cases where citizens were killed while they were guilty of a crime, but not a crime worthy of being killed or harmed, like in the case of Freddie Gray in Baltimore who was brutally beaten and arrested for possessing an illegal switchblade before dying later in police custody. Many thought that the officers weren't properly charged although they were disciplined.

To fix these issues and bring awareness to the problem, we need to not only change the way the system works but we need to have cops speak out against the actions of their peers. There needs to be a rise among those officers who do their job correctly and they need to use their voices to bring change.

I am an avid member of the Black Lives Matter movement and I feel that police should be held accountable for what they do, but holding police accountable means the individual officer, not the entire profession. The prejudice surrounding our police system creates an added stress, which in turn causes more mistakes to be made. We can't judge a whole group of people based on the actions of a few within the group.



PHOTO CREDIT / SIDNEY RICHARDSON Loy Norrix School Resource Officer Devin Palmer. This is Palmer's first year working at Loy Norrix.

THE ACCIDENTAL RACIST:

WHO FOLLOW IT ARE UNAWARE

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CIERA MCCLENTON-LANGSTON GUEST WRITER

The All Lives Matter campaign was started as a response to the Black Lives Matter campaign. All Lives Matter is a response movement meant to say we shouldn't just support the well-being of black people, but of all people. However, this is unnecessary because the Black Lives Matter movement (BLM) isn't putting black lives over all lives, but rather saying black lives are being subject to injustice and racism, and that needs attention. Therefore, the All Lives Matter Campaign is racist.

The majority of those who follow the All Lives Matter movement are white. Jesse Damiani of "Huffington Post" best sums up this logic:

"If you'd had to witness the gross injustices committed against those in non-white communities, you would understand why 'All Lives Matter' is so harmful," said Damiani.

White Privilege can block a person from seeing the truth, that black people are discriminated against and they receive the most injustice. Unless you're black you don't necessarily have the right to say otherwise. Even though one black person can't speak up for all the injustices that may or may not be happening with the entire community, a white person is furthest from being able to make that claim.

> People who follow All Lives Matter are unaware of the fact that they are promoting institutional racism.

THE ALL LIVES MATTER CAMPAIGN IS RACIST AND MANY

The matter is extremely subjective, for example, when people walk for breast cancer they don't have to worry about people saying, "but what about every other cancer?"

It's not that All Lives Matter activists don't see the fact that some problems just need more attention than other problems. It seems they can recognize it with cancer, but not with black lives.

Breast cancer is one of the most common cancers among Americans, so naturally it receives more attention than other cancers. Similarly, in my opinion, black people in America are the most discriminated against, the most oppressed, and are subject to the most injustices, so naturally they should get more attention. This added attention aims at bringing about positive change for black people while still promoting a better country overall.

People who follow All Lives Matter are unaware of the fact that they are promoting institutional racism. According to the Oxford Dictionaries, Institutional Racism is defined as, "racial discrimination that has become established as normal behavior within a society or organization."

According to Damiani, "You're making it harder for the rest of the country to bring about positive change. You're broadcasting to others that change isn't necessary when it very much is."

All Lives Matter is promoting a lie in that way.

It's clear to see that all lives don't matter in the United States, when some people's lives are being unjustly taken by police officers, as so many African Americans' lives are.

It is clear to see that all lives don't matter when some people have to fear leaving their homes because every time they step outside their door, they know they could be killed.

It is clear to see all lives don't matter when those same African Americans don't get the justice they deserve in a courtroom.

Freddie Gray, Walter Scott, Eric Harris, Phillip White, Tony Robinson, Jerame Reid, Rumain Brisbon, Tamir Rice, Akai Gurley Tanisha Anderson, Dante Parker, Ezell Ford, Michael Brown, John Crawford, Eric Garner and Dontre Hamilton. Black life after black life taken away from mothers, fathers, children and that is only since 2014.

There is only one way all lives can matter and the sooner the world realizes this, the sooner we can fix the problem. All lives will matter when black lives matter, too.

KNIGHTS



Benjamin Meier 10th

"No, because the world will always continue on no matter who is president."



Cameron Belson, 11th

"Duh, it's doomed becuase all the nuclear weapons, that's why."

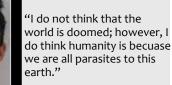


Do you think the world is doomed? Why or why not?

Nick Stamper, 12th

"No because I think there's enough good people in the world to make it a better place. We will eventually get past our problems and differences."







"The world is totally doomed because of all the negative things happening."

POINT: THE WORLD IS DOOMED

ISAAC RUBIN OPINION EDITOR

The world is falling apart. There is no hope. There's a new wave of racism, a massive housing bubble in China threatening to bring down the world economy, and climate change.

Nuclear war between Russia and Turkey

is another happy thing to talk about. The Human Race doesn't have a shot at living another hundred years; I can guarantee that. For the past fifteen years in Antarctica, glaciers have been melting due to warm water flowing beneath the ice shelves. This is a symptom of a larger problem, a problem called climate change. Many people claim that the water melting off the glaciers is causing global water levels to slowly rise. According to most modern scientists, the Atlantic Ocean will flood nearly the entirety of Florida by 2050, as well as the entire Eastern and Gulf Coasts. This is the most populous area of the United States. Not to mention the the flooding that will occur around the rest of the world.

According to the National Ocean Service, part of the U.S. Department of Commerce, "39 percent of the nation's population lives in counties directly on the shoreline." That is 123 million people and they will all need to move. A displacement of people that massive will create a large scale migrant crisis.

According to the United Nations Environment Programme around half of the population resided within 60 km of the shore, that is around 3.5 Billion people. All those people needing to move will put a serious strain on the global economy and the land resources available to the growing population.

If the floods and the following migrant crisis don't plunge the world into chaos, then you have nuclear war to look forward to. Yes, our old friend Russia is finally getting back into that habit they have of constantly antagonizing other countries. Today, they are trying to stir up a war with Turkey, an unpredictable country that could launch nukes at any moment. If that were to happen, the U.S. would come to Turkey's aid because they are both members of the North Atlantic Treaty Organization (NATO).

Russia has been trying their patience and Turkey has been angering Russia for the past year. With many conflicts over the past few years. In 2015 Russian officials claimed that

to the rest of Europe through the European Union (EU). While there was some actual concern about the economy, there is no doubt that racist nationalistic sentiment played a big role.

The Brexit vote was the rally of the far-right in Europe. In America, Far-right means the Tea Party. In Europe, Far-Right parties have ties to the Nazis. This sentiment has been spreading all across Europe. The phenomenon is described in a BBC, 2016 titled "Is Europe lurching to the far right? and is written by the Europe Editor, Katya Adler. Her job is providing analysis for the BBC on all matters regarding Europe.

"Resurgent right-wing populist groupings shout anti-immigration and Euroceptic [strong opposition to the EU] slogans across much of the EU," Adler said, explaining the fear many of people that these right wing groups evolve into Nazism. Donald Trump is the figurehead of this rise in the United States. Now, Trump is not a Nazi, but he has promoted closing America off from the rest of the world. That is without a doubt a form of extreme nationalism. Extreme nationalism leads to racism and xenophobia (or fear of things perceived as different), and that leads to war. He won the presidency, so clearly a large portion of the American electorate subscribes to this way of thinking.

> *In summary: the worldwide* economy is teetering on the brink of a crash, the world is becoming more isolated and more racist, Russia and Turkey's hatred for each other will drag America into World War Three and to top it all off, the oceans are rising up to kill us."

So, while it seems likely that Donald Trump is going to plunge America back in time 50 years to an era of isolationism and bigotry, the next thing on this list is the massive Chinese housing bubble.

"Housing bubble" refers to the massive amount of property being built and bought in China. China is building cities and people are buying houses, but they aren't living in them. The price of houses and apartments just keeps going up. In response, people are spending their whole life savings to buy a new house or apartment which they won't use. They want to buy the house so they can sell it a few years later to make a lot of money. The problem is that once the price starts to drop, people instead start to lose a lot of money. Anyone who bought one of those houses will lose almost all the money they spent because its worth will drop so drastically.



COUNTERPOINT: We Can Save The World **Through Conscious Evolution** MAGGIE LAGER ASSISTANT WEB EDITOR

"Changing our *negative habits* will help humanity survive."

From LUCA (last universal common ancestor) to fish it has been a long process for humans to evolve into what we are today. We have in fact evolved so far that the evolution of our physical body is no longer a top priority for us. The next step in our evolution is to evolve ourselves consciously.

Conscious evolution is a theory developed by Barbara Marx Hubbard, author of the book "Conscious Evolution: Awakening the Power of Our Social Potential". Hubbard claims that by increasing our awareness of our surroundings and our impact on them, the human race can guide the course of our future evolution.

In her book, Hubbard theorizes that the world is at a pivotal point. We have not yet crossed the line into hopelessness, but if we don't begin to acknowledge the role we are playing in the environmental, moral, and economical degradation of the planet, things could soon go awry.

There are indeed some sad and scary things going on in the world. The melting of the Antarctic ice, the threat of nuclear warfare, the "housing bubble" in China, and the election of Donald Trump are just a few examples of problems that we, as conscious members of the planet, should be paying attention to.

However, all too often when we begin to pay attention, we focus so heavily on the problem that we neglect to learn about the solutions. The result of this tends to be a sense of hopelessness, even indifference, due to the "we're screwed no matter what we do" mentality.

Don't despair, it is not yet a time for hopelessness. This is a time for individuals to become more hopeful and inspired than ever. If we are going to save the world, it needs to be a group effort. We all need to do our part.

Yes, the Antarctic ice is melting at an alarmingly fast rate. This is due to increased air and water temperature levels. Increased air and water temperatures are heavily correlated with climate change. In the article "The Antarctic Ice Melt Could Get Worse, But Humans Can Slow It Down" Kim Bellware of The Huffington Post writes, "Even if the world reduces its greenhouse gas emissions, there will still be an increase in ice melt — just not to the point where humans will have to worry about ice sheet stability". We do not have the power to completely halt the melting of the ice, but we do have the power to reduce it to the point where it is no longer a concern. We can do this by reducing our carbon dioxide (CO₂) emissions. As with almost everything, this can be done through a collective effort of people acting on an individual level.

them, they have yet to use them. What makes us think that that Russia facing a small conflict with a fairly weak neighbor, Turkey, would be any different?

The best thing that we can do when faced with such irrational and unlikely threats is to keep a level head. Instead of immediately jumping to the conclusion that the world is going to end, we need to ask ourselves, "is this really going to happen?" In this case, the answer is no.

In situations where there is no definite answer, even after researching and keeping our emotions in check, we need to hold our government responsible. It is entirely impossible that every citizen of Russia is gung-ho and ready for action when it comes to nuclear warfare. The correct response for individuals in Russia or even here in the US, who are opposed to nuclear warfare, would be to make their opinions heard by the government through petitions, protest, and letters.

Petitions, protests and letters have made a difference historically, such as in 1920 when women got themselves the right to vote. Don't underestimate the power of us acting on our first amendment rights. In America, we must consistently tell our government that the threat of nuclear warfare will not be tolerated.

Just as we must take some level of individual responsibility for the way we interpret and act on bad news and threats, we should also be wary of our constantly changing economic system.

> Don't despair, it is not yet a time for hopelessness. This is a time for individuals to become more hopeful and inspired than ever. If we are going to save the world, it needs to be a group effort."

Let's talk for a moment about China's

Turkey was aiding the terrorist group ISIS and Turkish President Recep Tayyip Erdogan vowed to overthrow the president of Syria, Bashar Al-Assad, a strong ally of Russia.

Both of these countries have nuclear weapons, and neither Russia nor Turkey have shown any apprehension when it comes to using them. It is like the Cold War all over again. The tension is very evident.

To make matters worse, the U.S. and Russia are on very bad terms. The worst since the Cold War, according to a CNN article from October, titled "US, Russia move past Cold War to unpredictable conflict."

"It's not a new Cold War. It's not even a deep chill. It's an outright conflict," said Nicole Gaouette and Elise Labott, the authors of the article. The authors are claiming that the hostility is worse than the cold war, something hard to imagine.

That is how tense the situation is. The U.S. and Russia dislike each other openly. It is a resurrection of the Cold War, except this time, it could be much worse.

As if that was not enough, both the United States and Europe now have to contend with the rise of strong nationalist sentiments in their borders. Nationalism is a strong feeling of patriotism and, in extreme cases, superiority over other countries. That in itself is not bad. The problem arises when nationalism is combined with racism. That style of nationalistic sentiment was a major contributor to the rise of the Nazis in Germany during the 1930's.

The sentiment of wanting to close your borders to all people who are different to keep your country "pure" is not a good thing. This sentiment can be seen in Europe, with the "Brexit" vote, for example. That was the vote in Britain to leave the European Union. The British felt that they would be better off without economic bonds

This is what happened in the United States in 2008, causing a recession, and it could very possibly happen in China.

The Chinese government is promoting the buying of houses. They are sponsoring companies to build more, and they just lessened some of the restrictions on buying and owning multiple houses. Once that bubble "pops," or the price of all the houses drop and the people lose all their money, the Chinese economy will be decimated.

Too bad for China, right? Too bad for everyone, in fact, because the world's economy is very connected to China's. If the Chinese economy were to go into recession, its effects would be felt around the globe. There is more American currency in China than in America. We are closely tied to them.

In summary: the worldwide economy is teetering on the brink of a crash, the world is becoming more isolated and more racist, Russia and Turkey's hatred for each other will drag America into World War Three and to top it all off, the oceans are rising up to kill us. If those aren't signs of the apocalypse, then what is?

Here are a few incredibly simple ways individuals can reduce their CO2 emissions:

- Recycling
- Walking, as opposed to driving, whenever possible
- Planting a tree
- Eating locally sourced food and reducing your consumption of animal products
- Using less electricity
- Passing along any knowledge you have on climate change and potential solutions to others

Because the effects of nuclear warfare would be globally catastrophic, fear when it comes to nuclear weapons is justified. However, claims that we are on the brink of WWIII are irrational and easy to debunk. For starters, the US lived under the threat of nuclear warfare for over fifty years. Not to mention, those who claim Russia (the largest nuclear power other than the US) shows no apprehension when it comes to using nuclear weapons have no basis for their argument. Russia has had nuclear weapons since the 1950s. No matter how often Russia has threatened others with

"housing bubble," in quotations because that is not actually what we should be calling the current situation.

A housing bubble is a temporary condition caused by unjustified speculation in the housing market that causes real estate prices to skyrocket. As with most economic bubbles, it eventually bursts, resulting in a rapid and harmful decline in real estate prices.

What is currently happening in China does not coincide with this definition, as the entirety of the housing market is not facing these same issues. Unjustified speculation is only taking place in larger cities.

What is actually happening is overinvestment. Overinvestment means exactly what you'd expect: property buyers put down too much money on property that isn't worth what they are paying.

Overinvestment could potentially lead to the property buyer losing money. This is unfortunate, but the Chinese government is aware and handling the situation as best as they can by clamping down on further mortgage lending. By no means is this going to decimate the global economy.

This is a textbook example of people taking bad, possibly exaggerated news and running with it. We, as readers, can avoid doing this by thinking critically about what exactly we're reading and who wrote it before we blindly accept everything we read as fact.

With that being said, we come to president elect Donald Trump. There is no denying Trump has made racist, sexist, and bigoted comments. In all likelihood, any positive changes he makes during his time as president will be outweighed by negative ones and I, as well as many others I know, are more than a little scared for what is to come. The next four years are going to be rough. People are undoubtedly going to suffer.

SEE COUNTERPOINT PAGE 14



12th "I have mixed feelings about it. It can be doomed if we keep doing the things we're doing now, but it can be saved if we treat each other as equals."



Jonah Haw, 12th

'No I don't think the world is doomed. We're not facing anything that the world can't overcome. We're not currently facing anything worse than we have before."



Mawell Neeley, 12th

The world will be fine even after all the people are gone. It will ne here long after we are gone."



Madison Holmer, 11th

'I think that our wold is getting a lot stupider. We're making advancements but they're not good for the overall population."

TAKING TIME OFF ADDS TIME ON GIVE THE YOUTH A CHANCE



12

ERIKA WAGONER ASSISTANT LAYOUT EDITOR

I was patiently waiting in the doctor's office to schedule the time for my upcoming surgery. I was going to get my tonsils and adenoids removed. The sooner the better, I think to myself. Now, the danger of surgery comes to mind. Then the worry of missing two weeks of school due to the surgery and recovery time. It seems like the world has to stop in order to stay on top of everyday life.

While recovering from my surgery, the removal of my adenoids and tonsils, I didn't have the energy to do anything. While I was gone for 10 days, I was expected to be able to get the assigned work done while also feeling dreadful. This was especially hard while on oxycodone for pain. The effects of it were drowsiness and a sense of euphoria.

While feeling tired and really relaxed, I could not focus on my work to get it done at an 'A' grade level. If I had less homework to complete, I would have felt more at ease to focus on healing. I had a lot on my mind that ranged all the way from 'I want to give up' to 'I'm going to get things done.'

All of the work I was expected to do while feeling like I got hit by a car made everything seem so out of control. If I would've had less homework to do, I would've felt a little less stressed throughout my recovery. I didn't know where to begin with the amount of homework I had to do.

According to Attendance

Works, a website that studies the way attendance issues affect students says, "Research shows that missing 10 perecent of school, or about 18 days in most school districs, negatively affects a student's academic performance."

Missing one day of school is stressful enough for a student because they have to make up five classes worth of work. Imagine missing two weeks or more, having to email your teachers to try and get as much make-up work as you can. Missing out on learning time and having to teach yourself is the hardest because you can never understand the material as well as you would if you were in class.

While recovering, it is hard to to do anything because you feel horrible.

School is five days a week and there are 5 classes in a day. Now, multiply the days of schools missed by the five classes in a day. Based off a two week surgery and recovery that's 50 assignments the student needs to make up, assuming there is homework every night from each class. This doesn't include in-class assignments, such as tests, that need to be made up after school. This can become stressful because that time is needed to make up other work.

While recovering, it is hard to to do anything because you feel horrible. With loads of homework waiting to be done, teachers could help missing student feel less overwhelmed by excusing unnecessary assignments and only giving the student work that is crucial to teaching them new material that they have missed.

Due to all the work and

time I was spending trying to get caught up, I felt stressed, tired, overwhelmed and exhausted. There were days where I'd be lying in bed it felt like I had no control over my life and what I needed to do. As if school wasn't enough, I had 50 plus assignments I needed to get done in the two week span that I missed.

'I want to give up' to 'I'm going to get things done.'

If you have to get surgery or have to leave school for awhile, try and do it closer to a break so you don't miss as much school and aren't stressed out. It's been 3 weeks since I've returned to school and I am still working on getting school work caught up.

Estimated 5 million to 7.5 million of students miss nearly a month of school each year. -Attendance Works

On average, ages 6 to 17 miss about 6.2% of the school year.

-Kids Count

The more a student comes to school, the more they are likely to succeed and graduate.

-Attendance Works



PHOTO CREDIT / ERIKA WAGONER Waking up from anesthesia, I took a picture of myself. I don't remember taking the photo but it represents how "out of it" I was.



SIDNEY RICHARDSON **NEWS EDITOR**

Millennials have grown used to a negative stigma about young people. Those who are middle aged or older often look down on their younger counterparts and cringe at the thought of them soon running the world and changing it as they wish. Somehow, older individuals seem to have gotten the idea that the younger generation is somehow of inferior intelligence and can't handle themselves, much less the world. This attitude is frankly insulting to this generation, which I believe is far more advanced than typically given credit for.

We have been brought up with a plethora of different technologies that simply weren't available to our predecessors during their childhoods. Like for example how the smartphones in our pockets carry more computing power by far than the home computers that our parents grew up with. We have access to an unimaginable amount of information at our fingertips. With all of these resources at our disposal, we don't deserve this negative attitude that we have often received. Adults see cases of idiotic kids doing something dangerously stupid and make generalizations on the whole of the Millennial generation.

They seem to have forgotten that their generation too, like the many before them, had its own idiotic moments. It's simply a common occurrence in the human condition. Like in the 70's when the Free Love movement was prevalent, the criticism we face from spread of STI's skyrocketed. According to Leaderu.com, the movement led to the first be given the benefit of the

when someone says or hears that something is going to happen in their near future and registers what they have heard in their brain, it's highly likely that their behavior will change accordingly. Therefore, if a young person is told that they will fail, mess up or not amount to much, their actions will likely reflect that attitude. You can imagine how harmful it can be to hear all these "the world is doomed" attitudes from teachers, parents and media outlets.

"Anxiety, depression and many other mental health issues have become significantly more prevalent in our generation compared to previous ones, partially due to the amount of criticism we face from adults."

I think I can safely say that the Millennial generation wants very badly to make a difference in this world. We deserve a fair shot that isn't dismissed before the shot is even taken.

"I don't think millennials deserve the amount of negativity we get from adults. The way the previous generation blames the millennial generation is ironic, considering they're responsible for raising us. Their attitude affects us and the way we view ourselves in a very obvious way," continued senior Maggie Swafford.

"Anxiety, depression and many other mental health issues have become significantly more prevalent in our generation compared to previous ones, partially due to the amount of adults."

Young people need to doubt. While defying odds has become a popular idea in pop culture, the reality is that it doesn't happen often. Therefore, stacking all expectations against an entire generation is crippling and demoralizing. Rather than break the youth down before they've even built their foundation, adults should help to build us up and encourage us to dream and do great things. Positive reinforcement has a much better impact on a young person's attitude than criticism. Negativity can be damaging.

PIT BULL TERRIERS ARE NOT THE AGGRESSIVE DOGS MANY PEOPLE BELIEVE THEM TO BE

FEROCIOUS DOGS OR TAIL WAGGING PUPPIES?



MORGAN MCCUE COPY EDITOR

A Pit Bull Terrier is running towards you at full speed with teeth showing and barking loudly. You start backing away to avoid the onslaught, your brain flowing with adrenaline knowing that the dog is coming to attack. The Pit Bull jumps and lands on you as you sit down and laugh. Your two year old pet starts licking your face excitedly, wagging its tail in weed whacker fashion.

Pit Bulls have a bad reputation based mostly on how they look and stigmas attached to the breed. People see Pit Bulls only as fighting dogs or fearsome animals that will attack at any moment. These rumors are completely unwarranted. The way an animal acts is based on how the owner raises and treats them.

"It makes me mad because it's the person that makes the dog the way it is," said Loy Norrix sophomore Briley Kruger. "It's not the dog's fault."

Kruger has three dogs currently, one being a Pit Bull. His name is Fat Head AKA T-rex. Kruger met Fat Head when he was just a puppy six years ago and brought him home. She looked at all the puppies and spotted the smallest.

She instantly fell in love with the smallest of them all and thought he was the cutest. Fat Head also plays with his companions, Booda, a Chinese pug, and Princess, a maltese. Whenever people come over, he greets them with kisses and tail wagging.

One rumor surrounding Pit Bulls is that they have a "lock jaw," meaning the dog can lock its jaws so its mouth won't open without incredible force. According to the SPCA, a study done by Dr. I. Lehr Brisbin, Ph.D. concluded that Pit Bulls have no special mechanism or enzyme that makes their jaws lock.

There is a legislation called the Breed Specific Legislation (BSL), that allows any housing complexes,

"It makes me mad because it's the person that makes the dog the way it is," said Loy Norrix sophomore Briley Kruger.

towns and even cities to ban certain "power" breeds such as Pit Bulls, Rottweilers, Mastiffs, Chow Chows, etc.

This legislation was passed in hopes to limit the number of dog attacks, mainly from Pit Bulls, based on the stereotypes given to the breed by social media. However, there is no proof that this method has been effective other than to split apart families and their pets. Many cities also say

that the dangerous breeds are not allowed, or have restrictions in order to have the "dangerous dogs" due to their perceived violent nature. If the breeds on the BSL are found, some cities may forcibly remove the dog or immediately euthanize it when caught on the streets.

However, these discriminatory laws are rarely based in science.

"... controlled studies have not identified this breed group as disproportionately dangerous," The American Veterinary Medicine Association states.

> *If the breeds on* the BSL are found, some cities may forcibly remove the dog or immediately euthanize it when caught on the streets.

Another example from the "New York Times," of Pit Bulls turning from fighting dogs into family dogs is a scenario involving Michael Vick. Vick was a former NFL quarterback that hosted an illegal dog fighting ring. He was later arrested. Upon his arrest the Pit Bulls he owned for fighting were going to be euthanized, which is unfortunately the norm for seized fighting dogs. Many animal rescue organizations, like the Best Friends Animal Society, pushed to save the dogs. Best Friends gave them all evaluations to see if the dogs could be re-homed. Out of 47 surviving dogs, only one needed to be euthanized due to aggression towards people.

Georgia, one of Vick's former dogs, is now giving sloppy kisses to those who meet her. She still bears the signs of abuse and torture with all of her teeth missing due to them being pulled, but Georgia is now a happy puppy once more. Ten of the twenty-two dogs taken in by Best Friends Animal Society, are now living in their forever home with no reports of biting.

According to the CDC, while dog bites are not uncommon, there is no proof that the majority, or even a good portion are from Pit Bulls. An article by Cesar Milan, a dog psychologist, titled the "History of Pitbulls," goes into how the breed used to guard houses and people. Toddlers and babies were the most protected by this breed. ALTERNET also describes this breed as "the nanny dog," due to their loyalty and friendliness to their families.

It's true that Pit Bulls can be less tolerant of other dogs than some breeds, but so are Miniature Schnauzers and Jack Russell Terriers, as well as many more which are pointed out by the American Kennel Club.

Pit Bulls are not the scary, vicious breed media and common misconceptions make them out to be. A breed of dog should never be prosecuted for the stereotypes that are attached to them.

discovery of AIDS in 1981.

Or in the 80's with the questionable fashion statements like parachute pants and shoulder pads. And also the notion that listening to rap music led to criminal behavior, characterized by the popularity of rap groups like N.W.A. and their gangsta rap stylings.

This just shows that all generations have their slip ups, ours are just broadcasted over a wider range of media and blown out of proportion thanks to the advancement in communications technology.

I find it very refreshing to hear an opinion from an adult who disagrees with this common stigma. Faith in the youth of the world is comforting. Hearing all this doubt pressed upon both myself and my peers, who I know can make a difference and leave a positive impact on the world, is discouraging.

"I notice that students are really knowledgeable, curious and engaged about the world today. [Students are] involved in social issues and even though that can be a big burden when students are overwhelmed with some of the negative things happening, it makes me hopeful and confident that they will make positive changes that will improve how we live. It's the reason I became a teacher," said English teacher Tisha Pankop, "I get to have a snippet of time with these amazing people who are at a critical point in their life where they are getting ready to start their journey of amazing work."

I am a firm believer in the theory of self-fulfilling prophecy. Self-fulfilling prophecy is the theory that

They seem to have forgotten that their generation too, like the many before them, had its own idiotic moments.

Sometimes teachers have the ability to gauge the potential of their students, and some of them like English teacher Anne Lewis have a taken a liking to what they've seen.

"They make me see what's possible," said Lewis.

Lewis sees students as refreshing and a "fountain of youth" that keep her feeling young.

Teachers know best about the wealth of potential the young people have and the fact that these teachers feel this way makes a student like me feel confident in who they are and their ability to impact this world. Having positive individuals nurture the youth helps to ward off the overwhelming negative opinion of what can feel like the rest of the world.

PINION 13 VOTING ISN'T A JOI AMERICANS TAKE THEIR VOTING RIGHTS FOR GRANTED For decades minorities



FRANKIE STEVENS **BUSINESS MANAGER**

of those who came before us, today there are still people in America who either don't vote or write in a non-presidential candidate name as a joke. This is a major problem that needs to be addressed.

have fought for the right to

vote in America. Thousands

of people have been killed

the right for all citizens no

matter the race, gender, or

social status to be able to

voice their opinions in the

elections by voting. Despite

the hard work and sacrifices

and arrested fighting for

"If it is a serious write-in meant to send a message, then I have absolutely no problem with it. However, people should take it seriously when they make the decision as to who to vote for, not just to vote straight ticket or based on party, but seriously consider all options," said government teacher Michael Wright.

African Americans fought for the freedom to vote for 99 years, from the Civil Rights Act of 1866, which granted them citizenship but not the right to vote, to the Voting Rights Act of 1965. Even with the passage of the 15th Amendment in 1870, there were laws put in place to prevent them from voting. This included, but was not limited to, poll taxes and

literacy tests.

From the first women's rights convention in Seneca Falls to the passage of the 19th Amendment in 1920, the fight for women's suffrage occurred for 72 years from 1848 to 1920. In 1869 Susan B. Anthony and Elizabeth Cady Stanton founded the National Women's Suffrage Association (NWSA) which fought for women's rights for the next 50 years. Numerous suffragettes were arrested for protesting and force-fed when attempting hunger strikes so American women could vote.

Despite all of the people who fought for our freedoms, there are still individuals who discard their vote. After the 2016 elections, claims spread that 11 thousand people voted for Harambe, a gorilla killed in a zoo incident. There were also claims of countless individuals voting for Hennessy, a popular liquor.

"I think writing in a joke is a waste of time. Why would you wake up and just waste your time and the time of America?" said junior Reilly Malpass.

When Americans don't vote simply because they feel as though it doesn't make a difference, they are wrong. In the 2016 presidential election, out of approximately 231,556,622 eligible voters, 95,899,115 (41.4 %) didn't vote. Not voting makes a very significant difference in the poll results and the fact that so many people aren't voting is the problem with our elections.

Being able to elect your government officials should be the most appreciated privilege. There are many countries

that don't get a say in who controls their lives; however, here in the USA we elect our president. Yet we take that right for granted.

In the 2016 election many people didn't vote because they felt neither candidate represented their views. This could be solved with the third party. The United States government was never supposed to be a two party system, but because the way that our elections are executed, it is essentially impossible for a third party candidate to win. Voters have to either settle on a candidate, vote for a candidate that won't win, or chose not to vote at all.

If we remove the stigma that if you vote third party you are wasting your vote, then people would express their opinions truthfully and choose a party other than Republican and Democrat. When more individuals realize you don't have to settle for one candidate, we will be a true democracy.

Countless people fought for us to be able to express our opinions during elections. The fact that people disregard this and still choose not to vote should be viewed as a serious setback for the United States of America.

When someone chooses not to vote because they don't want to take the time, they are disrespecting the lives of all the people who have fought and died for our rights. Hopefully, this is a trend that will dissipate in the coming elections once people realize the significance their ballot holds.

LETTERS TO THE EDITOR

STUDENTS REPLY TO SPORTS

Dear Editor,

I read the article about Joe Meyers ["Freshman Joe Meyers is not Your Typical Two-sport Star"]. I thought it was very well written and should be appreciated. With how modest Joe is, no one would ever know that a freshman is able to balance two varsity sports and school. It really sets a standard for the rest of us students, and even student athletes.

Morgan Kenbeek, senior

Dear Editor,

I read "NFL Player Takes a Kneel for Injustice in America." I thought that people should be allowed to protest and they have a right to. I totally agree with Coach Porter. You should let someone know if you're gonna do it especially if you're an athlete. I was glad to see that there are people who do support finding justice for people in America.

Jarome Hawkins, junior

STUDENTS REPLY TO A&E

Dear Editor,

I read the article about the orchestra ["Take a Look Into the Orchestra Program"]. I thought it was well put together, but had incorrect information. One part states that Peyton is the first chair cellist, and I just wanted to point out that

would have made more sense. Cecilia Mireles Caballero, freshman

Dear Editor,

I read "The River Church Reaches Out to Help Grieving Families" and I enjoyed it. Although the death of DQ and Savie was terrible, I'm glad that we can see the positive side of it. This article was uplifting and informative. I didn't know Bob Link raised all that money. DQ and Savie affected our community so much and I'm glad that we could return the favor by praying for their funerals.

Hailey Timmerman, senior

Dear Editor,

I really like the section written about the Chinese culture ["Chinese Culture Rolls into Loy Norrix"]. The fact that LNHS can show and support a class we've never had before is cool. Chinese/Mandarin classes never existed before in the KPS school system. KPS has finally acknowledged the fact that there's more than just Hispanic and French culture in our society. Being able to learn the language in school shows just how far we've come both as a district/school and as a society.

My favorite part about the article is the student's comments about the class. They aren't just taking it for the hell of it. They're taking it because it interests them. Also, the fact the teacher isn't American based, gives you more authenticity. It also shows she wants to expand her horizons, much like the students.

Dear Editor,

The newspaper was really nice. I really enjoyed reading the articles. What I would really like to see in the newspaper are things that students or teachers have done, such as drawing, stories, poems, etc. I feel that this should be included because it can give us a greater sense of the people who surround us. Also I know people who have secret talents, but don't want them to be so secret.

Deidra Shannon, senior

Dear Knight Life Staff,

On June 12, 2016, a man opened fire on the LGBT nightclub 'Pulse' in Orlando Florida. 49 people, predominantly Latin Americans, were killed that day while 53 were injured and will have to live the rest of their lives with the trauma that following witnessing your people be murdered in front of you. This was the biggest terrorist attack since 9/11 and yet you have nothing reporting it on vour site.

You have multiple article talking about shootings and domestic terrorist attacks in the U.S. You're most recent one being about "growing up in post-9/11 America." I'm not saying 9/11 wasn't a terrible, horrible event. But 102 LGBT U.S. citizens were attacked in a place that was meant to celebrate who they were and you only barely mentioned the city in your gun control article. As a transgender minority, I'm personally offended. Not just by you, but by the school as well.

The next Monday following the attack, I had to ask the office if they were going to take the flag down to half-staff. They did, however the day after it was back to full-staff. The sheer disrespect I felt in that moment was astounding. Even more so when I heard no one talk about it. Not in my government class, not around the halls, not at lunch, and especially not on your website. I don't expect an article now, but I just want to express how disappointed I am of the way everyone handled it. It's been six months since the largest terrorist attack in the U.S since 9/11, yet no one has uttered a word about it for months. We want to call ourselves progressive and an ally when we couldn't even remember to talk about what could have been done to stop something like this. The thing is we were making progress. We were talking about the hate crime against the LGBT community and gun control. And then the media does it's favourite thing and diverts the attention from change and what really mattered to make a new meme or trend. Pankop calls media the 'watchdog of the government.' But nowadays, it seems like media's just another one of the government's goons. Connor Eliott Wilger, junior

although she was sitting there that day, she is not the actual first chair. Emma may not have been there that day, but it's a simple mistake.

Taylor Grube, senior

Dear Editor

I really like the way you give background information about the actors in the school play. It lets me know if the actors are experienced or not. The way you say positive things about the actors and not try to criticize them. An amazing thing you added was interviewing Strand as he said "The worst time in rehearsal was probably when we first had to do stage kisses. That was pretty because the person I was doing the stage kiss with was Bonnie Bremer, and I've known her for a long time and that was weird." It's hilarious to get a response like that.

Dimitrius Cobbs, sophomore

Dear Editor

I read article seven on Arts and Entertainment [Student Actors Face Dramatic Challenges Preparing for the Upcoming Play: "The Great Gatsby"]. I thought the article was written very well. I felt like you really embraced the feelings of Drew Strand and Olivia Mears. I was glad to see that you were able to insert this much information and effort into the article.

Jesse Runyon, freshman

STUDENTS REPLY TO LOCAL AND NATIONAL ISSUES

Dear Editor,

I believe it is important to vote. Any election matters, not just the Presidential. Many smaller elections affect the personal population. More so than who the next president will be.

Every vote matters and it is our duty as citizens of our city, state and nation that we live in. You do have the right to chose to not vote but I believe voting, and stating your opinion on anything, is important to help the U.S. grow and develop. If no one voted on anything, nothing would ever get done.

Reed Crocker, freshman

Dear Editor,

I read the article "Loy Norrix protests State School Conditions and Standardized Tests." I thought the article was very well thought out and written. It got the message of what the protestors were trying to do across. It was also very informative. However, I felt that the part about the bullying was out of place.

I thought it would have been better if the bullying part was left out. It was kind of random. It also did not relate to the article itself. If the article had been more about bullying it Myca Frazier, senior

Dear Editor,

I read the article about the new Chinese class at Norrix and I thought it was a very good idea to include this. I feel like talking about this class will get more people interested in it. Therefore, there will be more kids that will join the class later on.

I was glad to see that this was an article because Chinese (Mandarin) is a very important language. Not only is it important, but it is also incredibly useful as well. You can be a very strong asset in a business if you speak Mandarin.

Chandler Maples, senior

STUDENTS REPLY TO OPINION

Dear Editor,

I read "Teachers Should Allow Students to Listen to Music in Class." I thought that what you said in the article was very true. Coming from a KAMSC student who has a math teacher that plays music in class, music can really get the class focused on the task at hand (and [help to] not fall asleep!).

I felt you did a good job on explaining the connection between students and music. I would like to see more articles on music, like song recommendations for destressing or songs that get you motivated. I feel students could really benefit from that.

Tiana Boyd, sophomore

Dear Editor,

I read the article "The U.S. Needs Better Gun Control." I really liked the article and how you put the students opinions at the bottom of the page. I think you should do that for more articles because it lets it lets us express our opinion and not many papers do that.

Isaiah Scisco, freshman

STUDENTS REPLY TO STAFF CHOICES

Dear Editor,

To all the listed names you guys have done a fantastic job. Zach Liddle, Photo Editor, has chosen great pictures of Marsavious. I never met or saw what Marsavious looked like, but your pictures have given me a good picture on what he looks like. Michaela Whalen, Social Media Team, has explained DQ in great detail. Once again I never met him and the way you explained him made me feel like I knew him. Keon Foster, Graphic Designer, you designed the picture of DQ standing excellently. I especially love the halo you placed over his head.

Ebony Battle, freshman

TEACHERS REPLY TO STAFF

Dear Editor,

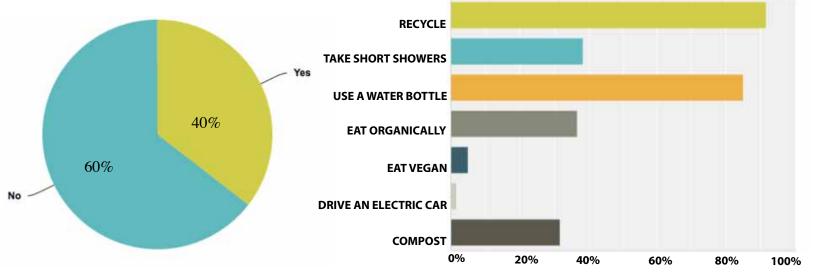
I am proud that all of our varsity football players stand by choice for the National Anthem. I do feel if a person does not stand, it is showing disrespect for our country and the people in the military that have lost their lives and those still serving. I come from a strong military family, there are other ways to protest or to institute change, not by disrespecting the Flag or the Anthem. These two things have meaning to our country now and in the past. I feel that sometimes people forget the price paid for them.

I would like to think a person would stand out of respect if they were in another country and their National Anthem was played. You do not have to participate in singing, but you should stand quietly in respect. I have a friend that said she would not stand because of something that happened years ago. As I told her, nobody knows that story today, it was years ago when she was in college. Today, all it looks like is that she is disrespecting our country.

The first time I heard the song "I Am Proud to Be an American", it brought tears to my eyes. I am proud to be an American! Even with all of the downfalls, we still have a great country. And I appreciate our football team is standing up during the National Anthem. Thank you team!

Ms. Wagenaar

COWSPIRACY: HELPING THE ENVIRONMENT AND OUR DIETS



The response of Loy Norrix students when asked if they would eat a vegan diet if it were one of the most effective ways to save the environment. Collected through SurveyMonkey.com.

Activities reported by responding students that they already take part in to help the environment. Collected through SurveyMonkey.com.

MAILEEN BUGNASKI GUEST WRITER

What would you do to help save the planet?

It's a question many people would answer with solutions such as recycling or conservative water usage – but would you be willing to completely alter your diet in hopes of repairing damage done to our environment?

In the 2014 documentary "Cowspiracy: The Sustainability Secret," the facets of environmental damage done by the animal agriculture industry are explored. Directed by Kip Andersen and Keegan Kuhn, the documentary revolves around two general claims: that animal agriculture adversely contributes to climate change more than other popularly discussed contributors, and that plant based agriculture is less damaging to the environment than animal farming.

The documentary lists many shocking statistics, such as the fact that agriculture is responsible for 80-90% of US water consumption, and that 2,500 gallons of water are needed to produce 1 pound of beef. It also states that animal agriculture is the leading cause of the extinction of species, ocean dead zones, water pollution and habitat destruction. This information can all be found on the director's website, "COWSPIRACY: The Sustainability Secret," at www.cowspiracy.com. The solution the documentary presents is a simple one – the alteration of people's diets. The directors claim that a vegan lifestyle is not only better for the environment, but better for individual's health as well.

The main critiques of the documentary center around the accuracy of the statistics it cites – many critics say that the census from which it pulled certain facts was inaccurate, and that animal agriculture's contribution to climate change is significantly less than what the documentary makes it out to be. However, even if the percentage of pollution attributed to animal agriculture were half as much, it is still a prominent source of environmental damage, and should be evaluated as such.

Another critique is that eating a plant based diet is not necessarily beneficial to the environment. On the website "Fast Coexist," an article titled "A Vegan Diet Is Less Efficient For The Planet Than An Omnivorous One," by Charlie Sorrel, details that while it may be efficient in terms of land use to eat more plant based foods, a diet including some animal products would best utilize the farm land available. However, this is assuming that every person follows the same meal plan – taking into consideration the fact that some people will not be willing to alter their dietary habits, it follows to reason that people following a vegan diet would help to balance out those who would not be willing to.

While the creators of "Cowspiracy" promote veganism mainly as a method to help reverse damage done to the environment, others promote it as a means to improve one's health. In the 2011 documentary "Forks Over Knives," directed by Lee Fulkerson, the possibility of a plant based diet being the solution to leading an illness-free life is explored. The film is based on the results of studies performed by researchers Dr. T. Colin Campbell and Dr. Caldwell Esselstyn, whose research in various countries led them to conclude that many degenerative diseases could be prevented or reversed by adopting a diet comprising of non-processed, plant-based foods.

A synopsis of the findings as well as further information can be found on the documentary's website "Forks Over Knives," at www.forksoverknives.com. Though the research seems convincing, "Forks Over Knives" has its fair share of critics as well, claiming the information the documentary presents is completely nonsensical and that veganism is by no means a healthier way of life.

The students and community of Loy Norrix High School have mixed feelings about this issue. In a survey posted to the Loy Norrix Facebook and Twitter pages, 46.77% of the 65 respondents stated that protecting the environment is very important to them, and 63 of the 65 were able to list a way that they already limit their impact on the environment, such as recycling, using a reusable water bottle and eating organically.

Out of 65 students 54.84% of respondents answered that yes, they would believe that animal farming is the number one cause of environmental damage, but 64.52% said that they would not be willing to eat vegan even if it were one of the most effective ways to save our environment. While people recognize the importance of taking action to improve the environment, the extremity they are willing to go to is varied that is why 61.29% responded that they did not believe that discontinuing the consumption of animal products is healthier for you, and 40.00% said that they would find converting to a vegan diet to be extremely challenging or even impossible. Loy Norrix senior Ava Wood has seen the documentary, and found it extremely shocking.

"After I saw it, I decided I was going to starting eating vegan," Wood said, "but it only lasted [about] a week. It's really hard not to eat dairy because it's in so many kinds of food."

As the survey demonstrated, this seems to be the general consensus of many people - they care about the environment, but find changing their everyday lifestyle to be a challenge. "Cowspiracy: The Sustainability Secret" looks at climate change from an interesting perspective, exploring a cause of pollution that isn't often discussed. While people often learn about pollution from cars or factories, the animal agriculture industry is less frequently brought up. In the survey, 48.39% of the respondents said that they only sometimes are given an opportunity to learn about the environment and what is happening to it, and 36.1% said they learn about it never or not very often. While animal agriculture may not be the only significant cause of pollution and climate change, it is still very important to learn about something that could be immensely impacting our environment, and to learn about what can be done to help save it.

HIGH SCHOOL STUDENTS FACE PHYSICAL AND EMOTIONAL CHALLENGES DUE TO LACK OF SLEEP





listen, learn, problem solve and be organized, as well as affecting memory. It can potentially cause you to fall asleep at school in your classes, can make it very difficult for you to do well in school, causing you to get bad grades.

"I have fallen asleep at school, I crash around fourth hour," said senior Carolyn Wilson.

FROM COUNTERPOINT PAGE 11

However, as with any unfortunate situation, this can be looked at in a positive way as well. Hopefully, this is a wakeup call to the Americans who didn't vote in this election. People need to get out there and do their part in stopping people like Trump from gaining more power than they should have. It is important for people to acknowledge the power that they hold as voters and as

EMMA WHITEHEAD FEATURE EDITOR

Junior, Alexis Garcia Nonato's day starts at 6 o'clock a.m., he gets up, gets dressed, brushes his teeth, combs his hair and is out the door by 6:45 a.m to catch the bus. He then gets to school by 7:00 a.m. and is in class by 7:33 a.m.

"I have math class first hour, and it is always really hard to focus because it's so early, and it's hard for my brain to function that early in the morning, especially when we have a test or quiz," said Garcia.

Nowadays high school students are not getting enough sleep on school nights. Loy Norrix students are required to be in class by 7:33 a.m. and the average student goes to bed at about 10:00 p.m. although they don't fall asleep until around 11:00 p.m. according to the online source Nationwide Children's.

Most students don't drive to school so that means they have to wake up even earlier to catch the bus.

Schools need to start realizing that as students we need our sleep and that with the time we're getting to school, we are not getting the sleep we need.

The average teenager should be getting at least nine and a half hours of sleep a night according to the online source Nationwide Children's. Teenagers who don't get enough rest are more likely to do poorly in school.

Poor sleeping habits can lead to obesity, forgetfulness, depression and anxiety according to the websites Healthy Sleep and Get Sleep. Another effect of not getting enough sleep is the increased chance of being in a car accident. Twenty percent of all deaths in car accidents result from driving while sleepy according to the website TAC. With students driving to school this early in the morning and not getting enough sleep, there are added risks. "One time I was up 'til 2 a.m.

PHOTO CREDIT / EMMA WHITEHEAD

Senior Mark Peterson crashes in his fourth hour with Samantha Maxwell. A normal teenager needs at least eight to ten hours of sleep a night. Peterson usually gets five to seven hours of sleep every night.

because I needed to do homework, and then I couldn't sleep. Then I woke up at 5:00 a.m. and on my way to school I dozed off and almost hit a car by the golf course," said senior Cristian Jaimes.

When you don't get enough sleep you are starving the brain. Being really really tired is a lot like being wasted according to the website Entrepreneur, driving while sleepy is just as bad as drunk driving.

You know how you feel when you haven't eaten all day, how you can get kind of grumpy? According to the online source National Sleep Foundation, it could be because not getting enough sleep can have an affect on your moods and emotions, making it hard to get along with people. Not to mention, when you don't get enough sleep your brain loses the ability to tell what's important and what's not important, making everything feel like a big deal to you. With enough sleep, students will be able to manage their emotions and not let the emotions get the best of them.

Anxiety and depression can also be caused by not getting the right amount of sleep according to the website CalmClinic. Not enough sleep makes it harder for you to handle stress. When you sleep, your body takes that time to heal itself and relax. Without sleep, tensions build and build until the body cannot cope with it all.

Lack of sleep also lessens the brain's ability to focus,

Like many of us, senior Mark Peterson isn't getting the sleep his body needs to function. "I usually go to bed each night at 11:00 p.m. and get up at 6:15 a.m," said Peterson.

That gives him only 7 hours of sleep presuming he sleeps soundly through the night. Peterson works 3-4 days a week and 6+ hours per shift then on top of that he still needs to do homework.

"I typically have time in one of my classes to get a quick nap once I've finished my work. I'm very tired during the day. I often feel very tired and fatigued," said Peterson.

Having to wake up so early in the morning is taking its toll on students. If schools started at 9:00 a.m. schools would most likely start seeing an increase in attendance and students would be getting better grades. Tardies would most likely go down too because students would be able to get up in the mornings easier.

St. John County school district in Florida moved its school start time to 9:15 a.m. Superintendent Joe Joyner, said that they would never go back to the old start time because the district has seen many benefits from starting school later. Joyner went on to say that students got more rest, drank less caffeine and had better attendance, grades and test scores. The amount of car crashes even went down according to the website Orlando Sentinel.

"I think school should start later in the day because with the sun being out, our bodies will naturally feel more awake because it feels like morning. Ever notice how towards the end of the year when it gets warmer you feel more energized to see the sun and it's warmer? Our bodies adjust just from temperature and light," said Peterson. sitisons

citizens. The result of this tends to be a sense of hopelessness, even indifference, do to the "we're screwed no matter

what we do" mentality

As citizens, there are other ways to make our opinions heard by the government as well, such as writing letters, protesting (with a purpose), and creating and signing petitions. As I previously stated, these things have made a difference in the past, and they will make a difference again in the future.

Trump's candidacy and election have also brought racism in America back into the limelight, making it virtually impossible for people to ignore. While it's disappointing to see that such blatant ignorance is alive and well, this is actually quite important. This is a time to have conversations with those around you about social issues. Becoming aware and making others aware of a problem is the first step to finding a solution.

It is well beyond time for humans to wake up to the world and abandon our old patterns of ignorance and disconnect. It is crucial to acknowledge that the world is not yet hopeless but also to realize that if we don't abandon this toxic habit of complacency and evolve, we very well may find ourselves in a hopeless position in the near future.

If there is one thing that you take away from this entire article, let it be this; awareness plus action cultivates change. This is not the beginning of the end. This is the beginning of a new beginning.

SPORTS 15 THE BRONCOS ARE BOWL BOUND

SIDNEY RICHARDSON NEWS EDITOR

And the Cinderella story continues: the Western Michigan University Broncos are headed to the Cotton Bowl.

In a feat that could only be described as remarkable, the Broncos finished off their season with a perfect 13-0 record after beating the Ohio Bobcats 29-23 in the Mid-American Conference Championship Game on Friday December 2nd. Led by P.J. Fleck and his mantra "Row the Boat," this team has fought tooth and nail for every victory.

The team has done extremely well due to fantastic seasons from quarterback Zach Terrell, running backs Jamari Bogan and Jarvion Franklin as well as fringe Heisman trophy candidate, wide receiver, Corey Davis. Davis especially has had a season for the ages, finishing his career as the all-time leader in receiving yardage.

The Broncos finished the year as one of the nation's two undefeated teams, joining perennial powerhouse Alabama, who will be competing in the College Football Playoff as the nation's number one team. As a Group of Five team -- a

team outside of the Power Five conference -- with a relatively weak strength of schedule, Western Michigan's best possible outcome was a appearance in the Cotton Bowl. The Cotton Bowl is one of the New Year's six bowl games, most of which are played by teams from the Power Five conferences (Big 10, Big 12, Pac 12, American Athletic Conference and Atlantic Coast Conference).

The Broncos were underestimated greatly by the polls and many analysts, but the team ignored their doubters and just kept rowing. Even after they completed their undefeated season, they still needed a loss suffered by the Navy Midshipmen, who were hot on their heels in the rankings, to cement their position as the highest ranked of the Group of Five teams and punch their ticket to the illustrious Cotton Bowl.

The Broncos now have a chance to silence all their doubters as they get a shot at powerhouse Wisconsin on a national stage in the Cotton Bowl on January 2nd, 2017. With a win over the Badgers, any debate of their talent would be a moot point.



PHOTO CREDIT / WIKIMEDIA COMMONS

Western Michigan University Broncos (13-0) play the University of Wisconsin Badgers (10-3) in the Cotton Bowl on January 2, 2017. Kick off is at noon in Arlington Texas will be on ESPN.

AFTER 108 YEARS, THE CHICAGO CUBS SHOCK THE WORLD

ABBY FARRER SPORTS EDITOR

Thousands of eyes are glued to the pitcher dressed in a blue jersey and grey pants. He is one pitch away from a life changing play. Pitcher, Mike Montgomery of the Cubs has a count of no balls and one strike, two outs on the scoreboard one more pitch, a solid pitch down the middle, ground ball to left field. Kris Bryant, third baseman, comes in grabbing the ball and sending it to Anthony Rizzo, first baseman, making the catch, with the last out of the game. The Chicago Cubs have won the World Series! Echoes across the country, words that haven't been said for 108 years.

The game was a chance for the world to see what this team is made of. The World Series is played best out of 7 and the Cubs



right field bringing home Bryant. In the 5th inning, Lindor, Santana and Kipnis scored on a wild pitch by Jon Lester. This pitch brought in three runs, shrinking the Cubs lead 5-3. In the bottom of the 5th inning David Ross, catcher, hit a shot homer to take a 6-3 lead. In the bottom of the 8th inning, Guyer doubled, the hit brought in Ramirez, pulling the Indians within only two runs. Davis steps up to the plate with a long ball to left field, a two run homer tying the game.

"That right there was some crazy stuff. I felt the whole time they were going to be down and pull it together around the eighth or ninth inning. When they hit that home run to tie it up, I thought it was a wrap," said Hensley when his team, the Cleveland Indians, tied up game seven. At the end of the ninth inning with a tied ball game at 6-6, rain delay is called, lasting about 15 minutes. The 10th inning starts with Zobrist hitting a grounder and scoring Albert Almora Jr., giving the Cubs the lead. Miguel Montero singled into left field bringing in Rizzo. By the bottom of the 10th, a two run ballgame again. Davis stepped up to the plate and singled to left field to bring Guyer home. The one run was the end for the Cleveland Indians. The Chicago Cubs won the World Series 8-7. "I was speechless when they won especially the way that they won. Staying up till 1:30 watching them win, that was pretty cool," said junior Jordan Cox, a cubs fan for a few years. This young team proved themselves not only with the National League title but also with the World Series. "What a group of winners," David Ross said about his teammates. "These guys never quit. They've answered every challenge all year long... It's a good organization, I'm so happy for these guys and I'm just glad they took me on this journey."

and Cleveland Indians tied the series 3-3, automatically forcing a tiebreaker game seven.

"I had faith in the beginning, they would come back like the other Cleveland time in basketball," said sophomore Kegean Hensley when the Indians gave up a 3-1 game lead. "Unfortunately that did not happen but there's always next year."

Game five was a close game, 3-2, with the Cubs winning by only one run. Scoring in the top of the 2nd inning, the Cleveland Indians took the lead 1-0. In the bottom of the 2nd inning, Kris Bryant hit a solo home run tying up the game 1-1. Then Addison Russell hit a groundball to third base sending Anthony Rizzo home. David Ross hit a sac fly to left field that brought in Ben Zobrist. Francisco Lindor of the Indians hit a line drive to center field allowing Rajai Davis to score in the top of the 6th.

"But we're all about writing our own history. This team is a special one, and we look at so many times throughout the year where we haven't been playing good, but I feel like we turn that around," third baseman Kris Bryant said after game five, looking to take the win of game six.

In game six, the Cubs dominated the Indians with a 9-3 victory. The first inning started with Bryant hitting a solo home run

PHOTO CREDIT / ARTURO PARDAVILA III

The 2016 Chicago Cubs celebrate the first World Series win in 108 years. This year the Cubs went 103-58 in the regular season.

then Russell hit a two run double sending Rizzo and Zobrist home. The top of the third inning bases loaded, Russell stepped up to home plate, hitting a grand slam giving the Cubs a 7-0 lead. The Indians got on the board in the bottom of the fourth. Mike Napoli with a base hit to center field that sent Jason Kipnis home. Then in the bottom of the fifth, Kipnis hit a solo home run. At the top of the ninth inning, Rizzo hit a two run homer increasing the Cubs lead to 9-2. Indians Roberto Perez hit a line drive to right field sending Brandon Guyer home. This forced game seven of the world series.

The Cubs, formerly known as the Chicago White Stockings, were first of eight team that started Major League Baseball. The team would go to win the National League Championships in 1876, 1880-82, 1885-86. The team held back to back World Series titles in 1907 and 1908. In 1945 the Cubs were scheduled to face the Detroit Tigers. William "Billy Goat" Sianis, a local business owner, wanted to bring his goat, Murphy, to the game to wish his team good luck. The usher at game four of the '45 World Series refused to let Sianis into the game with his animal. Sianis asked to talk to the owner of the Cubs, P.K. Wrigley. Wrigley allowed Sianis in to the ballpark but not the goat.

"The Cubs ain't gonna win no more. The Cubs will never win a World Series so long as the goat is not allowed in Wrigley Field," said Sianis when he was told that Murphy wasn't allowed in because he stank.

The Cubs then lost the game and were swept at home. Cubs wouldn't win a title game for the next 20 years.

This year the Cubs had a

number of curses put on them, all broken this year by winning the National League for the first time since 2003. This year the team had high standards, just like every team. The World Series is the ultimate goal of each season. This team didn't give up until they had the trophy in their hands.

Game seven was when this team showed what they were made of. With a home run starting the game by Dexter Fowler, the Cubs took an early lead. In the third inning, Carlos Santana sent a line drive single to right field bringing Coco Crisp home. During the fourth inning, Russell hit a sacrifice fly bringing Bryant home and later Wilson Contreras doubled and brought in Zobrist, making the game 3-1 in the Cubs favor. Cubs Javier Baez hit a solo home run making up for the two errors that he had during the 4th inning. Then Rizzo hit a line drive to

Fall Sports Records:

Varsity Football: 0-9 JV Football: 0-9

Varsity Volleyball: 18-19-3 JV Volleyball: 13-21-2 Freshman Volleyball: 11-22 Men's Varsity Soccer: 2-15-0 Men's JV Soccer: 5-6-3

Women's Cross Country: SMAC Championship Meet @ St. Joe- 9th place **Women's Varsity Golf:** Ava Wood: 65, 66 strokes

Ava Wood: 65, 66 strokes Lena Wood: 58, 55 strokes

Men's Cross Country: SMAC Championship Meet @ St. Joe- 3rd

Upcoming Events:

January 14,2017:

Loy Norrix Men's Swim Invitational at Loy Norrix starting at 9:00 a.m.

January 20, 2017 : Loy Norrix vs. Kalamazoo Central Basketball Game at Western Michigan Women's Varsity tipoff 6:00 p.m.

Men's Varsity tipoff 7:30 p.m.

Men's Tennis: 1-8-1

Women's Swimming: 4-5

SPORTS

LADY KNIGHTS PARTICIPATE IN THE SWIM AND DIVE S.M.A.C. CHAMPIONSHIP

MORGAN MCCUE COPY EDITOR

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The Lady Knights swim season has ended with a splash. Their 2016 season started on August 10th and ended November 8th with a last chance meet, which allowed the swimmers a last chance to meet the goal times they wanted.

The Lady Knights swam their way to the S.M.A.C. championship or Southwest Michigan Athletic Conference. Each swimmer had a specific goal in mind, whether it be making it to the state meet or dropping time in her race. The tensions ran high.

Divers took to the board for their final chance to reach their goals for the season. Loy Norrix juniors Ferren Olmstead, Mey Wong, Emily Lewman and Naomi Verne were the divers of the 2016 fall season. They practiced every Monday through Friday after school at Western Michigan University's aquatics center. This included both workouts on and off the diving board. Dryland is a workout that does not include the water or the board and includes abdominal work, leg work, stretching, and more. This type of workout allows the divers to learn new dives and techniques to do their dives.

"I reached eleven dives, which I couldn't do last year," said Loy Norrix junior Mey Wong referring to the eleven different dive forms she learned

The S.M.A.C. championship pushes swimmers and divers to do their best and move up in the ranks. It gives them a chance to set personal goals and see themselves succeed.





Delany Eller a junior on the Loy Norrix swim team practices her track start for her upcoming race in the S.M.A.C. championships. This is her last chance to work out the little things that might delay her start during her race.



Loy Norrix junior Madison Doonan (left) and sophomore Karli Little (right) are cheering for Isabella Valdez (center) during her 200 freestyle relay at the S.M.A.C. conference. "We worked so hard this season and we got to see the results at conference," said Little.

PHOTO CREDIT / MORGAN MCCUE

Alina Offerman (bottom center) and Delany Eller (right), juniors on the Loy Norrix swim team, practice relay exchanges to sync each other's movements. This creates a smoother transition from one swimmer to the other during the women's medley relay. The medley relay is a combination of backstroke, breastroke, butterfly, and freestyle.

PHOTO CREDIT / MORGAN MCCUE

Eva DeYoung, a junior at Loy Norrix focuses on her 400 freestyle relay at the S.M.A.C. conference. Coach Paul Mahar and Loy Norrix senior, Duncan Wallis help the relay team with their relay starts. "My favorite part was the 400 freestyle relay when we were head to head with Battle Creek Central's relay and we pulled ahead to beat them," DeYoung said.



LOY NORRIX SWIM TEAM HOPES TO MAKE HISTORY



SIDNEY RICHARDSON NEWS EDITOR

The Loy Norrix Men's Swimming and Diving Team is a tightly bonded group of athletes that have grown and improved together. Now the team is ready to break through and win the Southwest Michigan Athletic Conference (SMAC) for the first time ever. Led by senior talents like Ryan Ross, Tony Dougherty, Vaughn Taylor, Duncan Wallis and Morgan Kenbeek, the Knights are ready to make history. The program is looking to be larger than it's ever been, with the help from every grade level. The future is bright for these swimmers and divers, and they are looking to strike now.

They had a historic season last year when they sent a team of ten athletes to the State Championships. They also won the Loy Norix Invitational for the first time ever and look to repeat as victors this season.

The team also has a school record holding diver, junior Ryan Mullen, who looks to build onto the record that he set during his sophomore season.

"I trained and went to a week long Olympic training camp over the summer, which included a daily routine of four hours of dry land training and three hours of training in the pool," said Mullen.

This team is chock full of talent and the talent only continues to grow with coaching from coach Paul Mahar and senior leadership. It also helps that the senior leaders have been working together and pushing each other since freshman year. "I'm looking forward to getting back into the water and the team getting back together. We have a chance to do historic things this year so we need to work harder than ever, but it should also be a lot of fun," said Ross.

The seniors are all very excited to make history this year, though they are still focused on developing their young talent so that this program can continue to be successful.

"We want to develop the team and get a lot of team and school records," said Wallis.

One big factor in the buzz around this team is that they are expected to have a record amount of athletes come out to compete. Coach Paul Mahar has plenty of enthusiasm, both in general and for this team. He is proud of how each grade level is represented, each serving as an important intrical part of the well oiled machine that is the Loy Norrix Men's Swimming and Diving Program.

"I'm definitely looking forward to having a large group of individuals with the same goal," said Mahar, "[I'm] also excited about the possibilities of what this group could accomplish this year."

The team is poised to be one of the best in Loy Norrix history and take first in the conference for the first time and the thought of that is only further motivating the team.

PHOTOCREDIT / SIDNEY RICHARDSON

"We want to have the best record in [Loy] Norrix history and place well in the conference," said Kenbeek.

The team looks to make their coach proud this year and bring home a conference title for the first time in Loy Norrix history.

"I'm most looking forward to building the program and having the best team our coach has ever had," said Dougherty.

So be sure to go out and support the Knight swimmers as they try to make school history.



PHOTO CREDIT / SIDNEY RICHARDSON

Coach Paul Mahar has coached both Men's and Women's Swimming and Diving teams for the past 13 years. He also coaches the Kalamazoo United swim team.

Dine-in, Take-out or Catering!



 3205 S.Westnedge Ave, Kalamazoo MI 49008
 269-254-8122

 Mon-Thurs: 10:30 - 8:00
 Fri-Sat: 10:30 - 9:00
 Sun: 10:30 - 7:00